

PSYCHOLOGY

SYLLABUS

PART –I GENERAL PSYCHOLOGY

Unit – I

- Historical Background: -Emergence of Psychology as a discipline. Schools of Psychology (Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic-Existential, Cognitive revolution, Multiculturalism).
- Indian Perspective: -Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (avidya and vidya).

Unit – II

- Biological Basis of Behaviour: - Neurons & Nervous System, Neurotransmitters.
- Attention & Perception: - Forms & Models of Attention. Visual and Auditory Perception, Perceptual Organisation, Perception Constancy, Perception of Form, Depth and Movement. Illusions. Perception & Motivation (Subliminal Perception).

Unit – III

- Learning: - Associative Theories (Pavlov & Guthrie), Functionalistic Theories (Thorndike, Skinner, Hull), Cognitive Theories (Gestalt, Tolman, Bandura).
- Developmental: - Stages of development. Theories of development (Piaget, Kohlberg).
- Motivation: - Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, and Motivational Cycle. Theories of Motivation.
- Emotions:-Physiological Correlates Theories of emotions: James-Lange, Cannon-Bard, Schachter and Singer, Lazarus, Lindzey.

Unit- IV

- Intelligence:- Spearman; Thurstone; Jensen; Cattell; Gardner; Sternberg; Goleman; Das, Kar&Parrila. Emotional Intelligence.
- Thinking & Reasoning: - Information processing, Feature integration model. Concept Formation. Types of Reasoning.
- Problem Solving & Decision Making: - Problem solving: Type, Strategies, and Obstacles. Decision-making: Types and models.
- Creativity: -Torrance, Getzels& Jackson, Guilford, Wallach &Kogan.

Unit- V

- Personality: - Determinants of personality: Biological and socio-cultural. Approaches to the study of personality: Psychoanalytical, Neo-Freudian, Social learning, Trait and Type, Cognitive, Humanistic, Existential, Transpersonal psychology, Projective Techniques.
- Memory: - Memory processes: Encoding, Storage, Retrieval Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural). Eye witness testimony

- Forgetting: - Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting.

PART- II RESEARCH & PSYCHOLOGICAL TESTING

1. Test Construction: - Item Writing & Analysis, Test Standardization (Reliability, Validity, Norms), Sampling.
2. Testing: -Types of Tests. Intelligence, Attitude, Aptitude Testing
3. Research Designs:- Formulating research problem, hypothesis, conducting literature review
4. Research Methods:-Observation, Survey [Interview, Questionnaires], Experimental,Quasi-experimental, Field studies, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus groups, Narratives, Case studies, Ethnography.
5. Statistics: - Normal Probability Curve. Measures of Central tendency & Dispersion. Correlation and Regression. T-test, ANOVA. Quasi-Experimental Designs

PART – III APPLICATIONS OF PSYCHOLOGY

1. Psychotherapy & Counselling:- Psychoanalysis, Person-centered, Gestalt, Existential, Acceptance Commitment Therapy, Behavior therapy, REBT, CBT, Play therapy, Transactional Analysis, Dialectic behavior therapy, Art therapy, Family therapy.
2. Organizational Psychology: - Theories of Work Motivation, Leadership styles & theories.
3. Social Psychology: - Field Theory, Social Influence, Social Cognition, Aggression, Pro-Social Behaviour, Attitudes.
4. Health & Positive Psychology: -Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth. Health promoting and health compromising behaviors, Life style and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS].
5. Emerging Areas: - Military Psychology, Forensic Psychology, Peace Psychology, Behavioural Economics, Cognitive Science, Community Psychology, Sports Psychology, Psychology of Gender. (Basic Introduction)