

**SCHEME AND SYLLABUS FOR CHOICE BASED CREDIT SYSTEM IN  
BA PSYCHOLOGY (HONOURS) 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>								
	Ability Enhancement Compulsory Course (AECC)	Environmental Science						
1	Psychology Core -1	Introduction to Psychology	I	BAPSYC101TH	Theory (ESE)	2	18	40
	Psychology-Core-1	Introduction to Psychology	I	BAPSYC101PR	Practical (ESE)	2	14	30
	Psychology-Core-1	Introduction to Psychology	I	BAPSYC101IA	Internal Assessment (CCA)	2	14	30
2	Psychology core-2	Biopsychology	I	BAPSYC102TH	Theory (ESE)	4	32	70
	Psychology core-2	Biopsychology		BAPSYC102IA	Internal Assessment (CCA)	2	14	30
3	Psychology GE-1	General Psychology Or Youth, Gender and Identity (Pl. opt any one course)	I	BAPSYC103TH	Theory (ESE)	4	32	70
	Psychology-GE-1	General Psychology Or Youth, Gender and Identity (Pl. opt any one course)	I	BAPSYC103IA	Internal Assessment (CCA)	2	14	30

<b>SEMESTER-II</b>								
	Ability Enhancement Compulsory Course	English Communication						
4	Psychology-Core-3	Psychology of Individual differences	II	BAPSYC204TH	Theory (ESE)	2	18	40
	Psychology-Core-3	Psychology of Individual differences	II	BAPSYC204PR	Practical (ESE)	2	14	30
	Psychology-Core-3	Psychology of Individual differences	II	BAPSYC204IA	Internal Assessment (CCA)	2	14	30
5	Psychology Core-4	Statistical Methods for Psychological Research-1	II	BAPSYC205TH	Theory (ESE)	4	32	70
	Psychology Core-4	Statistical Methods for Psychological Research-1	II	BAPSYC205IA	Internal Assessment (CCA)	2	14	30
6	Psychology GE-2	Psychology for Health and Wellbeing	II	BAPSYC206TH	Theory (ESE)	4	32	70
	Psychology GE-2	Psychology for Health and Wellbeing	II	BAPSYC206IA	Internal Assessment (ESE)	2	14	30
<b>SEMESTER-III</b>								
7	Psychology-core-5	Psychological Research	III	BAPSYC307TH	Theory (ESE)	2	18	40
	Psychology-core-5	Psychological Research	III	BAPSYC307 PR	Practical (ESE)	2	14	30
	Psychology-Core-5	Psychological Research	III	BAPSYC307IA	Internal Assessment (CCA)	2	14	30
8	Psychology Core-6	Development of Psychological Thoughts	III	BAPSYC308TH	Theory (ESE)	4	32	70
	Psychology Core-6	Development of Psychological Thoughts	III	BAPSYC308IA	Internal Assessment (CCA)	2	14	30

9	Psychology Core-7	Social Psychology	III	BAPSYC309TH	Theory (ESE)	4	32	70
	Psychology Core-7	Social Psychology	III	BAPSYC309 IA	Internal Assessment (CCA)	2	14	30
10	Psychology SEC-1	Emotional Intelligence Or Effective Decision Making (Pl. opt any one course)	III	BAPSYC310TH	Theory (ESE)	4	32	70
	Psychology SEC-1	Emotional Intelligence Or Effective Decision Making (Pl. opt any one course)	III	BAPSYC310IA	Internal Assessment (CCA)	2	14	30
11	Psychology-GE-3	Psychology at Work	III	BAPSYC311TH	Theory (ESE)	4	32	70
	Psychology-GE-3	Psychology at Work	III	BAPSYC311IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-IV</b>								
12	Psychology-Core -8	Statistical Methods for Psychological Research-II	IV	BAPSYC412TH	Theory (ESE)	4	32	70
	Psychology-Core -8	Statistical Methods for Psychological Research-II	IV	BAPSYC412IA	Internal Assessment (CCA)	2	14	30
13	Psychology-Core -9	Developmental Psychology	IV	BAPSYC413TH	Theory (ESE)	4	28	70
	Psychology-Core -9	Developmental Psychology	IV	BAPSYC413IA	Internal Assessment (CCA)	2	14	30
14	Psychology Core-10	Applied Social Psychology	IV	BAPSYC414TH	Theory (ESE)	2	18	40
	Psychology Core-10	Applied Social Psychology		BAPSYC414 PR	Practical (ESE)	2	14	30
	Psychology Core-10	Applied Social Psychology	IV	BAPSYC414 IA	Internal Assessment (CCA)	2	14	30

