

Proposed syllabus and Scheme of Examination

for

B.A. (Honors) Applied Psychology

Submitted

to

University Grants Commission

New Delhi

Under

Choice Based Credit System

April 2015

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN

B.A. (HONS) APPLIED PSYCHOLOGY

SEM ES-TER	CORE COURSE (14)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	ABILITY ENHANCEMENT ELECTIVE COURSE (AECC) (2) (SKILL BASED)	ELECTIVE DISCIPLINE SPECIFIC DSE (4)	ELECTIVE GENERIC (GE) (4)
I	C 1 Introduction to Psychology- I (Theory+ Practical) (100+ 100)	Environmental Science			GE-1
	C 2 Research Methodology & Data Processing in Psychology- I (Theory+ Tutorial) (100)				
II	C 3 Introduction to Psychology- II (Theory+ Practical) (100+ 100)	English Communication			GE-2
	C 4 Research Methodology & Data Processing in Psychology- II (Theory+ Tutorial) (100)				
III	C 5 Applied Social Relation- I (Theory+ Practical) (100+ 50)		AEEC-1		GE-3
	C 6 Life Span Development (Theory+ Practical) (100+ 50)				
	C 7 Systems in Psychology (Theory+ Tutorial) (100)				

IV	C 8 Applied Social Relation- II (Theory+ Practical) (100+ 100)		AEEC-2		GE-4
	C 9 Health Psychology (Theory+ Tutorial) (100)				
	C 10 Counseling Psychology (Theory+ Practical) (100)				
V	C 11 Understanding Psychological Disorders- I (Theory+ Practical) (100+ 50)			DSE-1	
	C 12 Foundation of Industrial/ Organizational Psychology- II (Theory+ Practical) (100+ 50)			DSE-2	
VI	C 13 Understanding Psychological Disorders- II (Theory+ Practical) (100+ 50)			DSE-3	
	C 14 Foundation of Industrial/ Organizational Psychology- II (Theory+ Practical) (100+ 50)			DSE-4	

* I, II, V, VI Semester- 300 marks each (300 X 4 = 1200)

* II and III Semester- 400 marks each (400 X 2 = 800)

TOTAL = 1200+ 800 = 2000

ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 2, 1 in Sem III and 1 in sem IV):

1. Stress Management (Theory+ Practical)
2. Effective Leadership (Theory+ Practical)
3. Intergroup Relations (Theory+ Practical)

ELECTIVE DISCIPLINE SPECIFIC DSE (Any 4) (2 in sem V and 2 in Sem VI):

1. Understanding Psychology (Theory+ Practical)
2. Youth Psychology (Theory+ Practical)
3. Living in Media World (Theory+ Practical)
4. Psychology at Work (Theory+ Practical)
5. Project/Dissertation

ELECTIVE GENERIC (GE) (Any 4, 1 each in sem 1, 2, 3 and 4)

1. Community Psychology (Theory+ Tutorial)
2. Psychology for Living (Theory+ Tutorial)
3. Diagnostic Psychology (Theory+ Tutorial)
4. Environmental Psychology ((Theory+ Tutorial)
5. Communication Competence (Theory+ Tutorial)

NOTES:

- 5 theory classes per week
- 4 practical classes per week/per group
- Each practical/ tutorial group will consist of 8-10 students
- Evaluation through presentations/ projects/ tests

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CORE COURSES (14)

Semester - 1

C 1 Introduction to Psychology- I (Theory+ Practical)

UNIT I:

(a) Nature of Psychology - Definition (b) Scientific Method, Historical Development and Current Status, Psychology in India. Biological Basis – Neuron, Structure and Function of Nervous System, Application

UNIT II: Attention & Perception - Nature, Selective and Divided Attention, Recognition, Perceptual Constancies, Application

UNIT III: Learning & Memory - Definition, Conditioning, Cognitive Learning, Observation learning. Memory - Models, Stages, STM, LTM, Improving memory, Applications

UNIT IV: Motivation & Emotion - Approaches to Understanding, Types of Motives, Elements of Emotions; Bodily changes and Emotions; Gender, Culture & emotions; Applications

Readings:

Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (1990). Introduction to Psychology. New York: H. B. J. Inc.

