



ST. PHILOMENA'S COLLEGE (AUTONOMOUS), MYSORE-570 015

Subject- PSYCHOLOGY Syllabus for B.A, Course Under Semester Scheme. The Scheme of Teaching & Examination

FROM THE ACADEMIC YEAR- 2016 Onwards

Semester	Title	QP Code	Teaching Scheme Hours per Week			Duration in Hours	Marks		
			Theory	Practical	No. of credits		End Sem	IA	Total
I	Introductory Psychology	16LA650	03	-	1.5	03	60	10	70
	Practical	16LA652	-	03	1.5	02	20	10	30
II	Cognitive Processes	16LB650	03	-	1.5	03	60	10	70
	Practical	16LB652	-	03	1.5	02	20	10	30
III	Social Processes	16LC650	03	-	1.5	03	60	10	70
	Practical	16LC652	-	03	1.5	02	20	10	30
IV	Biological processes	16LD650	03	-	1.5	03	60	10	70
	Practical	16LD652	-	03	1.5	02	20	10	30
V	Clinical psychology (compulsory)	16LE650	03	-	1.5	03	80	20	100
	Child Psychology OR ⁺ Personality	16LE652 16LE662	03	-	1.5	03	80	20	100
	Practical – I	16LE654	-	02	1	03	40	10	50
	Practical – II	16LE656	-	02	1	03	40	10	50
VI	Research methodology and Statistics (Compulsory)	16LF650	03	-	1.5	03	80	20	100
	Health Psychology OR ⁺ Organisational Behaviour	16LF652 LF662	03	-	1.5	03	80	20	100
	Practical – I	16LF654	-	2	1	03	40	10	50
	Practical – II (Project Work)	16LF656	-	-	1	-	40	10	50

+ Any one of the two optional papers can be offered by the College/Department depending upon demand and/or availability of teachers.

Preamble

Psychology is the scientific study of behaviour and mental processes. It is based on research and evidence gathered from observation, experimentation and measurement and differs from the 'pop psych' found in self-help books, graphology, numerology, astrology which also try to explain people's problems and aim to predict behaviour and offer solutions. Psychologists focus on describing, understanding, explaining, predicting and modifying behaviour and mental processes as well as on helping people understand themselves and others, so that they bring about change and improve the quality of life for themselves as well as those around them. Psychology is one of the fastest growing disciplines with developments in information technology, artificial intelligence, brain imaging, and neuroscience making it even more multidisciplinary, challenging, and exciting, than ever before.

The six semester course has been designed keeping this in mind, so that students get a broad understanding of the vast scope of Psychology and it also prepares an adequate foundation for advanced study in this field. The syllabus underwent extensive revision in 2013. A complete run of the syllabus was complete in 2016. The present revision aims to fine tune the syllabus based on our teaching experience. Sections that lacked clarity regarding the topics to be covered have been elaborated.. Topics that reoccur in more than one paper have been removed. Topics relating to problems in today's life have been added (example Health Psychology paper). Dissertation has been made compulsory in the VIth semester with application of research methodology and statistics (using SPSS) taught in class.

PSYCHOLOGY SEMESTER - I
PAPER-I: INTRODUCTORY PSYCHOLOGY
Marks -Theory - 60 + Internal Assessment -10= 70

6 Hours/week = 84Hrs

Objective:

1. To generate interest in Psychology
2. To understand the basics of various schools/approaches in Psychology
3. To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.
4. To help students appreciate the scientific approach to studying abstract concepts.
5. To build the foundation for further studies in the field.

