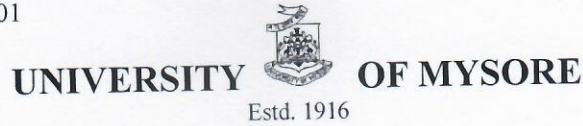


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Vishwavidyanilaya Karyasoudha
Crawford Hall, Mysuru- 570 005

Dated: 04.10.2023

No.AC2(S)/151/2020-21

Notification

Sub:- Modification Syllabus and Scheme of Examinations Psychology (UG) (Ist & IInd Semester) with effect from the Academic year 2023-24.


Ref:- Decision of Board of Studies in Psychology (UG) meeting held on 25.08.2023.

The Board of Studies in Psychology (UG) which met on 25.08.2023 has resolved to recommend and approved the syllabus and scheme of Examinations of Psychology Programme (Ist & IInd Semester) with effect from the Academic year 2023-24.

Pending approval of the Faculty of Science & Technology and Academic Council meetings the above said syllabus and scheme of examinations are hereby notified.

The syllabus and scheme of Examinations contents may be downloaded from the University website i.e., www.uni-mysore.ac.in.

DRAFT APPROVED BY THE REGISTRAR


Deputy Registrar (Academic)
Deputy Registrar (Academic)
University of Mysore
Mysore-570 005

To:

1. All the Principal of affiliated Colleges of University of Mysore, Mysore.
2. The Registrar (Evaluation), University of Mysore, Mysuru.
3. The Chairman, BOS/DOS in Psychology, Manasagangothri, Mysore.
4. The Director, Distance Education Programme, Moulya Bhavan, Manasagangothri, Mysuru.
5. The Director, PMEB, University of Mysore, Mysore.
6. Director, College Development Council, Manasagangothri, Mysore.
7. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
8. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
9. Office Copy.

Syllabi of Psychology (Discipline Specific Course) subject for **BA/B Sc- I Semester**

(with effect from academic year 2023-24 and onwards)

PAPER – I: FOUNDATIONS OF PSYCHOLOGY – I

* Teaching Hours 04 hours per week

* 60 marks for examination and 40 marks for Internal Assessment

Learning Outcomes

- Students will understand the genesis of Psychology and its importance
- Students will gain basic knowledge about Psychology
- Students will understand the fundamental mental processes which are base for behavior
- Students understand the Applications of Psychology in various fields

UNIT– I: GENESIS AND GOALS OF PSYCHOLOGY

(10 hours)

- Psychology: Emergence and Development; Definition and Goals of Psychology- Understanding, Describing, Predicting and Control of Behavior.
- Key Perspectives: Psychodynamic, Behavioral, Humanistic, Biological and Cognitive.
- General, Bio- Physiological, Social, Child, Developmental, Abnormal and Cognitive Psychology.
- Psychology as Applied Science: Introspection, Observation, Experimental, Clinical and Questionnaire Method.

UNIT–II: BIOLOGY AND BEHAVIOUR

(12 hours)

- Neuron: Structure and functions; Neural impulse; Synapse and Neurotransmitters
- Nervous system: Structure and Functions of Central nervous system and Peripheral nervous system
- Methods of studying brain functions: invasion, lesion, ablation, chemical and stimulation method
- Endocrine system: Functions and Effects: Pituitary, Thyroid, Parathyroid, Adrenal and Gonads

UNIT-III: SENSATION, ATTENTION AND PERCEPTION (10 hours)

- Sensation: Definition and Characteristics, Types of Senses
- Attention: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and distraction), Determinants: Objective and Subjective
- Perception: Meaning and Characteristics, Gestalt Laws of Perceptual Organization, Depth perception, Errors in Perception
- Illusion – Types – Horizontal - Vertical, Muller - Lyer and Illusion of Movement.
- Hallucination-Visual, Auditory and Tactile

UNIT-IV: LEARNING (14 hours)

- Introduction: Definition, Factors Influencing Learning: Motivation, Reinforcement and Association.
- Types of Learning : Trial and Error Learning : Experiment and Laws. Classical Conditioning, Extinction, Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning.
- Operant Conditioning: Experiment (experiment on Pigeons) Reinforcement, Schedules of Reinforcement, Shaping and Chaining.
- Cognitive Learning : Insightful (Kohler) and Observational (Bandura)

UNIT-V : MEMORY AND FORGETTING (10 hours)

- Memory : Basic Processes – Encoding, Storage and Retrieval.
- Types of Memory : Sensory Memory, Short – Term Memory Long-Term Memory, Working Memory, Semantic Memory, Autobiographical Memory and Flashbulb Memory.
- Techniques to Improve Memory : Mnemonics, Chunking, SQ3R (Survey, Question, Read, Recite and Review)
- Forgetting : Nature and Causes of Forgetting

