Personality

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Abstract - The personality of any person is his identity. The word personality itself stems from the Latin word persona, which refers to a theatrical mask worn by performers in order to either project different roles or disguise their identities. The personality of any person is made up of his qualities, defects, form, color, nature, speech, intellectual capacity etc. The word personality is used in different senses. Generally it is an outside perspective of a person. In philosophy it means intrinsic quality but in social psychology the term personality indicates neither an external quality nor an internal quality. It means as a unified whole. Every person tries to adjust himself in the external environment or his environment is his personality. In other words, personality is an automatic collection of physical and psychological traits of an individual.

Keywords : Behavior, Human Nature, Body Structure, Intellectual Capacity

Introduction- Personality, a distinctive way of thinking, feeling and behaving. It includes both inherent and acquired behavioral characteristics that differentiate one person from another and which can be seen in people's relationships to their environment and social group. The term personality has been defined in many ways, but as a psychological concept two main meanings have evolved. The first concerns persistent differences that exist between people: in this sense, the study of personality focuses on classifying and explaining relatively stable human psychological characteristics. The second meaning emphasizes the qualities that make all people equal and which psychologically distinguish human beings from other species; It instructs the personality theorist to discover the regularities among all people that define the nature of man as well as the factors affecting the course of life. This duality may help explain the two directions that personality studies have taken: on the one hand, the study of more specific traits in people, and on the other, the search for an organized totality of psychological functions that focus on the interplay between organic Emphasizes and psychological phenomena within people and the social and biological phenomena that surround them. It should be emphasized, however, that no single definition of personality has found universal acceptance within the field.

It is very difficult to define personality in a way that is acceptable to all. Some of its definitions may be briefly reviewed for a necessary understanding of the term "personality". We used the idea of personality to explain behavioral differences in an individual's behavior over time and between the consistency in the situation and people reacting to the same situation. We can combine these ideas into the following definition-"Personality refers to the unique constellation of persistent behavioral traits of an individual". A personality trait is a durable disposition to behave in a particular way in various situations. Adjectives such as conscientious, dependent, moody, impulsive, suspicious, anxious, enthusiastic, domineering and friendly describe temperaments representing personality traits. The concept of personality is used to discriminate and discriminate against the individual, in dealing with the individual, and not to describe the general characteristics of groups of people. But it is not enough to say that one person is different from another. We should point out how it differs from

the other and we should describe these differences in terms of specific aspects of behavior and link them to meaningful psychological concepts. For example if we describe a person physically, we identify the body with weight, height, complexion and eye color, identifying his condition. The same general method can be employed in describing personality. In this description however, our statement refers to behavior rather than physical characteristics. A person can be thought of as displaying different types and amounts of certain behavioral characteristics and the identification of his status in relation to these characteristics will describe his personality. Besides the self, a subject of great importance to the social psychologist who studies personality is self-esteem. It can be defined as a personal point of view.

Definition

- Personality is the dynamic organization within a person of those psychophysical systems that determine his unique adjustment to his environment.
- Personality is the dynamic organization within the individual of those psychophysical systems that determine his or her characteristic behavior and thought.
- Personality is not an existing real entity to be discovered, but a complex construct to be developed and defined by the observer.
- Personality is a dynamic organization, within the individual of The psychophysical mechanisms that make up a person's specific patterns of behavior, thoughts, and feelings.

Almost everyday we describe and evaluate the personality of the people around us. Whether we realize it or not, these daily thoughts on how and why people behave are similar to those of personality psychologists.

Components of personality

While there are many different theories of personality, the first step is to understand exactly what is meant by the term personality. A brief definition would be that personality is made up by the characteristic patterns of thoughts, feelings, and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life. Some of the fundamental characteristics of personality includes :

Consistency - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations.

Psychological and physiological - Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.

Impact behaviors and actions - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways .

Multiple expressions - Personality is displayed in more than just behavior. It can also be seen in out thoughts, feelings, close relationships, and other social interactions.

Theoriess of Personality

There are many different theories about how personality develops. Different schools of thought in psychology influence many of these theories. Some of these key perspectives on personality include:

a) Type theories are early perspectives on personality. These theories suggested that there are a limited number of "personality types" that are related to biological influences.

b) Trait theories viewed personality as the result of genetically based intrinsic characteristics.

c) Psychosomatic theories of personality are heavily influenced by the work of Sigmund Freud, and emphasize the influence of the unconscious on personality. Psychodynamic theories include Sigmund Freud's psychosocial stage theory and Erik Erikson's stages of psychosocial development.

d) Behavioral theories state that personality is the result of the interaction between the individual and the environment. behavioral theorist studies, observable and measurable behavior, rejecting principles that take into account internal thoughts and feelings. Behavioral theorists include B F Skinner and John Watson's.

e) Humanistic theories emphasize the importance of free will and personal experience in the development of personality. Humanist theorists include Carl Rogers and Abraham Maslow.

Some of the important and well-known theories of personality are as follows:

Gordon Allport (1897-1967)

Gordon Allport identified thousands of personality traits and grouped these into three categories:

Cardinal Traits - A cardinal trait dominates the personality across time and situations. A cardinal trait is the most important component of your personality e.g. ambition, self-sacrifice, etc. Very few people develop a cardinal trait and if they do, it tends to be late in life.

