

GURU JAMBHESHWAR UNIVERSITY OF SCIENCE AND TECHNOLOGY HISAR

SCHEME OF EXAMINATION,
Syllabi and Courses of reading for



B.Sc. (Honors) Psychology

For the session

2020-21

B.Sc. (Honors) Psychology Program

Credit requirement for completion of the program: 160

Semester 1: 25 Credits

Semester 2: 24 Credits

Semester 3: 27 Credits

Semester 4: 26 Credits

Semester 5: 29 Credits

Semester 6: 29 Credits

Scheme of Examination
B.Sc. (Honors) Psychology Program
Schedule of the Course

| First Semester | | | | | |
|-----------------------------------------|--------------------------------|----------------------------------------|----------------------------|----------------------------|-----------|
| Course Code | Type of Course | Nomenclature | Lectures (Hours per week) | Tutorial: (Hours per week) | Credits |
| BSCP-101 | Core Course-1 | Introduction and History of Psychology | 4 | 1 | 5 |
| BSCP-102 | Core Course-2 | Social Psychology-I | 4 | 1 | 5 |
| BSCP -103 | Core Course Practical-1 | Psychology Practical-I | 8 | 0 | 4 |
| BSCP -104 | Discipline Specific Elective-1 | Biological Psychology-I | 4 | 1 | 5 |
| BSCP -105 | Ability Enhancement Course-1 | English-I | 2 | 1 | 3 |
| BSCP -106 | Ability Enhancement Course-2 | Hindi | 2 | 1 | 3 |
| Total Credits in first Semester | | | | | 25 |
| Second Semester | | | | | |
| Course Code. | Type of Course | Nomenclature | Lectures: (Hours per week) | Tutorial: (Hours per week) | Credits |
| BSCP -107 | Core Course-3 | Social Psychology-II | 4 | 1 | 5 |
| BSCP-108 | Core Course-4 | Basic Psychological Processes | 4 | 1 | 5 |
| BSCP-109 | Core Course Practical-2 | Psychology Practical-II | 8 | 0 | 4 |
| BSCP -110 | Core Course Training-1 | Summer Training | | Non Credit | |
| BSCP -111 | Discipline Specific Elective-2 | Biological Psychology -2 | 4 | 1 | 5 |
| BSCP -112 | Ability Enhancement Course-4 | English-II | 2 | 1 | 3 |
| BSCP -113 | Ability Enhancement Course-3 | Environmental Science | 2 | 0 | 2 |
| Total Credits in second Semester | | | | | 24 |
| Third Semester | | | | | |
| Course Code. | Type of Course | Nomenclature | Lectures (Hours per week) | Tutorial (Hours per week) | Credits |
| BSCP-114 | Core Course-5 | Psychological Testing -I | 4 | 1 | 5 |
| BSCP-115 | Core Course-6 | Personality | 4 | 1 | 5 |
| BSCP -116 | Core Course-7 | Cognitive Psychology-I | 3 | 0 | 3 |
| BSCP -117 | Core Course Practical-3 | Psychology Practical-III | 8 | 0 | 4 |
| BSCP -118 | Generic Elective-1 | Research Methods and Statistics-I | 4 | 1 | 5 |
| BSCP -119 | Discipline Specific Elective-3 | Military Psychology | 4 | 1 | 5 |
| Total Credits in third Semester | | | | | 27 |

B.Sc. (Honors) Psychology (2020-21) GJUS&T

| Fourth Semester | | | | | |
|------------------------|--------------------------------|--------------------------------------------------|---------------------------|---------------------------|-----------|
| Course Code. | Type of Course | Nomenclature | Lectures (Hours per week) | Tutorial (Hours per week) | Credits |
| BSCP-120 | Core Course-8 | Psychological Testing -II | 4 | 1 | 5 |
| BSCP-121 | Core Course-9 | Cognitive Psychology-II | 3 | 0 | 3 |
| BSCP -122 | Core Course-10 | Psychology in Industries and Organizations | 4 | 1 | 5 |
| BSCP -123 | Core Course Practical-4 | Psychology Practical-IV | 8 | 0 | 4 |
| BSCP -124 | Core Course Training-2 | Summer Internship | | Non Credit | |
| BSCP -125 | Generic Elective-2 | Research Methods and Statistics II | 4 | 1 | 5 |
| BSCP -126 | Discipline Specific Elective-4 | Indigenous Psychology | 3 | 1 | 4 |
| | | Total Credits in fourth Semester | | | 26 |
| Fifth Semester | | | | | |
| Course Code. | Type of Course | Nomenclature | Lectures (Hours per week) | Tutorial (Hours per week) | Credits |
| BSCP-127 | Core Course-11 | Abnormal and Clinical Psychology-I | 4 | 1 | 5 |
| BSCP-128 | Core Course-12 | Guidance and Counselling-I | 4 | 1 | 5 |
| BSCP -129 | Core Course-13 | Positive Psychology-I | 4 | 1 | 5 |
| BSCP -130 | Core Course-14 | Health Psychology-I | 4 | 1 | 5 |
| BSCP -131 | Core Course Practical-5 | Psychology Practical-V | 8 | 0 | 4 |
| BSCP -132 | Discipline Specific Elective-4 | Life Span Development | 4 | 1 | 5 |
| | | Total Credits in fifth Semester | | | 29 |
| Sixth Semester | | | | | |
| Course Code. | Type of Course | Nomenclature | Lectures (Hours per week) | Tutorial (Hours per week) | Credits |
| BSCP-133 | Core Course-15 | Abnormal and Clinical Psychology -II | 4 | 1 | 5 |
| BSCP-134 | Core Course-16 | Guidance and Counselling -II | 4 | 1 | 5 |
| BSCP -135 | Core Course-17 | Positive Psychology-II | 4 | 1 | 5 |
| BSCP -136 | Core Course-18 | Health Psychology-II | 4 | 1 | 5 |
| BSCP -137 | Core Course Practical-6 | Psychology Practical-VI | 8 | 0 | 4 |
| BSCP -138 | Discipline Specific Elective-6 | Contemporary issues and challenges in Psychology | 4 | 1 | 5 |
| | | Total Credits in Sixth Semester | | | 29 |

Semester-1
(Code: BSCP-101)
Introduction and History of Psychology

Time: 3 Hours
External Marks:70

Credits:5
Internal Marks:30

Course objectives *This paper is designed to provide a basic and elementary knowledge of the history of psychology. It includes various issues & theoretical framework related to origin, methods, present status of psychology and schools of psychology.*

Unit-I

Nature and scope of psychology. Relationship of psychology with sociology and philosophy. Origin of psychology.

Case study/ Research article: Analysis of a phobia in a five-year-old boy (Freud, 2001).

Unit – II

History of psychology in India: pre-independence era, post-independence era, problem of disciplinary identity, present situation of psychology as a discipline in India.

Case study/ Research article: Behaviour as seen by the actor and as seen by the observer (Nisbet, 1973).

Unit – III

Schools of psychology: Structuralism, Associationism, functionalism and behaviourism.

Case study/ Research article: Conditioned emotional reactions (Watson & Rayner, 1920).

Unit – IV

Schools of psychology: Gestalt psychology, Psychoanalysis, and Cognitive revolution. Ethics of psychology.

Case study/ Research article: The Case of Zinerman v. Burch (1990): The Importance of Capacity.

References

Chaplin, T. & Kraweic, T.S. (1979). *Systems and Theories of psychology*. Holt Rinehart & Winston.

- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage Learning.
- Hothersall, D. (1995). *History of psychology*. Ohio: McGraw Hill International.
- Kalat, J. W. (2016). *Introduction to psychology*. Nelson Education.
- Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories in psychology*. New York. McGraw Hill International Editions.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1999). *Introduction to Psychology*. New Delhi. Tata McGraw Hill.
- Singh, A.K. (1989). *Tests Measurements and Research Methods in Behavioural Sciences*. Patna: Bharti Bhawan (Publishers and Distributors).

References for case studies/ research articles

- Freud, S. (2001). Analysis of a phobia in a five-year-old boy. *Standard edition, 10*.
- Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.
- Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prentice Hall.
- Meyer, R. G., & Weaver, C. M. (2013). *Law and mental health: A case-based approach*. Guilford Publications.
- Nisbett, R. E., Caputo, C., Legant, P., & Marecek, J. (1973). Behavior as seen by the actor and as seen by the observer. *Journal of Personality and Social Psychology, 27*(2), 154.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-1
(Code: BSCP-102)
Social Psychology-I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an basic and elementary knowledge of social psychology. It includes various issues & theoretical frameworks related to social psychology like nature self, attitudes leadership, prejudice.*

Unit-I

Nature and scope of social psychology, Socialization, development of self.

Case study/ Research article: Transmission of aggression through imitation of aggressive models (Bandura, Ross, & Ross, 1961).

Unit – II

Attitudes: Nature, theories, formation and attitude change.

Case study/ Research article: Behavioural study of obedience (Milgram, 2001).

Unit – III

Leadership: Nature, theories and characteristics of a good leader. Leader-follower interaction.

Case study/ Research article: Pathology of imprisonment (Zimbardo,1972).

Unit – IV

Prejudice: Nature, learning prejudices, motives for prejudice, reducing prejudice.

Case study/ Research article: Black is beautiful (Hraba & Grant, 1970).

