

01 May 2019

**B.SC. PSYCHOLOGY HONOURS**  
**UNDER**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**SYLLABUS**



**KAZI NAZRUL UNIVERSITY**

**EFFECTIVE FROM SESSION 2016-17**

*[Signature]*  
Dean  
Faculty of Science  
Kazi Nazrul University  
Asansol - 713340

*[Signature]* 11/5/19  
Secretary  
College Councils  
Kazi Nazrul University  
Asansol- 713340

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**DETAILED SYLLABUS FOR B.SC. HONOURS IN PSYCHOLOGY**

**SEMESTER I**

**BSCHPSYC101: INTRODUCTION TO PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1 Introduction: 8 hours**

What is psychology? Perspectives on behaviour; Methods of psychology; Subfields of psychology; Psychology in modern India.

**Unit 2 Perception: 14 hours**

Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.

**Unit 3 Learning and Motivation: 16 hours**

Principles and applications of Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning; Perspectives on motivation, Types of motivation, Motivational conflicts.

**Unit 4 Memory: 12 hours**

Models of memory: Levels of processing, Parallel distributed processing, Information processing; Reconstructive nature of memory; Forgetting; Improving memory.

**Practicum: 4 hours per week per batch**

Any 2 practicum (Retrograde inhibition, Proactive Inhibition; Whole Vs Part learning; Auditory Verbal Learning Test, Reaction Time: Modality, Intensity, Foreperiod.)

**Readings:**

1. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
3. Ciccarelli, S. K., & White, N. (2017). *Psychology: South Asian Edition 5<sup>th</sup> edition*. New Delhi: Pearson Education.
4. Gross, R. (2015). *Psychology: The science of mind and behaviour 7<sup>th</sup> edition*. Hodder Education.
5. Chakraborti, S. (2017) *Manobidyar Prathamik Parichaya*. West Bengal State Book Board. Kolkata.
6. Chattopadhyay, P. (2009). *Monovidhya*. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.
7. Sarkar, N. (2008). *Monovigyan o Jibon*. 11<sup>th</sup> Ed. Dhaka.

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**BSCHPSYC102: BIOPSYCHOLOGY**

**50 Marks**

**Unit 1: Introduction to biopsychology: 8 hours**

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

**Unit 2: The Functioning brain: 14 hours**

Structure, and functions of neurons; Neural conduction and synaptic transmission.

**Unit 3: Organization of nervous systems: 14 hours**

CNS & PNS: Structure and functions. Functional abnormalities of

neurotransmitters: dopamine and serotonin hypothesis.

Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

**Unit 4: Endocrine System: 14 hours**

Structure, functions and abnormalities of major glands: Thyroid,

Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**Readings:**

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2010) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 6th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2010) Foundations of Physiological Psychology, 9th Edition. Pearson Education, New Delhi.
3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
4. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.
5. Rozenweig, M. H. (1989). Physiological Psychology. New York: Random.
6. Chakraborti, S. (2017). Manobidyar Prathamik Parichaya. West Bengal State Book Board. Kolkata.
7. Debnath, J. Sharirbigyan (Vol.1 & Vol.2). Shreedhar Prakasani, Kolkata.



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**SEMESTER-II**

**BSCHPSYC201: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

**(50+50 =100) Marks**

**Unit 1: Personality: 16 hours**

Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological- humanistic and social cognitive.

**Unit 2: Intelligence: 14 hours**

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.

**Unit 3: Interests, values and aptitudes: 10 hours**

Concepts and theories

**Unit 4: Assessment of Personality and Intelligence: 10 hours**

Types of tests- Terman Merill, WAIS, WISC, The Rorshcach, TAT, MMPI

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Carr, A. (2011): Positive psychology. Routledge.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
5. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
6. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
7. Chattopadhyay, P. (2009). Monovidhya. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.



**BSCHPSYC202: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**  
**50 Marks**

**Unit 1: 10 hours**

**Introduction:** Psychological Research; Relevance of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables and Constants; Scales of Measurement.

**Frequency Distributions, Percentiles, and Percentile Ranks:** Organizing Quantitative Data; Constructing a Grouped Frequency Distribution, a Relative Frequency Distribution and a Cumulative Frequency Distribution; Computation of Percentiles and Percentile Ranks.

**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.

**Unit 2: 16 hours**

**Measures of Central Tendency:** Calculation of Mode, Median and Mean from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Central Tendency; Central Tendency Measures in Normal and Skewed Distributions; Effects of Linear Transformations on Measures of Central Tendency.

**Measures of Variability:** Properties and Comparison of different Measures of Variability; Effects of Linear Transformations on Measures of Variability.

**The Normal Probability Distribution:** The Standard Normal Curve: Finding Areas when the Score is Known, 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; Application of NPC: with special reference to sampling. Computation of Skewness and Kurtosis.

**Standard (z) Scores:** Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores, Comparison of z-scores and Percentile Ranks.

**Unit 3: Statistical Inference: 12 hours**

Concepts and steps involved in drawing a statistical inference.

**Unit 4: Correlation: 12 hours**

Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; The Effects of Score Transformations; Cautions concerning Correlation Coefficients.

**Reading List:**

1. Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
2. Coolican, H. (2014). *Introduction to Research Methodology in Psychology 6<sup>th</sup> edition*. London: Hodder Arnold.
3. Gravetter, F.J. & Wallnau, L.B. (2017). *Statistics for the Behavioral Sciences 10<sup>th</sup> edition*. USA: Cengage Learning.

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4. King, B.M. &Minium, E.W, (2010).*Statistical Reasoning in the Behavioral Sciences 6th edition*.USA: John Wiley & Sons.
5. Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

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**SEMESTER-III**

**BSCHPSYC301: PSYCHOLOGICAL RESEARCH  
(50+50 =100) Marks**

**Unit 1: Basics of Research in Psychology: 12 hours**

What is Psychological Research? The Goals of Psychological Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research.

**Research Traditions:** Quantitative & Qualitative research method tradition, Research problems & hypothesis,

**Unit 2: Experimental Research Method: 14 hours**

Introduction to Experimental and Quasi Experimental Methods, Basic difference between Experimental and Non-experimental methods

**Methods of Data Collection:** Case study, Observation, Interview & Focus group discussion, Survey, Use of Secondary Data

**Unit 3: Non-experimental methods: 12 hours**

Case study, Observation, Survey, Interviews

**Unit 4: Development and Standardization of Test: Psychological Testing: 12 hours**

Standardization; Reliability, Validity and Norms of a Psychological Test, Projective and Non-projective test

**Practicum: 4 hours per week per batch**

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 grouped data analysis
2. **Qualitative Research Methods-** Interview, Observation

**Reading List:**

1. Bryman, A.(2004). Quantity and Quality in Social Research. Routledge.
2. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
3. Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
4. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
5. Kerlinger, F.N. & Lee, H.B. (1999). Foundations of Behavioural Research. Wadsworth.



**BSCHPSYC302: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT**

**Unit 1: Understanding Psyche: 14 hours**

A universal quest for understanding Consciousness Indian Perspective: Yoga and Vedant: Western Perspective /issues of content and methodology with reference to classical schools. Emergence of modern psychology: Questions from Western view; Debates: Free Will and Determinism, Empiricism and Rationality

**Unit 2: Positivist Orientation: 12 hours**

Developments in Behaviourism (Watson), Neo-behaviouristic traditions (Skinner), Cognitive revolution- A Paradigm Shift)

**Unit 3: Analytic Debates: 12 hours**

Freudian Psychoanalysis, Analytical Psychoanalysis; Carl Jung Developments in Psychoanalysis: The shift towards social and cultural; Developments of Third Force: Humanistic and Existential

**Unit 4: Contemporary Developments: 12 hours**

Feminism, gender roles, gender bias, social change

**Readings:**

1. Frith, Hannah. (2001). Young Women, Feminism and the Future: Dialogues and Discoveries. *Feminism and Psychology*, Vol.11(2):147-151.
2. Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. *American Psychologist*,40, 266-275.
3. Kakar, Sudhir. (2006). Culture and Psychoanalysis : A Personal Journey. *Social Analysis*, Volume 50, Number 2, Summer 2006,pp.25-44.
4. King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context*. (4th Ed.).Pearson education. 14

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**BSCHPSYC303: SOCIAL PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit I: Psychology of the Social: 12 hours**

Aim, Scope and Nature of Social Psychology, Methods of Social Psychology

**Unit II: Understanding and evaluating the social world: 12 hours**

Self, origin and aspects; Self concept, Self esteem and self-presentation; Social identity, Social cognition, Social perception, attitude-behaviour link, propaganda, public opinion

**Unit III: Social Interaction and influence: 12 hours**

Interpersonal interaction, pro-social behaviour, aggression, social influence, mass media, and communication- verbal and non-verbal

**Unit IV: Group dynamics and inter-group relations: 14 hours**

Nature and types of groups, Group morale, influence of group on behavior, consequences of belonging, performance, decision-making, cooperation and conflict, Nature of inter-group relations, Formation of attitude, prejudice, stereotype; Strategies of Attitude change.

