

Syllabus for Psychology (SCPH26)

Note:

- i. There will be one Question Paper which will have 100 questions.
- ii. All questions will be compulsory.
- iii. The Question Paper will have two Parts i.e. Part A and Part B
- iv. Part A will have 50 questions based on Research Methodology
- v. Part B will have 50 questions based on Subject-Specific Knowledge.

❖ Emergence of Psychology

- ❖ Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre-independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity.
- ❖ Western: Greek heritage, medieval period and modern period. Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic- Existential, Transpersonal, Cognitive revolution, Multiculturalism. Four founding paths of academic psychology - Wundt, Freud, James, Dilthey. Issues: Crisis in psychology due to strict adherence to experimental-analytical paradigm (logical empiricism). Indic influences on modern psychology.
- ❖ Essential aspects of knowledge paradigms: Ontology, epistemology, and methodology. Paradigms of Western Psychology: Positivism, Post-Positivism, Critical perspective, Social Constructionism, Existential Phenomenology, and Co-operative Enquiry. Paradigmatic Controversies. Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (*avidya* and *vidya*). The primacy of self-knowledge in Indian psychology.

❖ **Psychological testing**

- ❖ Types of tests
- ❖ Test construction: Item writing, item analysis
- ❖ Test standardization: Reliability, validity and Norms
- ❖ Areas of testing: Intelligence, creativity, neuropsychological tests, aptitude, Personality assessment, interest inventories
- ❖ Attitude scales – Semantic differential, Staples, Likert scale. Computer-based psychological testing
- ❖ Applications of psychological testing in various settings: Clinical, Organizational and business, Education, Counseling, Military. Career guidance.

❖ **Biological basis of behavior**

- ❖ Sensory systems: General and specific sensations, receptors and processes
- ❖ Neurons: Structure, functions, types, neural impulse, synaptic transmission. Neurotransmitters.
- ❖ The Central and Peripheral Nervous Systems – Structure and functions. Neuroplasticity.
- ❖ Methods of Physiological Psychology: Invasive methods – Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods – EEG, Scanning methods.
- ❖ Muscular and Glandular system: Types and functions
Biological basis of Motivation: Hunger, Thirst, Sleep and Sex.
- ❖ Biological basis of emotion: The Limbic system, Hormonal regulation of behavior.
- ❖ Genetics and behavior: Chromosomal anomalies; Nature-Nurture controversy [Twin studies and adoption studies]

❖ **Attention, Perception, Learning, Memory and Forgetting**

Attention: Forms of attention, Models of attention Perception:

- ❖ Approaches to the Study of Perception: Gestalt and physiological approaches Perceptual Organization: Gestalt, Figure and Ground, Law of Organization Perceptual Constancy: Size, Shape, and Color; Illusions.
- ❖ Perception of Form, Depth and Movement Role of motivation and learning in perception.
- ❖ Signal detection theory: Assumptions and applications.
- ❖ Subliminal perception and related factors, information processing approach to perception, culture and perception, perceptual styles, Pattern recognition, Ecological perspective on perception.
- ❖ Learning Process:
- ❖ Fundamental theories: Thorndike, Guthrie, Hull
- ❖ Classical Conditioning: Procedure, phenomena and related issues Instrumental learning: Phenomena, Paradigms and theoretical issues; Reinforcement: Basic variables and schedules; Behaviour modification and its applications.
- ❖ Cognitive approaches in learning: Latent learning, observational learning. Verbal learning and Discrimination learning.
- ❖ Recent trends in learning: Neurophysiology of learning
- ❖ Memory and Forgetting
- ❖ Memory processes: Encoding, Storage, Retrieval
- ❖ Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural)
- ❖ Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting

❖ **Thinking, Intelligence and Creativity**

- ❖ Theoretical perspectives on thought processes: Associationism, Gestalt, Information processing, Feature integration model.
- ❖ Concept formation: Rules, Types, and Strategies; Role of concepts in thinking Types of Reasoning.