References

- Abelson, R. P., Frey, K. P., & Gregg, A. P. (2014). *Experiments with people: Revelations from social psychology*. Psychology Press.
- Aronson, E. (1995). *The social Animal* New York: Freeman.
- Baron, A., & Byrne, D. (1994). *Social Psychology*. Understanding Human Interaction, New York: Prentice Hall.
- Lippa, R.A. (1990). *Introduction to Social Psychology*. Belmont: Wadsworth.
- Misra, G. (1988). *Applied Social Psychology in India*, New Delhi: Sage.
- Myers, D.G. (1994). *Exploring Social Psychology*, New York: Mc Graw-Hill.
- Gross, R., & McIlveen, R. (2016). *Social psychology*. Routledge.

Steg, L., Keizer, K., Buunk, A. P., & Rothengatter, T. (Eds.). (2017). *Applied social psychology*. Cambridge University Press.

References for case studies/ research articles

Bandura, A., Ross, D., & Ross, S. A. (1961). Transmission of aggression through imitation of aggressive models. *The Journal of Abnormal and Social Psychology*, 63(3), 575.

Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.

Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prentice Hall.

Hraba, J., & Grant, G. (1970). Black is beautiful: A reexamination of racial preference and identification. *Journal of personality and social psychology*, 16(3), 398.

Milgram, S. (2001). Behavioural study of obedience. *Conflict, order and action: readings in sociology*, 134.

Zimbardo, P. G. (1972). Comment: Pathology of imprisonment. *Society*, 9(6), 4-8.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-1
(Code: BSCP-103)
Psychology Practical-I

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study motivation, emotion, intelligence, etc.*

List of Practicals

1. EPQ/EPI
2. Retinal colour zones/Color Blindness
3. Sound Localization
4. Study of emotions.
5. Simple reaction time
6. Verbal Test of Intelligence.
7. Performance Test of Intelligence/RPM.
8. Profiling of five equipments
9. Experiment on form perception/Depth Perception
10. Test of Motivation.
11. Aggression
12. Adjustment
13. Self-Concept
14. Temperament
15. Attitude

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-1
(Code: BSCP-104)
Biological Psychology -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an understanding about the biological basis of behaviour. The detailed structure of neurons, nervous system, hormones and their effect of behaviour is covered in this paper.*

Unit-I

Biological basis of Behaviour: Evolutionary and genetic foundations.

Case study/ Research article: Never, ever shake a baby (Heffelfinger, 2010).

Unit – II

Structure and types of neurons. Neural impulse: Origin, Conduction and Measurement.
Neurotransmitters.

Case study/ Research article: Association of specific overt behaviour pattern with blood and cardiovascular findings (Friedman & Rosenman, 1959).

Unit – III

Nervous System: Central nervous system and Peripheral nervous system – Brain and human behaviour.

Case study/ Research article: Brain abnormalities in murderers indicated by positron emission topography (Raine, Buchsbaum & LaCasse, 1997).

Unit – IV

Physiology of hormones, Development of the brain. Plasticity of the brain.

Case study/ Research article: Development of the Adolescent brain (Blakemore & Choudhury, (2006).

References

- Carlson, N. (1991). *Biology of Behavior*. Boston: Allyn and Bacon.
- Graham, R.B. (1990). *Physiological Psychology*. California: Wadsworth.
- Hoyenga, K.B., & Hoyenga, K.T. (1998). *Psychobiology: The neuron and Behavior*. California: Brooks/Cole.
- Kalat, J.N. (2001). *Biological Psychology*. California: Wadsworth.
- Pinel., & Johan, P.J. (1990). *Biopsychology*. Boston: Allyn and Bacon.

- Rosenzweig, M.R., & Liemen, A.L. (1989). *Physiological Psychology*. New York: Random House.
- Rosenzweig, M.R., Leiman, A.L., & Breed I. S.M. (1999). *Biological Psychology: An Introduction to Behavioral, cognitive and Clinical Neuro Science*. 2nd edition Massachusetts: Sinauer.

References for case studies/ research articles

- Apps, J. N., & Roberts, L. W. (2008). *Pediatric Neuropsychology Case Studies*. Springer.
- Blakemore, S. J., & Choudhury, S. (2006). Development of the adolescent brain: implications for executive function and social cognition. *Journal of child psychology and psychiatry*, 47(3-4), 296-312.
- Friedman, M., & Rosenman, R. H. (1959). Association of specific overt behaviour pattern with blood and cardiovascular findings: blood cholesterol level, blood clotting time, incidence of arcus senilis, and clinical coronary artery disease. *Journal of the American medical association*, 169(12), 1286-1296.
- Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.
- Heffelfinger, A. K. (2010). Never, Ever Shake a Baby: Pass It On. In *Pediatric Neuropsychology Case Studies* (pp. 13-22). Springer, New York, NY.
- Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prantice Hall.
- Raine, A., Buchsbaum, M., & LaCasse, L. (1997). Brain abnormalities in murderers indicated by positron emission tomography. *Biological psychiatry*, 42(6), 495-508.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-1
(Code: BSCP-105)
English-I

Time: 3 Hours
External Marks:70

Credits: 3
Internal Marks:30

Course objectives An understanding of basic English is provided in this paper. It includes sentence structure, basic concepts of phonetics, comprehension and composition.

Note: The examiner is requested to set nine questions in all, selecting two questions from each UNIT and one compulsory question (Question No.1 based on the entire syllabus will consist of seven short answer type questions each of two marks). The candidate is required to attempt five questions in all selecting one from each UNIT and the compulsory Question No.1.

Unit-I **Syntax:** Sentence structures, Verb patterns and their usage.

Unit – II **Phonetics:** Basic Concepts – Vowels, Consonants, Phonemes, Syllables; Articulation of Speech
Sounds – Place and Manner of Articulation; Transcription of words and simple sentences, using the International Phonetic Alphabet.

Unit – III **Comprehension:** Listening and Reading comprehension – Note taking, Reviewing, Summarising, Interpreting, Paraphrasing and Précis Writing.

Unit – IV **Composition:** Descriptive, Explanatory, Analytical and Argumentative Writing - description of simple objects like instruments, appliances, places, persons, principles; description and explanation of processes and operations; analysis and arguments in the form of debate and group discussion.

References

1. Roy A. & Sharma P.L. English for Students of Science, Orient Longman.
2. Spoken English for India by R.K. Bansal and J.B. Harrison, Orient Longman.
3. Tickoo M.L. & Subramanian A.E. Intermediate Grammar, Usage and Composition, Orient Longman.
4. Pink M.A. & Thomas S.E. English Grammar, Composition and Correspondence, S. Chand and Sons Pvt.Ltd., Delhi.
5. Thomson & Martinet A Practical English Grammar, OUP, Delhi.
6. Hornby A.S Guide to Patterns and Usage in English, OUP, Delhi.
7. Balasubramanian T. A Textbook of English Phonetics for Indian Students, MacMillan, Chennai.
8. O'Connor J.D. Better English Pronunciation, Cambridge Univ. Press, London.
9. McCarthy English Vocabulary in Use, Foundation Books (Cambridge University Press), Delhi.
10. Buck, Assessing Listening, Foundation Books (Cambridge University Press), Delhi.

Semester-1
(Code: BSCP-106)

हिंदी

Time: 3 Hours

Credits: 3

External Marks:70

Internal Marks:30

खंड (क)

निर्धारित कवि

1 कबीरदास 2 सूरदास 3 मीराबाई 4 रसखान

खंड (ख)

हिन्दी साहित्य का इतिहास भक्तिकाल ; पाठ्यक्रम मे निर्धारित आलोचनात्मक प्रश्न –

1 संतकाव्य की प्रवृत्तियाँ 2 सूफी काव्य की प्रवृत्तियाँ 3 कृष्ण काव्य की प्रवृत्तियाँ
4 राम काव्य की प्रवृत्तियाँ 5 भक्तिकाल : स्वर्णयुग

खंड (ग)

अलंकार- अनुप्रास, श्लेष , यमक, रूपक, अतिशयोक्ति, मानवीकरण, अन्योक्ति समासोक्ति आदि।

खंड (घ)

मुहावरे एवं लोकोक्तियाँ।

खंड (क) के लिए निर्धारित पाठ्यपुस्तक- मध्यकालीन काव्य-कुंज: डा रामसजन पाण्डेय प्रकाशन: खाटूश्याम प्रकाशन , 1276/5 पीर जी मोहल्ला, प्रताप टाकीज़, रोहतक।

निर्देश: सभी प्रश्न अनिवार्य हैं।

1. खंड (क) मे निर्धारित पाठ्यक्रम मे से व्याख्या के लिए चार अवतरण पूछे जाएंगे, जिनमे से परीक्षार्थी को किन्हीं दो की सप्रसंग व्याख्या करनी होगी। प्रत्येक व्याख्या 6 अंक की होगी। पूरा प्रश्न 12 अंक का होगा।
2. खंड (क) मे निर्धारित कवियों में से किन्हीं दो कवियों के साहित्यिक परिचय पूछे जाएंगे, जिनमे से किसी एक कवि का साहित्यिक परिचय लिखना होगा। यह प्रश्न 10 अंक का होगा।
3. खंड (क) मे पाठ्यपुस्तक से निर्धारित आलोचनात्मक प्रश्नों मे से दो प्रश्न पूछे जाएंगे, जिनमे से परीक्षार्थी को एक प्रश्न का उत्तर देना होगा। यह प्रश्न 10 अंक का होगा।
4. खंड (ख) मे निर्धारित आलोचनात्मक प्रश्नों में से दो प्रश्न पूछे जाएंगे जिनमे से किसी एक का उत्तर देना होगा। यह प्रश्न 10 अंक का होगा।
5. खंड (ख) से 12 अति लघूत्तरात्मक प्रश्न पूछे जाएंगे। प्रत्येक प्रश्न एक-एक अंक का होगा। पूरा प्रश्न 12 अंक का होगा।
6. खंड (ग) मे निर्धारित अलंकारों में से दो अलंकार पूछे जाएंगे जिनमे एक अलंकार उदाहरण सहित लिखना होगा। यह प्रश्न 6 अंक का होगा।
7. खंड (घ) में 10 मुहावरो और लोकोक्तियों में से किन्हीं पाँच मुहावरो का अर्थ एवं वाक्य प्रयोग लिखना होगा। जो 10 अंकों का होगा।

Semester-2
(Code: BSCP-107)
Social Psychology -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study in social psychology. It includes a detailed study on major social themes like altruism, aggression, obedience and group behaviour.*

Unit-I

Altruism and pro-social behaviour, factors affecting helping behaviour, enhancing prosocial behaviour.

