

Section C

Human Personality development

lawalimessin
AZRA NAHEED MEDICAL COLLEGE
A CONSTITUENT COLLEGE OF THE SUPERIOR
COLLEGE LAHORE (UAF)
Chapter 2

Human personality development

- The word personality originate from Latin word “persona” means “mask”
- Combination of qualities that form an individual’s distinctive characters .
- Personality development takes place gradually
- Ex: 10 month boy
- Failed to recognize the permanence
- “Out of sight” = “out of mind”

1. Determinants of personality

- How to express, changed overtime
- **Charles Darwin:** genetics are main contribution
- **John Locke:** human traits are due to environmental factors
- **Angyal:** determinants of personality are both genetics and environment.
- Personality is combination of biological , psychological and social factors

2. Piaget's theory of cognitive development

i. **Sensorimotor stage (0-2)**

- Purposeful movement(walking , neck holding, crawling).
- After 18 month sense of permanence (presence of object is still there if it's "out of sight")

ii. **Preoperational Stage(2-7)**

- Think symbolically & use language
- Egocentric (think and feel around me & myself)
- Unable to consider other's point of view
- Conservation errors

Conservation errors



iii. **Concrete Operational Stage(7-11)**

- mastery of concept of conservation
- Ability to reason logically
- Grasp the concepts of time, space and numbers
- Start using categorizes and principles

iv. **Formal operational Stage (12 to onwards)**

- away from the concrete objects
- Thinking is based on abstract ideas
- Less egocentric
- Can conceptualized mathematics, physics and philosophy

The adolescent can reason abstractly and think in hypothetical terms.

Formal operational (12 years–adult)

The child can think logically about concrete objects and can thus add and subtract. The child also understands conservation.

Concrete operational (7–12 years)

The child uses symbols (words and images) to represent objects but does not reason logically. The child also has the ability to pretend. During this stage, the child is egocentric.

Preoperational (2–6 years)

The infant explores the world through direct sensory and motor contact. Object permanence and separation anxiety develop during this stage.

Sensorimotor (0–2 years)

The psychodynamic theory of personality

- Sigmund Freud
- Five stages

Sigmund Freud's Psychosexual Stages

Stage	Age range	What happens at this stage?
Oral Stage	0-1 year old	Children derive pleasure from oral activities, including sucking and tasting. They like to put things in their mouth.
Anal Stage	2-3 years old	Children begin toilet training.
Phallic Stage	3-6 years old	Boys are more attached to their mother, while girls are more attached to their father.
Latency Stage	6 years old to puberty	Children spend more time and interact mostly with same sex peers.
Genital Stage	Beyond puberty	Individuals are attracted to opposite sex peers.

i. Oral Stage

- pleasure seeking behavior
- Baby mouth
- Young children often seen biting, sucking or placing objects in their mouth
- **Fixation:** delayed in food personality become fixated (chewing on pencil, smoking, overeating , excessive dependency)

ii. Anal Stage

- 18 to 3 years
- Toilet training
- How they trained child can effect on personality
- **Fixation** at this stage child may be overly rigid, obsession & orderly as adult
- Easily anxious, distressed

iii. Phallic Stage

- Begin at 4-5 years
- Child begin to differentiate between girl & boy
- Oedipus complex (son-father competition, mother son attachment)
- Electra Complex (daughter- mother competition, daughter father attachment)
- Fixation in this stage leads towards disturbed relationship.

iv. Latency stage

- Start after 6
- Lasts beginning of adolescents period

v. Genital Stage

- after adolescents period
- Opposite gender attracts
- Narcissistic qualities
- Within time caring and affection for others

Erikson's Stages of Psychosocial Development

Stage	Psychosocial Crisis/Task	What Happens at This Stage?
1	Trust vs Mistrust	If needs are dependably met, infants develop a sense of basic trust.
2	Autonomy vs Shame/Doubt	Toddlers learn to exercise will and do things for themselves, or they doubt their abilities.
3	Initiative vs Guilt	Preschoolers learn to initiate tasks and carry out plans, or they feel guilty about efforts to be independent.
4	Industry vs Inferiority	Children learn the pleasure of applying themselves to tasks, or they feel inferior.
5	Identity vs Confusion	Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.
6	Intimacy vs Isolation	Young adults struggle to form close relationships and to gain the capacity for intimate love, or they feel socially isolated.
7	Generativity vs Stagnation	The middle-aged discover a sense of contributing to the world, usually through family and work, or they may feel a lack of purpose.
8	Integrity vs Despair	When reflecting on his or her life, the older adult may feel a sense of satisfaction or failure.

Personality

- Personality is different characteristics of traits
- Which differentiate one individual from other
- Personality cannot **based** on how its changed over time
- Rather what factors determine / effect on personality

- One must considered holistic approach
 - **Biological factors** : inherited traits like physical features, facial structure and attractiveness
 - **social /environmental factors**: social structure an environment play role in formation of child's personality. Ex: constructive and supportive environment

Types of personality: relevance to Clinical Condition

- Classification of personality in daily routine like “shy” and “Social”
- We classified people’s personality for understanding
- There are many people who explained personality types but most realistic are “type A” and “type B”

Type A	Type B
Higher stress level	Lower stress level
i. Competitive and live under constant pressure (self created pressure)	i. Easy going , non competitive, placid and cool
ii. They work on time	ii. They work when given a deadline
iii. Under stressful condition, they can not control themselves	iii. They have complete control over stressful condition
iv. Easily become anxious and discomfort	iv. They remain calm
v. They have more chances of developing heart disease	v. Less chances of developing heart disease



BASIS FOR COMPARISON	TYPE A PERSONALITY	TYPE B PERSONALITY
Meaning	Type A personality is one which is stress prone, in a hurry, impatient and fast in whatever they do.	Type B personality is one which is less stress prone patient, relaxed and easy going.
Nature	Sensitive and proactive	Reflective and innovative
Patience level	Low	High
Temperament	Short- <u>tempered</u>	Even-tempered
Competition	Highly-competitive	Less-competitive
Multitasking	Does several things at a time.	Does one thing at a time.
Stress level	High	Low
Time constraints	Encounters pressure because of time constraints	Is not affected by time constraints.



Personality disorders

Cluster	Personality disorder	Cluster traits
Cluster A	Paranoid Schizoid Schizotypal	Avoidance, rigidity, impairment of reality testing
Cluster B	Antisocial Borderline Histrionic Narcissistic	Antisocial attitudes, impulsivity, emotional dysregulation
Cluster C	Avoidant Dependent Obsessive–compulsive	Avoidance, preoccupied anxiety