Proposed syllabus and Scheme of Examination
for
B.A. (Honors) Psychology

Submitted
to

University Grants Commission
New Delhi

Under

Choice Based Credit System

April 2015
B. A. (Hons) PSYCHOLOGY

This course aims at developing an understanding of the growing discipline of psychology and promoting skill based education. An important goal is to facilitate self-discovery in the students and ensure their enthusiastic and effective participation in responding to the needs and challenges of society. The course intends to enable students in developing skills and competencies needed for meeting the challenges and needs of the real world effectively. Hence this syllabus is created keeping in mind the changing nature of the society, educational institutions and the workplace and inculcate the required competencies in the students to understand and respond to the same efficiently and effectively.

Pedagogy for teaching the B.A. (Hons) Course in Psychology

The teaching-learning of the programme would be organized through lectures, tutorials, experiential exercises, projects, presentations, workshops, seminars and hands on training. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. Practicum is incorporated as an important component in most of the papers with hands on training in the use of various research methods such as laboratory experiments, field experiments, observation, testing, survey, interview and case study. Use of ICT and mass media and web based sources (like documentaries, videos, films etc.) is highly recommended to make the teaching-learning process interactive, interesting and fruitful.

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:

- For Core papers, and DSE Theory: 4 classes + 1 student presentation per paper per week
- For AECC courses: 2 theory classes + 1 presentation per paper per week
- For GE papers 2 classes + 1 tutorial per paper per week per group
- Practicals: 4 practical classes per week/per group
- Tutorials: 1 tutorial per paper per week per group
- Each practical/ tutorial group will consist of 8-10 students
- 2 practicum to be done in a practical paper
- Evaluation through presentations/ projects/ tests
• Ability enhancement elective courses: Hands on training will be provided through skill based learning.

**
• 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.
## PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN B.A. (HONS) IN PSYCHOLOGY

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<td>II</td>
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<td>Understanding Psychological Disorders (Theory+ Tutorial)</td>
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<td>C-PSY-09</td>
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<td>Understanding and Dealing with Psychological Disorders (Theory+ Practical)</td>
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<td>C-PSY-14</td>
<td>Counseling Psychology (Theory+ Practical)</td>
<td>DSE-4</td>
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**ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 4) (2 in sem V and 2 in Sem VI):**

DSE-PSY-01: Positive Psychology (Theory+ Practical)
DSE-PSY-02: Human Resource Management (Theory+ Practical)
DSE-PSY-03: Health Psychology (Theory+ Practical)
DSE-PSY-04: Community Psychology (Theory+ Practical)
DSE-PSY-05: Cultural and Indigenous Psychology (Theory+ Practical)
DSE-PSY-06: Project/Dissertation (6th semester)

**ELECTIVE: GENERIC (GE) (Any 4, 1 each in sem 1, 2, 3 and 4):**

GE-PSY-01: General Psychology (Theory+ Tutorial)
GE-PSY-02: Youth, Gender and Identity (Theory+ Tutorial)
GE-PSY-03: Psychology for Health and Well-being (Theory+ Tutorial)
GE-PSY-04: Psychology at Work (Theory+ Tutorial)
GE-PSY-05: Psychology and Media (Theory+ Tutorial)
GE-PSY-06: Inter-group Relations (Theory+ Tutorial)

**ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 2: 1 in Sem III and 1 in sem IV):**

AEEC-PSY-01: Emotional Intelligence (Theory+ Tutorial)
AEEC-PSY-02: Stress Management (Theory+ Tutorial)
AEEC-PSY-03: Effective Decision Making (Theory+ Tutorial)
AEEC-PSY-04: Educational Psychology (Theory+ Tutorial)
AEEC-PSY-05: Selection and training (Theory+ Tutorial)

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Department of Psychology                                             Daulat Ram College
University of Delhi                                                   University of Delhi
CORE COURSES

SEMESTER I

C-PSY-01: INTRODUCTION TO PSYCHOLOGY

Objective: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

1. Introduction: What is psychology? Perspectives on behaviour; Methods of psychology; subfields of psychology; Psychology in modern India.

