

**SCHEME AND SYLLABUS FOR CHOICE BASED CREDIT SYSTEM  
IN BA PSYCHOLOGY HONOURS ANNUAL TO BE  
IMPLEMENTED FROM THE SESSION 2018-2019 ONWARDS**

**BA PSYCHOLOGY HONOURS- I<sup>ST</sup> YEAR**

**COMPULSORY CORE COURSES**

Nature of Core Courses	Courses offered	Course Code	Award Type	Credits	Marks	
					Min.	Max.
CCC	English-1	Common for all Students				
CCC	Skt/Hindi-1	Common for all Students				

**DISCIPLINE SPECIFIC CORE**

<b>DSC-1</b>	Introduction to Psychology	<b>BAPSYCHA101TH</b>	<b>Theory</b>	<b>3</b>	<b>20</b>	<b>50</b>
		<b>BAPSYCHA101PR</b>	<b>Practical</b>	<b>1</b>	<b>8</b>	<b>20</b>
		<b>BAPSYCHA101IA</b>	<b>CCA</b>	<b>2</b>	<b>12</b>	<b>30</b>
<b>DSC-2</b>	Bio Psychology	BAPSYCHA102TH	Theory	4	28	70
		BAPSYCHA102IA	CCA	2	12	30
<b>DSC-3</b>	Psychology of Individual differences	BAPSYCHA103TH	Theory	4	28	70
		BAPSYCHA103IA	CCA	2	12	30
<b>DSC-4</b>	Statistical Methods for Psychological Research-1	BAPSYCHA104TH	Theory	4	28	70
		BAPSYCHA104IA	CCA	2	12	30
<b>DSC-5</b>	Psychological Research	BAPSYCHA105TH	Theory	4	28	70
		BAPSYCHA105IA	CCA	2	12	30
<b>DSC-6</b>	Development of Psychological Thoughts	BAPSYCHA106TH	Theory	4	28	70
		BAPSYCHA106IA	CCA	2	12	30
<b>DSC-7</b>	Introduction to Social Psychology	BAPSYCHA107TH	Theory	4	28	70
		BAPSYCHA107IA	CCA	2	12	30
<b>SEC</b>						
<b>SEC-1</b>	Stress Management	BAPSYCHA108TH	Theory	4	28	70
<b>SEC-2</b>	Effective Decision Making	BAPSYCHA109TH	Theory	4	28	70

<b>BA-PSYCHOLOGY HONOURS-II</b>						
<b>Nature of Core Courses</b>	<b>Courses offered</b>	<b>Course Code</b>	<b>Award Type</b>	<b>Credits</b>	<b>Marks</b>	
					<b>Min.</b>	<b>Max.</b>
<b>DSC</b>						
DSC-8	Statistical Methods for Psychological Research-II	BAPSYCHA210TH	Theory	4	28	70
		BAPSYCHA210IA	CCA	2	12	30
DSC-9	Developmental Psychology	BAPSYCHA211TH	Theory	4	28	70
		BAPSYCHA211IA	CCA	2	12	30
DSC-10	Applied Social Psychology	BAPSYCHA212TH	Theory	4	28	70
		BAPSYCHA212IA	CCA	2	12	30
<b>DSC-11</b>	<b>Understanding Psychological Disorders</b>	<b>BAPSYCHA213IA</b>	<b>Theory</b>	<b>3</b>	<b>20</b>	<b>50</b>
		<b>BAPSYCHA213PR</b>	<b>CCA</b>	<b>1</b>	<b>8</b>	<b>20</b>
		<b>BAPSYCHA213IA</b>	<b>CCA</b>	<b>2</b>	<b>12</b>	<b>30</b>
DSC-12	Organizational Behaviors	BAPSYCHA214IA	Theory	4	28	70
		BAPSYCHA214IA	CCA	2	12	30
DSC-13	Understanding and dealing with Psychological disorders	BAPSYCHA215TH	Theory	4	28	70
		BAPSYCHA215IA	CCA	2	12	30
DSC-14	Counselling Psychology	BAPSYCHA216ITH	Theory	4	28	70
		BAPSYCHA216ITH	CCA	2	12	30
<b>SEC</b>						
<b>SEC-3</b>	Emotional intelligence	BAPSYCHA217 TH	Theory	4	28	70
<b>SEC-4</b>	Educational Psychology	BAPSYCHA218TH	Theory	4	28	70
<b>ABILITY ENHANCEMENT COMPULSORY COURSES (AECC)</b>						
<b>AECC-1</b>	Environmental Science	Common for all students				
<b>AECC-II</b>	English/Hindi/Sanskrit	Common for all students				

## BA-PSYCHOLOGY HONOURS-III

### DISCIPLINE SPECIFIC ELECTIVE

<b>DSE-1</b>	<b>Positive Psychology</b>	<b>BAPSYCHA319TH</b>	<b>Theory</b>	<b>3</b>	<b>20</b>	<b>50</b>
			<b>Practical</b>	<b>1</b>	<b>8</b>	<b>20</b>
			<b>CCA</b>	<b>2</b>	<b>12</b>	<b>30</b>
<b>DSE-2</b>	Community Psychology	BAPSYCHA320TH	Theory	4	28	70
			CCA	2	12	30
<b>DSE-3</b>	Cultural and Indigenous Psychology	BAPSYCHA321TH	Theory	4	28	70
		BAPSYCHA321IA	CCA	2	12	30
<b>DSE-4</b>	Project/Dissertation	BAPSYCHA322TH	Theory	4	28	70
		BAPSYCHA322IA	CCA	2	12	30
<b>DSE-5</b>	Applied Social Psychology	BAPSYCHA323A	Theory	4	28	70
		BAPSYCHA323IA	CCA	2	12	30
<b>DSE-6</b>	Psychology at Work	BAPSYCHA324TH	Theory	4	28	70
		BAPSYCHA324IA	CCA	2	12	30
<b>SEC</b>						
<b>SEC-5</b>	Psychology of Media	BAPSYCHA325TH	Theory	4	28	70
<b>SEC-6</b>	Substance Use Disorders	BAPSYCHA326TH	Theory	4	28	70
<b>GENERIC ELECTIVE</b>						
<b>GE-1</b>	Comprehensive Knowledge of Himachal Pradesh	BAPSYCHA327TH	Theory	6	40	100
<b>GE-2</b>	Psychology of Health and wellbeing	BAPSYCHA328TH	Theory	4	28	70
		BAPSYCHA328IA	CCA	2	12	30

## BA-I PSYCHOLOGY(HONOURS (DSC-1)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101TH/PR)

Course Code	BAPSYCHA101TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

### INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101IA)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs

Total	70	28	3.00 Hrs
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### **INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	3
II.	15	3	4
III.	15	4	4
IV.	15	4	4
	60	15	15

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### **INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101TH)**

Paper Setting schemes for Social Psychology (Theory) End Semester Examination

Parts	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Total Marks
A	9	Complete	Objective Type (MCQ)	9(1 mark each)	9
B	4	Complete	Short answer type (100-150 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	2(5 marks each)	10
D	2	Complete	Long answer type 500 words	1(10 mark each)	10
E	2	Complete	Very Long answer type 800 words	1(15 mark each)	15
Total					50

## SYLLABUS (DSC-1)

### INTRODUCTION TO PSYCHOLOGY (BAPSYCHA101)

**Unit-1:** Introduction: What is psychology? Perspectives on behavior; Methods of psychology (special emphasis on experimentation); subfields of psychology; Psychology in modern India.

