

**SYLLABUS**  
**BACHELOR OF ARTS - PSYCHOLOGY**  
**(B.A.- PSYCHOLOGY )**  
**3 YEARS PROGRAMME**



**HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND**

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# **HIMALAYAN GARHWAL UNIVERSITY UTTARAKHAND**

## **MARKS EVALUATION SCHEME**

### **BA PSYCHOLOGY**

#### **I Year**

<b>Paper Code</b>	<b>Paper Name</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
BAPSY101	Basic Psychological Processes	30	70	100
BAPSY102	Experimental Methodology and Statistics	30	70	100
BAPSY103P	Practical	-	100	100
<b>TOTAL</b>		<b>60</b>	<b>240</b>	<b>300</b>

#### **II Year**

<b>Subject Code</b>	<b>Paper Name</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
BAPSY201	Psychopathology	30	70	100
BAPSY202	Social Psychology	30	70	100
BAPSY203P	Practical	-	100	100
<b>TOTAL</b>		<b>60</b>	<b>240</b>	<b>300</b>

#### **III Year**

<b>Subject Code</b>	<b>Paper Name</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
BAPSY301	Measurement & Statistics	30	70	100
BAPSY302	Counselling and Guidance	30	70	100
BAPSY303	Optional paper (Select any one out of three paper) <ul style="list-style-type: none"><li>• Organizational Psychology (A)</li><li>• Health Psychology (B)</li><li>• Environmental Psychology (C)</li></ul>	30	70	100
BAPSY304P	Practical	-	100	100
<b>TOTAL</b>		<b>90</b>	<b>310</b>	<b>400</b>
<b>GRAND TOTAL</b>		<b>210</b>	<b>790</b>	<b>1000</b>

**B.A. PSYCHOLOGY- I YEAR****PAPER 1: BAPSY101 BASIC PSYCHOLOGICAL PROCESSES****Unit I**

- Introduction: Definition, nature, scope and applications of psychology. Methods: Introspection, observation, experimental, interview, questionnaire and case study.
- Contemporary perspectives: Biological, cognitive, psychoanalytical, humanistic, evolutionary and cross-cultural.
- Biological Bases of Behaviour: Evolution, genes and behaviour. The response mechanism: Receptors, effectors and adjustors. The Nervous System: The basic structure, functions and divisions of the Peripheral and Central Nervous System.

**Unit II**

- Sensory Processes: Visual, auditory and other senses: Structure and functions.
- Attentional Processes: Nature, types and determinants of attention.
- Perceptual Processes: Nature and determinants, perceptual organization, form, space and depth perception. Perceptual constancy and illusion.

**Unit III**

- Learning: Nature of learning process. Classical and Operant conditioning: Basic principles and types. Thorndike's trial and error theory, Gestalt theory of insight, and Bandura's observational learning theory. Transfer of training, types of transfer, factors influencing learning.
- Memory and Forgetting: Memory: Encoding, storage and retrieval processes. The stages of memory: The information processing approach. The Sensory, short term and long term memory. Methods of measuring memory. Techniques of improving memory. Forgetting: Nature, causes and various theories of forgetting: Decay, interference, motivational theory.

- Motivation and Emotion: Indicators of motivation, the motivational cycle. Classification of motives: Biogenic, sociogenic and personal motives. Emotion: Nature and dimensions of emotion. Development, expression and control of emotions. Theories of Emotion: James-Lang'e, Cannon-Bard, Schachter and Singer, Lazarus, Lindsley's activation theory. Physiological correlates of emotion. Culture and emotion.

#### Unit IV

- Thinking: Nature and types of thinking. Realistic and autistic thinking. Tools of thinking: concepts, imagery, prototypes, script, schema, language and thought.
- Intelligence: Definition, concept of I.Q. Genetic and environmental influences on intelligence. Factor theories: Spearman, Thurstone and Guilford. Process-oriented theories: Piaget, Bruner, and Sternberg. Creativity and intelligence.
- Personality: The concept of personality. Trait and type approaches of personality. The Biological, social and cultural determinants of personality.

#### BOOKS RECOMMENDED:

- Atkinson and Hilgard (2002). Introduction to Psychology. New York: Thomson Wadsworth.
- Baron, R. A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon.
- Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.
- Lefton, L. A. (1985). Psychology. Boston: Allyn and Bacon.
- Morgan, C. T., King, R.A. Weiz, J. R., Schopler, J. (2001). Introduction to Psychology. Tata McGraw Hill.
- Singh, A. K. (2000). Uchcharat Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- Zimbardo, P.G. and Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.

