

# **Department of Psychology**

**Sri Dev Suman Uttarakhand University, Badshaithaul**

**New Tehri**



## **Course Contents & Syllabus**

**Based on**

**Annual System**

**for**

**Undergraduate Course**

**BOS held on 14<sup>th</sup> February 2020**

**Year wise Syllabus**  
**Subject: Psychology**  
**(Undergraduate Course)**

**B.A. First Year**

Paper 1: Foundations of Psychology	Max.marks 50
Paper 2: Experimental Methods & Statistics	Max. marks 50
Practical Examination	Max. marks 50

**BA Second Year**

Paper 1: Psychological disorders and their management	Max. marks 50
Paper 2: Social psychology	Max. marks 50
Practical Examination	Max. marks 50

**BA Third Year**

Paper1: Psychological Measurement, Research & Statistics	Max. marks 50
Paper2: Systems of Psychology	Max. marks 50
Practical Examination	Max. marks50

# **SYLLABUS**

SRIDEV SUMAN UTTARAKHAND STATE UNIVERSITY  
BADSHAHITHAUL  
TEHRI (GARHWAL)

B.A. PSYCHOLOGY  
ANNUAL SYSTEM  
(Effective from Academic session: 2019-20)

## Department of Psychology

1. The coursework is divided into three years with two papers and a practical in each year.
2. Each paper in a year will be of 50 marks.
3. Practical exam in each year will be of 50 marks.
4. Practical exam will be evaluated by external and internal examiner.
5. Question paper will cover the whole syllabus.

## PSYCHOLOGY

### BA-I YEAR

#### PAPER-I

#### Foundations of Psychology

M.M. 50

#### UNIT I:

**Introduction:** Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behavioristic and cognitive; Methods: observation, experiment, interview, questionnaire and case study.

#### UNIT II:

**Biological bases of behavior:** Human evolution: genes and behavior; hormones and glands; Nervous system: neuron, central nervous system and peripheral nervous system.

#### UNIT III:

**Sensation , perception and Attention:** Meaning and characteristics of sensation, types of sensation; Visual & Auditory sensation: structure of eye and ear, colour sensation and theories of audition; nature and characteristics of perception; Gestalt theory of perception: figure and ground, and laws of perceptual organization.

Meaning and characteristics of attention; types of attention: kinds of attention; determinants of attention; fluctuation of attention.

#### UNIT IV:

**Learning:** Nature of learning; theories of learning; Thorndike's trial and error theory; Theory of conditioning: classical and instrumental learning.

#### UNIT V:

**Memory and Forgetting:** Definition of memory; processes involved in memory; Types of memory: sensory memory, short-term memory and long-term memory; methods of measuring retention. Process of forgetting; determinants or causes of forgetting; Interference: Proactive and retroactive interference, Zeigarnik effect.

**UNIT VI:**

**Motivation and emotion:** Nature of motivation; major concepts related to motivation; types of motivation: Biogenic and sociogenic motives; Theories of motivation: Need hierarchy model and arousal theory of motivation. Meaning and definition of emotion, physiological changes in emotion; Theories of emotion: James Lange and Cannon Bard theory.

**UNIT VII:**

**Intelligence:** Meaning and definition of intelligence, Theories of intelligence: Unifactor theory, Spearman's theory, Thorndike's theory, Guilford theory. Measurement of intelligence: concept of I.Q., Types of intelligence tests.

**UNIT VIII:**

**Personality:** Meaning, nature and determinants; understanding self from developmental perspective: ideas of Carl Rogers and Maslow.

**Books recommended:**

Baron, R.A. Psychology: The essential of Science, New York: Allyn and Bacon.  
Zimbardo, P.G. & Weber, A.L. Psychology. New York: Harper Collins Publication  
Lefton, L.A. Psychology. Boston: Allyn and Bacon.  
Morgan, C.T. General Psychology  
Singh, R.N. Adhunik Samanya Manovigyan. Vinod Pustak Mandir, Agra.  
Azzhirmur Rehman: Adhunik samanya manovigyan  
Tripathi, L.B. Adhunik Prayogik manovigyan: Agra  
Mathur S.S. Adhunik Manovigyan  
Tandon, R.K. Manovigyan ke mool adhar.  
Singh A.K. Ucchattar samanya Manovigyan: Motilal Banarasidas, New Delhi

## PSYCHOLOGY

### BA-I YEAR

#### PAPER-I I

#### Experimental Methods & Statistics

M.M.50

##### UNIT I:

**Introduction:** Nature of science and scientific method: steps involved in experimentation.

##### UNIT II:

**Problems and Hypothesis:** Statement of problem, sources of problem, characteristics of a good problem, meaning and nature of hypothesis, types of hypothesis.

