

PERSONALITY THEORY REVIEWER

1. PERSONALITY

◆ Meaning and Definition of Personality

Personality is the unique pattern ng **pag-iisip, feelings, at behavior** ng isang tao na relatively consistent over time.

Simple meaning:

👉 Personality = **kung paano ka mag-isip, makaramdam, at kumilos**, at kung ano ang nagkakaiba sa'yo compared sa ibang tao.

Example:

May dalawang students na may exam.

- Student A → kalmado at nag-aaral agad.
- Student B → kinakabahan at procrastinates.

Magkaiba sila ng way ng pag-react, which may reflect differences in personality.

◆ Individual Differences

Ito ay tungkol sa **pagkakaiba-iba ng mga tao**.

People differ in:

- Thoughts

- Feelings
- Behavior
- Motivation
- Reactions

Example:

May taong naturally talkative, habang may taong tahimik at reserved.

👉 **Individual differences = "Ano ang nagpapakaiba sa bawat tao?"**

◆ Consistency in Behavior

Personality is relatively **consistent**, meaning may mga behavior kang madalas mong ginagawa over time.

Example:

Kung usually organized ka, madalas prepared ang school materials mo.

Pero take note: **Hindi ibig sabihin na exactly the same ang behavior mo all the time.**

Puwedeng magbago ang behavior depende sa situation.

◆ Why is there NO single universally accepted definition?

Walang isang definition na lahat ng psychologists ay completely agree with because **different psychologists focus on different aspects of personality.**

For example:

- **Psychodynamic** → unconscious mind

- **Humanistic** → personal growth and freedom
- **Dispositional** → personality traits
- **Biological** → genes and brain
- **Learning/Social-Cognitive** → environment and learning

👉 **Simple:** Different psychologists = different perspectives = different definitions.

2. WHAT IS A THEORY?

♦ Definition of Theory

A **theory** is an organized set of ideas na ginagamit para **i-explain at i-predict** ang isang phenomenon.

Example:

A personality theory can explain **why people behave differently** and predict how they might behave in certain situations.

♦ Purpose of Theory

Theory helps psychologists to:

1. **Explain** behavior
 2. **Organize** information
 3. **Predict** behavior
 4. **Generate research**
 5. **Guide action**
-

Theory vs. Hypothesis vs. Speculation vs. Philosophy vs. Taxonomy

Theory

General explanation ng isang phenomenon.

👉 "Why does this happen?"

Hypothesis

Specific and testable prediction based on a theory.

👉 "What do I expect to happen?"

Speculation

A **guess or idea** na wala pang enough evidence.

👉 "Maybe this is the reason."

Philosophy

Broader ideas about **life, existence, knowledge, values, and reality.**

👉 "What is the meaning of human existence?"

Taxonomy

A system used to **classify or organize** things.

👉 "Paano natin paghihiwa-hiwalayin ang different types?"

★ Easy memory:

Theory = Explain

Hypothesis = Test/Prediction

Speculation = Guess

Philosophy = Big questions

Taxonomy = Classification



Relationship Between Theory, Research, and Data

Remember this:

**THEORY → HYPOTHESIS →
RESEARCH → DATA**

Example:

Theory:

Social support affects personality development.



Hypothesis:

Students with stronger social support will have higher confidence.



Research:

Researchers survey students.



Data:

They analyze the collected information.



Conclusion:

The results can **support, modify, or challenge** the theory.



Why do psychologists develop different theories?

Because **personality is very complex**.

Different theorists:

- Have different experiences
- Focus on different aspects
- Use different research methods
- Have different assumptions
- Are influenced by different historical periods

👉 Kaya maraming theories instead of only one.

3. PERSPECTIVES IN PERSONALITY THEORY



1. Psychodynamic

Focus: Unconscious processes, internal conflicts, and early experiences.

Simple:

👉 "May unconscious forces and past experiences na nakaka-influence sa behavior natin."

Example:

A person's childhood experiences may influence how they behave in relationships later in life.

Famous theorist: Sigmund Freud

**2.**

Humanistic-Existential

Focus: Personal growth, freedom, meaning, choices, and self-actualization.

Simple:

👉 "People have the ability to grow, make choices, and become their better selves."

Example:

A person works hard because they want to achieve their full potential.

Theorists: Carl Rogers, Abraham Maslow



3. Dispositional

Focus: Traits or relatively stable characteristics.

Simple:

👉 "May stable traits ang isang person na nakaka-influence sa behavior."

Examples:

- Extraversion

- Conscientiousness
- Openness

Theorists: Gordon Allport, Raymond Cattell, Hans Eysenck

**4.**

Biological-Evolutionary

Focus: Genes, brain, hormones, biology, and evolution.

Simple:

👉 "Some parts of personality may come from our biology and genetics."

Example:

Differences in temperament may partly have biological or genetic influences.

5.

Learning/Social-Cognitive

Focus: Learning, environment, observation, thinking, and interaction with other people.

Simple:

👉 "Personality is influenced by what we learn, what we observe, our environment, and how we think."

Example:

A child may learn certain behaviors by observing parents or other people.

Theorists: Albert Bandura, Julian Rotter

4. THEORISTS AND THEIR THEORIES

◆ How can a theorist's background influence a theory?

A theorist's:

- Personal experiences
- Education
- Culture
- Values
- Historical period
- Observations

can influence **how they understand personality**.

Example:

If a theorist strongly believes that people have the ability to grow and improve, they may create a theory focused on **human potential**.



Why should theories still be evaluated using research?

