ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

# II SEMESTER PSYCHOLOGY Time:5hrs/week

PSY-Ma1-2601(4)  **FOUNDATIONS OF PSYCHOLOGY**  Marks:100

w.e.f AK 2023-2024 (Admitted batch) **SYLLABUS**

**LEARNING OUTCOMES:** At the end of the course the student would be able to

* Demonstrate their competency in remembering terminologies used in origin, scope and fields of Psychology
* Understand the scientific basis of behaviour and the scientific methods to study behaviour
* Explain the importance of emotions in human life and the physiology behind emotions
* Analyze motives which direct behaviour and how to apply this knowledge to motivate people
* Classify and assess various types of personalities and try to observe personalities of people around
* Develop practical skills to evaluate the psychological aspects by using psychological tests

**UNIT – I:**

Introduction- Origin and development of Psychology, definitions, nature and goals of Psychology, Fields of Psychology, Various Schools of thoughts-Structuralism, Functionalism, Psychoanalytic, Behavioral, humanistic- existential, Gestalt

**UNIT – II:**

Methods of studying behavior - Introspection, observation, case study, and experimental method

Biological basis of behavior – Nervous system – Structure of neuron, Central nervous system- Brain and spinal cord, Autonomic nervous system,

Hormonal basis of behavior - Major endocrine glands and their functions, Mechanisms of heredity – Chromosomes and genes

**UNIT – III:**

Emotions - Definition and Nature of emotions, Functions of emotions, Theories of emotions-James-Lange, Cannon-Bard and Schachter -Singer theories.

**UNIT – IV:**

Motivation-Definition and functions of motives, Types of motives-physiological and psychosocial motives, Maslow’s theory of motivation, unconscious motivation.

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**UNIT – V:**

Personality -Concept and definitions of personality. Theoretical Approaches to personality- psychoanalytic approaches, cognitive- behavioural and humanistic

**PRACTICUM:** Any 2 practicum pertaining to the syllabus

**REFERENCES:**

1. Atkinson & Hilgard(2003)-Introduction to Psychology, ThomsonWoodworth,14th Edition.

2. Baron. R.A. psychology (2001)-Pearson Educational Inc. New Delhi.

3. Benjamin & Hopkins (1990)-Psychology. Macmillan Publishing Co., Newyork.

4. Parameswaran &Beena-Invitation to Psychology. Neel Kamal Publications, Hyderabad.

5. Morgan & King-Introduction to Psychology (2017). Mc.Graw Hill, India.

6. S.K.Mangal-General Psychology (2009). Sterling Publishers Pvt. Ltd., India.

**Co-Curricular Activities:**

**Suggested Co-Curricular Activities:**

1. Assignments

2. Seminars, Group discussions, Quiz, Debates on related topics

3. Prepare charts and models of related topics

4. Invited lectures and presentation on related topics by field experts

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