



CHARLES UNIVERSITY
Pharmaceutical faculty
in Hradec Kralove

PERSONALITY

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Concept definition I.

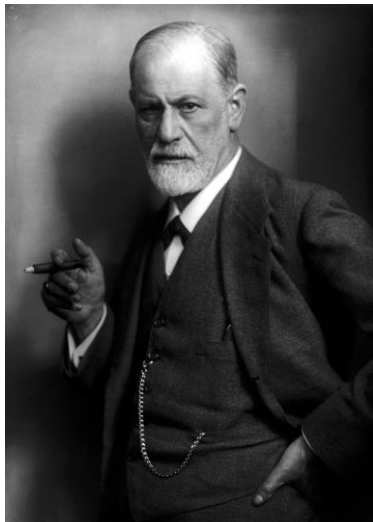
- **Personality** can be understood as a mental unit characterized by:
- **internal unity** and **structuring** of its **components** (i.e. psychological properties and processes),
- **individual specificity** (difference from other personalities),
- **developmental continuity** (relative stability of psychological characteristics despite the ongoing development changes).



Concept definition II.

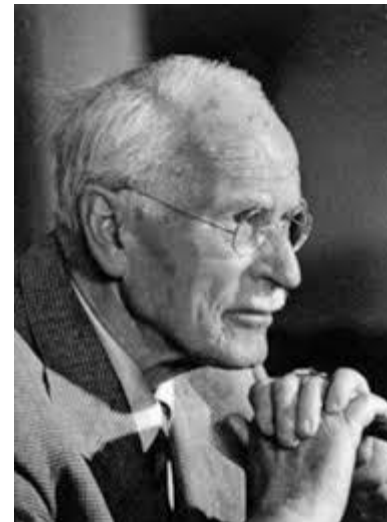
- The **human psyche** is a highly complex phenomenon in which it is difficult to navigate.
- **Behaviour and experience** should therefore be considered as a starting point for **understanding personality in its context.**

Sigmund Freud



Austrian
neurologist and
the founder of
psychoanalysis.

Carl Jung



Swiss psychologist
and psychiatrist
who founded
analytic psychology.



Developmental influences I.

- **Biological determinism**, the idea that most human characteristics, physical and mental, are determined at conception by hereditary factors passed from parent to offsprings.
- **1) biological determination** - the basis is the innate constitution of a person.
- It consists of the sense organs, nervous system, hereditary predispositions and instincts (congenital and specific biologically effective behaviour).



Developmental influences II.

- **2) socio-cultural determination** - stimuli of the environment into which a person was born.
- The process of personality formation by gaining social experience = **socialization**.
- It results in the internalization of knowledge, norms, attitudes, habits, rules and roles applicable in a given society.

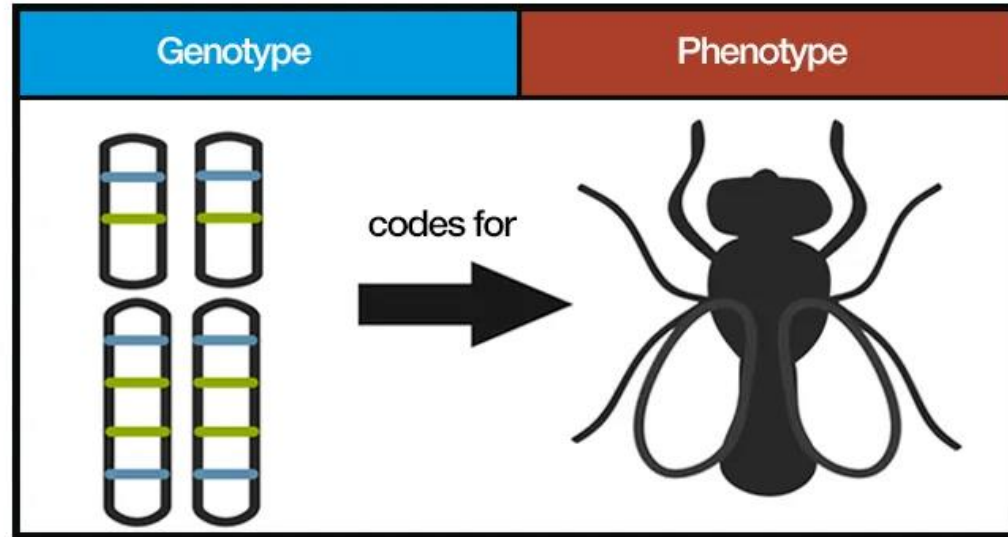
Culture refers to attitudes and patterns of behavior in a given group. Norm refers to attitudes and behaviors that are considered normal, typical or average within that group



