

**UNDERGRADUATE COURSE IN PSYCHOLOGY  
(Incorporating Policies recommended by NEP 2020)**

**Syllabus**

**Department of Psychology  
Nagaland University**

**2023**

**Major Course (Core papers):**

Paper Code	Course Code	Title of the paper	Total Credit
<b>FIRST SEMESTER</b>			
C-1	C-PSY-01	Introduction to Psychology	Theory 3+ Practical 1
C-2	C-PSY-02	Biopsychology	Theory 3 + Tutorial 1
<b>SECOND SEMESTER</b>			
C-3	C-PSY-03	Psychology of Individual Differences	Theory 3+ Practical 1
C-4	C-PSY-04	Statistical Methods for Psychological Research - I	Theory 3 + Tutorial 1
<b>THIRD SEMESTER</b>			
C-5	C-PSY-05	Psychological Research	Theory 3 + Tutorial 1
C-6	C-PSY-06	Development of Psychological thought	Theory 3 + Tutorial 1
<b>FOURTH SEMESTER</b>			
C-7	C-PSY-07	Social Psychology	Theory 3 + Tutorial 1
C-8	C-PSY-08	Statistical Methods for Psychological Research - II	Theory 3 + Tutorial 1
<b>FIFTH SEMESTER</b>			
C-9	C-PSY-09	Developmental Psychology	Theory 3 + Tutorial 1
C-10	C-PSY-10	Applied Social Psychology	Theory 3+ Practical 1
C-11	C-PSY-11	Understanding Psychological Disorders	Theory 3 + Tutorial 1
<b>SIXTH SEMESTER</b>			
C-12	C-PSY-12	Organisational Behaviour	Theory 3+ Practical 1
C-13	C-PSY-13	Understanding and Dealing with Psychological Disorders	Theory 3 + Tutorial 1
C-14	C-PSY-14	Counselling Psychology	Theory 3+ Practical 1
C-15	C-PSY-15	Positive Psychology	Theory 3+ Practical 1
<b>SEVEN SEMESTER</b>			
C-16	C-PSY-16	Media Psychology	Theory 4 + Tutorial 1

C-17	C-PSY-17	Community Psychology	Theory 4 + Tutorial 1
C-18	C-PSY-18	Health Psychology	Theory 3+ Practical 2
<b>EIGHT SEMESTER</b>			
C-19 (Res.Meth.)	It will be a common course for whole UG course. Each Department need not proposes that.		4
C-20	It may be planned once the UGC brings out P.G. NEP guidelines		4
C-21			4
C-22			4

### **SKILL ENHANCEMENT COURSES (3 Credit Each)**

Skill Enhancement Courses	Title of the paper	Total Credit 3	Proposed by Department
	Stress Management	3	
	Effective Decision Making	3	
	Emotional Intelligence	3	

### **ABILITY ENHANCEMENT COURSES (2 Credit Each)**

**Only for English and MIL subjects may provide the courses. Commerce also may submit business communication course.**

Ability Enhancement Courses	Title of the paper	Total Credit 2	Department
	ENG-1		English
	ENG-2		English
	MIL-1/Hindi		MIL/Hindi
	MIL-2/Hindi		Mil/Hindi
	Business communication		Commerce

**VALUE BASED COURSES (2 Credit)**

Value Based courses	Title of the paper	Total Credit	Department
	Leadership	2	Psychology
	Comprehensive sexual health education	2	Psychology

## **C-PSY-01: INTRODUCTION TO PSYCHOLOGY**

### **Objectives:**

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

### **Unit 1: Introduction to Psychology**

What is psychology? Perspectives on behaviour; Methods of psychology (special emphasis on experimentation); subfields of psychology; Psychology in modern India

### **Unit 2: Perception, Thinking and Language**

Sensation: visual and auditory; Perceptual organization; Perceptual constancies; Depth perception; Mental imagery; Concepts; Nature of decision making; Nature of language; Language development

### **Unit 3: Learning**

Principles and applications of Classical conditioning; Operant conditioning; Observational learning; Learning strategies; Learning in a digital world

### **Unit 4: Memory**

Models of memory: Atkinson and Shiffrin memory model, Baddeley's model of working memory, Forgetting, Improving memory.

