

V.B. S. Purvanchal University, Jaunpur

Syllabus

B.A./B.Sc.

Psychology

B. A./B.Sc-1 (From-2014-2015)

Sr.	Name of the Papers	Theoretical/Practical/ Viva-voce/Assignment	Maximum Marks	Duration (hours)
1.	Basic Psychological Processes	Theoretical	75	3.00
2.	Developmental Psychology	Theoretical	75	3.00
3.	Practical	Practical	50	
Total Marks=200				

B. A./B.Sc.-2 (From-2015-2016)

Sr.	Name of the Paper	Theoretical/Practical/ Viva-voce/Assignment	Maximum Marks	Duration (hours)
1.	Psychopathology	Theoretical	75	3.00
2.	Social Psychology	Theoretical	75	3.00
3	Practical	Practical	50	
Total Marks=200				

Note : The question papers are divided into three sections:

Section-A :

Ten very short answer questions, based on entire course. Each question must be answered in about 50 words.

(10 x 1.5= 15 Marks)

Section-B :

Five short answer questions. Each question must be answered in about 200 words.

(5 x 8= 40 Marks)

Section-C :

This section will have five long answer questions. The candidates will have to answer two questions. Each question must be answered in about 500 words.

(2 x 10= 20 Marks)

B. A./B.Sc.-3 (From-2016-2017)

Sr.	Name of the Paper	Theoretical/Practical/ Viva-voce/Assignment	Maximum Marks	Duration (hours)
1.	Measurement & Statistics	Theoretical	70	3.00
2.	Counseling and Guidance	Theoretical	65	3.00
3.	Optional Papers -Any one of the followings) i- Organizational Psychology ii- Health Psychology iii- Environmental Psychology	Theoretical	65	3.00
	Practical–Experiments and Tests		100	
Total Marks =300				

➤ **For B.A./B.Sc.-Part-3, Paper-I,**

The question paper is divided into three sections:

Section-A :

Ten very short answer questions, based on entire course. Each question must be answered in about 50 words. (10 x 1.5= 15 Marks)

Section-B :

Five short answer questions. Each question must be answered in about 200 words.
(5 x 7= 35 Marks)

Section-C :

This section will have five long answer questions. The candidates will have to answer two questions. Each question must be answered in about 500 words.
(2 x 10= 20 Marks)

➤ **For B.A./B.Sc.-Part-3, Paper-II & Paper-III**

The Question papers are divided into three sections:

Section-A :

Ten very short answer questions, based on entire course. Each question must be answered in about 50 words.
(10 x 1.5=15 Marks)

Section-B :

Five short answer questions. Each question must be answered in about 200 words.

(5 x 6=30 Marks)

Section-C :

This section will have five long answer questions. The candidates will have to answer two questions. Each question must be answered in about 500 words.

(2 x 10= 20 Marks)

B.A. & B.Sc. Part-1

Psychology

Paper-I

BASIC PSYCHOLOGICAL PROCESSES

M.M. : 75

Duration:-3.00 hours

Unit-I

1. Introduction: Definition, nature, scope and application of psychology. Methods: Experimental observation, Interview, questionnaire.
2. Contemporary perspectives: Biological, cognitive, psychoanalytical, humanistic.
3. Biological Bases of behavior: Neurons, structure and function of brain and spinal cord, Autonomic nervous system.

Unit-II

4. Sensory Processes: Structure and function of eye and ear.
5. Perceptual Processes: Nature and determinants, perceptual organization form, space and depth perception. Perceptual consistency and illusion.
6. Attention: Nature and determinants.

Unit-III

7. Learning: Nature of learning process .Classical and operant conditioning, Basic principles and types. Thorndike's trial and error Theoretical, gestalt Theoretical of insight. transfer of training.
8. Memory and forgetting: Meaning, type and measurement. Theories of forgetting: Decay preservation and consolidation and interference Theoretical.
9. Motivation and Emotion: Meaning and classification of motive: Biogenic, Social Motive–power, Aggression, Approval and Achievement. Nature and dimension of emotion. Theories of emotion : James-Lange, Cannon –baird, Schechter.

Unit-IV

10. Thinking: Meaning, types. Concept formation, determinantes.
11. Intelligence: Meaning, Concept of IQ, theories of intelligence-Spearman. Thurstone and Guilford.
12. Personality: Meaning, Trait and type approaches to personality. Determinants of personality- Biological, social and cultural.

