

*Placed at the meeting of  
Academic Council  
held on 26.03.2018*

**APPENDIX - BZ**  
**MADURAI KAMARAJ UNIVERSITY**  
*(University with Potential for Excellence)*

**B.Sc. Psychology - SEMESTER**  
**REVISED SYLLABUS**  
**(With effect from 2018-19 onwards)**  
**SCHEME OF EXAMINATION AND COURSE DETAILS**

**1. Introduction of the programme:**

The study of psychology helps in studying our own mind and the ways of nurturing it and to understand people around us, thereby helping in better human relations. Nationwide, there is very few Qualified Psychologists serving for the Mental Health Profession in India in spite of the raising demands present in the society. In the southern districts of Tamil Nadu, there is no course being offered in Psychology and therefore, there is a failure in serving the Mental Health needs of the Community. In recent times, the southern districts of Tamil Nadu are characterized by serious increase in the violence, suicide, mental illness, family conflicts, drastic change in the climatic conditions, depletion of employability, and a marked increase in drug addiction causing tensions among family members and its associated criminal acts. Hence, a study about Psychology will help in understanding the mental health needs for the society and to protect oneself and one's own family from mental disturbances.

**2. Eligibility for Admission:**

The candidate who has passed +2 Examinations or its equivalent Examinations recognized by the Government of Tamil Nadu will be considered.

**3. Objectives of the programme:**

1. To promote the knowledge of Psychology and to encourage upon choosing Psychology as a career through providing opportunities for further education in Psychology.
2. To create a culture of learning Psychology by activities and experiences.
3. To encourage students to develop a critical approach to their studies, evaluating theory and evidence accordingly
4. To provides great opportunities in Psychology with equity to all the eligible persons, especially in Higher Education.
5. To Provide a grounding in all areas of psychology such that students may progress onto postgraduate training and education in psychology.

**4. Out come of the Programme:**

1. Basic knowledge of key concepts, findings and theoretical approaches within Psychology.
2. Basic understanding of the scientific method, common research methods and basic to intermediate level statistical tests used within psychology.

3. Assessing the merits and weaknesses of psychological theories, methods and evidence.
4. Critical and broad knowledge of concepts, findings and theoretical approaches in core psychological topics.
5. Focus on Professional Development through Psychology

#### 5. Core Subject Papers:

01	General Psychology
02	Developmental Psychology
03	Theories of Personality
04	Family Psychology
05	Physiological Psychology
06	Psychological Statistics
07	Experimental Psychology
08	Social Psychology
09	Abnormal Psychology
10	Industrial Psychology
11	Health Psychology
12	Guidance and Counselling
13	Positive Psychology
14	Marketing and Consumer Behaviour
15	Research Project

#### 6. Subject Elective Papers

01	Marketing and Consumer Behaviour
02	<b>Case Studies</b>
03	<b>Research Project</b>

#### 7. Non-Subject Elective Papers

01	Introduction to Psychology
02	Psychology of Human Relations

#### 8. Unitization

Content of Every paper divided into FIVE units

## 9. Pattern of Examination

Internal and External respectively 25:75

## 10. Scheme for Internal Exam

Two Test	-10 marks (average of best two tests)
Assignments	- 5 marks
Seminar/Group discussion/Quiz	- 5 marks
Peer-Team-Teaching	-5 marks

**Grand Total - 25 Marks**

## 11. External Exam

External Examination –Maximum 75 marks

## 12. Question Paper Pattern

All the Question Papers consists of Three Sections A ,Band C

Section A must be an Objective Type

Section B should be a descriptive type with internal choice

Section C Should be a descriptive type with choice

## 13. Scheme for Evaluation

Time : 3 Hours      Max. Marks : 75

**Section A:** (10x1=10 marks) Question No.1 to 10 (Multiple choice)

1. Two questions from each unit.
2. Four Choices in each questions.
3. No 'none of these' choice

**Section B:** (5x7=35 marks)

Answer all the questions choosing either (a) or (b)

Answers not exceeding two pages (One question from each unit).

