



UNIVERSITY OF CALICUT

Abstract

BSc Psychology Programme - CUCBCSS UG 2014-Scheme and Syllabus-Implemented-w.e.f 2014 Admissions-modifications in workload and syllabus-for 2015 and 2016 admission-Approved- Orders issued.

G & A - IV - J

U.O.No. 9921/2017/Admn

Dated, Calicut University.P.O, 08.08.2017

*Read:-*1. U.O No. 8364/2014/Admn Dated, Calicut University.P.O, 25.08.2014

2. Item no. 3 in the minutes of the meeting of the Board of Studies in Psychology UG held on 13.03.2017

3. Item No. I in the minutes of the meeting of Faculty of Science held on 10.07.2017

4. Item No. II(H) in the minutes of the LXXVI meeting of Academic Council held on 17.07.2017

5. Orders of the Vice Chancellor in the file No. 191466/GA IV/J1/2013/CU dated 27.07.2017

ORDER

The Scheme and Syllabus of Core and Complementary courses of BSc Programme in Psychology-Scheme I and II w.e.f 2014 Admissions has been implemented under CUCBCSS UG 2014 in University of Calicut vide paper read as (1).

The Board of Studies in Psychology UG vide paper read as (2), recommended some modifications in the workload and syllabus of B.Sc Psychology of V and VI semester for 2015 and 2016 admission.

Faculty of Science vide paper read as (3), and Academic Council vide paper read as (4), has approved the recommendations The Vice Chancellor has ordered to implement the resolutions of the Faculty of Science vide paper read as (5).

Sanction has, therefore, been accorded for implementing the modifications in the workload and syllabus of B.Sc Psychology of V and VI semester for 2015 and 2016 admission under CUCBCSS UG 2014, in the University. (The modifications attached)

Orders are issued accordingly.

Ajitha P.P

Joint Registrar

To

All Affiliated Colleges offering BSc Psychology
Copy to: Pareeksha Bhavan/ Digital wing

Forwarded / By Order

Section Officer

Course Structure of BSc Psychology for 2015 and 2016 admission

SEMESTER I

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
1	PSY1A01	Common Course I-English	72	4	4	100
2	PSY1A02	Common Course II-English	90	5	3	100
3	PSY1A07	Common Course III-Language other than English	72	4	4	100
4	PSY1B01	Basic themes in Psychology-I	72	4	3	100
5	PSY1C01	Human Physiology	72	4	3	100
6	PSY1C02	Psychological Statistics	72	4	3	100
Total				25	20	600

SEMESTER II

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
7	PSY2A03	Common Course IV-English	72	4	4	100
8	PSY2A04	Common Course V-English	90	5	3	100
9	PSY2A08	Common Course VI-Language other than English	72	4	4	100
10	PSY2B01	Basic themes in Psychology-II	72	4	3	100
11	PSY2C01	Human Physiology	72	4	3	100
12	PSY2C02	Psychological Statistics	72	4	3	100
Total				25	20	600

SEMESTER III

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
13	PSY3A05	Common Course VI-English	90	5	4	100
14	PSY3A09	Common Course VIII-Language other than English	90	5	4	100
15	PSY3B01	Child and Adolescent Development	54	3	3	100
16		Experimental Psychology Practical –I	36	2	*	
17	PSY3C01	Human Physiology	90	5	3	100
18	PSY3C02	Psychological Statistics	90	5	3	100
Total				25	17	500

SEMESTER IV

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
19	PSY4A06	Common Course IX-English	90	5	4	100
20	PSY4A10	Common Course X-Language other than English	90	5	4	100
21	PSY4B01	Adult Development	54	3	3	100
22	PSY4B02	Experimental-I (Practicals)	36	2	4	100
23	PSY4C01	Human Physiology	90	5	3	100
24	PSY4C02	Psychological Statistics	90	5	3	100
Total				25	21	600

SEMESTER V

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
25	PSY5B01	Abnormal Psychology-I	72	4	3	100
26	PSY5B02	Social Psychology	72	4	3	100
27	PSY5B03	Psychological Measurement and Testing	54	3	3	100
28	PSY5B04	Learning and Behavior	54	3	3	100
29	PSY5B05	Elective	54	3	3	100
30		Open Course	36	2	2	50
31		Experimental Psychology Practical- II	54	3	*	
32		Experimental Psychology Practical –III	54	3	*	
Total				25	17	550

Electives

PSY5B05-01 Organisational Psychology

PSY5B05-02 Educational Psychology

PSY5B05-03 Psychology of Crime

PSY5B05-04 Health Psychology

Project may be started from V semester onwards. Evaluation will be done at the end of VIth semester.

