



BACHELOR OF ARTS (B.A.)

(THREE YEAR DEGREE COURSE)

SUBJECT

PSYCHOLOGY

B.A. (PSYCHOLOGY)

COURSE STRUCTURE

FIRST YEAR

Max. Marks

PAPER – 101: Basic Psychological Processes 35 Marks

PAPER – 102: Experimental Methodology and Statistics 35 Marks

PAPER – 103: Practical 30 Marks

SECOND YEAR

PAPER – 201: Psychopathology 35 Marks

PAPER – 202: Social Psychology 35 Marks

PAPER – 203: Practical 30 Marks

THIRD YEAR

PAPER – 301: Measurement & Statistics 25 Marks

PAPER – 302: Counseling and Guidance 25 Marks

PAPER – 303 OPTIONAL PAPERS (Any one of the followings) :- 25 Marks

PAPER 303(A) Organizational Psychology

PAPER 303(B) Health Psychology

PAPER 303(C) Environmental Psychology

PAPER – 304: Practical 25 Marks

B.A. (PSYCHOLOGY)

FIRST YEAR DETAILED SYALLBUS

PAPER – 101

Basic Psychological Processes

Unit I

- **Introduction:** Definition, nature, scope and applications of psychology. Methods: Introspection, observation, experimental, interview, questionnaire and case study.
- **Biological Bases of Behaviour:** The response mechanism: Receptors, effectors and adjustors. The Nervous System: The basic structure, functions and divisions of the Peripheral and Central Nervous System.

Unit II

- **Sensory Processes:** Visual and auditory: Structure and functions.
- **Attentional Processes:** Nature, types and determinants of attention.
- **Perceptual Processes:** Nature and determinants, perceptual organization, Nature and Types of illusion.

Unit III

- **Learning:** Nature of learning process. Classical and Operant conditioning: Basic principles and types. Thorndike's trial and error theory and Gestalt theory of insight. Transfer of training, types of transfer, factors influencing learning.
- **Memory and Forgetting:** Memory: The Stages of memory Encoding, storage and retrieval processes. Types of Memory: Sensory, short term and long

term memory. Methods of measuring memory. Techniques of improving memory. Forgetting: Nature, causes and theories of forgetting: Decay, interference.

- **Motivation and Emotion:** Characteristics of motivation, the motivational cycle. Classification of motives: Biogenic, sociogenic and personal motives. Emotion: Nature and theories of Emotion: James-Lang'e, Cannon-Bard, Physiological correlates of emotion.

Unit IV

- **Thinking:** Nature and tools of thinking: concepts, imagery, prototypes, script, schema, language and thought.
- **Intelligence:** Definition, concept of I.Q. Genetic and environmental influences on intelligence. Factor theories: Spearman, Thurstone and Guilford.
- **Personality:** The concept of personality. Trait and type approaches of personality. The Biological, social and cultural determinants of personality.

BOOKS RECOMMENDED:

- Atkinson and Hilgard (2002). Introduction to Psychology. New York: Thomson Wadsworth.
- Baron, R. A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon.
- Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.
- Lefton, L. A. (1985). Psychology. Boston: Allyn and Bacon.
- Morgan, C. T., King, R.A. Weiz, J. R., Schopler, J. (2001). Introduction to Psychology. Tata McGraw Hill.

- Singh, A. K. (2000). Uchchatar Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- Zimbardo, P.G. and Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
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B.A. (PSYCHOLOGY)

FIRST YEAR DETAILED SYALLBUS

PAPER – 102

EXPERIMENTAL METHODOLOGY AND STATISTICS

Unit I

- **Introduction:** Nature of Science and Scientific method. Steps involved in experimentation.
- **Problem and Hypothesis:** Nature, types and sources.
- **Variables:** Nature and types, Control of Variables.

Unit II

Psychophysics : Nature, Problems and Methods, Weber Fechner Law.

