

Bhaktakavi Narsinh Mehta University Junagadh.



Choice Based Credit System (C.B.C.S) In U.G (Arts) Syllabus For Psychology

B.A Semester -3 and 4

- 1.Core Course (CCT)
- 2.Elective Course (ECT)

A draft Of C.B.C.S Courses in B.A.
Psychology Submitted to be Executed
from June.-2019

Adhoc Board of study
Psychology

B.A Semester -3

**BHAKTAKAVI NARSHINH MEHATA UNIVERSITY
CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS
FOR PSYCHOLOGY**

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2019]

S. No.	Diploma/ Graduate/ Post Graduate	Semester	Foundation/ Core/ Elective-1 Elective-2	Course/ Paper's Name	Paper No.	Credit	Internal Marks	External Marks	Practical / Viva Marks	Total Marks	Course/ Paper's Unique Code
01	Graduate	03	Core	SOCIAL PSYCHOLOGY	Paper-5	03	30	70	00	100	
02	Graduate	03	Core	PSYCHOPATHOLOGY	Paper-6	03	30	70	00	100	
02	Graduate	03	Core	SYSTEM AND THEORY OF PSYCHOLOGY	Paper-7	03	30	70	00	100	
03	Graduate	03	Elective-1	GENERAL PSYCHOLOGY	Paper-5	03	30	70	00	100	
04	Graduate	03	Elective-1 (OPTIONAL)	Environmental Psychology	Paper-5	03	30	70	00	100	
05	Graduate	03	Elective-1	PSYCHOLOGY OF CHILD BEHAVIOUR	Paper-6	03	30	70	00	100	
06	Graduate	03	Elective-1 (OPTIONAL)	HEALTH PSYCHOLOGY	Paper-6	03	30	70	00	100	
07	Graduate	03	Elective-2	GENERAL PSYCHOLOGY	Paper-5	03	30	70	00	100	

08	Graduate	03	Elective-2 (OPTIONAL)	Environmental Psychology	Paper-5	03	30	70	00	100	
09	Graduate	03	Elective-2	PSYCHOLOGY OF CHILD BEHAVIOUR	Paper-6	03	30	70	00	100	
10	Graduate	03	Elective-2 (OPTIONAL)	HEALTH PSYCHOLOGY	Paper-6	03	30	70	00	100	

FACULTY OF ARTS
Syllabus
Subject psychology
Course Name: B.A. Sem III Core subject: Psychology
Paper Number- 05
Paper Name- “SOCIAL PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-05	SOCIAL PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

1. The objective is to introduce students to the powerful influence of society in shaping their thinking and behavior
2. It also aims to enable them to apply their understanding to contemporary social issues

Course Contents:

Unit-1 - Introduction of Method of Social Psychology

Introduction

Definition, and Nature of Social Psychology

Scope of Social Psychology

Importance of Utility of Social Psychology

Unit : 2- Method of Social Psychology

Interview Method

Filed study Method

Sociometric Method

Unit : 3- Socialization

Introduction

Definition of Socialization

Process of Socialization

Mediators (Tools) of Socialization

Unit : 4- Social Interactions

Meaning and Types of Social Interaction

Assisting (Mechanisms) of Social Interaction

1. Meaning, Nature and Types of Suggestion 2. Meaning, Nature of Types of Imitation

Unit : 5- Social Attitudes

Definition, Nature of Attitude

Formation and Change of Attitude

Measurement of Attitude

Readings:

Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th Ed.). New Delhi, India: Pearson.

Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology*. Harlow: Pearson Prentice Hall.

Husain, A. (2012). *Social psychology*. New Delhi, India: Pearson.

Myers, D. G. (2008). *Social psychology*. New Delhi, India: Tata McGraw-Hill.

Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social psychology* (12th Ed.). New Delhi, India: Pearson.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem III Core subject: Psychology
Paper Number- 06
Paper Name- “PSYCHOPATHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-06	PSYCHOPATHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

1. To impart knowledge about the normality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for psychological assessment of different normal conditions.
4. To impart various of personal adjustments.

