

KOLHAN UNIVERSITY

CHAIBASA



UNIVERSITY DEPARTMENT OF PSYCHOLOGY

B.A. Psychology Programme

Syllabus for Choice Based Credit System (CBCS)

Effective from Academic Session (2020-2023) Onwards

**SCHEME FOR CBCS IN B.A. PROGRAMME COURSES
OF GENERIC ELECTIVE (PSYCHOLOGY) AND DSC (PSYCHOLOGY)**

Semester	Course Code	Name of The Course	Credit	Full Marks	Pass Marks
I	GE - 1A / DSC-1A	Introduction to Psychology	4	70	
	GE(P)-1A / DSC (P) -1A	Practical (Experiment)	2	30	
				100	40
II	GE-1B / DSC-1B	Statistics in Psychology	4	70	
	GE(P)-2B / DSC(P) - 2B	Practical (Experiment)	2	30	
				100	40
III	GE-1C / DSC-1C	Educational Psychology	4	70	
	GE(P)-3C / DSC(P) – 3C	Practical (Testing)	2	30	
				100	40
	SEC-I	Health Psychology	2	35	
		Internal Assessment/ Practical		15	
			50	20	
IV	GE-1D / DSC-1D	Social Psychology	4	70	
	GE(P)-4D / DSC(P) – 4D	Practical (Experiment)	2	30	
				100	40
	SEC – II	Organizational Behaviour	2	35	
		Internal Assessment/ Practical		15	
			50	20	
V	DSE – 1A	Abnormal Psychology	4	70	
	DSE (P) -1A	Practical (Experiment)	2	30	
				100	40
	SEC – III	Counseling Psychology	2	35	
		Internal Assessment/ Practical		15	
			50	20	
VI	DSE – 1B	Clinical Psychology	4	70	
	DSE (P) – 1B	Practical (Testiing)	2	30	
				100	40
	SEC – IV	Applied Social Psychology	2	35	
		Internal Assessment/ Practical		15	
			50	20	

Semester-I

GE-1A / DSC- 1A: INTRODUCTION TO PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **Eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Definition, Subject matter, scopes and goal of psychology.
- Methods of Psychology:
 - Introspection
 - Experiment
 - Observation
 - Interview
- Branches of Psychology.
 - Social, Clinical, Abnormal and Educational.
- Psychology in modern India.

UNIT-II: PERCEPTION

- Perceptual Processing.
- Role of attention in perception.
- Perceptual organization.
- Perceptual constancy.
- Depth perception.
- Illusion

UNIT-III: LEARNING AND MOTIVATION

- Learning concept.
- Role of motivation in learning.
- Theories of learning.

- Trial and Error.
- Classical conditioning.
- Motivation:
 - Biogenic Motive.
 - Sociogenic Motive.

UNIT-IV: MEMORY AND FORGETTING

- Nature and Types of memory
- Ebbinghaus v/s. Bartlet's theory.
- Nature and causes of Forgetting.
- Forgetting curve.

Readings:

1. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
4. Mohsin, S.M. (1982). *Experiments in Psychology*. Motilal Banasidas.
5. Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.
6. Suleman, M. (1996). *Manovagyanik Prayog aur Parikshan*.



Semester-I

GE(P)-1A / DSC(P) - 1A PRACTICAL (EXPERIMENT)

Total Marks-30

Time-02 Hours

Experiment - 15

Note book +Regularity-10

Viva- voce 5

Any one Experiment from the following:

Verbal Learning

- Simple Reproduction
- Serial Reproduction
- Method of Prompting and Anticipation.

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
4. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
5. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).

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Semester-II

GE-1B / DSC-1B : STATISTICS IN PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **Eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION TO STASTICS

- Meaning and Definitions of statistics.
- Uses of statistics in Psychology.

UNIT-II: CENTRAL TENDENCY

- Computation of Mean, Median and Mode.

UNIT-III: VARIABILITY

- Quartile Deviation (QD)
- Standard Deviation (SD)
- Use of Quartile and Standard deviation.

