

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect. The shapes are layered, with some appearing more prominent than others, and they extend towards the corners of the frame.

THEORIES OF PERSONALITY

► WHAT IS PERSONALITY?

► **PERSONAE-** latin word ,which referred to the mask worn by actors during theatrical performance

► **GORDON ALLPORT-** personality is something real within an individual that leads to characteristic behavior and thought.

► **CARL ROGERS-** the personality or self is an organized, consistent pattern of perception of the “I” or “me” that lies at the heart of an individual’s experiences.

► **B.F. SKINNERS-** an influential behaviorist, the word personality was unnecessary. He did not believe that it is necessary or desirable to use concept such as self or personality to understand human behavior.

► **SIGMUND FREUD-** the father of contemporary psychoanalysis , personality is largely unconscious, hidden, and unknown.



► WHAT IS THEORY?

- **THEORIA-** Greek word, refers to the act of viewing, contemplating or thinking about something
- Theory is a set of abstract concepts developed about a group of facts or events in order to explain them.
- A **Theory of Personality**, therefore, is an organized system of beliefs that helps us to understand human nature

▶ THE ROLE OF PERSONALITY THEORY IN PSYCHOLOGY

▶ Personality theory plays a key role in psychology because it helps explain why people think, feel and behave differently in consistent ways. It also gives psychologists a framework for understanding identity, behavior, mental health and human development.

▶ **ROLE IN PSYCHOLOGY**

▶ Personality theories help psychologists describe stable traits, predict behavior, and explain how environment, learning, childhood experiences and biology shape a person over time. They are also useful in assessment, counseling, education, and research because they organize complex human behavior into understandable models.

▶ The nineteenth-century scientific revolution refers to the rapid growth of modern science in the 1800s, when biology, chemistry, physics, physiology, and other fields became more specialized and more experimental. This period helped shift psychology away from philosophy and toward a more scientific study of mind and behavior.



- ▶ **Nineteenth-century scientific revolution**

- ▶ A major feature of this period was the rise of empirical methods, meaning knowledge was based on observation, measurement, and experimentation rather than speculation. Darwin's theory of evolution also changed thinking about humans by showing that behavior and mental life could be studied as part of natural processes

- ▶ **Link to psychology**

- ▶ Modern psychology grew out of this scientific climate. Wilhelm Wundt established the first formal psychology laboratory in 1879, and William James later helped define psychology as a distinct field through his work on consciousness and mental life. These developments showed that psychology could use scientific methods to study experience, learning, sensation, and behavior.

- ▶ **Modern-day psychology**

- ▶ Today, psychology is a broad science that studies behavior, thoughts, emotions, development, mental health, and social interaction. It uses many approaches, including biological, cognitive, behavioral, psychodynamic, and social-cultural perspectives, all of which trace part of their roots to the nineteenth-century push for scientific inquiry.

In short, the nineteenth-century scientific revolution created the methods and mindset that allowed psychology to become a formal science. Modern psychology is the result: a field that studies people systematically, using evidence instead of opinion.

- ▶ Psychology started with big questions from Plato and Aristotle in ancient Greece. Plato believed the mind and soul were more important than the body, while Aristotle believed people learn from experience and observation. Their ideas helped shape early thinking about human behavior, memory, learning, and personality.

► **Plato and Aristotle**

- Plato's idea was that humans are not just physical bodies; we also have a mind or soul that guides us. He believed people are born with some knowledge already inside them. Aristotle disagreed and said the mind is like a blank slate at birth, and experience shapes who we become. These ideas helped psychologists later discuss nature versus nurture, or whether behavior comes more from biology or experience.

- Aristotle is also important because he used observation and careful thinking, which is close to how science works today. That is one reason many people see him as an early thinker who helped psychology move toward a more scientific approach.