2. Perception: Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions.

3. Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies; Learning in a digital world; Self regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.

4. Memory: Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Reconstructive nature of memory; Forgetting, Improving memory.

Practicum:

Any 2 practicum pertaining to C-PSY-01(Introduction to psychology).

Readings:


C-PSY-02: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I

Objective: To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

UNIT 1:

1. **Introduction**
   Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.

2. **Frequency Distributions, Percentiles, and Percentile Ranks**
   Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

UNIT 2:

3. **Graphic Representation of Data**
   Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.

4. **Measures of Central Tendency**
   The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures.

UNIT 3:

5. **Measures of Variability and Standard (z) Scores**
   The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; The Effect of Linear Transformation on Variability Measures; Standard Scores (z-score); Properties of z-scores.

6. **The Normal Distribution**
   The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known;
The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).

UNIT 4:

7. **Correlation**
The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson’s Correlation Coefficient from Deviation Scores; Calculating Pearson’s Correlation Coefficient from Raw Scores; Spearman’s Rank-Order Correlation Coefficient; Correlation and Causation; The Effects of Score Transformations; Cautions Concerning Correlation Coefficients.

8. **Random Sampling and Sampling Distributions**
Random Sampling; Using a Table of Random Numbers; The Random Sampling Distribution of the Mean: An Introduction; Characteristics of the Random Sampling Distribution of the Mean; Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values of Sample Mean; Random Sampling With and Without Replacement.

Reading List:


**SEMESTER II**

**C-PSY-03: BIOPSYCHOLOGY**
OBJECTIVES:

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit 1: Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit 2: The Functioning brain: Structure and functions of neurons; Neural conduction and synaptic transmission; Organization of nervous systems.

Unit 3: Behavioural regulations: Biological basis of: learning and memory, emotion, and human communication (speech); Functional abnormalities of neurotransmitter: dopamine and serotonin hypothesis; neuroendocrine system and development of brain and behavior.

Unit 4: Neuroplasticity and rehabilitation: Plasticity of the Adult Brain: neuroplastic responses to nervous system damage (neural degeneration, neural regeneration, neural reorganization, and recovery of function); Neuroplasticity and the treatment of nervous system damage: blocking neurodegeneration, promoting regeneration, neurotransplantation, and rehabilitative training.

Readings:


C-PSY-04: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES
**Objective:** To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

1. **Personality:** Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological-humanistic, Trait and type.

2. **Intelligence:** Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner’s multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

3. **Indian approach:** Self and identity in Indian thought.

4. **Enhancing individual’s potential:** Motivation: Intrinsic motivation and Self-determination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fostering creativity.

**Practicum:**

Two psychological tests (one based on Intelligence and one based on personality).

**Readings:**


**SEMESTER III**

**C-PSY-05: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT**

**OBJECTIVES:**

- This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective.
- Review the development of psychological thought and introduce the issues and debates in contemporary psychology.
Unit 1 – Understanding Psyche:

(a) Indian world View

(b) Emergence of modern psychology: Questions from Western view

(c) Early Schools of Psychology: Associationism, Structuralism and Functionalism

Unit 2 – Positivist Orientation

Developments in Behaviourism, Neo-behaviouristic traditions, Cognitive revolution.

Unit 3 - Psychoanalytic and Humanistic-Existential orientation

Freudian Psychoanalysis, The turn towards ‘social’ – Adler, Jung, Fromm, Ego psychology – Erik Erikson, object relations; Cultural psychoanalysis (Sudhir Kakar), contributions of Phenomenologically oriented humanistic and existential thinkers.

Unit 4 - Contemporary Developments

Feminism and social constructionism.

READINGS:


Feist & Feist Theories of Personality Mc Graw Hill Higher Education.