Course Outline :

Unit-1 - Introduction of Psychopathology

Introduction

Meaning Nature and Scope of Psychopathology

What is Abnormality ? (Meaning of Abnormal)

Characteristics of Normal – Abnormal Personality

Unit : 2- Frustration and Stress

Introduction

Meaning of Frustration

Reason and Results of Frustration

Introduction and Meaning of Stress

Unit : 3 -Defiance Mechanism

Introduction of Defiance Mechanism

Definition of Defiance Mechanism

Function and Types Defiance Mechanism

Unit : 4- Neurosis

Meaning of Neurosis

Characteristic of Neurosis

Unit : 5- Types of Neurosis

Types of Neurosis

1. Anxiety 2. Phobia
3. Obsessive Compulsive Reactions 4. Dissociative Reactions
5. Conversion Reactions 6. Depressive Reactions

Readings:

Adams, P. B., & Sutker, H. E. (2001). *Comprehensive handbook of psychopathology* (3rd ed.). New York: Springer.

Craighead, W. E., Miklowitz, D. J., & Craighead, L. W. (2008). *Psychopathology: History, diagnosis and empirical foundations*. New York: John Wiley and Sons.

Hersen, M., & Beidel, D. (2012). *Adult psychopathology and diagnosis* (6th ed.). New York: Wiley.

Maddux, J. E., & Winstead, B. A. (2007). *Psychopathology: Foundations for a contemporary understanding*. New York: CRC Press.

Blaney, P. H., Krueger, R. F., & Millon, T. (2015). *Oxford textbook of psychopathology* (3rd ed.). New York: Oxford University Press.

Millon, T., Krueger, R. F., & Simonsen, E. (2011). *Contemporary directions in psychopathology*. New York: Guilford Press.

Sadock, B. J., & Sadock, V. A. (2015). *Kaplan and Sadock's synopsis of psychiatry* (11th ed.). PA, USA: Lipincott, Williams and Wilkins.

Faculty of Arts

Syllabus

Subject psychology

Course Name: B.A. sem III Core subject: Psychology

Paper Number- 07

Paper Name- "SYSTEM AND THEORY OF PSYCHOLOGY".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-07	SYSTEM AND THEORY OF PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

- 1.To impart knowledge about the systems of Psychology
2. To make students understand the nature and course of various schools of psychology.

Course Outline :

Unit-1 - Introduction of School Psychology

Meaning and Characteristics of School

Reason of existence of School in Psychology

Function and Importance of School Psychology

Unit : 2- Structuralism and Functionalism

Theory of Structuralism

Roll of Wilihem Wundt

Functionalism

Unit : 3- Behaviorism

Principal of Behaviorism

Contributions of Watson in Behaviorism

Contributions of Guthrie, Skinner ,Pavlov

Unit-4- Gestaltism and Filed Theory

Meaning and Principal of Gestalt Psychology

Laws of Organization in Perception

Filed Theory and Life Space Theory

Contribution of Kurt Lewin

Unit : 5 - Psycho-Analysis

Basic Introduction of Psycho-Analysis

Principal of Psycho-Analysis (Singmand Frued)

Adler's Individual Psychology

Jung's Analytical Psychology

Readings:

Woolman B. B. : Contemporary Theories and Systems of Psychology, Harpea Publishing Co. N.Y. 1960

Dr. B.A. Parikh : Manovigyan na Siddhanto ane Sampradayo.Uni. Granth Nirman Board.

Brennan, J. F. (2005). *History and systems of psychology*. Delhi, India: Pearson Education.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.

Schultz, D. P. (1969). *A history of modern psychology*. New York: N.Y. Academic press.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 05
Paper Name- “GENERAL PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -I	ECT-05	GENERAL PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

1. The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come important application areas of Psychology.
2. Learn to use Psychology and other information sources.

Course Outline :

Unit-1 - Learning

Meaning and Nature of Learning

Theory of Learning : 1. Trial and Error, 2. Conditioning 3. Insight

Effective variable of Learning Process

Unit : 2 - Memory

Meaning

Stages of Memory

Characteristics of Good Memory

Definition of Forgetting

Determinants or causes of forgetting

Unit :3 – Attention And Perception.

