

**4 Year Degree Course
Psychology
Syllabus
2022**

**(Based on the NEP-2020, LOCF & CBCS)
In accordance with the Manipur University's Ordinance for Undergraduate
Programmes on Science, Arts and Commerce, 2021**



**Manipur University
Department of Psychology
Canchipur, Imphal-795003**

**Syllabus for 4 Year B.A./B.Sc.
PSYCHOLOGY
Course Structure for 4-Year B.A. Psychology Programmes**

Semester	Core (Credit)	DSE (Credit)	GEC (Credit)	AECC (Credit)	SEC (Credit)	VAC (Credit)	Semester Credit
I	PY 501 Foundations of Psychology (6)			1: English /MIL (4)	PY 521 Stress Management (4)	VAC-1 (2)	24
	PY 502 Learning (6)					VAC-2 (2)	
II	PY 503 Social Psychology (6)			2: Environmental Studies (4)	PY 522 Emotional Intelligence	VAC-3 (2)	24
	PY 504 Cognitive Psychology (6)					VAC-4 (2)	
Exit option with Bachelor's Certificate in Psychology on completion of courses equal to minimum of 46 credits							
III	PY 601 Biopsychology (6)		PY 631 General Psychology (6)			VAC-5 (2)	26
	PY 602 Basic Statistics in Psychology (6)						
	PY 603 Theories of Personality (6)						
IV	PY 604 Theories of Intelligence (6)		PY 632 Psychology of Human Relations (6)			VAC-6 (2)	26
	PY 605 System and Theories of Psychology(6)						
	PY 606 Psychological Testing (6)						
Exit option with Bachelor's Diploma in Psychology on completion of courses equal to minimum of 96 credits							
V	PY 701 Inferential Statistics (6)	DSE-1: One out of the following PY 711 Positive Psychology (6) PY 712 Media and Psychology (6)	PY 731 Youth Psychology (6)			VAC-7 (2)	26
	PY 702 Development over the Life Span (6)						
VI	PY 703 Psychopathology (6)	DSE-2: One out of the following PY 713 Health Psychology (6) PY 714 Community Psychology (6)	PY 732 Psychology of Personal Growth and Development (6)			VAC-8 (2)	26
	PY 704 Organizational Behaviour (6)						
Exit option with Bachelor's Degree in Psychology on completion of courses equal to minimum of 140 credits							
VII	PY 801 Psychotherapy and Counselling (6)	DSE-3: One out of the following – PY 811 Career Guidance and Counselling (6) PY 812 Culture and Indigenous Psychology (6)	PY 831 Psychology in Everyday Life (6)				
	PY 802 Psycho-diagnostics (6)						
VIII	PY 803 Applied Social Psychology (6)	DSE-4: PY 813 Dissertation (6)	PY 832 Psychology for Health and Well-Being (6)				
	PY 804 Research Methodology (6)						
Award of Bachelor's Degree with Honours in Psychology on completion of courses equal to a minimum of 182 Credits							

Syllabus for 4 Year B.A./B.Sc. PSYCHOLOGY

The 4 year degree course in Psychology intends to impart learning on various disciplines of psychology. This course attempts to develop an understanding of the growing discipline of psychology and promoting skill based education. Prominent goal of this course is to facilitate self-discovery in the students and ensure their enthusiastic and effective participation in responding to the needs and challenges of the contemporary world. The course intends to enable students in developing skills and competencies needed for meeting the challenges and needs of the real world effectively. Hence this syllabus is created keeping in mind the changing nature of the society, educational institutions and the workplace and inculcate the required skills in the students to understand and respond to the same efficiently and effectively.

Pedagogy for teaching the 4 Years Degree Course in Psychology

The teaching-learning of the course would be organized through lectures, practicals, projects, presentations, workshops, seminars, experiential exercises, and hands on training. Students would be encouraged to conduct field work for an understanding of real life issues and participate in the programs and practices in the social context. Practical is incorporated as an important component in many papers with hands on training in the use of various research methods such as laboratory experiments, field experiments, observation, psychological testing, survey, interview and case study. Use of computer software, ITC and mass media and web based sources (like documentaries, videos, films etc.) is highly recommended to make the teaching-learning process interactive, interesting and fruitful.

Evaluation

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 75: 25 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

NOTES:

- For Core papers- 4 Theory classes+ 2 Practical Classes per week/ per group
 - DSE Theory- 4 Theory classes+ 2 Practical Classes per week/ per group
 - For GE papers- - 4 Theory classes + 2 Practical Classes per week/ per group
- A. Psychology honours students will have other subjects as pass papers which is Synonymous to Generic Elective**
- B. The core papers for Psychology General Course will serve as Generic Elective for the Students of other honours who will opt for Psychology as a pass paper**
- For SEC courses- 2 Theory classes
 - For VAC Hands on training will be provided through skill based learning
 - Evaluation through tests

Core Papers

Core Papers

Semester-I

PY 501: Foundations of Psychology

6 Credits
(150 Marks)

Objectives:

1. To introduce the basic concepts of psychology in order to prepare the foundation for advance learning among students
2. To expose various fields of psychology to expand the horizons of students

Unit- 1: Introduction and Scope (1 Credit=25 Marks)

Nature, scope and branches of Psychology; Methods of Psychology

Unit-2: History of Psychology(1 Credit=25 Marks)

History of Psychology, Development of Psychology in India.

Unit-3: Sensation, Attention and Perception(1 Credit=25 Marks)

Nature of sensation, Structure and function of sensory organs- Visual, auditory, gustatory, cutaneous, olfactory and kinesthetic senses, Nature of attention, Nature of perception

Unit- 4: Motivation and Emotion (1 Credit=25 Marks)

Perspective on motivation, types of motivation: Biological and psychosocial motivation; theories of motivation (Maslow, drive theories, incentive theories, opponent-process theory, optimal level theories), motivational conflicts, Emotion; theories of Emotion.

Unit-5: Practical: Any 2 practical from the following(2 Credit=50 Marks)

1. Muller-Lyer Illusion,
2. Tachistoscope,
3. Galvanic Skin Response,
4. Two-point Threshold,
5. Weight Illusion box.

Reading Lists:

Baron R.A. (2000) Psychology. Pearson Education India: New Delhi

Ciccarelli, S. K., White, J. N., & Ciccarelli, S. K. (2012).Psychology. Boston, Mass: Pearson Learning Solutions.

