
SYLLABI-BOOK MAPPING TABLE

Introduction to Psychology

Syllabi

Mapping in Book

Unit-I

Nature of Psychology: Approaches to Psychology, Scope of Contemporary Psychology, Methods in Psychology, Measurement in Psychology, Perceptions; Concept, Process, Absolute Threshold, Differential, Subliminal Perception. Dynamics of Perception: Perceptual Selection, Organization and Interpretation.

**Unit 1: Introduction to Psychology
(Pages 3-55)**

Unit-II

Learning and Memory: Classical conditioning, Operant Conditioning, Concept of reinforcement, Cognitive learning, Short-term memory, Long-term memory, Improving memory.

**Unit 2: Learning and Memory
(Pages 57-110)**

Unit-III

Personality and its assessment: Shaping of personality-Trait Approach, Social approach, Psychoanalytic approach, Phenomenological approach, Personality assessment.

**Unit 3: Personality and its Assessment
(Pages 111-168)**

Unit-IV

Emotion: Theories of Emotions, Optimal level of arousal, Stress Frustration, Reaction of Frustration, Anxiety, Defence Mechanism Stress, Attitude formation and change.

**Unit 4: Emotion and Related Theories
(Pages 169-213);**

**Unit 5: Foundations of Individual Behaviour
(Pages 215-233);**

**Unit 6: Motivation At Work
(Pages 235-281);**

**Unit 7: Group Behaviour
(Pages 283-305)**
