B A -Psychology
Curriculum 2015-18
PSYCHOLOGY-SYLLABUS
[2015-2018]

Psychology can be defined as the scientific study of mental processes and behaviour. We cannot understand ourselves or the individuals around us without looking at how we develop, how we behave in a social context, or the physiological components of our behaviour. Thus, this course will serve as an overview of the major fields within psychology with an emphasis on developing an understanding of psychology as the science of human thought and behaviour. The specialties within the field include physiological, cognitive, clinical, social, organizational, and developmental Psychology.

Course Objectives

• To introduce the broad areas and varied approaches that comprise the field of Psychology
• To develop an understanding of some key psychological concepts and theories from several areas of Psychology

• To provide students with experience in the collection, analysis and interpretation of developmental data in either an applied or laboratory setting
• To impart in-depth knowledge, critical thinking and skills in various fields of Psychology.
• To develop sensitivity to psychological dynamics for better individual and societal wellbeing.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the Course</th>
<th>Contact Hours</th>
<th>Credits</th>
<th>Total Credits</th>
<th>Marks Awarded</th>
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<td>Basic Psychology I</td>
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<td>Internship/ Project(optional)</td>
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*ESE: End Semester Examination  
**IA: Internal Assessment
**SEMESTER I**

**PSY151201 BASIC PSYCHOLOGY I**

Credits 4  
TOTAL HOURS: 60

**Learning Objectives:**
1. To understand and classify the domains of behaviour
2. To understand the different processes in terms of biological, cognitive processes and their impact on behaviour.
3. To create an awareness of the role of psychologists in society
4. To differentiate methods of study of behaviour
5. To provide practical orientation to different dimensions of behaviour.
6. To analyse and interpret data using statistical techniques.

<table>
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<tr>
<th>Unit 1 - Introduction</th>
<th>10 Hours</th>
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<tbody>
<tr>
<td>Definition; Domains of behaviour; Nature; Antecedents-Schools of psychology; Goals of Psychology; Role of a psychologist in society; Methods- Descriptive, Experimental &amp; Case Study.</td>
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<table>
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<tr>
<th>Unit 2 - Biology and Behaviour</th>
<th>14 Hours</th>
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<tbody>
<tr>
<td>Nervous system; Neurons-Structure, Function and Neuro-transmission; Structure and function of Central and Peripheral nervous systems; Techniques of studying brain; Endocrine system and its impact on behaviour.</td>
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<tr>
<th>Unit 3 – Motivation</th>
<th>12 Hours</th>
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<tbody>
<tr>
<td>Meaning; Definition; Motivation Cycle; Types of motivation-Physiological Motivation – Hunger, Thirst, Psychological motivation – Achievement, Affiliation, Power, Parenting; Theories of Motivation – Need theories – Maslow and ERG, Drive Reduction Theories; Current status of motivational Psychology</td>
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<thead>
<tr>
<th>Unit 4 – Emotion</th>
<th>10 Hours</th>
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<tr>
<th>Unit 5 – Personality</th>
<th>14 Hours</th>
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<tbody>
<tr>
<td>Definition; Determinants; Approaches –Dispositional approaches – Type approach – Hippocrates, Sheldon, Kretchmer, Jung’s typology, Trait theory –Allport, Catell, Eysenck &amp; BIG Five; Psychoanalytic –Freud; Assessment of personality – Objective, Subjective and Projective.</td>
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PSY1512L1 Practical I

EXPERIMENTS –

1. Observation and Suggestion 2 Hours
2. Stroop Effect 2 Hours
3. Effect of Chunking on recall 2 Hours
4. Effect of Cueing on recall 2 Hours
5. Self Concept
6. Statistics –
   a. Grouping of Data – Class Intervals and Frequencies 2+2Hours
   b. Measures of Central Tendency – Mean and Median, Mode for Grouped and Ungrouped Data
7. Project Motivational Hierarchy One Month

Course Text/ References


SEMESTER II

PSY152201 Basic Psychology II

Credits 4

TOTAL HOURS: 60

Learning Objectives:
1. To understand sensory processes
2. To apply the laws of psychophysics to sensation and perception
3. To understand the biological basis of memory and forgetting.
4. To provide practical orientation to different dimensions of behaviour.
5. To analyse and interpret data using statistical techniques.

