

# Personality

by

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**Personality :**

**الشخصية**

Total quality of an individual's behavior as shown in his characteristic habits, thought, expression , attitude and interests.

- Description of personality is usually given in terms of traits. السمات
- An integrated personality is one in which several traits are combined in an affective harmonious way.

# Factor Affecting Personality Development :

- Biological
- Social
- Prenatal

# 1) Biological :

- Sedative drugs
- Hypoglycemia
- Reduced diet and Vit.B
- Organic disease of brain
- Endocrine:  
Thyroid , Adrenals , Gonads, Pituitary  
and Pineal.

## 2) Social

- Order of birth.
- Socioeconomic

# 3) Prenatal Factors:

- Maternal Stress.
- Testosterone.
- Barbiturates and amphetamines.
- Smoking.
- Hypoxia.
- Low birth weight.

# Approaches

- 1) Biological البيولوجى
- 2) Psychoanalytical التحليلى
- 3) Social learning التعلم الإجتماعى
- 4) Humanistic approach الإنسانى
- 5) Cognitive المعرفى

# Biological ( TRAIT)

**Trait approaches** have tried to identify the most basic and relatively enduring dimensions along which people differ from one another--dimensions known as **traits**.

# TRAIT

**Def** :Characteristics or typical ways of acting:

**Consistency:**

**across situations, over time.**

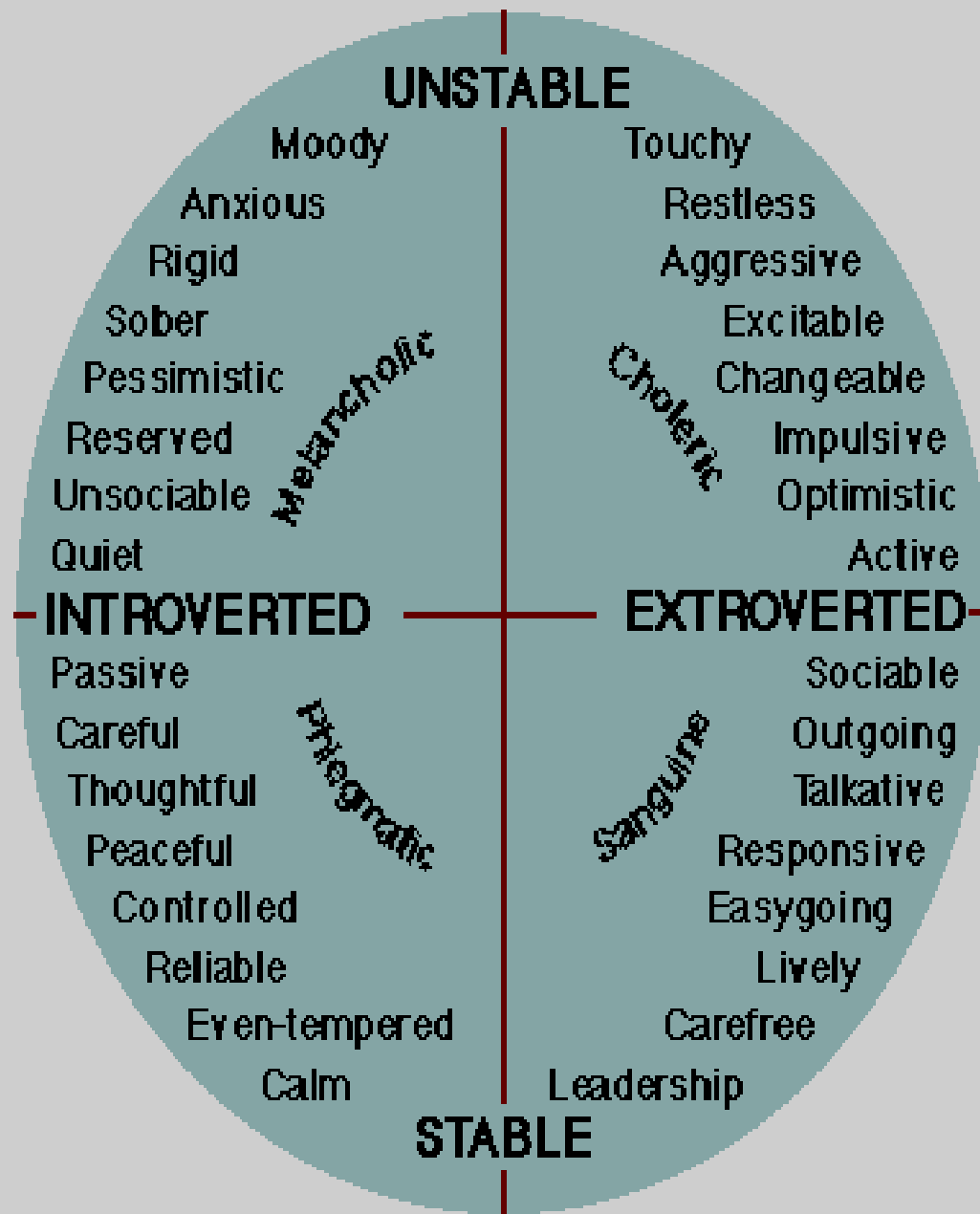
**Distinctiveness:**

**each personality is unique.**

# Hans Eysenck:

Found two (2) major trait dimensions:

- **Introversion versus extroversion (quiet versus sociable).**
- **Neuroticism versus emotional stability (moody versus calm).**



# Eysenck personality(EPQ)

Later on develop five Major Dimensions