Morgan, C. T., King, R. A., Weisz, J. R., &Schopler, J. (1986).Introduction to psychology. New York: McGraw-Hill.

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

PY 502: Learning

6 Credits
(150 marks)

Objectives:

1. To enable students to understand the basic theories of learning
2. To systematically prune students for usage of those theories to the practical solutions of problems and research.

Unit 1:Nature of learning, Factors Influencing Learning, Process and Types.(1 Credit=25 Marks)

Unit 2: Theories of Learning (Classical, Operant, Observational).(1 Credit=25 Marks)

Unit 3: Factors Influencing Learning, Cognitive Influence of Learning (Latent, Insight, Imitation, etc.)(1 Credit=25 Marks)

Unit 4: Application of Learning Principle.(1 Credit=25 Marks)

Unit-5: Practical: Any 2 practical from the following (2 Credit=50 Marks)

1. Maze Learning,
2. Mirror Drawing Apparatus,
3. Classical Conditioning (Air Puff),
4. Discrimination Learning
5. On Imitation and latent learning

Reading List:

SK Mangal (2019).Psychology of Learning and Development. New Delhi: PHI Learning.

Ciccarelli, S. K., White, J. N., & Ciccarelli, S. K. (2012). Psychology. Boston, Mass: Pearson Learning Solutions.
Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1986). Introduction to psychology. New York: McGraw-Hill.
Baron R.A. (2000) Psychology. New Delhi: Pearson Education India.
Shashi Jain (2014). Introduction to Psychology. Ludhiana: Kalyani Publishers

Semester-II **PY 503: Social Psychology**

6 Credits
(150 Marks)

Objectives:

1. To aware the students about the social phenomena which are shaping our mind and behavior
2. To deeply understand the dynamics of social issues responsible for determining human cognitions and human behavior

Unit-1: Introduction: Nature, Scope, History of Social Psychology (1 Credit=25 Marks)

Unit-2: Social Influence: Conformity, compliance, obedience, social facilitation, social loafing (1 Credit=25 Marks)

UNIT3: Social Interaction, Interpersonal attraction, Aggression, prosocial behavior, attitude formation, attitude change, impression formation and attribution (1 Credit=25 Marks)

UNIT4: Group dynamics and Inter-group relations: nature of groups; nature of inter-group relations: prejudice, intergroup conflicts; Leadership. (1 Credit=25 Marks)

Unit-5: Practical: Any 2 practical from the following (2 Credit=50 Marks)

1. Sociometry
2. Conformity Behavior
3. Social Competence Scale
4. Prejudice Scale
5. Altruism scale

Reading List:

Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
Hogg, M. & Vaughan, G.M. (2008). Social Psychology. Prentice Hall.
David Myers (1999). Social Psychology. 6th Ed. McGraw Hill Companies Inc.

PY 504: Cognitive Psychology

6 Credits
(150 Marks)

Objectives:

1. To learn about the patterns of information processing and human cognition
2. To learn the associated theories of cognition

Unit-1: Definition, Emergence, Nature and Process of Cognitive Psychology. Research methods used in Cognitive Psychology (1 Credit=25 Marks)

Unit -2: Attention, Memory: Types and Theories. (1 Credit=25 Marks)

Unit -3: Reasoning and Creativity. Definition, types, steps and factors involved. (1 Credit=25 Marks)

Unit -4: Language and Emotion: Definition, Types, process, theories. (1 Credit=25 Marks)

Unit-5: Practical: Any 2 Practicals from the following (2 Credit=50 Marks) Memory Drum, Emotional Intelligence Test, Short Term Memory, Forgetting, Attention.

Reading Lists:

- Kellogg, R. T. (2002). Cognitive Psychology. Sage.
- Matlin, M. W. (2012). Cognitive Psychology (8th). Wiley John and Sons.
- Jay T (2003). The Psychology of Language. Prentice Hall.

Semester III

PY 601: Biopsychology

6 Credits
(150 Marks)

Objectives:

1. To understand the relationship between brain and behavior
2. To explore the process through which biological processes influence thoughts emotions and behaviours

Unit 1: Introduction to Bio-Psychology: Nature, Scope, Methods and Ethics in Biopsychology. (1 Credit=25 marks)

Unit 2: Foundation of Biopsychology: Basic structure and functions of neuron, glial cells, nerve impulse, neural conductions and synaptic transmissions. (1 Credit=25 marks)

Unit3: Understanding the brain: Structure and functions: Forebrain, midbrain, hindbrain. (1 Credit=25 marks)

Unit 4: The Central Nervous systems and the Peripheral Nervous Systems: Basic structures and functions, neurotransmitters and their roles. (2 Credit=50 marks)

Unit 5: Neuroendocrine system: Structure functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas, Pineal. (1 Credit=25 marks)

Reading Lists:

- Pinel, J. P. J. (2011). Biopsychology, 8th Edition. Pearson Education, New Delhi.
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
- Levinthal, C.F. (2005). Introduction to Physiological Psychology, 3rd Edition, Prentice -Hall of India Pvt. Ltd., New Delhi.
- Morgan, C.T. (1965). Physiological Psychology, McGraw Hill, New York.

PY 602: Basic Statistics in Psychology

6 Credits
(150 Marks)

Objectives:

1. To familiarize students with the psychological research and importance of statistics
2. To introduce basics of statistical methods and tools used in descriptive statistics of quantitative research

Unit-1: 1. Introduction

Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants Measurement Scales.

2. Frequency Distributions, Percentiles, and Percentile Ranks

Organizing Qualitative Data; constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks. (1 Credit=25 marks)

Unit-2

3. Graphic Representation of Data

Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.

4. Measures of Central Tendency

The Mode; The Median; The Mean; Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures. (1 Credit=25 marks)

Unit-3

5. Measures of Variability and Standard (z) Scores

The Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Standard Scores (z-score); Properties of z-scores.

