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RESTRUCTURED CURRICULUI AND SYLLÄBI

FOR

UNDER GRADUATE COURSES

IN

PSYCHOLOGY

1998

B. A. Psychology Revised Syllabus for the Conventional Course Basic Psychological Processes

1. Psychology: The Science of Behaviour

What is Psychology: A working definition and its scientific status. Growth of Psychology: Structuralism, Functionalism, Behaviourism, Psychoanalysis, NeoFreudianism and Gestal;

Psychology and common sense; Psychology in the 1990's - some key perspectives: cognitive, physiological, sociocultural, psychodynamic, humanistic. Major areas of specialization - research specialties, applied specialties and allied fields.

2. Methods of Psychological Research

Descriptive Method, Naturalistic Observation, Survey, Interview, Questionnaire, Rating scale and Case History; Correlational Method, Experimental Method.

3. Attention and Perception

Factors affecting attention: subjective and objective. Phenomena associated with attention: Span of attention, Division of attention and Distraction of attention.

Perceptual organization; perceptual constancies; illusions and types: size, distance and movement; space perception: visual and auditory; extra sensory perception.

4. Consciousness

The Nature of consciousness. Conscious awareness: subjective and objective; other levels of consciousness. Natural states of consciousness: fantasy, sleep and dreams. Altered states of consciousness: mediation, hypnosis and psychoactive drugs.

5. Learning

What is learning? Definition. Classical Conditioning: principles of Classical Conditioning, Its applications; Instrumental Conditioning: principles of Instrumental Conditioning; schedules of reinforcement, reinforcement: primary and secondary. Aversive Conditioning, Chaining and Shaping. Application of Instrumental Conditioning; Observational Learning, Cognitive Learning: Insight Learning and Sign Learning. Efficiency in Learning; Transfer of Learning: types and theories of Transfer.

6. Remembering and Forgetting

Information processing approach - Sensory Memory, STM and LTM; theories of forgetting; improving your memory: drugs and memory, Mnemonic Systems; biological basis of memory; Ebbinghaus curve of forgetting, methods of retrieval.

7. Cognition

Building blocks of thought: Images, Concepts, Language and Thought; Reasoning: Deductive reasoning and Inductive reasoning. Problem Solving: the interpretation of problem, producing and evaluating solutions, obstacles to solving problems, becoming better at problem solving, computers in problem solving; creative Individual: profile, stages in creativity.

8. Motivation and Emotion

Perspectives on motivation; primary drives, stimulus motives, learned motives; Hierarchy of motives. Concept of emotion; basic emotional experiences; physiological correlates of emotion; theories of emotion.

9. Intelligence

Theories of Intelligence: Spearman, Thurston, Guilford, Sternberg, Gardner; Intelligence Tests: Stanford Binet, Wechsler scales, Group tests, Performance and Culture fair tests; criticisms of IQ tests; uses and abuses of intelligence tests; determiners of Intelligence: heredity Vs. environment; extremes of intelligence - Mental Retardation and Giftedness. Aptitude: nature, type and measurement / interest and its measurement.

10. Personality

Definition and nature; Psychodynamic Theories (Freud, Adler, Jung, Karen Horney, Erik Erikson); Humanistic Personality theories (William James and Carl Rogers), Constitutional and Trait theories (Sheldon, Allport, Cattel), Behavioural theories and Social Learning theories; personality assessment.

Books for Study

1. Morris, Charles. G., Psychology - An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.

- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, Psychology Today An Introduction, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.

4. Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.

2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., Introduction to Psychology, 6th to 10 edition, Oxford and IBH Publishing Co.

B. A Psychology Revised Syllabus for the Conventional Course Social Psychology

Social Psychology

Definition, Historical Background, Relationship to General Psychology and other Social Sciences, Research Methods McDavid & Harari, Ch. 1; Baron & Byrne, Ch. 1

Social Cognition

Cognitive selectivity and stimulus factors, stimulus factors and grouping, learning and grouping, Cognitions and wholepart relations, Frame of Reference, Adaptation Level, Similarity & Contrast Krech, Crutchfield & Ballachey, Ch. 2

Social Cognition: Understanding Others

Non-verbal Communication, Attribution: understanding the causes of others Behaviour, Impression formation and impression Management

Baron & Byrne Ch. 2

Social Cognition: Thinking About Others And The Social World

Heuristics, Mental short cuts in Social Cognition, Basic aspects of Social Thought: Tilts, Tendencies, and Potential Errors; Affect and cognition

Baron & Byrne Ch. 3

Attitudes

Definition, Nature and Measurement

Krech, Crutchfield, & Ballachey, Ch. 5

Formation of Attitudes\ Attitudes and behaviour, Persuasion: The process of changing attitudes; Resistance to persuasion; Cognitive Dissonance: How we sometimes change our own attitudes.

Baron & Byrne Ch. 4

Prejudice & Discrimination

Understanding their nature, Countering their effects, Nature & origins of prejudice, Challenging prejudice, Prejudice based on gender

Baron & Byrne, Ch. 6, David Myers, Ch. 11

Group

Characteristics of groups, Types of groups, Group Norm, Group Dynamics

McDavid & Harari, Unit 4- Introduction

The Consequences of Belonging: Groups and task performance, Social Facilitation, Social Loafing, Deindividuation, Group Polarization, Groupthink; Decision making by groups: How it occurs, the outcomes it yields, and the pitfalls it faces Baron & Byrne, Ch. 12, McDavid & Harrari, Ch. 9

Leadership

Its nature and impact in Groups, The trait Approach: Are leaders born or made, Gender difference in leadership: two views; Transformational leadership: Vision & Charisma

Baron & Byrne, Ch. 12

Social Influence: Changing Others Behaviour

Conformity, Compliance, Obedience Baron & Byrne, Ch. 9, David Myers, Ch. 7

Pro-social Behaviour: Providing Help To Others

Baron & Byrne, Ch. 10, David Myers, Ch. 14

Aggression

Its nature, cause, and control Baron & byrne, Ch. 10, David Myers, Ch. 12

Mass Phenomena

Crowd, classification of crowd, Characteristics, Types of Mob, Types of Audience; Mass Follies: Fad, Fashion, Craze McDavid & Harari, Ch. 15

Population, Health, And Environmental Applications

Population Psychology, Health Psychology, Environmental Psychology Baron & Byrne, CH. 13

Other Applications

Applications of social Psychology in legal system, politics and work-setting Baron & Byrne, Ch. 14

Books For Study

Baron, A. Robert & Byrne, Donn, Social Psychology, Prentice Hall of India, New Delhi, 7th Edition Myers, David G., Social Psychology, McGraw-Hill International Edition

Krech Crutchfield & Ballachey, Individual In Society, International Student Edition, McGraw- Hill International Book Co., 1982

McDavid, John W. & Harari, Herbert, Social Psychology, CBS Publishers & Distributors, 1986

Revised Syllabus for the Conventional Course Life Span Development

1. Concepts and Methods In Developmental Psychology

Nature of human development, principles of development, Developmental tasks, Determinants of development. Research methods in Developmental Psychology: Observational studies, Interview, Experimental studies, Correlational studies, Developmental designs: Cross-sectional designs, Longitudinal design, Sequential designs.

2. Theories of Development

Biological, Psychodynamic, Learning theories, Cognitive theories, Cultural-Contextual theories.

3. The Beginning of Life

Heredity and environment, the process of gene transmission, heredity and environment interaction, Genetic Counseling. Fertilization: the process of fertilization, multiple birth, sex determination, prenatal development. Stages of prenatal development: prenatal behavioural development, prenatal hazards. The Birth Process: stages of child birth, types of child birth, birth fetal abnormalities and complications, effects of prematurity.

4. Infancy

The neonate, the infant states, reflexes of newborn, sensory and perceptual capacities.

5. Fundamentals of Physical Growth

The process of physical development; brain development: hemisphere specialization, laterality, early brain plasticity. Motor development: locomotor development, handedness, role of experience and culture.

6. Emotional Development

Early emotional development, conditions responsible for emotional development, characteristics of early emotions, common emotional patterns, emotional control

7. Language Development

8. Social Development

The development of attachment, patterns of attachment, cifects of attachment. The process of socialization, agents of socialization: parents, peers, friends and school; the effect of the agents on socialization, development of gender roles.

9. Play and the Importance of Play

10. Moral Development

Moral development, learning moral codes, discipline, theories of moral development: Piaget and Kohlbeni

11. Cognitive Development

Development of perception and attention, memory, problem solving, reasoning; individual differences in intelligence, achievement and creativity.

12. Puberty and adolescence

Puberty changes - hazards, nature of adolescence, personality and social development, discovering personal identity, social development: relationship with parents and peers, problems of adolescence.

13. Early Adulthood

Personal and social adjustment, changes in interests, social mobility, personal and social hazards, vocational and family adjustments, marital adjustments, adjustment to parenthood, assessment of marital adjustments. Adjustment to single-hood, hazards of vocational and marital adjustments.

14. Middle Ages

Personal and social adjustments, characteristics, adjustments to physical changes, assessment of adjustment to physical changes; adjustment to mental changes, adjustment to changed interests; social adjustments, personal and social hazards. Vocational and family adjustments; vocational adjustments, adjustment to changed family patterns, adjustment to single-hood, adjustment to loss of a spouse, adjustment to approaching retirement, adjustment to approaching old age, vocational and marital hazards.

15. Old Age

Personal and social adjustments: characteristics, adjustment to physical changes: changes in motor abilities, changes in mental abilities, changes in interests, personal and social hazards. Vocational and family adjustments: vocational adjustments, adjustment to retirement, adjustment to changes in family life, adjustment to loss of a spouse, remarriage, adjustment to singlehood, geographical mobility, vocations and family life hazards.

Books for Study

- 1. B. Hurlock; Developmental Psychology, 1996, Tata McGraw Hill.
- B. Hurlock, Child Development, 6th edition, 1978, International edition.
- 3. Hoffman, Paris and Hall, Developmental Psychology Today, 1986, McGraw Hill Inc.
- 4. Papalia and Olds, Human development, 5th edition, 1994, Tata McGraw Hill Publishing Co.
- 5. Stewart, Perlmutter and Friedman, Life long Human Development, 1988, John Wiley and Sons.

B.A. Psychology

Revised Syllabus for the Conventional Course

Abnormal Psychology

1. Abnormal Psychology: Introduction

Concept of normality, classifying abnormal behaviour, DSM classification Of mental disorders, the development of DSM IV, the limitations of DSM classifications, the problem of labeling, the extent of abnormal behaviour: epidemiology Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch.1

2. Historical Background of Abnormal Psychology

Historical views of abnormal behaviour: the ancient western world, the middle ages, the Renaissance, the Age of Reason and the Enlightenment, the Reform Movement, the psychological verses organic views, the psychological approach, the organic approach. Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 2

3. Theoretical Perspectives on Abnormal Behaviour

The Biological perspective, the Psychodynamic perspective, the Behavioural perspective, the Cognitive perspective, the Humanistic-Existential perspective, the Community perspective, The value of Interactional approach. Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 3

4. Vulnerability, Stress and Coping: Maladaptive Behaviour

Vulnerability, temperament and coping; stress Arousal, clinical reaction to stress: Adjustment disorders, Post-traumatic Disorders, Dissociative Disorders, treating stress related problems Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 5

5. Anxiety Disorders

Generalized Anxiety Disorder, Panic Disorder, Phobias, Obsessive-Compulsive Disorder; interpreting and treating; Psychodynamic, Behavioural, Cognitive, and Biological perspectives. Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch.6

6. Psychological Factors and Physical Symptoms

Psychological, social and bodily interactions; Psychophysiological Disorders, Somatoform Disorders, Factitious Disorders and Malingering.

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 7

7. Mood Disorders

What are Mood Disorders; Depression: depressed mood, risk factors, Depressive disorder: Dysthymia, Major Depression, theories of Depression, the Biological, the Psychodynamic, Behavioural, the Cognitive, the Existential - Humanistic perspectives, and contrasting psychological theories of Depression.

The Bipolar Disorders: Manic episodes, Causes of Bipolar Disorder, treatment of Bipolar Disorders.

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 11

8. The Schizophrenia and Delusional Disorders

The Schizophrenia: the clinical picture in Schizophrenia, sub types, biological, psychological and socio-cultural factors in Schizophrenia, treatment and outcome.

Delusional(Paranoid) Disorders: the clinical picture, causal factors, treatment and outcomes.

Ref. Carson & Butcher, Abnormal Psychology and Modern life, Ch. 12

9. Addictive Disorder

Addictive behaviour, alcohol, alcohol abuse and dependence, clinical picture, causes (perspectives on alcohol abuse), treatment & outcomes

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 9

Oxford and IBH Publishing Co. New Dellisbroid villanors 10.

Clinical feature, types, causal factors, treatment & outcome vgolodies of guildiness and A. A. Britandess of Clinical feature, types, causal factors, treatment & outcome

Ref. Carson Butcher, Abnormal Psychology and Modern Life, Ch. 8

11. Developmental Disorders

Mental Retardation: levels of Mental Retardation, organic factors in Mental Retardation, Organic Retardation Syndromes, Mental Retardation and socio-cultural deprivation, the problem of assessment, treatment, outcomes and prevention. Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 14

12. Biologically Based Therapies to a mattoquif another tasgic to subplantif, another magic grandisc

Early attempts at biological intervention, Coma and Convulsive therapies, Psychosurgery, the Emergence of pharmacological methods of treatment, types of drugs used in therapies, a biopsychosocial perspective on Pharmacological Therapy.

