

**CET SYLLABUS**  
**COLLEGIATE EDUCATION**  
**DEPARTMENT OF PSYCHOLOGY**

**INTRODUCTORY PSYCHOLOGY**

1. Chapter. Introduction: Definition of psychology, Branches of psychology- basic and applied. Scientific methods in psychology – Experimental, naturalistic observation, Questionnaire d) psychology and its relationship with other disciplines- sociology, anthropology, philosophy, biology and medicine. Historical antecedents of Psychology and trends in the 21st century.
2. Chapter. Sensation and perception: Sensation -Characteristics, Structure and functions of sensory organs (five basic senses) , Colour blindness and after images. Concepts of threshold, absolute and difference thresholds, signal-detection and vigilance. Perception- Definition and concept of perception, biological factors in perception; Perceptual organization-influence of past experiences, perceptual defense-factors influencing space and depth perception, size estimation and perceptual readiness; The plasticity of perception; Extrasensory perception; Culture and perception, Subliminal perception.
3. Chapter. Emotion and motivation :Emotion – Meaning, nature and characteristics, physiological basis of emotion. Theory of emotion – James-Lange, Cannon-Bard, Scachter-Singer and Lazarus theory. Motivation – meaning, nature, biological motive and social motives. Extrinsic and Intrinsic motivation. Theories of motivation, instinct theory, drive reduction theory and arousal theory. Maslow's Hierarchical needs theory.
4. Chapter. Personality – Meaning, nature, theories- Freud, Jung, Alfred Adler, Gordon Allport. Big five factor, Carl Roger, Assessment- observation, interviews, rating scale, projective tests – TAT, Rorschach.

**COGNITIVE PROCESS :**

5. Chapter. Introduction – history and current status of cognitive psychology, Attention- Factors influencing attention including set and characteristics of stimulus; theories of attention.
6. Chapter. Memory – models, types of memory, the structure of Semantic memory, schemas constructive memory of metacognition. Organization and Mnemonic techniques to improve memory; Theories of forgetting (Repression, Decay and Interference theories). The concept of reminiscence.



7. Chapter. Learning – meaning, theories of learning, Hull, Skinner, Thorndike, Pavlov, Guthrie, Gestalt, Piaget & Bandura's social learning.
8. Chapter. Thinking & Reasoning : problem solving, creativity and decision making. Factors influencing decision making and judgment; Recent trends.
9. Chapter. Intelligence Concept and definition of Intelligence Nature and theories of intelligence. (Spearman, Thurstone, Gullford Vernon, Sternberg) Measurement of Intelligence

### SOCIAL PROCESSES

10. Chapter. Introduction :Definition & scope of social psychology, social perception, cognition perceiving ourselves – self concepts, self-esteem, self presentation and self experience.
11. Chapter. Social interaction & inter-personal attraction – social interaction, meaning & modes (co-operation, communication, accommodation, assimilation). Interpersonal attraction – meaning, theories (Balance & reward theories, socio metry).
12. Chapter. Group process – Groups- meaning, group influence (social facilitation, loafing, deindividualisation, group polarization), group thinking, leadership – meaning, types A& functions of a leader.
13. Chapter. Prosocial behaviour – Meaning , altruism, responding to an emergency, providing help, essential steps; External and internal influences an helping behaviour (prosocial model, helping those you like, personality variables associated with prosocial behaviour), (empathy, believes in a just world, social responsibility internal locus of control, low ego centrism); Negative state of relief and empathetic joy.
14. Chapter. Attitude & prejudices – Attitudes – meaning, formation & change, prejudices – meaning, growth of prejudice, techniques for counteracting and its effects, prejudice based on gender.
15. Chapter. Aggression – theoretical perspectives, social learning perspectives, general aggression model, social causes of aggression, role of biological factors, social determinants of aggression & prevention & control of aggression.

### BIOLOGICAL PROCESSES

16. Chapter. Introduction : a) biological explanation of behaviour., the mind body relationship Basic unit of the nervous system – Cells (Neuron & Glial Cells) meaning, types and functions : Nerve impulse (mention synapse and action potential)
17. Chapter. Nervous System – CNS – spinal cord, brain stem, cerebellum, Thalamus, Hypothalamus & limbic system, cerebral hemispheres – the lobes of brain, specialized functions of left & right hemispheres and split brain.



