

Allahabad University

Undergraduate courses in Psychology

In B.A. Part I & II, there will be 2 theory papers each of 75 marks and practicals of 50 marks (Total = 200 marks / year). In B.A. Part III, there will be 3 theory papers each of 75 marks and practicals of 75 marks (Total = 300 marks)

B.A. Part I

1. Basic Psychological Processes
2. Psychological Statistics
3. Practicals - Experiments on learning, memory, attention, perception or any other basic processes.

B.A. Part II

1. Social Psychology
2. Psychopathology
3. Practicals: Testing: any 4 tests on intelligence, aptitude, anxiety and Experiments: any 4 Sociopsychological adjustment experiment.

B.A. Part III

1. Life Span Human Development
2. Environmental Psychology
3. Research Methods
4. Practicals: Project work / Field work.

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B.A. Part I

Paper I- Basic Psychological Processes

Max Marks 75

1. Introduction

The science of Psychology, methods of Psychology, Approaches to Psychology, behaviouristic, psychodynamic, cognitive and humanistic, Ethical issues in Psychology.

2. Biological Bases of Behavior

Structure of a neuron, synaptic transmission, the nervous system; central and peripheral- cortical areas and their functions-the endocrine system.

3. Sensation and Perception

Sensory processes-stimulus detection-the absolute and difference threshold. Gestalt principles of perceptual organization. Depth perception: perceptual constancies and illusion, perceptual defence; Illustrative experiments on characteristics of perceiver and perception.

4. Learning

Features of classical and operant conditioning. Cognition in Learning-latent learning and acquisition of cognitive maps, Observational Learning. Principles of Behavior Modification.

5. Memory

The memory process-encoding, storage and retrieval.

Memory as information processing- Atkinson's stage model, Levels of processing approach to memory.

Types of Long term memory- Episodic, semantic and procedural memory.

Forgetting- Ebbinghaus's forgetting curve, explanations of forgetting; decay, interference and retrieval related forgetting.

Memory as a constructive process- memory distortions and schema.

6. Thinking

Concepts and propositions, inductive and deductive reasoning. Steps in problem solving. Decision making-heuristics and biases.

7. Motivation.

Concepts and characteristics of motivated behavior. Perceptive on motivation- instincts and drives. Maslow's need hierarchy. Biogenic motive-hunger. Sociogenic motive- Achievement.

8. Emotion.

Nature of emotions; the eliciting stimuli, appraisals, physiological response and expressions in emotion.

Overview of theories of emotion. Classical and Contemporary theories; James Lange, Cannon Bard, Schachter and Singer, Lazarus and facial Feedback Hypothesis.

Books-

1. Passer, Michael W & Smith, Ronald E, (2013) Psychology: The science of Mind and Behavior. McGraw hill Education (Indian Edition).
2. Baron Robert A & Misra G. (*2014) Psychology: Indian subcontinent edition, Pearson. Delhi.
3. Ciccarelli S.K. & Meyer G.E. (2008) Psychology: South Asian Edition Pearson, Delhi.
4. Singh A.K. (2003) आधुनिक सामान्य मनोविज्ञान Motilal Banarsidas, Delhi.
5. त्रिपाठी ला०ब० एवं अन्य (2001) आधुनिक प्रायोगिक मनोविज्ञान, आगरा, हर प्रसाद भार्गव

Paper II - Psychological Statistics

Max Marks 75

I. An introduction to Statistics

Basic concepts, use of statistics in psychology; variables-continuous and categorical; Scales of measurement, Descriptive & inferential statistics;

II. Descriptive statistics

Organising data in frequency distribution; Calculation of mean, median and mode from raw & grouped data; Concept of variability- calculation semi interquartile range, standard deviation by raw score, deviation score formula and grouped data, variance; Centiles & percentile rank (PR).

III. Graphic Representation

Graphic representation of data - frequency polygon, histogram, bar diagram, ogive; line graph & pie diagram, Direct determination of statistics from graph - centiles & PR

IV. Correlation

Meaning and nature of correlation, Pearson's coefficient of correlation (r)- computation of r by raw score method and deviation method Other methods of correlation- Spearman's rank order coefficient of correlation, point biserial and biserial correlation.