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, ch. 17
Ref. Carson & Butcher, Abnormal Psychology and Modern Life, ch. 17
Ref. Carson & Butcher, Abnormal Psychology and Modern Life, ch. 17 roaches, Levels of Management: Admir istrative, Operative

13. Psychologically Based Therapies

Psycho Therapy, Psychodynamic and Psychoanalysis, Humanistic and Existential Therapies, The Cognitive Psychotherapies, Behaviour Therapy, Cognitive Behavioural Approaches, Group Therapy, integration of psychologically based therapies

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 18

Books for Study

- 1. Carson, Robert C. & Butcher, James N; Abnormal Psychology And Modern Life: Harper Collins; Ninth Ed.; 1992
- 2. Sarason, Irwin G. & Sarason, Barbara R.; Abnormal Psychology: Prentice Hall; Seventh Ed.; 1997
- 3. Alloy, Lauren B. & Acocella, Joan & Bootzin, Richard R.; Abnormal Psychology: Current Perspectives: McGrow-Hill, Inc.; 1996

B. A. Psychology Revised Syllabus for the Conventional Course Experimental Psychology Practical

Attention

Division of attention, Set in attention, Span of attention, Distraction of attention

Perception

Muller-Lyer illusion, Horizontal-Vertical illusion, Sound Perimeter, Depth perception, Colour Perimeter, Colour blindness, Size constancy, Shape constancy, Visual acquity, Blind Spot

Reaction Time

Simple RT, Discriminative RT Choice Rt, Associative RT

Learning

Trial and error learning, Insight learning, Rational learning, Temporal learning, Punishment maze, Slot maze, Positive transfer of training, Negative transfer of training, Level of aspiration.

Memory

Immediate memory, Recall and recognition, Meaning and retention, Whole Vs. Part learning, Word Association Test, Letter digit substitution test, Knowledge of result, Rumour.

Thinking and Problem Solving

Pyramid puzzle, Concept formation test, Multiple choice problem, Strength of motives

Intelligence and Aptitude

Bhatia's Battery of Performance Tests, General Mental Ability Test, Differential Aptitude Test, Engineering Aptitude Test, Musical Ability Test, Strong Vocational Interest Inventory.

Personality Tests

16PF, EPPS, EPI, Minnesota Manual Dexterity Test

Other Tests

Job Satisfaction Scale, Locus of Control, Emotional Maturity Scale, Mathew Maladjustment Inventory

Project

(A project related to any field of Psychology must be completed with report of the same and it will carry 10 marks)

Reference

Munn, Norman L. Introduction to Psychology (1967) Oxford and IBH Publishing Co. New Delhi Bhutani, K and Ramachandran, K. Understanding Psychology of Human Behaviour, NCERT

ELECTIVES

B. A. Psychology

Revised Syllabus for the conventional Course

Organizational Behavior

1. The Organization

Historical Background, Defining Organization, Principles of Organization, Importance of Organization, Types of Organization: Formal, Informal, Social Organizations, Scope of Organizational Behaviour Ref. Luthens, Ch. 1,4,5; Sherlekar, Ch. 3; Dwivedi, Ch. 1

2. Management Process

Principles of Management, Approaches to Management: Classical, Neo-classical, Quantitative, System, & Contingency Approaches, Levels of Management: Administrative, Operative Ref. Luthens, Ch. 16, Sherlekar, Ch. 2

3. Organization Theory And Design

The Bureaucratic Model, The Roles of Modern Organization Theory, Modern Organizational Design Ref. Luthens, Page 516-538

4. Job Design and Goal Setting

Job Analysis, Job Design, QWL and Sociotechnical Design, Goal Setting Ref. Luthens, Pages 180-197

5. Foundations of Group Behaviour

Stages of Group Development, Work Group Behaviour, External Conditions Imposed on the Group, Group Members Resources, Group Effectiveness, Intergroup Relations
Ref. Robbins, Ch. 9, Pages 283-300

6. Job Stress

Causes and Effects of Stress, Coping Strategies Ref. Luthens Ch. 13, 14; Robbins, Ch. 13

7. Leadership Processes

What is Leadership, Classical Studies on Leadership, Theories of Leadership, Emerging Theoretical Frame Work for Leadership

Ref. Luthens, Ch. 10; Robbins, Ch. 11

8. Motivation in Organization

Work Motivation Approaches, The Content Theories, The Process Theories; MBO, OB Models; Application to Organizational Change

Ref. Luthens Ch. 6; Robbins Ch. 7

9. Communication

Interpersonal Communication in Organizations, Superior-Subordinate Communication, Subordinate Initiated communication, Interactive communication, Decision Making Process

Ref. Luthens, Ch. 16 & 17

10. Consumer Behaviour

Scope of Consumer Psychology, Research Methods, Behavioural Studies, T. V. Programming Research, The Seller, The Consumer

Ref. Robbins

11. Power Conflict and Negotiation

Definition of Power, Sources of Power, Politics in Organizations, Transition in Conflict Thought, Traditional Views, Conflict Process: Stage 1 & 2, Intra-individual Conflict, Interpersonal Conflict, Intergroup Behaviour and Conflict, Organizational Conflict

Ref. Luthens Ch. 12; Robins Chi. 2

12. Organizational Change And Development

The Change Environment, Modern Approaches to OD, OD Techniques, The Future of OD Ref. Luthens, Ch. 21; Robbins Ch. 19

Books for Study

- 1. Luthens, Fred; Organizational Behaviour; McGraw Hill Inc.; 6th Edition.
- Robbins, Stephen P.; Organizational Behaviour; Prentice Hall of India, New Delhi; 6th Edition.
- 3. Dwivedi, R. S; Human Relations and Behaviour; Oxford and IBH Publishing Co., Calcutta; 1979.
- 4. Sherlekar, S. A.; Industrial Organization and Management; Himalaya Publishing House, Bombay; 1981.

B. A. Psychology Revised Syllabus for the Conventional Course Counselling And Guidance

1. Introduction

Definition, Nature, Scope, Historical developments, Current trends in Counselling and Guidance, Limitations, Relationship with psychotherapy, Clinical Psychology and mental health.

2. Counselling Process

Client Variables, Counsellor variables, Setting, Goals of Counselling, Short term goals, long term goals. Professional issues in Counselling, Motivation, Need for Change, Evaluation process of counselling/guidance, Progress in counselling, termination, follow-up.

3. Life Tasks of Concern to Counselling and Guidance at Different Stages in Life

a. Infancy and Childhood

Birth process, developmental delays, sibling problems, conduct disorders, emotional disorders, behavioural problems, parenting, disciplinary practices, modification of problem behaviour, good mothering, importance of family in child's mental health, and education, learning disability (dyslexia), learning practices, mental retardation.

b. Adolescence

physiological and psychological development, peer influence, career guidance, aptitude, sexual development, masturbation, homosexuality, social interaction

c. Adult

Adult personality, vocational stability, setting up of family, marriage: mate selection, marital relationships, marital discord, disharmony, sexual relation, sexual disorders

d. Middle age \ Old age

Problems associated with old age, Cognitive Problems (memory, learning etc.), loneliness, Old age home, Social support system, Physical illness, Terminal illness.

4. Assessment in Counselling and Guidance

Assessment of the client, history taking, Importance of personal history, family history, current problem, personality factors,

Techniques for assessment: Interview, Case records, Observation, Case study, Rating scales, Psychological tests, Reliability and adequacy of information.

5. Case Formulation

Need for case formulation, theories of counselling, models in case formulation, relationship with personality, life events, family, other environmental aspects like work situation, social aspects and attitudes.

6. Professional Issues in Counselling and Guidance

Role of counsellor, relationship with other professionals like, medical, social organizations, mental health professionals, psychiatric hospitals, industries, training of counsellors, what is counselling relationship.

7. Counselling and Rehabilitation

What is rehabilitation, role of counselling in rehabilitation, rehabilitation of mentally ill patients, mentally retarded people, improving quality of life, improving their disability, social skills training, vocational training.

8. Counselling and other Conditions

Counselling with AIDS and HIV cases, cancer patients, terminally ill patients, marital problems, psycho somatic conditions, counselling and child labour, counselling with alcohol and drug abuse, counselling for social issues like poverty, unemployment, social discrimination etc.

9. Counselling in Indian Context

Role and influence of family, role of social support systems like, churches, religion, priests, social/political leaders, yoga, meditation, other healing practices, karma theory etc.

Books for Study

Bordin, E. S. 1955, Psychological Counselling, New York, Appleton Century Crofts

Brammer, L. M & Shostrom, E. L. (1982) <u>Therapeutic Psychology</u>. Fundamentals of Counselling and Psychotherapy. (4th edition) Englewood Cliffs, Prentice-Hall, Inc.

Hansen, J. C. (1970) The Counselling Psychology. Newyork, Holt Rinehart and Winstone, Inc.

Narayanarao, S. (1981) Counselling Psychology, Tata McGraw- hill Book Co. New Delhi

Fusfer, J.M. (1964) Psychological Counselling in India, Macmillan Publishing Co., Inc., Bombay

B. A Psychology Revised Syllabus for the Conventional Course Oriental Psychology

1. The Concept of Consciousness

In the Vedic Hymns; In the Upanishads; The States of Consciousness; Analysis of the Dream State; Consciousness- A Basic Feature of Reality; The Doctrine of Koshas; the Mode of Mentation; The Self, the Mind and the Senses; The Individual Self; The Two Levels of Self; Self- neither Perceivable nor Conceivable; Meditation, the Means to Realize; Jnana, the Means to realize

2. The Psychological Aspects of the Gita

The Selling of the Gita; Mental Structure; The Eight-fold Prakriti; Kshetra and Kshetrajana; The Theory of Gunas; Two Classes of human Beings; five Factors of Action; Attitude towards Action; Importance of Aptitude; Meditation-The Means to Development of Personality; the Final Choice

3. Samkhya - Yoga

Samkhya; The Self; The Functions of Antahkarna; Yoga: Chitta and its Modes, Vrittis; The General Mental Processes; The Theory of Klesas; Karmasya; Samskara and Vasana; The Concept of Karmasaya; The Problem- The Task of Man; The Means

4. Sensation and Perception

Upanishads on Sensation and Sense Organs; The Controversy on Contact of Sense Organ with the Object; Manas for a Sense Organ; Sense Organs and Evalution; Stimulus strength and Sensation; The Sense Organ and the Objects

5. Perception and Illusion

Stages of Perception; The Concept of Acquired Perception; Theories of Perception; Budhist Theory; The Jaina Theory; The Naya-Vaiseshika Theory; The Samkya-Yoga Theory; Perception of Space, Time and Movement; Illusions; Abhava, the Concept of Negation; The Jaina Concept of Upayoga

6. Motivation

Gita on Motives; Distinction between Non-voluntary and Voluntary Actions; The New-born Infant's Behaviour; Nature and Kinds of Motives; Three Kinds of Actions; Voluntary Action; Ishtha, the Object of Desire; Motives in the Reasoning Process; Springs of Action(Pravartana); Gautama's Nayaya Sutra: Attachment (Raga), Aversion (Dvesa); Delusion (Moha)

7. Feelings And Emotions

Feelings; The Gita on Feelings; The Buddhist Theory of Feelings; Nayaya - Vaiseshika View; Samkhya - Yoga view; View of the Later Thinkers; Emotions: The Gita on Emotions; Patanjali on Emotions; Buddhist Views; The Jaina View

8. Samakara, Vasana, And Attitude

Introduction; Samskara in Buddhist Thought; Nyaya; Analysis of Perception and illusion; Memory and Recognition; Yoga View; Samskara Vs Vasana; Conclusion

9. Self and Personality

The Upanishadic View; The Gita on Self; Buddha's Doctrine of Anatma; The Nyaya- Vaiseshika Views; Samkhya- Yoga View; The Mimamsa View; Types of Personality

10. Meditation

The Upanishads; The Gita; the Buddhist Practice; Patanjali's yoga sutra; Effects of Meditation

Kuppuswmy. B, (1985), <u>Elements of Ancient Indian Psychology</u>, Vikas Delhi Ramachandra Rao, S. K, <u>Development of Psychological thought in India</u>, Kavyalaya Publishers, Mysore

SUBSIDIARY

B. A Psychology Syllabus for the Conventional Course Physiology (Compressory)

- 1. The Cell: Structure of a typical eukaryotic cell; Functions of the cell organelles; movements of molecules across the plasma membrane(mention diffusion, active transport, facilitated diffusion, ion channels and gates)
- 2. The Neuron: Structure of a typical neuron; types of neurons(mention unipolar, bipolar, multipolar, sensory, motor, interneuron, myelinated, non-myelinated); Neuroglial cells and their functions. Transmission of impulses along the neuron(mention membrane potential, action potential, all-or-none law, refractory period); Synapse (Chemical and electrical); Neurotransmitters and their role in transmission of impulses; excitatory and inhibitory post synaptic potentials
- 3. Cardiovascular System: Structure of the human heart and its working (mention also the SA node, AV node & Purkinje System); Structure of arteries, veins, and capillaries, pulmonary and systemic circulation. Blood, a fluid connective tissue; components (Plasma, RBC, WBC and platelets)
- 4. Immunology: Humoral immunity, cell mediated immunity, non-specific defenses; anatomy of an immune response; memory; boosters; immunodepression; Hypersensitivity reactions, autoimmunity
- 5. Genetics: Mendel's principles; modern concepts of the gene and the gene action; sex-linked, sex limited, sex-influenced characters; hereditary diseases
- 6. Endocrinology: The endocrine glands and their hormones; hormonal influence on learning and memory; hormones and Behaviour
- 7. Organization of the Nervous system: Detailed study of the structure of brain & spinal cord; organization of the peripheral and autonomic elements
- 8. Sensory Processing; Receptors; sensory transduction; processing by brain; detailed study of vision and hearing
- 9. The Hemispheres of the Neocortex: structure, functional asymmetry(surgical studies, clinical studies, behavioural studies); capabilities of the right and left hemispheres; language, handedness; cortex and learning; Hippocampus and learning
- 10. Neural mechanisms in arousal, sleep, and attention: Opioid peptides and receptors in the brain; a brief treatment of drugs and mental illness.
- 11. Stress Physiology: stress response; indicators of stress(hormonal, anatomical, physiological); stress and disease
- 12. Psychneuroimmunology: Connections between emotions, nervous system and immune functions. Brief treatment of meditation and biofeedback

Books for Study

Levinthal, Charles F; Introduction to Physiological Psychology, 3rd Edition (Indian Edition 1996), Prentice- Hall of India Pvt. Ltd

Rosensweig, Mark R- Leiman, Arnold L- Breedlove, S. Marc; <u>Biological Psychology</u>, 1996, Sinauer Associates, Inc. Guyton, Arthur; <u>Medical Physiology</u>, 8th Edition, W. B. Saunders Company

Gardner, Eldon John- Simmons, Michael J- Snustad, D. Peter; <u>Principles of Genetics</u>, Wiley International Edition Ahluwalia Karvita B; <u>Genetics</u>, 4th Print (1994), Wiley Eastern Limited

Cooper, Geoffrey M.; Cell-A molecular Approach, ASM Press & Sinauer AssociatesInc.

