

DR. SHYAMA PRASAD MUKHERJEE UNIVERSITY
RANCHI

SYLLABUS FOR B.A. (HONS.) PSYCHOLOGY

**CORE COURSE (CC),
DISCIPLINE SPECIFIC ELECTIVE (DSE),
SKILL ENHANCEMENT COURSES (SEC)
GENERAL ELECTIVE COURSE (GEC) AND
UNDER CHOICE BASED CREDIT SYSTEM OF UGC 2018
ONWARDS**

Approved

S. K. Sinha

(Dr. S. K. Sinha)

Professor, Ex. Head, &

Ex. Dean

Faculty of Social Science

Ranchi University, Ranchi

Chairman-cum-External Subject

Expert



Approved

Azariah Hans

(Dr. AZARIAH HANS.....)

Department of Psychology,

Ranchi University, Ranchi

Member-External Subject

Expert

**APPROVED BY THE DEPARTMENTAL COUNCIL, DEPARTMENT OF
PSYCHOLOGY IN ITS MEETING HELD ON10.5.2018.....**

M. Kujur

Dr. M. Kujur
Department of
Psychology

N. Verma

Mrs. N. Verma
Department of
Psychology

D. Tirkey

Dr. D. Tirkey
Department of
Psychology

A. K. Singh

Dr. A. K. Singh
Department of
Psychology

		Credit	Full Marks	Mid	End	Pass Marks
Sem 1	Core 1	6/4	100/75	25/15	75/60	40/30
	Core 2	6/4	100/75	25/15	75/60	40/30
	*Core Practical 1	4	50		50	20
	Generic Elective 1	6/4	75/100/75		75/100	30/40
	*GE 1 Practical	2	25		25	10
	AECC	2	100/50+50		100/50+50	40/20+20
Sem 2	Core 3	6/4	100/75	25/15	75/60	40/30
	Core 4	6/4	100/75	25/15	75/60	40/30
	*Core Practical 2	4	50		50	20
	Generic Elective 2	6/4	75/100/75		75/100	30/40
	*GE 2 Practical	2	25		25	10
	EVS	2	100		100	40
Sem 3	Core 5	6/4	100/75	25/15	75/60	40/30
	Core 6	6/4	100/75	25/15	75/60	40/30
	Core 7	6/4	100/75	25/15	75/60	40/30
	*Core Practical 3	6	75		75	30
	SEC 1	2/1	100/75		100/75	40/30
	*SEC Practical 1	1	25		25	10
	Generic Elective 3	6/4	75/100		75/100	30/40
	*GE 3 Practical	2	25		25	10
Sem 4	Core 8	6/4	100/75	25/15	75/60	40/30
	Core 9	6/4	100/75	25/15	75/60	40/30
	Core 10	6/4	100/75	25/15	75/60	40/30
	*Core Practical 4	6	75		75	30
	SEC 2	2/1	100/75		100/75	40/30
	*SEC Practical 2	1	25		25	10
	Generic Elective 4	6/4	75/100		75/100	30/40
	*GE 4 Practical	2	25		25	10
Sem 5	Core 11	6/4	100/75	25/15	75/60	40/30
	Core 12	6/4	100/75	25/15	75/60	40/30
	DSE 1	6/4	100/75	25/15	75/60	40/30
	DSE 2	6/4	100/75	25/15	75/60	40/30
	*Practical 5	8	100		100	40
Sem 6	Core 13	6/4	100/75	25/15	75/60	40/30
	Core 14	6/4	100/75	25/15	75/60	40/30
	DSE 3	6/4	100/75	25/15	75/60	40/30
	DSE 4	6/4	100/75	25/15	75/60	40/30
	*Practical 6	8	100		100	40

* Practical in case of Practical Subject

Total 140 Credit

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN 1703

SEME STER	CORE COURSE (14)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	SKILL ENHANCEMENT	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (4)
I	C-PSY-01 Introduction to Psychology (Theory+ Practical) ✓	(English Communication /MIL)/Environme ntal Science			GE-1
	C-PSY-02 Statistical Methods for Psychological Research-I (Theory+ Tutorial) P				
II	C-PSY-03 Biopsychology (Theory+ Tutorial)	Environmental Science/(English Communication /MIL)			GE-2
	C-PSY-04 Psychology of Individual Differences (Theory+ Practical) ✓				
III	C-PSY-05 Development of Psychological Thought (Theory+ Tutorial) P		SEC-I		GE3
	C-PSY-06 Psychological Research (Theory+ Practical)				
	C-PSY-07 Social Psychology (Theory+ Tutorial) P				
IV	C-PSY-08 Understanding Psychological Disorders (Theory+ Tutorial) P		SEC 2		GE-4
	C-PSY-09 Statistical Methods for Psychological Research-II (Theory+ Tutorial) P				
	C-PSY-10 Applied Social Psychology (Theory+ Practical)				
V	C-PSY-11 Understanding and Dealing with Psychological Disorders (Theory+ Practical)			DSE-1	

