Personality
What makes us who we are?

Psych 305A: Lecture 22
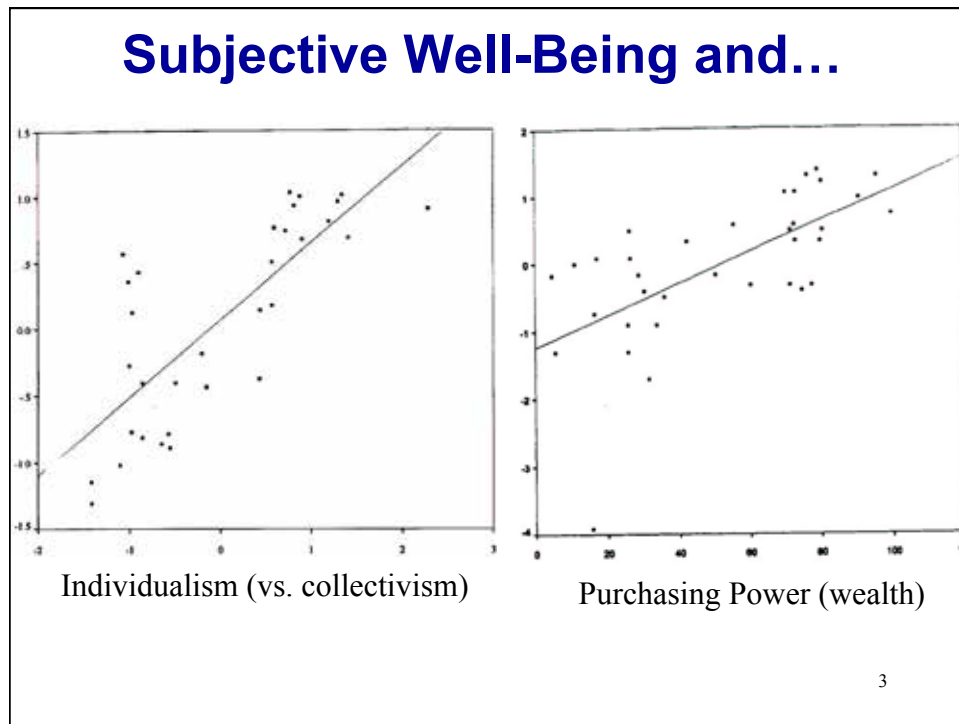
Wrap Up Emotions and Personality

Begin Relationships

1

What makes some countries happier than others?

2

Subjective Well-Being and…

Individualism (vs. collectivism)   Purchasing Power (wealth)

3

Happiness across Countries

- Why are poorer countries less happy?
  - Health-care
  - Civil rights
- What about *within* countries? Are poorer people more unhappy?
  - Only if you compare people who can't afford basic necessities (e.g., food, shelter, healthcare)
  - Above that level, rich are not too much happier than poor!