11 (a) or (b)

12 (a) or (b)

13 (a) or (b)

14 (a) or (b)

15 (a) or (b)

**Section C:** (3x10 = 30 marks) Answers not exceeding four pages

Answer any three out of five (One question from each Unit) Questions 16 – 20

#### **14. Passing Minimum**

1. 35% of the aggregate (External + Internal).
2. No separate pass minimum for Internal.
3. 23 marks out of 75 is the pass minimum for the External.

#### **14.1. Classification**

<b>Sl. No</b>	<b>Range of CCPA</b>	<b>Class</b>
1	40 & above but below 50	III
2	50 & above but below 60	II
3	60 & Above	I

#### **15. Model Question**

Enclosed in Last

#### **16. Teaching Methodology**

1. Lectureing
2. Class Room Discussion
3. Audio visual programmes
4. Power Point Presentation
5. Peer – Team Teaching

#### **17. Text Books**

Enclosed in end of every Subject Units

#### **18. Reference Books**

Enclosed in end of every Subject Units

#### **19. Re-totaling and Revaluation Provision**

Students may apply for re-totaling and revaluation after declaration of result within 15 days

#### **20. Transitory provision.**

Syllabus revision once in Three Yers  
Upto April 2021 (Three Years) Transitory Provision From 2021 to 2024

#### **21. Subject and Paper Related Websites**

Enclosed in Separate Page

**B.A. Semester - I**

<b>Part</b>	<b>Study Component</b>	<b>No. of Course</b>	<b>Credit</b>	<b>Hours</b>
I	Tamil / Other Languages	1	3	6
II	English	1	3	6
III	Core Subject	2	8	10
	Allied Subject	1	5	6
IV	Non-Major Elective	1	2	2
<b>Total</b>		<b>6</b>	<b>21</b>	<b>30</b>

**Semester - II**

<b>Part</b>	<b>Study Component</b>	<b>No. of Course</b>	<b>Credit</b>	<b>Hours</b>
I	Tamil / Other Languages	1	3	6
II	English	1	3	6
III	Core Subject	2	8	10
	Allied Subject	1	5	6
IV	Non-Major Elective	1	2	2
<b>Total</b>		<b>6</b>	<b>21</b>	<b>30</b>

**Semester - III**

<b>Part</b>	<b>Study Component</b>	<b>No. of Course</b>	<b>Credit</b>	<b>Hours</b>
I	Tamil / Other Languages	1	3	6
II	English	1	3	6
III	Core Subject	2	8	10
	Allied Subject	1	5	6
IV	Skill based Subject	1	2	2
<b>Total</b>		<b>6</b>	<b>21</b>	<b>30</b>

**Semester - IV**

<b>Part</b>	<b>Study Component</b>	<b>No. of Course</b>	<b>Credit</b>	<b>Hours</b>
I	Tamil / Other Languages	1	3	6
II	English	1	3	6
III	Core Subject	2	8	10
	Allied Subject	1	5	6
IV	Skill based Subject	1	2	2
V	Extension Activities	1	1	0
<b>Total</b>		<b>7</b>	<b>22</b>	<b>30</b>

**Semester - V**

<b>Part</b>	<b>Study Component</b>	<b>No. of Course</b>	<b>Credit</b>	<b>Hours</b>
III	Core Subject	4	20	20
	Project / Elective	1	5	6
IV	Environmental Studies	1	2	2
	Skill based Subjects	1	2	2
<b>Total</b>		<b>7</b>	<b>29</b>	<b>30</b>

Semester - VI

Part	Study Component	No. of Course	Credit	Hours
III	Core Subject	2	8	10
	Project / Elective	2	10	12
IV	Value Education	1	2	2
	Skill based Subjects	3	6	6
	<b>Total</b>	<b>8</b>	<b>26</b>	<b>30</b>

**MADURAI KAMARAJ UNIVERSITY, MADURAI**  
**B.Sc. Br. XIII(b) (s) - PSYCHOLOGY(SEMESTER)**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**



