

**JYOTI NIVAS COLLEGE AUTONOMOUS
DEPARTMENT OF PSYCHOLOGY
PROGRAMME-B.A./ B.Sc.
SEMESTER – I - FOUNDATIONS OF PSYCHOLOGY**

CREDITS: 4

NO. OF HOURS: 60

OBJECTIVES:

1. To help the student 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 through Biology and Behaviour and Co-relate other important processes.
3. To set the foundation for future specializations in the field of psychology.

LEARNING OUTCOMES:

1. The student will understand the nature and scope of psychology and the methods used in the study of human behaviour.
2. The student will be able to understand the fundamentals of the Biological Basis of Behaviour and the various concepts and theories of Learning, memory, sensation and perception.
3. The student will be able to apply the principles of psychology in day-to-day life for better understanding of themselves and others.

UNIT I - INTRODUCTION

12 HOURS

Introduction - Definition, Goals, Branches of Psychology: educational, clinical, counseling, industrial and organizational, cross-cultural, health, sports, women, forensic, legal (minimum 10 branches), Role and scope of a psychologist in society; Schools of psychology -Psychoanalytic, Behaviourism, Gestalt, Cognitive, Humanistic, Evolutionary & Socio-Cultural; Methods of Psychological Research – Observation, Survey, Correlational, Archival, Experimental, Case study; Methods of Assessment: Hypnosis, Free Association, Introspection, Questionnaire, Self-report measure, Projective techniques, Behavioural assessment; A brief introduction to Indian Psychology.
Self-study: Positive psychology-Meaning, Applications

UNIT II- NEURO SCIENCE & BIOLOGICAL BASIS OF BEHAVIOUR 12 HOURS

Neuroscience-Definition, Behavioural Neuroscientists-Definition
Neurons- structure and functions, transduction, how do neurons fire, mirror neurons, neural impulse, synapse, neurotransmitters;
Nervous system: Central Nervous System: Brain and Spinal cord;
Peripheral Nervous System: Somatic and Autonomic-Sympathetic and Parasympathetic;
The Brain- The central core, the limbic system, the cerebral cortex, specialization of hemispheres, split brain;
The Endocrine system-Definition, Location and functions of the major endocrine glands: -pituitary, thyroid, adrenal, pancreas, pineal
Self-Study: Neuro plasticity and the brain.

UNIT III– SENSATION AND PERCEPTION

12 HOURS

Definitions of sensation and perception, Meaning of stimulus, & psychophysics; Sensation-absolute thresholds, difference thresholds, Weber's law, sensory adaptation and integration;

Perception - Gestalt laws of organization; Top-down and bottom-up processing, feature analysis, figure-ground relationship; Depth perception: monocular & binocular cues; Perceptual constancy: size & shape; Perceptual Illusions: Muller-Lyer illusion, Horizontal-vertical illusion, Phi-phenomenon, Auto-kinetic Illusion.

Self-Study: Extra Sensory Perception (Telepathy, Clairvoyance)

UNIT IV – LEARNING

12 HOURS

Learning – definition; Types of learning: 1) Trial & error, 2) Insightful learning, 3) Cognitive-observational learning, latent learning, 4) Conditioning: Classical conditioning concepts, phenomenon & applications, generalization, discrimination, extinction & spontaneous recovery, Operant conditioning - basic concepts, reinforcement (positive & negative), schedules of reinforcement, rewards & punishment (pros & cons), Shaping of responses and applications.

Self-study: Behaviour Modification-Meaning and Applications

UNIT V– MEMORY

12 HOURS

Memory - definition, importance of remembering & forgetting; Basic processes of memory -encoding, storage, retrieval

Approaches to memory:

1) Classical approaches: - a) Atkinson- Shiffrin model –sensory register, short-term memory, long term memory (Shallow and deep processing)

2). Contemporary approaches to memory: a) Baddeley's model - working memory: Visuo-spatial sketchpad, central executive, phonological loop, episodic buffer, b) Tulving-modules of memory.

Forgetting – Nature; Theories: decay and interference; Strategies to improve memory: method of loci, chunking, key-word technique, pegging, association, imagery, encoding specificity, speed reading; Meta-cognition(in brief).

Self-Study: Craik & Lockhart-levels of processing

PRIMARY 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.

ADDITIONAL REFERENCES:

1. Hilgard, Atkinson and Atkinson, Introduction to Psychology, Oxford, IBH Publishing Co. Pvt Ltd
2. Wortman & Loftus(1992), Psychology, 4th Edition. McGraw Hill International.
3. Morgan, King, Weiss and Schopler, Introduction to Psychology, 7th Edition, Tata McGraw Hill, New Delhi.