

SEMESTER 1 to 4

MAJOR

MINOR

IDC

Updated in July 2024

Tripura University

Undergraduate Syllabus for (B.A. Psychology) Based on National Education Policy 2020

~~May 2023~~

~~July 2023~~

~~November 2023~~

~~Revised in December 2023~~

Programme Outcomes:

- Psychology is an academic and applied discipline which involves the scientific study of mental functions and behaviors. The current programme aims to impart basic knowledge in different areas of Psychology via various Discipline Specific Core Papers (DSC) and Discipline Specific Elective papers (DSE).
- The study of Psychology at the college level through this curriculum has focussed on developing a basic understanding and further equipping the students to choose advancement and specialization in the area.
- The programme is expected to train the students in the possible applicability of the subject in their academic, personal and social life. The core papers help in meeting with the goal of understanding human mind and behaviour by establishing general principles and also by researching specific cases.

SEMESTER I
Major Discipline Specific Courses (Core)

Course-1(4): General Psychology

Learning Outcomes:

- Demonstrate an understanding of the foundational concepts of the human thinking, feeling and behaviour.
- Demonstrate comprehension of the theoretical concepts of psychology and the related empirical findings in areas such as perception, memory, motivation, emotions, learning, Intelligence, personality, cognition etc.
- Ability to identify various approaches, fields and sub-fields of Psychology

UNIT 1:

Nature and scope of Psychology, Historical Development and Current Status, Psychology in India. Biological Basis of human behaviour, Neuron, Structure and Function of Nervous System specifically brain.

UNIT 2:

Attention & Perception - Nature, Selective and Divided Attention, Perceptual processes: laws of perceptual organisations, depth perception, constancies, Illusions and factors affecting perception. Application of attention and perception.

UNIT 3:

Learning: Conditioning, Cognitive Learning, Observation learning; applications of learning;

Maslow's theory, and Basic emotions.

UNIT 4:

Memory as Information Processing; Parallel distributed processing, Memory as a reconstructive process; Forgetting; Improving Memory, Application of memory.

REFERENCES

- Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (2013). *Introduction to Psychology*. New York: H. B. J. Inc. (Ch. 1, pg 2-28; Ch. 5, pg 150-198; Ch 8, Pg 270-316)
- Baron, R.A. & Misra, G. (2014). *Psychology*. New Delhi: Pearson Education. (Ch.1, pg 1-42; Ch. 3, pg 88-126; Ch. 6, pg 215-255; Ch. 7, pg 236-269)
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi
- Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). *Psychology*: South Asian Edition. New Delhi: Pearson Education. (UNIT 1 :Ch. 3, pg 88-126; Ch. 6, pg 212-251)

Passer, M.W. & Smith, R.E. (2013). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill .(Ch. 7 , pg 210-249)

Sternberg, R. (2000). *Psychology: In Search of the Human Mind*. Wadsworth Publishing. 2015). *Psychology: The Science of Mind and Behaviour*. London: Tata McGraw-Hill

MAJOR Course-2 (4): Practicum on General Psychology:

Sem 1

Unit-I: Students may build a three-dimensional model of a **neuron** and label its various parts. They may be encouraged to be as creative and accurate as possible.

Unit-II: The rumor chain game is a very simple illustration of the reconstructive nature of long-term memory and the role of schemas (e.g. gender role expectations and prejudices) in this process. a story that is short enough to allow retelling several times in class, but detailed enough that students are unlikely to remember all aspects of it. Send a few participants out of the room. The student reads aloud a short story to the one participant in the room. She is required to repeat the story to the new participant who is brought about. This newcomer will repeat it to the next participant who is invited to the room and so on. This continues until the last student who hears the story repeats it to the class. The student observes how the story has undergone a change and the reconstructive nature of memory.

Unit-III: Any two from the following:

- Students may analyze famous paintings in terms of the use of various depth cues to create certain effects on the audience.
- Making one's emotional pie chart or list of daily emotions, along with the context in which the emotions occur for a week or ten days.
- Activity on reframing stressful situations, they can be asked to list situations where they feel **anger or frustration or stress**. After detailing the situations, they can be asked to reframe their interpretation of the situation by looking at the possible solutions.

Unit-IV: **Memory** related practicum (any two).

Minor /Elective

Course-1 (4): Educational psychology

Learning Outcomes:

1. Understanding the meaning and processes of education at individual and social plainsin the Indian context.
2. Demonstrating an appreciation of various theoretical perspectives on cognition andlearning in educational contexts.
3. Developing insights into the facilitators of learning such as intelligence, emotion,imagination, creativity and self processes.
4. Understanding the social processes within the classroom and broader societal contextsthat shape student's learning outcomes.

Course Content:

Unit 1:

Introduction to Educational Psychology What is Educational Psychology? Methods Education and Schooling. School Psychology & Educational Psychology. Human Diversity and the Schools Culture, Gender, and Marginality, Educational Psychology & Teachers. Student Characteristics.

Unit 2:

Individual Differences: Intelligence, Cognitive Processing, and Learning Styles. Introduction to basic concepts of Learning Disability, Dyslexia, ADHD, Behaviour Problems. The Development of Cognition, Language, and Personality Metacognition and Constructivism. Implications of Piaget and Vygotsky for Teachers.

Unit 3:

Theories and Applications of classical conditioning, operant conditioning and social learning theory. Motivation: Expectancy, Intrinsic Motivation, Competence & Self-Efficacy. Teaching Methods and Practices: Lecturing and Explaining, Discussion Method, and Cooperative Learning, Individual Instruction.

Unit 4:

Classroom Ecology and Management: Creating a Positive Physical Environment. Creating a Positive Learning Environment: Communication & Listening Skills. Classroom Management. Prevention, Intervention and Remediation. Classroom Assessment, Basic Concepts in Assessment, and the Interpretation of Standardized Testing; The Teacher's Assessment and Grading of Student Learning.

References

1. Gage, N.L. & Berliner, C. 1998. Educational Psychology. Wadsworth Publishers.
2. Parsons, Richard, Stephanie Lewis & Debbie Sardo-Brown. 2001. Educational Psychology. Wadsworth.
3. Woolfolk, Anita. 2008. Educational Psychology (10th Ed.). Allyn & Bacon Publishers.

4. Panda, K.C. 1999. Disadvantaged Children-Theory, Research and Educational Perspectives. New Delhi.
5. Mohanty, A.K., & Misra, G. (Eds.). 2000. Psychology of Poverty and Disadvantage. New Delhi: Concept.

Interdisciplinary Courses

Sem 1

1 (3): Mental Health

Learning Outcomes:

1. Understanding the status of mental health problem in India and the World.
2. Starting conversations around mental health and creating mental health awareness amongst non-Psychology students.

UNIT-1:

Mental Health: Definition & Concept.
Current Mental Health scenario: India & the globe,
Importance of Mental Health, Challenges and Stigma.

UNIT-2:

Mental Health Issues in Adolescence and Young Adults,
Depression: Symptoms & Types,
Anxiety: Symptoms & Types.

UNIT-3:

Stress: Meaning, Types, Signs and Symptoms, Effects of stress.

UNIT-4:

Management of Depression.
Management of Anxiety &
Management of stress.

Books/References Recommended:

1. Butcher, J. N., Hooly, J. M, Mineka, S. & Dwivedi, C. B (2007). Abnormal Psychology. New Delhi:
2. Muir-Cochrane, F., Barkway, P. & Nizette. D. (2018). Pocketbook of Mental Health (3rd Edition) Elsevier.

