

**Draft of Proposed Syllabus
(CBCS) for B.A. (Hons.)
Ranchi University, Ranchi**

Implemented from session 2016-17

**University Department of Psychology
Ranchi University, Ranchi**

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN

SEMESTER	CORE COURSE (14)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	SKILL ENHANCEMENT	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (4)
I	C-PSY-01 Introduction to Psychology (Theory+ Practical)	(English Communication /MIL)/ Environmental Science			GE-1
	C-PSY-02 Statistical Methods for Psychological Research-I (Theory+ Tutorial)				
II	C-PSY-03 Biopsychology (Theory+ Tutorial)	Environmental Science/(English Communication /MIL)			GE-2
	C-PSY-04 Psychology of Individual Differences (Theory+ Practical)				
III	C-PSY-05 Development of Psychological Thought (Theory+ Tutorial)		SEC-I		GE3
	C-PSY-06 Psychological Research (Theory+ Practical)				
	C-PSY-07 Social Psychology (Theory+ Tutorial)				
IV	C-PSY-08 Understanding Psychological Disorders (Theory+ Tutorial)		SEC 2		GE-4
	C-PSY-09 Statistical Methods for Psychological Research-II (Theory+ Tutorial)				
	C-PSY-10 Applied Social Psychology (Theory+ Practical)				
V	C-PSY-11 Understanding and Dealing with Psychological Disorders (Theory+ Practical)			DSE-1	
	C-PSY-12 Developmental Psychology (Theory+ Practical)			DSE-2	
VI	C-PSY-13 Organizational Behaviour (Theory+ Practical)			DSE-3	
	C-PSY-14 Counselling Psychology (Theory+ Practicum)			DSE-4	

**PSYCHOLOGY (HONS.)
CORE COURSES (C-PSY)**

C-PSY-01 Introduction to Psychology

C-PSY-02 Statistical Methods for Psychological Research-I

C-PSY-03 Biopsychology

C-PSY-04 Psychology of Individual Differences

C-PSY-05 Development of Psychological Thoughts

C-PSY-06 Psychological Research

C-PSY-07 Social Psychology

C-PSY-08 Understanding Psychological Disorders

C-PSY-09 Statistical Methods for Psychological Research

C-PSY-10 Applied Social Psychology

C-PSY-11 Understanding and Dealing with Psychological Disorders

C-PSY-12 Developmental Psychology

C-PSY-13 Organizational Behaviour

C-PSY-14 Counselling Psychology

C-PSY 01: INTRODUCTION TO PSYCHOLOGY

Unit-I: Introduction

- What is Psychology? Definitions and subject matter of Psychology.
- Methods of Psychology:
 - ✓ Experiment
 - ✓ Observation
 - ✓ Interview
- Branches of Psychology.
- Development of Psychology in modern India.

Unit-II: Perception

- Processes of perception.
- Role of attention in perception.
- Perceptual organization.
- Determinants of perception.
- Perceptual consistencies.
- Depth perception.
- Perception of distance and movement.
- Illusion and Hallucination.

Unit-III: Learning and Motivation

- The concept of learning.
- Theories of learning.
 - ✓ Thorndike's Connectionism.
 - ✓ Pavlov's conditioning.
 - ✓ Kohler & Koffka's Insight theory.
- Motivation: concept and types.
- Role of motivation in learning.
- Conflict among motives.

Unit-IV: Memory

- Concept of memory: Ebbinghaus vrs. Bartlett's theory.
- Types of memory: Sensory Memory, Short Term Memory (STM) and Long term Memory (LTM).
- Factors improving memory.
- Forgetting: Nature and causes.

Practicum

Any two practicums selecting one from each unit

Unit-I: Sensory-Motor Learning

- Effect of practice on Sensory Motor Learning.
- Bi-lateral transfer (Positive transfer)
- Habit interference (Negative transfer)

Unit-II: Verbal Learning

Memorizing non-sense syllable by the methods of:

- Simple reproduction
- Serial reproduction

Suggested Readings

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

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

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

Garrett, H.E. (1981). *Statistics in Psychology and Education. Indian Edition*.

