Personality Theories

Models of Personality
- Psychoanalytic
- Behavioral
- Biological
- Humanistic

Psychoanalytic
- Developed out of the writings of Sigmund Freud

History of the Model
- Freud was a neurologist
- Many of his patients suffered from a disorder called Hysteria

Hysteria
- Had many symptoms that were both physiological and psychological
  - Blindness
  - Coughs
    - Distortions
  - Convulsions
  - Gaps in Memory
  - Glove Anesthesia

Charcot
- Noticed many physical symptoms of hysteria made no anatomical sense.
  - e.g., glove anesthesia
- Tried to relate hysteria to hypnosis and suggestibility
Berhneim

- Tried to remove hysterical symptoms with hypnosis.
- Had some success but many failures
- Also had symptom substitution
  - Remove leg paralysis but the patient becomes blind
  - Remove blindness and they become deaf

New Approach

Freud and Breur

- Both believed removing symptoms with suggestions was futile because the underlying cause was still there.
- They hypothesized hysterical symptoms were a disguised means of keeping emotional memories locked up inside of you.

When the memory of traumatic event occurs a release of dammed up emotions occurs -- Called Catharsis

When memory of the event occurs, the problem goes away.

Anna O

- 21 years old with many symptoms
- Under hypnosis, she could recall certain events of her past that seemed to be at the root of the problem
- When this information was brought into active memory, the symptoms went away.

Freud

Eventually Abandoned Hypnosis
Used Free Association

- Patients were told to say anything that entered the mind no matter what it was. Freud considered all ideas were associated with emotions and that forgotten memories would eventually come out.
- Initially worked

New Problem

- Some patients didn't comply with the request to tell everything.
- There was resistance (of which the patient was unaware).
- Resistance was a clue to what was important.

Symptoms of Resistance

- Patients tried to change the subject
- Broke train of thought when close to recovery of an emotionally charged memory.
- But eventually it would come out.

Why did the Patient Resist?

- Conclusion: It was the way some powerful force opposed the process of making the memory become conscious.
- That is, thoughts, feelings, etc. were pushed out of the conscious part of the mind into our unconscious.
- That is, you repressed a memory because it was too painful.

Repression

- Is a defense mechanism
- When an unacceptable wish and thoughts associated with it are pushed out of consciousness to ward off intolerable pain.

Repressed Wishes

- Are linked to basic biological impulses or urges
- Usually being in childhood
- Usually the urges are sexual. But because of society constraints, they clash with the instinctual urges of the child
Found eventual recovery of a repressed memory led to further resistance that gave way to a repressed earlier memory. Ultimately, the process continued back into childhood.

Freud believed repressed material was not eliminated but remained in the unconscious.

Repressed Material
• Exerted a powerful effect
• Thus urges were pushed up from below.
• These urges were fueled by biological urges that caused them in the first place.
• When urges increased, caused more anxiety
• Thus, the urges were pushed down again.

Consequence
• Never ending conflict
• Conflicts caused a compromise where the censored wishes are expressed – but in an acceptable form.
• So, can have problems but you develop a censored solution

Psychoanalysis
• Psychoanalysis means
• Analyze conflicts
• Discover the Origins
• Remove the problem

Came to believe the same mechanisms that caused symptoms or psychopathology also operated in normal people
### Unconscious
- Within the unconscious Freud believed there were three conflicting mechanisms in the personality.
- These were not separate entities but were just names for three different reaction patterns.

### ID
- Is the basic source that runs the personality.
- Is the most primitive.
- The other two mechanisms develop from the ID.
  - Ego
  - Superego

### Id
- Id has the basic biological urges:
  - to eat
  - to drink
  - to eliminate wastes
  - to be comfortable and warm
  - to gain sexual pleasure
- Id’s sole purpose is to seek immediate gratification of impulses and reduce tension.
- Operates on the pleasure principle:
  - seek pleasure and avoid pain

### Ego
- At birth, the infant is all ID.
- But the ID has to deal with facts.
- Some gratification only comes after a delay.
  - The bottle isn’t always available
  - So the infant has to cry

### Ego
- Ego is derived from the ID.
- Is concerned with Objective Reality.
- Id has impulsive drives but the Ego is the system that pursues the drives of the ID.
- Has to deal with the reality of the world.
- Postpones Gratification
- Operates on the Reality Principle

### Superego
- Is the internalized representation of the values and morals of parents and society.
- Is essentially your conscience.
- Judges whether your actions are right or wrong.
- Is concerned with moral ideas.
- When the ideas are broken anxiety develops.
All Systems are Interrelated

• Id has the monopoly on psychic energy and uses it for pleasure.

