

**Department of Psychology**  
**B.A./B.Sc. I**  
**Paper-I General Psychology**

**Unit-I**

1. Introduction approaches to the study of behaviour, nature and scope psychology, S-O-R framework, methods of psychology, observation experimental, interview and questionnaire.

**Unit-II**

2. Psychological bases of behaviour – neurons, structure and functions of brain spinal cord, autonomic nervous system, glands.
3. Sensory processes – structure and function of eye and ear. Visual phenomenon acuity, after image, colour mixing, colour blindness.
4. Attention : meaning, type, determinants, Perception, meaning, figure background, laws of perceptual organization, illusion, movement perception determinants of perception.

**Unit-III**

5. Learning – meaning, learning curve, theories of learning, trial and error, insightful learning, classical and instrumental conditioning.
6. Emotion – nature of emotion, psychological changes during emotion, theories of emotion – James-Lange and Cannon-Bard theory.
7. Motivation : meaning and homeostasis, instincts, drives, Biogenic motives, hunger and thirst and Sociogenic motives – achievement, affiliation, approval and power.

**Unit-IV**

8. Memory – nature and type, measurement of retention : Forgetting, disease, preservation and consolidation and interference theory.
9. Intelligence – meaning, type of intelligence test, concept of intelligence quotient, theories of intelligence – two factor and multifactor.
10. Personality – meaning, types, traits, determinants-genetic and environmental influences.

**B.A./B.Sc. I**

**Paper-II**

**Development Psychology**

**Unit-I**

1. Development Psychology, Nature, scope, utility, Meaning & principle of development, Stages & Laws of Development, Methods of studying development – longitudinal and cross sectional, merit and demerits, Importance of study of human development.
2. Dynamic of human development – Role of maturation and learning, heredity and environment, imitation and identification.

**Unit-II**

3. Physical development : Meaning, stages – prenatal and postnatal, determinants, development of nervous system and motor abilities. Meaning Sequence of development, outcomes of development, Determinants.
4. Sensory and perceptual development – processes, sensory capacities of infants; Perceptual development – dimensions and determinants.
5. Development of cognitions and understanding meaning and theory of cognitive development, development of understanding, meaning and theory of cognitive development, development of understanding – factors, concept development – Meaning, characteristics, steps and determinants.



6. Socio Development – Meaning, criteria, stages and determinants, Language development – Meaning, Speech & Speech disorders, Stages of Language development, Determinants, Creativity – Meanings and developments.

7. Adolescence : Meaning & characteristics, Changes during adolescence, problems of adjustment and means of solving problems.

8. Play, emotional and moral development : meaning, criteria, and stages of social development; meaning and development of emotions. Watson and Bridges theories, effect of deprivation of affection, Emotional dominance and control, Heightened emotionality, meaning and development of morality – Kohlberg's Self concept theory, determinants; Meaning; Meaning of play, play & work, Importance of play, Characteristics and types of play, Stages of play development, Factors.

#### **Unit-IV**

9. Exceptional children meaning and types, Mentally retarded child, Gifted child, Delinquent child. Backward child, Handicapped child – problems, treatment and education.

10. Aging meaning characteristics task, personal and social development, vocational adjustment, family adjustment, factor influencing adjustment during aging.

#### **B.A./B.Sc. I**

##### **Paper-III**

##### **Practical**

#### **Unit-I**

1. Learning curve (Mirror drawing/Maze Learning)

2. Measurement of Illusion.

3. Effect of knowledge of result on learning (KR)

4. Measurement of memory (STM/LTM).

5. Set in perception.

6. Water Jar Problem.

#### **Unit-II**

1. Verbal or performance test of intelligence

2. Multidimensional Adjustment inventory

3. Measurement of morality

4. Introversion – extroversion test

5. Social maturity

6. Vocabulary test.

#### **B.A./B.Sc. II**

##### **Paper-I**

##### **Abnormal Psychology**

#### **Unit-I**

1. Concept and viewpoints of abnormality, characteristics of normal and abnormal behaviour.

2. Causes of abnormal, behaviour – biological, psychological, social and cultural factors, Psychoanalytic theory of Freud – theory of mind, Psycho-sexual development.

#### **Unit-II**

3. Stress and adjustment – Models of stress and coping : conflict, Frustration, reaction to frustration, Ego defense mechanism.



### **Unit-III**

4. Anxiety – Meaning & disorders, PTSD, Obsessive – compulsive disorder – symptoms, causes and treatment.
5. Phobia – symptoms, types, causes, treatment, Conversion disorder (Hysteria) and Dissociative reactions.
6. Schizophrenia – symptoms, types, causes and treatment, Depression – Meaning and types – Unipolar & Bipolar disorders.

