

In this post, we have Shared WBCS Mains Syllabus of Psychology Optional Paper. At the end of the post, we have shared a link to download it in PDF format

Paper - I

Basic psychological processes and development

1. Scope and Methods of Psychology -

- Biological basis of behaviour

2. Cognitive Processes:

A) Sensation: attributes of sensation, psychophysics (Weber-Fechner Law), Methods of Psychophysics

B) Attention: determinants of attention, fluctuation of attention, the selectivity of attention

C) Perception: Movement, space, depth and time perception, perceptual organization, Gestalt View

3. Learning: Conditions of Learning

- Theory of classical conditioning
- Theory of operant conditioning
- Trial and error theory
- Theory of insight learning
- Programmed learning

4. Memory: Encoding, storage, retrieval

- Types of Memory (STM & LTM, ICONIC, Echoic & Procedural)
- Forgetting curve
- Theories of forgetting

5. Motivation and Emotion: Physiological and psychological basis of motivation and emotion

- Intrinsic and extrinsic motivation - factors influencing intrinsic motivation

- Theories of motivation - Maslow, McClelland
- Theories of Emotion - James-Lange Theory, Cannon-Bard and Schachter-Singer Theory
- Effects of Motivation and emotion on behaviour

6. Intelligence

- Spearman's two factor theory
- Thurstone's theory
- Guilford's structure of intellect
- Gardner's theory
- Measurement of intelligence - IQ & deviation IQ, Tests of intelligence - Stanford Binet
- Types of intelligence - Social, abstract, concrete, emotional, artificial, spiritual
- Gifted and mentally challenged children

7. Thinking

- Piaget's theory of cognitive development ~ Problem solving
- Creative thinking - Nature and stages

8. Attitude, Values and Interest

- Definition of attitude, values and interests
- Value - concept, development and measurement
- Attitude - formation, measurement and change concept
- Stereotype, prejudice, discrimination
- Measurement, reduction of prejudice

9. Interest - concept and measurement

10. Development of behaviour: From birth to adolescence

- Physical development
- Emotional development
- Moral development
- Social development

Paper - II

1. Personality

- Theories of personality - Freud, Erikson, Eysenck and Rogers

2. Individual Difference:

- Nature-nurture controversy
- Character and construction of standardized psychological tests, types of tests

3. Mental health & adjustment - the concept of mental health & wellbeing

- Stress & health - nature, types, causes and consequence of stress
- Adjustment - criteria of adjustment
- Management of stress

4. Psychological Disorders

- Causes of abnormal behaviour
- Anxiety disorders
- Mood disorders
- Schizophrenia
- Substance abuse disorders

5. Psychotherapy

- Psychoanalysis
- Cognitive Behaviour therapy
- Client-centered therapy

6. Organizational psychology

- Personal selection, job analysis methods
- Job Satisfaction
- Theories of motivation, Herzberg, Alderfer
- Conflict in organization - sources, types
- Organizational culture and climate
- Occupational health hazards

7. Group

- Types of group
- Group versus team - Influence of primary and secondary group on society
- Structure and functions of group
- Leadership - Characteristics of a good leader with special reference to trans actual and transformational leadership

8. Social problems

- Problems of social integration caste, class and religion
- Delinquency and crime
- Psychosocial problems related to old age

9. Application of Psychology to different fields

- a) Rehabilitation - concept, primary, secondary and tertiary prevention
- b) Education - Psychology, principles underlying effective teaching-learning
- c) Motivating and training people for entrepreneurship and economic development

10. Psychology and Methodology

- Normal probability curve
- Parametric and non-parametric statistics - characteristics
- Hypothesis formation
- Research variables and their control
- Techniques of sampling

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