SYLLABI OF COURSES

B.A. Psychology (Honours)

LEVEL : SEMESTER-1
PAPER CODE : PSY-101
TITLE OF PAPER : INTRODUCTION TO PSYCHOLOGY
MARKS : 75

Course Objective:

To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

UNIT I: INTRODUCTION:

What is psychology? Perspectives on behavior; Methods of psychology; Subfields of psychology; Psychology in modern India. Introduction to biopsychology: Neuron type and functions.

UNIT II: PERCEPTION:

Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.

UNIT III: LEARNING AND MOTIVATION:

Principles and applications of Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning; Perspectives on motivation, Types of motivation, Motivational conflicts.

UNIT IV: MEMORY:

Models of memory: Levels of processing, Parallel distributed processing, Information processing; Forgetting; Improving memory.

Books Recommended:

- 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.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.
- Singh, A.K. (2011). Uchchtar Samanya Manovigyan. New Delhi: Motilal Banarsidas.

LEVEL : **SEMESTER-1**
PAPER CODE : **PSY-102**
TITLE OF PAPER : **STATISTICS IN PSYCHOLOGY**
MARKS : **75**

Course Objective:

To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative analysis.

UNIT I: INTRODUCTION TO STATISTICS:

Introduction to Statistics and Measurement: Descriptive and Inferential Statistics, and Levels of Measurement (Nominal, Ordinal, Interval and Ratio).

Frequency Distribution: Graphical Representation of Data (Histogram, Bar -Diagram, Frequency Polygon).

UNIT II: MEASURES OF CENTRAL TENDENCY:

Concept of Central Tendency; Measures of Central Tendency: Mean, Median and Mode.

Measures of Variability: Range, Quartile Deviation, Average Deviation, Standard Deviation

UNIT III: CORRELATION:

The Meaning of Correlation; Historical Perspective; Correlation: A Matter of Direction; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient; Spearman's Rank-Order Correlation Coefficient.

UNIT IV: BASICS CONCEPTS OF STATISTICS:

Normal Distribution and Concept of Probability, Skewness and Kurtosis.

Level of Significance, Types of Hypothesis, Type I and Type II error.

Introduction to Parametric and Non- Parametric Statistics.

Books Recommended:

- Garrett, H. C. (1981). Statistics in Psychology and Education. New York: Longmans, Green &Co.
- Garrett, H. C. (2003). Manovigyan aur Shiksha mein Sankhyaki. New Delhi: Motilal Banarasi Das
- Gravetter, F.J. &Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences* (9th Ed.). USA: Cengage Learning.
- Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences.* Reliance Pub. House: New Delhi.
- Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

Practical:

Two reports to be written on the experiments conducted with the objectives of understanding and conduction of Experiments. Experiments to be done from the following: Perception; Learning, Motivation, Memory such as:

- Maze Learning
- Muller Lyer Illusion Test
- Retroactive Inhibition
- Paired Associates- Verbal Learning
- Locus of Control (Rotter's)

LEVEL : SEMESTER-2
PAPER CODE : PSY-201
TITLE OF PAPER : PSYCHOLOGY OF INDIVIDUAL DIFFERENCES
MARKS : 75

Course objective:

To enrich the students with various issues related to the role of heredity and environment in understanding human behaviour,to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

UNIT-I: HEREDITARY AND ENVIRONMENT:

Principles of Hereditary Transmission: Chromosomes, Genes, Meiosis and Zygote Formation. Estimation of contribution of Gene and Environment Chromosomal and Genetic Abnormalities: Causes, Sex linked Abnormalities, Autosomal Abnormalities

UNIT II: INTELLIGENCE:

Intelligence: Concept, Intelligent Quotient (IQ). Individual Differences in Intelligence: Developmental Delay, Giftedness. Nature and Nurture Controversy.

Theories of Intelligence: Spearman, Thurstone, Gardner.

UNIT III: PERSONALITY:

Concept and Nature of Personality. Determinants of Personality: Biological and Family Determinants. Typology of Personality: Sheldon and Kretschmer.

Perspectives of Personality: Psychodynamic and Phenomenological.

