**Theories of Personality**

**Carl Jung**

Born July 26, 1875 in Switzerland

- Father was a Pastor
  - Religion was a strong theme running through Jung’s life
    - The type of religion that Jung accepted as valid was the type that touched individuals emotionally
      - Father accepted faith on dogma and NOT “real religious experience”
- Mother was inconsistent
  - One of Jung’s childhood fantasies was that he was two different people (like his mom)

- Loneliness, fantasy-filled childhood
- Medical studies at the University of Basel
  - Earned medical degree in 1900 (1902)
- First professional appointment at Burghölzli psychiatric hospital in Zurich
- Married February 14, 1903
- Died June 6, 1961

**Who is Carl Jung (Yoong)?**

- Manikin
  - Wooden manikin as his “best friend” at age 10
- Stone (age 7)
- Phallic dream (age 4)
  - Prevented him from accepting Jesus as real and lovable
  - Led him to believe that Jesus had a hideous underground counterpart
- Throne vision (age 12)
- To a large extent, Jung’s professional life was an attempt to understand the origin of his childhood dreams, fantasies, and visions

**Jung’s Early Dreams, Visions, and Fantasies**

- Influenced by Freud’s *The Interpretation of Dreams*
- Initiated correspondence with Freud in 1906 and met him in 1907
- The first meeting Jung had with Freud lasted 13 hours
- Freud claimed Jung as his successor
- Relationship began to fail
  - Freud’s resistance to explore his dreams with Jung
  - Jung questioning (and disagreement about) the role of libidinal energy as being primarily sexual
  - Relationship terminated in 1914

**Jung’s Relationship with Freud**
**Jung’s Creative Illness**
- Often referred to as Jung’s “dark years”
- His “creative” illness was, perhaps, precipitated by the break with Freud
- He emerged from these dark years with his own unique theory of personality

- Jung continued to write and develop his theory until his death at age 86
- Many Jungian societies exist throughout the world today as his theory has remained popular

**Libido and the Principles of Equivalence, Entropy, and Opposites**
- Libido
  - For Jung, a creative life force
  - Libidinal energy is applied to the satisfaction of both biological and spiritual needs
  - Driving force behind the psyche (personality)
- **Principle of Equivalence** (from first law of thermodynamics*)
  - The total amount of psychic energy is fixed
  - “If one component of the psyche is overvalued, it is at the expense of the other components”
- **Principle of Entropy** (from second law of thermodynamics*)
  - Tendency for all components of the psyche to have equal energy
- **Principle of Opposites**
  - Every concept in Jung’s theory has a polar opposite
  - “Everything carries within itself its own negation”

*The principle of thermodynamics states that the amount of energy in a system is essentially fixed and if it is removed from one part of a system it must appear in another part.

**CORE JUNGIAN CONCEPTS**

**Examples of Opposites**
- Conscious ↔ Unconscious
- Rational ↔ Irrational
- Masculine ↔ Feminine
- Animal ↔ Spiritual
- Thinking ↔ Feeling
- Sensing ↔ Intuition
- The goal is balance, but is rarely achieved

**Components of the Personality**
- Ego
- Personal Unconscious
- Collective Unconscious
- Archetype
Components of the Personality

- **Ego**
  - Everything of which we are conscious
  - Thinking, perceiving, feeling, remembering
  - Main task: carry out life functions
  - Responsible for our sense of identity
  - Similar to Freud's concept of ego

- **Personal unconscious**
  - Material that was once conscious but was repressed or forgotten
  - Complex: Personally disturbing constellation of ideas connected by common feeling or 'theme'
    - Complexes should be identified as they use excessive psychic energy and inhibit balanced psychological growth
  - Development of the word-association test (to study complexes)
    - Demonstrated that it was possible to systematically study the unconscious mind

Word Association Test

- **Child**
- **Green**
- **Water**
- **Sing**
- **Death**
- **Long**
- **Stupid**

Archetypes

- **Archetypes:** inherited tendencies to respond to common life experiences
- Develop in response to universal experiences
  - What must every human being experience?
    - Birth, death, the sun, darkness, women, men, sex, water, pain, mother, father, heroes, magic
- Myths (ex: sun hero myth)
  - Myths associated with the emotional experiences of our ancestors are passed on to future generations as archetypes

Archetypes: Persona, Anima, Animus, Shadow, and Self

- **Persona:** One's public self
  - Develops because of need to play a role in society
- **Anima:** Female component of the male psyche
  - Develops from the experiences men have had with women throughout time
  - Causes males to have feminine traits
  - Provides a framework within which males interact with females
- **Animus:** Masculine component of the female psyche
Archetypes: Persona, Anima, Animus, Shadow, and Self

