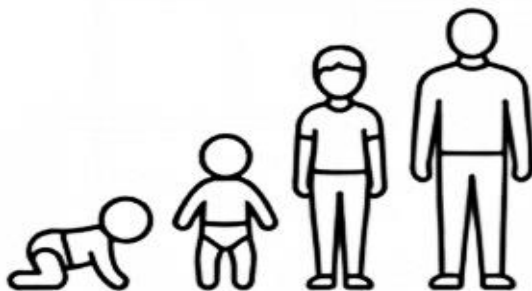
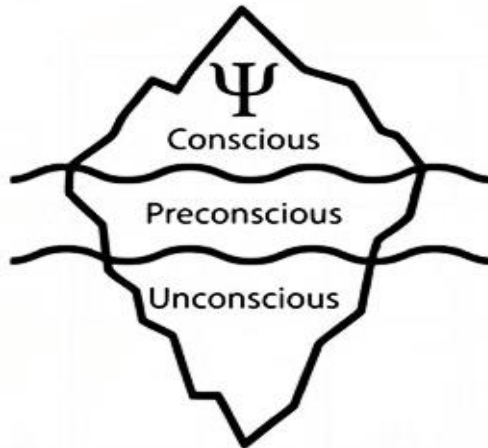




# PSYCHOLOGY (328)

## CHAPTERWISE NOTES



# PSYCHOLOGY

Sl. No.	Module	Chapters (Public Examination)	Marks
1	<b>Module 3 : Human Development</b>	L-13 Infancy and childhood L-14 Adolescence and Young Adulthood	15
2	<b>Module 5 : Social Processes and Behaviour</b>	L-19 Group Processes L-20 Attitude	15
3	<b>Module 6 : Health and Well-being</b>	L-23 Mental Health Problems	15

Component	Details	Marks
<b>Public Exam (Selected Modules 3, 5, 6)</b>	Total Chapters : 5	45
<b>Practical Exam</b>	Practical	00
<b>TMA</b>	Tutor Marked Assignment	20
<b>Final Possible Marks</b>		<b>65</b>
		<b>Marks</b>

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<b>4</b>	<b>Attitude</b>
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## 1

# Infancy and Childhood

## Introduction

In psychology, childhood is divided into three stages: infancy birth to 2 years, early childhood 3 to 5 years, and middle and late childhood 6 to 11 years. During these stages, children grow rapidly in physical, cognitive, social, and emotional aspects.

## Physical Development

Physical development includes changes in height, weight, and body proportions. It is mainly understood through two types of motor skills. The first is gross motor skills which involve the use of large muscles, and the second is fine motor skills which involve the use of small muscles.

- **Infancy**: After birth, newborn babies first learn to hold their head, sit, and then walk. They also start grasping things.
- **Early Childhood**: Children become highly skilled in activities like running, jumping, and climbing stairs. They become capable of picking up small objects using their thumbs and fingers.
- **Middle and Late Childhood**: During this time, the speed of physical development is a bit slow but consistent. Children start using their hands like tools and their skills become more complex.

## Cognitive Development

This shows how children think and how their thinking changes with time. Children construct knowledge through processes like adaptation which includes assimilation and accommodation, organization, and equilibration.

- **Sensorimotor Stage**: This lasts from birth to two years where children understand the world using their senses and physical actions. In this stage, children learn object permanence which means understanding that things exist even when hidden, and they also learn imitation.
- **Preoperational Stage**: This lasts from two to seven years. Children start showing the world through words and pictures. But their thinking has limits like egocentrism which means seeing only one's own viewpoint, and animism which means treating non - living objects as living things.



- **Concrete Operational Stage** : This lasts from seven to eleven years. Children start applying logical thinking to concrete objects. They learn conservation, classification, and ordering of objects.

### Social and Emotional Development

This is the ability of children to understand and manage their own and other people's emotions.

