

**SEMESTER – I**  
**GENERAL PSYCHOLOGY - I**

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/I	UCPYA20	General psychology - I	Theory	Core	5	5	40+60=100

**OBJECTIVE:** To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

**COURSE OUTCOMES (CO):**

On completion of the course, the students will be able to:

- Understand the origin of psychology as science and acquire knowledge of the various scientific methods used in psychology to understand human behaviour
- Define the concepts and explain sensation, perception and attention
- Demonstrate the structural features of Consciousness
- Explain the role of Learning, and compare the various theories of learning
- To understand the fundamental processes of Memory

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	H	M	H	M
CO 2	H	M	M	M	H	M
CO 3	H	H	H	M	M	M
CO 4	H	M	H	M	H	H
CO 5	H	M	H	M	M	M

**Low-L, Medium-M, High-H**

CO/PO	PO					
	1	2	3	4	5	6
CO 1	M	M	H	H	H	M
CO 2	M	H	M	H	H	M
CO 3	L	H	H	M	M	M
CO 4	L	H	H	M	H	H
CO 5	L	M	H	M	M	M

**UNIT I:****[18 Hours]**

- 1.1 Psychology - Definition – Goals (K1,K2)
- 1.2 Pseudo psychology(K1,K2,K3)
- 1.3 The History of Psychology – Schools - Modern Perspectives – Psychology in India(K1,K2,K3,K4)
- 1.4 Psychology: The Science – Methods: Introspection – Observation – Survey – Experiment Case Study – Correlation Research(K1,K2,K3,K4)
- 1.5 Scope of Psychology - Branches of basic Psychology (K1,K2,K3,K4)
- 1.6 Branches of applied Psychology(K1,K2,K3)

**UNIT II:****[18 Hours]**

- 2.1 Sensation: Meaning – Psychophysics -Thresholds – Weber’s Law – Adaptation (K1,K2,K3,K4)
- 2.2 Basic sensation: Vision – Hearing – Touch and other Skin senses – Olfaction- Gustation (K1,K2,K3,K4)
- 2.3 Kinesthetic sense – Vestibular sense (K1,K2,K3,K4)
- 2.4 Perception: Meaning– Organizing principles of perception –Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations – Types(K1,K2,K3,K4)
- 2.5 Extra Sensory Perception. - Factors that influence perception – Depth perception (K2,K3,K4)
- 2.6 Attention: Meaning – Types – Determinants(K2,K3,K4)

**UNIT III:****[18Hours]**

- 3.1 Consciousness - States of Consciousness: Consciousness – Definition –Types(K1,K2,K3)
- 3.2 Natural State of Consciousness: Biological Rhythms – Circadian Rhythms(K1,K2,K3,K4)
- 3.3 Waking States of Consciousness – Sleep – Functions – Stages –(K1,K2,K3,K4)
- 3.4 Sleep Disorders – Dream – Theories. (K2,K3,K4)
- 3.5 Altered States of Consciousness: meaning – Hypnosis – Use of Drugs – Meditation (K1,K2,K3,K4)
- 3.6 Other Altered States. Sensory deprivation: Near death Experience- Lucid dreaming(K1,K2,K3,K4)

**UNIT IV:****[18 Hours]**

- 4.1 Learning: Definition – Nature(K1,K2,K3,K4)
- 4.2 Association Learning: Classical Conditioning – Basic Principles(K1,K2,K3,K4)
- 4.3 Operant Conditioning – Basic Principles – Reinforcement – Types (K2,K3)
- 4.4 Punishment – Types(K2,K3,K4)
- 4.5 Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning(K1,K2,K3,K4)
- 4.6 Social and Cognitive Learning: Latent Learning – Insight Learning – Observational Learning(K1,K2,K3,K4)

**UNIT V:****[18 Hours]**

5.1 Memory: Definition (K1,K2)

5.2 Memory Process: Encoding – Storage – Retrieval (K1,K2,K3)

5.3 The information processing model – Sensory memory – Short term memory – Long term memory(K1,K2,K3,K4)

5.4 Forgetting: Meaning – Forgetting curve- Causes – Memory(K1,K2,K3,K4)

5.5 Theories of forgetting (K1,K2,K3,K4)

5.6 Brain – Improving memory(K1,K2,K3)

**TEXTBOOK:**

1. Cicarelli, K. S., Meyer, E. G. & Misra, G. (2008). *General psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.

**REFERENCE BOOK:**

1. Baron, R. A. (2010). *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt. Ltd

## SEMESTER – I

### UCPYB20 - BIOLOGICAL PSYCHOLOGY - I

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/I	UCPYB20	Biological Psychology - I	Theory	Core	5	5	40+60=100

#### OBJECTIVES:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

#### COURSE OUTCOMES (CO)

On completion of the course, the students will be able to:

- Comprehend human biology and its influence on human behaviour
- Outline the Foundations of behaviour and brain activity
- Demonstrate the structure and functions of the Neurons
- Explain the role of Neurotransmitter
- Demonstrate and summaries the structure and functions of the development of the central nervous system
- To understand the influence of various Hormones on behaviour

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	H	H
CO 2	H	H	H	M	H	H
CO 3	H	H	H	M	M	H
CO 4	H	H	H	M	H	H
CO 5	H	H	H	M	M	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	H	M	H	M	H	M
CO 2	H	M	M	M	H	M
CO 3	H	H	H	M	M	M
CO 4	H	M	H	M	H	H
CO 5	H	M	H	M	M	M

- UNIT I:** [18 Hours]
- 1.1 Foundations of behaviour - Introduction: meaning of biological psychology(K1,K2,K3)
  - 1.2 Viewpoints to explore Biology of Behaviour- Approaches that relate brain and behaviour(K1,K2,K3,K4)
  - 1.3 Levels of analysis - Correlating brain anatomy with behaviour(K2,K3)
  - 1.4 Recording brain activity (K2,K3,K4)
  - 1.5 Effects of brain damage(K2,K3)
  - 1.6 Effects of brain stimulation (K1,K2,K3)

- UNIT II:** [18 Hours]
- 2.1 Neurons- features of the Nervous System: An overview(K1,K2,K3,K4)
  - 2.2 Meninges, Ventricular system and production of cerebrospinal fluid. (K1,K2,K3,K4)
  - 2.3 Cells of the Nervous System: Neurons, Supporting cells(K2,K3,K4)
  - 2.4 The blood-brain barrier (K1,K2,K3)
  - 2.5 Neural Communication: An overview, Measuring electrical potentials of axons(K1,K2,K3)
  - 2.6 The Membrane Potential: Balance of two forces, The Action Potential, Conduction of the action potential(K1,K2,K3,K4)

- UNIT III:** [18 Hours]
- 3.1 Communication between Neurons: Structure of synapses(K1,K2,K3,K4)
  - 3.2 Neurotransmitter: meaning- types(K1,K2,K3)
  - 3.3 Release of the Neurotransmitter: Activation of receptors(K1,K2,K3)
  - 3.4 Postsynaptic potentials- Termination of postsynaptic potentials(K1,K2,K3,K4)

- UNIT IV:** [18 Hours]
- 4.1 Nervous System: Development of the central nervous system(K1,K2,K3,K4)
  - 4.2 Brain: The forebrain, The hind brain, midbrain & forebrain(K1,K2,K3)
  - 4.3 Division of Nervous System: Central Nervous System, The Peripheral Nervous System(K1,K2,K3,K4)
  - 4.4 Division of Nervous System: Spinal nerves, Cranial nerves(K2,K3)
  - 4.5 The Autonomic Nervous system – Sympathetic (K2,K3)
  - 4.6 The Autonomic Nervous System Parasympathetic(K2,K3)

- UNIT V:** [18 Hours]
- 5.1 Hormonal actions- General principles of hormonal actions(K1,K2,K3,K4)
  - 5.2 Hormonal action on cellular mechanisms- Hormonal influence on growth and activity(K2,K3)
  - 5.3 Feedback control mechanisms in regulating secretion of hormones(K2,K3)
  - 5.4 Endocrine glands and its specific hormones: Pituitary- Pineal- Thyroid- Parathyroid(K1,K2,K3,K4)
  - 5.5 Pancreas- Adrenal- Gonads(K2,K3)

**TEXT BOOKS:**

1. Carlson, N.R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

**REFERENCES:**

1. Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Purves, D., Brannon, E., Huettel, S.A., LaBar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc. Publishers.

