

## **SYLLABUS FOR SEMESTER**

### **Subject: Psychology (Undergraduate Courses)**

#### **B.A. I-Semester**

Paper-1: Basic Psychological Processes-1

Paper-2: Experimental Method

Practical

#### **B.A. II-Semester**

Paper-1: Basic Psychological Processes-2

Paper-2: Psychological Statistics

Practical

#### **B.A. III-Semester**

Paper-1: Psychopathology-1

Paper-2: Social Psychology-1

Practical

#### **B.A. IV-Semester**

Paper-1: Psychopathology-2

Paper-2: Social Psychology-2

Practical

#### **B.A. V-Semester**

Paper-1: Psychological Measurement

Paper-2: Systems of Psychology-1

Practical

#### **B.A. VI-Semester**

Paper-1: Psychological Statistics

Paper-2: Systems of Psychology-2

Practical

NOTE: The distribution of marks for semester will be decided according to the directives of the university.

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

### *Semester-I*

#### **Paper-I                      Basic Psychological Processes-1**

##### ***UNIT-I***

***Introduction:*** Definition, goals and scope of psychology; Approaches: biological, psychodynamic, behaviouristic, and cognitive; Method: Observation, Experiment, Interview, Questionnaire and Case study.

##### ***UNIT-II***

***Biological Bases of Behaviour:*** Human evolution: Genes and behavior; Hormones and Glands; Nervous System: Neuron, Central Nervous system and Peripheral nervous system.

##### ***UNIT-III***

***Sensation and Perception:*** Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye and phenomena of visual sensation; Colour sensation; Auditory sensation: Structure of eye and theories of audition; Nature and characteristics of perception; Gestalt theory of perception: figure and ground, Laws of perceptual organization.

##### ***UNIT-IV***

***Attention:*** Meaning and characteristics of attention; Types of attention: Kinds of attention; Determinants of attention; Fluctuation of attention.

##### ***Books recommended:***

- Baron, R.A. Psychology: The Essential Science. New York: Allyn & Bacon
- Zimbardo, P.G. & Weber, A.L. Psychology, New York: Harper Collins College Publi.
- Lefton, L.A. Psychology. Boston: Allyn & Bacon
- Garrett, Introduction to Psychology: Indian reprint, Oxford IBH
- General Psychology, by Morgan, C.T.
- Adhunik Samanya Manovigyan By R.N. Singh, Vinod Pustak Mandir Agra
- Adhunik Samanya Manovigyan by Azimur Rahman
- Adhunik Prayogik Manovigyan by L.B. Tripathi
- Adhunik Manovigyan by S.S. Mathur
- Adhunik Manovigyan by D.N. Sinha & Others
- Manovigyan Ke Mool Adhar by R.K. Tondon

## **PSYCHOLOGY (B.A.-I)**

### *Semester- I*

#### **Paper-II Experimental Method**

##### ***UNIT-I***

**Introduction:** Nature of Science and Scientific Method. Steps involved in Experimentation

##### ***UNIT-II***

**Problem and Hypothesis:** Statement of problem, sources of problem, characteristics of good problem. Meaning and nature of hypothesis, types of hypothesis.

##### ***UNIT-III***

**Variables:** Meaning and definition of variable, types of variable and control of variables.

##### ***UNIT-IV***

**Statistics in Psychology:** Meaning and purpose of statistics in psychology. Discrete and continuous variables.

#### ***Books Recommended:***

Verma , and Ghufuran,M. (2012). Statistics for Psychology, N. Delhi: Tata Mc Graw Hill

Garett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K.D. (1992). Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.

Gupta, S.P. (2005) Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan

Kapil, H.K. (1980). Sankhikiya ke Mool tatva. Agar Vinod Pustak Mandir

Singh, A. K. (2000). Test, Measurement and Research Methods. Patna: Bharti Bhawan.

Kaplan, R.N. &Saccuz, D.P. (2001). Psychological Testing : Principle, Application and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning.