### **Unit-IV**

7. Delusional (Paranoia) disorder – meaning, criteria, sequence of events in paranoid mode of thinking. Treatment.
8. Mental health – Meaning and prevention of mental health problems, Drug Addiction.
9. Psychotherapy – Psychoanalytic – Psychotherapy, Non-directive therapy, Behaviour therapy, Group therapy.

## **B.A./B.Sc. II Paper-II Social Psychology**

### **Unit-I**

1. Brief historical background of Social Psychology – nature and scope of social psychology, current trends in social Psychology.
2. Methods of studying social behaviour – Observation, Experimental, Field Study, Survey, Sociometry and Cross-cultural method.

### **Unit-II**

3. Social perception and cognition – meaning and determinants – person perception impression formation, determinants.
4. Attitudes – meaning, components and characteristics Measurements- Thurstone, Likert, Semantic Differential scale, formation of attitude, attitude change persuasion, resistance to persuasion, theories – balance and dissonance.

### **Unit-III**

5. Social learning, meaning and determinants, model learning, determinants, role learning.
6. Conformity and Norms – meaning and determinants, Obedience, Compliance and Social Loafing : Meaning of norms, types, formation of norms.
7. Social status – meaning, process, determinants.

### **Unit-IV**

8. Social roles – meaning, social role and interaction, role playing, role strain and conflict, determinants and theories of role conflict, enactment and ex.
9. Group dynamics – social group : meaning and types, Cohesiveness, Group effectiveness, Group dynamics, Leadership – meaning, functions and types, leadership effectiveness, group morale.
10. Prejudice and discriminations, Inter-group conflict, Social tension, causes and reducing inter-group conflict.

## **B.A./B.Sc. II Paper-III Practical**

### **Unit-I**

1. Social motives (Ach. App; Aff. Pow) scale
2. Social attitude scale
3. Sociometry



4. Leadership measurement (LPC)
5. Prejudice
6. Perceptual defence
7. Group discussion and judgement.

#### **Unit-II**

1. Anxiety Scale
2. Life Experience Survey Scale (LEF)
3. Mental Health Scale
4. Security-Insecurity Feeling
5. Depression Scale
6. E.P.Q.

### **B.A./B.Sc. III**

**Note:** There will be two compulsory and one optional paper

#### **Compulsory Papers**

**Paper I** Experimental Psychology

**Paper II** Psychological Statistics & Measurement

**Paper III Optional Paper :** Anyone of the following to be opted

- (a) Health Psychology
- (b) Industrial Psychology
- (c) Environmental Psychology
- (d) Psychology of Personality
- (e) Applied Psychology

#### **Paper-I**

#### **Experimental Psychology**

##### **Unit-I**

1. Conceptual basis of experimental psychology. Psychological experiment problem, hypothesis, variables, experiment designs, and variable control.
2. Psychophysics – meaning and problems, Weber – Fechner's Law, method of classical psychophysics-Average error. Method of limits, Constant stimuli method.

##### **Unit-II**

3. Sensory and perceptual processes : Visual sensation – visual stimulus, summation, adaptation, contrast, auditory sensation-theories of condition perception : meaning figural after effect, constancy, distance perception, determinants-need, value, perceptual defense, set, and personality.
4. Conditioning – Pavlovian (classical) and Institutional conditioning, procedures, phenomena – inhibition, extinction and spontaneous recovery, generalization and determinants.

##### **Unit-III**

5. Verbal learning : materials, methods, phenomena and determinants.
6. Thinking : meaning, types and theories, concept formation-meaning determinants.
7. Problem solving : meaning materials, methods and determinants.

##### **Unit-IV**

8. Memory : meaning and types – sensory, Short term and Long term memory; STM-LTM controversy; methods of studying STM; Forgetting-meaning theories-interference and two factor.



9. Transfer and methods of learning : design and types of transfer, learning methods – whole vs part, massed vs spaced method.
10. Acquired Motives : Maslow's model, intrinsic – extrinsic frame work, achievement, aggression, power, approval, exploratory, behaviour and curiosity.

## **Paper-II**

### **Psychological Statistics & Measurement**

Note: Calculator and Statistical tables are allowed.

#### **Unit-I**

1. Psychological statistics : Nature and types, Descriptive and Inferential statistics.
2. Frequency distribution and graphic representation of data : Polygon, Histogram, Cumulative and Ogive graph.

#### **Unit-II**

3. Measures of central tendency – Mean, Median and Mode – Meaning, application and computation.
4. Measures of variability - Q.D., A.D. and S.D. meaning, application and computation.

#### **Unit-III**

5. Correlation – meaning and types, methods – Rank order, Product Moment correlation, computation.
6. Normal probability curve (NPC) – meaning, characteristics and application.
7. Hypothesis testing and making inferences : meaning and computation of Critical Ratio – t-test meaning and computation, Type I and Type II errors in inference making.