Fifth Semester							
I	1	Core.9 Abnormal Psychology I	5	5	25	75	100
II	2	Core. 10 Industrial Psychology	5	5	25	75	100
III	3	Core. 11 Health Psychology	5	5	25	75	100
III	4	Core. 12 Guidance and Counselling	5	5	25	75	100
	5	Elective 1 Project I - Case Studies	5	6	25	75	100
IV	7	Environmental Studies	2	2	25	75	100
	6	Skill Based 3. Basic Skills in Counselling	2	2	25	75	100
		<b>Total</b>	<b>29</b>	<b>30</b>			
Sixth Semester							
III	1	Core.13 Abnormal Psychology II	5	5	25	75	100
III	2	Core. 14 Positive Psychology	5	5	25	75	100
	3	Elective 2 Marketing and Consumer Behaviour	5	5	25	75	100
	4	Elective 3 Project II –Research Project	5	5	25	75	100
IV	5	Value Education					
	6	Skill Based 4. Personality Profile – through Handwriting Analysis	2	2	25	75	100
	7	Skill Based 5. Trauma Psychology (Disaster Management – 2 units)	2	2	25	75	100
	8	Skill Based 6. NLP Techniques	2	2	25	75	100
		<b>Total</b>	<b>26</b>	<b>30</b>			

## **FIRST SEMESTER - GENERAL PSYCHOLOGY I**

Core 1. Hours 5 Credit. 4 Sem. 1. Part. III.

### **Unit I: Introduction to psychology**

Concept and definition of psychology. Nature and Scope. Branches of psychology. Application of psychology to society and social problems. Methods in Psychology: Characteristics of psychological studies, Observation. Survey method, Clinical and case study method. Experimental method.

### **Unit II: Sensation and Attention**

General properties of Senses: Visual sense – Auditory sense – Other senses; Attention: Characteristics - Selective attention – Divided Attention - physiological correlates and determinants of attention: Focus and Margin

### **Unit III: Perception**

Perceptual processes. Perceptual organisation. Perception of form, colour, depth and time. Perceptual readiness and constancy. Role of motivation, social and cultural factors in perception. Application of knowledge of perception to skill development



#### **Unit IV: States of Consciousness**

Nature of Consciousness – Changes in consciousness: Day dreaming – sleep and dreaming – Extended states of consciousness: Hypnosis – Meditation – Hallucinations – Psychoactive drugs

#### **Unit V: Learning**

Classical conditioning and operant conditioning, Modelling and observational learning. Transfer of training. Learning and motivation. Application of the Learning principles to the improvement of performance.

#### **References**

1. Baron, Robert A. (2011). Psychology.5<sup>th</sup> ed. Pearson, India.
2. Morgan, Clifford.T., King, Richard.A., Weisz, John.R., Schopler, John (1993): Introduction to Psychology, Tata-McGraw Hill.
3. Marx, Melvin H. (1976) Introduction to psychology - Problems, Procedures & Principles, MacMillan Publishing Co.
4. Hilgard, E.R., Atkinson, R.L., Atkinson, R.C., (1979): Introduction to Psychology, Harcourt Brace Jovanovich. Inc.

### **DEVELOPMENTAL PSYCHOLOGY I**

Core 2. Hours 5 Credit. 4 Sem. 1. Part. III.

#### **Unit I: Conception through birth**

Fertilization, Prenatal development, Environmental Influences on prenatal development; stages of child Birth, types of childbirth: perinatal hazards & complications of low birth weight

#### **Unit II: Infancy & Toddlerhood (0-3 years)- Physical & Cognitive Development**

Body Systems of neonate, infant reflexes, infant Sensory capacities, Milestones of motor development, Environmental influences on motor development; Piaget's Sensorimotor Stage

#### **Unit III: Infancy & Toddlerhood- Language and Personality Development**

Theories of language development, Stages of language development from 0-3 years; Emotional development, Temperamental differences, Development of Attachment, Individual differences and long term correlates of attachment.