**PAPER 2: BAPSY102 EXPERIMENTAL METHODOLOGY AND STATISTICS****Unit I**

- ☐ Introduction: Nature of Science and Scientific method. Steps involved in experimentation.
- ☐ Problem and Hypothesis: Nature, types and sources.
- ☐ Variables: Nature and types, Control of Variables.
- ☐ Experimental Design: Meaning, purpose and types.

**Unit II**

- ☐ Meaning and Purpose of Statistics in Psychology: Discrete and Continuous Scores.
- ☐ Frequency Distribution and their Graphical Presentation: Frequency polygons, Histograms and Ogive. Percentile point and percentile rank.

**Unit III**

- ☐ Measures of Central Tendency: Mean, Median, Mode and its meaning, application and computation.
- ☐ Measures of Variability: Range, quartile deviation, average deviation, standard deviation, meaning application and computation.

**Unit IV**

- ☐ Correlation: Concept of correlation: linear and non-linear correlation; Pearson's Product Moment correlation, Spearman's rank order correlation.
- ☐ Preparation of Data for Computer Analysis: Familiarization with software packages of statistics and their application.

**BOOKS RECOMMENDED:**

- Garrett, H. E. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Garrett, H. E. (1993). Siksha evam Manovigyan Mein Sankhyiki. New Delhi: Kalyani Publishers.
- Guilford, J.P. & Fruchter (1973). Fundamentals of Statistics in Psychology and Education. Tokyo: Kogapusha.
- Kapil, H.K. (1980). Sankhyaki ke Mool Tatva. Agra: Vinod Pustak Mandir.
- McGuigan, F.J. (1990). Experimental Psychology (5<sup>th</sup> Edition). New Delhi: Prentice Hall. India.
- Singh, A.K. (2000). Test, Measurement and Research Methods. New Delhi: Motilal Banarsi Das.
- Suleman, M. (1997). Sankhyaki ke Mool Tatva. Patna: Shukla Book Depot.
- Verma, P. & Srivastava, D.N. (1996). Manovigyan aur Shiksha mein Sankhyaki. Agra: Vinod Pustak Mandir.

**PAPER 3: BAPSY103P PRACTICAL**

Any six experiments of the following should be performed.

1. Bilateral transfer of training.
2. Maze learning.
3. Influence of set on perception.
4. Retroactive Inhibition.
5. Effect of knowledge of results on performance.
6. Perceptual organization.
7. Memory span for digits and words.
8. Zeigarnick effect.

**B.A. PSYCHOLOGY- II YEAR****PAPER 1: BAPSY201 PSYCHOPATHOLOGY****Unit I**

- ☐ Introduction to Psychopathology: The concept of normality and abnormality; Classification of mental disorders (ICD X and DSM IV).
- ☐ Mental Illness: Signs, symptoms and syndromes. Causes of abnormal behaviour: Biological, psychological, social and cultural factors.
- ☐ Psychological Models of Psychopathology: Biological, psychodynamic, behavioural, cognitive-behavioural, humanistic, existential, socio-cultural.

**Unit II**

- ☐ Stress: Nature sources and types; PTSD & Acute stress disorder. Coping with stress.
- ☐ Psychosomatic Disorders: Symptoms, causes and treatment.

**Unit III**

- ☐ Anxiety Disorders: Panic disorder, Phobia, Obsessive compulsive disorder, Generalized Anxiety disorder; their symptoms, types, etiology and treatment.
- ☐ Somatoform Disorders: Dissociative disorders.

**Unit IV**

- ☐ Psychotic Disorders: Symptoms, types, etiology and treatments.  
(a) Schizophrenia (b) Delusional disorders.
- ☐ Mood (Affective) Disorders: Manic episode, Depressive episode, Bipolar Affective disorders, Dysthymia.

- Personality Disorders: (a) Dissociative (b) Impulsive (c) Anti Social  
(d) Borderline (e) Avoidance (f) Dependent Personalities

### **BOOKS RECOMMENDED:**

- Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- Carson, R.C.; Butcher, J. N. & Mineka, S. (2010). Abnormal Psychology and Modern life. Pearson Education, Inc. and Dorling Kindersley publications Inc.
- Sraon, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviours (11<sup>th</sup> Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.

