**SYLLABUS FOR B. A. PSYCHOLOGY**

SEMESTER SYSTEM

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**2019**

**MIZORAM UNIVERSITY**

**COURSE : B. A (HONOURS) PSYCHOLOGY**

**I SEMESTER**

**PSY/I/EC/01: BASIC PSYCHOLOGY-I**

**UNIT I: INTRODUCTION**

(A) *Definition and goals of psychology*: Role of a psychologist in society; Psychology in relation to other social and natural sciences.

(B) *Modern Perspectives and Methods of Psychology*: Modern Perspectives - Biological, Psychodynamic, Behaviourist, Gestalt, Cognitive, Cross-cultural, Humanistic and Evolutionary perspectives. Methods - Experimental, Observation, Survey, Clinical and Correlational methods.

**UNIT II: INDIVIDUAL DIFFERENCES**

(A) *Intelligence*: Concept and nature; Theories; Determinants; Measurement of intelligence; Newer trends-emotional, social, spiritual, multiple intelligence and artificial intelligence.

(B) *Aptitude*: Concept and nature. Reliability and validity of psychological measures. Measurement of aptitude- Verbal ability, Numerical ability, Spatial ability, Closure ability, Clerical ability, Reasoning ability, Mechanical ability and Psycho-motor ability.

**UNIT III: LEARNING**

(A) *Classical Conditioning*: Basics of conditioning; Basic processes - Extinction, Spontaneous recovery, Generalization, Discrimination, Higher order conditioning; Criticisms and significance of Classical conditioning.

*Cognitive Learning*: Latent Learning; Observational Learning; Insight Learning.

(B) *Operant Conditioning*: Thorndike’s law of effect. Basics of Operant conditioning. Reinforcement: Primary, Secondary, Positive, Negative. Punishment- pros and cons. Schedules of reinforcement. Processes-Generalization, Discrimination, Chaining, Shaping. Significance of operant conditioning.

**UNIT IV: MEMORY AND FORGETTING**

(A*) Memory:* Basic processes- Encoding, Storage, Retrieval; Sensory storage - Iconic memory and Echoic memory;. STM-Working memory- Serial position curve, Rehearsal, Chunking; LTM-Modules of memory-Declarative, Procedural, Semantic, Episodic memory; Associative models-Explicit and Implicit memory; Retrieval cues; State dependent and Context dependent memory; Tip of the tongue phenomena; Flash bulb memory; Levels of processing.

(B) *Forgetting:* Theories- Decay, Interference; Amnesia Retrieval problems; motivated forgetting; Memory dysfunctions (Korsakoff’s syndrome, Alzheimer’s, Senile Dementia); Improving memory-Mnemonic strategies.

**UNIT V: BASIC STATISTICS FOR PSYCHOLOGICAL RESEARCH I**

(A) *Introduction:* What is Psychological Research? Relevance of Statistics in Psychological Research. Descriptive and Inferential Statistics. NPC – skewness and kurtosis.

(B) *Grouping of data*: Class Intervals and Frequencies; Measures of Central Tendencies – Mean, Median and Mode.

**REFERENCES**

Baron, R. A. (1995). *Psychology*. 3rd Edition. Delhi: Prentice Hall.

Feldman, R. S. (2011). *Understanding Psychology*. 10th Edition. Delhi: Tata- McGraw Hill.

Freeman, F.S. (1962). Theory and Practice of Psychological Testing. 3rd Edition. Oxford &IBH Publishing Co, New Delhi.

Garrett, H. E. (1985). *Statistics in Psychology and Education*. Bombay: Vakils, Simon & Feffer Publication.

Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2004). *Introduction to* Psychology. 7thEdition, 24threprint. New Delhi: Tata McGraw-Hill.

Munn, N. L., Fernald, L. D., & Fernald, P. S. (1997). *Introduction to Psychology.* Delhi: Houghton Mifflin.

Smith, E. E., Nolen-Hoeksema, S., Frederickson, B., & Loftus, G. (2003). Atkinson *and Hilgard's Introduction to Psychology*. (14th edition.). Wadsworth Publishing.

Weiten, W. (2007). *Psychology: Themes and variations.* 7th edition. Delhi: Brooks/Cole Publishing Co.

**I SEMESTER**

**PSY/I/EC/02: PRACTICAL (Credit-2)**

**Any three from the following:**

1. Intelligence

2. Learning

3. Memory

4. Aptitude

**II SEMESTER**

**PSY/II/EC/03: BASIC PSYCHOLOGY-II**

**UNIT I: COGNITIVE PROCESSES**

(A) *Thinking and Reasoning*: Definition; Elements in Thinking- Mental Images and Concepts; Creative

thinking; Reasoning- Syllogistic Reasoning, Algorithms and Heuristics, Inductive and Deductive Reasoning.

(B) *Problem Solving*: Problem solving- Steps- Preparation, Production and Evaluation.

**UNIT II: MOTIVATION AND EMOTION**

(A) *Motivation:* Meaning; Approaches- Instinct, Drive- Reduction, Arousal, Incentive and Cognitive Approaches; Maslow’s Hierarchy; Physiological basis of motivation; Types of motivation – achievement,

power and affiliation.

(B) *Emotion:* Meaning; Functions; Theories – James Lange, Cannon Bard, Schachter Singer; Physiological basis of emotion; Expression of emotions.