#### **Unit IV: Early childhood (3-6 years)**

Motor Skills, Piaget's Preoperational stage, Development of language; gender differences, fears and aggression; prosocial behaviour, Child rearing practices and parenting styles

## **Unit V: Middle Childhood (6-12 years)**

Piaget's Stage of Concrete operations, Development of self concept, Components of self concept, Theoretical perspectives on self concept, Freud's latency period, Erickson's Industry vs Inferiority, Social learning theory, Information processing approach; The child in the peer group, functions and influences of the peer group, Friendship & popularity Visits to nursery schools / hospitals to get an idea about pre-schoolers and infants should be arranged.

### **References:**

1. E. M. Hetherington & Ross D Parke, Child Psychology – a contemporary viewpoint (1993) 4th edition McGraw Hill Pub.
2. Laura C Berk. Child Development (1996) Prentice- Hall of India (Pvt) Ltd. 3rd edition.
3. Hurlock, E.:Developmental Psychology (1980), Tata McGraw Hill Publishing Co.
4. Thomas J. Berndt, Child Development (1997) 2nd edition. Brow & Benchmark Pub.
5. D.E. Papalia. Sally W. Olds, Child Development (1994) 5th edition Tata McGraw Hill.
6. Life span Development – (1999) John W. Santrock, 7th edition McGraw Hill.
7. Children – John W. Santrock, 5th edition McGraw Hill/
8. Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/Cole Publishing Company.

## **THEORIES OF PERSONALITY**

Allied1. Hours 6 Credit. 5 Sem. 1. Part. III.

### **UNIT I: BASIC CONCEPTS OF PERSONALITY**

Personality: Definition - History and nature - Biological and Socio cultural determinants - Genetic influence - Person by situation interaction - Unresolved Problems in Personality.

### **UNIT II: PSYCHODYNAMISM**

Sigmund Freud's Psychoanalysis - Carl Jung's Analytical Theory – Alfred Adler's Individual Psychology – Erikson's Psychosocial Theory.

### **UNIT III: TRAIT, TYPE & ECLECTIC APPROACHES**

Cattell, Eysenck, Allport, Five factor model.

### **UNIT IV: LEARNING AND COGNITIVE APPROACHES**

Pavlov, Skinner, Dollard and Miller, Bandura, Mischel, Kelly, Rotter and Witkins.

### **UNIT V: HUMANISTIC APPROACHES**

Need Theories: McClelland, Atkinson, Murray. Humanistic Theories: Rogers, Maslow.

## **TEXT BOOKS**

1. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4<sup>th</sup> Ed. Wiley: India.
2. Schultz, P. D, Schultz, S. E. & Schultz, S. (2012). Theories of Personality 10<sup>th</sup>Ed. Cengage Learning, India.

## **INTRODUCTION TO PSYSHCOLOGY**

Non Major Elective 1.Hours 2 Credit.2 Sem. 1. Part. IV.

### **UNIT I: Introduction**

The Nature and scope of psychology – Consciousness and Behaviour- Methods and Fields

### **UNIT II: Biological Bases of Human Behaviour**

Heredity and Environment – the Role of sensory processes and human behaviour

### **UNIT III: Attention, Perception and Learning**

Selective attention – Sorting out the world – Division of Attention – Perception: Visual, form and Movement – Learning Principles – Memory and Forgetting.

### **UNIT IV: Personality and Motivation**

Theories of Personality – Assessment and its Development – Human Motivation – Needs - Understanding Emotions, the role of emotion in health.

### **UNIT V: Intelligence and Creativity**

Intelligence – IQ - Measuring Intelligence – Mental Retardation – The Gifted – Creativity – Problem Solving.

### **References.**

1. Baron, Robert A. (2011). Psychology.5<sup>th</sup> ed. Pearson, India.
2. Morgan, Clifford.T., King, Richard.A., Weisz,John.R., Schopler, John (1993): Introduction to Psychology, Tata-McGraw Hill.
3. Robert S. Feldman (1994). Essentials of Understanding Psychology, 2<sup>nd</sup> Edition.New Youk.McGraw Hill Inc.