SEMESTER VI

Sl.no	Course code	Course title	Total hours	Hours/week	Credits	Marks
34	PSY6B01	Abnormal Psychology II	72	4	3	100
35	PSY6B02	Applied Social psychology	72	4	3	100
36	PSY6B03	Counselling and Psychotherapy	54	3	3	100
37	PSY6B04	Cognitive Psychology	54	3	3	100
38	PSY6B05	Personality Psychology	54	3	3	100
39	PSY6B06	Experimental PsychologyII (Practicals)	54	3	4	100
40	PSY6B07	Experimental Psychology III (Practicals)	54	3	4	100
41	PSY6B08	Project	36	2	2	50
Total				25	25	750

Modified syllabus for V and VI semester of BSc Psychology 2015 and 2016 admission

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B01

ABNORMAL PSYCHOLOGY-1

OBJECTIVES:

- i. To enable students to understand the concepts of abnormal behaviour
- ii. To develop awareness about different type of anxiety and stress disorders
- iii. To encourage the students to know different therapeutic techniques in management of anxiety and stress disorders

Module 1 : Basic concepts

The concept of normality and abnormality, Historical view of abnormal behavior, classificatory systems. Major approaches to Psychopathology- Psychodynamic, Behavioral, Cognitive, Humanistic, Interpersonal, Existential Approaches

Module 2: Causal Factors and Psychopathology

Biological factors: Neurotransmitter- Hormonal imbalance- Genetic defect – Constitutional liabilities – Brain dysfunctions- Physical deprivation – Psychological factor – Schemas and self schemas – Early deprivation of trauma – Inadequate parenting – Pathogenic parenting structure – Maladaptive peer relationships – Socio-cultural factors - Socio-cultural environment – Pathogenic societal influence.

Module 3: Stress disorders

Reaction to common life stressors – Stress from unemployment – Stress from bereavement – Stress from divorce or separation – reaction to severe life stressors – Reaction to catastrophic events – Trauma of rape – The trauma of military combat – The trauma of forced relocation

Module 4 : Anxiety Disorders

Phobic disorders – Panic Disorders and agoraphobia – Generalized anxiety disorders – Obsessive compulsive disorders – Causal factors – Biological, Physiological and Socio-cultural factors

Module 5: Somatoform and Dissociative disorders

Somatization disorder – Hypochondriasis – Pain disorder – Conversion disorder – Dissociative amnesia and Fugue – Dissociative Identity disorder – Depersonalization disorder – Causal factors - Biological, Physiological and Socio-cultural factors

REFERENCES

1. Carson, R.C., Butcher, J.N., & Mineka, S. (1996). *Abnormal Psychology and Modern Life*. (10th ed). New York: Harper Collins Inc.
2. Sadock, B.J., & Sadock, V.N. (2007). *Synopsis of Textbook of Psychiatry*. London: William & Wilkins.
3. Sarason, I.G., & Sarason, B.R. (2005). *Abnormal Psychology- The problem Of Maladaptive behavior*. India: Dorling Kindersly.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B02

SOCIAL PSYCHOLOGY

OBJECTIVES:

To enable the student to

- Understand and explain behavior in social settings
- Explain the psychological aspects of various social phenomena
- To create awareness about the management of human behaviour in group settings

Module 1: Introduction to social psychology & social perception

Definition, aims and scope. Theoretical perspectives. Social perception- Definition, Non verbal communication- facial expression, gazes, stares, body language, touching, deception and micro expressions. Attribution- Definition, Theories-correspondence inference, Kelly's theory, applications of attribution theory, Attribution Errors.

Module 2: Attitudes

Attitude and behavior- Definition, nature, components, functions and formation of attitudes, Persuasion, cognitive approach to persuasion, resistance to persuasion. Cognitive dissonance and attitude change.

Module 3: Group, Social Influence, and Interpersonal Attraction

Groups: nature and functions. Social facilitation, social loafing. Decision making in groups. Group think. Social influence: Conformity, Factors affecting conformity. Compliance: Underlying principles and tactics. Obedience and destructive obedience. Interpersonal attraction: beginning of attraction, proximity, emotions, affiliation need. Becoming acquainted- situational determinants. Love- Triangular Model of love

Module 4: Prosocial behavior and Aggression

Responding to emergency, steps. Altruistic personality. Volunteering. Explaining prosocial behavior: Empathy altruism model, negative state relief model, empathic joy hypothesis, genetic determinism. Aggression. Theoretical perspectives on aggression: role of biological factors, drive theories, modern theories of aggression. Prevention and control of aggression.