15	Psychology SEC-2	Stress Management Or Educational Psychology (Pl. opt any one course)	IV	BAPSYC415TH	Theory (ESE)	4	32	70
	Psychology SEC-2	Stress Management Or Educational Psychology (Pl. opt any one course)	IV	BAPSYC415IA	Internal Assessment (CCA)	2	14	30
16	Psychology GE-4	Psychology and Media Or Intergroup Relations (Pl. opt any one course)	IV	BAPSYC416TH	Theory (ESE)	4	32	70
	Psychology GE-4	Psychology and Media Or Intergroup Relations (Pl. opt any one course)	IV	BAPSYC416IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-V</b>								
17	Psychology Core-11	Understanding Psychological Disorders	V	BAPSYC517TH	Theory (ESE)	4	32	70
	Psychology Core-11	Understanding Psychological Disorders	V	BAPSYC517IA	Internal Assessment (CCA)	2	14	30
18	Psychology Core-12	Organizational Behavior	V	BAPSYC518TH	Theory (ESE)	2	18	40
	Psychology Core-12	Organizational Behavior	V	BAPSYC518PR	Practical (ESE)	2	14	30
	Psychology Core-12	Organizational Behavior	V	BAPSYC518IA	Internal Assessment (CCA)	2	14	30
19	Psychology- DSE-1	Positive Psychology	V	BAPSYC519TH	Theory (ESE)	2	18	40
	Psychology- DSE-1	Positive Psychology	V	BAPSYC519PR	Practical (ESE)	2	14	30

	Psychology-DSE-1	Positive Psychology	V	BAPSYC519IA	Internal Assessment (CCA)	2	14	30
20	Psychology-DSE-2	Human Resource Management or Health Psychology	V	BAPSYC520TH	Theory (ESE)	2	18	40
		Human Resource Management or Health Psychology (Pl. opt any one)	V	BAPSYC520PR	Practical (ESE)	2	14	30
	Psychology-DSE-2	Human Resource Management or Health Psychology (Pl. opt any one)	V	BAPSYC520IA	Internal Assessment (CCA)	2	14	30
<b>SEMESTER-VI</b>								
21	Psychology Core-13	Understanding and Dealing with Psychological Disorders	VI	BAPSYC621TH	Theory (ESE)	4	32	70
	Psychology Core-13	Understanding and Dealing with Psychological Disorders	VI	BAPSYC621IA	Internal Assessment (CCA)	2	14	30
22	Psychology Core-14	Counseling Psychology	VI	BAPSYC622TH	Theory (ESE)	4	18	40
	Psychology Core-14	Counseling Psychology	VI	BAPSYC622 PR	Practical (ESE)	2	14	30
	Psychology Core-14	Counseling Psychology	VI	BAPSYC622IA	Internal Assessment (CCA)	2	14	30
23	Psychology-DSE-3	Community Psychology Or	VI	BAPSYC623TH	Theory (ESE)	2	18	40

		Cultural and Indigenous Psychology (opt any one)						
	Psychology-DSE-3	Community Psychology Or Cultural and Indigenous Psychology (opt any one)	VI	BAPSYC623PR	Practical (ESE)	2	14	30
	Psychology-DSE-3	Community Psychology Or Cultural and Indigenous Psychology (Pl. opt any one)	VI	BAPSYC623IA	Internal Assessment (CCA)	2	14	30
24	Psychology-DSE-4	Project/Dissertation	VI	BAPSYC624TH	Theory (ESE)	4	32	70
	Psychology-DSE-4	Project/Dissertation	VI	BAPSYC624IA	Internal Assessment (CCA)	2	14	30

*Sd/-*  
*Prof. R. L. Zinta,*  
*Chairman Department of*  
*Psychology and Convener BOS*

## BA PSYCHOLOGY (HONOURS)

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-1 BA PSYCHOLOGY (HONOURS CORE-1)

#### COURSE: INTRODUCTION TO PSYCHOLOGY (BAPSYC101TH/PR)

Course Code	BAPSYC 101 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

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

Continuous and Comprehensive Assessment (CCA) Pattern in

#### INTRODUCTION TO PSYCHOLOGY (BAPSYC101)

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

#### End Semester Examination System

Paper setting schemes for psychology Theory (End Semester Examination)

#### INTRODUCTION TO PSYCHOLOGY (BAPSYC101TH/PR)

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

**Marks Allocation Scheme (Practical Paper)**  
**INTRODUCTION TO PSYCHOLOGY (BAPSYC101PR)**

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

Note: Use of simple calculator and graph paper are allowed in the examination hall.  
 No lab where additional elective subjects.

**INTRODUCTION TO PSYCHOLOGY (BAPSYC101)**

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).

**INTRODUCTION TO PSYCHOLOGY (BAPSYC101TH)**

**PAPER SETTINGN 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

## INTRODUCTION TO PSYCHOLOGY (BAPSYC101)

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

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

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

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

### READINGS:

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

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

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

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

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.

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

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

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

**SEMESTER-1**  
**BA PSYCHOLOGY (HONOURS CORE-2)**  
**BIOPSYCHOOGY (BAPSYC102)**

**COURSE: BIOPSYCHOOGY (BAPSYC102TH)**

Course Code	BAPSYC102TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core: Major		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:**  
**COURSE: BIOPSYCHOOGY (BAPSYC102IA)**

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: BIOPSYCHOOGY (BAPSYC102TH)**

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

**Allotted Time****COURSE: BIOPSYCHOLOGY (BAPSYC102)**

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

**BIOPSYCHOLOGY (BAPSYC102TH)**

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

## BIOPSYCHOLOGY (BAPSYC102)

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

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

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

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

### READINGS:

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.

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

Pinel, J. P. J. (2011) *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random

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

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.