## **SECOND SEMESTER - GENERAL PSYCHOLOGY II**

Core 3. Hours 5 Credit. 4 Sem. 2. Part. III.

### **Unit I: Memory & Forgetting**

Physiological basis of memory.Memory and forgetting.Measurement of memory (Recall, Recognition, Relearning).Short term and long term memory.Theories of forgetting (Decay and Interference theories and Repressive forgetting).Application of Mnemonic devices etc, to improving memory.

## **Unit II: Cognition and Language**

Concept of formation. Nature and development of thinking. Language and thought and acquisition of language. Problem solving. Creative thinking and its applications.

## **Unit III: Intelligence and Aptitude**

Definition and concept. Theories and models of Intelligence. Measurement of intelligence and aptitude. Exceptional intelligence. Mental retardation. Concepts of multiple, emotional and artificial intelligence and their application.

## **Unit IV: Motivation**

Definition and concept of instinct, needs, drives and motives. Theories of motivation and their application (drive reduction theory, Maslow's motivational hierarchy). Social motivation: Achievement, power, affiliation motives and influence of early experiences.

## **Unit V: Emotion**

Physiological basis of emotion. Theories of emotion: James-Lange - Cannon-Bard - Singer-Schacter - Cognitive physiological theory

## **References**

1. Baron, Robert A. (2011). Psychology. 5<sup>th</sup> ed. Pearson, India.
2. Morgan, Clifford.T., King, Richard.A., Weisz, John.R., Schopler, John (1993): Introduction to Psychology, Tata-McGraw Hill.
3. Marx, Melvin H. (1976) Introduction to psychology - Problems, Procedures & Principles, MacMillan Publishing Co.
4. Hilgard, E.R., Atkinson, R.L., Atkinson, R.C., (1979): Introduction to Psychology, Harcourt Brace Jovanovich. Inc.

## **DEVELOPMENTAL PSYCHOLOGY II**

Core 4. Hours 5 Credit. 4 Sem. 2. Part. III.

### **UNIT I: PUBERTY**

Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness.

### **UNIT II: ADOLESCENCE**

Characteristics – Developmental tasks – Physical change – Storm and Stress – Social change – Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

### **UNIT III: Young Adulthood**

Characteristics – Developmental tasks – Changes in interest – Social interest – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood – Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

### **UNIT IV: Middle Age**

Characteristics – Developmental tasks – Adjustment to physical change and mental changes – Social Adjustment – Vocational Adjustment – to changed family patterns – Being single – loss of a spouse – Adjustment – to changed family patterns – Being single – loss of a spouse – Adjustment to approaching old.

### **UNIT V: Old Age**

Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities. Changes in interests – Vocational Adjustment – Retirement – Changes in family life – loss of a spouse – Living arrangement for elderly hazards.

### **References**

1. E. M. Hetherington & Ross D Parke, Child Psychology – a contemporary viewpoint (1993) 4th edition McGraw Hill Pub.
2. Laura C Berk. Child Development (1996) Prentice- Hall of India (Pvt) Ltd. 3rd edition.
3. Hurlock, E.:Developmental Psychology (1980), Tata McGraw Hill Publishing Co.
4. Thomas J. Berndt, Child Development (1997) 2nd edition. Brow& Benchmark Pub.
5. D.E. Papalia. Sally W. Olds, Child Development (1994) 5th edition Tata McGraw Hill.
6. Life span Development – (1999) John W. Santrock, 7th edition McGraw Hill.
7. Children – John W. Santrock, 5th edition McGraw Hill/
8. Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/Cole Publishing Company.

## **PSYCHOLOGY OF HUMAN RELATIONS**

Non Major Elective 1.Hours 2 Credit.2 Sem. 1. Part. IV.

