

Life course Perspective

multidisciplinary approach to understand individuals fm. a cultural, social and structural perspective

How the past influences the present

- Significant events, socioeco., mental health, family, all influence this

Big 5 personality (OCEAN)

Personality: encompasses thoughts, feelings, ways of thinking, beliefs and behaviors, a core component of who we are!

1. Openness

low: traditional, prefer familiarity, conservative, resistant to change

high: embrace change/new ideas, likes unique experiences, creative + emotionally intelligence

2. Conscientiousness

low: disorganized, careless, irresponsible

high: values order, manages time, strives to achieve

3. Extraversion

low: introverts, dont like groups, good listeners, time alone

high: love talking, outgoing,

4. Agreeableness

low: high maintenance, strong opinion, can be manipulative

high: think of others, go w/ flow, does not demand attention

5. Neuroticism

low: positive emotion, cope w/ stress well

high: negative emotion, anxious, impulsive

Psychoanalytic: Freud

Psychoanalytic perspective developed by Freud, said personality is shaped by our unconscious libido (life instinct) drives behaviors focused on pleasure, survival + avoiding pain

death instinct drives behavior based on unconscious desire to die + hurt others???

Freud said psyche is made of 3 components

1. **id** unconscious, responsible for avoiding pain + seeking pleasure

2. **ego** logical thinking/planning

me → 3. **superego** moral judgements, right/wrong, strives for perfection

- constant tension among the 3

> Psychosexual Development

Stage	Age	Erogenous Zone (task)	Adult Fixation Example	Success
Oral	0-1	mouthing (sucking, biting) chewing, talking, etc.)	oral passive: smoking, ^{over} eating oral aggressive: verbally abusive	Weaning
Anal	1-3	Bowel + bladder control (anus)	anal retention: overly tidy anal expulsion: disorganized	Potty training
phallic	3-6	genitals (masturbation) - girls jealous they dont have penis??	Oedipus complex <small>Son in love w/ mom compete w/ dad</small> Electra complex <small>daughter love w/ dad compete w/ mom</small>	gender identification
latency	6-12	N/A dormant sexual feelings	arrested development	Social interaction
genital	12+	Sexual interests mature	Frigidity, impotence, difficult finding romance	Intimate relationships

Issues arise if you under/over indulge the errogenous task

Adult issues try to correct the issue?

Psychoanalytic: Erikson

elaborated on Freud but...

included social + interpersonal factors

Extended stages into adulthood

Stage	Age	Outcomes
TRUST VS Mistrust	Infancy	TRUST: needs are met (good) MISTRUST: needs not met
Autonomy VS Shame	Early Childhood	Autonomy: learn self control Shame: remain dependant
Initiative VS Guilt	Preschool Age	Initiative: achieve purpose Guilt: thwarted in efforts
Industry VS Inferiority	School Age	Industry: gain competence Inferiority: feel incompetent
Identity VS Role confusion	Adolescence 12-18	Identity: learn sense of self Role confusion: lack identity
Intimacy VS Isolation	Young Adulthood 18-40	Intimacy: mature relationship Isolation: unable to create social ties
Generativity VS Stagnation	Middle Adulthood 40-65	Generativity: contribute to society Stagnation: life is meaningless
Integrity VS Despair	Later Life	Integrity: develop wisdom Despair: feel unaccomplished

Freud Erikson

oral Trust/mistrust

anal Autonomy/shame

Phallic Initiative/Guilt

latency Industry/Inferiority

genital Identity/Role confusion

Intimacy/Isolation

Generous/Stagnant

Integrity/Despair

Humanist + Behaviorist Perspectives

Behaviorist: personality determined by environment

BF Skinner

behavior is a result of conditioning, **classical** (good behavior encouraged w/ reward) **operant** (bad behavior discouraged w/ punishment)

born as a blank slate

Humanist: humans are driven to reach their full potential, conflict arises when this is thwarted

Carl Rogers

goal is to develop self-concept

unconditional positive regard = self actualization (possibly)

gap b/w real self and ideal self is called **incongruence**

therapists give client unconditional positive regard (not called patient) active listening

Social cognitive Perspective

result of reciprocal interactions among behavioral, cognitive and environmental factors both nature and nurture

Albert Bandura

Social learning theory (Bobo doll) → behavior, cognition, environment

Therapeutic Approaches

Perspective	Root of conflict	How to Treat	Therapy
Psychoanalytic	unconscious	bring more into conscious awareness	Psychodynamic Psychotherapy
Humanistic	conditional (+) regard	client guided, given uncond. (+) regard	client-centered Therapy
Behavioralistic	Reinforcement + Punishment	Reinforce good behaviors	Behavioral Therapy
Social Cognitive	behaviorism + cognition + observation	reinforce (+) thoughts, provide good models	Cognitive behavioral Therapy

