

PYE458: DYNAMICS OF HUMAN BEHAVIOUR I

No. of Credits: 3

No.of Hrs:36

Objectives:

- To orient non-Psychology students about the diversity of Psychology
- To help the students understand and manage themselves better

UNIT – I:Introduction:

Hrs:12

History & Basic concepts of Psychology, Brain behaviour relationship. Individual differences in intelligence, abilities, and attitudes.

UNIT –II: Emotion and Motivation:

Hrs:12

Emotion: Definition, Types, Emotional Quotient (EQ), Importance of EQ

Motivation: Definition, Types, Maslow’s theory of motivation, importance of Maslow’s, theory of motivation, importance of motives, techniques of improving motivation

UNIT –III: Psychology in everyday life:

Hrs:12

Self Management-Meaning, Techniques, stress management- Meaning, Types of stress, Selye’s/ Lazarus model of stress, Management of stress. Time Management, relaxation techniques, meditation & resilience training.

References:

1. Weiten, W (1995) Psychology - Themes and Variations, 3rd Edition, New York, Brooks/Cole Publishing Company.
2. Santrock, J.W.(2003) Psychology, 7th Ed., New York, McGraw Hill
3. Sternberg R.J. (2001), Psychology In search of the Human Mind, 3rd Ed. New York, Harcourt College Publishers
4. Matlin Margaret W.(1999) Psychology, 3rd Ed. Philadelphia, Harcourt Brace College Publishers

5. Halonen J.S. and Santrock J.W.(1999) Psychology Contexts & Applications , 3rd Ed. New York, McGraw-Hill College.