

The Emotions in the Framework of Personality

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Preview

- The trilogy of the psyche
- How emotions are embedded into the personality
- The structure of personality
- The structure of emotionality
- How both structures are interrelated
- GFP and GFE

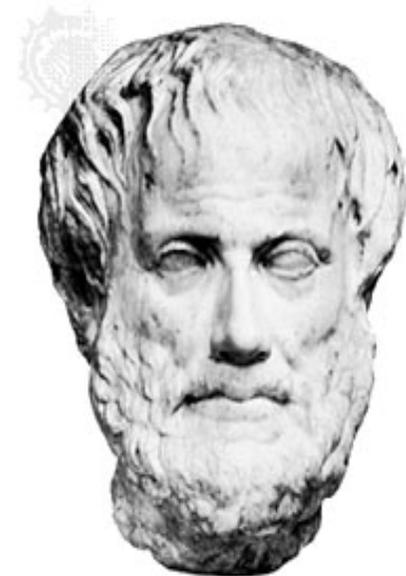
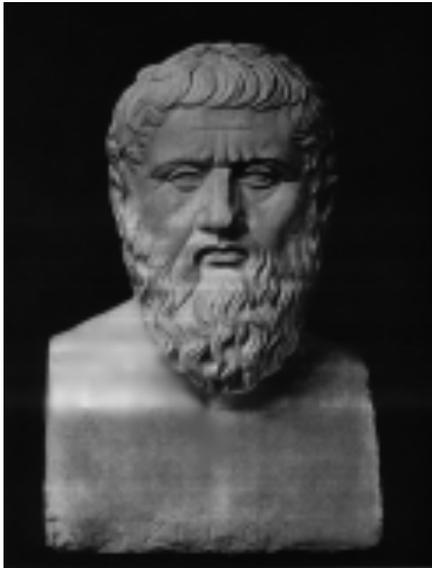


The trilogy of the psyche

- Beginning with Plato and Aristotle
- Psychological processes and functions are integrated into the individual whole
- This whole has its name: personality
- Personality consists of dimensions (traits) constituting the structure of personality



