

Introduction to Psychology (SS118)

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Chapter outlines.

Chapter 1. Introduction to Psychology.

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

Perspectives of psychology: 1. Biological 2. Psychoanalytic 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 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) **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 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) **Research:** APA style

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 formation) **Limbic system:** (1. Amygdala 2. Hypothalamus 3. Hippocampus). **Cerebrum** (Lobes; Frontal, Parietal, Occipital, and Temporal lobes) The functions of these brain areas and the various psychological phenomena that are controlled by these parts. 3. **Peripheral Nervous system:** a. Sensory and Motor nerves b. Autonomic (Sympathatic, Parasympathatic 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 Kohler) 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 Allport. (c) Eysenck and the Five factor Model) 1-Neuroticism, 2-Extraversion, 3-Openness to Experience, 4-Agreeableness, 5-Conscientiousness 1.

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 .D .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. Psychological Disorders.

Normal Vs Abnormal Perspectives. **Stress and Managing Techniques:** Types of stress, Causes, Symptoms, Coping strategies. **Anger** and management. **Conflict & Frustration;** Approach-approach conflict, Approach-avoidance conflict, Avoidance-avoidance conflict. **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. Somato form Disorder

1. Conversion disorder 2. Hypochondriasis 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, treatment. Psychotherapy: Brief introduction.

Chapter 8 .Motivation.

Types of motivation: (Primary/Biological motives –Hunger, thirst, temp, sleep etc

Secondary/Social motives ,Achievement, Affiliation, Power) **Theories of Motivation:**

Hierarchical Need theory by Abraham Maslow. Need theory by David McClelland. Expectancy theory by Victor Vroom . Equity theory by J Stacy Adams.

Chapter 9. Social Psychology Attitudes: Definition- Theories of Attitude (Cognitive Dissonance by Leon Festinger) Attitude Formation , Attitude Change , Measurement of Attitude (Scales by Thurston, Rensis Likert, Guttman, Bogardus) **Prejudice:** Definition, Factors leading to Prejudice, Elimination or Remedy. Person Perception. **Group Dynamics:**Types of Groups , Group Conformity (Asch's Experiment). **Leadership:** Types of Leaders. Traits of leader.

Chapter 10. Organizational/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.

Activities to be covered during the semester

Survey 8% weightage: Bio-psycho-social topics having impact on human behavior.

It will be a group activity, report on the topic consisting of 3000 to 4000 words to be submitted. (6%) Oral presentation by all group members about their survey and findings(2%)

Self profile&Assignment. 4% weightage

Four tests: Personality, Anxiety, EQ, Stress

Introduction, scoring and interpretation.(2%)

Assignments: 3000 words with research findings(2%)

Readings:

Classical research studies and experiments done in psychology.