BOOKS RECOMMENDED

- Atkinson and Hilgard (2002). Introduction to Psychology. New York: Thomson Wadsworth.
- Coon & Mitterer (2007) Psychology. Psychology. Pearson wads worth.
- Baron, R. A. (2001). Psychology: The Essential Science. New York: Allyn and Bacon.
- Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.
- Singh, A. K. (2000). Uchchar Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- Zimbardo, P.G. and Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
- सिंह आर.एन. (2012) मूल मनोवैज्ञानिक प्रक्रियाँ. अग्रवाल प्रकाशन आगरा।

B.A. & B.Sc.-1

Psychology

Paper-II

DEVELOPMENTAL PSYCHOLOGY

M.M. : 75

Duration:-3.00 hours

Unit-I

1. Developmental Psychology, Nature, scope, utility, Meaning & principles of development. Stages & Laws of development ; Methods of studying development-longitudinal and cross sectional, merit and demerits, Importance of study of human development.
2. Dynamic of human development – Role of maturation and learning, heredity and environment, Imitation and identification.

Unit-II

3. Physical development : Meaning, stages – prenatal and postnatal, determinants; development of nervous system and motor abilities. Meaning, Sequence of development, outcomes of development, Determinants.

4. Sensory and perceptual development- processes, sensory capacities of infants; perceptual development – dimensions and determinants.
5. Development of cognition and understanding: meaning and Theoretical of cognitive development, development of understanding – factors, concept development- Meaning characteristics, steps and determinants.

Unit-III

6. Social Development– Meaning, criteria, stages and determinants; language development– Meaning, Speech & Speech disorders, Stages of language development, Determinants, Creativity-Meaning and development.
7. Adolescence: Meaning & characteristics, Changes during adolescence, problems of adjustment and means of solving problems.
8. Play, emotional and moral development: meaning, criteria and stages of social development; meaning and development of emotions. Watson and bridges theories; effect of deprivation of affection, Emotional dominance and control, heightened emotionality; meaning and development of morality-Kohlberg’s Self concept Theoretical determinants; Meaning of play, play & work, Importance of play, Characteristic and types of play, Stages of play development, Factors.

Unit-IV

9. Exceptional children: Meaning and types, Mentally retarded child, Gifted child, Delinquent child, Backward child, Handicapped child-problems, treatment and education.
10. Aging: meaning, characteristics tasks, personal and social development, vocational adjustment, family adjustment, factor influencing adjustment during aging.

BOOKS RECOMMENDED

1. Berk, L.E.(2000) Child Development, Allyn Bacon.
2. Hurlock, E.B.(1978) Developmental Psychology. Mc Graw Hill.
3. Labert- Developmental Psychology, Sage.
4. Stott- Psychology of human development Prentice Hall.
5. Hoffman, et.al. (1988)Developmental Psychology, Mc.Graw Hill.
6. Schaffer, D.R.Kipp (2007) Developmental psychology.Brooks/Cole.
7. आर.एन.सिंह आधुनिक विकासात्मक मनोविज्ञान अग्रवाल पब्लिके न्स, आगरा।
8. जे.एन.लाल–मानव विकास का मनोविज्ञान, नील कमल,गोरखपुर।
9. रामजी श्रीवास्तव एवं अन्य–आधुनिक विकासात्मक मनोविज्ञान मोतीलाल बनारसीदास।

B.A. & B.Sc.-1

Psychology

Paper–III

PRACTICAL

M.M. : 50

Any Six experiments and tests of the following should be performed.

1. Learning curve.
2. Effect of set on perception.
3. Effect of knowledge of results on performance.
4. Retroactive Inhibition.
5. Measurement of Extroversion and Introversion.
6. Intelligence Measurement.
7. Social Needs Scale.
8. Measurement of Creativity.
9. Measurement of Vocabulary.
10. Social Maturity Scale.

B.A/B.Sc.-2

Psychology

Paper-I

PSYCHOPATHOLOGY

M.M. : 75

Duration:-3.00 hours

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.
- **Somatiform 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 (11th Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.
- जायसवाल, अरुण कुमार (2013)—आधुनिक मनोविकृति विज्ञान, विनोद, पुस्तक मन्दिर,अगरा।
- सिंह, आर.एन. एवं अन्य (2012)—आधुनिक मनोविकृति विज्ञान, अग्रवाल प्रकाशन आगरा।

B.A/B.Sc.-2

Psychology

Paper-II

SOCIAL PSYCHOLOGY

M.M. : 75

Duration:-3.00 hours

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; Bystandar 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 (3rd 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.
- सिंह आर.एन. एवं सिंह एस.एस. (2012)–आधुनिक सामाजिक मनोविज्ञान. अग्रवाल, आगरा।

B.A/B.Sc.-2
Psychology
Paper-III
PRACTICAL

M.M.: 50

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/B.Sc-3
Psychology
Paper-I
Measurement and Statistics

M.M.: 70

Duration:-3.00 hours

Note: Calculator and statistical table are allowed.

