

## PAPER DESCRIPTION

| Sl. No | Semester | Paper | Title                                  |
|--------|----------|-------|--|
| 1.     | I        | I     | Foundations of Behaviour-I             |
| 2.     | II       | II    | Foundations of Behaviour-II            |
| 3.     | III      | III   | Child Development Part-I               |
| 4.     | IV       | IV    | Child Development Part-II              |
| 5.     | V        | V     | Social Psychology                      |
| 6.     |          | VI    | Abnormal Psychology                    |
| 7.     | VI       | VII   | Industrial and Organization Psychology |
| 8.     |          | VIII  | Health Psychology                      |

## SCHEME OF EXAMINATION

| Semester     | Paper          | Credits   | Marks      |            |             |
|--------------|----------------|-----------|------------|------------|-------------|
|              |                |           | IA         | Sem End    | Total       |
| I            | Psy-I, S171    | 2         | 20         | 80         | 100         |
| I            | Practical-I    | 1         | 10         | 40         | 50          |
| II           | Psy II, S271   | 2         | 20         | 80         | 100         |
| II           | Practical-II   | 1         | 10         | 40         | 50          |
| III          | Psy-III, S371  | 2         | 20         | 80         | 100         |
| III          | Practical-III  | 1         | 10         | 40         | 50          |
| IV           | Psy-IV, S471   | 2         | 20         | 80         | 100         |
| IV           | Practical-IV   | 1         | 10         | 40         | 50          |
| V            | Psy-V, S571    | 2         | 20         | 80         | 100         |
|              | Psy-VI, S572   | 2         | 20         | 80         | 100         |
|              | Practical-V    | 2         | 20         | 80         | 100         |
| VI           | Psy-VII, S671  | 2         | 20         | 80         | 100         |
|              | Psy-VIII, S672 | 2         | 20         | 80         | 100         |
|              | Practical-VI   | 2         | 20         | 80         | 100         |
| <b>Total</b> |                | <b>24</b> | <b>240</b> | <b>960</b> | <b>1200</b> |

**I SEMESTER-Paper I**  
**FOUNDATIONS OF BEHAVIOUR-I**  
**Teaching Hours 3 per week**

**UNIT I: PSYCHOLOGY AND ITS PERSPECTIVE**

- Definitions—Soul, Mind, Consciousness.
- Major sub fields—clinical, counselling, developmental, educational, experimental, cognitive, industrial and organizational psychology, evolutionary and social psychology.
- Methods—Scientific methods and experimental method.
- Psychology in India the beginning of testing, cross cultural Studies and indigenization.

**UNIT II: BIOLOGICAL BASIS OF BEHAVIOR**

- Nervous system—Neuron, structure, division of the nervous system.
- The central nervous system—Brain and spinal cord.
- The peripheral nervous system –Somatic, Autonomic - SNS and PSNS.
- Brain—structure and functions – hind brain, mid brain, and forebrain, thalamus, hypothalamus and limbic system.
- Cerebral cortex—Lobes and hemispheres.
- Endocrine system—Pituitary, Adrenal, Pancreas, Gonads, Thyroid, Parathyroid and Pineal glands.

**UNIT III: LEARNING AND MEMORY**

Learning – Definition,

- Classical conditioning, processes - Extinction, Spontaneous recovery, Generalization and Discrimination
- Operant conditioning, processes - Reinforcement schedules, Punishment dangers and effective punishment
- Cognitive learning – Trial and error, latent and insightful learning
- Observational learning

Memory - Definition

- Information processing model (Atkinson & Shiffrin)
- Levels of processing
- Working memory
- Long term memory
- TOT, Flash bulb memories
- Autobiographical memory
- Forgetting – Causes and techniques to improve memory

