

CORE COURSE ; Semester – I Psychology (Hons)

PSY. -CC-I (Th.) : Introduction Psychology

Time – 3hrs F.M.: 100 [60(End sem)+15(Int)+25(Pr)] Credit- 6[4(Th.)+2(Pr.)]

Unit-I

Introducing Psychology:

- **Concept and Definition of Psychology**
- **Scope and History of Psychology**
- **Psychology as a scientific Discipline**

Unit-II

- **Key perspectives of Psychology- Behavioural, Cognitive, Humanistic, Psychodynamic and Sociocultural**

Unit-III

Methods in Psychology:

1. **Observation, Survey and case study- Nature, advantages and limitations of these methods**
2. **experimental and correlational methods- Nature, advantages and limitations.**

Unit-IV:

- **Neurons-Types of Neurons-Structure and functions of Neurons-Exocrine and Endocrine glands–Structure of Endocrine glands–Chemical Regulation of Endocrine glands (function).**

Unit-IV

- **Structure and functions of central and Autonomic Nervous System (ANS).**

Text Books:

- i. **Barin, R.A.(1995), Psychology: The essential Science, Pearson Education Company of India Ltd.**
- ii. **Kar, Chintamani(2016), Introductory Psychology, A.K.Mishra Publications, Badambadi, Cuttack-9.**
- iii. **Zimbardo, P.G. & Weber A.L. (1997) Ed. Psychology, Haper Collins, College Publishers**

Reference Books:

- i. **Das, J.P. (1999) The working mind, Sage Publications of India Pvt. Ltd. New Delhi.**
- ii. **Understanding Psychology (6thEdn.), 1999, Robert S. Feldman, Tata McGraw Hill.**

CORE COURSE ; Semester – I Semester – I Psychology (Hons)

PSY. -CC-II (Th.) : Basic Psychological Processes

Time – 3hrs F.M.: 100 [60(End sem)+15(Int)+25(Pr)] Credit- 6

UNIT-I: Sensation And Attention

- I. Sensation – Sensory Receptors – Structure and Functions of Eye and Ear
- II. Attention – Nature And Determinants of Attention

UNIT-II - Perception

- I. Perceptual Processes – Figure And Ground, Gestalt Laws of Perception, Errors in Perception Illusion and Hallucination
- II. Role of Need and Past Experiences in Perception, Depth and Distance Perception – Perceptual constancies

UNIT-III: Learning

- I. Learning- Definition – Maturation and Learning – Classical conditioning and its principles Trial and Error Learning
- II. Operant conditioning – its principles and Observational Learning – its principles

UNIT-IV: Memory

- I. What is Memory? Types of Memory: a) Episodic (b) Semantic (c) Procedural Memory Processes – Encoding, Storage and Retrieval Systems of Memory: Sensory, STM, LTM
- II. Forgetting: Causes of forgetting
 - Forgetting from LTM- (a) Encoding Failure (b) Storage Failure (c) Retrieval Failure
 - Improving Memory- (a) Mnemonics (b) Method of Loci (c) Number of Letter Peg system (d) Chunking

UNIT-V: Language And Thought

- I. What is Language? – Language's Rule system: Phonology, Morphology, Syntax, Semantics, Pragmatics Stages of Language Development- Prelinguistic speech – Linguistic Speech – Speech Defects
- II. Factors affecting language Development – Decision making and steps in problem solving

Suggested Readings:

- i. Baron, R.A. (1995) Edn. Psychology: The Essential Science, Pearson Education India Pvt. Ltd.
- ii. Kar, Chintamani (2016), Basic Psychological Processes, A.K. Mishra Publications, Cuttack-9.
- iii. Zimbardo, P.G. Weber (1997) Psychology, Harper & Collins College Publications
- iv. Das, J.P. (1999 Edn.) The working Mind, Sage Publications of India, New Delhi

Reference Book:

- i. Understanding Psychology – R.S. Feldman

PSY.-GE-I & DSC-IISSAME ASSEM.-I, PSY.-CC-I

CORE COURSE ; Semester – II Psychology (Hons)

PSY.-CC-III (Th.) : Processes of Human Empowerment

Time – 3hrs F.M.: 100 [60(End sem)+15(Int)+25(Pr)] Credit- 6

UNIT-I: Basics of Empowerment

- i. Intelligence- Definition- Intelligence Quotient (I.Q), Binet’s Test of Intelligence- Theries of Intelligence.
- ii. Factors affecting Intelligence- Is Intelligence inherited? Culture free and fair Tests- New
Directions of intelligence: Emotional Intelligence, Practical Intelligence, Spiritual Intelligence- Measuring Intelligence – Weschler’s Scale

UNIT-II: Personality

- i. Meaning and Definition – Allport’s Definition – Personality Typology- Traits: Surface and Source Traits.
- ii. Theories of Personality – Measurement of Personality: Psychometric and Projective Tests

UNIT-III: Sources of Power (Motivation)

- i. Meaning and Definitions of Drives, Motives and Incentives – Motivational cycle – Types of Motives: Biological, Social, psychological and Personal.
- ii. Extrinsic and Intrinsic Motivation – Theories of Motivation: Drive Theory, Arousal Theory – Measuring motives of animal and humans.

