

# **FACULTY OF ARTS**

## **SYLLABUS FOR THE BATCH FROM THE YEAR 2022 TO YEAR 2025**

**Programme Code: BA**

**Programme Name: Bachelor of Arts**

**(Semester I- VI)**

**Examinations: 2022-2025**



**Department of Psychology**

**Khalsa College, Amritsar**  
An Autonomous College

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(b) Subject to change in the syllabi at any time.  
(c) Please visit the College website time to time.

S.No.	PROGRAMME OBJECTIVES
1.	Education related to different domains will enable students to acquire knowledge in languages, humanities and social sciences.
2.	This programme will be helpful in cultivating critical thinking among students.
3.	It will enable students to comprehend different concepts globally in order to develop holistic understanding of the world and society.
4.	It will provide awareness to students regarding ethical, social, psychological and political issues in order to increase their sense towards rights and responsibilities towards others.
5.	It will create a better understanding of theories, concepts and methodology related to humanities and social sciences among students.
6.	It will improve the divergent ability of students by exploring the domains of creative arts.
7.	It will provide better career opportunities to students in various sectors.
8.	It will enable students to apply human values to improve human security.

S.No.	PROGRAMME SPECIFIC OUTCOMES (PSOS)
PSO-1	Students will acquire fundamentals of Psychology to build strong foundational base in order to explore careers in Psychology and allied fields. They will be able to apply different psychological concepts in everyday life
PSO-2	Students will be able to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.
PSO-3	Students will get a clear idea about the biological basis of behavior and the influence of behavior, cognition and environment on bodily system.
PSO-4	Students will be able to apply the theoretical knowledge in practical situations related to motivation and emotions.
PSO-5	Students will get an expertise of designing and conducting experiments in laboratory conditions particularly in relation to sensation and perception. They will better be able to look into the role of sensory modalities in influencing human behavior with the help of psychophysical methods.
PSO-6	Students' knowledge about understanding etiology, diagnosis and treatment of psychological problems will be on different level as they will be able to understand it in a better manner.
PSO-7	Students will gain expertise in analytical and counselling skills which will further help in providing remedies to prevent and resolve psychological issues.
PSO-8	Students will get expertise to provide mental health services in schools, nursing homes, old-age homes, de-addiction centers, rehabilitation centers etc.
PSO-9	Students will be able to use descriptive and inferential statistics in order to understand the results of psychological research in a better manner.

**COURSE SCHEME****SEMESTER - I**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPSY-1111	Basic Psychological Processes- I (Theory)	4	50	-	25	75	5-6
BPSYP-1111	Basic Psychological Processes- I (Practical)	2	-	25	-	25	7
						100	

**SEMESTER - II**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPSY-1211	Basic Psychological Processes- II (Theory)	4	50	-	25	75	8-9
BPSYP-1211	Basic Psychological Processes- II (Practical)	2	-	25	-	25	10
						100	

**SEMESTER - III**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
BPSY-2311	Experimental Psychology-I (Theory)	4	50	-	25	75	11-12
BPSYP-2311	Experimental Psychology-I (Practical)	2	-	25	-	25	13
						100	

**SEMESTER - IV**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
<b>Major courses</b>							
BPSY-2411	Experimental Psychology-II (Theory)	4	50	-	25	75	14-15
BPSYP-2411	Experimental Psychology-II (Practical)	2	-	25	-	25	16
						100	

**SEMESTER - V**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
<b>Major courses</b>							
BPSY-3511	Abnormal Psychology-I (Theory)	4	50	-	25	75	17-18
BPSYP-3511	Abnormal Psychology-I (Practical)	2	-	25	-	25	19
						100	

**SEMESTER - VI**

Course Code	Course Name	Hours/Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
<b>Major courses</b>							
BPSY-3611	Abnormal Psychology-II (Theory)	4	50	-	25	75	20-21
BPSYP-3611	Abnormal Psychology-II (Practical)	2	-	25	-	25	22

**Interdisciplinary Courses**

Course Code	Course Name	Hours/ Week	Max. Marks				Page No.
			Th	Pr	IA	Total	
-	Psychology	4	37	-	13	50	23-24

**Value Added Courses**

Course Code	Course Name	Hours	Max. Marks				Page No.
			Th	Pr	IA	Total	
VPSY-110	Basic Counselling Skills	30	25	25	-	50	25-26
VPSY-111	Time and Stress Management	30	25	25	-	50	27-28

(2022-2025)  
**B.A. SEMESTER-I**  
**PSYCHOLOGY**  
**BPSY-1111**  
**BASIC PSYCHOLOGICAL PROCESSES-I**  
**(Theory)**

**Time: 3 Hours**

**Credit Hours (per week):4**  
**Total Hours: 60**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

The overarching aim of this course is to build strong foundation of Psychology by imparting knowledge about schools of Psychology to students. They will be taught various methods to understand the dynamics of human thoughts, feelings and behaviors. They will get an overview of theories related to learning and intelligence and how these theories can impact their day-to-day life. They will also be imparted knowledge about the nature and uses of psychological tests.