**Practicum: 4hours per week per batch**

i. Sociometry, ii. Group Dynamics

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
2. Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
3. Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
4. Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
5. Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
6. Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
7. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson.
8. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.

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**BSCHPYSE301: STRESS MANAGEMENT**

**50 Marks**

**Unit 1: 2 hours**

Stress: Introduction, Nature of stress, symptoms of stress

**Unit 2: 2 hours**

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

**Unit 3: 8 hours**

Stress and health: effects of stress on health, eustress

**Unit 4: 8 hours**

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

**Readings:**

1. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
2. DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson
3. Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.

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**SEMESTER-IV**

**BSCHPSYC401: STATISTICAL METHODS FOR PSYCHOLOGICAL  
RESEARCH-II  
(50+50 =100) Marks**

**Unit 1: 14 hours**

**Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means:** The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; Choice of  $H_A$ : 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  $\sigma$  is unknown, The  $t$  distribution, Characteristics of Student's  $t$  distribution, 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; Type-I and Type-II error

**Unit 2: 16 hours**

**Hypothesis Testing About the Difference between Two Independent (Correlated) Means**

The Null and Alternative Hypotheses; the Random Sampling Distribution of the Difference between two Sample Means, Properties of Sampling Distribution of the Difference between Means, Determining a Formula for  $t$ ; Testing the hypothesis of no difference between 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 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 Error and Correlation only, Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means

**Unit 3: 8 hours**

**Correlation:** Computation and hypothesis testing of- Product Moment, Rank Difference, Biserial, Point Biserial, Tetrachoric, Phi Coefficient, Contingency Coefficient

**Unit 4: 12 hours**

**Nonparametric Approaches to Data**

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

**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.

**Application of Computer in Research Methods: Introduction to SPSS**

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

**Practicum: 4 hours per week per batch**

Computation of t-test and coefficients of Correlations.

**Reading List:**

1. Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall.
2. Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
3. Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.
4. King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.
5. Mangal, S.K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

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**BSCHPSYC402: DEVELOPMENTAL PSYCHOLOGY**  
**(50+50 =100) Marks**

**UNIT 1: Introduction: 8 hours**

- a) Concept of Human Development
- b) Theories, themes and research designs

**UNIT 2: Periods of Life Span Development: 12 hours**

- a) Prenatal development
- b) Birth and Infancy
- c) Childhood
- d) Adolescence
- e) Adulthood

**UNIT 3: Domains of Human Development: 15 hours**

- 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: 15 hours**

- a) Family
- b) Peers, Media & Schooling
- c) Human Development in the Indian context

**Practicum: 4 hours per week per batch**

Administration and interpretation of Family Environment (Scale) and Emotional Maturity (Scale)

**Reading List:**

1. Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
2. Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
4. Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
5. Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
6. Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.
8. Banu, S. Bikash Monobigyan (Vol. 1 & Vol. 2).



**BSCHPSYC403: EDUCATIONAL PSYCHOLOGY**

**Unit 1: Introduction to Educational Psychology: 12 hours**

Definition, Nature and scope of Educational Psychology, Theoretical Perspectives  
Teaching Learning Techniques, Curricular and Extra-Curricular Activities

**Unit 2: 14 hours**

**Issues of Physically challenged and Mentally challenged students**, responsibility of teachers towards them, Children with Developmental Disabilities and Learning Disabilities- Exceptional children, creative children, Management and Intervention Techniques, Juvenile Delinquency

**Unit 3: Academic Environment: 12 hours**

Classroom Environment, management characteristics of effective teachers, teacher-students relationship, Implementation of Reward and Punishment

**Unit 4: Mental Health of Students: 12 hours**

Academic Pressure, performance anxiety, Peer pressure, academic dishonesty, Mental health and adjustment of teachers.

**Readings:**

1. Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
2. Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
3. Slavin, R. (2008). *Educational psychology: Theory into practice*, (9th ed.). Boston: Allyn and Bacon.
4. Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.
5. Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

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**BSCHPSYSE401: EFFECTIVE DECISION MAKING**

**50 Marks**

**Unit 1: Introduction: 2 hours**

What is decision making? Importance of making good decisions.

**Unit 2: Decisions regarding career: 6 hours**

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: 6 hours**

Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions

**Unit 4: Decision making at the workplace: 6 hours**

Developing competencies and skills required for effective decision making

**Readings:**

1. Adler, R.B & Proctor, R.F (2009).Communication Goals and Approaches. Wadsworth cengage Learning, India
2. Chadha, N.K. & Bhatia, H. (2014).Career Development-different voices, different choices. The Readers Paradise: New Delhi.
3. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009).Developing soft skills. Pearson Education, India.

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**SEMESTER-V**  
**BSCHPSYC501: Understanding Psychological Disorders**  
**(50+50 =100) Marks**

**Unit 1: Understanding Abnormality: 10 hours**

Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment, Concept and Criteria of Abnormality, Classification of Disorders

**Unit 2: Clinical Picture and etiology of Disorders I: 12 hours**

Anxiety disorders- Phobias, Obsessive Compulsive Disorders, Generalized Anxiety Disorder (Clinical Picture and Dynamics of Anxiety Disorders); Conversion disorder (Clinical Picture and Dynamics); Dissociative Identity Disorder ( Clinical Picture and Dynamics).

**Unit 3: Mental Retardation: 12 hours**

Types and Causes

**Unit 4: Substance Related Disorders: 16hours**

Alcohol Abuse and Drug Abuse (clinical picture and causes)

**Practical: 4 hours per week per batch**

Administration and interpretation of Developmental Screening Test, Vineland Social Maturity Scale, State and Trait Anxiety Inventory.

**Readings:**

1. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
2. Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
3. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
4. David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition
5. Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage Learning.
6. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.



**BSCHPSYC502: ORGANIZATIONAL BEHAVIOUR**  
**(50+50 =100) Marks**

**Unit 1: Introduction: 12 hours**

Historical antecedents of Organizational Behaviour: Contemporary Trends and Challenges of Organizational Behavior.

**Unit 2: Individual level processes: 14 hours**

- a. Employee attitudes: Job involvement, Job satisfaction, Organizational Commitment,
- b. Work motivation- i. Incentive, primary & secondary goal.
- ii. Theories: Content and process theories of Work Motivation
- ii. Applications of theories of motivation

**Unit 3: Dynamics of Organizational Behavior: 12 hours**

- a. Organizational culture and Organizational climate;
- b. Factors influencing organizational culture, climate and positive organizational behavior

**Unit 4: Leadership: 12 hours**

- ja. Basic approaches: Theories of Leadership
- b. Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct;
- c. Indian perspective on leadership

**Practicum: 4 hours per week per batch**

Job Satisfaction Scale, IPNI, MAO-C

**Readings:**

1. Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
2. Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.
3. Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.
4. Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.
5. Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
6. Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
7. Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
8. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
9. Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
10. Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley

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11. Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.
12. Mohiuddin, Md. (2007). *Shilpo Manovigyan*. 5<sup>th</sup> Ed. Dhaka.

## SEMESTER-VI

### **BSCHPSYC601: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS** **(50+50 =100) Marks**

#### **Unit 1: 12 hours**

**Schizophrenia:** Clinical feature, casual factors and subtypes

#### **Unit 2: 12 hours**

**Mood Disorders:** Clinical features, causal factors and subtypes, suicide, Bipolar disorders

#### **Unit 3: 12 hours**

**a) Personality Disorders (Clinical Picture and Dynamics):** Antisocial personality Disorder and Borderline Personality Disorder

#### **Unit 4: Treatment of Disorders: 14 hours**

- a) **Biological Treatment:** Pharmacotherapy and Electroconvulsive Therapy
- b) **Psychological Treatment:** Psychoanalytic therapy, Behaviour therapy and Cognitive Behaviour Therapy

#### **Practicum: 4hours per week per batch**

Beck Depression Inventory (BDI), PGI-Memory Scale

#### **Readings:**

1. Bennett, P. (2011) *Abnormal and Clinical Psychology: An introductory Textbook*, McGraw Hill.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
3. Plante, T.G. () *Contemporary Clinical Psychology* John Wiley & Sons.
4. Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) *Abnormal Psychology : Current Perspectives*. McGraw Hill
5. Sarkar, N.R. & Sarkar, T. (2008). *Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti*. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

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**BSCHPSYC602: COUNSELING PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction: Counseling: concept, aims, ethics, process, skills of the counsellor:**

- 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

**Unit2: Techniques of Counselling: 12 hours**

- a) Psychodynamic
- b) Behavioral
- c) Humanistic

**Unit 3: Counselling Applications: 12 hours**

- a) Individual
- b) Group (family, career, narcotics)
- c) Special Population (Crisis intervention, geriatric, sexual abuse)

**Unit 4: Contemporary Trends: 14 hours**

- a) **Indian Approaches:** Yoga and Meditation,
- b) creative therapy (art, music, dance movement)
- c) Counselling and Technology- technology based counseling-telecounseling and online counseling

**Practicum: 4 hours per week per batch**

Administration and interpretation of the COPE, Cognitive Dissonance Scale, Defense Mechanism Scale (Any two)



**Readings:**

1. Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8th Ed.) Philadelphia: Mosby.
2. Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
3. Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi: Pearson.
4. Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
5. Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
6. Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
7. Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
8. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
9. Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
10. Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
11. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
12. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
13. Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
14. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
15. Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.
16. DeCenzo, D.A. & Robbins, S.P. (2006). *Fundamentals of human resource management*. (8th Ed). NY: Wiley.