SUBSIDIARY FOR OTHER COURSES

B. A Psychology Revised Syllabus for the Conventional Course General Psychology (Subsidiary)

1. Nature of Psychology

Definition of Psychology, scope and application, modern approaches in Psychology.

2. Methods of Psychology

Observational Method - participant and non-participant, Survey Method, Case History Method, Test Method, Experimental Method.

3. Biological basis of Behaviour

The Nervous System - neuron, synapse; Central Nervous System, Peripheral Nervous System, Automatic Nervous System, the Endocrine System, heredity and environment (Behaviour Genetics).

4. Sensation and Perception

Attention - subjective and objective factors of attention. Perceptual organization: figure and ground principle, principles of grouping. Perceptual constancies, depth Perception, Illusions - visual illusions; Extrasensory Perception.

5. Learning

Nature of learning, types of learning: Classical conditioning: basic terms - extinction, spontaneous recovery, generalization and discrimination, higher order conditioning.

Operant Conditioning: principles, shaping behaviour; types of reinforcement and aversive conditioning; cognitive conditioning; Transfer of Learning.

6. Remembering and Forgetting

Basic Processes: acquisition, storage and retrieval. Memory: Sensory Memory, STM and LTM. Methods of retrieval: recall, recognition, relearning and reconstruction. Forgetting: Ebbinghaus curve of forgetting, theories of forgetting.

7. Motivation and Emotion

Primary drives: hunger, thirst and sex; learned motives: aggression, achievement and power; Hierarchy of Motives. Nature of Emotion, physiological basis of emotion, basic emotional experiences.

8. Intelligence and Ability Testing

Definition, measurement of intelligence, Binet Simon, Wechsler, Group tests and Performance tests; extremes of intelligence. Aptitude and Interest and their measurement.

9. Abnormal Behaviour

Concept of Abnormality, Anxiety disorder, Somatofom disorder, Dissociative reactions, Affective disorder, Psychophysiological disorders.

10. Therapies

Insight Therapies: Client-centred therapy, Rational Emotive therapy; Behaviour Therapies: Desensitization, Aversive conditioning; Biological Treatment: ECT, Psychosurgery, Drug therapy: characteristics of a good counsellor.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, <u>Psychology Today An Introduction</u>, 7th edition, 1991, McGraw Hill Inc., New York.
- Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- 4. Morgan & King. Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.
- 2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

B. A. Psychology Conventional Course: Semester System

B. A. Psychology Syllabus For Conventional Course: Semester System Basic Psychological Processes- 1

1. Psychology: The Science of Behaviour

What is Psychology: A working definition and its scientific status. Growth of Psychology: Structuralism, Functionalism, Behaviourism, Psychoanalysis, NeoFreudianism and Gestalt;

Psychology and common sense; Psychology in the 1990's - some key perspectives: cognitive, physiological, sociocultural, psychodynamic, humanistic. Major areas of specialization - research specialties, applied specialties and allied fields.

2. Methods of Psychological Research

Descriptive Method, Naturalistic Observation, Survey, Interview, Questionnaire, Rating scale and Case History; Correlational Method, Experimental Method.

3. Attention and Perception

Factors affecting attention: subjective and objective, Phenomena associated with attention: Span of attention, Division of attention and Distraction of attention.

Perceptual organization; perceptual constancies; illusions and types: size, distance and movement; space perception: visual and auditory; extra sensory perception.

4. Consciousness

The Nature of consciousness. Conscious awareness: subjective and objective; other levels of consciousness. Natural states of consciousness: fantasy, sleep and dreams. Altered states of consciousness: mediation, hypnosis and psychoactive drugs.

5. Intelligence

Theories of Intelligence: Spearman, Thurston, Guilford, Sternberg, Gardner; Intelligence Tests: Stanford Binet, Wechsler scales, Group tests, Performance and Culture fair tests; criticisms of IQ tests; uses and abuses of intelligence tests; determiners of Intelligence: heredity Vs. environment; extremes of intelligence - Mental Retardation and Giftedness. Aptitude: nature, type and measurement. Interest and its measurement.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, Psychology Today An Introduction, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- 4. Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.
- 2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

B. A. Psychology Syllabus for conventional Course: Semester system Basic Psychological Processes- 2

1. Learning

What is learning? Definition. Classical Conditioning: principles of Classical Conditioning, Its applications; Instrumental Conditioning: principles of Instrumental Conditioning; schedules of reinforcement, reinforcement: primary and secondary. Aversive Conditioning, Chaining and Shaping. Application of Instrumental Conditioning; Observational Learning, Cognitive Learning: Insight Learning and Sign Learning. Efficiency in Learning; Transfer of Learning: types and theories of Transfer.

2. Remembering and Forgetting

Information processing approach - Sensory Memory, STM and LTM; theories of forgetting; improving your memory: drugs and memory, Mnemonic Systems; biological basis of memory; Ebbinghaus curve of forgetting, methods of retrieval.

3. Cognition

Building blocks of thought: Images, Concepts, Language and Thought; Reasoning: Deductive reasoning and Inductive reasoning. Problem Solving: the interpretation of problem, producing and evaluating solutions, obstacles to solving problems, becoming better at problem solving, computers in problem solving; creative Individual: profile, stages in creativity.

5. Motivation and Emotion

Perspectives on motivation; primary drives, stimulus motives, learned motives; Hierarchy of motives. Concept of emotion; basic emotional experiences; physiological correlates of emotion; theories of emotion.

6. Personality

Definition and nature; Psychodynamic Theories (Freud, Adler, Jung, Karen Horney, Erik Erikson); Humanistic Personality theories (William James and Carl Rogers), Constitutional and Trait theories (Sheldon, Allport, Cattel), Behavioural theories and Social Learning theories; personality assessment.

Books for Study

- 1. Charles. G. Morris, Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Richard. K. Bootzin, Gordon. H. Bower, Jennifer Crocker, Elizabeth Hall, Psychology Today An Introduction, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Philip. G. Zimbardo, Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- 4. Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. R. A. Baron, Psychology, 3rd edition, 1996, Prentice Hall.
- 2. E. R. Hilgard, R. C. Atkinson & R. L. Atkinson, Introduction to Psychology, 6th to 10 edition, Oxford and IBH Publishing Co.

B. A. Psychology Syllabus for the Conventional Course: Semester System Social Psychology - 1

1. Social Psychology

Definition, Historical Background, Relationship to General Psychology and other Social Sciences, Research Methods McDavid & Harari, Ch. 1; Baron & Byrne, Ch. 1

2. Social Cognition

Cognitive Selectivity and stimulus factors, stimulus factors and grouping, learning and grouping, Cognitions and wholepart relations, Frame of Reference, Adaptation Level, Similarity & Contrast Krech, Crutchfield & Ballachey, Ch. 2

3. Social Cognition: Understanding Others

Non-verbal Communication, Attribution: understanding the causes of others Behaviour, Impression formation and impression Management

Baron & Byrne Ch. 2

4. Social Cognition: Thinking About Others And The Social World

Heuristics, Mental short cuts in Social Cognition, Basic aspects of Social Thought: Tilts, Tendencies, and Potential Errors; Affect and cognition

Baron & Byrne Ch. 3

5. Attitudes

Definition, Nature and Measurement

Krech, Crutchfield, & Ballachey, Ch. 5

Formation of Attitudes \ Attitudes and behaviour, Persuasion: The process of changing attitudes; Resistance to persuasion; Cognitive Dissonance: How we sometimes change our own attitudes.

Baron & Byrne Ch. 4

6. Prejudice & Discrimination

Understanding their nature, Countering their effects, Nature & origins of prejudice, Challenging prejudice, Prejudice based on gender

Baron & Byrne, Ch. 6, David Myers, Ch. 11

Books For Study

Baron, A. Robert & Byrne, Donn, Social Psychology, Prentice Hall of India, New Delhi, 7th Edition

Myers, David G., Social Psychology, McGraw-Hill International Edition

Krech Crutchfield & Ballachey, <u>Individual In Society</u>, International Student Edition, McGraw-Hill International Book Co., 1982

McDavid, John W. & Harari, Herbert, Social Psychology, CBS Pub. & Distr., Delhi, '86

B. A. Psychology Syllabus for the Conventional Course: Semester System Social Psychology - 2

1. Group

Characteristics of groups, Types of groups, Group Norm, Group Dynamics

McDavid & Harrari, Unit 4- Introduction

The Consequences of Belonging: Groups and task performance, Social Facilitation, Social Loafing, Deindividuation, Group Polarization, Groupthink; Decision making by groups: How it occurs, the outcomes it yields, and the pitfalls it faces Baron & Byrne, Ch. 12, McDavid & Harari, Ch. 9

2. Leadership

Its nature and impact in Groups, The trait Approach: Are leaders born or made, Gender difference in leadership: two views; Transformational leadership: Vision & Charisma Baron & Byrne, Ch. 12

3. Social Influence: Changing Others Behaviour

Conformity, Compliance, Obedience

Baron & Byrne, Ch. 9, David Myers, Ch. 7

4. Pro-social Behaviour: Providing Help To Others

Responding to an emergency, Internal and external factors that influence altruistic behaviour, Explanation of pro-social behaviour

Baron & Byrne, Ch. 10, David Myers, Ch. 14

Aggression

Its nature, cause, and control

Baron & byrne, Ch. 10, David Myers, Ch. 12

6. Mass Phenomena

Crowd, classification of crowd, Characteristics, Types of Mob, Types of Audience; Mass Follies: Fad, Fashion, Craze McDavid David & Harari, Ch. 15

7. Population, Health, And Environmental Applications

Population Psychology, Health Psychology, Environmental Psychology Baron & Byrne, CH. 13

8. Other Applications

Applications of social Psychology in legal system, politics and work-setting Baron & Byrne, Ch. 14

Books For Study

Baron, A. Robert & Byrne, Donn, Social Psychology, Prentice Hall of India, New Delhi, 7th Edition

Myers, David G., Social Psychology, McGraw- Hill International Edition

Krech Crutchfield & Ballachey, <u>Individual In Society</u>, International Student Edition, McGraw- Hill International Book Co., 1982

McDavid, John W. & Harari, Herbert, <u>Social Psychology</u>, CBS Publishers & Distributors, Delhi, 1986 Distributors, Delhi, 1986

B. A Psychology Syllabus for the Conventional Course: Semester System Life Span Development- 1

1. Concepts and Methods In Developmental Psychology

Nature of human development, principles of development, Developmental tasks, Determinants of development. Research methods in Developmental Psychology: Observational studies, Interview, Experimental studies, Correlational studies, Developmental designs: Cross-sectional designs, Longitudinal design, Sequential designs.

2. Theories of Development

Biological, Psychodynamic, Learning theories, Cognitive theories, Cultural-Contextual theories.

3. The Beginning of Life

Heredity and environment, the process of gene transmission, heredity and environment interaction, genetic Counseling. Fertilization: the process of fertilization, multiple birth, sex determination, prenatal development. Stages of prenatal development: prenatal behavioural development, prenatal hazards. The Birth Process: stages of child birth, types of child birth, birth fetal abnormalities and complications, effects of prematurity.

4. Infancy

The neonate, the infant states, reflexes of newborn, sensory and perceptual capacities.

5. Fundamentals of Physical Growth

The process of physical development; brain development: hemisphere specialization, laterality, early brain plasticity. Motor development: locomotor development, handedness, role of experience and culture.

6. Emotional Development

Early emotional development, conditions responsible for emotional development, characteristics of early emotions, common emotional patterns, emotional control

7. Language Development

Books for Study

- 1. B. Hurlock; Developmental Psychology, 1996, Tata McGraw Hill.
- 2. B. Hurlock, Child Development, 6th edition, 1978, International edition.
- 3. Hoffman, Paris and Hall, Developmental Psychology Today, 1986, McGraw Hill Inc.
- 4. Papalia and Olds, Human development, 5th edition, 1994, Tata McGraw Hill Publishing Co.
- 5. Stewart, Perlmutter and Friedman, Life long Human Development, 1988, John Wiley and Sons.

B. A. Psychology Syllabus for Conventional Course: Semester System Life Span Development-2

1. Social Development

The development of attachment, patterns of attachment, effects of attachment. The process of socialization, agents of socialization; parents, peers, friends and school; the effect of the agents on socialization, development of gender roles.

2. Play and the Importance of Play

3. Moral Development

Moral development, learning moral codes, discipline, theories of moral development: Piaget and Kohlbeni

4. Cognitive Development

Development of perception and attention, memory, problem solving, reasoning; individual differences in intelligence, achievement and creativity.

5. Puberty and adolescence

Puberty changes - hazards, nature of adolescence, personality and social development, discovering personal identity, social development: relationship with parents and peers, problems of adolescence.

6. Early Adulthood

Personal and social adjustment, changes in interests, social mobility, personal and social hazards, vocational and family adjustments, marital adjustments, adjustment to parenthood, assessment of marital adjustments. Adjustment to single-hood, hazards of vocational and marital adjustments.

