

**Draft of Proposed
syllabus (CBCS) for
B.A (Hons) Ranchi
Women's College,
Ranchi.**

Implemented from session 2021

**Department of
Psychology,
Ranchi Women's
College,
Ranchi.**

<https://www.ranchiwomenscollege.org>

**PSYCHOLOGY (HONS.)
CORE COURSES (C-PSY)**

- C-PSY-01** Introduction to Psychology
- C-PSY-02** Statistical Methods for Psychological Research-I
- C-PSY-03** Biopsychology
- C-PSY-04** Psychology of Individual Differences
- C-PSY-05** Development of Psychological Thoughts
- C-PSY-06** Psychological Research
- C-PSY-07** Social Psychology
- C-PSY-08** Understanding Psychological Disorders
- C-PSY-09** Statistical Methods for Psychological Research
- C-PSY-10** Applied Social Psychology
- C-PSY-11** Understanding and Dealing with Psychological Disorders
- C-PSY-12** Developmental Psychology
- C-PSY-13** Organizational Behaviour
- C-PSY-14** Counselling Psychology

*K. Jaiswal
12.4.2021*

*Approved
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Marks Distribution of Theory Examinations:

Table No. 15: Marks distribution of Theory Examinations of Mid Semester

Topic	Code	Full Marks	Time	Group-A (Compulsory) No. of Questions x Marks = F.M.	Group-B (with Choice) No. of Questions x Marks = F.M.	Total No. of Questions to Set Group A Group B
Mid Sem*	T15	15	1 Hr	5 x 1 = 5	2 (out of 3) x 5 = 10	5 3
	T25	25	1 Hr	5 x 1 = 5	4 (out of 6) x 5 = 20	5 6

Table No. 16: Marks distribution of Theory Examinations of End Semester

Topic	Code	Full Marks	Time	Group-A (Compulsory) No. of Questions x Marks = F.M.	Group-B (with Choice) No. of Questions x Marks = F.M.	Total No. of Questions to Set Group A Group B
End Sem	T60	60	3 Hrs	1 x 10 + 1 x 5 = 15	3 (out of 5) x 15 = 45	2 5
	T75	75	3 Hrs	1 x 10 + 1 x 5 = 15	4 (out of 6) x 15 = 60	2 6
	T100	100	3 Hrs	1 x 10 + 2 x 5 = 20	4 (out of 6) x 20 = 80	3 6
	T50 + T50	50 x 2 = 100	3 Hrs	2 x 5 = 10	2 (out of 3) x 20 = 40	2 3

Marks Distribution of Practical Examinations:

Table No. 17: Marks distribution of Practical Examinations of End Semester

Topic	Code	Full Marks	Time	Practical F.M.	Record	Viva	Total No. of Questions to Set
End Sem	P25	25	3 Hrs	15	5	5	
	P50	50	3 Hrs	30	10	10	Pr. with components of both papers
	P75	75	3 Hrs	45	15	15	Pr. with components of all three papers

Abbreviations : T= Theory Examination, P= Practical Examination.

Mid Sem* : There will be 15 Marks Theory Examination in Practical Subjects and 25 Marks Theory Examination in Non-Practical Subjects/ Papers.
25 Marks Theory Examination may include 10 Marks questions from Assignment/ Project/ Tutorial where ever applicable.

Note : There may be subdivisions in each question asked in Theory Examinations.

