



# Kristu Jayanti College

**AUTONOMOUS** **Bengaluru**

Reaccredited 'A' Grade by NAAC | Affiliated to Bangalore University

## **Department of Psychology**

**B A -Psychology**

**Curriculum 2015-18**

# PSYCHOLOGY-SYLLABUS

## [2014-2017]

Psychology can be defined as the scientific study of mental processes and behaviour. We cannot understand ourselves or the individuals around us without looking at how we develop, how we behave in a social context, or the physiological components of our behaviour. Thus, this course will serve as an overview of the major fields within psychology with an emphasis on developing an understanding of psychology as the science of human thought and behaviour.. The specialties within the field include physiological, cognitive, clinical, social, organizational, and developmental Psychology.

### **Course Objectives**

- To introduce the broad areas and varied approaches that comprise the field of Psychology
- To develop an understanding of some key psychological concepts and theories from several areas of Psychology
- To provide students with experience in the collection, analysis and interpretation of developmental data in either an applied or laboratory setting
- To impart in-depth knowledge, critical thinking and skills in various fields of Psychology.
- To develop sensitivity to psychological dynamics for better individual and societal wellbeing.

**KRISTU JAYANTI COLLEGE**  
**DEPARTMENT OF PSYCHOLOGY**  
**B.A. AUTONOMOUS COURSE STRUCTURE**

Course Code	Title of the Course	Contact Hours	Credits	Total Credits	Marks Awarded		
					ESE*	IA**	Total
15PSY1201	Basic Psychology I	04	03	4	60	40	100
15PSY12L1	Practical I	02	01		30	20	50
15PSY2201	Basic Psychology II	04	04	4	60	40	100
15PSY22L1	Practical II	02	01		30	20	50
15PSY3201	Developmental Psychology I	04	04	4	60	40	100
15PSY32L1	Practical III	02	01		30	20	50
15PSY4201	Developmental psychology II	04	03	4	60	40	100
15PSY42L1	Practical IV	02	01		30	20	50
15PSY5201	Behaviour Dysfunction I	04	03	4	60	40	100
15PSY52L1	Practical V	02	01		30	20	50
15PSY5202	Industrial Psychology I	04	03	4	60	40	100
15PSY52L2	Practical VI	02	01		30	20	50
15HUM52P1	Internship/ Project(optional)	5	4	4	60	40	100
15PSY6201	Behaviour Dysfunction II	04	03	4	60	40	100
15PSY62L1	Practical 7	02	01		30	20	50
15PSY6202	Industrial Psychology II	04	03	4	60	40	100
15PSY62L2	Practical 8	02	01	Total Credit: 32			

**\*ESE: End Semester Examination**

**\*\*IA: Internal Assessment**

**SEMESTER I**  
**15PSY1201 BASIC PSYCHOLOGY I**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To understand and classify the domains of behaviour
2. To understand the different processes in terms of biological, cognitive processes and their impact on behaviour.
3. To create an awareness of the role of psychologists in society
4. To differentiate methods of study of behaviour
5. To provide practical orientation to different dimensions of behaviour.
6. To analyse and interpret data using statistical techniques.

**Unit 1- Introduction**

**10 Hours**

Definition; Domains of behaviour; Nature; Antecedents-Schools of psychology; Goals of Psychology; Role of a psychologist in society; Methods- Descriptive, Experimental & Case Study.

**Unit 2 - Biology and Behaviour**

**14 Hours**

Nervous system; Neurons-Structure, Function and Neuro-transmission; Structure and function of Central and Peripheral nervous systems; Techniques of studying brain; Endocrine system and its impact on behaviour.

