

B.Sc. PSYCHOLOGY SYLLABUS

(SEMESTER PATTERN)

(For the candidates admitted from the academic year 2015-2016 onwards)

Eligibility : Higher Secondary (+2) pass

Semester	Part	Course	Title	Instr Hours/ Week	Credit	Exam Hours	Marks		Total	
							Int.	Extn.		
I	I	Language Course – I (LC) – Tamil*/Other Languages ** #		6	3	3	25	75	100	
	II	English Language Course - I (ELC)		6	3	3	25	75	100	
	III		Core Course – I (CC)	Basic Psychology I	5	5	3	25	75	100
			Core Course – II (CC)	Social Psychology	5	5	3	25	75	100
			First Allied Course – I (AC)	Statistics in Psychology I	5	3	3	25	75	100
			First Allied Course – II (AC)	Foundations of Sociology	3	-	***	-	-	-
Total				30	19				500	
II	I	Language Course – II (LC) – Tamil*/Other Languages ** #		6	3	3	25	75	100	
	II	English Language Course – II (ELC)		6	3	3	25	75	100	
	III		Core Course – III (CC)	Basic Psychology II	6	5	3	25	75	100
			First Allied Course – II (AC)	Foundations of Sociology	3	3	3	25	75	100
			First Allied Course – III (AC)	Statistics in Psychology II	5	4	3	25	75	100
	IV		Environmental Studies		2	2	3	25	75	100
		Value Education		2	2	3	25	75	100	
Total				30	22				700	
III	I	Language Course – III (LC) – Tamil*/Other Languages ** #		6	3	3	25	75	100	
	II	English Language Course - III (ELC)		6	3	3	25	75	100	
	III		Core Course – IV (CC)	Physiological Psychology I	6	5	3	25	75	100
			Second Allied Course – I	Principles of Public Administration	6	3	3	25	75	100
			Second Allied Course – II	Foundations of Criminology	4	-	***	-	-	-
	IV		Non Major Elective I - for those who studied Tamil under Part I							
		a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto +2 but opt for other languages in degree programme		2	2	3	25	75	100	
Total				30	16				500	

IV	I	Language Course –IV (LC) - Tamil*/Other Languages ** #		6	3	3	25	75	100	
	II	English Language Course – IV (ELC)		6	3	3	25	75	100	
	III	Core Course – V (CC)	Physiological Psychology II	4	4	3	25	75	100	
		Core Course – VI (CC)	Practical I	4	4	3	25	75	100	
		Second Allied Course - II	Foundations of Criminology	2	3	3	25	75	100	
		Second Allied Course - III	Principles of Yoga	4	4	3	25	75	100	
	IV	Non Major Elective II - for those who studied Tamil under Part I a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto +2 but opt for other languages in degree programme		2	2	3	25	75	100	
	IV	Skill Based Elective I		2	4	3	25	75	100	
	Total				30	27				800
	V	III	Core Course – VII (CC)	Developmental Psychology I	6	5	3	25	75	100
Core Course – VIII (CC)			Abnormal Psychology I	5	4	3	25	75	100	
Core Course – IX (CC)			Sports Psychology	4	3	3	25	75	100	
Core Course – X (CC)			Practical II	5	4	3	25	75	100	
Major Based Elective – I			Counselling Psychology I	4	4	3	25	75	100	
IV		Skill Based Elective –II		2	4	3	25	75	100	
		Skill Based Elective – III		2	4	3	25	75	100	
		Soft Skills Development		2	2	3	25	75	100	
Total				30	30				800	
VI	III	Core Course – XI (CC)	Developmental Psychology II	6	5	3	25	75	100	
		Core Course – XII (CC)	Abnormal Psychology II	6	5	3	25	75	100	
		Core Course – XIII (CC)	Case Analysis Practicum III	6	5	3	25	75	100	
		Major Based Elective II	Counseling Psychology II	6	5	3	25	75	100	
		Major Based Elective III	Psychology of Adjustment	5	4	3	25	75	100	
	IV	Extension Activities		-	1	-	-	-	-	
		Gender Studies		1	1	3	25	75	100	
Total				30	26				600	
Grand Total				180	140				3900	

Core Course I

Basic Psychology I

Objectives

- To understand the definition and history of Psychology
- To comprehend the basics of Sensation & Perception
- To appreciate the importance of Consciousness
- To know the nature of Learning, Memory & Forgetting
- To understand the nature and approaches to Motivation & Emotion

Unit I

The Historical foundations of Psychology Definition of Psychology - History of Psychology, Early schools of Psychology: Structuralism, Functionalism Behaviourism, Psychoanalysis and Gestalt

Contemporary Perspectives of Psychology Bio-logical - Psychoanalytic - Behaviouristic - Cognitive and Subjectivist Perspectives - Areas of Specialization in Psychology

Unit II

Sensation Definition of Sensation - Sensory thresholds - Sensory adaptation - Vision - Hearing - Touch - Smell - Taste and Kinaesthetic senses.

Perception Definition of Perception - Gestalt Principles - Perceptual Constancies - Depth Perception - Illusion - Extra Sensory Perception

Unit III

Consciousness Definition of Consciousness - The Nature of Consciousness - Altered States of Consciousness - Drug-induced Altered States of Consciousness.

