

### Introduction and Background

#### Western Psychology

- Scientific, analytical and reductionistic, with the goal of analysing, predicting and controlling human behaviour and is influenced by the Western rational, individualistic and more extroverted lifestyle.

- The focus is on the object of experience

- Based on the method of third-person observation and measurement.

- In modern times, is strongly embedded in a positivist objective view of the person and the empirical paradigm.

- Person believes 'in doing'

- Revolves around individualism focusing on the personality of the individual,

#### Eastern Psychology

- Originate from a religious and metaphysical tradition with subjective observation and direct subjective experience as its paradigm, and it reflects the more introverted, collectivist and mystical Eastern lifestyle.

- The focus is on the person having the experience.

- The method is based on first-person introspection

- Typified as intuitive and integrating, with its major aims to acquire knowledge of the soul and of how to set the soul free through self-realisation.

- Person believes 'in doing'

- Centres around collectivism and is more interested in the person's harmonious connectedness to fellow humans, society, nature and the cosmos.

### Introduction and Background (cont)

- In Western psychology, the ego, 'I' or self is central and must be preserved, extended or actualised at all costs.

- Aim is to 'fortify the individual's ego' in order to become less neurotic and function better in society.

- In the East, self-actualisation refers to transcendence of the self rather than the extension of the self, which is how it is understood in the West.

- Aim is to 'dissolve rather than to strengthen the ego'

### Personality According to Vedanta

