चौधरी चरण सिंह विश्वविद्यालय, मेरठ

2003—04 एवं आगे के वर्षों के लिये

पाठ्यक्रम : मनोविज्ञान

बी.ए. प्रथम — 2003—04
बी.ए. द्वितीय — 2004—05
बी.ए. तृतीय — 2005—06

विश्वविद्यालय अनुदान आयोग के निर्देशानुसार
एवं पाठ्यपुस्तकों के आधार पर तैयार किया गया पाठ्यक्रम

जुलाई 2003
Ch. Charan Singh University, Meerut

UGC Model Curriculum based Syllabus of Psychology [B.A.]

From session 2003-2004

Note: There will be two courses of theory of 35 marks each and one practical course of 30 marks. (Total 100 marks) in each of three years of B.A.

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Ch. Charan Singh University, Meerut

UGC Model Curriculum based Syllabus of Psychology (B.A.)

From session 2003-2004

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B.A.-I

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SYLLABUS:

Course I    Basic Psychological Processes          35 Marks

Unit I

A. **Introduction**: Definition and goals of psychology; Methods: Experiment, observation, interview, questionnaire and case study.

B. **Biological Bases of Behaviour**: Heredity and behaviour; Hormones and glands; The Nervous System; The Neuron, The Central Nervous System (Brain and Spinal cord) the Peripheral Nervous System; and Autonomic Nervous system.

Unit II

A. **States of Mind**: Nature of consciousness; Changes in consciousness: Day dreaming, sleep and dreaming.

B. **Sensory-Perceptual Processes**: Visual, auditory and other senses: Structure and functions; Attentional processes: Selective and sustained attention; Perceptual organisation; Determinants of perception; Form, space and depth perception.
Unit III

A. Learning: Classical and Operant Conditioning; Basic processes: Extinction, spontaneous recovery, Generalisation and Discrimination; Transfer of training; Reinforcement schedules; Verbal learning; Cognition in learning; Motivational and cognitive influences on learning; Observational learning.

B. Memories and Forgetting: Encoding, storage and retrieval processes; Sensory, short-term and long-term memories; Mnemonics; Constructive memory; Forgetting: Decay, interference, retrieval failure, motivated forgetting and amnesia; State-dependent forgetting.

Unit IV

Motivations and Emotion: Indicators of motivation; Biogenic and sociogenic motives; Intrinsic-Extrinsic framework; Conflict and frustration; The need hierarchy model; Techniques of assessment of motivation; Emotions; development, expression and control; Theories of emotion: James Lange, Cannon-Bard, Activation. Physiological correlates of emotion. Culture and emotions.

Unit V

A. Intelligence: Psychometric theories and cognitive science approach: Genetic and environmental influences. Measurement of Intelligence in general.

B. Personality: Trait and type approaches; Biological and socio-cultural determinants; Basic concept of Personality assessment.

C. Thinking and Reasoning: Thinking process; Concepts, Inductive and deductive reasoning; Problem solving.

Books:
Introduction to Psychology - Morgan, Kiger & Robinson.
Introduction to Psychology - Hilgard, Atkinson & Atkinson.
Course II  Psychological Statistics  35 Marks

Unit I

A. **Nature of Psychological Data and Psychological Measurement:** Levels of measurement; Categorical and Continuous Variables; Applications of Statistics in Psychology.

B. **Frequency Distribution:** Drawing of frequency distribution, Bivariate frequency distribution, Graphical representation of grouped data.

Unit II

**Measurement of Central Tendency:** Purpose and types of measures; characteristics of Arithmetic mean, median and mode; Computation of Arithmetic Mean, Median and Mode.

Unit III

A. **Measures of Variability:** Concept of variability; Range and Semi Inter Quartile Range; Standard Deviation and Variance; Co-efficient of variation (Numericals also)

B. **Percentiles & Percentile Ranks**

Unit IV

A. **Normal Distribution:** Concept of probability; Laws of probability, Characteristics of Normal Probability Curve, Deviation from NPC - Skewness and Kurtosis (Numericals also) Applications of Normal Probability Curve. (First two only).

B. **Correlation:** The concept of correlation - linear and non-linear correlation; Pearson's product moment correlation (Scatter gram). Spearman's rank difference correlation (Numericals also)
UNIT V.

A. **Hypothesis Testing and Making Inferences:** Population and sample; Random sampling; Sampling distribution; Calculation of Standard errors of mean & SD. Degree of Freedom. Nature and assumption of t-distribution; Computation of t values for large independent samples only. Interpretation of t values - level of significance; Type I and Type II errors in inference making.

