**Psychology Chapter Outlines.**

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**Chapter 1. Introduction to Psychology**.

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

**Perspectives of psychology**:

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

**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 then 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) (Jhon.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)

**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.

**Methods of Psychology**

1: Case history (Depth study of an individual) and Focus group ch 2 page 49

2: Naturalistic observation or Field study method (observation without intervention) ch 2 page 48

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) ch 2 page 50

4: Experimental method (To establish meaningful relationship between Stimulus and response) Hypothesis, Variables; Independent, Dependent and extraneous, Groups: Experimental and Control.ch 2 page 42

5: Correlation(Statistical measure of relationship) ch 2 pg 53 6. Research APA style ch 2 pg 62

**Chapter 2. Nervous system**

1.**Introduction**; Neuron - Structure (Nerve cell, Dendrite, , Axon, Myelin sheath Terminal button, neurotransmitters, synapse)

**2.Central Nervous system**; Brain and Spinal cord Brain parts; Brain stem (1.Medulla oblongata 2.Cerebellum 3.Thalamus 4.Reticular formation) Cerebrum ;( Lobes; Frontal, Parietal, Occipital, and Temporal lobes)Limbic system (Amygdala, Hypothalamus, Hippocampus)

3.**Peripheral Nervous system**; a. Sensory and Motor nerves b.Autonomic(Sympathatic,Parasympathatic nervous system)Techniques for studying the Brain EEG:electro encephalograph,MRI: magnetic resonance imaging, CAT: computer assisted axial tomography, PET: positron emission tomography

4.**Endocrine glands** (Pituitary, Thyroid, Adrenal.)

**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 (Proceadural.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 dependant forgetting.

**Chapter 5. Cognitive Psychology**

Definition. **Tools of Thought** (Language;Phonolgy,Morphology,Syntax,Semantics) **Concept formation** (Genralization,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. Motivation

**Types of motivation** -Primary/Biological motives -Secondary/Social motives)

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

**Chapter 7. Personality** Definition Factors influencing personality; Heredity and Environment.

**Theories of Personality**:Trait theory by Gordon All port.(c) (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 1.Oral 2.Anal 3.Phallic 4.Latency 5.Genital Stage

Development of Personality Erogenous Zones Fixation, Oedipus complex

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 8. Psychological Disorders**

## Normal Vs Abnormal Perspectives

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

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

**Major Disorders** (Neurosis and Psychosis) DSM IV: 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. Somatoform Disorder 1.Hypochondria 2.Conversion disorder,c. Dissociative Disorder1.Psychogenic Amnesia & Fugue 2.Multiple personality disorder  
 d.Mood Disorder 1.Major Depression 2.Bipolar Disorder(Manic and depressive) 3.Suicide

**Psychosis**; Schizophrenia: (Symptoms and Causes) Types: 1-Disorganized 2- Catatonic 3- Paranoid 4.Undifferentiated Personality Disorders: 1.Odd and eccentric 2.Fear and Anxiety 3.Dramatic and Emotional.

Psychotherapy. Brief introduction to different psychotherapies.

**Chapter 9. Social Psychology**

Attitudes 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) . Leadership 1- Types of Leaders. Traits of leader.

**Chapter 10. 0rganizational/Industrial Psychology**

Introduction. Job selection & placement; Test, application, interview and decision making. Working environment. (Physical and Psychological factors) Accident and its control . Morale & Productivity

Consumer Psychology, (Psychographics) Advertising.

**Final Exams**

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