## SEMESTER – I

### UAPMA20 – ALLIED I: PRINCIPLES OF MANAGEMENT

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/I	UAPMA20	Principles of management	Theory	Allied	5	5	40+60=100

#### OBJECTIVE:

To provide employment opportunities to people, To provide a safe working environment with strict safety measures for its employees to work without fear and anxiety

#### COURSE OUTCOMES(CO):

On completion of the course, the students will be able to:

- 1) Identify and apply appropriate management techniques for managing business
- 2) Have a conceptual knowledge about the planning and decision making.
- 3) Apply the concept of organising for the effective functioning of a management.
- 4) Evaluate leadership style to anticipate the consequences of each leadership style.
- 5) Demonstrate the techniques for controlling and coordination.

CO/PSO	PSO					
	1	2	3	4	5	6
CO1	H	L	H	M	H	M
CO2	H	L	M	H	M	L
CO3	H	M	H	L	L	M
CO4	H	M	M	H	M	M
CO5	M	M	H	H	L	H

CO/PO	PO					
	1	2	3	4	5	6
CO1	M	H	M	H	H	H
CO2	L	M	M	H	H	L
CO3	H	M	M	L	M	L
CO4	H	M	H	M	L	L
CO5	M	H	H	L	H	H

## **UNIT-I**

- 1.1 Management -importance-definition(K1,K2,K3,K4)
- 1.2 Nature-scope-process(K1,K2,K3,K4)
- 1.3 Role & functions-levels-management(K1,K2,K3,K4)
- 1.4 As a science-management(K1,K2,K3)
- 1.5 As a profession-contribution of henry fayol & f.w.taylor in management(K1,K2,K3,K4)

## **UNIT-II**

- 2.1 Planning-nature-importance-types(K1,K2,K3,K4)
- 2.2 Steps in planning-objectives-policies(K1,K2,K3,K4)
- 2.3 Procedures-and methods(K1,K2,K3,K4)
- 2.4 Decision-process of decision making-types of decision(K1,K2,K3,K4)

## **UNIT-III**

- 3.1 Organizing (K1,K2)
- 3.2 Types of organizing structure(K1,K2,K3,K4)
- 3.3 Span of control(K1,K2,K3)
- 3.4 Departmentation(K1,K2,K3)
- 3.5 Informal organization(K1,K2,K3)

## **UNIT-IV**

- 4.1 Authority- delegation - decentralization (K1,K2,K3,K4)
- 4.2 Difference between authority - staffing (K1,K2,K3)
- 4.3 Sources of recruitment (K1,K2,K3)
- 4.4 Selection process - training - directing (K1,K2,K3)
- 4.5 Nature and purpose of directing (K1,K2,K3)
- 4.6 Motivation (Maslow's need hierarchy theory only)(K1,K2,K3,K4)

## **UNIT-V**

- 5.1 Introduction(K1,K2)
- 5.2 meaning of coordination(K1,K2,K3,K4)
- 5.3 Definition of coordination by different authors(K1,K2,K3,K4)
- 5.4 Need/Importance of coordination (K1,K2,K3,K4)
- 5.5 Types of coordination(K1,K2,K3,K4)
- 5.6 Techniques of coordination(K1,K2,K3,K4)
- 5.7 Coordination & cooperation(K1,K2,K3,K4)



## SEMESTER – II

### UCPYC20 - GENERAL PSYCHOLOGY – II

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/ II	UCPYC20	General Psychology - II	Theory	Core	5	5	40+60=100

**OBJECTIVE:** Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

#### **COURSE OUTCOMES (CO):**

On completion of the course, the students will be able to:

- Understand the basic aspects of cognition and behaviour
- Demonstrate the process of motivation and frustration
- Explain the underlying principles of physiological basis of emotion and stress
- Elaborate on the attributes of creativity and Intelligence
- Compare and contrast the various approaches of personality

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	H	H
CO 2	H	H	H	M	H	H
CO 3	H	M	H	M	M	H
CO 4	H	H	H	M	H	H
CO 5	H	H	M	M	M	H

#### **Low-L, Medium-M, High-H**

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	H	H	H	M	H
CO 2	M	H	H	M	L	M
CO 3	L	M	H	H	H	M
CO 4	H	M	H	H	M	H
CO 5	H	H	M	H	H	M

**UNIT I:****[18 Hours]**

- 1.1 Cognition: Meaning – Cognitive Psychology(K1,K2,K3)
- 1.2 Types of cognition: – Mental Imagery – Concept, Problem solving- Steps(K1,K2,K3,K4)
- 1.3 Barriers to Effective problem solving(K2,K3)
- 1.4 Strategies of problem solving: Algorithms, Heuristic, Decision making – Step(K1,K2,K3,K4)
- 1.5 Reasoning – Inductive and Deductive reasoning(K2,K3)
- 1.6 Language: Nature - Main Components of Language – Phonemes- Morphemes  
Syntax - Semantics – Pragmatics(K1,K2,K3,K4)

**UNIT II:****[18 Hours]**

- 2.1 Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs (K1,K2,K3,K4)
- 2.2 Theories of Motivation: Instincts – Drive-reduction theory – Arousal – Incentive (K2,K3,K4)
- 2.3 Opponent-Process – Cognitive theories – Social cognitive theory – Need theories(K2,K3,K4)
- 2.4 Classification of Motives: Physiological motives – Psychological motives(K2,K3,K4)
- 2.5 Conflict: Meaning- Types(K1,K2,K3)
- 2.6 Frustration: Meaning- Causes(K2,K3,K4)

**UNIT III:****[18 Hours]**

- 3.1 Emotion: Meaning – Basic emotions- Components (K1,K2,K3)
- 3.2 Physiology of emotion - Expression of emotion(K2,K3)
- 3.3 Theories of Emotions(K2,K3,K4)
- 3.4 Stress: Definition – Four variations - Stressors – Effects (K1,K2,K3,K4)
- 3.5 General Adaptation Syndrome – Individual differences - Coping mechanism.(K1,K2,K3,K4)

**UNIT IV:****[18 Hours]**

- 4.1 Intelligence: Definition - Concept of IQ (K1,K2,K3)
- 4.2 Individual differences in Intelligence –Mental retardation(K2,K3,K4)
- 4.3 Mentally gifted – Assessment of Intelligence(K2,K3,K4)
- 4.4 Emotional Intelligence: Meaning ,Characteristics(K1,K2,K3)
- 4.5 Creativity: Definition- Nature – Steps - Characteristics of creative people(K1,K2,K3,K4)
- 4.6 Creativity tests(K2,K3)

**UNIT V:****[18 Hours]**

- 5.1 Personality: Definition - Theories – Psychoanalytic(K1,K2,K3,K4)
- 5.2 Neo Freudian: Jung –Adler - Karen Horney – Erikson (K2,K3,K4)
- 5.3 Behavioristic view – Social Cognitive view (K2,K3,K4)
- 5.4 Humanism and Personality: Roger’s theory – Maslow’s theory (K1,K2,K3,K4)
- 5.5 Trait Theories Psychology – Allport – Cattell - The Big Five Factors(K2,K3,K4)
- 5.6 Assessment of Personality, Uses of Personality tests(K1,K2,K3,K4)

**TEXTBOOK:**

1. Cicarelli, K. S., Meyer, E. G. & Misra. (2008) General psychology. New Delhi, India: Dorling Kingsley (India) Private Limited

**REFERENCE BOOK:**

1. Baron, R. A. (2010) Psychology (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

## SEMESTER – II

### UCPYD20 - BIOLOGICAL PSYCHOLOGY – II

<u>Year/ Sem</u>	<u>Course Code</u>	<u>Title of the Course</u>	<u>Course Type</u>	<u>Course Category</u>	<u>H/W</u>	<u>Credits</u>	<u>Marks 100</u>
I/ II	UCPYD20	Biological Psychology - II	Theory	Core	5	5	40+60=100

#### OBJECTIVES:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

#### COURSE OUTCOMES (CLO):

On completion of the course, the students will be able to:

- Explain the Circadian rhythms, sleep and dreaming patterns
- Demonstrate the brain development
- Understand the biological basis of thirst and hunger
- Elaborate biological basis of emotions
- Explain biological basis of Learning and memory

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	L	H
CO 2	H	H	H	M	H	H
CO 3	M	M	H	M	M	H
CO 4	M	H	H	M	H	H
CO 5	H	H	M	M	L	H

#### Low-L, Medium-M, High-H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	H	M	L	M	H
CO 2	H	H	H	H	M	H
CO 3	L	H	M	H	M	L
CO 4	M	M	H	H	H	H
CO 5	M	M	H	H	H	H