- **Infancy** : Infants express their emotions by smiling and crying. After six months, stranger anxiety and separation anxiety from parents develop in them.
- **Early Childhood** : Children start feeling self-evaluative emotions like pride, shame, and guilt. They also learn to understand the emotions of others.
- **Middle and Late Childhood** : Children evaluate themselves based on their internal qualities. They learn to hide and manage their negative emotions.

### Major Issues and Concerns

- **Infancy** : Giving proper encouragement, identifying developmental delays on time, and handling concerns like stranger anxiety with sensitivity is the main responsibility of parents.
- **Early Childhood** : During this time, toilet training, school readiness, and encouraging children to work independently are the most important tasks.
- **Middle and Late Childhood** : At this time, children want to prove their abilities through games and tasks. Facing defeat can cause a feeling of inferiority in them. Apart from this, bullying by other children is also a serious problem of this stage.

## TOP 5 QUESTIONS

**Q-1. In psychology, into which three main stages is childhood divided?**

**Ans** - Childhood is mainly divided into three stages. The first is infancy which lasts from birth to two years, the second is early childhood which lasts from three to five years, and the third is middle and late childhood which lasts from six to eleven years.

**Q-2. What is the difference between gross and fine motor skills?**

**Ans** - Gross motor skills involve the use of large body muscles like running or jumping, whereas fine motor skills involve the use of small muscles like holding small objects with fingers.



**Q-3. What is meant by object permanence?**

**Ans -** Object permanence means understanding that an object or event continues to exist even when it is not visible in front of the eyes, which is an important cognitive development of infancy.

**Q-4. What is the meaning of egocentrism and animism in the preoperational stage?**

**Ans -** Egocentrism means seeing only one's own viewpoint and not being able to understand the perspective of others, whereas animism means treating non living objects as living and imagining emotions in them.

**Q-5. What are the major developmental issues of early childhood?**

**Ans -** The major issues of early childhood include giving toilet training to children, ensuring their school readiness, and developing a feeling of autonomy and initiative in them.



## 2

# Adolescence and Young Adulthood

## Introduction

After childhood, adolescence and young adulthood are stages that bring many changes and challenges. Adolescence is generally considered to begin at 12 years and last until 18 years, whereas after this, a person enters young adulthood, which continues until about 30 years of age.



## Physical Development

- **Adolescence**: This is a period of rapid physical maturation in which clear physical differences appear between boys and girls and they become capable of reproduction. In adolescent girls, menarche meaning the first menstrual period begins, and their growth spurt occurs about two years earlier compared to boys. Boys experience changes like an increase in height, a deepening of the voice, and the broadening of shoulders.
- **Young Adulthood**: By reaching this stage, a person's physical and sexual maturity is complete. Young men and women are at their peak physical strength and are capable of performing hard work for long periods.

## Cognitive Development

- **Adolescence**: In this stage, children develop abstract and logical thinking. Like scientists, they use hypothetical deductive reasoning to think of all possible solutions to a problem and test them systematically. They have idealistic thinking and adolescent egocentrism, where they feel that they are on a stage and everyone is always watching them, which is called the imaginary audience.
- **Young Adulthood**: In this stage, a person's thinking becomes more systematic, logical, and rational. They become capable of thinking about their own thinking which is called metacognition, making them more skilled at decision making.

## Social and Emotional Development

- Transitioning from childhood to adolescence causes massive turmoil in emotions and social expectations. Adolescents are often confused about their roles because sometimes they are expected to take responsibility like



adults, and sometimes they are told to stay away from adult matters. Because of this, intense emotions arise within them, and conflicts with parents increase.

- In young adulthood, a person becomes more capable of recognizing their emotions and managing them in a socially appropriate manner.

### Major Concerns and Issues of Adolescence

- **Career Choice:** Adolescents remain confused about their future careers, and social and gender differences are often seen in career choices for girls and boys.
- **Body Image:** Adolescents remain highly conscious of the changes happening in their bodies. Sometimes, due to dissatisfaction, they fall victim to eating disorders like anorexia nervosa, where they starve themselves to look thin.
- **Substances and Drugs :** Due to peer pressure or to relieve stress, adolescents start consuming cigarettes and alcohol, which later becomes a serious addiction.
- **Media and Technology :** Due to excessive use of the internet and media, they create a virtual world that is very different from reality.
- **Role of Peers and Parents:** At this age, the importance of friends increases greatly, while adolescents start considering their parents as having old fashioned ideas.