Unit-I

1. Psychology statistics: Nature and types, Descriptive and Inferential statistics.
Scope and Functions Limitations.
2. Frequency distribution and graphic representation of data: Polygon, Histogram,
Cumulative and Ogive graph.

Unit-II

3. Measures of central tendency-Mean, Median and Mode-meaning, application and computation.
4. Measures of variability – Q.D., A.D. and S.D.-meaning, application and computation.

Unit-III

5. Correlation – meaning and types, methods-Rank order, Product Moment correlation.
6. Normal Probability Curve (NPC)- meaning, characteristics and application.
7. Hypothesis testing and making inferences: meaning and computation of Critical Ratio-t-test meaning and computation, Type I and Type II errors in inference making.

Unit-IV

8. Nonparametric statistics: Chi-square test: nature and characteristics, application of chi-square.
9. Scaling: Meaning & types-nominal, ordinal, interval and ratio scale,
10. Reliability and Validity-meaning and types.

BOOKS RECOMMENDED

1. Garrett-Statistics in psychology and Education, Oxford, Delhi.
2. Guilford, J.P.-Fundamental of statistics in psychology and Education McGraw Hill, N.Y.
3. Kerlinger- Statistics, Holt.
4. आर.एन.सिंह-सांख्यिकीय विधियाँ ।
5. एच.के.कपिल-सांख्यिकी के मूलतत्त्व, विनोद पुस्तक मन्दिर,आगरा ।
6. तारे । भाटिया-मनोवैज्ञानिक सांख्यिकी ।
7. रामजी श्रीवास्तव एवं अन्य-मनोविज्ञान, शिक्षा एवं समाजभास्त्र में सांख्यिकीय विधियाँ, मोतीलाल बनारसीदास ।

B.A/B.Sc-3

Psychology

Paper-II

COUNSELLING AND GUIDANCE

M.M. : 65

Duration:-3.00 hours

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 (6th Ed.). Pearson Education.
- Patri, V. R. (2008). Counselling Psychology. New Delhi: Authors Press.
- Rao, S. N. (1991). Counselling and Guidance (28th 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 (2nd Ed.). London: Sage Publication Ltd.

B.A/B.Sc-3

Psychology

Paper-III

(Anyone of the following)

Optional-A

ORGANIZATIONAL BEHAVIOUR

M.M. : 65

Duration:-3.00 hours

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 (10th 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.
- सिंह आर० एन० एवं अन्य (2013) संगठनात्मक व्यवहार. दिल्ली प्रकाशन।

Optional-B

HEALTH PSYCHOLOGY

MM. : 65

Duration:-3.00 hours

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: Theoretical, Research and Application, New Delhi: Concept.
- Mathur, S. S.: Health Psychology. Agra: Vinod Pustak Mandir.

Optional-C

ENVIRONMENTAL PSYCHOLOGY

M.M. : 65

Duration:-3.00 hours

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, correlational 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.

- Tiwari, P. S. N. (2000). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.

B.A/B.Sc-3

Psychology

Paper-IV

PRACTICAL

M.M. : 100

Note:-In all six practicals are to be performed, selecting two from each paper (Two compulsory and one optional paper)

Compulsory papers

1- Measurement and Statistics:

- I) Determining reliability.
- II) Preparing interval Scale
- III) Determining Validity
- IV) Correlational Study.

2- Counselling and Guidance

- I) Vocational Preference
- II) Marital Adjustment
- III) Achievement Test
- IV) Big Five Scale

Optional Papers

(A) Health Psychology

- Type A behavior
- Coping strategies
- Measurement of scale
- Health problem check list

(B) Environmental Psychology

- Environment of Awareness
- Noise adaptation

- Environment and Health

- Measurement of environmental pollution

(C) Organizational Psychology

- Job Involvement
- Organizational Commitment
- Employee Motivation
- Quality of work life.