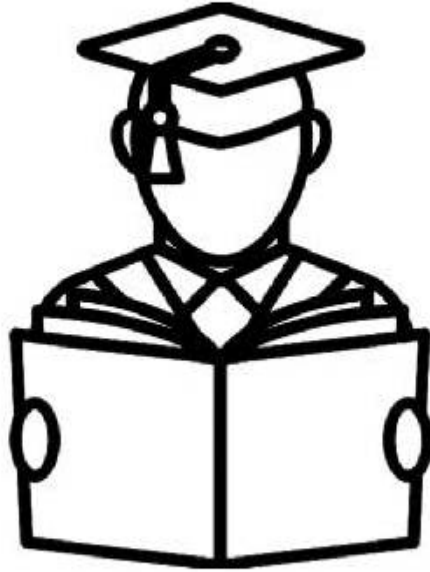


# चौधरी PHOTOSTAT

*"I don't love studying. I hate studying. I like learning. Learning is beautiful."*



*"An investment in knowledge pays the best interest."*

Hi, My Name is

Psychology

UGC NET

## Unit I: Individual Differences

- Psychological Tests
- Reliability and Validity
- Construction of tests
- Uses and misuses of  $\Psi$ cal tests
- Ethical issues and Limitations
- Types of  $\Psi$ cal tests
- Objectives of  $\Psi$ cal tests.

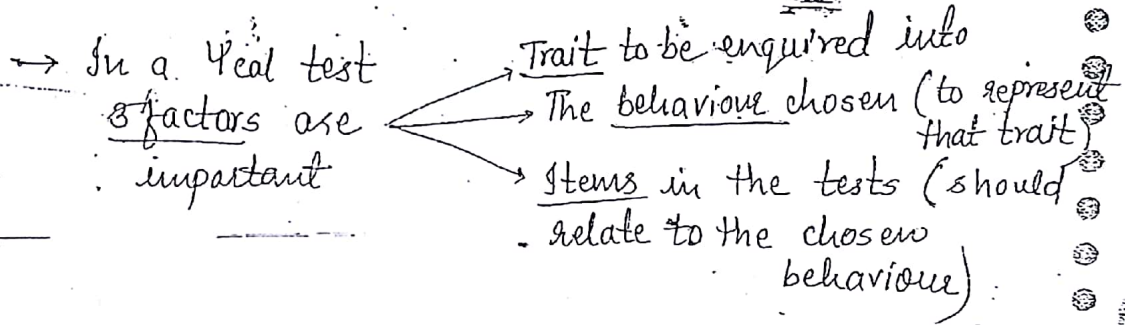
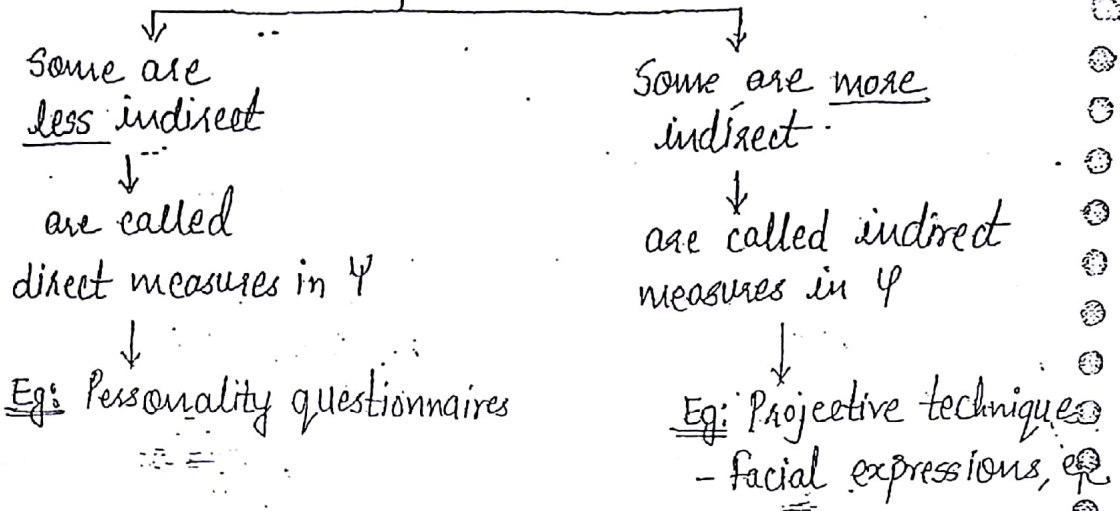
"Psychological test is a set of items designed to measure the characteristics of human-beings that pertain to behaviour."

