SES's L.S. RAHEJA COLLEGE OF ARTS and COMMERCE (AUTONOMOUS)

BOARD OF STUDIES: Psychology
PROGRAMME: MA Psychology (with Counselling Specialization)
SEMESTER: I
NOMENCLATURE OF THE COURSE: THEORIES OF PERSONALITY
NEP Vertical: MAJOR
Credit: 4

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-26)

Programme:	**MA Psychology (with Counselling Specialization)**
Nomenclature of the Course	**Theories of Personality**
Course Code	**PGMACOIMJ126**
Total Marks	**100**
Semester:	**I**
Academic year	**2026-27**

LEARNING OBJECTIVES: This paper aims to help students develop a comprehensive understanding of major theoretical perspectives of personality, including psychodynamic, behavioural, humanistic, and trait approaches. It also aims to foster critical thinking and interest in the application of personality theories in understanding human behaviour.

COURSE OUTCOMES:

1. Analyze and evaluate psychodynamic and neo-analytical theories to critically examine personality structure and developmental processes. Formulate informed interpretations of personality by integrating key concepts from classical and neo-analytical perspectives.
2. Analyze and apply behavioristic and social cognitive theories to interpret, predict, and explain individual behavior across contexts. Critically evaluate the strengths and limitations of these approaches in understanding personality development.
3. Critically evaluate humanistic and existential perspectives to examine self, personal growth, and meaning-making processes. Integrate these perspectives to develop deeper insights into individual experiences and psychological well-being.
4. Analyze, compare, and integrate trait, indigenous, and contemporary approaches to construct a comprehensive understanding of personality. Evaluate their applicability in explaining individual differences across cultural and contextual settings.

Unit	Course Content	Andragogy	No of Lectures
Module I	**1. Introduction to Psychodynamic Perspective** 1.1 What is Personality: Definition and concepts 1.2 How personality is studied and assessed: Theoretical standpoints 1.3 Psychoanalytic perspective: approaches to personality: Structure of personality, Psychosexual stages of personality development 1.4 Neo Analytical perspectives: Jung, Erick Erickson, Adler, Karen Horney, Eric Fromm	Interactive lectures, PowerPoint presentations, Case studies, Group discussions Experiential learning activities	**15**
Module II	**2. Behavioristic and Social Cognitive perspective** 2.1 Skinner's Operant Analysis 2.2 Rotter's Theory of Personality 2.3 Bandura's Social Cognitive perspective 2.4 Kelly's personal construct theory	Interactive lectures, PowerPoint presentations, Group discussions Experiential	**15**

		learning activities	
Module III	**3. Humanistic and Existential Perspectives** 3.1 Abraham Maslow's Self-Actualization 3.2 Carl Rogers Person-Centred Theory 3.3 Rollo May's Existential-Analytic Position 3.4 Victor Frankl's Existential Theory of personality	Interactive lectures, PowerPoint presentations, Case studies, Group discussions Experiential learning activities	**15**
Module IV	**4. Trait approach and other theories** 4.1 Early trait approaches: Allport, Cattell, Eysenck, and Five-factor model of personality concepts, evaluation 4.2 Newer Trait approaches Dark Triad and Light Triad 4.3 Indian theories of personality: Chakra theory, Guna theory 4.4 Somatic theories and Interpersonal theories	Interactive lectures, PowerPoint presentations, Case studies, Group discussions Experiential learning activities	**15**

SUGGESTED READINGS

1. Baron R. A. Psychology, 5thEdn, Pearson Education, 2002.
2. Friedman H, Schustack M: Personality Classic Theories and Modern Research, 5thEdn, Pearson Education Pvt. Ltd. India, 2011.
3. Hall C. S., Lindzey. G & Campbell J. B. Theory of Personality, 4thEdn., John Wiley & Sons.
4. Larsen, R. J., Buss, D. M., King, D., & Ensley, C. (2020). *Personality Psychology*. McGraw-Hill Ryerson.
5. Olson M, Hergenhah B. R. Introduction to Theories of Personality, 8thEdn., Pearson Education Pvt. Ltd. India, 2010.
6. Ryckman, R. (2007). Theories of personality. Cengage Learning.
7. Schultz, D. P., & Schultz, S. E. (2012). *Theories of personality*. Cengage Learning.
8. Srivastava, K. (2012b). Concept of personality: Indian perspective. Industrial Psychiatry Journal, 21(2), 89. https://doi.org/10.4103/0972-6748.119586
9. Susan Cloninger: Theries of Personality, 5thEdn., Pearson Education Pvt. Ltd. India, 2008.

QUESTION PAPER PATTERN

(A) FOR CONTINUOUS EVALUATION

20 Marks Class Test	(MCQ/QUIZ) ---------- 20 MARKS

(A-1)

(A-1) RUBRICS FOR CONTINUOUS EVALUATION

20 Marks	ASSIGNMENT ---------- 10 MARKS
	VIVA-VOCE ---------- 10 MARKS

(B) QUESTION PAPER PATTERN FOR SEMESTER END EXAMINATION

60 Marks	Q1. Answer in brief (1/2)-------- 15 marks
	Q2. Answer in brief (1/2)-------- 15 marks
	Q3. Answer in brief (1/2)-------- 15 marks
	Q4. Answer in brief (1/2)-------- 15 marks