

**SOBAN SINGH JEENA UNIVERSITY,
ALMORA, UTTARAKHAND**

**SYLLABUS OF PSYCHOLOGY
FOR UNDER GRADUATE PROGRAM
2022**

Semester-I

Paper-1 Theory

Program/ Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: PSYC101T	Course Title: Basic Psychological Process	
Course Outcome: After completing this course the students shall be able to understand the fundamental process and core Psychological concept, model, classical theories, varied perspective and shall apply them in their lives. It shall also give the learner a clear understanding of the concept like intelligence, motivation, emotion and personality.		
Credit: 4	Core Compulsory	
Max. Marks: 25+ 75	Min. Passing marks: 10+25	
Total No. of Lectures (4 Hours per week) L- 4		
Objective: To Introduce students to the basic concept of the field of psychology with an emphasis on application of Psychology in everyday life.		
Unit	Topics	No. of Lectures
I	Introduction: Definition, goals and scope of Psychology; Approaches: Biological, Psychodynamic, Behaviouristic and cognitive; Methods: Observation, Experimental, Interview, Questionnaire and Case study	8
II	Biological Bases of Behaviour: Nervous System: Neuron, Nerve Impulse, Central Nervous system and Peripheral nervous system, Hormones and their effects.	7
III	Sensation and Perception: Meaning and characteristics of sensation, Types of sensation; Visual sensation: Structure of eye and phenomena of visual sensation. Perception- Nature and characteristics Gestalt theory of perception, figure and background, Laws of perceptual organization.	8
IV	Attention Processes: Nature, characteristics and Determinants. Selective & Sustained Attention, Broadbent Filter Model and Norman & Bobrow's Model.	7
V	Learning: Theories of learning: Thorndike's trial and error theory of learning. Classical conditioning: Phenomena, Instrumental conditioning.	8
VI	Memory and Forgetting: Definition of memory; Stages of memory: encoding, storage & retrieval, Types of memory: sensory, short-term & long-term memory. Forgetting: Nature, Determinants of forgetting, theories of forgetting: Interference (proactive and retroactive interference).	7

VII	Motivation and Emotion: Meaning & Nature of motivation; Basic concepts of motivation; Types of motivation: Biogenic and sociogenic motives; Theories of motivation: The need hierarchy model and Arousal theory of motivation. Meaning and definition of emotion, Physiological changes in emotion; Theories of emotion: James-Lange theory and Cannon-bard.	8
VIII	Intelligence: Meaning and definition of intelligence, Theories of intelligence: Unifactor theory, Spearman's theory, Thorndike's theory, Thurston's theory, Guilford's theory. Concept of I.Q.	7

Suggested Readings:

1. Galotti, K.M., (2014) **Cognitive Psychology: In and Out of the Laboratory(5e)**. N. Delhi: Sage Publication.
2. Dember, W.M.& Warm, J.S. (1979) **Psychology of perception**. Holt Rinehart
3. Cofer, C.N. Appley, M.H. (1964). **Motivation: Theory and Research**. New York: Wiley.
4. Gluck, M.A. et al (2013) **Learning and Memory**, New York: Worth.
5. Passer & Smith, (2007). **Psychology**. Pearson Education.
6. Woodworth, R.S.& Schlosberg, H. (1954). **Experimental Psychology**. New York: Holt.
7. Margret, W., Matlin, Hugh, J. &Foley (4th Edition). **Sensation and Perception**.
8. Postman, L. & Egen, J. P. (1949). **Experimental Psychology: An Introduction**. New York: Harper and Brothers.
9. त्रिपाठी, एल. बी.(1999). आधुनिक प्रायोगिक मनोविज्ञान आगरा: भार्गव बुक हॉउस
10. सिंह, आर.एन., एवंभारद्वाज, एस.एस.,(2010). उच्च प्रायोगिक मनोविज्ञान, आगरा: अग्रवाल पब्लिकेशन
11. अजिमुर्दरहमान., सामान्य मनोविज्ञान, दिल्ली: मोतीलाल बनारसीदास
12. सिंह, ए.के.,(2000) उच्चतर सामान्य मनोविज्ञान, दिल्ली: मोतीलालबनारसीदास