37

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN

SEMESTER	CORE COURSE (14)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	SKILL ENHANCEMENT	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (4)
I	C-PSY-01 Introduction to Psychology (Theory+ Practical)	(English Communication /MIL)/			GE-1
	C-PSY-02 Statistical Methods for Psychological Research-I (Theory+ Practical)	Environmental Science			
II	C-PSY-03 Biopsychology (Theory+ Practical)	Environmental Science/(English Communication /MIL)			GE-2
	C-PSY-04 Psychology of Individual Differences (Theory+ Practical)				
III	C-PSY-05 Development of Psychological Thought (Theory+ Practical)		SEC-I		GE3
	C-PSY-06 Psychological Research (Theory+ Practical)				
	C-PSY-07 Social Psychology (Theory+ Practical)				
IV	C-PSY-08 Understanding Psychological Disorders (Theory+ Practical)		SEC 2		GE-4
	C-PSY-09 Statistical Methods for Psychological Research-II (Theory+ Practical)				
	C-PSY-10 Applied Social Psychology (Theory+ Practical)				
V	C-PSY-11 Understanding and Dealing with Psychological Disorders (Theory+ Practical)			DSE-1	
	C-PSY-12 Developmental Psychology (Theory+ Practical)			DSE-2	
VI	C-PSY-13 Organizational Behaviour (Theory+ Practical)			DSE-3	
	C-PSY-14 Counselling Psychology (Theory+ Practicum)			DSE-4	

C-PSY 01: INTRODUCTION TO PSYCHOLOGY

Unit-I: Introduction

- What is Psychology? Definitions and subject matter of Psychology.
- Methods of Psychology:
 - ✓ Observation
 - ✓ Experiment
- Branches of Psychology.
- Development of Psychology in modern India.

Unit II sensory process and attention

- Definition ,nature and attributes of sensation
- meaning ,characteristics of attention
- Kind--sustained and selective
- Determinants of attention

Unit-III: Learning and Motivation

- Nature of learning.
- Theories of learning.
 - ✓ Thorndike's Connectionism.
 - ✓ Conditioning Theories (**Classical and Operant**)
 - ✓ Kohler & Koffka's Insight theory.
- Motivation: concept, types and Conflict among Motives
- Role of motivation in learning.

Unit-IV: Memory

- Concept of memory: Ebbinghaus vrs. Bartlet's.
- Types of memory: Sensory Memory, Short Term Memory (STM) and Long term Memory (LTM).
- Factors improving memory.
- Forgetting: Nature and causes. (With special reference to RI)

Practicum

Any two practicums selecting one from each unit

Unit-I: Verbal Learning

Memorizing non-sense syllable by the methods of:

- Simple reproduction
- Serial reproduction

Unit-II: memory

- Recall and recognition
- Effect of interpolated task on original learning

Suggested Readings

Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.

Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.

Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.

Garrett, H.E. (1981). *Statistics in Psychology and Education. Indian Edition*.

Mohsin, S.M. (1982). *Experiments in Psychology. Motilal Banasidas*.

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

Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.

Arun Kumar & Ashish Kumar Singh - प्रारम्भिक सामान्य मनोविज्ञान

C-PSY 02: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Unit-I: Introduction

- Nature of Psychological research?
- Relevance of statistics in Psychological research.
- Descriptive and inferential statistics.
- Levels of measurement.

Unit-II: Graphical Representation of Frequency Distributions

- The Histogram.
- The Frequency Polygon.

Unit-III: Measures of Central Tendency

- Uses and limitations of Mean, Median and Mode.
- Calculation of Mean, Median and Mode.

Unit-IV: Normal Probability Curve

- Nature and characteristics of Normal Probability Curve.

Practicum

- Effect of practice in mirror drawing
- Effect of practice in card sorting.

Suggested Readings

- Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.
- Gravetter, F.J. & Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences* (9th Ed.). USA: Cengage Learning.
- King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed.). USA: John Wiley & Sons.
- Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.
- Singh A. K. & Singh A.K.
- Samshad Hussain - Statistics (Publication Moti Lal Banarsi Das)

C-PSY 03: BIO-PSYCHOLOGY

Unit-I: Introduction to Bio-Psychology

- Nature and scopes of Bio-Psychology.
- Methods of Bio-Psychology.

Unit-II:

- Structure and functions of Neurons.
- Neural conduction and synaptic transmission.

Unit-III: Nervous Systems

Structure and functions of:

- Central Nervous System (CNS) brain and
- Spinal Cord

Unit-IV: Neuro-Endocrine System

- Role of Endocrine glands in human behaviour.
✓ Pituitary, Thyroid and Adrenal glands.

Practicum/ project

Brain and spinal cord

Reading List

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.

