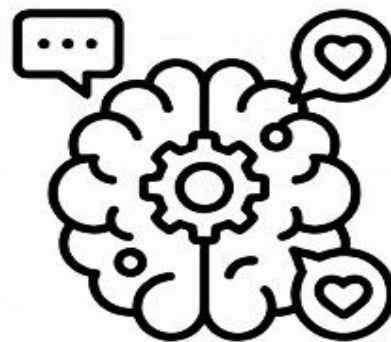
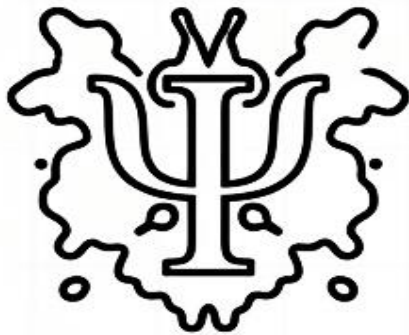




PSYCHOLOGY (228)

CHAPTERWISE NOTES



PSYCHOLOGY

Sl. No.	Module	Chapters (Public Examination)	Marks
1	Module 1 : Foundations of Psychology	L-2 Methods of Psychology L-3 Individual Differences	15
2	Module 4 : Social Psychological Processes	L-14 Communication L-15 Attitudes, Beliefs and Social Cognition	15
3	Module 5 : Health and Wellbeing	L-18 Mental disorder and their treatment L-19 Mental Health and Hygiene	15

Component	Details	Marks
Public Exam (Selected Module 1,4,5)	Total Chapters : 6	45
Practical Exam	Practical	0
TMA	Tutor Marked Assignment	20
Final Possible Marks		65
		Marks

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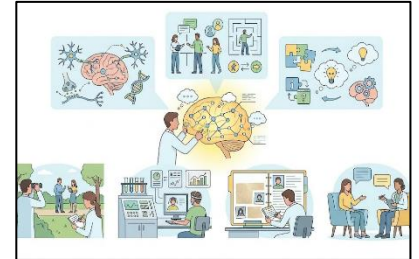
1	Methods of Psychology
2	Individual Differences
3	Communication
4	Attitudes, Beliefs and Social Cognition
5	Mental disorder and their treatment
6	Mental Health and Hygiene

1

Methods of Psychology

Introduction

A psychologist uses scientific and systematic methods to understand human behavior and mental processes. In this chapter, we will learn in simple terms about various psychological approaches like biological, behavioristic, and cognitive, and research methods like observation, experiment, case study, and interview.



Approaches to the Study of Psychological Processes

Psychologists use several perspectives to understand human behavior and mental processes, which are called approaches

- **Biological Approach**: It is based on physical structures like the brain, genes, hormones, and nervous system. It observes how our body and brain control our behavior.
- **Psychoanalytic Approach**: Given by Sigmund Freud, this approach emphasizes the unconscious mind and unconscious motivations. According to this, most of our behavior is determined by our unconscious desires.
- **Humanistic Approach**: According to Carl Rogers, an individual is a free and active being who always strives to achieve self-actualization.
- **Behavioristic Approach**: Established by J.B. Watson, this approach emphasizes only the study of direct and external behavior. It believes that behavior is formed by the relationship between external stimuli and our response.
- **Cognitive Approach**: It focuses on higher mental processes like memory, thinking, language, and problem-solving, and information processing.

Methods to Understand Psychological Processes

- **Observation**: Carefully watching someone's behavior in a natural or laboratory setting without creating any disturbance is called observation. It can be participant or non-participant.
- **Experiment**: In this, the experimenter makes a change in one variable and deeply studies its effect on another variable. The variable in which the change is made is called the independent variable, and the one on which the effect is seen is called the dependent variable.



- **Case Study**: In this, the life, family history, medical history, and personal experiences of a single individual are studied in extreme detail.
- **Survey**: Collecting information on a large scale to know the opinions, beliefs, and values of people is called a survey.

Psychological Tools

- **Psychological Tests**: These are used to measure intelligence, personality, or aptitude. It is very essential for a good standardized test to have reliability and validity.
- **Questionnaire**: It is a list of questions to which the individual has to give answers themselves. Questions can be of restricted or free-response type.
- **Interview**: A face-to-face conversation between two people for a specific purpose is called an interview. It can be structured or unstructured.

TOP 5 QUESTIONS

Q-1. What are the main approaches of psychology?

Ans - The main approaches of psychology are biological, psychoanalytic, humanistic, behavioristic, and cognitive approaches.

Q-2. What are independent and dependent variables during an experiment?