UNIT-IV: CORRELATION

- Calculation of Pearson's coefficient of correlation.
- Spearman's rank order correlation coefficient.

Reading

1. Garrett, H.E. (2010). Statistics in Psychology and Education. New Delhi: Surjeet Publication.
2. Hussain, Shamshad (2010). Statistics in Psychology Patna: Motilal Banarsidas.
3. Suleiman, Md. (2012). Shikha and Manovigyan me shankhiki. Patna: Motilal Banarsidas.
4. Singh, A.K. (2012). Shiksha aum Manovigyan Me Shankhiki. Patna: Motilal Banarsidas.
5. Mohsin, S.M. (1982). Experiments in psychology.
6. Sulaiman, M. (1996). Manovigyanik prayog aur parikshan

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Semester-II

GE(P)-2B / DSC(P)-2B : PRACTICAL (EXPERIMENT)

Total Marks-30

Time-02 Hours

Experiment - 15

Note book +Regularity- 10

Viva- voce 5

Any one Experiment from the following:

Sensory Motor Learning

- Effect of Practice
- Bi-lateral Transfer of Training
- Habit Interference

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
4. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).

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Semester-III

GE-1C / DSE- 1C: EDUCATIONAL PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each.

Eight short answer (250 Words) type questions of which **four** have to be answered for **five**

marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT 1: EDUCATIONAL PSYCHOLOGY.

- Concept.
- Aims.
- Scope.
- Significance.

UNIT 2: EDUCATION FOR SPECIAL CHILDREN.

- Concept.
- Adjustment.
- Education of mentally retarded children.

UNIT 3: EDUCATIONAL TECHNOLOGY AND PROGRAMMED LEARNING.

- Meaning.
- Importance.
- Nature of programmed learning.
- Skinner view points of programmed learning.

UNIT 4: CLASS ROOM MANAGEMENT.

- Ecology of Classroom.
- Social psychology of classroom.
- Discipline.
- Communication.

Reading List

1. Divesta and Thompson (1985). Educational Psychology. New York: Appleton-Centry.
2. Fraudsem, AN (1961). Educational Psychology. New York Mc Graw Hill.
3. Lindgren, H. (1976). Educational Psychology in the Classroom. Hong Kong : John Willey.
4. Rao, S. Narayan (2002). Educational Psychology. New Delhi: New Age International (P) Limited Publishers.
5. S. S. Chauhan (1984). Advanced Educational Psychology. New Delhi: Vikas Publishing House Pvt. Ltd.
6. Skinner, CE (2002) Educational Psychology. New Delhi: Prentice Hall of India Ltd.
7. Suleman, M. and Sinha, R.K. (2005). Uchhtar Shiksha Manovigyan. Patna; Motilal Banarsidas. (In Hindi).
8. Singh, AK (2007). Shiksha Manovigyan. Patna: Bharti Bhawan. (In Hindi)



Semester-III

GE(P)-3C / DSC(P)-3C: PRACTICAL (TESTING)

Total Marks-30

Time-02 Hours

Testing - 15

Note book +Regularity- 10

Viva- voce 5

Any one Test from the following:

Intelligence Test

- Mohsin's Test of General Intelligence
- Alexander's Battery of Performance Test

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
4. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).

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Semester-III

SEC-I : HEALTH PSYCHOLOGY

Total Marks-35

Times-2 hours

Five objective type questions (MCQ/ True-false /Fill in the blanks etc) for two marks each. Four short answer (250 Words) type questions of which two have to be answered for five marks each. Two questions of long answer (400 Words) type of which one have to be answered for fifteen marks each.

UNIT 1: INTRODUCTION TO HEALTH PSYCHOLOGY:

- Components of health
 - Social
 - Emotional
 - cognitive and physical aspects
 - Mind-body relationship
- Goals of Health psychology
- Bio-psychology-social Models of health.