Kahit famous ang theorist, **hindi ibig sabihin automatically correct ang theory**.

It should still be tested using:

👉 **Research + Evidence + Data**

Why?

Because science requires evidence.

Simple:

"Hindi porket sinabi ng famous psychologist, tama na agad. Kailangan pa ring i-test."

5. WHAT MAKES A THEORY USEFUL?

There are **6 criteria**.

1. Generates Research

A good theory should create **new questions that can be researched**.

Example:

A theory about personality and academic performance can lead to research about whether certain traits are related to grades.

2. Falsifiable

A theory should be **testable** and possible to prove wrong.

Example:

If a theory makes a prediction, researchers should be able to collect evidence that could potentially show the prediction is incorrect.

👉 **Falsifiable = Puwedeng ma-test at puwedeng mapatunayang mali.**

3. Organizes Data

A good theory helps researchers **organize many observations and findings** into something understandable.

👉 **Organizes data = Pinapadali niyang intindihin ang maraming information.**

4. Guides Action

A theory should be useful in **real-life situations**.

Example:

A personality theory can help psychologists understand behavior and decide what approach may be useful.

👉 **Guides action = Nakakatulong sa actual practice.**

5. Internally Consistent

The different parts of the theory should **make sense together** and should not contradict each other.

👉 **Internally consistent = Walang contradiction sa loob ng theory.**

6. Parsimonious

A theory should explain something using the **simplest explanation possible** while still being useful.

👉 **Parsimonious = Simple but sufficient.**

🧠 **Memorize:**

G-F-O-G-I-P

- **Generates research**
 - **Falsifiable**
 - **Organizes data**
 - **Guides action**
 - **Internally consistent**
 - **Parsimonious**
-

6. CONCEPT OF HUMANITY

These are **6 dimensions** that describe how different theories view human nature.

1. Determinism vs. Free Choice

Determinism

Our behavior is influenced or determined by forces such as **biology, past experiences, or environment**.

👉 "May factors na nakaka-determine ng behavior natin."

Free Choice

People have the ability to **make choices and decisions**.

👉 "May control tayo sa choices natin."

Easy:

Determinism = Forces influence behavior
Free choice = We can choose

2. Pessimism vs. Optimism

Pessimism

A more **negative or limiting view** of human nature.

Optimism

A more **positive view**, emphasizing people's ability to grow and improve.

Easy:

Pessimism = Negative/limited
Optimism = Positive/growth

3. Causality vs. Teleology

Causality

Behavior is explained by **past causes**.

Example:

"Ganito siya ngayon dahil sa experiences niya noon."

Teleology

Behavior is explained by **future goals or purposes**.

Example:

"Nag-aaral siya ngayon because gusto niyang magkaroon ng magandang career in the future."

Easy:

Causality = Past
Teleology = Future goal

4. Conscious vs. Unconscious

Conscious

Things we are **aware of**.

Example:

Alam mong kinakabahan ka before an exam.

Unconscious

Processes that happen **outside our awareness**.

Example:

A person may react emotionally without fully understanding why.

Easy:

Conscious = Aware
Unconscious = Not fully aware

5. Biological vs. Social Influences

Biological

Personality is influenced by:

- Genes
- Brain
- Hormones
- Biological processes

Social

Personality is influenced by:

- Family
- Friends
- Culture
- Society
- Environment

Easy:

Biological = Nature/body

Social = Environment/people

6. Uniqueness vs. Similarities

Uniqueness

Every person is **different and unique**.

Similarities

People also have **common characteristics** that can be studied.

Example:

Unique ang personality mo, pero maaari kang magkaroon ng similar traits with other people, such as being introverted or conscientious.

Easy:

Uniqueness = What makes us different

Similarities = What we have in common

7. RESEARCH IN PERSONALITY THEORY

★ **VERY IMPORTANT:**

THEORY → HYPOTHESIS → RESEARCH → DATA

Theory

General explanation.



Hypothesis

Specific prediction.



Research

Testing the prediction.



Data

Evidence/results collected.



Evaluation

The theory may be:

- ✓ Supported
- ↔ Modified
- ✗ Challenged



Descriptive Research vs. Hypothesis Testing

Descriptive Research

Purpose nito ay i-describe kung ano ang nangyayari.

Example question:

"What personality traits are commonly observed among college students?"

👉 Focus = **What is happening?**

Hypothesis Testing

Purpose nito ay i-test ang specific prediction.

Example:

"Students with higher conscientiousness will have higher academic performance."

Researchers collect data to determine whether the prediction is supported.

👉 Focus = **Is this prediction supported by evidence?**



ONE-PAGE MEMORY GUIDE

Personality

Thinking + Feeling + Behavior

Theory

Explains + Predicts

Hypothesis

Specific + Testable prediction

5 Perspectives

🧠 **Psychodynamic** → unconscious/past

🌱 **Humanistic** → growth/freedom

👤 **Dispositional** → traits

🧬 **Biological** → genes/brain/evolution

🧑 **Learning** → environment/learning/cognition

6 Useful Theory Criteria

G-F-O-G-I-P

6 Concept of Humanity
Dimensions

Dimension		Remember	
Determinism Free Choice	↔	Control	
Pessimism Optimism	↔	Positive/negative view	
Causality Teleology	↔	Past ↔ Future	
Conscious Unconscious	↔	Aware ↔ Unaware	
Biological ↔ Social		Nature Environment	↔
Uniqueness Similarities	↔	Different Similar	↔

Research Process

**Theory → Hypothesis → Research →
Data → Support/Modify/Challenge**