

Type: Major

Course Objectives

The course is designed to introduce the various personality theories ranging from Freudian perspective to the modern personality theories. . The students will get insight of theoretical perspective of paradigms in explaining the dynamics, structure and development of the personality.

Course Contents

- **Personality**

- Definition and meaning of Personality

- Components of Personality theory

1. What is personality

2. **Genetic factor/view of personality**

- a. Sheldon's theories of personality
- b. Carl Jung explanation of traits
- c. Mckeen Cattell's 16 personality factors
- d. Hens Eysenck's 3 factor model
- a. McCrae and Costa's 5 factor model
- b. Buss and Plomin's 3 temperament

3. **Environmental Factor/view of personality**

- a. Adler's theory of birth order
- b. Karen Horney's inferiority development of female
- c. Erik Fromm: character types
- d. Gordon Allport
- e. Erik Erickson's 8 psychosocial stages of development
- f. Maslow and Rogers
- g. George Homans: The social exchange theory

4. **Learning Factors/view of personality**

- a. B.F. Skinner: value of reinforcement, successive approximation
- b. Albert Bandura: modeling
- c. Julian B. Rotters: locus of control
- d. Martin Seligman: learned helplessness, optimism vs pessimism

5. **Developmental factor**

- a. Sigismund Freud: 5 stages of development

- b. Henry Murray: stages of development.
- 6. Cognitive Factors/view of personality**
 - a. Georg Kelly
 - b. Albert Bandura: Self Efficacy and Observational Learning
 - c. Steven Heyes: Acceptance and Commitment Theory
 - d. Jean Piaget: cognitive stages

Course Outcome

The course will help students to develop an insight of the various models of personality and to analyze and evaluate their strengths and weaknesses.

Recommended Books:

- Allen, B. P. (1997). *Personality theories: Development, growth and diversity*. (2nd ed.). Boston: Allyn & Bacon.
- Butcher, J.N. (2008). *A Beginner's Guide to the MMPI-2*. USA: APA.
- Butcher, J. N., (Ed.). (2002). *Clinical Personality Assessment*. (2nd ed.). New York: Oxford University.
- Friedman, H.s., & Schustack, M. W. (2006). *Personality: Classic Theories and Modern Research*. India: Pearson.
- Hall, C. S., Lindzey, G., & Campbell, J. B. (2007). *Theories of personality*. (4th ed). USA. John Wiley & Sons.
- Hjelle, L. A., & Ziegler, D. J. (1986). *Personality Theories: Basic assumptions, research and applications* (4th ed). Singapore: McGraw-Hill International.
- Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
- Ryckman, R. M. (2004). *Theories of Personality*. (8th ed.). USA: Thomas Wadsworth
- Schultz, D. P., & Schultz, S. E. (2010). *Theories of Personality*. (9th ed.). USA: Thomas Wadsworth.
- Schultz, D.P., & Schultz, S. E. (2006). *Theories of Personality*. (8th ed.). USA: Thomson