

# KEY

## PERSONALITY

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### Definition

The unique and relatively enduring pattern of thought, emotion, and behavior.

### Biological and Environmental Factors

**Genetic factors:** Heritability studies in monozygotic and dizygotic twins have shown that personality is partially hereditary.

**Temperament:** Refers to individual differences in emotional and behavioral reactivity that are evident from birth.

**Environment:** Environmental factors (nurture) such as parenting, culture, and social interactions shape personality.

**Developmental psychology:** Studies how personality traits and behaviors change over time and across different ages.

**Environmental influences:** The environment (nurture) plays a significant role in the development of personality, often interacting with genetic factors.

**Personality assessment:** The process of measuring and evaluating individual personality traits and behaviors.

**Personality disorders:** Maladaptive personality traits that cause significant distress and impairment in social and occupational functioning.

**Personality research:** The scientific study of personality, involving various methods like surveys, experiments, and clinical observations.

**Personality traits:** Enduring characteristics that describe an individual's typical patterns of thoughts, feelings, and behaviors.

**Personality structure:** The internal organization of personality, often discussed in terms of conscious and unconscious processes.

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### Trait-Based Approaches

#### Big Five

Five broad dimensions of personality: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.

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#### Five Factor Model

Another term for the Big Five model, focusing on the five broad dimensions of personality.

#### Openness

Associated with curiosity, imagination, and intellectual pursuits.

#### Conscientiousness

Associated with organization, responsibility, and goal-directed behavior.

#### Extraversion

Associated with sociability, assertiveness, and positive emotions.

#### Agreeableness

Associated with compassion, cooperativeness, and kindness.

#### Neuroticism

Associated with emotional instability and negative emotions.

#### Other Personality Models

Includes models like the HEXACO model, which adds Honesty-Humility to the Big Five.

### Psychodynamic Approaches

#### Psychoanalytic Theory

Developed by Sigmund Freud, focusing on the unconscious mind and the influence of early childhood experiences on adult personality.

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#### Id

The primitive, instinct-driven part of the psyche that seeks immediate gratification.

#### Ego

The rational, conscious part of the psyche that mediates between the Id and the Superego.

#### Superego

The moral component of the psyche, representing internalized societal norms and values.

#### Other Psychodynamic Theories

Includes theories like Jung's Archetypes and Erikson's Psychosocial Stages.

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Model	Key Concepts	Key Figures	Key Concepts
Psychoanalytic	Id, Ego, Superego	Sigmund Freud	Unconscious mind
Jungian	Archetypes, Collective Unconscious	C.G. Jung	Universal symbols
Eriksonian	Psychosocial Stages	Erik Erikson	Developmental tasks
Humanistic	Self-actualization, Maslow's Hierarchy	Abraham Maslow, Carl Rogers	Personal growth
Behavioral	Learning, Conditioning	B.F. Skinner, Ivan Pavlov	Observable actions

# Psychology Guided Answers Personality

**Yi-Tong Ma**



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