

DISCIPLINE SPECIFIC ELECTIVE COURSE – 8: PERSONALITY PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE-8 Personality Psychology	4	3	0	1	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To develop an understanding on various theoretical perspectives of personality and its assessment procedures.
- To learn about the contributions of key psychologists in the field of personality psychology.
- To learn about contemporary trends and issues in personality psychology.

Learning Outcomes

After completing this course, the student will be able to:

- Comprehend perspectives on personality and their foundational assumptions.
- Evaluate the contributions of key psychologists to the field of personality psychology.
- Apply theoretical concepts to practical scenarios, including personality assessment.

SYLLABUS OF DSE-8

UNIT 1

(8 Hours)

Introduction to Personality Psychology

Nature and Scope of Personality Psychology; Overview of key theoretical frameworks: Psychodynamic Theories, Humanistic-Existential Theories, Dispositional, Theories, Biological-Evolutionary Theories, Learning- Social Cognitive Theories and Contemporary trends in personality research

UNIT 2

(20 Hours)

Major Theories and Theorists in Personality Psychology

- Psychodynamic approach –Carl Jung and Eric Erickson
- Trait Theorists: Raymond Cattell, and Paul Costa and Robert McCrae.
- Humanistic and Existential Approach – Eric Fromm and Rollo May
- Social-cognitive – Walter Mischel and Albert Bandura

UNIT 3

(10 Hours)

Cultural Foundations of Personality: A Global and Indian Perspective

Cultural and Gender Influences on Personality Development; Indian Framework of Personality: The Triguna Theory and the Panchkosha Theory of Self; Personality studies in India.

UNIT 4

(7 Hours)

Assessment and Applications

Assessment of Personality- Objective, Subjective, and Projective techniques, Applications – Personality and mental health: links to anxiety, depression, resilience, Personality in the workplace: leadership and job performance.

Tutorial component - NIL

Practical component

(30 Hours)

Suggestive list of practical:

- Trait Theory-Based Personality Assessment
- Personality Profiling through Case Studies
- Projective and Semi-Projective Personality Assessments
- Cross-Cultural Personality Assessments

Essential/recommended readings

Barrick, M. R., & Mount, M. K. (1991). The Big Five personality dimensions and job performance: A meta-analysis. *Personnel Psychology*, 44(1), 1–26.
<https://doi.org/10.1111/j.1744-6570.1991.tb00688.x>

Campbell-Sills, L., Cohan, S. L., & Stein, M. B. (2006). Relationship of resilience to personality, coping, and psychiatric symptoms in young adults. *Behaviour Research and Therapy*, 44(4), 585–599.
<https://doi.org/10.1016/j.brat.2005.05.001>

Feist, J., Feist, G.J., & Roberts, T.A. (2018). *Theories of personality*. McGraw-Hill Education.

Jakhar, S. (2019). Panchakosha. *International Journal of Yogic, Human Movement and Sports Sciences*, 4(1), 1382-1384. <https://www.theyogicjournal.com>

Judge, T. A., Bono, J. E., Ilies, R., & Gerhardt, M. W. (2002). Personality and leadership: A qualitative and quantitative review. *Journal of Applied Psychology*, 87(4), 765–780.
<https://doi.org/10.1037/0021-9010.87.4.765>

Kotov, R., Gamez, W., Schmidt, F., & Watson, D. (2010). Linking "big" personality traits to anxiety, depressive, and substance use disorders: A meta-analysis. *Psychological Bulletin*, 136(5), 768–821.
<https://doi.org/10.1037/a0020327>

- Larsen, R. J., & Buss, D. M. (2021). *Personality Psychology: Domains Of Knowledge About Human Nature*. McGraw Hill.
- Medina-Craven, M. N., Ostermeier, K., Sigdya, P., & McLarty, B. D. (2022). Personality research in the 21st century: new developments and directions for the field. *Journal of Management History*. doi.org/10.1108/JMH-06-2022-0021
- Singh, J. K., & Tung, N. S. (2019). Personality studies in India. In G. Misra (Ed.), *Psychology: Volume 2: Individual and the social: Processes and issues* (pp. 1–52). New Delhi: Oxford University Press. <https://doi.org/10.1093/oso/9780199498857.003.0001>
- Srivastava, K. (2012). Concept of personality: Indian perspective. *Industrial Psychiatry Journal*, 21(2), 89-93. doi: 10.4103/0972-6748.119586

Suggestive Readings

- Bienvenu, O. J., & Stein, M. B. (2003). Personality and anxiety disorders: A review. *Journal of Personality Disorders*, 17(2), 139–151. <https://doi.org/10.1521/pedi.17.2.139.23986>
- Clark, L. A., & Watson, D. (1991). Tripartite model of anxiety and depression: Psychometric evidence and taxonomic implications. *Journal of Abnormal Psychology*, 100(3), 316–336. <https://doi.org/10.1037/0021-843X.100.3.316>
- Corr, P. J., & Mathews, G. (2009). *The Cambridge Handbook of Personality Psychology*. Cambridge University Press.
- Ewen, R.B. (2014). *An Introduction to Theories of Personality*. Psychology Press
- Lahey, B. B. (2009). Public health significance of neuroticism. *American Psychologist*, 64(4), 241–256. <https://doi.org/10.1037/a0015309>
- Misra, G., & Mohanty, A. K. (2002). *Perspectives on Indigenous Psychology*. Concept Publication Company.
- Schultz, D. P., & Schultz, S. E. (2016). *Theories of Personality*. Wadsworth, Cengage Learning.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.