B.Sc. DEGREE COURSE IN PSYCHOLOGY
SYLLABUS

I SEMESTER
Core GENERAL PSYCHOLOGY - I

UNIT I INTRODUCTION
Definition of Psychology, Psychology as a science: Methods of psychology, Different schools of Psychology and modern perspectives of psychology - Scope and branches of psychology.

UNIT II SENSATION AND PERCEPTION
General Properties of Senses, subliminal stimuli, Selective Attention, Physiological correlates of Attention, Internal influences on Perception- Learning, Set, Motivation and Emotion; External influences on perception- Figure Ground separation, Movement, organization, illusions, Perceptual constancies, Depth perception, Binocular and Monocular Depth, Perception; Perceptual defense and perceptual vigilance, sensory deprivation, sensory bombardment.

UNIT III CONSCIOUSNESS:
Fundamental Process, Active and passive roles of consciousness, Sleep and Dreams, Meditation, Hypnosis, Psi Phenomena, Alternate states of consciousness; Natural and Drug induced.

UNIT IV LEARNING
Definition of learning, Theories of learning, Classical conditioning, Operant conditioning, Cognitive Learning, Social Learning.

UNIT V MEMORY
Meaning and nature of memory, Theories of memory: Information processing theories-sensory register, short term memory, rehearsal; Levels of processing theories, Long term memory-organizations, TOT, semantic and episodic memory, encoding and storing long term memories, role of organization, role of imagery, role of constructive processes; Retrieval from long term memory; Forgetting- Motivated forgetting, Interference, Decay through disuse, Techniques of improving memory.

REFERENCES:

EXTRA READINGS:
UNIT I Biopsychology as a Neuroscience:
What is Biopsychology? Approaches to relate brain and behavior, relation between Biopsychology and the other disciplines. Divisions of Biopsychology; History of research on the brain and Behavior; Scope : Understanding of psychiatric disorders, Laboratory Clinical Approaches and Animal research contributions; Genetics and Psychological Differences. Foundations of Biopsychology: Evolution of the Human Brain, Research methods of Biopsychology: Ethical issues in research with animals; careers in neuroscience.

UNIT II Structure of the nervous system:

UNIT III Neural Conduction and Synaptic Transmission:
The Neurons Resting Membrane Potential, Conduction of Action Potentials, Synaptic transmission, the Neurotransmitters. Hormones, Hormones affect behavior, Homeostasis: Temperature regulation, fluid regulation, regulation of salt, food and energy regulation, their responsiveness; neural circuit, Hormones and synaptic transmitters, mediate violence and aggression; Relationship of Stress and Emotions to human diseases.

UNIT IV Biopsychology of Emotions, Aggression And Stress:
Individual differences in their responsiveness; neural circuit, Hormones and synaptic transmitters, mediate violence and aggression; Relationship of Stress and Emotions to human diseases.

UNIT V Learning, Memory and Amnesia:
Amnesic effect of bilateral medial temporal Lobectomy, Neuro-anatomy of object – reorganization memory, the hippocampus and memory for special location, where are memories stored? Synaptic mechanism of learning and memory.

REFERENCE:
OBJECTIVES: To introduce the basic concepts of Sociology as related to psychology.

UNIT I: Introduction to Sociology:
Scope of Sociology – Sociology as a science – Basic definitions in Sociology – society, association, institution, culture, groups, stratification, community, social role, social systems, and social norms, Family and kinship - Social Processes – Assimilation, cooperation, competition, conflict, accommodation, deprivation- Relation between Sociology and Psychology.

UNIT II: Social Thoughts and Thinkers:

UNIT III: Social Stratification:
Caste, Class, Dynamics of stratification systems – Roles of stratifications, problems of stratification,

UNIT IV: Social Change:
Theories of social change – Agencies of social change – Instruments of social change– Education, science technology, Industrialization – Pace of social change

UNIT V: Sociology of India & Indian Society:
Structure of Indian Society - Stratification systems in India – Caste systems - Social mobility – Sanskritisation, Westernisation, Modernization, Industrialization in Indian Society - Social classes in India - Social Change in India – Social Movements, Political initiatives, Economic factors for social change, modern trends in social change - Multicultural society in India - social integration

REFERENCE:
SEMICETER II
Core - GENERAL PSYCHOLOGY II

UNIT I THINKING AND INTELLIGENCE
Thinking process, Concepts and categorization, Problem solving and Decision making, Creative Thinking. Theories of intelligence: Factor theories and cognitive theories, Recent theory of Multiple Intelligence - Determinants of Intelligence - Assessment of intelligence.

