

Personality : - it is the distinctive and characteristic patterns of thought , emotion and behavior that make up an individual's personal style of interacting with the physical and social environment .or is the relatively enduring characteristics that differentiate people – those behaviors that makes each individual unique .

If we are asked to describe an individual's personality we are likely to use terms referring to personality traits – adjectives like extraverted and conscientious . To arrive at a comprehensive but manageable numbers of personality traits on which individuals can be assessed , investigators first collected all the traits terms found in the dictionary about

(18,000) then reduced to 4,500 terms then they condensed to fewer than 200 traits . although different investigators arrive at different numbers of factors , most now believe that the five factors provide the best compromise , these have been labeled the " Big Five" and form the acronym OCEAN , O : openness to experience , C : conscientiousness , E: extraversion , A : agreeableness , N : neuroticism .

Personality inventories are questionnaires on which individuals report their reactions or feelings in certain situation , responses to subsets of items are summed to yield scores on separate scales or factors within the inventory .

The best example is Minnesota Multiphasic Personality inventory (MMPI) which is designed to identify individuals with psychological disorders .

The other is the Q- sort : is a method of assessing personality in which raters sort cards with personality adjectives into nine piles , placing the cards that are least descriptive of individual in pile 1 on the left and those that are most descriptive in pile 9 on the right .

These tests are subjective tests .

Personality theories : -

1 – Psychoanalytic theory : - is founded by Sigmund Freud , the basic premise of it is that much of what we think and do is driven by unconscious processes .

A- Topographical model of personality : - Freud compared the human mind to iceberg the small part that shows above the surface of water consists of **the Conscious** – our current awareness , and **The Preconscious** : all the information that is not currently on our mind but that we could bring into consciousness if called upon to do so e.g the name of the

president , The third part is **The Unconscious** : - the much larger mass of the ice berg below the water , it is the store house of impulses , wishes and inaccessible memories that affect our thoughts and behavior , the unconscious mental influences was known before Freud even Shakespeare mentioned them in his plays .but Freud gave them primary importance in the functioning of normal personality .

B – Freud structural model of personality ; - which divided personality into three major systems that interact to govern human behavior the Id . the ego and the superego .

1 – The Id : -it is the most primitive part of personality , from which the ego and the superego develop it is present in the new born infant and consist of the most biological impulses or drives , the need to eat , to drink , to eliminate wastes , to avoid pain and to gain sexual (sensual) , Freud believed that sexual and aggressive drives were the most important instinctual determinant of personality throughout life . it is continually strive to obtain pleasure and avoid pain regardless of external circumstances so it operate on pleasure principle .

2 – The Ego : - obeys the reality principle , the gratification of impulses must be delayed until the situation is appropriate ,

3 – The superego (conscience) imposes moral standards on the individual ,which judges whether the actions are right or wrong .

in well-integrated personality , the ego remain in firm but flexible control over the id and the superego and the reality principle governs .

Freud 's theory of personality dynamics proposed that there is a constant amount of psychic energy (libido) for each individual, if a forbidden act or impulse is suppressed , its energy will seek an outlet in some other form such as dreams or neurotic symptoms , the theory assumes that unacceptable id impulses cause anxiety which can be reduced by defense mechanisms .

The Freud 's of personality development propose that individuals pass through psychosexual stages , these stages of development based upon particular erogenous zones (pleasure center) , during each stage an unsuccessful completion means that the child becomes fixed on that particular erogenous zone (stage) .

1 – Oral stage : - (Birth to 18 months) the child focus on oral pleasure like sucking , feeding mouthing , biting , oral fixation leads to preoccupation with oral activities , this type of personality may have stronger tendency to smoke , drink alcohol , overeat , or bite nails .

2 – Anal stage : - (18 to 3 years) the child focus of pleasure in this stage on the elimination and retaining feces , through the parents pressure the child has to learn control anal stimulation through toilet training , anal Fixation can result in obsession , perfection, cleanliness .

3 – Phallic stage : - (3 -6 y) pleasure zones switches to the genitals , During this stage boys have unconscious sexual desire for their mothers (Oedipal complex) , and girls developing unconscious sexual attraction to their fathers (Electra complex) .

4 – Latency stage : (6 y to puberty) the sexual concerns largely unimportant and children interact and play mostly with the same sex .

5 – Genital stage : (adolescence to adulthood) direct their sexual urges onto opposite sex peers .

Psychoanalytic theory has been modified by later psychologists , notably Carl Jung and Harry Stack Sullivan , Jung proposed that , in addition to the personal unconscious described by Freud there is a collective unconscious , part of mind that is common to all humans , Sullivan suggested that people's response to interpersonal experiences cause them to develop personifications – mental images of themselves and others .

Psychologist who take the psychoanalytic approach use projective tests , such as the Rorschach test and Thematic apperception test (TAT) , because the test stimuli are ambiguous , it is assumed that the individual projects his or her personality into the stimulus , thereby revealing unconscious wishes and motives .

Anxiety and defenses : - individuals with an urge to do something forbidden experience anxiety , one way of reducing the anxiety is to express it in disguised form that will avoid punishment either by society or by its internal representative , the superego , Freud and his daughter Anna described several defense mechanism they are strategies for preventing or reducing anxiety , the most common defense mechanisms ;

1- Repression : - excluding from conscious awareness impulses or memories that are too painful or are too frightening .

Repression differ from suppression , in suppression is the process of deliberate self – control keeping impulses and desire in check (holding them privately while denying them publicly) or temporary pushing aside painful memories . Individuals are aware of suppressed thoughts but largely unaware of repressed impulses or memories .

2- Rationalization : - assignment of logical or socially desirable motives to what we do so that we seem to have acted rationally .

3 – Reaction formation : - concealing a motive from our self by giving strong expression to the opposite motive .

4 – projection : - assigning our own undesirable qualities to others in exaggerated amounts .

5 – Intellectualization :- attempting to gain detachment from a stressful situation by dealing with it in abstract , in intellectual terms .

6 – Denial : - refusing to acknowledge that the undesired reality exist .

7 – displacement : - is directing a motive that cannot be gratified in one form into another channel .