**Unit 3 – Motivation**

**12 Hours**

Meaning; Definition; Motivation Cycle; Types of motivation-Physiological Motivation – Hunger, Thirst, Psychological motivation – Achievement, Affiliation, Power, Parenting; Theories of Motivation – Need theories – Maslow and ERG, Drive Reduction Theories; Current status of motivational Psychology

**Unit 4 – Emotion**

**10 Hours**

Definition; Nature; Types; Physiological responses-Arousal and emotional intensity; Theories – James Lange Theory, Cannon Bard Theory and Schacter Singer Theory, Richard Lazarus' theory; Communication of Emotion – Emotional expression- Characteristics, Innate Expression Of Emotions, Social Aspects of Emotional Expressions, Biology of emotion(in brief)

**Unit 5 – Personality**

**14 Hours**

Definition; Determinants; Approaches –Dispositional approaches – Type approach – Hippocrates, Sheldon, Kretchmer, Jung's typology, Trait theory –Allport, Catell, Eysenck & BIG Five; Psychoanalytic –Freud; Assessment of personality – Objective, Subjective and Projective.

## 15PSY12L1 Practical I

### EXPERIMENTS –

- |  |           |
|--|-----------|
| 1. Observation and Suggestion  | 2 Hours   |
| 2. Stroop Effect   | 2 Hours   |
| 3. Effect of Chunking on recall  | 2 Hours   |
| 4. Effect of Cueing on recall  | 2 Hours   |
| 5. Self Concept  |           |
| 6. Statistics –  |           |
| a. Grouping of Data – Class Intervals and Frequencies                                  | 2+2Hours  |
| b. Measures of Central Tendency – Mean and Median, Mode for Grouped and Ungrouped Data | 2+2Hours  |
| 7. Project Motivational Hierarchy  | One Month |

### Course Text/ References

Feldman, R. S. (1996). *Understanding Psychology*. (4th ed.). McGraw Hill

Baron, R.A. (1995). *Psychology*. (3<sup>rd</sup> ed.). Prentice Hall India.

Morgan & King. (1989). *Introduction to Psychology*. (7<sup>th</sup> ed.). VII India; Mc Graw Hill.

Wortman and Loftus. (1992). *Psychology*. (4<sup>th</sup> ed.). McGraw Hill International.

Bernstein, Roy, Skull and Wickets. (1991). *Psychology* (2<sup>nd</sup> ed.). Houghton College Publishers.

Fernald and Fernald. (1985). *Munn's Introduction to Psychology* (5<sup>th</sup> ed.) A. I.T.B.S. Publishers and Dist Reg.

Hilgard and Atkinson. (1975). *Introduction to Psychology*. Oxford IBH Publishing Co. Pvt. Ltd.

**SEMESTER II**  
**15PSY2201 Basic Psychology II**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To understand sensory processes
2. To apply the laws of psychophysics to sensation and perception
3. To understand the biological basis of memory and forgetting.
4. To provide practical orientation to different dimensions of behaviour.
5. To analyse and interpret data using statistical techniques.

**Unit 1 Sensation & Perception**

**10 Hours**

Sensation- Meaning, Types, Biological processes involved in each modality;  
Psychophysics- Sensory Threshold, Absolute Threshold, Just Noticeable Difference,  
Weber's Law

**Unit 2 Perception and Attention**

**10 Hours**

Perception- Meaning, Process of Perception, Principles of Perception; Gestalt Laws of organization; Depth Perception, Constancy, Movement, Illusion & Subliminal perception, Extra Sensory Perception; Attention- Definition, Characteristics, Factors determining attention, Types of attention

**Unit 3 Memory and Forgetting**

**12 Hours**

Memory-Biological, Basic processes; Types of sensory memory; Types of STM, Types of LTM; Associative models – Explicit Memory And Implicit Memory; Retrieval Cues ; State Dependent And Context Dependent Memory ; Tip – Of – The – Tongue –Phenomenon ;Flash Bulb Memories; Levels of processing; Forgetting – Definition, Theories, Improving memory- Mnemonic Strategies.

