

B A PSYCHOLOGY SYLLABUS

DEPARTMENT OF PSYCHOLOGY

Jananayak Chandrashekhar University, Ballia

(With effect from Session 2020-21)

B. A. I	Marks
Paper I: Basic Psychological Process	60+20= 80
Paper 11 : Psychology of Human Development	60+20= 80
Paper 111: Practical	40
B.A. II :	
Paper I : Social Psychology	60+20= 80
Paper II : Psychological Statistics and Assessment	60+20=80
Paper III : Practical	40
B.A. III	
Paper I : Personality	60+20= 80
Paper II : Psychopathology	60+20=80
Paper III : Counseling Psychology	60+20= 80
Paper Iv : Practical	60

Note : Each of the theory papers will carry 80 marks (60 marks for Annual examination and 20 marks for internal assessment).

B. A. I

Paper I : Basic Psychological Processes

Unit I

- Psychology : Nature, Scope and Applications, Approaches : Psychodynamic, Behaviouristic, Cognitive and Humanistic.
- Methods : Observational, Experimental and Correlational.
- Biological Bases of Behavior : Neurons, Basic structure and Functions of Peripheral and Central Nervous System.

Unit II

- Sensory Processes : Visual and Auditory Senses : Structure and Function, Psychophysics : Problems and Methods.
- Attentional Processes : Selective and Sustained Attention : Nature and Determinants.
- Perceptual Processes : Nature and Determinants, Perceptual Organization, Perceptual Illusion, Form and Depth Perception.

Unit III

- Learning : Concept, Classical and operant Conditioning, Verbal Learning : Methods and Procedures.
- Memory and Forgetting : Stages of Memory : Encoding, Storage and Retrieval, Types of Memory : Sensory, Short Term and Long Term Memory, Reconstructive Memory, Forgetting : Decay, Interference and Cue Dependent Forgetting Theory.
- Motivation and Emotion : Concepts, Biogenic and Sociogenic Motives, Intrinsic-Extrinsic Framework, Basic Emotions, Theories of Emotion : James-Lange & Cannon-Bard Theory.

Unit IV

- Thinking and Reasoning : Concepts, Categories and Prototypes, Schemas and Scripts, Inductive and Deductive Reasoning, Problem Solving : Solution Strategies.
- Intelligence : Concepts and Determinants, Theories of Intelligence, Spearman, Thurston and Guilford.
- Personality : Concept and Determinants, Approaches to Personality : Psychoanalytic (Freud), Trait (Cattle) and Types (Eyesenk), Socio- cultural (Bandura and Triguna).

Books Recommended :

- Baron, R. A. (2001). Psychology. New Delhi : Pearson Education.
- D. Amato, M.R (1979). Experimental Psychology, methodology, psychophysics & learning. India : Tata Mc.Graw Hill.
- Feldman, R.S. (2006). Understanding Psychology . India : Tata McGraw Hill.
- Kalat, J.W (2013). Introduction to Psychology. Cengage Learning.
- Mishra, G.(Eds.)(2011). Handbook of Psychology in India. New Delhi : Oxford University Press.
- Morgan, C. T, King, R. A . Weiz, J. R., Schopler, J.(2001). Introduction to Psychology. New Delhi : Tata.Mc. Graw Hill.
- Tripathi, Lal Bhajan & Others (2001), Aadhunik Prayogik Manovigyan. Agra: Harprasad Bhargav.
- Tiwari, B. D & Tripathi, A N (1990), Aadhunik Daihik Manovigyan. Varanasi: Motilal Banarasidas.
- Zimbardo, P. C & Weber, A.L. (1997). Psychology. New York : Harper Collins College Publishers.

Paper II : Psychology of Human Development

Unit I

- Human Development : Concept, Principles of Development, Laws of Development, Stages of Development.
- Theoretical Perspective of Development : Psychoanalytic (Freud, Erikson), Cognitive (Piaget, Vygotsky) and Social Learning Theory (Bandura).
- Methodological Approaches : Longitudinal, Cross sectional, Case Study and Observational Methods.

