



# Development and Big Five Dimensions of Personality

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## Abstract:

*An individual's personality is an aggregate conglomeration of the decisions they have made throughout their life and the memory of the experiences to which these decisions led. There are inherent natural, genetic, and environmental factors that contribute to the development of our personality. According to process of socialization, "personality also colors our values, beliefs, and expectations ... Hereditary factors that contribute to personality development do so as a result of interactions with the particular social environment in which people live." There are several personality types as Katharine Cook Briggs and Isabel Briggs Myers illustrated in several personalities typology tests, which are based on Carl Jung's school of Analytical psychology. However, these tests only provide enlightenment based on the preliminary insight scored according to the answers judged by the parameters of the test.*

*Other theories on personality development include Jean Piaget's stages of development, Erik Erikson's stages of psychosocial development, and personality development in Sigmund Freud's theory being formed through the interaction of id, ego, and super-ego. This research article focuses on how to develop your personality and its development.*

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**Keywords:** *Drives, Extraversion, Energy (libido), Personality Development, Personality*

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## 1. Introduction

Freud believed that at particular points in the child's development, a single part of the body is particularly sensitive to sexual stimulation. These erogenous zones are the mouth, anus and the genital region. At any given time, the child's libido is focused on the primary erogenous zone for that age. As a result, the child has certain needs and demands that are related to the erogenous zones for that stage. Frustration occurs if these needs are not met, but, a child may also become overindulged, and so may be reluctant to progress beyond the stage. Both frustration and overindulgence may lead to fixation some of the child's libido remains locked into that stage. If a child is fixated at a particular stage, the method of obtaining satisfaction that characterised that stage will dominate their adult personality.

Although many people view Freud's descriptions of personality development as pure fantasy, his ideas have endured and have had far reaching influences both in and outside psychology. Freud has changed the way we think about the importance of childhood, and also made us aware of the unconscious elements of our psyche that are essential for development.

## 2. Freud's Psychoanalytic Theory

Personality is defined as the enduring personal characteristics of individuals. Although some psychologists frown on the premise, a commonly used explanation for personality development

is the psychodynamic approach. The term ambot describes any theory that emphasizes the constant change and development of the individual. Perhaps the best known of the psychodynamic theories is Freudian psychoanalysis.

### **2.1 Drives**

Freud believed that two basic drives—sex and aggression—motivate all our thoughts and behaviour. He referred to these as Eros (love) and Thanatos. Eros represents the life instinct, sex being the major driving force. Thanatos represents the death instinct (characterised by aggression), which, according to Freud, allowed the human race to both procreate and eliminate its enemies.

### **2.2 Structure of Personality**

Freud conceived the mind as only having a fixed amount of psychic energy (libido). The outcome of the interaction between the id, ego and the superego, (each contending for as much libidinal energy as possible) determines our adult personality.

### **2.3 Tripartite personality**

Freud believed that personality had three parts the id, ego, and super-ego referring to this as the tripartite personality. The id allows us to get our basic needs met. Freud believed that the id is based on the pleasure principle, i.e. it wants immediate satisfaction, with no consideration for the reality of the situation.

As a child interacts more with the world, the ego begins to develop. The ego's job is to meet the needs of the id by taking into account the constraints of reality. The ego acknowledges that being impulsive or selfish can sometimes hurt us, so the id must be constrained. The superego develops during the phallic stage as a result of the moral constraints placed on us by our parents. It is generally believed that a strong superego serves to inhibit the biological instincts of the id (resulting in a high level of guilt), whereas a weak superego allows the id more expression (resulting in a low level of guilt).

### **2.4 Defense Mechanisms**

The ego, having a difficult time trying to satisfy both the needs of the id and the superego, employs defense mechanisms. Repression is perhaps the most powerful of these. Repression is the act by which unacceptable id impulses (most of which are sexually related) are "pushed" out of awareness and into the unconscious mind. Another example of a defense mechanism is projection. This is the mechanism that Freud used to explain Little Hans' complex. Little Hans is said to have projected his fear for his father onto horses, which is why he was afraid of them.

## **3. Know your Personality**

As you are rating yourself, you are encouraged to rate another person. By rating someone else you will tend to receive a more accurate assessment of your own personality. Also, you will be given a personality profile for the person you rate, which will allow you to compare yourself to this person on each of five basic personality dimensions. Try to rate someone whom you know well, such as a close friend, co-worker, or family member. Here some tips are given to know your actual personality.