Ans - In an experiment, the variable in which the experimenter makes a change by their own will is called the independent variable, and the variable on which the direct effect of this change is seen is called the dependent variable.

Q-3. What is the main feature of the case study method?

Ans - The main feature of this method is that the entire life, family, and psychological experiences of a single individual are studied in extreme depth.

Q-4. What is meant by reliability and validity in a psychological test?

Ans- Reliability means repeated consistency in the test results, while validity means that the test measures exactly the same trait for which it was created.



Q-5. How many types of interviews are there?

Ans - To obtain information, interviews are mainly of two types: first, the structured interview in which questions are pre-determined, and second, the unstructured interview in which the format of questions is flexible.

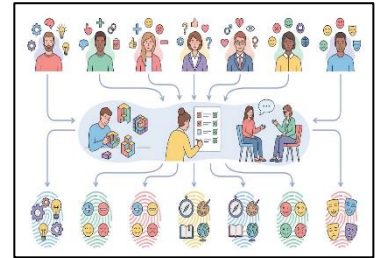


2

Individual Differences

Introduction

Every individual is different and special in themselves. This variation in physical and mental characteristics is what makes them different from others. In this, aspects like intelligence, aptitude, interest, and personality have been explained in a simple way, along with explaining how they are assessed through psychological tests.



Nature of Individual Differences

- The similarity and difference found in psychological characteristics among individuals is called individual differences. It arises due to the interaction of genetic factors and the environment.
- An individual receives some traits from their parents, but their environment and opportunities play the most important role in developing their abilities.

Measurement of Individual Differences

Psychological tests are used to measure individual characteristics, behavior, and abilities. A good test must have three main qualities:

- **Reliability**: Having consistent stability in test results.
- **Validity**: Measuring exactly the same trait by the test for which it was made.
- **Standardization**: Having identical methods and conditions of testing for all individuals.

Nature and Assessment of Intelligence

- Intelligence is the individual's overall capacity to act purposefully, think rationally, and deal effectively with the environment.
- According to psychologist Gardner, intelligence is of eight types, which is called multidimensional intelligence.
- To find out the Intelligence Quotient, the mental age of an individual is divided by their physical age and then the obtained result is multiplied by one hundred.

Aptitude and Interest

- Aptitude is that combination of characteristics that indicates the capacity to learn specific knowledge or skill after proper training.



- Intelligence is the capacity to do a task in a given time, whereas aptitude is the potential ability of an individual to learn a new task.

Nature and Assessment of Personality

Personality is that unique and relatively stable behavior of an individual that remains the same in all situations and for a considerable time. There are three main methods of personality assessment:

1. **Self-report Measures:** In this, the individual tells about themselves through a questionnaire.
2. **Projective Measures:** In this, ambiguous stimuli are given to the individual upon which they project their unconscious feelings.
3. **Situational Measures:** In this, a direct observation of the individual's behavior in a specific situation is done.

TOP 5 QUESTIONS

Q-1. What is meant by individual differences?

Ans- The similarity and difference found in physical and psychological characteristics among individuals is called individual differences, which arises from the interaction of genetic factors and the environment.

Q-2. What are the three main characteristics of a good psychological test?

Ans - The three main characteristics of a good psychological test are reliability, validity, and standardization.

Q-3. How is Intelligence Quotient determined?

Ans - To determine Intelligence Quotient, the individual's mental age is divided by their physical age and then the obtained result is multiplied by one hundred.

Q-4. What is the difference between intelligence and aptitude?

Ans - Intelligence is the general capacity to complete a task in a given time, while aptitude is the potential capacity to learn a specific skill or knowledge after receiving proper training.

Q-5. What is the projective method of personality measurement?

Ans - This is the method in which ambiguous stimuli are given to the individual and they unknowingly project their unconscious feelings and desires onto them, thereby revealing their real personality.



3

Communication

Introduction

This chapter explains communication, meaning the exchange of information and ideas, in a simple way. It tells about the main parts of communication, its verbal and non-verbal forms, methods of good conversation, and the good and bad effects of mass media like newspapers and TV on society.



Basic Elements of Communication

- It is a two-way process in which both the sender of the message and its receiver are involved.
- It requires having a clear message, idea, or feeling.
- Communication is successful only when there is an equality of understanding between the sender and the receiver.
- The information that is sent to the receiver definitely brings some positive or negative change in their behavior.

Types of Communication

- **Verbal Communication**: In this, words are used for conversation between two or more people. It can be in both written or oral forms like letters, newspapers, and conversations happening on the phone.
- **Non-verbal Communication**: This forms seventy percent of the total communication. In this, the exchange of information happens without words, such as physical gestures, facial expressions, body postures, eye contact, and the distance between individuals.