Definition and meaning Of attention.

Effective factor Of attention.

Definition and Meaning Of perception

Effecting factor Of perception.

Illusion.

Unit : 4 - Motivations

Definition

Nature

Types of Motivation (Physiological, Psychological, Social)

Unit : 5 - Personality

What is Personality?

Types of Personality

Factor affecting of Personality

Readings:

Morgan, C. T., & King, R. (1993). *Introduction to psychology*. New Delhi, India: Tata McGraw Hill Publishing Company Limited .

Munn, N. L. (1967). *Introduction to psychology* (3rd Ed.). New Delhi, India: Oxford & IBH Publishing Co.

Khatoon, N. (2012). *General psychology*. New Delhi, India: Pearson Education.

Sdorow, L. M. (1998). *Psychology* (4th Ed.) Boston: McGraw-Hill.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 05 (OPTIONAL)
Paper Name- “Environmental Psychology”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -I (Optional)	ECT-05 (Optional)	Environmental Psychology	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

- 1 To get acquaintance with the contribution of psychology in understanding the peoples' responses to environmental problems.
- 2 To understand the psychological and social consequences of environmental degradation (pollutions, crowding, congestion, encroachment of personal space.
- 3 To understand the human-environment transaction, and possibility of behavioral intervention strategies to minimize the adverse effects.
- 4 Understand that pro-environment behavior which is highly needed to reduce the ill effects of environmental quality.

Course Contents:

UNIT 1.- Emergence of environmental psychology and its growth

Definition and scope. Human-environment relationship: different worldviews to understand human-environment relationship.

Salient features of environmental psychology.

Indian views on human-environment relationship.

UNIT 2- Human-environment transaction

Personal space, territoriality, crowding.

Theoretical models: stimulus overload, behavioural constraint, ecological and adaptation.

UNIT : 3- Environmental stress:

Concept and type of stress.

Sources of stressors: Cataclysmic, ambient stressors, daily hassles.

Pollutions: noise, air, water, chemical and their consequences.

UNIT: 4- Pro-environmental behaviour

Changing the environmental destructive mindset.

Environmental education, environmental prompts and cues.

UNIT :5- Recent trends and future directions in environmental psychology.

Recent trends and future directions in environmental psychology.

Indian research on crowding and personal space.

Reinforcement strategies, Environmental movements.

Readings:

Nagar, D. (2006). *Environmental psychology*. New Delhi, India: Concept.

Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 06
Paper Name- “Psychology of child behaviour”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -II	ECT-06	Psychology of child behaviour	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

- 1.To understand how to do research and intervention with children.
2. To learn major themes and domains of child development.
3. To understand the impact of social context on development.
4. To gain knowledge of effective parenting and instructional practices that enhance children’s well-being.

Course contents-

Unit-1- Introduction of Child Psychology

Introduction

Definition, and Nature of Child Psychology

Scope of Child Psychology

Importance of Child Psychology

Unit : 2 - Method of Child Psychology

Observation

Event Note

Autobiography

Unit : 3 - Growths and Development

Meaning of growth and development

Characteristics of growth and development

Unit : 4- Disciplines and Authority

Meaning of Discipline and Authority

Various nature of Home Authority

Characteristics of good Discipline

Characteristics of proper Punishment

Unit : 5 - Conflicts and Frustration

Meaning of conflicts and Frustration

Reasons of conflicts and Frustration in Child

Remove of Frustration

Readings:

Anandalakshmy, S., Chaudhary, N., & Sharma, N. (Eds.) (2008). *Researching families and children: Culturally appropriate methods*. New Delhi, India: Sage Pub.

Clarke, J. (2006). *Children and childhood*. New York: Wadsworth.

Damon, W., & Lerner, R. M. (Eds.) (2006). *Handbook of child psychology* (6th ed.). New York: Wiley.

Donaldson, M. (1986). *Children's minds*. London: Harper Collins Publishers Ltd.

Erikson, E. (1950). *Childhood and society*. New York: Norton.

Huges, F. (2010). *Child, play and development*. Thousand Oaks, CA: Sage publication.

