

Personality

What makes us who we are?

Psych 305A: Lecture 21

Wrap Up Emotions and Personality

Begin Relationships

Exam 4

- MC mean = 71%
- Essay mean = 55%
 - But, several students skipped the essay or wrote only a sentence or two
 - Essay weighted less than MC
- Overall Exam 4 mean = 64%
- Essays were NOT down graded for failure to talk about evolutionary approach to individual differences (i.e., material covered after Exam 4)

Issues with essays

- Writing about Introversion/extraversion as two traits
- Focusing ONLY on physio & evo approach (no genetics)
- Writing about the genetic approach but only talking about environmental influences, without explaining what this means

High Scorers on Essays

- Explained the general theoretical approach for each bio approach
- Discussed specific kinds of evidence for each trait, gave equal coverage to each trait
 - e.g., Rather than simply say, "x is heritable because of twin studies", spelled out the logic of twin studies, discussed MZ v DZ etc.

If you want to see your essays...

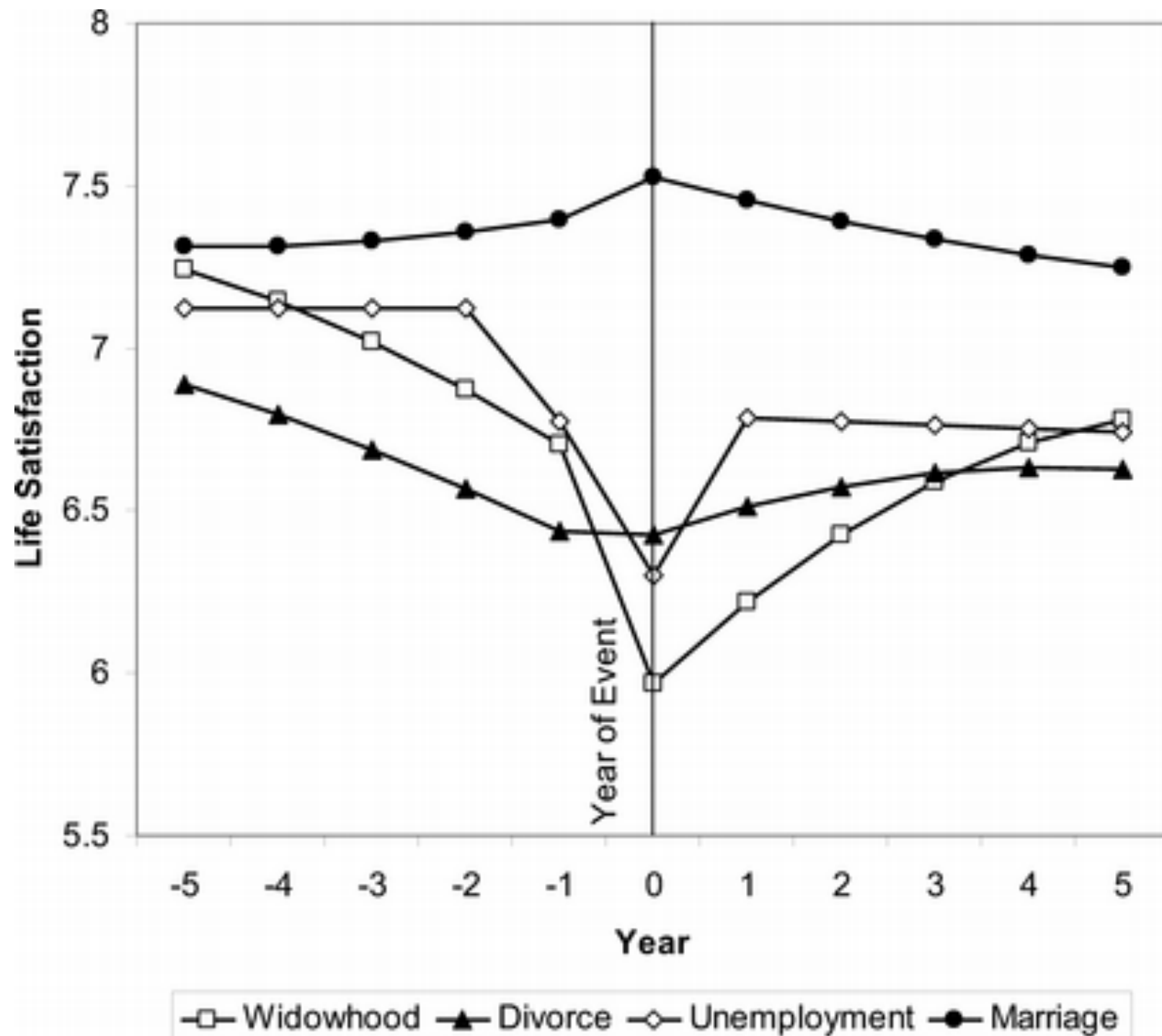
- Regular office hours this week & next
 - Conor: M 11-12, Kenny 1101
 - Simon: M 3-4, Kenny 3508
- Extra office hours:
 - Tues, Nov. 19, 11-12 (Conor)
 - Wed, Nov. 20, 3-4 (Simon)
- Or email them to make an appt.

