

UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A GRADE' UNIVERSITY) Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION (19/June/Adp/o?)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Scheme, Syllabi and Courses of Study of B. A. Psychology (Hons) Course for the I to IV Semesters under the Choice Based Credit System at the Undergraduate level (as given in the Annexure) for the Examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations held in the year		
B.A. Psychology (Hons)	Semester-I	Dec. 2019, 2020 and 2021		
	Semester-II	May 2020, 2021 and 2022		
	Semester-III	Dec. 2020, 2021 and 2022		
	Semester-IV	May 2021, 2022 and 2023		

The Syllabi of the courses is available on the University website: www.jammuuniversity.in

Sd/-DEAN ACADEMIC AFFAIRS

No. F. Acd/II/19/ 2539~2568 Dated: 26-6-2019

Copy to:-

1. Dean, Faculty of Social Science

- 2. Director, Colleges Development Council, University of Jammu
- 3. HOD/Convener, Board of Studies in Psychology
- 4. All members of the Board of Studies
- 5. The Principal, Government Degree College, Reasi.
- 6. C.A to the Controller of Examinations
- 7. I/c Director, Computer Centre, University of Jammu
- 8. Asst. Registrar (Conf. /Exams. UG)
- 9. Incharge, University Website for necessary action please.

Assistant Registrar (Academic)

226/6/6/19

DETAILED SYLLABUS OF

B.A. PSYCHOLOGY (HONOURS)

1st,2nd,3rd,4th,5tH and 6th Sem

SESSION 2019 ONWARDS

FACULTY OF SOCIAL SCIENCES

UNIVERSITY OF JAMMU

B. A. (Hons) PSYCHOLOGY

The B.A. (Hons) course in Psychology aims at developing an understanding of the growing discipline of psychology and promoting skill based education. An important goal of this course is to facilitate self-discovery in the students and ensure their enthusiastic and effective participation in responding to the needs and challenges of the contemporary world. The course intends to enable students in developing skills and competencies needed for meeting the challenges and needs of the real world effectively. Hence this syllabus is created keeping in mind the changing nature of the society, educational institutions and the workplace and inculcate the required skills in the students to understand and respond to the same efficiently and effectively.

Pedagogy for teaching the B.A. (Hons) Course in Psychology The teaching-learning of the course would be organized through lectures, tutorials, Practicals, presentations, workshops, seminars, experiential exercises, and hands on training. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. Practicum is incorporated as an important component in many papers with hands on training in the use of various research methods such as laboratory experiments, field experiments, observation, psychological testing, survey, interview and case study. Use of ICT and mass media and web based sources (like documentaries, videos, films etc.) is highly recommended to make the teaching-learning process interactive, interesting and fruitful.

Eligibility

50% marks in higher secondary from any recognized Board

Admission Process

As per Statues.

Fee Structure

As per BSC / Honours Fee.

COURSE STRUCTURE FOR UNDER GRADUATE PROGRAMME (1st, 2nd, 3rd, 4th, 5th, and 6th SEMESTER)

UNDER CHOICE BASED CREDIT SYSTEM B.A. (HONS) IN PSYCHOLOGY

SEMES TER	CORE COURSE(14)	ABILITY ENHANCEMENT	SKILL ENHANCE	DISCIP LINE	ELECTIVE GENERIC(GE)	
	COURSE(14)	COMPULSORY	MENT	SPECIF	(4)	
		COURSE(AECC)	COURSE	IC	(-)	
		(2)	(2)(SEC)	ELECTI		
		()		VE		
				DSE(4)		
	UPSYHTC-101		NA	NA	GE-1, The	
	Introduction to	AECC1A(Communi			student will	
	Psychology	cation			choose a core	
	(Theory +Practical)	English/hindi/MIL			course of BA/	
I	UPSYHTC -102				B.SC/B.COM	
	Biopsychology				programme being	
	(Theory +Practical)	Environmental			offered in the	
		science(EVS)			corresponding	
					semester.	
	UPSYHTC- 201		NA	NA	GE-2 The student	
	Psychology of	AECC1A(Communi			will choose a core	
	Individual	cation			course of BA/	
	Differences	English/hindi/MIL			B.SC/B.COM	
II	(Theory+Practical)				programme being	
	UPSYHTC -202				offered in the	
	Statistical Methods	Environmental			corresponding	
	for Psychological	science(EVS)			semester.	
	Research- I					
	(Theory +Practical))	77.4	TIP CT IT IT I	37.1	CT A FT	
	UPSYHTC -301	NA	UPSYHTS-	NA	GE-3 The student	
	Psychological		304		will choose a core	
	Research		Stress		course of BA/	
111	(Theory +Practical)		Management		B.SC/B.COM	
III	UPSYHTC-302				programme being	
	Development of				offered in the	
	Psychological				corresponding	
	thought (Theory Practical)				semester.	
	(Theory+Practical)					
	UPSYHTC -303					
	Social Psychology (Theory: Practical)					
	(Theory+Practical)					

