

**SCHEME AND SYLLABUS FOR CHOICE BASED CREDIT SYSTEM IN BA PSYCHOLOGY TO BE IMPLEMENTED FROM THE SESSION 2016-2017 ONWARDS**

**CONTENTS**

Sr. No	Course	Course Name	Semester	Course Code	Award Type	Credits	Marks	
							Min	Max
<b>SEMESTER-I</b>								
	Core Course	English/MIL-1	I	Common for all Students				
	Ability Enhancement Compulsory Course (AECC)	(English/MIL communication) Or Environmental Science	I	Common for all students				
1	Psychology-Core -1	Foundation of Psychology	I	BAPSYC101TH	Theory (ESE)	2	18	40
	Psychology-Core-1	Foundation of Psychology	I	BAPSYC101PR	Practical (ESE )	2	14	30
	Psychology-Core-1	Foundation of Psychology	I	BAPSYC101IA	Internal Assessment (CCA)	2	14	30
	Core	DSC-2A (Choice based course from other discipline)						
<b>SEMESTER-II</b>								
	Core Course	MIL/English-1	II	Common for all students				
	Ability Enhancement Compulsory Course (AECC)	(English/MIL communication) Or Environmental Science	II	Common for all students				
2.	Psychology-Core-2	Introduction to Social Psychology	II	BAPSYC202TH	Theory (ESE)	4	32	70
	Psychology-Core-2	Introduction to Social Psychology	II	BAPSYC202IA	Internal Assessment (CCA)	2	14	30
	Core	DSC-2B						

		(Choice based course from other discipline)						
<b>SEMESER-III</b>								
	Core Course	English/MIL-2						
3	Psychology-Core-3	Psychological Disorders	III	BAPSYC303TH	Theory (ESE)	4	32	70
	Psychology-Core-3	Psychological Disorders	III	BAPSYC303 IA	Internal Assessment (CCA)	2	14	30
	Core	DSC-2C (Choice based course from other discipline)						
4	Psychology-SEC-1	Developing emotional competence Or Managing Human Resources (Pl. opt any one course)	III	BAPSYC304TH	Theory (ESE)	4	32	70
	Psychology-SEC-1	Developing emotional competence Or Managing Human Resources (Pl. opt any one course)	III	BAPSYC304IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-IV</b>								
	Core Course	MIL/English-2						
5	Psychology-core-4	Statistical Methods and Psychological Research	IV	BAPSYC405TH	Theory (ESE)	2	18	40
	Psychology-core-4	Statistical Methods and Psychological Research	IV	BAPSYC405PR	Practical (ESE)	2	14	30
	Psychology-core-4	Statistical Methods and Psychological	IV	BAPSYC405 IA	Internal Assessment (CCA)	2	14	30

		Research						
	Core Course	DSC-2D (Choice based course from other discipline)						
6	Psychology-SEC-2	Making Decisions/Psychology in education	IV	BAPSYC406TH	Theory (ESE)	4	32	70
	Psychology-SEC-2	Making Decisions/Psychology in education	IV	BAPSYC406IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-V</b>								
7	Psychology-SEC-3	Managing Stress	V	BAPSYC507TH	Theory (ESE)	4	32	70
	Psychology-SEC-3	Managing Stress	V	BAPSYC507 IA	Internal Assessment (CCA)	2	14	30
8	Psychology-DSE-1Ab/2Ba	Counselling Psychology Or Industrial/organization Psychology (Pl. opt any one course)	V	BAPSYC508TH	Theory (ESE)	2	18	40
	Psychology-DSE-1Ab/2Ba	Counselling Psychology Or Industrial/organization Psychology (Pl. opt any one course)	V	BAPSYC508PR	Practical (ESE)	2	14	30
	Psychology-DSE-1Ab/2Ba	Counselling Psychology Or Industrial/organization Psychology (Pl. opt any one course)	V	BAPSYC508IA	Internal Assessment (CCA)	2	14	30
9	Psychology-GE-1	Psychology for living	V	BAPSYC509TH	Theory (ESE)	4	32	70

