# *File:National University of Computer and Emerging Sciences logo.png*Introduction to Psychology ( SS2003) Chapter outline: BCS Course Spring 2022 Course Instructor: Madam Raheela Tariq Assistant Professor FAST-NU.

**Chapter 1. Introduction to Psychology**.

**Definition of Psychology**: Psychology as a science of human behavior and mental processes.

**History of psychology**:1: Structuralism or introspection (Classifying sensation in order to Discover the mind structure) (Wilhelm Wundt Leipzig 1879 and E.B.Titchener)

2: Functionalism (Function of mind and how people adapt to their environment) (William James)

3: Gestalt psychology. (Unified form, whole. The whole is greater than the sum of its parts)

(Max Wertheimer, Kohler & koffka)

4: Psychodynamic Model. Unconscious determinants of behavior (Sigmund Freud)

5: Behaviorism, S-O-R (Stimulus-organism-response; Observable behavior) (John B. Watson, Skinner)

6: Humanistic Model. (Human abilities to control their lives) (Abraham Maslow, Carl Rogers)

7: Cognitive Model. (Information processing knowing and understanding) (Albert Ellis, George Miller)

**Perspectives of psychology**:

1: Biological 2: Psycho analytic 3: Behavioral 4: Humanistic 5: Cognitive 6: Social cultural. **Application of psychology**

Experimental psy. Biological psy. Developmental psy. Social psy. Psychiatry. Health psy, Counseling, Psy of women Industrial/organizational psy. Educational psy. Cross cultural psy .Clinical psy .Forensic psy Environmental psy.  **Research Methods:** Research APA style 1: Case history (Depth study of an individual) and Focus group

2: Naturalistic observation or Field study method (observation without intervention)

3: Survey method (Inspection carried out with specific aim in mind to search for Particular kind of Information) (Introduction to Topic, questionnaire, statistical analysis, discussion on results, conclusion)

4: Experimental method (To establish meaningful relationship between Stimulus and response) Hypothesis, Variables; Independent, Dependent and extraneous, Groups: Experimental and Control.

5: Correlation (Statistical measure of relationship)

**Chapter 2. Nervous system**

1.**Introduction**; Structure of the neuron (Nerve cell, Dendrite , Axon, Myelin sheath, synapse) Neurotransmitters(Dopamine, Serotonin, Endorphins, Acetylcholine)

**2.Central Nervous system**; Brain and Spinal cord Brain parts; Brain stem (1.Medulla oblongata 2.Cerebellum 3.Thalamus 4.Reticular formation5. Pons) Cerebrum ;( Lobes; Frontal, Parietal, Occipital, and Temporal lobes) Limbic system (Amygdala, Hypothalamus, Hippocampus). The functions of these brain areas and the various psychological phenomena that are controlled by these parts.

3.**Peripheral Nervous system**; a Somatic ( Sensory and Motor nerves) b. Autonomic (Sympathetic, Parasympathetic nervous system)

Tests,EEG,CT,MRI,PET

4.**Endocrine glands** (Pituitary, Thyroid, Adrenal.) Hormones and how they control behavior.

**Chapter 3. Learning**

Definition 1. **Types of Learning**; Trial & Error (Thorndike) Insight Learning (Wolfgang Kholer) Imitation or observation (Albert Bandura) Cognitive Learning, (E.C.Tolman) Conditioning; 1. Classical conditioning (Ivan Pavlov) Conditioned and Unconditioned – Stimuli and Response, Acquisition, Extinction, Spontaneous Recovery, Generalization and Discrimination. Operant conditioning (B. F. Skinner) Reinforcement

**Factors influencing Learning**; Motivation, Reward and punishment, Interest, Group participation, Amount, Familiarity, Meaningfulness.

**Chapter 4. Memory and Forgetting**

## Types of memory Short term and long term, Sensory (echoic and Iconic), Declarative or Explicit (Episodic and Semantic), Non declarative or implicit Memory (Procedural, Condition disposition)

Models in memory (Atkinson & Shiffrin) Memory span (Hermann Ebbinghaus)

**Process;** Encoding, Storage, Retrieval. **Methods**: Recall, Recognition, Relearning

**Forgetting** Amnesia- Loss of memory. Types: Anterograde amnesia, retrograde amnesia, Alzheimer, Korsakoff, Repression, Interference – Proactive Interference and Retroactive Interference. Cue dependent forgetting.