Sleep Biological Rhythms and Sleep - The Need for Sleep - Stages of Sleep - Sleep Disorders - Dream - Wish fulfilment - Manifest and Latent Content - Hypnosis - The Nature & Application of Hypnosis

Unit IV

Learning Definition of Learning - Classical Conditioning - Operant Conditioning - Cognitive Learning - Observational Learning

Memory Definition of Memory - Two models of Memory - Three stages of memory - Working memory - Short-term memory and Long-term Memory -

Implicit Memory - Amnesia - Techniques to improve Memory - Definition of Forgetting - Proactive and Retroactive Interference - Retrieval Inhibition

Unit V

Motivation Definition of Motivation - Approaches to Motivation - Instinct - Drive reduction - Arousal - Incentive - Needs -Self determination theory - Sexual motivation - Aggressive motivation

Emotion Definition of Emotion - Components of Emotions - Biology - Cognitive - and Socio-cultural Factors of Emotions - Theories of Emotion - James-Lange theory - Cannon-Bard theory -Lazarus theory -Pitchek's theory - The Facial Feedback Hypothesis

References

1. BaronA. R (2013).Psychology (V. Ed.) New Delhi, Prentice Hall.
2. Cicarelli, S.K. and Meyer, G.E. (2008). Psychology, New Delhi, PearsonLongman – Dorling Kindersley (India) Private Limited.
- 3.Hoeksema, et., al., (2014). Atkinson and Higard's Psychology: An Introduction (XV.Ed.),New Delhi, Cengage Learning India Private Limited.
4. Morgan, et., al., (2011).Introduction to Psychology (VII.Ed.), New Delhi: Tata McGraw –Hill Edition.
5. Santrock. J.W(2006). Psychology: Essentials. New Delhi Tata McGraw – HillEdition.

Core Course II
Social Psychology

Objectives

- To know the meaning, scope & Latest trends in Social Psychology
- To understand the role of Social Cognition
- To know the Interpersonal Attraction, Close Relationships and Helping
- To identify the nature of Attitudes and Prejudice
- To Social Influence and Groups

Unit I

Introduction Definition & Meaning of Social Psychology –Scope -History of Social Psychology - Current Trends in Social Psychology

Attribution Definition of Attribution - Theories- Basic sources of Errors - Impression Formation & Impression Management

Unit II

Social Cognition Definition & Meaning of Social Cognition- Person perception, Schemas, Heuristics, Attribution, Impression Formation and Management

Attitudes -Definition & Meaning of Attitude - Forming Attitude - Social learning - Direct Experiences and Genetic factors - Attitude influence on Behavior

Unit III

Interpersonal Attraction Definition & Meaning of Interpersonal Attraction -Situational Influences on Attraction – Affiliation

Close relationships Definition & Meaning of Close Relationships - Building relationships – Love- Varieties of Relationships - Ending Relationships

Unit IV

Prejudice Definition and Meaning of Prejudice - Origins of Prejudice - Direct Intergroup Conflict - Early Experience - Social Categorization - Cognitive Factor

Discrimination -Definition and Meaning of Discrimination - Discrimination against Female - Role Expectations - Role Self confidence - Negative reaction to Female leaders

Unit V

Conformity Definition and Meaning of Conformity -Factors Affecting Conformity - Cohesiveness - Group Size - Social Norms - The Bases of Conformity - Normative and Informational Conformity

Groups- Definition and Meaning of Group - Nature and Functions of Groups - Behavior in Groups- Decision making in Groups

References

1. Baron, R.A. & Byrne, D. (2006). Social Psychology. New Delhi: Prentice Hall of India.
2. Feldman, R.S.(1998). Social Psychology (2ndEd). NJ: Prentice Hall, Inc.,.
3. Kuppuswamy, B. (1980). An introduction to Social Psychology. New Delhi, Media Promoters & Publishers Pvt., Ltd.
4. Myers, D.G. (2006). Social Psychology. New Delhi: Tata McGraw Hill Publishing.

First Allied Course I
Statistics in Psychology I

Objectives

- To understand the nature and definition of Statistics
- To comprehend Classification and Coding of Data
- To examine Measures of Central Tendency
- To know the nature of Measures of Variability
- To understand the Probability and the Normal Distribution

Unit I

Introduction - Definition of Statistics, Need for Understanding Statistics, Nature of Psychological Data, Levels of Measurement – (i) nominal, (ii) ordinal, (iii) interval and (iv) ratio, Variables – (i) categorical or discrete and (ii) continuous, Application of Statistics in Psychology

Unit II

Classification and Coding of Data - Frequency Distribution, Graphic Presentation of Data – basics of graph, features of a good graph, types of graph (i) bar diagram, (ii) histogram, (iii) frequency polygon, (iv) frequency curve, (v) cumulative frequency polygon, (vi) o-give, (vii) pie diagram

Unit III

Measures of Central Tendency - Definition, Computation and uses of Mean, Median, Mode and Combined Arithmetic Mean for grouped and ungrouped data, Calculation of Mean by the “Assumed Mean” or Short Method, Merits and Demerits

Unit IV

Measures of Variability - Definition, computation and uses of Range, Quartile Deviation, Average Deviation from Mean, Median and Mode, Standard Deviation for grouped and ungrouped data, Calculation of Standard Deviation by the Short Method, Percentile & Percentile Rank, Merits and Demerits, Coefficient of Variation

Unit V

Probability and the Normal Distribution - Historical Background in Understanding Probability, Classical Definition of Probability, The Meaning and Importance of Normal Distribution, Properties of Normal Distribution, Measuring Divergence from Normality – (i) skewness and (ii) kurtosis, Applications of the Normal Probability Curve

References

1. Garrett. E. H (2004). Statistics in Psychology and Education, New Delhi: Paragon International Publishers.
2. Aron, A. Aron, E.N. and Coups, E.J. (2006) Statistics for Psychology, New Delhi: Pearson Education.
3. Verma. J.P. and Ghufuran, M. (2012). Statistics for Psychology – A Comprehensive Text, New Delhi: Tata McGraw Hill Education Private Limited.

