

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA



DEGREE OF B. Sc. Psychology

BACHELOR OF SCENCE IN PSYCHOLOGY

(CHOICE BASED CREDIT AND SEMESTER SYSTEM FOR UNDERGRADUATE CURRICULUM)

UNDER THE FACULTY OF SCIENCE

SYLLABUS

(FOR THE STUDENTS ADMITTED FROM THE ACADEMIC YEAR 2019 – '20 ONWARDS)

BOARD OF STUDIES IN PSYCHOLOGY (UG)

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA - 680125, KERALA, INDIA

JUNE, 2019

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**BOARD OF STUDIES – PSYCHOLOGY**

Sl. No	Composition	Name of the Members & Address	Contact Details
1.	Chairman	Dr. Baby Shari P A Professor Department of Psychology Calicut University	9846839369 sharipadiyath@yahoo.com
2.	All faculties of the Psychology department of Christ College	1.Ms. Nimy P G 2.Dr. Suresh k Govind 3Ms. Ann Maria Vincent 4.Ms. Renya C V 5.Ms. Betty Paul 6.Ms. Christina Tony 7. Ms. Glossy John 8. Ms. Durga K S	Department of Psychology Christ College Irinjalakuda
3.	2 subject experts from outside the Parent University	1. Dr. Varghese Paul Associate Professor, Dept. of Psychology Sahrudaya College, Kodakara 2.Dr.Seena Mathai Assistant Professor Department of Psychology Union Christian College	9995316576 aniljoseps@gmail.com 9961871553 seenamathai@uccollege.edu.in
4.	One expert nominated by the Vice Chancellor	1.Dr. Aneesh V Appu Assistant Professor, Dept. of Psychology M G College, Trivandrum 2.Dr. Vijith K Assistant Professor,Dept. of Psychology Government college Mankada,Malappuram 3. Dr. Milu Maria Anto Assistant Professor,Dept. of Psychology Prajothi Niketan College, Pudukkad 4. Nice Mary Francis Assistant Professor,Dept. of Psychology Prajothi Niketan College, Pudukkad 5. Dr,Soumya Mohan Assistant Professor, Dept. of Psychology Shri. C .Achutha Menon Memorial Government College.Thrissur	9847176666 vppsy2003@gmail.com 9349975128, vijith123@gmail.com. 9447250493 miluanto99@gmail.com 9447250493, nicemaryfrancis@gmail.com 9447617498 soumyacapricon@rediffmail.com

		6. Sukanya B Menon Assistant Professor, Dept. of Psychology Prajothi Niketan College, Pudukad	9495422530. sukanyabmenon@gmail.com
5.	One representative from the industry	Dr. Salish John Clinical Psychologist, Sacred Heart Mission Hospital, Pullur, Thrissur	9497050607 mail2salish@yahoo.co.in
6.	One post graduate meritorious alumnus	Anup Jacob Research Assistant NIMHANS, Bangluru	8113999632 anup_jacob@ymail.com
7.	Experts from outside the college for special course	Dr. A.V. Rajesh Principal LBSMHSS Avitathur. HSE Psychology State Coordinator.	9446023878 rajeshwarrier2008@rediffmail.com
8.	Other member of the staff in the same faculty	Dr. Davis Antony Mundassery Associate Professor, Department of Statistics, Christ College, Irinjalakuda	9400548166 dmundassery@yahoo.com

Course Structure of BSc. Psychology

SEMESTER I

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
1		Common Course I - English	64	4	4
2		Common Course II - English	80	5	3
3		Common Course III – language other than English	64	4	4
4	PSY1B01	Basic Themes in Psychology – I	64	4	3
5		Human Physiology	64	4	3
6		Psychological Statistics	64	4	3
7	*Audit Course	Environment Studies	-	-	-
Total				25	20

SEMESTER II

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
8		Common Course IV - English	64	4	4
9		Common Course V - English	80	5	3
10		Common Course VI – language other than English	64	4	4
11	PSY2B01	Basic Themes in Psychology – II	64	4	3
12		Human Physiology	64	4	3
13		Psychological Statistics	64	4	3
14	*Audit Course	Disaster Management	-	-	-
Total				25	20

SEMESTER III

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
15		Common Course VII - English	80	5	4
16		Common Course VIII – language other than English	80	5	4
17	PSY3B01	Psychological measurement and testing	48	3	3
18		Experimental Psychology Practical – I	32	2	**
19		Human Physiology	80	5	3
20		Psychological Statistics	80	5	3
21	*Audit Course	Human Rights/Intellectual Property Rights/Consumer Protection****	-	-	-
Total				25	17

SEMESTER IV

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
22		Common Course IX - English	80	5	4
23		Common Course X – language other than English	80	5	4
24	PSY4B01	Individual Differences	48	3	3
25	PSY4B02	Experimental Psychology Practical – I	32	2	4
26		Human Physiology	80	5	3
27		Psychological Statistics	80	5	3
28	*Audit Course	Gender Studies/Gerontology****	-	-	-
Total				25	21

SEMESTER V

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
29	PSY5B01	Abnormal Psychology – I	48	3	3
30	PSY5B02	Social Psychology	48	3	2
31	PSY5B03	Developmental Psychology - I	48	3	3
32	PSY5B04	Psychological Counseling	48	3	3
33	PSY5B05	Health Psychology	48	3	3
34		Open Course	48	3	3
35		Experimental Psychology Practical – II	48	3	***
36		Experimental Psychology Practical – III	48	3	***
37		Project	16	1	
Total				25	17

SEMESTER VI

Sl. No.	Course Code	Name of the Course	Total Hours	Hours/week	Credits
38	PSY6B01	Abnormal Psychology – II	64	4	3
39	PSY6B02	Applied Social Psychology	64	4	3
40	PSY6B03	Developmental Psychology – II	48	3	3
41	PSY6B04	Life Skill Education: Application and Training	48	3	3
42	PSY6B05	Elective	48	3	3
43	PSY6B06	Experimental Psychology Practical – II	48	3	4
44	PSY6B07	Experimental Psychology Practical – III	48	3	4
45	PSY6B08	Project	32	2	2
Total				25	25

It is advisable to submit a report during the end of Vth semester on the basis of the study tour conducted to various institutions comprising psychotherapeutic centers, managerial training institutions etc. so as to familiarize the students, the application of Psychological principles and theories in different specializations.

*Course with 4 credits which is not meant for class room study and its credits are not counted for CGPA or SGPA

**External examination will be conducted at the end of IVth semester

***External examination will be conducted at the end of VI th semester

**** Colleges can opt any one of the courses

Elective Papers

1. PSY6B05-01: Organisational Behaviour
2. PSY6B05-02: Psychology of Criminal Behavior
3. PSY6B05-03: Positive Psychology
4. PSY6B05-04: Educational Psychology
5. PSY6B05-05: Cognitive Psychology

Open Course

Choice I

Code: PSY5D01: Psychology and Personal Growth

Choice II

Code: PSY5D02: Life skill Applications

Choice III

Code: PSY5D03: Child and Adolescent Mental Health

Mark distribution for core courses, project and open course

Core courses (including elective) 17*75	1275
project	50
Open course	75
Total marks	1400

DETAILS OF COURSES

CORE COURSES

- PSY1B01: Basic Themes in Psychology-I
- PSY2B01: Basic Themes in Psychology-II
- PSY3B01: Psychological Measurement and Testing

- PSY4B01: Individual Differences
- PSY4B02: Experimental Psychology Practical I
- PSY5B01: Abnormal Psychology I
- PSY5B02: Social Psychology
- PSY5B03: Developmental Psychology I
- PSY5B04: Psychological Counselling
- PSY5B05: Health Psychology
- PSY6B01: Abnormal Psychology II
- PSY6B02: Applied Social Psychology
- PSY6B03: Developmental Psychology II
- PSY6B04: Life Skill Education: Applications and Training
- PSY6B06: Experimental Psychology Practical II
- PSY6B07: Experimental Psychology Practical III
- PSY6B08: PROJECT

Complementary Courses of BSc Psychology Programme

Following are the complementary courses of BSc Psychology Programme suggested by the board and the syllabus of these complementary courses are prepared by the respective Board of studies.

