

Concepts of Personality Development



Lecture Objectives

- Define personality
- Discuss the components of the developmental theories.
- Nursing.

APA Definition of the Term Personality

- “enduring patterns of perceiving, relating to, and thinking about the environment and oneself that are exhibited in a wide range of social and personal contexts”.



Personality = The combination of character, behavioral, temperamental, emotional, and mental traits that is unique to each specific individual.

Temperament = Inborn personality characteristics that influence an individual's manner of reacting to the environment, and ultimately his or her developmental progression.

Key Concepts

- Nurses must have:
 - basic knowledge of human personality development:
 - to understand maladaptive behavioral response commonly seen in psychiatric clients.

Cont;

Developmental theories identify behaviors associated with various developmental *stages*

- In order to determine what is appropriate or inappropriate at each developmental level.
- Infancy and early childhood are the major life periods for the origination and occurrence of developmental change.
- Developmental stages are identified by age.
- Behaviors can then be evaluated for age-appropriateness.
- Individual successfully fulfills all the tasks associated with one stage before moving on to the next stage.

Cont;

- The environment may also influence one's developmental pattern. (e.g. dysfunctional family).
- Developmental stages overlap.
- When an individual becomes fixed in a lower level of development, with age-inappropriate behaviors focused on fulfillment of those tasks, psychopathology may become evident.

Theories of Personality Development

Psychoanalytic Theory

Interpersonal Theory

Theory of Psychosocial Development

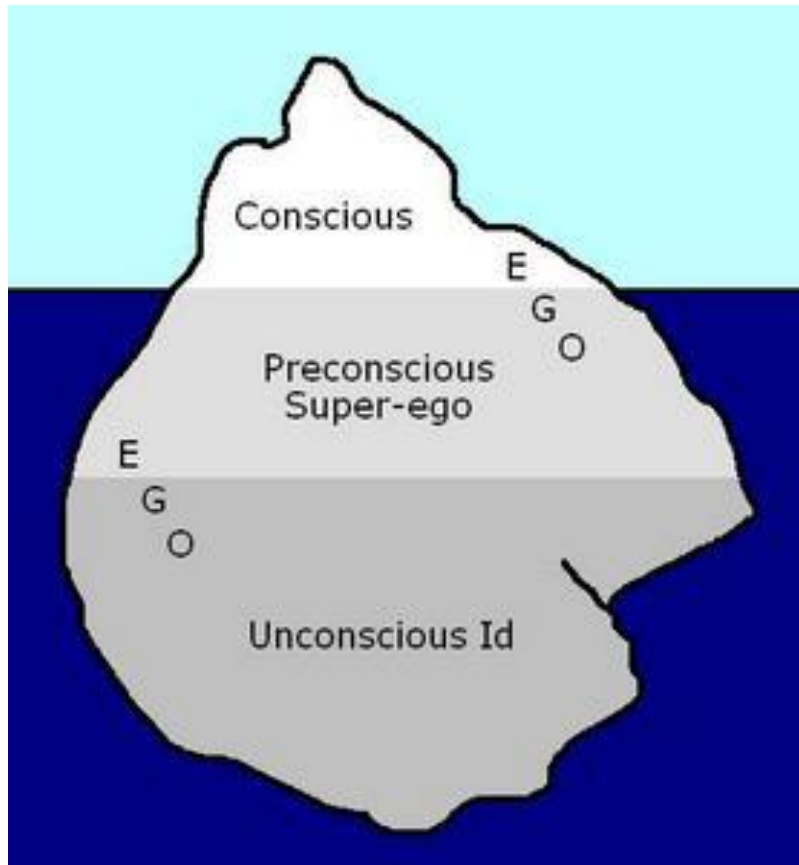
Theory of Object Relations

Peplau's Stages of Personality Development

Psychoanalytic Theory of Personality

- Sigmund Freud
- Levels of Awareness
- Components of Personality
- Defense mechanisms
- Psychosexual stages
- Criticisms and take home message

