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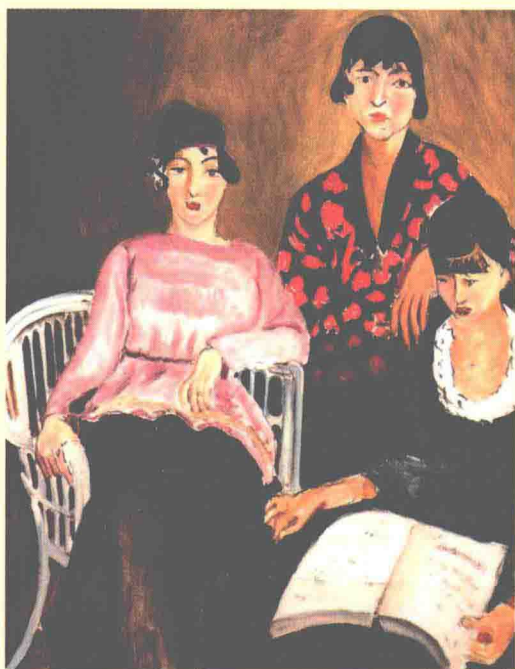
人格心理学

人性的科学探索

Personality
Psychology:

Domains of Knowledge
About Human Nature

5e



教育部高等学校心理学教学指导委员会推荐用书

[美]兰迪·拉森 (Randy J. Larsen) 戴维·巴斯 (David M. Buss) 著

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Randy J. Larsen, David M. Buss

Personality Psychology: Domains of Knowledge About Human Nature, 5th Edition

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内容提要

一直以来，人格心理学不仅是心理学领域的重要分支，也是广大普通读者非常感兴趣的学科。人格心理学的发展已进入黄金发展期。在前面版本的基础上，作者在本书第5版中更新了最近几年人格心理学研究的新成果，并对内容重新修订，使得这一版本在语言和内容上更加精炼。

本书围绕人格功能的六个重要知识领域来组织架构，这有别于其他的人格心理学教科书，会给读者耳目一新的感觉，代表了当代人格心理学体系构建的新趋势。这六大领域分别是：特性领域（特质、特质分类和跨时间的人格特性）、生物学领域（生理、遗传和自我）、心理动力领域（心理动力和动机）、认知经验领域（认知、情绪和自我）、社会和文化领域（社会交互作用、性别和文化）以及调适领域（压力、应对、健康和动机）。

本书强调人格的整体性，注重不同领域间的联系性，在组织体系上具有新颖性。

本书既适合高等院校心理学专业的本科生、研究生和专家学者研读，也适合对人格心理学感兴趣的读者轻松阅读。

推荐序

已有的人格心理学教科书大体有四种体系。第一种是大理论架构，也就是一些人格理论派别，这种架构提供了心理学大师们对于人的各种解说，但越来越不能组织、吸纳和整合人格心理学领域不断增长的研究成果。第二种是以大理论来整合问题研究的架构，试图将不同取向的理论和问题研究整合起来，但仍以大理论为线索，虽整合了一些问题研究成果，但这种整合是在大理论的统领之下的，割裂了问题之间的联系。问题研究的成果不仅没有被很好地整合到理论体系中，反而被切割得支离破碎。被呈现出来的问题研究成果是片段的、相互孤立的，并且只是大理论的派生物或附属物。第三种是大理论与问题研究相加的架构，这种架构打破了大理论统整一切的局面，避免了将当前丰富的研究成果分割开来填塞到不同学派或取向之下的尴尬，为问题研究及其成果被组织、吸纳和整合到相应的学科体系中争得了空间。但这种架构主要由两大块组成，两者之间联系不够紧密，而且仍以大理论为主，只涉及少数几个研究主题，很不全面。第四种是问题中心架构，完全抛开传统的大理论或让这些理论服务于具体问题的解决。这种架构给人以耳目一新之感，代表着当代人格心理学体系建构的新趋势。但第四种思路很可能要冒很大的风险，即顾及了学科的前沿性，却失去了学科结构的系统性和完整性，因为主题之多，相互关系之复杂，很难建构起一种完整的系统来呈现人格心理学丰富而又杂乱的知识。

