

FIRST ALLIED COURSE –III (AC) : DYNAMICS OF HUMAN BEHAVIOUR

UNIT 1: The Nature and Scope of Psychology:

Meaning and definition of psychology – Branches of psychology, Scope of psychology – Importance of psychology in social work practice. Concept of Mental health

UNIT 2 : Personality :

Meaning of personality – development of personality – Interaction of heredity and environment – Types of personality / Assessment of personality

UNIT 3: Learning and Remembering:

Meaning of learning – Types of learning – conditioned learning – Trial and error learning – cognitive learning. Memory – meaning – influencing memory.

UNIT 4: Intelligence and Motivation:

Meaning and definition of intelligence – Measurement of intelligence – Intelligence test – motivation meaning – social and psychological motives.

UNIT 5: Frustration – Conflict – Adjustment Mechanisms:

Frustration – sources of frustration, Conflict – Types of conflict, Defense mechanisms – classification of adjustment mechanisms.

REFERENCES:

1. Hebb Do. 1996, A text book of psychology – Tokyo Toppan Co., Ltd.,
2. Munn NI, 1969, Introduction to Psychology Bombay, Oxford IBH Publishing co.,
3. Morgon, Glifford, 1975, Introduction to Psychology, New Delhi, Tata Mc Graw Hill co.Ltd.
4. Sinha. J, 1984, A Manual of Psychology, Calcutta, New Central Book Agency.
5. Jalota.S, 1974 Esentials of psychology, Changing Vijaya Nivas.
6. Adult Personality Development by Lawrence S.Wrightman, Sage Publication, 1994.
7. Personality Assessment by qamar Hasan Gyan Publishing House, 1997.