

PSYCHOLOGY
UG DEGREE STANDARD

SUBJECT CODE : 373

UNIT-I : INTRODUCTION

Psychology – Definition, History, Goals, Branches, Scope, Research Methods in Psychology – Observation, Correlation, Experiment, Case study. Ethics in Research.

Biological Basis of Behaviour – Neurons, Nervous system, Brain, Heredity and Behaviour.

UNIT-II: ATTENTION, PERCEPTION AND CONSCIOUSNESS

Attention – Definition and kinds of attention.

Perception – Definition, Perceptual organization, Perceptual constancy, illusion, factors affecting perception.

Consciousness – Definition, Biological rhythm, Waking states, Sleep, Consciousness altering drugs.

UNIT-III: LEARNING AND MEMORY

Learning – Definition, Classical conditioning, Operant conditioning, Observational learning, Latent learning, Insight learning.

Memory – Definition, Process, Models, Types of memory.

Forgetting – Meaning, Causes, Memory distortion, Improving memory.

UNIT-IV: COGNITION

Thinking – Thinking process, Concept formation, Problem solving, Decision making, Language.

Intelligence - Definition, Nature, Theories, Assessment. Emotional Intelligence. Creativity.

UNIT-V: MOTIVATION AND EMOTIONS

Motivation – Definition, Need, Drive, Instinct, Theories, Types.

Motives - Physiological – Hunger and Sex - Psychological – Achievement, Affiliation, Aggression - Social - Power.

Frustration and Conflict.

Emotion – Meaning, Nature, Biological basis of emotions, Theories.

UNIT-VI: HEALTH, STRESS AND COPING

Health psychology - Definition, Bio Psycho Social model.

Behavioural and psychological correlates of illness.

Stress and coping - Definition, Nature, causes, Effects.

Promoting wellness - Primary prevention and secondary prevention, managing stress.

UNIT-VII: PERSONALITY

Personality – Definition, Psycho analytical approach, Humanistic approach, Trait Theory, Learning approach to personality, Measuring Personality – Questionnaire and Inventories, Projective techniques, Other measures – Behavioural observation, Interviews and Biological Measures.

UNIT-VIII: MENTAL DISORDERS

Models of Abnormality – Assessment and Diagnosis – DSM and ICD – Disorders of Infancy, Childhood and Adolescence, Anxiety Disorders, Mood Disorders, Dissociative and somatoform disorders, Sexual and Gender Identity Disorder, Personality Disorders, Schizophrenia, Substance related disorders, Psychotherapies – Psychological approaches, Group therapy, Marital therapy, Family therapy, Psycho Social Rehabilitation, Biological therapy, Indigenous therapy (Yoga and meditation).

UNIT-IX: DEVELOPMENTAL PSYCHOLOGY

Childhood – Physical, Cognitive, Moral, Social and Emotional domain.

Adolescence - Physical, Cognitive, Moral, Social and Emotional domain.

From Gender identity to Sexual Category constancy.

Adulthood – Cognitive, Social and Emotional domain, views on adulthood (Stage theories vs. Contextual approach)

Aging – Theories, Death and Bereavement.

UNIT-X: SOCIAL PSYCHOLOGY

Social thought – Attribution, Social cognition, Attitudes.

Social Behaviour – Prejudice, Social influence, Attraction and Love, Leadership, Persuasion, Prosocial behaviour, Aggression, Anti-social behaviour. Group – Types and formation of groups, group process- Social Facilitation, Social Loafing, Conformity, Inter-group relations.