18. Chapter. Methods of investigation how the behaviour is controlled by the brain :  
The stereotaxic instrument, lesions & ablations stimulation of recording from brain, Labeling and measurement of brain activity; studies involving the structure of living human brains.
19. Chapter. Hormones & Behaviour – hormones of cellular functioning – thyroid gland, parathyroid gland, the pancreas and the posterior pituitary. Hormones of stress.
20. Chapter. Behaviour genetics – introduction, structure of genes, methods, family, adoptions, twin and pedigree methods.

### CLINICAL PSYCHOLOGY

21. Chapter. Introduction to clinical psychology: a) Definitions of normality and abnormality. Models of abnormality – Medical, Psychoanalytical, Behavioral, Cognitive, Humanistic and Sociocultural.
22. Chapter. System of classification: DSM and ICD: Anxiety, somatoform and Dissociative disorder Mood disorders, Schizophrenia , and Personality disorders:
23. Chapter. Clinical assessment, Clinical interview, physical examination, Behavioral assessment, psychological testing, Neuropsychological testing, and psycho physiological assessment.
24. Chapter. counseling and Guidance, Psychodynamic therapies ; Behaviour therapies; Client centered therapy; Cognitive therapies; Indigenous therapies (Yoga, Meditation); Bio-feedback therapy; Prevention and rehabilitation of the mentally ill.

### DEVELOPMENTAL PSYCHOLOGY

25. Chapter. Areas and importance of Developmental Psychology, meaning, principles of human development, theories of human development – Piaget, Vygotsky, Erikson, information processing theories, methods of studying human development, observation, experimental, biographical, case history, cross sectional and longitudinal approaches.
26. Chapter. Genetic foundation and prenatal development – characteristics of the prenatal period, how life begins-maturation, ovulation, fertilization, importance of conception – heredity endowment, sex determination, multiple births, prenatal development during ovum, embryo and fetal stages, hazards during the prenatal period, chromosomal abnormalities – down syndromes, Abnormalities of sex chromosome, - Klinefelter syndrome (XXY), Turner's (XO), Triple X syndrome, XYY syndrome, fragile X syndrome.
27. Chapter. Infancy & Babyhood : general characteristics of infancy & sub division of infancy, adjustments of infancy & conditions influencing adjustment to postnatal life, prenatal environment, kind of birth, experiences associated with birth, length



- of gestation period, parental attitudes, postnatal care, characteristics of the infant, physical growth and development – Cephalocaudal & proximodistal pattern and individuation, hazards of infancy, sudden infant death syndrome (SIDS), babyhood – general characteristics of babyhood, physical development, physiological functions, development of speech in babyhood, pattern of muscle control, emotional development in babyhood.
28. Chapter. Childhood (Early & late childhood), general characteristics, physical development, emotional development, social development, moral development, speech development and play activities, happiness in early & late childhood.
29. Chapter. Puberty – characteristic of puberty, criteria, causes and problems of puberty, physical changes in puberty, effects of puberty changes, sources of concern, hazards of puberty, unhappiness at puberty.
30. Chapter. Adolescence – early and late adolescence, general characteristics, emotional and social adjustment, interests, moral concepts and behaviour, sex interests and sex behaviour, family relationships during adolescence, hazards of adolescence, career counseling for adolescence and college students.
31. Chapter. Adulthood – characteristics, interests, social activities, sex role adjustments, vocational adjustments, marital adjustment, adjustment in singlehood, marital hazards, hazards of singlehood, hazards of divorce and remarriage.
32. Chapter. Middle Age - characteristics of middle age, adjustment to physical change mental change and changed interests, sexual change (menopausal syndrome, male climacteric syndrome), vocational and family adjustments, adjustment to being single, preparation for old age, vocational and marital hazards of middle age, family and marital counseling and advantages.
33. Chapter. Old age – characteristics of old age, adjustment to physical changes, decline in motor mental capacities, changes in interests – personal, recreational, social and religious, interest in death, hazards of old age, disorders related to old age (Alzheimer, general paresis, senile dementia), productive aging and Elder abuse (passive neglect, active neglect, physical abuse, psychological abuse, material or financial misappropriation, violation of rights and self abuse).