N.K. Chadha and Salma Seth (eds) (2013) The Psychological Realm. Pinnacle Learning: new Delhi

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

Sternberg, R. J. (2010). Cognitive Psychology. New York: Cengage Learning

Passer, M.W. & Smith, R.E. (2010). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill

Practicum

a) Application of Psychology in everyday life: Interactive and experiential activities with the use of videos, films, personal narration in the following:- - Experiencing positive/negative emotions - Experiencing relevance of motivation referring to personal goals

b) Understanding and Conduction of Experimental Designs. One experiment to be done from the following: - Attention and Perception - Learning and Memory

C 2 Research Methodology & Data Processing in Psychology- I (Theory+ Tutorial)

UNIT I:

- Tools of data collection: experimental method, survey method (questionnaire & structured interview), observation method, case study method, Ex-post facto studies.

UNIT II:

- Test standardization: item analysis, reliability, validity, norms.

UNIT III:

- Levels of measurement
- Measures of central tendency
- Measures of dispersion
- Derived scores (only theoretical inputs)
- Normal distribution: nature & properties, finding areas when the score is known, finding the scores when the area is known

UNIT IV:

- Correlation: a matter of direction, a matter of degree, formulas for Pearson's coefficient correlation, factors effecting correlation coefficient.

Readings:

Aron, A., Aron, E.N., & Coups, E.J. (2007).Statistics for Psychology. (4thEd.) India: Pearson Education, Prentice Hall.

N.K. Chadha (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi

N.K. Chadha (2009) Applied Psychometry. Sage Pub: New Delhi

King, B.M. & Minium, E.W. (2007).Statistical Reasoning in the Behavioral Sciences. (5th Ed.) USA: John Wiley.

Semester - 2

C 3 Introduction to Psychology- II (Theory+ Practical)

UNIT I: Cognition – Thinking, Concepts and Categorization, Problem Solving, Application

UNIT II: Intelligence – Nature, Nature/ Nurture, Theories, Application

UNIT III: Personality – Nature, Theories, Assessment, Application

UNIT IV: State of Consciousness: Controlled and Automatic Processing, Self Awareness, Sleep

Readings:

Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (1990). Introduction to Psychology. New York: H. B. J. Inc.

Baron, R. B. (2013). Psychology. New Delhi: Pearson

N.K. Chadha and Salma Seth (eds) (2013) The Psychological Realm. Pinnacle Learning: new Delhi

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

Sternberg, R. J. (2010). Cognitive Psychology. New York: Cengage Learning

Passer, M.W. & Smith, R.E. (2010). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill

Practicum

Tests/ Battery on any of the Three topics from the following:

Intelligence, Personality, Critical Thinking, Problem solving, Reasoning, Aptitude

C 4 Research Methodology & Data Processing in Psychology- II (Theory+ Tutorial)

UNIT I:

- Sampling

- Probability: simple random, stratified & cluster
- Non- probability: accidental, quota, purposive

UNIT II:

- Qualitative research: define, differentiate from quantitative research
- Scale construction: Likert, Thurstone, Guttman & semantic differential.

UNIT III:

- Hypothesis testing: single & double (dependent & independent) means Z and student's t.
- Type I & II errors, power of a test

UNIT IV:

- Hypothesis testing for more than two means: one way ANOVA
- Introduction to non parametrics: Chi square.

Readings:

Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology. (4thEd.) India: Pearson Education, Prentice Hall.

N.K. Chadha (2009) Applied Psychometry. Sage Pub: New Delhi

King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the Behavioral Sciences. (5th Ed.) USA: John Wiley.

Semester - 3

C 5 Applied Social Relation- I (Theory+ Practical)

UNIT I:

- Introduction to the field of Social Psychology & Applied Social Psychology
- Definitions, historical roots, theories

UNIT II:

- Social Cognition
- Self in a social world.
- Attribution, biases, impression formation and impression management.

