

MAHAKAUSHAL UNIVERSITY, JABALPUR

**As per model syllabus of U.G.C. New Delhi, drafted
by Central Board of Studies and Approved by Higher
Education and the Governor M.P.**



SYLLABUS

कला एवं समाज विज्ञान संकाय

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject-Psychology

B.A. Semester Examination

Major

UNIT 1

Sensation and Perception

- (i) Basics of sensation- Sensory receptors (eye and ear), transduction, sensory thresholds, and sensory adaptation
- (ii) Nature of perceptual process- Figure and ground, Grouping (Gestalt laws), Perceptual constancies, and illusions, Perception of distance and depth.

UNIT 2

Learning and Memory

- (i) Nature and principles of Classical conditioning, Operant conditioning, and Observational learning
- (ii) The Atkinson and Shiffrin Model of Memory; Types of Memory- episodic, semantic and procedural; Causes of Forgetting- interference, repression, and amnesia

UNIT 3

Language and Communication

- (i) Properties and structure of language, Linguistic hierarchy, Language acquisition predisposition, Nature of effective communication
- (ii) Stages of language development; critical period controversy; speech error and its implications

UNIT 4

Thinking and Reasoning

- (i) Thinking process; concepts, categories and prototypes, Decision making and factors of influencing decision making.
- (ii) Inductive and deductive reasoning; Problem solving approaches; Steps in problem solving

UNIT 1

Introducing Psychology

- (i) Concept and definition of psychology, Roots of psychology, Psychology as a scientific discipline.
- (ii) Key Perspectives in Psychology- Behavioral, Cognitive, Humanistic, Psychodynamic, and Socio-cultural.

UNIT 2

Methods in Psychology

- (i) Natural Observation, Survey and Case Study - Nature, advantages and limitations.
- (ii) Experimental and Correlational methods -Nature, advantages and limitations.

UNIT 3

States of Mind

- (i) Nature of consciousness; changes in consciousness- sleep-wake schedules
- (ii) Extended states of Consciousness - Hypnosis, Meditation and Hallucinations

UNIT 4

Biological Bases of Behavior

- (i) Structure and functions of the neurons, Communication within and between neurons, Chemical regulation of the endocrine glands.
- (ii) Structure and functions of the Central nervous system and Autonomic nervous system

Text Books:

- Baron, R. A. (2002). Psychology (5th Edition), New Delhi, Pearson Education.
- Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata Mc. Graw Hill.
- Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and

Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.

UNIT 1

Basics of development

(i) Meaning, nature, and types of development; Principles of development; Factors influencing development

(ii) Perspectives of development- Psychoanalytic; Mechanistic; Organismic; Humanistic

UNIT 2

Life in formation

(i) Fertilization, determination of sex, multiple birth; Prenatal development- germinal stage, embryonic stage, fetal stage; Factors influencing prenatal development. Impact of perinatal processes on development

(ii) Physical and motor developments, Social and emotional developments during childhood.

UNIT 3

Life in preparation

(i) Physical and motor developments, Social and emotional developments during adolescence.

(ii) Piaget's stage of cognitive development; Kohlberg's stages of moral development

UNIT 4

Self and identity

(i) Emergence of self; Structure of the self; Development of personal identity

(ii) Development of self-control; Development of gender differences and gender roles

Text Books:

• Sigelman, G.K. & Schaffer, D.R. (1995). Life-span Human Development, Brooks / Cole Publishing Co. Pacific Grove, California

• Berk, L. E. (2010). Child Development (8th Ed.). New Delhi: Prentice Hall.

• Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.

Reference Books:

UNIT 1

Basics of empowerment

- (i) Intelligence- Heredity, environment, and intelligence, Theories of Gardner, Stenberg, & PASS
- (ii) Measuring Intelligence: intelligence tests; Interpretation of test score, Cross-cultural issues in testing intelligence

UNIT 2

Sources of Power (1)

- (i) Personality- Freud's theory, and Social cognitive theory
- (ii) Personality-Trait and type approach, Biological and sociocultural determinants, Psychometric and projective assessment.

UNIT 3

Sources of Power(2)

- (i) Motivation-Drive theory, Arousal theory, Expectancy theory, Maslow's need hierarchy
- (ii) Emotion-Theories of James-Lange, Cannon-Bard, & Schachter-Singer

UNIT 4

Proving empowered

- (i) Social behavior- Meaning of attribution and errors in attribution, Meaning of social cognition and processing of social information
- (ii) Positive Psychology-Scope and aims, Nature and characteristics of happiness, Subjective well-being and personal growth

Text Books:

- Baron, R.A. (1995). Psychology- The Essential Science, Pearson Education Company of India Pvt. Ltd.
- Gerrig, R.J. & Zimbardo, P.G. (2010). Psychology and Life (19th Ed.). Delhi: Allyn & Bacon
- Snyder, C.R. & Shane, J.L. (2005) Handbook of Positive Psychology: Oxford University Press.

- Papalia, Diane E., Sally Wendos Olds (2006). Human Development. 9th Edition. New Delhi: Tata McGraw Hill
- Baron, R. A. (2002). Psychology (5th Edition), New Delhi, Pearson Education.

UNIT 1

Introduction

- (i) Nature, goal, and scope of Social Psychology; Methods of Social Psychology- Observation; Questionnaire, Interview, and Experiment
- (ii) Social Cognition- Perceiving ourselves: self-concept, self-esteem, self-presentation and selfexpression; Perceiving others and forming impressions

UNIT 2

Attitude, Prejudice and Stereotypes

- (i) Attitudes- Nature, characteristics and functions of attitude; Attitude formation and change; Attitude measurement
- (ii) Prejudice and Stereotypes- Nature and components of prejudice, Acquisition of prejudice, Reduction of prejudice

UNIT 3

Group and Leadership

- (i) Group - Group structure and function, Task performance: Social facilitation, Social loafing; Conformity, Obedience and social modeling; Group cohesiveness.
- (ii) Leadership- Definitions and functions, Trait, situational, interactional and contingency approaches to leadership; Leadership effectiveness, The charismatic leadership.

