Kotebe Metropolitan University

Menelik II Health & Medical Science College

Course Title: Psychology

Course code: Psyc 1011

Submitted to:

Mr. Walelgn

Submitted by:

Nejat Ali

ID: PRT/R/025/13

Department: Pharmacy

Submission date: October 1/2021 G.C

Table of Contents

Personality....1
1.1. Theories of personality....1
1.1.1. Psychoanalytic theory....1
1.1.2 Trait theory....3
1.1.3 Humanistic theory....3
Psychological Disorder....5
2.1 Causes of psychological Disorder....5
2.1.1 The biological perspective....5
2.1.2 Psychological perspective....5
2.2 Types of Psychological disorder....5
2.2.1 Mood disorders....5
2.2.2 Anxiety disorders....6
2.2.3 Personality disorders....6
2.3 Treatment techniques....6
Reference....8

Personality

- ❖ Personality is a pattern of stable states and characteristics of a person that influences his/her behavior toward goal achievement.
- ❖ It is the impression we make on others.
- ❖ Personality is defined as a unique set of traits and characteristics, relatively stable over time.
- ❖ Personality doesn't change from day to day but over a longer term, personality may change.

- **Nature of personality**

- ✓ It is relatively stable but dynamic in nature
- ✓ It helps in adjusting the individual with the environment
- ✓ It is consistent
- ✓ It is unique

1.1. Theories of personality

From Aristotle to Sigmund Freud and Abraham Maslow countless theories and concepts for understanding personality has been proposed.

The major perspectives in personality are:

Psychoanalytic theory: unconscious motivations

Trait theory: specific dimensions of personality

Humanistic theory: inner capacity for growth

- ❖ Let's look at some major theories of personality briefly:

1.1.1. Psychoanalytic theory

- ✓ It is formulated by the Austrian physician ***Sigmund Freud***
- ✓ It is an idea that the personality of an individual will develop in a serious of stages.
- ✓ It suggests that personality is composed of the ID, The Ego, and The Super ego

⇨ **ID**: the unorganized, inborn part of personality.

: Its purpose is to immediately reduce tensions related to hunger, sex, aggression, and other primitive impulses.

: Pleasure principle.

⇨ **Ego:** restrains instinctual energy in order to maintain the safety of the individual and to help the person to be a member of society.

: Acts as a mediator between the ID and superego.

: Controls higher mental processes (reasoning, problem solving)

: The executive of the personality.

: Reality principle

⇨ **Superego**: The moral part of personality.

: The rights and wrongs of society and consists of the conscience (notions of right/ wrong) and the ego-ideal (how we ideally like to be).

: Voice of conscience that focuses on how we ought to behave.

- ## Defense mechanisms

: They are unconscious tactics developed by ego to protect against anxiety.

⇨ **Repression**-it is the withdrawal from consciousness of an unwanted idea.
⇨ **Regression**-when someone is under a lot of stress, they return to behavior from an earlier stage of development.
⇨ **Reaction formation**-expressing emotions that are the exact opposite of what you feel.
⇨ **Rationalization**-is the substitution of a safe and reasonable explanation for the true cause of a behavior.
⇨ **Denial**-if some situation is too much to handle, the person refuses to experience it.
⇨ **Displacement**-to transfer an impulse or idea from a threatening object to a less threatening object.
⇨ **Projection**-is the misattribution of a person's undesired thoughts, feelings or impulses onto another person who doesn't have thoughts feelings or thoughts.
⇨ **Sublimation**-satisfying an impulse with a substitute object. It is a socially acceptable way.

1.1.2 Trait theory

- ✓ The main psychologist linked to this theory is ***Gordon Allport***
- ✓ A trait is what we call a characteristic way in which an individual perceives, feels, believes or acts.
- ✓ Trait theory says relatively little about the development of personality but instead emphasizes measuring and identifying differences among personalities.

