

# **SHRI GURU RAM RAI UNIVERSITY**

[Estd. By Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act No. 03 of 2017 &

recognized by UGC u/s (2f) of UGC Act 1956]

**PATEL NAGAR, DEHRADUN-248001, UTTARAKHAND, INDIA**



## **SYLLABUS OF B.A. PSYCHOLOGY (Three Year Course- Semester System under CBCS)**

**Effective From Academic Session  
2019-20**

## B.A. Psychology

### FINAL COURSE STRUCTURE- TOTAL CREDITS (PSYCHOLOGY)

<b>Course code</b>	<b>SEMESTER-I</b>	<b>L T P</b>	<b>Credits</b>
BPYC101	Basic Psychological Processes-I	4 0 0	4
BPYL101	Practical	0 0 2	2
		Total Credits	6
<b>Course code</b>	<b>SEMESTER-II</b>	<b>L T P</b>	<b>Credits</b>
BPYC201	Basic Psychological Processes-II	4 0 0	4
BPYL201	Practical	0 0 2	2
		Total Credits	6
<b>Course code</b>	<b>SEMESTER-III</b>	<b>L T P</b>	<b>Credits</b>
BPYC301	Psychopathology & Social Psychology	4 0 0	4
BPYL301	Practical	0 0 2	2
BPYS301	Making Decision	4 0 0	4
		Total Credits	10
<b>Course code</b>	<b>SEMESTER-IV</b>	<b>L T P</b>	<b>Credits</b>
BPYC401	Statistical Methods & Psychological Research	4 0 0	4
BPYL401	Practical	0 0 2	2
BPYS401	Developing emotional Competence	4 0 0	4
		Total Credits	10
<b>Course code</b>	<b>SEMESTER-V(Choose Any One)</b>	<b>L T P</b>	<b>Credits</b>
BPYD501	(i) Life Span Development (ii)Industrial/Organisational Psychology	4 0 0	4
BPYL501	Practical	0 0 2	2
BPYS501	Psychology In Education	4 0 0	4
BPYG501	Psychology for living	6 0 0	6
		Total Credits	16
<b>Course code</b>	<b>SEMESTER-VI(Choose Any One)</b>	<b>L T P</b>	<b>Credits</b>
BPYD601	(i) Counselling Psychology (ii)Project/Dissertation	4 0 0	4
BPYL601	Practical	0 0 2	2
BPYS601	Managing stress	4 0 0	4
BPYG601	Psychology of Gender	6 0 0	6
		Total Credits	16

**BASIC PSYCHOLOGICAL PROCESSES-I****BPYC101****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objectives:** To understand the basic psychological processes and their applications in everyday life.

**UNIT-I**

Introduction: Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behaviouristic, and cognitive; Method: Observation, Experiment, Interview, Questionnaire and Case study. Biological Bases of Behaviour: Human evolution: Genes and behavior; Hormones and Glands; Nervous System: Neuron, Central Nervous system and Peripheral nervous system.

**UNIT-II**

Sensation and Perception: Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye and phenomena of visual sensation; Colour sensation; Auditory sensation: Structure of ear and theories of audition; Nature and characteristics of perception; Gestalt theory of perception: figure and ground, Laws of perceptual organization. Attention: Meaning and characteristics of attention; Types of attention: Kinds of attention; Determinants of attention; Fluctuation of attention.

**UNIT-III**

Introduction: Nature of Science and Scientific Method. Steps involved in Experimentation. Problem and Hypothesis: Statement of problem, sources of problem, characteristics of good problem. Meaning and nature of hypothesis, types of hypothesis.

**UNIT-IV**

Variables: Meaning and definition of variable, types of variable and control of variables. Statistics in Psychology: Meaning and purpose of statistics in psychology.

**Books recommended:**

1. Baron, R.A. - Psychology: The Essential Science. New York: Allyn & Bacon
2. Zimbardo, P.G. & Weber, A.L.- Psychology, New York: Harper Collins College Publication.

3. Lefton, L.A.- Psychology. Boston: Allyn & Bacon
4. Garrett - Introduction to Psychology: Indian reprint, Oxford
5. Morgan, C.T.- General Psychology,
6. R.N. Singh – Adhunik Samanya Manovigyan VinodPustakMandir
7. Azimur Rahman,- Adhunik Agra AdhunikSamanyaManovigyan
8. Verma , and Ghufran,M. (2012). - Statistics for Psychology, N. Delhi: Tata McGraw Hill
9. Garett, H. (1969). - Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
10. Broota, K.D. (1992). - Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.
11. Gupta, S.P. (2005) - SankhikiyaVidhiyan. Allahabad: ShardaPustakBhawan
12. Singh, A. K. (2000). - Test, Measurement and Research Methods. Patna: Bharti Bhawan.
13. Kaplan, R.N. & Saccuz, D.P. (2001). - Psychological Testing : Principle, Application and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning

**PRACTICAL (B.A. -I)**

**BPYL101  
M.M. -100**

**Semester-I**

**Any two from the following:**

1. Bilateral transfer of training
2. Maze learning
3. Influence of set on perception
4. Effect of knowledge of results on performance

**BASIC PSYCHOLOGICAL PROCESSES-II****BPYC201****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objectives:** To understand the basic psychological processes and its applications in day to day life.