UNIT 3: INDIAN APPROACH:

Self and identity in Indian thought. Enhancing individual's potential: Enhancing cognitive potential, Self- regulation and self enhancement.

Books Recommended:

- Baron, R.A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon.
- Hilgard, E.R and Atkinson, R. (1976). Introduction to Psychology, Harcourt Bracor and World Inc.
- Levinthal, C.F. (1996). Physiological Psychology (3rd ed). Prentice Hall of India PvtLtd.
- Morgan, C.T. (1961). An Introduction to Psychology, Tata McGraw and Hill.
- Hurlock, B. (1976). Personality Development. New Delhi: Tata McGrawHill.
- Singh, A.K. (2011). Uchchtar Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- Shaffer,D. R.(2001).DevelopmentalPsychologyChildhoodandAdolescence.Wadsworth Thomson Learning.
- 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.

LEVEL : SEMESTER-2
PAPER CODE : PSY-202
TITLE OF PAPER : COGNITIVE PSYCHOLOGY
MARKS : 75

Course Objective:

To introduce students to the basic concepts of the field of cognitive psychology with an emphasis on applications of cognitive psychology in everyday life.

UNIT-I: COGNITIVE PSYCHOLOGY:

Nature, Historical Development and Current Status

Approaches; Experiential, Cognitive Science, Neuroscience and Cognitive Neuroscience

UNIT-II: ATTENTION AND PERCEPTION:

Attention: Nature, Divided Attention, Selective Attention, Theories of Selective Attention.

Perception: Nature, Figure and Ground, Perceptual Constancies; Theories of Pattern Recognition: Bottom-Up, Top-Down Processing; Template Matching, Prototype Models, Distinctive Feature Models, Psychophysics

UNIT-III: MEMORY:

Memory:Nature and Processes, Models of Memory: Atkinson-Shiffrin Model, Level of Processing Approach, Tulving Model, PDP Approach, Sensory Memory, Short Term Memory and Working Memory, Autographical and Flashbulb Memory

Memory of General Knowledge: Structure of Semantic Memory, Schema & Meta Cognition and Meta Memory

UNIT-IV: THINKING:

Thinking: Concept and Types; Problem Solving: Nature, Approaches, Factors Influencing Problem Solving, Concept: Nature, Concept Formation

Creativity, Reasoning, Types of Reasoning, Decision Making, Process of Decision Making, Errors in Decision Making.

Books Recommended:

- Morgan, C.T. (1961). An Introduction to Psychology, Tata McGraw and Hill.
- Sternberg, R. (2000*). Psychology: In Search of the Human Mind.* Wadsworth Publishing.
- Singh, A.K. (2006). Cognitive Psychology. Motilal Banarasidas, Varanasi.
- Singh, R.S., Singh, A.P., Singh, S.N., (2019). Cognitive Psychology. HP Bhargav Publication, Agra.

Practical:

Any two practical from the following ; Intelligence, personality, Attention, Problem Solving, such as:

- Seguine Form Board (SFB)
- Multiple Assessment of Personality Test (MAPs)
- Eysenck Series of Digit Span Test (ESDST)
- Problem Solving Test

LEVEL : SEMESTER-3

PAPER CODE : PSY-301

TITLE OF PAPER : LIFE SPAN DEVELOPMENT

MARKS : 75

Course objective:

To enrich the students with various issues related to human development from birth to death, the factual knowledge on the determinants of Biological, Physical, Motor, Cognitive, Language, Social, Emotional and Moral Development; different issues during adolescent and geriatric phase of human development.

UNIT I: THEORETICAL PERSPECTIVE:

Introduction: Concept, Principles, Stages of development, difference between growth and development.

Determinants: Biological and Social.

Developmental Perspective: Freud and Erikson.

Method: Longitudinal, Cross Sectional, Observational Method.

UNIT II: BIOLOGICAL, PHYSICAL, MOTOR AND COGNITIVE DEVELOPMENT:

Biological Development: Zygote, embryo, fetus.

Physical Development: concept of maturation and growth, Development in childhood and Adolescence.