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

Srivastava, D. N. & Verma, P. (2009). *Adhunik Samanya Manovigyan*. Agra: Aggrawal 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-1

### BA PSYCHOLOGY (HONS GE-1)

### GENERAL PSYCHOLOGY (BAPSYC103)

#### COURSE: GENERAL PSYCHOLOGY (BAPSYC103TH)

Course Code	BAPSYC103TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

#### Continuous Comprehensive Assessment (CCA) Pattern in psychology General Psychology (BAPSYC103IA)

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.**

#### General Psychology (BAPSYC103TH)

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

**Allotted Time**  
**General Psychology (BAPSYC103)**

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

**GENERAL PSYCHOLOGY (BAPSYC103TH)**

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

## GENERAL PSYCHOLOGY (BAPSYC103)

**UNIT- 1: ORIENTATION TO PSYCHOLOGY:** Nature, fields and applications of psychology; Cognitive Processes: Learning, memory and problem solving; Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion.

**UNIT- 2: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES:** Theories of personality: Freudian psychoanalysis, type and trait ; humanistic; Theories of intelligence: Spearman ‘g’ theory, Sternberg and Gardner; Emotional intelligence; Assessment of intelligence and personality

**UNIT- 3 – UNDERSTANDING DEVELOPMENTAL PROCESSES:** Cognitive Development – Piaget; Moral Development – Kohlberg; Psycho-social Development – Erikson

**UNIT- 4: APPLICATIONS OF PSYCHOLOGY:** at Work, Law, Health

### 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.  
Michael ,W., Passer, Smith,R.E.(2007). Psychology The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

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

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

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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 Publications.

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

# OR

**SEMESTER-I**  
**BA PSYCHOLOGY (HONOURS GE-1)**

**COURSE: YOUTH, GENDER AND IDENTITY (BAPSYC103TH)**

Course Code	BAPSYC103TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:**  
**YOUTH, GENDER AND IDENTITY (BAPSYC103IA)**

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.**  
**YOUTH, GENDER AND IDENTITY (BAPSYC103TH)**

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

**YOUTH, GENDER AND IDENTITY (BAPSYC103)**

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



## **YOUTH, GENDER AND IDENTITY (BAPSYC103TH)**

### **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**

### **YOUTH, GENDER AND IDENTITY (BAPSYC103)**

**UNIT -1:** Introduction: Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context; Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes; Concepts of Identity: Multiple identities

**UNIT- 2:** Youth and Identity: Family: Parent-youth conflict, sibling relationships, intergenerational gap; Peer group identity: Friendships and Romantic relationships; Workplace identity and relationships; Youth culture: Influence of globalization on Youth identity and Identity crisis

**UNIT -3:** Gender and Identity: Issues of Sexuality in Youth, Gender discrimination, Culture and Gender: Influence of globalization on Gender identity.

**UNIT -4:** Issues related to Youth, Gender and Identity; Youth, Gender and violence; Enhancing work-life balance; Changing roles and women empowerment, Encouraging non-gender stereotyped attitudes in youth

#### **READINGS:**

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

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

## SEMESTER-II

### BA PSYCHOLOGY (HONOURS CORE-2)

#### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204)

##### COURSE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204TH/PR)

Course Code	BAPSYC204TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous Comprehensive Assessment (CCA) Pattern in Psychology

##### COURSE: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204 IA)

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

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

##### PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204TH/PR)

##### End Semester Examination System

##### Paper setting schemes for psychology Theory (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

**PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204PR)**  
Marks Allocation Scheme (Practical Paper)

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

**PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204)**

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).

**PSYCHOLOGY OF INDIVIDUAL DIFFERENCE (BAPSYC204TH)**  
Paper setting scheme for ESE

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

## PSYCHOLOGY OF INDIVIDUAL DIFFERENCES (BAPSYC204)

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

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

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

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

### Readings:

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

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

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

Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). Foundations of Indian Psychology, Vol 1. Pearson.

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

Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.

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

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.

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

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

Srivastava, D. N. & Verma, P. (2009). Adhunik Samanya Manovigyan . Agra: Aggrawal 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 (HONOURS CORE-4)**

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1 (BAPSYC205)**

**COURSE: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1  
(BAPSYC205TH)**

Course Code	BAPSYC205TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:  
STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I (BAPSYC205IA)**

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

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1(BAPSYC205TH)**

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

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1(BAPSYC205)****Allotted Time**

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

L-Lecture, T-Tutorial and P-Practical

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-1(BAPSYC205TH)**

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

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

## STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I(BAPSYC205)

**UNIT 1:** Introduction: Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales. Frequency Distributions, Percentiles, and Percentile Ranks, Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

**UNIT 2:** Graphic Representation of Data Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs. Measures of Central Tendency; The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions.

**UNIT 3:** Measures of Variability and Standard (z) Scores, The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; The Effect of Linear Transformation on Variability Measures; Standard Scores (z-score); Properties of z-scores. The Normal Distribution: The Nature and Properties of the Normal Probability Distribution; Standard Scores, and the Normal Curve.

**UNIT 4:** Correlation: The Meaning of Correlation; Historical Perspective; The Scatter plot of Bivariate; Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient; Correlation and Causation.



## Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology. (4thEd.) India: Pearson Education, Prentice Hall.

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

Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Hodder Arnold.

Howell, D. (2009) Statistical methods for Psychology.

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

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

Garrett, H. E. (1979). Statistics in Psychology and Education. Bombay: Vakils Feffer & Simons Ltd.