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

**BOOK FOR STUDY:** Baron, Robert A. (2002). Psychology (5<sup>th</sup> Ed.). Prentice hall publications.

**REFERENCE BOOK:**

1. Vinay Prabhu, V. (2002). General Psychology. Vipul Prakashana Mumbai
2. Wayne Weiten. (1995). Themes & variations (III rd ed). Books/ Cole publishing company California
3. Natraj .P (1991). Psychology for beginners Part 1 Shrinivasa publications Mysore
4. Morgan King et..al (2004) Introduction to Psychology (7<sup>th</sup> ed) TATA MCGRAW-HILL : New Delhi
5. Parameswaran & Bina Introduction to Psychology. Neel Kamal Publications New Delhi

**PRACTICALS-Paper I**

**Teaching Hours 3 per week**

1. Stroop Effect
2. Nature of questions and accuracy of report
3. Recall and recognition
4. Bilateral transfer of Training
5. Insight on motor learning
6. Retroactive inhibition
7. Chunking
8. Repetition & Recall
9. Feeling tone on Recall

**STATISTICS**

1. Grouping of data – class intervals & frequency distribution
2. Measures of central tendency

**Research Methodology**

- ★ Meaning and Definition of research
- ★ Objectives of research
- ★ Types of research

**REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

**II SEMESTER-Paper II**  
**FOUNDATIONS OF BEHAVIOUR-II**  
**Teaching Hours 3 per week**

**UNIT I: ATTENTION AND PERCEPTION**

- Sensation-Definition and Characteristics.
- Attention- Definition, Factors, phenomenon of attention and types of attention-Explicit and implicit attention, voluntary and involuntary attention, Selective and divided attention.

- Perception- Definition, Factors, principles of grouping and organization, errors in perception-illusion, depth perception-monocular and binocular cues. ESP, subliminal perception.
- Levels of consciousness-Waking state of consciousness, Sleep: Stages of sleep, Altered States of consciousness – Meditation and hypnosis.

### **UNIT II: EMOTION AND MOTIVATION**

- Emotion— Definition, Nature of emotion, Components of emotion-Physiological, cognitive and behavioral components. Expressions of emotions—external, internal, and psychological changes.
- Motivation—Definition, Needs, Drives, Motives and Incentives, physiological motives—Hunger, Thirst and Sex. Social motives—Achievement, Affiliation, Power and Self-actualization.

### **UNIT III: PERSONALITY AND INTELLIGENCE**

- Personality—Definition, Traits of personality-surface and source traits. Psychodynamic theory-Freud-structure of Personality, levels of consciousness, psychosexual stages of development. Erikson’s psychosocial theory. Carl Jung-Types of Personality, libido, collective and personal unconsciousness. Measurement Of Personality Observation Method—Interviews and Rating Scales. Questionnaires -- type A/B personality, EPI, MMPI and Bell’s Adjustment Inventory. Projective Tests -- TAT and Rorschach Ink blot Test.
- Intelligence-Definition, Theories-Spearman, Sternberg’s & Howard Gardner’s theory. Origin and classification of tests, Normal probability curve. Factors influencing on intelligence. Intellectually Challenged-NIMH and APA Classification. Intellectually Gifted.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

### **BOOK FOR STUDY:**

1. Baron, Robert A. (2002). Psychology (5<sup>th</sup> Ed.). Prentice hall publications.

### **REFERENCE BOOK**

1. Vinay Prabhu, V. (2002). General Psychology. Vipul Prakashana Mumbai
2. Wayne Weiten. (1995). Themes & variations (III rd ed). Books/ Cole publishing company California
3. Natraj .P (1991). Psychology for beginners Part 1 Shrinivasa publications Mysore
4. Morgan King et.al (2004) Introduction to Psychology (7<sup>th</sup> ed) TATA MCGRAW-HILL : New Delhi
5. Parameswaran & Bina Introduction to Psychology. Neel Kamal Publications New

Delhi

**PRACTICALS-Paper II**  
**Teaching Hours 3 per week**

1. Color blindness
2. Span of attention
3. Muller Lyer illusion
4. Otis test of Mental ability
5. Type A/B behavior pattern
6. Deomohan's achievement motive scale
7. Set on attention
8. EPI
9. Emotion and free association