**C-PSY-06: PSYCHOLOGICAL RESEARCH**

**Objective:** To educate students with the process and the methods of quantitative and qualitative psychological research traditions.

**UNIT 1**

**Basics of Research in Psychology**
What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.

**Research Traditions**
Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.

**UNIT 2**

**Experimental Method**
Basic Introduction to Experimental and Quasi-experimental Methods.

**Methods of Data Collection**
Sampling; Probability Sampling Methods and Non Probability Sampling Methods.

**UNIT 3**

**Non Experimental Methods (I)**
Case Study; Observation; Surveys and Interviews.

**UNIT 4**

**Non Experimental Methods (II)**
Psychological Tests/Scales; Psychological Testing & Standardization; Reliability, Validity and Norms of a Psychological Test.
Practicum:
The students are required to conduct two practicals, one from each of the following groups.

1. Experiment / Psychological testing
   - One experiment based on group data analysis
   - One psychological test based on group data analysis

2. Qualitative Research Methods
   - Survey
   - Interview
   - Observation
   - Projective / Semi Projective Tests

Reading List:


C-PSY-07: SOCIAL PSYCHOLOGY

Objective:

- Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society
- Introduce students to the realm of social influence and behavior, as to how individuals think, feel and behave in social situations.
**Unit I: Psychology of the Social:** The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

**Unit II: Understanding and evaluating the social world:** Self and its processes: Self concept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

**Unit III: Social interaction and Influence:** Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

**Unit IV: Group Dynamics and inter-group relations:** Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

**Readings:**


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**SEMESTER IV**

**C-PSY-08: UNDERSTANDING PSYCHOLOGICAL DISORDERS**

**Objectives:**
The paper aims at providing an overview about the concept of abnormality and the symptoms of various psychological disorders. This will sensitize them to information on psychopathology and dispel myths regarding it.

Unit 1 – Understanding abnormality

Defining Normal and Abnormal; systems of classifying mental disorders; Issues of diagnosis – Medical Model and Its alternatives; Clinical Assessment

Unit 2 – Causal Factors of Abnormality

Biological Factors, Psychological Factors, Socio-Cultural Factors; Diathesis – Stress Model.

Unit 3 - Clinical Picture of Specific Disorders - I

Anxiety disorders – Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder

Somatoform and Dissociative Disorders – Hyponchondriasis, Conversion Disorder, Dissociative Amnesia and Dissociative Identity Disorder

Eating Disorders – Anorexia Nervosa, Bulimia Nervosa

Mood Disorders – Unipolar Depression, Bipolar Disorders

Substance Abuse Disorders – Alcohol Abuse, Psychoactive substance abuse

Unit 4 – Clinical Picture of Specific Disorders - II

Sexual Disorders – Gender Identity Disorder, Paraphilia - Pedophilia, Voyeurism, Exhibitionism, Sexual Masochism, Sexual Sadism

Schizophrenia – Disorganized, Catatonic, Paranoid

Personality Disorders – Borderline Personality Disorder, Anti-Social Personality Disorders

Disorders first diagnosed in childhood – Mental Retardation, Learning Disorders, Autistic Disorder, Attention Deficit Hyperactivity Disorder

Readings:

C-PSY-09: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

Objective: To educate students with the techniques of inferential statistics and hypothesis testing.

UNIT 1

Introduction to Inferential Statistics and Hypothesis Testing about Single Means
The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about Single Means (z and t); Assumptions in Testing a Hypothesis about a Single Mean; The Null and the Alternative Hypotheses; Choice of H₀: One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; Hypothesis Testing about a Single Mean – Calculation; The Statistical Decision regarding Retention and Rejection of Null Hypothesis; Estimating the Standard Error of the Mean when σ Is Unknown; The t Distribution; Characteristics of Student’s Distribution of t; Computing t Using Definitional Formula Only; Levels of Significance versus p-Values.