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

## SEMESTER-II (BA PSYCHOLOGY HONOURS GE-2)

### PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYC206)

#### COURSE: PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYC206TH)

Course Code	BAPSYC206		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

#### Continuous Comprehensive Assessment (CCA) Pattern in psychology: PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYC206IA)

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

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

#### PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYC206TH)

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 HEALTH AND WELLBEING (BAPSYC206)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## PSYCHOLOGY FOR HEALTH AND WELLBEING (BAPSYC206TH)

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 FOR HEALTH AND WELL-BEING (BAPSYC206)**

**UNIT- 1 :** Illness Health and Well being: Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

**UNIT- 2 :** Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

**UNIT- 3 :** Health Management: Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

**UNIT -4 :** Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance

#### **READINGS:**

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

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

Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.

Hick, J.W. (2005). Fifty signs of Mental Health.A Guide to understanding mental health. Yale University Press.

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

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 Edition. New Delhi: Tata McGraw Hill.

## SEMESTER-III

### BA PSYCHOLOGY (HONOURS CORE-5)

### PSYCHOLOGICAL RESEARCH (BAPSYC307)

#### COURSE: PSYCHOLOGICAL RESEARCH (BAPSYC307TH/PR)

Course Code	BAPSYC307TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

#### Continuous Comprehensive Assessment (CCA) Pattern in Psychology PSYCHOLOGICAL RESEARCH (BAPSYC307IA)

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

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

#### PSYCHOLOGICAL RESEARCH (BAPSYC307TH/PR)

##### End Semester Examination System

##### Paper setting schemes for psychology Theory (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

## PSYCHOLOGICAL RESEARCH (BAPSYC307PR)

Marks allocation schemes for practical paper

Particulars	Maximum Marks
Experimentation	15
Practical File	10
Viva Voce	05
<b>Total</b>	<b>30</b>

Note: Use of simple calculator and graph paper are allowed in the examination hall.  
No lab where additional elective subjects.

## PSYCHOLOGICAL RESEARCH (BAPSYC307)

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).

## PSYCHOLOGICAL RESEARCH (BAPSYC307TH) PAPER SETTING SCHEME ESE

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
<b>Total</b>					<b>40</b>

## SYLLABUS

### PSYCHOLOGICAL RESEARCH (BAPSYC307)

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

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

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

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

#### READING LIST:

Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.

Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers

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

Murphy, K.R. & Davidshofer, C. O. (2004). Psychological Testing: Principles & Applications (6th Ed.) New Jersey: Prentice Hall.

Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.

Willig, C. (2001). Introducing qualitative research in psychology: Adventures in theory and method. Philadelphia : Open University Press.

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

**SEMESTER-III  
(BA HONOURS-CORE-6)**

**DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYC308)**

**COURSE: DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYC308TH)**

Course Code	BAPSYC3 08TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:  
DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS(BAPSYC308IA)**

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

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

**DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS(BAPSYC308TH)**

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



**DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYC308)**

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

**DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS (BAPSYC308TH)****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

### DEVELOPMENT OF PSYCHOLOGICAL THOUGHT (BAPSYC308)

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

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

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

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

### READINGS:

- Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rd Edn. Blackwell Publishing.
- Feist & Feist. Theories of Personality Mc Graw Hill Higher Education.
- King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4th Ed.). Pearson education.
- Kurt Pawlik, Gery D'yedewalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.
- Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.
- Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John Wiley
- Paranjpe, A. C. (1984). Theoretical psychology: The meeting of East and West. New York: Plenum Press.
- St. Clair, Michael. (1999). Object Relations and Self-Psychology: An Introduction. Wadsworth Publishing Company.
- Schultz & Schultz (1999). A History of Modern Psychology. Harcourt College Publishers/ Latest edition available.
- Wolman, B.B. (1979). Contemporary theories & systems in psychology. London: Freeman Book Co.
- Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publications.

**SEMESTER-III  
(BA HONOURS CORE-7)**

**SOCIAL PSYCHOLOGY (PSYC309)**

**COURSE: SOCIAL PSYCHOLOGY (PSYC309TH)**

Course Code	BAPSYC309TH		
Credits-4	L	T	P
	60	30	0
Course Type			
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:  
SOCIAL PSYCHOLOGY (PSYC309IA)**

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.**

**SOCIAL PSYCHOLOGY (PSYC309TH)**

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

### SOCIAL PSYCHOLOGY (PSYC309)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

### SOCIAL PSYCHOLOGY (PSYC309)

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

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

### SOCIAL PSYCHOLOGY (PSYC309)

**Unit I:** Psychology of the Social: The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

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

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

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

#### Readings:

- Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Deaux, K & Wrightsman, L. (2001). Social Psychology. California: Cole Publishing
- Kassin, S., Fein, S., & Markus, H.R. (2008). Social psychology. New York: Houghton Mifflin.
- Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.
- Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill.
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson.
- Zinta, R. L. (2010). Psychology Manual. New Delhi: HG Publication.
- Zinta, R. L. & Kumari, S. (2016). Psychology of marriage. New Delhi: Indu Book Services.
- 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.

