

Personality

What makes us who we are?

Psych 305A: Lecture 9

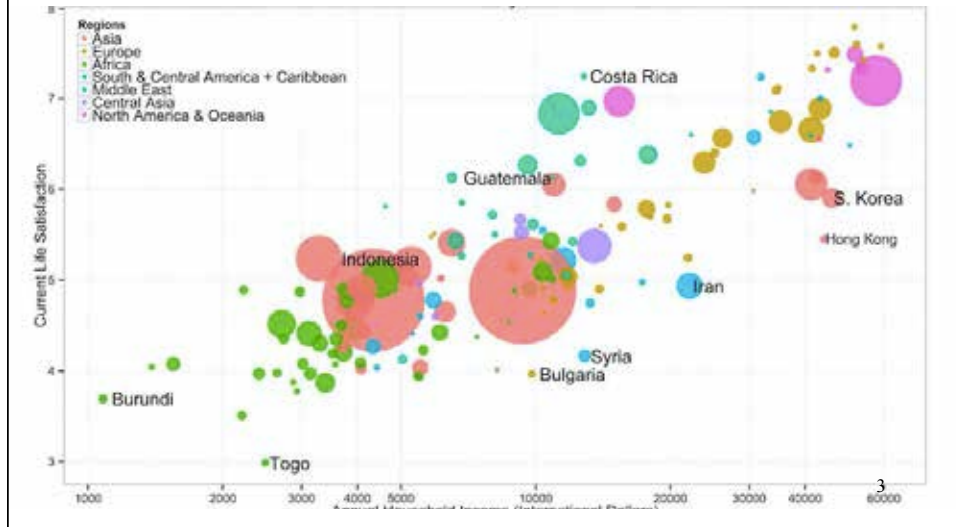
Wrap Up Emotions and Personality

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Happy Country Data Updated: Diener & Tay (2015)

Sweden	81.4	Estonia	75
Singapore	73.4	Bhutan	74.7
Denmark	84	Luxembourg	74.4
Netherlands	82.6	United States	74.3
Iceland	82.5	United Arab Emirates	74.1
Norway	81	Suriname	74.1
Uzbekistan	80.3	Czech Republic	73.9
Thailand	79.9	Poland	73.1
Finland	79.6	Saudi Arabia	72.8
Panama	79.6	France	72.5
Austria	79.4	South Korea	72.5
Venezuela	79.2	Belarus	72.3
Switzerland	79.1	Slovenia	71.6
Taiwan	78.5	Latvia	71.4
United Kingdom	78	Hong Kong	70.5
New Zealand	77.9	Mauritius	69.8
Australia	77.8	Slovakia	69.8
Costa Rica	77.7	Vietnam	69.5
Indonesia	77.7	Qatar	69.4
Ireland	77.6	Spain	69.4
Canada	77.3	Croatia	69.4
Malaysia	77.1	Israel	69.3
Germany	76.9	Italy	68.9
Mexico	76.7	Hungary	68.2
Belgium	76.6	Cyprus	67.9
Laos	76.1	Portugal	67.7
Uruguay	75.9	Libya	66.4
Kuwait	75.7	Jordan	66.1
China	75.3	Malta	64.6
Japan	75.2	Bahrain	60.6

Life Satisfaction by Annual Household Income



Subjective well-being vs. “happy planet index”

- Vietnam was No. 2 on Happy Planet Index recently published (2012)
 - Happy planet index based on SWB + life expectancy + ecological footprint
 - “Vietnam’s HPI score reflects high LE, ‘middling’ SWB, and low EF”
- Canada is higher than Vietnam on SWB and LE, but much worse (higher) on EF

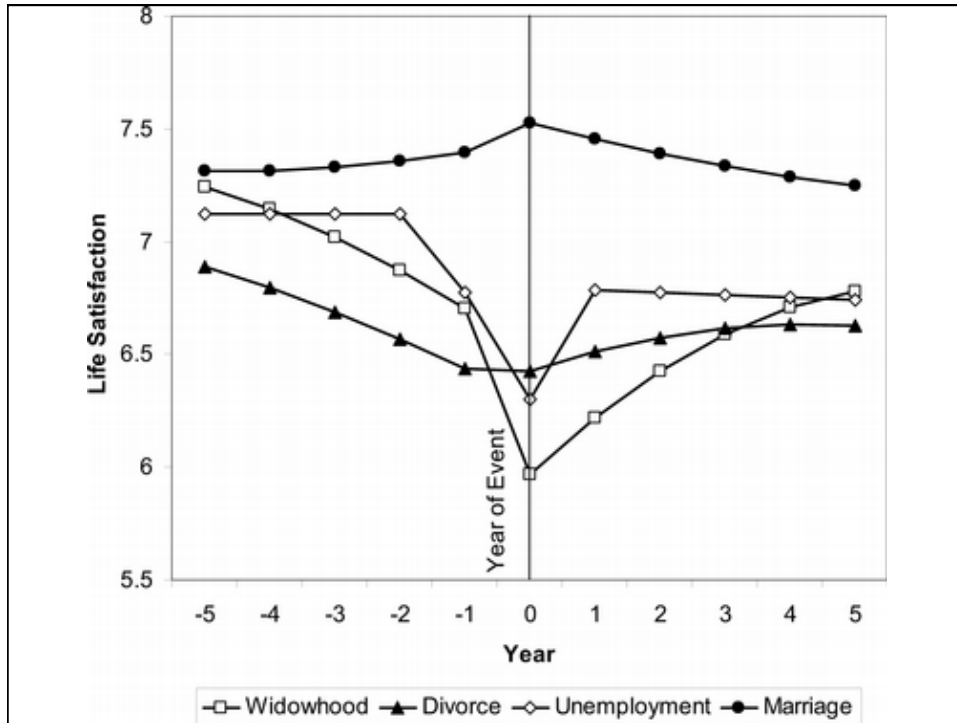
What makes some countries happier than others?

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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

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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

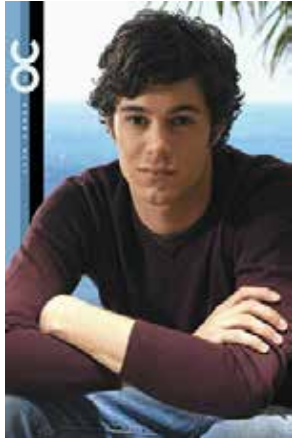
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	Daily Satis.	Life Satis.
• <u>Informant-Rated Attributes</u>		
• Socially Skilled	.03	.21
Healthy	-.03	.22
Energetic	-.07	.30
Self-Confident	.08	.20
• <u>Self-Rated Attributes</u>		
Socially Skilled	.13	.25
Healthy	.04	.29
Energetic	.08	.36
Self-Confident	.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 pride**
 - Promotes social investments and achievements
 - 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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Next Class

- Monday, Nov. 23:
- Personality and Social Interactions
- Gender & Personality
- Homework For Monday:
 - Larsen & Buss, Chapter 15 if you haven't already; also Chapter 16

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