## **PRACTICAL (B.A.)**

### *Semester-I*

*Any four from the following:*

1. Bilateral transfer of training
2. Maze learning
3. Influence of set on perception
4. Effect of knowledge of results on performance
5. Substitution learning
6. Retroactive Inhibition

# PSYCHOLOGY (B.A.-I)

## *Semester -II*

### **Paper-1**

### **Basic Psychological Processes-2**

#### ***UNIT-I***

***Learning:*** Nature of learning; Theories of learning: Thorndike's trial and error theory of learning. Theory of conditioning: Classical conditioning and Instrumental conditioning, Phenomena of conditioning.

#### ***UNIT-II***

***Memory and Forgetting:*** Definition of memory; Processes involved in memory; Methods of measuring retention; Types of memory: sensory memory, short-term memory, and long-term memory. Process of forgetting; Determinants or causes of forgetting; Interference: proactive and retroactive interference, Ziegarnik effect.

#### ***UNIT-III***

***Motivation and Emotion:*** Nature of motivation; Major concepts related to motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation: The need hierarchy model and Arousal theory of motivation. Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion: James-Lange theory and Cannon-bard

#### ***UNIT-IV***

***Intelligence:*** Meaning and definition of intelligence, Theories of intelligence: Unifactor theory, Spearman's theory, Thorndike's theory, Thurston's theory, Guilford's theory. Measurement of Intelligence: concept of I.Q., Types of intelligence test

#### ***Books recommended:***

- Baron, R.A. Psychology: The Essential Science. New York: Allyn & Bacon
- Zimbardo, P.G. & Weber, A.L. Psychology, New York: Harper Collins College Publi.
- Lefton, L.A. Psychology. Boston: Allyn & Bacon
- Garrett, Introduction to Psychology: Indian reprint, Oxford IBH
- General Psychology, by Morgan, C.T.
- Adhunik Samanya Manovigyan By R.N. Singh, Vinod Pustak Mandir Agra
- Adhunik Samanya Manovigyan by Azimur Rahman
- Adhunik Prayogik Manovigyan by L.B. Tripathi
- Adhunik Manovigyan by S.S. Mathur
- Adhunik Manovigyan by D.N. Sinha & Others
- Manovigyan Ke Mool Adhar by R.K. Tondon

# PSYCHOLOGY (B.A.I)

## *Semester-II*

### **Paper-II Psychological Statistics**

#### ***UNIT-I***

**Frequency distribution and their graphical representation:** frequency polygon, histogram, cumulative frequency curve, and ogive.

#### **UNIT-II**

**Measures of Central Tendency:** Mean, Median, and Mode: meaning, computation and application

#### ***UNIT-III***

**Measure of variability:** Range, Quartile deviation and Standard deviation: Meaning. Application and computation.

#### ***UNIT-IV***

**Correlation:** Concept of correlation, Linear and Non-linear correlation, Pearson's product moment correlation (real and assumed mean), Spearman's Rank order correlation.

#### ***Books Recommended:***

Verma , and Ghufuran,M. (2012). Statistics for Psychology, N. Delhi: Tata Mc Graw Hill

Garett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K.D. (1992). Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.

Gupta, S.P. (2005) Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan

Kapil, H.K. (1980). Sankhikiya ke Mool tatva. Agar Vinod Pustak Mandir

Singh, A. K. (2000). Test, Measurement and Research Methods. Patna: Bharti Bhawan.

Kaplan, R.N. &Saccuz, D.P. (2001). Psychological Testing : Principle, Application and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning.

## **PRACTICAL (B.A. -I)**

### ***Semester-II***

***Any four from the following:***

1. Free Association
2. Memory span for digits/words
3. Verbal test of intelligence
4. Performance test of intelligence
5. Short-term memory/Long -term memory
6. Reaction Time

## **Psychology (B.A. II)**

### **III -Semester**

#### **Paper – I                      Psychopathology-I**

##### ***UNIT-I***

**Introduction to psychopathology:** The concept of normality and abnormality, Classification of mental disorders – DSM-IV-TR

##### ***UNIT-II***

**Mental Illness:** Signs, symptoms and syndromes. Causes of abnormal behaviour: biological, psychological, social, and cultural factors.