IV	UPSYHTC -401 Statistical Methods for Psychological Research-II (Theory +Practical) UPSYHTC- 402 Developmental Psychology (Theory +Practical) UPSYHTC -403 Applied Social Psychology (Theory+Practical)	NA	UPSYHTS- 404 Educational Psychology	NA	GE-4 The student will choose a core course of BA/B.SC/B.C OM programm e being offered in the correspon ding semester.
V	UPSYHTC- 501 Understanding Psychological Disorders (Theory +Practical) UPSYHTC -502 Organizational Behaviour (Theory+Practical)	NA	NA	UPSYH TE- 503 Positive Psychol ogy UPSYH TE- 504 Human Resourc e Manage ment	NA
VI	UPSYHTC -601 Understanding and Dealing with Psychological Disorders (Theory+Practical) UPSYHTC-602 Counselling Psychology (Theory+ Practical)	NA	NA	UPSYH TE-603 Health Psychol ogy UPSYH TE-604 Commu nity Psychol ogy	NA

Total credits of the whole course =22+22+28+28+24+24=148

ELECTIVE: DISCIPLINE SPECIFIC ELECTIVE DSE: (4 credits each)

UPSYHDSE-503: Positive Psychology

UPSYHDSE-504: Human Resource Management

UPSYHDSE-603: Health Psychology

UPSYHDSE 604: Community Psychology

SKILL ENHANCEMENT COURSE (SEC) (SKILL BASED): (4 credits each)

UPSYHTS-304: Stress Management

UPSYHTS- 404: Educational Psychology

EXAMINATION TO BE HELD IN DEC 2019, DEC 2020, DEC 2021

Course Title: INTRODUCTION TO PSYCHOLOGY SEMESTER I CORE COURSE

COURSE NO: UPSYHTC-101 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

SEMESTER I

Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

UNIT I Introduction: History, Nature and Methods of psychology; fields of psychology; Psychology in modern India.

UNIT II Perception and Thinking: Perceptual processing, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, Illusions. Thinking process; nature of language, language development.

UNIT III Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning in a digital world; Motivation, types of motivation, motivational conflicts, Maslowøs theory of motivation and Need theory of motivation.

UNIT IV Memory and Emotions: Models of memory: Levels of processing, Parallel Distributed Processing model, and Information processing, Forgetting, Improving memory. Emotions: Components, theories of emotions

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recommended:

- Baron, R. & Misra. G. (2013). Psychology. Pearson.
- 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.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill

EXAMINATION TO BE HELD IN DEC 2019, DEC 2020, DEC 2021 COURSE NO: UPSYHTC-101

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC-101 (Introduction to psychology) preferably experiments.

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file = 3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-I Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN DEC 2019, DEC2020, DEC2021

Course Title:BIOPSYCHOLOGY

SEMESTER I

CORE COURSE

COURSE NO: UPSYHTC -102 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: To explore the biological basis of experience and behaviour. To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.

Unit I: Biopsychology: Introduction, Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit II: The Functioning Brain: Structure and functions of neurons; Neural conduction and synaptic transmission.

Unit III: Organization of nervous systems: Central nervous system: Structure and Functions of Brain and Spinal Cord. Peripheral Nervous System: Structure and Functions.

Unit IV: Autonomic Nervous System and Endocrine System: Functions of Sympathetic and Para Sympathetic System. Endocrine system: Structure and functions of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recommended:

- 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, NewDelhi.
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi:PHI.

EXAMINATION TO BE HELD IN DEC 2019, DEC2020, DEC2021

COURSE NO: UPSYHTC -102

- Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, NewDelhi.
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York:Random

Practicum*: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -102 (Biopsychology)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-I Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2020, MAY2021, MAY 2022

Course Title: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

SEMESTER II

CORE COURSE

COURSE NO: UPSYHTC- 201 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100(Theory 80+ Practical 20) CONTACT HOURS: 60

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self andothers.