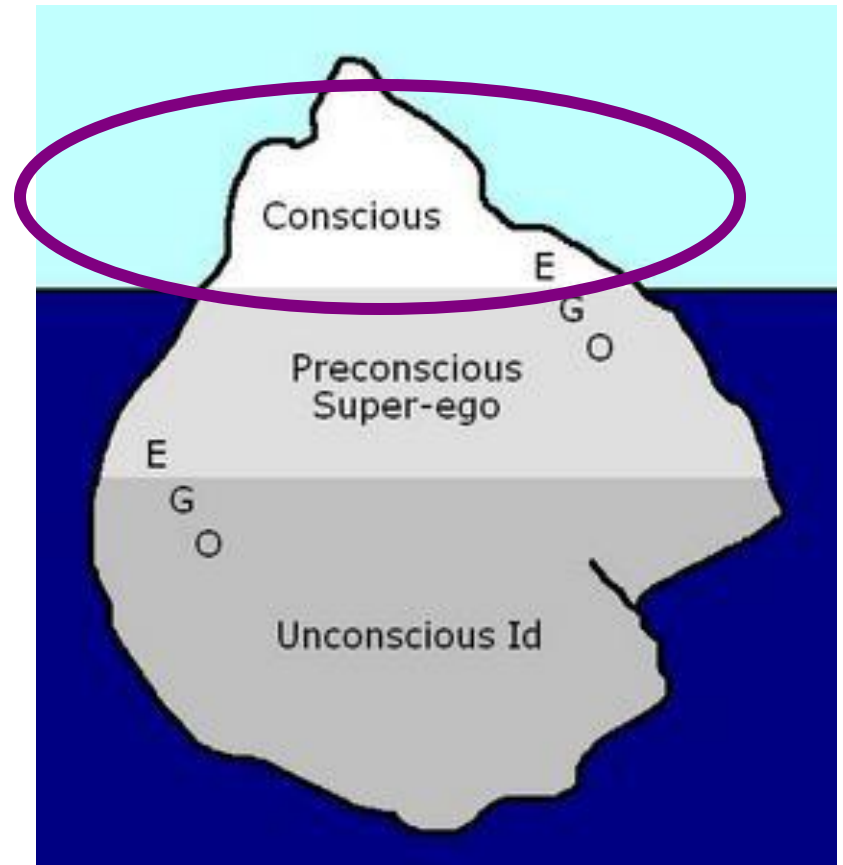
3 Levels of Awareness



- Conscious
- Preconscious
- Unconscious

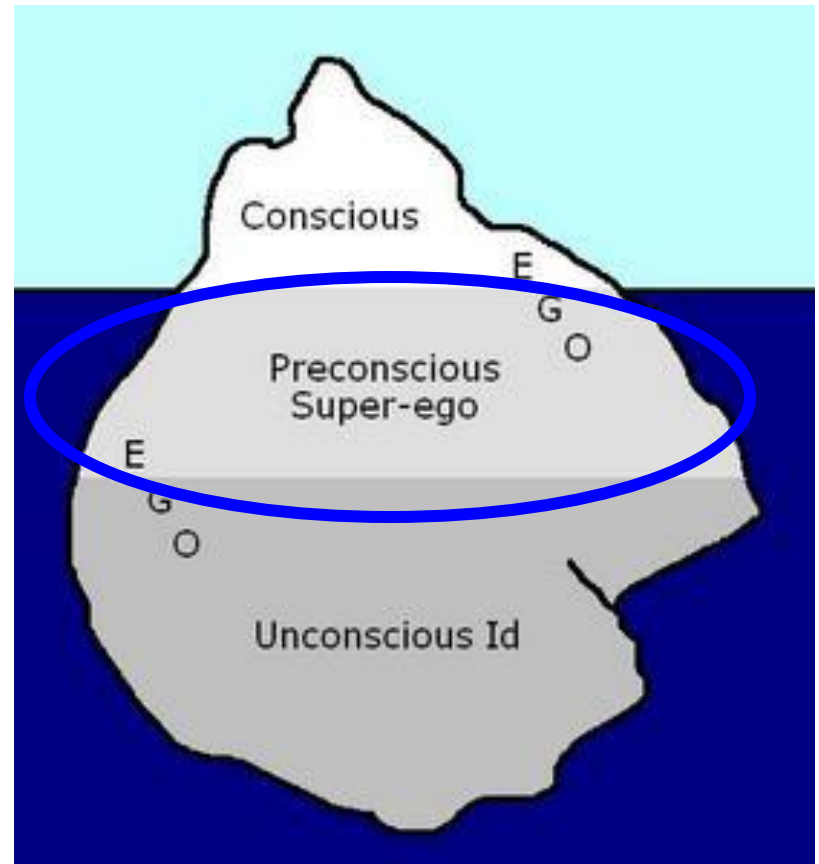
Conscious

- Current contents of your mind that you actively think of
- What we call working memory