4

Happiness and Inequality

- New study by Oishi, Kebesire, & Diener (2011) examined happiness and income inequality in the US from '72 to '08
  - 50,000 people
- Found a negative correlation between happiness and inequality
- Relation was due to perceived trust and unfairness among the poorest 60%
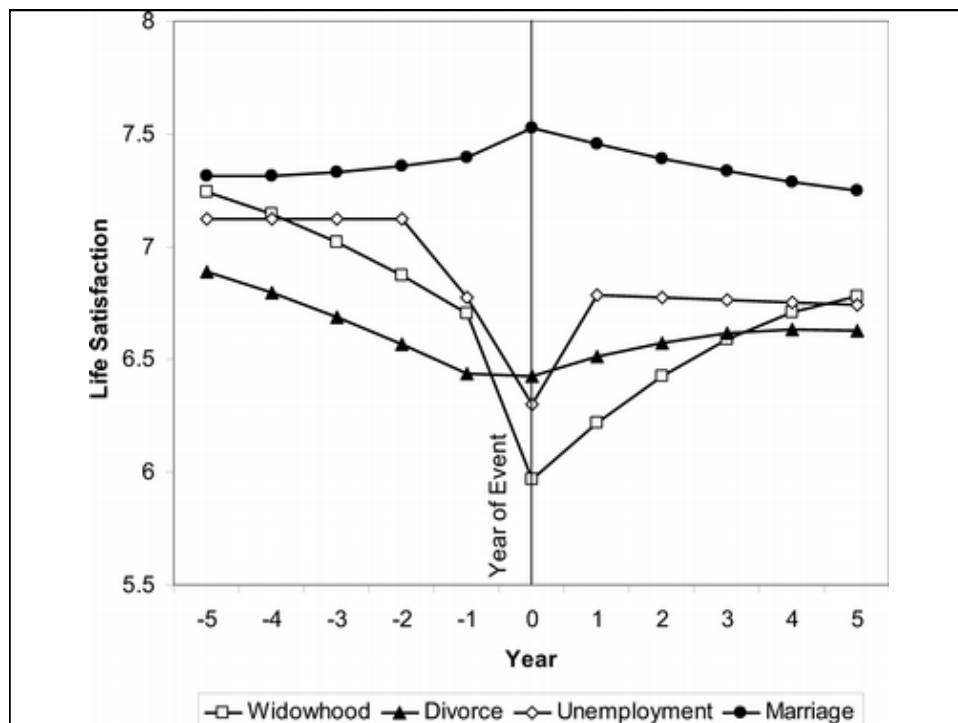
5
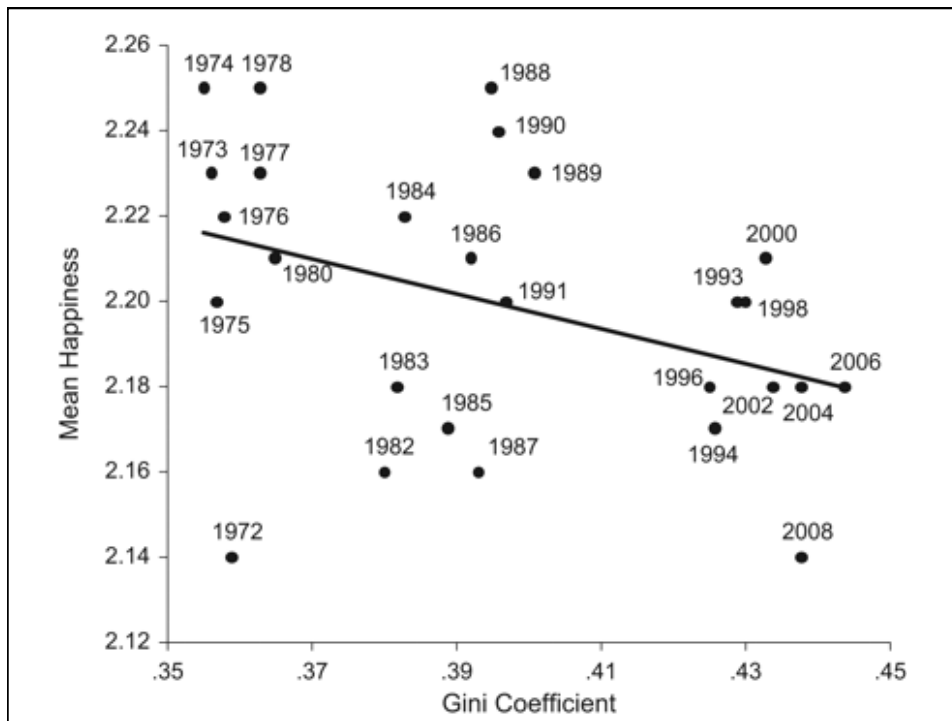
Happiness and Set-Point

- 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

7

Issue: The Good Life?

Hedonism – the sum of pleasant moments

VS.

Eudemonia – the life well-lived; meaning and purpose

9

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

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

10

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

11

Diener Findings

Correlation between overall life satisfaction and daily life satisfaction

***r* = .44**

12

Emotions and Life Satisfaction

	Daily Satisfaction (52 Days)		Life Satisfaction (3 Occasions)	
	β	**p**	**β**	**p**
Predictors				
Pleasant Emotions	**.43**	.001	.00	ns
Interested Daily	**.34**	.001	.00	ns
Unpleasant Emotions	**-.18**	.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	**.51**	.001
Social Resources	-.11	ns	**.20**	.001
Good vs. Bad Memories	.06	ns	**.16**	.01

13

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

15

Unpleasant Emotions and Personality
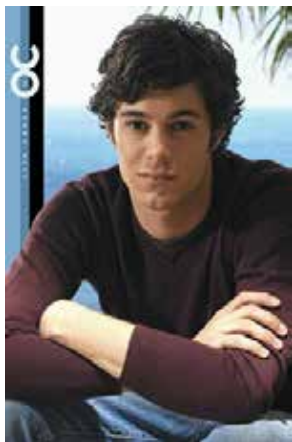
Anxiety

Depression

Anger

16

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

17

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)

19

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

20

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

21

Other Emotional Traits: Pride-Proneness

22

Two Facet Theory

- Authentic pride
  - Promotes social investments and achievements
  - Fosters genuine self-esteem
- Hubristic pride
  - Promotes hostility, maladaptive relationships
  - Related to narcissism

23

How are the Two Facets of Pride Related to Personality?

24

Pride and Personality

- People who tend to feel <u>Authentic pride</u>:
  - High self-esteem
  - Agreeable, extraverted, emotionally stable, and conscientious
  - Positive relationships, popular, well-liked by others
- People who tend to feel <u>hubristic pride</u>:
  - Narcissistic
  - Shame-prone
  - Disagreeable, aggressive, hostile, and angry
  - Anxious in relationships, low social support [25]

Two Expressions of Pride?