## **PAPER 2: BAPSY202 SOCIAL PSYCHOLOGY**

### **Unit I**

- Introduction: Nature and scope; Methods of studying social behaviour: Observation, experimental, field study, survey, sociometry and cross cultural.
- Socialization: Agents and mechanisms, socialization and deviation.
- Perceiving Others: Forming impressions; Role of non-verbal cues, group stereotypes, central traits; primary and recency effects; Models of information integration; Attribution of causality: Biases and theories (Jones and Davis Kelley).

### **Unit II**

- Perceiving Groups: Prejudice, Stereotypes and Conflicts: Sources, dynamics and remedial techniques.



- Interpersonal attraction: Nature, measurement and antecedent conditions of interpersonal attraction.
- Attitudes: Nature, Formation and change of attitudes. Measurement of attitudes.

### Unit III

- Group Dynamics and Influence: Structure, function and types of the groups. Social facilitation, social loafing, individuation; Group cohesiveness, norms and decision making. Conformity, obedience and social modeling.
- Leadership: Definitions and functions; Trait, situational, interactional, behavioural and contingency approaches to leadership effectiveness.

### Unit IV

- Communication: Verbal and non-verbal strategies. Language and social interaction. Barriers to communication.
- Aggression: Determinants: Personal and social; Theoretical perspectives: Biological, trait, situational and social learning; Control of aggression.
- Helping Behaviour: determinants: Personal, situational and socio-cultural determinants; Bystander Effect; Theoretical perspectives: Exchange and Normative.

### BOOKS RECOMMENDED:

- Alcock, J. E. Carment, D.W. Sadava, S.W. Collins, J. E., Green, J. M. (1997). A Text Book of Social Psychology. Scarborough, Ontario: Prentice Hall/Allyn & Bacon.
- Baron, R. A. Byrne, D. (2002). Social psychology. New Delhi: Prentice Hall.
- Feldman, R. S. (1985). Social Psychology: Theories, Research and Application. New York: McGraw Hill.
- Myers, David, G (1994). Exploring Social Psychology. New York: McGraw Hill.

- Singh, A. K. (1996). Adhunik Samajik Manovigyan ki Rooprekha (3<sup>rd</sup> edition). Varanasi: Motilal Banarsi Das.
- Tripathi, L. B. (1992). Adhunik Samajik Manovigyan Agra: National Psychological Corporation.
- Worchel, S. & Cooper, J. (1983). Understanding Social Psychology. Illinois: Dorsey Press.

### **PAPER 3: BAPSY203P PRACTICAL**

Any six tests of the following should be performed.

1. Attitude Scale.
2. Test of Aggression.
3. Sociometry.
4. Social Facilitation/Conformity
5. Anxiety
6. S.S.C.T.
7. EPI (Eysenck Personality Inventory)
8. Stress/Coping.

### **B.A. PSYCHOLOGY- III YEAR**

#### **PAPER 1: BAPSY301 MEASUREMENT AND STATISTICS**

##### Unit I

- Scaling techniques and Measurement: Scaling techniques: Paired comparison, rating and ranking.

- ☐ Levels of Measurement: Nominal, interval, ordinal and ratio scales.
- ☐ Tests: Meaning and characteristics. Types of tests.

## Unit II

- ☐ Test Construction: Test-construction and standardization of test; Norms-types. Item analysis. Concept and measurement of reliability and validity.
- ☐ Errors in Measurement: Examiner's variables, Testee's variables, Situational variables in psychological measurement.

## Unit III

- ☐ Research Design: Meaning, characteristics and purpose of research design.
- ☐ Types of Design: Between Group and within Group design, Factorial design, Ex-Post facto design.
- ☐ Normal Distribution: Concept of probability. Laws of probability. Characteristics of NPC. Deviation from NPC; Skewness and kurtosis. Applications of NPC.

## Unit IV

- ☐ Hypothesis Testing and Making Inferences: Population and sample: Random sampling; Sampling distribution, Standard errors of mean, S.D. and r, df; nature and assumptions of t-distribution; computation of t values for independent and dependent samples; interpretation of t values-level of significance; type-I and type-II errors in inference making.
- ☐ ANOVA: Purpose and assumptions of ANOVA. One way ANOVA.
- ☐ Non-Parametric Statistics: Nature and assumptions, Chi-square, Median and sign test

## BOOKS RECOMMENDED:

- ☐ Anastasi, A.S. Urbina. S (1999). Psychological Testing, (7<sup>th</sup> International Ed.). MacMillan Co.

