

## Chapter 15

1. Freud believed that the root of whom we become is wrapped up in our unconscious mind where our problems are. He also believed that our personality develops based on conflicts and our aggressive biological impulses and social constraints. The struggle between these two urges is what Freud said this is how we develop our personality. Also in Freud's theory, he stated that the conflict centers on these interacting systems; id, ego, and superego. According to Freud, the id is the only thing we are born with and it operates off of the pleasure principle. For example, the id would be characterized as I want something and I want it right now. Freud said this is why infants cry when they are hungry; they have a need for food and it wants to be fed right now to satisfy that need. The ego acts as a mediator between the id and superego. It tries to get a resolution over internal conflict. The ego operates off of the reality principle in which it works to satisfy the id in a realistic way to not cause human harm or pain. The superego is our social judge. It judges our behavior and actions and deals with internalized ideas and goals. It is also in direct conflict with the id. For example, the id wants to party while the superego wants to do homework. The ego must find a balance between the two. Freud characterized the development and dynamics of personality in his five psychosexual stages: the oral stage, the anal stage, the phallic stage, the latency stage, and the genital stage. During each of these stages, Freud said the id's pleasure-seeking energies focus on erogenous zones, or pleasure-sensitive areas of the body. In the oral stage (0-18 months) infants focus on pleasure centers on the mouth, sucking, biting and chewing. In the anal stage (18-36 months) pleasure focuses on bowel and bladder elimination; coping with demands for control. The phallic stage (3-6 years) the pleasure zone is the genitals; coping with incestuous sexual feelings. In the latency stage (6-puberty) pre-teens focus on dormant sexual feelings. In the last stage, the genital stage (after puberty) the focus is on maturation of sexual interests. Freud said it is through these stages in which our personalities come out through how we resolve each conflict at each stage. Freud's ideas were controversial during his time. His followers, neo-Freudians accepted Freud's basic ideas: the personality structures of the id, ego, and superego, the importance of the unconscious, the shaping of personality in childhood, and the dynamics of anxiety and defense mechanisms. However, the neo-Freudians believed that more emphasis should be placed on the role of the conscious mind in the context of interpreting experience and in coping with the environment. They also didn't believe that sex was the main motive behind everything; instead they placed more emphasis on social interaction and loftier motives. Additionally, modern developmental psychologists see our development as lifelong not fixed in childhood. Others believe that Freud overestimated parental influence and underestimated peer influence. Also, scientists believe that Freud brought too much of his family history, being sexually abused as a child, into his theories. Freud also believed that psychological suppression causes psychological disorder but Jerome Kagan however notes that over the course of history, sexual depression has declined but psychological disorders have not. Even though some of Freud's beliefs were proven wrong, he still left a lasting impact on psychology. He was the first person to bring

people's attention to the unconscious and irrational, to our defense against anxiety, to the importance of human sexuality and to the tension between our biological impulses and social well being.

2. Projective tests are personality test designed to gain information about a person's internal thoughts. For example, the Rorschach test is a personality test that accesses our internal thoughts through ink blots. A psychologist would present ten ink blot cards to a client and ask them what they see in the ink blot. From the client's answers the psychologists would then analyze the person's inner thoughts and feelings and help them cope with their issues. The TAT test, Thematic Apperception Test, is another projective test. The TAT test involves a psychologist presenting a series of twenty cards with a picture on them in which the client will tell a story about what is going on in that picture. The TAT test helps access achievement motivation. Overall, psychoanalytic clinicians hope to learn more about a person's characteristics and personality from projective test.
3. Humanistic psychologist view self concept as the central feature of personality. Our self concept is how we view ourselves in our own eyes. The humanistic perspective on personality has influence psychology in counseling, education, child-rearing and management. Criticisms of the humanistic view include that the concepts of the humanistic view are vague and subjective. For example the definition of a hero today can be applied to sports figures where as a hero could also be a mom, or a dad, or another individual who has impacted your life personally. People's perception of a person being self actualized will differ from one person to another. Additionally, critics of the humanistic perspective believe that individuals who feel they are self actualized can become immoral and self centered. For example dictators who get power hungry think they are right and everyone else is just wrong. Lastly, there is still debate whether people are basically good. Humanistic psychologists Carl Rogers believes that people are basically good and evil comes from human nature. However Rollo May argues that the culture in which people are influenced to become evil is made up of ordinary people.
4. Traits are characteristics, behaviors, and conscious motives of a person. In 1954 psychologists William Sheldon classified people by body type. There were three body types, endomorphs, who are relaxed and jolly, mesomorphs who are bold and physically active, and ectomorphs who are high strong and solitary. Another psychologist Carl Jung classified people according to their answers on a one hundred and twenty six questionnaire which profiled a person based on their answers given. Eysenck and Eysenck also created a personality questionnaire but applied factor analysis which classifies traits into two or three genetically influenced dimensions: extroversion-introversion, and emotional stability-instability. The main weakness of the assessment techniques is that they do not show hidden personality dynamics; they only profile a person's behavior pattern. Also, objectivity comes into question on trait assessment tools because the individual is providing the answers and has to be unbiased about them. However trait assessment test are quick and time efficient for psychologists. There are five traits that seem to provide the most useful information about personality variation. They are stability, extraversion, openness, agreeableness, and conscientiousness. These five traits answer the questions: how stable are they, how heritable are they, do they

apply to other cultures, and do they predict other personal attributes. For the most part, traits are consistent over time. For example, a negative person will respond negatively on an average to just about any situation if measured over a period of time.

5. The social-cognitive perspective stresses the interaction of people and their situations. Theorists believe our behavior is shaped in three ways, first through conditioning, observing others, and modeling our behavior based on others. Also, social cognitive theorists emphasize not how our environment controls us but how people interact with their environment. People interact with their environment in three different ways: different people choose different environments, our personalities shape how we interpret and react to events, and our personalities help create situations to which we react. Different people choose different environment is basically people choosing where they go school, where they live, the television shows they watch, the music they listen to, and the people that surround them. After choosing their environment it is how they act within that environment is what shapes an individual's personality. For example, if a person chooses a catholic college more than likely that experience will lead to a life of faith. Additionally, our personalities shape how we interpret and react to events. For example, people with a positive attitude towards the world will perceive the world as a good place to live and react to situations in a positive manner. Our personalities also help create situations to which we react. This is basically treat others the way you want to be treated and then in turn will treat you accordingly. For example, if you're mean and hostile to everyone then everyone will be mean and hostile to you. Personal control is the way we learn to see ourselves either by our environment controlling us or us controlling our environment. According to Julian Rotter people have an external locus of control, the perception that chance or outside forces determine one's fate or an internal locus of control where you believe that you control your own destiny. For example, people from lower class income neighborhoods who persevere and become a success would definitely perceive themselves via the internal locus of control.