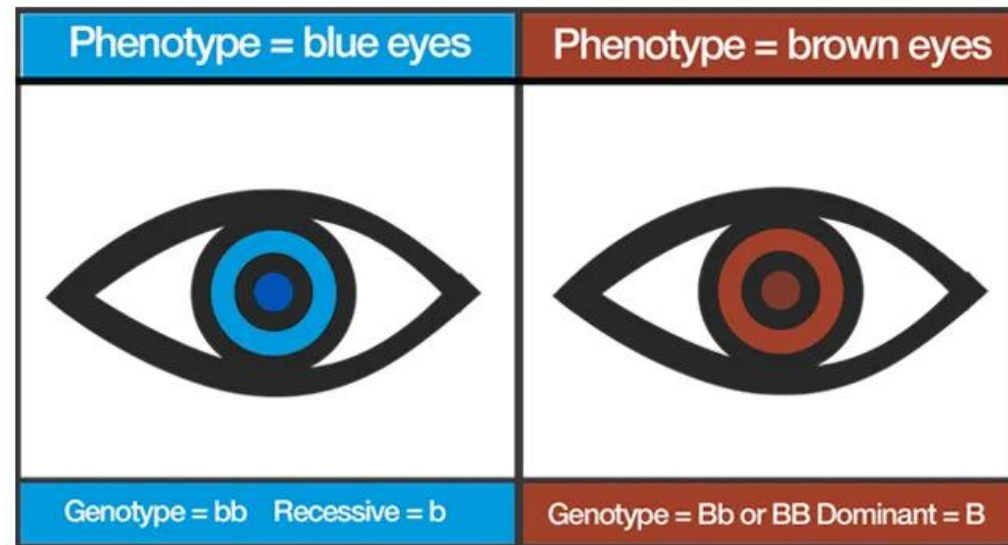
Mental development I.

- Biological and socio-cultural determinants of the human psyche interact.
- Hereditary equipment so called **genotype** (the genetic constitution of an organism), is a set of hereditary disposition to develop certain symptoms.
- Their specific manifestation (expression), however, depends on the stimuli of the external environment - the specific realization of the genotype due to the environment is called **phenotype** (all the observable characteristics of an organism that result from the *interaction of its genotype* (total genetic inheritance) *with the environment*).

