

HONOURS COURSE-GENERIC ELECTIVE PAPERS

G-PSY – 01 : GENERAL PSYCHOLOGY

Objectives:

- Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Unit 1: Introduction to Psychology

Nature and fields of psychology; Applications of psychology: Work, Law, and Health

Unit 2: Cognitive Processes

Cognitive Processes: Learning, memory and problem solving

Unit 3: Conative Affective processes

Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion

Unit 4: Psychology of Individual Differences

Theories of personality: Freudian psychoanalysis, type Theories (Sheldon), trait theories (Cattell), humanistic theories (Maslow's); Theories of intelligence: Spearman 'g' theory, Sternberg; Emotional intelligence; Assessment of intelligence and personality

Unit 5 – Understanding Developmental Processes

Cognitive Development – Piaget; Moral Development – Kohlberg; Psycho-social Development – Erikson

Readings:

- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & Meyer, G.E (2008). *Psychology (South Asian Edition)*. New Delhi: Pearson
- Feldman.S.R.(2009).*Essentials of understanding psychology*, 7th Edition New Delhi: Tata McGraw Hill.
- Glassman,W.E.(2000).*Approaches to Psychology*, 3rd Edition. Buckingham:Open University Press.
- Michael ,W., Passer, Smith,R.E.(2007). *Psychology The science of mind and Behavior*. New Delhi:Tata McGraw-Hill.

G-PSY-02 : HUMAN DEVELOPMENT

Objectives:

- To equip the learner with an understanding of the concept and process of human development across the life span
- To impart an understanding of the various domains of human development
- To inculcate sensitivity to socio-cultural context of human development

Unit 1: Introduction

Concept of Human Development; Human Development: theories (Piaget, Kohlberg, Erikson) themes and research designs

Unit 2: Periods of Life Span Development

Prenatal development; Birth and Infancy; Childhood; Adolescence; Adulthood

Unit 3: Domains of Human Development – I

Milestones: Cognitive development, Language development, Emotional development

Unit 4: Domains of Human Development – I

Milestones: Physical development, Moral development, Personality development

Unit 5: Socio-Cultural Contexts for Human Development

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

Reading List:

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
- Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications

GE-PSY – 03 : PSYCHOLOGY AT WORK

Objectives:

- To understand the meaning and theoretical foundations of Industrial/Organisational (I/O) Psychology
- To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit 1: Introduction to I/O Psychology

Defining Industrial/Organisation (I/O) Psychology; Development of I/O Psychology; Contemporary trends and challenges in I/O Psychology; I/O Psychology in India

Unit 2: Job Satisfaction and Work Motivation

Concept of Job satisfaction and work motivation; Causes of Job Satisfaction; Outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit 3: Communication in Organizations

Communication process; purpose of communication in organizations; communication networks; Barriers to effective communication; Managing communication

Unit 4: Leadership

The meaning of leadership; Early approaches to leadership; Contemporary approaches to leadership- Transformational & Transactional Leadership; Leadership in a globalized world; Indian perspective on leadership

Unit 5: Organisational Culture

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- 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- 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- 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.