

Objectives: To enable the students to understand...

- The various schools of psychology and models,
- The concepts of sensation, perception and the principles,
- The meaning of consciousness and altered states of consciousness,
- The nature and theories of learning,
- The nature of memory, forgetting and methods of improving memory.

UNIT – I INTRODUCTION AND METHODS (12 Hours)

What is Psychology?: Definition – Goals – The History of Psychology – Schools - Modern Perspectives – Psychology In India – **Psychology : The Science – Methods:** Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – **Scope of Psychology:** Basic Psychology – Applied Psychology

UNIT – II SENSATION AND PERCEPTION (11 Hours)

Nervous System: Division – CNS - **Sensation:** Meaning - Thresholds – Adaptation – Vision – Hearing – Touch and other Skin senses – Chemical sense – Kinesthetic sense – Vestibular sense – **Perception:** Meaning – Constancies – Illusions – Factors that influence perception – Depth perception – ESP – **Attention:** Meaning – Types – Determinants.

UNIT – III CONSCIOUSNESS (11 Hours)

Consciousness: Definition – Biological Rhythms – Waking State – Sleep – Function – Sleep Disorders – Dream – Theories of dream – **Altered States of Consciousness:** Meaning - Hypnosis – Drugs – Meditation.

UNIT – IV LEARNING (11 Hours)

Learning: Definition – Classical Conditioning: Elements – Pavlov's experiment – Conditioned emotional response – Operant Conditioning: Reinforcement – Punishment – Basic concepts – Applied Behavioural Analysis – Cognitive Learning Theory – Learned helplessness – Observational learning – Four elements – Insight learning.

UNIT – V MEMORY AND FORGETTING (11 Hours)

Memory: Definition – Encoding – Storage – Retrieval – Model of memory – The information processing model – Sensory memory – Short term memory – Long term memory – **Forgetting:** Causes – Memory and Brain – Improving memory.

TEXT BOOK:

Cicarelli, K. S., Meyer, E. G. & Misra, G. (2006): Psychology. New Delhi: Dorling Kingsley (India) Pvt Ltd.

REFERENCE:

Baron, A. R. (2001): Psychology, (5th Edition), New Delhi: Pearson Education.