##### UNIT III:

**Variables:** Meaning and definition of variables, types of variables and control of variables.

##### UNIT IV:

**Statistics in Psychology:** Meaning and purpose of statistics in psychology; discrete and continuous variables.

##### UNIT V:

**Frequency distribution and their graphical representation:** frequency polygon, histogram, cumulative frequency curve and ogive.

##### UNIT VI:

**Measures of central tendency:** Mean, median and mode: meaning, computation and application.

##### UNIT VII:

**Measures of variability:** Range, Quartile deviation and standard deviation: meaning, computation and application.

## **UNIT VIII:**

**Correlation:** concept of correlation, linear and non-linear correlation, Pearson's product moment correlation (real and assumed mean), Spearman's rank order correlation.

### ***Books recommended:***

Verma & Ghufan, M. (2012). Statistics for Psychology. N. Delhi: Tata McGraw Hill.

Garrett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K. D. (1992). Experimental Design in Behavioral Research. New Delhi: Wiley Eastern.

Kapil, H. K. (1980). Sankhikiya ke Mool Tatva. Agra: Vinod Pustak Mandir

Gupta, S. P. (2005). Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan.

Singh, A. K. (2000). Test, Measurement and Research Methods. Patna: Bharti Bhawan.

Kaplan, R. N. & Saccuz, D. P. (2001). Psychological Testing: Principles, Application and Issues. USA: Wadsworth Thomson Learning

## **PRACTICAL YEAR-1**

**M.M 50**

Any five of the following:

- 1- Verbal test of intelligence
- 2- Performance test of intelligence
- 3- Short-term memory/long term memory
- 4- Reaction time
- 5- Bilateral transfer of training
- 6- Human maze learning
- 7- Influence of set on perception
- 8- Effect of knowledge of results on performance
- 9- Substitution learning
- 10- Retroactive inhibition

**PSYCHOLOGY**

**BA-I I YEAR**

**PAPER-I**                      **Psychological disorders and their management**                      **M.M. 50**

**UNIT-I**

Understanding abnormality: definition and criteria of abnormality, classificatory systems: DSM and ICD.

**UNIT-II**

Causes of abnormal behavior: biological, psychological, social and cultural factors.

**UNIT-III**

Developmental disorders, Mental Retardation, Autism, Attention deficit hyperactivity disorder and learning disabilities.

**UNIT-IV**

Anxiety and anxiety related disorders: symptoms, types, etiology and treatment. Generalised Anxiety Disorder (GAD), Panic disorder, phobia and obsessive-compulsive disorders.

**UNIT-V**

Somatoform disorder: Conversion and Dissociative disorder.

**UNIT-VI**

Schizophrenia: symptoms, types, etiology and treatment.

**UNIT-VII**

Mood Disorders: Manic episode, depressive episode and bipolar affective disorder.

## **UNIT-VIII**

Biological treatment: Pharmatherapy and electroconvulsive therapy (ECT).

Psychological treatment: psychoanalytic therapy, behavior therapy , cognitive therapy and cognitive behavior therapy(CBT).

### **Books recommended:**

Korchin,S.J.(2004). Modern clinical psychology. CBS and distributor pvt. Ltd.

Singh,A.K. Adhunik Asamanya Manovigyan.New delhi: Motilal Banarsidas.

Sarason,G.I. & Sarason,R.V.(2007). Abnormal psychology: problem of maladaptive behavior. Pearson education,Inc and Darling Kindersley Publication.

Carson,R.C. Butchers, J.N. & Mineka,S.(2010). Abnormal Psychology and Modern life. Pearson education,Inc and Darling Kindersley Publication

## **PSYCHOLOGY**

### **BA-I I YEAR**

#### **PAPER-I I**

#### **Social psychology**

**M.M.50**

#### **UNIT-I**

Introduction: Nature and scope. Methods of studying social behavior: Observational, experimental, field study, survey and sociometry.

#### **UNIT-II**

Socialisation: Agents of mechanism, socialization and deviation.

#### **UNIT-III**

Social perception,perceiving others; forming impression, role of non verbal cues, group stereotypes. Primacy and recency effects, Attribution and causality; biases and theories(Jones and Davis Kelley)

Perceiving groups: prejudice, stereotypes and conflicts: sources , dynamics and remedial techniques.

## **UNIT-IV**

Interpersonal attraction: nature, measurement and antecedent condition of interpersonal attraction.

Attitude: Nature; formation and change of attitudes, measurement of attitudes.

## **UNIT-V**

Group dynamics and influences: structure, function and types of groups. Social facilitation, social loafing, individuation, group cohesiveness, norms and decision making, conformity, obedience and social modeling.

## **UNIT-VI**

Leadership and communication: definition and function of leadership. Approaches of leadership effectiveness: trait, situational, interactional and contingency.

Verbal and non-verbal strategies of communication, language and social interaction, barriers to communication.

## **UNIT-VII**

Aggression: determinants-personal and social. Theoretical perspectives: Biological, trait, situational and social learning. Control of aggression.

