

Theories of personality

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Theories of Personality

Type Theory

Trait Theory

Type cum Trait Theory

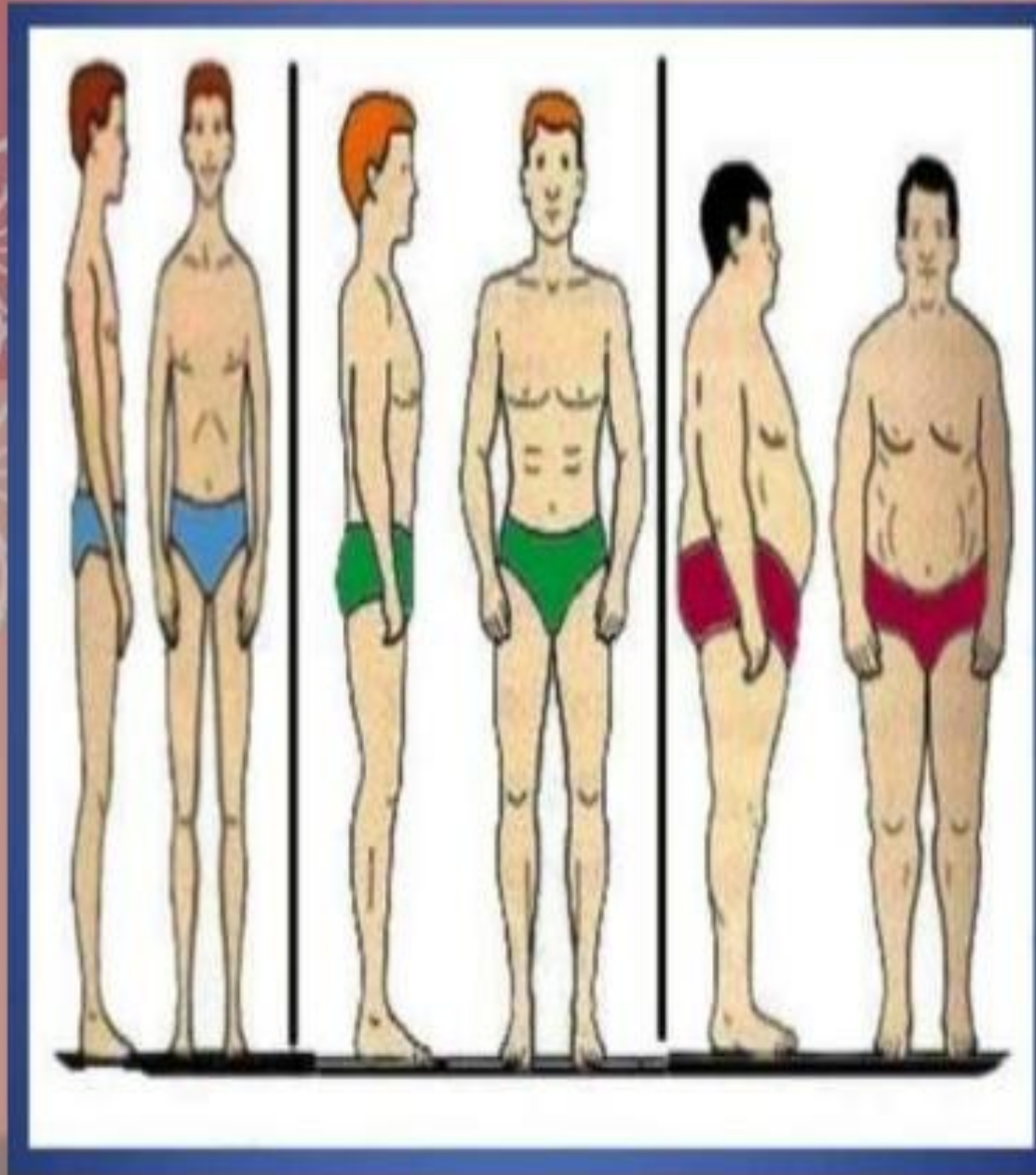
Type theory – Hippocrates' Classification

Choleric	Emotionally weak, bodily strong and easily tempted
Melencholic	Emotionally and bodily weak – Pessimist
Phlegmatic	Emotionally strong – able to control his emotions - bodily weak – lazy type – always happy
Senguine	Bodily strong – Energetic – control type – an optimist

Kretschmer's Classification

Body Type	Body Characteristics	Personality Characteristics
Pyknic	Fat types, in whom fat is more than muscle	Social and helping to others
Athletic	Healthy, balance between muscles and bone development	Energetic, optimist can adjust to any situation
Asthenic	Thin, and lean tall, no muscle, only bone	Unsociable, shy, pessimist and always alone

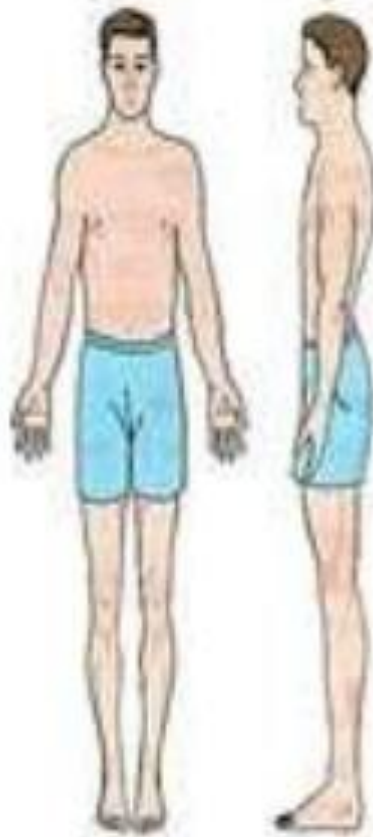
Kretschmer's Classification:



Sheldon's Classification

Body Type	Body Characteristics	Personality Characteristics
Endomorphy	No muscle development etc. prominent stomach	Takes everything easy, sociable and affectionate
Mesomorphy	Balance between development of stomach and bones	Likes to work, interested in adventurous activities
Ectomorphy	Weak, tall, thin	Pessimist, unsociable and alone

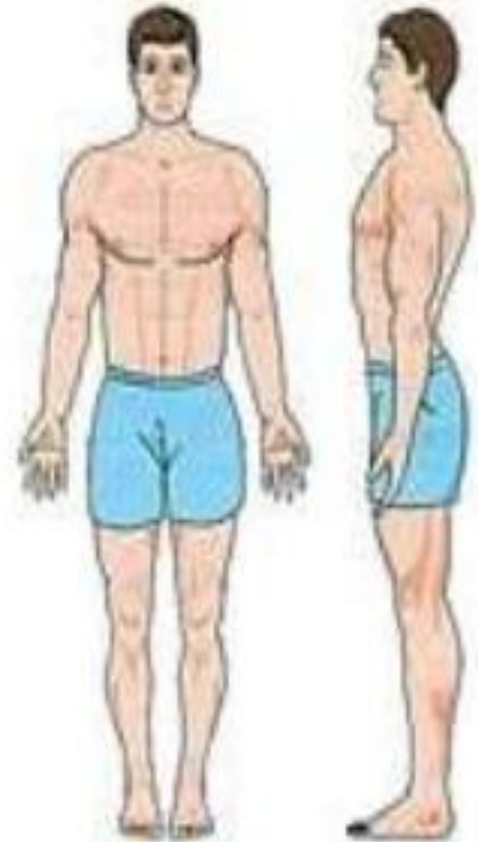
Sheldon's Classification



Ectomorph



Endomorph



Mesomorph