Unit 1 Sensation & Perception 10 Hours
Sensation- Meaning, Types, Biological processes involved in each modality;
Psychophysics- Sensory Threshold, Absolute Threshold, Just Noticeable Difference, Weber’s Law

Unit 2 Perception and Attention 10 Hours

Unit 3 Memory and Forgetting 12 Hours
Memory-Biological, Basic processes; Types of sensory memory; Types of STM, Types of LTM; Associative models – Explicit Memory And Implicit Memory; Retrieval Cues ; State Dependent And Context Dependent Memory ; Tip – Of – The – Tongue –Phenomenon ;Flash Bulb Memories; Levels of processing; Forgetting – Definition, Theories, Improving memory- Mnemonic Strategies.

Unit 4 Thinking and Intelligence 14 Hours
Thinking- Processes involved, Elements of thinking, Information processing, Types of thinking; Reasoning – Types-Problem solving, Decision Making, Creative Thinking, Concept Formation; Intelligence – Definition, Determinants of intelligence – Genetic and Environmental influences, Theories of Intelligence – Factor theories -Spearman, Thurston, Guilford model, Cognitive models of intelligence – Robert Sternberg & Cattell; Assessment of Intelligence

Unit 4 Learning 14 Hours
Learning- Definition, Theories- Classical conditioning(Pavlov) and principles involved, Significance, Operant Conditioning(B.F Skinner) – principles involved, Significance , Trail and Error(Thorndike) Conditioning – principles involved,
Significance, Insight learning (Kohler)- principles involved, Significance, Social learning theory (Bandura)

PSY1522L1 PRACTICAL II

Experiments

1. Signal Detection 2 Hours
2. Maze Learning 2 Hours
3. Mapping of Retinal Color Zones 2 Hours
4. Muller – Lyer Illusion 2 Hours
5. Emotional Intelligence 2 Hours
6. Statistics 2
   a. Variability-Range, Standard deviation 2+2 Hours
   b. Quartile deviation for grouped and ungrouped data. 2+2 Hours
7. Project- Emotional Intelligence One Month

References:


SEMESTER III

PSY153201 Developmental Psychology I

Credits 4

TOTAL HOURS: 60

Learning Objectives:
1. To help students understand ways to apply content about lifespan to the real world and improve people’s lives
2. To motivate them to better understand who they were, are, and will be.
3. To create awareness about healthy living
4. To collect relevant data about stages of life span, to analyze and interpret them

Unit 1 Introduction
10 Hours

Unit 2 Genetic Foundation of Development
10 Hours
Mitosis-Somatic Cells and Meiosis-Separtely In Sperm and Ova; Mechanism of Heredity- Genes, Chromosomes, Dominant and Recessive Alleles, Polygenic Traits, Multifactor Inheritance-Genotype and Phenotype; Sex Determination; Multiple Birth-Causes, Types, Common Characteristics of Twins;
Mutations – Genetic and chromosomal, Causes; Chromosomal Abnormalities & Genetic Abnormality

Unit 3 Prenatal Life
12 Hours
Prerequisites of Conception- Maturation, Ovulation, and Fertilization; Stages prenatal life - Germinal Stage, Embryonic Stage, Foetal Stage; Determinants Of Prenatal Health- Teratogens- Environmental Factors, Maternal Factors, Medication & Non Medication Drugs, Alcohol, Nicotine, Caffeine, Radiation, Pollutants, Maternal Diseases & Infections, Emotional Stress, Nutrition, Physical Activity, Maternal Age, Rh Incompatibility; Paternal factors; Prenatal Assessment- Amniocentesis, Chorionic-villi Sampling, Maternal Blood Tests, Ultrasound, Umbilical cord Blood Sampling, Pre Implantation, Genetic Diagnosis, Embryoscopy, Foetal Therapy; Birth Process-Stages of labour ,Types

Unit 4 Infancy (First Three Years of Life)
14 Hours
Unit 5 Childhood (Early and Later Childhood) 14 Hours
Physical Development- Growth & Change -Height, Weight, Appearance; Motor development - Large Muscle Coordination, Small Muscle Coordination, Eye Hand Coordination, Handedness; Cognitive Development- Memory, Preoperational Thought, Meta Cognition, Jean Piaget’s & Vygotsky’s theory; Psychosocial & Emotional Development- Aggression, Pro-Social Behaviour, Self Conscious Emotions, Expression of Emotions , Erikson’s theory