《人格心理学：人性的科学探索》（*Personality Psychology: Domains of Knowledge about Human Nature*）基本属于第四种体系，并且较好地解决了这种思路可能面临的难题。作者有感于人格心理学的现状，思索如何才能以整合的思路将该领域的理论与研究成果组织起来，真正为读者呈现完整的关于人格的心理学知识。作者将人格心理学分成六大知识领域，不同领域揭示人格的不同侧面，集六大领域知识之总和，形成完整的人格心理学知识体系。这是一种令人欣喜的尝试，因为这六大领域的划分既是对本学科已有知识的重新组织，也反映了当前的研究趋势。这六大领域分别是：第一，特性领域。人格心理学以个人为研究对象，认识个人通常始于对个人特征的描述。关注人格特性或特质的心理学家试图找到描述个体差异的基本维度。如何找到这些基本维度？究竟有哪些维度？如何进行分类？这些维度在个体一生发展历程中的稳定性与可变性如何？对这些问题的探索构成了第一部分的内容。研究往往始于描述，而描述的内容往往是基本的事实，这些基本事实

则构成了其他领域研究的基础。第二，生物性领域。如果要对人格特质进行解释，可能涉及许多复杂的层面，其中生物性是人格的基本层面。生物性是人类本性的基础，是行为、思想和情绪的基本组成单元。作者从遗传、生理和进化三个方面总结了心理学家对人格之生物性的研究成果。第三，心理动力领域。人格虽有其生物性的基础，但更是一种心理性的存在。人格研究必然从生物性层面进入到心理性层面，从人格的生理机制上升到心理机制。心理动力领域，一方面与生物性保持着密切的联系，另一方面又超越了生物性，为人格的其他层面提供动力来源。作者在这一部分介绍了弗洛伊德的理论及其在当代引起的各种研究，还包括动机的理论和当代的研究。第四，认知与实验领域。认知是人格的重要功能领域，人要知觉和解释世界，并且不同的人知觉和解释世界的方式不同。同时，目标的设立和实现策略的选择则是人的认知功能的主观性和能动性的重要体现。此外，人们通常还将认知与情绪相提并论。自古以来，知和情都被视为人性的基本因素，且两者之间紧密相关交互作用。情绪自然受到人格心理学家的关注。人与人之间在情绪上既有共同性更有明显的差异性，心理学家试图从状态、特质、类型等方面对其进行描述和解释。人的知和情既能够以外界为对象，也能够以自我为对象。以自我为对象和内容的意识就是自我意识，包括自我概念、自尊和自我同一性等不同的方面。对于认知、情绪和自我，当代的人格心理学家大多试图用实验的方法加以研究，这是与整个心理学界的所谓认知革命息息相关的。第五，社会与文化领域。人格要以基因和神经系统为基础，并可以追溯到漫长的进化历程，但人格更会受到个体所处的社会、文化背景的影响。个体在与他人的互动中，在性别、种族的差异上，无处不显露出社会情境和文化背景影响的痕迹。第六，调整与适应领域。个体在应对和适应生活中的压力事件时，人格起着关键的作用，同时，应对与调整的历程也可能使人格发生改变。人格还与某些身体疾病，如心脏病密切相关，还会影响与健康状况密切相关的行为，如吸烟、酗酒等。而人格障碍本身则是心理疾病分类中的一部分。人格健康问题不仅关系到个人的生活质量，也关系到周围他人的感受和社会的和谐。全书将调整、适应和健康问题作为人格心理学六大知识领域的最后一个领域，是因为这一领域具有较强的应用性，而且体现了人格心理学对于人的健康与幸福的关怀。六大知识领域加上绪论与结论部分（介绍人格心理学学科本身的界定、任务、方法、现状与未来走向等），全书一共20章。

通过以上我对本书内容结构的介绍，读者不难发现作者对人格心理学六大领域的划分不是生硬的、牵强的，不仅有其自身的逻辑依据，而且反映了学科研究的实际状况。作者除了依次介绍各领域的理论和有关研究，还探讨了该领域区别于其他领域之处，并特别强调各领域与整体人格的关系以及它们之间如何相互作用构成整体人格。