##### ***UNIT-III***

**Psychological models of psychopathology:** Biological, psychodynamic, behavioural, cognitive-behavioural.

##### ***UNIT-IV***

**Anxiety Disorders:** Symptoms, types, etiology and treatment, Panic Disorder, Phobia, Obsessive-compulsive disorder, Generalized anxiety disorders.

##### ***Books Recommended:***

Lamm, A. *Introduction to Psychopathology*. New York: Sage

Buss, A.H. (1999). *Psychopathology*. New York: John Wiley

Carson, R.C., Butcher, J.N. & Mineka, S. (2010). *Abnormal Psychology and Modern Life*. Pearson Education, Inc. and Dorling Kindersley Publication Inc.

Sarason, G.I. & Serason, R.V. (2007). *Abnormal Psychology: The Problem of Maladaptive Behaviour (II Edition)*. Pearson Education, Inc. and Dorling Kindersley Publication Inc.

Singh , A.K. *Adhunik Asamanya Manovigyan*. N. Delhi: Motilal Banarasidas

Krochin, S.J. (2004). *Modern Clinical Psychology*. CBS Publishsers abd Distributors Pvt. Ltd.



## Psychology (B.A. II)

### III -Semester

#### Paper – II

#### Social Psychology-1

##### *UNIT-I*

**Introduction:** Nature and Scope. Methods of studying social behaviour: Observation, Experimental, Field study, Survey, and Sociometry.

##### *UNIT-II*

**Socialization,** Agents of mechanism, socialization and deviation

##### *UNIT-III*

**Social Perception:** Perceiving others: forming impression, Role of non-verbal cues, Group stereotypes . Primary and Recency effects, Attribution and causality: Biases and theories (Jones and Davis Kelley).

Perceiving Groups: Prejudice, Stereotypes, and Conflicts: Sources, dynamics and remedial techniques

##### *Unit-IV*

**Interpersonal Attraction:** Nature, measurement and antecedent conditions of Interpersonal attraction.

**Attitude:** Nature , formation and change of attitudes, Measurement of attitudes.

##### ***Books Recommended:***

Alcock J.E., Carment, D.W. Sadava, S.W., Collins, J.E. & Green, J.M. (1997). A Text Book of Social Psychology. Scarborough, Ontario,: Prentice Hall/ Allyn & Bacon

Baron, R.A. & Byrne, D. (2000) Social Psychology. N. Delhi: Prentice Hall

Feldman, R.S. (1985). Social psychology: Theories, Research and Application. New York: Mc Graw Hill

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

Singh , A.K. *Samaj Manovigyan Ki Rooprekha*. N.Dlhi: Motilal Banarasidas

Tripathi, L.B. (1992). Adhunik Samajik Manovigyan. Agra: National Psychological Corporation

Worchel, S. and Cooper, J. (1983). Understanding Social Psychology. Illionis: Dorsey Press

**PRACTICAL (B.A.II)**  
***III Semester***

*Any four from the following*

1. Attitude change
2. Test of aggression
3. Sociometry
4. Social facilitation/conformity
5. Adjustment
6. Anxiety

**Psychology (B.A. II)**

**IV -Semester**

**Paper – I**

**Psychopathology-2**

***UNIT-I***

**Somatoform Disorder:** Conversion and Dissociative disorders.

***UNI-II***

**Psychotic Disorder:** Symptoms, types, etiology, and treatment: Schizophrenia and delusional disorder.

***UNIT-III***

**Mood Disorder:** Manic episode, Depressive episode, Bipolar affective disorder.

***UNIT-IV***

**Personality Disorder:** Paranoid, Schizoid, Antisocial, Borderline, Avoidant, Dependent personality.

***Books Recommended:***

Lamm, A. *Introduction to Psychopathology*. New York: Sage

Buss, A.H. (1999). *Psychopathology*. New York: John Wiley

Carson, R.C., Butcher, J.N. & Mineka, S. (2010). *Abnormal Psychology and Modern Life*. Pearson Education, Inc. and Dorling Kindersley Publication Inc.

Sarason, G.I. & Serason, R.V. (2007). *Abnormal Psychology: The Problem of Maladaptive Behaviour (II Edition)*. Pearson Education, Inc. and Dorling Kindersley Publication Inc.