**DISCIPLINE SPECIFIC ELECTIVES**

**BSCHPSYDSE501: POSITIVE PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction:** Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

**Unit 2: 14 hours**

**Positive Emotional States and Processes:** Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

**Unit 3: 12 hours**

**Positive Cognitive States and Processes:** Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

**Unit 4: 12 hours**

**Applications:** Work, education, ageing, health

**Practicum: 4 hours per week per batch**

Any one practicum: Administration and interpretation of Subjective Wellbeing Scale, Oxford Happiness Questionnaire

**Reading List:**

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
7. Sanyal, N. (2017). Pebbles of Positivism, Positive Psychology and Spirituality: Contents and approaches. Ramakrishna Mission Institute of Culture, Golpark, Kolkata.



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**BSCHPSYDSE502: HEALTH PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1: 14 hours**

**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: 12 hours**

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

**Unit 3: 12 hours**

**Stress:** Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

**Unit 4: 12 hours**

**Health Management:**

Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

**Practicum: 4 hours per week per batch**

Any 1 practicum Administration and interpretation of WHO-QOL BREF, GHQ-28

**Readings:**

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



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**BSCHPSYDSE601: COMMUNITY PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1 Introduction: 12 hours**

Definition of community psychology; types of communities; models.

**Unit 2 Core values: 14 hours**

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

**Unit 3 Health promotion: 12 hours**

Process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

**Unit 4 Interventions: 12 hours**

Community development and empowerment; case studies in Indian context.

**Practicum: 4 hours per week per batch**

One practicum on / Community Outreach Programme

**Readings:**

1. Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967
2. Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.
3. Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
4. McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.
5. Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
6. Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

**BSCHPSYDSE602: PROJECT/ DISSERTATION**  
**(50+50 =100) Marks**

**Reference** – Latest APA manual for dissertation.

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

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**POOL OF GENERIC ELECTIVES  
SEMESTER I**

**BSCHPSYGE101: FOUNDATIONS OF PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1: Introduction: 8 hours**

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

**Unit 2: Cognitive processes: 14 hours**

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: 16 hours**

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

**Unit 4: Personality and Intelligence: 12 hours**

Personality: nature, theories

Intelligence: nature, theories

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Chakraborti, S. (2017) Manobidyar Prathamik Parichay. Rajya Pustak Parshad.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi: Tata Mc Graw Hill.
5. Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham:Openm University Press.
6. Sarkar, N. (2008). Monovigyan o Jibon. 11<sup>th</sup> Ed. Dhaka.

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**SEMESTER II**  
**BSCHPSYGE201: INTRODUCTION TO SOCIAL PSYCHOLOGY**  
**50 Marks**

**Unit 1: Introduction: 12 hours**

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: 12 hours**

Person perception: attribution-theories, biases and errors

Attitude: formation, change and resistance to change

**Unit 3: Interpersonal processes: 12 hours**

Interpersonal attraction, prosocial behavior, aggression

**Unit 4: Group dynamics: 14 hours**

Key aspects of groups, cooperation and conflict, group decision making.

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology 12th Edition*. New Delhi: Pearson.
2. Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
3. Myers, D.G. (2012). *Social psychology 11<sup>th</sup> edition*. New Delhi: Tata McGraw-Hill.
4. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.

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### SEMESTER-III

#### BSCHPSYGE301: PSYCHOLOGICAL DISORDERS

**Unit 1: Basic Concepts: 10 hours**

Definition and criteria of abnormality, classification, Diathesis Stress Model.

**Unit 2: Theoretical perspectives: 12 hours**

Biological, familial, cultural, behavioral, cognitive and psychodynamic.

**Unit 3: Clinical states: 12 hours**

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

**Unit 4: Treatment of disorders: 16 hours**

a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy

b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

**Readings:**

1. Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2015). *Abnormal Psychology 15<sup>th</sup> edition*. Pearson Education India
2. Barlow D.H. and Durand V.M. (2014). *Abnormal Psychology: An Integrated Approach 7<sup>th</sup> edition*.Wadsworth: New York.
3. Ahuja ,N. (2011). *A Short Textbook of Psychiatry 7th edition*. Jaypee Publisher
4. Sarkar, N.R. & Sarkar, T. (2008). *Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.*

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**SEMESTER IV**  
**BSCHPSYGE401: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH**  
**(50+50 =100) Marks**

**Unit 1: Introduction: 10 hours**

Scales of measurement, graphical representation of data

**Unit 2: Data analysis: 16 hours**

Measures of central tendency: Mean, median, mode (Properties and computation).

Standard deviation: properties and computation.

Correlation: Pearson method, properties of Normal Probability Curve (NPC).

**Unit 3: Psychological Testing: 12 hours**

Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

**Unit 4: Qualitative methods: 12 hours**

Interview, observation, case study

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
2. Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
3. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
4. King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
5. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

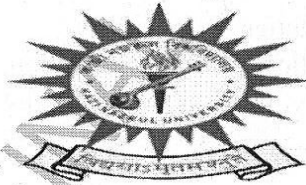




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**B.SC. PSYCHOLOGY HONOURS**  
**UNDER**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**SYLLABUS**



**KAZI NAZRUL UNIVERSITY**  
**EFFECTIVE FROM SESSION 2017-18**

01 May 2019

**DETAILED SYLLABUS FOR B.SC. HONOURS IN PSYCHOLOGY**

**SEMESTER I**

**BSCHPSYC101: INTRODUCTION TO PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1 Introduction: 8 hours**

What is psychology? Perspectives on behaviour; Methods of psychology; Subfields of psychology; Psychology in modern India.

**Unit 2 Perception: 14 hours**

Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.

**Unit 3 Learning and Motivation: 16 hours**

Principles and applications of Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning; Perspectives on motivation, Types of motivation, Motivational conflicts.

**Unit 4 Memory: 12 hours**

Models of memory: Levels of processing, Parallel distributed processing, Information processing; Reconstructive nature of memory; Forgetting; Improving memory.

**Practicum: 4 hours per week per batch**

Any 2 practicum (Retrograde inhibition, Proactive Inhibition; Whole Vs Part learning; Auditory Verbal Learning Test, Reaction Time: Modality, Intensity, Foreperiod.)

**Readings:**

1. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
3. Ciccarelli, S. K., & White, N. (2017). *Psychology: South Asian Edition 5<sup>th</sup> edition*. New Delhi: Pearson Education.
4. Gross, R. (2015). *Psychology: The science of mind and behaviour 7<sup>th</sup> edition*. Hodder Education.
5. Chakraborti, S. (2017) *Manobidyar Prathamik Parichaya*. West Bengal State Book Board. Kolkata.
6. Chattopadhyay, P. (2009). *Monovidhya*. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.
7. Sarkar, N. (2008). *Monovigyan o Jibon*. 11<sup>th</sup> Ed. Dhaka.



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**BSCHPSYC102: BIOPSYCHOLOGY**

**50 Marks**

**Unit 1: Introduction to biopsychology: 8 hours**

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

**Unit 2: The Functioning brain: 14 hours**

Structure, and functions of neurons; Neural conduction and synaptic transmission.

**Unit 3: Organization of nervous systems: 14 hours**

CNS & PNS: Structure and functions. Functional abnormalities of

neurotransmitters: dopamine and serotonin hypothesis.

Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

**Unit 4: Endocrine System: 14 hours**

Structure, functions and abnormalities of major glands: Thyroid,

Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**Readings:**

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2010) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 6th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2010) Foundations of Physiological Psychology, 9th Edition. Pearson Education, New Delhi.
3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
4. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.
5. Rozenweig, M. H. (1989). Physiological Psychology. New York: Random.
6. Chakraborti, S. (2017). Manobidyar Prathamik Parichaya. West Bengal State Book Board. Kolkata.
7. Debnath, J. Sharirbigyan (Vol.1 & Vol.2). Shreedhar Prakasani, Kolkata.



**SEMESTER-II**

**BSCHPSYC201: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES  
(50+50 =100) Marks**

**Unit 1: Personality: 16 hours**

Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological- humanistic and social cognitive.

**Unit 2: Intelligence: 14 hours**

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.

**Unit 3: Interests, values and aptitudes: 10 hours**

Concepts and theories

**Unit 4: Assessment of Personality and Intelligence: 10 hours**

Types of tests- Terman Merill, WAIS, WISC, The Rorshcach, TAT, MMPI

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Carr, A. (2011): Positive psychology. Routledge.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
5. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
6. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
7. Chattopadhyay, P. (2009). Monovidhya. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.

