B.A. (HONOURS) PSYCHOLOGY

(Three Year Full Time Programme)

COURSE CONTENTS
(Effective from the Academic Year 2011-2012 onwards)

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF DELHI
DELHI - 110007
### University of Delhi

#### Course: B.A. (Hons.) Psychology

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SEMESTER BASED UNDER-GRADUATE HONOURS COURSES

Distribution of Marks & Teaching Hours

The Semester-wise distribution of papers for the B.A. (Honours), B.Com. (Honours), B. Com., B.Sc. (Honours) Statistics and B.Sc. (Honours) Computer Science will be as follows:

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<th>Type of Paper</th>
<th>Max. Marks</th>
<th>Theory Exam.</th>
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<td>Main Papers</td>
<td>100</td>
<td>75</td>
<td>25</td>
<td>5 Lectures 1 Tutorial</td>
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<td>Concurrent Courses</td>
<td>100</td>
<td>75</td>
<td>25</td>
<td>4 Lectures 1 Tutorial</td>
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<td>Credit Courses for B.Sc.(Hons.) Mathematics</td>
<td>100</td>
<td>75</td>
<td>25</td>
<td>4 Lectures 1 Tutorial</td>
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- Size of the Tutorial Group will be in accordance with the existing norms.
- The existing syllabi of all Concurrent/Credit Courses shall remain unchanged.
- The existing criteria for opting for the Concurrent/Credit Courses shall also remain unchanged.
B.A. (HONS.) PSYCHOLOGY

COURSE DETAILS

SEMESTER -1

Paper 1: Foundations of Psychology

UNIT 1: Perception
a) Perception: Bottom-up and top-down processing
b) Role of attention in perception
c) Principles of Perceptual Organization
d) Depth Perception
e) Perceptual Constancies
f) Illusions
g) Influence of contexts and expectations on perception

UNIT 2: Learning and Motivation
a) Nature of Learning
b) Classical and Operant Conditioning: Principles/processes, Applications
c) Cognitive influences on learning
d) Observational Learning
e) Biological constraints in learning
f) Functions of motivational concepts
g) Perspectives on Motivation
h) Types of Motivations
i) Motivational Conflicts

UNIT 3: Personality and Self
a) Nature of Personality
b) Psychodynamic theories
c) Type and trait theories
d) Humanistic theories
e) Social learning and Cognitive theories
f) Culture and Personality
g) Self and identity in Indian thought
h) Personality Assessment

UNIT 4: Intelligence
a) Intelligence in historical perspective
b) Psychometric and Cognitive process approaches to Intelligence
c) Broader conceptions of Intelligence: Multiple Intelligences, Emotional Intelligence
d) Measurement of Intelligence
e) Role of Heredity and Environment in intelligence
f) Extremes of Intelligence
Reading List:


Paper 2: Statistical Methods For Psychological Research-I

UNIT 1:
1. Introduction
   a. What is Psychological Research?
   b. Relevance of Statistics in Psychological Research
   c. Descriptive and Inferential Statistics
   d. Variables and Constants
   e. Scales of Measurements

2. Frequency Distributions, Percentiles, and Percentile Ranks
   a. Organizing Qualitative Data
   b. Grouped Scores
   c. The Cumulative Frequency Distribution
   d. Percentiles and Percentile Ranks
   e. Computing Percentiles and Percentile Ranks from Grouped Data

UNIT 2:
3. Graphic Representation of Frequency Distributions
   a. Basic Procedures
   b. The Histogram
   c. The Frequency Polygon
   d. Choosing between a Histogram and a Polygon
   e. The Bar Diagram and the Pie Chart
   f. The Cumulative Percentage Curve
   g. Factors Affecting the Shape of Graphs

4. Central Tendency
   a. The Mode
   b. The Median
   c. The Mean
   d. Properties of the Mode
   e. Properties of the Mean
   f. Properties of the Median
   g. Measures of Central Tendency in Symmetrical and Asymmetrical Distributions
   h. The Effects of Score Transformations

UNIT 3:
5. Variability and Standard (z) Scores
   a. The Range and Semi-Interquartile Range
   b. Deviation Scores
   c. Deviational Measures: The Variance
   d. Deviational Measures: The Standard Deviation
   e. Calculation of the Variance and Standard Deviation: Raw-Score Method
   f. Properties of the Range and Semi-Interquartile Range
   g. Properties of the Standard Deviation
   h. How Big is a Standard Deviation?
i. Score Transformations and Measures of Variability
j. Standard Scores (z scores)
k. A Comparison of z Scores and Percentile Ranks

