

**THE UNIVERSITY OF BURDWAN**



**Curriculum for the 3-Year B.A/B. Sc. (Honours) Degree Course  
(Semester Pattern)  
in  
PSYCHOLOGY  
Under the Choice Based Credit System (CBCS)  
(Effective from 2021-22)**

**PSYCHOLOGY (Honours) SYLLABUS under CBCS**

Type	Credits	Number of Courses	Total Credits
Core Course (CC)	6 credits per course (4 theories, 2 Practicum)	14	84
Discipline Specific Elective (DSE)	6 credits per course (4 theories, 2 Practicum)	4	24
General Elective (GE) (any discipline other than Psychology)	6 credits per course (4 theories, 2 Practicum)	4	24
Ability Enhancement Course (AEC)	Ability Enhancement Compulsory Course-1 (AECC-1)-4 credits Ability Enhancement Compulsory Course-2 (AECC-2)-2 credits	2	6
Skill Enhancement Course (SEC)	2 credits per paper	2	4
			<b>142</b>

**Core Course**

CC1- INTRODUCTION TO PSYCHOLOGY  
CC2- BASIC PSYCHOLOGICAL PROCESSES  
CC3- QUANTIFICATION IN PSYCHOLOGY  
CC4- BIOLOGICAL FOUNDATION OF BEHAVIOUR  
CC5- PSYCHOMETRY  
CC6- METHODOLOGY  
CC7- SOCIAL PSYCHOLOGY  
CC8- DEVELOPMENTAL PSYCHOLOGY  
CC9- COUNSELLING PSYCHOLOGY  
CC10- PERSONALITY  
CC11- APPLIED SOCIAL PSYCHOLOGY  
CC12- NEUROPHYSIOLOGICAL ASPECTS  
CC13- UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS  
CC14-INDUSTRIAL PSYCHOLOGY

**Discipline Specific Elective**

DSE-1: HEALTH PSYCHOLOGY / COMMUNITY PSYCHOLOGY  
DSE-2: POSITIVE PSYCHOLOGY / CULTURAL AND INDIGENOUS PSYCHOLOGY  
DSE-3: DISSERTATION/PROJECT / HUMAN RESOURCE MANAGEMENT

DSE-4: PSYCHOLOGICAL PERSPECTIVES IN EDUCATION / PSYCHOLOGY AND MEDIA

**Skill Enhancement Course**

SEC-1: EMOTIONAL INTELLIGENCE / BEHAVIOUR MODIFICATION

SEC-2: STRESS MANAGEMENT / COMMUNICATION

**Generic Elective**

GE-1: FOUNDATIONS OF PSYCHOLOGY

GE-2: INTRODUCTION TO SOCIAL PSYCHOLOGY

GE-3 PSYCHOLOGY FOR HEALTH AND WELL-BEING

GE-4 STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

**AECC**

AECC-1 ENVIRONMENTAL STUDIES

AECC-2 COMMUNICATIVE ENGLISH/MIL

**COURSE STRUCTURE AT A GLANCE****PSYCHOLOGY (HONOURS)**

<b>SEMESTER</b>	<b>COURSE</b>	<b>COURSE TITLE</b>	<b>TYPE</b>	<b>L-T-P</b>	<b>CREDIT</b>	<b>MARKS</b>
SEM-1	CC1	INTRODUCTION TO PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	CC2	BASIC PSYCHOLOGICAL PROCESSES	CORE COURSE	4- 0- 2	6	75
	GE1	ANY DISCIPLINE OTHER THAN PSYCHOLOGY	GENERIC ELECTIVE		6	75
	AECC1	ENVS	ABILITY ENHANCEMENT COURSE		4	100
SEM-2	CC3	QUANTIFICATION IN PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	CC4	BIOLOGICAL FOUNDATION OF BEHAVIOUR	CORE COURSE	4- 0- 2	6	75
	GE2	ANY DISCIPLINE OTHER THAN PSYCHOLOGY	GENERIC ELECTIVE		6	75
	AECC2	COMMUNICATIVE ENGLISH/MIL	ABILITY ENHANCEMENT COURSE		2	50
SEM-3	CC5	PSYCHOMETRY	CORE COURSE	4- 0- 2	6	75
	CC6	METHODOLOGY	CORE COURSE	4- 0- 2	6	75
	CC7	SOCIAL PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	GE3	ANY DISCIPLINE OTHER THAN PSYCHOLOGY	GENERIC ELECTIVE		6	75
	SEC-1	EMOTIONAL INTELLIGENCE OR, BEHAVIOUR MODIFICATION	SKILL ENHANCEMENT COURSE		2	50
SEM-4	CC8	DEVELOPMENTAL PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	CC9	COUNSELLING PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	CC10	PERSONALITY	CORE COURSE	4- 0- 2	6	75
	GE4	ANY DISCIPLINE OTHER THAN PSYCHOLOGY	GENERIC ELECTIVE		6	75
	SEC2	STRESS MANAGEMENT OR, COMMUNICATION	SKILL ENHANCEMENT COURSE		2	50
<b>SEMESTER</b>	<b>COURSE</b>	<b>COURSE TITLE</b>	<b>TYPE</b>	<b>L-T-P</b>	<b>CREDIT</b>	<b>MARKS</b>
SEM-5	CC11	APPLIED SOCIAL PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75

	CC12	NEUROPHYSIOLOGICAL ASPECTS	CORE COURSE	4- 0- 2	6	75
	DSE1	HEALTH PSYCHOLOGY OR, COMMUNITY PSYCHOLOGY	DISCIPLINE SPECIFIC ELECTIVE	4- 0- 2	6	75
	DSE2	POSITIVE PSYCHOLOGY OR, CULTURAL AND INDIGENOUS PSYCHOLOGY	DISCIPLINE SPECIFIC ELECTIVE	4- 0- 2	6	75
SEM-6	CC13	UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	CORE COURSE	4- 0- 2	6	75
	CC14	INDUSTRIAL PSYCHOLOGY	CORE COURSE	4- 0- 2	6	75
	DSE3	DISSERTATION /PROJECT OR, HUMAN RESOURCE MANAGEMENT	DISCIPLINE SPECIFIC ELECTIVE	4- 0- 2	6	75
	DSE4	PSYCHOLOGICAL PERSPECTIVES IN EDUCATION OR, PSYCHOLOGY AND MEDIA	DISCIPLINE SPECIFIC ELECTIVE	4- 0- 2	6	75

**GENERIC ELECTIVE (for other disciplines)**

SEMESTER	COURSE	COURSE TITLE	TYPE	L-T-P	CREDIT	MARKS
SEMESTER 1	GE1	FOUNDATIONS OF PSYCHOLOGY	GENERIC ELECTIVE	4- 0- 2	6	75
SEMESTER 2	GE2	INTRODUCTION TO SOCIAL PSYCHOLOGY	GENERIC ELECTIVE	4- 0- 2	6	75
SEMESTER 3	GE3	PSYCHOLOGY FOR HEALTH AND WELL-BEING	GENERIC ELECTIVE	4- 0- 2	6	75
SEMESTER 4	GE4	STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH	GENERIC ELECTIVE	4- 0- 2	6	75

## PSYCHOLOGY SYLLABUS – HONOURS COURSE

### CORE COURSES (CC)

#### SEMESTER- I

#### CC1- INTRODUCTION TO PSYCHOLOGY

THEORY: CREDITS-4 [60L]

**UNIT 1:** Introduction – Definition of Psychology, Nature, Scope, Methods and Branches of Psychology, Universal quest for understanding Consciousness. Indian Perspective: Yoga and Vedant, Schools of Psychology – Behaviourism, Gestalt and Psychoanalysis.

(20L)

**UNIT 2:** Perceptual Processes:

- a) Attention process – Determinants of attention, shift, fluctuation, oscillation and distraction, divided and sustained attention, core and context of attention.
- b) Sensation and Perception; Characteristics of sensation, Attributes of sensation
- c) Perception: Determinants of Perception, Perception of form, space, depth, movement and time. Optical illusions. (20L)

**UNIT 3:** Motivation: Definition; Types – Biological and Social; Theories – Concept of Drive, Need, Incentive; Maslow's Need Hierarchy Theory and McClelland's Theory of Motivation. (10 L)

**UNIT 4:** Emotion- Nature, Concept, Theories: James Lange, Cannon-Bard, Schachter – Singer and Cognitive Appraisal. (10 L)

PRACTICAL: CREDITS-2 [30P]

1. Experimental determination of the rate of fluctuation of attention as a function of
  - i) Intensity
  - ii) Distraction.
2. Experimental determination of the effect of suggestion on the rate of perceptual reversibility using a standard structure - Figures with and without suggestion.

