# C. S. J. M. UNIVERSITY, KANPUR

## SUBJECT- PSYCHOLOGY

(UNDERGRADUATE COURSES)

### B.A. I

<table>
<thead>
<tr>
<th>Paper 1</th>
<th>Basic Psychological Processes</th>
<th>Max. Marks: 35</th>
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<tbody>
<tr>
<td>Paper 2</td>
<td>Human Development</td>
<td>Max. Marks: 35</td>
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<tr>
<td>Paper 3</td>
<td>Practical</td>
<td>Max. Marks: 30</td>
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### B.A. II

<table>
<thead>
<tr>
<th>Paper 1</th>
<th>Psychopathology</th>
<th>Max. Marks: 35</th>
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<tr>
<td>Paper 2</td>
<td>Social Psychology</td>
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<td>Paper 3</td>
<td>Practical</td>
<td>Max. Marks: 30</td>
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### B.A. III

**COMPULSORY PAPERS**

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<thead>
<tr>
<th>Paper 1</th>
<th>Psychological Assessment and Statistics</th>
<th>Max. Marks: 40</th>
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<tr>
<td>Paper 2</td>
<td>Personality</td>
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**OPTIONAL PAPERS** (Any one of the following)  

<table>
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<tr>
<th>Paper 3</th>
<th>(A) Counselling and Guidance</th>
<th>Max. Marks: 40</th>
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<td>(B) Health Psychology</td>
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<td>(C) Environmental Psychology</td>
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<td>(D) Organizational Psychology</td>
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| Paper 4                | Practical                             | Max. Marks: 30  |

### B.A. I

**Paper 1:**  
**BASIC PSYCHOLOGICAL PROCESSES**  
**Marks: 35**
Unit I
- **Introduction**: Definition, Nature, Scope and Applications of Psychology.
  Methods: Introspection, Observation, Experimental, Interview, Questionnaire and Case Study.
- **Contemporary Perspectives**: Biological, Cognitive, Psychoanalytical, Humanistic, Evolutionary and Cross-cultural.

Unit II
- **Sensory Processes**: Visual, Auditory and Other Senses: Structure and functions.
- **Attentional Processes**: Nature, Types and Determinants of Attention.
- **Perceptual Processes**: Nature and Determinants, Perceptual Organization, Form, Space and Depth Perception. Perceptual Constancy and Illusion.

Unit III

Unit IV

- **Personality**: The Concept of Personality. Trait and Type Approaches of Personality. The Biological, Social and Cultural Determinants of Personality.

**BOOKS RECOMMENDED:**


**B.A. I**

**Paper 2 : HUMAN DEVELOPMENT**

**Marks-35**

Unit I
Introduction: Concept; Determinants: Biological, Social, Cultural and Ecological; Prenatal Development

Developmental stages: Theories of Freud and Erikson.

Approaches: Longitudinal, Cross Sectional, Sequential, Cohort methods: Biographical, Case study and Observational method.

Unit II


Language Development: Stages and Determinants

Unit III

Emotional Development: Primary Emotions: Development from Infancy to Adulthood; Concepts of Emotional and Spiritual Intelligence.

Social Development: Stages; Factors affecting Social Development; Concept of Social Intelligence.

Moral Development: Kohlberg’s Theory, Social Learning Theories.

Unit IV

Self and Identity: Self concept and Mirror Images, Emergence of Self: Development of Personal Identity.

Developmental concerns during Adulthood: Marriage, Family and Work: roles and relationships, Mid life Crisis.


BOOKS RECOMMENDED:

B.A. I

Paper 3: PRACTICAL Marks-30

Any eight of the following:

- Learning
- Motivation
- Forgetting
- Perception
- Memory
- Adolescent’s Problems
- Emotional Maturity
- Moral Judgment
- Social Maturity
- Introversion – Extroversion
B.A. II

Paper 1: PSYCHOPATHOLOGY

Marks-35

Unit I

- **Introduction to Psychopathology:** The Concept of Normality and Abnormality; Classification of Mental Disorders (ICD X and DSM IV).
- **Mental Illness:** Signs, Symptoms and Syndromes. Causes of Abnormal Behavior: Biological, Psychological, Social and Cultural Factors.
- **Psychological Models of Psychopathology:** Biological, Psychodynamic, Behavioural, Cognitive-Behavioural, Humanistic, Existential, Socio-cultural.

Unit II

- **Stress:** Nature, Sources and Types; PTSD and Acute Stress Disorder. Coping with Stress.
- **Psychosomatic Disorders:** Symptoms, Causes and Treatment.

Unit III

- **Anxiety Disorders:** Panic Disorder, Phobia, Obsessive Compulsive Disorder, Generalized Anxiety Disorder; Symptoms, Types, Etiology and Treatment.
- **Somatoform Disorders:** Dissociative Disorders.