6. Standard Scores and the Normal Curve
   a. The Nature of the Normal Curve
   b. Standard Scores and the Normal Curve
   c. The Standard Normal Curve: Finding areas when the score is known
   d. The Standard Normal Curve: Finding scores when the area is known
   e. The Normal Curve as a Model for Real Variables
   f. The Normal Curve as a Model for Sampling Distributions

UNIT 4:

7. Correlation
   a. Some History
   b. Correlation: A Matter of Direction
   c. Correlation: A Matter of Degree
   d. Calculating Pearson’s Correlation Coefficient from Deviation Scores
   e. Calculating Pearson’s Correlation Coefficient from Raw Scores
   f. Spearman’s Rank-Order Correlation Coefficient
   g. Correlation does not prove Causation
   h. The Effects of Score Transformations
   i. Cautions Concerning Correlation Coefficients

8. Random Sampling and Sampling Distributions
   a. Random Sampling
   b. Using a Table of Random Numbers
   c. The Random Sampling Distribution of the Mean: An Introduction
   d. Characteristics of the Random Sampling Distribution of the Mean
   e. Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values of Sample Mean
   f. Random Sampling Without Replacement

Reading List:


Paper 3

Concurrent – Qualifying Language
SEMESTER –II

Paper 4: Physiological Psychology

UNIT 1: Definition, Methods of Physiological Psychology

UNIT 2: Neuron: Structure, types, and Function, Synaptic transmission
UNIT 3: Nervous System: Structure and functions of major parts of the nervous system, hemispheric specialization

UNIT 4: Endocrine system: Structure, function and Abnormalities of major glands: Thyroid, Adrenals, gonads, Pituitary, pancreas and pineal glands.

Reading List:


Paper 5: Practicum – I

Psychological Testing

Total 4 tests – at least one from each of the following:
Aptitude
Intelligence
Personality

Evaluation Scheme

Viva
Record
Conduction and report writing
Paper 6

Concurrent - Credit Language
SEMESTER –III

Paper 7: Psychological Research

UNIT 1:
Part A: Beginning Psychological Research
(a) Goals of Psychological Research
(b) Formulating a problem and developing a testable hypothesis

Part B: Quantitative and Qualitative Orientations towards Research

UNIT 2: Methods of Data Collection
(a) Sampling
(b) Probability Sampling Methods
(c) Non Probability Sampling Methods

UNIT 3: Non Experimental Methods (I)
(a) Case Study
(b) Observation
(c) Survey

UNIT 4: Non Experimental Methods (II):
(a) Psychological Testing
(b) Standardization
(c) Reliability
(d) Validity
(e) Norms

Reading List:


Paper 8: Practicum – II

Qualitative Research Methods

Total 5 practical – at least one from each of the following:
Survey
Interview
Observation
Projective/ Semi Projective Tests

Evaluation Scheme

Viva
Record
Paper 9

Concurrent - Interdisciplinary
SEMESTER -IV

Paper 10: Emergence and Growth of Psychology

UNIT 1: Basic Issues in Psychology
Each of the issues to be dealt with from the point of view of an East-West Comparison
   a) Issues of Consciousness and Mind Body Relationship
   b) Issue of Determinism and Free Will
   c) Issue of Empiricism and Rationality
   d) Methodological Issues: Introspection to Experimentation to Clinical Approach & Phenomenology
   {Note: Eastern perspective will include Yoga & Vedantic view}

UNIT 2: Positivist Thrust: Behaviourism to Cognition
   • Developments in behaviourism & neo behaviouristic traditions (a comparison) & the movement towards cognitive psychology.
   ➢ Detailed treatment of particular thinkers within behaviourism & neo-behaviourism is not needed.

UNIT 3: Analytical-Existential Thrust
   a) Classical Psychoanalysis: Freud, Adler and Jung
   b) Ego Psychology: Erikson
   ➢ Each of these theorists in a) & b) to be covered in some detail
   c) Object Relations
   d) Humanistic & Existential Consciousness: Coming back a full circle
   ➢ Detailed treatment of particular thinkers in c) & d) is not needed.

UNIT 4: Overview of Contributions to the Growth of Psychology
   • Contributions of Behaviourism, Gestalt (including Lewin), Cognitive, Psychoanalytic, Humanistic, Existential thinkers & the Eastern thought to the Discipline of Psychology.

