

## **B. A. (PROG.) PSYCHOLOGY**

This course aims at enriching the minds of those students who have not been able to or intend to join the Honors Courses. It aims to develop a holistic and multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment.

### **Pedagogy for teaching the B.A. (Prog.) Course**

The teaching-learning of the programme would be organized through lectures, group discussions, experiential exercises, projects, presentations, workshops, seminars and hands on experiences. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. To this end, practicum is incorporated as an important component in most of the papers. Use of ICT and mass media and web based sources are highly recommended to make the teaching learning process interactive and interesting.

### **Evaluation**

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 75: 25 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

### **NOTES:**

- For Core papers and DSE Theory: 3 classes+ 1 student presentation per paper per week
- For AEEC courses: 2 theory classes +1 presentation per paper per week
- For GE papers 2 classes + 1 tutorial per paper per week per group
- Practical's: 3 practical classes per week/per group
- Tutorials: 1 tutorial per paper per week per group
- Each practical/ tutorial group will consist of 8-10 students
- 2 practicum to be done in a practical paper
- Evaluation through presentations/ projects/ tests
- Ability enhancement elective courses: Hands on training will be provided through skill based learning.

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- Please note that the reading list provided is not exhaustive and additions may be made to it.
- The latest editions of the books listed to be used.

**PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN B.A. (PROG)  
PSYCHOLOGY**

<b>SEMES-TER</b>	<b>CORE COURSE (12)</b>	<b>ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)</b>	<b>ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (2)</b>	<b>DISCIPLINE SPECIFIC ELECTIVE DSE (4)</b>	<b>GENERIC ELECTIVE (GE) (4)</b>
<b>I</b>	I English/ MIL-1	(English/MIL Communication)			
	DSC-PSY-1A: Foundations of Psychology (Theory + Practical)	Environmental Science			
	DSC-2A				
<b>II</b>	MIL/English-1	Environmental Science/ (English/MIL Communication)			
	DSC-PSY-1B: Introduction to Social Psychology (Theory + Tutorial)				
	DSC-2B				
<b>III</b>	English/ MIL-2		AEEC-1		
	DSC-PSY-1C: Understanding Psychological Distress and Well-being (Theory+ Tutorial)				
	DSC-2C				
<b>IV</b>	MIL/English-2		AEEC-2		
	DSC-PSY-1D: Statistical Methods and Psychological Research (Theory + Practical)				
	DSC-2D				
<b>V</b>			AEEC-3	DSE-1 A	GE-1
				DSE-2 A	
<b>VI</b>			AEEC-4	DSE-1 B	GE-2
				DSE-2 B	

**ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):**

DSE-PSY-1Aa: Life span development (Theory+ Practical)

DSE-PSY-1Ab: Industrial/ Organizational Psychology (Theory+ Practical)

DSE-PSY-2Ba: Counseling Psychology (Theory+ Practical)

DSE-PSY-2Bb: Project/ Dissertation (6<sup>th</sup> semester)

**ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):**

AEEC-PSY-P-01: Developing emotional competence (Theory+ Tutorial)

AEEC-PSY-P-02: Managing Stress (Theory+ Tutorial)

AEEC-PSY-P-03: Making decisions (Theory+ Tutorial)

AEEC-PSY-P-04: Psychology in education (Theory+ Tutorial)

AEEC-PSY-P-05: Managing human resources (Theory+ Tutorial)

AEEC-PSY-P-06: Applications of social psychology (Theory+ Tutorial)

**ELECTIVE: GENERIC (GE) (Any 2, 1 each in sem 5 and 6):**

GE-PSY-P-01: Psychology for Living (Theory+ Tutorial)

GE-PSY-P-02: Psychology of Gender (Theory+ Tutorial)

GE-PSY-P-03: Self and Personal Growth (Theory+ Tutorial)

# CORE COURSES

## SEMESTER I

### **DSC-PSY-1A: FOUNDATIONS OF PSYCHOLOGY**

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

**Unit 1:** Introduction:

Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods.

**Unit 2:** Cognitive processes:

Perception, nature of perception, laws of perceptual organization, learningconditioning, observational learning memory-processes, information processing model, techniques for improving memory.

**Unit 3:** Motivation and Emotion:

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

**Unit 4:** Personality and Intelligence:

Personality: nature, theories

Intelligence: nature, theories

**Practicum:** Two experiments to be done on any two topics from the syllabus

**Readings:**

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham: Open University Press.

## SEMESTER II

### DSC-PSY-1 B: INTRODUCTION TO SOCIAL PSYCHOLOGY

**Objective:** to understand the basics of social psychology and to understand the individual in the social world.

**Unit 1:** Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

**Unit 2:** Individual level processes:

Person perception: attribution-theories, biases and errors  
Attitude: formation, change and resistance to change

**Unit 3:** Interpersonal processes:

Interpersonal attraction, prosocial behavior, aggression

**Unit 4:** Group dynamics:

Key aspects of groups, cooperation and conflict, group decision making.

**Readings:**

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan.

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

## **SEMESTER-III**

### **DSC-PSY-1C: UNDERSTANDING PSYCHOLOGICAL DISTRESS AND WELL BEING**

**Objective:** To introduce the concepts of psychological distress and abnormality and to understand how to achieve well-being.