UNIT 2: BEHAVIOUR AND HEALTH

- Characteristics of health behaviour
- Theories of health behaviour and their implications.
- Barriers to health behaviour

UNIT 3: HEALTH ENHANCING BEHAVIOUR

- Exercise
- Nutrition
- Safety
- Pain
- Stress Management.

UNIT 4: HEALTH AND WELL BEING

- Happiness
- Life satisfaction
- Resilience
- Optimism and Hope

READING

1. Allen, F. (2011). Health Psychology and Behaviour. Tata Mc. Graw Hill Edition.
2. Aboud, F.E (1998). Health Psychology in Global Perspectives. Thousand oaks, C.A:sage.
3. Brannan, L and Feist, J. (1996). Health Psychology: An Introduction to Behaviour and Health. Pacific Groove: Books cole.
4. Broome, A.K. and Llewellyn, S. (1995). Health psychology. London: Champan and Hall.



Semester-IV

GE-1D / DSC-1D: SOCIAL PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each.

Eight short answer (250 Words) type questions of which **four** have to be answered for **five**

marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Definitions
- Nature
- goal
- Subject matter and scopes of social psychology

UNIT-II: SOCIALIZATION

- Process
- Factors of socialization.
- Culture and personality.

UNIT-III: ATTITUDE

- Nature
- formation of attitude
- Change of attitude

UNIT-IV: LEADERSHIP

- Meaning and nature
- Common traits of Leader
- Functions of leader
- Types of leader

Readings:

1. **Arun Kumar Singh (2010):** Samaj Manovigyan Ki Ruprekha, Delhi: Motilal Banarasi Das.
2. **Md. Suleman (2009):** Uchhatar Samaj Manovigyan, Delhi: Motilal Banarasi Das.
3. D.S. Baghel avam Kiran Baghel, Janagkiki, Delhi Vivek Prakasan.
4. **Sinha, D. (1981).** Socialization of the Indian Child, Allahabad, Concept Publishing Company.
5. **Misra, Grishwar (2006).** Psychology and Societal Development, Delhi, Concept Publishing Company.
6. **Misra, Grishwar (1990).** Applied Social Psychology in India, Delhi, Sage Publication.

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Semester-IV

GE(P)-4D / DSC(P) 4D: PRACTICAL (EXPERIMENT)

Total Marks-30

Time-02 Hours

Experiment - 15

Note book +Regularity- 10

Viva- voce 5

Any one Experiment from the following:

Aesthesiometric Index

- Method of Limit

Muller- Lyre Illusion

- Method of Average Error
- Method of Limit

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
4. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).



Semester-IV

SEC-II : ORGANIZATIONAL BEHAVIOR

Total Marks-35

Times-2 hours

Five objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **Four** short answer (250 Words) type questions of which **two** have to be answered for **five** marks each. **Two** questions of long answer (400 Words) type of which **one** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Definition and nature
- Historical perspective
- Contemporary trends and challenges
- Challenge in Indian set-up

UNIT-II: INTRODUCTION OF WORK RELATED ATTITUDES AND WORK MOTIVATION:

- Employee attitude and job satisfaction
- Organizational commitment
- Work motivation
- Job involvement
- Job satisfaction

UNIT-III: LEADERSHIP

- Trait theory
- Behavioural theories
- Contingency theories

UNIT-IV: ORGANIZATIONAL STRESS

- Organizational culture

Stress in organization conflict and measurement.

READING

1. Pareek, U. (2010). *Understanding organizationalbehaviour*. Oxford: Oxford University Press.
2. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
3. Robbins, S. P. & Judge, T.A. (2007).*Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
4. Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley .



Semester-V

DSE -1A: ABNORMAL PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **Eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Nature and Definitions
- Characteristics of abnormal behaviour
- Methods of Abnormal Psychology:
 - Psychoanalysis
 - Case study
 - Interview

UNIT-II: TOPOGRAPHICAL ASPECTS OF MIND

- Nature and characteristics of;
 - Conscious
 - Sub-conscious
 - Unconscious

UNIT-III: DYNAMIC ASPECT OF MIND

- Characteristics and functions of:
 - Id
 - Ego
 - Super Ego

UNIT-IV: MENTAL MECHANISMS

Primary and Secondary

Reading

1. Colman, J.C. (1976). *Abnormal Psychology and Modern Life*. Scott, Forsman and Company.
2. Sinha, R.R.P. & Mishra, B.K. (1996). *Abnormal Psychology*. Bharti Bhawan.