**STATISTICS**

Measures of variability -- Standard Deviation

**Research Methodology**

- ★ Sample and population
- ★ Size of the sample
- ★ Characteristics of good sample - *C.R. Kothari*

**REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

**III SEMESTER-Paper III**  
**CHILD DEVELOPMENT: PART-I**  
**Teaching Hours 3 per week**

**UNIT I: INTRODUCTION AND GENETIC FOUNDATION**

- Research design: longitudinal and Cross sectional
- Methods: Case study and biographical method
- Sex cells and their differences
- Preparatory processes : Maturation, Ovulation & Fertilization – its importance
- Multiple off - springs : Identical twins & fraternal twins
- Chromosomal abnormalities : Down's Syndrome
- Abnormalities of the Sex chromosomes: XYY syndrome, Triple X syndrome, Klinefelter syndrome (XXY), Turner's syndrome (XO), Fragile X syndrome.

**UNIT II: PRE-NATAL DEVELOPMENT**

- Germinal period: Ovum, Embryo and Fetus – its Hazards

- Pre-natal environmental influences
- Stages of labour and delivery
- Types of birth: Natural or Prepared childbirth, Caesarian birth, Breech birth, Transverse birth and Instrumental birth.
- Reproductive choices: Genetic counseling and Pre-natal diagnostic choices

**UNIT III: INFANCY: PHYSICAL COGNITIVE AND EMOTIONAL DEVELOPMENT**

- Assessment of the new born-APGAR scale
- SIDS
- Newborn reflexes - Eye blinking, sucking, swimming, Palmar grasp & Babinski.
- Principles of motor development.
- Sequence of motor development- cephalocaudal and proximodistal pattern
- Motor skills in infancy—Gross – Crawling, Standing, Stepping and Walking. Fine -- Reaching and Grasping.
- Cognitive development - Piaget’s stages of cognitive development
- Development of emotional expression – Happiness, Anger, Sadness, Fear and Self conscious emotions.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

**BOOK FOR STUDY :**

1. Berk, L.E ; (2013) Child Development (9<sup>th</sup> ed), PHI Learning Private Limited New Delhi

**REFERENCE BOOK:**

1. Hurlock, E.B (2011) Child Development (6<sup>th</sup> ed),TATA McGRAW - HILL EDITION : New Delhi
2. Santrock J.M, (2006). Life Span Development (10<sup>th</sup> ed), TATA McGRAW - HILL EDITION : New Delhi

**PRACTICALS-Paper III**  
**Teaching Hours 3 per week**

1. Seguin form board test
2. Social maturity scale
3. Developmental screening test
4. Early school personality questionnaire

5. Expression of emotions-Felchi Series.
6. Draw a man test.
7. Emotional stability test
8. Number or letter cancellation test
9. C.P.Q

### **STATISTICS**

1. Correlation – Rank difference.

### **Research Methodology**

- ★ Meaning of research design
- ★ Important concepts related to research design

### **REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

## **IV SEMESTER-Paper IV CHILD DEVELOPMENT: PART-II Teaching Hours 3 per week**

### **UNIT I- CHILDHOOD**

#### *Early childhood*

- Cognitive development -- information processing-attention, memory, task analysis
- Parenting -- Parenting styles
- Play –functions of Play.

#### *Middle and late childhood*

- Language development – Vocabulary and Grammar, Reading and Bilingualism.
- Emotional development – Developmental changes and Emotional intelligence.
- Gender – Gender stereotypes, Socio-emotional development and Gender role
- Families – Parent child issues and societal changes.
- Peers – Friends, Peer status, Social cognition and Bullying.

### **UNIT II-PUBERTY AND ADOLESCENCE**

- Puberty - Causes of puberty changes.
- Major physical changes during puberty.
- Variations in the age of puberty and consequences of puberty changes.
- Adolescent sexuality and sexual orientation.
- Adolescent relationship-Autonomy, attachment, parent adolescent conflict, friendships.