## **UNIT-VIII**

Helping Behaviour: Determinants-personal, situational and sociocultural determinants. Bystander effect. Theoretical perspective: exchange and normative.

### **Books recommended:**

Baron, R.A. & Byrne, D. (2000). Social Psychology. New Delhi: Prentice hall.

Feldman, R.S. (1985). Social Psychology: Theories, research and application. New York: McGraw Hill

Myers, D.G. (1994). Exploring social psychology. New York: McGraw Hill

Singh, A.K. Samaj Manovigyan ki rooprekha. New delhi: Motilal Banarsidas.

Tripathi, L.B. (1992). Adhunik Samaj Manovigyan.

**PRACTICAL  
YEAR-2**

**M.M 50**

Any five of the following:

- 1- Attitude change
- 2- Test of aggression
- 3- Sociometry
- 4- Social facilitation/conformity
- 5- Adjustment
- 6- Anxiety
- 7- S.C.T(sentence completion test)
- 8- Self disclosure inventory
- 9- Self concept
- 10- Emotional Maturity Scale

## **PSYCHOLOGY**

### **BA-III YEAR**

**PAPER-I**                      **Psychological Measurement, Research & Statistics**                      **M. M. 50**

#### **UNIT I:**

Psychological measurement: meaning and levels of measurement: Nominal, ordinal, interval and ratio scales

#### **UNIT II:**

Basic research in psychology: Meaning, goals and ethics in conducting research; principles of good research. Qualitative and quantitative orientations of research and their steps.

#### **UNIT III:**

Test: meaning, characteristics and types of test. Scaling techniques: ranking, rating and paired comparison. Familiarity with Likert, Thurston and Guttman scales.

#### **UNIT IV:**

Test construction: Construction and standardization of test. Reliability and validity: meaning and types.

#### **UNIT V:**

Normal Distribution: Concept of probability; characteristics of N.P.C. Skewness and Kurtosis. Application of NPC.

#### **UNIT VI:**

Hypothesis testing and making inferences: sampling distribution, standard error of mean, degree of freedom, nature and assumption of t-distribution: Computation of t-values for independent and dependent sample, interpretation of t-values, level of significance, type I and II errors in inferences.

**UNIT VII:**

Non-parametric test: Nature and assumption, Distribution free statistics. Chi-square and Median test.

**Books recommended:**

Verma & Ghufan, M. (2012). Statistics for Psychology. N. Delhi: Tata McGraw Hill.

Garrett, H. (1969). Statistics in Psychology and education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K. D. (1992). Experimental design in behavioral research. New Delhi: Wiley Eastern.

Kapil, H. K. (1980). Sankhikiya ke mool tatva. Agra: Vinod Pustak Mandir

Gupta, S. P. (2005). Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan.

Singh, A. K. (2000). Test, Measurement and research methods. Patna: Bharti Bhawan.

Kaplan, R. N. & Saccuz D. P. (2001). Psychological testing: Principal, application and issues. USA: Wadsworth Thomson Learning

**PSYCHOLOGY**

**BA-III YEAR**

**PAPER-I I**

**Systems of Psychology**

**M.M.50**

**UNIT I:**

Development of psychology: contribution of Weber, Fechner, Helmholtz, Galton, William James and Cattell, Eastern Perspective- Yoga and Vedantic view.

**UNIT II:**

Structuralism: Contribution of Wundt and Titchner. Criticism of structuralism

**UNIT III:**

Behaviourism: Watson's behaviorism. Characteristics and evaluation.

Neo-behaviourism: contribution of Tolman, Guthrie, Hull and Skinner

**UNIT IV:**

Gestalt Psychology: Elements of gestalt theory: perception, learning and thinking.

**UNIT V:**

Psychoanalysis: Freudian contribution- Theory of Freud, Adler and Jung.  
Evaluation of psychoanalysis theory.

Neo- Freudian theory: Contribution of Karen Horney, Erich Fromm and Sullivan.

**UNIT VI:**

Field theory of Kurt Lewin and Maslow's need hierarchy theory

**Books recommended:**

Singh,A.K.(1991). The comprehensive history of psychology.Delhi: Motilal Banarasidas.

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

Azimmurrahman & Ashraf Javed(2004). Manovigyan ka Sanchhipt Itihas. New Delhi: Motilal Banarasidas

Sharma,JD. Manovigyan ki paddhatiyan evam siddhant. Agra: Vinod Pustak Mandir

Singh,A.K.(2006). Manovigyan ke sampradayay evam itihaas. New Delhi: Motilal banarasidas

Sharma,A.K.(2002). Manovaigyanik vichardhharayein. Agra: Bhargava Book House.

**PRACTICAL**

**YEAR-3**

**M.M.50**

a) Field Survey and report writing with project written in APA style.

b) Any two of the following:

1. Projective test (TAT and Rorschach inkblot test)
2. Mental fatigue

3. Big five personality test
4. Religiosity scale