- Easily accessed all the time



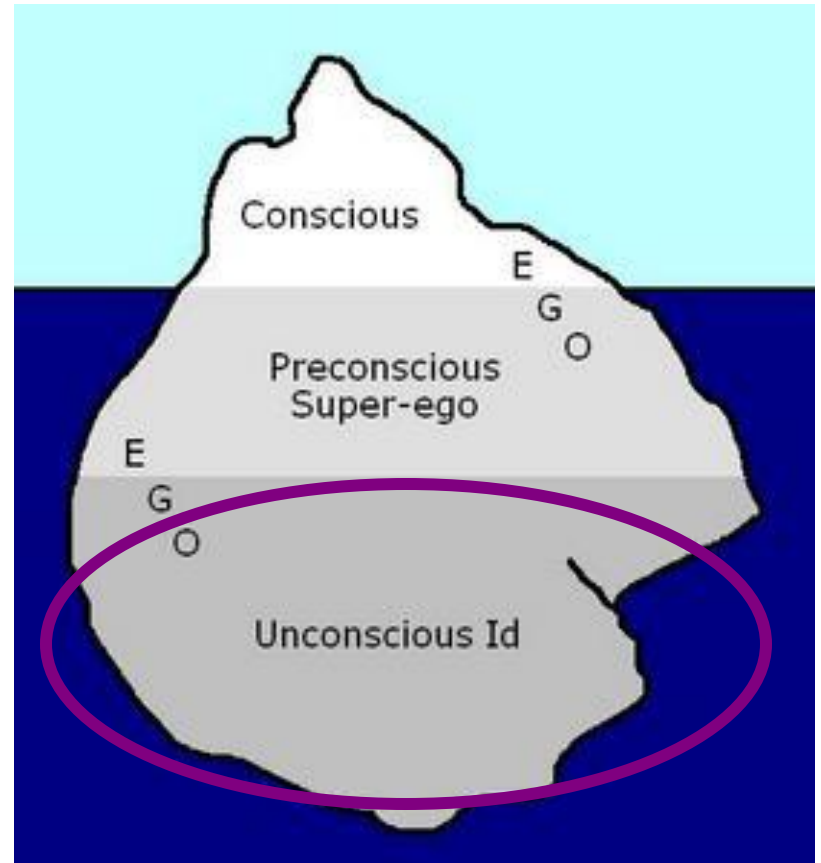
Preconscious

- Contents of the mind you are not currently aware of
- Thoughts, memories, knowledge, wishes, feelings
- Available for easy access when needed

