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UNIVERSITY GRANTS COMMISSION
NET BUREAU

Subject: PSYCHOLOGY

Code No. 04

SYLLABUS

1. Emergence of Psychology

Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga. Academic psychology in India: Pre-independence era; post-independence era; 1970s: The move to addressing social issues; 1980s: Indigenization; 1990s: Paradigmatic concerns, disciplinary identity crisis; 2000s: Emergence of Indian psychology in academia. Issues: The colonial encounter; Post colonialism and psychology; Lack of distinct disciplinary identity.

Western: Greek heritage, medieval period and modern period. Structuralism, Functionalism, Psychoanalytical, Gestalt, Behaviorism, Humanistic-Existential, Transpersonal, Cognitive revolution, Multiculturalism. Four founding paths of academic psychology - Wundt, Freud, James, Dilthey. Issues: Crisis in psychology due to strict adherence to experimental-analytical paradigm (logical empiricism). Indic influences on modern psychology.

Essential aspects of knowledge paradigms: Ontology, epistemology, and methodology. Paradigms of Western Psychology: Positivism, Post-Positivism, Critical perspective, Social Constructionism, Existential Phenomenology, and Co-operative Enquiry. Paradigmatic Controversies. Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (*avidya* and *vidya*). The primacy of self-knowledge in Indian psychology.

2. Research Methodology and Statistics

Research: Meaning, Purpose, and Dimensions.

Research problems, Variables and Operational Definitions, Hypothesis, Sampling.

Ethics in conducting and reporting research

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Paradigms of research: Quantitative, Qualitative, Mixed methods approach
Methods of research: Observation, Survey [Interview, Questionnaires],
Experimental, Quasi-experimental, Field studies, Cross-Cultural Studies,
Phenomenology, Grounded theory, Focus groups, Narratives, Case studies,
Ethnography

Statistics in Psychology: Measures of Central Tendency and Dispersion.
Normal Probability Curve. Parametric [t-test] and Non-parametric tests [Sign
Test, Wilcoxon Signed rank test, Mann-Whitney test, Kruskal-Wallis test,
Friedman]. Power analysis. Effect size.

Correlational Analysis: Correlation [Product Moment, Rank Order], Partial
correlation, multiple correlation.

Special Correlation Methods: Biserial, Point biserial, tetrachoric, phi
coefficient.

Regression: Simple linear regression, Multiple regression.

Factor analysis: Assumptions, Methods, Rotation and Interpretation.

Experimental Designs: ANOVA [One-way, Factorial], Randomized Block
Designs, Repeated Measures Design, Latin Square, Cohort studies, Time
series, MANOVA, ANCOVA. Single-subject designs.

3. Psychological testing

Types of tests

Test construction: Item writing, item analysis

Test standardization: Reliability, validity and Norms

Areas of testing: Intelligence, creativity, neuropsychological tests, aptitude,
Personality assessment, interest inventories

Attitude scales - Semantic differential, Staples, Likert scale.

Computer-based psychological testing

Applications of psychological testing in various settings: Clinical,
Organizational and business, Education, Counseling, Military. Career
guidance.

4. Biological basis of behavior

Sensory systems: General and specific sensations, receptors and processes

Neurons: Structure, functions, types, neural impulse, synaptic transmission.
Neurotransmitters.

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The Central and Peripheral Nervous Systems - Structure and functions.
Neuroplasticity.

Methods of Physiological Psychology: Invasive methods - Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods - EEG, Scanning methods.

Muscular and Glandular system: Types and functions

Biological basis of Motivation: Hunger, Thirst, Sleep and Sex.

Biological basis of emotion: The Limbic system, Hormonal regulation of behavior.

Genetics and behavior: Chromosomal anomalies; Nature-Nurture controversy [Twin studies and adoption studies]

5. Attention, Perception, Learning, Memory and Forgetting

Attention: Forms of attention, Models of attention

Perception:

Approaches to the Study of Perception: Gestalt and physiological approaches

Perceptual Organization: Gestalt, Figure and Ground, Law of Organization

Perceptual Constancy: Size, Shape, and Color; Illusions

Perception of Form, Depth and Movement

Role of motivation and learning in perception

Signal detection theory: Assumptions and applications

Subliminal perception and related factors, information processing approach to perception, culture and perception, perceptual styles, Pattern recognition, Ecological perspective on perception.