3. Snider, Leslie and WHO (2011). Psychological First Aid: Guide for Field Workers.
(Retrieved from http://www.aaptuk.org/downloads/Psychological_first_aid_Guide_for_field_workers.pdf)
4. WHO (2003). Investing in Mental Health.
(Retrieved from https://www.who.int/mental_health/media/investing_mng.pdf)

**Skill Enhancement Course/
Vocational (1(3))**

~~The Skill Enhancement Courses/ Vocational/ Dissertation/ Value Added Courses/ Ability Enhancement Courses/ Minor may be conducted with teachers having the following qualification:-~~

- ~~a] Electronics Technology- All those who are eligible to teach Physics at Undergraduate level.~~
- ~~b] Tourism, Transport and Travel Management- All those fulfilling the necessary conditions for undergraduate teaching having Masters/ PG degree in Tourism/ Transport/ Travel Management or possessing MBA degree.~~
- ~~c] Company Law and Practice- All those who are eligible for teaching Commerce at the undergraduate level.~~
- ~~d] Desktop Publishing- All those who are eligible for teaching IT at the undergraduate level.~~
- ~~e] Mushroom Biology & Production- All those who are eligible for teaching Zoology/ Botany/ Agriculture Sciences/ Forestry at the undergraduate level.~~
- ~~f] Vermiculture & Vermicomposting- All those who are eligible for teaching Zoology/ Botany/ Agriculture Sciences/ Forestry at the undergraduate level.~~
- ~~g] NSS- Any Post graduate with certification as National Service Volunteer/ Post Graduates with NSS as an elective in PG programme/ MSW.~~
- ~~h] Physical Education- All those who are eligible for teaching Physical Education at the undergraduate level.~~
- ~~i] Indian Knowledge System- All those who are eligible for teaching Philosophy at the undergraduate level.~~
- ~~j] Foundation of Yoga and Meditation- All those who are eligible for teaching Physical Education at the undergraduate level.~~
- ~~k] Understanding and Connecting with Environment- All those who are eligible for teaching Environmental Sciences at the undergraduate level.~~

SEMESTER II

2nd Sem Paper 201

Major Discipline Specific Courses (Core)

Course-3(4): **Introduction to Research Methodology**

COURSE LEARNING OUTCOMES

- To develop a basic understanding of fundamental of research.
 - To learn to develop hypotheses.
 - Understanding of research problems.
 - Identifying research variables.

UNIT 1

Introduction: Meaning of research and its purposes; the notion of variable and its types: Independent, dependent and control; the concepts of predictor and criterion, the process and steps of scientific research; Identifying a research problem;

UNIT 2

Hypotheses: Basic concept and Types;
Population. Sampling; Types.

UNIT 3

Types of research: Descriptive, Exploratory, Experimental, and Correlational; Ethics in Psychological Research

UNIT 4

Methods of Data Collection: Experimental method, Case study (Brief Introduction), Observation, Interview, Survey method. Quantitative and qualitative research.

REFERENCES

- Aron, A., Aron, E. N., & Coups, E. J. (2007). *Statistics for Psychology* (4th ed). India: Prentice Hall. (Unit 4: Ch. 3 and Ch. 11)
- Dyer, C. (2001). *Research in Psychology: A Practical Guide to Research Methodology and Statistics* (2nd ed.). Oxford: Blackwell Publishers. (Unit 1 : Appendix 1, Unit 2 : Ch. 2,3,4 and 5; Unit 3: Ch. 7)
- Kothari, C.R. (2007). *Research Methodology: Research and Techniques*. New Age International (P) Ltd. (UNIT 1: Ch. 1 and 2, UNIT 2: Ch. 6, UNIT 3: Ch. 7)

Social psychology: Theory and practicum

COURSE LEARNING

OUTCOMES

- Understanding assessment of attitude.
- Understanding assessment of social behavior.
- Understanding assessment of Self-esteem.
- Self-esteem assessment FIRO theory

Unit-I: Assessment of attitude.

Attitude & Attitude Change: Structure, formation of attitudes, Attitude Change: Theories of attitude change (**classical conditioning and operant conditioning**). Strategies of promoting attitude and behavior change in India.

Unit-II: Measurement of social behavior.

Concept and causes of interpersonal attraction; prejudice: definition and formation. Process of persuasion, related factors

Unit-III: Self-esteem assessment.

Concept of Self, Social self and Self-esteem. Significance of self-esteem.

Unit-IV: Fundamental interpersonal relationship orientation of behavior (FIRO-B).

FIRO theory and its applications.

Reference

Aronson, E., Wilson, T.D., Akert, R.M. & Somers, S.R. (2017). *Social Psychology* (10th ed.). Indian adaptation. India: Pearson Education Pvt. Ltd. (Unit 1: Chapters 1 and 2; Unit 2: chapter 3 and Chapter 4; Unit 4: Chapter 7).

Baumeister, R.F., & Bushman, B.J. (2013). *Social Psychology & Human Nature*. Wadsworth (Unit 2: Chapter 3 and 5).

Chambers, R. (1994). *Participatory Rural Appraisal (PRA): Challenges, Potentials and Paradigm*. *World Development*, Vol.22, No.10, pp. 1437-1454. (Unit 1)

Hogg, M., & Vaughan, G. M. (2008) *Social Psychology*. Prentice Hall. (Unit 1:

Chapter:1; Unit 2: Chapter 2, Chapter 3 Unit 3: Chapter 14; Unit 4: Chapter 5, Chapter 6).

Misra, G. (2009). *Psychology in India: Social and Organizational Processes*. Delhi. Pearson.

Myers, D.G. (2005). *Social Psychology (8th ed.)*. New Delhi: Tata McGraw Hill Pub. Co. Ltd. (Unit 1: Chapter 1; Unit 4: Chapter 4, Chapter 7).

Nugent, W. R. (2006). *Approaches to measuring human behaviour in the social environment*. N. Delhi: Routledge.

Schutz, W.C. (1958). *FIRO: A Three-Dimensional Theory of Interpersonal Behaviour*. New York, NY: Holt, Rinehart, & Winston.

ADDITIONAL RESOURCES

Fisher, R.J (1982). *Social Psychology: An Applied Approach* New York: St. Martin's Press. Inc. (Unit 1: Chapters 1, 2 and 3).

Schneider, F.W., Gruman, A. and Coult, L.M. (eds) (2012). *Applied Social Psychology: Understanding and Addressing Social and Practical Problem*. New Delhi: Sage Publications. (Unit 1: Chapter 1, 4).

Minor /Elective

Minor 201

Course-2(4):

Introduction to Social psychology

COURSE LEARNING

OUTCOMES

- Describe the key concepts and methods relevant to the study of social psychology
- Differentiate between the fields of social psychology & applied social psychology
- Understand and improve the relationship between self and others
- Understand the significance of Indigenous social psychology and apply social psychological processes in promoting change in Indian society.

UNIT 1

Introduction: Social Psychology: Definitions, historical development of the field and current status, Methodological approaches in social psychology: experimental and non- experimental.

UNIT 2

Social Cognition: Nature of social cognition, social schema, Attribution theory (Heider, Kelley) perception: impression formation and management (definition, process and factors).

UNIT 3

Interpersonal attraction and relationships: Concept and causes, and its biases, type of relationships. Sternberg's triangular theory of love and FIRO theory.

UNIT 4:

Attitude & Attitude Change: Structure, formation of attitudes, Attitude Change: Process of persuasion, related factors, Theories of attitude change (**classical conditioning and operant conditioning**). Strategies of promoting attitude and behavior change in India.

References

Aronson, E., Wilson, T.D., Akert, R.M. & Somers, S.R. (2017). *Social Psychology (10th ed.)*. Indian adaptation. India: Pearson Education Pvt. Ltd. (Unit 1: Chapters 1 and 2; Unit 2: chapter 3 and Chapter 4; Unit 4: Chapter 7).

Baumeister, R.F., & Bushman, B.J. (2013). *Social Psychology & Human Nature*. Wadsworth (Unit 2: Chapter 3 and 5).

Chambers, R. (1994). *Participatory Rural Appraisal (PRA): Challenges, Potentials and Paradigm*. *World Development*, Vol.22, No.10, pp. 1437-1454. (Unit 1)

Hogg, M., & Vaughan, G.M. (2008) *Social Psychology*. Prentice Hall. (Unit 1: Chapter:1; Unit 2: Chapter 2, Chapter 3 Unit 3: Chapter 14; Unit 4: Chapter 5, Chapter 6).

Misra, G. (2009). *Psychology in India: Social and Organizational Processes*. Delhi. Pearson.

Myers, D.G. (2005). *Social Psychology (8th ed.)*. New Delhi: Tata McGraw Hill Pub. Co. Ltd. (Unit 1: Chapter 1; Unit 4: Chapter 4, Chapter 7).

~~Skill Enhancement Course/~~ ~~Vocational~~

~~1 (3): Common Value-Added Courses /Project/Internship/Survey~~

~~The Skill Enhancement Courses/ Vocational/ Dissertation/ Value Added Courses/ Ability Enhancement Courses/ Minor may be conducted with teachers having the following qualification:—~~

DEVELOPMENTAL PSYCHOLOGY

Learning outcomes:

- i) To introduce the students with the theory behind human developmental processes;
- ii) To help the students comprehend the role that biological, social, psychological, environmental and physical plays in human development.