#### **Suggested Readings:**

- Baron, R.A. (2001). *Psychology: The Essential Science*. 5<sup>th</sup> Edition, Prentice-Hall of India Private Limited.
- Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Chaplin, J. P. & Krawiec, T. S. (1988). *Systems and Theories of Psychology* (4th Edition). New York; Holt, Rinehart and Winston.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Feldman, R.S. (2004). *Understanding Psychology* (6th Edition), New Delhi, Tata Mc.Graw Hill Publishing Company Limited.
- Galloti, K. M.(2016). *Cognitive Psychology. In and Out of the Laboratory* (5th Edition). Sage Publication.
- Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L.(1975). *Introduction to Psychology* (6th Edition). Oxford IBH Publishing.

- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context*. (4th Ed.). Pearson Education.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in Psychological Thought* (6th Ed.). Singapore: Pearson Education.
- Mangal, S.K. (1998). *General Psychology*. (Latest Edition) Sterling Publishers Pvt. Ltd.
- Melvin, H. M.M., & William, A. H.(1979). *Systems and Theories in Psychology*. McGraw-Hill Higher Education.
- Mishra, B. K. (2016). *Psychology- The Study of Human Behaviour* .(2nd Edition). PHI Learning Private Limited.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). *Introduction to psychology* (7<sup>th</sup> edition) .Tata-McGraw Hill.
- Munn, N. L., Fernald, L. D., & Fernald, P. S.(2007). *Introduction to Psychology* (5th Edition). A.I.T.B.S Publishers India.
- Paranjpe, A. C. (1984). *Theoretical Psychology: The Meeting of East and West*. New York: Plenum Press.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill.
- Plotnik, R. & Kouyoumdjian, H. (2014). *Introduction to Psychology* (10th Edition). An Cengage Learning.
- Schultz, D. P. & Schultz, S. E. (2007). *History of Psychology*. (9th Edition), Belmont, USA, Thomson Wardsworth.
- Solso, R. L., Maclin, H., & Maclin, M. K. (2008). *Cognitive Psychology* (8th Edition). Pearson Publishing House.
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Afsaruddin, M. (2007), *Sadharon Monobiggan*. Ekushe Printers.
- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- kazi, Z. ( 2007), *Monobigganer Bhumika, tottwiyo ebong byaboharik* ( 1st edition).
- Mondal, J. ( 2010). *Monobigganer Itibritto*. poschimbongo bangla Academy.
- Sarkar, N. (2012). *Monobigyan o Jibon*. Gyankosh Prokashoni (3<sup>rd</sup> Edition).
- Siddiqui, A.B. ( 1994), *Snatok O Snatokottor Monobiggan*. Sahityakosh.
- Woodworth, R. S., & Sheehan, M. R. *Contemporary Schools of Psychology*. (Latest edition).

**CC2- BASIC PSYCHOLOGICAL PROCESSES**

THEORY: CREDITS-4

[60L]

**UNIT 1:** Thinking and Reasoning: Nature of thinking, Inductive and Deductive Reasoning.

Problem solving approaches, decision making. (12 L)

**UNIT 2:** Learning: Learning processes, nature and factors of learning; theories: trial and error, conditioning – classical and operant; insight; Social learning theory, transfer of training. (15 L)

**UNIT 3:** Memory: Nature of encoding, storage and retrieval; Span of Memory, STM & LTM, types of memory, Models of memory – Atkinson and Shiffrin, Craik and Lockhart, Tulving. Autobiographical and Flashbulb Memory, Reconstructive nature of memory; Forgetting; Forgetting curve, causes of forgetting. Improving memory. (18 L)

**UNIT 4:** Intelligence: Definition, Nature, Classification; Theories – Spearman, Thurstone, Guildford, Psychometric and cognitive approaches to intelligence; Gardner’s multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence. (15 L)

PRACTICAL: CREDITS-2

[30P]

1. Determine Intelligence of your subject using WAIS.
2. Determination of the effect of –
  - i. Whole vs. part
  - ii. Spaced vs. unspaced learning

**Suggested Readings:**

- Baron, R.A. (2001). *Psychology: The Essential Science*. 5<sup>th</sup> Edition, Prentice-Hall of India Private Limited.
- Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Feldman, R.S. (2004). *Understanding Psychology* (6th Edition), New Delhi, Tata Mc. Graw Hill Publishing Company Limited.
- Galloti, K. M. (2016). *Cognitive Psychology. In and Out of the Laboratory* (5th Edition). Sage Publication.
- Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (1975). *Introduction to Psychology* (6th Edition). Oxford IBH Publishing.
- Mishra, B. K. (2016). *Psychology- The Study of Human Behaviour* .(2nd Edition). PHI Learning Private Limited.
- Munn, N. L., Fernald, L. D., & Fernald, P. S. (2007). *Introduction to Psychology* (5th Edition). A.I.T.B.S Publishers India.
- Plotnik, R. & Kouyoumdjian, H. (2014). *Introduction to Psychology* (10th Edition). An Cengage Learning.
- Solso, R. L. (2006). *Cognitive Psychology* (6th Edition). Pearson Publishing House.
- Mangal, S.K. (1998). *General Psychology*. (Latest Edition) Sterling Publishers Pvt. Ltd.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). *Introduction to psychology* (7<sup>th</sup> edition). Tata-McGraw Hill.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill.
- Solso, R. L., Maclin, H., & Maclin, M. K. (2008). *Cognitive Psychology* (8th Edition). Pearson Publishing House.
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Reading:**

- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- Sarkar, N. (2012). *Monobigyan o Jibon*. Gyankosh Prokashoni (3<sup>rd</sup> Edition).

**SEMESTER –II**

**CC3- QUANTIFICATION IN PSYCHOLOGY**

THEORY: CREDITS-4

[60L]

**UNIT 1:** Need for quantification in Psychology, Psychological Research & Statistics; Descriptive and Inferential Statistics; concept of population, sample, statistic and parameter; Measurement Scales – nominal ordinal, interval and ratio. (12 L)

**UNIT 2:** Processing of data:



- i) Tabulation, classification and frequency distribution of data- Constructing a grouped frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.
- ii) Graphic Representation of Data- Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Cumulative Frequency Graph. The Pie Chart; Factors affecting the Shape of Graphs (Skewness and Kurtosis).
- iii) Concept, types, uses and computational techniques of the measures of :  
 Central Tendency- The Mode; the Median; the Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions.  
 Dispersion- The Range; The Inter-quartile and the Semi-Inter-quartile Range; The Average Deviation; the Variance; the Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability. (20 L)

**UNIT 3:** Variables and Constants; Variables and their classification, major steps in psychological research. (10 L)

**UNIT 4:** Psycho-physics – concepts of sensory thresholds; Weber - Fechner Law, classical methods i) constant method ii) gradation method iii) method of average error. (18 L)

PRACTICAL: CREDITS-2

[30P]

1. a) Determination of the two point tactual thresholds by appropriate psycho-physical methods
  - i. Gradation
  - ii. Constant
- b) Computation of Central Tendency & variability.
2. Determination of DL using kinaesthetic sense modality using appropriate psycho-physical methods and Verification of Weber’s law.
  - i. Gradation
  - ii. Constant

**Suggested Readings:**

Anastasi, A.(1990). *Psychological Testing*, New York: MacMillan Co.  
 Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology. (4thEd.)* India:  
 Chadha, N.K. (1991) *Statistics for Behavioural and Social Sciences*. Reliance Pub. House: New Delhi.  
 Das, D. & Das, A. (2008). *Statistics in Biology and Psychology*. Academic Publishers, Calcutta, (Latest edition)  
 Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2<sup>nd</sup> Ed.)* Oxford: Blackwell Publishers.  
 Garrett, H.E. (1981). *Statistics in Psychology and education*. VakilsFetTer& Simons Ltd.  
 Gravetter, F.J. &Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences (9th Ed.)*. USA: Cengage Learning.  
 King, B.M. & Minium, E.W. (2007).*Statistical Reasoning in the Behavioral Sciences (5th Ed)*.USA: John Willey.  
 Kerlinger, F.N.& Lee, H.B.(1999). *Foundations of Behavioural Research*. Wadsworth  
 Kothari, C. R. (1990). *Research Methodology, Methods and Techniques*. Wishwa Prakashan Calcutta, Second edition.  
 Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

- Mohsin, S.M. (1984). *Research methods in Behavioural Sciences*. Orient longman, Calcutta.
- Singh, A. K. (1988). *Tests, Measurements and Research Methods in Behavioural Sciences*. Tata McGraw Hill, New Delhi.
- Snodgrass, J.G., Levy-Berger, G. & Haydon, M. (1985). *Human Experimental Psychology*. Oxford University Press, N.Y.
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Chadha, N.K. (2009). *Applied Psychometry*. Sage Pub: New Delhi.
- Guilford, J.P. & Fruchter, B. (1973). *Fundamental Statistics in Psychology and Education*. McGraw Hill New Delhi.
- Saifuddin, k., & Khan, N.A. *Porikhhon Monobiggan o Gobeshona Podhhoti*. first edition. Abir Publication, Banglabazar, Dhaka.
- Sarkar, N. *Monobigyan Porimapon o Porisonkhyan*. Gyankosh prokashoni, Dhaka, 2<sup>nd</sup> Edition.