UNIT 4

Social Behavior

- (i) Pro-social behavior- Cooperation and helping, personal, situational and socio-cultural determinants, Theoretical explanations of pro-social behavior
- (ii) Aggression- Theoretical perspectives, Trait, situational and social learning approaches, social and personal determinants of aggression, prevention and control of aggression.

Text Books:

- Baron R. A & Byrne. D. (2003). **Social Psychology. 10th Edition, Prentice Hall**
- Baron. R.A., Byrne, D. & Bhardwaj. G (2010). **Social Psychology (12th Ed). New Delhi: Pearson**
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). **Explorations of Human Nature and**

• Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

Reference Books:

• Baron, R. A. & Byrne, D. (2003). Social Psychology, 10th Edition, Prentice Hall

• Misra, G. (2009). Psychology in India, Vol 1: Basic Psychological Processes and Human Development. India: Pearson

• Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar

UNIT 1

Environment and Behavior

- (i) Earth as a living system: The Gaia hypothesis, Deep ecology; Man-environment relationship physical, social, cultural, orientation and product.
- (ii) Effects of Environment on behavior: Noise pollution, Air pollution, Crowding and Population explosion.

UNIT 2

Ecology and Development

- (i) Human behavior and Environmental Problems: Global warming, Greenhouse effect, Energy depletion; Pro-environmental behaviors.
- (ii) Ecosystem and their components; Sustainable development; Resource use: Common property resources. Ecology: Acculturation and psychological adaptation

UNIT 3

Psychological Approaches to environment

- (i) Field theory approach; Eco-cultural Psychology (Berry); Biosocial Psychology (Dawson);
- (ii) Ecological Psychology (Barker); Ecological system approach (Bronfenbrenner)

UNIT 4

Environmental Assessment

- (i) Socio-psychological dimensions of environmental impact; Environmental deprivation-nature and consequences.
- (ii) Creating environmental awareness; Social movements- Chipko, Tehri, Narmada.

Text Books:

- Dreze, J. and Sen, A. (1992). Indian Development. Delhi: Oxford University Press.
- Gadgil, M. and Guha. R. (1995). Ecology and Equity. New Delhi, Penguin Books
- Mohanty, B. and Misra, S. (2017). A text book on Environmental Psychology. Krupajala Books, Bhubaneswar, Odisha
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and

Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

• Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar

Reference Books:

• Developments (ICSSR survey of advances in research). New Delhi: Pearson.

• Misra, G. (1990). Applied Social Psychology. New Delhi: Sage.

• Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological

Implications

UNIT 1

Foundations of Educational Psychology

- (i) Concepts and principles of educational psychology, The teaching-learning process, Goals of teaching and objectives for learning, transfer of training, reinforcements in learning process
- (ii) Theories of cognitive development-Piaget, Bruner, and Vygotsky.

UNIT 2

Motivation and Classroom Management

- (i) Meaning of motivation, Intrinsic and extrinsic motivation, Approaches to understand classroom motivation, Motivational techniques in classroom teaching
- (ii) The goals of classroom management, Creating a positive learning environment, Characteristics of an effective teacher, Teacher expectation and students' performance

UNIT 3

Creativity and Aptitude

- (i) Nature and characteristics of creativity; Theories of creativity; Fostering creativity among children
- (ii) Nature and characteristics of aptitude; Types of aptitude; Measurement of aptitude; Utility of aptitude tests

UNIT 4

Dealing with ability differences and Testing

- (i) Teaching children with mental retardation, learning disability, social class differences and educational difficulties, and attention deficit Hyperactive disorder.
- (ii) Types of standardized tests- Achievement test, and aptitude tests, Advantages and limitations of standardized test.

Text Books:

- Gage, N. L., & Berliner, D. C. (2009) Educational psychology (5th ed.). Boston, MA: Houghton Mifflin.
- Woolfolk, A.E. (2004). Educational Psychology (9th Ed.), Allyn& Bacon, London / Boston

Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

Reference Books:

- Goldsmith, E. (1991). The way: The ecological World View. Boston: Shambhala

UNIT 1

Introduction

- (i) Goals of Health Psychology, Biopsychosocial model of health and illness
- (ii) Basic nature of stress, Cognitive appraisal of stressors, Some major causes of stress, Management of stress

UNIT 2

Health and Illness

- (i) Behavioral and psychological correlates of illness, Approaches to promoting wellness, Some common health beliefs and their implications
- (ii) Models of health- The cognition models- The health belief model, The protection motivation model, Leventhal's self-regulatory model.

UNIT 3

Health and Coping

- (i) Individual differences in symptom perception, Coping with the crises of illness; Compliance behavior and improving compliance.
- (ii) Health enhancing behavior- Diet management, Yoga and Exercise

UNIT 4

Health Issues

- (i) Children health issues- Malnutrition, Immunization, Autism, ADHD
- (ii) Health issues of women and elderly: Diabetes, Osteoporosis, Alzheimer's Disease, Depression

Text Books:

- Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill
- Brannon and Feist. Health Psychology.
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

Reference Books:

- Ogden, J. (2007). Essentials of Health Psychology. McGraw Hill.

- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

Reference Books:

- Chauhan, S. S. (2010). Advanced Educational Psychology, Vikash Publishing.