Genotype is the genetic makeup of the organism



Phenotype is the physical appearance of the organism





The Powerful Link Between Appearance and Personality

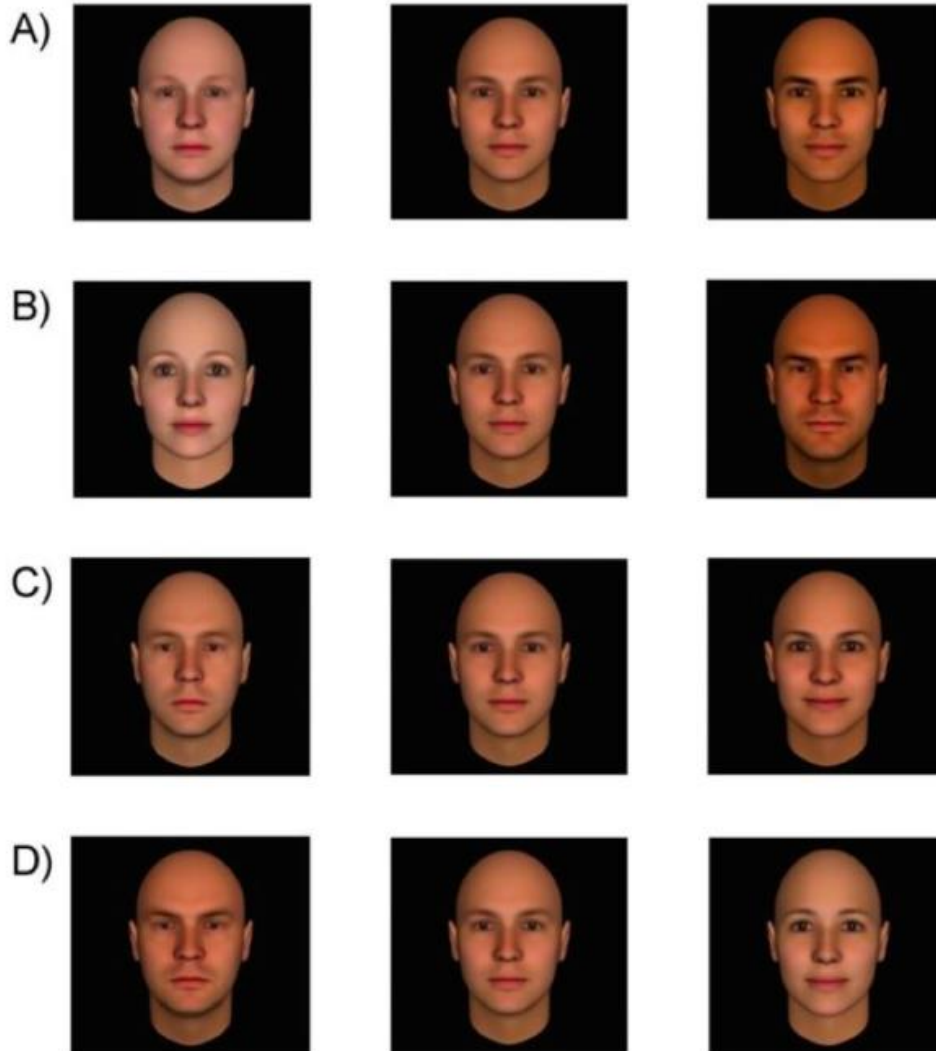


Illustration of how we rate faces on the following four factors:

(A) competence,

(B) dominance,

(C) extroversion, and

(D) trustworthiness.

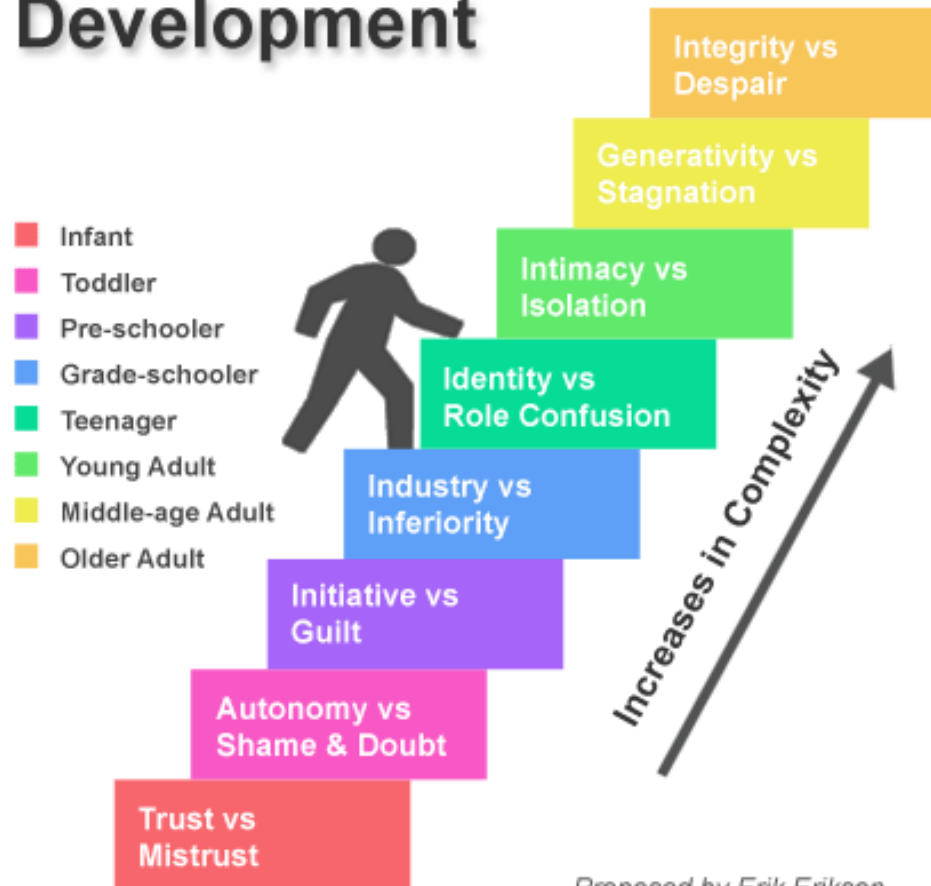
The faces are presented from lowest scores on the left to highest scores on the right.