	Psychology-GE-1	Psychology for living	V	BAPSYC509IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-VI</b>								
10	Psychology SEC-4	Application of social psychology	VI	BAPSYC610TH	Theory (ESE)	4	32	70
	Psychology SEC-4	Application of social psychology	VI	BAPSYC610IA	Internal Assessment (CCA)	2	14	30
11	Psychology DSE-1Aa/2Bb	Life span development Or Health and Well-being	VI	BAPSYC611TH	Theory (ESE)	2	18	40
	Psychology DSE-1Aa/2Bb	Life span development Or Health and Well-being	VI	BAPSYC611PR	Practical (ESE)	2	14	30
	Psychology DSE-1Aa/2Bb	Life span development Or Health and Well-being	VI	BAPSYC611IA	Internal Assessment (CCA)	2	14	30
12	Psychology-GE-2	Self and Personal Growth or Psychology of Gender (Pl. opt any one course)	VI	BAPSYC612TH	Theory (ESE)	4	32	70
	Psychology-GE-2	Self and Personal Growth Or Psychology of Gender (Pl. opt any one course)	VI	BAPSYC612IA	Internal Assessment (CCA)	2	14	30

*Sd/-*  
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*Chairman Dept of Psychology HPU & Convener BOS*

# BA PSYCHOLOGY

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.

## SEMESTER-I BA PSYCHOLOGY (CORE-1)

### FOUNDATION OF PSYCHOLOGY (BAPSYC101)

#### SEMESTER-1 COURSE: FOUNDATION OF PSYCHOLOGY (BAPSYC101TH/PR)

Course Code	BAPSYC101TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

#### FOUNDATION OF PSYCHOLOGY (BAPSYC101IA) 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.

#### FOUNDATION OF PSYCHOLOGY (PSYC101TH/PR)

##### Paper setting schemes for psychology Theory/Practical (End Semester Examination)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs

**FOUNDATION OF PSYCHOLOGY (BAPSYC101PR)**  
Marks Allocation Scheme (Practical Paper)

Particulars	Maximum Marks
Experimentation	15
Practical File	10
Viva Voce	05
Total	30

**FOUNDATION OF PSYCHOLOGY (BAPSYC101TH)**  
Allotted Time Hours

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

**FOUNDATION OF PSYCHOLOGY (PSYC101TH)**

**Paper Setting Scheme for End Semester Examination**

**SYLLABUS**

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

# FOUNDATION OF PSYCHOLOGY (BAPSYC101)

## **Unit 1: Introduction:**

Psychology: a science and a perspective. Methods: Experimental and Observational.

## **Unit 2: Cognitive processes:**

Perception: nature of perception, laws of perceptual organization, learning: conditioning, observational learning.

## **Unit 3: Motivation and Emotion:**

Motives: biogenic and sociogenic motives.

Emotions: Nature of emotions, key emotions.

## **Unit 4: Personality and Intelligence:**

Personality: nature, determinants

Intelligence: nature, determinants

Practicum: Two experiments to be done on any two topics from the syllabus.

## **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.

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

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

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

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

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

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

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

**SEMESTER-II**  
**BA PSYCHOLOGY (CORE-2)**

**INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202)**

**COURSE: INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202TH)**

Course Code	BAPSYC202TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202IA)**  
**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 (BAPSYC202TH)**  
End Semester Examination System

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



## INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202)

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)

## INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202TH)

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**

## **INTRODUCTION TO SOCIAL PSYCHOLOGY (BAPSYC202)**

### **Unit 1: Introduction:**

Concept of social psychology; Scope of social Psychology.  
Methods of social Psychology: Sociometry and Questionnaire.

### **Unit 2: Individual level processes:**

Person perception: Concept and nature.  
Attitude: formation and change

### **Unit 3: Interpersonal processes:**

Interpersonal attraction; concept and determinants.

### **Unit 4: Group dynamics:**

Key aspects of groups: Social influence: conformity and obedience.