Case study/ Research article: Good samaritanism: an underground phenomenon? (Piliavin, Rodin, & Piliavin, 1969).

Unit – II

Aggression and violence: nature, causes, theories. Reducing aggression and violence.

Case study/ Research article: Cognitive and attentional mechanisms in delay of gratification (Mischel, Ebbesen, & Raskoff , 1972).).

Unit – III

Conformity, compliance, obedience, and deindividuation.

Case study/ Research article: Cognitive consequences of forced compliance (Festinger, & Carlsmith, 1959).

Unit – IV

Group Processes: formation, group performances, decision making in groups.

Case study/ Research article: Experiments in intergroup behaviour (Tajfel, 1970, 1978).

References

- Aronson, E. (1992). *The social Animal*. New York: Freeman.
- Baron, A., & Byrne, D. (1994). *Social Psychology*. Understanding Human Interaction, New York: Prentice Hall.
- Gross, R., & McIlveen, R. (2016). *Social psychology*. Routledge.
- Lippa, R.A. (1990) *Introduction to Social Psychology*. Belmont: Wadsworth.
- Misra, G. (1988). *Applied Social Psychology in India*. New Delhi: Sage.

Myers, D.G. (1994). *Exploring Social Psychology*. New York: Mc Graw-Hill

Steg, L., Keizer, K., Buunk, A. P., & Rothengatter, T. (Eds.). (2017). *Applied social psychology*. Cambridge University Press.

References for case studies/ research articles

Festinger, L., & Carlsmith, J. M. (1959). Cognitive consequences of forced compliance. *The Journal of abnormal and social psychology*, 58(2), 203.

Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.

Mischel, W., Ebbesen, E. B., & Raskoff Zeiss, A. (1972). Cognitive and attentional mechanisms in delay of gratification. *Journal of personality and social psychology*, 21(2), 204.

Piliavin, I. M., Rodin, J., & Piliavin, J. A. (1969). Good samaritanism: an underground phenomenon? *Journal of personality and social psychology*, 13(4), 289.

Tajfel, H. (1970). Experiments in intergroup discrimination. *Scientific American*, 223(5), 96-103.

Tajfel, H. (1978). Intergroup behavior. *Introducing Social Psychology*. -NY: Penguin Books, 401-466.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-2
(Code: BSCP-108)
Basic Psychological Processes

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed for understanding the biological basis of behaviour. It includes physiological processes such as sensation, perception, learning and memory, with major influence on the functioning and theoretical framework of these processes.*

Unit-I

Sensation: structure and functions of the eye, and ear.

Perception: laws of perceptual organization, the perception of depth.

Case study/ Research article: Gorillas in our midst: sustained in attentional blindness for dynamic events (Simons & Chabris, 1999).

Unit – II

Perception: perception of shape and size, mental set, perception of colour, illusions.

Case study/ Research article: The origin of form perception (Fantz, 1961).

Unit – III

Learning: nature, classical conditioning, instrumental conditioning, insight learning, and latent learning.

Case study/ Research article: Teaching sign language to chimpanzee (Gardner & Gardner, 1969).

Unit – IV

Memory: nature, types and factors affecting memory. Forgetting Improving memory.

Case study/ Research article: Levels of processing: A framework for memory research (Craik & Lockhart, 1972).

References

- Byrne, J. H. (2017). *Learning and memory: a comprehensive reference*. Academic Press.
- Carlson, N. (2000). *Physiology of Behaviour*: Allyn and Bacon.
- Chaplin T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*: Holt Rinehart and Winston.
- Goldstein, E. B., & Brockmole, J. (2016). *Sensation and perception*. Cengage Learning.

- Graham, R.B. (1990). *Physiological psychology*. California: Wadsworth.
- Kaltat, J.N. (2001). *Biological psychology*. California: Wadsworth.
- Kling, J.W., & Riggs, L.A. (1971) *Woodworth and Schlosberg's Experimental Psychology*. London: Methuen and Co.
- Levinthal, C.R. (1991). *Introduction to physiological psychology*. New Jersey: Prentice Hall.
- Schiffman, H.R. (1996). *Sensation and Perception*. New York: John Wiley and Sons.
- Toates, F. M. (2007). *Biological psychology*. Pearson Education.

References for case studies/ research articles

- Craik, F. I., & Lockhart, R. S. (1972). Levels of processing: A framework for memory research. *Journal of verbal learning and verbal behaviour*, 11(6), 671-684.
- Gardner, R. A., & Gardner, B. T. (1969). Teaching sign language to a chimpanzee. *Science*, 165(3894), 664-672.
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- Hook, R. R. (1999). Forty studies that changed Psychology. *New Jersey: Prentice Hall*.
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Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student have to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-2
(Code: BSCP-109)
Psychology Practical-II

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study memory, illusions, learning, etc.*

List of Practicals

1. Serial Position Effect.
2. Experiment on STM
3. Experiment on LTM
4. Retroactive Inhibition
5. AL by the method of constant stimuli
6. DL by the method of limits.
7. Muller-Lyre Illusion
8. Problem Solving
9. Bilateral Transfer of Training/ Maze Learning
10. Span of Attention.
11. Anxiety
12. Coping
13. Decision making
14. Free association
15. Social Maturity

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-2
(Code: BSCP-110)
Summer Training

Credits: Non-Credit

After Second semester examination, all the students shall have to go for an internship for four weeks in organizations (Hospitals, Clinics, Jails, Counselling Centers, Industries, Airlines, Detective Agencies, and Advertising Agencies etc.) approved by the department and submit an internship report there on. The internship report shall be recommended/ certified by the head of the organization or any other officer under whose guidance the internship was done. Evaluation of the internship reports will be done by a committee of internal teachers on the basis of the seminar to be presented by each student

The duration of the internship will be of one month (1st June to 1st July of every year). The report on internship will be submitted by each candidate within 45 days of the last paper of the 4th semester examination. If any candidate fails to submit the internship report and present the seminar there on within the stipulated time decided by the department, then the presentation of such candidate will take place on the date decided by the department .

Semester-2
(Code: BSCP-111)
Biological Psychology -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to study the detailed process of development of the brain, and its plasticity. It also includes the concept of sleep and related disorders, physiology of emotions and internal regulations of an organism.*

Unit-I

Development of the brain (Maturation of the vertebrate brain, pathfinding by axons)

Plasticity of brain (Brain damage and short term recovery, later mechanisms of recovery).

Case study/ Research article: Sense and sensibility: relating behaviour control issues with self-regulation of sensory input (Newby & Dunn, 2010).

Unit – II

The control of movement. Stages, functions and disorders related to sleep.

Case study/ Research article: Direct and interactive effects of the physical work environment on attitudes (Carlopio, & Gardner, 1992).

Unit – III

Physiology of Emotions, learning, language and memory.

Case study/ Research article: Hemisphere disconnection and unity in consciousness awareness (Sperry, 1968).

Unit – IV

Internal physiological regulation: Temperature, thirst, hunger.

Case study/ Research article: It helps to know genetic basis: Williams syndrome as an example of cognitive disability (Klein-Tasman et al.2010).

References

- Carlson, N. (1991). *Biology of Behavior*. Boston: Allyn and Bacon.
- Graham, R.B. (1990). *Physiological Psychology*. California: Wadsworth.
- Hoyenga, K.B., & Hoyenga, K.T. (1998). *Psychobiology: The neuron and Behavior*. California: Brooks/Cole.
- Kalat, J.N. (2001). *Biological Psychology*. California: Wadsworth.
- Pinel, Johan, P.J. (1990). *Biopsychology*. Boston: Allyn and Bacon.
- Rosenzweig, M.R., & Liemen, A.L. (1989). *Physiological Psychology*. New York: Random House.
- Rosenzweig, M.R., Leiman, A.L., & Breed l. S.M. (1999). *Biological Psychology: An Introduction to Behavioral, cognitive and Clinical Neuro Science*. 2nd edition Massachusetts: Sinauer.