#### **Unit 1: Basic Concepts:**

Psychological distress, abnormality and psychological well-being

#### **Unit 2: Theoretical perspectives:**

Biological, familial, cultural, behavioral, cognitive and psychodynamic.

#### **Unit 3: Clinical states:**

Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar, and schizophrenia: Paranoid and Catatonic.

#### **Unit 4: Dealing with psychological distress:**

Coping strategies, personal growth and well-being

#### **Readings:**

Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

## SEMESTER IV

### DSC-PSY-1D: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

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

**Unit 1: Introduction:** Scales of measurement, graphical representation of data

**Unit 2: 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 3: Psychological Testing:** Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, types of tests.

**Unit 4: Qualitative methods:** Interview, observation, case study

**Practicum:** Two practicum to be done: 1 test and one practical based on unit 4.

#### Readings:

Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences* USA: John Wiley & Sons.

**ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):**

**DSE-PSY-1Aa: LIFE SPAN DEVELOPMENT**

**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.

- 1. Introduction to life-span perspective:** Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs
- 2. Physical development:** Patterns of growth from conception till late adulthood; disability; Death and dying.
- 3. Cognitive development:** Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.
- 4. Socio-emotional development:** Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

**Practicum:** Students have to carry out any 2 practicum based on the syllabus.

**Readings:**

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

## **DSE-PSY-1Ab: INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY**

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

**Unit 1: Introduction:** Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

**UNIT 2: Work Related Attitudes:** Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

**UNIT 3: Work Motivation:** Theories and application; Indian perspective.

**Unit 4: Leadership:** Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

**Practicum:** Any two practicum based on the syllabus

### **Reading List:**

Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning.

Chadha, N.K. (2007) Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.

Muchinsky, P.(2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.

Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

## **DSE-PSY-1Ba: COUNSELING PSYCHOLOGY**

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

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

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

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

**4. Applications:** Family Counseling; School and Career Counseling.

**Practicum:** Students are required to carry out any 2 practical based on the syllabus

### **Readings:**

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.

Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

## **DSE-PSY-1Bb: PROJECT/ DISSERTATION**

**Objectives** - 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.

**ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):**

**AEEC-PSY-P-01: DEVELOPING EMOTIONAL COMPETENCE**

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

**Unit 1: Introduction:** importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

**Unit 2: EQ competencies:** self-awareness, self-regulation, motivation, empathy, and interpersonal skills

**Readings:**

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

**AEEC-PSY-P-02: MANAGING STRESS**

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

**Unit 1: Stress:** Nature of stress, symptoms of stress, sources of stress, Stress and health

**Unit 2: Managing stress:** Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

**Readings:**

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

**AEEC-PSY-P-03: MAKING DECISIONS**

**Objective:** Students will learn various strategies through which they can make good decisions.

**Unit 1: Introduction:** Basic concepts of decision making, Importance of making good decisions, self-efficacy.

**Unit 2: Making effective decisions:** Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace

**Readings:**

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

## **AEEC-PSY-P-04: PSYCHOLOGY IN EDUCATION**

**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 2: 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

#### **Readings:**

Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.

Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.

Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.

Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

## **AEEC-PSY-P-05: MANAGING HUMAN RESOURCES**

**Objective:** To understand the main concepts related to human resource management and learn related techniques.

**Unit 1: Introduction:** Human resource management, Human resource development, Strategic Human Resource Management, International Human Resource Management, cross-cultural issues.

**Unit 2: Human resource practices:** Job analysis, Selection, training, performance evaluation.

#### **Readings:**

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Chadha, N.K. (2005). Human Resource Management-Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.

DeCenzo,D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.

Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press

## **AEEC-PSY-P-06: APPLICATIONS OF SOCIAL PSYCHOLOGY**

**Objective:** To apply the principles of social psychology to understand and deal with social issues.

**Unit 1: Introduction:** Importance of application of social psychological knowledge, developing interventions, impact analysis, case studies in the Indian context

**Unit 2:** Applications of social psychology: health, environment, population, law, work.

### **Readings:**

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.  
Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.

## **ELECTIVE: GENERIC (GE) (Any 2: 1 each in sem 5 and 6):**

### **GE-PSY-P-01: PSYCHOLOGY FOR LIVING**

**Unit 1: Introduction:** What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

**Unit 2: Self and relationships:** importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

**Unit 3: Self in disintegrative experiences:** anxiety, stress, depression, coping

**Unit 4: Growth and actualizing self:** self-direction, subjective well-being, hope, optimism, resilience.

### **Readings:**

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

## **GE-PSY-P-02: PSYCHOLOGY OF GENDER**

**Unit 1:** Introduction: Conceptualization and measurement of gender roles and gender role attitudes

**Unit 2:** Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories

**Unit 3:** Gender: Aggression, achievement, communication, friendship, romantic relationships

**Unit 4:** Sex differences in health, relationships and health, work roles and health, mental health.

### **Readings:**

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

## **GE-PSY-P-03: SELF AND PERSONAL GROWTH**

**1. Introduction:** Concept of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

**2. Self from a Developmental Perspective:** Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

**3. Self in the Indian Thought:** contributions of Indian thought to the understanding of self.

**4. Personal Growth:** Self and Personal growth; Developing character strengths and virtues.

### **Readings:**

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.