

Semester - I			
Allied I - Experimental Psychology			
Code : 17UPSCA1	Hrs/week : 4	Hrs/Sem:60	Credits : 4

**Objective:**

- To introduce students on the importance of experiments to understand psychological processes
- To know the various learning process.

**UNIT 1:**

What is experimental psychology? Historical origins of Experimental Psychology. Fundamentals of Experimental Psychology.

**UNIT 2:**

Introspection, Observations and suggestions.

**UNIT 3:**

Principles of Conditioning.

**UNIT 4:**

Laws of Learning

**UNIT 5:**

Principles of Gestalt

**Reference**

1. Garrett E. Henry. Great Experiments in Psychology. New Delhi: Surjeet Publications.
2. Chaube.S.P.1985 Experimental Psychology,Laxmi Narain Publishers.
3. G.K.Mangal-Statistics in psychology and education Tata McGram Hill publications.;Delhi.

Semester - II			
Allied II - Biological Bases of behaviour			
Code : 17UPSCA2	Hrs/week : 4	Hrs/Sem:60	Credits : 4

### Objectives

- To develop an awareness about the role of Hormones
- To gain knowledge about internal regulation and emotional behaviours

### UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOUR

Introduction : Meaning of Biological Psychology – Approaches that relate brain and behaviour – level of analysis.

### UNIT II: NEUROPSYCHOLOGY

Electrical signals – transmission process – circuits – gross – electrical Activity; Chemical Bases of Behaviour; Hormones and the Brain – Hormones and Behaviour.

### UNIT III: THE SENSORY MOTOR SYSTEM

Vision: visual coding – Neural basis of visual perception – visual development – Audition: sound and the ear – pitch perception – auditory cortex – sound localization – Mechanical senses – Chemical senses – Three principles of sensory motor association cortex – Primary and Secondary motor cortex – Motor control and plasticity – Movement Disorders

### UNIT IV: INTERNAL REGULATION

Rhythms of Wakefulness and sleep – stages of sleep and brain mechanisms – sleep disorders – Dreaming – Internal Regulation: Temperature – Thirst – Hunger

### UNIT V: REPRODUCTIVE & EMOTIONAL BEHAVIOURS

Reproductive Behaviours: Sex and Hormones – Variations in sexual behaviour – gender and identity and gender-differentiated behaviours – sexual orientation – Emotion: Definition – Brain Functions – Attack and escape behaviours – stress and health

### REFERENCES

1. Kalat, J.W. (1995) *Biological Psychology. 5th Edition*. New York: Brooks/Cole.
2. Mark.R. Rozenweig, S.Marc Breedlove, Arnold L. Leiman (2002). *Biological Psychology: An Introduction to Behavior, Cognitive and Clinical Neuroscience*. Sunderland: Sinauer Publisher
3. Powell, G. (1998) *Brain and Personality. 3rd Edition*. London: Rout ledge & Kegan Paul. Neil R. Carlson (2007). *Foundations of Physiological Psychology*, 6th Edition Published by Dorling Kindersley (India) Pvt. Ltd., licensees of Pearson Education
4. Wagner, H & Silber, K. *Physiological Psychology*. NY: BIOS Scientific Publishers, 2004.

Semester - I			
Core I - General Psychology			
Code : 17UPSC11	Hrs/week : 4	Hrs/Sem:60	Credits : 4

### Objective:

- To understand the basic concepts in Psychology in historical outline
- To learn the various principles of Psychology
- To focus on the various areas of Psychology

### UNIT 1: INTRODUCTION

What is psychology? Why to study psychology? Psychology as a science - Methods of Psychology-Experimental method, Systematic Observation, Case Study method, Survey method; Early Schools of Psychology; Modern Perspectives.

### UNIT 2: BIOLOGICAL BASES OF BEHAVIOUR

Brain and its functions – Principles of Heredity – Endocrine system and its functions

### UNIT 3: SENSORY PROCESSES

Some general properties of Senses: Visual sense – Auditory sense – Other senses

### UNIT 4: ATTENTION & PERCEPTION

Selective attention; physiological correlates of attention; Internal influences on perception-learning – set - motivation & emotion - cognitive styles; External influences on perception-figure and ground separation – movement – organization – illusion; Internal- external interactions: Constancy -Depth Perception- Binocular & Monocular Perception; Perceptual defense & Perceptual vigilance; Sensory deprivation -Sensory bombardment; ESP - Social Perception.

### UNIT 5: ALTERED STATES OF CONSCIOUSNESS

Consciousness; Stages of sleep; dreams; meditation; hypnosis.

### REFERENCES:

1. Robert A Baron (2002), Psychology, 5th Edition, Prentice Hall, India.
2. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi.
3. Ciccarelli, S. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education.
4. Zimbardo, P.G. and Weber, A.L. (1997). Psychology. N.Y. Pearson. Edition.

Semester - I			
Core II - History of Psychology			
Code : 17UPSC12	Hrs/week : 4	Hrs/Sem:60	Credits : 4

## OBJECTIVES

- To give an overview of the field of Psychology
- To expose the students to many sub disciplines that makes up the science of Psychology.
- To understand various perspectives on interpreting psychological phenomenon

## UNIT I: SYSTEM & SCHOOLS OF PSYCHOLOGY

Approaches to Psychology - Paradigms and revolutions - Specializations in Psychology.

## UNIT II: STRUCTURALISM & FUNCTIONALISM

Structuralism: Psycho Physical Laws and Consciouness, Wilhelm Wundt, Oswald and Titchener;  
Functionalism: Darwin, Galton, William James, Stanley Hall, John Dewey.