**UNIT I:** [18 Hours]

- 1.1 Rhythms of waking and sleeping: Endogenous cycles(K1,K2,K3)
- 1.2 Setting and resetting the biological clock- Mechanisms of the biological clock(K2,K3,K4)
- 1.3 Sleep and brain mechanisms: Sleep and other interruptions of consciousness, the onset of sleep and hypnagogic hallucinations(K1,K2,K3,K4)
- 1.4 Stages of sleep. Paradoxical or REM sleep, Brain mechanisms of wakefulness and arousal(K1,K2,K3,K4)
- 1.5 Brain functions in REM sleep- Functions of sleep(K1,K2,K3)
- 1.6 Dreaming: REM sleep and dreaming. Biological perspectives on dreaming(K1,K2,K3)

**UNIT II:** [18 Hours]

- 2.1 Development of the brain- Maturation of the vertebrate brain(K1,K2,K3)
- 2.2 Growth and development of neurons (K1,K2,K3)
- 2.3 New neurons later in life- Path finding by axons(K1,K2,K3)
- 2.4 Determinants of neuronal survival(K2,K3)
- 2.5 Neural plasticity: Meaning- Plasticity after brain damage(K1,K2,K3)

**UNIT III:** [18 Hours]

- 3.1 Thirst: Mechanisms of water regulation- Osmotic thirst(K1,K2,K3)
- 3.2 Hypovolemic thirst and sodium specific hunger(K1,K2,K3,K4)
- 3.3 Hunger: Digestion and food selection(K2,K3,K4)
- 3.4 Short- and long-term regulation of feeding-Brain mechanisms(K2,K3,K4)
- 3.5 Eating Disorders(K2,K3,K4)

**UNIT IV:** [18 Hours]

- 4.1 Emotions: Introduction, Emotions and Autonomic arousal (K1,K2,K3)
- 4.2 James-Lange theory(K3,K4)
- 4.3 Brain areas associated with emotions- The functions of emotions(K1,K2,K3)
- 4.4 Attack and Escape Behaviours: Attack behaviours(K1,K2,K3)
- 4.5 Escape - Fear and anxiety(K1,K2,K3)
- 4.6 Stress and Health(K2,K3)

**UNIT V:** [18 Hours]

- 5.1 Memory: Localized representations of memory(K1,K2,K3)
- 5.2 Types of memory- The hippocampus (K1,K2,K3)
- 5.3 Theories on the function of the hippocampus(K2,K3,K4)
- 5.4 Other types of amnesia: Korsakoff's syndrome(K2,K3,K4)
- 5.5 Alzheimer's Disease(K1,K3,K4)
- 5.6 The role of the other brain areas(K1,K2,K3)

**TEXT BOOKS:**

1. Carlson, N. R. (2007). Foundations of physiological psychology (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Kalat, J.W. (2011). Biopsychology. Delhi, India: Cengage Learning India Private Limited.

**REFERENCESBOOKS:**

1. Pinel, J. (2007). Biopsychology (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Purves, D., Brannon, E., Huettel, S.A., LaBar, K.S., Platt, M.L., &Woldorff, G.M. (2008). Principles of cognitive neurosciences. Sunderland, MA: Sinauer Associates, Inc. Publishers.

## SEMESTER – III

### UCPYE21 - DEVELOPMENTAL PSYCHOLOGY - I

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
II / III	UCPYE21	Developmental psychology - I	Theory	Core	5	5	40+60=100

#### OBJECTIVES

- To equip the learner with an understanding of the concept and process of human development across the life span.
- To impart an understanding of the various domains of human development

#### COURSE OUTCOMES (CO)

On completion of the course, the students will be able to:

- Understand the developmental stage of conception through birth
- Gain knowledge on human physical growth and development across life-span
- Explain the developmental stages of infancy and babyhood
- Perceive the various developmental processes of early and late childhood
- Relate various developmental stages of socialization, family, relations and personality development

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	H	M	H	M
CO 2	H	M	M	M	H	M
CO 3	H	H	H	M	M	M
CO 4	H	M	H	M	H	H
CO 5	H	M	H	M	M	M

CO/PO	PO					
	1	2	3	4	5	6
CO 1	M	M	H	M	M	M
CO 2	H	H	M	H	M	M
CO 3	H	M	M	L	L	H
CO 4	H	M	H	L	H	H
CO 5	H	M	H	M	H	M

Low-L, Medium-M, High-H

## **UNIT I: CONCEPTION THROUGH BIRTH**

**(18 hrs.)**

- 1.1. Meaning of developmental changes – Significant facts about development (K1,K2,K3)
- 1.2. Developmental stages – Developmental Issues – Conception of Age.(K1,K2,K3)
- 1.3. Characteristics of the Prenatal Period- How Life begins – Importance of Conception (K1,K2,K3,K4)
- 1.4. Periods of Conception –Periods of Prenatal development – Stages of child Birth (K1,K2,K3,K4)
- 1.5. Types of childbirth – Attitudes of significant people(K2,K3,K4)
- 1.6. Prenatal hazards & complications of low birth weight. (K1,K2,K3,K4)

## **UNIT II: INFANCY**

**(18 hrs.)**

- 2.1. Characteristics of Infancy(K2,K3,K4)
- 2.2. developmental tasks(K2,K3,K4)
- 2.3. Major adjustment of Infancy (K1,K2,K3,K4)
- 2.4. Conditions influencing adjustment to postnatal life (K2,K3,K4)
- 2.5. Characteristics of the Infant (K1,K2,K3,K4)
- 2.6. Hazards of Infancy. (K2,K3,K4)

## **UNIT III: BABYHOOD**

**(18 hrs.)**

- 3.1. Characteristics of Babyhood – Developmental tasks of babyhood (K1,K2,K3,K4)
- 3.2. Physical development – Physiological development (K2,K3,K4)
- 3.3. Muscle Control – Speech development (K1,K2,K3)
- 3.4. Emotional behavior – Socialization – Interest in Play (K1,K2,K3)
- 3.5. Development of Understanding – Beginnings of Morality (K1,K2,K3)
- 3.6. Beginnings of Sex-Role typing – Family Relationships – Personality development – Hazards and Happiness. (K1,K2,K3,K4)

## **UNIT IV: EARLY CHILDHOOD**

**(18 hrs.)**

- 4.1. Characteristics of Early Childhood – Developmental tasks (K1,K2,K3,K4)
- 4.2. Physical development – Physiological habits (K1,K2,K3,K4)
- 4.3. Skills of Early Childhood – Improvement in Speech (K1,K2,K3)
- 4.4. Emotions – Socialization – Play (K1,K2,K3)
- 4.5. Development of Understanding – Moral development – Common Interests (K1,K2,K3)
- 4.6. Sex-role Typing-Family Relationship - Personality development - Hazards and Happiness.(K1,K2,K3,K4)

## **UNIT V: LATE CHILDHOOD**

**(18 hrs.)**

- 5.1. Characteristics of Late Childhood – Developmental tasks (K1,K2,K3,K4)
- 5.2. Physical development – Skills – Speech improvement (K2,K4)
- 5.3. Emotions and Emotional Expressions – Social groupings and Social behavior (K1,K2,K3,K4)
- 5.4. Play interest and activities – Increase in Understanding (K2,K3,K4)
- 5.5. Moral attitudes and behavior – Interests – Sex-role Typing (K2,K3,K4)
- 5.6. Changes in Family relationships – Personality Changes – Hazards and Happiness.(K4)



**Text Books:**

1. Hurlock, E. (1980). *Developmental psychology*. New Delhi, India: Tata McGraw Hill Publishing Co.
2. Santrock, J. W. (1999). *Life span development* (7th ed.). New York, NY: McGraw Hill.

**References:**

1. Berndt, T.J. (1997). *Child development* (2nd ed.). Madison, WI: Brown & Benchmark Publishers.
2. Papalia, D.E., & Olds, S.W. (1994). *Human development* (5th ed.). New York, NY: Tata McGraw Hill.