**UNIT-I**

**Nature:** Psychology as a Science, Historical background of Psychology with brief introduction to schools (Structuralism, Functionalism, Psychoanalysis, Behaviorism, Gestalt and Humanistic).

**Methods:** Introspection, Observation, Experiment, Case Study, Interview and Questionnaire.

**UNIT-II**

**Learning:** Introduction to Learning, Nature/characteristics of Learning process, Trial and Error learning, Insight learning, A brief introduction to the concepts of Classical and Instrumental Conditioning (Paradigm and the typical experiments), Social/Observational learning.

**Intelligence:** Nature of Intelligence, Theories (Spearman and Thurstone), Cognitive Theories (Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture issue in Intelligence.

**UNIT-III**

**Understanding Individual Differences:** Nature and uses of Psychological Tests. Characteristics of Good Psychological Tests, Types of Psychological Tests (Verbal vs. Non-verbal test, Individual vs.

Group, Speed vs. Power tests, Paper and Pencil Tests vs. Performance Tests, Essay vs. Objective type Tests), Ethical issues in Psychological Testing.

**Measures of Central Tendency:** Meaning and Characteristics of good measure of Central Tendency. Arithmetic Mean, Median, Mode with their merits and demerits.

**Suggested Readings:**

1. Aron, A., Coups, E.J., & Aron, E.N. (2012). *Statistics for Psychology*. New Delhi: Pearson Education.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R., & Nation, J.R. (1987). *Psychology*. New York: Mcmillan Publishing Company.
4. Chaplin, J.R., & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. New York: Holt, Rinehart and Winston, Inc.
5. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
6. Crooks, R.L., & String, J. (1988). *Psychology; Science, Behavior and Life*. New York: Holt Rinehart and Winston, Inc.
7. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
8. Morgan, G.T., King, P.A., Weisz, T.R., & Schopler, J. (1999). *Introduction to Psychology*. New York: Mcgraw Hill Book Co.
9. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Atkinson & Hilgard's Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Understand the historical roots and methods of Psychology to know the dynamics of human thoughts, feelings and behaviors.
CO2	Apply theories of learning and intelligence to modify illogical thoughts and behaviors into logical ones.
CO3	Know individual differences by assessing them on various psychological tools and questionnaires.

**(2022-2025)**  
**B.A. SEMESTER-I**  
**PSYCHOLOGY**  
**BPSYP-1111**  
**BASIC PSYCHOLOGICAL PROCESSES-I**  
**(Practical)**

**Credit Hours (per week): 2**

**Total Hours: 20**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to deliver practical and in-depth experience in accordance to the principles learnt in theory covering the areas of learning, intelligence and individual differences.

**Five Practical have to be performed out of the following:**

1. Simple Reaction Time/Observations by using Chronoscope.
2. Verbal Test of Intelligence- Jalota's Mental Ability Test.
3. Nonverbal test of Intelligence- Cattell's Culture Fair Test.
4. Performance Test of Intelligence- Koh's Block Design Test / Alexander's Pass A Long Test.
5. Trial and Error learning by using wooden/ electronic maze.
6. Effect of Practice on Learning by using Cancellation sheets.

**COURSE OUTCOMES (Cos)**

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	To administer, analyze and interpret results from various psychological tools.
CO2	To apply the knowledge of various assessment procedures related to intelligence and learning.
CO3	To build a rapport with subjects to perform practical effectively.

(2022-2025)  
**B.A. SEMESTER-II**  
**PSYCHOLOGY**  
**BPSY-1211**  
**BASIC PSYCHOLOGICAL PROCESSES-II**  
**(Theory)**

**Time: 3 hours**

**Credit Hours (per week):4**

**Total Hours: 60**

**Max. Marks: 100**

**(Theory: 50**

**Practical: 25**

**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

This course will enable students to associate neurophysiology of human brain to human behavior. Students will be imparted the knowledge about theories of motivation, emotions and personality and their role in the regulation of human behavior in different situations. Along with this theoretical knowledge, they will become aware about the significance of descriptive statistics.