Characteristics of Effective Communication

- The mental level and understanding of the message sender and its receiver should be uniform.
- Both parties should have equal interest in the subject of conversation.
- The same language should be used between the two so that there is no misunderstanding regarding words and idioms. The social and cultural environment of both should be similar.

Non-verbal Communication in Indian Culture

- In India, social hierarchy, authority, and age play a very important role during communication.
- A person of lower social status or a younger person stands in front of a senior person with lowered eyes and maintaining a fixed distance.



- Indian youths mostly greet people older than them by touching their feet.

Effect of Mass Media

- **Positive effect**: It helps in promoting education, health, and literacy. It takes government policies to the public and brings social unity by organizing people.
- **Negative effect**: Its misuse can be done to spread rumors and misinformation which creates hatred. It violates people's privacy and can also spread obscene material.

TOP 5 QUESTIONS

Q-1. What are the main types of communication?

Ans - Communication is mainly of two types: first, verbal communication in which words are used, and second, non-verbal communication in which physical expressions and gestures are used without words.

Q-2. What are the basic elements of communication?

Ans - Communication is a two-way process involving a clear message, where there is an equality of understanding between the sender and receiver, and which brings some change in people's behavior.

Q-3. What things are necessary for effective communication?

Ans - For effective communication, it is very necessary to have the same language, similar interest, similar environment, and an equal level of understanding between the message sender and receiver.

Q-4. What are the characteristics of non-verbal communication in the Indian context?

Ans - In Indian culture, age and hierarchy are of great importance, where younger people talk with lowered eyes in front of elders and greet them by touching their feet to show respect.

Q-5. What are the negative effects of mass media?

Ans - The negative effects of mass media include spreading rumors, creating hatred among people, violating privacy by making someone's confidential information public, and propagating obscene material.



4

Attitudes, Beliefs and Social Cognition

Introduction

This chapter tells us how we form our thinking or perspective about the people around us and the world. In this, we will learn how our attitude is formed, how it affects our behavior, and how we understand society.

Nature and Components of Attitude

Attitude is our positive or negative perspective towards any person, object, or idea.

- **Cognitive component:** It reflects our thoughts and beliefs about a subject.
- **Affective component:** It reflects our feelings regarding whether we like or dislike that subject.
- **Behavioral component:** It reflects our tendency to act towards that subject.

Formation of Attitudes

Our attitudes are not present from birth but are learned.

- **Learning by association:** When two things happen together repeatedly, we form a connection between them and develop a similar attitude.
- **Learning by reward and punishment:** We form a positive perspective towards tasks for which we receive praise.
- **Learning by observing others:** Children often adopt attitudes similar to their parents or role models by watching them.

Change in Attitude

Our attitude does not always remain the same, it can also be changed.

- How reliable, expert, and attractive the person giving the message is.
- How effective and clear the given message is.
- What the mental condition of the person listening to the message is and how their understanding of the subject is.



Social Cognition

- How we understand our social world and how we draw conclusions about the behavior of others is called social cognition.
- The old mental frameworks of information related to the social world that are formed in our brain are called schemas.
- When we try to find the causes behind the behavior of others, this process is called attribution.

TOP 5 QUESTIONS

Q-1. What are the three main components of attitude?

Ans - The three main components of attitude are cognitive i.e., thoughts, affective i.e., feelings, and behavioral i.e., tendency to act.

Q-2. What is the importance of reward and punishment in attitude formation?

Ans - An individual forms a positive attitude towards those ideas or actions for which they receive reward or praise, and a negative attitude is formed towards those for which they receive punishment.

Q-3. What are the main factors bringing change in attitude?

Ans - Change in attitude mainly depends on three factors which are the reliability of the message sender, the effect of the message, and the mental condition of the message listener.

Q-4. What is meant by social cognition?

Ans - How we understand the social world around us, how we receive information, and how we draw conclusions about the behavior of others, is called social cognition.

Q-5. What are called schemas in psychology?

Ans - The old mental frameworks or pictures of information related to the social world, individuals, and events that are formed in our brain are called schemas in psychology, which help us in making decisions



5

Mental disorder and their treatment

Introduction

This chapter is based on our mental health and serious problems related to it. In this, the main causes and their effects of stress, frustration, and mental conflict have been explained in very simple words. Along with this, information about various types of mental disorders and their psychological treatment methods has also been given.