References for case studies/ research articles

- Carlopio, J. R., & Gardner, D. (1992). Direct and interactive effects of the physical work environment on attitudes. *Environment and Behavior*, 24, 579–601.
- Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.
- Klein-Tasman, B. P., Gallo, F. J., Phillips, K. D., & Fine, K. M. (2010). It helps to know genetic basis: Williams syndrome as an example of cognitive disability. In *Pediatric Neuropsychology Case Studies* (pp. 255-265). New York, Springer.
- Newby, R. F., & Dunn, W. (2010). Sense and Sensibility: Relating Behavior Control Issues with Self-Regulation of Sensory Input. In *Pediatric Neuropsychology Case Studies* (pp. 295-306). New York, NY, Springer.
- Sperry, R. W. (1968). Hemisphere disconnection and unity in conscious awareness. *American Psychologist*, 23(10), 723.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-2
(Code: BSCP-112)
English-II

Time: 3 Hours

Credits: 3

Distribution

External Marks:70

Internal Marks:30

of marks

Selected Chapters of *Literature & Language I*

Edited by: Loveleen Mohan, Randeep Rana, Jaibir Singh Hooda Publishers : Orient Blackswan

- | | |
|--------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 1. Choosing Our Universe <i>Stephen Hawking and Leonard Mlodinow</i> | 2. Are Dams the Temples of Modern India? <i>Arundhati Roy</i> |
| 3. The Generation Gap <i>Benjamin Mclane Spock</i> | 4. Wounded Plants <i>Jagadish Chandra Bose</i> |
| 5. Playing the English Gentleman <i>M. K. Gandhi</i> | 6. Great Books Born out of Great Minds <i>A.P.J. Abdul Kalam</i> |
| 7. The Responsibility of Young Men <i>Lal Bahadur Shastri</i> | 8. Bharat Mata <i>Jawaharlal Nehru</i> |

Instructions to the Paper Setter and the Students:

Note: All questions are compulsory. Marks have been indicated after each question.

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Q.No.1 This question will be short answer type based on the chapters in the text book. The students shall answer any four out of the given six short questions(in about 30 words each). | 8 Marks |
| Q.No.2 This question will be designed to assess the understanding of the text by the students. The students shall answer any five out of the given eight questions based on the chapters (in about 75-100 words each). | 20 Marks |
| Q.No.3 This question will be based on a comprehension passage from the text followed by four questions. | 8 Marks |
| Q.No.4 This question will be based on vocabulary from the exercises following the chapters. The students shall attempt questions on vocabulary as directed. (e.g. framing sentences of their own or giving various forms of the given words, synonyms, antonyms, one word substitutes). The students shall answer any eight out of the given twelve words. | 8 Marks |
| Q.No.5 This question will be based on grammar from the text book. It will consist of two parts: a) This part will be based on the use of tenses. The students shall attempt 8 out of 12 questions. b) This part will be based on parts of the speech. The students shall attempt 10 out of 13 questions. (Note: Questions will be based on the exercises but not from the exercises as such.) | 8 Marks 10 Marks |
| Q.No.6 The students shall write one paragraph (in about 200 words) on any one of the four topics given. | 8 marks |

Semester-2
(Code: BSCP-113)
Environmental Science

Time: 3 Hours
External Marks:70

Credits: 2
Internal Marks:30

Course objectives *This paper is designed to help in the understanding of the environment. It includes key concepts which are necessary for developing a clear idea about the environment, various types of pollutions, effective pollution management strategies and human behaviour in relation to the environment around us.*

Unit-I

The Multidisciplinary nature of environmental studies: Definition, scope and importance, Need for public awareness. Natural resources: Renewable and non-renewable resources.

Case study/ Research article: The induction of sustained recycling behaviour through the foot-in-the-door technique (Arbuthnot et al., 1977).

Unit – II

Environmental Pollution: Definition, Causes, effects and control measures of: - Air pollution, Water pollution, Soil pollution, Thermal pollution & nuclear hazards. Solid waste management. Causes, effects and control measures of urban and industrial waste.

Case study/ Research article: The influence of urban green environments on stress relief measures A field experiment (Tyrvaainen et al., 2014).

References

- Bechtel, R. B., & Churchman, A. (Eds.). (2003). *Handbook of environmental psychology*. John Wiley & Sons.
- Bharucha, E. (2005). *Textbook of Environmental studies*. Hyderabad, University press.
- Bonnes, M., & Secchiardi, G. (1982). London, Environmental Psychology.
- Cunningham, W. P., Cooper, T. H., Gorhani, E., & Hepworth, M T. (2001). Environmental Encyclopedia, Mumbai., Jaico publication House.
- Fisher, J.D., Prell, P.A., & Baum, A. (1984). *Environmental Psychology*. New York: Holt, Rineheart and Winston.
- Fleury-Bahi, G., Pol, E., & Navarro, O. (Eds.). (2017). *Handbook of Environmental Psychology and Quality of Life Research*. Springer International Publishing.
- Gamez, L., & Valentin, J. (2010). *Environmental psychology: new developments*. Nova Science Publishers.

Miller, T. G. (2000). *Environmental Science*. Wadsworth publishing corp.

Sag Veitch, R., & Arkelln. D. (1995). *Environmental Psychology Englewood Cliffs*: Prentice Hall.

Wells, N. M., Evans, G. W., & Cheek, K. A. (2016). *Environmental psychology. Environmental health: From global to local*, 203.

Winter, D. D. N., & Koger, S. (2014). *The Psychology of Environmental Problems: Psychology for Sustainability*. Psychology Press.

References for case studies/ research articles

Arbuthnot, J., Tedeschi, R., Wayner, M., Turner, J., Kressel, S., & Rush, R. (1977). The induction of sustained recycling behaviour through the foot-in-the-door technique. *Journal of Environmental Systems*, 6, 353-366.

Tyrväinen, L., Ojala, A., Korpela, K., Lanki, T., Tsunetsugu, Y., & Kagawa, T. (2014). The influence of urban green environments on stress relief measures: A field experiment. *Journal of Environmental Psychology*, 38, 1-9.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-3
(Code: BSCP-114)
Psychological Testing -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study in psychological testing. The paper covers introduction psychological testing, helping students understand the key concept of scale construction, reliability, validity and usage of intelligence tests.*

Unit-I

Nature and history of Psychological Testing, Types and applications of psychological tests. Sources of biases in psychological testing.

Case study/ Research article: A Growing Trend in Pseudo-Diagnosis: A Field Study on Children Frequently Mistaken for Autism in India, (Venkatesan, 2015).

Unit – II

General steps of test construction: Preparation for Item writing, item analysis, reliability, validity. Development of norms.

Case study/ Research article: The social readjustment rating scale. (Holmes & Rahe, 1967)

Unit – III

Reliability: Meaning, sources of error, methods of estimate.

Validity: meaning, validation procedures.

Case study/ Research article: Social enhancement and impairment of performance in the cockroach (Zajonc et al., 1969)

Unit – IV

Intelligence Tests: WAIS, WISC, Raven's Standard and Colour progressive Matrices, Bhatia battery.

Case study/ Research article: Enhancement bias in the portrayal of self and others on personality traits: A test of two explanations, (Suar, Mishra, & Mishra, 2015).

References

- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing*. (7th edition) upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.

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- Guilford, J.P. (1954). *Psychometric Methods* (2nd Ed.). New York: McGraw Hill.
- Wechsler, D. (1958). *The measurement and appraisal of adult intelligence*. Baltimore:
- Weiner, I.B. (1976). *Clinical methods in psychology*. New York: Wiley inter science publication.
- Weiner (1995). *Rorschach: A comprehensive system*. (Exner). Canada: John Wiley.

References for case studies/ research articles

- Abelson, R. P., Frey, K. P., & Gregg, A. P. (2014). *Experiments with people: Revelations from social psychology*. Psychology Press.
- Dunbar, G. (2008). *Evaluating research methods in psychology: A case study approach*. John Wiley & Sons.
- Holmes, T. H., & Rahe, R. H. (1967). The social readjustment rating scale. *Journal of psychosomatic research, 11*(2), 213-218.
- Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prentice Hall.
- Suar, D., Mishra, S., & Mishra, S. (2015). Enhancement bias in the portrayal of self and others on personality traits: A test of two explanations. *Psychological Studies, 60*(2), 232-238.
- Venkatesan, S. (2015). A Growing Trend in Pseudo-Diagnosis: A Field Study on Children Frequently Mistaken for Autism in India. *Psychological Studies, 60*(1), 91-100.
- Zajonc, R. B., Heingartner, A., & Herman, E. M. (1969). Social enhancement and impairment of performance in the cockroach. *Journal of Personality and Social Psychology, 13*(2), 83.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-3
(Code: BSCP-115)
Personality

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study of personality. It provides understanding about the nature of personality, its various models and theories along with an introduction to the measures of assessment of personality.*

Unit-I

Nature, Factors affecting Personality – Biological, Psychological and Socio-Cultural.

Case study/ Research article: The measurement of psychological androgyny (Bem, 1974).

Unit – II

Trait Approaches to Personality – Allport, Cattell, Eysenck, Five Factor Model.

Case study/ Research article: The development of Children’s orientations toward a moral order: the sequence in the development of moral thought (Kohlberg, 1963).

Unit – III

Theories: Freud, Jung, Adler, Rogers.

Case study/ Research article: The effects of choice and enhanced personal responsibility for the aged (Langer & Rohdin, 1976).