**Unit 4 Thinking and Intelligence**

**14 Hours**

Thinking- Processes involved, Elements of thinking, Information processing, Types of thinking; Reasoning – Types-Problem solving, Decision Making, Creative Thinking, Concept Formation; Intelligence – Definition, Determinants of intelligence – Genetic and Environmental influences, Theories of Intelligence – Factor theories -Spearman, Thurston, Guilford model, Cognitive models of intelligence – Robert Sternberg & Cattell; Assessment of Intelligence

**Unit 4 Learning**

**14 Hours**

Learning- Definition, Theories- Classical conditioning(Pavlov) and principles involved, Significance, Operant Conditioning(B.F Skinner) – principles involved, Significance , Trail and Error(Thorndike) Conditioning – principles involved, Significance, Insight learning(Kohler)- principles involved, Significance, Social learning theory(Bandura)

## 15PSY22L1 PRACTICAL II

### Experiments

1. Signal Detection	2 Hours
2. Maze Learning	2 Hours
3. Mapping of Retinal Color Zones	2 Hours
4. Muller – Lyer Illusion	2 Hours
5. Emotional Intelligence	2 Hours
6. Statistics 2	
a. Variability-Range, Standard deviation	2+2 Hours
b. Quartile deviation for grouped and ungrouped data.	2+2 Hours
7. Project- Emotional Intelligence	One Month

### References:

Feldman, R. S. (1996). *Understanding Psychology*. (4th ed.). McGraw Hill

Baron, R.A. (1995). *Psychology*. (3<sup>rd</sup> ed.). Prentice Hall India.

Morgan & King. (1989). *Introduction to Psychology*. (7<sup>th</sup> ed.). VII India: McGraw Hill

Wortman and Loftus. (1992). *Psychology*. (4<sup>th</sup> ed.). McGraw Hill International.

Bernstein, Roy, Skull and Wickets. (1991). *Psychology*. (2<sup>nd</sup> ed.). Houghton College Publishers.

Fernald and Fernald. (1985). *Munn's Introduction to Psychology*. (5<sup>th</sup> ed.) A. I.T.B.S. Publishers and Dist Reg.

Hilgard and Atkinson. (1975). *Introduction to Psychology*. Oxford IBH Publishing Co. Pvt. Ltd

### **SEMESTER III**

## **15PSY3201 Developmental Psychology I**

Credits 4

TOTAL HOURS: 60

### **Learning Objectives:**

1. To help students understand ways to apply content about lifespan to the real world and improve people's lives
2. To motivate them to better understand who they were, are, and will be.
3. To create awareness about healthy living
4. To collect relevant data about stages of life span, to analyze and interpret them

### **Unit 1 Introduction**

**10 Hours**

Concept Of Human Development; Aspect Of Human Development- Physical, Social Cognitive, Moral; Factors Influencing Human Development- Ecological Factors, Hereditary Factors; Principles Of Human Development; Methods Of Studying Human Development- Experimentation, Observation, Sequential Studies, Correlation, Cross-Sectional, Longitudinal, Case Studies, Self-Report.

### **Unit 2 Genetic Foundation of Development**

**10 Hours**

Mitosis-Somatic Cells and Meiosis-Separately In Sperm and Ova; Mechanism of Heredity- Genes, Chromosomes, Dominant and Recessive Alleles, Polygenic Traits, Multifactor Inheritance-Genotype and Phenotype; Sex Determination; Multiple Birth-Causes, Types, Common Characteristics of Twins; Mutations – Genetic and chromosomal, Causes; Chromosomal Abnormalities & Genetic Abnormality

### **Unit 3 Prenatal Life**

**12 Hours**

Prerequisites of Conception- Maturation, Ovulation, and Fertilization; Stages prenatal life - Germinal Stage, Embryonic Stage, Foetal Stage; Determinants Of Prenatal Health- Teratogens- Environmental Factors, Maternal Factors, Medication & Non Medication Drugs, Alcohol, Nicotine, Caffeine, Radiation, Pollutants, Maternal Diseases & Infections, Emotional Stress, Nutrition, Physical Activity, Maternal Age, Rh Incompatibility; Paternal factors; Prenatal Assessment- Amniocentesis, Chorionic-villi Sampling, Maternal Blood Tests, Ultrasound, Umbilical cord Blood Sampling, Pre Implantation, Genetic Diagnosis, Embryoscopy, Foetal Therapy; Birth Process- Stages of labour ,Types

### **Unit 4 Infancy (First Three Years of Life)**

**14 Hours**

New Born Reflexes- Optical, Palmer, Babinski, Moro, Rooting, Swimming, Walking, and Placing; Medical & Behavioural Assessment- Apgar Scale, Braselton Scale; Physical development -Principles of motor development-Cephalocaudal and Proximo-distal ,Gross & Fine Motor Development, Milestones Of Motor Development; Perceptual Capacities- Tactile, Taste, Smell, Hearing, Vision; Sudden Infant Death Syndrome (SID); Sleep & Wake Cycle; Emotional Development; Language Development- Stages of Language Development.