Pinel, J.P.J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

Singh, A.K. *Samany Maovigyan ki Ruprekha*, Motilal Banarsidas publication.

Singh, A.K. *Uchhtar Samany Maovigyan*. Motilal Banarsidas publication.

Dr. S.M. Mohaims - Experiments in Psychology

C-PSY 04: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Unit-I: Personality

- Nature and traits of Personality
- Biological foundation of personality
- Social and cultural foundation of personality
- Psychodynamic approach.

Unit-II: Intelligence

- Concept of intelligence
- Effect of heredity and environment on intelligence
- Emotional intelligence

Unit-III;Thinking

Definition and nature

Role of set and language

Problem solving and creative thinking

Unit-IV: perception

- Definition nature and process of perception
- Perceptual organization
- Determinants of perception
- Perception of depth
- Illusion and hallucination

Practicum

1 mental work and fatigue

2 muller-lyer illusion

3 problem solving

Suggested Readings

- Carr, A. (2011): *Positive psychology*. Routledge.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), *Foundations of Indian Psychology* (Vol. 1), Theories and concepts .Pearson.
- Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

SY 05: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

Unit-I: Classical schools

- Structuralism
- Functionalism.

Unit-II: Positivist Orientation

- Behaviourism
- Watson and skinner

Unit-III: Psychoanalytic and Humanistic Existential Orientation

- Psychoanalysis (**Freud and jung**)
- Maslow and Rogers

Unit-IV: Contemporary Development

- Feminism.
- Development of Psychology in India.

Practicum/ testing

Any two from the following

- **Nari samanta test**
- **Self actualization test by maslow.**
- **TAT**

Suggested Readings

- Frith, Hannah. (2001). Young Women, Feminism and the Future: Dialogues and Discoveries. *Feminism and Psychology*, Vol.11(2):147-151.
- Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. *American Psychologist*,40, 266-275.
- Kakar, Sudhir. (2006). Culture and Psychoanalysis : A Personal Journey. *Social Analysis*, Volume 50, Number 2, Summer 2006,pp.25-44.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context.* (4th Ed.).Pearson education.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West.* New York: Plenum Press.
- St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction.* Wadsworth Publishing Company.
- Schultz & Schultz (1999). *A History of Modern Psychology.*Harcourt College Publishers/ Latest edition available.
- Thomas, Teo. (2005). *The Critique of Psychology: From Kant to Post Colonial Theory.* Springer.
- Sharma, *Ramnath Manovigyan ka itihās.*
- A.K. Singh, *Monovigyan ka sampradāy.*

C-PSY 06: PSYCHOLOGICAL RESEARCH

Unit-I: Basics of Research in Psychology

- Definitions and Goals of Psychological research.
- Criteria of good research
- Ethics in Psychological research.

- **Types:**
 - ✓ HYPOTNESIS - Nature types and characteristics of good Hypothesis.
 - ✓ Formulation of Research Problems and developing testable hypotheses/questions.

Unit-II: Sampling

- ✓ Definitions
- ✓ Types of Sampling—probability and nonprobability

Unit-III: Methods of Data Collection

- Case study- nature, meaning and types
- Observation- nature, meaning and types
- Interview - nature, meaning and types Questionnaire.

Unit-IV: Psychological Testing

- Reliability
- Validity
- Norms and Standardization.

Practicum

- Reaction time
- RL.....
- Distraction of attention.....

20 Marks

Suggested Readings

Bryman, A.(2004). Quantity and Quality in Social Research.Routledge.
 Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
 Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
 Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*.New Delhi: Pearson Education.
 Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth

- Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice 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.

C-PSY 07: SOCIAL PSYCHOLOGY

Unit-I: Introduction

- History of Social Psychology
- Nature and scope of Social Psychology
- Relation with Sociology and Anthropology

Unit-II: Understanding Social World

- Social cognition – Nature, factors affecting social cognition.
- Social perception – Nature, factors affecting social

Unit-III: Attitude

- Nature and definitions
- Formation of attitude
- Strategies for attitude change

Unit-IV: Group Dynamics and Inter Group Relations

- Nature of Groups
- Structure and function of Groups kinds of group.
- Inter group relation and inter group conflict.