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**BSCHPSYC202: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**  
**50 Marks**

**Unit 1: 10 hours**

**Introduction:** Psychological Research; Relevance of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables and Constants; Scales of Measurement.

**Frequency Distributions, Percentiles, and Percentile Ranks:** Organizing Quantitative Data; Constructing a Grouped Frequency Distribution, a Relative Frequency Distribution and a Cumulative Frequency Distribution; Computation of Percentiles and Percentile Ranks.

**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.

**Unit 2: 16 hours**

**Measures of Central Tendency:** Calculation of Mode, Median and Mean from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Central Tendency; Central Tendency Measures in Normal and Skewed Distributions; Effects of Linear Transformations on Measures of Central Tendency.

**Measures of Variability:** Properties and Comparison of different Measures of Variability; Effects of Linear Transformations on Measures of Variability.

**The Normal Probability Distribution:** The Standard Normal Curve: Finding Areas when the Score is Known, 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; Application of NPC: with special reference to sampling. Computation of Skewness and Kurtosis.

**Standard (z) Scores:** Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores, Comparison of z-scores and Percentile Ranks.

**Unit 3: Statistical Inference: 12 hours**

Concepts and steps involved in drawing a statistical inference.

**Unit 4: Correlation: 12 hours**

Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; The Effects of Score Transformations; Cautions concerning Correlation Coefficients.

**Reading List:**

1. Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
2. Coolican, H. (2014). *Introduction to Research Methodology in Psychology 6<sup>th</sup> edition*. London: Hodder Arnold.
3. Gravetter, F.J. & Wallnau, L.B. (2017). *Statistics for the Behavioral Sciences 10<sup>th</sup> edition*. USA: Cengage Learning.



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4. King, B.M. &Minium, E.W, (2010).*Statistical Reasoning in the Behavioral Sciences 6th edition*.USA: John Wiley & Sons.
5. Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

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**SEMESTER-III**

**BSCHPSYC301: PSYCHOLOGICAL RESEARCH  
(50+50 =100) Marks**

**Unit 1: 12 hours**

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

**Research Traditions:** Quantitative & Qualitative research method tradition, Research Problems & Hypothesis, Variables.

**Unit 2: Experimental Research Method: 14 hours**

Introduction to Experimental and Quasi Experimental Methods, Basic difference between Experimental and Non-experimental methods; Sampling: Concepts and Types.

**Unit 3: Methods of Data Collection: 12 hours**

Case study, Observation, Interview; Questionnaires, Tests and Scales.

**Unit 4: Development and Standardization of Test: Psychological Testing: 12 hours**

Standardization; Reliability, Validity and Norms of a Psychological Test, Projective and Non-projective test

**Practicum: 4 hours per week per batch**

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 (*data collected on Reaction Time experiment*), One psychological test based on grouped data analysis (*data collected on EPQ-R*)
2. **Qualitative Research Methods-** Interview, Observation (*News paper theme on specific topic*).

**Reading List:**

1. Bryman, A.(2004). Quantity and Quality in Social Research.Routledge.
2. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
3. Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
4. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*.New Delhi: Pearson Education.
5. Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth.

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**BSCHPSYC302: HISTORY OF MAJOR PSYCHOLOGICAL PERSPECTIVES**  
**50 Marks**

**Unit 1: Early Schools of Psychology: 12 hours**

Associationism, Structuralism, Functionalism; Evolutionary Perspectives.

**Unit 2: 12 hours**

Analytic and Dynamic Perspectives.

**Unit 3: 12 hours**

Behaviouristic and Cognitive Perspectives.

**Unit 4: 12 hours**

Humanistic and Existential Perspectives.

**Unit 5: 12 hours**

Computational Perspectives.

**Readings:**

1. Hothersall , D. (2003). *History of Psychology, 4th Edition*. McGraw-Hill Education
2. Hunt, M. (2007) *The Story of Psychology*. Anchor
3. Olson , M.H. (2012).*An Introduction to Theories of Learning 9th Edition*. Psychology Press
4. Milton, J., Polmear, C. , & Fabricius, J. ( 2011). *A Short Introduction to Psychoanalysis*. Sage Pub.
5. Craske, M.G. (2010). *Cognitive-Behavioral Therapy (Theories of Psychotherapy)*. American Psychological Association
6. Eysenck, M. W., & Keane, M. T. (2013). *Cognitive psychology: A student's handbook*. Psychology press.
7. DeCarvalho R.,J. (1991). *The Founders of Humanistic Psychology*. NY: Praeger



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**BSCHPSYC303: SOCIAL PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: Psychology of the Social: 12 hours**

Aim, Scope and Nature of Social Psychology, Methods of Social Psychology

**Unit 2: Understanding and evaluating the social world: 12 hours**

Self, origin and aspects; Self concept, Self esteem and self-presentation; Social identity, Social cognition, Social perception, attitude-behaviour link, propaganda, public opinion

**Unit 3: Social Interaction and influence: 12 hours**

Interpersonal interaction, pro-social behaviour, aggression, social influence, mass media, communication- verbal and non-verbal

**Unit 4: Group dynamics and inter-group relations: 14 hours**

Nature and types of groups, Group morale, influence of group on behavior, consequences of belonging, performance, decision-making, cooperation and conflict, Nature of inter-group relations, Formation of attitude, prejudice, stereotype; Strategies of Attitude change.

**Practicum: 4 hours per week per batch**

i. Sociometry, ii. Group Dynamics

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
2. Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
3. Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
4. Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
5. Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
6. Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
7. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson.
8. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.



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**BSCHPSYSE301: EMOTIONAL INTELLIGENCE**

**50 Marks**

**Unit 1: Introduction: 4 hours**

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: 6 hours**

Levels of emotional awareness; recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others

**Unit 3: Managing Emotions: 6 hours**

The relationship between emotions, thought and behaviour; Techniques to manage emotions

**Unit 4: Applications: 4 hours**

Workplace; Relationships; Conflict Management; Effective Leadership

**Readings:**

1. Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The handbook of emotional intelligence*. San Francisco, California: Jossey Bros.
2. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
3. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
4. Singh, D. (2003). *Emotional intelligence at work (2 nded.)* New Delhi: Response Books.

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**SEMESTER-IV**

**BSCHPSYC401: STATISTICAL METHODS FOR PSYCHOLOGICAL  
RESEARCH-II  
(50+50 =100) Marks**

**Unit 1: 14 hours**

**Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means:** The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; Choice of  $H_A$ : 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  $\sigma$  is unknown, The  $t$  distribution, Characteristics of Student's  $t$  distribution, 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; Type-I and Type-II error

**Unit 2: 16 hours**

**Hypothesis Testing About the Difference between Two Independent (Correlated) Means**

The Null and Alternative Hypotheses; the Random Sampling Distribution of the Difference between two Sample Means, Properties of Sampling Distribution of the Difference between Means, Determining a Formula for  $t$ ; Testing the hypothesis of no difference between 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 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 Error and Correlation only, Assumptions When Testng a Hypothesis about the Difference between Two Dependent Means



**Unit 3: 8 hours**

**Correlation:** Computation and hypothesis testing of- Product Moment, Rank Difference, Biserial, Point Biserial, Tetrachoric, Phi Coefficient, Contingency Coefficient

**Unit 4: 12 hours**

**Nonparametric Approaches to Data**

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

**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.

**Application of Computer in Research Methods: Introduction to SPSS**

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

**Practicum: 4 hours per week per batch**

Computation of t-test and coefficients of Correlations.

**Reading List:**

1. Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall.
2. Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
3. Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.
4. King, B.M. & Minium, E. W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.
5. Mangal, S.K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.



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**BSCHPSYC402: DEVELOPMENTAL PSYCHOLOGY**  
**(50+50 =100) Marks**

**UNIT 1: Introduction: 8 hours**

- a) Concept of Human Development
- b) Theories, themes and research designs

**UNIT 2: Periods of Life Span Development: 12 hours**

- a) Prenatal development
- b) Birth and Infancy
- c) Childhood
- d) Adolescence
- e) Adulthood

**UNIT 3: Domains of Human Development: 15 hours**

- 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: 15 hours**

- a) Family
- b) Peers, Media & Schooling
- c) Human Development in the Indian context

**Practicum: 4 hours per week per batch**

Administration and interpretation of Family Environment (Scale) and Emotional Maturity (Scale)

**Reading List:**

1. Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
2. Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
4. Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
5. Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
6. Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.
8. Banu, S. Bikash Monobigyan (Vol. 1 & Vol. 2).

**BSCHPSYC403: APPLIED SOCIAL PSYCHOLOGY  
(50) Marks**

**Unit 1: Introduction: 10 hours**

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

**Unit 2: Applying Social Psychology-I: 14 hours**

Environment, population, diversity

**Unit 3: Applying Social Psychology-II: 14 hours**

Work, health, legal system

**Unit 4: Intervention and Evaluation: 12 hours**

Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

**Readings**

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coultts, L.M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

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**BSCHPSYSE401: EFFECTIVE DECISION MAKING**

**50 Marks**

**Unit 1: Introduction: 2 hours**

What is decision making? Importance of making good decisions.

