

Subject: Psychology (Minor Elective-01)

000567

Course Title: Introduction to Psychology

Credits: 4

Course Outcome: The student will learn about the basic and core concept of psychology in term of various concepts by which they will be able to apply in their own as well as in others lives. It also give the learner a clear understanding of the concepts like nature of psychology, methods, attention, motivation, memory and more. It will develop an understanding of processes involved in basic human behaviour and mental functions.

Unit	Topics	No. of Lectures
I	Foundations of Psychology: Psychology as a science, Psychology as an art. Nature and Scope of	4
II	Attention: Meaning and definition of attention. Types of attention and determinants of attention.	7
III	Perception: Meaning and definition of perception, Process of perception, Factors affecting perception, Concept of Illusion.	7
IV	Learning: Nature and definition of learning. Methods of learning. Theories: Trial & Error and Insight theory. Factors affecting learning.	4
V	Memory: Meaning and definition of memory, Sensory memory, short term memory, long term memory. Factors affecting memory.	7
VI	Motivation: Basic concept of motivation. Need-Drive-Incentive concept. Hunger, Thirst, Achievement and Affiliation as motives.	8
VII	Emotion: Nature and definition of Emotion. Development of emotion. James-Lange and Cannon-Bard theories of emotion.	7
VIII	Intelligence: Nature and definition of intelligence, Concept of IQ, Spearman's theory of intelligence. Basic concept of mental retardation.	8

Suggested Readings :

1. Ruch. J - Psychology Life
2. Hilgard, Atkinson & Atkinson - An Introduction to Psychology
3. अरुण कुमार सिंह - आधुनिक सम्मान्य मनोविज्ञान
4. जे डी थर्मा - सामान्य मनोविज्ञान
5. Suggestive digital platform web link: <https://hcecontent.upsdc.gov.in/Home.aspx>

Subject: Psychology (Minor Elective-02)

000563

Course Title: Personality Psychology

Credits: 4

Course Outcome: The student will learn the basic concept, nature, types, and scope of personality by which they will be able to shape and develop their personality. It also give the learner a clear understanding of the concepts like Conscious, Sub-conscious, Unconscious, Id, Ego, Superego, self, approaches of personality, assessment techniques of personality and more. It will develop an understanding of personality, personality disorders and personality development.

Unit	Topics	No. of Lectures
I	Personality: Introduction, Meaning and definition, Nature, Type of Personality.	7
II	Dimensions of Personality: Concept of Conscious, Sub-conscious and Unconscious, id, Ego and Superego.	8
III	Roots of Personality: Indian approach of personality, Western approach of Personality, Triguna theory of personality.	8
IV	Understanding self: Concept of self, Introduction, Nature, Scope, Self concept discrepancy and consequences.	8
V	Determinants of Personality: Biological foundation, Genetic bases of personality: contribution of genes.	7
VI	Theories of Personality: Psychoanalytic Classical Theory of Freud, Social Learning Theory.	7
VII	Disorders of personality: Major personality disorders and their treatment approaches.	7
VIII	Assessment of Personality: Personality Inventories- 16 PF, Projective Techniques--TAT.	8

Suggested Readings:

1. Randy J Larsen, David M Buss, Megha U Deuskar - Personality Psychology.
2. Duane P Schultz - Theories of Personality.
3. F. Scheier Charls, S. Carver - Perspectives on Personality.
4. अरुण कुमार सिंह व आशीष कुमार सिंह - व्यक्तित्व का मनोविज्ञान
5. Suggestive digital platform web link: <https://hecontent.upsdc.gov.in/Home.aspx>