उत्तर प्रदेश शिक्षा सेवा चयन आयोग, प्रयागराज

पाठ्यक्रम (SYLLABUS)

मनोविज्ञान-प्रवक्ता (माध्यमिक शिक्षा)

(विषय कोड-13)

Unit I: The Science of Psychology

- Understanding Behavior: The Goals of Psychology
- History of Psychology: Major Schools
- Modern Perspectives in Psychology: Psychodynamic, Behavioristic, Humanistic, Cognitive, Social-Cultural
- Development of Psychology in India

Unit II: Methods of Studying behavior and psychological assessment

- Laboratory and field experiment
- Observation
- Correlation
- Survey
- Case Study
- Types of Psychological Tests
- Fields of Assessment: Intelligence, Ability, Creativity, Personality, Interest, Attitude
- Projective Techniques: Nature and Types
- Application of Psychological tests in different settings: Clinical, Organizational, Education, Counselling

Unit III: Attention and Perception

- Attention: Concept, Types of Attention (Selective, Divided, and Sustained); Theories of Selective and Sustained Attention
- Perspectives in Studying Perception: Gestalt Perspective (Figure and Ground; Rules of Perceptual Organization); Information Processing Perspective (Pattern recognition and its models)
- Form and Depth Perception
- Role of motivation and learning in perception

Unit IV: Learning, Memory, Forgetting

- Classical Conditioning: Procedure, Events and related issues

- Instrumental Conditioning: Procedure, Events: Reinforcement and reinforcement schedule
- Insight and Observational Learning
- Verbal Learning
- Memory Processes: Encoding, Storage, Retrieval
- Types of Memory: Sensory memory, Short Term Memory (Working Memory), Long Term Memory
- Theories of Forgetting: Interference, Retrieval Failure Theory, Trace Decay Theory

Unit V: Motivation and Emotion

- Basic Motivational concepts: Needs, Drives, Arousal
- Approaches to study Motivation: Psychoanalytic, Ethological, S-R. Cognitive, Humanistic
- Social Motives: Achievement, Affiliation, Power
- Emotion: Concept and Types; Physiological factors
- Theories of Emotion: James-Lange, Cannon-Bard, Schachter and Singer, Lazarus, Facial feedback Hypothesis of emotion
- Biological basis of emotions

Unit VI: Intelligence, Personality, Creativity

- Intelligence: Concept, Theories: Spearman, Thruston, Gilford, Gardner, Sternberg
- Intelligence Test: Stanford-Binet Test, Weschler Test, Performance test, Culture Free intelligence test
- Personality: Concept; Perspectives, Types, Determinants: Biological and Socio-cultural
- Theories of Personality: Freud, Jung, Allport, Cattell, Murray, Rogers, Maslow, Bandura
- Creativity: Concept; relation in Intelligence and Creativity

Unit VII: Social Psychology

- Social Cognition: Schema and Schematic processing
- Person Perception: Effects, Formation and its theories
- Attribution and its theories
- Attitude: Nature and determinants; attitude formation and theories of attitude change: related perspectives
- Group Dynamics and group influence processes (Social facilitation, social loafing, group think, Deindividuation)
- Social Influence Processes: Conformity, Compliance, Obedience
- Aggression: Concept, Determinants and Theories
- Interpersonal Attraction: Determinants and Theories

Unit VIII: Life Span Human Development

- Developmental Processes: Nature, Theories, Factors of Development
- Stages of Development: prenatal, Infancy and early childhood, adolescence, adulthood & late adulthood, aging
- Different aspects of Development: Sensorimotor, Cognitive, Language, Emotional, Social and Moral

Unit IX: Abnormal Psychology

- Historical and contemporary perspectives of Abnormal behavior
- Risk factors and reasons of abnormal behavior
- Classification System: DSM-5
- Panic, Anxiety, Obsession and their disorders
- Mood Disorder and Suicide
- Dissociative disorders
- Schizophrenia: Types and Symptoms

Unit X: Application of Psychology

- Bio-psycho-social Model of Health; Stress: Concept and appraisal; Coping with Stress; Chronic Illness: Diabetes, Hypertension, Coronary Heart disease
- Happiness: Eudemonia and Hedonistic perspectives; Authentic happiness; Psychological and Subjective Well-being: Concept and components; Character Strength
- Guidance and Counselling: Needs, Organizational setting, techniques of guidance and counselling; Counselling processes and skills
- Organizational Design; Job Satisfaction, Organizational culture; Organizational change; Meaning, and process organizational communication and communication barriers