Unit – IV

Personality Assessment: Thematic Apperception Test, Rorschach 16 P.F, MMPI.

Case study/ Research article: Analyzing Big-Five Personality Traits of Indian Celebrities Using Online Social Media, (Dutta, Singh, Chakraborty, Sidhardhan, Krishna, & Dash, 2017).

References

- Burger, J.M. (1990). *Personality*. California: Wardsworth.
- Byronb. D., & Kalley, N. (1961). *Introduction to Personality*: Prentice Hall.
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- Hogan, R., Johanson, J., & Briggs, S. (1997). *Handbook of Personality Psychology*. New York: Academic Press.
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- Larsen, R.J., & Buss, D.M. (2011) *Personality Psychology: Domains of knowledge about human nature*. New Delhi: Tata McGraw-Hill.
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- London, H., & Eysenck, J.E. (1978). *Dimensions of Personality*: Wiley.
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- Sarason, I.G. (1966). *Personality and Objective Approach*. New York: Wiley.
- Stanger, R. (1948). *Psychology of Personality*: Mc Graw Hill.
- Wiggin, J.S., Renner B.K., Clow G.L., & Rose R.J. (1971). *Psychology of Personality*. California: Wesley.

References for case studies/ research articles

- Bem, S. L. (1974). The measurement of psychological androgyny. *Journal of consulting and clinical psychology*, 42(2), 155.
- Dunbar, G. (2008). *Evaluating research methods in psychology: A case study approach*. John Wiley & Sons.
- Dutta, K., Singh, V. K., Chakraborty, P., Sidhardhan, S. K., Krishna, B. S., & Dash, C. (2017). Analyzing Big-Five Personality Traits of Indian Celebrities Using Online Social Media. *Psychological Studies*, 62(2), 113-124.
- Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.
- Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prentice Hall.
- Kohlberg, L. (1963). The development of children's orientations toward a moral order. *Human Development*, 6(1-2), 11-33.
- Langer, E. J., & Rodin, J. (1976). The effects of choice and enhanced personal responsibility for the aged: A field experiment in an institutional setting. *Journal of personality and social psychology*, 34(2), 191.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-3
(Code: BSCP-116)
Cognitive Psychology-I

Time: 3 Hours
External Marks:35

Credits: 3
Internal Marks:15

Course objectives *This paper will help students to acquire knowledge about the field of cognitive psychology. The major emphasis of this paper is to provide understanding about the theories of cognitive processes such as attention, problem-solving and intelligence.*

Unit-I

Origin and current status of cognitive psychology.
Approaches to cognitive development: Piaget, Vygotsky, and information processing.
Case study/ Research article: An Analysis of Thoughts, Behaviours, and Emotions in Daily Decision-Making (Kalahasthi, Bhuptani, & Kapoor, 2017).

Unit – II

Attention: Divided and Selective Attention. Biological Basis of Attention.
Theories of Attention: Automatic Vs Controlled Processing, Feature Integration theory.
Case study/ Research article: An adapted serial reaction time task for sequence learning measurements (Sengottuvel, & Rao, 2013).

References

- Eysenck, W.M., & Keane, M.R. (1990). *Cognitive Psychology: A Student Handbook*. London: Lawrence Erlbaum.
- Galotti, K.M. (1999). *Cognitive Psychology in and outside the Laboratory*. Mumbai: Thomson Asia.
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- Matlin, M.W. (1995). *Cognition*. Bangalore: Prism.
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- Sternberg, R.J. (1984). *Mechanisms of Cognitive Development*. New York: W.H. Freeman & Co.
- Vygotsky, L.S. (1962). *Thought and Language*. Cambridge, Mass: MIT Press.
- Weisberg. R.W. (1980) *Memory, Thought, and Behaviour*. New York: Oxford.
- Western, D. (1996) *Psychology – Mind, Brain, and Culture*. New York: Wiley.

References for case studies/ research articles

- Dunbar, G. (2008). *Evaluating research methods in psychology: A case study approach*. John Wiley & Sons.
- Gross, R. (2012). *Key Studies in Psychology 6th Edition*. Hachette UK.
- Hamlin, J. K., Mahajan, N., Liberman, Z., & Wynn, K. (2013). Not like me= bad: Infants prefer those who harm dissimilar others. *Psychological science*, 24(4), 589-594
- Treffert, D. A., & Christensen, D. D. (2005). Inside the mind of a savant. *Scientific American*, 293(6), 108-113.

Note for Examiner

There will be 5 questions in the whole paper. The question no. 1 will be compulsory (comprising 5 questions from the whole syllabus) this question will be of $3 \times 5 = 15$ marks. Rest of the questions will be set from two units by selecting 2 questions from each unit. Student has to select 2 questions out of these 4 questions by selecting at least one from each unit. These two questions will carry equal marks (10 marks).

Semester-3
(Code: BSCP-117)
Psychology Practical-III

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study attitudes, leadership, conformity, aggression, etc.*

List of Practicals

1. Sociometry
2. 16 PF
3. Altruism
4. Stereotypes
5. Anger Expression/Aggression
6. Prejudice
7. Leadership Styles
8. Social Facilitation
9. Rosenzweig's P.F. Test/Norm formation
10. Social Conformity
11. Locus of control
12. Children Apperception Test
13. Creativity
14. Depression
15. Role Conflict

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-3
(Code: BSCP-118)
Research Methods and Statistics-I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives

This paper is designed to provide an in-depth and critical study of research methods in psychology. It includes various issues & frameworks related to research methods, basic statistics and hypothesis formulation and testing.

Unit-I

Nature of Research in Psychology. Criteria of good research. Steps of the research process, selection and formulation of the problem. Role of statistics in psychology

Case study/ Research article: A sensible formulation of the significance test (Jones, & Tukey, 2000).

Unit – II

Importance of statistical inferences, Measures of central tendency.

Hypothesis- Selection and Types of the hypotheses. Errors in hypotheses testing: Type I error & Type II error.

Case Study/ Research article: Needed: A ban on the significance test. (Hunter, 1997).

Unit – III

Variables- Nature and Types, Controlling techniques of extraneous variables.

Dispersion and Variability: Need, application and calculation in Psychology.

Normal probability curve: properties and applications in psychology.

Case Study/ Research article: All evidence is equal: the flaw in statistical reasoning (Gorard, 2010).

Unit – IV

Scales of measurement: Nominal, Interval, Ratio and Ordinal. Research methods in psychology: observation, case study.

Ethical issues in conducting and reporting research.

Case study/ Research article: The use of one- versus two-tailed tests to evaluate prevention programs, (Ringwalt, Paschall, Gorman, Derzon, & Kinlaw, 2011).

References

- Blalock, H.M. (1979). *Social Statistics*. New York: Mc Graw Hill.
- Garrett, H.E. (1986). *Statistics in Psychology and Education*. New York: David, Mc Kay Co. Inc.
- Coolican, H. (2017). *Research methods and statistics in psychology*. Psychology Press.
- Gravetter, F. J., & Wallnau, L. B. (2016). *Statistics for the behavioral sciences*. Cengage Learning.
- Gullford, J.P., & Fruchter, B. (1978). *Fundamental statistical in Psychology and education*. New York: Mc Graw Hill.
- Kanji, G.K. (1993). *100 statistical Tests*. New Delhi: Sage.
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- Robson C. (1982). *Experimental Design and Statistics in Psychology*. Middlesex: Penguin.
- Salkind, N. J. (2016). *Statistics for people who (think they) hate statistics*. Sage publications.
- Seigel S. (1956). *Non-Parametric Statistics*. New York: Mc Graw Hill.

References for case studies/ research articles

- Gorard, S. (2010). All evidence is equal: the flaw in statistical reasoning. *Oxford Review of Education*, 36(1), 63-77.
- Hook, R. R. (1999). Forty studies that changed Psychology. *New Jersey: Prentice Hall*.
- Hunter, J. E. (1997). Needed: A ban on the significance test. *Psychological Science*, 8, 3–7.
- Jones, L. V., & Tukey, J. W. (2000). A sensible formulation of the significance test. *Psychological Methods*, 5(4), 411.
- Ringwalt, C., Paschall, M. J., Gorman, D., Derzon, J., & Kinlaw, A. (2011). The use of one- versus two-tailed tests to evaluate prevention programs. *Evaluation and the Health Professions*, 34, 135–150.
- Rosenzweig, M. R., Bennett, E. L., & Diamond, M. C. (1972). Brain changes in response to experience. *Scientific American*, 226(2), 22-29.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-3
(Code: BSCP-119)
Military Psychology

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth knowledge in the field of military psychology. Students will be acquainted with history and assessment techniques in military psychology. It will help in understanding problems in military set up, the war situations and terrorism in the context of military psychology.*

Unit-I

History of military psychology, military fitness for duty evaluation, operational psychology, psychological problems generally faced by military personnel.

Case study/ Research article: The brain in your pocket: evidence that smartphones are used to supplant thinking (Barr, Pennycook, Stolz, & Fugelsang, 2015).

Unit – II

Assessment and selection in military psychology, combat motivation, leadership and decision making in military setup.

Case study/ Research article: Breaking the rules to rise to power: How norm violators gain power in the eyes of others, (Van Kleef, Homan, Finkenauer, Gündemir, & Stamkou, 2011).

Unit – III

Combat Stress and cohesion, Suicide in military personnel, common psychological problems in military setup.

