

U. P. HIGHER EDUCATION SERVICES COMMISSION, PRAYAGRAJ**Syllabus****PSYCHOLOGY****(Subject Code-37)**

UNIT- 1. Foundations of Psychology

Historical roots of psychology; Schools of psychology

Approaches to Psychology: Behaviouristic, Psychodynamic, Gestalt, Cognitive, & Humanistic

Methods of psychology: Experimental, Correlational, Survey, Longitudinal & Cross-sectional, and Case study.

Biological bases of Behaviour: Sensory systems: General and specific sensations, receptors and processes; Neurons: Structure, functions, types, neural impulse, synaptic transmission. Neurotransmitters;

The Central and Peripheral Nervous Systems – Structure and functions.

Neurophysiological methods: EEG, PET, MRI, & fMRI.

Neuropsychological assessment: Approaches and popular neuropsychological assessment batteries: Luria-Nebraska, AIIMS neuropsychological assessment battery.

Endocrine system and human behaviour.

UNIT- 2. Research Methodology and Statistics

Research: Meaning, Purpose, and Dimensions.

Research problems, Variables and Operational Definitions, Hypothesis, Sampling.

Ethics in conducting and reporting research

Paradigms of research: Quantitative, Qualitative, Mixed methods approach

Methods of research: Observation, Interview, Narrative, Questionnaires, Field studies, Experimental & Quasi-experimental and

Statistics in Psychology: Measures of Central Tendency and Dispersion. Normal Probability Curve. Parametric [t-test] and Non-parametric tests [Sign Test, Wilcoxon Signed rank test, Mann-Whitney test, Kruskal-Wallis test, Friedman]. Power analysis. Effect size.

Correlation and Regression: Correlation [Product Moment, Rank Order], Partial correlation, multiple correlation. Special Correlation Methods: Biserial, Point biserial, tetrachoric, phi coefficient. Simple linear regression,

Multivariate Statistics: Multiple & Logistic regression: Assumptions, strategies, tabulation and interpretation of results. Factor analysis: Assumptions, Methods, Steps, Rotation, and Interpretation.

Basic understanding of Cluster analysis and Multiple Discriminant Analysis

Experimental Designs: Randomized group design: ANOVA [One-way, Factorial],

Randomized Block Designs, Repeated Measures Design, MANOVA, ANCOVA.

Single-subject designs.

UNIT- 3. Psychometrics & Psychological testing

Classical Test Theory and Item Response Theory; Approaches of test construction: Rationale, empirical and factor analytic.

Types of psychological tests

Test construction: Item writing, item analysis

Test standardization: Reliability, validity and Norms

Areas of testing: Intelligence & Aptitude, Creativity, Personality, interest, Attitude.

Applications of psychological testing in various settings: Clinical, Organizational and business, Education, Counseling, Military. Career guidance.

UNIT- 4. Attention and Perception

Attention: Concept, types- selective, divided, and sustained. Attentional automaticity, Theories of selective and sustained attention
 Perception: Approaches to the Study of Perception: Gestalt approach – Figure and Ground, Law of perceptual Organization; information processing approach to perception- Pattern recognition and its models.
 Perceptual Constancy: Size, Shape, and Colour; Illusions
 Perception of Form, Depth and Movement
 Role of motivation and learning in perception
 Signal detection theory: Assumptions and applications
 Subliminal perception, culture and perception.

UNIT- 5. Learning, Memory and Forgetting

Fundamental theories of learning: Thorndike, Guthrie, Hull, Tolman
 Classical Conditioning: Procedure, phenomena, and related issues
 Instrumental learning: Procedure, phenomena, and theoretical issues; Reinforcement and reinforcement schedules.
 Applications of classical and instrumental conditioning in behaviour modification.
 Cognitive approaches in learning: Latent learning, observational learning.
 Verbal learning and Discrimination learning
 Biological bases of learning
 Memory processes: Encoding, Storage, Retrieval
 Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural). Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting
 Biological bases of Memory

UNIT- 6. Thinking, Intelligence and Creativity

Theoretical perspectives on thought processes: Associationism, Gestalt, Information processing, Feature integration model
 Concept formation: Rules, Types, and Strategies; Role of concepts in thinking Types of Reasoning.
 Language and thought
 Problem solving: Type, Strategies, and Obstacles
 Decision-making: Types and models
 Intelligence: Concept; Theories: Spearman; Thurstone; Guilford; Jensen; Cattell; Gardner; Stenberg; Mayer & Salovey; Goleman; Das, Kar & Parrila
 Creativity: Concept; Theories: Torrance, Getzels & Jackson, Guilford, Wallach & Kogan
 Relationship between Intelligence and Creativity

UNIT- 7. Personality, Motivation and Emotion,

Personality: Concept; Approaches: Trait and Type; Determinants: - Biological and socio-cultural
 Theories of personality: Psychoanalytical, Neo-Freudian, Social learning, Cognitive, Humanistic, Existential.
 Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.
 Approaches to the study of motivation: Psychoanalytical, Ethological, S-R Cognitive, Humanistic
 Social motives: Achievement, Affiliation and Power
 Motivational Competence and Self-regulation

Biological bases of motivation

Emotions: Concept and components; Physiological correlates

Theories of emotions: James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley, Facial-feedback hypothesis of emotion. Emotion regulation

Biological bases of emotions.

UNIT- 8. Social Psychology

Nature, scope and history of social psychology

Traditional theoretical perspectives: Field theory, Cognitive Dissonance, Sociobiological, Psychodynamic Approaches.

Social cognition and person perception: Impression formation and its theories; attribution and its theories.

Social attitude: Nature and determinants; Theories of attitude formation and change

Group and Social influence [Social Facilitation; Social loafing; prosocial behaviour]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience, Social Power, Reactance]. Aggression. Group dynamics, leadership style and effectiveness. Theories of intergroup relations [Minimal Group Experiment and Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Balance Theories, Equity Theory, Social Exchange Theory]

UNIT- 9. Life-span Human Development

Developmental processes: Nature, Principles, Factors in development, Stages of Development.

Theories of development: Psychoanalytical, Behaviouristic, and Cognitive

Various aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.

Piaget's cognitive development theory; Information processing and social learning theories; Kohlberg's theory of Moral development.

UNIT- 10. Applications of Psychology

Stress, health, and well-being:

Conflicts: Sources and types; Stress and Coping: Concept, Models, Type A, B, C, D behaviours, Stress management strategies [Biofeedback, Music therapy, Breathing exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training].

Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth. Health: Health promoting and health compromising behaviors, Life style and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]

Clinical Psychology: Psychopathology: Concept, Classification (DSM-5 & ICD-11) and Causes; Mental Status Examination

Psychotherapies: Psychoanalytic; Person-centered; Gestalt; Existential, Acceptance Commitment Therapy; Behaviour therapy; Cognitive therapy: REBT, CBT, MBCT; Play therapy; Transactional Analysis, Group and Family therapy.

Guidance and counselling: Needs, organizational set up, and techniques of guidance and counselling; Counselling process and skills.

Organizational Psychology:

Historical developments in OB, the organizational system; structural characteristics of organizations; organizational designs; challenges and opportunities for organizational behaviour

Organizational culture: Nature and types; developing and maintaining organizational culture and customer responsive culture; promoting ethics in organizational culture

Introduction to Organizational Development: Nature and scope of organizational development, Management of change.

Meaning and process of organizational communication, perspectives; direction of communication flow, communication barriers, Communication for organizational effectiveness.