Practicum

- Social marital scale
- Any social scale
- Social support scale

Suggested Readings

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
- Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
- Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
- Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
- Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed.). New Delhi: Pearson
- Suleman, M. *Adunik Samaj Manovigyan*.
- Singh, A.K. *Uchhatar Samaj Manovigyan*.

SY 08: UNDERSTANDING PSYCHOLOGICAL DISORDERS

Unit-I:

- The concept of Normality and Abnormality.
- Criteria and classification. (DSM-V and ICD- II)

Unit-II: Clinical Pictures and Etiology

- Clinical picture of General Anxiety disorders and Obsessive Compulsive Disorder.
- Somatoform Disorders:
 - ✓ Conversion Disorders

Unit-III: Schizophrenia and mood disorder

- Nature, types and symptoms of: Schizophrenia
- Nature and symptoms of mood disorder (unipolar,biopolar)

Unit-IV: Disorders of Related To Development

- Mental Retardation.
- Autism.

Practicum

- Sinha Anxiety scale
- Beck depression inventory
- General health questionnaire

Suggested Readings

- Bennett,P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
- Brewer,K. (2001). *Clinical Psychology*.Oxford : Heinemann Educational Publishers
- Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
- David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) *Abnormal Psychology* :Cengage Learning India Edition
- Kearney, C. A. &Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi :Cengage learning.
- Singh, A.K. *Asamanya Kanovigyan*.
- Suleman, M *Asamanya Monovigyan ki Ruprekha*.

C-PSY-09: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Unit - I: Measures of Variability - AD, SD, QD

Unit - II: Correlation

- ✓ Meaning of correlation
- ✓ Calculating Pearson's correlation of coefficient.
- ✓ Spearman's Rank Order correlation.

Unit-III: Hypotheses Testing 't'

- Difference between two independent means (uncorrelated).
- Hypothesis testing for Correlated means.

Unit-IV: Hypothesis Testing for Difference among Three or More Groups

- Concept and Assumptions of ANOVA
- One Way Analysis of Variances (ANOVA).

Unit- IV: Null Hypotheses

- The Chi-Square tests

Practicum

- Colour preference
- Effect of knowledge...
- Effect of fatigue on mental work

Suggested Readings

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .
- Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.
- King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.
- Mangal, S.K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi: PHI learning Pvt. Ltd.
- Suleman, M. Manovigyan, *Shiksha Avam Sankhiki*.
- Singh, Ram Itar, Manovigyan, *Mein Sankhiki*.

C-PSY-10: APPLIED SOCIAL PSYCHOLOGY

Unit-I: Introduction

- Definitions and Nature of Applied Social Psychology.
- Importance and applications of Applied Social Psychology.
- Current status of Applied Social Psychology.

Unit-II: Psychology and Environment

- Pollution:
 - ✓ Air
 - ✓ Water
 - ✓ Noise
 - ✓ Crowding; causes and consequences.

Unit-III: Psychology of Crime and Corruption

- **Crime:**
 - ✓ Definitions, nature and characteristics of crime.
 - ✓ Psychological, Biological and Socio-Cultural correlates of crime and preventive measures.
- **Corruption:**
 - ✓ Concept, causes, types and controlling measures.

Unit-IV: Violence against Women

- Definitions, nature and characteristics.
- Types, causes and consequences

Practicum

Any two from the followin

- Environmental Behaviour Scale
- Sense of nationalism scale(kiran lata dangwal)
- Any attitude scale.

Suggested Readings

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities.

- Wadsworth, Cengage. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
- Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
- Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.
- Suleman, M. Manovigyan Aur Samajik Samasyach.

