

DISCIPLINE SPECIFIC ELECTIVE 24

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 24 Personality Psychology	4	3	1	0	Class XII Passed	Nil

Learning Objectives

- To develop the conceptual knowledge of personality psychology and its scope.
- To develop an understanding on various theoretical perspectives of personality with special emphasis on the Indian view.
- To learn various techniques of personality assessment and understand its application in different areas.

Learning Outcomes

- Developing an understanding of personality, its foundations and recognizing the role of culture and gender in shaping personality.
- Enabling comprehensive knowledge of various approaches to personality.
- Understanding various techniques of personality assessment and appreciating its applications in diverse frameworks.
- Knowledge of contemporary research in the field of personality psychology.

Syllabus DSE 24

UNIT I: Introduction

(12 Hours)

Nature and scope of personality psychology, Personality over time – stability, change and coherence, Role of culture and gender in shaping personality, Deviations in personality using case reflections

UNIT II: Theories of Personality **(18 hours)**
Indian Approaches to understanding personality: Triguna :Sattva (clarity), Rajas (activity) and Tamas (inertia) and Ayurvedic Tridosha (Vata, Pitta and Kapha)
Overview of various approaches in understanding personality
psychoanalytic, humanistic, behavioural, social-cognitive, humanistic, existential, social-cultural and biological.
Neo- Freudian- Carl Jung, Alfred Adler
Humanistic- Carl Rogers and Rollo May

UNIT III: Personality Assessment and contemporary trends **(6 hours)**
Assessment of personality (objective, subjective, and projective techniques) and
Contemporary trends in personality research

UNIT IV: Development and Applications **(9 hours)**
Skills for personality development, Applications of personality psychology in varied contexts – workplace, relationships and academia

Practical Component **Nil**

Tutorial component **(15 hours)**

Suggestive list of tutorials:

- Compare personalities of any two famous people belonging to different cultures/countries.
- Pick any character of your choice (fictional, TV series, etc.) and prepare a list of their personality traits.
- Administer MPI or NEO-FFI to assess personality traits of an individual.

Essential / recommended readings:

Corr, P. J., & Mathews, G. (2009). *The Cambridge Handbook of Personality Psychology*. New York: Cambridge University Press.

Chaudhary. M (2020). Soft skills and personality development. *International Journal of Multidisciplinary Research Review*, 6(2).

Ewen, R.B. (2014). An Introduction to Theories of Personality. Psychology Press

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

Hall, C. S., Lindzey, G., & Campbell, J. B. (2016). *Theories of Personality*. New Delhi: Wiley India Pvt. Ltd.

Larsen, R. J., & Buss, D. M. (2021). *Personality Psychology: Domains Of Knowledge About Human Nature*. McGraw Hill.

Medina-Craven, M. N., Ostermeier, K., Sigdyal, P., & McLarty, B. D. (2022). Personality research in the 21st century: new developments and directions for the field. *Journal of*

Schultz, D. P., & Schultz, S. E. (2016). *Theories of Personality*. Wadsworth, Cengage Learning.

Srivastava, K. (2012). Concept of personality: Indian perspective. *Industrial Psychiatry Journal*, 21(2), 89-93. doi: 10.4103/0972-6748.119586

Suggestive Readings:

Cornelissen, M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian Psychology: Theories and Concepts, Vol I*. New Delhi: Pearson.

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