Reading List:


Suggested List of Readings:


UNIT 1
1. Introduction to Statistical Inference: Testing Hypotheses about Single Means (z and t)
   a. Testing a Hypothesis about a Single Mean
   b. The Null and Alternative Hypotheses
   c. Retention and Rejection of Null Hypothesis
   d. Procedural Steps for Hypothesis Testing
   e. Hypothesis Testing about a Single Mean – Calculation
   f. The Statistical Decision
   g. Choice of $H_A$: One-Tailed and Two-Tailed Tests
   h. Assumptions in Testing a Hypothesis about a Single Mean
   i. Estimating the Standard Error of the Mean when $\sigma$ Is Unknown
   j. The $t$ Distribution
   k. Characteristics of Student’s Distribution of $t$
   l. Computing $t$ Using Definitional Formula Only
   m. Levels of Significance versus $p$-Values

2. Interpreting the Results of Hypothesis Testing
   a. A Statistically Significant Difference versus a Practically Important Difference
   b. Errors in Hypothesis Testing
   c. The Power of a Test

UNIT 2
3. Testing Hypotheses about the Difference between Two Independent Groups
   a. The Null and Alternative Hypotheses
   b. The Random Sampling Distribution of the Difference between Two Sample Means
   c. Properties of the Sampling Distribution of the Difference between Means
   d. Determining a Formula for $t$
   e. Testing the Hypothesis of No Difference between Two Independent Means
   f. Use of a One-Tailed Test
   g. Assumptions Associated with Inference about the Difference between Two Independent Means

4. Testing for a Difference between Two Dependent (Correlated) Groups
   a. Determining a Formula for $t$
   b. Degrees of Freedom for Tests of No Difference between Dependent Means
   c. Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only
   d. Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means

UNIT 3
5. Chi-Square and Inference about Frequencies
   a. The Chi-Square Test for Goodness of Fit
   b. Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies
c. The Logic of the Chi-Square Test  
d. Interpretation of the Outcome of a Chi-Square Test  
e. Assumptions in the Use of the Theoretical Distribution of Chi-Square  
f. Chi-Square as a Test for Independence between Two Variables  
g. Calculation of Chi-Square and Determination of Significance in a  
   Contingency Table  

6. Testing for Differences among Three or More Groups: One-Way Analysis of  
   Variance  
a. The Null Hypothesis  
b. The Basis of One-Way Analysis of Variance: Variation within and  
   between Groups  
c. Partition of the Sums of Squares  
d. Degrees of Freedom  
e. Variance Estimates and the $F$ Ratio  
f. The Summary Table  
g. Raw-Score Formulas for Analysis of Variance only  
h. Comparison of $t$ and $F$  
i. Assumptions Associated with ANOVA  

UNIT 4  
7. Some (almost) Assumption-Free Tests (Nonparametric Tests)  
a. Concept  
b. Comparison with Parametric Tests  
c. Uses and Applications  

8. Introduction to SPSS  
a. What is SPSS?  
b. Uses of SPSS in Statistics and Research  

Reading List:  


**Paper 12: Social Psychology**

**UNIT 1:** Introduction  

**UNIT 2:** Understanding and Evaluating the Social World  
Social cognition, Perception, Attitudes and Attitudes change.

**UNIT 3:** Aspects of Social Interaction and Influence  

**UNIT 4:** Group Dynamics and Intergroup Relations  

**Reading List:**


Paper 13

Concurrent – Discipline Centred I
SEMESTER - V

Paper 14: Industrial / Organizational Psychology

UNIT 1: Introduction and issues in I/O Psychology
Brief history of I/O psychology; Industry and Organization; Organizational Behavior; Current status of I/O psychology; I/O psychology in the Indian context; Organizational structure; Organizational climate and culture

UNIT 2: Introduction to Work Related Attitudes & Work Motivation
  (a) Job satisfaction; Job involvement; Organizational Commitment; Organizational Citizenship Behavior; Psychological Contract; Work Engagement
  (b) Work Motivation: Theories and application; Indian perspective

UNIT 3: Leadership
Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership; Diversity issues in leadership

UNIT 4: Positive Organizational Behaviour
Optimism, Emotional Intelligence; Self-Efficacy; Work-Life balance

Reading List:


Paper 15: Abnormal Psychology-I

UNIT 1: Definition of abnormality, criteria, classification, and clinical assessment

UNIT 2: Clinical States
   a) Clinical Picture of GAD, OCD, and Phobias, Dynamics of anxiety disorders;
   b) Clinical Picture of Conversion Disorder and its Dynamics;
   c) Clinical Picture of Dissociative Identity Disorder and its Dynamics

