

Processes of Human Empowerment

Introduction:

Human empowerment is ultimately an individual condition of gaining the power to control and modulate changes in one's own life those are considered important to one's identity and adjustment. The purpose of the course is to introduce to the students the basics of human empowerment and how the empowerment processes are strengthened and improved.

Course Outcomes:

- To help students gain ideas about intelligence and personality as foundations of human empowerment.
- To make students understand how motivation and emotion are empowering processes to human development.

Unit I: Intelligence

- Concept of Intelligence, Role of Heredity and Environment in Intelligence, Theories of Gardner, Sternberg and PASS Model
- Measuring Intelligence: Intelligence tests (individual and group) Interpretation of test score, Cross-cultural issues in testing intelligence.

Learning Outcomes

- Know the structural components and functional dynamics of intelligence.

Unit II: Personality

- (i) Personality-Freud's theory, Humanistic (Carl Rogers') theory & Social Cognitive theory
- (ii) Personality-Trait and type approach, Psychometric and Projective assessment.

Learning Outcomes

- Gain knowledge regarding different perspectives of human personality.

Unit III: Motivation and Emotion

- Concept of Motivation- needs, drive, incentive and goal, types of motives; Drive reduction and Arousal theory in motivation, and Vroom's Expectancy theory.
- Concept of Emotion, Emotions and feeling – bodily changes in emotions; Theories of emotion: James-Lange, Cannon-Bard, & Schachter- Singer theory

Learning Outcomes

- Understand the significance of emotion and motivation in behavior management.

Unit IV: Practical

- (i) Intelligence test- To test the non-verbal intelligence of two college students using Raven's Standard Progressive Matrices
- (ii) Personality Type- To assess the personality type of a student obtaining responses from the student and two other significant persons in his /her life by using Glazer's test of Personality Type

Text Books:

- ✓ *Baron, R.A.(1995). Psychology-The Essential Science, Pearson Education Company of India Pvt. Ltd.*
- ✓ *Gerrig, R.J. & Zimbardo, P.G. (2010). Psychology and Life (19th Ed.). Delhi: Allyn & Bacon*
- ✓ *Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.*

Reference Books:

- ✓ *Ciccarelli, S.K. & White, J.N. (2018). Psychology. Pearson India.*
- ✓ *Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). Introduction to psychology (7th edition) Bombay: Tata-McGraw Hill.*
- ✓ *Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata-McGraw Hill.*