

**OE 3: 1. PERSONALITY DEVELOPMENT (4 CREDITS)**

**BLOCK I Personality**

UNIT 1 Meaning,

UNIT 2 Biological perspective psychodynamic perspective,

UNIT 3 Social-cognitive perspective Humanistic perspective.

**BLOCK II Theories of personality**

UNIT 1 Psycho analytic theories (freud Erik Erikson )

UNIT 2 Trait theories (allport. Eysenck)

UNIT 3 Roger's person entered theory.

**BLOCK III Mental abilities**

UNIT 1 Intelligence,

UNIT 2 Testing and evaluating IQ.

UNIT 3 Problem solving.

UNIT 4 Decision making, creativity.

**BLOCK IV Motivation and emotion**

UNIT 1 Achievement motivation.

UNIT 2 Maslow's Hierarchy,

UNIT 3 Understanding emotions, managing emotions, expression of emotions.

## **BLOCK V Attitude**

UNIT 1 Formation and change of attitude.

UNIT 2 Characteristics of attitude. factors effective attitude.

UNIT 3 Prejudice and discrimination.

## **BLOCK VI Psychological disorders-**

UNIT 1 Understanding abnormality,

UNIT 2 Classification of psychological disorders.

UNIT 3 Personality disorders substance abuse.

### **Reference:**

1. psychology for living-Eastwood Atwater 5<sup>th</sup> edn (1994).
2. Psychology- Bernstein, Stewart, Roy, Slull, Wickens 3<sup>rd</sup> edn(1994).
3. Theories of personality-Hall, Lindzey, Campbell 4<sup>th</sup> edn (1998).
4. Individual in society-David Krech, Crutchfield, Ballanchy (1983).