

Personality

What makes us who we are?

Psych 305A: Lecture 22

Wrap Up Emotions and Personality

Begin Relationships

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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

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Happiness across Countries

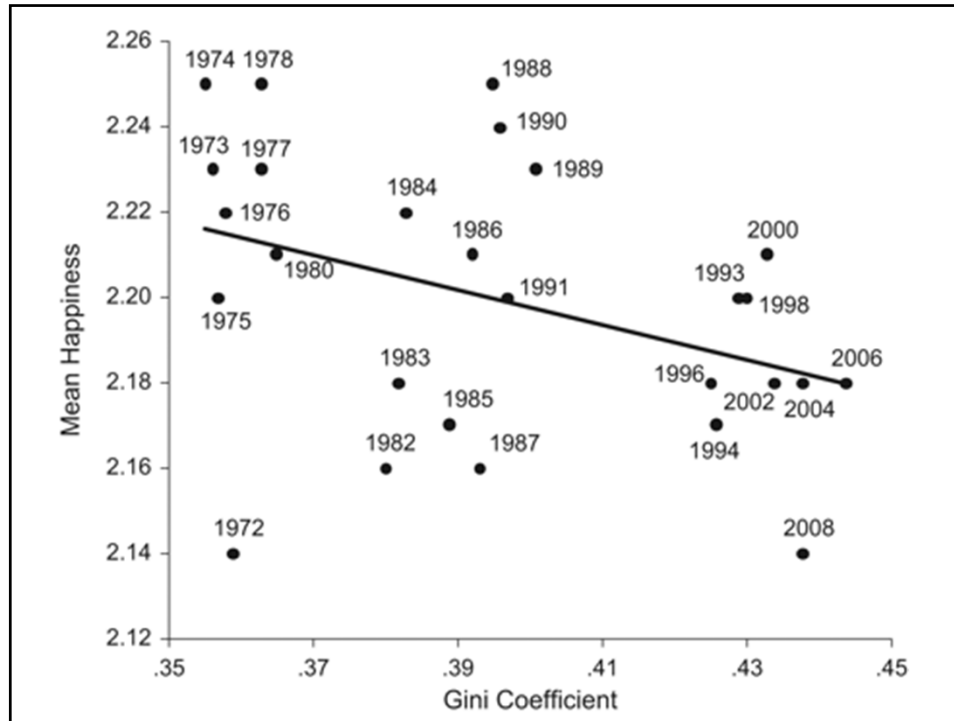
- Why are poorer countries less happy?
 - Health-care
 - Civil rights
- What about *within* countries? Are poorer people more unhappy?
 - Only if you compare people who can't afford basic necessities (e.g., food, shelter, healthcare)
 - Above that level, rich are not too much happier than poor!
 - Lottery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

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Happiness and Inequality

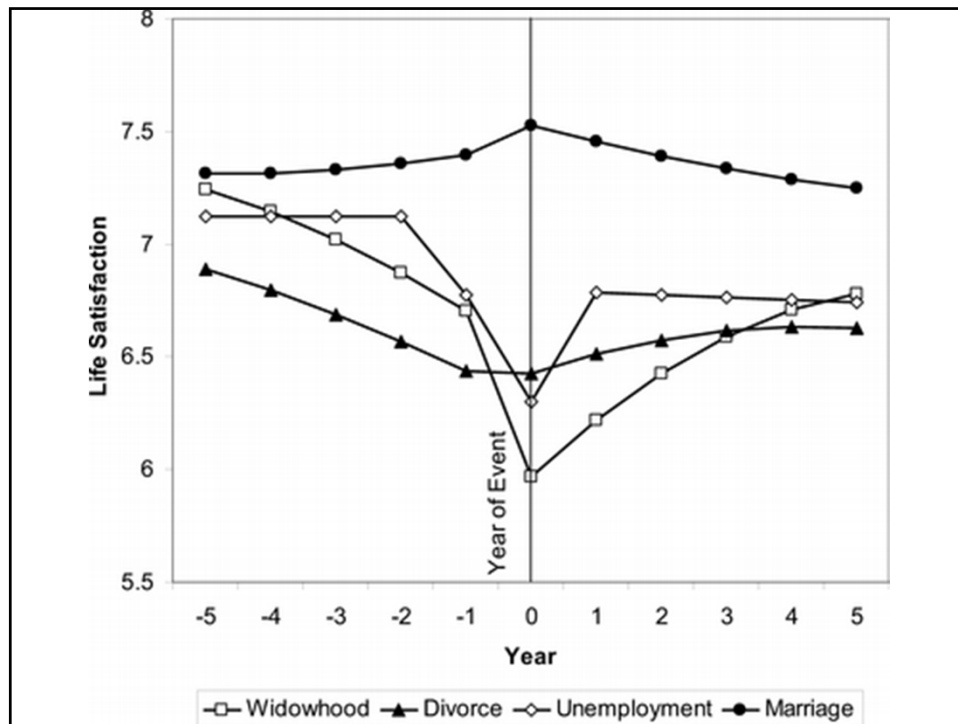
- New study by Oishi, Kebede, & Diener (2011) examined happiness and income inequality in the US from '72 to '08
 - 50,000 people
- Found a negative correlation between happiness and inequality

