

**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 complexe d'infériorité» in A. Adler, Le sens de la vie, Paris, Editions Payot &amp; 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"> <li>- F. Askevis-Leherpeux, C. Baruch et A. Cartron, Précis de psychologie, Paris, Nathan, 2000 (2ème édition), 157p.</li> <li>- Maurice Reuchlin, Psychologie, Paris, PUF Fondamental, 2002 (15ème édition), 680p.</li> <li>- Doğan Cüceloğlu, İnsan ve Davranış, Psikolojinin Temel Kavramları, İstanbul, Remzi Kitabevi, 1992 (3. basım), 591s.</li> <li>- Rita L. Atkinson, Richard C. Atkinson, Edward E. Smith et al., Psikolojiye Giriş (Hilgard's Introduction to Psychology, 42th edition), Çev. Yavuz Alogan, Ankara, Arkadaş Yayınevi, 3. Baskı, 790s.</li> </ul>
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### 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

Week	Weekly Contents
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