Rashtrasant Tukdoji Maharaj Nagpur University

Syllabus for B. A. Semester- I (Psychology)

FUNDAMENTALS OF PSYCHOLOGY

To be implemented progressively from 2016-2017 onwards

Objectives: To provide solid foundation to understand basic Psychological processes and their applications in everyday life.

Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: **100**

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Unit I - **Introduction:**

Unit II - **Cognitive Processes**
Perception: Definition, Gestalt principles: Figure and ground. Laws of perceptual organization. Application: Laws of perceptual organization in daily life.

Unit III – **Motivation and Emotion**

Unit IV: **Intelligence and Personality**
Personality: Nature, Definition
Theories of personality- Freud’s Psychoanalytic theory, Type theory and trait theory.
Application- Personality Enhancement.

Note: 1) 2 periods per week per batch of 12 students and 04 periods for theory per week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any Two of the following.

Practicum
1) Substitution learning
2) Knowledge of results
3) Judgment of emotion from Photographs
4) Achievement Motivation
5) Effect of Mental set on perception
6) Personality Test
7) Intelligence Test.

Separate passing in theory and practical is necessary.
Distribution of Marks:
Record Book ....................... 08
Conduct of Test..................... 07
Viva Voice ......................... 03
Report of the Test................ 07
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Total Marks 25

REFERENCES:


Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester-II (Psychology)

Social Psychology
To be implemented progressively from 2016-2017 onwards
Objectives: To understand the basics of Social Psychology and the individual in the social world.
Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: 100

Unit 1: Introduction
Brief history of Social Psychology (special emphasis on Indian context), Scope of Social Psychology, Levels of social behaviour. Approaches towards understanding social behaviour. Application: Behaviour in social situation.

Unit 2: Attitude and Prejudice

Unit 3: Pro-social behaviour and Aggression

Unit 4: Communication

Note:
1) 2 periods per week per batch of 12 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any Two of the following.
Practicum

1. Test of Attitude Measurement
2. Aggression Scale
3. Prejudice Scale
4. Socio Emotional Inventory
5. Social Maturity Scale
6. Sociometry
7. Social Intelligence Scale

Separate passing in theory and practical is necessary.

Distribution of Marks:
- Record Book ......................... 08
- Conduct of Test....................... 07
- Viva Voice ........................... 03
- Report of the Test.................... 07

Total Marks 25

References


Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- III (Psychology)

**PSYCHOPATHOLOGY**

To be implemented progressively from 2016-2017 onwards

Objective: To develop an understanding of the various psychological disorders and treatment.

Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: **100**

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**Unit I: Introduction**
- Concept of Normality & Abnormality, Historical Background
- Approaches to abnormality– Statistical, Evaluative, and Psychodynamic
- Orientation to Classificatory system (DSM-V, ICD-10)
- Diathesis Stress Model
- Application: Maintaining Mental Health.

**Unit II: Psychological Disorders**
- Anxiety disorders: Generalized, Hypochondriasis, Conversion Reaction, Phobias, Obsessive Compulsive Disorder.
- Childhood Disorders: ADHD (Attention Deficit Hyperactivity Disorder), Learning Disability: (Dyslexia, Dyscalculia, Dysgraphia), Slow learner
- Application: Managing Anxiety.

**Unit III: Psychological Disorders**
- Mood Disorders: Mania, Depression, Bipolar affective disorder.
- Application: Managing Moods.

**Unit IV: Treatment of disorders**
- Orientation to Biological treatment: Pharmacotherapy (Anti-anxiety, Antipsychotic, Anti depressants and mood stabilizers) and Electroconvulsive therapy
- Psychological treatment: Psychoanalytic therapy, Behavior therapy and Cognitive- therapy, Indian perspective – Patanjali’s Ashtang yoga.
- Application: Relaxation techniques.
**Note:**
1) 2 periods per week per batch of 12 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Two** of the following.

**Practicum**
- Mental health scale/Inventory
- Depression scale
- Clinical case study form
- Anxiety test
- Learning disability scale
- Narcissism
- Neurosis measurement scale

Separate passing in theory and practical is necessary.

**Distribution of Marks:**
- Record Book ......................... 08
- Conduct of Test..................... 07
- Viva Voice ........................... 03
- Report of the Test................... 07

**Total Marks** 25

**Reference**
Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- IV (Psychology)

STATISTICAL METHODS AND PSYCHOLOGICAL TESTING

To be implemented progressively from 2016-2017 onwards
Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.
Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: 100

Unit I: Introduction
Data: Ungrouped and grouped, frequency distribution. Graphical representation of data: Histogram and Frequency Polygon.
Application: Graphical representation.

