

B.A.PART-I

PAPER CODE: PSY 111

PAPER – I: FOUNDATIONS OF PSYCHOLOGY

Objectives: To Understand The Basic Psychological Processes And Their Applications In Everyday Life.

Unit 1: Introduction:

Psychology as a science : Meaning, Nature, Scope of Psychology in Everyday Life.
Scientific Methods of Psychology, Fields and application of Psychology as a Science.

Unit 2: Cognitive Processes:

Perception: Nature Of Perception, Laws Of Perceptual Organization.
Memory and Forgetting; Nature of remembering, retention, forgetting and factors of forgetting.
Thinking: Nature of thinking, concept formation and problem solving.

Unit 3: Learning Processes:

Learning: Meaning, Factors and methods of learning, procedure of learning.
Theories: Trial and Error, conditioning – classical and operant, learning by Insight.

Unit 4: Motivation and Emotion:

Motivation: Meaning and nature of motivation; need, drive, incentive, primary and secondary motives.

Emotions: Meaning and Nature of Emotions..Key Motives.

Unit 5: Personality and Intelligence:

Personality: Meaning, Nature and factors affecting personality. Measurement of Personality.
Intelligence; Meaning, Nature and factors affecting Intelligence, Measurement of Intelligence.

Readings:

सामान्य मनोविज्ञान, अरूण कुमार सिंह , मोतीलाल बनारसीदास दिल्ली

सामान्य मनोविज्ञान, डॉ. रामनाथ शर्मा, केदारनाथ रामनाथ दिल्ली

Baron, R.A And Misra, G. (2014). Psychology (Indian Subcontinent Edition).Pearson Education Ltd.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
Feldman.S.R.(2009).Essentials Of Understanding Psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches To Psychology(3rd Ed.) Buckingham: Open University Press.

Passer, M.W., Smith, R.E., Holt, N. And Bremner, A.(2008). Psychology: The Science Of Mind and Behaviour. Mcgraw-Hill Education.UK.

B.A.PART-I

PAPER CODE: PSY 112

PAPER – II: INTRODUCTION TO SOCIAL PSYCHOLOGY

Objective: To understand the basics of social psychology and to understand the individual in the social world.

Unit 1: Introduction:

Meaning, nature and scope of social psychology and its relation with social sciences.
Methods of social psychology, observation-participant and non-participant, Interview, Field experimentation, sociometry.

Unit 2: Socialization:

Socialization – Meaning, nature and process of socialization. Agents of Socialization Social norms – Meaning, tradition custom, law and fashion.
Attitude and Social change: Meaning and nature, measurement of attitude. Thurston and Likert.

Unit 3: Prejudice and stereotypes:

Prejudice: Meaning, nature; effect on social behavior. Methods of removing prejudices.
Stereotypes: Meaning, nature; effect on social behavior. Methods of removing Stereotypes.

Unit 4: Leadership:

Leadership: Meaning, nature characteristics and functions of leader.
Types of leader.

Unit 5: Communication:

Communication-meaning nature, factors and types: Verbal and non-verbal, one way v/s two way, one sided v/s two sided.
Interpersonal attraction, prosocial behavior.

Readings:

समाज मनोविज्ञान की रूपरेखा, अरुण कुमार सिंह , मोतीलाल बनारसीदास दिल्ली
समाज मनोविज्ञान एसएस माथुर, विनोद पुस्तक मंदिर आगरा

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan.

Myers, D.G. (2008). Social Psychology. New Delhi: Tata McGraw-Hill.

B.A.PART-II

PAPER CODE: PSY 211

PAPER – I: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Objective: To Introduce Basic Statistical Methods, Psychological Testing and Qualitative Methods And Their Uses.

Unit 1: Basic Statistical Methods:

Meaning, Significance of Psychological Statistics. Frequency Distribution, Histogram, Polygon, Measures Of Central Tendency- Mean, Median, Mode.

Measures Of Variability- Quartile Deviation, Average Deviation And Standard Deviation.

Unit II: Correlation Methods:

Spearman's Rank Difference Method And Pearson's Product Moment Method.

Further Methods Of Correlations, Biserial, Point Biserial, Tetra-Choric And Phi-Coefficient.

Unit III: Non-Parametric Statistics:

Chi-Square, Sign Test, Median Test And Mann Whitney U Test
Analysis Of Variance -One Way, Two Way.

Unit IV: Research Problem And Hypothesis:

Research Problem; Meaning, Manifestation Of Problem And Criteria Of Good Problem.

Hypothesis : Meaning, Types, Criteria Of Good Hypothesis And Formulation Of Hypothesis.

Unit-V: Variables And Experimentation:

Variables: Meaning, Types Of Variable Independent, Dependent, Intervening And Extraneous Variables.