► **Wundt and the start of scientific psychology**

- Wilhelm Wundt is often called the father of experimental psychology. In 1879, he opened the first laboratory for psychology and showed that the mind could be studied scientifically, not just through philosophy. He focused on simple mental processes like sensation, perception, attention, and reaction time.

- you can think of Wundt as the person who helped psychology become a real science, like biology or chemistry. He wanted psychologists to observe, measure, and experiment instead of only guessing about the mind.

► **Watson and Skinner**

- **John Watson** helped create behaviorism, which says psychology should study only observable behavior, not hidden thoughts or feelings. He believed behavior comes from the environment and learned responses. This made psychology more focused on what people do instead of what they only think or feel inside.

- **B. F. Skinner** later developed behaviorism further by showing that behavior can be shaped by rewards and punishments. His work is still used today in classrooms, parenting, animal training, and behavior management. In simple terms, Skinner showed that actions followed by rewards are more likely to happen again.

► **Freud's influence**

- Sigmund Freud gave psychology a very different direction by focusing on the unconscious mind, which means thoughts and feelings people may not be aware of. He believed hidden desires, fears, and childhood experiences affect behavior. Even though some of his ideas are debated today, Freud strongly influenced counseling, therapy, and the study of personality.

-

- ▶ Plato and Aristotle gave the first big ideas about the mind, Wundt turned psychology into a science, Watson and Skinner focused on behavior, and Freud showed that hidden thoughts and childhood experiences also matter.

- ▶ Table 1

Thinker	Main Idea	Why it Matters
Plato	The mind and soul are important; some knowledge may be inborn	Started thinking about inner mental life
Aristotle	Experience and observation shape the mind	Helped form ideas about learning and scientific observation
Wundt	Psychology should be studied scientifically	Founded the first psychology lab in 1879
Watson	Study only observable behavior	Made behaviorism popular
Skinner	Rewards and punishments shape behavior	Influenced education and behavior management
Freud	Unconscious thought affect behavior	Shaped therapy and personality psychology

MAJOR THEORIST

- ▶ **SIGMUND FREUD** - Introduced the psychodynamic view, emphasizing unconscious motive sand childhood experiences
- ▶ **CARL JUNG**- expanded personality ideas through analytical psychology and introduced concepts such as introversion and extroversion.
- ▶ **ALFRED ADLER**- stressed social interest , inferiority feelings, and striving for superiority
- ▶ **KAREN HORNEY**- highlighted the role of culture and relationships in personality development
- ▶ **ERIK ERIKSON**- explained personality through psychosocial stages across the lifespan
- ▶ **GORDON ALLPORT, RAYMOND CATTELL, HANS EYSENCK, PAUL COSTA AND ROBERT MCRAE**- developed trait theories, especially the modern Big Five model.

THE EVALUATION OF PERSONALITY THEORY

▶ THREE COMPLEMENTARY ORIENTATIONS FOR EVALUATING PERSONALITY

1. **PHILOSOPHY**
 - ▶ - It gives personality theory its ideas and assumptions.
 - ▶ - asks the big questions, such as: What is a person? What is human nature? What should we value?
- ▶ PHILOSOPHY- comes from Greek “philein”- LOVE, “sophia”- WISDOM
- ▶ -it means the love or pursuit of wisdom.
- ▶ -Wisdom denotes not merely knowing about something but knowing what ought to be done and how to do it. Make assumptions and judgements about the good the good life and how to live it.
- ▶ PHILOSOPHER- personality theorists seek to explore assumptions about what it means to be a person,
- ▶
- ▶ **BASIC PHILOSOPHICAL ASSUMPTIONS**- are the big ideas psychologists use when they try to explain why people are the way they are. They help answer questions “Are we born this?” “Can people change?”, and “Do we control our actions or does the environment control us?”
- ▶ ***Freedom vs. Determinism-*** *do we choose our actions, or are we controlled by things like habits , feelings or surroundings?*
 - Some theorists believe that individuals basically have control over their behaviors and understand the motives behind it. Others believe that behavior is basically determined by internal or external forces over which individuals have little, if any control
- ▶ ***Hereditary vs. Environment-*** *Is personality mostly passed from parents, or shaped by home, school and experiences?*
 - Differ over whether inherited and inborn characteristics or factors in the environment have the more important influence on behavior
- ▶ ***Uniqueness vs. Universality-*** *Is each person completely special, or are people similar in many ways?*
 - Each individual is unique and cannot be compared with others . Others contend that people are basically very similar
- ▶ ***Active vs. Reactive-*** *Do people act on their own, or mostly react to what happens around them?*
 - Human beings act based on their initiative rather than simply reacting.
- ▶ ***Optimistic vs. Pessimistic:*** *Can people change and grow, or are they mostly fixed?*
- ▶