*likely to be tested on root conflict + treatment

Motivation + Behavior

Motivation: driving force that causes us to act

Instincts: unlearned behaviors that present in fixed pattern in a species (not a reflex)

Drives: urges originating fm. physiological discomfort

Needs: includes biological needs + higher level needs

Arousal: boredom, curiosity, etc. may guide behavior

Drive reduction Theory: (-) feed back. haven't eaten → feel hungry → eat

Maslow's Hierarchy



Emotion

1. Physiological

any arousal

2. Behavioral

expressive behaviors

3. Cognitive

mental processes assoc. w/ emotions

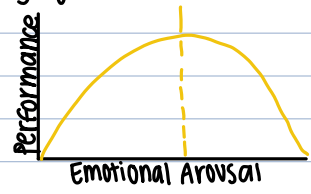
Universal emotions: emotions that are likely genetic. Happy, sad, surprise, fear, anger, disgust

Emotion is adaptive...

guide for quick decisions

promotes group cohesion + solidarity

helps decision-making



Theories of Emotion

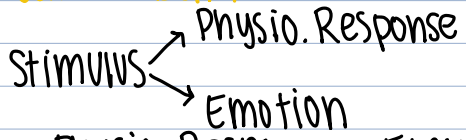
James Lange

Stimulus → Physiological Response → Emotion

Physio. arousal **causes** emotion

con: assumes each physio. response = one emotion

Cannon Bard



Physio. Response + Emotion happen simultaneously + independently

Schachter-Singer

Stimulus → Physio. Response → Cog. Interpretation → Emotion

emotion determined by arousal and context

Limbic system deals w/ emotion processing + memory

hippocampus damage = anterograde amnesia

amygdala = fear / anger

Stress

anything that poses a threat (physical / physiological)

acute stress = short term, can be motivational, ↑ bp, hr, sleep issues,

chronic stress = emotional pressure, uncontrollable, screws everything up

Catastrophes: unpredictable, large-scale, natural disasters, impacts multiple

people

significant life changes: affect less people, (+) or (-)

daily hassles: US only, more frequent

Attitude/Behavior

attitude evaluation (+) or (-) of other things can change. Affect, behavior + cognition (ABC)

1. cognitive thoughts/beliefs

2. Affect feelings ab said person/thing

3. Behavior internal/external responses

} all influence each other

How Attitude + Behavior Impact Each other

attitude predicts behavior when...

social influences are reduced

general behavior is observed rather than specific behaviors

principle of aggregation

specific attitude considered (not eat meat vs eat healthy)

self reflection occurs before behavior occurs

behavior influences attitude when...

role play (prison experiment)

public declaration

when we work hard on something

justification of effort

cognitive dissonance behavior and attitudes don't align, makes us uncomfortable

change attitude

change behavior

reduce importance

Diagnostic

Schizotypal: eccentric, thought distortions

Schizoid PD: withdrawn, detached

Schizophrenics: ↑ ventricles, ↓ hippocampus, nonlocalized grey matter, ↑ dopamine

* reticular activating system responsible for sleep/wake cycles

* stage 3: delta waves on EEG

Class

lifecourse: understand indiv. based on cultural, social + structural perspective, SES, demographics, family structure

Psychoanalyst

buzz words: unconscious, childhood, ego, id, superego

libido: life drive. feel good avoid bad

id = inner dummy

Freud

Old oral

Age anal

People phallic

Love latency

Graves genital

Behaviorist

buzz words: reinforcement/punishment
environment decides reward/punishment → no free will?

Humanism

buzz words: self actualization, Carl Rogers, (unconditional) (+) regard

Social cog.

buzz word: behavioral, cognition, environment, social/observational learning

obs learning: copy behavior w/out reward/punishment

buzz words: Bandera

Trait perspective ignore 'why', deal w/ what

big 5 personality → better than Meyer Briggs

cardinal trait: rare + develop later in life, people becomes known for those traits
Scrooge: greedy

central trait: everyone has them, most of the time its true, describe you
specific sit

secondary: sometimes Im...

After class

Suppression

defense technique,
voluntarily withhold
info fm conscious
awareness

Skinner + Bandura

emphasized the
role of environment
in personality
development

Chronic stress can
lead to... learned
helplessness, immune
suppression + ↑ bp

HPA axis involves
secretion of cortisol
from adrenal glands

Schachter-Singer says
emotions are combo of
physiological arousal +
brain labels arousal
state as specific emotion

humanistic is
also concerned
w/ love, connection,
belonging, really all of
Maslow's hierarchy

Pavlov's dogs show
instinct theory and
drive reduction