

GENERAL PSYCHOLOGY

Prerequisite: Knowledge of general concepts of psychology and applicability in everyday life.

Credits:

Semester-

L–T–P: 2–0–0

Module No.	Content	Teaching Hours
I	Introduction: Definition, nature and objectives of psychology, Basic approaches to psychology Learning: Definition and types of learning, Learned helplessness. Emotion and Motivation: Definition, Psychological and physiological aspects of Emotions, Theories of motivation and their implication in everyday life Social cognition and social influence: Development of social cognition, Bias in social cognition, conformity and compliance.	20

Suggested Books:

Baron, R.A. (1995). *Psychology*. (3rd ed.). Prentice Hall India.

Hilgard and Atkinson. (1975) *Introduction to Psychology*. Oxford IBH Publishing Co. Pvt. Ltd.

Outcome:

At the end of the course, students will be able to

apply the principles of psychology in day-to-day life for a better understanding of themselves and others.