

## **BASPYDSC103 COURSE I - FOUNDATIONS OF PSYCHOLOGY**

**Theory Marks: 60**  
**Internal Assessment: 40**  
**Total Marks: 100**  
**Total No. of teaching hours: 52**  
**Credits: 04**

### **Course Outcomes:**

After successful completion of the course, students will be able to:

CO1: Understand the genesis of Psychology and its importance.

CO2 : Gain basic knowledge about Psychology.

CO3: Understand the fundamental mental processes which form the base for behaviour.

CO4: Understand the applications of Psychology in various fields.

CO5: Connect anatomical structure with various behaviours and analyze.

CO6: Apply the knowledge of learning principles and memorizing skills in the preparation for examination and share them with other students.

### **UNIT – I: GENESIS & GOALS OF PSYCHOLOGY (13 hours)**

Psychology: Emergence and Development; Definition and Goals of Psychology- Understanding, Describing, Predicting and Control of Behaviour

Key Perspectives: Psychodynamic, Behavioural, Humanistic, Biological and Cognitive, General, Bio–Physiological, Social, Child, Developmental, Abnormal and Clinical Psychology

Psychology as Applied Science: Introspection, Observation, Experimental, Clinical and Questionnaire Method

### **UNIT– II: BIOLOGY & BEHAVIOUR (13 hours)**

Neuron: Structure and functions, Neural impulse, Synapse and Neurotransmitters

Nervous system: Structure and Functions of Central Nervous System and Peripheral Nervous System

Methods of studying brain functions: invasion, lesion, ablation, chemical and stimulation method

Endocrine system: Functions and effects: Pituitary, Thyroid, Parathyroid, Pineal, Adrenal and Gonads

### **UNIT-III: SENSATION, ATTENTION & PERCEPTION (13 hours)**

Sensation: Definition and Characteristics, Types of Senses and Receptors

involved in each Sensation

Perception: Meaning and Laws of Perceptual Organization

Depth Perception: Meaning, Perceptual Constancies, Monocular and Binocular Cues

Errors in perception, Subliminal Perception

Attention: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and distraction), Determinants: Objective and Subjective

### **UNIT-IV: LEARNING (13 hours)**

Memory: Basic Processes – Encoding, Storage and Retrieval, Types of Memory: Sensory Memory, Short-Term Memory Long-Term Memory, Autobiographical Memory and Flashbulb Memory

Techniques to Improve Memory: Mnemonics, Chunking, SQ3R (Survey, Question, Read, Recite and Review)

Forgetting: Meaning, Definition and Causes of Forgetting

Learning: Introduction: Definition, Factors influencing Learning

Types of Learning: Classical Conditioning, Operant Conditioning and Trial and Error

Learning, Cognitive Learning: Insightful (Kohler) and Observational (Bandura)

#### **Text Books:**

- Feldman, R.S. (2002). Understanding Psychology (6th ed.). New Delhi: Tata McGraw -Hill Company Ltd.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2001). Introduction to Psychology. New Delhi: Tata McGraw Hill Education Pvt.
- Nataraj, P. (2003). Psychology for Beginners (8<sup>th</sup> ed.) Mysore: Srinivasa Publications.

- Parameswaran, E. G., & Beena, C. (2002). An Invitation to Psychology, Hyderabad: Neel Kamal Publications.

**References:**

- Mangal S.K. (2009) General Psychology. New Delhi: Sterling Publishers Pvt. Ltd.
- Jain, S. (2009). Introduction to Psychology. New Delhi: Kalyani Publishers.
- Rajamanickam, M. (2008). Modern General Psychology. New Delhi: Concept Publishing Company.