- Broota, K.D. (1992). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
- Garrett, H. (Eds) (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Kapil, H.K. (1980). Sankhyaki ke Mool Tatva Agra: Vinod Pustak Mandir.
- Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing, Principles, Applications and Issues (5<sup>th</sup> Ed.) USA: Wadsworth Thomson learning.
- Minium, E.W. King. B.M. & Bear. G. (1993). Statistical Reasoning in Psychological and Education. New York: John Wiley.
- Siegel, S. (1994). Non Parametric Statistics. McGraw Hill.
- Singh, A.K. (2000) Test, Measurement and Research Methods. Patna: Bharti Bhawan.
- Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.

## **PAPER 2: BAPSY302 COUNSELLING AND GUIDANCE**

### Unit I

- Introduction: Nature and goals of Counselling. Distinction between Guidance and Counselling.
- Perspectives of counselling: Psychoanalytic, behavioural, cognitive and humanistic,
- Types of Counselling:
  - (a) Directive, Non-directive and eclectic.
  - (b) Individual and group counselling.

**Unit II**

- ☐ Counselling Process: Principles of Counselling.
- ☐ Counselling skills: Rapport, Empathy and Communication.
- ☐ Phases of Counselling: Initial, Middle, Terminal and Follow up.
- ☐ Special Areas of Counselling: Career counselling, marital counselling, personal counselling and counselling of alcoholics and drug addicts.

**Unit III**

- ☐ Introduction to Guidance: Need for guidance, Nature, goals and functions of guidance,
- ☐ Areas of Guidance: Educational, vocational and personal.

**Unit IV**

- ☐ Testing Techniques in Guidance:

Intelligence

Personality

Aptitude

Interests

Achievement tests

**BOOKS RECOMMENDED:**

- ☐ Gelso, C. J. and Pretz, B.R. (1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
- ☐ Gibson, R. L. & Mitchell, M.H. (2005). Introduction to Counseling and Guidance (6<sup>th</sup> Ed.). Pearson Education.
- ☐ Patri, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
- ☐ Rao, S. N. (1991). Counselling and Guidance (28<sup>th</sup> Reprint 2008). New Delhi: TataMcGraw Hill.

- Rai, A and Asthana, M. (2003). Guidance and Counseling (Concepts, Areas and Approaches). New Delhi: Moti Lal Banarsi Das.
- Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of counselling Psychology (2<sup>nd</sup> Ed.). London: Sage Publication Ltd.

### **PAPER 3: BAPSY303 (A) ORGANIZATIONAL BEHAVIOUR**

#### **Unit I**

- Introduction: Nature and Scope, contribution of Taylor, F.W. and Elton Mayo. New challenges and opportunities.
- Selection and Placement: Basic selection models, measurement of individual differences. Techniques of selection: Interview and psychological testing.

#### **Unit II**

- Personnel Training and Development: Training, Methods of Training on the job and off the job. Techniques of management development. Evaluation of training programmes.
- Motivation: Major Theories: Maslow, Adams and Vroom. Financial and non-financial incentives. Job characteristics; two models: job enrichment, quality of work life.

#### **Unit III**

- Job Satisfaction and Industrial Morale: Nature, determinants and theories (Herzberg, Vroom).
- Performance Appraisal: Appraisal process, methods of performance appraisal and factors distorting performance appraisal.
- Organizational Stress: Nature, sources, role stress and its effect on job behaviour.

## Unit IV

- Human Engineering: Man-machine system. Designs, display, controls and action.
- Accident and Safety: Risk taking behaviour. Accident proneness. Causes of accidents: Physical and human factors. Safety measures in industries.