**UNIT-I**

Learning: Nature of learning; Theories of learning: Thorndike's trial and error theory of learning. Theory of conditioning: Classical conditioning and Instrumental conditioning, Phenomena of conditioning.

**UNIT-II**

Memory and Forgetting: Definition of memory; Processes involved in memory; Methods of measuring retention; Types of memory: sensory memory, short-term memory, and long-term memory. Process of forgetting; Determinants or causes of forgetting; Interference: proactive and retroactive interference, Zeigarnik effect.

**UNIT-III**

Motivation and Emotion: Nature of motivation; Major concepts related to motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation: The need hierarchy model and Arousal theory of motivation. Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion: James-Lange theory and Cannon-bard

**UNIT-IV**

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

**Books recommended:**

1. Baron, R.A. - Psychology: The Essential Science. New York: Allyn & Bacon
2. Zimbardo, P.G. & Weber, A.L.- Psychology, New York: Harper Collins College Publication.

3. Lefton, L.A.- Psychology. Boston: Allyn & Bacon
4. Garrett - Introduction to Psychology: Indian reprint, Oxford
5. Morgan, C.T.- General Psychology,
6. R.N. Singh - AdhunikSamanyaManovigyanVinodPustakMandir
7. Azimur Rahman,- Adhunik Agra AdhunikSamanyaManovigyan
8. L.B. Tripathi- PrayogikManovigyan
9. S.S. Mathur - AdhunikManovigyan
- 10.D.N. Sinha & Others - AdhunikManovigyan
11. R.K. Tondon - ManovigyanKeMoolAdhar

**PRACTICAL (B.A. -I)**

**BPYL201  
M.M. -100**

**Semester-II**

**Any two from the following:**

1. Memory span for digits/words
2. Verbal test of intelligence
3. Performance test of intelligence
4. Short-term memory/Long –term memory



**PSYCHOPATHOLOGY & SOCIAL PSYCHOLOGY****BPYC301  
M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:**

- To introduce the concepts of abnormality to achieve well-being.
- To understand the basics of social psychology to comprehend the individual in the social world.

**UNIT-I**

Introduction to psychopathology: The concept of normality and abnormality, Classification of mental disorders – DSM-V. Mental Illness: Signs, symptoms and syndromes. Causes of abnormal behaviour: biological, psychological, social, and cultural factors.

**UNIT-II**

Psychological models of psychopathology: Biological, psychodynamic, behavioural, cognitive-behavioural. Anxiety Disorders: Symptoms, types, etiology and treatment, Panic Disorder, Phobia, Obsessive-compulsive disorder, Generalized anxiety disorders.

**UNIT-III**

Introduction: Nature and Scope. Methods of studying social behaviour: Observation, Experimental, Field study, Survey, and Sociometry. Socialization, Agents of mechanism, socialization and deviation

**UNIT-IV**

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. Interpersonal Attraction: Nature, measurement and antecedent conditions of Interpersonal attraction. Attitude: Nature, formation and change of attitudes, Measurement of attitudes.

**Books Recommended:**

1. Lamm, A. - Introduction to Psychopathology. New York: Sage
2. Buss, A.H. (1999). - Psychopathology. New York: John Wiley
3. Carson, R.C., Butcher, J.N. & Mineka, S. (2010). - Abnormal Psychology and Modern Life. Pearson Education, Inc. and Dorling Kindersley Publication Inc.
4. Sarason, G.I. & Sarason, R.V. (2007). - Abnormal Psychology: The Problem of Maladaptive Behaviour (II Edition). Pearson Education, Inc. and Dorling Kindersley Publication Inc.
5. Singh, A.K. - Adhunik Asamanyamanovigyan. N. Delhi: Motilal Banarasi Das
6. Baron, R.A. & Byrne, D. (2000). - Social Psychology. N. Delhi: Prentice Hall
7. Feldman, R.S. (1985). - Social psychology: Theories, Research and Application. New York: McGraw Hill
8. Singh, A.K. - Samaj Manovigyan Ki Rooprekha. N. Delhi: Motilal Banarasi Das
9. Tripathi, L.B. (1992). - Adhunik Samajik Manovigyan. Agra: National Psychological Corporation.

**MAKING DECISIONS****BPYS301****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** Students will learn various strategies through which they can enhance their decision making ability.

**UNIT-I**

**Introduction:** Basic concepts of decision making, Importance of making good decisions, self-efficacy.

**UNIT-II**

**Making effective decisions:** Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace

**Books Recommended:**

1. Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworthcengage Learning, India
2. Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.
3. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

**PRACTICAL (B.A. -II)**

**BPYL301**

**M.M. -100**

**Semester III**

**Any Two from the following:**

1. Attitude change
2. Test of aggression
3. Adjustment
4. Anxiety

**STATISTICAL METHODS & PSYCHOLOGICAL RESEARCH****BPYC401****M.M. -70**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To understand basic statistical methods, psychological testing and qualitative methods and their uses.