— "A  $\Psi$ cal test is a systematic procedure for observing a person's behaviour and describing it with the aid of numerical scales of fixed categories."

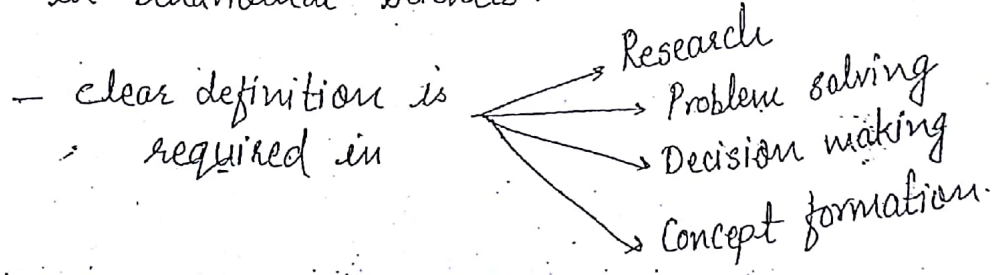
Anne Anastasi — "A  $\Psi$ cal test is an objective and standardised measure of a sample of behaviour."

Psychological measures are always indirect; they thrive on arbitrary zero. Physical measures can be measured directly (eg height) — they start with zero; but not the  $\Psi$ cal measures. Indirect means an attribute can be measured only through behaviour.  
(conscious or unconscious)

# Indirect Psychological measures



→ Definition of the trait or behaviour to be enquired into should be 'operational' - i.e. clearly quantifiable. This is a challenge in behavioural sciences.



- one cannot take appropriate decisions because we focus on the 'figure' and not the 'ground'.

The more objective our definition is, i.e. when

## RESEARCH METHODS

### Regression and Correlation :

Regression is about the prediction or the estimation of an equation, i.e. a mathematical formula that relates the known variables to the unknown variables.

Regression analysis is of 2 types :

① Simple Regression & ② Multiple regression.

① Simple regression analysis is about the estimation of dependent variable (y) in the light of [1 IV].

② Multiple regression analysis is about estimation of DV in the light of more than one IVs.

The term regression was first used as a statistical concept in 1877 by Sir Francis Galton. He made a study that demonstrated that height of children born to tall parents will tend to move back or regress towards the mean height of population. He designated the word 'regression' as the name of general process of predicting one variable (height of children) from another variable (height of the parents). Later

statisticians coined the term multiple regression to describe the process by which several variables are used to predict one variable.

Correlation, on the other hand, talks of a simultaneous variation between two or more

Variables is when changes in one variable are associated or followed by changes in the other variable. If an increase (or a decrease) in value of one variable corresponds to an increase (or decrease) in the other variable; the correlation is positive and vice versa the correlation is -ve both the variables.

Eg: Rainfall  $\longrightarrow$  Output of crop  
 (simple regression) (IV) (DV)

Here, other variables (multiple regression)  $\left\{ \begin{array}{l} \text{Fertilizers} \\ \text{seeds} \\ \text{soil health} \\ \text{sunlight, etc.} \end{array} \right.$

For a subject to be scientific:

- ① Description
- ② Explanation
- ③ Prediction
- ④ Control

- correlation between IV & DV

Carl Pearson turned to statistics

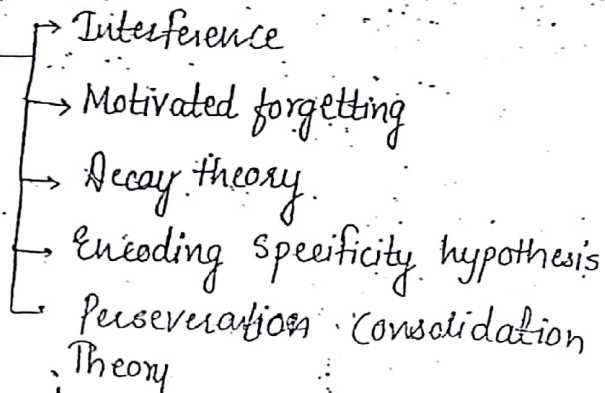
out of his interest to explain the concept of correlation & regression. He was heavily influenced by Sir Francis Galton. Pearson saw in Galton's ideas of correlation a way to make fields such as  $\Psi$ , anthropology & sociology as scientific as physics and chemistry.

Pearson hoped to bypass the issue of causation through the use of the broader category of correlation. For Pearson, no phenomena are causal and all problems before us is about measuring the degree of correlation, association

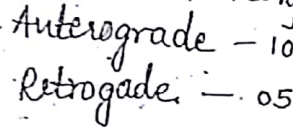
# Memory

① Forgetting - 25 M

② Theories of forgetting  
(is natural)



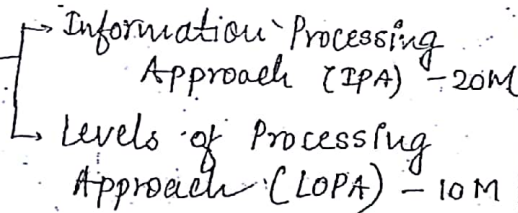
③ Amnesia  
(is pathological)  
some brain  
damage occurs



④ Remembrance - Metamemory - 20 M

⑤ Mnemonics - 10 M  
(memory aiding  
cues)

⑥ Theories of remembering



⑦ Encoding - 10 M

⑧ Storage & Retrieval - 10 M

⑨ Working Memory - 20 M

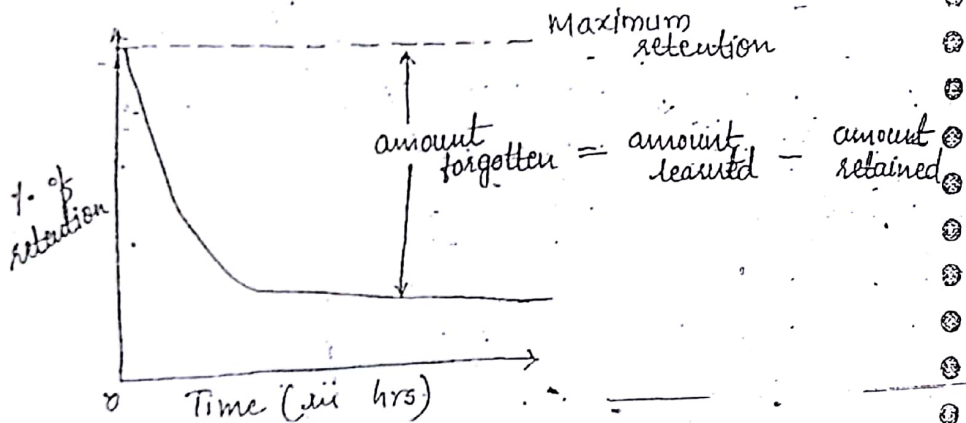
⑩ Factors influencing remembering & forgetting

⑪ Iconic and Echoic memories - part of sensory memory - 10 M

## Forgetting

Def'n:

- "Partial or complete
- loss of information already stored in the LTM."
- or "Loss of previously learned information"
- always a natural process



Retention is preservation of any experience or learning that makes recall or retention possible.

Classical curve of forgetting  
(by Hermann Ebbinghaus)

From this curve:

- ① Rate of forgetting is decreasing function of time; thereafter stabilises.
- ② All that has been learned is not lost.
- ③ Forgetting is the increasing function of time and thereafter it stabilises.

