U.P. EDUCATION SERVICE SELECTION COMMISSION, PRAYAGRAJ

Syllabus

PSYCHOLOGY

(Assistant Professor-Higher Education)

(Subject Code-37)

UNIT 1: Foundations of Psychology

- Historical roots of psychology: Schools of psychology-Structuralism, Functionalism, Psychoanalytic, Behaviouristic, Gestalt.
- Approaches to Psychology: Behaviouristic, Psychodynamic, Gestalt, Cognitive, & Humanistic.
- Western and Indian Paradigms and Perspectives: Positivism, Post positivism and Social Constructionism; Concept of Self and Personality in the UpaniSads, Sāṁkhya-Yoga, Bhagavad Gītā, Āyurveda and Buddhism.
- Development of Modern Psychology in India: Pre independence and Post independence.

UNIT 2: Research Methodology and Statistics

- Research: Meaning, and Purpose; Quantitative, Qualitative, Mixed methods Research methodology
- Methods of Research: Experimental, Correlational, Observation, Quasi-experimental
- Research Problems, Variables, Hypothesis
- Sampling: Concept and Types
- 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]
- Correlation and Regression: Correlation [Product Moment, Rank Order], Partial correlation, Multiple Correlation. Special Correlation Methods: Biserial, Point biserial, Tetrachoric, Phi coefficient; Simple Linear Regression,
- Multivariate Statistics: Multiple Regression: Assumptions, and interpretation of results. Factor analysis: Assumptions, Methods, Steps, Rotation, and Interpretation.
- Experimental Designs: Randomized Group Design: ANOVA [One-way, Factorial], Randomized Block Designs, Repeated Measures Design, Single-subject designs.
- Qualitative Research Methods: Theoretical foundations; Grounded theory, Narrative analysis, Interpretative Phenomenological Analysis, Discursive method, Discourse analysis
- Ethics in conducting and reporting research

UNIT 3: Psychometrics & Psychological testing

- Classical Test Theory and Item Response Theory
- Approaches of test construction: rationale, empirical and factor analytic.
- Test construction: Item writing, Item analysis
- Test standardization: Reliability, Validity and Norms
- Types of psychological tests

- Areas of testing: Intelligence, Aptitude, Creativity, Personality, Interest, Attitude.
- Neuropsychological tests and batteries (Luria-Nebraska, AIIMS neuropsychological battery)
- Projective techniques: nature and types
- Applications of psychological testing in various settings: Clinical, Organizational, Education, Counselling, Military, Career guidance.

UNIT 4: Biological bases of Behaviour, Attention, Perception

- Sensory systems: General and specific sensations, receptors and processes;
- Neurons: Structure, functions, types, neural impulse, synaptic transmission. Neurotransmitters.
- The Central and Peripheral Nervous System: Structure and functions.
- Neurophysiological methods: EEG, PET, MRI, & fMRI.
- Endocrine system and human behaviour.
- Attention: Concept, types of attention (selective, divided, and sustained). Attentional Automaticity, Theories of selective and sustained attention
- Approaches to the Study of Perception: Gestalt approach (Figure and Ground, Law of perceptual Organization); Information processing approach to perception (Pattern recognition and its models)
- Perception of Form, Depth and Movement
- Role of motivation and learning in Perception
- Subliminal Perception
- Culture and Perception

UNIT 5: Learning, Memory, Forgetting

- Fundamental theories of learning: Thorndike, Guthrie, Hull, Tolman
- Classical Conditioning: Procedure, phenomen, and related issues
- Instrumental learning: Procedure, phenomena, and theoretical issues; Reinforcement and reinforcement schedules.
- Cognitive approaches in learning: Latent learning, Observational learning.
- Verbal learning and Discrimination learning
- Memory processes: Encoding, Storage, Retrieval
- Types of Memory: Sensory Memory, Short-term Memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural).
- Models of Memory
- Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting
- Biological bases of Learning and Memory

UNIT 6: Thinking, Intelligence, Creativity

- Problem solving: Types of problem, Problem solving strategies (Heuristics and Algorithms), Barriers in problem solving
- Language and thought: Language comprehension; Fundamentals aspects and Speech Perception; Semantics and Syntax, Phrase structures; Universal Grammar (Contribution of Chomsky)
- Decision-making: Types and models; Heuristics of Decision Making
- Intelligence: Concept; Theories: Spearman, Thurstone, Guilford, Jensen, Cattell.

