

UPSYVAC04 - Personality Development

Unit I Introduction

Defining Personality - Personality Development - Stability of Personality - Personality Change.

Unit II Theories of Personality

Psychoanalytical Theory of Personality- Humanistic Theory of Personality- Trait Theory of Personality- Social Cognitive Theories- Behaviorism and Learning Approaches to Personality- Eastern Theory: Thriguna Theory (SRT)

Unit III Determinants of Personality

Cognitive Determinants - Intellectual Development and Intellectual Capacities - Deviant Intelligence - Major areas of adjustment affected by Intelligence Socio-cultural Determinants - Family and Educational Determinants - Social Determinants Emotional Determinants - Dominant Emotions, Emotional Expressions - Emotional Balance and Emotional Deprivation - Emotional Catharsis and Emotional Stress.

Unit IV Personality Enrichment

Motivation and its Process Life Skills for Personality Development.

Unit V Managing Self

Emotions, Ego, Pride, Stress, Achievements, Confidence improvement, Recognition of one's own limitations and deficiencies, Interpersonal Skills, Communication Skills, Commitment, making decisions, handling your and other people's stress, empowering, motivating and inspiring others.

References:

- Ciccarelli .K. Saundra, Meyer.E. Glenn, (2007). Psychology, Pearson Prentice Hall, New Delhi.
- Hilgard, E, Atkinson RC & Atkinson RL (1976). Introduction to Psychology (6th Edn.), Oxward &IBH Publishing Co. Pvt Ltd, New Delhi.
- Nair .V. Rajasenan, (2010). Life Skills, Personality and Leadership, Rajiv Gandhi National Institute of Youth Development, TamilNadu.