UNIT-IV: Sources of Power (Emotion)

- i. Emotion- Definition and Meaning – Feeling, Emotion and Mood – External Bodily changes of Emotion.
- ii. Psychological Changes during emotion – Theories of Emotion: James – Lange, Cannon-Bard and Activation Theory.

UNIT-V: Proving Empowered

- i. Social Behaviour – Meaning and Bias in Attribution – Meaning of Social cognition and processing of Social Information
- ii. Positive Psychology- Scope, aims, Nature and Characteristics of happiness, Subjective well-being and Personal growth.

Suggested Reading:

1. Baron, R.A.(1995 Edn) Psychology: The Essential Science, Pearson India Pvt. Ltd.

2. Zimbardo & Weber (Ed) Psychology, New York Harper Collins college Publishers
3. Kar, Chintamani (2016) "Processes of Human Empowerment", A.K. Mishra Publications Pvt. Ltd. Cuttack

Reference Book:

- i. Das, J.P. The working Mind, Sage Publications Pvt. Ltd. New Delhi, India

CORE COURSE ; Semester – II Psychology (Hons)

PSY. -CC-IV (Th.) : Basic of Developmental Prucess

Time – 3hrs F.M.: 100 [60(End sem)+15(Int)+25(Pr)] Credit- 6

Unit-I: Basic of Development

- i. Meaning, Nature and Types of Development, Principles of Development, Factors influencing Development.
- ii. Perspectives of Development – Psychoanalytic, Mechanistic, Organismic and Humanistic

Unit-II: Life in Formation

- i. Fertilization, Determination of sex, prenatal Development and factors influencing prenatal development, Stages of Prenatal Development
- ii. Physical and motor Development and social development during childhood.

Unit-III: Life in Preparation

- i. Childhood Emotion – Types of Emotion- Nature and Factors influencing emotional Development.
- ii. Social, emotional, Physical and motor development during adolescence.

Unit-IV: Cognitive and Speech Development

- i. Piaget's stages of cognitive development Kohlberg's stages of moral development, Vygotsky's concept of cognitive Development
- ii. Speech and language development – Stages- speech defects and Disorders – Factors influencing language development

Unit-V: Self And Identity

- i. Self-Concept- Development of self concept, self-esteem, self-efficacy – factors influencing self-concept
- ii. Development of self-control, Development of gender differences and gender roles.

Suggested Readings:

- i. Baron, R.A. (2002) Psychology, 5th edn, Pearson India, New Delhi.
- ii. Kar Chintamani, Basic developmental Processes, Kalyani Publishers, Ludhiana
- iii. Berk, L.E. (2010) Child Development
- iv. Hurlock, E. Developmental Psychology Tata McGraw Hill, New Delhi

- v. Papalia (2006) Human Development (5thEdn) Tata McGraw Hill
- vi. Santrock, J.W. (2008) Child Development (11thEdn) Tata McGraw Hill, New Delhi
- vii. Sigleman G.K.(1995), Life- span Human Devt. C.P.Co, California

Reference: Child Psychology – Hethrington and Parke

PSY.-GE-II & DSC-II IS SAME AS SEM.-I, PSY.-CC-II

Practical for all Semesters

Practical P-I (Semester – I)

- i. Set in Memory
- ii. Doing two things at a time

Practical Paper – II

- i. Learning and Forgetting of Nonsense Syllables
- ii. Memory for Pleasant and unpleasant materials

Practical Paper-III (Semester-II)

- i. Retention and amount of Materials
- ii. Effects of Rhythm on memory

Practical Paper-IV

- i. Learning and Saving method
- ii. Bilateral transfer of Training

Core Courses Semester-III B.A. Psychology (Hons) CC-V

Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)

Lectures – 60 [40(Th.) +20 (Pr.)

Semester- III (+3 2nd Yr.)

Psychology (Hons) F.M=75, Paper-V

Psychological Statistics

Unit-I: Fundamentals of Statistics

- i. Meaning, Definition and scope of statistics- Population and sample, functions of statistics- Parametric and Non-Parametric Statistics- Scales of measurement- organization of data- Frequency Distribution – Graphical representation of data- frequency polygon, Histogram and smoothing the frequency polygon, Ogive
- ii. Measures of central Tendency – Mean, Median & Mode – Uses of measures of central Tendency

Unit-II: Measures of Statistics

- i. **Measures of Variability-** Definition- Types of the Variability: Range, Quartile Deviation, Average Deviation and standard deviation, Uses of Variability.
- ii. **Percentile and Percentile Rank (PR)-** Calculation of Percentile points, PR; Calculation of PR by direct method from frequency distribution.