Gardner, Stenberg, Das, Kar & Parrila

- Emotional Intelligence: Concept and Models
- Creativity: Concept; Theories: Torrance, Getzels & Jackson, Guilford, Wallach & Kogan
- Relationship between Intelligence and Creativity

UNIT 7: Personality, Motivation, Emotion

- Personality: Concept; Approaches: Trait and Type; Determinants: Biological and Socio-cultural
- Theories of Personality: Psychoanalytical, Neo-Freudian, Social learning, Cognitive, Humanistic, Existential.
- Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.
- Approaches to the study of motivation: Psychoanalytical, Ethological, S-R, Cognitive, Humanistic
- Social motives: Achievement, Affiliation and Power
- Motivational Competence and Self-regulation
- Biological bases of motivation
- Emotions: Concept and components; Physiological correlates
- Theories of Emotions: James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley, Facial-feedback hypothesis of emotion; Emotion regulation
- Biological bases of emotions.
- Social nature of Emotion

UNIT 8: Social Psychology

- Theoretical perspectives: Field theory, Cognitive, Sociobiological, Psychodynamic, Evolutionary, Social neuroscience
- Social cognition: Schema and Schematic processing
- Person perception: Impression formation and its theories
- Attribution and its theories.
- Attitude: Nature and determinants; Theories of attitude formation and change; Implicit attitude
- Group dynamics and Group Influence Processes (Social Facilitation; Social loafing; Group Think; Deindividuation)
- Social Influence Processes: Conformity, Compliance, Obedience
- Aggression: Concept and Theories
- Intergroup relations: Minimal Group Experiment, Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Balance Theories, Equity Theory, Social Exchange Theory
- Helping Behaviour: Concept, Determinants and theories
- Interpersonal Attraction: Determinants and theories

UNIT 9: Life-span Human Development, Abnormal Psychology

- Developmental processes: Nature, Principles, Factors in development, Life span and life course perspective, Ecological theory
- Stages of Development: Pre-natal, Infancy and early childhood, Adolescence and

Young Adulthood, Late adulthood, Old age

- Theories of development: Psychoanalytical, Behaviouristic, and Cognitive
- Various aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.
- Specific theories of development: Freud, Erikson, Piaget, Vygosky, Kohlberg, Bandura
- Historical and contemporary views of abnormal behaviour
- Risk factors and causes of abnormal behaviour
- Classification system: DSM-5
- Panic, Anxiety, Obsessions and their disorders
- Mood disorders and Suicide
- Dissociative Disorders
- Schizophrenia: Types and Symptoms

UNIT 10: Applications of Psychology

- **Health Psychology**: Bio-psycho-social models of health; Theories of Health Behavior; Stress: Concept and Appraisal; Coping with Stress; Psychological Moderators of Stress; Health promoting and health compromising behaviours, Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]
- **Positive Psychology**: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology; Concept of Mindfulness in Buddhism; Happiness: Eudemonics and Hedonistic View; Authentic Happiness; Psychological and Subjective Wellbeing: Concept, and Components; Character Strength
- **Clinical Psychology**: Psychotherapies- Psychoanalytic; Person-cantered; Gestalt; Existential; Behaviour therapy; Cognitive therapy: REBT, CBT, MBCT; Play therapy; Transactional Analysis, Group and Family therapy.
- **Guidance and Counselling**: Needs, organizational set up, and techniques of guidance and counselling; Counselling process and skills.
- **Organizational Behavior (OB):** Historical developments; structural characteristics of organizations; organizational designs; Organizational Attitude: Job Satisfaction, Organizational Citizenship Behavior, Organizational Commitment; Organizational culture; Organizational Change; Meaning and process of organizational communication and communication barriers.