### **UNIT I:**

Introduction: Transactions: Meaning and Importance. Transaction Analysis.Kinds of Transactions. Ego states and its relevance in human interaction

### **UNIT II:**

Overcoming Hurdles in Transactions: Parental Injunctions. Life Positions. Life Script.Analysis of psychological Games

**UNIT III:**

Enhancing Human Relations: Stokes, Strokovgram. Time management. Positive Communication Styles. Offering effective Feed back

**UNIT IV:**

Conflict Management Styles. Regulating emotions in inter-personal relationships.

**UNIT V:**

Developing Social Intelligence. Acquiring Interpersonal Skills

**References.**

1. Eric Berne (1961). Transaction Analysis in Psychotherapy. New York. Ballantine
2. Antony, D. John (2003) Psychotherapies in Counselling, Nochiodaipatti, Dindigul, Anugraha Publications

**FAMILY PSYCHOLOGY**

Allied 2. . Hours 6 Credit 5.2 Sem. 2. Part. III.

**UNIT I:**

Family: Meaning and Definition. Importance and significance of Family for human beings. Characteristics of family. Systems Theory.

**UNIT II:**

Stages of Family and its tasks. Understanding and Developing Family structures and interactions.

**UNIT III:**

Attachment and its importance. Problems in attachment. Emotional regulations in family interactions. Healthy Communication.

**UNIT IV:**

Functional and dysfunctional families. Effects of parental conflict on children. Handling Divorce. Handling stress in the family.

**UNIT V:**

Child upbringing and its issues: Nutrition, Kids and Technology, Sibling Rivalry & Aggression. The Role of the grandparents and elderly in the family. Parental influence, Healthy Parenting styles.

## **References.**

1. Antony, D. John (2008) Family Counselling, Nochiodaipatti, Dindigul, Anugraha Publications.
2. Antony, D John (1996) types of Counselling- A Life Span Developmental and Situational Approach, Nagercoil, Anugraha Publications.

## **THIRD SEMESTER - PHYSIOLOGICAL PSYCHOLOGY**

Core.5. Hours 5 Credit. 4 Sem. 3. Part. III.

### **UNIT – I: INTRODUCTION**

Definition – Where is the Mind? – The Modern Era of Brain Imaging: CT Scan, MRI Scan, PET Scan – Approaches to Physiological Psychology: Philosophic Approaches, Clinical Approaches, and Experimental Method.

### **UNIT – II: THE NEURON AND GROUPS OF NEURONS**

The Anatomy of a Neuron – Supporting Cells in the Nervous System – What neurons do? – The Neuron at Rest - The Neuron in Action – Synaptic Communication – What happens when Neurons go wild?

### **UNIT – III: THE ORGANIZATION OF THE NERVOUS SYSTEM**

Organization of the Nervous System – Evolution of the Brain – Structures in the Nervous System: The Peripheral Nervous System – The Spinal Cord – The Brain.  
Brain Disorders: Factors in impairment – Psychological deficit in the Brain injured – Localisation of Psychological function in the Brain – The effects of Brain lesions on Psychological functions.

### **UNIT – IV: INTERNAL REGULATION**

Rhythms of Wakefulness and sleep – stages of sleep and brain mechanisms – sleep disorders – Dreaming – Internal Regulation: Temperature – Thirst – Hunger

### **UNIT V: HORMONES AND BEHAVIOUR**

How Hormones work – Hormones for cellular functioning: The Thyroid Gland – The Parathyroid Glands – The Pancreas – The Posterior Pituitary – Hormones of Stress: ACTH and 17-OHCS – Stress and the Cardiovascular System – Stress and Stomach Ulcers – Hormones for Growth, Sexual Behaviour and Reproduction: Growth Hormone – Sex Hormones – The Pineal Body as a regulator of regulators.

