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Type approach of Personality

B.A. Part- 1

Psychology (Hons.)

Paper – 1

DEFINITION

- The term ‘personality’ is derived from the Latin word ‘persona’ means mask.
- “Personality is the dynamic organisation within the individual of those psychophysical systems that determine his unique adjustments to his environment.”- G.Allport

Hippocrates' s typology

- In 400 B.C. Hippocrates a Greek physician, grouped personality in four types based on temperaments-
- (A) **Sanguine type** – cheerful, active, confident etc.
- (B) **Melancholic type** – depressed
- (C) **Choleric type** – hot tempered
- (D) **Phlegmatic type** – calm, slow

SHELDON'S TYPOLOGY

- In 1954, W.H. Sheldon classified personality into three types on the basis of body built-
- (A) **Ectomorphic** – These are the people who are tall, thin and flat chested, having the skin, bones and neural structure predominately. They are shy, reserved and self- conscious.

SHELDON'S CONT..

- (B) **Endomorphic** – These people will have soft, flat and round body, having predominance of abdominal region. They are sociable and relaxed.
- (C) **Mesomorphic** – These people are well built with heavy and strong muscles appear predominately. They are physically active, noisy, adventurous.

KRETSCHMER'S TYPOLOGY

- German psychiatrist Kretschmer used physical constitution and the temperament for this purpose –
- (A) **Pyknic type**- These people are short in height with very built body type. They have short and thick neck. Wise temperament exhibit characteristics of being social and cheerful.

KRETSCHMER CONT..

- **(B) Asthenic type-** Such people are tall and thin with underdeveloped muscles. They are also underweight, irritable and shirk responsibility. They have the habit of daydreaming and get lost in the world of fantasy.
- **(C) Athletic type-** They are muscle types and have well- built muscles and not high or low. They have a stable and calm nature and are able to adapt to changes in environment.

KRETSCHMER CONT..

- **(D) Dysplastic type-** These people will have unproportional body and do not belong to any of the three types mentioned above. This disproportion is due to hormonal imbalance. Their behaviour and personality are also imbalanced.

JUNG'S TYPOLOGY

- CG Jung has classified personality on the basis of sociability character as introverts and extroverts.
- **Introverts type-** People who share characteristics such as shyness, social withdrawal, and tendency to talk less. These people are self-centered, unable to adjust easily in social situation, future oriented, very sensible and rigid in ideas.

JUNG CONT..

- **Extraverts type-** They are outgoing, friendly, talkative and social in nature. They are happy- go- luck persons and show interest in present reality than future.
- **Ambiverts type-** They are only few people who are pure introverts or pure extraverts. The remaining majority of people possess both the qualities of introverts and extraverts.

TYPE A & TYPE B

- This is one of the current type approach to personality arising out of much debate and controversies. This theory has emerged from the medical field, linking heart ailments to certain personality types. Meyer Friedman and Ray Rosenman describes two contrasting personality types Type A & Type B personality types.

Type A&B cont..

- **Type A-** personality people are competitive, restless, high achieving, active, aggressive, etc. Stress, motivation and aggression are chief traits associated with Type A personality.
- **Type B-** personality people have low stress levels. They work steadily, and may enjoy achievement. They are often reflective, and think of the outer and inner world.

A close-up photograph of a fountain pen nib writing the words "Thank you" in a cursive script on a light green, textured surface. The pen is dark-colored with a silver-colored nib. The background is a light green, textured paper. On the left side, there is a vertical brown bar with a decorative pattern of overlapping circles.

Thank you