First Allied Course II

Foundations of Sociology

Objectives

- To understand the basic Concepts of Sociology
- To comprehend Sociological Study Methods
- To examine general Sociological Theories
- To know the nature of Society
- To understand the basic aspects of Culture

Unit I

Introduction Meaning of Sociology –Scope of Sociology - History – Sociology and other Social Sciences – Sociology and Psychology – Sociology Today – Technology and Social Sciences

Sociological Methods The Development of Social Science – The Scientific Method – Correlation and Causation – Quantitative and Qualitative Methods – Objective and Critical Methods – Ethics

Unit II

General Sociological Theories Introduction - Structural-Functionalism - Conflict Theory - Symbolic Interactionism – Role theory - Social Constructionism - Integration Theory

Society Introduction – Societal Development: Hunter-Gatherer – Pastoralist – Horticulturalist - Agrarian – Industrial and Post Industrial – Classical Views on Social Change

Unit III

Culture Introduction – Subcultures and Counter Cultures – Ethnocentrism and Cultural Relativism – Theories of Culture and Cultural Change – Cultural Sociology

Socialization What is Socialization? – Elements of Socialization: Goals of Socialization, Primary and Secondary, Socialization, Total Institutions, Broad and Narrow Socialization – Theoretical Understandings of Socialization

Unit IV

Groups And Collective Behaviour Social Identity Theory – Primary and Secondary Groups – In Groups and Out Groups – Reference Groups – Group Size – Crowds – Theories of Crowd Behaviour – Diffuse Crowds

Demography Introduction- The Need for Studying Demography – History – Data and Methods – The Demographic Transition – Population Growth and Overpopulation

Unit V

Gender And Family Gender and Sex – Biological Differences – Social and Psychological Differences – Sexism – Gender Theory – Family – Family Cross Culturally – Economic Role of the Family – Kinship Terminology

References

1. Bottommore, T.B. 1972, Sociology: A guide to problems and literature. Bombay: George Allen and Unwin (India)
2. Brijjak, G.J. (1992).Sociology: Cultural Diversityin A Changing World. London: Alley and Baccon.
3. Giddens, A. (1982). Sociology, New York: Harcourt Brace Jovanovich.
4. Johnson, Harry M. (1995): Sociology: A Systematic Introduction. New Delhi: Allied Publishers.
5. Sankar Rao C.N. (2009). Sociology: Principles of Sociology with an Introduction to Social Thought. New Delhi: S Chand & Company Ltd.

Semester II

Core Course III- Basic Psychology II

Objectives

- To understand the nature and definition of Intelligence
- To know the concepts of Thinking & Language
- To find out the basics and importance of Creativity
- To appreciate the nature of Sexuality & Gender
- To understand the nature and theories of Sexuality & Gender

Unit I

Intelligence Definition of Intelligence - Nature and Nurture views on intelligence - Measurement of Intelligence - Individual Differences in Intelligence

Theories of Intelligence Spearman - Gardner - Anderson - Sternberg and Cattell - Emotional Intelligence

Unit II

Thinking Definition Of Thinking - Concept Formation - Mental Images - Reasoning Prototypes - Problem Solving and Decision Making - Trial and Error - Algorithms - Heuristics - Insight - Problems With Problem Solving

Language Definition of Language - The Levels of Language Analysis - The Relationship between Language and Thought

Unit III

Creativity Definition of Creativity – convergent & divergent thinking - Steps in creative Process: Preparation, Incubation, Insight, Evaluation and Elaboration

Characteristics of Creative thinkers Flexibility and Playful thinking - Inner Motivation - Willingness to Risk - Objective evaluation of work – The characteristics of Creative living

Unit IV

Sexuality Definition of Sexuality - Primary and Secondary Sex Characteristics - Psychological Aspects of Human Sexuality

Gender Definition of Gender - Gender Roles and Gender Typing - Theories of Gender Role Development - Gender Stereotyping - Gender Differences - Transgender Issues

Unit V

Personality Definition Of Personality - Theories of Personality - Sigmund Freud's Psychoanalytic Theory - Albert Bandura's Social Learning Theory - Kelly's Personal Construct Theory - Roger's and Abraham Maslow's Humanistic Theory - Factor Analytic Theories of Eysenck Type - Allport and Cattell's Trait Theories

Assessment of Personality Self-Report - Interview - Questionnaires - Projective Tests - Behavioural Assessments - Personality Inventories

References

1. Baron A. R (2013). Psychology (V. Ed.). New Delhi: Prentice Hall.
2. Cicarelli S.K. and Meyer, G.E. (2008). Psychology. New Delhi: Pearson. Longman – Dorling Kindersley (India) Private Limited.
3. Hoeksema et., al., (2014). Atkinson and Higgard's Psychology: An Introduction (XV.Ed.), New Delhi, Cengage Learning India Private Limited.
4. MORGAN et., al., (2011). Introduction to Psychology (VII. Ed.), New Delhi: Tata McGraw – Hill Edition.
5. SANTROCK J.W (2006). Psychology: Essentials. New Delhi Tata McGraw – Hill Edition.

First Allied Course III

Statistics in Psychology II

Objectives

- To understand the computation of Correlation&Diagrams
- To comprehend the various types of Sampling Techniques
- To examine the Testing of Hypothesis
- To know the nature & use of Large Sample Z and T tests
- To understand the nature & array of Non Parametric Tests

Unit I

Correlation Definition –Types - Computation by Product Moment Method and Rank Order Method - Uses of Correlation - Scatter Diagram

Unit II

Sampling Techniques Definition - Purpose of Sampling - Types of Sampling Techniques – (i) probability sampling- Simple Random Sampling -Stratified sampling - Cluster sampling,(ii)Non-probability sampling – Convenience – Purposive – Quota - Snowball sampling

Unit III

Statistical Inference Testing of Hypothesis - Important Terms in Hypothesis Testing – types of hypothesis - Type I & Type II errors - Level of significance - One tailed & Two tailed tests - Degrees of freedom -Rejection region - The P-value

Unit IV

Z Test & T test Large Sample Tests – Z test for one sample and for two independent samples - Small Sample Tests - the student ‘T’ test for independent samples and for dependent or correlated samples

Unit V

Non Parametric Tests for Psychological Data Introduction - Advantages & Disadvantages of Non Parametric Tests - Chi-Square Test - Run Test - Sign Test - Median Test

References

1. Aron A., Aron, E.N. and Coups E.J. (2006). Statistics for Psychology. New Delhi: Pearson Education.
2. Garrett. E. H (2004). Statistics in Psychology and Education. New Delhi: Paragon International Publishers.
3. Verma. J.P. and Ghufuran, M. (2012).Statistics for Psychology – A Comprehensive Text. New Delhi: Tata McGraw Hill Education Private Limited.