Saraswathi, T. S. (Ed.) (1999). *Culture, socialization and human development: Theory, research and applications in India*. New Delhi, India: Sage.

Siegler, R., & Alibali, M. W. (2005). *Children's thinking*. (4th ed.). Upper Saddle River, New Jersey: Prentice Hall.

Siegler, R., Deloache, J., & Eisenber, N. (2002). *How children develop*. New York: New Worth Publishers.

Trawick, M. (1990). *Notes on love in a Tamil family*. California : University of California Press.

Faculty of Arts

Syllabus

Subject psychology

Course Name: B.A. sem III Elective –I/II subject: Psychology

Paper Number- 06 (OPTIONAL)

Paper Name- “Health Psychology”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -II (Optional)	ECT-06 (Optional)	Health Psychology	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

1. Appreciate how individual behaviour is influenced by Health and Cultural Context.
2. Understand how social behaviour can be analysed in terms of Health Psychological Theories
3. Realise how Health Psychological knowledge can be used in Solving Health Problems.

Course Outline:

Unit-1- Introduction to Health Psychology

Introduction

Definition of Health Psychology

Definition of Health Psychology

Development of Health Psychology

Nature of Health Psychology

Unit : 2- Models of Health

Bio psychosocial Model

Biomedical Model

Psycho-cultural Model

Health Belief Model

Unit : 3- Lifestyle and Health

The Theory of Reasoned Action

Health Seeking Behavior

The Theory of Planned Behavior

Self Regulation Theory

Indian views of Health

Unit : 4- Health Promoting and Health Damaging Behavior

Promoting Behavior

Damaging Behavior

Unit : 5- Health Related Disease

Stress

Heart Disease

Diabetes

Readings:

Brannon, L., & Feist, J. (2007). *Introduction to health psychology*. New Delhi, India: Thomson, Wadsworth.

Dimatteo, M. R., & Martin, L. R. (2002). *Health psychology*. New Delhi, India: Allyn & Bacon.

Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological testing: principles, applications and issues* (6th ed.). US: Thomson-Wadsworth, Cenage Leading India Pvt Ltd.

Myers, D. G. (2010). *Psychology* (9th ed.). New York: Worth Publishers.

Ogden, J. (2000). *Health psychology: A textbook*. Philadelphia: Open University Press.

Taylor, S. E. (2011). *Health psychology*. New Delhi, India: Tata McGraw-Hill.

Weinman, J., Johnston, M., & Molloy, G. (2006). *Health psychology*. London: Sage Publications.

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Choice Based Credit System (C.B.C.S) In U.G (Arts) Syllabus For Psychology

B.A Semester -04

- 1.Core Course (CCT)
- 2.Elective Course (ECT)

A draft Of C.B.C.S Courses in B.A.
Psychology Submitted to be executed
from Nov.-2019

Board of studies
Psychology

B.A Semester -4

BHAKTAKAVI NARSHINH MEHATA UNIVERSITY
CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS
FOR
PSYCHOLOGY

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2018]

S. No.	Diploma/ Graduate/ Post Graduate	Semester	Foundation/ Core/ Elective-1 Elective-2	Course/ Paper's Name	Paper No.	Credit	Internal Marks	External Marks	Practical / Viva Marks	Total Marks	Course/ Paper's Unique Code
01	Graduate	04	Core	EXPERIMENTAL PSYCHOLOGY (THEORY)	Paper-8	03	30	70	00	100	
02	Graduate	04	Core	COGNITIVE PSYCHOLOGY	Paper-9	03	30	70	00	100	
03	Graduate	04	Core	THEORY OF PERSONALITY	Paper-10	03	30	70	00	100	
04	Graduate	04	Elective-1	PSYCHOLOGY OF MARRIAGE LIFE	Paper-8	03	30	70	00	100	
05	Graduate	04	Elective-1 (OPTIONAL)	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	Paper-8	03	30	70	00	100	
06	Graduate	04	Elective-2	PSYCHOLOGY FOR DISEASES AND THERAPY	Paper-9	03	30	70	00	100	
07	Graduate	04	Elective-2 (OPTIONAL)	COUNSELLING PSYCHOLOGY	Paper-9	03	30	70	00	100	

