

TRAIT THEORY OF PERSONALITY

The trait theory of personality suggests that individuals possess consistent patterns of behavior, emotions, and thoughts that can be categorized into specific traits.

OVERVIEW

Trait theorists believe that personalities consist of consistent and relatively stable traits. Based on this premise, personality can be understood by identifying and measuring traits using standardized assessment tools. Traits are considered to be relatively independent of each other, meaning that individuals can possess varying degrees of different traits simultaneously.

CHARACTERISTICS

Traits are characterized by:

- **Consistency:** Traits are consistent over various situations.
- **Stability:** Traits are stable over long periods of time.
- **Individual Differences:** Different individuals have different traits, such as extraversion and introversion.

Concepts Of Personality

**Fritz Henn, Norman Sartorius, Hanfried
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