Core Course IV

Physiological Psychology I

Objectives

- To understand the nature Physiological Psychology
- To know the concepts of Cells & Genes
- To find out the basics and importance of Neuron & Nervous system
- To appreciate the nature of Peripheral& Autonomous Nerve systems
- To understand the nature of Central Nervous System

Unit I

The Nature of Physiological Psychology Meaning and Definition of Physiological Psychology - Historical views on human behavior - The Modern Era of Brain Imaging -Physiological Psychology and Neuroscience

The Exploration of Nervous system The working of Nerves - Measuring the Neural Impulse - Focusing on the Neuron - Brain Behavior Relations - The Operation of the Brain - Lashley's Attack

Unit II

The Cellular Basis of Behaviour Receptors - Effectors - Conduct Cells - The structure and Functions of Cells - A Typical Cell - Extracting Energy - Amplifying Energy - Enzymes

The Structure and Function of Genes Definition - Double Helix - Reproduction - Enzyme Production - Abnormal Genes - The Evolutionary Bases of Behaviour - Tracing the Family Roots of Human - Intellectual Evolution

Unit III

The Structure and Functions of Neuron Definition - Difference between Neurons and Cells - The Structure of Neurons - Dendrites and Axon - Sensory neurons - Motor Neurons - Interneurons - The synapse

The Formation of Nervous system The Genetic Factor - The Environmental Factor - Jacobson's theory - The Death of Neurons - Aging of Neurons - Injuring Neurons - The Regeneration of Neurons - Sprouting Circuitry - Reconstructing Circuitry

Unit IV

The Structure and Functions of Peripheral Nervous System The Structure of a Nerve - The Structure of the Peripheral Nervous System - The Functions of the Peripheral Nervous System - The Skeletal Nervous System

The Structure and Functions of Autonomous Nervous System The Divisions of the Autonomic Nervous System - The Structure of the Sympathetic and Parasympathetic Systems

Unit V

The Structure and Functions of Central Nervous System The Major Divisions of the Nervous System - The Brain and Behaviour - Nonneural Materials in the Central Nervous System - The Meninges - The Blood-Brain Barrier - Cerebrospinal Fluid

The Central nervous system and Behaviour - The Spinal Cord and Behaviour - The Brain and the Reflex Action - The Brain - The Structural view of the Brain - The Hindbrain - The Midbrain - The Forebrain - The Hypothalamus - The Cortex - Between Hypothalamus and Cortex - The Brain in Action

References

1. Alen M. Schneider & Barry Tarshis. (1998). An Introduction to Physiological Psychology (3rd Ed.). New York: Random House, Inc.
2. Carlson R. Neil (2005). Foundations of Physiological Psychology. (6th Ed.). New York: Pearson education.

Second Allied Course I
Principles of Public Administration

Objectives

- To understand the meaning of Public Administration
- To know the Theories of Organization
- To understand the Principles of Organization
- To familiarize with the Administrative Behaviours
- To understand the nature of Citizens and Administration

Unit I

The Nature of Public Administration Public Administration: Evolution, Meaning, Nature, Scope, Significance and its relations with Political Science, Economics and Law. Public and Private Administration - The distinctions and similarities between public and private administration - New Public Administration and New Public Management - New Public Management Perspective

Unit II

Theories of Organization Scientific Management - The Bureaucratic theory of Organization - Classical theory - The Human Relation theory - Behavioral Approach - Systems Approach - Organizational Effectiveness

Unit III

Principles of Organisation Meaning and Basis of Principles of Organization - Formal and Informal Organisation, Hierarchy, Span of Control - Unity of Command, Authority and Responsibility, Coordination, Supervision, Centralization and Decentralisation Structure of Organisation: Chief Executive, Line and Staff Agencies, Department, Head quarter and field relationship

Unit IV

Administrative Behaviour Decision Making: Meaning, Nature and Steps in decision making process. Theories of leadership – Communication: Meaning, Nature, Importance and Types. Motivation: Definition – Purpose – Theories on motivation. Control: Nature of control in administration and its importance

Unit V

Citizen and Administration People's Participation in Administration - Public policy process and Policy making models - Role of civil society - Right to information and Citizen's Charter

References

1. Sharma, M.P. (1960). Public Administration: Theory and Practice. Allahabad :KitabMahal.
2. Lamikant, M. (2011). Public Administration. New Delhi: Tata McGraw Hill.
3. NoorjahanBava. (2010). Public Administration in the 21st Century. New Delhi: Kanishka Publishers.
4. Sahni, Pardeep, and Vayunandan, E. (2010). Administrative Theory. New Delhi: Prentice Hall of India.

Second Allied Course II

Foundations of Criminology

Objectives

- To understand the meaning of crime and criminology
- To comprehend the nature of violent crimes.
- To enlist the property crimes
- To familiarize with public order crimes
- To understand the nature of white collar and organized crimes

Unit I

Crime and Criminology - The Meaning of Crime – Criminology and Criminality – History of Criminology – The Role of Theory in Criminology - Schools of Thought in Criminology

Unit II

Violent Crimes - Violence in History - Murder: Types of Murder – Forcible Rape – Robbery – Aggravated Assault - Theories of Violence

Unit III

Property Crime - Meaning of Property Offence – Larceny-Theft – Burglary – Motor Vehicle Theft – Arson – Crimes of Guile and Deceit – Cybercrime

Unit IV

Public Order Crime - Meaning of Public Order Crimes – Alcohol and Crime – Illegal Drugs and Crime – Prostitution and Commercialized Vice

Unit V

White Collar and Organized Crimes - The Concept of White Collar Crime – Occupational Crime – Corporate Crime – Organised Crime – Theories of Organised Crime

References

1. Anthony Walsh. (2012). Criminology: The essentials. Sage Publications. New Delhi.
2. Kumar Anil. (2011). Criminology: Principles and Concepts. Ancient Publishing House. New Delhi.

