PSYCHOLOGY – DEGREE (UG) SYLLABUS
COURSE – 1 (II Year): PRINCIPLES OF PSYCHOLOGY

BLOCK – I: Nature, Scope, and Historical Development of Psychology

1. Introduction to Psychology: Introduction, Definition and Goals
2. History of Psychology: Philosophical Roots, Physiological Antecedents, Schools of Psychology, The Contemporary Schools or Perspectives
3. Fields of Psychology: Fields of Basic Psychology, Fields of Applied Psychology
4. Methods of Psychology: Introspection Method, Observation Method, Interview Method, Case study Method and Experimental Method
5. Application of Statistics in Psychology: Organization of Data, Graphic Representation of Grouped Data, Measures of Central Tendency, Measures of Variability

BLOCK – II: Biological Basis of Behavior

6. Genetic Basis of Behavior: Chromosomes and Genes, Influence of Heredity and Environment on Behavior, Genetic Abnormalities and Genetic Counseling
7. Nervous System and its Organization: Central Nervous System and Peripheral Nervous System
8. Brain and Spinal Cord: Structure and Functions, Localization of Brain Functions
9. Hormonal Basis of Behavior: Endocrine Glands and their Functions
10. Neurotransmitters and Behavior: Functioning of Neurotransmitters, Types of Neurotransmitters and Effect of Neurotransmitters on Behavior

BLOCK – III: Cognitive Processes – I

11. Cognition: Introduction, Definition, Process and Functions of Cognition
12. General Characteristics of Sense Organs: Nature of Sensory Process, Basic Concepts of Sensory Process. Vision: Eye and structure of an Eye, Theories of colour vision, Audition (Hearing) Ear, Structure of an Ear, Theories of Pitch Discrimination, Somesthesis and Tactile Senses, Chemical Senses, Kinaesthetic, other Sense Organs, Sense of Equilibrium
13. Attention: Nature, Focal and Marginal Attention, Factors influencing Attention, Types, Span, Shifting and Division of Attention, Reaction Time
14. Perceptual Organization: Nature, Laws of Perceptual Organization, Perceptual Constancies, Perceptual Abnormalities and Development of Perception
15. Learning: Factors that influence Learning, Classical Conditioning, Operant Conditioning, Principles of Conditioning, Application of Conditioning Principles, Insight Learning and Observational Learning

16. Memory and Forgetting: Short-term and Long-term Memory, Episodic and Semantic Memory, Information Processing Model, Meaning and importance of Forgetting, Causes and Theories of Forgetting, Memory disorders and Methods of improving Memory

BLOCK – IV: Cognitive Processes - II

17. Thinking: Nature of Thinking, Role of Language in Thinking, Concepts, Reasoning and Problem Solving
18. Creativity: Nature and Stages of Creativity, Characteristics of Creative People
19. Intelligence: Nature of Intelligence, Development of Intelligence, Theories of Intelligence and Measurement of Intelligence
20. Aptitude: Nature, Types and Tests of Aptitude

BLOCK – V: Dynamics of Behavior

21. Motivation: Nature of Motivation, Concepts of Needs, Drives, Motives and Instinct, Role of Motivation in Life, Types of Motives, Unconscious Motivation and Maslow's Theory of Motivation
22. Emotions: Components of Emotions and Theories of Emotions
23. Personality: Factors influencing the Development of Personality and Approaches to Personality
24. Approaches to the study of Personality: Approaches and Assessments of Personality

PRACTICAL

COURSE – 1(II Year): PRINCIPLES OF PSYCHOLOGY

Part A: Design of a Psychology Experiment

Unit 1: Design of a Psychology Experiment
Unit 2: Methods of Experimental Control & Types of Errors
Unit 3: Psychophysical Methods and Psychological / Scaling Methods

Part B: (Experiments)

Experiment – I: Reaction Time
Experiment – II: Span of Attention
Experiment – III: Muller Lyer Illusion
Experiment – IV: Size Constancy
Experiment – V: Habit Interference
Experiment – VI: Bilateral Transfer of Training
Experiment – VII: Serial Reproduction
Experiment – VIII: Immediate Memory Span
Experiment – IX: Effect of Meaning on Retention

Experiment – X: Concept Formation

COURSE – 2(II Year): PSYCHOLOGY OF LIFE – SPAN DEVELOPMENT

BLOCK – 1: Issues in Growth and Development

1. Growth and Development: Definition and Principles of Growth and Development
2. Factors affecting Developmental Process: Introduction, Biological factors and Psychosocial factors
3. Stages of Life Span: Stages of Life Span and Salient features of different stages of Life span
4. Theoretical Approaches to Development: Freud's Psycho-Sexual Development Theory, Eric Erickson's Psycho-Social Theory and Piaget's Cognitive Development Theory