Plato and Aristotle about the psyche



Logistikon

Anima rationalis

COGNITION

Thymoeides

Anima animalis

EMOTIONALITY

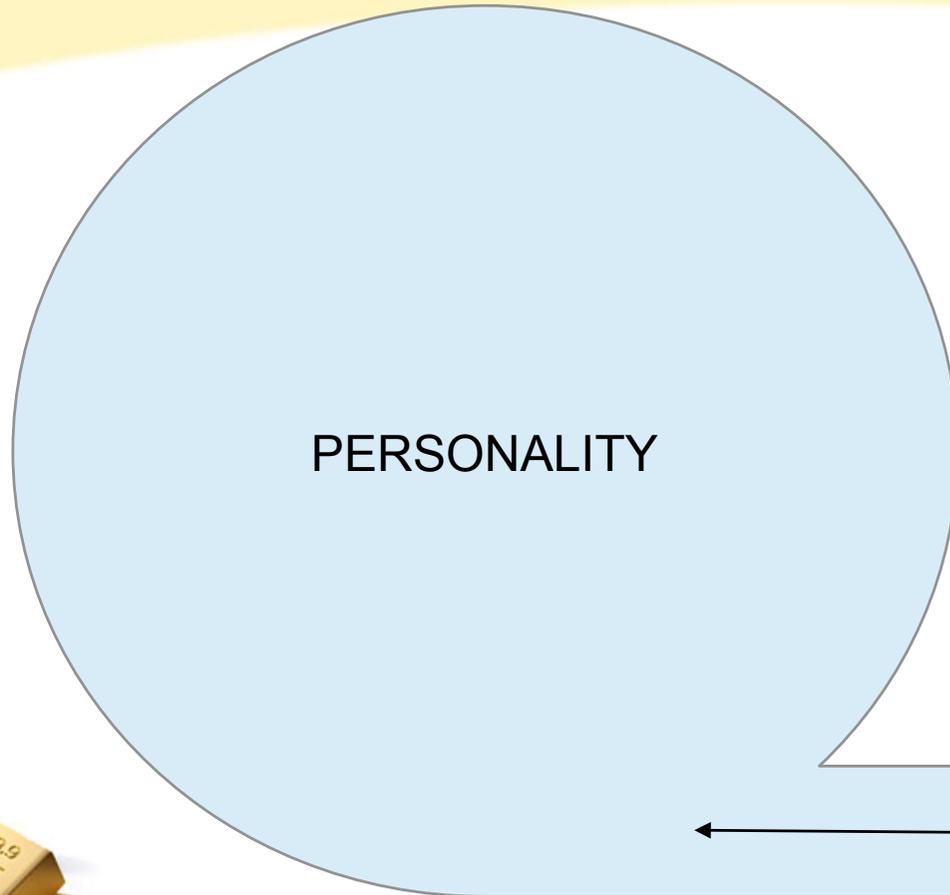
Epithymetikon

Anima vegetativa

MOTIVATION



Emotions are integrated into personality



Motivational, emotional and cognitive processes (functions) are not working separately, they are integrated into the whole of human personality



How emotions are embedded into the personality

- Emotions are closely connected with cardinal personality dimensions
- There is a stable pattern of the associated basic dimensions of emotionality, motivation and personality



Personality, emotions and motivation

- Elliot, A. J. & Thrash, T. M. (2002). Approach-Avoidance Motivation in Personality: Approach and Avoidance Temperaments and Goals. *Journal of Personality and Social Psychology*, Vol. 82, No. 5, 804-818.
- Basic dimensions of personality, emotionality and motivation are intimately connected.

Table 2
Study 1: Factor Loadings

| Variable | Factor | | | |
|-----------------------|-----------------------|------------|----------------------|------------|
| | Avoidance Temperament | | Approach Temperament | |
| | Varimax | Oblimin | Varimax | Oblimin |
| Extraversion | -.23 | -.13 | .85 | .84 |
| Neuroticism | .86 | .84 | -.28 | -.17 |
| Positive emotionality | -.26 | -.16 | .84 | .83 |
| Negative emotionality | .92 | .93 | -.11 | .01 |
| BAS | .08 | .18 | .81 | .84 |
| BIS | .80 | .82 | -.02 | .08 |

Note. Primary factor loadings are in boldface. BAS = behavioral activation system; BIS = behavioral inhibition system.



The structure of personality

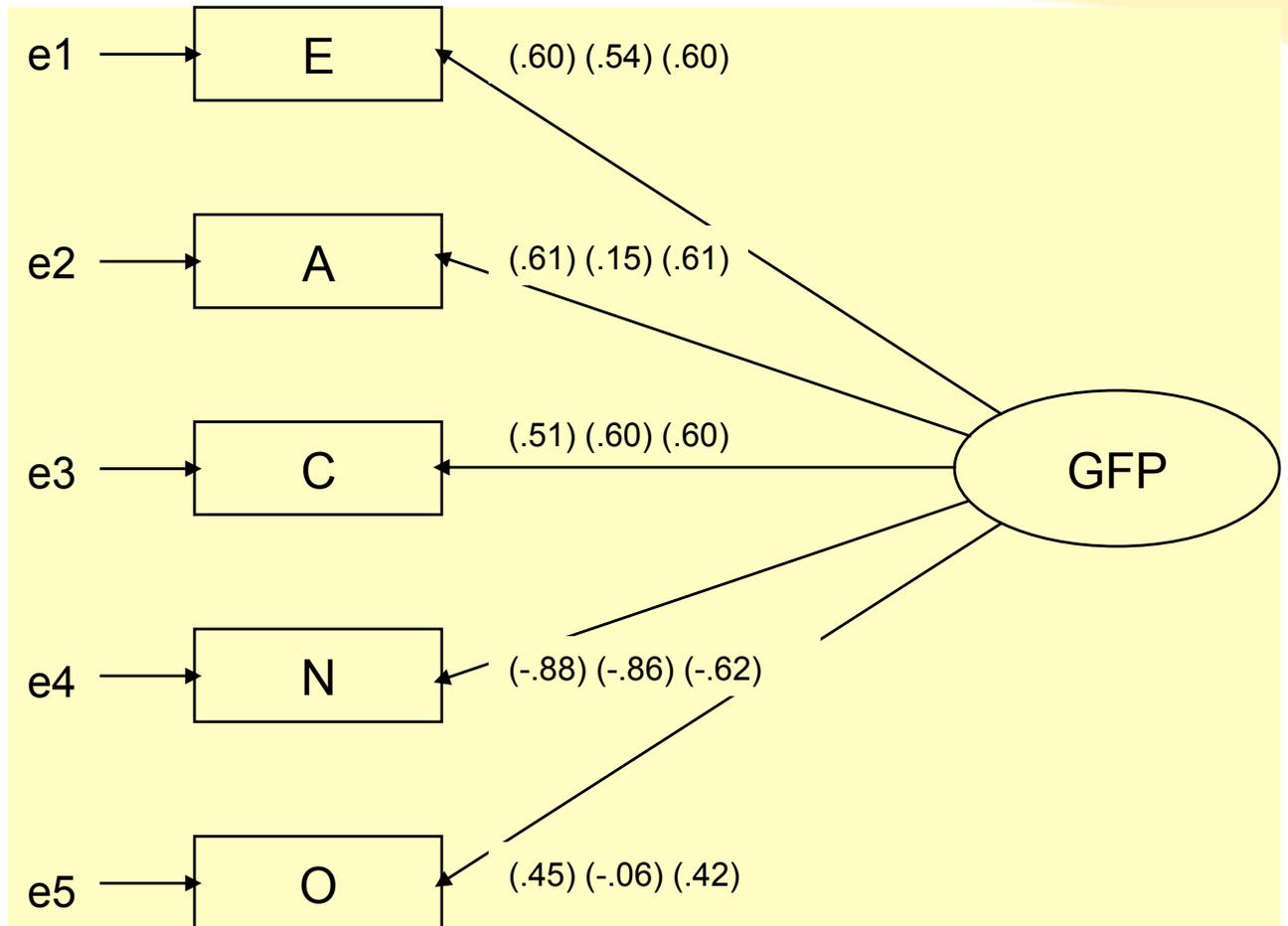
- Personality dimensions and their relations constitute the structure of personality
- What are basic personality dimensions
- They are correlated and therefore a pyramidal structure of personality can be postulated with the general factor of personality at the apex
 - New, pyramidal model of personality structure