## SEMESTER – IV

### UCPYG21 - DEVELOPMENTAL PSYCHOLOGY – II

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
II / IV	UCPYG21	Developmental Psychology - II	Theory	Core	5	5	40+60=100

#### OBJECTIVES

- To facilitate the process of self-discovery and the development of emotional, cognitive and interpersonal competencies for personal growth and effectiveness using the experiential learning paradigm.
- To inculcate sensitivity to socio-cultural context of human development

#### COURSE OUTCOMES (CO)

On completion of the course, the students will be able to;

- Understand the developmental process of puberty and adolescence
- Relate the various development process of young adulthood
- Explain the developmental tasks of middle age
- Identify problems related to old age
- Gain knowledge about hazards and happiness in human life-span

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	H	H
CO 2	H	H	H	M	H	H
CO 3	H	M	H	M	M	H
CO 4	H	H	H	M	H	H
CO 5	H	H	M	M	M	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	H	M	L	M	H	M
CO 2	H	H	M	L	M	M
CO 3	H	M	H	M	M	M
CO 4	H	M	H	H	H	M
CO 5	H	H	L	M	H	M

Low-L, Medium-M, High-H

## **UNIT I: PUBERTY**

**[18 Hrs.]**

- 1.1. Meaning - Characteristics(K1,K2,K3)
- 1.2. Criteria – Causes (K1,K2,K3)
- 1.3. Age – Growth spurt (K2,K3)
- 1.4. Body changes(K1,K2,K3)
- 1.5. Effects of puberty changes(K1,K2,K3)
- 1.6. Hazards & Happiness.(K1,K2,K3)

## **UNIT II: ADOLESCENCE**

**[18 Hrs.]**

- 2.1. Characteristics – Developmental tasks(K1,K2,K3,K4)
- 2.2. Physical change – Emotional changes(K1,K2,K3)
- 2.3. Social change – Interest(K1,K2,K3)
- 2.4. Morality – Sex interest and Behaviour(K1,K2,K3,K4)
- 2.5. Family relationships – Personality change(K1,K2,K3)
- 2.6. Hazards & Happiness.(K1,K2,K3,K4)

## **UNIT III: YOUNG ADULTHOOD**

**[18 Hrs.]**

- 3.1. Characteristics – Developmental tasks(K1,K2,K3,K4)
- 3.2. Changes in interest – Social Mobility(K1,K2,K3)
- 3.3. Sex role adjustments – Vocational adjustments – Marital Adjustments(K2,K3)
- 3.4. Adjustment to parenthood – Adjustment to singlehood(K1,K2,K3,K4)
- 3.5. Hazards of vocational and Marital adjustments(K1,K2,K3)
- 3.6. Success of Adjustment to adulthood.(K1,K2,K3)

## **UNIT IV: MIDDLE AGE**

**[18 Hrs.]**

- 4.1. Characteristics – Developmental tasks(K1,K2,K3,K4)
- 4.2. Adjustment to physical changes and mental changes(K1,K2,K3)
- 4.3. Social Adjustment – Vocational Adjustment – Adjustment to changed family patterns(K2,K3,K4)
- 4.4. Being single – loss of a spouse – Adjustment to approaching retirement (K1,K2,K3)
- 4.5. Vocational and Marital Hazards(K2,K3)
- 4.6. Adjustment to approaching old age(K2,K3)

## **UNIT V: OLD AGE**

**[18 Hrs.]**

- 5.1. Characteristics – Developmental tasks(K1,K2,K3,K4)
- 5.2. Adjustment to physical changes – Change in motor and mental abilities(K2,K3,K4)
- 5.3. Changes in interests – Vocational Adjustment(K1,K2)
- 5.4. Retirement – Changes in family life(K1,K2)
- 5.5. loss of a spouse(K1,K2)
- 5.6. Living arrangement for elderly hazards(K1,K2,K3)

**Text Books:**

1. Hurlock, E. (1980). *Developmental Psychology*. New Delhi: Tata McGraw Hill Publishing Co.
2. Santrock, J. W. (1999). *Life span Development* (7<sup>th</sup> ed.). McGraw Hill.

**References:**

1. Berndt, T.J. (1997). *Child development* (2<sup>nd</sup> ed.). Madison, WI: Brown & Benchmark Pub.
2. Papalia, D. E., Olds, S. W. (1994). *Child development* (5<sup>th</sup> ed.). New York, NY: Tata McGraw Hill.

## SEMESTER – IV

### UCPYH21 - INTRODUCTION TO THEORIES OF PERSONALITY

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
II / IV	UCPYH21	Introduction To Theories Of Personality	Theory	Core	5	5	40+60=100

#### OBJECTIVES:

- To enable students to understand the different **theories in personality** and to gain an understanding of the main approaches to **personality theory**.
- To help them understand and appreciate the strengths and limitations of each approach.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- Understand the concepts, assessment, measurement and research methods pertaining to Personality
- Outline the various psychoanalytical perspectives of Personality
- Summarize life span and trait perspective of Personality
- Illustrate the existential humanistic perspective of Personality
- Explain Behavioural, Cognitive and Social perspectives of personality

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	H	M	H	M
CO 2	H	M	M	M	H	M
CO 3	H	H	H	M	M	M
CO 4	H	M	H	M	H	H
CO 5	H	M	H	M	M	M

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	M	H	M	H
CO 2	M	M	H	M	M	M
CO 3	L	M	M	M	M	H
CO 4	L	M	M	L	M	M
CO 5	M	M	M	M	H	H

**Low-L, Medium-M, High-H**

**UNIT I: CONCEPT, ASSESSMENT, MEASUREMENT AND RESEARCH METHODS (18 Hrs.)**

- 1.1. Personality: Definition, Meaning & Nature - Individual Uniqueness – Gender – Culture (K1,K2,K3,K4)
- 1.2. Formal Theories – Personal Theories – Subjectivity in Personality Theories- Self-Report(K1,K2,K3,K4)
- 1.3. Measure: Biological Measures – Behavioral Assessment (K2,K3,K4)
- 1.4. Projective Techniques (K3,K4)
- 1.5. Clinical Interviews (K1K3,K4)
- 1.6. Online and Social Media Analysis(K2,K3,K4)

**UNIT II: PSYCHOANALYTIC THEORIES (18 Hrs.)**

- 2.1. Sigmund Freud: Classical Psychoanalysis – Instincts (K1,K2,K3,K4)
- 2.2. Structure of Mind – Psychosexual Development (K1,K2,K3,K4)
- 2.3. Therapeutics Techniques (K2,K3)
- 2.4. Free Association – Catharsis – Dream Analysis (K1,K2,K3,K4)
- 2.5. Carl Jung: Analytical Psychology – Psychological Types – Collective Unconscious(K1,K2,K3,K4)
- 2.6. Alfred Adler: Individual Psychology – Inferiority Feelings – Role of Birth Order. (K1,K2,K3,K4)

**UNIT III: LIFE-SPAN AND TRAIT PERSPECTIVES ON PERSONALITY (18 Hrs.)**

- 3.1. Erik Erikson: Identity Formation (K1,K2,K3)
- 3.2. Ego Crises - Approaches to Trait(K1,K2,K3,K4)
- 3.3. Lexical – Statistical – Theoretical(K2,K3)
- 3.4. Gordon Allport: Culture – Functional Equivalence – Personal Dispositions(K1,K2,K3,K4)
- 3.5. Eysenck's: Hierarchical Model of Personality(K1,K2,K3,K4)
- 3.6. Cattell's Taxonomy: The 16 Personality Factor System(K1,K2,K3,K4)

**UNIT IV:  
EXISTENTIAL - HUMANISTIC PERSPECTIVES ON PERSONALITY (18 Hrs.)**

- 4.1. Roots in Gestalt – Kurt Lewin's Field (K2,K3,K4)
- 4.2. Martin E.P.Seligman: Learned Helplessness and the Optimistic/Pessimistic Explanatory Style (K1,K2,K3,K4)
- 4.3. Rotter: Locus of Control theory (K1,K2,)
- 4.4. Maslow: Hierarchy of Needs – Self-Actualization (K1,K2,K3)
- 4.5. Rogers: Growth – Inner Control (K1,K2,K3)
- 4.6. Becoming One's Self. (K3,K4)

**UNIT V: BEHAVIORAL, COGNITIVE AND SOCIAL PERSPECTIVE ON PERSONALITY** (18 Hrs.)

- 5.1. Albert Bandura: Social-Cognitive Learning Theory(K1,K2,K3,K4)
- 5.2. Self - System (K3,K4)
- 5.3. Skinner: Operant Conditioning;(K1,K3,K4)
- 5.4. Cognitive Style – Perceptual Mechanisms
- 5.5. Schema Theory (K2,K3,K4)
- 5.6. Kelly's Personal Construct Theory (K2,K3)

**Text Books:**

1. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). *Theories of personality* (4th ed.). Bengaluru, India: Wiley India Private Limited.
2. Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). *Theories of personality* (10th ed.). Delhi, India: Cengage Learning.

**References:**

1. Friedman, H. S., & Schustack, M. W. (2016). *Personality: Classic theories and modern research* (6th ed.). Boston, MA: Pearson/Allyn and Bacon.
2. Larsen, R. J., & Buss, D. M. (2018). *Personality psychology: Domains of knowledge about human nature* (6th ed.). Boston, MA: McGraw-Hill.