PSY1532L1 PRACTICAL III

Experiments:
1. Habit Interference 2 Hours
2. Free Association 2 Hours
3. Paired Association 2 Hours
4. Creativity 2 Hours
5. Bilateral Transfer of Training 2 Hours
6. Statistics-3
   a. Standard error of Mean 2+2 Hours
   b. Mean population 2+2 Hours
7. Project: CREATIVITY One Month

Reference Books

Hurlock, E.B. (1999), Developmental Psychology. (6\textsuperscript{th} ed.). Tata McGraw Hill.
SEMESTER IV

PSY154201 Developmental Psychology – II

Credits 4 TOTAL HOURS: 60

Learning Objectives:
1. To help students understand ways to apply content about lifespan to the real world and improve people’s lives and motivate them to better understand who they were, are, and will be.
2. To understand the transitions in puberty and to adopt coping mechanisms.
3. To create awareness about healthy living.
4. To collect relevant data about stages of life span, to analyze and interpret them.

Unit 1 Puberty & Adolescence 14 Hours
Puberty- Biological Changes-Primary and secondary sexual characteristics, Reactions to Physical Changes; Characteristics of Adolescence; Cognitive development- Jean Piaget’s theory; Socio emotional development- Identity crisis, Erikson’s & James Marcia’s theory; Moral Development- Kohlberg’s Levels of Morality; Developing A Career- Stages in Vocational Planning, Influences On Vocational Planning, Gender Differences; Health Concerns in Adolescence- Nutrition, Eating Disorder; Abuse- Drugs, Nicotine, Alcohol; STDs; Adolescent Relationships- Family, Peers, Society.

Unit 2 Adulthood 12 Hours
Characteristics of adulthood; Cognitive & Emotional Development – Shift To Post Formal Thought; Emotional Intelligence; Vocational Adjustment- Importance Of Work, Gender Difference At Work, Factors Making Vocation Life Difficult, Appraisal Of Vocational Adjustment; Marital & Non Marital Life Style-Single Life Style, Homosexual Relationship, Cohabitation.

Unit 3 Middle Age 12 Hours
Characteristics of Middle age; Adjustment To Changes- Physical -Appearance, Sensory Abilities, Physiological Functioning; Changes in mental Abilities; Social & Emotional Adjustment; Midlife Crises; Personal Relationship; Marital Satisfaction Divorce; Common Problems Of Divorcees; Remarriage; Occupational Adjustment-Stable & Unstable Patterns, Gender Differences, Changing Career, and Work Related Stress; Retirement- Preparation For Retirement, How Work Enhances Personal & Intellectual Growth; Adult Learner.

Unit 4 Old Age 12 Hours
Characteristics; Physical Changes & Adjustment-Appearance, Sensory Abilities, Internal Changes, Physiological Functioning, Health ;Motor Functioning & Mental Abilities; Interest; Family Life- Living Arrangement, Need For Old Age Home, Income, Relationship With Spouse, Offspring, Grandchildren, Siblings, Adjustment To Loss Of Spouse, Inter-Generational Relationship Adjustment; Retirement-Adjustment to Retirement, Successful Retirement, Planning Ahead, Using Leisure Time; Successful Ageing- Disengagement & Activity Theory.
Unit 5 End of Life
10 Hours
Aspect Of Death- Biological, Psychological, Social; Attitude Towards Death & Dying - Across Life Span; Stages Of Dying; Death Education In Brief; Support Groups And Services; Finding A Purpose In Life & Death

PSY1542L1 PRACTICAL IV

Experiments:
1. Adolescent Problem Checklist 2 Hours
2. Concept Formation 2 Hours
3. Personal Value Questionnaire 2 Hours
4. Effect of Restriction on Movement 2 Hours
5. Guidance Need Inventory 2 Hours
6. Statistics-4
   Correlation
   a. Product Moment Correlation 2+2 Hours
   b. Rank Order Correlation 2+2 Hours
7. Project: Guidance Need for Adolescents One Month

Reference Books


Learning Objectives:
1. To enable students to gain awareness on various disturbances in behaviour
2. To provide them with a detailed study and understanding of abnormality, its criteria, classification, perspectives, the various disorders, their symptoms, causes and treatment.
3. To deal effectively with emotions and improve well being of self and others
4. To assess and analyse various personality dimension and disorders.