C-PSY-11: THERAPEUTIC INTERVENTION FOR PSYCHOLOGICAL DISORDERS

Unit-I: Etiology and Intervention for Schizophrenia

Unit-II: Psychoanalytic Perspective in Understanding

Conversion disorder and OCD; Humanistic- Existential Perspective in understanding Psychological disorder

Unit-III: Behavioral and Cognitive Explanation and Intervention in Phobia, Depression and Eating Disorder

Unit-IV: Family and Group and Therapy

Practicum

Any two test selecting one from each group.

Unit-I: Projective Techniques

- ✓ Mpi
- ✓ WAT

Unit-II: Anxiety Test

- ✓ Bell adjustment test
- ✓ Shamshad Jasbir Old Age Adjustment Inventory.

Suggested Readings

- Bennett, P. (2011) Abnormal and Clinical Psychology: *An introductory Textbook, McGraw Hill.*
- Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). *Abnormal Psychology. New Delhi: Pearson.*
- Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.

Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) *Abnormal Psychology : Current Perspectives*. McGraw Hill

C- PSY- 12 DEVELOPMENTAL PSYCHOLOGY

Unit-I: Introduction

- Concept of human development
- Theories of human development:
 - ✓ Piaget and Vygotsky
 - ✓ Perspective of Kohlberg

Unit-II: Stage of Life Span Development

Prenatal Development, Birth and Infancy, Childhood, Adolescents, Adulthood and Elderly.

Unit-III: Domains of Human Development: Nature and Charact

- Language development
- Emotional development
- Personality development

Unit-IV: Socio-Cultural Context for Human Development

- Family
- Peer group
- Media and schooling
- Human Development in Indian context.

Practicum

- Self concept questionnaire by
- Battle self esteem inventory
- Parental Encouragement questionnaire by K.G.Agarwal
-

Suggested Readings

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., Kagitçibasi, Çigdem, 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-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.
- Hurlock, Developmental Psychology
- Sinha, RRP – Vikasaatmk Monovigyan.

C PSY- 13: ORGANIZATIONAL BEHAVIOR

Unit-I: Introduction

- Historical perspective
- Nature and definition
- Contemporary trends and challenges

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 and
- ✓ Contingency theories

Unit-IV: Dynamics of Organizational Behavior

- Organizational culture
Definition, characteristics and function
- Stress in Organization:
 - ✓ Nature, sources and Techniques in managing stress.

Practicum

Unit-I

- Measurement of Job Satisfaction
- Occupational Stress Index
- Students stress scale

Unit-II

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- Measurement of Leadership Behavior by T.N Sinha & J.Prasad.
- Measurement of Work Motivation.

Suggested Readings

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

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

Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.

Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.

Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.

Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.

Pareek, U. (2010). *Understanding organizationalbehaviour*. Oxford: Oxford University Press.

Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.

- Robbins S. P. & Judge. T.A. (2007). *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008). *Organizational Behavior* (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley
- Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.

C PSY-14: COUNSELLING PSYCHOLOGY

Unit-I: Introduction

- Nature and goals
- Counseling as profession
- Characteristics of effective counselor

Unit-II: Counseling Process

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

Unit-III: Techniques of Counseling

Psychoanalytic technique, Humanistic technique

Behavioral and cognitive technique

Unit-IV: Applications of Counseling

- ✓ Family counseling
- ✓ Crisis Intervention- Suicide, Grief and Sexual Abuse.

Practicum: Any two tutorials

Family environment scale

Self confidence inventory(ASCI) by agnihorti

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Suggested Readings

Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.)
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.
- Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.
- Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.
- Kapur, M. (2011). Counselling Children with Psychological Problems. New Delhi, Pearson.
- Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson

**PSYCHOLOGY (HONS.)
SKILL ENHANCEMENT COURSE (SEC)**

- SEC-PSY-01:** Emotional Intelligence.
- SEC-PSY-02:** Effective Decision Making.

