

SYLLABUS FOR THE SUBJECT OF PSYCHOLOGY

PAPER- I

Total Marks : 100

I. Introduction to Psychology

Definition, Evolution and Scope of Psychology
Schools of Psychology: Behaviorism, Psychoanalysis, Humanistic/ Existential, Cognitive and Biological School
Recent Trends and Specialties in Psychology

II. Sensation and Perception

Sensory Processes

Theories of Vision and Hearing
Theories of Taste Smell and Position
Senses of Touch Position and Balance

Nature of Perceptual Organization

Perception of Distance, Movement, Space, Depth, Color
Perceptual Constancy
Perception and Optical Illusions
Extrasensory Perception
Perceptual Development

III. Learning, Memory and Intelligence

Learning

Different Types of Learning:
Classical Conditioning
Operant Conditioning
Observational Learning

Memory

Short Term and Long Term memory
Information Processing Theory
Encoding, Storage and Retrieval
Forgetting

Intelligence

Extremes of Intelligence: Mental Retardation and Giftedness
Theories of Intelligence
Intelligence and Psychological Testing

IV. Biological Foundations of Behavior

Components of Nervous System
Structure and Functions of the Brain
Brain and Behavior
Endocrine System
Genetic Influences on Behavior
Nature, Nurture and Human Diversity

V. Child Development

Introduction to Child Development
Historical and Modern Views
Domains of Development
Theories of Child Development
Biological Development
Cognitive Development
Psychological Development

VI. Motivation

Nature of Motives
Needs, Drives and Motivations
Concept of Homeostasis
Types of Motivation
Theories of Motivation
Role of Culture in Motives

VII. Emotions

Nature and Types of Emotions
Theories of Emotions
Biological and Psychological Changes in Emotions
Role of Endocrine Glands
Situational Influences and Cultural Practices
Frustration and Conflict

SUGGESTED READINGS

1. *Psychology; Themes and Variations 5th Ed., Wayne Weiten*
2. *Psychology 5th Ed., Benjamin b. Lahey*
3. *Psychology & Life 17th Ed., Richard J. Gerrig, & Philip G. Zimbardo*
4. *Introduction to Psychology 6th Ed., John W. Santrock*
5. *Psychology & Life 7th Ed., Floyd I. Ruch*
6. *Life-span Development 9th Ed., John W. Santrock*
7. *Understanding Psychology 6th Ed., R. S. Feldman*
8. *Psychology 6th Ed., David G. Myers*
9. *Abnormal Psychology 4th Ed., Barlow & Durand*
10. *Social Psychology 7th Ed., David G. Myers*
11. *Principles of Human Neuropsychology, G. Dennis Rains*
12. *An introduction to the History of psychology, Hergenhahn*

PAPER-II

Total Marks: 100

I. Health, Stress and Coping

Health Impairing Behaviors:

Smoking, Alcoholism, Poor Nutritional Habits, Lack of Exercise, Behavioral Aids. Stress and its Impact on Health

Major Types of Stress

Physiological & Psychological Reactions to Stress

II. Personality Theories and Assessment

Definition of Personality

Theories of Personality Development

Psychoanalytical Theory

Social Learning Theory

Humanistic Theory

Traits Theory and Situations

Human Diversity

Personality Assessment

III. Psychological Disorders and their treatment

Abnormal Behavior; Myths, Realities and

Controversies Criteria of Abnormal Behavior

The Classification of Disorders

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Anxiety Disorders, Mood Disorders and Personality Disorders

Treatment and Intervention

Stages of Psychotherapy

Goals of Psychotherapy

Family & Group Therapies

IV. Social Processes, Society and Culture

Social Roles and Rules

Social Norms and Conformity

The Process of Socialization and Attitude Development

Situational Effects on Social Behavior

Social Cognition and Relationships

V. Behavior and Group Dynamics

Leaders, Groups and Decision Making
Aggression, Altruism and Pro-social Behavior
Situational Influences and Cultural Constraints
Prejudice and Stereotypes
The Psychology of Conflict and Peace

VI. Research Methods in Psychology

Scientific Research in Psychology

Types of Research:

Experimental Studies: Placebo Effect and Use of Placebos in Experiments
Correlational Studies
Descriptive Studies
Case Studies
Surveys

VII. Ethical issues in Psychology

Confidentiality
Informed Consent
Relationships with Vulnerable Individuals
A General Concern for Ethical Practice

SUGGESTED READINGS

1. *Clinical Psychology*, E.G. Plante
2. *Introducing Psychology* 4th Ed., Rex Knight
3. *Psychology & Life* 17th Ed., Richard J. Gerrig, & Philip G. Zimbardo
4. *Introduction to Psychology* 6th Ed., John W. Santrock
5. *Psychology & Life* 7th Ed., Floyd I. Ruch
6. *Psychology; Themes and Variations* 5th Ed., Wayne Weiten
7. *Understanding Psychology* 6th Ed., R. S. Feldman
8. *Psychology* 6th Ed., David G. Myers
9. *Abnormal Psychology* 4th Ed., Barlow & Durand
10. *Social Psychology* 7th Ed., David G. Myers
11. *Advanced Social Psychology*, Abraham Tesser
12. *Health psychology* 4th Ed., Shelly Tylor