## UNIT III: THE PSYCHOANALYTIC PERSPECTIVE

Psycho analysis: Sigmund Freud, Carl Jung, Alfred Adler; Neo- Psycho Analysis:  
Erickson, Horney.

## UNIT IV: HUMANISTIC-EXISTENTIALISTIC VIEW

Humanistic Psychology: Maslow, Rogers, Rollo May.

Gestalt Psychology: Max Wertheimer, Kurt Koffka, Wolfgang Kohler, Kurt Lewin

## UNIT V: BEHAVIOURISM

Models of Learning: John Watson, Pavlov, Hull, Tolman, Skinner, Seligman, Bandura

## REFERENCES

1. A History of Psychology: Globalisation, Ideas and Application, Robert B. Lawson, Jean E. Graham, Kristin M. Baker, Prentice Hall of India, 2008, New Delhi
2. A History of Psychology: Original Sources and Contemporary Research. Benjamin, Jr. L.T. McGraw Hill. (1988).
3. History of Psychology (2nd Ed) Hothersall.D, McGraw Hill. London (1990)



Semester - II			
Core III - Developmental Psychology			
Code : 17UPSC21	Hrs/week : 4	Hrs/Sem:60	Credits : 4
Objectives			

- To understand the process of human development.
- To gain insight into the various types and stages of development.

## UNIT 1 :INTRODUCTION

Meaning of developmental changes – significant facts about development – the life span – difficulties in studying life span – development – the developmental tasks during the life span – happiness and unhappiness during the life span.

## UNIT- II: INFANCY

Beginning of life & infancy: conception - periods & prenatal development – hazards during prenatal period – understanding birth complications – characteristics of infancy – developmental tasks – physical **developmental** – **physiological functions** – muscle control – speech development play – development of understanding – mental development – personality development – Piaget's Cognitive developmental stages.

## UNIT III BABYHOOD

Babyhood: Characteristics- developmental tasks – physical development – physiological functions – muscle control – speech development- interest in play – development of understanding – mental development – personality development.

## UNIT -IV EARLY CHILDHOOD

Early childhood: Characteristics – developmental tasks – physical development – skills – speech development – emotional development – socialization – play – moral development – family relationships – personality development.

## UNIT V: LATE CHILDHOOD

Late childhood: Characteristics – developmental tasks – physical growth – skills – speech development – emotional expressions – social behaviour – play interests – moral attitudes and interests – personality changes.

## REFERENCES:

1. Hurlock E.B. (1997): Developmental Psychology (4<sup>th</sup>ed), New Delhi, Tata McGraw Hill.
2. Thompson, George G. (1981): Child Psychology (2<sup>nd</sup>ed) Delhi: Surjeet Publications.
3. Berk L.E. (2005) Child Development, (2<sup>nd</sup> Ed.), New Delhi: Pearson Education.
4. Shaffer R.H. Child Psychology M.A. Blackwell publishing, 2004.
5. Papalia D.E & Old & S.W. Human Development. New Delhi. Tata McGraw Hill Kogakusha, 1978.

Semester - II			
Core IV - General Psychology			
Code : 17UPSC22	Hrs/week : 4	Hrs/Sem:60	Credits : 4

### Objectives :

- Understand the process of memory and causes of forgetting.
- Know the meaning and types of Thinking, learning, Motivation and emotions.

### UNIT 1 : THEORIES OF LEARNING

Classical conditioning – significance of classical conditioning; instrumental conditioning- significance of instrumental conditioning; reinforcement- nature, schedules, parameters; cognitive learning- latent learning, insight, imitation; individualized learning- computer assisted learning, learning programmes.

### UNIT 2 : MEMORY & THINKING

**Memory processes:** Theories about memory – a general memory function; information – processing theories- sensory register, short term memory, rehearsal; long term memory; levels of processing theory; long term memory – organization, TOT, semantic and episodic memory, encoding and storing long term memories; role of organization, role of imagery, role of constructive processes; retrieval from long term memory.

**Forgetting:** interference, retrieval problems motivated forgetting, amnesia- psychological Amnesia, biological Amnesia; improving your memory – improving study methods.

**Thinking and language:** The thinking process- concepts, problem solving, decision-making, creative thinking; language communication.

### UNIT 3 : INTELLIGENCE

**Nature of Intelligence:** The Psychometric Approach: The Structure of Intellect – Factor Analysis – The g factor: Intelligence as General Mental Capacity – Intelligence As Specific Mental Abilities – Crystallised and Fluid Intelligence – Carroll's Three-Stratum Model: A Modern Synthesis – Cognitive Process Approaches: The Nature of Intelligent Thinking – Broader Conceptions of Intelligences: Beyond Mental Competencies: Gardner's Multiple Intelligences – Emotional Intelligence

### UNIT 4 : MOTIVATION & EMOTION

Motives as interferences, explanation and predictor, some theories of motivation, biological motivation, social motives- motives to know and to be effective, frustration and conflicts of motives; defense mechanism.

Expression & perception of emotion; the physiology of emotion and stress, some theories of emotion.

## UNIT 5 : PERSONALITY

What is Personality? Type and Trait approach ; Psychodynamic, Behaviouristic and Humanistic (Maslow and Rogers) approaches.

### REFERENCES :

1. Robert A Baron (2002), Psychology, 5th Edition, Prentice Hall, India.
2. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi.
3. Robert S. Feldman (2004) understanding Psychology 6th Edition Tata MrGram – Hill.
4. Ciccarelli, S. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education.
5. Zimbardo, P.G. and Weber, A.L. (1997). Psychology. N.Y. Pearson. Edition.