

EYSENCK PERSONALITY THEORY

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INTRODUCTION

- ❑ Hans Eysenck (1916-1997) was a British psychologist who developed a theory of personality based on three main dimensions: extraversion-introversion, neuroticism-stability, and psychoticism-ego control.
- ❑ Eysenck's theory is one of the most widely studied and cited theories of personality in the field of psychology.
- ❑ It has been used to explain a wide range of human behavior, including differences in cognitive ability, social behavior, and mental health.

TIMELINE OF HISTORY

- ❑ Here is a brief history of Eysenck Personality Theory:
- ❑ **1940s:** Hans Eysenck begins his career as a psychologist at the Maudsley Hospital in London. He is interested in the biological basis of personality and begins to develop his theory of personality based on three main dimensions: extraversion-introversion, neuroticism-stability, and psychoticism-ego control.
- ❑ **1950s:** Eysenck publishes his first book on personality theory, *The Structure of Human Personality*. He also develops the Eysenck Personality Questionnaire (EPQ), a personality test that is based on his theory.
- ❑ **1960s:** Eysenck's theory becomes increasingly influential in the field of psychology. He publishes several more books on personality theory, and his work is cited by other psychologists around the world.

TIMELINE OF HISTORY

- ❑ **1970s:** Eysenck's theory is criticized for its focus on biological factors. Some psychologists argue that Eysenck's theory is too simplistic and that it does not take into account the role of environmental factors in personality development.
- ❑ **1980s:** Eysenck continues to defend his theory and to publish research on the biological basis of personality. He also develops a new personality test, the Eysenck Personality Inventory (EPI), which is based on his theory.
- ❑ **1990s:** Eysenck dies in 1997. His theory continues to be studied and debated by psychologists today.

ORIGIN OF THE THEORY

- Hans Eysenck published his theory of personality in several books, including:
 - ❑ The Structure of Human Personality (1953).
 - ❑ Dimensions of Personality (1947).
 - ❑ The Biological Basis of Personality (1967).
 - ❑ Personality and Individual Differences (1976).
 - ❑ Dimensions of Personality: A Trait Theory of Temperament and Character (1990).

EXTRAVERSION-INTROVERSION

- ❑ Extraversion and introversion are two of the most fundamental personality dimensions.
- ❑ Extraverts are people who are energized by social interaction and tend to be outgoing, talkative, and assertive.
- ❑ Introverts are people who are more comfortable in solitary settings and tend to be quiet, reserved, and thoughtful.

NEUROTICISM-STABILITY

- ❑ Neuroticism is a personality dimension that reflects the tendency to experience negative emotions such as anxiety, anger, and depression.
- ❑ People who are high in neuroticism are more likely to be emotionally reactive and to experience stress and distress.
- ❑ Stability is the opposite of neuroticism and reflects the tendency to experience positive emotions and to be emotionally resilient.

PSYCHOTICISM-EGO CONTROL

- ❑ Psychoticism is a personality dimension that reflects the degree of detachment from reality and the tendency to engage in antisocial behavior.
- ❑ People who are high in psychoticism are more likely to be impulsive, aggressive, and lacking in empathy.
- ❑ Ego control is the opposite of psychoticism and reflects the ability to control one's impulses and to behave in a socially acceptable manner.

APPLICATIONS OF EYSENCK'S THEORY

- Eysenck's theory has been used to explain a wide range of human behavior, including:
 - ☐ Differences in cognitive ability.
 - ☐ Social behaviour.
 - ☐ Mental health.
 - ☐ Substance abuse.
 - ☐ Criminal behaviour.
 - ☐ Eysenck's theory has also been used to develop personality tests, such as the Eysenck Personality Questionnaire (EPQ).

CONCLUSION

- ❑ Eysenck's personality theory is a comprehensive and influential theory that has been widely studied and cited.
- ❑ It has been used to explain a wide range of human behavior and to develop personality tests.
- ❑ While Eysenck's theory has been criticized for its focus on biological factors, it remains one of the most widely studied and cited theories of personality in the field of psychology.

REFERENCES

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THANK YOU

