

As per the NEP 2020
B.A. / B.Sc. Psychology
(Effective from Academic Year 2024-2025 onwards)



Faculty of Social Sciences

Pandit Deendayal Upadhyaya Shekhawati University
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(CBCS) As per the NEP 2020 (Semester I to IV)
w.e.f. the Academic Session 2024-25

Discipline: Psychology
Faculty: Social Sciences

Semester	Course title	Credit distribution					Eligibility Criteria
		Credits	Course Code	Lecture	Tutorial	Practical/ Practice	
I	Introduction to Psychology	DSC (3)	24BSY5101T	3	0	0	10+2 From a recognized board
I	Psychology Laboratory-I	DSC (1)	24BSY5101P	0	0	1	
II	Basic Cognitive Processes	DSC (3)	24BSY5201T	3	0	0	
II	Psychology Laboratory-II	DSC (1)	24BSY5201P	0	0	1	
III	Social Psychology	DSC (3)	24BSY6301T	3	0	0	
III	Psychology Laboratory-III	DSC (1)	24BSY6301P	0	0	1	
IV	Abnormal Psychology	DSC (3)	24BSY6401T	3	0	0	
IV	Psychology Laboratory-IV	DSC (1)	24BSY6401P	0	0	1	

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Semester I
Introduction to Psychology

Learning Objectives

Upon completing the paper, students will have developed a foundational understanding of key psychological concepts and theories. They will be able to articulate the major perspectives in psychology, including behavioral, cognitive and psychodynamic approaches, and understand their application in various contexts. Students will gain insight into fundamental topics such as learning, memory, perception, motivation and emotional processes. Additionally, they will be equipped to analyze and evaluate psychological research methods, including experimental and observational techniques. Through this course students will also develop an appreciation for the practical implications of psychological principles in everyday life and gain a broader awareness of how psychological knowledge can be applied to improve personal wellbeing and social interaction.

Learning Outcomes

The course aims to introduce students to the fundamental concepts of psychology, with a particular focus on how these concepts apply to everyday life. Students will gain an appreciation for the broad scope and diverse areas within the field of psychology. Additionally, the course will foster familiarity with essential themes in psychology, including learning, memory, perception and thinking providing a foundational understanding of these core topics. By exploring these areas, students will develop a deeper insight into how psychological principles can be applied to various aspects of daily living and enhance their overall comprehension of the discipline.

Course Title:	Introduction to Psychology	Course Code: 24BSY5101T
Total Lecture hour 45		Hours
Unit I	Introduction: Definition and goals of psychology; Schools of psychology - Structuralism, Functionalism, Behaviorism, Gestalt and Psychoanalysis; Modern perspectives- Biological, Psychodynamics, Behavioral, Cognitive, Humanistic, Evolutionary, and Socio-cultural; Methods - Observational, Case study, Survey and Experimental Method	12
Unit II	Biological Basis of Behaviour: Structure and Function of Neuron; Structure and Functions of Central Nervous System and Peripheral Nervous System. Role of Neurotransmitters and Endocrine glands in Behaviour	12
Unit III	Motivation and Emotion: Motivation: Meaning and approaches - Instinct, Drive- reduction, Arousal, Incentive and Humanistic. Emotion: Elements - Physiological, Expression and Subjective Experience; Theories-Cannon Bard, James Lange, Schachter - Singer , opponent -Process Theory	10
Unit IV	Personality: Definition; Type Theories - Sheldon , Kretchmer and Jung; Trait Theories - Allport, Cattle, Mc Crae, and Costa; Personality Assessment - Self Report Inventories, Projective Tests and Behavioral Assessments.	11

Reference Books:

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|---|---|
| 1 | Psychology, Baron ,R.A. Misra , G(2023) , New Delhi Pearson Education India |
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2	Introduction to psychology: Okon , Abigail Edem (2019) , University of Calabar .
3	Psychology, Ciccarelli , S.K , White . J. N .and Misra G. (2022. New Delhi : Pearson Education
4	Understanding Psychology, Kalat , J.W (2016) . New York : Cengage Learning
5	Modern General Psychology, A.K.Singh (2017) New Delhi: Motilal Banarsidass