UNIT I Personality: Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological-humanistic, Trait and type.

UNIT II Intelligence: Concept of intelligence: Psychometric and cognitive approaches to intelligence; Sternbergøs and Gardnerøs theories of intelligence; Emotional Intelligence, Heredity, environment and intelligence;

UNIT IV Enhancing individual's potential: Motivation: Intrinsic motivation and Self-determination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fosteringcreativity.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, NewDelhi.
- Carr, A. (2011): Positive psychology.Routledge.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). Foundations of Indian Psychology, Vol 1. Pearson.
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
- Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning:

EXAMINATION TO BE HELD IN MAY 2020, MAY2021, MAY 2022 COURSE NO: UPSYHTC- 201

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.

Practicum*: 20 Marks Two psychological tests (one based on Intelligence and one based on personality).

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2020, MAY2021, MAY 2022

Course Title: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH SEMESTER II

CORE COURSE

COURSE NO: UPSYHTC -202 CREDITS: 6 (Theory 4+ Practical 2) MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

UNIT I:Introduction: Psychological Research & Statistics; Descriptive and Inferential Statistics; Parametric and nonparametric tests Variables and Constants; Measurement Scales, Rating scales.

UNIT II: Frequency Distributions, Percentiles, and Percentile Ranks: Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

UNIT III: Graphic Representation of Data: Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph.

UNIT IV: Measures of Central Tendency: The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology.* (4thEd.) India: Pearson Education, Prentice Hall.
- 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.
- Howell, D. (2009) Statistical methods for Psychology.
- Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd

EXAMINATION TO BE HELD IN MAY 2020, MAY2021, MAY 2022

COURSE NO: UPSYHTC -202

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -202(STATISTICAL METHODS FOR PSYCHOLOGICALRESEARCH-I)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test: Marks)

Time Duration-l Hour (20

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course Title: PSYCHOLOGICAL RESEARCH SEMESTER III CORE COURSE

COURSE NO: UPSYHTC -301

CREDITS: 6 (Theory 4+ MAXIMUM MARKS: 100 (Theory

Practical 2) 80+ Practical 20)

DURATION OF EXAM – 2 HOURS 30 MINUTES

CONTACT HOURS: 60.

Objective: To educate students with the process and the methods of quantitative and qualitative psychological research tradition.

UNIT I Basics of Research in Psychology: Psychological Research, Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.

Research Traditions: Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.

UNIT II Experimental Method: Introduction to Experimental and Quasi-experimental Methods.

Methods of Data Collection: Sampling; Probability Sampling Methods and Non Probability Sampling Methods.

UNIT III Non Experimental Methods (I): Case Study; Observation; Surveys, Focus Group Discussion, Interviews.

UNIT IV Non Experimental Methods (II): Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; applications

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- 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 (4th Ed.). New Delhi: Pearson Education.

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EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

COURSE NO: UPSYHTC -301

- 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.

Practicum *: The students are required to conduct two Practicals, one from each of the following groups. (20 Marks)

1. Experiment / Psychological testing

One experiment based on group data analysis

One psychological test based on group data analysis

2. Qualitative ResearchMethods:

Projective / Semi Projective Tests CaseStudy Interview Observation Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course Title: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT SEMESTER III CORE COURSE

COURSE NO: UPSYHTC-302 CREDITS: 6 (Theory 4+ Practical 2) MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60 DURATION OF EXAM – 2 HOURS 30 MINUTES

Objectives: This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective. Review the development of psychological thought and introduce the issues and debates in contemporary psychology.

Unit I – Understanding Psyche: Debates and Issues

Free will and determinism, Empiricism and rationality, Issues of Consciousness and Mind Body Relationship, East ó west comparison, Yoga and vedantic view.

Unit II – (a) Early Schools of Psychology: Associationism, Structualism and Functionalism.

(b) Positivist Orientation: From behaviorism to cognition: Contributions of Watson, Tolman, Hull, and Skinner; Cognitive revolution, Information Processing Model.

Unit III - Psychoanalytic orientation

Freudian Psychoanalysis, Adler, Jung, Ego psychology ó Erik Erikson, Object relations

Unit IV - Humanistic-Existential Orientation and Contemporary Developments: Maslow, Rogers, Kelly and Rollo May. Feminism and social constructionism.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rdEdn. Blackwell Publishing.
- Feist&Feist.Theories of Personality McGraw Hill Higher Education.
- King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4th Ed.).Pearson education.
- Kurt Pawlik, Gery D'ydewalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

COURSE NO: UPSYHTC-302

- Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.
- Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John Wiley
- 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.