Conceptual Framework of the Syllabus of Psychology-Semester 4

Sr . No	Level UG	Semester	Course Group Core Elective -1 Elective -2	Course (Paper) Title	Paper No.	Credit	Internal Marks	External Marks	Practical/ Viva/ Marks	Total Marks	Course (Paper) Unique Code
01	UG	04	Core	EXPERIMENTAL PSYCHOLOGY (THEORY)	08	03	30	70	--	100	
02	UG	04	core	COGNITIVE PSYCHOLOGY	09	03	30	70	--	100	
03	UG	04	core	THEORY OF PERSONALITY	10	03	30	70	--	100	
04	UG	04	Elective -1	PSYCHOLOGY OF MEARRIGE LIFE	08	03	30	70	--	100	
05	UG	04	Elective -2	PSYCHOLOGY OF MEARRIGE LIFE	08	03	30	70	--	100	
06	UG	04	Elective-1	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	08 (optional)	03	30	70	--	100	
07	UG	04	Elective-2	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	08 (optional)	03	30	70	--	100	
08	UG	04	Elective -1	PSYCHOLOGY FOR DISEAS AND THERAPY	09	03	30	70	--	100	

09	UG	04	Elective -2	PSYCHOLOGY FOR DISEAS AND THERAPY	09	03	30	70	--	100	
10	UG	04	Elective-1	COUNSELLING PSYCHOLOGY	09 (optional)	03	30	70	--	100	
11	UG	04	Elective-2	COUNSELLING PSYCHOLOGY	09 (optional)	03	30	70	--	100	

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 08
Paper Name- “EXPERIMENTAL PSYCHOLOGY (THEORY)”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-08	EXPERIMENTAL PSYCHOLOGY (THEORY)	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- (1) To acquaint Students with the basic concepts of Experimental Psychology.
- (2) To Provide Students a Perspective of Experimental Psychology

Unit – I

Experimental Method :

- Introduction.
- Meaning and Types of Experiment.
- Meaning and Types of Variable.
- Advantages and Limitations of Experimental Method.

Unit – II

Control in Experiment :

- Meaning and Types of Experimental Error.
- Various Techniques for Control.
- Single and Double Blind Technique.

- Matching.
- Randomization.
- Counter balancing.

Unit – III The Psychophysics :

- Psychophysics - Introduction.
- Types of Measurement Scales.
- Meaning of Psychophysical Methods.
- The basic Problems in Psychophysics.
- The basic concept of Psychophysics.

(1) Sensitivity

(2) Threshold

(3) Point of Subjective Equality

(4) Variable and Constant Errors.

Unit – IV Methods of Psychophysics :

- The Method of Minimal Changes.
- The Method of Constant Stimuli.
- The Method of Average Error.
- Method of Ranking.

Unit – V Measurement of Learning And Memory :

- Measurement of Learning.
- Types of Learning (Verbal Learning, Motor Learning and Problem Solving).
- Measurement of Learning.
- Learning Curves.
- Basic distinctions about Memory
- Short term Memory
- Long term Memory

Basic Books :

1. Postman and Egan : Experimental Psychology - An Introduction. Harper & Row, New York (Indian Edition is available).
2. Woodworth and Schlosberg. Experimental Psychology (Revised) Oxford & IBH Publishing Co., New Delhi.
3. Borton Andrews. Experimental Psychology Wiley Eastern Pvt. Ltd., New Delhi.
4. Morgan and King. Introduction to Psychology (4th ed.) McGrew Hill Book Co. New York (Indian Edition is Available).

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 09
Paper Name- “COGNITIVE PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-09	COGNITIVE PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- 1.To learn about basic cognitive processes through scientific methods.
2. To understand various mental processes: Attention and Consciousness, Memory processes, Reasoning and Decision making.

Course Contents:

1 Cognitive Processes

- 1.1 Nature, emergence and stages.
- 1.2 Methods to study cognitive Psychology: Observation, Introspection, Experimental, Quasi-Experimental and Neuropsychological.