Core Course V

Physiological Psychology II

Objectives

- To understand the meaning of Ingestive Behavior
- To understand the Reproductive Behaviour and development
- To comprehend Emotion
- To familiarize with Learning and Memory
- To understand the nature Human Communication

Unit I

Ingestive Behavior Physiological Regulatory Mechanisms - Drinking - fluid balance - two types of thirst- neural mechanisms of thirst - eating and metabolism - what starts a meal- what stops a meal - brain mechanisms - eating disorders - Anorexia nervosa and bulimia

Unit II

Reproductive Behavior - Sexual development - Hormonal control of sexual behavior - Hormonal control of female reproductive cycles - organizational effects of androgens on behavior- effects of pheromones - human sexual behavior - sexual orientation - neural control of sexual behavior

Unit III

Emotion - Emotion as response patterns - communication of emotions - feelings of emotions

Unit IV

Learning and memory Learning and synaptic plasticity - perceptual learning - classical conditioning - instrumental learning - relational learning

Unit V

Human Communication Speech production and comprehension - Brain Mechanisms - Disorders of Reading and Writing

References

1. Carlson- R. Neil (2005). Foundations of Physiological Psychology. 6th edition. Pearson education.
2. Kalat (2012). Biological Psychology. 11th edition- Brooks/ Cole publication.
3. Pinel (2006). Biopsychology. 6th Edition. Pearson Education.

Core Course VI

Practical I

Objectives:To enable the students to...

- ❖ Learn the basic psychological processes involved in Human Behavior

The Students shall complete any **Ten** of the following experiments and submit a record for the procedure involved at the end of the I Semester.

1. Determination of Two Point Threshold
2. Assessing Kinesthetic Sensitivity
3. Visual Acuity
4. Judging Emotions From Photographs
5. Colour Blindness
6. Measuring State – Trait Anger
7. Perception of Space and Depth - Depth Perception apparatus
8. Muller – Lyer Illusion
9. Span of Attention
10. Span of Apprehension
11. Division of Attention
12. Distraction of Attention
13. Study of Habit Interference – Playing Cards
14. Study of Bilateral Transfer – Mirror Tracing

References

1. Parameshwaran- E. G. and Ravichandran- R. (2001): Experimental Psychology- Hyderabad: Neelkamal Publication Pvt.- Ltd.
2. Kuppusamy- B. (1954): Elementary Experiments in Psychology- Madras: Oxford University Press.
3. Postman and Egan- J. P. (1985): Experimental Psychology- New Delhi: Kalyani Publications.
4. Rajamanickam.M. (2005). Experimental Psychology. Volume I & II. Concept Publishing Company. New Delhi.

Second Allied Course III

Principles of Yoga

Objectives

- To comprehend the Mind and Consciousness
- To understand the Types and Paths of Yoga
- To familiarize with Life energy and Health
- To study the Science of yoga
- To understand the holistic health

Unit I

Mind and Consciousness Introduction - theoretical issues - Eastern and western views of mind - Consciousness: nature & states – Yoga - meaning – origin and growth – Misconception – Limitation – Theories of Human Existence - Yoga Sutras of Patanjali and Thirumoolar (selected verses)

Unit II

Types and Paths of Yoga Karma yoga – Bakthi yoga – Jnana yoga – Raja yoga - Paths of Yoga -Ashtanga yoga: Yama – Niyama - Asana – Pranayama - Pratyahara – Dharana – Dhyanana – Samadhi – Samyama – Integral yoga -meaning – types

Unit III

Life Energy and Health Meaning– Methods of Breathing – Complete Breathing – Pranayama - Meaning – Mechanisms – Classifications and effects –Health - Meaning – Health and Strength

Unit IV

Science of Yoga Science of Illness - yogic view -Methods of Yoga Practices for specific Stress Disorders – Therapeutic Effects of Asana – Pranayama and Kriya – Yogic Diet - Meditation: Meaning- Methods and benefits - Importance of yoga in Physical Education and Sports

Unit V

Holistic Health Introduction - Behavioral Epidemiology – Complementary and alternative therapies – Ayurveda - methods and benefits – Relationship between Ayurveda and Yoga – Pranic healing – Reiki

References

1. Iyengar B. K.S (1993): Light on Yoga- Harper Collins Publications- London.
2. Nagendra H.R. (1987): Yoga – Its Basis and Applications. Bangalore- Vivekananda Kendra Publications
3. Ghore M.M. (1991): Anatomy and Physiology of Yogic Practices- Pune- KanchanPrakashan.

Core Course VII

Developmental Psychology I

Objectives

- To understand the meaning of Life span Development
- To comprehend the Theories and Research in Human Development
- To enlist the Developmental Stages during Birth, Infancy
- To familiarize with Development during Toddlerhood & Childhood
- To understand the nature of Psychosocial Development

Unit I

Life-span Development – Meaning - Importance of Studying Life-span Development- The Nature of Development - The Historical perspective

Theories of Human Development Psychoanalytic theories, Cognitive theories, Behavioural& Social cognitive theories, Ethological & Evolutionary theories, Ecological theory – Context of life-span development

Unit II

Research in Human Development Designs for studying Human Development- Ethics in Human Development Research

Development during Prenatal Period Characteristics of the Prenatal Period – Conception – Prenatal Environmental Influences

Unit III

Development during Birth Childbirth – The Newborn Baby’s Capacities - Prenatal development - prenatal environmental influences - Childbirth

Development during Infancy and Toddlerhood – Characteristics of Infancy and toddlerhood - Body growth & change - Brain Development - Influences on Early Physical Growth - Learning Capacities - Motor Sensory & Perceptual Development

Unit IV

Cognitive development in Infancy and Toddlerhood - Piaget’s Cognitive Developmental Theory - Information Processing - Social Context of Early Cognitive Development - Individual Differences in Early Mental Development - Language Development

