Syllabus
Psychology
Admitted Batch 2008 - 2009
### B.A. Course (Structure)

#### First year:

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Subject</th>
<th>Hrs per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>English language including communication skills</td>
<td>6</td>
</tr>
<tr>
<td>2.</td>
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<td>4</td>
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<tr>
<td>3.</td>
<td>Core I-1</td>
<td>6</td>
</tr>
<tr>
<td>4.</td>
<td>Core 2-1</td>
<td>6</td>
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<tr>
<td>5.</td>
<td>Core 3-1</td>
<td>6</td>
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<tr>
<td>6.</td>
<td>Foundation course</td>
<td>3</td>
</tr>
<tr>
<td>7.</td>
<td>Computer Skills</td>
<td>2</td>
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<td></td>
<td><strong>Total</strong></td>
<td><strong>33</strong></td>
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<tr>
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<tr>
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<tr>
<td>6.</td>
<td>Environmental studies</td>
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<td>7.</td>
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<tr>
<td>1.</td>
<td>Core 1-III</td>
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<tr>
<td>2.</td>
<td>Core 1 – IV</td>
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<td>3.</td>
<td>Core 2 – III</td>
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<td>4.</td>
<td>Core 2 – IV</td>
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As per the instruction given by the Vice-Chancellor, the Board of Studies (UG) Meeting was conducted in the P.G. Board of Studies Chairpersons Room, Department of Psychology, Andhra University at 10 a.m. on 10.07.2008, to discuss about the Model Curriculum of U.G. Course.

The Model curriculum prepared by the subject committee was reviewed by the Members and after careful consideration it was resolved to approve the syllabus with the following changes—

1) Since there is no mention of practical workload in the syllabus, it was resolved to specify the given workload of 6 hrs/week as follows.

<table>
<thead>
<tr>
<th>Year</th>
<th>Theory</th>
<th>Practical</th>
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</thead>
<tbody>
<tr>
<td>I Year</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>II Year</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>III Year</td>
<td>7</td>
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</table>

Each batch should contain 15 students.

2) The syllabus for I B.A. was was found to be too vast and since practicals have also been introduced, it was resolved to make the following changes in I year Syllabus.
   b) Chapter – III & IV may be merged as follows –
      Attention and Perception – Attention – Span, divisional and distraction.
      Perception – Perceptual constancy, illusions, internal and external factors influencing perception.
   c) Chapter VIII & IX are to be deleted and instead the topic of Personality must be introduced as it is a basic topic of Psychology.
   d) Chapter – X – Intelligence – Part A to be deleted.

II B.A. – Social Psychology
   a) Deletion of Chapter VI – Aggression (as the syllabus is too vast and practicals have to be conducted)

III B.A. – Paper – III – Child & Adolescent Psychology –
   Chapter VII – Introduction to Theories of development – Only three theories may be included – Freud’s Ericksons and Piaget Theories.
Paper – IV Counselling Psychology –
Chapters I & VIII must be deleted.
Chapter – II – Variables & Characters of Counsellor must be deleted.
Chapter – V – must be split up as
Chapter – V – Conuselling Children.
& Chapter VI – Counselling adolescents.
Since the number of theory hours are reduced and additional practicals have been introduced, I request you to kindly ratify the revisions made by the Board of Studies (UG) and approve the syllabus.
Chapter – I: Introduction

A] Historical Foundations of Psychology – Definition and Scope of Psychology, Fields of Psychology, Schools of Psychology,

B] Methods of Psychology – Introspection, Observation, Case Study, Interview, Survey and Experimental method

Chapter – II: Biological Basis of Behaviour

A] Hormonal basis of behavior - the major endocrine glands and their functions

B] Mechanisms of heredity – Chromosomes and genes. Influence of heredity and environment on behavior

Chapter – III: Attention and Perception

Attention - Span, division and distraction. Perception – Perceptual constancy – Illusions Internal and External factors influencing Perceptual.

Chapter – IV: Motivation and Emotion


Chapter – V: Learning


B] Role of Motivation. Reward and Punishment in Learning, Learning curves, Efficient methods of learning, Transfer of Learning
Chapter – VI: Memory and Forgetting

Meaning of memory, Types of memory, Methods of measuring memory, Information Processing model of memory, curve of forgetting and causes of forgetting, Methods of Improving Memory

Chapter - VII: Personality – Nature and Definition

Approaches to Personality – Type, Behaviouristic, Humanistic and Psychosexual approaches.