Discipline Specific Elective (DSE)

- DSE-PSY-01:** Positive psychology
- DSE-PSY-02:** Community psychology
- DSE-PSY-03:** Project
- DSE-PSY-04:** Stress Management

Generic Elective (GE)

- GE-PSY-01:** Introduction of psychology.
- GE-PSY-02:** Social psychology.
- GE-PSY-03:** Psychopathology
- GE-PSY-04:** Psychological Statistics

- GE-PSY-05:** Counseling and Guidance
GE-PSY-06: Techniques of Counseling
GE-PSY-07: Educational psychology
GE-PSY-08: Clinical psychology

Any four from the above

- GE-PSY-01:** Paper 01
GE-PSY-02: Paper 03
GE-PSY-03: Paper 07
GE-PSY-04: Paper 04

Skill Enhancement Course (SEC)

SEC-PSY-01 Emotional Intelligence

Unit-I: Introduction: Definition, Models of emotional intelligence; EQ Competencies; Self awareness, self regulation, Importance of emotional intelligence.

Unit-II: Knowing one's own and others emotions; Levels of emotional awareness recognizing emotions in oneself, Emotional expression, perceiving emotion accurately in others.

Unit-III: Managing emotion: The relationship between emotion, thought and behaviour, techniques to manage emotions.

Unit-IV: Applications: Work place, Relationship and Conflict management,

Suggested Readings

- Golman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
Singh, D. (2003). *Emotional Intelligence at Work* (2nd ed.). New Delhi: Response Books.

SEC-PSY-02

Effective Decision Making

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

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

Unit-III: Decision making in interpersonal context; learning about conflict Management in interpersonal relations; negotiation in interpersonal conflict; handling difficult people and finding solution.

Unit-III: Decision making at the workplace: Developing competencies and skills required for effective decision making.

Discipline Specific Elective (DSE)

DSE-PSY-01

Positive Psychology

Any four 2 for sem V and II for Sem VI may be selected from the following , 05

Unit-I: Introduction: Positive Psychology; An Introduction, Perspectives on positive Psychology; Western and Eastern, Character Strength.

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

Unit-III: Positive Cognitive States and Processes: Self efficacy, Optimism and Hope

Enhancing cognitive potential

Unit-IV: Application – Work, Education, Ageing, Health.

Practicum

- Self efficacy – Measurement and interpretation of Data.
- Administration of self confidence Inventory (SEAI) BY K.N. Sharma and interpretation of results,

Suggested Readings

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.

DSE-PSY-02

Community Psychology

Unit-I: Introduction: Definition of Community psychology, Types of Communities Models.

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

Unit-III: 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-IV: Interventions: Community Development and empowerment, Case Studies in Indian context.

Practicum

- Application of value orientation scale and result interpretation
- Application of life Satisfaction scale and result interpretation.

Suggested Readings

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

DSC-PSY-03

Project

DSC-PSY-04

Stress Management

Unit-I: Introduction: Nature of stress symptoms of stress.

Unit-II: Various sources of stress: Environmental, Social, Physical logical and psychological.

Unit-III: Stress & Health: Effect of stress on health, mental and physical.

Unit-IV: Managing stress: Methods yoga, Meditation, Relaxation, Technique, Problem focus

Practicum

- Measurement of (1) Marital Stress Scale (2) Vocational mental Stress Scale

Suggested Readings

Bechtel, Robert B. (1997): Environment and Behaviour- An Introduction, New Delhi: Sage Publication.

GENERIC ELECTIVE

GE-PSY-01: INTRODUCTION TO PSYCHOLOGY

Unit-I: Definition, scope and goal of Psychology

- ✓ Methods of Psychology
- ✓ Observation
- ✓ Experiment
- ✓ Interview

Unit-II: Perception

- ✓ Definitions
- ✓ Role of attention in perception
- ✓ Perceptual Organization

Unit-III: Learning

- ✓ Meaning, Nature and Definitions of Learning
- ✓ Role of Motivation in Learning
- ✓ Theories of Learning
 - Trial and Error theory
 - Insight theory

Unit-IV: Memory

- ✓ Meaning, Nature and Definitions of Memory
- ✓ Process of memory
- ✓ Types of memory

Practicum

- **Verbal Learning**
 - ✓ Simple Reproduction Method
 - ✓ Serial Reproduction Method

GE-PSY-02: SOCIAL PSYCHOLOGY

Unit-I: Introduction

- Nature, Definitions, scope.
- Relationship with Sociology and Anthropology.