**SEMESTER – III****UAPYA21 – ALLIED III: STATISTICS IN PSYCHOLOGY**

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
II / III	UAPYA21	Statistics In Psychology	Theory	Allied	5	4	40+60=100

**OBJECTIVES**

- To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.
- To educate students with the techniques of inferential statistics and hypothesis testing.

**COURSE OUTCOMES (CO)**

On completion of the course, the students will be able to:

- Understand the basic concepts of some advanced distributions.
- Apply estimation theory to estimate the values of parameters.
- Use appropriate sampling distributions for testing of hypothesis.
- Determine correlation and regression for the investigation of relationship between the variables.
- Apply chi-square test to find out the significant difference between expected and observed frequencies in one or more categories.

CO	PSO					
	1	2	3	4	5	6
CO1	H	H	H	H	H	M
CO2	H	H	H	H	H	M
CO3	H	H	H	H	H	H
CO4	H	H	H	H	H	H
CO5	H	H	H	H	H	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	H	M	H	M	M
CO 2	M	H	H	M	H	H
CO 3	L	M	M	H	M	H
CO 4	M	M	H	H	M	H
CO 5	M	M	H	M	H	H

(Low- L, Medium - M, High - H)



## **UNIT-1: INTRODUCTION TO THE STATISTICS**

**(18 hrs.)**

- 1.1.** Meaning of Statistics - Importance of Statistics in Psychology(K1,K2,K3)
- 1.2.** Parameters and Estimates - Descriptive Statistics - Inferential Statistics(K1,K2,K3,K4)
- 1.3.** Variables and their types(K1,K2,K3)
- 1.4.** Levels of Measurement: Nominal Scale - Ordinal Scale - Interval Scale - Ratio Scale;(K1,K2,K3)
- 1.5.** Frequency tables: Making a Frequency Table – Frequency tables for Nominal Variables - Grouped Frequency Tables(K1,K2,K3)
- 1.6.** Frequency Graphs: Histogram ,Frequency Polygon.(K1,K2,K3)

## **UNIT-2: CENTRAL TENDENCY AND VARIABILITY**

**(18 hrs.)**

- 2.1.** Central Tendency: The Mean- from Frequency Distributions - Assumed Mean Method- Properties of Mean. (K1,K2,K3,K4)
- 2.2.** Median – Calculation of Median from Ungrouped data- Calculation of Median from a Frequency Distribution. The Mode- Calculation of Mode in a Frequency Distribution. (K1,K2,K3,K4)
- 2.3.** Comparison of Mean, Median and Mode- Guidelines for the Use of Central Tendencies.(K1,K2,K3)
- 2.4.** Variability: the Range- Calculation of Range- the Average Deviation- Calculation of the Average Deviation.(K2,K3,K4)
- 2.5.** The Semi Inter-quartile Range-Calculation of Q1, Q3 and Quartile Deviation. The variance and the Standard Deviation(K1,K2,K3).
- 2.6.** Methods of Calculating the Variance and the Standard Deviation from Ungrouped data- Calculation of Standard Deviation from Group and data-Calculation of Standard Deviation from Assumed Mean.(K1,K2,K3)

## **UNIT-3: THE NORMAL DISTRIBUTION AND CORRELATION (18 Hrs.)**

- 3.1.** The Normal Distribution: Properties of the Normal Curve- Areas under the Normal Curve - Importance of Normal Distribution(K1,K2,K3)
- 3.2.** Skewness-Kurtosis-Importance of measures of Skewness and Kurtosis.(K2,K3,K4)
- 3.3.** The Correlation: the Concept of Correlation- the Scatter Plot(K1,K2,K3)
- 3.4.** The Product Moment Correlation - Calculation of Product Moment Correlation- Spearman's Rank(K1,K2,K3,K4)
- 3.5.** Difference Correlation Co-efficient(K1,K2,K3,K4)
- 3.6.** Properties of Correlation Co-efficient.(K1,K2,K3)

## **UNIT4: THE HYPOTHESIS TESTING AND THE INFERENTIAL STATISTICS**

**(18 Hrs.)**

- 4.1. Hypothesis Testing: the Core logic of Hypothesis Testing –the Hypothesis Testing Process- One Tailed and Two Tailed Hypothesis Tests. (K1,K2,K3)
- 4.2. Decision Errors: Type I Error- Type II Error(K1,K2,K3,K4),
- 4.3. Inferential Statistics:  $t$ -Tests- the  $t$ '-test for a single sample- the  $t$ '-test for a Dependent means (K2,K3)
- 4.4. Assumptions of Single Sample and the  $t$ ' Test for a Dependent Means. (K1,K2,K3)
- 4.5. The  $t$ '-test for Independent Means: the Distribution of Differences between Means (K2,K3,K4)
- 4.6. Hypothesis Testing with a ' $t$ '-test for Independent Means.(K1,K2,K3,K4)

## **UNIT5:NON-PARAMETRIC METHODS**

**(18 Hrs.)**

- 5.1. The Chi-Square: Degrees of Freedom- Test of the Hypothesis of Normality(K1,K2,K3)
- 5.2. Calculation of the Chi-Square for 2x2 tables (K1,K2,K3,K4)
- 5.3. Yates' Correction for Continuity- Assumptions of the Chi Square test,(K1,K2,K3,K4)
- 5.4. The Non-parametric Methods: Sign test- Assumptions and Uses of Sign Test(K1,K2,K3,K4)
- 5.5. the Median Test- Run Test- the Kolmogorov and Smirnov Two Sample test(K1,K2,K3,K4)
- 5.6. Precautions of the use the Non-parametric tests.(K1,K2,K3,K4)

### **Text Books:**

1. Howell, D. (2012). *Statistical method for psychology* (8th ed.). Delhi, India: Cengage Learning.
2. Aron, A., Aron, E. N., & Coups, E. J. (2006). *Statistics for psychology* (4th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

### **References:**

1. Agresti, A., & Finlay, B. (2013). *Statistical methods for the social sciences*. Hoboken, NJ: Pearson Education
2. Heiman, G. (2013). *Basic statistics for the behavioral sciences* (7th ed.). Belmont, CA: Cengage Learning.

## SEMESTER – V

### UCPYI22 - ABNORMAL PSYCHOLOGY - I

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / V	UCPYI22	Abnormal psychology - I	Theory	Core	6	4	40+60=100

#### OBJECTIVE:

To introduce students to fundamental knowledge in the field of clinical psychology with emphasis on critical understanding of diagnostic criteria and treatment.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- Explain abnormal behavior and the need for classification. Use ICD 11 and DSM V manuals.
- Appraise any disorder from multiple perspectives to gain a deeper understanding into the triggers, causes and underlying factors.
- Identify disorders related to neurodevelopment.
- Identify cases pertaining to different anxiety related disorders.
- Distinguish between the different somatic disorders and dissociative disorders.
- Relate theoretical knowledge to rudimentary treatment suggestions.

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	H	H	H	M
CO 2	H	M	H	H	H	H
CO 3	H	H	H	H	H	H
CO 4	H	H	H	H	H	H
CO 5	H	H	H	H	H	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	H	M	M	H
CO 2	M	M	M	M	M	H
CO 3	L	M	H	H	H	H
CO 4	M	M	M	H	H	H
CO 5	M	M	H	H	H	H

Low-L, Medium-M, High-H

**UNIT I: INTRODUCTION AND THEORETICAL PERSPECTIVE [13 Hours]**

- 1.1 Defining Abnormal Behaviour; current problems of mental disorders (K2)
- 1.2 Causes of Abnormal Behaviour: Necessary, Predisposing, Precipitating and Reinforcing factors. (K2)
- 1.3 Historical views of abnormal behaviour (K2)
- 1.4 Humanitarian reform and approaches (K2)
- 1.5 Need for classification; ICD 11 – Brief overview (K2, K3)
- 1.6 DSM V – Brief overview and criticisms (K2, K3)

**UNIT II: MODELS OF ABNORMALITY [18 Hours]**

- 2.1 Biological perspective (K1, K2)
- 2.2 Psychological perspectives: a) Psychodynamic perspective (K1, K2)
- 2.3 b) Behavioural and Cognitive behavioural perspectives (K1, K2)
- 2.4 c) Humanistic and Existential perspectives (K1, K2)
- 2.5 Psychological causes (K1, K2)
- 2.6 Socio – Cultural perspective and causes (K1, K2)