#### **Unit-IV**

8. Nonparametric statistics : Chi-square test : nature and characteristics, application of chi-square.
9. Scaling : Meaning & types – nominal, ordinal, interval and ratio scale.
10. Reliability and Validity – meaning and types.

## **Paper-III (A)**

### **Health Psychology**

#### **Unit-I**

1. Introduction to health psychology : A brief history of health psychology, definition, research models of health psychology.
2. System of body, Nervous system, endocrine system, cardiovascular system, respiratory system, renal system, digestive system, genital and immunity system.

#### **Unit-II**

3. Health behaviour and primary prevention : concept & health behaviour determinants, health promotion, modification of health behaviour, changing health through beliefs and attitudes, social engineering, habit modification, health enhancing behaviour, exercise, accident prevention, physical examination, weight control and diet.
4. Stress and coping : Stress – nature, reaction to stress and illness coping with stress, measurement of stress.
5. The patient in the treatment setting : Use of health services, misuse of health service, patient in hospital setting, patient practitioner interaction – nature, communication and behaviour.

#### **Unit-III**

6. Pain and management ; nature, measurement of pain, clinical management, organization of pain, pain control techniques.



7. Management of chronic and terminal illness : emotional responses to chronic illness, coping, rehabilitation of chronic ill, psychological interventions.
8. Heart disease, hypertension, stroke and diabetes : coronary heart disease, natural measurement, modification and development of type A Behaviour, hypertension. Stress & hypertension, personality factors of hypertension, treatment, recovery from stroke : measurement of diabetes – types, implications, causes and intervention.

#### **Unit-IV**

9. Psychoimmunology (AIDS, cancer and arthritis) – the immune system, assessment of the immune competence, Intervention, meaning, causes, prevention, coping and prevalence, Cancer : psychological factor of cancer, stress and cancer, adjusting problems, rehabilitative intervention : Arthritis : types and adjustment.
10. Challenges for the future : Health promotion, use of health service.

### **Paper-III (B) Industrial Psychology**

#### **Unit-I**

1. Historical background, nature and scope of Industrial Psychology, Problems utility, human view of industrial psychology, concept of H.R.D.
2. Methods of studying behaviour in industrial setting. Field study, Interview, Questionnaire, Experimental method.
3. Scientific management, time and motion study, economic foundations, Hawthorne studies, foundations of industrial psychology.
4. Job satisfaction – Meaning, measurement and determinants
5. Leadership and supervision – meaning and types – democratic autocratic leadership, Industrial morale : meaning and criteria of industrial moral, measurement and determinants.

#### **Unit-III**

6. Individual differences – meaning, causes and distribution of individual differences, measurement
7. Personnel selection : Job design and job analysis : meaning and approaches to job design, job design method, job rotation, job enlargement, job enrichment, job analysis : meaning, method and scope, quality of work life (QWL), management by objectives (MBO).
8. Performance appraisal – criteria, errors and biases, methods of appraising performance.

#### **Unit-IV**

9. Industrial accidents : meaning, accident proneness theories, factors, consequences of accidents, reducing accidents, Industrial fatigue and monotony – meaning, causes and elimination.
10. Employee motivation – meaning of motivation, theories of employee motivation, Maslow and Herzberg, human relations in industry – Industrial conflicts, causes and prevention and labour welfare – aspects and importance.

### **Paper-III (C) Environmental Psychology**

#### **Unit-I**

1. Introduction : meaning, origin and content areas, research methods in environmental psychology – experimental, correlation, descriptive, methods of data collection – self report, observation, trace measures, Choosing measure.



2. World views in psychology : Trait, interactional organism and Traditional perspectives.

#### **Unit-II**

3. Environmental perception and cognition characterizing environmental perception, Environment cognition, Cognitive maps, Way finding.

4. Theories of environment-behaviour relationship – The nature and function of theory in environmental psychology : environment behaviour theories – arousal, environmental load, understimulation, adaptation level, behaviour constraint, environmental stress. Barker's ecological psychology.

#### **Unit-III**

5. Noise-perceiving noise, annoyance, source, Effect of noise – health, mental health, performance, social behaviour. Weather – climate and behaviour, Heat, Cold, Wind, Barometer proces and altitude.

6. Diaster, Toxic hazards and Pollution – Natural disasters, Technological catastrophe, Toxic exposures, Air pollution.

#### **Unit-IV**

7. High density and Crowding : Effects of population density on human and animals, effect of urban life on city dwellers, Environmental solution to urban problems.

8. Architectural design and engineering for human behaviour – the physical environment, the process of design, substantive contribution.

#### **Unit-V**

9. Personality and the environment : Impact of everyday physical environment on human personality – Effects of the environment on emotion.