REFERENCES

1. Baron, R.A., Branscombe, N.R., Byrne, D., & Bhardwaj, G. (2009). *Social Psychology, 12th ed.* New Delhi: Pearson Education.
2. Baron, R.A., & Byrne, D. (2002). *Social Psychology, 10th ed.* New Delhi: Pearson Education.
3. Chaube, S.P., & Chaube, A. (2006). *Groundwork for Social Psychology (Vol.1)*. Hyderabad: Neelkamal Publications Pvt.Ltd.
4. Feldman, R.S. (2001). *Social Psychology, 3rd ed.* N J. Pearson Education.
5. Michener, H. A., Delamater, J.D., & Myers, D.J. (2004). *Social Psychology*. Australia: Thomson Wadsworth Publication.
6. Myers, D.G. (1999). *Social Psychology, 7th ed.* New Delhi : Pearson Education.
7. Schneider, F.W., Gruman, J.A., & Coutts, L.M. (2005). *Applied Social Psychology: Understanding and addressing social and practical problems*. New Delhi: Sage Publication.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B03

PSYCHOLOGICAL MEASUREMENT AND TESTING

Objectives:

- To offer foundation on psychological measurement and testing
- To provide the basis of test construction
- To build up skills on developing psychometric tests
- To familiarize the uses of psychological tests
- To make aware of ethical principles in testing

Module 1: Levels of Measurement

Definition of measurement; Levels of measurement-Nominal, Ordinal, Interval and Ratio scales in relation to properties of number system: Identity, Order, Equal interval, Zero point;

Module 2: Psychophysical methods

Concept of psycho physics: Absolute threshold, Difference threshold, Weber's law, Fechner's law, Signal detection theory, Subliminal perception. Method of Average Error, Method of Minimal Changes, Method of Constant Stimuli, Method of Paired Comparisons. Models of constructing attitude scales: Thurston, Likert, Guttman.

Module 3: Basic concepts in Psychometry

Norm referenced and criterion referenced measurement. Speed test and power test, Individual and group tests, Verbal, non-verbal and performance tests, Item analysis-difficulty index and discrimination index, Validity and reliability, Norms.

Module 4: A Sample of Psychological Tests

Brief description of the following tests: Binet-Simon Scale, Raven's Progressive Matrices-SPM and CPM, Wechsler Adult Intelligence Scale, Big Five Factor Scale, Thematic Apperception Test, Differential Aptitude Test, Bell Adjustment Inventory, Strong Vocational Interest Blank

REFERENCES

1. Anastasi, A., & Urbina, S. (2010). *Psychological Testing* (7thed.). Delhi: Pearson Education.
2. Chadha, N. K. (2009) *Applied Psychometry*. New Delhi, Sage Publication
3. Furr, R. M & Bacharach, V. R (2008) *Psychometrics*. California: Sage Publication
4. Gregory, R.J. (2000). *Psychological Testing: History, Principles, and Application* (3rded.). Boston: Allyn& Bacon.
5. Krech, D., Crulchfield, R. S & Ballachey, E. L. (1963) *Individual in Society*. London: McGraw-Hill International Book Company.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B04

LEARNING AND BEHAVIOUR

Module1: Introduction-

Innate behaviour patterns and Habituation: Characteristics of goal directed systems, reflexes, sequences of behaviors; General principles of Habituation. SR theories in brief - Thorndike, Guthrie, Hull.

Module 2: Classical conditioning

Basic experiment, basic terms- conditioned stimulus, unconditioned stimulus, conditioned response, unconditioned response, stimulus generalization, discrimination, higher order conditioning, extinction, spontaneous recovery, delayed, backward, trace conditioning. Common Pavlovian conditioning procedures. Excitatory and inhibitory processes, Recent developments- blocking effect, CS pre exposure effect, Overshadowing, The over expectation effect, Sensory pre conditioning; Biological constraints on classical conditioning; Applications.

Module 3: Operant Conditioning

Basic experiments, basic terms- positive and negative reinforcement and punishment, schedules of reinforcement, Shaping of behavior, Factors affecting performance on reinforcement schedules; Escape Learning, Avoidance Learning and Learned Helplessness; Biological constraints on operant conditioning; Applications.

Module 4: Cognitive theories

Kohler- Insight learning, Tolman- Sign learning: and Latent learning. Social learning theory.

