

**1<sup>st</sup> BS.c.PSYCHOLOGY**  
**CALICUT UNIVERSITY**

**BASIC THEMES IN PSYCHOLOGY-1**  
**2020 ADMISSION**

**Prepared by**

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**UNIVERSITY OF CALICUT**

**BSc PSYCHOLOGY PROGRAMME**

**TITLE OF THE COURSE :PSY1B01-BASIC THEMES IN PSYCHOLOGY**

**FIRST SEMESTER**

**LECTURES HOURS PER WEEK:4**

**NO. OF CREDITS: 3**

**NO. OF CONTACT HOURS :72 HOURS**

**AIM OF THE COURSE**

- **To train students in various human behavior**

**OBJECTIVES OF THE COURSE**

- **To generate interests in psychology**
- **To make familiar the basic concept of the field of psychology with an emphasis on applications of Psychology in everyday life.**
- **To understand the basis knowledge about systems and process like attention, learning and Consciousness**

## Module 1

### INTRODUCTION

- ❖ **Definition of psychology**: It is the scientific study of human behavior and cognitive process.
- ❖ **Parents of psychology**: philosophy and physiology
- ❖ **Philosophical roots**: dualism(Rene Descartes) & Interactionism
- ❖ **Physiological roots**: Johannes Muller, Helmholtz & Gustav Fechner
- ❖ Wilhem Wundt-first psychological laboratory
  
- ❖ **Schools of thoughts in psychology**:
  - ❖ 1. **Structuralism**- elements of consciousness (Wilhem Wundt)
  - ❖ 2. **functionalism**- functions of consciousness (William James)
  - ❖ 3. **psychoanalytic perspective**- (Freud)
    - structure of personality(id, ego, superego)
    - levels of awareness (consciousness, sub consciousness, unconsciousness)
    - psychosexual developmental stages (oral, anal, phallic, latency, genital)
    - Defence mechanism
  - ❖ 4. **Behaviourist perspectives**- observable behavior (Watson, skinner)
  - ❖ 5. **Gestalt Perspective**- whole is greater than some of its parts(Wertheimer, Koffka, Kohler)
  - ❖ 6. **Humanistic perspective**- emphasizes the unique qualities of human(Maslow, Roger)
  - ❖ 7. **cognitive perspective**-act because they think (Piaget)

❖ **Branches Of Psychology:** clinical psy, school psy, health psy, developmental psy, social psy, cognitive psy, counseling psy etc.

❖ **Scope of psychology**

❖ **Methods of psychology:**

1. **Observational method:** the basic method of science in which the natural world or process in it are observed and measured in a very careful manner.

2. **Interview:** it is a data collection technique which involves a face to face interaction between the researcher and participant.

3. **Case study:** detailed information about individual is used to develop general principles about behavior.

4. **Surveys:** large number of people answers questions about aspects of their views or their behaviors.

5. **Correlational studies:** researcher attempt to determine whether and to what extent, different variables are related to each other.

6. **Experimental method:** researcher systematically alter one or more variable in order to determine whether such changes influence some aspects of behavior

## **MODULE 2**

### **ATTENTION AND PERCEPTION**

**ATTENTION:** Attention can be defined as a process which compels the individual to select some particular stimulus according to his interest and attitude out of the multiplicity of stimuli present in the environment

#### **TYPES OF ATTENTION:**

1. Selective attention
2. Sustained attention

#### **FACTORS AFFECTING ATTENTION:**

##### **External factors:**

1. Nature of the stimulus
2. Intensity and size of the stimulus
3. Contrast, change and variety
4. Repetition of stimulus
5. Movement of the stimulus

##### **Internal factors:**

1. Interest and attention
2. Motives
3. Mindset
4. Moods and attitudes

#### **PHENOMENA ASSOCIATED WITH ATTENTION:**

1. Span of attention: amount of time spent to concentrate on a task.
2. Division of attention: the ability to attend to two different stimuli at the same time
3. Distraction of attention: the process of diverting the attention of an individual

**SENSATION:** It is the process of knowing the object or sensing the object because it is the first step in understanding the more complex higher level cognitive process.

**PERCEPTION:** the process of interpreting and making sensation meaningful- to sense, understand them, recognize and label them.

**PSYCHOPHYSICS**: it is the scientific study of the relationship between stimuli, sensation and perception.

**ABSOLUTE THRESHOLD**: the weakest stimulus that an organism can detect.

**DIFFERENTIAL THRESHOLD**: the smallest difference in the value of two stimuli that is necessary to distinguish them. It is also called just noticeable differences.

