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Course No. : **GS F232**  
Course title : **Introductory Psychology**  
Instructor-in-charge : **Tanu Shukla**

**Scope and objective of the course:** To develop a conceptual framework for understanding the human behavior; relevance of psychology in daily life and its application in social, educational, industrial, personal and other spheres.

**Course Description :** The development of psychology as a science – individual and the environment; Nature, kinds and determinants of Perception; Biological bases of behaviour; Consciousness; Motivation; Emotion; Modification of behavior through learning; Memory and forgetting; Thought processes, Problem solving and Creative thinking; Individual differences – Intelligence, Gender, Personality, Stress and coping; and Social thought and Social Behavior.

**Text Book:**

T1. Robert A. Baron, “Psychology”, Revised 5<sup>th</sup> Edition, Pearson, 2009

**Reference Books:**

R1. Ceccarelli & Meyer, Psychology, South Asian Edition, Pearson Longman, 2006

R2. R.A. Baron & G. Mishra, Psychology: Indian Subcontinent Edition, Pearson, 2014

R3. A. K. Singh, “Tests, Measurements and Research Methods in Behavioural Sciences”, Revised 4<sup>th</sup> Edition, Bharati Bhawan, 2009





**Course Plan:**

S. No.	Title of the Chapter	Learning Objectives	Reference in Book
1	Psychology: A Science & Perspective	Modern Psychology: Definition, Origin, Classical Studies, Issues and Perspectives, Trends, Psychology in India, Overview of Research Methods in Psychology	T1: Chapter 1
2	Sensation & Perception: Making Contact with the World around us;  Cognition: Thinking, Deciding & Communicating	Sensation: The Raw Materials for Understanding; Vision; Hearing; Touch, Smell and Taste; Perception; The Plasticity of Perception, Extrasensory Perception  Thinking: Forming Concepts and Reasoning to Conclusions; Making decisions; Problem Solving; Language: The Communication of Information	T1: Chapter 3 (82- 127)  T1: Chapter 7 (246- 283)
3	Learning: How we're changed by Experience	Learning: Classical Conditioning, Operant Conditioning, Observational Learning, Social Cognitive Learning Theories	T1: Chapter 5 (166- 207)
4	Memory: Of Things Remembered and Forgotten	Human Memory; Kinds of Information Stored in Memory, Forgetting, Memory Distortion and Memory Construction, Memory in Everyday Life; Memory & Brain	T1: Chapter 6 (208- 245)
5	Motivation	Motivation; Theories of Motivation; Motives & Motivation- Hunger, Aggression, Achievement; Extrinsic and Intrinsic Motivation	T1: Chapter 10 (368- 395)
6	Emotions	Emotions: Their Nature, Expression & Impact	T1: Chapter 10 (395- 409)
7	Intelligence: Cognitive, Practical, Emotional	Intelligence: Contrasting Views of its nature; Measuring Intelligence; Human Intelligence: Role of Heredity and Environment; Group Differences in Intelligence; Emotional Intelligence : The Feeling Side of Intelligence; Creativity: Generating the Extra ordinary	T1: Chapter 11 (410- 447)
8	Personality: Uniqueness and Consistency in the	Personality: What is it?; The Psychoanalytic Approach; Humanistic Theories, Trait Theories; Learning Approaches to Personality; Measuring Modern Research	T1: Chapter 12





	behavior of Individuals	on Personality: Applications to Personal Health and Behavior in Work	(448- 487)
9	Health, Stress & Coping	Health Psychology; Stress- Causes, Effects and Control; Understanding and Communication our Health Needs; Behavioural and Psychological Correlates of Illness; Promoting Wellness: Developing a Healthier Lifestyle	T1: Chapter 13 (488- 503; 521- 529) T1: Chapter 13 ( 504- 520)
10	Social Thought & Social Behavior	Social Thought- Social Perception, Attribution, Social Cognition, Attitudes; Social Behavior- Prejudice & Discrimination, Social Influence, Attraction & Love, Leadership	T1: Chapter 16 (616- 658)
11	Research Methods in Psychology	Psychology & the Scientific Method; Research Methods in Psychology- Observation, Correlation, Experimentation Method; Issues in Psychological Research	T1: Chapter 1 (19- 34)

**Evaluation Scheme:**

Sl.no	Evaluation Component	Weight age(%)	Date, Time & Venue
1	Mid Semester Test	30	14/3 2:00 -3:30 PM
2	Assignment	30	
3	Comprehensive Exam.	40	4/5 FN

- Students are expected to read newspapers, magazines, journals etc. and collect the relevant articles for relating the concepts of psychology learnt.
- Journals to consult: American Psychologist (by APA), Psychological Studies

**Chamber Consultation Hour:** To be announced in the class.

**Instructor-in charge**