**CC4- BIOLOGICAL FOUNDATION OF BEHAVIOUR**

THEORY: CREDITS-4

[60L]

**UNIT 1:** Introduction to biopsychology: The cellular and genetic basis of behaviour. Nature and scope; Methods in biopsychology; Divisions of biopsychology.

(14 L)

**UNIT 2:** Neuron: Structure and function, Nerve impulse, Synapse and synaptic transmission.

(14 L)

**UNIT 3:** Neurotransmitters, Receptors, Effectors.

(12 L)

**UNIT 4:** Nervous System

- a) Central Nervous System – Structure and function of Brain and Spinal Cord.
- b) Autonomic Nervous System – Structure and function.
- c) Peripheral nervous system – Structure and neural control of behaviour.

(20 L)

PRACTICAL: CREDITS-2

[30P]

- 1) Determination of the effect of variation of task performing attentive states on arousal.
- 2) Experimental determination of the errors in temporal perception
  - i. Filled
  - ii. unfilled

**Suggested Readings:**

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007). *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*. 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
- Carlson, N. R. (2009). *Foundations of Physiological Psychology*. 6th Edition. Pearson Education, New Delhi.
- Garrett, B.(2008). *Brain and Behavior*. Sage Publications.
- Hall, J. E., & Guyton, A. C. (2011). *Guyton and Hall textbook of medical physiology*. Philadelphia, PA: Saunders Elsevier.
- Levinthal, C. F. (2005). *Introduction to Physiological Psychology*. 3rd Edition, Prentice -Hall of India Pvt. Ltd., New Delhi.
- Pinel, J. P. J. (2011). *Biopsychology*. 8th Edition. Pearson Education, New Delhi.
- Woodworth, R. S. & Schlosberg, H. *Experimental Psychology* (Latest Edition). Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Afrazuddin, Md. (2011). *Snayutonro- Sadharon Monobiggan*. Tamralipi.  
Debnath, Y. (2010). *sharirbiggan* (2nd Part), Sreedhar Prokashoni.  
Debnath, Y. (2008). *Byaboharik sharirbiggan* (3rd edition), Sreedhar Prokashoni.  
Grossman, S.P. *A Text Book of Physiological Psychology*. John Wiley and Sons Inc.  
Morgan, C.T. (1965). *Physiological Psychology*. McGraw Hill, New York.  
Schneider, A. M. & Tarshis, B. (1975). *Physiological Psychology*. Random House, New York.

**SEMESTER-III****CC5- PSYCHOMETRY**

THEORY: CREDITS-4

[60L]

**UNIT 1:** Normal probability curve: Properties and applications. The Standard Normal Curve: Finding Areas when the Score is Known, Finding Scores when the Area is not Known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis). Standard (z) Scores: Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores. (12 L)

**UNIT 2:** Introduction to correlation: Meaning of bivariate distribution; Pearson's Product moment, Spearman's Rank difference, Biserial, Point biserial, Tetrachoric, Phi coefficient, Contingency coefficient – Computation and use. The Effects of Score Transformations, Cautions concerning Correlation Coefficients. (19 L)

**UNIT 3:** Concept, uses and applications of parametric and non-parametric statistics. Experimental hypothesis (null and alternative), null hypothesis and its testing. Concept of degrees of freedom, level of significance, one tail, two tail test, type I and type II errors, confidence intervals Concept of standard error.

Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means: The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Choice of  $H_A$ : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; The  $t$  Distribution; Characteristics of Student's Distribution of  $t$ ; Computing  $t$  Using Definitional Formula only; Assumptions Associated with Inference about the Difference between Two Independent Means; The Statistical Decision regarding Retention and Rejection of Null Hypothesis.

**Interpreting the Results of Hypothesis Testing:**

A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test; Levels of Significance versus  $p$ -Values.

**Hypothesis Testing About the Difference between Two Dependent (Correlated) Means**

The Null and Alternative Hypotheses; Determining a Formula for  $t$ ; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means. (10 L)

**UNIT 4:** Statistical inference – concepts and steps involved in drawing a statistical inference. Computation and use of t-test and chi square test (Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- One Way Classification; Chi Square for Two Classification Variables-Contingency Table Analysis; Interpretation of the Outcome of a Chi-Square Test), Hypothesis Testing for Differences among Three or More Groups: One-Way Analysis of Variance (ANOVA). Concept of ANOVA. Concept of t and F test and their relationship. (No computation of ANOVA). (19 L)

PRACTICAL: CREDITS-2 [30P]

- 1) Computation & Interpretation-Correlation of Product moment & Rank difference
- 2) Find out the difference between Means by using t- test & Chi-Square

**Suggested Readings:**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology. (4thEd.)* India: Pearson Education, Prentice Hall.
- Broota, K. D. (2017). *Experimental Design in Behavioural Research*. Delhi.
- Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.
- Das, D. & Das, A. (2008). *Statistics in Biology and Psychology*. Academic Publishers, Calcutta, (Latest edition)
- Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2<sup>nd</sup> Ed.)* Oxford: Blackwell Publishers
- Garrett, H.E. (1981). *Statistics in Psychology and education*. VakilsFetTer& Simons Ltd.
- Gravetter, F.J. & Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences (9th Ed.)*. USA: Cengage Learning.
- Kothari, C. R. (1990). *Research Methodology, Methods and Techniques*. Wishwa Prakashan Calcutta, Second edition.
- King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences (5th Ed)*. USA: John Willey.
- Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.
- McGuigan, F. J.( 1990). *Experimental Psychology: A Methodological Approach*. Prentice-Hall.
- Mohsin, S.M. (1984). *Research methods in Behavioural Sciences*. Orient longman, Calcutta.
- Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6 Ed.)* New Jersey: Prentice Hall.
- Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6 th Ed.)*. Boston: Pearson Education.
- Nunnally, J.C.( 1981). *Psychometric Theory*, Tata McGraw Hill, New Delhi.
- Singh, A. K. (1988). *Tests, Measurements and Research Methods in Behavioural Sciences*. Tata McGraw Hill, New Delhi.
- Siegel, S. (1956). *Nonparametric Statistics*. NY: McGraw Hill
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology (Latest Edition)* Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Chadha, N.K. (2009). *Applied Psychometry*. Sage Pub: New Delhi
- Freeman, S.F.: *Theory and practice of Psychological testing*. Oxford & IBH publishing Co. Calcutta. Third Edition.
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4<sup>th</sup> Ed.)*. New Delhi: Pearson Education.
- Howell, D. (2009). *Statistical methods for Psychology*.
- Saifuddin, k., & Khan, N.A. *Porikhhon Monobiggan o Gobeshona Podhhoti..* first edition. Abir Publication, Banglabazar, Dhaka.

Sarkar, N. *Monobigyan Porimapon o Porisonkhyan*. Gyankosh prokashoni, Dhaka, 2<sup>nd</sup> Edition.

## CC6- METHODOLOGY

THEORY: CREDITS-4

[60L]

**UNIT 1:** Basics of Research in Psychology: What is Psychological Research? The Goals of Psychological Research, Paradigms of Research, Ethics in Psychological Research. Research Problem and hypothesis: Characteristics of problems, definitions, sources and criteria of good hypothesis, hypothesis and theory. Research Traditions : Quantitative & Qualitative orientations towards research & their steps, Comparing Qualitative & Quantitative Research Traditions. Methods of Data Collection: Case study, Observation, Interview & Focus group discussion, Survey. (13L)

**UNIT 2:** Experimental methods and field study.

Design of experiments- i) controlling subject, situation and sequence related variable, ii) single group and separate group designs iii) quasi experimental design and time series. (15L)

**UNIT 3:** Psychological testing: Characteristics of a test -Development and Standardisation of Psychological Test: Concept of Item Analysis; Reliability; Validity and Norms (20L)

**UNIT 4:** Concept of sampling. Sampling methods (probability and non probability) Application of computer in different fields of Psychology. (12L)

PRACTICAL: CREDITS-2

[30P]

1. Computation and interpretation of the sum of : Reliability & Item Analysis
2. Compare subject's estimation of long filled time interval under the following condition- a) production method b) reproduction method

### Suggested Readings:

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology*. (4th Ed.) India: Pearson Education, Prentice Hall.

Anastasi, A. & Urbina S. (1996). *Psychological Testing*. Pearson, First Edition.

Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics* (2<sup>nd</sup> Ed.) Oxford: Blackwell Publishers

Kothari, C. R. (1990). *Research Methodology, Methods and Techniques*. Wishwa Prakashan Calcutta, Second edition.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.

Kerlinger, F.N. & Lee, H.B. (1999). *Foundations of Behavioural Research*. Wadsworth

McGuigan, F. J. (1990). *Experimental Psychology: A Methodological Approach*. Prentice-Hall.

Mohsin, S.M. (1984). *Research methods in Behavioural Sciences*. Orient longman, Calcutta.

Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications* (6 Ed.) New Jersey: Prentice Hall.

Nunnally, J.C. (1981). *Psychometric Theory*, Tata McGraw Hill, New Delhi.

Singh, A. K. (1988). *Tests, Measurements and Research Methods in Behavioural Sciences*. Tata McGraw Hill, New Delhi.

Siegel, S. (1956). *Nonparametric Statistics*. NY: McGraw Hill

Snodgrass, J.G., Levy-Berger, G. And Haydon, M. (1985). *Human Experimental Psychology*. Oxford University Press, N.Y., 1985.

Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Chadha, N.K. (2009). *Applied Psychometry*. Sage Pub: New Delhi
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4<sup>th</sup> Ed.)*. New Delhi: Pearson Education.
- Kaplan, R.M. & Saccuzzo D.P.: *Psychological Testing Principles, Applications, and Issues*. Wadsworth, Fifth Edition.
- Saifuddin, k., & Khan, N.A. *Porikhhon Monobiggan o Gobeshona Podhhoti..* first edition. Abir Publication, Banglabazar, Dhaka.
- Sarkar, N. *Monobigyan Porimapon o Porisonkhyan*. Gyankosh prokashoni, Dhaka, 2<sup>nd</sup> Edition.

**CC7- SOCIAL PSYCHOLOGY**

THEORY: CREDITS-4 [60P]

**UNIT 1:** Definition, nature, and scope; Introduction- Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, Contemporary Developments: Psychology of Gender, approaches towards understanding social behaviour methods of Social Psychology. (10L)

**UNIT 2:** Understanding and evaluating the social world: Social cognition, Social perception, Person perception, Attitude: Definition, Formation of Attitude, Theories, measurement, Change of attitude, Difference between Attitude and belief, Balance Theory, Cognitive Dissonance. (12 L)

**UNIT 3:** Group: Definition, Classification of Groups, group structure and function. Leadership – Definition, classification and function, leadership and morale, crowd and mob behavior.

Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence Conformity, Compliance. (14 L)

**UNIT 4:** Stereotype, Prejudice, and discrimination; Concept and Origin, measurement, reduction of Prejudice. Social Issues: Public Opinion & Propaganda.

(12 L)

PRACTICAL: CREDITS-2

[30P]

1. To determine the effect of group influence on problem solving.
2. To determine the cohesiveness of a small group by Sociometric method.

**Suggested Readings:**

- Baron, R.A., Byrne, D. & Bhardwaj. G. (2010). *Social Psychology*. (12th Ed). New Delhi.
- Baumeister, R. F. & Bushman, B. J. (2013). *Social Psychology and Human Nature*. Wadsworth.
- Chadha, N. K. (2012). *Social Psychology*. MacMillan: New Delhi.
- Deaux. K & Wrightsman, L. (2001). *Social Psychology*. California: Cole Publishing.
- Franzoi, S. L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
- Helgeson, V.S. (2006). *Psychology of Gender*. Pearson Education.
- Hogg, M. & Vaughan, G. M. (2008). *Social Psychology*. Prentice Hall.
- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
- Kimble, C. E. (1990). *Social Psychology: Studying Human Interaction*. C. Brown Publishers, N.Y.
- Lindgren, H.C.(1973). *An Introduction to Social Psychology*. Second Edition. John Wiley and Sons, N.Y.
- Lindzey, G. & Aronson, E.(1975). *Handbook of Social Psychology*. Amerind Publishing Company, New Delhi , Vol. III and IV (Selected Chapters).
- Misra, G. (2009). *Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research)*. New Delhi: Pearson.
- Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill. Pearson.
- Taylor, S. E., Peplau, L. A. & Sears, D. O. (2006). *Social Psychology* (12th Ed). New Delhi: Pearson.

**Further Readings:**

Ara, S. *Uchhotoro Somaj Monobiggan*.

Asaddujjaman, M. *Somaj Monobiggan*.

Haque, Z. *Somaj monobiggan*.

Islam, A. *Somaj Monobiggan* .Azizia book depot.

Krech, D. & Crutchfield, R.S. (1961). *Theory and Problems of Social Psychology*. McGraw Hill, N.Y.

Kuppuswamy. *An Introduction to Social Psychology*.Media Promoters and Publishers Pvt Ltd.

Sears, D.C., Peplau, I.A., Freedom, J.L., & Taylor, S.E.(1988). *Social Psychology*. Prentice Hall International Inc., New Delhi.

Sengupta, P. *Somaj Monobiggan*.

**SEMESTER-IV****CC8- DEVELOPMENTAL PSYCHOLOGY**

THEORY: CREDITS-4

[60L]

**UNIT 1:** Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs. Concept and definition of development, role of genetics and environmental factors in development and influence of cultural factors and socialization. (12 L)

**UNIT 2:** Periods of Life Span Development

a) Prenatal development

b) Birth and Infancy

c) Childhood

d) Adolescence

e) Adulthood

f) Old age

(16 L)

**UNIT 3:** Domains of Human Development

a) Cognitive development: perspectives of Piaget, Vygotsky

b) Language development

c) Physical development

d) Emotional development

e) Moral development

f) Personality development

(18L)

**UNIT 4:** Socio-Cultural Contexts for Human Development

a) Family b) Peers, Media & Schooling c) Human Development in the Indian context (14L)

PRACTICUM: CREDITS-2

[30L]

1. Determine the verbal Reasoning and Numerical Ability of your subject using a suitable Aptitude test battery.
2. Administration of any suitable Parent-Child relationship scale.

**Suggested Readings:**

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

Feldman, R.S. & Babu, N. (2011). *Discovering the Lifespan*. Pearson.

Hurlock, E.B. (2001). *Developmental Psychology: A Life-Span Approach*. McGraw Hill Education, Fifth Edition, 2001.

Hurlock, E.B.(2005). *Child Development*. McGraw Hill Education, Sixth Edition.

Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.

- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
- Saraswathi, T. S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A. K. (1997). *Child Development: An Indian Perspective*. New Delhi.
- Woodworth, R.S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primplani, Oxford and MBH Publishing Co. Calcutta.

**Further Readings:**

- Banu, S. (2013). *Bikash Manobiggan* (1<sup>st</sup> and 2<sup>nd</sup> Part). Chayanika.
- Heatherington, E. B., & Parke, R. D.(1986). *Child Psychology*. McGraw Hill New York.

**CC9- COUNSELLING PSYCHOLOGY**

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

THEORY: CREDITS-4 [60L]

**UNIT 1: Introduction**

- a) Meaning and goals
- b) Counselling as a profession: training, skills and ethics (Latest version of American Counselling Association – ACA), Counselling status of counselling psychology in India
- c) The effective counsellor: personality and self of the counsellor
- d) Counselling process (Building counselling relationships; Working in a counseling relationship; Closing counselling relationships) and Steps, Counselling status of counselling psychology in India. (14L)

**UNIT 2:** Theories and techniques of Counselling- Psychoanalytic, Humanistic, Behavioral and cognitive approaches (16 L)

**UNIT 3: Counselling Applications**

- a) Child Counselling
- b) Family Counselling
- c) Career Counselling
- d) Crisis intervention: suicide, grief and sexual abuse (16 L)

**UNIT 4: Contemporary Trends**

- a) Indian approaches: yoga and meditation
- b) Expressive techniques: art, music, dance. (14L)

PRACTICAL: CREDITS-2 [30P]

1. a) Administration of a inventory measuring depression (BDI).  
b) Administration of a inventory measuring Anxiety (BAI).
2. Administration of a suitable Interest Inventory (Guilford- Zimmerman Interest Inventory or any other)

**Suggested Readings:**

- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown
- Burnard, P. (2009). *Counseling Skills Training: Book of activities*. Viva Books, New Delhi.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4<sup>th</sup>



- Ed.) New Delhi. Pearson.
- Corey, G. (2009). *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M. L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage
- Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson
- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
- Hackney, H.L. (2012). *The Professional Counselor: A process guide to helping*. Pearson
- 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.
- Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
- Nelson-Jones,R. (2008). *Basic Counseling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition
- 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.
- 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.
- Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
- Udupa, K. N. (1985). *Stress and its Management by Yoga*. Motilal Banarsidas, Delhi.

#### **Further Reading:**

Mondal, J. & Mukhopadhyay,P.( 2017).*Monoboigganik Poramorshodan*. Soma Book Agency.