2 Attention and Consciousness

- 2.1 Types: Selective Attention, Divided Attention and Sustained Attention.
- 2.2 Theories: Early and Late Selection, Capacity and Mental Effort Models.
- 2.3 Consciousness: Nature, Types and Functions.

3 Memory Processes

- 3.1 Encoding, Storage and retrieval.

3.2 Metaphors of Memory: Sensory, Short-term and Long-term.

3.3 Working Memory, Mnemonics and Memory Codes.

4 Reasoning and Decision Making

4.1 Types of Reasoning: Inductive and Deductive.

4.2 Approaches to Reasoning: Componential, Rules/Heuristics and Mental Models.

4.3 Cognitive Illusions in Decision Making: Availability, Representativeness, Framing Effect and Hindsight Bias.

Readings:

Eysenck M. W., & Keane M. T. (2005). *Cognitive psychology: A student's handbook* (5th Ed.). New York: Psychology Press.

Galotti, K. M. (2008). *Cognitive psychology: In and out of the laboratory* (2nd Ed.). Bangalore: Wadsworth, Cengage Learning.

Galotti, K. M. (2008). *Cognitive psychology: Perception, attention and memory*. New Delhi: Cengage Learning.

Hunt, R. R., & Ellis, H. C. (2004). *Fundamentals of cognitive psychology* (7th Ed.). New Delhi: Tata McGraw-Hill.

Matlin, M. W. (2008). *Cognition* (7th Ed.). CA: John Wiley & Sons.

Riegler, B. R., & Riegler, G. R. (2008). *Cognitive psychology: Applying the science of the mind* (2nd Ed.). New Delhi: Dorling Kindersley.

Sternberg, R. J., Sternberg, K. (2012). *Cognitive psychology* (6th Ed.). USA: Wadsworth, Cengage Learning.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 10
Paper Name- “THEORY OF PERSONALITY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-10	THEORY OF PERSONALITY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

1. To develop an understanding of the concept of individual difference
2. To develop an appreciation of the biological and social impact on personality
3. To study approaches to personality

Course Contents:

Unit- I

- Definition and Nature of Personality
- Development of Personality
- Determinants of Personality : Biological, Social and Cultural.

Unit -II

- Types of Personality. Indian Concept.
- Constitutional Typology : Kretschmer & Sheldon.

UNIT- III

- Psychoanalytic Theories: Classical Freudian Perspective.
- Neo Psycho Analytic Theories: Adler and Sullivan.

UNIT- IV

-Trait Theories: Allport, Cattell.

-Type Theories: Jung and Eysenck.

UNIT -V

- Need Theory: Murray.

-Field Theory: Kurt Lewin.

Readings:

Adams, D. P. (2000). *The person: An integrated introduction to personality psychology*. Hoboken, NJ: John Wiley.

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research & application*. Hong Kong: Wiley-Blackwell.

Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian edition*. New Delhi, India: Pearson Education.

Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian psychology—Theories and concepts (Vol. 1)*. New Delhi, India: Pearson.

Friedman, H. S., & Schustack, M. W. (2006). *Personality: Classic theories and modern research*. New Delhi, India: Pearson.

Kuppuswamy, B. (2001). *Elements of ancient Indian psychology*. New Delhi, India: Konark Publishers Pvt. Ltd.

Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New Delhi, India: Concept Publishing Company.

Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of east and west*. New York: Plenum Press.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.

Hall, C.S. and Lindzey, C.T. (1985), *Theories of Personality*, 3rd Edition. Wiley Eastern Ltd.

_ Hjella, L.A. and Ziegler, D.J. (1976). *Personality Theories*, McGraw Hill

_ Hurlock, E.S. (1976). *Personality Development*, Tata McGraw Hill

_ Asthana Madhu & Kiran Bala : *Vyaktwa Ka Manovigyan*, Motilal Banarasi Dass.

_ Mischel, W. (1976). *Introduction to Personality*. Holt Rinehart and Winston.

