

SEMESTER- I

CORE COURSE

PSY C-001: PERSPECTIVES ON HUMAN BEHAVIOUR

Unit- I:

Introduction: - Understanding Psychology, Goals and areas of Psychology; Scientific Psychology.

Unit - II:

Perspective in behavior: Structuralism and functionalism. Psychoanalytic, Gestalt, and Behaviorism.

UNIT-III:

Humanistic, Cognitive, Psychobiology, Culture and Evolutionary view points.

PSY C-002: Cognitive Psychology -I

1. Introduction to Cognitive Psychology:-

- i. Concept of cognitive psychology.
- ii. Emergence of cognitive psychology.
 - a) Early role of psychology
 - b) The early twentieth century.
- iii. Research methods in cognitive psychology.
 - a) Laboratory or other controlled experiments.
 - b) Psychological research
 - c) Self report, case study & Naturalistic observation
- iv. Applications of cognitive psychology

2. Attention and Perception:-

- i. Attention :-
 - a) Divided and Selective attention.
 - b) Vigilance.
 - c) Signal detection.
- ii. Approaches to the study of perception :-
 - a) Gestalt
 - b) Physiological (Hebb)
 - c) Information processing approach.
- iii. Theories of attention process.
- iv. Applications of :-
 - a) Subliminal perception.
 - b) Perceptual defense.
 - c) Extra sensory perception.

3. Memory I:-

- i. Memory processes :-
 - a) Encoding.
 - b) Storage.
 - c) Retrieval.
- ii. Stages of memory :-

- a) Sensory memory.
 - b) Short-term memory (STM)
 - c) Long –term memory (LTM)
- iii. Episodic and Semantic memory.
- iv. Theories of forgetting:-
- d) Interference.
 - e) Decay.
 - f) Retrieval.

PSY C-004: PSYCHOLOGICAL STATISTICS -I

- I- Applications of statistics in psychology.
- II-Frequency distribution, graphical presentation.
- III-Measures of variability.
- IV- Concept and significance of Probability-Normal Distribution; Curve & its application.
- V-Correlation; Pearsons’ Product Moment method, Biserial and Point Biserial correlation, Phi and Contingency coefficient, Tetra choric.

PSY C-005: HEALTH PSYCHOLOGY:

CONTENTS

1. Health Psychology

Nature, Scope and its interdisciplinary and socio-cultural. The relationship of health psychology with clinical psychology, Behavioral Medicine.

2. Models of Health

Personality-Allport, Roger, Maslow, Biopsychosocial perspectives. Eastern approaches: Zen Buddhism, Concept of sthita projana (Bhagvad Gita), Behavioural Referents of the concepts of Anasakti. Health-related beliefs.

3. Health Promotion and Disease Prevention

Behavioral Risk Factors (e.g, drug and alcohol use; unsafe sexual behaviour; smoking, diet, and sedentary life style), Development of health habits and /or reduction of unhealthy behavior.

4. Stress, Personality and Social support as Psycho-Social Linkages of Ill-health

Cardio-Vascular Disorders; AIDS.HIV; Diabetes Mellitus; pain; cancer

5. Conditions/ Resources Promoting and Maintaining Health

Biological, Socio-Cultural, psychological , Economic and, Spiritually-Oriented Interventions.

Semester-II

CORE COURSE

PSY C-007: Physiological Psychology

1. Organization and functions of the central nervous system: Spinal cord, hindbrain, midbrain and forebrain.
2. Methods of physiological psychology: Invasive physiological methods; methods of visualizing the living human brain; Recording human psycho physiological activity.
3. Neural conduction and transmission: Resting membrane potential; Action potential; synaptic transmission; neuromuscular transmission: Information processing.
4. Hormones and the brain: Endocrine communication and pheromone communication.

PSY C-008: Cognitive Psychology-II

I- Problem solving, reasoning and thinking-

- Process and determinants of problem solving.
- Theories of thought processes: Associations & Gestalt. Role of concepts in thinking.

II- Emotions

- Nature of development.
- Theories of emotions: psychological cognitive and Opponent process.
- Indicators of emotions, recognition of emotions.

III- Creativity

- Nature of measurement. Factors affecting creativity.

