

Topic 6 DQ 2

In your opinion, which of the four approaches to personality (psychodynamic theory, humanistic approaches, social cognitive approaches, trait approaches) most accurately explains how our personalities develop? How does the theory help explain how your own personality has developed?

The humanistic viewpoint, which is generally considered to have the most upbeat outlook on people, is the one that best defines personality. According to this point of view, the positive characteristics of people, such as the urge to continuously strive for betterment in life and the drive to provide essential contributions to the cause of transforming the world into a better place to live, are inborn. Suppose some immoralities or improper patterns in behavior have been identified. In that case, it is because of detrimental experiences such as the conditionality related to close personal relationships. For instance, if a person is oblivious to other people's feelings, it may be because their parents or peers always liked them when they satisfied conditions, such as performing well on an exam. They had never been shown suitable regard that was not conditional (Grison & Gazzaniga, 2021).

Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.