UNIT II MOTIVATION
Definition of Motivation, Motivation and Behavior-Theories of motivation, biological motivation, social motives, motives to know and to be effective, Frustration and conflicts of motives.

UNIT III EMOTION
Definitions of Emotions: Components of emotions, Cognitive appraisal and emotion, Subjective experience and emotion, bodily changes and emotion, facial expression and emotion, Responses to emotion, Regulations of emotions, Emotions: Gender and Culture, Assessment of Emotions-Management of emotions - Emotional Intelligence.

UNIT IV PERSONALITY
Concepts of Personality: Psychoanalytic approach, Behaviouristic approach, Cognitive approach, Humanistic approach, Evolutionary approach, Determinants of personality, Measurement of personality.

UNIT V PSYCHOLOGY OF SELF
Perspectives on the notion of self, self as an object and as a process; Basis of self knowledge; Proximal and distal; Traditional and Contemporary approaches.

REFERENCES:

EXTRA READINGS:
Core Biological Basis of Behaviour II

UNIT I: Development of the Nervous System:
Phases of neurodevelopment, postnatal development in Human Infants, Neuro-plasticity in Adults- Disorders of Neurodevelopment; Autism and Williams’ Syndrome.

UNIT II: Brain Damage and Neuroplasticity:
Causes of Brain damage, neuro plastic responses to nervous system damage, treatment of nervous system damage; Amnesia after concussion; Amnesia of Korsakoff’s Syndrome, Alzheimer’s Disease.

UNIT III: Sleep, Dreaming and Circadian Rhythms:
Physiological and behavioral events of sleep, REM sleeping and dreaming, Circadian sleep cycles, effects of sleep deprivation, four areas of brain involved in sleep, circadian clock: neural and molecular mechanisms, psychopharmacology, Bio psychological theories of Addiction, intra cranial stimulation and the pleasure centers of the brain.

UNIT IV: Sensory System:
Visual System: Audition, Somato sensation: Touch and pain, the chemical senses: smell and taste, touch and pain, Cortical Mechanisms.

UNIT V Motor Control and Plasticity:
Different views, control of movements, disruption of movement by disorders of muscles, spinal cord or brain.

REFERENCE:
Allied FUNDAMENTALS OF SOCIAL ANTHROPOLOGY

This course is meant to provide a basic understanding about the Social Anthropology, and emphasis will be laid on the basic social institutions, and organization; its working, and structural principles.

Unit - I Introduction
Basic concepts – Definition and scope of social Anthropology. Relationship of Social Anthropology to Psychology and other Social Sciences.

Unit – II Family
Concept and definition-features-typology. Descent: unilinear descent, double descent, and cognatic descent groups-bilateral groups, and kindred-rules regarding inheritance, Matriarchal and Patriarchal systems, its social-cultural significance.

Unit –III Marriage

Unit-IV Kinship
Concept and definition-terminology, and criteria of differentiation – typology of kinship systems and social structure. Its social-cultural significance.

Unit – V Belief System and Political Institution
Concept and definition- elements, and forms-magic, religion, and science-different theories regarding the origin of religion-sacred and profane-tradition-ritual-myths-symbols. Clan and its socio-cultural significance. Political institution concept and definition –feature and types-youth organizations among Indian tribes, Integrating the various cultural groups - social control and law-rewards, crime, and punishments in different societies. Its socio-cultural significance.

References:

SEMESTER III

CORE PAPER – V DEVELOPMENTAL PSYCHOLOGY I

UNIT - I
Human development, period of life span, Conception through birth: Fertilization, heredity and environment, prenatal development, birth: stages, methods, and settings of childbirth.

UNIT - II
Characteristics of infancy and early childhood - physical development, health, motor, sensory, emotional, and perceptual development; characteristics of late childhood, developmental tasks, physical development, health, motor skills, cognition and language.

UNIT - III
Cognitive development: Piaget sensory motor stage, Piaget preoperational stage; Piaget stage of concrete operations, moral development, personality in late childhood, development of self-concept, Freud’s latency period, Erikson’s industry versus inferiority, social learning theory, Piaget stage of formal operations, moral development.

UNIT - IV
Characteristics of adolescence, developmental tasks of adolescence, physical changes, maturation in adolescence, psychological impact of physical changes, health concerns of adolescence, aspects of intellectual development.

UNIT - V
Social changes during adolescence: interests, theoretical perception in adolescence, identity formation, approved sex roles, family relationships, relationship with peers, personality changes, hazards of adolescence, problems of adolescence: teenage pregnancy, Juvenile delinquency, positive view of adolescence.

