

**RAJRISHI BHARTRIHARI
MATSYA UNIVERSITY ALWAR-
Rajasthan**

Syllabus

(Graduation)

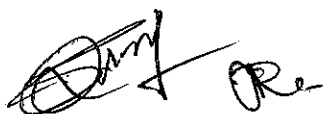
Discipline: Psychology

Faculty: Social Science

2023-24

Psychology in B.A. Program: Semester wise course types, Course codes, Course title, Delivery type, Workload, Credits, Marks of Examination, and Remarks if any.

Level	Sem	Course Type	Course Code	Course Title	Delivery Type			Total Hours	Credit	Total Credit	Internal Assessment	EoS Exam	M.M.	Remarks
					L	T	P							
5	I	DCC	PSY001	Basic Psychological Processes	4	2	-	60	6		20	80	100	
			PSY001P	Practical I: Basic Processes in Psychology	-	-	P	60	2	8	20	80	100	
	II	DCC	PSY002T	Social Psychology	4	2	-	60	6	8	20	80	100	





			PSY002P	Practical II: Social Psychology	-	-	P	2		20	80	100		
II	SEC	AEA0021T		Professional Communication	2	-		30	2	2	10	40	50	May be opted from other core courses.

An information regarding codes:

DCC extends for Discipline Centric Core

DSE extends for Discipline Specific Elective

AEC extends for Ability Enhancement Course

AECC extends for Ability Enhancement Compulsory Course

SEC extends for Skill Enhancement Course

Psychology in B.A. Program: Semester wise course types, Course codes, Course title, Delivery type, Workload, Credits, Marks of Examination, and Remarks if any.

Level	Sem	Course Type	Course Code	Course Title	Delivery Type			Total Hours	Credit	Total Credit	Internal Assessment	EoS Exam	M.M.	Remarks
					L	T	P							
5	III	DCC	PSY001T	Psychopathology	4	2	-	60	6		20	80	100	
			PSY001P	Practical I: Psychopathology	-	-	P	60	2	8	20	80	100	
	IV	DCC	PSY002T	Social Psychology	4	2	-	60	6		20	80	100	
			PSY002P	Practical II: Psychological Methods and Statistics	-	-	P		2	8	20	80	100	
	IV	AECC	AEA0021T	Guidance and Counselling	2	-		30	2	2	10	40	50	May be opted from other core courses.



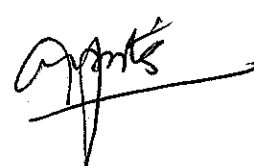
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Psychology in B.A. Program: Semester wise course types, Course codes, Course title, Delivery type, Workload, Credits, Marks of Examination, and Remarks if any.

Level	Sem	Course Type	Course Code	Course Title	Delivery Type			Total Hours	Total Credit	Internal Assessment	EoS Exam	M.M.	Remarks
					L	T	P						
5	V	DCC	PSY001T	Positive Psychology	4	2	-	60	6	20	80	100	
			PSY001P	Practical I: Positive Psychology	-	-	P	60	2	20	80	100	
			PSY002T	Social Psychology	4	2	-	60	6	20	80	100	
	VI	DCC	PSY002P	Practical II: Psychological Measurement and Assessment	-	-	P		2	20	80	100	
			AECCA0021T	Health and Well-Being	2		-	30	2	10	40	50	May be opted from other core courses.

SEMESTER I

Foundations of Psychology (CORE COURSES)

Course Objectives:

- To provide learning opportunities to orient the students towards scientific study of the complexities of behaviour.
- Imparting knowledge of basic psychological concepts and methods.
- Help shaping cognitive, affective and behavioural abilities of the students.
- Promoting self-understanding, reflexivity and personal growth.

Unit 1

Introduction

Meaning Nature, Goals and Scope of Psychology; Methods of Psychology, origin and development, fields, application and importance, Origin and development of psychology in India Emergence and present status

Unit 2

Biological Basis of Behavior and Perception:

Neurons: Structure and Types. Peripheral, Central and Autonomic nervous system. Endocrine system.

Sensation: Meaning, Transduction, Sensory Threshold, Habituation & Sensory Adaptation

Perception: Nature, attending and perceiving perceptual organization- Gestalt, Figure and Ground, Law of Organization. Perceptual illusions, Perceptual constancies, depth perception, distance and movement

Unit 3

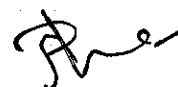
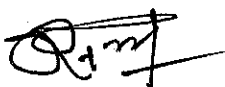
Learning, Remembering and Thinking: Learning: Nature of learning, Factors and methods of learning, procedure of learning. Learning curves. Theories: Trial and Error, conditioning- Classical conditioning- Procedure, phenomena and related issues, operant/ Instrumental conditioning- Procedure, phenomena and related issues; Learning by Insight.