6. The Normal Distribution

The Nature and Properties of the Normal Probability Distribution and its applications, Divergence from Normality (Skewness and Kurtosis). (1 Credit=25 marks)

Unit-4

7. Correlation

The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient

8. Random Sampling and Sampling Distributions:

Random Sampling; Using a Table of Random Numbers; The Random Sampling Distribution of the Mean: An Introduction; Characteristics of the Random Sampling Distribution of the Mean; Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values; Random Sampling With and Without Replacement. (1 Credit=25 marks)

Unit 5: Practical: Any 2 practical from the following (2 Credit=50 marks)

1. On Graphical representations (Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive)
2. On computation of Central Tendency and Variability measures
3. On Skewness, Kurtosis, Normal Probability Curve- Areas and Z scores
4. On Correlation- Pearson Product Moment Correlation Coefficient
5. Statistical Analysis on Microsoft Excel or any statistical Software.

Reading List:

- Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology. (4th Ed.) India: Pearson Education, Prentice Hall.
- Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
- Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Hodder Arnold.
- Howell, D. (2009) Statistical methods for Psychology.
- King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
- Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

PY 603: Theories of Personality

6 Credits
(150 Marks)

Objectives:

1. To understand why are there differences among individuals
2. To have conceptual clarity on the theories and concept of personality

Unit 1: Introduction to Personality: Concepts, definitions, traits, types and assessment.

(1 Credit=25 marks)

Unit 2: Psychanalytic approach to Personality: Structure of personality, level of consciousness, defences, slip of tongue, dreams, free association.

(1 Credit=25 marks)

Unit 3: Humanistic approach to Personality: Carl Roger, Maslow

(1 Credit=25 marks)

Unit 4: Trait theories: Cattell; Eysenck; McCrae and Costa.

(1 Credit=25 marks)

Unit 5: PRACTICAL. Any two practical from the following

(2 Credit=50 marks)

1. EPQR
2. NEO-FFI
3. 16 PF
4. MBTI.

Reading Lists:

Baron, R. A., & Mishra, G.(2002) *Psychology*.India: Pearson
Ciccarelli, S. K., & Meyers, G. (2008) *Psychology*. India: Pearson Education.
Jain, S. (2009) Introduction to Psychology. Panjab: Kalyani Publishers
Cervone, D., &Pervin, L. A. (2016) *Personality: Theory and Research*. New Jersey: John Wiley & Sons, Inc.
Fiest, G. J. & Roberts, T. (2014) *Theories of Personality*. New York: McGraw Hill

Semester IV
PY 604: Theories of Intelligence

6 Credits
(150 Marks)

Objectives:

1. To help students to conceptualize the intelligence and associated human abilities
2. To aware students about the different models of intelligence, theories of intelligence and application to artificial intelligence

Unit 1:Introduction: Concepts, definitions and nature of intelligence. (1 Credit=25 marks)

Unit 2: Theories: Spearman, Gardner, Cattell, Sternberg. (1 Credit=25 marks)

Unit 3: Role of Heredity and Environment, Interaction of culture and Intelligence. (1 Credit=25 marks)

Unit 4: Measurement of Intelligence: IQ and its meaning, the Wechsler Scales, Individual and group tests of intelligence. (1 Credit=25 marks)

PRACTICAL: Any two practical from the following (2 Credit=50 marks)

1. WAIS
2. Raven's Progressive Matrices
3. Jalota's General Mental Ability Test
4. Alexander Passalong Test

Reading Lists:

Baron, R. A., & Mishra, G.(2002) *Psychology*.India: Pearson
Ciccarelli, S. K., & Meyers, G. E. (2008) *Psychology*. India: Pearson Education.
Jain, S. (2009) Introduction to Psychology. Panjab: Kalyani Publishers
Singh, A. K. (2019) *Tests, measurements and research methods in behavioural sciences*. Patna: BhartiBhawan

PY 605: Systems and Theories of Psychology

6 Credits
(150 Marks)

Objectives:

1. To be aware of historical development of psychology and theories of psychology
2. To know in detail about the various schools of thoughts on psychology and philosophical roots of psychology

Unit I: Birth of Modern Psychology

Structuralism: Wundth and Tichener, Functionalism: William James, Associationism: Pavlov, Thorndike.
(1 Credit=25 marks)

Unit II: Behaviorism and Gestalt Psychology

Behaviorism: Watson, Skinner, Albert Bandura; Gestalt: Wertheimer, Kohler, Koffka. (2 Credit=50 marks)

Unit III: Psychoanalysis

Classical Psychoanalysis: Freud; Neo-Freudians: Adler, Jung, Erickson, Horney. (1 Credit=25 marks)

Unit IV: Humanistic and Existential.(1 Credit=25 marks)

Rogers, Maslow; Existential: Rollo May, Victor Frankl
Currents trends: Transpersonal,

Unit V: Indian Perspectives: Concepts, Theories: Bhagavadgita, Methods of knowing, Triguna theory.

(1 Credit=25 marks)

Reading Lists:

- Marx, M. H. (1976) *Theories in contemporary Psychology*. New York: Collier Macmillan
- Boring, E. G. (1950) *History of Experimental Psychology*. New York: Appleton Century Croft
- Herrnstein, R.J., & Boring, E. G. (1965). *A source book in the history of Psychology*. Cambridge: Harvard University Press.
- Marx, M. H., & Hillix, W. A. (1979). *Systems and theories in Psychology*. New York: McGraw Hill.
- Kiran Kumar, S. K (2002). *Psychology of Meditation: A contextual approach*. New Delhi: Concept Publishing Co.

PY 606: Psychological Testing**6 Credits
(150 Marks)****Objective:**

1. To expose students to know the steps of psychological test preparation and standardization
2. Also to know the conduction of physiological tests, and know about a person's skills, intellect level, expressiveness, interests and attitude on particular areas

Unit –1: Measurement and Testing Basics

Measurement: meaning, differences between psychological and physical, properties of scales and measures, Levels of measurement, Likert scale; Uses of scales and b) Testing: Nature, meaning and use of psychological tests, Characteristics of a good Psychological test, Ethical issues in use of tests. **(1 Credit=25 marks)**

Unit-2: Test construction:

Identification of Construct, Review of Literature, Item writing, and Item analysis. **(1 Credit=25 marks)**

Unit-3: Test Standardization:

Reliability- Internal Consistency and Temporal Consistency,

Validity- Content and Construct Validity

Norms- Age, Grade, Percentile and Standard Score Norms. **(1 Credit=25 marks)**

Unit-4: Areas of Testing and Applications

Areas of Testing: Intelligence, creativity, neuropsychological tests, aptitude, personality assessment, interest inventories.