1. **Extraversion** الانطوائية - الانبساطية  
**versus Introversion**
2. **Neuroticism** الاستعداد العصابي  
Emotionality,  
anxiety , instability  
**versus stability**

# EPQ cont.

## 3. Psychoticism

الأستعداد للذهان

- Tough mindedness
- Psychopathy
- Aggressiveness

## 4. Conservatism

versus Radicalism

## 5. General ability

(Intelligence)

# Cattell's Trait Theory:

Cattell identified 16 basic traits.

- He developed the 16PF to measure these traits.



# Cattell's 16 Personality Factors (16PF)

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- Warm
- Abstract thinker
- Emotionally stable
- Dominant
- Enthusiastic
- Conscientious
- Bold
- Tender-minded
- Suspicious
- Imaginative
- Shrewd
- Apprehensive
- Experimenting
- Self-sufficient
- Controlled
- Tense

## 2) Psychoanalytical : ( Freud)

Human mind like an iceberg :

on the surface the conscious, below water ,  
the subconscious.

## 2) Psychoanalytical : ( Freud)

Three levels of consciousness:

**Conscious mind:**

things we are focusing on.

**Preconscious mind:**

things are are not currently aware of but which we could focus on.

**Unconscious mind:**

that which we are unaware of.

## 2) Psychoanalytical : ( Freud)

Freud's theory suggest that personality is composed of the id, the ego, and the superego.

## 2) Psychoanalytical : ( Freud)

- Id : Instinct - Impulses – Immediate gratification.
- Ego : Reality principle , evaluation , judging and compromising.
- Superego : Supervision of Ego , control of Id, conscience and remorse.

# 3) Social Learning approach

## Behavioral situations :

**Reciprocal influence between people (behavior) and their environmental situations responsible for personality formation.**

