

UNIVERSITY OF MADRAS
B.Sc. DEGREE COURSE IN PSYCHOLOGY
SYLLABUS WITH EFFECT FROM 2020-2021

BPY-DSC01

CORE-I: GENERAL PSYCHOLOGY – I

Instr.Hrs.: 6
Credits : 4

Year : I
Semester: I

Course Learning Outcome

After completion of the General Psychology – I course, students will be able to:

1. Explain the nature, scope, methods and branches of various fields of Psychology
2. Summarize the fundamental processes underlying human behaviour such as sensation, perception and attention
3. Relate the nature of consciousness and the underlying theoretical interpretations and describe the various stages of sleep & dreams
4. Outline and compare the nature, principles and the various theories of learning
5. Summarize and compare the various functions and memory processes involved in memory and forgetting

UNIT I: INTRODUCTION AND METHODS

What is Psychology? Definition – Goals – What is not psychology? Pseudo psychology. The History of Psychology – Schools - Modern Perspectives – Psychology in India – Psychology: The Science – Methods: Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – Scope of Psychology: Branches of basic Psychology – Branches of applied Psychology

UNIT II: SENSATION, PERCEPTION AND ATTENTION

Sensation: Meaning – Psychophysics -Thresholds – Weber’s Law – Adaptation – Basic sensation: Vision – Hearing – Touch and other Skin senses – Olfaction- Gustation - Proprioception: Kinesthetic sense – Vestibular sense – Perception: Meaning– Organizing principles of perception –Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception Attention: Meaning – Types – Determinants.

UNIT III: CONSCIOUSNESS

States of Consciousness: Consciousness – Definition – Two Major Types – Natural State of Consciousness: Biological Rhythms – Circadian Rhythms; Waking States of Consciousness

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– Sleep – Functions – Stages – Sleep Disorders – Dream – Theories. Altered States of Consciousness: meaning – Hypnosis – Use of Drugs – Meditation – Other Altered States. Sensory deprivation: Near death Experience- Lucid dreaming.

UNIT IV: LEARNING

Learning: Definition – Nature- Association Learning: Classical Conditioning – Basic Principles; Operant Conditioning – Basic Principles – Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning. Social and Cognitive Learning: Latent Learning – Insight Learning – Observational Learning.

UNIT V: MEMORY AND FORGETTING

Memory: Definition –Memory Process: Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – Forgetting: Meaning – Forgetting curve-Theories of forgetting - Causes – Memory and Brain – Improving memory.

REFERENCES

1. Cicarelli, K. S., Meyer, E. G. & Misra, G. (2008). *General psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Baron, R. A. (2010). *Psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.

WEB RESOURCES

1. Psychology of Everyday
<https://nptel.ac.in/courses/109/104/109104151/>
2. Introduction to Psychology
<https://nptel.ac.in/courses/109104105/>
3. Introduction to Psychology
<https://www.coursera.org/learn/introduction-psych>
4. Understanding Memory : Explaining the Psychology of Memory
https://www.coursera.org/learn/memory_and_movies?utm_source=google&utm_medium=seo&utm_campaign=search-app&utm_content=CourseraContent