REFERENCES

1. Domjan, M. (2006). Learning and Behaviour (6th ed.). USA: Wardsworth.
2. Hilgard, E. R. & Bower, G. H. (1975) Theories of Learning. New Jersey: Prentice Hall, INC
3. Heczenhahn, B. R. (1976). An introduction to Theories of learning. USA: prentice hall. Inc.
4. Mazur, J. E (2002) Learning and Behaviour (5th Edn). New Jersey: Prentice Hall

B. Sc PSYCHOLOGY
SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B05

ELECTIVE

- One paper has to be selected by students from the following three:

PSY5B05-01 Organizational Psychology

PSY5B05-02 Educational Psychology

PSY5B05-03 Psychology of Crime

PSY5B05-04 Health Psychology

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B05-01

Elective

ORGANIZATIONAL PSYCHOLOGY

Objectives:

- 1). To familiarize the concept of human Behaviour in Organizations
- 2). To give knowledge about work-motivation, group, leadership and organizational culture

MODULE 1:INTRODUCTION TO ORGANISATIONAL BEHAVIOUR

The Concept of Organization – Organization and its External Environment – Organisation goals – Challenges and Opportunities - Concepts of Management

MODULE 2:ORGANISATION STRUCTURE – INTRODUCTION

Definition, Related concepts, Types, New patterns, Designing and seven structural configuration: Organisation Theories – Classical, Neo- classical, Systems, Contingency and Organisational learning approach.

MODULE 3:PERCEPTION AND MOTIVATION

The perceptual process, perceptual stimuli, perceptual selection, perceptual organization, social perception, perceptual interpretation and impression management.

Meaning of Motivation, content theories and process theories, management by objectives, employee recognition programs, employee involvement programs, job redesign and scheduling programs, pay programs.

MODULE4:GROUPS AND LEADERSHIP

Basic groups, Theories of group formation, Work teams, Team and quality management and communication.

Leadership- What is leadership, Followership, Leaders and managers, Approaches to the study of leadership phenomenon, Emerging perspectives in leadership.

MODULE 5:CONFLICT AND STRESS

Meaning of conflict, The process of conflict, Classes and sources of conflict, Resolution of conflict.

Meaning of stress, Approaches to understanding stress, Causes of stress, Consequences of stress and Management of stress.

REFERENCES

1. Robbins, S.P.(2005) *Essentials of Organizational Behaviour*, 8th ed. New Delhi: Prentice Hall India Pvt. Ltd.
2. Sharma, R.A.(2000) *Organizational Theory and Behaviour*, 2nd ed. New Delhi: Tata McGraw Hill Publishing Company Limited.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B05-02

Elective

EDUCATIONAL PSYCHOLOGY

Objectives:

- 1). To promote an understanding of the application of psychological principles in the process of education.
- 2). To familiarise the students with the characteristics of normal and exceptional children.
- 3). To provide the ways and methods of teaching and classroom management.

Module 1: Introduction

Nature and Scope of Educational Psychology – Contribution of Piaget, Vygotsky, Skinner, Rogers and Maslow, And Gardener on Education

Module 2: Child Development and Learning

Age-level characteristics and education – Physical, social, emotional and cognitive characteristics of Pre-school and Kinder garten , Lower Primary, Upper Primary, Secondary and Higher secondary students and their implications.

Learning: Behavioural approach – Objectives of instruction – Mastery Learning – Behaviour modification techniques.

Module 3: Educating Exceptional Children

Education of Gifted Children, Juvenile delinquent, Learning Disabled , Mentally Retarded , Physically Disabled ,, Emotional and Behavioural Disordered.

Module 4: Motivation

Behavioural, Cognitive and humanistic perspective – Implication of achievement motivation and attribution theories – Teacher expectations and student learning – Techniques for enhancing student motivation.

REFERENCES

1. Bichler, R. F & Snowman, J (1990) *Psychology Applied to Teaching* (6thEdn) Boston: Houghton Mifflin Company.
2. Santrock, J.W. (2011). *Educational Psychology* (4thed.). New Delhi: Tata McGraw-Hill.
3. Woolfolk, A (2004) *Educational Psychology* (9thEdn) Delhi: Pearson Education

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B05-03

Elective

PSYCHOLOGY OF CRIME

Objectives:

- Mold youngsters with conceptual knowledge in criminology.
- To enable the students to build up on their analytical skills in criminology.

MODULE 1: THEORY AND METHOD

Crime, Criminal law and Criminals-Theories of Crime-Foundations of Modern Criminology-Theories of Crime-Radical, Situational, and Rationality perspectives-Getting a Line on Crime: The production and Use of Data.

MODULE 2: CRIMES AND CRIMINAL OFFENDERS

Murder and Assault-Robbery: Theft by violence and varieties of non-violent- Occupational and Organized Crime- Public Order Crime.

MODULE 3: DOING SOMETHING ABOUT CRIME

Policing society- The judicial process and punishing the criminal offender-. Consequences of Punishment- Crime and Public Policy.

MODULE 4: CORRECTIONAL PSYCHOLOGY

Correction Psychology in Adult Setting- Psychological Assessment in Corrections- Treatment and Rehabilitation in Correctional Facilities- Juvenile Corrections.