### **UNIT III- PROBLEMS AND DISORDERS OF CHILDHOOD AND ADOLESCENCE**

- Symptom disorders-Enuresis, Encopresis, Sleep walking and Tics.
- Child maltreatment—child abuse and sex abuse.
- Learning disabilities.
- Attention deficit hyperactivity disorder.
- Pervasive developmental disorder-Autism.
- Eating disorders-Anorexia and Bulimia.
- Premenstrual syndrome.
- Teenage Suicide.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

***BOOK FOR STUDY :***

1. Berk, L.E ; (2013) Child Development (9<sup>th</sup> ed), PHI Learning Private Limited New Delhi

**REFERENCE BOOK:**

1. Hurlock, E.B (2011) Child Development (6<sup>th</sup> ed),TATA McGRAW - HILL EDITION : New Delhi
2. Santrock J.M, (2006). Life Span Development (10<sup>th</sup> ed), TATA McGRAW - HILL EDITION : New Delhi

**PRACTICALS-Paper IV**  
**Teaching Hours 3 per week**

1. Parent child Relationship Scale.
2. Guidance Need Inventory.
3. VIR
4. Bell's adjustment Inventory.
5. Adolescent Problem Checklist.
6. Sentence completion test
7. Study habit inventory
8. Test of Creativity
9. Coloured progressive matrices

**STATISTICS**

Correlation - Product moment.

### **Research Methodology**

- ★ Data collection – Primary and secondary data
- ★ Collection of primary data – Observation method Interview method Questionnaire method

### **REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

## **V SEMESTER-Paper V SOCIAL PSYCHOLOGY Teaching Hours 3 per week**

### **UNIT I-INTRODUCTION TO SOCIAL PSYCHOLOGY AND SOCIAL PERCEPTION**

- Definition, Historical roots of social psychology.
- Theories in social psychology – Learning, Motivation, Decision-Making, Interdependence and Socio cultural.
- Methods in social psychology-Correlation, Systematic observation, Experimental method and Survey.
- Forming impressions of Others-What information do we use, Integrating impressions, Motivated person perception.
- Nonverbal Communication – Basic Channels
- Attribution - Theories of attribution: Jones and Davis's theory and Kelley's theory.

### **UNIT II- PRO-SOCIAL BEHAVIOUR AND AGGRESSION**

- Responding to an emergency.
- Decision to help in an emergency - Five steps.
- Situational factors-Attraction, Attribution and pro-social models.
- Aggression -- Origins and Definition of Aggression.
- Social Determinants of Aggression – Frustration, Provocation, Media, Violence, Heightened Arousal and Personal Causes of Aggression.
- The prevention and control of Aggression - Punishment and Retaliation, Reducing Frustration and Attack, Aggressive Anxiety, Displaced Aggression and Catharsis.

### **UNIT III- ATTITUDE AND PREJUDICE**

#### **Attitude**

- Definition,
- Attitude formation,
- Attitude -- Behavior link
- Attitude change and when attitude change fails.

Prejudice and discrimination

- Definitions
- Discrimination—Prejudice in Action.
- The origin of prejudice.
- Techniques for countering its effects.
- Prejudice based on gender.

Student Activities: Class Presentation, Seminars, Debate, Article Review, Assignments.

**BOOK FOR STUDY:**

1. Baron, Robert and Byrne, Donn (2004) Social Psychology, 10<sup>th</sup> edition Pearson Education: New Delhi

**REFERENCE BOOKS:**

1. Myers, D.G (1996) Exploring Social Psychology (5<sup>th</sup> ed) McGRAW – HILL : USA
2. Taylor, S.E, et al. (2006) Social Psychology (12<sup>th</sup> ed), Pearson Education: New Delhi

**V SEMESTER-Paper VI**  
**ABNORMAL PSYCHOLOGY**  
**Teaching Hours 3 per week**

**UNIT-I: INTRODUCTION**

- Defining abnormality, Critical analysis of abnormality-Descriptive and Explanatory criteria.
- Classification of abnormal behavior-DSM-IV Classification and its limitations, ICD-10 Classification.
- Psychological models of abnormality- model, Behavioristic model, Cognitive-behavioral model, Humanistic model and Interpersonal model.