Memory and Forgetting; Nature of remembering, retention, forgetting and factors of forgetting.

Thinking: Nature of thinking, concept formation, reasoning, decision making and problem solving.

Unit 4

Motivation and Emotion:



Motivation: Meaning and nature of motivation; need, drive, Incentive, primary and secondary motives. Approaches of Motivation: Drive-reduction, McClelland's theory, Maslow's theory;

Emotions: Meaning, Nature of emotion, Theories of emotion: James-Lange, Canon Bard, Schachter-singer two factor theory of emotions and facial feedback hypothesis.

Unit 5

Intelligence and Personality: Individual Differences: Intelligence; Meaning and nature, Measurement of Intelligence: Methods and Types of tests, factors affecting Intelligence, theories of intelligence-Spearman's two factor theory, Gardner multiple intelligence theory, Sternberg's triarchic theory and Cattell-Horn theory.

Personality: Meaning, Nature and factors affecting personality. Classification of personality, Trait and Type Approach. Assessment of Personality.

Books Recommended:

Baron, R.A & Misra, G (2014). Psychology, New Delhi: Pearson Education.

Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.

Singh. A. and Singh.U.(1984). Samanya Manovigyan. Bhiwani: Vedic Prakashan.

Morgan, King and Robinson (1999): Introduction to Psychology, New Delhi, Tata McGraw Hill

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

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.


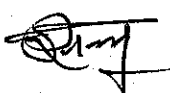
PRACTICAL I: BASIC PROCESSES IN PSYCHOLOGY

Learning objectives

- To orient the students regarding experimental approach of General Psychology.
- To provide opportunity to the students to work in the laboratory on different standardized psychological tests and tools.

Outcomes-

- Ability to administer, analyze and interpret results from various psychological tools.
- Expanded knowledge of various assessment procedures



-- Learning regarding conduction of experiments.

Syllabus

Theory

Need and importance of experiments and tests,

Basics of report writing,

Basic concepts of experiments- experimental research method, problem, hypothesis, variables, controls and Null hypothesis

Important concepts of tests- reliability, validity and norms.

Practical

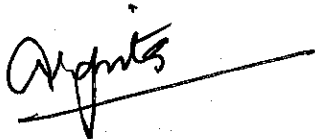
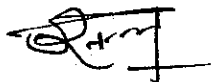
Students have to complete any 5 of six practical' of the following. Practical may be in the laboratory or community of field.

1. Maze Learning
- 2- Personality
- 3- Intelligence SPM or WAIS
- 4- Memory Span serial position curve
- 5- Experiment on Figure Ground Reversal
6. Retroactive Interference – To demonstrate the impact of retroactive interference on learning.

SEMESTER II

SOCIAL PSYCHOLOGY (CORE COURSE)

Course Description: This course examines how individuals affect and are affected by others.

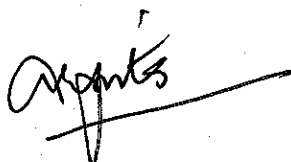
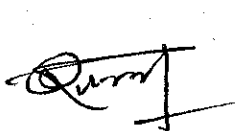


Course Objective:

- i. To develop an understanding of the individual in relation to the social world.
 - ii. To understand the basic theoretical, methodological and fundamental domains used by social psychologists.
 - iii. To understand the way in which social psychology diverges or converges with our own commonsense understanding of the world.
1. Introduction: Meaning, Nature, Scope and Goals of Social Psychology. Methods of Social Psychology Experimental and Non-Experimental Methods.
 2. Social Perception and Person Perception: Social Perception- Meaning and Nature; Perceptual Defense, Perceptual Accentuation and Subliminal Perception. Person Perception. Meaning and Nature, Role of Non-verbal Cues Perceivers Characteristics and Role of Ongoing Interaction.
 3. Attitudes: Nature, Functions, Formation, Change and Measurement.
 4. Prejudice and Discrimination: Nature and Origin: Reduction of Prejudice and Discrimination:
 5. Interpersonal Attraction: Proximity and Affective basis, Acquaintance and Need to Affiliate, Effects of Observable Characteristics, Similarity and Mutual liking.
 6. Leadership: Definition and Functions; Types of Leadership. Trait, Situational and Contingency Approaches
 7. Communication: Meaning, Nature and Types: Verbal and Non-verbal, Barriers in Communication. Persuasive Communication
 8. Pro-Social Behavior: Personal, Situational and Socio-Cultural Determinants. Explaining Pro-Social Behavior Empathy. Altruism Hypothesis, Negative-State Relief Model, Emphatic-joy Hypothesis and Genetic-Determinism Model
 9. Aggression and Social Problems: Aggression- Theories, Determinants, Prevention and Control, Social Problems -Meaning and Nature: Types of Social Problems - Poverty Deprivation, Population Explosion, Economic Development: Solutions to Social Problems.