Unit – I Introduction: a) Definition of Psychology b)Branches of Psychology – Basic and Applied, c)Main schools of Psychology (Structuralism, Functionalism, Psychoanalytic, Behavioural and Humanistic). d) Scientific Methods in Psychology – Experimental, Naturalistic Observation, Questionnaire	15 hrs
Unit – II	10hrs

Sensation: a) Definition & Characteristics b) Structure and Functions of Sensory Organs (Eye and Ear) c) Colour Blindness d) After images e) Hearing loss.	
Unit – III Perception: a) Meaning of Perception b) Gestalt Laws of Perceptual Organization c) Illusions (Types and causes) d) Depth Perception	10hrs
Unit IV Emotion & Motivation: Emotion – Meaning, Characteristics, Theories: (James–Lange ; Canon & Bard) Motivation – Meaning, Biological Motives (Hunger, Thirst & Sex) Social Motives (need for achievement, need for affiliation, need for power) Maslow’s Hierarchical Needs Theory (in brief)	15hrs
Unit V Personality: a) Meaning b) Determinants c) Classification – Jungs classification, Big 5, Type A and B d) Assessment.	10hrs
References <ol style="list-style-type: none"> 1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon 2. Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007 3. Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw- Hill Publications, New York 4. Morgan, C. T., King, R.A., Weiz, J. R., Schopler, J. (2001). Introduction to Psychology. Tata McGraw Hill. 	
Practicals : <ol style="list-style-type: none"> 1. Directed Observation and accuracy of report 2. Demonstrate and Measure size constancy 3. Factor in Muller – Lyer Illusion 4. Progressive Weights 5. Emotion and Free Association 	

PSYCHOLOGY SEMESTER – II
PAPER-II: COGNITIVE PSYCHOLOGY
Marks -Theory - 60 + Internal Assessment -10= 70

6 Hours/week=84Hrs

Objectives :

- 1) To impart knowledge and understanding of the fundamental concepts of Cognitive Psychology and the basic Cognitive processes
- 2) To create awareness about the various applications of Cognitive processes in everyday life and a foundation to enable understanding of their applications in other fields - Social, Educational, Industrial, Abnormal, Counseling, Sports, Health, Education, and Neuro-Psychology
- 3) To create a foundation for higher education and a career in the field of Cognitive Psychology.

Unit – I Introduction : a) Nature, scope and Current Status of Cognitive Psychology b) Attention – Meaning & Theories	(10hrs)
Unit – II Learning: a) Definition b) Learning Theories – classical & operant conditions (in detail), Trial & error, Gestalt Learning theory, Social Learning theory, Tolman's Cognitive Learning Theory c) Transfer of Training.	(12hrs)
Unit – III Language: a) Components and structure of language b) Stages of language development, theories (Skinner and Chomsky) c) Relationship between language and thought	(15hrs)
Unit – IV Memory & Forgetting: a) Memory – Definition, basic processes (encoding, storage, retrieval) Atkinson and Shiffrin model b) Forgetting – Normal & Abnormal causes of forgetting. C) Techniques for improving memory.	(10hrs)
Unit – V Intelligence: a) Nature & Determinants b) Concept of IQ c) Distribution of Intelligence d) Intelligence Tests – Verbal, Non-verbal and Performance d) mental exercises for better cognitive health.	(13hrs)
References 1. Ciccarelli.K.S, (2006) Psychology Pearson Prentice hall Publication. 2. Mattlin, M.W., (1995) Cognition, Prism books Pvt. Ltd. Bangalore, India. 3. Riegler.R.B. & Riegler.R, G.I., (2008) Cognitive Psychology applying the science of mind 2 nd edition. Pearson Education. 4. Baron, R. A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon. 5. Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.	
Practicals: 1. Bilateral Transfer of Training	

2. Insight on Motor Learning 3. Distribution of Learning Periods 4. Determine the effect of Set on attention 5. Meaning on Retention	
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PSYCHOLOGY SEMESTER – III
PAPER III: SOCIAL PROCESSES
Marks -Theory - 60 + Internal Assessment -10= 70

3Hours/week=42Hrs

Objectives:

- Develop an understanding of the individual in relation to the social world
- Introduce students to the realm of social influence, as to how individuals think, feel and behave in social situations.
- To appreciate various individual and group processes, and sensitize the students to the errors in social cognitions
- To understand application of social psychology theories to various social problems.