Unit-II: Socialization

- Process and factors influencing Socialization.

Unit-III: Group

- Structure, functions and kind of group.

Unit-IV: Attitude

- Definitions, formation and change.

Practicum

- Nari Samanta
- Colour Preference.

UGI-

Sem - 1 5 Paper

Sem - 2 5 Paper

Sem - 3 6 Paper

Sem - 4 6 Paper

Sem - 5 4 Paper

Sem - 6 4 Paper

30

PGI.

Sem - 1 - 4

2 - 4

3 - 4

4 - 4

16

Suggested Readings

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

Singh, A.K. (2010). Samaj Manovigyan ki Ruprekha: New Delhi: Motilal Banarsidas.

GE-PSY-03: 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

Suggested Readings

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.

Practicum

- Maudsley Personality Inventory (MPI)
- General Intelligence Test (GIT)

GE-PSY-04: PSYCHOLOGICAL STATISTICS

Unit-I: Introduction

- Meaning and applications of Statistics in Psychology.

Unit-II: Frequency Distribution

- Frequency Distribution
- Graphical Representation of Grouped Data

Unit-III: Measures of Central Tendency

- Mean
- Median
- Mode

Unit-IV: Measures of Variability

- Range
- Quartile Deviation
- Standard Deviation

Practicum

- **Sensory Motor Learning**
 - ✓ Effect of practice by Card Sorting & Mirror drawing
 - ✓ Habit Interference

Suggested Readings

Mohsin, S.M. (1982). Experiments in Psychology Motilal Banarsidas.

Sinha, R.R.P. & Mishra, B.K. (1984). Experiments and Statistics in Psychology. Bharti Bhawan.

Hussain, S. (1996). Elementary Statistics in Psychology.

GE-PSY-05: COUNSELLING AND GUIDANCE

Unit-I: Introduction

- Meaning, Scope, goal and functions of Counselling.

Unit-II: Application of Counselling

- Career counselling
- Family counselling

Unit-III: Guidance

- Nature , function, aims and scope guidance.
- Technique of guidance
- Individual Convince
-

Unit-IV:

- Major stages of guidance.

Practicum

- **Testing**
 - ✓ **Intelligence Test**
 - Alexander Battery
 - SIT

GE-PSY-06: TECHNIQUES OF COUNSELLING

Unit-I: Stages and Phases of Counselling

Unit-II: Methods of Counselling

- Interview and its various types.

Unit-III: Approaches of Counselling

- Behavioural approach
- Cognitive approach

Unit-IV: Skills and Qualities of a good Counsellor

Practicum

- ✓ Bilateral Transfer of Training.
- ✓ Habit Interference

Suggested Readings

- Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8thEd.) 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.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice.*(7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
- Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
- Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
- Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
- Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
- Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.

GE-PSY-07: EDUCATIONAL PSYCHOLOGY

Unit-I: Introduction

- Definitions
- Aims
- Importance of Educational Psychology

Unit-II: Education for Specific Children

- Concept and Education of mentally retarded children.

Unit-III: Educational Technology and Programme Learning

- Meaning and Nature of Programme Learning.
- Skinner's view points of Programme Learning.

Unit-IV: Class Room Management

- Ecology of class room.
- Discipline and Communication.

Practicum

- Sinha Anxiety Scale
- Word Association Test (WAT)

Suggested Readings

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

Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das.

GE-PSY-08: CLINICAL PSYCHOLOGY

Unit-I: Introduction

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

Unit-II: Diagnosis

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

Unit-III: Psychotherapeutic Unit

- Psychoanalytic Techniques
- Behaviour Therapy

Unit-IV: Role of Clinical Psychology

- Mental Hospital
- Child and Guidance centre
- Schools.

Practicum

- Sinha Anxiety Scale
- Bell's Adjustment Inventory.

Suggested Readings

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

Hassan, S. (2001). *Naidanik Manovigyan*, Motilal Banarsi Das.