Attitude Scales – Semantic differential, staples, likert scale. Computer-based psychological testing.

Applications of Psychological Testing in Various Settings: Clinical, organizational and business, education, counselling, military, career guidance. **(2 Credit=50 marks)**

Reading list:

Anastasi A & Urbina S (2005). *Psychological Testing*. (7th ed)

Anastasi, A. (1988). *Psychological Testing*. New York: MacMillan

Cohen. R. J., Swerdlik. M. E., Phillips. S. M. (1996) *Psychological testing and assessment: An Introduction to Tests and Measurements* (3rd ed)

Cozby. P. C. (1997) *Methods in Behavioural Research* (6th ed)

Cronbach. L. J. (1990) *Essentials of Psychological testing* (5th ed)

Gregory, R.J. (2017). *Psychological Testing: History, Principles and Applications*. 7th Edition. Noida. Pearson.

Heiman. G. W. (1999) *Research Methods in Psychology* 2nd ed

Kaplan. R. M. & Saccuzzo. D. P. (2005) *Psychological testing: principles, applications, and issues* (6th ed).

Mishra, G.C. & Others (2018). *Psychological Assessment*. Kalyani Publisher, New Delhi

Singh A K (2019) 6th Ed. *Tests, Measurements and Research Methods in Behavioural Sciences*. Bharati Bhawan (publishers & distributors), New Delhi

Semester V

PY 701: Inferential Statistics

6 Credits
(150 Marks)

Objectives:

1. To educate students with the techniques of inferential statistics and hypothesis testing.
2. To provide training to the students for hypothesis formulation and its testing by using quantitative data

Unit 1

Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means:

The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Assumptions Associated with Inference about the Difference between Two Independent Means; The Statistical Decision regarding Retention and Rejection of Null Hypothesis. (1 Credit=25 marks)

Interpreting the Results of Hypothesis Testing

A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test; Levels of Significance versus p-Values. (1 Credit=25 marks)

Unit 2

Hypothesis Testing About the Difference between Two Dependent (Correlated) Means

The Null and Alternative Hypotheses; Determining a Formula for t; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.

Confidence Intervals

Confidence Intervals for $\mu_x - \mu_y$; The Relation between Confidence Intervals and Hypothesis Testing; The Advantages of Confidence Intervals (1 Credit=25 marks)

Unit 3:

Hypothesis Testing for Differences among Three or More Groups:

One-Way Analysis of Variance (ANOVA), Concept of ANOVA. Concept of t and F test and their relationship

Hypothesis Testing for Within-group: Repeated Measures (1 Credit=25 marks)

Unit 4: Hypothesis Testing for Categorical Variables and Inference about Frequencies

The Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies; Assumptions of Chi-Square; Calculation of the Chi-Square, Interpretation of the Outcome of a Chi-Square Test.

Nonparametric Approaches to Data

Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses (1 Credit=25 marks)

Unit 5: Practical : Any 2 practicum (2 Credit=50 marks)

1. On Computation of t test
2. On Computation of Chi Square
3. On Computation of Two way and Three Way ANOVA
4. On Computation of Repeated Measures ANOVA
5. Introduction of SPSS Statistical Software Package

Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology (4th Ed). India: Prentice Hall .
Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi
Field, A. (2009). Discovering Statistics using SPSS (3rd Ed). New Delhi :Sage.
King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed). USA: John Willey.
Mangal, S.K. (2012). Statistics in Psychology & Education. (2nd Ed). New Delhi: PHI learning Pvt. Ltd.

PY 702: Development over the Life Span

**6 Credits
(150 Marks)**

Objectives:

1. To assist students to know the basic concepts of human development
2. To understand the development processes in the domains like physical, cognitive, social, emotional and psychological in life-span.

Unit 1: Introduction to Human Development: Concept, nature, role of heredity and environment. **(1 Credit=25 marks)**

Unit 2: Life Stages of Human development: Prenatal, Birth, Infancy, Childhood, Adolescence, Adulthood, Old age. **(1 Credit=25 marks)**

Unit 3: Theories of Human development: Piaget, Erikson, Kohlberg, Vygotsky. **(1 Credit=25 marks)**

Unit 4: Socio-cultural context of development: Family, school, peer, community, media.

(1 Credit=25 marks)

Unit 5: PRACTICAL. Any two practical from the following. **(2 Credit=50marks)**

1. Vineland Social Maturity Scale
2. Developmental screening Test
3. Emotional Maturity Scale
4. Self-esteem Inventory
5. Adolescent Adjustment Inventory

Reading Lists:

Santrock, J. W. (2011). *Life-span development*. New York: McGraw-Hill.

Feldman, R. S. (2006) *Development across the life span*. New Zealand: Pearson

Berk, L. E. (2014) *Exploring lifespan development*. Boston: Pearson

Semester VI

PY 703: Psychopathology

6 Credits
(150 Marks)

Objectives:

1. To make students aware about the mental disorders
2. To train students for making accurate and psychologically relevant explanation of mental disorders

Unit 1: Introduction. (1 Credit=25 marks)

1. Concept of abnormality
2. Models of abnormality
3. Causes of abnormality: Biological, Psychological and Social-cultural; Crucial Evaluation of these causes
4. Current diagnostic systems: Introduction to ICD-10 and DSM-5.

Unit 2: Anxiety, Somatoform and Dissociative Disorders.(1 Credit=25 marks)

1. Phobia, Panic, GAD, OCD, PTSD
2. Eating Disorder
3. Somatoform and its types
4. Dissociative and its types

Unit 3: Mood Disorders, Personality Disorder and Schizophrenia.(1 Credit=25 marks)

1. Major depressive disorders
2. Bipolar I and bipolar II
3. Schizophrenia and its types
4. Personality disorder and its types

Unit 5: Neurodevelopment disorder.(1 Credit=25 marks)

1. Intellectually developmental delayed
2. Learning Disorder
3. Inattention/Hyperkinetic disorder
4. Autism Spectrum disorder

Unit 5: Practical. Any two practical from the following (2 Credit=50 marks)

1. Beck's Depression Inventory
2. State trait anxiety Inventory
3. Vanderbilt ADHD rating scale
4. Childhood Autism Rating Scale (CARS)

Reading List:

- Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- Kaplan and Sadock's Synopsis of Psychiatry.Behavioural Sciences/ Clinical Psychiatry.Benjamin James Sadock and Virginia Alcott Sadock, Walters Kluwer/Lippincott Williams and Wilkins, 2007.
- Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

PY 704: Organizational Behavior

6 Credits
(150 Marks)

Objectives:

1. To develop an awareness of the concepts related to organizational behavior
2. To help the students to develop connectivity between concepts and practices of organizations.