Mohsin, S.M. (1982). *Experiments in Psychology. Motilal Banasidas*.

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

Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.

C-PSY 02: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Unit-I: Introduction

- What is Psychological research?
- Relevance of statistics in Psychological research.
- Descriptive and inferential statistics.
- Levels of measurement.

Unit-II: Graphical Representation of Frequency Distributions

- The Histogram.
- The Frequency Polygon.
- The Cumulative Frequency Graph.

Unit-III: Measures of Central Tendency

- Uses and limitations of Mean, Median and Mode.
- Calculation of Mean, Median and Mode.

Unit-IV: Measurement of Variability

- Properties and calculation of Range Quartile Deviation (Q.D), Average Deviation (A.D.) and Standard Deviation (S.D.).

Unit-IV: Normal Probability Curve

- Nature and characteristics of Normal Probability Curve.

Practicum

- Any two Tutorial instead of Practicum

Suggested Readings

- 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.
- Gravetter, F.J. & Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences* (9th Ed.). USA: Cengage Learning.
- King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed.). USA: John Wiley & Sons.
- Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

C-PSY 03: BIO-PSYCHOLOGY

Unit-I: Introduction to Bio-Psychology

- Nature and scopes of Bio-Psychology.
- Methods of Bio-Psychology.

Unit-II:

- Structure and functions of Neurons.
- Neural conduction and synaptic transmission.

Unit-III: Nervous Systems

Structure and functions of:

- Central Nervous System (CNS)
- Peripheral Nervous System (PNS)
- Autonomic Nerve system

Unit-IV: Behavioural Regulation

- Biological basis of Emotions, Learning, Memory and Human Communication (Speech).

Unit-V: Neuro-Endocrine System

- Structure, functions and abnormalities of major glands:
 - ✓ Pituitary, Thyroid and Adrenal glands.
 - ✓ Pancreas and Pineal.

Practicum

- Any two Tutorial instead of Practicum

Reading List

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.

Pinel, J.P.J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
Singh, A.K. *Samany Maovigyan ki Ruprekha*, Motilal Banarsidas publication.
Singh, A.K. *Uchhtar Samany Maovigyan*, Motilal Banarsidas publication.

C-PSY 04: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Unit-I: Personality

- Nature of Personality
- Biological foundation of personality
- Culture, gender and personality
- Psychodynamic, humanistic and social cognition approach.

Unit-II: Intelligence

- Concept of intelligence
- Effect of heredity and environment on intelligence
- Emotional intelligence

Unit-III: Self and Identity

- Indian approach to self and identity.

Unit-IV: Enhancing Individual Potential

- Enhancing cognitive potential
- Self regulation and self enhancement
- Fastening creativity

Practicum (Testing)

Any two practicum selecting one from each unit

Unit 1.Intelligence Tests

- ✓ General Intelligence Tests (GIT)
- ✓ Alexander Performance Battery Test

Unit 2.Personality Measurement

- ✓ Maudsley Personality Inventory (MPI)
- ✓ Mohsin-Samshad Adaptation of Bells Adjustment Inventory.

Suggested Readings

- Carr, A. (2011): *Positive psychology*. Routledge.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), *Foundations of Indian Psychology* (Vol. 1), Theories and concepts .Pearson.
- 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.

C-PSY 05: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

Unit-I: Understanding Psyche

- Classical schools
 - ✓ Structuralism
 - ✓ Functionalism.

Unit-II: Positivist Orientation

- Behaviourism
- Watson and Neo Behaviourism

Unit-III: Psychoanalytic and Humanistic Existential Orientation

- Psychoanalysis
- Adler
- Jung

Unit-IV: Contemporary Development

- Feminism.
- Development of Psychology in India.

Practicum

Any two from the following

- **Psychophysical Methods:**
 - ✓ Determination of Riez Liemen (RL)
 - ✓ Differential Liemen (DL) by the methods of limits.
- Measurement of distraction of attention.
- Knowledge of Result.

