

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

Programme: INT BSc. MSc

Semester: II

**PAPER II
BASIC PSYCHOLOGICAL PROCESSES**

Course Code: 18II IS201

No. of Hours: 60

COURSE OBJECTIVES:

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

LEARNING OUTCOMES:

- To introduce to the students the basic concepts of Psychology such as motivation and emotion, sensation and perception, memory, cognition and states of consciousness
- To apply the principles of psychology in day-to-day life for better understanding of themselves and others.

UNIT I

CHAPTER 1- MOTIVATION AND EMOTION

11 HRS

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; Emotions – Definition; Physiological basis; Functions; Theories: Classical: - James-Lange, Cannon-Bard. Schechter-Singer, Modern: - ERG theory, Handy's Theory,

Self Study: Emotional intelligence.

UNIT II

CHAPTER 2 - SENSATION AND PERCEPTION

12 HRS

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; Depth perception: monocular & binocular cues; Perceptual constancy: size & shape;

Self Study: Extra-sensory Perception (Telepathy. Clairvoyance). Plasticity of perception

UNIT III

CHAPTER 3- ATTENTION

13 HRS

Definition of attention, function of attention: divided attention, selective attention, theories of attention process, signal detection theory; determinants of attention, fluctuation, oscillation and shifts.

Self Study: Vigilance.

UNIT IV

CHAPTER 4- MEMORY

13 HRS

Memory - definition, importance of remembering and forgetting; Basic processes of memory - encoding, stage, retrieval; Approaches to memory 1) Classical approach: Atkinson Shiffrin model sensory register, short-term memory, long term memory, 2). Contemporary approaches a) Baddeley's model - working memory: Visuospatial sketchpad, central executive, phonological loop 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.

Self-study: Craik & Lockhart - levels of processing.

UNIT V

CHAPTER 5 - STATES OF CONSCIOUSNESS

11 HRS

Continuum of consciousness- controlled processes, automatic processes, day-dreaming, the unconscious, unconsciousness, altered states.

States of consciousness- Meaning: Sleep: - Stages of sleep, REM sleep; 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.

Self-study: Narcoanalysis.

REFERENCES:

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10. Robert A Baron, Psychology. (2013). 6th Edition. New Delhi: Prentice Hall of India Pvt Ltd.
11. Ciccarelli & Meyer. Psychology, South Asian Edition. New Delhi: Pearson Longman.
12. Hilgard, Atkinson & Atkinson. Introduction to Psychology. Oxford: IBH Publishing Co. Pvt Ltd.
13. Wortman & Loftus. (1992). Psychology, 4th Edition. New Delhi: McGraw Hill International
14. Morgan, King, Weiss & Schopler. Introduction to Psychology, 7th Edition, New Delhi: Tata McGraw-Hill Edition.
15. Santrock, John W. (2011). Educational Psychology. 4th edition. New Delhi: Tata McGraw-Hill Edition