Minor

UNIT 1

Sensation and Perception

- (i) Basics of sensation- Sensory receptors (eye and ear), transduction, sensory thresholds, and sensory adaptation
- (ii) Nature of perceptual process- Figure and ground, Grouping (Gestalt laws), Perceptual constancies, and illusions, Perception of distance and depth.

UNIT 2

Learning and Memory

- (i) Nature and principles of Classical conditioning, Operant conditioning, and Observational learning
- (ii) The Atkinson and Shiffrin Model of Memory; Types of Memory- episodic, semantic and procedural; Causes of Forgetting- interference, repression, and amnesia

UNIT 3

Language and Communication

- (i) Properties and structure of language, Linguistic hierarchy, Language acquisition predisposition, Nature of effective communication
- (ii) Stages of language development; critical period controversy; speech error and its implications

UNIT 4

Thinking and Reasoning

- (i) Thinking process; concepts, categories and prototypes, Decision making and factors of influencing decision making.
- (ii) Inductive and deductive reasoning; Problem solving approaches; Steps in problem solving

UNIT 1

Introducing Psychology

- (i) Concept and definition of psychology, Roots of psychology, Psychology as a scientific discipline.
- (ii) Key Perspectives in Psychology- Behavioral, Cognitive, Humanistic, Psychodynamic, and Socio-cultural.

UNIT 2

Methods in Psychology

- (i) Natural Observation, Survey and Case Study - Nature, advantages and limitations.
- (ii) Experimental and Correlational methods -Nature, advantages and limitations.

UNIT 3

States of Mind

- (i) Nature of consciousness; changes in consciousness- sleep-wake schedules
- (ii) Extended states of Consciousness - Hypnosis, Meditation and Hallucinations

UNIT 4

Biological Bases of Behavior

- (i) Structure and functions of the neurons, Communication within and between neurons, Chemical regulation of the endocrine glands.
- (ii) Structure and functions of the Central nervous system and Autonomic nervous system

Text Books:

- Baron, R. A. (2002). Psychology (5th Edition), New Delhi, Pearson Education.
- Feldman, R.S. (2004). Understanding Psychology (6th Edition), New Delhi, Tata Mc. Graw Hill.

- Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N. (2004). Practical

Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar

- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and

UNIT 1

Basics of development

(i) Meaning, nature, and types of development; Principles of development; Factors influencing development

(ii) Perspectives of development- Psychoanalytic; Mechanistic; Organismic; Humanistic

UNIT 2

Life in formation

(i) Fertilization, determination of sex, multiple birth; Prenatal development- germinal stage, embryonic stage, fetal stage; Factors influencing prenatal development. Impact of perinatal processes on development

(ii) Physical and motor developments, Social and emotional developments during childhood.

UNIT 3

Life in preparation

(i) Physical and motor developments, Social and emotional developments during adolescence.

(ii) Piaget's stage of cognitive development; Kohlberg's stages of moral development

UNIT 4

Self and identity

(i) Emergence of self; Structure of the self; Development of personal identity

(ii) Development of self-control; Development of gender differences and gender roles

Text Books:

• Sigelman, G.K. & Schaffer, D.R. (1995). Life-span Human Development, Brooks / Cole Publishing Co. Pacific Grove, California

• Berk, L. E. (2010). Child Development (8th Ed.). New Delhi: Prentice Hall.

• Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.

Reference Books:

UNIT 1

Basics of empowerment

- (i) Intelligence- Heredity, environment, and intelligence, Theories of Gardner, Stenberg, & PASS
- (ii) Measuring Intelligence: intelligence tests; Interpretation of test score, Cross-cultural issues in testing intelligence

UNIT 2

Sources of Power (1)

- (i) Personality- Freud's theory, and Social cognitive theory
- (ii) Personality-Trait and type approach, Biological and sociocultural determinants, Psychometric and projective assessment.

UNIT 3

Sources of Power(2)

- (i) Motivation-Drive theory, Arousal theory, Expectancy theory, Maslow's need hierarchy
- (ii) Emotion-Theories of James-Lange, Cannon-Bard, & Schachter-Singer

UNIT 4

Proving empowered

- (i) Social behavior- Meaning of attribution and errors in attribution, Meaning of social cognition and processing of social information
- (ii) Positive Psychology-Scope and aims, Nature and characteristics of happiness, Subjective well-being and personal growth

Text Books:

- Baron, R.A. (1995). Psychology- The Essential Science, Pearson Education Company of India Pvt. Ltd.
- Gerrig, R.J. & Zimbardo, P.G. (2010). Psychology and Life (19th Ed.). Delhi: Allyn & Bacon
- Snyder, C.R. & Shane, J.L. (2005) Handbook of Positive Psychology: Oxford University Press.

UNIT 1

Introduction

- (i) Nature, goal, and scope of Social Psychology; Methods of Social Psychology- Observation; Questionnaire, Interview, and Experiment
- (ii) Social Cognition- Perceiving ourselves: self-concept, self-esteem, self-presentation and selfexpression; Perceiving others and forming impressions

UNIT 2

Attitude, Prejudice and Stereotypes

- (i) Attitudes- Nature, characteristics and functions of attitude; Attitude formation and change; Attitude measurement
- (ii) Prejudice and Stereotypes- Nature and components of prejudice, Acquisition of prejudice, Reduction of prejudice

UNIT 3

Group and Leadership

- (i) Group - Group structure and function, Task performance: Social facilitation, Social loafing; Conformity, Obedience and social modeling; Group cohesiveness.
- (ii) Leadership- Definitions and functions, Trait, situational, interactional and contingency approaches to leadership; Leadership effectiveness, The charismatic leadership.