Unit-III:

- i. **Correlation-** Concept and meaning – Computation of correlation coefficient by product – moment and Rank order method.
- ii. Normal Probability Curve (NPC)
General Characteristics – Table of Areas under NPC – Measuring Divergence from Normality (Skewness and Kurtosis) – Application of NPC

Unit-IV: Chisquare Test and Difference Between Means

- i. Chi-Square Test-General Features and Definition, Chisquare as test of Independence- Calculation of Chi-Square (contingency Table) and its interpretation.
- ii. Level of Significance- Type I & II Error computation of “t” from independent and dependent samples

Unit-V:

- i. Mann- Whitney U test, Purpose and Assumptions of ANOVA: one- way and two-way ANOVA, Kruskal- Wallis H Test.
- ii. Reliability and Validity- Meaning and definition of Reliability – Methods of Estimating Reliability (i) Test Retest (ii) Equivalent Form (iii) Split Half Reliability Validity- Definition- Meaning- Types of Validity (Face and Content Validity)

Recommended Readings:

1. Statistics in Psychology and Education by Chintamani KAr, A.K. Mishra Publication Pvt. Ltd. Cuttack-9.
2. Statistics in Psychology and Education – Garrett
3. Psychological Testing – Anastasi
4. Foundation of Behavioural Research – Kerlinger

Core Courses Semester-III B.A. Psychology (Hons) CC-VI

**Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)
Lectures – 60 [40(Th.) +20 (Pr.)**

Semester – III Paper-VI

Psychology (Hons) +3 2nd Yr.--Psychopathology

Unit-I: Basics of Pathology

- i. Concepts of Abnormality- Perspectives of abnormal behavior – (a) Psychodynamic (b) Behavioural (c) Cognitive (d) Humanistic (e) Existential and (f) Sociocultural
- ii. Normal and Abnormal- A Scientific Distinction, Criterion of Abnormality (a) Pathological and (b) Statistical, Classification of Maladaptive Behaviour – DSM-IV

Unit-II:

- i. Neuroses- Anxiety Disorders, Phobia and Hysteria, Obsessive compulsive Neurosis
- ii. Psychoses- Manic Depressive Psychosis, causes, treatment, Differences between Psychoses and Neuroses

Unit-III:

- i. Mental Retardation- Types – Causes Prevention and training

- ii. Aggression- its nature and control Theories of Aggression – Determinants of human aggression (Personal and Situational), Prevention and Control of Aggression.

Unit-IV:

- i. Schizophrenia- Characteristics, Major Subtypes, Causes and Treatment
- ii. Depressive Disorders- Symptoms, Causes and treatment of Bipolar affective disorder and Dysthena.

Unit-V:

- i. Personality Disorders- Paranoid, Schizoid, Dissociative and Impulsive
- ii. Therapies- Psychoanalytic, Behaviour Therapy, Humanistic Therapy, Marital and family Therapy

Recommended Readings:

- i. A Short Text Book of Psychiatry- N. Ahuja
- ii. Psychology: The Essential Science- R.A. Baron
- iii. Abnormal Psychology- Carson
- iv. Abnormal Psychology- Sarason
- v. Abnormal Psychology and Modern Life – Coleman
- vi. Psychopathology- ChintamaniKar, A.K. Mishra, Publication, Cuttack
- vii. Abnormal Psychology- A.M. Kring

Core Courses Semester-III B.A. Psychology (Hons) CC-VII

Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)

Lectures – 60 [40(Th.) +20 (Pr.)

Semester – III --Paper-VII

Psychology (Hons) +3 2nd Yr. Arts--Social Psychology

Unit-I: Introduction

- i. Nature, goal and scope of social Psychology, Relationship with other social sciences
- ii. Methods of studying Social Behaviour- Observation, Questionnaire, Interview, Experimental, Correlational and Meta- analysis

Unit-II: Evaluating the social world

- i. Attitude- Meaning, Definition, Nature, Functions, Attitude formation, Change and measurement
- ii. Prejudices and Sterotypes- Nature and components of prejudice, Acquisition of Prejudice, Reduction of Prejudice, Causes of stereotypes

Unit-III: Living With others

- i. Group- Nature, Structure, Functions and Types – Group Mind, Difference between Group and Crowd, Group Cohesiveness.
- ii. Leadership: Definition and functions- Approaches: (a) Trait (b) Situational (c) Transaction (d) Interactional (e) Contingency Approaches. Types of Leadership

Unit-IV:

- i. Social Behaviour and Helping others-
Prosocial Behaviour-Definition and Meaning- Emotions and Prosocial Behaviour – Personal, situational and Socio- cultural determinants of Prosocial Behaviour – Self – interest, Moral integrity and moral hypocrisy of prosocial Behaviour
- ii. Understanding yourself
Social Self- Meaning and Definition, Structure of Social self – (a) Schema and (b) Prototypes self – Concept and Self – esteem, self – evaluation, self- Focussing/ Monitoring and Self-efficacy.

