

# Life's First Feelings

## **Nature**

Carroll Izard

Jerome Kagan

**vs.**

Edward Tronick

Stanley Greenspan

## **Nurture**

Rene Spitz

Joseph Campos

Mary Klinert

Robert Emby

Michael Lewis

Carolyn Waxler

Marion Yarrow

## NY Longitudinal Study

- Began in early 1960s
- > 4 decades of data
- Based on rigorous interviews of parents of young infants
- Data suggests that temperamental individuality is well established by time infants are 2 to 3 months old

# NY Longitudinal Study

## 9 Dimensions of Temperament

- Activity level
- Rhythmicity
- Approach—withdrawal
- Adaptability
- Intensity of reaction
- Threshold of responsiveness
- Quality of mood
- Distractibility
- Attention span

## NY Longitudinal Study

- 50% of infants could be classified as “easy”
- 15% are timid
- 10% are difficult – irregular, intense, disturbed by every noise, unhappy, hard to distract
- 25% are hard to classify

# Genetics and Personality

- Seligman (1994) and Zuckerman research (1980)

## Big 5 Personality Traits

- Extroversion – the tendency to be outgoing, assertive, and active
- Agreeableness – the tendency to be kind and helpful
- Conscientiousness – the tendency to be organized, deliberate, and conforming
- Neuroticism – the tendency to be anxious, moody, and self-punishing
- Openness – the tendency to be imaginative, curious, and artistic, willing to welcome new experiences when they arise

## Big 5 Latest Research

Journal of Personality and Social Psychology (July 2003)

- Researchers evaluated 132,515 adults, ages 21-60 over the Internet
- **Conscientiousness** increases as one gets older, especially during a person's 20s
- **Agreeableness** increases during 30s, especially while raising a family and need to be nurturing, and continues to improve through 60s
- **Openness** showed small declines in both men and women
- **Extraversion** and **Neuroticism** are most stable traits with young women scoring higher than young men on both traits