Central Traits - Five to ten traits that are stable across time and situations. These are the building blocks of personality. For example: friendliness, meanness, happiness, etc. Most personality theories focus on describing or explaining central traits.

Secondary Traits - These characteristics are only evident in some situations and are of less importance to personality theorists. They are aspects of the personality that aren't quite so obvious or so consistent.

Raymond Cattell (1905-1998)

Cattell took the thousands of traits described by Allport and condensed them down to 16 primary traits using the statistical method of factor analysis. It is important to remember that low, average and high scores on the Personality. Trait Questionnaire are neither intrinsically good nor bad. A particular level on any given feature will probably be neutral or irrelevant to most details can only guess at your true personality. While this may all be true, in the real world your test results will have a significant impact on your chances of being rejected. In order to apply factor analysis to personality, Cattell considered it necessary to sample the widest possible range of variables. They specified three types of data for the broad sample to capture the full range of personality dimensions:

1. **Objective, life data (or L-data)** - which consists of collecting data from the individual's natural, everyday life behavior, to measure their specific behavior patterns in the real world. This can range from the number of traffic accidents or the number of parties attended each month to the grade point average at school or the number of illnesses or divorces.

2. **Experimental data (or T-data)** - Consisting of responses to standardized experimental conditions created in the laboratory where a subject's behavior can be objectively observed and measured.

3. **Questionnaire data (or Q-data)** - Which includes responses based on introspection by the individual about his own behavior and feelings. He found that this kind of direct inquiry is often measured in subtle Internal states and attitudes that may be difficult to see or measure in external behavior.

For a personality dimension to be called "fundamental and unitary", Cattell believed it needed to be discovered in a factor analysis of data from all three domains. Thus, Cattell constructed personality measures of a wide range of traits in each medium. Then he repeatedly performed factor analysis on the data. Cattell developed an assessment based on these 16 personality factors. The test is known as the 16PF Personality Questionnaire and is still frequently used today, especially in career counseling, marital counseling, and in business for employee testing and selection. The test is composed of forced-choice questions in which the respondent must choose one of three different alternatives. Personality traits are then represented by a range and the individual's score falls somewhere on the continuum between highest and lowest extremes.

Hans Eysenck (1916-1997)

Eysenck proposed that only two factors (Extraversion 'E' -Introversion and Neuroticism 'N' -Stability) were necessary to explain individual differences in personality. He argued that Cattell's model consisted of many factors that were similar to each other, and that a simple two-factor model might include the 16 traits proposed by Cattell.

E and N provided a two-dimensional space to describe individual differences in behaviour. Eysenck noted how these two dimensions were similar to the four personality types first proposed by the Greek physician Galen.

High N and high E = Choleric type

High N and low E = Melancholic type

Low N and high E = Sanguine type

Low N and low E = Phlegmatic type

A third dimension, psychodynamicism, was added to the model in the late 1970s, based on a collaboration between Eysenck and his wife, Sybil B. G. Eysenck. Eysenck's model attempted to provide a comprehensive theory of the causes of personality.

Paul Costa and Robert MccRae

In the last decades of the twentieth century a growing number of psychologists came to the conclusion that the three factor model was too simple and 16 factors too many. In 1990, Paul Costa and Robert McCrae presented their 'Five Factor Theory' and Theory' and introduced the associated NEO Personality Inventory. This Costa and McCrae model has received significant support from other research and is now widely accepted among psychologists. Paul Costa and Robert MccRae showing in the following table:-

Factor	Low Score Description	High Score Description
Neuroticism	Calm, Even-tempered, Self-satisfied, Comfortable, Unemotional, Hardy	Worrying, Temperamental, Self-pitying, Self-conscious, Emotional, Vulnerable
Extraversion Unfeeling	Reserved, Loner, Quiet, Passive, Active, Fun-loving, Passionate	Affectionate, Joiner, Talkative, Sober,
Openness to Curious, Liberal	Down-to-earth, Uncreative, Experience	Imaginative, Creative, Original, Conventional, Prefer routine, Prefer variety, Uncurious, Conservative
Agreeableness	Ruthless, Suspicious, Stingy, Antagonistic, Critical, Irritable natured	Softhearted, Trusting, Generous, Acquiescent, Lenient, Good-
Conscientiousness	Negligent, Lazy, Disorganized, Late, Aimless, Quitting Persevering	Conscientious, Hardworking, Well-organized, Punctual, Ambitious,

Many psychologists believe that while the total number of personality traits can be reduced to five factors, all other personality traits fit within these five factors. According to this model, a factor is a large category that includes many smaller personality traits.

Conclusion- So we can say that Personality is the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors. Good looks are nice and all, but they can't hold

a candle to a great personality. Your personality facilitates all the important moments in your life, and is what you are really remembered for. Remember how much it matters if you ever get too concerned about personal appearance.

The study of personality focuses on two broad areas: One is understanding individual differences in particular personality characteristics, such as sociability or irritability. The other is understanding how the various parts of a person come together as a whole.

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