### **CC10- PERSONALITY**

THEORY: CREDITS-4 [60L]

**UNIT 1:** Definition, Nature, Factors influencing personality; Biological foundations of personality; Culture, gender and personality. (12 L)

**UNIT 2:** Trait and type- Eysenck, Cattell and Allport (15 L)

**UNIT 3:** Perspectives on personality: Psychodynamic- Freud, Jung, Erickson. (18 L)

**UNIT 4:** Phenomenological humanistic approach - Rogers and Maslow (15 L)

PRACTICAL: CREDITS-2 [30P]

Any 2 practicum pertaining to CC-10

1. Any suitable Word Association Test.
2. A suitable test to measure Introversion and Extraversion tendencies of the Subject. {Kundu Introversion Extraversion Inventory (1976, Copyright) by Dr. Ramanath Kundu, Department of Psychology, University College of Science & Technology, 92 Acharya Prafulla Chandra Road. Calcutta-700009}

#### **Suggested Readings:**

- Feist, J. & Feist, G. (2013). *Theories of Personality*. McGraw-Hill Higher Education.
- Hall, C.S, Lindzay, G. & Campbell, J.B. (2007). *Theories of Personality*. Wiley-India Edition.
- Zigler, E. (1982). *Theories of Personality*. Mc-Graw Hill.

## SEMESTER-V

### CC11- APPLIED SOCIAL PSYCHOLOGY

THEORY: CREDITS-4

[60L]

**Unit 1:** Introduction: Nature of applied Social Psychology, Social influences on behaviour, Methodological approaches – Participatory Action and Learning research techniques. (14 L)

**Unit 2:** Applying Social Psychology-I: Environment, diversity. (16 L)

**Unit 3:** Applying Social Psychology-II: work, health, legal system. (16L)

**Unit 4:** Intervention and Evaluation: Process of intervention; need for evaluation for effective programmes. Case studies in Indian context. (14 L)

PRACTICAL: CREDITS-2

[30P]

1. Likert Scale Construction

2. Diversity to be measured in terms of Ethnic Prejudice by Bogardus's Social Distance Scale (Revision of Goode and Hatt)

#### Suggested Readings:

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.

Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). *Applied social psychology: Understanding and addressing social and practical problems*. New Delhi: Sage publications.

Smith, P. B., Bond, M. H., & Kagitcibasi, C. (2006). *Understanding social psychology across cultures*. New Delhi: Sage Publication.

### CC12- NEUROPHYSIOLOGICAL ASPECTS

THEORY: CREDITS-4

[60P]

**UNIT 1:** Motivation: Concept of homeostasis, Physiological basis of Hunger (central and peripheral theories), Thirst, Sleep. (15 L)

**UNIT 2:** Emotional behaviour: Physiological correlates of emotion: The role of cortex in emotion. Limbic System, Emotion and endocrine glands. (15 L)

**UNIT 3:** Neurophysiology of Learning and Memory. Role of synaptic facilitation and inhibition on STM and LTM. Long – term potentiation, Consolidation of Memory. (18 L)

**UNIT 4:** Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal. (12 L)

PRACTICAL: CREDITS-2

[30P]

1. i) Determination of the effect of set on simple reaction time by variation of a) instruction b) fore-period.

ii) Determination of complex reaction time: a) discriminative and b) choice reaction time.

2. Determination of the effect of

a) Proactive Inhibition

b) Retroactive Inhibition on memorization

#### Suggested Readings:

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007). *Biological Psychology: An introduction to behavioural, cognitive, and clinical neuroscience*. 5th Edition. Sinauer Associates,

Inc., Sunderland, Massachusetts.

Carlson, N. R. (2009). *Foundations of Physiological Psychology*. 6th Edition. Pearson Education, New Delhi.

Garrett, B. (2008). *Brain and Behaviour*. Sage Publications.

Hall, J. E., & Guyton, A. C. (2011). *Guyton and Hall textbook of medical physiology*. Philadelphia, PA: Saunders Elsevier.

Levinthal, C. F. (2005). *Introduction to Physiological Psychology*. 3rd Edition, Prentice -Hall of India Pvt. Ltd., New Delhi.

Pinel, J. P. J. (2011). *Biopsychology*. 8th Edition. Pearson Education, New Delhi.

Woodworth, R. S. & Schlosberg, H. *Experimental Psychology* (Latest Edition). Primplani, Oxford and MBH Publishing Co. Calcutta.

### **Further Reading:**

Afrazuddin, Md. (2011). *Snayutontro- Sadharon Monobiggan*. Tamralipi.

Debnath, Y. (2010). *sharirbiggan* (2nd Part), Sreedhar Prokashoni.

Debnath, Y. (2008). *Byaboharik sharirbiggan* (3rd edition), Sreedhar Prokashoni.

Grossman, S.P. *A Text Book of Physiological Psychology*. John Wiley and Sons Inc.

Morgan, C.T. (1965). *Physiological Psychology*. McGraw Hill, New York.

Schneider, A. M. & Tarshis, B. (1975). *Physiological Psychology*. Random House, New York.

## **SEMESTER-VI**

### **CC13- UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**

THEORY: CREDITS-4

[60 L]

**UNIT 1:** Concepts of normality, abnormality and psychopathology. Determinants of Abnormal Behaviour- a) biological b) Psychological c) Socio-cultural; Methods of studying abnormal behaviour- clinical, observation, case history, interview, psychological tests and projective tests. (10 L)

**UNIT 2:** Signs, Symptoms and Etiology of

- a) Anxiety disorder – Generalized anxiety disorder, phobia and obsessive compulsive disorder, Post Traumatic Stress Disorder, Panic disorder with and without Agoraphobia and Somatoform disorders – Hypochondriasis and Conversion disorders.
- b) Mood disorders – Major Depressive Disorder and Bipolar disorders and Dysthymia and Eating disorders
- c) Schizophrenia – Paranoid, Disorganized, Catatonic, Undifferentiated, Residual. (following the current nomenclature of DSM) (20 L)

**UNIT 3:** Signs, Symptoms and Etiology of

- a) Developmental disorders- mental retardation, autism, ADHD, learning disability
- b) Substance abuse related disorder- alcohol, drug (cannabis, marijuana) (following the current nomenclature of DSM)
- c) Anti Social Personality Disorder. (18 L)

**UNIT 4:** Therapeutic aspects- behaviour therapy, cognitive behaviour therapy and psychodynamic therapy. (12 L)

PRACTICAL: CREDITS-2

[30P]

1. Determination of dimensions of Personality using a suitable test (Eysenck Personality Questionnaire)
2. Determination of levels of anxiety using any suitable test (Indian adaptation).

### Suggested Readings:

- Barlow, D. H. & Durand V. M. (2013). *Abnormal Psychology: An Integrated Approach*. (7th Edition, e-book). Wadsworth: New York.
- Bennett, P. (2011). *Abnormal and Clinical Psychology: An introductory Textbook*. McGraw Hill.
- Brewer, K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers.
- Carson, R. C., Butcher, J. N. , Mineka, S. & Hooley, J. M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
- Coleman, J. C., *Abnormal Psychology and Modern Life*. Taraporevala Sons and Co. Pvt. Ltd.
- Comer, R. J. (2010). *Abnormal psychology*. New York, NY: Worth. 9th edition.
- Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi : Cengage learning.
- Kolb, D. C. (1973). *Modern Clinical Psychiatry*. W.B. Sanders Co., London.
- Kring, A. M., Johnson, S. L., Davison, G. C. & Neale, J. M. (2015). *Abnormal Psychology* .(13<sup>th</sup> Ed.). NY: John Wiley.
- Lamm, A. (1997). *Introduction to Psychopathology*. N.Y.: Sage, 1997.
- Mohanty, G.(1985). *Textbook of Abnormal Psychology*. Kalyani Publishers, New Delhi.
- Riskind, J. H., Manos, M. J.& Alloy, L. B. (2004). *Abnormal Psychology : Current Perspectives*. McGraw Hill
- Sadock, B. J. & Sadock, V.A (2007). *Kaplan & Sadock's Synopsis of Psychiatry- Behavioral Sciences/Clinical Psychiatry*. Walters Kluwer/Lippincott Williams and Wilkins.
- Sanmugam, T. G.(1983). *Abnormal Psychology*. Tata McGraw Hill Co., New Delhi.
- Sarason, I. G., & Sarason, B. R. (2002). *Abnormal Psychology: The Problem of Maladaptive Behaviour*. New Delhi: Prentice Hall.

### Further Readings:

- Corey, G. (2008). *Theory and Practice of Counseling and Psychotherapy*. Thomson Learning Academic Resource Center.
- Sarkar, N. *Oswabhabik Manobiggan*. Gyankosh Prokashoni.

## CC14-INDUSTRIAL PSYCHOLOGY

THEORY: CREDITS-4

[60L]

**UNIT 1:** Introduction: Concept and brief history of Industrial Psychology, theories.

(12 L)

**UNIT 2:** Personnel selection - Basis and Methods of Selection, Job Analysis - methods, measurement and uses. Personnel Evaluation, Its meaning and Different Methods. (16L)

**UNIT 3:** Work Motivation, Job Satisfaction ; Working conditions

(a) Physical (illumination, noise, colour, temperature, humidity and pollution).

(b) Temporal (work schedule, shift work and rest period).

(c) Psychological (boredom, fatigue and monotony) condition at work. (16L)

**UNIT 4:** Organization Climate and Its Impact on Work, Industrial Conflict and its Reduction, Accident- Causes and prevention. (16 L)

PRACTICAL: CREDITS-2

[30P]

1. Ergographic determination of nature and amount of work and fatigue and the conditions of:

(a) varying rhythm

(b) varying load.