Semester-V

DSE(P) -1A PRACTICAL (EXPERIMENT)

Total Marks-30

Time-02 Hours

Experiment - 15

Note book +Regularity- 10

Viva- voce 5

Any one Experiment from the following:

Methods of Learning

- Massed vrs. Distributed Method of Learning
- Whole vrs. Part Method of Learning

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
4. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).



Semester-V

SEC-III : COUNSELLING PSYCHOLOGY

Total Marks-35

Times-3 hours

Five objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **Four** short answer (250 Words) type questions of which **two** have to be answered for **five** marks each. **Two** questions of long answer (400 Words) type of which **one** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Nature and goals
- Counseling as profession
- Characteristics of effective Counselor
- Status of effective counseling in India

UNIT-II: COUNSELING PROCESS

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

UNIT-III: TECHNIQUES OF COUNSELING

Psychoanalytic, Humanistic, Behavioral and cognitive techniques;
Indian technique- Yoga and Meditation

UNIT-IV: APPLICATIONS OF COUNSELING

Child counseling, Family counseling, career counseling, crisis intervention- suicide, grief and sexual abuse.

READING

1. Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
2. Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
3. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
4. Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
5. Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
6. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
7. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.

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Semester-VI

DSE-1B: CLINICAL PSYCHOLOGY

Total Marks-70

Time-3 hours

Ten objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each.
Eight short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **Four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Definitions and Problems of Clinical Psychology.
- Relationship with Psychiatry.

UNIT-II: Diagnosis

- Sources of Diagnosis.
 - ✓ Case study
 - ✓ Psychological tests.

UNIT-III: PSYCHOTHERAPEUTIC UNIT

- Psychoanalytic Techniques
- Behaviour Therapy

UNIT-IV: ROLE OF CLINICAL PSYCHOLOGY

- Mental Hospital
- Child Guidance centre
- Schools.

Reading

1. Shaffer, G.W. and Lazarus, R.S. (1952). Fundamental Concepts in Clinical Psychology, Mc. Graw Hill.
2. Hassan, S. (2001). Naidanik Manovigyan, Motilal Banarsi Das

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Semester-VI

DSE(P)-1B: PRACTICAL (TESTING)

Total Marks-30

Time-02 Hours

Testing - 15

Note book +Regularity- 10

Viva- voce 5

Any one Testing from the following:

Personality Test (Inventory)

- Maudsley Personality Inventory
- Mohsin-Shamshad Adaptation of Bell's Adjustment Inventory.

READING

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
4. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).

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Semester-VI

SEC-IV: APPLIED SOCIAL PSYCHOLOGY

Total Marks-35

Times-3 hours

Five objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two** marks each. **Four** short answer (250 Words) type questions of which **two** have to be answered for **five** marks each. **Two** questions of long answer (400 Words) type of which **one** have to be answered for **fifteen** marks each.

UNIT-I: INTRODUCTION

- Definitions and Nature of Applied Social Psychology.
- Importance and applications of Applied Social Psychology.
- Current status of Applied Social Psychology.

UNIT-II: PSYCHOLOGY OF CRIME AND CORRUPTION

- **Crime:**
 - Definitions, nature and characteristics of crime.
 - Psychological, Biological and Socio-Cultural correlates of crime and preventive measures.
- **Corruption:**
 - Concept, causes, types and controlling measures.

UNIT-III: TERRORISM:

- Definition Nature and Characteristics.
- Origin and Development in India.
- Consequences and Preventive Measures.

UNIT-IV: VIOLENCE AGAINST WOMEN

- Definitions, nature and characteristics.
- Types, causes and consequences
- Domestic Violence acts

READING

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
2. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
3. Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

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