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC-302 (Development of Psychological thought)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file = 3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-I Hour (20

Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(c) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course Title: SOCIAL PSYCHOLOGY

SEMESTER III CORE COURSE

COURSE NO: UPSYHTC -303 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objectives: Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society. Introduce students to the realm of social influence and behaviour, as to how individuals think, feel and behave in social situations.

Unit I: Social Psychology: Meaning, Nature and History of Social Psychology, approaches to social psychology; Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

Unit II: Understanding and evaluating the social world: Self and its processes: Self concept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

Unit III: Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

Unit IV: Group Dynamics and inter-group relations: Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Baron, R.A., Byrne, D. &Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Deaux. K & Wrightsman, L. (2001). Social Psychology. California: Cole Publishing

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

COURSE NO: UPSYHTC -303

- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social psychology*. New York: Houghton Miffin.
- Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.
- Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill.

Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson.

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -303 (Social Psychology)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file = 3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of l0 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(d) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course Title: STRESS MANAGEMENT

SEMESTER III SKILL ENHANCEMENT COURSE

COURSE NO: UPSYHTS- 304 CREDITS: 4

MAXIMUM MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

Unit 1: Stress: Introduction, Nature of stress, symptoms of stress

Unit 2: Various sources of stress: Environmental, social, physiological and psychological

Unit 3: Stress and health: Effects of stress on health, eustress

Unit 4: Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recommended

- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
- DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson
- Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.
- Selhub, E. (2019). *The Stress Management Handbook: A Practical Guide to Staying Calm, Keeping Cool, and Avoiding Blow-Ups.* Skyhorse Publishers.

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

SCHEME OF EXAMINATION/ASSESSMENT: COURSE NO: UPSYHTS-301

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

Course Title: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I

SEMESTER IV CORE COURSE

COURSE NO: UPSYHTC -401 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100 (Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

SEMESTER IV

Objective: To educate students with the techniques of inferential statistics and hypothesis testing.

UNIT I Measures of variability and standard scores: The Range; The interquartile and semi-interquartile range; The average deviation; The variance; The standard deviation, calculation of standard deviation from raw scores and grouped scores, standard scores (z-score); properties of Z-score.

UNIT II The Normal distribution: The nature and properties of the normal probability distribution; Standard scores and normal curve; The standard normal curve, Divergence from normality (Skewness and Kurtosis).

UNIT III Correlation: The meaning of correlation, historical perspective. The coefficient of correlation; calculating Pearsonøs correlation coefficient from deviation score; calculating Pearsonøs correlation coefficient from raw scores; Spearmanøs Rank-order correlation coefficient; correlation and causation.

UNIT IV Hypothesis Testing: Meaning of statistical inference and hypothesis testing; Hypothesis testing about a single mean (z and t); Assumptions in testing a hypothesis about a single mean; The Null and the Alternative hypothesis; Choice of Ho: One tailed and two tailed tests.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology (4th Ed).
 India: Prentice Hall.
- N.K. Chadha (1991) Statistics for Behavioral and Social Sciences.Reliance Pub. House: New Delhi

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

COURSE NO: UPSYHTC -401

- Coakes, S. J., Steed, L., & Ong, C. (2009). SPSS: Analysis Without Anguish Using Version 16.0 for Windows. Milton, QLD: Wiley Students Edition.
- Field, A. (2009). *Discovering Statistics using SPSS (3*rd Ed). New Delhi :Sage.
- King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the Behavioral Sciences
- (5th Ed).USA: John Willey.
- Siegal, S. (1956). Nonparametric Statistics. NY: McGraw Hill

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -401 (Statistical methods for psychological Research-I)

Internal Evaluation

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Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(e) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

Course Title: DEVELOPMENTAL PSYCHOLOGY

SEMESTER IV CORE COURSE

COURSE NO: UPSYHTC -402 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100(Theory 80+ Practical 20) CONTACT HOURS: 60

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objectives:To equip the learner with an understanding of the concept and process of human development across the lifespan. To impart an understanding of the various domains of human development.

UNIT IHUMAN GROWTH AND DEVELOPMENT: Development- Meaning, Goals, Domains, Principles and Issues. Difference between Growth and Development.Genes and Chromosomes, The basics of Genetics, Interaction of Heredity and Environment. Prenatal development: Stages and factors influencing prenatal development.

