

NAGALAND UNIVERSITY



PSYCHOLOGY UNDER GRADUATE SYLLABUS

NAGALAND UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
Kohima Campus : Meriema
PSYCHOLOGY SYLABI FOR BA HONOURS AND GENERAL

General information:

1. All papers are of 100 marks. External Examination 70 marks and Internal Assessment 30 marks
2. For the Internal Assessment: Programs/activities such as assignments, class tests, seminars, class presentations, and group discussion may be taken up. At least three programs/activities shall be mandatory.
3. For general there will be 5 theory papers and 1 practicum paper. For Honours there will be 10 theory papers and 4 practicum papers.
4. Each theory paper will comprise of five units. Each unit will be of 14 marks (14 x 5 units = 70marks).
5. Out of the 70 marks, 45 marks shall be descriptive questions and 25 for objective type/short descriptive questions in case of general course.
6. For General papers the teachers will be required to set 5 essay type questions of 9 marks each with internal option (9x5=45), 1 short answer question of 3 marks each one from each unit (3x5) and 10 multiple type questions of 1 mark each (1x10) two from each unit i.e., (9+3+2=14 marks per unit).
7. For Honours there should be 5 essay type questions with internal options (14x5=70)
8. Care should be taken to see to it that every unit is covered whether it is in the essay type or short questions.
9. For the End Semester Practical Examination of practicum 1, 2 and 3 each student will be required to conduct one experiment/test and to write a report based on that and then appear for Viva Voce. These will carry 70 marks. The remaining 30 marks will be internal assessment based on practical reports of tests/experiment conducted over the course of the semester.
10. The End Semester Practical Examination for practicum 4 will comprise of a Viva Voce which will carry 40 Marks and assessment of practical book which will carry 30 Marks. . The remaining 30 Marks will be internal based on one presentation and practical reports on the activities conducted over the course of the semester.
11. Credits : Every paper has a value of 4 credits each for both the general papers and honours papers

List of papers for BA in Psychology (General & Honours) spread over six semesters

<i>Course No & Code</i>	<i>Course Title</i>	<i>Contact hour/ no of hours</i>	<i>Weightage marks</i>	<i>Credits</i>
Semester I				
Gen/Hons	PSY- UG- 101: Foundations of Psychology-1	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY-UG-102: Practicum 1	4 hours per week x 17 weeks/semester	Conduction + Viva Voce (70 marks)	4
Semester II				
Gen/Hons	PSY-UG- 201 : Statistics in Psychology	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY-UG- 202: Educational Psychology	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Semester III				
Gen/Hons	PSY-UG-301 : Foundations of Psychology-2	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY-UG- 302 : Developmental Psychology	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Semester IV				
Gen/Hons	PSY-UG- 401: Practicum 2	4 hours per week x 17 weeks/semester	Conduction + Viva Voce (70 marks)	4
Hons	PSY-UG- 402: Psychological	4 hours per week x 17	14 marks per unit	4

	Research	weeks/semester	(14x5=70)	
Semester V				
Gen/Hons	PSY-UG- 501: Social Psychology	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY –UG-502-A: Counselling Psychology OR PSY-UG- 502-B: Organizational Behaviour	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY-UG-503: Practicum 3	4 hours per week x 17 weeks/semester	Conduction + Viva Voce (70 marks)	4
Semester VI				
Gen/Hons	PSY-UG- 601: Mental health and Psychopathology- I	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4
Hons	PSY-UG- 602-A: Mental health and Psychopathology- II OR PSY-UG- 602-B Human Resource	4 hours per week x 17 weeks/semester	14 marks per unit (14x5=70)	4

	Management			
Hons	PSY-UG- 603: Practicum 4	4 hours per week x 17 weeks/semester	2 Presentations (35 + 35=70)	4

PSY-UG-101: Foundations of Psychology-1

Course objectives:

- 1. To orient students to the field of Psychology**
- 2. To enable students to understand the basic psychological processes**

UNIT 1: Introduction

Emergence and growth of Psychology; Psychological Schools of Thought; Scope and Branches of Psychology

UNIT 2: Sensation and Perception

Sensation: Sensory channels and processes (vision, hearing, smell, taste, tactile senses); Perception: perceptual processes (perceptual constancies, depth perception, form perception, movement perception); ESP.

UNIT 3: Learning

Nature of Learning; Classical and Operant Conditioning; Observational Learning; Cognitive learning; Trial & Error learning; Transfer of learning.

UNIT 4: Memory

Models of memory, Types of memory (implicit, explicit, semantic, episodic); Factors of forgetting; Amnesia; Ways of improving memory.

