

1. Details of Module and its structure

Module Detail	
Subject Name	Psychology
Course Name	Psychology 03 (Class XII, Semester - 1)
Module Name/Title	Self & Personality-Self & Personality, Type and Trait Approach to Personality - Part 1
Module Id	lepy_10201
Pre-requisites	A basic understanding of what is psychology and methods of enquiry
Objectives	<p>After going through this lesson, the learners will be able to understand the following:</p> <ul style="list-style-type: none">• Describe the concept of self and learn some ways for self-regulation of behaviour• Explain the concept of personality,• Differentiate between trait and type approach to study personality,• Develop insight into the development of a healthy personality,
Keywords	Self, Self Efficacy, Self esteem, self regulation, Culture and Self, Self Control, Self Regulation, Personality, Humour, Gunas, Doshas, Endomorphic, Mesomorphic, Ectomorphic, Introvert, Extrovert, Neuroticism, Cardinal, Central, Secondary traits.

2. Development Team

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Activity

_____ Who are your role models and heroes/heroines? What qualities do you admire in them?

Self and personality refer to the characteristic ways in which we define our existence. They also refer to the ways in which our experiences are organised and show up in our behaviour.

We know that different people hold different ideas about themselves, these ideas represent the self of a person. We also know that different people behave in different ways in a given situation, but the behaviour of a particular person from one situation to another generally remains fairly stable. Such a relatively stable pattern of behaviour represents the “personality” of that person. Thus, different persons seem to possess different personalities. These personalities are reflected in the diverse behaviour of persons.

- All the Characteristics of the Person
- Self-concept: everything the person believes to be true about him/herself
- Includes traits, preferences, social roles, values, beliefs, interests, self-categorization
- Self-understanding develops throughout the lifespan.

Self Awareness in Infancy

- Dot-of-rouge experiment
- Recognize self in a mirror at 15-18 months
- 15-23 months
- Personal pronoun use
- Picture recognition
- Self-referencing, ownership, self-monitoring

Self in Early Childhood

- Confusion of self, mind, and body
- Concrete descriptions
- Physical descriptions
- Activities – what they do
- Overestimation of abilities

Self - Middle and Late Childhood

- Shift to internal traits and abilities
- Social role descriptions
- Real and ideal selves
- More realistic about abilities

Self in Adolescence

- Shift to internal traits and abilities
- Social role descriptions
- Real and ideal selves
- More realistic about abilities

Self in Adulthood

- Shift to internal traits and abilities
- Social role descriptions
- Real and ideal selves
- More realistic about abilities

Concept of Self

Personal identity refers to those attributes of a person that make her/him different from others. When a person describes herself/himself by telling her/his name, like, I am Sanjana or Karim, or her/his qualities or characteristics, like I am honest or a hardworking person. Social identity refers to those aspects of a person that link her/him to a social or cultural group or are derived from it. When someone says that she/he is a Hindu or a Muslim, a Brahmin or an adivasi. Self refers to the totality of an individual's conscious experiences, ideas, thoughts and feelings with regard to herself or himself.

Self as Subject and Self as Object

Self can be understood as a subject as well as an object. As a subject (actor) the self actively engages in the process of knowing itself. As an object (consequence) the self gets observed and comes to be known.

Kinds of Self

Several kinds of self are formed as a result of our interactions with our physical and socio-cultural environments.

The personal self leads to an orientation in which one feels primarily concerned with oneself. Our biological needs (like hunger) lead to the development of a 'biological self'. But, soon a child's

psychological and social needs in the context of her/his environment lead other components of personal self to emerge.

The social self emerges in relation with others and emphasizes such aspects of life as cooperation, unity, affiliation, sacrifice, support or sharing. This self values family and social relationships. Hence, it is also called familial or relational self.

Cognitive and Behavioural Aspects of Self

We perceive ourselves (as either positive or negative) and the ideas we hold about our competencies and attributes is called self-concept.

- This is the idea we have of ourselves as individuals
- Consists of 3 elements
 - SELF IMAGE
 - IDEAL SELF
 - SELF-ESTEEM

The Ideal Self

- The ideal self is the kind of person you would like to be
- Think about the 3 designations:
 - Intellectual Self- deals with your intelligence and your ability to make good decisions
 - Emotional Self- deals with your emotions and how you deal with them and also your self-esteem
 - Bodily Self- has to do with your body and how good you take care of it
- Sum up the ideal male or female according to society or the media. How far is your ideal self similar or different to these?
- An easier concept in theory that is in in practice

Self-esteem

High Self-esteem	Low Self-esteem
Rational	Irrational
Realism	Blind to reality
Flexible	Rigid
Creative	Fearful of new & unfamiliar
Independent	Inappropriate conformity
Able to manage change	Defensive
Willing to admit & correct mistakes	Over compliant
Benevolent	Over controlling
Cooperative	Fear of / Hostility towards others
Expresses self	Proves self
Seeks challenges	Seeks safety of familiar & undemanding
More honest communications	Evasive/inappropriate communications
Better equipped to cope	Less equipped to cope
Quicker to recover	Less quick to recover
More ambitious to experience life	Less aspiration
Form nourishing relationships	Form toxic relationships
More persistent in difficult times	Gives up
Solves problems	Worries about problems
Takes risks	Avoids risks
Tolerates frustrations well	Easily frustrated

Self-esteem is dynamic and multidimensional.