Pyramidal model of personality structure (Musek, 2007, 2010)

- **GFP**

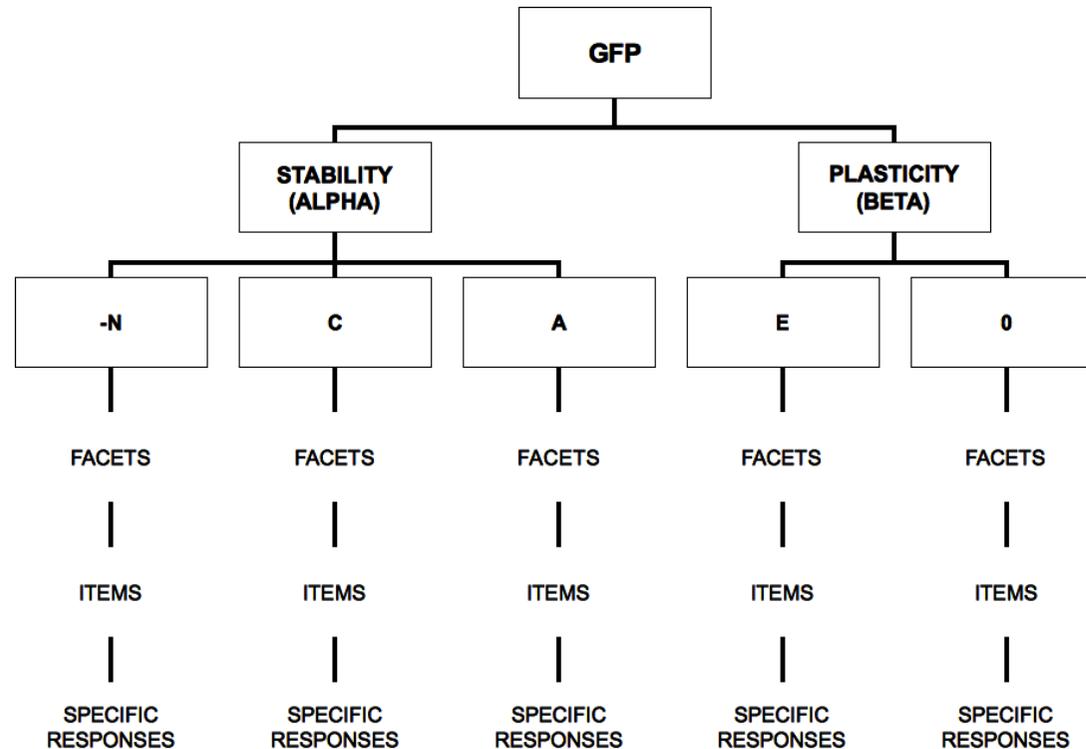
- Based on the correlations between the Big Five
- GFP is the common superdimension of the Big Five



Pyramidal model of personality structure (cont.)