Exam 5 on Friday

- All multiple choice
- Will cover:
 - Wrap of evolutionary approach
 - Cognitive Approach
 - Learning and Behaviorism
 - Modern Cognitive Approach
 - Emotions and Personality
 - Relationships (social interaction)—what we cover today

Happiness and Set-Point

- Emotions change in response to major life events
- BUT, they quickly return to a basic set point, which varies by individual
 - The average set point is more happy than neutral



Issue: The Good Life?

Hedonism – the sum of pleasant moments

VS.

Eudemonia – the life well-lived; meaning and purpose

Daniel Kahneman: Happiness is the sum of happiness across life's moments

Martin Seligman: authentic happiness is based on long-term purpose and meaning

Ed Diener: Happiness Study

How do happy moments relate to feeling a purpose in life?

Studied 222 college students

Assessed life satisfaction 3 times over 7 weeks

Each day, asked about daily life satisfaction & positive/negative moods

Diener Findings

**Correlation between overall life
satisfaction and daily life satisfaction**

***r* = .44**

Emotions and Life Satisfaction

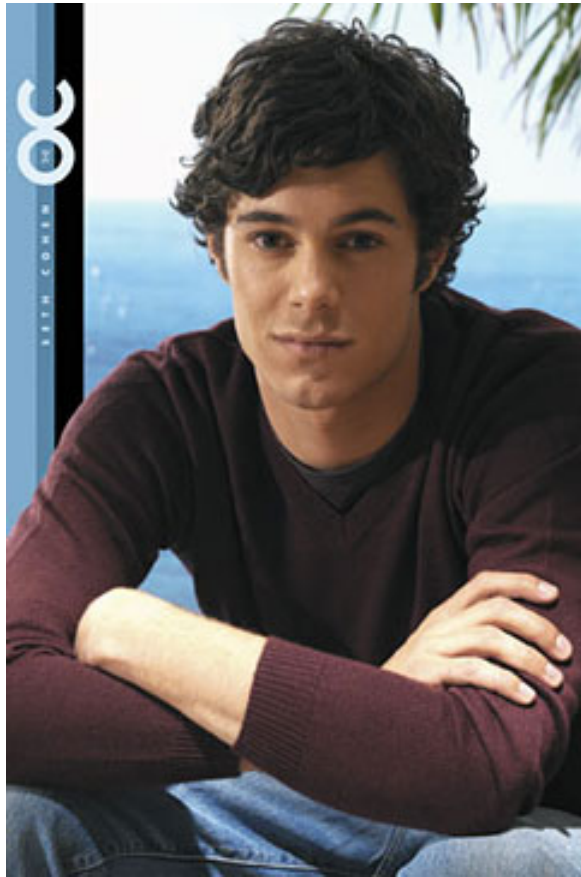
	<u>Daily Satisfaction</u>		<u>Life Satisfaction</u>	
	(52 Days)		(3 Occasions)	
	<u>β</u>	<u>p</u>	<u>β</u>	<u>p</u>
• <u>Predictors</u>				
• Pleasant Emotions	<u>.43</u>	.001	.00	ns
• Interested Daily	<u>.34</u>	.001	.00	ns
• Unpleasant Emotions	<u>-.18</u>	.01	-.11	ns
• Physical Pleasure	.08	ns	.04	ns
• GPA	.04	ns	.08	ns
• Material Resources	.08	ns	.10	ns
• Purpose in Life	.03	ns	<u>.51</u>	.001
• Social Resources	-.11	ns	<u>.20</u>	.001
• Good vs. Bad Memories	.06	ns	<u>.16</u>	.01