- Human Physiology
- Psychological Statistics

Audit Courses

- Environment Studies
- Disaster Management
- Human Rights/ Intellectual Property Rights/consumer Protection
- Gender Studies/ Gerontology

Open Courses

During the Vth Semester three Open courses are offered to the students of other departments. Colleges can choose any one course from the three listed below.

- PSY5D01: Psychology and Personal Growth
- PSY5D02: Life Skill Applications
- PSY5D03: Child and Adolescent Mental Health

Elective Courses

During VIth Semester five elective courses are offered for Bsc Psychology Programme. Colleges can choose any one course from the five listed below.

- PSY6B05-01: Organizational Behavior
- PSY6B05-02: Psychology of Criminal Behavior
- PSY6B05-03: Positive Psychology
- PSY6B05-04: Educational Psychology
- PSY6B05-05: Cognitive Psychology

Complementary Courses offered by Board of Studies in Psychology to other departments

- PSY1C05/PSY2C05: Psychological Processes
- PSY3C05/PSY4C05: Psychology of Abnormal Behavior and Social Behavior
- PSY1C06/PSY2C06: Social Behavior
- PSY3C06/PSY4C06: Life Span Development and Health Psychology
- PSY3C07/PSY4C07: Abnormal Behavior
- PSY3C06/PSY4C05: Life Span Development and Psychology of Social Behavior

EVALUATION SCHEME FOR CORE AND OPEN COURSES

The evaluation scheme for each course shall contain two parts

1) Internal assessment 2) External Evaluation

20% weight shall be given to the internal assessment. The remaining 80% weight shall be for the external evaluation.

Internal Assessment: 20% of the total marks in each course are for internal examinations. The internal assessment shall be based on a predetermined transparent system involving written tests, Class room participation based on attendance in respect of theory courses and lab involvement/records attendance in respect of Practical Courses.

Internal assessment of the project will be based on its content, method of presentation, final conclusion and orientation to research aptitude.

Components with percentage of marks of Internal Evaluation of Theory Courses are- Test paper 40%, Assignment 20%, Seminar 20% and Class room participation based on attendance 20%

Table1; Component for evaluation

Sl.No.	Components	Marks
1	Class room participation based on Attendance	3
2	Test paper	6
3	Assignment	3
4	Seminar/Viva	3
Total		15

For practical courses - Record 60% and lab involvement 40% as far as internal is concerned. (if a fraction appears in internal marks, nearest whole number is to be taken)

For the test paper marks, at least one test paper should be conducted. If more test papers are conducted, the mark of the best one should be taken.

Table 2: Split up of marks for Test paper

Range of marks in test paper	Out of 6 Marks (Maximum internal mark is 15)
Less than 35%	1
35%-45%	2
45%-55%	3
55%-65%	4
65%-85%	5
85%-100%	6

Table 2: Split up of marks for Class Room

Participation Range of CRP	Out of 3 Marks (Maximum internal mark is 15)
50% ≤ CRP < 75%	1
75% ≤ CRP < 85%	2
85% and above	3

Scheme of Examinations

The external QP with 60 marks and Internal examination is of 15 marks. Duration of each external examination is 2 Hrs. The pattern of External Examination is as given below. The students can answer all the questions in Sections A & B. But there shall be Ceiling in each section.

Section A

Short answer type carries 2 marks each - 12 questions

Ceiling - 20 Marks

Section B

Paragraph/ Problem type carries 5 marks each - 7 questions

Ceiling – 30 Marks

Section C

Essay type carries 10 marks (1 out of 2)

1X10=10 Marks

**MODEL QUESTION PAPER OF CORE COURSE FOR ALL SEMESTERS
FIRST SEMESTER B.Sc DEGREE EXAMINATION, NOVEMBER 2019
PSY1B01 BASIC THEMES IN PSYCHOLOGY I**

Name:

Time: 2Hrs

Reg No:

Maximum Marks: 60

SECTION -A

Answer **ALL** Questions. Answer in Two or three sentences. Each carry 2 marks. There shall be ceiling of 20 marks in this section

1. Placebo effect
2. Structuralism
3. Circadian rythm
4. Self-awareness
5. Selective attention
6. Perceptual Organization
7. Meditation
8. Survey method
9. Figure-ground perception
10. Perceptual set
11. Phi-Phenomenon
12. REM sleep

(Ceiling 20 marks)

SECTION -B

Answer **all** questions. Answer in a paragraph of about half a page to one page. Each question carries 5 marks.

There shall be ceiling of 30 marks in this section

13. Steps in scientific investigation
14. Types of variables.
15. Factors affecting attention.

16. Stages of sleep.
17. Discuss the different views on hypnosis
18. Explain cognitive learning
19. Theories of colour vision

(Ceiling 30 Marks)

SECTION –D

Essay Type Questions

Answer *Any one* of the following. Each Carries 10 Marks.

20. Define psychology. Explain in brief the history of psychology.
21. Explain the nature of consciousness. Give a brief description on altered states of consciousness.

(1 x 10= 10 marks)

SEMESTER I

PSY1B01 – BASIC THEMES IN PSYCHOLOGY - I

Number of Credits: 3

Number of Contact Hours: 64 Hrs.

Course Outline

Module 1 Introduction (16 hours)

Psychology: A working definition.

Origin of Psychology: Philosophical origins; Early Indian and Greek thoughts, major ideas of Descartes, Locke. Biological origins; Darwin, Genetics. Brief history of modern scientific psychology: structuralism, functionalism, behavioral, psychoanalytic, humanistic, cognitive perspectives, Gestalt psychology. Branches of Psychology, Scope of Psychology.

Methods of psychology: Observation-participant and non-participant observation, naturalistic observation; Interview methods-structured, semi structured and unstructured interviews; Surveys; case study; Questionnaires; Correlational studies; experimental method.

Module 2 Attention and Perception (16 hours)

Attention: selective and sustained attention; Factors affecting attention; Phenomena associated with attention-span of attention, division of attention, distraction of attention.

Sensation and perception: Difference between sensation and perception: sensory threshold; absolute threshold; difference threshold; just noticeable differences; subliminal perception.

Perceiving forms, patterns and objects: perceptual set, feature analysis, bottom-up processing, top-down processing. Perceptual organization; Gestalt principles, figure and ground segregation, phi-phenomenon.

Perceptual constancies: size, shape, brightness constancies. Visual illusions; Theories of color vision; Theories of auditory perception.

Module 3 States of Consciousness (14 hours)

Nature of consciousness; Biological rhythms: circadian rhythms; Sleep and waking cycle: stages of sleep; functions of sleep; functions of REM sleep; sleep disorders -Dreams: psychodynamic, physiological and cognitive views. Altered states of consciousness: Hypnosis; Meditation. Altering consciousness with drugs- Brief outline on psychoactive drugs.

Module 4 Learning (18 hours)

Concept of learning, Nature of learning, learning curve.

Types of Learning; Associative learning (Classical and operant conditioning) and Cognitive learning. Classical conditioning: Basic experiment and basic terms; Principles of Classical Conditioning-Acquisition, Higher order conditioning, Extinction, spontaneous recovery, Generalization and Discrimination. Applications of classical conditioning. Operant conditioning; Law of effect; Basic experiment of Skinner; Reinforcement, Punishment, Shaping and Chaining; Schedules of reinforcement. Applications of operant conditioning. Cognitive learning: Cognitive map; latent learning; sign learning. Observational learning/ Modeling.

References

1. Baron R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education.
2. Bootzin R., & Bower G.H. (1991). *Psychology today- An Introduction*. 7th ed. New York: Mc Graw Hill Inc.
3. Commer R. & Gould E. (2011). Psychology around Us. New Delhi: John Wiley & Sons Inc.
4. Coon D.& Mitterer J.O. (2013) Introduction to Psychology: Gateways to Mind and Behavior, 13th ed. Wadsworth, Cengage Learning
5. Feldman R. (2011). Understanding Psychology, 10th edition. New Delhi: Tata McGraw Hill.
6. Morgan C.T., King R.A., Weisz J.R., & Schopler J. (1993). Introduction to Psychology, 7th ed. New Delhi: Tata McGraw Hill.
7. Weiten W. (2002). Psychology: Themes and Variations, 5th ed. New York: Brooks/Cole Publishing co.