Chapter - VIII: Intelligence

Intelligence – Concept of IQ, Types of Intelligence tests, Variations in Intellectual ability – Intellectually gifted and retarded, Factors influencing individual differences in intelligence – Heredity and Environment

Reference Books:
II. B.A. PSYCHOLOGY SYLLABUS FOR THE ACADEMIC YEAR 2009-10

PAPER – II: SOCIAL PSYCHOLOGY

Marks 75

Chapter – I: Nature and scope of Social Psychology


Chapter – II: Social Perception – Understanding Others


Impression formation and Impression Management - Techniques of Impression Management

Chapter – III: Communication

Definition, nature and types of communication. Barriers to effective communication. Rumors and propaganda.

Chapter – IV: Attitudes


Chapter – V: Prejudice

Prejudice and Discrimination – Nature and Origin of Prejudice, Techniques of reducing Prejudice

Chapter – VI: Groups and Individuals

Definition and Types of Groups, Group functions – Roles, Status, Norms, Cohesiveness and Conformity. Groups and Individual performance,- Social facilitation, Social loafing. Decision making by Groups

Chapter – VII: Leadership

Definition – Traits of a Leader, Types of Leaders – Autocratic, Democratic and Charismatic Leaders. Classic studies on leadership, leader behavior – initiating structure and consideration.

Reference Books:


PSYCHOLOGY PRACTICAL

(EXAMINATION AT THE END OF SECOND YEAR)

Marks 50

Learning
1. Insight learning (Step Maze)
2. Trial and Error learning (Finger or Slot Maze)
3. Associative learning (Letter-Digit substitution Test)
4. Bilateral transfer of training (Mirror Drawing/Cup and Ball)
5. Massed versus Spaced Learning
6. Part versus Whole Learning Method
7. Serial Learning – Position Effect
8. Habit Interference Test

Attention
9. Span of Attention for Visual Stimuli (Tachistoscope)
10. Effect of Auditory and Visual distraction on Attention
11. Division of attention with similar and dissimilar tasks

Memory
12. Measuring Retention using recognition method
13. Measuring Retention using Recall method
14. Short term memory for digits
15. Effect of Meaning on Retention
16. Accuracy of testimony.

Thinking
17. Problem Solving (Pyramid Puzzle)
18. Mental Set (Luchin Jar problems)

Intelligence
19. Measuring intelligence using Non-Verbal Intelligence test
   (Raven’s Standard Progressive Matrices)
20. Measuring Verbal Intelligence (Cattell’s intelligence test)
21. Measuring Intelligence using a performance test
   (Alexander Pass along test / Koh’s Block Design test)
22. Measurement of Intelligence using Seguin Form Board.

Perception
23. Measuring Illusion using Muller – Lyer Illusion Figure
24. Determination of Two- Point Threshold
Social Psychology
25. Sociometry
26. Measuring styles of leadership behaviour
27. Attitude measurement
28. Serial Reproduction of an event
29. Level of aspiration
30. Suggestion (Progressive weights)

Note: At least 16 Experiments out of 30 Experiments are to be completed. Out of 16 Experiments 8 Experiments are to be completed in 1st year and another 8 Experiments are to be completed in 2nd year

Reference:

III. B.A PSYCHOLOGY SYLLABUS FOR THE ACADEMIC YEAR 2010-11

Paper – III: Child and Adolescent Psychology

Marks 75

Chapter - I: Meaning, Nature and importance of Developmental psychology


B. Factors influencing growth and development: Heredity and environment.

Chapter - II: Early Stages of development

A. Prenatal Period: Characteristics. importance of conception. prenatal stages, factors influencing prenatal development –Hazards.


Chapter - III: Early childhood

Chapter - IV: Late childhood

General characteristics– developmental tasks- skills of late childhood- speech development – emotional expression – social behavior and sex role typing in late childhood - play interests – development of understanding and moral attitudes- family relationships – personality changes- Hazards

Chapter - V: Puberty

General characteristics– developmental tasks- criteria causes and age of puberty- puberty growth spurt - body changes in puberty – effects of pubertal changes – common concerns during puberty – Hazards.

Chapter - VI: Adolescence


Chapter - VII: Introduction to Theories of Development

Freud’s Psychosexual stages, Erikson’s psychosocial stages of development, Piaget’s Cognitive development.