**UNIT-I**

Introduction: Scales of measurement, graphical representation of data.

**UNIT-II**

Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method, properties of Normal Probability Curve (NPC).

**UNIT-III**

Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, types of tests.

**UNIT- IV**

Qualitative methods: Interview, observation, case study.

**Books Recommended:**

1. Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer& Simons Pvt. Ltd.
2. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
3. King, B.M. &Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA*: John Wiley & Sons

**PRACTICAL (B.A. -II)**

**BPYL401  
M.M. -70**

**Semester-IV**

**Any two from the following**

1. S.C.T.
2. Interview method
3. Case study
4. Paired Comparison Method

**DEVELOPING EMOTIONAL COMPETENCE****BPYS401****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To help the students how to understand and manage their emotions and develop emotional competencies.

**UNIT-I**

Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

**UNIT-II**

EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills

**Books Recommended:**

1. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
2. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
3. Singh, D. (2003). *Emotional intelligence at work (2 nded.)* New Delhi: Response Books.

## **LIFE SPAN DEVELOPMENT**

**BPYD501**

**M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objectives:** To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

### **UNIT - I**

Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs

### **UNIT-II**

Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

### **UNIT-III**

Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.

### **UNIT-IV**

Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

### **Books Recommended:**

1. Berk, L. E. (2010). Child Development(9th Ed.). New Delhi: Prentice Hall.
2. Feldman, R.S. & Babu, N. (2011). Discovering the life-span. New-Delhi: Pearson.
3. Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi:Tata McGraw-Hill.



**INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY BPYD501****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To introduce the basic concepts of Industrial/Organizational psychology and to understand the applications of psychology at the workplace.

**UNIT-I**

Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

**UNIT-II**

Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

**UNIT-III**

Work Motivation: Theories and application; Indian perspective.

**UNIT-IV**

Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

**Books Recommended:**

1. Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning. Chadha, N.K. (2007) Organizational Behavior. Galgotia Publishers: New Delhi.
2. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
3. Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
4. Muchinsky, P.(2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.
5. Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

**PRACTICAL (B.A. -III)**

**BPYL501**  
**M.M. -100**

**Semester-V**

**Any two of the following:**

1. Emotional Intelligence Questionnaire
2. Emotional Maturity Scale
3. Job Satisfaction
4. Happiness Scale

**PSYCHOLOGY IN EDUCATION****BPYS501****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To understand how the principles of psychology can be applied to the area of education.

**UNIT-I**

Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Theoretical Perspectives in Educational Psychology

**UNIT-II**

Effective Teaching and Classroom Management:

- a. Characteristics of Effective Teachers
- b. Teaching Methods
- c. Classroom Management
- d. Responsibilities of Teachers towards learners with Special Needs

**Books Recommended:**

1. Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
2. Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
3. Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.
4. Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

**PSYCHOLOGY FOR LIVING****BPYG501****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To understand the concepts of psychology and how it can be applied for growth and wellbeing.

**UNIT-I**

Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

**UNIT-II**

Self and relationships: importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

**UNIT-III**

Self in disintegrative experiences: anxiety, stress, depression, coping.

**UNIT-IV**

Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience.

**Books Recommended:**

1. Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

**COUNSELING PSYCHOLOGY****BPYD601****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To develop an understanding of basic concepts, processes, techniques of Counselling.

**UNIT-I**

Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

**UNIT-II**

Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

**UNIT-III**

Techniques: Play, art, drama, music, dance; Yoga and meditation

**UNIT-IV**

Applications: Family Counseling; School and Career Counseling.

**Books Recommended:**

1. Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.
2. Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

**PROJECT/ DISSERTATION****BPYD601  
M.M. -100**

**Objective:** Students should be enabled to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The research done can either be empirical/data based (quantitative, qualitative, or mixed-methods) or it can be in the form of a critical review of research and theory.

**Reference** – Latest APA manual for dissertation.

**Evaluation:** Viva jointly by one internal and one external examiner.

**PRACTICAL (B.A. -III)**

**BPYL603**

**M.M. -100**

**Semester-VI**

Any two of the following:

1. Stress Management
2. Interest Inventory.
3. Career Preference Inventory
4. Aptitude test

**MANAGING STRESS****BPYS601****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To understand the main symptoms and sources of stress and learn ways of coping with stress.

**UNIT-I**

Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

**UNIT-II**

Managing stress:Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

**Books recommended:**

1. DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi.
2. Pearson. Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.
3. Taylor, S.E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill.



**PSYCHOLOGY OF GENDER****BPYG601****M.M. -100**

**Note:** The paper consists of four units. 2 long, 6 short & 10 very short questions will be set from all unit. The candidates have to require attempting all sections.

**Objective:** To understand the concepts of gender role, gender related comparisons & differences in psychological context.

**UNIT-I**

Introduction: Conceptualization and measurement of gender roles and gender role attitudes

**UNIT-II**

Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories

**UNIT-III**

Gender: Aggression, achievement, communication, friendship, romantic relationships

**UNIT-IV**

Sex differences in health, relationships and health, work roles and health, mental health.

**Books Recommended:**

1. Helgeson, V.S. (2006). Psychology of Gender. Pearson education.