UNIT 5: Emotions & Motivation

Theories of emotion ; Physiological basis of emotions ; Non-verbal expressions of emotion ; Theories of Motivation ; Types of Motivation ; Motivational Conflicts

Reading List:

- Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.
- Ciccarelli, S.K. & Meyer, G.E. (2008). *Psychology (South Asian Ed.)*. New Delhi: Pearson Longman.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: Introduction to Psychology. McGraw Hill Book Co., 1986.

PSY-UG- 102: Practicum1

Objectives:

- 1. To enable students to understand how psychological experiments are conducted**
- 2. To familiarize students to the various psychological equipments used to study the basic psychological processes**
- 3. To familiarize students with how to write a good report**

Conducting and reporting any four experiments on the following topics:

- Learning
- Memory
- Sensation and Perception
- Motivation and Emotion

Evaluation Scheme

- Practical Report on activities conducted (30 Marks internal assessment)
- Conduction and report writing on one test plus Viva Voce (70 Marks end semester examination)

PSY-UG- 201: Statistics in Psychology

Objectives:

- 1. To help students understand the usefulness of statistics in Psychological research**
- 2. To orient the students to the basic concepts of statistics**
- 3. 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 , 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 known.

UNIT 5: Correlation

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

Reading List:

- Garrett, H.E. (1966) Statistics in Psychology and Education. Bombay: Vakils Feefer & Simon Pvt. Ltd.
- King, B.M. & Minium, E.W. (2007).*Statistical Reasoning in the Behavioral Sciences. (5th Ed.)* USA: John Wiley.

PSY-UG- 202: Educational Psychology

Objectives:

- 1. To orient students to the field of educational psychology**
- 2. To familiarize students with concept of exceptionality and how exceptionality can be managed in the classroom**
- 3. To enable students to understand the role of diversity in learning**

Unit I: Introduction to Educational Psychology

Educational Psychology: applying psychology in the classroom, Understanding effective classroom strategies, Characteristics of an effective teacher

Unit II: Assessment of learning in educational psychology

Forms of assessment (informal, formal, paper pencil and performance assessment), Standardized assessment

Unit III: Developmental psychology in children

Developmental milestone: nature versus nurture, Application of Piaget and Vygotsky's theories of cognitive development in the classroom

Unit IV: Exceptionality

Categories of exceptionality (autism, deafness, blindness, gifted, learning disability, Intellectual disability, Multiple exceptionalities), Classroom management of exceptional children

Unit V: Human Diversity and Education

Cultural differences in Learning styles; Individual and Group differences in Intelligence and learning

Reading Lists

- Gage, N.L. & Berlinger, C. 1998. *Educational psychology*. Wadsworth Publishers.
- Mangal, S.K. Advance Educational psychology. PHI learning Pvt Ltd.
- Woolfolk, Anita. 2008. Educational psychology (10th Ed.). Allyn & Bacon Publishers.

PSY-UG- 301: Foundations of Psychology-2

Objectives:

- 1. To familiarize students with the basic concepts of physiological psychology**
- 2. To enable them to understand and apply problem solving, decision making and creativity**
- 3. To familiarize them with the basic concepts of personality and intelligence theories**

UNIT 1: Physiological psychology

Methods of physiological psychology; Nervous System: Central Nervous System (Brain and Spinal cord) and Peripheral Nervous System; Structure, Types and function of neuron

UNIT 2: The endocrine system

Structure and function of major glands: Thyroid, Adrenals, gonads, Pituitary, pancreas and pineal glands.

UNIT3: Thinking and problem solving

Process of thinking; Concepts; Problem Solving; Decision Making; Creative Thinking

UNIT 4: Personality

Nature of Personality; Personality theories: Psychodynamic, Type and trait , Humanistic, Social learning and Cognitive theories

UNIT 5: Intelligence

Nature and types of intelligence; Theories of intelligence (Spearman's G-factor theory, Thurstone's Primary Mental Abilities, Cattell's theory); Role of Heredity and Environment in intelligence

Reading List:

- Carlson, N. R. (1990). *Physiology of Behaviour*. Boston: Allyn & Bacon.
- Ciccarelli, S.K. & Meyer, G.E. (2008). *Psychology (South Asian Ed.)*. New Delhi: Pearson Longman.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: Introduction to Psychology. McGraw Hill Book Co., 1986.

PSY-UG- 302: Developmental Psychology

Objectives:

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

UNIT 1: Introduction

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

UNIT 2: Methods

Methods of studying human Development: Observation; Experimentation; Sequential studies; Correlational ; Cross-sectional; longitudinal; Case studies; Self reports.

