

# SYLLABUS FOR THE SUBJECT OF PSYCHOLOGY

## PAPER- I

Total Marks : 100

### I. Introduction to Psychology

Definition, Evolution and Scope of Psychology  
Schools of Psychology: Behaviorism, Psychoanalysis, Humanistic/ Existential, Cognitive and Biological School  
Recent Trends and Specialties in Psychology

### II. Sensation and Perception

Sensory Processes

Theories of Vision and Hearing  
Theories of Taste Smell and Position  
Senses of Touch Position and Balance

Nature of Perceptual Organization

Perception of Distance, Movement, Space, Depth, Color  
Perceptual Constancy  
Perception and Optical Illusions  
Extrasensory Perception  
Perceptual Development

### III. Learning, Memory and Intelligence

Learning

Different Types of Learning:  
Classical Conditioning  
Operant Conditioning  
Observational Learning

Memory

Short Term and Long Term memory  
Information Processing Theory  
Encoding, Storage and Retrieval  
Forgetting

Intelligence

Extremes of Intelligence: Mental Retardation and Giftedness  
Theories of Intelligence  
Intelligence and Psychological Testing

#### **IV. Biological Foundations of Behavior**

Components of Nervous System  
Structure and Functions of the Brain  
Brain and Behavior  
Endocrine System  
Genetic Influences on Behavior  
Nature, Nurture and Human Diversity

#### **V. Child Development**

Introduction to Child Development  
Historical and Modern Views  
Domains of Development  
Theories of Child Development  
Biological Development  
Cognitive Development  
Psychological Development

#### **VI. Motivation**

Nature of Motives  
Needs, Drives and Motivations  
Concept of Homeostasis  
Types of Motivation  
Theories of Motivation  
Role of Culture in Motives

#### **VII. Emotions**

Nature and Types of Emotions  
Theories of Emotions  
Biological and Psychological Changes in Emotions  
Role of Endocrine Glands  
Situational Influences and Cultural Practices  
Frustration and Conflict

#### **SUGGESTED READINGS**

1. *Psychology; Themes and Variations 5<sup>th</sup> Ed.*, Wayne Weiten
2. *Psychology 5<sup>th</sup> Ed.*, Benjamin b. Lahey
3. *Psychology & Life 17<sup>th</sup> Ed.*, Richard J. Gerrig, & Philip G. Zimbardo
4. *Introduction to Psychology 6<sup>th</sup> Ed.*, John W. Santrock
5. *Psychology & Life 7<sup>th</sup> Ed.*, Floyd I. Ruch
6. *Life-span Development 9<sup>th</sup> Ed.*, John W. Santrock
7. *Understanding Psychology 6<sup>th</sup> Ed.*, R. S. Feldman
8. *Psychology 6<sup>th</sup> Ed.*, David G. Myers
9. *Abnormal Psychology 4<sup>th</sup> Ed.*, Barlow & Durand
10. *Social Psychology 7<sup>th</sup> Ed.*, David G. Myers
11. *Principles of Human Neuropsychology*, G. Dennis Rains
12. *An introduction to the History of psychology*, Hergenhahn

## **PAPER-II**

**Total Marks: 100**

### **I. Health, Stress and Coping**

Health Impairing Behaviors:

Smoking, Alcoholism, Poor Nutritional Habits, Lack of Exercise, Behavioral Aids.

Stress and its Impact on Health

Major Types of Stress

Physiological & Psychological Reactions to Stress

### **II. Personality Theories and Assessment**

Definition of Personality

Theories of Personality Development

Psychoanalytical Theory

Social Learning Theory

Humanistic Theory

Traits Theory and Situations

Human Diversity

Personality Assessment

### **III. Psychological Disorders and their treatment**

Abnormal Behavior; Myths, Realities and Controversies

Criteria of Abnormal Behavior

The Classification of Disorders

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Anxiety Disorders, Mood Disorders and Personality Disorders

#### **Treatment and Intervention**

Stages of Psychotherapy

Goals of Psychotherapy

Family & Group Therapies

### **IV. Social Processes, Society and Culture**

Social Roles and Rules

Social Norms and Conformity

The Process of Socialization and Attitude Development

Situational Effects on Social Behavior

Social Cognition and Relationships

## **V. Behavior and Group Dynamics**

Leaders, Groups and Decision Making  
Aggression, Altruism and Pro-social Behavior  
Situational Influences and Cultural Constraints  
Prejudice and Stereotypes  
The Psychology of Conflict and Peace

## **VI. Research Methods in Psychology**

Scientific Research in Psychology

Types of Research:

Experimental Studies: Placebo Effect and Use of Placebos in Experiments  
Correlational Studies  
Descriptive Studies  
Case Studies  
Surveys

## **VII. Ethical issues in Psychology**

Confidentiality  
Informed Consent  
Relationships with Vulnerable Individuals  
A General Concern for Ethical Practice

## **SUGGESTED READINGS**

1. *Clinical Psychology*, E.G. Plante
2. *Introducing Psychology 4<sup>th</sup> Ed.*, Rex Knight
3. *Psychology & Life 17<sup>th</sup> Ed.*, Richard J. Gerrig, & Philip G. Zimbardo
4. *Introduction to Psychology 6<sup>th</sup> Ed.*, John W. Santrock
5. *Psychology & Life 7<sup>th</sup> Ed.*, Floyd I. Ruch
6. *Psychology; Themes and Variations 5<sup>th</sup> Ed.*, Wayne Weiten
7. *Understanding Psychology 6<sup>th</sup> Ed.*, R. S. Feldman
8. *Psychology 6<sup>th</sup> Ed.*, David G. Myers
9. *Abnormal Psychology 4<sup>th</sup> Ed.*, Barlow & Durand
10. *Social Psychology 7<sup>th</sup> Ed.*, David G. Myers
11. *Advanced Social Psychology*, Abraham Tesser
12. *Health psychology 4<sup>th</sup> Ed.*, Shelly Tylor