

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
SYLLABUS FOR

Open Elective in Psychology (NEP 2020) SEM I

TO BE IMPLEMENTED FROM THE SESSION 2024-25

COURSE TITLE: GENERAL PSYCHOLOGY- I

(Subject Code- OEENPSY1)

(Credit – 04, Total Teaching Hours- 60, Teaching Hours per week – 04)

COURSE OUTCOMES-

- a) To know the Purpose, Methods, and Importance of studying Human Psychology.
 - b) To understand how an individual person perceives the world around.
 - c) To analyze how cognitive processes like Thinking, Decision Making, Problem solving takes place.
 - d) To evaluate process of Learning & Memory.
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UNIT 1- Introduction to Psychology, and Its Development

- **Definition, Goals and Historical Background of Psychology, Approaches of Psychology-** Behaviorism, Cognitive, Biological, Psychoanalytic, Humanistic
- **Methods of Psychology-** Observation, Case Study, Experimental

UNIT 2- Cognitive Processes-I

- **Attention** (Meaning, Determinants of Attention, Types of attention (Natural, Voluntary, non-voluntary)
- **Sensation** (Process, Introduction to Five Senses), **Perception, Concept of Illusion and Hallucination**
- **Learning** - Meaning, Types, Thorndike's Laws of Learning, Concept of Insightful & Latent Learning

UNIT 3- Psychological Processes- I

- **Memory** - Meaning, Process- Encoding-Storage-Retrieval, Stages- Sensory-Short Term-Long Term, **Forgetting** (Causes), **Memory Improvement Techniques**
- **Motivation**-Definition, Concept of homeostasis, Types of motives (Physiological, Psychological, Social), Maslow's theory of Hierarchy of Motives
- **Emotion**- Definition, Types (Wheel of Emotions), Correlates: Internal and external

UNIT 4- Psychological Processes- II

- **Intelligence** -Definition, Theories of Intelligence- Gardner's theory
- **Personality**- Definition, Concept, Determinants of Personality, Theories of Personality- Freud, Erikson, Rogers, Jung,

Books for Reference:

1. Baran, R. A. (1995): Psychology: The Essential Science, New Delhi, Allyn and Bacon.

2. Benjamin, L. T. (1997): History Of Psychology: Original Sources and Contemporary Research. New Delhi: McGraw-Hill Companies.
3. Chadha, N. K. Seth, S. (2014): The Psychological Realm: An introduction. Pinnacle learning, New Delhi.
4. Ciccarelli, S. & Meyer, G. E. (2008). Psychology. Pearson, New Delhi
5. Feldman, S. R. (2009): Essentials of Understanding Psychology, Tata McGraw Hill, New Delhi.
6. Kalpan, R. M. and Saccuzzo, D. P. (2005): Psychological Testing: Principal, Application and Issues, 6th Edition, Cengage Learning Inc Private Limited, New Delhi.
7. Lahye, B. B. (2003): Psychology: An Introduction. New Delhi: Tata Hill.
8. Morgan, C. T., King, R. A., Weisz, J. R. & Schopler, J. (1986). Introduction to Psychology. McGraw-Hill
9. Nimbalkar, K. P. (2016): Psychology Experiments and Tests (in Marathi), Psychoscan, Wardha.
10. Pandit, Kulkarni and Gore (1999), Samanya Manasashastra, Pimpalapur Pub. Nagpur
11. Passer, M. W. & Smith, R. E. (2007): Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill
12. Rathus, S. A. (1986): Essentials of Psychology. CBS College Publishing, Holt, Rinehart and Winston, New York
13. Ciccarelli S. K. (2008), Manasshastra : Dakshin Asia Avritti (in Marathi), Pearson Education
14. Baron, R. & Bhardwaj, G. (2014) Manowigyan (Hindi Anuwad- 'Psychology' by R. baron), Pearson Education India
15. Singh, A. K. (2017), Adhunik Samanya Manowigyan, Motilal Banarsidass Publishers
16. Singh, A. K. (2015), Uchchatar Samanya Manowigyan, Motilal Banarsidass Publishers
17. Mishra, B. K. (2010), Manaw Vyawhar Ka Adhyayn, Prentice Hall of India
18. Verma, P. & Shrivastawa, D. N. (1996), Adhunik Prayogatmak Manovigyan, Vinod Pustak Mandir
19. Tripathi, L. B. & Others (1997), Adhunik Prayogik Manowigyan, Harprasad Bhargav, Agra
20. Deshpande, C. (2018), Manavi Vartan: Manasshastriy Samupadesh, Unmesh Prakashan