2. Administration of a suitable Emotional Intelligence scale.

Or,

Administration of a Suitable Intrinsic Extrinsic Motivation questionnaire.

### **Suggested Readings:**

- Aswathappa, K. (2007). *Organizational Behavior* (5th Edition). Mumbai, Himalaya Publishing House.
- Blum, N. L., & Naylor, J. C.(1968). *Industrial Psychology – Its theoretical and social foundation*. Harper International Editon. Tokyo Harper & Row.
- Chadha, N. K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
- Chatterjee, N.R.(1967). *Psychology in Industry*. New Delhi. University of Delhi.
- Ghosh, P.K. & Ghorpade, M.B. *Industrial Psychology*. (Latest Edition) Himalaya Publishing Bombay.
- Greenberg, J. & Baron, R. A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.
- Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi: Biztantra publishers.
- Harrell, T.W.(1964). *Industrial Psychology*. Indian Edition. Oxford and IBH. Calcutta.
- Kumar, A. (2000). *Organizational Behaviour*. Anmol Publication.
- Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
- McCormick, E.J. & Ilgen,D.(1984). *Industrial Psychology*. Prentice-Hall India Pvt. Ltd., New Delhi,.
- Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
- Pareek, U. (2010). *Understanding organizationalbehaviour*. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007).*Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
- Schultz, D. P. & Schultz, S. P. (1992). *Psychology and Industry Today – An Introduction to Industrial and Organizational Psychology*. (6th ed.) Macmillan Co. N.Y.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley.
- Sinha, J. B. P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.
- Tiffin J., McCormick E.J.(1971).*Industrial Psychology*. Allyn and Unwin.
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition). Primlani, Oxford and MBH Publishing Co. Calcutta.

### **Further Reading:**

- Kareem, C.R., & Aftarujjaman. *Shilpo Monobiggan*. Azizia Prokashonee
- Khalek, A. *Shilpo Monobiggan*. Dhaka University.

## **ELECTIVE: DISCIPLINE SPECIFIC (DSE)**

### **SEMESTER-V**

**DSE-1** (Any one from the following)

#### **HEALTH PSYCHOLOGY**

Objective: To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

THEORY: CREDITS-4

[60L]

**UNIT 1:** Introduction: Introduction to Health Psychology; relationship with psychology, goals of health psychology. Mind-body relationship; Bio-psychosocial model of health, components of health: social, emotional, cognitive and physical aspects; Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

(18 L)

**UNIT 2:** Health Management: Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management. Health Damaging behaviours- sedentary lifestyle, smoking, drinking and other damaging behaviours  
(14 L)

**UNIT 3:** Concept of adjustment- mental health, mental hygiene, criteria and factors of adjustment, frustration and conflict.  
(16 L)

**UNIT 4:** Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism, Hope & gratitude.  
(12 L)

PRACTICAL: CREDITS-2

[30P]

1. i) Administration of General Health Questionnaire
2. i) Administration of Adult Hope scale  
ii) Health Behaviour - To construct a Semi Structured Interview and compare with Cornell Medical Index.

**Suggested Readings:**

Allen, F. (2011). *Health psychology and behaviour*. Tata McGraw Hill Edition.

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK.

Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling Kindersley.

Misra, G. (1999). *Stress and Health*. New Delhi: Concept.

Sarafino, E. P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.).NY: Wiley.

Taylor, S. E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill. Sarafino, E. P.

(2002). *Health psychology: Bio psychosocial interactions* (4th Ed.).NY: Wiley.

Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). *Positive psychology: The scientific and practical explorations of human strengths*. New Delhi: Sage.

OR

**COMMUNITY PSYCHOLOGY**

**Objective:** To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

THEORY: CREDITS-4

[60L]

**Unit 1:** Introduction: Definition of community psychology; types of communities; models.  
(14 L)

**Unit 2:** Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation. (16 L)

**Unit 3:** Health promotion: process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context. (16L)

**Unit 4:** Interventions: community development and empowerment; case studies in Indian context. (14 L)

PRACTICAL: CREDITS-2

[30P]

1. Administer any suitable test to measure the Family Environment.

2. To construct a Semi Structured Interview on Women empowerment.

### **Suggested Readings:**

- Banerjee, A. , Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No. 3967
- Fetterman, D. M., Kaftarian, S. J. & Wandersman, A (Eds.)(1996) *Empowerment Evaluation*. New Delhi : Sage Publication.
- Kloos B. Hill, J. Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). *Community Psychology: Linking Individuals and Communities*., Wadsworth Cengage Learning.
- McKenzie, J. F., Pinger, R. R., & Kotecki, J. E. (2005). *An Introduction To Community Health*. United States: Jones and Bartlett Publishers.
- Misra, G. (Ed). (2010). *Psychology in India*. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
- Poland, B. D., Green, L.W. & Rootman, I.(2000). *Setting for Health Promotion: Linking Theory and Practice*. Sage Publication, New Delhi.

### **DSE-2 (Any one from the following)**

#### **POSITIVE PSYCHOLOGY**

Objective: To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

THEORY- 4 CREDITS [60L]

**UNIT 1:** Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues. holistic health; health and well being. (14 L)

**UNIT 2:** Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience. (16 L)

**UNIT 3:** Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Gratitude, Wisdom, Flow, Meditation, Mindfulness. (16 L)

**UNIT 4:** Theories and Applications: Work, education, ageing, health. (14 L)

PRACTICAL- 2CREDITS [30P]

1. Any one practicum to assess the well-being of the subject.

2. Resilience- To construct a Semi structured Interview and compare with **Annalakshmi's Scale**

### **Suggested Readings:**

- Baumgardner, S. R. & Crothers M. K. (2010). *Positive psychology*. Upper Saddle River, N.J.: Prentice Hall.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- Seligman, M. E. P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment*. New York: Free Press/Simon and Schuster.
- Snyder, C. R., & Lopez, S. J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, Sage, CA.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). *Handbook of Positive Psychology*. New York: Oxford University Press, New York.

OR

**DSE-2**

**CULTURAL AND INDIGENOUS PSYCHOLOGY**

Objective: To understand the role of culture in understanding behaviour and exploring psychological insights in the Indian thought traditions.

THEORY-4 CREDITS [60L]

**UNIT 1:** Cultural Processes: Cultures; Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences, methods of studying cultural psychology. (14 L)

**UNIT 2:** Culture, Self and Others:

Who am I and Who are They? Culture and architecture; Representation: Person, Other People, Self and of Groups, The Making and Remaking of Cultures: A Developmental Perspective: Family and children, models of the family, self-construal and developmental pathways. (16 L)

**UNIT 3:** Intercultural Contacts: Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Management of multicultural identities. (16 L)

**UNIT 4:** Indigenous Psychology: Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India. (14 L)

PRACTICAL-2 CREDITS [30P]

Students to do any 2 practicum from the above related theory paper

1. Semi structured interview of people from different ethnic background on gender role attitude.

2. Bogardus Social Distance Scale on Ethnic Issues.

**Suggested Readings:**

Adair, J. G. (2002). How International is International Psychology? *International Journal of Psychology*, 37, 160-170.

Auluck, S. (2002). *Self and identity*. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.

Chiu, C., & Hong, Y. (2006). *Social Psychology of Culture*. New York: Psychology Press.

Jain, U. (2002). *An Indian perspective on emotions*. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.

Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.

Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), *Foundation of Indian Psychology: Theories and concepts*, Vol, 1. New Delhi: Pearson.

Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.

Smith, P.B., Bond, M. H., & Kagitcibasi, C. (2006). *Understanding Social Psychology across cultures: Living and working in a changing world*. London: Sage.



## SEMESTER-VI

**DSE 3-** Any one from the following

**A. DISSERTATION/PROJECT** 6 CREDITS

Objectives - Students should be enabled to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The research done can either be empirical/data based (quantitative, qualitative, or mixed-methods) or it can be in the form of a critical review of research and theory.

Reference – Latest APA manual for dissertation.

Evaluation: Viva jointly by one internal and one external examiner.

### TOPICS-

1. Qualitative/ Quantitative work
2. Social Issues
3. Testing and reporting for project
4. Field trip or survey as project

OR

### DSE-3

#### HUMAN RESOURCE MANAGEMENT

Objective: To help students understand the various processes and issues inherent in organizations related to human resources.

THEORY: CREDITS-4 [60L]

**UNIT 1:** Introduction to Human Resource Management (HRM):  
Personnel management, HRM and HRD, Context and issues in HRM (14 Hours)

**UNIT 2:** Human Resource Practices  
Job analysis; Recruitment and selection; Training; Performance evaluation (14 Hours)

**UNIT 3:** International human resource management (IHRM)  
The context of Globalization, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede). (16 Hours)

**UNIT 4:** Organizational change and development:  
Organizational change: concepts, models (one model), techniques (one for individual and one for group), And organizational development: concepts, models (one model), techniques (one for individual and one for group). (16 Hours)

PRACTICAL: CREDITS-2 [30P]

Students would be required to complete 2 practicum from any of the topics discussed.