10. Territoriality – definition and structural characteristic Environmental stress definitions, characteristics, stresses and its effects.

### **Paper-III (D)**

#### **Psychology of Personality**

##### **Unit-I**

1. Meaning of personality – Some aspect of personality – Self concept, Traits, LOC, self-esteem, types of personality – Intraversion – Extraversion, Type- A.

2. Development of personality – determinants of personality – biological, environmental, social and cultural.

##### **Unit-II**

3. Theories of personality – Freud's Psycho-analytic theory and Basic concepts of Neopsychoanalytic theory (Adeler, E. Fromm, Sallivan, Erikson).

4. Cognitive theories – Kelly's Cognitive theory, Roger's person centered theory, All port's theory, Lewin's field theory.

5. Factor theories : R.B. Cattell, H.J. Eysenck, Big five model.

##### **Unit-III**

6. Learning theories : S-R theories, Operant learning, Reinforcement theory Dollard and Miller's theory, Bandura's theory.

7. Measurement of personality : case history, interview.

8. Measurement of personality – Cattell's 16 P.F. MMPI, Rosenzweig PR study.

##### **Unit-IV**

9. Projective methods – TAT, Rorschach inkblot test, Sentence Competition Test.

10. Eastern and Vedantic view of personality.



11. Eastern and Vedantic view of personality.

**Paper-III (E)**  
**Applied Psychology**

**Unit-I**

1. Applied Psychology, meaning, scope and utility. Diagnostic assessment, use of interview and questionnaire, Tests-meaning and types, measuring. Intelligence and Personality.
2. Guidance and counseling : Meaning, purpose, scope, steps, problems of counseling, diagnosis of the behavioural problems, factors of importance in vocational selection.
3. Psychology of education : meaning and use of psychological knowledge in educating children, Adjustment in schools, students achievement and its determinants. Aptitude measurement and its types, Motivating learning, Problems of learning.
4. Human growth and Development : Meaning of growth and development, Developmental stages and their tasks, Laws of development : Some dimensions of development – Promoting social competence and achievement. Exceptional children – mentally retarded and superior, handicapped children, Backward and delinquent children, causes and psychological assistance, Determinants of development.
5. Human resources : meaning and planning : Human resource supply and demand, career path planning, job role planning, control and evaluation, individual differences, meaning and measurement.
6. Stress and adjustment : Meaning causes, effects and stress management, Abnormal behaviour – meaning and general causes : Psychological disorders Anxiety & Depression; Mental Health-Meaning, Criteria and Determinants.
7. Drug addiction – Types of drugs, Alcohol, opium and their effects, Drug dependence, causes and treatment of drug addiction.
8. Industrial application - Job analysis and selection; Employee motivation – Maslow & Herzberg models, Training procedure – on the job and off the job training; Job satisfaction – meaning and determinants; Fatigue & monotony, performance appraisal; Improving psychological environment.
9. Social problem : Prejudice & discrimination, aggression & violence, social tension – causes prevention : Problems of population, population explosion and control.
10. Health awareness – Illness prevention, Treatment and health promotion, Challenges to health of women & children.
11. Environmental problems – Meaning of environment, Noise, air & water pollution & control, Atmospheric conditions, Density & crowding, Environment management.

**Paper-IV**  
**Practical**

**Part-I :** In all six practical are to be performed selecting three form compulsory and three from optional paper.

**Part-II:** Educational Tour Report or Field Study Report

**1. Experimental Psychology**

1. Bilateral transfer of training (TT)
2. Determining AL (Method Limits)
3. Determining DL (Constant Stimuli method)
4. Retroactive Interference
5. Reaction Time (Simple/Complex)



**Optional Paper**

**3. (a) Health Psychology**

- (i) Type A & Type B Inventory
- (ii) Stress Inventory
- (iii) Coping Strategies Schedule
- (iv) Health awareness
- (v) Health problem check list

**(b) Industrial Psychology**

- (i) Job satisfaction
- (ii) Employee motivation
- (iii) Measurement Job Involvement
- (iv) Fatigue
- (v) Work Alienation

**(c) Environmental Psychology**

- (i) Noise adoption
- (ii) Environmental Ethics
- (iii) Environmental effect on emotion
- (iv) Environmental awareness
- (v) Noise sensitivity

**(d) Psychology of Personality**

- (i) Locus of Control (LOC)
- (ii) T.A.T. or Rorschach Ink blot test
- (iii) 16 P.F.
- (iv) Big Five personality test
- (v) Self-esteem scale

**(e) Applied Psychology**

- (i) Adjustment inventory
- (ii) Aptitude test
- (iii) Job satisfaction
- (iv) Emotional maturity
- (v) Use of Interview as a diagnostic technique