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

**EMOTIONAL INTELLIGENCE (BAPSYC310)**

**COURSE: EMOTIONAL INTELLIGENCE (BAPSYC310TH)**

Course Code	BAPSYC310 TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:  
EMOTIONAL INTELLIGENCE (BAPSYC310IA)**

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

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

**EMOTIONAL INTELLIGENCE (BAPSYC310TH) ESE**

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

### EMOTIONAL INTELLIGENCE (BAPSYC310)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

### EMOTIONAL INTELLIGENCE (BAPSYC310TH)

#### 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**

### **EMOTIONAL INTELLIGENCE (BAPSYC310)**

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

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

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

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

#### **READINGS:**

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

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

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

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

**OR**



## SEMESTER-III

### BA PSYCHOLOGY (HONOURS SEC-1)

#### EFFECTIVE DECISION MAKING (BAPSYC310)

#### COURSE: EFFECTIVE DECISION MAKING (BAPSYC310TH)

Course Code	BAPSYC310TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

#### Continuous Comprehensive Assessment (CCA) Pattern in psychology: EFFECTIVE DECISION MAKING (BAPSYC310IA)

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

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

#### EFFECTIVE DECISION MAKING (BAPSYC310TH) ESE

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

#### EFFECTIVE DECISION MAKING (BAPSYC310)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

**EFFECTIVE DECISION MAKING (BAPSYC310TH)**  
**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**

### **EFFECTIVE DECISION MAKING (BAPSYC310)**

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

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

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

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

#### **READINGS:**

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

Zinta, R. L. (2013). Wellbeing: A case study on Polyandrous and Mongamous tribal people. New Delhi: Neha Publication and Distributor.

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

**SEMESTER-III**  
**BA PSYCHOLOGY (HONOURS GE-3)**

**PSYCHOLOGY AT WORK (BAPSYC311)**  
**COURSE: PSYCHOLOGY AT WORK (BAPSYC311TH)**

Course Code	BAPSYC311 TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:**  
**PSYCHOLOGY AT WORK (BAPSYC311IA)**

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

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

**EMOTIONAL INTELLIGENCE (BAPSYC311TH) ESE**

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

**PSYCHOLOGY AT WORK (BAPSYC311)**

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## PSYCHOLOGY AT WORK (BAPSYC311TH)

Paper setting scheme for psychology theory ESE

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

## **SYLLABUS PSYCHOLOGY AT WORK (BAPSYC311)**

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

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

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

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

### **READING LIST:**

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

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

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

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

Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. Biztantra publishers

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

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

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

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

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

**SEMESTER-IV  
BA PSYCHOLOGY (HONOURS CORE-8)**

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYC412)**

**COURSE: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(BAPSYC412TH)**

Course Code	BAPSY412TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:  
STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(BAPSYC412IA)**

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

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

**STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(BAPSYC412TH)**

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

## STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(BAPSYC412)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(BAPSYC412TH)

Paper setting scheme for psychology theory paper ESE

### SYLLABUS

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



# **STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II (BAPSYC412)**

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

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

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

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

## **Reading List:**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .
- N.K. Chadha (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.
- Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.
- King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed).USA: John Willey.
- Siegal, S. (1956). *Nonparametric Statistics*. NY: McGraw Hill.
- Zinta, R. L. (2010). *Psychology Manual*. New Delhi: HG Publications.

**SEMESTER-IV**  
**BA PSYCHOLOGY (HONOURS CORE-9)**

**DEVELOPMENTAL PSYCHOLOGY (BAPSYC413)**

**COURSE: DEVELOPMENTAL PSYCHOLOGY (BAPSYC413TH)**

Course Code	BAPSYC413TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:**  
**DEVELOPMENTAL PSYCHOLOGY (BAPSYC413IA)**

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

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

**DEVELOPMENTAL PSYCHOLOGY (BAPSYC413TH) ESE**

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

## DEVELOPMENTAL PSYCHOLOGY (BAPSYC413)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## DEVELOPMENTAL PSYCHOLOGY (BAPSYC413 TH)

Paper setting scheme for psychology theory paper ESE

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

## DEVELOPMENTAL PSYCHOLOGY (BAPSYC413)

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

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

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

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

### Reading List:

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

Mitchell, P. and Ziegler, F. (2007). Fundamentals of development: The Psychology of Childhood. New York: Psychology Press.

Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill.

Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.

Santrock, J.W. (2012).Life Span Development (13th ed) New Delhi: McGraw Hill.

Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications.

Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi.

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

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

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

**SEMESTER-IV**  
**BA PSYCHOLOGY (HONOURS CORE-10)**

**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414)**

**COURSE: APPLIED SOCIAL PSYCHOLOGY (BAPSYC414TH/PR)**

Course Code	BAPSYC414TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414IA)**  
Continuous and 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.

**End Semester Examination System**  
**Paper setting schemes for psychology Theory (End Semester Examination)**  
**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414TH/PR)**

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

**Marks Allocation Scheme (Practical Paper)**  
**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414PR)**

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

**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414)**

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).

**APPLIED SOCIAL PSYCHOLOGY (BAPSYC414TH)**

**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

### APPLIED SOCIAL PSYCHOLOGY (BAPSYC414)

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

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

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

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

#### Readings

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012).

Community psychology: Linking individuals and communities. Wadsworth, Cengage.

Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.