**UNIT III: NEURODEVELOPMENT DISORDERS [18 Hours]**

- 3.1 Intellectual Disability Disorder: Definition, Clinical types and Causal factors (K1, K2, K3, K4)
- 3.2 autism spectrum disorder: Clinical Picture and Causal Factors (K1, K2, K3, K4)
- 3.3 Specific Learning disorder: Clinical Picture and Causal factors (K1, K2, K3, K4)
- 3.4 Attention Deficit /Hyperactivity disorder (K1, K2, K3, K4)
- 3.5 Conduct Disorder (K1, K2, K3, K4)
- 3.6 Neurodevelopmental Motor Disorders: Developmental Coordination Disorder, Stereotypic 3.7 Movement Disorder, Tic Disorder. (K1, K2, K3, K4)

**UNIT IV: ANXIETY RELATED DISORDERS [18 Hours]**

- 4.1 Meaning of Anxiety related disorders; General Risk factors across Anxiety related disorders (K1, K2, K3)
- 4.2 Description, Etiology and Treatment of: Generalized Anxiety Disorder, Panic Disorder (K1, K2, K3, K4)
- 4.3 Phobic Disorders – Specific and Social Phobias (K1, K2, K3, K4)
- 4.4 Post-Traumatic Stress Disorder and Acute Stress Disorder (K1, K2, K3, K4)
- 4.5 obsessive compulsive disorder (K1, K2, K3, K4)
- 4.6 Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania (K1, K2, K3, K4)

**UNIT V: SOMATIC DISORDER AND DISSOCIATIVE DISORDER [18 Hours]**

- 5.1 Complex Somatic Symptom Disorder: a) Somatization b) Hypochondriasis c) Pain Disorder (K1, K2, K3, K4)
- 5.2 Illness Anxiety Disorder (K1, K2, K3, K4)
- 5.3 Functional Neurological Disorder (Conversion Disorder) (K1, K2, K3, K4)
- 5.4 Distinguishing Somatization, Pain, and Conversion Disorders from Malingering and Factitious Disorder (K1, K2, K3, K4)
- 5.5 Dissociative Disorders: Dissociative Amnesia and Dissociative fugue, dissociative identity disorder (K1, K2, K3, K4)
- 5.6 Depersonalization and Derealization Disorder - Causal factors and Treatment (K1, K2, K3, K4)

**TEXTBOOKS:**

- 1. Butcher, J.N., Hooley, J. M., Mineka, S., Dwivedi, C.B. (2017). Abnormal psychology (16th ed.). New Delhi, India: Pearson India Education Services Private Limited.
- 2. Barlow, D. (2017). Abnormal psychology and casebook in abnormal psychology (5th ed.). Belmont, CA: Wadsworth.

**REFERENCE BOOKS:**

- 1. Davison, G.C., Neale, J.M & Kring, A. M. (2004). Abnormal psychology. (9th ed.). Marblehead, MA: John Wiley& Sons Inc.
- 2. Alloy, L. B., Riskind, J. H., & Manos, M.J. (2005). Abnormal psychology. New Delhi, India: Tata McGraw Hill

## SEMESTER – V

### UCPYJ22 - SOCIAL PSYCHOLOGY - I

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / V	UCPYJ22	Social psychology – I	Theory	Core	5	4	40+60=100

#### OBJECTIVE:

This course helps the student to understand the behaviour of an individual in social situations and helps to gain knowledge about the social forum.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- State the theories of Social Psychology
- Relate with the theories of attribution
- Infer the attitude changes of people over time
- Sketch out the requirements for interpersonal relationship
- Interpret the benefits out of altruistic behaviors

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	H	M	L	M
CO 2	H	M	H	M	L	H
CO 3	H	H	H	M	L	H
CO 4	H	H	H	M	M	H
CO 5	H	H	H	M	L	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	M	M	M	M
CO 2	M	M	H	H	M	M
CO 3	M	M	M	H	H	H
CO 4	M	M	M	H	H	H
CO 5	M	L	L	M	M	M

L-Low Medium-M, High-H

## **UNIT – I: INTRODUCTION**

**(11 HOURS)**

- 1.1 Definition - Nature of Social Psychology (K1, K2)
- 1.2 Brief History or the emergence of social psychology (K1, K2)
- 1.3 Principles of Social Psychology (K1, K2, K3)
- 1.4 Social Psychology and Human Values (K1, K2, K3)
- 1.5 Social Psychology and Common Sense (K1, K2, K3)
- 1.6 Research Methods (K2)

## **UNIT – II: THE SELF**

**(17 HOURS)**

- 2.1 **Self-Presentation:** Self-Other accuracy in predicting behaviour- Self-Presentation tactics, (K1, K2, K3)
- 2.2 **Self-Knowledge:** Introspection, the self from the observer's standpoint, (K1, K2, K3)
- 2.3 **Personal identity versus social identity:** the importance of the social context and others' treatment – (K1, K2, K3, K4)
- 2.4 **Social Comparison:** Self-serving biases and unrealistic optimism, (K1, K2, K3)
- 2.5 **Self-esteem:** the measurement of self-esteem - the impact of migration on self-esteem - gender differences and self-esteem, (K2, K3, K4)
- 2.6 **Self as a target of prejudice:** concealing one's identity and its impact on well-being - overcoming the effects of stereotype threat. (K2, K3, K4)

## **UNIT – III: SOCIAL BELIEFS AND JUDGEMENTS**

**(15 HOURS)**

- 3.1 **Judging the social world:** Perceiving the social world - Explaining the social world - Importance of social beliefs (K1, K2)
- 3.2 Self-fulfilling prophecy, Cognitive social psychology (K1, K2, K3)
- 3.3 **Behaviour and Attitudes:** Conditions When Attitudes Determine Behaviour - Conditions When Behaviour Determines Attitudes- Explaining Why Behaviour Affects Attitudes (K1, K2, K4)
- 3.4 **Self-presentation:** Impression Management, (K2, K3)
- 3.5 **Self-justification:** Cognitive Dissonance (K2, K3)
- 3.6 **Self perception:** Comparing the theories (K2, K3, K4)

## **UNIT – IV: CONFORMITY, COMPLIANCE AND OBEDIENCE**

**(17 HOURS)**

- 4.1 **Conformity:** Definitions - Classic Studies on Conformity (K1, K2)
- 4.2 Compliance & Obedience - Factors Predicting Conformity (K1, K2)
- 4.3 Reasons for Conformity - Characteristics of people who conform, (K1, K2, K4)
- 4.4 Resisting social pressures to conform (K2, K3, K4)
- 4.5 **Compliance:** Principles of compliance, Effectiveness of compliance strategies (K1, K2, K4)
- 4.6 **Obedience:** Causes & resisting the effects of destructive obedience (K1, K2, K3, K4)

## **UNIT – V: HELPING BEHAVIOR**

**(15 HOURS)**

- 5.1 **Altruism and pro-social behaviour:** Theoretical perspectives (K1, K2)
- 5.2 By Stander Effect (K2, K4)
- 5.3 **Helping:** Reasons for Helping (K1, K2)
- 5.4 Conditions Governing Helping (K1, K2, K4)
- 5.5 Characteristics of People Who Help (K1, K2, K3, K4)
- 5.6 Increasing Helping Behaviour (K2, K3, K4)

### **TEXT BOOKS:**

1. Myers, D.G. & Twenge, J.M. (2017): *Social psychology* (12th ed.). New York, NY: McGraw - Hill Education.
2. Branscombe, N.R., Baron, R.A. & Kapur, P. (2017). *Social psychology* (14th ed.). Chennai, India: Pearson India Education Services Pvt. Limited.

### **REFERENCES:**

1. Myers, D.G. (2002). *Social psychology* (7th ed.). New York, NY: McGraw Hill Book Company.
2. Baron, A., & Byrne, D. (2002). *Social psychology* (10th ed.). New Delhi, India: Prentice-Hall of India.



## SEMESTER – V

### UCPYK22 - INTRODUCTION TO RESEARCH METHODOLOGY

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / V	UCPYK22	Introduction to research methodology	Theory	Core	5	4	40+60=100

#### OBJECTIVE:

To equip students with the knowledge and ability to produce research papers.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- Understand the meaning of research and the principles that govern it.
- Identify the research problem and hypothesis.
- Describe different methods of sampling and choose an appropriate sampling method for their research.
- Compare different data collection methods. Collect data through different methods learnt.
- Acquire knowledge on research process and to write a structured report.