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Krochin, S.J. (2004). *Modern Clinical Psychology*. CBS Publishsers abd Distributors Pvt. Ltd.

## Psychology (B.A. II)

### IV -Semester

#### Paper – II

#### Social Psychology-2

##### *UNIT-I*

**Group Dynamics and Influences:** Structure, function, and types of groups. Social facilitation, Social loafing, individuation, group cohesiveness, norms and decision making, conformity, obedience and social modeling.

##### *UNIT-II*

**Leadership and Communication:** Definition and functions of leadership, Trait, Situational, Interactional, and Contingency approaches to leadership effectiveness. Verbal and non-verbal strategies of communication, language and social interaction, barriers to communication.

##### *UNIT-III*

**Aggression:** Determinants: personal and social. Theoretical perspectives: Biological, trait, situational and social learning. Control of aggression.

##### *Unit-IV*

**Helping Behaviour:** Determinants: personal, situational, and socio-cultural determinants. Bystander effect. Theoretical perspective; exchange and normative.

##### Books Recommended:

Alcock J.E., Carment, D.W. Sadava, S.W., Collins, J.E. & Green, J.M. (1997). A Text Book of Social Psychology. Scarborough, Ontario,; Prentice Hall/ Allyn & Bacon

Baron, R.A. & Byrne, D. (2000) Social Psychology. N. Delhi: Prentice Hall

Feldman, R.S. (1985). Social psychology: Theories, Research and Application. New York: Mc Graw Hill

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

Singh , A.K. *Samaj Manovigyan Ki Rooprekha*. N. Delhi: Motilal Banarasidas

Tripathi, L.B. (1992). Adhunik Samajik Manovigyan. Agra: National Psychological Corporation

Worchel, S. and Cooper, J. (1983). Understanding Social Psychology. Illionis: Dorsey Press

**PRACTICAL (B.A.II)**

***IV- Semester***

***Any four from the following***

1. S.C.T.
2. Self Disclosure Inventory
3. Stress coping
4. Self-concept
5. Emotional Maturity Scale
6. T.A.T.

**Psychology (B.A. III)**

**V -Semester**

**Paper – I**

**Psychological Measurement**

***UNIT - I***

Psychological Measurement: Meaning and Levels of measurement: Nominal, Ordinal, Interval and Ratio scale.

***UNIT - II***

Scaling Techniques: Ranking, Rating and Paired Comparison. Familiarity with Likert, Thurston, and Guttman Scales.

***UNIT – III***

Tests: Meaning, Characteristics. Types of tests.

***UNIT-IV***

Test Construction: Test-construction and standardization of test. Concept and estimation of reliability and validity

***Books Recommended:***

Verma , and Ghufuran,M. (2012). Statistics for Psychology, N. Delhi: Tata Mc Graw Hill

Garett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K.D. (1992). Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.

Gupta, S.P. (2005) Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan

Kapil, H.K. (1980). Sankhikiya ke Mool tatva. Agar Vinod Pustak Mandir

Singh, A. K. (2000). Test, Measurement and Research Methods. Patna: Bharti Bhawan.

Kaplan, R.N. &Saccuz, D.P. (2001). Psychological Testing : Principle, Application and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning.

**Psychology (B.A. III)**

**V -Semester**

**Paper – II**

**Systems of Psychology-1**

***UNIT-I***

**Development of Psychology:** Contribution of Weber, Fechner, Helmholtz, Galton, William James and Cattell

***UNIT-II***

**Structuralism:** Contribution of Wundt and Titchner, Criticism of structuralism.

***UNIT-III***

**Behaviourism:** Watson's behaviourism - Characteristics and evaluation.

***UNIT-IV***

**Neo-Behaviourism:** Contribution of Tolman, Guthrie, Hull and Skinner

**Books Recommended:**

Singh, A.K. (1991) : The Comprehensive History of Psychology, Motilal Banarasi Das, Delhi.

Wolman, B.B. (1979) : Contemporary Theories and Systems in Psychology, Delhi, Freeman Book Co.