Unit III

- **Meaning and Purpose of Statistics in Psychology:** Discrete and Continuous Scores.
- **Frequency Distribution and their Graphical Presentation:** Frequency polygons, Histograms and Ogive.

Unit IV

- **Measures of Central Tendency:** Mean, Median, Mode and its meaning, application and computation.

- **Measures of Variability:** Range, quartile deviation, average deviation, standard deviation, meaning application and computation.

BOOKS RECOMMENDED:

- Garrett, H. E. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Garrett, H. E. (1993). Siksha evam Manovigyan Mein Sankhyiki. New Delhi: Kalyani Publishers.
- Guilford, J.P. & Fruchter (1973). Fundamentals of Statistics in Psychology and Education. Tokyo: Kogapusha.
- Kapil, H.K. (1980). Sankhyiki ke Mool Tatva. Agra: Vinod Pustak Mandir.
- McGuigan, F.J. (1990). Experimental Psychology (5th Edition). New Delhi: Prentice Hall. India.
- Singh, A.K. (2000). Test, Measurement and Research Methods. New Delhi: Motilal Banarsi Das.
- Suleman, M. (1997). Sankhyiki ke Mool Tatva. Patna: Shukla Book Depot.
- Verma, P. & Srivastava, D.N. (1996). Manovigyan aur Shiksha mein Sankhyiki. Agra: Vinod Pustak Mandir.

B.A. (PSYCHOLOGY)

FIRST YEAR DETAILED SYALLBUS

PAPER – 103

PRACTICAL

Any six experiments of the following should be performed.

1. Bilateral transfer of training.
2. Maze learning.
3. Influence of set on perception.
4. Psychophysics (any one method).
5. Effect of knowledge of results on performance.
6. Intelligence Test (Verbal).
7. Memory span for digits and words.
8. Division of Attention.

B.A. (PSYCHOLOGY)

SECOND YEAR DETAILED SYALLBUS

PAPER – 201

PSYCHOPATHOLOGY

Unit I

- **Introduction to Psychopathology:** The concept of normality and abnormality; Classification of mental disorders, recent classification of DSM.
- **Mental Illness:** Symptoms and syndromes. Causes of abnormal behaviour: Biological, psychological, social and cultural factors.
- **Psychological Models of Psychopathology:** Biological, psychodynamic, behavioural, cognitive-behavioural.

Unit II

- **Stress:** Nature sources and types; Acute stress disorder. Coping with stress.
- **Psychosomatic Disorders:** Symptoms, causes and treatment.

Unit III

- **Anxiety Disorders:** Phobia, Obsessive compulsive disorder, Generalized Anxiety disorder; their symptoms, types, etiology and treatment.
- **Somatoform Disorders:** Conversim HYsteria.

Unit IV

- **Psychotic Disorders:** Symptoms, types, etiology and treatments.

(a) Schizophrenia (b) Delusional disorders.

- **Mood (Affective) Disorders:** Manic episode, Depressive episode, Bipolar Affective disorders.
- **Personality Disorders:** (a) Dissociative (b) Impulsive (c) Anti Social (d) Borderline

BOOKS RECOMMENDED:

- Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- Carson, R.C.; Butcher, J. N. & Mineka, S. (2010). Abnormal Psychology and Modern life. Pearson Education, Inc. and Dorling Kindersley publications Inc.
- Sraon, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviours (11th Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.

B.A. (PSYCHOLOGY)

SECOND YEAR DETAILED SYALLBUS

PAPER – 202

SOCIAL PSYCHOLOGY

Unit I

- **Introduction:** Nature and scope; Methods of studying social behaviour: Observation, field study, survey, sociometry.
- **Socialization:** Nature and Agents and mechanisms, socialization and deviation.
- **Social Interaction:** Competition, cooperation and social facilitation.

Unit II

- **Perceiving Groups:** Prejudice, Stereotypes and Conflicts: Sources, dynamics and remedial techniques.
- **Interpersonal attraction:** Nature, measurement and antecedent conditions of interpersonal attraction.
- **Attitudes:** Nature, Formation and change of attitudes. Measurement of attitudes. Likert, Thurston and Bogardus.