MODULE 5: FORENSIC PSYCHOLOGY

Definition- General Concepts- Special areas: Investigative Psychology-Police Psychology-Child Forensic Psychology-Forensic Psychology

REFERENCES:

1. Bartol, C.R & Bartol, A.M. (2004) *Forensic Psychology*. U.K: Sage Publications.
2. Barlow, H.D (1987). *Introduction to Criminology*, Boston: Little Brown & Co.
3. Howitt (2002) *Forensic and Criminal Psychology*. London: Prentice Hall.
4. Dutta, R.K. (2003) *Crime against Women*. New Delhi: Reference Press
5. Pognepin, M.R (2003) *Qualitative Approaches to Criminal Justice perspective from the field*. London: Sage Publications.

B.Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 5

Credit: 3

Code No: PSY5B05-04

Elective

HEALTH PSYCHOLOGY

Module 1: Introduction To Health Psychology

Need and significance. History. Health, disease, illness, well-being and quality of life. Contributions. Bio-psycho-social model

Module 2: Stress and Management

Stress : Models, Physiological Basis. Psychophysiological and Psychosomatic Disorders. Coping & Stress Management. Psychoneuroimmunology

Module 3: Theoretical basis for changing health habits

Attribution Theories, Health Locus Of Control, Health Belief Model, Protection Motivation Theory, Theory of Planned Behavior, Social Cognitive Theories, Health Action Process Approach, Trans theoretical Change Model.

Module 4: Health Enhancing and Compromising Behaviors

Exercise, Diet, Weight Control, Cancer Related Health Behaviors

Module 5: Psychosocial Aspects of Chronic Illness

Cancer, AIDS, Hypertension, Diabetes, Ageing, Terminal Illness, Degenerative Disease, Death, Psychosocial Management of Chronic Illnesses

REFERENCE

1. Brannon, J. & Feist, J. (1999). *Health Psychology: An Introduction to behavior and health* (4th ed,) Wadsworth Thomson Learning
2. Dematteo, R.M & Martin, R.L. (2007). *Health Psychology*. Pearson Education
3. Marks, D.F; Murray, M; Evans, B & Estacio, E.V. (2008). *Health Psychology: Theory & practice*. Delhi: Sage
4. Roberts, R., Towell, T. & Golding, J.F. (2001). *Foundations of Health Psychology*. Palgrave Houndmills, New York.
5. Taylor, E. (2006). *Health Psychology*. New Delhi: McGraw Hills Inc.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 3

Code No: PSY6B01

ABNORMAL PSYCHOLOGY-II

OBJECTIVES:

- i. To develop awareness about Major Psychological Disorders
- ii. To acquaint the students with causes of major psychological disorders
- iii. To familiarize the students about different therapeutic techniques used in the management of major psychological disorders.

Module1: Personality Disorders

Clinical features of personality disorders, Types of personality disorders – Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive-compulsive, Passive aggressive personality disorders – Causal factors in Personality Disorders – Biological, Physiological and Socio-cultural factors – Sexual development and orientation disturbances

Module 2: Substance abuse and dependence:

Alcohol abuse and dependence – Clinical Picture – Causal factors – Treatment and outcomes – Drug abuse and dependence – opium and its derivatives – Barbiturates – Amphetamines – Cocaine – Hallucinogens – Marijuana – Caffeine and nicotine – Factors affecting drug abuse

Module 3: Mood Disorders

Mania and depression – Unipolar and Bipolar disorders – Causal factors in mood disorders – Biological, Physiological and Socio-cultural factors

Module 4: Schizophrenia and Delusion Disorder

The clinical picture in schizophrenia – subtypes of schizophrenia – Paranoid Type – Catatonic type – Disorganized Type – Residual Type and undifferentiated type - Causal factors in schizophrenia– Biological, Physiological and Socio-cultural factors - The clinical picture in delusional disorder – Causal Factors in delusional disorder

REFERENCES

1. Carson, R.C., Butcher, J.N., & Mineka, S. (1996). *Abnormal Psychology and Modern Life*. (10th ed). New York: Harper Collins Inc.
2. Sadock, B.J., & Sadock, V.N. (2007) *Synopsis of Textbook of Psychiatry*. London: William & Wilkins.
3. Sarason, I.G., & Sarason, B.R., (2005) *Abnormal Psychology- The problem Of Maladaptive behavior*. India: Dorling Kindersly.
4. Hurlock, E.B. (1976). *Personality Development*, (IMH Ed). New York: McGraw Hill.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 3

Code No: PSY6B02

APPLIED SOCIAL PSYCHOLOGY

Objectives:

1. To familiarize the theoretical concept and research methods in applied psychology.
2. To give knowledge about application of social psychology in different areas like clinical, educational, health and media.
3. To understand the major social issues in India.