BLOCK – II: Development from Prenatal Stage to Childhood

5. Prenatal Development: Characteristics of Prenatal Development, Prenatal stages, Hazards in Prenatal Development
6. Infancy: Characteristics of Infancy, Developmental tasks in the period of Infancy-Physical, Emotional, Social, Motor and Perceptual Development in Infancy and Challenges/hazards in Infancy
7. Early Childhood: Characteristics and Developmental tasks of Early Childhood, Physical, Emotional, Social Development of Early Childhood, Development of Concepts and Development of Personality in Early Childhood and Hazards or Challenges in Early Childhood
8. Late Adulthood: Characteristics and Developmental tasks of Late Childhood, Physical, Emotional, Social, Motor and Personality Development of Late Childhood, Hazards of Late Childhood

BLOCK – III: Adolescence

9. Puberty: Characteristics and Major Concerns
10. Adolescence – General Characteristics and Physical Development
11. Adolescence-Psychological Development and Challenges
12. Issues and Challenges in Youth-Personal, Vocational and Social; Influence of Mass Media; Substance Abuse

BLOCK – IV: Adulthood

13. Early Adulthood: Characteristics, Developmental tasks, Physical and Social changes in Early Adulthood, Sex-Role Adjustment, Parenthood Adjustment and Marital Adjustment in Early Adulthood, Personal and Social Hazards to Early Adulthood

14. Early Adulthood – Work and Career Development
15. Middle Adulthood – Physical, Psychological and Social Changes
16. Middle Adulthood – Adjustment to Work and Family

BLOCK – V: Late Adulthood

17. Late Adulthood: Characteristic of Ageing, Developmental tasks of Old Age, Adjustment to changes in Old Age, Hazards of Old Age
18. Late Adulthood: Adjustment to Retirement
19. Late Adulthood – Adjustment to Changes in Family Life
20. Elder Care: Need for Elder Care, Role of Family, Community and State in Elder Care,

PSYCHOLOGY - PRACTICAL

COURSE – 2: PSYCHOLOGY OF LIFE – SPAN DEVELOPMENT

Part A: Research Methodology

1. Sampling Techniques
2. Normal Probability Curve
3. Experimental Designs
4. Significance of Difference Two Means
5. Analysis of Variance

Part – B: Experiments

1. Raven's Progressive Matrices
2. Draw- a – Man Test
3. Children's Personality Questionnaire
4. Vineland Social Maturity Scale
5. The Children's Apperception Test
6. David's Battery of Differential Abilities
7. Comprehensive Interest Schedule
8. 16 Personality Factors Questionnaire
9. Eysenck Personality Inventory (Introversion-Extroversion Scale)
10. Projective Techniques

COURSE – III(III Year) : SOCIAL PSYCHOLOGY

BLOCK – I: Introduction to Social Psychology

1. Definition, Nature and Scope of Social Psychology
2. Historical Origins of Social Psychology: Philosophical, Scientific, Sociological view point, Social Psychology and other Social Sciences, and Utility of Social Psychology
3. Methods of Social Psychology

BLOCK – II: Social Processes

4. Communication: Meaning, Definition, Nature and Types of Communication, Barriers to Communication, Effective Communication
5. Social Cognition: Definition, Social Cognition and Social Perception, Knowing Ourselves and Others, Use of Non-Verbal Cues, Self Presentation or Impression – Management
6. Attribution: Definition, Theories and Errors of Attribution
7. Impression formation: Forming Impression of People, Configuration Model, Cognitive Algebra and Continuum Model

BLOCK – III: Social Change

8. Attitude – Nature and Formation: Nature and Definition, Attitude leading to conforming behavior, The distinguishing features of social attitudes, Components of Attitude, Beliefs, Attitude and Values, Formation and Change of Attitude, Behavior and Cognitive Dissonance
9. Attitude – Theories and Measurement
10. Interpersonal Attraction: Sociometry and Sociogram, Theories of Interpersonal Attraction, Reward Model of Attraction, Similarly and Attraction, Linking and Loving, Self-esteem and Attraction, Attraction and Social Interaction
11. Prosocial Behavior: Goals of Prosocial Behavior, Bystander effect, Characteristics of the helper and the helped

BLOCK – IV: Group Processes and Leadership

12. Nature and Types of Groups: Formation , Characteristics and Types of Groups, Functions and Structure of Groups
13. Group Cohesiveness and Conformity

14. Groups and Individual Performance: Social Facilitation, Social Inhibition, Social Loafing and Decision Making by Groups
15. Leadership: Definition, Functions Traits and Types of Leaders, Experimental studies on Leadership, Leadership Behavior, Hawthorne Studies