	Daily Satis.	Life Satis.
• <u>Informant-Rated Attributes</u>		
• Socially Skilled	.03	.21
• Healthy	-.03	.22
• Energetic	-.07	.30
• Self-Confident	.08	.20
• <u>Self-Rated Attributes</u>		
• Socially Skilled	.13	.25
• Healthy	.04	.29
• Energetic	.08	.36
• Self-Confident	.10	.40
• <u>Suicidal Attempts & Ideation</u>	-.03	-.24 ¹⁴

The Good Life

- For daily satisfaction, go for hedonism
 - Boost positive affect, decrease negative affect
- For life satisfaction, go for eudemonia
 - Emotions don't matter
 - Meaning/purpose in life and social networks most important

Unpleasant Emotions and Personality



Anxiety

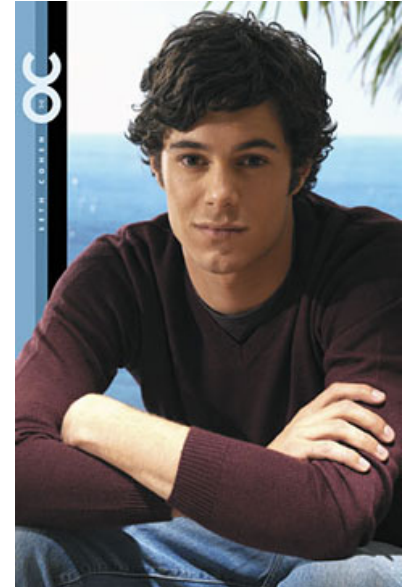


Depression



Anger

Trait Anxiety (Neuroticism)



- Moody, touchy, irritable, complaining
- Easily upset
- Biological origins
 - Stable across lifespan
 - Cross-cultural
 - More active BIS
- May have cognitive basis
 - Recall more self-relevant negative information
 - Recall being sick more often, may get sick more often

Stroop Task: Say the color of each word

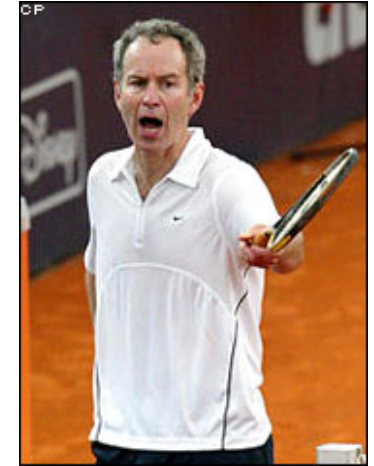
Happy Fear Flowers
Disease Death Chalk
Nose Cancer Failure
Heart Smile Cough
Awake Grief Nice
School Friend Lunch

Neurotics take longer to read anxiety-producing words ₁₈

Depression



- Diathesis-stress model
 - Pre-existing vulnerability gets activated
 - Genetic evidence
- Beck's Cognitive theory
 - Cognitive Triad: depressing view of the self, the world, and the future
 - Overgeneralization (global attributions)
 - Personalizing (internal attributions)
 - Catastrophizing (stable attributions; the worst will always happen)



Anger-Proneness and Hostility

- Tendency to respond to everyday frustrations with anger and aggression
- Resentment
- Biological Model: Type A Personality
 - Friedman & Rosenman (1974): cardiologists
 - Noticed personality similarities among coronary heart disease patients
 - Workaholics, Over-achievers
 - Hostile, hurried, never relaxed

Current research on hostility and heart disease

- It's not ambitious, over-achieving side of Type A's
- It's the hostility!
 - Hostility linked to other risk factors
 - Smoking, obesity, depression, SES
 - Hostility independently linked to heart disease
 - Lipids build-up, increased BP & HR

Other Emotional Traits: Pride-Proneness

Two Facet Theory

- Authentic (Achievement-oriented) pride
 - Promotes social investments
 - Fosters genuine self-esteem
- Hubristic pride
 - Promotes hostility, maladaptive relationships
 - Related to narcissism

How are the Two Facets of Pride Related to Personality?

Pride and Personality

- People who tend to feel Authentic pride:
 - High self-esteem
 - Agreeable, extraverted, emotionally stable, and conscientious
 - Positive relationships, popular, well-liked by others
- People who tend to feel hubristic pride:
 - Narcissistic
 - Shame-prone
 - Disagreeable, aggressive, hostile, and angry
 - Anxious in relationships, low social support

Two Expressions of Pride?