## 4) Humanistic Approach

People are basically good with actualizing tendencies

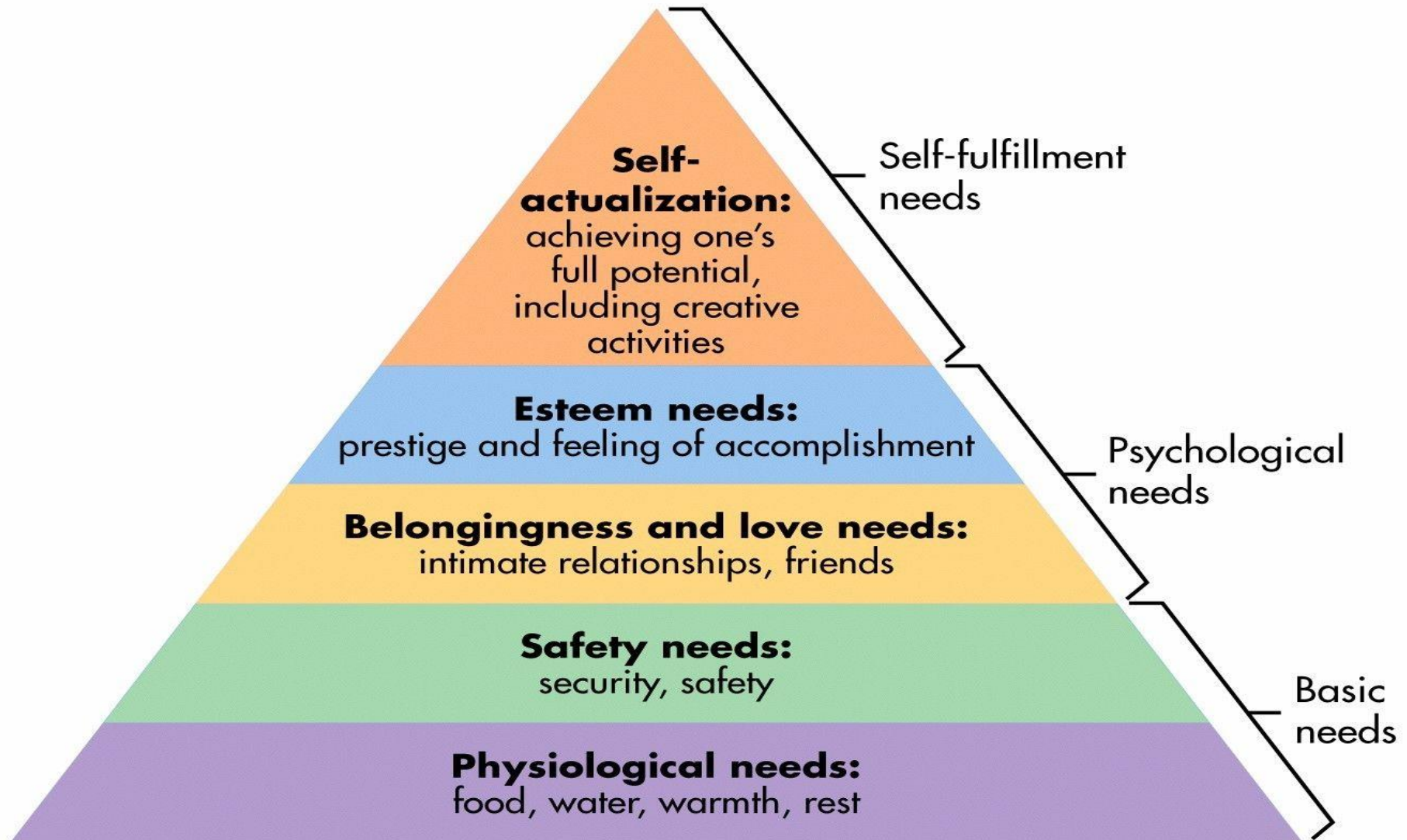
# Carl Rogers

## ❖ **Self-concept:**

our image or perception of ourselves (**Real Self** versus **Ideal Self**).

❖ We have a need for positive regard/approval from others.

# Maslow's Hierarchy of human motives: one must satisfy lower needs before one satisfies higher needs.



# 5. Cognitive

A man as a scientist:

Rotter

Locus of control

Seligman

Learned helplessness theory.

# Rotter: Locus of control

## **Internal Locus of Control:**

You control your self

## **External Locus of Control:**

powerful others control you

# Seligman Learned helplessness theory.

Uncontrollable bad events

Lead to:

Perceived lack of control

Lead to:

Generalized helpless behavior

# Personality Assessment

## Personality Tests:

(1) Objective tests (questionnaire tests).

(2) Projective tests.

# Objective Test Assessment

- ❖ **Examples of objective personality measures:**
  - the MMPI (the Minnesota Multiphasic Personality Inventory).
  - the 16 PF (the Sixteen Personality Factor Questionnaire).
  - the NEO-PI (the NEO Personality Inventory).
- ❖ **The most commonly used self-report measure is the Minnesota Multiphasic Personality Inventory (MMPI-2), designed to differentiate people with specific sorts of psychological difficulties from normal individuals.**

# Projective Test Assessment

**A projective personality test** :is one in which the subject is given an ambiguous stimulus and asked to respond spontaneously.

pictures or inkblots.