Psychological development II.

- Psychological development of human social capabilities from the life of infancy to adulthood

Stages of Psychosocial Development



development of intellectual, and the course of adolescence to

Proposed by Erik Erikson



Personality structure in general I.

- Personality structure is a summary of psychological dispositions and assumptions that affect the mental life of an individual.
- The structure consists of stable elements:
 - personality traits (features),
 - skills,
 - temperament,
 - character.
- *Let me introduce one of the latest researches on Personality conducted in 2018 at Northwestern University.*



Pe

ral I.



higher-order
neuroticism,
and



Personality structure in general I.

- **Neuroticism** — Individuals who score **high on neuroticism** are more likely than average to be **moody** and to experience such feelings as **anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness.**
- High scoring individuals tend to be: **awkward, pessimistic, fearful, self-critical, unconfident, insecure, and oversensitive**
- **Low scoring** individuals tend to be: **confident, sure of themselves, brave, and unencumbered by worry**



Personality structure in general I.

- **Extraversion** — Individuals who score **high in extraversion** are more likely to be outgoing, social, and the **centre of attention**. They enjoy being with people, participating in social gatherings, and are full of energy. A person low in extraversion is less outgoing and is more comfortable working alone.
- High scoring individuals tend to be: **sociable, assertive, merry, energetic, articulate, affectionate, and socially confident**
- **Low scoring** individuals tend to be: **shy, introspective, thoughtful, and overall reserved with self-expression**



Personality structure in general I.

- Openness — Individuals who score **high in openness** are typically very **intellectual curious** and exhibit high **emotional intelligence**. Openness involves six facets, or dimensions, including active imagination (fantasy), aesthetic sensitivity, attentiveness to inner feelings, preference for variety, and intellectual curiosity.
- High scoring individuals tend to be: **original, daring, clever, insightful, curious, intellectual, and complex/deep**
- **Low** scoring individuals tend to be: **routine-based**, less abstract, and sticks with what they know and what is comfortable



Personality structure in general I.

- **Agreeableness** — Individuals who score **high in agreeableness** are typically **well-tempered** and tend to err on the side of compassion and empathy over suspicion/cynicism. It is also a measure of one's trusting and helpful nature, and whether a person is generally well-tempered or not. High agreeableness is often seen as naive or submissive. Individuals with low agreeableness are often competitive or challenging people, which can be seen as argumentative or untrustworthy.
- High scoring individuals tend to be: **altruistic, trusting, patient, tactful, sensitive, unselfish, well-liked, and respected**
- **Low scoring** individuals tend to be: cold-hearted, rude, ill-tempered, sarcastic, and antagonistic



Personality structure in general I.

- **Conscientiousness** — Individuals who score **high in conscientiousness** are typically very **efficient** and **organized**. They have the tendency to be dependable, show **self-discipline**, act dutifully, aim for achievement, and prefer planned rather than spontaneous behaviour. High conscientiousness is often perceived as being stubborn and focused. Low conscientiousness is associated with flexibility and spontaneity, but can also appear as sloppiness and lack of reliability.
- High scoring individuals tend to be: **leaders, energetic, reliable, ambitious, persistent, hard working, and resourceful**
- **Low** scoring individuals tend to be: **procrastinators, impulsive, headstrong, and hasty/reckless with decisions**



Personality structure in general I.