REFERENCE:

CORE PAPER – VI EXPERIMENTAL PSYCHOLOGY (Practical)

LIST OF EXPERIMENTS (Any 10)

1. Distraction of Attention
2. Division of Attention
3. Span of Attention
4. Muller Lyer Illusion
5. Tweezer Dexterity
6. Insight and Trial & Error Learning
7. Mirror Drawing
8. Transfer of Learning - Habit Interference
9. Maze Learning
10. Knowledge of Results
11. Concept Formation
12. Problem Solving
13. Bhatia’s Battery
14. Color Preference
15. Level of Aspiration
16. MISC
17. Progressive Weights
18. Level of Aspiration

Marks = 100  **Internal** = 25 (Record-15, Assignment-5, Test-5)  
**External** = 75 (Viva-20, Record-5, Conduction-15, Plan and Procedure-10, Results and Tabulation-10, Discussion-10, Conclusions 5)
ALLIED SUBJECT
PAPER III  STATISTICS IN PSYCHOLOGY

UNIT – I
Meaning; need and importance of statistics. Functions and limitations of statistics; Source of data, Primary and secondary; Measurement: Scales of measurement: nominal, ordinal, interval and ratio scales; Discrete and continuous variables, Descriptive and Inferential statistical methods.

UNIT – II
Organization of Data: Tabulation and Classification of Data, Frequency Distributions: Discrete and continuous; cumulative frequencies, percentage frequencies.

UNIT – III

UNIT – IV
Measures of central tendencies: Arithmetic mean, Geometric mean, Harmonic mean, weighted mean, combined mean, median and mode. Merits and demerits of measures of central tendencies.

UNIT – V
Measures of variability: The range, Inter quartile and semi-quartile range, standard deviation and variance. Combined SD; coefficient of variation. Measures of Association; correlation: The scatter Diagram; Patterns of correlation: Linear and curvilinear; Types: Positive and Negative linear correlation, Zero strength of the correlation, the correlation coefficient: methods: Pearson Product-moment, Rank order method.

REFERENCE:

SEMESTER IV

CORE PAPER – VII DEVELOPMENTAL PSYCHOLOGY II

UNIT - I
Characteristics of adulthood, physical, sensory, and psychomotor functioning, health in adulthood, changes in interest in adulthood, social mobility, sex role adjustment, personal and social hazards of adulthood, intellectual development, vocational adjustment, marital adjustment, adjustment to parenthood.

UNIT - II
Characteristics of middle age, developmental tasks, physical changes, sensory, psychomotor functioning, health in middle age, intellectual development.

UNIT – III
Personal and social hazards, changes to interest, works in the middle age, adjustment to changed family patterns, marital hazards of middle age, adjustment to single-hood, adjustment to loss of a spouse, relationship with maturing children and aging parents.

UNIT - IV
Characteristics of old age, developmental tasks, physical development, sensory and psychomotor functioning, intellectual development, health in old age, social adjustment in old age, physical hazards, psychological hazards, religion, and emotional well being.

UNIT – V
Social issues related to aging, relationship with siblings, friends, adult children; family management of elder care, adjustment to retirement, adjustment to single-hood, vocational and family hazards of old age, living arrangements for the elderly; Death: facing death; three aspects of death.

REFERENCE:

CORE PAPER – VIII PSYCHOLOGICAL ASSESSMENT

LIST OF PAPER PENCIL TESTS (Any 10)

1. Expression of Emotions
2. Student Stress Scale
3. Multiple Intelligence Scale
4. Eysenck Personality Inventory
5. Self-concept Questionnaire
6. Emotional Maturity Scale
7. Job Satisfaction Scale
8. Career Maturity Scale
9. Organizational Climate Inventory
10. Raven’s Standard Progressive Matrices
11. Superstition Scale
12. Trait & Trait Anxiety Scale
13. Trait & Trait Anger Expression Inventory
14. Self-esteem Scale
15. Social Maturity Scale
16. Social Distance Scale
17. Religious Attitude Scale
18. Altruism

Marks = 100  **Internal** = 25 (Record-15, Assignment-5, Test-5)
**External** = 75 (Viva-20, Record-5, Conduction-15, Plan and Procedure-10, Results and Tabulation-10, Discussion-10, Conclusions 5)
PAPER – IV- MARKETING AND CONSUMER BEHAVIOR

Unit I
Marketing in the Twenty first century: definition, Scope of Marketing – Core marketing concepts; Direct and Online marketing – Advantages and Disadvantages.

