

# CONCEPT, NATURE AND TRAITS OF PERSONALITY

Unit: V (Development of Personality)



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# CONCEPT OF PERSONALITY

- Personality describes the *unique patterns of thoughts, feelings, and behaviours* that distinguish a person from others.
- A product of both *biology and environment*, it remains fairly *consistent* throughout life.
- Examples of personality can be found in how we describe other people's traits. For instance, "She is generous, caring, and a bit of a perfectionist," or "she is loyal and protective of their friends."

## CONTD...

- The word “**personality**” stems from the Latin word *persona*, which refers to a theatrical mask worn by performers to play roles or disguise their identities.
- Explanations for personality can focus on a variety of influences, ranging from genetic effects to the role of the environment and experience in shaping an individual’s personality.

## CONT'D...

- The various approaches used to study personality today reflect the influence of the first theorists in the field, a group that includes Sigmund Freud, Alfred Adler, Gordon Allport, Hans Eysenck, Abraham Maslow, and Carl Rogers.

# CHARACTERISTICS OF PERSONALITY

- Consistency: There is generally a recognizable order and regularity to behaviours. Essentially, people act in the same way or in similar ways in a variety of situations.
- Both Psychological and Physiological: Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.

## CONTD...

- Affects Behaviours and Actions: Personality not only influences how we move and respond in our environment, but it also causes us to act in certain ways.
- Multiple Expressions: Personality is displayed in more than just behaviour. It can also be seen in our thoughts, feelings, close relationships, and other social interactions.

# PERSONALITY TRAITS

- Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviours. Personality traits imply consistency and stability – someone who scores high on a specific trait like Extraversion is expected to be sociable in different situations and over time. Thus, trait psychology rests on the idea that people differ from one another in terms of where they stand on a set of basic trait dimensions that persist over time and across situations. Robert McCrae and Paul Costa developed the concept of personality traits.

## CONTD...

- The most widely used system of traits is called the Five-Factor Model. This system includes five broad traits that can be remembered with the acronym OCEAN:

- Openness,
- Conscientiousness,
- Extraversion,
- Agreeableness and
- Neuroticism.



## CONTD...

- a. **Openness**: The tendency to appreciate new art, ideas, values, feelings and behaviours.
- b. **Conscientiousness**: The tendency to be careful, on-time for appointments, to follow rules and to be hardworking.
- c. **Extraversion**: the tendency to be talkative, sociable and to enjoy others; the tendency to have a dominant style.

## CONTD...

- d. Agreeableness: The tendency to agree and go along with others rather than to assert one's own opinions and choices.
- e. Neuroticism: The tendency to frequently experience negative emotions such as anger, worry and sadness, as well as being interpersonally sensitive.

**Thank you**