## **Readings**

- Baron, R. A., Byrne, d. & Bhardwaj, G. (2010). Social Psychology (12 th Ed.). New Delhi: Pearson.
- Chadha, N. K. (2012). Social Psychology. New Delhi: MacMillan.
- Singh, R. N. (2009). Adhunik samajik Manovigyan. Agra: Aggarwal Publications.
- Mohanty, Girishbala (2008). Social Psychology. New Delhi: Kalyani Publishers.
- Mthur, S. S. (2009). Samaj manovigyan. Agra: Mudrak B. P. Printers.
- Srivastava, D. N. (2011). Adhunik samajik manovigyan. Agra: Aggarwal Publications.
- Srivastava, D. N., Singh, R. & Pandey, J. (1991). Adhunik samaj manovigyan. Agra: Bhargava
- Mathur, S. S. (Revised). Social Psychology. Agra Aggrawal Pub.
- Myers, D. G. (2008). Social Psychology. New Delhi: Tata McGraw Hill.
- Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications
- Zinta, R. L. & Negi, S. (2013). Wellbeing: A case study on polyandrous and monogamous tribal people. New Delhi: Neha Publication.
- Zinta, R. L. & Kumari, S. (2016). Psychology of marriage. New Delhi: Indu Book Services.

**SEMESTER-III**  
**BA PSYCHOLOGY (CORE-3)**

**PSYCHOLOGICAL DISORDERS (BAPSYC303)**

**COURSE: PSYCHOLOGICAL DISORDERS (BAPSYC303TH)**

Course Code	BAPSYC303TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**PSYCHOLOGICAL DISORDERS (BAPSYC303IA)**

**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 DISORDERS (BAPSYC303TH)**

End Semester Examination System

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

### PSYCHOLOGICAL DISORDERS (BAPSYC303)

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

### PSYCHOLOGICAL DISORDERS (BAPSYC303TH)

#### 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

## SEMESTER-III

### PSYCHOLOGICAL DISORDERS (BAPSYC303)

**Unit 1:** Basic Concepts: Definition and criteria of abnormality; Difference between Normal and Abnormal.

**Unit 2:** Theoretical perspectives:  
Behavioral and psychodynamic.

**Unit 3:** Clinical status:  
Concept of Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia: Paranoid and Catatonic.

**Unit 4:** Treatment of disorders:  
a) Biological treatment: Electroconvulsive therapy.  
b) Psychological treatment: Psychoanalytic therapy and Behaviour therapy.

#### 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.

Davison, G. C. & Neale, J. M. (1998). Abnormal Psychology (7<sup>th</sup> Ed.). New York: John Wiley.

Sarason, I. G. , & Sarason. B. R. (1996). Abnormal Psychology. New Delhi: Prentice Hall of India.

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

Mohanty, G. (2004). A text book of abnormal psychology. New Delhi: Kalyani.

Singh, L. & Tiwari, G. (2008). Asamanaya Manovigyan. Agra: Vinok Pustak mandir.

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

Singh, R. N. (2009). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.

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

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

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

**SEMESTER-III  
BA PSYCHOLOGY (SEC-1)**

**DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304)**

**COURSE: DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304TH)**

Course Code	BAPSYC304TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304 IA)  
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.

**DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304TH)  
Allotted Time Hours for End Semester Examination System**

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

## **DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304)**

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

## **DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304TH)**

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

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**  
**DEVELOPING EMOTIONAL COMPETENCE (BAPSYC304)**

Unit 1: Concept and nature of emotion. External and internal changes during emotions.

Unit 2: Some important emotions. Benefits of positive emotions.

Unit 3: Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

Unit 4: EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills.

**Readings:**

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. (2010). Psychology Manual. New Delhi: HG Publications.

**OR**



**SEMESTER-III**  
**BA PSYCHOLOGY (SEC-1)**  
**MANAGING HUMAN RESOURCES (BAPSYC304)**

**COURSE: MANAGING HUMAN RESOURCES (BAPSYC304TH)**

Course Code	BAPSYC304TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:**  
**MANAGING HUMAN RESOURCES (BAPSYC304IA)**

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.

