

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2018 BATCH AND THEREAFTER**

Programme: BA / B.Sc.

Semester: II

**PAPER II
BASIC PSYCHOLOGY**

Course Code: 18IIPS2

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 understand further, the fundamental processes underlying behavior such as biological foundations of behavior, processes underlying sensation, perception, cognition, memory and states of consciousness.
- To set the foundation for future specializations in the field of psychology

UNIT I

CHAPTER 1- NEUROSCIENCE AND BEHAVIOUR

13 HRS

Neurons - definition of neuroscience, structure and functions, transduction, neural impulse, synapse, neurotransmitters;

Nervous system: Central Nervous System: Brain and Spinal cord; Peripheral Nervous System: Somatic and Autonomic-Sympathetic and Parasympathetic;

The Brain- scanning techniques, the central core, the limbic system, the cerebral cortex, specialization of hemispheres, split brain;

The endocrine system- Location and function of the major endocrine glands:- pituitary, thyroid, adrenal, pancreas, pineal

Self Study: Neuroplasticity and the brain.

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; Perceptual Illusions: Muller-Lyer illusion, Horizontal-vertical illusion, Phi-phenomenon, Auto-kinetic Illusion.

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

UNIT III

CHAPTER 3 – MEMORY

13 HRS

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

CHAPTER 4 – COGNITIVE PROCESSES AND LANGUAGES

11 HRS

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: Multi-linguism and learning

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:

1. Feldman R S: Understanding Psychology, 10 th edition, Tata McGraw Hill, New Delhi.
2. Robert A Baron, Psychology, 6 th 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, 4 th Edition. McGraw Hill International.
6. Morgan, King, Weiss and Schopler, Introduction to Psychology, 7 th Edition, Tata McGraw Hill, New Delhi.