Learning Process:

Fundamental theories: Thorndike, Guthrie, Hull

Classical Conditioning: Procedure, phenomena and related issues

Instrumental learning: Phenomena, Paradigms and theoretical issues;

Reinforcement: Basic variables and schedules; Behaviour modification and its applications

Cognitive approaches in learning: Latent learning, observational learning.

Verbal learning and Discrimination learning

Recent trends in learning: Neurophysiology of learning

Memory and Forgetting

Memory processes: Encoding, Storage, Retrieval

Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative - Episodic and Semantic; Procedural)

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Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting

6. Thinking, Intelligence and Creativity

Theoretical perspectives on thought processes: Associationism, Gestalt, Information processing, Feature integration model
Concept formation: Rules, Types, and Strategies; Role of concepts in thinking
Types of Reasoning
Language and thought

Problem solving: Type, Strategies, and Obstacles
Decision-making: Types and models

Metacognition: Metacognitive knowledge and Metacognitive regulation

Intelligence: Spearman; Thurstone; Jensen; Cattell; Gardner; Stenberg; Goleman; Das, Kar & Parrila

Creativity: Torrance, Getzels & Jackson, Guilford, Wallach & Kogan
Relationship between Intelligence and Creativity

7. Personality, Motivation, emotion, stress and coping

Determinants of personality: Biological and socio-cultural
Approaches to the study of personality: Psychoanalytical, Neo-Freudian, Social learning, Trait and Type, Cognitive, Humanistic, Existential, Transpersonal psychology.
Other theories: Rotter's Locus of Control, Seligman's Explanatory styles, Kohlberg's theory of Moral development.

Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.

Approaches to the study of motivation: Psychoanalytical, Ethological, S-R Cognitive, Humanistic

Exploratory behavior and curiosity
Zuckerman's Sensation seeking
Achievement, Affiliation and Power
Motivational Competence
Self-regulation
Flow

Emotions: Physiological correlates
Theories of emotions: James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley.

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Emotion regulation

Conflicts: Sources and types

Stress and Coping: Concept, Models, Type A, B, C, D behaviors, Stress management strategies [Biofeedback, Music therapy, Breathing exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training].

8. Social Psychology

Nature, scope and history of social psychology

Traditional theoretical perspectives: Field theory, Cognitive Dissonance, Sociobiology, Psychodynamic Approaches, Social Cognition.

Social perception [Communication, Attributions]; attitude and its change within cultural context; prosocial behavior

Group and Social influence [Social Facilitation; Social loafing]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience, Social Power, Reactance]. Aggression. Group dynamics, leadership style and effectiveness. Theories of intergroup relations [Minimal Group Experiment and Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Balance Theories, Equity Theory, Social Exchange Theory]

Applied social psychology: Health, Environment and Law; Personal space, crowding, and territoriality.

9. Human Development and Interventions

Developmental processes: Nature, Principles, Factors in development, Stages of Development. Successful aging.

Theories of development: Psychoanalytical, Behavioristic, and Cognitive
Various aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.

Psychopathology: Concept, Mental Status Examination, Classification, Causes

Psychotherapies: Psychoanalysis, Person-centered, Gestalt, Existential, Acceptance Commitment Therapy, Behavior therapy, REBT, CBT, MBCT, Play therapy, Positive psychotherapy, Transactional Analysis, Dialectic behavior therapy, Art therapy, Performing Art Therapy, Family therapy.

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Applications of theories of motivation and learning in School
Factors in educational achievement
Teacher effectiveness
Guidance in schools: Needs, organizational set up and techniques

Counselling: Process, skills, and techniques

10. Emerging Areas

Issues of Gender, Poverty, Disability, and Migration: Cultural bias and discrimination. Stigma, Marginalization, and Social Suffering; Child Abuse and Domestic violence.

Peace psychology: Violence, non-violence, conflict resolution at macro level, role of media in conflict resolution.

Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth.

Health: Health promoting and health compromising behaviors, Life style and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]

Psychology and technology interface: Digital learning; Digital etiquette: Cyber bullying; Cyber pornography: Consumption, implications; Parental mediation of Digital Usage.

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