**UNIT-I**

**Biological Bases of Behavior:**

Nervous System (Central and Peripheral), Glands (Endocrine and Exocrine), Neuron (Structure and functions), Resting and Action Potentials, Synapse, Types of Synapses.

**Memory:** Nature, Encoding, Storage and Retrieval. Types of memory– Sensory, Short term and long term.

**UNIT-II**

**Motivation and Emotion:** Biogenic and Socio-genic motives, instincts, Drives and incentives, Intrinsic–Extrinsic framework, Content Theory, The Need Hierarchy model, Conflicts and Frustration, **Emotions:** Development and Types of Emotions, Theories of Emotions (James Lange & Cannon Bard Theory), Physiological Correlates of Emotions.

**Personality:** Concept of Personality, Brief introduction of theories of Personality (Freud, Allport, Murray, Cattell and Eysenck), Techniques of Assessment (Psychometric and Projective).

**UNIT-III**

**Measures of Variability:** Meaning and Characteristics of good measure of Variability, Range, Quartile Deviation, Average Deviation, Standard Deviation and Variance with their merits and demerits.



**Suggested Readings:**

1. Aron, A., Coups, E.J., & Aron, E.N. (2012). *Statistics for Psychology*. New Delhi: Pearson Education.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkins, J.R., & Nation, J.R. (1987). *Psychology*. New York: Mcmillan Publishing Company.
4. Chaplin, J.R., & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. New York: Holt, Rinehart and Winston, Inc.
5. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
6. Coon, D.L., & Mitterer, J.O. (2007). *Introduction to Psychology; Gateways to Mind And Behavior*. Thomson Wadworth.
7. Crooks, R.L., & String, J. (1988). *Psychology; Science, Behavior and Life*. New York: Holt Rinehart and Winston, Inc.
8. Hall, S.S., & Lindzey, G. (1970). *Theories of Personality*. New Delhi: Wiley Eastern Ltd.
9. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
10. Morgan, G.T., King, P.A., Weisz, T.R., & Schopler, J. (1999). *Introduction to Psychology*. New York: Mcgraw Hill Book Co.
11. Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Atkinson & Hilgard's Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.
12. Pinel, J.P.J. (2007). *Biopsychology*. New Delhi: Pearson Education.
13. Solso, R.L. (2007). *Cognitive Psychology*. New Delhi: Pearson Education.

**COURSE OUTCOMES (Cos)**

<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Identify the role of neurophysiology in determining human behaviors.
CO2	Know different theories of motivation, emotion and personality in order to get better view of human beings.
CO3	Apply descriptive statistics on the scores of psychological tools.

(2022-2025)  
**B.A. SEMESTER-II**  
**PSYCHOLOGY**  
**BPSYP-1211**  
**BASIC PSYCHOLOGICAL PROCESSES-II**  
**(Practical)**

**Credit Hours (per week): 2**  
**Total Hours: 20**  
**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to deliver practical and in-depth experience in accordance to the principles learnt in the theory of general psychology. It will help students to administer various psychological tools on other individuals to assess their motivation, personality and memory.

**Five Practical have to be performed out of the following:**

1. Effect of Knowledge of Results on Performance.
2. Measurement of Motivation through drive induction or level of aspiration.
3. Projective techniques- Incomplete sentence Blank.
4. Personality Inventory- Eysenck's Personality Inventory/ Revised NEO- Personality Inventory
5. Immediate Memory Span.
6. Public opinion survey on any social or psychological issue in society.

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	To measure motivation, personality and memory of individuals by using above mentioned psychological apparatus and questionnaires.
CO2	To assess the personality of others by using psychometric and projective techniques.

(2022-2025)  
**B.A. SEMESTER-III**  
**PSYCHOLOGY**  
**BPSY-2311**  
**EXPERIMENTAL PSYCHOLOGY-I**  
**(Theory)**

**Time: 3 Hours**

**Credit Hours (per week):4**  
**Total Hours: 60**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

Students will be taught the fundamental concepts of Experimental Psychology with the motive to prepare them for designing and conducting experiments. They will acquire the contribution of sensation and perception in determining human behavior. Perception of organization, form and space will be introduced to students so that they can better understand the three-dimensional space. This course will enable students to understand the statistical significance of normal probability curve in relation to different psychological constructs.

**UNIT-I**

**Experimental Psychology:** Introduction and Nature of Experimental Method, Advantages and Disadvantages.

**Variables:** Types of Variables- Stimulus, Organismic and Response Variables, Process of Experimentation, Manipulation and control of variables, Concept of Within and Between Experimental Designs.