- Using the 5 traits 4 distinct personality clusters were uncovered.

AVERAGE

SELF-CENTERED

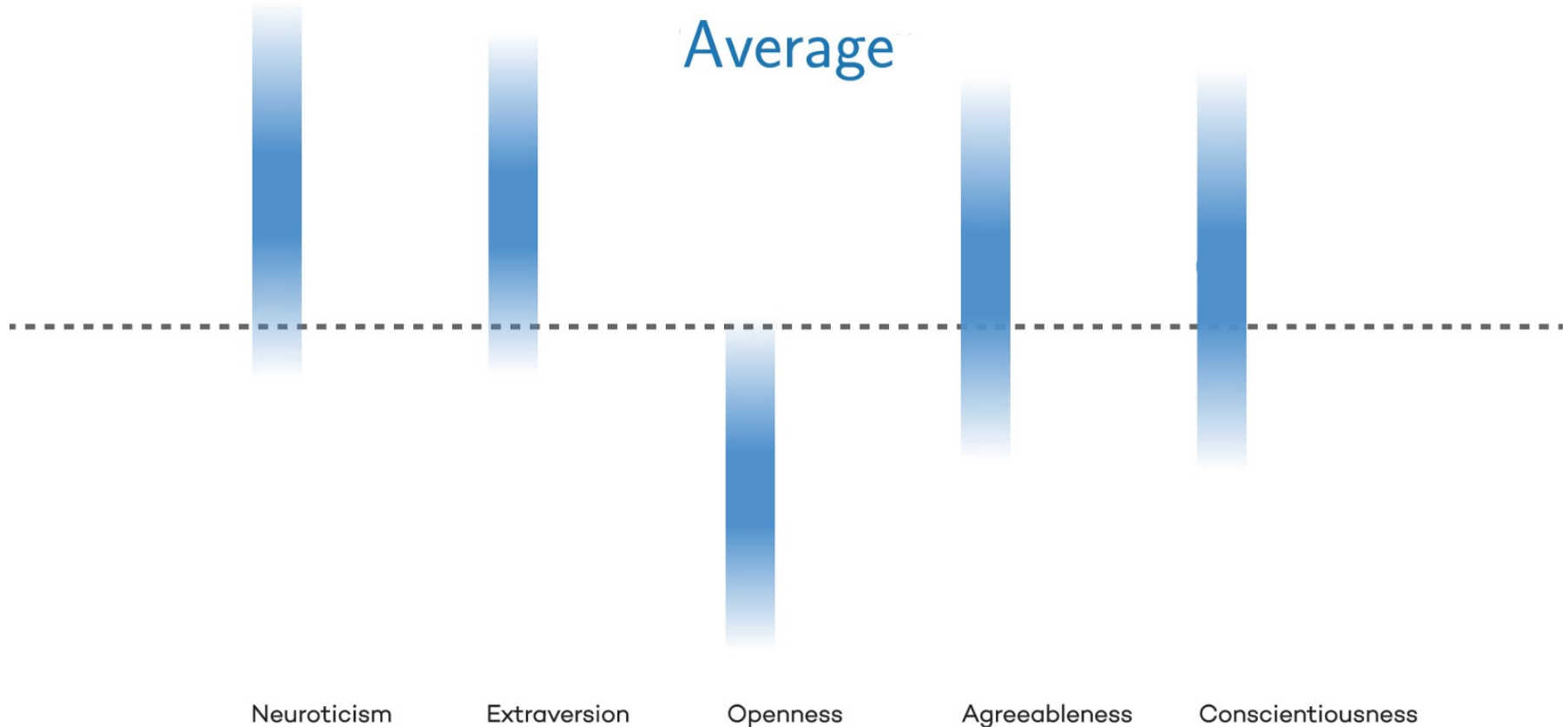
ROLE MODEL

RESERVED



Personality structure in general I.

