



NEERAJ®

FOUNDATIONS OF PSYCHOLOGY

B.P.C.C.-131

B.A. General - 1st Semester

**Chapter Wise Reference Book
Including Many Solved Sample Papers**

Based on

C.B.C.S. (Choice Based Credit System) Syllabus of

I.G.N.O.U.

& Various Central, State & Other Open Universities

By: Kshyama Sagar Meher



**NEERAJ
PUBLICATIONS**

(Publishers of Educational Books)

Mob.: 8510009872, 8510009878 E-mail: info@neerajbooks.com

Website: www.neerajbooks.com

MRP ₹ 280/-

Content

FOUNDATIONS OF PSYCHOLOGY

Question Paper–June-2023 (Solved)	1
Question Paper–December-2022 (Solved)	1
Question Paper–Exam Held in July-2022 (Solved)	1
Question Paper–Exam Held in March-2022 (Solved)	1
Question Paper–Exam Held in February-2021 (Solved)	1

<i>S.No.</i>	<i>Chapterwise Reference Book</i>	<i>Page</i>
1.	Introduction to Psychology	1
2.	Sensation and Perception	22
3.	Learning	44
4.	Memory	59
5.	Motivation	73

<i>S.No.</i>	<i>Chapterwise Reference Book</i>	<i>Page</i>
6.	Emotions	88
7.	Personality	101
8.	Intelligence	122
◆	Guidelines for practical	137



**Sample Preview
of the
Solved
Sample Question
Papers**

Published by:



**NEERAJ
PUBLICATIONS**

www.neerajbooks.com

QUESTION PAPER

June – 2023

(Solved)

FOUNDATIONS OF PSYCHOLOGY

B.P.C.C-131

Time: 2 Hours]

[Maximum Marks: 50

Note: Attempt any five questions. Answer at least two questions from each Section. All questions carry equal marks.

SECTION–A

Q. 1. Define Psychology. Discuss the main schools of thought in Psychology.

Ans. Ref.: See Chapter-1, Page No. 1, 'Definition of Psychology' and Page No. 8, Q. No. 3.

Q. 2. Write short notes on the following:

(a) Bandura's social learning theory.

Ans. Ref.: See Chapter-3, Page No. 48, 'Bandura's Social Learning Theory'.

(b) Cognitive learning.

Ans. Ref.: See Chapter-3, Page No. 49, 'Cognitive Learning'.

Q. 3. Explain the concept of intelligence. Discuss the nature-nurture debate in intelligence.

Ans. Ref.: See Chapter-8, Page No. 122, 'Concept and Definition of Intelligence'.

Q. 4. Describe any two theories of memory.

Ans. Ref.: See Chapter-4, Page No. 59, 'Theories or Models of Memory'.

SECTION-B

Q. 5. Write short notes on the following:

(a) Types of emotions.

Ans. Ref.: See Chapter-6, Page No. 89, 'Types of Emotions'.

(b) Components of emotional process.

Ans. Ref.: See Chapter-6, Page No. 90, 'Components of Emotional Process'.

Q. 6. Discuss the prominent theories postulated by the Neo-Freudians.

Ans. Ref.: See Chapter-7, Page No. 104, 'The Neo-Freudians: Followers and Defectors of Freud'.

Q. 7. What is Perception? Discuss the main factors affecting perception.

Ans. Ref.: See Chapter-2, Page No. 25, 'Perception: Nature and Scope' and Page No. 29, 'Factors Affecting Perception'.

Q. 8. Write short notes on the following:

(a) Motivational cycle.

Ans. Ref.: See Chapter-5, Page No. 82, Q. No. 7.

(b) The hierarchical model.

Ans. Ref.: See Chapter-5, Page No. 76, 'The Hierarchical Model'.

