

SYLLABUS FOR B.A. (GENERAL)
PSYCHOLOGY

**Draft of Proposed
Syllabus (CBCS) For B.A.
(General)
Nilamber Pitamber University,
Medininagar**

Implemented from 2018

**UNIVERSITY DEPARTMENT OF
PSYCHOLOGY
NILAMBER PITAMBER UNIVERSITY,
MEDININAGAR**

CREDIT SYSTEM IN B.A. (General)

SEME STER	CORE COURSE(12)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	SKILL ENHANCE MENT (2)	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (2)
1	DSC-IA Introduction to Psychology DSC-IIA Research Methodology PRACTICUM	(English Communication / MIL)/ Environmental Science			
2	DSC-IB Psychopathology DSC-IIB Statistics PRACTICUM	(English Communication / MIL)/ Environmental Science			
3	DSC-IC Social Psychology DSC-IIC Developmental Psychology PRACTICUM		SEC-I Counseling Psychology		
4	DSC-ID Applied Social Psychology DSC-IIC Educational Psychology PRACTICUM		SEC-II Guidance		
5			SEC-III Techniques of Counseling	DSE-IA Organizational Behavior/ Psychology at work DSE-IIA Health Psychology/ Stress Management DSE-IIIA Positive Psychology/ Effective Decision Making	
6				DSE-IB Clinical Psychology/ Understanding Psychology Behavior DSE-IIB Youth Gender and Identity/ Social Issue DSE-IIIB Emotional Intelligence/ Personality	

DSC-IA: INTRODUCTION TO PSYCHOLOGY

UNIT-I : INTRODUCTION

- Definitions, Scopes and Goal of Psychology
- Method of Psychology:
 - ✓ Observation
 - ✓ Experiment and
 - ✓ Interview
- Subfields of Psychology:
 - ✓ Social, Clinical, Abnormal and Educational
- Psychology in modern India.

UNIT-II: PERCEPTION

- Perceptual processing.
- Role of attention in perception.
- Perceptual organization.
- Illusions.

UNIT-III: LEARNING AND MOTIVATION

- Learning concept.
- Role of motivation in learning.
- Theories of Learning:
 - ✓ Trial and Error
 - ✓ Classical Conditioning
- Types of motivation:
 - ✓ Biogenic Motivation
 - ✓ Sociogenic Motivation

UNIT-IV: MEMORY AND FORGETTING

- Nature and Types of memory
- Ebbinghaus vs. Bartlett
- Models of memory
 - ✓ Forgetting, Improving memory.
 - ✓ Nature and causes of forgetting.

Readings List

Baron, R. and Mishra, G. (2013): Psychology, New Delhi: Pearson.

Chadha, N.K. and Seth, S. (2014): The Psychological Realm: An Introduction, New Delhi: Pinnale Learning.

Ciccarelli, S.K. and Meyer, G.E. (2010): Psychology, New Delhi: Pearson Education.

Passer, M.W. and Smith, R.E. (2010): Psychology: The science of mind and behavior New Delhi: Tata McGraw-Hill.

Suleman, Md. (2012): Adhunic Samanya Manougyan. Patna: Motilal Banarasi Das.

Singh, A.K. (2012): Adhunic Samanya Manovigyan. Patna: Motilal Banarasi Das.

DSE-II A: RESEARCH METHODOLOGY

- Unit 1 : Research Methodology**
- Definition
 - Goal
 - Major stages in Psychological Research.
- Unit 2 : Sampling**
- Definition of Sampling
 - Types of Sampling:
 - ✓ Probability sampling
 - ✓ Non-Probability sampling.
- Unit 3 : Non- Experimental Methods-I**
- Case study
 - Observation
 - Survey
- Unit 4 : Non-Experimental Methods-II**
- Psychological testing
 - Reliability
 - Validity
 - Norm

Reading List

Chandha, N.K. (2009) : Applied Psychometry. New Delhi: Sage Publication.