UNIT I: Introduction

Concept of Human Development; Nature of development, difference between growth and development. Principles of development. Maturation: concept. Relation between growth, maturation and development.

Unit II: Methods of Study

Longitudinal, observation and cross-sectional studies (basic concepts with merit and demerit). Factors of development: Biogenic, psychogenic and sociogenic, stages of development (basic concept).

UNIT III: An Overview of Theoretical Perspectives

Psychoanalytic theory, Piaget's Cognitive theory, Bandura's Social-cognitive theory of development, and Moral Development: Perspective of Kohlberg.

UNIT IV: Domains of development

a) Physical development, b) cognitive development c) Language development d) Social development and emotional development (from infancy to adolescence) Developmental disorders: Autism, Mental retardation, & Learning disorder.

References

1. Hurlock, E.B. (2005). *Developmental Psychology* (6th Ed.). New Delhi: Tata McGraw Hill.
2. Hurlock, E.B. (1981). *Child Development* (6th Ed.). New Delhi: McGraw Hill.
3. Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
4. Feldman, R.S., & Babu, N. (2011). *Discovering the Lifespan*. New Delhi: Pearson.
5. Georgas, J., Berry, J. W., van de Vijver, F.J.R, Kagitçibasi, Çigdem, Poortinga, Y. P. (2006). *Family across Thirty Cultures: A Thirty Nation Psychological Study*. New Delhi: Cambridge Press.
6. Heatherington, E.B., & Parke, R.D. (1986). *Child Psychology*. New York: McGraw Hill

PSYCHOLOGY OF INDIVIDUAL DIFFERENCE: THEORY AND PRACTICUM

Learning outcomes:

- To introduce the students with the concept & theory behind human individual difference and
- To get familiar with the underlying mental and behavioral processes that would enable students to develop an insight into human behavior.

UNIT I: Personality:

Concept and nature of personality; factors contributing to personality development. Psychodynamic views, Jung's analytical psychology, Karen Horney's view, Erik Erikson's theory.

UNIT II: Intelligence:

Concept of intelligence, factors of intelligence. Gardner's multiple intelligence theory; Sternberg's theory, Guilford's theory, Intelligence test (verbal and performance).

UNIT III: Emotional Intelligence:

Concept (ability model and trait model), components of emotional intelligence, application of emotional intelligence.

UNIT IV: Creativity:

Concept, nature, development, and fostering creativity.

Practicum: (Any three)

1. Measurement of Emotional intelligence by using any suitable test.
2. Measurement of Personality by using any suitable test.
3. Measurement of Intelligence using any suitable test.
4. Measurement of Creativity using any suitable test

References

- 1 Morgan, C.T.; King, R.A.; Weisse, J.R.; Schopler, J. (1993). *Introduction to Psychology*. New York: Tata McGraw Hill.
2. Ciccarelli, S.K.; & Meyer, G.E. (2007). *Psychology* (South Asian Edition). New Delhi: Pearson Education Inc.
3. Kassin, Saul, M. (2001). *Psychology*. New Delhi: Prentice-Hall.
4. Feldman, R.S. (2009). *Essentials of Understanding Psychology*. New Delhi: Tata McGraw Hill

Minor/elective Course: 3(4)

Minor 301

DEVELOPMENTAL PSYCHOLOGY

Learning outcome:

- To introduce the students with the theory behind human developmental processes and
- To help the students comprehend the role that biological, social, psychological, environmental, physical, and adjustment-related factors play in the process of human development.

UNIT I: Concept of Human Development and developmental psychology; Nature of development, difference between growth and development, methods of developmental psychology.

Unit II: Principles of development. Factors in development: Biogenic, psychogenic and sociogenic. Maturation concept, relation between growth, maturation, and development.

UNIT III: Theories of development: Psychoanalytic theory, Piaget's Cognitive theory, Kohlberg's moral development theory, Social cognitive theory of Bandura.

UNIT IV: Domains of human development

- a) Physical, b) cognitive development c) social, e) emotional (from infancy to adolescence).

PRACTICUM

- To measure intellectual functioning by a suitable test.
- To measure emotional intelligence by a suitable test.

References

1. Hurlock, E.B. (2005). *Developmental Psychology* (6th Ed.). New Delhi: Tata McGraw Hill.
2. Hurlock, E.B. (1981). *Child Development* (6th Ed.). McGraw Hill Co. Auckland.
3. Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
4. Feldman, R.S.&Babu.N. (2011).*Discovering the Lifespan*. New Delhi: Pearson.
5. Georgas, J., John W. Berry., van de Vijver, F.J.R, Kagitçibasi, Çigdem, Poortinga, Y. P.(2006). *Family across Thirty Cultures: A Thirty Nation Psychological Study*. Cambridge Press.
6. Heatherington, E.B., & Parke, R.D.(1986).*Child Psychology*.New Delhi: McGraw Hill.

Semester – 3

IDC 3rd Sem

Interdisciplinary Course – 2 (3) Introduction to Positive Psychology

Learning Outcomes:

- 1) To understand the concepts of positive psychology.
- 2) To understand positive emotional and cognitive states.
- 3) To understand the application of positive psychology.

Unit – I

- Concepts of positive psychology: Definition, basic assumptions, areas and importance of positive psychology.
- Eastern and Western perspective of positive psychology.
- Character strength and virtues.

Unit – II

- Concept and causes of happiness.
- The effects of happiness and strategies for enhancing of happiness.
- Emotional Intelligence : Concept and strategies for enhancing emotional intelligence.

Unit – III

- Concept and development of hope.
- Concept and development of optimism.
- Concept and characteristic of flow.

Unit – IV

- Concept and importance of positive psychology in work place.
- Concept and importance of positive education. Development of positivity in school.
- Positive psychology, physical and mental health - their relationship.

Suggested Readings:

- 1) Carr, A. (2004). Positive Psychology. The Science of happiness and human strength UK: Routledge.
- 2) Snyder, C.R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
- 3) Seligman, M. E. P. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. New York: Free press/ Simon and Schuster.

STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Learning outcomes:

- i) Understanding the relevance of statistical methods for psychological research,
- ii) Learning to present numerical data graphically.
- iii) Knowing the properties and computation of the various measures of central tendency and variability.

UNIT-I Concept of statistics, uses of statistics Concept Evaluation and measurement Relevance of Statistics in Psychological Research; Descriptive and inferential statistics, components of percentile and percentile ranks.

Unit II: Concept of graphical representation of data. Steps for preparation, drawing, and application of histogram, frequency polygon, bar diagram, cumulative percentage curve.

UNIT-III Measures of Central tendency: The mean, the median, the mode, Properties, advantages and disadvantages, uses and calculation.

UNIT-IV Measures of variability, range, average, deviation quartile-properties and uses, calculations of standard deviation and quartile deviation.

References

- Aron, A., Coups, E.J. & Aron, E.N. (2013). *Statistics for Psychology* (6th Ed.). Pearson Education.
- Garrett, H.E. (2005). *Statistics in Psychology and Education*. Paragon International Publishers.
- Mangal, S.K. (2010). *Statistics in Psychology and Education* (2nd Ed.). PHI Learning
- SINGH, A.K. (2019). *Tests, Measurement and research methods in behavioral science*. Bharti Bhawan

Paper 402

Semester IV Major (core)

COURSE 8(4)

POSITIVE PSYCHOLOGY: THEORY AND PRACTICUM

Learning outcomes:

- i) Understanding the concept of positive psychology
- ii) Knowing concepts of positive emotions.
- iii) Applying the knowledge of Positive Psychology in work, education and health.

UNIT I Positive Psychology: Concept, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and Virtues

UNIT II Happiness, concept of happiness, measurement of happiness, effects of happiness, causes of happiness, strategies for enhancing happiness.

UNIT III Concept and development of Self-efficacy, Optimism, and Hope

UNIT IV Applications of positive psychology:

Education, work and health.

Practicum:

5. Measurement of wellbeing by using any suitable test.
6. Measurement of happiness by using any suitable test.
7. Measurement of Self-efficacy by using any suitable test.