Unit-V:

- i. Interpersonal Attraction
 - a) Recognizing and Evaluating others (b) Becoming close acquaintances and moving towards friendship
- ii. Propaganda- Definition- Kinds of Propaganda- Principles of Propaganda- Techniques of Propaganda

Suggested Readings:

1. Social Psychology – Baren A. and Bryne, D.(2003)
2. Social Psychology – G.B. Mohanty (2005)
3. Social Psychology – Chintamani Kar (2016), A.K Mishra Publications, Cuttack-9
4. Applied Social Psychology – G. Mishra (2009)
5. Social Psychology – Myers, David D. (2009)
6. Social Psychology – Taylor (2006), Pearson.

Core Courses Semester-IV B.A. Psychology (Hons) CC-VIII

**Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)
Lectures – 60 [40(Th.) +20 (Pr.)**

Semester – IV

Paper-VIII

Health Psychology

+32nd Yr. Arts

F.M=75

Psychology And Health

Unit-I:

1. Introduction and Field of Health Psychology
 - a. Health Psychology – its Definition
 - b. Health Psychology – an interdisciplinary field
 - c. Health Psychology in socio-cultural context
 - d. Nature, Scope and development of Health Psychology
 - e. Psychomatic and Behavioural Medicine
 - f. Research Methods in Health Psychology

Unit-II:

2. Models of Health
 - a. Bio-Psychosocial model of Health
 - i. Complexity of Health-Early Research Literature
 - ii. Complexity of Health current Research literature
 - iii. The Biomedical vs. Biopsychosocial model
 - b. Health belief model (HBM)
 - c. Transtheoretical model. (TIM)
 - d. Evaluation of Health Models

Unit-III:

3. **Health damaging and Health promoting life style**
 - a. Health Damaging life style
 - i. Type – A and B behavior Patterns
 - ii. Type – A Behaviour and Cardiovascular diseases
 - b. Health Promotion
 - i. Meaning of Health Promotion
 - ii. Environmental & Behavioural interventions
 - iii. Approaches to Health Promotion
 - Behaviour change Approach
 - Self-empowerment Approach
 - Collection Action Approach
 - c. Evaluation of Different Approaches

Unit-IV:

4. **Stress and Health**
 - a. Definition and Nature of Stress
 - b. Types of Stress
 - c. Cognitive Appraisal
 - d. Causes & Consequences of Stress
 - e. Stress Management
 - f. Coping with Stress

Unit-V:

5. Health and Behaviour

- i. Staying Health
 - a. Medical Communication and Physical Health
 - b. Prevention of Disease/impairments
 - c. Degenerative Diseases
 - d. Primary Prevention and Behavioural outcomes
 - e. Secondary and Tertiary Prevention
 - f. Individual Differences and Personal characteristics
- ii. Health Enhancing Behaviours
 - a. Exercise
 - i. Benefits of Exercise
 - ii. Determinants of Regular Exercise
 - b. Cancer- Related Health Behaviours
 - i. Breast Self-Examination
 - ii. Mammograms
 - iii. Testicular Self-examination
 - iv. Colorectal Cancer Screening
 - v. Sun Screen Use
 - c. Maintaining a Health Diet
 - d. Weight Control
 - i. Obesity and Health Risk
 - ii. Factors associated with obesity
 - iii. Treatment of obesity

Suggested Readings:

1. Health Psychology - Chintamani Kar, Kalyani Publishers, Ludhiana, New Delhi (2009)
2. Health Psychology - Friedman-Dimateo (1989) New York: Prentice Hall
3. Health Psychology: Theory research and Practice - Marks. D., Murray. M, Evans. B, & Willing. C (2000) New Delhi: Sage Publications
4. Psychological Perspectives on stress and Health - Mishra. G, (1999) New Delhi: Concept
5. Stress and coping: The Indian Experience - Pestonjee. D.M. (1999) Sage publications New Delhi
6. When Life becomes tough - Dash etal.
7. Current developments in health psychology - P. Bennet, J Weinman & P. Spurgeon (Eds.)