Unit 1: Introduction: (1 Credit=25 marks)

Historical antecedents of Organizational Behaviour: Scientific management & Human Relations Movement; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting

Unit 2: Individual level processes: (1 Credit=25 marks)

Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation; Early theories: Maslow, McClelland, Two-factor; Contemporary theories and applications: Goal setting & MBO, Equity, Expectancy, Job Characteristics Model & Job Redesign.

Unit 3: Dynamics of Organizational Behaviour: (1 Credit=25 marks)

Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour: Optimism.

Unit 4: Leadership: Basic approaches: (1 Credit=25 marks)

Trait theories, Behavioral theories, Contingency theories; Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct; Indian perspective on leadership

Practical : Any 2 practical from the following: (2 Credit=50 marks)

1. Emotional Intelligence
2. Intrinsic Extrinsic Motivation
3. On leadership qualities
4. Group decision making
5. On Social Influence

Reading List:

- Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
- Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi: Biztantra publishers.
- Landy, F.J. & Conte, J.M. (2007). Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York: Wiley Blackwell.
- Luthans, F. (2009). Organizational behaviour. New Delhi: McGraw Hill.
- Muchinsky, P. (2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
- Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior (12th Ed). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R., Hunt, J.G. & Osborn, R.N. (2008). Organizational Behavior (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley
- Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage

Semester VII

PY 801: Psychotherapy and Counseling

**6 Credits
(150 marks)**

Objectives:

1. To prepare students for imparting counseling
2. To make students resourceful for handling mental health issues by using psychotherapies and counseling

Unit 1: Nature and Goals of Psychotherapy and Counselling; Counselling as a Profession; Personality characteristics **(1 Credit=25 marks)**

Unit 2: Counselling and Psychotherapy Process: Rapport building; skills of counsellor, ethics in counselling **(1 Credit=25 marks)**

Unit 3: Phases of a Clinical Interview (Assessment, Intervention and Termination) **(1 Credit=25 marks)**

Unit 4: Techniques of Psychotherapy and Counselling: Psychoanalytic techniques; Humanistic techniques; Behavioral techniques; Cognitive techniques; Indian techniques. **(1 Credit=25 marks)**

Unit 5: Psychotherapy and Counselling applications: Child counselling; Family counselling; Career counselling; Crisis-intervention; Suicide, Grief and Sexual abuse. **(1 Credit=25 marks)**

Reading List:

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

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

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

PY 802: Psycho-diagnostics

**6 Credits
(150 marks)**

Objectives:

1. To expose students to administer different psychological assessment tools for diagnostic purpose
2. To understand the rationale and purpose of those diagnosis theoretically and practically along with appropriate tools for diagnosis

Unit 1: Introduction to Psychological testing and assessment: Nature and Purpose; Principle of assessment; Psychological testing Vs Psychological assessment **(1 Credit=25 marks)**

Unit 2: Characteristics of a Good test; Reliability and Validity, Standardization of a test; Ethical issues **(1 Credit=25 marks)**

Unit 3: Individual test of Intelligence and Group tests of ability- Stanford-Binet Intelligence scales, Wechsler scales of Intelligence, Culture fair test, Raven's Progressive Matrices, Group test of Intelligence **(1 Credit=25 marks)**

Unit 4: Personality Test: Subjective and Objective; Rorschach, sentence completion test, Thematic Apperception test, Word association test, Children apperception Test, MMPI **(1 Credit=25 marks)**

Unit 5: Practical. Any two practical from the following. **(2 Credit=50 marks)**

1. Raven's Progressive Matrices
2. Wechsler Adult Performance Intelligence scale
3. Sentence Completion Test
4. Draw a picture test

Reading Lists:

Cronbach, L. J. (1960). *Essentials of Psychological testing*. New York: Harper & Row.

Cohen, R. J., & Swerdlik, M. E. (2017). *Psychological testing and assessment: An introduction to tests and measurement*. Mountain View, Calif: Mayfield Pub. Co.
Heiman, G. W. (2002). *Research methodology in Psychology*. Boston: Houghton Mifflin.

Semester VIII

PY 803: Applied Social Psychology

**6 Credits
(150 marks)**

Objective:

1. To help student understand social problems and gain knowledge about intervention strategies
2. To expose students to the social issues those have impact on human psyche and behavior

Unit 1:

Introduction: Nature of applied Social Psychology, Social influences on behavior, Methodological approaches – Participatory Action and Learning research techniques. **(1 Credit=25 marks)**

Unit 2:

Applying Social Psychology-I: Environment, diversity, Indian Social System, Determinants and Factors of Social Discrimination. Cultural bias and discrimination. Stigma, marginalization, and social suffering; Child abuse and domestic violence. **(1 Credit=25 marks)**

Unit 3:

Applying Social Psychology-II: Work, Health, and Legal system • Issues of Gender, Poverty, Disability, and Migration, Peace Psychology: Violence, non-violence, conflict resolution at the macro level, the role of media in conflict resolution. **(1 Credit=25 marks)**

Unit 4: Intervention and Evaluation: Process of intervention; need for evaluation for effective Programmes. Case studies in Indian context. **(1 Credit=25 marks)**

Unit 5: Practical: Any 2 practical from the following: **(2 Credit=50 marks)**

1. Likert Scale
2. Diversity to be measured in terms of Ethnic Prejudice by Bogardus's Social Distance Scale (Revision of Goode and Hatt)
3. Construction and preparation of attitude scale to measure perceived Discrimination
4. Situation based practical
5. Case Analysis /Case History of any political, religious or communal violence

Reading List:

Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). *Community psychology: Linking individuals and communities*. Wadsworth, Cengage.
Mikkelsen, B. (1995). *Methods for development work and research: A guide for practitioners*. New Delhi: Sage.
Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). *Applied social psychology: Understanding and addressing social and practical problems*. New Delhi: Sage publications.
Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). *Understanding social psychology across cultures*. New Delhi: Sage Publication.