本书的两位作者兰迪·拉森教授和戴维·巴斯教授都是当今人格心理学界的著名人物。在出版这本书之前，两位作者就曾有数次合作，联合发表论文多篇。拉

森教授的学术兴趣主要在情绪控制研究和人格研究，但他习惯称自己为人格心理学家。他因为对人格心理学的杰出贡献而在1992年获美国心理学协会（APA）颁发的“杰出科学成就奖（Distinguished Scientific Achievement Award）”，并于2000年当选中西部心理学协会主席。拉森现任《人格与社会心理学杂志》副主编，执教于圣路易斯的华盛顿大学。巴斯教授是进化心理学的主要代表人物。他从1996年开始，任教于得克萨斯大学。在此之前，他曾就职于哈佛大学和密歇根大学。他曾在1988年荣获美国心理学协会（APA）颁发的“杰出科学奖（Distinguished Scientific Award）”。他不仅是一位杰出的学者，还是一位高产的作家，发表学术论文180余篇，并为《纽约时报》等报刊撰写文章。他先后出版学术著作7部，其中有些著作被翻译成十多种文字，在世界各地出版。两位作者都有多年的教学经验，深知教与学的原理。他们编写的这本教科书内容丰富有趣、文字优美，表述流畅，深入浅出。

这部教科书的第一版于2002年出版，现在大家看到的是第五版。第五版秉承了前几版的基本结构，并补充了大量近年来人格心理学领域新的研究发现。本书的主要特点是：第一，强调人格的整体性。作者反复论及人格分析的三个层面，即与所有人相似、与部分他人相似和与任何人相似，从共同人性、群体差异性和个体独特性三个相互联系的层面上了解整体的人格。第二，注重联系性。作者不仅在内容上注重六个领域之间的联系，在章节编排上也注重学习的联系性。每章都设有练习、阅读、应用等环节。根据练习的要求读者有机会结合本章的关键概念，自己尝试着收集相关信息；通过背景资料的阅读，读者可以了解观念的演变与研究的发展历程；在应用环节上，作者会叙述一个研究主题在当代是如何被探究，有时还会评介当代的一个研究例证。第三，体系上具有新颖性。如前所述，将人格心理学划分成六大知识领域，在此架构下揭示人性及其个体差异，是一种全新的尝试。其实三个特点可以归结到一点上，这就是整合。整合是新世纪人格心理学的基本主题。

如果你不了解人格心理学，本书会使你对该学科发生兴趣；如果你对人格心理学已有兴趣且有所了解，它会使你的知识更加系统；如果你已经系统地了解人格心理学，它会为你提供一个新的组织知识的架构，并展现给你具有时代气息的各种生动、丰富的研究。这是一本对心理学专业的师生以及其他专业的心理学爱好者很有用的书，因为它向我们呈现了一幅完整而丰富的人格图景，使我们不会像盲人摸象那样以偏盖全还自以为是。尽管如此，本书也只是人格心理学短暂历史所积累的知识阶段性总结，面对人性，面对他人和我们自己，我们的知识还太有限了。在认识人自身的道路上，我们仍需谦恭而执著地前行。

郭永玉

华中师范大学心理学院教授

Dedication

To Tommy and Ana.

RL

To my father and first personality teacher, Arnold H. Buss.

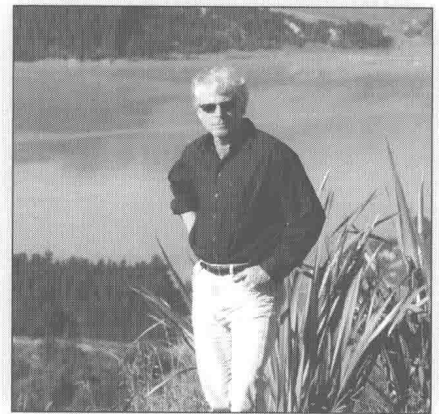
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About the Authors

Randy J. Larsen received his PhD in Personality Psychology from the University of Illinois at Champaign-Urbana in 1984. In 1992, he was awarded the Distinguished Scientific Achievement Award for Early Career Contributions to Personality Psychology from the American Psychological Association, and in 1987 he received a Research Scientist Development Award from the National Institute of Mental Health. He has been an associate editor at the *Journal of Personality and Social Psychology* and the *Personality and Social Psychology Bulletin*, and has been on the editorial boards of the *Journal of Research in Personality*, *Review of General Psychology*, and the *Journal of Personality*. Randy Larsen has served on several Scientific Review Groups for the National Institute of Mental Health and the National Research Council. He is a Fellow in the Association for Psychological Science and the American Psychological Association. His research on personality has been supported by the National Institute of Mental Health, the National Science Foundation, the National Institute of Aging, the McDonnell Foundation for Cognitive Neuroscience, and the Solon Summerfield Foundation. In 2000 he was elected president of the Midwestern Psychological Association. He has served on the faculty at Purdue University and the University of Michigan. Currently Randy Larsen is chairman of the Psychology Department, and the William R. Stuckenberg Professor of Human Values and Moral Development, at Washington University in St. Louis, where he teaches Personality Psychology and other courses. He lives in St. Louis with his wife and two children.