**Unit-2 :** Perception: Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions.

**Unit-3 :** Thinking and Language: mental imagery, concepts, decision making; nature of language, language development. Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies; Perspectives on motivation, types of motivation, motivational conflicts.

**Unit-4:** Memory: Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Forgetting, Improving memory. Emotions: Components, theories

#### READINGS:

Baron, R. & Misra. G. (2013). Psychology. Pearson.

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

Chauhan, R. R. (2001). Asamanya Manovigyan. Kurukshetra: Azad Publications.

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

Dixit, Nirupama (2010). Adhunik Asamanya Manovigyan. Agra: Aggrawal Pub.

Jain, Shashi (2007). Introduction to psychology (4<sup>th</sup> Ed.).New Delhi: Kalyani.

Learning, New Delhi.

Mangal, S. K. (2008). Abnormal Psychology. New Delhi: Sterling.

Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.

New Delhi: Tata McGraw-Hill.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour.

Pearson Education.

Singh, R. N. (2010). Adhunik Samanya Manovigyan. Agra: Aggrawal Publication.

Singh, R. N. (2010). Mool manoviganik prakriyaen. Agra: Aggarwal Publication

Smith, E. E., Atkinson, R.L. & Hilgard, E. R. (2003). Atkinson and Hilgard Introduction to psychology. USA: Thompson Learning.

Srivastava, A. (2010). Manovikriti vigyan. Agra: Aggrawal Pub.

Srivastava, D. N. & Verma, P. (2009). Adhunik Samanya Manovigyan . Agra: Aggrawal Publication.

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.

## BA-1 PSYCHOLOGY (HONOURS) DSC-2

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: BIO-PSYCHOLOGY (BAPSYCA102TH)

Course Code	BAPSYCHA102TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### BIO-PSYCHOLOGY (BAPSYCA102IA) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### BIO-PSYCHOLOGY (BAPSYCHA102TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

**BIO-PSYCHOLOGY (BAPSYCHA102TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

**BIO-PSYCHOLOGY (BAPSYCHA102TH)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70



## SYLLABUS (DSC-2)

### BIOPSYCHOLOGY (BAPSYC102)

**Unit 1:** Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

**Unit 2:** The Functioning brain: Structure, and functions of neurons; Neural conduction and synaptic transmission.

**Unit 3:** Organization of nervous systems: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis.

**Unit 4:** Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

#### READINGS:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer
- Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson
- Chauhan, R. R. (2001). *Asamanya Manovigyan*. Kurukshetra: Azad Publications.
- Dixit, Nirupama (2010). *Adhunik Asamanya Manovigyan*. Agra: Aggrawal Pub. Education, New Delhi.
- Jain, Shashi (2007). *Introduction to psychology* (4<sup>th</sup> Ed.). New Delhi: Kalyani.
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.
- Mangal, S. K. (2008). *Abnormal Psychology*. New Delhi: Sterling.
- Mangal, S. K. (2013). *General psychology*. New Delhi: Sterling Publisher Pvt. Ltd.
- Pinel, J. P. J. (2011) *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random
- Singh, R. N. (2010). *Adhunik Samanya Manovigyan*. Agra: Aggrawal Publication.
- Singh, R. N. (2010). *Mool manoviganik prakriyaen*. Agra: Aggarwal Publication
- Smith, E. E., Atkinson, R.L. & Hilgard, E. R. (2003). *Atkinson and Hilgard Introduction to psychology*. USA: Thompson Learning.
- Srivastava, A. (2010). *Manovikriti vigyan*. Agra: Aggrawal Pub.
- Srivastava, D. N. & Verma, P. (2009). *Adhunik Samanya Manovigyan* . Agra: Aggrawal Publication.
- Zinta, R. L. (2010). *Psychology Manual*. New Delhi: HG Publications.
- Zinta, R. L. (2018). *Psychology: Cannon for Budding Brain*. New Delhi : Indu Publishers and Distributors.

## BA-I (ANNUAL) PSYCHOLOGY (DSC-3)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103TH)

Course Code	BAPSYCHA103TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103TH)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

### SYLLABUS (DSC-3)

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS DSC-3

### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYCHA103)

**Unit-1:** Personality: Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological humanistic, Trait and type.

**Unit-2:** Intelligence: Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

**Unit-3:** Indian approach: Self and identity in Indian thought.

**Unit-4:** Enhancing individual's potential: Motivation: Intrinsic motivation and Self determination, theory; Enhancing cognitive potential, Self regulation and self-enhancement; Fostering creativity.

#### Readings:

Carr, A. (2011): Positive psychology. Routledge.

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

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

Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). Foundations of Indian  
Ed.). New Delhi: Pearson Education.

Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th

Jain, Shashi (2007). Introduction to psychology (4<sup>th</sup> Ed.).New Delhi: Kalyani.

Learning, New Delhi.

Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.

Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning:  
New Delhi: Tata McGraw-Hill.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour.

Pearson Education.

Psychology, Vol 1. Pearson.

Singh, R. N. (2010). Adhunik Samanya Manovigyan. Agra: Aggrawal Publication.

Singh, R. N. (2010). Mool manoviganik prakriyaen. Agra: Aggarwal Publication

Srivastava, A. (2010). Manovikriti vigyan. Agra: Aggrawal Pub.

Srivastava, D. N. & Verma, P. (2009). Adhunik Samanya Manovigyan . Agra: Aggrawal  
Publication.

Unlocking cognitive potential in and out of the classroom. Corwin.

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and  
Distributors.

## BA-I (HONOURS) PSYCHOLOGY (DSC-4)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1

Course Code	BAPSYCHA104TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH (BAPSYCHA104TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1 (BAPSYCHA104TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### APPLIED PSYCHOLOGY (BAPSYCHA104TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH (BAPSYCHA104TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS DSE-4

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYC207)

**UNIT 1:** Introduction to Inferential Statistics and Hypothesis Testing about Single Means The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about Single Means ( $z$  and  $t$ ); Assumptions in Testing a Hypothesis about a Single Mean; The Null and the Alternative Hypotheses; Choice of  $H_A$ : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; Hypothesis Testing about a Single Mean – Calculation.

**UNIT 2:** Hypothesis Testing About the Difference Between Two Independent Means, The Null and Alternative Hypotheses; The Random Sampling Distribution of the, Difference between Two Sample Means; Properties of the Sampling Distribution of the, Difference between Means; Determining a Formula for  $t$ ; Testing the Hypothesis of No, Difference between Two Independent Means; Use of a One-Tailed Test.

**UNIT 3:** Hypothesis Testing for Differences among Three or More Groups: One-Way, Analysis of Variance (ANOVA) , The Null and Alternative Hypotheses; The Basis of One-Way Analysis of Variance: Assumptions Associated with ANOVA; Variation within and between Groups; Partition, of the Sums of Squares; Degrees of Freedom; Variance Estimates and the  $F$  Ratio; The ANOVA Summary Table.

