

## II YEAR INTERMEDIATE PSYCHOLOGY – II (Syllabus)

**I. Motivation:** Instincts, Needs – types of needs – Physiologi-cal; social and Psychological needs; Maslow’s theory of Hi-erarchy of needs, Role of intrinsic and extrinsic motivation in learning.

**II. Human Abilities:** Intelligence – Origin of Intelligence tests, concept of I.Q., Extremes of Intelligence distribution: – Gifted and challenged; Emotional Intelligence; Aptitudes; Creative thinking.

**III. Social behavior:** Inter personal attraction – proximity, physi-cal appearance, similarity, complimentality. Impression for-mation and management. Pro- social behaviour – Empathy, altruism

**IV. Groups and Leaderships:** Classification of Groups, Group Dynamics – Social facilitation, loafing and inhibition. Characteristics of a leader. Emergence of a leader;

**V. Communication Skills:** Communication process; verbal and non-verbal communication skills – Interpersonal com-munication – Transactional Analysis approach.

**VI. Personality:** Meaning and definition of personality; Healthy personality Development; self perception, self confidence, goal setting, decision –making. Ego-defence mechanisms, Personality assessment: Self report measures and projec-tive techniques.

**VII. Issues in contemporary society :** Competition, test anxi-ety, conflicts and frustrations, aggression, depression, sui-cidal tendencies. Drug addiction.

**VIII. Health Psychology :** Psychology of well-being; Stress man-agement: Relaxation, Meditation, Yoga, Thought stopping, Rational emotive therapy.