



Shri Vishwanath Post Graduate College

Kalan, Sultanpur (U.P.)

(Affiliated)

“तन्मे मनः शिव संकल्पमस्तुः”

[DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, AYODHYA]

Structure of Syllabus

PROGRAM: B.A.

SUBJECT: Psychology

SEMESTER-WISE TITLES OF THE PAPERS IN COURSE

YEAR	SEME-STER	COURSE CODE	PAPER TITLE	THEORY/ PRACTICAL	CREDIT
CERTIFICATE COURSE					
FIRST YEAR	I	A090101T	Basic Psychological Processes	Theory	4
		A090102P	Lab Work	Practical	2
	II	A090201T	Basic Research Methodology and Statistics	Theory	4
		A090202P	Lab Work/ Psychological Testing	Practical	2
DIPLOMA COURSE					
SECOND YEAR	III	A090301T	Psychology of Social Behavior	Theory	4
		A090302P	Lab Work and Measurement of Social Behavior	Practical	2
	IV	A090401T	Abnormal Psychology	Theory	4
		A090402P	Assessment/Testing	Practical	2
DEGREE COURSE					
THIRD YEAR	V	A090501T	Life Span Human Development	Theory	4
		A090502T	Positive Psychology	Theory	4
		A090503P	Lab Work/Survey/ Field Visit	Practical	4
		A090504R	Research Project	Project	3
	VI	A090601T	Community and Health Psychology	Theory	4
		A090602T	Counseling Psychology	Theory	4
		A090603P	Survey/Field Visit/Project Work	Practical	4
		A090604R	Research Project	Project	3

Semester – I

Paper-I (Theory)

A090101T- Basic Psychological Processes

Unit	Content
I	Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic & Indigenous. Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).
II	Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion.
III	Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.
IV	Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting.
V	Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Thurston, Guilford, Stenberg, Gardner.
VI	Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).
VII	Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social motives; Pull and Push Mechanism; Intrinsic Motivation.
VIII	Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion: Universal Versus Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer.

Suggested Readings:

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
3. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
4. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

Paper- II (Practical)

A090102P - Lab Work

Unit	Topics
I	Any one experiment based on Attention/Perceptual Processes
II	Any one experiment based on Classical Conditioning/Operant Conditioning/Verbal Learning
III	Any one experiment based on Memory/Forgetting
IV	Any one experiment based on Motivational/Emotional Processes

Semester – II

Paper-I (Theory)

A090201T- Basic Research Methodology and Statistics

Unit	Content
I	Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.
II	Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods.
III	Psychological Statistics: Introduction; Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.
IV	The Normal Distribution: Meaning and Uses, Significance of Statistics, t test.
V	Correlation: Types and Interpretation; Chi- Square tests
VI	Tests: Concept and Types; Psychometric Properties of Tests: Validity and Reliability: Nature and Types.
VII	Intelligence Testing: Measurement of abilities: Stanford Binet, and Wechsler Test of Intelligence, Culture Fair Tests: Structure and Application.
VIII	Personality Tests: Self Report Inventories (16 PF, NEO-PIR), Projective Techniques: Nature and Types.

Suggested Readings:

1. Anastasi, A. (1950). Psychological Testing. Prentice Hall.
2. Gregory, R.J. (2014) (6th Edition). *Psychological Testing: History, Principles and Applications*. New Delhi: Pearson India Education.
3. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioral Sciences*. Patna: Bharti Bhavan.
4. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>

Paper-II (Practical)

A090202P - Lab Work/ Psychological Testing

Unit	Topics
I	Plan, conduct and report an experiment using experimental method
II	Ascertain the Reliability of any psychological test using any method of Reliability and report
III	Administer any one Self-Report Inventory on a subject, score and report
IV	Administer any one Intelligence Test on a subject/subjects, score and report

Semester – III

Paper-I (Theory)

A090301T- Psychology of Social Behavior

Unit	Content
I	Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.
II	Person Perception: Concept, Determinants of Impression Formation.
III	Social Cognition: Schema, Schematic Processing. Attribution of Causality: Harold Kelly and Bernard Weiner.
IV	Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.
V	Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning Theory of Aggression.
VI	Pro-social Behavior: Motives to help; Bystander Effect; Determinants: Personal, Situational and Socio-cultural.
VII	Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination
VIII	Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.

Suggested Readings:

1. Baron, R.A. & Branscombe, N.R. (2012). *Social Psychology* (13th ed.) New Delhi: Pearson.
2. Taylor, S.E., Paplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12thed). New Delhi: Pearson Publications.

Paper-II (Practical)

A090302P - Lab Work and Measurement of Social Behavior

Unit	Topics
I	Measurement of Attitude/ Interpersonal Attraction
II	Measurement of Helping Behavior/ Prejudice
III	Conduct an experiment on Attribution/Aggression/Impression Formation
IV	Conduct an experiment on Social Facilitation/ Conformity/Compliance

Semester – IV

Paper-I (Theory)

A090401T - Abnormal Psychology

Unit	Content
I	Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.
II	Anxiety Disorders: Clinical Picture and Etiology: Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).
III	Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders- Types, Clinical Picture and Etiology.
IV	Depressive and Bipolar Disorders: Types, Clinical Picture and Etiology.
V	Schizophrenia: Types, Clinical Picture and Etiology.
VI	Learning Disabilities: Reading, Written expression and Mathematics Disorders
VII	Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.
VIII	Clinical Picture and Etiology of Neurodevelopmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.