Books Recommended:

- Baron RA. and Byrne.D. (1998): Social Psychology, New Delhi, Prentice Hall.
- Myers, David G (1994): Exploring Social Psychology. New York, McGraw Hill



Shelly E. Taylor, L.A., Peplau and David O. Sears (2006) Social Psychology, Pearson

S.S. Mathur (2006) Social Psychology, Vinod Pustak Mandir, Agra

Baron RA and Byrne D. (2004) Social Psychology, Hindi Version, Pearson Education.

अरुण कुमार सिंह, 2002 . समाज मनोविज्ञान की रूपरेखा, मोतीलाल बनारसीदास , दिल्ली

Practical

Students have to complete any 5 of 7 practical' of the following. Practical may be in the laboratory or community of field.

1. Sociometric test
2. Measurement of Emotions by Facial Expression
3. Measurement of Attitude
4. Measurement of leadership
5. Measurement of Aggression
6. Measurement of Altruism
7. Assessment of Social Support

Professional Communication (SEC)

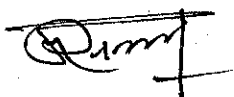
Course Description:

This course provides adequate training for effective communication and effective organizational communication for business environment.

Course Objective:

To develop the LSRW skills of students for effective communication.

UNIT 1: Communication



Business Communication; basic forms of business communication, process and different models of business communication, Effective communication Miscommunication -Barriers and improvements, Non-Verbal Communication

UNIT 2: Listening and Speaking Skills

Effective listening, Audience Analysis, SWOT Analysis, Self-Development and Communication, Principles of Effective Communication

UNIT 3: Technical Writing Skills

Writing Skills, Report Writing, Business Letters and Memo formats, Categories and kinds of business letters, Report writing -Proposal, Short and Formal Report and Report Preparation

UNIT 4: Business Correspondence

Business Letter Writing; Job Application Letter & Resume; Interview Skills, Impression Management

EQ and Its Dimensions; Practices in business Communication-Group Discussion, Mock Interviews and Seminars

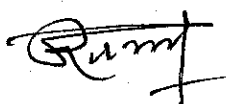
Learning Outcome:

- The student will be able to communicate smoothly.
- The student will be capable of writing formal documents.
- The student will be able to present themselves effectively.
- The student will be able equipped for professional life.

Text books [TB]:

- Rizvi, Ashraf. Effective Technical Communication, McGraw Hill, New Delhi. 2005.
- Raman, Meenakshi and Sangeeta Sharma, Technical Communication: Principles and Practice, 2nd Edition. New Delhi: Oxford University Press. 2011.

Dr. Vinod Mishra. Dr. Narendra Shukla , and Dr. Ranjana Patel (2021) Business Communication: Sanjay Sahitya Bhawan



Reference books [RB]:

- Aslam, Mohammad. Introduction to English Phonetics and Phonology Cambridge.2003.
- Ford A, Ruther. Basic Communication Skills; Pearson Education, New Delhi.2013.
- Gupta, Ruby. Basic Technical Communication, Cambridge University Press, New Delhi.2012.
- Kameswari, Y. Successful Career Soft Skills and Business English, BS Publications, Hyderabad. 2010.

Semester -III

Psychopathology (Core Course)

Course Description: This course is designed to give basic information about psychological disorder and treatment and help students learn to evaluate approaches to disorder and therapy.

Course Objective:

- i. To provide an overview about the concept of abnormality, its various dimensions and the classifications.
- ii. To understand etiology and symptoms of various psychological disorders.
- iii. To enable diagnose and discriminate psychological disorders.

Unit-1

Introduction: Meaning of Normality and Abnormality, Characteristics of Abnormal Behaviour, Latest ICD and DSM Classification Systems.

