

What is personality?

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ABSTRACT

Since the time of ancient Greece, there have been many theories about personality, but they all try to answer similar questions. Questions such as "What makes us who we really are, and how do we differ from those around us?" In this article, we will explain what personality is and give a brief history of personality psychology theories, including models, interesting findings of personality, and how assessments were conducted before current research.

1.Introduction

Allen, Greenlees, and Jones published an article in 2011 in which they explained that a person's personality is a set of psychological characteristics that influence their thinking, behavior, and enduring emotions. This largely refers to the answers to questions such as "Who are we?" and "How do others see us?" Larsen, Buss, Wismeijer, and Song (2017) also stated that personality traits define a person and at the same time distinguish them from others. On the other hand, Nabi and his colleagues (2005) found that these personality traits are continuous in humans, but not every personality trait and behavior is always active to a constant degree in humans. For example, aggression may be appropriate when defending oneself against the unpleasant behavior of others, but it is never appropriate for returning a book to the library. Larsen and his colleagues believed that personality traits cannot be separated from what a person is in essence. In other words, these traits affect how a person behaves, how they view themselves, their emotions, and how they interact with others. In addition, the way a person views life and the goals they pursue also originates from their personality traits.

Personality was introduced in 1930 by the American psychologist Henry Murray. Personality is the analysis of personality from a holistic perspective; an individualistic approach to human personality that mediates between the basic needs of the individual and the demands of the environment on him. The goal of personality is to show how people differ from each other based on psychological factors. Comprehensive personality theories have several challenges. A comprehensive personality theory must be able to explain to some extent what each person is like and help understand the personality of different people. Below, we will tell you what, according to Kluckhohn and Murray, is included in a comprehensive personality theory.

These are:

- We all have the capacity to feel love and also the need for companionship from others. These characteristics are recognized as universals or parts of human nature;
- Each person may differ in their need for a sense of belonging to others. These characteristics are known as individual differences;
- Humans are unique in the way they express their emotions. These characteristics are known as unique personality behaviors. As therapists work with their clients, it can be helpful to review the elements of personality theory to understand personality behaviors and understand their personality. Understanding that each person with a disorder shares many of their characteristics with other people while also having some unique and special personality traits may provide comfort during times of difficulty and encourage them to work harder toward their growth.

What is the history of personality?

A brief history of the development of personality would be a very long story. However, much of the current thinking in personality is due to a long, complex, and intertwined path of ideas, thinkers, and research on understanding human personality. In the following, we will begin to examine the history of the field of personality psychology from the early 20th century.

Personality and Early Theories of Personality

First, we will look at the first theories of personality psychology and discuss Ernst Kretschmer's views on personality psychology. In 1921, German psychiatrist Ernst Kretschmer stated that the shape of each person's body is related to his personality. In his opinion, a thin and delicate person can be much more introverted than a strong and muscular person.

Despite the lack of empirical evidence in this area, his idea was expanded in 1930 by William Sheldon. He developed a scoring system that linked a person's physical appearance to a set of personality traits. At the same time, a type of psychoanalysis was also emerging, led by the famous Austrian neurologist Sigmund Freud. He began his work by focusing on psychopathology, such as assessing phobias and

hysterical problems, before moving on to psychoanalysis, personality, and the study of functional behavior. Freud believed that conditions such as psychological conflicts had their roots in traumatic periods in the person's past, such as some imagined or real sexual fantasies that were incompatible with his current moral standards. Freud proposed in 1922 that such conflicts between internal drives, the person's id, and the unconscious structures that controlled them, the ego, led to self-criticism. Swiss psychiatrist Carl Jung also came up with a theory about personality development and cognition that downplayed a person's sexual desires. His personality theory was more abstract and sometimes even spiritual and immaterial. Alfred Adler, an Austrian psychiatrist who lived during Jung's time, challenged the importance of sexual drives in understanding and determining the personality of each person. He also believed that each person's behavior is in balance over time. In other words, each person may sometimes exaggerate some behaviors to compensate for the deficiency of another. American psychoanalyst Erik Erikson presented eight stages of psychosocial development or personality change. According to this personality theory, the next stage of personality development appears only after the successful completion of the current stage. The question is, what do these theories mean for personality? These psychoanalytic theories of personality, which originated in psychologists' consulting rooms, are somewhat untestable. But they are a starting point for developing later methods and frameworks for conducting personality research and initiating client-centered therapy. Larsen and colleagues (2017) argued that past theories of personality focused on human nature and offered a universal entity for humans as a species. Overall, these grand theories of personality are historically interesting but fail to explain what makes each person unique.

