PERSONALITY
Definition

- Personality is the characteristically recurring pattern of the individual’s behaviour, including both the subjective experience and his outward manifest activities. *Physiologically speaking,* personality is the total physiology of the body in action.
PERSONALITY COMPONENTS

In this connection we can discuss two different views:
1. Personality component as traits:

- A personality is some particular quality of behaviour which characterizes the individual over a period of time. Traits are usually named by a pair of opposite characters, referring to the two extremes of the trait, individuals are normally distributed over the entire range of the trait e.g. warm-cold, and intelligent-stupid, cheerful depressed.
– The personality is not a mere addition of its traits, it is the result of holistic interaction of its components.
2. Personality component as factors (in psychiatric terms):

- These factors are physique, temperament, ethical disposition, moral character, and religious experience.
PERSONALITY STRUCTURE:

• Refer to the chapter of theories of personality (structural theory
What is Personality?

Implicit Personality Theories
How we perceive others is shaped by our believes
Everybody has an implicit personality.
The Psychoanalytic Perspective

- From Freud’s theory which proposes that childhood sexuality and unconscious motivations influence personality.
The Psychoanalytic Perspective

- **Unconscious**
  - according to Freud, a reservoir of mostly unacceptable thoughts, wishes, feelings and memories
  - contemporary viewpoint- information processing of which we are unaware
Personality Structure

- **Id**
  - contains a reservoir of unconscious psychic energy
  - strives to satisfy basic sexual and aggressive drives
  - operates on the pleasure principle, demanding immediate gratification
Personality Structure

- **Ego**
  - the largely conscious, “executive” part of personality
  - mediates among the demands of the id, superego, and reality
  - operates on the reality principle, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain
Personality Structure

- **Superego**
  - the part of personality that presents internalized ideals
  - provides standards for judgement (the conscience) and for future aspirations
Personality Structure

- Freud’s idea of the mind’s structure
# Personality Development

## Freud’s Psychosexual Stages

<table>
<thead>
<tr>
<th>Stage</th>
<th>Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral</td>
<td>Pleasure centers on the mouth---sucking, biting, chewing</td>
</tr>
<tr>
<td>(0-18 months)</td>
<td></td>
</tr>
<tr>
<td>Anal</td>
<td>Pleasure focuses on bowel and bladder elimination; coping with demands for control</td>
</tr>
<tr>
<td>(18-36 months)</td>
<td></td>
</tr>
<tr>
<td>Phallic</td>
<td>Pleasure zone is the genitals; coping with incestuous sexual feelings</td>
</tr>
<tr>
<td>(3-6 years)</td>
<td></td>
</tr>
<tr>
<td>Latency</td>
<td>Dormant sexual feelings</td>
</tr>
<tr>
<td>(6 to puberty)</td>
<td></td>
</tr>
<tr>
<td>Genital</td>
<td>Maturation of sexual interests</td>
</tr>
<tr>
<td>(puberty on)</td>
<td></td>
</tr>
</tbody>
</table>
Defense Mechanisms

- Defense Mechanisms
- the ego’s protective methods of reducing anxiety by unconsciously distorting reality
Defense Mechanisms

▪ Defense Mechanisms
  ▪ the ego’s protective methods of reducing anxiety by unconsciously distorting reality

▪ Repression
  ▪ the basic defense mechanism that banishes anxiety-arousing thoughts, feelings, and memories from consciousness
Defense Mechanisms

Regression

Defense mechanism in which an individual faced with anxiety retreats to a more infantile psychosexual stage, where some psychic energy remains fixated.
Defense Mechanisms

Reaction Formation

defense mechanism by which the ego unconsciously switches unacceptable impulses into their opposites

people may express feelings that are the opposite of their anxiety-arousing unconscious feelings
Defense Mechanisms

- **Projection**
  - defense mechanism by which people disguise their own threatening impulses by attributing them to others

- **Rationalization**
  - defense mechanism that offers self-justifying explanations in place of the real, more threatening, unconscious reasons for one’s actions
Defense Mechanisms

- Displacement
  - defense mechanism that shifts sexual or aggressive impulses toward a more acceptable or less threatening object or person
  - as when redirecting anger toward a safer outlet
Hans and Sybil Eysenck use two primary personality factors as axes for describing personality variation.
CLASSIFICATION OF PERSONALITY
I-CONSTITUTIONAL CLASSIFICATION (KRETCHMER)
Kretschmer classified the body built of human being into four main groups of physiques:

– Pyknic physique: Is characterized by a rounded body with large chest and abdomen, thick shoulders, broad head and short neck.

– Athletic physique: Is characterized by broad shoulders, deep chest, flat abdomen and thick neck.
– Asthenic physique: Is characterized by long narrow flat chest and poor musculature.

