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*Shaping Lives...
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THEORIES OF PERSONALITY:

Type Theories

Trait Theory

Psychoanalytic Theory

Social learning Theory

Humanistic Theory



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Type Theories

According to these theories, people are grouped into identifiable categories. According to these theories, personalities are classified according to the structure of the body and psychological factors.

Kretschmer & Sheldon classified personalities according to the structure of the body.



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Kretschmer & Sheldon



Ectomorph



Mesomorph



Endomorph



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(a) Ectomorph:- A tall, thin person, restrained (reserved), self conscious and fond of solitude (privacy).

(b) Mesomorph:- A heavy set of muscular individual, noisy, callous (heartless) and fond of physical activity.

©Endomorph:- A short, plump (fatty) person, sociable, relaxed and even (calm)-tempered.



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Swiss psychologist **Carl jung** classified personalities on the basis of psychological factors.

Introverts are shy, quiet and retiring (reserved), avoid social contacts and interaction with others and enjoy privacy.

Extroverts are sociable and gregarious (unreserved, sociable) friendly and aggressive individuals. They are more oriented towards other people, events and objects.

Type theories are simple as they are based on physical attributes or psychological factors for categorization of personalities.



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Trait theory:-

Another important approach to understand personality is the trait.

A trait of an individual is abstracted from his behaviour, and serves as useful unit of analysis to understand personality.

According to this theory personality can be described by a trait.



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We could rate an individual on a scale of intelligence, emotional stability, aggressiveness, creativeness etc.

When we are describing ourselves and others as friendly, cautious, excitable, intelligent, anxious we are using trait terms.



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There are two ways of assessing personality traits –

1. the person describes himself by answering questions about his attitudes, feelings and behaviours, and
2. someone else evaluates the person's traits either from what he knows about the individual or from direct observations of behaviour.



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The first method, a personality inventory is used and the second involves using rating scales.

A **personality inventory** is a questionnaire in which the person reports reactions or feelings in certain situations.

A **rating scale** is a device for judging a trait and is filled by someone else by what he or she knows about the individual or by studying his or her behaviour in certain situations.