B. A. with PSYCHOLOGY

This course aims at enriching the minds of those students who have not been able to or intend to join the Honors Courses. It aims to develop a holistic and multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment.

Pedagogy for teaching the B.A. Course

The teaching-learning of the programme would be organized through lectures, group discussions, experiential exercises, projects, presentations, workshops, seminars and hands on experiences. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. To this end, practicum is incorporated as an important component in many of the papers. Use of ICT and mass media and web based sources is highly recommended to make the teaching-learning process interactive and interesting.

Evaluation

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 75: 25 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

NOTES:

Core papers:
Theory: 4 classes+1 student presentation per week
With Practicals: 2 practicum to be done in a practical paper
  3 practical classes per week/per group
  Each practical group will consist of maximum of 10 students
With Tutorials: 1 tutorial per paper per week per group
  Each tutorial group will consist of maximum of 12 students

DSE papers:
Theory: 4 classes+1 student presentation per week
Practicals: 1 practicum to be done in a practical paper
  2 practical classes per week/per group
  Each practical group will consist of maximum of 10 students

AEEC papers:
Theory: 2 classes per week+1 class per week for student presentation+1 class per fortnight to provide skill based learning to students through workshops and seminars.
GE Papers:
Theory: 3 classes +1 student presentation per week
Tutorials: 1 tutorial per paper per week per group
   Each tutorial group will consist of maximum of 15 students

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- Please note that the reading list provided is not exhaustive and additions may be made to it.
- The latest editions of the books listed to be used.
- Continuous Evaluation through presentations/ projects/ tests
## Proposed Scheme for Choice Based Credit System in B.A. Psychology

<table>
<thead>
<tr>
<th>SEMES</th>
<th>CORE COURSE (12)</th>
<th>ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)</th>
<th>ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (2)</th>
<th>DISCIPLINE SPECIFIC ELECTIVE DSE (4)</th>
<th>GENERIC ELECTIVE (GE) (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>English/ MIL-1</td>
<td></td>
<td>(English/MIL Communication) / Environmental Science</td>
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<td></td>
<td>DSC-PSY-1A: Foundations of Psychology (Theory + Practical)</td>
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<td>DSC-2A</td>
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<tr>
<td>II</td>
<td>MIL/English-1</td>
<td>Environmental Science/ (English/MIL Communication)</td>
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<td>DSC-PSY-1B: Introduction to Social Psychology (Theory + Tutorial)</td>
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<td>DSC-2B</td>
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<tr>
<td>III</td>
<td>English/ MIL-2</td>
<td>SEC-1</td>
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<tr>
<td></td>
<td>DSC-PSY-1C: Psychological Disorders (Theory + Tutorial)</td>
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<td>DSC-2C</td>
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<td>IV</td>
<td>MIL/English-2</td>
<td>SEC-2</td>
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<td></td>
<td>DSC-PSY-1D: Statistical Methods and Psychological Research (Theory + Practical)</td>
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<td>DSC-2D</td>
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### ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):

- DSE-PSY-1Aa: Life span development (Theory+ Practical)
- DSE-PSY-1Ab: Industrial/ Organizational Psychology (Theory+ Practical)
- DSE-PSY-2Ba: Counseling Psychology (Theory+ Practical)
- DSE-PSY-2Bb: Health and well being (Theory+ Practical)

### ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):

- AEEC-PSY-P-01: Developing emotional competence (Theory+ Workshops/seminars)
- AEEC-PSY-P-02: Managing Stress (Theory+ Workshops/seminars)
- AEEC-PSY-P-03: Making decisions (Theory+ Workshops/seminars)
- AEEC-PSY-P-04: Psychology in education (Theory+ Workshops/seminars)
- AEEC-PSY-P-05: Managing human resources (Theory+ Workshops/seminars)
- AEEC-PSY-P-06: Applications of social psychology (Theory+ Workshops/seminars)

### ELECTIVE: GENERIC (GE) (Any 2, 1 each in sem 5 and 6):

- GE-PSY-P-01: Psychology for Living (Theory+ Tutorial)
- GE-PSY-P-02: Psychology of Gender (Theory+ Tutorial)
- GE-PSY-P-03: Self and Personal Growth (Theory+ Tutorial)

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COURSE CORES

SEMESTER I

DSC-PSY-1A: FOUNDATIONS OF PSYCHOLOGY

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

Unit 1: Introduction:
Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods.

