



CORE I UNIT V
LESSON -2
THEORIES OF
PERSONALITY -
TYPE, TRAIT AND
PSYCHOANALYTIC

INTRODUCTION TO PERSONALITY THEORIES



Type Theories

- traits (Larsen & Buss, 2005).
- Used informally to classify individuals (e.g., executive type, athletic type, motherly type, techno geek).

Trait Theory (Gordon Allport, Raymond Cattell, Big Five Model)

- Personality consists of stable traits that define behavior patterns.
- Big Five Traits: Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism.

Psychoanalytic Theory (Sigmund Freud)

- Personality shaped by unconscious drives, childhood experiences, and inner conflicts.
- Id, Ego, and Superego influence behavior.



What Are Type Theories?

- A personality type refers to people who share common traits (Larsen & Buss, 2005).
- Used informally to classify individuals (e.g., executive type, athletic type, motherly type, techno geek).

Why Do We Use Personality Types?

- ✓ Helps understand and predict behavior.
- ✓ Simplifies complex personality traits into recognizable categories.
- ✓ One of the oldest personality concepts, dating back over 2,000 years



1. Hippocrates' Type Theory of Personality

- Overview
- Proposed by Hippocrates (400 B.C.), the father of medicine.
- Personality is influenced by four body fluids (humors). The dominant humor determines a person's temperament.

Four Personality Types

- □ Sanguine – Cheerful, vigorous, and confidently optimistic.
- ● Melancholic – Depressed and moody.
- 🔥 Choleric – Hot-tempered and irritable.
- ● Phlegmatic – Slow-moving, calm, and unexcitable.



HIPPOCRATES' TYPE THEORY OF PERSONALITY

| Fluid | Temperament | Personality |
|-----------------------|-------------|---|
| Yellow bile (பித்தம்) | Chloeric | Irritable and excitabl |
| Black bile | Melancholoy | Sad and brooding |
| Phlegm (சளி) | Phlegmatic | Apathetic and Sluggish அக்கறையின்மை மற்றும் மந்தமான |
| Blood | Sanguine | Cheerful and active |

WILLIAM SHELDON'S TYPE PERSONALITY THEORY



William Sheldon's Type Personality Theory

Dr. William Sheldon (1898-1977), an American psychologist, studied human personality traits.

He proposed a relationship between body types (somatotypes) and personality.

Three Major Personality Traits

1. **Viscerotonia** – Relaxed, sociable, comfort-seeking.
2. **Somatotonia** – Bold, adventurous, energetic.
3. **Cerebrotonia** – Introverted, thoughtful, intellectual.

Three Somatotypes (Body Types)




- ❖ Endomorphy – Soft, round body; sociable and relaxed.
- ❖ Mesomorphy – Muscular, strong build; bold and active.
- ❖ Ectomorphy – Thin, delicate frame; introverted and intellectual.



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| Sheldon's Somatotype | Character | Shape | Sample Picture |
|-----------------------------|---|--|---|
| Endomorph [viscerotonic] | relaxed, sociable, tolerant, comfort-loving, peaceful | plump, buxom, developed visceral structure |  |
| Mesomorph [somatotonic] | active, assertive, vigorous, combative | muscular |  |
| Ectomorph [cerebrotonic] | quiet, fragile, restrained, non-assertive, sensitive | lean, delicate, poor muscles |  |



CARL JUNG'S TYPE PERSONALITY THEORY

Carl Jung's type personality theory

Introversion vs. Extroversion

A) Introversion

- ❖ Personality type focused on inner thoughts and feelings.
- ❖ Energy is directed inward, leading to introspection.
- ❖ Often perceived as shy, introverts are more self-reflective.
- ❖ Prefer solitude and may avoid seeking opinions from others.

B. Extroversion

- ⦿ Opposite of introversion, where energy flows outward towards others.
- ⦿ Extroverts are sociable, open-minded, and thrive in social settings.
- ⦿ Often seen as the life of the party, they enjoy engaging with others.
- ⦿ Their vibrant and outgoing nature draws people in, and they gain energy from social interaction.

AN INTRODUCTION TO PERSONALITY TRAITS THEORIES



Personality Traits Theories

- ❖ Personality is often described using words such as friendly, aggressive, flirtatious, or fearful.
- ❖ There are over 17,000 words in the English language to describe personality traits (Allport & Odbert, 1936).

Traits:

- ❖ Relatively enduring patterns of behavior that remain consistent across situations and time.

Example:

- ❖ A person with the trait of friendliness is generally friendly in most situations.

Trait Theories:

- ❖ Focus on describing personality traits rather than explaining their origins.
- ❖ Two well-known trait theories:
- ❖ Gordon Allport's Classic Theory
Contemporary Five-Factor Personality Theory

AN INTRODUCTION TO PERSONALITY TRAITS THEORIES



Definitions of Traits

- ❖ According to Atkinson, et al. "A trait refers to any characteristic that differs from person to person in a relatively permanent and consistent way."
- ❖ Gordon Allport's Trait Theory
- ❖ Gordon Allport (1897-1967) was one of the first psychologists to focus on personality traits.
- ❖ Allport's theory emphasizes individual uniqueness and the idea that traits are fundamental to understanding personality. Key Concepts:

Traits:

- ❖ Enduring characteristics that shape behavior across situations.
- ❖ Allport categorized traits into **three levels**:

Cardinal Traits:

- ❖ Dominant traits that influence most of a person's behavior (e.g., passion for a cause).

Central Traits: General characteristics that form the foundation of personality (e.g., honesty, kindness).

Secondary Traits:

- ❖ Less consistent traits that only appear in specific situations (e.g., preference for certain activities).