

SOCW-503

1	Title	Introduction to Psychology												
2	Semester	5 th												
3	Code	SOCW-503												
4	Rating	03 Credit Hours												
5	Introduction	The course is designed to give the students background knowledge of the stages of normal growth of an individual. The concept of psychosocial development and the psychological dynamics that influence his life patterns with special emphasis on some basic assumptions about human behavior and motivation due emphasis is also given on the environmental influences and the role of significant people responsible for the socialization of the individual. It further gives an insight to the students about the development and functioning of human mind. Its adoptive patterns and mechanisms of defense of ego and the proper ways through which these can be resolved.												
6	Objectives	<ol style="list-style-type: none"> 1. To give the students' knowledge about patterns and dynamics of human growth and development. 2. To study the concept of psychosocial development of human being while highlighting the factors that influence and are cause and consequences of normal structure of the personality development in this context. 3. To give insight about the psychological dynamics of problems at different age level. 												
7	Contents	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Week</th> <th style="text-align: center;">Contents</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Week 1-2</td> <td>First-hand information and understanding about human being as subject matter for social development in persuasion of the cause of Social Welfare.</td> </tr> <tr> <td style="text-align: center;">Week 3</td> <td>How knowledge of Psychology is helpful for a Social Worker <ul style="list-style-type: none"> • Justification on different grounds in context of practice of Social Work </td> </tr> <tr> <td style="text-align: center;">Week 4-5-6</td> <td>Human Growth and Development <ul style="list-style-type: none"> • As process meaning concept • Nature of Human Growth • Types of the changes as constituents of Growth as process • Factors which influence Human Growth as process • Phases/Periods of Human Growth and Development • Principles of Human Growth and Development • Nature vs Nurture </td> </tr> <tr> <td style="text-align: center;">Week 7-8</td> <td>Human Behaviour <ul style="list-style-type: none"> • Concept of Human Behaviour • Forces/Factors involved • Basic assumptions about Human Behaviour </td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>	Week	Contents	Week 1-2	First-hand information and understanding about human being as subject matter for social development in persuasion of the cause of Social Welfare.	Week 3	How knowledge of Psychology is helpful for a Social Worker <ul style="list-style-type: none"> • Justification on different grounds in context of practice of Social Work 	Week 4-5-6	Human Growth and Development <ul style="list-style-type: none"> • As process meaning concept • Nature of Human Growth • Types of the changes as constituents of Growth as process • Factors which influence Human Growth as process • Phases/Periods of Human Growth and Development • Principles of Human Growth and Development • Nature vs Nurture 	Week 7-8	Human Behaviour <ul style="list-style-type: none"> • Concept of Human Behaviour • Forces/Factors involved • Basic assumptions about Human Behaviour 		
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		Week 9	Mid-Term Exam
		Week 10-11-12	Modern Theories of Personality <ul style="list-style-type: none"> • Theory presented by Sigmond Freud • Theory presented by Erick Erickson
		Week 13-14	Defense Mechanisms of the Ego. <ul style="list-style-type: none"> • Meaning, concept and utility of various defense mechanisms • Emergence of a defense mechanisms • Type/nature, manifestations and resolving of different mechanisms • Study of different defense mechanisms being adopted at different age level both in male and female
		Week 15	Mental Illness. <ul style="list-style-type: none"> • Introduction • Nature, causes, symptoms
		Week 16-17	Mental Illness <ul style="list-style-type: none"> • Kinds/Types of Mental Illness • Neurosis • Nature, causes, symptoms • Forms of Neurosis • Psychosis • Nature, causes, symptoms • Forms of Psychosis
		Week 18	Final Term Exam
8	Outcome	The aim of the course is to enable the graduates of social work not only comprehend the personality structure of their client both in capacity of case worker and community worker, but also interpret the personality dynamics both normal and abnormal of the client while working as team member in psychiatric settings.	
9	Recommended Books / Reference	Bogin, B. (Ed.). (2012). <i>Human growth and development</i> . New York: Academic Press. Carver, C. S., & Scheier, M. F. (2012). <i>Attention and self-regulation: A control-theory approach to human behavior</i> . New Jersey: Springer Science & Business Media. Cheung, Y. B. (2013). <i>Statistical Analysis of Human Growth and Development</i> . New York: CRC Press. Davidoff, L. L. (2000). <i>Introduction to psychology</i> . New York: Mcgraw Hill Company. Ewen, R., & Ewen, R. B. (2014). <i>An introduction to theories of personality</i> . London:	

Psychology Press.

Engler, B. (2002). *Theories of Personality development*. London: Macgraw Hill Company.

Eysenck, H. J., & Rachman, S. (2013). *The Causes and Cures of Neurosis (Psychology Revivals): An introduction to modern behavior therapy based on learning theory and the principles of conditioning*. London: Routledge.

Greene, R. (2017). *Human behavior theory and social work practice*. London: Routledge.

Hogan, R., & Smither, R. (2001). *Personality: Theories and applications*. New York: Westview Press.

Kelly, G. (2002). *The psychology of personal constructs: Volume one: Theory and personality*. London: Routledge.

Kinnunen, J., & Lofgren, H. (2013). *Infrastructure for Growth and Human Development in Pakistan: A Simulation Analysis of Fiscal Policy Options*. The World Bank.

Link, B. G., Yang, L. H., Phelan, J. C., & Collins, P. Y. (2004). Measuring mental illness stigma. *Schizophrenia bulletin*, 30(3), 511-541.

Magnavita, J. J. (2002). *Theories of personality: Contemporary approaches to the science of personality*. New Jersey: John Wiley & Sons Inc.

Millon, T., Millon, C. M., Meagher, S. E., Grossman, S. D., & Ramnath, R.

(2012). *Personality disorders in modern life*. John Wiley & Sons. Neff, W. (2017). *Work and human behavior*. London: Routledge.

Pellitteri, J. (2002). The relationship between emotional intelligence and ego defense mechanisms. *The Journal of psychology*, 136(2), 182-194.

Ranis, G., Stewart, F., & Ramirez, A. (2000). Economic growth and human development. *World development*, 28(2), 197-219.

		<p>Sudbery, J. (2009). <i>Human Growth and Development: An Introduction for Social Workers</i>. London: Routledge.</p> <p>Utsey, S. O., & Gernat, C. A. (2002). White racial identity attitudes and the ego defense mechanisms used by White counselor trainees in racially provocative counseling situations. <i>Journal of Counseling & Development, 80</i>(4), 475-483. Cambridge: Cambridge University Press.</p>
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Assessment Criteria

Requirements	
Assignments/Quizzes/Project/Case Study/Team Presentations	
Mid-Term Exam	
Final Term Exam	