7. Middle Ages

Personal and social adjustments, characteristics, adjustments to physical changes, assessment of adjustment to physical changes; adjustment to mental changes, adjustment to changed interests; social adjustments, personal and social hazards. Vocational and family adjustments; vocational adjustments, adjustment to changed family patterns, adjustment to single-hood, adjustment to loss of a spouse, adjustment to approaching retirement, adjustment to approaching old age, vocational and marital hazards.

8. Old Age

Personal and social adjustments: characteristics, adjustment to physical changes: changes in motor abilities, changes in mental abilities, changes in interests, personal and social hazards. Vocational and family adjustments: vocational adjustments, adjustment to retirement, adjustment to changes in family life, adjustment to loss of a spouse, remarriage adjustment to singlehood, geographical mobility, vocation and family life hazards.

Books for Study

- 1. B. Hurlock; Developmental Psychology, 1996, Tata McGraw Hill.
- 2. B. Hurlock, Child Development, 6th edition, 1978, International edition.
- 3. Hoffman, Paris and Hall, Developmental Psychology Today, 1986, McGraw Hill Inc.
- 4. Papalia and Olds, Human development, 5th edition, 1994, Tata McGraw Hill Publishing Co.
- 5. Stewart, Perlmutter and Friedman, Life long Human Development, 1988, John Wiley and Sons.

Syllabus for the Conventional Course: Semester System Abnormal Psychology -1

1. Abnormal Psychology: Introduction

Concept of normality, classifying abnormal behaviour, DSM classification of mental disorders, the development of DSM IV, the limitations of DSM classifications, the problem of labeling, the extent of abnormal behaviour: epidemiology Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch.1

2. Historical Background of Abnormal Psychology

Historical views of abnormal behaviour: the Ancient Western world, the Middle Ages

the Renaissance, the Age of Reason and the Enlightenment, the Reform Movement, the psychological verses organic views, the psychological approach, the organic approach.

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 2

3. Theoretical Perspectives on Abnormal Behaviour

The Biological perspective, the Psychodynamic perspective, the Behavioural perspective, the Cognitive perspective, the Humanistic-Existential perspective, the community perspective, the value of interactional approach Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 3

4. Anxiety Disorders

Generalized Anxiety Disorder, Panic Disorder, Phobias, Obsessive-Compulsive Disorder, interpreting and treating, Psychodynamic, Behavioural, Cognitive, and Biological perspectives Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 6

5. Psychological Factors and Physical Symptoms

Psychological, social and bodily interactions, Psychophysiological Disorders, Somatoform Disorders, Factitious Disorders and Malingering

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 7

6. Mood Disorders

What are Mood Disorders? Depression: depressed mood, risk factors, Depressive Disorder: Dysthymia, Major Depression; theories of Depression, the Biological, the Psychodynamic, the Behavioural, the Cognitive, the Existential - Humanistic perspectives, and contrasting psychological theories of Depression.

The Bipolar Disorders: Manic episodes, causes of Bipolar Disorder, treatment of Bipolar Disorders.

Ref. Carson & Butcher, Abnormal Psychology and modern Life, Ch.11

Books for Study

1. Carson, Robert C. & Butcher, James N; Abnormal Psychology And Modern Life; Harper Collins; Ninth Ed.; 1992

2. Sarason, Irwin G. & Sarason, Barbara R.; Abnormal Psychology: Prentice Hall; Seventh Ed.; 1997

3. Alloy, Lauren B. & Acocella, Joan & Bootzin, Richard R.; Abnormal Psychology: Current Perspectives: McGrow-Hill, Inc.; 1996

B. A. Psychology Syllabus for the Conventional Course: Semester System Abnormal Psychology - 2

1. The Schizophrenia and Delusional Disorders

The Schizophrenia: the clinical picture in Schizophrenia, sub types, biological, psychological and socio-cultural factors in Schizophrenia, treatment and outcome.

Delusional(Paranoid) Disorders: the clinical picture, causal factors, treatment and outcomes.

Ref. Carson & Butcher, Abnormal Psychology and Modern life, Ch. 12

2. Addictive Disorder

Addictive behaviour, alcohol abuse and dependence, clinical picture, causes (perspectives), treatments and outcomes

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 9

3. Personality Disorders

Clinical features, types, causal factors, treatment & outcome Ref. Carson Butcher, Abnormal Psychology and Modern Life, Ch. 8

4. Developmental Disorders

Mental Retardation, levels of Mental Retardation, organic factors in Mental Retardation, Organic Retardation Syndromes, Mental Retardation and socio-cultural deprivation, the problem of assessment, treatment, outcomes and prevention Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 14

5. Biologically Based Therapies

Early attempts at biological intervention, Coma and Convulsive Therapies, Psychosurgery, the emergence of pharmacological methods of treatment, types of drugs used in therapies, a biopsychosocial perspective on Pharmacological Therapy Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 17

6. Psychologically Based Therapies

Psycho Therapy, Psychodynamic and Psychoanalysis, Humanistic and Existential Therapies, the Cognitive Psychotherapies, Behaviour Therapy, Cognitive Behavioural Approaches, Group Therapy, integration of psychologically based therapies

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 18

Books for Study

- 1. Carson, Robert C. & Butcher, James N; Abnormal Psychology And Modern Life; Harper Collins; Ninth Ed.; 1992
- 2. Sarason, Irwin G. & Sarason, Barbara R.; Abnormal Psychology; Prentice Hall; Seventh Ed.; 1997
- 3. Alloy, Lauren B. & Acocella, Joan & Bootzin, Richard R.; Abnormal Psychology: Current Perspectives: McGrow-Hill, Inc.; 1996

B. A Psychology Syllabus for Conventional Course: Semester System Experimental Psychology: Practical - 1

Experiments

Individual Experiments, Group Experiments, Experimental Design, Control Variables,

Demonstration experiments, Exploratory Experiments

Experiments on Attention and Perception (Any 10 of the following)

Span of attention, Division of Attention, Set in attention, Distraction of attention, shift in

Attention, Muller Lyer Illusion, Horizontal- Vertical Illusion, Depth Perception, Sound Perimeter, Size constancy, Colour Constancy, Colour Blindness, Colour Perimeter, Visual Acuity

(A total of 10 practical shall be conducted from Unit 1)

Books for Reference

Woodworth, Robert S. & Scholsberg, Harold, Experimental Psychology, Oxford & IBH Publishing Co., New Delhi

B. A. Psychology Syllabus for the Coventional Course: Semester Sysytem Experimental Psychology: Practical - 2

Experiments on Learning: (Any five of the following)

Trial & Error, Insight Learning, Punishment Maze, Temporal maze, Rational learning, Learning Puzzle

Experiments on Transfer of Training: (Any two of the following)

Bilateral transfer, Negative Transfer, Letter Digit Substitution Test

Experiments on Memory: (Any tree of the following)

Immediate Memory Spain, Whole Vs Part Learning, Recall Recognition, Meaning and Retention

Reaction Time Experiments: (Any two of the following)

SRT, DRT, CRT, Associative Reaction Time

Thinking and Problem Solving: (Any three of the following)

Multiple Choice Problem, Pyramid Puzzle, Concept Formation, Level of Aspiration

Physiological Measurement

Biofeeddback

(A total of 15 Practical may be conducted from Unit 2)

Books for Reference

Woodworth, Robert S. & Scholsberg, Harold, Experimental Psychology, Oxford & IBH Publishing Co., New Delhi

ELECTIVES

B. A Psychology Syllabus for the Conventional Course: Semester System Organizational Behaviour- 1

1. The Foundations for Organizational Behaviour

What is OB, Approaches to OB: Cognitive, Behaviouristic, Social Learning, Organizational Behavior Ref. Luthens 6th Ed. Pages 9 - 14

2. Organization Structure and Design

The Bureaucratic Model, The Roots of Modern Organization Theory, Modern organization designs. Ref. Luthens Pages 516 - 538, Robin Chapter 15.

3. Job Design and Goal setting

Job Design, Quality of work life and sociotechnical design, Goal setting Ref. Luthens Pages 180 - 197.

4. Leadership Theory and Processes

What is Leadership?

Studies on Leadership, Theories of leadership, Theoretical frameworks for leadership, leadership styles, Women and leadership.

Ref. Luthens Pages 267 - 311.

5. Work Motivation Approaches

Motivation of workers

Theories of Motivation - The Content Theories and Process Theories

Ref. Luthens Pages 154 - 169.

B. A Psychology Syllabus for the Conventional Course: Semester System Organizational Behaviour - 2

1. Organizational Culture

The Nature of Organizational Culture; Creating and maintaining a Culture Ref. Luthens Pages 562 - 573.

2. Job Satisfaction and Commitment

Work - related attitudes, Job Satisfaction, Measuring Job satisfaction, outcomes of job satisfaction Organizational Commitment, Outcomes of Organizational commitments.

Ref. Luthens Pages 107 - 126.

3. Communication

Historical Background of the role of Communication, A definition of Communication,

Inter-personal Communication, Superior-Subordinate Communication, Subordinate initiated Communication, Interactive Communication in organizations.

Ref. Luthens Pages 465 - 485.

Interactive Behaviour and Conflict

Intra-individual Conflict, Inter-personal Conflict, Inter-group Behaviour and Conflict, Organizational conflict. Ref. Luthens Pages 370 - 392.

5. Job Stress

The Meaning of Stress, The Causes of Stress, The Effects of Job Stress, Coping strategies for Stress Ref. Luthens Pages 399 - 416.

6. Organizational Development

Traditional approaches to Organizational Development, Modern approaches to Organizational Development Ref. Luthens page 610 - 622.

Books for study

- 1. Luthens, Fred; Organizational Behavior; McGraw Hill Inc.; 6th Edition.
- 2. Robbins, Stephen P.; Organizational Behavior, Prentice Hall of India, New Delhi; 6th Edition. 3. Dwivedi, R. S; <u>Human Relations and Behaviour</u>; Oxford and IBH Publishing Co., Calcutta; 1979.
- 3. Dwivedi, R. S. Human Relations and Behaviour; Oxford and IBH Publishing Co., Calcutta; 1979.
- 4. Sherlekar, S. A; Industrial Organization and Management; Himalaya Publishing House, Bombay; 1981.

B. A. Psychology Syllabus for the Conventional Course: Semester System Counselling And Guidance - 1

1. Introduction

Definition, Nature, Scope, Historical developments, Current trends in Counselling and Guidance, Limitations, Relationship with psychotherapy, Clinical Psychology and mental health.

2. Counselling Process

Client Variables, Counsellor variables, Setting, Goals of Counselling, Short term goals, long term goals. Professional issues in Counselling, Motivation, Need for Change, Evaluation process of counselling/guidance, Progress in counselling, termination, follow-up.

3. Life Tasks of Concern to Counselling and Guidance at Different Stages in Life

a. Infancy and Childhood

Birth process, developmental delays, sibling problems, conduct disorders, emotional disorders, behavioural problems, parenting, disciplinary practices, modification of problem behaviour, good mothering, importance of family in child's mental health, and education, learning disability (dyslexia), learning practices, mental retardation.

b. Adolescence

physiological and psychological development, peer influence, career guidance, aptitude, sexual development, masturbation, homosexuality, social interaction

c. Adult

Adult personality, vocational stability, setting up of family, marriage: mate selection, marital relationships, marital discord, disharmony, sexual relation, sexual disorders

d. Middle age \ Old age

Problems associated with old age, Cognitive Problems (memory, learning etc.), loneliness, Old age home, Social support system, Physical illness, Terminal illness.

Books for Study

Bordin, E. S. 1955, Psychological Counselling, New York, Appleton Century Crofts

Brammer, L. M & Shostrom, E. L. (1982) Therapeutic Psychology. Fundamentals of Counselling and Psychotherapy. (4th edition) Englewood Cliffs, Prentice-Hall, Inc.

Hansen, J. C. (1970) The Counselling Psychology, Newyork, Holt Rinehart and Winstone, Inc. Narayanarao, S. (1981) Counselling Psychology, Tata McGraw-hill Book Co. New Delhi

Fusfer, J.M. (1964) Psychological Counseling in India, Macmillan Publishing Co., Inc., Bombay

Syllabus for the Conventional Course: Semester System Counselling And Guidence - 2

1. Assessment in Counselling and Guidance

Assessment of the client, history taking, Importance of personal history, family history, current problem, personality factors,

Techniques for assessment: Interview, Case records, Observation, Case study, Rating scales, Psychological tests, Reliability and adequacy of information.

2. Case Formulation

Need for case formulation, theories of counselling, models in case formulation, relationship with personality, life events, family, other environmental aspects like work situation, social aspects and attitudes.

3. Professional Issues in Counselling and Guidance

Role of counsellor, relationship with other professionals like, medical, social organizations, mental health professionals, psychiatric hospitals, industries, training of counsellors, what is counselling relationship.

4. Counselling and Rehabilitation

What is rehabilitation, role of counselling in rehabilitation, rehabilitation of mentally ill patients, mentally retarded people, improving quality of life, improving their disability, social skills training, vocational training.

5. Counselling and other Conditions

Counselling with AIDS and HIV cases, cancer patients, terminally ill patients, marital problems, psycho somatic conditions, counselling and child labour, counselling with alcohol and drug abuse, counselling for social issues like poverty, unemployment, social discrimination etc.

6. Counselling in Indian Context

Role and influence of family, role of social support systems like, churches, religion, priests, social/political leaders, yoga, meditation, other healing practices, karma theory etc.

Books for Study

Bordin, E. S. 1955, Psychological Counselling, New York, Appleton Century Crofts

Brammer, L. M & Shostrom, E. L. (1982) <u>Therapeutic Psychology</u>, <u>Fundamentals of Counselling and Psychotherapy</u>, (4th edition) Englewood Cliffs, Prentice- Hall, Inc.