REFERENCES

- Baumgardner, S.R., & Crothers, M.K. (2010). Positive Psychology. New Delhi: Prentice Hall.
- Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. London, UK: Rutledge.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
- Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology: The Scientific and Practical Exploration of Human Strengths. New Delhi: Sage

Semester IV
Minor 401 **Minor Course - 4 (4)**

Introduction to General Psychology: Theory and Practicum

Learning Outcomes:

- i) Demonstrate an understanding of the foundational concepts of the human behavior and cognition.
- ii) Demonstrate comprehension of the theoretical concepts of psychology such as perception, memory, motivation, learning, etc.
- iii) Ability to identify various approaches, fields and sub-fields of Psychology

UNIT 1:

Nature and scope of Psychology, Historical Development and Current Status, Psychology in India.

UNIT 2:

Attention & Perception - Nature, Selective and Divided Attention, Perceptual processes: laws of perceptual organizations: Illusions and hallucinations, factors affecting perception.

UNIT3:

Learning: nature and factors of learning, Conditioning, classical conditioning, and operant conditioning. Applications of learning.

UNIT4:

Memory: Concept, stages and types. Strategies to improve memory. Forgetting: Concepts and causes

PRACTICUM:

- Determination of the effects of meaningfulness of learning material on memorization.
- Demonstrate the phenomena of incidental learning.

REFERENCES

Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. & Hilgard, E. R. (2013). *Introduction to Psychology*. New York: H. B. J. Inc. (Ch. 1, pg 2-28; Ch. 5, pg 150-198; Ch 8, Pg 270-316)

Baron, R.A. & Misra, G. (2014). *Psychology*. New Delhi: Pearson Education. (Ch.1, pg 1-42; Ch. 3, pg 88-126; Ch. 6, pg 215-255; Ch. 7, pg 236-269)

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

Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). *Psychology: South Asian Edition*. New Delhi: Pearson Education. (UNIT 1 :Ch. 3, pg 88-126; Ch. 6, pg 212-251)

Passer, M.W. & Smith, R.E. (2013). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata Mc Graw-Hill (Ch. 7, pg 210-249)

Sternberg, R. (2000). *Psychology: In Search of the Human Mind*. Wadsworth Publishing. (2015). *Psychology: The Science of Mind and Behaviour*. London: Tata McGraw-Hill

Interdisciplinary (3)

BASICS OF SOCIAL AND ORGANIZATIONAL PSYCHOLOGY

Unit 1: Introduction: Nature and scope of social psychology. Basics concepts of leadership.

Unit 2: Group: Nature of groups; Influence of group on individual behavior; crowd and mob behavior. Social issues: Public opinion and Propaganda.

Unit 3: Organizational Psychology: Concept of psychology and organizational behavior: Aim and scope.

Units 4: Work and Environment: Illumination, Ventilation, Temperature, Noise. Accidents in organization: Causes and Prevention. Organizational commitment.

Readings:

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
- Baumeister, R.F., & Bushman, B.J. (2013). Social Psychology and Human Nature. New York: Wadsworth.
- Franzoi, S.L. (2009). Social Psychology (5th Ed.). New Delhi: McGraw-Hill.
- Hogg, M., & Vaughan, G.M. (2008). Social Psychology. New Delhi: Prentice
- Kuppaswamy (2009). An Introduction to Social Psychology. Chennai: Media Promoters and Publishers Pvt Ltd.

Tripura University

NEP Based Learning Outcome Curriculum Framework (LOCF) for BA Psychology

**Semester V (Major (core) Course 9 (4))
Industrial Psychology-I**

Learning outcomes:

- Understanding the concept of industrial psychology
- Knowing concepts of communication and its different aspects.
- Learning concepts of leadership and motivation, job satisfaction.
- Applying the knowledge of stress management for better organisational environment.

UNIT I: Industrial psychology: Objectives, importance, nature, scope, methods.

Organisational environment: Physical, psychological and their influence on work and output

UNIT II: Communication: importance, kinds, barriers, steps of effective communication. Stress: causes; effects and managements. Motivation at work – importance, need, types and its effects on work behaviour. Motivation theories: Maslow; Herzberg.

UNIT III : Basis of personnel selection. Job analysis: Importance, objectives. Methods; Uses of psychological test in selection practices. Leadership and function, types and training.

UNIT IV: Decision making process: Definition and concept, models of decision making, rational model, Garbage Can Model.

References

- Blum, N.L...& Naylor J.C. Industrial Psychology its theoretical and social foundation.
- Mc.Cormick, E.J. & Ligen, D.: Industrial Psychology.
- Robbins. S.P.: Organizational Behaviour: Concepts, Controversies & Applications.
- Motanty, G.B.: Textbook of Industrial and Organizational Psychology.

Semester V

Major (core) Course 10 (4)

Industrial Psychology-II: Theory & Practicum

Learning outcomes:

- Understanding the concept of organisational behaviour
- Knowing concepts of communication and its different aspects.
- Learning concepts of motivation and job satisfaction.
- Applying the knowledge of Stress management for better organisational environment.

Unit I: Introduction to organisational behaviour. Organizational climate and culture. Factors affecting organisational climate.

Unit II: Motivation at work: Importance, types and its effect on work behaviour.

Unit III: Job satisfaction: Meaning, factors. Consumer psychology: Definition of consumer behaviour, personality factors of consumers; Advertisement: Definition, psychological appeal of advertisement

Unit IV: Stress and wellbeing at work: Sources of work stress, consequences of stress. Management of stress.

Practicum:

- Measurement of organisational stress by using any suitable test.
- Measurement of job satisfaction by using any suitable test.
- Measurement of motivation by using any suitable test.

References

- Blum, N.L...& Naylor J.C. Industrial Psychology its theoretical and social foundation.
- Mc.Cormick, E.J. & Ligen, D.: Industrial Psychology.
- Robbins. S.P.: Organizational Behaviour: Concepts, Controversies & Applications.
- 11. Motanty, G.B.: Textbook of Industrial and Organizational Psychology.

Semester V

Major (core) Course 11 (4)

Abnormal Psychology-I

Learning Outcome:

- 1) To develop knowledge of schizophrenia along with its causes and treatment.
- 2) To develop familiarity with depression disorder.
- 3) To understand trauma and stress related disorder.
- 4) To learn details of personality Disorder.

Unit I: Schizophrenia: Types, Causes, clinical features & Treatment. Delusional disorders:

Causes, clinical features & treatment.

Unit II: Depression Disorder: Types, causes, clinical features & treatment.

Unit III: Trauma and stress related disorders: Symptoms, causes, types & treatment. Somatic disorders.

Unit IV: Dissociative disorder, Gender dysphoria & personality disorder.

References

- 1) Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- 2) Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
- 3) Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- 4) David Barlow H. & Durand V. Mark, 7 th Edition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition
- 5) Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learning

Semester V
Major (Core) Course 12 (4)

Abnormal Psychology II: Theory & Practicum

Learning Outcome:

- 1) To develop knowledge of abnormal psychology.
- 2) To develop familiarity with concept of normality and abnormality.
- 3) To understand Anxiety related disorder.
- 4) To learn details of Disruptive, impulse & conduct Disorder.

Unit I: Abnormal Psychology: Concept & Historical overview. Modern concept of abnormal psychology, nature, Scope, methods. Determinants (biological, psychological, sociocultural) of abnormal behaviour.

Unit II : Concept of normality and abnormality. Classification: DSM & ICD (Latest version) .Clinical Assessment of Abnormal Behaviour. Concept on Drug Addiction.

Unit III : Anxiety disorder: Generalized anxiety disorder, Phobia(Specific Phobia, Social Phobia & Agoraphobia), Separation anxiety disorder, panic disorder .

Unit IV : Disruptive, Impulse control & Conduct disorders: symptoms, causes & types. Feeding and Eating disorder: symptoms, causes & types. Elimination disorder: symptoms, causes & types.

Practicum:

- Measurement of anxiety by using any suitable test
- Measurement of Self-harm behaviour by any suitable test.
- Measurement of Drug abuse by any suitable test

References

- Coleman. J.C.: Abnormal psychology and modern life.
- Carson. C. Robert. Butcher. N. James and Mineka, Susan: Abnormal Psychology and Modern Life (Latest edition).
- Gelder. N. G. et al: Textbook of Psychiatry.
- Mohanty. G.: Textbook of Abnormal psychology.

- Page: Abnormal psychology.
- Kaplan and Sadock: Synopsis of Psychiatry.

