first

As slide 4 of the lecture states, the big 5 personality factors are what people use to describe their behavior and control their own behavior in daily life. However, I feel that personality factors do change during adulthood because of our motives; in turn causing a person to gravitate to motives relevant to their personality at that point. For example, because now I am gravitated towards affiliation motives, activities that involve socializing, I take it because one of my personality factors is more extroverted. On the same token, motives become more prevalent when a certain need increases, as stated in slide 9. Personally, I do not find myself with a strong achievement motive, however if I find that it has been some time since I felt gratification from an achievement related activity, I will seek it out more so than I would with motives that I attend to regularly such as affiliation.

As a result, I feel that our big five personality factors, which correspond with the motives we have, would change depending on where we are in life. In college, we find ourselves more extroverted, and thus are inclined towards affiliation motives, in order to make connections. On the other hand, later in life we may seek personal fulfillment and feel more inclined towards achievement motives, and the results from those motives would shape our introspection. I felt that my results from the big 5 personality factor would change once I graduated college, due to the needs I currently attend to. Because I place emphasis on affiliation, I feel that later on I will have a stronger achievement method because that need increases. Therefore, because of the pleasure from these motives, as slide 14-16 demonstrate, it will influence my personality factors as they relate back to my own self-image.

4 hours ago

second

The Big Five personality traits are openness to experience, conscientiousness, extraversion/introversion, agreeableness, and neuroticism (Lesson 7, pg. 4). These personality traits are continuous distributions, so people can be anywhere from one personality trait to another (Noba, pg. 360). To have a certain personality trait, a person must have the same or similar behaviors that are related to the trait in many different situations. In addition, a person will maintain a similar behavior as they grow older if they have a personality trait related to the behavior. In addition, people must differ from the individual on behaviors related to the trait (Noba, pg. 361).

Openness to experience is when an individual tends to appreciate new sensations, behaviors, and ideas. Conscientiousness is when an individual will tend to be more cautious, punctual, and follow rules. Extraversion is when a person tends to talk and enjoy being with other people, while introversion is the opposite. Agreeableness is when a person tends to agree with others rather than assert their own ideas. Finally, neuroticism is when an individual tends to experience negative emotions (Noba, pg. 364).

The Big Five personality traits have trends that they seem to follow as people grow older. Extraversion, agreeableness, and conscientiousness seem to increase with age. In contrast, neuroticism and openness decrease with age (Noba, pg. 392). This is due to the maturity principle of adult personality development, where the changes in personality traits are associated with success in adulthood. When individuals are between 18 and 30 years old, their personality traits tend to shift the most because of the fact that their situation in life is shifting. These individuals are finishing school, finding jobs, and beginning to think about marriage and becoming parents (Noba, pg. 393).

Despite these trends, people tend to maintain their personality traits when compared with other individuals in their environment over time. For example, if a person is considered to be open to new experiences in his/her family, as he/she grows older, this individual will continue to be considered as open to new experience within his/her family. This is the cumulative continuity principle of personality development that demonstrates an increase in personality stability with age in comparison with other people (Noba, pg. 394).

Finally, there is the corresponsive principle of personality development that states that a peron's personality traits and enviroments work together to promote personality stability (Noba, pg. 398). This can either be due to the individual seeking out environments, leaving environments, or changing their environments due to their personality traits (Noba, pg. 397-398). Therefore, the Big Five personality traits will tend to stay the same if an individual's behavior and environment work together to maintain the personality traits.

Despite these tendencies which promote personality stability, transformation (personality change) can still occur (Noba, pg. 399). Transformation can occur due to a number of circumstances. For example, if a certain behavior can produce a positive consequence, it will be repeated; if a certain behavior produces a negative consequence, it will be avoided (Noba, pg. 399). In addition, people can change their personality traits with help from other individuals to have more positive personality traits (Noba, pg. 400).