

UNIVERSITY OF MADRAS
B.Sc. DEGREE COURSE IN PSYCHOLOGY
SYLLABUS WITH EFFECT FROM 2020-2021

BPY-DSC15

CORE-XV: INTRODUCTION TO THEORIES OF PERSONALITY

Instr.Hrs.: 6
Credits : 4

Year : III
Semester: VI

Course Learning Outcome

After completion of the Introduction to theories of personality course, students will be able to:

1. Explain the concept, assessment, measurement and research methods of Personality
2. Outline the various psychoanalytic perspectives of Personality
3. Summarize the life span and trait perspective of Personality
4. Outline the existential humanistic perspective of Personality
5. Explain Behavioural, Cognitive and Social perspectives of personality

UNIT I: CONCEPT, ASSESSMENT, MEASUREMENT AND RESEARCH METHODS

Personality: Definition, Meaning & Nature - Individual Uniqueness – Gender – Culture – Formal Theories – Personal Theories – Subjectivity in Personality Theories - Self-Report Measure: Biological Measures – Behavioural Assessment – Projective Techniques – Clinical Interviews – Online and Social Media Analysis.

UNIT II: PSYCHOANALYTIC THEORIES

Sigmund Freud: Classical Psychoanalysis – Instincts – Structure of Mind – Psychosexual Development – Therapeutics Techniques – Free Association – Catharsis – Dream Analysis; Carl Jung: Analytical Psychology – Psychological Types – Collective Unconscious; Alfred Adler: Individual Psychology – Inferiority Feelings – Role of Birth Order.

UNIT III: LIFE-SPAN AND TRAIT PERSPECTIVES OF PERSONALITY

Erik Erikson: Identity Formation – Ego Crises – Approaches to Trait: Lexical – Statistical – Theoretical; Gordon Allport: Culture – Functional Equivalence – Personal Dispositions, Eysenck's: Hierarchical Model of Personality, Cattell's Taxonomy: The 16 Personality Factor System

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UNIT IV: EXISTENTIAL - HUMANISTIC PERSPECTIVES OF PERSONALITY

Roots in Gestalt – Kurt Lewin’s Field; Martin E. P. Seligman: Learned Helplessness and the Optimistic/ Pessimistic Explanatory Style, Rotter: Locus of Control theory Maslow: Hierarchy of Needs – Self-Actualization ,Rogers: Growth – Inner Control – Becoming One’s Self.

UNIT V: BEHAVIORAL, COGNITIVE AND SOCIAL PERSPECTIVE OF PERSONALITY

Albert Bandura: Social-Cognitive Learning Theory- Self- System, Skinner: Operant Conditioning; Cognitive Style – Perceptual Mechanisms – Schema Theory – Kelly's Personal Construct Theory

REFERENCES

1. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). *Theories of personality*, Bengaluru, India: Wiley India Private Limited.
2. Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). *Theories of personality*, Delhi, India: Cengage Learning.
3. Friedman, H. S., &Schustack, M. W. (2016). *Personality: Classic theories and modern research*, Boston, MA: Pearson/Allyn and Bacon.
4. Larsen, R. J., & Buss, D. M. (2018). *Personality psychology: Domains of knowledge about human nature*, Boston, MA: McGraw-Hill.
5. Rao, K., Paranjpe, A. C., &Dalal, A. K. (2008). *Handbook of Indian psychology*. Chennai, India: Cambridge University Press India/Foundation Books.

WEB RESOURCES

1. Personality development – course – Swayam https://swayam.gov.in/nd2_cec19_mg36>preview
2. Psychology of Development and Learning – Course – Swayam https://swayam.gov.in/nd2_cec20_ed01