

Department of Psychology
Jamia Millia Islamia
New Delhi-110025

Syllabus: BA (Hons.) Psychology

Semester I

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 1	Basic Psychological Processes	100	4
2.	BSY 2	Human Development	100	4
3.	BSY 3	Practicum – Experiments I	50	2
Total			250	10

Semester II

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 4	Cognitive Processes	100	4
2.	BSY 5	Life Span Development	100	4
3.	BSY 6	Practicum – Experiments II	50	2
Total			250	10

Semester III

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 7	Social Psychology	100	4
2.	BSY 8	Biological Basis of Behavior	100	4
3.	BSY 9	Practicum – Psychological Testing I	50	2
Total			250	10

Semester IV

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 10	Applied Social Psychology	100	4
2.	BSY 11	System of Psychology	100	4
3.	BSY 12	Practicum – Psychological Testing II	50	2
Total			250	10

Semester V

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 13	Abnormal Psychology	100	4
2.	BSY 14	Personnel Psychology	100	4
3.	BSY 15	Research Methods	100	4
4.	BSY 16	Statistics	100	4
5.	BSY 17	Counseling & Guidance	100	4
6.	BSY 18	Field Training/Internship	50	2
Total			550	22

Semester VI

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSY 19	Health Psychology	100	4
2.	BSY 20	Psychopathology	100	4
3.	BSY 21	Organizational Behaviour	100	4
4.	BSY 22	Test and Measurement	100	4
5.	BSY 23	Minor Research Project	50	2
Total			450	18

Total Marks for all Semesters = 2000

Total Credits for Main Subjects for all Semesters = 80

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Subsidiary Papers of Undergraduate Course

Semester-wise Revised Scheme

BSYS1: Basic Psychological Processes-I	-	B.A. (Hons.) Semester I
BSYS2: Basic Psychological processes-II	-	B.A. (Hons.) Semester II
BSYS3: Social Psychology	-	B.A. (Hons.) Semester III
BSYS 4: Organizational Psychology	-	B.A. (Hons.) Semester IV
BSYS5: Abnormal Psychology	-	B.A. (Hons.) Semester V
BSYS6: Guidance & Counseling	-	B.A. (Hons.) Semester VI

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CBCS Papers of Undergraduate Course

Semester-wise Revised Scheme

BSYX1: Basic Psychological Processes-I	-	B.A. (Hons.) Semester I
BSYX2: Basic Psychological processes-II	-	B.A. (Hons.) Semester II
BSYX3: Counseling Psychology I	-	B.A. (Hons.) Semester III
BSYX4: Counseling Psychology II	-	B.A. (Hons.) Semester IV
BSYX5: Social Psychology I	-	B.A. (Hons.) Semester V
BSYX6: Social Psychology II	-	B.A. (Hons.) Semester VI

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Syllabus: BA Program

Semester I

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP1	General Psychology	100	4

Semester II

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP2	Social Psychology	100	4

Semester III

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP3	Abnormal Psychology	100	4

Semester IV

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP4	Applied Psychology	100	4

Semester V

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP5	Research Methods & Statistics	100	4

Semester VI

S. No.	Paper No.	Name of the Paper	Marks	Credits
1.	BSYP6	Psychological Experiments	100	4

Department of Psychology
Jamia Millia Islamia, New Delhi

BA (Hons.) Semester I

BSY 1: Basic Psychological Processes

M. Marks: 100 (4 Credits)

Course Objectives: To acquaint and enrich students understanding of major concepts, theoretical perspectives and research findings in psychology. The course also enables students to develop an insight into their own and others' behaviour and underlying mental processes.

UNIT I: Introduction

- a) Nature, definition, history and fields of psychology
- b) Perspectives of Psychology: Psychoanalytic, Behaviourism, Humanistic and Cognitive
- c) Psychology as a Science, Methods: Experimental method, Observation and Interview

UNIT II: Sensation, Psychophysics, Attention and Perception

- a) Sensation and psychophysics: Concept and types of threshold: Absolute (RL) and differential threshold (DL), Point of subjective equality
- b) Psychophysical Methods: The method of average error, method of limits and methods of constant stimuli
- c) Attention and Perception: Nature and types of attention; selective and divided attention, perception: Nature and principles of perception and depth perception

UNIT-III: Emotion and Motivation

- a) Nature, expression and functions of emotions
- b) Theories of emotion: James-Lange, Cannon-Bard and Schachter-Singer and Activation theory
- c) Nature and types of motives, Drive-reduction and Maslow's theory of motivation.

Recommended Readings:

1. Morgan, C.T., King, R.A., Weiss, J.R.; and Schopler, J. (1993). Introduction to Psychology. New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
4. Eysenck, M.W. (2009). Fundamentals of Psychology. Slovenia: Psychology Press.
5. Baron, R. A. & Misra, G. (2014). Psychology, Indian Subcontinent Edition, Pearson Education.

BSY 2: Human Development

M. Marks: 100 (4 Credits)

Course Objectives: To acquaint with the knowledge of human developmental processes along with theoretical perspectives to make them understand the role of biological, social, psychological, environment, physical and adjustment related factors in developmental process.

UNIT I: Introduction

- a) Nature of development, difference between growth and development principles of development
- b) Methods of Study: Longitudinal, observation and cross-sectional studies
- c) Factors in development: Biogenic, psychogenic and sociogenic. Importance and scope of life span development

UNIT II: An Overview of Theoretical Perspectives

- a) Theories of development: Psychoanalytic theory, behavioural theory, ecological theory and Psychosocial development
- b) Cognitive theories: Piaget Cognitive and Social-cognitive theory of development
- c) Information processing theories

UNIT III: Infancy Development

- a) Physical, sensory motor and perceptual development
- b) Biological and environmental factors influencing cognitive development
- c) Socio-emotional development

Recommended Readings:

1. Hurlock, E.B. (1975). *Developmental Psychology* (3rd Ed.). New Delhi: Tata McGraw Hill.
2. Hurlock, E.B. (1981). *Child Development* (6th Ed.). McGraw Hill Co. Auckland.
3. Kakar, S. (2012). *The Inner World: A psychoanalytic study of childhood and society in India* (4th Ed.), New Delhi: Oxford University Press.
4. Mathur, S.S. (1998). *Clinical Psychology*, Agra: Vinod Pustak Mandir.

BSY3: Practicum – Experiments I

M. Marks: 50 (2 Credits)

Course Objectives: To enable the students to understand the processes and steps involved in conducting the psychological experiments in laboratory setup. Students are supposed to conduct any four experiments based on the following.

1. Muller Lyer Illusion
2. Verification of Werbr's Law
3. Two point threshold (Aesthesia)
4. Span of Attention/Apprehension
5. Effect of knowledge of results on preference
6. Simple Reaction Time

Recommended Readings:

1. Hussain, A. (2014). Experiments in Psychology, PHI Learning, Delhi.
2. Mohsin, S.M. (1982). Experiments of Psychology, Delhi: Motilal Banarsidas.
3. Postman, L. & Eagan, J.P. (1985). Experimental Psychology. New Delhi: Kalyani.
4. Robert, L.S. (2003). Experimental Psychology: A Case Approach. New Delhi: Pearson Education.
5. Woodworth, R.S. & Schlosberg, H. (1971). Experimental Psychology, Oxford & IBH.

BSYX1: Basic Psychological Processes-I (CBCS)

M. Marks: 100 (4 Credits)

Course Objectives: To acquaint and enrich students' understanding of major concepts, theoretical perspectives, and research findings in psychology. The course also enables students to develop an insight into their own and others' behaviour and underlying mental processes.

UNIT-I: Introduction

- a) Nature, definition, history and fields of psychology
- b) Psychology as a science
- c) Methods: Experimental method, observation, survey and interview

UNIT-II: Psychophysics, Attention and Perception

- a) Sensation and threshold: Nature of sensation types of threshold: Absolute (RL) and Differential Threshold (DL)
- b) Attention: Nature, determinants and types of attention; selective and divided attention
- c) Perception: Nature, background, principles of perception and depth perception

UNIT-III: Emotion and Motivation

- a) Nature, expression and functions of emotions
- b) Theories of emotion: James-Lange, Cannon-Bard and Schachter-Singer
- c) Nature and types of motives. Drive-reduction and Maslow's theory of motivation.

Recommended Readings:

1. Morgan, C.T., King, R.A., Weiss, J.R.; and Schopler, J. (1993). Introduction to Psychology, New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
4. Eysenck, M.W. (2009). Fundamentals of Psychology. Slovenia: Psychology Press.
5. Baron, R.A. & Misra, G. (2014). Psychology, India, Subcontinent Edition, 5th Edition, Pearson Education.

**BSYS1: Basic Psychological Processes-I
(Subsidiary)**

M. Marks: 100 (4 Credits)

Course Objectives: To Enable students to understand human behaviour through concepts theories and research in psychology. Underlying mental and behavioural processes would enable students to develop on insight into human behaviour.

UNIT-I: Introduction

- a) What is Psychology? Subfield of psychology
- b) Perspectives on behaviour: Psychodynamic, behaviourist, humanistic and cognitive
- c) Methods of psychology: Experimentation, observation, survey and case study

UNIT-II: Sensation, Attention and Perception

- a) Nature of sensation and attention: Selected and divided attention
- b) Nature of perception; perceptual organization
- c) Depth perception, perceptual constancies and illusion

UNIT-III: Learning

- a) Nature of learning; classical conditioning theory of learning
- b) Operant conditioning theory of learning
- c) Social and cognitive learning theory

Recommended Readings:

1. Baron, R.A. (2000). Psychology (3rd Edition). New Delhi: Prentice Hall.
2. Baron, R. & Misra, G. (2013). Psychology. New Delhi: Pearson.
3. Ciccarelli, S.K. & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
4. Eysenck, M.W. (2009). Fundamentals of Psychology. Slovenia: Psychology Press.
5. Feldman, R.S. (2009). Essentials of understanding Psychology. New Delhi: Tata McGraw-Hill.
6. Morgan, C.T.; King, R.A., Weiss, J.R. & Schopler, J. (1993). Introduction to Psychology. New York: Tata McGraw Hill.

**BSYP1: General Psychology
(B.A. Program)**

M. Marks: 100 (4 Credits)

Course Objectives: To acquaint and enrich students' understanding of major concepts, theoretical perspectives and research findings in psychology. The course also enables students to develop an insight into their own and others' behaviour and underlying mental processes.

UNIT-I: Introduction

- a) Meaning, nature, definition and fields of psychology
- b) Perspectives: Psychodynamic, behaviourist and cognitive
- c) Methods: Observation and experimental and case study methods

UNIT-II: Learning

- a) Meaning and definition of learning, types and methods of learning
- b) Theories of learning: Classical and operant conditioning
- c) Social and cognitive learning theory

UNIT-III: Memory and Forgetting

- a) Nature and process of memory: Encoding, storage and retrieval
- b) Types of memory: STM, LTM
- c) Nature of Forgetting, theories of forgetting: Decay and interference

Recommended Readings:

1. Morgan, C.T., King, R.A., Weiss, J.R. & Schopler, J. (1993). Introduction to Psychology, New York: Tata McGraw Hill.
2. Ciccarelli, S.K. & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Eysenck, M.W. (2009). Fundamentals of Psychology. Slovenia: Psychology Press.
4. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw-Hill.

Semester II

BSY4: Cognitive Psychology

M. Marks: 100 (4 Credits)

Course Objectives: To acquaint and enrich students understanding of major concepts and theories of cognitive psychology.

Unit I: Introduction to Cognitive Psychology, Memory and Forgetting

- a) Introduction: Nature and emergence of cognitive psychology
- b) Nature and process of memory and information processing model
- c) Nature of forgetting; theories of forgetting: Decay and interference

Unit II: Problem solving and creative thinking

- a) Problem solving and decision making – Typology of problem
- b) Problem solving strategies – Trial and error, algorithms, heuristics, insight, Barriers to problem solving
- c) Creativity: Nature, stages in creative thinking, barriers to creative thinking

Unit III: Intelligence and Learning

- a) Intelligence: History and theories: Gardner's theory and Sternberg's Triarchic theory of intelligence
- b) Learning: Nature, classical and instrumental – Thorndike/Operant – Skinner conditioning
- c) Cognitive approaches in learning: Latent learning, observational learning, Insight Learning

Recommended Readings:

1. Morgan, C.T, King, R.A., Weiss, J.R.; and Schopler, J. (1993). Introduction to psychology, New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
4. Smith, E.E, Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2014), New York. Atkinson and Hilgard's Introduction to Psychology. Thomson-Wadsworth.
5. Baron, R.A. & Misra, G. (2014). Psychology, Indian Subcontinent Edition, 5th Edition, Pearson Education.

BSY5: Life Span Development

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the knowledge of human developmental processes along with theoretical perspectives. To make them understand the developmental concerns during different periods of development.

Unit I: Childhood Period

- a) Characteristic and physical development during early, middle and late childhood period
- b) Cognitive, social and emotional development
- c) Understanding exceptional children (Gifted, Mentally Retarded and delinquent)

Unit II: Adolescent Period

- a) Characteristic and physical development
- b) Socio-emotional, cognitive and personality development
- c) Culture and adolescent development

Unit III: Adulthood Period

- a) Physical and socio-emotional development during early adulthood period.
- b) Cognitive and social and emotional development during middle adulthood period.
- c) Health and adjustment issues of late adulthood period.

Recommended Readings:

1. Hurlock, E.B. (1975). Development Psychology (3rd ed.). New Delhi: Tata McGraw Hill.
2. Hurlock, E.B. (1981). Child Development (6th Ed.). McGraw Hill Co., Auckland.
3. Shrimali, S.S. (2005). Child Development. New Delhi, Pearson Education.
4. Stanrock, J.W. (2015). Child Development: An Introduction (12th Ed.), McGraw Hill Co.

BSY6: Practicum - Experiment II

Max. Marks: 50 (2 Credits)

Course Objectives: To enable the students to understand the processes and steps involved in conducting the psychological experiments in laboratory setup. Students are supposed to conduct any four experiments based on the following.

1. Phenomenon of retroactive inhibition
2. Phenomenon of proactive inhibition
3. Comparative study of recall and recognition
4. Process of concept formation
5. Maze Learning
6. Serial position effect on verbal learning
7. Mass vs. Space a whole Vs part learning

Recommended Readings:

1. Akbar Hussain (2014). Experiments in Psychology, PHI Learning, Delhi.
2. Mohsin, S.M. (1982). Experiments in Psychology, Delhi: Motilal Banarsidas.
3. Postman, L.S. (2003). Experimental Psychology: A Case Approach. New Delhi: Pearson Education.
4. Woodworth, R.S. & Schlosberg, H. (1971). Experimental Psychology, Oxford & IBH.

BSYX2: Basic Psychological Processes II (CBCS)

Max. Marks: 100 (4 Credits)

Course Objectives: To enable students to understand human behaviour through concepts, theories and research in psychology. Underlying mental and behavioural processes would enable students to develop an insight into human behaviour.

Unit I: Memory and Forgetting

- a) Nature and meaning of memory: Components of memory
- b) Information processing model of memory; multi store model and level of processing model
- c) Meaning and nature of forgetting; theories of forgetting: Two factor theory and motivated forgetting

Unit II: Intelligence

- a) Concept and nature of intelligence; relationship between intelligence and creativity
- b) Theories of Intelligence; Spearman's two factor theory and Thurston's group factor theory
- c) Meaning and definition of Emotional Intelligence; Components of Emotional Intelligence

Unit III: Personality

- a) Meaning and nature of personality; Idiographic and Nomothetic approaches.
- b) Theories of personality; Jung's Analytical theory and Adler's theory of individual psychology.
- c) Albert Bandura: social learning theory of personality

Recommended Readings:

1. Morgan, C.T.; King, R.A.; Weisse, J.R.; and Schopler, J. (1993). Introduction to Psychology. New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
3. Kasson, Saul, M. (2001). Psychology. Prentice-Hall, Inc. Upper saddle river, New Jersey.
4. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.

BSYS2: Basic Psychological Processes II
(Subsidiary)

Max. Marks: 100 (4 Credits)

Course Objectives: To enable students to understand human behaviour through concepts, theories and research in psychology. Underlying mental and behavioural processes would enable students to develop an insight into human behaviour.

Unit I: Memory and Forgetting

- a) Nature and process of memory: Encoding, storage and retrieval
- b) Theories of Memory: Information processing theory and levels of processing model
- c) Nature of forgetting; Theories of forgetting: Decay and interference

Unit II: Emotion and Motivation

- a) Nature of emotion; expression and perception of emotions
- b) Theories of emotion: James-Lange, Cannon-Bard and Schachter-Singer
- c) Nature and types of motives. Drive-reduction and Maslow's theory of motivation

Unit III: Intelligence

- a) Concept, nature and historical perspective of intelligence
- b) Role of heredity and environment; individual differences in intelligence
- c) Theories of intelligence: Gardner's theory of Multiple intelligence and Sternberg's Triarchic theory.

Recommended Readings:

1. Baron, R.A. (2000). Psychology (3rd Edition). New Delhi: Prentice Hall.
2. Baron, R. & Misra, G. (2013). Psychology: New Delhi: Pearson.
3. Ciccarelli, S.K. & Meyer, G.E. (2007). Psychology (South Asian Edition). India: Pearson Education Inc.
4. Feldman, R.S. (2009). Essentials of Understanding Psychology. New Delhi: Tata McGraw Hill.
5. Maorgan, C.T.; King, R.A., Weiss, J.R. & Schopler, J. (1993). Introduction to Psychology, New York: Tata McGraw Hill.

BSYP2: Social Psychology (BA Program)

Max. Marks: 100 (4 Credits)

Course Objectives: The aim of this course is to describe the social psychological approach to human behaviour and to understanding the basic theoretical and methodological approaches and fundamental domains used by social psychologists. Furthermore, it helps in understand the way in which social psychology diverges or converges with our own common sense understanding of the world.

Unit I: Introduction

- a) Nature, scope and methods of social psychology
- b) Social influence: Conformity, compliance and obedience-concept and theories.
- c) Aggression: Nature, causes and control

Unit II: Behaviour in Groups

- a) Nature, classification and functions of group
- b) Group decision making (benefits and pitfalls), Group interaction (Facilitation and loafing – theories)
- c) Intergroup relations: Prejudice and intervention techniques

Unit III: Understanding and Evaluating the Social World

- a) Social perception, impression formation
- b) Concept, nature and formation of attitudes
- c) Theories of attitude change: Festinger, Osgood and Tannenbaum, Heider

Recommended Readings:

5. Baron, R.A. & Branscombe, N.R. (2011). Social Psychology (13th Edition), Pearson Education: New Delhi.
6. Baumister, R.F. & Bushman, B.J. (2013). Social Psychology and Human Nature, Wadsworth.
7. Misra, G. (1990). Applied Social Psychology in India: Sage Publications: New Delhi.
8. Myers, D.G. (2010). Exploring Social Psychology, New York: McGraw Hill.
9. Taylor, S.E.; Peplau, L.A. & Sears, O. (2006). Social Psychology (12th Edition). Prentice Hall.

Semester III

BSY7: Social Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: The aim of this course is to describe the social psychological approach to human behaviour and to understand the basic theoretical and methodological approaches and fundamental domains used by social psychologists. Furthermore, it helps in understand the way in which social psychology diverges or converges with our own common sense understanding of the world.

UNIT-I: Introduction

- a) Nature, scope and methods of social psychology
- b) Concept of social perception, impression formation
- c) Friendship, attraction and intimacy

UNIT-II: Behaviour in Groups

- a) Nature, classification and functions of group
- b) Social facilitation, social loafing
- c) Decision making; Cooperation vs competition

UNIT-III: Attitudes and Prejudice

- a) Concept, nature and formation of attitudes
- b) Theories of attitude change: Festinger, Osgood & Tannenbaum, Heider
- c) Nature, sources and techniques of reducing prejudice

Recommended Readings:

1. Baron, R.A. & Byrne, D. (2002). Social Psychology (10th ed.). Pearson Education: New Delhi.
2. Lindgren, H.C. (1998). Social Psychology. Wiley Eastern Publications: New Delhi.
3. Misra, G. (1990). Applied Social Psychology in India: Sage Publications: New Delhi.
4. Myers, D.G. (2010). Exploring Social Psychology. New York: McGraw Hill.
5. Taylor, S.E. Peplau, L.A. & Sears, O. (2006). Social Psychology (12th ed.). Prentice Hall.

BSY8: Biological Basic of Behaviour

Max. Marks: 100 (4 Credits)

Course Objectives: This paper introduces the main aspects of physiological psychology that underlie behaviour and also helps students in understanding functional basis of behavioural relationships in understanding human behaviour.

UNIT-I: Introduction to Physiological Psychology

- a) Origin and nature of Physiological psychology; Evolution and natural selection.
- b) Structure of cell, neuron and supporting cells.
- c) Neuronal communication, action potential and synaptic transmission.

UNIT-II: Nervous System

- a) Basic features
- b) Central nervous system: Structure and functions
- c) Peripheral nervous system: Structure and functions

UNIT-III: Visual and Auditory System

- a) Anatomy of the visual system: Coding and analysis of visual information
- b) Anatomy of the ear: Coding and analysis of auditory information
- c) Somatosenses and olfaction

Recommended Readings:

1. Carlson, N.R. (2012). Foundations of physiological psychology, Sixth edition. New Delhi: Pearson Education.
2. Olton, D.S., Becker, J.T. & Handelmann, G.E.(1979). Hippocampus, space, and memory. *Brain and Behavioural Science* 2: 313-365.
3. Pinel, J.P.J. (2004). *Biopsychology*. Allyn and Bacon.
4. Wagner, H.L., & Silber, K. (2004). *Physiological Psychology*. New York: Garland Science.

BSY9: Practicum - Psychological Testing I

Max. Marks: 50 (2 Credits)

Course Objectives: To enable the students to understand the processes and steps involved in administered the psychological Tests in laboratory setup. Students are supposed to administer at least five tests based on the following:

- a) Bhatia Battery Test
- b) Mohsin's Test of General Intelligence
- c) SPM/APM
- d) Aptitude Assessment
- e) Interest Assessment
- f) Creativity Test

Recommended Readings:

1. Anastasi, A. & Urbina, S. (1977). Psychological Testing. N.J.: Prentice Hall.
2. Freeman, F.S. (1962). Theory and practice of psychological testing. New York: Kinchart & Winston.
3. Gegory, J.R. (2004). Psychological Testing: History, principles and applications. Allyn & Bacon.
4. Kaplan, R.M. & Saccuzzo, D.P. (2005). Psychological Testing: Principles, applications and issues (6th edition). US: Thomson-Wodsworth, Cenage Leading India Pvt. Ltd.
5. Kline, T.J.B. (2005). Psychological Testing: A practical approach to design and evaluation. Sage Publication Inc.

**BSYS3: Social Psychology
(Subsidiary)**

Max. Marks: 100 (4 Credits)

Course Objectives: The aim of this course is to describe the social psychological approach to human behaviour and to understand the basic theoretical and methodological approaches and fundamental domains used by social psychologists. Furthermore, it helps in understand the way in which social psychology diverges or converges with our own common sense understanding of the world.

UNIT-I: Introduction

- a) Nature, scope and methods of social psychology
- b) Concept of social perception, impression formation
- c) Friendship, attraction and intimacy

UNIT-II: Behaviour in Groups

- a) Nature, classification and functions of group
- b) Social facilitation, social loafing
- c) Decision making; Cooperation vs. Competition

UNIT-III: Attitudes and Prejudice

- a) Concept, nature and formation of attitudes
- b) Theories of attitude change: Festinger, Osgood & Tannenbaum, Heider
- c) Nature, sources and techniques of reducing prejudice

Recommended Readings:

1. Baron, R.A. & Byrne, D. (2002). Social Psychology (10th Ed.). Pearson Education: New Delhi.
2. Lindgren, H.C. (1998). Social Psychology. Wiley Eastern Publications: New Delhi.
3. Misra, G. (1990). Applied Social Psychology in India: Sage Publications: New Delhi.
4. Myers, D.G. (2010). Exploring Social Psychology. New York: McGraw Hill.
5. Taylor, S.E.; Peplau, L.A. & Sears, O. (2006). Social Psychology (12th Ed.). Prentice Hall.

BSYX3: Counseling Psychology I

(CBCS)

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the process, skills, techniques involved in guidance and counseling. Moreover, the course examines several perspectives to counseling that shed light on the therapeutic nature of client-counselor relationship.

UNIT-I: Understanding Guidance

- a) Concept and need for guidance
- b) Meaning and functions of educational guidance
- c) Meaning and functions of vocational guidance

UNIT-II: The Counseling Process

- a) Meaning and areas of counseling
- b) Stages of counseling, counseling skills
- c) Conditions of empathy, positive regard, genuineness and concreteness

UNIT-III: Selected Approaches

- a) Person-centered view of human nature, counseling process
- b) Behavioral view of human nature, counseling process
- c) Cognitive-behavioral view of human nature, counseling process

Recommended Readings:

1. Capuzzi, D. & Gross, D.R. (2008). Counseling and Psychotherapy. Theories and Interventions (4th Edition). Delhi: Pearson Education, Inc.
2. Corey, G. (2009). Counseling and Psychotherapy. Theory and Practice. Delhi: Cengage Learning India Private Limited.
3. Gibson, R.L. & Mitchell, M.H. (2006). Introduction to Counseling and Guidance (6th Edition). Delhi: Pearson Education Inc.
4. Kinra, A.K. (2008). Guidance and Counseling. Delhi: Pearson Education.
5. Kottler, J.A. & Shepard, D.S. (2008). Counseling: Theories and Practices. New Delhi: Brooks/Code Cengage Learning.
6. Patterson, L.E. & Welfel, E.R. (2000). The Counseling Process (5th Edition). Bangalore: Eastern Press Limited.

BSYP3: Abnormal Psychology
(BA Program)

Max. Marks: 100 (4 Credits)

Course Objectives: At the end of this course, the student shall be able to understand the concept of normality in its various dimensions and the classification, aetiology, symptoms and treatment options for various disorders.

UNIT-I: Introduction

- a) Historical background, concept and criteria of abnormal behaviour
- b) Causes of abnormal behaviour: Biological, psychological, socio-cultural
- c) Axis based classification of mental disorders

UNIT-II: Anxiety Based Disorders

- a) Generalized anxiety disorder: Symptoms, causes and treatment
- b) Obsessive-compulsive disorder: Symptoms, causes and treatment
- c) Phobia: Symptoms, causes and treatment

UNIT-III: Dissociative and Personality Disorders

- a) Types of dissociative disorders: Fugue, Amnesia and Identity disorders
- b) Categories of personality disorders: Cluster A, B and C
- c) Treatment of personality disorders

Recommended Readings:

1. Alloy, L.B., Riskino, J.H. & Manos, M.I. (2006). Abnormal Psychology: Current Perspective, New Delhi: Tata McGraw Hill.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). Abnormal Psychology (13th ed.). New York: Harper Collins.
3. Kring, A.M., Johnson, S.I., Darrison, G.C. & Neale, J.M. (2010). Abnormal Psychology (11th ed.). Toronto: Wiley.
4. Lamm, A. (1997). Introduction to Psychopathology, Delhi, Sage.

Semester IV

BSY10: Applied Social Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the importance of social psychological processes and factors in understanding the behaviour. To enable the students to understand major approaches for understanding the social behaviours. To train the students to understand social psychological problems and suggest remedies to them.

UNIT-I: Introduction, Methods and Approaches

- a) Meaning, nature and scope of Applied Social Psychology
- b) Methods of applied social psychology
- c) Ethnography and social representation

UNIT-II: Social Conflict and Social Cognitive

- a) Social conformity
- b) Social compliance and obedience
- c) Social cognition and theoristic used in everyday life

UNIT-III: Social Behaviour

- a) Nature, determinants of prosocial behaviour
- b) Intergroup relationship and its theory
- c) Social identity and its theory

Recommended Books:

1. Baron, R.A. & Byrne, D. (1997, 2001) (8th & 9th Editions). Social Psychology. London: Allyn and Bacon.
2. Brewer, M.B. & Miller, N. (1996). Intergroup relations. Buckingham: Open University Press.
3. Coats, E.J. & Feldman, R.S. (1996). Classic and contemporary readings in social psychology. New Jersey: Prentice Hall.
4. Feldman, R.S. (1995). Social Psychology. Englewood Cliffs: Prentice Hall.
5. Forgas, J.P. (1981). Social Cognition. London: Academic Press.
6. Lord, C.G. (1997). Social Psychology. New York: Harcourt Brace College Public Publication.

BSY11: System of Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: The paper aims to teach students the basic statistical techniques so that they get the familiarity and understanding of the quantitative approach in psychology.

UNIT-I: Introduction

- a) Contribution of Weber and Fechner in scientific psychology
- b) Contribution in memory and mental testing: Ebbinghaus and Cattell
- c) Structural and content approach of Wundt and foundation of structuralism as a system of Psychology

UNIT-II: Functionalism and Behaviourism

- a) Foundation of modern psychology as a natural science
- b) Development of functionalism: Contributions of William James, Dewey, Angell & Carr
- c) Behaviourism: Watson as a founder of behaviourism

UNIT-III: Other Schools of Psychology

- a) Gestalt Psychology: Contributions of Wertheimer in founding Gestalt Psychology
- b) Psychoanalysis: Freud as a founder of psychoanalysis
- c) Third Force in Psychology: Existentialism and humanistic psychology

Recommended Books:

1. Boring, E.G. (1969). A History of Experimental Psychology. New Delhi: Times of India Press. Murphy, G. & Kovach, J.K. (1972). Historical Introduction to Modern Psychology. London: Routledge and Kegan Paul.
2. Marx, M.H. & Hillix, W.A.C. (1987). Systems and Theories in Psychology. New York: McGraw Hill.
3. Wolman, B.B. (1979). Contemporary Theories and Systems in Psychology. Delhi: Freeman Book Co.
4. Woodworth, R.S. & Sheehan, M.R. (1970). Contemporary Schools of Psychology. London: Methuen & Co.

BSY12: Practicum – Psychological Testing II

Max. Marks: 50 (2 Credits)

Course Objectives: To enable the students to understand the processes and steps involved in administered the psychological tests in laboratory setup. Students are supposed to administer at least five tests based on the following:

- a) Cattle 16PF
- b) Bender Gestalt Test
- c) Beck Depression Inventory
- d) PGI Health Questionnaire
- e) IPAT Anxiety Scale
- f) Differential Aptitude Test

Recommended Readings:

1. Anastasi, A. & Urbina, S. (1977). Psychological Testing. NJ: Prentice Hall.
2. Freeman, F.S. (1962). Theory and practice of psychological testing. New York: Kinchari & Winston.
3. Kaplan, R.M. & Saccuzzo, D.P. (2005). Psychological testing: Principles.
4. Pestonjee, D.M. Handbook of psychological and Social Instruments.

BSYX4: Counseling Psychology II
(CBCS)

Max. Marks: 100 (4 Credits)

Course Objectives: On completion of this course the students would be able to get ideas of counseling fields of psychology as a discipline and techniques are pre-requisite conditions required to provide effective counseling. Focus is also made on developing practical counseling skills.

UNIT-I: Introduction

- a) Concept and recent trends in counseling
- b) Personal and professional aspects of counseling
- c) Ethical and legal aspects of counseling

UNIT-II: Building the Counseling Relationship

- a) Core conditions of counseling
- b) Skills for counseling relationship
- c) Individuals and groups counseling

UNIT-III: Fields of Counseling

- a) Family and marital counseling
- b) Crisis and trauma counseling
- c) Career and educational counseling

Recommended Readings:

1. Cormier, L.S. & Hackney, H. (1987). The Professional Counsellor: A Process Guide to Helping. Boston: Allyn & Bacon.
2. McLeod, J. (2003). An Introduction to Counseling
3. Wolfe, R. And Dryden, W. (1998). Handbook of Counseling Psychology.
4. Samuel, T. Gladding (2020) (New Edition). Counseling: A comprehensive Profession. Pearson.

BSYS4: Organizational Psychology
(Subsidiary)

Max. Marks: 100 (4 Credits)

Course Objectives: This course is an introduction to the basic concepts and issues of organizational psychology. It will help the student to understand the technical skills necessary in this competitive and demanding workplace.

UNIT-I: Introduction

- a) Nature, scope and history (classical and neo-classical era)
- b) System and recent trends
- c) Challenges and approaches for organizational psychology

UNIT-II: Motivation and Job Satisfaction

- a) Nature, early theories of work motivation (Maslow & Herzberg)
- b) Contemporary theories (ERG & McClelland)
- c) Nature and functions of job satisfaction

UNIT-III: Organizational Structure and Leadership

- a) Nature and types of organizations (Traditional and modern)
- b) Meaning and importance of leadership
- c) Transformational, charismatic and Visionary leadership

Recommended Readings:

5. Blum, M.L. & Naylor (1984). *Industrial Psychology*. Delhi: CBS Publishers.
6. Hersey, Blanchard & Johnson (2001) (8th Ed.). *Management of Organizational Behaviour*. New Delhi: Pearson Education.
7. Jex, S.M. (2010). *Organizational Psychology*. New Delhi, Wiley India.
8. Luthans, F. (2011). *Organizational Behaviour* New Delhi: Tata McGraw Hill.
9. McCormick, J.E. (1984). *Industrial Psychology*. New Delhi: Prentice Hall Ltd.
10. Robbins, S.P. (2011) (12th Ed.). *Organizational Behaviour*. Prentice Hall, New Jersey: Pearson Education.
11. Schultz, S.E. (2011). *Psychology and Work Today*. New Delhi: Pearson Education.

BSYP4: Applied Psychology
(BA Program)

Max. Marks: 100 (4 Credits)

Course Objectives: To make students aware about different fields and application of psychology.

UNIT-I: Introduction to Applied Psychology

- a) Nature and fields of applied psychology
- b) Applied psychology as a science and profession; historical background of applied psychology
- c) Brief review of research methods used in applied psychology

UNIT-II: Psychology and Community

- a) Clinical and Community Psychology: The role of clinical and community psychologists in the wellbeing of individual and society
- b) Health Psychology: The role of psychologist in maintaining health behaviour
- c) Social Psychology: The role of psychologists in society

UNIT-III: Psychology at Work

- a) Role of Psychologists in industrial and organizational setting
- b) Job Motivation: Theories and its application; Employees job satisfaction
- c) Job analysis and Personnel Selection: Concept and its application

Semester V

BSY13: Abnormal Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: At the end of this course, the student shall be able to understand the concept of normality in its various dimensions and the classification, aetiology, symptoms and treatment options for various disorders.

UNIT-I: Introduction

- a) Historical background, concept and criteria of abnormal behavior
- b) Causes of abnormal behaviour: Biological, psychological, socio-cultural
- c) Axis based classification of mental disorders

UNIT-II: Anxiety Based Disorders

- a) Generalized anxiety Disorder: Symptoms, causes and treatment
- b) Obsessive-compulsive disorder: Symptoms, causes and treatment
- c) Phobia: Symptoms, causes and treatment

UNIT-III: Dissociative and Personality Disorders

- a) Types of dissociative disorders, fugue, amnesia and identity disorders
- b) Categories of personality disorders: Cluster A, B & C
- c) Treatment of personality disorders

Recommended Readings:

1. Alloy, L.B., Riskino, J.H. & Manos, M.I. (2006). Abnormal Psychology: Current Perspective. New Delhi: Tata McGraw Hill.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). Abnormal Psychology (13th Ed.). New York: Harper Collins.
3. Kring, A.M., Johnson, S.I., Darrison, G.C. & Neale, J.M. (2010). Abnormal Psychology (11th Ed.). Toronto: Wiley.
4. Lamm, A. (1997). Introduction to Psychopathology, Delhi, Sage.

BSY14: Personnel Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: This course is designed to provide with comprehensive background in the application of psychology at workplace. It focuses on increasing workplace productivity and related issues such as the physical and mental well being of employees.

UNIT-I: Job Analysis, Recruitment and Employees Selection

- a) Nature, objectives and method of job analysis
- b) Recruitment process (internal, external) and strategic issues
- c) Tools and methods for employee selection; Application Blank, Psychological testing, Interview, letter of recommendation

UNIT-II: Training and Development

- a) Meaning, importance of training and identification of development needs
- b) Different methods of employees and supervisory training and its evaluation
- c) Career planning and development

UNIT-III: Performance Appraisal

- a) Objectives and need of performance appraisal
- b) Methods of performance appraisal
- c) Performance assessment and management process

Recommended Readings:

1. Blum, M.L. & Naylor (1984). Industrial Psychology. Delhi: CBS Publishers.
2. Monappa, A. & Saiyadain, M. (1996). Personnel Management. Tata McGraw Hill: New Delhi.
3. Mc Cormick, J.E. (1984). Industrial Psychology. New Delhi: Prentice Hall Ltd.
4. Chadha, N.K. (2004). Recruitment and Slection. Galgotia Publishing House: New Delhi.
5. Fisher, C.D., Schoenfeldt, L.F. & Shaw, J.B. (2006). Managing Human Resource. Cengage Learning: New Delhi.

BSY15: Research Methods

Max. Marks: 100 (4 Credits)

Course Objectives: The paper intends to teach the students how to carry out research. Starting from selection of problems, hypothesis and selection of tools for data collection, sampling techniques and executing of the research plan.

UNIT-I: Introduction

- a) Meaning and nature of research – basic and applied research
- b) Meaning, nature and types of variables
- c) Meaning, characteristics and sources of research questions and formulation of hypothesis

UNIT-II: Research Design and Sampling

- a) Meaning and functions of research design
- b) Types of research design: Single group or within subject design, between group and factorial
- c) Meaning, types and techniques of sampling

UNIT-III: Research Strategies and Tools of Data Collection

- a) Lab and Field experiments
- b) Field study and Ex-post facto research
- c) Psychological tests, interview, questionnaires as tools of data collection

Recommended Readings:

1. Kerlinger, F.N. (1973). Foundations of Behavioural Research. New York: Rinehart. New Delhi: Tata McGraw Hill.
2. McGuigan, F.J. (1968). Experiments in Psychology. Wiley.
3. Mohsin, S.M. (1984). Research Methods in Behavioral Science. Orient Longman.
4. Singh, A.K. (1997). Tests, Measurements and Research Methods in Behavioral Sciences. New Delhi: Bharati Bhawan.

BSY16: Statistics

Max. Marks: 100 (4 Credits)

Course Objectives: The paper aims to teach students the basic statistical techniques so that they get the familiarity and understanding of the quantitative approach in Psychology.

UNIT-I: Introduction to Statistics

- a) Descriptive and inferential statistics
- b) Frequency distribution and graphic presentation (Histogram and Polygon)
- c) Measures of central tendency (Mean, Median and Mode) and variability (AD, SD & QD)

UNIT-II: Correlation and Chi Square

- a) Concept, types and computation of correlation
- b) Product moment correlation and rank different method
- c) Chi square (equal chance hypothesis and independent hypothesis)

UNIT-III: Inferential Statistics

- a) Parametric and non-parametric statistics; Type I and Type II error
- b) Normal distribution and normal distribution curve
- c) Calculation of t-test and one-way ANOVA

Recommended Readings:

1. Aron, E.N. & Coups, E.J. (2007). *Statistics for Psychology*. New Delhi: Pearson Education.
2. Downe, N.M. & Heath, R.W. (1980). *Basic Statistical Method*. New York: Harper & Row.
3. Garrett, H.E. (2000). *Statistics in Psychology and Education*. Bombay.
4. Minium, E.W., King, B.M. & Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley and Sons, Inc.
5. Mohsin, S.M. *Fundamental Statistics for the Behavioral Sciences*. Delhi: Motilal Banarsida.
6. Siegel (1965). *Non-Parametric Statistics*. New York: McGraw Hill.

BSY17: Counseling & Guidance

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the process, skills, techniques involved in guidance and counseling. Moreover, the course examines several perspectives to counseling that shed light on the therapeutic nature of client-counselor relationship.

UNIT-I: Understanding Guidance

- a) Concept and need for guidance
- b) Meaning and functions of educational guidance
- c) Meaning and functions of vocational guidance

UNIT-II: The Counseling Process

- a) Meaning and areas of counseling
- b) Stages of counseling; counseling skills
- c) Conditions of empathy, positive regard, genuineness and concreteness

UNIT-III: Selected Approaches

- a) Person-centered: View of human nature, counseling process
- b) Behavioral: View of human nature, counseling process
- c) Cognitive – behavioural: View of human nature, counseling process

Recommended Readings:

1. Capuzzi, D., & Gross, D.R. (2008). *Counseling and Psychotherapy. Theories and Interventions* (4th Ed.). Delhi: Pearson Education, Inc.
2. Corey, G. (2009). *Counseling and Psychotherapy. Theory and Practice*. Delhi: Cengage Learning India Private Limited.
3. Gibson, R.L., & Mitchell, M.H. (2006). *Introduction to Counseling and Guidance* (6th Ed.). Delhi: Pearson Education, Inc.
4. Kinra, A.K. (2008). *Guidance and Counseling*. Delhi: Pearson Education.
5. Kottler, J.A., & Shepard, D.S. (2008). *Counseling. Theories and Practices*. New Delhi: Brooks/Cole Cengage Learning.
6. Patterson, L.E., & Welfel, E.R. (2000). *The Counseling Process* (5th Ed.). Bangalore: Eastern Press Ltd.

BSY18: Field Training/Internship

Max. Marks: 50 (2 Credits)

Course Objectives: The purpose of the field training shall be to provide firsthand experience of various psychological phenomena to the students while they are placed in any field such as School, NGOs, Special Schools, Industry, Mental health Clinics and Counseling Centres. The course intends to develop sensitivity among the students to identify the problem/issues, develop suitable methodology to understand/explore the problem/issue, exploring their probable causes and devise intervention strategy to handle/manage the problem/issue in the field where they are placed.

The students shall be placed in the field for a period of 60 days under a field supervisor as well as a faculty supervisor. Students shall be visiting their field agency twice in a week most preferably on Fridays and Saturdays. Every Monday they shall be meeting their respective faculty supervisor for individual session for the updates as well as getting guidance from them.

BSYS5: Abnormal Psychology

(Subsidiary)

Max. Marks: 100 (4 Credits)

Course Objectives: At the end of this course, the student shall be able to understand the concept of normality in its various dimensions and the classification, aetiology, symptoms and treatment options for various disorders.

UNIT-I: Introduction

- a) Historical background, concept and criteria of abnormal behavior
- b) Causes of abnormal behaviour: Biological, psychological, socio-cultural
- c) Axis based classification of mental disorders

UNIT-II: Anxiety Based Disorders

- a) Generalized anxiety Disorder: Symptoms, causes and treatment
- b) Obsessive-compulsive disorder: Symptoms, causes and treatment
- c) Phobia: Symptoms, causes and treatment

UNIT-III: Dissociative and Personality Disorders

- a) Types of dissociative disorders, fugue, amnesia and identity disorders
- b) Categories of personality disorders: Cluster A, B & C
- c) Treatment of personality disorders

Recommended Readings:

1. Alloy, L.B., Riskino, J.H. & Manos, M.I. (2006). Abnormal Psychology: Current Perspective. New Delhi: Tata McGraw Hill.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). Abnormal Psychology (13th Ed.). New York: Harper Collins.
3. Kring, A.M., Johnson, S.I., Darrison, G.C. & Neale, J.M. (2010). Abnormal Psychology (11th Ed.). Toronto: Wiley.
4. Lamm, A. (1997). Introduction to Psychopathology, Delhi, Sage.

BSYX5: Social Psychology I
(CBCS)

Max. Marks: 100 (4 Credits)

Course Objectives: The aim of this course is to describe the social psychological approach to human behaviour and to understand the basic theoretical and methodological approaches and fundamental domains used by social psychologists. Furthermore, it helps in understand the way in which social psychology diverges or converges with our own common sense understanding of the world.

UNIT-I: Introduction

- a) Nature, scope and methods of social psychology
- b) Concept of social perception, impression formation
- c) Friendship, attraction and intimacy

UNIT-II: Behaviour in Groups

- a) Nature, classification and functions of group
- b) Social facilitation, social loafing
- c) Decision making; Cooperation vs. competition

UNIT-III: Attitudes and Prejudice

- a) Concept, nature and formation of attitudes
- b) Theories of attitude change: Festinger, Osgood & Tannenbaum, Heider
- c) Nature, sources and techniques of reducing prejudice

Recommended Readings:

1. Baron, R.A. & Byrne, D. (2002). Social Psychology (10th Ed.). Pearson Education: New Delhi.
2. Lindgren, H.C. (1998). Social Psychology. Wiley Eastern Publications: New Delhi.
3. Misra, G. (1990). Applied Social Psychology in India. Sage Publications: New Delhi.
4. Myers, D.G. (2010). Exploring Social Psychology. New York: McGraw Hill.
5. Taylor, S.E.; Peplau, L.A. & Sears, O. (2006). Social Psychology (12th Ed.). Prentice Hall.

BSYP5: Research Methods & Statistics

(BA Program)

Max. Marks: 100 (4 Credits)

Course Objectives: The aim of this paper is to understand the basic theoretical and methodological approaches and fundamental domains of research methods and statistics.

UNIT-I: Introduction

- a) Introduction to research in Psychology
- b) Nature, types and control or variables.
- c) Correlational vs. Experimental, exploratory vs. hypothesis testing

UNIT-II: Problem and Hypotheses

- a) Nature and sources of problems
- b) Nature of hypotheses
- c) Null vs. experimental hypothesis

UNIT-III: Frequency Distribution and Graphic Presentations; Measures of Variability and Correlation Co-efficient

- a) Histogram and frequency polygon; measures of central tendency;
- b) Range, Quartile deviation and SD
- c) Nature and types, computation of correlation by Rank Order method and product-moment method

Recommended Readings:

1. McGuigan, F.J. (1968). Experiments in Psychology. Willey.
2. Selliz, C. Et al. (1956). Research Methods in Social Relations; Methuen.
3. Mohsin, S.M. (1984). Research Methods in Behavioural Science. Orient Logman.
4. Singh, A.K. (1984). Tests, Measurements and Research Methods in Behavioral Sciences.
5. Kerlinger, F.N. (1993). Foundations of Behavioural Research. New Delhi: Tata McGraw Hill.

Semester VI

BSY19: Health Psychology

Max. Marks: 100 (4 Credits)

Course Objectives: To familiarize the students with the relationship of psychological factors in health and well being. The paper aims to make students aware and understand the link between behaviour and health/illness so that they would also learn health enhancement, disease prevention, safety and rehabilitation issues.

UNIT-I: Introduction

- a) What is health, the mind-body relationship, the changing field of health
- b) Evolution of health psychology; Culture and health
- c) Risk factors in cardiovascular disease: Inherent risk factors, physiological conditions, behavioural and psychosocial risk factors

UNIT-II: Pain and its Management

- a) Nature, significance and theories of pain
- b) Behavioral techniques for managing pain: Bio-feedback, relaxation, hypnosis
- c) Coping techniques, guided imagery and emotional disclosure

UNIT-III: Health Enhancing Behaviours

- a) Exercise: Benefits, types of exercise; hazards of physical activity
- b) Effects of physical activity on cardiovascular health, cancer and diabetes
- c) Psychological benefits of physical activity

Recommended Readings:

1. Allen, F. (1998). Health Psychology: Theory and Practice. St. Leonards, NSW: Allen & Unwin Pvt. Ltd.
2. Brannon, L. & Feist, J. (2010). Introduction to Health Psychology. Belmont: Wadsworth Cengage Learning.
3. Gurung, A.R. (2010). Health Psychology: A Cultural Approach. Belmont: Wadsworth Cengage Learning.
4. Taylor, S.E. (2006). Health Psychology. New York: Tata McGraw Hill.

BSY20: Psychopathology

Max. Marks: 100 (4 Credits)

Course Objectives: At the end of this course, the student shall be able to understand about abnormal behaviour and familiarize them with the symptoms, aetiology and treatment of different types of psychopathology.

UNIT-I: Introduction

- a) Brief history of abnormal Psychology, concept of normality and abnormality
- b) Biological model
- c) Cognitive and Behavioural models

UNIT-II: Mental Disorders

- a) Schizophrenia: Symptoms, types and causes of Schizophrenia
- b) Bipolar-I disorder
- c) Delusional disorders

UNIT-III: Neurodevelopment Disorders

- a) Specific learning disorder
- b) Autism spectrum disorder
- c) Neuro-cognitive disorder

Recommended Readings:

1. Comer, R., & Comer, J. (2017). *Abnormal psychology* (10th ed.). New York: Worth Publishers.
2. Hooley, J., Butcher, J., Nock, M., & Mineka, S. (2016). *Abnormal psychology* (17th ed.). Pearson.
3. Kring, A., Johnson, S., & Davison, G. (2013). *Abnormal psychology* (12th ed.). Hoboken, N.J.: Wiley.
4. Nevid, J., Rathus, S., & Greene, B. (2017). *Abnormal psychology in a changing world* (10th ed.). Pearson.
5. Whitbourne, S. (2019). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders* (9th ed.). New York, NY: McGraw-Hill.
6. Davison, G.C. & Neale (2001) (8th Ed.). *Abnormal Psychology. An Experimental Clinical Approach*. New York: John Wiley and Sons, Inc.

BSY21: Organizational Behaviour

Max. Marks: 100 (4 Credits)

Course Objectives: This course is an introduction to the basic concepts and issues of organizational psychology. It will help the student to understand the technical skills necessary in this competitive and demanding workplace.

UNIT-I: Introduction

- a) Nature, scope and history (classical and neo-classical era)
- b) System and recent trends
- c) Challenges and approaches for organizational psychology

UNIT-II: Motivation and Job Satisfaction

- a) Nature, early theories of work motivation (Maslow & Herzberg)
- b) Contemporary theories (ERG & McClelland)
- c) Nature and functions of job satisfaction

UNIT-III: Organizational Structure and Leadership

- a) Nature and types of organizations (Traditional and modern)
- b) Meaning and importance of leadership
- c) Transformational, charismatic and Visionary leadership

Recommended Readings:

1. Blum, M.L. & Naylor (1984). Industrial Psychology. Delhi: CBS Publishers.
2. Hersey, Blanchard & Johnson (2001) (8th Ed.). Management of Organizational Behaviour. New Delhi: Pearson Education.
3. Jex, S.M. (2010). Organizational Psychology. New Delhi, Wiley India.
4. Luthans, F. (2011). Organizational Behaviour. New Delhi: Tata McGraw Hill.
5. McCormick, J.E. (1984). Industrial Psychology. New Delhi: Prentice Hall Ltd.
6. Robbins, S.P. (2011) (12th Ed.). Organizational Behaviour. Prentice Hall, New Jersey: Pearson Education.
7. Schultz, S.E. (2011). Psychology and Work Today. New Delhi: Pearson Education.

BSY22: Test and Measurement

Max. Marks: 100 (4 Credits)

Course Objectives: At the end of the course, the student shall be able to understand the concept of normality in its various dimensions and the classification, aetiology, symptoms, and treatment options for various disorders.

UNIT-I: Introduction

- a) Levels, problems of measurement and evaluation
- b) Nature and uses of psychological tests
- c) Characteristics of a good test, historical perspectives of testing (Galton, Cattell and Binet)

UNIT-II: Reliability, Validity and Standardization

- a) Reliability: meaning, types and factors influencing reliability of test scores
- b) Validity: Meaning, types and methods of calculating validity
- c) Norms: Meaning and types (Percentile and standard scores)

UNIT-III: Measurement of Personality and Intelligence

- a) Introduction to measurement of intelligence and personality; projective techniques
- b) Personality Testing: MPI, CPI, 16PF
- c) Measurement of Intelligence: Stanford-Binet test, WAPIS, WISC

Recommended Readings:

1. Anastasi, A. (1968) & Urbana, S. (1997). Psychological Testing. Pearson Education Asia: Pearson Publication.
2. Singh, A.K. (1997). Tests, Measurement and Research Methods in Behavioral Sciences, New Delhi: Bharat Bhawan.
3. Cronback, I.J. (1970). Essential of Psychological Testing. New York: Harper & Row.
4. Murphy, K.R & Davidshafer, C.D. (1994). Psychological Testing: Principles and Applications (3rd Ed.). New Jersey: Prentice Hall, Englewood Cliffs.

BSY23: Minor Research Project

Max. Marks: 50 (2 Credits)

BSYS6: Guidance and Counseling

(Subsidiary)

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the process, skills, techniques involved in guidance and counseling. Moreover, the course examines several perspectives to counseling that shed light on the therapeutic nature of client-counselor relationship.

UNIT-I: Understanding Guidance

- a) Concept and need for guidance
- b) Meaning and functions of educational guidance
- c) Meaning and functions of vocational guidance

UNIT-II: The Counseling Process

- a) Meaning and areas of counseling
- b) Stages of counseling; counseling skills
- c) Conditions of empathy, positive regard, genuineness and concreteness

UNIT-III: Selected Approaches

- a) Person-centered: View of human nature, counseling process
- b) Behavioral: View of human nature, counseling process
- c) Cognitive – behavioural: View of human nature, counseling process

Recommended Readings:

1. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy. Theories and Interventions (4th Ed.). Delhi: Pearson Education, Inc.
2. Corey, G. (2009). Counseling and Psychotherapy. Theory and Practice. Delhi: Cengage Learning India Private Limited.
3. Gibson, R.L., & Mitchell, M.H. (2006). Introduction to Counseling and Guidance (6th Ed.). Delhi: Pearson Education, Inc.
4. Kinra, A.K. (2008). Guidance and Counseling. Delhi: Pearson Education.
5. Kottler, J.A., & Shepard, D.S. (2008). Counseling. Theories and Practices. New Delhi: Brooks/Cole Cengage Learning.
6. Patterson, L.E., & Welfel, E.R. (2000). The Counseling Process (5th Ed.). Bangalore: Eastern Press Ltd.

BSYX6: Social Psychology II
(CBCS)

Max. Marks: 100 (4 Credits)

Course Objectives: To acquaint students with the importance of social psychological processes and factors in understanding the behaviour. To enable the students to understand major approaches for understanding the social behaviours. To train the students to understand social psychological problems and suggest remedies to them.

UNIT-I: Introduction, Methods and Approaches

- a) Meaning, nature and scope of Social Psychology
- b) Methods of social psychology
- c) Ethnography and social representation

UNIT-II: Social Conflict and Social Cognitive

- a) Social conformity
- b) Social compliance and obedience
- c) Social cognition and theoristic used in everyday life

UNIT-III: Social Behaviour

- a) Nature, determinants of prosocial behaviour
- b) Intergroup relationship and its theory
- c) Social identity and its theory

Recommended Books:

1. Baron, R.A. & Byrne, D. (1997, 2001) (8th & 9th Editions). Social Psychology. London: Allyn and Bacon.
2. Brewer, M.B. & Miller, N. (1996). Intergroup relations. Buckingham: Open University Press.
3. Coats, E.J. & Feldman, R.S. (1996). Classic and contemporary readings in social psychology. New Jersey: Prentice Hall.
4. Feldman, R.S. (1995). Social Psychology. Englewood Cliffs: Prentice Hall.
5. Forgas, J.P. (1981). Social Cognition. London: Academic Press.
6. Lord, C.G. (1997). Social Psychology. New York: Harcourt Brace College Public Publication.

BSYP6: Psychological Experiments

(BA Program)

Max. Marks: 100 (4 Credits)

Course Objectives: To enable the students to understand the processes and steps involved in conducting the psychological experiment in laboratory setup. Students are supposed to conduct any six experiments on the following:

1. Maze learning
2. Recall and recognition
3. Transfer of training (Negative Bilateral)
4. Span of attention/Apprehension
5. Mirror Drawing
6. Muller Lyer Illusion
7. Effect of knowledge of results on preference
8. Simple Reaction Time
9. Effect of Fatigue on mental health
10. Role of Set in thinking

Recommended Readings:

1. Hussain, A. (2014). Experiments in Psychology, PHI Learning, Delhi.
2. Mohsin, S.M. (1982). Experiments of Psychology, Delhi: Motilal Banarsidas.
3. Postman, L. & Eagan, J.P. (1985). Experimental Psychology. New Delhi: Kalyani.
4. Robert, L.S. (2003). Experimental Psychology: A Case Approach. New Delhi: Pearson Education.
5. Woodworth, R.S. & Schlosberg, H. (1971). Experimental Psychology, Oxford & IBH.