– Dysplastic physique: Denotes a physique which does not fit in any one of the previous categories. Some authors confine this type to disfigured physique associated with endocrinal disorders. However mixed types are not infrequent.
II- EMBRYOLOGICAL CLASSIFICATION (SHELDON)
Endomorphic Personality: (highly developed internal organs and weak external structure) which is allied to Kretschmer’s pyknic type and has viscerotonic characteristics (sociable, relaxed enjoys eating).

Mesomorphic Personality: (well developed bones, muscles and connective tissue), which is allied to Kretschmer’s athletic type and has somatotonic characteristics (energetic, competitive action oriented).
• Ectomorphid Personality: (delicacy all over the body) which is allied to Kretchmer’s asthenic type and has cerbrotonic characteristics (antisocial, hypersensitive, secretive).

• Dysplastic Personality: which is allied to Kretchmer’s Dysplastic type
TRAIT CLSSIFICATION
(EXTROVERSION-INTROVERSION DIMENSION) (K. Jung)

• The Introvert: Those individuals are shut in, withdrawn, asocial, shy, sensitive, suspicious, anxious about the future, day dreamers, interested in details, fond of mental activities and reserved.
• **The Extravert**: Those individuals who are outgoing, sociable, don’t care about criticism, kind hearted, optimistic, practical and expressive emotionally.

• **The Ambivert**: These are individuals midway between the first two.
IV- TEMPERAMENTAL CLASSIFICATION

• Inadequate personality: These are individuals who are deficient in physical and emotional energy and incapable of persistence in work and inefficient in all kinds of jobs.

• Schizoid personality: Those who avoid close or prolonged relationship with other people.
• **Cyclothymic personality** : Those individuals predisposed to alternating moods of cheerfulness and mild depression.

• **Hypomanic personality** : are outgoing, cheerful, enjoyers of life. They are extrovert, optimistic, energetic, sociable and pleasure loving.

• **Depressive personality** : These are quiet, gloomy, pessimistic and self-depreciatory individuals.
• **Paranoid personality**: These individuals are suspicious, ambitious, jealous, domineering, over-estimating themselves and trouble-markers.

• **Emotionally unstable personality**: These are individuals who repeatedly show explosive outbursts of anger in the face of minor stress.
• **Hysterical personality**: These are dramatic, attention seeking, exhibitionistic, demonstrative individuals with shallow emotional relation to others. They are egocentric, selfish and demanding.

• **Obsessive personality**: These are individuals who are perfectionistic, meticulous, orderly, overconscientious, tidy, fond of cleanliness, rigid, overcurious and indecisive.

• **Sociopathic personality:**
• **Major Criteria:**
  – Aggressiveness: tendency to do harm & disturb others both physically & psychologically & getting satisfaction and enjoyment from his outward aggression
  – Affectionlessness: unstable to get into deep emotional relations with others.
• **Minor Criteria:**
  – Lack of sense of responsibility.
  – Lack of learning of past experience, have no foresight.
  – Tendency to repeat misbehaviors in spite of repeated punishment.
  – Impulsiveness.
  – Tendency to break social & legal disciplines.
  – Pleasure loving & sexual promiscuity.
  – Lack of sense of guilt.
  – Lack of insight in their abnormal behaviour.
• **Negative Criteria:**
  – Are not mentally retarded.
  – Are not psychotic.
  – Doesn’t show any psychotic abnormality.
ASSESSMENT OF PERSONALITY

• INTERVIEW METHOD: This is classic method in medical practice.

• CASE STUDY METHOD: This is gathering of all available information from infancy, childhood, adolescence to maturity, with a full account of the family, personal, past and present history.
• **FREE ASSOCIATION AND DREAM INTERPRETATION:** This method is used in psychoanalysis to reveal deeper parts of the personality. The patient relaxes both physically and mentally and talks about whatever comes to his mind. During this time, the therapist is trying to understand what is behind his talk.
• OBJECTIVE METHOD:
  – Rating scales: A list of questions is given to the subject to measure the degree of a certain trait, e.g., irritability has the following degrees: 1) never gets irritable, 2) very occasionally irritable, 3) irritable in appropriate circumstances, 4) irritable most of the time, 5) almost always irritable.
−**Questionnaire:** A list of questions is given to the subject and he is asked to respond by YES or NO or by FALSE or TRUE. An example of such questionnaire is present in Minnesota Multiphasic Personality Inventory (MMPI).
– Projective techniques:

• **Rorschach test**: Ten standard inkblots are printed on large cards and the subject is told to report on the ideas associated with the picture.

• **Thematic Apperception Test**: 20 standard cards showing a picture from which the patient is asked to make up a story.