### **Unit 5: Motivation and Emotions**

Theories of motivation: McClelland's need theory and Maslow's need theory; Types of motivation; motivational conflict; Theories of emotion: James Lange and Cannon Bard; Physiological basis emotion; Non-verbal expression of emotion

### **Practicum:**

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

### **Readings:**

- Baron, R. & Misra, G. (2013). *Psychology*. Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

## **C-PSY-02: BIOPSYCHOLOGY**

### **Objectives:**

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

### **Unit 1: Introduction to Biopsychology**

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

### **Unit 2: The Functioning brain**

Structure, and functions of the brain; Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization); hemispheric specialization

### **Unit 3: Organization of Nervous Systems**

Structure and functions of neurons; Neural conduction and Synaptic transmission; structure and function of CNS and PNS

### **Unit 4: Neurotransmitters**

Types and role of neurotransmitters; functional abnormalities of neurotransmitters

### **Unit 5: Endocrine System**

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

### **Readings:**

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
- Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.
- Pinel, J. P. J. (2011) *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random

## **C-PSY – 03: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

### **Objectives:**

- To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

### **Unit 1:Personality**

Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, socio-cultural, humanistic, trait and type.

### **Unit 2: Intelligence**

Concept of intelligence: Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

### **Unit 3: Indian approach**

Self in Indian thought: the Anatta view of Buddhism, the non-dualist view of Advaita, the Visishta-Advaita view of Ramanija

### **Unit 4:Enhancing Individual's Potential**

Motivation: Intrinsic motivation and Self-determination theory; Enhancing cognitive potential, Self-regulation and self enhancement; Fosteringcreativity

### **Unit 5:Aptitude**

Concept of aptitude; specific abilities; Aptitude tests and applications

### **Practicum:**

- 2 psychological tests (one based on Intelligence and one based on personality).

### **Readings:**

- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Carr, A. (2011): *Positive psychology*. Routledge.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Cornelissen, R.M.M., Misra, G. &Varma, S. (2011). *Foundations of Indian Psychology*, Vol 1. Pearson.
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications* (4<sup>th</sup> Ed.). New Delhi: Pearson Education.
- Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009). *Bridging learning: Unlocking cognitive potential in and out of the classroom*. Corwin.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*.New Delhi: Tata McGraw-Hill.

## **C-PSY – 04: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH - I**

### **Objectives:**

- To help students understand the usefulness of statistics in Psychological research
- To orient the students to the basic concepts of statistics
- To familiarize students with the use of graphical representation of data.

### **Unit 1: Introduction**

Relevance of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables; Scales of Measurements; Frequency Distributions; Percentiles; and Percentile Ranks.

### **Unit 2: Graphic Representation of Frequency Distributions**

Uses of graphical representation of data; The Histogram; The Frequency Polygon ; The Bar Diagram; Pie Chart; The Cumulative Percentage Curve

### **Unit 3: Measures of Central Tendency and Variability**

Central Tendency: Properties and calculation of Mean, Median and Mode; Variability: Properties of the Range and Semi-Interquartile Range, the Variance, Standard Deviation and Quartile deviation; Calculation of the Standard Deviation

### **Unit 4: The Normal Probability Curve (NPC)**

The Nature of the NPC; Standard Scores and the NPC; Finding areas from the NPC when the score is known; Finding scores when the area is not known; divergence from normality (Skewness and Kurtosis)

### **Unit 5: Correlation**

Correlation co-efficient; Calculating Pearson's Correlation Coefficient from Deviation Scores and from raw scores; Cautions Concerning Correlation Coefficients

### **Readings:**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology*. (4th Ed.) India: Pearson Education, Prentice Hall.
- Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.
- Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.
- Howell, D. (2009) *Statistical methods for Psychology*.
- King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the Behavioral Sciences*, USA: John Wiley & Sons.
- Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.



## **C-PSY – 05: PSYCHOLOGICAL RESEARCH**

### **Objectives:**

- To inform the students about the basics of scientific research in Psychology
- To familiarize students with the concepts of psychological testing and psychological scale.

### **Unit 1: Introduction**

Goals of Psychological Research; Research process (perceiving a question, forming hypothesis, testing hypothesis, drawing conclusions, reporting of result); Quantitative and Qualitative Orientations towards Research, Ethics of psychological research

### **Unit 2: Sampling**

Meaning of sampling; Methods of sampling: Probability sampling: simple random sampling, stratified random sampling, systematic sampling, cluster sampling; Non-Probability sampling: quota sampling, incidental sampling, snowball sampling

### **Unit 3: Methods of Data Collection**

Primary data, secondary data, observation, interview, survey, diary, archival, focus groups

### **Unit 4: Research Methods**

Experimental methods; Quasi experimental methods: control - experimental pre-test post-test, time-series, Solomon 4 groups design; non-experimental: case study, observation, correlation

### **Unit 5: Psychological Testing**

Introduction to psychological testing; Characteristics of tests: Reliability, Validity, Norms

### **Readings:**

- Chadha, N.K. (2009) *Applied Psychometry*. Sage Pub: New Delhi.
- Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
- Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.
- Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.
- Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia : Open University Press.