## REFERENCES

1. Charles, F. Levinthal: Introduction to Physiological Psychology, 3<sup>rd</sup> Edition, New Delhi: Prentice Hall of India, 1990
2. Kalat, J.W. (1995) Biological Psychology. 5<sup>th</sup> Edition. New York: Brooks/Cole.
3. Mark.R. Rozenweig, S.Marc Breedlove, Arnold L. Leiman (2002). Biological Psychology: An Introduction to Behavior, Cognitive and Clinical Neuroscience. Sunderland: Sinauer Publisher
4. Morgan, C.T., Physiological Psychology 3<sup>rd</sup> Edition, New York: McGraw Hill, 1965.
5. Richard, F. Thompson: Foundation of Physiological Psychology, New York: Harper International, 1967.

### EXPERIMENTAL PSYCHOLOGY I(Practicals)

Core 6. Hours 5 Credit.4 Sem. 3. Part. III.

Minimum 2 experiments should be chosen from each of the 5 units and in total ten practicals should be conducted and written in record book

#### **Unit I: Attention**

1. Span of Attention
2. Sustained and Focused attention
3. Division of attention
4. Effect of distraction
5. Colour blindness

#### **Unit II: Sensation and Perception**

1. Muller – Lyer Illusion
2. Size – weight illusion
3. Time perception
4. Mental Sets in Perception
5. Shape Constancy

#### **Unit III: Memory**

1. Retroactive Inhibition
2. Recall & Recognition
3. Free Versus Serial Recall
4. Effect of meaning on retention
5. Levels of processing



#### **Unit IV: Learning**

1. Trial & Error Learning
2. Habit interference
3. Bilateral Transfer
4. Motor Learning – Maze Learning
5. Paired Associate learning

#### **Unit V: Thinking**

1. Concept formation
2. Syllogistic reasoning
3. Creativity
4. Problem solving apparatus

#### **Reference**

1. Chaube. S.P.(1985): Experimental Psychology, LaxmiNarain Publishers
2. Buratoa G. Andress - Experimental Psychology Wiley, Eastern Pvt. Ltd., 1968.

### **DESCRIPTIVE STATISTICS FOR PSYCHOLOGY**

Allied. 3 Subject. Hours 6 Credit. 5 Sem. 3. Part. III.

#### **Unit I: Introduction**

Meaning of statistics, Need and Importance of Statistics in psychology Levels of measurement, nominal, ordinal, Interval & Ratio;

#### **Unit II: Classification and Tabulation**

Objectives – types of classification – geographical – chronological – qualitative – quantitative – formation of continuous frequency distribution – uses of tabulation – parts of a table – types of tables – simple and complex tables – general purpose and special purpose tables.

#### **Unit III: Graphical Representation of data**

Ungrouped Data: Bar diagram. Pie Diagram, line graph; Grouped data, Frequency polygon, histogram, cumulative frequency graph and O give; computing percentiles & percentile ranks graphically

#### **Unit IV: Measures of Central Tendency**

Mean, Median & Mode; Mean from combined samples; When to use the mean, median & mode.

## **UnitV: Measures of Variability:**

Range, Quartile deviation, Average Deviation & Standard deviation; coefficient of variation

### **References**

1. Verma, J. P., &Ghufran, Mohammad. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill, India.
2. Mangal.S.K. (1987): Statistics in Psychology Tata McGraw Hill Publishing Co,
3. Minium, E.W., King B.M. and Bear, G. statistical Reasoning in psychology and Education. .N.Y: John wiley& Sons, end 2001.
4. Garrett, Henry E.(1981): Statistics in Psychology & Education, Vakils, Feffer& Simons Ltd

### **YOGA PSYCHOLOGY**

Skill Based. 1 Subject. Hours 2 Credit. 2 Sem. 3. Part. IV.

#### **UNIT – I : Health and Yoga**

Health: Meaning – Health and Strength – Behavioural Epidemiology – Introduction to Science of body Structure – Ayurveda and Yoga.

#### **UNIT – II: Science of Yoga**

Introduction – Misconception – Limitation – Theories of Human Existence – Concept of Disease – Science of Illness - Psychosomatic Ailments.