Suggested Readings

- Frith, Hannah. (2001). Young Women, Feminism and the Future: Dialogues and Discoveries. *Feminism and Psychology*, Vol.11(2):147-151.
- Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. *American Psychologist*,40, 266-275.
- Kakar, Sudhir. (2006). Culture and Psychoanalysis : A Personal Journey. *Social Analysis*, Volume 50, Number 2, Summer 2006,pp.25-44.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context.* (4th Ed.).Pearson education.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
- 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.
- Thomas, Teo. (2005). *The Critique of Psychology: From Kant to Post Colonial Theory.* Springer.
- Sharma, *Ramnath Manovigyan ka itihās.*
- Singh, *Monovigyan ka sampradāy.*

C-PSY 06: PSYCHOLOGICAL RESEARCH

Unit-I: Basics of Research in Psychology

- Definitions and Goals of Psychological research.
- Qualities of good research
- Ethics in Psychological research.

- **Types:**
 - ✓ Quantitative and Qualitative orientation and their steps.
 - ✓ Formulation of Research Problems and developing testable hypotheses/questions.

Unit-II: Sampling

- ✓ Definitions
- ✓ Types of Sampling.

Unit-III: Methods of Data Collection

- Case study
- Observation
- Interview and
- Questionnaire.

Unit-IV: Psychological Testing

- Characteristics of test
- Reliability
- Validity
- Norms and
- Standardization.

Practicum

- A Project work on any Psychological issue may be prepared and on the basis of project report and viva-voce examination, credits will be given.

Suggested Readings

- Bryman, A.(2004). Quantity and Quality in Social Research.Routledge.
- 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 (4thEd.)*.New Delhi: Pearson Education.
- Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth

- 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.

C-PSY 07: SOCIAL PSYCHOLOGY

Unit-I: Introduction

- Nature and scope of Social Psychology
- History of Social Psychology
- Relation with Sociology and Anthropology
- Current status of Social Psychology in India.

Unit-II: Understanding Social World

- Social cognition – Nature, factors affecting social cognition.
- Social perception – Nature, factors affecting social cognition.

Unit-III: Attitude

- Nature and definitions
- Formation of attitude
- Strategies for attitude change

Unit-IV: Social Interaction and Influences

- Interpersonal Attraction – Nature, factors affecting Interpersonal attraction.
- Pro-Social behavior – Nature, factors developing pro-social behavior.

Unit-V: Group Dynamics and Inter Group Relations

- Nature of Groups
- Structure and function of Groups kinds of group.
- Inter group relation - Prejudice and inter group conflict.

Practicum

- Any two Tutorial in the place of practicum

Suggested Readings

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

Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.

Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.

Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.

Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.

Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson

Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson

Suleman, M. *Adunik Samaj Manovigyan*.

Singh, A.K. *Uchhatar Samaj Manovigyan*.

C-PSY 08: UNDERSTANDING PSYCHOLOGICAL DISORDERS

Unit-I:

- The concept of Normality and Abnormality.
- Criteria and classification.

Unit-II: Clinical Pictures and Etiology

- Clinical picture of General Anxiety disorders and Obsessive Compulsive Disorder.
- Somatoform Disorders:
 - ✓ Conversion Disorder
 - ✓ Hypochondriasis

Unit-III: Schizophrenia

- Nature, types and symptoms of: Schizophrenia

Unit-IV: Manic-Depressive Psychosis

- Symptoms and etiology

Unit-V: Disorders of Related To Development

- Mental Retardation.
- Autism.

Practicum

- Any two Tutorials in the place of practicum.

Suggested Readings

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.

David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) *Abnormal Psychology* :Cengage Learning India Edition

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

Singh, A.K. *Asamanya Kanovigyan*.

Suleman, M *Asamanya Monovigyan ki Ruprekha*.

C-PSY-09: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Unit-I:

- **Correlation**
 - ✓ Meaning of correlation
 - ✓ Calculating Pearson's correlation of coefficient.
 - ✓ Spearman's Rank Order correlation.

Unit-III: Hypotheses Testing

- Difference between two independent means (uncorrelated).
- Hypothesis testing for Correlated means.

Unit-III: Hypothesis Testing for Difference among Three or More Groups

- One Way Analysis of Variances (ANOVA).

Unit- IV: Null Hypotheses

- The Chi-Square tests

Practicum

- Any two Tutorial instead of Practicum

Suggested Readings

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .

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

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.

Mangal, S.K. (2012). *Statistics in Psychology & Education*.(2nd Ed). New Delhi:

PHI learning Pvt. Ltd.

Suleman, M. Manovigyan, *Shiksha Avam Sankhiki*.

Singh, Ram Itar, Manovigyan, *Mein Sankhiki*.

C-PSY-10: APPLIED SOCIAL PSYCHOLOGY

Unit-I: Introduction

- Definitions and Nature of Applied Social Psychology.
- Importance and applications of Applied Social Psychology.
- Current status of Applied Social Psychology.

Unit-II: Psychology and Environment

- **Pollution:**
 - ✓ Air
 - ✓ Water
 - ✓ Noise
 - ✓ Crowding; causes and consequences.

Unit-III: Psychology of Crime and Corruption

- **Crime:**
 - ✓ Definitions, nature and characteristics of crime.
 - ✓ Psychological, Biological and Socio-Cultural correlates of crime and preventive measures.
- **Corruption:**
 - ✓ Concept, causes, types and controlling measures.

Unit-IV: Violence against Women

- Definitions, nature and characteristics.
- Types, causes and consequences
- Legal acts for prevention.

Practicum

Any two from the following

- Environmental Behaviour Scale
- Psychological Wellbeing Scale by David Goldberg.
- Gender equality.(Nari Samanta Scale)

Suggested 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.

Suleman, M. Manovigyan Aur Samajik Samasyach.

C-PSY-11: THERAPEUTIC INTERVENTION FOR PSYCHOLOGICAL DISORDERS

Unit-I: Etiology and Intervention for Schizophrenia

Unit-II: Psychoanalytic Perspective in Understanding

Conversion disorder and OCD; Humanistic- Existential Perspective in understanding Psychological disorder

Unit-III: Behavioral and Cognitive Explanation and Intervention in Phobia, Depression and Eating Disorder

Unit-IV: Family and Group and Therapy

Practicum

Any two test selecting one from each group.

Unit-I: Projective Techniques

- ✓ TAT
- ✓ WAT

Unit-II: Anxiety Test

- ✓ Sinha Anxiety Scale.
- ✓ Shamshad Jasbir Old Age Adjustment Inventory.

Suggested Readings

Bennett, P. (2011) Abnormal and Clinical Psychology: *An introductory Textbook, McGraw Hill.*

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

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

C- PSY- 12 DEVELOPMENTAL PSYCHOLOGY

Unit-I: Introduction

- Concept of human development
- Theories of human development:
 - ✓ Piaget and Vygotsky
 - ✓ Perspective of Kohlberg

Unit-II: Stage of Life Span Development

Prenatal Development, Birth and Infancy, Childhood, Adolescents, Adulthood and Elderly.

Unit-III: Domains of Human Development: Nature and Characteristics

- Cognitive development
- Language development
- Emotional development
- Personality development

Unit-IV: Socio-Cultural Context for Human Development

- Family
- Peer group
- Media and schooling
- Human Development in Indian context.

Practicum

- Self concept questionnaire by Raj Kumar Saraswat
- Mangal Emotional Intelligence Inventory by S.K. Mangal & Shubhra Mangal.
- Parental Encouragement questionnaire by K.G.Agarwal
- Work Motivation Scale by R.R.Sharma

Suggested Readings

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
Feldman, R.S.&Babu.N. (2011). *Discovering the Lifespan*. Pearson .

- Georgas, J., John W. Berry., van de Vijver, F.J.R., Kagitçibasi, Çigdem, Poortinga, Y. P. (2006). *Family across Thirty Cultures: A Thirty Nation Psychological Study*. Cambridge Press.
- 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.
- Hurlock, *Developmental Psychology*
- Sinha, RRP – Vikasaatmk Monovigyan.