## **C-PSY – 06: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT**

### **Objectives:**

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

### **Unit 1: Understanding Psyche: Debates and Issues**

Free will and determinism; Empiricism and rationality; Issues of Consciousness; Mind Body Relationship (East-West Comparison)

### **Unit 2: Early Schools of Psychology**

Associationism; Structuralism; Functionalism

### **Unit 3: Positivist Orientation**

Behaviorism to cognition: contributions of – Watson, Tolman, Hull, and Skinner; Cognitive revolution

### **Unit 4: Psychoanalytic and Humanistic-Existential Orientation**

Freudian Psychoanalysis; The turn towards ‘social’ – Adler, Jung; Ego psychology – Erik Erikson, Object relations – Melanie Klein; Cultural psychoanalysis – SudhirKakar

### **Unit 5: Contemporary Developments**

Feminism; Social constructionism; Interpretivism; Phenomenology

### **Readings:**

- Benjamin Jr. (2009). *A History of Psychology: Original Sources & Contemporary Research* 3rd Edn. Blackwell Publishing.
- Feist&Feist. *Theories of Personality* McGraw Hill Higher Education.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context*. (4th Ed.). Pearson education.
- Kurt Pawlik, Gery D'ydewalle (2006). *Psychological Concepts: An International Historical Perspective*. Taylor Francis Group.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
- Mc Adams (2000). *The Person: An Integrated Introduction to Personality Psychology*. John Wiley
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.
- St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction*. Wadsworth Publishing Company.
- Schultz & Schultz (1999). *A History of Modern Psychology*. Harcourt College Publishers/ Latest edition available.
- Wolman, B.B. (1979). *Contemporary theories & systems in psychology*. London: Freeman Book Co.

## **C-PSY – 07: SOCIAL PSYCHOLOGY**

### **Objectives:**

- To orient students to the field of social psychology
- To familiarize students with the basic social psychological concepts
- To help the students understand the importance of group dynamics

### **Unit 1: Introduction**

Definition, Nature, Origin and Development; Scope of Social Psychology; Research methods in social psychology

### **Unit 2: Understanding and Evaluating the Social World**

Social cognition: process and role of schemas in social cognition; Social Perception – non-verbal communication, attribution (Kelley's Theory), impression formation and management

### **Unit 3: Attitudes**

Nature, structure and functions of attitudes; Attitudes formation and attitude change; Prejudice (causes and techniques for reducing prejudice); Discrimination (gender and racial)

### **Unit 4: Social influence**

Conformity: types of conformity, factors influencing conformity; Compliance: types of compliance; Obedience: factors influencing obedience

### **Unit 5: Group Dynamics**

Nature of groups: norms, status, and power; Group decision making; Group and task performance; Leadership styles: transformational and autocratic

### **Readings:**

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.
- Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
- Deaux, K. & Wrightsman, L. (2001). *Social Psychology*. California: Cole Publishing
- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social psychology*. New York: Houghton Mifflin.
- Misra, G. (2009). *Psychology in India*, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.
- Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill.
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed). New Delhi: Pearson.

## **C-PSY – 08: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH – II**

### **Objectives:**

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

### **Unit 1: Introduction to Inferential Statistics and Hypothesis Testing about Single Means**

The meaning of Statistical Inference and Hypothesis Testing; The Null and the Alternative Hypotheses; Choice of  $H_A$ : One-Tailed and Two-Tailed Tests; levels of significance testing; standard error; hypothesis testing of single means - calculation.

### **Unit 2: Hypothesis Testing About the Difference between Two Means**

Properties of the sampling distribution of the difference between means; Student's t-distribution; Assumptions for t-test for two independent groups, Testing the Hypothesis of the difference between two independent means - calculation; Assumptions for t-test for two correlated groups, Testing the hypothesis of the difference between two dependent (Correlated) means - calculation

### **Unit 3: Hypothesis Testing for Differences among 3 or More Groups: One-Way Analysis of Variance (ANOVA)**

Assumptions Associated with ANOVA; The Basis of One-Way Analysis of Variance; hypothesis testing for differences among three or more independent groups: one way ANOVA (calculation); Comparison of t and F.