Core Courses Semester-IV B.A. Psychology (Hons) CC-IX

Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)

Lectures – 60 [40(Th.) +20 (Pr.)

Semester – IV

Paper-IX

Educational Psychology

F.M=75

Unit-I:

1. An Outline of Educational Psychology

- a. Role of Educational Psychology
- b. Concepts Principles and Subject matter
- c. Goal of Teaching
- d. Objectives for Learning
- e. Styles of Thinking and Learning

Unit-II:

2. Learning and Teaching for Development of Knowledge

- a. Meaning and Nature of Cognitive Abilities
- b. Theories of Cognitive Development
 - i. Piaget , ii) Bruner, iii) Vygotsky
- c. Instructional implication of cognitive Theories

3. Motivation:

- a. Role of Motivation in Behaviour and Learning
- b. Motivational Techniques in classroom teaching

Unit-III:

4. Creating Learning Environment:

- a. The Ecology of Classroom
- b. Goals of Classroom Management
- c. Creating positive Learning Environment

5. About the Teacher

- a. Teacher Expectations
- b. Characteristics of an Effective Teacher
- c. Strategies to encourage motivation and Thoughtful learning
- d. Psychological Principles for Learner – Centred Teaching

Unit-IV: 6. Dealing with ability Differences

- a. Teaching Children with learning Disability
- b. Slow Learners – Their Characteristics
- c. Educational Programmes for slow Learners
- d. Identifying and Teaching Gifted Children

- e. Their education and guidance by Teachers and Parents

7. Teaching Children with other Disabilities

- a. Dealing with Children with Attention Disorder
- b. Teaching Children with Social Clas differences (Disadvantaged Children)
- c. Educational Programmes for Socially disadvantaged
- d. Teaching Mentally RetardedChildren

Unit-V:

8. Evaluation and Assessment

- a. Assessment Types
 - b. Norm- referenced and Criterion – referenced Assessment
 - c. Current Approches to Assessment
9. Testing
- a. Elementary idea about standardization of Tests
 - b. Objective and Essay Type of Testing
 - c. Advantages and Limitations of Essay and Objective Type of Tests
 - d. Limitations and advantages of standardized Tests used in Classroom Assessment

Suggested Readings:

1. Educational Psychology	- Woolfolk, A.E; (2005), Allyn&Bacon, London/Boston
2. Educational Psychology	- Gage, N.L & Berliner, D.C. (1998), Houghton Mifflin Company, Bosten, Newyork
3. Educational Psychology	- Ker. C.M, Sterling Publication, New Delhi

Core Courses Semester-IV B.A. Psychology (Hons) CC-X

Time – 3 hrs. F.M. – 100 [60(Sem) +15 (Int.) + 25 (Pr.)] Credits: -04(Th.) +02(Pr.)
Lectures – 60 [40(Th.) +20 (Pr.)

Semester – IV

Paper-X

Organisational Behaviour

F.M=75

Unit-I:

- 1. Introducing Organisational Psychology
 - a. Definition
 - b. Organisational Behaviour

- c. Describing Management Functions
- d. Roles and Skills of the Management
- 2. a. Challenges and opportunities for organizational behavior
- b. Foundations of Individual Behaviour
 - I. Biographical Characteristics
 - II. Ability
 - III. Values
 - IV. Job Satisfaction

Unit-II

- 3. **Group and Organisation**
 - a. Foundations of Group Behaviour
 - i. Group member resources
 - ii. Stages of Group development
 - iii. Group Structure
 - iv. Group Process
 - b. Group Decision- making
 - c. Techniques
 - d. Work Team – Types of Teams
- 4. **Communication**
 - a. Nature and Importance of Communication
 - b. Functions of Communication
 - c. Interpersonal and Organisational Communication
 - d. Theories of Work Motivation

Unit-III:

- 5. **Leadership in Organisation**
 - a. Nature of Leadership
 - b. Types of Leadership
 - c. Characteristics and attributes of Effective Leader
 - d. Leadership function
 - i. Contemporary function
 - ii. Theories
 - e. Emotional Intelligence and Leadership
- 6. **Power**
 - a. Defining Power
 - b. Power and Leadership
 - c. Bases of Power
 - d. Leadership and Power tactics
 - e. Organisational Politics

Unit-IV:

- 7. **Organisational Structure**
 - a. Key elements of Organisational Structure
 - b. Common Organisational Designs

- c. New Design options for Continuous improvement
- d. Organisational Design and employee Behaviour

8. Organisational Structure

- a. Definition
- b. Culture's Function
- c. Creating and Maintaining Organisational Culture
- d. Organisational Development
- e. Organisational Effectiveness

Unit-V:

9. Human Resources Development

- a. Skills and Abilities that constitute Human Resources
- b. Selection Practices for optimal use of Human Resources
- c. Training Programmes for the Development of Human Resources

