

Introduction to Psychology (SS118)

Chapter outline: BS AF & BCS Course FALL 2021

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 formation 5. 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 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 .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: 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 8:Mental health &Psychological disorders.

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-9 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. 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.

Psychotherapy. Brief introduction to different psychotherapies.

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, Guttman, 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 plagrism reports attached.

Readings: Classical research studies and experiments done in psychology.