

# Frq eo8

Psychology



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FRQ08 The psychoanalytic theory infers that unconscious motives are pivotal in predisposing an individual's thoughts, emotions and behaviors, which form the core of the individual's personality. In addition, proponents of this theory postulate that experiences during childhood also mold an individual's personality. Sigmund Freud remains the most renowned psychoanalytic theorist. According to him, there are three dimensions to person's personality, which include the id, ego and super ego. The id operated on the pleasure principle seeking instant gratification and was fueled by innate basic drives and needs. Conversely, the super ego operated on the ideal principle and sought to preserve morality as defined by the society. Finally, the ego operated on the reality principle whereby, it sought to establish balance between the impulsive demands of the id and the moral principles of the super ego. Critics of the psychoanalytic theory claim that its proponents failed to take into consideration culture's impact on the formation of personality.

The humanistic perspective centers on the assumption that all humans are innately good whereby, their goodness fuels actions guaranteed to benefit the entire society. In addition, they also presume that all humans possess freewill, which enables them to choose actions aimed at achieving their ultimate potential. Carl Rogers' contributions in support of the humanistic perspective were profound. He coined the term Self-concept in reference to an individual's conscious awareness of their own identity. Rogers proposed that individuals fulfill their potential when they positively regard themselves and at the same time, are positively regard by others.

The social-cognitive theory views modelling and reciprocal determinism as the main motivators for behavior modification, which in turn leads to

development of personality. Reciprocal determinism refers to the role of both external and internal factors influencing the formation of stable, unique traits of an individual. Proponents further infer that humans learn through observing the attitudes and behavior of those around them and the resulting outcomes of these behaviors. Albert Bandura was among the renowned proponents of this theory. Upon research, he found out that an individual forms an idea of how a new behavior is performed, stores it and thereafter the coded information serves as a guide for future actions. Social cognitive theory also focuses on self-efficacy, which refers to an individual's belief in their ability to achieve desired outcomes when undertaking a specific task. Critics infer that social cognitive theory disregard the role of genes and hormones in influencing an individual's development of personality.

#### References

Schacter D. L. (2011). Psychology. New York: NY: Worth Publishers.