- Average

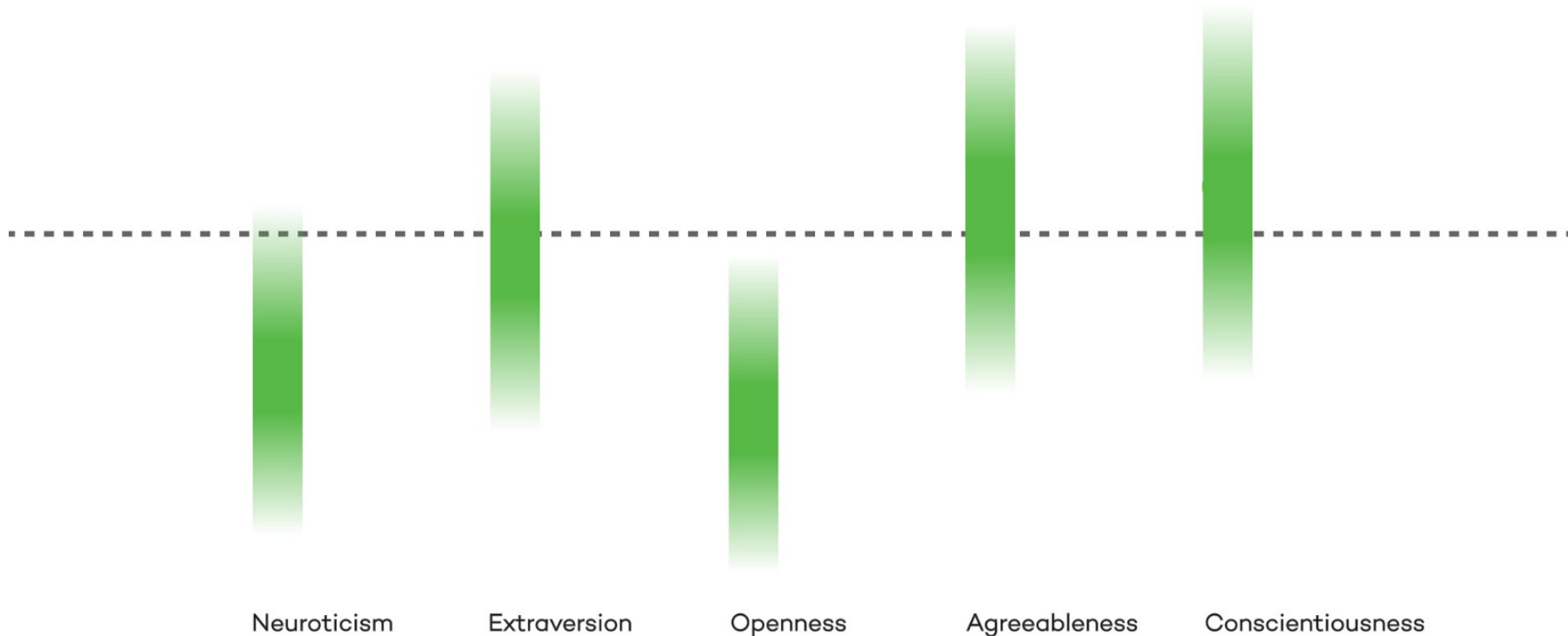




Personality structure in general I.

