

# 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:**

Definition and goals of psychology, Approaches to psychology. Fields of Psychology- Theoretical and Applied. Methods of Psychology- Introspection, Experimental and Observation. Application: Understanding behaviour through methods of psychology.

#### Unit II - **Cognitive Processes**

Perception: Definition, Gestalt principles: Figure and ground. Laws of perceptual organization. Application: Laws of perceptual organization in daily life. Learning: Definition, Types of learning, Methods of learning: Conditioning, Trial and Error, Insight learning. Thorndike's laws of learning. Memory: Definition, Stages of memory- sensory memory, short term memory, long term memory. Techniques of Memory development. Application: Memory Improvement.

#### Unit III - **Motivation and Emotion**

Motivation: Definition, Concept of homeostasis  
Types of motives: Physiological, Psychological, Social  
Maslow's theory of Hierarchy of Motives  
Application: Enhancing self motivation.  
Emotion: Definition and nature. Correlates: Internal and external Changes.  
Application of emotion- Understanding Emotion.

#### Unit IV: **Intelligence and Personality**

Intelligence: definition, Concept of C. A., M. A., I. Q. Distribution of IQ in population. Measurement of Intelligence: Types of intelligence test. Theories of Intelligence- Gardner's theory, Guilford's SOI model. Application: Improving intelligence in childhood.

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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<b>Total Marks</b>	<b>25</b>

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- Feldman, S. R. (2009): Essentials of Understanding Psychology. (7th ed.), Tata McGraw Hill, New Delhi.
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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**

Attitude: Definition and formation of attitude. Theories: Balance theory,  
Cognitive dissonance theory. Prejudice: Nature and components of prejudice.  
Acquisition and reduction of prejudice.  
Application: Attitude change.

**Unit 3: Pro-social behaviour and Aggression**

Pro-social behaviour: Nature, Determinants, Bystander Effect.  
Aggression: Nature, types, determinants, prevention and control of  
aggression.  
Application: Acquiring Pro-social behavior.

**Unit 4: Communication**

Communication: Definition, types, process, barriers and inter-personal  
communication.  
Application: Effective 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

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**Total Marks** **25**

## References

Baron, R. A., Byrne, D. & Bhardwaj, G. (2010): *Social Psychology* (12<sup>th</sup> Ed). New Delhi, Pear

Chadha, N.K. (2012): *Social Psychology*, McMillan, New Delhi

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# 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.

Schizophrenia: Symptoms, types: Simple, Paranoid, Catatonic, Hebephrenic, Residual.

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**

- 1) Mental health scale/Inventory
- 2) Depression scale
- 3) Clinical case study form
- 4) Anxiety test
- 5) Learning disability scale
- 6) Narcissism
- 7) 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
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<b>Total Marks</b>	<b>25</b>

**Reference**

Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J. M. (2008): Abnormal Psychology. New Delhi: Pearson.

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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**

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**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, its properties and computation

Correlation: Meaning & types: Spearman's Rank difference Correlation,

Pearson's Product Moment method, Normal Probability Curve (NPC): Properties.

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
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<b>Total Marks</b>	<b>25</b>

Chadha, N. K. (1991): Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.

Garrett, H. E. & Woodworth, R. S. (1987): Statistics in Psychology and Education. Mumbai, Vakils, Feffer & Simons Pvt. Ltd.

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King, B. M. & Minium, E. W, (2007): Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

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

<b>Total Marks</b>	<b>25</b>
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**References**

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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:

Well Being: Components of well-being; life satisfaction Life: Enhancing Virtues:  
Wisdom and Knowledge, Courage, Humanity, Justice, Temperance,  
Transcendence.  
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.
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  - 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:**

Baumgardner, S. R. (2012): Positive Psychology. New Delhi, Pearson

DiMatteo, M. R. and Martin, L. R. (2002): Health Psychology. New Delhi, Pearson.

Rao, S. N. (2003): Counselling and Guidance (2<sup>nd</sup> Ed) New Delhi: Tata McGraw Hill.

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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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<b>Semester</b>	<b>Title of Paper</b>
<b>I</b>	<b>FUNDAMENTALS OF PSYCHOLOGY</b>
<b>II</b>	<b>SOCIAL PSYCHOLOGY</b>
<b>III</b>	<b>PSYCHOPATHOLOGY</b>
<b>IV</b>	<b>STATISTICAL METHODS AND PSYCHOLOGICAL TESTING</b>
<b>V</b>	<b>ORGANAIZATIONAL PSYCHLOLGY</b>
<b>VI</b>	<b>COUNSELLING AND POSITIVE PSYCHOLOGY</b>

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