**UNIT-II: ANXIETY BASED DISORDERS**

- Anxiety based disorders- Phobia, OCD and GAD.
- Somatoform disorders-Somatization disorder, Hypochondriasis, and Conversion disorder.
- Dissociative disorders-Amnesia, Fugue and Dissociative Identity disorder.

**UNIT-III: PSYCHOTIC DISORDERS**

- Schizophrenia-subtypes
- Delusional Disorder
- Mood Disorders-Unipolar and Bipolar disorders.
- Personality Disorders-Clusters, Paranoid, Antisocial and Dependent Personality Disorder.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

**BOOK FOR STUDY:**

1. Carson, R.C, Butcher J.N and Mineka Susan (2005) Abnormal Psychology and Modern Life (11<sup>th</sup> ed) Pearson Education ; New Delhi

**REFERENCE BOOKS:**

1. Kaplan, Sadock. B.J, Grebb JA (1994) Synopsis of psychiatry (7<sup>th</sup> Ed), Lippincott Williams & Wilkins : US
2. Diagnostic & Statistical Manual of Mental Disorders (4<sup>th</sup> Ed), American Psychiatric Association: Washington

**PRACTICALS-paper V**  
**Teaching Hours 4 per week**

1. MPQ-H.N Murthy.
2. Psycho-Physiological State Inventory.
3. Assessment of self-confidence.

4. Sinha's anxiety scale.
5. Mental health Checklist-Pramod Kumar.
6. Stereotype.
7. Competition/Co-operation.
8. Assessment of personal values.
9. Measurement of attitude scale- Teachers attitude scale.
10. Level of aspiration.
11. Self concept questionnaire.
12. Bogardus social distance scale
13. Progressive weights
14. Illusion of warmth
15. Bhatia's battery of performance test

### **STATISTICS**

t-test-Independent.

### **Research Methodology**

- ★ What is a hypothesis and characteristic of hypothesis
- ★ Basic concepts concerning testing of hypothesis (types of hypothesis)
  - a. Null hypothesis and Alternate hypothesis
  - b. Level of significance
  - c. Decision rule or test of hypothesis
  - d. Type I and Type II errors
  - e. Two tailed and one tailed test

### **REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

## **VI SEMESTER-Paper VII INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY Teaching Hours 3 per week**

### **UNIT I: INTRODUCTION**

**13Hrs**

- Definition and Meaning.
- Fundamental concepts in organizational behavior.
- The scope and historical development of Industrial/organizational psychology.
- Challenges for industrial/organizational psychology.
- Industrial/organizational psychology as a career.
- Training and employment problems.

- Importance of studying organizational behavior.
- Approaches to the study of organizational behavior—Hawthorne Studies.

## **UNIT II: DEVELOPMENT OF HUMAN RESOURCE**

### **Employee selection—Principles and techniques.**

- Recruitment process.
- Psychological testing.
- Principles of psychological testing.
- Techniques and administration of psychological tests.
- Fair employment practices.

### **Performance appraisal.**

- Objective performance appraisal methods – Output measures and Judgmental Performance appraisal.
- Performance appraisal for Managers
- Bias in performance appraisal

### **Training and development.**

- Goals of organizational training programmes.
- Training methods.