**UNIT 4:** Nonparametric Approaches to Data, Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests. Introduction to SPSS, Getting Started with SPSS; Uses of SPSS in Statistics and Research.

## READINGS

- 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.
- Coakes, S. J., Steed, L., & Ong, C. (2009). SPSS: Analysis Without Anguish Using Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Field, A. (2009). Discovering Statistics using SPSS (3rd Ed). New Delhi :Sage.
- Garret, H. E. (2007). Shiksha aur manovigyan mein sankhyaki ka prayog. New Delhi: Kalyani Publishers.
- Garrett, H. E. (1979). Statistics in Psychology and Education. Bombay: Vakils Feffer & Simons Ltd.
- Howell, D. (2009) Statistical methods for Psychology.
- King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.
- N.K. Chadha (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi Prentice Hall .
- Siegal, S. (1956). Nonparametric Statistics. NY: McGraw Hill. USA: John Wiley & Sons. Version 16.0 for Windows. Milton, QLD: Wiley Students Edition.
- Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publications.
- Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.



## BA-I PSYCHOLOGY HONOURS (DSC-5)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: PSYCHOLOGICAL RESEARCH (BAPSYCHA105TH)

Course Code	BAPSYC105TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### PSYCHOLOGICAL RESEARCH (BAPSYCHA105IA)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### PSYCHOLOGICAL RESEARCH (BAPSYCHA105TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### PSYCHOLOGICAL RESEARCH (BAPSYCHA105TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### PSYCHOLOGICAL RESEARCH (BAPSYCHA105TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS (DSC-5 PSYCHOLOGICAL RESEARCH (BAPSYCHA105)**

**UNIT- 1:** Basics of Research in Psychology, What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research. Research Traditions , Quantitative and Qualitative Orientations towards Research and their Steps.

**UNIT 2:** Experimental Method, Introduction to Experimental and Quasi-experimental Methods. Methods of Data Collection, Sampling; Probability Sampling Methods and Non Probability Sampling Methods.

**UNIT 3:** Non Experimental Methods (I); Case Study; Observation; Surveys, Focus Group Discussion, Interviews.

**UNIT 4:** Non Experimental Methods (II), Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; Qualitative Research Methods: Interview; Observation; Projective / Semi Projective Tests; Case Study

### **READING LIST:**

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.

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.

Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publication.

## BA-II (HNOURS) PSYCHOLOGY (DSC-6)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYCHA106TH)

Course Code	BAPSYC209TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYCHA106TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYCHA106TH) End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYCHA106TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYCHA106TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS (DSC-6)

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHT (BAPSYCHA106)

**Unit- 1 :** Understanding Psyche: Debates and Issues: (a) Free will and determinism; (b) Empiricism and rationality; (c) Issues of Consciousness and Mind Body Relationship (Each of these debates and issues to be dealt with from the point of view of an East-West Comparison; Eastern perspective will include Yoga and Vedantic view)

**Unit 2 :** Early Schools of Psychology: Associationism, Structuralism and Functionalism (Brief Introduction); Positivist Orientation: From behaviorism to cognition: Key contributions of Watson, Tolman, Hull, and Skinner; Cognitive revolution, Information Processing Model.

**Unit -3 :** Psychoanalytic and Humanistic-Existential Orientation , Freudian Psychoanalysis, The turn towards 'social' – Adler, Jung, Fromm, Ego, psychology – Erik Erikson, Object relations; Cultural psychoanalysis (Sudhir Kakar).

**Unit -4 :** Contemporary Developments, Feminism and social constructionism.

### READINGS:

- Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rd Edn. Blackwell Publishing.
- Feist & Feist. Theories of Personality Mc Graw 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.
- 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.
- Wolman, B.B. (1979). Contemporary theories & systems in psychology. London: Freeman Book Co.
- Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publications.

## BA-II (HONOURS) PSYCHOLOGY (DSC-7)

### COURSE: INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC107TH)

Course Code	BAPSYC107TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

### INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYCA107) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYCA107) End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

## INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYCA107)

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	3
II.	15	3	4
III.	15	4	4
IV.	15	4	4
	60	15	15

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

## INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYCA107)

Paper Setting schemes for Social Psychology (Theory) End Semester Examination

Parts	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Total Marks
A	9	Complete	Objective Type (MCQ)	9(1 mark each)	9
B	4	Complete	Short answer type (100-150 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	2(5 marks each)	10
D	2	Complete	Long answer type 500 words	1(10 mark each)	10
E	2	Complete	Very Long answer type 800 words	1(15 mark each)	15
Total					50



## SYLLABUS (DSC-7)

### INTRODUCTION TO SOCIAL PSYCHOLOGY (PSYCHA107)

**Unit I:** Psychology of the Social: The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); 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.

#### Readings:

- Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Chadha, N. K. (2012). Social Psychology. New Delhi: MacMillan.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Deaux, K & Wrightsman, L. (2001). Social Psychology. California: Cole Publishing
- Developments (ICSSR survey of advances in research). New Delhi: Pearson.
- Kassin, S., Fein, S., & Markus, H.R. (2008). Social psychology. New York: Houghton
- Mathur, S. S. (Revised). Social Psychology. Agra Aggarwal Pub.
- Miffin.
- Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological
- Mohanty, Girishbala (2008). Social Psychology. New Delhi: Kalyani Publishers.
- Mthur, S. S. (2009). Samaj manovigyan. Agra: Mudrak B. P. Printers.
- Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill.
- Pearson.
- Singh, R. N. (2009). Adhunik samajik Manovigyan. Agra: Aggarwal Publications.
- Srivastava, D. N. (2011). Adhunik samajik manovigyan. Agra: Aggarwal Publications.
- Srivastava, D. N., Singh, R. & Pandey, J. (1991). Adhunik samaj manovigyan. Agra: Bhargava
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed). New Delhi:
- Zinta, R. L. & Kumari, S. (2016). Psychology of marriage. New Delhi: Indu Book Services.
- Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publication.

## BA-I (HONOURS) PSYCHOLOGY (SEC-1)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: STRESS MANAGEMENT (BAPSYCHA108TH)

Course Code	BAPSYCHA108TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### STRESS MANAGEMENT (BAPSYCHA108TH)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### STRESS MANAGEMENT (BAPSYCHA108TH)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

## STRESS MANAGEMENT (BAPSYCHA108TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

## STRESS MANAGEMENT (BAPSYCHA108TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS (SEC-1)**

### **STRESS MANAGEMENT (BAPSYC108)**

**Unit -1:** Stress: Introduction, Nature, symptoms, sources of stress: environmental, social, physiological and psychological.

