INTRODUCTION TO PSYCHOLOGY (BPCC 101)

Tutor Marked Assignments (TMA)

Course Code: BPCC 101

Assignment Code: Asst /TMA /July2026-Jan27

Total Marks: 100

NOTE: All questions are compulsory.

PART A

Assignment One Answer the following questions in about 500 words each. Each question carries 20 marks.

3 x 20 = 60

1. Describe the nature and scope of psychology.
2. Explain various theories of learning using suitable examples.
3. Discuss the concept and nature of motivation. Explain the major types of motivation.

Assignment Two

Answer the following questions in about 100 words each. Each question carries 5 marks.

8 x 5 = 40

4. Historical development of psychology
5. Factors affecting perception
6. Monocular cues of perception
7. Stages of creative thinking
8. Observational learning
9. Syntax
10. Schedule of reinforcement
11. Working memory

1. Describe the nature and scope of psychology.

Answer

Psychology is the scientific study of behaviour and mental processes. Behaviour includes actions that can be observed, such as speaking, studying, smiling or helping another person. Mental processes include thoughts, feelings, memories, perceptions and decisions that cannot always be seen directly. Psychology tries to understand both what people do and why they do it. For example, if a student becomes anxious before an examination, a psychologist may examine the student's thinking, emotional reactions, past learning and surrounding circumstances rather than treating anxiety as an isolated event.

Nature of psychology

1. A scientific and evidence-based discipline. Psychologists do not depend only on personal opinions or common sense. They develop questions, form hypotheses, collect evidence and examine whether their explanations are supported. Controlled experiments, observation, interviews, surveys, case studies and psychological tests are among their methods. Findings are also checked and improved when new evidence becomes available. Since human behaviour is complex, no single method is suitable for every question.

2. Study of behaviour as well as experience. Earlier schools sometimes emphasised conscious experience or only observable actions. Modern psychology studies both external behaviour and internal activities such as remembering, dreaming, problem-solving and experiencing emotions. Researchers often infer mental processes from performance, verbal reports and carefully designed tasks. A person who forgets instructions, for instance, may be experiencing an attention or memory difficulty even when nothing unusual is visible.

3. Individual and social dimensions. People differ in ability, personality, motivation, development and ways of responding to stress. At the same time, behaviour is influenced by family, friends, social expectations, culture and institutions. Psychology therefore studies individuals within their environments. A learner's achievement may reflect personal effort, teaching methods, opportunities and the encouragement received at home.

4. Biological, psychological and environmental influences. Brain functioning, the nervous system, hormones and inherited tendencies contribute to behaviour. Learning, beliefs, emotions and goals also matter, as do life experiences and social situations. Modern explanations often combine these influences instead of treating nature and nurture as completely separate causes. For example, sleep, stress, confidence and classroom conditions may all affect concentration.