**UNIT-II**

**Sensation:** Types of sensations, Visual sensation- Structure and functions of the eye, Brief overview of Theories of color vision (Young-Helmholtz, Opponent-Process & Evolutionary), Auditory Sensation- Structure and functions of the Ear, Brief introduction of Theories of hearing, Brief introduction to cutaneous sensation, olfactory sensation and gustatory sensation.

**Perceptual Processes:** Selective Attention, Nature and factors affecting Perception, Principles of Perception (organization), Perception of form; contour and contrast, figure-ground differentiation, perceptual set.

### UNIT-III

**Perception of Movement:** Image-Retina and Eye-Head movement system, Apparent movement, Induced movement, Auto-Kinetic movement.

**Perception of Space:** Monocular and Binocular cues for space perception, Perceptual constancies- lightness, brightness, size and shape.

**Illusions:** Types, causes and brief discussion of theories.

**Statistics:** Normal Probability Curve, Its nature and characteristics (Numerical of Area under NPC only)

#### Suggested Readings:

1. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
2. D. Amato, M.R. (1979). *Experimental Psychology*, New Delhi: Tata McGraw Hill.
3. Garrett, H.E., & Woodworth, R.S. (1969). *Statistics in Psychology and Education*. Bombay: Vakils, Feffer & Simons Pvt.Ltd.
4. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
5. Kerlinger, F. N. (1973). *Foundations of Behavioral Research (2nd edition)*. Delhi: Surjeet Publications.
6. Postman, L., & Egan, J.P. (1964). *Experimental Psychology*, New York: Harper and Row.
7. Schiffman, H.R. (1982). *Sensation and Perception*. John Wiley and Sons.
8. Solso, R.L., & Maclin, M.K. (2007). *Experimental Psychology. A Case Approach*. New Delhi: Pearson Education.
9. Sternberg, R.J. & Sternberg, K. (2007). *Cognitive Psychology*. USA: Thomson Wads Worth.
10. Woodworth, R.S. & Schlosberg, H. (1954). *Experimental Psychology*. New York: Holt, Rinehart and Winston, Inc.

#### COURSE OUTCOMES (Cos)

Sr. no.	On completing the course, students will be able to
CO1	Develop experimental expertise in Psychology students so that they understand the significance of designing and conducting experiments.
CO2	Understand the concepts of sensation and perception with the help of experiments.
CO3	Know the distribution of population on various psychological processes with the help of normal probability curve.

(2022-2025)  
**B.A. SEMESTER–III**  
**PSYCHOLOGY**  
**BPSYP-2311**  
**EXPERIMENTAL PSYCHOLOGY-I**  
**(Practical)**

**Credit Hours (per week): 2**  
**Total Hours: 20**  
**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to provide the students with the practical knowledge of conducting various experiments and psychological tests in sync with experimental psychology. It will help students to administer various psychological tools on other individuals to assess sensing, perceiving and learning abilities of other individuals.

**Five Practical have to be performed out of the following:**

1. Role of Mental-set in perception.
2. Span of Attention/Division of Attention.
3. Muller-Lyer Illusion
4. Bilateral transfer of learning by using Mirror drawing apparatus
5. Paired Associate learning.
6. Classical Conditioning / Reaction Time (Simple Vs. choice RT or Auditory Vs. Visual RT)

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	To measure attention, perception and learning ability of individuals by using above mentioned psychological apparatus and questionnaires.
CO2	To analyze the results of practical quantitatively as well as qualitatively.

(2022-2025)  
**B.A. SEMESTER-IV**  
**PSYCHOLOGY**  
**BPSY-2411**  
**EXPERIMENTAL PSYCHOLOGY-II**  
**(Theory)**

**Time: 3 Hours**

**Credit Hours (per week):4**  
**Total Hours: 60**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

This course aims to provide knowledge about mind-body relationship with the help of different psychophysical methods. Students will get to know about cognitive processes like thinking, problem solving, concept formation and reasoning and their impact on human covert and overt actions. Correlational techniques will also be focused upon to understand the relationship between psychological variables.

**UNIT-I**

**Psychophysics:** Concept of Psychophysics, Physical V/S. Psychological continuum, Weber-Fechner law, Concept of Absolute and Differential Thresholds. Brief overview of methods of Psychophysics and differences between methods (Methods of limits, Method of Constant Stimuli & Method of Average Error).

**Mnemonics:** An Introduction to the concept of mnemonics, Constructive memory, Implicit memory & Eyewitness memory, Methods of measuring Retention.