Theorists generally assume:

- ✓ Traits are relatively stable over time
- ✓ Traits differ among individuals
- ✓ Traits are also bipolar
- ✓ Traits influence behavior

- **The big five (OCEAN)**

⇨ **Openness**: imaginative/ practical vs independent/conforming

⇨ **Conscientiousness** organized/ disorganized vs careful/ careless

⇨ **Extraversion**: sociable/ retiring vs fun loving/sober

⇨ **Agreeableness**: soft-hearted/ ruthless vs trusting/ suspicious

⇨ **Neuroticism (Emotional stability)**: calm/ anxious vs Secure/ insecure

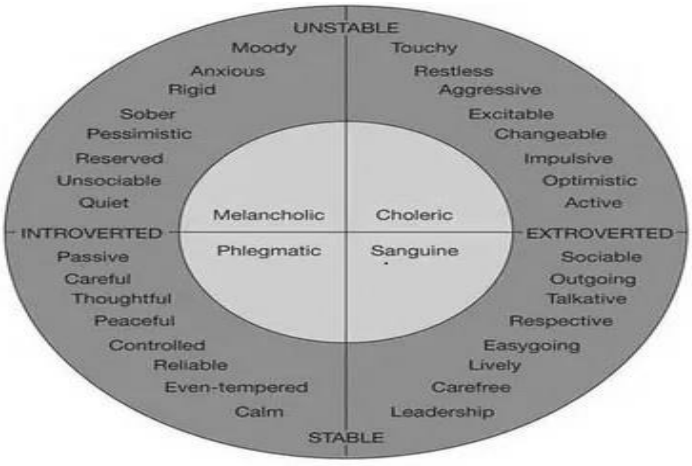

Figure 1: trait theory

1.1.3 Humanistic theory

- ✓ Two well-known psychologists for their humanistic theories: ***Abraham Maslow and carl rogers.***
- ✓ Obtained from self-reports from the general population and people in therapy
- ✓ It is more optimistic/positive about human nature
- ✓ Humans are free and basically good

- **The hierarchy of human needs**

- ✓ By Abraham Maslow
- ✓ Human beings have two sets of needs that are rooted in their biology: deficiency (basic needs), and growth (meta) needs
- ✓ Abraham Maslow is best known for his hierarchy of needs model, which outlines the needs of a person by important (low level to high level)

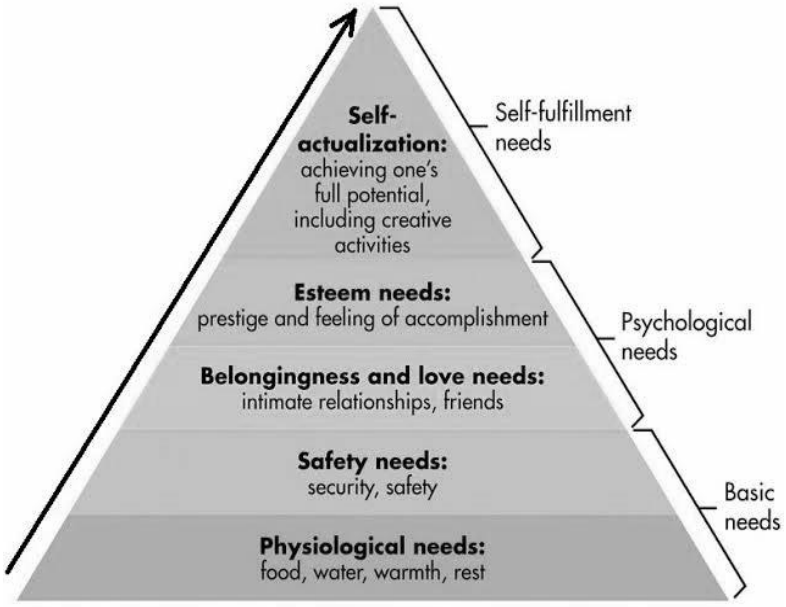

Figure 2: hierarchy of human needs

- B**asic principles behind humanistic theory**

- ✓ Someone's present functioning is their most significant aspect
- ✓ To be mentally healthy, individuals must take personal responsibility for their actions
- ✓ Each person, simply by being, is inherently worthy
- ✓ The ultimate goal of living is to attain personal growth and understanding

Psychological Disorder

- ✓ Psychological disorders are patterns of thoughts, feelings, or actions that are deviant, distressful, and dysfunctional.
- ✓ They are a wide range of conditions that affect mood, thinking and behavior.
- ✓ Psychopathology is the study of psychological disorders including their symptoms, etiology (their causes) and treatment.