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

Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

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

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

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

**SEMESTER-III**  
**BA PSYCHOLOGY (HONOURS SEC-2)**  
**STRESS MANAGEMENT (BAPSYC415)**

**COURSE: STRESS MANAGEMENT (BAPSYC415TH)**

Course Code	BAPSYC415TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:**  
**STRESS MANAGEMENT (BAPSYC415IA)**

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

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

**STRESS MANAGEMENT (BAPSYC415TH)**

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



## STRESS MANAGEMENT (BAPSYC415)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## STRESS MANAGEMENT (BAPSYC415)

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**

### **STRESS MANAGEMENT (BAPSYC415)**

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

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

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

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

#### **READINGS:**

- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson
- Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.).NY: Wiley.
- Zinta, R. L. (2010). Psychology manual. New Delhi: HG Publications.
- 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.
- Mohanty, G. (2004). A text book of abnormal psychology. New Delhi: Kalyani.
- Singh, L. & Tiwari, G. (2008). Asamanaya Manovigyan. Agra: Vinok Pustak mandir.
- 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.

**OR**

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

**EDUCATIONAL PSYCHOLOGY (BAPSYC415)**

**COURSE: EDUCATIONAL PSYCHOLOGY (BAPSYC415TH)**

Course Code	BAPSY 0415TH		
Credits-4	L	T	P
	60	30	0
Course Type	AEEC		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:  
EFFECTIVE DECISION MAKING (BAPSYC415)**

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

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

**EDUCATIONAL PSYCHOLOGY (BAPSYC415TH) ESE**

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

**EDUCATIONAL PSYCHOLOGY (BAPSYC415)**

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## EDUCATIONAL PSYCHOLOGY (BAPSYC415TH)

Paper Setting Scheme for psychology (Theory Paper) ESE

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

# SYLLABUS

## EDUCATIONAL PSYCHOLOGY (BAPSYC415)

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

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

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

**Unit -4:** Exceptionality and Special Education: Conceptualizing Exceptionality: Categorization, Labeling and its educational, implications, Responsibilities of Teachers towards learners with Special Needs

### READINGS:

- Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
- Slavin, R. (2008). Educational psychology: Theory into practice, (9th ed.). Boston: Allyn and Bacon.
- Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
- Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.
- Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.
- Panch Ramalingam (2010). Recent studies in school psychology. New Delhi: Authors Press.
- Zinta, R. L. & Thakur, R. (2016). Psychology of poverty. New Delhi: Indu Book Services.
- Kumari, P. & Zinta, R. L. (2012). Socio-economic status as a predictor of Psychological wellbeing. Germany: Lap Lambert.

**SEMESTER-IV**  
**BA PSYCHOLOGY (HONOURS GE-4)**

**PSYCHOLOGY OF MEDIA (BAPSYC416)**

**COURSE: PSYCHOLOGY OF MEDIA (BAPSYC416TH)**

Course Code	BAPSYC416TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:**  
**PSYCHOLOGY OF MEDIA (BAPSYC416IA)**

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

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

**PSYCHOLOGY OF MEDIA (BAPSYC416TH)**

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 MEDIA (BAPSYC416)**

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

**PSYCHOLOGY OF MEDIA (BAPSYC416)**  
**END SEMESTER EXAMINATION PATTERN**

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

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

## **SYLLABUS**

### **PSYCHOLOGY OF MEDIA (BAPSYC416)**

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

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

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

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

### **READINGS**

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

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

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

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

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

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

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

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

# **OR**



## SEMESTER-IV

### BA PSYCHOLOGY (HONOURS GE-4)

#### INTER-GROUP RELATIONS (BAPSYC416)

#### COURSE: INTER-GROUP RELATIONS (BAPSYC416TH)

Course Code	BAPSY C416TH		
Credits-4	L	T	P
	60	30	0
Course Type	GE		
Lectures to be Delivered	90		

#### Continuous Comprehensive Assessment (CCA) Pattern in psychology:

##### INTER-GROUP RELATIONS (BAPSYC416IA)

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.

##### INTER-GROUP RELATIONS (BAPSYC416TH) ESE

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

## INTERGROUP RELATIONS (BAPSYC416)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## INTER-GROUP RELATIONS (BAPSYC416)

Paper Setting Scheme for psychology (Theory Paper) for end semester examinations.

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

## INTER-GROUP RELATIONS (BAPSYC416)

**Unit-1.** Nature of intergroup relations: Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.

**Unit-2.** Social categorization and conflict: Ingroup vs. outgroup; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.

**Unit-3.** Cultural aspects of intergroup relations: Social identity, Stereotypes, case studies in the Indian context.

**Unit-4.** Resolving intergroup conflict: Intergroup contact; Promoting intergroup cooperation; Conflict management strategies.

### **READINGS:**

Baron, R.A., Branscombe, N.R, Byrne,D. & Bhardwaj, G. (2009) Social psychology. New Delhi: Pearson.

Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.

Smith, P.B., Bond, M.H & Kagitcibasi, C.(2006) Understanding social psychology across culture. New Delhi : Sage Publications.

Zorsyth, D.R. (2009) Group dynamics.Broke/Cole: Wadsworth .

