

PSY103:FOUNDATIONS OF PSYCHOLOGY

L:3 T:0 P:2 Credits:4

Course Outcomes: Through this course students should be able to

- CO1 :: define psychology and identify its major subfields and historical development
- CO2 :: explain the processes and principles underlying different types of learning and their applications.
- CO3 :: use foundational psychological concepts to interpret everyday behavior and phenomena
- CO4 :: apply memory concepts to enhance personal study techniques and improve information retention.
- CO5 :: evaluate motivational strategies and their impact on performance and well-being in different contexts
- CO6 :: administer psychological tests to assess achievement motivation, memory, personality, intelligence, and anxiety level,

Unit I

Introduction to Psychology : meaning, definition and goals of psychology, approaches in psychology, subfields of psychology, methods of psychology, psychology in modern India

Unit II

Learning : meaning and definition, theories of learning, classical, operant conditioning, and observational learning, basic processes in learning, reinforcement schedules, transfer of training, motivational and cognitive influences on learning

Unit III

Memory : meaning and definition of memory, memory processes, models of memory, techniques to improve memory, causes of forgetting

Unit IV

Personality : meaning and definition of personality, biological and socio-cultural determinants, trait and type approach, theories of personality, techniques of assessment

Unit V

Motivation and emotion : meaning definition and nature of motivation and emotion, types of motivation, types and classification of emotions, motivational conflicts

Unit VI

Intelligence : intelligence in historical perspective, theories of intelligence, role of heredity and environment in intelligence, measurement of intelligence, meaning and definition of intelligence

List of Practicals / Experiments:

Practicum

- Achievement Motivation • To test the achievement motivation of the subject by using Achievement Motivation Scale by V.P.Bhargava
- Memory • To test the memory level of the subject with P.G.I Memory Scale by Dwarka Prasad and N.N. Wig
- Personality • To analyze the personality of the subject by using Maudsley Personality Inventory by H.J.Eysenck
- Intelligence • To assess the intelligence level of an individual by using Bhatia's short-battery performance test
- Biofeedback • to control physiological responses
- Lovely Academic Anxiety Scale (LAAS): To assess the academic anxiety of the subject by using lovely academic anxiety scale by Dr. Mohammad Amin Wani, Ms. Aahana Saha, Akshita Parihar, Bonika Moirangthem, Nikeleu Kapfo Muskan Mehmi, and Neha Ningthoujam

Text Books:

1. ESSENTIALS OF PSYCHOLOGY FOR BEGINNERS by DR. MOHAMMAD AMIN WANI, Novel Nuggets India

References:

References:

1. INTRODUCTION TO PSYCHOLOGY by NOLEN-HOEKSEMA/ FREDRICKSON/ LOFTUS/ LUTZ, Cengage India Private Limited