<http://www.mnsu.edu/comdis/isad6/papers/watson/gif2.jpeg>

As persons, we always make some judgement about our own value or worth. *This value judgment of a person about herself/himself is called self-esteem.*

- Evaluative part of the self-concept
- emotional
- Difference between the real and ideal self
- Have you realized your potential?
- Do you value the trait, but have little potential?
- Ideal self includes the “ought” and the “wish” selves

Self-efficacy

The notion of self-efficacy is based on Bandura's social learning theory. A strong self-efficacy sense allows us to select, influence, and construct the circumstances of our life and are less fearful.

Self-regulation

It refers to our ability to organize and monitor our own behaviours. Learning to delay or defer the gratification of needs is called **Self-Control**. *Vrata* or *roza* and non-attachment with worldly helps us to develop self-control. Psychological techniques of self-control are: Observation of own behavior : it provides us with necessary information that may be used to change, modify, or strengthen certain self-aspects.

Self-instruction: we often instruct ourselves to do something and behave the way we want.
Self-reinforcement: it involves rewarding behaviours that have pleasant outcomes (like going to see a movie with friends if we do well in exams)

Culture and Self

Several aspects of self seem to be linked to the characteristic features of the culture in which an individual lives. Analysis of self carried out in the Indian cultural context reveals a number of important features that are distinct from those found in the Western cultural context. The most important distinction between the Indian and the Western views is the way the boundary is drawn between the self and the other.

In the Western view, this boundary appears to be relatively fixed. The Indian view of self, on the other hand, is characterised by the shifting nature of this boundary. Thus, our self at one moment of time expands to fuse with the cosmos or include the others. But at the next moment, it seems to be completely withdrawn from it and focused fully on individual self (e.g., our personal needs or goals).

The Western view seems to hold clear dichotomies between self and other, man and nature, subjective and objective. The Indian view does not make such clear dichotomies. In the Western culture, the self and group exist as two different entities with clearly defined boundaries. Individual members of the group maintain their individuality. In the Indian culture, the self is generally not separated from one's own group; rather both remain in a state of harmonious co-existence. In the Western culture, on the other hand, they often remain at a distance. That is why

many Western cultures are characterised as *individualistic*, whereas many Asian cultures are characterised as *collectivistic*.

Personality

Concept of Personality

The literal meaning of personality is derived from the Latin word '*persona*', the mask used by actors in the Roman theatre for changing their facial make-up. Personality refers to our characteristic ways of responding to individuals and situations. Certain catchwords (shy, sensitive, quiet, warm, etc) are often used to describe personality. They refer to different components of personality. Personality can be categorized by the following features:

1. It has both physical and psychological components.
2. It's expression in terms of behaviour is fairly unique in a given individual.
3. It's main features do not easily change with time.
4. It's dynamic in the sense that some of its features may change due to internal or external situational demands. Thus, personality is adaptive to situations.

Major Approaches to the Study of Personality

Many approaches have been developed to understand and explain behavioural differences among individuals.

The type approach attempts to comprehend human personality by examining certain broad patterns in the observed behavioural characteristics of individuals.

The trait approach focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways. The interactional approach holds that situational characteristics play an important role in determining our behaviour.

Type Approaches

- The Greek physician *Hippocrates* had proposed a typology of personality based on fluid or humour.

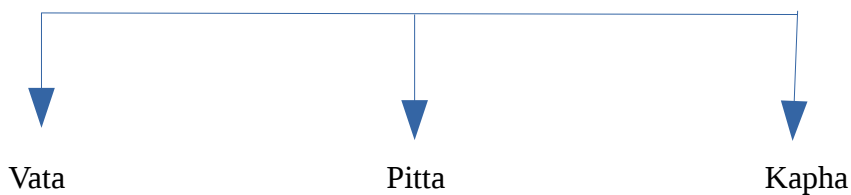
Each characterized by specific behavioural features.

Humor	Fluid
Choleric	Yellow bile
Melancholic	Black bile
Sanguine	Blood
Phlegmatic	Phlegm

- In India , Charak Samhita, a famous treatise on Ayurveda, classified people into the categories of

Type Approaches : Personality types are used to represent & communicate a set of expected behaviors based on similarities.

In India - Charak Samhita - Ayurveda classify
(Based on Tridosha)



These were categorised on the basis of three humoral elements called tridosha. Each refers to a type of temperament, called prakriti (basic nature) of a person.

- Apart from this, there is also a typology of personality based on the trigunas, i.e. sattva, rajas, and tamas.