	C-PSY-12 Developmental Psychology (Theory+ Practical)			DSE-2	
VI	C-PSY-13 Organizational Behaviour (Theory+ Practical)			DSE-3	
	C-PSY-14 Counselling Psychology (Theory+ Practicum)			DSE-4	

C-PSY 01: INTRODUCTION TO PSYCHOLOGY

UNIT-I: INTRODUCTION

- What is Psychology? Definitions and subject matter of Psychology.
- Methods of Psychology:
 - ✓ Experiment
 - ✓ Observation
 - ✓ Interview
- Branches of Psychology.
- Development of Psychology in modern India.

UNIT-II: PERCEPTION

- Processes of perception.
- Role of attention in perception.
- Perceptual organization.
- Determinants of perception.
- Perceptual consistencies.
- Depth perception.
- Perception of distance and movement.
- Illusion and Hallucination.

UNIT-III: LEARNING AND MOTIVATION

- The concept of learning.
- Theories of learning.
 - ✓ Thorndike connection.
 - ✓ Pavlov's conditioning.
 - ✓ Kohler & Koffka's insight theory.
- Motivation: concept and types.
- Role of motivation in learning.
- Conflict among motives.

UNIT-IV: MEMORY

- Concept of memory: Ebbinghaus vrs. Bartlett's theory.
- Types of memory: Sensory Memory, Short Term Memory (STM) and Long term Memory (LTM).
- Factors improving memory.

- Forgetting: Nature and causes.

PRACTICUM

1. Sensory-Motor Learning

- Effect of practice on Sensory Motor Learning.
- Bi-lateral transfer (Positive transfer)
- Habit interference (Negative transfer)

2. Verbal Learning

Memorizing non-sense syllable by the methods of:

- Simple reproduction
- Serial reproduction

Suggested Readings:

- Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Garrett, H.E. (1981). *Statistics in Psychology and Education. Indian Edition*.
- Mohsin, S.M. (1982). *Experiments in Psychology*. Motilal Banasidas.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.
- Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.

C-PSY 02: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

UNIT-I: INTRODUCTION

- What is Psychological research?
- Relevance of statistics in Psychological research.
- Descriptive and inferential statistics.
- Levels of measurement.

UNIT-II: GRAPHICAL PRESENTATION OF FREQUENCY DISTRIBUTIONS

- The Histogram.
- The Frequency Polygon.
- The Cumulative Frequency.

UNIT-III: MEASURES OF CENTRAL TENDENCY

- Uses and limitations of Mean, Median and Mode.
- Calculation of Mean, Median and Mode.

UNIT-IV: MEASUREMENT OF VARIABILITY

- Properties and calculation of Range Quartile Deviation (Q.D), Average Deviation (A.D.) and Standard Deviation (S.D.).

UNIT-IV: NORMAL PROBABILITY CURVE

- Nature and characteristics of Normal Probability Curve.

PRACTICUM

- Tutorial instead of Practicum

Reading List

- Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

- Gravetter, F.J. & Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences* (9th Ed.). USA: Cengage Learning.
- King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed.). USA: John Wiley & Sons.
- Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

C-PSY 03: BIO-PSYCHOLOGY

UNIT-I: INTRODUCTION TO BIO-PSYCHOLOGY

- Nature and scopes of Bio-Psychology.
- Methods of Bio-Psychology.

UNIT-II:

- Structure and functions of Neurons.
- Neural condition and synaptic transmission.

UNIT-III: NERVOUS SYSTEMS

Structure and functions of:

- Central Nervous System (CNS)
- Peripheral Nervous System (PNS)

UNIT-IV: BEHAVIOURAL REGULATION

- Biological basis of Emotions, Learning, Memory and Human Communication (Speech).

UNIT-V: NEURO-ENDOCRINE SYSTEM

- Structure, functions and abnormalities of major glands:
 - ✓ Pituitary, Thyroid and Adrenal glands.
 - ✓ Pancreas and Pineal.