10. a. Performance Evaluation

- i. **Purpose**
- ii. **Potential Problems**
- iii. **Actions to Correct the Problem**

b. Stimulants to organizational change

- i. First and Second order change ii) Factors of Resistance to Organisational Change c. Career Planning and Development

Suggested Readings:

1. Educational Psychology	- Robbins. S.P. (2005) Prentice Hall of India, New Delhi
2. Educational Psychology	- Luthans, F (1998, *the Edn) New York, McGraw Hill
3. Educational Psychology	- ChintamaniKar, A.K. Mishra Publications, Cuttack

SEM-III Psy DSC-III (for Gen) IS SAME AS CC-III

SEM-IV Psy DSC-IV (for Gen) IS SAME AS CC-IV

PSYCHOLOGY
SKILL ENHANCEMENT COURSE

Paper- II (Psychology & Social Issues)
Full Mark= 50 (Mid term-10 & End Term-40)

Unit- I (Anti Social Behaviour)

- i. Juvenile delinquency, Alcoholism and drug abuse
- ii. Crime and criminal behaviour, corruption and bribery.

Unit- II (Social group)

- i. Group, Nature of groups, types of groups.
- ii. Leadership, functions of leadership, types of leadership.

Unit- III (Social Integration)

- i. Social Integration, causes of social conflicts and prejudices, Reduction of conflict & prejudices.
- ii. Violence
Nature & categories of violence, violence in family & marriage, rape, collective violence for social change.

Unit- IV (Health & well being)

- i. Role of behaviour in health problems, short comings of the biomedical model, behavioural sciences in disease prevention and control.
- ii. Health & Stress
Meaning of Health & Stress, Different causes of stress, prevention of stress.

Books recommended

- Banerjee, D (1998) poverty, Class and Health culture in India, Vol. I, Delhi Prachi Prakashan.
- Mohanty A. K. & Mishra G (Eds) 2000, Psychology of poverty & Disadvantage, New Delhi, concept
- Krech, Crutchfield : Social Psychology
- G. B. Mohanty : Abnormal Psychology
- Mishra G (1990) Applied Social Psychology in India, New Delhi : sage
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Semester – V

Paper-XI

Counselling Psychology

F.M=75

Unit-I: Basics of Counselling

- I. Meaning, Scope and purpose of Counseling with special reference to India – The Counseling with process, Counseling Relationship and counseling Interview
- II. Characteristics of a good counselor, Ethics and values of the Counselor

Unit-II: Theories and Techniques of Counseling

- i. Psychodynamic approach- Freud and Neo Freudians, Humanistic approach- Existential and Client Centred approach
- ii. Cognitive approach- Rational- Emotive and Transaction analysis, Behaviour approach- Behaviour Modification, Yoga and Meditation (Indian Contribution)

Unit-III: Counseling Programme

- i. Definition of counseling relationship, Factors influencing counseling relationship, Termination of Counselling Relationship
- ii. Student Counseling – Roles and activities of the School and College counselor

Unit-IV: Counseling application

- i. Family and marriage counseling, Family life and family cycle
- ii. Factors influencing family counseling, models of family counseling

Unit-V: Substance abuse

- i. Alcohol and drugs abuse counseling, Adverse effects of Alcohol and drug abuse
- ii. Counseling the person of victims of harassment and violence. Counseling the persons of suicidal tendency

Text Books:

- Burrard Philips (1995), Counselling Skills Training – A Source book of activities, New Delhi, Viva books Pvt. Ltd.
- Gladding, S.T (2009) counseling. A Comprehensive Profession (XI edition New Delhi, Pearson India)
- Mishra H.C. and Varadwaj K (2009), Counseling Psychology/ Theories, Issue and application. DivyaPrakashriSamantarapur, Bhubaneswar, Odisha
- Counseling Psychology – ChintamaniKar, Kalyani Publishers

Practical Paper-XI

- i. Attitude towards women (4 College Students)
- ii. Locus of Control

Semester – V

Paper-XII

Environmental Behaviour

F.M=75

Unit – I

- i. Earth as living system, Man and environment relationship – Physical, Social, Cultural
- ii. Effect of Environment on Behaviour – Noise Pollution, Air Pollution. Factors influencing noise and air pollution

Unit- II: Ecology and Development

- i. Global Warming, Green House Effect
- ii. Ecosystem- Ecology, Acculturation and psychological adaption. Sustainable development of ecosystem

Unit-III: Psychological approaches to development

- i. Ecocultural Psychology – Berry, Biosocial Psychology- Dowson
- ii. Ecological Psychology – Banker, Person Environment transaction – Sokols and Ittelson

