

PSY 328 Project One Template

For this project, you will write a theory application paper; you will apply theories of personality to yourself, someone you know, or someone you have read about in a biography or autobiography. Complete this template by replacing the bracketed text with the relevant information.

1. Identify **who** you are applying theories of personality to and explain why.

I am applying the theories of personality to myself so I can accurately measure traits. I am probably the perfect psychological case study for behavioral and humanistic theories. Although my childhood was meant for behavioral conditioning, my adulthood has been in pursuit of growth and development.

2. Describe how components of a **personality theory** of your choice relate to your subject.
 - A. Components of personality theory, including but not limited to traits, behaviors, motives, or defense mechanisms
 - B. Multiple components from the theory applied to your subject with examples (i.e., behaviors that exemplify the concepts)
 - C. Citations when you are describing the theory

According to Behaviorism, an individual's development, actions, complex behavior, and traits are all based on the underlying learning processes. My parents were divorced when I was an infant. My Mother showed very little love and high expectations. She punished us with physical beatings and isolation. My dad gave me a lot of love and also had high expectations. He was punished by yelling, degrading and grounding/taking things or social events away. I learned to be a people pleaser, manipulative, secretive, and alone.

Shirae, E. (2016-09-06). Personality Theories. [[VitalSource Bookshelf version]]. Retrieved from vbk://9781506300795

3. Describe how components of a **second personality theory** of your choice relate to your subject.
 - A. Components of personality theory, including but not limited to traits, behaviors, motives, or defense mechanisms
 - B. Multiple components from the theory applied to your subject with examples (i.e., behaviors that exemplify the concepts)
 - C. Citations when you are describing the theory

Humanistic theories of personality focus on the importance of self-actualization, personal growth, and the inherent goodness of individuals. While humanistic theory does not specifically address defense mechanisms, it does emphasize traits, behaviors and motives that contribute to self concept and psychological well-being. My unique traits such as authenticity, empathy, and self-awareness, along with my desire for personal growth, helped me cultivate a deeper understanding of others and myself.

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4. Describe the **limitations** of each of the two theories you related to your subject.

Behaviorism focuses solely on observable behaviors and does not take into account internal mental processes or emotions, which can limit its ability to fully explain behavior. It can also oversimplify behavior and motivations, as it does not consider individual differences, cognitive processes, or social factors. Lastly, it doesn't adequately address the role of free will and personal agency in shaping behavior, as it emphasizes external reinforcement and conditioning. Humanistic theory may be criticized for its subjective and individualistic approach, as it focuses on personal experiences and self-perceptions, rather than measurable data. It also lacks empirical evidence to support claims as it relies heavily on introspection and self-report measures that can be influenced by bias or social desirability. Lastly, it doesn't address the influence of societal and cultural factors on individual behavior, as it tends to prioritize individual growth and self-actualization over broader social contexts.

5. Explain why taking a **holistic approach** and applying multiple theories to a subject is better than applying only one.

Taking a holistic approach and applying multiple theories to a subject provides a more comprehensive understanding by addressing limitations, enhancing validity, promoting critical thinking, and encouraging interdisciplinary collaboration. This approach allows researchers to gain a more complete picture. It eliminates biases and draws on diverse perspectives for a richer and more nuanced analysis. Each theory may offer unique insights and explanations that, when combined, provide a more complete picture of the behaviors being studied.

References

(Shirayev, E. (2016-09-06). Personality Theories. [[VitalSource Bookshelf version]]. Retrieved from vbk://9781506300795