Course Title:	Psychology Lab - I	Course Code:
		24BSY5101P
1	Personality Assessment through HSPQ	
2	Eysenck Personality Questionnaire-Revised	
3	Measurement of Emotions by Facial Expression	
4	Sentence Completion Test	
5	Measurement of Motivation	
6	Case study	

Semester II Basic Cognitive Processes

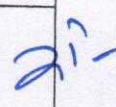
Learning Objectives

Upon completing the paper, students will have gained a thorough understanding of the key factors that contribute to individual variability in behavior, Cognition, and Personality. They will be able to identify and analyze different theoretical Perspectives on individual differences, including genetics, environment, and situational influences. Students will also develop skills in applying psychological assessments to Major personality traits, intelligence, and other Individual differences. Additionally they will appreciate the implication of these differences for personal development, interpersonal relationships, and professional settings, equipping them to understand and address diverse psychological needs effectively.

Learning Outcomes

The course aims to develop a comprehensive understanding of individual differences, focusing on the complexities of personality theories and various approaches to intelligence. Students will become acquainted with the diverse framework that explain personality and gain insight into how these theories address the intricacies of human behavior. Additionally the course will explore the process and principles of motivation and emotion, encouraging students to appreciate the range of perspectives that offer explanations for these fundamental psychological phenomena .By examining these topics, students will gain a nuanced understanding of how individual differences shape personal experiences and interactions.

Course Title:	Basic Cognitive Processes	Course Code:
		24BSY5201T
Unit I	Attention, Sensation and perception: Attention - Meaning and nature; sensation - meaning, Sensory receptors, Sensory Threshold, Habituation and sensory Adaptation. Perception - Meaning, constancies - size, shape and brightness, gestalt, principals, factor influencing perception	

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Unit II	Learning and Memory: Definition and Theories-Classical Conditioning, Operant Conditioning, Cognitive Learning, Observational Learning; Memory: Definition; Encoding, Storage and Retrieval Processes; Models: Level of Processing, Parallel Distributed Processing and Information Processing Sensory, Short-Term and Long-Term Memory; Forgetting-Nature and Causes.	14
Unit III	Thinking and Problem-Solving: Mental Imagery and Concepts: Nature and Types; Problem Solving-Trial and Error, Algorithms, Heuristics, Insight; Barriers to Problem-Solving.	12
Unit IV	Intelligence: Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types.	12
Reference Books:		
1	Psychology, Baron, R.A. & Misra, G. (2023)., New Delhi: Pearson Education India.	
2	Psychology, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education	
3	Introduction to Psychology, Okon, Abigail Edem (2019), University of Calabar.	
4	Modern General Psychology , A.K.Singh (2017) New Delhi: Motilal Banarsidass	

Course Title:	Psychology Laboratory-II	Course Code: 24BSY5201T
1	Human Maze Learning	
2	Experiment of Memory (Meaningful and Nonsense Syllables using Memory Drum)	
3	Performance Test of Intelligence (Bhatia Battery)	
4	Span of Attention Experiment	
5	Interview Method	
6	Figure-Ground Reversal Experiment	

Semester III Social Psychology

Learning Objectives

To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception. To understand the nature, functions, formation, changes and measurement of attitudes and the nature and origin of prejudice and discrimination. To learn about the theories, determinants, prevention and control of aggressive behavior and also understand the meaning, nature, and types of social problems. To learn the meaning, nature, types, and barriers of communication and the concept of interpersonal attraction.

Learning Outcomes

By the end of the course, students will be able to understand the development of Social Psychology and apply the principles of Social Psychology. Critically appraise the concept of Attitude, its formation, and methods to reduce Prejudice and Discrimination. Develop an understanding of social problems and the necessity of a peaceful society Learn about the importance of verbal and non-verbal Communication and an insight of factors related to interpersonal attraction.