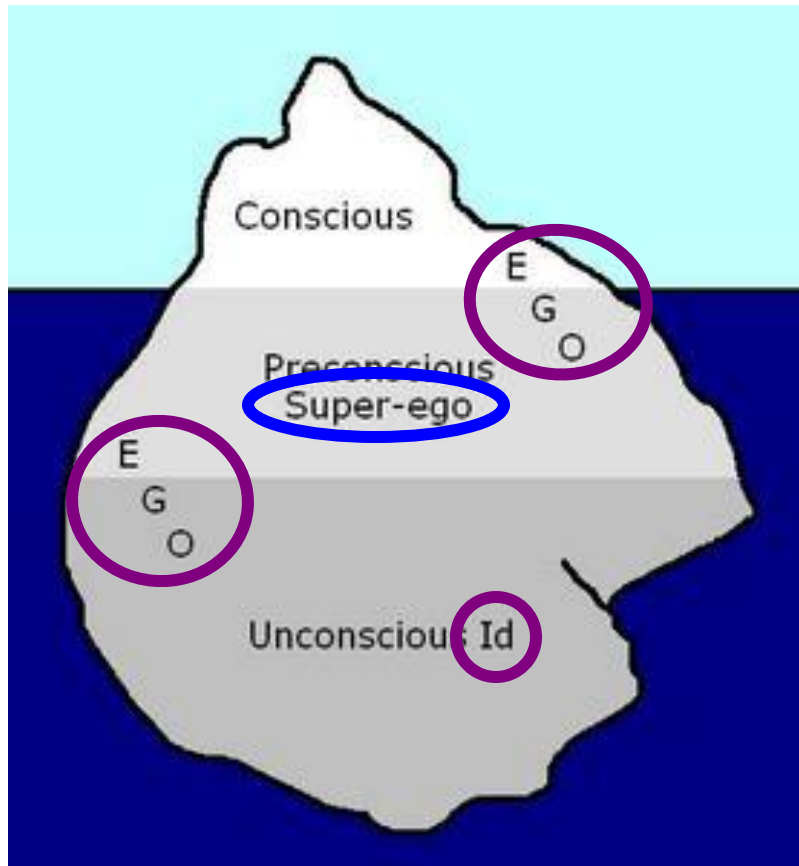


Unconscious

- Contents kept out of conscious awareness
- Not accessible at all
- Processes that actively keep these thoughts from awareness



Freudian Components of Personality



- The Id
- The Ego
- The Superego

Id

- Resides completely at the unconscious level
- Acts under the pleasure principle
 - immediate gratification, not willing to compromise
 - Generates all of the personality's energy

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Superego

- The moralist and idealistic part of the personality
- Resides in **preconscious**
- Operates on **“ideal principle”**
 - Begins forming at 4-5 yrs of age
 - initially formed from environment and others (society, family etc)
 - Internalized conventions and morals
- Essentially your **“conscience”**



Ego

- Resides in all levels of awareness
- Operates under “reality principle”
- Attempts negotiation between Id and Superego to satisfy both realistically
- Ego defense mechanism.



Conflicts of Personality Components

- Conflicts between the **Id**, **Superego** and **Ego** arise in **unconscious** mind
- Can't be reached bc in **unconscious**
- Come out in various ways
 - Slips of tongue (“Freudian slip”)
 - Dreams
 - Jokes
 - Anxiety
 - **Defense Mechanisms....**

Psychosexual Development

- Stages of development in which conflict over **Id's** impulses plays out
- **Ego** must control these impulses
- If not resolved, psychological issues can emerge later in life

Psychosexual Stages

- Oral Stage (0-18 months)
 - Pleasure centering around the mouth (sucking, biting etc)
 - Focus: weaning- becoming less dependent
 - Not resolved? aggression or dependency later in life-- fixation with oral activities (smoking, drinking, nail biting etc.

Psychosexual Stages

- Oral (0-18 months)
- Anal (18-35 months)
 - Fixation on bowel and bladder elimination
 - Focus: search for control
- Not resolved? anal retentive (rigid and obsessive personality) or anal expulsive (messy and disorganized personality)

Psychosexual Stages

- Oral (0-18 months)
- Anal (18-35 months)
- Phallic (3-6 years)
 - Focus: genital area and difference btwn males and females
 - Electra Complex or Oedipus Complex

Psychosexual Stage

- Oral (0-18 months)
- Anal (18-35 months)
- Phallic (3- 6 years of age)
- Latency (6 yrs to puberty)
- Genital (puberty and beyond)
 - Sexual urges awaken
 - If developed “properly” develop these urges towards opposite sex members with fixation on the genitals

Freud: criticisms and critiques

- He studied very few people so not representative sample
- Process of psychoanalysis interviewing- exhibit preconceived notions and biases
- His measures/methods were untreatable
- Definitions don't lend themselves to experimentation
- One's personality is fixed and unchanging
- Obsessed with sex and aggression