Module 1: Foundations of applied social psychology

Social psychology and related disciplines. Applied social psychology: historical context. Social psychological theories- cognitive dissonance theory, group think theory. Research methods in applied social psychology.

Module 2: Applying social psychology to clinical and counseling psychology

Social psychological roots of social anxiety. Social psychological model of depression. Treatment and prevention- self presentation theory, hopelessness theory and biases in clinical decision making.

Module 3: Applying social psychology to the media and health

Consequence of viewing media violence- fear, aggressive thoughts. Effects of exposure to violent pornography. Reducing the harmful effects of exposure to violent sexual material. Health-Biopsychosocial model. Promoting Health and preventing illness. Changing health behavior.

Module 4: Applying social psychology to education and classroom

Intrapersonal processes- Increasing success reducing failures, factors affecting student performance, improving students performance. Interpersonal processes- teacher student interaction, teacher expectation, student achievement, cognitive errors and student, self perception and their academic consequence. School violence.

Module 5: Social problems in India and applying social psychology to positive well-being

The concept of social problems, characteristics, causes, types, stages in the development of social problems, and solving social problems. Brief description about the concept of child abuse and child labor, and violence against women.

REFERENCES

1. Chaube, S.P., & Chaube, A. (2006). *Groundwork for Social Psychology (Vol.1)*. Hyderabad: Neelkamal Publications Pvt.Ltd.
2. Myers, D.G. (1999). *Social Psychology, 7th ed.* New Delhi: Pearson Education.
3. Ram ahuja (1999). *Social Problems in India*. Jaipur and New Delhi: Rawat Publications.
4. Schneider, F.W., Gruman, J.A., & Coutts, L.M. (2005). *Applied Social Psychology: Understanding and addressing social and practical problems*. New Delhi: Sage Publication.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 3

Code No: PSY6B01

COUNSELLING AND PSYCHOTHERAPY

OBJECTIVES

1. To enable the student to explore the different theories of Psychotherapy and Counselling psychology
2. To enable the student to acquire the sufficient knowledge in the area of Counselling and Psychotherapy in order to understand areas of specialization.

MODULE 1 : FUNDAMENTALS OF COUNSELLING AND PSYCHOTHERAPY

Definition, Goals, Process of counseling and psychotherapy, Counselling relationship – Characteristics of counselor, Termination and Follow up, Areas of Counselling and Psychotherapy – Basic differences, Ethical issues.

MODULE 2 : STRATEGIES AND TECHNIQUES

Counselling Interview – Assessment and diagnosis – Psychological testing

MODULE 3 : THEORIES AND PRACTICE OF COUNSELLING AND PSYCHOTHERAPY

Brief description on Psychoanalytic therapy – Person centered therapy – Gestalt therapy – Behavioural therapy - Cognitive therapy

MODULE 4 : APPLICATION OF COUNSELLING AND PSYCHOTHERAPY

Counselling children and adolescents – School counseling – Career counseling – Marital and family counseling – Alcohol and substance abuse counseling – counseling older adults – Crisis intervention.

MODULE 5 : GROUP COUNSELLING AND PSYCHOTHERAPY

Brief description about group counseling and psychotherapy- Effective leadership in group therapy – Therapeutic group work: Training groups, Sensitivity training groups, Encounter and growth group, Self-help group

REFERENCES

1. Corey,G(2001) *Theory and Practice of Counselling and Psychotherapy*.6thed.Brooks/Cole :USA
2. DeLucia-Waack,J.L., Gerrity,D.A., Kalodnes.C.R., Riva,M.T(2004) *Handbook of Group Counselling and Psychotherapy*. Sage Publication: NewDelhi.
3. Gelso,C.J., Fretz,B.R (1992) *Counselling Psychology*. Harcourt Brace College Publishers : NewYork
4. Jones, N.R(1995) *Theory and Practice of Counselling*,2nded,Holt,Rinehart and Winston Ltd. NewYork.
5. Patterson, L.E (1999) *The counseling process*,5thed,Cleveland State University,Thomson Asia pvtLtd,USA.
6. Sharf, R.S (2000) *Theories of Psychotherapy and Counselling: Concepts and Cases*, 2nd ed. Brooks/Cole :USA
7. Woolfe,R., Dryden,W., Strawbridge, S(2003) *Handbook of Counselling Psychology*,2nded Sage Publication: New Delhi.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 3

Code No: PSY6B04

COGNITIVE PSYCHOLOGY

Objectives

- Familiarize the field of Cognitive Psychology
- To enable students to gain an understanding about the development of the field of cognitive psychology
- To create awareness about the current standing of the field