UNIT III:

- Behavior and attitudes.

UNIT IV:

- Application of Social Psychology to Social Problems
- Social Problems : Concept and approaches.
- Aggression & Violence.
- Poverty.

Readings:

Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston: Prentice Hall.

Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson.

Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi. Pearson.

Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi : Tata McGraw Hill Pub. Co. Ltd.

Practicum

Three practicum based in laboratory to be done, one from each unit:

Unit I: One experiment to be conducted based on the classic study of any social processes.

Unit II: Simulated exercises/assessment - Any one of the following:

1. Impression formation and attribution
2. Attitude

Unit III: Understanding of social problem in India – using case studies & audio visual aids- (any one) -
Problem of violence in India - Poverty

C 6 Life Span Development (Theory+ Practical)

UNIT I:

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

UNIT II:

- Physical development: Patterns of growth from conception till late adulthood
- Issues of disability
- Death and dying

UNIT III:

- Cognitive development: Brief introduction to cognitive development: Piagetian, Vygotskian, and Information processing approaches
- Cognitive changes in adulthood and old age
- Language development, linguistic diversity and its role in cognitive development.

UNIT IV:

- Socio-emotional development: Emotional development
- Moral development
- The Self
- Forging an identity
- Gender and sexuality
- Aging and the social world
- Successful aging

Readings:

Feldman, R.S. & Babu, N. (2011). *Discovering the life-span*. New-Delhi: Pearson.

Kakar, S. (2012) *The inner world: A psychoanalytic study of childhood and society in India* (4th Ed.). New Delhi. Oxford University Press

Santrock, J.W. (2012). *A topical approach to life-span development*. NewDelhi:Tata McGraw-Hill.

Shaffer, D.R. & Kipp, K. (2007). *Developmental psychology: Childhood and Adolescence* Indian reprint: Thomson Wadsworth

Sharma, N. & Chaudhary, N. (2009). *Human development: Contexts and processes* In G. Misra (ed) *Psychology in India, Vol 1: Basic psychological processes and human development*. India: Pearson.

Practicum

3 practicum from the following list are to be done:

1. Life Review of self or an adult.
2. Assessment of cognitive or socio-emotional status with the help of standardized psychological tests.
3. Field report: The interaction between individuals and contexts (family, school, peers, culture).
4. Case study of an atypical individual.
5. Field work: some illustrative topics:
 - Assessing BMI in relation to socio-economic-status.

- Comparison of language development between two age groups in children.
- Examining the issues of old age by interviewing an elderly individual.
- Evaluating quality of service in old-age homes.
- Identifying the moral challenges by noting the incidents reported over 1 week in newspapers.
- Interviewing a nursery teacher for understanding the issues encountered in taking care of children.

C 7 Systems in Psychology (Theory+ Tutorial)

UNIT I: Introduction to systems of psychology, science and history: Structuralism, Functionalism and Associationism, Classical Behaviourism and Neo- behaviourism.

UNIT II: Field Dynamic Approach: Lewin

UNIT III: Psychoanalysis: Freud and Erik Erickson

UNIT IV: Cognitive Approaches: Piaget and Kohlberg

UNIT V: Humanistic Psychology: Maslow and Rogers

Readings:

Brennan, J.F. (1991). History and systems of psychology. NJ: Prentice Hall.

Chaplin, J.P. and Krawiee, T.S. (1979). Systems and Theories in psychology. NY: Holt, Rinchart and Winston.

Leahey, T.H. (1994). A history of modern psychology. NJ: Prentice Hall.

Marx, M.H. and Hillix, W.A. (1986). Systems and theories in psychology. NY: Mc Graw Hill.

Semester - 4

C 8 Applied Social Relation- II (Theory+ Practical)

UNIT I:

- Social Influence
- Group processes.

UNIT II:

- Social Relations
- Interpersonal attraction

- Prosocial behaviour.

UNIT III:

- Intergroup Relations
- Prejudice, conflict and peace making.