Psychological Assessment Clinical Interview; Diagnostic Tests Neuropsychological, Personality, Behavioural and Bodily Assessment.

Etiology of Abnormal Behaviour: Biological, Psycho-Social, Socio-Cultural Causes.

Unit-2

Anxiety Disorders- Nature, Clinical Picture and Types: specific phobia, social anxiety disorder (social phobia), panic disorder agoraphobia, generalized anxiety disorder.

Obsessive Compulsive and Related Disorders.



Somatoform and Mood Disorders: Nature, Clinical Picture and Types . Somatic symptoms Disorders: Hypochondriasis , Somatization Disorder, Pain Disorder,

Conversion Disorder

Unit-3

Substance-Related Disorders: Substance-Use and Substance-Induced Disorders, Alcohol-Related Nicotine-Related and Sedative-Hypnotic/Anxiolytics-Related Disorders

Unit-4

Mood Disorders: Depression and Bipolar Disorder

Schizophrenia: Nature, Clinical Picture, and Types

Unit-5

Clinical Intervention: Psychoanalytic and Psychodynamic Therapy, Cognitive and Behaviour Therapy and Client Centered Therapy

Mental Health: Meaning and Components: Factors Influencing Mental Health, Measures for Promoting Mental Health.

Books Recommended:

Sarason, D and Sarason, B.R (2005) Abnormal Psychology, Delhi, Pearson Education

Lamm, A. (1997) Introduction to Psychopathology NY Sage.

Buss, A.H. (1999) Psychopathology, N.Y. John Wiley.

अरुण कुमार सिंह (2002) आधुनिक असामान्य मनोविज्ञान, दिल्ली, मोतीलाल बनारसीदास

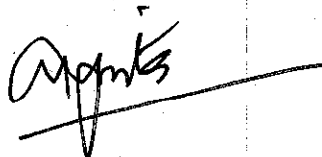

Practicals

Students have to complete any 5 of 7 practical of the following. Practical may be in the laboratory or community of field.

1. Assessment of Mental Health:

2. PANAS

3. Measurement of Depression.



4. Measurement of Coping-Styles
5. Word Association Test
6. Eight-State Questionnaire.
8. Stress

Semester -IV

Psychological Methods and Statistics (Core Course)

Course Description: The aim of this course is to prepare students involved in research designs and statistical methods for the social and behavioral sciences. Understand and apply basic research methods in Psychology, including research design, data analysis and interpretation.

Course Objective:

- i. To understand and apply basic statistical techniques to give the familiarity and understanding of the quantitative approach in psychology.
- ii. To understand the basic theoretical, methodological approaches and fundamental domains of research methods and statistics.
- iii. To develop knowledge of descriptive statistics and perform the mathematical computations.

Unit 1

Introduction:

Basic Elements of the Scientific Method, Research Problem, Hypothesis, and Variables.

Research Design: Meaning, Purpose and Types of Research Design.

Sampling: Meaning; Probability Sampling method and Non-Probability Sampling method.

Methods of Data Collection:

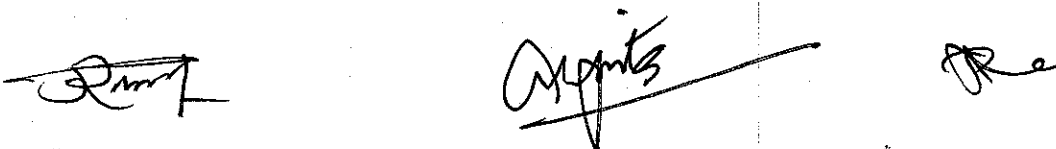
Case Study, Observation Survey, and Interview Method.

Unit 2

Nature and scope of statistics, application of statistics in Psychology, nature and Levels of measurement-categorical and continuous variable

Measures of Central tendency- nature and purpose, computation of mean median and mode

Unit 3



Measures of Variability: Concept and uses, computation of range, quartile deviation, average deviation and standard deviation

Normal Curve: Introduction to Normal Curve, Properties and applications of Normal Curve, Divergence of Normal curve (Skewness, Kurtosis)

Percentiles and Percentile Rank, Ogive.

Unit 4

Correlation: Meaning and Nature and Types of Correlation. Meaning, Assumption and Calculation of Product Moment Correlation and Spearman Rank Difference Correlation.