**Unit -2:** Stress and health: effects of stress on health, eustress

**Unit -3:** Managing stress-I: Methods - yoga, meditation, relaxation techniques.

**Unit- 4:** Managing stress-II: Problem focused and emotion focused approaches.

#### **READINGS:**

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Learning.
- Chauhan, R. R. (2001). Asamanaya Manovigyan. Kurukshetra: Azad Publications.
- Chauhan, R. R. (2001). Asamanaya Manovigyan. Kurukshetra: Azad Publications.
- DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson
- Dixit, Nirupama (2010). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.
- Dixit, Nirupama (2010). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.
- Jain, Shashi (2007). Introduction to psychology (4<sup>th</sup> Ed.).New Delhi: Kalyani.
- Jain, Shashi (2007). Introduction to psychology (4<sup>th</sup> Ed.).New Delhi: Kalyani.
- Mangal, S. K. (2008). Abnormal Psychology. New Delhi: Sterling.
- Mangal, S. K. (2008). Abnormal Psychology. New Delhi: Sterling.
- Mohanty, G. (2004). A text book of abnormal psychology. New Delhi: Kalyani.
- Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Routledge.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.).NY: Wiley.
- Singh, L. & Tiwari, G. (2008). Asamanaya Manovigyan. Agra: Vinok Pustak mandir.
- Singh, R. N. (2010). Adhunik Samanya Manovigyan. Agra: Aggrawal Publication.
- Singh, R. N. (2010). Adhunik Samanya Manovigyan. Agra: Aggrawal Publication.
- Singh, R. N. (2010). Mool manoviganik prakriyaen. Agra: Aggarwal Publication
- Singh, R. N. (2010). Mool manoviganik prakriyaen. Agra: Aggarwal Publication
- Srivastava, A. (2010). Manovikriti vigyan. Agra: Aggrawal Pub.
- Srivastava, A. (2010). Manovikriti vigyan. Agra: Aggrawal Pub.
- Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.
- Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.

## BA-I (HONOURS) PSYCHOLOGY (SEC-2)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards

### COURSE: EFFECTIVE DECISION MAKING (BAPSYCHA109TH)

Course Code	BAPSYCHA109TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### EFFECTIVE DECISION MAKING (BAPSYCHA109TH)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### EFFECTIVE DECISION MAKING (BAPSYCHA109TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### **EFFECTIVE DECISION MAKING (BAPSYCHA109TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### **EFFECTIVE DECISION MAKING (BAPSYCHA109TH)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS (SEC-2)**

### **EFFECTIVE DECISION MAKING (BAPSYC109)**

**UNIT- 1:** Introduction: What is decision making? Importance of making good decisions.

**UNIT -2:** Decisions regarding career: Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/career.

**UNIT- 3:** Decision making in interpersonal context: Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions.

**UNIT -4:** Decision making at the workplace: developing competencies and skills required for effective decision making.

#### **READINGS:**

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth Cengage

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Education, India.

Learning, India

Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson

Zinta, R. L. & Kumari, S. (2016). Psychology of marriage. New Delhi: Indu Book Services.

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.

## BA-II (HONOURS) PSYCHOLOGY (DSC-8)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)

Course Code	BAPSYCHA210TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs



**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

# **STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA210)**

**UNIT 1:** Introduction to Inferential Statistics and Hypothesis Testing about Single Means The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about Single Means (z and t); Assumptions in Testing a Hypothesis about a Single Mean; The Null and the Alternative Hypotheses; Choice of  $H_A$ : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; Hypothesis Testing about a Single Mean – Calculation.

**UNIT 2:** Hypothesis Testing About the Difference Between Two Independent Means, The Null and Alternative Hypotheses; The Random Sampling Distribution of the, Difference between Two Sample Means; Properties of the Sampling Distribution of the, Difference between Means; Determining a Formula for t; Testing the Hypothesis of No, Difference between Two Independent Means; Use of a One-Tailed Test.

**UNIT 3:** Hypothesis Testing for Differences among Three or More Groups: One-Way, Analysis of Variance (ANOVA) , The Null and Alternative Hypotheses; The Basis of One-Way Analysis of Variance: Assumptions Associated with ANOVA; Variation within and between Groups; Partition, of the Sums of Squares; Degrees of Freedom; Variance Estimates and the F Ratio; The ANOVA Summary Table.

**UNIT 4:** Nonparametric Approaches to Data, Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests. Introduction to SPSS, Getting Started with SPSS; Uses of SPSS in Statistics and Research.

## **Reading List:**

- 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
- 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* (3rd 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.
- Zinta, R. L. (2010). *Psychology Manual*. New Delhi: HG Publications.

## BA-II (HONOURS) PSYCHOLOGY (DSC-9)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: DEVELOPMENTAL PSYCHOLOGY (BAPSYCHA211)

Course Code	BAPSYCHA211TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### DEVELOPMENTAL PSYCHOLOGY (BAPSYCHA211)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### DEVELOPMENTAL PSYCHOLOGY (BAPSYCHA211)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

## STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYCHA211)

L-Lecture, T-Tutorial and P-Practical

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

## DEVELOPMENTAL PSYCHOLOGY (BAPSYCHA211)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS DSC-9**

### **DEVELOPMENTAL PSYCHOLOGY (BAPSYC211)**

**UNIT 1:** Introduction: Concept of Human Development, Theories, themes and research designs

**UNIT 2:** Periods of Life Span Development: Prenatal development; Birth and Infancy; Childhood, Adolescence , Adulthood

**UNIT 3:** Domains of Human Development: Cognitive development: perspectives of Piaget and Vygotsky, Language development, Physical development, Emotional development, Moral development, Personality development

**UNIT 4:** Socio-Cultural Contexts for Human Development: Family, Peers, Media & Schooling  
c) Human Development in the Indian context

#### **Reading List:**

Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.

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.

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.

Zinta, R. L. & Kumari, S. (2010). Psychology of marriage. New Delhi: Indu Book services.

Zinta, R. L. & Negi, S. (2013). Wellbeing: A case study on Polyandrous and monogamous tribal people.

## BA-II (HONOURS) PSYCHOLOGY (DSC-10)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)

Course Code	BAPSYC212TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

**APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)**L-Lecture, T-Tutorial and P-Practical

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

**APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS DSC-10

### APPLIED SOCIAL PSYCHOLOGY (BAPSYCHA212)

**Unit-1:** Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

**Unit-2:** Applying Social Psychology-I: Environment, population, diversity

**Unit-3:** Applying Social Psychology-II: work, health, legal system

**Unit-4:** Intervention and Evaluation: Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

#### 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.

Zinta, R. L. & Kumar, D. (2013). Psychological vulnerabilities among jail inmates. New Delhi: Neha Publications.

Zinta, R. L. & Kaur, G. J. (2013). Military personnel psychology.

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.