**Chapter 5: Cognitive Psychology**

Definition. **Tools of Thought** (Language; Phonology, Morphology, Syntax, Semantics) **Concept formation** (Generalization, Abstraction) **Reasoning** (Inductive and Deductive)

**Problem solving** (IDEAL) Types of problems. Methods (Algorithm and Heuristic) &Decision making.

**Creative Thinking**; Preparation, incubation, illumination, verification.

**Intelligence** Mental Age. IQ.EQ

**Chapter 6: Personality**

Definition: Factors influencing personality; Heredity and Environment.

**Theories of Personality**: Trait theory by Gordon All port.(c) Eyesenck and the Five factor Model)1-Neuroticism, 2-Extraversion, 3-Openness to Experience, 4-Agreeableness, 5-Conscientiousness1. Psychoanalytical Personality theory (Sigmund Freud)Role of Unconscious 1- Structure of personality (ID, Ego, Super Ego) 2 -Ego Defense mechanism (Repression, Denial, Rationalization, Displacement, Projection, Regression)Psychosexual developmental stages .Development of Personality.Bried introduction to Neo Freudians: Alfred Adler,Karen Horney, Carl Jung .

3. Behavioral personality Theory 4. Cognitive Social Learning Theory.5 Humanistic personality theory .

**Personality Assessment** 1.Personality Inventory -Minnesota Multi-phasic Personality Inventory(MMPI)

The California Personality Inventory (CPI) 2. Projective tests Rorschach Ink blot Test- Thematic Apperception test (TAT) Morgan and Murray, House Tree Person (HTP) Word Association Test (Kent Rosnoff)

**Chapter 7: Stress& Mental health .**

## Factors affecting mental health. Normal vs Abnormal Perspectives

**Conflict & Frustration**; Approach-approach conflict, Approach-avoidance conflict, Avoidance-avoidance conflict.

**Stress and Managing Techniques** Types of stress, Causes, Symptoms, Coping strategies.

**Anger and management**: Types, causes and management of anger

**Chapter 8: Psychological Disorders**

**Major Disorders** (Neurosis and Psychosis) DSM 5: Diagnostic Statistical Manual of Mental Disorders

**Neurosis** A. Anxiety Disorders 1. Generalized Anxiety 2. Panic Disorder 3.Phobic Disorder 4.Obsessive Compulsive Disorder 5.Post Traumatic Stress Disorder B. Somatic form Disorder 1.Conversion disorder 2.Hypochodriasis C. Dissociative Disorders 1.Psychogenic Amnesia & Fugue 2. Dissociative or multiple disorder  
 d. Mood Disorder 1.Major Depression 2.Bipolar Disorder (Manic and depressive) 3.Suicide.

**Psychosis**; Schizophrenia ,types,(Disorganized or Hebephrenic, Paranoid, Catatonic, Undifferentiated , symptoms.

**Psychotherapy.** Brief introduction to different psychotherapies.

**Chapter 9:**  Motivation

**Types of motivation** (Primary/Biological motives –Hunger,thirst,temp,sleep etc Secondary/Social motives ,Achievement, Affiliation, Power)

Theories of Motivation: Need theory by Maslow. David McClelland. Expectancy theory. Equity theory.

Chapter 10: **Social Psychology**

**Attitude** Definition Theories of Attitude (Cognitive Dissonance by Leon Festinger) 2- Attitude Formation 3- Attitude Change 4- Measurement of Attitude ( Scales by Thurston, Rensis Likert, Guttmann, Bogardus)

**Prejudice**  1- Definition, Factors leading to Prejudice, Elimination or Remedy. Person Perception**. Group Dynamics** 1. Types of Groups 2- Group Conformity (Asch’s Experiment). and Obedience**. Leadership** 1- Types of Leaders. Traits of leader

**Activities to be covered during the semester**

**Survey Report**: Bio-psycho-social topics having impact on human behavior. It will be a group activity, Survey report on the topic should be of 4000 To 4500 words in APA style format .Oral presentation by all group members about their survey topic and findings.

**Self profile&Assignment. 1.** Introduction, scoring and interpretation of different psychological tests.

**2.** Create case study on the given topic having five questions and answers.

All reports and assignments must have plagrisim reports attached.

Readings: Classical research studies and experiments done in psychology.