**SEMESTER-V  
(BA-PSYCHOLOGY HONOURS CORE-11)**

**UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYC517)**

**COURSE: UNDERSTANDING PSYCHOLOGICAL DISORDER (BAPSYC517TH)**

Course Code	BAPSY517TH		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in psychology:  
UNDERSTANDING PSYCHOLOGICAL DISORDER (BAPSYC517IA)**

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

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

**UNDERSTANDING PSYCHOLOGICAL DISORDER (BAPSYC517TH) ESE**

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

## UNDERSTANDING PSYCHOLOGICAL DISORDER (BAPSYC517TH)

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

## UNDERSTANDING PSYCHOLOGICAL DISORDER (BAPSYC517TH)

Paper Setting Scheme for psychology (Theory Paper) ESE

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

## **SYLLABUS**

### **UNDERSTANDING PSYCHOLOGICAL DISORDERS (BAPSYC517TH)**

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

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

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

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

#### **Readings:**

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

Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.

Brewer, K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers

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

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

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

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

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

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

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

**SEMESTER-V**  
**BA-PSYCHOLOGY (HONOURS CORE-12)**

**ORGANIZATIONAL BEHAVIOUR (BAPSYC518)**

**COURSE: ORGANIZATIONAL BEHAVIOUR (BAPSYC518TH/PR)**

Course Code	BAPSYC518TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in

**ORGANIZATIONAL BEHAVIOUR (BAPSYC518IA)**

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.

**End Semester Examination System**

**Paper setting schemes for psychology Theory (End Semester Examination)**

**ORGANIZATIONAL BEHAVIOUR (BAPSYC518TH/PR)**

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

## Marks Allocation Scheme (Practical Paper)

### **ORGANIZATIONAL BEHAVIOUR (BAPSYC518PR)**

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

### **ORGANIZATIONAL BEHAVIOUR (BAPSYC518)**

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).

### **ORGANIZATIONAL BEHAVIOUR (BAPSYC518 TH)**

#### **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**  
**ORGANIZATIONAL BEHAVIOUR (BAPSYC518)**

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

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

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

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

**Readings:**

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi : Biztantra publishers.

Landy, F.J. & Conte, J.M. (2007) Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York : Wiley Blackwell.

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

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

Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.

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

Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008) Organizational Behavior (10<sup>th</sup> Ed.) New Delhi: Wiley India Pvt. Ltd. Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

Sinha, J.B.P. (2008). Culture and Organizational Behavior

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

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

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

**POSITIVE PSYCHOLOGY (BAPSYC519)**

**COURSE: POSITIVE PSYCHOLOGY (BAPSYC519TH/PR)**

Course Code	BAPSYC519TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology

**POSITIVE PSYCHOLOGY (BAPSYC519IA)**

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.

**End Semester Examination System**

**Paper setting schemes for psychology Theory/practical (End Semester Examination)**

**POSITIVE PSYCHOLOGY (BAPSYC519TH/PR)**

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

## Marks Allocation Scheme (Practical Paper)

### POSITIVE PSYCHOLOGY (BAPSYC519PR)

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

### POSITIVE PSYCHOLOGY (BAPSYC519)

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).

### POSITIVE PSYCHOLOGY (BAPSYC519TH)

Paper Setting Scheme in Psychology 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 POSITIVE PSYCHOLOGY (BAPSYC519)**

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

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

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

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

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

### **Reading List:**

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

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

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

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

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

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

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

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

**HUMAN RESOURCE MANAGEMENT (BAPSYC520)**

**COURSE: HUMAN RESOURCE MANAGEMENT (BAPSYC520TH/PR)**

Course Code	BAPSY C520TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	30		

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology  
**HUMAN RESOURCE MANAGEMENT (BAPSYC520IA)**

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.

**End Semester Examination System**

**Paper setting schemes for psychology Theory (End Semester Examination)**  
**HUMAN RESOURCE MANAGEMENT (BAPSYC520TH/PR)**

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

Marks Allocation Scheme (Practical Paper)  
**HUMAN RESOURCE MANAGEMENT (BAPSYC520PR)**

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

## HUMAN RESOURCE MANAGEMENT (BAPSYC520)

Unit	Allotted Time Hours		
	L	T	P
I.	15	4	0
II.	15	4	8
III.	15	4	7
IV.	15	3	0
	30	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).

### HUMAN RESOURCE MANAGEMENT-ESE (BAPSYC520TH) ESE

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**

### **HUMAN RESOURCE MANAGEMENT (BAPSYC520)**

**UNIT- 1:** Introduction to Human Resource Management (HRM): Personnel management, HRM and HRD, Context and issues in HRM

**UNIT -2:** Human Resource Practices: Job analysis; Recruitment and selection; Training; Performance evaluation

**UNIT -3:** International human resource management (IHRM); The context of Globalization, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training.

**UNIT- 4:** Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

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

Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises ( 3rd Ed). New York: Routledge.

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.

Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach. 2nd ed. John Wiley and sons Inc. New York.

Luthans,F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.

Muchinsky, P.M. (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.

Robbins, S.P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education , Inc.

Schlutz,D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.

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

**OR**

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

**HEALTH PSYCHOLOGY (BAPSYC520)**

**COURSE: HEALTH PSYCHOLOGY (BAPSYC520TH/PR)**

Course Code	BAPSYC520 TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology

**HEALTH PSYCHOLOGY (BAPSYC520 IA)**

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.