## RESEARCH METHODOLOGY AND STATISTICS

34. Chapter. Research Methodology; a) Meaning of Research, Objectives, Types, Approaches and Significance of Research. Research Designs; a) Meaning, Types, Principles and Important Concepts relating to research design. Development of a



research problem.

35. Chapter. Importance of Statistics in Social Sciences with special reference to Psychology. Scales of measurement – Nominal, Ordinal, Interval and Ratio Scales. Concept of parametric non parametric statistics Data Collection; Different Methods, Classification of Data – Class intervals; Graphical Representation (frequency polygon & Histogram).
36. Chapter. Measures of central Tendency & Variability; a) Measures of Central Tendency – Mean, Median and Mode (Grouped & Ungrouped data); Measures of Variability – Range, Average Deviation, Quartile Deviation and Standard Deviation (Grouped and Ungrouped data).
37. Chapter. Probability: Binomial and Normal Distribution. Regression: Methods of Correlation – Biserial, Point biserial, Tetrachoric, Phi coefficient, Hypothesis testing; Z test; Unpaired and Paired t test; Chi-Square test. Analysis of variance. One way Anova, Factorial Anova;
38. Chapter. Interpretation and Report writing – significance, different steps; Layout of research report. Role of concept in research.

## INDUSTRIAL PSYCHOLOGY & ORGANIZATIONAL BEHAVIOUR

39. Chapter. Introduction: Definition and meaning of organization behaviour, Fundamental concepts of organization behaviour, challenges for organizational/ industrial psychology, approaches of the study of organizational behaviour.
40. Chapter. Leadership in organization : Meaning and definition, approaches, scientific management, HR approach, theory X and Theory Y, theories contingency theory- cognitive resource theory, Path-goal theory, normative decision theory, leader-member exchange, styles of leadership, authoritarian and democratic leader, transactional and transformational leader, the role of power in leadership, types of power, the role of expectations, the Pygmalion effect.
41. Chapter. Motivation and Job Satisfaction: meaning and definition of motivation, content theory of motivation, achievement motivation theory, ERG, Two factor theory, process theory of motivation, VIE theory, equity theory and goal setting theory, meaning of job satisfaction, impact of personal characteristic on job satisfaction, motivation, job satisfaction and pay.
42. Chapter. Consumer Psychology: meaning, research methods, surveys and public opinion polls, focus groups, projective techniques, observation of shopping behaviours, brand identification and preference research; nature and scope advertising, types of advertising appeals, trademarks, product image, product packaging, sex in advertisements, women in advertisement, consumer behaviour and motivations, buying habits and brand loyalty, product pricing, advertising to



ethnic groups, advertising to children and adolescents, advertising to old persons.

## HEALTH PSYCHOLOGY

43. Chapter. Introduction to health Psychology and health behaviour :Definition of health psychology, history of body mind relationship, need for the field of health psychology, health behaviour, factors influencing healthy behaviour, barriers to modify poor health behaviour, models of health – biomedical model and biopsychosocial model.
44. Chapter. Health promotion and disease prevention :Health compromising behaviours –substance abuse – alcohol, tobacco, smoking, drugs, psychoactive substances, obesity and eating behaviour. Health enhancing behaviours : Exercise – types benefits of exercise, effects on psychological health, diet maintaining a healthy diet.
45. Chapter. Stress and life style diseases :Sources of stress-frustration, conflict and pressure, stress and immune system, theories of stress – Hans Selye's View, Role of stress in coronary heart disease; hypertension – causes and relation between stress and hypertension, diabetes – types, stress and diabetes; sex related health behaviours – HIV/AIDS
46. Health and environment :Environmental psychology-effects of noise, pollution and crowding; Population psychology: psychological consequences of population explosion and high population density; Motivating for small family norm; Impact of rapid scientific and technological growth on degradation of environment