PRACTICUM

- Tutorial instead of Practicum

READING LIST

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
- Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.
- Pinel, J. P. J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
- Singh, A.K. *Samany Maovigyan ki Ruprekha*, Motilal Banarsidas publication.
- Singh, A.K. *Uchhtar Samany Maovigyan*, Motilal Banarsidas publication.

C-PSY 04: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

UNIT-I: PERSONALITY

- Nature of Personality
- Biological foundation of personality
- Culture, gender and personality
- Psychodynamic humanistic and social cognition approach.

UNIT-II: INTELLIGENCE

- Concept of intelligence
- Effect of heredity and environment on intelligence
- Emotional intelligence

UNIT-III: SELF AND IDENTITY

- Indian approach to self and identity.

UNIT-IV: ENHANCING INDIVIDUAL POTENTIAL

- Enhancing cognitive potential
- Self regulation and self enhancement
- Fastening creativity

PRACTICUM-II (TESTING)

Intelligence Tests

- ✓ General Intelligence Tests (GIT)
- ✓ Alexander Performance Battery Test

Personality Measurement

- ✓ Maudsley Personality Inventory (MPI)
- ✓ Mohsin-Samshad Adaptation of Bells Adjustment Inventory.

READING LIST

- Carr, A. (2011): Positive psychology. Routledge.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
- Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

C-PSY 05: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

UNIT-I: UNDERSTANDING PSYCHE

- Classical schools
 - ✓ Structuralism
 - ✓ Functionalism.

UNIT-II: POSITIVIST ORIENTATION

- Behaviourism

- Watson and Neo Behaviourism

UNIT-III: PSYCHOANALYTIC AND HUMANISTIC EXISTENTIAL ORIENTATION

- Psychoanalysis
- Adler
- Jung

UNIT-IV: CONTEMPORARY DEVELOPMENT

- Feminism.
- Development of Psychology in India.

PRACTICUM (any two)

- **Psychophysical Methods:** Determination of Riez Liemen (RL) and Differential Liemen (DL) by the methods of limits.
- Measurement of distraction of attention.
- Knowledge of Result.

READING LIST

- Frith, Hannah. (2001). Young Women, Feminism and the Future: Dialogues and Discoveries. *Feminism and Psychology*, Vol.11(2):147-151.
- Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. *American Psychologist*, 40, 266-275.
- Kakar, Sudhir. (2006). Culture and Psychoanalysis : A Personal Journey. *Social Analysis*, Volume 50, Number 2, Summer 2006, pp.25-44.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context*. (4th Ed.). Pearson education.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.
- St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction*. Wadsworth Publishing Company.
- Schultz & Schultz (1999). *A History of Modern Psychology*. Harcourt College Publishers/ Latest edition available.

Thomas, Teo. (2005). The Critique of Psychology: From Kant to Post Colonial Theory. Springer.

C-PSY 06: PSYCHOLOGICAL RESEARCH

UNIT-I: BASICS OF RESEARCH IN PSYCHOLOGY

- Definitions and Goals of Psychological research.
- Qualities of good research
- Ethics in Psychological research.
- Types:
 - ✓ Quantitative and Qualitative orientation and their steps.
 - ✓ Comparison of Quantitative and Qualitative Research.
 - ✓ Formulation of Research Problems and developing testable hypotheses/questions.

UNIT-II: SAMPLING

- ✓ Definitions
- ✓ Types of Sampling.

UNIT-III: METHODS OF DATA COLLECTION

- Case study
- Observation
- Interview and
- Questionnaire.

UNIT-IV: PSYCHOLOGICAL TESTING

- Characteristics of test
- Reliability
- Validity
- Norms and
- Standardization.

PRACTICUM

- A Project work on any Psychological issue may be prepared and on the basis of project report and viva-voce examination, credits will be given.

READING LIST

- Bryman, A.(2004). Quantity and Quality in Social Research.Routledge.
- Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
- Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*.New Delhi: Pearson Education.
- Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth
- Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.
- Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.
- Willig, C. (2001). Introducing qualitative research in psychology: Adventures in theory and method. Philadelphia : Open University Press.

C-PSY 07: SOCIAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Nature and scopes of Social Psychology
- History of Social Psychology
- Relation with Sociology and Anthropology
- Current status of Social Psychology in India.

UNIT-II: UNDERSTANDING SOCIAL WORLD

- Social cognition
- Social perception

UNIT-III: ATTITUDE

- Nature and definitions

- Formation of attitude
- Strategies for attitude change

UNIT-IV: SOCIAL INTERACTION AND INFLUENCES

- Interpersonal Attraction
- Pro-Social behavior

UNIT-V: GROUP DYNAMICS AND INTER GROUP RELATIONS

- Nature of Groups and Inter-Group Relations-Prejudice and Intergroup conflict.