Unit II

- Prenatal Development : Stages of Pre natal Period, Effect of Environmental Factors on Prenatal Development, Genetics and Culture.
- Infancy : Physical and Cognitive Development, Period of Adjustment, Reflexes and Competencies in Neonates, Infancy : Physical Growth, Motor Skills, Handedness. Sensory, Perceptual Competencies and Cognitive Development in Infants.
- Social and Emotional Development: Pattern of social Development, Determinants, Emotional Development : Types, Factors Responsible for Emotional Development.

Unit III

- Physical and Cognitive Development : Physical Development, Motor Skills, Pattern and Types of Cognitive Development, Language Development, Stages and Theories.
- Emotional and Social Development : Forms of Emotional Development. Conditions Responsible for Emotional Development. Development of Social Behaviors, Determinants , Social Adjustment.
- Moral and Personality Development : Stages of Moral Development, Kohlberg's and Piaget's views on Moral Development, Concept and Determinants of Personality Development, Identify Crisis in Adolescents.

Unit IV

- Early Adulthood : Developmental Concerns : Marriage, Family and Adjustment, Occupational Development.
- Middle Adulthood : Physical Changes, Cognitive Development, Personality Development and Change, Developmental Tasks and Middle age Crisis.
- Late Adulthood : Physical Changes, Health, Cognitive Changes and Cognitive Decline.

Books Recommended

- Berk, L. E. (2007). Development Through the Life Span (III Edition). New Delhi : PersonEdu. Inc. Co.
- Boer, F. Gaedhart, A. W. & Treffers, P. D. A (1992). Siblings and their Parents. In F. Boer & J. Dunn (Eds.) Children's Siblings Relationship. Hillsdale, NJ : Erlbaum.
- Craig. G. J. (1979). Human Development. N. Jersey Prentice Hall.
- Stewart, A. C. Parlmutter, M.& Friedman, S. (1988) Life long Human Development. New York: John Wiley & Sons.
- Tripathi, L. B. & Pandey, Sushma (2009). Manav Vikas ka Manovigyan. New Delhi : Concept Publishing Company.

Paper III : Practical

Students will be required to conduct at least **Eight Practical** from the topics listed below :

- Muller Lyer Illusion
- Retroactive Inhibition
- Set in Problem Solving
- Motivation/Emotional Maturity Test
- Intelligence
- Moral Value Test
- Adjustment Test
- Introversion-Extroversion Test

- Reconstructive Memory
- Sustained Attention/Time Perception

Books Recommended: As per mentioned for theory papers.

B.A. II

Paper I : Social Psychology

Unit I

- Social Psychology : Nature, and Scope, Experimental and Correlational Methods, Cross-Cultural Research.
- Person Perception : Concept, Determinants of Impression Formation, Self Perception, Impression Management.
- Social Cognition : Schema, Schematic Processing, Attribution : Theories and Biases.

Unit II

- Attitude : Nature, Formation and Measurement.
- Interpersonal Attraction : Nature, Measurement and Determinants.
- Aggression : Nature and Characteristics, Theories, Factors Provoking Aggression and its Control.

Unit III

- Helping Behavior : Nature and Characteristics, Determinants.
- Social Influence Processes : Nature and Types : Conformity, Compliance and Obedience.
- Intergroup Relations : Prejudice and Discrimination.

Unit IV

- Group Influence : Social Facilitation, Social Loafing, Group polarization, Group Think, De-Individuation and Mob-Behavior.

- Leadership : Concept and Approaches, Trait , Situational, Interactional and Contingency Theory of Leadership.
- Communication : Nature and Process, Barriers in Communication.

Books Recommended

- Baron, R. A. & Branscombe, N.R. (2012). Social Psychology (13th Edition) New Delhi : Pearson.
- Donnerstein, M. V. & Donnerstein E. I. (Eds.) (1984). Social Psychology WWo Brown Dubungene.
- Feldman, R. S. (1985). Social Psychology : Theories, Research and Applications. New York : McGraw Hill.
- Myers, D.G. (1994). Exploring Social Psychology. New York : McGraw Hill.
- Secord, P. F. & Backman, C. W. (1974). Social Psychology. New York : McGraw Hill.
- Taylor, S. E. Pelau, L. A. & Sears, D.O. (2006). Social Psychology. Pearson/Prentice Hall.
- Tripathi, L. B. & Sahyogi (2001). Adhunik Samajik Manovigyan. Agra : Harprasad Bhargav.