Hansen, J. C. (1970) <u>The Counselling Psychology</u>, Newyork, Holt Rinehart and Winstone, Inc. Narayanarao, S. (1981) <u>Counselling Psychology</u>, Tata McGraw- hill Book Co. New Delhi Fusfer, J.M. (1964) <u>Psychological Counseling in India</u>, Macmillan Publishing Co., Inc., Bombay

B. A Psychology Syllabus for the Conventional Course: Semester System Oriental Psychology - 1

1. The Concept of Consciousness

In the Vedic Hymns; In the Upanishads; The States of Consciousness; Analysis of the Dream State; Consciousness- A Basic Feature of Reality; The Doctrine of Koshas; the Mode of Mentation; The Self, the Mind and the Senses; The Individual Self; The Two Levels of Self; Self- neither Perceivable nor Conceivable; Meditation, the Means to Realize; Jnana, the Means to realize

The Psychological Aspects of the Gita

The Selling of the Gita; Mental Structure; The Eight- fold Prakriti; Kshetra and Kshetrajana; The Theory of Gunas; Two Classes of human Beings; five Factors of Action; Attitude towards Action; Importance of Aptitude; Meditation- The Means to Development of Personality; the Final Choice

Samkhya - Yoga

Samkhya; The Self; The Functions of Antahkarna; Yoga: Chitta and its Modes, Vrittis; The General Mental Processes; The Theory of Klesas; Karmasya; Samskara and Vasana; The Concept of Karmasaya; The Problem- The Task of Man; The Means

Sensation and Perception

Upanishads on Sensation and Sense Organs; The Controversy on Contact of Sense Organ with the Object; Manas for a Sense Organ; Sense Organs and Evalution; Stimulus strength and Sensation; The Sense Organ and the Objects

Perception and Illusion

Stages of Perception; The Concept of Acquired Perception; Theories of Perception; Budhist Theory; The Jaina Theory; The Naya-Vaiseshika Theory; The Samkya-Yoga Theory; Perception of Space, Time and Movement; Illusions; Abhava, the Concept of Negation; The Jaina Concept of Upayoga

Books for Study

Kuppuswmy. B (1985) Elements of Ancient Indian Psychology, Vikas Delhi Ramachandra Rao, S. K. Development of Psychological thought in India, Kavyalaya Publishers, Mysore

B. A Psychology Syllabus for the Conventional Course: Semester System Oriental Psychology - 2

Motivation

Gita on Motives; Distinction between Non-voluntary and Voluntary Actions; The New-born Infant's Behaviour; Nature and Kinds of Motives; Three Kinds of Actions; Voluntary Action; Ishtha, the Object of Desire; Motives in the Reasoning Process; Springs of Action(Pravartana); Gautama's Nayaya Sutra: Attachment (Raga), Aversion (Dvesa); Delusion (Moha)

Feelings And Emotions

Feelings; The Gita on Feelings; The Buddhist Theory of Feelings; Nayaya - Vaiseshika View; Samkhya - Yoga view; View of the Later Thinkers; Emotions: The Gita on Emotions; Patanjali on Emotions; Buddhist Views; The Jaina View

Samakara, Vasana, And Attitude

Introduction; Samskara in Buddhist Thought; Nyaya; Analysis of Perception and illusion; Memory and Recognition; Yoga View; Samskara Vs Vasana; Conclusion

Self and Personality

The Upanishadic View; The Gita on Self; Buddha's Doctrine of Anatma; The Nyaya- Vaiseshika Views; Samkhya- Yoga View; The Mimamsa View; Types of Personality

Meditation

The Upanishads; The Gita; the Buddhist Practice; Patanjali's yoga sutra; Effects of Meditation

Books for Study

Kuppuswmy. B (1985) Elements of Ancient Indian Psychology, Vikas Delhi Ramachandra Rao, S. K. Development of Psychological thought in India, Kavyalaya Publishers, Mysore

SUBSIDIARY

B. A Psychology Syllabus for the Conventional Course: Semester system Physiology - 1

- 1. The Cell: Structure of a typical eukaryotic cell; Functions of the cell organelles; Movements of molecules across the plasma membrane(mention diffusion, active transport, facilitated diffusion, ion channels and gates)
- 2. The Neuron: Structure of a typical neuron; Types of neurons (mention unipolar, bipolar, multipolar, sensory, motor, interneuron, myelinated, non-myelinated); Neuroglial cells and their functions. Transmission of impulses along the neuron (mention membrane potential, action potential, all-or-none law, refractory period); Synapse (Chemical and electrical); Neurotransmitters and their role in transmission of impulses; excitatory and inhibitory post synaptic potentials
- 3. Cardiovascular System: Structure of the human heart and its working (mention also the SA node, AV node & Purkinje System); Structure of arteries, veins, and capillaries, pulmonary and systemic circulation. Blood, a fluid connective tissue; components (Plasma, RBC, WBC and platelets)
- 4. Immunology: Humoral immunity, cell mediated immunity, non-specific defenses; anatomy of an immune response; memory; boosters; immunodepression; Hypersensitivity reactions, autoimmunity
- 5. Genetics: Mendel's principles; modern concepts of the gene and the gene action; sex-linked, sex limited, sex-influenced characters; hereditary diseases
- 6. Endocrinology: The endocrine glands and their hormones; hormonal influence on learning and memory; hormones and Behaviour

Books for Study

Levinthal, Charles F; Introduction to Physiological Psychology, 3rd Edition (Indian Edition 1996), Prentice- Hall of India Pvt. Ltd

Rosensweig, Mark R- Leiman, Arnold L- Breedlove, S. Marc; Biological Psychology, 1996, Sinauer Associates, Inc.

Guyton, Arthur; Medical Physiology, 8th Edition, W. B. Saunders Company

Gardner, Eldon John- Simmons, Michael J- Snustad, D. Peter; <u>Principles of Genetics</u>, Wiley International Edition Ahluwalia Karvita B; <u>Genetics</u>, 4th Print (1994), Wiley Eastern Limited

Cooper, Geoffrey M.; Cell-A molecular Approach, ASM Press & Sinauer AssociatesInc.

B. A Psychology Syllabus for Conventional Course: Semester System Physiology - 2

Organization of the Nervous system: Detailed study of the structure of brain & spinal cord; organization of the peripheral
and autonomic elements

- 2. Sensory Processing; Receptors; sensory transduction; processing by brain; detailed study of vision and hearing
- 3. The Hemispheres of the Neocortex: structure, functional asymmetry(surgical studies, clinical studies, behavioural studies); capabilities of the right and left hemispheres; language, handedness; cortex and learning; Hippocampus and learning
- 4. Neural mechanisms in arousal, sleep, and attention: Opioid peptides and receptors in the brain; a brief treatment of drugs and mental illness.
- 5. Stress Physiology: stress response; indicators of stress(hormonal, anatomical, physiological); stress and disease
- 6. Psychneuroimmunology: Connections between emotions, nervous system and immune functions. Brief treatment of meditation and biofeedback

Books for Study

Levinthal, Charles F; Introduction to Physiological Psychology, 3rd Edition (Indian Edition 1996), Prentice- Hall of India Pvt. Ltd

Rosensweig, Mark R- Leiman, Arnold L- Breedlove, S. Marc; Biological Psychology, 1996, Sinauer Associates, Inc.

Guyton, Arthur; Medical Physiology, 8th Edition, W. B. Saunders Company

Gardner, Eldon John-Simmons, Michael J-Snustad, D. Peter; Principles of Genetics, Wiley International Edition

Ahluwalia Karvita B; Genetics, 4th Print (1994), Wiley Eastern Limited

Cooper, Geoffrey M.; Cell-A molecular Approach, ASM Press & Sinauer AssociatesInc.

SUBSIDIARY FOR OTHER COURSES

B. A Psychology Revised Syllabus for the Conventional Course; Semester System General Psychology (Subsidiary)-1

I. Nature of Psychology

Definition of Psychology, scope and application, modern approaches in Psychology.

2. Methods of Psychology

Observational Method - participant and non-participant, Survey Method, Case History Method, Test Method, Experimental Method.

3. Biological basis of Behaviour

The Nervous System - neuron, synapse; Central Nervous System, Peripheral Nervous System, Automatic Nervous System, the Endocrine System, heredity and environment (Behaviour Genetics).

4. Sensation and Perception

Attention - subjective and objective factors of attention. Perceptual organization: figure and ground principle, principles of grouping. Perceptual constancies, depth Perception, Illusions - visual illusions; Extrasensory Perception.

5. Intelligence and Ability Testing

Definition, measurement of intelligence, Binet Simon, Wechsler, Group tests and Performance tests; extremes of intelligence. Aptitude and Interest and their measurement.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, Psychology Today An Introduction, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- Morgan & King Introduction to Psychology TATA McGraw Hill, New Delhi.

Books for Reference

1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.

2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

B. A Degree Revised Syllabus for the Conventional Course: Semester System General Psychology- 2 (Subsidiary)

1. Learning

Nature of learning, types of learning: Classical conditioning: basic terms - extinction, spontaneous recovery, generalization and discrimination, higher order conditioning.

Operant Conditioning: principles, shaping behaviour; types of reinforcement and aversive conditioning; cognitive conditioning; Transfer of Learning.

2. Remembering and Forgetting

Basic Processes: acquisition, storage and retrieval. Memory: Sensory Memory, STM and LTM. Methods of retrieval: recall, recognition, relearning and reconstruction. Forgetting: Ebbinghaus curve of forgetting, theories of forgetting.

3. Motivation and Emotion

Primary drives: hunger, thirst and sex; learned motives: aggression, achievement and power; Hierarchy of Motives. Nature of Emotion, physiological basis of emotion, basic emotional experiences.

4. Abnormal Behaviour

Concept of Abnormality, Anxiety disorder, Somatofom disorder, Dissociative reactions, Affective disorder, Psychophysiological disorders.

5. Therapies

Insight Therapies: Client-centred therapy, Rational Emotive therapy; Behaviour Therapies: Desensitization, Aversive conditioning; Biological Treatment: ECT, Psychosurgery, Drug therapy: characteristics of a good counsellor.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, <u>Psychology Today An Introduction</u>, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- 4. Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.
- 2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

MODEL - II CURRICULUM DESIGN ABSTRACT

1. NAME OF COURSE: BA PSYCHOLOGY

2. STRUCTURE OF THE COURSE:

PART I

FIRST LANGUARE:

ENGLISH

PART II

SECOND LANGUAGE

HINDI / MALAYALAM

PART III

UNIT I

MAIN SUBJECT

UNIT II

ALLIED SUBJECT

3. WORK-LOAD: UNIT-WISE BREAS-UP

NUMBER

SEMESTER

WORK LOAD PER SEMESTER

WEEKS

ONE PAPER

TOTAL NUMBER OF PAPERS

SIX

THREE HUNDRED AND SEVENTY FIVE HOURS

FIFTEEN

FIVE HOURS/WEEK

THIRTY

PART	NAME	NO.OF PAPERS	HOURS	%OFTOTAL WORK LOAD
I	FIRST LANGUAGE: ENGLISH	4	20	13.3%
п	SECOND LANGUAGE	2	10	6.7%
III	UNIT - I	16	80	38 (40)
	UNIT - II	8	40	22 (20)
GRAND TOTAL		30	150	- 100

4. WORK - LOAD / WEEK: SEMESTER - WISE BREAK - UP

SEMESTER	1	2	3	4	5	6	TOTAL
ENGLISH (E)	5	5	5	5	17/07 23/	J	20
LANGUAGE (L)	5	5					10
UNIT - I	10	10	15	15	15	15	80
UNIT II	5	5	10	5	. 10	10	40
TOTAL	25	25	25	25	25	25	150

MODEL - III PART III: DETAILS OF COURSE DESIGN

UNIT - I MAIN SUBJECTS

- PAPER- 1. BASIC PSYCHOLOGICAL PROCESSES-1
 - BASIC PSYCHOLOGICAL PROCESSES 2
 - BASIC PSYCHOLOGICAL PROCESSES (EXPERIMENTS PRATICAL) 1
 - 4. BASIC PSYCHOLOGICAL PROCESSES (EXPERIMENTS PRATICAL) 2
 - SOCIAL PSYCHOLOGY 1
 - SOCIAL PSYCHOLOGY 2
 - ABNORMAL PSYCHOLOGY 1
 - 8. ABNORMAL PSYCHOLOGY 2
 - ORGANIZATIONAL BEHAVIOUS 1
 - 10. ORGANIZATIONAL BEHAVIOUS 2
 - 11. LIFE SPEN DEVELOPMENT-1
 - 12. LIFE SPEN DEVELOPMENT 2
 - 13. PSYCHOLOGY
 - 14. PSYCHOLOGY (PRACTICAL)
 - 15. ORIENTAL PSYCHOLOGY-1
 - ORIENTAL PSYCHOLOGY 2

UNIT-II ALLIED SUBJECT

PAPER - 1. PSYCHOLOGY-1

- 2. PSYCHOLOGY-2
- SUBJECTS 1
- 4. SUBJECTS 2
- 5. COUNSELLING & GUIDANCE 1
- COUNSELLING & GUIDANCE-2
- HUMAN RESOURCE DEVELOPMENT 1
- 8. HUMAN RESOURCE DEVELOPMENT 2