**Unit 2: Decisions regarding career: 6 hours**

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: 6 hours**

Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions

**Unit 4: Decision making at the workplace: 6 hours**

Developing competencies and skills required for effective decision making

**Readings:**

1. Adler, R.B & Proctor, R.F (2009).Communication Goals and Approaches. Wadsworth cengage Learning, India
2. Chadha, N.K. & Bhatia, H. (2014).Career Development-different voices, different choices. The Readers Paradise: New Delhi.
3. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009).Developing soft skills. Pearson Education, India.

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**SEMESTER-V**  
**BSCHPSYC501: Understanding Psychological Disorders**  
**(50+50 =100) Marks**

**Unit 1: Understanding Abnormality: 10 hours**

Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment, Concept and Criteria of Abnormality, Classification of Disorders

**Unit 2: Clinical Picture and etiology of Disorders I: 12 hours**

Anxiety disorders- Phobias, Obsessive Compulsive Disorders, Generalized Anxiety Disorder (Clinical Picture and Dynamics of Anxiety Disorders); Conversion disorder (Clinical Picture and Dynamics); Dissociative Identity Disorder (Clinical Picture and Dynamics).

**Unit 3: Mental Retardation: 12 hours**

Types and Causes

**Unit 4: Substance Related Disorders: 16 hours**

Alcohol Abuse and Drug Abuse (clinical picture and causes)

**Practical: 4 hours per week per batch**

Administration and interpretation of Developmental Screening Test, Vineland Social Maturity Scale, State and Trait Anxiety Inventory.

**Readings:**

1. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
2. Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
3. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
4. David Barlow H. & Durand V. Mark, (2013) Abnormal Psychology :Cengage Learning India 7<sup>th</sup> Edition.
5. Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage Learning.
6. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

**BSCHPSYC502: ORGANIZATIONAL BEHAVIOUR**  
**(50+50 =100) Marks**

**Unit 1: Introduction: 12 hours**

Historical antecedents of Organizational Behaviour: Contemporary Trends and Challenges of Organizational Behavior.

**Unit 2: Individual level processes: 14 hours**

- a. Employee attitudes: Job involvement, Job satisfaction, Organizational Commitment,
- b. Work motivation- i. Incentive, primary & secondary goal.
- ii. Theories: Content and process theories of Work Motivation
- ii. Applications of theories of motivation

**Unit 3: Dynamics of Organizational Behavior: 12 hours**

- a. Organizational culture and Organizational climate;
- b. Factors influencing organizational culture, climate and positive organizational behavior

**Unit 4: Leadership: 12 hours**

- ja. Basic approaches: Theories of Leadership
- b. Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct;
- c. Indian perspective on leadership

**Practicum: 4 hours per week per batch**

Job Satisfaction Scale, IPNI, MAO-C

**Readings:**

1. Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
2. Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.
3. Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.
4. Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.
5. Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
6. Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
7. Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
8. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
9. Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.



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10. Schermerhorn, J.R. , Hunt,J.G. & Osborn,R.N. (2008). *Organizational Behavior* (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
11. Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley
12. Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.
13. Mohiuddin, Md. (2007). *Shilpo Manovigyan*. 5<sup>th</sup> Ed. Dhaka.

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**SEMESTER-VI**

**BSCHPSYC601: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL  
DISORDERS  
(50+50 =100) Marks**

**Unit 1: 12 hours**

**Schizophrenia:** Clinical feature, casual factors and subtypes

**Unit 2: 12 hours**

**Mood Disorders:** Clinical features, causal factors and subtypes, suicide, Bipolar disorders

**Unit 3: 12 hours**

**a) Personality Disorders (Clinical Picture and Dynamics):** Antisocial personality Disorder and Borderline Personality Disorder

**Unit 4: 14 hours**

**Treatment of Disorders:**

- a) **Biological Treatment:** Pharmacotherapy and Electroconvulsive Therapy
- b) **Psychological Treatment:** Psychoanalytic therapy, Behaviour therapy and Cognitive Behaviour Therapy

**Practicum: 4hours per week per batch**

Beck Depression Inventory (BDI), PGI-Memory Scale

**Readings:**

1. Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.
2. Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.
4. Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill
5. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

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**BSCHPSYC602: COUNSELING PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction: Counseling: concept, aims, ethics, process, skills of the counsellor:**

- 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

**Unit2: 12 hours**

**Techniques of Counselling:**

- a) Psychodynamic
- b) Behavioral
- c) Humanistic

**Unit 3: 12 hours**

**Counselling Applications:**

- a) Individual
- b) Group (family, career, narcotics)
- c) Special Population (Crisis intervention, geriatric, sexual abuse)

**Unit 4: 14 hours**

**Contemporary Trends:**

- a) Indian Approaches: Yoga and Meditation,
- b) creative therapy (art, music, dance movement)
- c) Counselling and Technology- technology based counseling-telecounseling and online counseling

**Practicum: 4 hours per week per batch**

Administration and interpretation of the COPE, Cognitive Dissonance Scale, Defense Mechanism Scale (Any two)



**Readings:**

1. Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8th Ed.) Philadelphia: Mosby.
2. Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
3. Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
4. Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice.*(7th Ed.) New Delhi: Cengage Learning.
5. Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
6. Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* ( 3rd Ed.) New Delhi: Sage.
7. Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
8. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
9. Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
10. Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
11. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
12. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
13. Seligman, L. & Reichenberg, L. W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
14. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
15. Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.
16. DeCenzo, D.A. & Robbins, S.P. (2006). *Fundamentals of human resource management*. (8th Ed). NY: Wiley.



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**DISCIPLINE SPECIFIC ELECTIVES**

**BSCHPSYDSE501: POSITIVE PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction:** Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

**Unit 2: 14 hours**

**Positive Emotional States and Processes:** Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

**Unit 3: 12 hours**

**Positive Cognitive States and Processes:** Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

**Unit 4: 12 hours**

**Applications:** Work, education, ageing, health

**Practicum: 4 hours per week per batch**

Any one practicum: Administration and interpretation of Subjective Wellbeing Scale, Oxford Happiness Questionnaire

**Reading List:**

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
7. Sanyal, N. (2017). Pebbles of Positivism, Positive Psychology and Spirituality: Contents and approaches. Ramakrishna Mission Institute of Culture, Golpark, Kolkata.

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**BSCHPSYDSE502: HEALTH PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1: 14 hours**

**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: 12 hours**

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

**Unit 3: 12 hours**

**Stress:** Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

**Unit 4: 12 hours**

**Health Management:**

Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

**Practicum: 4 hours per week per batch**

Any 1 practicum Administration and interpretation of WHO-QOL- BREF, GHQ-28

**Readings:**

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



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**BSCHPSYDSE601: COMMUNITY PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1 Introduction: 12 hours**

Definition of community psychology; types of communities; models.

**Unit 2 Core values: 14 hours**

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

**Unit 3 Health promotion: 12 hours**

Process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

**Unit 4 Interventions: 12 hours**

Community development and empowerment; case studies in Indian context.

**Practicum: 4 hours per week per batch**

One practicum on / Community Outreach Programme

**Readings:**

1. Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967
2. Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.
3. Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
4. McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.
5. Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
6. Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

**BSCHPSYDSE602: PROJECT/ DISSERTATION**  
**(50+50 =100) Marks**

**Reference** – Latest APA manual for dissertation.

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



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**POOL OF GENERIC ELECTIVES  
SEMESTER I**

**BSCHPSYGE101: FOUNDATIONS OF PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1: Introduction: 8 hours**

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

**Unit 2: Cognitive processes: 14 hours**

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: 16 hours**

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

**Unit 4: Personality and Intelligence: 12 hours**

Personality: nature, theories

Intelligence: nature, theories

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
2. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
3. Feldman, S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
4. Glassman, W.E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Openm University Press.
5. Chakraborti, S. (2017) Manobidyar Prathamik Parichay. Rajya Pustak Parshad.
6. Sarkar, N. (2008). Monovigyan o Jibon. 11th Ed. Dhaka.

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**SEMESTER II**  
**BSCHPSYGE201: INTRODUCTION TO SOCIAL PSYCHOLOGY**  
**50 Marks**

**Unit 1: Introduction: 12 hours**

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: 12 hours**

Person perception: attribution-theories, biases and errors

Attitude: formation, change and resistance to change

**Unit 3: Interpersonal processes: 12 hours**

Interpersonal attraction, prosocial behavior, aggression

**Unit 4: Group dynamics: 14 hours**

Key aspects of groups, cooperation and conflict, group decision making.

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology 12th Edition*. New Delhi: Pearson.
2. Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
3. Myers, D.G. (2012). *Social psychology 11<sup>th</sup> edition*. New Delhi: Tata McGraw-Hill.
4. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.