B. **Non-Parametric Tests: concept only [no numericals]**

**Books:**


D.N. Srivastava साहित्यकी के दूसर तत्त्व, चिन्ताप्रवाह पुस्तक संस्थानम् अमृतान्

Dr. Lahm Singh साहित्यकी एवं छिम्बों में साहित्यकी से मूल अध्ययन, अध्ययन कुल कार्यालयान्

Dr. Babhan Mishra

Dr. S.N. Lale

H.K. Kapil साहित्यकी के मूल तत्त्व जिन्हें पुरातन पुस्तक संस्थानम् अमृतान्


प्र. आह.से. तर्क: जिस के नए भर्तिक क्षेत्र में एवं और अपना साहित्यकी, अव.तत्क, दुर्योग शीर्ष गैर्ड।
Practicals B.A. 1

Every student is expected to perform and write experiments out of the following. A student will be examined in any one experiment as assigned to him. Classification of marks will be as follows:-

- One experiment: 10 Marks
- Viva Voce: 10 Marks
- Record Book: 10 Marks
- Total: 30 Marks

Total
1. Bilateral transfer (Mirror-drawing)
   Or
   Habit interference
   Or
   Maze Learning
   Or
   Effect of Knowledge of Results on Learning
2. Tactual-Localization
   Or
   Mapping of Thermal Spots
   Or
   Mapping of Colour Zones of Retina
3. Horizontal-vertical illusion
   Or
   Muller-Lyer Illusion
4. Retention by method of Recall and Recognition
   Or
Retractive Inhibition

Or

Any one method of memorization

Or

STM (Short-term memory) and LTM (Long-term-memory) for visual / auditory material.

5. Level of aspiration

Or

Set in Perception


7. Span of attention (for meaningful and non-meaningful words)

Or

Fluctuation of Attention

Or

Division of Attention.

8. Verbal conditioning

Or

Verbal Learning (Serial anticipation Method)

**BOOKS RECOMMENDED:**

1. Experimental Psychology - Postman & Egan
3. डा. अक्षय कुमार सिंह - उच्चतर सामाजिक गतिविधियां, मोक्षिता, बनारसीयास, पटना।
4. डा. मुहम्मद झुलेमान - मनोविज्ञानिक प्रवृत्त और परिवर्तन, शूला बुक, हिंदू, पटना।
5. डा. डी.एन. श्रीवास्तव - प्रशोधक गतिविधियां, सहित प्रबंधन, आगा।
6. अभयार्ज लया महीना, प्रशोधक गतिविधियां, लक्ष्मी जातकगय अभयार्ज, आगा।
B.A.-II

Course III  Psychopathology Or Human Development  35 Marks
Course IV  Social Psychology  35 Marks
Practicals  30 Marks

SYLLABUS:

Course III  Psychopathology  35 Marks

Unit I

A. **Introduction to Psychopathology:** The concept of normality and abnormality.

B. **Psychological Models of psychopathology:**
Psychodynamic, Cognitive, Behavioural and Existential model in brief.

Unit II

**General Causes of Abnormal Behaviour**

Unit III

A. **Signs and Symptoms of Mental Illness:** Delusions;
Hallucinations, Obsessions, Compulsions etc.

B. **Psychological Assessment of Psychopathology:**
Diagnostic tests, Rating scales, History taking, interview;
Orientation to projective tests.

Unit IV

A. **Anxiety Disorders:** Panic disorder and Agoraphobia,
Specific Phobias, Social Phobia; Obsessive Compulsive disorder,
Generalised Anxiety disorder.

B. **Somatoform Disorders:** Dissociative disorders.
Unit V

A. **Mood Disorders:** Manic episode, Depressive episode, Bipolar affective disorder, Dysthymia.

B. **Schizophrenia:** Delusional disorder, Brief psychotic disorder.

C. **Personality disorders:** Paranoid, Schizoid, Dissociative, Impulsive, Borderline, Anxious avoidance, Dependent Personality.

**Readings**


A.K. Singh. अन्गुलिक प्रतिक्रियाकेंद्र विज्ञान, नौकी ताल वर्तमान, चला।

Jagopal Tripathi आर्यावत विज्ञान, नौकी कुंड चला, चला।

Ghanshyam Das
Course III

Unit I

A. **Introduction**: Concept of Human Development: Theories of Human Development; Methods of studying Human Development.

B. **Foundation of Human Development**: Biological factors in Human Development; Cultural and Social factors in human development; The nature - nurture debate in human development.

Unit II

A. **Context for Human Development**: Socialisation - meaning and factors; Role of family, peers and school; Media and Socialisation; Ecological factors in Human Development.

B. **Cognitive Development**: Nature and approaches - Piaget, Vyogotsky; Information Processing Perspective; Language Development.

Unit III

A. **Self and identity**: Emergence of self; Development of personal identity; Physical and sexual maturation.

B. **Moral and Social Development**: Emotional Development; Development of morality and self control; Development of gender differences and gender roles.

