



# PERSONALITY TRAITS PT. 1

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PSY 249

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# ANNOUNCEMENTS

- Assignment 2 due Tomorrow (24hr grace)
- Assignment 3: perspectives available soon
- Next half of this class
- COMMUNICATION

# 3 questions

- In one word how would you describe who you are right now?
- In one word how would the person you're closest to describe you? (if you can't think of someone, try "someone you've known for a long time")
- In one word how would the person you like the least describe you?
- Write these three words side by side and briefly jot down how you feel and what you're thinking about.
- Do these three words accurately describe who you are?

# Trait based theories

- The Trait perspective suggests personality is best understood by defining and measuring personality traits.
- The trait perspective is the most popular and widespread of all of the perspectives in the field of personality psychology.
- As such linking behavior, and behavioral prediction to personality traits is a central goal of this perspective. With respect and focus given to individual differences.
- Most objective and behavioral assessments are based on/around trait-based theories.

“ A RELATIVELY **STABLE, CONSISTENT,** AND ENDURING INTERNAL CHARACTERISTIC THAT IS INFERRED FROM **A PATTERN OF BEHAVIORS, ATTITUDES, FEELINGS, AND HABITS IN THE INDIVIDUAL.** THE STUDY OF PERSONALITY TRAITS CAN BE USEFUL IN **SUMMARIZING, PREDICTING, AND EXPLAINING** AN INDIVIDUAL'S CONDUCT ”

## APA Definition of a Personality Trait

# WHAT IS A PERSONALITY TRAIT?

There are 3 characteristics that define a personality trait

## Consistency

- Behaviors related to the trait remain consistent across situations

## Stability

- Behaviors related to the trait remain similar over time

## Individual Differences

- Behaviors related to the trait differ from person to person

# Consistency or Stability?

"Marcus is so affectionate! Since he was 5 years old Marcus has always shown affection to those around him especially his friends and family members. To this day whenever he is around his friends and family he always needs to be complimenting, holding hands with, or hugging someone he cares about!"

**STABILITY!!!!**

# Consistency or Stability?

“For as long as I can remember Milo has been shy. They simply can’t speak to someone they don’t know and barely speak to folks they do know. Since we were children I’ve been someone that helped Milo meet and open up to new people.”

**BOTH!!**

# Consistency or Stability?

“Jackie is extremely competitive now! Its like she turned 21 and all the sudden wants to beat everyone. Whether its her job, her relationships, or her hobbies she always strives to be the best at what she does. She competes with anyone regardless of if they want to or not!”

# CONSISTENCY!

# Personality Traits and Opposites

Many personality traits are often thought to exist as opposites. Meaning where there is one positively associated trait there is an equal and opposite negative trait.

Trustworthy

Humble

Ambitious

Compassionate

Brave

Loyal

Charming

Optimistic

Untrustworthy/ Distrustful

Prideful/Boastful

Lazy/Apathetic

Uncaring/Cold

Fearful/Cowardly

Disloyal/Treacherous

Annoying/Repulsive

Pessimistic/Cynical

However, some traits are considered “neutral”

- Adventurous
- Curious
- Passionate
- Excitable
- Artistic
- Flirtatious

# COMPLICATING OUR UNDERSTANDING OF TRAITS

Trait based theories of personality focus on personality traits as the most influential/measurable aspect of personality

BUT as a reminder most western perspectives see personality traits as important indicators of human personality in some way (aside from existential)

Three important people Gordon Allport (Trait theory), Cattell (16 PF) & Lewis Goldberg (Big 5)

Lexical Hypothesis: All we need to know about individual differences and important personality traits will be present within the language of the people.

# ACTIVITY: TESTING THE LEXICAL HYPOTHESIS

Recognizing we have a wealth of languages in this room. Let's test the Lexical Hypothesis. Thinking about who you are and the languages you know (official, fictional, slang) lets discuss the following in breakout groups

1. Are there any words/phrases that describe a personality trait/characteristic/way of behaving in a language you know that don't translate well or translate at all into the dominant language?
  2. How/when are these words/phrases used?
  3. Why do you think they are so difficult to translate?