■ ■

QUESTION PAPER

December – 2022

(Solved)

FOUNDATIONS OF PSYCHOLOGY

B.P.C.C-131

Time: 2 Hours]

[Maximum Marks: 50

Note: Attempt any five questions. Answer at least two questions from each Section. All questions carry equal marks.

SECTION-A

Q. 1. Why is psychology considered a science? Discuss any two modern schools of thought in psychology.

Ans. Ref.: See Chapter-1, Page No. 1, 'Psychology as a Science' and Page No. 8, Q. No. 3.

Q. 2. Differentiate between sensation and perception. Explain the laws of Perceptual Organization.

Ans. Ref.: See Chapter-2, Page No. 35, Q. No. 4 and Q. No. 5.

Q. 3. Define learning. Explain principles of classical conditioning.

Ans. Ref.: See Chapter-3, Page No. 44, 'Nature of Learning' and Page No. 46, 'Principles of Classical Conditioning'.

Q. 4. Write short notes on the following:

(a) Cognitive learning.

Ans. Ref.: See Chapter-3, Page No. 49, 'Cognitive Learning'.

(b) Correlation method in psychological research.

Ans. Ref.: See Chapter-1, Page No. 7, 'Correlational Method'.

SECTION-II

Q. 5. Explain motivation and its types.

Ans. Ref.: See Chapter-5, Page No. 73, 'Motivation: Concept', 'Nature of Motivation and Page No. 7, 'Types of Motivation'.

Q. 6. Define personality. Elucidate the key concepts of Freud's Personality theory.

Ans. Ref.: See Chapter-7, Page No. 101, 'Definition and Nature of Personality' and Page No. 102, 'Freud's Personality Theory'.

Q. 7. Differentiate between conflict and frustration. Explain the main types of conflict with suitable examples.

Ans. Ref.: See Chapter-5, Page No. 76, 'Frustration and Conflict'.

Q. 8. Explain non-cognitive intelligence. Discuss Gardner's Theory of Intelligence.

Ans. Ref.: See Chapter-8, Page No. 125, 'Theory of Integral Intelligence', Page No. 127, Q. No. 6, and Page No. 124, 'Gardner's Theory of Intelligence'.

■ ■

Sample Preview of The Chapter

Published by:



**NEERAJ
PUBLICATIONS**

www.neerajbooks.com

FOUNDATIONS OF PSYCHOLOGY

Introduction to Psychology



INTRODUCTION

The term psychology is derived from Greek words “psyche” (soul) and “logos” (knowledge). It implies that psychology is the study of soul. Psychologists however prefer to use mind instead of soul. The word ‘psychology’ (Psychologia in Latin) dates back to 16th century, but was popularized in German by philosopher Christian Worff in the early 18th century. Herbert Spencer, who published the first volume of his Principles of Psychology in 1870, was one of the most influential early users of the term in English. Today, psychology has been a part of everyday lives. In this chapter, we will know about the origin of psychology, what psychology is all about and different approaches applied by psychologists to understand human behaviour.

CHAPTER AT A GLANCE

DEFINITION OF PSYCHOLOGY

Psychology has a vast scope. It has been defined differently. The most accepted definition however today is psychology is the science of behaviour and mental processes. This definition has three parts.

Firstly, psychology is a science. It means it systematically tries to gather data by carefully observing and recording events or behaviours of humans and animals under controlled experimental conditions. It also implies that the measurement of behaviour is as objective as possible in psychology. The knowledge gained with the help of experiments and other methods of observation is then applied to solve problems in real life.

Secondly, the term behaviour implies overt actions and reactions. Human and animal actions, thoughts, emotions, attitudes, etc can be recorded.

Lastly, the term mental processes implies all the covert or internal processes like thinking, feeling and remembering.

Thus, psychology is a science that seeks to understand and predict human and animal behaviour.