Semester V
Minor Course 5 (4)

Abnormal Psychology : Theory & Practicum

Unit I: Abnormal Psychology: Concept & Historical overview. Nature, Scope & methods of abnormal Psychology. Determinants (biological, psychological, sociocultural) of abnormal behaviour.

Unit II : Concept of normality and abnormality. Classification of Mental Disorder: DSM (Latest version). Concept on Drug Addiction.

Unit III : Anxiety disorders : Generalized anxiety disorder, Phobia (Specific Phobia, Social Phobia & Agoraphobia), Separation anxiety disorder, panic disorder .

Unit IV : Mood disorder- major depressive episode, dysthymic disorder. Bipolar affective disorder-symptoms, etiology, treatment.

Practicum

- Measurement of anxiety by using any suitable test
- Measurement of Depression by any suitable test.

References

- Coleman. J.C.: Abnormal psychology and modern life.
- Carson. C. Robert. Butcher. N. James and Mineka, Susan: Abnormal Psychology and Modern Life (Latest edition).
- Gelder. N. G. et al: Textbook of Psychiatry.
- Mohanty. G.: Textbook of Abnormal psychology.
- Page: Abnormal psychology.
- Kaplan and Sadock: Synopsis of Psychiatry.

Tripura University
NEP Based
Learning Outcomes-based Curriculum Framework (LOCF)
for BA Psychology

Semester VI

Semester VI

[Major (core) Course 13 (4)]

Counselling Psychology: Theory and Practical

Learning Outcome:

- To develop an understanding of basic concepts, processes, and techniques of counselling.
- To acquaint the learner with the challenges of counselling.

UNIT I:

Introduction: Nature and goals; Counselling as a profession: Professional Ethics

(Latest Version of American Counselling Association – ACA); the effective counsellor:

Personality characteristics; counselling process and general steps.

UNIT II:

Psychoanalytic techniques: importance, approaches, challenges. Behaviouristics techniques: Importance, approaches and challenges; cognitive approaches: importance, approaches, challenges.

UNIT III:

Child Counselling: Needs, general process challenges.

Family Therapy: Needs, general process challenges.

Career Counselling: Needs, general process challenges.

UNIT IV:

Applications: Indian Techniques: Yoga and Meditation, counselling and technology: Importance, techniques, advantages and disadvantages. Crisis Intervention: Suicide, and Sexual Abuse.

Practicum:

- 1) Assessment of Scholastic Aptitude
- 2) Assessment of Suicidal ideation.
- 3) Assessment of Psychological counselling need.

REFERENCES

- 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.
- Gladding, S. T. (2012). *Counselling: A comprehensive profession*. (7th Ed) New Delhi. 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.
- 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.
- Seligman, L. & Reichenberg , L.W.(2010). *Theories of counselling and Psychotherapy: Systems, strategies, and skills* (3rd Ed). New Delhi: Pearson.
- Sharf, R. S. (2012). *Theories of psychotherapy & counselling: Concepts and Cases* (5th Ed). Boston: Brooks/Cole Cengage Learning.
- Udapa, K. N. (1985). *Stress and its management by yoga*. Delhi: Motilal Banarsidas.
- Ziomek-Daigle,J.(2018). *Counselling children and adolescents: Working in school and Mental Health Settings*, New Delhi: Routledge.
- <https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf>

Semester VI

[Major (core) Course 14 (4)]

Community Psychology: Theory and Practical

Objective:

- To learn the link between individuals and communities;
- To deal with social issues more effectively with people's participation.

Unit – I:

Definition of community psychology, nature and scope. Types of communities. Role of community psychologists, importance of community psychology.

Unit – II:

Core values: Individual and family wellness: sense of community; respect for human diversity. Social justice, empowerment and citizenship participation.

Unit – III:

Health promotion: Process of community organization for health promotion, importance. Community programme for child and old age with special emphasis on Indian Context.

Unit – IV:

Concept of community development- Assumptions of community development, benefits of community development.
Community empowerment: Concepts, dimensions of empowerment. Types of empowerment. Importance of empowerment in the community.

Practicum:

1. Assessment of family environment by any suitable scale.
2. Assessment of attitude towards a social problem in the community by any suitable scale.
3. Measurement of attitude towards the differently able by any suitable scale.

Suggested Readings:

1. Klores, B. Hill, J, Thomas, Wandersmen, A, Elias.
2. MJ & Dalton, J.H (2012). Community Psychology: Linking Individuals and Communities, Wadsworth, Cengage Learning.
3. McKenzies J.F, Pinger, R.R. & Kotec Ki, J.E (2009). An Introduction to community health. United States: James and Bartlett Publishers.
4. Misra, G. (Ed.) (2010) Psychology in India. Indian Council of Social Science Research. Dorlig Kindersley (India) Pvt. Ltd. Pearson Education.

Semester VI

[Major (core) Course 15 (4)]

Health Psychology

Objective :

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

Unit – I

Introduction

Health Psychology-concept; components of health: social, emotional, spiritual and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.

Unit – II

Behaviour and Health

Characteristics of health behavior, Barriers of health behavior, theories of health behavior and their implications (the social cognitive theory, the trans-theoretical model, the health belief model, the theory of reasoned action/ planned behaviour).

Unit – III

Stress

Nature, types, sources, Effects of stress on physical and mental health; Coping and stress management.

Unit – IV

Health Management

Health enhancing behaviours: Exercise, Nutrition, safety, managing and controlling pain. Health protective behaviours, Illness management.

Suggested Readings:

1. Allen, F. (2011). Health psychology and behavior. Tata McGraw Hill Edition.
2. Dimatteo, M.R., and Martin L.R. (2011). Health Psychology. India: Dorling Kindersley.
3. Misra, G. (1999). Stress and Health, New Delhi: Concept.
4. Sarafino, E.P. (2002). Health Psychology: Bio-Psychosocial interactions (4th Edition). New York: Wiley.
5. Taylor, S.E. (2006). Health Psychology, 6th Edition. New Delhi: Tata McGraw.

Semester VI:

[Major (core) Course 16 (4)]

Criminal Psychology

Learning Outcomes:

- To makes the students familiar with the field of criminal psychology.
- To make the students understand the origins of criminal behaviour.
- To make the student understand the role of biological, learning and situational factors of criminal behaviour.

UNIT I:

Introduction to criminal psychology: Definition and history, scope, role and functions of criminal psychologists, theories of criminal behaviour: psychodynamic, behaviouristic and cognitive.

UNIT II:

Concept of crime and various forms. Origins of criminal behaviour: Genetics and antisocial behaviour, Social environmental risk factors, parental risk factors, psychological risk Factors. gender and criminal behaviour.

UNIT III:

Juvenile delinquency: Definitions and nature. Extent of juvenile offending: Status offenses, The serious delinquent, Gender differences in juvenile offending; Causes; consequences, rehabilitation and prevention. Basic concept of JJB Act.

UNIT IV:

Cybercrime: Nature and types. cyber stalking, cyber bullying, gambling and pornography. Psychological characteristics of cybercriminals and prevention measures of cybercrime.

REFERENCES:

1. Bartol, C.R. and Bartol, Anne M. (2017). Criminal Psychology a Psychological Approach, Eleventh Edition, Global Edition, Pearson Education Limited
2. Durrant, Russil (2013). An Introduction to Criminal Psychology, New York; Routledge
3. Mohanty, R. K. and Mohanty, S. (2015) Textbook of Criminology Penology and Victimology, Mumbai: Himalaya Publishing House.
4. Peter, B. Ainsworth (2003). Offender Profiling and Crime Analysis. Lawman (INDIA) Pvt. Ltd. New Delhi.
5. Ray Bull, Claire Cooke, Ruth Hatcher and Jessica Woodhams (2006). Criminal Psychology a beginner's guide, A One world Book Published by One world Publications

Semester VI:

[Minor (core) Course 6 (4)]

Statistics and Research Methodology: Theory and Practical

Learning Outcomes:

- To understand advanced statistical techniques.
- To understand the statistical methods used in statistical inferences with a concept-focused approach.

UNIT I:

Measures of central tendency: Mean, median and mode for grouped and ungrouped data, properties, advantages and disadvantages, uses and calculation.

UNIT II:

Measures of variability: Range, AD, SD and QD, properties, uses, advantages and disadvantages, calculation.