UNIT 4

Social Behavior

- (i) Pro-social behavior- Cooperation and helping, personal, situational and socio-cultural determinants, Theoretical explanations of pro-social behavior
- (ii) Aggression- Theoretical perspectives, Trait, situational and social learning approaches, social and personal determinants of aggression, prevention and control of aggression.

Text Books:

- Baron R. A & Byrne. D. (2003). Social Psychology. 10th Edition, Prentice Hall
- Baron. R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and

Member
Board of Studies
MKU, Jabalpur

UNIT 1

Environment and Behavior

- (i) Earth as a living system: The Gaia hypothesis, Deep ecology; Man-environment relationship physical, social, cultural, orientation and product.
- (ii) Effects of Environment on behavior: Noise pollution, Air pollution, Crowding and Population explosion.

UNIT 2

Ecology and Development

- (i) Human behavior and Environmental Problems: Global warming, Greenhouse effect, Energy depletion; Pro-environmental behaviors.
- (ii) Ecosystem and their components; Sustainable development; Resource use: Common property resources. Ecology: Acculturation and psychological adaptation

UNIT 3

Psychological Approaches to environment

- (i) Field theory approach; Eco-cultural Psychology (Berry); Biosocial Psychology (Dawson);
- (ii) Ecological Psychology (Barker); Ecological system approach (Bronfenbrenner)

UNIT 4

Environmental Assessment

- (i) Socio-psychological dimensions of environmental impact; Environmental deprivation-nature and consequences.
- (ii) Creating environmental awareness; Social movements- Chipko, Tehri, Narmada.

Text Books:

- Dreze, J. and Sen, A. (1992). Indian Development. Delhi: Oxford University Press.
- Gadgil, M. and Guha. R. (1995). Ecology and Equity. New Delhi, Penguin Books
- Mohanty, B. and Misra, S. (2017). A text book on Environmental Psychology. Krupajala Books, Bhubaneswar, Odisha
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and

UNIT 1

Foundations of Educational Psychology

- (i) Concepts and principles of educational psychology, The teaching-learning process, Goals of teaching and objectives for learning, transfer of training, reinforcements in learning process
- (ii) Theories of cognitive development-Piaget, Bruner, and Vygotsky.

UNIT 2

Motivation and Classroom Management

- (i) Meaning of motivation, Intrinsic and extrinsic motivation, Approaches to understand classroom motivation, Motivational techniques in classroom teaching
- (ii) The goals of classroom management, Creating a positive learning environment, Characteristics of an effective teacher, Teacher expectation and students' performance

UNIT 3

Creativity and Aptitude

- (i) Nature and characteristics of creativity; Theories of creativity; Fostering creativity among children
- (ii) Nature and characteristics of aptitude; Types of aptitude; Measurement of aptitude; Utility of aptitude tests

UNIT 4

Dealing with ability differences and Testing

- (i) Teaching children with mental retardation, learning disability, social class differences and educational difficulties, and attention deficit Hyperactive disorder.
- (ii) Types of standardized tests- Achievement test, and aptitude tests, Advantages and limitations of standardized test.

Text Books:

- Gage, N. L., & Berliner, D. C. (2009) Educational psychology (5th ed.). Boston, MA: Houghton Mifflin.
- Woolfolk, A.E. (2004). Educational Psychology (9th Ed.), Allyn & Bacon, London / Boston

UNIT 1

Introduction

- (i) Goals of Health Psychology, Biopsychosocial model of health and illness
- (ii) Basic nature of stress, Cognitive appraisal of stressors, Some major causes of stress, Management of stress

UNIT 2

Health and Illness

- (i) Behavioral and psychological correlates of illness, Approaches to promoting wellness, Some common health beliefs and their implications
- (ii) Models of health- The cognition models- The health belief model, The protection motivation model, Leventhal's self-regulatory model.

UNIT 3

Health and Coping

- (i) Individual differences in symptom perception, Coping with the crises of illness; Compliance behavior and improving compliance.
- (ii) Health enhancing behavior- Diet management, Yoga and Exercise

UNIT 4

Health Issues

- (i) Children health issues- Malnutrition, Immunization, Autism, ADHD
- (ii) Health issues of women and elderly: Diabetes, Osteoporosis, Alzheimer's Disease, Depression

Text Books:

- Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill
- Brannon and Feist. Health Psychology.
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

Reference Books:

- Ogden, J. (2007). Essentials of Health Psychology, McGraw Hill.

DSE

BPSY0101D-T

DSE Paper : Ethics, Integrity, and Aptitude

Unit 1: Ethics and Human Interface

- **Topics Covered:**
 - Essence, determinants, and consequences of ethics in human actions
 - Dimensions of ethics
 - Ethics in private and public relationships
 - Human values: lessons from the lives and teachings of great leaders, reformers, and administrators
 - Role of family, society, and educational institutions in inculcating values
 - **Suggested Readings:**
 - Gowda, S. D., & Gowda, N. B. (2020). *The Manual on Ethics, Integrity, and Aptitude: For UPSC Civil Services and State Services Examinations*. Wiley India.
 - Rao, G. S., & Chowdhury, P. N. (2018). *Ethics, Integrity & Aptitude*. Access Publishers.
-

Unit 2: Attitude—Content, Structure, and Functions

- **Topics Covered:**
 - Content, structure, and function of attitude
 - Influence of attitude on thought and behavior
 - Relation of attitude to thought and behavior
 - Moral and political attitudes
 - Social influence and persuasion
 - **Suggested Readings:**
 - Gowda, S. D., & Gowda, N. B. (2020). *The Manual on Ethics, Integrity, and Aptitude*. Wiley India.
 - Rao, G. S., & Chowdhury, P. N. (2018). *Ethics, Integrity & Aptitude*. Access Publishers.
-

Unit 3: Aptitude and Foundational Values for Civil Services

- **Topics Covered:**
 - Aptitude and foundational values for civil services
 - Integrity
 - Impartiality and non-partisanship
 - Objectivity
 - Dedication to public service
 - Empathy, tolerance, and compassion towards the weaker sections of society
- **Suggested Readings:**
 - Gowda, S. D., & Gowda, N. B. (2020). *The Manual on Ethics, Integrity, and Aptitude*. Wiley India.