**MANAGING HUMAN RESOURCES (BAPSYC304TH)**

End Semester Examination System

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

## MANAGING HUMAN RESOURCES (BAPSYC304)

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

## MANAGING HUMAN RESOURCES (BAPSYC304TH)

Paper Setting Scheme 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-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**

## **MANAGING HUMAN RESOURCES (BAPSYC304)**

**Unit 1** : Introduction: Human resource management, Human resource development.

**Unit- 2:** Strategic Human Resource Management, International Human Resource Management.

Unit-3 : Cross-cultural issues regarding management of human resources.

Unit 4: Human resource practices: Job analysis, Selection, training, performance evaluation.

### **Readings:**

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Chadha, N.K. (2005). Human Resource Management-Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.

DeCenzo,D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.

Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press.

**SEMESTER-IV  
BA PSYCHOLOGY (CORE-4)**

**STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH  
(BAPSYC405)**

**COURSE: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH  
(BAPSYC405TH/PR)**

Course Code	BAPSYC405TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

**STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH  
(BAPSYC405IA)**

**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 AND PSYCHOLOGICAL RESEARCH (BAPSYC405TH/PR)**  
Marks Allocation Scheme (Practical Paper) and Allotted Time Hour (ESE)

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs

**STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (BAPSYC405/PR)**  
 Marks allocation schemes (Practical Paper)

Particulars	Maximum Marks
Experimentation	15
Practical File	10
Viva Voce	05
Total	30

**STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH  
 (BAPSYC405)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

**STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH  
(BAPSYC405TH)**

Paper Setting Scheme for theory paper in End Semester Examination

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

**SYLLABUS**  
**STATISTICAL METHODS AND PSYCHOLOGICAL**  
**RESEARCH (BAPSYC405)**

**Unit 1:** Measures of central tendency: Mean, Mode and Median for grouped data by any one method.

**Unit 2:** Standard deviation computation.

**Unit 3:** Correlation: Types, computation by Pearson method.

**Unit 4:** Qualitative methods: Interview, observation, case study.

Practicum: Two practicum to be done: 1 psychological test + 1 practical based on Unit-4

**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.

Garrett, H. E. (2007). Shiksha aur manovigyan mein sankhyaki ka prayog. New Delhi: Kalyani.

Guilford, J. P. (1954). Psychometric methods. Bombay: Tata McGraw Hill Pub. Co. Ltd.

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

Singh, R. N. (2009). Adhunik samajik Manovigyan. Agra: Aggarwal Publications.

**SEMESTER-IV  
BA PSYCHOLOGY (SEC-2)**

**MAKING DECISIONS (BAPSYC406)**

**COURSE: MAKING DECISIONS (BAPSYC406TH)**

Course Code	BAPSY 0406TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**MAKING DECISIONS (BAPSYC406IA)  
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.

**MAKING DECISIONS (BAPSYC406TH)**

**End Semester Examination**

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

**MAKING DECISIONS (BAPSYC406)**

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



## MAKING DECISIONS (BAPSYC406TH)

### Paper Setting Scheme 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 MAKING DECISIONS (BAPSYC406)**

**Unit 1:** Introduction: Basic concepts of decision making, Importance of making good Decisions.

**Unit 2:** Creative thinking: Brief concept, nature and stages.

**Unit 3:** Brief concept of self-efficacy, use of self-efficacy in life.

**Unit-4:** Making effective decisions: Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace.

### **Readings:**

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

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

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

Bandura, A. (1987). Social foundation of thoughts and action: A social cognitive theory. Englewood Cliffs: NJ Prentice Hall.

Sud, S. (1998). Hindi version of General Self-efficacy Scale. Varanasi: Rupa Publications.