PRACTICUM

- Tutorial in the place of practicum

READING LIST

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
- Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
- Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
- Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
- Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed.). New Delhi: Pearson

C-PSY 08: UNDERSTANDING PSYCHOLOGICAL DISORDERS

UNIT-I:

- The concept of Normality and Abnormality.
- Criteria and classification.

UNIT-II: CLINICAL PICTURES AND ETIOLOGY

- Clinical picture of General Anxiety disorders and Obsessive Compulsive Disorder.
- Somatoform Disorders:
 - ✓ Conversion Disorder
 - ✓ Hypochondriasis

UNIT-III: SCHIZOPHRENIA

- Nature, types and symptoms of:
 - ✓ Schizophrenia

UNIT-IV: MANIC-DEPRESSIVE PSYCHOSIS

- Symptoms and etiology

UNIT-V: DISORDER OF DEVELOPMENT

- Mental Retardation.
- Autism.

PRACTICUM

- Tutorial in the place of practicum.

READING LIST

- Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- Brewer,K. (2001). Clinical Psychology.Oxford : Heinemann Educational Publishers
- Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition
- Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learning.

C-PSY-09: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

UNIT-I:

- **CORRELATION**
 - ✓ Meaning of correlation
 - ✓ Calculating Pearson's correlation of coefficient.
 - ✓ Spearman's Rank Order correlation.

UNIT-II: HYPOTHESES TESTING

- Differences between two dependent means (correlated).
- Levels of significance and interpretation of values.

UNIT-III: HYPOTHESES TESTING

- Differences between two independent means (uncorrelated).
- Hypothesis testing for categorical variables.

UNIT-IV: HYPOTHESIS TESTING FOR DIFFERENCE AMONG THREE OR MORE GROUPS

- One Way Analysis of Variances (ANOVA).

UNIT-V: NULL HYPOTHESES

- The Chi-Square tests

PRACTICUM

- Tutorial instead of Practicum

READING LIST

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .
- Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences*

(5th Ed). USA: John Willey.

Mangal, S.K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi:

PHI learning Pvt. Ltd.

C-PSY-10: APPLIED SOCIAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Definitions and Nature of Applied Social Psychology.
- Importance and applications of Applied Social Psychology.
- Current status of Applied Social Psychology.

UNIT-II: PSYCHOLOGY AND ENVIRONMENT

- Pollution:
 - ✓ Air
 - ✓ Water
 - ✓ Noise
 - ✓ Crowding; causes and consequences.

UNIT-III: PSYCHOLOGY OF CRIME AND CORRUPTION

- Crime:
 - ✓ Definitions, nature and characteristics of crime.
 - ✓ Psychological, Biological and Socio-Cultural correlates of crime and preventive measures.
- Corruption:
 - ✓ Concept, causes, types and controlling measures.

UNIT-IV: VIOLENCE AGAINST WOMEN

- Definitions, nature and characteristics.
- Types, causes and consequences
- Legal acts for prevention.

PRACTICUM

- Environmental Behaviour Scale
- Psychological Wellbeing Scale by David Goldberg.
- Gender equality.

READING LIST

- Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
- Mikkelsen, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
- Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
- Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

C-PSY-11: THERAPEUTIC INTERVENTION FOR PSYCHOLOGICAL DISORDERS

UNIT-I: Etiology and Intervention for Schizophrenia

UNIT-II: Psychoanalytic Perspective in Understanding

Conversion disorder and OCD; Humanistic- Existential Perspective in understanding Psychological disorder.

UNIT-III: Behavioral and Cognitive explanation and intervention in Phobia, Depression and Eating Disorder.

UNIT-IV: Family and group therapy

PRACTICUM

- Projective Techniques:
 - ✓ TAT
 - ✓ WAT
- Intelligence Test
 - ✓ Mohsin's Test for General Intelligence (GIT)
 - ✓ Alexander's Battery

READING LIST:

- Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.
- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.
- Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill

C- PSY- 12 DEVELOPMENTAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Concept of human development
- Theories of human development:
 - ✓ Piaget and Vygotsky
 - ✓ Perspective of Kohlberg

UNIT-II: STAGE OF LIFE SPAN DEVELOPMENT, PRENATAL DEVELOPMENT, BIRTH AND INFANCY, CHILDHOOD, ADOLESCENTS, ADULTHOOD AND ELDERLY.