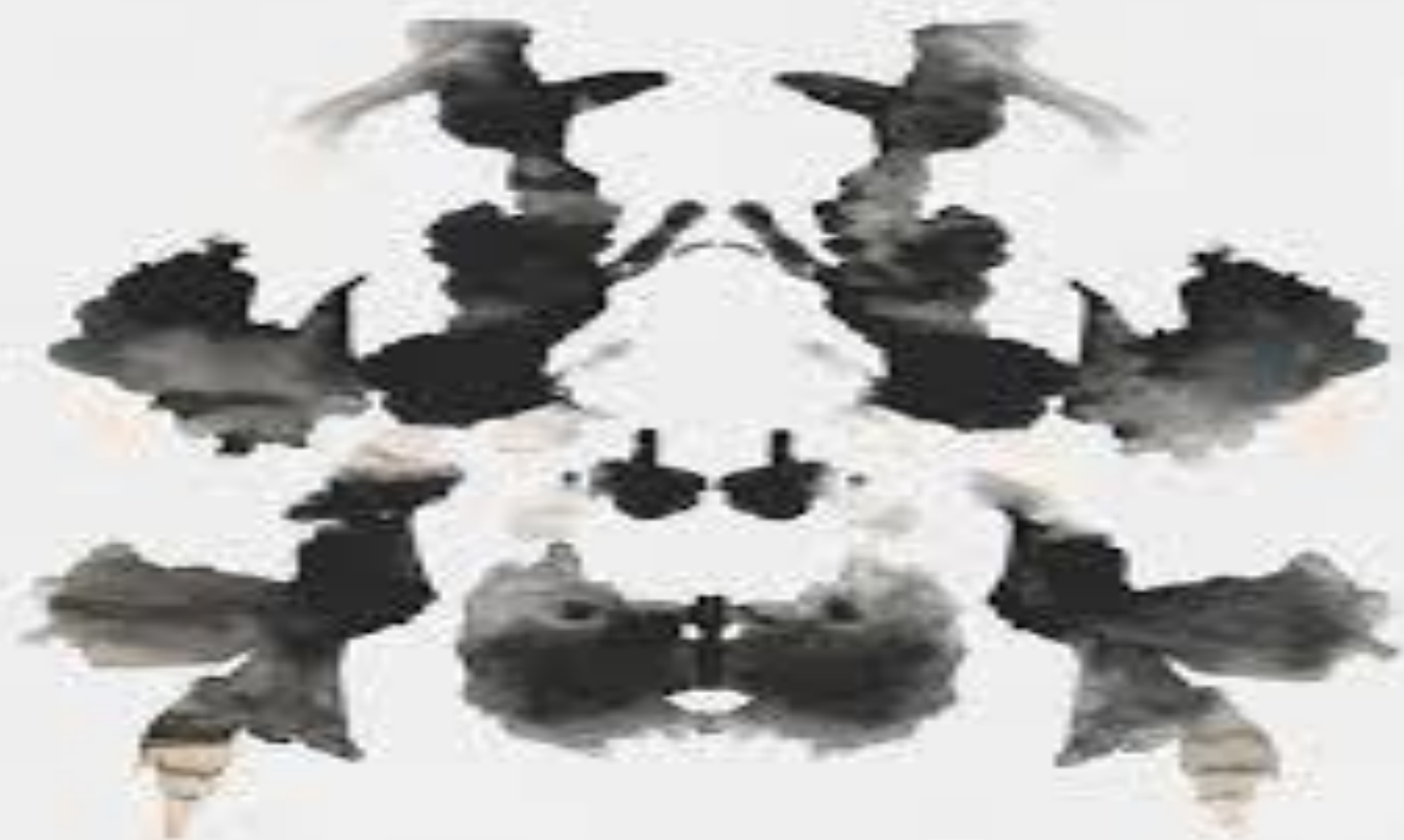
No clear answer.

The ambiguous stimulus allows test takers to project their own needs, dreams, feelings into their response.

# Projective Test Assessment (continued):

The 2 most frequently used projective tests are:

- ❖ Rorschach: reactions to inkblots are employed to classify personality types.
- ❖ Thematic Apperception Test (TAT): stories about ambiguous pictures are used to draw inferences about the storyteller's personality.



# Personality Disorders

## Cluster (A) : Odd and Eccentric

Paranoid Personality Disorder

Schizoid Personality Disorder

Schizotypal Personality Disorder

# Personality Disorders cont.

## Cluster (B) Dramatic, Emotional

Antisocial Personality Disorder

Borderline Personality Disorder

Histrionic Personality Disorder

Narcissistic Personality Disorder

# Personality Disorders cont.

## Cluster (C) Anxious and Fearful

Avoidant Personality Disorder

Dependent Personality Disorder

Obsessive-Compulsive Personality Disorder

Thank you