

Content

| Course Code | Course Name | Semester | Theory | Practice | Lab | Credit | ECTS |
|-------------|----------------------------|----------|--------|----------|-----|--------|------|
| SOC103 | Introduction of Psychology | 1 | 3 | 0 | 0 | 3 | 6 |

| | |
|------------------------|--|
| Prerequisites | |
| Admission Requirements | |

| | |
|-------------------------|--|
| Language of Instruction | French |
| Course Type | Compulsory |
| Course Level | Bachelor Degree |
| Objective | Defining the field of study of psychology; addressing the fundamental themes and perspectives. |
| Content | Psychology is a science that aims to understand and explain human behaviour and mental processes. The topics covered in this introductory course are: The field of psychology, the main schools of psychology, perception, consciousness, motivation and mental health. |
| References | <p>Compulsory sources :</p> <p>Alain Lieury, "Panorama des spécialisations de la psychologie" in A. Lieury, Introduction à la psychologie, Paris, Dunod, 2000, pp: 27-55.</p> <p>Alain Lieury, "Histoire de la psychologie" in A. Lieury, Introduction à la psychologie, Paris, Dunod, 2000, pp: 11-25.</p> <p>Alex Mucchielli, « Les paramètres conceptuels de la psychologie psychanalytique » in A. Mucchielli, La nouvelle psychologie, Paris, Puf, 1996 (2ème édition), pp : 11-35.</p> <p>Alfred Adler, « Le complex d'infériorité» in A. Adler, Le sens de la vie, Paris, Editions Payot & Rivages, 2002, pp: 95-112.</p> <p>Carl Ransom Rogers, « Qu'est-ce qu'une 'vie pleine' ? Le plein fonctionnement de la personne : point de vue personnel d'un thérapeute », in C. R. Rogers, Le développement de la personne, InterEditions, Paris, 2005, pp : 129-140.</p> <p>Tzvetan Todorov, « Sous le regard des autres », Sciences Humaines, Numéro 131, Octobre 2002, pp : 22-27.</p> <p>Alain Lieury, "La perception du monde" in A. Lieury, Introduction à la psychologie, Paris, Dunod, 2000, pp: 57-71.</p> <p>Karen Huffman, Mark Vernoy, Judith Vernoy, « Le sommeil et le rêve », in K. Huffman et al., « Psychologie en direct », Mont-Royal, Modulo Editeur, 2000 (2ème édition), pp. 183-197.</p> <p>Alain Lieury, "Motivation et personnalité" in A. Lieury, Introduction à la psychologie, Paris, Dunod, 2000, pp: 101-107.</p> <p>Bernard Brusset, "Les psychothérapies non psychanalytiques", in B. Brusset, Les psychotérapies", Paris, Puf, 2005 (2ème édition), pp : 57-115.</p> <p>Additional sources:</p> <ul style="list-style-type: none"> - F. Askevis-Leherpeux, C. Baruch et A. Cartron, Précis de psychologie, Paris, Nathan, 2000 (2ème édition), 157p. - Maurice Reuchlin, Psychologie, Paris, PUF Fondamental, 2002 (15ème édition), 680p. - Doğan Cüceloğlu, İnsan ve Davranşı, Psikolojinin Temel Kavramları, İstanbul, Remzi Kitabevi, 1992 (3. |

basım), 591s.

- Rita L. Atkinson, Richard C. Atkinson, Edward E. Smith et al., Psikolojiye Giriş (Hilgard's Introduction to Psychology, 42th edition), Çev. Yavuz Alogen, Ankara, Arkadaş Yayınevi, 3. Baskı, 790s.

Theory Topics

| Week | Weekly Contents |
|------|---|
| 1 | Introductory lecture: Presentation of the course (themes, how it works, etc.); Why will we study psychology (in general and in sociology)? |
| 2 | Understanding psychology : Fields of psychology, Research methods in psychology, Ethics in psychology |
| 3 | Psychological theories I: Birth of scientific psychology: Structuralism, Functionalism, Gestalt, Psychoanalytical approach, Behavioural approach, Humanist approach, Cognitive approach, Psychobiological approach and New approaches |
| 4 | Psychological theories I (continued) |
| 5 | Psychological theories II: Psychoanalytical approach |
| 6 | Psychological theories III: Defence mechanisms; Evaluation of the psychoanalytical approach |
| 7 | Psychological theories IV: Humanist approach: contribution of Carl Ransom Rogers |
| 8 | Psychological theories V: Humanistic approach: Abraham Maslow's contribution; Evaluation of the humanistic approach |
| 9 | Partial examination |
| 10 | Perception: Sensation and Perception; Selection; Organisation; Interpretation |
| 11 | Consciousness: Levels of consciousness; Sleep, Dream; Consciousness and culture |
| 12 | Motivation: What is motivation; General theories of motivation (biological theories, psychosocial theories) |
| 13 | Health psychology: Mental health (normality and abnormality, mental disorders, types of psychotherapy); Stress and health |
| 14 | Health psychology (continued); New perspectives; General assessment |