Motor Development: Loco motor Development, Milestones.

Cognitive Development: Concept and Approaches: Piaget and Vygotsky.

UNIT III: LANGUAGE, SOCIAL, EMOTIONAL AND MORAL DEVELOPMENT:

Language Development: Stages and Determinant.

Emotional Development: Primary Emotion, Development from Infancy to Adulthood: Emotional Intelligence.

Social Development: Stages; Factors Affecting Social Development, Social Intelligence.

Moral Development: Concept of Morality Kohlberg's Theory, Spiritual Intelligence.

UNIT IV: ADOLESCENT AND GERIATRIC ISSUES:

Adolescent and Youth Problem.

Developmental Concerns during Adulthood: Marriage, Family and Work, Mid Life Crisis.

Aging Problems: Physical, Cognitive and Emotional.

Books Recommended:

- Berk, L.E. (2003). Child Development. Boston: Allyn and Bacon.
- Hurlock, E.B. (1978). Child Development. Mcgraw Hill Company, NewDelhi.
- Hurlock, E.B. (1981). Developmental Psychology. Mcgraw Hill, EighthEds.
- Mishra, P.C. (2006). Aaj Ka VikasatmakManovigyaan. SahityaPrakashan,Agra.
- Shaffer, D.R. (1985). Developmental Psychology. Fourth Ed. Brooks and Cole Publications.
- Shamrock, J.W. (1999). Lives Span Development. Mcgraw Hill. NewYork
- Singh, R.N. (2000). AdhunikVikasatmak Manovigyaan. Motilal Banarsidas Publication, Varanasi.
- Tilker, H.A. (1975).DevelopmentalPsychologyToday.RandomHouseInternational,New York.
- Feldman, R.S.& Babu, N. (2011). Discovering the Lifespan.Pearson

- Saraswathi, T.S. (2003). Cross-Cultural Perspectives in Human Development: Theory, Research andApplications.

LEVEL : SEMESTER-3

PAPER CODE : PSY-302

TITLE OF PAPER : SOCIAL PSYCHOLOGY

MARKS : 75

Course Objectives:

- Develop an understanding of the individual in relation to the social world
- Introduce students to the realm of social influence, as to how individuals think, feel and behave in social situations.

UNIT 1: INTRODUCTION:

Nature and Scope; Methods of Studying Social Behaviour: Observation, Experimental, Field Study, Survey, Sociometry and Cross-cultural.

Socialization: Agents and Mechanisms, Socialization and Deviation.

Perceiving Others: Forming Impressions; Role of Non-verbal Cues, Group stereotypes, Central Traits; Primary and Recency Effects; Models of Information.

UNIT 2: UNDERSTANDING AND EVALUATING THE SOCIAL WORLD:

Social cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

UNIT 3: SOCIAL INTERACTION AND INFLUENCE:

Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence.

UNIT 4: GROUP DYNAMICS AND INTER-GROUP RELATIONS:

Nature of groups, Consequences of belonging (performance, decision making, cooperation and conflict), Nature of intergroup relations (prejudice, inter-group conflict, intervention techniques)

Books Recommended:

- 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 Miffin.
- 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

LEVEL : SEMESTER-3
PAPER CODE : PSY-303
TITLE OF PAPER : PSYCHOLOGY OF PERSONALITY
MARKS : 75

Course Objective:

This course aims to familiarize the students with definition, approaches, determinants of Personality and Self Concept.

UNIT I: CONCEPT AND HISTORICAL PERSPECTIVE:

Concept, Popular and Scientific Views, Historical Perspective: Traits vs. Types, Type-Sheldon, Kretchmer, Traits Approach: Cattell' s and Allport's theory.

UNIT II: DETERMINANTS OF PERSONALITY:

Genetic and Constitutional, Physical Environment, Family Determinants and Molding Techniques, Socio Cultural Factors, School and Media.

UNIT III: SELF-CONCEPT:

Nature and Components, Kinds of Self Concept, Development of Self Concept: Patterns, Self-Schema and stability of Self.

