

Syllabus for B.A. (REGULAR) Psychology under CBCS Gauhati University

“Approved in the Academic Council held on 8/11/2019”

The template of the BA (REG) programme is given below.

Semester	CORE COURSE	Ability Enhancement Compulsory Course (AECC)	Skill Enhancement Course (SEC)	Elective: Discipline Specific (DSE)	Generic Elective (GE)*
SEM I	ENGLISH-1	English/MIL Communication			
	PSY RC 1016 OR PSY HG 1016				
	DSC 2A				
SEMII	ENGLISH-2	Environmental Science			
	PSY RC 2016				
	DSC 2B				
SEM III	MIL1 OR AltEnglish-1		PSY SE 3014		
	PSY RC 3016				
	DSC 2C				
SEM IV	MIL1 OR AltEnglish-2		PSY SE 4014		
	PSY RC 4016				
	DSC 2D				
SEM V			PSY SE 5014	PSY RE 5016	PSY RG 5016
				DSE 2A	
SEM VI			PSY SE 6014	PSY RE 6016	PSY RG 6016
				DSE 2B	

RC- REGULAR CORE

SE-SKILL ELECTIVE

RE- REGULAR ELECTIVE

RG- REGULAR GENERIC

HG- HONORS GENERIC

2 A,B,C,D – The SECOND discipline

* – for other disciplines

Course Nomenclature for B.A. (Regular) PSYCHOLOGY

SEMESTER I	SEMESTER II
DISCIPLINE SPECIFIC CORE PSY RC 1016 FOUNDATIONS OF PSYCHOLOGY OR PSY HG 1016 GENERAL PSYCHOLOGY	DISCIPLINE SPECIFIC CORE PSY RC 2016 INTRODUCTION TO SOCIAL PSYCHOLOGY
DSC 2A	DSC 2B
ENGLISH I	ENGLISH II
AECC : ENGLISH/COMMUNICATION/MIL	AECC : ENVIRONMENTAL SCIENCE

SEMESTER III	SEMESTER IV
DISCIPLINE SPECIFIC CORE PSY RC 3016 PSYCHOLOGICAL DISORDERS	DISCIPLINE SPECIFIC CORE PSY RC 4016 STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH.
DSC 2C	DSC 2D
MIL1/ALT.ENGLISH 1	MIL2/ALT.ENGLISH 2
AECC(SKILL BASED) : PSY SE 3014 DEVELOPING EMOTIONAL COMPETENCE	AECC(SKILL BASED) : PSY SE 4014 MANAGING STRESS

SEMESTER V	SEMESTER VI
AECC(SKILL BASED) : PSY SE 5014 MAKING DECISIONS	AECC(SKILL BASED) : PSY SE 6014 : PSYCHOLOGY IN EDUCATION
Group-I (Discipline Specific Elective (DSE) Courses) (Any ONE) PSY RE 5016 : LIFE SPAN DEVELOPMENT OR INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY	Group-II (Discipline Specific Elective (DSE) Courses) (Any ONE) PSY RE 6016 : COUNSELING PSYCHOLOGY OR FIELD STUDY/ REPORT WRITING
PSY RG 5016 PSYCHOLOGY FOR LIVING	PSY RG 6016 : PSYCHOLOGY OF GENDER OR SELF AND PERSONAL GROWTH

Psychology Syllabus UG (CBCS)

Regular Courses (Psychology)

Semester –I

Objective : To Introduce the Basic Concepts and processes in Psychology and understand the original development.

PSY-RC 1016 : FOUNDATIONS OF PSYCHOLOGY OR PSY-HG-1016: GENERAL PSYCHOLOGY

Unit : 1 : Introduction to Psychology :

Psychology as a Science, Perspectives, Origin and development of Psychology.

Methods and Types : Observation and Questionnaire

UNIT – 2 : Cognitive Processes :

Perception : Nature of Perception Laws of Perceptual Organization

Learning and Conditioning : Classical conditioning, Operant Conditioning and Insight Learning, Observational learning.

Memory : Processes ; Stage Model, Information Processing Model, techniques for improving memory.

UNIT -3 : Motivation for Emotion

Motivation : Biogenic and Sociogenic

Emotion : Nature of Emotion, Key Emotions.