**UNIT III: SENSORY-PERCEPTUAL PROCESSES**

(A) *Sensation and Attention*: Meaning; Types of senses (an overview)- visual, auditory, gustatory, olfactory, tactile (cutaneous), vestibular, kinaesthetic (proprioception) and organic (interoception) senses; Concepts of thresholds; Signal Detection. Attention- definition, characteristics, determinants of attention.

(B) *Perception:* Understanding perception; Gestalt laws of organization; Different Process of perception - depth perception, constancy of perception, perception of movement; Factors of perception-awareness- set, motives, needs, learning and attention; Perceptual illusion; Subliminal perception; Extra sensory perception (Telepathy, Clairvoyance and Precognition).

**UNIT IV: PERSONALITY**

(A) *Definition and concepts; Approaches*- Psychodynamic (Freud), Humanistic (Rogers), Type and Trait (Allport, Cattell, Eysenck and Big Five) and Social-Cognitive approach (Bandura, Mischell).

(B) *Measurement of personality*- Projective tests & pencil-paper test.

**UNIT V: BASIC STATISTICS FOR PSYCHOLOGICAL RESEARCH II**

(A) Variables and constants; Scales of measurements. Probability : Definition, Mathematical Model and Two theorems.

(B) *Measures of variability* (Standard Deviation Calculation)

**REFERENCES**

Baron, R. A. (1995). *Psychology*. 3rd edition. Delhi: Prentice Hall.

Feldman, R. S. (2011). *Understanding Psychology*. 10th edition. Delhi: Tata- McGraw Hill.

Garrett, H. E. (1985). *Statistics in Psychology and Education*. Bombay: Vakils, Simon & Feffer Publication.

Minium, E. W., King, B. M., & Bear, G. (1993).*Statistical Reasoning in Psychology and Education.*3rd Edition.John Wiley & Sons Inc.

Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2004). *Introduction to* Psychology. 7thEdition, 24threprint. NewDelhi: Tata McGraw-Hill.

Munn, N. L., Fernald, L. D., & Fernald, P. S. (1997). *Introduction to Psychology.* Delhi: Houghton Mifflin.

Smith, E. E., Nolen-Hoeksema, S., Frederickson, B., & Loftus, G. (2003). Atkinson *and Hilgard's Introduction to Psychology*. (14th edition.). Wadsworth Publishing.

Weiten, W. (2007). *Psychology: Themes and variations.* 7th edition. Delhi: Brooks/Cole Publishing Co.

**II SEMESTER**

**PSY/II/EC/04: PRACTICAL (Credit-2)**

**Any three from the following:**

1. Creativity or Problem solving

2. Motivation

3. Sensation or perception

4. Personality

**III SEMESTER**

**PSY/III/EC/05: LIFE SPAN DEVELOPMENT (Credit-4)**

**UNIT I: INTRODUCTION**

A. *Concept of development*: Introduction, meaning; nature- nurture; stages of life span development; Research methods- correlational , experimental, observation, longitudinal and cross sectional.

B. *Theoretical Perspectives*: Psychodynamic (Freud's, Erikson), Behavioral (Watson/ Skinner), Cognitive (Piaget), Socio-cultural (Vygotsky).

**UNIT II: PRENATAL DEVELOPMENT AND INFANCY**

A. *Stages of Prenatal development*; Teratogens and prenatal environment.

B. *Infancy*: Physical and Motor development, language development, social and personality development: attachment and temperament.

**UNIT III: CHILDHOOD**

A. *Early childhood* : Physical growth, motor development. Social and Personality development- sense of self, friends and family, moral development.

B. *Middle childhood* : Physical development, social and personality development.

**UNIT IV: PUBERTY AND ADOLESCENCE**

A. *Puberty*: meaning, biological changes : sexual maturation, growth spurt, primary and secondary sexual characteristics ; Development of Identity Marcia's views and Erikson;

B. *Adolescent relationships*: Family, Peer, Dating, Sexual behavior and Teenage Pregnancy

**UNIT V: ADULTHOOD**

A. *Early Adulthood:* (Physical, cognitive-- Perry's approach, Schaie's ) Vocational choice; Foundations of intimate relationships; Friendship, love and sexuality; Marriage, Parenthood.

*Middle Adulthood*- Physical development, occupational adjustment; stable and unstable patterns; preparation of retirement; Psychosocial changes- Coping with Mid -life crisis.

B. *Late Adulthood:* Theories of ageing- primary and secondary ageing; Psychosocial aspects- models of coping; work retirement and leisure. Positive aging. Stages and patterns of grieving.

**REFERENCES**

Berk, L.C. (2012). *Child Development*. New Delhi: Prentice Hall of India (Pvt.) Ltd.

Feldman, R. S. (2013). *Development across the Life Span*.7th Edition, New Delhi: Pearson. Hetherington, E. M, & Parke, R. D, (1993). *Child Psychology - A Contemporary Viewpoint*. 5th International Edition, McGraw-Hill Publication.

Papilia, D. E. (2006). *Human Development*. New Delhi: Tata McGraw Hill.

Santrock, J. W. (2006). *Child Development*. 11th Edition. Tata New Delhi: McGraw Hill,.

**III SEMESTER**

**PSY/III/EC/06: PRACTICAL (Credit-2)**

**Any three from the following:**

1. Social maturity

2. Adjustment

3. Family Environment scale

4. Parenting style

**IV SEMESTER**

**PSY/IV/EC/07: HEALTH PSYCHOLOGY**

**UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY**

A: *Definition*; the mind-body relationship; functions & need for Health Psychology; Biosocial Model.

