

UNIVERSITY OF SOFIA “SAINT KLIMENT OHRIDSKI”

DEPARTMENT OF GENERAL, EXPERIMENTAL AND DEVELOPMENTAL PSYCHOLOGY

<i>Course title</i> PERSONALITY PSYCHOLOGY, PART 2	
<i>Lecturer</i> Chief Asst. Prof. J. Balev, PhD	
<i>Assistant</i> Chief Asst. Prof. D. Petrov, PhD	
<i>Type of course</i> Obligatory	<i>Level of course</i> Bachelor
<i>Year of study</i> 2	<i>Semester</i> 4
<i>Number of credits</i> 5	<i>Total number of classes</i> 30 lectures and 30 seminars
Full time	<i>Language of instruction</i> English
<i>Assessment methods</i> Test and written assignments	

The course centers on the construct-focused approach to personality structure, development and functioning. The program is related to contemporary themes like mental health and the differential psychological perspective and addresses the traditional personality psychology approaches: dispositional, humanistic, cognitive, behavior genetics and activity. The course material is organized in 6 parts. A requirement for the students is the presentation of a written assignment during the semester. The final exam is an academic test.

I. Personality mechanisms of behavior regulation and self-regulation

I.1 Motivational mechanisms

1. **Needs.** Approaches, classifications, dynamics. Regulation and self-regulation.
2. **Emotions and emotion regulation.** Theories of emotions: phenomenological, learning, cognitive, biological, social. Basic emotions.
3. **Motives and motivational process.** Approaches to study human motivation. Theory of self-determination (R. Ryan and E. Deci). The Yerkes-Dodson law.

I. 2. Set and attitude mechanisms of behavior regulation

4. **Conscious and unconscious regulation of behavior.**
5. **The problem of set — the Georgian school.**
6. **Attitudes and behavior.** Cognitive, affective and conative aspects.

I. 3. The regulative functions of the self-concept

7. **Self-concept and self-evaluation.**
8. **Structure and dynamics of the self-concept.**

II. The individual differences approach to personality

9. **Cognitive styles – field dependence / field independence. Attributive style.**
10. **Temperament and personality.** Temperament from historical perspective. Contemporary approaches to temperament: B. Teplov, M. Zuckerman, M. Rothbard, J. Strelau.

III. Personality disorders

11. The “healthy personality” in personality psychology. Criteria of healthy personality. Mental health and personality.

12. Personality disorders. Classifications – DSM and ICD. Categorical and dimensional approaches to personality disorders.

IV. Dispositional theories of personality

13. G. Allport’s trait approach. Motivation and functional autonomy. Psycholexical approach. Trait and disposition. Proprium. Idiographic approach to personality. Critique and actual research status.

14. The factor theory of R. Cattell. Source, surface and dynamic traits. Heredity and environment. Stages of personality development. Assessment in Cattell’s theory.

15. The factor theory of H. Eysenck. Criteria for identifying factors. Dimensions of personality. Biological bases. Heredity and environment. *Eysenck Personality Questionnaire* (EPQ).

16. The five-factor theory of personality – R. McCrae and P. Costa. In search of the Big Five. Transition from model to theory. Units of the Five-Factor theory. Assessment instruments.

V. Humanistic theories of personality

17. The self-actualization theory of A. Maslow. Motivation, metamotivation and hierarchy of needs. The self-actualizing person. Actual scientific status.

18. C. Rogers’ self theory. The self and self-actualization. The self-concept. Psychotherapy and contemporary research.

VI. Cognitive theories of personality:

19. The field theory of K. Lewin. Structure, dynamics and personality development. Actual scientific status of the theory.

20. The psychology of personal constructs of G. Kelly. Constructive alternativism. Personal constructs. The Rep test. Critique and research.

21. L. Festinger’s theory of cognitive dissonance. The motivational property of dissonance.

23. Cognitive-affective personality system – W. Mischel. Consistency paradox. Person and situation. Cognitive-affective units. Delay of gratification. Related research.

IV. The behavior genetics’ approach to personality:

24. The constitutional typologies of E. Kretschmer and W. Sheldon. Physique types, temperament, psychopathology. Critical analysis.

25. Contemporary approaches to the genetic bases of behavior. Twins method. Contemporary behavioural genetics. Interactions genes-environment.

VI. Personality in the Marxist psychology

- 26. Social interactions and the formation of personality – A.N. Leontiev.** Personality in the Marxist psychology. Activity theory. Individual and personality. Personality formation.
- 27. The complex approach to personality – B. Ananiev.** Social situations, activity and personality development. The problem of human individuality.

CORE READINGS

- Byrne B., Baron P., & B.Balev J. (1996). The Beck Depression Inventory: Testing for its factorial validity and invariance across gender for Bulgarian nonclinical adolescents. *Personality and Individual Differences*, 21, 641-651.
- Byrne B., Baron P., & B.Balev J. (1998). The Beck Depression Inventory: A cross-validated test of second-order factorial structure for Bulgarian Adolescents. *Educational and Psychological Measurement*. 1, 118-132.
- Cattell R.B. (1957). *Personality and motivation structure and measurement*. New York: Harcourt Brace Jovanovich
- Cattell R.B., Dreger R.M. (eds.) (1977). *Handbook of Modern Personality Theory*. Washington: Hemisphere Publishing Corporation, New York: John Wiley and sons
- Corr, P. J & Matthews, G. (Eds) (2009). *The Cambridge Handbook of Personality Psychology*. NY: Cambridge University Press
- Eysenck H.J. (1982). *Personality, Genetics and Behavior: Selected Papers*. New York: Praeger
- Feist, J. & Feist, G. J. (2005). *Theories of personality*, 6th ed. Boston: McGraw-Hill
- Hall C. S. & Lindzey. G. (1978). *Theories of personality*. New York: Wiley.
- Hogan, R. (Ed.) (1997). *Handbook of personality psychology*. San Diego: Academic Press.
- Hersen M. & Turner S.M. (Eds.) (1991). *Adult psychopathology and diagnosis*. (2nd ed.) John Wiley & Sons, Inc.
- Lazarus R.S., Opton E.M., Jr. (1967). *Personality: selected readings*. London: Penguin Books
- Mancuso J.C., Shaw M.L.G. (eds.) (1988). *Cognition and Personal Structure*. New York: Praeger.
- McRae, R., Costa, P. (2003). *Personality in adulthood: a five-factor theory perspective*. 2nd ed. NY: The Guilford Press.
- Mischel W. (1968). *Personality and assessment*. NY: Wiley
- Millon T. (1990). The disorders of personality. In L. A. Pervin (Ed.), *Handbook of personality*.
- Murray H.A. (1962). *Explorations in Personality*. New York: Science Editions, Inc.
- Pervin L.A. (2003). *The science of personality*. 2nd ed. Oxford: OUP.
- Pervin L.A. (2008). *Personality: Theory and Research*, 3rd ed. New York: John Wiley and Sons, Inc.
- Rorer L. (1990). Personality assessment. In L. A. Pervin (Ed.), *Handbook of personality*.
- Schultz D., Schultz, S. (2009). *Theories of personality*. 9th ed. Belmont: Wadsworth.
- Sullivan H.S. (1947). *Conceptions of Modern Psychiatry*. Washington: The William Alanson White Psychiatric Foundation