Unit II: Data analysis
Measures of central tendency: Mean, Median, Mode (Properties and Computation of grouped & ungrouped data)
Deviation: Standard Deviation, it’s properties and computation
Application: computation of statistical problems.

Unit III: Test of Significance
Test of Significance: Chi Square (Equal probability), ‘t’ test.

Unit IV: Psychological Testing
Psychological Testing: Introduction to psychological testing, characteristics of Psychological test, Reliability, Validity, Norms and standardization. Types of tests. Qualitative methods: Interview, observation, case study.
Application: Use of psychological test in day to day life.
Note: 1) 2 periods per week per batch of 12 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any Two of the following.

Practicum

1. Case History (Compulsory)
2. SPM
3. Adjustment Inventory
4. Anxiety Test
5. Study Habit Inventory
6. Personal Value Scale
7. DAT

Separate passing in theory and practical is necessary.

Distribution of Marks:
Record Book ......................... 08
Conduct of Test ...................... 07
Viva Voice ........................... 03
Report of the Test ............... 07

Total Marks 25

Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- V (Psychology)

**Organizational Psychology**

To be implemented progressively from 2016-2017 onwards

Objective: To introduce the basic concepts of Industrial and Organizational psychology and to understand the application of psychology at the workplace.

Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: 100

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Unit I:

**Understanding Organizational behaviour:** Meaning, nature and goals of Organizational behaviour.
Application: Nature of organizational Behaviour

Unit II:

**Work related Attitudes:** Job satisfaction; factors affecting Job satisfaction. Enhancing Job satisfaction.
Application: Importance of Job Satisfaction in human life

Unit III:

**Work Motivation:** Theories – Maslow’s Theory, Herzberg’s Two factor theory, application; Indian Perspective.
Application: Role of Work Motivation in Organization

Unit IV:

**Organizational Stress:** Meaning and Causes, Consequences and managing stress.
Application: Effects of stress in work - life.
Note: 1) 2 periods per week per batch of 12 students and 04 periods for theory per week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Two** of the following.

Practical:

1) Occupational Stress Index
2) Quality of Work Life Scale
3) Work Motivation Questionnaire
4) Organizational Climate Inventory
5) Job Satisfaction
6) Occupational Self Efficacy Scale
7) Career Decision Scale

Separate passing in theory and practical is necessary.

Distribution of Marks:

- Record Book ....................... 08
- Conduct of Test..................... 07
- Viva Voice ......................... 03
- Report of the Test................. 07

Total Marks 25

References


Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- VI (Psychology)

**Counselling and Positive Psychology**

To be implemented progressively from 2016-2017 onwards

Objective: To Develop and understanding of well-being.

Marks for theory: 75 (60+15 internal) and Marks for Practical: 25, Total marks: 100

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Unit I:

Meaning and goals of counselling, counselling process and relationship.
Counselling in Indian context
Application: Counselling an Art.

Unit II:

Techniques: Play, Art, Drama, Music, Dance, Yoga and Meditation.
Application: Role of Counselling techniques.

Unit III:

Applications of counselling: family, School, Career Premarital, Marriage.
Application: Challenges before Counsellor. Premarital counseling to students.

Unit: IV:

Application: Understanding importance of Well - being.
**Project**: Project work is compulsory to all students.

With a view to facilitate creativity, arouse curiosity and promote skills in planning and conducting psychological research, students are required to take up a mini project on an issue of interest, under the supervision of teacher.

**Note:**

1) 2 periods per week per batch of 12 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Two** of the following.

**Practical:**

1) Well-Being Scale
2) Psychological Counseling Need Scale
3) Psychological Hardiness Scale
4) Big Five Personality Inventory
5) Type A/B Behavioural pattern Scale
6) Fear Check List
7) Women Empowerment Scale

Separate passing in theory and practical is necessary.

Distribution of Marks:

- Record Book .......................  08
- Conduct of Test.....................  07
- Viva Voice ..........................  03
- Report of the Test.................  07

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**Total Marks** 25
References:


Rashtrasant Tukdoji Maharaj Nagpur University

Syllabus for B. A. Semester- **I to VI (Psychology)**

To be implemented progressively from 2016-2017 onwards

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