## BA-II (HONOURS) PSYCHOLOGY (DSC-11)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCHA213)

Course Code	BAPSYCHA213TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCHA213)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCHA213)

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	3
II.	15	3	4
III.	15	4	4
IV.	15	4	4
	60	15	15

L-Lecture, T-Tutorial and P-Practical

## UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCHA213)

Paper Setting schemes for Social Psychology (Theory) End Semester Examination

Parts	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Total Marks
A	9	Complete	Objective Type (MCQ)	9(1 mark each)	9
B	4	Complete	Short answer type (100-150 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	2(5 marks each)	10
D	2	Complete	Long answer type 500 words	1(10 mark each)	10
E	2	Complete	Very Long answer type 800 words	1(15 mark each)	15
Total					50

## **SYLLABUS DSC-11**

### **UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCHA213)**

UNIT -1 : Understanding abnormality, Definition and criteria of abnormality, classification (latest edition of DSM & ICD), Clinical Assessment, Diathesis Stress Model

UNIT- 2 : Clinical States: (a) Anxiety disorders – Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder (Clinical Picture and Dynamics of anxiety disorders); Conversion Disorder (Clinical Picture and Dynamics); Dissociative Identity Disorder (Clinical Picture and Dynamics)

UNIT- 3: Developmental Disorders (Clinical Picture and Dynamics); Mental Retardation, Autism, ADHD, and Learning Disabilities;

UNIT -4: Substance related disorders and eating disorders; Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes); Eating disorder: Anorexia Nervosa and Bulimia Nervosa

#### **Readings:**

Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.

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.

Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi : Cengage learning.

Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). NY: John Wiley.

Zinta, R. L. & Kumar, D. (2013). *Psychological vulnerabilities among the jail inmates*. New Delhi: Neha Publications.

Zinta, R. L. & Thakur, P. (2013). *Frailness among elderly people: A psychological study*. New Delhi: Neha Publications.

Zinta, R. L. & Thakur, R. (2016). *Psychology of poverty*. New Delhi: Indu Book Services.

Zinta, R. L. & Kaundal, S. (2016). *HIV-AIDS Pandemics*. New Delhi: HG Publications.

Zinta, R. L. (2018). *Psychology: Cannon for Budding Brain*. New Delhi : Indu Publishers and Distributors.

## BA-II (HONOURS) PSYCHOLOGY (DSC-12)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: ORGANIZATIONAL BEHAVIOUR (BAPSYCHA214)

Course Code	BAPSYCHA214TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### ORGANIZATIONAL BEHAVIOUR (BAPSYCHA214)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### ORGANIZATIONAL BEHAVIOUR (BAPSYCHA214)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs

Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

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L-Lecture, T-Tutorial and P-Practical

## ORGANIZATIONAL BEHAVIOUR (BAPSYCHA214)

Paper Setting schemes for Psychology (Theory) End Semester Examination

### SYLLABUS DSC-12 ORGANIZATIONAL BEHAVIOUR (BAPSYC214)

**Unit- 1:** Introduction: Historical antecedents of Organizational Behaviour; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting;

**Unit- 2:** Individual level processes; Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation: Early theories: Maslow, McClelland, Two factor; Contemporary theories: Goal setting, Equity, Expectancy; Applications: Job Characteristics Model and Job redesign.

**Unit- 3:** Dynamics of Organizational Behavior: Organizational Culture; Power and Politics: Influence, empowerment, sexual harassment, organizational; politics.; Positive Organizational Behavior

**Unit -4:** Leadership: Basic approaches: Trait theories, Behavioral theories, Contingency theories; Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct; Indian perspective

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## 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.

Pareek, U. (2010). Understanding organizational behaviour. 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 (10<sup>th</sup> 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

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.

Zinta, R. L. & Kaur, G. J. (2013). Military personnel psychology. New Delhi: Neha Publications.

### **BA-II (HONOURS) PSYCHOLOGY (DSC-13)**

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### **COURSE: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (BAPSYCHA215)**

Course Code	BAPSYCHA215TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### **UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (BAPSYCHA215)**

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
(BAPSYCHA215)**

End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
(BAPSYCHA215)**



L-Lecture, T-Tutorial and P-Practical

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
(BAPSYCHA215)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS DSC-13**

### **UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (BAPSYCHA215)**

**UNIT-1:** Schizophrenia: Clinical Picture, causal factors and subtypes

**UNIT-2:** Mood Disorders: Clinical Picture, causal factors and subtypes; suicide

**UNIT-3:** Personality Disorders (Clinical Picture and Dynamics): Antisocial Personality; Disorder and Borderline Personality Disorder; Sexual Disorders (Clinical Picture): Gender Identity Disorder.

**UNIT4-:** Treatment of disorders: Biological treatment: Pharmacotherapy and Electroconvulsive therapy; Psychological treatment: Psychoanalytic therapy, Behavior therapy and cognitive Behavior therapy.

#### **READINGS:**

Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.

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.

Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi : Cengage learning.

Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.).NY: John Wiley.

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

Zinta, R. L. & Kataik, U. (2013). *Fear of success, religiosity and wellbeing*. New Delhi: Neha Publications and Distributors.

## BA-II (HONOURS) PSYCHOLOGY (DSC-14)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19 onwards.

### COURSE: COUNSELLING PSYCHOLOGY (BAPSYCHA216)

Course Code	BAPSYCHA216TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### COUNSELLING PSYCHOLOGY (BAPSYCHA216)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### COUNSELLING PSYCHOLOGY (BAPSYCHA216)

#### (BAPSYCHA215)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs

Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### **COUNSELLING PSYCHOLOGY (BAPSYCHA216)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

### **COUNSELLING PSYCHOLOGY (BAPSYCHA216)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **COUNSELLING PSYCHOLOGY (BAPSYC216)**

**UNIT -1:** Introduction: Meaning and goals, Counselling as a profession: training, skills and ethics, The effective counsellor: personality and self of the counselor, Counselling process and relationship.

**UNIT -2:** Techniques of Counselling: Psychoanalytic techniques, Humanistic approaches, Behavioral techniques, Cognitive techniques,

**UNIT -3:** Counselling Applications: Child Counselling, Family Counselling, Career Counselling, Crisis intervention: suicide, grief and sexual abuse,

**UNIT- 4:** Contemporary Trends: Indian approaches: yoga and meditation; Counseling and technology, Expressive techniques: art, music, dance.

### **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

Burnard, P. (2009). Counseling Skills Training: Book of activities. Viva Books, New Delhi.

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.

Geldard, K. & Geldard, D. (2011). Counselling Children: A Practical Introduction (3rd Ed.) New Delhi: Sage

Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th

Ed.) New Delhi: Pearson

Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.

Hackney, H.L. (2012). *The Professional Counselor: A process guide to helping*. 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.

Nelson-Jones, Richard. (2008). *Basic Counseling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition

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

Udapa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.

Zinta, R. L. (2010). *Psychology manual*. New Delhi: HG Publications.

## BA-II (HONOURS) PSYCHOLOGY (SEC-3)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: EMOTIONAL INTELLIGENCE (BAPSYCHA217)

Course Code	BAPSYCHA217TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### EMOTIONAL INTELLIGENCE (BAPSYCHA217)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### EMOTIONAL INTELLIGENCE (BAPSYCHA217)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs

Total	70	28	3.00 Hrs
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### **EMOTIONAL INTELLIGENCE (BAPSYCHA217)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

### **EMOTIONAL INTELLIGENCE (BAPSYCHA217)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70



# SYLLABUS

## EMOTIONAL INTELLIGENCE (BAPSYCHA217)

**Unit -1:** INTRODUCTION: Emotional Intelligence, Models of Emotional Intelligence, EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills, Importance of Emotional Intelligence

**Unit -2:** KNOWING ONE'S AND OTHERS' EMOTIONS: Levels of emotional awareness: Recognizing emotions in oneself, The universality of emotional expression, Perceiving emotions accurately in others

**Unit -3:** MANAGING EMOTIONS: The relationship between emotions, thought and behavior, Techniques to manage emotions

**UNIT- 4:** APPLICATIONS: Workplace; Relationships, Conflict Management , Effective Leadership

### READINGS:

Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco, California: Jossey Bros.