Unit – I Introduction: a) Definition and Scope of Social Psychology b) Social perception and cognition (Attribution Theory :Jones and Davis & Kelley’s Theory of Causal Attribution) c) Perceiving ourselves – Self-concept, self-esteem, self presentation and self-experiences.	15hrs
Unit – II Social Interaction & Interpersonal Attraction: a) Social interaction – Meaning and Modes (co-operation, competition, communication, accommodation. Assimilation) b) Interpersonal attraction – Meaning, Theories (Balance and Reward theories), c) Sociometry.	10hrs
Unit – III Group Processes: a) Groups – Meaning, Group Influence (social facilitation, loafing, de-individualization, group polarization), Group thinking; b) Leadership – Meaning, Types – Autocratic, Democratic, Bureaucratic & Laissez – Faire; Functions of a Leader.	10hrs
Unit – IV Attitudes and Prejudices: a) Attitudes – Meaning, Formation & change; b) Prejudices – Meaning, Sources and Reduction.	10hrs
Unit – V Applied Social Psychology: a) Community Mental Health , Social medicine (Awareness regarding Drug abuse, alcoholism and HIV) b) Tension and Conflicts: Meaning, Techniques of Conflict Resolution.	15hrs
References <ol style="list-style-type: none"> 1. Secord and Backman 2. Baron, R.A., & Byrene, D. (1998) Social psychology New Delhi: Prentice Hall. 3. Feldman, R.S., (1985) Social psychology: Theories, research & application. New York: Mc Graw Hill. 4. Myers David, G., (1994) Exploring social psychology. New York: Mc Graw Hill. 	
Practicals: <ol style="list-style-type: none"> 1. Social distance 2. Effects of competition on work out put 3. Rumor (Social communication) 4. Effect of cooperation on work output 5. Construction of sociogram 	

PSYCHOLOGY SEMESTER – IV
PAPER IV: BIOLOGICAL PROCESSES
Marks -Theory - 60 + Internal Assessment -10= 70

3Hours/week=42Hrs

Objectives:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit – I Introduction: a) Biological explanation of Behavior. b) Basic Unit of the Nervous System – Cells (Neuron & Glial Cells) – Meaning, Types and Functions; c) Nerve Impulse : generation and propagation (Mention Synapse & Action potential)	15hrs
Unit – II Anatomy of the Nervous System with modes of investigating them: a) Spinal Cord, the hind brain, the mid brain and the ventricles; b) Cerebral Cortex – organization (Occipital, Parietal, Temporal and Frontal Lobes)	10hrs
Unit – III Methods of Investigating How the Behavior is controlled by the Brain: a) The stereotaxic instrument, lesions & ablations b) stimulation of recording from brain; c) Labeling and measurement of brain activity; d) studies involving the structure of living human brains.	10hrs
Unit – IV Behavior Genetics- a) Structure of human cell b) Physical and Chemical structure of nucleic acids c) methods of investigation – twin studies, adoption studies, Heredity ratio, Linkage and cross over and whole genome.	15hrs
Unit – V Hormones and behavior: a) Hormones of cellular functioning – thyroid gland, parathyroid gland, the pancreas and the posterior pituitary b) Linkage between stress and immunity c) stress and depression.	10hrs
References 1. Strickberger W.M M-Mac Millan, Genetics. 2. Kalath,J.W.,(1995) Biological Psychology 5 th edition Brooks/Cole publishing company, New York 3. Levinthal, C.F., (1996) Introduction to Physiological psychology 3 rd edition Prentice Hall of India.	
Practicals: 1. Simple Reaction Time 2. Mapping of color zones 3. Color blindness 4. Size weight illusion 5. Level of aspiration and achievement	

PSYCHOLOGY SEMESTER – V
PAPER – V: CLINICAL PSYCHOLOGY (COMPULSORY)

Marks -Theory - 80 + Internal Assessment -20= 100

3Hours/week=42Hrs

Objectives

- 1) To impart knowledge and understanding of the basic concepts in Abnormal Psychology and the theories about Abnormality
- 2) To impart knowledge and understanding of the different Psychological Disorders – their symptoms, diagnosis, causes and treatment
- 3) To create awareness about Mental Health problems in society
- 4) To create a foundation for higher education and a professional career in Clinical Psychology
- 5) To encourage the students to know different therapeutic techniques in management of psychological disorders.