PSYCHOLOGY AS A SCIENCE

Psychology originated from merging of physiology, a branch of biology (natural science), and epistemology, a branch of philosophy. Epistemology is derived from Greek words episteme means knowledge and logos means discourse. The ancient Greek philosophers inquired into how human beings know the world. The conceptual foundations of psychology are found in philosophy. In the beginning, psychology was a synthesis of physics, physiology and mental philosophy and the psychological research was limited to mind-body-physical relationships. Later, with the growth in the discipline, social, cultural and interpersonal problems of human behaviour were included. Darwin’s theory of evolution, Newton’s conceptualization of physical laws and Mendeleev’s Periodic Table of Elements strengthened the psychological research.

There are different views on whether psychology should be a part of natural sciences or social sciences. Psychology is considered a natural science because the main assumptions taken are natural monism, operationism and determinism. In natural monism, also known as reductionism, a theory or a phenomenon is reduced or simplified to its simplest part. Operationism means validity of the finding depends on the validity of the procedures employed in arriving at that finding. Determinism means all actions are subject to natural laws and must be explained in terms of causative factors in individual’s heredity and environment.

Psychology is considered a social science because the researcher uses experiments, follows all precautions

2 / NEERAJ : FOUNDATIONS OF PSYCHOLOGY

of scientific observation and control and interprets the results with the help of quantitative or statistical techniques. There are no assumptions in designing experiments or studies as well as in interpreting data.

Thus, psychologists studies human and animal behavior very carefully in a systematic manner. They adopt an empirical approach and gather information by doing experiments and observations, analyses and interpret data within a framework that may be replicated and verified.

Nomothetic and Idiographic Approach

Psychologists use this approach to describe their aims, procedures and theoretical orientation.

With nomothetic approach, they seek to develop general laws and principles governing mental and behavioural processes. They take a number of participants as a representative sample of the population and after collecting data and they carefully conduct analysis and get inferences and generalizations from the experiment.

With the idiographic approach, they aim to understand a particular individual or event. The inquiry is focused on the person because this approach emphasizes that each individual is unique and must be understood in terms of his or her psychosocial environment.

ORIGIN AND DEVELOPMENT OF PSYCHOLOGY

Psychology has a short history but a long past, says Hermann Ebbinghaus over a century ago. Psychology was a part of philosophy. It became an independent discipline about 138 years ago.

Greek philosophers Socrates (428-348 BCE), Plato (428-347 BCE) and Aristotle (384-322 BCE) tried to explain human mind and its relationship to the physical body as early as 4 BCE. Socrates famous thought 'know thyself' refers to self and personal reflection. French philosopher René Descartes (1596-1650) believed pineal gland (body physiology) as the 'Seat of the Soul', where all thoughts develop.

German physiologist Gustav Theodor Fechner (1801-1887) was one of the first scientists to study psychological processes. He studied psychophysics, a branch of psychology. Wilhelm Wundt (1832-1920) established the first laboratory in 1879 in Leipzig. Wundt's student, G. Stanley Hall (1844-1924) established the first formal psychology laboratory in John Hopkins University in USA in 1883. In 1892, American Psychological Association (APA) was formed and Hall became its first president. William

James (1842-1910) wrote the first textbook on psychology known as "*The Principles of Psychology*".

In the beginning, psychologists had an empirical approach to understand thinking, attention and imagery. They conducted experiments to study the mind and mental experiences. Some schools of thought with different viewpoints are discussed below:

(i) Structuralism: This school of thought believed that consciousness could be broken into thoughts, experiences, emotions and other basic elements. The main focus is on analyzing the basic structures of the human mind. Wilhelm Wundt and Edward Titchener (Wundt's student) are associated with structuralism. They believed in objective introspection, which means examining and measuring one's subjective experience objectively. Objectivity means unbiased approach and this was the first attempt to bring objectivity and measurement in psychology.

Edward B. Titchener (1867-1927) focused on studying the structure of the mind. They took an active interest in knowing the elements of consciousness. Structuralism faded out in 1900s.