B: *The systems of the body* – Nervous, Endocrine, Cardiovascular, Respiratory, Reproductive and Immune Systems, digestive.

**UNIT II: WELL BEING**

A: *Definition of well-being* ; Subjective well-being; Emotional, Social & Psychological Well-being; Quality of life.

B: *Implications of well-being*; Psychological factors – Resilience, Hope, Optimism, Positive self.

**UNIT III: STRESS, COPING AND PAIN**

A: *What is stress*?; Theories Of stress( Selye, Lazarus); Stress & health; Sources of stress; Coping.

B: *Pain* – Meaning; Psychological factors and pain; Types.

**UNIT IV: LIVING WITH CHRONIC ILLNESSES**

A: Coronary Heart Disease (CHD), Hypertension & Stroke; Living with Diabetes.

B: HIV/AIDS, Cancer, Asthma, Alzheimer’s.

**UNIT V: HEALTH COMPROMISING AND HEALTH ENHANCING BEHAVIORS**

A: *Health compromising behaviors*: Smoking, Alcohol and substance abuse, The effects of smoking, alcohol & drugs.

B: *Health Enhancing Behaviors*: Weight Control; Diet; Exercise; Yoga, Habit Modification

**REFERENCES**

Brannon, L., & Feist, J. (2007). *Introduction to Health Psychology*. Thomson India Edition.

Sarafino, E. P., & Smith, T. W. (2012). *Health Psychology: Bio psychosocial interventions.* New Delhi: Wiley.

Taylor, S. E. (2006). *Health Psychology*. New Delhi: Tata McGraw-Hill.

**IV SEMESTER**

**PSY/IV/EC/08: (PRACTICAL) (Credit-2)**

**Any three from the following:**

1. Psychological Well-Being Scale

2. Stress Scale

3. Health Habits

4. AIDS Awareness

**V SEMESTER**

**PSY/V/CC/09: RESEARCH METHODOLOGY**

**UNIT I: INTRODUCTION**

(A*)* Definition, Steps, Classification and Ethics in psychological research.

(B*) Methods of psychological research*: case study; observation; survey; experiments – laboratory

experiment, field experiment, quasi experiment.

**UNIT II: RESEARCH DESIGNS, SAMPLING AND PSYCHOLOGICAL TESTING**

(A) *Research Designs*: Meaning and Purpose; Between and Within Group Designs. Sampling: Meaning and Types - probability and non-probability.

(B) *Psychological Testing*: Introduction; Reliability and Validity – Types; Types of psychological tests; Introduction to SPSS.

**UNIT III: NON-PARAMETRIC STATISTICS**

(A) *Concepts and Assumptions*; Parametric vs Nonparametric statistics; Uses and Applications.

(B) *Chi-Square test of Independence*, U-Test, Kruskal- Wallis one-way ANOVA

**UNIT IV: CORRELATION**

(A) History and concepts; Types.

(B) *Methods of correlation*: Pearson’s Product Moment and Spearman’s Rank-order.

**UNIT V: INTRODUCTION TO STATISTICAL INFERENCE**

(A) *Hypothesis testing:* Steps, Levels of significance, one tailed and two tailed tests of significance, Errors

(B) *t-test and One way ANOVA*, Computation and assumptions.

**REFERENCES**

Anastasi, A. S. & Urbina. S. (1999). *Psychological Testing*, (7thEd.). MacMillan Co.

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

Breakwell, G. M., Hammond, S., & Schaw, C. F. (2000). *Research Methods in Psychology.* New Delhi: Sage Publications.

Garrett, H. E. (1985). *Statistics in Psychology and Education*. Bombay: Vakils, Feffer & Simon Ltd.

Kerlinger, F. N. (1983). *Foundations of Behavioral Research.* 2nd Edition. Surjeet Publications, New Delhi.

Minium, E. W., King, B. M., & Bear, G. (1993).*Statistical Reasoning in Psychology and Education.*3rd Edition.John Wiley & Sons Inc.

Schweigert, W. A. (1994). *Research Methods and Statistics for Psychology.* Brooks/ColePublishing Company, Wadsworth Inc., California.

Singh, A. K. (2000) *Test, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhawan Publishers.

**V SEMESTER**

**PSY/V/CC/10: PRACTICAL**

**PROJECT WORK**

**V SEMESTER**

**PSY/V/CC/11: EMERGENCE AND GROWTH OF PSYCHOLOGY**

**UNIT I: BIRTH OF MODERN PSYCHOLOGY**

(A) *Structuralism*: Wundt and Titchner’s contribution to Structuralism.

(B) *Functionalism*: Contribution of William James to Functionalism; Chicago School.

**UNIT II: BEHAVIORISM AND GESTALT PSYCHOLOGY**

(A) *Behaviourism*: Watson and Skinner’s contribution; Neobehaviourism: Hull’s contribution

(B) *Gestalt Psychology*: Contributions of Wertheimer, Kohler and Koffka

**UNIT III: PSYCHOANALYSIS**

(A) *Classical Psychoanalysis*: Freud

(B) *Neo Freudians*: Jung, Adler, Erickson and Horney

**UNIT IV: HUMANISTIC-EXISTENTIAL AND COGNITIVE PSYCHOLOGY**

(A) *Humanistic* : Rogers and Maslow; Existential: Rollo May, Victor Frankl.

(B) *Cognitive Psychology*: Information Processing model, Cognitive Versus S-R approaches.