### Major Concerns of Young Adulthood

- **Relationships :** The main psychological challenge of this stage is intimacy versus isolation. Finding a suitable life partner, getting married, and building a loving, intimate relationship is the most important task of this stage.
- **Occupational Choice :** Becoming stable in their chosen profession after completing higher education and becoming financially independent is another major challenge of young adulthood.

## TOP 5 QUESTIONS

**Q-1. What are the main physical changes that occur during adolescence?**

**Ans -** Rapid physical growth occurs in adolescence, in which menarche begins in girls, and boys' voices deepen along with their shoulders broadening, and both become capable of reproduction.



**Q-2. What is meant by hypothetical deductive reasoning?**

**Ans** - It is the cognitive ability where adolescents think like scientists, find all possible solutions to a problem, and systematically test them to choose the best option.

**Q-3. What is adolescent egocentrism?**

**Ans** - The adolescents' belief that they are unique and that everyone is always watching their appearance and actions is called adolescent egocentrism.

**Q-4. What are the major psychological and social concerns of adolescence?**

**Ans** - Major concerns of adolescence include choosing a career, being overly conscious about one's body image, consuming substances under peer pressure, and the excessive use of media.

**Q-5. What are the main challenges of young adulthood?**

**Ans** - The main challenges of young adulthood include choosing a life partner to establish an intimate relationship, getting married, becoming stable in a career, and achieving complete financial independence.



## 3

# Group Processes

## Introduction

A group is a collection of people who come together for a shared purpose. It consists of three or more individuals who interact with each other, cooperate with each other, and try to achieve their goal while remaining interdependent on each other.



## Characteristics of a Group

A group is a collection of people who come together for a shared purpose. It has three or more people who interact with each other and are interdependent.

- Groups are guided by social norms which teach members to behave correctly.
- Joining a group provides a person with security, identity, and affection.
- Groups help members achieve their goals much faster compared to being alone.

## Group Formation and Development

There are three main reasons for group formation: being physically close to each other, similarity in thoughts and interests, and having a shared goal. According to psychologist Bruce Tuckman, there are five main stages of group development:

- **Forming**: This is the initial stage where there is uncertainty and members try to know each other's thoughts.
- **Storming**: Disagreements and conflicts arise among members regarding the division of work or leadership.
- **Norming**: Rules are decided, conflicts are resolved, and unity and a good identity are developed in the group.
- **Performing**: All members work together with full enthusiasm and confidence to achieve the set goal.
- **Adjourning**: This is the final stage when the group is dissolved after the task is completed.

## Group Structure and Types

The structure of every group is made up of four elements: status of members, their roles, unwritten norms, and group cohesiveness meaning unity.



- **Primary and Secondary:** Primary groups like family have deep and face to face relationships, whereas secondary groups like a political party have formal and indirect relationships.
- **Formal and Informal:** Formal groups have clear rules and roles like an army unit, whereas informal groups are based only on friendship.
- **Ingroup and Outgroup:** An ingroup is one to which we belong, and an outgroup is one which we see from the perspective of others.

### Influence of Group on Individual Performance and Decision Making

- **Social Facilitation:** An improvement in a person's performance in the presence of others or an audience is called social facilitation.
- **Social Loafing:** When a person puts in less effort while doing a collective task compared to working alone, it is called social loafing.
- **Groupthink:** This is a situation where members give more importance to maintaining group unity by avoiding mutual conflict instead of making correct and logical decisions.
- **Group Polarization:** This is a tendency in which group members collectively make more extreme and risky decisions compared to being alone.

### Leadership

The person who influences other members of the group and guides them to achieve goals is called a leader.

