

# DSE2-L II Developmental Psychology and Theories of Personality

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## Semester 6

### Objectives

1. To introduce students to the concept, nature, and determinants of personality along with major theoretical approaches such as idiographic and nomothetic perspectives.
2. To familiarize students with key personality theories proposed by psychologists like Sigmund Freud, Carl Jung, and Alfred Adler.
3. To develop understanding of behavioral, trait, motivational, and emotional perspectives, including theories by B. F. Skinner, Albert Bandura, and Carl Rogers.

### Expected Outcomes

1. Students will be able to explain different personality theories and approaches with their key concepts and differences.
2. Students will be able to compare psychodynamic, behavioral, and trait perspectives in understanding personality.
3. Students will develop the ability to apply personality theories to real-life behavior, motivation, and emotional processes.

#### **Unit 5 : Introduction to Personality**

1. Nature and Definitions
2. Misconceptions, Determinants of Personality
3. Idiographic and Nomothetic Approach
4. Classification of Personality Theories

#### **Unit 6 : Psychodynamic Perspectives**

1. Introduction to Psychodynamic Perspective
2. Freud's Classical Psychodynamic Theory
3. Jung's Analytical Psychology
4. Adler's Individual Psychology

#### **Unit 7 : Behavioural Perspectives**

1. Pavlov's Classical Conditioning
2. Skinner's Operant Conditioning
3. Bandura's Social Cognitive Theory
4. Dollard and Miller's Stimulus–Response Theory

#### **Unit 8 : Trait, Motivation and Emotion Perspectives**

1. Allport's Traits Theory, Cattell's Factor Theory
2. Eysenck, Costa & McCrae Theory
3. Carl Rogers' Person Centered Theory
4. Motivation and Emotion Perspectives
  - Murray's Need Theory
  - Lazarus Cognitive Mediation Theory