UNIT IV:

- Applying Social Psychology
- Social Psychology and environmental problems
- Social Psychology at the work place. (Work related attitudes, organizational citizenship behavior, leadership).

Readings:

Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston: Prentice Hall.

Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson.

N.K. Chadha (ed) (2012) Social Psychology: McMillan Publishers , New Delhi

Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi. Pearson.

Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi : Tata McGraw Hill Pub. Co. Ltd.

Practicum

Any 2 practicum pertaining to understanding social relations out of the list suggested below:

1. Self awareness skills
2. Verbal/ non- verbal communication skills
3. Trust / caring / intimacy skills
4. Conflict management skills
5. Experiment based on socio-cognitive construct/ attitude
6. Group projects: Some illustrative topics:
 - Personal explorations, work book and reflections on friendship/ family/ work relationships
 - Gender differences in friendship
 - Factors influencing relationship satisfaction and commitment
 - Role of reciprocal liking and similarity in relationship
 - Sibling relationship
 - Case studies/Real life stories/writing/movies analysis.

C 9 Health Psychology (Theory+ Tutorial)

UNIT I: Introduction: Definition, Mind-body relationship, Bio-psychosocial model of Health, Life styles and disease patterns

UNIT II: Behaviour and Health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour (Protective motivation theory, theory of reasoned action) and their implications

UNIT III: Health Enhancing Behaviour: Exercise, nutrition, accident prevention, pain (meaning, measurement and management)

UNIT IV: Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope

Readings:

Allen, F.(2011). Health psychology and behaviour. Tata McGraw Hill Edition

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley

Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill

C 10 Counseling Psychology (Theory+ Practical)

UNIT I:

- Introduction to counseling psychology: Historical development
- Definitions and goals
- Counseling and psychotherapies (similarities and differences)
- Ethical considerations
- Future trends

UNIT II:

- Techniques of counseling psychology-I
- Person centered approach
- Psychodynamic approach

UNIT III:

- Techniques of counseling psychology-II

- Behavioral counseling
- Cognitive behavioral approach: CBT

UNIT IV:

- Applications of counseling: School, Career.

Readings:

Belkin, G. S. (1988). Introduction to Counseling. W. C.: Brown Publishers.

Nelson, J. (1982). Theory and Practice of Counseling Psychology. New York: Holt Rinehart & Winston.

Udapa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsi Das.

Windy, D. (Ed.) (1988). Counseling in Action. New York: Sage.

Practicum

Participatory exercises/ case studies/ audio-visuals for understanding counseling process acquisition and training of basic social skills applied in different field contexts as follows:

- Understanding of Counseling process and its application in interpersonal relations, developmental context
- Training for counseling skills at relating stage and problem identification
- Externships in reference to different counseling contexts

Semester - 5

C 11 Understanding Psychological Disorders- I (Theory+ Practical)

UNIT I: Understanding Abnormal Behavior

- Concept of Normalcy & Abnormal
- Diathesis Stress Model

UNIT II: Classification of Disorders

- Classification: DSM IV – TR: ICD 10
- Introduction to various groups of Disorders on Axis I and Axis II (only general characteristics)
- Overview of Treatment: Biological, Psychological

UNIT III: Anxiety Disorders

- Overview of Anxiety disorders and their commonalities

- b) GAD – Clinical picture, Causal factors.
- c) OCD – Clinical picture, Causal factors.

UNIT IV: Schizophrenia : Clinical Picture, Subtypes, Causal factors

Readings:

Alloy, L.B., Riskino, J.H. and Manos, M.I. (2006). Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill

Barlow, D.H. & Durand, V.M. (2010). Textbook of Abnormal Psychology. New Delhi: Cengage Learning India Pvt. Ltd.

Carson, R.C., Butcher, J.N., Mineka, S & Hooly, J. M. (2007). Abnormal Psychology, 13th Ed. New Delhi: Pearson.

Nolen-Hoeksema, S. (2010). Abnormal Psychology. New Delhi: Tata McGraw-Hill.