_ Pervin, L.A. (1984). *Personality Theory and Research*, 4th Edition. John Willey and Sons.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 08
Paper Name-“PSYCHOLOGY OF MEARRIGE LIFE”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2	ECT-08	PSYCHOLOGY OF MEARRIGE LIFE	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- (1) To provide students a perspective on human sexuality.
- (2) To help the students to examine their sex roles and relationship with opposite sex.
- (3) To acquaint students with reality of sex and married life and prepare them to build successful marital adjustment
- (4) Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge aboutmental and behavioral processes; learn how to do experimental and non-experimental studies.
- (5) Know how to use the various methods used in experimental psychology, including those for humans, bothinstrument and non-instrument based.

Course Outline :

Unit-1 :

- Introduction to Psychology of Married Life
- Introduction to Psychology of Married Life
- Meaning
- Purpose of Marriage
- Maturity of Marriage

Unit : 2 Fitness of Human Marriage

- Introduction
- Types of Fitness for Marriage
- Processing System of Heredity
- Venereal Disease

Unit : 3 Gender Roles

- Introduction

- Development of Role Concept
- Gender Role and Stereo type Attitude

Unit : 4 Marital Problems

- Marital Conflict
- Causes of Marital Conflict
- Divorce
- Suggestions for Marital Success

Unit : 5 Adjustment in Marriage

- Adjustment in Marriage
- Important of Love in Marriage
- Love as an appraisal of Arousal
- Acceptance Behavior
-

References Basic Books

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4. Bechtel Stefan "The practical encyclopedia of sex and Health". Rajendra Publishing house, Bombay 400 018.
5. Dr. Gandhi Harkisan & Others "Lagna Pehla ane Pachhi" Reprint 1997 Navbharat Sahitya mandir, Ahmedabad-380 001.
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8. Janet S. H. (1990), 4th Ed., "Understanding Human Sexuality", Mc Grow Hill, Book Co., New Delhi.
9. Spencer A. and Co, author, (1993), 1st Ed., "Human Sexuality in world of Diversity", Rathus Allyn and Baco

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 08 (OPTIONAL)
Paper Name- "PSYCHOLOGY OF ABNORMAL BEHAVIOUR".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2 (OPTIONAL)	ECT-08	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

1. Teaching a student the basic concept of Abnormal Behaviour.
2. To impart knowledge of psychosomatic disorders.
3. To impart knowledge of various disorders.

Course Outline :

Unit-1 : Introduction to Abnormal Psychology

- Introduction
- Definition, Nature and Scope of Abnormal Psychology
- Difference between Normal and Abnormal Behavior
- Approaches of Abnormal Behavior

Unit : 2 Causes of Abnormal Behavior

- Physical Causes
- Psychological
- Socio-Cultural

Unit : 3 Neuroses

- Meaning of Neurosis
- Causes
- Types
- Treatment

Unit : 4 Schizophrenia

- What is Schizophrenia?
- Causes
- Types

- Treatment

-

Unit : 5 Psychosomatic Disorders

- What is a Psychosomatic Disorders?
- Peptic Ulcer, Allergic, Asthma, Migraine Hypertension

Readings:

Comer, R. J. (2015). *Abnormal psychology*. New York: Worth publishers.

Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2013). *Abnormal psychology* (15th Ed.). New York: Harper Collins.

Diagnostic and Statistical Manual of Mental Disorders. (2013). Washington, D.C.

Nevid, J., Rathus, S., & Greene, B. (2014). *Abnormal psychology in a changing world*. Upper Saddle River, NJ: Pearson Prentice Hall.

The ICD-10 Classification of Mental and Behavioural Disorders. (1992). Geneva.

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 09
Paper Name- “PSYCHOLOGY FOR DISEAS AND THERAPY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2	ECT-09	PSYCHOLOGY FOR DISEAS AND THERAPY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

- 1.To provide theoretical foundation for the practice of psychotherapy.
2. To help the trainee counselors to choose specific techniques for a particular case.

Course Outline :

Unit-1 : Introduction

- Definition of Psycho-disease
- Scope of Psycho-disease
- Difference between Normal and abnormal personality

Unit-2 : Psychosis

- Introduction
- Meaning and characteristics of Psychosis
- Classification of Psychosis
 - ** Functional Psychoses – Schizophrenia – Paranoia – Manic depressive.
 - ** Organic Psychoses- Psychoses associated with infectious diseases- Epilepsy

Unit-3 : Psychotherapy.

