

PSYCHOLOGY

Unit no.	Name of unit	Focus area
1	Variations in Psychological Attributes	<ul style="list-style-type: none"> • Define Intelligence • Theories of intelligence <ul style="list-style-type: none"> ➤ Theory of primary mental abilities ➤ Triarchic theory of intelligence ➤ Theory of multiple intelligence • Assessment of Intelligence <ul style="list-style-type: none"> ➤ Concept of MA, CA and IQ ➤ IQ Calculation ➤ Intellectual giftedness • Types of intelligence tests <ul style="list-style-type: none"> ➤ Individual or group tests ➤ Verbal , Nonverbal or Performance tests ➤ Culture fair or culture biased tests • Intelligence in the Indian tradition
2	Self and Personality	<ul style="list-style-type: none"> • Type approaches to Personality <ul style="list-style-type: none"> ➤ Sheldon, Jung, Friedman and Rosenman • Trait approaches to Personality <ul style="list-style-type: none"> ➤ Allport's Trait theory. ➤ Eysenck's personality theory • Psychodynamic approach <ul style="list-style-type: none"> ➤ Levels of Consciousness ➤ Structure of personality: Id, Ego, Superego. • Assessment of personality <ul style="list-style-type: none"> ➤ Self report measures : MMPI, EPQ ➤ Projective techniques : TAT, Rorschach inkblot test, Draw-a- person test ➤ Behavioural Analysis : Interview, Observation
3	Meeting life challenges	<ul style="list-style-type: none"> • Stress, Eustress, Distress • Types of stress <ul style="list-style-type: none"> ➤ Physical and Environmental stress ➤ Psychological stress ➤ Social stress • Sources of stress : Life events, Flassles, Traumatic events • General Adaptation Syndrome • Psychoneuroimmunology • Stress management techniques <ul style="list-style-type: none"> ➤ Exercise ➤ Biofeedback ➤ Relaxation techniques ➤ Meditation procedures ➤ Creative visualisation

4	Psychological disorders	<ul style="list-style-type: none"> • Classification of Psychological disorders • Major Psychological disorders <ul style="list-style-type: none"> ➤ Anxiety disorders ➤ Obsessive-Compulsive and related disorders ➤ Post Traumatic stress disorder(PTSD) ➤ Schizophrenia and symptoms of Schizophrenia ➤ Neuro developmental disorders ➤ Feeding and eating disorders
5	Therapeutic Approaches	<ul style="list-style-type: none"> • Behavioural Techniques <ul style="list-style-type: none"> ➤ Aversive Conditioning ➤ Token Economy- Systematic desensitisation • Cognitive Therapy <ul style="list-style-type: none"> ➤ Rational Emotive Therapy ➤ Cognitive Behaviour Therapy (CBT) ➤ Beck's Cognitive Therapy • Ethics in Psychotherapy
6	Attitude and social cognition	<ul style="list-style-type: none"> • Nature and components of Attitude <ul style="list-style-type: none"> ➤ The A-B-C components of Attitude Affective, Behavioural and Cognitive components
7	Social influence and group process	<ul style="list-style-type: none"> • Types of groups <ul style="list-style-type: none"> ➤ Primary and secondary groups ➤ Formal and informal groups ➤ Ingroup and Out Groups • Why do people join groups? <ul style="list-style-type: none"> ➤ Security, status, self-esteem, goal achievement, satisfaction of one's psychological and social needs, provide knowledge and information
8	Psychology and Life	<ul style="list-style-type: none"> • Promoting pro-environmental behaviour • Impact of Television on Behaviour
9	Developing Psychological Skills	<ul style="list-style-type: none"> • Observational skills <ul style="list-style-type: none"> ➤ Naturalistic Observation ➤ Participant Observation • Advantages and disadvantages of observation