Reference Books:


Paper III

Practicum for Child and Adolescent Psychology

1. Raven’s Coloured Progressive Matrices
2. Pre adolescent Activity Scale by Udai Pareek, T.V. Rao & B.R. Sharma
3. Moral Judgment Test by D. Sinha and Meera Verma 6-11 yrs (NPC Agra)
4. Bern Sex Role Inventory
5. Baron’s Emotional Intelligence Scale for Youth
6. Children’s Self concept scale by Ahluwalia (NPC, Agra)
8. Aggression Questionnaire by G.C Pati (RPC Varanasi)
9. Approval Motivation Scale by Tripathi & Tripathi (NPC Agra)
10. Achenbach’s Scale for Emotional and Behavioural Adjustment (YSR)
III B.A U.G. MODEL SYLLABUS
OPTIONAL PAPER

Paper IV (A) - ABNORMAL PSYCHOLOGY
(Theory)

Marks: 75

Chapter I: Introduction to Abnormal Psychology
Defining abnormality.
Abnormal psychology – past and present – views and treatments.
Approaches to psychopathology – psychodynamic, behavioural, cognitive-behavioural, existential and biological.

Chapter II: Classification and Causes of Abnormality
Classification of disorders
Etiological factors in abnormality
Stress, coping and the ego-defense mechanisms.

Chapter III: Anxiety Disorder – Nature and Symptoms
Generalized anxiety disorder
Phobias
Panic and panic disorders
Obsessive-compulsive disorder
Post-traumatic stress disorder.

Chapter IV: Somatoform Disorders – Nature and Symptoms
Conversion disorders - with motor/sensory symptoms or deficits, with seizures.
Pain disorders – headache, migraine, low back pain, etc. Acute versus chronic pain, cognitive perception of pain, individual differences in reaction to pain.
Hypochondriasis.

Chapter V: Dissociative Disorders – Nature and Symptoms
Amnesia and fugue
Dissociative identity disorder.

Chapter VI: Psychotic Disorders: Nature and Symptoms
Schizophrenia and its subtypes – paranoid type, catatonic type, hebephrenic type
Mood disorders – unipolar and bipolar disorders
Disruptive behaviour – Attention-deficit hyperactivity disorder, Conduct disorder.
Habit disorders – Eating disorders
Emotional disorders - anxiety disorder (separation anxiety, avoidant disorder, and overanxious disorder). Childhood depression.
Specific developmental disorder – learning disabilities.
Pervasive developmental disorder – autism.
Mental Retardation.

Chapter VIII: Personality Disorders – Nature and Symptoms
Antisocial personality disorder.
Paranoid personality disorder.
Dependent personality disorder.
Histrionic personality disorder.
Obsessive-compulsive personality disorder.

Chapter IX: Addictive Disorders -Nature and Symptoms
Alcoholism
Nicotine dependence
Psychoactive drugs

Chapter X: Treatment of Disorders
Psychodynamic approach
Behavioural approach
Humanistic-existential approach
Cognitive approach

References:
The student is required to do 5 practical exercises on himself / herself from the list given below and interpret them.

1. Stressful life –events scale
2. Anxiety
3. Self-esteem
4. Extraversion and neuroticism personality assessment.
5. Word-association technique
6. Adjustment questionnaire
7. Depression questionnaire
8. Problem checklist.
9. Well-being scale.
10. Visit an Old Age Home/ Mental Hospital / School for Special Children and submit a report.
Chapter I: Introduction to Counselling
Definition, nature and scope of counseling, need for and Goals of counseling. Counselling and Psychotherapy, Counselling and Clinical Psychology

Chapter II: Counselling process
Preparation for counseling, Pre-counselling interview, process of counseling – Physical setting, establishing the relationship, conducting counseling interview, problems involved in counseling interview, Termination of the counseling.

Chapter III: Counselling skills
Pre-helping skills – Attending and listening skills; Stage-I Skills – Primary level empathy, genuineness, respect and concreteness; Stage – II skills – Advanced level accurate empathy, Self-disclosure, Immediacy and confrontation Stage-III Skills – Action Programmes.

Chapter IV: Counselling children and adolescents
Counselling children with behavioral and emotional problem, Counselling children with special needs,

Chapter V: Counselling adolescents
Counselling adolescents with behavioral and emotional problems
Educational and Career Counselling

Chapter VI: Counseling for Special groups
Counselling clients with chronic illnesses, Family and marital counseling, Employee Counselling. Geriatric Counselling.

Chapter VII: Ethical issues in Counselling
Confidentiality, Counselling relationship, Transference and the Counselling relationship, Competence, Client autonomy and client protection.
References:

Counseling Psychology

Practicum

1. Aptitude tests
2. Interest inventories/schedules
3. Adjustment inventories
4. Achievement Tests
6. Anxiety tests
7. Vocational choice / preference schedules
8. Projects/case studies
III B.A PSYCHOLOGY SYLLABUS FOR THE ACADEMIC YEAR 2010-11

OPTIONAL PAPER

Paper IV (C) – Educational Psychology (Theory)

Marks: 75

Chapter I: Educational Psychology: Nature, Scope and importance

Definition & Scope, importance and methods of educational psychology.