UNIT-III: DOMAINS OF HUMAN DEVELOPMENT

- Cognitive development
- Language development
- Emotional development
- Personality development

UNUIT-IV: SOCIO-CULTURAL CONTENTS FOR HUMAN DEVELOPMENT

- Family
- Peer group
- Media and schooling
- Development in Indian concept.

PRACTICUM

- Measurement of self concept.
- Measurement of Emotional intelligence.
- Parental attitude measurement.

READING LIST

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Feldman, R.S.&Babu.N. (2011). *Discovering the Lifespan*. Pearson .
- Georgas, J., John W. Berry., van de Vijver,F.J.R, Kagitçibasi, Çigdem,Poortinga, Y. P. (2006). *Family across Thirty Cultures: A Thirty Nation Psychological Study*. Cambridge Press.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development* (13thed.) New Delhi: McGraw Hill.
- Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.

C PSY- 13: ORGANIZATIONAL BEHAVIOR

UNIT-I: INTRODUCTION

- Nature and definition
- Historical perspective
- Contemporary trends and challenges
- Challenge in Indian settings

UNIT-II: INTRODUCTION OF WORK RELATED ATTITUDES AND WORK MOTIVATION:

- Employee attitude and job satisfaction
- Organizational commitment
- Work motivation
- Job involvement

UNIT-III: LEADERSHIP: BASIC APPROACHES

- Trait theory
- Behavioral theories
- Contingency theories
- Indian perspective on leadership

UNIT-IV: DYNAMICS OF ORGANIZATIONAL BEHAVIOR:

- Organizational culture
- Positive organizational behavior
- Emotional intelligence

PRACTICUM

- Measurement of Job Satisfaction
- Measurement of Occupational Stress

READING LIST

- Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.

- Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.
- Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.
- Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
- Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
- Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008). *Organizational Behavior* (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley
- Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.

C PSY-14: COUNSELLING PSYCHOLOGY

UNIT-I: INTRODUCTION

- Nature and goals
- Counseling as profession
- Characteristics of effective
- Counselor
- Status of effective counseling in India

UNIT-II: COUNSELING PROCESS

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

UNIT-III: TECHNIQUES OF COUNSELING

Psychoanalytic, Humanistic, Behavioral and cognitive techniques;
Indian technique- Yoga and Meditation