Unit 1 Introduction 12 Hours
Definition; Criteria of abnormal behaviour—Statistical, Social, Personal discomfort; Maladaptive from ideal; Historical background and perspectives; Classifications of abnormal behaviour – DSM and ICD-10

Unit 2 Models of Abnormality 10 Hours
Psychodynamic -Freud & Neo-Freudian; Behavioralistic –Skinner & Pavlov; Cognitive – Behavioural-Beck, Bandura, Humanistic -Rogers & Maslow and Eclectic models.

Unit 3 Stress 12 Hours
Definition of Stress; Stressors- Categories of stressors, Predisposing and Precipitating factors of stress; Diathesis – stress model; Biological and psychological decompensation under excessive stress; Acute Stress and Post – Traumatic Stress disorder; Impact of stress on health; Reactions to common stressors and its psychological impact; Coping with stress.

Unit 4 Anxiety Based Disorders 14 Hours
Symptoms; Causes and treatment; Anxiety based response patterns of- Panic Disorder, Phobic Disorder, Obsessive Compulsive disorder, Generalized Anxiety disorder; Characteristics- Cognitive and motor patterns; Generalized anxiety disorder

Unit 5 Somatoform and Dissociative Disorders 12 Hours
Somatoform disorders – Somatisation disorder, Hypochondriasis, Somatoform pain disorder, Conversion disorder – Sensory, Motor, Visceral symptoms; Dissociative Disorders - Psychogenic Amnesia, Dissociative Fugue, Dissociative Identity Disorder, Depersonalization Disorder; Causes – Biological, Psychological, Sociocultural factors.
PSY1552L1 Practical V

Experiments:

1. Eysenck Personality Inventory 2 Hours
2. Personal Stress Inventory 2 Hours
3. Internal – External Locus of Control 2 Hours
4. Self Analysis Form (Anxiety) 2 Hours
5. Achievement motivation 2 Hours
6. Statistics- CRITICAL RATIO 8 Hours
7. Project: Achievement Motivation One Month
Among Undergraduate Students

References:


SEMESTER V

PSY155202 Industrial Psychology and Organizational Behaviour I

Credits 4                                                                                   TOTAL HOURS: 60

Learning Objectives:
1. To understand the challenges of organization in managing human resource.
2. To apply the psychological principles to study the human behaviour at work
3. To develop selection procedure and training modules.
4. To develop skills for leadership
5. To assess and analyse aptitude

Unit 1 Introduction to Industrial Psychology 10 Hours

Unit 2 Job Analysis and Selection 12 Hours

Unit 3 Training 14 Hours
Definition of training; Need for training; Training Methods for Non Supervisory staff-On the Job Methods, Apprenticeship Programmes, Job Instruction Training, Off the Job Methods, Classroom Lectures or Conferences, Films; Simulation Exercises – Case presentation, Experiential Exercises, Computer Modeling. Vestibule Training and Programmed Learning; Training Methods for Managerial Staff –On the Job Methods, Coaching method, Understudy assignment method, Committee assignment, Job rotation, Off the job Method- Lecture, Conference, Programmed Learning, Simulation Exercises ,Role Play, Case Study Method, Decision Games; In Basket Training; Managerial Games; Sensitivity Training; Human Relations Training and Transactional Analysis.

Unit 4 Leadership and Motivation 12 Hours
Leadership – Definition, Styles of Leadership –Authoritarian vs. Democratic, Managerial grid model; Motivation –Definition, Need and drives, Motivation cycle, Drives and types-Achievement Motivation, Power Motivation, Affiliation Motivation, Competence Motivation; Theories of Motivation – Maslow’s Hierarchy of Needs theory, Herzberg’s Two Factor theory, Alderfer’s E-R-G Model
Unit 5 Industrial Incentives  
Definition; Need; Financial Incentives – Types of Wages, Incentive System, Non Financial Incentives- Attitude, Supervisory Relations, Level of Aspiration, Praise and Reproof, Knowledge of Results, Cooperation and Competition.

PSY1552L2 PRACTICAL VI

Experiments:
1. Verbal Reasoning 2 Hours
2. Numerical Reasoning 2 Hours
3. Mechanical Reasoning 2 Hours
4. Clerical Speed & Accuracy 2 Hours
5. Tweezers Dexterity 2 Hours
6. Statistics: t test 8 Hours
7. Project: VERBAL REASONING ABILITY AMONG UG STUDENTS One month

References


Learning Objectives:
1. To understand the classification of disorders and how they are dealt with
2. To create an awareness of use and abuse of substances and its effect on health
3. To inculcate sensitivity toward special children
4. To assess and analyse adjustment, attitude, maturity and well-being.