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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

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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

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Diener Findings

Correlation between overall life satisfaction and daily life satisfaction

$$r = .44$$

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Emotions and Life Satisfaction

	<u>Daily Satisfaction</u> (52 Days)		<u>Life Satisfaction</u> (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

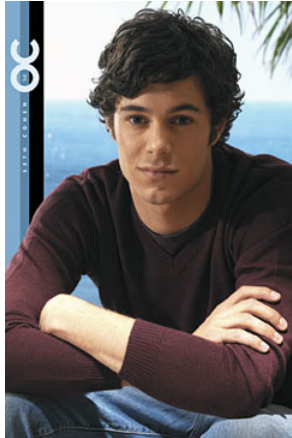
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	Daily Satis.	Life Satis.
• <u>Informant-Rated Attributes</u>		
• Socially Skilled	.03	.21
Healthy	-.03	.22
Energetic	-.07	.30
Self-Confident	.08	.20
• <u>Self-Rated Attributes</u>		
Socially Skilled	.13	.25
Healthy	.04	.29
Energetic	.08	.36
Self-Confident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

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

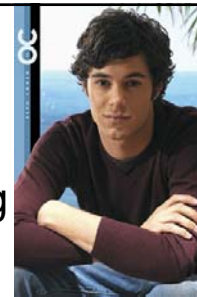


Anger

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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



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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 ¹⁷

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)



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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

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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

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Other Emotional Traits: Pride-Proneness

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Two Facet Theory

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

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How are the Two Facets of Pride Related to Personality?

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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 ²⁴

Two Expressions of Pride?



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

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Both Expressions Convey Both Facets