**UNIT V: CURRENT TRENDS AND STATUS**

(A) Transpersonal Psychology

(B) Psychology in India

**REFERENCES**

Boring., G. E. (2008). *History of Experimental psychology.* (Volume Two). New Delhi: Cosmo Publications.

Chaplin, J. P. & Kravic, T. S. (1979). *Systems and Theories of Psychology*. 4th Edition. Thomson Learning.

Leahey, T. H. (2005). *A History of Psychology: Main currents in psychological thought*. (6th Ed.). Singapore: Pearson Education.

Marx, M. H., & Hillix, W. A. (1988). *Systems and Theories in Psychology.* McGraw-Hill Inc.

Sahakian, W. S. (1981). *History of Psychology*. John Wiley & Sons Inc.

Singh, K. A. (1991). *The Comprehensive History of Psychology.* Motilal Banarsidass Publishers PVT. LTD. Delhi.

Wolman, B. B. (1979). *Contemporary theories and systems in psychology.* Delhi: Freeman Book Company.

Woodworth, R. S., & Sheehan, M. (1963). *Contemporary Schools of Psychology.* New York: Ronald Press Co.

**V SEMESTER**

**PSY/V/CC/12: PRACTICAL**

**Any three from the following:**

1. Reaction Time

2. Absolute Limen

3. Difference Limen

4. Span of Attention

**V SEMESTER**

**PSY/V/CC/13: SOCIAL PSYCHOLOGY**

**UNIT I: INTRODUCTION**

(A) *Definition; History- Origin and Development*; Focus on Behaviour of Individuals- Causes of Social Behavior and Thought;

(B) *Research Methods in Psychology*- Observation, Correlational, Experimental, Field Study, Survey,

Sociometry and Cross-cultural)

**UNIT II: SOCIAL PERCEPTION AND LEADERSHIP**

(A) *Social Perception*: Definition; Non verbal Communication- The Basic Channels; Attribution-

Theories, Basic Sources of Error; Impression Formation – Asch’s Central and Peripheral Traits, Implicit

Personality Theories and Cognitive Perspective of Impression Formation.

(B) L*eadership*: Definition and Functions; Approaches to Leadership-Trait, Situational, Interactional, Behavioural, Contingency, Transactional and Transformational.

**UNIT III: POSITIVE SOCIAL RELATIONSHIPS**

(A) *Prosocial Behaviour:* Motives; Responding to an Emergency; External and Internal Influences on

Behaviour; Long –Term Commitment to Pro Social Acts.

(B) *Interpersonal Attraction*: Internal Determinants and External Determinants of Attraction; Interpersonal attraction based on Interaction- Similarity and Mutual Liking.

**UNIT IV: SOCIAL INFLUENCE**

(A) *Groups:* Definition and Types; Key Components (status, roles, norms and cohesiveness); Effects of

Groups (Social Facilitation, Social Loafing); Coordination in Groups (cooperation and conflict);

Decision Making by groups (group polarization, groupthink, brainstorming)

(B) *Attitudes*: Definition; Attitude Formation; Attitude Change- Persuasion and Cognitive Dissonance.

**UNIT V: NEGATIVE SOCIAL RELATIONS**

(A) *Aggression:* Perspectives; Causes (social, cultural, personal and situational); Forms (domestic violence, sexual violence, violence against communities- LGBT); Prevention and Control of Aggression;

(B) *Stereotypes, Prejudice and Discrimination*: Stereotyping- Cognitive Foundations, How Stereotypes

Distort Perceptions, Why Stereotypes Persist; Prejudice – Origins and Types; Discrimination – Discrimination based on Religion, Race and Gender.

**REFERENCES**

Baron, R. A. & Byrne, D. (2009). *Social Psychology.*12th Edition. Pearson Education.

Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2008), *Social Psychology.* 12th Edition. Pearson India.

Baumeister, R. F. & Bushman, B. J. (2009). *Fundamentals of Social Psychology.* 1st Edition. Cengage Learning India Pvt. Ltd.

Crisp, R. J., & Turner, R. N. (2012). *Essential Social Psychology.* 2nd Edition. New Delhi: Sage India Pvt. Ltd.

Lindgren., C. H. (1981). *Introduction to Social Psychology*. Mosby.

Misra, G., & Mohanty, A. K. (2000). *Psychology of Poverty and Disadvantage.* 1st Edition. Concept Publishing Company Pvt. Ltd.

Myers, D., Sahajpal, P., & Behera, P. (2011). *Social Psychology.* 10th Edition. Tata McGraw- Hill Education.

Sanderson, C. A. (2011). *Social Psychology.* Wiley India Pvt. Ltd.

Taylor, S. E., Peplau, L. A. & Sears, D. O. (2006). *Social Psychology.* 12th Edition. Pearson Education.

Thomas, E., Wandersman, A., Elias, M.J., Hill, J., Kloos, B., & Dalton, J. H. (2013). *Community Psychology: Linking Individuals and Communities.* 3rd Edition. Cengage Learning.

**V SEMESTER**

**PSY/V/CC/14: PRACTICAL**

**Any three from the following:**

1. Leadership Scale

2. Attitude Scale

3. Aggression Scale

4. FIRO-B (Interpersonal Relationship Orientation)

**V SEMESTER**

**PSY/V/CC/15A: ABNORMAL PSYCHOLOGY-I**

**UNIT I: INTRODUCTION**

A: Defining Abnormal behaviour; Approaches/Viewpoints of Abnormal behaviour (Biological, Psychoanalytical, Behavioral, Cognitive-Behavioral, Psychological, Socio-cultural)

B: Classification System (DSM, ICD); Clinical Assessment & Diagnosis; Report writing.