- Rao, G. S., & Chowdhury, P. N. (2018). *Ethics, Integrity & Aptitude*. Access Publishers.
-

Unit 4: Emotional Intelligence—Concepts, Utilities, and Application

- **Topics Covered:**
 - Concepts of emotional intelligence
 - Utility and application of emotional intelligence in administration and governance
 - **Suggested Readings:**
 - Gowda, S. D., & Gowda, N. B. (2020). *The Manual on Ethics, Integrity, and Aptitude*. Wiley India.
 - Rao, G. S., & Chowdhury, P. N. (2018). *Ethics, Integrity & Aptitude*. Access Publishers.
-

Unit 5: Contributions of Moral Thinkers and Philosophers

- **Topics Covered:**
 - Contributions of moral thinkers and philosophers from India and the world to the concepts of morality
- Lessons from the lives and teachings of great leaders, reformers, and administrators
- **Suggested Readings:**
 - Gowda, S. D., & Gowda, N. B. (2020). *The Manual on Ethics, Integrity, and Aptitude*. Wiley India.
 - Rao, G. S., & Chowdhury, P. N. (2018). *Ethics, Integrity & Aptitude*. Access Publishers.

BPSY0102D-T

DSE Paper 2: Psychological Research and Measurement

Unit 1: Introduction to Psychological Research

- **Topics Covered:**
 - Meaning and characteristics of research
 - Difference between research method and research methodology
 - Limitations and ethics in social sciences research
 - Psychological scaling methods: Thurstone, Likert, and Guttman scales
 - **Suggested Readings:**
 - Singh, A.K. (2019). *Tests, Measurement and Research Methods in Behavioral Sciences*. 6th edition. Bharati Bhawan.
 - Anastasi, A. (1988). *Psychological Testing*. New York: Macmillan.
-

Unit 2: Research Designs in Psychology

- **Topics Covered:**
 - Experimental designs: Pretest-posttest, Factorial, Randomized Block, Quasi-experimental
 - Correlational, longitudinal, and cross-sectional designs
 - Threats to internal and external validity
 - **Suggested Readings:**
 - Kerlinger, F.N. (1983). *Foundations of Behavioral Research*. New York: Surjeet Publications.
 - Minium, E.W., King, B.M., & Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley.
-

Unit 3: Sampling and Test Construction

- **Topics Covered:**
 - Sampling frames: Probability and non-probability samples
 - Sample size and sampling error
 - Theory of measurement error
 - Operationalizing concepts and generating items
 - Item Response Theory (IRT)
 - **Suggested Readings:**
 - Singh, A.K. (2019). *Tests, Measurement and Research Methods in Behavioral Sciences*. 6th edition. Bharati Bhawan.
 - Anastasi, A. (1988). *Psychological Testing*. New York: Macmillan.
-

Unit 4: Reliability and Validity

- **Topics Covered:**

- Definition and types of reliability: Test-retest, Split-half, Internal consistency (Cronbach's alpha)
 - Definition and types of validity: Content, Criterion-related, Construct
 - Relationship between reliability and validity
 - Sources of measurement error and their impact on reliability and validity
 - **Suggested Readings:**
 - Anastasi, A. (1988). *Psychological Testing*. New York: Macmillan.
 - Singh, A.K. (2019). *Tests, Measurement and Research Methods in Behavioral Sciences*. 6th edition. Bharati Bhawan.
-

Unit 5: Data Analysis and Reporting

- **Topics Covered:**
 - Descriptive statistics: Measures of central tendency and variability
 - Inferential statistics: t-tests, ANOVA, correlation, regression
 - Interpretation of statistical results
- Writing research reports: Structure and components**Suggested Readings:**
 - Minium, E.W., King, B.M., & Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley.
 - Singh, A.K. (2019). *Tests, Measurement and Research Methods in Behavioral Sciences*. 6th edition. Bharati Bhawan.

BPSY0103D-T
DSE Paper 3: Psychology of Disability

Unit 1: Conceptualizing Disability

- **Topics Covered:**
 - Defining disability and its conundrums
 - Types of disabilities: physical, intellectual, sensory, and psychosocial
 - Assessment, diagnosis, and certification processes
 - Disability laws and policies in India: RPwD Act 2016, PwD Act 1995, National Trust Act 1999, Rehabilitation Council of India Act 1992
 - **Suggested Readings:**
 - Addlakha, R. (Ed.). (2020). *Disability Studies in India: Global Discourses, Local Realities*. Taylor & Francis.
-

Unit 2: Theoretical Perspectives on Disability

- **Topics Covered:**
 - Charity Model, Medical Model, Social Model, Empowerment Model
 - Issues of language and terminology in disability
 - Disability and gender in India
 - Contemporary debates: euthanasia and prenatal selection
 - **Suggested Readings:**
 - Ghai, A. (2015). *Rethinking Disability in India*. Routledge.
 - Goodley, D., & Lawthom, R. (2006). *Disability and Psychology: Critical Introductions and Reflections*. Palgrave Macmillan.
-