6. MODEL - III: COURSE DESIGN; SEMESTER - WISE BREAK - UP

NAME OF COURSE: BA PSTCHOLOGY

SEMESTER	SUBJECT NO	PAPER	INSTRU		MARK	MARKS: EXTERNAL	TOTAL MARKS			
			HOURS WEEK	ASSIGN MENT	SEMINAR	TEST PAPERI	TEST PAPERII	ATTEN- DANCE	UNIVERSITY/ COLLEGE EXAM	
1	2	3	4	5	6	7	8	9	10	Ħ
FIRST	1	FIRSTLANGUAGE PAPER I	5	2	2	2	2	2	40	50
	2	SECOND LANGUAGE PAPER I	5	2	2	2	2	2	40	50
	3	BASICPSYCHOLOGICAL PROCESSES I	5	2	2	2	2	2	40	50
	4	BASICPSYCHOLOGICAL(PRACTICAL)	5	2	2	2	2	2	40	50
	5	PHYSIOLOGY-I	5	2	2	2	2	2	40	50
	6	FIRSTLANGUAGE PAPER II	5	2	2	2	2	2	40	50
1	7	SECOND LANGUAGE PAPER II	5	2	2	2	2	2	40	50
SECOND	8	BASIC PSYCHOLOGICAL PROCESSESII	5	2	2	2	2	2	40	50
	9	BASIC PSYCHOLOGICAL (PRACTICAL) II	5	2	2	2	2	2	40	50
	10	PHYSIOLOGY-II	5	2	2	2	2	2	40	50
	11	FIRSTLANGUAGE PAPER III	5	2	2	2	2	2	40	50
	12	SOCIAL PHYSIOLOGY-I	5	2	2	2	2	2	40	50
THIRD	13	ABNORMAL PHYSIOLOGY - I	5	2	2	2	2	2	40	50
	14	ORGANIZATIONAL BEHAVIOUR-II	5	2	2	2	2	2	40	50
	15	STATISTICS-I	5	2	2	2	2	2	40	50
	16	FIRST LANGUAGE PAPER IV	5	1 2	2	2	2	2	40	50
	17	SOCIAL PHYSIOLOGY - II	5	2	2	2	2	2	40	50
FOURTH	18	ABNORMAL PHYSIOLOGY-II	5	2	2	2	2	2	40	50
	19	ORGANIZATIONAL BEHAVIOUR-II	5	2	2	2	2	2	40	50
	20	STATISTICS-II	5	2	2	2	2	2	40	50
	21	LIFE SPAN DEVELOPMENT-I	5	2	2	2	2	2	40	50
1	22	PHYCHOMETRY	5	2	2	2	2	2	40	50
FIFTH	23	ORIENTAL PHYSIOLOGY - I	5	2	2	2	2	2	40	50
	24	CONSELLING GUIDEANCE-I	5	2	2	2	2	2	40	50
	25	HUMAN RESOURCE DEVELOPMENT-I	5	2	2	2	2	2	40	50
SIXTH	28	LIFE SPAN DEVELOPMENT-II	5	2	2	2	2	2	40	50
	27	PSYCHOMETRY (TESTING) PRATICAL	5	2	2	2	2	2	40 .	50
	28	ORIENTAL PHYSIOLOGY - II	5	2	2	2	2	2	40	50
	29	COUNSELLING & GUIDANCE - II	5	2	2	2	2	2	40	50
	30	HUMAN RESOURCE DEVELOPMENT II	5	2	2	2	2	. 2	40	50
TOTAL	rom bile	ing the property	25	60	60	60	60	60	1200	1500

PLACE : U.C.COLLEGE, ALUVA

DATE : 20-12-1997

Convener

Paper 1

B. A. Psychology Syllabus for the Restructured Course (Model 3) Basic Psychological Processes- 1

1. Psychology: The Science of Behaviour

What is Psychology: A working definition and its scientific status. Growth of Psychology: Structuralism, Functionalism, Behaviourism, Psychoanalysis, NeoFreudianism and Gestalt;

Psychology and common sense; Psychology in the 1990's - some key perspectives: cognitive, physiological, sociocultural, psychodynamic, humanistic. Major areas of specialization - research specialties, applied specialties and allied fields.

2. Methods of Psychological Research

Descriptive Method, Naturalistic Observation, Survey, Interview, Questionnaire, Rating scale and Case History; Correlational Method, Experimental Method.

3. Attention and Perception

Factors affecting attention: subjective and objective, Phenomena associated with attention: Span of attention, Division of attention and Distraction of attention.

Perceptual organization; perceptual constancies; illusions and types: size, distance and movement; space perception: visual and auditory; extra sensory perception.

4. Consciousness

The Nature of consciousness. Conscious awareness: subjective and objective; other levels of consciousness. Natural states of consciousness: fantasy, sleep and dreams. Altered states of consciousness: mediation, hypnosis and psychoactive drugs.

5. Intelligence

Theories of Intelligence: Spearman, Thurston, Guilford, Sternberg, Gardner; Intelligence Tests: Stanford Binet, Wechsler scales, Group tests, Performance and Culture fair tests; criticisms of IQ tests; uses and abuses of intelligence tests; determiners of Intelligence: heredity Vs. environment; extremes of intelligence - Mental Retardation and Giftedness. Aptitude: nature, type and measurement. Interest and its measurement.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, Psychology Today An Introduction, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.
- 2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

Paper 2

B. A. Psychology Syllabus for the Restructured Course (Model 3) Basic Psychological Processes- 2

1. Learning

What is learning? Definition. Classical Conditioning: principles of Classical Conditioning, Its applications; Instrumental Conditioning: principles of Instrumental Conditioning; schedules of reinforcement, reinforcement: primary and secondary. Aversive Conditioning, Chaining and Shaping. Application of Instrumental Conditioning; Observational Learning, Cognitive Learning: Insight Learning and Sign Learning. Efficiency in Learning; Transfer of Learning: types and theories of Transfer.

2. Remembering and Forgetting

Information processing approach - Sensory Memory, STM and LTM; theories of forgetting; improving your memory: drugs and memory, Mnemonic Systems; biological basis of memory; Ebbinghaus curve of forgetting, methods of retrieval.

3. Cognition

Building blocks of thought: Images, Concepts, Language and Thought; Reasoning: Deductive reasoning and Inductive reasoning. Problem Solving: the interpretation of problem, producing and evaluating solutions, obstacles to solving problems, becoming better at problem solving, computers in problem solving; creative Individual: profile, stages in creativity.

4. Motivation and Emotion

Perspectives on motivation; primary drives, stimulus motives, learned motives; Hierarchy of motives. Concept of emotion; basic emotional experiences; physiological correlates of emotion; theories of emotion.

5. Personality

Definition and nature; Psychodynamic Theories (Freud, Adler, Jung, Karen Horney, Erik Erikson); Humanistic Personality theories (William James and Carl Rogers), Constitutional and Trait theories (Sheldon, Allport, Cattel), Behavioural theories and Social Learning theories; personality assessment.

Books for Study

- 1. Morris, Charles. G., Psychology An Introduction, 6th edition, Prentice Hall, Engelwood Cliff.
- 2. Bootzin, Richard. K.; Bower, Gordon. H.; Crocker, Jennifer; Hall, Elizabeth, <u>Psychology Today An Introduction</u>, 7th edition, 1991, McGraw Hill Inc., New York.
- 3. Zimbardo, Philip. G., Psychology and Life, 12th edition, 1988, Harper and Collins Publishers.
- 4. Morgan & King, Introduction to Psychology, TATA McGraw Hill, New Delhi.

Books for Reference

- 1. Baron, . R. A., Psychology, 3rd edition, 1996, Prentice Hall.
- 2. Hilgard, E. R.; Atkinson R. C. & Atkinson, R. L., <u>Introduction to Psychology</u>, 6th to 10 edition, Oxford and IBH Publishing Co.

Paper 3

B. A Psychology Syllabus for the Restructured Course (Model 3) Basic Psychological Processes- Practical 1

Experiments

Individual Experiments, Group Experiments, Experimental Design, Control Variables,

Demonstration experiments, Exploratory Experiments

Experiments on Attention and Perception (Any 10 of the following)

Span of attention, Division of Attention, Set in attention, Distraction of attention, shift in

Attention, Muller Lyer Illusion, Horizontal- Vertical Illusion, Depth Perception, Sound Perimeter, Size constancy, Colour Constancy, Colour Blindness, Colour Perimeter, Visual Acuity

(A total of 10 practical shall be conducted from Unit 1)

Books for Reference

Woodworth, Robert S. & Scholsberg, Harold, Experimental Psychology, Oxford & IBH Publishing Co., New Delhi

Paper 4

B. A. Psychology Syllabus for the Restructured Course (Model 3) Basic Psychological Processes: Practical 2

Experiments on Learning: (Any five of the following)

Trial & Error, Insight Learning, Punishment Maze, Temporal maze, Rational learning, Learning Puzzle

Experiments on Transfer of Training: (Any two of the following)

Bilateral transfer, Negative Transfer, Letter Digit Substitution Test

Experiments on Memory: (Any tree of the following)

Immediate Memory Spain, Whole Vs Part Learning, Recall Recognition, Meaning and Retention

Reaction Time Experiments: (Any two of the following)

SRT, DRT, CRT, Associative Reaction Time

Thinking and Problem Solving: (Any three of the following)

Multiple Choice Problem, Pyramid Puzzle, Concept Formation, Level of Aspiration and Associated and Sanda San suing. Problem Solving: the interpretation of problem, producing and evaluating solutions, obstacles to solving a

Physiological Measurement of dead in the beautiful street and the street of the street

Biofeeddback

(A total of 15 Practical may be conducted from Unit 2)

Books for Reference

Woodworth, Robert S. & Scholsberg, Harold, Experimental Psychology, Oxford & IBH Publishing Co., New Delhi

Paper 5

B. A. Psychology

Syllabus for the Restrucutred Course: Model 3

Social Psychology - 1

1. Social Psychology

Definition, Historical Background, Relationship to General Psychology and other Social Sciences, Research Methods McDavid & Harari, Ch. 1; Baron & Byrne, Ch. 1 Boorein, Richard, K.; Bower, Gormon, H.; Cnicker, Jennifer; Hall, Elicabeth, Psychology Teday, An. Inter-

2. Social Cognition

Cognitive Selectivity and stimulus factors, stimulus factors and grouping, Learning and grouping, Cognitions and wholepart relations, Frame of Reference, Adaptation Level, Similarity & Contrast Krech, Crutchfield & Ballachey, Ch. 2

3. Social Cognition: Understanding Others

Non-verbal Communication, Attribution: understanding the causes of others Behaviour, Impression formation and impression Management

Baron & Byrne Ch. 2

4. Social Cognition: Thinking About Others And The Social World

Heuristics, Mental short cuts in Social Cognition, Basic aspects of Social Thought: Tilts, Tendencies, and Potential Errors;

Affect and cognition

Baron & Byrne Ch. 3

5. Attitudes

Definition, Nature and Measurement

Krech, Crutchfield, & Ballachey, Ch. 5 Hide notice

Formation of Attitudes \ Attitudes and behaviour, Persuasion: The process of changing attitudes; Resistance to persua-

sion; Cognitive Dissonance: How we sometimes change our own attitudes.

Baron & Byrne Ch. 4

6. Prejudice & Discrimination

Understanding their nature, Countering their effects, Nature & origins of prejudice, Challenging prejudice, Prejudice based

H. A. Psychology Syllabus for the Restructured Course (Model 3)

Baron & Byrne, Ch. 6, David Myers, Ch. 11

Books For Study

Baron, A. Robert & Byrne, Donn, Social Psychology, Prentice Hall of India, New Delhi, 7th Edition

Myers, David G., Social Psychology, McGraw- Hill International Edition

Krech Crutchfield & Ballachey, Individual In Society, International Student Edition, McGraw- Hill International Book emporal maze, Rational learning, Learning Puzzle

Co., 1982

McDavid, John W. & Harari, Herbert, Social Psychology, CBS Pub. & Distr., Delhi, '86 Experiments on Transfer of Training: (Any two of the following)

> Experiments on Memory: (Any true of the following) Immediate Memory Spain, Whole Vs Part Learning, Recall Recognition, Meaning and Retention

Bilateral transfer, Negative Transfer, Letter Digit Salesiturion Test

o. Personality

livon, 1991, McGraw Hill Inc., New York

Demonstration experiments, Exploratory

Paper 4

Experiments on Attention and Perception (Any 10 of the following)

Span of anention, Division of Artention, Set in attention, Distraction of att

Reaction Time Experiments: (Any two of the following) SRT, DRT CRT Associative Reaction Time

30

Paper 6

B. A. Psychology Syllabus for the Restructured Course: Model 3 Social Psychology - 2

1. Group

Characteristics of groups, Types of groups, Group Norm, Group Dynamics

McDavid & Harrari, Unit 4- Introduction

The Consequences of Belonging: Groups and task performance, Social Facilitation, Social Loafing, Deindividuation, Group Polarization, Groupthink; Decision making by groups: How it occurs, the outcomes it yields, and the pitfalls it faces Baron & Byrne, Ch. 12, McDavid & Harari, Ch. 9

2. Leadership

Its nature and impact in Groups, The trait Approach: Are leaders born or made, Gender difference in leadership: two views; Transformational leadership: Vision & Charisma Baron & Byrne, Ch. 12

3. Social Influence: Changing Others Behaviour

Conformity, Compliance, Obedience

Baron & Byrne, Ch. 9, David Myers, Ch. 7

4. Pro-social Behaviour: Providing Help To Others

Responding to an emergency, Internal and external factors that influence altruistic behaviour, Explanation of pro-social behaviour

Baron & Byrne, Ch. 10, David Myers, Ch. 14

Aggression

Its nature, cause, and control

Baron & byrne, Ch. 10, David Myers, Ch. 12

6. Mass Phenomena

Crowd, classification of crowd, Characteristics, Types of Mob, Types of Audience; Mass Follies: Fad, Fashion, Craze McDavid David & Harari, Ch. 15

7. Population, Health, And Environmental Applications

Population Psychology, Health Psychology, Environmental Psychology Baron & Byrne, CH. 13

8. Other Applications

Applications of social Psychology in legal system, politics and work-setting Baron & Byrne, Ch. 14

Books For Study

Baron, A. Robert & Byrne, Donn, Social Psychology, Prentice Hall of India, New Delhi, 7th Edition Myers, David G., Social Psychology, McGraw-Hill International Edition

Krech Crutchfield & Ballachey, Individual In Society, International Student Edition, McGraw- Hill International Book Co., 1982

McDavid, John W. & Harari, Herbert, Social Psychology, CBS Publishers & Distributors, Delhi, 1986
Distributors, Delhi, 1986

Paper 7

B. A. Psychology Syllabus for the Restructured Course (Model 3) Abnormal Psychology - 1

1. Abnormal Psychology: Introduction

Concept of normality, classifying abnormal behaviour, DSM classification of mental disorders, the development of DSM IV, the limitations of DSM classifications, the problem of labeling, the extent of abnormal behaviour: epidemiology Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch.1

2. Historical Background of Abnormal Psychology

Historical views of abnormal behaviour: the Ancient Western world, the Middle Ages

the Renaissance, the Age of Reason and the Enlightenment, the Reform Movement, the psychological verses organic views, the psychological approach, the organic approach.