Unit III

- **Group Dynamics and Influence:** Structure, function and types of the groups. Group cohesiveness, norms and decision making. Conformity, obedience and social modeling.

- **Leadership:** Definitions and functions; Trait, situational, interactional, behavioural and contingency approaches to leadership effectiveness.

Unit IV

- **Communication:** Verbal and non-verbal strategies. Language and social interaction. Barriers to communication.
- **Aggression:** Determinants: Personal and social; Theoretical perspectives: Biological, trait, situational and Bandura's social learning; Control of aggression.
- **Helping Behaviour:** determinants: Personal, situational and socio-cultural determinants.

BOOKS RECOMMENDED:

- Alcock, J. E. Carment, D.W. Sadava, S.W. Collins, J. E., Green, J. M. (1997). A Text Book of Social Psychology. Scarborough, Ontario: Prentice Hall/Allyn & Bacon.
- Baron, R. A. Byrne, D. (2002). Social psychology. New Delhi: Prentice Hall.
- Feldman, R. S. (1985). Social Psychology: Theories, Research and Application. New York: McGraw Hill.
- Myers, David, G (1994). Exploring Social Psychology. New York: McGraw Hill.
- Singh, A. K. (1996). Adhunik Samajik Manovigyan ki Rooprekha (3rd edition). Varanasi: Motilal Banarsi Das.
- Tripathi, L. B. (1992). Adhunik Samajik Manovigyan Agra: National Psychological Corporation.

- Worchel, S. & Cooper, J. (1983). Understanding Social Psychology. Illinois: Dorsey Press.

B.A. (PSYCHOLOGY)
SECOND YEAR DETAILED SYALLBUS

PAPER – 203

PRACTICAL

Any six tests of the following should be performed.

1. Attitude Scale.
2. Test of Aggression.
3. Sociometry.
4. Social Facilitation/Conformity
5. Anxiety
6. S.C.T. (Sentence Competition Test)
7. EPI (Eysenck Personality Inventory)
8. Stress/Coping Test.

B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

PAPER – 301

MEASUREMENT AND STATISTICS

Unit I

- **Scaling techniques and Measurement:** Scaling techniques: Paired comparison, rating and ranking.
- **Levels of Measurement:** Nominal, interval, ordinal and ratio scales.
- **Tests:** Meaning and characteristics of a good test, Types of tests.

Unit II

- Standardization of test; Norms-types. Concept and measurement of reliability and validity.
- **Errors in Measurement:** Examiner's variables, Testee's variables, Situational variables in psychological measurement.

Unit III

- **Research Design:** Meaning, characteristics and purpose of research design.
- **Normal Distribution:** Concept of probability. Laws of probability. Characteristics of NPC. Deviation from NPC; Skewness and kurtosis. Applications of NPC.
- **Correlation:** Concept of Correlation: Linear and non-linear correlation, Pearson's Moment correlation, spearson's rank order correlation.

Unit IV

- **Hypothesis Testing and Making Inferences:** Population and sample: Random sampling; nature and assumptions of t-distribution; computation of t values for independent (small and large); interpretation of t values-level of significance; type-I and type-II errors in inference making.
- **Non-Parametric Statistics:** Nature and assumptions, Chi-square, Median and sign test.
- **Preparation of data for computer analysis:** Familiarization with software packages of statistics and their application.

BOOKS RECOMMENDED:

- Anastasi, A.S. Urbina. S (1999). Psychological Testing, (7th International Ed.). MacMillan Co.
- Broota, K.D. (1992). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
- Garrett, H. (Eds) (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Kapil, H.K. (1980). Sankhyaki ke Mool Tatva Agra: Vinod Pustak Mandir.
- Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing, Principles, Applications and Issues (5th Ed.) USA: Wadsworth Thomson learning.
- Minium, E.W. King. B.M. & Bear. G. (1993). Statistical Reasoning in Psychological and Education. New York: John Wiley.

