

PSYCHOLOGY

Unit I: Variations in Psychological Attributes

The unit aims at studying how people differ with respect to their various psychological attributes.

Topics covered in the unit: Individual differences in human functioning; Assessment of psychological attributes; Intelligence: Individual differences in intelligence; Theories of intelligence; Culture and intelligence; Special abilities: Aptitude — nature, and measurement; Creativity; Emotional intelligence

Unit II: Self and Personality

This unit focuses on the study of self and personality in the context of different approaches in an effort to appraise the person. The assessment of personality will also be discussed.

Topics covered in the unit: Self-esteem, self-efficacy, and self-regulation; Culture and self; Concept of personality; Major approaches — Type and Trait, Psychodynamic, Humanistic, Behavioural, Cultural; Assessment of personality: Self-report measures, behavioural analysis, and projective measures

Unit III: Meeting Life Challenges

This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

Topics covered in the unit: Nature, types and sources of stress; Effects on psychological functioning and health; Coping with stress; Promoting positive health and well-being

Unit IV: Psychological Disorders

This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Topics covered in the unit: Concepts of abnormality and psychological disorders; Classification of disorders; Factors underlying abnormal behaviour; Major psychological disorders – Anxiety, Somatic, Dissociative, Mood, Schizophrenic, Developmental and Behavioural-Substance use related

Unit V: Therapeutic Approaches

The unit discusses the goals, techniques, and effectiveness of different approaches to treating psychological disorders.

Topics covered in the unit: Nature and process of therapy: Therapeutic relationship; Types of therapies: Psychodynamic, Humanistic, Cognitive, Behaviour and Bio-medical; Alternative therapies — Yoga, Meditation; Rehabilitation of mentally ill