Chapter 1: Introduction to Personality Psychology
Personality is the set of psychological traits and mechanisms within the individual that is organized and relatively enduring and that influences his or her interactions with, and adaptations to, the environment (including the intrapsychic, physical, and social environment).
## Grand Theories vs. Contemporary Research

<table>
<thead>
<tr>
<th>Grand Theories</th>
<th>Modern Research</th>
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<tbody>
<tr>
<td>• Universal Principles</td>
<td>• Individual and/or group differences</td>
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<td>• Fundamental psychological processes</td>
<td>• Domain specific</td>
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<tr>
<td>• Philosophical</td>
<td>• Scientific</td>
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Six Domains of Knowledge

• Dispositional
• Biological
• Intrapsychic
• Cognitive-Experiential
• Social and Cultural
• Adjustment
Dispositional Domain

- Deals with ways in which individuals differ from one another and, therefore, cuts across all other domains
- Focus on number and nature of fundamental dispositions
Dispositional Domain--(continued)

• Goal of those working in this domain is to identify and measure the most important ways in which individuals differ from one another

• Also interested in the origin of individual differences and how these develop over time
Biological Domain

• Core assumption of biological approaches to personality is that humans are collections of biological systems, and these systems provide building blocks for behavior, thought, and emotion
• Behavioral genetics of personality
• Psychophysiology of personality
• Evolutionary personality psychology
Intrapsychic Domain

• Deals with mental mechanisms of personality, many of which operate outside conscious awareness
• Classic and modern versions of Freud’s theory of psychoanalysis, including work on repression, denial, projection, and motives for power, achievement, and affiliation
Cognitive-Experiential Domain

• Focuses on cognition and subjective experience, such as conscious thoughts, feelings, beliefs, and desires about oneself and others
  • Self and self-concept
  • Goals we set and strive to meet
  • Emotional experiences, in general and over time
Adjustment Domain

- Personality plays key role in how we cope, adapt, and adjust to events in daily life
- Personality linked with important health outcomes and problems in coping and adjustment
Social and Cultural Domain

• Assumption that personality affects, and is affected by, cultural and social contexts
• Much work on cultural differences between groups (e.g., in social acceptability of aggression)
Social and Cultural Domain--(continued)

• Also much work on individual differences within cultures—how personality plays out in the social sphere, including work on sex differences and gender differences in personality processes, traits, and mechanisms

• At human nature level of analysis, all humans have common set of concerns they struggle with in the social sphere