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**SEMESTER-III**

**BSCHPSYGE301: PSYCHOLOGICAL DISORDERS**

**Unit 1: Basic Concepts: 10 hours**

Definition and criteria of abnormality, classification, Diathesis Stress Model.

**Unit 2: Theoretical perspectives: 12 hours**

Biological, familial, cultural, behavioral, cognitive and psychodynamic.

**Unit 3: Clinical states: 12 hours**

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

**Unit 4: Treatment of disorders: 16 hours**

a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy

b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

**Readings:**

1. Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2015). *Abnormal Psychology 15<sup>th</sup> edition*. Pearson Education India
2. Barlow D.H. and Durand V.M. (2014). *Abnormal Psychology: An Integrated Approach 7<sup>th</sup> edition*.Wadsworth: New York.
3. Ahuja ,N. (2011). *A Short Textbook of Psychiatry 7th edition*. Jaypee Publisher
4. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

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## SEMESTER IV

### BSCHPSYGE401: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH (50+50 =100) Marks

#### Unit 1: Introduction: 10 hours

Scales of measurement, graphical representation of data

#### Unit 2: Data analysis: 16 hours

Measures of central tendency: Mean, median, mode (Properties and computation).

Standard deviation: properties and computation.

Correlation: Pearson method, properties of Normal Probability Curve (NPC).

#### Unit 3: Psychological Testing: 12 hours

Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

#### Unit 4: Qualitative methods: 12 hours

Interview, observation, case study

#### Practicum: 4 hours per week per batch

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

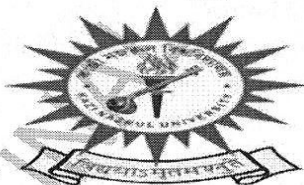
#### Readings:

1. Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
2. Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
3. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
4. King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
5. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

01 May 2019

**B.SC. PSYCHOLOGY HONOURS**  
**UNDER**  
**CHOICE BASED CREDIT SYSTEM (CBCS)**

**SYLLABUS**



**KAZI NAZRUL UNIVERSITY**

**EFFECTIVE FROM SESSION 2018-19**

*Red*  
*01/05/19*



**DETAILED SYLLABUS FOR B.SC. HONOURS IN PSYCHOLOGY**

**SEMESTER I**

**BSCHPSYC101: INTRODUCTION TO PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1 Introduction: 8 hours**

What is psychology? Perspectives on behaviour; Methods of psychology; Subfields of psychology; Psychology in modern India.

**Unit 2 Perception: 14 hours**

Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.

**Unit 3 Learning and Memory: 16 hours**

Principles and applications of Classical conditioning, Operant conditioning, and Observational learning; Thorndikes's theory of learning; Gestalt theory of learning; Cognitive influences on learning; Models of memory: Levels of processing, Information processing; Reconstructive nature of memory; Forgetting; Improving memory.

**Unit 4 Motivation and Emotion: 12 hours**

Perspectives on motivation, Types of motivation, Motivational conflicts.  
Emotion: basic concept; Body reaction theories: James- Lange, Cannon- Bard, Schachter- Singer.

**Practicum: 4 hours per week per batch**

Any 2 practicum (Retrograde inhibition, Proactive Inhibition; Whole Vs Part learning; Auditory Verbal Learning Test, Reaction Time: Modality, Intensity, Foreperiod.)

**Readings:**

1. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
2. Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
3. Ciccarelli, S. K., & White, N. (2017). *Psychology: South Asian Edition 5<sup>th</sup> edition*. New Delhi: Pearson Education.
4. Gross, R. (2015). *Psychology: The science of mind and behaviour 7<sup>th</sup> edition*. Hodder Education.
5. Chakraborti, S. (2017) *Manobidyar Prathamik Parichaya*. West Bengal State Book Board. Kolkata.
6. Chattopadhyay, P. (2009). *Monovidhya*. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.



7. Sarkar, N. (2008). Monovigyan o Jibon. 11<sup>th</sup> Ed. Dhaka.

**BSCHPSYC102: BIOPSYCHOLOGY**

**50 Marks**

**Unit 1: Introduction to biopsychology: 8 hours**

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

**Unit 2: The Functioning brain: 14 hours**

Structure and functions of neurons; neural conduction and synaptict ransmission; Neurotransmitters: types and functions.

**Unit 3: Organization of nervous systems: 14 hours**

CNS & PNS: Structure and functions.

Biology of basic drives: hunger, thirst, sex.

Sensory systems: vision and audition.

**Unit 4: Endocrine System: 14 hours**

Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**Readings:**

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2010) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 6th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2010) Foundations of Physiological Psychology, 9th Edition. Pearson Education, New Delhi.
3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
4. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.
5. Rozenweig, M. H. (1989). Physiological Psychology. New York: Random.
6. Chakraborti, S. (2017). Manobidyar Prathamik Parichaya. West Bengal State Book Board. Kolkata.
7. Debnath, J. Sharirbigyan (Vol.1 & Vol.2). Shreedhar Prakasani, Kolkata.

**SEMESTER-II**

**BSCHPSYC201: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES  
(50+50 =100) Marks**

**Unit 1: Personality: 16 hours**

Nature of personality; Biological foundations of personality; Culture, gender and personality; Introduction to approaches on Personality: Psychodynamic (Freud), Phenomenological-humanistic (Maslow and Roger's) and social cognitive (Bandura), Trait and Types (Eysenck).

**Unit 2: Intelligence: 14 hours**

Concept of intelligence: Psychometric and cognitive approaches to intelligence; Spearman, Thurstone, Guilford, and Cattell's theory; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

**Unit 3: Interests, values and aptitudes: 10 hours**

Concepts and application, relation between aptitude and intelligence.

**Unit 4: Assessment of Personality and Intelligence: 10 hours**

Types of tests- Terman Merrill, WAIS, WISC, The Rorschach, TAT, MMPI

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Carr, A. (2011): Positive psychology. Routledge.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
5. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
6. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
7. Chattopadhyay, P. (2009). Monovidhya. 9<sup>th</sup> Ed. Kolkata Modern Book Agency.



**BSCHPSYC202: PSYCHOLOGICAL RESEARCH**  
**(50+50 =100) Marks**

**Unit 1: 12 hours**

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

**Research Traditions:** Quantitative & Qualitative research method tradition, Research Problems & Hypothesis, Variables.

**Unit 2: 14 hours**

**Experimental Research Method:** Introduction to Experimental and Quasi Experimental Methods, Basic difference between Experimental and Non-experimental methods; Sampling: Concepts and Types.

**Unit 3: 12 hours**

**Methods of Data Collection:** Case study, Observation, Interview; Questionnaires, Tests and Scales.

**Unit 4: 12 hours**

**Development and Standardization of Test: Psychological Testing:** Standardization; Reliability, Validity and Norms of a Psychological Test, Projective and Non-projective test

**Practicum: 4 hours per week per batch**

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 (*data collected on Reaction Time experiment*), One psychological test based on grouped data analysis (*data collected on EPQ-R*)
2. **Qualitative Research Methods-** Interview, Observation (*News paper theme on specific topic*).

**Reading List:**

1. Bryman, A.(2004). Quantity and Quality in Social Research.Routledge.
2. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
3. Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
4. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*.New Delhi: Pearson Education.
5. Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth.



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**SEMESTER-III**

**BSCHPSYC301: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**  
**50 Marks**

**Unit 1:**

**Introduction: 10 hours**

Psychological Research; Relevance of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables and Constants; Scales of Measurement.

**Frequency Distributions, Percentiles, and Percentile Ranks:** Organizing Quantitative Data; Constructing a Grouped Frequency Distribution, a Relative Frequency Distribution and a Cumulative Frequency Distribution; Computation of Percentiles and Percentile Ranks.

**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.

**Unit 2: 16 hours**

**Measures of Central Tendency:** Calculation of Mode, Median and Mean from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Central Tendency; Central Tendency Measures in Normal and Skewed Distributions; Effects of Linear Transformations on Measures of Central Tendency.

**Measures of Variability:** Properties and Comparison of different Measures of Variability; Effects of Linear Transformations on Measures of Variability.

**The Normal Probability Distribution:** The Standard Normal Curve: Finding Areas when the Score is Known, 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; Application of NPC: with special reference to sampling. Computation of Skewness and Kurtosis.

**Standard (z) Scores:** Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores, Comparison of z-scores and Percentile Ranks.

**Unit 3: Statistical Inference: 12 hours**

Concepts and steps involved in drawing a statistical inference.

**Unit 4: Correlation: 12 hours**

Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; The Effects of Score Transformations; Cautions concerning Correlation Coefficients.

**Reading List:**

1. Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi

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2. Coolican, H. (2014). *Introduction to Research Methodology in Psychology 6<sup>th</sup> edition*. London: Hodder Arnold.
3. Gravetter, F.J. & Wallnau, L.B. (2017). *Statistics for the Behavioral Sciences 10<sup>th</sup> edition*. USA: Cengage Learning.
4. King, B.M. & Minium, E.W. (2010). *Statistical Reasoning in the Behavioral Sciences 6<sup>th</sup> edition*. USA: John Wiley & Sons.
5. Mangal, S.K. (2012). *Statistics in Psychology and Education (2nd Ed.)*. New Delhi: PHI learning Pvt. Ltd.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan. 5<sup>th</sup> Ed.* Dhaka Gyankos Prakashani.