Emotional and Social development in Infancy and Toddlerhood - Erikson's theory of infant and toddler personality - Emotional development - Temperament Development - Attachment Development - Self-Development during the first two years – Hayard's theory

Unit V

Development during Childhood – Characteristics of Childhood - Physical Development - Aspects of physical development, Health and safety - Cognitive Development- Piagetian Approach – Vygotsky's sociocultural theory - Information Processing Approach: Memory Development - Intelligence - Language Development

Psychosocial Development- Self understanding - Emotional development - Moral Development - Peer relations - Gender typing - Family influences

References

1. Berk. L.E (2007). Development through the lifespan. (3rd Ed). Pearson education.
2. Santrock .J.W (2007). A Topical approach to Life-Span Development. (3rd Ed) New Delhi Tata McGraw-Hill.
3. Hurlock .E.B (2007). Developmental Psychology A Life-Span Approach (5th Ed). New Delhi Tata McGraw-Hill.

Core Course VIII
Abnormal Psychology I

Objectives

- To understand the meaning and definition of Abnormal Behavior
- To comprehend the Causal and Risk factors for abnormal behavior
- To learn about Anxiety Disorders
- To familiarize with Somatoform and dissociative disorder
- To understand the nature of Prevention and Treatment for Abnormal Behaviour

Unit I

Definition of abnormal behavior- Incidence of mental disorders- Historical views of abnormal behavior- Humanitarian approach- Contemporary views of abnormal behavior

Unit II

Causal and risk factors for abnormal behavior- Biological view point and causal factor- Psychosocial view point and causal factor- Socio cultural view point and causal factor

Unit III

Anxiety disorders – Specific phobia- social phobia- panic disorders with and without Agoraphobia- generalized anxiety disorder- obsessive compulsive disorder; Biological psychosocial and socio cultural causal factors for all anxiety disorders- Treatment and outcome

Unit IV

Somatoform and dissociative disorder- Somatoform disorder- Hypochondriasis- Somatization disorder- Pain disorder- Conversion disorder and Body dysmorphic disorder - Dissociative disorders- Depersonalization disorder- Dissociation amnesia and fugue- Dissociative identity disorder- Biological- Psychosocial and socio cultural causal factors of somatoform and dissociative disorders- Treatment and outcomes

Unit – V

Prevention and treatment - Perspectives on prevention- Psychological approach to treatment- Behaviour therapy- Cognitive and cognitive behavioural therapies- Humanistic and experiential therapy- Psychodynamic therapy- Family and marital therapy- Eclecticism and integration

References

1. David H. Barlow & Durand V. Mark (2000). Abnormal psychology. 2nd edition. New York: Brooks/Cole Publishing Co.-
2. Robert C. Carson- James N. Butcher- Susan Mineka-Jill M. Hooley (2007). Abnormal psychology. 13th edition. Pearson Education.
3. James C. Coleman (1976). Abnormal psychology and modern life. 5th edition- Scott-Foresman and Company.
4. Irwin G. Sarason- Barbara Sarason (2005). Abnormal psychology. New Delhi: Prentice Hall Publication.

Core Course IX

Sports Psychology

Unit I

History and origin Development of Sports Psychology - Meaning, Definition - Nature - Scope of Sports Psychology - Relationship between sports and psychology - Need and importance of Sports Psychology - Summary and conclusions

Unit II

Basics of Psychology Sensation - Meaning, Definition & Process, Perception - Meaning, Definition & Process - Cognition - Meaning, Definition & Process - Attention - Meaning, Definition & Process, Motivation - Meaning, Definition & Process - Summary and conclusions

Unit III

Application of psychology in sports Role of sensation in sports, attention and perception in sports - ways of focusing and importance of perception in sports - Motivation - ways of improving motivation in practice games - Motor Learning - Stages of learning - Summary and conclusions

Unit IV

Research methods in sport psychology Quantitative and qualitative research - The experimental model - The correlational method - Survey methods - Case studies - Archival studies - Review methods - Summary and conclusions

Unit V

Approaches in Psychology Theoretical orientation in Psychology - Assessment in Sports Psychology - Who is a Sports Psychologist and the role of a Sports Psychologist - Testing and Training - Summary and conclusions

References:

1. Liukkonen J. (2007) – Psychology For Physical Educators – Students in Focus, Human Kinetics, UK.
2. Shaw D.F, Gorely T Corban R.M (2005) – Sports and Exercise Psychology, BIOS Scientific Publishers, UK.
3. Jarvis, Matt, (1966) – Sport psychology: a student’s handbook, Routledge Publishers, NY.

Core Course X

Practical II

Objectives: To enable the students to...

- Learn the basic psychological processes involved in Human Behavior
- ❖ The Students shall complete any **Ten** of the following experiments and submit a record
 1. Immediate Memory Span for Numbers
 2. Concept formation
 3. Problem Solving Experiment (Pyramid Puzzle Board)
 4. Measurement of Intelligence (Modified Alpha Examination)
 5. Measurement of Intelligence (Alexander Passalong Test)
 6. Assessing Intelligence (Alexander Scale – Koh’s Block Design Test)
 7. Measurement of Intelligence: Progressive Matrices
 8. Study of Mental Imagery – Prof. Rajamanickam Test
 9. Manual Dexterity Test
 10. Finger Dexterity Test
 11. Motor Tests
 12. Assessing the level of Aspiration and Achievement
 13. Muscular Fatigue
 14. Eysenck’s Personality Inventory

References

1. Parameshwaran- E. G. and Ravichandran- R. (2001): Experimental Psychology- Hyderabad: Neelkamal Publication Pvt.- Ltd.-
2. Kuppusamy- B. (1954): Elementary Experiments in Psychology- Madras: Oxford University Press.
3. Postman and Egan- J. P. (1985): Experimental Psychology- New Delhi: Kalyani Publications.