Module 1: Cognitive psychology: Coming of age

Perspectives of cognition: Information processing and connectionist approach

History: Philosophical, psychological and technological roots of cognitive psychology

Module 2: Methods of tapping the mind

Experimental cognitive psychology; Cognitive neuropsychology; Cognitive neuroscience; Cognitive science

Module 3: A few cognitive theories

Memory: Atkinson Shiffrin Model of memory; Levels of processing model; Nature of memory model

Visual perception: Bottom up and top down approach

Module 4: Changing nature of cognition

Traditional theories of intelligence: Two-factor theory, Hierarchical theory, Multi-factor theory, Three dimensional models.

Module 5: Changing nature of cognition II

Contemporary theories of intelligence: Sternberg's theory, Gardner's theory, Goleman's theory, PASS model.

REFERENCES

1. Eysenck, M. W., & Keane, M. T. (2000). *Cognitive psychology: A Students Guide*. New York: Psychology press.

2. Margeret, M. (2009). *Cognition* (7th edition). John Wiley & Sons
3. Sternberg, R. J. (2007). *Cognitive Psychology* (5th edition). Delhi: Thomson Wadsworth.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 3

Code No: PSY6B05

PERSONALITY PSYCHOLOGY

Module 1: Psychoanalytic approach

Freud's theory – structure of mind- Id, Ego, Super ego. Instincts: life and death instincts, characteristics of instincts: Source, pressure, aim, object. Different types of anxiety and defense mechanisms. Psychosexual stages- Oedipus complex, interpretation of Dreams. Contributions Neo Freudians in brief: Jung, Adler, Horney, Erich Fromm.

Module 2: Trait theories

Trait theories- concept of a personality trait, cardinal, central and secondary dispositions, surface and source traits. Characteristics of each of the factors and sub dimensions of Five Factor theory. Indian concepts: Triguna theory.

Module 3: Humanistic perspectives.

Rogers- the field of experience, the self as process, self actualizing tendency, personal power, congruence and incongruence, fully functioning person.

Maslow- Hierarchy of Needs, self actualization, peak experiences, eupsychia, synergy.

Module 4: Eastern and Positive Perspectives

Brief Description of Eastern views: yoga- three principles of creation, karma, schools of yoga, Perspectives of positive psychology

REFERENCES

1. Aleem, S. (2012). *Theories of psychology*. India: Dorling Kindersley.
2. Carr, Alan (2011) *Positive Psychology* (2ndEdn) London : Routledge
3. Frager, R., & Fadiman, J. (2009). *Personality and Personal Growth*(6thed). India: Dorling Kindersley.
4. Hall, C.S., Lindzey, G., Campbell, G.B.(1998). *Theories of Personality*. (4thed). New Delhi: John Wiley& sons

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 4

Code No: PSY6B06

EXPERIMENTAL PSYCHOLOGY – PRACTICALS II

OBJECTIVES:

- 1.To create interest in the subject matter of psychology.
 - 2.To develop scientific and experimental attitudes in the students.
 - 3.To facilitate comprehension of the theoretical concepts through experiments.
 - 4.to develop the skills of observation and scientific reporting in psychology.
- Sensation and perception
 - 1.Depth perception
 - 2.Colour blindness
 - Reaction time
 - 3.Simple reaction time
 - 4.Choice reaction time
 - Transfer of training
 - 5.Bilateral transfer
 - 6.Habit interference
 - 7.Level of aspiration
 - 8.Knowledge of results
 - Motor tests
 - 9.Tracing tests
 - 10.Steadiness test
 - 11.Tweezer dexterity tests
 - 12.Finger dexterity tests

NOTE: From the list 7 experiments must be compulsorily conducted. A few suitable experiments can be conducted using simple experimental design like before and after, 2 group experimental – control group designs and ABBA sequence.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 4

Code No: PSY6B07

EXPERIMENTAL PSYCHOLOGY PRACTICALS III: PSYCHOLOGICAL TESTING

OBJECTIVES:

1. To familiarize with psychological instruments and tools.
2. To generate interest in the analysis of psychological tests
3. To develop the skills of testing and scientific reporting in psychology

LIST OF EXPERIMENTS

1. 7 Sub tests of DAT
2. Standard Progressive Matrices (SPM)

Note: Above 2 tests are Compulsory

1. Eysenck's Personality Questionnaire- Revised
2. 16 PF questionnaire
3. Bhatia's Battery of Performance Intelligence Tests
4. Mathew Test of Mental Ability
5. Beck Depression Inventory
6. Bells Adjustment Inventory
7. Sequin Form Board Test
8. Emotional Intelligence Test

Note: From the list, 2 experiments must be compulsorily conducted.