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Course Title:	Social Psychology	Course Code: 24BSY6301T
Total Lecture hour 52		Hours
Unit I	Introduction: Meaning, Nature, and Scope of Social Psychology; Methods of Social Psychology: Experimental and Non-Experimental Methods; Person Perception and Social Perception: Meaning and Nature, Role of Non-Verbal Cues; Perceivers' Characteristics and Role of Ongoing Interaction.	14
Unit II	Attitudes, Prejudice, and Discrimination: Attitudes: Nature, Functions, Formation, Change, and Measurement; Prejudice and Discrimination: Nature and Origin; Reduction of Prejudice and Discrimination	14
Unit III	Aggression and Social Problems: Aggression-Theories, Determinants, Prevention and Control; Social Problems- Meaning and Nature; Types of Social Problems- Poverty, Deprivation, Population Explosion, Economic Development; Solutions to Social Problems.	13
Unit IV	Communication and Interpersonal Attraction: Meaning, Nature, and Types: Verbal and Non Verbal; Barriers of Communication; Interpersonal Attraction: Proximity and Affective basis, Acquaintance and Need to Affiliate; Effects of Observable Characteristics, Similarity and Mutual liking.	11
Reference Books:		
1	Exploring Social Psychology, Myers, D.G. (2022). New York: McGraw Hill.	
2	Social Psychology, Branscombe, N.R. & Baron, R.A. (2022). Noida: Pearson India Education	
3	Exploring Social Psychology, Myers, D.G. (2021). New York: McGraw Hill	

Course Title:	Psychology Laboratory-III	Course Code: 24BSY6301P
1	Measurement of Aggression	
2	Measurement of Altruism	
3	Measurement of Attitude	
4	Measurement of person perception	
5	Prejudice scale	
6	Survey Method	

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Semester IV
Abnormal Psychology

Learning Objectives

To understand the meaning and indicators of abnormality. To attain the concept of classification systems of mental disorders and to provide information about Mental Health Professionals. To learn about the risk factors and causes of abnormal behavior. To gain an understanding of the Diathesis-stress models and different perspectives of abnormality. To understand the nature, types, clinical picture, and causal factors related to various mental disorders.

Learning Outcomes

By the end of the course, students should be able to: Develop an understanding of the meaning and nature of Psychological Disorders Understand the classification systems of Mental Disorders Analyze and understand the clinical picture, causal factors, and treatment of various Psychological Disorders.

Course Title:	Abnormal Psychology	Course Code: 24BSY6401T
Total Lecture hour 45		Hours
Unit I	Introduction: Concept of Abnormality and Normalcy; Mental Disorder: Definition and Meaning; Indicators of Abnormality; Latest DSM and ICD Classification Systems; Mental Health Professionals	12
Unit II	Causal Factors and Perspectives: Risk Factors and Causes; Diathesis-Stress Models; Biological, Psychological and Social Perspectives.	12
Unit III	Anxiety, Obsessive Compulsive, and Mood Disorders: Types, Clinical Picture and Causal Factors; Suicide: Clinical Picture and Causal Pattern; Prevention and Intervention.	11
Unit IV	Dissociative and Somatic Symptoms Disorders: Types, Clinical Picture, and Causal Factors. Schizophrenia and other Psychotic Disorders: Types, Clinical Picture, and Causal Factors.	10
Reference Books:		
1	Abnormal Psychology , Hooley, J.M., Butcher, J.N., Nock, M. K. & Mineka, S. (2019) Noida: Pearson India Education.	
2	Abnormal Psychology , Oltmanns, T.F. & R.E. (2021). Noida: Pearson India Education.	
3	Abnormal Psychology , Ray, W.J. (2020). New Delhi: Sage Publications.	
4	Abnormal Psychology , Singh, A.K. (2017). New Delhi Motilal Banarsidass.	

Course Title:	Psychology Laboratory-IV	Course Code: 24BSY6301P
1	Assessment of Mental Health	
2	Assessment of State and Trait Anxiety	
3	Eight-State Questionnaire	
4	Measurement of Depression	
5	Measurement of Coping-Styles	
6	Measurement of stress	

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