- Reserved

Reserved

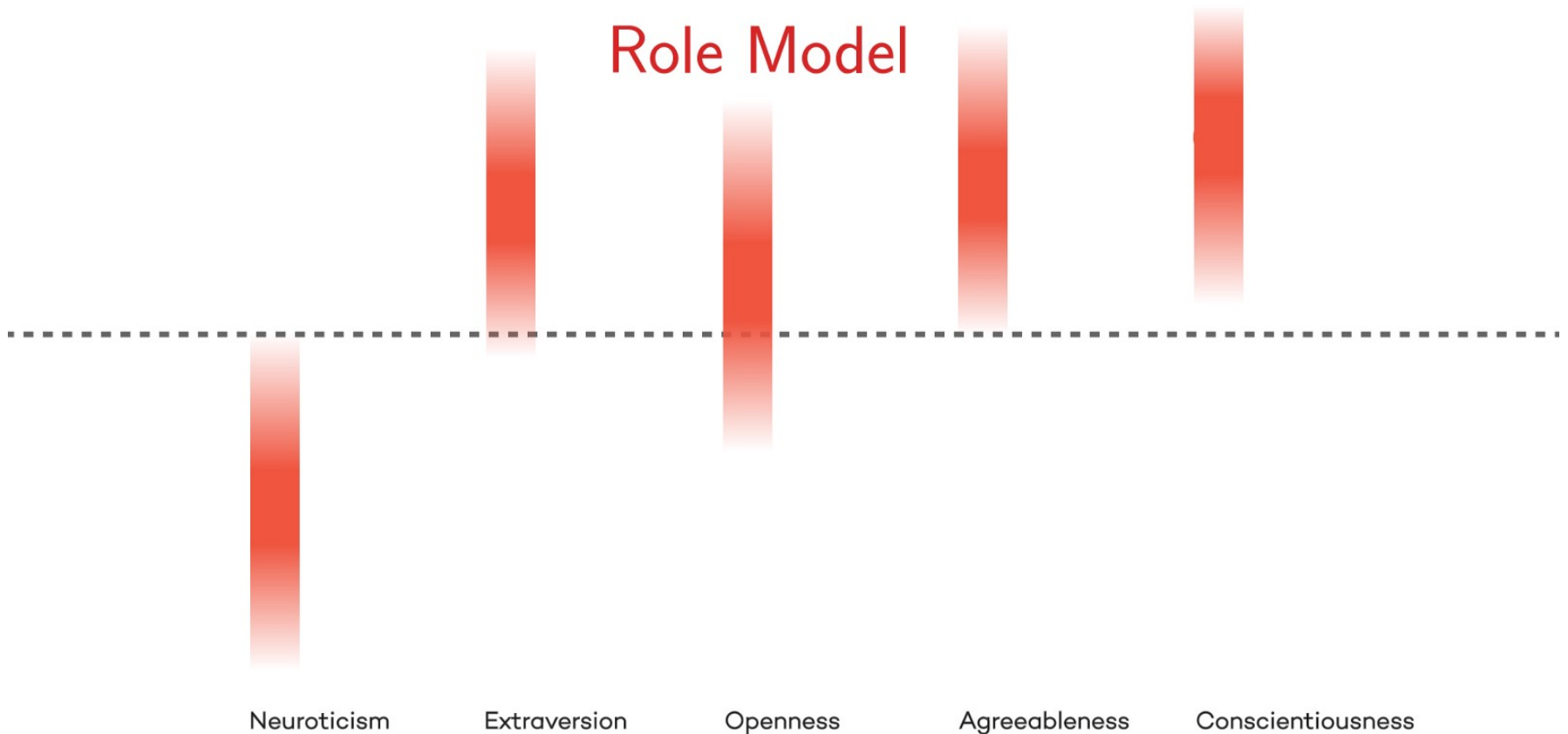




Personality structure in general I.

- **Role Models**

Role Model





Personality structure in general I.

Self-centered





Take aways

- Understanding ourselves and our peers is critical to cultivating productive relationships
- Personalities are a spectrum, and a clustered label shouldn't necessarily define who we are.
- More importantly, personalities are not static — they can and do change over time.