- Siegel, S. (1994). Non Parametric Statistics. McGraw Hill.
- Singh, A.K. (2000) Test, Measurement and Research Methods. Patna: Bharti Bhawan.
- Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.

B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

PAPER – 302

COUNSELLING AND GUIDANCE

Unit I

- **Introduction:** Nature and goals of Counseling. Distinction between Guidance and Counseling.
- **Perspectives of counseling:** Psychoanalytic, behavioural and cognitive
- **Types of Counseling:**
 - (a) Directive, Non-directive and eclectic.
 - (b) Individual and group counseling.

Unit II

- **Counseling Process:** Principles of Counseling.
- **Counseling skills:** Rapport, Empathy and Communication.
- **Phases of Counseling:** Initial, Middle, Terminal and Follow up.
- **Special Areas of Counseling:** Marital counseling, personal counseling and counseling of alcoholics and drug addicts.

Unit III

- **Introduction to Guidance:** Need for guidance, Nature, goals and functions of guidance,
- **Areas of Guidance:** Educational, vocational and personal.

Unit IV

- **Testing Techniques in Guidance:**

- Intelligence
- Personality
- Aptitude
- Interests
- Achievement tests

BOOKS RECOMMENDED:

- Gelso, C. J. and Pretz, B.R. (1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
- Gibson, R. L. & Mitchell, M.H. (2005). Introduction to Counseling and Guidance (6th Ed.). Pearson Education.
- Patri, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
- Rao, S. N. (1991). Counselling and Guidance (28th Reprint 2008). New Delhi: TataMcGraw Hill.
- Rai, A and Asthana, M. (2003). Guidance and Counseling (Concepts, Areas and Approaches). New Delhi: Moti Lal Banarsi Das.
- Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of counselling Psychology (2nd Ed.). London: Sage Publication Ltd.
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B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

OPTIONAL PAPER – 303(A)

ORGANIZATIONAL BEHAVIOUR

Unit I

- **Introduction:** Nature and Scope, contribution of Taylor, F.W. and Elton Mayo. New challenges and opportunities.
- **Selection and Placement:** Basic selection models, measurement of individual differences. Techniques of selection: Interview and psychological testing.

Unit II

- **Personnel Training and Development:** Training, Methods of Training on the job and off the job. Techniques of management development. Evaluation of training programmes.
- **Motivation:** Major Theories: Maslow, Adams and Vroom. Financial and non-financial incentives. Job characteristics; two models: job enrichment, quality of work life.

Unit III

- **Job Satisfaction and Industrial Morale:** Nature, determinants and theories (Herzberg, Vroom).
- **Performance Appraisal:** Appraisal process, methods of performance appraisal and factors distorting performance appraisal.

- **Organizational Stress:** Nature, sources, role stress and its effect on job behaviour.

Unit IV

- **Human Engineering:** Man-machine system. Designs, display, controls and action.
- **Accident and Safety:** Risk taking behaviour. Accident proneness. Causes of accidents: Physical and human factors. Safety measures in industries.

BOOKS RECOMMENDED:

- Blum, M. L. and Naylor J. C. (1968). Industrial Psychology: Its Theoretical and Social Foundations.
- Luthans, F (2005). Organizational Behaviour (10th Ed.). New York: TataMcGraw Hill.
- Memoria, C. B. Personnel Management.
- Rastogi, G. D. (1992). Vyavaharik Manovigyan. Agra: Har Prasad Bhargava.
- Robbins, S. J. & Sanghi, S. (2009). Organizational Behaviour.
- Singh, A. P. (1995). Vyavaharik Manovigyan. Varanasi: Abhishek Publications.
- Wexley, K. N. & Yulk, G.A. (1987). Organizational Behaviour and Personnel Psychology.