(ii) Functionalism: Strongly influenced by Darwin's theory of natural selection, John Dewey (1859-1952) developed functionalism. This school of thought focused on the study of the functions of mind and behavior such as learning, memory, problem-solving and motivation. William James (1842-1910) also contributed to this school of thought. James was concerned on how the mind allows people to function in the real world. James set up psychology laboratory at Harvard University.

(iii) Gestalt Psychology: In 1912, Max Wertheimer (1880-1943), Kurt Koffka (1886-1941) and Wolfgang Kohler (1887-1967) were the founders of this school of thought. They conducted experiments to study sensations to know how the mind functions. They studied the notion of sensory experience and the mind by applying the principles of organization to human behaviour.

(iv) Behaviourism: John B. Watson (1879-1958) and Burrhus Fredrick Skinner (1904-1990) disregarded mind as the matter of study and believed in the study of observable forms of behaviour and activities of animals or humans. Watson emphasized on conditioned responses, learned behaviour and animal behaviour. Ivan Petrovich Pavlov (1849-1936) demonstrated that stimuli other than food, may produce salivation and this led him to study conditioned reflex in detail. Pavlov won the Nobel Prize in 1904 for his studies of digestion.

(v) Psychoanalysis: Sigmund Freud (1856-1938) founded the theory of psychoanalysis. He believed that unconscious motivation plays an important role in nervous disorders and stressed the importance of early childhood experiences in personality development. He believed that urges and drives are expressed in behavior and thought. He studied the role of unconscious thoughts, memories and feelings. In psychoanalysis, the unconscious thoughts and memories were revealed through free-talk and dream interpretation. This theory influenced psychologists like Carl Jung (1875-1961), Alfred Adler (1870-1937), Karen Horney (1855-1952) and Erik Erikson (1902-1994). They were called Neo-Feudians and their approach was called psychodynamic approach.

(vi) Humanistic Perspective: Abraham Maslow (1908-1970) and Carl Rogers (1902-1987) were founders of this perspective. They focused on people's ability to direct their own lives, free-will, freedom to choose one's destiny, strive for self-actualization, and achievement of one's own potential.

(vii) Cognitive Perspective: German psychologist Hermann Ebbinghaus (1850-1909) was the main contributor of this thought. He started the study on memory by investigating the formation of associations by learning serial lists of non-sense syllables. Another main contributor, English psychologist Sir Frederic Bartlett (1886-1969) studied the cognitive and social processes of remembering. This approach became popular in 1960s and focused on memory, intelligence, language, problem-solving and decision-making.

(viii) Socio-cultural Perspective: This school of thought focused on social and cultural factors that influence behavior. They talked about different influences of environment, social norms, class differences, ethnic identity. Socio-cultural psychologists believed that norms of western cultures are primarily towards individualism and norms from east Asian cultures are primarily oriented towards collectivism or interdependence. Social psychologist Leon Festinger (1919-1989) proposed cognitive dissonance theory. He stated that a person is aware at some level if she or he acts inconsistent with her or his belief, attitude or opinion.

(ix) Biological Perspective: In this approach, psychologists study the biological bases of behaviour and mental processes. They focus on the biological causes of behaviour such as the nervous system, hormones, brain chemicals and glandular system.

(x) Evolutionary Perspective: Inspired by Charles Darwin's theory of natural selection, evolutionary psychologists believe that the behavioural predispositions or tendencies like aggression is determined by genes and which is transferred from one generation to the next.

Darwin proposed the theory of evolution which involves three basic components, namely, variation, inheritance and selection. In evolutionary perspective, psychologists examine behaviour in different species, which may be influenced by evolution. They also study sociocultural factors that could have led to the actual behaviours. David Buss is one of the founders of this theory.

