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UGC NET Paper 2

Psychology (004)
Complete revision notes — all 10 units

10 units | Tables & formulas | Key revision points

01 Emergence of Psychology
02 Research Methodology and Statistics
03 Psychological Testing
04 Biological Basis of Behaviour
05 Attention, Perception, Learning and Memory
06 Thinking, Intelligence and Creativity
07 Personality, Motivation, Emotion and Stress
08 Social Psychology
09 Human Development and Interventions
10 Emerging Areas

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How to use these notes

- Read one unit at a time, then test yourself with its key revision points.
- Make your own short notes on topics you find difficult.
- Units follow the main areas of the official syllabus — the exact unit list can change between sessions.
- Always check the latest syllabus and notices on the official UGC NET portal: **ugcnet.nta.ac.in**.

UNIT 01

Emergence of Psychology

Schools of psychology and their founders.

School	Founder / key figures	Focus
Structuralism	Wundt (first lab, Leipzig 1879), Titchener	Elements of consciousness by introspection
Functionalism	William James	Purpose of consciousness
Behaviourism	Watson (1913), Skinner	Observable behaviour
Psychoanalysis	Freud	Unconscious; id, ego, superego
Gestalt	Wertheimer, Köhler, Koffka	The whole is different from the sum of parts
Humanistic	Maslow, Rogers	Growth, self-actualisation
Cognitive	Neisser (*Cognitive Psychology*, 1967)	Mental processes

★ Key revision points

- First psychology lab: Wundt, Leipzig, 1879.
- Behaviourism founded by Watson (1913).
- Gestalt: whole is different from parts.
- Humanistic = Maslow, Rogers.

UNIT 02

Research Methodology and Statistics

Research designs, variables, sampling and statistical tests in psychology.

- Variables: independent, dependent, extraneous/confounding.
- Designs: experimental (between-groups, within-subjects), quasi-experimental, correlational, case study.
- Statistics: t-test, ANOVA, chi-square, correlation (Pearson, Spearman), regression, factor analysis.
- Ethics: informed consent, debriefing, confidentiality (APA code).

★ Key revision points

- IV is manipulated; DV is measured.
- ANOVA compares more than two groups.
- Factor analysis reduces variables to factors.
- Debriefing follows any deception.

UNIT 03

Psychological Testing

Test construction, reliability, validity, norms and major tests.

Concept	Meaning
Reliability	Consistency — test–retest, split-half, Cronbach's alpha
Validity	Measures what it claims — content, criterion, construct
Norms	Reference scores for interpretation
Standardisation	Uniform administration and scoring

Major tests: Stanford–Binet and Wechsler (WAIS, WISC) for intelligence; MMPI, 16PF (Cattell) for personality; projective tests — Rorschach inkblot, TAT (Murray and Morgan).

★ Key revision points

- Split-half reliability uses two halves of a test.
- TAT = Murray and Morgan.
- 16PF = Cattell.
- Construct validity: does it measure the theoretical trait?

UNIT 04

Biological Basis of Behaviour

Neurons, the nervous system, brain areas and hormones.

- Neuron: dendrites, cell body, axon, synapse; neurotransmitters (dopamine, serotonin, acetylcholine, GABA).
- Nervous system: central (brain, spinal cord) and peripheral (somatic, autonomic — sympathetic 'fight or flight', parasympathetic 'rest and digest').

Brain area	Function
Broca's area	Speech production
Wernicke's area	Language comprehension
Hippocampus	Memory formation
Amygdala	Emotion, fear
Hypothalamus	Hunger, thirst, temperature; controls pituitary
Cerebellum	Balance and coordination

★ Key revision points

- Broca = speech production; Wernicke = comprehension.
- Sympathetic = fight or flight.
- Hippocampus = memory.
- Pituitary = 'master gland'.

UNIT 05

Attention, Perception, Learning and Memory

Attention models, perceptual principles, conditioning and memory models.

