

NORTH MAHARASTRA UNIVERSITY
PROPOSED SYLLABUS OF PSYCHOLOGY FOR F.Y.B.A.
TITLE OF SUBJECT: GENERAL PSYCHOLOGY.
W.E.FROM JUNE 2002

1. Nature and scope of psychology

- 1.1 Historical background and definition of psychology.
- 1.2 Scope (Branches/fields) of psychology:
Child psychology, Educational psychology, Social psychology, Industrial psychology,
Clinical psychology, Counselling psychology, Military psychology,
Criminal psychology, Environmental psychology.
- 1.3 Schools of psychology : Structuralism, functionalism, Behaviourism, Gestalt, psychoanalysis.
- 1.4 Method/s in psychology : Introspection, Systematic, Observation, Experimental method.

2. Biological bases of behaviour :

- 2.1 Neuron - Structure and Function of neuron, synapse
- 2.2 Central Nervous system - a) Spinal cord
b) Brain - Structure and Function

3. Sensory processes :

- 3.1 Vision - Structure and Function of human eye. Light and dark adaptation, colour blindness
- 3.2 Hearing - Structure and Function of human ear
- 3.3 The chemical senses (in brief) - smell, taste, skin senses

4. Personality :

- 4.1 Nature of personality - Misconception about personality and definition.
- 4.2 Types and traits of personality - Jung, Sheldon, Kretschmer, Cattell.
- 4.3 Steps to building a positive personality.
- 4.4 Personality measurement - interview, Questionnaire, (C.M.M.P.I. 16.P.F) and Projective techniques.

5. Human Abilities :

- 5.1 Intelligence - Definition, Theories of Intelligence:-
 - a) Spearman's two factor theory
 - b) Thurston's multifactor theory
 - c) Guilford's structure of intelligence.
- 5.2 Measurement of Intelligence - C.A, M.A, I.Q. Kinds of intelligence tests: - Individual, Group, Verbal and performance.
- 5.3 Creative thinking - Definition and stages of Creativity.

6. Motivation and Emotion :

- 6.1 Definition and nature (Motivation Cycle)
- 6.2 Theories of motivation - Arousal theory, Drive theory, Maslow's hierarchy theory
- 6.3 Motivational conflict.
- 6.4 Defence Mechanisms - Rationalization, Compensation, Projection, Day dreaming, Repression, Regression.
- 6.5 Emotions - Definition, Expression and Perception of emotion.

7. Attention and Perception :

- 7.1 Attention - Nature and types of attention. Determinants of attention.

7.2 Perception - Definition, Organizing factors of perception, Figure and ground, Illusion and Hallucination

8. Learning & Memory :

8.1 Definition

8.2 Methods of Learning - Trial and error learning Insight Learning, Conditioning (Classical and Instrumental), Characteristics of conditioning.

8.3 Memory - Nature of retention, Methods of measuring retention - Recall, Recognition, Reconstruction, Saving method.

8.4 Causes of Forgetting - Disuse, Interference, Repression, Accident.

8.5 Information Processing Approach - Atkinson shifting model of memory.

8.6 How to improve your memory -

- a) Really think about what you want to remember.
- b) Pay attention to what you want to remember.
- c) Use visual imagery.
- d) Give yourself extra Retrieval cues.
- e) Develop your own short hand codes.
- f) Develop your own cognitive scaffolds.

9. Health Psychology :

9.1 Mental Hygiene - Definition, Principles of Mental hygiene.

9.2 Stress and coping - Concept of stress, fight and flight phenomenon, HERO Principle, Stressors and effective coping strategies.

10. Self Concept :

10.1 Definition and Components of self concept.

10.2 Developing a positive self concept -

- a) Feature orientation
- b) Make your own decision.
- c) View problem and challenges.
- d) Be willing to change.
- e) Acknowledgement your accomplishment.

10.3 Self - esteem - Definition, Improving self esteem of your friends.

LIST OF BOOKS

TEXT BOOKS

- 1 Morgan, King, Robinson - Introduction to Psychology - McGraw Hill International Book Com. Sixth and Seventh Edition (1984, 1996)
- 2 Robert A Baron - Psychology, Prentice-Hall of India, New Delhi, Third Edition (1996)
- 3 पद्मिन र वि . डॉ कुलकर्णी अ वि , डॉ च वि गोरे - सामान्य मानसशास्त्र - विण्ड्यापुरे अण्ड के पब्लिशर्स, नागपुर . पहिली आवृत्ती , जगमोरी (1999)
- 4 हिरो, तइ मरे, - मानसशास्त्राची धृतासुचे , पंडके प्रकाशन, कोलरपूर (1999)

REFERENCE BOOKS

- 1 पद्मिन र वि - सामान्य मानसशास्त्राची धृतासुचे - विद्या प्रकाशन, नागपुर
- 2 इशरोसे हिरोवे, तइ मरे - सामान्यशास्त्र - कडके प्रकाशन, कोलरपूर
- 3 बोड्डे, देशपांडे - मानसशास्त्र - मानसशास्त्र - गो च राणे प्रकाशन, पुणे
- 4 तंगटे, भगवतवार, देशपांडे - सामान्य मानसशास्त्र, कॅम्ब्रिजनेट्टर प्रकाशन
- 5 Rao M , Gangadhar Rao - Interpersonal Attraction and Behaviour - Kanishka Publishers, Distributors, New Delhi, First Edition, 1996.