### **Unit 5 Childhood (Early and Later Childhood)**

**14 Hours**

Physical Development- Growth & Change -Height, Weight, Appearance; Motor development - Large Muscle Coordination, Small Muscle Coordination, Eye Hand



Coordination, Handedness; Cognitive Development- Memory, Preoperational Thought, Meta Cognition, Jean Piaget's & Vygotsky's theory; Psychosocial & Emotional Development- Aggression, Pro-Social Behaviour, Self Conscious Emotions, Expression of Emotions , Erikson's theory

### 15PSY32L1 PRACTICAL III

#### Experiments:

1. Habit Interference	2 Hours
2. Free Association	2 Hours
3. Paired Association	2 Hours
4. Creativity	2 Hours
5. Bilateral Transfer of Training	2 Hours
6. Statistics-3	
a. Standard error of Mean	2+2 Hours
b. Mean population	2+2 Hours
7. Project: CREATIVITY	One Month

#### Reference Books

Papalia, D.E. (2004). *Human Development*. (11<sup>th</sup> ed.). Tata McGraw Hill.

Hurlock, E.B. (1999), *Developmental Psychology*. (6<sup>th</sup> ed.). Tata McGraw Hill.

Berk, L.C. (1996) .*Child Development*. (3<sup>rd</sup> ed.).Prentice Hall of India Pvt Ltd.

Hetherington & Park. (1999). *Developmental Psychology*. (5<sup>th</sup> ed.). McGraw Hill Publication.

**SEMESTER IV**  
**15PSY4201 Developmental Psychology – II**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To help students understand ways to apply content about lifespan to the real world and improve people's lives and motivate them to better understand who they were, are, and will be.
2. To understand the transitions in puberty and to adopt coping mechanisms.
3. To create awareness about healthy living
4. To collect relevant data about stages of life span, to analyze and interpret them

**Unit 1 Puberty & Adolescence**

**14 Hours**

Puberty- Biological Changes-Primary and secondary sexual characteristics, Reactions to Physical Changes; Characteristics of Adolescence; Cognitive development- Jean Piaget's theory; Socio emotional development- Identity crisis, Erikson's & James Marcia's theory; Moral Development- Kohlberg's Levels of Morality; Developing A Career- Stages in Vocational Planning, Influences On Vocational Planning, Gender Differences; Health Concerns in Adolescence- Nutrition, Eating Disorder; Abuse- Drugs, Nicotine, Alcohol; STDs; Adolescent Relationships- Family, Peers, Society

**Unit 2 Adulthood**

**12 Hours**

Characteristics of adulthood; Cognitive & Emotional Development – Shift To Post Formal Thought; Emotional Intelligence; Vocational Adjustment- Importance Of Work, Gender Difference At Work, Factors Making Vocation Life Difficult, Appraisal Of Vocational Adjustment; Marital & Non Marital Life Style-Single Life Style, Homosexual Relationship, Cohabitation

**Unit 3 Middle Age**

**12 Hours**

Characteristics of Middle age; Adjustment To Changes- Physical -Appearance, Sensory Abilities, Physiological Functioning; Changes in mental Abilities; Social & Emotional Adjustment; Midlife Crises; Personal Relationship; Marital Satisfaction Divorce; Common Problems Of Divorcees; Remarriage; Occupational Adjustment- Stable & Unstable Patterns, Gender Differences, Changing Career, and Work Related Stress; Retirement- Preparation For Retirement, How Work Enhances Personal & Intellectual Growth; Adult Learner.