- ❖ Language and thought.
- ❖ Problem solving: Type, Strategies, and Obstacles Decision-making: Types and models.
- ❖ Metacognition: Metacognitive knowledge and Metacognitive regulation
- ❖ Intelligence: Spearman; Thurstone; Jensen; Cattell; Gardner; Stenberg; Goleman; Das, Kar & Parrila.
- ❖ Creativity: Torrance, Getzels & Jackson, Guilford, Wallach & Kogan Relationship between Intelligence and Creativity.

❖ **Personality, Motivation, emotion, stress and coping**

- ❖ Determinants of personality: Biological and socio-cultural.
- ❖ Approaches to the study of personality: Psychoanalytical, Neo-Freudian, Social learning, Trait and Type, Cognitive, Humanistic, Existential, Transpersonal psychology.
- ❖ Other theories: Rotter's Locus of Control, Seligman's Explanatory styles, Kohlberg's theory of Moral development.
- ❖ Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.
- ❖ Approaches to the study of motivation: Psychoanalytical, Ethological, S-R Cognitive, Humanistic
- ❖ Exploratory behavior and curiosity
- ❖ Zuckerman's Sensation seeking Achievement, Affiliation and Power Motivational Competence.
- ❖ Self-regulation Flow
- ❖ Emotions: Physiological correlates.
- ❖ Theories of emotions: James-Lange, Canon-Bard, Schechter and Singer, Lazarus, Lindsey.
- ❖ Emotion regulation
- ❖ Conflicts: Sources and types

- ❖ Stress and Coping: Concept, Models, Type A, B, C, D behaviors, Stress management strategies [Biofeedback, Music therapy, Breathing exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training].

❖ **Social Psychology**

- ❖ Nature, scope and history of social psychology
- ❖ Traditional theoretical perspectives: Field theory, Cognitive Dissonance, Sociobiology, Psychodynamic Approaches, Social Cognition.
- ❖ Social perception [Communication, Attributions]; attitude and its change within cultural context; prosocial behavior
- ❖ Group and Social influence [Social Facilitation; Social loafing]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience, Social Power, Reactance]. Aggression. Group dynamics, leadership style and effectiveness. Theories of intergroup relations [Minimal Group Experiment and Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Balance Theories, Equity Theory, Social Exchange Theory]
- ❖ Applied social psychology: Health, Environment and Law; Personal space, crowding, and territoriality.

❖ **Human Development and Interventions**

- ❖ Developmental processes: Nature, Principles, and Factors in development, Stages of Development. Successful aging.
- ❖ Theories of development: Psychoanalytical, Behavioristic, and Cognitive various aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.
- ❖ Psychopathology: Concept, Mental Status Examination, Classification, Causes
- ❖ Psychotherapies: Psychoanalysis, Person-centered, Gestalt, Existential, Acceptance Commitment Therapy, Behavior therapy, REBT, CBT, MBCT, Play therapy, Positive psychotherapy, Transactional Analysis, Dialectic behavior therapy, Art therapy, Performing Art Therapy, Family therapy.

- ❖ Applications of theories of motivation and learning in School Factors in educational achievement.

- ❖ Teacher effectiveness

- ❖ Guidance in schools: Needs, organizational set up and techniques

Counselling: Process, skills, and techniques

- ❖ **Emerging Areas**

- ❖ Issues of Gender, Poverty, Disability, and Migration: Cultural bias and discrimination. Stigma, Marginalization, and Social Suffering; Child Abuse and Domestic violence.

- ❖ Peace psychology: Violence, non-violence, conflict resolution at macro level, role of media in conflict resolution.

- ❖ Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth.

- ❖ Health: Health promoting and health compromising behaviors, Life style and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]

- ❖ Psychology and technology interface: Digital learning; Digital etiquette: Cyber bullying; Cyber pornography: Consumption, implications; Parental mediation of Digital Usage.