UNIT 3: Developmental Disorders (Clinical Picture and Dynamics)
   Mental Retardation, Autism, ADHD, and Learning Disabilities

UNIT 4: Diathesis-Stress Model
   a) The Impact of Stress on Physiological Parameters (Coronary Heart Disease and Essential Hypertension)
   b) Substance-Related Disorder

Reading List:


Paper 16: Practicum-III

- One experiment based on group data analysis
- One test based on group data analysis

**Evaluation Scheme**

Viva
Record
Conduction and report writing
Paper 17: Child and Adolescent Development

UNIT 1: Introduction
a) Nature of Development and related terms
b) Theories and themes of Developmental Psychology
c) Research methods and designs for studying development
d) Development in the Indian context

UNIT 2: Periods of Development
a) Prenatal development
b) Birth and Infancy
c) Early childhood
d) Middle childhood
e) Adolescence

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

UNIT 4: Contexts for development
a) Family and parenting
b) Peers
c) Media
d) Schooling
e) Socio-cultural context.

Reading List:


SEMESTER -VI

Paper 18: Abnormal Psychology-II

UNIT1: Schizophrenia: Clinical Picture and Dynamics

UNIT2: Mood Disorders: Clinical Picture & Dynamics

UNIT3: a) Personality Disorders (Clinical Picture and Dynamics): Antisocial and Borderline Personality Disorders

     b) Sexual Disorders (Clinical Picture): Paraphilias, Gender Identity Disorder, Sexual Dysfunction

UNIT4: Intervention and Management

     a) Biological
     b) Psychoanalytic
     c) Cognitive-Behavioural

Reading List:


Paper 19: Counselling Psychology

UNIT 1: Introduction
a) Definition and nature
b) Counselling as a profession-Training, activities and professional ethics
c) The effective counsellor- Personality characteristics, skills, self of counselor

UNIT 2: Counselling Process
a) Stages of counselling
b) Counselling relationship
c) Initial interview
d) Assessment for counselling

UNIT 3: Counselling Theory and Techniques
a) Individual counseling theory and techniques- Psychoanalytic, Humanistic, Behavioral, Cognitive, Brief approaches
b) Group techniques
c) Multi-cultural techniques with special reference to Indian techniques such as yoga and meditation
d) Counselling and technology

UNIT 4: Counselling Applications
a) Family and couples counselling
b) Child Counselling
c) School and Career counselling
d) Workplace Counselling
e) Crisis intervention
f) Counselling for wellness

Note: Projects and practical work related to the paper should include preparation of case study, assessment in counseling, supervised training including role-play and self-development workshops.

Reading List:


Project

- American Psychological Association (APA) – Publication Manual 2006 to be followed for project writing

- Format and Distribution of marks.

  **Marks**
  - **Abstract** – 150 words including problem, method & results.
  - **Introduction** – Theoretical consideration, review, present study, objectives and hypotheses.
  - **Method** – Design, Sample, Measures, Procedure
  - **Results**
    - Quantitative analysis of group data
      (Raw data should not be attached in Appendix)
    - Graphical representation of data wherever required.
    - Qualitative analysis wherever done should indicate the method of qualitative analysis.
  - **Discussion**
  - **References (APA Style) & Appendix**

- Project should be in Soft binding. It should be typed in 1.5 spacing on both sides of the paper. Total text should not exceed 50 pages (References & Appendices extra).

- Date of submission of projects to be announced towards the end of semester

- Project should be prepared in the form of research paper to be published in a reputed scientific journal.

- Four copies of the project along with one CD should be submitted to the College.

Evaluate Scheme

Viva
Project Report

*Viva for any paper should be conducted jointly by one internal and one external examiner.

Field Study (Report)

Evaluate Scheme

Viva
Record
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)
The context of Globalization, Forms of IHRM/ Types of cross-national organizations (Domestic, International, Multinational, Global, Transnational), Role of culture in IHRM, Dimensions of Cultural difference (Hofstede).

UNIT 4: International human resource management (IHRM)
Policies and practices in the multinational enterprise. Selection for international assignees, Expatriate failure, Training: Development of a global mind set, Cross-cultural training; Well-being of the global work force

Reading List:


Psychology of Health and Well-Being

UNIT 1:

Introduction to Health Psychology: components of health as social, emotional, cognitive and physical aspects, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being for e.g., life satisfaction, affect

UNIT 3: Managing stress, illness and pain: causes, consequences and interventions
UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors as resilience, hope, optimism, positive self; Physical factors as exercise, safety, nutrition etc.

Reading List:


Paper 21

Concurrent – Discipline Centred II