Unit 3: Accessibility and Inclusion

- **Topics Covered:**
 - Built and digital spaces: accessibility challenges and solutions
 - Inclusive education: policies, practices, and challenges
 - Employment opportunities and barriers for persons with disabilities
 - Mental health services and their accessibility for persons with disabilities
 - **Suggested Readings:**
 - Ghai, A. (2015). *Rethinking Disability in India*. Routledge.
 - Goodley, D., & Lawthom, R. (2006). *Disability and Psychology: Critical Introductions and Reflections*. Palgrave Macmillan.
-

Unit 4: Personal Spaces and Relationships

- **Topics Covered:**
 - Family dynamics and caregiving roles

- Marriage and intimate relationships
 - Friendships and peer relationships
 - Sexuality and reproductive health issues
- Suggested Readings:**
- Ghai, A. (2015). *Rethinking Disability in India*. Routledge.
 - Goodley, D., & Lawthom, R. (2006). *Disability and Psychology: Critical Introductions and Reflections*. Palgrave Macmillan.
-

Unit 5: Practical Applications and Interventions

- **Topics Covered:**
 - Disability-inclusive counseling practices
 - Psychotherapeutic approaches for persons with disabilities
 - Rehabilitation programs and their psychological aspects
 - Contemporary debates: euthanasia and prenatal selection
- **Suggested Readings:**
 - Ghai, A. (2015). *Rethinking Disability in India*. Routledge.
 - Goodley, D., & Lawthom, R. (2006). *Disability and Psychology: Critical Introductions and Reflections*. Palgrave Macmillan.

BPSY0104D-T: Positive Psychology

Unit I: Introduction to Positive Psychology

- Meaning, aims and scope
- Historical background
- Difference between traditional and positive psychology
- Well-being models (PERMA)

Unit II: Positive Emotions and Happiness

- Nature of happiness
- Positive emotions and their functions
- Subjective well-being
- Measurement of happiness

Unit III: Strengths and Virtues

- Character strengths (VIA classification)
- Identifying personal strengths
- Strength-based interventions
- Gratitude and optimism training

Unit IV: Resilience and Coping Skills

- Resilience and grit
- Growth mindset
- Coping strategies
- Emotional regulation skills

Unit V: Applications and Skill Training

- Mindfulness practices
- Positive relationships skills
- Goal setting and life satisfaction
- Positive psychology interventions (PPIs)

References

- Seligman, M. (2011). *Flourish*. Free Press.
 - Snyder & Lopez (2007). *Positive Psychology*. Sage.
 - Lyubomirsky, S. (2008). *The How of Happiness*. Penguin.
-

BPSY0105D-T:. Community Psychology

Unit I: Introduction to Community Psychology

- Definition and scope
- Values and principles
- Person–environment fit
- Prevention and promotion models

Unit II: Community Assessment Skills

- Community needs assessment
- Surveys and field observation
- Participatory approaches
- Resource mapping

Unit III: Intervention and Program Planning

- Designing community interventions
- Prevention programs
- Empowerment strategies
- Advocacy skills

Unit IV: Groups and Community Processes

- Group dynamics
- Leadership skills
- Community participation
- Conflict resolution

Unit V: Applications

- Mental health in community

- NGOs and social services
- Rural and urban community work
- Program evaluation skills

References

- Kloos et al. (2012). *Community Psychology*. Wadsworth.
 - Dalton, Elias & Wandersman (2007). *Community Psychology*. Cengage.
 - Rappaport & Seidman (2000). *Handbook of Community Psychology*. Springer.
-

BPSY0106D-T:. Forensic Psychology

Unit I: Introduction to Forensic Psychology

- Meaning and scope
- Role of forensic psychologist
- Psychology and law interface
- Ethics in forensic practice

Unit II: Criminal Behavior

- Theories of crime
- Criminal profiling basics
- Personality and crime
- Juvenile delinquency

Unit III: Assessment Skills

- Forensic interviewing
- Eyewitness testimony
- Risk assessment
- Psychological testing in legal context

Unit IV: Investigation and Legal Skills

- Interrogation techniques
- Detecting deception
- Report writing skills
- Expert witness skills

Unit V: Correctional and Victim Psychology

- Rehabilitation approaches

- Offender treatment
- Victim counseling basics
- Correctional programs

References

- Bartol & Bartol (2019). *Introduction to Forensic Psychology*. Sage.
 - Howitt, D. (2018). *Forensic and Criminal Psychology*. Pearson.
 - Huss, M. (2014). *Forensic Psychology*. Wiley.
-

BPSY0107D-T:. Psychological Perspectives in Education

Unit I: Educational Psychology Basics

- Meaning and scope
- Teaching–learning process
- Individual differences
- Learning styles

Unit II: Learning Theories

- Behaviorist approaches
- Cognitive learning
- Constructivism
- Experiential learning

Unit III: Motivation and Classroom Skills

- Motivation theories
- Student engagement skills
- Reinforcement techniques
- Classroom behavior management

Unit IV: Assessment Skills

- Psychological assessment in education
- Intelligence and aptitude testing
- Formative and summative assessment
- Feedback skills

Unit V: Inclusive and Applied Education

- Inclusive education

- Special needs support skills
- Counseling in schools
- Teacher effectiveness skills

References

- Woolfolk, A. (2016). *Educational Psychology*. Pearson.
 - Santrock, J. (2018). *Educational Psychology*. McGraw Hill.
 - Slavin, R. (2017). *Educational Psychology*. Pearson.
-

BPSY0108D-T:. Health Psychology

Unit I: Introduction to Health Psychology

- Meaning and scope
- Biopsychosocial model
- Health behavior concepts
- Mind–body relationship

Unit II: Stress and Health

- Stress models
- Stress assessment
- Coping skills training
- Relaxation techniques