UNIT IV: INDIAN PERSPECTIVES ON SELF:

Satva, Rajas, Tamas (SRT) Theory, Panchokosh as: From gross to subtle, Self in Bhagwad Gita: Stithpragya, Awakenedand Enlightened Man-Buddha.

Books Recommended:

- Hall, C.S. and Lindzey, C.T. (1985). Theories of Personality. 3rdEdition. Wile EasternLtd.
- Hjella, L.A. and Ziegler, D.J. (1976). Personality Theories. McGrawHill
- Hurlock, E.S. (1976). Personality Development. Tata McGrawHill
- Mischel, W. (1976). Introduction to Personality. Holt Rinehart andWinston.
- Pervin, L.A. (1984). Personality- Theory and Research. 4th Edition. John Willey andSons.
- Tripathi, R.B. and Singh, R.N. (1999). Vyaktitva ka Manovigyan. Varanasi: Ganga Saran andGrandsons.

Practical:

Any two practical from the following given below:

- Schutte Emotional Intelligence Scale
- Gender Stereotypes (Bem Sex Role Inventory/ Adjective Checklist)
- Moral Judgement
- Mohsin Significant Other Attitude Scale
- Aggressive Behaviour Scale
- General Self Efficacy Scale

LEVEL : SEMESTER-4
PAPER CODE : PSY-401
TITLE OF PAPER : SYSTEM IN PSYCHOLOGY
MARKS : 75

Course Objective:

- Understand the historical events and scientific discoveries that haveinfluenced contemporary psychology.
- Describe the major systems of psychology.
- Demonstrate an understanding of the philosophical ideas from which the discipline ofpsychology arose.
- Identify significant figures within each system and describe their contributions.

UNIT I:

Science and Psychology; Associationism: Only British empiricism to be covered; Structuralism: Wundt and Titchener; Act Psychology: Brentano.

UNIT II:

Classical Behaviourism: Watson; Overview of Neo-behaviourism.

UNIT III:

Psychodynamics (an overview): Classical psychoanalysis of Freud, Neo-Freudians (an overview).

UNIT IV:

Indigenous Indian thought and traditions; Nature of consciousness, mind, self and mental functions as understood in Samkhya, Yoga, Vedanta.

Books Recommended:

- Bhushan, B. (2017). *Eminent Indian Psychologist: 100 years of Psychology in India*. New Delhi: Sage Publication (1st chapter to be referred for contribution of Indian Psychologists).
- Brennan,J.F. (1991).*History and Systems of Psychology*. NJ: Prentice hall.
- Chaplin,J.P. and Krawiec,T.S.(1979). *Systems and Theories in Psychology*. NY: Holt, Rinchart and Winston.
- Hergenhahn, B.R. & Henley, T.B. (2014): *An Introduction to History of Psychology*. UK: Wadsworth,Cengage Learning.
- Marx, M.H. and Hillix,W.A.(1986).*Systems and Theories in Psychology*. NY: McGraw Hill.
- Paranjpe, A.C. (1984). *Theoretical Psychology: The Meeting of East and West*. New York: Plenum Press.
- Rao, K, R. & Paranjpe, A.C. (2017). *Psychology in the Indian Tradition*. New Delhi: Springer (Chapter 1, page 1-5; Chapter 3, page 71-78; 85-92; Chapter 4: page 95-105; 118-121; Chapter 5: 129-133; 139-145; chapter 6: 167-179).
- Leahey,T.H. (1994). *A History of Modern Psychology*.N.J.: Prentice Hall.
- Saraswati, S.N. (2008). *Samkhya Darshan. Yoga publications trust*. Munger, Bihar, India.
- Woody, W.D. and Viney, W. (2017). *A History of Psychology: The Emergence of Science and Applications.UK: Routledge.*

LEVEL : SEMESTER-4

PAPER CODE : PSY-402

TITLE OF PAPER : PSYCHOLOGICAL RESEARCH

MARKS : 75

Course Objective:

To educate students with the process and psychological research traditions.

UNIT I: BASICS OF RESEARCH IN PSYCHOLOGY:

What is Psychological Research? The Goals of Psychological Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research.