Unit IV

A. **Development Concerns During Adulthood**: Marriage, Family and Work.

B. **Problems of Aging**

Unit V

A. **Developmental Disabilities**

B. **Developmental Psychopathologies**: Behaviour problems during childhood and adolescence, Learning disabilities, MR, Dyslexia, Autism, Attention deficit disorder.

Readings


Course IV  Social Psychology  35 Marks

Unit I

*Introduction:* Nature, goal and scope of social psychology; Social psychology and other social sciences; Methods of social psychology: Experimental and non-experimental methods. Correlational approach and Cross-cultural research.

Unit II


B. *Perceiving others:* Forming impressions; Role of non-verbal cues, group stereotypes, and central traits; Models of information integration; Primacy and recency effects.

Unit III

A. *Attitudes:* Nature and function of attitudes; Attitude and behaviour; formation, change and measurement of attitudes.

B. *Prejudice and Discrimination:* Nature and components of prejudice; Acquisition of prejudice; Reduction of prejudice.

Unit IV

A. *Interpersonal attraction and its determinants.*

B. *Pro-social Behaviour:* Definition and Determinants of Altruism. Theoretical explanations of pro-social behaviour in brief.

C. *Aggression:* Theoretical perspectives; Trait, situational and
social learning approaches in brief. Social and personal
determinants of aggression; Prevention and control of
aggression.

Unit V

A. **Groups and Leadership:** Group structure and function;
Task performance; Social facilitation: Social loafing; De-
individuation; Conformity; Leadership: Definition and
functions; Trait, situational, interactional and contingency
approaches to leadership in brief; The charismatic
leadership.

B. **Environmental Issues:** Noise pollution, atmospheric
conditions, personal space, territoriality; Design, Density
and crowding Behaviour in response to environmental
Problems.

**Readings**

psychology. Saurashtra, Odisha: Prentice Hall/Allyn & Bacon.


Hill.


हाओ एक्स. विश, अध्ययन नायिकादेखभाल, व्यह दुर्भाद संतान आता।
हावो एक्स. विश, अध्ययन साधन नायिकादेखभाल की दुर्भाद डॉ. नायीना बसारोदाह, पदाना।
गैंग दुर्भाद डॉ. नायीना बसारोदाह, पदाना।
शीताहार वातावरण तथा विश, अध्ययन साधन नायिकादेखभाल, व्यह दुर्भाद संतान आता।
PRACTICALS B.A. II

30 Marks

Every student is expected to perform and write eight practicals. Examination will be held in one practical. Division of marks will be as under:

- One Practical - 10 marks
- Viva voice - 10 marks
- Record Book - 10 marks

1. Self Concept scale
   
   Or
   
   Self-esteem scale
   
   Or
   
   Self-actualization inventory
   
   Or
   
   Wechsler Adult Intelligence Scale
   
   Or
   
   WISC
   
   Or
   
   Test of Creativity

2. Adjustment inventory
   
   Or
   
   Parent-child relationship scale
   
   Or
   
   Problem Check list
   
   Or
   
   Home-environment scale

3. Stress Scale
   
   Or
   
   Mental Health Questionnaire
   
   Or
   
   Measurement of Frustration
Or

Measurement of Impulsiveness

4. Any test for clinical assessment of Personality

Or

Any one Maturity Scale

5. Altruism Scale

6. Aggression Scale

7. Measurement of Attitude/interest/values/aptitude

8. Measurement of conformity Behaviour

Or

Measurement of interpersonal attraction

Or

Measurement of social facilitation /Social loafing

Or

Sociometry

Books

Dr. Mohan Bhargava: आत्मनिर्भरता के परिणाम एवं मनचा, महान बुद्ध कार्य, आदि।

अर्जना एवं अर्जनक: मनोविज्ञान और विज्ञान में मनचा और गुरुदार्शन, विशेष पुस्तक संग्रह, आदि।
B.A.-III

Course V  Psychological Research and Measurement  35 Marks
Course VI A. Organizational Behaviour  35 Marks

Or

Course VI B. Counselling Psychology  35 Marks

Or

Course VI C. Psychology and Health  35 Marks

Or

Course VI D. Environmental Psychology
Practicals  30 Marks

SYLLABUS :

Course V  Psychological Research & Measurement  35 Marks

Unit I


B. Sampling: Sampling frames; Probability and non-probability samples, Sample size, Sampling error.

Unit II

A. Psychological Scaling: Purpose of scaling and types of psychological data. Psychological scaling methods: Rank order, Paired comparison.


