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

<table>
<thead>
<tr>
<th>Element</th>
<th>Humor</th>
<th>Temperament</th>
<th>Characteristic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Phlegm</td>
<td>Phlegmatic</td>
<td>Sluggish, unemotional</td>
</tr>
<tr>
<td>Air</td>
<td>Blood</td>
<td>Sanguine</td>
<td>Cheerful</td>
</tr>
<tr>
<td>Fire</td>
<td>Yellow bile</td>
<td>Choleric</td>
<td>Quick-tempered, fiery</td>
</tr>
<tr>
<td>Earth</td>
<td>Black bile</td>
<td>Melancholic</td>
<td>Sad</td>
</tr>
</tbody>
</table>
Psychoanalysis

• Sigismund 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
A "Freudian slip" is when you say one thing . . .

. . . but mean your mother.

I mean "another".

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