Research Tradition: Types and steps of research, formulating a problem & developing a testable research question / research hypothesis.

UNIT II: SAMPLING:

Population. Probability & Non probability sampling methods

UNIT III: METHODS OF DATA COLLECTION:

Case study, Observation, Interview & Focus group discussion, Survey, Use of Secondary Data.

UNIT IV: PARAMETRIC AND NON PARAMETRIC STATISTICS:

Parametric Statistics: t test, ANOVA (one way); Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests: Chi-square (X^2) test and Mann-Whitney U test.

Introduction to SPSS: Uses of SPSS in Statistics and Research.

Books Recommended:

- 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.
- 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.

LEVEL : SEMESTER-4

PAPER CODE : PSY-403

TITLE OF PAPER : **APPROACHES TO PERSONALITY**

MARKS : 75

Course Objective:

This course aims to familiarize the students with various theoretical approaches to Personality like trait and type, psychoanalytic, cognitive, behavioural, social learning and humanistic theories.

UNIT I: TRAIT AND TYPE THEORIES:

Big Five Factor Theory of Personality, Need Theory of Murray, Jung's Theory, Eysenck's Theory.

UNIT II: PSYCHOANALYTIC THEORIES:

Classical Freudian Perspective, Neo-Psycho Analytical Approach-Horney, Adler, Sullivan, Psychoanalytic Object Relation-Fairburn, Klein, Kohut, Attachment Perspective Winnicoat.

UNIT III: COGNITIVE, BEHAVIOURAL AND SOCIAL LEARNING THEORIES:

Kelly Personal Construct Theory, Skinner Theory of Operant Conditioning, Bandura Observational Learning and Social Cognitive Theory, Mischel Social Cognitive Theory.

UNIT IV: HUMANISTIC THEORIES:

Maslow Hierarchy of Need, Rogers Theory of Self, Ryan and Deci Self Determination Theory

Books Recommended:

- Hall, C.S. and Lindzey, C.T. (1985). Theories of Personality, 3rd Edition. Wile Eastern Ltd.
- Hjella, L.A. and Ziegler, D.J. (1976). Personality Theories. McGraw Hill
- Hurlock, E.S. (1976). Personality Development. Tata McGraw Hill
- Mischel, W. (1976). Introduction to Personality. Holt Rinehart and Winston.
- Pervin,L.A.(1984). Personality Theory and Research, 4thEdition.JohnWilleyandSons.
- Tripathi, R.B. and Singh, R.N. (1999). Vyaktitva ka Manovigyan. Varanasi: Ganga Saran and Grandsons.
- Schultz and Schultz (2005). Theories of Personality, Wads worth, Cengage Learning.

Practical: (one practical and one field work)

Any one practical from the following given below:

- Case study of an atypical individual.
- 16 PF
- Self-Concept
- NEO-Five
- Word Association Test

Field work: some illustrative topics (on any one topic):

- Examining the issues of old age by interviewing an elderly individual.
- Evaluating quality of service in old-age homes.
- Identifying the challenges faced by people with disabilities through secondary data analysis.
- Interviewing a nursery teacher for understanding the issues encountered in taking care of children.

LEVEL : SEMESTER-5

PAPER CODE : PSY-501

TITLE OF PAPER : PSYCHOLOGICAL TESTING AND ASSESSMENT

MARKS : 75

Course Objective:

This course aims to familiarize the students with concept and need of psychological testing and assessment, distinction between assessment and testing, measurement errors, types of assessment, different types of psychological tests, and their applications as per the requirement.

UNIT I: INTRODUCTION TO ASSESSMENT:

Assessment: Concept and Need. Distinction between Assessment and Measurement. Errors in Measurement: Examiner Variables, Testee Variables, Situational Variables. Types of Assessment.

UNIT II: PSYCHOLOGICAL TEST:

Definition and uses of Psychological Test. Brief History of Psychological Testing.

Type of Tests: (Administration) Individual vs. Group, Speed vs. Power.

Type of Tests: (Content) Verbal vs. Performance, Culture Fair, Objective vs. Projective.