**UNIT II: NEURODEVELOPMENTAL DISORDERS**

A:Intellectual Disabilities - Causes, Symptoms and levels of Intellectual Disabilities; Communication Disorders; Autism Spectrum Disorder.

B: Attention Deficit/Hyperactivity Disorder; Specific Learning Disorder; Motor Disorder

**UNIT III: ANXIETY & OBSESSIVE-COMPULSIVE DISORDERS**

A: Anxiety Disorders

B: Obsessive – Compulsive and related disorders

**UNIT IV: TRAUMA AND STRESS RELATED DISORDER**

A: Reactive Attachment Disorder, Disinhibited Social Engagement Disorder

B: Post Traumatic Stress Disorder - Causes, Acute Stress Disorder, Adjustment Disorder.

**UNIT V : DISSOCIATIVE DISORDERS & SOMATIC SYMPTOM DISORDERS**

A: Dissociative Disorders: Causes.

B: Somatic Symptoms and related disorders.

**REFERENCES**

Barlow., D. H. & Durand., V. M. (2014). *Abnormal Psychology: An Integrative Approach.* 7th Edition. Cengage Learning.

Butcher, J. N., Hooley, J. M. & Mineka, S. & (2007). *Abnormal Psychology.* 13th Edition. Pearson, India.

Butcher, J. N., Mineka, S. & Hooley, J. M. (2014). *Abnormal Psychology*. 15th Edition. Pearson Education Inc

Butcher, J. N., Hooley, J. M.,Mineka, S. & Dwivedi, C. B (2017). *Abnormal Psychology.* 16th Edition. Pearson, India Education Services Pvt. Ltd.

Kaplan, H. I., & Sadock, B. J. (2013). *Synopsis of Psychiatry*. 11thEdition. Walter-Kluver Publishers.

Kring, A. M., Johnson, S. L., Davidson, G. C. & Neal, J. M. (2012). *Abnormal Psychology*. 12thEdition. John Wiley & Sons Inc.

*The Diagnostic & Statistical Manual of Mental Disorders-5:* American Psychiatric Association; Washington, DC. 2013.

WHO. (2002). ICD-10 – *Clinical Descriptions & Diagnostic Guidelines*. A.I.T.B.S Publishers & Distributors, (Delhi)

**V SEMESTER**

**PSY/V/CC/16A: PRACTICAL**

**Any three from the following:**

1. Sentence Completion Test

2. Child Psychopathology

3. Anxiety test

4. Stress/Coping test

**V SEMESTER**

**PSY/V/CC/15B: ORGANIZATIONAL PSYCHOLOGY-I**

**UNIT I:** Meaning of Industrial/Organizational Psychology; Functions of Industrial Psychology.*Personnel selection*: Basis and Methods of Selection; Job Analysis – Methods; Measurement and uses.

**UNIT II** Definition of Training; Training methods for Non Supervisory Staff: On the Job Methods and Off the Job Methods. Training Methods for Managerial Staff: On the Job Methods and Off the Job Methods.

**UNIT III:** *Job satisfaction*: Determinants of Job Satisfaction – Personal factors (6 factors), Factors related to the job (5 factors), factors controlled by management (8 factors); Measuring job satisfaction: Job Descriptive Index, Impact of satisfied and dissatisfied employees on the workplace.

**UNIT IV:** *Leadership*: Contemporary perspective on leadership; Transition in Leadership theories; Basic approaches to leadership: trait, attitudinal and situational Cross-cultural leadership issues; Diversity issues in leadership; Power: meaning and bases.

**UNIT V:** *Attitude*: Need and Importance of Studying Attitude in Industry, Consequences of Unfavorable Attitude and Technique to improve Attitude in Industry. *Positive Organizational Behaviour*: Optimism; Emotional Intelligence; Self-efficacy and Work-Life balance.

**REFERENCES:**

Chatterjee, N. R. (1967). *Psychology in Industry*. New Delhi: University of Delhi.

Ghosh, P. K. & Ghorpade, M. B. (Year). *Industrial Psychology*, (Latest Edition) Himalaya Publishing: Bombay.

Harrell, T. W. (Year). *Industrial Psychology*. Indian Edition. Oxford and IBH. Calcutta.

Kumar, A. (2000).*Organizational Behaviour*. Anmol Publication.

McCormick, E. J. & Ilgen, D. (1984). *Industrial Psychology*. Prentice-Hall India Pvt. Ltd., New Delhi.

Mohanty, G. (1988). *Textbook of Industrial and Organizational Psychology*. Oxford and IBH publishing Co. New Delhi.

Robbins, S. P. & Sanghi, S. (2007). *Organizational behavior*. 11th Edition. New Delhi: Pearson Education.

Robbins, S. P. (2000). *Organizational Behaviour:* Concepts, Controversies and Applications. 7th Edition. New Delhi: Prentice Hall of India.

**V SEMESTER**

**PSY/V/CC/16B: PRACTICAL**

**Any three from the following:**

1. Leadership Styles

2. DAT

3. Interest Inventory

4. Job satisfaction Scale

**VI SEMESTER**

**PSY/VI/CC/17: PHYSIOLOGICAL PSYCHOLOGY**

**UNIT I: INTRODUCTION**

A. *Definition*; Understanding Human Consciousness; Nature of Physiological Psychology – Goals of research, Biological roots; Neuroplasticity.