Practicum

Interview of cases from the above list of Units

Test any one: 16PF, MMPI

C 12 Foundation of Industrial/ Organizational Psychology- I (Theory+ Practical)

UNIT I: Historical Background of Industrial and Organizational Psychology, Understanding Organizational Behavior: Defining Organizational Behaviour (OB), Culture and its impact on OB, OB Model, The Organizational structure, Common Organizational Designs, New Design Options

UNIT II: Individuals' Attitudes: Job Satisfaction; Global Implications, Organizational Commitment and Organizational Citizenship behaviour, Organizational Context for positive Attitudes, Two work Attitudes relevant to India-Karma Yoga & Work Dedication, Shaping the characteristics of jobs; the redesigning of jobs

UNIT III: Selection: Principles and Techniques: psychological Testing, Performance Appraisal

UNIT IV: Training: Concept and model: on and off the site training methods, Evaluation of training

Readings:

Greenberg, J and Baron, R.A. (2011) Behavior in Organizations. 10th ed. Prentice hall of India Pvt. Ltd.

Luthans, F. (2010). Organizational behavior, 12th Edition. McGraw Hill

Pareek, U. (2010). Understanding Organizational Behaviour. Oxford: Oxford University Press.

Robbins, S.P., Judge T.A. and Sanghi, S.(2009) Organizational Behaviour,13th ed. Pearson Education , Inc.

Practicum

Any one Test from following: FIRO- B, Organizational Role Stress, MBTI

Any one Practical from following: Group Behavior, Person Perception, Attitudes, Task Analysis.

Semester - 6

C 13 Understanding Psychological Disorders- II (Theory+ Practical)

UNIT I: Anxiety Disorders: Clinical Picture, Causal factors

- a) Specific Phobia
- b) Social Phobia
- c) Panic disorder with and without Agoraphobia

UNIT II: Mood Disorder – Clinical picture, Types, Causal Factors

UNIT III: Clinical picture and Causal Factors of

- a) Conversion Disorder
- b) Anti social Personality

UNIT IV: Sexual Disorders – Clinical picture and Causal factors of

- a) Paraphilia
- b) Gender Identity Disorder

Readings:

Alloy, L.B., Riskino, J.H. and Manos, M.I. (2006). Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill

Barlow, D.H. & Durand, V.M. (2010). Textbook of Abnormal Psychology. New Delhi: Cengage Learning India Pvt. Ltd.

Carson, R.C., Butcher, J.N., Mineka, S & Hooly, J. M. (2007). Abnormal Psychology, 13th Ed. New Delhi: Pearson.

Nolen-Hoeksema, S. (2010). Abnormal Psychology. New Delhi: Tata McGrawHill.

Practicum

Case study method and Mental State Examination

One Field Report: Concentrating on the above mention areas

C 14 Foundation of Industrial/ Organizational Psychology- II (Theory+ Practical)

UNIT I: Motivation: Concept of Incentives and rewards, Theories of motivation (context, process, and contemporary theories)

UNIT II: Basic Approaches to Leadership: Defining Leadership, Trait Theories, Behavioural Theories, Contingency Theories, Leader-Member Exchange Theory, Inspirational Approaches to Leadership, Authentic Leadership, Contemporary Approach, Challenges to Leadership

UNIT III: Stress: Causes, Effects, Models, Coping

UNIT IV: Introduction to Human Resource Management: HRM at work, The changing Environment of HRM, The changing Role of HRM , The HR Manager's Proficiencies, Labour Legislation in India

Readings:

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

N.K. Chadha (2002) Human Resource Management- Issues, case studies and experiential exercises. Sai Printographers, 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.

Prakash, A. (2011). Organizational behaviour in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.

Singh, K. (2010). Organizational Behaviour: Texts & Cases. India: Dorling Kindersley.

Practicum

Stimulated Exercise/ Workshop on any one: Social Skills, Leadership, Motivation, Stress

One Field Report: Concentrating on the above mention areas.

ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 2, 1 in Sem III and 1 in sem IV):

1. Stress Management (Theory+ Practical)

UNIT I: Learning about sources of stress and its symptoms: Nature of stress- various sources of stress environmental, social, physiological and psychological; Symptoms of stress - emotional response, physiological & behavioral

UNIT II: Learning to manage stress effectively : Methods - yoga, meditation, Vipassana, relaxation techniques, clarifying problem, alternate actions, support (Problem focused) emotion focused constructive approach

Readings:

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning .

Practicum

Any Two from the following (based on the above mentioned topics):

Stimulated Exercise, Test, Case Study, Interview, Movie analysis

2. Effective Leadership (Theory+ Practical)

UNIT I: Developing effective behavioural styles of leadership: Communication Skills; Participatory Communication; Consideration for members; Defining goals and distributing task effectively

UNIT II: Building effective teams: Co-operation in a team; Cohesiveness, trust and interdependence

Readings:

Forsyth, D.R. (2006). Group processes. New Delhi: Cengage learning

Lussier, R. N. & Achua, C.(2007). Effective Leadership. New Delhi: Thomson South Western

Practicum

Any Two from the following (based on the above mentioned topics):

Stimulated Exercise, Test, Case Study, Interview, Movie analysis

3. Intergroup Relations (Theory+ Practical)

UNIT I: Nature of intergroup relations: Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.

UNIT II: Social categorization and conflict: Ingroup vs. outgroup; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization; Minimal ingroup situation.

UNIT III: Cultural aspects of intergroup relations: Social identity, Stereotypes: National & ethnic stereotypes cases for Indian context.

UNIT IV: Resolving intergroup conflict: Intergroup contact; Promoting intergroup cooperation; Conflict management strategies: Collaborating, competing, accommodating, avoiding & compromising.

Readings:

1. Baron, R.A., Branscombe, N.R, Byrne,D. & Bhardwaj, G. (2009) Social psychology. New Delhi : Pearson.

Practicum

Any Two from the following (based on the above mentioned topics):

Stimulated Exercise, Test, Case Study, Interview, Movie analysis

ELECTIVE DISCIPLINE SPECIFIC DSE (Any 4) (2 in sem V and 2 in Sem VI):**1. Understanding Psychology (Theory+ Practical)**

UNIT I: Introduction: What is psychology? Perspectives on behaviour; Methods of psychology (with special emphasis. on Experimentation); Major subfields of psychology; Psychology in modern India; Biological basis of human behaviour (with emphasis on brain only)

UNIT II: Perception: Perceptual processing, Role of attention in perception, Perceptual organization, Perception as hypothesis testing, Perceptual sets, Perceptual constancies, Perception of depth, distance and movement; Illusions.

UNIT III: Learning: Classical conditioning, operant conditioning, observational learning – Principles and applications; Learning strategies; Learning in a digital world; Self regulated learning; Creating a positive learning environment

UNIT IV: Memory: Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Reconstructive nature of memory; Forgetting, Improving memory

Readings:

Baron, R. & Misra. G. (2013). Psychology. Pearson.

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

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill

Woolfolk, A., Misra, G., & Jha, A. K. (2012). Fundamentals of Educational Psychology. Pearson.

Practicum:

Any 2 practicum pertaining to: Perception, learning and memory.

2. Youth Psychology (Theory+ Practical)

UNIT I: Introduction: Defining youth; Youth across cultures; Formulation of youth identity; Concerns and relevance of youth psychology.

UNIT II: Youth development and society: Relationship with family members, peers and friends; Romantic relationships and intergenerational relations; Youth culture: Gender, media and values.

UNIT II: Issues and challenges: Youth and risk behaviours (Drug abuse, delinquency, sexuality & suicide risk); Employment, education; Youth in transition.

UNIT IV: Youth and sustainable social well-being: Positive youth development: Responsibility, social interest and social capital.

Readings:

Brown, B. B., R. Larson, & T. S. Saraswathi. (2002).The world's youth: Adolescence in eight regions of the globe. New York: Cambridge University Press.

Connidis, I. A. (2010).Family ties and aging. Sage.