UNIT III: CHARACTERISTICS OF PSYCHOLOGICAL TEST:

Reliability: Concept and Internal Consistency.

Methods of determining Reliability: Test-Retest, Cronbach Alpha& Split Half.

Validity: Concept and Types.

Factors influencing Reliability and Validity.

UNIT IV: TEST CONSTRUCTION

Item Writing and Pretesting. Item Analysis and Test Administration. Standardization: Meaning, Norms Development & Types of Norms. Self-Administering Scales: Rating Scales and Types.

Book Recommended:

- Anastasi, A. & Urbina, S. (1999). Psychological testing (7th International ed.), Macmillon Co.
- Anastasi, A. (1997). Psychological Testing. New York, Macmillon Co.
- Singh, A.K. (2000). Test, Measurements and Research Methods. Patna: Bharati Bhawaan (P&D).
- Srivastava, D. N. (2003). Manovigyanik Nirdharan. Agra: Vinod Pustak Mandir.
- Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing. Principles, Applications and Issues (5thed.) USA: Wadsworth Thomson Learning.
- Festinger, L. and Katz, D. (1976). Research Methods in Behavioral Sciences. Amerind Publication Co Pvt.
- Garret, H. C. (1981). Statistics in Psychology and Education. Longmans, Green & Co., NewYork.

LEVEL : SEMESTER-5

PAPER CODE : PSY-502

TITLE OF PAPER : **ABNORMAL PSYCHOLOGY**
MARKS **: 75**

COURSE OBJECTIVE:

This course aims to familiarize the students with basics of Abnormal Psychology, classification of mental disorders, causes of abnormal behavior, stress, mental retardation and other personality disorders.

UNIT- I: CLASSIFICATION & MODEL:

Concept and criteria of abnormal Behavior.

Classification- ICD-10, DSM5.

Biological and Sociological models.

Psychodynamic, Behavioral &Humanistic models.

UNIT -II: CAUSES OF ABNORMAL BEHAVIOR:

Biological causes. Psychological causes. Social causes.

Stress- Sources and Coping.

UNIT-III: STRESS AND ANXIETY DISORDER:

Stress Disorders: PTSD and Psycho-physiological Disorder (any two).

Anxiety Disorder: Phobia, obsessive and Compulsive Disorder.

Somatoform Disorder: Conversion Disorder.

Dissociative Disorder: Amnesia and Dissociated Identity Disorder.

UNIT-IV: PSYCHOTIC AND DEVELOPMENT DISORDER:

Schizophrenia.

Mood disorder: Major Depressive Disorder, Bipolar Disorder.

Mental Retardation: Autism.

Personality Disorder (any two).

Books Recommended:

- Bhatnagar, P. (1990). Abnormal Psychology: The Inside Story. A self-Assessment Quiz. Bharat Publications,Lucknow
- Buss, A.H. (1999). Psychopathology. New York: JohnWiley.
- Carson, R.C., Butcher, J.N. & Mineka, S. (2010). Abnormal Psychology & Modern life. Pearson Education, Inc. and Dorling Kindersley PublishingInc.
- Lamm, A. (1997). Introduction to Psychopathology. New York: Sage.
- Sarason, G.I. and Sarason, R.V. (2007). Abnormal psychology. The Problem of maladaptive behavior, 11th edition. Prentice Hall PublishingInc.

LEVEL **: SEMESTER-5**
PAPER CODE **: PSY-503**

TITLE OF PAPER : **EFFECTIVE COMMUNICATION**
MARKS **: 75**

Course Objectives:

To help students to understand the value of communication in life, the two important aspects of communication, i.e. verbal and non-verbal, the barriers in communication and skill of effective communication.

UNIT-I: PROCESS OF COMMUNICATION:

Meaning, Components of Human Communication. Models of Communication: Linear and Interactive. Types of Communication: Verbal and Non-Verbal. Importance and Misconceptions of Communication.

UNIT II: INTERPERSONAL COMMUNICATION SKILLS:

Stages of Interpersonal Communication. Impression Formation, Attribution and barriers of accurate Perception. Barriers to Effective Listening. Improving Listening and Responding Skills.

