

PYS 458: Dynamics of Human Behaviour

No. Of Credits: 3

No. of Hours: 36

Objectives:

- To introduce students to the basic concepts of the field of psychology
- To provide an understanding of normal mental processes and their relationship to brain, mind and behaviour. To orient students about different approach to understanding human behavior.
- To enable the students to understand the forces and factors that shape personality.
- To emphasise on applications of psychology in everyday life.

Learning Outcomes:

- Students will be able to understand the basic concepts of the field of psychology
- Students will be able to understand normal mental processes and their relationship to brain, mind and behaviour.
- Students will be oriented about different approaches to understanding human behavior
- Students will be enabled to understand the forces and factors that shape personality
- Students will be able to apply psychology in everyday life to some extent.

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. NewYork, McGraw-Hill College.