Heinz, L. & Ansbacher, R.R. (1956). The individual psychology of Alfred Adler. New York: Basic Books.

Jonathan, I., Thomas, K., & Ramaswamy, S. (2002). Social capital and wellbeing in developing countries: An introduction. In Jonathan Isham, Thomas Kelly, and Sunder Ramaswamy, eds. Social capital and economic development: Well-Being in developing countries. Northampton, MA: Edward Elgar,

Rew, L. (2005). Adolescent health: A multidisciplinary approach to theory, research and intervention. Sage.

Tromsdraff, G. & Chen, X. (2012). Values, religion and culture in adolescent development. Cambridge University Press.

Practicum

Any two practicum based on the topics discussed in Youth Psychology

3. Living in Media World (Theory+ Practical)

UNIT I: Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation.

UNIT II: Media and advertising: Developing an effective advertising programme /media promotions/ campaigns for social marketing. Case studies in the Indian context.

UNIT III: Audio-Visual media (TV and movies) and Print media: Nature and their impact; Developmental issues: fantasy Vs reality, socialization, stereotyping, and violence. . Case studies in the Indian context.

UNIT IV: Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context.

Readings:

Barker, M., Barker, D. I., Bormann, N. F. & Neher, K. E. (2013). Social media marketing: A strategic approach. South Western Cengage learning.

Batra, R., Aaker, D. A., and Myers, J. G. (2006). Advertising management. New Delhi Dorling Kindersley (India).

Berns, R. M. (2004). Child, Family, School, Community: Socialization and support. Thomson/Wadsworth.

Giles, D. (2008). Media Psychology. Lawrence Erlbaum

Kotler, P., Keller, K. L., Koshy, A. & Jha, M. (2012). Marketing management: A South Asian perspective. Pearson

Melkote, S. R. & Steeves, H. L. (2001). Communication for development in the third world. New Delhi Sage

Melkote, S. R. & Steeves, H. L. (2001). Communication for development in the third world. Sage

Young, G., Ferrari, P., Malhotra, S., Tyano, S., and Caffo, E. (2003). Brain, culture and development. MacMillan.

Practicum

Any two practicum based on the topics discussed in Media Psychology

4. Psychology at Work (Theory+ Practical)

UNIT I: Introduction to I/O Psychology: Definition; Brief history; Contributing disciplines to the domain of I/O psychology; Contemporary trends and challenges.

UNIT II: Work Motivation: Concept of work motivation; Theories of work motivation and applications.

UNIT III: Communication in organizations: Communication process; Purposes of communication in organizations; Communication networks; Barriers to effective communication; Managing communication.

UNIT IV: Leadership: The meaning of leadership; Early approaches to leadership (trait approaches, behavioral approaches-the Michigan studies, the Ohio studies, Leadership grid), Contingency theories- Fiedler's contingency theory and contemporary theories- Transformational & Transactional leadership.

Readings:

Greenberg, J. & Baron, R.A. (2011). Behaviour in organizations. 10th Ed. India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G.(2009). Organizational behavior: Managing people & organizations (Edition). Biztantra publishers.

Robbins, S. P. & Judge, T.A. Essentials of Organizational Behavior. 9th Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. Organizational behavior. 12th Ed. New Delhi: Prentice Hall.

Practicum

Two practicum pertaining to Psychology at Work from any 2 units.

5. Project/Dissertation

American Psychological Association (APA) style to be followed for project writing

Format

- Abstract – 150 words including problem, method & results.
- Introduction – Theoretical consideration, review, present study, objectives and hypotheses.
- Method – Design, Sample, Measures, Procedure
- Results
- Quantitative analysis of group data (Raw data should not be attached in Appendix)
- Graphical representation of data wherever required.
- Qualitative analysis wherever done should indicate the method of qualitative analysis.
- Discussion
- References (APA Style) & Appendix

Project should be in Soft binding. It should be typed in 1.5 spacing on both sides of the paper. Total text should not exceed 50 pages (References & Appendices extra).