1.

SCIENCE

- As a science in personality theories, investigations governed by appropriate rules-has developed . It has provided us with new knowledge, tools and methods of self understanding and improvement.
- ▶ -It helps us judge whether a theory is accurate and useful
- ▶ -Can this theory be tested with evidence?

▶ SCIENTIST- develop a workable set of hypotheses that will help us understand human behavior.

2.

ART

- The art of personality theory or its expression in practical application, is much older than the science even philosophy behind it.
- ▶ -Does the theory help us understand real people in a creative and meaningful way?
- ▶ -It reminds us that people are complex, so personality cannot be explained by numbers alone.

▶ ARTIST- seek to apply what is known about people and behavior to foster a better life.

PHILOSOPHICAL ASSUMPTIONS

▶ A good personality theory should do several things:

1. Describe personality clearly.
 2. Explain why people have the way they do.
 3. Predict future behavior.
 4. Be testable through research.
 5. Be useful in real life, such as in counseling or understanding behavior.
- ▶

DISTINGUISHING PHILOSOPHICAL ASSUMPTIONS FROM SCIENTIFIC STATEMENTS

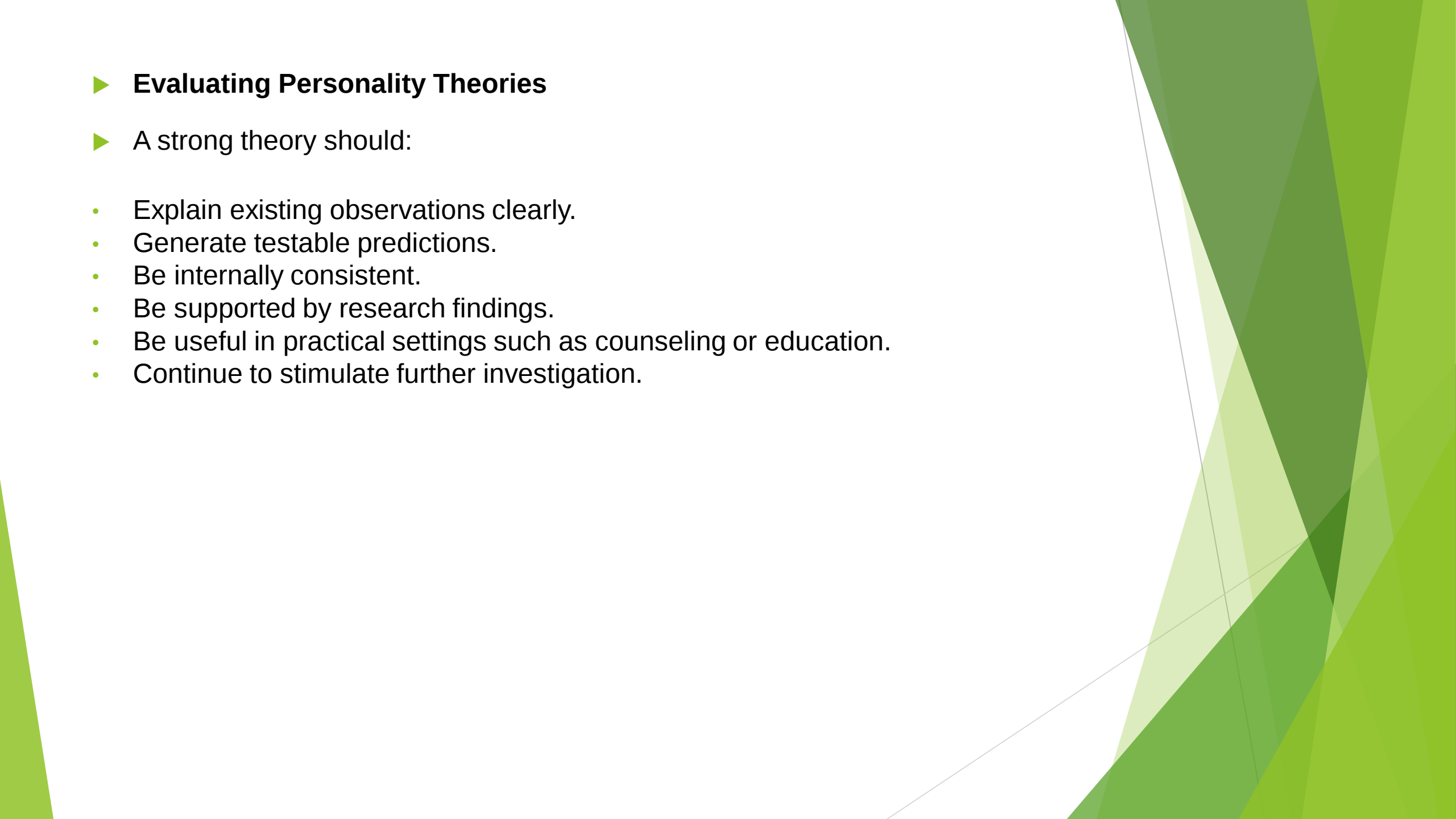
- ▶ Personality theories contain **both philosophical assumptions and scientific statements**, and it is important to distinguish between them.
- **Philosophical assumptions** are beliefs or ideas about human nature that cannot be directly tested or proven through scientific research. They reflect a theorist's worldview, such as whether people are naturally good or bad, whether behavior is determined by external forces or free will, and whether personality is stable or capable of change.
- **Philosophical assumptions:** Concern values, beliefs, and views of human nature; not directly testable.

DISTINGUISHING PHILOSOPHICAL ASSUMPTIONS