Additional References:

1. Gerrig R. J (2013) *Psychology and Life* (20th Edn) Boston: Pearson
2. Kuppaswamy B. (1990). *Elements of ancient Indian Psychology*, 3rd ed. New Delhi: Konark Publishers Pvt. Ltd.
3. Mishra B.K. (2008). Psychology: *The study of Human Behavior*. New Delhi: Prentice Hall of Ind.

SEMESTER II

PSY2B01 – BASIC THEMES IN PSYCHOLOGY - II

Number of Credits: 3

Number of Contact Hours: 64 Hrs.

Course Outline

Module 1 Cognitive Processes (16 hours)

Basic units of Thought: Concepts; forming concepts, Types of concepts, prototypes; Images; Language, the structure of Language, Role of language in thinking. Reasoning; Deductive and inductive thinking. Problem solving; Types of problems, steps and barriers to effective problem solving, approaches or strategies of problem solving-trial and error, heuristics, algorithm, forming sub goals, searching for analogies, changing the representation of the problem; Culture, cognitive style and problem solving. Creative thinking; convergent and divergent thinking; stages of creative thought. Decision making; Heuristics and judgment-availability heuristics, representativeness heuristics, anchoring heuristics.

Module 2 Memory (18 hours)

Key processes in memory: Encoding, Storage and Retrieval.

Atkinson-Shiffrin Model; sensory memory, short term memory and long-term memory; Levels of processing. STM; Iconic memory; Working memory, Alan Baddeley's components of working memory; Chunking; Rehearsal-maintenance rehearsal, rote rehearsal, elaborative rehearsal.

LTM; Types of LTM-procedural memory, declarative memory-semantic memory, episodic memory; Flashbulb memory, tip of the tongue phenomenon. Implicit and explicit memory-priming. Measuring memory; Recall, Recognition, Relearning. Retrieval cues; Encoding specificity principle; Context dependent memory, State dependent memory; Serial position effect; Reconstructive memory; Source Monitoring; Eyewitness testimony; False memory; Metamemory. Forgetting: Curve of forgetting; Reasons of forgetting-ineffective coding, decay, interference, retrieval failure, motivated forgetting; Repression.

Strategies for remembering; Rehearsal, Elaboration, Organisation (Mnemonics).

Module 3 Motivation (16hours)

Motivation; A model of Motivation; Sources of Motivation-Drives, Incentives, Instincts.

Theories of motivation: Drive theory; Incentive theory; Hierarchy of needs theory; Arousal theory-Yerkes-Dodson's Law; Goal setting theory; Evolutionary theory; Cognitive Theories-Balance theory, Cognitive dissonance theory, Expectancy theory, Attribution theory. Types of Motives; Biological motives and learned motives. The motivation of hunger and eating: Biological factors in the regulation of hunger; Environmental factors in the regulation of hunger: Sexual motivation; Hormones and human sexual behavior; Sexual orientation.

Achievement motivation: Individual differences; situational determinants of achievement behaviour; Measuring achievement motivation.

Aggressive motive; Power motive; Affiliation motive. Intrinsic and extrinsic motivation.

Module 4 Emotion 14 hours

Emotion: The elements of emotional experience; The cognitive component, The physiological component; The behavioural component; Primary emotions; Positive emotions.

Emotion and the brain; Physiology and emotion; fight or flight, sudden death, lie detectors.

Expression of emotions; Facial expressions, non-verbal cues and body language; Assessment of emotions.

Theories of emotion: James-Lang theory; Cannon-Bard theory; Opponent process theory; Cognitive appraisal theories of emotion-Schachter's two-factor theory and Lazarus's theory of cognitive appraisal; Facial feedback hypothesis; Evolutionary theories of emotion.

References

1. Baron R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education.
2. Bootzin R., & Bower G.H. (1991). *Psychology today- An Introduction*. 7th ed. New York: Mc Graw Hill Inc.
3. Commer R. & Gould E. (2011). Psychology around Us. New Delhi: John Wiley & Sons Inc.
4. Coon D. & Mitterer J. O. (2013) Introduction to Psychology: Gateways to Mind and Behavior, 13th ed. Wadsworth, Cengage Learning
5. Feldman R. (2011). Understanding Psychology, 10th edition. New Delhi: Tata McGraw Hill.
6. Morgan C.T., King R.A., Weisz J.R., & Schopler J. (1993). Introduction to Psychology, 7th ed. New Delhi: Tata McGraw Hill.
7. Weiten W. (2002). Psychology: Themes and Variations, 5th ed. New York: Brooks/Cole Publishing co.

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1. Gerrig R. J (2013) *Psychology and Life* (20th Edn) Boston: Pearson
2. Kuppaswamy B. (1990). *Elements of ancient Indian Psychology*, 3rd ed. New Delhi: Konark Publishers Pvt. Ltd.
3. Mishra B. K. (2008). Psychology: *The study of Human Behavior*. New Delhi: Prentice Hall of India

SEMESTER III

PSY3B01 – PSYCHOLOGICAL MEASUREMENT & TESTING

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Introduction to Measurement and Scaling Techniques 12 Hours

Definition of measurement, Levels of measurement: Nominal, Ordinal, Interval and Ratio scales, Properties of scales of measurement: Magnitude, equal interval and absolute zero, Distinction between psychological measurement and physical measurement, Problems in psychological measurements.

Concepts of psycho physics: Absolute threshold, Difference threshold, Weber's law, Fechner's law, Psychophysical/ psychological scaling methods- Method of Average Error, Method of Minimal Changes, Method of Constant Stimuli, Method Of Pair Comparison, Method Of Rank Order.

Module 2: Nature and Use of Psychological Tests 10 Hours

Definition of psychological test, Historical perspective of psychological testing

Uses of psychological test, Characteristics of a good test: Objectivity, Reliability, Validity, Norms, and Practicability, ethical issues in psychological testing, Factors influencing Test Administration- Examiner, Testing Conditions, Test Taker.

Classification of psychological tests: Speed test and power test, Individual and group tests, Verbal, Non-verbal and performance tests, culture specific and culture free tests, Objective and subjective tests.

Module 3: Test Construction and Administration 12 Hours

Introduction to steps of test construction- Planning, Writing, meaning and purpose of item analysis, Administration, Standardisation, Meaning of Reliability, Types of reliability, Meaning of Validity, aspects of validity – face validity, content validity; construct validity, criterion-related validity, Concept of Norms –norm referenced and criterion- referenced norms, types of norms- percentile, standard score, age equivalent, grade equivalent and T-score.

Module 4: Basics of Psychological research 14 Hours

Meaning and characteristics of scientific research, types of research: historical, basic versus applied research, experimental versus descriptive/non experimental.

Research Process- identifying the problem-types of problems, hypothesis- types of hypothesis, variables- dependent, independent, extraneous variables, formulating research design, reviewing the literature-sources of review, Sampling- fundamentals of sampling,

Data collection techniques-questionnaire and schedule, interview, content analysis, observation, rating scale, carrying out statistical analysis-difference between descriptive and inferential statistics, drawing conclusions.

Structure of a research report, APA style of writing research report

References

1. Singh A. K. (2008). Tests, Measurements and research Methods in Behavioural Sciences (3rd ed.). Patna: Bharati Bhawan Publishers
2. Chadha. N. K. (2009). Applied Psychometry. New Delhi: Sage Publications India Pvt Ltd.
3. Anastasi A., & Urbina S. (2005) Psychological Testing (7th ed.) New Delhi: Prentice – Hall Of India.
4. Kaplan R. M.& Saccuzzo D. P (2007), Psychological Testing –Principles, Applications And Issues. (6th Edition). New Delhi Thomson And Warsworth.