PY 804: Research Methodology

**6 Credits
(150 marks)**

Objective:

1. To educate students with the processes and the methods of quantitative and qualitative psychological researches
2. To train students and prepare them for research traditions with sensitivities towards ethical issues of psychological research

Unit 1:Introduction;(1 Credit=25 Marks)

Meaning of research, Importance of research in psychology; Types of scientific research: Descriptive vs Analytical, Pure vs Applied, Quantitative vs Qualitative, Conceptual vs Empirical Research process: steps in psychological research: formulation of research problem, review of related literature, variables and formulation of hypothesis, collection of data, analysis of data, reporting research.

Unit 2: Sampling and Data Collection:Credit=25 Marks)

Population and sample Sampling design: Meaning, probability and non-probability sampling methods and determinants of sample size, Data collection methods: Experiment, Survey Method, Observation, Interview and Focus Group Discussion

Unit 3: Research designs: (2 Credit=50 Marks)

Meaning of research design, Basic principles of research design: Replication, Randomization and Local Control; Types of experimental design based on subjects and factors: Between group design, Randomized group design. Types of experimental design based on Campbell and Stanley

Unit 4: Ethical Issues and Academic writing report:.(1 Credit=25 Marks)

Ethical Issues in Psychological Research, Avoiding plagiarism, Report writing in APA format, references in APA format

Reading List:

- Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
- Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.) Oxford: Blackwell Publishers
- Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th Ed.). New Delhi: Pearson Education.
- Murphy, K.R. & Davidshofer, C. O. (2004). Psychological Testing: Principles & Applications (6th Ed.) New Jersey: Prentice Hall.
- Neuman, W.L. (2006). Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.) Boston: Pearson Education.
- Singh A K (2019) 6th Ed. Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhawan (publishers & distributors), New Delhi
- Willig, C. (2001). Introducing qualitative research in psychology: Adventures in theory and method. Philadelphia : Open University Press.

Discipline Specific Elective (DSE)

Discipline Specific Elective (DSE)

Semester V

PY 711: Positive Psychology

**6 Credits
(150 marks)**

Objectives:

1. To familiarize students towards positive aspects of life which infuse positivity of mind
2. The holistic understanding on mind, body, soul and their synchronization which will results into 'realized being'

UNIT 1: Definition, nature, historical development, Theoretical perspectives of Western, Eastern and Indian.(1 Credit=25 Marks)

UNIT 2: Subjective Well-being: Concepts and Indicators. Happiness and its indicators. PERMA.(2 Credit=50 Marks)

UNIT 3: Positive Relationship and Well-being: Love and belongingness, forgiveness and altruism.(2 Credit=50 Marks)

UNIT 4: Religion, Spirituality and Well-being.(1 Credit=25 Marks)

Reading List:

Carr. A. (2004).Positive Psychology. London: Routledge.

Myers. D. G. (1992). The pursuit of Happiness: Discovering the pathway to fulfillment, well-being, and enduring personal joy. New York: Avon.

Compton, W. C. (2005). Introduction to Positive Psychology.

PY 712: Media and Psychology

**6 Credits
(150 marks)**

Objectives:

1. To elaborate the importance of media in civil society and its role on human psyche and behaviour
2. To contextualize the influence of media on concept formation, attitude building, social influence, prejudice and discrimination

Unit 1: Relationship between Media and human behavior: Understanding the relationship between media and;humanbehavior; Fantasy v/s Reality; how people interact with media and each other.(1 Credit= 25 marks)

Unit 2: Need for media in everyday life: News and information updates; Entertainment and Happiness;The Psychology of Consumer; Consumer Culture and Identity. (2 Credit= 50 marks)

Unit 3: Knowing and Creating Consumer Needs: Consumer and Advertising: Role of Psychologyand effects of advertising; Propaganda: Nature, history, psychoanalysis and propaganda. (1 Credit= 25 marks)

Unit 4: Critical issues in Media Influence: Portrayal of Social Groups in Media: Gender, Minority Groups; Effect of Media Violence; Use & Abuse of Media: Internet Addiction; Role ofMedia in Social Change. (2 Credit= 50marks)

Readings Lists:

Giles, D. (2003). *Media Psychology*.Mahwah. N. J: Lawrence Erlbaum Associates Publishers.

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

Jansson-Boyd, C. V. (2010). *Consumer Behaviour*. New York: McGraw Hill.
Wanke, M. (2009). *Social Psychology of Consumer Behaviour*. New York: Taylor & Francis Group.

Semester VI

PY 713: Health Psychology

**6 Credits
(150 marks)**

Objectives:

1. To enable the students to understand about health and associated determinants of well-being
2. To help students to understand the spectrum of health and illness for better health management

Unit 1: Introduction to Health Psychology: The relation between body and mind. Development of Health Psychology, Psychological factors in Illness and disease. **(1 Credit=25 marks)**

Unit 2: Psychophysiological Disorders. Psychoneuroimmunology. Stress and its meaning. General Adaptation Model. **(2 Credit=50 marks)**

Unit 3: Coping mechanism towards Stress: The process of Coping, Cognitions in Coping, coping style, Learned helplessness. **(1 Credit=25 marks)**

Unit 4: The Future and Challenges in the Field of Health Psychology. **(2 Credit=50 marks)**

Reading List:

DiMatteo, M. R. Martin, L.R. (2007). *Health Psychology*, Pearson Education, New Delhi.

Brannon, L. & Feist, J. (2010). *Health Psychology: An Introduction to Behavior and Health*. Wadsworth, Cengage Learning, USA.

PY 714: Community Psychology

**6 Credits
(150 marks)**

Objectives:

1. To assist students to learn about the concepts of community psychology inevitably shaping human behaviour and psyche
2. To familiarize students with the techniques and interventions strategies to serve at community level

Unit 1: Introduction to Community Psychology: Concept of community; types of communities; models; Significance of community Psychology. **(1 Credit=25 marks)**

Unit 2: Basic elements of Community Psychology: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths. **(1 Credit=25 marks)**

Unit 3: Health promotion: Process of community organization for health promotion,. Community program for: child and maternal health; care of physically challenged and old age people in the Indian context. **(2 Credit=50 marks)**

Unit 4: Sensitisation and Interventions: Community development and empowerment; Role of community Psychologists in sensitizing the community, Case studies in Indian context. **(2 Credit=50 marks)**

Readings Lists:

Deb, S. Sunny, A. M., & Nilanjana, S. (2020). *Community Psychology: Theories and applications*. New Delhi: Sage Publishers.