Unit – I: a) Introduction to clinical psychology. Definitions of normality and abnormality. (b) Models of abnormality –Psychoanalytical, Behavioral, Cognitive and Humanistic (with evaluations)	(15hrs)
Unit – II: a) System of classification: DSM and ICD (b) Causes of abnormal behavior (biological, psychological, socio cultural causes) c) Anxiety, Dissociative Disorder (Meaning and Symptoms in brief).	(10hrs)
Unit – III: a) Mood disorders –(meaning, types, symptoms) b) Dissociative disorders (Meaning, types & symptoms) c) Mood disorders (meaning, types, symptoms) d) Personality disorders (Meaning, types and symptoms). All disorders in BRIEF.	(10hrs)
Unit – IV: Clinical assessment: a) Clinical interview b) Behavioral assessment (c) Psychological testing (d) Neuropsychological testing and (e) Psycho physiological assessment.	(10hrs)
Unit – V: a)Therapeutic approaches: Biological – ECT, Drug and Psychosurgery. C) Psychological – Psychotherapy(Freud’s approach) ; Behavior therapy (systematic desensitization, Aversion & Token Economy), Cognitive Therapy– CBT & REBT	(15hrs)
References <ol style="list-style-type: none"> 1. Carson, Butcher and Mineka (1999). Abnormal Psychology and Modern Life. Allyn & Bacon 2. Barlow & Durand (1995). Abnormal psychology Brooks/Cole Publishing company, New York. 3. Sarason, I.G., & Sarason, B.R., (1996). Abnormal psychology the problem of maladaptive behaviors. Prentice Hall of India Pvt Ltd. New Delhi 4. Davison, G.C., & Neale,(2001) J.M., Abnormal Psychology. 5. Natraj, P. Manoroga Manovijnana, Srinivasa publications, Mysore. 	

PSYCHOLOGY SEMESTER – V
PAPER – VI: CHILD PSYCHOLOGY (OPTIONAL)

Marks -Theory - 80 + Internal Assessment -20= 100

3Hours/week=42Hrs

Objectives:

- To equip the learner with an understanding of the concept and process of child development.
- To impart an understanding of the various domains of child development.
- To understand the stages of developmental in each domain.
- To inculcate sensitivity to developmental hazards and disorders at each stage of development.
- To appreciate the application of the theories of development in the field of education and parenting/child rearing.

Unit - I Introduction: Child psychology – a) Meaning and scope, significant facts of development; b) Methods – Longitudinal, Cross – sectional and cohort studies, biographical history.	(10hrs)
Unit -II Stages of child development -1: Pre-natal, Infancy, Babyhood – characteristics, significance, sub stages & hazards.	(10hrs)
Unit - III Stages of child development -2: Childhood (early and late) and Puberty – characteristics, significance, hazards & disorders (Attention – Deficit / hyperactivity disorder, Enuresis, Autistic disorder, learning disorder).	(15hrs)
Unit - IV Areas of child development – 1: Major milestones in physical, sensory & perceptual development. Piaget’s stages of Cognitive development.	(10hrs)
Unit - V Areas of child development - 2: Social (Bowlby & Erickson), Emotional (Mary Ainsworth’s Strange situation experiment) , Moral (Piaget and Kohlberg theories) and self development (development of self concept and self esteem)	(15hrs)
References: <ol style="list-style-type: none"> 1. Santrock, J., (1999) Life span Development. 7th ed. Mc Graw Hill Publications. 2. Santrock, J., (1998). Child development 8th ed. Mc Graw Hill Publications. 3. Papilia,D.E., & Wendkosolds,S.,(1998) Human development. 7th ed Mc Graw Hill Publications. 4. Davison, G.C., & Neale, J.M.,(2001) Abnormal Psychology 5. Hurlock,E.B., Development Psychology 11th Ed 	

