

**TRIBHUVAN UNIVERSITY**  
**FACULTY OF HUMANITIES AND SOCIAL SCIENCES**



**PSYCHOLOGY**  
**CURRICULUM FOR FOUR YEAR BACHELOR LEVEL**  
**PROGRAMME IN PSYCHOLOGY**  
**2076**



**PSYCHOLOGY SUBJECT COMMITTEE**  
**TRIBHUVAN UNIVERSITY**  
**KIRTIPUR, KATHMANDU**  
**NEPAL**





## PSYCHOLOGY

### Introduction

Four-Years Bachelors Course in Psychology consists of seven major papers. These are foundational and core courses. The major psychology students have to study these papers. In addition, there is one elective course which can be selected by other than Psychology major students. Psychology courses are offered during the four-years of academic session.

### Objectives

The objectives of Four-Years Bachelors Course in psychology are to acquaint the students with the theories, approaches and processes of basic psychology and to familiarize them with psychological science in both academic and applied areas. Some of the offered psychology courses, viz. Industrial and Organizational Psychology and Psychosocial Counseling intend to equip the students with the knowledge of some basic skills of helping profession and application of theories of basic human behavior. Along with the theories and practices, students will also be acquainted with research methods in Psychology. It is expected that the course will provide knowledge and professional skills in Psychology.

The course is divided as follows:

### Courses Structure

S.N	Course Code No	Paper	Year	Course Title
1	Psy 421	I	I	Introduction to Psychology
2	Psy 422	II	I	Social Psychology
3	Psy 423	III	II	Adolescence and Juvenile Delinquency
4	Psy 424	IV	II	Abnormal Psychology
5	Psy 425	V	III	Psychosocial Counseling
6	Psy 426	VI	IV	Industrial and Organizational Psychology
7	Psy 427	VII	IV	Research Methods and Academic Writing

### Elective Paper

S.N.	Course Code	Paper	Year	Course Title
8	410		III	Elective- General Psychology



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## COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

Course Code: Psy 421

Nature of course: Theory and Practical

Paper: 1

Full Marks: 100

Theory: 70 + Practical: 30

Total lecture hours 150

**Course Description** – Introduction to psychology is a scientific study of cognitive process and human behavior. The course covers basic concepts, theories and research about individual behaviors and processes.

**Course objective** - To familiarize the students with the knowledge of psychology and the basic processes of human behavior.

### Course Details

#### Group A -Theory

##### Unit I. Introduction to Psychology

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1. Meaning of Psychology
2. Brief historical background
3. Perspectives in Psychology (Behavioral, Psychodynamic, Humanistic, Cognitive, Socio-cultural, Biological and Evolutionary)
4. Goals of Psychology
5. Fields of Psychology
6. Psychology's Key Issues and Controversies
7. Psychology in the 21st century
8. Methods of Psychology:
  - a. Experimental, Observational, Survey, Interview, Correlation and Case Study Method
  - b. Ethical Issues in Psychological Research

##### Unit II. Biological basis of Behaviour

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1. The Nervous System
  - a. Neurons and nerves: Structure, types, functions, Neurotransmitter related behaviour
  - b. Division of nervous system
    - i. Central Nervous System: Brain and Spinal cord
    - ii. Peripheral Nervous System: Somatic and Automatic

2. The Endocrine Glands and related functions:

प्राथमिक परीक्षा  
केन्द्रीय विद्यालय संगठन





- a. Pituitary gland
- b. Pineal gland
- c. Thyroid gland
- d. Pancreas gland
- e. Gonads gland
- f. Adrenal gland

### Unit III. Sensation and Perception

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1. Sensing the World Around Us
  - a. Thresholds: Absolute threshold and Difference threshold
  - b. Sensory Adaptation
  - c. Color Vision and Color Blindness
2. Brief introduction to sensory process
3. Perception: Definition, characteristics and process
4. Factors influencing perception
5. Attention: Types and factors influencing attention
6. Principles of Perceptual organization
  - a. Figure and ground and laws of grouping
  - b. Top-Down and Bottom-Up Processing
7. Perceptual Constancies and Illusion
8. Depth Perception
9. Movement perception
10. Perception without awareness
11. Extra Sensory Perception

### Unit IV. Learning

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1. Definition, characteristics, maturation and learning
2. Factors affecting learning
3. Models of learning
  - a. Behavioral -Trial and error, Classical Conditioning, Operant Conditioning
  - b. Cognitive learning- Observational, Insight learning
4. Application of learning theories
5. Transfer of training
  - a. Positive, negative, zero

### Unit V. Memory and Forgetting

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#### A. Memory

1. Definition and Processes of Memory(Encoding, Storage, Retrieval)
2. Foundations of Memory
  - a. Sensory memory
  - b. Short term memory
  - c. Working memory
  - d. Long term memory
3. Types of memory
  - a. Explicit memory
  - b. Implicit memory