### **Unit 4: Hypothesis Testing for Categorical Variables**

The Chi-Square as a measure of discrepancy between expected and observed frequencies; 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.

### **Unit 5: Nonparametric Approaches and SPSS**

Distribution-free nonparametric tests; Comparison with parametric tests; Types of non-parametric tests, Uses and applications of nonparametric tests; Getting Started with SPSS; Uses of SPSS in statistics and research.

### **Reading List:**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall.
- N.K. Chadha (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.
- Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi: Sage.
- King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.
- Siegal, S. (1956). *Nonparametric Statistics*. NY: McGraw Hill

## **C-PSY – 09: DEVELOPMENTAL PSYCHOLOGY**

### **Objectives:**

- To orient the students to the historical context in the field of developmental psychology
- To familiarize students to the foundations and various aspects of human development
- To provide students the basic theoretical orientation to human development
- To familiarize students to the various methods of studying human development

### **Unit 1: Introduction**

Concepts of human development; History of Developmental Psychology; Aspects of Human Development: Physical, Cognitive, Social and Moral; Factors influencing human development.

### **Unit 2: Theories of Development**

Piaget's theory of cognitive development; Bowlby's theory; Kohlberg's theory; Vygotsky's sociocultural theory

### **Unit 3: Foundations of Development**

Ovulation and Fertilization; Cell Division; Prerequisites of Conception; Mechanisms of Heredity: DNA, Genes and Chromosomes.

### **Unit 4: Lifespan development**

Infancy; Early childhood; Later Childhood; Adolescence; Adulthood; Old age (biological changes, cognitive development and developmental tasks)

### **Unit 5: Socio-Cultural Contexts for Human Development**

Family; Peers; Media & Schooling; Human Development in the Indian context

### **Readings:**

- Berk, Laura E. 1999. *Child Development*. Prentice Hall of India.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: *Introduction to Psychology*. McGraw Hill Book Co., 1986.
- Hurlock, Elizabeth B. 1981. *Developmental Psychology – a life-span approach*. 5th edition. Tata McGraw Hill Publication.

## **C-PSY – 10: APPLIED SOCIAL PSYCHOLOGY**

### **Objectives:**

- To help student understand social problems and gain knowledge about intervention strategies.

### **Unit 1: Introduction:**

Nature of applied Social Psychology; Social influences on behaviour; Methodological approaches – participatory action and learning research techniques

### **Unit 2: Applying Social Psychology-I:**

Environment; Population; Diversity

### **Unit 3: Applying Social Psychology-II:**

Work; Health; Legal System

### **Unit 4:Applying Social Psychology-III:**

Education; sports; media

### **Unit 5: Intervention and Evaluation:**

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

### **Practicum:**

- 2 practicum (experiments/test) based on topics in C-PSY-10.

### **Readings:**

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

## **C-PSY – 11: UNDERSTANDING PSYCHOLOGICAL DISORDERS**

### **Objectives:**

- The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

### **Unit 1: Understanding Abnormality**

Abnormality: definition and criteria; classification (latest edition of DSM & ICD), Clinical Assessment

### **Unit 2: Perspectives of Psychopathology**

Biological Model; Psychodynamic; Behavioural; Cognitive; Humanistic and existential; Socio-cultural

### **Unit 3: Signs and Symptoms of Mental Disorders**

Mental status pertaining to – attitude, mood and affect, and speech; Thinking: Form and Content; Perception; Sensorium, Insight and judgement

### **Unit 4: Clinical States – 1**

Clinical characteristics: Anxiety Disorders, OCD, Dissociative disorders

### **Unit 5: Clinical States – 2**

Clinical characteristics: Intellectual Disability, Autism Spectrum Disorder, ADHD, and Learning Disability

### **Readings:**

- Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.
- Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
- Brewer, K. (2001). *Clinical Psychology*. Oxford : Heinemann Educational Publishers
- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
- Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning.
- Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). NY: John Wiley.

