**Psy-315 Personality Psychology Credit Hours-3**

**Course Objectives:**

* To make students understand the essential dynamics of personality so that they can appreciate the human diversity and come across with their own conception of human nature.
* To orient students towards the historical developments in the field of personality psychology so that the classical theories of personality may be comprehended in terms of contemporary insights into the discipline
* To inculcate a holistic approach among the students so that they extend their knowledge of personality to research endeavors

# 1. INTRODUCTION TO PERSONALITY

# Definition of Personality Essential Features of Personality

# Theories of Personality

## Why do we need personality theories?

## Advantages and disadvantages of personality theories

# Six Approaches to Personality

## Psychodynamic, Humanistic/Existential, Trait, Biological, Behavioral/Social learning, Cognitive

# Characteristics of a Good Theory

## - Empirical validity (*verifiability*) - Generatively (*heuristic value*)

## - Internal consistency (*coherence)* - Parsimony

# Issues in Personality Psychology

## Collectivist orientations, Situational causes and cues, Inconsistency in behavior, Evolving nature of responses and patterns, Nature vs. Nurture, Major Motive of life, Debate of human nature, Consistency vs. variability in behavior

## **2. PSYCHODYNAMIC APPROACHES TO PERSONALITY**

## **Freud’s Theory**

## Dynamics of Personality and Levels of Consciousness

## Infantile sexuality; Sex and aggression; Conflict and Defenses

## Balance, Libido and Conservation of energy

## Fixation, Frustration and Overindulgence

## Freud’s structural model: Id, Ego, and Superego

# Psychosexual stages: Oral stage; Anal stage; Phallic stage; Latency stage; Genital stage

# Types of defense mechanisms; Ways to achieve mental health

# Assessment in Psychoanalysis, Parapraxes (slips); Hypnosis; Free association; Dreams; Projective tests

**3. EXTENSIONS AND ALTERATIONS IN PSYCHOANALYSIS**

## Cultural and social determinants of behavior

## Extension of development across the lifespan

## The importance of conscious thoughts

## Focus on goals and strivings

## Emphasis and elaboration of normal development

## More positive views of human nature

# Adler’s Individual Psychology

## - Inferiority complex - Striving for superiority

## - Striving through social interest - Importance of parental interactions

### - Birth order; Pampering; Neglect - Style of Life

- Creative Self

# Jung’s Analytical Psychology

## - Personal vs. collective unconscious - Archetypes

- Principles - Synchronicity

## - Psychological attitudes - Psychic functions

# Erikson’s Ego Psychology

* Epigenetic principle
  + Optimal times; Tasks or crises; Maladaptive and malignant tendencies; Virtue or strengths; Mutuality

## Stages and Conflicts in Personality Development

## Basic trust vs. mistrust; Autonomy vs. shame and doubt; Initiative vs. guilt; Industry vs. inferiority; Identity vs. role confusion; Intimacy vs. isolation; Generativity vs. stagnation; Ego integrity vs. despair

# Horney’s Relational Psychology

* Neurosis as ways of interpersonal control and coping
* Neurotic needs
* Coping strategies
* Development
  + Basic evil--parental indifference
  + Basic hostility
  + Basic anxiety
  + Coping strategies
* Self theory
  + Tyranny of the shoulds

# Fromm’s Humanistic Psychoanalysis

* Freedom ; Escape from freedom
  + Authoritarianism
  + Destructiveness
  + Automaton conformity
* Family origins
  + Symbiotic families
  + Withdrawing families
* The social unconscious; Orientations; Evil; Human needs

# 4. TRAITS/DISPOSITIONAL PSYCHOLOGY

# Greek traditions—Hippocrates and the four humors

## How do we describe ourselves - patterns of behavior

## Characteristics of Traits

## How to measure traits?

# Gordon Allport

## Idiographic approach to personality

* Opportunistic functioning and Propriate functioning

## Central traits; secondary traits; cardinal traits

* Proprium
* Personal traits or dispositions
* Psychological maturity and functional autonomy

# Raymond Cattell

## Empirical, *nomothetic* approach Factor analysis and Types of data

## Source traits

**Five-Factor Theory (Norman, McCrae and Costa)**

- Extraversion – introversion - Agreeableness - Conscientiousness - Emotional stability - neuroticism - Culture (openness to experience)

Situation vs. Trait

**5. Stress, adjustment and personality**

**6. Occupational life and personality**

**Recommended Books**

1. Burger, J. M. (2019). *Personality (10th ed.).* Boston, MA: Cengage Learning.
2. Cervone, D., &Pervin, L. A. (2017). *Personality: theory and research* (13th ed.). Hoboken, NJ: John Wiley & Sons.
3. Carver, C. S., &Scheier, M. F. (2017). *Perspectives on Personality (8th ed.).* New York: Pearson Education.
4. Larsen, R.J., & Buss, D. M. (2018). P*ersonality Psychology: Domains of Knowledge About Human Nature (6th ed.).* New York: McGraw-Hill Education