

## PSYCHOLOGY

### PAPER-I

#### Foundations of Psychology

##### 1. Introduction to Psychology:

- **Definition;**
- **Historical antecedents;**
- **Trends** in the 21st century;
- Psychology and **scientific methods;**
- **Relation** to other social sciences and natural sciences; **f. Application** to societal problems.

##### 2. Methods of Psychology:

- **Types of research:** Descriptive, evaluative, diagnostic and prognostic;
- **Methods of Research:** Survey, observation, case study and experiments;
- **Characteristics** of experimental design and non-experimental design, Quasi-experimental designs;
- **Focussed group discussions, brain storming, grounded theory approach.**

##### 3. Research Methods:

- **Major steps** in Psychological research (problem statement, hypothesis formulation, research designs, sampling, tools of data collection, analysis and interpretation and report writing);
- **Fundamental versus applied research;**
- **Methods of data collection** (interview, observation, questionnaire); **Research designs** (ex-post facto and experimental);
- **Application of statistical technique** (t - test, two way ANOVA correlation, regression and factor analysis);
- **Item response theory.**

##### 4. Development of Human Behaviour:

- **Growth and development;**
- **Principles** of development, **Role of genetic and environmental factors** in determining human behaviour;
- **Influence of cultural factors in socialization;**

- **Life span development** – {Characteristics, development tasks, promoting psychological well-being across major stages of the life span}.
5. **Sensation, Attention and Perception [Cognitive]:**
- **Sensation: concepts** of threshold, absolute and difference thresholds, signal-detection and vigilance;
  - **Factors influencing attention** including set and characteristics of stimulus;
  - Definition and concept of **perception, biological factors** in perception;
  - **Perceptual organization**-influence of past experiences, **perceptual defence**-factors influencing space and depth perception, size estimation and perceptual readiness; the **plasticity of perception**;
  - **Extrasensory perception; Culture and perception, Subliminal perception.**
6. **Learning:**
- **Concept** and **theories** of learning (Behaviourists, Gestaltist and Information processing models);
  - The **Processes** of {extinction, discrimination and generalization};
  - **Programmed learning, probability learning, self-instructional learning**, concepts;
  - **Types and the schedules** of reinforcement, **escape, avoidance** and **punishment, modelling** and **social learning.**
7. **Memory [Cognitive]:**
- **Encoding** and **remembering**; Short term memory, Long term memory, Sensory memory, Iconic memory, Echoic memory: The Multistore model, levels of processing; Organization and **Mnemonic** techniques to improve memory;
  - **Theories of forgetting**: decay, interference and retrieval failure: Meta-memory;
  - **Amnesia**: Anterograde and retrograde.

### 8. Thinking and Problem Solving [Cognitive]:

- Piaget's theory of cognitive development; Concept formation processes;
- Information processing, Reasoning and problem solving, Facilitating and hindering factors in problem solving, Methods of problem solving: Creative thinking and fostering creativity;
- Factors influencing decision making and judgment; recent trends.

### 9. Motivation and Emotion:

- Psychological and physiological basis of motivation and emotion; Measurement of motivation and emotion;
- Effects of motivation and emotion on behaviour; Extrinsic and intrinsic motivation; Factors influencing intrinsic motivation; Emotional competence and the related issues.

### 10. Intelligence and Aptitude:

- **Concept** of intelligence and aptitude, **Nature** and **theories** of intelligence – {Spearman, Thurstone, Gullford Vernon, Sternberg and J.P Das};
- **Emotional Intelligence, Social intelligence, measurement** of {intelligence and aptitudes, multiple intelligence},
- Concept of IQ, Deviation I Q, Constancy of IQ;
- **Fluid intelligence** and **crystallized intelligence**.

### 11. Personality:

- **Definition and concept** of personality;
- **Theories** of personality psychoanalytical, socio-cultural, interpersonal, developmental, humanistic, behaviouristic, trait and type approaches};
- **Measurement** of personality projective tests, pencil-paper test;
- The **Indian approach** to personality; **Training** for personality development; **Latest approaches** like big 5 factor theory; The **notion of self** in different traditions.

**12. Attitudes, Values and Interests :**

- **Definition** of attitudes, values and interests};
- **Components** of attitudes; **Formation and maintenance** of attitudes;
- **Measurement** of attitudes, values and interests;
- **Theories of attitude change; Strategies for fostering values;**
- **Formation of stereotypes and prejudices; Changing others behaviour;**
- **Theories of attribution; Recent trends.**

**13. Language and Communication [Cognitive]:**

- **Human language** - Properties, structure and linguistic hierarchy, Language acquisition- predisposition, critical period hypothesis;
- **Theories of language development** - Skinner and Chomsky; Process and types of communication - effective communication training.