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	M	M	H	L	H
CO 2	H	H	M	H	H	H
CO 3	H	H	H	H	M	H
CO 4	H	H	H	H	M	H
CO 5	H	H	H	H	M	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	M	H	M	L
CO 2	M	L	M	H	M	M
CO 3	L	M	M	M	H	H
CO 4	L	L	M	M	M	M
CO 5	L	M	M	M	H	H

Low-L, Medium-M, High-H

## **UNIT I: RESEARCH METHODOLOGY: AN INTRODUCTION [13 Hours]**

- 1.1 Definition- Need and Importance of psychological Research (K1, K2)
- 1.2 Objectives of Research (K1, K2)
- 1.3 Types of Research (K1, K2)
- 1.4 The Research Process (K1, K2)
- 1.5 Principles and ethics in Research (K1, K2)
- 1.6 Problems encountered by researchers in India. (K1, K2)

## **UNIT II: RESEARCH PROBLEM, HYPOTHESIS AND REVIEW OF LITERATURE [ 16 Hours]**

- 2.1 **Research Problem:** Meaning and characteristics of a problem (K1, K2)
- 2.2 Ways in which a problem is manifested, Types of Problems (K1, K2, K3)
- 2.3 **Hypothesis:** Meaning and characteristics of a good hypothesis (K1, K2)
- 2.4 Types - Sources and Functions of Hypotheses (K1, K2, K3)
- 2.5 **Reviewing the Literature:** Purpose of Review (K1, K2)
- 2.6 Sources of Review (K1, K2, K3)

## **UNIT III: SAMPLING [16 Hours]**

- 3.1 Meaning and Need for sampling (K1, K2)
- 3.2 Fundamentals of sampling (K1, K2)
- 3.3 Factors influencing decision to sample (K1, K2)
- 3.4 Types of Sampling: Probability and Non-probability- Probability Sampling: Simple random, stratified random, random cluster sampling (K1, K2, K3)
- 3.5 non-probability sampling: Quota, Accidental, Judgemental or purposive, systematic and snowball sampling (K1, K2, K3)
- 3.6 Probability and Non-probability sampling: Advantages, Disadvantages, Steps, Deciding appropriate sampling methods (K1, K2, K3, K4)

## **UNIT IV: METHODS OF DATA COLLECTION [14 Hours]**

- 4.1 **Primary data:** Questionnaire and schedule (K2, K3)
- 4.2 Interview (K2, K3)
- 4.3 Observation as a tool of Data Collection (K2, K3)
- 4.4 Difference between Participant observation and non-participant observation (K2, K3)
- 4.5 Rating Scale (K2, K3)
- 4.6 **Secondary data:** Sources. (K2, K3)

## **UNIT V: REPORT WRITING [16 Hours]**

- 5.1 Meaning and significance of report writing (K2)
- 5.2 General purpose of writing a research report (K1, K2)
- 5.3 Types of research reports, Styles of writing a research report (K1, K2, K3)
- 5.4 Steps in report writing (K1, K2, K3)
- 5.5 Layout of a report (K1, K2, K3, K4)
- 5.6 Precautions in writing a research report (K1, K2, K3, K4)

**TEXTBOOKS:**

1. McBurney, D.H. (2007). Research methods; New Delhi, India: Thomson Wadsworth
2. Singh, A.K. (2012). Tests, measurements and research methods in behavioural sciences. (5th ed.). Patna, India: B.B. Printers.

**REFERENCES:**

1. Haslam, A.S., & McGarty, C. (2003). Research methods and statistics in psychology. New Delhi, India: Sage Publications.
2. Ramadass, P., & Aruni, W. A. (2009): Research and writing across the disciplines; Chennai, India: MJP Publishers

## SEMESTER – V

### UCPYL22 - EXPERIMENTAL PSYCHOLOGY-I

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / V	UCPYL22	Experimental Psychology I	Practical	Core	6	4	40+60=100

#### OBJECTIVE:

To provide practical exposure to assess, analyse and interpret various psychological concepts.

#### LIST OF ASSESSMENTS:

A minimum of 10 experiments should be chosen from the given list for record and practice

- Finger dexterity- **psychomotor**
- Tweezer dexterity- **psychomotor**
- Maze learning- **Learning**
- Mirror Drawing- **Learning**
- Muller-layer illusion - **Perception**
- Size-weight illusion- **Perception**
- Span of attention- **Attention**
- Division of attention- **Attention**
- Concept formation blocks- **Concept formation**
- Conception formation cards - **Concept formation**
- State-trait anxiety test- **Emotion**
- Test for General Intelligence for College Students - **Intelligence**
- Bhatia's battery- **Intelligence**
- Immediate memory-**Memory**
- Memory Drum- **Memory**
- BKT
- Seguin form board
- Gazette drawing

#### Distribution of Marks: 100 Marks

<b>Internal = 40</b>	Model Examination - 20, Record-20
<b>External = 60</b>	Viva-10, materials required-5, Conduction-10, Plan and Procedure - 10, Result and Tabulation-5, Discussion -15, Conclusion -5

## SEMESTER – VI

### UCPYM22 - ABNORMAL PSYCHOLOGY II

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / VI	UCPYM22	Abnormal Psychology II	Theory	Core Theory	6	4	40+60=100

#### OBJECTIVE:

To introduce students to various disorders related to mood, psychotic, personality, and substance use disorders.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- Discuss symptomatic criteria, and treatment of mood disorders.
- Identify symptoms and causes of schizophrenia and psychotic symptoms.
- Distinguish between different clusters of personality disorders and identify them.
- Summarize the concepts, symptoms and treatments of various addiction related disorders.
- Relate psychotherapeutic knowledge to various disorders.

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	H	H	M
CO 2	H	H	H	H	H	M
CO 3	H	H	H	H	H	M
CO 4	H	H	H	H	H	M
CO 5	H	H	H	H	H	M

CO/PO	PO					
	1	2	3	4	5	6
CO 1	L	M	H	M	M	H
CO 2	M	M	M	M	M	H
CO 3	L	M	H	H	H	H
CO 4	M	M	M	H	H	H
CO 5	M	M	H	H	H	H

Low-L, Medium-M, High-H

## **UNIT I: MOOD DISORDERS**

**[18 Hours]**

- 1.1 Unipolar mood disorder: Biological factors (K1, K2, K4)
- 1.2 Psychosocial and Socio- cultural Causal factors (K1, K2, K4)
- 1.3 Bipolar disorders: Biological factors (K1, K2, K4)
- 1.4 Psychosocial and Socio- cultural Causal Factors (K1, K2, K4)
- 1.5 Treatment (K1, K2, K3, K4)
- 1.6 Suicide: Causes, Prevention, Treatment (K1, K2, K3, K4)

## **UNIT II: SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS [16 Hours]**

- 2.1 **Schizophrenia:** Meaning (K2)
- 2.2 Clinical features – positive and negative symptoms (K1, K2, K3, K4)
- 2.3 Causes (K1, K2, K4)
- 2.4 Treatment (K1, K2, K3, K4)
- 2.5 Subtypes (K1, K2, K3, K4)
- 2.6 **Other Psychotic Disorders:** Causal Factors - Treatment (K1, K2, K3, K4)

## **UNIT III: PERSONALITY DISORDERS**

**[18 Hours]**

- 3.1 Steps of personality assessment in the proposed DSM V (K1, K2, K3)
- 3.2 Cluster A disorders: Meaning, Types, Causes. (K1, K2, K3, K4)
- 3.3 Cluster B disorders: Meaning, Types, Causes: Anti-Social Personality Disorder, Borderline Personality Disorder (K1, K2, K3, K4)
- 3.4 Histrionic Personality Disorder, Narcissistic Personality Disorder (K1, K2, K4)
- 3.5 Cluster C disorders: Meaning, Types, Causes (K1, K2, K3, K4)
- 3.6 Treatment of Personality Disorders (K1, K2, K3, K4)

## **UNIT IV: SUBSTANCE RELATED DISORDERS**

**[18 Hours]**

- 4.1 Concepts: Substance Abuse, Tolerance, Dependence, Addiction, Withdrawal symptoms (K1, K2)
- 4.2 Neurobiology and Physiology of addiction (K1, K2)
- 4.3 Addiction Disorders: Alcohol Abuse and Dependence: Etiology, Criteria (K1, K2, K3, K4)
- 4.4 yCber addiction: causes, symptoms and consequences
- 4.5 Psychoactive drugs (Meaning, Classification), Drug Abuse and Drug Dependence: Etiology, Causal factors (K1, K2, K3, K4)
- 4.6 Treatment – Pharmaceutical, Psychotherapeutic interventions. (K1, K2, K3)

## **UNIT V: PREVENTION AND TREATMENT**

**[16 Hours]**

- 5.1 Perspectives on Prevention - Primary, Secondary and Tertiary Prevention (K1, K2, K3, K6)
- 5.2 Psychological approaches to treatment: Psycho dynamic therapy (K1, K2, K3)
- 5.3 Behaviour therapy, Cognitive and Cognitive Behavioural therapies (K1, K2, K3)
- 5.5 Humanistic and Existential therapies, Family and Marital Therapy (K1, K2, K3)
- 5.6 Eclecticism and Integration, Indigenous systems: Yoga and Meditation. (K1, K2, K3, K4)

**TEXT BOOKS:**

1. Butcher, J.N., Hooley, J.M., Mineka, S., & Dwivedi, C.B. (2017). Abnormal psychology (16th ed.). New Delhi, India: Pearson Publication.
2. Barlow, D. (2017). Abnormal psychology and casebook in abnormal psychology, (5th ed.). Belmont, CA: Wadsworth.