**Unit 4 Old Age**

**12 Hours**

Characteristics; Physical Changes & Adjustment-Appearance, Sensory Abilities, Internal Changes, Physiological Functioning, Health ;Motor Functioning & Mental Abilities; Interest; Family Life- Living Arrangement, Need For Old Age Home, Income, Relationship With Spouse, Offspring, Grandchildren, Siblings, Adjustment To Loss Of Spouse, Inter-Generational Relationship Adjustment; Retirement- Adjustment to Retirement, Successful Retirement, Planning Ahead, Using Leisure Time; Successful Ageing- Disengagement & Activity Theory.

**Unit 5 End of Life****10 Hours**

Aspect Of Death- Biological, Psychological, Social; Attitude Towards Death& Dying -Across Life Span; Stages Of Dying; Death Education In Brief; Support Groups And Services; Finding A Purpose In Life & Death

**15PSY42L1 PRACTICAL IV****Experiments:**

1. Adolescent Problem Checklist	2 Hours
2. Concept Formation	2 Hours
3. Personal Value Questionnaire	2 Hours
4. Effect of Restriction on Movement	2 Hours
5. Guidance Need Inventory	2 Hours
6. Statistics-4 Correlation	
a. Product Moment Correlation	2+2 Hours
b. Rank Order Correlation	2+2 Hours
7. Project: Guidance Need for Adolescents	One Month

**Reference Books**

Papalia, D.E. (2004). *Human Development*. (11<sup>th</sup> ed.). Tata McGraw Hill.

Hurlock, E.B. (1999), *Developmental Psychology*. (6<sup>th</sup> ed.). Tata McGraw Hill.

Berk, L.C. (1996). *Child Development*. (3<sup>rd</sup> ed.). Prentice Hall of India Pvt Ltd.

Hetherington & Park. (1999). *Developmental Psychology*. (5<sup>th</sup> ed.). McGraw Hill Publication.

**SEMESTER V**  
**15PSY5201 Behaviour Dysfunction 1**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To enable students to gain awareness on various disturbances in behaviour
2. To provide them with a detailed study and understanding of abnormality, its criteria, classification, perspectives, the various disorders, their symptoms, causes and treatment.
3. To deal effectively with emotions and improve well being of self and others
4. To assess and analyse various personality dimension and disorders.

**Unit 1 Introduction**

**12 Hours**

Definition; Criteria of abnormal behaviour-Statistical, Social, Personal discomfort; Maladaptive from ideal; Historical background and perspectives; Classifications of abnormal behaviour – DSM and ICD-10

**Unit 2 Models of Abnormality**

**10 Hours**

Psychodynamic -Freud & Neo-Freudian; Behavioristic –Skinner & Pavlov; Cognitive – Behavioural-Beck, Bandura, Humanistic -Rogers & Maslow and Eclectic models.

**Unit 3 Stress**

**12 Hours**

Definition of Stress; Stressors- Categories of stressors, Predisposing and Precipitating factors of stress; Diathesis – stress model; Biological and psychological decompensation under excessive stress; Acute Stress and Post – Traumatic Stress disorder; Impact of stress on health; Reactions to common stressors and its psychological impact; Coping with stress.

**Unit 4 Anxiety Based Disorders**

**14 Hours**

Symptoms; Causes and treatment; Anxiety based response patterns of- Panic Disorder, Phobic Disorder, Obsessive Compulsive disorder, Generalized Anxiety disorder; Characteristics- Cognitive and motor patterns; Generalized anxiety disorder

**Unit 5 Somatoform and Dissociative Disorders**

**12 Hours**

Somatoform disorders – Somatisation disorder, Hypochondriasis, Somatoform pain disorder, Conversion disorder – Sensory, Motor, Visceral symptoms; Dissociative Disorders - Psychogenic Amnesia, Dissociative Fugue, Dissociative Identity Disorder, Depersonalization Disorder; Causes – Biological, Psychological, Sociocultural factors.

