

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



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Semester – I**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 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		
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	Hours 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 Neuro transmitters and Endocrine glands in Behaviour	12
Unit III	Motivation and Emotion: Motivation: Meaning and approaches - Instinct, Drive- reduction, Arousal, Incentive and Humanistics. Emotion: Elements - Physiological, Expression and Subjective Experience; Theories-Cannon Bard, James Lange, Schachter - Singer , opponent - Process Theory	11
Unit IV	Personality: Definition; Type Theories - Sheldon , Kretschmer and Jung; Trait Theories - Allport, Cattell, McCrae, and Costa; Personality Assessment- Self Report Inventories, Projective Tests and Behavioral Assessments.	10
Suggestive Readings:		
1	Psychology, Baron ,R.A. Misra , G (2023), New Delhi Pearson Education India .	
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 Laboratory - I	Course Code: 24BSY5101P
1	Personality Assessment through HSPQ	
2	Eysenck Personality Questionnaire-Revised	
3	Measurement of Emotions by Facial Expression	

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4	Sentence Completion Test
5	Measurement of Motivation
6	Case study

Semester – II

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
Total Lecture hour 45		Hours
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	12
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.	12
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.	11
Unit IV	Intelligence: Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types.	10
Suggestive Readings:		
1	Psychology, Baron ,R.A. Misra , G (2023), New Delhi Pearson Education India .	
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	
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Semester – III

- 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.

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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3	Exploring Social Psychology, Myers, D.G. (2021). New York: McGraw Hill
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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	

Semester – IV

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 Hours 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
Suggestive Readings:		
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: 24BSY6401P
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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Semester—V

Course Title:	Positive Psychology	Course Code: 24BSY7501T
Total Lecture hours: 60		
Unit I	Hours	
Introduction: Definition, Goals and Assumptions of Positive Psychology; Relationship with other Branches of Psychology, Virtue & Strength of Character.	15	
Unit II	15	
Positive Cognitive States and Processes: Self-Efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality. Resilience Meaning & sources; Development & Clinical perspective		
Unit III	15	
Mental Health and Well-Being: Subjective Well-Being and Life Satisfaction, Social Well-Being and Psychological Well-Being, Complete State Model. Happiness: Meaning, Hedonic and Eudemonic view point.		
Unit IV	15	
Emotional Intelligence: Meaning, Components and Theories; Enhancement of Emotional Intelligence. Pro-Social Behavior: Empathy, Altruism, Gratitude and Forgiveness.		
Reference Books:		
1	Snyder, C.R. & Lopez, S.J. (2007). Positive Psychology. New Delhi: Sage.	
2	Snyder, C.R. & Lopez, J. (2005). Handbook of Positive Psychology. New York: Oxford.	
3	Baumgartner, S. & Crothers, M. (2019). Positive Psychology. Noida: Pearson Education India.	
4	Carr, A (2022) . Positive Psychology n3rd Edition Routledge.	

Course Title:	Positive Psychology	Course Code: 24BSY7501P
	1. Measurement of Subjective Wellbeing 2. Measurement of Forgiveness 3. Measurement of Emotional Intelligence 4. Measurement of Hope 5. Measurement of Resilience 6. Personality Assessment through HSPQ 7. Measurement of Glatitude 8. MMPI 9. Achievement Test	


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Semester- VI

Course Title:	Psychological Testing and Assessment	Course Code: 24BSY7601T
Total Lecture hours: 60		Hours
Unit I	Psychological Testing -: -Definition, Difference between Testing and Assessment, Tools of Psychological Assessment Interview, Case History Data, behavioral Observation, Computers as tools. Psychological Test: Nature, Functions good psychological test	15
Unit II	Reliability: Meaning, Types and Methods of Calculating Reliability. Validity: Meaning, Types and Methods of Calculating Validity. Norms: Meaning and Types of Norms.	15
Unit III	Types of Psychological Test- Group & individual; verbal & Non verbal , performance test, Self – report Inventories, Projective techniques.	15
Unit IV	Assessment of Personality big five, 16 PF, MMPI, TAT AND Rorschach. Test. Assessment of Intelligence – Binet, WAIS, SPM.	15
Reference Books:		
1	Anastasi, A. (1997). Psychological testing. New York: MacMillan Co.	
2	Chadha, N.K. (2009). Applied Psychometry. New Delhi: Sage.	
3	Kaplan, R.M. & Saccuzzo, D.P. (2009). Psychological Testing and Assessment.	
4	New Delhi: Cengage Learning.	
5.	Cohen, R.J, Swerdlik, M. & Struman, E.D. (2015). Psychological Testing and Assessment. New Delhi: McGraw Hill.	
6.	Arun Kumar Singh (2002) Measurement and Evaluation in Psychology, New Delhi Motilal Banarsidas	

Course Title:	Positive Psychology	Course Code: 24BSY7601P
	1. Reaction Time 2. Mullard Lyer Illusion 3. Measurement of Level of Aspiration 4. Measurement of Intelligence (SPM) 5. Measurement of Interest 6. Measurement of Aptitude 7. Introversion Extroversion Inventory (IEI) 8. Bhatia Battery	


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