→ whether it is partial or complete loss of information depends upon how forgetting is measured. If it is measured

## Chapter 1 : Introduction

- Relationship of  $\Psi$  with other branches of knowledge  
- ie meaning & scope.
- Interdisciplinary character of  $\Psi$  (10-20 marks)
- Branches of  $\Psi$
- Historical Antecedents (25 Marks)  
ie pre-history of  $\Psi$
- 21<sup>st</sup> century trends - ie contemporary trends (25 marks)
- Perspectives in  $\Psi$ 
  - Humanistic
  - Psychoanalytical
  - Behaviouristic
  - Cognitive(15 M)
- $\Psi$  as a science (20-25 marks)

### Origin :

Psyche + Logos (Greek words)

ie scientific study of soul ↙ Unmeasurable  
↘ Unobservable

↓  $\Psi$  changed its  
subject matter

it became "sci. study of mind"

↓  
Sci. study of "consciousness"

↓  
Sci. study of "behaviour" → anything that an individual does that can be observed & measured in some way.

Behaviour can be overt or covert

↳ mental processes → ie neuronal processes.



Defn: "Scientific study of behaviour & mental processes."

" $\Psi$  is the scientific study of human & animal behaviour & includes application of the science for solving human problems."

### Growth of $\Psi$

- contributing fields

- Physiology
- Physics
- Philosophy

- emergence of  $\Psi$  as a science can be attributed to certain developments in above disciplines. This resulted in establishing 1<sup>st</sup> laboratory by Wilhem Wundt in 1879.

Though  $\Psi$  owes its emergence from Philosophy, the scientific flavour in  $\Psi$  was introduced by Physiology & Physics.

### $\Psi$ as a Science:

- Body of systematised knowledge gathered by observing & measuring events, is a Science

- Goals of science

- Description
- Understanding
- Observation
- Prediction

} can be done by  
① Observations  
② Measurements

# Personality + Therapeutic Approaches (Paper II)

- Meaning & Scope - 10
- Psychoanalysis - 25
- Psychoanalytical Psychotherapy - 20 M  
(CPPT)
- Horney - 10/15 M
- Adler - 10 M
- Sullivan - 10 M
- Erickson
- Behaviouristic approach } - 10 M
  - Skinner
  - Pavlov
- Behavioural therapy - 25 M
- Social learning / cognitive
  - a) Bandura
  - b) Rotter
- Cognitive therapy - 25 M
- Humanistic Approach - 25 M
  - a) Carl Rogers
  - b) Maslow
- Client-centred Therapy (CCT)
- Developmental Approach - Erikson - 25 M
- Measurement of personality
  - a) problems in measurement - 10
  - b) projective tests - 10
  - c) inventories - 10
- Training for personality development  
(came as ED. dept)
- Big 5 - 10
- Trait & Type - 10

socio-cultural approach  
Neo-Freudian - no independent school

Non-Freudians established a separate school.

## Ecological Approach

- Bronfenbrenner
- EA in perception by Gibson
- its a bottom-up approach
- appln in community

## Constructionism

- In personality
- Kelly
- individual constructionism by Piaget
- social construction by Vygotsky

he also gave theory for attributional errors

## Personality

- comes from Latin word *Persona* i.e. mask
- impression we make on others - earlier defn
  - ↳ manifest/overt factors
- but also consists of covert factor

Allport - "Dynamic orgn within the individual of those psychophysical system that determine his unique adjustment to his env."

"Dynamic orgn within the individual of those psychophysical system that determine his characteristic behaviour & thought."

→ Key words in the defn ::

① Organisation - personality should have synthesis. It emphasises the patterning of independent part of personality structure in a manner that they relate to the whole. It points out to the fact that personality is not just the sum of the traits one added to another; rather different P patterns are held together & influenced by the central core called as the self.

② Dynamic - It implies that personality of an individual will allow for the expression of behaviours which can facilitate individual's adjustment to his env.

Individuality is unique.  
Personality is unique or common.  
Personality is relatively consistent - not-identity crisis.