• Ego and Superego postpone the energy and block it.

Result

• Id, Ego, and Superego are in conflict
• Id wants something now

• Ego is trying to delay it or figure out how to get it

• Superego is making sure it is morally correct.

Causes Problems and Anxiety

• Forbidden acts by a child are associated with anxiety as the child is scolded or disciplined
• Child feels threatened with the loss of love by the parent and becomes anxious
• So the next time it is about to do something bad, it becomes anxious

Anxiety

• Anxiety is unpleasant so the child tries to remove it
• If the cause is external – the child runs away.
• If the cause is internal -- the child must suppress the cause of the anxiety

Repression

• Is the primary defense mechanism
  However
• Repression is often incomplete
• Often thoughts or urges refuse to stay repressed
• Thus other defense mechanisms develop

Other Defense Mechanisms

• Projection
• Displacement
• Reaction Formation
• Regression
• Rationalization
• Identification
**Projection**
- Attribute your own thoughts or motives to another person
- e.g., a person who hates their boss thinks they like their boss but the boss does not like them

**Displacement**
- Divert emotional feelings from the original source to a substitute target
- e.g., parent disciplines a child, child takes out their anger on a brother or sister.

**Reaction Formation**
- Behaving in a way that is exactly the opposite of one's true feelings
- A person who unconsciously hates their spouse spoils them with gifts

**Regression**
- A reversion to immature patterns of behavior
- An adult has a temper tantrum when he doesn’t get their way.

**Rationalization**
- Creating false but plausible excuses to justify unacceptable behavior
- A student watches TV instead of studying for an exam saying
- “Additional study won’t do any good anyhow.”

**Identification**
- Bolstering self-esteem by forming a real or imaginary alliance with some person or group.
- An insecure person joins a political group.
How do you get Unconscious Conflict?

- Freud found problems are always related to critical events in childhood.
- Concluded all people go through the same problems and events.
- Those that were the most important were always sexual.

Stages of Psychosexual Development

- Freud felt the first six years of life were the most important.
- People go through stages. However, at each stage there are conflicts and issues to resolve.

FIXATION

- Freud felt the first six years of life were the most important.
- However, at each stage there are conflicts and issues to resolve.
- If a person couldn’t resolve problems, they became stuck or FIXATED at that stage.
- Physically they develop but not psychologically.

As adults the symptoms shown reflected where the fixation occurred.

Regression

- If you make it through the stages without becoming Fixated, later, when anxiety occurs, a person may regress back to a time when life was good
- Symptoms may be similar to fixated symptoms

Oral Stage

- Birth to age 1.5
- Mouth is the zone of Pleasure
- Everything goes into the mouth
- Reason – is the most neurologically developed structure
- Feelings of dependency are important because the infant is helpless
If Fixated

• May develop dependency feelings towards others
• Clinging to them

Regress

• If anxiety develops, may regress back to oral stage
  Smoking
  Eating

  Drinking from a beer bottle (like bottles, not cans)

Anal Stage

• Age 1-3
• Coincides with toilet training.
• Here child gets pleasure from defecation
• But is forced to deal with reality

ID says poop
Ego says wait for the toilet

May get frustration if try to toilet train too early.

Poop is mine
Parents are trying to make me get rid of things

Can Become

• Anal Expulsive. Push everything out (outbursts)

• Anal Retentive. Keep everything inside of them (Feelings)

Phallic

• Ages 3-6
• Was the most important stage for Freud
• Pleasure shifts from the anus to the genitals
  Penis in male
  Clitoris in female
• Concerns the family triangle
  – Love, Jealousy and Fear
• Is at the root of internalized morality.
• Here the child develops an attraction for the parent of the opposite sex and becomes jealous of the parent of the same sex.
• Called
  – Oedipus Complex in Males
  – Electra Complex in Females
• Causes lots of anxiety
• Is resolved by identifying with the parent of the same sex.