C PSY- 13: ORGANIZATIONAL BEHAVIOR

Unit-I: Introduction

- Nature and definition
- Historical perspective
- Contemporary trends and challenges
- Challenge in Indian settings

Unit-II: Introduction of Work Related Attitudes and Work Motivation

- Employee attitude and job satisfaction
- Work motivation
- Job involvement

Unit-III: Leadership

- Basic Approaches
 - ✓ Trait theory

- ✓ Behavioral theories and
- ✓ Contingency theories
- Indian perspective on leadership

Unit-IV: Dynamics of Organizational Behavior

- Organizational culture
- Stress in Organization:
 - ✓ Nature, sources and Techniques in managing stress.

Practicum

Unit-I

- Measurement of Job Satisfaction
- Occupational Stress Index

Unit-II

- Measurement of Leadership Behavior by T.N Sinha & J.Prasad.
- Measurement of Work Motivation.

Suggested 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.
- Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
- Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
- 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* (10th 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*. New Delhi: Sage.

C PSY-14: COUNSELLING PSYCHOLOGY

Unit-I: Introduction

- Nature and goals
- Counseling as profession
- Characteristics of effective counselor
- Status of effective counseling in India

Unit-II: Counseling Process

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

Unit-III: Techniques of Counseling

Psychoanalytic, Humanistic, Behavioral and cognitive techniques;
Indian technique- Yoga and Meditation

Unit-IV: Applications of Counseling

- ✓ Child counseling
- ✓ Family counseling
- ✓ career counseling
- ✓ Crisis Intervention- Suicide, Grief and Sexual Abuse.

Practicum: Any two tutorials

Suggested 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.
- 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.
- 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.
- Kapur, M. (2011). Counselling Children with Psychological Problems. New Delhi, Pearson.
- 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

**PSYCHOLOGY (HONS.)
SKILL ENHANCEMENT COURSE (SEC)**

- SEC-PSY-O1:** Emotional Intelligence.
- SEC-PSY-O2:** Effective Decision Making.

Discipline Specific Elective (DSE)

- DSE-PSY-O1:** Positive psychology or Health psychology
- DSE-PSY-O2:** Community psychology
- DSE-PSY-O3:** Project / Dissertation / Internship
- DSE-PSY-O4:** Psychology of Disability or Stress Management

Generic Elective (GE)

- GE-PSY-O1:** Introduction of psychology.
- GE-PSY-O2:** Social psychology.
- GE-PSY-O3:** Psychopathology
- GE-PSY-O4:** Psychological Statistics

- GE-PSY-O5:** Counseling and Guidance
GE-PSY-O6: Techniques of Counseling
GE-PSY-O7: Educational psychology
GE-PSY-O8: Clinical psychology

Any four from the above

- GE-PSY-O1:** Paper 01 / 02
GE-PSY-O2: Paper 03 / 05
GE-PSY-O3: Paper 06 / 07
GE-PSY-O4: Paper 04 / 08

Skill Enhancement Course (SEC)

SEC-PSY-01 Emotional Intelligence

Unit-I: Introduction: Definition, Models of emotional intelligence; EQ Competencies; Self awareness, self regulation, motivation, empathy and interpersonal skills; Importance of emotional intelligence.

Unit-II: Knowing one's own and others emotions; Levels of emotional awareness recognizing emotions in oneself, Emotional expression, perceiving emotion accurately in others.

Unit-III: Managing emotion: The relationship between emotion, thought and behaviour, techniques to manage emotions.

Unit-IV: Applications: Work place, Relationship, Conflict management, Effective leadership.

Suggested Readings

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

Singh, D. (2003). *Emotional Intelligence at Work* (2nd ed.). New Delhi: Response Books.

SEC-PSY-02

Effective Decision Making

Unit-I: Introduction: What is decision making? Importance of making good decision.

Unit-II: Decision regarding Career, Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices / career.

Unit-III: Decision making in interpersonal context; learning about conflict Management in interpersonal relations; negotiation in interpersonal conflict; handling difficult people and finding solution.

Unit-III: Decision making at the workplace: Developing competencies and skills required for effective decision making.

Discipline Specific Elective (DSE)

DSE-PSY-01

Positive Psychology

Any four 2 for sem V and II for Sem VI may be selected from the following , 05

Unit-I: Introduction: Positive Psychology; An Introduction, Perspectives on positive Psychology; Western and Eastern, Character Strength.

