Chapter 15
Personality

Review 15.1: The Psychoanalytic Perspective
Klaus is 18 years old and, like all adolescents, he is trying to figure out who he is. He wants to know why he thinks, feels, and acts the way he does; that is, he wants to define his (1) personality. Klaus decides to read about the various personality theorists, beginning with Sigmund (2) Freud, who believed that most of the mind is hidden from view and therefore (3) unconscious, and that personality is a product of the (4) conflict between our basic sexual and aggressive impulses, directed by the (5) Id, and social restraint derived from the (6) superego. After reading about this psychoanalytic theory, Klaus decided that his long-standing aggressive behavior toward his younger brother could have been the result of (7) repressing his anger with his parents for being so strict. This would protect him from the (8) anxiety he might feel if he were to express that anger. Perhaps the part of his personality called the (9) ego redirects his anger, and so the hitting of his brother is a (10) defense mechanism called (11) displacement. Klaus also thought that he may have (12) rationalized his behavior by saying that his brother needed the discipline.

Review 15.2: Neo-Freudians and Psychodynamic Theorists
Klaus isn’t sure he agrees with Freud’s theory. Klaus thinks that Freud placed too much emphasis on the (1) unconscious mind and on sex and (2) aggression as all-consuming motives. Instead, Klaus thinks he is more likely to be guided by his (3) conscious mind, though he still believes that (4) social interactions had a great effect on his behavior. Klaus learns that his beliefs match the neo-Freudian movement. The neo-Freudians emphasized different aspects of personality. Alfred (5) Adler emphasized peoples’ efforts to overcome feelings of (6) inferiority. Karen (7) Homey believed that childhood (8) anxiety triggers our desire for love and security. Unlike the others, Carl (9) Jung agreed with Freud’s notion of an (10) unconscious but thought it was more of a (11) collective unconscious that included images derived from our species’ history. Klaus wonders, though, if the modern psychoanalysts—those who profess a (12) psychodynamic approach—aren’t closer to having a true understanding of personality. He knows that they (13) disagree with Freud’s overall personality structure and his classifying people as oral, (14) anal, or (15) phallic, but they respect the reality that many of our day to day thought processes are indeed (16) unconscious.

Review 15.3: The Trait Perspective
Denise and Winifred are friends with very different personalities. Unlike Klaus, who wanted the underlying dynamics of his personality (1) explained, they simply want their personalities (2) described, as trait theorists do. First, Denise and Winifred consider the theory of Hans and Sybil (3) Eysenck, who used the statistical procedure of (4) factor analysis to reduce our individual variations to two or three dimensions, including (5) introversion-extraversion and (6) stability-instability. Denise tends to be quiet, reserved, thoughtful, and calm, so she is more likely to be classified as (7) introverted and (8) stable. Winifred, on the other hand, is outgoing, lively, restless, and impulsive, so she is more likely to be classified as (9) extraverted and (10) unstable. Winifred and Denise decide to volunteer for neuroscience research on personality in order to learn more. They find evidence that their personalities have a biological basis. For example, they learn that the areas of Winifred’s (11) frontal lobes involved in behavior inhibition are less active than the same areas in Denise’s brain. They also learn that their (12) genes played a significant role in creating their (13) temperament, which helped define their personalities. Denise and Winifred decide that these two dimensions are too limiting, so they turn to a more contemporary expanded set of factors, called the (14) Big Five, which include Denise’s disciplined behavior versus Winifred’s impulsive behavior, or (15) Conscientiousness; the tendency of both to be soft-hearted and trusting, or (16) Agreeable; Denise’s calmness versus Winifred’s anxiety, or (17) Neuroticism; Denise’s conformity versus Winifred’s imaginative nature, or (18) Openness; and Denise’s sobriety versus Winifred’s sociability, or (19) Extraversioz. Checking the research, Denise and Winifred find evidence that these trait factors (20) are stable in adulthood, they tend to have a 50 percent (21) heritability.
rate, they (22) do describe personality in various cultures, and they (23) do predict other personality attributes, for example, that Denise is a “lark,” or morning type.

Review 15.4: The Social-Cognitive Perspective
Denise and Winifred can’t stop thinking about how their personalities are formed. Knowing that psychological science views people as (1) biopsychosocial organisms, they set their sights on Albert (2) Bandura’s theory. This theorist emphasizes the interaction of internal (3) cognitive factors, (4) behavior, and the environment, a process he called (5) reciprocal determinism. The interaction varies between Denise and Winifred for several possible reasons, including the following: They choose different (6) environments: Denise might choose to go to the library, while Winifred chooses a coffee shop with friends. Their internal thoughts, or (7) cognitions, shape how they interpret and react to events: Denise takes challenges in stride, while Winifred becomes anxious. Their (8) personalities create the situations to which they react: Denise shies away from people, while Winifred greets them warmly. According to this theory, how Denise and Winifred react to their environment depends on certain factors, including their sense of (9) personal control (hint: internal or external) and their attributional style ((10) optimistic or (11) pessimistic). Finally, both Denise and Winifred learn the importance of maintaining a positive attitude and building on their strengths, based on the research of Martin (12) Seligman, which indicates that optimal human functioning benefits health.