## **C-PSY – 12: ORGANIZATIONAL BEHAVIOUR**

### **Objectives:**

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

### **Unit 1: Introduction**

Historical antecedents of Organizational Behaviour: Contributions of Taylor, Weber, and Fayol; Contemporary Trends and Challenges; Challenges in the Indian setting

### **Unit 2: Employee Attitudes**

Job satisfaction; Organizational commitment; Organizational citizenship behaviour

### **Unit 3: Work Motivation**

Early theories (Maslow, McClelland, Two factor), and Contemporary theories (Goal setting, Equity, Expectancy); Indian perspective

### **Unit 4: Dynamics of Organizational Behaviour**

Organizational culture; Power and politics: influence, empowerment and Sexual harassment; Organizational politics

### **Unit 5: Communications in Organization**

Process and direction of communication; Interpersonal communication; Organizational communication; Barriers to effective communication

### **Practicum:**

- 2 practicum (experiments/tests) based on topics in C-PSY-12

### **Readings:**

- Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.
- Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi: Biztantra publishers.
- Landy, F.J. & Conte, J.M. (2007) *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.
- Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.
- Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007) *Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
- Schermerhorn, J.R. ,Hunt,J.G. &Osborn,R.N. (2008) *Organizational Behavior* (10<sup>th</sup> Ed.) New Delhi: Wiley India Pvt. Ltd.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley
- Sinha, J.B.P. (2008). *Culture and Organizational Behavior*. New Delhi: Sage.



## **C-PSY – 13: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**

### **Objectives:**

- To help students develop an understanding of the clinical picture and dynamics of psychological disorders.
- To introduce the therapeutic interventions for the various psychological disorders.

### **Unit 1: Schizophrenia Spectrum Disorders**

Clinical Picture and causal factors

### **Unit 2: Mood Disorders**

Clinical Picture and causal factors

### **Unit 3: Personality Disorders**

Clinical Picture and causal factors

### **Unit 4: Sexual Disorders:**

Clinical Picture and causal factors

### **Unit 5: Treatment of disorders**

Biological treatment: Pharmacotherapy and Electroconvulsive therapy; Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

### **Readings:**

- Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.
- Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
- Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers
- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
- Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning.
- Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). NY: John Wiley.
- Plante, T.G. () *Contemporary Clinical Psychology* John Wiley & Sons.
- Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) *Abnormal Psychology: Current Perspectives*. McGraw Hill

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

### **Objectives:**

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

### **Unit 1: Introduction**

Meaning, purpose and goals of counselling; Nature and history of counselling; Professional issues; Ethics; Education and training of the counsellor

### **Unit 2: Counselling Process**

Core conditions of counselling; counselling skills; Stages of counselling; Assessment for counselling

### **Unit 3: Approaches of Counselling**

Psychoanalytic techniques; Humanistic approaches; Behavioural techniques; Cognitive techniques

### **Unit 4: Counselling Applications**

Child Counselling; Family Counselling; Career Counselling; Crisis intervention: suicide, grief, sexual abuse, and trauma

### **Unit 5: Contemporary Trends**

Indian approaches: yoga and meditation; Technology and counselling; Expressive techniques: art, music, and dance

### **Practicum:**

- 2 practicum based on topics in C-PSY-14.

### **Readings:**

- Aguilera, D.C. (1998) *Crisis Intervention: Theory and Methodology* 8<sup>th</sup> Ed. Philadelphia: Mosby
- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
- Altmaier and J.C. Hansen. *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7<sup>th</sup> Ed.) New Delhi: Pearson
- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C.
- Nelson-Jones, Richard. (2008). *Basic Counseling Skills: A helper's manual*, 2<sup>nd</sup> Edition, Sage, South Asia Edition
- 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.
- Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
- Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5<sup>th</sup> Ed). Brooks/ Cole Cengage Learning

## **C- PSY- 15: POSITIVE PSYCHOLOGY**

### **Objective:**

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

### **Unit 1: Introduction**

Introduction to Positive Psychology; Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

### **Unit 2: Positive Emotional States and Processes**

Happiness and Well-being, Positive Affect and Positive Emotions; Resilience

### **Unit 3: Positive Cognitive States and Processes:**

Self-efficacy; Optimism; Hope; Wisdom; Flow; Mindfulness

### **Unit 4: Prosocial Behaviour**

Empathy and Egoism; Portals to altruism; Gratitude; Forgiveness

### **Unit 4: Applications**

Work, Education, Ageing, Health

### **Practicum:**

- 2 practicum designed from the syllabus so as to enhance the understanding of the concepts and applications of positive psychology.