### **BSCHPSYC302: HISTORY OF MAJOR PSYCHOLOGICAL PERSPECTIVES**

**50 Marks**

#### **Unit 1: 12 hours**

**Early Schools of Psychology:** Associationism, Structuralism, Functionalism; Evolutionary Perspectives.

#### **Unit 2: 12 hours**

Analytic and Dynamic Perspectives.

#### **Unit 3: 12 hours**

Behaviouristic and Cognitive Perspectives.

#### **Unit 4: 12 hours**

Humanistic and Existential Perspectives.

#### **Unit 5: 12 hours**

Computational Perspectives.

#### **Readings:**

1. Hothersall, D. (2003). *History of Psychology, 4th Edition*. McGraw-Hill Education
2. Hunt, M. (2007) *The Story of Psychology*. Anchor
3. Olson, M.H. (2012). *An Introduction to Theories of Learning 9th Edition*. Psychology Press
4. Milton, J., Polmear, C., & Fabricius, J. (2011). *A Short Introduction to Psychoanalysis*. Sage Pub.
5. Craske, M.G. (2010). *Cognitive-Behavioral Therapy (Theories of Psychotherapy)*. American Psychological Association
6. Eysenck, M. W., & Keane, M. T. (2013). *Cognitive psychology: A student's handbook*. Psychology press.
7. DeCarvalho R.,J. (1991). *The Founders of Humanistic Psychology*. NY: Praeger.



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**BSCHPSYC303: SOCIAL PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: Psychology of the Social: 12 hours**

Aim, Scope and Nature of Social Psychology, Methods of Social Psychology

**Unit 2: Understanding and evaluating the social world: 12 hours**

Self, origin and aspects; Self concept, Self esteem and self-presentation; Social identity, Social cognition, Social perception, attitude-behaviour link, propaganda, public opinion

**Unit 3: Social Interaction and influence: 12 hours**

Interpersonal interaction, pro-social behaviour, aggression, social influence, mass media, communication- verbal and non-verbal

**Unit 4: Group dynamics and inter-group relations: 14 hours**

Nature and types of groups, Group morale, influence of group on behavior, consequences of belonging, performance, decision-making, cooperation and conflict, Nature of inter-group relations, Formation of attitude, prejudice, stereotype; Strategies of Attitude change.

**Practicum: 4 hours per week per batch**

i. Sociometry, ii. Group Dynamics

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
2. Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
3. Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
4. Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
5. Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
6. Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
7. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson.
8. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.



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**BSCHPSYSE301: EMOTIONAL INTELLIGENCE**

**50 Marks**

**Unit 1: Introduction: 4 hours**

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: 6 hours**

Levels of emotional awareness; recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others

**Unit 3: Managing Emotions: 6 hours**

The relationship between emotions, thought and behaviour; Techniques to manage emotions

**Unit 4: Applications: 4 hours**

Workplace; Relationships; Conflict Management; Effective Leadership

**Readings:**

1. Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The handbook of emotional intelligence*. San Francisco, California: Jossey Bros.
2. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
3. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
4. Singh, D. (2003). *Emotional intelligence at work (2 nded.)* New Delhi: Response Books.

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**SEMESTER-IV**

**BSCHPSYC401: STATISTICAL METHODS FOR PSYCHOLOGICAL  
RESEARCH-II  
(50+50 =100) Marks**

**Unit 1: 14 hours**

**Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means:** The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; Choice of  $H_A$ : 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  $\sigma$  is unknown, The  $t$  distribution, Characteristics of Student's  $t$  distribution, 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; Type-I and Type-II error

**Unit 2: 16 hours**

**Hypothesis Testing About the Difference between Two Independent (Correlated) Means**

The Null and Alternative Hypotheses; the Random Sampling Distribution of the Difference between two Sample Means, Properties of Sampling Distribution of the Difference between Means, Determining a Formula for  $t$ ; Testing the hypothesis of no difference between 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 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 Error and Correlation only, Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means



**Unit 3: 8 hours**

**Correlation:** Computation and hypothesis testing of- Product Moment, Rank Difference, Biserial, Point Biserial, Tetrachoric, Phi Coefficient, Contingency Coefficient

**Unit 4: 12 hours**

**Nonparametric Approaches to Data**

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

**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.

**Application of Computer in Research Methods: Introduction to SPSS**

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

**Practicum: 4 hours per week per batch**

Computation of t-test and coefficients of Correlations.

**Reading List:**

1. Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall.
2. Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
3. Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.
4. King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.
5. Mangal, S.K. (2012). *Statistics in Psychology & Education*. (2nd Ed). New Delhi.
6. Sarkar, N. (2008). *Manoboigyanik porimapon or porisankhyan*. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.



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**BSCHPSYC402: DEVELOPMENTAL PSYCHOLOGY**  
**(50+50 =100) Marks**

**UNIT 1: Introduction: 8 hours**

- a) Concept of Human Development
- b) Theories, themes and research designs

**UNIT 2: Periods of Life Span Development: 12 hours**

- a) Prenatal development
- b) Birth and Infancy
- c) Childhood
- d) Adolescence
- e) Adulthood

**UNIT 3: Domains of Human Development: 15 hours**

- 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: 15 hours**

- a) Family
- b) Peers, Media & Schooling
- c) Human Development in the Indian context

**Practicum: 4 hours per week per batch**

Administration and interpretation of Family Environment (Scale) and Emotional Maturity (Scale)

**Reading List:**

1. Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
2. Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
4. Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
5. Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
6. Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
7. Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.
8. Banu, S. Bikash Monobigyan (Vol. 1 & Vol. 2).

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**BSCHPSYC403: APPLIED SOCIAL PSYCHOLOGY  
(50) Marks**

**Unit 1: Introduction: 10 hours**

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

**Unit 2: Applying Social Psychology-I: 14 hours**

Environment, population, diversity

**Unit 3: Applying Social Psychology-II: 14 hours**

Work, health, legal system

**Unit 4: Intervention and Evaluation: 12 hours**

Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

**Readings**

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coultis, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

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**BSCHPSYSE401: EFFECTIVE DECISION MAKING**

**50 Marks**

**Unit 1: Introduction: 2 hours**

What is decision making? Importance of making good decisions.

**Unit 2: Decisions regarding career: 6 hours**

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: 6 hours**

Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions

**Unit 4: Decision making at the workplace: 6 hours**

Developing competencies and skills required for effective decision making

**Readings:**

1. Adler, R.B & Proctor, R.F (2009).Communication Goals and Approaches. Wadsworth cengage Learning, India
2. Chadha, N.K. & Bhatia, H. (2014).Career Development-different voices, different choices. The Readers Paradise: New Delhi.
3. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009).Developing soft skills. Pearson Education, India.

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**SEMESTER-V**  
**BSCHPSYC501: Understanding Psychological Disorders**  
**(50+50 =100) Marks**

**Unit 1: Understanding Abnormality: 10 hours**

Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment, Concept and Criteria of Abnormality, Classification of Disorders

**Unit 2: Clinical Picture and etiology of Disorders I: 12 hours**

Anxiety disorders- Phobias, Obsessive Compulsive Disorders, Generalized Anxiety Disorder (Clinical Picture and Dynamics of Anxiety Disorders); Conversion disorder (Clinical Picture and Dynamics); Dissociative Identity Disorder ( Clinical Picture and Dynamics).

**Unit 3: Mental Retardation: 12 hours**

Types and Causes

**Unit 4: Substance Related Disorders: Substance Related Disorders: 16 hours**

Alcohol Abuse and Drug Abuse (clinical picture and causes)

**Practical: 4 hours per week per batch**

Administration and interpretation of Developmental Screening Test, Vineland Social Maturity Scale, State and Trait Anxiety Inventory.

**Readings:**

1. Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
2. Brewer,K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
3. Carson,R.C., Butcher,J.N., Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
4. David Barlow H. & Durand V. Mark, (2013) Abnormal Psychology :Cengage Learning India 7<sup>th</sup> Edition.
5. Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage Learning.
6. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

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**BSCHPSYC502: ORGANIZATIONAL BEHAVIOUR**  
**(50+50 =100) Marks**

**Unit 1: Introduction: 12 hours**

Historical antecedents of Organizational Behaviour: Contemporary Trends and Challenges of Organizational Behavior:

**Unit 2: Individual level processes: 14 hours**

- a. Employee attitudes: Job involvement, Job satisfaction, Organizational Commitment,
- b. Work motivation- i. Incentive, primary & secondary goal.
- ii. Theories: Content and process theories of Work Motivation
- ii. Applications of theories of motivation

**Unit 3: Dynamics of Organizational Behavior: 12 hours**

- a. Organizational culture and Organizational climate;
- b. Factors influencing organizational culture, climate and positive organizational behavior

**Unit 4: Leadership: 12 hours**

- ja. Basic approaches: Theories of Leadership
- b. Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct;
- c. Indian perspective on leadership

**Practicum: 4 hours per week per batch**

Job Satisfaction Scale, IPNI, MAO-C

**Readings:**

1. Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
2. Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.
3. Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.
4. Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.
5. Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
6. Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.
7. Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
8. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
9. Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
10. Schermerhorn, J.R. , Hunt, J.G. & Osborn, R.N. (2008). *Organizational Behavior* (10th Ed.) New Delhi: Wiley India Pvt. Ltd.