Unit- IV: Environmental Assessment

- i. Socio Psychological aspects of environmental impact – Environmental deprivation – Nature and consequences
- ii. Creating environmental awareness – Chipko movement, Narmada BachoAndolan

Unit- V: Ecosystem

- i. Gala Hypothesis, Deep ecology
- ii. Population Explosion– Factors influencing population explosion, Crowding and Population explosion

Practical Paper-XII

- i. Child's Home observation and parental interview
- ii. Conservation of volume

DSC-1 (Semester-V)

Paper-I: History of Psychology

Unit-I:

- i. Prescientific Psychology- Meaning and Systems in psychology
- ii. Different schools of Psychology
Functions of Psychological Systems

Unit-II

- i. Structuralism – Wundt & Titchner Wundt and Titchner: A Comparative look
- ii. Functionalism- William James, Harvey Carr

Unit-III

- i. Behaviouralism – Watsonian Behaviourism as a system
- ii. Later behaviourism – Contribution of B.F Skinner & Tolman

Unit-IV

- i. Gestalt Psychology- As a system, Max Wertheimer
- ii. Contribution of Wolfgang Kohler, Kurt Koffka

Unit-V

- i. Psychoanalysis- Psychosexual development, Defence mechanism
- ii. Neo-Freud- Contribution of Karen Horney and Harry Stack Sullivan

Books Recommended:

1. A.K. Singh- The Comprehensive history of psychology
2. J.F Brown – Psychodynamics of Behaviour

Heidbreder's – Seven Psychologists

Subject: Psychology

Semester- V

Paper- DSC-2

Full Mark: 100 marks [75 (Theory) + 25 (Practical)]

Personality and Life Skill Development

UNIT-I:

- i. Attitude: The benefits of positive attitude, the consequence of negative attitude; Factors that determine attitude.
- ii. Building positive attitude: Eight steps to change attitude; Attitude of winners versus losers.

UNIT-II:

- i. Success: What is success? Obstacles to success, Qualities of successful person.
- ii. Holding Back: What is holding us back? Reasons that we do not achieve excellence.

UNIT-III:

- i. Motivation: Meaning of Motivation; Internal and External motivation; stages from motivation to demotivation.
- ii. Self Esteem: Meaning of Self Esteem; Advantages of high self Esteem; Causes of low self Esteem; Steps to building a positive self Esteem.

UNIT-IV:

- i. Inter personal skills: What is positive relationship, factors preventing positive relationships.
- ii. Positive Personality: Characteristics of positive personality.

UNIT-V:

- i. Habits: What is habit? Subconscious mind and habits; Forming positive habits.
- ii. Goal Setting: What is Goal Setting? Goal Setting and achievement; Why don't more people set goals.

PRACTICAL

1. Learning Curve.
2. TAT: To administer TAT on subject and give a summary report.

Recommended Books

1. You can win- Khera, Shiv (2007)
- 3.

Semester-V

SEM-V PSY SEC-3 (FOR GEN) IS SAME AS SEM-IV SEC-2 (FOR HONS)

SEM-V PSY DSE-1 (FOR GEN) IS SAME AS SEM-III CC-V (FOR HONS)

SEM-V PSY GE-1 (FOR GEN) IS SAME AS SEM-I GE-I (FOR HONS)

Semester – VI

Paper-XIII Positive Psychology

F.M=75

Unit-I: Foundations

- i. History of Positive Psychology- Definition – Goals – Positive Emotions, Positive Subjective Experience
- ii. Contributions of Martin Seligman, Albert Bandura, Carol Dweck & Abraham Maslow to Positive Psychology

Unit-II: Flow And Happiness

- i. Components of flow, conditions and Mechanisms of Flow, Positive and Negative Consequences of Flow Experience
- ii. Happiness – Meaning and Nature – Sources of Happiness – Theories of Happiness:
a) Set – Point Theory b) Life Satisfaction Theory c) Affective state Theory

Unit- III: Precursors to Positive Psychology

- i. Character Strength – Altruism – Hope and optimism – Positive Thinking – Resilience
- ii. Psychology of Well – being – Meaning of well-being, Well-being Models

Unit-IV: Well-being

- i. Factors affecting well-being, Promoting well-being among people
- ii. Ways to Positive Psychology – Discovering Strength, Increasing optimism – Self-direction – Purpose-gratitude, Mindfulness, Activities and Experience

Unit-V:

- i. Exercise- Types of Exercise – Changing Life Styles – Effects of Exercise – Exercise and Health
- ii. Yoga, Meditation and Spiritual intelligence on development of positive Psychology – Positive Psychology in building Relationship

Books Recommended:

- i. Positive Psychology – A.Carr
- ii. Positive Psychology – C.Peterson
- iii. Handbook of Positive Psychology – C.R. Snyder
- iv. Positive Psychology – Chintamani Kar