Moritsugu, J. (2015). *Community Psychology*. Hoboken: Taylor and Francis Group

Caplan, G. (1961). *An approach to community mental health*. Oxfordshire: Taylor and Francis Group.

Semester VII

PY 811: Career Guidance and Counseling

6 Credits
(150 marks)

Objectives:

1. To prepare students to gain expertise on guidance and counseling to different areas like education, career and vocational counseling
2. To gain the theoretical knowledge about career guidance and counseling

Unit 1: Introduction to Counseling: Principles, stages, process, skills.(1 Credit=25 marks)

Unit 2: Counsellors in Educational settings: Role of career guidance and counseling, training programs, Ethical issues.(1 Credit=25 marks)

Unit 3: Theories of career development: Bandura's Social Cognitive Theory, Nancy Schlosberg Career Shift Theory, Holland's Self-directed search.(2 Credit=50 marks)

Unit 4: Assessments used in Career Counseling; Types of Standardized Test: Intelligence, Aptitude, Attitude, Academic, Achievement.(2 Credit=50 marks)

Reading List:

Gibson & Mitchell (2003): Introduction to Counseling and Guidance. 6th Edition, Pearson Education.
Nystul (1999).Introduction to Counseling as Art and Science Perspective.Allyb& Bacon.

PY 812: Culture and Indigenous Psychology

6 Credits
(150 marks)

Objectives:

1. To enable an in-depth engagement of students with the core psychological concepts imbed in a culture
2. To creatively evolve the applications of culture and indigenous psychology to understand the well-being of a person

Unit 1: Cultural Processes: Cultures; Identification with one's culture, Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences.(1Credit=25 marks)

Unit 2: Culture, Self and Others: Who am I and Who are They? Culture and architecture; Representation: Person, Other People, Self and of Groups, Role of culture in psychological well-being.(1 Credit=25 marks)

Unit 3: Intercultural Contacts: Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Dilemmas of multicultural identities and its management.(2 Credit=50 marks)

Unit 4: Indigenous Psychology: Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India.(2 Credit=50 marks)

Readings Lists:

Misra, G., & Mohanty, A. K. (2002).*Perspectives on indigenous Psychology*.New Delhi: Concept Publishing Company.

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

Semester VII

PY 813: DISSERTATION

**6 Credits
(150 marks)**

Each student will be assigned one topic; the student shall prepare a report based on the field based data. Students are required to submit two copies of dissertation based on 15-day field work on the topic, assigned to them. It should have certified by the supervisor concerned authenticating that the work has been done by the candidate and it should be submitted to the department before the commencement of end semester examination.

Generic Elective Course (GEC)

Generic Elective Course (GEC)

Semester III

PY 631: General Psychology

6 Credits
(150 marks)

Objectives:

1. To have understanding about the psychology as a course
2. To orient students to have theoretical knowledge of psychology

Unit 1: Orientation to Psychology: Nature, scope and applications of Psychology;
Cognitive Processes: Learning, Memory, Thinking and Problem solving ;
Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes:
Emotion, Positive and negative emotion. (2 Credit=50 marks)

Unit 2: Psychology of Individual Differences:
Theories of Personality: Freudian Psychoanalysis, type and trait ; Humanistic; Assessment of personality.
Theories of Intelligence: Spearman, Sternberg and Gardner; Emotional intelligence; Assessment of
intelligence.(2 Credit=50 marks)

Unit 3: Understanding Developmental Processes: Cognitive Development: Piaget;
Moral Development: Kohlberg; Psycho-social Development: Erikson (1 Credit=25marks)

Unit 4: Applications of Psychology: Work; Health. (1 Credit=25 marks)

Readings Lists:

Glassman, W. E. (2008). *Approaches to Psychology*. Buckingham: Open University Press.
Baron, R. A., & Mishra, G. (2002). *Psychology*. India: Pearson Education.
Ciccarelli, S. K., & Meyers, G. E. (2008) *Psychology*. India: Pearson Education.
Jain, S. (2009). *Introduction to Psychology*. Ludhiana: Kalyani Publishers.

Semester IV

PY 632: Psychology of Human Relations

6 Credits
(150 marks)

Objectives:

1. To expose the students about the dynamics of human relationships
2. To equip them for healthy relationship and make them resourceful to resolve issues in relationship

Unit 1: Nature of human relations: Impression formation; Interpersonal attraction; Pro-social behavior;
Cooperation vs. competition; Classical study of Robbers cave experiment. (1 Credit=25 marks)

Unit 2: Social groups: Realistic conflict theory In-group vs. out-group; Consequences of social categorization:
Cognitive biases & stereotypes, conflict and social categorization.(2 Credit=50 marks)

Unit 3: Cultural aspects of intergroup relations: Social identity, Stereotypes, Prejudice; case studies in the Indian
context. (1 Credit=25 marks)

Unit 4: Resolving intergroup conflict: Intergroup contact; Promoting intergroup cooperation; Conflict management
strategies. (2 Credit=50 marks)

Readings Lists:

Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology*. Boston: Pearson.
Smith, P. B., Bond, M. H., & Kagitcibasi, C. (2006). *Communicating groups-building relationships in group
effectiveness*. England: Oxford University Press.
Zorsyth, D. R., (2009). *Understanding social psychology across culture*. California: Sage Publication.