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

Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.

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

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.

## BA-II (HONOURS) PSYCHOLOGY (SEC-4)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: EDUCATIONAL PSYCHOLOGY (BAPSYCHA218TH)

Course Code	BAPSYCHA218TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### EDUCATIONAL PSYCHOLOGY (BAPSYCHA218TH)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### EDUCATIONAL PSYCHOLOGY (BAPSYCHA218TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

## EDUCATIONAL PSYCHOLOGY (BAPSYCHA218TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

## EDUCATIONAL PSYCHOLOGY (BAPSYCHA218TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS(SEC-4)**

### **EDUCATIONAL PSYCHOLOGY (BAPSYC218)**

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

**Unit- 2:** Human Diversity and Education: Differences in Cognitive Styles & Learning Strategies, Readiness for Learning & Classroom Achievement, Intelligence, Creativity and Personality ; Socio-cultural Differences: Gender, Socio-Economic Status, Regional, Ethnic and 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, Labeling and its educational, implications, Responsibilities of Teachers towards learners with Special Needs

#### **READINGS:**

Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.

Slavin, R. (2008). Educational psychology: Theory into practice, (9th ed.). Boston: Allyn and Bacon.

Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.

Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.

Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

Panch Ramalingam (2010). Recent studies in school psychology. New Delhi: Authors Press.

Zinta, R. L. & Thakur, R. (2016). Psychology of poverty. New Delhi: Indu Book Services.

Kumari, P. & Zinta, R. L. (2012). Socio-economic status as a predictor of Psychological wellbeing. Germany: Lap Lambert.

## **BA-III (HONOURS) PSYCHOLOGY (DSE-1)**

### **COURSE: POSITIVE PSYCHOLOGY (BAPSYCHA319)**

Course Code	BAPSYCHA319TH		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

### **POSITIVE PSYCHOLOGY (BAPSYCHA319)**

#### **Continuous Comprehensive Assessment (CCA) Pattern in Psychology**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### **POSITIVE PSYCHOLOGY (BAPSYCA319)**

#### **End Semester Examination System**

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### **POSITIVE PSYCHOLOGY (BAPSYCA319)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	3
II.	15	3	4
III.	15	4	4
IV.	15	4	4
	60	15	15

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### **POSITIVE PSYCHOLOGY (BAPSYCHA319)**

Paper Setting schemes for Social Psychology (Theory) End Semester Examination

Parts	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Total Marks
A	9	Complete	Objective Type (MCQ)	9(1 mark each)	9
B	4	Complete	Short answer type (100-150 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	2(5 marks each)	10
D	2	Complete	Long answer type 500 words	1(10 mark each)	10
E	2	Complete	Very Long answer type 800 words	1(15 mark each)	15
Total					50

**SYLLABUS(DSC-1A)**  
**POSITIVE PSYCHOLOGY (BAPSYCHA319)**

**UNIT- 1:** Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

**UNIT -2:** Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

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

**UNIT- 4:** Applications: Work, education, ageing, health

Practicum: Any one practicum can be designed from the syllabus so as to enhance the understanding of the concepts and applications of positive psychology.

**Reading List:**

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: of human strengths. Thousand Oaks, CA: Sage.

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Prentice Hall.

Routledge.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize

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

Snyder, C.R., & Lopez,S.J.(2007). Positive psychology :The scientific and practical explorations University Press.

Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

Zinta, R. L. & Kumari, S. (2016). Psychology of marriage. New Delhi: HG Publications.

## BA-I (HONOURS) PSYCHOLOGY (DSE-2)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2017-18 onwards.

### COURSE: COMMUNITY PSYCHOLOGY (BAPSYCHA320TH)

Course Code	BAPSYCHA320TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### COMMUNITY PSYCHOLOGY (BAPSYCA320TH)

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### COMMUNITY PSYCHOLOGY (BAPSYCA320TH)

#### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs



## COMMUNITY PSYCHOLOGY (BAPSYCA320TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

## COMMUNITY PSYCHOLOGY (BAPSYCA320TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS (DSE-1B)**

### **COMMUNITY PSYCHOLOGY (PSYCHA320TH)**

**UNIT-1:** Introduction: Definition of community psychology; types of communities; models.

**UNIT-2:** Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.

**UNIT-3:** Health promotion: process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

**UNIT-4:** Interventions: community development and empowerment; case studies in Indian context.

#### **READINGS:**

Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Delhi : Sage Publication.

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Kindersley (India) Pvt Ltd. Pearson Education.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community and Practice. Sage Publication, New Delhi.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling

Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory Pradesh, India, World Bank Policy Research, Working Paper No.3967

Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

United States: Jones and Bartlett Publishers.

Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publications.

## **BA-III (HONOURS) PSYCHOLOGY (DSE-3A)**

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### **COURSE: CULTURAL AND INDIGENEOUS PSYCHOLOGY (BAPSYCHA321TH)**

Course Code	BAPSYC321TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### **CULTURAL AND INDIGENEOUS PSYCHOLOGY (BAPSYCHA321TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### **CULTURAL AND INDIGENEOUS PSYCHOLOGY (BAPSYCHA321TH) Examination System**

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

### **CULTURAL AND INDIGENEOUS PSYCHOLOGY (BAPSYCHA321TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### **CULTURAL AND INDIGENEOUS PSYCHOLOGY (BAPSYCHA321TH)**

Paper Setting schemes for Psychology (Theory) annual Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS (DSE-3)

### CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYCHA321TH)

**UNIT-1:** Cultural Processes: Cultures; Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences, methods of studying cultural psychology.

**UNIT-2:** Culture, Self and Others: Who am I and Who are They? Culture and architecture; Representation: Person, Other People, Self and of Groups, The Making and Remaking of Cultures: A Developmental Perspective: Family and children and models of the family.

**UNIT-3:** Intercultural Contacts: Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Management of multicultural identities.

**UNIT-4:** Indigenous Psychology: Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India.

Practicum: Students to do any 1 practicum from DSE-PSY-05

#### READINGS:

Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), Perspectives on

Chiu, C., & Hong, Y. (2006). Social Psychology of Culture. New York: Psychology Press.

cultures: Living and working in a changing world. London: Sa.

Delhi: Concept Publishing Company.

indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.

Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.),

Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New

Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G.

Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol, 1.

Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept

New Delhi: Pearson.

Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.

Publishing Company.

Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M.,

Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K.

Smith, P.B., Bond, M. H., & Kagitcibasi, C. (2006). Understanding Social Psychology across

Zinta, R. L. & Kumari, D. (2016). Religious psychology. New Delhi: Indu Publications.

