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**Vishwavidyanilaya Karyasoudha**  
**Crawford Hall, Mysuru- 570 005**  
Dated: 28.05.2016

No.AC.2(S)/384/14-15

01-6

**NOTIFICATION**

Sub: Changes in the syllabus of B.Sc. in Psychology from the Academic Year 2016-17.

Ref: 1. Decision of the Faculty of Science & Technology Meeting held on 16.02.2016.

2. Decision of the Academic Council meeting held on 29-03-2016.

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The Board of Studies in Psychology (UG) which met on 19-11-2015 has resolved to Changes in the syllabus-detailed syllabus has been prepared for I to VI semesters for all the papers. Revisions are made as far as possible according to the UGC syllabus from the academic year 2016-17.

The Faculty of Science and Technology and the Academic Council at their Meetings held on 16.02.2016 and 29.03.2016 respectively have also approved the above said proposal and the same is hereby notified.

The Revised syllabus of B.Sc. in Psychology is annexed.

The contents may be downloaded from the University Website i.e., [www.uni-mysore.ac.in](http://www.uni-mysore.ac.in)

Draft approved by the Registrar

*aditya*  
Deputy Registrar (Academic)  
*3/5/16*

To:

- 1) The Dean, Faculty of Science & Technology, DOS in Earth Science, Manasagangotri, Mysore.
- 2) The Chairperson, Board of Studies in Psychology, Manasagangotri, Mysore.
- 3) The Chairperson, Department of Studies in Psychology, Manasagangotri, Mysore.
- 4) The Director, College Development Council, University of Mysore, Mysore.
- 5) The Principals of the Affiliated Colleges where running UG Programme in Science stream.
- 6) The Coordinator, Directorate of Online & Outreach Programme, Parakalamatta, MGM.
- 7) The Deputy/Assistant Registrar/Superintendent, Academic Section, Administration Branch, University of Mysore, Mysore.
- 8) The Deputy/Assistant Registrar/Superintendent, Examination Branch, University of Mysore, Mysore.
- 9) The P.A. to the Vice-Chancellor/Registrar/Registrar (Evaluation), UOM., Mysore.
- 10) Office file.

# **SYLLABUS**

## **SEMESTER I**

### **FOUNDATIONS OF PSYCHOLOGY**

Unit 1: Introduction: Psychology: a science and a perspective, origin and development of psychology, psychology in India, Methods-Observation, experimental, and case study. Relationship of Psychology with other sciences-anthropology, sociology, philosophy, biology and medicine.

Unit 2: Cognitive processes: Perception, nature of perception, laws of perceptual organization, learning, conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

Unit 3: Motivation and Emotion: Motives: biogenic and sociogenic. Emotions: aspects of emotions, key emotions-primary and secondary.

Unit 4: Personality and Intelligence: Personality: nature, theories, and personality testing Intelligence: nature, theories and Intelligence testing.

#### **Readings:**

Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.

Ciccarelli, S. K & Meyer, G.E (2008). *Psychology* (South Asian Edition). New Delhi: Pearson

Feldman.S.R.(2009).*Essentials of understanding psychology* ( 7th Ed.) New Delhi : Tata Mc

Graw Hill. Glassman,W.E.(2000).*Approaches to Psychology*(3rd Ed.) Buckingham:Open University Press.

#### **Practicals (any 5)**

1. Directed observation and accuracy of report
2. Massed v/s spaced learning
3. Recall and recognition
4. Meaning on retention
5. Muller-Lyer illusion
6. Emotions and free association

## **SEMESTER II**

### **INTRODUCTION TO SOCIAL PSYCHOLOGY**

Unit 1: Introduction: Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

Unit 2: Individual level processes: Person perception: attribution-theories, biases and errors  
Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes: Interpersonal attraction, prosocial behavior, aggression, Interpersonal attraction-nature and theories.

Unit 4: Group dynamics: Key aspects of groups, cooperation and conflict, group decision making and group thinking

#### **Readings:**

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

#### **Practicals (any 5)**

1. Social distance
2. Effect of competition on work output
3. Rumour (Social communication)
4. Effect of cooperation on work output
5. Construction of socio-gram
6. Stereotypes

## **SEMESTER III**

### **LIFE SPAN DEVELOPMENT**

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods-longitudinal, cross sectional, biographical
2. Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.
3. Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.
4. Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

#### **Readings:**

Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.

Feldman, R.S. & Babu, N. (2011). Discovering the life-span. New-Delhi: Pearson.

Santrock, J.W. (2012). A topical approach to life-span development. New-Delhi:Tata McGraw-Hill.

#### **Practicals (any 5)**

1. Adolescent problem behavior checklist
2. Self esteem
3. Big five personality questionnaire
4. Inferiority and insecurity
5. Psychological wellbeing
6. Subjective wellbeing

## SEMESTER IV

### ORGANIZATIONAL PSYCHOLOGY

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

#### Readings:

Aamodt, M. G. (2001) *Industrial Organizational Psychology*. India: Cengage Learning.

Chadha, N.K. (2007) *Organizational Behavior*. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations (9th Ed.)*. India: Dorling Kindersley.

Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.

Muchinsky, P.(2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.

Pareek, U.(2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.

#### Practicals (any 5)

1. Muscular fatigue
2. Mental fatigue
3. Minnesota rate of manipulation test
4. Mechanical aptitude
5. Clerical aptitude
6. Eye-hand coordination test

## SEMESTER V: COMPULSORY PAPER

### STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Unit 1: Introduction: Importance of statistics in psychological research. Scales of measurement, Frequency distribution and graphical representation of data-Frequency polygon, histogram, Ogive and pie chart

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method, properties of Normal Probability Curve (NPC).