UNIT III:

Research problem: Basic concept; Hypothesis: Definition, types and criteria of a good hypothesis; Sample and population: Sampling techniques.

UNIT IV:

Methods of data collection: Experimental method, Observation, survey method, Qualitative and Quantitative research

PRACTICUM:

1. Data collection through intelligence testing.
2. Application of questionnaire method by using any standardised psychological questionnaire.

REFERENCES:

Dyer, C. (2001). Research in psychology: A practical guide to research methodology and statistics (2nd ed.). Oxford: Blackwell Publishers.

Garrett, H.E. (1973). Statistics in psychology and education. Bombay: Vakils, Feffer and Simons Private Ltd.

King, B.M., Rosopa, P.J., & Minium, E.W. (2007). Statistical reasoning in the behavioral sciences. (7th Ed.). USA: John Wiley.

Mangal, S.K. (2010). Statistics in psychology and education (2nd Ed.). PHI Learning.

SEMESTER VII Paper: Major 701

Cognitive Psychology

Course Objectives:

-To provide theoretical as well as applied knowledge of cognitive aspects in Psychology.

Course Outcomes: After completing the course, the students will:

1. Know about the functions of cognition.
2. Be competent in understanding cognitive psychology and its relation to the phenomenon of learning.
3. Be able to understand and analyse thinking, problem-solving, and decision-making process.

Unit 1: Introduction Concept of Cognition, Origin and historical connection of Cognitive psychology with other schools of Thought; Emergence of Modern Cognitive Psychology, Current Status, assumptions and methods of studying cognitive psychology, Indian approach to cognition

Unit 2: Information Processing approach: Attention: Attenuation theory & Broadbent's theory of Attention, Perception: Top Down and Bottom up approaches, Subliminal perception, Pattern recognition in perception, Psychophysics: Concept & Methods and Signal detection theory.

Unit 3: Decision Making and Problem-solving Models & theories; Complex and uncertain decision making; Human problem-solving strategies- heuristics and algorithmic; expert and novice problem solvers.

Unit 4: Emotion: Cognitive basis of emotion, Cognitive approaches in emotion: James Lange, Cannon-Bard, Sketcher Singer, Lazarus, ; Relation of emotion with attention, perception, memory, thinking; Physiological Correlates of emotion ,Emotional Regulation and its Strategies.

Recommended Books:

1. Baddley, A. (1997). Human memory: Theory and practice. New York: Psychology Press.
2. Edward E. Smith, Stephen M. Kosslya : Cognitive Psychology, Printice Hall of India, New Delhi
3. Robert L. Solso : Cognitive Psychology, 6th edition, Person Education, Low price edition
4. Smith, E.E. &Kosslyn, (2007). Cognitive psychology: Mind and brain. Prentice Hall.
5. Tripathi, A.N. &Babu, Nandita (2008). Cognitive processes. In Misra, G. (Ed.). Psychology in India: Advances in Research, Vol. 1. New Delhi: Pearson Education.

Advance Research Methodology and Statistics

Course Objectives:

To provide theoretical and applied knowledge of research methodology and inferential statistics, along with conceptual understanding of SPSS for psychological data analysis.

Course Outcomes:

After completing this course, students will:

1. Understand the foundations and processes involved in psychological research.
2. Learn appropriate research designs, methods of data collection, and principles of measurement.
3. Understand hypotheses, variables, statistical assumptions, and decision rules.
4. Apply parametric and non-parametric statistical tests—including chi-square—for psychological data.
5. Use SPSS for basic data management and statistical analysis.

UNIT 1: Research Designs & Measurements. Research Designs: Meaning and Purpose, Within- and Between- Group Designs – Single Group and Single Subject Designs, Randomized Groups Designs, Matched Groups Designs, Latin Square Designs, Factorial Designs, Repeated Measures Design. Non- and Quasi – Experimental Designs: One Group Design; Non-equivalent and Control Group Designs; Interrupted Time – Series Designs; Multiple Time- Series designs.

Unit 2: Measurement: meaning, differences between psychological and physical measurements, Levels (scales) of measurement, properties of scales of measurement, Likert scale; Uses (functions) of scales. Testing: Nature, meaning, classification and use of psychological tests. Characteristics of a good psychological test .Uses and limitations of psychological tests and testing. Ethical issues in psychological testing.

Unit 3: Parametric & Non-Parametric Inferential Statistics

Population and sample; Sampling error; Null and alternative hypotheses; Levels of significance; Type I and Type II errors; Assumptions of parametric tests; p-value interpretation and decision rules. Parametric test: Independent sample t-test; Paired sample t-test, Concept of Correlation and computation and interpretation. Non-parametric test: Concept of Mann–Whitney U test; Spearman Rank-Order Correlation. Chi-square test (Goodness of Fit and Test of Independence)—assumptions, computation, interpretation. Concept of SPSS.

Unit 4: Writing Up Research

A. Report writing in APA format – Introduction, Literature Review, Statement of the Problem (Objectives and Hypothesis), Methodology (sample, tools, procedure, design)

B. Results, Discussion, Conclusion, Summary of the research (theoretical implications, practical implications, limitations, and suggestions for future research), References in APA format, and Appendices. Avoiding plagiarism.

Recommended Books:

Anastasi, A. S. & Urbina, S. (1999). Psychological Testing, (7th Ed.). MacMillan Co. Aron, A., Aron, E. N., & Coups, E. J. (2007).

Statistics for Psychology. (4th Ed.). India: Pearson Education, Prentice Hall. Breakwell, G. M., Hammond, S., & Schaw, C. F. (2000).

Research Methods in Psychology. New Delhi: Sage Publications. Cozby, P. C. (1997) Methods in Behavioral research.

Mayfield Publishing company. (6th ed.). Dawson, C. (2002). Practical Research Methods. New Delhi: UBS. Garrett, H. E. (1985).

Statistics in Psychology and Education. Bombay: Vakils, Feffer & Simon Ltd. Kerlinger, F. N. (1983).

Foundations of Behavioral Research. 2nd Edition. Surjeet Publications, New Delhi. Kothari, C. R. (2003) Research methodology: Methods and techniques. Wishwa Prakashan (2nd ed). Kumar, Ranjit. (2014).

Research Methodology: A Step-by-Step Guide for Beginners. Fourth Edition. Thousand Oaks, California: Sage Publications. Manual of the American Psychological Association (6th ed). Schweigert, W. A. (2017).

Research Methods in Psychology. (3rd Edition) Scientific International Pvt. Ltd. Singh, A. K. (2000) Test, Measurement and Research Methods in Behavioral Sciences. Patna: Bharti Bhawan Publishers.

Forensic Psychology

Learning Outcomes:

- To explain the key concepts of forensic psychology and its application in law.
- To delineate the roles and functions of forensic psychologists.
- To introduce the applications of forensic psychology in policing, crime and civil cases.

UNIT I:

Introduction: Nature and Scope of Forensic Psychology, Sub-specialities in Forensic Psychology, Ethical Issues in Forensic Psychology. Psychology-law relationship.

UNIT II:

Role and Functions of Forensic Psychologist: Forensic Psychologist's Role and Functions, Qualifications, competencies and Training. Importance of forensic psychologists.

UNIT III:

Assessment and evaluation in forensic psychology: Role of Assessment and Evaluation in Forensic Psychology Assessment, Tests and Evaluation in Forensic Psychology Personality Testing in Forensic Psychology

UNIT IV: Challenges: Challenges in forensic assessment-procedural issues (access to records, witnesses, coordination with police, lawyers and prison staff, clear documentation and report writing), test related issues (lack of forensic-specific tests, limited normative data for diverse population, test security and misuse of instruments, challenges in using tests in prison), client related issues (limited motivation to cooperate, fear of legal consequences, intellectual disability or low literacy affecting test performance), professional competency issues, bias issues.

PRACTICUM:

1. Mental status examination by any suitable test
2. Measurement of aggression by any suitable test
3. Measurement of Behaviour Deviance by any suitable test

REFERENCES:

American Psychological Association. (2011). Speciality Guidelines for Forensic Psychology. American Psychology- Law Association.

Bartol, C.R. and Bartol, A.M. (2008). Introduction to Forensic Psychology. Research and Application. (2nd edition). Barnes & Nobles, NY.

Canter, D. (2017). *Criminal Psychology*. New York: Routledge.