**REFERENCES:**

1. Davison, G.C., Neale, J.M., & Kring, A. M. (2004). Abnormal psychology. (9th ed.). Malden, MA: John Wiley & Sons Inc.
2. ,L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal psychology. New Delhi, India: Tata McGraw Hill publishing Co.

## SEMESTER – VI

### UCPYN22 - SOCIAL PSYCHOLOGY -II

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / VI	UCPYN22	Social Psychology II	Theory	Core Theory	5	4	40+60=100

#### OBJECTIVE:

This course gives a deeper understanding about human behaviour and mental process in a social context.

#### COURSE OUTCOMES (CO):

On completion of the course, the students will be able to:

- Identify the elements of persuasion and related theories
- Relate the group influence on individuals
- Demonstrate the consequences of group antagonism
- Discuss and analyse various theories of aggression and strategies to reduce aggression.
- Summarize on liking, love and close relationships.

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	H	H	H
CO 2	H	H	H	H	H	H
CO 3	H	H	H	H	H	H
CO 4	H	H	H	H	H	H
CO 5	H	H	H	H	H	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	M	L	M	H	H	H
CO 2	H	L	M	M	M	M
CO 3	L	M	M	M	M	M
CO 4	M	M	M	M	L	
CO 5	M	M	M	M	M	L

Low-L, Medium-M, High-H



## **UNIT - I PERSUASION**

**(13 HOURS)**

- 1.1 **Theories of Persuasion:** the central route - the peripheral route (K1,K2,K3,K4)
- 1.2 different pathways for different purposes (K1,K2,K3)
- 1.3 Elements of Persuasion: communicator, content, channel, audience (K1,K2,K3,K4)
- 1.4 Cults & persuasion – Resisting(K1,K2,K3)
- 1.5 Persuasion: strengthening personal commitment, (K1,K2,K3)
- 1.6 Inoculation programs- implications of attitude inoculation.(K1,K2,K3)

## **UNIT - II GROUP INFLUENCE:**

**(16HOURS)**

- 2.1 Definition of Group - **Social Facilitation:** the mere presence of others, crowding, factor(K1,K2,K3)
- 2.2 **Social Loading:** Introduction, social loafing in everyday life(K1,K2,K3,K4)
- 2.3 **De-individualization:** importance of working together, diminishing self-awareness(K1,K2,K3,K4)
- 2.4 **Group Polarization:** The risky shift phenomenon, Group influence on opinions(K1,K2,K3,K4)
- 2.5 **Group Think:** symptoms, critiquing, preventing group think, group problemsolving(K1,K2,K3)
- 2.6 **The influence of the minority:** consistency, self-confidence, deflections from a majority, leadership as minority influence(K1,K2,K3,K4)

## **UNIT - III PREJUDICE**

**(14 HOURS)**

- 3.1 Nature and Power of Prejudice (K1,K2,K3)
- 3.2 Social Sources of Prejudice (K1,K2,K3)
- 3.3 Motivational Sources of Prejudice (K1,K2,K3)
- 3.4 Cognitive Sources of Prejudice (K1,K2,K3)
- 3.5 Consequences of Prejudice -Discrimination (K1,K2,K3)
- 3.6 prejudice in action – Techniques for countering the effects of prejudice(K1,K2,K3)

## **UNIT - IV AGGRESSION**

**(16 HOURS)**

- 4.1 **Aggression:** Definition - Hurting Others(K1,K2,K3)
- 4.2 Theories of Aggression (K1,K2,K3)
- 4.3 Media violence (K1,K2,K3)
- 4.4 Sexual violence (K1,K2,K3)
- 4.5 Strategies to reduce Aggression.(K1,K2,K3)

## **UNIT – V: LIKING, LOVE AND OTHER CLOSE RELATIONSHIPS [16 HOURS]**

- 5.1 **Internal sources of liking others:** the role of needs and emotions(K1,K2,K3)
- 5.2 **External sources of attraction:** the effects of proximity(K1,K2,K3)
- 5.3 familiarity and physical beauty (K1,K2,K3)
- 5.4 Sources of liking based on social interaction (K1,K2,K3)
- 5.5 **Close relationships** - foundations of social self (K1,K2,K3,K4)
- 5.6 Divorce & the detachment process(K1,K2,K3,K4)

**TEXTBOOKS:**

1. Myers, D.G., & Twenge, J.M. (2017). *Social psychology* (12th ed.). New York, NY: McGraw - Hill Education.
2. Branscombe, N.R., Baron, R.A. & Kapur, P. (2017). *Social psychology* (14th ed.). Chennai, India: Pearson India Education Services Private Limited.

**REFERENCES:**

1. Myers, D. G. (2002). *Social Psychology* (7th ed.). New York, NY: McGraw Hill Book Company.
2. Baron, A., & Byrne, D. (2002). *Social Psychology* (10th ed.). New Delhi, India: Prentice-Hall of India.

## SEMESTER – VI

### UCPYO22 - PRACTICAL -EXPERIMENTAL PSYCHOLOGY-II

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / VI	UCPYO22	Experimental Psychology I	Practical	Core	6	4	40+60=100

#### OBJECTIVE:

i) To provide practical exposure to assess, diagnose and interpret various psychological concepts. ii) To understand the mental status examination (MSE).

#### LIST OF ASSESSMENTS:

A minimum of 10 experiments should be chosen from the given list for record and practice

- Achievement Motivation scale- **Achievement tests**
- Leadership preference scale - **Leadership**
- Eysenck's personality inventory -**Personality**
- 16 PF personality test –**Personality**
- Neuroticism Scale Questionnaire -**Personality**
- Thurstone interest schedule –**Interest**
- Comprehensive Interest Schedule - **Interest**
- Singh's personality stress-**Stress and coping**
- Bell's adjustment inventory- **adjustment**
- General test for creativity based on Wallach Kogan- **Creativity**
- Passi test for creativity - **Creativity**
- Distinctive aptitude test - **Aptitude**
- Sexual attitude scale - **Attitude**
- Motivational analysis test - **Motivation**
- P.G.I General Wellbeing measure – **Health and Wellbeing**
- **MSE**

#### Distribution of Marks: 100 Marks

<b>Internal = 40</b>	Model Examination - 20, Record-20
<b>External = 60</b>	Viva-10, materials required-5, Conduction-10, Plan and Procedure - 10, Result and Tabulation-5, Discussion -15, Conclusion -5

## SEMESTER VI

### UCPYP22 - COMPULSORY PROJECT

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / VI	UCPYP22	Compulsory project	practical	project	5	5	80+20=100

#### OBJECTIVE:

To equip students with professional competence based on their core subjects learnt.

**CRITERIA:** To complete these courses, the following are required to be completed before the semester examinations.

Sl. No	Activities	Marks
1	Field visits to any two of the following places: <ul style="list-style-type: none"><li>• Mental Health Centre</li><li>• Rehabilitation Centre</li><li>• Special Education School</li><li>• Orphanage</li><li>• Old age Home</li></ul> To be submitted as reports	20
2	Create and conduct workshops ( 5 hours) <ul style="list-style-type: none"><li>• Create two workshop modules that last for a duration of 1 – 2 hours each</li><li>• Submit a workshop proposal consisting of : aim, objectives, venue, date, number of participants, tabulated program outline along with materials to be used (PPT, Videos, etc)</li></ul>	20
3	Peer Counselling and submission of one case conceptualization.	20
4	<ul style="list-style-type: none"><li>• Conduct a simple research and submit their report</li></ul> Or <ul style="list-style-type: none"><li>• Administer any assessment tool for a learning disability and submit a case report</li></ul>	20
5	Individual supervision for 3 hours	-
6	Group supervision for 10 hours	-
7	Record	20
	<b>TOTAL</b>	<b>100</b>