**OR**

**SEMESTER-IV  
BA PSYCHOLOGY (SEC-2)**

**PSYCHOLOGY IN EDUCATION (BAPSYC406)**

**COURSE: PSYCHOLOGY IN EDUCATION (BAPSYC406TH)**

Course Code	BAPSYC406 TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**PSYCHOLOGY IN EDUCATION (BAPSYC406IA)**

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 IN EDUCATION (BAPSYC406TH)**

End Semester Examination System

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 IN EDUCATION (BAPSYC406)

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 IN EDUCATION (BAPSYC406TH) Paper Setting Scheme (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-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 PSYCHOLOGY IN EDUCATION (BAPSYC406)**

**Unit I:** Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology.

**Unit-2:** Human Diversity and Education (Socio-cultural Differences: Gender, Socio-Economic Status, Linguistic Diversity).

**Unit 3:** Effective Teaching and Classroom Management  
Characteristics of Effective Teachers.

**Unit-4:** Teaching Methods, Classroom Management,  
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.

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.

**SEMESTER-V  
BA PSYCHOLOGY (SEC-3)**

**MANAGING STRESS (BAPSYC507)**

**COURSE: MANAGING STRESS (BAPSYC507TH)**

Course Code	BAPSYC507TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**MANAGING STRESS (BAPSYC507IA)**

**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.

**MANAGING STRESS (BAPSYC507TH)  
End Semester Examination System**

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

### MANAGING STRESS (BAPSYC507)

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

### MANAGING STRESS (BAPSYC507TH)

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-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 MANAGING STRESS (BAPSYC507)**

**Unit 1:** Stress: Nature of stress, symptoms of stress.

**Unit 2:** Sources of stress. Stress and Health.

**Unit-3:** Problem focused and emotion focused approaches. Defense mechanisms.

**Unit-4** Managing stress: Methods - yoga, meditation, relaxation techniques.

### **Readings:**

DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning .

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

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

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

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

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

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

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

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



**SEMESTER-V**  
**BA PSYCHOLOGY (DSE-2Ba)**

**COUNSELING PSYCHOLOGY (BAPSYC508)**

**COURSE: COUNSELING PSYCHOLOGY (BAPSYC508TH/PR)**

Course Code	BAPSYC508 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

**COURSE: COUNSELING PSYCHOLOGY (BAPSYC508IA)**

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.

**COURSE: COUNSELING PSYCHOLOGY (BAPSYC508TH/PR)**

End Semester Examination system

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs

**COURSE: COUNSELING PSYCHOLOGY (BAPSYC508PR)**  
**Marks Allocation Scheme (Practical Paper)**

Particulars	Maximum Marks
Experimentation	15
Practical File	10
Viva Voce	05
Total	30

**COUNSELING PSYCHOLOGY (BAPSYC508TH)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

**COUNSELING PSYCHOLOGY (BAPSYC508TH)**  
**Paper Setting Scheme For End Semester Examination**

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

## **SYLLABUS**

### **COURSE: COUNSELING PSYCHOLOGY (BAPSYC508)**

**UNIT- 1:** Introduction: Meaning and goals; Counseling process ; Counselor Effectiveness.

**UNIT-2:** Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral.

**UNIT-3:** Techniques: Play, art, drama, music, dance; Yoga and meditation.

**UNIT-4:** Applications: Family Counseling; School and Career Counseling.

**Practicum:** Students are required to carry out any 1 practical based on the syllabus.

#### **READINGS:**

Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). 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.

**OR**

**SEMESTER-V  
BA PSYCHOLOGY (DSE-1Ab)**

**INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY (BAPSYC508)**

**COURSE: INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY  
(BAPSYC508TH/PR)**

Course Code	BAPSYC508 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

**COURSE: INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY  
(BAPSYC508IA)**

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.

**COURSE: INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY  
(BAPSYC508TH/PR)**

End Semester Examination system

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs

**COURSE: INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY  
(BAPSYC508PR)**

**Marks Allocation Scheme (Practical Paper)**

Particulars	Maximum Marks
Experimentation	15
Practical File	10
Viva Voce	05
Total	30

**INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY (BAPSYC508)**

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

**INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY (BAPSYC508TH)  
Paper Setting Scheme For End Semester Examination**

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

# SYLLABUS

## INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY (BAPSYC508)

**Unit 1:** Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

**UNIT 2:** Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

**UNIT 3:** Work Motivation: Theories and application; Indian perspective.

**Unit 4:** Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership.

Practicum: any one practicum based on the syllabus.