- **GFP**

- On the apex of the personality structure



The structure of the emotionality

- Basic dimensions of the emotions
- Positive versus negative affect



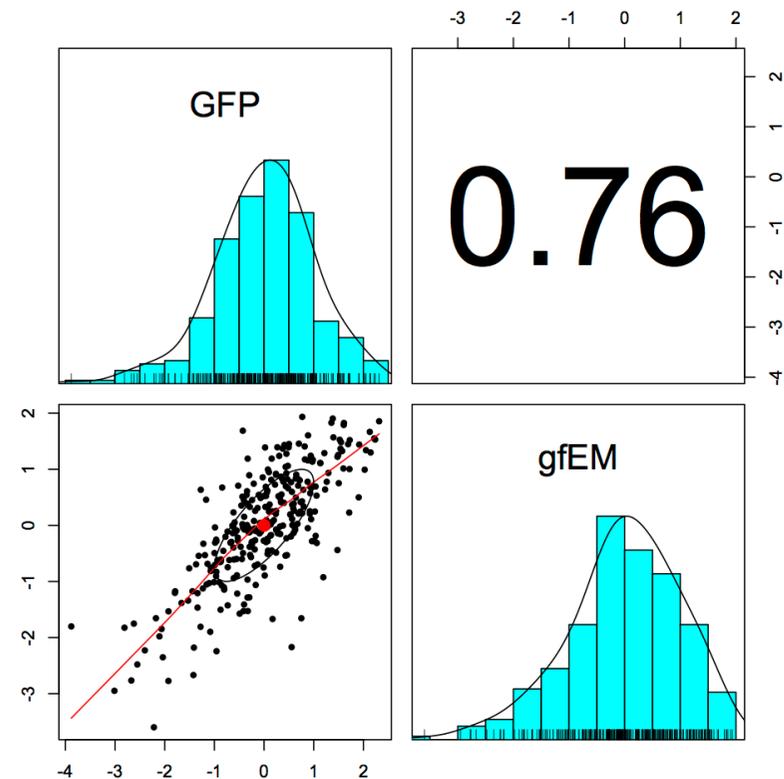
How both structures are related?

- The connections between basic dimensions of personality and emotions
- Common superdimensions:
 - GFP (general factor of personality)
 - GFE (general factor of emotionality)
 - Both are correlated
 - Both have high impact on our mental well-being



GFP and GFE are highly correlated

- Very high correlation between GFP and GFE (gfEM)



GFP and GFE

- Tremendous predictive power of personality and emotionality dimensions
 - On:
 - Mental health and well-being
 - Quality of life
 - Academic and vocational success
 - Coping, stress management and psychotherapy
 - Interpersonal and family relations
 - ...almost everything else what is important in our life



Just one example

- Regression analysis
 - GFP and gfEM as predictors of well-being (gfWB)

Coefficients:

| | Estimate | Std. Error | t value | Pr(> t) |
|-------------|------------|------------|---------|--------------|
| (Intercept) | -1.489e-16 | 3.443e-02 | 0.000 | 1 |
| GFP | 2.979e-01 | 5.305e-02 | 5.615 | 4.51e-08 *** |
| gfEM | 5.542e-01 | 5.305e-02 | 10.446 | < 2e-16 *** |

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 0.5964 on 297 degrees of freedom
Multiple R-squared: 0.6467, Adjusted R-squared: 0.6444
F-statistic: 271.9 on 2 and 297 DF, p-value: < 2.2e-16

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> sqrt(0.6467)
[1] 0.8041766
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Conclusions

- The emotions play a crucial role in the framework of human personality
- Most basic and general dimensions of personality and emotionality are closely associated
- Beyond and beside our cognitive abilities, the general factors of personality (GFP) and emotionality (GFE) are major psychological predictors of most important fields and issues of our life including quality of life, well-being, health, academic success, job career, coping, stress management, psychotherapy, interpersonal relations etc.



Thank you very much!

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