



**DEPARTMENT OF PSYCHOLOGY**  
**GOVT. COLLEGE FOR WOMEN, PARADE, JAMMU**  
**Detailed Syllabus for Examination to be held 2022 onwards**  
**B.A Semester- I (MINOR)**

**Course Title: Foundations of Psychology**  
**Course Code: UPSYTC-101** **Total Marks : 100**  
**Credits : 4**

**Internal Marks: 20 Duration of Examination: 3 Hours External Marks: 80**

**Course Objectives and Learning Outcomes**

**After the completion of this course students will be able to-**

- Use scientific reasoning to interpret psychological phenomena.
- Demonstrate knowledge of psychological information in everyday life .
- Engage in innovative and integrative learning.
- Interpret, design, and conduct basic psychological research.

**Unit-I**

**INTRODUCTION**

**Concept of Psychology:** Meaning, Nature, Goals and Scope of Psychology.

**Methods to Study Psychological Processes:** Introspection, Observation, Experimental and Case Study.

**Unit-II**

**ATTENTION AND LEARNING**

**Attention:** Meaning, Nature, Types and Determinants of Attention

**Learning:** Meaning, Nature, Laws of Learning , Theories of Learning- Classical conditioning, Operant conditioning, Human Maze Learning and Kohler's Insight Theory

**UNIT –III**

**MEMORY AND FORGETTING**

**Memory;** Meaning, stages of memory (encoding, storage, retrieval), Atkinson & Shiffrin model, Techniques to improve memory.

**Forgetting:** Concept, factors affecting forgetting, Theories of forgetting ( anterograde & retrograde inhibition)

## **Unit-IV**

### **INTELLIGENCE AND EMOTIONS**

**Intelligence:** Concept, Theories of Intelligence (Spearman's two factor theory and Thorndike's Multifactor theory), Determinants of intelligence, Concept of I.Q, Types of Intelligences tests

**Emotions:** Concept, Types of Emotions, Theories of Emotions- James-Lange theory, Cannon Bard theory, Singer-Schachter Theory, Concept of emotional intelligence.

## **UNIT – V**

### **MOTIVATION AND PERSONALITY**

**Motivation:** Concept of Motivation, Concept of Need, Drive and Incentive, Types of Motivation (Intrinsic/Extrinsic Motivation), Maslow's Theory of Self Actualization, Mc Clelland Achievement Motivation Theory.

**Personality:** Concept of Personality, Classification of Personality – Kretschmer, Sheldon and Carl Jung, Freud's psychoanalytical Approach), measurement of personality (projective techniques - TAT and Rorschach inkblot test)

### **References:**

Morgan, C.T. et al (2004) Introduction to Psychology (7<sup>th</sup> Ed) Tata McGraw Hill Edition.

Ciccarelli, S.K. & Mayer, G.E. (2008) Psychology (South Asian Ed) New Delhi, Pearson. Baron, R.A. & Mishra, G. (2014) Psychology (Indian subcontinent Ed) Pearson Education Ltd Jain, S. (2014) Introduction to Psychology, Kalyani Publication

## Semester-I

### Psychology Practical Examination

**Credits: 02\* INTERNAL: 25 Marks EXTERNAL: 25 Marks**

Students are supposed to perform **Four** Practical's from the Syllabus. Practical Examination will be of **two** Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform **one** Practical in the Exam (Internal and external)

Internal (a) 20 percent attendance (b) 20 percent Viva voce (c) 20 percent practical work/Book based on the practical done as per time table(day to day performance) (d) 40 percent internal test .

External (a) 40 percent for practical paper and (b) 60 percent for viva voce

“One Credit is two hours duration for fifteen working days or 45 periods of 40 minutes duration