



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	BA Program
Paper Title:	Personality Psychology (Theory)
Unique Paper Code:	2113200008
Semester:	VII
Faculty:	Dr. Mitu Rohatgi
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
Unit - 1	To develop an understanding on various theoretical perspectives of personality.	1	Nature and Scope of Personality Psychology;
		2 & 3	Overview of key theoretical frameworks: Psychodynamic Theories
		4	Humanistic-Existential Theories,
		5	Dispositional Theories,
		6	Biological- Evolutionary Theories,
		7	Learning- Social Cognitive Theories
		8	Contemporary trends in Personality research
Unit - 2	To learn about the contributions of key psychologists in the field of personality Psychology.	9 & 10	Psychodynamic approach – Carl Jung
		11 & 12	Psychodynamic approach – Erik Erickson
		13 & 14	Trait Theorists: Raymond Cattell,
		15 & 16	Trait Theorists: Paul Costa and Robert McCrae.
		17 & 18	Humanistic and Existential Approach – Eric Fromm
		19 & 20	Humanistic and Existential Approach – Rollo May
		21 & 22	Social-cognitive – Walter Mischel

		23 & 24	Social-cognitive – Albert Bandura
		25	Home Assignment submission on Unit 1 and part unit 2
		26	Class discussion – critique of the work of above theorists
Unit - 3	To develop an understanding of the role of culture and gender in shaping personality	27 & 28	Cultural Influences on Personality development
	To understand the Indian framework for studying personality and status of personality research in Indian context	29 & 30	Gender influences on Personality development
		31	Indian Framework of Personality:
		32	The Triguna Theory;
		33	The Panchkosha Theory of Self
		34	Personality studies in India.
		35	Class Test on Unit 2 & 3
Unit - 4	To develop an understanding of various assessment techniques and procedures of personality	36	Objective Assessment of Personality
		37	Subjective Assessment of Personality
		38 & 39	Projective/ Semi Projective techniques
		40 & 41	Applications – Personality and mental health: links to anxiety, depression, resilience,
		42 & 43	Personality in the workplace: leadership and job performance.
		44	Revision
			Dispersal of class

Unit	Contents/Syllabus
I	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
II	Major Theories and Theorists in Personality Psychology (a) Psychodynamic approach –Carl Jung and Eric Erickson (b) Trait Theorists: Raymond Cattell, and Paul Costa and Robert McCrae. (c) Humanistic and Existential Approach – Eric Fromm and Rollo May (d) Social-cognitive – Walter Mischel and Albert Bandura

III	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.
IV	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.
S. No.	Name of Authors/Books/Publishers
1.	Barrick, M. R., & Mount, M. K. (1991). The Big Five personality dimensions and job performance: A meta-analysis. <i>Personnel Psychology</i> , 44(1), 1–26. https://doi.org/10.1111/j.1744-6570.1991.tb00688.x
2.	Campbell-Sills, L., Cohan, S. L., & Stein, M. B. (2006). Relationship of resilience to personality, coping, and psychiatric symptoms in young adults. <i>Behaviour Research and Therapy</i> , 44(4), 585–599. https://doi.org/10.1016/j.brat.2005.05.001
3.	Feist, J., Feist, G.J., & Roberts, T.A. (2018). <i>Theories of personality</i> . McGraw-Hill Education.
4.	Jakhar, S. (2019). Panchakosha. <i>International Journal of Yogic, Human Movement and Sports Sciences</i> , 4(1), 1382-1384. https://www.theyogicjournal.com
5.	Judge, T. A., Bono, J. E., Ilies, R., & Gerhardt, M. W. (2002). Personality and leadership: A qualitative and quantitative review. <i>Journal of Applied Psychology</i> , 87(4), 765–780. https://doi.org/10.1037/0021-9010.87.4.765
6.	Kotov, R., Gamez, W., Schmidt, F., & Watson, D. (2010). Linking "big" personality traits to anxiety, depressive, and substance use disorders: A meta-analysis. <i>Psychological Bulletin</i> , 136(5), 768–821. https://doi.org/10.1037/a0020327
7.	Larsen, R. J., & Buss, D. M. (2021). <i>Personality Psychology: Domains Of Knowledge About Human Nature</i> . McGraw Hill.
8.	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. <i>Journal of Management History</i> . doi.org/10.1108/JMH-06-2022-0021
9.	Singh, J. K., & Tung, N. S. (2019). Personality studies in India. In G. Misra (Ed.), <i>Psychology: Volume 2: Individual and the social: Processes and issues</i> (pp. 1–52). New Delhi: Oxford University Press. https://doi.org/10.1093/oso/9780199498857.003.0001
10.	Srivastava, K. (2012). Concept of personality: Indian perspective. <i>Industrial Psychiatry Journal</i> , 21(2), 89-93. doi: 10.4103/0972-6748.119586

11.	Schultz, D. P., & Schultz, S. E. (2016). Theories of Personality. Wadsworth, Cengage Learning.
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	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	-	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		NA
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		40
		10	
		20	
		10	
4.	End Semester Examination		90