### Reading List:

Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning.

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

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

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

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

Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

**SEMESTER-V**  
**BA PSYCHOLOGY (GE-1)**

**PSYCHOLOGY FOR LIVING (BAPSYC509)**

**COURSE: PSYCHOLOGY FOR LIVING (BAPSYC509TH)**

Course Code	BAPSYC509TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE-1		
Lectures to be Delivered	90		

**PSYCHOLOGY FOR LIVING (BAPSYC509IA)**

**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 LIVING (BAPSYC509TH)**

End Semester Examination System

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 FOR LIVING (BAPSYC509)**

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 FOR LIVING (BAPSYC509TH)****PAPER SETTING SCHEME 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

## PSYCHOLOGY FOR LIVING (BAPSYC509)

**Unit 1:** Introduction: What is psychology? Relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

**Unit 2:** Self and relationships: importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

**Unit 3:** Self in disintegrative experiences: Brief concept of anxiety, stress, depression, coping.

**Unit 4:** Growth and actualizing self: self-direction, subjective / personal well-being, hope, optimism, resilience.

### Readings:

Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

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

**SEMESTER-VI  
BA PSYCHOLOGY (SEC-4)**

**APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610)**

**COURSE: APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610TH)**

Course Code	BAPSYC610TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610IA)**

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.

**APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610TH)**

End Semester Examination System

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

## APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610)

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

## APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610TH)

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-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

## APPLICATIONS OF SOCIAL PSYCHOLOGY (BAPSYC610)

**UNIT -1:** Introduction: Importance of social psychological knowledge, scope of social psychology.

**UNIT- 2:** Applications of social psychology: health, environment, and work.

**UNIT-3:** Use of social psychology in controlling aggression and prejudices.

**UNIT-4:** Human communication: types and effectiveness.

### READINGS:

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

Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology:  
Understanding and addressing social and practical problems. New Delhi: Sage  
publications.

**SEMESTER-VI**  
**BA PSYCHOLOGY (DSE-1Aa)**

**LIFE SPAN DEVELOPMENT (BAPSYC611)**

**COURSE: LIFE SPAN DEVELOPMENT (BAPSYC611TH/PR)**

Course Code	BAPSY 611 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

**LIFE SPAN DEVELOPMENT (BAPSYC611IA)**

**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.

**LIFE SPAN DEVELOPMENT (BAPSYC611TH/PR)**

End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs

## LIFE SPAN DEVELOPMENT (BAPSYC611PR)

Marks allocation scheme practical papers

Particulars	Maximum marks
Experimentation	15
Practical file	10
Viva voce	5
Total	30

## LIFE SPAN DEVELOPMENT (BAPSYC611)

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

## LIFE SPAN DEVELOPMENT (BAPSYC611TH)

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

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

## SYLLABUS

### LIFE SPAN DEVELOPMENT (BAPSYC611)

**Unit-1:** Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs.

**Unit-2.** Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

**Unit-3.** Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.

**Unit-4.** Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: Students have to carry out any 1 practicum based on the syllabus.

#### **Readings:**

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

Feldman, R.S. & Babu, N. (2011). Discovering the life-span. New-Delhi: Pearson.

Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi:Tata McGraw-Hill.

# OR

**SEMESTER-VI**  
**BA PSYCHOLOGY (DSE-2Bb)**  
**HEALTH AND WELL-BEING (BAPSYC611)**

**COURSE: HEALTH AND WELL-BEING (BAPSYC611TH/PR)**

Course Code	BAPSY611 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

**HEALTH AND WELL-BEING (BAPSYC611IA)**

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.