Table: Important Schools of Psychology

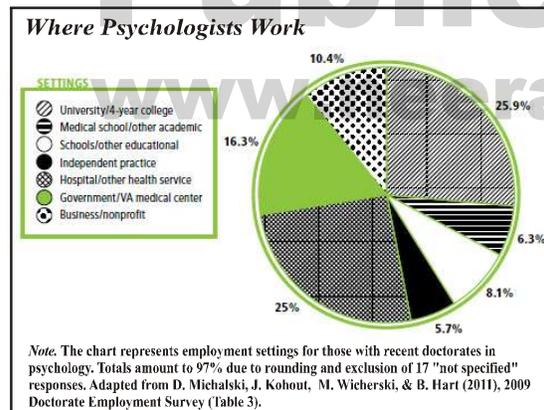
Schools of Psychology	Main Idea	Main Proponents
Structuralism	Study the basic elements or 'Structures' of psychological experience with the help of 'Introspection'	Wilhelm Wundt, Edward B. Titchener
Functionalism	Study how the mind allows the people to function in the real world	William James
Psychoanalysis	Study unconscious thoughts, feelings, memories and early childhood experiences to know the behaviour	Sigmund Freud
Gestalt	Study perception and sensation, They believe is 'The whole is greater than sum of its parts'	Max Wertheimer, Kurt Koffka, Wolfgang Kohler
Behaviourism	Focus is on observable behaviour only	Ivan Pavlov, John B. Watson, B. F. Skinner

4 / NEERAJ : FOUNDATIONS OF PSYCHOLOGY

Schools of Psychology	Main Idea	Main Proponents
Humanistic	Study self-actualization and freewill	Abraham Maslow, Carl Rogers
Cognitive	Study mental processes such as perception, thinking, memory and decision-making	Hermann Ebbinghaus, Sir Frederic Bartlett, Jean Piaget
Socio-cultural	Study the social situations and the cultures in which people find themselves, influence thinking and behaviour	Fritz Heider, Leon Festinger, Stanley Schachter
Biological	Study the factors affecting behaviour such as genetic influence, hormones and neural mechanism	Charles Darwin, E.Wilson, J.M.Harlow
Evolutionary	Study evolutionary origin of behaviour	David M.Buss, D. Singh

SUB-FIELDS OF PSYCHOLOGY

Psychologist, psychiatrist and a psychiatric social worker have different roles. A psychologist has a doctorate degree in psychology and works in a particular vocational setting or a career. A psychiatrist has a medical degree in psychiatry and makes diagnosis and treats patients of psychological disorders. A psychiatric social worker has a Master's degree in the area and work for people with psychological disorder. Psychologists study different patterns of behaviours and how external and internal factors influence the mind and behaviour.



Different sub-fields of psychology are discussed below:

Cognitive Psychology: This field deals with mental processes such as attention, language use, memory, perception, problem solving, creativity and thinking.

Clinical Psychology: It makes assessment, diagnosis and treat mental disorders. Clinical

psychologists work in mental hospitals, schools, private practice, research and teaching.

Counselling Psychology: Counselling psychologists counsel people having milder emotional or personal problems. They use various assessment tools such as tests or interviews to assess a person. They also help people having family problems or marital problems.

Environmental Psychology: The focus is on human-environment interrelationship. Psychological principles are applied to improve interaction among people and for sustainable living.

School Psychology: School psychologists work with school children, teachers, parents and school administration. They provide counseling and guidance. They diagnose and counsel students those who have difficulties.

Educational Psychology: This field deals with the psychology of teaching. Educational psychologists deal with more general kind of problems that are not of immediate concern. They guide students to improve their efficiency in learning.

Experimental Psychology: This field is concerned with the study of different facets of behaviour like, learning, memory and perception. They use controlled experiments in the laboratory or the field to understand the basis of behavior and thought and try to develop certain modification techniques on the basis of their research findings.

Physiological Psychology: The field examines the relation between brain and behaviour in humans and animals. The psychologists use invasive and non-invasive techniques to study the biological basis of behaviour. They study the impact of nervous system and glandular system on behaviour.