- **Transformational Leader:** These leaders inspire their members, show trust in them, and bring positive changes for their development.
- **Transactional Leader:** These leaders focus only on getting the work done and giving rewards and recognition to members in exchange for goal achievement.
- **Autocratic and Democratic Leader:** An autocratic leader keeps all the authority to themselves and imposes their decisions, whereas a democratic leader involves all members in decision making and works for their welfare.

## TOP 5 QUESTIONS

**Q-1. What is a group and what are its main functions?**

**Ans-** A group is a collection of three or more people who come together for a shared purpose, which helps a person get security, identity, belongingness, and achieve goals much faster.



**Q-2. What are the five stages of group development given by Bruce Tuckman?**

**Ans** - According to Bruce Tuckman, the five stages of group development are forming, storming, norming, performing, and adjourning.

**Q-3. What is social loafing?**

**Ans** - When a person puts in less hard work and less effort from their side while doing a collective task with a large group compared to working alone, it is called social loafing.

**Q-4. What is the difference between groupthink and group polarization?**

**Ans** - In groupthink, members try to maintain group unity by avoiding mutual conflict instead of making correct decisions, whereas in group polarization, members collectively make more extreme and risky decisions compared to being alone.

**Q-5. What is the main difference between an autocratic leader and a democratic leader?**

**Ans** - An autocratic leader keeps all the rights reserved for themselves and imposes their decisions on others, whereas a democratic leader includes all group members in the decision making process and works together with them.



## 4

# Attitude

## Introduction

Attitude is our perspective towards the world around us, a person, an event, or an idea. When our thoughts become deep and start reflecting in our behavior, they become attitudes. It has three main components which are cognitive meaning thoughts, affective meaning emotions, and behavioral meaning the tendency to act.



## Sources of Attitude Formation

- **Classical Conditioning:** When a neutral stimulus is repeatedly associated with a pleasant experience, we form a positive attitude towards it.
- **Operant Conditioning:** The thoughts or actions for which we get rewards or praise become a part of our attitude.
- **Observational Learning:** Attitudes are also learned by watching others, especially our elders, and imitating their behavior.
- **Social Comparison:** We compare ourselves with others to prove our thoughts right and adopt the attitudes of our role models.
- **Group and Cultural Norms:** Unwritten rules of our society and information from sources like newspapers and the internet also help in forming attitudes.

## Attitude Change

- **Source Characteristics:** How credible, expert, and attractive the person delivering the message is, has a deep impact.
- **Message Characteristics:** Repeating the message, having a logical or emotional appeal in it, and talking face to face are very effective in changing attitudes.
- **Target Characteristics:** The mood of the person listening to the message, their tendency of openness, and their knowledge about the topic determine the possibility of attitude change.

## Stereotypes, Prejudice and Discrimination

- **Stereotype:** This is the cognitive component of an attitude. It is a rigid belief formed about a specific group without any direct experience.



- **Prejudice:** This is the affective component which involves negative feelings or hatred towards a specific group.
- **Discrimination:** This is the behavioral component where unfair or negative behavior is done with a group due to prejudice.

### Intergroup Conflict and its Resolution

- When there is a clash between two groups for resources or respect, it is called intergroup conflict. Its main causes are distrust, faulty communication, considering oneself superior, and a feeling of insecurity.
- To resolve this, direct contact between both groups should be increased, old boundaries of the group should be removed to give it a new shape, and such shared goals should be created which both groups can achieve only by working together.

## TOP 5 QUESTIONS

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

**Ans -** The three main components of an attitude are cognitive meaning thoughts, affective meaning emotions, and behavioral meaning the tendency to act.

### Q-2. What are the main sources of attitude formation?

**Ans -** The main sources of attitude formation are classical conditioning, operant conditioning, observational learning, social comparison, and the influence of information.

### Q-3. What is the importance of source characteristics in attitude change?

**Ans -** If the source giving the message is highly credible, an expert in their field, and attractive, then the person's attitude changes very easily and quickly.

