

Summary of Personality Theories

Summary of the Genetic Factor

- Theoretical support:
 - Eysenck
 - McCrae and Costa
 - Buss and Plomin
 - Zuckerman
- Research findings:
 - People inherit dispositions and not destinies or certainties.
 - Our genes influence everyday behavior as well.



Summary of the Environmental Factor

- Theoretical support:
 - Adler – Birth order affects personality
 - Horney – Culture affects gender roles
 - Allport – Social environment shapes genetic factors
 - Cattell – Affects 16 personality factors
 - Erickson – Stages of psychosocial development depend on environment
 - Maslow and Rogers – Environment inhibits or promotes self-actualization
- Research findings:
 - Societal events
 - Rearing of children
 - Social standards and attitudes
 - Culture
 - Jobs
 - Stressful events
 - Ethnic background
 - Economic conditions

Summary of the Learning Factor

- Theoretical support:
 - Skinner's positive reinforcement, successive approximation, and superstitious behavior
 - Bandura's observational learning
- Research findings:
 - Self-efficacy
 - Locus of control
 - Learned helplessness
 - Optimism vs. pessimism



Summary of the Parental Factor

- Theoretical support:
 - Freud – Parental influence in formation
 - Adler – Parental rejection
 - Horney – The lack of parental warmth
 - Allport – The mother as the primary source of affection and security
 - Cattell – Parents' behavior in childhood
 - Maslow – Parents' satisfaction of the child's physiological and safety needs
- Research findings:
 - Child rearing factors
 - Parental personality traits
 - Cultural differences
 - Upbringing of parents
 - Relationship type with children

Summary of the Developmental Factor

- Theoretical support:
 - Freud - Personality is fixed at about age 5.
 - Cattell, Allport, and Erikson - Personality continues to develop after childhood.
 - Jung, Maslow, Erikson, and Cattell - Personality undergoes drastic changes in middle age.
- Research findings:
 - Some aspects change; some are stable.
 - Personality changes in adulthood are due to social, environmental, and economical influences.

Summary of the Consciousness Factor

- Theoretical support:
 - Freud and Jung wrote that consciousness lies in the ego.
 - Adler held that humans consciously plan and direct the course of their lives.
 - Allport said humans are aware of and are in control of the forces that motivate them.
 - Rogers stated that people are governed by a conscious perception of themselves.
 - Maslow described a cognitive need to know and understand.
 - Kelly held that people made predictions based on their environmental and people constructs.
 - Bandura said people learn through example.
- Research findings
 - There is widespread agreement that consciousness influences personality!

Summary of the Unconscious Factor

- Theoretical support:
 - Freud's theory of the unconscious
 - Cognitive psychology



- Research findings:
 - Unconscious cognitive processes are rational.
 - Rational unconscious is studied through subliminal psychodynamic activation.