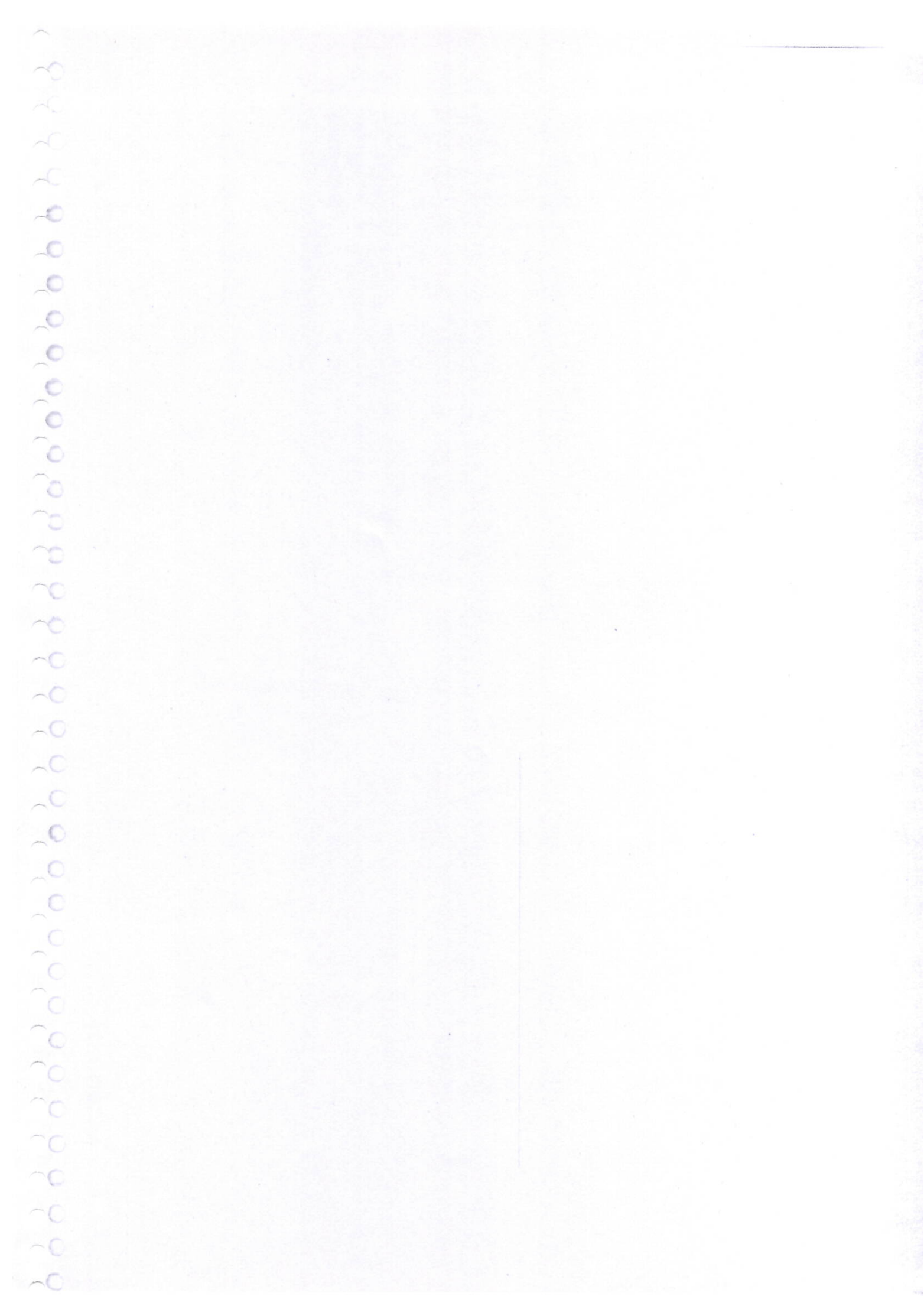
UNIT-IV: APPLICATIONS OF COUNSELING

Child counseling, Family counseling, career counseling, crisis
intervention- suicide, grief and sexual abuse.

PRACTICUM: Any two practicum based on topics in C-PSY-14

READING LIST

- Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8th Ed.) Philadelphia: Mosby.
- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi: Pearson.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
- Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi: Pearson.
- Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
- Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
- Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.



- Seligman, L. & Reichenberg, L. W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
- Sharf, R. S. (2012). Theories of Psychotherapy & Counselling: Concepts and Cases (5th Ed). Brooks/ Cole Cengage Learning.
- Udapa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsidas.

B.A. (Hons.) 2016

Skill Enhancement Course (SEC)

SEC-PSY-01

Emotional Intelligence

UNIT-I: Introduction: Definition, Models of emotional intelligence; EQ Competencies; Self awareness, self regulation, motivation, empathy and interpersonal skills; Importance of emotional intelligence.

UNIT-II: Knowing one's own and others emotions; Levels of emotional awareness recognizing emotions in oneself, Emotional expression, perceiving emotion accurately in others.

UNIT-III: Managing emotion: The relationship between emotion, thought and behaviour, techniques to manage emotions.

UNIT-IV: Applications: Work place, Relationship, Conflict management, Effective leadership.

PRACTICUM: Measurement of emotional intelligence.

READING LISTS

Golman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.

Singh, D. (2003). *Emotional Intelligence at Work* (2nd ed.). New Delhi: Response Books.

B.A. (Hons) 2016

Effective Decision Making

SEC-PSY-02

Effective Decision Making

UNIT -I: Introduction: What is decision making? Importance of making good decision.

UNIT-II: Decision regarding Career, Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices / career.

UNIT-III: Decision making in interpersonal context; Learning about conflict Management in interpersonal relations; negotiation in interpersonal conflict; handling difficult people and finding solution.

UNIT-III: Decision making at the workplace: Developing competencies and skills required for effective decision making.

PRACTICUM

- Project or Field Work

DSE-PSY-01

Positive Psychology

Any four 2 for sem V and II for Sem VI may be selected from the following , 05

Unit 1: **Introduction:** Positive Psychology; An Introduction, Perspectives on positive Psychology; Western and Eastern, Character Strength.

Unit 2: **Positive Emotional States and Processes:** Happiness and well being, positive emotions, emotional intelligence, Resilience.

Unit 3: **Positive Cognitive States and Processes:** Self efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

Unit 4: **Application** -- Work, Education, Ageing, Health.

PRACTICUM:

Administration of self confidence Inventory. Aguihotrs self confidence innentay (ASCI) and interpretation of Results.

or

Administration of self confidence Inventory (SEAI) BY K.N. Sharma and interpretation of results,

READING LISTS

Carr, A. (2004). Positive Psychology: The Science of happiness and human strength. U.K.

Snyder, C.R., & Lopez, S. (Eds). (2002). Handbook of Positive Psychology.
New York: Oxford.