B. Sc PSYCHOLOGY

SCHEME – I & II

SEMESTER: 6

Credit: 2

Code No: PSY6B08

PROJECT

- A small research work has to be conducted by students supervised by Teachers.
- Qualitative, Exploratory, Descriptive, works have to be preferred.
- Preferably tool may be prepared by students themselves like interview schedule, observation schedule, questionnaire, categories of content analysis etc.
- Pattern:
 - Part – I: Introduction and Review - 4 -7 pages
 - Part - II: Objective and Method – 1-3 pages
 - Part – III: Result and Discussion – 3- 5 pages
- Evaluation may be based on novelty, effort, presentation skills and knowledge base as evidenced in the viva

OPEN COURSE

One or both of the following courses may be offered by Departments of Psychology for other students

CHOICE-I

Code:PSY5D01

PSYCHOLOGY AND PERSONAL GROWTH

CHOICE –II

Code: PSY5D02

LIFE SKILL DEVELOPMENT

Open Course

To be offered by Department of Psychology for other students

Semester: 5

Credit: 2

Code: PSY5D01

OPEN COURSE CHOICE -I

PSYCHOLOGY AND PERSONAL GROWTH

The contents and teaching of this part is general and designed to suit as a general or peripheral paper for non-Psychology main students. The class room interaction should focus on experiential component of learning apart from the usual lectures

1. **Psychology:** - The subject matter and scope-Branches of Psychology and its application in personal and social life. – Brief out line of transactional analysis and Positive Psychology.
2. **Concept of Happiness:-** Basic nature of emotional development. Positive and negative emotional state. Control of emotional states. Happiness – causes and effect of happiness-application in day to day life. Hope and Optimistic Behaviour- General Concepts.
3. **Positive Self:** - Self esteem-determinants-self efficacy-Development of social and personal self-Barriers in self development. Conflicts and frustration management-coping processes and defenses-resolutions and positive approach in self development.
4. **Positive Social Relations:** - Person and social attitudes-Family and relationships-role of emotional intelligence in activating social life. Social well-being and personal growth-implications- value orientation.
5. **Methods for Personal Growth.** Meditation as a tool for personal growth-Yoga techniques for enhancing personal effectiveness and positive emotional and social life.

Book for Study

Carr, Alan (2011) *Positive Psychology* (2ndEdn), New York: Routledge Taylor and Francis Group.

REFERENCE:

1. Fadiman, James and Frager, Robert (2002) *Personality and Personal Growth* (5thEdn) Prentice Hall

Semester: 5

Credit: 2

Code: PSY5D02

OPEN COURSE CHOICE-II

LIFE SKILL DEVELOPMENT

Objectives:

- 1)To promote life skill education
- 2)To develop abilities for adaptive and positive behavior
- 3)To enhance self confidence and self esteem

Module 1: Introduction to Life skills Definition –communication and action skills: verbal and vocal communication skills-body language-

Mind skills, rules skill, self talk skills, explanation skills, expectation skills, time management skills, self awareness

Module 2:

Presentation Skills Planning, structuring and delivering a presentation-

Effective use of language and audio visual aid —Managing Performance Anxiety, Relaxation techniques, Interviews and Group Discussions

Module 3: Relationship Skills

Introduction-Skills for Listening and Understanding, Skills for choosing and starting relationship, Skills for anger management, Coping with emotions and stress, Leadership skills.

Module 4: Critical Thinking Skills Critical Thinking, Creative Thinking -Stages, Strategies to improve creativity, Decision Making, Problem Solving - Steps, Strategies, Factors Affecting.

Activities: Make a Plan for Critical Thinking; Demonstrate Conflict Management.

REFERENCES

- 1.Jones,R.N.(2007) Life coaching skills-how to develop skilled clients. New Delhi: Sage Publications.
- 2.Lewis,H.(2000) Body Language-A guide to Professionals
New Delhi: Response Books.
- 3.Kaul,A.(2005). The Effective Presentation-Talk your way to succes New Delhi: Response Books.
- 4.Mishra, B.K.(2008). Psychology-The Study Of Human Behaviour.New Delhi: Prentice Hall India Ltd.
- 5.Sherfield, R.M., Montgomery, R.J. &Moody, P.G.(2009). Developing Soft Skills. 4thed New Delhi: Pearson Education
- 6.Shephard , K. (2005) Presenting at Conferences, Seminars and Meetings. New Delhi: Response Books.
- 7.Sanghi, S. (2007). Towards a Personal Excellence-Psychometric Tests & Self Improving.
- 8.Techniques for managers.New Delhi.Response Bo