



## BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
APSY-363	Theories of Personality (Revised)	3	VI
Year	Discipline		
3	Applied Psychology		

### Course Objectives

- To cover different perspectives and theories explaining personality. Main concepts and principles, explanation of personality development, assessment, and proposed interventions will be covered in this course.

### Course Outcome

Upon successful completion of this course, the student is expected to:

- Comprehend classical theories, their major postulates, concepts, assessment and interventions proposed by different theorists. They will be able to make compare different theories and be able to comprehend human personality in the light of different perspectives.

### Course Contents

#### **Introduction to Personality**

Definition and meanings of personality

Components of a personality theory

#### **The Psychoanalytic Perspective**

Basic Assumptions and main Proponents

#### **Sigmund Freud**

Basic concepts

Personality structure: Three interacting systems

Personality development: Stages of Development

Personality dynamics and Defense mechanisms

Application of psychoanalytic theory: Assessment and Intervention

Critical evaluation

#### **Carl Jung**

Basic concepts: Conscious and unconscious; Archetypes, personality typology, personality development

Assessment and Intervention

Critical evaluation

#### **Alfred Adler**

Basic concepts

Assessment and Intervention

Critical evaluation

**Karen Horney**

Basic concepts  
Assessment and Intervention  
Critical evaluation

**Erik Erikson**

Basic Concepts  
Psycho-social stages of personality development  
Assessment and Intervention  
Identity crises

**Object Relation Theory****Cognitive Perspective**

Major assumptions and main Proponents

**Aaron Beck**

Basic concepts  
Assessment and Intervention  
Critical evaluation

**Albert Ellis**

Basic concepts  
Assessment and Intervention  
Critical evaluation

**George Kelly**

Basic concepts  
Personality as a system of constructs  
Personality Development  
Critical evaluation

**Dispositional and Trait Theories**

Major Assumptions and main Proponents

**Gordon Allport**

Basic Concepts  
Personality traits  
Assessment and Intervention  
Critical evaluation

**Raymond Cattell**

Basic concepts  
Assessment and Intervention  
Critical evaluation

**Humanistic and Existentialist Theories**

Major Assumptions and main Proponents

### **Abraham Maslow**

Basic concepts  
Five basic human needs  
Assessment and Intervention  
Critical evaluation

### **Carl Rogers**

Basic concepts  
Personality development  
Assessment and Intervention  
Critical evaluation

### **Recommended Books**

- Allen, B. P. (1997). *Personality theories: Development, growth and diversity*. (2nd ed.). Boston: Allyn& Bacon.
- Buss, D. M. (2004). *Evolutionary psychology: The science of mind* (2nd ed.). Boston: Allyn& Bacon.
- Edi, P. R. S. (2011). *Human aggression and violence*. Washington: American Psychological Association.
- Ewen, R. B. (1998). *An introduction of theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaum Associate Publishers.
- Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.
- Guindon, M. H. (2010). *Self esteem*. NY: Routledge.
- Larsen, R. J. (2008). *Personality psychology* (3rd ed.). Boston: McGraw Hill.
- Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
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