Harmening, W and Gamez, A. M. (2016). *Forensic Psychology*. Delhi: Pearson.

Huss, M. T. (2014). *Forensic Psychology: Research, Clinical Practices and Applications*. USA: Wiley.

Polizzi, D and Draper, M. R. (2016). *Forensic Psychology Reconsidered: A Critique of Mental Illness and the Courts*. New York: Routledge.

Shipley, A.L and Arrigo, B. A. (2012). *Introduction to Forensic Psychology: Court, Law Enforcement and Correctional Practices*. New York: Elsevier.

SEMESTER VII:

Paper: Major 704

Psychology of Personal Adjustment

Learning Outcomes:

- To gain holistic knowledge and pursue their academic career for higher studies.
- To groom students to be mentally healthy, emotionally sound and responsible citizens of the country.
- To apply Psychological theories/ principles at personal level, to understand self and others.

UNIT I: An Introduction to Psychology of personal Adjustment

- a. Meaning and nature of psychology of Adjustment,
- b. Meaning and scope of Personal Adjustment,
- c. Characteristics of Satisfactory Adjustment, How we improve adjustment?

UNIT II: Interpersonal Relationship

- a. Effect of early family experiences,
- b. Fundamentals of Interaction :- Communication - feedback
- c. Social expectation - role – behaviour - Reciprocal Gratification

UNIT III: Family Adjustment

- a. Meaning and Nature of the Family, the Function of Family
- b. The Dynamics of Family Interaction : Marital adjustment, The Parent – Child Relationship
- c. Adjusting to Family crises

UNIT IV: School Adjustment

- a. School as a New Experience
- b. The Home – School Relationship, The Teacher – Child Relationship
- c. The Dynamics of learning

PRACTICUM

Measurement of Academic Adjustment using any suitable scale

Measurement of Marital Adjustment using any suitable scale

Measurement of Parenting and Family Adjustment using any suitable scale

REFERENCES:

George, Lehner and Ella Kube, The Dynamics of Personal Adjustment., Prentice – Hall. Inc. (N.J.)

Weiten W. and Lloyd, M.A. (2007) Psychology Applied to Modern Life Adjustment in the 21st Century 8th Edition. United States Thomson Wadsworth.

Psychology of Adjustment- Braj Bhushan & Alok Bajpai

Psychology of Adjustment- Vipin B. Kumar
Adjustment Psychology- Dr. Sonal Prajapati.

Industrial Psychology: Theory & Practicum

Learning outcomes:

- Understanding the concept of organisational behaviour
- Knowing concepts of communication and its different aspects.
- Learning concepts of motivation and job satisfaction.
- Applying the knowledge of Stress management for better organisational environment.

Unit I: Introduction to organisational behaviour. Organizational climate and culture. Factors affecting organisational climate.

Unit II: Motivation at work: Importance, types and its effect on work behaviour.

Unit III: Job satisfaction: Meaning, factors. Consumer psychology: Definition of consumer behaviour, personality factors of consumers; Advertisement: Definition, psychological appeal of advertisement

Unit IV: Stress and wellbeing at work: Sources of work stress, consequences of stress. Management of stress.

Practicum:

- Measurement of organisational stress by using any suitable test.
- Measurement of job satisfaction by using any suitable test.
- Measurement of motivation by using any suitable test.

References

- Blum, N.L...& Naylor J.C. Industrial Psychology its theoretical and social foundation.
- Mc.Cormick, E.J. & Ligen, D.: Industrial Psychology.
- Robbins. S.P.: Organizational Behaviour: Concepts, Controversies & Applications.
- 11. Motanty, G.B.: Textbook of Industrial and Organizational Psychology.
- Luthans, F. (2011). Organizational behavior (12th ed.). McGraw-Hill/Irwin.

NEP UG Syllabus

Department of Psychology

SEM VIII

Bachelor's Degree with Honours (20 Credits)

Sl No	Course Code	Name of Course	Type of Course	Total Credit
1	PSY 801 C	Media Psychology: Theory and Practicum	Major	4
2	PSY 802 C	Foundations of Personality	Major	4
3	PSY 803 C	Educational Psychology: Theory and Practicum	Major	4
4	PSY 804 C	Psychological Testing	Major	4
5	PSY 801M	Media Psychology: Theory and Practicum	Minor/ Elective	4

PSY 801 C: MEDIA PSYCHOLOGY: THEORY AND PRACTICUM

Learning Outcomes:

- To help students understand the basic concepts, developments, issues and debates in the field of media psychology.
- To help students understand the effects of media on childhood and adolescence periods.
- To help students understand the psychological effects of media.

UNIT I: Induction to Media Psychology

Definition; Brief history; Dimensions of media psychology; The need for media psychology; Psychology and media relationship; Media psychology and kindred disciplines; Practicing media psychology.

UNIT II: Developmental Issues in Media Psychology

Young children and television – fantasy versus reality, children's socialization through media, imagination, pretence, and theory of mind

Food advertisements and childhood obesity, law on children's advertisements

UNIT III: Media and Adolescents

Gender representation in media – male, female and transgender, Stage theory of consumer development, media use in adolescence, the role of media figures during adolescence, cultural functions of media use, media influences on adolescents' body image.

UNIT IV: Psychological Effects and Influences of Media

Pro-social effects of media – media and prosocial behaviour, The effects of media violence – immediate effects, characteristics of the users of violent media, cognitive factors in media violence, gaming issues of internet addictions; ethical issues in the use of media; Future directions in media.

PRACTICUM:

- 1) Measurement of Mobile Phone Addiction by any suitable scale
- 2) Measurement of Advertising Effectiveness by any suitable scale
- 3) Measurement of fear of missing out (FOMO) by any suitable scale

Suggested Readings:

1. Giles, D. (2003). Media Psychology, Lawrence Erlbaum Associates & Publishers: London.
2. Asrat, Y. (2022). Media psychology. Global Vision Publishing House
3. S.P. Singh. (n.d) Media Psychology

PSY 802 C: FOUNDATIONS OF PERSONALITY

Learning Outcomes:

- To understand the core personality concept
- To understand individual human behaviour

UNIT I: Introduction

Personality: Concept and definitions; traits, types, determinants and assessment.

Biological bases of personality, Genetics and personality, Brain and neurotransmitters in personality, Temperament and personality, Evolutionary perspectives on personality.

UNIT II: Theories of Personality

Trait Personality Theory and Behavioural Personality Theories

Psychodynamic Personality Theory and Big 5 Personality Theory

UNIT III: Personality Development

Personality development across the life span. Role of Family and parenting, Peer and social influences, Personality in digital age.

Culture and personality, Gender and personality, Socio-economic and environmental influences, Personality development and adjustment.

UNIT IV: Personality Disorders

Basic Concept, diagnostic criteria, causes and treatment of the personality disorders: Paranoid, Schizoid, Schizotypal (Cluster A), Antisocial, Borderline, Histrionic, Narcissistic (Cluster B), Avoidant, Dependent, Obsessive-Compulsive (Cluster C)

Suggested Readings:

1. Cloninger, S. C. (2008). Theories of personality: Understanding persons (5th ed.). New York: Pearson.
2. Funder, D. C. (2010). The personality puzzle. New York: W. W. Norton & Company.
3. Mayer, J. D. (2007). Readings in personality psychology (1st ed.). New York: Pearson.
4. Phares, E. J., & Chaplin, W. F. (1997). Introduction to personality (4th ed.). New York: Addison-Wesley-Longman.
5. Singh, A. K. (2010). Vyaktitva ka manovigyan. Varanasi: Motilal banarasidas.

PSY 803 C: EDUCATIONAL PSYCHOLOGY: THEORY AND PRACTICUM

Learning Outcomes:

- To understand the psychological foundation of education.
- To understand the psychological Issues in Education

UNIT I: Introduction

Educational Psychology- Definition, Nature, Scope and methods. Conditions that facilitate learning.

Relation between Psychology and education, significance and applications of educational psychology

UNIT II: Motivation in Learning

Factors & types of motivation, strategies for enhancing student motivation, Relation between motivation and leaning

Theories of motivation: Maslow, Herzberg, McClelland; Classroom application of motivational theories

UNIT III: Transfer of Training

Definition, nature, types, factors and importance of transfer of training

Theories (Theory of Identical Elements, Stimulus Generalization Approach and (cognitive Theory of Transfer) and their educational implications.

