



## HIMACHAL PRADESH NATIONAL LAW UNIVERSITY, SHIMLA

### Semester: I

B.B.A. LL.B. – Hons. (FYIC)

Paper Code: BBL-103  
Credit: 04

### General Psychology

#### Brief Introduction:

Psychology is the scientific study of mental processes, experiences and behavior in humans and non-humans. It explores the thoughts, emotions, actions, and motivations of individuals and seeks to understand how people perceive and interact with the world around them. It includes the study of conscious and unconscious phenomena, including feelings and thoughts. It is an academic discipline of immense scope, crossing the boundaries between the natural and social-sciences that gathers facts systematically, organizes them into general principles and formulates theories out of these factual data. The science of Psychology is an exciting adventure. Whether you will become a scientific psychologist, or an educated person who knows about psychological research, this field can influence your life and provide fun, rewards, and understanding.

#### Course Objectives:

The course is designed to introduce the students to the science of Psychology in order to:

1. To make students aware about their own behavior.
2. To enable students to understand and explain different behaviorioural patterns.
3. To enable students to analyze and predict behavior.
4. To make students understand how to improve and change the behavior.
5. To enable students to enhance their quality of life.

#### Learning Outcomes:

With the help of this course, the students will be able to:

1. Acquire substantive knowledge of Psychology.

2. Communicate effectively and think Critically.
3. Improve learning strategies.
4. Become familiar with different research methods.
5. Develop better perspective towards life.

### **Module-I** **Nature and History of Psychology**

- 1.1 Nature and Historical Evolution of Psychology;
- 1.2 Development of Psychology in India;
- 1.3 Theoretical Perspectives in Psychology: Psychodynamic (Neo Freudians – Adler, Jung), Behaviouristic (Pavlov and Skinner), Humanistic- Existential (Maslow and Rogers), Field Theory (Lewin);
- 1.4 Nature of Research in Psychology: Types of Variables; Review of literature;
- 1.5 Research design (Definition and Types), Ethics of Psychological Research.

### **Module-II** **Functioning of the Brain**

- 2.1 The Nervous System: Division of nervous system – Central Nervous System and Peripheral Nervous System; Structure and functioning of the brain;
- 2.2 Learning - Classical Conditioning, Operant Conditioning, Observational Learning;
- 2.3 Attention: Nature, Types and Factors;
- 2.4 Sensation Concept and types; Vision-The Visual Stimulus, Structure and Functioning of the Eye, Theories of Colour Vision; Audition: The Auditory Stimulus, Structure and Functioning of the Ear, Theories of Hearing;
- 2.5 Perception: Concepts, Types of Perception of Form, Space and Movement Attention: Nature, Types and Factors.

### **Module-III** **Thinking, Problem Solving and Schools of Psychology**

- 3.1 Memory- Short-Term, Long -Term Memory, Neural mechanisms of memory: Synapse, Neural Circuits and formation and storage of memory;
- 3.2 Intelligence: Concept, Theories of Intelligence: Spearman, Thurstone, Cattell, Guilford;

3.3 Measurement of Intelligence (Verbal and Non-Verbal Test and Individual and Group Tests);

3.3 Creativity: Concept; Torrance's Theory of Creativity;

3.4 Schools of Psychology: Structuralism, Functionalism, Behaviorism, Gestalt, Classical Psychoanalysis (Freud).

#### **Module-IV** **Human Personality and Development**

4.1 Emotions: Concept of Emotions, Types of Emotions, Theories of Emotions (James-Lange, Cannon Bard, Schacter-Singer Theory.), Introduction to Emotion Intelligence;

4.2 Motivation: Definition, Nature, Concept. Types of Motives (Physiological, Psychological, Social): Theories of Motivation: Humanistic (Maslow), Need Theories (McClelland and Murray);

4.3 Personality – Concept, Trait Theories (Eysenck, Costa and McCrae), Psychoanalytic Theory (Freud). Humanistic Theory (Rogers);

4.4 Measurement of Personality, (Self Report Measures, Projective Techniques and Behavioral Assessment);

4.5 Development: Concept, Heredity and Environmental Influences. Theories of Development: Erickson, Psychosocial Theory, Piaget's theory of Cognitive Development.

#### **A. Prescribed Books:**

1. Ciccarelli, S.K. & Meyer, G.E. (2010). Psychology. South Asian Edition New Delhi: Pushpati Printers.
2. Jain, Shashi (2007). Introduction to Psychology (4<sup>th</sup> Edition). New Delhi: Kalyani Publishers.
3. Mohanty G. A Textbook of General Psychology. Kalyani Publishers.
4. Morgan, C.T. and King, A.R. Introduction to Psychology.
5. Baron, R. & Misra. G. (2013). Psychology. Pearson

#### **B. Suggested Readings:**

1. Baron, R. & Misra. G. (2013). Psychology. Pearson.

2. Atkinson, R.L., Atkinson R.C., Smith, E.E., Bem, D.J., & Hilgard, E.R. (1990). Introduction to Psychology (10<sup>th</sup> Edition). New York: Harcourt Brace Jovanovich.
3. Morgan, C.T. and King, A.R. Introduction to Psychology.
4. Srivastava, D.N. Introduction to General Psychology.
5. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle.
6. Eysenck, H. J. (2009). Fundamental of Psychology. New York: Psychology Press  
Taylor and Francis.
7. Mangal, S.K. (2013). General Psychology. New Delhi: Sterling Publisher Pvt. Ltd.  
New Delhi: Tata McGraw-Hill.
8. Passer, M.W. & Smith, R.E. (2010). Psychology: The Science of Mind and Behavior.  
Pearson Education.
9. Smith, E.E., Atkinson, R.L. & Hilgard, E.R. (2003). Introduction to Psychology. USA:  
Thompson Learning.

\*\*\*\*\*

  
Dean Academic Affairs,  
H.P National Law University  
Shimla - 171014