

## **PSY-106: Personalities Theories (3 CHs)**

**Pre-requisite: None**

### **Course Description:**

This is the first of the two courses of personality theories. This course is overall designed to understand an important framework for evaluating the various theories and approaches to understand personality. It introduces students to the basic assumptions and concepts of each major theory of personality in psychology.

### **Course Objectives:**

The course will facilitate students to:

- Develop a breadth of knowledge of the concepts and findings of the historical and contemporary perspectives and theories and of contemporary research in the topic of personality.
- Examine the major theories of personality and their contemporary relevance.
- Explore notable personality theorists, including those who represent psychoanalytic, neo-psychoanalytic, trait, biological, humanistic, cognitive, behavioral, and social-learning approaches to understand personality.

### **Course Learning Outcomes:**

By the end of the course, students will be able to:

- Explain each personality theory and their contemporary relevance.
- Critically analyze each theory in context of race, gender, and cultural issues.

### **Course Content:**

- Psychology of personality
- Evaluating Personality Theories
- The Psychoanalytic Approach
  - Psychoanalysis: Sigmund Freud
- The Neo-psychoanalytic Approach
  - Analytical Psychology: Carl Jung
  - Interpsychic Theories: Alfred Adler, Harry Stack Sullivan
  - Psychoanalytic Social Psychology: Karen Horney, Erich Fromm
- More Recent Trends in Psychoanalytic Theory
  - Ego Analytic Psychology: Anna Freud, Erik Erikson
- Human Relations: Object Relations Theory
  - Melanie Klein (1882–1960)
  - Margaret Mahler (1897–1985)
  - Heinz Kohut (1913–1981)
- Experimental Analysis of Behavior
  - John Dollard And Neal Miller
  - B.F. Skinner

- The Social Learning Approach
  - Albert Bandura

### **Textbooks:**

- Engler, B. (2014). *Personality theories: An introduction* (9th ed.). Belmont CA: Wadsworth.
- Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
- Cervone, D., & Pervin, L. A. (2022). *Personality: Theory and research*. John Wiley & Sons.

### **Reference Books:**

- Matthews, G. et.al. (2003). *Personality Traits* (2<sup>nd</sup> ed.). US: Cambridge University Press.
- Ryckman, R. M. (2000). *Theories of Personality* (7<sup>th</sup> ed.). US: Wadsworth.
- Baron, R. A. & Misra, G. (2014). *Psychology: Indian Subcontinent Edition* (5<sup>th</sup> ed.). Delhi: Pearson.
- Fieldman, R. S. (2002). *Understanding Psychology* (6<sup>th</sup> ed.). New Delhi: Tata McGraw-Hill.