Trait theories of personality

From the 1940s onwards, several researchers, including Gordon Allport, Henry Murray, and Raymond Cattell, began to examine the stability and hierarchy of personality traits in humans. Rather than defining personality in terms of key, unique characteristics, they proposed that personality is a "unified, organized whole." However, in 1971, Rae Carlson claimed that this theory of personality was flawed and that it had left the individual in the realm of personality research. By the 1980s, many researchers had accepted that human personality was a function of the characteristics and circumstances surrounding him, which referred to an interaction between the individual and the environment. During this time, personality psychologists spent a lot of time trying to come up with a single systematic classification of personality traits. Now we are going to tell you what Hans Eysenck's view of personality psychology is. The most famous personality psychologist, he proposed a classification of human personality in 1975 that has strong roots in biology. According to this classification, human traits are not only heritable, but also help explain how people differ from each other.

Eysenck organized human personality into three main characteristics, which became known as the PEN theory of personality:

- P: Psychotic-Social;
- E: Extraversion-Introversion;
- N: Neuroticism-Stability.

For example, we might think of extroverts as people who like to party and have lots of friends, and neurotic and emotionally unstable people as people who are constantly anxious, irritable, and worried. Many of us also think of antisocial people as self-centered or aggressive. His personality theory had many strengths. But its model had limitations in the past in terms of the number of personality traits it could include. At the time, Raymond Cattell proposed a broad classification of 16 factors that influence personality traits, but he could not prove how reliable it was.

Next, we need to know what the names of the personality psychology theories that have been confirmed are.

Which personality theories have been confirmed?

Contemporary personality research usually focuses on individual (such as differences between men and women) and group (such as differences between cultures, etc.) differences and typically answers questions such as the

following:

- How many personality traits are there?
- How are these traits organized?
- What are the origins of personality traits?
- What are the consequences of these traits? Psychologists can explain how people differ from each other, their behavior, and their performance by answering these questions. Now we will explain what the definition of personality psychology models that are currently receiving more attention is.

1. Five-factor Model The five-factor model of personality, also known as the Big Five model, is a proposed classification of personality that measures human personality differences based on five traits. According to the five-factor model of personality, these traits include:

- Openness to new experiences;
- Conscientiousness;
- Extraversion;
- Agreeableness;
- Neuroticism.

The model and the consensus on the traits it proposes are the result of statistical analysis and research on different human languages. Most importantly, the five-factor model is highly reliable in describing the main dimensions of human personality and the differences between them. In fact, the capabilities of this model have been successfully demonstrated in several different languages over the past five decades. Despite the high reliability of this personality theory, Hilbig & Zettler challenged some of the personality traits in it in 2015 and called for the addition of a sixth trait called honesty or humility to this personality theory.

2. HEXACO Personality Model Canadian psychologists Michael Ashton and Kibeom Lee presented their six-factor model called HEXACO in 1994. This model examines human personality differences based on the following six factors:

- Honesty and Humility: Sincerity, Fairness, Humility;
- Emotions: Fear, Anxiety, Dependence;
- Extraversion: Social Self-Esteem, Social Boldness, Liveliness;
- Agreeableness: Forgiveness, Flexibility, Gentleness;
- Conscientiousness: Organization, Hard Work, Perfectionism;
- Acceptance of New Experiences: Creativity, Curiosity.

You may be curious to know what the difference is between these two personality models mentioned in personality psychology. This personality model has similarities to the five-factor model, but at the same time there are significant differences. For example, in the five-factor model, irritability and unstable behaviors are included under the trait of neuroticism or neuroticism. While in the Hexaco model, these behaviors are seen under the trait of adaptability. Despite this, the five-factor model remains the leading personality model, but more than 150 published personality psychology articles use the Hexaco model for their personality research, and research on this personality model continues to grow. Below, we will tell you what the third theory and model of personality psychology that has been confirmed is.

. Evolutionary Theory of Personality Charles Darwin presented a valuable theory on the evolution of species in 1848. This theory of personality has had a significant impact on explaining the diversity of species and today has an important role in psychology in the form of evolutionary psychology. Research on the personality of twins has shown that between 30 and 50 percent of personality differences between individuals are genetic. This also means that human personality is influenced by between 50 and 70 percent of environmental factors. According to Darwin's theory of personality, these factors include:

- Treatment periods in childhood;
- Mother's lifestyle during pregnancy;
- Birth injuries such as lack of oxygen;
- Childhood illnesses;
- Good and bad experiences throughout life.

In order for the evolutionary theory of personality to successfully explain human personality traits, the following two questions must be answered:

- Why are about 30 to 50 percent of human personality traits transmitted genetically?