1. Administer a scale to assess Career Maturity.
2. Entrepreneurship- Semi-structured Interview and compared with Entrepreneurship Scale.

#### Suggested Readings:

Aamodt, M. G. (2001) *Industrial/ Organizational Psychology*. Thompson Wadsworth, a division of Thompson learning Inc.

- Bhatnagar, J. & Budhwar, J. (2009). *The changing face of people management in India*. London: Routledge.
- Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). *International human resource management: Policies and practices for multinational enterprises* (3rd Ed). New York: Routledge.
- Chadha, N. K. (2005). *Human Resource Management- Issues, case studies and experiential exercises*. 3rd edition. New Delhi: Sai Printographers.
- DeCenzo, D. A. & Robbins, S. P. (2006). *Fundamentals of human resource management*. (8th Ed). NY: Wiley.
- Harzing, A-W.K. & Pennington, A. (2011). *International human resource management*. New Delhi: Sage publications.

#### **DSE-4** (Any one from the following )

#### **PSYCHOLOGICAL PERSPECTIVES IN EDUCATION**

##### **Objectives:**

- To understand of the interface between education and psychology
- To appreciate the various issues and challenges that emerge with reference to the application of psychological ideas and theories in the discipline of education
- To enable learners to deal with various problems and issues related to student diversity in a classroom

THEORY- 4 CREDITS

[60L]

**Unit 1:** Education and Psychology: An Introduction: Education as a Discipline, Education & Schooling; Contributions of Psychology to Education; Nature, scope & relevance of Educational Psychology, relation between Psychology and education, 'Child-centred' and 'progressive' education. (12L)

**Unit 2:** Debates and Issues in Educational Psychology: Role of Play in Education; Role of a teacher. (14 L)

**Unit 3:** Classroom Management & Assessment: Issues related to Classroom Management, Discipline and Control, Teaching Methods & Issues related to Technological Advances ,Classroom Management; Behavioural objective myth, the law and order myth, the myth of irresponsible youth; Uses and abuses of psychological testing in education, The IQ controversy. (16 L)

**Unit 4:** Inclusive Education: Dealing with Classroom Diversity: Inclusive Education: Nature, Concept & Importance; Addressing classroom diversity: Understanding exceptional children- classification, characteristics, Conceptualizing Exceptionality: Categorization, Labelling , Education of different classes of exceptional children- Gifted, Mentally Retarded and Delinquent (identification, problem, causes, education), Theory of Mind. (18 L)

**Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in this DSE-

PRACTICAL: CREDITS-2

[30P]

1. Administer a suitable test of Intelligence [using Standard Progressive Matrices (SPM)]
2. Administer any Temperament Scale / Bell Adjustment Scale

##### **Suggested Readings:**

- Bartlett, S. , & Burton, D. (2012). *Introduction to education studies*. London: Sage.
- Chauhan, S. S. (1987). *Advanced Educational Psychology*. Vikas Publishing House (P) Ltd., New Delhi.
- Combs, A. (1979). *Myths in education: Beliefs that hinder progress and their alternatives*. London:

- Allyn & Bacon.
- Dearden, R. (1967). The concept of play. In R. Peters, *The concept of education* (pp. 51-63). London: Routledge & Kegan Paul.
- Leicester, M. (2008). *Creating an inclusive school*. London: Continuum International Publishing Group.
- Long, M. (2000). *The Psychology of Education*. Sussex: Routledge.
- Matthews, M. (1980). *The Marxist theory of schooling: A study of epistemology and education*. Sussex: The Harvester Press.
- Morris, B. (1966). The contribution of psychology to the study of education. In J. Tibble, *The study of education* (pp. 133-178). London: Routledge & Kegan Paul.
- Richmond, W. (1975). *Education and schooling*. London: Methuen & Co. Ltd.
- Slavin, R. (2006). *Educational psychology: Theory and practice*. New York: Pearson.
- Smith, M. (1977). *The underground and education: A guide to the alternative press*. London: Methuen & Co. Ltd.
- Spring, J. (1975). *A primer of libertarian education*. New York: Free Life Editions.
- Sutherland, M. (1988). *Theory of education*. London: Longman.
- Woolfolk, A. (2013). *Educational Psychology*. Delhi: Pearson.
- Further Readings:
- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- Mondal, J. (2010-11). *Protibondhi o protibhaban shishu: bishesh shikhhadhara*. Soma Book Agency.

OR

#### DSE-4

#### PSYCHOLOGY AND MEDIA

**Objective:** To understand the effect of media on human psyche and to develop a critical awareness of the underlying psychological processes and mechanisms.

THEORY-4 CREDITS

[60L]

**UNIT I:** Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation. (14L)

**UNIT II:** Media and advertising: Developing an effective advertising programme /media promotions/ campaigns for social marketing. Case studies in the Indian context. (14L)

**UNIT III:** Audio-Visual media (TV and movies) and Print media: Nature and their impact; Developmental issues: fantasy Vs reality, socialization, stereotyping, violence, and cyber crime. Case studies in the Indian context. (16L)

**UNIT IV:** Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context. (16L)

PRACTICAL: CREDITS-2

[30P]

1. Administer a suitable test on Internet addiction.
2. i) NEO- 5 assessment of personality  
Or, ii) Administer a suitable test to assess Introversion & Extraversion level of subject (K.I.E.I)

#### References:

- Dill, K.E. (2009). *How Fantasy becomes Reality Seeing Through Media Influence*. New York: Oxford University Press.
- Giles, D. (2003). *Media Psychology*. New Jersey: Lawrence Erlbaum Associates Publishers.
- Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). *Handbook of Consumer Psychology*. NY: Psychology Press.

- Jansson-Boyd, C. V. (2010). *Consumer Psychology*. England: Open University Press.
- Wanke, M. (Ed.). (2009). *Social Psychology of Consumer Behaviour*. NY: Taylor & Francis Group.
- Kirsh, S.J. (2006). *Children Adolescents and Media Violence*. New York: Sage.
- Montgomery, K.C. (2007). *Generation Digital*. MIT Press.
- Wood, R.N. (1983). *Mass Media and Individual*. Minnesota: Woods.

**SKILL ENHANCEMENT ELECTIVE (SEC) (SKILL BASED) (1 IN SEM III AND 1 IN SEM IV):**

**SEMESTER-3** (Any 1 of the following)

THEORY-2 CREDITS [30L]

**SEC-1**

**EMOTIONAL INTELLIGENCE**

**Objective:** To understand the concept of emotional intelligence and learn ways of developing it.

**Unit 1: Introduction:** Emotional Intelligence; Models of Emotional Intelligence; EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills; Importance of Emotional Intelligence. (8L)

**Unit 2: Knowing One's And Others' Emotions:** Levels of emotional awareness; Recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others. (8L)

**Unit 3: Managing Emotions:** The relationship between emotions, thought and behaviour; Techniques to manage emotions. (7 L)

**Unit 4: Applications:** Workplace; Relationships; Conflict Management; Effective Leadership. (7L)

**Suggested Readings:**

- Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The Handbook of Emotional Intelligence*. San Francisco, Jossey Bros., California.
- Goleman, D. (1995). *Emotional Intelligence*.: Bantam Book, New York.
- Goleman, D. (1998). *Working with Emotional Intelligence*. Bantam Books, New York.
- Singh, D. (2003). *Emotional intelligence at work (2<sup>nd</sup> ed.)*. Response Books, New Delhi.

**OR**

**SEC-1**

**BEHAVIOUR MODIFICATION**

**Objective:** To understand the concept of behaviour modification and its applications.

THEORY-2 CREDITS [30L]

**Unit 1: Introduction-**What is behavior? What is behaviour modification?What is behaviour assessment? (7 hours)

**Unit 2:** Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications. (7 hours)

**Unit 3 : Techniques-** Token Economy, Contingencies, Shaping, Premack Principle. (8 hours)

- Unit 4: Applications-** School, Family, Work. Behavioural principles and procedures-a) Getting a behaviour to occur more often with positive reinforcement,  
 b.) Developing and maintaining behaviour with conditioned reinforcement,  
 c.) Decreasing a behaviour with extinction. Planning, applying and evaluating. (8 hours)

**Suggested Readings:**

Hilgard, E. R., Atkinson, R. C., and Atkinson, R. L. (1975). *Introduction to Psychology*. 6th Ed. Oxford IBH Publishing.  
 Luthans, F. (2005). *Organizational Behaviour*. 10th Edition. McGraw Hill Irwin, Boston, MA. ISBN:0072873876 / 9780072873870.  
 Robbins, S. P., Judge, T. A., & Hasham, E. S. (2012, Copyright). *Organizational Behaviour*. Arab World Edition. Pearson Education Ltd. ISBN: 978-1-4082-5965-8.  
 Robbins, S. P. (2000). *Organizational Behaviour: Concepts, Controversies and Applications*. VII Ed. New Delhi, Prentice Hall of India.