Semester V

PY 731: Youth Psychology

6 Credits
(150 marks)

Objectives:

1. To make student to understand the state of youth and contextualize it to the society, culture and identity
2. To make students aware about the major issues concerning youth and the strategies to resolve them

Unit 1: Introduction: Defining youth; Youth across cultures; Formulation of youth identity; Concerns of youth in Indian context. (1 Credit=25 marks)

Unit 2: Youth development and Relationships: Relationship with family members and friends; Romantic relationships; Youth culture: Influence of globalization. (1 Credit=25 marks)

Unit 3: Issues and challenges: Youth and risk behaviors (Aggression, Substance abuse, Pre-marital sexual relationship); Unemployment and stress.(2 Credit=50 marks)

Unit 4: Improvement strategies: Education, Promotion of youth cooperation; Education, Building resources: Hope, Optimism and Resilience. (2 Credit=50 marks)

Readings:

- Agochia, D. (2010). Life competencies for Adolescents: Training Manual for Facilitators, Teachers and Parents. New Delhi: Sage Publication.
- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed). New Delhi: Pearson Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
- Brown, B. B., R. Larson, & T. S. Saraswathi. (2002). The world's youth: Adolescence in eight regions of the globe. New York: Cambridge University Press. (Chapters 1 & 2). Carr, A. (2004), Positive Psychology: The Science of Happiness and Human Strength, Brunner Routledge Connidis, I. A. (2010). Family ties and aging. Sage. (Chapters 8 & 10)

Semester VI

PY 732: Psychology of Personal Growth And Development

6 Credits
(150 marks)

Objectives:

1. To help students to know about their psychology and to themselves
2. To equip students with the interpersonal skills for the personal growth and development

Unit 1: Understanding the Self: self-concept, self-esteem and self-efficacy; identity formation; Facilitating self-awareness.(1 Credit=25 marks)

Unit 2: Emotional Competence: Understanding and expressing emotions; Managing difficult emotions; Applying emotional intelligence. (1 Credit=25 marks)

Unit 3: Cognitive Competence: Setting and achieving goals; Effective time management; Metacognitive strategies. (2 Credit=50 marks)

Unit 4: Interpersonal Competence: Effective interpersonal communication (conversational skills, listening skills, reading non-verbal messages, improving communication climates); Intimacy and self-disclosure in close relationships; Managing interpersonal conflicts. (2 Credit=50 marks)

Readings Lists:

Adler, R. B., & Proctor, R.F. (2011). *Looking out/Looking in*. Australia: Wadsworth/Cengage Learning.
Haddon, P. F. (1999). *Mastering personal and interpersonal skills*. London: Thorogood.
Robbins, S.P. &Hunsaker, P. L. (2008). *Training in interpersonal skills: Tips for managing people at work*. London: Pearson Education.

Semester VII
PY 831: Psychology in Everyday Life

6 Credits
(150 marks)

Objectives:

1. To gain knowledge about psychological processes happens in human being everyday
2. To learn why and how person's behave in a specific way in everyday life

Unit-1: Introduction: Psychology: Nature, Scope and Applications

Methods of Study: Experimental, Ethnography, Cross-Cultural, Observation; and Case Study. **(1 Credit=25 marks)**

Unit-2: Personality and Self

Know Thy Self: I & Me, Real-Self, Self-Concept, Self-Esteem; and Self-Efficacy

Personality: Nature, Scope and its Development (Theoretical Perspectives)

Intelligence: Basic theories and modern conception, Measurement. **(1 Credit=25 marks)**

Unit-3: Attitude and Social Behavior

Attitude: Formation, Functions and Factors contributing on Change of Attitude

Social Influence: Conformity, Compliance and Obedience

Helping Behavior- Altruism and Pro-Social Behavior **(2 Credit=50 marks)**

Unit-4: Psychological Disorders and Stressors

Abnormality: Definition and Criteria of Abnormality

Disorders: Introduction of Psychological Disorders (DSM-IV TR & DSM-5)

Stress: Concept, Types; and Related Health Problems. **(2 Credit=50 marks)**

Reading List:

Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): *Psychological Science*. WW Norton & Company. Inc. New York.

Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). *Introduction to Psychology* (7th Edition). Tata McGraw Hill Book Co. New Delhi.

Larsen, R.J. & Buss, D.M. (2011). *Personality Psychology: Domains of Knowledge about Human Nature*. New Delhi: Tata McGraw-Hill.

Baron, R.A., & Byrne, D. (2004). *Social Psychology*. Singapore: Pearson Education

Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Ed. Pearson Education. New Delhi, India.

Semester VIII
PY 832: Psychology for Health and Well-Being

6Credits
(150 marks)

Objective:

1. To learn the basic concepts of health and role of psychology in determining overall well-being
2. To help students to understand the spectrum of health and illness for better health management

Unit-1: – Illness, Health and Well being

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well-being. **(1 credit=25 Marks)**

Unit-2: Stress and Coping

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management **(1 Credit=25 Marks)**

Unit-3: – Health Management

Health-enhancing behaviours: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management **(2 Credit=50 marks)**

Unit 4 – Human strengths and life enhancement

Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance. (2 Credit=50 marks)

Reading List:

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

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

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

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

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

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

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

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

Skill Enhancement Course

I Semester Skill Enhancement Course

PY 521: Stress Management

Objective:

1. To aware students about the stressors of everyday life that we experiences and the stress related to various situations
2. To enrich students so that they can make adjustments and manage to cope with stress more effectively

Unit 1: Stress:

Introduction, Nature, symptoms, sources of stress: environmental, social, physiological and psychological.

Unit 2: Stress and health:

Effects of stress on health, Eustress

Unit 3: Managing stress-I:

Methods - yoga, meditation, relaxation techniques.

Unit 4: Managing stress-II:

Problem focused and emotion focused approaches.

Readings List:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK:Routledge.
DiMatteo, M.R. & Martin, L.R.(2002). Health Psychology. New Delhi: Pearson
Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson DetmarLearning.
Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley

II Semester PY 522: Emotional Intelligence

Objectives:

1. To understand the concept of emotional intelligence and learn ways of developing it
2. To contextualize the role of emotional intelligence in management of individual emotions

Unit 1: Introduction:

Emotional Intelligence, Models of Emotional IntelligenceEQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills, Importance of Emotional Intelligence

Unit 2: Knowing One's and Others' Emotions

Levels of emotional awareness, Recognizing emotions in oneself, The universality of emotional expression Perceiving emotions accurately in others

Unit 3: Managing Emotions

The relationship between emotions, thought and behaviour, Techniques to manage emotions

Unit 4 : Applications

At Workplace, In Relationships, Conflict Management and Effective Leadership

Readings List:

Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence.San Francisco, California: Jossey Bros.
Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.
Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.
Singh, D. (2003). Emotional intelligence at work (2 nded.) New Delhi: Response Books.