- “Does this person feel more ... ”
 - triumphant, accomplished, victorious, self-confident
- OR
- conceited, pompous, arrogant, haughty

Both Expressions Convey Both Facets



47% Authentic
53% Hubristic



48% Authentic
52% Hubristic

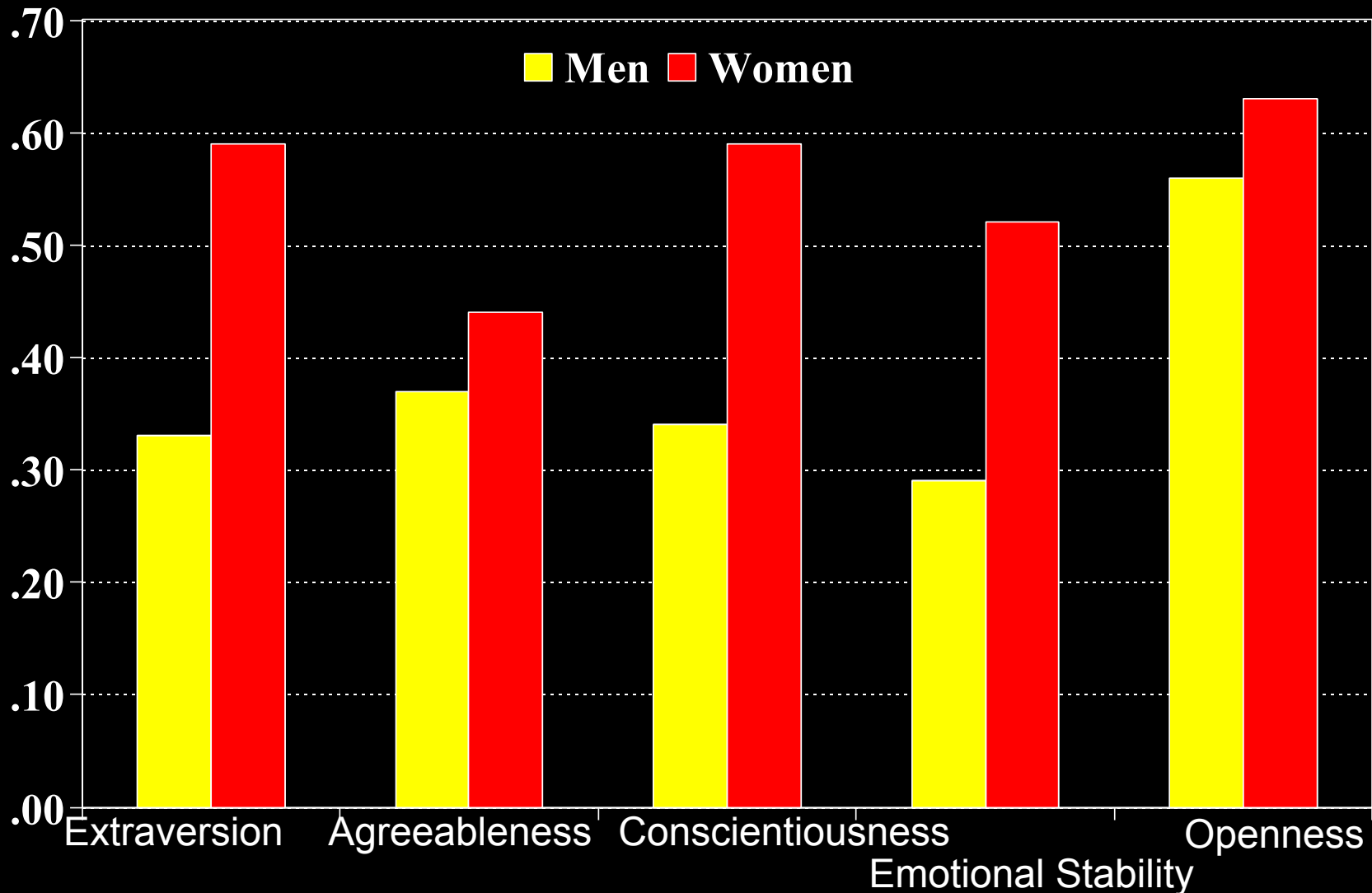
- No evidence for distinct expressions
- Suggests importance of context



