

PSY-201 Personalities Theories I (3 CHs)

Course Pre-requisite: None

Course description

1. This is 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 the personality. It introduces students to the basic assumptions and concepts of each major theory of personality in psychology.

2. Course objectives

- a. Providing 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.
- b. Students examine the major theories of personality and their contemporary relevance.
- c. Students explore notable personality theorists, including those who represent psychoanalytic, neo-psychoanalytic, trait, biological, humanistic, cognitive, behavioral, and social-learning approaches to understand personality.

3. Course Learning outcomes

- a. Students will be able to learn about each personality theory and their contemporary relevance.
- b. Students will be able to critically analyze each theory in context of race, gender and cultural issues.

4. Course content

- a. Psychology of personality
- b. The Psychoanalytic Legacy; Sigmund Freud
- c. Personality's ancestral foundations: Carl Jung:
- d. Overcoming inferiority and striving for superiority: Alfred Adler
- e. Neo Freudians: Karen Horney Harry, Stack Sullivan, Henry A. Murray, Erik Erikson, Erich Fromm
- f. Evolutionary Psychology
- g. Cognitive-Behavioral
- h. Humanistic (Rogers, Maslow)
- i. Existential (May)

5. **Text Books**

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

6. **Reference Books**

- a. Matthews, G. et.al. (2003). *Personality Traits* (2nd ed.). US: Cambridge University Press.
- b. Ryckman, R. M. (2000). *Theories of Personality* (7th ed.). US: Wadsworth.

- c. Baron, R. A. & Misra, G. (2014). *Psychology: Indian Subcontinent Edition (5th ed.)*. Delhi: Pearson.
- d. Fieldman, R. S. (2002). *Understanding Psychology (6th ed.)*. New Delhi: Tata McGraw-Hill.