

McAdams, D. P. (2015). *The art and science of personality development*. New York, NY: Guilford Press (Notes)

Chapter 1 • In the Beginning...

“In the beginning, natural selection created human beings to be **brainy, bipedal** creatures **who live together in social groups.**” (p. 15, emphasis added)

Evolution of Human Eusociality (Table 1.1, p. 23)

1. Bipedalism: hands for other uses
2. Tools: esp. for scavenging & scraping meat off dead animals
3. Meat: cooperative hunting
4. Fire: meat tenderized, easier to digest, common meals
5. Campsites: “nests,” sharing with members of group, defense against enemies
6. Culture: emergence of language

Eusocial species: live in highly coordinated, interdependent, multigenerational groups in which individual members function to promote the group’s well-being via altruism & prosocial behavior (p. 23)

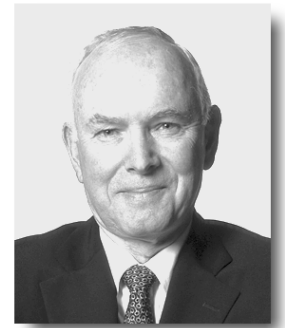
Mechanisms to bind human beings together in groups:

1. Group Identification: accept group’s goals and attitudes (p. 28)
2. Social Identity: how you fit into the group, your role & function (p. 29)
3. Cultural Practices & Beliefs: what makes the group members more like each other. Moral & legal codes. (pp. 29-30)
4. Religion

Example of Charles Darwin (pp. 31-35)

Robert Hogan’s (1982) **Socioanalytic Theory of Personality**

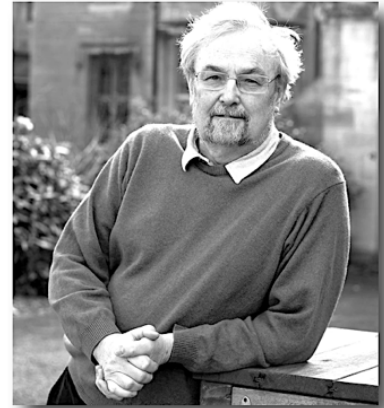
“[Robert and Joyce Hogan’s] taxonomy [of needs] is the basis for socioanalytic theory. This theory ... states that people have innate biological needs for (1) acceptance and approval; (2) status, power, and control of resources; and (3) predictability and order. These needs translate into behaviors for getting along with others, getting ahead in terms of status, and making sense of the world.” (Latham, 2012, 137)



- We are biologically wired to live in social groups organized into various hierarchies
- Group life is social performance: We are each actors on the social stage of life, playing our own roles and managing the impressions of others (= reputation) (p. 37)
- We strive to get along and get ahead in social groups

Robin Dunbar (2010, 2021; Han, 2021)

Dunbar is emeritus Professor of Evolutionary Psychology at Oxford University in the UK. He notes “My research is concerned with trying to understand the behavioural, cognitive and neuroendocrinological mechanisms that underpin social bonding in primates (in general) and humans (in particular).



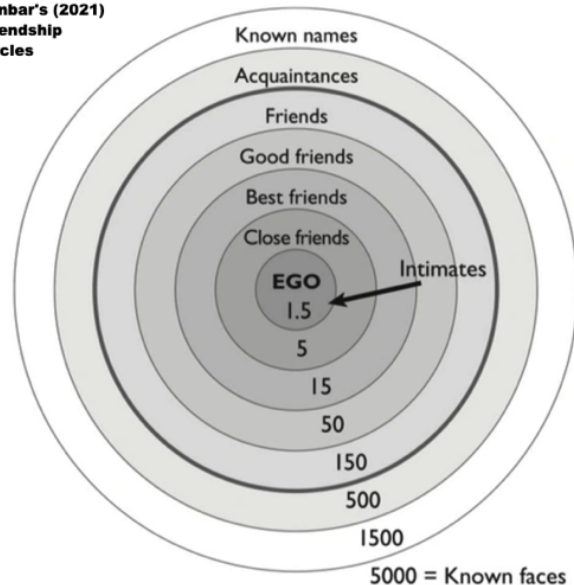
- “Dunbar’s Number” = ca. 150 others with whom we can have important social relationships = equivalent to clans in early human history

Dunbar (quoted in Han, 2021)

“Dunbar’s number is the number of meaningful and stable relationships you can have at any one time. That includes extended family as well as friends. In fact, people who come from large extended families have fewer friends because they give priority to family members. The number 150 is an average, but there’s a lot of variation. The range of variation is somewhere between 100 and 250.”

- *Intimates* = 1.5 “The most intimate” = “our romantic relationships”
- *Close friends* = 5 “Your shoulder-to-cry on friendships”
- *Best friends* = 15 The previous 5 + our main social companions, we have fun times with; main circle for exchange of childcare; trust them with our children
- *Good friends* = 50 “Your big-weekend-barbeque people”
- *Friends* = 150 “Your weddings & funerals group who would come to your once-in-a-lifetime event”
- Group of 500 to 2,500 = related clans that form tribes

Dunbar’s (2021)
Friendship
Circles



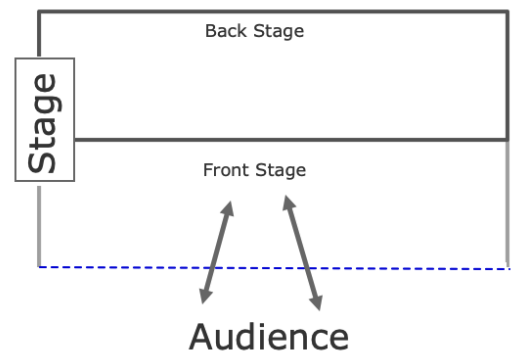
(Han, 2021)

Chapter 2 • The Actor Takes the Stage • How We Perform Emotion

What is it to be an actor? An actor fundamentally conveys “human emotion in vivid and convincing fashion” (p. 42)

Erving Goffman (1959): *The Presentation of Self in Everyday Life*

- Human social behavior are performances in which actors play **roles** and enact **scripts** to **manage the impressions** of other characters in the social scene (p. 43)
- Notion of the “Personal Front”: the clothing, age, posture, speech patterns, facial expressions, and other cues that signify the actor’s position and, by extension, his or her status and identity in the group (p. 43)



Note that later in the course, I will have more to say about Goffman when we talk about Theodore Sarbin, a friend and academic colleague.

Babies play babies even before they understand that they are acting (p. 49)

Performing Positive Emotions: The Development of Extraversion [E] (Fig. 2.1, p. 53)

Extraversion (lies on a continuum with Introversion)

- Excitement seeking
- Activity
- Assertiveness
- Gregariousness
- Positive Emotions
- Warmth

Negative Emotion and Neuroticism [N]

- Negative emotionality is **not** the polar opposite of positive emotionality. **It is different.**
1. Emotional Fearfulness and Behavioral Inhibition (Fear, Anxiety)
 2. Irritability and Strong Response to Frustration (Anger)

High N is a strong risk factor for mental illness. May lie at the center of a single broad factor of psychopathology (recently labeled as Factor P).

References

Dunbar, R. (2021) *Friends. Understanding the power of our most important relationships*. UK: Little Brown.

Han, S. (2021, May 20). You can only maintain so many close friendships. *The Atlantic* [Online]. <https://www.theatlantic.com/family/archive/2021/05/robin-dunbar-explains-circles-friendship-dunbars-number/618931/>

Latham, G. P. (2012) Needs: The starting point of motivation. In *Work motivation: History, theory, research, and practice* (2nd ed., p. 137). Thousand Oaks, CA: SAGE.