B. *Methods of Study* (ablation, anatomical, recording, electrical and chemical stimulation, clinical method); Neuroimaging – CT Scans, PET Scans, MRI, fMRI; Stereotaxic surgery.

**UNIT II: BIOLOGICAL BASES OF BEHAVIOR**

A. *Neuroanatomy* – Structure and Function of a single cell; Neuron –structure and types.

B. *Neurophysiology* – Communication within neuron (membrane potential, resting potential, action potential); communication between neurons (synaptic transmission); neurotransmitters – dopamine, serotonin, acetylcholine, norepinephrine and GABA)

**UNIT III: NERVOUS SYSTEM**

A. *Structure and function* – Meninges, Cerebrospinal Fluid, Ventricles; The Central

Nervous System (Brain and Spinal Cord)

B. *Peripheral Nervous System* (Spinal Nerves, Cranial Nerves, Autonomic Nervous

System)

**UNIT IV: HORMONES AND BEHAVIOR**

A. *Main endocrine glands* - Hormonal Products and principal effects of hormones.

B. *Rhythms of waking and sleeping*; Stages of sleep; Functions of sleep .

**UNIT V: BIOLOGY OF EMOTIONS, LEARNING AND MEMORY**

A. *Emotions,* Autonomic arousal and James-Lange theory; Brain areas associated with emotions, Functions of emotions; Emotions as response patterns (fear, anger and aggression, anxiety)

B. *Nature of learning* (perceptual learning, stimulus-response learning - classical conditioning and instrumental conditioning; motor learning); Long term potentiation; Types of memory including consolidation,Role of hippocampus and the basal ganglia, Amnesia and other brain areas in memory.

**REFERENCES**

Carlson, N. R. (2004). *Foundations of Physiological Psychology*. 6th Edition. Allyn & Bacon

Kalat, J. W. (2007). *Biological Psychology*. 9th Edition. Brooks/Cole Publishers.

Leukel, F. (2005). *Introduction to Physiological Psychology.* 3rd Edition. CBS Publisher.

Leventhal, C. F. (1996). *Introduction to Physiological Psychology*. 3rd Edition. Prentice-Hall of India Pvt. Ltd, New Delhi.

Morgan, C. T. (1965). *Physiological Psychology*. International Student Edition, McGraw Hill Series.

Pinel, J. P. J. (2011). *Biopsychology*. 6thEditon. India: Pearson.

Rosenzweig, M. R., Leiman, A. L. & Breedlove, S. R. (2001). *Biological Psychology*. 3rd Edition. Sinauer Associates Inc.

Schneider, A., & Tarshis, B. (1985). Introduction to Physiological Psychology. 3rdEditon. New York: McGraw Hill.

Thompson, R. F. (1975). *Introduction to Physiological Psychology*. New York: Harper & Row.

**VI SEMESTER**

**PSY/VI/CC/18: PRACTICAL**

**Any three from the following:**

1. Psycho-physiological state inventory (PPSI)

2. Stroop test

3. Memory Scale ( Any)

4. Emotional Maturity Test

**VI SEMESTER**

**PSY/VI/CC/19: APPLIED PSYCHOLOGY**

**UNIT I**

(A) *Applied Psychology*: Meaning, History and Scope, Fields and careers in applied psychology

(B) *Industrial Psychology/Organizational Behaviour*: Nature, Scope, Objectives and Development.

**UNIT II**

(A) *Military Psychology*: Concept. Role of Military Psychologist. Psychology of Terrorism.

(B) *Forensic Psychology*: Concept and scope. Role of Forensic Psychologist, uses of psychological

assessments.

**UNIT III**

(A) *Application of Psychology in I.T and Mass Media*: Concept. Recent trends (artificial intelligence, psycho cybernetics). Psychological consequences of recent developments in I.T and Mass Media.

(B) *Sports Psychology*: Concept. Role of a Sports Psychologist. Application of sport psychology. Using

psychology in understanding political behavior; Political psychology of groups.

**UNIT IV**

(A) *Consumer Psychology*: Concept. Consumer behaviour and motivation – consumer decision making. Advertising – nature and concept.

(B) *Political Psychology*: Concept. Aims of Political Psychology.

**UNIT V**

(A) *Environmental Psychology*: Concept; Pollution -Air, Noise; Degradation of Environment, Crowding.

(B) Cross- Cultural Psychology: Marginalization, Immigration and Acculturation.

**REFERENCES**

Barker, M., Barker, D. I., Bormann, N. F. & Neher, K. E. (2013). *Social media marketing: A strategic approach.* South Western Cengage learning.

Bartol, A. M & Bartol, C. R. (2011). *Current Perspectives in Forensic Psychology and Criminal Behavior.* 3rd Edition. SAGE Publications Inc.

Bayne, R., & Horton, I. (2003). *Applied Psychology: Current Issues and New Directions.* SAGE Publications Ltd.

Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). *Environmental Psychology* (5th Edition). USA: Wadsworth Group / Thomson learning.

Berry, J.W. (1997). Immigration, acculturation, and adaptation [Applied Psychology](https://en.wikipedia.org/wiki/Applied_Psychology), 46(1), 5-34.

Berry, J.W., Poortinga, Y.H., Segall, M.H., Dasen, P.R. (2002). Cross-Cultural Psychology: Research and Applications. Cambridge: Cambridge University Press

Canter, D. (2010). *Forensic Psychology VSI: PBF.* Oxford University Press, New Delhi.