Additional references

1. Kothari, C. R. (2009). Research Methodology- Methods & Techniques. (2nd ed.). India: Repro India Limited
2. Goodwin C J. (2002). Research in Psychology: Methods and design (3rd ed.) New York: John Wiley & Sons, Inc
3. Evans, A. N & Rooney, B. F. (2008) Methods in Psychological Research. USA: Sage Publication

SEMESTER IV

PSY4B01 – INDIVIDUAL DIFFERENCES

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Intelligence 12 hours

Definition, nature and meaning of intelligence, Determinants of intelligence – Role of heredity and environment. Theories of intelligence- Spearman-Two factor, Cattell- Fluid and crystallized intelligence, Guilford's structure of intellect model, Thurstone's –primary mental abilities, Sternberg- Triarchic approach, Gardner-Multiple intelligence theory, Goleman's emotional intelligence theory.

Module 2: Assessment of intelligence, Aptitude and achievement 10 hours

Assessment of intellectual abilities-history of assessment- Sir Francis Galton, Alfred Binet, Lewis Terman – concept of IQ, intelligence tests-Stanford-Binet intelligence scale, Wechsler scale, Kaufman's Scale, Raven's Progressive Matrices, Bhatia's Test Of Intelligence, Seguin-Form Board Test, Extremes of intelligence Define Aptitude and Achievement, Distinction Between Aptitude Test And Achievement Test, Uses Of Achievement Tests, Types Of Aptitude Test- DAT, GATB, Sensory Tests, Motor Dexterity Test.

Module 3: Personality 12 hours

Concept of Personality, Psychodynamic approaches. Freud's theory: instinct theory, Levels of consciousness,

structure of personality, defense mechanisms, psychosexual stages of development. Jung: Structure of personality, Basic concepts in Individual Psychology. Horney: Basic anxiety, styles, feminist turn in psychoanalysis.

Trait and Type theories: general approach. Allport: traits. Cattell: source and surface traits, Eysenck: dimensions of personality. Introduction to Humanistic perspective: Rogers, Maslow.

Module 4: Assessment of Personality 14 hours

Meaning and purpose of personality assessment. Tools of personality assessment -Self report inventories, Strength and weakness of self report inventories, 16PF, MMPI, EPQ: General outline about these tests. Questionnaires and Inventories, Projective measures of personality – Strengths and weakness of projective tests, TAT, Other measures: Behavioral Observation and Interviews, situational tests. Measurement of interest-types of interest tests, Strong Interest Inventory. Strengths and Weaknesses of Projective tests.

References

1. Passer M.W. & Smith. R E. (2007) Psychology-the science of mind and behavior (3rd ed.). New Delhi: Tata McGraw Hill
2. Singh A. K. (2008). Tests, Measurements and research Methods in Behavioural Sciences (3rd ed.). Patna: Bharati Bhawan Publishers
3. Gerrig R. J &Zimbardo.P.G. (2005). Psychology and Life (17th ed.) New Delhi: Pearson Education.
4. Anastasi A., & Urbina S. (2005) Psychological Testing (7th ed.) New Delhi: Prentice –Hall Of India.
5. Coon D. (1983). Introduction to Psychology: Exploration and Application. New York: West Publishing Co.
6. Morgan C.T., King R.A., Weisz J. R. & Schopler J. (1993). Introduction to Psychology, 7th ed. New Delhi: Tata McGraw Hill

Additional References

1. Weiten W. (2002). Psychology: Themes and Variations, 5th ed. New York: Brooks/ Cole Publishing Co.
2. Baron R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education.
3. Bootzin R., & Bower G.H. (1991). Psychology today- An Introduction. 7th ed. New York: Mc Graw Hill Inc.
4. Feldman R. (2011). Understanding Psychology,10th edition. New Delhi: Tata McGraw Hill.

SEMESTER IV

PSY4B02 – EXPERIMENTAL PSYCHOLOGY PRACTICAL - I

Number of Credits: 4

Number of Contact Hours: 32 Hrs.

Course Outline

Illusion

1. Horizontal-Vertical illusion
2. Muller-Lyer Illusion

Memory

3. Immediate memory span
4. Working memory scale
5. Children's memory scale
6. PGI Memory Scale
7. Weschler Memory Scale

Each student is required to conduct any of the above 4 experiments and submit record for evaluation at the end of the fourth semester. The list includes experiments that measure illusion and memory. Evaluation for Part I (III Sem) & Part II (IV Sem) will be made at the end of the fourth semester.

References

1. Anastasi A., & Urbina S. (1997). Psychological Testing. USA: Prentice Hall.
2. Postman. L. F. & Fagan J. P. (1949) Experimental Psychology. An introduction. New York: Harper and Brother Publishers.
3. Singh A. K. (2004) Test measurements and methods in behavioral sciences. New Delhi: Bharati Bhavan Publishers and Distributers.
4. Woodworth R. S. & Schlosberg H. (1965) Experimental Psychology. New York: Methen and Co. Lt BSc

PSY5B01 – ABNORMAL PSYCHOLOGY - I

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Basic concepts 8 hours

Mental disorder, classification, Historical views of abnormal behaviour, causal factors- Biological- psychosocial and socio cultural

Module2: Stress disorders and anxiety disorders (10 hours)

Stress and stressors- Coping strategies, stress disorders: Adjustment Disorder-Post traumatic stress disorder; Anxiety disorder: specific phobia, social phobias, Generalized Anxiety disorders, obsessive-compulsive

disorder. Causal factors

Module 3: Somatoform and dissociative disorder (16 hours)

Somatic Symptom Disorders, Hypochondriasis, Somatization Disorder, Pain Disorder, Conversion Disorder; Dissociative Disorders - Depersonalization/ Derealization Disorder, Dissociative Amnesia and Dissociative Fugue, Dissociative Identity Disorder (DID). causal factors

Module 4: Personality disorders (14 hours)

Cluster A Personality Disorders-Paranoid Personality Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder. Cluster B Personality Disorders- Histrionic Personality Disorder, Narcissistic Personality Disorder, Antisocial Personality Disorder, Borderline Personality Disorder. Cluster C Personality Disorders - Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive-Compulsive Personality Disorder. Causal Factors.

Reference

1. Butcher J. N. Hooley J. M. & Mineka S. (2014) Abnormal Psychology (16th ed.) U. S. A : Pearson Education, Inc.
2. Carson R. C. Butcher J. N. & Mineka S. (1996) Abnormal Psychology and Modern life (10thed.). New York: Harper Collins College Publishers.
3. Seligman M. E. P. Walker E. P. & Rosenhan D. L. (2001). Abnormal Psychology (4thed.). New York: W. W. Norton & Company, Inc.
4. Sadock B. J, Sadock V. A. & Ruiz P. (2015) Kaplan & Sadock's Synopsis of Psychiatry Behavioral Sciences/ Clinical Psychiatry (11th ed.). U. S. A: Wolters Kluwer.

PSY5B02 – SOCIAL PSYCHOLOGY

Number of Credits: 2

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Introduction to Social Psychology 10 hours

Origin and Development of Social Psychology, Definition, Nature, Goal and Scope of Social Psychology, Methods of social psychology

Module 2: Social perception and Attitudes 13 hours

Social Perception-Definition, Non-Verbal Communication- facial expression, gazes, stares, body language, touching, deception and micro expressions.

Attribution - Definition, Theories - Correspondence inference, Kelly's theory, Applications of attribution theory, Attribution Errors.

Attitude and behavior - Definition, nature, components, functions and formation of attitudes.

Module 3: Group, Leadership and Social Influence 13 hours

Groups: nature and functions. Types and theories of leadership. Social facilitation, social loafing.

Social influence: Conformity, Factors affecting conformity. Compliance: Underlying Principles and tactics.

Obedience and destructive obedience

Module 4: Interpersonal attraction and prosocial behavior 12hours

Interpersonal attraction: beginning of attraction, proximity, emotions, affiliation need. Becoming acquainted-situational determinants-Love- Triangular Model of love.

Prosocial behavior -Responding to emergency, Steps. Altruistic personality. Volunteering. Explaining prosocial behavior: Empathy altruism model, negative state relief model, empathic joy hypothesis, genetic determinism.