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

Unit 4: Qualitative methods: Interview, observation, case study-nature, characteristics, merits and demerits

#### Readings:

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.

Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications* (4th Ed.). New Delhi: Pearson Education.

Kothari, C.R. (2015). *Research Methodology* (3<sup>rd</sup> edition). New Delhi: New age Publishing Limited.

#### Practicals (any 5)

1. Emotional intelligence scale
2. Social intelligence scale
3. Life skills assessment
4. Creativity test
5. Problem solving test

## SEMESTER V: OPTIONAL PAPER I

### HEALTH AND WELL-BEING

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being: life satisfaction, affect

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

#### Readings

1. DiMatteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.
2. Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.).NY: Wiley.
3. Snyder, C.R., & Lopez,S.J.(2007).Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
4. Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

#### NOTE: Instead of practicals,

- a. **the students would undergo a part time internship for a period of 30 hours and submit a report under the supervision of a faculty and an expert from the institute, where the internship is proposed**
- or**
- b. **The student would carry out a project work on collecting empirical data and submit a report under the supervision of a faculty**

## **SEMESTER V: OPTIONAL PAPER II**

### **CORE LIFE SKILLS**

Unit 1: INTRODUCTION: Definition and Importance of Life Skills, Livelihood Skills, Survival Skills and Life Skills, Life Skills Approach, Life Skills Based Education, Life Skills Training

UNIT II: EMOTIONAL AND SOCIAL INTELLIGENCE: Nature and importance of emotional and social intelligence, components of emotional and social intelligence, And applications of EI and SI in corporate and industrial sectors.

UNIT III: **Communication**: nature and functions of communication, Types of communication-Verbal and non verbal. Effective communication-models and barriers

**UNIT IV: PROBLEM SOLVING**: definition, process and need, Factors influencing problem solving

#### **Readings:**

Hurlock, B. Elizabeth (2007). Personality Development, Tata Mc Graw Hill Publishing Company Limited, New Delhi.

Life Skills Resource Manual, Schools Total Health Program, (2006). Health Education and Promotion International Inc., Chennai.

YUVA School Life Skills Programme: Handbook for Teachers, Vol. I – IV, (2008), Department of Education and State Council of Educational Research and Training, Delhi.

## SEMESTER VI: COMPULSORY PAPER

### PSYCHOLOGICAL DISORDERS

**Unit 1: Basic Concepts:** Definition and criteria of abnormality, classification (DSM V & ICD-10), Diathesis, Stress Model.

**Unit 2: Theoretical perspectives:** Biological, cultural, behavioral, cognitive, humanistic and Psychodynamic.

**Unit 3: Clinical states:** Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia- Disorganized, Paranoid and Catatonic, learning disabilities.

**Unit 4: Treatment of disorders:**

a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy

b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

#### Readings:

Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.

Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.).Wadsworth: New York.

Frude, N. (1998). *Understanding abnormal psychology*. Oxford: Blackwell Publishers.

#### Practicals (any 5)

1. MPQ - Dr. H.N. Murthy
2. Bender Gestalt Test
3. Knox cube imitation test
4. General Health Questionnaire
5. Beck's depression scale
6. Shyness assessment test

## **SEMESTER VI: OPTIONAL PAPER I**

### **COUNSELING PSYCHOLOGY**

- 1. Introduction:** Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context
- 2. Approaches:** Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral
- 3. Techniques:** Play, art, drama, music, dance; Yoga and meditation,
- 4. Applications:** Family Counseling; School and Career Counseling

#### **Readings:**

Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

#### **NOTE: Instead of practicals,**

- a. the students would go for a field visit to one or more mental hospitals and submit a report under the supervision of a faculty  
or**
- b. The student would carry out a project work in a school on collecting empirical data and submit a report under the supervision of a faculty**

## **SEMESTER VI: OPTIONAL PAPER II**

### **POSITIVE PSYCHOLOGY FOR YOUTH**

UNIT 1: Historical overview and development of Positive psychology - The history of positive psychology. Concepts, Definitions, The scope and aim of positive psychology. - An overview and critiques of Positive psychology and their relevance in Indian context.

UNIT 2: Understanding Strengths - Positive Psychology at Individual level, group level and social level, - Renewing Strength and Virtue - Signature Strengths - Positive Psychology and Mental Health - Strengths-based Development and Engagement

UNIT 3: Positive Youth Development - Perspectives and practices, The Psychology of Hope, Optimism, Wellbeing and Resilience, Productive processes, promotion and community development. Positive Ethics for meaningfulness in life.

UNIT 4: Emotion and Self-Based Approaches to Positive psychology - Emotion –Focused Approach: Subjective wellbeing, Science of Happiness and life Satisfaction, Resilience in Development, Positive Affectivity, Positive Emotions, positive Psychology for Emotional Intelligence, Emotional Creativity and Self-Based Approach: Reality Negotiation, Authenticity, Uniqueness Seeking and Humility.

#### **Readings**

Anthony D. Ong and Manfred H.M. Van Dulmen, (2006) Oxford Handbook of Methods in Positive Psychology, Oxford Positive Psychology Series ,USA

Snyder and Shane .J. Lopez (2007). Positive psychology – The Scientific Practical Exploration of Human strengths, Sage publications, New Delhi.

Gillham, J.E. (Ed). (2000). The Science of Optimism and Hope: Research Essays in Honor of Martin E. P. Seligman. Radnor, PA: Templeton Foundation Press.

Stewart Donaldson and Mihaly Csikzentmihalyi et al. 2011, Applied Positive psychology – improving Everyday life, health, Schools, Work and Society. Routledge, New Delhi.