

PERSONALITY & MENTAL HEALTH

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WHY?

Everyone has good days and bad, exciting ones and boring ones, but one's *personality* consists of broad, long-lasting patterns of behavior. Our personality is what makes us who we are, and is potentially the most attractive or repulsive parts of us. A number of psychologists have advanced theories of understanding personality, and the field is always trying to categorize and measure it. The most important thing is to maintain a healthy personality for yourself, which will be one focus of this unit.

Outcomes: Students will

- A. comprehend the definition of *personality*
- B. comprehend different theories of explaining personality and the psychologists associated with them
- C. analyze different methods of explaining personality
- D. describe the role of heredity and environment in personality traits
- E. compare and analyze the validity of personality tests
- F. identify causes of stress and conflict, and distinguish between "good" and "bad" stress
- G. describe the psychologically healthy personality and identify methods of achieving it

Resources

- A. text
 - 1. chapter 14, p. 402-423 (all)
 - 2. chapter 15, p. 435-443
 - 3. chapter 16, p. 460-483

Outline

- I. Theories of Personality
 - A. Definition
 - B. Psychoanalysis
 - 1. Freud
 - a) Freud's map of the mind
 - b) stages of development
 - 2. Jung
 - C. Social Psychoanalytic Theories (Neo-Freudian)
 - 1. Karen Horney
 - 2. Alfred Adler
 - 3. Erik Erikson
 - D. Behaviorism
 - 1. John Watson
 - 2. B.F. Skinner
 - 3. Albert Bandura
 - E. Humanistic Theories
 - 1. Carl Rogers
 - 2. Abraham Maslow
 - F. Trait Theories
- II. Measuring Personality and Mental Abilities
 - A. Objective v. Projective Tests
 - B. Personality Tests

- C. Aptitude and Achievement Tests
- D. Vocational Interest Tests
- E. Test Validity
- F. Alternatives to Testing
- G. Ethics of Testing
- III. The Healthy Personality
 - A. Body-Mind Interactions
 - B. Coping with Bodily Stress
 - C. Controlling Thoughts
 - D. Coping with Psychological Stress
 - E. Healthy Characteristics
- IV. Conflict and Stress
 - A. Defense mechanisms
 - B. Frustration & Conflict: types of conflict
 - C. Anxiety & Stress: types of stress

Vocabulary

adrenal glands	general adaptation	Rorschach test
alarm reaction	syndrome	stage of resistance
anxiety	humanism	standardization
aptitude	id	stress
archetype	libido	stress hormone
behaviorism	locus of control	Strong-Campbell Interest
collective unconscious	modeling	Inventory
conflict	neo-Freudian	superego
distress	norms	thematic apperception test
ego	persona	type A personality
eustress	personality	type B personality
exhaustion	psychoanalysis	unconscious
fight or flight reaction	reinforcement	validity
free association	reliability	distraction
frustration	repression	redefinition