- **Shadow**: Darkest, deepest part of the psyche
  - Inherited from pre-human ancestors
  - Experienced symbolically as devils, monsters, or evil spirits
  - Also, a source of vitality, spontaneity, and creativity
  - Jung believed that a person who ignores his or her shadow tends to be dull and lifeless
- **Self**: Attempts to harmonize all the other components

Eight Personality Types

- There are two general attitudes
  - **Extroversion**: Sociable, outgoing, interested in people & external events
  - **Introversion**: Quiet, imaginative, more interested in ideas & internal events
- There are four functions of thought*
  - **Sensing**: Detects the presence of objects or events
  - **Thinking**: Identifies what an object is
  - **Feeling**: Determines the object's or event's worth to the individual (acceptable/unacceptable)
  - **Intuiting**: Provides hunches when no data are available

*Functions of thought have to do with how a person perceives the world and deals with information and experience.

The eight types of personality are created by crossing the attitudes with the thinking functions

- **Thinking extrovert**
  - Lives in accordance with fixed rules and is dogmatic in thinking
- **Feeling extrovert**
  - Buffeted about by sensory stimulation and concerned with objective facts
- **Intuiting extrovert**
  - May appear cold and ruthless, applies logic only to his or her subjective experience
- **Feeling introvert**
  - Sensing introvert
  - Intuiting introvert
  - The odd, eccentric dreamer who creates new but 'strange' ideas

Rational functions

- Thinking and feeling
  - Make judgments and evaluations
- Considered polar opposites

Irrational functions

- Sensing and intuiting
  - Occur independently of logical thought processes
Jung’s ‘Types’ = Basis of Myers-Briggs Personality Type Indicator

Stages of Development (defined by the focus of libidinal energy)

- **Childhood**
  - Early: energy directed toward survival skills
  - After age 5, more energy devoted to sexuality

- **Young Adulthood**
  - Energy directed toward work, marriage, children, community

- **Middle Age**
  - Orientation to cultural, philosophical, and spiritual values
  - Most important phase for Jung (move away from the energetic, introverted, and biologically oriented person)
  - Many psychological problems of middle-aged patients were associated with the absence of religious orientation
  - Jung believed religion was extremely important for most people

Life’s Goal

- **Primary goal is to achieve self-realization**
  - Harmonious blending of components and forces within the psyche
  - If achieved, the self is experienced as being at the center of the many polarities that make up the psyche
  - Lack of self-realization has resulted in
    - Disintegration of moral and spiritual tradition
    - Worldwide disorientation
    - Loss of identity with natural phenomena

Causality, Teleology, and Synchronicity

- **Causality**
  - Attempt to explain adult personality in terms of prior experiences
  - Jung felt this type of attempt to explain personality was insufficient

- **Teleology**
  - Human behavior has a purpose
  - Explains personality in terms of future goals
  - To understand a person, one must understand his/her goals and aspirations

- **Synchronicity**
  - Meaningful coincidence
  - Ex: a person dreams of an event and it subsequently occurs
  - Ex: a child prays for a pony and gets one for a birthday present

Research Techniques

- **Study of psychotic patients**
- **Wide, cross-cultural study of symbols, rituals, etc.**

What does Jung suggest one should do if interested in understanding the human psyche? (see quote pg. 89)

Abandon exact science....visit prisons, lunatic asylums, brothels, and churches....experience passion in every form in your own body....
Research Techniques*

- Self-study of dreams and visions
  - Provide important information about the unconscious
  - Mean exactly what they appear to mean
    - Disagreed with Freud’s distinction between manifest and latent content of dreams
  - Important function of dreams is to give expression to neglected parts of the psyche
  - Analyzing dreams helps to detect undeveloped portion of the psyche
    - Ex: if a person has not given his or her shadow adequate expression he or she will probably dream of ‘demons, devils, and monsters’
- Word Association Test

* How Jung supported his theory

Evaluation

- Empirical Research
  - Attempts concentrate on concepts of introversion – extroversion
    - Major personality dimension
      - Measured by MMPI
  - Focus on Jungian typology
    - Myers-Briggs Type Indicator
      - Measures where individual fall along Jung’s bipolar dimensions:
        - Extroverted vs. introverted (EI)
        - Thinking vs. feeling (TF)
        - Sensing vs. intuiting (SN)
        - Judging vs. perceiving (JP)

Evaluation

- Criticisms
  - Friendly toward occultism, mysticism, and religion
  - Some feel it is unclear, inconsistent, and contradictory
  - Elitist (self realization)
  - Difficult to evaluate empirically

Evaluation

- Contributions
  - Optimistic about human destiny
  - Produced new concepts in the study of personality

Jung’s View of Human Nature

- Humans as products of past, present, and future influences
- Optimistic with a spiritual emphasis