

Department of Liberal Education
Era University, Lucknow
Course Outline
Effective From: 2023-24

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	3rd/5th
Course Name	Theories of Personality	Course Code:	PSY301	Type:	Theory
Credits	03			Total Sessions Hours:	45 Hours
Evaluation Spread	Internal Continuous Assesment:	40 Marks		End Term Exam:	35 Marks
Type of Course	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
Course Objectives	The student will be able to understand the fundamentals of personality development and cultivate awareness of the self. Graduates will have an understanding and knowledge of personality assessment tools. They will learn about the concepts of personality using various eastern and western thinkers' perspectives. This course will help students to gain insights about various complexities of human personality and enable them to decide their career of being practicing psychologist for doing diagnosis and counseling.				
Course Outcomes (CO): <i>After the successful course completion, learners will develop following attributes:</i>					
Course Outcome (CO)	Attributes				
CO1	Pupils will develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.				
CO2	Students will imply on and evaluate themself in order to comprehend their personalities and individual development.				
CO3	Pupil will have the ability to combine many theoretical perspectives related to both eastern and western to provide a more thorough grasp of human personality.				
CO4	Students will be able to develop an understanding of interdisciplinary nature of personality formation.				
Pedagogy	Interactive, discussion-bases, student-centered, presentation.				
Internal Evaluation Mode	Mid-term Examination: 20 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
Session Details	Topic			Hours	Mapped CO
Unit 1	<ul style="list-style-type: none"> ● Personality: Concept, determinants and approaches; ● Biological Determinants of Personality: Genetic and Constitutional; ● Social Determinants of Personality: Molding Techniques, Family Determinants and Socio- Cultural Factors; 			08	CO1, CO2
Unit 2	<ul style="list-style-type: none"> ● Self-Concept: Nature, Components, Kinds of Self concepts; ● Development of Self- Concept: Hierarchy and Patterns of Development, Self- Schema. ● Self-Concept and Adjustment: Stability vs. Discrepancies in 			12	CO1, CO2

	Self- Concepts and Adjustment, Positive Self Esteem; ● Methods of personality assessment;		
Unit 3	● Constitutional Typology: Kretschmer & Sheldon; ● The trait approach to personality: Allport, Cattell, the Big Five Factor Theories; ● Type approach to personality: Jung and Eysenck; ● Need Theory: Maslow;	12	CO1, CO2, CO3, CO4
Unit 4	● Psychoanalytic Theories: Freud; ● Neo Psychoanalysis Theory: Adler. ● Indian Perspective of Personality(Bhagavad Gita, Buddhism and Sufism);	13	CO1, CO2, CO3, CO4

CO-PO and PSO Mapping

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	3	3	2	2	2	1	3	3	1	2
CO2	2	3	1	3	1	1	3	2	1	1	2	3	2	3
CO3	2	2	2	2	3	1	2	2	3	2	3	3	2	2
CO4	2	2	2	3	1	3	2	2	3	3	2	2	3	3

Strong contribution-3, Average contribution-2, Low contribution-1,

Suggested Readings:

Text- Books	<ul style="list-style-type: none"> Hall, G. C., Lindzey, G., & Campbell, J. C. (1998). Theories of personality (4thed.). New York: Wiley. Larsen, R. J., & Buss, D. M. (2013). Personality Psychology: Domains of knowledge about human nature (5thed.). New York: McGraw Hill
Reference Books	<ul style="list-style-type: none"> Mishra G, & Mohanty A. K. (2002). Perspectives on Indigenous psychology (edited). New Delhi: Concept Publishing Company.
Para Text	<p>Suggested Articles/ Movies/Short Film/ Videos</p> <p>Unit 1</p> <ul style="list-style-type: none"> https://www.frontiersin.org/articles/10.3389/fpsy.2019.00938/full (What is personality?) https://www.bbc.com/future/article/20200313-how-your-personality-changes-as-you-age (Does personality change as you age?) https://www.alleydog.com/101notes/personality.html#.YVbqZ9rMLIU (Basics of Personality) <p>Unit 2</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=gBaTbiWKB0w (Self Concept) https://www.youtube.com/watch?v=sUrV6oZ3zsk (Measuring Personality) <p>Movie: Gandhi (Personality Analysis)</p> <p>Unit 3</p> <ul style="list-style-type: none"> https://ugemoocs.inflibnet.ac.in/assets/uploads/1/122/4138/et/36%20Trait%20and%20Type%20Approaches200302040403032222.pdf (Trait and Type Approach) https://www.youtube.com/watch?v=rz6bkE6WQNs (Real-life Example of Maslow's Hierarchy of Needs) <p>Unit 4</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=n_zYNe427hU (Sufism) https://www.youtube.com/watch?v=CYY36ngPRHU (Bhagwad Geeta) https://www.youtube.com/watch?v=mbC_SKeFVHc (Buddhism) https://openstax.org/books/psychology-2e/pages/preface <p>Movie: Gone Girl (Personality Disorder)</p>

Recapitulation & Examination Pattern		
Internal Continuous Assessment:		
Component	Marks	Pattern
Mid Semester	20	Section A: Contains 10 MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries 0.5 mark . Section B: Contains 07 descriptive questions out of which 05 questions are to be attempted. Each question carries 03 marks .
Class Test	05	Contains 05 descriptive questions . Each question carries 01 mark.
Online Test/ Objective Test	05	Contains 10 multiple choice questions . Each question carries 0.5 mark.
Assignment/ Presentation	05	Assignment to be made on topics and instruction given by subject teacher
Attendance	05	As per policy
Total Marks	40	

Course created by: Dr. Madhu Pandey

Signature:

Approved by: Prof. Meenakshi Gupta

Signature: