आज दिनांक 05.08.2011 को विश्वविद्यालय परिसर में निम्न विषय की पाठ्यक्रम समिति की एक आयोजना बैठक हुई, जिसमें निम्न प्राध्यापकगण उपस्थित हुए :-

Date :- 05.08.2011          Subject :- Psychology          Committee Place :- Committee Hall

1. Dr. Jamila Khatoon
2. Dr. Kiran Lata
REVISED SYLLABUS
(2011-12)

SUBJECT: PSYCHOLOGY
(UNDERGRADUATE COURSES)

B.A. I

Paper 1: Basic Psychological Processes  Max. Marks: 35
Paper 2: Experimental Methodology and Statistics  Max. Marks: 35
Paper 3: Practical  Max. Marks: 30

B.A. II

Paper 1: Psychopathology  Max. Marks: 35
Paper 2: Social Psychology  Max. Marks: 35
Paper 3: Practical  Max. Marks: 30

B.A. III

COMPULSORY PAPERS

Paper 2: Counselling and Guidance  Max. Marks: 50

OPTIONAL PAPERS (Any one of the followings)

Paper 3:
- Organizational Psychology
- Health Psychology
- Environmental Psychology

Paper 4: Practical  Max. Marks: 30
Paper 1: Basic Psychological Processes

Unit I

- **Introduction**: Definition, nature, scope and applications of psychology. Methods: introspection, observation, experimental, interview, questionnaire and case study.
- **Contemporary perspectives**: Biological, cognitive, psychoanalytical, humanistic, evolutionary and cross-cultural.
- **Biological Bases of Behaviour**: Evolution, genes and behaviour. The response mechanism: Receptors, effectors and adjustors. The Nervous System: The basic structure, functions and divisions of the Peripheral and Central Nervous System.

Unit II

- **Sensory Processes**: Visual, auditory and other senses: Structure and functions.
- **Attentional Processes**: Nature, types and determinants of attention.
- **Perceptual Processes**: Nature and determinants, perceptual organization, form, space and depth perception. Perceptual constancy and illusion.

Unit III


**Unit IV**

- **Thinking:** Nature and types of thinking. Realistic and autistic thinking. Tools of thinking: concepts, imagery, prototypes, script, schema, language and thought.
- **Personality:** The concept of personality. Trait and type approaches of personality. The Biological, social and cultural determinants of personality.

**BOOKS RECOMMENDED:**

Paper 2: EXPERIMENTAL METHODOLOGY AND STATISTICS

Unit I

- **Introduction**: Nature of Science and Scientific method. Steps involved in experimentation.
- **Problem and Hypothesis**: Nature, types and sources.
- **Variables**: Nature and types, Control of Variables.
- **Experimental Design**: Meaning, purpose and types.

Unit II

- **Meaning and Purpose of Statistics in Psychology**: Discrete and Continuous Scores.
- **Frequency Distribution and their Graphical Presentation**: Frequency polygons, Histograms and Ogive. Percentile point and percentile rank.

Unit III

- **Measures of Central Tendency**: Mean, Median, Mode and its meaning, application and computation.
- **Measures of Variability**: Range, quartile deviation, average deviation, standard deviation, meaning application and computation.

Unit IV

- **Correlation**: Concept of correlation: linear and non-linear correlation; Pearson’s Product Moment correlation, Spearman’s rank order correlation.
- **Preparation of Data for Computer Analysis**: Familiarization with software packages of statistics and their application.
BOOKS RECOMMENDED:


B.A. I

Marks: 30

Paper 3: PRACTICAL

Any six experiments of the following should be performed.

1. Bilateral transfer of training.
4. Retroactive Inhibition.
5. Effect of knowledge of results on performance.
6. Perceptual organization.
7. Memory span for digits and words.
8. Zeigarnick effect.
Paper 1: PSYCHOPATHOLOGY

Unit I

- Introduction to Psychopathology: The concept of normality and abnormality. Classification of mental disorders (ICD X and DSM IV).
- Psychological Models of Psychopathology: Biological, psychodynamic, behavioural, cognitive-behavioural, humanistic, existential, socio-cultural.

Unit II

- Psychosomatic Disorders: Symptoms, causes and treatment.

Unit III

- Anxiety Disorders: Panic disorder, Phobia, Obsessive compulsive disorder, Generalized Anxiety disorder; their symptoms, types, etiology and treatment.
- Somatoform Disorders: Dissociative disorders.

Unit IV

- Psychotic Disorders: Symptoms, types, etiology and treatments.
  (a) Schizophrenia (b) Delusional disorders.
- Mood (Affective) Disorders: Manic episode, Depressive episode, Bipolar Affective disorders, Dysthymia.
• Personality Disorders: (a) Dissociative  (b) Impulsive  (c) Anti Social
  (d) Borderline  (e) Avoidance  (f) Dependent Personalities

BOOKS RECOMMENDED:


• Carson, R.C.; Butcher, J. N. & Mineka, S. (2010). Abnormal Psychology and
  Modern life. Pearson Education, Inc. and Dorling Kindersley publications Inc.

• Srason, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of
  Maladaptive Behaviours (11th Edition). Pearson Education Inc. and Dorling
  Kindersley Publishing Inc.


B.A. II

Marks-35

Paper 2: SOCIAL PSYCHOLOGY

Unit I

• Introduction: Nature and scope; Methods of studying social behaviour: Observation, experimental, field study, survey, sociometry and cross cultural.

• Socialization: Agents and mechanisms, socialization and deviation.

• Perceiving Others: Forming impressions; Role of non-verbal cues, group stereotypes, central traits; primary and recency effects; Models of information integration; Attribution of causality: Biases and theories (Jones and Davis Kelley).

Unit II

• Perceiving Groups: Prejudice, Stereotypes and Conflicts: Sources, dynamics and remedial techniques.
• Interpersonal attraction: Nature, measurement and antecedent conditions of interpersonal attraction.


Unit III

• Group Dynamics and Influence: Structure, function and types of the groups. Social facilitation, social loafing, individuation; Group cohesiveness, norms and decision making. Conformity, obedience and social modeling.

• Leadership: Definitions and functions; Trait, situational, interactional, behavioural and contingency approaches to leadership effectiveness.

Unit IV

• Communication: Verbal and non-verbal strategies. Language and social interaction. Barriers to communication.

• Aggression: Determinants: Personal and social; Theoretical perspectives: Biological, trait, situational and social learning; Control of aggression.

• Helping Behaviour: determinants: Personal, situational and socio-cultural determinants; Bystander Effect; Theoretical perspectives: Exchange and Normative.

BOOKS RECOMMENDED:


B.A. II

Marks-30

Paper 3: PRACTICAL

Any six tests of the following should be performed.

1. Attitude Scale.
2. Test of Aggression.
3. Sociometry.
4. Social Facilitation/Conformity
5. Anxiety
6. S.S.C.T.
7. EPI (Eysenck Personality Inventory)
8. Stress/Coping.

B.A. III

Marks-40

Paper 1: MEASUREMENT AND STATISTICS

Unit 1

• Scaling techniques and Measurement: Scaling techniques: Paired comparison, rating and ranking.
• **Levels of Measurement:** Nominal, interval, ordinal, and ratio scales.
• **Tests:** Meaning and characteristics. Types of tests.

**Unit II**

• **Test Construction:** Test-construction and standardization of test; Norms-types. Item analysis. Concept and measurement of reliability and validity.
• **Errors in Measurement:** Examiner's variables, Testee's variables, Situational variables in psychological measurement.

**Unit III**

• **Research Design:** Meaning, characteristics, and purpose of research design.
• **Types of Design:** Between Group and within Group design, Factorial design, Ex-Post facto design.
• **Normal Distribution:** Concept of probability. Laws of probability. Characteristics of NPC. Deviation from NPC; Skewness and kurtosis. Applications of NPC.

**Unit IV**

• **Hypothesis Testing and Making Inferences:** Population and sample; Random sampling; Sampling distribution; Standard errors of mean, S.D. and r, df; nature and utility of probabilities, hypothesis, hypothesis testing and hypothesis acceptance; Interpretation of t-values; level of significance; type-I and type-II errors in hypothesis testing.


• Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.

B.A. III

Marks-40

Paper 2: COUNSELLING AND GUIDANCE

Unit I

• Introduction: Nature and goals of Counselling, Distinction between Guidance and Counselling.

• Perspectives of counselling: Psychoanalytic, behavioural, cognitive and humanistic.

• Types of Counselling:

  (a) Directive, Non-directive and eclectic.

  (b) Individual and group counselling.
Unit II

- **Counselling Process**: Principles of Counselling.
- **Counselling skills**: Rapport, Empathy and Communication.
- **Phases of Counselling**: Initial, Middle, Terminal and Follow up.
- **Special Areas of Counselling**: Career counselling, marital counselling, personal counselling and counselling of alcoholics and drug addicts.

Unit III

- **Introduction to Guidance**: Need for guidance, Nature, goals and functions of guidance,
- **Areas of Guidance**: Educational, vocational and personal.

Unit IV

- **Testing Techniques in Guidance**:
  - Intelligence
  - Personality
  - Aptitude
  - Interests
  - Achievement tests

**BOOKS RECOMMENDED:**


B.A. III

Marks-40

Paper 3 (a): ORGANIZATIONAL BEHAVIOUR

Unit I


• Selection and Placement: Basic selection models, measurement of individual differences. Techniques of selection: Interview and psychological testing.

Unit II

• Personnel Training and Development: Training, Methods of Training on the job and off the job. Techniques of management development. Evaluation of training programmes.


Unit III

• Job Satisfaction and Industrial Morale: Nature, determinants and theories (Herzberg, Vroom).

• Performance Appraisal: Appraisal process, methods of performance appraisal and factors distorting performance appraisal.

• Organizational Stress: Nature, sources, role stress and its effect on job behaviour.
Unit IV

- Human Engineering: Man-machine system. Designs, display, controls and action.

BOOKS RECOMMENDED:


B.A. III

Marks-40

Paper 3 (b) HEALTH PSYCHOLOGY

Unit I

- Introduction: Nature, scope and a brief history of health psychology. The role of health psychologists.
Unit II

- **Health Behaviour and Primary Preventions:** Determinants of health behaviour. Health enhancement: modification of health behaviour, changing health through beliefs and attitudes, social engineering, habit modifications, exercise, physical examination, weight control and diet control.

- **Pain and Management:** Measurement of pain, clinical management and pain control techniques.

Unit III

- **Cardio vascular disease, diabetes, paralysis, brain strokes and hypertension:** symptoms, causes and remedies. Type A behaviour in reference to diseases.

- **Stress and Health:** Nature and types of stress, causes and consequences of stress. Stress management, measurement of stress. Role of social support.

Unit IV

- **Management of Chronic and Terminal Illness:** Management of chronic and terminal illness, coping, rehabilitation of chronically ill, psychological interventions.

- Health issues related to children, adolescents, women and elderly.

- Future challenges to health Psychologists.

**BOOKS RECOMMENDED:**


B.A. III

Marks-40

Paper 3 (c) ENVIRONMENTAL PSYCHOLOGY

Unit I

- **Environmental Psychology**: Nature and characteristics; classification of environment. Indian perspective on human-environment relationship.

- **Theories Of Environment - Behavior Relationship**: Arousal, Environmental load, Adaptation level and Ecological Approach.

- **Research Methods in Environmental Psychology**: Experimental, Simulation, correlational and descriptive; Methods of data collection: Self-report naturalistic observation, field survey, interview and questionnaire.

Unit II


- **Environmental Stress**: Nature and characteristics. Types of stress: Natural disasters, technological catastrophe, noise and air-pollution.

Unit III

- **Environmental Perception, Cognition and Attitudes**: Nature and characteristics of environmental perception: social and cultural influences. Environmental cognition and cognitive mapping. Acquisition of environmental attitudes.

- **Effect of Environment on Behavior**: Personal space and territoriality: Nature functions and determinants of personal space, consequences of personal space invasion territoriality functions any types.
Unit IV

- Crowding: Nature and characteristics, features, effects of crowding on animals and human beings.

- Environmental Psychology and Saving the Environment: Environmental education prompts and reinforcement techniques in Indian context.

BOOKS RECOMMENDED:


B.A. III

Marks-30

PAPER (4) PRACTICAL

Field survey on a small sample ranging from 10-20. Report to be submitted along with the original certificate of the organization visited by the student/students.

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Field survey on a small sample. Report to be submitted along with the original certificate of the organization visited by the student/students.

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