**Further Readings:**

Miltenberger, R. G. (2011). *Behaviour Modification: Principles and Procedures*. Wadsworth Publishing Company.

**SEMESTER-IV** (Any 1 of the following)

**SEC-2**

**STRESS MANAGEMENT**

**Objective:** In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

THEORY-2 CREDITS [30L]

**Unit 1: Stress:** Introduction, Nature of stress, symptoms of stress, Various sources of stress: environmental, social, physiological and psychological (7L)

**Unit 2: Stress and health:** effects of stress on health, stress related somatic disorders (gastrointestinal disorders, B.P related disorders, autoimmune disorders) (8 L)

**Unit 3: Managing stress: I** Methods - yoga, meditation, relaxation techniques, (7L)

**Unit 4: Managing stress: II** Problem focused and emotion focused approaches, coping, social support. (8L)

**Suggested Readings:**

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.  
 DiMatteo, M.R. & Martin, L.R. (2002). *Health psychology*. New Delhi: Pearson  
 Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.

**Further Readings:**

Goldberger, I. & Breznitz, S. (1986). *Handbook of Stress: Theoretical and Clinical Aspect*. The Free Press Collier MacMillan Publishers. London.  
 Misra, G. (Ed.) (1999). *Psychological Perspectives on Stress and Health, New Delhi, Concept*.  
 Sarafino, E.P. (2002). *Health Psychology: Bio-Psychosocial Interactions* (4th Ed.). NY: Wiley.  
 Taylor, S. E. (2006). *Health psychology*. 6th Edition. New Delhi: Tata McGraw Hill.

**OR**

**SEC-2**

**COMMUNICATION**

Objective: To understand communication and its different facets in different contexts.

THEORY-2 CREDITS [30L]

**Unit 1:** Introduction: What is Communication. Definition, Nature, Types, Process and Functions. (7L)

**Unit 2:** Non-verbal Communication and Interpersonal behaviour. Gender and Cultural issues with respect to Non-Verbal Communication. Functions of Non-Verbal communication. Interaction of verbal and Non-Verbal behaviour in conversation, Facial expression. Pro-social, anti-social behaviour, prejudice, conflict, intergroup behaviour. (10L)

**Unit 3:** Organizational Communication, Choice of Communication Channel, Persuasive Communications, Barriers to Effective Communication. (8 hours)

**Unit 4:** Applications : Family and Work. (5 hours)

**Suggested Readings:**

Miner, J. B. (1992). *Industrial – Organizational Psychology*. McGraw Hill

Mumby, D. K. (2001). *Organizational Communication: A Critical Approach*. Sage Publishing.

Pennington, D. C., Gillen, K., & Hill, P. (1999). *Social Psychology*. Routledge.

Robbins, S. P., Judge, T. A., & Hasham, E. S. (2012, Copyright). *Organizational Behaviour*. Arab World Edition. Pearson Education Ltd. ISBN: 978-1-4082-5965-8.

Robbins, S. P. (2000). *Organizational Behaviour: Concepts, Controversies and Applications*. VII Ed. New Delhi, Prentice Hall of India.

**ELECTIVE: GENERIC ELECTIVE (GE) (for Hons. Students of other disciplines)**

**SEMESTER I**

**GE1: FOUNDATIONS OF PSYCHOLOGY**

**Objectives:** To understand the basic psychological processes and their applications in everyday life.

THEORY- CREDIT 4 [60L]

**Unit 1:** Introduction:

Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods. (14 L)

**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. (16 L)

**Unit 3:** Motivation and Emotion:

Motives: biogenic and sociogenic Emotions: aspects of emotions, key emotions (14 L)

**Unit 4: Personality and Intelligence:**

Personality: nature, theories Intelligence: nature, theories (16 L)

PRACTICAL: CREDITS-2 [30P]

Any two to be done on any two topics from the above units

1. Determine the subject's capacity of memorization by Whole vs. Part
2. Standard Progressive Matrices
3. Eysenck Personality Questionnaire

**Suggested 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* (7<sup>th</sup> Ed.) New Delhi : Tata Mc Graw Hill.

Glassman, W. E. (2000). *Approaches to Psychology*(3<sup>rd</sup> Ed.) Buckingham: Open University Press.

**Further Readings:**

Baron, R., & Misra, G. (2013). *Psychology*. New Delhi: Pearson.

Feist, J., Feist, G. J. & Roberts, T. (2013). *Theories of Personality*.

Morgan, C. T., King, R. A., & Weisz, J. R., (2017). *Introduction to Psychology*. McGraw Hill Book Co.

Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.

Sarkar, N. (2012). *Monobigyan o Jibon*. Gyankosh Prokashoni (3<sup>rd</sup> Edition).

Siddiqui, A.B. ( 1994), *Snatok O Snatokottor Monobiggan*. Sahityakosh.

**SEMESTER II**

**GE-2: INTRODUCTION TO SOCIAL PSYCHOLOGY**

**Objective:** To understand the basics of social psychology and to understand the individual in the social world.

THEORY- CREDIT 4 [60L]

**Unit 1:** Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behaviour, approaches towards understanding social behaviour. (12 L)

**Unit 2:** Individual level processes:

Person perception: attribution-theories, biases and errors Attitude: formation, change and resistance to change. (16 L)

**Unit 3:** Interpersonal processes:

Interpersonal attraction, pro-social behaviour, aggression (16 L)

**Unit 4:** Group dynamics:

Key aspects of groups (Structure, Function and Types of Groups), cooperation and conflict, group decision making. (16L)

PRACTICUM- CREDIT-2 [30P]

Two practicum to be done on any two topics from the above units

1. To determine group cohesiveness of a small group (by Sociometric method)
2. Influence of group on individual behavior.

**Suggested 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.

**Further Redings:**

Ara, S. *Uchhotoro Somaj Monobiggan*.  
 Asaddujjaman, M. *Somaj Monobiggan*.  
 Haque, Z. *Somaj monobiggan*.  
 Islam, A. *Somaj Monobiggan* .Azizia book depot.  
 Sengupta, P. *Somaj Monobiggan*.

### SEMESTER-III

#### GE-3:

#### PSYCHOLOGY FOR HEALTH AND WELL-BEING

**Objective** – To understand the spectrum of health and illness for better health management.

THEORY- CREDIT 4	[60L]
<b>UNIT 1</b> : Illness, Health and Well being	
Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.	(14L)
<b>UNIT 2</b> : Stress and Coping	
Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management	(14 L)
<b>UNIT 3</b> : Health Management	
Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management.	(16 L)
<b>Unit 4</b> : Human strengths and life enhancement	
Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance.	(16 L)
 PRACTICAL- CREDIT 2	 [30P]
Two to be done on any two topics from the above units	
1. Administration of General Health Questionnaire/Health Behaviour Scale.	
2. Administer scales on perceived stress and coping	

#### Suggested Readings:

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.  
 DiMatteo, M.R. & Martin, L.R. (2002). *Health Psychology*. New Delhi: Pearson.  
 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.  
 Mondal, J. (1999). Manosik Sasthyabidya, Soma BookAgency.  
 Mondal, J. & Mukhopadhyay,P.(2017).*Monoboigganik Poramorshodan*. Soma Book Agency.  
 Misra, G. (1999). *Stress and Health*. New Delhi: Concept.  
 Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.).NY: Wiley.  
 Snyder, C. R., & Lopez, S. J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.  
 Taylor, S.E. (2006). *Health psychology*. 6th Edition. New Delhi: Tata McGraw Hill.

### SEMESTER IV

#### GE-4: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

**Objective:** To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

**THEORY:** CREDIT 4 [60L]  
**Unit 1:** Introduction: Scales of measurement, graphical representation of data (Frequency



- Polygon, Histogram, Bar Diagram and Pie Chart). (12 Hours)
- 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). (14 Hours)
- Unit 3:** Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests. (18 Hours)
- Unit 4:** Qualitative methods: Interview, observation, case study. Difference between qualitative and quantitative methods (16 Hours)

**PRACTICAL- CREDIT 2**

[30P]

Two practicum to be done from the above Unit

1. Any one statistic from Unit 2.
2. Any one practical based on unit 4.

**Suggested 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* (4thEd.). New Delhi: Pearson Education.
- King, B. M. & Minium, E. W., (2007). *Statistical Reasoning in the Behavioral Sciences*. USA: John Wiley & Sons.
- Mangal, S. K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi: PHI learning Pvt. Ltd.
- Singh, A. K. (1988). *Tests, Measurements and Research Methods In Behavioural Sciences*. Tata McGraw Hill, New Delhi. Further Reading:
- Sarkar, N. *Monobigyan Porimapon o Porisonkhyan*. Gyankosh prokashoni, Dhaka, 2<sup>nd</sup> Edition.