Unit-II: Positive Emotional States and Processes: Happiness and well being, positive emotions, emotional intelligence, Resilience.

Unit-III: Positive Cognitive States and Processes: Self efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

Unit-IV: Application – Work, Education, Ageing, Health.

Practicum

- Self efficacy – Measurement and interpretation of Data.
- Administration of self confidence Inventory (SEAI) BY K.N. Sharma and interpretation of results,

Suggested Readings

Carr, A. (2004). *Positive Psychology: The Science of happiness and human strength*. U.K.

Snyder, C.R., & Lopez, S. (Eds). (2002). *Handbook of Positive Psychology*. New York: Oxford.

DSE-PSY-02

Health Psychology

Unit-I: Introduction to Health psychology: Components of health; Social, Emotional cognitive and physical aspects, Mind-body relationship, Goals of Health psychology, Bio-psychology-social Models of health.

Unit-II: Behaviour and Health: Characteristics of health behaviour; Theories of health behaviour, Barriers to health behaviour, and their implications.

Unit-III: Health Enhancing Behaviour: Exercise, Nutrition, Safety, Stress Management.

Unit-IV: Health and Well Being: Happiness, Life satisfaction; Resilience, Optimism, and Hope

Practicum

Any one of the following

1. **Mental Health** – Measurement of Mental Health of the Subject.
2. **Resilience** – Measurement of Resilience of the subject.

Suggested Readings

Allen, F. (2011). *Health Psychology and Behaviour*. Tata Mc. Graw Hill Edition.

DSE-PSY-03

Community Psychology

Unit-I: Introduction: Definition of Community psychology, Types of Communities Models.

Unit-II: Core-Values: Individual and family wellness; Sense of Community. Respect for human diversity; Social justice, Empowerment.

Unit-III: Health Promotion: Process of Community organization for health promotion, Importance, Community Programme for child and maternal health, Physical challenged and old age in Indian context.

Unit-IV: Interventions: Community Development and empowerment, Case Studies in Indian context.

Practicum

- Application of value orientation scale and result interpretation
- Application of life Satisfaction scale and result interpretation.

Suggested Readings

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

DSE-PSY-04 PROJECT / DISSERTATION / INTERNSHIP

Objectives: Students should be enabling to design and conduct an original and ethical research. They should be able to write a brief project report.

Evaluation: Viva Jointly by one internal and one external examiner.

DSE-PSY-05

Psychology of Disability

Unit-I: An Introduction to Disability: Beliefs and Attitudes Towards disability, Definitional conundrum, Diagnosis and assessment, Disability policy in India, Rehabilitation council of India.

- ✓ Experiment
- ✓ Interview

Unit-II: Perception

- ✓ Definitions
- ✓ Role of attention in perception
- ✓ Perceptual Organization

Unit-III: Learning

- ✓ Meaning, Nature and Definitions of Learning
- ✓ Role of Motivation in Learning
- ✓ Theories of Learning
 - Trial and Error theory
 - Insight theory

Unit-IV: Memory

- ✓ Meaning, Nature and Definitions of Memory
- ✓ Process of memory
- ✓ Types of memory

Practicum

- **Verbal Learning**
 - ✓ Simple Reproduction Method
 - ✓ Serial Reproduction Method

GE-PSY-02: SOCIAL PSYCHOLOGY

Unit-I: Introduction

- Nature, Definitions, scope.
- Relationship with Sociology and Anthropology.

Unit-II: Socialization

- Process and factors influencing Socialization.

Unit-III: Group

- Structure, functions and kind of group.

Unit-IV: Attitude

- Definitions, formation and change.

Practicum

- Nari Samanta
- Colour Preference.

Suggested Readings

Baron, R.A. & Byrne, D. (1998). Social Psychology: New Delhi: Prentice Hall.

Singh, A.K. (2010). Samaj Manovigyan ki Ruprekha: New Delhi: Motilal Banarsidas.

