

**JYOTI NIVAS COLLEGE AUTONOMOUS  
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

**Programme: B.Voc VP.**

**Semester: I**

**Paper 2: Basic Psychological Processes – II**

**Course Code : 18BVV104**

**Course objectives:**

1. To understand further the fundamental processes underlying human behavior such as neurological basis of behavior, sensation and perception, memory, cognition, language and states of consciousness.
2. Apply the principles of psychology in day-to-day life for a better understanding of themselves and others.

**UNIT I: NEUROLOGICAL BASIS OF BEHAVIOUR (13 Hrs)**

- a) Meaning of Neuroscience.
- b) Neurons and Neurotransmitters; Transduction.
- c) Nervous system: CNS - brain and spinal cord, PNS - somatic and autonomic: sympathetic and parasympathetic.
- d) The Brain: central core/old brain, limbic system, and new brain /cerebral cortex, specialization of hemispheres, neural plasticity.
- e) The endocrine system: location and function of the major endocrine glands (Pituitary, adrenal, pancreas, gonads)
- f) Brain, Behaviour and Media.

**UNIT II: SENSATION AND PERCEPTION (12 Hrs)**

- a) Definitions of sensation and perception; Meaning of stimulus, Psychophysics.
- b) The ABCs of sensation – sensory thresholds: difference threshold, absolute threshold, Weber’s law, sensor adaptation and integration.
- c) The ABCs of perception – Perceptual constancies: size, shape and brightness; Gestalt laws of organization: figure-ground relationships - proximity, similarity, closure, continuity, simplicity, common fate, meaningfulness, common region.
- d) Depth perception: monocular cues – linear perspective, relative size, overlap, ariel, texture gradient, motion parallax, accommodation, binocular cues: convergence, binocular disparity;
- e) Perceptual illusions: Vertical-horizontal Illusion, Muller-Lyer Illusion, Phi-Phenomenon; Changing dimensions of Perception- Concept of virtual reality; Perceptual errors or alterations (based on altered states of consciousness- substances and hypnosis).
- f) Perception and visual communication.

### **UNIT III: MEMORY**

**(12 hours)**

- a) Definition; Basic processes of memory – encoding, storage, retrieval.
- b) Models of memory – i). Atkinson and Shiffrin Model – Sensory register (Iconic and Echoic), short-term memory, and long-term memory
- c) Contemporary Approaches – 1 Baddeley’s Model – working memory: visuospatial sketchpad, central executive, phonological loop. 2. Craik and Lockhart – levels of processing.
- d) Forgetting – meaning, theories: decay and interference.
- e) Strategies to improve memory – Method of loci, chunking, key-word technique, pegging, association, imagery, encoding specificity, speed reading.
- f) Exaggerated news and memory for details.

### **UNIT IV: COGNITIVE PROCESSES & LANGUAGE**

**(12 hours)**

- a) Thinking: Meaning & definition, basic elements of thought - concepts, propositions, images.
- b) Reasoning: meaning, types - formal (syllogistic reasoning), everyday, deductive, inductive, dialectic.
- c) Problem solving: meaning, steps in problem solving, obstacles in problem solving, methods of problem solving, problem solving and creativity.
- d) Language: meaning, role of language in thinking and reasoning.
- e) Arts education, the brain and language.

### **UNIT V: STATES OF CONSCIOUSNESS**

**(11 Hrs)**

- a) Consciousness – meaning.
- b) States of consciousness - Sleep: circadian rhythms, importance of sleep, theories, and stages of sleep; Dreams: Freud’s interpretation, the activation-synthesis hypothesis.
- c) Altered states of consciousness – Hypnosis: steps in hypnosis induction, effects of hypnosis; psychoactive drugs: physical and psychological dependence, stimulants, depressants, hallucinogens; Meditation.
- d) The influence of social media on sleep quality.

### **PRACTICALS:**

1. Brain Dominance Inventory.
2. Muller-Lyer Illusion.
3. Creativity Test.
4. Meaning on Retention.
5. The Pittsburgh Sleep Quality Index (PSQI)

### **REFERENCES:**

1. Feldman, R S (2011). Understanding Psychology, 10<sup>th</sup> edition. Tata McGraw Hill, New Delhi.

2. Robert A Baron, Psychology, 6<sup>th</sup> 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. Morgan, King, Weiss and Schopler, Introduction to Psychology, 7<sup>th</sup> Edition, Tata McGraw Hill, New Delhi.
7. Santrock, John W. (2011). Educational Psychology. 4<sup>th</sup> edition. New Delhi: Tata McGraw-Hill Edition.