References

1. Baron R.A., Branscombe N.R., Byrne D., & Bhardwaj G. (2009). Social Psychology, 12th ed. New Delhi: Pearson Education.
2. Baron R.A., & Byrne D. (2002). Social Psychology, 10th ed. New Delhi: Pearson Education.
3. Chaube S.P., & Chaube A. (2006) Groundwork for Social Psychology (Vol.1) Hyderabad: Neelkamal Publications Pvt. Ltd.
4. Feldman R.S. (2001). Social Psychology, 3rd ed. N J. Pearson Education.
5. Michener H. A., Delamater J.D., & Myers D.J. (2004). Social Psychology. Australia: Thomson Wadsworth Publication.
6. Myers D.G. (1999). Social Psychology, 7th ed. New Delhi: Pearson Education.

PSY5B03 – DEVELOPMENTAL PSYCHOLOGY - I

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Introduction and theories to Life Span Development (10 hours)

Historical foundation of developmental psychology. Growth and development- Different Theories of development (Brief): Freud, Behaviorist, social learning, Vygotsky, Periods of Development and Erikson's

Theory. Developmental tasks of each stages of development.

Module 2: Prenatal Development (14 hours)

Fertilization- Germinal Period, Embryonic Period, Fetal Period- Effect of long term & short term use of Teratogens- Birth Process: Types, methods- prenatal and perinatal diagnostic tests. Birth Complication and their effects. Post partum period- physical, emotional adjustment.

Module 3: Physical Development (10 hours)

Newborn reflexes, Gross and fine motor skills. Perceptual development in infancy. Physical development from childhood to adolescence. Physical condition and health issues in early & middle adulthood.

Module 4: Cognitive Development (14hours).

Piaget's theory of Cognitive Development: Process of development, 4 stages- Sensory Motor, Preoperational, Concrete operational and Formal Operational stage. Language development: Pre-linguistic, Phonological, Semantic, Grammatical and Pragmatic Development. Cognitive changes in early adulthood- Post formal thought, Schaie's Model of Cognitive Development, Sternberg -Cognitive Development of middle adulthood.

Reference

1. Berk L.E (2003) Child Development (3rd de). New Delhi: Pearson Education Pvt Ltd.
2. Hurlock E.B (1996) Developmental Psychology-A Life span Approach. New Delhi: Tata McGraw Hill Publishing Company.
3. Papalia D.E et.al (2004) Human Development (9th Ed). New Delhi: Tata McGraw Hill Publishing Company.
4. Santrock J.E (2007) Child Development (2nd end) New Delhi: Tata McGraw Hill Publishing Company.

PSY5B04 – PSYCHOLOGICAL COUNSELLING

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1 (16 hours)

Couselling and Helping. Definition and scope of Counselling. Goals of counseling. Conditions facilitating effective counselling. Counsellor and counsellee characteristics. Characteristics of an effective counsellor. An overview of Egan's Model – Problem-management and Opportunity-development approach to Helping

– Outline of the three stages. Stage 1 – The Current Picture: Help clients clarify the key issues, Stage 2- The preferred picture: Help clients identify and set goals. Stage 3- The Way Forward: Help clients develop strategies and plans for goal implementation

Module 2 (8 hours)

Approaches to counselling: Person-centered counselling, Psychoanalytic counselling, Cognitive counselling, Behavioral counselling, Eclectic approach

Module 3 (14 hours)

Counselling Skills and Techniques

Opening Techniques – Greeting, topics, physical arrangements, attitudes, Nonverbal skills (SOLER), Rapport building. Listening techniques - Active listening, forms of poor listening

Open-ended questions, Silence, Focusing, Empathic responding, Paraphrasing and reflecting, Probing and Summarising, Structuring

Acceptance techniques, Structuring techniques, Leading techniques, Reassurance and suggestion methods, Challenging, Interpretation & confrontation, Timing & Pacing, Advanced empathy

Divergent thinking, Goal setting, Decision making, Problem solving, Role playing, Advice and information giving strategies, Terminating skills

Module 4 (10 Hours)

Applications of Counselling in various settings (briefly): School counselling, Career Counseling and Guidance, College counselling, Premarital counselling, HIV/AIDS counselling, counselling for terminally ill. Group counseling

Values in counselling. Ethics in counselling. Legal aspects in counselling. Professional codes.

Note: A few major skills like active listening, paraphrasing and reflecting are to be practiced through role plays in the class.

Reference

1. Capuzzi D. (2007). *Counselling and psychotherapy: Theories and intervention*. New Delhi: Dorling Kindsley.
2. Egan G. (1990). *The skilled helper: A systematic approach to effective helping*. Thomson Brooks/Cole Publishing Co.
3. Jones R. N. (2008). *Basic Counselling Skills- A helper's manual*. New Delhi: Sage Publishers.

PSY5B05 – HEALTH PSYCHOLOGICAL

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: introduction to health psychology (12 hours)

Definition of Health Psychology, Mind Body Relationship, Need And Significance of Health Psychology, Biopsychosocial Model V/S Biomedical Model

Module 2: health behaviour and primary prevention (12 hours)

Health Behaviours, Changing Health Habits-Attitude Change, Cognitive Behavioural Approach-Health Belief Model, Theory Of Planned Behaviour, Trans Theoretical Model, Protection Motivation Theory, Social Cognitive Theory And Attribution Theory, Models Of Prevention

Module 3: stress and coping (12 hours)

Stress, Theoretical Contributions To Stress-Fight-Flight, Selye's General Adaptation Syndrome, Tend – Befriend, Psychological Appraisal & Stress, Coping: Moderators Of Coping-Personality, Social Support, Other Life Stressors, Stress Management Programmes

Module 4: psychosocial issues and management of advancing and terminal illness (12 hours)

Emotional Responses To Chronic Illness, Psychosocial Issues —Continued Treatment, Issue Of Non Traditional Treatment, Stages To Adjustment To Dying, Psychological Management Of Terminal Illness, Medical Staff And Terminal Ill Patient, Individual Counselling, Family Therapy, Management Of Terminal Illness In Children

Reference

1. Taylor E. S. (2006). Health Psychology (6TH EDITION), MC Graw Hill Companies, California.

Additional Reference

1. Naima Khatoon (2012). Health Psychology, Dorling kindersley (INDIA) Pvt. Ltd.
2. Marks F.D., Murray M., Evans B., and Estacio V. M. (2011) Health Psychology: Theory, Research and Practice (3rd edition). Sage Publications India Pvt. Ltd.

OPEN COURSE

One among the following three courses may be offered by Department of Psychology for other students

Choice I

Code: PSY5D01 PSYCHOLOGY AND PERSONAL GROWTH Credit: 3

Choice II

Code: PSY5D02 LIFE SKILL APPLICATIONS Credit: 3

Choice III

Code: PSY5D03 CHILD AND ADOLESCENT MENTAL HEALTH Credit:3

OPEN COURSE CHOICE I

PSY5D01 – PSYCHOLOGY AND PERSONAL GROWTH

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Introduction to Psychology (10 hours)

Psychology: Definition, goals of psychology, application of psychology in personal and social life : Branches of psychology

Module 2 : Positive Psychology (14 hours)

Positive Psychology: definition, assumption, and goals. Well-being : Definition, subjective and psychological well-being, eastern and western perspectives of well-being. Hope, Optimism, Mindfulness.

Module 3 : Happiness (14 hours)

Positive emotions and negative affectivity. Happiness : Causes and effects of happiness, Happiness across life span, Gender, Marriage, Money and culture in happiness, Close relationship and happiness.

Module 4 : Methods of personal growth (10 hours)

Stress : Distress and eustress, responses to stress, stress management techniques. Meditation and yoga techniques for enhancing personal effectiveness. Resilience : Definition, Risk, protective factors of resilience, Models of resilience

Reference

1. Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (II edition). Routledge, London & New York.
2. Baron R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education
3. Carr Alan (2011). Positive Psychology (2nd Edn), New York: Routledge Taylor and Francis Group.
4. Mishra B.K. (2008). Psychology: The study of Human Behavior. New Delhi: Prentice Hall of India
5. Snyder R.C., Lopez J. S., Pedrotti T. J. (2011). Positive psychology: the scientific and practical explorations of human strengths (2nd edition). Sage Publications India Pvt. Ltd, New Delhi.