2.1 Causes of psychological Disorder

- ✓ There May be a lot of reasons for psychological Disorders but let's look at the biological and psychological perspectives

2.1.1 The biological perspective-

- o Views psychological disorders as linked to biological phenomena such as genetic factors, chemical imbalances, and brain abnormalities

2.1.2 Psychological perspective

a) Psychoanalytic perspective-explains personality interms of unconscious psychological processes.
   - such as wishes and fears, childhood experiences

b) Learning perspective-such as abnormal thoughts, feelings and behaviors are learned and sustained

c) Cognitive perspective-focuses on the way that people's thoughts influence their emotions.

2.2 Types of Psychological disorder

2.2.1 Mood disorders

Major depression-a period of depressed mood and/or loss of interest or pleasure in most of our activities

Dysthymia- a low mood occurring for at least of 2 years along with at least 2 symptoms of depression

Bipolar disorder- a disorder associated with episodes of mood swings ranging from depressive lows to manic highs

Cyclothymia- a mood disorder that causes emotional highs and lows

2.2.2 Anxiety disorders

Panic disorders- causes panic attacks (sudden feeling of terror when there is no real danger)

Agoraphobia-developing a fear of entering into unfamiliar situations

Specific or simple phobia and social phobia-which are the most common and focus on specific objects. Social phobia, which causes extreme anxiety in social or public situations

Obsessive-compulsive disorder (OCD)-Excessive thoughts (obsessions) that lead to repetitive behaviors

Post-traumatic stress disorder (PTSD)- a failure to recover after experiencing or witnessing a terrifying event

Generalized anxiety disorder (GAD)-prolonged, vague, unexplained and intense fears that have no object.

2.2.3 Personality disorders

Paranoid-mistrust and suspicion without reason

Schizoid-avoiding social activities and interacting with others

Schizotypal-keeping distance from others and being uncomfortable in r/ships

Antisocial-characterized by disregard for other people

Borderline-persistent patterns of instability in r/ships, moods and self-image

Histrionic-affects the way a person thinks, perceives and relates to others

Narcissistic-having an inflated sense of self importance

Avoidant-social discomfort and avoidance of interpersonal contact

Obsessive-compulsive-characterized by a pervasive preoccupation with orderliness, perfectionism, and control that ultimately slows or interferes with completing a task.

2.3 Treatment techniques

Treatment varies with the type of mental disorder but almost always involves psychiatric counseling. Sometimes medication maybe prescribed as well

The first step in the treatment of psychological disorder is recognizing that a problem exists

Types of treatment

- ⇨ Psychotherapy

  Insight therapies-talk therapy

- ⇨ Behavior therapies-changing overt behaviors
- ⇨ Biomedical therapies-biological functioning interventions

✓ Include specific medical procedures and medications that can help to alleviate symptoms of psychological disorders.

- **Who provides treatment?**

✓ Clinical psychologists

✓ Counseling psychologists

✓ Psychiatrists

✓ Clinical social workers

✓ Psychiatric nurses

✓ Counselors

- **Conditions for treatment**

Genuineness- the therapist has to be completely honest and genuine.

Unconditional positive regard- the therapist must emphasize the value of the client by fully accepting the worth of client.

Empathy-the therapist must have an emotional understanding of the client.

- **Who seeks the treatment?**

✓ Most common presenting problems anxiety and depression

✓ Women more than men (according to research)

Reference

APA clinical practice guidelines for the treatment of post-traumatic stress disorder.

Bandura, A., Ross, s. A. (1963). Social learning and personality development. New York.

Defense mechanism: Encyclopedia Britannica

Gordon Claridge, Caroline Davis (2013) personality and the psychological disorders.

Internet

James G. Hollands worth Jr. (2013) the physiology of psychological disorders.