



Islamia University Bahawalpur

The Islamia University of Bahawalpur

Course Outline for Psychology

<u>Subject</u>	Introduction to Psychology
<u>Instructor</u>	Miss Umbreen Siddiqui
<u>Class</u>	BS (Hons) 3rd Semester
<u>Department:</u>	Islamiyat

Course Synopsis:

This course will give you an opportunity to flavor the field of psychology and this introductory course encompasses basic concepts of psychology; concepts like learning, memorizing, retention, emotions and process of thinking will be discussed. Issues like what is normal and what is abnormal behavior, the interventions used for treating psychological problems, along with an overview of main and popular areas of psychology will also be tackled. The main focus of the course will be on introducing essential terminology, theories, themes, concepts and trends relevant to modern day psychology. Practical application of knowledge, besides know-how of theoretical constructs, will be encouraged. How to relate learned psychological concepts to everyday life is an essential component of this course.

Course Learning Outcomes:

At the end of the course; student will be able to:

- ❖ Explain and use basic terminologies of psychology.
- ❖ Describe and identify the various applications of the discipline as well as its scientific nature.
- ❖ Identify situations where psychological intervention may be required.
- ❖ Choose areas of their interest for higher academic qualification in future.
- ❖ Gain insight into human behavior and into one's own personality or personal relationships.
- ❖ Students enables to control their emotions under the different situations in their upcoming life.
- ❖ Enable to modify the negative behaviors of people into positivity using different learning techniques.
- ❖ After the studying the course of psychology, enable to perceive positively, response people in positive emotions and overcome their life stresses.

COURSE OUTLINE:

Chapter no 1:

Introduction:

- a) Definition and goals of psychology.
- b) Application of psychology with special references to Pakistan.
- c) Schools of psychology.

Chapter no 2:

Biological basis of behavior:

- a) Central nervous system.
- b) Peripheral nervous system.

Chapter no 3:

Emotions:

- a) Definitions of Emotions
- b) Components of Emotions
- c) Types of Emotions
- d) Role of Emotions in daily life
- e) Assessment about moods

Chapter no 4:

Perception:

- a. Nature of perception
- b. Factors of perception: Subjective, Objective and Social
- c. Kinds of perception
- d. Spatial perception (perception of Depth and Distance).
- e. Temporal perception; auditory perception.

Chapter no 5:

Motivation:

- a. Definition of Motivation
- b. Classification
 - ❖ **Primary (Biogenic) Motives:** Hunger, Thirst, Defecation, Urination, Fatigue, Sleep, Pain, Temperature, Regulation, Maternal Behavior, Sex.
 - ❖ **Secondary (Sociogenic) Motives:** Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self-Actualization.
- c. Theories of Motivation

After Mid-term Examination

Chapter no 6:

Learning:

- a. Definition
- b. Types of Learning
 - ✚ **Classical Conditioning**
 - ✚ **Operant Conditioning**
 - ✚ **Cognitive approaches of learning**
- c. How Conditioning helps in Psychotherapy

Chapter no 7:

Personality:

- a. Definition of personality
- b. Theories of personality
- c. Personality disorders

Chapter no 8:

Stress:

- a. Defining Stress
- b. Sources of stress
- c. How Stress affects health





How to overcome the stress and tension:

- a. Coping With Stress
- b. Stress Management
- c. Deep Breathing and relaxation.
- d. How psychologically dealing with pain

Chapter no 9:

Psychopathology (Brief description of these disorders)

a. Anxiety Disorders

-  Panic Disorder
-  Generalized Anxiety Disorder
-  Phobias
-  Obsessive Compulsive Disorder

b. Mood Disorder

- Major depression
- Mania
- Bipolar disorder

c. Schizophrenia

- Positive Symptoms
- Negative Symptoms
- Disorganization

Chapter no 10:

Positive aspects of life:

- ❖ Positive Emotions
- ❖ Happiness and Satisfaction
- ❖ Hope and Optimism
- ❖ Forgiveness
- ❖ Self-Efficacy
- ❖ Emotional Intelligence

Disclaimer: This is a tentative plan for the semester. It can be changed if needed and students will be informed via announcement. Handouts given by teacher for study.

Reading List:

- ❖ Feldman, R. S. (1995). *Understanding Psychology*. (7th ed.). McGraw-Hill.
- ❖ Gerow, J. R. (1985). *Psychology: an introduction*. (5th ed.). New York: London.