Case study/ Research article: Psychological effects of low-intensity conflict (LIC) operations (Chaudhury, 2006).

Unit – IV

Psychology of terrorism and mass psychological effects of terror attacks. Psychological warfare in the current scenario, future directions of military psychology.

Case study/ Research article: Effects of de-individuation variables on stealing among Halloween trick or treaters (Diner et al., 1976).

References

- Freeman, S. M., Moore, B. A., & Freeman, A. (Eds.). (2009). *Living and surviving in harm's way: A psychological treatment handbook for pre-and post-deployment of military personnel*. Taylor & Francis.
- Goldstein, F. L., & Findley, B. F. (1996). *Psychological Operations: Principles and case studies*. Air Univ. Maxwell AFB AL.
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- Hughes, J. H., McCauley, M., & Wilson, L. (2018). History of military psychology. *Journal of the Royal Army Medical Corps*, jramc-2018.
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Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2

questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-4
(Code: BSCP-120)
Psychological Testing -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives
Unit-I

Measurement of Motivation, Creativity, Anxiety, Depression.

Case study/ Research article: Predicting aggressive driving behaviour: The role of macho personality, age, and power of car (Krahé, & Fenske, 2002).

Unit – II

Personality Tests: Word Association Test, EPQ-R, Neo-five factors, situational tests.

Case study/ Research article: Drawing facilitates children's verbal reports of emotionally laden events, (Gross, & Hayne, 1998).

Unit – III

Neuropsychological Assessment: the role of E.E.G., PET scan, CAT scan,

Luria Nebraska Neuropsychological Battery, Bender Gestalt Visual motor test.

Case study/ Research article: Career psychology: A cultural approach for India. (Arulmani, 2013).

Unit – IV

Application of Psychological Tests in Industrial/Organizational settings, Clinical setting, Counselling and Educational set-ups.

Case study/ Research article: A tale of two assessments: reading fluency (Lindstedt & Zaccariello, 2010).

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Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-4
(Code: BSCP-121)
Cognitive Psychology-II

Time: 3 Hours
External Marks:35

Credits: 3
Internal Marks:15

Course objectives *This paper will help students to acquire knowledge about the field of cognitive psychology. The major emphasis of this paper is to provide understanding about the theories of cognitive processes such as attention, problem-solving and intelligence.*

Unit – I

Problem Solving: Classification of problems, approaches to problem-solving. Strategies and factors influencing problem-solving.

Case study/ Research article: Not like me= bad: Infants prefer those who harm dissimilar others (Hamlin, 2013).

Unit – II

Intelligence: the biology of intelligence, theories of intelligence: Gardner, Sternberg.
Creativity: Dimensions and measurement.

Case study/ Research article: Inside the mind of a savant (Treffert & Christensen, 2005, 2006).

References

- Eysenck, W.M., & Keane, M.R. (1990). *Cognitive Psychology: A Student Handbook*. London: Lawrence Erlbaum.
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Note for Examiner

There will be 5 questions in the whole paper. The question no. 1 will be compulsory (comprising 5 questions from the whole syllabus) this question will be of 3 X 5 = 15 marks. Rest of the questions will be set from two units by selecting 2 questions from each unit. Student has to select 2 questions out of these 4 questions by selecting at least one from each unit. These two questions will carry equal marks (10 marks).

Semester-4
(Code: BSCP-122)
Psychology in Industries and Organizations

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study of industrial psychology. It aims to help students gain understanding about the selection, training and possible problems related workplace that may arise in any situation in the organization.*

Unit-I

Nature and History of industrial/organizational psychology, applications of psychology in the different field of industries and organizations. Ethics.

Case study/ Research article: Experiential Learning in Industrial/Organizational Psychology: A Case Study (Luthanen et al., (2012).

Unit – II

Job analysis. Selection in industrial/organizational settings. Assessment methods for selection. Testing in organizations.

Case study/ Research article: Measurement of intellectual capital in the Indian banking sector, (Chahal & Bakshi, 2016).

Unit – III

Training and evaluation of employees. Employee commitment and leadership.

Case study/ Research article: The Phases of Dying in Organizations - A Case Study for New Business, (Da Maia et al., 2017).

Unit – IV

Problems related to industrial/organizational settings: workplace stress, conflicts, turnover, and workplace violence.

Case study/ Research article: Effects of online shopping values and website cues on purchase behaviour: A study using the S–O–R framework. (Prashar, Vijay & Parsad, 2017).

References

- Blumm, M.L., & Naylor, J.C. (1968). *Industrial Psychology*. N.Y.: Harper & Row.
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- Prashar, S., Sai Vijay, T., & Parsad, C. (2017). Effects of online shopping values and website cues on purchase behaviour: A study using the S–O–R framework. *Vikalpa*, 42(1), 1-18.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2

questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-4
(Code: BSCP-123)
Psychology Practical-IV

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study cognition, emotions, values, impulsivity, etc.*

List of Practicals

1. Cognitive Development
2. Emotional Maturity
3. Parent-Child Relationship
4. Life Satisfaction
5. Youth Problem
6. Self Esteem
7. Study of values
8. Family Environment
9. Impulsiveness
10. Case Study
11. Bender-Visual Motor Gestalt Test
12. Thematic Apperception Test
13. Stress Management
14. Attitude
15. ADHD/ Attention Disorder

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-4
(Code: BSCP-124)
Summer Internship

Credits: Non-Credit

After Fourth semester examination, all the students shall have to go for an internship for four weeks in organizations (Hospitals, Clinics, Jails, Counselling Centers, Industries, Airlines, Detective Agencies, and Advertising Agencies etc.) approved by the department and submit an internship report there on. The internship report shall be recommended/ certified by the head of the organization or any other officer under whose guidance the internship was done. Evaluation of the internship reports will be done by a committee of internal teachers on the basis of the seminar to be presented by each student

The duration of the internship will be of one month (1st June to 1st July of every year). The report on internship will be submitted by each candidate within 45 days of the last paper of the 4th-semester examination. If any candidate fails to submit the internship report and present the seminar there on within the stipulated time decided by the department, then the presentation of such candidate will take place on the date decided by the department.

Semester-4
(Code: BSCP-125)
Research Methods and Statistics -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide the basics of the research methods and statistics in the field of psychology. It will guide the students about the use of dispersion, normal probability curves, scales and sampling.*

Unit-I Research methods in psychology: Survey research and field studies.
Sampling – Principles of sampling, Probability and Non-probability sampling.
Case Study/ Research Article: An experimental study on fear of public speaking using a virtual environment (Slater, Pertaub, Barker, & Clark, 2006).

Unit – II
Types of Research: Experimental, Quasi-experimental, ex-post facto, cross-cultural studies, focus groups.
Case Study/ Research Article: Sex Differences in Mathematics Performance among Senior High Students in Ghana (Askante, 2010).

Unit – III
Types of research: phenomenology, Grounded theory, and ethnography.
Correlation: Meaning and Methods: Rank order, product moment, partial, multiple correlations.
Case study/ Research article: Ten statisticians and their impacts on psychologists (Wright, 2009).

Unit – IV Correlation: Biserial, point biserial, tetrachoric correlation and phi coefficient.
Writing a research report:
Case study/ Research article: Making the illusory correlation effect appear and then disappear The effects of increased learning (Murphy, 2011).

References

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- Singh, A.K. (1989). *Tests Measurements and Research Methods in Behavioural Sciences*. Patna : Bharti Bhawan (Publishers and Distributors).

References for case studies/ research articles

- Asante, K. O. (2010). Sex differences in mathematics performance among senior high students in Ghana. *Gender and Behaviour*, 8(2), 3279-3289.
- Dunbar, G. (2008). *Evaluating research methods in psychology: A case study approach*. John Wiley & Sons.

- Murphy, R. A., Schmeer, S., Vallée-Tourangeau, F., Mondragon, E., & Hilton, D. (2011). Making the illusory correlation effect appear and then disappear: The effects of increased learning. *The Quarterly Journal of Experimental Psychology*, 64(1), 24-40.
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- Slater, M., Pertaub, D. P., Barker, C., & Clark, D. M. (2006). An experimental study on fear of public speaking using a virtual environment. *Cyber Psychology & Behavior*, 9(5), 627-633.
- Wright, D. B. (2009). Ten statisticians and their impacts on psychologists. *Perspectives on Psychological Science*, 4(6), 587-597.

Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-4
(Code: BSCP-126)
Indigenous Psychology

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to help students acquire knowledge about Indian Psychology. It introduces students to the ancient forms of Indian psychology such as Bhagavad Gita, Yoga, Veda, and also making them aware of the current situation of mental health practices in India.*

Unit-I

Indian paradigms on psychological knowledge: Yoga, Bhagavad-Gita, Buddhism, and Sufism.

Case study/ Research article: In defence of an Indian approach to the psychology of emotion (Paranjpe, 2009).

Unit – II

Indian perspective on self and identity. Concepts of health and illness in Ayurveda. Personality–implications of Yoga.

Case study/ Research article: Unity and diversity of views on intelligence and consciousness: Where the East meets the West (Das, 2009).

Unit – III

Potentials for transcendence and transformation. Higher states of consciousness. Characteristics of evolved human beings. Indian perspective on emotion.

Case study/ Research article: At the interface of ‘Dharma and Karma’: Interpreting moral discourse in India, (Bhangaokar, & Kapadia, 2009).