Major Based Elective I
Counselling Psychology I

Objectives

- To know the Origin and growth of the field of Counseling Psychology
- To understand the Counselor
- To comprehend the beginning Therapist
- To learn the Ethical Issues in Counselling
- To appreciate the Process of Counselling

Unit I

The Basics of Counselling Meaning and Definition - The Emergence of Counseling Psychology – Important Periods in the Development of Counseling – Counseling & Psychotherapy - Advice and Guidance

Unit II

The Counsellor Personal Characteristics of Effective Counsellor - Role of values in Counselling - Role of Values in Therapeutic goals - Competencies in Multicultural Counseling - Culture and Counselling Practices

Unit III

The Beginning Therapist's Issues -Dealing with Anxieties - Disclosing - Avoiding Perfectionism - Being Honest - Understanding Silence - Sense Humour - Tolerating Ambiguity - Responsibility - Developing Counselling Style

Unit IV

Ethical Issues in Counselling - Role of Ethics in Counselling - Steps in Making Ethical Decisions - Informed Consent - Dimensions of Confidentiality - Ethical Issues in Multicultural Context- Role of Diagnosis in Counselling

Unit V

Process of Counselling Interviewing - Rapport Building - Verbal and Non Verbal Communication - Structuring the Counselling - Degree of Lead - Silence - Sharing of Experience - Summing Up

References

1. NarayanaRao. S (2007). Counseling & Guidance (II Ed) New Delhi: Tata McGraw Hill.
2. Tryon G. S. (2002). Counseling Based on Process Research. New Delhi: Pearson Education
3. Nelson Jones. R (2006). Theory and Practice of Counselling and Therapy (IV Ed) New Delhi: Sage.
4. Gerald Corey (2009). Counseling & Psychotherapy: Theory and Practice. New Delhi: Cengage Learning. ISBN-13:P978-81-315-1275-3.

Core Course XI

Developmental Psychology II

Unit I

Physical & Cognitive Development during Adolescence – Characteristics of Adolescence - Physical Development- Conceptions of Adolescence – Puberty - The Adolescent Brain - Physical and Mental Health - Cognitive Development - Aspects of Cognitive Maturation - Self Understanding - Educational and Vocational Preparation

Psychosocial Development during Adolescence - The Search for Identity - Sexuality - Relationships with Family - Peers and Adult Society

Unit II

Physical & Cognitive Development during Young Adulthood – Characteristics of Young Adulthood - Physical Development - Health and Physical Condition - Cognitive Development - Perspectives on Adult Cognition - Moral Reasoning - Education And Work

Psychosocial Development during Young Adulthood - Personality Development - Four Views - Changing Paths To Adulthood - Foundations of Intimate Relationships - Non-Marital And Marital Lifestyles - Sexual And Reproductive Issues - Family Life Cycle

Unit III

Development during Middle Adulthood – Characteristics of Middle Adulthood - Physical Development- Physical Changes – Health - Cognitive Development- Measuring Cognitive Abilities In Middle Age - The Distinctiveness of Adult Cognition - Creativity

Psychosocial Development during Middle Adulthood - Change At Midlife - Self At Midlife - Relationships at Midlife - Consensual Relationships – Parenthood - Relationships With Maturing Children

Unit IV

Development during Late Adulthood – Characteristics of Late Adulthood - Physical Development - Longevity and Aging - Physical Changes - Physical and Mental Health - Cognitive Development - Aspects of Cognitive Development

Psychosocial Development during Adulthood - Lifestyle and Social Issues Related to Aging - Personal Relationships in Late Life - Consensual Relationships - Retirement & Leisure - Successful Ageing - Death & Dying – Kubler-Ross Stages of Dying - Bereavement

Unit V

Socio-Emotional Processes and Development across Life Span Development of Emotion – Temperament - Attachment and Love - Development of the Self – Self-Esteem – Self-Concept – Self-Regulation - Development of Identity

Moral Development across Life Span - Contexts of Moral Development - Pro-social and Antisocial Behaviour - Kohlberg's theory - Development of Values – Religion - Spirituality and Meaning in Life including Fowlers Theory

References

1. Berk. L.E (2007). Development through the lifespan. (3rd Ed). Pearson education.
2. Santrock .J.W (2007). A Topical approach to Life-Span Development. (3rd Ed) New Delhi Tata McGraw-Hill.
3. Hurlock .E.B (2007). Developmental Psychology A Life-Span Approach (5th Ed). New Delhi Tata McGraw-Hill.
4. Berk, Laura E. (2008). Exploring Lifespan Development. New York: Pearson, Allyn& Bacon.
5. Newman & Newman (2003). Development through life: A Psychosocial Approach. USA: Thomson Wadsworth.

Core Course XII

Abnormal Psychology II

Objectives

- To understand the meaning of Mood disorders
- To comprehend Schizophrenia
- To enlist the Personality disorders
- To familiarize with Addiction disorders
- To understand the nature of Sexual variants

Unit I

Mood disorders - Unipolar mood disorders- Biological - psychosocial- socio cultural causal factors in Unipolar mood disorders - Bipolar disorders - Biological - Psychosocial and socio cultural causal factors affecting bipolar disorders - Treatment and outcomes

Unit II

Schizophrenia- schizophrenia and clinical picture- subtypes of Schizophrenia- Causes of schizophrenia- Treatment and outcomes

Unit III

Personality disorders - Clinical features- categories of personality disorders - Treatment and outcomes - Antisocial personality disorder and Psychopathy - etiology and treatment of antisocial personality disorder and Psychopathy

Unit IV

Addiction disorders- Alcohol abuse and dependence- Drug abuse and drug dependence- Treatment and outcome

Unit V

Sexual variants- sexual abuse and Sexual dysfunctions- Sexual and gender variants- Sexual abuse- Sexual dysfunction- Causes and treatment of sexual dysfunctions

References

1. David H. Barlow& Durand V. Mark (2000). Abnormal psychology. 2nd edition. Brooks\Cole Publishing Co.
2. Robert C. Carson- James N. Butcher- Susan Mineka-Jill M. Hooley (2007). Abnormal Psychology. 13th edition. Pearson Education.
3. James C. Coleman (1976). Abnormal Psychology and Modern Life. 5th ed. Scott-Foresman and Company.
4. Irwin G. Sarason- Barbara Sarason (2005). Abnormal Psychology. New Delhi: Prentice Hall Publication.

