

EYSENCK'S TRAIT THEORY

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INTRODUCTION

- ▶ It may have been clear that the character differs from person to person, as we frequently observe how varieties of species lie within our surroundings. However, have you noticed that people around us are similar in blood relations? If a particular family is delightful and pleasing in terms of their commitments, then we assume identical traits for all the family fellows; this is how when we see an imperfect person, we suspect that their character might be a result of their ancestors. Why is such a psychological judgment made? Let us know more –

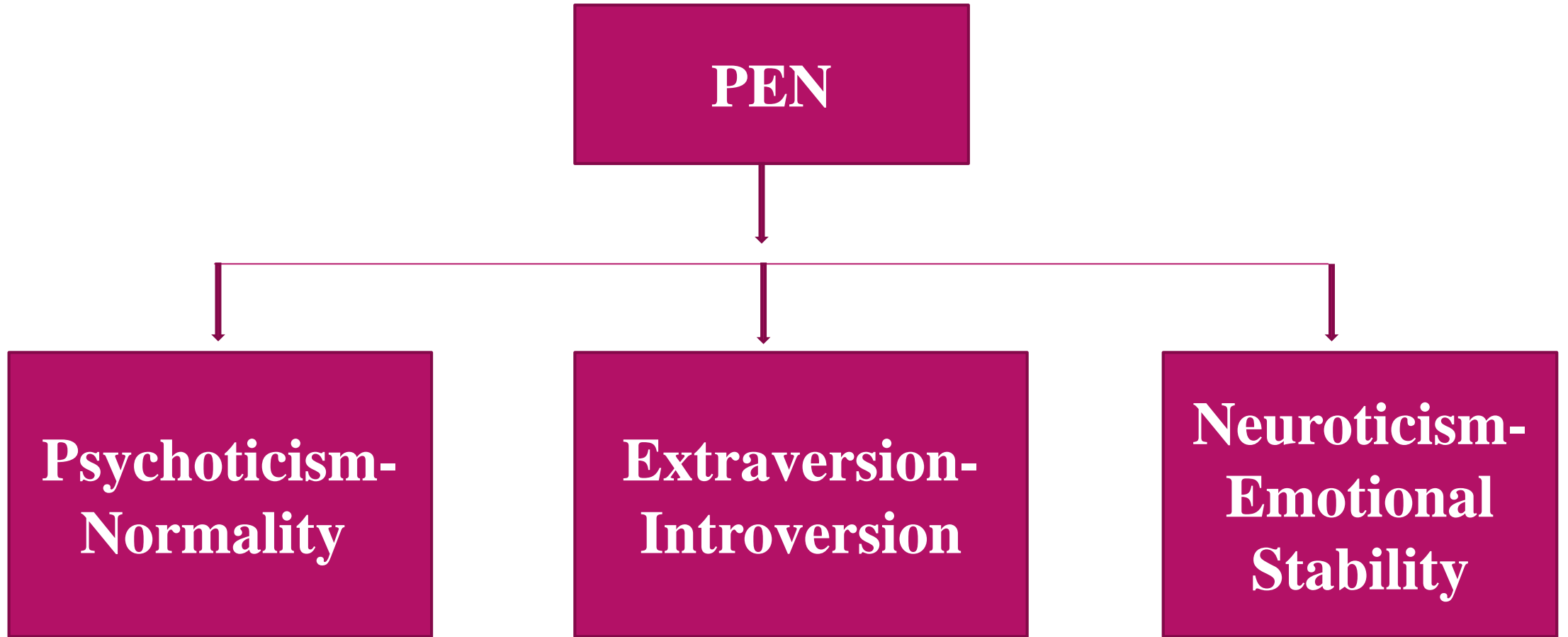
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- ▶ Personality tests have a long history since way back 18th century. One such personality test laid first by **Hans Jugen Eysenck** describes that personality has a lot to do with biological factors such as genes and environmental cues. The Eysenck theory of personality describes the so-called “**Eysenck Personality**” (also known as **Eysenck’s personality**). This theory claims that all humans have a basic set of traits that define them as human beings, and each individual has an individual temperament or temperament type.

The PEN Model of Eysenck Instrument

- ▶ Earlier, as mentioned, there were only two dimensions of Eysenck's personality theory which measure an individual's extraversion and neuroticism traits. However, now Eysenck's approach focuses on three dimensions named after **PEN**. Coming next are such dimensions.

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1. Psychoticism-Normality

- ▶ Psychoticism is a personality trait characterized by a lack of empathy, a poor ability to form attachments, and a lack of concern for others. People who are high in psychoticism are more likely to be aggressive, antisocial, and have substance abuse problems. In contrast, people who are low in psychoticism are more likely to be emotionally stable and empathetic and to have healthy relationships.

2. Extraversion-Introversion

- ▶ In psychology, the terms “extraversion” and “introversion” describe two different personality types. Extraverted people are outgoing and friendly, and they tend to be energized by social interactions and quickly get bored when alone. Introverted people are more reserved and prefer solitary activities; they are often more thoughtful and reflective than extroverts. Both personality types have their strengths and weaknesses.

3. Neuroticism-Emotional Stability

- ▶ Neuroticism is a personality trait characterized by anxiety, worry, and insecurity. People high in neuroticism tend to be more vibrant and reactive to stress, and they are also more likely to experience negative emotions like sadness, anger, and fear. Conversely, emotional stability is the ability to remain calm and level-headed during stress or adversity. It is a trait prized in many cultures and professions and can be learned and cultivated.



THANK YOU