***The Islamia University of Bahawalpur***

***Tentative Course Plan***

***Department of Applied Psychology***

***B.S(Hon6th) semester (2017-2021)***

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| ***Instructor*** *Sarwat Sultana* | | |
| ***Course Title*** | *Theories of Personality* | ***Program*** *: B.S(Hons)* |
| ***Course code*** | *PSY-01603* | ***Credit Hours*** *3* |

**Course Objectives**

This course basically focuses upon the need and importance of understanding personality. Students will come to know about different theories of personality, given by different psychologists from different schools of thought and an overall difference between all of the theories.

It will also touch upon different strategies to personality measurement and a bird’s eye view on different causes of personality conflicts. It will differentiate between the old and modern concepts/approaches about personality on the basis of development and progressive work upon Personality Psychology. It also encompasses the grand perfect theory and domains of Personality Psychology.

**Course Outcome**

**At the completion of this course the students will be able to:**

* Describe and explain the basic theories of personality.
* Understand ancient towards modern and recent concepts about personality. How people think and work on personality assessment.
* Evaluate different personality theories.
* Understand and put into practice personality assessment.
* Become aware of the development and different perspectives of personality.
* Develop an understanding about their personalities.

**Course Contents**

* **Chapter 1**

**Nature of Personality theory**

What is personality?

What is theory?

Theory and its relative

Philosophy

Speculation

Hypothesis

Taxonomy

* **Chapter 2**

**How is personality studied and assessed?**

Measuring personality

Types of Reliability

Types of Validity

Types of Bias

Response set

Ethnic Bias

Gender Bias

* **Chapter 3**

**Psychoanalytical Aspect of Personality**

Basic Psychoanalytical Concept

Psychosexual development

Defense Mechanisms

Major Contributions and limitations of Freudian Psychoanalysis

* **Chapter 4**

**Adler: Individual Psychology**

Introduction to Adlerian theory

Striving for success and superiority

Subjective perception

Social interest

Style of life

Application of Individual Psychology

**Chapter 5**

**Jung Analytical Psychology**

Overview of Analytical Psychology

Biography of Carl Jung

Levels of Psyche

Archetypes

Persona

Shadow

Anima

Animus

Wise Old man

Hero

Great Mother

* **Chapter 6**

**Maslow Holistic Dynamic Theory**

Overview of Holistic Dynamic Theory

Biography of Abraham Maslow

Maslow view of Motivation

Hierarchy of Needs

General Discussion of Needs

Self-Actualization

Characteristics of Self-actualizing people

* **Chapter 7**

**Rogers: Person-Centered theory**

Over view of Client centered theory

Biography of Carl Rogers

Person Centered theory

Basic assumptions

**Chapter 8**

**Allport: Psychology of the Individual**

Overview of Allport’s Psychology of Individual

Allport approach to personality theory

Structure of Personality

Chapter 9

Skinner Behavioral Analysis

Overview of Behavioral Analysis

Biography of B.FSkinners

Scientific Behaviorism

Conditioning

Classical conditioning

Operant Conditioning

**Chapter 9**

**Bandura Social Cognitive Theory**

Learning

Observational Learning

Enactive learning

Self-Efficacy

Self-regulation

**Chapter 10**

**Eysenck Biologically Based factor theory**

Eysenck Factor theory

Dimensions of Personality

Measuring personality

**Students Evaluation Criteria**

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| --- | --- |
| **Attendance** | **5%** |
| **Work shop/Assignment/case study** | **5%** |
| **Surprise test / Quizzes** | **5%** |
| **Class participation** | **5%** |
| **Midterm Exam** | **30%** |
| **Final term Exam** | **50%** |
| **Total** | **100%** |

**Student Responsibilities**

Student must attend online discussions . Failure to attend class participation may result in failure in the course.. Course outline and calendars explain requirements and assignments;. Students are also responsible for doing all assigned work on time.

**Recommended Book**

.Theories of Personality Richard M. Ryckman

2. Personality Classic Theories and modern Research (3rd edition) HowardS.Friedman and Miriam W.Schustack

3. Theories of Personality (8th edition ) Jess Fiest ,Gregory J. Fiest and Tomi Ann Robersts

4.Theories of Personality and Counselling Richard.S.Sharif