**UNIT-II**

**Forgetting:** Nature, Factors Affecting forgetting, Theories of forgetting -Decay, Interference, Retrieval failure.

**Thinking and Problem Solving:** Nature and Types of Thinking, Nature of Problem Solving, Stages of Problem solving, Factors, Role of set in Problem Solving.

**UNIT-III**

**Concept Formation:** Nature, Types and Processes.

**Reasoning:** Nature and Types of Reasoning.

**Correlation:** Nature and Types of Correlation, Rank order and Product moment methods (Numericals for Individual data)

Analysis of group differences by t-test

**Suggested Readings:**

1. Ciccarelli, S.K., & White, J.N. (2015) *Psychology*. Boston: Pearson Publishers.
2. D'Amato, M.R. (1970). *Experimental Psychology: Methodology, Psychophysics and Learning*. New Delhi: McGraw Hill Company.
3. Galotti, K.M. (2007). *Cognitive Psychology: In and Out of the Laboratory*. Thomson Wadsworth.
4. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers
5. Postman, L., & Egan, J.P. (1964). *Experimental Psychology*, New York: Harper and Row.
6. Woodworth, R.S. & Schlosberg, H. (1954). *Experimental Psychology*. New York: Holt, Rinehart and Winston, Inc.

**COURSE OUTCOMES (Cos)**

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Understand psychophysical methods to uncover the concepts of sensation and perception deeply.
CO2	Uncover the role of various cognitive processes in determining human behavior.
CO3	Understand how different mental processes are related to each other with the help of statistical techniques

(2022-2025)  
**B.A. SEMESTER-IV**  
**PSYCHOLOGY**  
**BPSYP-2311**  
**EXPERIMENTAL PSYCHOLOGY-II**  
**(PRACTICAL)**

**Credit Hours (per week): 2**

**Total Hours: 20**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to enable students to administer various psychological tools on other individuals to assess thresholds, remembering capacity and concept building capacity of other individuals. They will get to know the practical significance of sensory and perceptual modalities in determining behavior.

**Five Practical have to be performed out of the following:**

1. Measurement of Differential Threshold by method of constant stimuli / method of limits.
2. Recall Vs Recognition Method.
3. Retroactive inhibition.
4. Problem-Solving Ability test by L.N Dubey.
5. Concept formation- Haufmann and Kasanin test of Concept Formation
6. Zeigarnik Effect

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Assess absolute and differential thresholds of subjects with the help of different psychophysical methods.
CO2	Understand the practical application of the principles of classical as well as modern physics.



(2022-2025)  
**B.A. SEMESTER-V**  
**PSYCHOLOGY**  
**BPSY-3511**  
**ABNORMAL PSYCHOLOGY-I**  
**(Theory)**

**Time: 3 Hours**

**Credit Hours (per week):4**  
**Total Hours: 60**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

This course will impart the knowledge about criteria, theoretical perspectives and antecedents of abnormal behavior. Students will get familiarity about research methods and ethical considerations appropriate for the study of abnormal psychology. Students will attain a better orientation to cope with stressors after knowing the unique ways to tackle with stressful situations. Abnormal behaviors due to substance related disorders will also be studied to treat addicts effectively.

**UNIT-I**

**Abnormality:** Concept and Criteria of Abnormality. Myths and Misconceptions regarding Abnormal Behavior, DSM-V: Classification of Abnormal Behavior-Advantages and disadvantages

**Brief overview of Theoretical Perspectives of Psychopathology:** Psychoanalytic, Cognitive, Behavioral, Humanistic and Interpersonal (Sullivan).

**Causes of Abnormal Behavior:** Primary, Predisposing, Precipitating, Reinforcing. Biological Causes– (Genetic defects, constitutional liabilities, Brain dysfunctions and Physical deprivation), Psycho-Social Causes– (Self-perception and cognitive maps, early deprivation, inadequate parenting, pathogenic family structures, maladaptive peer relationship), Socio-Cultural Causes– (Socio-Cultural Environment and Pathogenic societal influences).

**UNIT-II**

**Stress & Coping:** Categories of Stressors, Factors predisposing an individual to stress, Coping Strategies.

**Stress Related Disorders:** Coronary Heart Disease (CHD), Hypertension, Ulcers, Migraine and Pain-Symptoms, causes and general treatment of stress related disorders.

### UNIT-III

**Alcoholism:** Misconceptions about Alcohol & Alcoholism, Clinical Picture, Causes, Treatment & Outcomes.

**Drug Addiction:** Clinical Picture, Causes and Treatment of Opium and its Derivatives, Sedatives (Barbiturates), Stimulants (Amphetamines & Cocaine), Hallucinogens (LSD & related drugs) Marijuana, Caffeine & Nicotine.