Suggested Readings:

1. Barlow D. H. & Durand V. M, & Stewart, S. H. (2009). Abnormal Psychology. New Delhi: Cengage Learning.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning

Paper-II (Practical)

A090402P - Assessment/Testing

Unit	Topics
I	Administration, Scoring and Interpretation of any anxiety test
II	Administration, Scoring and Interpretation of any test of Depression
III	Administration, Scoring and Interpretation of any test of Intelligence to screen any cognitive or learning impairment
IV	Administration, Scoring and Interpretation of any test of any Neuropsychological test/Cognitive function test

Semester –V

Paper-I (Theory)

A090501T - Life Span Human Development

Unit	Content
I	Human Development: Introduction; Principles of Development; Methods of Studying Human Development.
II	Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.
III	Infancy: Physical, Social and Language Development.
IV	Childhood Development: Cognitive, Emotional and Moral Development.
V	Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.
VI	Early Adulthood: Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development
VII	Middle Adulthood: Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationship at Midlife, Vocational Life.
VIII	Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure

Suggested Readings:

1. Berk, L. E. (2010). *Child Development* (9th ed.). New Delhi: Prentice Hall.
2. Misra, G. (2011). *Handbook of Psychology in India* (Section IV), New Delhi: Oxford University Press.
3. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi: NCERT.

Paper-II (Theory)

A090502T - Positive Psychology

Unit	Content
I	Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology
II	Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concept and Mindfulness in Buddhism.
III	Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: concept and measurement
IV	Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement; Cultivation exercises in Positive Psychology
V	Self Awareness: Concept, Techniques to enhance self- awareness.
VI	Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness
VII	Happiness: Eudemonics and Hedonistic View; Authentic Happiness
VIII	Psychological and Subjective Wellbeing: Concept, and Components

Suggested Readings:

1. Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.

Paper-III (Practical)

A090503P - Lab Work/Survey/Field Visit

Unit	Topics
I	Write a Reflection. For Example- a Gratitude or Forgiveness reflection or any other of your choice by recording your entries at least 2-3 times a week and report your Reflection like any thoughts and feelings that may arise as you become aware of that. What benefits could you gain from developing this habit of mind, short and long term? Be aware of any shifts from stress/anxiety to enhanced well-being and calm.
II	Conduct a survey research. For Example; meaning of life/happiness index/positive and Negative Affect/life satisfaction/optimism/well being etc. (10- 12 students group can be formed)
III	Conduct a field study on anyone topic of human development. Analyze the data and report (10-12 student groups can be formed)

Paper-IV (Project/Research Project)

A090504R - Problem Identification & Research Proposal Writing

Unit	Topics
I	Visit to any community of the surrounding and identification of problems, issues, good practices, skills, community services etc. For example- Health Services, Women Self Help Groups, NGOs, Banks, Organizations, Industries, Villages, Panchayat etc. (10-12 students group can be formed)
II	Based on the field visit observations and experiences, each student will write a research proposal in this semester. The research proposal is an important process in providing a clear statement of the problem, a review of literature, how the literature relates to the proposed study, formal research questions and hypotheses, a full methods section, and the data analysis you intend to conduct. The student will work in groups in completing the project, but will write the proposal and final paper individually. Each student will be evaluated on diligence in writing the research proposal as per APA guidelines.

Semester – VI

Paper-I (Theory)

A090601T- Community and Health Psychology

Unit	Content
I	Community Psychology: Nature, Historical Development, Fields of Community Psychology
II	Approaches of Community Psychology: Mental Health approach; Social Problems approach
III	Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.
IV	Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention; Rural development Intervention.
V	Health Psychology: Nature, Development and Goals of Health Psychology; Biopsychosocial Model of Health.
VI	Health Behavior: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory .
VII	Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support and Optimism).
VIII	Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlate.

Suggested Readings:

1. Dalal, A.K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care. New Delhi: Sage Publications India Pvt. Ltd.
2. Ghosh, Manika (2015). *Health Psychology: Concepts in Health and Well-being*. New Delhi: Pearson.
3. Misra, G. (1999). Psychological perspectives on stress and health, New Delhi: Concept Publishing Company.

Paper-II (Theory)

A090602T- Counseling Psychology

Unit	Content
I	Counseling: Meaning, Goals; Types of Counseling: An Overview.
II	Theoretical Bases of Counseling: Psychoanalytic; Phenomenological, Cognitive-Behavioral; Indian Contribution to Counseling
III	Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.
IV	Counseling Techniques: Person- Centered and Cognitive- Behavioral (Beck and Albert Allis).
V	Counseling in Schools and Family Counseling: Assumptions and Procedures.
VI	Career, Marriage and Group Counseling: An Introduction
VII	Counseling for Substance-abuse, Child Abuse: An Introduction
VIII	Counseling Ethics; Referrals and Reporting

Suggested Readings:

1. Kapur, Malavika (2011). *Counseling Children with Psychological Problems*. Pearson Publications.
2. Patri, V. R. (2008). *Counseling Psychology*. New Delhi: Authors Press.
3. Rao, S. N. (1991). *Counseling and Guidance*. New Delhi: Tata McGraw-Hill.

Paper-III (Practical)**A090603R - Survey/Field Visit**

Unit	Topics
I	Field Visit to any Community Center/Social Service Center/ School and submit a report (10-12 students group can be formed)
II	Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)

Paper-IV (Research Project)**A090604R - Research Project**

Unit	Topics
I	Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.
	Analyze the data and submit a detailed report and a presentation. The student will work in groups in completing the project, but will write the final paper individually. Each student will be evaluated on diligence in writing the research project as per APA guidelines.