David M. Buss received his PhD in 1981 from the University of California at Berkeley. He served on the faculties of Harvard University and the University of Michigan before accepting a professorship at the University of Texas at Austin, where he has taught since 1996. Buss received the American Psychological Association (APA) Distinguished Scientific Award for Early Career Contribution to Psychology in 1988, the APA G. Stanley Hall Award in 1990, and the APA Distinguished Scientist Lecturer Award in 2001. Books by David Buss include *The Evolution of Desire: Strategies of Human Mating* (Revised Edition) (Basic Books, 2003), which has been translated into 10 languages; *Evolutionary Psychology: The New Science of the Mind* (4th ed.)



(Allyn & Bacon, 2012), which was presented with the Robert W. Hamilton Book Award; *The Dangerous Passion: Why Jealousy Is as Necessary as Love and Sex* (Free Press, 2000), which has been translated into 13 languages; and *The Handbook of Evolutionary Psychology* (Wiley, 2005). Buss has authored more than 250 scientific publications and has also written articles for *The New York Times* and the *Times Higher Education Supplement*. He appears in the ISI List of Most Highly Cited Psychologists Worldwide, and as the 27th Most Cited Psychologist in Introductory Psychology textbooks. He lectures widely throughout the United States and abroad and has extensive cross-cultural research collaborations. David Buss greatly enjoys teaching, and in 2001 he won the President's Teaching Excellence Award at the University of Texas.

Preface

We have devoted our lives to the study of personality and believe this field is one of the most exciting in all of psychology. Thus we were enormously gratified to see the volume of e-mails, letters, and comments from satisfied consumers of our first, second, third, and fourth editions. At the same time, preparing the fifth edition proved to be a humbling experience. The cascade of exciting publications in the field of personality is formidable, requiring not merely updating but also the addition of major sections of new material. Moreover, in important ways our first edition proved prescient.

Rather than organize our text around the traditional grand theories of personality, we devised a framework of six important domains of knowledge about personality functioning. These six domains are the *dispositional domain* (traits, trait taxonomies, and personality dispositions over time), the *biological domain* (physiology, genetics, evolution), the *intrapsychic domain* (psychodynamics, motives), the *cognitive-experiential domain* (cognition, emotion, and the self), the *social and cultural domain* (social interaction, gender, and culture), and the *adjustment domain* (stress, coping, health, and personality disorders). We believed these domains of knowledge represented the contemporary state of affairs in personality psychology, and progress in the field since publication of our first edition has continued to bear out that belief.

Our previous editions differed from other texts in the importance placed on *culture, gender, and biology*, and these areas of personality have shown substantial growth in recent years. But we have also been fascinated to witness the growth in *each* of the six major domains of personality that form the organizational core of the book.

We have always envisioned our text as a reflection of the field. Our desire has always been to capture the excitement of what the science of personality is all about. For the fifth edition, we did our best to remain true to that vision. We believe that the field of personality psychology is now entering a golden age of sorts, and we hope that the changes we've made to the fifth edition convey a discipline that is vibrant in a way it never has been before. After all, no other field is devoted to the study of all that it means to be human.

For this edition, each chapter has been streamlined through judicious trimming. This provided room for discussing new research conducted within the past three years and made the book a bit shorter and more economical. Significant additions to the fifth edition are described below.