### BOOKS RECOMMENDED:

- Blum, M. L. and Naylor J. C. (1968). Industrial Psychology: Its Theoretical and Social Foundations.
- Luthans, F (2005). Organizational Behaviour (10<sup>th</sup> Ed.). New York: TataMcGraw Hill.
- Memoria, C. B. Personnel Management.
- Rastogi, G. D. (1992). Vyavaharik Manovigyan. Agra: Har Prasad Bhargava.
- Robbins, S. J. & Sanghi, S. (2009). Organizational Behaviour.
- Singh, A. P. (1995). Vyavaharik Manovigyan. Varanasi: Abhishek Publications.
- Wexley, K. N. & Yulk, G.A. (1987). Organizational Behaviour and Personnel Psychology.

### **PAPER 3: BAPSY303 (B) HEALTH PSYCHOLOGY**

## Unit I

- Introduction: Nature, scope and a brief history of health psychology. The role of health psychologists.
- Systems of Body: Nervous System, Endocrine System, Cardio Vascular System, Respiratory system, Renal system, Digestive system, Genitals and Immunity system.
- Models of Health: Bio-Psycho-Social and Cultural Models: Health belief models.

## Unit II

- Health Behaviour and Primary Preventions: Determinants of health behaviour. Health enhancement: modification of health behaviour, changing health through beliefs and attitudes, social engineering, habit modifications, exercise, physical examination, weight control and diet control.
- Pain and Management: Measurement of pain, clinical management and pain control techniques.

## Unit III

- Cardio vascular disease, diabetes, paralysis, brain strokes and hypertension: symptoms, causes and remedies. Type A behaviour in reference to diseases.
- Stress and Health: Nature and types of stress, causes and consequences of stress. Stress management, measurement of stress. Role of social support.

## Unit IV

- Management of Chronic and Terminal Illness: Management of chronic and terminal illness, coping, rehabilitation of chronically ill, psychological interventions.
- Health issues related to children, adolescents, women and elderly.
- Future challenges to health Psychologists.

**BOOKS RECOMMENDED:**

- Bennett, P. Weinman J & Spurgeon, P (Eds.) (1990). Current Development in Health Psychology. U. K.: Hand Academic Publishers.
- Friedman-DiMateo. (1989). Health psychology. New York: Prentice Hall.
- Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology: Theory, Research and Application, New Delhi: Concept.
- Mathur, S. S.: Health Psychology. Agra: Vinod Pustak Mandir.



**PAPER 3: BAPSY303 (C) ENVIRONMENTAL PSYCHOLOGY**

**Unit I**

- Environmental Psychology: Nature and characteristics; classification of environment. Indian perspective on human- environment relationship.
- Theories Of Environment - Behavior Relationship: Arousal, Environmental load, Adaptation level and Ecological Approach.
- Research Methods in Environmental Psychology: Experimental, Simulation, co relational and descriptive; Methods of data collection: Self-report naturalistic observation, field survey, interview and questionnaire.

**Unit II**

- Ecology and Development: Human nature and environmental problems; pro-social and pro-environmental behaviours, ecosystems and their components: Ecology, Demography, Mortality and Fertility. Resource use: Common property resources, sustainable developments, acculturation and psychological adaptation.
- Environmental Stress: Nature and characteristics. Types of stress: Natural disasters, technological catastrophe, noise and air-pollution.

**Unit III**

- Environmental Perception, Cognition and Attitudes: Nature and characteristics of environmental perception: social and cultural influences. Environmental cognition and cognitive mapping. Acquisition of environmental attitudes.
- Effect of Environment on Behavior: Personal space and territoriality: Nature functions and determinants of personal space, consequences of personal space invasion territoriality functions any types.

## Unit IV

- Crowding: Nature and characteristics, features, effects of crowding on animals and human beings.
- Environmental Psychology and Saving the Environment: Environmental education prompts and reinforcement techniques in Indian context.

**BOOKS RECOMMENDED:**

- Bell, P. A. Greene, T. C. Fisher, J. D. & Baum A. (2001). Environmental Psychology (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
- Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; shambala Ittcison W. H. Proshansky, H. M., Rilvin, E. G., Winkel, G. H. & Dempsey, D. (1974). An Introduction to Environmental Psychology. New York: Holt Rinehart and Winston.
- Jain, U. (1987). The Psychological Consequences of Crowding. New Delhi: Sage.
- Stokols, D. and Atmann, I. (Eds) (1987). Handbook of Environmental Psychology. New York: Wiley.
- Tewari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.

**PAPER 4: BAPSY304P PRACTICAL**

Field survey on a small sample ranging from 10-20. Report to be submitted along with the original certificate of the organization visited by the student/students.

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