Interpreting the Results of Hypothesis Testing
A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test.

UNIT 2

Hypothesis Testing About the Difference Between Two Independent Means
The Null and Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Determining a Formula for t; Testing the Hypothesis of No Difference between Two Independent Means; Use of a One-Tailed Test; Assumptions Associated with Inference about the Difference between Two Independent Means

Hypothesis Testing About the Difference Between Two Dependent (Correlated) Means
The Null and Alternative Hypotheses; Determining a Formula for t; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.
UNIT 3

Hypothesis Testing for Differences among Three or More Groups: One-Way Analysis of Variance (ANOVA)
The Null and Alternative Hypotheses; The Basis of One-Way Analysis of Variance: Assumptions Associated with ANOVA; Variation within and between Groups; Partition of the Sums of Squares; Degrees of Freedom; Variance Estimates and the $F$ Ratio; The ANOVA Summary Table; Raw-Score Formulas for Analysis of Variance only; Comparison of $t$ and $F$.

Hypothesis Testing for Categorical Variables and Inference about Frequencies
The Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies; Logic of the Chi-Square Test; Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- One Way Classification; Chi Square for Two Classification Variables-Contingency Table Analysis; Interpretation of the Outcome of a Chi-Square Test.

UNIT 4

Nonparametric Approaches to Data
Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests.

Introduction to SPSS
Getting Started with SPSS; Uses of SPSS in Statistics and Research.

Reading List:


C-PSY-10: APPLIED SOCIAL PSYCHOLOGY

Objective: To help students understand social problems and gain knowledge about intervention strategies.

1. Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

2. Applying Social Psychology-I: Environment, population, diversity
3. Applying Social Psychology-II: Work, health, legal system

Practicum: The students will conduct two practicum based on topics in C-PSY-10.

Readings


SEMESTER V

C-PSY-11: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS

Objective:

- To introduce the etiological understanding and therapeutic interventions for the various psychological disorders.
• Help students develop an understanding of how to deal with psychopathology.

**Unit 1 – Biological explanations and interventions**
Application in case of anxiety disorders, mood disorders and schizophrenia

**Unit 2 - Insight oriented explanations and interventions**
Psychoanalytic perspective – Applications in case of Obsessive Compulsive Disorder, Conversion Disorder, depression and suicide

Humanistic and Existential perspective – Application in case of anxiety disorders and schizophrenia

**Unit 3 – Behavioural and Cognitive explanations and interventions**
Application in case of phobias and panic disorder, depression, eating disorders

**Unit 4 – Going beyond the Individual and Singular Approaches**
Familial, Psychosocial and Cultural explanations; Systemic Therapy; Efforts towards integration of approaches.

**Practicum:** Any two practicum based on topics in C-PSY-11

**Readings:**


Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.


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**C-PSY-12: DEVELOPMENTAL PSYCHOLOGY**

**Objectives:**
1. To equip the learner with an understanding of the concept and process of human development across the life span
2. To impart an understanding of the various domains of human development
3. To inculcate sensitivity to socio-cultural context of human development
UNIT 1: Introduction
   a) Concept of Human Development
   b) Theories, themes and research designs

UNIT 2: Periods of Life Span Development
   a) Prenatal development
   b) Birth and Infancy
   c) Childhood
   d) Adolescence
   e) Adulthood

UNIT 3: Domains of Human Development
   a) Cognitive development: perspectives of Piaget and Vygotsky
   b) Language development
   c) Physical development
   d) Emotional development
   e) Moral development
   f) Personality development

UNIT 4: Socio-Cultural Contexts for Human Development
   a) Family
   b) Peers, Media & Schooling
   c) Human Development in the Indian context

Practicum: Any two practicum based on topics in C-PSY-12

Reading List:


SEMESTER VI

C-PSY-13: ORGANIZATIONAL BEHAVIOUR

Objectives:

- To develop an awareness of the concepts related to organizational behavior.
- Help the students develop connectivity between concepts and practices of organizations.