Unit 2: Cognitive processes:
Perception, nature of perception, laws of perceptual organization, learning-conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

Unit 3: Motivation and Emotion:
Motives: biogenic and sociogenic
Emotions: aspects of emotions, key emotions

Unit 4: Personality and Intelligence:
Personality: nature, theories
Intelligence: nature, theories

Practicum: Two experiments to be done on any two topics from the syllabus

Readings:
**SEMESTER II**

**DSC-PSY-1 B: INTRODUCTION TO SOCIAL PSYCHOLOGY**

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

**Unit 1:** Introduction:
Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

**Unit 2:** Individual level processes:
Person perception: attribution-theories, biases and errors
Attitude: formation, change and resistance to change

**Unit 3:** Interpersonal processes:
Interpersonal attraction, prosocial behavior, aggression

**Unit 4:** Group dynamics:
Key aspects of groups, cooperation and conflict, group decision making.

**Readings:**


**SEMESTER-III**

**DSC-PSY-1C: PSYCHOLOGICAL DISORDERS**

**Objective:** To develop an understanding of the various psychological disorders and their treatment.

**Unit 1:** Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model.
Unit 2: Theoretical perspectives:
Biological, familial, cultural, behavioral, cognitive and psychodynamic.

Unit 3: Clinical states:
Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia: Disorganized, Paranoid and Catatonic, learning disabilities.

Unit 4: Treatment of disorders:
a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy
b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

Readings:

SEMESTER IV

DSC-PSY-1D: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

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

Unit 1: Introduction: Scales of measurement, graphical representation of data


Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

Unit 4: Qualitative methods: Interview, observation, case study

Practicum: Two practicum to be done: 1 psychological test + 1 practical based on unit 4.
Readings:


ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):

DSE-PSY-1Aa: LIFE SPAN DEVELOPMENT

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

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs

2. Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

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

4. Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: Students have to carry out any 1 practicum based on the syllabus.

Readings:


DSE-PSY-1Ab: INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY

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

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.
UNIT 2: **Work Related Attitudes:** Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: **Work Motivation:** Theories and application; Indian perspective.

**Unit 4: Leadership**: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

**Practicum:** Any one practicum based on the syllabus.

**Reading List:**


**DSE-PSY-1Ba: COUNSELING PSYCHOLOGY**

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

1. **Introduction:** Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

2. **Approaches:** Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

3. **Techniques:** Play, art, drama, music, dance; Yoga and meditation

4. **Applications:** Family Counseling; School and Career Counseling.

**Practicum:** Students are required to carry out any 1 practical based on the syllabus.
Readings:


DSE-PSY-1Bb: HEALTH AND WELL-BEING

Objective: To develop an understanding of health and how to maintain health and well-being.

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being: life satisfaction, affect

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

Practicum: Students are required to carry out any 1 practical based on the syllabus.

Reading List:


ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):

AEEC-PSY-P-01: DEVELOPING EMOTIONAL COMPETENCE

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

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

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

Readings:

AEEC-PSY-P-02: MANAGING STRESS

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

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

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

Readings:

AEEC-PSY-P-03: MAKING DECISIONS

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

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

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

Readings:

AEEC-PSY-P-04: PSYCHOLOGY IN EDUCATION

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

Unit 1: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Human Diversity and Education (Socio-cultural Differences: Gender, Socio-Economic Status, Linguistic Diversity)

Unit 3: Effective Teaching and Classroom Management
Characteristics of Effective Teachers, Teaching Methods, Classroom Management, Responsibilities of Teachers towards learners with Special Needs.

Readings:
AEEC-PSY-P-05: MANAGING HUMAN RESOURCES

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


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

Readings:


AEEC-PSY-P-06: APPLICATIONS OF SOCIAL PSYCHOLOGY

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

Unit 1: Introduction: Importance of application of social psychological knowledge, developing interventions, impact analysis, case studies in the Indian context

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

Readings:

ELECTIVE: GENERIC (GE) (Any 2: 1 each in sem 5 and 6):

GE-PSY-P-01: PSYCHOLOGY FOR LIVING

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

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

Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

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

Readings:


GE-PSY-P-02: PSYCHOLOGY OF GENDER

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

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

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

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

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

2. **Self from a Developmental Perspective:** Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

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

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

**Readings:**


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