47% Authentic
53% Hubristic



48% Authentic
52% Hubristic

- No evidence for distinct expressions
- Suggests importance of context

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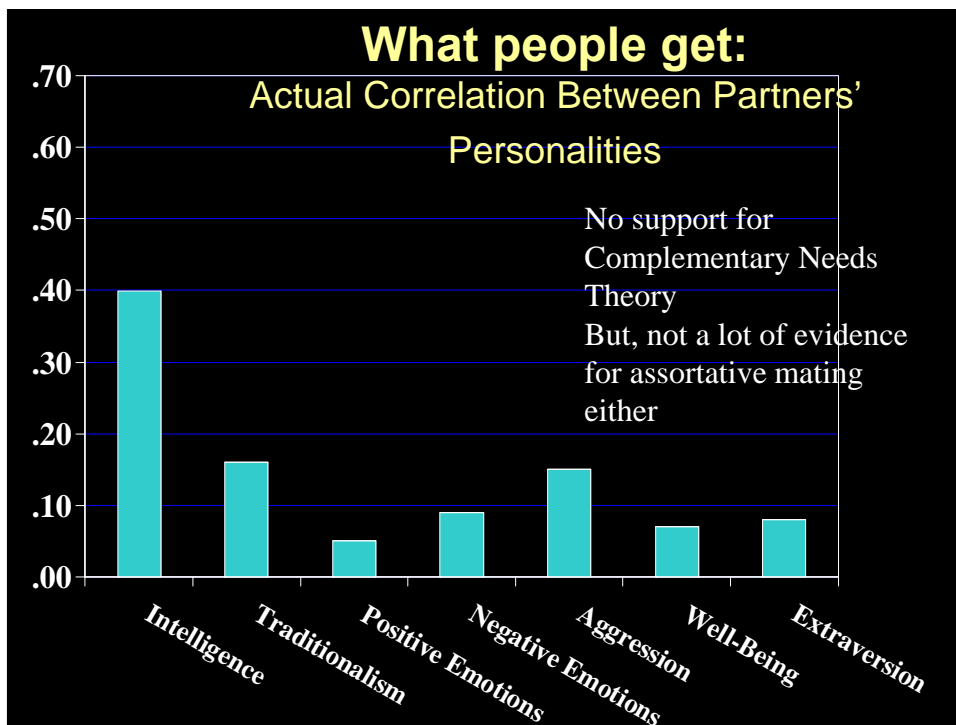
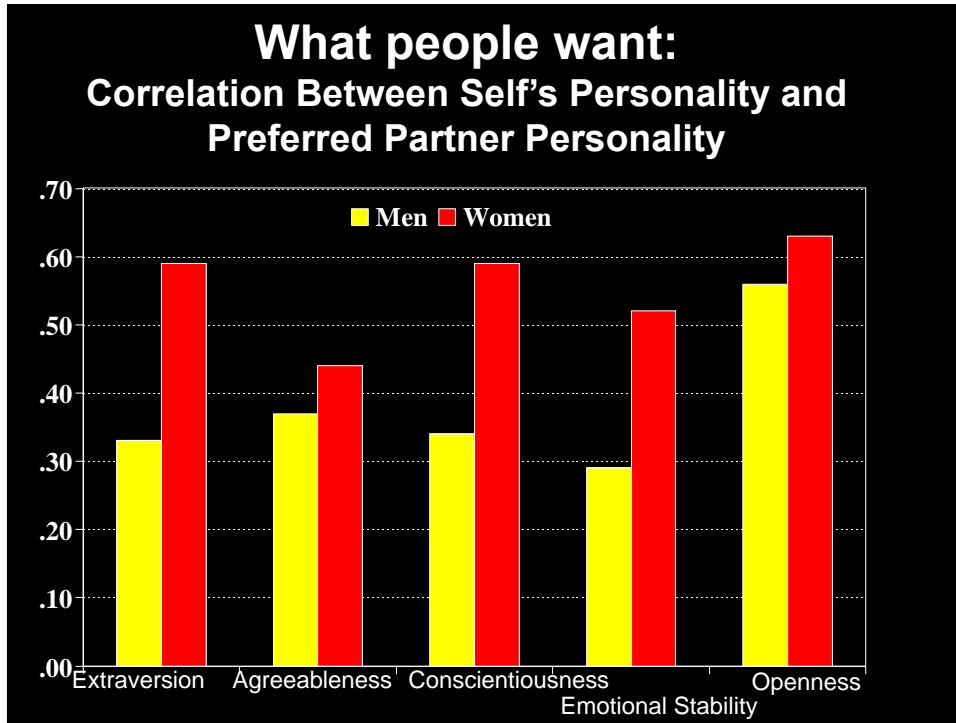


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Personality and Relationships

- 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?

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Is similarity related to relationship satisfaction?

- Couples with similar personality traits are *not* more satisfied in their relationship
- But, if partner is similar to your “ideal personality” then relationship satisfaction is higher
- Which traits do people want in a partner?

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What do people want in a partner? (International Sample)

- | | |
|--|---|
| <ul style="list-style-type: none"> • Males <ul style="list-style-type: none"> – Mutual attraction/love (2.81) – Dependable (2.50) – Emotional stability (2.47) – Pleasing disposition (2.44) – Good health (2.31) – Education/Intelligence (2.27) – Sociability (2.15) • Less important <ul style="list-style-type: none"> – Chastity (1.06) – Similar religious background (.98) – Similar political background (.92) | <ul style="list-style-type: none"> • Females <ul style="list-style-type: none"> – Mutual attraction/love (2.87) – Dependable (2.69) – Emotional stability (2.68) – Pleasing disposition (2.52) – Education/Intelligence (2.45) – Sociability (2.30) – Good health (2.28) • Less important <ul style="list-style-type: none"> – Similar religious background (1.21) – Similar political background (1.03) – Chastity (.75) |
|--|---|

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Next Class

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

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