UNIT 3: Theories

Piaget's theory of cognitive development; Bowlby's theory; Kohlberg's theory; Vygotsky's sociocultural theory; Gesell's theory; Bronfenbrenner's Ecological theory.

UNIT 4: Foundations of Development

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

UNIT 5: Lifespan development

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

Reading List:

- 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 Mc Graw Hill Publication.

PSY-UG- 401: Practicum 2

Objectives:

- 1. To familiarize students to the various psychological equipments and tests used to study the psychological processes such as intelligence, personality, thinking and problem solving**
- 2. To enable students to understand mind-body relationship and to familiarize them to the techniques of assessing physiological reactions**

Conducting and reporting any four experiments on the following topics:

- Intelligence
- Personality
- Physiological measures
- Thinking and Problem Solving

Evaluation Scheme

- Practical Report on activities conducted (30 Marks internal assessment)
- Conduction and report writing on one test plus Viva Voce (70 Marks end semester examination)

PSY-UG-402: Psychological Research

Objectives:

- 1. To inform the students about the basics of scientific research in Psychology**
- 2. 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 and Non-Probability sampling- (simple random sampling, stratified random sampling, systematic sampling, cluster sampling, area sampling, quota sampling, incidental sampling, snowball sampling)

UNIT 3: Methods of data collection

Primary data; Secondary data; Experimental; Case Study; Interview ;Naturalistic Observation ; Survey

UNIT 4: Psychological testing

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

UNIT 5: Psychological Scale

Likert, Thurstone, Guttman, Semantic differential

Reading List:

1. Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.
2. Kerlinger, F.N 1983. *Foundations of Behavioural Research*, New York: Surjeet Publications.
3. Kothari, C.R. 2008. Research methodology: Methods and Techniques. New Age International Publishers, New Delhi.

PSY-UG- 501: Social Psychology

Objectives:

- 1. To orient students to the field of social psychology**
- 2. To familiarize students with the basic social psychological concepts**
- 3. 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; Social Perception (non verbal communication, attribution, impression formation and management, errors in social cognition)

UNIT 3: Attitudes

Nature structure and functions of attitudes, Attitudes formation and change, Prejudice and discrimination

UNIT 4: Social influence

Conformity, compliance, Obedience (factors influencing conformity, types of conformity, factors influencing obedience)

UNIT 5: Group Dynamics

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

Reading List:

- Baron. R.A., Byrne, D. & Bhardwaj. G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson
- Baron. R.A., Byrne, D. *Social Psychology: Theories research and application*. New York. Tata Mc Graw Hill
- Myers, D.G. 1994. *Exploring Social Psychology*. New York. Tata Mc Graw Hill

PSY-UG- 502-A: Counselling Psychology

Objectives:

- 1. To orient students to the field of counselling psychology**
- 2. To familiarize students with the process, approaches and techniques of counselling psychology**
- 3. To help the students understand the applications of counselling**
- 4. To familiarize students with the development of counselling in India**

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: Counselling Theory and Techniques

Psychodynamic, Humanistic, Cognitive and Behaviouristic Approach

UNIT 4: Counselling in India

History of counselling in India, Indian contribution to counselling- yoga and meditation

UNIT 5 : Counselling Applications

Family and couples counselling; Child Counselling ; School and Career counselling ; Workplace Counselling ; Crisis intervention ; Alcohol and drug abuse.

Reading List:

- Corey, G. (2004). *Theory and Practice of Counselling and Psychotherapy*. Wadsworth publishing Co. Inc
- Gibson, R.L. and Mitchell, M.H. (2003). *Introduction to Counseling and Guidance* (6th Ed.). New Delhi: Pearson India.
- Misra, G. (Ed) (2010). *Psychology in India, Volume 3: Clinical and Health Psychology*. New Delhi: Pearson India.

PSY-UG- 502-B: Organizational Behaviour (OB)

Objectives:

- 1. To orient students to the field of organizational behaviour**
- 2. To enable students to understand how diversity, motivation, attitudes, leadership and communication can influence organizational behaviour**

UNIT 1: Historical Context of Organizational Behavior

Contributions of Taylor, Weber, Fayol Definitions of OB: Challenges, Scope and opportunities for OB

UNIT 2: Diversity in organizations

Diversity, Levels of Diversity, Biographical characteristics, Differences in ability, Diversity management strategies.

UNIT 3: The individual in the organization

Motivation: concept and early theories of motivation, Job satisfaction, Organizational commitment

UNIT 4: Leadership in Organizations

Nature and types of leadership, Theories of Leadership (trait, behavioural, contingency, leader-member exchange theory).

UNIT 5: Communications in Organization

Function, process and direction of communication, Interpersonal communication, Organizational communication, Barriers to effective communication.