Unit IV

- **Psychotic Disorders:** Symptoms, Types, Etiology and Treatments.
  - (a) Schizophrenia (b) Delusional Disorders.
- **Mood (Affective) Disorders:** Manic Episode, Depressive Episode, Bipolar Affective Disorders, Dysthymia.
- **Personality Disorders:**
  - (a) Dissociative (b) Impulsive (c) Anti-Social (d) Borderline (e) Avoidance (f) Dependent Personalities.

BOOKS RECOMMENDED:

B.A. II

Paper 2: SOCIAL PSYCHOLOGY Marks-35

Unit I
- **Socialization**: Agents and Mechanisms, Socialization and Deviation.
- **Perceiving Others**: Forming Impressions; Role of Non-verbal Cues, Group stereotypes, Central Traits; Primary and Recency Effects; Models of Information Integration; Attribution of Causality: Biases and Theories (Jones and Davis, Kelley).

Unit II
- **Perceiving Groups**: Prejudice, Stereotypes and Conflicts: Sources, Dynamics and Remedial Techniques.
- **Interpersonal Attraction**: Nature, Measurement and Antecedent Conditions of Interpersonal Attraction.

Unit III
- **Group Dynamics and Influence**: Structure, Function and Types of the Groups.
Social Facilitation, Social Loafing, Individuation; Group Cohesiveness, Norms and Decision Making. Conformity, Obedience and Social Modeling.

Leadership: Definitions and Functions; Trait, Situational, Interactional, Behavioural and Contingency Approaches to Leadership Effectiveness.

Unit IV


Aggression: Determinants: Personal and Social; Theoretical Perspectives: Biological, Trait, Situational and Social Learning; Control of Aggression.

Helping Behaviour: Determinants: Personal, Situational and Socio-cultural Determinants; Bystander Effect. Theoretical Perspectives: Exchange and Normative.

BOOKS RECOMMENDED:


B.A. II

Paper 3: PRACTICAL     Marks-30
Any eight of the following:

- Attitude Scale.
- Leadership.
- Sociometry.
- Social Facilitation
- Anxiety.
- S.S.C.T.
- Adjustment
- Stress/Coping.
- Social Perception
- Social Conformity

B.A. III

Paper 1: PSYCHOLOGICAL ASSESSMENT AND STATISTICS Marks-40

Unit I

- Tests: Meaning, Characteristics and Types of Test, Test Construction and Standardization of Tests, Norms - Types, Item Analysis, Concept of Reliability and Validity.
- Errors in Measurement: Examiner’s Variables Testee’s Variables, Situational Variables in Psychological Measurement.

Unit II

- Assessment of Mental and Special Abilities: Stanford Binet Test, Bhatia Battery and Progressive Matrices, Differential Aptitude Test (DAT).
- Assessment of Personality: Projective Tests: TAT, Rorschach, Psychometric
Test: MPI, EPI.

Assessment of Achievement, Interest and Values: Standardized Achievement Test and Batteries, Strong’s Vocational Interest Blank, Allport-Vernon Study of Values.

Unit III


Frequency Distribution and Graphical Representation of Data: Frequency Polygon, Histogram and Ogive.

Measures of Central Tendency: Mean, Median, Mode: Meaning, Application and Computation.


Unit IV

Correlation: Concept of Correlation; Linear and Non-linear Correlation; Pearson’s Product Moment Correlation, Spearman’s Rank Order Correlation.

Normal Distribution: Concept of Probability, Meaning, Characteristics and Applications of NPC.

Hypothesis Testing and Making Inferences: Population and Sample: Random Sampling; Sampling Distribution, Standard errors of Mean, S.D and r, df, Nature and Assumptions of t-distribution; Computation of t Values for Independent and Dependent Samples; Interpretation of t values-Level of Significance; Type –I and Type – II errors in Inference Making.

Books Recommended:


B.A –III

Paper 2: PERSONALITY MARKS 40

Unit 1

- **Nature of Personality**: Structure and Types of Personality. Indian Concept.
- **Development of Personality**: Determinants of Personality: Biological, Social and Cultural.
- **Self Concept**: Nature, Components, Kinds of Self concepts.

Unit II

- **Constitutional Typology**: Kretschmer & Sheldon.
- **Psychoanalytic Theories**: Classical Freudian Perspective.
- **Neo Psycho Analytic Theories**: Adler and Sullivan.

UNIT III

- **Trait Theories**: Allport, Cattell.
- **Type Theories**: Jung and Eysenck.

UNIT IV

- **Need Theory**: Murray.
Field Theory: Kurt Lewin.

BOOKS RECOMMENDED:
- Asthana Madhu & Kiran Bala: Vyaktitwa Ka Manovigyan, Motilal Banarasi Dass.
- Singh, R. N. Vyaktitwa ka Manovigyan Agarwal Pulication Agra.