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 2

3. Theoretical Perspectives on Abnormal Behaviour

The Biological perspective, the Psychodynamic perspective, the Behavioural perspective, the Cognitive perspective, the Humanistic-Existential perspective, the community perspective, the value of interactional approach Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 3

4. Anxiety Disorders

Generalized Anxiety Disorder, Panic Disorder, Phobias, Obsessive-Compulsive Disorder, interpreting and treating, Psychodynamic, Behavioural, Cognitive, and Biological perspectives Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 6

5. Psychological Factors and Physical Symptoms

Psychological, social and bodily interactions, Psychophysiological Disorders, Somatoform Disorders, Factitious Disorders and Malingering

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 7

6. Mood Disorders

What are Mood Disorders? Depression: depressed mood, risk factors, Depressive Disorder: Dysthymia, Major Depression; theories of Depression, the Biological, the Psychodynamic, the Behavioural, the Cognitive, the Existential - Humanistic perspectives, and contrasting psychological theories of Depression.

The Bipolar Disorders: Manic episodes, causes of Bipolar Disorder, treatment of Bipolar Disorders.

Ref. Carson & Butcher, Abnormal Psychology and modern Life, Ch. H

Books for Study

- 1. Carson, Robert C. & Butcher, James N; Abnormal Psychology And Modern Life; Harper Collins; Ninth Ed.; 1992
- 2. Sarason, Irwin G. & Sarason, Barbara R.; Abnormal Psychology: Prentice Hall; Seventh Ed.; 1997
- 3. Alloy, Lauren B. & Acocella, Joan & Bootzin, Richard R.; Abnormal Psychology: Current Perspectives: McGrow-HiLl, Inc.; 1996

Paper 8

B. A. Psychology Syllabus for the Restructured Course (Model 3) Abnormal Psychology-2

1. The Schizophrenia and Delusional Disorders

The Schizophrenia: the clinical picture in Schizophrenia, sub types, biological, psychological and socio-cultural factors in Schizophrenia, treatment and outcome.

Delusional(Paranoid) Disorders: the clinical picture, causal factors, treatment and outcomes.

Ref. Carson & Butcher, Abnormal Psychology and Modern life, Ch. 12

2. Addictive Disorder

Addictive behaviour, alcohol abuse and dependence, clinical picture, causes (perspectives), treatments and outcomes

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 9

3. Personality Disorders

Clinical features, types, causal factors, treatment & outcome Ref. Carson Butcher, Abnormal Psychology and Modern Life, Ch. 8

4. Developmental Disorders

Mental Retardation, levels of Mental Retardation, organic factors in Mental Retardation, Organic Retardation Syndromes, Mental Retardation and socio-cultural deprivation, the problem of assessment, treatment, outcomes and prevention Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 14

5. Biologically Based Therapies

Early attempts at biological intervention, Coma and Convulsive Therapies, Psychosurgery, the emergence of pharmacological methods of treatment, types of drugs used in therapies, a biopsychosocial perspective on Pharmacological Therapy

Ref. Carson & Butcher, Abnormal Psychology and Modern Life, Ch. 17

6. Psychologically Based Therapies

Psycho Therapy, Psychodynamic and Psychoanalysis, Humanistic and Existential Therapies, the Cognitive Psychotherapies, Behaviour Therapy, Cognitive Behavioural Approaches, Group Therapy, integration of psychologically based therapies

Ref. Carson & Butcher, Abnormal Psychology And Modern Life, Ch. 18

Books for Study

- 1. Carson, Robert C. & Butcher, James N; Abnormal Psychology And Modern Life; Harper Collins; Ninth Ed.; 1992
- 2. Sarason, Irwin G. & Sarason, Barbara R.; Abnormal Psychology; Prentice Hall; Seventh Ed.; 1997
- 3. Alloy, Lauren B. & Acocella, Joan & Bootzin, Richard R.; Abnormal Psychology: Current Perspectives; McGrow-HiLl, Inc.; 1996

Paper 9

B. A Psychology Syllabus for the Restructured Course (Model 3) Organizational Behaviour- 1

1. The Foundations for Organizational Behaviour

What is OB, Approaches to OB: Cognitive, Behaviouristic, Social Learning, Organizational Behavior Ref. Luthens 6th Ed. Pages 9 - 14

2. Organization Structure and Design

The Bureaucratic Model, The Roots of Modern Organization Theory, Modern organization designs. Ref. Luthens Pages 516 - 538, Robin Chapter 15.

3. Job Design and Goal setting

Job Design, Quality of work life and sociotechnical design, Goal setting Ref. Luthens Pages 180 - 197.

4. Leadership Theory and Processes

What is Leadership?

Studies on Leadership, Theories of leadership, Theoretical frameworks for leadership, leadership styles, Women and leadership.

Ref. Luthens Pages 267 - 311.

5. Work Motivation Approaches

Motivation of workers

Theories of Motivation - The Content Theories and Process Theories Ref. Luthens Pages 154 - 169.

Paper 10

B. A Psychology Syllabus for the Restructured Course (Model 3) Organizational Behaviour - 2

1. Organizational Culture

The Nature of Organizational Culture; Creating and maintaining a Culture Ref. Luthens Pages 562 - 573.

2. Job Satisfaction and Commitment

Work - related attitudes, Job Satisfaction, Measuring Job satisfaction, outcomes of job satisfaction Organizational Commitment, Outcomes of Organizational commitments.

Ref. Luthens Pages 107 - 126.

3. Communication

Historical Background of the role of Communication, A definition of Communication,

Inter-personal Communication, Superior-Subordinate Communication, Subordinate initiated Communication, Interactive Communication in organizations.

Ref. Luthens Pages 465 - 485.

Interactive Behaviour and Conflict

Intra-individual Conflict, Inter-personal Conflict, Inter-group Behaviour and Conflict, Organizational conflict. Ref. Luthens Pages 370 - 392.

5. Job Stress

The Meaning of Stress, The Causes of Stress, The Effects of Job Stress, Coping strategies for Stress Ref. Luthens Pages 399 - 416.

6. Organizational Development

Traditional approaches to Organizational Development, Modern approaches to Organizational Development Ref. Luthens page 610 - 622.

Books for study

- 1. Luthens, Fred; Organizational Behavior; McGraw Hill Inc.; 6th Edition.
- 2. Robbins, Stephen P.; Organizational Behavior, Prentice Hall of India, New Delhi; 6th Edition. 3. Dwivedi, R. S; <u>Human Relations and Behaviour</u>; Oxford and IBH Publishing Co., Calcutta; 1979.
- 3. Dwivedi, R. S; Human Relations and Behaviour; Oxford and IBH Publishing Co., Calcutta; 1979.
- 4. Sherlekar, S. A.; Industrial Organization and Management; Himalaya Publishing House, Bombay; 1981.

Paper 11

B.A Psychology Syllabus for the Restructured Course (Model 3) Life Span Development-1

1. Concepts and Methods In Developmental Psychology

Nature of human development, principles of development, Developmental tasks, Determinants of development. Research methods in Developmental Psychology: Observational studies, Interview, Experimental studies, Correlational studies, Developmental designs: Cross-sectional designs, Longitudinal design, Sequential designs.

2. Theories of Development

Biological, Psychodynamic, Learning theories, Cognitive theories, Cultural-Contextual theories.

3. The Beginning of Life

Heredity and environment, the process of gene transmission, heredity and environment interaction, genetic Counseling. Fertilization: the Process of fertilization, multiple birth, sex determination, prenatal Development. Stages of prenatal development: prenatal Behavioural development, prenatal hazards. The Birth Process: stages of child birth, types of child birth, birth fetal abnormalities and complications, effects of Prematurity.

4. Infancy

The neonate, the infant states, reflexes of newborn, sensory and perceptual capacities.

5. Fundamentals of Physical Growth

The Process of physical development; brain development: hemisphere specialization, laterality, early brain plasticity. Motor development: locomotor development, handedness, role of experience and culture.

6. Emotional Development

Early emotional development, conditions responsible for emotional development, characteristics of early emotions, common emotional patterns, emotional control

7. Language Development

Books for Study

- 1. B. Hurlock; Developmental Psychology, 1996, Tata McGraw Hill.
- 2. B. Hurlock, Child Development, 6th edition, 1978, International edition.
- 3. Hoffman, Paris and Hall, Developmental Psychology Today, 1986, McGraw Hill Inc.
- 4. Papalia and Olds, Human development, 5th edition, 1994, Tata McGraw Hill Publishing Co.
- 5. Stewart, Perlmutter and Friedman, Life long Human Development, 1988, John Wiley and Sons.

Paper 12

B. A. Psychology Syllabus for the Restructured Course (Model 3) Life Span Development- 2

1. Social Development

The development of attachment, patterns of attachment, effects of attachment. The process of socialization, agents of socialization: parents, peers, friends and school; the effect of the agents on socialization, development of gender roles.

2. Play and the Importance of Play

3. Moral Development

Moral development, learning moral codes, discipline, theories of moral development: Piaget and Kohlbeni

4. Cognitive Development

Development of perception and attention, memory, problem solving, reasoning; individual differences in intelligence, achievement and creativity.

5. Puberty and adolescence

Puberty changes - hazards, nature of adolescence, personality and social development, discovering personal identity, social development: relationship with parents and peers, problems of adolescence.

6. Early Adulthood

Personal and social adjustment, changes in interests, social mobility, personal and social hazards, vocational and family adjustments, marital adjustments, adjustment to parenthood, assessment of marital adjustments. Adjustment to single-hood, hazards of vocational and marital adjustments.

7. Middle Ages

Personal and Social adjustments, characteristics, adjustments to physical changes, assessment of adjustment to physical changes; adjustment to mental changes, adjustment to changed interests; social adjustments, personal and social hazards. Vocational and family adjustments; vocational adjustments, adjustment to changed family patterns, adjustment to single-hood, adjustment to loss of a spouse, adjustment to approaching retirement, adjustment to approaching old age, vocational and marital hazards.

8. Old Age

Personal and social adjustments: characteristics, adjustment to physical changes: changes in motor abilities, changes in mental abilities, changes in interests, personal and social hazards. Vocational and family adjustments: vocational adjustments, adjustment to retirement, adjustment to changes in family life, adjustment to loss of a spouse, remarriage adjustment to singlehood, geographical mobility, vocation and family life hazards.

Books for Study

- 1. B. Hurlock; Developmental Psychology, 1996, Tata McGraw Hill.
- 2. B. Hurlock, Child Development, 6th edition, 1978, International edition.
- 3. Hoffman, Paris and Hall, Developmental Psychology Today, 1986, McGraw Hill Inc.
- 4. Papalla and Olds, Human development, 5th edition, 1994, Tata McGraw Hill Publishing Co.
- 5. Stewart, Perlmutter and Friedman, Life long Human Development, 1988, John Wiley and Sons.

B. A Psychology Syllabus for the Restructured Course: Model 3 **Psychometry**

1. Historical Movement in Testing

Early Tests of single kind: Galton & Cattel, Single and complex Tests: Alfred Binet,

The Binet-Simon Scale, The 1908 and the 1911 Scales,

Group Tests, Performance Tests, Aptitude Tests, Personality Tests, Neurophysiological Tests, The present status.

2. Measurement Theory And Its Application On Educational and Psychological Research. Theory of Measurement, Mathematics and measurement, Camphell's theory of measurement, Measurement in the domain of Social Sciences, Scales of measurement, Attributes of Measuring instruments

3. Errors Of Measurement

Accidental or chance errors, Systematic or Biased errors, Variable errors, Personal Errors, Constant Errors, Errors of descriptive statistics, Inferential Errors

4. Indian Psychological Tests

Ability and Personality Tests, Tests of adjustment, Tests of motivation, Speed tests, power tests, Effect of unattempted items on the errors of measurement

5. Test Development

Test Construction and Standardization: Planning the test, Preliminary try out, Evaluation of the Test, The final test; Item Analysis: Item discrimination, Item difficulty, Item validity;

Scoring of Tests and Problems in Scoring: Problem of guessing, Time scoring problems, Response prejudice bias, Scoring of rank order items; Reliability: Test Retest Method, Method of Parallel Form, Split half Reliability, Method of Rational Equivalence, Factors affecting reliability; Validity: Determining validity by means of judgment, Criterion based validity, Construct validity, Factorial validity, Factors affecting validity, Relation between reliability and validity; Norms: Definition and nature, Types and methods, Percentile rank, Deciles, Standard scores, T. Score, Stanine, Age norms, Grade norms

6. Factor Analysis

Relationship between Correlation Coefficient and factor loading; Communality, Specificity and Uniqueness; when to factor analyze, When not to factor analyze, interpretation of the factors; Application of factor analysis

7. Ethical Dilemma in Psychological Testing

Books for Study

Chadha, Narender K., Theory And Practice of Psychometry, 1996, New Age International Ltd. Publishers Guilford, J. P, Psychometric Methods, 1954, 2nd edition, McGraw-Hill Book Co. INC, Newyork

Paper 14

B. A Psychology Syllabus For the Restructured Course (Model 3) Psychometry: Practical - 2

1. Intelligence Tests

Bhatia's Battery of Performance Tests, Standard Progressive Matrices, Advanced Progressive Matrices, WAIS, WISC

2. Personality

EPPS, Study of Values, Eysenck Personality Inventory, 16PF, EPQ, Seguin Form Board Mathew Maladjustment Inventory

3. Aptitude Tests

DAT, Engineering Aptitude Tests, Musical Ability Tests, Vocational Interest Inventory, Minnesota Manual Dexterity Test, Steadiness Test, Tracing Test.