#### **UNIT – III: Streams of Yoga**

Streams of Yoga – Paths of Yoga – Hatha Yoga: - Asana: Characteristics – Types – Meditation Methods

#### **UNIT – IV: Life Force and Health**

What is Life Energy (Prana):? – Methods of Breathing – Complete Breathing – Pranayama: Meaning – Mechanisms – Classifications and Effects.

#### **UNIT – V: Yoga Therapy**

Introduction – Kriya Yoga: Types – Methods of Yoga Practices for specific Stress Disorders – Therapeutic Effects of Asana – Pranayama and Kriya – Yogic Diet.

### **TEXT BOOK**

1. Ghore M.M. (1991): Anatomy and Physiology of Yogic Practices. Pune: KanchanPrakashan.

## REFERENCES

1. Iyengar B.K.S. (1993): Light on Yoga. London: Harper Collins Publications.
2. Nagendra H.R. (1987): Yoga: Its Basis and Applications. Bangalore: Vivekananda Kendra Publications.

## FOURTH SEMESTER

### SOCIAL PSYCHOLOGY

Core.7. Hours 5 Credit. 4 Sem. 4. Part. III.

#### **UNIT I : Introduction**

Nature, goal and scope of Social Psychology – Social Psychology and other social sciences – Methods of Social Psychology

#### **UNIT II: Social Perception & Cognition**

Perceiving ourselves: self-concept, self-esteem, self-presentation and self-expression – Perceiving others: Forming impressions – Role of non-verbal cues, stereotypes and central traits – Primacy and recency effects – Attribution: Meaning – Theory and biases

#### **UNIT III: Attitudes, Prejudice & Discrimination**

Attitudes: Meaning, nature and function - Attitudes and behaviour – Theories of reasoned and planned behaviour – Formation, change and measurement of attitudes; Prejudice and Discrimination – Nature and components – Acquisition – Reduction

#### **UNIT IV: Groups & Leadership**

Nature of Group formation – Functions of Group: Role, Status, Norms and Cohesiveness - Impact of Groups on Individual performance: Social facilitation and social loafing - Group Conflict – Decision making by Groups – Leadership

#### **UNIT V: Aggression & Prosocial Behaviour**

Aggression: Meaning – Theoretical perspectives – Trait, situational and social learning approaches – social and personal determinants of aggression – Prevention and control of aggression; Prosocial Behaviour: Meaning – Cooperation and helping - Personal, situational and socio-cultural determinants – theoretical explanations

#### **TEXT BOOKS:**

1. Baron, R.A. & Byrne, D. Social Psychology (9th ed). Delhi :Pearon education 2000.
2. Myers, D.G. Social Psychology, New Delhi: Tata McGraw Hill , 2005
3. Feldman, R. S. (2005). Social Psychology: Theory, research and application. McGraw-Hill Education, New Delhi.

4. Sharma, Rajendra.K. and Sharma, Rachana (1997) Introduction to Social Psychology, Atlantic Publishers

### **EXPERIMENTAL PSYCHOLOGY II(Practicals)**

Core8. Hours 5 Credit.4 Sem. 4. Part. III.

Minimum 2 experiments should be chosen from each of the 5 units and in total ten practicals should be conducted and written in record book

#### **Unit I: Psychophysics**

1. paired comparison and / or rank order
2. Differential Limen using method of average error
3. Weber's law-method of constant stimuli
4. Absolute limen for sensory stimuli
5. Signal Detection

#### **Unit II: Aptitude:**

1. Differential Aptitude Test Battery
2. Spatial Perception Ability Test
3. Tweezer Dexterity Test
4. Finger Dexterity Test
5. Minnesota Rate of Manipulation Tests

#### **Unit III: MOTIVATION**

1. Motivational Analysis Test
2. Achievement Motives
3. Sensation Seeking Scale
4. Affiliation Motives
5. Power Motives

#### **Unit IV: ATTITUDE & INTERESTS**

1. Bogardus Social Distance Scale
2. Vocational Interest Inventory
3. Career Preference Scale
4. Thurstone's Inventory Scale
5. Occupational Interest Scale