Unit 5

The meaning of Statistical Inference and Hypothesis Testing; Interpretation of Null and the Alternative Hypotheses; Degree of Freedom; One-Tailed and Two-Tailed Tests; Type-I and Type II Error; Steps for Hypothesis Testing; The t Distribution; Characteristics of Student's Distribution of t ; The Statistical Decision regarding Retention and Rejection of Null Hypothesis (Level of Significance)

Parametric & Non-parametric tests:

Chi Square: Meaning, Assumption and Calculation – Equal Probability, 2×2

Practicals

Students have to complete any 5 of 7 practical' of the following. Practical may be in the laboratory or community of field.

1. Memory Span
2. Muller Iyer Illusion
3. Aptitude Test
4. Card Sorting
5. MMPI
6. Concept Formation
7. Value Test

Books Recommended:

Goode and Hatt: Methods in Social Research, Tokyo, McGraw Hill International Edition, 1986.



Semester-IV

Guidance and Counselling (AECC)

Course Description: The course focuses on the aspects of Guidance and Counselling. Meaning, Nature, Scope of guidance and counselling, Goals, Objective, Counselling process, forms of Counselling

Course Objective:

i to introduce students with the concepts and need of counselling and Guidance.

ii to introduce students with forms of Counselling

Unit. 1. Meaning, Nature, Scope of guidance and counselling

Unit. 2. Goals, objective, Importance and functions of counselling

Unit. 3. Counselling process

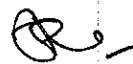
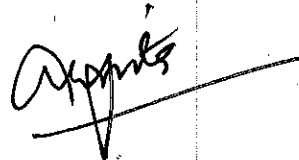
Unit. 4. Some forms of Counselling- career counselling, Counselling in work place, marriage and couple Counselling

Books Recommended:

1. Amarnath Rai and Madhu Asthana (2010) Moder Counselling Psychology, Motilal Banarsidas, New Delhi.
2. G. Lokanadha Reddy and T.C. Thankachan (2016) Guidance And Counselling,. Neelkamal Prakashan, New Delhi
3. RAJESH MAKOL, PROF. AMRITA SODHI and LALITA MAKOL (2016) Guidance And Counselling. Amazon

Semester -V

Positive Psychology (Core Course)



Course Description: The course focuses on the psychological aspects of a fulfilling and flourishing life. Topics include happiness, self-esteem, empathy, love, achievement, creativity, music, spirituality.

Course Objective:

- i. To introduce the basic concepts of the growing approach of positive psychology.
- ii. To understand how does positive psychology influence psychological state of the person.
- iii. To understand and use of various applications of the subject in various domains.

UNIT 1: Introduction

Definition, goals, western and yogic perspective of positive psychology, character strengths and virtues;

Relationships: with health psychology, developmental psychology, social psychology and psychology of religion

UNIT 2: Positive Emotional States and their theories

Positive emotional states: Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience; Theoretical base of positive emotions: The broaden and build theory, relevance of positive emotional states for physical, social & psychological resources, Positive emotions and well-being: Happiness and positive behavior, positive emotions and success, resilience, Positive Traits

UNIT 3: Positive Cognitive States and Processes

Self-Regulation-Meaning and theories, Self-regulation Problems (Goal Conflict, Goal Difficulty Goal Disengagement) and Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

UNIT 4: Interventions

Psychological approaches: Maximizing achievement, conflict resolution, gratitude, positive leadership; Yogic & Spiritual approaches: dietary regulation, postures, breathing, cognitive alteration, mindfulness, meditation

Unit 5: Mental Health and Well-Being

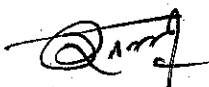
Subjective Well-Being and Life Satisfaction. Social Well-Being and Psychological Well-Being. Complete State Model

Practical: Any two practical from the above course.

Learning Outcome

At the end of this course, the students will develop:

- Knowledge of theories of happiness and other emotions
- Skills to cultivate positive emotions.
- Measure and build positive psychological capacities in individual, workplace and educational flourishing;
- Plan, implement and assess positive psychology interventions and strategies at different settings



Text book [TB]:

- Snyder (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge
- Snyder, C.R. Lopez, S.J. (2007) *Positive Psychology*, New Delhi. Pearson Education.
- Snyder, C.R. Lopez, S.J. (2011) *Handbook of Positive Psychology*, New York. Oxford.
- Baumgardner, S.R. (2009) *Positive Psychology*, New Delhi. Pearson Education.
- Madhu Jain (2020) *Sakarata Mak Manovigyan*, Amit Prakashan, Jaipur.