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/home/aspx>

<http://www.apa.org>

Suggested Continuous Evaluation Methods

Assignment/ Seminar (10 Marks)

Written test (10 marks)

Attendance (5 Marks)

Paper-2 Practical		
Program/ Class: Certificate	Year: First	Semester: First
Subject: Psychology		
Course Code: PSYC102P	Course Title: Lab Work	
Course Outcome: The course shall enable the students a variety of Skills to design and conduct Psychological experiments ensuring Controlled conditions, report writing and Interpretations of their report.		
Credit :2	Core Compulsory	
Max. Marks: 50	Min. Passing marks: 17	
Total No. of Lectures (2 Hours per week)		
Unit	Topics	No. of Lectures
I	Bilateral transfer of training/ Maze Learning	8(16 Hours)
II	Effect of Knowledge of Results on performance/ Emotional Maturity Scale	8(16 Hours)
III	Retroactive Inhibition / Memory span for digits / words	7 (14 Hours)
IV	Verbal test of intelligence/ Simple Reaction Time	7 (14 Hours)
Suggested Readings – suggestive digital platforms weblinks – http://heecontent.upsdc.gov.in/homeaspx		
This Course can be opted by the students who has opted Psychology as a subject.		
Suggested Continuous Evaluation Methods: Presentation of practical Viva-Voce (25 Marks) File (15 Marks) Attendance (10 Marks)		
Course Prerequisites: only for those who took Psychology as a subject.		

Semester II
Paper-1 Theory

Program/ Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: PSYC201T	Course Title: Social Psychology	
Course Outcome: After completing this course the students shall be able to summarize general information, through in class discussion and assignments, pertaining to social psychological theories and opportunity to apply social psychological theories to their lives. The students shall also be able to critically evaluate the research to understand and explain distressing human social behaviour and relate social psychological concept and theories in context of historic and current world, national and local events.		
Credit: 4	Core Compulsory	
Max. Marks: 25+ 75	Min. Passing marks: 10+25	
Total No. of Lectures (4 Hours per week) L- 4		
Objective: 1. To develop an Understanding of the Individual in relation to the social world.		
2. To introduce students to the realm of social influence, as to how individuals think, feel and behave in social situations.		
Unit	Topics	No. of Lectures
I	Social Psychology: Nature and Scope. Methods of studying social behaviour; Observation, experimental, survey, field study & sociometry method.	8
II	Person Perception: Meaning, Nature, General Principal and Role of Non-verbal cues in Person Perception;	7
III	Social Cognition: Schema, Schematic Processing Attribution of Causality: Harold Kelly and Heider theory.	8
IV	Attitude: Nature and Formation. Interpersonal Attraction: Concept and Determinants.	7
V	Aggression: Determinants, Theories: Biological (Instinctive and Ethological), Social Learning theory of Aggression. Frustration – Aggression Hypothesis.	8
VI	Pro-Social behaviour: Motives to help; Bystander Effect, Determinants: Personal, Situational, and Socio-Cultural.	7
VII	Social Influence Processes: Conformity, and Compliance. Inter Group Relations: Prejudice and stereotype.	8
VIII	Groups: Norms, Roles, Status and Cohesiveness. Group Influence Processes: Social Facilitation, Social Loafing and De-individuation.	7

Suggested Readings:

1. Boron, R.A. & Byrne, D. (2000) *Social Psychology*, N. Delhi: Prentice Hall.
2. Feldman, R.S., (1985) *Social Psychology: Theories, Research and Application*, New York : McGraw Hill.
3. Myers & David, G., (1994) *Exploring Social Psychology* New York: McGraw Hill.
4. Sears, D.O., Taylor, S.E. & Pepalau, L.A. (1994), *Social Psychology* New Jersey: Prentice Hall.
5. Raven, B. H. & Rubin, J.Z. (1983) *Social Psychology* (second edition) New. York: John Wiley.
6. सिंह, ए.के. (2002) *समाज मनोविज्ञान की रूपरेखा* दिल्ली: मोतीलाल बनारसीदास
7. हुसैन, बी. एच., (1994), *नवीन सामाजिक मनोविज्ञान* आगरा: विनोद पुस्तक मंदिर

Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/home.aspx>
<http://www.apa.org>
<http://www.vale.edu>

Suggested Continuous Evaluation Methods:

Assignment/ Seminar (10 Marks)

Written test (10 marks)

Attendance (5 Marks)

Course Prerequisites: Open to All

Suggested equivalent on line Courses

Swayam

Paper-2 Practical		
Program/ Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: PSYC 202 P	Course Title: Lab Work / Psychological Test	
Course Outcome: After completing this course the students shall be exposed to the mixture of skills such as how to conduct Psychological experiments for understanding social behaviour as well as Psychological measurements and scientific reporting of the data.		
Credit :2	Core Compulsory	
Max. Marks: 50	Min. Passing marks: 17	
Total No. of Lectures – (2 Hours per week)		
Unit	Topics	No. of Lectures
I	Sociometry/ Mental Fatigue	7 (14hrs)
II	Prejudice Scale/ Social Loafing	7 (14hrs)
III	Social Conformity/ Religiosity	8 (16 hrs)
IV	Reaction to Frustration Scale/ Aggression	8 (16 hrs)
Suggested Readings: suggestive digital platforms web links- http://heecontent.upsdc.gov.in/home.aspx www.psytoolkit.org		
This Course can be opted by the students who took Psychology as a subject.		
Suggested Continuous Evaluation Methods: Viva-Voce (25 Marks) Practical File (15 Marks) Attendance (10 Marks)		
Course Prerequisites: Only to Psychology students		

Minor Elective

Paper 1 - Theory

Program/ Class: Certificate	Year: First	Semester: Second
Subject: Psychology		
Course Code: ME	Course Title: Psychology for Everyday Life	
Credit 4	Core compulsory	
Objective: - After completing this course the students shall be able to understand Psychological factors, physical illness, Self-relationship and Growth.		
Credit: 4		Core Compulsory
Unit	Topics	No. of Lectures
I	Psychology and Parenting: Stages of psychological development upto adulthood; Imparting values and building character. Parenting Style and its types. (Related Practical)	7
II	Psychology and Education: Goals of education; Teaching and learning process, diversity in learners; dealing with special children; changing role of the teacher; Creativity: Importance in Education. (Related Practical)	8
III	Psychology and technology: Advantages and disadvantages of technology, Addiction of Internet and Smartphone, Internet Addiction Disorder (IAD). (Related Practical)	7
IV	Psychology and Health: Psychological aspects of physical health; Life with chronic illness, Psychological stress among the caregivers; Dealing with grief and death; Importance of Yoga for health. (Related Practical)	8
V	Psychology and Work: Needs for relatedness, competence, autonomy; Maslow's hierarchy of needs; Extrinsic and Intrinsic motivation; work life balance, Factors influencing Job Satisfaction. (Related Practical)	7
VI	Psychology and Business: Psychological characteristics of entrepreneurs; Persuasive communication and advertising, rational strategies of decision making, Role of intuition in decision making, dealing with cognitive biases in decision making, Propaganda. (Related Practical)	8
VII	Psychology and Law: Challenges of law enforcement, Juvenile delinquents, Recidivism, Eye-witness testimony, Identification from line ups, Profiling, Mental illness and law. (Related Practical)	7
VIII	Psychology and a sustainable future: Environmental influences on human life; Environmental stress; Environment and quality of life; Human influences on Environment: Noise	8

	Pollution; Environmental Degradation; Global warming; Loss of biodiversity. (Related Practical)	
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NOTE – Any one related Practical mentioned above.

Suggested Readings:

- 1. Beloerian, D., & Levey, A. (2012), Applied Psychology: Putting theory in practice. Oxford University Press.**
- 2. Singh, A.K. (2002) Cognitive Psychology, New Delhi: Motilal Banarasidas.**
- 3. Donaldson, S.I., Csikszentmihalyi, M., & Nakamura, J, (eds. 2020). Positive psychological science: Improving Everyday Life, Well-Being, Work, Education and Societies Across the Globe. Routledge.**
- 4. Suleman, M. (2009), General Psychology, Motilal Banarasidas.**