Marx, M.H. & Hillix, W.A.C. (1989) : Systems and theories in Psychology, New York: Mc Graw-Hill.

Azimmurrahman & Ashraf Javed (2004). Manovigyan Ka Sanchhipt Itihas. N. Delhi: Motilal Banarasidas

Sharma, J.D. Manovigyan ke Oaddhatiyan avam Siddhant. Agra: Vinod Pustak Mandir.

Singh, A.K. & Singh, A.K. (2006). Manovigyan ke Sampradayaya avam Itihas. N. Delhi: Motilal Banarasidas

Sharma, A.K. (2002). Manovagyanik Vichardhharayen. Agra; Bhargava Book House

**PRACTICAL (B.A.III)**

*V- Semester*

**Any four of the following:**

1. Projective tests (T.A.T./Rorschach)
2. Job Satisfaction
3. Happiness Scale
4. Paired Comparison
5. Raking/Rating Method
6. Environmental Cognition



**Psychology (B.A. III)**

**VI -Semester**

**Paper – I**

**Psychological Statistics**

***UNIT – I***

**Normal distribution:** Concept of Probability, Characteristics of NPC, Skewness and Kurtosis, Application of NPC.

***UNIT – II***

**Hypothesis testing and Making inferences:** sampling distribution, standard error of mean. df. Nature and assumption of t-distribution: Computation of t-values for independent and dependent sample, interpretation of t-values – level of significance; Type I and Type II errors in inferences.

***UNIT-III***

**Non-parametric test:** Nature and assumption. Distribution-free Statistics, Chi-square and Median test.

***Books Recommended:***

Verma , and Ghufuran,M. (2012). Statistics for Psychology, N. Delhi: Tata Mc Graw Hill

Garett, H. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.

Broota, K.D. (1992). Experimental Design in Behavioural Research. N.Delhi: Wiley Eastern.

Gupta, S.P. (2005) Sankhikiya Vidhiyan. Allahabad: Sharda Pustak Bhawan

Kapil, H.K. (1980). Sankhikiya ke Mool tatva. Agra: Vinod Pustak Mandir

Singh, A. K. (2000). Test, Measurement and Research Methods. Patna: Bharti Bhawan.

Kaplan, R.N. &Saccuz, D.P. (2001). Psychological Testing : Principle, Application and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning.

**Psychology (B.A. III)**

**VI -Semester**

**Paper – II**

**Systems of Psychology-2**

***UNIT-I***

**Gestalt Psychology:** Gestalt psychology as a school, Elements of Gestalt theory- Perception, learning and thinking.

***UNIT-II***

**Psychoanalysis:** Freudian contribution- Theory of Freud, Adler and Jung. Evaluation of psychoanalysis theory.

***UNIT-III***

**Neo-Freudian Theory:** Contribution of Horney, Fromm and Sullivan.

***UNIT-IV***

Field Theory of Kurt Levin and Maslow's Need Hierarchy Theory.

**Books Recommended:**

Singh, A.K. (1991) : The Comprehensive History of Psychology, N. Delhi: Motilal Banarasi Das.

Wolman, B.B. (1979) : Contemporary Therories and Systems in Psychology, Delhi, Freeman Book Co.

Marx, M.H. & Hillix, W.A.C. (1989) : Systems and theories in Psychology, New York: Mc Graw-Hill.

Azimmurrahman & Ashraf Javed (2004). Manovigyan Ka Sanchhipt Itihas. N. Delhi: Motilal Banarasidas

Sharma, J.D. Manovigyan kee Oaddhatiyan avam Siddhant. Agra: Vinod Pustak Mandir.

Singh, A.K. & Singh, A.K. (2006). Manovigyan ke Sampradayaya avam Itihas. N. Delhi: Motilal Banarasidas

Sharma, A.K. (2002). Manovagyanik Vichardhharayen. Agra; Bhargava Book House

**PRACTICAL (B.A.III)**

***VI- Semester***

(a) Field survey and report writing. Report should be with the original certificate of the organization visited by student/s.

(b) Any two of the following:

1. Mental fatigue
2. Stress Management
3. Religiosity scale
4. Interest Inventory.