UNIT III: VERBAL AND NON VERBAL COMMUNICATION:

Words and their functions. Word Barriers and using words to establish supportive relationships. Functions and types of nonverbal Communication. Interpreting and improving Nonverbal Communication.

UNIT IV: IMPROVING INTERPERSONAL RELATIONSHIP:

Relationship Needs, Development of Relationship and Quality of Relationship.

Conflict Management Styles and Skills. Family Communication System and Skills.

Making Friends, Skills of Maintaining and Repair of Friendships.

Books Recommended:

1. Adler, R.B. and Rodman, G. (1997). Understanding Human Communication. 6th edition, Harcourt Brace CollegePublishers

2. Beebe, S.A., Beebe, S.J. and Redmond (1996). Interpersonal Communication. Allan and Bacon.

3. Devito, J.A. (1997). Human Communications of the Basic Course. VIIIth edition,Deisow.

4. Mandal, S.K. (2008). Effective Communication and Public Speaking. JaicoBook.

5. Scott, B. (2008). The Skills of Communicating. Jaico PublishingHouse.

LEVEL : SEMESTER-5
PAPER CODE : PSY-504
TITLE OF PAPER : BIOPSYCHOLOGY
MARKS : 75

Course Objectives:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

UNIT I: INTRODUCTION TO BIOPSYCHOLOGY:

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

UNIT II: THE FUNCTIONING BRAIN:

Structure and functions of neurons; Neural conduction and synaptic transmission.

UNIT III: ORGANIZATION OF NERVOUS SYSTEM:

CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization).

UNIT IV: NEUROENDOCRINE SYSTEM:

Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal

Books Recommended:

- Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
- 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.

Practical:

Any three practical based on following topics:

- Bender Visual Motor Gestalt Test
- Any Neuropsychological Battery
- Beck Depression Inventory
- Sinha Anxiety Scale
- Stress Scale
- Y-BOCS
- Childhood Autism Rating Scale (CARS)
- Understanding the problems faced by children suffering from neurological disorders·

LEVEL : SEMESTER-6
PAPER CODE : PSY-601
TITLE OF PAPER : ASSESSMENT OF PERSONALITY & MENTAL ABILITY
MARKS : 75

Course Objective:

This course aims to familiarize the students with basics of assessment of personality and mental ability, history of personality assessment, ethical Issues in Personality Assessment as well as learn about psychometric, projective, intelligence, aptitude and achievement tests

UNIT I: INTRODUCTION TO PERSONALITY ASSESSMENT:

History of Personality Assessment.
Ethical Issues in Personality Assessment.
Types of Personality Assessment.

UNIT II: PSYCHOMETRIC ASSESSMENT OF PERSONALITY:

Basic Techniques of Personality Assessment: MMPI, 16 PF, EPPS

UNIT III: PROJECTIVE TECHNIQES OF PERSONALITY ASSESSMENT:

Projective tests: TAT, Rorschach Inkblot Test.
Sentence Completion Test, Picture Frustration and Word Association Test.
Assessment of Interest and Values: Strong Vocational Interest Blank.

UNIT IV: ASSESSMENT OF MENTAL ABILITY:

Stanford Binet V-edition, Wechsler Scales-Verbal and Performance.
Bhatia Battery and Standard Progressive Matrices.
Assessment of Special Ability: DAT, Minnesota test of Clerical Aptitude, Career Maturity Scale.
Achievement tests: Standardized and Teacher made Achievement tests.