Unit III: Health Behavior Change

- Behavior modification
- Lifestyle management
- Habit formation
- Health promotion skills

Unit IV: Chronic Illness and Coping

- Psychological factors in illness
- Pain management skills
- Patient counseling basics
- Adherence skills

Unit V: Applied Health Skills

- Communication in healthcare

- Preventive health programs
- Mental health first aid basics
- Designing health awareness modules

References

- Taylor, S. (2020). *Health Psychology*. McGraw Hill.
 - Sarafino & Smith (2017). *Health Psychology*. Wiley.
 - Marks, Murray & Estacio (2018). *Health Psychology*. Sage.
-

SKILL BASED

SKILL BASED SYALLBUS

BPSY0101SB-T- social cultural psychology

Unit 1: Introduction to Sociocultural Psychology

- **Key Topics:**
 - Definition, nature, and scope of social psychology
 - Historical development of social psychology globally and in India
 - Theories: Motivational, Learning, Cognitive, Decision-making, Interdependence, Socio-cultural, Evolutionary, and Mid-range theories
 - Approaches to Culture: Symbolic, Activity, and Individualistic
 - Ethics and Emics; Methods of understanding culture
 - Interface between psychology, culture, and society
 - Contemporary trends in the Indian context
 - **Skills Developed:**
 - Analyzing the socio-cultural foundations of behavior
 - Interpreting various socio-cultural theories
 - Identifying the role of self in the socio-cultural context
 - Reflecting upon various models of self-concept
 - **References:**
 - Blaine B.E. (2007). *Diversity*. Sage (London).
 - Kassir, S.M., Fein, S., Markus, H., & Brehm, S.S. (2008). *Social Psychology*. Houghton Mifflin (Boston).
 - Matsumoto, D., & Juang, L. (2004). *Culture and Psychology*. Thomson (Australia).
 - Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology*. Pearson Education.
-

Unit 2: The Self in a Social Context

Key Topics:

- Self-concept: Beginnings, Formation, Self-schemas, and Multicultural perspective
- Self-presentation: Types, Strategies, False modesty, Self-handicapping, Impression management, Self-monitoring, Goffman's Dramaturgical model
- Self-esteem: Development and Consequences
- Perceiving persons: Attribution theories, Attributional errors & biases, Integration, Confirmation bias
- **Skills Developed:**
 - Evaluating the essence of group dynamics from a socio-cultural perspective
 - Identifying different forms of diversity within and across groups
 - Illustrating ways to apply these concepts in interactions with others

- **References:**

- Kassin, S.M., Fein, S., Markus, H., & Brehm, S.S. (2008). *Social Psychology*. Houghton Mifflin (Boston).
 - Matsumoto, D., & Juang, L. (2004). *Culture and Psychology*. Thomson (Australia).
 - Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology*. Pearson Education.
-

Unit 3: Psychology of Diversity

- **Key Topics:**

- Understanding diversity: Types and significance
- Cultural influences on behavior and cognition
- Intergroup relations and social identity
- Prejudice and discrimination: Causes and consequences
- Strategies for promoting intercultural understanding

- **Skills Developed:**

- Analyzing the impact of diversity on individual and group behavior
- Developing strategies to reduce prejudice and promote inclusivity

- **References:**

- Blaine B.E. (2007). *Diversity*. Sage (London).
 - Kassin, S.M., Fein, S., Markus, H., & Brehm, S.S. (2008). *Social Psychology*. Houghton Mifflin (Boston).
 - Matsumoto, D., & Juang, L. (2004). *Culture and Psychology*. Thomson (Australia).
 - Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology*. Pearson Education.
-

Unit 4: Aesthetics, Emotions, and the Arts

Key Topics:

- Sociocultural perspectives of emotions
- Context-dependent emotion regulation
- Indian perspective on emotion (Rasa Theory)
- Body language and culture
- Cultural variations in expressions of emotions

- **Skills Developed:**

- Understanding the role of culture in emotional expression and regulation
- Applying cultural perspectives to analyze emotional experiences

- **References:**

- Kassin, S.M., Fein, S., Markus, H., & Brehm, S.S. (2008). *Social Psychology*. Houghton Mifflin (Boston).
 - Matsumoto, D., & Juang, L. (2004). *Culture and Psychology*. Thomson (Australia).
 - Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology*. Pearson Education.
-

Unit 5: Social Influences

Key Topics:

- Persuasion: Paths to persuasion, Elements of persuasion – Communicator, message content, audience, and channel of communication
- Nature and types of groups
- Group performance – Types of tasks, Brainstorming
- Group decision making – Biases in information, Group polarization, Groupthink
- Social facilitation & Social loafing
- Group dynamics and performance

BPSY0102SB-T

Counselling Psychology: Skill-Based Syllabus (Paper 2)

Unit 1: Introduction to Counselling and Counsellor Characteristics

- **Topics Covered:**
 - Definition and nature of counselling
 - Counselling as a profession: training, activities, and professional ethics
 - Effective counsellor: personality characteristics, skills, self-awareness
 - Status of counselling psychology in India
 - **Suggested Readings:**
 - Feltham, C., & Horton, I. (2000). Handbook of Counseling and Psychotherapy. London: Sage.
 - Gibson, R.L., & Mitchell, M.H. (2003). Introduction to Counseling and Guidance. Boston: Pearson
-

Unit 2: Counselling Process and Relationship Building

- **Topics Covered:**
 - Stages of counselling: initial contact, assessment, intervention, termination
 - Building and maintaining a therapeutic relationship
 - Counselling interview: history taking, interviewing techniques
 - Developing case histories: collecting and documenting information
 - **Suggested Readings:**
 - Gibson, R.L., & Mitchell, M.H. (2003). Introduction to Counseling and Guidance. Boston: Pearson.
 - Crow, L., & Crow, A. (1970). An Introduction to Guidance: Basic Principles. New Delhi: Publishing House.
-

Unit 3: Techniques of Counselling

- **Topics Covered:**
 - Psychoanalytic techniques
 - Humanistic techniques
 - Behavioural techniques
 - Cognitive techniques
- Indian techniques: Yoga and meditation
- **Suggested Readings:**
 - Gibson, R.L., & Mitchell, M.H. (2003). Introduction to Counseling and Guidance. Boston: Pearson.
 - Crow, L., & Crow, A. (1970). An Introduction to Guidance: Basic Principles. New Delhi: Publishing House.