Text Books

- Robert Feldman (2011) *Essential of Understanding Psychology* 10th Edition, ISBN -13-9781259003059/ISBN-10-1259003051
- Morgan, C.T., King, R.A., Weiss, J.R. and Schopler, J. (2012). (Latest Edition). *Introduction to Psychology*. Tata Mc Graw Hill Education Pvt. New Delhi
- Nataraj, P. (latest edition) : *Psychology for Beginners*. Mysore : Srinivas publication
- Parameshwaran, E.G., & Beena, C. (2010) : *An Invitation to Psychology*, Neelkamal Pvt. Hyderabad

Reference

1. MangalS. K. (2000) *General Psychology*. New Delhi : Sterling Publishers Pvt. Ltd.
2. ShashiJain (Latest edition). *Introduction to Psychology*. New Delhi : Kalyani Publishers.
3. Rajamanickam, M. (2008). *Modern General Psychology*. Vol1 & 2. Concept Publisher. New Delhi.

**PRACTICALS : 4 hours per week. Maximum Marks : 50
(Minimum six (06) Practical to be conducted)**

1. Directed Observation on the accuracy of report
2. Color blindness
3. Localization of sound
4. Mapping of color zones
5. Set on Attention
6. Bilateral transfer of training
7. Muller – Lyer Illusion
8. Illusion of movement (Phi - Phenomena)
9. Meaning on retention
10. Retroactive Inhibition
11. Proactive Inhibition
12. Span of attention

STATISTICS

- Grouping of Data : Tabulation and frequency distribution
- Measures of Central tendency : Mean and Median for Grouped and Ungrouped data

Note: Practical batches: 10 students per batch

Exam: 10 students per batch

Internal Assessment: 25 Marks

Record : 10 Marks

Test : 10 Marks

Attendance : 05 Marks

Examination : 25 Marks (2 Experiments: Writing plan and procedure for 1 experiment and Administration and Analysis of result for 1 experiment)

Plan & Procedure: 05 Marks

Administration : 05 Marks

Analysis and Discussion: 05 Marks

Statistics = 05 Marks

Viva Voce = 05 Marks

Grand Total = 25 Marks

OPEN ELECTIVE COURSE (OEC)

Teaching Hours: 03 hours per week

(Total 30 hours) Credit : 3

Marks for Exam: 60

IA Marks : 40

Psychology of Health and Wellbeing**Learning Out comes**

1. Understanding the spectrum of health and illness for better health management
2. Identifying stresses in one's life and managing them
3. Understanding a variety of health enhancing, health protective and health compromising behaviors and to be able to know their application in illness management

Course Content

Unit 1: Health and Wellbeing ; Health continuum ; models of health and illness : Medical, Biopsychosocial; Holistic Health; Health and Wellbeing. **07 hrs**

Unit 2: Stress and Coping : Nature and Sources of Stress ; Personal and Social Mediators of Stress; Effects of Stress on Physical and Mental Health; Coping and Stress management

08 hrs

Unit 3 : Health Management : Health enhancing behaviors: Exercise, Nutrition, Meditation, Yoga; Health compromising behaviors (alcoholism, smoking, internet addiction); Health Protective behaviors. **08 hrs**

Unit 4 : Promoting Human Strengths and Life Enhancement : Strength : Meaning; Realizing strength ; Maximizing Unrealized Strength. Weakness – Meaning, Identifying & Over coming Weakness. **07 hrs**

References

Carr. A. (2004) *Positive Psychology: The science of happiness and human strength* U K : Rutledge.

Di Matteo, M. R &.Martin, L. R.(2002). *Health Psychology*. New Delhi : Pearson.

Farshaw, M (2003) *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London : Hodder and Stoughton.

Hick. J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.

Snyder, C R., & Lopez. S. J. (2007) Positive Psychology : The scientific and practical explorations of human strengths. Thousand Oaks, CAS age.

Taylor. S. E. 2006). Health Psychology. 6th Edition. New Delhi : Tata Mc Graw Hills

Syllabi of Psychology (Discipline Specific Course) subject for **BA/B Sc- II Semester**

(with effect from academic year 2023-24 and onwards)

* Teaching Hours 04 hours per week

* 60 marks for examination and 40 marks for Internal Assessment

DSC 2 : FOUNDATION OF BEHAVIOR

Course Objectives

- To understand the dynamics of emotions and motivation.
- To understand theoretical concepts of Human Intelligence.
- To analyse and relate the concepts of thinking, problem solving, reasoning and decision making to cognition
- To understand and classify the different types of Personality.

Course Outcomes

After successful completion of the course students will be able to:

- Evaluate and understand the different human emotions
- Critically evaluate and identify determinants of motivation
- Compare and contrast different theories of intelligence
- Differentiate the human personalities

CHAPTER 1: EMOTIONS

- Meaning and definition
- Classification of emotions - primary and secondary.
- Responses to emotions - physiological, behavioral, psychological and cognitive.
- Theories of emotions - physiological, neurological, cognitive.
- Emotional Intelligence - Meaning, definition, components. Application of emotional intelligence.