Paper II : Psychological Statistics and Assessment

Unit I

- Psychological Statistics : Introduction, Types (Descriptive & Inferential), Measurement Scales, Frequency Distribution and Graphic Representation of Data.
- Measures of Central Tendency : Mean, Median, Mode.
- Measurement of Variability : Range, Quartile Deviation, Standard Deviation.

Unit II

- Normal Distribution : Concept of Probability, Characteristics, Normal Probability Curve, Skewness and Kurtosis. Application of Normal Probability.
- Correlation : Concept of Liner Correlation, Pearson Product Moment Correlation and Spearman Rank Order Correlation, Interpretation of Correlation.

Unit III

- Inference and Prediction : Population and Sample, Sampling Methods, Parametric and Non-Parametric Tests.
- Computation of Test : Difference between Means Between Independent Groups and Correlated Samples. Interpretation of t - Tests.
- Chi Squares : Computation of Chi Square from Simple and Contingency Table, Application of Chi Square.

Unit IV

- Psychological Assessment : Nature and Scope, Techniques of Assessment.
- Psychological Test Construction : Steps, Reliability, Validity and Norms.

- Types of Psychological Tests : Verbal and Non-Verbal, Tests for General and Special Abilities (Aptitude).

Note. Statistical tables (t-Table, chi-square & N.P.C) and Graph Paper are allowed .

Books Recommended

- Anastasi, A. & Urbina, S.(1999), Psychological Testing (7th International Ed.) New York: Macmillan.
- Anastasi, A.(1997), Psychological Testing. New York: Macmillan.
- Garret, H. C. (1981). Statistics in Psychology and Education. New York: Longmans, Green & Co.
- Garret, H. C. (2003). Manovigyan aur Shiksha mai Sankhyaki. New Delhi : Motilal Banarasi Das.
- Guilford, J. P. (1984). Psychometric Methods. Tata McGraw Hill.
- Kapil, H.K. (1980). Sankhyaki ke mul Tatva . Agra : Vinod Pustak Mandir
- Lal, J. N. (2012). Manovaigyanik Sankhyaki. Gorakhpur : Neelkamal Prakashan.
- Snodgrass, J. G. (1985). Human Experimental Psychology. Oxford University Press.

Paper III : Practical

Students would be required to conduct at least **Eight Practical** from the topics listed below :

- Person Perception : Methods of Average or Halo Effect
- Social Perception
- Prejudice/Stereotypes
- Attitude Measurement
- Conformity
- Aggression
- Leadership
- Interpersonal Attraction
- Helping Behavior
- Success & Failure Attribution

Books Recommended : As per mentioned for theory papers

B.A III

Paper I: Personality

Unit I

- ❖ Introduction: Nature, Historical Perspective, Indian Perspective on Personality.
- ❖ Biological and Social Determinants of personality ; Family Determinants and Socio-Cultural Factors, Person- Environment Interaction.
- ❖ Assessment of Personality: Psychometric and Projective.

Unit II

- ❖ Psychodynamic View: Freud, Jung and Adler.
- ❖ Erik Erikson's theory of Personality.
- ❖ Henry Murray's Personality.

Unit III

- ❖ Gordon Allport and Cattle's Theory of Personality.
- ❖ Hans Eysenck's Biological Trait Theory.
- ❖ Big Five Theory of Personality.

Unit IV

- ❖ Georg Kelly's Personal Construct Theory.
- ❖ Carl Roger's Person – Centered Theory.
- ❖ Albert Bandura and Walter Mischel's Theories.

Books Recommended

- Engler, B. (2009). Personality Theories : An Introduction. Wadsworth Publishing Co. Inc.
- Hall, C. S, Lindzey, G. & Campbell, J. B. (1997). Theories of Personality (Fourth Edition). Wiley Student Edition.
- Srivastava, D. N. (2017). Vyaktitva ka Manovigyan. Agra : Agarwal Prakashan.
- Singh, A. K. & Singh, A. K. (2017). Vyaktitva ka Manovigyan. Varanasi : Motilal Banarasidas

Paper II: Psychopathology

Unit I

- ❖ Concept and Elements of Psychopathology: Statistical, Social and Practical Criteria.
- ❖ Classification in Psychopathology, DSM IV –TR.
- ❖ Models of Psychopathology: Psychodynamic, Behavioral, Cognitive, Humanistic-Existential Models.