#### Suggested Readings:

1. Alloy, L.B., Riskind, J.H., & Manso, M.J. (2006), *Abnormal Psychology: Current Perspectives*. New Delhi: Tata McGraw Hill Publishing Company.
2. Carson, R.C., Butcher, J.N., & Mineka, S. (1997). *Abnormal Psychology and Modern Life*. New York: Harper Collins.
3. Davison, G.C., & Neale, J.M. (1998). *Abnormal Psychology*. New York: John Wiley and Sons.
4. Hooley, J. M., Butcher, J. N., Nock, M., & Mineka, S. (2017). *Abnormal psychology* (17th ed.). Pearson.
5. Sarason, I.G., & Sarason, B.R. (1996). *Abnormal Psychology*. New Delhi: Prentice Hall of India.
6. Singh, A. (1994). *Asadharan Manovigyan*. Punjabi University, Patiala: Publicaiton Bureau.

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Uncover major issues and scientific principles underlying abnormal human behavior
CO2	Acquire psychosocial, biological and socio-cultural perspectives of abnormal behavior
CO3	Gain knowledge about the general psychological problems

(2022-2025)  
**B.A. SEMESTER-V**  
**PSYCHOLOGY**  
**BPSYP-3511**  
**ABNORMAL PSYCHOLOGY-I**  
**(PRACTICAL)**

**Credit Hours (per week): 2**  
**Total Hours: 20**  
**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to enable students to administer psychological tools to assess psychopathology. It will help them to diagnose the psychological problems with the help of questionnaires related to personality, adjustment, attitudes and interests.

**Five Practical have to be performed out of the following:**

1. Word Association Test by Carl Jung.
2. Bell's Adjustment Inventory.
3. Raven's Progressive Matrices/Cattell's Culture Fair Intelligence Test.
4. Measurement of Attitudes- Sodhi's Attitude Scale (SAS).
5. Measurement of Interests- Multi-factor Interest Questionnaire (MFIQ).
6. Locus of Control by using Rotters' scale.

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Analyze and interpret the deviations in personality, adjustment and attitude of people practically from normally distributed population
CO2	Help students in choosing careers by identifying specific interests with the help of questionnaires.

(2022-2025)  
**B.A. SEMESTER–VI**  
**PSYCHOLOGY**  
**BPSY-3611**  
**ABNORMAL PSYCHOLOGY–II (THEORY)**

**Time: 3 Hours**

**Credit Hours (per week):4**  
**Total Hours: 60**  
**Max. Marks: 100**  
**(Theory: 50**  
**Practical: 25**  
**Internal Assessment: 25)**

**Instructions for the Paper Setters:**

**Section A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non–Programmable calculators and Statistical Tables are allowed in the examination.

**Course Objectives:**

This course will mainly focus on enhancing the knowledge of students regarding different psychological disorders with the help of case studies. It will help them in diagnosing and treating mental illnesses effectively. Moreover, they will be taught therapies to convert maladaptive patterns of thoughts into adaptive ones.

**UNIT-I**

**Anxiety Based Disorders:** Symptoms, Etiology and Treatment of Obsessive-Compulsive Disorder, Generalized Anxiety Disorder & Phobias, Classification of Somatoform Disorders–Symptoms & Etiology (Conversion Disorder). Dissociative disorders–Types, Symptoms and Etiology.

**Personality Disorders:** Clinical Features, Types and causal factors in Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive-Compulsive, Passive Aggressive, Self-Defeating & Sadistic.

**UNIT-II**

**Antisocial Personality & Delinquency:** Clinical Picture, Characteristics, Causes, Treatment & Outcomes.

**Mood Disorders:** Types and Symptoms, Causes and treatment.

**UNIT-III**

**Schizophrenia:** Symptoms, Causes, Types and Treatment.

**Therapies:** Psychodynamic, Behavioral, Cognitive-Behavior Therapy (Rational Emotive) & Humanistic therapy.

**Suggested Readings:**

1. Barlow, D.H., & Durand, V.M. (2007). *Abnormal Psychology: An Integrative Approach*. Australia: Thomson Wordsworth.
2. Broota, K.D. (1989). *Experimental Designs in Behavioral Research*. New Delhi: Wiley Eastern Limited.
3. Carson, R.C., Butcher, J.N., & Mineka, S. (1997). *Abnormal Psychology and Modern Life*. New York: Harper Collins.
4. Davison, G.C., & Neale, J.M. (1998). *Abnormal Psychology*. New York: John Wiley and Sons.
5. Garrett, H.E., & Woodworth, R.S. (1969). *Statistics in Psychology and Education*. Bombay: Vakils, Feffer & Simons Pvt.Ltd.
6. Hooley, J. M., Butcher, J. N., Nock, M., & Mineka, S. (2017). *Abnormal psychology* (17th ed.). Pearson.
7. Sarason, I.G., & Sarason, B.R. (1996). *Abnormal Psychology*. New Delhi: Prentice Hall of India.
8. Singh, A. (1994). *Asadharan Manovigyan*. Punjabi University, Patiala: Publication Bureau.