### Q-4. What is the difference between stereotypes and prejudice?

**Ans -** A stereotype is a rigid mental belief formed about a group without any proof, whereas prejudice is the negative feeling or hatred generated due to that belief.

### Q-5. What is the most effective way to resolve intergroup conflict?

**Ans -** To resolve intergroup conflict, direct contact between the two groups should be increased and such shared goals should be set for them which require the full cooperation of each other to be fulfilled.



## 5

# Mental Health Problems

## Introduction

According to the World Health Organization, mental health is a state in which an individual recognizes their abilities, copes with the stresses of life, works effectively, and contributes to society. Such a person adjusts to situations, is responsible, and solves their own problems.



## Symptoms of Poor Mental Health

Symptoms of poor mental health seen in a person include unclear thoughts, excessive anger, persistent sadness, confusion, sudden changes in sleep and appetite, lack of concentration, and feeling tired all the time.

## Causes of Poor Mental Health

- **Biological factors:** Genetic reasons, neurotransmitter imbalance in the brain, or any injury or damage to the structure of the brain can cause mental illness.
- **Physical changes:** Due to hormonal changes during important times like puberty, pregnancy, or childbirth, a person becomes more susceptible to mental illness.
- **Psychological factors:** Childhood insecurity, excessively harsh or inappropriate behavior by parents, stressful relationships at the workplace or home, and sexual problems can cause severe mental disorders.
- **Social factors:** Social situations like poverty, unemployment, injustice, addiction, gambling, divorce, and political turmoil have a very bad effect on mental health.

## Major Mental Disorders

- **Mood disorder:** In this, a person remains stuck in one emotion for a long time. This includes depression where a person continuously feels sad, and mania where a person becomes excessively talkative and hyperactive. When both depression and mania occur one after the other, it is called bipolar disorder.
- **Anxiety disorder:** Remaining constantly fearful and worried without any specific reason is its main symptom. In this, a person feels suffocated and starts trembling, which is called panic disorder.
- **Phobia and compulsive disorder:** An excessive and irrational fear of a specific object or situation is called phobia. The compulsion to think an unwanted thought or to do a task repeatedly is called obsessive compulsive disorder.



### Treatment of Mental Disorders

- **Preparing history:** First of all, a complete history of the person's adjustment with family, friends, and occupation is prepared.
- **Determination of the problem:** The main problem is identified through clinical tests and interviews.
- **Therapeutic sessions:** According to the severity of the problem, special treatment sessions are organized by the psychologist for improvement.
- **Termination:** When the determined results are achieved, the therapy is ended and necessary suggestions for home are given to the family.

### Strategies for Maintaining Mental Health

The World Health Organization has suggested some measures to promote mental health, which include providing a stable and safe environment in childhood, social and economic empowerment of women, giving social support to the elderly, and running stress relief programs at workplaces.

## TOP 5 QUESTIONS

### Q-1. What is the definition of mental health according to the World Health Organization?

**Ans -** Mental health is a state of well being in which an individual understands their abilities, can cope with normal stresses, works productively, and is able to contribute to their community.

### Q-2. What are the main symptoms of poor mental health?

**Ans -** The main symptoms of poor mental health include remaining constantly sad, getting excessively angry, changes in sleep and appetite habits, lack of concentration, and feeling difficulty in making decisions.

### Q-3. Which social factors are responsible for poor mental health?

**Ans -** Social factors like poverty, unemployment, injustice, migration, alcohol consumption, gambling, divorce, broken homes, and political turmoil are responsible for poor mental health.

### Q-4. What is bipolar disorder?

**Ans -** It is a severe mood disorder in which a person gets attacks of both depression and mania alternately, meaning sometimes they become extremely sad and sometimes they become extremely active and happy.



**Q-5. What are the main stages of treatment for mental disorders?**

**Ans -** There are four main stages of its treatment: preparing the patient's history, correctly determining the problem, conducting therapeutic sessions by a psychologist, and finally terminating the treatment.