DSE-PSY-02

Health Psychology

- Unit 1: **Introduction to Health psychology:** Components of health; Social, Emotional cognitive and physical aspects, Mind-body relationship, Goals of Health psychology, Bio-psychology-social Models of health.
- Unit 2: **Behaviour and Health:** Characteristics of health behaviour; Theories of health behaviour, Barriers to health behaviour, Theories of health behaviour and their implications.
- Unit 3: **Health Enhancing Behaviour:** Exercise, Nutrition, Safety, Pain, Stress Management.
- Unit 4: **Health and Well Being:** Happiness, Life satisfaction; Resilience, Optimism, and Hope

PRACTICUM:

1. Mental Health – Measurement of Mental Health of the Subject.
2. Self efficacy – Measurement and interpretation of Data.
3. Resilience – Measurement of Resilience of the subject.
4. Measurement of locus of control and interpretation of Data.

Any two for Semester V and Two for Semester VI

READING LISTS

Allen, F. (2011). Health Psychology and Behaviour. Tata Mc. Graw Hill Edition.

DSE-PSY-03

Community Psychology

Unit 1: **Introduction:** Definition of Community psychology, Types of Communities Models.

Unit 2: **Core-Values:** Individual and family wellness; Sense of Community. Respect for human diversity; Social justice, Empowerment.

Unit 3: **Health Promotion:** Process of Community organization for health promotion, Importance, Community Programme for child and maternal health, Physical challenged and old age in Indian context.

Unit 4: **Interventions:** Community Development and empowerment, Case Studies in Indian context.

PRACTICUM:

- One practicum/Project on any of the topics covered in DSC-PSY-03.

READING LISTS

Mishra, G. (Ed).(2010) Psychology in India. Indian Counsel of Social Science Research. Dorling Kindersley (India) Pvt. Ltd. Pearson Education.

DSE-PSY-04

PROJECT / DISSERTATION / INTERNSHIP

Objectives: Students Should be enable to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The Research done can either be critical / Data based (quantitative, qualitative or mixed method) or it can be in the form of a critical Review of Research and Theories.

Evaluation: Viva Jointly by one internal and one external examiner.

DSE-PSY-05

Psychology of Disability

Unit 1: **An Introduction to Disability:** Beliefs and Attitudes Towards disability, Definitional conundrum, Diagnosis and assessment, Disability policy in India, Rehabilitation council of India.

Unit 2: Making of a Disabled Identity Documenting Disability: Problems and certification, Issues of Access; Built and psychological, Issues of education and employment, Family care and support structure.

Unit 3: Models of Disability: Charity Model, Welfare Model, Medical Model, Social Model, Culture as disability, Empowerment Model.

Unit 4: Designing Interventions: Legislation Psychotherapeutic approaches, Contemporary debates: Euthanasia and prenatal selection.

DSC-PSY-06

Stress Management

Unit 1: Introduction: Nature of stress symptoms of stress.

Unit 2: Various sources of stress: Environmental, Social, Physical logical and psychological.

Unit 3: Stress & Health: Effect of stress on health, mental and physical.

Unit 4: Managing stress: Methods yoga, Meditation, Relaxation, Technique, Problem focus & emotion focused approaches.

GE-I:INTRODUCTION TO PSYCHOLOGY

UNIT-I: Definition, scope and goal of Psychology

- ✓ Methods of Psychology
 - ✓ Observation
 - ✓ Experiment
 - ✓ Interview

UNIT-II: Perception

- ✓ Definitions
- ✓ Role of attention in perception
- ✓ Perceptual Organization

UNIT-III: Learning

- ✓ Meaning, Nature and Definitions of Learning

- ✓ Role of Motivation in Learning
- ✓ Theories of Learning
 - Trial and Error theory
 - Insight theory

UNIT-IV: Memory

- ✓ Meaning, Nature and Definitions of Memory
- ✓ Process of memory
- ✓ Types of memory

Practicum

- **Verbal Learning**
 - ✓ Simple Reproduction Method
 - ✓ Serial Reproduction Method
- **Sensory Motor Learning**
 - ✓ Effect of practice on Sensory-Motor Learning

GE-II: SOCIAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Nature, Definitions, scope.
- Relationship with Sociology and Anthropology.

UNIT-II: SOCIALIZATION

- Process and factors influencing Socialization.

UNIT-III: GROUP

- Structure, functions and kind of group.

UNIT-IV: ATTITUDE

- Definitions, functions and change.

PRACTICUM

- Sinha Anxiety Scale.
- Bell Adjustment Inventory.

READING LISTS

Baron, R.A. & Byrne, D. (1998). Social Psychology: New Delhi: Prentice Hall.