Unit 1 Personality Disorders 14 Hours
Cluster A- Paranoid, Schizoid, Schizotypal; Cluster B- Borderline, Narcissistic, Histrionic, Antisocial; Cluster C- Avoidant, Dependant, Obsessive compulsive; Sexual variants-Paraphilia

Unit 2 Schizophrenia & Delusional Disorder 14 Hours
Schizophrenia – Clinical Picture, Overview of different types of schizophrenia- Disorganized, Paranoid, Catatonic, Undifferentiated and other types; Delusional Disorder- General symptoms, Types & causes; Delusional Disorder – Paranoid type, Clinical picture & causes

Unit 3 Mood Disorder and Suicide 12 Hours
Mood Disorder-Meaning and Classification of mood disorders, Symptoms, Types and treatments; Suicide- Facts, Characteristics, Prevention, Assessment.

Unit 4 Substance Abuse Disorders 08 Hours
Substance Abuse Disorders; Alcohol abuse & dependence – Clinical picture, Causes; Drug abuse & dependence – Narcotics, Sedatives, Stimulants, Hallucinogens; Treatment & prevention.

Unit 5 Mental Retardation and Developmental Disorders 12 Hours
PSY1562L1 PRACTICAL VII

1. Bell’s Adjustment inventory 2 Hours
2. Sodhi’s Attitude Scale 2 Hours
3. Emotional Maturity 2 Hours
4. General Health Questionnaire 2 Hours
5. General Well Being 2 Hours
6. Statistics: Median Test 8 Hours
7. Major project and viva voce 3 Months

References:


Learning Objectives:
1. To understand the challenges of organization in managing human resource.
2. To apply the psychological principles to study the human behaviour at work
3. To understand the effect of various conditions on productivity
4. To understand the role of an industrial psychologist to deal with human behaviour
5. To assess and analyse reasoning and leadership skills.

Unit 1 Performance Appraisal 12 Hours
Definition; Need; Appraisal Process; Appraisal Methods – Modern methods and traditional methods-5 each

Unit 2 Attitude Morale and Job Satisfaction 14 Hours

Unit 3 Employee Stress and Counselling 12 Hours
Employees Stress – Definition, Symptoms of stress, Extreme products of stress – Burnout, Trauma, Work place trauma, Causes of stress – Job related causes of stress, Frustration – sources of frustration, Stress and Job Performance, Stress Vulnerability – Stress threshold. Perceived Control, Type A and B Type people; Employee Counselling – Need for Counselling, Counselling Types – Directed, Non Directed, Participative Counselling.

Unit 4 Conditions of Work and Accidents 12 Hours
Conditions of work-Physical Conditions of Work illumination- Noise, Colour, Music, Temperature and Humidity, Temporal Conditions of Work – Hours of Work, Length of work Week; Flexible Working Hours; Rest Pauses; Shift Work; Psychological conditions of work – Boredom, Monotony and Fatigue; Industrial accidents – Definition, Causes and Prevention.

Unit 5 Consumer Psychology 10 Hours
Scope of Consumer Psychology; Nature and Scope of Advertising; Types of advertising appeals; Trademarks; Product Image; The Package; Sex and Portrayal of Women in advertising; Introducing a new brand.
PSY1562L2 PRACTICAL VIII

Experiments:
1. RPM 2 Hours
2. Manual Dexterity (MRMT) 2 Hours
3. Spatial Reasoning 2 Hours
4. Leadership Effectiveness Scale 2 Hours
5. General mental ability test 2 Hours
6. Statistics - Chi Square test 8 Hours
7. Major project and viva voce 3 Months

References:


HUM1552P1  **Internship / Project (optional)**

**4 Credits**

**Learning Objectives:**
- To develop Organizational competencies for the following abilities
- Decision-making, judgments, setting priorities and develop understanding in the use of psychological assessment.
- Persistence to complete tasks and to develop work habits.
- To Develop skill of research and report writing

**Evaluation process:**  **Internship / project (students may choose any one to obtain the credits)**

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<th>Internship</th>
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<th>Marks 30</th>
<th>Report of the internship</th>
<th>Marks 40</th>
<th>Viva voce</th>
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<tr>
<td>Project</td>
<td>Methodology and data collection</td>
<td>30</td>
<td>Project presentation</td>
<td>40</td>
<td>Viva voce</td>
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