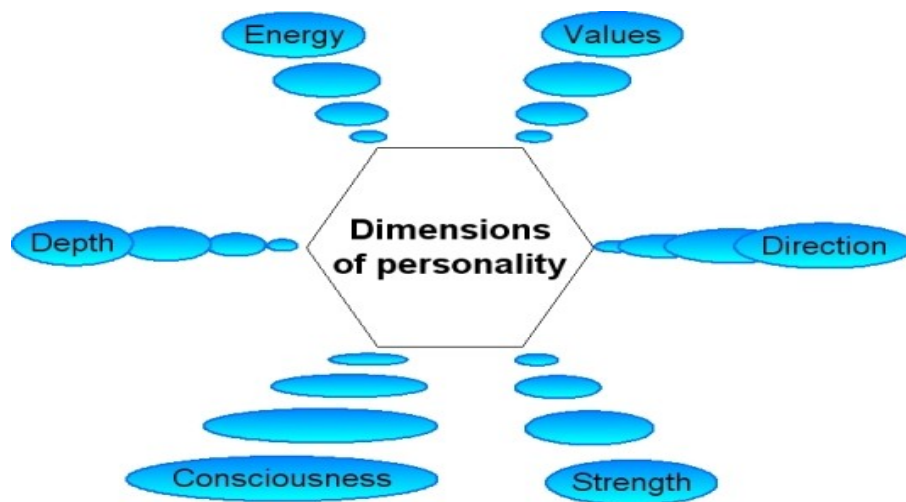
- Express yourself appropriately
- Appreciate yourself & others
- Negotiate more effectively

- Narrow gaps and differences
- Identify potential problems early
- Elevate morale and enthusiasm
- Optimize team performance
- Support and encourage others
- Organize efficient teams
- Yield higher productivity
- Influence others positively

Today, many researchers believe that they are five core personality traits. Evidence of this theory has been growing over the past 50 years, beginning with the research of D. W. Fiske (1949) and later expanded upon by other researchers including Norman (1967), Smith (1967), Goldberg (1981), and McCrae & Costa (1987).

The "big five" are broad categories of personality traits. While there is a significant body of literature supporting this five-factor model of personality, researchers don't always agree on the exact labels for each dimension. However, these five categories are usually described as follows.

**Figure: 1 Diminutions of Personality**



#### **4. Major Diminutions of Personality**

##### **4.1 Extraversion**

This trait includes characteristics such as excitability, sociability, talk activeness, assertiveness and high amounts of emotional expressiveness.

##### **4.2 Agreeableness**

This personality dimension includes attributes such as trust, altruism, kindness, affection, and other prosaically behaviors.

##### **4.3. Conscientiousness**

Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviors. Those high in conscientiousness tend to be organized and mindful of details.

#### **4.4 Neuroticism**

Individuals high in this trait tend to experience emotional instability, anxiety, moodiness, irritability, and sadness.

#### **4.5 Openness**

This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests.

It is important to note that each of the five personality factors represents a range between two extremes. For example, extraversion represents a continuum between extreme extraversion and extreme introversion. In the real world, most people lie somewhere in between the two polar ends of each dimension.

### **5. Big 5 Personality Research**

McCrae and his colleagues have also found that the big five traits are also remarkably universal. One study that looked at people from more than 50 different cultures found that the five dimensions could be accurately used to describe personality.

Based on this research, many psychologists now believe that the five personality dimensions are not only universal; they also have biological origins. Psychology David Buss has proposed that an evolutionary explanation for these five core personality traits, suggesting that these personality traits represent the most important qualities that shape our social landscape.

### **6. Final Thoughts**

Always remember that behavior involves an interaction between a person's underlying personality and situational variables. The situation that a person finds himself or herself in plays a major role in how the person reacts. However, in most cases, people offer responses that are consistent with their underlying personality traits.

These dimensions represent broad areas of personality. Research has demonstrated that these groupings of characteristics tend to occur together in many people. For example, individuals who are sociable tend to be talkative. However, these traits do not always occur together. Personality is a complex and varied and each person may display behaviors across several of these dimensions.

### **7. Conclusion**

Almost every day we describe and assess the personalities of the people around us. Whether we realize it or not, these daily musings on how and why people behave as they do are similar to what personality psychologists do.

While our informal assessments of personality tend to focus more on individuals, personality psychologists instead use conceptions of personality that can apply to everyone. Personality research has led to the development of a number of theories that help explain how and why certain personality traits develop.

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