

PGDSC202-Personality Development and Adjustment

Objectives:

After going through this course, students will be able to:

- Understand the life span development of human and development as life long process.
- Know about various factors affecting growth and development in context of counseling.
- Understand about concept and characteristics of personality.
- Discuss and explain about the various approaches of personality development.
- Understand about human behavior specifically about adjusted behavior and mal-adjusted behavior.
- Understand about various factors related to human development and personality development.

Unit	Content	Credit
1	Personality: Concept and Principles	1
1.1	Concept of Personality, Types of Personality	
1.2	Growth and Development of Personality	
1.3	Factor affecting Personality Development	
1.4	Principles for Personality Development	
2	Theories of Personality Development	1
2.1	Psychoanalytic Theory of Personality Development	
2.2	Eric Erikson Theory of Personality Development	
2.3	Allport's Theory of Personality Development	
2.4	Maslow's Theory of Personality Development	
3	Indian Theory of Personality	1
3.1	Concept of Personality in India : <i>Trigunatmak (Sattva, Rajas, Tamas)</i>	
3.2	Introduction <i>Panchakoshatmak</i> Personality	
3.3	Personality as per Aayurveda : <i>Vat, Pitta, Kaffa</i>	
3.4	Personality as Per Yog : Ashtang	
4	Adjustment and Maladjustment	1
4.1	Meaning of Adjustment and Maladjustment	
4.2	Characteristics of Adjustment	
4.3	Barriers in Adjustment and role of teacher/counselor	
4.4	Principle of Adjustment	

References

- Adler A. (1927), *The Practice and Theory of Individual Psychology*, Harkotra Brass Jovanivak, New York
- Allport, G. (1961), *Pattern and Growth in Personality*, Hotwrinheart Wiston, Newyork
- Beck, L. E. (2003), *Child Delegation Group (Sixth Edition)*. Pritas-Hall of India, New Delhi.
- Fay Dumannay, R. s. (2000), *Day Values Across the Life Pen (Financial Instruction) Princes - Hall, You Jasir.*
- Harlock, E. B. (1980), *Developmental Psychology: A Life Pan Approach (fifth edition)*. Tata McGraw-Hill Limited, New York, New Delhi.
- Sa Talk, J. D.U. (2001), *Child development (Ninth Edition)*. McGraw-Hill, York