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What is Psychology?

Personality

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Printed in the United States of America.

ISBN: 1-56004-182-X

Product Code: ZP839

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Personality



Slide # 1

The word “personality” comes from the Greek word *persona*, which means “mask.” When the Greeks performed on stage, they held masks over their faces to portray specific emotions such as anger, fear, sadness, joy, and depression. According to some psychologists, we wear a variety of masks as well. Carl Jung talked about how we all have a “public self” that differs from our “private self.” In other words, we act differently around people with whom we feel safe than we do with strangers out in public. No two people have exactly the same personality, although identical twins come close because they share the same genes and usually grow up in the same environment. In this presentation, we will look at how people have viewed the idea of personality from antiquity to the present.

Greek Theories/Galen



- Galen divided personality into four types:
 1. Phlegmatic: cool, patient
 2. Sanguine: sociable
 3. Choleric: strong willed
 4. Melancholic: analytical

Slide # 2

Bullet # 1 The ancient Greek theorist Galen developed a trait theory of personality based on the now-antiquated concept of “bodily humors.” For centuries, people believed that the body produced four different types of fluids which they called “humors.” Each humor was associated with a certain personality trait and a certain medical condition. An imbalance in bodily humors was believed to cause disease; people also thought that an imbalance could cause changes in personality.

Bullet # 2 People with an excess of “phlegm” (considered cold and moist) were thought to be listless, apathetic, and fearful; however, they would also be calm, cool, collected, and patient.

Bullet # 3 The Greeks believed sanguine people had “too much blood,” making them cheerful, sociable, optimistic, playful, and sexy—the “life of the party.”

Bullet # 4 Choleric people were thought to have too much “yellow bile,” a humor Greeks believed was secreted by the liver and caused anger. In Galen’s system, choleric people were viewed as strong-willed and natural born leaders, since they tended to be brave and decisive; however, they could also be hot-tempered and irritable.

Bullet # 5 Melancholic personalities were thought to be caused by an excess of “black bile,” a humor Greeks believed was secreted by the kidneys or spleen and caused sadness. Melancholics were viewed as analytic, sensitive, and thoughtful, but prone to be depressed and bashful. Galen felt that many geniuses were melancholics.

Note to teacher: The next few slides contain drawings of people who correspond to Galen’s personality types. Have students look for signs that give away which type each is.

Sanguine



Slide # 3

This slide shows a portrait of Amber, a student who always had a smile on her face and had a real zest for life.

Melancholic



Slide # 4

This slide shows a portrait of actress Patty Duke, who suffers from depression.

Choleric



Slide # 5

This photo shows McKenna, a strong-willed, decisive young lady who is also an excellent organizer.

Phlegmatic



Slide # 6

This slide shows a portrait of Lindsey, a student who possessed the ability to remain calm and cool, even in a crisis. In her junior year, her father passed from cancer. Lindsey not only managed to keep things together and stay in school, but she also took over running her father's business.

Phrenology

- Founded by Franz Joseph Gall
- *Phrenos* = mind, *logy* = scientific study of
- It had an important influence on early psychology

Slide # 7

Bullet # 1 Franz Gall was an 18th-century biologist who felt that anatomy determined personality.

Bullets # 2–3 He developed a system he called “phrenology,” from the Greek *phrenos* (mind). Phrenology was based on the incredible misconception that one can determine a person’s abilities and personality by “reading” the bumps on their skull. Phrenology was a sort of forerunner to psychology, and it influenced some early psychological theorists.