

**MULTIDISCIPLINARY COURSE**

**Subject: PSYCHOLOGY**

**Title: INTRODUCING PSYCHOLOGY**

CREDIT: 03

**Code: BPY22M103**

CONTACT HOURS: 48

**Objectives:** *To acquaint the students with basic principles of psychology and their use in human life.*

**Learning Outcomes:**

1. *New research in Psychological Science.*
1. *Differentiate psychological processes.*
2. *Find the solutions to day to day problems using psychological knowledge.*

**Unit 1:**

**16 Contact Hours**

- A. Psychology as a Modern-Day Science.
- B. Origin and Development of Psychology.
- C. Perspectives (Cognitive, Biological, Behavioural, Psychoanalytic, Humanistic & Socio-Cultural).

**Unit 2:**

**16 Contact Hours**

- A. Perception: Nature of Perception, Laws of Perceptual Organization.
- B. Learning: Conditioning (Classical & Operant), Observational Learning.
- C. Memory-Processes: Information Processing Model, Techniques for Improving Memory.

**Unit 3:**

**16 Contact Hours**

- A. Motivation and Emotion: Motives: Biogenic and Psychogenic, Emotions: Aspects of Emotions, Key Emotions (Paul Ekman's Model).
- B. Intelligence: Nature & Theories (Gardner's Multiple Intelligences and Sternberg's Tri-archic Theory).
- C. Personality: Nature and Theories (Freud's Psychoanalytic & Allport's Trait Theory).

**Readings:**

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman. S. R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman, W. E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.