**HEALTH AND WELL-BEING (BAPSYC611TH/PR)**

End Semester Examination System

Components	Maximum Marks Allotted	Minimum Pass Marks	Time Allotted
Theory	40	18	3.00 Hrs
Practical	30	14	3.00 Hrs
Total	70	32	6.00 Hrs



## HEALTH AND WELL-BEING (BAPSYC611PR)

### Marks allocation scheme practical papers

Particulars	Maximum marks
Experimentation	15
Practical file	10
Viva voce	5
Total	30

## HEALTH AND WELL-BEING (BAPSYC611TH/PR)

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	60	15	15

L-Lecture, T-Tutorial and P-Practical

\* As per the weight age assigned to the P (Practical ) category in the CBCS regulations 2 hours practical work has been treated equal to 1 credit. Therefore, in this course paper, the laboratory/ field work and preparation of practical record for additional 15 hours *over and above* prescribed 60hours limit will be completed during either on Friday/Saturday of a week (@ 1hour/day for 15 days).

## HEALTH AND WELL-BEING (BAPSYC611TH)

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

Section	No of Questions	Syllabus Coverage	Nature of Questions and Answers	Questions to be Attempted	Maximum Marks
A	6	Complete	Objective Type	6(1 mark each)	6
B	4	Complete	Short answer type (75 words)	3(2 marks each)	6
C	2	Complete	Medium answer type (300 words)	1(5 marks each)	5
D	2	Complete	Long answer type (500 words)	1(8 marks each)	8
E	2	Complete	Long answer type (800 words)	1 (15 marks each)	15
Total					40

# SYLLABUS

## HEALTH AND WELL-BEING (BAPSYC611)

**UNIT -1:** Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology.

**UNIT -2:** Well-Being: components of well-being: life satisfaction, affect.

**UNIT -3:** Stress: causes, consequences and coping with stress.

**UNIT -4:** Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

Practicum: Students are required to carry out any 1 practical based on the syllabus.

### **Reading List:**

DiMatteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

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

Snyder, C.R., & Lopez,S.J.(2007).Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

**SEMESTER-VI  
BA PSYCHOLOGY (GE-2)**

**SELF AND PERSONAL GROWTH (BAPSYC612)**

**COURSE: SELF AND PERSONAL GROWTH (BAPSYC612TH)**

Course Code	BAPSYC612TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**SELF AND PERSONAL GROWTH (BAPSYC612IA)**

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.

**SELF AND PERSONAL GROWTH (BAPSYC612TH)**

End Semester Examination System

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

## SELF AND PERSONAL GROWTH (BAPSYC612)

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

## SELF AND PERSONAL GROWTH (BAPSYC612TH)

Paper setting scheme 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-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**  
**SELF AND PERSONAL GROWTH (BAPSYC612)**

**UNIT-1:** Introduction: Notion of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

**UNIT-2:** Self from a Developmental Perspective: Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

**UNIT-3:** Self in the Indian Thought: contributions of Indian thought to the understanding of self.

**UNIT-4:** Personal Growth: Self and Personal growth; Developing character strengths and virtues.

**READINGS:**

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

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

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

**OR**

**SEMESTER-V**  
**BA PSYCHOLOGY (GE-2)**

**PSYCHOLOGY OF GENDER (BAPSYC612)**

**COURSE: PSYCHOLOGY OF GENDER (BAPSYC612TH)**

Course Code	BAPSYC612TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**PSYCHOLOGY OF GENDER (BAPSYC612IA)**

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 GENDER (BAPSYC612TH)**

End Semester Examination System

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 OF GENDER (BAPSYC612)

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 GENDER (BAPSYC612)

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-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 OF GENDER (BAPSYC612)

**Unit 1:** Conceptualization: Gender identity and sex typing and gender role attitude.

**Unit 2:** Psychoanalytic and social learning theory.

**Unit 3:** Gender differences in aggression, emotion, and self esteem.

**Unit 4:** Development of self with reference to gender.

Readings: Helgeson, V.S. (2006). Psychology of Gender. Pearson education.

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

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

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

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

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

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

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