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11. Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley
12. Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.
13. Mohiuddin, Md. (2007). *Shilpo Manovigyan*. 5<sup>th</sup> Ed. Dhaka.

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**SEMESTER-VI**

**BSCHPSYC601: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL  
DISORDERS  
(50+50 =100) Marks**

**Unit 1: 12 hours**

**Schizophrenia:** Clinical feature, casual factors and subtypes

**Unit 2: 12 hours**

**Mood Disorders:** Clinical features, causal factors and subtypes, suicide, Bipolar disorders

**Unit 3: 12 hours**

**a) Personality Disorders (Clinical Picture and Dynamics):** Antisocial personality Disorder and Borderline Personality Disorder

**Unit 4: 14 hours**

**Treatment of Disorders:**

- a) **Biological Treatment:** Pharmacotherapy and Electroconvulsive Therapy
- b) **Psychological Treatment:** Psychoanalytic therapy, Behaviour therapy and Cognitive Behaviour Therapy

**Practicum: 4 hours per week per batch**

Beck Depression Inventory (BDI), PGI-Memory Scale

**Readings:**

1. Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.
2. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
3. Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.
4. Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill
5. Sarkar, N.R. & Sarkar, T. (2008). Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.

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**BSCHPSYC602: COUNSELING PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction: Counseling: concept, aims, ethics, process, skills of the counsellor:**

- 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

**Unit2: 12 hours**

**Techniques of Counselling:**

- a) Psychodynamic
- b) Behavioral
- c) Humanistic

**Unit 3: 12 hours**

**Counselling Applications:**

- a) Individual
- b) Group (family, career, narcotics)
- c) Special Population (Crisis intervention, geriatric, sexual abuse)

**Unit 4: 14 hours**

**Contemporary Trends:**

- a) Indian Approaches: Yoga and Meditation,
- b) creative therapy (art, music, dance movement)
- c) Counselling and Technology- technology based counseling-telecounseling and online counseling

**Practicum: 4 hours per week per batch**

Administration and interpretation of the COPE, Cognitive Dissonance Scale, Defense Mechanism Scale (Any two)



**Readings:**

1. Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8th Ed.) Philadelphia: Mosby.
2. Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
3. Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi: Pearson.
4. Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
5. Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
6. Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
7. Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
8. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
9. Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
10. Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
11. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
12. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
13. Seligman, L. & Reichenberg, L. W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
14. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
15. Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.
16. DeCenzo, D.A. & Robbins, S.P. (2006). *Fundamentals of human resource management*. (8th Ed). NY: Wiley.



**DISCIPLINE SPECIFIC ELECTIVES**

**BSCHPSYDSE501: POSITIVE PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: 12 hours**

**Introduction:** Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

**Unit 2: 14 hours**

**Positive Emotional States and Processes:** Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

**Unit 3: 12 hours**

**Positive Cognitive States and Processes:** Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

**Unit 4: 12 hours**

**Applications:** Work, education, ageing, health

**Practicum: 4 hours per week per batch**

Any one practicum: Administration and interpretation of Subjective Wellbeing Scale, Oxford Happiness Questionnaire

**Reading List:**

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
7. Sanyal, N. (2017). Pebbles of Positivism, Positive Psychology and Spirituality: Contents and approaches. Ramakrishna Mission Institute of Culture, Golpark, Kolkata.

01 May 2019

**BSCHPSYDSE502: HEALTH PSYCHOLOGY**

**(50+50 =100) Marks**

**Unit 1: 14 hours**

**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: 12 hours**

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

**Unit 3: 12 hours**

**Stress:** Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

**Unit 4: 12 hours**

**Health Management:**

Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

**Practicum: 4 hours per week per batch**

Any 1 practicum Administration and interpretation of WHO-QOL- BREF, GHQ-28

**Readings:**

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

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**BSCHPSYDSE601: COMMUNITY PSYCHOLOGY**  
**(50+50 =100) Marks**

**Unit 1 Introduction: 12 hours**

Definition of community psychology; types of communities; models.

**Unit 2 Core values: 14 hours**

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

**Unit 3 Health promotion: 12 hours**

Process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

**Unit 4 Interventions: 12 hours**

Community development and empowerment; case studies in Indian context.

**Practicum: 4 hours per week per batch**

One practicum on / Community Outreach Programme

**Readings:**

1. Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967
2. Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.
3. Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
4. McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.
5. Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
6. Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

**BSCHPSYDSE602: PROJECT/ DISSERTATION**  
**(50+50 =100) Marks**

**Reference** – Latest APA manual for dissertation.

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



01 May 2019

**POOL OF GENERIC ELECTIVES  
SEMESTER I**

**BSCHPSYGE101: FOUNDATIONS OF PSYCHOLOGY  
(50+50 =100) Marks**

**Unit 1: Introduction: 8 hours**

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

**Unit 2: Cognitive processes: 14 hours**

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: 16 hours**

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

**Unit 4: Personality and Intelligence: 12 hours**

Personality: nature, theories

Intelligence: nature, theories

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
2. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
3. Feldman.S.R.(2009).Essentials of understanding psychology ( 7<sup>th</sup> Ed.) New Delhi: Tata Mc Graw Hill.
4. Glassman,W.E.(2000).Approaches to Psychology(3<sup>rd</sup> Ed.) Buckingham:Openm University Press.
5. Chakraborti, S. (2017) Manobidyar Prathamik Parichay. Rajya Pustak Parshad.
6. Sarkar, N. (2008). Monovigyan o Jibon. 11<sup>th</sup> Ed. Dhaka.

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**SEMESTER II**  
**BSCHPSYGE201: INTRODUCTION TO SOCIAL PSYCHOLOGY**  
**50 Marks**

**Unit 1: Introduction: 12 hours**

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: 12 hours**

Person perception: attribution-theories, biases and errors

Attitude: formation, change and resistance to change

**Unit 3: Interpersonal processes: 12 hours**

Interpersonal attraction, prosocial behavior, aggression

**Unit 4: Group dynamics: 14 hours**

Key aspects of groups, cooperation and conflict, group decision making.

**Readings:**

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology 12th Edition*. New Delhi: Pearson.
2. Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
3. Myers, D.G. (2012). *Social psychology 11<sup>th</sup> edition*. New Delhi: Tata McGraw-Hill.
4. Sengupta, P. (1990). *Samaj Manobigyan*. Kolkata Banerjee Publishers.

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**SEMESTER-III**  
**BSCHPHYGE301: PSYCHOLOGICAL DISORDERS**

**Unit 1: Basic Concepts: 10 hours**

Definition and criteria of abnormality, classification, Diathesis Stress Model.

**Unit 2: Theoretical perspectives: 12 hours**

Biological, familial, cultural, behavioral, cognitive and psychodynamic.

**Unit 3: Clinical states: 12 hours**

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

**Unit 4: Treatment of disorders: 16 hours**

a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy

b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

**Readings:**

1. Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2015). *Abnormal Psychology 15<sup>th</sup> edition*. Pearson Education India
2. Barlow D.H. and Durand V.M. (2014). *Abnormal Psychology: An Integrated Approach 7<sup>th</sup> edition*.Wadsworth: New York.
3. Ahuja ,N. (2011). *A Short Textbook of Psychiatry 7th edition*. Jaypee Publisher
4. Sarkar, N.R. & Sarkar, T. (2008). *Ashavabi Manobigyan- Manosik Byadhir Lakkan, Karon O Adhunik Chikitsa Paddhoti. 2<sup>nd</sup> Ed. Dhaka Gyankos Prakashani.*



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**SEMESTER IV**  
**BSCHPSYGE401: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH**  
**(50+50 =100) Marks**

**Unit 1: Introduction: 10 hours**

Scales of measurement, graphical representation of data

**Unit 2: Data analysis: 16 hours**

Measures of central tendency: Mean, median, mode (Properties and computation).

Standard deviation: properties and computation.

Correlation: Pearson method, properties of Normal Probability Curve (NPC).

**Unit 3: Psychological Testing: 12 hours**

Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

**Unit 4: Qualitative methods: 12 hours**

Interview, observation, case study

**Practicum: 4 hours per week per batch**

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

**Readings:**

1. Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
2. Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
3. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
4. King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
5. Sarkar, N. (2008). Manoboigyanik porimapon or porisankhyan. 5<sup>th</sup> Ed. Dhaka Gyankos Prakashani.

  
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