Dyer, C. (2001) : Research in Psychology: A PRACTICUM Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers.

Gregory, R.J. (2006) : Psychological Testing: History, Principles and Applications (4th Ed.) New Delhi: Pearson Education.

Murphy, K.R. and Davidshofer, C.O. (2004): Psychological Testing: Principles and Applications (6th Ed.) New Jersey: Pearson Hall.

Neuman, W.L. (2006): Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.

Willig, C. (2001) : Introducing Qualitative Research in Psychology: Adventures in Theory and Method. Philadelphia: Open University Press.

Singh, A.K. (2013) : Research Methods in Behavioural Sciences, Patna: Student's Friends Publication.

Suleman Md. (2013): Manovigyan me shodh pranali. Patna: Motilal Banarasi Das.

PRACTICUM

1. Sensory-Motor Learning

- Effect of practice on sensory-motor learning.
- Habit-interference (negative transfer).

1. Verbal Learning

Memorizing non-sense syllabus by the methods of :

- Simple reproduction
- Serial reproduction

READING LIST

Suleman Md. (2012): Manovigyan me Prayog aur Parikshan. Patna: Motilal Banarasi Das.

Mohsin, S.M. (1982): Experiments in psychology. Patna: Motilal Banarasi Das.

Singh, A.K. (2012): Manovigyan me Prayog aur Parikshan. Patna: Motilal Banarasi Das.

DSC-I B: PSYCHOPATHOLOGY

UNIT-I: INTRODUCTION

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

UNIT-III: TOPOGRAPHICAL ASPECTS OF MIND

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

UNIT-IV: DYNAMIC ASPECTS OF MIND

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

Reading List

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

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

DSC-II B: STATISTICS

UNIT-I: INTRODUCTION TO STATISTICS

- Meaning and Definitions of Statistics
- Uses of Statistics in Psychology

UNIT-II: CENTRAL TENDENCY

- Computation of Mean, Median and Mode
- Uses of Mean, Median and Mode

UNIT-III: VARIABILITY

- Quartile Deviation (QD)
- Standard deviation (SD)
- Uses of Quartile and Standard deviation.

UNIT-IV: CORRELATION

- Calculation of Pearson's coefficient of correlation.
- Spearman's rank order correlation coefficient.

Reading List

Garrett, H.E. (2012): Statistics in Psychology and education. New Delhi: Surjeet Publication.

Guilford (1973): Fundamental statistics. New York: Academic Press.

Suleman Md. (1992): Sankhiyaki ke mool tatwa. Patna: Motilal Banarasi Das.

PRACTICUM

PRACTICUM

- **Attention**
 - ✓ Distraction of Attention

READING LISTS

Alcock, J.E., Carment, D.W., Sadwa, S.W., Collins, J.F. & Green, (1997): A textbook of social psychology, Scatbrough, Ontario: Prentice Hall/Allyn & Becon.

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

Suleman Md. (): Ucharar Samaj Manovigyan, Motilal Banarasi Das.

DSC-II C: DEVELOPMENTAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Definitions, Nature and Scope of Developmental Psychology

UNIT-II: LIFE SPAN DEVELOPMENT

- Stage of Life Span Development.
- Prenatal development.
- Birth and Infancy, Childhood, Adolescents, Adulthood and Elderly.

UNIT-III: HEREDITY AND ENVIRONMENT

- What is Heredity?
- Process of heredity in development.
- What is environment? Relative importance in the formation of personality.

UNIT-IV: DOMAINS OF HUMAN DEVELOPMENT

- Cognitive Development.
- Emotional Development.

PRACTICUM

- **Testing (Group-A)**
 - ✓ Maudsley Personality Inventory (MPI)
 - ✓ Sinha Anxiety Scale
- **Experiment (Group-B)**
 - ✓ Aesthesiometric index:
 - Method of limits
- **Muller-Lyer Illusion**
 - ✓ Method of average Error
 - ✓ Method of Limit

Reading List

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

DSC-I D: APPLIED SOCIAL PSYCHOLOGY

UNIT-I: NATURE OF SOCIAL ISSUES

- Social Psychology and Social Issues: Basic vs. Applied science.
- Increasing role of Social Psychology in social problems.

UNIT-II: Anti-Social Behaviour

- Nature and Definitions of Corruption and Crime.
- Types, causes and remedies of corruption and crime.

UNIT-III: Poverty

- Causes and remedies of Poverty.

UNIT-IV: Deprivation

- Social, Psychological analysis of deprivation.
- Consequences of deprivation.

Reading Lists

Mohanti, A.K. & Mishra, G. (Eds). (2000): Psychology of poverty and disadvantages, New Delhi: concept.

Suleman Md. & Kumar, D. (2010): Manovigyan aur Samajik Samasyain, Motilal Banarasi Das, New Delhi.

Tripathi, R.C. (1998): Applied Social Psychology, In J. Pandey, (Ed.) Psychology in India: The State-of-art, Vol.II (pp.95-157), New Delhi: Sage.

DSE-II D: EDUCATIONAL PSYCHOLOGY

UNIT-I: INTRODUCTION

- Definitions, Nature, Aims, Scopes and Uses.

UNIT-II: EDUCATION FOR SPECIAL CHILDREN

- Concept
- Classification for Special Children.
- Education for Special Children.
- Education of Mentally retarded children.

UNIT-III: EDUCATION AND PROGRAMME LEARNING

- Meaning, Importance and Nature of Programme Learning.

UNIT-IV: CLASS ROOM MANAGEMENT

- Social Psychology of Class Room
- Discipline Communication.

READING LIST

Divesta and Thompson (1985): Educational Psychology. New York: Appleton-Centry.

Suleman, M. and Sinha, R.K. (2005): Uchchatar Sikha Manovigyan. Patna: Motilal Banarasi Das. (In hindi).

Singh, A.K. (2007): Shiksha Manovigyan. Patna: Bharti Bhawan. (Hindi).

PRACTICUM

- General Intelligence Test (GIT)
- Alexander's Battery of Performance Test
 - ✓ Pass Along Test
 - ✓ Block Design Test
 - ✓ Cube Construction

SKILL ENHANCEMENT COURSE (SEC)

SEC-I: COUNSELLING

UNIT-I: Meaning and goal of Counseling

UNIT-II: Application of Counseling

- ✓ Occupational counseling
- ✓ Family counseling

Reading List

Aguilera, D.C. (1998): Crisis Intervention: Theory and Methodology (8th Ed.) Philadelphia: Mosby.

Belkin, G.S. (1998): Introduction to Counselling (3rd Ed.) Iowa: W.C. Brown.

Capuzzi, D. & Gross, D.R. (2007): Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi, Pearson.

SEC-II: GUIDANCE

UNIT-I: Nature and Importance of guidance.

UNIT-II: Major stages of guidance.

Reading Lists

Hansen, J.C.(2012): Contemporary Counseling Psychology In E.M. Altmaier and J.C. Hansen (Eds). The Oxford Handbook of Counseling Psychology. New York: Oxford University Press.

Kapur, M. (2011): Counseling Children with Psychological Problems. New Delhi, Pearson.

SEC-III: TECHNIQUES OF COUNSELING

UNIT-I: Stages and Phases of Counseling.

UNIT-II: Methods of Counseling.

SEC-IV: TYPES OF GUIDANCE

UNIT-I:

- Education Guidance
- Personal guidance

DSE-I A: ORGANIZATIONAL BEHAVIOUR

UNIT-I: INTRODUCTION

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

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

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

UNIT-III: LEADERSHIP: BASIC APPROACHES

- Trait theory
- Behavioral theories

UNIT-IV: DYNAMICS OF ORGANIZATIONAL BEHAVIOR:

- Organizational culture
- Positive organizational behavior.

PRACTICUM

- Measurement of Job Satisfaction
- Measurement of Occupational Stress.

Reading Lists

Chadha, N.K. (2007): Organizational Behavior, Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007): Behavior: in Organizations (9th Ed.) India: Dorling Kindersley.

Singh, K. (2010): Organizational Behavior: Texts & Cases. India: Dorling Kindersley.

Sinha, J.B.P.(2008): Culture and Organizational Behavior, New Delhi: Sage.

OR

DSE-I A: PSYCHOLOGY AT WORK

Unit 1 : Work Psychology

- The origins of work psychology.
- Work psychology Today.
- Work Psychology and Commonsense.

Unit 2 : Minority group at work

- a) Women at work.**

b) Ethnic minority at work.

c) Disabled work.

Unit 3 : Attitude at work:

a) What is an attitude?

b) How attitude measure.

c) Attitude and Behaviour.

Unit 4 : Stress at work:

a) What is Stress ?

b) The cost of stress.

c) The source of stress at work.

d) Relationship at work.

Reading Lists:

John Aronld, Ivan T Robertson, Cary L. Cooger. Work Psychology, New Delhi: Mc Millian india.

Kemp, N.J., Well, T.D., Clegg, C.W. and Cordey, J.L. Antonomons work group in a greenfield site: A comparative study. Journal of occupational psychology.

Potter, J. and Weherell, M: Discouses and social psychology: Beyond Attitudes and behavioral. London Sage.

Reethlis Berger., F.J. and Dickson, W.J. Management and the worker. New York: John Wiley.

Trist. E.L. and Bangosh, R.W. Some Social and Psychological Consequences of the long wall method of coal qetting. Human relation.

Alderfer, C. and Thomas D.A. The Significance of race and ethnicity for understanding organization behavior. In C.L. cooper and I.T Robertson (Eds) International Review of I/O Psychology. John Wiley.

Brengel, I. Sex and race in the labor market. Feminist Review, 32 (summer), 49-68.

Davidson, M.J. and Cooper, C.L. The extra presence of women executives. Personal Management.

Davidson, M.J. and Cooper, C.L. Working Women: An international Beverly. New York: John Wiley.

- Fogarty, M.P., Rapaport, R. and Rapaport, R.N. Sex, Career and family Beverly Hills, Calif: Sage.
- Friedman, M. and Rosen man, R.H. Type A behavior and your heart. London. Wild Wood House.
- Aizen. I. and Fishbeir, M. Understanding Attitudes and Predicting. Social Behavioral. Englewood cliffs, N.J. Prentice Hall.
- Cacioppo, J. T. and Petty, R.E. Effects of massage repletion and position one cognitive responses, recall and persuasion. Journal of Personality and Social Psychology.
- Caldur, B.J. and Schure, P.H. Attitudinal Processes in Organizational. In L. Cummings and B. Stand (Eds.). Research in Organizational Behavior, Vol.3 Greenwich, Conn: JA 1 Press.
- Cooper, C.L. Sloan, S. and Williams, S. Occupational stress Indicator. Windsor: NFER/Nelson.
- Eiser, J.R. Social Psychology: Attitudes, Cognitions and Social Behaviour Cambridge: Combridge: University Press.
- Jamis, I. and Feshbach, S. Effects of fear arousing communications. Journal of abnormal and Social Psychology.
- Kiesler, C.A. The Psychology of Commitment. London: Academic Press.
- Bortner, R.W. A short rating scale as a Potential measure of pattern A behavior Journal of Chronic Diseases.
- Beck, V. (1972): Working under Pressure. London: Staples Press.
- Cooper, C.L. and Smith, M.J. Job Stress and Blue Coller Work. Chicester: John Wiley.
- Cox. T. Repetitive Work. In C.L. Cooper and R. Payne (Eds), Current Concerns in Occupational Stress. Chictrister: John Wiley.

DSE-II A: STRESS MANAGEMENT

UNIT-I: INTRODUCTION

- Nature of Stress, Symptoms of Stress

UNIT-II: VARIOUS SOURCES OF STRESS

- Environmental
- Social
- Physical
- Psychological

UNIT-III: STRESS AND HEALTH

- Effect of Stress on Health
 - ✓ Mental
 - ✓ Physical

UNIT-IV: MANAGING STRESS

- Methods:
 - ✓ Meditation
 - ✓ Relaxation

READING LISTS

OR

DSE-II A – HEALTH PSYCHOLOGY

Unit 1: **Introduction to Health Psychology:** Components of health: Social Emotional cognitive and physical aspects, Mind-body relationship, Goals of Health psychology, Bio-psychology-social Models of health.

Unit 2: **Behaviour and Health:** Characteristics of health behavior: Theories of health behavior, Barriers to health behavior, Theories of health behavior and their implications.

Unit 3: **Health Enhancing Behaviour:** Exercise, Nutrition, Safety, Pain, Stress Management.

Unit 4: **Health and Well Being:** Happiness, Life satisfaction; Resilience, Optimism, and Hope.

PRACTICUM:

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

Any two for Semester V and Two for Semester VI

Reading Lists:

Allen, F. (2011): Health Psychology and Behaviour: Tata McGraw Hill Edition.

DSE-III A – POSITIVE PSYCHOLOGY

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

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

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

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

PRACTICUM:

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

Or

Administration of self confidence Inventory (SEAI) By K.N. Sharma and interpretation of result.

Reading Lists:

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

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

OR

DSE-III A: Effective Decision Making

Unit 1: **Introduction:** What is decision making? Importance of making good decision.

Unit 2: **Decision regarding Career:** Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/ career.

Unit 3: **Decision making in interpersonal context:** Learning about conflict Management in interpersonal relations; negotiation in interpersonal conflict; handling difficult people and finding solution.

Unit 4: **Decision making at the workplace:** Developing competencies and skill required for effective decision making.

PRACTICUM:

- Project or Field Work.

DSE-I B: PERSONALITY

Unit 1:

- Concept, traits and types of personality.

Unit 2: DETERMINANTS OF PERSONALITY

- Biological

- Sociological
- Cultural

Unit 3: THEORIES OF PERSONALITY

- Trait theory
- Type theory

Unit 4: MEASUREMENT OF PERSONALITY

- Techniques of assessment
 - ✓ Psychometric
 - MPI
 - Bell Adjustment Inventory
 - ✓ Projective Techniques
 - WAT
 - TAT

Reading Lists:

OR

DSE-I B: COMMUNITY PSYCHOLOGY

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

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

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

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

PRACTICUM:

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

Reading Lists:

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

DSE-II B: CLINICAL PSYCHOLOGY**Unit 1: Introduction**

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

Unit 2: Diagnosis

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

Unit 3: Psychotherapeutic Unit

- Psychoanalytic Techniques
- Behaviour Therapy

Unit 4: Role of Clinical Psychology

- Mental Hospital
- Child and Guidance center.

PRACTICUM

- **Psychological Tests**
 - 1. Personality Test**
 - ✓ Any two Personality Inventories.

2. Intelligence Tests

- ✓ Any one Verbal Intelligence Test and
- ✓ Any one Performance Intelligence Test.

Reading Lists:

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

Hassan, S. (2001): Naidanik Manovigyan, Motilaa Banarasi Das.

DSE-II B: EMOTIONAL INTELLIGENCE

Unit 1: Introduction:

- Definition, Models of emotional intelligence
- EQ Competencies; Self awareness
- Self regulation, motivation
- Importance of emotional intelligence.

Unit 2: Knowing one's own and others emotion;

- Levels of emotional awareness recognizing emotions in oneself, Emotional expression.

Unit 3: Managing Emotion

- The relationship between emotion, thought and behavior.
- Techniques to manage emotions.

Unit 4: Applications

- Work place relationship
- Conflict management
- Effective leadership

PRACTICUM: Measurement of emotional intelligence.

Reading Lists:

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

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

DSE-III C

FIELD WORK OR PROJECT RELATED TO DSE SYLLABUS