Unit 1: Introduction

- Historical antecedents of Organizational Behaviour
- Research methods in Organizational Behaviour
- Contemporary Trends and Challenges
- Organizational Behavior : Challenges in the Indian Setting

Unit 2: Individual level processes

- Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour
- Work Motivation
  - Early theories: Maslow, McClelland, Two factor
  - Contemporary theories: Goal setting, Equity, Expectancy
  - Applications: Job Characteristics Model, Job redesign, MBO

Unit 3: Dynamics of Organizational Behavior

- Communication in organizations
- Organizational Stress: Causes, Moderators, Consequences, Stress Management
- Power and Politics: Influence, individual power, empowerment, power of organizational groups, sexual harassment, organizational politics.

Unit 4: Leadership

- Basic approaches: Trait theories, Behavioral theories, Contingency theories
- Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct
**PRACTICUM:** Any two practicum based on topics in C-PSY-13

**Readings:**


**C-PSY-14: COUNSELLING PSYCHOLOGY**

**Objectives:**

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

- To acquaint the learner with the challenges of Counselling.

**Unit 1: Introduction**

a) Meaning and goals
b) Counselling as a profession: training, skills and ethics

c) The effective counsellor: personality and self of the counsellor

d) Counselling process and relationship

Unit 2: Techniques of Counselling

a) Psychoanalytic techniques

b) Humanistic approaches

c) Behavioral techniques

d) Cognitive techniques

Unit 3: Counselling Applications

a) Child Counselling

b) Family Counselling

c) Career Counselling

d) Crisis intervention: suicide, grief and sexual abuse

Unit 4: Contemporary Trends

a) Indian approaches: yoga and meditation

b) Counselling and technology

c) Expressive techniques: art, music, dance.

Practicum: Any two practicum based on topics in C-PSY-14.

Readings:


ELECTIVE: DISCIPLINE SPECIFIC DSE

Any 4 from the following list (2 in Sem V and 2 in Sem VI):

DSE-PSY-01: POSITIVE PSYCHOLOGY

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


UNIT 4: Applications: Work, education, ageing, health.

Practicum: Any two practicum can be designed from the syllabus provided so as to enhance the understanding of the concepts and applications of positive psychology.

Reading List:


DSE-PSY-02: HUMAN RESOURCE MANAGEMENT

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

UNIT 1: Introduction to Human Resource Management (HRM):
HRM and HRD, Context and issues in HRM

UNIT 2: Human Resource Practices
Job analysis; Recruitment and selection; Training; Performance evaluation

UNIT 3: International human resource management (IHRM)
The context of Globalization, Types of cross-national organizations, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise. Expatriate failure, Cross-cultural training.

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

Practicum: Students would be required to complete 2 practicum from any of the topics discussed in DSE-PSY-02.

Reading List:


**DSE-PSY-03: HEALTH PSYCHOLOGY**

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

**UNIT 1: Introduction:** Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health

**UNIT 2: Behavior and health:** Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

**UNIT 3: Health Enhancing Behaviours:** Exercise, nutrition, safety, pain, stress management

**UNIT 4: Health and Well-being:** Happiness; Life satisfaction; Resilience; Optimism and Hope

**Practicum:** Any 2 practicum pertaining to the syllabus.

**Readings:**


DSE-PSY-04: COMMUNITY PSYCHOLOGY

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

1. Introduction: Definition of community psychology; types of communities; models.

2. Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.


4. Interventions: community development and empowerment; case studies in Indian context.

Practicum: Practicum on any two of the topics covered in DSE-PSY-04

Readings:


DSE-PSY-05: CULTURAL AND INDIGENOUS PSYCHOLOGY

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

1. Cultural Processes:

Cultures; Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences.

2. Culture, Self and Others:

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

3. Intercultural Contacts:

Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Management of multicultural identities.

4. Indigenous Psychology:

Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India.