GE-PSY-03: PSYCHOPATHOLOGY

Unit-I: Introduction

- Nature and Definitions
- Characteristics of abnormal behaviour
- Methods of Abnormal Psychology:
 - ✓ Psychoanalysis
 - ✓ Case study
 - ✓ Interview

Unit-III: Topographical Aspects of Mind

- Nature and Characteristics of:
 - ✓ Conscious
 - ✓ Sub-Conscious
 - ✓ Unconscious

Unit-IV: Dynamic Aspects of Mind

- Characteristics and functions of:
 - ✓ Id
 - ✓ Ego
 - ✓ Super Ego

Suggested Readings

Coleman, J.C. (1976). *Abnormal Psychology and Modern Life*. Scott, Foresman and Company.

Sinha, R.R.P. & Mishra, B.K. (1996). *Abnormal Psychology*. Bharti Bhawan.

Practicum

- Maudsley Personality Inventory (MPI)
- General Intelligence Test (GIT)

GE-PSY-04: PSYCHOLOGICAL STATISTICS

Unit-I: Introduction

- Meaning and applications of Statistics in Psychology.

Unit-II: Frequency Distribution

- Frequency Distribution
- Graphical Representation of Grouped Data

Unit-III: Measures of Central Tendency

- Mean
- Median
- Mode

Unit-IV: Measures of Variability

- Range
- Quartile Deviation
- Standard Deviation

Practicum

- **Sensory Motor Learning**
 - ✓ Effect of practice by Card Sorting & Mirror drawing
 - ✓ Habit Interference

Suggested Readings

Mohsin, S.M. (1982). Experiments in Psychology Motilal Banarsidas.

Sinha, R.R.P. & Mishra, B.K. (1984). Experiments and Statistics in Psychology.
Bharti Bhawan.

Hussain, S. (1996). Elementary Statistics in Psychology.

GE-PSY-05: COUNSELLING AND GUIDANCE

Unit-I: Introduction

- Meaning and goal of Counselling.

Unit-II: Application of Counselling

- Career counselling
- Family counselling

Unit-III: Guidance

- Nature and importance of guidance.

Unit-IV:

- Major stages of guidance.

Practicum

- **Testing**
 - ✓ **Intelligence Test**
 - Pass Along Block Design
 - Alexender Battery

GE-PSY-06: TECHNIQUES OF COUNSELLING

Unit-I: Stages and Phases of Counselling

Unit-II: Methods of Counselling

- Interview and its various types.

Unit-III: Approaches of Counselling

- Behavioural approach
- Cognitive approach

Unit-IV: Skills and Qualities of a good Counsellor

Practicum

- ✓ Bilateral Transfer of Training.
- ✓ Habit Interference

Suggested 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.
- 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.
- Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New Delhi. 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.
- Kapur, M. (2011). Counselling Children with Psychological Problems. New Delhi, Pearson.
- Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson
- Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
- Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.
- Sharf, R. S. (2012). Theories of Psychotherapy & Counselling: Concepts and Cases (5th Ed). Brooks/ Cole Cengage Learning.
- Udapa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsidas.

GE-PSY-07: EDUCATIONAL PSYCHOLOGY

Unit-I: Introduction

- Definitions
- Aims
- Importance of Educational Psychology

Unit-II: Education for Specific Children

- Concept and Education of mentally retarded children.

Unit-III: Educational Technology and Programme Learning

- Meaning and Nature of Programme Learning.
- Skinner's view points of Programme Learning.

Unit-IV: Class Room Management

- Ecology of class room.
- Discipline and Communication.

Practicum

- Sinha Anxiety Scale
- Word Association Test (WAT)

Suggested Readings

Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology, Mc. Graw Hill.

Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das.

GE-PSY-08: CLINICAL PSYCHOLOGY

Unit-I: Introduction

- Definitions and Problems of Clinical Psychology.
- Relationship with Psychiatry.

Unit-II: Diagnosis

- Sources of Diagnosis.
 - ✓ Case study
 - ✓ Psychological tests.

Unit-III: Psychotherapeutic Unit

- Psychoanalytic Techniques
- Behaviour Therapy

Unit-IV: Role of Clinical Psychology

- Mental Hospital
- Child and Guidance centre
- Schools.

Practicum

- Sinha Anxiety Scale
- Bell's Adjustment Inventory.

Suggested Readings

Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology, Mc. Graw Hill.

Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das.