Unit II
Market Segmentation – Levels and patterns of market segmentation, Segmenting consumer and business markets; Market targeting; Marketing mix.

Unit III
Understanding Consumer Behavior – Field and scope of consumer Behavior; Type of consumers; Major factors influencing Buyer Behavior; cultural, social, personal and psychological factors.

Unit IV
The Buying Decision process; Buying roles, buying behavior; Levels of consumer decision making; Models of consumers; Consumer Adoption process; the stages of buying – decision process.

Unit V
Consumer research: History, consumer research process; conducting a research study; consumerism. Guest lectures by experts in the field of marketing must be arranged.

REFERENCE

SEMESTER V

CORE PAPER – IX PSYCHOPATHOLOGY I

UNIT - I
Definition of abnormal behavior, Incidence of mental disorders, Historical views of abnormal behavior, Humanitarian approach, Contemporary views of abnormal behavior.

UNIT – II
Causal and risk factors for abnormal behavior- Biological viewpoint and causal factor, Psychosocial viewpoint and causal factor, Socio cultural viewpoint and causal factor.

UNIT – III
Anxiety disorders – Specific phobia, social phobia, panic disorders with and without Agora phobia, generalized anxiety disorder, obsessive compulsive disorder; Biological psychosocial and socio cultural causal factors for all anxiety disorders, Treatment and outcome.

UNIT – IV
Somatoform and dissociative disorder- Somatoform disorder- Hypochondriasis, Somatization disorder, Pain disorder, Conversion disorder and Body dysmorphic disorder
Dissociative disorders- Depersonalization disorder, Dissociation amnesia and fugue, Dissociative identity disorder, Biological, Psychosocial and socio cultural causal factors of somatoform and dissociative disorders, Treatment and outcomes.

UNIT – V
Prevention and treatment- Perspectives on prevention, Psychological approach to treatment- Behaviour therapy, Cognitive and cognitive behavioural therapies, Humanistic and experiential therapy, Psychodynamic therapy, Family and marital therapy, Eclectism and integration.

REFERENCE:

UNIT – I

UNIT – II
Methods of Data Collection & Analysis of Data: Collection of Primary data: Observation method, Interview method, Questionnaires, schedules, other methods - Collection of Secondary Data – Case study Method – Survey Method.

Processing Data – Analysis: Descriptive Vs Inferential Analysis – Statistics in Research

UNIT – III

UNIT – IV

UNIT – V

Reference:
**CORE PAPER – XI  APPLIED PSYCHOLOGY**

**UNIT - I**
What is applied psychology- fields of applied Psychology, the science and profession of Psychology- who is an applied Psychologist? Brief review of research methods used in applied settings.

**UNIT - II**

**UNIT - III**

**UNIT - IV**

**UNIT - V**
Psychology and Medicine- Psychology in medical practice, Psychology in medical education, Psychology in health research, Psychosomatic medicine, Somato Psychology, Forensic Psychology.

**REFERENCE:**

UNIT-I
Introduction to Social Psychology: Social Psychology: A Working Definition; History of Social Psychology, research methods in social psychology; Social Psychology in the new millennium

UNIT -II

UNIT-III

UNIT-IV

UNIT-V

REFERENCE

UNIT - I
Introduction to Health Psychology- Definition of Health Psychology- why is the field of health psychology needed- Models in Health Psychology- Training for a career in health psychology.

UNIT - II
Health promotion and the practice of health behaviour- Introduction to health behaviour- barriers to effective health promotion- factors influencing the practice of health behaviour.

UNIT - III
Modification of health behaviour- changing health behaviour by changing health beliefs- Cognitive behavioural approaches to health behaviour change- Appropriate venue for health habit modification.

UNIT - IV
Health enhancing behaviour- Exercise- benefits, determinants of regular exercise – Accident prevention- Cancer related health behaviour- weight control, maintaining a healthy diet.

UNIT - V
Health compromising behaviour- Alcoholism and problem drinking- Smoking- why do people smoke- Intervention to reduce smoking- smoking prevention.

REFERENCE:

PROJECT

Students must submit 3 Case study Reports (compulsory) from three different areas mentioned below:

Health and Organizational Psychology

Physical, Mental Health, Deviant Behaviour, Adjustment Problems, Special Children, Neurological Disorders, Educational Institutions, Retail Outlets, Service Industries, NGO.
Marks = 100 Internal = 25 External = 75 (Viva = 25 Report = 50)
Credits = 5
SEMESTER VI

CORE PAPER – XIII PSYCHOPATHOLOGY II

UNIT I
Mood disorders- Unipolar mood disorders, Biological, psychosocial, socio cultural causal factors in Unipolar mood disorders, Bipolar disorders, Biological, Psychosocial and socio cultural causal factors affecting bipolar disorders, Treatment and outcomes.

