

UNIVERSITY OF PUNE

Syllabus for F. Y. B. A.

G1: General Psychology

(To be implemented from 2013-2014)

Objectives:

1. To provide solid foundation for the basic principles of psychology
2. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
3. To provide an overview of the applications of psychology.

TERM I

TOPIC -1 – PSYCHOLOGY: SCIENCE AND PERSPECTIVES (Total Periods = 12)

- 1.1- Definition, nature and Goals of Psychology as a Science.
- 1.2- History and perspectives – Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-psycho-socio-cultural
- 1.3- Fields – Developmental, Social, Clinical and counseling, Educational, Industrial, Health, Criminal and Forensic, Sports and women psychology.
- 1.4- Methods – Introspection, Observation, Experimental, Survey and Case Study
- 1.5- **Applications:** Career Avenues in Psychology

TOPIC -2 – BIOLOGICAL BASES OF HUMAN BEHAVIOUR (Total Periods = 12)

- 2.1- Neuron – Structure and Function
- 2.2- Neurotransmitters: Serotonin, Dopamine, GABA, Acetylcholine
- 2.3- Nervous system- Central Nervous System (CNS- Brain, Spinal Cord), Peripheral Nervous System (Autonomous Nervous System (ANS), Somatic)
- 2.4- Glandular System : Pituitary, Thyroid, Parathyroid, Adrenal, Gonads
- 2.5- **Applications**– Clinical Study of Brain: Techniques and New Trends

TOPIC -3 – SENSATION, ATTENTION AND PERCEPTION (Total Periods = 12)

- 3.1- Sensation – Definition, Nature and Process
- 3.2- Attention – Definition, Types, Determinants, Phenomena - Division of Attention, Span of Attention
- 3.3- Perception – Definition, Gestalt Principles and Perceptual Constancies
- 3.4 – Perceptual Illusions
- 3.5- **Applications** – Extra Sensory Perception (ESP)

TOPIC – 4- MOTIVATION (Total Periods = 12)

- 4.1- Definition and Characteristics – Motivational Cycle.
- 4.2- Types – Biological, Social, Psychological
- 4.3- Theories – Arousal, Drive Reduction, Incentive, Humanistic (Maslow)
- 4.4- Frustration – Sources of Frustration, Types of Conflicts
- 4.5- **Applications** – Conflict Resolution Techniques

TERM II

TOPIC – 5- EMOTION (Total Periods = 12)

- 5.1- Definition, Nature and Importance of Emotion
- 5.2- Basic emotions: Joy, Excitement, Tenderness, Sadness, Anger, Fear and Love
- 5.3- Theories of emotion: James-Lange, Canon Bard, Schachter, Singer and Lazarus
- 5.4- EQ – Definition, Nature, Measurement and Importance of EQ
- 5.5- **Applications** – Effect of Emotions on Health (Positive and Negative)

TOPIC -6- LEARNING AND MEMORY (Total Periods = 12)

- 6.1- Learning: Definition, Nature and Types
- 6.2- Conditioning – Classical and Operant Conditioning and Their Practical Applications
- 6.3- Trial and Error – Thorndike’s Experiment and Laws,
Insight Learning- Kohler
- 6.4- Memory, Definition, Types - Forgetting and Causes of Forgetting
- 6.5- **Applications:** Memory Improvement Techniques

TOPIC -7- PERSONALITY**(Total Periods = 12)**

- 7.1- Nature, Definition and Misconceptions
- 7.2- Freud's Psychoanalytical Theory of Personality
- 7.3- Trait Approaches to Personality: Allport's approach, Eysenck's PEN Model, Cattell's 16PF, McCrae and Costa Big-5
- 7.4- Assessment Techniques – Behavioural, Projective and Self Report Inventories
 - i) MMPI ii) CPI iii) Neo PI
- 7.5- Applications:** SWOT Analysis

TOPIC -8 – INTELLIGENCE AND THINKING**(Total Periods = 12)**

- 8.1- Intelligence: Definition and Basic Concepts in Measurement (CA, MA, IQ and DQ)
- 8.2- Intelligence Measurement: Stanford Binet, Wechsler Intelligence Scale for Children (WISC) and Wechsler Adult Intelligence Scale (WAIS)
- 8.3- Individual Differences: Mentally Challenged and Gifted People, Types and Causes
- 8.4- Thinking – Definition and Types
 - Logical, Problem Solving and Decision Making, Creative Thinking
- 8.5- Applications:** Lateral Thinking- Six Thinking Hats Techniques

References:

- Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
- Ciccarelli , Sandra, White N. (2011). *Psychology: An Exploration* (2nd edition), Pearson Publications
- Ciccarelli, S and Meyer, G. E. (2011). *Psychology* , Pearson Publications, New Delhi.
- Coon, D. & Mitterer, J. O. (2007). *Introduction to psychology: Gateways to mind and behavior*. Singapore: Thomson Wadsworth.
- Feldman, Robert (2009). *Understanding Psychology*, 9th edition, Tata McGraw Hill.
- Lahey, B. B. (2003). *Psychology: An introduction*. New Delhi: Tata McGraw-Hill.
- Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to psychology*. McGraw-Hill Book Co.
- Morgan, King, Weisz, Schopler (2001). *Introduction to psychology*, Tata McGraw Hill
- Passer, M. W. & Smith, R. E. (2007). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.
- Smith, D. B. (1998). *Psychology: Science and understanding*. Boston: McGraw-Hill.
- Smith, E. E., Hocksema, S. N., Fredrickson, B. and Loftus, G. R. (2003). *Atkinson and Hilgard's Introduction to Psychology*. Singapore: Thompson Wadsworth.
- Zimbardo, P. G. and Weber, A. L. (1997). *Psychology*. N.Y.: Pearson.
- Badgular, Bachhav, & Shinde (2001). *Samanya manasashastra*. Nashik: Swayambhu Prakashan.
- Inamdar, Gadekar & Patil (2006). *Adhunik manasashastra*. Pune: Diamond Publication.
- Pandit, Kulkarni & Gore (1999). *Samanya manasashastra*. Nagpur: Pimpalpure Prakashan