Practical Paper-XIII

- i. Muller Lyer illusion (Optical illusion)
- ii. Level of Aspiration and Achievement by using Finger dextrily apparatus

Semester – VI

Paper-XIV Psychological Assessment

Unit-I: Introduction

- i. Nature and scope of Human Assessment, Parameters of Assessment
- ii. Psychological Sealing, Methods of Scaling

Unit-II: Psychological Tests

- i. Principles of Test construction and standardization – Item Analysis, Development of Norms
- ii. Reliability and Validity

Unit- III

- i. Types of Psychological Tests – Individual, Group, Performance, Verbal and Non-verbal
- ii. Assessment of Ability – General abilities – Intelligence, Interest, Interpersonal attraction

Unit-IV

- i. Assessment of Personality – Use of Self-report inventories – interview
- ii. Projective and Non-Projective Tests

Unit-V Classroom Assessment

- i. Classroom as assessment context – Traditional Tests – Alternative Assessment
- ii. Grading and Reporting of Performance, Computer and Assessment

Books Recommended:

- i. Psychology – A. Baron (2002)
- ii. Psychological Assessment – ChintamaniKar (2016)
- iii. Psychological Testing – Anastasi

Practical Paper-XIV

- i. RL by the method of Limits

- ii. DL by the method of Limits

Semester- VI

Paper- DSC-3

Full Mark: 100 marks [75 (Theory) + 25 (Practical)]

Psychological Research and Measurement

UNIT-I: Psychological Research

- i. Assumption of Science, Characteristics of Scientific methods, Psychological Research: Correlational and experimental.
- ii. Sampling Frame: Probability and non-probability samples, sample size, sampling error.

UNIT-II: Formulation of Hypothesis

- i. Meaning, Types and functions of hypothesis.
- ii. Origin and formulation of hypothesis, criteria of good hypothesis.

UNIT-III: Psychological scaling and construction of test.

- i. Purpose of scaling and types of psychological data, psychological scaling methods; Familiarity with Thurstone, Likert and Guttman scale.
- ii. Construction of test: Theory of measurement error, operationalising concept, Generating items, item analysis, item

UNIT-IV: Experimental Designs

- i. Pre-test—Post-test design, factorial designs, Randomized Block design, Standardization of tests.
- ii. Reliability and validity of tests, Development of norms and interpreting test scores.

UNIT-V: Assessment of personality.

- i. Psychometric and projective techniques; Familiarity with MMPI, Rorschach, WAT and TAT interviewing.
- ii. Principles and procedures of Interviewing, gaining co-operation, motivating respondents, training of interviewers, ethics of interviewing.

PRACTICAL

- 1. Retroactive Inhibition.
- 2. Reaction Time.

Recommended Books

- 1. Psychological Testing- Anastasi, A. (1988)
- 2. Found a times of Behaviour Research- Kerlinger, F.N (1983)
- 3. Theory and Practice of Psychological Testing- Freeman, F.SC (1972)

Project (Credits: 06) (DSC-4)(Compulsory) (SEMESTER –VI)

Dissertation: 60 Marks

Presentation: 25 Marks

Viva-voce: 15 Marks

Projects submitted by the student are to be evaluated by the Internal Examiner and External Examiner appointed by University. Students should opt for Supervision of Dissertation from the internal faculties of his own college/Institution. The Supervisor in consultation with the concerned Head of the Department should decide the topic. The presentation should be open to all faculties as well as graduate students of the concerned Department.

Semester – VI

SEC-4 (for Gen)

Staying Healthy

Unit-I Introduction

- i. Meaning, nature, scope and development of Healthy Psychology
- ii. Models of Health: Health Belief Model and Biopsychosocial model

Unit-II Healthy Damaging and health Promoting Life style

- i. Health damaging Life style: Type-A Behaviour and Cardiovascular diseases.
- ii. Health Promotion Life Style: Meaning and approaches of Health Promotion.

Unit-III Stress and Health

- i. Meaning, nature and types of stress.
- ii. Causes and Consequences of stress, stress Management techniques.

Unit-IV Health and Behaviour

- i. Staying Healthy : Primary, Secondary and Tertiary Prevention medical Communication of Disease implementation.

- ii. Healthy Enhancing Behaviours; Exercise, Healthy Diet and weight contract.

Recommended Books:

1. Health Psychology-Chintamani kar
2. Health Psychology : Theory, Research and Practice-Friedman Dimaters.

**SEM-V PSY DSE-II (FOR GEN) IS SAME AS SEM-III CC-VI
(FOR HONS)**

**SEM-V PSY GE-II (FOR GEN) IS SAME AS SEM-II GE-II (FOR
HONS)**