UNIT-4 : Personality and Intelligence

Personality : Nature : Type Theories : Allport

Trait Theory : Eysenck

Intelligence : Definition and Theory : Uni factor and Two factor.

Practicum : Personality and Emotion

Readings: Baron, RA and Mime. G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.

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

Feltbuan.S.R.(2009).Essentials of understanding psychology (76 Ed_) New Delhi : Tata Mc thaw Hill.

Glassman.W.E (200).Approaches to Psychology (3il Ed.) Buckingham : Open University Press.

SEMESTER – II

PSY-RC 2016 : INTRODUCTION TO SOCIAL PSYCHOLOGY

UNIT : 1 : Introduction

Brief history of Social Psychology, Scope & Nature.

UNIT:2 : Individual level Processes.

Person Perception.

Attribution theory : Causal Attribution Theory Biases and Errors

Attitude : Formation, Change Resistance to change

UNIT : 3 : Interpersonal Processes

Meaning, Concept and Theory

Interpersonal Attraction : Prosocial behavior : Aggression :

UNIT : 4 : Group dynamics:

Meaning, concept and theory:

Group dynamics, Key aspects of group, Co-operation & Conflict, Group decision making,

Readings:

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

Chadha, N.K. (2012). Social Psychology. MacMillan.

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

SEMESTER – III

PSY-RC-3016 : PSYCHOLOGICAL DISORDERS.

UNIT 1: Basic Concepts :

Definition, and Criteria of abnormality, Classification Diathesis Stress Model.

Unit : 2 : Theoretical Perspectives

Biological, Familial, Cultural, Behavioural, Cognitive, Psycho Dynamic

UNIT:3: Clinical States (DSM-V)

Anxiety Disorders : OCD

Mood Disorders : Unipolar and bipolar

Schizophrenia : Disorganized, Paranoid Catatonic

Learning Disabilities.

UNIT : 4 : Treatment of Disorders.

- (a) Biological Treatment : Pharmacotherapy, Electroconvulsive Therapy.
- (b) Psychological Treatment : Psychoanalytic Therapy, Behaviour Therapy, Cognitive Behaviour Therapy.

Readings:

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

Caw. A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Prude. N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

Semester IV

PSY-RC-4016 : Statistical Methods and Psychological Research.

UNIT – 1: Introduction

Scales of Measurement

Graphical Representation of data : Bar Diagram, Histogram

UNIT : 2: Data Analysis

- (i) Measures of Central Tendency : Mean, Median, Mode
- (ii) Properties of Normal Probability Curve

UNIT : 3: Psychological Testing

Introduction to Psychological Testing,

Characteristics of a Test-Reliability, Validity, Norms, Standardization

Types of Test

UNIT : 4 : Qualitative Methods :Interview, Observation, Case Study

Practicum : Anxiety Test, Case Study

Readings:

Garrett, H.E. & Woodworth, RS. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feller & Simons Pvt. Ltd.

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

King. B.M. & Minium, LW, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

Cerlinger, F.N. & Lee FIB (1999). Foundations of Behavioural Research. Wadsworth-Thomson Learning

ELECTIVE DISCIPLINE SPECIFIC DSE

(any TWO from the following, 1 in sem V and 1 in Sem VI)

PSY-RE- 5016: LIFE SPAN DEVELOPMENT

Objectives: To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

Unit 1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; methods and designs

Unit 2. Physical development: Patterns of growth from conception till late adulthood.

Unit 3. Cognitive development: Introduction, Piagetian and Vygotskian approaches; Cognitive changes in adulthood and old age; Language development.

Unit 4. Socio-emotional development: Emotional development; Moral development; Successful aging.

Practicum: Students have to carry out any 2 practicum based on the syllabus.

Readings:

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

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

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

OR

PSY-RE-5016: INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY

Objective: To introduce the basic concepts of I/O psychology and to understand the applications of psychology at the workplace.

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

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

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

Unit 4: Leadership: Classical and Contemporary approaches to leadership; Cross-cultural leadership issues; Indian perspective on leadership

Practicum: Any two practicum based on the syllabus

Reading List:

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

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

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

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

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

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

PSY-RE-6016: COUNSELING PSYCHOLOGY

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

Unit 1. Introduction: Meaning and Goals, Counselling as a Profession: professional ethics, Counsellor Effectiveness,

Unit 2. Counselling Process and Relationship.

