

Psychoanalytic and Learning Theories

Psychoanalytic Theories

Key Concepts

- Personality has an unconscious component (Freud, Jung, Adler).
- Basic personality is developed in childhood (Freud, Jung, Adler).
- The id, ego, and superego are the components of personality (Freud).
- People develop defense mechanisms to resolve conflicts between the id and ego (Freud).
- Humans have developed a collective unconscious (Jung).
- Everyone struggles with inferiority (Adler).

Learning Theories

Key Concepts

- Personality is learned (Skinner, Bandura).
- Personality develops as a result of reinforcement (Skinner, Bandura).
- Reinforcement consists of rewards and punishments (Skinner).
- Personality can be developed by observational learning or imitation (Bandura).
- Human behavior is governed by our view of our ability to succeed (Bandura).

Humanistic and Trait Theories

Humanistic Theories

Key Concepts

- All humans strive for self-actualization (Maslow, Rogers);
- Human nature is basically good (Maslow, Rogers);
- To become self-actualized, a person must satisfy his or her basic, loving and belonging, and self-esteem needs (Maslow);
- Each individual has a self that is the image of who the person is and what he or she values (Rogers);
- Conflicts arise when others place conditions of worth on individuals (Rogers).

Trait Theories

Key Concepts

- People's personality traits are consistent across situations (Allport, Cattell, Eysenck);
- Traits exist on a continuum. All people fall somewhere along the continuum (Allport, Cattell, Eysenck);
- Common traits apply to all people (Allport);
- Individual traits include cardinal, central, and secondary traits (Allport);
- The core of personality is made up of 16 source traits (Cattell);
- The three basic dimensions of personality are stability, extroversion, and psychoticism (Eysenck).