Experimentation: Meaning Of Experiment, Types Of Experiment, Experimental Method, Experimental Control And Techniques Of Control.

Readings:

अरूण कुमार सिंह, मनोविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ, मोतीलाल बनारसीदास दिल्ली

गैरट, एच.ई. एवम बुडवर्थ 1987,, मनोविज्ञान व शिक्षा में सांख्यिकी, मुम्बई वकील्स फेफर एण्ड सिमोन्स प्रा.लि.

Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

Kerlinger, F.N. & Lee, H.B. (1999). *Foundations of Behavioural Research*. Wadsworth-Thomson .

B.A.PART-II

PAPER CODE: PSY 212

PAPER – II: UNDERSTANDING PSYCHOLOGICAL DISTRESS AND WELLBEING

Objective: To introduce the concepts of psychological distress and abnormality and to understand how to achieve well-being.

Unit 1: Basic Concepts:

Concept and Criteria of Abnormal Behaviour.

Causes of Abnormal Behaviour – Biological, Psycho-social and Socio-cultural.

Unit-2 : Adjustment:

Adjustment Process and Stress Reactions.

Mental mechanisms and General Adaptation Syndrome.

Unit 3: Clinical states:

Psycho neuroses : Hysteria, Anxiety disorders, obsessive – compulsive state. Psychoses: Types of schizophrenia, Manic – Depressive Psychosis and paranoia.

Mental Retardation; Its types, causes and treatment .

Unit-4 : Psycho-physiological disorders:

Psycho-physiological disorders: systems and dynamics of respiratory cardiovascular, gastro-Intestinal, Genito-Urinary Therapies.

Psychotherapy and Behaviour Therapy, Assumptions and types

Unit-5: Psychological Distress and Well Being:

Meaning, Importance and organized effort: Prevention, Primary, Secondary; Tertiary.

Psychological Assessment and its types.

Readings:

असामान्य मनोविज्ञान, अरुण कुमार सिंह, मोतीलाल बनारसीदास दिल्ली

असामान्य मनोविज्ञान, जी.डी. रस्तोगी, वाइली ईस्टर्न लि. नई दिल्ली

Carson, R.C., Butcher, J.N., Mineka,S.& Hooley, J.M. (2008). Abnormal Psychology. New Delhi:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

PAPER – I
HEALTH PSYCHOLOGY

Unit-I

Meaning of Health in socio-cultural contexts (special focus on tribal population)

Nature, scope and development of Health Psychology.

The role of Health Psychologist.

Unit-II

Models of Health Bio-psycho-social and cultural models:

Health Belief models.

Unit-III

Type A Behaviour Pattern and its role in cardio vascular disorders. Health promoting life styles,

Addictions

Unit-IV

Stress: Meaning, nature and dimensions. Role of Social support in stress management

Unit-V

Positive emotions and health – Hope, Optimism, Happiness, Helplessness. Well being index,

Physical mental health related issues related to women, children & elderly.

PRACTICAL - HEALTH PSYCHOLOGY

Any six

1. Well Being index
2. Psycho Somatic Scale (CVD)
3. Mental Health Checklist
4. P.G.-1 Health Inventory
5. Death Anxiety Scale
6. Behavioural deviance Scale
7. Stress measurement
8. Assessment of Psycho Physical Health of Elderly
9. Type A Assessment
10. Study of Social Support
11. Community health
12. Issues related to Gender in reference to tribal population

PAPER – II

GUIDANCE AND COUNSELLING

Unit-I :

Meaning and scope of Guidance. Areas of Guidance – Educational, Vocational, Personal and Group Guidance. Need of guidance with special reference to India.

Unit-II :

Guidance services: Self Inventory service, Information service, Personal Data collection service, Counselling service, Placement service, follow-up service Organization of guidance programme in School/college in community (Rural/Urban).

Unit-III :

Personality: Meaning of Personality and Personal Adjustment; Personality Assessment, subjective and Objective techniques.
Counselling: Its concept and importance. Distinction between counselling and guidance.

Unit-IV :

Methods of Counselling : Directive, non-directive, eclectic and group counselling.
Concept of Aptitude : Types of aptitude tests, G.A.T.B., D.A.T.B. and special aptitude tests.

Unit-V:

Achievement and its measurement : cumulative Record; Intelligence tests verbal, non- verbal and performance type.
Interview : Its importance and types, structured, unstructured, interview schedule, counselling interview.

Practical - GUIDANCE & COUNSELLING

1. I.Q. Measurement (Performance Test/Non-verbal)
2. Aptitude testing (DAT/GAT)
3. Psychomotor Ability testing
4. Insecurity
5. Achievement Motivation
6. Personal Counselling/
7. Career Counselling
8. Family Counselling
9. Guidance Need Inventory
10. Counselling Interview
11. Students Problem check-list
12. Case Study .