4. Other Tests

Job Satisfaction Scale, Test for Finding Locus of Control

Book for Reference

Munn, Norman L., Introduction To Psychology, 3rd Edition, 1967, Oxford and IBH Publishing Co.

B. A Psychology Syllabus for the Restructured Course: Model 3 Oriental Psychology - 1

1. The Concept of Consciousness

In the Vedic Hymns; In the Upanishads; The States of Consciousness; Analysis of the Dream State; Consciousness- A Basic Feature of Reality; The Doctrine of Koshas; the Mode of Mentation; The Self, the Mind and the Senses; The Individual Self; The Two Levels of Self; Self- neither Perceivable nor Conceivable; Meditation, the Means to Realize; Jnana, the Means to realize

The Psychological Aspects of the Gita

The Selling of the Gita; Mental Structure; The Eight- fold Prakriti; Kshetra and Kshetrajana; The Theory of Gunas; Two Classes of human Beings; five Factors of Action; Attitude towards Action; Importance of Aptitude; Meditation- The Means to Development of Personality; the Final Choice

Samkhya - Yoga

Samkhya; The Self; The Functions of Antahkarna; Yoga: Chitta and its Modes, Vrittis; The General Mental Processes; The Theory of Klesas; Karmasya; Samskara and Vasana; The Concept of Karmasaya; The Problem- The Task of Man; The Means

Sensation and Perception

Upanishads on Sensation and Sense Organs; The Controversy on Contact of Sense Organ with the Object; Manas for a Sense Organ; Sense Organs and Evalution; Stimulus strength and Sensation; The Sense Organ and the Objects

Perception and Illusion

Stages of Perception; The Concept of Acquired Perception; Theories of Perception; Budhist Theory; The Jaina Theory; The Naya-Vaiseshika Theory; The Samkya-Yoga Theory; Perception of Space, Time and Movement; Illusions; Abhava, the Concept of Negation; The Jaina Concept of Upayoga

Books for Study

Kuppuswmy. B (1985) Elements of Ancient Indian Psychology, Vikas Delhi Ramachandra Rao, S. K. Development of Psychological thought in India, Kavyalaya Publishers, Mysore

Paper 16

B. A Psychology Syllabus for the Restructured Course: Model 3 Oriental Psychology - 2

Motivation

Gita on Motives; Distinction between Non-voluntary and Voluntary Actions; The New-born Infant's Behaviour; Nature and Kinds of Motives; Three Kinds of Actions; Voluntary Action; Ishtha, the Object of Desire; Motives in the Reasoning Process; Springs of Action(Pravartana); Gautama's Nayaya Sutra: Attachment (Raga), Aversion (Dvesa); Delusion (Moha)

Feelings And Emotions

Feelings; The Gita on Feelings; The Buddhist Theory of Feelings; Nayaya - Vaiseshika View; Samkhya - Yoga view; View of the Later Thinkers; Emotions: The Gita on Emotions; Patanjali on Emotions; Buddhist Views; The Jaina View

Samakara, Vasana, And Attitude

Introduction; Samskara in Buddhist Thought; Nyaya; Analysis of Perception and illusion; Memory and Recognition; Yoga View; Samskara Vs Vasana; Conclusion

Self and Personality

The Upanishadic View; The Gita on Self; Buddha's Doctrine of Anatma; The Nyaya- Vaiseshika Views; Samkhya- Yoga View; The Mimamsa View; Types of Personality

Meditation

The Upanishads; The Gita; the Buddhist Practice; Patanjali's yoga sutra; Effects of Meditation

Books for Study

Kuppuswmy. B (1985) <u>Elements of Ancient Indian Psychology</u>, Vikas Delhi Ramachandra Rao, S. K. <u>Development of Psychological thought in India</u>, Kavyalaya Publishers, Mysore

Part 111- unit 2 (Allied Subjects)

Paper 1

B. A Psychology Syllabus for Restructured Course: Model 3 Physiology -1

- 1. The Cell: Structure of a typical eukaryotic cell; Functions of the cell organelles; Movements of molecules across the plasma membrane (mention diffusion, active transport, facilitated diffusion, ion channels and gates)
- 2. The Neuron: Structure of a typical neuron; Types of neurons (mention unipolar, bipolar, multipolar, sensory, motor, interneuron, myelinated, non-myelinated); Neuroglial cells and their functions. Transmission of impulses along the neuron (mention membrane potential, action potential, all-or-none law, refractory period); Synapse (Chemical and electrical); Neurotransmitters and their role in transmission of impulses; excitatory and inhibitory post synaptic potentials
- 3. Cardiovascular System: Structure of the human heart and its working (mention also the SA node, AV node & Purkinje System); Structure of arteries, veins, and capillaries, pulmonary and systemic circulation. Blood, a fluid connective tissue; components (Plasma, RBC, WBC and platelets)
- 4. Immunology: Humoral immunity, cell mediated immunity, non-specific defenses; anatomy of an immune response; memory; boosters; immunodepression; Hypersensitivity reactions, autoimmunity
- 5. Genetics: Mendel's principles; modern concepts of the gene and the gene action; sex-linked, sex limited, sex-influenced characters; hereditary diseases
- 6. Endocrinology: The endocrine glands and their hormones; hormonal influence on learning and memory; hormones and Behaviour

Books for Study

Levinthal, Charles F; Introduction to Physiological Psychology, 3rd Edition (Indian Edition 1996), Prentice- Hall of India Pvt. Ltd

Rosensweig, Mark R- Leiman, Arnold L- Breedlove, S. Marc; <u>Biological Psychology</u>, 1996, Sinauer Associates, Inc. Guyton, Arthur; <u>Medical Physiology</u>, 8th Edition, W. B. Saunders Company

Gardner, Eldon John- Simmons, Michael J- Snustad, D. Peter; <u>Principles of Genetics</u>, Wiley International Edition Ahluwalia Karvita B; <u>Genetics</u>, 4th Print (1994), Wiley Eastern Limited

Cooper, Geoffrey M.; Cell-A molecular Approach, ASM Press & Sinauer AssociatesInc.

Paper 2

B. A Psychology Syllabus for the Restructured Course: Model 3 Physiology - 2

- 1. Organization of the Nervous system: Detailed study of the structure of brain & spinal cord; organization of the peripheral and autonomic elements
- 2. Sensory Processing; Receptors; sensory transduction; processing by brain; detailed study of vision and hearing

- 3. The Hemispheres of the Neocortex: structure, functional asymmetry (surgical studies, clinical studies, behavioural studies); capabilities of the right and left hemispheres; language, handedness; cortex and learning; Hippocampus and learning
- 4. Neural mechanisms in arousal, sleep, and attention: Opioid peptides and receptors in the brain; a brief treatment of drugs and mental illness.
- 5. Stress Physiology: stress response; indicators of stress(hormonal, anatomical, physiological); stress and disease
- 6. Psychneuroimmunology: Connections between emotions, nervous system and immune functions. Brief treatment of meditation and biofeedback

Books for Study

Levinthal, Charles F; Introduction to Physiological Psychology, 3rd Edition (Indian Edition 1996), Prentice- Hall of India Pvt. Ltd

Rosensweig, Mark R- Leiman, Arnold L- Breedlove, S. Marc; Biological Psychology, 1996, Sinauer Associates, Inc.

Guyton, Arthur; Medical Physiology, 8th Edition, W. B. Saunders Company

Gardner, Eldon John- Simmons, Michael J- Snustad, D. Peter; Principles of Genetics, Wiley International Edition

Ahluwalia Karvita B; Genetics, 4th Print (1994), Wiley Eastern Limited

Cooper, Geoffrey M.; Cell-A molecular Approach, ASM Press & Sinauer AssociatesInc.

Paper 3 & 4:- Statistics 1 & Statistics 2

Paper 5

B. A. Psychology Syllabus for the Restructured Course (Model 3) Counselling And Guidance - 1

1. Introduction

Definition, Nature, Scope, Historical developments, Current trends in Counselling and Guidance, Limitations, Relationship with psychotherapy, Clinical Psychology and mental health.

2. Counselling Process

Client Variables, Counsellor variables, Setting, Goals of Counselling, Short term goals, long term goals. Professional issues in Counselling, Motivation, Need for Change, Evaluation process of counselling (guidance), Progress in counselling, termination, follow-up.

3. Life Tasks of Concern to Counselling and Guidance at Different Stages in Life

a. Infancy and Childhood

Birth process, developmental delays, sibling problems, conduct disorders, emotional disorders, behavioural problems, parenting, disciplinary practices, modification of problem behaviour, good mothering, importance of family in child's mental health, and education, learning disability (dyslexia), learning practices, mental retardation.

b. Adolescence

physiological and psychological development, peer influence, career guidance, aptitude, sexual development, masturbation, homosexuality, social interaction

c. Adult

Adult personality, vocational stability, setting up of family, marriage: mate selection, marital relationships, marital discord, disharmony, sexual relation, sexual disorders

d. Middle age \ Old age

Problems associated with old age, Cognitive Problems (memory, learning etc.), loneliness, Old age home, Social support system, Physical illness, Terminal illness.

Books for Study

Bordin, E. S. 1955, Psychological Counselling, New York, Appleton Century Crofts

Brammer, L. M & Shostrom, E. L. (1982) <u>Therapeutic Psychology</u>, <u>Fundamentals of Counselling and Psychotherapy</u>, (4th edition) Englewood Cliffs, Prentice- Hall, Inc.

Hansen, J. C. (1970) The Counselling Psychology, Newyork, Holt Rinehart and Winstone, Inc.

Narayanarao, S. (1981) Counselling Psychology. Tata McGraw- hill Book Co. New Delhi

Fuxfer, J.M. (1964) Psychological Counseling in India, Macmillan Publishing Co., Inc., Bombay

B. A. Psychology Syllabus for the Restructured Course: Model 3 Counselling And Guidance - 2

1. Assessment in Counselling and Guidance

Assessment of the client, history taking, Importance of personal history, family history, current problem, personality factors,

Techniques for assessment: Interview, Case records, Observation, Case study, Rating scales, Psychological tests, Reliability and adequacy of information.

2. Case Formulation

Need for case formulation, theories of counselling, models in case formulation, relationship with personality, life events, family, other environmental aspects like work situation, social aspects and attitudes.

3. Professional Issues in Counselling and Guidance

Role of counsellor, relationship with other professionals like, medical, social organizations, mental health professionals, psychiatric hospitals, industries, training of counsellors, what is counselling relationship.

4. Counselling and Rehabilitation

What is rehabilitation, role of counselling in rehabilitation, rehabilitation of mentally ill patients, mentally retarded people, improving quality of life, improving their disability, social skills training, vocational training.

5. Counselling and other Conditions

Counselling with AIDS and HIV cases, cancer patients, terminally ill patients, marital problems, psycho somatic conditions, counselling and child labour, counselling with alcohol and drug abuse, counselling for social issues like poverty, unemployment, social discrimination etc.

6. Counselling in Indian Context

Role and influence of family, role of social support systems like, churches, religion, priests, social/political leaders, yoga, meditation, other healing practices, karma theory etc.

Books for Study

Bordin, E. S. 1955, Psychological Counselling, New York, Appleton Century Crofts

Brammer, L. M & Shostrom, E. L. (1982) Therapeutic Psychology. Fundamentals of Counselling and Psychotherapy. (4th edition) Englewood Cliffs, Prentice-Hall, Inc.

Hansen, J. C. (1970) The Counselling Psychology, Newyork, Holt Rinehart and Winstone, Inc.

Narayanarao, S. (1981) Counselling Psychology. Tata McGraw- hill Book Co. New Delhi

Fusfer, J.M (1964) Psychological Counseling in India, Macmillan Publishing Co., Inc., Bombay

Paper 7

B. A. Psychology Syllabus for Restructured Course: Model 3 Human Resource Development - 1

1. Basics of Human Resource planning

Basic aspects of Human Resource management, Dynamics of Human Resource management, Development of Human Resource management in India, Methods and techniques of Demand and Supply forecasting.

2. Job Evaluation and Action areas

Job evaluation concepts, scope and limitations; Job evaluation methods; Induction and placement.

3. Employee Selection, Development and Growth

Recruitment, Selection and Induction; Staff training and development; Career planning.

4. Performance Appraisal

Strategies of performance appraisal; Potential appraisal; Transfer, Promotion and Reward polices; Training and retraining

5. Managing Industrial relations

Regulatory mechanisms guiding industrial relations; Employee discipline; Employee grievance handling

Books for study

- 1. Subha Rao, P. and Rao, V. S. P; Personnel / Human Resource Management, Konark Publishers Pvt. Ltd., New Delhi,
- 2. Subha Rao, P.; Human Resource Management 2000; Discovery Publishing House, New Delhi.
- 3. Chakraborthy, S. K; Human Resource Development, Wiley Eastern Ltd., New Delhi.

Paper 8

B. A. Psychology Syllabus for the Restructured Course: Model 3 Human Resource Development - 2

1. Job Design and Job Analysis

Job Design Techniques: Job Enrichment, Job Enlargement, Job Rotation, Sociotechnical Approach; Job Analysis Methods: QWL and Quality

2. Human Resource Development

In Government and Public Systems, In Health and Family Welfare, HRD in other sectors(police, defense), HRD in Service Industry

3. Measurement in Human Resource Planning

Human Resource Information System, Human Resource Audit, Human Resource Accounting

4. Organizational Development Programme

The impact of change in organization, Characteristics of OD, Traditional approaches to OD, Modern approaches to OD, Transactional Analysis, OD techniques for the future

Books for study

- 1. Subha Rao, P. and Rao, V. S. P. Personnel / Human Resource Management, Konark Publishers Pvt. Ltd., New Delhi.
- 2. Subha Rao, P.; Human Resource Management 2000; Discovery Publishing House, New Delhi.
- 3, Chakraborthy, S. K; Human Resource Development, Wiley Eastern Ltd., New Delhi.