- **Scientific statements** are claims that can be observed, measured, and tested through research. These statements generate hypotheses that researchers can examine using evidence. If the evidence does not support a statement, it can be revised or rejected.
- **Scientific statements:** Concern observable facts and predictions; testable through empirical research.
- Personality theories often begin with philosophical assumptions, which influence the questions theorists ask and the explanations they develop. Scientific methods are then used to evaluate the testable parts of those theories. Understanding the difference helps readers critically evaluate personality theories by recognizing which ideas are based on evidence and which are based on broader beliefs about human nature.
- This distinction allows personality psychology to combine thoughtful perspectives on human nature with evidence-based scientific investigation.

Research and the Scientific Method

- ▶ Personality theories must be evaluated through research whenever possible. The scientific method involves:
 - Making careful observations.
 - Developing hypotheses.
 - Collecting objective evidence.
 - Testing predictions.
 - Revising theories when evidence contradicts them.
- ▶ Research methods discussed include:
 - Case studies
 - Clinical observation
 - Experimental research
 - Correlational studies
 - Psychological testing
- ▶ Each method has strengths and limitations, so researchers often use multiple approaches.
- ▶

The background of the slide features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic visual effect.

► **Evaluating Personality Theories**

► A strong theory should:

- Explain existing observations clearly.
- Generate testable predictions.
- Be internally consistent.
- Be supported by research findings.
- Be useful in practical settings such as counseling or education.
- Continue to stimulate further investigation.