Practicals

Students have to complete any 5 of 6 practical of the following. Practical may be in the laboratory or community of field.

1. Measurement of Subjective Well-Being
2. Measurement of Forgiveness
3. Measurement of Happiness
4. Measurement Emotional Intelligence
5. Measurement of Resilience
6. Personality Assessment (HSPQ)

Semester -VI**Psychological Measurement and Assessment (Core Course)**

Course Description- The course focuses on the assessment and measurement of psychological phenomenon. Topics include Psychophysics, Principles of test construction, Reliability, Validity, Administration, Norms, applications of testing to different fields.

Course Objectives: -

- i. To introduce the basic concepts of Psychophysics and Assessment and Measurement.
- ii. To understand how does psychological tests are constructed and administered.
- iii. To understand and use of various applications of psychological tests in various domains



Unit-I

Human Assessment: Nature and Scope,

Meaning of Psychophysics: Basic problems of Psychophysics, Important concepts of Psychophysics, Methods of Classical Psychophysics

Introduction to Psychological Testing, Nature, Difference between Test and Experiment, Uses of Psychological Tests, Characteristics of Good Psychological Tests.

Unit-II

Psychological Test Construction: Principals and Steps, Item Analysis

Reliability: Meaning, Types and Methods of calculating Reliability

Validity: Meaning, Types and Methods of calculating Validity

Unit-III

Administration of Tests

Norms: Meaning and Types of Norms

Test Scores and their transformation

Types of Psychological Tests: Group and Individual, Verbal and Performance, Speed and Power Tests and Rating Scales

Unit-IV

Applications of Psychological Testing: Educational, Counselling and Guidance, Clinical and Organizational Setting

Neuropsychological Assessment; Meaning and Purpose, Models of Brain-Behavior Relationship, Concept of Minimal Brain Dysfunction, Applications of Neuropsychological Assessment, Neuropsychological Testing

Unit-V

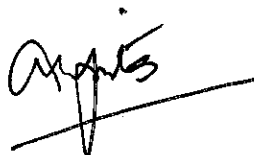
Personality Assessment: Origins, Applications, and issues, pseudoscience and other Historical Antecedents, Theories of Personality, Uses and Misuses of Personality Assessment, Projective Tests of Personality

Practical and Ethical Issues in Psychological Testing

Books Recommended:

Anastasi, A (1997) Psychological Testing, Newyork, McMillan Co.

Chaddha, N.K. (2009) Applied Psychometry, NewDelhi, Sage Publications



Kaplan, R.M and Saccuzzo, D.P (2009) Psychological Testing and Assessment. New Delhi, Cengage Learning.

Lewis R.A. and Gary G.M. (2009) Psychological Testing and Assessment. New Delhi. Pearson Education.

Asthana and Agarwal (2010) Manovigyan aur Shiksha men Maapan Aivn Muyankan, Vinod Pustak Mandir, Agra.

Mahesh Bhargav(2021) Adhunik Manovaigyanik Parikshan avm Maapan. HPB Publications, Agra

Practicals

Students have to complete any 5 of 7 practical of the following. Practical may be in the laboratory or community of field.

1. Two Point Threshold
2. Reaction Time
3. Measurement Of Level of Aspiration
4. Finger Localization Test
5. PASSAT
6. Educational Interest Record

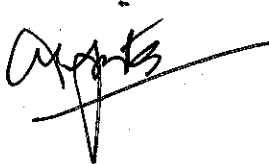
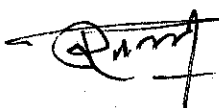
Semester -VI

Health and Well-Being (AECC)

Course Description: The course focuses on the aspects of Health psychology and Well-Being. Topics include Health and Well-Being, Relationship between Health and Psychology, Components of Well-Being, Implications for Well-Being

Course Objective:

- i to introduce students with the concepts Health Psychology and Well-Being.
- ii to introduce students with Importance of Health, Well-Being and Psychology.



Unit-1 Introduction to Health Psychology, Components of Health, Relationship between Health and Psychology.

Mind Body Relationship, Goals of Health Psychology

Unit-II

Components of Well-Being

Unit-III

Managing Stress, Illness and Pain- Causes, Consequences, Interventions

Unit-IV

Implications for Well-Being

Physical Factors as Exercise, Safety, Nutrition

Books Recommended:

David, F. Marks and Others (2008) Health Psychology, Sage Publications, New Delhi