V. Normal Distribution

Concept of probability, Nature & characteristics of normal probability curve Standard score (z score), applications of NPC Curves other than NPC; concept and calculation of skewness & kurtosis

VI. Inferential Statistics

Purpose of statistical inference, population and samples, sample representativeness, Sampling distribution of means, standard error of mean,

VII. Hypothesis testing - t test

Testing hypothesis about single mean, null & alternate hypothesis, region of rejection, confidence limits, One tailed & two tailed test, Testing hypothesis about differences between sample means - Nature and assumptions of t test, degrees of freedom; levels of significance, computation and interpretation of t values, t test for independent & dependent samples; Type I type II error

Books

1. Guilford, J P (1973) Fundamental Statistics in Psychology and Education. McGraw Hill, Kogakusha
2. Minimum and Clark (1978) Elements of Statistical Reasoning. Wiley Publication.
3. लाल जे0एन0 (2012) मनोवैज्ञानिक सांख्यिकी, गोरखपुर : नीलकमल प्रकाशन

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Paper III - Practical

Max. Marks -50

Part I: Theoretical background of Experimental Psychology,

1. Experimental Approach in Psychology

A Scientific explanation in Psychology, principles of making causal inferences.

B. Experiments in laboratory setting, experiments in natural setting ex. Post-facto studies.

II. Basic of Experimentation

A. Formulation of research problem.

B. Derivation of Hypothesis.

C. Identifying Variables: Independent, dependent and extraneous. Operationalization of variables.

D. Techniques of controlling extraneous variable, Exercises in the above topics.

Part II. Conducting experiments in Laboratory.

III. The students will be required to conduct **at least six experiment** (One from each of the areas listed below :

A. Attention/Perception

B. Memory/Forgetting

C. Learning

D. Thinking/Problem Solving

E. Motivation/emotion.

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B.A. Part II
Paper I. Psychopathology.

Max. Marks -75

I: Meaning and Criteria of Abnormality :

- Statistical, Social Conformity & Personal Adjustment.

II. Historical perspective of abnormal behavior.

III. Theoretical Perspectives :

- Freud's Psychoanalytic theory.
- Adler's Individual Psychology
- Jung's Analytical theory

IV. Human Adjustment and Coping :

- Type of stressors : Conflict, Pressures & Frustration.
- Factors influencing stress tolerance
- Coping with stress : ego defence mechanism & task oriented reactions.

V. Causal factors in Abnormal Behavior .

- Biological, Psychosocial, Socio-cultural

VI. Disorders as per DSM IV : Clinical picture, types & brief of etiology of each disorder.

- Anxiety disorders: Generalized Anxiety Disorder (GAD)
- Obsessive-Compulsive Disorder (OCD).
- Post Traumatic Stress Disorder (PTSD).
- -Somatoform disorders: Conversion,
- Hypochondriasis & Pain disorders.
- Schizophrenia: Paranoid type, disorganized type, Catatonic type, undifferentiated type, Residual Type.
- Delusional Disorder: Paranoia.
- Dissociative Disorders: Amnesia, Fugue, Depersonalization.
- Mood Disorders: Depression, Bi-Polar.

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VII. Brief Idea of theoretical approaches to psychotherapies:

- Skinner's Operant Conditioning theory.
- Bandura's Social Learning theory
- - Maslow's Humanistic theory
- Carl Roger's Client- Centred theory
- -Beck & Ellis: Cognitive Perspective

VIII. Psychotherapies:

-Freud's Psychoanalysis, Behavior Modification, Client Centred therapy.

References:

1. Carson, R.C., Butcher, J.N., Mineka (2005). Abnormal psychology and modern life. New Delhi: Education (Singapore) PVT. LTD.
2. Sarason, I.G. & Sarason, B.R. (2002). Abnormal psychology: The Problem of maladaptive behavior (eastern Economy Edition, 11th) New Edition: Prentice Hall of India.
3. Colean, C. (1982). Abnormal Psychology and Modern Life,. D.B. Tarapore Walla (Indian Reprint)
4. Schultz, D. (1976). Theories of Personality. New York: Woodsworth Publishing Co.
5. Comer, J.R. (1998). Abnormal Psychology, New York: Freeman.