Stress, Frustration and Conflict

- Stress is a condition when a person feels pressure beyond their capacities and cannot face difficult situations properly.
- When a person repeatedly fails to reach any of their goals or a major obstacle comes in their way, it is called frustration.
- Conflict is that mental confusion when a person has to choose one out of two or more goals. This can be a situation of being stuck between two good or two bad options.

Major Mental Disorders

- **Anxiety Disorder**: In this, the person continuously feels scared and panicked without any clear reason. This also includes an excessive fear of a specific thing.
- **Mood Disorder**: In this, the person feels excessively sad for a long time or becomes excessively active, which are called depression or mania respectively.
- **Somatoform Disorder**: In this, the person shows multiple symptoms of a physical illness but they have no real physical or medical cause.
- **Schizophrenia**: This is an extremely severe mental disorder in which a person's thinking, feelings, and behavior become completely imbalanced and they move away from reality.

Treatment of Mental Disorders

- Psychotherapy is used to cure mental disorders, which is also called the treatment done through talking.



- In this, a trust-filled and collaborative relationship is formed between the therapist and the patient.
- The therapist takes information about the patient's entire history, understands the root cause of their problem, and brings positive changes in their behavior through conversation.

TOP 5 QUESTIONS

Q-1. What is called stress?

Ans - Stress is a mental and physical condition in which a person feels their capabilities to be lesser due to external or internal pressures and cannot face situations correctly.

Q-2. What is the main difference between frustration and conflict?

Ans - Frustration arises when an obstacle comes in the path of goal achievement, whereas conflict is that mental confusion when a person has to choose one out of two or more goals.

Q-3. What are the major symptoms of anxiety disorder?

Ans - In anxiety disorder, the person continuously feels fear, nervousness, and restlessness without any clear reason, and this also includes excessively fearing a particular object or situation.

Q-4. What is the disorder called schizophrenia?

Ans - This is an extremely severe mental disorder in which the thinking, feelings, and behavior of a person become completely imbalanced and they start living in their own imaginary world by getting cut off from the real world.

Q-5. What is psychotherapy and what is its main objective?

Ans - Psychotherapy is a psychological treatment in which the therapist understands the patient's problems through conversation, and its main objective is to improve their mental health by changing the negative thinking of the patient.



6

Mental Health and Hygiene

Introduction

This chapter is based on our mental health and methods to improve it. In this, the meaning of mental health, and the symptoms of good and bad mental health have been explained in very simple words. Along with this, the art of living a stress-free life through proper time management has also been explained.



Concept of Mental Health and Hygiene

- The meaning of health is not only to be physically healthy, but also to be mentally, socially, and spiritually healthy.
- Mental health is that state of emotional and behavioral balance of an individual in which they understand themselves and others.
- Mental hygiene is the group of those rules and measures with the help of which mental health is maintained and mental illnesses are prevented.

Symptoms of Poor Mental Health

- When a person's mental health is bad, their daily routine becomes completely disorganized.
- They become irritable over small things and start behaving aggressively towards others.
- Lack of sleep, continuous anxiety, negative thinking towards others, and addiction are the main signs of weak mental health.

Maintaining Good Mental Health

- One should always accept reality and set goals according to one's capabilities.
- One should learn to keep control over one's anger and impulses.
- One should keep a positive mindset and maintain one's self-esteem while believing in oneself.
- According to ancient Indian wisdom, proper diet, proper recreation, proper conduct, and proper thought are very essential for good health.

Time Management

- Not being able to use time correctly creates stress and disappointment, therefore time management is very necessary.
- One should make a list of one's tasks and the most important tasks should be done first.



- One should focus on only one task at a time and should also take a little rest in between work.

TOP 5 QUESTIONS

Q-1. What is meant by mental health?

Ans - Mental health is that state of emotional and behavioral balance of a person in which they recognize their capabilities and effectively face the challenges of life.

Q-2. What is mental hygiene?

Ans - Mental hygiene is the group of those rules, measures, and behaviors using which a person keeps their mental health safe and protects themselves from mental illnesses.

Q-3. What are the main symptoms of weak mental health?

Ans - A disorganized daily routine, irritability over every little thing, continuous anxiety, disturbed sleep, and addiction are the main symptoms of weak mental health.

Q-4. According to ancient Indian wisdom, what are the four pillars of good health?

Ans - According to ancient Indian wisdom, the four pillars of good health are proper diet, proper recreation, proper conduct, and proper thought.

Q-5. Why is time management necessary?

Ans - Time management is necessary because it organizes our tasks, reduces unnecessary stress and pressure, and helps us in completing our goals on time.

