Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020
Generic Elective (UG, Psychology)
Sem IV (Batch 2022-23)

COURSE CODE	CATEGORY	COURSE NAME	TEACHING &EVALUATION SCHEME								
			THEORY			PRACTICAL					
			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*	L	T	P	CREDITS
GUPSY401	GE	Personality Psychology	60	20	20	0	0	3	0	0	3

Legends: **L** - Lecture; **T** - Tutorial/Teacher Guided Student Activity; **P** – Practical; C - Credit.
*__Teacher Assessment__ shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

CEO 1: Understand the term personality is complex and includes thoughts, behaviors, and emotions.
CEO 2: Understand the difference between psychoanalytic and neo psychoanalytic theories of personality.
CEO 3: Relate to each theory's advantages and disadvantages and understand that more than one theory is needed to fully understand a behavior.
CEO 4: Understand the individual differences through trait approaches of personality.
CEO 5: Understand approaches to psychological assessment that relate to the personality theories.

Course Outcomes (COs): Students will be able to:

CO 1: Define personality and demonstrate interpersonal awareness and sensitivity to differences and similarities in the way people are treated due to gender, race, ethnicity, culture, class, and sexual orientation.
CO 2: Explain behavior from the viewpoint of different theories.
CO 3: Locate relevant research, theory, and use information about personality to predict behavior in the future.
CO 4: Critically examine the major Trait theories and findings of the field of personality psychology.
CO 5: Relate with different personality assessment methods.

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GUPSY401
Personality Psychology

Contents

Unit I
Introduction to Personality- Definitions, Nature and Determinates of Personality, Approaches: Idiographic-Nomothetic. Relation between the personality and social media.

Unit II
Classical types and Psychoanalytic theories of Personality- Classical Psychoanalysis: Sigmund Freud, Carl Jung: Analytical Psychology, Adler: Individual Psychology, Sheldon and Kretschmer classifications of personality.

Unit III
Humanistic Perspectives: Abraham Maslow, The **Person-Centered Approach:** Carl Rogers**, Existential Position**: Viktor Frankl

Unit IV
Trait Theories and Cross-Cultural Issues- G. Allport, Hans. J. Eysenck, Five Factor Model: Costa & McCrae.

Unit V
Personality Assessment Methods: Objective, Projective, and Behavioral, Brief Introduction of Personality Inventory, Future Directions in Personality Psychology.

Recommended Readings:

- Buck, R. (1976). **Human Motivation and Emotion**, New York: Wiley.
- Frager, R. & Fadiman, J. (2007). (6th Edn). **Personality and personal Growth**. Pearson Prentice Hall, India.
- Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). **Theories of Personality**. Wiley: India.
- Kaplan, H.B. (1996**). Psychological Stress from the Perspective of Self Theory**. N.Y. Academic Press.
- Schultz, D.P & Schultz, E.S. (2005). **Theories of Personality.** Delhi: Thomson Wadsworth.

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