#### B. Forgetting

1. Definition and nature of forgetting
2. Causes of forgetting: Trace decay, Interference, Motivated forgetting.







3. Brain and memory- Amnesia, dementia (Alzheimer's Disease, Korsakoff syndrome, Huntington's disorder)
4. Memory Distortion and Memory Construction
5. Flashbulb Memories
6. Techniques of improving memory

#### Unit VI. Thinking and Problem Solving

8

1. Definition and elements of thinking (Concept, Images and Symbols)
2. Concept formation: Process and types of concept
3. Types of thinking
  - a. Creative thinking- Stages of creative thinking
  - b. Critical thinking
  - c. Problem solving thinking- Stages of problem solving thinking, Role of habit and mental set in problem solving thinking
  - d. Autistic thinking

#### Unit VII. Motivation and Emotion

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##### A. Motivation

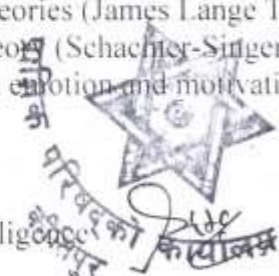
1. Definition and characteristics
2. Motivational Cycle: Need, Drive, Incentive and Reward
3. Classification of Motives:
  - a. Physiological
    - i. Hunger, Thirst, Sleep and Sex
  - b. Psychological
    - i. Affiliation, Achievement, Power
4. Theories
  - a. Instinct theory of motivation
  - b. Drive-Reduction theory of motivation
  - c. Arousal theory of motivation
  - d. Incentive theory of motivation
  - e. Cognitive theory of motivation
  - f. Maslow's Need Hierarchy theory of motivation

##### B. Emotion

1. Definition, and components of emotion
2. Physiology of emotion
3. Types of emotions: primary (happiness, sad, anger, fear, surprise and disgust) and secondary
4. The external expression of emotion: outward signs of inner feelings
5. Theories of emotion:
  - a. Biological Theories (James Lange Theory, Cannon-Bard Theory)
  - b. Cognitive Theories (Schachter-Singer Theory)
6. Relationship between emotion and motivation

#### Unit VIII. Intelligence

1. Definition
2. Determinants of intelligence
  - a. Heredity
  - b. Environment
3. Theories of intelligence- Two factor, Group factor, Gardner's Theory of Multiple



- Intelligences, Sternberg's Triarchic Theory, Cattle's Theory of intelligence
4. Measurement of intelligence:
    - a. Concept of I.Q.
    - b. Wechsler's test
    - c. Stanford Binet's test
  5. Types of intelligence tests:
    - a. Verbal and performance tests
    - b. Group and individual tests
  6. Individual differences in Intelligence:
    - a. Intellectual disability
    - b. Mentally gifted
  7. Emotional Intelligence

### Unit IX. Personality

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1. Definition
2. Determinants of Personality
  - a. Heredity
  - b. Environment
  - c. Situation
3. Approaches to Personality
  - a. Psychodynamic Approaches to Personality
  - b. Traits Approaches to Personality
  - c. Learning Approaches to Personality
  - d. Humanistic Approaches to Personality
4. Personality Assessment
  - a. Interview method
  - b. Objective tests -MMPI, 16PF, CPI, MBTI, The Big Five Inventory
  - c. Projective tests -TAT, RT, WAT, Sentence Completion Test





### Group B – Practical

1. Format of Practical Report Writing
2. Statistics: Frequency distribution, Graphical presentation, Measures of central tendency
3. Practicals-

Practical classes should be conducted in Psychology laboratory by the concerned faculty with the assistance of psychology laboratory assistant using Psychological apparatus and equipments

S.N.	Topic	Name of the Practical	Name of the Apparatus
1	Sensation	Difference threshold	2 point threshold
2	Trial and Error Learning	Maze Learning	Maze learning Apparatus
3	Perception	Muller-Lyer illusion	Muller-Lyer illusion box
4	Transfer of training	Mirror tracing	Mirror tracing apparatus
5	Memory	Paired association learning	Memory Drum
6	Forgetting	Retroactive inhibition	Memory Drum
7	Emotion	Physiological changes in emotion	Sphygmomanometer
8	Motivation	Knowledge of result in performance	Ruler, Pencil
9	Personality	16 PF	Psychometric tool :16 Personality Test
10	Attention	Span of attention	Tachistoscope
11	Intelligence	IQ test	WAIS

### Internal Evaluation

Title	Marks (30)
Practical Lab Work	20
Mid Term Examination Mark	10
<b>Total marks</b>	<b>30</b>

### Textbook

Feldman, R. S.(2015).*Understanding Psychology*. 11<sup>th</sup> Edition. McGraw Hill Publication

### Recommended Books

Atkinson and Hilgard.(2009).*Introduction to Psychology*. 15<sup>th</sup> Edition .Cengage Learning  
 Baron, R. A. (Latest Edition). *Psychology*.Prentice-Hall of India.  
 Ciccarelli, Saundra K. (2013).*Psychology: an exploration*.2nd Edition .Pearson Education, Inc.



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