- Why is the remaining 50 to 70 percent of human personality left to environmental factors?

The evolutionary theory of personality may eventually provide a grand, unified theory in psychology, but it has not yet been proposed. Research in this exciting field continues and will undoubtedly lead to a greater understanding of how genetics and environment influence who we are and how we behave. Overall, the three theories above and other theories of personality continue to be challenged and developed. On the other hand, new theories are also being proposed in this field. In such a situation, it is very important to remember that different theories of personality are evaluated based on their abilities to:

- Interpret empirical data from observations of personality and behavior;
- Provide guidance for new and important discoveries;
- Have high precision to increase the testability of the theory;
- Be consistent with established intrapersonal and extrapersonal thinking in psychology.

4 Fascinating Findings from Personality Psychology

• Sensation Seekers

Genetic studies have uncovered a link between the interpretation of genes and personality. Research has shown that people who inherit different genes from the D4DR complex do not feel the effects of the hormone dopamine, which is effective in increasing motivation and arousal, as much as others. In addition, studies show that such differences can lead to potentially dangerous and emotional behavior. This is because people try to feel the full effect of the increased dopamine pathways in their bodies. Here are other general findings from personality psychology.

• Shyness, Anxiety, and Eating Disorders

Personality research has shown that there are variations associated with another gene called 5-HTT that are related to shyness in people. Various studies have also proven that differences between the information of the relevant gene affect the coping with anxiety and the prevalence of eating disorders.

• WEIRD Personality Research Research

on the personality of Americans and other WEIRD (Western, Educated, Industrialized, Rich, Democratic) individuals may not be as representative of personality theories as previously thought. According to Joseph Henrich, the evolutionary approach suggests that human tendencies are shaped by the social and economic environments we encounter throughout our lives. In other words, our personalities are influenced by where we grow up. Accordingly, we should be more careful about extrapolating findings from personality research in narrow societies to people who are culturally very different from us.

• Personality is an influential factor in sports

The personality of each individual plays an important role in sports success. This factor can even affect individual sports. In other words, according to personality research, it can be said that athletes are usually more extroverted and less neurotic than other people. Also, individual sports athletes are usually more responsible than team sports players. In contrast, team sports players have more adaptability than individual sports athletes. Such results from player personality research are very important because they can affect how to deal with certain situations and choose appropriate coaching activities to achieve better results in the future. So far, we have generally explained what the results obtained from personality psychology are. Next, we will look at two valid tests for personality analysis of different people.

What are the valid tests and questions for personality analysis?

The following personality tests are widely used, and two of these personality tests have also been scientifically examined many times. These tests provide useful insight into the personality of clients for therapeutic and coaching purposes.

1. The Big Five Theory The Big Five

Theory of Personality is based on the five-factor model and has been widely validated by psychologists and users. This personality test consists of 44 statements, the answers to which are rated on a scale of 1 to 5. With one indicating complete disagreement and five indicating complete agreement with the statement. For example, some of these statements include the following:

- I am a talkative person;
- I am a critic;

- I am a conservative person.

2. The Hexaco Personality Test

The Hexaco test is growing in popularity and is considered a scientific and valid personality assessment. Each area of this personality test is scored in four different aspects. For example, extraversion is measured by social self-esteem, social boldness, sociability, and liveliness. Each person is usually scored by answering 100 questions. However, there is also a 60-question test in this theory. Some of the questions in this personality test are:

- I don't pretend to like other people's kindness towards me;
- I feel like crying when I see others crying;
- I feel cheerful and optimistic most days.

3. Myers-Briggs Personality

Type Indicator This personality test is very popular in the business field. At the same time, it has been used many times in academic research. The Myers-Briggs Type Indicator (MBTI for short) is often used to determine the suitability of employees for their desired job positions. In the MBTI test, each person is given a specific score based on eight basic preferences:

1. Extraversion;
2. Introversion;
3. Sensing;
4. Intuitive;
5. Logical;
6. Emotional;
7. Judging;
8. Perceptual.

Conclusion

Genetic studies, the study of evolutionary psychology, and ongoing analysis of traits help to understand the personality of individuals and provide more important insights into the personality of each individual. These factors also provide us with a better understanding of individual personality, rather than limiting our choices, and provide us with more awareness of what we should accept, what we value in ourselves, and at what points we may need professional support. In this article, we explained what personality psychology is and examined the many theories and theories that have been proposed in the field of personality. We also discussed the history, models, validated tests, and general results of personality psychology, and explained to you what are the useful and effective tools in personality psychology. If you have any questions or comments on the subject of personality psychology, let us know.

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