



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	HS402	Title of the Course	Personality Development: Theoretical Approaches	L	T	P	C
Year	I	Semester	I	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To develop an insight of basic personality traits among the students. To understand different approaches of personality growth.						

Course Outcomes	
CO1	Students will learn the basic concepts and different perspective of personality.
CO2	Illustrate various theories of personality.
CO3	Students will understand the psychodynamic perspective in context of Alder, Erikson, Jung.
CO4	To understand the Behavioral, Cognitive approach of personality
CO5	Students will understand the model of May and Frankel's and their application.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Personality: Concept and Approaches	Personality: Concept, Theatre, Self-presentation, and Religion Nomothetic -Ideographic approach, Inductive-Deductive approach	9	CO1
2	Type theories of Personality	Hippocrates's Kretchmer's, Sheldon's and Jung's Typology. Trait theories of Personality: - Allport, Raymond Cattell, Eysenck's Trait Theory, McCrae and Costa's Five Factor (Big-Five) Theory.	9	CO2
3	Psychoanalytic aspects of Personality	Sigmund Freud Psychodynamic perspective: - Adler, Erikson, Jung	8	CO3
4	Behavioral, Cognitive and Social perspective of personality	Behavioral, Cognitive and Social perspective of Personality Albert Bandura: Social-Cognitive Learning Theory- Self- System, Skinner: Operant Conditioning; Cognitive Style – Perceptual Mechanisms – Schema Theory – Kelly's Personal Construct Theory	10	CO4
5	Existential Approach	May and Frankel's models and their application. Humanistic & Growth models of Personality Rogers Fully Functioning Person: Concept and Characteristics Maslow's Self-Actualizing Person	10	CO5

Reference Books:

1. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of personality, Bengaluru, India: Wiley India Private Limited.
2. Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). Theories of personality, Delhi, India: Cengage Learning.
3. Friedman, H. S., & Schustack, M. W. (2016). Personality: Classic theories and modern research, Boston, MA: Pearson/Allyn and Bacon.
4. Larsen, R. J., & Buss, D. M. (2018). Personality psychology: Domains of knowledge about human nature, Boston, MA: McGraw-Hill.
5. Rao, K., Paranjpe, A. C., & Dalal, A. K. (2008). Handbook of Indian Psychology. Chennai, India: Cambridge University Press India/Foundation Books.

e-Learning Source:

<https://egvankosh.ac.in/bitstream/123456789/23869/3/Unit-1.pdf>

<https://youtu.be/tpB-B8BXk0>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8	
CO1	1	2	2	1	2	3	1	2	3	2	2	2	3	3	2	
CO2	2	1	1	2	2	1	2	2	3	3	1	2	2	3	2	
CO3	2	2	1	1	2	2	2	2	1	3	2	2	1	2	2	
CO4	2	2	2	2	2	2	3	2	3	2	2	2	2	2	2	
CO5	1	1	2	2	1		1	2	2	2	2	2	3	1	3	

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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