**End Semester Examination System**

**Paper setting schemes for psychology Theory (End Semester Examination)**

**HEALTH PSYCHOLOGY (BAPSYC520TH/PR)**

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 PSYCHOLOGY (BAPSYC520PR)**  
**Marks Allocation Scheme (Practical Paper)**

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

**HEALTH PSYCHOLOGY (BAPSYC520)**

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 PSYCHOLOGY (BAPSYC520TH)**  
**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

### HEALTH PSYCHOLOGY (BAPSYC520TH)

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

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

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

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

#### *READINGS:*

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

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

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

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

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

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

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

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

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

**SEMESTER-VI**  
**BA-PSYCHOLOGY (HONOURS CORE-13)**

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**  
**(BAPSY621)**

**COURSE: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL**  
**DISORDERS (BAPSY621TH)**

Course Code	<b>BAPSYC621TH</b>		
Credits-4	L	T	P
	60	30	0
Course Type	Core		
Lectures to be Delivered	90		

**Continuous Comprehensive Assessment (CCA) Pattern in Psychology:**  
**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**  
**(BAPSYC621 IA)**

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

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

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**  
**(BAPSYC621 TH)**

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

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
(BAPSYC621)**

Allotted Time

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

L-Lecture, T-Tutorial and P-Practical

**UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
(BAPSYC621TH)**

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

### UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS (BAPSYC621)

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

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

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

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

#### READINGS:

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

Bennett,P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.

Brewer,K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers

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

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

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

Plante, T.G. () *Contemporary Clinical Psychology* John Wiley & Sons.

Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) *Abnormal Psychology : Current Perspectives*. McGraw Hill

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

**SEMESTER-VI  
BA PSYCHOLOGY (HONOURS CORE-14)**

**COUNSELING PSYCHOLOGY (BAPSYC622)**

**COURSE: COUNSELING PSYCHOLOGY (BAPSYC622TH/PR)**

Course Code	BAPSY 622TH/PR		
Credits-4	L	T	P
	60	30	15
Course Type	Core		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology

**COUNSELING PSYCHOLOGY (BAPSYC622IA)**

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.

**COUNSELING PSYCHOLOGY (BAPSYC622TH/PR)**

**End Semester Examination System**

**Paper setting schemes for psychology Theory (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

## COUNSELING PSYCHOLOGY (BAPSYC622PR)

### Marks Allocation Scheme (Practical Paper)

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

## COUNSELING PSYCHOLOGY (BAPSYC622)

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).

## COUNSELLING PSYCHOLOGY (BAPSYC622TH)

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 COUNSELLING PSYCHOLOGY (BAPSYC622)**

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

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

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

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

### **READINGS:**

Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.)

Philadelphia: Mosby

Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W. C. Brown

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

Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.

Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.

Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

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



Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Ed.) New Delhi: Pearson

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

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

Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

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

Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

Sharf, R. S. (2012). Theories of Psychotherapy & Counselling: Concepts and Cases (5th Ed). Brooks/ Cole Cengage Learning

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

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

**SEMESTER-VI  
BA PSYCHOLOGY (HONOURS DSE-3)**

**COMMUNITY PSYCHOLOGY (PSYC623)**

**COURSE: COMMUNITY PSYCHOLOGY (PSYC623TH/PR)**

Course Code	BAPSYC623TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology

**COMMUNITY PSYCHOLOGY (PSYC623IA)**

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.

**End Semester Examination System**

**Paper setting schemes for psychology Theory (End Semester Examination)**

**COMMUNITY PSYCHOLOGY (PSYC623TH/PR)**

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

## Marks Allocation Scheme (Practical Paper)

### COMMUNITY PSYCHOLOGY (PSYC623PR)

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

### COMMUNITY PSYCHOLOGY (PSYC623)

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).

### COMMUNITY PSYCHOLOGY (PSYC623TH)

#### PAPER SETTING SCHEME FOR ESE

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

## COMMUNITY PSYCHOLOGY (PSYC623TH)

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

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

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

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

### READINGS:

Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.

Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

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

# OR

**SEMESTER-VI  
(BA PSYCHOLOGY HONOURS-DSE-3)**

**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623)**

**COURSE: CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623TH/PR)**

Course Code	BAPSYC623TH/PR		
Credits-4	L	T	P
	60	15	15
Course Type	DSE		
Lectures to be Delivered	90		

L-Lecture, T-Tutorial, P-Practical

Continuous and Comprehensive Assessment (CCA) Pattern in Psychology

**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623IA)**

Minor Test (Marks)	Assignments /Seminars/ Class Test/ Tutorials/ Quiz (Marks)	Attendance	Total Marks	Credits
15	10	5	30	2

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

**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623TH/PR)**

**End Semester Examination System**

**Paper setting schemes for psychology Theory (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

**Marks Allocation Scheme (Practical Paper)**  
**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623PR)**

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

**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623)**

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).

**CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623TH)**

**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

### CULTURAL AND INDIGENEOUS PSYCHOLOGY (PSYC623TH)

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

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

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

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

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

#### READINGS:

Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 374-398. New Delhi: Concept Publishing Company.

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

Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 281-291. New Delhi: Concept Publishing Company.

Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 421-439. New Delhi: Concept Publishing Company.

Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), *Foundation of Indian Psychology: Theories and concepts*, Vol, 1. New Delhi: Pearson.

Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K. Mohanty (eds.), *Perspectives on indigenous psychology*, p. 440-457. New Delhi: Concept Publishing Company.

Smith, P.B., Bond, M. H., & Kagitcibasi, C. (2006). *Understanding Social Psychology across cultures: Living and working in a changing world*. London: Sa.

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