UNIT II
Schizophrenia- schizophrenia and clinical picture, subtypes of Schizophrenia, Causes of schizophrenia, Treatment and outcomes.

UNIT III
Personality disorders- Clinical features, categories of personality disorders, Treatment and outcomes; Antisocial personality disorder and Psychopathy, etiology and treatment of antisocial personality disorder and Psychopathy

UNIT IV
Addiction disorders- Alcohol abuse and dependence, Drug abuse and drug dependence, Treatment and outcome.

UNIT V
Sexual variants, sexual abuse and Sexual dysfunctions- Sexual and gender variants, sexual abuse, sexual dysfunction, causes and treatment of sexual dysfunctions.

REFERENCE:

UNIT – I
Introduction: Definition, scope and historical development of organizational psychology, Pioneers on personnel selection, Challenges for organizational Psychology – virtual work place, virtual employees, worker involvement, changing technology and skills.

UNIT – II
Organizational Structure: Organizational Structure – Definition, Common organizational designs, New design options, Organizational designs and employee behaviour, Organizational Culture – Definition, creating and sustaining an ethical and customer responsive culture, How employees learn culture, Spirituality and Organizational culture. Organizational Dynamics – Contemporary issues for managers, stimulating innovation, creating a learning organization, forces for change, managing planned change, resistance to change.

UNIT – III
Work Team, Leadership and Communication: Leadership – Definitions; Trait, behavioral and contingency theories; Inspirational approaches to leadership; Ethical and online leadership; Finding and creating effective leaders. Communication – Functions and process of communication; organizational communication (Formal small group networks, the grapevine, computer aided communication), Barriers to effective communication. Differences between groups and teams, Types of teams, creating effective teams, Teams and quality management.

UNIT – IV

UNIT – V

REFERENCE
UNIT – I
Group Dynamics: What is a Group – Formation of groups- Types of Groups social facilitation, social loafing; Deindividuation – Group Polarization – Group think – Minority Influence.

UNIT – II
Aggression: Theoretical Perspectives- Biological theories, Drive theories, Modern theories; Determinants of aggression- Social determinants, Situational determinants; Prevention and control of aggression.

UNIT – III
Prejudice: The Nature and Power of Prejudice - Sources of Prejudice- Social Sources; cognitive sources; emotional sources – Techniques for countering the effects of Prejudice in India.

UNIT – IV
Conflict and Peace Making: Conflict- Social dilemmas, competition, perceived injustice; Misperception. Peacemaking – Contact, co-operation, communication, conciliation.

UNIT – V
Application of Social Psychology: Applying Social Psychology to the
(i) Legal System: Effects of police procedures and media coverage; Eyewitness Testimony-Effects of judges and defendants.
(ii) Organization: Job satisfaction: Attitudes about work, Prosocial behaviour at work, Leadership: Patterns of influence within groups.
(iii) Health: Responding to health related information- the emotional and physiological effects of stress- coping with stress.
Applying Social Psychology to Sports, Military and Media.

REFERENCE

ELECTIVE II

COUNSELLING AND GUIDANCE

UNIT – I

UNIT – II

UNIT – III

UNIT – IV

UNIT – V
Counselling of Special Groups: Life Skills Training – Relationship counseling – Counselling women – Counselling older adults – Business and Industry – People who abuse drugs – People who use Tobacco – People who abuse alcohol - People with AIDS – Victims of abuse – Counselling the differently abled and their care givers – People in poverty – Counselling relating to sexual identity issues.

REFERENCE:

ELECTIVE III

HUMAN RESOURCE MANAGEMENT

UNIT I
Introduction to HRM – Definition and Scope of HRM – Functions of HRM – Role of HRM in the organisation – Changing trends and Challenges in HRM

UNIT II

UNIT III

UNIT IV

UNIT V
Compensation and Benefits: Different components of Compensation Benefits – Productivity and Performance related compensation- Role of Compensation in retention, Development and career progression

REFERENCE:

PROJECT

Students must submit 2 Survey Reports (Compulsory) each from different areas mentioned below:

Report should be submitted not exceeding 75 pages

Marks = 200  Internal = 50  External = 150 (Viva = 50  Report = 100)
Credits = 10