

PERSONALITY PSYCHOLOGY

Chapter 2

TRAITS & PERSONALITY THEORIES

- Two approaches to studying traits
- What researchers “know” about personality
- Prominent theories

BEHAVIORAL RESIDUE

- People leave behind signs of their personality in their daily habits and activities
- You can tell certain traits just by casual observation
- Living style or home décor is one way!

TWO APPROACHES

- Scientifically speaking...
 - Idiographic approach to assessment
 - Nomothetic approach to assessment
- See. p. 25 of your textbook
- Which approach is better to you?

IMPORTANT EARLY RESEARCH

- Allport, 1960s
- Which led to Eysenck's work, 1990s
- And who else?

THANKS TO THE IDIOGRAPHIC APPROACH

- We have an understanding of (possible):
 - Central Traits
 - Secondary Traits
 - Cardinal Traits

THANKS TO THE NOMOTHETIC APPROACH

- We have an understanding of:
 - The meaningfulness of theory, as in the theoretical approach
(to studying personality and creating personality measures)
 - The meaningfulness of the lexical approach
 - The meaningfulness of the measurement approach

HOW TO ANALYZE PERSONALITY DATA

- #1
 - Factor analysis
 - Correlation
- What is it?
 - See p. 30-32, "Research Methods Illustrated" section

IMPORTANT THEORIES!

- Now for the good stuff...
 - Eysenck's PEN model
 - And Eysenck's personality questionnaire
 - The John's Big Five/Five Factor Model
 - And the NEO-PI-R questionnaire

IMPORTANT TRAITS

- Neuroticism
- Extroversion
- Openness
- Agreeableness
- Conscientiousness
- Psychoticism

TRAITS AND DAILY LIFE

- Personality traits have been found to relate, or rather, correlate to a number of emotions, habits, careers, social lives, psychological disorders, and more!
- See Tables 2.9 & 2.10, for instance.