UNIT IV: Difficulties in School Learning

Addressing bullying and peer pressure, promoting emotional and social well-being

Mental Retardation and giftedness- concept, causes, rehabilitation. Learning Disabilities: basic concept, types, causes and rehabilitation.

PRACTICUM

1. Demonstrate the phenomenon of positive and negative transfer of training.
2. Measurement of Numerical Ability by Differential Aptitude Test.
3. Measurement of any learning disability by a suitable test

Suggested Readings:

1. Mangal, S. K. (2002). Advanced educational psychology (2nd ed.). PHI Learning Pvt. Ltd.
2. Mangal, S. K. (2007). Essentials of educational psychology. PHI Learning Pvt. Ltd.
3. Skinner, C. E. (1960). Educational psychology. Prentice Hall of India.
Kerala University Library
4. Woolfolk, A. (2020). Educational psychology (14th ed.). Pearson Education.

PSY 804 C: PSYCHOLOGICAL TESTING

Learning Outcomes:

- To understand the principles of psychological testing.
- To familiarise with the applications of various psychological testing

Unit I: Introduction to Psychological Testing

Basic concept, nature and scope of psychological test; Types and variation of psychological test: Speed vs. Power, parallel test; Ethics in testing.

Unit II: Construction and Standardization of Psychological Test

Development of a psychological test; test construction (item writing and item analysis), Test standardization: Reliability: types and factors affecting reliability; Validity: types and factors affecting validity; Norms: types and development

Unit III: Types of Tests

Types of tests (intelligence, aptitude and personality), attitude scales and interest inventories, educational measurement and evaluation.

Unit IV: Psychological Scaling

Psychological scaling, sources of bias in psychological testing, ethical issues in psychological testing, application of factor analysis in test standardization with important illustrations

Suggested Readings:

1. Anastasi, A. & Urbina, S. (1997). *Psychological testing*. New Delhi: Pearson Education.
2. Freeman, F. S. (1972). *Theory and practice of psychological testing*. New Delhi: Oxford & IBH.
3. Gregory, R. J. (2006). *Psychological testing: History, principles, and applications, 4th edition*. New Delhi: Pearson Education.
4. Kerlinger, F. N. (1973). *Foundations of Behavioural Research* (2nd edition). Delhi: Sanjeet Publications.
5. Siegel, S. & Castellon, N. J. (1988). *Non-parametric Statistics for the Behavioural Sciences* (2nded.). New York: McGraw Hill.
6. Gravetter, F. J. & Wallnau, L. B. (2013). *Statistics for the behavioral sciences* (9thed.). Belmont, CA: Wadsworth, Cengage Learning.
7. Aron, A. Coups, E. J., & Aron, E. N. (2013). *Statistics for psychology* (6thed.). Delhi: Pearson Education.
8. Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4thed.). London

801M: MEDIA PSYCHOLOGY: THEORY AND PRACTICUM

Learning Outcomes:

- To help students understand the basic concepts, developments, issues and debates in the field of media psychology.
- To help students understand the effects of media on childhood and adolescence periods.
- To help students understand the psychological effects of media and its violence.

UNIT I: Induction to Media Psychology

Definition; Brief history; Dimensions of media psychology; The need for media psychology; Psychology and media relationship; Media psychology and kindred disciplines; Practicing media psychology.

UNIT II: Developmental Issues in Media Psychology

Young children and television – fantasy versus reality, children's socialization through media, imagination, pretence, and theory of mind

Food advertisements and childhood obesity, law on children's advertisements

UNIT III: Media and Adolescents

Gender representation in media – male, female and transgender, Stage theory of consumer development, media use in adolescence, the role of media figures during adolescence, cultural functions of media use, media influences on adolescents' body image.

UNIT IV: Psychological Effects and Influences of Media

Pro-social effects of media – media and prosocial behaviour, The effects of media violence – immediate effects, characteristics of the users of violent media, cognitive factors in media violence, gaming issues of internet addictions; ethical issues in the use of media; Future directions in media.

PRACTICUM:

1. Measurement of Mobile Phone Addiction by any suitable scale
2. Measurement of Advertising Effectiveness by any suitable scale
3. Measurement of fear of missing out (FOMO) by any suitable scale

Suggested Readings:

1. Giles, D. (2003). Media Psychology, Lawrence Erlbaum Associates & Publishers: London.
2. Asrat, Y. (2022). Media psychology. Global Vision Publishing House
3. S.P. Singh. (n.d) Media Psychology

SEM VIII

Bachelor's Degree with Honours in Research (20 Credits)

Sl No	Course Code	Name of Course	Type of Course	Total Credit
1	PSY 801 C	Educational Psychology: Theory and Practicum	Major	4
2	PSY 802 C	Research Project/ Dissertation (Suggested format) Chapter 1: Introduction Chapter 2: Review of Literature Chapter 3: Methodology Chapter 4: Results and Discussion Chapter 5: Summary Chapter 6: Implications, limitations and suggestions for future research Chapter 7: Conclusion	Major	12
3	PSY 801 M	Media Psychology: Theory and Practicum	Major	4

PSY 801 C: EDUCATIONAL PSYCHOLOGY: THEORY AND PRACTICUM

Learning Outcomes:

- To understand the psychological foundation of education.
- To understand the psychological Issues in Education

UNIT I: Introduction

Educational Psychology- Definition, Nature, Scope and methods. Conditions that facilitate learning.

Relation between Psychology and education, significance and applications of educational psychology

UNIT II: Motivation in Learning

Factors & types of motivation, strategies for enhancing student motivation, Relation between motivation and leaning

Theories of motivation: Maslow, Herzberg, McClelland; Classroom application of motivational theories

UNIT III: Transfer of Training

Definition, nature, types, factors and importance of transfer of training

Theories (Theory of Identical Elements, Stimulus Generalization Approach and (cognitive Theory of Transfer) and their educational implications.

UNIT IV: Difficulties in School Learning

Addressing bullying and peer pressure, promoting emotional and social well-being
Mental Retardation and giftedness- concept, causes, rehabilitation. Learning Disabilities: basic concept, types, causes and rehabilitation.

PRACTICUM

4. Demonstrate the phenomenon of positive and negative transfer of training.
5. Measurement of Numerical Ability by Differential Aptitude Test.
6. Measurement of any learning disability by a suitable test

Suggested Readings:

5. Mangal, S. K. (2002). Advanced educational psychology (2nd ed.). PHI Learning Pvt. Ltd.
6. Mangal, S. K. (2007). Essentials of educational psychology. PHI Learning Pvt. Ltd.
7. Skinner, C. E. (1960). Educational psychology. Prentice Hall of India.
Kerala University Library
8. Woolfolk, A. (2020). Educational psychology (14th ed.). Pearson Education.

801 M: MEDIA PSYCHOLOGY: THEORY AND PRACTICUM

Learning Outcomes:

- To help students understand the basic concepts, developments, issues and debates in the field of media psychology.
- To help students understand the effects of media on childhood and adolescence periods.
- To help students understand the psychological effects of media and its violence.

UNIT I: Induction to Media Psychology

Definition; Brief history; Dimensions of media psychology; The need for media psychology; Psychology and media relationship; Media psychology and kindred disciplines; Practicing media psychology.

UNIT II: Developmental Issues in Media Psychology

Young children and television – fantasy versus reality, children’s socialization through media, imagination, pretence, and theory of mind. Food advertisements and childhood obesity, law on children’s advertisements

UNIT III: Media and Adolescents

Gender representation in media – male, female and transgender, Stage theory of consumer development, media use in adolescence, the role of media figures during adolescence, cultural functions of media use, media influences on adolescents’ body image.

UNIT IV: Psychological Effects and Influences of Media

Pro-social effects of media – media and prosocial behaviour, The effects of media violence – immediate effects, characteristics of the users of violent media, cognitive factors in media violence, gaming issues of internet addictions; ethical issues in the use of media; Future directions in media.

PRACTICUM:

4. Measurement of Mobile Phone Addiction by any suitable scale
5. Measurement of Advertising Effectiveness by any suitable scale
6. Measurement of fear of missing out (FOMO) by any suitable scale

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1. Giles. D, (2003). Media Psychology, Lawrence Erlbaum Associates & Publishers: London.
2. Asrat, Y. (2022). Media psychology. Global Vision Publishing House
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