

Personality

- Unique pattern of enduring thoughts, feelings, and actions that characterize a person
- genetic / biological component?
- environmental / experiential component?

Development of Personality

- Temperament Types
 - easy child
 - difficult child
 - slow-to-warm-up child
- Not strongly related to later personality

Emotions in infancy

crying (from birth)

smiling (4-6 weeks)

anger, surprise, sadness (3-4 mos.)

fear (stranger anxiety; 5-7 mos.)

attachment: emotional bond with caregiver

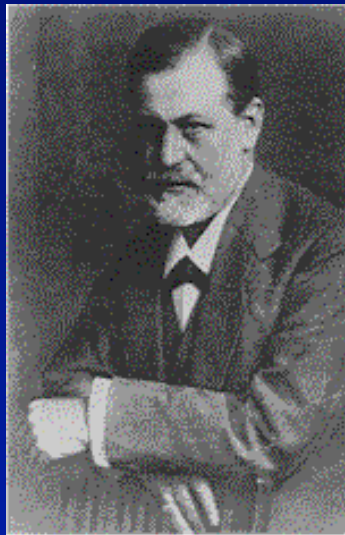
Attachment

- Bowlby: most important need is comfort, given fear of the unfamiliar
 - Freud: mother is merely source of food
 - Harlow: infant monkeys preferred soft cloth comforting fake mother to food-supplying wire fake mother
- Types (from Ainsworth's strange situation)
 - secure
 - avoidant
 - anxious/ambivalent
- Real-world application: is child day care bad?
 - attentive parents better than bad daycare, but good daycare better than distracted uninvolved parents

**TABLE 2.1 Galen's Extension of
Hippocrates' Theory of Humors**

Element	Humor	Temperament	Characteristic
Water	Phlegm	Phlegmatic	Sluggish, unemotional
Air	Blood	Sanguine	Cheerful
Fire	Yellow bile	Choleric	Quick-tempered, fiery
Earth	Black bile	Melancholic	Sad

Sigmund Freud



Psychoanalysis

- Sigmund Schlomo Freud May 6 1856 - September 23 1939
- 1873-1881 medical student at University of Vienna (Austria) researching neurophysiology and studying philosophy
- 1876 - Where are the male eel's sex organs? Can't find them!
- 1882-1888 doctor at Vienna General Hospital
- 1886 begins private practice focusing on nervous disorders (medical psychopathology); ailments mental in origin?
- tries and eventually abandons therapeutic hypnosis and cocaine; finally settles on listening to a patient's talk
- 1890s concludes unconscious ideas (especially sexual ones) caused mental and physical troubles; 1899 dreams are the key to discovering these unconscious influences
- 1905-1915 psychosexual development, Oedipus complex
- 1920s id ego superego formed through developmental stages and Oedipal conflict

Psychodynamic Approach

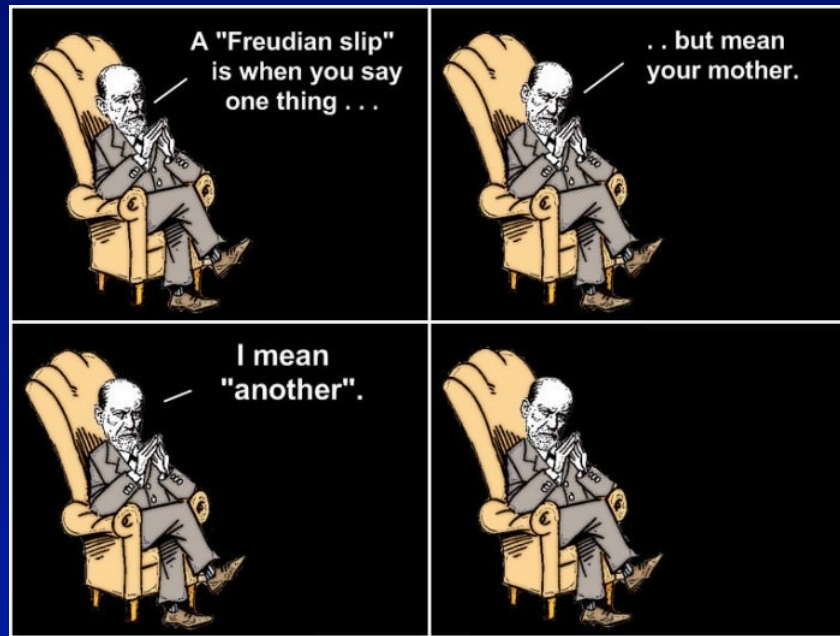
- Psychodynamic Theory: unconscious processes influence behavior
- Psychoanalysis: Freud's version (the original)
- constant struggle between desires / biological urges and realities / constraints of living
- Structure of the mind and personality
 - Id - pleasure principle; pleasure, aggression, want
 - Ego - reality principle; reconciling id and superego
 - Superego - morality principle; internalized rules

Psychosexual Development

- five stages of personality development
- different focus of pleasure at each stage
 - oral (0-18 months) – sucking, biting, chewing
 - anal (18-36 months) – defecation, toilet training
 - phallic (3-6 yrs) – Oedipus / Electra complex:
castration anxiety; penis / womb envy; identification
 - latency period (6-12 yrs) – school, friends, hobbies
 - genital (adolescence) – puberty; sexual interest reemerges, directed outside of family
- fixations in later life from over- or under-satisfaction of desires in first three stages

Fixations at early stages leading to consequences in adulthood

- oral – overeating, drinking, kissing, brushing teeth, chewing gum, smoking; neediness, dependency may result
- anal – obsession with bowel movements, bathroom humor, stubbornness, rule-following, EITHER messiness and disorder OR cleanliness and order; stinginess may result
- phallic – masturbation, showing off / bragging about masculinity or femininity; need for dominance in men, attention in women



PINK FREUD

THE DARK SIDE OF YOUR MOM

Psychodynamic Approach – Personality Dynamics

- ego balances demands from id and restrictions / constraints from superego
- methods of investigating personality
 - interpretation of dreams
 - slips of the tongue (“[Freudian slips](#)”)
 - ego defense mechanisms: unconscious tactics used by ego to reduce anxiety or guilt; use ranges from normal to neurotic
 - repression
 - denial
 - displacement
 - projection
 - rationalization
 - reaction formation
 - sublimation
 - regression

Criticisms of Freud

- Psychoanalysis was created in (and for) male-dominated upper class repressed 19th century society; discounted women’s perspectives, child abuse, other family dynamics
 - abandoned early theory of neurosis caused by childhood sexual abuse, replacing with theory that adults reporting abuse were describing their unconscious wishes
- role of sex overemphasized; Oedipal conflict not universal
- early years not the only crucial time for personality – later experiences also have powerful effects
- conscious thought more important than he believed (see Humanistic approach), and not always a response to sexual impulses
- family and social relationships are more strongly determining of personality than childhood biological / sexual impulses
- generally considered unscientific due to unfalsifiability – accounts for every possible observation, nothing would disconfirm it

Legacy of Freud

- originator of many ideas that are now taken for granted
- role of hidden / unconscious motivations (we don't know why we do things)
- role of sex as motivation
- role of early experiences
- still used from Freud in psychotherapy:
 - role of unconscious; transference; dream analysis (to an extent)
 - NOT used: five stages; Oedipus complex etc
- enormous impact on literature, drama, film, art