

B. A. /B.Sc with PSYCHOLOGY

Core papers (Gen) / Generic Elective (Hons):

Theory: 4 classes

**With Practicals: 2 practicum to be done in
a practical paper - 4 practical
classes per week/per group (15-25
students in each group)**

The core courses mentioned below in the following pages will serve as the Generic Elective papers for students from other Honours Departments who will opt for Psychology Elective. The four core papers named as CC-1, CC-2, CC-3, CC-4 are applicable as one each for Semesters I, II, III, IV respectively. Each student is free to choose any two core papers as Generic Elective Papers in any two semesters.

CORE COURSES

SEMESTER I

CC-1: FOUNDATIONS OF PSYCHOLOGY

Objectives: To understand the basic psychological processes and their applications in everyday life.

Unit 1: Introduction:

Psychology: a science and a perspective, origin and development of psychology, Indian Psychology, methods. **(12 hours)**

Unit 2: Cognitive processes:

Perception, nature of perception, laws of perceptual organization, learning-conditioning, observational learning; memory-processes, information processing model, techniques for improving memory. **(14 hours)**

Unit 3: Motivation and Emotion:

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions **(12 hours)**

Unit 4: Personality and Intelligence:

Personality: nature, theories (Freud, Allport)

Intelligence: nature, theories (Spearman, Gardner) **(12 hours)**

Practicum: One experiment and one test to be done on any two topics from the *syllabus* **4 practical classes per week/per group (15-25 students in each group)**

1. Memory- Whole Vs Part Learning Method
2. Intelligence- Suitable Culture Fair Test (Raven's Progressive Matrices Test)

Readings:

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

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman, S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Glassman, W.E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.

Further Readings

Baron, R.A. (1995). Psychology: The Essential Science. Allyn and Bacon, New York.

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

Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1986). Introduction to Psychology. (International Student Edition) McGraw Hill Book Co.

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

Theories of Personality Paperback – 16 Jan 2013 by Jess Feist (Author), Gregory J Feist (Author), Tomi-Ann Roberts (Author)

Introduction to Psychology Paperback – 1 Jul 2017 by Clifford Morgan (Author), Richard King (Author), John Weisz (Author),

SEMESTER II

CC-2: INTRODUCTION TO SOCIAL PSYCHOLOGY

Objective: To understand the basics of social psychology and to understand the individual in the social world.

Unit 1: Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behaviour **(12 hours)**

Unit 2: Individual level processes:

Attitude: formation, change and resistance to change **(12 hours)**

Unit 3: Interpersonal processes:

Interpersonal attraction, prosocial behavior, aggression **(14 hours)**

Unit 4: Group dynamics:

Key aspects of groups (Structure, Function and Types of Groups), cooperation and conflict **(12 hours)**

Practicum: 4 practical classes per week/per group (15-25 students in each group)

1. To determine group cohesiveness of a small group (by Sociometric method)
2. Influence of group on individual behaviour

Readings:

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

SEMESTER-III

CC-3: PSYCHOLOGICAL DISORDERS

Objective: To develop an understanding of the various psychological disorders and their treatment.

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model. **(12 hours)**

Unit 2: Theoretical perspectives:

Biological, familial, cultural, behavioral, cognitive and psychodynamic. **(14 hours)**

Unit 3: Clinical features:

Generalized Anxiety Disorder, Obsessive compulsive disorder, Major Depression, Bipolar I disorder and Schizophrenia: According to Current Nomenclature (DSM) **(14 hours)**

Unit 4: Treatment of disorders:

Psychological treatment: Basic tenets of Psychoanalytic therapy, Behaviour therapy **(10 hours)**

Practicum: 4 practical classes per week/per group (15-25 students in each group)

1. On Anxiety: State Trait Anxiety Inventory

2. On Stress : Stress Life Event Scale (Holmes and Rahe, 1967)

Readings:

Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

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

Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

SEMESTER IV

**CC-4: STATISTICAL METHODS AND
PSYCHOLOGICAL RESEARCH**

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

Unit 1: Introduction: Scales of measurement, graphical representation of data (Frequency Polygon, Histogram, Bar Diagram and Pie Chart) **(10 hours)**

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method. **(14 hours)**

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests. **(16 hours)**

Unit 4: Qualitative methods - Difference between qualitative and quantitative methods. Application of Interview in Qualitative Methods **(10 hours)**

Practicum: 4 practical classes per week/per group (15-25 students in each group)

1. Personality:

Kundu Neurotic Personality Inventory (1987, Copyright) by Dr. Ramanath Kundu, Department of Psychology, University College of Science and Technology, 92, Acharya Prafulla Chandra Road. Calcutta -700009. India

2. Computation of Central Tendency and Variability Measures, Rank Difference Correlation (Practical on Quantitative Method)

Readings:

Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.

Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications* (4th Ed.). New Delhi: Pearson Education.

King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

Further Readings

Mangal, S.K. (2012). Statistics in Psychology & Education. (2nd Ed). New Delhi: PHI learning Pvt. Ltd

Singh, A.K. (1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.