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Paper II- Social Psychology

Max Marks 75

I. Introduction to Social Psychology

- A. Definition and scope of social psychology
- B. A brief history of social psychology- both western and Indian

II. Social cognition and person perception

- A. Person perception and impression formation- Asch- central trait, primacy and recency effects; Anderson- cognitive algebra.
- B. Social cognition and information processing: schema, stereotypes, heuristics and biases in person perception
- C. Attribution: Inferring the traits and motives of others; theories of attribution - Jones, Kelly & Wiener; biases in attribution process

III. Social attitudes

- A Nature of attitudes
- B Processes of attitude formation - learning theory and cognitive theory
- C Measurements of attitudes - attitude scales - Likert & Thurstone, semantic differential, physiological & indirect measures
- D. Attitude change: concept and techniques - persuasion and role playing; Festinger's cognitive dissonance theory

IV. Group and leadership

- A Nature of a psychological group
- B Group formation and structure: objectives, membership, roles, status, communication network and cohesiveness
- C Group and individual performance: Social facilitation and social loafing

V Social influence processes

- A Social power: Bases of power, determinants of social power
- B Conformity: Formation of group norms, conformity and group pressure, factors affecting conformity
- C Compliance: strategies of compliance
- D Obedience to authority

VI. Forms of social behavior

- A Aggression: Theories and determinants of aggression, control of aggression
- B Interpersonal attraction: Theories and determinants of interpersonal attraction
- C Helping behaviour: Theories and determinants of helping behaviour

Books

1. Baron R.A. and Byrne, D. (2012) **Social Psychology**. Delhi: Pearson Education Pvt Ltd.
2. Feldman, R. (1985). **Social Psychology**. New Delhi: Me. Graw Hill Book Company.
3. Krech, D., Cruchfield, R.S. & Ballachy, E.L. (1986). **Individual in Society**. New Delhi: Mc Graw Hill Book Co.
4. Tripathi, L.B. (2001) **Adhunik Samajik Manovigyan**. Agra: Har Prasad Bhargava

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Paper III - Practical

Max Marks 50

SOCIAL EXPERIMENTS AND TEST ADMINISTRATION

1. Basic Concepts in Psychological Assessment:
 - A. Purpose and types of tests
 - B. Procedures for test administration
 - C. Reliability, validity and Norms of Psychological Tests.
 - D. Current issues in assessment.
2. Students are expected to administer and write reports on **any Three** of the following tests.
3.
 - A. Intellectual Assessment: Raven's Progressive Matrices/Bhatia Battery/ Verbal test. Anyone.
 - B. Mechanical Aptitude Test/ Interest Inventory.
 - C. Assessment of anxiety: Sinha W-A Self- Analysis Form
 - D. Assessment of Personality: Adjustment inventory (Sexana/Kunda) JMPI.
4. **Experiments: Students will be required to do any Three experiments in the areas given below:**
 - A. Social facilitation
 - B. Attitude change/ cooperation/ competition
 - C. Group conformity
 - D. Social factors in perception
 - E. Attribution
 - F. Prosocial Behaviour

References (Testing)

- A. Anastasi (1997) **Psychological Testing**. New Delhi: Pearson Education.
- B. R.J. Gregory (1996) **Psychology Testing: History, Principles and Application**

B.A. III
Paper I- Lifespan Human Development

Max Marks 75

- 1. Concept and nature of human development**
The lifespan approach
Culture and development
Determinants of development. Nature and nurture issue.
- 2. An Overview of Theoretical Perspectives:**
Freud: Psychosexual development
Erikson: Psychosocial development
Piaget: Cognitive development
Information- Processing theories
Social learning theories
- 3. Prenatal Development:**
Mechanisms of heredity
Stages of prenatal development
Effects of prenatal development
- 4. Sensory and Perceptual Systems of Neonate.**
- 5. Infancy:**
5 Perceptual development
Cognitive development
Parent- Child Attachment
- 6. Early Childhood:**
Cognitive development.
Language development-acquisition & theories development of self.
Gender identity & roles.
Parenting Styles.
- 7. Middle Childhood:**
Cognitive development. Moral reasoning
Personality, Cognition styles, Socialization- Siblings and peers.