Project should be prepared in the form of research paper to be published in a reputed scientific journal.

ELECTIVE GENERIC (GE) (Any 4, 1 each in sem 1, 2, 3 and 4)

1. Community Psychology (Theory+ Tutorial)

UNIT I: Introduction: Definition of community psychology; types of communities – locality based and relational; models: ecological level analysis of community, conceptual level model.

UNIT II: Core values in community psychology: a) Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths. b) Community functions – learning, socialization, and supportive functions.

UNIT III: Communities as setting for health promotion: Need and process of community organization and building for health promotion programming. Community programme for child and maternal health, for physical challenged and old age in the Indian context.

UNIT IV: Intervention for Community Development and Empowerment: Concept and practices for community development and empowerment; case studies of community intervention programs by the governmental and nongovernmental organizations in Indian context such as, rural panchyat programs, children's education, citizen right, self- help group, social accounting

Readings:

Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006) Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education

Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi

2. Psychology for Living (Theory+ Tutorial)

UNIT I: Illness, health and well being: Conceptualizing illness, health and wellbeing; Models: Medical, bio-psycho-social, holistic health.

UNIT II: Stress and coping: Nature and sources of stress; Personal and social mediators of stress; Effects of stress on physical and mental health; Stress management.

UNIT III: Health management: Health-enhancing behaviors: Exercise, nutrition, meditation; Health compromising behaviours: Alcoholism and smoking; Health protective behaviours: Immunization, maintaining hygiene and pollution-free environment; Illness management.

UNIT IV: Promoting human strengths: Human strengths and virtues; Cultivating inner strengths: Hope and optimism; Gainful employment and Me/We balance.

Readings:

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

DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson

Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage

3. Diagnostic Psychology (Theory+ Tutorial)

UNIT I: Introduction: Definition and criteria of abnormality, brief overview of perspectives (psychoanalytic, cognitive, behavioural, humanistic- existential, diathesis-stress model) and classification (latest edition of DSM&ICD).

UNIT II: Anxiety disorders: Generalized anxiety disorder, Obsessive-Compulsive disorder, Phobic disorder

UNIT III:

a) Somatoform disorder: Conversion disorder and Hypochondriasis;

b) Eating disorder: Anorexia Nervosa and Bulimia Nervosa

UNIT IV: Mood disorders: Unipolar and Bipolar Disorders and Suicide

Readings:

Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J.M. (2007). Abnormal psychology. 13th Ed. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal psychology and life: A dimensional approach. New Delhi: Cengage learning.

Kring, A. M., Johnson, S. L., Davison, G. C. & Neale, J.M. (2010). Abnormal psychology. 11th Ed. Delhi: Wiley-India.

4. Environmental Psychology (Theory+ Tutorial)

UNIT I: Introduction: Nature, Concept and goals, Role and Functions of Environmental psychologists.

UNIT II: Theoretical Orientations: Social psychological perspective: Urie Bronfenbrenner ; Baker's environmental psychology

UNIT III: Spatio- physical dimensions of behaviour: Personal space, territoriality and crowding

UNIT IV: Urban environment and stress: Noise, pollution, commuting

UNIT V: Towards better environment: Planning, role of media, practitioners, NGO's contribution to changing behaviour to save the environment

Readings

Fisher, J.D., Bell, P.A., and Baum, A. (1984). Environmental Psychology. NY: Holt, Rinehart and Winston.

Holahan, C.J. (1982). Environmental Psychology. NY: Random House.

5. Communication Competence (Theory+ Tutorial)

UNIT I: Communication Skills for effective presentation: Organizing skills of message and context; Presentation skills of message ;Situating it to different audience, Handling question/answer.

UNIT II: Communicating skills in the interpersonal context: Engaging in meaningful conversation; Interviewing skills; Art of listening ; Non-Verbal skills

Readings:

Adler, R.B & Rodman, G. (2006) Understanding Human Communication. Oxford University Press.

Sherfield, R.M, Montgomery, R.J. & Moody, P.G. (2009) Developing soft skills, Pearson education, India.

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