

CC III - Personality Development

Unit 1

Human growth and development: Pregnancy and childbirth – Infancy – Babyhood - Childhood- Adolescent – Adulthood - Middle age – Old age.

Unit 2

Learning: Nature, definition and types; theories of Pavlov and Skinner – Remembering and forgetting.

Unit 3

Motivation: Concept of instinct, motives for survival - Characteristics of motives - conscious and unconscious motivation Adjustment: Adjustment, Maladjustment, stress, Frustration, conflict – coping mechanisms.

Unit 4

Perception and attitudes: Perception space, depth, auditory and visual attention. Attitude: Nature of attitudes, stereotypes and prejudices, formation of attitudes and attitude change.

Unit 5

Personality: Definition and structure - Theories of personality. Trait and type theories. Important concepts of the contribution of Freud, Jung, Adler, Maslow and Erickson. Factors in influencing personality development – Heredity, Environment and socialization process.

REFERENCES:

- 1) Davidoff. L.L. *Introduction to Psychology*, McGraw Hill Inc Aucklan.
- 2) Hurlock E.B. *Development Psychology*, Tata McGraw Hill, New Delhi.
- 3) Kuppusamy B. *An Introduction to Social Psychology*, Media Promoters and Publications Pvt. Ltd, Mumbai.
- 4) Munn, N.A. *Psychology – The Fundamentals of Human Behaviour*, George G Harrap & Co.,Ltd, London.
- 5) Rayner, Eric, *Human Development*, George Allen and Unwin, London.
- 6) Saraswathi T.S., Dutts R, *Development Psychology in India*, Sage Publication, Delhi.