BASIC PSYCHOLOGY-II

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/ Week	Hrs/ Sem	Hrs/ Week	Hrs/ Sem		
II	21CPS2A	Core-III	05	75	04	60	15	04

COURSE OBJECTIVE

In this course the students are exposed to the general and basic concepts of Psychology

COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Demonstrate the theories of intelligence and carry out various tests for the measurement of the intelligence.	K3- Apply
CO2	Discover the theories of motivation, types of motives and frustration and conflicts of motives associated with human behavior.	K3- Apply
CO3	Relate the theories of emotions. Know about stress and apply effective coping techniques to overcome.	K3- Apply
CO4	Use the theories of personality and conduct various tests to measure personality.	K3- Apply
CO5	Interpret and measure the level of consciousness. Sketch out the stages of sleep and sleep disorders.	K3- Apply

MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	S	S	S	S
CO2	S	S	S	S	S	S
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S- *Strong* M-*Medium* L-*Low*

UNIT-I   **15 Hours**

INTELLIGENCE

Definition- Factors affecting intelligence- Types of intelligence-Theories of Intelligence: Two factor theory-Multifactor Theory-Group factor theory- Guilford's model of intelligence- Triarchic theory- Theory of multiple intelligence- Measurement of intelligence- Testing for special aptitudes.

UNIT-II   **15 Hours**

MOTIVATION

Definition- Theories of motivation: Instinct theory- Drive theory- Arousal theory- Incentives theory- Need hierarchy theory- classification of motives- Biological motives, psychological motives – Frustration and conflicts of motives.

UNIT-III   **15 Hours**

EMOTIONS

Definition- Theories of emotions: James Lange theory-Cannon-Bard theory- Schacter-Singer Two factor theory- Lazarus's Cognitive- Appraisal theory- Stress: Nature of stress- Stress cycles (Hans Selye)-Effects of stress- Coping with stress-Emotional intelligence and its components.

UNIT-IV   **15 Hours**

PERSONALITY

Determinants of Personality (Brief review) - Theories of personality: Type theories- Early theories-Sheldon's theory- Eysenck's theory-Jung's theory- Trait theories: Allport –Cattells theory- Measurement of personality: Subjective methods- Objective methods- Projective techniques and tests.

UNIT-V   **15 Hours**

CONSCIOUSNESS

Fundamental processes- Active and passive roles of consciousness- Biological rhythms- Waking state of consciousness- Sleep and dreams- Hypnosis-sleep disorder- Stages of sleep.

Practicum: Experiments to be done on any topics from the syllabus.

Practicum Activities:

Activities and experiments related to

- intelligence,
- motivation,
- emotions,
- personality and
- Consciousness.

Distribution of Marks: Theory 100% and **Problems 0%**

TEXT BOOKS:

S.No	Authors	Title	Publishers	Year Of Publication
01	Morgan,Clifford.T., Richard.A.King.,Weisz.R.John., John Schopler	Introduction to Psychology,7th Edition	TataMcGraw Hill	2001
02.	MichealW.Passer& Ronald E.Smith	Psychology the science of mind and behavior,3rd Edition	TataMcGraw Hill	2007

REFERENCE BOOKS:

S.No	Authors	Title	Publishers	Year Of Publication
02	Marx,Melvin.H	Introduction to Psychology-Problems, Procedures and principles.	MacMillan Publishing Co	1976
03	Hilgard.E.R., Atkinson.R.L., Atkinson.R.C	Introduction to Psychology	Harcourt Brace Jovanovich.Inc	1979

WEB SOURCES:

- https://www.coursera.org/learn/introduction-psychology/
- https://www.edx.org/learn/psychology
- https://www.sparknotes.com/psychology/psych101/intelligence/section1/
- https://www.psychestudy.com/general/motivation-emotion/theories-motivation
- https://www.verywellmind.com/theories-of-emotion-2795717
- https://www.simplypsychology.org/personality-theories.html
- https://www.verywellmind.com/what-is-consciousness-2795922

TEACHING METHODOLOGIES:

- Discussion
- Buzz group formation
- Visual aids
- Seminar
- Assignments

SYLLABUS DESIGNER:

Mrs.R.Safina Selva

Head and Assistant Professor of Psychology

DKM College for Women (Autonomous).