

Understanding Psychology

Objective: To introduce the field of psychology and help students develop an understanding of the basic psychological processes as well as relevant applications of psychology in everyday life.

Marks 100

Contact Hours: 48

- 1. Orientation to psychology:** Nature, fields and applications of psychology; Basic psychological processes: Learning, memory modules; Motivation: Types of motives (sociogenic/psychogenic motives); Emotion: Positive and negative emotions. (12 Hours)
- 2. Understanding individual differences:** Introduction; Abilities, aptitude, interests; Motives; Theories of personality: Freudian, psychoanalysis, type and trait, humanistic; Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner; Assessment. (14 Hours)
- 3. Understanding developmental processes:** Cognitive development: Piaget; Moral development: Kohlberg; Psycho-social development: Erikson. (12 Hours)
- 4. Applications of psychology:** Work; Law; Health (10 Hours)

Readings:

1. Ciccarelli , S. K. & Meyer, G.E. (2008). Psychology (South Asian Edition). New Delhi: Pearson.
2. Feldman,S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
3. Passer, Michael W. & Smith,R.E.(2007). Psychology: The science of mind and behavior. New Delhi :Tata McGraw-Hill.