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Describe the diagnostic criteria, symptoms, etiology, treatment and prognosis of major mental disorders by discussing case studies.
CO2	Gain expertise in applying psychological tools to diagnose various psychological problems.
CO3	Get an insight into the skills required by a psychologist to treat various psychological problems.

(2022-2025)  
**B.A. SEMESTER–VI**  
**PSYCHOLOGY**  
**BPSYP-3611**  
**ABNORMAL PSYCHOLOGY–II (THEORY)**  
**(PRACTICAL)**

**Credit Hours (per week): 2**

**Total Hours: 20**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of six mentioned in the syllabus. Practical examination will be of three hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (10 Marks), performance and viva-voce (15 Marks) related to the practical.

**Course objectives:** The main aim is to enable students to administer psychological tools to assess psychopathology. It will help them to diagnose the psychological problems with the help of questionnaires related to personality, anxiety, depression and frustration.

**Five Practical have to be performed out of the following:**

1. Projective Techniques (T.A.T. / Incomplete sentence blank test).
2. Measurement of Anxiety- State-Trait Anxiety Test (STAT)
3. Parenting Scale/Home Environment Scale.
4. Measurement of Aggression-by-Aggression Questionnaire (AQ).
5. Measurement of Depression by using Beck's Depression Inventory.
6. Rosenweig's Picture Frustration Test.

<b>COURSE OUTCOMES (Cos)</b>	
<b>Sr. no.</b>	<b>On completing the course, students will be able to</b>
CO1	Assess the level of anxiety, depression and frustration among people with the help of psychological questionnaires.
CO2	Deal with the psychological issues of human beings in an effective manner.

(2022-2025)  
**INTERDISCIPLINARY COURSE (ID)**  
**Psychology**

**Credit Hours: 4**  
**Total Hours: 60**  
**Maximum Marks: 50**  
**Theory: 37**  
**Internal Assessment: 13**

**INSTRUCTIONS FOR PAPER SETTERS:**

**Section A:** - Seven Questions will be set in Section A. Students are required to attempt all the questions in about 50 words. Each question carries 1 mark. **7x1=7 Marks**

**Section B:** - Eight questions will be set. Students are required to attempt any five out of the eight questions in about 100 words. Each question carries 6 marks. **5x6=30 Marks**

**The medium of this paper will be English only.**

**COURSE OBJECTIVES:**

1. To provide basic knowledge of different psychological and cognitive processes.
2. To bring awareness in students regarding their mental processes, behaviors and emotional reactions.
3. To teach various coping strategies to deal with stress effectively.
4. To enhance communication skills of students.

**UNIT-I**

**Personality**

- a. Brief introduction of theories of Personality (Eysenck, Freud, Erikson and Big Five).
- b. Description of Personality tests: EPQ, NEO-PIR, W.A.T.

**Stress**

- a. Definition and Techniques of Stress management.
- b. Role of Hardiness in Stress.

**Attitudes**

- a. Definition and components of Attitude.
- b. Formation of Attitude and ways to change Attitude.

**UNIT-II**

**Motivation**

- a. Theories of Motivation (Maslow and Herzberg)
- b. Types of Motivation and ways to enhance Motivation

**Goal Setting**

- a. Understanding Goal Setting (Locke's theory)
- b. Goal-Setting Principles

**Problem Solving**

- a. Concept and Stages of Problem Solving.
- b. Role of Analytical intelligence in Problem Solving.

### UNIT- III

#### Confidence

- a. Defining Confidence (Vealey)
- b. Defining and developing optimistic mind-set
- c. Role of self-efficacy in Confidence (Bandura).

#### Concentration

- a. Understanding Concentration
- b. Components, Strategies of Concentration

#### Communication

- a. Definition and Types of Communication.
- b. Developing effective Communication skills.