## **15PSY52L1 Practical V**

### **Experiments:**

1. Eysenck Personality Inventory	2 Hours
2. Personal Stress Inventory	2 Hours
3. Internal – External Locus of Control	2 Hours
4. Self Analysis Form (Anxiety)	2 Hours
5. Achievement motivation	2 Hours
6. Statistics- CRITICAL RATIO	8 Hours
7. Project: Achievement Motivation Among Undergraduate Students	One Month

### **References:**

Carson, R.C & Butcher, J.N. *Abnormal Psychology & Modern life*. (10th ed.) . NY  
Harper-Collins

Bootzin, R.R, Acocella, J.R & Alloy, L.B . *Abnormal Psychology-current perspectives*  
(6th ed.). McGraw Hill Inc. USA

Comer, R.J. *Abnormal Psychology*. (2nd ed.). NY: WH Freeman & Co.

Neale, J.M, Davidson, G.C & David, A.F. *Exploring Abnormal psychology*. (6th ed.).  
John Wiley & Sons.

**SEMESTER V**  
**15PSY5202 Industrial Psychology and Organizational Behaviour**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To understand the challenges of organization in managing human resource.
2. To apply the psychological principles to study the human behaviour at work
3. To develop selection procedure and training modules.
4. To develop skills for leadership
5. To assess and analyse aptitude

**Unit 1 Introduction to Industrial Psychology** **10 Hours**

Definition; Goals; Forces and Fundamental Concepts – Nature of People , Nature and Organizations; Historical Development of Industrial Organizational Psychology; Two Classic Studies-Time and Motion Study, Nature and Characteristics, Principles, Implications and shortcomings, Hawthorne Studies – Five Experiments, Implications, and Criticisms

**Unit 2 Job Analysis and Selection** **12 Hours**

Job Analysis – Definition ,Importance of job analysis, Methods of job analysis- Questionnaire Method, Checklist Method Individual Interview Method, Observation Interview method, Group interview method, Technical Conference Method, Diary Method, Work Participation Method and Critical Incident Method; Selection- Definition, Steps in selection process, Methods of selection-Application Blank, Psychological Tests used in Selection – Intelligence Tests, Personality Tests, Interest Tests and Aptitude Tests; Interview- Guided Interview, Unguided Interview, Stress Interview, Group interview.

**Unit 3 Training** **14 Hours**

Definition of training; Need for training; Training Methods for Non Supervisory staff- On the Job Methods, Apprenticeship Programmes, Job Instruction Training, Off the Job Methods, Classroom Lectures or Conferences, Films; Simulation Exercises – Case presentation, Experiential Exercises, Computer Modeling. Vestibule Training and Programmed Learning; Training Methods for Managerial Staff –On the Job Methods, Coaching method, Understudy assignment method, Committee assignment, Job rotation, Off the job Method- Lecture, Conference, Programmed Learning, Simulation Exercises ,Role Play, Case Study Method, Decision Games; In Basket Training; Managerial Games; Sensitivity Training; Human Relations Training and Transactional Analysis.

**Unit 4 Leadership and Motivation** **12 Hours**

Leadership – Definition, Styles of Leadership –Authoritarian vs. Democratic, Managerial grid model; Motivation –Definition, Need and drives, Motivation cycle, Drives and types-Achievement Motivation, Power Motivation, Affiliation Motivation, Competence Motivation; Theories of Motivation – Maslow's Hierarchy of Needs theory, Herzberg's Two Factor theory, Alderfer's E-R-G Model

## **Unit 5 Industrial Incentives**

**12 Hours**

Definition; Need; Financial Incentives – Types of Wages, Incentive System, Non Financial Incentives- Attitude, Supervisory Relations, Level of Aspiration, Praise and Reproof, Knowledge of Results, Cooperation and Competition.

## **15PSY52L1 PRACTICAL VI**

### **Experiments:**

1. Verbal Reasoning	2 Hours
2. Numerical Reasoning	2 Hours
3. Mechanical Reasoning	2 Hours
4. Clerical Speed & Accuracy	2 Hours
5. Tweezers Dexterity	2 Hours
6. Statistics: t test	8 Hours
7. Project: VERBAL REASONING ABILITY AMONG UG STUDENTS	One month

### **References**

Blum, M. L. & Naylor, J. C.( 1984). *Industrial Psychology*. New Delhi: CBS Publishers and Distributors.