Unit II

- ❖ Anxiety Disorder (Panic Disorder, GAD, Phobia and OCD): Clinical Picture, Diagnostic Criteria and Etiology.
- ❖ Somatoform and Dissociative Disorders: Clinical Picture, Diagnostic Criteria and Etiology.
- ❖ Delirium, Dementia and Amnesic disorder : Clinical Picture, Diagnostic Criteria And Etiology

Unit III

- ❖ Model Disorders : Major depressive Disorder, Bipolar Disorder, Cyclothymia, Dysthymia and SAD (Seasonal Affective Disorder): Clinical Picture, Diagnostic Criteria and Etiology
- ❖ Schizophrenia: Historical Background, Major Types, Negative and Positive Symptoms, Etiology of Schizophrenia; Genetic, Biological and Psychological Perspectives.

Unit IV

- ❖ Disorders of Childhood: Attention Deficit/Hyperactivity Disorder, Mental Retardation, Autistic Disorder: Types, Clinical Picture and Etiology.
- ❖ Substance – Related Disorders: Various Forms and Causes.
- ❖ Stress: Concept and Types; Post Traumatic Stress Disorder (PTSD): Clinical Picture and Etiology.

Books Recommended

- Bootzin, R. R. (1995). Abnormal Psychology: Current Perspectives. McGraw Hill Inc.
- Comer, R. J. (2009). Abnormal Psychology. Worth Publisher.
- Davison, G. C, Neale, J. M. & King, A. M. (2007). Abnormal Psychology. Wiley International Edition.
- Tripathi, Jaygopal & Tripathi, Vivek (2007). Asamanya Manovigyan. Agra : Harprasad Bhargav.
- Singh, Labh & Tiwari, Govind (2008).). Asamanya Manovigyan. Agra : Vinod Pustak Mandir.
- Singh, Arun Kumar (2009). Adhunik asamanya Manovigyan. Varanasi : Motilal Banarasidas.
- Singh, R. N. (2010). Adhunik Asamanya Manovigyan. Agra : Agarwal Prakashan.

Paper III: Counseling Psychology

Unit I

- ❖ Counseling: Meaning, Purpose and Goals.
- ❖ Types of Counseling: Directive, Non-Directive and Eclectic; Individual and Group Counseling.
- ❖ Professional Issues and Ethics

Unit II

- ❖ Theories and Techniques: Psychoanalytic Approach (Sigmund Freud's and Erickson's Contribution); Humanistic Approaches (Carl Roger's and Abraham Maslow's Contribution ; Key Concepts and Techniques)
- ❖ Cognitive- Behavioral Approaches: Key Concepts and Techniques; Albert Ellis's Rational Emotive Therapy; Beck's Contribution.
- ❖ Indian contribution to Counseling; Theories and Techniques.

Unit III

- ❖ Counseling Processes: Counseling Interview , Phases of Counseling (Initial, Middle, Terminal & Follow-up)
- ❖ Counseling Micro Skills: Attending Paraphrasing, Encouragers, Confronting and Summarizing.
- ❖ Crisis Interventions; Counseling for Victimized Women, Abused Children and Elderly People.

Unit IV

- ❖ Family and Marriage Counseling; Student Counseling: Career and Vocational Counseling.
- ❖ Counseling for Children with Special Needs: Cognitive, Emotional and Behavioral Deficits.
- ❖ Counseling in Organizations: Employee Counseling, Counseling for Work Place Bullying and Stress Management,

Paper: IV Practical

1. Administration, Scoring and Interpretation

A) T.A.T./Sentence Completion Test (**Any one**)

B) J.M.P.I. /16PF/NEO-PI-R(**Any one**)

2. Administration, Scoring and Interpretation(Any one)

A) Anxiety/Depression/Stress Test

B) Mini Mental Status Examination.

C) Screening of learning Disability.

D) Child Abuse/Domestic Violence/Substance Abuse

E) Aptitude Test

3. Field Study/Long Experiment

Books Recommended : As per mentioned for theory papers.