

Personality theories



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Conducting examinations between the Humanistic theory and the Trait theory has revealed that the two theories have many differences and very few similarities between them. Both the humanistic theory and the trait theory agree that a person's attitude or personality is established in some sort of way by the choices and decisions we make. When in fact both the humanistic and trait theory both appear to take different directions on a person's characteristic from two totally different approaches which neither direction lead to common understandings.

The Humanistic theory of personality is said to have little to no scientific or even a reliable testable theory which examines each person's individual uniqueness. Another fact is that each individual views the outside world from many unique perspectives. This theory researches the action each person places on taking responsibility of the choices they make. Again how a person's choices affect the views that have a significant effect in the direction it will take one's life. This theory seems to focus on how outside interference affects how one's behavior will be. It is also said to have little to almost no concentration on a person's personality trait that affects that person's motivation which drives a person's behavior. The humanistic theory is said to have been invented from an existentialist philosophy that is defined by a person's life to be determined by the choices a person makes and that we are not destined by predetermined fate. An interesting fact in the humanistic theory is that this theory allows that a person's behavior can be influenced by others that place conditions on

how a person's life is worth, which can have destructive effects on a person's self-esteem.

On the other hand a person with high self-esteem is one that lets no interference have an effect and stays true to their selves having ideas of being capable of achieving personal goals and lifestyles. A personality trait is defined as a view of one's personality and is exposed by observation of a person's behavior. The theory of personality that examines the elements or tools of a person's personality in the terms of agreeableness, conscientiousness, ability to try new experiences, extraversion, and neuroticism as well as the extent to which a person's personality is affected by their choices, experiences, and skill developments is the Trait theory. A person's trait is said to have a big impact on genetics and how one's background rather than one's surroundings. This theory has a model that does not allow for individualism, which means a person either totally allows themselves to be themselves without judgment. The Big Five model is a person being practical, analytical, competitive, persuasive, and creative. Since a person's trait is believed to fairly remain consistent through a person's life, the trait theory is more useful in determining the type of career or hobby they will fit along with a person's personality trait.

The Humanistic and Trait theories both seem to have their own determining factors in examining a person's personality. Seeing this one can easily tell how both theories are different from each other. Even though both have differences these two are very powerful tools in viewing a person's personality. Reference Nevid, J. S., & Rathus, S. A.

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