- Introduction
- Definition of psychotherapy
- Aims of psychotherapy
- Psychotherapeutic Devices
 - ** Behavior therapy – Wholpe
 - ** Non directive Psychotherapy – Rogers

Unit-4 : Mental health.

- Introduction
- Factors affecting of mental health
- Characteristics of good mental healthy person.
- Importance of mental health

Unite-5 : Indian therapy.

- Meaning and definition of yoga.
- Stapes of yoga (8 stage)
- Water therapy

References :

- Abramson, L.Y., Seligman, M.E.P., & Teasdale, J.D. (1978). Learned helplessness in humans: Critique and reformulation. *Journal of Abnormal Psychology, 87*, 49-74.
- Achenbach, T.M. (1982). *Developmental psychopathology* (2nd ed.). N.Y.: John Wiley & Sons.
- Ader, R., & Cohen, N. (1984). Behavior and the immune system. In W.D. Gentry (Ed.), *Handbook of behavioral medicine*. New York: Guilford Press.
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- Agras, W.S. (1985). *Panic: Facing fears, phobias, and anxiety*. N.Y.: W.H. Freeman & Co.
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- Akhtar, S., Wig, N.N., Verma, V.K., Pershad, D., & Verma, S.K. (1975). A phenomenological analysis of symptoms in obsessive-compulsive neurosis. *British Journal of Psychiatry, 127*, 342-348.
- Akiskal, H.S. (1983). Diagnosis and classification of affective disorders: New insights from clinical and laboratory approaches. *Psychiatric Developments, 3*, 123-160.
- Akiskal, H.S. (1984). Characterologic manifestations of affective disorders: Toward a new conceptualization. *Integrative Psychiatry, 2*, 83-88.
- Akiskal, H.S., Hirschfeld, R.M.A., & Yerevanian, B.I. (1983). The relationship of personality to affective disorders: A critical review. *Archive of General Psychiatry, 40*, 801-810.

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 09 (OPTIONAL)
Paper Name- "COUNSELLING PSYCHOLOGY".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2 (OPTIONAL)	ECT-09	COUNSELLING PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

- 1.To acquaint the students with the nature and process of counseling.
- 2.To create an awareness about theories and techniques of counseling.
- 3.To enable them to understand different fields of application of counseling.
- 4.To enable students to develop knowledge and skills required in counseling.

Course Outline :

Unit-1 : Introduction to Counseling Psychology

- Introduction
- Meaning of Counseling Psychology
- Goal of Counseling
- Types of Counseling

Unit : 2 Professional Issues, Ethics

- Meaning of Professional Issues
- Ethics
- Education and Training of Counselor

Unit : 3 Need of Counseling

- Problem of Indian Students in Counseling
- Characteristics of Counselor

Unit : 4 Counseling Relationship

- What is Counseling Relationship?
- Characteristics of Counseling Relationship
- Dimension of Counseling Relationship
- Area of Counseling

Unit : 5 Counseling Interview

- Meaning of Counseling Interview
- Purpose and Importance of Counseling Interview
- Process of Counseling Interview

Reference Books :

1. Blum, M.L. & Balinky, B. (1961). *Counselling and Psychology*, Bombay : Asia Publising House.
2. Rao, Narayan S. (1981). *Counsilling Psychology*, New Delhi : Tata-mc Graw Hill Pub-co.
3. *Conselling in General Practice*, Edited rosiya carney, Routledge 11, New Fetter Lane, London, Ec4p4EE (1993).
4. Dave C.B. and Co. authors, (1996), 4th Ed., "*Counselling Psychology*", Viral Publishing, Ahmedabad,
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9. Narayana Rao, S. (2002). *Counselling and Guidance*. 2nd ed. New Delhi: Tata Mc Graw Hill.
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11. Nelson, J. (1982). *The Theory and Practice of Counselling Psychology*. New York: Holtt Rinehart & Winston.