- "Does this person feel more … "
  - triumphant, accomplished, victorious, self-confident

  OR
  - conceited, pompous, arrogant, haughty
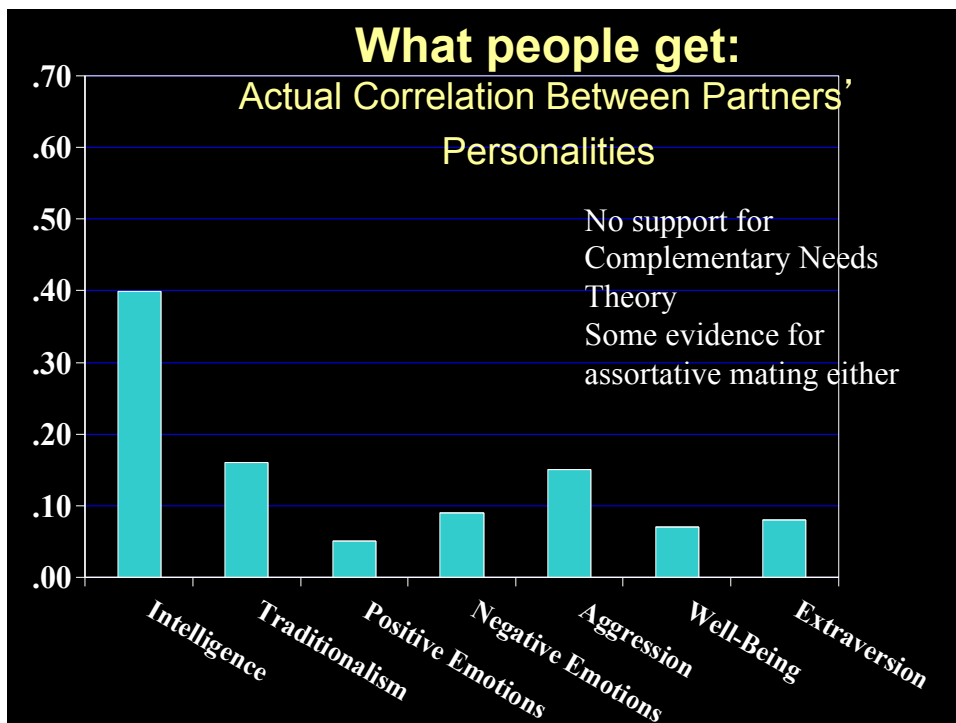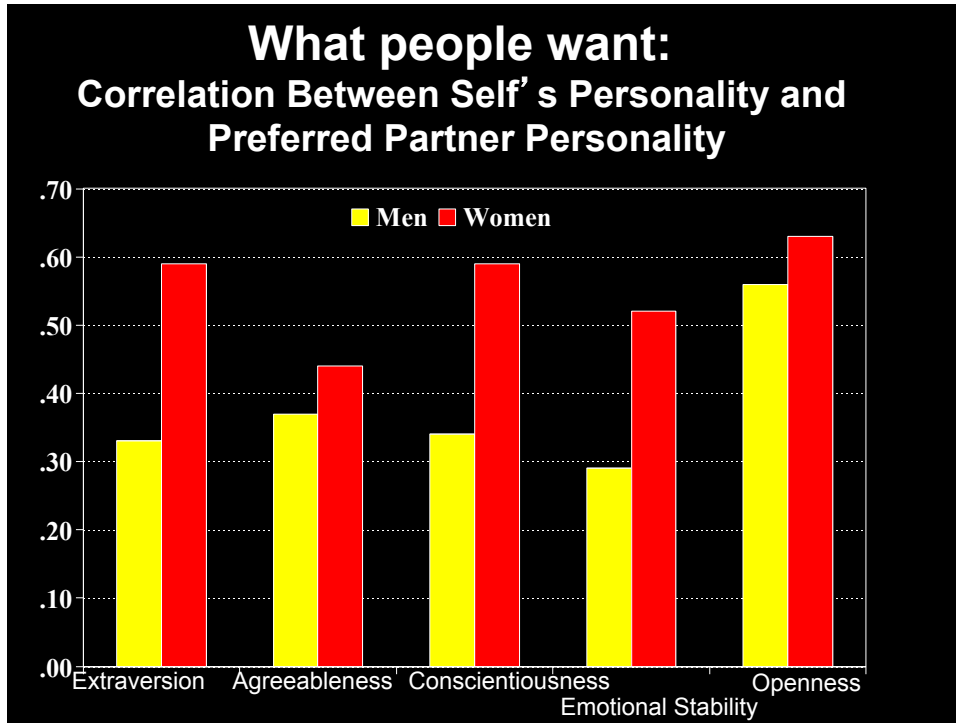
[26]

13

Personality and Relationships

29

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?

30

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

What people get:
Actual Correlation Between Partners' Personalities

Next Class

- For Monday: Wrap up Personality and Social Interactions
- Begin Gender & Personality
- Homework For Monday:
  - Read Larsen & Buss, Chapter 15, if you haven't already

33