Personality and Relationships

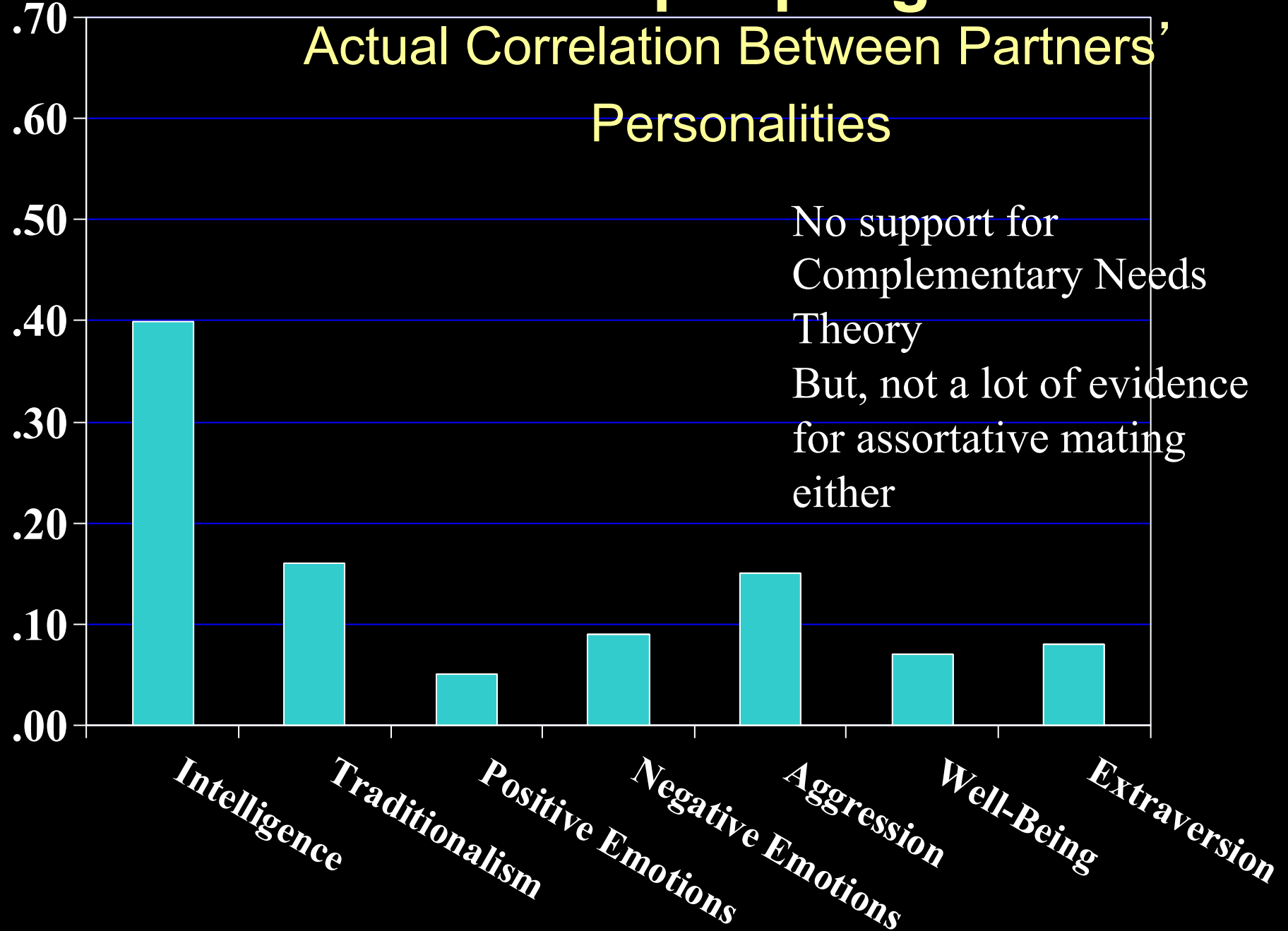
- Attraction Similarity Theory
 - Assortative Mating
 - We're attracted to people like us
- Complementary Needs theory
 - We're attracted to people whose personality complements ours
 - Opposites Attract
- Which is right?

What people want: Correlation Between Self's Personality and Preferred Partner Personality



What people get:

Actual Correlation Between Partners' Personalities



Next Class

- Exam 5
- For Monday: Wrap up Personality and Social Interactions
- Begin Gender
- Homework For Monday:
 - Read Larsen & Buss, Chapter 15