Books Recommended:

- Anastasi, A. & Urbina, S. (1999). Psychological testing (7th International ed.).Macmillon Co.
- Anastasi, A. (1997). Psychological Testing. New York, Macmillon Co.¸
- Singh, A. K. (2000). Test, Measurements and Research Methods. Patna: Bharati Bhawaan (P&D) ¸
- Srivastava, D. N. (2003). Manovigyanik Nirdharan. Agra: Vinod Pustak Mandir
- Kaplan, R. N. & Saccuzzo D.P. (2001). Psychological Testing. Principles, Applications and Issues (5thed.) USA: Wadsworth Thomson Learning
- Festinger, L. and Katz, D. (1976). Research Methods in Behavioral Sciences. Amerind Publication CoPv.
- Frager, R. and Fadiman, J. (2007). Personality and Personal Growth. Pearson.
- Pandey, J. (1988). Psychology in India the State of the Art, Vol 2, Basic and Applied Social Psychology. Edited by Janak Pandey. Sage, India.
- Pandey, J. (1988). Psychology in India the State of the Art, Vol1, Personality and Mental Processes. Edited by Janak Pandey. Sage, India.

LEVEL : SEMESTER-6

PAPER CODE : PSY-602

TITLE OF PAPER : COUNSELLING PSYCHOLOGY

MARKS : 75

Course Objectives:

To develop an understanding of basic concepts, processes, and techniques of Counseling. To acquaint the learner with the challenges of Counseling.

UNIT I: INTRODUCTION:

Nature and Goals of Counselling, Ethical issues in Counselling. The Effective Counsellor: Personality Characteristics.

UNIT II: COUNSELLING PROCESS:

Counselling Process: Building Counselling Relationships; Basic Counselling Skills.

UNIT III: TECHNIQUES OF COUNSELLING:

Psychoanalytic techniques; Humanistic techniques; Behavioral techniques; Cognitive techniques; Indian techniques: Yoga and Meditation

UNIT IV: COUNSELLING APPLICATIONS:

Child Counselling; Family Counselling; Career Counselling; Crisis Intervention: suicide, grief, and sexual abuse.

Books Recommended:

- Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.) 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.
- 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.
- Udupa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsi das.

LEVEL : SEMESTER-6

PAPER CODE : PSY-603
TITLE OF PAPER : HEALTH PSYCHOLOGY
MARKS : 75

Course Objective:
To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

UNIT I: INTRODUCTION:
Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health.

UNIT II: BEHAVIOR AND HEALTH:
Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

UNIT 3: HEALTH ENHANCING BEHAVIOURS:
Exercise, nutrition, safety, pain, stress management

UNIT 4: HEALTH AND WELL-BEING:
Happiness; Life satisfaction; Resilience; Optimism and Hope

Books Recommended:

- Allen, F. (2011). Health psychology and behaviour.Tata McGraw Hill Edition.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK:
- Kindersley. Misra,G. (1999).Stress and Health. New Delhi: Concept.
- Routledge. Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling
- Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.). NY: Wiley.
- Snyder, C.R., Lopez S. J., &Pedrotti, J. T. (2011*). Positive psychology: The scientific and practical explorations of human strengths*. New Delhi: Sage.
- Taylor, S.E. (2006). *Health psychology*. (6th Ed.) New Delhi: Tata McGraw Hill.

LEVEL : SEMESTER-6
PAPER CODE : PSY-604
TITLE OF PAPER : POSITIVE PSYCHOLOGY
MARKS : 75

Course Objective:

To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

UNIT I:

Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

UNIT II:

Positive Emotional States and Processes: Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

UNIT III:

Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

U**NIT IV:** Applications: Work, education, ageing, health, Role of positive psychology in everyday life: Practical strategies to enhance happiness, enhancing pleasure, engagement and meaning – making. Meditation and it's usefulness.

Books Recommended:

- Baumgardner, S.R. Crothers M.K. (2010). *Positive psychology*. Upper Saddle River, N.J.: Prentice Hall.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- Seligman, M.E.P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster.
- Snyder, C.R., &Lopez,S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths.* Thousand Oaks, CA: Sage.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). *Handbook of positive psychology*. New York: Oxford University Press.

Practical:

Any three practical based on following:

- Making a list of tests that are used in different contexts (educational, counselling, organizational and clinical) along with their specific uses.
- TAT
- Bhatia Battery Performance Intelligence test
- Sack Sentence Completion Test
- Rozenwing Picture Frustration Test
- Psychological Well Being Scale
- General Health Questionnaire Scale (GHQ-12)
- Life Satisfaction Scale
- Spirituality Scale

- Life Orientation Test (LOT-R)