Unit III

A. Definition of Test and Steps of Test Construction in Outline only

B. Standardization of Test: Reliability and validity of tests. Norms and interpreting test scores, Cross validation.

Unit IV
Unit V

A. **Assessment of Personality**: Introduction to and merits and limitations of Psychometric and projective techniques.

B. **Report Writing in A.F.A. Style**

**Readings**


B.A.-III

SYLLABUS:

Course VI A. Organizational Behaviour
         Or
Course VI B. Counselling Psychology
         Or
Course VI C. Psychology and Health
         Or
Course VI D. Environmental Psychology

Course VI A. Organizational Behaviour

Unit I

A. Historical Context of organisational behaviour:
   Contributions of Taylor, Weber, Fayoll Definitions of OB :
   challenges, scope and opportunities for OB.

B. Perspectives for Understanding OB: Open Systems
   approach, Human Relations perspective. Socio-technical
   approach; Developing an OB model responsive to Indian
   realities.

Unit II

A. Person in the Organisation: Biographical characteristics,
   Personality : Definition and Measurement, Concept of skill,
   Self-awareness; Major personality attributes affecting OB ;
   Matching personality and job. Personality and culture.

B. The Individual and Organisation: Values, attitudes and
   job satisfaction. Importance of values, sources of values and
   its indoctrination. Attitudes : Sources, types and
   measurement of attitudes; Skills involved in changing
   attitudes.

Unit III

A. The Individual in the Organisation: Motivation, concept
   and early theories of motivation : Need hierarchy theory;
   Theory X and Y and Two-factor theory, Skills involved in
   motivating workers; MBO, Behaviour modification, employee
   involvement programs.

B. The Group and Organisation: Nature, types and stages
of group development. Conditions affecting group functioning organisational structure, authority systems, personnel selection, performance evaluation and reward systems, organisational culture and physical setting. Skills involved in managing groups.

**Unit IV**


**Unit V**


B. **Organisational Change and Development:** Nature, forces and approaches to change management. Organisational development, OD intervention techniques. Cultural issues in change and development. Skills in managing change at individual level.

**Readings**


COURSE VI B. COUNSELLING PSYCHOLOGY

Unit I

Counselling: The Art and Science of Helping

(a) Meaning, Purpose and goals of counselling with special reference to India.

(b) Professional issues, ethics, education and training of the counselor.

Unit II

Counselling Process

(a) Counselling relationship

(b) Counselling interview.

Unit III

Theories and Techniques of Counselling

(a) Psychodynamic Approach: Freudian, Neo Freudian, Modern.

(b) Humanistic Approach: Existential, Client centered.

(c) Cognitive Approach: Rational emotive, Transactional analysis.

(d) Behavioural Approach: Operant conditioning, Behaviour modification.

(e) Indian Contribution - Yoga & meditation.

Unit IV

Counselling Applications: Child Counselling, Family Counselling, Counselling in Schools, Career Counselling.

Unit V

Counselling Applications: Alcohol and Drug Abuse, Group Counselling, Crisis Intervention Counselling, Health counselling (Heart Disease, AIDS, Cancer)

Readings


COURSE VI C. PSYCHOLOGY AND HEALTH

1. Meaning of Health in socio-cultural contexts

Nature, scope and development of Health Psychology. The role of Health Psychologist.

2. Models of Health

Bio-psycho-social and cultural models: Health Belief models.

3. Health damaging and Health promoting life styles/behaviours.

Type A Behaviour Pattern and Cardio Vascular diseases and role of CVD illness.

4. Stress and Health


5. Health Issues relating to Children, Women and Elderly

Readings


OR

COURSE VI D. ENVIRONMENTAL PSYCHOLOGY 35 Marks

Unit I


Unit II

A. Effects of behaviour on environment: Perception, preferences and awareness of environment.

B. Effects of environment on behaviour: Noise pollution, chemical pollution, crowding and personal space.

Unit III


Unit IV

Psychological Approaches to Environment: Eco-cultural Psychology (Berry), Bio-social Psychology (Dawson), Ecological Psychology (Barker). Person Environment Transactions (Stokols; Ittelson).
Unit V


Readings


Dr. Prem Narayan Tiwari
PRACTICALS B.A. III

Every student is expected to perform and write four practicals and one project related to his/her optional course (Course VI). Practical examination will consist of performing and writing one practical assigned to him/her, and a viva-voce of both practicals and project work done by him/her.

Division of marks will be as under:

1. One experiment 5 marks
2. Record book of experiment 5 marks
3. Viva Voce of experiment 5 marks
4. Project Report 10 marks
5. Project Viva 5 marks

OR

A student who does not want to do project work, will have to perform and write four practicals related to optional course and four practicals, as given below: (Total 8 practicals)

1. Ranking method
2. Paired comparison method
3. One projective test
4. Multidimensional personality inventory.

Practical Examination will consist of performing and writing one practical assigned to him/her.

Division of marks is as given below:

1. One experiment 10 marks
2. Viva Voce 10 marks
3. Record Book 10 marks

Total 30 marks