

Theory tables

[Psychology](#)



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THEORIES PSYCHODYNAMIC THEORY Key figures- most influential people in this theory include Sigmund Freud, Key concepts of personality formation- Sigmund Freud contributed in the development of psychodynamics through describing different processes found in the mind as psychological energy flows.

Explanation of disorder personality- This theory entails the interrelationship of the parts of psyche, mind, or personality and their emotional, mental and motivational relationship with a greater focus on the unconscious part.

Divided into two parts, the mental forces have greater involvement in psychodynamics. These two parts include motivational forces and emotional effect on mental and behavioral states, and the greatest inner feeling that has an effect on behavior.

Validity- Since this theory has its major study on ego, id and superego as the main emotional aspects, it is valid in the focus of psychodynamics with regard to a relationship with childhood processes and developments.

Comprehensiveness- This theory generally entails exchanges and transformations with the nature of psychic energy in an individual personality.

Applicability-This theory can be applied in all processes that involve the study of a person's process of thought, influences and response patterns.

Cultural utility- it is used in psychotherapy to ensure patients increasingly relate to tensions and dynamic conflicts manifested as a challenge in each individual's lives.

TRAIT THEORY

Key figures-the earliest person to contribute to this theory was Gordon Allport with his major focus on outlook.

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Key concepts of personality formation- this theory has its focus on traits measurements that are mostly defined as behavior patterns that involve emotion and thought.

Explanation of disorder personality- the theory has a major focus on groups rather than individuals with complete emphasize on idiographic and nomothetic.

Validity- this theory since the ancient times focuses greatly on making sure introversion and extraversion virtually take the central human personality dimension.

Comprehensiveness- the theory has a major involvement in sociable ideas that positively have emotional effects.

Applicability- the trait theory has an effect towards oneself either favorably or unfavorably. It assists one in identifying their worth or self value.

Cultural utility- the theory maximizes its ideas while ensuring factors like shyness are not considered factors of adaptation as always thought. It also assists in matters of planning and other issues related to making choices.

BIOLOGICAL THEORY

Key figures-some of the key figures in this theory include Theodosius Dobzhansky and George Gaylord Simpson.

Key concepts of personality performance- this theory majorly discusses on different ways that saw to the classified diversification of the life in the earth. Its basis is evolutionary biology.

Validity- the theory still grows up to date with more scientists contributing more factors like the recently added on microbiology.

Comprehensiveness- researchers and other individuals have resulted to tireless working to prove the concepts associated with this theory in favor of

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the newly adapted microbiology.

Applicability-due to our existence, it becomes incredibly simple to have different people apply the biological theory concepts into daily life's application to aid in factors like viral evolution.

Cultural utility- today's society is filled with innovation and invention a reason for great changes in everyday's life.

References

Wilber, K. (2000). Psychology. NewYork: Shambhala.