UNIT IITHEORETICAL APPROACHES TO HUMAN DEVELOPMENT: Piagetøs Cognitive Theory of Development, Vygotskyøs Sociocultural Theory of Development, Eriksonøs Psychosocial Theory of Development, Kohlbergøs Moral Development, Marciaøs theory of Identity Status.

UNIT IIIHUMAN DEVELOPMENT IN INFANCY, CHILDHOOD AND ADOLESCENCE Infancy and childhood: Physical, Cognitive and Psychosocial Development. Adolescence ó Physical and Cognitive Development.

UNIT IVPSYCHOSOCIAL DEVELOPMENT: Adolescence ó Self, Identity, sexuality and interpersonal relationship. Adulthood- personality development, Career, Marriage and Intimate Relationships.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recomended:

- Berk, L. E. (2010). Child Development (9th ed.). New Delhi: Prentice Hall.
- Hurlock, E.B. (1981). Development Psychology: A Life-Span Approach (5th
- ed.). McGraw-Hill Publishing Company
- Limited. New Delhi

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EXAMINATION TO BE HELD IN MAY 2021 MAY 2022, MAY 2023

COURSE NO: UPSYHTC -402

- Papalia, D.E., Olds, S.W. and Feldman, R.D. (2004). Human Development. Tata McGraw-Hill Publishing Company Limited. New Delhi.
- Santrock, J.W. (2012). A topical approach to life span development. New-Delhi: Tata McGraw-Hill.
- Shaffer, D.R. & Kipp, (2014). Developmental psychology. 9th edition. ca: Wadsworth

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -402 (Developmental Psychology)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file = 3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-I Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(f) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023 Course Title: APPLIED SOCIAL PSYCHOLOGY

SEMESTER IV CORE COURSE

COURSE NO: UPSYHTC -403 CREDITS: 6 (Theory 4+ Practical 2)

MAXIMUM MARKS: 100(Theory 80+ Practical 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: To help student understand social problems and gain knowledge about intervention strategies.

UNIT I :Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches ó Participatory Action and Learning research techniques.

UNIT II Application of Social Psychology on Environment, population, diversity

UNIT III: Application of Social Psychology on: Work, Health, Legal system.

UNIT IV Intervention and Evaluation: Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recommended

- 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 fo practioners. New Delhi:Sage.
- Schneider, F.W., Gruman, A., Coults, 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.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023 COURSE NO: UPSYHTC -403

Practicum *: (20 Marks)

Any 2 practicum pertaining to UPSYHTC -403 (Applied Social Psychology)

Internal Evaluation

Distribution of Marks

Attendance = 5 marks

Record file =3 marks

Conduction/ Administration and viva voce = 12 Marks

*One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(g) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

Course Title: EDUCATIONAL PSYCHOLOGY

SEMESTER IV SKILL ENHANCEMENT COURSE

COURSE NO: UPSYHTS- 404 CREDITS: 4

MAXIMUM MARKS: 100 (External 80+ Internal Asst. 20) CONTACT HOURS: 60.

DURATION OF EXAM – 2 HOURS 30 MINUTES

Objective: To understand the applications of psychology in the area of education.

Unit 1: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology; Conceptual and Theoretical Perspectives in Educational Psychology: Behaviouristic and Social Learning, Cognitive & Humanistic Perspectives, Constructivism

Unit 2: Human Diversity and Education: Differences in Cognitive Styles & Learning Strategies, Readiness for Learning & Classroom Achievement, Intelligence, Creativity & Personality; Sociocultural Differences: Gender, Socio-Economic Status, Regional, Ethnic & Linguistic Diversity

Unit 3: Effective Teaching and Classroom Management: Characteristics of Effective Teachers; Teaching Methods & Issues related to Technological Advances; Classroom Management

Unit 4: Exceptionality and Special Education: Conceptualizing Exceptionality: Categorization, Labelling and its educational implications; Responsibilities of Teachers towards learners with Special Needs 35

*One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

Books Recommended

- Lahey R.B. Graham J. E., (2000) *An Introduction to Educational Psychology*, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
- Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
- Slavin, R. (2008). *Educational psychology: Theory into practice*, (9th ed.). Boston: Allyn and Bacon.
- Woolfolk Anita (2004) Educational Psychology, 9th Edition, Alyyn and Bacon, Boston.
- Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

COURSE NO: UPSYHTS-404

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-l Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration—2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.