- Attention: Broadbent's filter model; Treisman's attenuation; selective and divided attention.
- Perception: Gestalt laws (proximity, similarity, closure, continuity); depth cues; perceptual constancy.
- Learning: classical (Pavlov), operant (Skinner — reinforcement schedules), observational (Bandura).
- Memory: **Atkinson–Shiffrin** multi-store model; working memory (Baddeley and Hitch); Ebbinghaus forgetting curve; interference (proactive, retroactive).

★ Key revision points

- Filter model = Broadbent.
- Multi-store model = Atkinson–Shiffrin.
- Working memory = Baddeley and Hitch.
- Forgetting curve = Ebbinghaus.

UNIT 06

Thinking, Intelligence and Creativity

Problem-solving, reasoning, theories of intelligence and creativity.

Theory	Author
General factor (g)	Spearman
Primary mental abilities	Thurstone
Fluid and crystallised intelligence	Cattell
Structure of intellect	Guilford
Multiple intelligences	Gardner
Triarchic theory	Sternberg

Creativity: divergent thinking (Guilford); stages — preparation, incubation, illumination, verification (Wallas). Heuristics vs algorithms; functional fixedness.

★ **Key revision points**

- Fluid/crystallised = Cattell.
- Divergent thinking = Guilford.
- Four stages of creativity = Wallas.
- Triarchic theory = Sternberg.

UNIT 07

Personality, Motivation, Emotion and Stress

Personality theories, motivation, emotion theories and coping with stress.

- Personality: Freud (psychosexual stages), Jung (collective unconscious), Adler, trait theories (Allport, Cattell, Eysenck, Big Five), Rogers (self-concept).
- Motivation: Maslow's hierarchy; drive reduction (Hull); Yerkes–Dodson law (optimal arousal).

Emotion theory	Claim
James–Lange	Bodily change comes first, then emotion
Cannon–Bard	Bodily change and emotion occur together
Schachter–Singer	Arousal + cognitive label (two-factor)

Stress: Selye's General Adaptation Syndrome — alarm, resistance, exhaustion. Coping: problem-focused vs emotion-focused (Lazarus).

★ Key revision points

- Collective unconscious = Jung.
- GAS = Selye (alarm, resistance, exhaustion).
- Two-factor theory = Schachter–Singer.
- Yerkes–Dodson: performance peaks at moderate arousal.

UNIT 08

Social Psychology

Attitudes, attribution, conformity, obedience, group processes and prejudice.

Study / theory	Researcher	Finding
Cognitive dissonance	Festinger	Discomfort from inconsistent beliefs
Conformity	Asch	Line-judgement experiments
Obedience	Milgram	Obedience to authority
Prison study	Zimbardo	Power of roles (Stanford, 1971)
Fundamental attribution error	Ross	Over-weighting personality over situation
Social facilitation	Zajonc	Presence of others improves simple tasks

★ Key revision points

- Cognitive dissonance = Festinger.
- Conformity = Asch; obedience = Milgram.
- Bystander effect = Latané and Darley.
- Social loafing reduces effort in groups.

UNIT 09

Human Development and Interventions

Developmental theories across the lifespan and psychological interventions.

- Development: Piaget (cognitive), Erikson (psychosocial, 8 stages), Kohlberg (moral), Bowlby and Ainsworth (attachment — 'strange situation').
- Therapies: psychoanalysis, behaviour therapy (systematic desensitisation — Wolpe), CBT (Beck), REBT (Ellis), client-centred therapy (Rogers).
- Classification: DSM-5 (APA) and ICD-11 (WHO).

★ Key revision points

- Strange situation = Ainsworth.
- Systematic desensitisation = Wolpe.
- REBT = Ellis; CBT = Beck.
- Client-centred therapy = Rogers.

UNIT 10

Emerging Areas

Positive psychology, health psychology, organisational and cross-cultural psychology.

- Positive psychology — Martin Seligman; flow — Csikszentmihalyi; PERMA model.
- Health psychology — biopsychosocial model (Engel).
- Organisational psychology — motivation, leadership, work stress.
- Cross-cultural psychology; Indian psychology (concepts of self and consciousness).

★ Key revision points

- Positive psychology = Seligman.
- Flow = Csikszentmihalyi.
- Biopsychosocial model = Engel.
- PERMA: positive emotion, engagement, relationships, meaning, accomplishment.

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