

# **S.S Jain Subodh P.G. College, Autonomous**

## **Syllabus**

### **GENERIC ELECTIVE COURSE**

#### **Basics of Psychology-II**

**Semester-IV (Session 2025-26)**

**CREDITS: 2**

**MAXIMUM MARKS: 50**

**CLASSES PER WEEK: 2**

**EoSE: 35**

**CIA: 15**

#### **Objective of the Course-**

1. To understand the nature and different theories of learning, and also to explore the meaning, types, and models of memory.
2. To gain information about thinking and problem-solving behaviour.
3. To learn about motivation and emotion.
4. To understand the concept of stress and health.

#### **Course Learning Outcomes:**

By the end of the course, students will be able to:

1. Critically analyze the concepts and theories related to learning and memory.
2. Develop an understanding of processes related to thinking and problem-solving.
3. Apply the principles of major concepts of psychology, such as motivation and emotion.
4. Understand the concepts of stress and know about health.

#### **UNIT-I**

**Learning and Memory:** Definition and Theories-Classical Conditioning, Operant Conditioning, Cognitive Learning, Observational Learning; Memory: Definition; Encoding, Storage and Retrieval Processes; Sensory, Short-Term and Long-Term Memory; Forgetting-Nature and Causes.

## **UNIT-II**

**Thinking and Problem-Solving:** Mental Imagery and Concepts: Nature and Types; Problem Solving-Trial and Error, Algorithms, Heuristics, Insight; Barriers to Problem-Solving.

## **UNIT-III**

**Motivation:** Definition and Approaches to Understanding Motivation, needs, and drives. Emotion: The Three Elements of Emotion and Theories of Emotion.

## **UNIT-IV**

**Stress and Health:** Definition and Types of Stressors; Physiological Factors; The General Adaptation Syndrome; The Influence of Cognition and Personality on Stress; Social Factors in Stress; Coping with Stress.

### **Suggested Books and References –**

1. Psychology, Ciccarelli, S.K., White, J.N., & Misra, G. (2022). New Delhi: Pearson Education
2. Introduction to Psychology, Okon, Abigail Edem (2019), University of Calabar.
3. Introduction to Psychology, Morgan, C.T., King, R.A., & Schopler, J. (2004). New Delhi: Tata McGraw-Hill.
4. Understanding Psychology, Kalat, J.W. (2016). New York: Cengage Learning