## **BA-I (HONOURS) PSYCHOLOGY (DSC-4)**

### **PROJECT REPORT (DSC-4)**

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

#### **COURSE: PROJECT REPORT (BAPSYCHA322 TH)**

Course Code	BAPSYC31 TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

#### **PROJECT REPORT (BAPSYCHA322 TH)**

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

#### **PROJECT REPORT (BAPSYCHA322 TH)**

##### End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Dissertation	70	28	3.00 Hrs
Viva-voce	30	12	0.00 Hrs
Total	100	40	3.00 Hrs

#### **PROJECT REPORT (BAPSYCHA322 TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

### **PROJECT REPORT (BAPSYCHA322 TH)**

Candidates are required to selected a topic with the consultation of concerned teachers and write a Dissertation on the same.

## BA-III (HONOURS) PSYCHOLOGY (DSC-5)

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2018-19.

### COURSE: APPLIED SOCIALPSYCHOLOGY (BAPSYCHA323TH)

Course Code	BAPSYCHA323TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### APPLIED SOCIALPSYCHOLOGY (BAPSYCHA323TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### APPLIED SOCIALPSYCHOLOGY (BAPSYCHA323TH) End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
CCA	30	12	0.00 Hrs
Total	100	40	3.00 Hrs



**APPLIED SOCIALPSYCHOLOGY (BAPSYCHA323TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

**APPLIED SOCIALPSYCHOLOGY (BAPSYCHA323TH)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## SYLLABUS(DSE-5)

### APPLIED SOCIAL PSYCHOLOGY (BAPSYC323)

**Unit-1:** Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

**Unit-2:** Applying Social Psychology-I: Environment, population, diversity

**Unit-3:** Applying Social Psychology-II: work, health, legal system

**Unit-4:** Intervention and Evaluation: Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

#### 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 publications.

Schneider, F.W., Gruman, A., Coultts, L .M. (Eds.). (2012). Applied social psychology: Across cultures. New Delhi: Sage Publication.

Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology  
Understanding and addressing social and practical problems. New Delhi: Sage

Zinta, R. L. & Kaur, G. J. (2013). Military personnel psychology. New Delhi: Neha Publisher.

Zinta, R. L. & Kumar, D. (2013). Psychological vulnerabilities among jail inmates. New Delhi: Neha Publications.

Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.

**SEMESTER-III**  
**BA PSYCHOLOGY (DSE-6)**

**COURSE: PSYCHOLOGY AT WORK (BAPSYCHA324)**

Course Code	BAPSYCHA324 TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:**  
**PSYCHOLOGY AT WORK (BAPSYCHA324)**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

**PSYCHOLOGY AT WORK (BAPSYCHA324)**

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	32	3.00 Hrs
Practical	nil	nil	0.00 Hrs
Total	70	32	3.00 Hrs

**PSYCHOLOGY AT WORK (BAPSYCHA324)**

Allotted Time

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

## PSYCHOLOGY AT WORK (BAPSYCHA324)

Paper setting scheme for psychology theory ESE

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

**SYLLABUS**  
**PSYCHOLOGY AT WORK (BAPSYCHA324)**

**Unit -1:** Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

**Unit -2:** Job Satisfaction and Work Motivation: Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction.

**Unit-3:** Communication in Organizations: Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication.

**Unit-4:** Leadership: The meaning of leadership, early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.

**READING LIST:**

Adler, N.J. (1997). Global Leaders; A Dialogue with future history, *Journal of International Management*, 2, 21-33.

Adler, N.J. (1997). Global Leadership: Women Leaders. *Management International Review*, Vol. 37, *International Human Resources and Cross Cultural Management*, 171-196.

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*. Biztantra publishers

Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior*. 12th Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. (2008). *Essentials of Organizational Behavior*. 9<sup>th</sup> Edition. New Delhi: Prentice Hall of India.

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

Zinta, R. L. (2010). *Psychology manual*. New Delhi: HG Publication.

Zinta, R. L. & Kaur, G. J. (2013). *Military Personnel Psychology*. New Delhi: Neha Publications.

## BA PSYCHOLOGY HONOURS (SEC-5)

### COURSE: PSYCHOLOGY OF MEDIA (BAPSYCHA325TH)

Course Code	BAPSYCHA325TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

### Continuous Comprehensive Assessment (CCA) Pattern in psychology: PSYCHOLOGY OF MEDIA (BAPSYCHA325IA)

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### PSYCHOLOGY OF MEDIA (BAPSYCHA325TH)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	nil	0.00 Hrs
Total	70	28	3.00 Hrs

### PSYCHOLOGY OF MEDIA (BAPSYC324)

Allotted Time

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

**PSYCHOLOGY OF MEDIA (BAPSYC325)**  
**END SEMESTER EXAMINATION PATTERN**

Paper Setting Scheme for psychology (Theory Paper) for end Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks	
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10	
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20	
B		02	Unit-1	About 500 words	1	10	10	
C		02	Unit-1I	About 500 words	1	10	10	
D		02	Unit-1II	About 500 words	1	10	10	
E		02	Unit-1V	About 500 words	1	10	10	
Total								70

## **SYLLABUS (SEC-5)**

### **PSYCHOLOGY OF MEDIA (BAPSYCHA325)**

**UNIT -I:** Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation.

**UNIT- II:** Media and advertising: Developing an effective advertising programme /media promotions/ campaigns for social marketing. Case studies in the Indian context.

**UNIT -III:** Audio-Visual media (TV and movies) and Print media: Nature and their impact;Developmental issues: fantasy Vs reality, socialization, stereotyping, violence, and cybercrime. Case studies in the Indian context.

**UNIT -IV:** Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context.

### **READINGS**

Dill, K.E. (2009). How Fantasy becomes Reality Seeing Through Media Influence. New York: Oxford University Press.

Giles, D. (2003). Media Psychology. New Jersey: Lawrence Erlbaum Associates Publishers.

Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). Handbook of Consumer Psychology. NY: Psychology Press.

Jansson-Boyd, C. V. (2010). Consumer Psychology. England: Open University Press.

Wanke, M. (Ed.). (2009). Social Psychology of Consumer Behaviour. NY: Taylor & Francis Group.

Kirsh, S.J. (2006). Children Adolescents and Media Violence. New York: Sage.

Montgomery, K.C. (2007) Generation Digital. MIT Press.

Wood, R.N. (1983). Mass Media and Individual. Minnesota: Woods.

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.



## BA-III PSYCHOLOGY (SEC-6)

### COURSE: SUBSTANCE USE DISORDERS (BAPSYCHA326)

Course Code	BAPSYCHA326TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core: Major		
Lectures to be Delivered	90		

### Continuous Comprehensive Assessment (CCA) Pattern in SUBSTANCE USE DISORDERS (BAPSYCHA326)

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

**The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.**

### COURSE: SUBSTANCE USE DISORDERS (BAPSYCHA326)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	nil	0.00 Hrs
Total	70	28	3.00 Hrs

**Allotted Time**  
**SUBSTANCE USE DISORDERS (BAPSYCHA326)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

**SUBSTANCE USE DISORDERS (BAPSYCHA326)**

Paper Setting Scheme for psychology (Theory Paper) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-II	About 500 words	1	10	10
D		02	Unit-III	About 500 words	1	10	10
E		02	Unit-IV	About 500 words	1	10	10
Total							70

## **SYLLABUS(SEC-6)**

### **SUBSTANCE USE DISORDERS (BAPSYCHA326)**

Unit-I: Nature of substance use disorders. Alcoholism: Effects and stages.

