



# Indraprastha College for Women

## University of Delhi

### Work Plan for ODD SEMESTER – 2025

Course Name:	BA (Programme) Psychology
Paper Title:	Personality Psychology
Unique Paper Code:	DSE-8
Semester:	VII
Faculty(s):	Dr. Mitu Rohatgi
Year:	2025

<b>Work Plan</b>			
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		27 & 28	Cultural Influences on Personality development
		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.
<b>S. No.</b>	<b>Name of Authors/Books/Publishers</b>
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. <a href="https://doi.org/10.1111/j.1744-6570.1991.tb00688.x">https://doi.org/10.1111/j.1744-6570.1991.tb00688.x</a>
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. <a href="https://doi.org/10.1016/j.brat.2005.05.001">https://doi.org/10.1016/j.brat.2005.05.001</a>
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. <a href="https://www.theyogicjournal.com">https://www.theyogicjournal.com</a>
<b>5.</b>	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. <a href="https://doi.org/10.1037/0021-9010.87.4.765">https://doi.org/10.1037/0021-9010.87.4.765</a>
<b>6.</b>	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. <a href="https://doi.org/10.1037/a0020327">https://doi.org/10.1037/a0020327</a>
<b>7.</b>	Larsen, R. J., & Buss, D. M. (2021). <i>Personality Psychology: Domains Of Knowledge About Human Nature</i> . McGraw Hill.
<b>8.</b>	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> . <a href="https://doi.org/10.1108/JMH-06-2022-0021">doi.org/10.1108/JMH-06-2022-0021</a>
<b>9.</b>	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. <a href="https://doi.org/10.1093/oso/9780199498857.003.0001">https://doi.org/10.1093/oso/9780199498857.003.0001</a>
<b>10.</b>	Srivastava, K. (2012). Concept of personality: Indian perspective. <i>Industrial Psychiatry Journal</i> , 21(2), 89-93. doi: 10.4103/0972-6748.119586
<b>11.</b>	Schultz, D. P., & Schultz, S. E. (2016). <i>Theories of Personality</i> . Wadsworth, Cengage Learning.

<b>Paper Components</b>			
<b>Credits</b>	<b>Lecture (L)</b>	<b>Tutorial (T)</b>	<b>Practical (P)</b>
<b>4</b>	<b>3</b>		<b>1</b>
<b>Assessment Scheme</b>			
<b>S.No.</b>	<b>Component</b>	<b>Marking Scheme</b>	<b>Total Marks</b>
1	Internal Assessment <ul style="list-style-type: none"> <li>• Assignment/Quiz/Project/Presentation</li> <li>• Class Test</li> <li>• Attendance</li> </ul>	 12 12 6	<b>30</b>
2.	Continuous Assessment ( <b>Tutorial</b> ) <ul style="list-style-type: none"> <li>• Activity 1</li> <li>• Activity 2</li> <li>• Attendance</li> </ul>	   	NA
3.	Practical <ul style="list-style-type: none"> <li>• Continuous Assessment</li> <li>• End Term Written/Practical Exam</li> <li>• Viva</li> </ul>	 10 20 10	40
4.	End Semester Examination		90