**14. Issues and Perspectives in Modern Contemporary Psychology:**

- **Computer application** in the psychological laboratory and psychological testing; Artificial intelligence; Psych cybernetics; Study of consciousness-sleep-wake schedules; dreams, stimulus deprivation, meditation, hypnotic/drug induced states;
- **Extrasensory perception;** Inter-sensory perception Simulation studies.

**PAPER II: Psychology : Issues and applications**

**1. Psychological Measurement of Individual Differences:**

- The nature of individual differences; Characteristics and construction of standardized psychological tests; Types of psychological tests;
- Use, misuse and limitation of psychological tests; ethical issues in the use of psychological tests.

**2. Psychological well-being and Mental Disorders:**

- Concept of health-ill health; Positive health, well-being;
- Causal factors in mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders);
- Factors influencing positive health, well-being, life style and quality of life; Happiness disposition.

**3. Therapeutic Approaches:**

- **Psychodynamic therapies;** Behaviour therapies; Client centred therapy; Cognitive therapies; Indigenous therapies (Yoga, Meditation); Bio-feedback therapy;
- Prevention and rehabilitation of the mentally ill; Fostering mental health.

**4. Work Psychology and Organisational Behaviour:**

- Personnel selection and training; Use of psychological tests in the industry; Training and human resource development; Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom;
- Leadership and participatory management; Advertising and marketing; Stress and its management; Ergonomics; consumer psychology; Managerial effectiveness; Transformational leadership; Sensitivity training; Power and politics in organizations.

**5. Application of Psychology to Educational Field:**

- Psychological principles underlying effective teaching-learning process; Learning styles; Gifted, retarded, learning disabled and their training; Training for improving memory and better academic achievement;
- Personality development and value education, Educational, vocational guidance and career counselling; Use of psychological tests in educational institutions; Effective strategies in guidance programmes.

**6. Community Psychology:**

- Definition and concept; Use of small groups in social action; Arousing community consciousness and action for handling social problems;
- Group decision making and leadership for social change; Effective strategies for social change.

**7. Rehabilitation Psychology:**

- Primary, secondary and tertiary prevention programmes-role of psychologists;

- Organising of services for rehabilitation of physically, mentally and socially challenged persons including old persons, Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviour;
  - Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies.
- 8. Application of Psychology to disadvantaged groups:**
- The concepts of disadvantaged, deprivation; Social, physical, cultural and economic consequences of disadvantaged and deprived groups;
  - Educating and motivating the disadvantaged towards development; Relative and prolonged deprivation.
- 9. Psychological problems of social integration:**
- The concept of social integration; The problem of caste, class, religion and language conflicts and prejudice;
  - Nature and manifestation of prejudice between the in-group and out-group;
  - Causal factors of social conflicts and prejudices; Psychological strategies for handling the conflicts and prejudices; Measures to achieve social integration.
- 10. Application of Psychology in Information Technology and Mass Media:**
- The present scenario of information technology and the mass media boom and the role of psychologists;
  - Selection and training of psychology professionals to work in the field of IT and mass media;
  - **Distance learning** through IT and mass media;
  - **Entrepreneurship** through e-commerce; **Multilevel marketing**; **Impact of TV** and fostering value through IT and mass media; Psychological consequences of recent developments in Information Technology.
- 11. Psychology and Economic development:**
- Achievement motivation and economic development;
  - Characteristics of entrepreneurial behaviour; Motivating and training people for entrepreneurship and economic development;
  - Consumer rights and consumer awareness, Government policies for promotion of entrepreneurship among youth including women entrepreneurs.

**12. Application of psychology to environment and related fields:**

- Environmental psychology-effects of noise, pollution and crowding; Population psychology: psychological consequences of population explosion and high population density;
- Motivating for small family norm; Impact of rapid scientific and technological growth on degradation of environment.

**13. Application of psychology in other fields:**

- Military Psychology Devising psychological tests for defence personnel for use in selection, Training, counselling; training psychologists to work with defence personnel in promoting positive health; Human engineering in defence.
- Sports Psychology Psychological interventions in improving performance of athletes and sports. Persons participating in Individual and Team Games.
- Media influences on pro and antisocial behaviour.
- Psychology of terrorism.

**14. Psychology of Gender:**

- Issues of discrimination, Management of diversity;
- Glass ceiling effect, Self-fulfilling prophesy, Women and Indian society.