PSYCHOLOGY SEMESTER – V

PAPER – VII: PERSONALITY (OPTIONAL) **PAPER NOT BEING OFFERED FOR THE LAST 16 YRS**

Marks -Theory - 80 + Internal Assessment -20= 100

3Hours/week=42Hrs

Unit - I

Personality: Nature, definition; Classification of Personality – Sheldon, Kretchmer, Jung, Type-A and Type – B
(10hrs)

Unit - II

Theories of Personality: Freud's and Jung's Analytical Theory; Adlers theory (10hrs)

Unit - III

Trait Theories : Allport's Theory; Cattell's factor Theory.
(15hrs)

Unit - IV

Humanistic Theory: Rogers Self Theory; George Kelley's Personal Construct Theory.
(10hrs)

Unit - V

Assessment of Personality: Rating scales; Interview; Questionnaires; Projective tests, Application of personality testing in various areas – Clinical, Organization, Social, Education. (15hrs)

SEMESTER – V

PAPER – III – PRACTICAL I

OBJECTIVES for all practical papers

1. To create interest in the subject matter of psychology
2. To develop scientific and experimental attitudes in the students..
3. To facilitate comprehension of the theoretical concepts through experiments.
4. to develop the skills of observation and scientific reporting in psychology.

1. Bhatia's Battery of Performance Test
2. MPQ – Dr. H.N.Murthy
3. Picture Frustration Test (Rosenweig)
4. Bender Gestalt Test
5. Weschler's memory Scale
6. Knox cube imitation test
7. Assessment of social maturity using Rao's Social Maturity Scale.

SEMESTER – V

PAPER – III – PRACTICAL (Any 5)

1. Eysenck's Personality Inventory
2. Self Ratings and Rating Others
3. Bell's Adjustment Inventory
4. Inferiority & Insecurity – C G Patil
5. Self Concept – Basavanna
6. Assessment of temperament using Malhotra's temperament scale
7. Assessment of anxiety using Sarason's test anxiety scale

8. Coloured RPM Test

PSYCHOLOGY SEMESTER – VI
PAPER – VIII: RESEARCH METHODOLOGY AND STATISTICS (COMPULSORY)

Marks -Theory - 80 + Internal Assessment -20= 100

3Hours/week=42Hrs

Objective:

- To develop a scientific approach to data collection, analysis and reporting.
- To familiarize students with the research methods and approaches related to data collection and representation.
- To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

Unit – I Research Methodology: Meaning of Research, Objectives, Types, Approaches, Scales of measurement, Ethics of Research	(10hrs)
Unit - II Research Designs: Meaning, Types, Principles and important concepts relating to research design. Report writing – Layout of Research Report	(10hrs)
Unit – III Data Collection: a) Primary and Secondary data . Different Methods. b) Data Tabulation; Graphical Representation (Frequency Polygon, Histogram, cumulative frequency graph, ogive & Pie chart). Drawing inferences from graph. Use of software (Excel)	(10hrs)
Unit – IV Measures of Central Tendency & Variability: Measures of Central Tendency – Mean, Median and Mode (Grouped & Ungrouped data); Measures of Variability – Range, Quartile Deviation and Standard Deviation (Grouped and Ungrouped data)	(15hrs)
Unit - V Hypothesis testing: Test of Significance, Independent & paired sample tests. Chi square test. Correlation Meaning and types. Calculation of correlation, coefficient from Rank differences and Product moment Methods.	(15hrs)
References <ul style="list-style-type: none"> • Chadha, N.K. (1991). <i>Statistics for Behavioral and Social Sciences</i>. Reliance Pub. House: New Delhi • Coolican, H. (2006). <i>Introduction to Research Methodology in Psychology</i>. London: Hodder Arnold. • Gravetter, F.J. & Wallnau, L.B. (2009). <i>Statistics for the Behavioral Sciences</i> (9th Ed.). USA: Cengage Learning. • King, B.M. & Minium, E.W, (2007). <i>Statistical Reasoning in the Behavioral Sciences</i> (5th Ed.). USA: John Wiley & Sons. • Mangal, S.K. (2012). <i>Statistics in Psychology and Education</i> (2nd Ed.). New Delhi: 	

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PSYCHOLOGY SEMESTER VI
PAPER – IX: HEALTH PSYCHOLOGY (OPTIONAL)

Marks -Theory - 80 + Internal Assessment -20= 100

3Hours/week=42Hrs

Objective:

- To understand the relationship between psychological factors and physical health and learn how to enhance well-being.
- To understand the causes and symptoms of life style diseases.
- To impart knowledge on various Health promotion techniques.