IV- Motivation

- Cognitive basis of motivation: Intrinsic motivation, Attribution, Competence.
- Measurement of motives: Issues and Techniques.

PSY C-010: Psychological statistics -II

1. Parametric and non-parametric statistics.
2. Significance difference Between Means. Standard error of Mean, Median, SD, and Correlation.
3. Analysis of Variance- One-way, Two-way classification.
4. Non parametric test-Chi-square test, Median test, Sign-test.

PSY C-011: Behavioral Disorder

- I. Introduction to psychopathology: The concept of normality and abnormality, Historical development of abnormal psychology.
- II. Signs and symptoms of mental illness: Delusions Hallucinations, Obsessions, Compulsions etc.
- III. Etiology of Behavioral Disorder.
- IV. Psychological models of psychopathology: Psychodynamic, cognitive behavioral and existential.

**SEMESTER-III
CORE COURSE**

PSY C- 013: PERSONALITY

1. Introduction:
 - i. Concept and Basic issues of Personality.
 - ii. Approaches to the study of personality-psychoanalytic approach
2. Determinants of personality-Biological, Psychological and Socio- cultural factors.
3. Personality Assessment – Subjective and projective techniques, self report, personality inventories.

PSY C-014: PSYCHOLOGICAL TESTING: APPLICATIONS

1. TESTING IN EDUCATIONAL SETTING

- I. General mental ability tests: Cattell's Culture-fair Test of Intelligence.
- II. Binet test, Raven, WISC,
- III. Differential Aptitude Test (DAT).
- IV. Personality and interest inventories.

2. TESTING IN CLINICAL SETTING:

- I. Testing based on the logical-content strategy- Woodworth personal Data sheet.
- II. Tests based on the Criteria –Group strategy-MMPI.
- III. Tests based on the Factor-Analytic strategy-16PF
- IV. Test based on the Theoretical strategy- EPPS, self-concept inventories, Maudsley Personality inventory.
- V. Projective and neuropsychological testing.

3. TESTING IN COUNSELING SETTING:

- I. General ability testing: Individual tests, group tests
- II. Multiple aptitude tests DAT, GATB.
- III. Strong Vocational Interest Blank (SVIB).
- IV. Anxiety and adjustment test

PSY C-015: SOCIAL PSYCHOLOGY

(A) Definition of Social Psychology social Psychology as Science

- i. Special methods of Social Psychology-
- ii. Experimental Method
- iii. Participant Observation
- iv. Sociometry

(B) Group Behavior

- i. Formation, structure and types of Groups
- ii. Group Cohesiveness
- iii. Group Interaction

(c) Attitude-

- (i). Concept formation and change
- (ii). Measurement
- (iii). Theories of attitude change –Balance Theory, Exchange theory, Cognitive dissonance theory

Semester-IV

Core Course

PSY C -016 Theories of personality

Unit-I

- a. Murray's theory
- b. Maslow's theory
- c. Roger's self-theory

Unit- II

- a. Allport's theory
- b. Cattell's Factor theory
- c. Eysenck's dimensional theory of personality

Unit-III

- a. Lewin's Field theory
- b. Festinger's cognitive dissonance theory
- c. Dollard & Miller's stimulus response theory.

PSY C-017: TEST CONSTRUCTION

1. Principles of Test construction, Item Analysis, Norms and their uses, Reliability and Validity.
2. Test of General intellectual development. Stanford Binnet scale of intelligence, Weschler's scales. Individual & Group tests, performance test, non-language test.

PSY C- 018 - APPLIED SOCIAL PSYCHOLOGY

UNIT-I:

Social perception:

- i. Meaning & Nature of social perception
- ii. Perceptual Accentuation
- iii. Role of Non-Verbal cues in person perception

UNIT-II:

Pro-Social Behavior:

- i. Determinants of Helping Behavior
- ii. Theories of pro-social Behavior
 - a. Social Exchange Theory.
 - b. Social Norm Theory.
 - c. Reinforcement Theory

UNIT-III: Psycho-Social Issues and Indian Society

Poverty, Gender issues, social Institutions, population issues, dowry, sex discrimination, social movements.