Practicum: Students to do any 2 practicum from the above course

Readings


DSE-PSY-06: PROJECT/ DISSERTATION

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


Evaluation: Viva jointly by one internal and one external examiner.
GE-PSY-01: GENERAL PSYCHOLOGY

OBJECTIVE:
- Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

UNIT 1: ORIENTATION TO PSYCHOLOGY

a) Nature, fields and applications of psychology
b) Cognitive Processes: Learning, memory and problem solving
d) Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives)
e) Affective Processes: Emotion, Positive and negative emotion

UNIT 2: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

a) Theories of personality: Freudian psychoanalysis, type and trait ; humanistic
b) Theories of intelligence: Spearman ‘g’ theory, Sternberg and Gardner
c) Emotional intelligence
d) Assessment of intelligence and personality

UNIT 3 – UNDERSTANDING DEVELOPMENTAL PROCESSES

a) Cognitive Development – Piaget
b) Moral Development – Kohlberg
c) Psycho-social Development – Erikson
UNIT 4: APPLICATIONS OF PSYCHOLOGY

a) Work
b) Law
c) Health

Readings:


GE-PSY-02: YOUTH, GENDER AND IDENTITY

Objectives:

- To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface.
- To inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

Unit 1: Introduction

a. Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context
b. Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes
c. Concepts of Identity: Multiple identities

Unit 2: Youth and Identity

a. Family: Parent-youth conflict, sibling relationships, intergenerational gap
b. Peer group identity: Friendships and Romantic relationships
c. Workplace identity and relationships  
d. Youth culture: Influence of globalization on Youth identity and Identity crisis

**Unit 3: Gender and Identity**

a. Issues of Sexuality in Youth  
b. Gender discrimination  
c. Culture and Gender: Influence of globalization on Gender identity

**Unit 4: Issues related to Youth, Gender and Identity**

a. Youth, Gender and violence  
b. Enhancing work-life balance  
c. Changing roles and women empowerment  
d. Encouraging non-gender stereotyped attitudes in youth

**Readings:**


**GE-PSY-03: PSYCHOLOGY FOR HEALTH AND WELL-BEING**

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

**UNIT 1 – Illness, Health and Well being**

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

**UNIT 2 – Stress and Coping**

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

**UNIT 3 – Health Management**
Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

Unit 4 – Human strengths and life enhancement
Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance

References –


GSE-PSY-04: PSYCHOLOGY AT WORK

Objectives:
- To understand the meaning and theoretical foundations of I/O Psychology
- To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit 1: Introduction to I/O Psychology
Definition, Brief History, Contemporary Trends and Challenges
Unit II: Job Satisfaction and Work Motivation

Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit III: Communication in Organizations

Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

Unit IV: Leadership

The meaning of leadership, early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional Leadership; Leadership in a Globalized World

Reading List:


GE-PSY-05: PSYCHOLOGY AND MEDIA
Objective:
To understand the effect of media on human psyche and to develop a critical awareness of the underlying psychological processes and mechanisms

Unit 1: Interface of Media and Psychology
- Understanding the interface between media & psychology
- Uses & Gratification, Fantasy v/s Reality, Cultivation Research
- Social Influence and Media

Unit 2: Being a Consumer: Why to Consume?
- Understanding the interface between Consumer Behavior & Psychology
- Consumption & Happiness: The Psychology of Consumer
- Consumer Culture & Identity

Unit 3: Knowing & Creating Consumer Needs
- Methods of Knowing the Consumer: Quantitative & Qualitative Methods
- Cognitive Processes: Attention, Perception, Learning & Memory
- Affective Processes: Role of Emotions
- Motivational Processes and Role of Self-Regulation
- Consumer and advertising

Unit 4: Critical issues in Media Influence
- Portrayal of Social Groups in Media
- Effect on Children and Adolescents
- Use & Abuse of Television, Internet, and Social Networking
- Role of Media in Social Change
GE-PSY-06: INTER-GROUP RELATIONS

Objective: To understand the significance of healthy inter-group relations for the society and learn the strategies of resolving intergroup conflicts.