Cox, R. H. (2002). *Sport Psychology*, McGraw-Hill Higher Education.

Cronin, C. (2003). *Military Psychology: An Introduction.* 2nd Edition. Pearson Custom Pub.

Griffith, C. R. (2005). *An Introduction to Applied Psychology*. Kessinger Publishing, Inc.

Jain, U. (1987). *The Psychological Consequences of Crowding*. New Delhi: Sage

Jarvis, M. (2006). *Sport Psychology.* 1st Edition. Psychology Press.

Jost, J. (2004). *Political Psychology.* Psychology Press.

Kennedy, L. Z., & Zillmer, E. A. (2012). *Military Psychology: Clinical and Operational Applications*. 2nd Edition. Guilford Publications

Stokols, D., & Atmann, I. (Eds) (1987). *Handbook of Environmental Psychology*. New York: Wiley.

**VI SEMESTER**

**PSY/VI/CC/20: PRACTICAL**

**Any Three from the following:**

1. Environment awareness / Noise Attitude Scale

2. Sports Personality Questionnaire

3. Military Environment Inventory

4. Multi-factor Leadership Questionnaire/Job Satisfaction.

**VI SEMESTER**

**PSY/VI/CC/21: COUNSELING PSYCHOLOGY**

**UNIT I: INTRODUCTION**

A: Definition & nature of counseling; Goals of counseling; Qualities of an effective Counselor – Personality, characteristics and skills.

B: Training & education of a counselor; Ethics.

**UNIT II: COUNSELING PROCESS**

A: *Counseling relationship* – importance, components, facilitative conditions, empathy, respect, confidentiality & genuineness.

B: *Counseling Interview* – Nature; importance of initial interview, types of interview.

**UNIT III: APPROACHES TO COUNSELING**

A: *Psychoanalytical* approach; *Humanistic approach* (Client centred).

B: *Behavioural* approach; Cognitive-Behavioural (REBT); Holistic.

**UNIT IV : APPLICATIONS OF COUNSELING**

A: Family & Marital/Couples Counseling; Child Counseling; Counseling for drugs & alcohol dependence.

B: School & Career Counseling; workplace counseling; life-skills counseling.

**UNIT V: CRISIS INTERVENTION AND STRESS MANAGEMENT**

A: *Crisis Intervention* – Grief crisis, family crisis, anxiety crisis, suicidal crisis and rape crisis.

B: *Stress Management* – Basic techniques of stress management; self-development approach.

**REFERENCES**

ACA Code of Ethic.( 2014*). American Counseling Association*.

Belkin, G. S. (1988). *Introduction to Counseling.* London: W. G. Brawn Publishers.

Corey, G. (2010). *Theory and practice of Counseling and Psychotherapy*. Pscific Groove: Brooks/Cole.

Gelso, C. J., & Fretz, B. R. (2009). *Counseling Psychology: Practices, Issues, and Intervention.* Cengage Learning India.

Ghosh, M. (2014). *Health Psychology : Concepts in health and well-being.* Pearson Education India.

Gladding, S. T. (2009). *Counseling: A Comprehensive Profession*. (6th Edition). Pearson

 Education. New Delhi: Indian edition by Dorling Kindersley India Pvt. Ltd.

Patri, V. R. (2008). *Counseling Psychology*. New Delhi: Authors Presss

Rao, S. N. (1992). *Counseling and Guidance*. 2nd Edition. Tata McGraw – Hill Publishing Company Ltd.

**VI SEMESTER**

**PSY/VI/CC/22: PRACTICAL**

**Field work / Field report.**

**VI SEMESTER**

**PSY/VI/CC/23A: ABNORMAL PSYCHOLOGY-II**

**UNIT 1 : MOOD DISORDERS** ; Meaning, Moods Disorders/ episodes– Mania & Depression .

*A: Bipolar and related Disorders*:

 1. Cyclothymic Disorder – Symptoms.

 2. Bipolar Disorder (I & II) Symptoms, Distinguishing between I & II, Causes – Biological (i.Neurochemical & ii. Hormonal) & psychological.

*B: Depressive Disorders: Unipolar Depressive Disorders –*

 1. Major Depressive Disorder [Symptoms, Causes - Biological ( i. Neurochemical- Serotonin & Dopamine ii. Hormonal – HPA axis) & Psychological causes (i. Beck’s cognitive theory ii. Helplessness & hopelessness theory)]

 2. Dysthymic Disorder (symptoms)

 3. Other forms of depression – Loss and grieving process, postpartum blues.

 4. Suicide

**UNIT II : SCHIZOPHRENIA SPECTRUM & OTHER PSYCHOTIC DISORDERS**

*A: Schizophrenia* : Meaning, Clinical Picture - delusions, hallucination & Disorganized speech & behavior; positive, negative & disorganized symptoms, subtypes of schizophrenia

B*: Other Psychotic Disorders*: Schizoaffective, Schizophreniform, Delusional, & Brief Psychotic Disorders.

 *Causes :*

 *1. Biological* : (i) Genetic factors - twins/ adoption studies, (ii) Prenatal exposures – viral infections & nutritional deficiency (iii) Neurochemistry – Dopamine & Glutamate.

 *2. Psychosocial & Cultural* : (i) Urban living & Migration, (ii) Cannabis Abuse (iii) Diathesis- stress model.