Chapter II: Growth and development during childhood and adolescence – educational Implications

General nature and principles of growth and development – physical growth and motor development and mental development – emotional development – social development – development of attitudes, interests, values and personality.

Chapter III: The nature of learning process

Nature of learning – learning and maturation – the process of learning – learning curves – plateaus in learning

Theories and laws of learning and their educational implications: trial and error learning – learning by conditioning – learning by insight – Learning of skills

Role of motivation, attention and interest in learning – kinds of motivation: extrinsic and intrinsic, achievement motivation – methods of motivating pupils to learn.

Chapter IV: Transfer of Learning

Forms of transfer – theories of transfer of learning – factors influencing transfer of learning.
Chapter VI: Memory and Forgetting

Types and methods of memorization – factors influencing retention.


Chapter VII: Thinking, Problem Solving and Creativity


Definition of problem solving – steps in problem solving.

Nature and characteristic of creativity – steps in the process of creative thinking - development of creativity in children.

Chapter VIII: Educational Measurement

Definitions of achievement, intelligence, and aptitude. Characteristics and uses of teacher-made tests and standardized tests of achievement – Types of intelligence and aptitude tests.

Chapter IX: Needs of Differently Challenged (Exceptional) Children

The gifted: definition – characteristics – teaching strategies.


Physically and sensorially challenged – definition – characteristics - types – remedial measures.

Learning disabled – definition – characteristics and types – remedial measures.

Socially disadvantaged – definition – characteristics - types – remedial measures.

Chapter X: Guidance and Counseling in Educational Institutions

Definition – need of guidance – types of guidance.

Guidance needs of primary and secondary school pupils- (in relation to the individual, family, the institution and the society)

Guidance needs of adolescent pupils- ((in relation to the individual, family, the institution and the society)
Need and status of guidance services in Indian schools and colleges

Reference Books:


Paper IV

Practicum for Educational Psychology

1. Mooney Problem Checklist
2. Bell Adjustment Inventory
3. Cattell’s High School Personality Questionnaire
4. Occupational Aspiration Scale by A.K. Srivastava
5. Comprehensive Interest Schedule
6. Study Habits & Skills Inventory
7. DAT – Scholastic Aptitude
8. David’s Battery of Differential Ability
9. Sociometry
10. Learning experiments to determine the nature of learning curve/ curve of forgetting / transfer of training/ chunking etc.
11. Project work (team/ individual): Causes of under achievement, daily routine of successful students, reasons for stagnation and wastage etc.
III B.A PSYCHOLOGY SYLLABUS FOR THE ACADEMIC YEAR 2010-11

OPTIONAL PAPER

Paper IV (D) - Industrial-Organizational Psychology
(Theory)

Chapter I: Introduction to Industrial-Organizational Psychology
Definition, scope and historical development of I-O psychology. Pioneers on personnel selection. World War I and the testing movement. Hawthorne studies and motivational issues. World War II and Engineering Psychology.

Chapter II: Challenges for I-O Psychology
Virtual workplace, Virtual employees, Worker Involvement. Changing Technology and skills

Chapter III: Employee Selection

Chapter IV: Psychological Tests in Personnel selection
Administration of tests – individual, group, speed, power – Type of tests - abilities, interests, aptitudes, motor, personality

Chapter V: Personnel Training
Principles of learning and training – Methods of training – Evaluation of training

Chapter VI: Work motivation
Theories of work motivation – Need Hierarchy theory, Equity theory, Two Factor theory, Expectancy theory. Motivational theories in practice – Goal setting – Participation in decision making – Incentive system

Chapter VII: Job Satisfaction and Work Attitudes
Importance of work attitudes and opinions in industry – Job satisfaction and its influence on work behaviour – Measurement of job satisfaction and work attitudes
Chapter VIII: Leadership
Types of leaders – Theories of leadership – (specify theory from each Trait theories, behaviour theories and contingency theories)
Theory X and Theory Y (Mc Gregor), Contingency Theory (Fiedler), Path Goal Theory (House).

Chapter IX: Work environment
Physical working conditions – illumination, noise, color, music, temperature and humidity. Work schedules – working hours, shift work, Rest pauses
Accidents and Safety: causes of accidents – Individual factors – Adjustment factors – Situational factors – Prevention of accidents

References:

Industrial Psychology Practicum

1. Interests tests
2. Abilities tests
3. Personality tests
4. Problem checklist
5. Field visit any industrial or organizational setup and submit a report
6. Adjustment inventories
7. Well-being questionnaire