Unit 3. Approaches and Techniques: Psychodynamic, Behavioral, Person-Centered, Cognitive-Behavioral, Indian approaches: Yoga and Meditation.

Unit 4. Application: Family Counselling, Career Counselling, Crisis Intervention.

Practicum: Students are required to carry out any 2 practical based on the syllabus.

Readings:

Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.) Philadelphia: Mosby.

Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning. Gladding,

S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New Delhi. Pearson.

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 8: Counselling: Concepts and Cases (5th Ed). Brooks/ Cole Cengage Learning.

OR

PSY RE 6016: Field Study/ Report Writing

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

SKILL BASED ABILITY ENHANCEMENT ELECTIVE COURSE (SEC)

(Any 4,1 each in Semester III, IV, V and VI as selected by students):

PSY –SE-3014: DEVELOPING EMOTIONAL COMPETENCE

Objective: To help the students learn how to understand and manage their emotions and develop emotional competencies.

Unit 1: Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

Unit 2: EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills

Readings:

Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book,

Goleman, D. (1998). Working with Emotional Intelligence. New York. Bantam Books.

Singh, D. (2003). Emotional intelligence at work (2 nd ed.) New Delhi: Response Books.

PSY-SE-4014: MANAGING STRESS

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

Unit 1: Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

Unit 2: Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Readings:

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

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill. AEEC-

PSY-SE-5014: MAKING DECISIONS

Objective: Students will learn various strategies through which they can make good decisions.

Unit 1: Introduction: Basic concepts of decision making, Importance of making good decisions, self-efficacy.

Unit 2: Making effective decisions: Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace

Readings:

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

PSY-SE-6014: PSYCHOLOGY IN EDUCATION

Objective: To understand how the principles of psychology can be applied to the area of education.

Unit I: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Theoretical Perspectives in Educational Psychology

Unit 2: Effective Teaching and Classroom Management

- a. Characteristics of Effective Teachers
- b. Teaching Methods
- c. Classroom Management
- d. Responsibilities of Teachers towards learners with Special Needs

Readings:

Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi. Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi. Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston. Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

PSY SE 5 : MANAGING HUMAN RESOURCES

Objective: To understand the main concepts related to human resource management and learn related techniques.

Unit 1: Introduction: Human resource management, Human resource development, Strategic Human Resource Management, International Human Resource Management.

Unit 2: Human resource practices: Job analysis, Selection, training, performance evaluation.

Readings:

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

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. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press

PSY SE 6: APPLICATIONS OF SOCIAL PSYCHOLOGY

Objective: To apply the principles of social psychology to understand and deal with social issues.

Unit 1: Introduction: Importance of application of social psychological knowledge, developing interventions,

Unit 2: Applications of social psychology: diversity, health, environment, population, law, work.

Readings:

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.

ELECTIVE: GENERIC (RG)

(Any 2. 1 each in Semesters 5 and 6)

PSY RG 5016: PSYCHOLOGY FOR LIVING

Unit 1: Introduction: What is psychology, relevance of psychology, psychological factors and physical illness, body image, lifestyle interventions.

Unit 2: Self and relationships importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

Unit 3: Self in disintegrative experiences: stress and coping

Unit 4: Growth and actualizing self: subjective well-being, optimism, resilience.

Readings:

Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

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

PSY –RE-6016: PSYCHOLOGY OF GENDER

Unit 1: Introduction: Conceptualization and measurement of gender roles and gender role attitudes

Unit 2: Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories

Unit 3: Gender: Aggression, achievement, communication, friendship, romantic relationships

Unit 4: Sex differences in health, relationships and health, work roles and health, mental health.

Readings :

Helgeson, V.S. (2006). Psychology of Gender. Pearson education.

Galotti, Kathleen M (2019). Cognitive Psychology,Sage Publication, New Delhi.

OR

PSY-RE-6016: SELF AND PERSONAL GROWTH

Unit 1. Introduction: Notion of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

Unit 2. Self from a Developmental Perspective: Ideas of William James, M. Lewis, Cooley, Carl Rogers.

Unit 3. Self in the Indian Thought: contributions of Indian thought to the understanding of self.

Unit 4. Personal Growth: Self and Personal growth; Developing character strengths and virtues.

Readings:

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

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.