

**SEMESTER 1<sup>st</sup>**  
**MAJOR COURSE**  
**PSY122J: PSYCHOLOGY (FOUNDATIONS OF PSYCHOLOGY)**

**CREDITS: THEORY=4; PRACTUM=2**

**OBJECTIVES:** *To understand the basic psychological processes and their applications in everyday life.*

**LEARNING OUTCOMES:**

1. *The student will be able to understand Psychology as a science.*
2. *The student will be able to understand different psychological processes.*
3. *The student will be able to understand and use the principles of Psychology to the day-to-day problems.*

**UNIT 1:** Introduction: Psychology as a science, origin and development of psychology, perspectives (psychoanalytic, behavioural, cognitive, humanistic & Socio-cultural), methods (Experimental & Quasi-Experimental).

**UNIT 2:** Cognitive processes: Attention and its types, Perception and laws of perceptual organization, learning: conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

**UNIT 3:** Motivation and Emotion: Motives: biogenic, Psychogenic and sociogenic, Emotions: aspects of emotions, key emotions (Paul Ekman's model).

**UNIT 4:** Personality: nature and theories (Allport, Freud and McCrae & Costa); Intelligence: nature & Theories (Spearman, Gardner and Sternberg).

**PRACTICUM: 2 CREDITS (MINIMUM OF TWO FROM THE BELOW 4 PRACTICALS)**

- 1. Learning**
- 2. memory**
- 3. personality**
- 4. intelligence**

**READINGS:**

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman.S.R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.