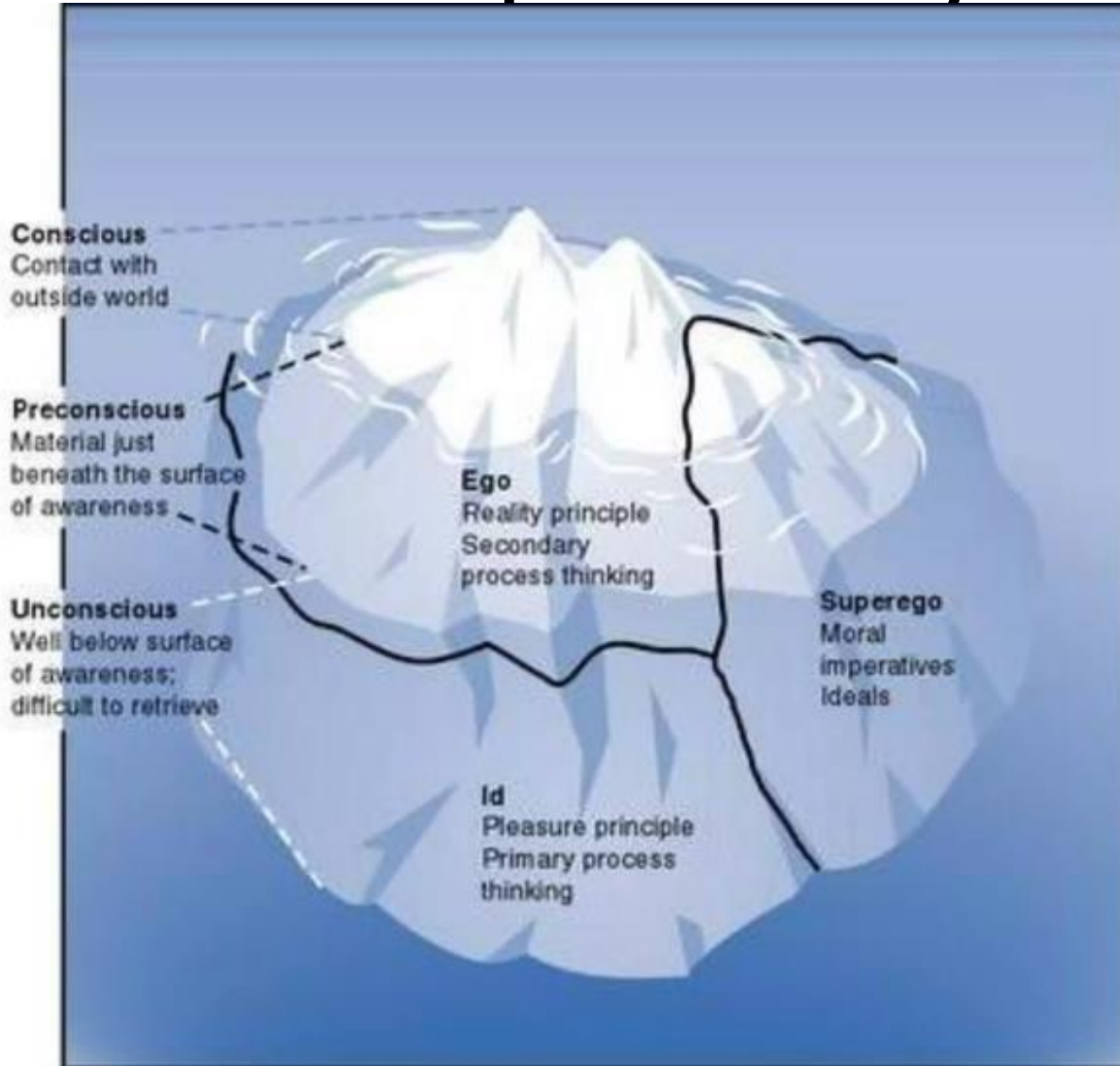


Personality structure in general II.

- **Skills** = prerequisites for identifying and solving problems, as well as prerequisites for practical implementation of specific activities.
- Within the skills we distinguish: mental knowledge, abilities, proficiency, dexterity.
- **Intelligence** = a set of skills used to identify and solve problems.
- **Personality traits** = characteristics that are specific to a particular individual.



Freud's personality structure



The **id** presses us to act instantly and seek instant gratification. The **ego** asks us to delay and to think more carefully about our decision. And our **super ego** is our conscience letting us know if this behaviour is moral and right.



Personality structure in general III.

- To identify personality traits expressions **temperament** and **character** has been used since antiquity .
- E.g. **Hippokrates** (Sanguine, Choleric, Melancholic, Phlegmatic), **Eysenck a Jung** (Extrover, Introvert);
- **Jean Piaget** (Heteronomous personality stage, Autonomous personality stage, Social conformity stage), Lawrence **Kohlberg** (pre-conventional, conventional and post-conventional stage).
- [Cognitive development Piaget](#)
- [Kohlberg's 6 stages of moral development](#)





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Thank you for your attention



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