8. Adolescence

Cognitive development

Moral development

Adolescent turmoil and identity

Adolescents and their parents.

9. Youth and Early Adulthood:

Adult identity

Personality adjustment

Development Tasks, Life- events and adjustment, marital adjustment.

Occupational development

10. Middle Adult hood.

Cognitive development

Learning in middle adulthood

Factors influencing changes in cognitive skills

Personality stability and change

Adult development tasks, theories of Erikson, Peck, Havighurst & Levinson.

11. Late Adulthood: An overview of theories of aging.

Aging and health- physical changes & health, mental health, changes in Intelligence with age

Cognitive Decline.

Books:

1. Gormly. Anne V. (1997). Lifespan human development VIth Ed. New York: Holt Rinehart and Willston. Inc.
2. Hurlock, E.B. (2002) : Development Psychology: A Life span approach. Vth Ed. New Delhi: Tata McGraw Hill.
3. Vander Zanden, J.W. (1981). Human development IInd Ed. Adfred A. Knopf, Incx.
4. त्रिपाठी, लालब0 एवम् पाण्डेय, सुषमा (2009) मानव विकास का मनोविज्ञान, नई दिल्ली: कान्सेप्ट पब्लिशिंग कम्पनी

Paper II- Environmental Psychology

Max Marks 75

1. Environmental Psychology: Nature and characteristics, classification of environment, Indian perspectives on human-environment relationship.
2. Theories of environment-behaviour relationship: Arousal, environmental load, adaptation level and ecological approach
3. Environmental stress: Nature and characteristics; types of stresses; natural disasters, technological catastrophe, noise and air pollution.
4. Crowding: Nature and characteristics, feature, effects of crowding on animals and human beings.
5. Environmental Perception, Cognition and Attitudes: Nature and characteristics of Environmental Perception, Social and cultural influences, Environmental Cognition and cognitive mapping, Acquisition of Environmental Attitudes.
6. Personal space and territoriality: Nature, Function and determinants of personal space. Consequences of personal space invasion, Territoriality function and type, territoriality & aggression.
7. Environmental psychology and saving the Environmental: Environmental Education, Prompts and Reinforcement techniques in Indian context.

Books:

1. तिवारी, पी०एस०एन० (2001) आधुनिक पर्यावरणीय मनोविज्ञान, मोतीलाल बनारसी दास: नई दिल्ली।
2. Bell, P.A., Greene, T.C., Fisher, J.D., & Baum A. (2001) Environmental Psychology, (Vth edition) Wadsworth Group/Thoason Learning, 10 Davis Drive Belmont CA, U.S.A.

Paper III - Psychological Research Methods

Max Marks 75

I. Science & Psychological Research

Science and psychological enquiry, characteristics of scientific method;
Nature of psychological research- correlational and experimental

II. Designing Psychological Research

Meaning purpose and principles of research design; steps in designing
research - from choosing a problem to tool construction to planning for data
collection

III. Research Settings for data collection

Field- Field observation, field experiments and survey research In depth
study - case study - social, clinical, organizational settings Event based- ex
post facto research Library research - historical research Laboratory - lab
experiments, simulation lab

IV. Survey Research and sampling

Population ad sample; probability and non probability samples, methods of
drawing random sample, representativeness of sample and sampling error,
types of surveys

V. Development of Psychological Measures- Questionnaires & Tests

Measurement in psychological research;

Types of scales

Process of development of questionnaires and tests

Item writing, types of items, criteria of item selection

Standardization of tools- reliability, validity and norms

VI. Ethical Issues in Psychological Research

Rights of research participants - Issue of confidentiality & deception
studies; Debriefing & informed consent, sharing results with participants

Books

1. Kerlinger, Fred N. & Lee, Howard B. (2000). Foundations of Behavioural Research. Australia, US: Wadsworth (4th edition)
2. Anastasi. A. & Urbina, S. (1997). Psychological Testing. Delhi: Pearson Education. (seventh edition).
3. Singh. A.K. (1994) Research Methods in Psychology, Sociology and Education. (English and Hindi). New Delhi: Motilal Banarasidas.

Paper IV - Practicals

Max Marks 75

Field Work

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