Problem
• What happens if there is no one of the opposite sex to identify with?
• Result: Homosexuality

Latency Period
• Age six to adolescence
• Begins by a repression of all sexual impulses
• Resolves the Oedipus and Electra complex
• Sexual energy dies down and ego and superego begin to have a greater influence than the ID

Genital Stage
• Begins in adolescence
• Person becomes less self-centered
• Begin to develop interests in a career, academics
• Develops a genuine caring for peers and members of the opposite sex

Problems with Psychoanalytic Theory
• Hard to measure and study

Studies that were conducted often don’t find what Freud proposed
• Symptom substitution
  • Eliminate the problem, another should develop
  • E.g., eliminate glove anesthesia, leg should become paralyzed
  • Doesn’t happen
Seems to be Time and Culturally Specific

- Was developed in Vienna
  - During the time period people didn’t talk about sex
  - Sex was seen as naughty or dirty.
  - e.g., Oedipus Complex should occur in all cultures
  - Problem Doesn’t occur. Boys don’t hate dads in all cultures

Developed theory from Case Studies of Neurotic Women

- Developed the theory after the fact
- Probably made the theory to fit the themes
- Can’t predict what will occur with the theory before hand, only after the fact.

Theory determines if the therapist should believe the client or not.

- Sexual abuse??

E.g. I hate my mother

- Analyst will probably believe but insist I love my mother
- Therapist may interpret the loving mother as the opposite
  - Reaction formation
- Love really is hate
- Is a big problem

Thus, the theory has problems with reliability and validity

Why is the Theory Important?

- Revolutionized western civilization thinking about what was import regarding sexual feelings in the world.
- Broke the ice on the Victorian idea that sex was bad
- Has had a major impact on your upbringing
- Is the major underpinning of psychology and psychiatry historically
- Had a major influence in Education and development (Erickson)
**Neo Freudians**

- Generally accept Freud’s views on internal conflicts but have different ideas about what the conflicts were about.

**Horney Hor Ni**

- Believes many people suffer from basic anxiety - feelings of helplessness and alone in the world

<table>
<thead>
<tr>
<th>Is not caused by childhood conflicts instead is caused by incompatible demands placed on the individual by their culture</th>
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<tbody>
<tr>
<td>Basic anxiety causes the person to pursue those goals to decrease the anxiety</td>
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<tr>
<td>Reduce anxiety by seeking privilege or possessions withdrawing from emotional involvement’s alcohol or drugs</td>
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**Problem**

- Efforts fail
- creates a vicious cycle.
  - Want love Seek a partner to decrease anxiety. However, love demands are excessive so they cannot be fulfilled
  - Failure to get wishes seed as a rebuff
- Makes the person more desperate for love

**Jung**

- Similar to Freud but expanded ideas to include a collective unconscious

- Collective unconscious: Were memory traces of our ancestral history. Also included animal history.
- Was in everyone

**Cycle doesn’t just happen to neurotic people, also happens to normal people**

- have to write a paper
- causes anxiety and worry so you put it off
- makes you feel guilty
- thus you get more anxiety
- put it off
- etc.
Erickson
- Also similar to Freud but applied concepts to development
- Freud had 5 stages
- Erickson had 8 stages
- Used a lot in developmental psychology

Behavioral Approaches to Personality

Radical Behaviorism
- Skinner
  - Same as operant conditioning
  - Subject matter is overt behavior
  - Don’t need to infer internal processes such as traits, wishes, or expectations
  - People behave because they are prompted and reinforced by the environment.

Learning can be by classical conditioning or operant conditioning

Why is behavior maintained even when it shouldn’t occur
- 1. Partial schedules of reinforcement
  - Can condition a pigeon to peck 120,000 times/reinforcer
  - 120,000 between reinforcers is a long time
- 2. Generalization
  - As before

Social Learning
- Bandura
- Rotter
- Mischel
  - More liberalized version of behaviorism
  - Except terms such as beliefs or expectations of what will happen are emphasized
Locus of Control
Rotter
• Major differences between individual
• People believe Locus of control is internal or external

Internal
• Source of control in inside the person
• Outcomes occur because of something you did

External
• Source of control comes from outside the person
• Outcomes occur because of something someone else did that is outside of the person’s control
• These traits are as the result of learning not genetic-like trait theories

Pure Genetics Model
• Genetics determines your personality
• Aggressive
• Homosexual
• Alcoholic

Evidence
• There is some evidence for certain personality traits
  • Aggression
  • Alcoholism
  • Is correlational in nature

Little Evidence for Others
• Homosexuality
**Problem with pure genetics model**
- Uses monozygotic twin studies for support
- Are all correlational in nature
- Lots of people don’t get it

**Multiple Genes**
- Problem, minimal evidence

**Recessive genes**
- Problem Minimal evidence

**Diathesis Stress Models of Personality**
- Need genetics and environment
- Have the genetics but you need the right environment before it comes out.
  - Problem
    - What is the right environment
    - Which are the right genetics

**Problem**
- All suffer from same reliability and validity problems as the original theory