Additional Reference:

1. Fadiman, James Frager, and Robert. (2002). Personality and Personal Growth (5th Edn) Prentice Hall.

OPEN COURSE CHOICE II

PSY5D02 – LIFE SKILL APPLICATIONS

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1 : Introduction 8 hours

Life Skill: Concept, meaning, definition, need, Importance, **Ten core life skills.**

Module 2: Self awareness, Empathy and Problem solving (12 hours)

Self awareness: concept, importance of self awareness, skills to become self aware and benefits of self awareness in real life.

Empathy: Need for empathy, importance of empathy in building relationships, benefits of empathy in real life.

Problem solving: Steps of problem solving, using problem solving skill in solving real life problems

Module 3 :Survival Skills, Effective communication and Negotiating skills (14 hours)

Survival Skills: **Interpersonal relations-building of interpersonal relations, skill to improve interpersonal relations**

Effective communication: listening skills, verbal and non verbal communications.

Negotiating skills: **decision making-importance of effective decision making in real life, career decision making**

Module 4: Life skill in different area (14 hours)

Life skill for preventing addiction-life skill for career planning and development-life skill for women empowerment-life skill training for various groups (Adolescents, youth).

Reference

1. Hurlock B. E. (2007). Developmental Psychology. New Delhi:Tata MC Grew Hill Publishing Co. Ltd
2. Nelson – Jones R. (2007). Life Counseling Skills. New Delhi:Sage Publishers
3. Rajasenan U. (2010). Life skills, Personality and Leadership. Chennai RGNIYD
4. UNESCO and Indian National Commission for Cooperation (2001). Life skills in Non formal Education; A Review. Paris.
5. UNESCO-<http://www.unesco.org>
6. Wadker A. (2016) Life skills for success. Delhi:Sage Publications
7. WHO (1999) Partners In Life Skill Education: Conclusions from a Uninvited Nations Inter - Agency Meeting, Geneva
8. WHO-<http://www.who.int/en>

OPEN COURSE CHOICE III

PSY5D03 – CHILD AND ADOLESCENT MENTAL HEALTH

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1 (10 hours)

Definition of Mental Health (WHO), Prevalence of mental health issues in young people, Assessment of mental health issues in children and adolescents: Interview, Case study, Observation, Psychological testing (in brief)

Module 2 (12 hours)

Factors affecting mental health in young children (brief description): Biological factors, Psychological factors: Intellectual factors, Temperament, Environmental factors: Role of parenting, peer influence, Impact of school, Impact of culture and community

Module 3 (16 hours)

General mental health issues (brief description of): Emotional problems: Separation anxiety, social anxiety. Behavioural problems: Temper tantrums, conduct disorders, risk taking behavior, bullying, alcohol and drug abuse. Other common mental health issues: Attention Deficit Hyperactivity Disorders, Learning Disability, Depression and self harm and Schizophrenia.

Module 4 (10 hours)

Basics of management of Mental Health Issues (brief description):- Counselling, Psychoeducation, Behaviour Therapy, Cognitive Behaviour Therapy, Play Therapy, Family Intervention.

Mental health professionals: - Psychiatrist, School Psychologist, Clinical Psychologist, Social Worker.

Reference

1. Dogra N; Parkin A; Frake C and Gale F (2002). A multidisciplinary Handbook of Child and Adolescent Mental health for Front-Line Professionals. Jessica Kingsley Publishers : London.

Suggested Reading

1. Thompson M, Hooper C, Laven-Bradbury C and Gale C (2012). Child and Adolescent Mental Health Theory and Practice .2nd edition, Hodder Education : UK.

EXPERIMENTAL PSYCHOLOGY PRACTICAL II

Number of Contact Hours: 48 Hrs.

Course Outline

Part I

Learning

1. Massed v/s spaced learning
2. Rote V/s Meaningful learning
3. Trial and error learning

Transfer of training

4. Bilateral transfer
5. Habit interference

Motivation

6. Level of aspiration
7. Knowledge of result

Each student is required to conduct any 6 experiments and submit record for evaluation at the end of the semester. The list includes experiments that measure learning and motivation. Evaluation will be made at the end of sixth semester (PSY6B06).

References

1. Anastasi A., & Urbina S. (1997) Psychological Testing. USA: Prentice Hall.
2. Postman. L. F. & Fagan J. P. (1949) Experimental Psychology. An introduction. New York: Harper and Brother Publishers.
3. Singh A. K. (2004) Test measurements and methods in behavioral sciences. New Delhi: Bharati Bhavan Publishers and Distributers.

EXPERIMENTAL PSYCHOLOGY PRACTICAL III

Number of Contact Hours: 48 Hrs.

Course Outline

Part I

1. Standard Progressive Matrices
2. Eysenck Personality questionnaire
3. Bhatias Battery of Performance intelligence Tests
4. Tests of creativity
5. Bells adjustment inventory
6. Locus of control
7. Multiphasic interest inventory
8. Achievement value and anxiety inventory
9. Career decision making scale

Each student is required to conduct a minimum of 6 tests and submit record for evaluation at the end of the semester. The list includes psychological assessments that measure intelligence and personality. Evaluation will be made at the end of sixth semester (PSY6B08).

References

1. Anastasi A.& Urbina S (1997) Psychological Testing. USA: Prentice Hall.
2. Postman L. F. & Fagan J. P (1949) Experimental Psychology. An introduction. New York:Harper and Brother Publishers.
3. Singh A. K (2004) Test measurements and methods in behavioral sciences. New Delhi: Bharati Bhavan Publishers and Distributers.
4. Woodworth R. S. & Schlosberg H (1965) Experimental Psychology. New York: Methen and Co. Ltd.

PROJECT (16 hours)

Pursuing a *research project* enables students to pursue an original study about a topic of interest. Students are expected to conduct a small project on socially relevant topics. Project work should be carried out with the supervision of faculty members in the department. The project work must be started from the fifth semester onwards and students should submit their report at the end of sixth semester.

Guidelines for the Project work

- The project work shall be a quantitative, qualitative or exploratory study and the use of simple statistical techniques may be encouraged.
- Students must do the project work individually and submit the report in manuscript format (handwritten form).
- Preferably tool can be prepared by the students themselves such as interview schedule, observation schedule, questionnaires, categories of content analysis etc.
- Authenticity of the project work should be verified.
- The report should not exceed 30 pages
- The report must have five chapters such as Introduction, review, method, result and discussion, summary and conclusion and reference (APA format).
- An abstract of the study should be submitted along with the research report.
- The project will be valued both internally and externally

SEMESTER VI

PSY6B01 – ABNORMAL PSYCHOLOGY - II

Number of Credits: 3

Number of Contact Hours: 64 Hrs.

Course Outline

Module 1: Substance abuse disorder (18 hours)

Alcohol Related Disorders - Clinical Picture of Alcohol Related Disorders, Biological Causal Factors in the Abuse of and Dependence on Alcohol, Psychosocial Causal Factors in Alcohol Abuse and Dependence, Sociocultural Causal Factors. Drug Abuse and Dependence - Opium and Its Derivatives (Narcotics), Cocaine and Amphetamines (Stimulants), Methamphetamine, Barbiturates (Sedatives), Hallucinogens, Ecstasy, Marijuana, Stimulants.

Module 2: Schizophrenia and other psychotic disorder (18 hours)

Schizophrenia - Origins of the Schizophrenia Construct, Epidemiology, Clinical Picture-Delusions, Hallucinations, Disorganized Speech and Behavior, Positive and Negative Symptoms. Subtypes of Schizophrenia, **Other Psychotic Disorders -Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder, Brief Psychotic Disorder. Causal factors.**

Module 3: Mood Disorder (16 hours)

Mood Disorders: Types of Mood Disorders. Unipolar Depressive Disorders -Major Depressive Disorder, Other Forms of Depression, Premenstrual Dysphoric Disorder, Dysthymic Disorder (Persistent Depressive Disorder). Bipolar and Related Disorders-Cyclothymic Disorder, Bipolar Disorders (I and II). Causal Factors.

