



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE

(An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC]

Virudhunagar – 626 001

PERSONALITY DEVELOPMENT

Contact Hours per week: 2

Contact Hours per Semester: 30

Subject Code: U2BAS62

Credits: 2

Objectives:

- To enable the students to study the personality and psychological factors affecting human behaviour.
- To enable the students to acquire knowledge on self management.

Unit-I: Personality – Meaning – Determinants of Personality – Theories of Personality (Psycho-Analytical theory and Chris Argyris's immaturity-maturity theory). **[6 Hours]**

Unit-II: Personality Traits – Meaning – BIG FIVE traits – Characteristics – Locus of Control – Internal and External Locus of Control – Type 'A' and Type 'B' Personality. **[6 Hours]**

Unit-III: Perception – Meaning – Nature – Importance – The Perception Process – Perceptual Errors and Distortion. **[6 Hours]**

Unit-IV: Inter-Personal Behaviour – Transactional Analysis – Meaning – Analysis of EGO states (Parent Ego, Adult Ego and Child Ego) – Benefits of Transactional Analysis. **[6 Hours]**

Unit-V: Self Management – Meditation – Meaning - Uses, Yogasanas – General principles – Uses – Difference between Yogasanas and Exercises. **[6 Hours]**

Text Book:

- 1) Organisational Behaviour – Shashi K.Gupta and Rosy Joshi, Kalyani Publishers (First Edition).

Reference Books:

- 1) Organisational Behaviour – Fred Luthans, McGraw Hill Publication (9th Edition).
- 2) Organisational Behaviour – K.Aswathappa, Himalaya Publication (9th Edition).