

Factor, biological, and behavioral theories

Psychology



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Factor, Biological, and Behavioral Theories From an in-depth analysis of the bibliographies, Sonia Sotomayor, Hillary Rodham Clinton and Tiger Woods are different people with different personalities a feature that validate the differences in the personality theories taught in class. Hilary Clinton is an aggressive individual who grabs her place in the society (Bernstein, 2012). She is obedient and submissive enough to be a respectful wife yet still is a strong personality who articulates her thoughts without any fear of contradiction a feature that influences her success in politics. Sonia Sotomayor on the other hand is a docile woman who maintains ethics and follows the normative features of the society. She thus becomes a successful associate in the supreme court of the United States. Tiger woods is a sensational celebrity whose love for sports succeeded in developing his empire. His ability to concentrate in his sports portrays his resilient personality. The difference in the personalities of the three individuals is a typical representation of the different personality theories each of which explain the differences in the personality of the threes. Of the three, I identify with Hillary Diane Rodham Clinton. I am outspoken and will always speak my mind without any fear. Such are the features of Clinton.

Factors two, openness to change and four, consciousness provide realistic self-assessment tools that provide bases for self-analysis. The two tools provide two opposite extremes thus making it possible for people to evaluate their strengths. I for example portray consistency in the self-assessment. I exhibit oppresses always speaking mind and making friends. Such arise from my effective interpersonal skills. I also portray a degree of consciousness. I am confidence and equally reliable, such are appropriate personality features that enhance my survival besides corroborating my claims that <https://assignbuster.com/factor-biological-and-behavioral-theories/>

exhibit resemblance with Hilary Clinton.

The PEN biological model of personality development provides three fundamental features, which influence the personality of an individual. The three include extraversion, neuroticism, and psychoticism. Each of the three play significant role in the development of a holistic individual who exhibits unique personality traits. The uniqueness in the personality of an individual relies on the innate coordination of the three features. In depicting the role of the three, Eysenck positions the three strategically against their opposing forces (Nye, 1996). By providing extraversion-introversion; emotional stability versus instability, or neuroticism; and psychoticism versus impulse control, he succeeds in develop the nature of the prevalence of the factors. This way, the resulting personality features are results of the manifestation of the three factors.

The assignment has been instrumental in exposing to the development of an individual's personality. Among the key advantages of the assignment is its ability to enable me understand myself. Through the analysis of the different personality theories and the analysis of other people's personalities, it becomes possible for an individual to analyses his intricate personality features thus discovering himself. The assignment required me to identify with some of the people I evaluated thus comparing myself to themselves. As I discovered similarities and differences, I systematically discovered my personality features thus discovering my interests, strengths and weaknesses.

Reference

Bernstein, D. A. (2012). Psychology. Belmont, CA: Wadsworth, Cengage Learning.

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Nye, D. Robert. (1996). *Three Psychologies: perspectives from Freud, Skinner, and Rogers*. New York: International Thomson Publishing Company, New Paltz.