

## **P.D. – 207 Personality development (Foundation Elective)**

### **Objectives:**

1. To understand the concept of personality and personality development and its significance.
2. To understand and develop various traits required for personality development.
3. To acquire knowledge about personality tools and personality theories.

### **Unit – 1 Introduction**

- Personality: Definition, meaning and determinants of personality and its significance, personality pattern.
- Basic personality traits: Introduction
  - o Attitude: concept, significance, factors – positive attitude and negative attitude and its effects.
  - o Motivation: Significance, Internal and External motive, importance of self motivation, factors feeding to de motivation.

### **Unit – 2 Self esteem: Concept, symptoms, advantages, Do's and Don'ts to develop positives self esteem, positive and negative self esteem.**

- o Interpersonal Relationships: Developing positive personality, Analysis of Strengths and Weaknesses.
- o Goal setting: Importance of goals  
Factors affecting to goal setting classification of goal

### **Unit – 3**

- Other aspects of Personality Development
- Body language, Assertiveness, Problem-solving, conflict and stress management
- Decision making skills, positive and creative thinking, leadership and qualities of a successful leader, character building, teamwork

- Lateral thinking, Time management, work ethics, management of change, good manners and etiquettes.
- Personality disorders:  
Paranoid, schizoid, antisocial, borderline, narcissistic, avoidant, dependent, obsessive.

#### **Unit – 4**

- Personality Tests.
  - Projects techniques : Rerchak inl-blot test, Thematic apperception test, word association test, sociometry
- Personality theories
  - Freudian stages of development
  - Erik – Erickson’s stages of development
  - Maslow’s hierarchy of needs
  - Kohlberg’s stages
  - Contribution of karl jung.

#### **References :**

- Block, Jack (2010) The five factor framing of personality and beyond; some ruminations psychological inquiry 21 (1), - 25.
- Organizational Behavior – S.P. Robbins – prentice – Hall of India pvt. ltd.,