Chapter 1: Introduction to Personality Psychology

Chapter 2: Personality Assessment, Measurement, and Research Design

Chapter 3: Traits and Trait Taxonomies

- New studies of act frequency analysis of extraverted acts
- New observational studies of dominant acts in face-to-face interactions
- New studies of trait measures predicting manifest behavior in everyday life
- New information on circumplex models used to discover interpersonal sensitivities
- New information on how extraverts tend to be physically stronger than introverts, in part because they engage in more vigorous and frequent physical activity

- New information on how those scoring high on Agreeableness value prosocial behaviors in others but at the same time tend to judge harshly those who commit antisocial acts
- New information on how those scoring high on Conscientiousness are found to be highly perfectionistic and high on achievement motivation
- New information on how *educational attainment and earnings* are predicted by Emotional Stability, Openness, and Conscientiousness
- New information on how *substance abuse disorders*, such as illegal drug abuse, are linked to high neuroticism and low conscientiousness
- New information on how the low end of Honesty-Humility captures several unpleasant interpersonal traits, including egotism, narcissism, and an exploitative interpersonal style

Chapter 4: Theoretical and Measurement Issues in Trait Psychology

- Updated material on personality similarity predicting attraction and relationship satisfaction as basis for Web-based dating sites
- Added material on “turning points” in life that are associated with personality change in adulthood
- Updated material on integrity testing

Chapter 5: Personality Dispositions Over Time: Stability, Coherence, and Change

- New material on how Conscientiousness and Agreeableness show a gradual increase over time up to the age of 50
- New material on how the facets of Conscientiousness that increase most with age are industriousness (working hard), impulse control, and reliability
- New material on how low levels of Agreeableness and Conscientiousness are also linked to substance abuse (prescription and illegal drugs) in mid-life
- New material on how being low on Conscientiousness during the preschool years predicted high levels of risk taking during adolescence; how being impulsive in childhood predicted an increased likelihood of high blood pressure and stroke 40 years later; how being impulsive also predicted unhealthy weight gain and weight fluctuations in later adulthood
- New material on how high levels of neuroticism are also linked with poor health behaviors, such as smoking

Chapter 6: Genetics and Personality

- New material on how moderate heritabilities (Neuroticism and Extraversion) continue to be found in more recent samples using diverse measurement methods
- New material on how the heritability of psychopathic personality traits, which predispose individuals to criminal activity, may be the key reason that a massive study from Sweden of more than a million individuals showed the heritability of violent crime to be roughly 50 percent
- New material on how the values that people hold prove to be moderately heritable
- New material on how genes play some role in who gets married, who gets divorced, and in levels of marital satisfaction
- New material on how G x E interactions between the 5-HTT gene and childhood maltreatment predict persistent depression later in life
- New material on the promising avenue for exploring genotype–environment correlations through peers

Chapter 7: Physiological Approaches to Personality

- A new application on digit ratio, including how to measure it and what research show it is related to
- Update of research on personality and neuroscience

Chapter 8: Evolutionary Perspectives on Personality

- New information on studies that confirm that in real-life situations in which life is in danger, having kin in close proximity literally increases the odds of surviving compared to people in the same situation who lack in proximity
- New information on sexual dimorphism in body components, such as upper body strength
- New information on how greater body size and strength in males is likely due to a long history of females who select as mates males with these qualities
- New information on how women who fear crime are especially likely to prefer long-term mates who are aggressive and physically formidable
- New information on how men with more muscle mass had a larger number of sex partners and an earlier age of first sexual intercourse
- New information on how men who experienced aggressive victimization in adolescence at the hands of other males have fewer sex partners
- New information on a recent meta-analysis of 47 independent samples that provides strong support for the evolutionarily predicted sex differences across methods, including studies that evaluated reactions to actual infidelities
- New information on the use of a novel method of content coding of jealous interrogations of romantic partners
- New information on how people prefer the trait of “kindness” in mates when the kindness is directed toward them, but not necessarily when it is directed toward others
- New information on how body weight, which is highly correlated with strength, predicts aggression both among pro hockey players and among young men more generally
- New information on how physically stronger males are quicker to anger and are more likely to believe in the utility of warfare
- New information on how the combination of physical strength and physical attractiveness predicted the trait of extraversion—a prime example of how a personality trait can be contingent on other traits

Chapter 9: Psychoanalytic Approaches to Personality

- New research on unconscious processes and defense mechanisms
- Reframing of debate about the worth of psychoanalysis

Chapter 10: Psychoanalytic Approaches: Contemporary Issues

- Updated research on repressed memories and the cognitive unconscious
- New material on attachment theory
- Updated research on adult romantic relationships

Chapter 11: Motives and Personality

- A new A Closer Look on an alternative model for Maslow’s hierarchy of needs recently proposed by Kendrick and colleagues based on evolutionary theory
- Updated research on implicit and explicit motivation