BLOCK – V: Application of Social Psychology

16. Compliance and Obedience
17. Aggression and Violence: Nature and Determinants of Aggression, Modern Theories of Aggression, Aggression :its prevention and control, Characteristics of Mob Behavior
18. Prejudice, Propaganda and Public Opinion: Sources and Manifestation of Prejudice, Methods to reduce Prejudice, Stereotypes, Propaganda, Techniques of Propaganda and Public Opinion
19. Environmental Influence on Behavior: Crowding and Behavior, Pollution and Behavior
20. Social Psychology and Personal Health: Hostility, Perfectionism and Socio economic status

PRACTICAL

COURSE – III(III Year) : SOCIAL PSYCHOLOGY

Part – A:

1. Introduction to Psychological Testing
2. Measurement in the Social Sciences
3. Standardized Testing
4. Test Reliability and Validity

Part – B:

1. Sociometry
2. Competition and Cooperation
3. Levels of Aspiration
4. Social Perception
5. Group Conformity
6. Locus of Control
7. Attitude Scale
8. Leadership
9. Attitude Survey
10. Thurstone Interest Schedule

COURSE – IV (III Year): PSYCHOPATHOLOGY

BLOCK -1: Introduction to Psychopathology

1. Concepts of Mental Health and Well being: Defining Psychological Abnormality, Difficulties in defining psychological abnormality, Some orienting assumptions, Meaning of Abnormality, the healthy Personality
2. Mental Disorders: Definition and Criteria; Classification Systems – Diagnostic Statistical Manual of Mental Disorders (DSM) and International Classification of Diseases (ICD).
3. Historical Perspectives to Mental Disorders: From stone age to Scientific Understanding; Mental Hygiene movement; Establishment of Mental Asylums and Hospitals; Establishment of Mental Hospitals in India.
4. Psychological Approaches to Mental Disorders: Psychoanalytic, Behaviouristic, Humanistic, Cognitive and Behaviouristic cognitive.
5. Models of Mental Disorders: Medical Model Psycho-social Model and Relationship between the Models.

BLOCK – 2: Causes of Mental Disorders

6. Biological Causes: Genetic defects, Chromosomal Aberrations, Conditions at Birth
7. Psychosocial Causes: Early Deprivation and Trauma; Abuse and Neglect, Maladaptive family structure and patterns – Parental Pathology, Faulty parenting models, Pathogenic interpersonal relations.
8. Socio-Cultural Causes: Disasters and Wars; Poverty and Social Discrimination

BLOCK – 3: Common Mental Disorders

9. Stress: Definition and Manifestation; Coping with Stress, Ego defense mechanisms, Decompensation and stress Management
10. Suicide: Suicide and Suicide attempts; rates and trends, Causal factors and Crisis intervention.

11. Anxiety and Depressive Disorders: Clinical Picture – Generalized Anxiety, Panic, Phobias, Obsessive-Compulsive, Hypochondriasis, Convulsion, Disassociative Disorders and Depression.
12. Psychosomatic Disorders: Classification of Psychosomatic Disorders-Essential Hypertension, Peptic Ulcers, Migraine Headache and General causes of Psychosomatic Disorders.
13. Personality Disorders: Classification and Types – Antisocial, Avoidant, Borderline, Histrionic, Narcissistic, Obsessive-compulsive, Paranoid, Schizoid and Schizotypal Personality Disorders
14. Substance Abuse: Effects of Drugs, Physical and Psychological Dependence, Classification and Clinical picture of substance abuse

BLOCK – 4: Severe Mental Disorders

15. Childhood Disorders – 1: Clinical Picture and Types of Mental Retardation: Autism and Childhood Depression
16. Childhood Disorders – 2: Clinical Picture of Attention Deficit Hyperactive Disorder (ADHD): Learning Disabilities
17. Schizophrenia: Clinical Picture and Types, Causal factors and Treatment
18. Mood Disorders and Delusional Disorders: Characteristic of Manic and Depressive Episodes, Major Depression, Bipolar Disorder, Dysthymia and Cyclothymia and Delusional Disorders
19. Organic Mental Disorders: Clinical Picture of Epilepsy and Alzheimer's Disease

BLOCK – 5: Therapies and Prevention of Mental Disorders

20. Prevention of Mental Disorders and Promotion of Mental Health: Levels – Primary, Secondary and Tertiary
21. Biological Therapies: Electro-Convulsive Therapy (ECT) and Chemotherapy
22. Psychological Therapies: Processes and Goals of Psychoanalytic, Behaviouristic, Humanistic and Cognitive therapies
23. Psycho – Social Therapies: Group therapies and Family therapy.

PRACTICAL

COURSE – IV: PSYCHOPATHOLOGY

Part – A

1. Case Studies Documentation

Part – B

1. State Trait Anxiety Inventory
2. Bender Gestalt Test
3. Eysenck Personality Questionnaire
4. Life Events Stress Scale
5. General Health Questionnaire
6. Bell's Adjustment Inventory
7. Rosenzweig Picture-Frustration Study
8. Rotter Incomplete Sentence Blank
9. House-Tree-Person Test
10. Thematic Apperception Test