**SUBLIMINAL PERCEPTION**: It refers to the perception of a stimulus that is presented below the threshold of conscious recognition.

**PERCEIVING FORMS, PATTERNS AND OBJECT:**

- Feature analysis: we observe every features and patterns of object
- Bottom up processing: refers to the way it is built up from the smallest pieces of sensory information.
- Top down processing: refers to perception that is driven by cognition. That is recognition process begins from the whole.

**PRICIPLES OF PERCEPTUAL ORGANIZATION: (GESTALT PRINCIPLES)**

- Law of proximity
- Law of similarirty
- Law of continuity
- Law of closure

**PERCEPTUAL CONSTANCIES:**

- Size constancy:
- Shape constancy
- Brightness constancy
- 

**ILLUSION**: misinterpretation of information received by our sensory organs

**THEORIES OF COLOUR VISION:**

- Trichromatic theory of color vision: the Young-Helmholtz trichromatic theory of color vision claims that human perceive color because the eye can receive

light of three different wavelength and combine them into the entire visible spectrum

- Opponent process theory: it suggest that the way humans perceive color is controlled by three opposing systems. We need four unique colors to characterize perception of color- blue,yellow,red and green.

### **THEORIRS OF AUDITORY PERCEPTION:**

- Place theory:
- Frequency theory :
- Volley principle:

## **MODULE 3**

### **STATES OF CONSCIOUSNESS**

#### **CONSCIOUSNESS**

The states of consciousness refers to varying degrees of awareness of our self,our behavior and the external world.

#### **FUNCTIONS OF CONSCIOUSNESS**

- Definitional and context setting function
- Adaptation and learning functions
- Prioritization and access control
- Error detection and access control etc.

#### **PHYSIOLOGICAL BASIS FOR CONSCIOUSNESS**

- Circadian rhythms-the cyclic change in bodily process that occur during single day.
- Brain and consciousness
- States of consciousness
- Waking states of consciousness-Automatic processing and Controlled processing
- Self-Awareness

#### **SLEEP**

Sleep can be defined as “an active state of unconsciousness produced by the body where the brain is in a relative state of rest and is reactive primarily to internal stimulus

Stages of Sleep

- Stage 1
- Stage 2
- Stage 3
- Stage 4
- REM sleep

Functions of REM sleep

#### **SLEEP DISORDERS**

- Insomnia
- Sleep apnea
- Somnambulism
- Narcolepsy

## **DREAMS**

Dreams are called the theatre of the mind.

- Characteristics
- Contents of dreams
- Theories of dreams
  - Psychodynamic view
  - Physiological view
  - Cognitive view

## **PSYCHOACTIVE DRUGS**

- Hallucinogens
- Depressants
- Stimulants
- Opiates

## **ALTERED STATES OF CONSCIOUSNESS**

- Hypnosis-effects, theories
- Meditation

## **MODULE 4**

### **LEARNING**

### **LEARNING**

Learning is any relatively permanent change in behavior.

### **TYPES OF LEARNING**

1. Associative learning
  - Classical conditioning
  - Operant conditioning
2. Cognitive learning
  - Observational learning
  - Sign learning
  - Latent learning
  - Insight learning

### **CLASSICAL CONDITIONING**

- Ivan Pavlov
- Pavlov's Experiment(Bell and Dog)
- Basic terms
  - Unconditioned stimulus
  - Unconditioned response
  - Conditioned stimulus
  - Conditioned response
- Principles of Classical conditioning
  - Stimulus Acquisition
  - Extinction
  - Stimulus generalization
  - Stimulus discrimination
  - Spontaneous recovery
  - Higher order conditioning
- Applications of classical conditioning
  - Behavior modification techniques
  - Conditioned fear and anxiety etc.

### **OPERANT CONDITIONING**

- B.F.Skinner

- Skinner box experiment
- Reinforcement-Positive punishment, Negative punishment
- Punishment-Positive punishment, Negative punishment
- Schedules of reinforcement
  - Fixed ratio
  - Variable ratio
  - Fixed interval
  - Variable interval
- Process in operant conditioning
- Applications of operant condition
  - Shaping
  - Chaining
  - Token economy

### **COGNITIVE LEARNING**

- Observational Learning
  - Bobo doll experiment
  - Basic process-Attention, Retention, Reproduction, motivation
- Sign Learning
- Latent learning
  - Tolman's experiment
- Insight learning

### **LEARNING CURVES**

- a) Negatively accelerated graph
- b) Positively accelerated graph
- c) S-shaped curve