

10. Personality and Emotions



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10.1 Temperament



Infant temperament

- **Thomas & Chess (early)**
- **Sanguine (active)**
- **Melancholic (quiet)**
- **Choleric (irritable)**

Infant temperament

- **Later categories**
- **Easy: adaptable**
- **Difficult: irritable; linked to antisocial**
- **Slow-to-warm: low energy; tend to withdraw**

10.2 Development of Emotions



First emotions

- **Newborns' first
(negative) emotion:
distress**

First emotions

- **Basic emotions (Ekman):**
 - **Anger**
 - **Disgust**
 - **Fear**
 - **Happiness**
 - **Sadness**
 - **Surprise**

Secondary emotions

- **Shades and combinations of basic emotions**
- **Hurt = sad+angry**
- **Worried = sad+fear**
- **Curious = happy+surprise**
- **Startled = surprise+fear**

Secondary emotions

- **Social emotions, e.g.
embarrassment,
empathy**

10.3 Emotional Expression and Regulation



Regulating emotions

- **Infants: self-soothing, find support when afraid**
- **Toddlers: self-soothing actions, retreat from stimuli**
- **Children: conscious social emotions and strategies for discomfort**
- **Teens: complex social awareness, strategies**

10.4 Emotional Intelligence





Start: impulse control

- **Marshmallow test
predicts happiness and
success**
- **Golman: EQ, not just IQ**

Start: impulse control

- **Attributes of EI**
- **Self-awareness**
- **Self-regulation**
- **Social Skill**
- **Empathy**
- **Motivation**

10.5 Freud's Psychodynamic Theory

CONSCIOUS MIND



UNCONSCIOUS MIND

Unconscious motives

- **Unconscious coping mechanisms from early childhood experiences**

Unconscious motives

- **Personality layers**
 - **Id: animal urges**
 - **Ego: sense of self**
 - **Superego: authority**
- **Interplay determines function and dysfunction**

10.6 Erikson's Psychosocial Theory



Eight stages of life

- **From Freud's unconscious coping mechanisms**
- **Cognitive, social, and emotional development**

Eight stages of life

- **Innate urges to complete challenges/tasks at each stage of life**
- **Stage success → fulfillment, readiness for next stage**



Erikson: Stage I (0-1)

- Trust vs. mistrust
- Infant wants sense of security in the world
- Trust comes from experience with caregivers
- Success → optimism and hopefulness about life

Erikson: Stage II (1-3)

- **Autonomy vs. shame**
- **Toddler wants sense of self-mastery while adults are monitoring and limiting everything**

Erikson: Stage II (1-3)

- **Related to walking, speech, toilet training, experimenting**
- **Success → competence and independence**



Erikson: Stage III (3-6)

- **Initiative vs. guilt**
- **Young child wants sense of independence and self-expression**

Erikson: Stage III (3-6)

- **Related to early school experience, time with new people away from family**
- **Success → confidence and willingness to try new things**



Erikson: Stage IV (6-12)

- **Industry vs. inferiority**
- **Older child wants sense of competence and realism about abilities**

Erikson: Stage IV (6-12)

- **Related to school subjects, peer relations, interactions with teachers and coaches**
- **Success → self-worth, self-esteem, self-motivation**



Erikson: Stage V (Adolescence)

- **Identity vs. role confusion**
- **Teen wants sense of own personal values and sexual orientation**

Erikson: Stage V (Adolescence)

- **Related to development of sex organs and urges, social issues, cognitive changes**
- **Success → “Who I am”**

Marcia: Identity status

- NOT stage theory
- Categories based on progress toward stable identity
- Foreclosure = early decision
- Diffusion = confused
- Moratorium = experimenting
- Achievement = settled



Erikson: Stage VI (Early adulthood)

- **Intimacy vs. isolation**
- **Young adult wants to form close relations**

Erikson: Stage VI (Early adulthood)

- **Related to one-to-one relations, social contacts, first employment**
- **Success → Ability to love and commit**

Erikson: Stage VII (Middle adulthood)

- **Generativity vs. stagnation**
- **Adult wants to create, contribute, expand**
- **Related to family (young & old), career, community**
- **Success → Purpose and generosity**

Erikson: Stage VIII (Older adulthood)

- **Integrity vs. despair**
- **Wants to find satisfaction and/or resolution with past**
- **Accept decline of cognitive processing skills**

Erikson: Stage VIII (Older adulthood)

- **Related to review of family, work, priorities**
- **Success → Insight and self-wisdom**

10.7 Stability and Change



Is personality stable across the life span?

- **Some aspects seem to
stay the same**
- **Some aspects seem to
be fluid**

Case for stability

Holland's personality types matched to employment

- **Realistic: animals, tools**
- **Investigative: sell, persuade**
- **Artistic: create**
- **Social: helping**
- **Enterprising: lead, sell**
- **Conventional: order, plan**

Case for change

Socioemotional theory (Carstensen)

- **With aging, people invest in emotionally meaningful goals and activities**
- **Shifts in motivation**
- **Shifts in cognitive processing**
- **Shift toward positivity**

Case for both?

Big Five model

- **Aggressiveness**
- **Extraversion**
- **Neuroticism**
- **Openness**
- **Conscientiousness (but
this one tends to
increase over time)**

10.8 Attribution Styles



Why do things happen?

2 Types of attribution

- **External: People behave because of what happens and how things relate**
- **Internal: People behave because of what is in them and what they want**

Why do things happen?

- **Related to cultural bias**

Collectivist → external

Individualist → internal