Newstrom, J. W. & Davis, K.( 1998). *Organizational Behaviour – Human at work*. New Delhi: Tata McGraw Hill Pub. Co. Ltd.

Mohanty, G. *Industrial Psychology and Organizational Psychology*. Ludhiana: Kalyani Publishers.

Schultz, D. P. and Schultz, E. S. *Psychology and work today* (6th ed.). New York: Mac Milan Publishing Company.

Aswathappa, K. (1997). *Human Resource and Personal Management*. New Delhi: Tata McGraw Hill Pub. Ltd.

Miner, J. B. (1992 ). *Industrial Organizational Psychology*. New York: McGraw Hill Inc.

**SEMESTER VI**  
**15PSY6201 Behaviour Dysfunction II**

Credits 4

TOTAL HOURS: 60

**Learning Objectives:**

1. To understand the classification of disorders and how they are dealt with
2. To create an awareness of use and abuse of substances and its effect on health
3. To inculcate sensitivity toward special children
4. To assess and analyse adjustment, attitude, maturity and well-being.

**Unit 1 Personality Disorders**

**14 Hours**

Cluster A- Paranoid, Schizoid, Schizotypal; Cluster B- Borderline, Narcissistic, Histrionic, Antisocial; Cluster C- Avoidant, Dependant, Obsessive compulsive; Sexual variants-Paraphilia

**Unit 2 Schizophrenia & Delusional Disorder**

**14 Hours**

Schizophrenia – Clinical Picture, Overview of different types of schizophrenia- Disorganized, Paranoid, Catatonic, Undifferentiated and other types; Delusional Disorder- General symptoms, Types & causes; Delusional Disorder – Paranoid type, Clinical picture & causes

**Unit 3 Mood Disorder and Suicide**

**12 Hours**

Mood Disorder-Meaning and Classification of mood disorders, Symptoms, Types and treatments; Suicide- Facts, Characteristics, Prevention, Assessment.

**Unit 4 Substance Abuse Disorders**

**08 Hours**

Substance Abuse Disorders; Alcohol abuse & dependence – Clinical picture, Causes; Drug abuse & dependence – Narcotics, Sedatives, Stimulants, Hallucinogens; Treatment & prevention.

**Unit 5 Mental Retardation and Developmental Disorders**

**12 Hours**

Mental Retardation and Developmental Disorders- Levels of MR, Brain defects in MR, Organic retardation syndromes, Cultural – Familial MR, Treatment & outcome; Specific learning disorders – Learning disorders, Coordination disorder, Causes and treatment; Pervasive developmental disorder –Autism, Clinical picture, Causes & treatment.



## **15PSY62L1 PRACTICAL VII**

1. Bell's Adjustment inventory	2 Hours
2. Sodhi's Attitude Scale	2 Hours
3. Emotional Maturity	2 Hours
4. General Health Questionnaire	2 Hours
5. General Well Being	2 Hours
6. Statistics: Median Test	8 Hours
7. Major project and viva voce	3Months

### **References:**

Carson, R.C & Butcher, J.N .*Abnormal psychology & modern life* (10th Ed) . NY :Harper-Collins

Bootzin, R.R, Acocella ,J.R &Alloy, L.B .*Abnormal psychology-current perspectives* (6th Ed).McGraw Hill Inc. USA

Comer,R.J. *Abnormal psychology* (2nd Ed). NY :WH Freeman & co.

Neale,J.M, Davidson.G.C & David, A.F. *Exploring Abnormal psychology* (6th Ed) .John Wiley & sons.

## SEMESTER VI

### 15PSY6202 Industrial Psychology and Organizational Behaviour

Credits 4

TOTAL HOURS: 60

#### Learning Objectives:

1. To understand the challenges of organization in managing human resource.
2. To apply the psychological principles to study the human behaviour at work
3. To understand the effect of various conditions on productivity
4. To understand the role of an industrial psychologist to deal with human behaviour
5. To assess and analyse reasoning and leadership skills.

