

JYOTI NIVAS COLLEGE AUTONOMOUS
PROGRAMME - B.A. / B.Sc.
SEMESTER – II - FOUNDATIONS OF BEHAVIOUR

NO. OF HOURS: 60

COURSEOBJECTIVES:

1. To understand the significance of psychology as a science and its scope in everyday life.
2. To acquaint the students with the basic processes involved in the functioning of human beings both at the conscious and at the unconscious level.
3. To set the foundation for future specializations in the field of psychology

LEARNINGOUTCOMES:

1. To understand the fundamental processes underlying behaviour such as biological foundations of behaviour processes underlying motivation, emotions and cognition.
2. The students will be able to relate and connect concepts in psychology with Intelligence and Personality through Practical experiences.
3. The students will be able to understand how psychology relates to other disciplines.

UNIT I - MOTIVATIONAND EMOTION

12 HOURS

Motivation - Definition; Approaches - instinct, drive reduction, arousal, incentive, cognitive, Maslow's hierarchy, applications; Human needs and motivation - Biological motives: hunger, thirst & sexual motives, Social motives: achievement, affiliation, power & aggression; Theories of Motivation -ERG theory, Handy's Theory; Emotions – Definition; Physiological basis; Functions; Theories: Classical: - James-Lange, Cannon-Bard, Schachter-Singer; Contemporary Perspectives–The Neuroscience of Emotions; Nonverbal Behaviour and the Expression of Emotion (in brief) - The Facial-Affect program, Facial-feedback hypothesis.

Self-study: Emotional intelligence

UNIT II – INTELLIGENCE

13 HOURS

Definition: David Wechsler's definition and explanation; Concept of IQ; Distribution of intelligence in the general population (mention levels of MR); Theories of intelligence:

- 1) Factor theories -Spearman, Thurstone, Cattell, and Guilford.
- 2) Recent theories– Information processing theory, Gardner's theory of multiple intelligences, Sternberg's triarchic theory.

Characteristics of a good psychological test - norms, validity, reliability; Classification of tests: verbal & non- verbal, paper-pencil & performance, individual & group tests, speed & power, typical performance & maximum performance, criterion-referenced & norm-referenced, informal & standardized tests.

Self-study: Artificial intelligence.

UNIT III– COGNITIVE PROCESSES AND LANGUAGES

12 HOURS

Thinking & Reasoning – Thinking: meaning, mental images, concepts, Reasoning: meaning, syllogistic reasoning, algorithms &heuristics; Problem solving-meaning, steps: preparation, production, judgment, impediments, creativity & problem solving; decision making.

Language -meaning, grammar, language & cognition.

Self-Study: Virtual learning, Multi-Linguilism

UNIT IV-PERSONALITY**12 HOURS**

Definition; Approaches to personality (in brief) – Psychodynamic-psychoanalytic: structuring personality, developing personality, defence mechanisms, Trait approaches: Allport, Cattell, Eysenck, McCrae & Costa (Big-Five), Type approaches- Jung's Classification, William Sheldon. Learning approaches: Skinner, Social Cognitive approaches, Humanistic approaches: Maslow & Carl Rogers.

Self-study: Neo- Freudian Psycho-analysts'–Jung, Karen Horney

UNIT V – STATES OF CONSCIOUSNESS**11 HOURS**

Consciousness- Definition, Continuum of consciousness – controlled processes, automatic processes, day-dreaming, the unconscious, unconsciousness, altered states. States of consciousness – Meaning; Sleep: - Stages of sleep, REM sleep; Sleep disturbances-insomnia, sleep apnea, night terrors, sleep walking, sleep talking; Dreams: need, function & meaning, circadian rhythms & daydreams; Altered states of consciousness – Meaning; Hypnosis; Meditation (benefits, application and clinical use); Substance-induced altered states: stimulants, depressants, narcotics, hallucinogens.

Self-Study: Narcoanalysis

REFERENCES:

1. Feldman R S: Understanding Psychology, 10th edition, Tata McGraw Hill, New Delhi.
2. Robert A Baron, Psychology, 6th Edition, Prentice Hall of India Pvt, Ltd, New Delhi.
3. Ciccarelli and Meyer Psychology, South Asian Edition, Pearson Longman, New Delhi.
4. Hilgard, Atkinson and Atkinson, Introduction to Psychology, Oxford, IBH Publishing Co. Pvt. Ltd
5. Wortman & Loftus (1992), Psychology, 4th Edition. McGraw Hill International.
6. Morgan, King, Weiss and Schopler, Introduction to Psychology, 7th Edition, Tata McGraw Hill, New Delhi.