Module 4: Developmental disorders 12hours

Attention-Deficit/Hyperactivity Disorder, Conduct Disorder, Autism Spectrum Disorder, Specific learning Disorders, Intellectual Disability. Causal factors.

Reference

1. Butcher J. N., Hooley J. M., & Mineka S. (2014). Abnormal Psychology (16th ed.). U. S. A: Pearson Education, Inc.
2. Carson R. C., Butcher J. N., & Mineka S. (1996). Abnormal Psychology and Modern life (10th ed.). New York: Harper Collins College Publishers.
3. Seligman M. E. P., Walker E. P. & Rosenhan D. L. (2001). Abnormal Psychology (4th ed.). New York: W. W. Norton & Company, Inc.
4. Sadock B. J., Sadock V. A., & Ruiz P. (2015). Kaplan & Sadock's Synopsis of Psychiatry Behavioral Sciences/ Clinical Psychiatry (11th ed.). U. S. A: Wolters Kluwer.

PSY6B02 – APPLIED SOCIAL PSYCHOLOGY

Number of Credits: 3

Number of Contact Hours: 64 Hrs.

Course Outline

Module 1: Foundations of Applied Social psychology (16 hours)

Social psychology and related disciplines. Applied social psychology: historical context. Social Psychological theories- cognitive dissonance theory, group think theory.

Module 2: Applying Social psychology to Clinical and Counseling Psychology (16 hours)

Social psychological roots of social anxiety. Social psychological model of depression. Treatment and prevention- self presentation theory, hopelessness theory and biases in clinical decision making.

Module 3: Applying Social psychology to the Media and Aggression (16 hours)

Consequence of viewing media violence- fear, aggressive thoughts. Effects of exposure to violent pornography. Reducing the harmful effects of exposure to violent sexual material. Effects of media influence on our thought. Aggression. Theoretical perspectives on aggression: role of biological factors, drive theories, modern theories of aggression. Determinants of aggression: social, personal, situational. Prevention and control of aggression.

Module 4: Social problems in India and applying Social Psychology (16 hours)

The concept of social problems, characteristics, causes, types, stages in the development of social problems, and solving social problems. Brief description about the concept of poverty, unemployment, population explosion, child abuse and child labor.

References

1. Chaube S.P., & Chaube A. (2006). *Groundwork for Social Psychology (Vol.1)* Hyderabad: Neelkamal Publications Pvt. Ltd.
2. Myers D.G. (1999). *Social Psychology, 7th ed.* New Delhi: Pearson Education.
3. Ram Ahuja (1999). *Social Problems in India.* Jaipur and New Delhi: Rawat Publications.
4. Schneider F.W., Gruman J.A., & Coutts L. M. (2005). *Applied Social Psychology: Understanding and addressing social and practical problems.* New Delhi: Sage Publication.

PSY6B03 – DEVELOPMENTAL PSYCHOLOGY - II

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Emotional Development (12 hours)

Emotion- types of emotions. Emotional behavior in infancy to middle adulthood. Temperament: definition, different classifications. Self-development role of family, parenting and peer relations in emotional development. Close relationships in adulthood. Adult life changes, marriage and family in adulthood.

Module 2: Social Development (12 hours)

Process of socialization from infancy to middle adulthood. Vygotsky's theory of social development - ZPD. Development of attachment: types, Bowlby's Ethological theory of attachment, Factors affecting attachment. Marital Life Style & Parenthood in Young Adulthood. Empty nest syndrome. Attraction, love and close relationships- adult marriage life. Moral development- theories: Piaget, Kohlberg.

Module 3: Vocational Development (12hours)

Vocational development and adjustment in early adulthood. Career, work and leisure in middle adulthood. Selecting a job, appraisal of vocational adjustment. Work life balancing. Vocational adjustment in Middle Adulthood-Changed working conditions that affect middle aged workers, conditions influencing vocational adjustment and satisfaction in middle age.

Module 4: Late adulthood (12 hours)

Characteristic of late adulthood. Gerontology. Physical –cognitive – language- and socio-emotional development in late adulthood. Development of personality and self. Family and relationships. Biological theories of ageing. Vocational adjustment and adjustment to retirement in late adulthood. Facing death and loss: Psychological issues, Pattern of grieving, special losses.

References

1. Hurlock, Elizabeth. B(1996). *Developmental Psychology: A Life-Span Approach*. New Delhi: Tata McGraw Hill Publishing Company.
2. Papalia, Diane. E et. Al (2004). *Human Development, 9th ed*. New Delhi. Tata McGraw Hill Publishing Company Limited.
3. Santrock J. E (2007) *Child Development (2nd end)* New Delhi: Tata McGraw Hill Publishing Company

PSY6B04 – LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1 Introduction to life skills (12hours)

Life skill; Need and importance-definition and interpretation by WHO-Origin and development of concept of life skill.

Module 2 Mother Skills, Survival skills and Communication skills (12 hours)

Mother skills: self awareness – development of self theories-assessment; empathy. Survival Skill: inter personal and intrapersonal orientations, interpersonal attraction & theories-skill to develop relations and resolve conflicts. **Effective communication: components of communication. Listening-verbal and non verbal skills.**

Module 3 Thinking Skills, Coping Skills (12 hours)

Thinking skills: Critical thinking & creative thinking and media thought.

Negotiating skills: Decision making-problem solving.

Coping skills: Life skills for stress & time management; symptoms of anxiety-overcoming anxiety-goal setting and planning.

Module 4 Life skill in different area (12 hours)

Life skill for preventing addiction-life skill for career planning and development-life skill for women empowerment-life skill training for various groups
(Adolescents, youth).

References

1. Hurlock B. E. (2007). Developmental Psychology. New Delhi: Tata MC Grew Hill Publishing Co. Ltd.
2. Nelson – Jones R. (2007). Life Counseling Skills. New Delhi: Sage Publishers
3. Rajasenan U. (2010). Life skills, Personality and Leadership. Chennai, RGNIYD
4. UNESCO and Indian National Commission for Cooperation. (2001). Life skills in Non formal Education; A Review. Paris.
5. UNESCO-<http://www.unesco.org>
6. Wadker A. (2016) Life skills for success. Delhi: Sage Publications
7. WHO (1999) Partners In Life Skill Education: Conclusions from a Uninvited Nations Inter -Agency Meeting, Geneva
8. WHO-<http://www.who.int/en>

PSY6B05 – ELECTIVES

Number of Credits: 3

Course Outline

Each student has to opt one elective among the following five courses

1. PSY6B05-01 Organisational Behaviour
2. PSY6B05-02 Psychology of Criminal Behavior
3. PSY6B05-03 Positive Psychology

4. PSY6B05-04 Educational Psychology

5. PSY6B05-05 Cognitive Psychology

PSY6B05 - 01 – ORGANISATIONAL BEHAVIOUR

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module1: Introduction to organisational behaviour (12 hours)

The Concept of Organization – Need and Importance of Organizational Behaviour – Goals- Scope and Challenges of Organization - Organization Structure-Types –Organizational behaviour Models.

Module 2: Individual behaviour (12 hours)

Attitude – Characteristics – Components – Formation of attitude. Perception–Importance – Factors influencing perception – Interpersonal perception- Impression Management. Motivation - Meaning and types of Motivation, content theories and process theories.

Module 3: Group behaviour and leadership (12 hours)

Concept of groups - Basic groups- Theories of group formation. Communication - Processes of communication in organization-Functions of communication. Transactional Analysis. Leadership- Functions of a leader- Approaches to the study of leadership phenomenon.

Module 4: dynamics of organizational behaviour (12 hours)

Meaning of conflict - The processes of conflict, Types and sources of conflict, Resolution of conflict. Meaning of stress- Work stressors - Consequences and management of stress-Balancing work and life. Organizational development – Characteristics –Objectives – Organizational effectiveness.

References

1. Robbins S. P. (2005) *Essentials of Organizational Behaviour*, 8th ed. New Delhi: Prentice Hall India Pvt. Ltd.
2. Sharma R. A. (2000) *Organizational Theory and Behaviour*, 2nd ed. New Delhi: Tata McGraw Hill Publishing Company Limited.