Unit – IV

Indigenous healing traditions in India. History of mental health practices in India. Key issues in the theory and practice of mental health in India.

Case study/ Research article: Gandhi, secularism and social capital in modern India, (Sen, & Wagner, 2009).

References

Basu, A.M. (2005). Historicizing Indian Psychiatry. *Indian Journal of Psychiatry*. 47, 126-129.

- Basu, A.R. (2005). Culture and mental health. *Health Action*, 18 (11), 7-8.
- Dalal, A.K & Misra , G. (eds.). (2002). *New directions in Indian Psychology*. New Delhi: Sage publications New Delhi concept publishing company.
- Kakar, S. (1982). *Shamans, Mystics and Doctors. A Psychological Inquiry into India and its Healing Traditions*. Delhi: Oxford University Press.
- Misra, G. (2003). Implications of culture for psychological knowledge .in J. W. Berry, R.C Mishra., & R.C Tripathi. (Eds). *Psychology in human and social development*. New Delhi: Sage publications
- Misra, G., & Mohanthy, A.k. (2002). *Perspectives on Indigenous Psychology*.
- Valsiner, J. (2007). *Culture in minds and societies. Foundations of cultural Psychology* New Delhi: Sage publications

References for case studies/ research articles

- Bhangaokar, R., & Kapadia, S. (2009). At the interface of ‘Dharma’ and ‘Karma’: Interpreting moral discourse in India. *Psychological Studies*, 54(2), 96-108.
- Das, J. P. (2009). Unity and diversity of views on intelligence and consciousness: Where the East meets the West. *Psychological Studies*, 54(1), 38-41.
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Note for Examiner

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Semester-5
(Code: BSCP-127)
Abnormal and Clinical Psychology -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to study clinical and abnormal psychology. It includes roles and training of a clinical psychologist and various approaches to psychopathology. It also includes an understanding of occurrence and symptoms of disorders categorized under anxiety disorders and schizophrenia.*

Unit-I

Nature and scope of Clinical and abnormal psychology, role, ethics and training of clinical psychologists.

Case study/ Research article: Stigmatization of severe mental illness in India: Against the simple industrialization hypothesis (Jadhav et al., 2007).

Unit – II

Approaches to psychopathology: Biological, Psychological and Social.

Case study/ Research article: A nation of morons (Gould, 1982).

Unit – III

Anxiety Disorders: Generalized anxiety disorder, phobia, panic attack, post-traumatic stress disorder.

Case study/ Research article: Profile of risk factors associated with suicide attempts A study from Orissa, India (Kar, 2010).

Unit – IV

Schizophrenia, Schizotypal personality disorder, delusional disorder, catatonia.

Case study/ Research article: is depression an infectious disease (Canli, 2005).

References

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Comer, R.J. (2010) *Abnormal Psychology* (7th ed), Worth Publishers, Newyork.

Freeman, A., Felgoise, S.H., & Davis, D.D. (2008) *Clinical Psychology: integrating science and practice*, John Wiley & Sons, New Jersey.

Jeffrey, S.N., Spencer, A.R., & Beverly, G. (2014). *Abnormal Psychology in a changing world*, Pearson Edu., Boston.

- Nietzel, M.T., & Bernstein, D.A. (1987) *Introduction to Clinical Psychology*: New Jersey: Prentice Hall.
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- World Health Organization, (1992). The ICD -10 classifications of mental and behavioural disorders: clinical descriptions and diagnostic guidelines. WHO Press. Geneva.

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- Gould, S. J. (1982). A nation of morons. *New Scientist*, 6, 349-352.
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- Jadhav, S., Littlewood, R., Ryder, A. G., Chakraborty, A., Jain, S., & Barua, M. (2007). Stigmatization of severe mental illness in India: Against the simple industrialization hypothesis. *Indian Journal of Psychiatry*, 49(3), 189.
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Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-5
(Code: BSCP-128)
Guidance and Counselling -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study of guidance and counselling. The objectives, types, processes and different approaches are mentioned under this paper.*

Unit-I

Guidance and Counselling: Historical Perspective, Objectives and Principles of guidance and counselling. General steps in a counselling program.

Case study/ Research article: Abortion in young women and subsequent mental health (Fergusson et al., 2006).

Unit – II

Types of Guidance: Personal, Educational, Familial and Vocational.

Case study/ Research article: The hallucination of widowhood (Rees, 1971).

Unit – III

Counselling Procedure. Organization and Conduct of guidance.

The group approach in guidance. Relationship Techniques: Rapport techniques, Reflection of feelings.

Case study/ Research article: Sex reassignment at birth (Diamond & Sigmundson, 1997).

Unit – IV

Different approaches to Guidance and Counselling. Psychodynamic approaches, Cognitive approaches and humanistic approaches (client-centered approach, behavioural approach):

Case study/ Research article: A psychodynamic case study (Shafranske, 2004).

References

- Bernard, H.W., & Fullmer, D.W. (1977). Principles of Guidance. New York: Crowell.
- Burnard, Philips. (1989). Counselling skills for Health Professional. Madras: Chapman and Hall.
- Crow, L.D. & Crow, A. (1962). Introduction to Guidance. New Delhi: Imersia Pub.
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- Fergusson, D. M., John Horwood, L., & Ridder, E. M. (2006). Abortion in young women and subsequent mental health. *Journal of Child Psychology and Psychiatry*, 47(1), 16-24.
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Note for Examiner

There will be 9 questions in the whole paper. The question no. 1 will be compulsory (comprising 7 questions from the whole syllabus). Rest of the questions will be set from four units by selecting 2 questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-5
(Code: BSCP-129)
Positive Psychology -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to study positive psychology by understanding the nature and benefits of positive psychology. It also includes the study of human strengths, meaningfulness and role of hope and forgiveness in positive psychology.*

Unit-I

Nature and Scope of positive psychology. Eastern and western perspectives on positive psychology. Benefits of studying positive psychology.

Case study/ Research article: Factors contributing to optimal human functioning in people of colour in the United States (Constantine & Sue, 2006).

Unit – II

Classifications and Measures of Human Strengths and Positive Outcomes. Role of meaningfulness in life, deconstruction of illness ideology

Case study/ Research article: Family matters: psychosocial factors in neuropsychological outcomes (Fong, 2003)

Unit – III

Positive Schooling, Positive psychology of mental health and forgiveness.

Case study/ Research article: Ironic processes in the mental control of mood and mood-related thought (Wegner et al., 1993)

Unit – IV

Positive psychology and forgiveness, creativity, gratitude and hope.

Case study/ Research article: Close relationships as including other in the self (Aron et al., 1991)

References

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Note for Examiner

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Semester-5
(Code: BSCP-130)
Health Psychology -I

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to understand health psychology. It includes behavioural risk factors affecting health, disorders related to health and models and sources of stress.*

Unit-I

Health Psychology- Nature & scope. Models of health behaviour. Gender and health.

Case study/ Research article: The systematic influence of gain and loss-framed messages on interest on and use of different types of health behaviour (Rothman et al., 1991)

Unit – II

Behavioural Risk factors affecting health: Drug abuse, Alcohol use, Smoking, Diet, Sedentary life style.

Case study/ Research article: Bodily Attractiveness and Egalitarianism are Negatively Related in Males (Price et al., 2015)

Unit – III

Health-Related Disorder, C.H.D. (Coronary Heart Disease), Cancer, Diabetes, A.I.D.S. HIV.

Case study/ Research article: Mindfulness meditation-based pain relief employs different neural mechanisms than placebo and sham mindfulness meditation-induced analgesia. (Zeidan et al., 2015).

Unit – IV

Stress: Nature, Models, Physiology and Sources.

Case study/ Research article: Failure to escape traumatic shock (Seligman & Maier, 1967).

References

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References for case studies/ research articles

- Abelson, R. P., Frey, K. P., & Gregg, A. P. (2014). *Experiments with people: Revelations from social psychology*. Psychology Press.
- Hook, R. R. (1999). *Forty studies that changed Psychology*. New Jersey: Prentice Hall.
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Note for Examiner

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Semester-5
(Code: BSCP-131)
Psychology Practical-V

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study personality, depression, , peer pressure, etc.*

List of Practicals

1. Mental status examination.
2. Defense mechanism.
3. Intelligence.
4. Word association.
5. Anger management.
6. Marriage attitude.
7. Wechsler adult intelligence scale.
8. Emotional intelligence.
9. PGI memory scale.
10. Peer pressure.
11. Nahor-Benson test
12. MCMI
13. Advanced Progressive Matrices
14. positive and negative symptom analysis
15. Thought Diary

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-5
(Code: BSCP-132)
Life Span Development

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to provide an in-depth and critical study of development during the life span. It includes the physical, psychological as well as social aspects of the development of an individual throughout his life span.*

Unit-I

The life-span perspective, theories of development: psychoanalytic, behavioural, cognitive and social.

Case study/ Research article: Human development: Biological and genetic processes, (Gottesman, & Hanson, 2005).

Unit – II

Growth from birth to childhood: physical, psychological and social.

Case study/ Research article: Interventions to prevent obesity in 0–5-year-olds: an updated systematic review of the literature, (Hesketh, & Campbell, 2010).

Unit – III

Life-span during adolescence and adulthood: physical and cognitive and Socio-emotional development.

