

UPSC **Psychology** Syllabus 2020 – IAS Mains Optional Subjects

UPSC **Psychology** 2020

Check out the latest [UPSC mains](#) **Psychology** Syllabus 2020. **Psychology** subject is one of the optional papers in the UPSC IAS Mains Exam. Earlier we've provided **UPSC Mains Syllabus**, Now we are providing UPSC Mains Optional Subject Syllabus of **Psychology** Paper.

There is only "ONE" optional subject to choose from the list of optional subjects which are given below. It comprises of **two papers** each of 250 marks. So, the optional paper has a total 500 marks. In UPSC Civil Services Mains Exam **Psychology** is one of the Optional Subjects and consists of 2 papers. Each paper is of 250 marks with a total of 500 marks. Find below the UPSC **Psychology** syllabus Optional Subject.

UPSC Mains **Psychology** Paper 1 Syllabus

1. Psychology as a science. Origin of experimental psychology (Wundt and James). Methods of Psychology, Pure and applied aspects of Psychology.)
2. Nervous system, Neurone and nerve impulses, Central and autonomic nervous system, Endocrine system.

3. Sensory Processes - Visual sense, Auditory sense, Other Senses.
4. Perceptual process, Perceptual constancies, Organization and perception, Colour and form perception, Depth and movement perception, Role of experience in perception.
5. States of consciousness, Varieties of waking States, Sleeping and dreaming, Hypnotic and drug induced States.
6. Conditioning and learning, Classical conditioning, Operate conditioning, Principles of reinforcement, Phenomena of extinction, discrimination and generalisation.
7. Multiple response learning, Cognitive learning, Learning by modelling.
8. Verbal learning and memory, Input term memory, Long term memory, Forgetting.
9. Nature of motivation, Basic motives and their correlates, Hunger, thrust and sex, psychological changes in emotion. Theories of emotion (James-Lange, Cannon-Bard)
10. Thinking and problem solving, Cannon formation, Language and thinking, Set as a factor in problem solving.
11. Frustration, Reactions to frustration, Defence mechanisms. Defence mechanisms and adjustment.
12. Nature of attitudes, Development of attitudes. Attitude changes. Measurement of attitude.