Core Course XIII

Case Analysis Practicum III

Objectives: To enable the students to...

- Understand the significance of problem identification-
- Describe the process involved in the gathering of data-
- Describe the methods of hypothesizing the causes of the problem-
- Explain the analysis of data-
- Explain the process of evolving the strategy or solving the problem.

The Students shall analyses a total number of **NINE** Cases- three from each of the following areas namely Clinical- Industrial and Counseling.

Clinical Cases: (3)

Case summary – Demographic Details of the Client – Chief Complaints – Informants – Identifying the needed data and collecting it – Family History – Medical History – Subsidiary Problems – Hypothesis of causes – Actual causes – Diagnosis – Treatment Plan – Follow-up

Industrial Cases: (3)

Summary – Major Problem – Minor Problem – Short- term solutions – Long-term solutions – Answers to the questions

Counselling Cases: (3)

Case Summary – Data Available – Identifying the needed data and collecting it – Family History – Hypothesizing the causes – Actual causes – Problem Identification – Strategies

References

1. Barki- B. G.-&Mukhopadyay- B.- (1989): Guidance and Counselling – A Manual- New Delhi: Sterling Publishers.
2. Prasad- L. M.- (2006): Organizational Behaviour- New Delhi: Sultan Chand & Sons.

Major Based Elective II
Counseling Psychology II

Objectives

- To understand the Theory of Psychoanalysis
- To know Cognitive Behaviour Therapy
- To learn Roger's Humanistic Theory
- To understand the Reality Therapy
- To comprehend the Feminist Therapy

Unit I

Psychoanalytic Therapy Human Nature - Structure of Personality - Consciousness and the Unconscious - Anxiety - Ego Defence Mechanism - Therapeutic Goals Therapist's Function - Free Association and Dream Analysis - Interpretations

Unit II

Roger's Person Centered Therapy - Existentialism and Humanism - View of Human Nature - Goals and Functions - Reflection of Feelings - Evolution of Person Centered Methods - Areas of Application

Unit III

Cognitive Behaviour Therapy Human Nature - Emotional Disturbance - ABC Theory of Personality - Goals and Functions - Client's Experience - Rational Emotive Behaviour Therapy

Unit IV

Reality Therapy of William Glasser- Choice Theory - Characteristics of Reality Therapy - Goals and Functions - Practice of Reality Therapy - Counselling Environment - Procedures of Change - The WDEP System

Unit V

Feminist Therapy History - Human Nature - Principles of Feminist Psychology - Goals and Functions in Therapy - Assessment and Diagnosis - Techniques and Strategies - Role of Men in Feminist Therapy

References

1. Narayana Rao. S (2007). Counseling & Guidance (II Ed) New Delhi: Tata McGraw Hill.
2. Tryon G. S. (2002). Counseling Based on Process Research. New Delhi: Pearson Education
3. Nelson Jones. R (2006). Theory and Practice of Counselling and Therapy (IV Ed) New Delhi: Sage.
4. Gerald Corey (2009). Counseling & Psychotherapy: Theory and Practice. New Delhi: Cengage Learning. ISBN-13:P978-81-315-1275-3

Major Based Elective III

Psychology of Adjustment

Objectives

- To understand the Dynamics of Adjustment
- To comprehend the nature of Personality and Adjustment
- To enlist the types of Stress and Adjustment
- To familiarize with Communication, Friendship and Love
- To understand the nature of Marital Adjustment

Unit I

The Dynamics of Adjustment - Meaning- Nature and Dynamics – The Scientific Approach to behavior – The roots of happiness- Improving Academic Performance - Developing Sound Study Habits – Improving Your Reading – Getting More out of Lectures – Applying Memory Principles

Unit II

Personality and Adjustment - Meaning- Nature and Characteristics - Personality traits – Psychodynamic Perspectives – Behavioral Perspectives – Humanistic Perspectives – Biological Perspectives – Assessment of Personality: Psychological Testing – Self- Report – Inventories – Projective tests

Unit III

Stress and Adjustment - The Nature of Stress – Major Types of Stress: Frustration – Conflict – Change – Pressure - Responding to Stress – The Potential Effects of Stress - Factors influencing stress tolerance – Monitoring Your Stress. Common coping patterns – Types of Coping - Appraisal-focused constructive coping – Problem-focused constructive coping – Emotion-focused constructive coping

Unit IV

Communication - Friendship and Love - Process of Interpersonal Communication – Non-Verbal Communication – Toward More Effective Communication- Communication Problems – Interpersonal conflict – Developing Assertive skills. Perspectives on close relationships – Initial attraction and relationship development – Friendship – Romantic love: Myths about love- Sexual orientation and love – Theories of love – Gender differences in love – The course of romantic love – Loneliness - Nature – Prevalence – Roots – Correlates – Conquering loneliness

Unit V

Marital Adjustment - Moving towards Marriage - The motivation to marry – Selecting a mate – Predictors of marital success. Marital Adjustment Across the Family Life Cycle - Vulnerable areas in Marital Adjustment - Gaps in role expectations – Work and career issues – Financial difficulties – Inadequate communication. Divorce - Nature- Causes – Adjusting to divorce – Remarriage

References

1. Wayne Whiten- Margret A. Lloyd. (2004). Psychology Applied to modern Life: (7th Ed). Singapore: Thompson Wadsworth.
2. Crisp- R.J. and Turner- R.N. (2007).Essential Social Psychology. New Delhi: Sage Publications.
3. Myers- D.G. (2002). Social Psychology (7th international Ed.). New York: McGraw Hill Companies.