Singh, A.K. (2010). Samaj Manovigyan ki Ruprekha: New Delhi: Motilal Banarsidas.

GE-III: PSYCHOPATHOLOGY

UNIT-I: INTRODUCTION

- Nature and Definitions
- Characteristics of abnormal behaviour
- Methods of Abnormal Psychology:
 - ✓ Psychoanalysis
 - ✓ Case study
 - ✓ Interview

UNIT-III: TOPOGRAPHICAL ASPECTS OF MIND

- Nature and Characteristics of:
 - ✓ Conscious
 - ✓ Sub-Conscious
 - ✓ Unconscious

UNIT-IV: Dynamic Aspects of Mind

- Characteristics and functions of:
 - ✓ Id
 - ✓ Ego
 - ✓ Super Ego

Reading List

Coleman, J.C. (1976). Abnormal Psychology and Modern Life. Scott, Foresman and Company.

Sinha, R.R.P. & Mishra, B.K. (1996). Abnormal Psychology. Bharti Bhawan.

PRACTICUM

- Maudsley Personality Inventory (MPI)
- General Intelligence Test (GIT)

GE-IV: PSYCHOLOGICAL STATISTICS

UNIT-I: INTRODUCTION

- Meaning and applications of Statistics in Psychology.

UNIT-II: FREQUENCY DISTRIBUTION

- Frequency Distribution
- Graphical Representation of Grouped Data

UNIT-III: MEASURES OF CENTRAL TENDENCY

- Mean
- Median
- Mode

UNIT-IV: MEASURES OF VARIABILITY

- Range
- Quartile Deviation
- Standard Deviation

PRACTICUM:

- Sensory Motor Learning
 - ✓ Bilateral Transfer of Training
 - ✓ Habit Interference

- **Perception**

- ✓ Muller-Lyer Illusion by the method of Average error and Limit.

READING LISTS

Mohsin, S.M. (1982). Experiments in Psychology Motilal Banarsidas.

Sinha, R.R.P. & Mishra, B.K. (1984). Experiments and Statistics in Psychology. Bharti Bhawan.

Hussain, S. (1996). Elementary Statistics in Psycho

GE-V: COUNSELLING AND GUIDANCE

UNIT-I: INTRODUCTION

- Meaning and goal of Counselling.

UNIT-II: APPLICATION OF COUNSELLING

- Career counselling
- Family counselling

UNIT-III: GUIDANCE

- Nature and importance of guidance.

UNIT-IV:

- Major stages of guidance.

PRACTICUM

- Testing
 - ✓ Intelligence Test
 - General Intelligence Test (GIT)
 - Alexander Battery

GE-VI: TECHNIQUES OF COUNSELLING

UNIT-I: Stages and Phases of Counselling

UNIT-II: Methods of Counselling

- Interview and its various types.

UNIT-III: Approaches of Counselling

- Behavioural approach
- Cognitive approach

UNIT-IV: Skills and Qualities of a good Counsellor

PRACTICUM:

- **Personality Tests**
 - ✓ **Bell Adjustment Inventory**
 - ✓ **Maudsley Personality Inventory (MPI)**

GE-VII: EDUCATIONAL PSYCHOLOGY

UNIT-I: Introduction

- Definitions
- Aims
- Importance of Educational Psychology

UNIT-II: Education for Specific Children

- Concept and Education of mentally retarded children.

UNIT-III: Educational Technology and Programme Learning

- Meaning and Nature of Programme Learning.
- Skinner's view points of Programme Learning.

UNIT-IV: Class Room Management

- Ecology of class room.
- Discipline and Communication.

PRACTICUM

- Sinha Anxiety Scale
- Word Association Test (WAT)

GE-VIII: CLINICAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Definitions and Problems of Clinical Psychology.
- Relationship with Psychiatry.

UNIT-II: Diagnosis

- Sources of Diagnosis.
 - ✓ Case study
 - ✓ Psychological tests.

UNIT-III: PSYCHOTHERAPEUTIC UNIT

- Psychoanalytic Techniques
- Behaviour Therapy

UNIT-IV: ROLE OF CLINICAL PSYCHOLOGY

- Mental Hospital
- Child and Guidance centre
- Schools.

PRACTICUM

- Psychological Tests
 1. Personality Test
 - ✓ Any two Personality Inventories.
 2. Intelligence Tests
 - ✓ Any one Verbal Intelligence Test and

✓ Any one Performance Intelligence Test

Reading Lists

Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology, Mc. Graw Hill.

Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das.