#### Unit 1 Performance Appraisal

12 Hours

Definition; Need; Appraisal Process; Appraisal Methods – Modern methods and traditional methods-5 each

#### Unit 2 Attitude Morale and Job Satisfaction

14 Hours

Industrial Attitude – Meaning , Importance of studying Attitude in Industry, Consequences of unfavourable attitude, Techniques to improve Attitude in Industry – Good Behaviour of Supervisor, Persuasion; Industrial Morale – Definition, Characteristics, Determinants, Methods of Increasing Morale – Expert Approach, Industrial Spy, Industrial Counsellor, Employee Problem Approach; Job Satisfaction- Definition, Determinants of Job Satisfaction – Personal factors -6 factors, Factors related to the job-5 factors, Factors controlled by the Management -8 factors

#### Unit 3 Employee Stress and Counselling

12 Hours

Employees Stress – Definition, Symptoms of stress, Extreme products of stress – Burnout, Trauma, Work place trauma, Causes of stress – Job related causes of stress, Frustration – sources of frustration, Stress and Job Performance, Stress Vulnerability – Stress threshold. Perceived Control, Type A and B Type people; Employee Counselling – Need for Counselling, Counselling Types – Directed, Non Directed, Participative Counselling.

#### Unit 4 Conditions of Work and Accidents

12 Hours

Conditions of work-Physical Conditions of Work illumination- Noise, Colour, Music, Temperature and Humidity, Temporal Conditions of Work – Hours of Work, Length of work Week; Flexible Working Hours; Rest Pauses; Shift Work; Psychological conditions of work – Boredom, Monotony and Fatigue; Industrial accidents – Definition, Causes and Prevention.

#### Unit 5 Consumer Psychology

10 Hours

Scope of Consumer Psychology; Nature and Scope of Advertising; Types of advertising appeals; Trademarks; Product Image; The Package; Sex and Portrayal of Women in advertising; Introducing a new brand.

### 15PSY62L2 PRACTICAL VIII

#### Experiments:

- |                            |         |
|----------------------------|---------|
| 1. RPM                     | 2 Hours |
| 2. Manual Dexterity (MRMT) | 2 Hours |

3. Spatial Reasoning	2 Hours
4. Leadership Effectiveness Scale	2 Hours
5. General mental ability test	2 Hours
6. Statistics- Chi Square test	8 Hours
7 Major project and viva voce	3Months

### **References:**

Blum, M. L. And Naylor, J. C.( 1984). *Industrial Psychology*. New Delhi :CBS Publishers and Distributors

Newstrom ,J. W. & Davis, K.( 1998). *Organizational Behaviour – Human at work*. New Delhi: Tata McGraw Hill Pub. Co. Ltd.

Mohanty, G. *Industrial Psychology and Organizational Psychology*.Ludhiana:Kalyani Publishers.

Schultz, D. P. and Schultz, E. S. *Psychology and work today* (6th ed). New York: Mac Milan Publishing Company.

Aswathappa, K. (1997).*Human Resource and Personal Management*. New Delhi :Tata McGraw Hill Pub.Ltd.

Miner ,J. B. (1992 ).*Industrial Organizational Psychology*. New York :McGraw Hill Inc.

**15HUM52P1 Internship / Project (optional)**

**4 Credits**

**Learning Objectives:**

- To develop Clinical and Organizational competencies for the following abilities
- Ability to adapt to a variety of tasks like assessing client needs, exploring clinical/organizational issues ,enacting timely interventions and skills
- Decision-making, judgments, setting priorities and develop understanding in the use of psychological assessment.
- Persistence to complete tasks and to develop work habits.
- To Develop skill of research and report writing

**Evaluation process: Internship / project (students may choose any one to obtain the credits)**

Internship	Supervisory evaluation on 5 point scale	Marks 30	Report of the internship	Marks 40	Viva voce	Marks 30	Total 100
Project	Methodology and data collection	30	Project presentation	40	Viva voce	30	100