

UNIVERSITY OF PUNE
Syllabus for F. Y. B. A.
G1: General Psychology
(To be implemented from 2008-09)

Objectives:

1. To provide solid foundation for the basic principles of psychology
2. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
3. To provide an overview of the applications of psychology.

TERM I

Topic 1: The Science of Psychology **(Total 15 periods)**

- 1.1 What is Psychology? –
 - [A] Definition, and goals
 - [B] Types of psychological professionals (psychiatrist, psychoanalyst, psychiatric social worker and psychologist)
- 1.2 Historical Perspectives in Psychology
 - a. Structuralism
 - b. Functionalism
 - c. Gestalt
 - d. Psychoanalysis
 - e. Origin of Indian Psychology
- 1.3 Modern Perspectives in Psychology
 - a. Behavioural
 - b. Humanistic
 - c. Biopsychosocial
 - d. Cognitive
- 1.4 Scientific Methods
 - a. Steps in scientific methods
 - b. Descriptive methods: Naturalistic, observation, case studies, surveys, correlations
 - c. Experimental method: Laboratory experiment and field experiment
- 1.5 Application: How to enhance your academic performance?

Topic 2: Biological Foundation of Behaviour **(Total 15 periods)**

- 2.1 Neuron: Structure and function, synapse, neurotransmitters
- 2.2 Central Nervous System
 - [A] The Brain
 - a. Structure and function of the brain
 - b. Cerebral hemispheres
 - [B] The Spinal Cord: Structure and function

- 2.3 Peripheral Nervous System: Structure and function
 - a. Autonomous Nervous System
 - b. Somatic Nervous System
- 2.4 Glandular System: Pituitary, Thyroid, Parathyroid, Adrenal, Pancreas, Gonads.
- 2.5 Application: Peeking inside the brain – Clinical studies; EEG, CT, MRI, and PET Scan

Topic 3: Sensation and Perception (Total 12 periods)

- 3.1 Sensation: Definition, sensory receptors, sensory threshold, subliminal perception, habituation & sensory adaptation
- 3.2 Definition of perception and perceptual constancies (size, shape and brightness)
- 3.3 Gestalt principles of perception
- 3.4 Perceptual illusion: Geometrical, movement
- 3.5 Application: Thinking about extra-sensory perception

Topic 4: Motivation and Emotion (Total 14 periods)

- 4.1 Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs
- 4.2 Types of motives
 - a. Physiological- Hunger, thirst, sleep and sex
 - b. Social- Achievement, affiliation, power, and aggression & hostility
- 4.3 Frustration and conflict
- 4.4 Emotion
 - 4.4.1 Definition
 - 4.4.2 Elements of emotion
 - a. Physiology of emotion
 - b. Behavioural expression of emotion
 - c. Subjective experience
- 4.5 Application: Being happy

TERM II

Topic 5: Personality (Total 15 periods)

- 5.1 Personality: Definitions
- 5.2 Theories of personality
 - a. Freud’s Psychoanalytic Theory
 - b. Allport’s Theory
 - c. Cattell’s Theory
 - d. The Big Five Model
- 5.3 Assessment of personality (I)
 - 5.3.1 Interviews
 - 5.3.2 Projective techniques
 - a. TAT
 - b. Rorschach’s Ink Blot Test
 - c. Sentence Completion Test
- 5.4 Assessment of personality (II)
 - 5.4.1 Behavioural assessment
 - a. Observation
 - b. Rating

5.4.2 Personality Inventories

- a. 16 PF
- b. MMPI
- c. NEO-PI

5.5 Application: Increasing self efficacy through goal setting

Topic 6: Learning (Total 15 periods)

- 6.1 Learning: Definition
- 6.2 Classical conditioning- Pavlov's experiment, generalization, discrimination, extinction, spontaneous recovery, higher-order conditioning.
- 6.3 Operant conditioning- Thorndike's Laws of learning, Skinner's experiment, positive reinforcer, negative reinforcer, shaping, and schedules of reinforcement
- 6.4 Cognitive learning theories (Tolman, Kohler); Observational learning theory (Bandura).
- 6.5 Application: Applications of classical and operant conditioning

Topic 7: Memory (Total 12 periods)

- 7.1 Memory: Definition and process
- 7.2 Types of memory
 - a. Sensory memory
 - b. Short term memory
 - c. Long term memory
- 7.3 Types of long term memory- Procedural, Declarative (episodic, semantic), Explicit and implicit
- 7.4 Forgetting: Course of forgetting (Ebbinghaus' forgetting curve); and causes of forgetting (encoding failure, decay of memory traces, interference, motivated forgetting).
- 7.5 Application: Improving memory - Keyword technique, method of loci, encoding specificity, organization of test material, organization of lecture notes, practice and rehearsal.

Topic 8: Intelligence (Total 14 periods)

- 8.1 Intelligence: Definition
- 8.2 Measurement of intelligence
 - 8.2.1 Concepts in measurement of intelligence (C.A., M.A., IQ)
 - 8.2.2 Tests of intelligence – Stanford Binet, Wechsler
- 8.3 Individual differences in intelligence
 - 8.3.1 Mental retardation: Meaning, causes and classification
 - 8.3.2 Giftedness
- 8.4 Theories of intelligence – Spearman, Gardner, Sternberg
- 8.5 Application: Early childhood intervention- a means for boosting intelligence

Books for Reading:

1. Feldman, R. S. (8th ed.) (2008). *Understanding psychology*. TMH.
2. Ciccarelli, S. & Meyer, G. E. (2006). *Psychology*. New Delhi: Pearson Education.
3. Passer, M. W. & Smith, R. E. (2007). *Psychology: The science of mind and Nashik: behaviour*. New Delhi: Tata McGraw-Hill.
4. Coon, D. & Mitterer, J. O. (2007). *Introduction to psychology: Gateways to mind and behavior*. Singapore: Thomson Wadsworth.
5. Lahey, B. B. (2003). *Psychology: An introduction*. New Delhi: Tata McGraw-Hill.
6. Smith, D. B. (1998). *Psychology: Science and understanding*. Boston: McGraw-Hill.
7. Smith, E. E., Hocksema, S. N., Fredrickson, B. and Loftus, G. R. (2003). *Atkinson and Hilgard's Introduction to Psychology*. Singapore: Thompson Wadsworth.
8. Zimbardo, P. G. and Weber, A. L. (1997). *Psychology*. N.Y.: Pearson.
9. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
10. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to psychology*. McGraw-Hill Book Co.
11. Pandit, Kulkarni & Gore (1999). *Samanya manasashastra*. Nagpur: Pimpalpure Prakashan
12. Badgujar, Bachhav, & Shinde (2001). *Samanya manasashastra*. Nashik: Swayambhu Prakashan.
13. Inamdar, Gadekar & Patil (2006). *Adhunik manasashastra*. Pune: Diamond Publication.