CHAPTER 2 : MOTIVATION

- Meaning, Definition, Basic Concepts -Instincts, needs, drives, incentives, motivational cycle.
- Theories of Motivation: Maslow's Hierarchy of needs and Mc Clelland's Theory
- Biological Motives : Hunger, thirst, sleep and sex.
- Social Motives: Achievement, affiliation, approval

CHAPTER 3 : INTELLIGENCE

- Meaning, Definition of intelligence, characteristics of intelligence.
- Types - social, crystallized, emotional, fluid.
- The concept of Mental age and IQ
- Multiple intelligence
- Theories of Intelligence - Factor theories (Spearman's two factor theory and Triarchic Theory of Intelligence, Gardner's theory of Multiple Intelligence)
- Distribution of Intelligence
- Assessment of intelligence: Types of intelligence tests

CHAPTER 4 : THINKING AND CREATIVITY

- Introduction to cognition, Concept Formation : Meaning and Process
- Thinking : Element of thinking, Critical thinking
- Reasoning and decision making
- Creativity: Steps in creative thinking
- Problem Solving: Meaning, steps, and obstacles

CHAPTER 5 : PERSONALITY

- Meaning, definition
- Theories of personality – Psycho - analysis (Sigmund Freud, Carl Jung), Type and trait (Allport's Trait Theory and Eysenck's theory of Personality).
- Assessment of personality- Rating scales, questionnaires, Projective techniques.

Reference

Baron, R. A. (2014). Psychology. (5thed.). Delhi : PHI Learning Pvt. Ltd.

Feldman, R. S. (2018). Understanding Psychology (14thed.). New York : Mc Graw Hill

Hergenhahn, B. R., & Henley, T. (2013). An Introduction to the history of psychology. Cengage Learning.

Hilgard, E. R., Atkinson, R.C. & Atkinson, R. L. (2015). Introduction to psychology. (16thed.). Boston : Cengage Learning.

Malim, T. (2017). Introductory Psychology. Mac millan International Higher Education.

Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2001). Introduction to psychology.(7thed.).Chennai : McGraw - Hill Education (India) Pvt. Ltd

MDC 2 : Foundation of Behavior with practical (06 Credits)**PRACTICALS**

(any six (06) of the following, Minimum one from each section)

1. Emotions

- a. Emotional regulation scale
- b. Emotional intelligence scale/questionnaire
- c. Oxford happiness scale
- d. Fear check list
- e. Positive and Negative affect scale

2. Motivation

- a. Achievement motivation
- b. The motivation assessment scale
- c. Power motive inventory/Scale
- d. Academic achievement need scale
- e. Guidance need inventory

3. Intelligence

- a. Standard progressive matrices
- b. WAIS (Weschler's adult intelligence Scale)
- c. Draw a man test
- d. SFB (Seguin Form Board)
- e. General Mental Ability Test by Jalota

4. Thinking and reasoning

- a. Stroop effect
- b. Test of creativity
- c. Cognitive style assessment
- d. Concept formation
- e. Problem solving ability test based on Tower of London test

5. Personality

- a. Eysenck's personality inventory
- b. Children's personality questionnaire
- c. 16 PF test of personality
- d. NEO Personality Inventory
- e. Myers Briggs Types indicator

Statistics : Measures of Variability (Grouped and Ungrouped)

- Standard Deviation, Range and Quartile deviation

Note: Practical batches: 10 students per batch

Internal Assessment : 25 Marks

Record: 10 Marks

Test : 10 Marks

Attendance: 05 Marks

Examination : 25 Marks (2 Experiments: Writing plan and procedure for **one** experiment and Administration and Analysis of result for **one** experiment)

Plan & Procedure : 05 Marks

Administration: 05 Marks

Analysis and Discussion : 05 Marks

Statistics = 05 Marks

Viva Voce = 05 Marks

Grand Total = **25 Marks**

GEC 2: YOUTH, GENDER AND IDENTITY

Unit 1: Introduction

- a. Concepts of Youth : Transition to Adulthood, Extended Youth in the Indian context
- b. Concepts of Gender : Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereo types
- c. Concepts of Identity : Multiple identities

Unit 2: Youth and Identity

- a. Family : Parent – youth conflict, sibling relationships, intergenerational gap
- b. Peer group identity : Friendships and Romantic relationships
- c. Work place identity and relationships

Unit 3: Gender and Identity

- a. Issues of Sexuality in Youth
- b. Gender discrimination
- c. Culture and Gender : Influence of globalization on Gender identity

Unit 4: Issues related to Youth, Gender and Identity

- a. Youth, Gender and violence
- b. Enhancing worklife balance
- c. Changing roles and women empowerment
- d. Encouraging non-gender stereotyped attitudes in youth

Unit 5 : Law and Youth

- a. Juvenile Justice act
- b. LGBT rights in India
- c. UNICEF programs for youth

References

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

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

Elizabeth, Herlock (2015) Developmental Psychology, Mc Graw-Hill

Nayana Joshi (2019) : Hand book of Juvenile Justice, Lawmanns Publication