B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

OPTIONAL PAPER – 303(B)

HEALTH PSYCHOLOGY

Unit I

- **Introduction:** Nature, scope and a brief history of health psychology. The role of health psychologists.
- **Systems of Body:** Nervous System, Endocrine System, Cardio Vascular System, Respiratory system, Renal system, Digestive system, Genitals and Immunity system.
- **Models of Health:** Bio-Psycho-Social and Cultural Models: Health belief models.

Unit II

- **Health Behaviour and Primary Preventions:** Determinants of health behaviour. Health enhancement: modification of health behaviour, changing health through beliefs and attitudes, social engineering, habit modifications, exercise, physical examination, weight control and diet control.
- **Pain and Management:** Measurement of pain, clinical management and pain control techniques.

Unit III

- **Cardio vascular disease, diabetes, paralysis, brain strokes and hypertension:** symptoms, causes and remedies. Type A behaviour in reference to diseases.

- **Stress and Health:** Nature and types of stress, causes and consequences of stress. Stress management, measurement of stress. Role of social support.

Unit IV

- **Management of Chronic and Terminal Illness:** Management of chronic and terminal illness, coping, rehabilitation of chronically ill, psychological interventions.
- Health issues related to children, adolescents, women and elderly.
- Future challenges to health Psychologists.

BOOKS RECOMMENDED:

- Bennett, P. Weinman J & Spurgeon, P (Eds.) (1990). Current Development in Health Psychology. U. K.: Hand Academic Publishers.
- Friedman-DiMateo. (1989). Health psychology. New York: Prentice Hall.
- Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology: Theory, Research and Application, New Delhi: Concept.
- Mathur, S. S.: Health Psychology. Agra: Vinod Pustak Mandir.

B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

OPTIONAL PAPER – 303(C)

ENVIRONMENTAL PSYCHOLOGY

Unit I

- **Environmental Psychology:** Nature and characteristics; classification of environment. Indian perspective on human- environment relationship.
- **Theories Of Environment - Behavior Relationship:** Arousal, Environmental load, Adaptation level and Ecological Approach.
- **Research Methods in Environmental Psychology:** Experimental, Simulation, co relational and descriptive; Methods of data collection: Self-report naturalistic observation, field survey, interview and questionnaire.

Unit II

- **Ecology and Development:** Human nature and environmental problems; pro-social and pro-environmental behaviours, ecosystems and their components: Ecology, Demography, Mortality and Fertility. Resource use: Common property resources, sustainable developments, acculturation and psychological adaptation.
- **Environmental Stress:** Nature and characteristics. Types of stress: Natural disasters, technological catastrophe, noise and air-pollution.

Unit III

- **Environmental Perception, Cognition and Attitudes:** Nature and characteristics of environmental perception: social and cultural influences.

Environmental cognition and cognitive mapping. Acquisition of environmental attitudes.

- **Effect of Environment on Behavior:** Personal space and territoriality: Nature functions and determinants of personal space, consequences of personal space invasion territoriality functions any types.

Unit IV

- **Crowding:** Nature and characteristics, features, effects of crowding on animals and human beings.
- **Environmental Psychology and Saving the Environment:** Environmental education prompts and reinforcement techniques in Indian context.

BOOKS RECOMMENDED:

- Bell, P. A. Greene, T. C. Fisher, J. D. & Baum A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
- Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; shambala Ittcison W. H. Proshansky, H. M., Rilvin, E. G., Winkel, G. H. & Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart and Winston.
- Jain, U. (1987). The Psychological Consequences of Crowding. New Delhi: Sage.
- Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York: Wiley.
- Tewari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.

B.A. (PSYCHOLOGY)

THIRD YEAR DETAILED SYALLBUS

PAPER – 304

PRACTICAL

Any Six Tests / Experiments of the following should be performed:-

1. Ranking or Paired Comparism.
2. Intelligence Test (Non Verbal)
3. Achievement Test.
4. Job Satisfaction.
5. Mental Health.
6. Environmental Awareness Scale.
7. Interest Test (E.I.R. or V.I.R.)
8. Speed and Accuracy Test.