### **Readings:**

- Baumgardner, S.R. Crothers M.K. (2010). *Positive psychology*. Upper Saddle River, N.J.: Prentice Hall.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.
- Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.
- Seligman, M.E.P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York: Free Press/Simon and Schuster.

- Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). *Handbook of positive psychology*. New York: Oxford University Press.

## **C- PSY- 16: MEDIA PSYCHOLOGY**

### **Objectives:**

- To understand the field of Media Psychology
- To understand the effects of media

### **Unit 1: Introduction to Media Psychology**

Defining media psychology; Mass media; Research methods in Media Psychology

### **Unit 2: The Effects of Media Violence**

Effects of watching violent media; Characteristics of the users of violent media; Cognitive factors in media violence; Cultural and ideological aspects of the media violence debate

### **Unit 3: Prosocial Effects of Media**

Media and Prosocial Behaviour: The effects tradition, the effects of prosocial media, and parental mediation

### **Unit 4: Pornography and Erotica**

Definitions of Pornography and Erotica; Effects of Pornography; Effects and Uses of Child Pornography

### **Unit 5: Advertising**

Role of Psychology in Advertising; Cognitive and Behavioural Effects of Advertising; Advertising and Children

### **Readings:**

- Dill, K.E. (2009). *How Fantasy becomes Reality Seeing Through Media Influence*. New York: Oxford University Press.
- Giles, D. (2003). *Media Psychology*. New Jersey: Lawrence Erlbaum Associates Publishers.
- Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). *Handbook of Consumer Psychology*. NY: Psychology Press.
- Jansson-Boyd, C. V. (2010). *Consumer Psychology*. England: Open University Press.
- Wanke, M. (Ed.). (2009). *Social Psychology of Consumer Behaviour*. NY: Taylor & Francis Group.
- Kirsh, S.J. (2006). *Children Adolescents and Media Violence*. New York: Sage.
- Montgomery, K.C. (2007) *Generation Digital*. MIT Press.
- Wood, R.N. (1983). *Mass Media and Individual*. Minnesota: Woods.

## C-PSY- 17: COMMUNITY PSYCHOLOGY

### **Objective:**

- To acquaint students about the history & present status of community mental health services and to help them understand the importance of community participation.

### **Unit 1: Introduction to Community Psychology**

What is community psychology; Ecological levels in community psychology; Levels of intervention

### **Unit 2: Core Values in Community Psychology**

Seven core values in community psychology: individual and family wellness, sense of community, respect for human diversity, social justice, empowerment and citizen participation, collaboration and community strengths, empirical grounding.

### **Unit 3: Sense of Community**

Four elements of sense of community; Questions and issues for defining sense of community; Concepts related to sense of community.

### **Unit 4: Qualitative Methods of Community Research**

Common features of qualitative research; Participant observation; Qualitative interviewing; Focus groups; Case studies

### **Unit 5: Quantitative Methods**

Common features of quantitative methods; Quantitative descriptions; Experimental social innovation and dissemination; Randomized field experiments; Non-equivalent comparison group designs; Interrupted time-series designs

### **Suggested reading:**

- Bloom, B. 1973. *Community Mental Health—A critical analysis*. New Jersey: General Learning Press
- Dalton, J.H., Elias, M.J., &Wandersman, A. 2001. *Community Psychology: Linking Individuals and Communities*. Stamford, CT: Wadsworth.
- Duncan, N. 2007. *Community Psychology: Analysis, Context and Action*. Juta and Company Limited.
- Kloss, Hill, Thomas, Wandersman, Elias and Dalton. *Community Psychology*. WadsworthCengage Learning.
- Koch, C.H.(1986)*Community Clinical Psychology*. London: Croon Helm.
- Mann, P.A. (1978). *Community Psychology: Concepts and Application*. New York: The Free Press.
- Rappaport, J. (1977.)*Community Psychology: Values, Research and Action*. New York: Holt, Reindhart and Wingston.

## **C- PSY- 18: HEALTH PSYCHOLOGY**

### **Objective:**

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

### **Unit 1: Introduction**

Introduction to health psychology; Components of health: social, emotional, cognitive and physical aspects; Mind-body relationship; goals of health psychology; Bio-psychosocial model of health

### **Unit 2: Behaviour and Health**

Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications

### **Unit 3: Personality and Health**

Optimism; Type A behaviour; Hostility; Neuroticism; Extraversion; Conscientiousness

### **Unit 3: Stress**

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

### **Unit 4: Health Management:**

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

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

### **Readings:**

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

