

Mizoram University

UG/Bachelor's Degree Programme with Multiple Entry and Exit Options

Under the New Education Policy 2020

in

Psychology

First Semester

Semester	Course Code	Course Name	Components with Credits		Total credits
			Theory	Practical	
I	PSY/MJ/100	Positive Psychology	3	1	4
	PSY/MJ/101	Introduction to Psychology	4	-	4
	PSY/MN/102	<i>[To be chosen from an MJ course offered by other disciplines]</i>	4	-	4
		Introductory Course (Interdisciplinary)	3	-	3
	AEC/103	MIL/English I	3	-	3
	VAC/104	Understanding India	2	-	2
					20

Positive Psychology

PSY/MJ/100

Credits: 3 (Theory) + 1 (Practical)

Theory

UNIT 1: Introduction

- A. Positive psychology: Meaning, definition, assumptions and goals; focus on research
- B. Meaning and measures of happiness and well-being: Two traditions -Hedonic and Eudaimonic traditions

UNIT 2: Happiness and Well-Being

- A. Happiness: Concept and definitions; Happiness and the facts of life: Gender, love, marriage, close relationships and others.
- B. Happiness across the life span: Happiness and well-being across culture and nationalities.

UNIT 3: Emotions, Personality Traits and Well-Being

- A. Positive emotions (hope, optimism, gratitude) and well-being.
- B. Cultivating positive emotions; Positive traits: Personality, emotions, and biology; Positive beliefs and illusions.

UNIT 4: Virtues and strengths of character

- A. Classification of human virtues (Seligman's approach); Wisdom as a foundational strength and virtue; Character strengths and health.
- B. Religion and spirituality; Religion and virtues.

Practical

1. Intelligence or Learning Experiment
2. Well-being Scale

Mark distribution of practical for end semester examination

1. Experiment	10
2. Laboratory record	3
3. Viva voce	7
TOTAL	20

Suggested readings

- Baumgardner, S. R., Crothers, M. K. (2009). *Positive psychology*. New Delhi, India: Pearson.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
- David, S. A., Boniwell, I., & Ayers, A. C. (2013). *The Oxford handbook of happiness* Oxford: Oxford University Press.
- Husain, A., & Saeeduzzafar. (2011). *Islamic virtues and human development*. New Delhi, India: Global Vision Publishing House.

- Joseph, S. (Ed.) (2015). *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life*. Hoboken, NJ: John Wiley & Sons.
- Kumar, U., Archana, & Prakash, V. (2015). *Positive psychology – Applications in work, health and well-being*. Delhi & Chennai, India: Pearson.
- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- Seligman, M.E.P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster.
- Snyder, C. R., & Lopez, S. J. (2002). *Handbook of positive psychology*. New York: Oxford University.
- Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Introduction to Psychology

PSY/MJ/101

Credits: 4 (Theory)

Theory

UNIT 1: Introduction

- A: Nature of Psychology: Definition, Goals of Psychology and Fields of Psychology.
- B: Modern Perspectives and Methods of Psychology: Modern Perspectives - Biological, Psychodynamic, Behaviourist, Gestalt, Cognitive, Cross-cultural, Humanistic and Evolutionary perspectives. Methods - Experimentation, Observation, Survey, Clinical and Correlational methods.

UNIT 2: Learning, Perception and Memory

- A: Learning & Perception: Classical Conditioning; Instrumental Learning; Observational Learning (Socio-cognitive learning); Understanding perception; Gestalt laws of organization; Different Process of perception - depth perception, size constancy, perception of movement, Top down and Bottom Up processes.
- B: Memory: Models of Memory – Information processing model (Sensory register, STM, LTM, and concept of working memory), Levels of Processing, Reconstructive nature of memory; Forgetting; Improving Memory.

UNIT 3: Motivation & Emotion

- A: Motivation: Meaning; Approaches- Instinct, Drive-Reduction, Arousal, Incentive and Cognitive Approaches; Maslow's Hierarchy; Types of motivation – achievement, power and affiliation.
- B: Emotion: Meaning; Elements (components) of Emotions; Theories – James Lange, Cannon Bard, Schachter - Singer; Emotional Intelligence and Gender; Culture & emotions.

UNIT 4: Thinking, Reasoning and Intelligence

- A: Definition; Elements in Thinking- Mental Images and Concepts; Creative thinking; Reasoning- Syllogistic Reasoning, Algorithms and Heuristics, Inductive and Deductive Reasoning; Steps in problem solving.
- B: Intelligence & Aptitude: Definition and nature; Theories; Determinants. Measurements of intelligence: reliability, validity, standardization, intelligence test. Aptitude – definition and types.

Suggested readings

- Banyard, P., Davies, M. N. O., Norman, C. & Winder, B. (Eds) (2010). *Essential Psychology*. New Delhi: Sage Publications.
- Baron, R. & Misra, G. (2014). *Psychology*. New Delhi: Pearson.
- Ciccarelli, S. K. & White, J. N., & Misra, G.. (2018). *Psychology*. New Delhi: Pearson Education.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2004). *Introduction to Psychology*. 7th Edition, 24th reprint. NewDelhi: Tata McGraw-Hill.

- Holt, N., Bremner, A., Sutherland, E., Vliek, M., and Passer, M., & Smith, R.E. (2015). *Psychology – The Science of Mind and Behavior*. London: Tata McGraw-Hill.
- Feldman, R. S. (2011). *Understanding Psychology*. 10th edition. Delhi: Tata- McGraw Hill.
- Munn, N. L., Fernald, L. D., & Fernald, P. S. (1997). *Introduction to Psychology*. Delhi: Houghton Mifflin.
- Smith, E. E., Nolen-Hoeksema, S., Frederickson, B., & Loftus, G. (2003). *Atkinson and Hilgard's Introduction to Psychology*. (14th edition.). Wadsworth Publishing.
- Weiten, W. (2007). *Psychology: Themes and variations*. 7th edition. Delhi: Brooks/Cole Publishing Co.