B.A. III

Paper 3(A) : COUNSELLING AND GUIDANCE Marks-40

Unit I
- Perspectives of Counselling: Psychoanalytic, Behavioural, Cognitive and Humanistic.
- Types of Counselling:
  (a) Directive, Non-directive and Eclectic. (b) Individual and Group Counselling.

Unit II
- Counselling Process: Principles of Counselling.
- Counselling Skills: Rapport, Empathy and Communication.
- Phases of Counselling: Initial, Middle, Terminal and Follow up.
- Special Areas of Counselling: Career Counselling, Marital Counselling, Personal Counselling and Counselling of Alcoholics and Drug Addicts.
Unit III

- **Areas of Guidance**: Educational, Vocational and Personal.

Unit IV

- **Testing Techniques in Guidance**:
  - (a) Intelligence  
  - (b) Personality  
  - (c) Aptitude  
  - (d) Interests  
  - (e) Achievement tests

**BOOKS RECOMMENDED**:


**B.A. III**

**Paper 3(B) : HEALTH PSYCHOLOGY**

Unit I

- **Introduction**: Nature, Scope and a Brief History of Health Psychology. The Role of Health Psychologists.
- **Systems of Body**: Nervous System, Endocrine System, Cardio Vascular

**Models of Health:** Bio-Psycho-Social and Cultural Models: Health Belief Models.

**Unit II**

**Health Behaviour and Primary Preventions:** Determinants of Health Behaviour. Health Enhancement: Modification of Health Behaviour, Changing Health through Beliefs and Attitudes, Social Engineering, Habit Modifications, Exercise, Physical Examination, Weight Control and Diet Control.

**Pain and Management:** Measurement of Pain, Clinical Management and Pain Control Techniques.

**Unit III**

**Cardio Vascular Disease, Diabetes, Paralysis, Brain Strokes and Hypertension:** Symptoms, Causes and Remedies. Type A Behaviour in reference to Diseases.

**Stress and Health:** Nature and Types of Stress, Causes and Consequences of Stress. Stress Management, Measurement of Stress. Role of Social Support.

**Unit IV**

**Management of Chronic and Terminal Illness:** Management of Chronic and Terminal Illness, Coping, Rehabilitation of Chronically Ill, Psychological Interventions.

Health Issues Related to Children, Adolescents, Women and Elderly.

Future Challenges to Health Psychologists.

**BOOKS RECOMMENDED:**

Theory, Research and Application, New Delhi: Concept.


B.A. III

Paper 3(C) : ORGANIZATIONAL BEHAVIOUR

Marks-40

Unit I

- **Introduction**: Nature and Scope, contribution of Taylor, F.W. and Elton Mayo. New Challenges and Opportunities.

Unit II

- **Motivation**: Major Theories: Maslow, Adams and Vroom. Financial and Non-financial Incentives. Job Characteristics; Two models: Job Enrichment, Quality of work Life.

Unit III

- **Job Satisfaction and Industrial Morale**: Nature, Determinants and Theories (Herzberg, Vroom).
- **Performance Appraisal**: Appraisal Process, Methods of Performance Appraisal and Factors Distorting Performance Appraisal.
- **Organizational Stress**: Nature, Sources, Role Stress and Its Effect on Job Behaviour.

Unit IV

- **Human Engineering**: Man-machine System. Designs, Display, Controls and
Action.


**BOOKS RECOMMENDED**:

**Paper 3(D) : ENVIRONMENTAL PSYCHOLOGY**

**Unit I**
- **Environmental Psychology**: Nature and Characteristics; Classification of Environment. Indian Perspective on Human-environment Relationship.
- **Theories Of Environment - Behavior Relationship**: Arousal, Environmental Load, Adaptation Level and Ecological Approach.
- **Research Methods in Environmental Psychology**: Experimental, Simulation, Corelational and Descriptive; Methods of Data Collection: Self-report, Naturalistic Observation, Field Survey, Interview and Questionnaire.

**Unit II**
Adaptation.


**Unit III**

- **Effect of Environment on Behavior**: Personal Space and Territoriality: Nature Functions and Determinants of Personal Space, Consequences of Personal Space Invasion Territoriality Functions and Types.

**Unit IV**

- **Crowding**: Nature and Characteristics, Features and Effects of Crowding on Animals and Human Beings.
- **Environmental Psychology and Saving the Environment**: Environmental Education, Prompts and Reinforcement Techniques in Indian Context.

**BOOKS RECOMMENDED:**


B.A- III

PAPER 4 :  PRACTICAL  Marks-30

Any Eight of the following :
- H.S.P.Q / M.P.I
- Self Concept
- Achievement Test
- Value Test
- Rating
- Raking
- Paired Comparison
- Word –Association Test
- Interest Test
- AIDS Awareness
- Job Satisfaction
- Health Habits
- Cognitive Mapping
- Eco-Friendly Attitudes