1. Nature of intergroup relations: Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.

2. Social categorization and conflict: Ingroup vs. outgroup; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.


4. Resolving intergroup conflict: Intergroup contact; Promoting intergroup cooperation; Conflict management strategies.

Readings:

ABILITY ENHANCEMENT ELECTIVE COURSE (AECC) (SKILL BASED)

(Any 2 of the following: 1 in Sem III and 1 in sem IV):

AEEC-PSY-01: EMOTIONAL INTELLIGENCE

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

Unit 1: INTRODUCTION:

- Emotional Intelligence
- Models of Emotional Intelligence
- EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills
- Importance of Emotional Intelligence

Unit 2: KNOWING ONE’S AND OTHERS’ EMOTIONS

- Levels of emotional awareness
- Recognizing emotions in oneself
- The universality of emotional expression
- Perceiving emotions accurately in others

Unit 3: MANAGING EMOTIONS

- The relationship between emotions, thought and behaviour
- Techniques to manage emotions
UNIT 4: APPLICATIONS

- Workplace
- Relationships
- Conflict Management
- Effective Leadership

Readings:


AEEC-PSY-02: STRESS MANAGEMENT

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

Unit 1: Stress: Introduction, Nature of stress, symptoms of stress

Unit 2: Various sources of stress: environmental, social, physiological and psychological

Unit 3: Stress and health: effects of stress on health, eustress

Unit 4: Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.

Readings:
AEEC-PSY-03: EFFECTIVE DECISION MAKING

Objective: Students will learn various strategies which will enable them to make good decisions in life.

Unit 1: Introduction: What is decision making? Importance of making good decisions.

Unit 2: Decisions regarding career: Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/career.

Unit 3: Decision making in interpersonal context: Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions

Unit 4: Decision making at the workplace: developing competencies and skills required for effective decision making

Readings:


AEEC-PSY-04: EDUCATIONAL PSYCHOLOGY

Objective: To understand the applications of psychology in the area of education.
Unit I: Introduction to Educational Psychology

a. Nature, scope & relevance of Educational Psychology

b. Conceptual and Theoretical Perspectives in Educational Psychology:
   Behaviouristic and Social Learning, Cognitive & Humanistic Perspectives,
   Constructivism

Unit 2: Human Diversity and Education

a. Differences in Cognitive Styles & Learning Strategies, Readiness for Learning & Classroom Achievement, Intelligence, Creativity & Personality

b. Socio-cultural Differences: Gender, Socio-Economic Status, Regional, Ethnic & Linguistic Diversity

Unit 3: Effective Teaching and Classroom Management

a. Characteristics of Effective Teachers

b. Teaching Methods & Issues related to Technological Advances

c. Classroom Management

Unit 4: Exceptionality and Special Education

a. Conceptualizing Exceptionality: Categorization, Labelling and its educational implications

b. Responsibilities of Teachers towards learners with Special Needs

Readings:


AEEC-psy-05: selection & training

Objectives:

- To give an overview of the core HR practices in organizations
- To impart basic psychological skills relevant for a practitioner in an organizational context

Unit 1: Job Analysis

a. techniques
b. importance

Unit 2: Employee Selection

a. Brief Introduction to HR and HR Cycle
b. Steps in employee selection
c. Selection devices: Interview, Psychometric testing, Assessment center, Work samples and situational tests

Unit 3: Performance Appraisal

a. Relevance of performance appraisal
b. Performance Appraisal Methods: Graphic Rating scales, Employee comparison methods, Behavioural checklist and scales
c. Errors and biases in performance appraisal
d. Feedback of performance appraisal information to employees

Unit 4: Training

a. Steps in establishing a training program
b. Methods and techniques of training
c. Evaluation of training programs

Readings:


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