## **UNIT III: ORGANIZATIONAL BEHAVIOR**

- Leadership - Definition, Approaches-Trait, Behavioral and Situational.
- Styles-Authoritarian, Democratic and Laissez faire.
- Studies-IOWA, Michigan and Hawthorne.
- Motivation Theories-Content and Process.
- Job satisfaction-Factors and Effects.
- Consumer psychology-The Role of Advertisements.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

### **BOOK FOR STUDY:**

1. Schultz, D and Schultz, S.E (2002) Psychology and Work Today (8<sup>th</sup> ed) Pearsons Education: New Delhi

### **REFERENCE BOOKS:**

1. Mishra M.N., (2001) Organizational Behaviour. Vikas Publishing House Pvt. Ltd : New Delhi
2. Ashwathappa, K. (2010) Organizational Behaviour (9<sup>th</sup> ed) Himalaya Publishing House: Mumbai

**VI SEMESTER-Paper VIII  
HEALTH PSYCHOLOGY  
Teaching Hours 3 per week**

**UNIT-I: INTRODUCTION**

**11Hrs**

- Definition of health and Involvement of Psychology in Health
- History of body mind relationship.
- Need for the field of health psychology.
- Biopsychosocial model in health psychology.

**UNIT-II: STRESS AND DISEASES**

- Meaning of stress.
- Categories of stress.
- Factors predisposing a person to stress.
- Post-traumatic stress disorders.
- Stress and diseases – Headaches, Infectious disease, Cardiovascular disease, Hypertension, Reactivity and Risky behaviours and Ulcers.
- Other physical disorders – Diabetes, Asthma and Rheumatoid Arthritis.

**UNIT-III: HEALTH ENHANCING BEHAVIOUR**

- Role of self efficacy in Enhancing health
- Stress Management — Biofeedback, Relaxation, Yoga, Meditation and Hypnosis.
- Physical activity – Exercise, Diet and Weight control.
- Psychological Interventions – Individual therapy, Social support, Family support and Support groups.

**Student Activities:** Class Presentation, Seminars, Debate, Article Review, Assignments.

**BOOK FOR STUDY:**

1. Taylor Shelly. (1998) Health Psychology (7<sup>th</sup> ed). McGraw Hill Education : New Delhi

**REFERENCE BOOKS:**

1. L Brannon & J Feist (2000) Health Psychology (4<sup>th</sup> ed) Wadsworth: USA

**PRACTICALS-paper VI  
Teaching Hours 4 per week**

1. Muscular Fatigue.
2. Achievement motive.
3. Leadership effectiveness scale.
4. Occupational stress index.

5. Job Satisfaction.
6. DAT - Clerical Speed and Accuracy, Verbal Reasoning.
7. Medico-psychological inventory.
8. Psychological well being.
9. General health questionnaire.
10. Locus of control.
11. Emotional maturity Scale.
12. MRMT
13. Tweezer dexterity
14. MMPI
15. Personal stress source inventory.

### **STATISTICS**

Correlated t-test

### **Research Methodology**

- ★ Meaning and need of interpretation
- ★ Significance of report writing
- ★ Different steps in writing report

### **REFERENCE BOOK:**

1. Kothari, C.R., (2012) Research Methodology (2<sup>nd</sup> ed.) New age International Publisher : New Delhi

## **Question Paper Pattern**

Time: 3hrs.

Max. Marks – 80

### **Part – A**

- I. Answer any TEN of the Following  
4 questions each from 3 units

2x10=20

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

12.

**Part - B**

Answer the following questions

**Unit - I**

II

- |        |    |
|--------|----|
| a----- | 05 |
| b----- | 05 |
| c----- | 10 |

**OR**

- |        |    |
|--------|----|
| d----- | 05 |
| e----- | 05 |
| f----- | 10 |

**Unit - II**

III

- |        |    |
|--------|----|
| a----- | 05 |
| b----- | 05 |
| c----- | 10 |

**OR**

- |        |    |
|--------|----|
| d----- | 05 |
| e----- | 05 |
| f----- | 10 |

**Unit - III**

IV

- |        |    |
|--------|----|
| a----- | 05 |
| b----- | 05 |
| c----- | 10 |

**OR**

- |        |    |
|--------|----|
| d----- | 05 |
| e----- | 05 |
| f----- | 10 |