Case study/ Research article: Monkeys without mothers (Harlow).

Unit – IV

Late adulthood: physical, cognitive and socio-emotional development. Death, dying and grieving.

Case study/ Research article: The psychosocial context of bereavement for older women who were caregivers for a spouse with advanced cancer, (Holtslander, & Duggleby, 2010).

References

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Semester-6
(Code: BSCP-133)
Abnormal and Clinical Psychology -II

Time: 3 Hours

Credits: 5

External Marks:70

Internal Marks:30

Course objectives *This paper is designed to study clinical and abnormal psychology. It includes an understanding of occurrence and symptoms of disorders categorized under eating disorders and substance-related disorders. A detailed process and usage of various types of therapies are also provided in this paper.*

Unit-I

Eating Disorders: Anorexia nervosa, bulimia nervosa.

Substance-related and addictive disorders: Alcohol-related disorder, gambling disorder.

Case study/ Research article: Binge Eating Disorder and Substance Use Disorder: A Case for Food Addiction (Shell, & Firmin, 2017).

Unit – II

Biologically based therapies – electro-convulsive therapy, psychosurgery and Pharmacological therapy.

Case study/ Research article: Tackling drug-related psychosis and isolation (Kingdon, 2002)

Unit – III

Psychologically based therapies: Psychoanalytic, Behavioural, cognitive and Humanistic psychotherapy.

Case study/ Research article: cognitive behaviour therapy for psychosis in conditions of high security (Benn, 2002)

Unit – IV

Problems related to clinical psychology in India. Mental Health scenario in India.

Community psychiatry. Prevention of mental illness.

Case study/ Research Article: On being sane in insane places (Rosenhan, 1973)

References

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Note for Examiner

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Semester-6
(Code: BSCP-134)
Guidance and Counselling -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to study the therapies included in the process of guidance and counselling. Different types of therapies, the special areas of application and counselling for substance abusers are also covered in this paper.*

Unit-I

Affective Approaches to counselling: Person-Centered Therapy, Gestalt Therapy, Existential Therapy.

Case study/ Research article: The Case of" Paula": An Existentially Based Treatment Approach to Chronic Depression. (Lipari, 2008).

Unit – II

Supportive therapies: milieu therapy, Holistic approach to therapy: Yoga, Meditation, bio-feedback.

Case study/ Research article: Effects of yoga on psychological health, quality of life, and physical health of patients with cancer: a meta-analysis (Lin et al.,2011).

Unit – III

Special Areas of Applications: Marriage Counselling, Counselling of Children & Parents, School Counselling.

Case study/ Research article: Modelling the model: training people to use psychological interventions (O'Carroll, 2002)

Unit – IV

Counselling for special population-substance abusers, abuse victims, AIDS patients. Counselling in industries and organizations.

Case study/ Research article: Visions from the dying Brain (Blackmore, 1988)

References

- Bernard, H.W., & Fullmer, D.W. (1977). *Principles of Guidance*. New York: Crowell.
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Note for Examiner

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Semester-6
(Code: BSCP-135)
Positive Psychology -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to study positive psychology and its application in life. It includes topics like emotions, self-determination, the practice of positive psychology in various spheres of life.*

Unit-I

Emotions and positive psychology: positive emotions, coping, flow, emotional intelligence.

Case study/ Research article: Positive emotions speed recovery from the cardiovascular sequelae of negative emotions. *Cognition & Emotion* (Fredrickson, & Levenson, 1998).

Unit – II

Role of self-determination, wisdom, well-being and value orientation in life.

Case study/ Research article: Transmission of aggression through imitation of aggressive models (Bandura, 1961)

Unit – III

Practising positive psychology: meditation, Developing Strengths, spirituality and humour/ mindfulness.

Case study/ Research article: Five studies testing two new egoistic alternatives to the empathy-altruism hypothesis, (Batson et al., 1988).

Unit – IV

Positive psychology in different spheres of life: family, School, work, and society. Case study/ Research article: Your friends know how long you will live: A 75-year study of peer-rated personality traits, (Jackson, Connolly, Garrison, Leveille, & Connolly, 2015).

References

Blumberg, H. H., Hare, A. P., & Costin, A. (2006). *Peace psychology: A comprehensive introduction*. Cambridge University Press.

- Carr, A. (2013). *Positive psychology: The science of happiness and human strengths*. Routledge.
- Hefferon, K., & Boniwell, I. (2011). *Positive psychology: Theory, research and applications*. McGraw-Hill Education (UK).
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- Jackson, J. J., Connolly, J. J., Garrison, S. M., Leveille, M. M., & Connolly, S. L. (2015). Your friends know how long you will live: A 75-year study of peer-rated personality traits. *Psychological Science*, 26(3), 335-340.
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questions from each unit. Student has to select 4 questions out of these 8 questions by selecting at least one from each unit. All questions will carry equal marks (14 marks).

Semester-6
(Code: BSCP-136)
Health Psychology -II

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper focuses on the study of healthy behaviour. It includes stress management techniques, development of healthy habits, the detailed concept of pain and prevention of disease.*

Unit-I

Managing Stress: Factors Affecting the ability to cope, yogic meditation, Bio-feedback, Assertiveness training.

Case study/ Research article: Contagious yawning and psychopathy (Rundle, Vaughn, & Stanford, 2015).

Unit – II

Development of healthy habits, Quality of life.

Reduction of unhealthy behaviour. Health-related beliefs in Eastern Perspective. Case study/ Research article: A psychological link to spiritual health (Diba, 2004)

Unit – III

Pain- Concept, causes, physiology of pain, social factors in experiencing pain, treating pain.

Case study/ Research article: Research on psychoneuroimmunology: Does stress influence immunity and cause coronary artery disease? (Ho, Neo, Chua, Cheak, & Mak, 2010).

Unit – IV

Disease Prevention – Biological, sociocultural, Psychological and spiritually oriented intervention.

Case study/ Research article: The Journey of Personal Growth: A Qualitative Exploration of Personal Growth Processes in Young Adulthood (Bhattacharya, & Mehrotra, 2013).

References

Cooper, C.L. (ed.). 1983. Stress Research: Issues for the eighties. New York: Wiley & sons

- Feuerstein, M., Elise, R.L., & Kuczmier-cigk, A.R. (1986). *Health Psychology: A Psychological Perspective*. New York: Plenum Press.
- Friedman- Di-Mateo (1989). *Health Psychology*. New York: Prentice Hall.
- Bhattacharya, A., & Mehrotra, S. (2013). The Journey of Personal Growth: A Qualitative Exploration of Personal Growth Processes in Young Adulthood. *Psychological Studies*, 58(4), 456-463.
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- Spaceman, S., & Oskamp, S. (1988). *The Social Psychology of Health*. New York: Sage Publications.

References for case studies/ research articles

- Hedayat-Diba, Z. (2004). A psychobiological link to spiritual health. In Richards, P., & Bergin, A. E. *Casebook for a spiritual strategy in counselling and psychotherapy*. American Psychological Association.
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- Rolls, G. (2013). *Classic case studies in psychology*. Routledge.
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Semester-6
(Code: BSCP-137)
Psychology Practical-VI

Time: 3 Hours
External Marks:70

Credits: 4
Internal Marks:30

Course objectives *This paper is designed to provide practical knowledge about the application of concepts of psychology and use of psychological tests to study job satisfaction, body image, general health, interest, etc.*

List of Practicals

1. Stress
2. Wellbeing
3. Mental Health
4. Life Style Schedule
5. Aptitude
6. Interest
7. Job Satisfaction
8. Need of Counselling
9. Body Image
10. Adjustment
11. Anxiety
12. Social Intelligence
13. Peronality Type Test (Type A, B, C, D)
14. Life Stressors
15. Jalota test of Intelligence

Ten experiments/tests are to be conducted (out of the above mentioned 15 areas) from the syllabus. The students will have to perform one experiment/test in the examination, which would be assigned on a lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teachers at the time of practical examination.

Semester-6
(Code: BSCP-138)
Contemporary Issues and Challenges in Psychology

Time: 3 Hours
External Marks:70

Credits: 5
Internal Marks:30

Course objectives *This paper is designed to highlight the key issues in the field of psychology. It includes the challenges of everyday life like lifestyle, internet addiction, love, etc.*

Unit-I

Causes and consequences of growing maladaptive lifestyles, Psychological challenges due to changing lifestyles, changing family structures.

Case study/ Research article: Children of the Garden Island (Werner, 1989).

Unit – II

Use of computers in psychology, Information processing theory, artificial intelligence and Internet addiction.

Case study/ Research article: Salaam Slumdog! Personal and cultural trauma and restitution in the Mumbai slums. (Collins, 2009).

Unit – III

Person perception, culture and interpersonal attraction: Love, intimacy and intercultural marriages.

Case study/ Research article: Romantic love conceptualized as an attachment process (Hazan & Shaver, 1987).

Unit – IV

Introduction of Modern Statistical Softwares in psychology. Humans in space: the psychological hurdles. Aviation psychology, the psychology of traffic.

Case study/Research Article: Mental Health Care act 2017.

References

Card, S. K. (2017). *The psychology of human-computer interaction*. CRC Press.

Cronk, B. C. (2017). *How to use SPSS®: A step-by-step guide to analysis and interpretation*. Routledge.

Hargreaves, D. H. (2017). *Interpersonal relations and education*. Routledge

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