Unit I Health psychology: a) Definition, need and importance of Health Psychology, b) Difference between Health Psychology and Clinical Psychology; Health Psychology and Behavioural Medicine; c) Importance of Health Psychology in medical and organizational set up.	(10hrs)
Unit II Stress: a) Meaning; Development of stress; b) Nature of stressors : Frustration Pressure, Conflict; c) Factors predisposing stress : Catastrophes, Major life change and Hassles.	(08hrs)
Unit III a) Coping with stress b) Problem oriented and Emotion oriented, c) Stress Management – Meaning and definition; changing thoughts, behavior, physiological responses.	(15hrs)
Unit IV Psycho physiological disorders – Classification of Psychosomatic disorders : Symptoms, Causes and Treatment of Peptic Ulcer, Hypertension, Psoriasis, Migraine, Asthma and Diabetes Miletus.	(12hrs)
Unit V Approaches for Promoting Health : Yoga & Meditation, Music Therapy, Dance Therapy ,Weight Control , Aroma & Spa & Use of Medicines and Supplements	(10 hrs)

SEMESTER – VI

PAPER – III: PRACTICAL – I (Any 5)

1. Otis Test of Mental Ability
2. Minnesota Rate of Manipulation Test
3. Tweezer Dexterity
4. Muscular Fatigue
5. Minnesola Clerical Aptitude Test

6. General Health Questionnaire
7. Taylor's Manifest Anxiety Scale
8. Happiness Scale
9. Satisfaction with Life
10. Affectometer

SEMESTER – VI
PAPER – III PRACTICAL – II - PROJECT WORK
OR
PAPER – III PRACTICAL – II (Any 5)

1. AL for two point discrimination.
2. Completed & Interrupted tasks (Zygarnic Effect)
3. Maudsley Medical Questionnaire
4. Shyness Scale
5. Fluctuation of Attention
6. Mental Fatigue
7. Lingual imagination (Word Building Test)
8. Filled & Unfilled Intervals (Perception of time)
9. Visual imagination Test
10. Knowledge of titles on Judgement of emotions (Felchi's Picture Cards)

Note: During the final semester a student can opt between Paper III Practical –II or a Project Work for 50 marks.

Scheme of Evaluation for Practicals

Semester I-IV

- * Internal assessment for 10 marks (5 marks IA practical and 5 marks records). During examination:- Writing Plan and Procedure – 5 marks; Conducting the experiment – 5 marks; Result and Discussion – 5 marks; Viva Voce – 5 marks = 30 Marks

Semester V-VI

- # * Internal assessment for 10 marks (5 marks IA practical and 5 marks records): During examinations, a student will be assigned TWO practicals. For one Practical:- Plan and Procedure – 5 marks; Conducting – 10 marks; Results and Discussion – 10 marks; Viva voce – 5 marks. For second practical, only plan and procedure to be written – 10 marks = 50 Marks.
- ** The research supervisor (class teach) would evaluate the performance during the field work for 10 marks (as Internal Assessment). At the time of examination, the external and internal examiners will jointly evaluate the report (20 marks) and also assess the performance through a presentation and viva voce (20 Marks)

Dissertation in VI Semester

- A small research work has to be conducted by students supervised by Teachers.in VI semester
- Qualitative, Exploratory, Descriptive, works have to be preferred.
- Only reliable and valid tools should be used. for empirical study
- Students may also opt for conceptual and field research.
- Dissertation will be jointly assessed by external and internal examiners.