Chapter 12: Cognitive Topics in Personality

- Updated research on field independence, sensory reactivity, and locus of control
- More detailed presentation of Mischel’s CAPS model of personality

- Updated research on Inspection time and “noncognitive” measures of intelligence

Chapter 13: Emotion and Personality

- Introduce eudaimonia as a tradition in research on happiness
- Update research on money and happiness, plus a new exercise on this topic
- Update research on extraversion and positive affect reactivity

Chapter 14: Approaches to the Self

- A new A Closer Look in implicit versus explicit self-esteem
- New research on possible selves and on self-complexity

Chapter 15: Personality and Social Interaction

- New information on how personality factors play a central role in what people worldwide are looking for in a long-term mate
- New information on how women whose husbands score high on Conscientiousness are generally more satisfied, as well as happier with their spouses as sources of stimulating conversation
- New information on how low emotional stabilities scores are linked with relationship dissatisfaction among dating college students and among older adults in committed relationships. Indeed, a meta-analysis of 19 samples found that Emotional Stability and Agreeableness were the strongest predictors of satisfaction in intimate romantic relationships (Malouff et al., 2010). On a positive note for those married to individuals low on emotional stability, one study found that having frequent sexual intercourse seems to protect couples from the negative marital consequences of neuroticism (Russell & McNulty, 2011)
- New information on how those who maintain positive illusions about their partner’s personality maintain high levels of satisfaction
- New information on how people high on Extraversion tend to select more friends; people high on Agreeableness tend to be selected more often by others as friends

Chapter 16: Sex, Gender, and Personality

- Recent research has been added that focuses on the context specificity of sex differences
- New information on how smiling reflects agreeableness in some contexts and submissiveness in other contexts
- New information on gender differences between men and women and how women are much more sensitive than men to punishment, whereas men seem more inclined to take risks, oblivious to the punishments they may receive
- New information on recent reviews that concluded that there exist large sex differences between men and women in the desire for sexual variety, casual sex, pornography, number of sex partners, sexual fantasies, and sex with a stranger
- New information on a recent study of more than half a million people that found a d of 0.93 on the people-things dimension, which is considered quite large
- New information on how sexual desire is linked to circulating levels of testosterone, but only among women
- New information on how just thinking about sex increases testosterone in women, but not in men

Chapter 17: Culture and Personality

- New information from evolutionary psychology that suggests the prevalence of disease-causing pathogens cause cultural pressure to conform
- New information on how Japanese and Asian-Canadians tend to be more self-critical than Euro-Canadians, suggesting cultural differences in self-enhancement
- New information on how stereotypes about national personality rarely correspond to average levels of actual assessed personality
- A sixth factor of personality, honesty-humility, has been revealed by at least some studies using the indigenous strategy

Chapter 18: Stress, Coping, Adjustment, and Health

- Updated research on conscientiousness and health
- New research on the role of positive affect in coping with stress
- New research on the minimum amount of disclosure necessary to achieve health benefits

Chapter 19: Disorders of Personality

- Details on the efforts to revise the personality disorders section of *DSM-IV* for *DSM-5*, which was published in 2013

Chapter 20: Summary and Future Directions

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Stephen G. Flanagan <i>University of North Carolina</i>	Laura A. King <i>Southern Methodist University</i>
Irene Frieze <i>University of Pittsburgh</i>	John E. Kurtz <i>Villanova University</i>
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- | | |
|---|---|
| Mark R. Leary
<i>Wake Forest University</i> | Bill E. Peterson
<i>Smith College</i> |
| Len B. Lecci
<i>University of North Carolina at
Wilmington</i> | David Pincus
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<i>University of North Florida</i> | Mark E. Sibicky
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| Brian Little
<i>Harvard University</i> | Jeff Simpson
<i>Texas A&M University</i> |
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| Gerald Matthews
<i>University of Cincinnati</i> | Robert M. Stelmack
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| Gerald A. Mendelsohn
<i>University of California at
Berkeley</i> | Steven Kent Sutton
<i>University of Miami</i> |
| Todd Nelson
<i>California State
University—Stanislaus</i> | Vetta L. Sanders Thompson
<i>University of Missouri at St. Louis</i> |
| Julie K. Norem
<i>Wellesley College</i> | Forrest B. Tyler
<i>University of Maryland at College
Park</i> |
| Stephen J. Owens
<i>Ohio University</i> | Barbara Woike
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