#### BOOKS PRESCRIBED:

1. Crano, W.D., &Prislin, W. (2008). *Attitudes and Attitude Change*. Psychology Press.
2. Feist, J., Feist, G.J., & Ann. T. (2017). *Theories of Personality*. New Delhi: McGraw Hill.
3. Jain, S. (2001). *Introduction to Psychology*. New Delhi: Kalyani Publishers.
4. McClelland, D.C. (1988). *Human motivation*. Cambridge University Press.
5. Morgan, G.T., King, P.A., Weisz, T.R., &Schopler, J. (1999). *Introduction to Psychology*. New York: Mcgraw Hill Book Co.
6. Waitley, D. (1993). *Psychology of Motivation*. Nightingale-Conant.

COURSE OUTCOMES (Cos)	
Sr. no.	On completing the course, students will be able to
CO1	Understand their thoughts, feelings and behaviors appropriately.
CO2	Cope with stressful situations in an effective manner.
CO3	Verbally and non- verbally expressing themselves productively in interviews.



**2022-25**  
**BASIC COUNSELLING SKILLS (VPSY-110)**  
**Value Added Course**

**Time: 1 Hour**

**Total Credit Hours: 30**  
**Max. Marks: 50**  
**Theory: 25**  
**Practical: 25**

**Instructions of Paper Setters:**

The question paper will consist of 50 multiple choice questions of One mark each (theory and practical) are to be set from whole syllabus.

**Course objective:**

The overarching aim of this course is to build counselling skills among students so that they can deal with cognitive, behavioral and emotional problems of people. It will help students to resolve people's conflicts effectively and create a positive mind set of society.

**Course Content:**

**UNIT-I**

Counselling and Psychotherapy: Concept, Difference and Significance  
Rapport Building Skills

**UNIT-II**

Listening and Observational Skills: Understanding verbal, vocal and bodily responses of clients

**UNIT-III**

Clarify Problem Skills: Questioning skills, challenging skills, feedback skills and self-disclosure skills

**UNIT-IV**

Ethics in Counselling: Confidentiality, Fidelity, Autonomy, Beneficence, Non maleficence, Justice

**Suggested Readings:**

- 1) Manthei, R. (2005). *Counselling: The skills of finding solutions to problems*. Routledge.
- 2) Members Of British Association. (2001). *Counselling skills in context*. Hachette UK.
- 3) Nelson-Jones, R. (2005). *Practical counselling & helping skills: Text and activities for the Lifeskills counselling model*. SAGE.
- 4) Nelson-Jones, R. N. (2015). *Basic Counselling Skills - A Helper's Manual* (4th ed.). Sage.

### COURSE OUTCOMES (Cos)

Sr. no.	On completing the course, students will be able to
CO1	Build trustworthy connection with people by using better rapport building skills.
CO2	Understand verbal and non-verbal communication skills of clients in more appropriate manner.
CO3	Perform counselling on people with different psychological issues while taking ethical issues into consideration.

**2022-25**  
**TIME AND STRESS MANAGEMENT (VPSY-111)**  
**Value Added Course**

**Time: 1 Hour**

**Total Teaching Hours: 30**

**Max. Marks: 50**

**Theory: 25**

**Practical: 25**

**Instructions of Paper Setters:**

The question paper will consist of 50 multiple choice questions of One mark each (theory and practical) are to be set from whole syllabus.

**Course objective:**

This course will prepare students for recognizing and evaluating different types of stressors in appropriate manner. It will help them in dealing with stressful situations effectively so that they can make their life happier and more meaningful. It will also inculcate time management skills among students in order to be successful and competent in life.

**Course Content:**

**UNIT-I**

Introduction to Stress, Types of Stress, Factors impacting stress, Stress vs Burn out, ABC model of stress

**UNIT-II**

Concept of Coping, Coping strategies, physiological coping, behavioral coping and cognitive coping.

**UNIT-III**

Concept of Time management, Setting SMART goals, Techniques of time management, Uses of to-do list

**Suggested Readings:**

- 1) Clear, J. (2018). *Atomic habits: The life-changing million-copy #1 bestseller*. Random House.
- 2) Cotton, D. H. (2013). *Stress management: An integrated approach to therapy*. Routledge.
- 3) Dixit, D. S. (n.d.). *Time management: 30 principles for the best utilization of your time*. Manjul Publishing.
- 4) Selhub, E. (2019). *The stress management handbook: A practical guide to staying calm, keeping cool, and avoiding Blow-UPS*. Simon & Schuster.

### COURSE OUTCOMES (Cos)

Sr. no.	On completing the course, students will be able to
CO1	Cope with stressful situations in an effective manner.
CO2	Work on time by avoiding procrastinating behaviors.
CO3	Understand self and others by taking into consideration the stressful situations and their impact on society.