Unit-II: Drug abuse: Introduction to different category of drugs, stimulants, depressants, opioids, hallucinogens in brief.

Unit-III: Main Causal factors of alcoholism and drug abuse.

Unit-IV: Prevention of substance uses in brief.

#### Recommended Books

- Blaney, P. H. (2008). Oxford Textbook of Psychopathology . Amazon.
- Carson, R. C., Butcher, J. N. , Mineka, S. & Hooley, J. M. (2013). Abnormal Psychology 13<sup>th</sup> Ed. New Delhi: Pearson Education.
- Carson, R.C, Butcher, J.N. and Mineka, S. (1995). Abnormal Psychology and Modern Life, 10<sup>th</sup> edition.
- Chauhan, B. R. (2001). Asamanya Manovigyan. Kurukshetra: Azad Publication
- Coleman, James (1980). Abnormal Psychology and Modern Life. New Delhi: Pearson Publications Pvt. Ltd.
- Davey, G. (2012). Psychopathology: Research, Assessment and Treatment in Clinical Psychology. Wiley Blackwell.
- Davison, G.C. and Neale, J.M. (1998). Abnormal Psychology (7th ed.). New York: John Wiley.
- Dixit, Nirupama (2010). Asamanya Manovigyan. Agra: Aggrawal Publications.
- Herpertz, S. C. (Ed.).(2013) Psychopathology. Karger AG Basel Publishers.
- Jaspers, K. , Hoenig, J., & Marian, W. H. (2007). General Psychopathology (vol.-1). Amazon.
- Lamm, A. (1997). Introduction to Psychopathology. NY: Sage.
- Mangal, S. K. (2008). Abnormal Psychology. New Delhi: Sterling Publishers Pvt. Ltd.
- Mohanty, G. (2004). A textbook of abnormal Psychology. New Delhi: Kalyani Publishers.
- Sarason, I. G. , & Sarason, B. R. (1996). Abnormal Psychology. New Delhi: Prentice Hall of India.
- Sharma, R. N. (1993). Abnormal Psychology. New Delhi: Surjeet Publications.
- Singh, L., & Tiwari, G. (2008). Asamanya Manogigyan. Agra: Vinod Pustak Mandir.
- Singh, R. N. (2009). Adhunik Asamanya Manovigyan. Agra: Aggrawal Publications.
- Srivastava, A. (2010). Manovikriti Vigyan. Agra: Aggrawal Publications.
- Srivastava, D.N. (1991). Adhunik Asamanya Manovigyan (6th ed.). Agra : Sahiytya

## BA-III (GE-1)

### COURSE: COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (324)

Course Code	BAPSYCHA324		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (BAPSYCA326 TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (GE-1)) End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

**GE-1**  
**COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (GE-1)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

**COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (324)**

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70

## **SYLLABUS (GE-1)**

### **BA PSYCHOLOGY-III COMPREHENSIVE KNOWLEDGE OF HIMACHAL PRADESH (BAPSYCHA327)**

Unit-1 : Meaning of Himachal Pradesh. Geographical Location and area, Riyasats and Thakuraian of HP.

Unit-2: Brief history of Himachal Pradesh. Economy of the state.

Unit-III: Folk Tradition, and socio-cultural traditions e.g. fairs and festivals

Unit-IV: Temple and Deities of Himachal Pradesh. Reconciliation of Socio-emotional conflicts through deity possession.

#### **Readings**

Ahluwalia, M.S. (1998). Social, Cultural, and Economic History of Himachal Pradesh. New Delhi: Indus Publishing.

Gupta, C. L. ( ). Himachal Pradesh: History, culture and economy.

Balokhra, J. M. ( ). Wonderland Himachal Pradesh.

Harnot, S. R. ( ). Temples of Himachal Pradesh.

Dev Raj. Himachal atit, vartman avam bhavishaya.

Dr. Y. s. Parmar. Polyandary in Himachal Pradesh.

L. C. Pandey. Prachin Himachal.

Andrew Wilson: Above to god.

Zinta, R. L. & Negi, D. (2018). Religious Psychology: Reconciliation of socio-emotional conflicts through local deities. New Delhi: Indu Publisher and Distributors.

## **BA-I PSYCHOLOGY HONOURS(GE-2)**

Outline of the UGC recommended CBCS system for BA Psychology (Regular) syllabus, CBCS Course Scheme, the Examination Pattern, CCA Scheme and Paper Setting to be implemented from Academic Session 2016-17.

### **COURSE: PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYCA328 TH)**

Course Code	BAPSYCHA 328TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

### **PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYCA328 TH) Continuous Comprehensive Assessment (CCA) Pattern in Psychology**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks
15	10	5	30

The pattern of examination for conducting the minor tests will be same as prescribed for the end semester examination.

### **PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYCA328TH) End Semester Examination System**

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	70	28	3.00 Hrs
Practical	nil	Nil	0.00 Hrs
Total	70	28	3.00 Hrs

## UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYCA328TH)

Unit	Allotted Time Hours		
	L	T	P
I.	15	7	0
II.	15	7	0
III.	15	8	0
IV.	15	8	0
	60	30	0

L-Lecture, T-Tutorial and P-Practical

Paper Setting Scheme for psychology (Theory Paper)

## PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYCA328 TH)

Paper Setting schemes for Psychology (Theory) End Semester Examination

Part	Section	No of Questions	Syllabus coverage	Nature of Questions and Answers	Question to be attempted	Marks	Total Marks
A	1	10	Complete	Objective Type (MCQ)	10	1 each	10
	2	08	Complete	Short answer type (100-150 words)	5	4 each	20
B		02	Unit-1	About 500 words	1	10	10
C		02	Unit-1I	About 500 words	1	10	10
D		02	Unit-1II	About 500 words	1	10	10
E		02	Unit-1V	About 500 words	1	10	10
Total							70



## SYLLABUS-GE-2

### PSYCHOLOGY OF HEALTH AND WELLBEING (BAPSYC328TH)

**UNIT- 1:** Introduction: Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.

**UNIT- 2:** Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

**UNIT- 3:** Stress: Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

**UNIT -4:** Health Management: Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

#### *READINGS:*

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.

Kumari, P. & Zinta, R. L. (2012). Socio-economic status as a predictor of psychological wellbeing. Germany: Lap Lambert.

Misra, G. (1999). Stress and Health. New Delhi: Concept.

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.).NY: Wiley.

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

Zinta, R. L. & Kaundal, S. (2016). HIV-AIDS Pandemics. New Delhi: Indu Book Services.

Zinta, R. L. & Negi, D. (2016). Religious psychology. New Delhi: Indu Book Services.

Zinta, R. L. Nadda, K. (2016). Displacement and rehabilitation psychology. New Delhi: Indu Book Services.

Zinta, R. L. (2018). Psychology: Cannon for Budding Brain. New Delhi : Indu Publishers and Distributors.