**UNIT III**

A: *Personality Disorders*: Clinical features of PD; Three clusters of PD – characteristics of each disorder

B: *Feeding & Eating Disorders*: Anorexia Nervosa (symptoms & type), Bulimia Nervosa, Binge Eating Disorder & Obesity - (All Symptoms);

 *Causes :*

 *Biological* – (i) Hypothalamus (ii) Seratonin; *Socio-cultural* – (i) Internalizing thin ideal (ii) Negative body image (iii) Childhood sexual abuse

 *Elimination Disorders* : Enuresis & Encopresis – clinical features.

**UNIT IV**

A: *Neurocognitive Disorders:*Clinical picture & definition of Delirium; Major Neurocognitive Disorder (Dementia) – Parkinson’s disease, Huntington’s disease & Alzheimer’s disease (clinical picture) [HIV & Head trauma related Dementia]; Amnestic Disorder – Korsakoff’s Syndrome; Disorders involving Head Injury.

B: *Sexual Dysfunctions* – Meaning; phases of human sexual response; Sexual dysfunctions in Men (all 4); Female Sexual dysfunctions (3 types).

 *Gender Dysphoria* – Meaning; Gender dysphoria in Childhood; Transsexualism.

 *Paraphilic Disorders* – Meaning; different types (All 7) [child sexual abuse (pedophilia), incest and rape].

**UNIT V**

A: *Substance related and Addictive Disorders*: Definition – addictive behavior, abuse, dependence, tolerance, withdrawal, psycho-active substances; *Alcohol related disorders* (clinical picture) – causes (Neurobiology, genetic, psychological vulnerability, stress); *Drug abuse & Dependence* – different types of drugs used (Opiates, Amphetamines & Cocaine – for essay type, the rest mention briefly); *Gambling disorder*.

B: *Disruptive, Impulsive & Conduct Disorders*: Intermittent explosive disorder (clinical picture); Kleptomania (clinical picture), pyromania (clinical picture) .

 *Oppositional defiant disorder & Conduct Disorder* (clinical pictures); Internet compulsion, mobile phone compulsion, repetitive self mutilation and compulsive Sexual behavior.

**REFERENCES**

Butcher, J. N., Mineka, S. & Hooley, J. M. (2014). *Abnormal Psychology*. 15th Edition. Pearson Education Inc.

Kaplan, H. I., & Sadock, B. J. (2013). *Synopsis of Psychiatry*. 11thEdition. Walter-Kluver Publishers.

Kring, A. M., Johnson, S. L., Davidson, G. C. & Neal, J. M. (2012). *Abnormal Psychology*. 12thEdition.John Wiley & Sons Inc.

*The Diagnostic & Statistical Manual of Mental Disorders-5:* American Psychiatric Association; Washington, DC. 2013.

WHO. (2002). ICD-10: *Clinical Descriptions & Diagnostic Guidelines*. A.I.T.B.S Publishers & Distributors, (Delhi).

**VI SEMESTER**

**PSY/VI/CC/24A: PRACTICAL**

**Any three from the following:**

1. 16 PF

2. Depression Test

3. BGT

4. Neuropsychological Test

**VI SEMESTER**

**PSY/VI/CC/23B: ORGANIZATIONAL PSYCHOLOGY-II**

**UNIT I:** Meaning of Motivation and Model of Motivation. Motivational Drives and theories of Motivation

**UNIT II:** Definition of Communication; Fundamentals of Communication and Barriers to Communication. Task Characteristics Theories and Work Redesign.

**UNIT III:** *Performance Appraisal*: Definition; Appraisal Process and Appraisal Methods - Absolute Standards and Relative Standards.

*Conditions of Work*: Physical, Temporal and Psychological Conditions.

**UNIT IV:** *Employee Stress*: Definition, Symptoms of Stress, Extreme products of Stress, Causes of Stress, Stress and Job Performance.

*Employee Counseling*: Need for Counseling. Types of Counseling.

**UNIT V**: *Industrial incentives*: Types of wages, Incentive system – Time Rate System, Piece Rate System, Multiple Piece Rate and Differential Piece Rate System

*Non Financial Incentives* – Attitude, Supervisory Relations, Level of Aspiration, Praise and Reproof, Knowledge of Results, Cooperation and Competition.

**REFERENCES**

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

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

Blum, N. L., & Naylor, J. C. (1968). *Industrial Psychology-Its theoretical and social foundation*. Harper International Edition. Tokyo: Harper & Row.

Chatterjee, N. R. (1967). *Psychology in Industry*. New Delhi: University of Delhi.

Ghosh, P. K. & Ghorpade, M. B. (Year). *Industrial Psychology*, (Latest Edition) Himalaya Publishing: Bombay.

Harrell, T. W. (Year). *Industrial Psychology*. Indian Edition. Oxford and IBH. Calcutta.

Kumar, A. (2000).*Organizational Behaviour*. Anmol Publication.

McCormick, E. J. & Ilgen, D. (1984). *Industrial Psychology*. Prentice-Hall India Pvt. Ltd., New Delhi.

Mohanty, G. (1988). *Textbook of Industrial and Organizational Psychology*. Oxford and IBH publishing Co. New Delhi.

Robbins, S. P. & Sanghi, S. (2007). *Organizational behavior*. 11th Edition. New Delhi: Pearson Education.

Robbins, S. P. (2000). *Organizational Behaviour:* Concepts, Controversies and Applications. 7th Edition. New Delhi: Prentice Hall of India.

**VI SEMESTER**

**PSY/VI/**CC**/24B: PRACTICAL**

**Any three from the following:**

1. Job Motivation

2. Communication

3. Performance Scale

4. Occupational Stress