<u>Sattva Guna</u>	<u>Rajas Guna</u>	<u>Tamas Guna</u>
<ul style="list-style-type: none"> • Cleanliness • truthfulness • dutifulness • detachment • discipline 	<ul style="list-style-type: none"> • Intensive activity • desire for sense • gratification • dissatisfaction • envy for others • A materialistic mentality 	<ul style="list-style-type: none"> • Anger • Arrogance • Depression • Laziness • Feeling of helplessness

All the three gunas are present in each and every person in different degrees.

- Sheldon proposed the Endomorphic, Mesomorphic Ectomorphic typology.

The endomorphs are perceived as fat, soft and round. By temperament they are relaxed and sociable. The mesomorphs are perceived as having strong musculature, are rectangular with a strong body build. They are energetic and courageous.

The ectomorphs are perceived as thin, long and fragile in body build. They are brainy, artistic and introvert. However, these body types have limited use in predicting behaviour of individuals.

- Jung proposed another important typology by grouping people into Introverts Extraverts.

Introverts are people who prefer to be alone, tend to avoid others, withdraw themselves in the face of emotional conflicts, and are shy.

Extraverts, on the other hand, are sociable, outgoing, drawn to occupations that allow dealing directly with people, and react to stress by trying to lose themselves among people and social activity.

- Friedman and Rosenman have classified individuals into Type-A and Type-B personalities.

Type-A personality seem to possess high motivation, lack patience, feel short of time, be in a great hurry, and feel like always being burdened with work. Such people find it difficult to slow down and relax. They are susceptible to problems like hypertension and coronary heart disease or CHD.

Type-B personality, which can be understood as the absence of Type-A traits. This typology has been further extended.

- Morris has suggested

Type-C personality, which is prone to cancer. Individuals characterized by this personality are cooperative, unassertive and patient. They suppress their negative emotions such as anger and show compliance to authority.

Type-D personality has been suggested, which is characterized by proneness to depression. Personality typologies are appealing but very simplistic for the complex and variable human behaviour. People don't fit into such simple categorization schemes so neatly.

Trait Approaches

A trait is considered as a relatively enduring attribute or quality on which one individual differs from another. Traits are generally stable over time, consistent across situations, and their strengths and combinations vary across individuals leading to individual differences.

Some important theories are- Allport's Trait Theory

Gordon Allport categorized traits into cardinal, central, and secondary.

Cardinal traits are highly generalized dispositions. They indicate the goal around which a person's entire life seems to resolve. Mahatma Gandhi's non-violence and Hitler's Nazism are examples of cardinal traits.

Central traits are less pervasive in effect, but still quite generalized dispositions. These traits such as warm, sincere, diligent, etc. are often used in writing a testimonial or job recommendation for a person.

Secondary traits are characteristics of a person are called secondary traits, such as “likes mangoes” or “prefers ethnic clothes”.

Cattell: Personality Factors

- Raymond Cattell believed that there is a common structure on which people differ from each other.
- He applied a statistical technique, called factor analysis, to discover the common structures.
- He found 16 primary or source traits. The source traits are stable, and are considered as the building blocks of personality.
- There are a number of surface traits besides these, which result out of the interaction of source traits. Cattell described the source traits in terms of opposing tendencies. He developed a test called Sixteen Personality Factor Questionnaire (16PF), for the assessment of personality.

Eysenck's Theory

H. J. Eysenck proposed that personality can be reduced to two broad dimensions which are biologically and genetic.

These dimensions are:

1. Neuroticism vs. emotional stability: It refers to the degree to which people have control over their feelings. At one extreme of the dimension, we find people who are neurotic. They are anxious, moody, touchy, restless and quickly lose control. At the other extreme lie people who are calm, even-tempered, reliable and remain under control.
2. Extraversion vs. Introversion: It refers to the degree to which people are socially outgoing or socially withdrawn. At one extreme are those who are active, gregarious, impulsive and thrill-seeking. At the other extreme are people who are passive, quiet, cautious and reserved.
3. Eysenck proposed a third dimension, called Psychoticism vs. sociability, which is considered to interact with the other two dimensions mentioned above. A person who scores high on psychoticism tends to be hostile, egocentric and anti-social.

Eysenck Personality Questionnaire is the test which is used for studying these dimensions of personality.

Five-Factor Model of Personality

Paul Costa and Robert McCrae has given Big Five Factors. These factors include:

1. Openness to experience : Those who score high on this factor are imaginative, curious, open to new ideas, and interested in cultural pursuits. In contrast, those who score low are rigid.
2. Extraversion : It characterises people who are socially active, assertive, outgoing, talkative, and fun loving. On its opposite are people who are shy.
3. Agreeableness : This factor characterises people who are helpful, co-operative, friendly, caring, and nurturing. On the opposite are people who are hostile and self-centered.
4. Neuroticism : People who score high on this factor are emotionally unstable, anxious, worried, fearful, distressed, irritable and hypertensive. On the opposite side are people who are well adjusted.
5. Conscientiousness : Those who score high on this factor are achievement-oriented, dependable, responsible, prudent, hardworking and self-controlled. On the opposite are people.