Unit 4: Applications of Counselling

- **Topics Covered:**
 - Child counselling
 - Family therapy
 - Career counselling
 - Crisis intervention: suicide, grief, sexual abuse
 - **Suggested Readings:**
 - Gibson, R.L., & Mitchell, M.H. (2003). Introduction to Counseling and Guidance. Boston: Pearson.
 - Crow, L., & Crow, A. (1970). An Introduction to Guidance: Basic Principles. New Delhi: Publishing House.
-

Unit 5: Counselling in the Indian Context

- **Topics Covered:**
 - Synthesis of Indian literature in counselling psychology and social change
 - Needs and problems of Indians
 - Ethical issues in counselling practice with special reference to India
- Legal issues: licensing and certification in counselling practice in India
- **Suggested Readings:**
 - Gibson, R.L., & Mitchell, M.H. (2003). Introduction to Counseling and Guidance. Boston: Pearson.
 - Crow, L., & Crow, A. (1970). An Introduction to Guidance: Basic Principles. New Delhi: Publishing House.

Psychology Skill Based

BPSY0103SB-T: Communication and Interpersonal Skills for Psychology

Unit I: Foundations of Communication

- Meaning, types and process of communication
- Verbal and non-verbal communication
- Barriers to communication
- Cultural aspects of communication
- Communication in helping professions

Unit II: Core Interpersonal Skills

- Active listening and empathy
- Rapport building
- Questioning and probing skills
- Feedback techniques
- Emotional intelligence in communication

Unit III: Counseling Communication Skills

- Basic counseling micro-skills
- Attending behavior and reflection
- Paraphrasing and summarizing
- Handling resistance and silence
- Ethical communication in psychology

Unit IV: Group Communication Skills

- Group dynamics and interaction
- Leadership and facilitation skills

- Conflict resolution and negotiation
- Assertiveness training
- Communication in teams and institutions

Unit V: Applied Communication Practice

- Interview skills
- Case history taking
- Presentation and public speaking
- Writing psychological reports
- Role plays and simulated sessions

References

- Nelson-Jones, R. (2008). *Basic Counselling Skills*. Sage.
 - Hargie, O. (2011). *Skilled Interpersonal Communication*. Routledge.
 - Adler, R. & Proctor, R. (2016). *Looking Out, Looking In*. Cengage.
 - Ivey, A., Ivey, M., & Zalaquett, C. (2018). *Intentional Interviewing and Counseling*. Cengage.
-

BPSY0104SB-T: Psychological Assessment and Testing Skills

Unit I: Basics of Psychological Testing

- Meaning and purpose of assessment
- Types of psychological tests
- Test construction principles
- Reliability and validity
- Norms and standardization

Unit II: Intelligence and Aptitude Testing

- Concepts of intelligence
- Individual and group intelligence tests
- Aptitude tests
- Administration procedures
- Scoring and interpretation

Unit III: Personality Assessment

- Objective personality tests
- Projective techniques (basic overview)
- Behavioral assessment
- Interview methods
- Rating scales and inventories

Unit IV: Test Administration Skills

- Test instructions and rapport
- Ethical guidelines in testing
- Test environment and control

- Recording responses
- Avoiding bias and errors

Unit V: Practical Assessment Skills

- Case profiling
- Basic report writing
- Interpretation practice
- Feedback to clients
- Practical lab work with sample tools

References

- Anastasi, A. & Urbina, S. (2009). *Psychological Testing*. PHI.
 - Kaplan, R. & Saccuzzo, D. (2018). *Psychological Testing*. Cengage.
 - Cohen, R. & Swerdlik, M. (2017). *Psychological Testing and Assessment*. McGraw Hill.
 - Gregory, R. (2014). *Psychological Testing: History, Principles and Applications*. Pearson.
-

BPSY0105SB-T: Community Mental Health and Outreach Skills

Unit I: Introduction to Community Mental Health

- Concept of community mental health
- Mental health vs mental illness
- Preventive mental health
- Public mental health models
- Role of psychologist in community

Unit II: Mental Health Awareness Skills

- Psychoeducation techniques
- Awareness campaign planning
- Mental health literacy
- Stigma reduction strategies
- School and workplace awareness programs

Unit III: Outreach and Field Skills

- Community survey methods
- Needs assessment
- Screening basics
- Referral systems
- Working with NGOs and agencies

Unit IV: Intervention Skills

- Basic crisis intervention
- Supportive counseling in community
- Group facilitation skills

- Family psychoeducation
- Rehabilitation basics

Unit V: Program Planning and Field Work

- Designing outreach programs
- Monitoring and evaluation
- Documentation skills
- Field visits and case reports
- Community project work

References

- Murthy, R. S. (2017). *Community Mental Health in India*. NIMHANS.
 - World Health Organization. *Community Mental Health Manuals*.
 - Singh, A. K. (2012). *Community Psychology*. Motilal Banarsidass.
 - Korchin, S. (2004). *Modern Clinical Psychology*. CBS.
-