Reading List:

- Robbins, S.P. & Judge, T.A. *Organizational Behavior*. Pearson education Inc.
- Robbins, S.P., Judge, T.A. & Vohra, N. *Organizational Behavior*. Pearson education Inc.
- Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.

PSY-UG- 503: Practicum 3

Objectives:

- 1. To familiarize students to the use and importance of psychological testing**
- 2. To orient students to the use and applications of standardized paper and pencil tests**
- 3. To enable students to use standardized tests in doing psychological assessment**

Conducting and reporting any four tests on the following topics:

- Aptitude
- Attitude
- Stress
- Anxiety

Evaluation Scheme

- Practical Report on activities conducted (30 Marks internal assessment)
- Conduction and report writing on one test plus Viva Voce (70 Marks end semester examination)

PSY-UG- 601: Mental health and Psychopathology-I

Objectives:

- 1. To familiarize students with the concept of mental health and well being**
- 2. To familiarize students with the concept of psychopathology**
- 3. To orient the students to various developmental disorders**

UNIT1: Introduction to Mental Health

Definition of mental health, Life skills; Criteria and factors of adjustment.

UNIT 2: Stress:

Concept, Types of Stress, Reaction to stress, Frustration and Conflict;, Coping with stressors.

UNIT 3 : Introduction to Psychopathology

Concept of normality and abnormality; Perspectives of Abnormal Behavior, Classification model (ICD and DSM)

UNIT 4: Signs and Symptoms of mental illness

Delusions, Hallucinations, Obsessions, Compulsions, Anxiety etc

UNIT 5: Developmental Disorders

Intellectual developmental deficiency; Autism spectrum disorders ; ADHD ; and Learning Disabilities

Reading List:

- Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007). *Abnormal Psychology* (13th Ed.).ND: Pearson Education.
- Sarason, I.G. & Sarason, B. *Abnormal Psychology: the problem of Maladaptive Behaviour*. PHI.
- Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* NY: John Wiley.

PSY-UG-602-A: Mental health and Psychopathology-II

Objectives:

- 1. To familiarize students with the various techniques of assessing psychopathology**
- 2. To orient students to various psychological disorders**
- 3. To orient students to the intervention and management of psychological disorders**

UNIT1: Assessment of Psychopathology

Diagnostic tests, Rating scales, History taking interview

UNIT2: Psychopathology 1

Introduction to Schizophrenia and Mood Disorder

UNIT3: Psychopathology 2

Introduction to Anxiety Disorder, Somatoform disorder and Dissociative disorders

UNIT4: Psychopathology 3

Introduction to Personality disorder, Sexual Disorders and Substance use Disorder

UNIT 5: Intervention and Management

Biological ; Psychoanalytic ; Cognitive-Behavioural

Reading List:

- Ahuja N. (2011). *A Short Textbook of Psychiatry* (7th Ed). New Delhi: Jaypee.
- Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007). *Abnormal Psychology* (13th Ed.).ND: Pearson Education.
- Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* NY: John Wiley.

PSY-UG-602-B Human Resource Management

Objectives:

- 1. To orient students to the field of human resource management**
- 2. To orient students to the concept, policies and practices of international human resource management**
- 3. To enable the students to understand the challenges and directions of human resource management**

UNIT 1: Introduction to Human Resource Management (HRM)

HRM and HRD, Context and issues in HRM

UNIT 2: Human Resource Practices

Job analysis; Recruitment and selection; Training; Performance evaluation

UNIT 3: International Human Resource Management (IHRM)-1

The context of Globalization ; Forms of IHRM/ Types of cross-national organizations ; Role of culture in IHRM ; Dimensions of Cultural difference.

UNIT 4: International Human Resource management (IHRM)-2

Policies and practices in the multinational enterprise; Selection for international Assignees ; Expatriate failure ; Training ; Well-being of the global work force

UNIT 5: New challenges and Directions

HR revolution, HR as a competitive advantage, Re inventing HR functions, Managing people in global markets

Reading List:

- Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). *International human resource management: Policies and practices for multinational enterprises(3rd Ed)*. New York: Routledge.
- DeCenzo, D.A. & Robbins, S.P. (2006). *Fundamentals of human resource management*. (8th Ed). NY: Wiley.
- Harzing, A-W.K. and Pennington, A. (2011). *International human resource management*. New Delhi: Sage publications.

PSY-UG- 603: Practicum 4

Objectives:

- 1. To familiarize students with collection of group sample**
- 2. To familiarize students with grouped data and its analysis**

☐ Two studies for group data analysis

Evaluation Scheme

- One Presentations and Practical Reports on the activities conducted (30 Marks internal assessment)
- End semester examination will comprise of Viva Voce (70 Marks)