PSY6B05 - 02 – PSYCHOLOGY OF CRIMINAL BEHAVIOUR

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: theory and method (12 hours)

Crime, Criminal law and Criminals-Theories of Crime-Foundations of Modern Criminology-Theories of Crime-Radical, Situational, and Rationality Perspectives-Getting a Line on Crime: The production and Use of Data.

Module 2: crimes and criminal offenders (12 hours)

Murder and Assault-Robbery: Theft by violence and varieties of non-violent- Occupational and Organized Crime- Public Order Crime.

Module 3: correctional psychology (12 hours)

Correction Psychology in Adult Setting- Psychological Assessment in Corrections- Treatment and Rehabilitation in Correctional Facilities- Juvenile Corrections.

Module 4: forensic psychology (12 hours)

Definition- General Concepts- Special areas: Investigative Psychology-Police Psychology-Child Forensic Psychology-Forensic Psychology

References

1. Bartol C.R & Bartol A. M. (2004) *Forensic Psychology*. U.K: Sage Publications.
2. Barlow H.D (1987). *Introduction to Criminology*, Boston: Little Brown & Co.
3. Howtt (2002) *Forensic and Criminal Psychology*. London: Prentice Hall.
4. Dutta R.K. (2003) *Crime against Women*. New Delhi: Reference Press
5. Pognebin M.R (2003) *Qualitative Approaches to Criminal Justice perspective from the field*. London: Sage Publications.

PSY6B05 - 03 – POSITIVE PSYCHOLOGY

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: introduction to positive psychology (12 hours)

What is positive psychology? Positive Psychology: assumptions, goals and definitions

Eastern and western perspectives in positive psychology

Module 2 : well-being (12 hours)

Well-Being: Definition, subjective and psychological well-being, perspectives on well-being: hedonic and eudaimonic, other theories of well-being.

Module 3 : hope,optimism and flow (12 hours)

Optimism, hope, mindfulness, expectationism, risk homeostasis theory, and time perspective, neurobiology of optimism. Flow: Self determination theory & intrinsic motivation, meta-motivational state and reversal theory.

Resilience: sources of resilience, mindfulness meditation

Module 4 : happiness (12 hours)

Positive emotions, positive & negative affectivity. Happiness : Measuring happiness, effect of happiness, causes of happiness, circumstances & happiness, happiness enhancement. Happiness across life span, gender & happiness, marriage & happiness, gender difference in the benefits of marriage, money, happiness and culture, close relationships and happiness

References

1. Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (II edition). Routledge, London & New York.
2. Snyder R.C., Lopez J. S., Pedrotti T. J. (2011). Positive psychology: the scientific and practical explorations of human strengths (2nd edition). Sage publications India Pvt. Ltd, New Delhi.
3. Baumgardner S. & Crothers M. (2015). Positive Psychology. Dorling Kindersley (India) Pvt. Ltd. New Delhi

PSY6B05 - 04 – EDUCATIONAL PSYCHOLOGY

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1: Educational Psychology (10 hours)

Nature and Scope of Educational Psychology – Contribution of Piaget, Vygotsky, Skinner, Rogers and Maslow, Dewey, and Gardener on Education.

Module 2: Child Development and Learning (10 hours)

Age-level characteristics and education – Physical, social, emotional and cognitive characteristics of Pre-school to Higher secondary students. Role of teacher in each stages of education.

Learning: Behavioural approach – Objectives of instruction – Mastery Learning – Behaviour modification techniques.

Module 3: Motivation (14hours)

Behavioural, Cognitive and humanistic approaches of motivation – Implication of achievement motivation and attribution theories –Techniques for enhancing student motivation. Class room communication- verbal, non- verbal and unintended communication.

Module 4: Educating Exceptional Children (14 hours)

Education of Gifted Children, Juvenile delinquent, Learning Disabled, Mentally Retarded, Physically Disabled, Emotional and Behavioural Disordered. Role of special educator in dealing with exceptional children.

References

1. Bichler R. F & Snowman J (1990) *Psychology Applied to Teaching* (6th Edn) Boston: Houghton Mifflin Company.
2. Santrock J.W. (2011). *Educational Psychology* (4th ed.). New Delhi: Tata McGraw-Hill.
3. Woolfolk A (2004) *Educational Psychology* (9th Edn) Delhi: Pearson Education.
4. Seifert K. Sutton R. (2009) *Educational Psychology* (2nd Edn) Zurich: Global Text.

PSY6B05 - 05 – COGNITIVE PSYCHOLOGY

Number of Credits: 3

Number of Contact Hours: 48 Hrs.

Course Outline

Module 1 : Introduction 12 hours

Define cognitive Psychology, The domains of Cognitive Psychology, Paradigms of Cognitive Psychology: the information processing approach, connectionist approach, evolutionary approach

Module 2 : History and methods 12 hours

Brief history of Cognitive Psychology: Philosophical, Psychological, and Technological roots

Methods of tapping the mind: Experimental Cognitive Psychology, Cognitive Neuropsychology, Cognitive neuroscience

Module 3 : Basic processes in Cognition 12 hours

Perceiving objects and recognizing patterns: Gestalt approaches, bottom –up processes, top down processes, Disruptions of perception

Memory: working memory and executive functioning

Module 4: Representation and Organization of Knowledge 12 hours

Concepts and categorization, theoretical descriptions of the nature of concepts, the nature of mental imagery, Mnemonics and memory codes

References

1. Galotti M. K. (2008). Cognitive Psychology: Perception, Attention and Memory. Wardworth: gengage learning.
2. Solso. L. R. (2001). Cognitive Psychology (6th Edn) Pearson Education Pte. Ltd, New Delhi.
3. Kellogg T. R., (1997). Cognitive psychology. Sage Publications, New Delhi.
4. Sternberg R.J. (2007). Cognitive Psychology (5th ed) Delhi: Thomson Wardsorth.

PSY6B06 – EXPERIMENTAL PSYCHOLOGY PRACTICAL II

Number of Credits: 4

Number of Contact Hours: 48 Hrs.

Course Outline

PART II

1. Simple reaction time
2. Choice reaction time
3. Tracing test
4. Steadiness tests
5. Finger dexterity
6. Tweezer dexterity
7. Conformity Behaviour
8. Social Maturity Scale
9. Self-expression Inventory
10. Parental Encouragement Scale

Each student is required to conduct any 6 experiments from the above experiments and submit record for evaluation at the end of the semester. Evaluation for Part I (V Sem) & Part II (VI Sem) will be made at the end of the sixth semester (PSY6B06).

References

1. Anastasi A., & Urbina S. (1997). Psychological Testing. USA: Prentice Hall.
2. Postman. L. F. & Fagan, J. P. (1949). Experimental Psychology. An introduction. New York: Harper and Brother Publishers.
3. Singh A. K. (2004). Test measurements and methods in behavioral sciences. New Delhi: Bharati Bhavan Publishers and Distributers.
4. Woodworth R. S. & Schlosberg H. (1965). Experimental Psychology. New York: Methen and Co.Ltd.

PSY6B07 – EXPERIMENTAL PSYCHOLOGY PRACTICAL III

Number of Credits: 4

Number of Contact Hours: 48 Hrs.

Course Outline

PART II

1. 16 PF
2. Weschler adult performance intelligence scale
3. Emotional Intelligence inventory
4. Aptitude Tests
5. IAS rating scale
6. Occupational stress inventory
7. Materialism spiritualism scale
8. Family relationship inventory
9. Risk taking scale
10. Study habit scale

Each student is required to conduct a minimum of 6 tests from the above tests and submit record for evaluation at the end of the semester. Evaluation for Part I (V Sem) & Part II (VI Sem) will be made at the end of the sixth semester (PSY6B07).

References

1. Anastasi A. & Urbina S. (1997). Psychological Testing. USA: Prentice Hall.
2. Postman L. F. & Fagan J. P. (1949) Experimental Psychology. An introduction. New York: Harper and Brother Publishers.
3. Singh A. K. (2004) Test measurements and methods in behavioral sciences. New Delhi: Bharati Bhavan Publishers and Distributers.
4. Woodworth R. S. & Schlosberg H (1965) Experimental Psychology. New York: Methen and Co. Ltd.