



कला एवं समाज विज्ञान संकाय

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject- Psychology

B.A. Yearly Examination

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.**

**MAHAKAUSHAL UNIVERSITY,
JABALPUR M.P.**



SYLLABUS

**MAHAKAUSHAL UNIVERSITY,
JABALPUR M.P.**

1st Year



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

BPSY101-T
B.A. PSYCHOLOGY-I YEAR

PAPER 1: BAPSY101 BASIC PSYCHOLOGICAL PROCESSES

Unit I

- ❑ Introduction: Definition, nature, scope and applications of psychology. Methods: Introspection, observation, experimental, interview, questionnaire and case study.
- ❑ Contemporary perspectives: Biological, cognitive, psychoanalytical, humanistic, evolutionary and cross-cultural.
- ❑ Biological Bases of Behaviour: Evolution, genes and behaviour. The response mechanism: Receptors, effectors and adjustors. The Nervous System: The basic structure, functions and divisions of the Peripheral and Central Nervous System.

Unit II

- ❑ Sensory Processes: Visual, auditory and other senses: Structure and functions.
- ❑ Attentional Processes: Nature, types and determinants of attention.
- ❑ Perceptual Processes: Nature and determinants, perceptual organization, form, space and depth perception. Perceptual constancy and illusion.

Unit III

- ❑ Learning: Nature of learning process. Classical and Operant conditioning: Basic principles and types. Thorndike's trial and error theory, Gestalt theory of insight, and Bandura's observational learning theory. Transfer of training, types of transfer, factors influencing learning.
- ❑ Memory and Forgetting: Memory: Encoding, storage and retrieval processes. The stages of memory: The information processing approach. The Sensory, short term and long term memory. Methods of measuring memory. Techniques of improving memory. Forgetting: Nature, causes and various theories of forgetting: Decay, interference, motivational theory.

- Motivation and Emotion: Indicators of motivation, the motivational cycle. Classification of motives: Biogenic, sociogenic and personal motives. Emotion: Nature and dimensions of emotion. Development, expression and control of emotions. Theories of Emotion: James-Lang'e, Cannon-Bard, Schachter and Singer, Lazarus, Lindsley's activation theory. Physiological correlates of emotion. Culture and emotion.

Unit IV

- Thinking: Nature and types of thinking. Realistic and autistic thinking. Tools of thinking: concepts, imagery, prototypes, script, schema, language and thought.
- Intelligence: Definition, concept of I.Q. Genetic and environmental influences on intelligence. Factor theories: Spearman, Thurstone and Guilford. Process-oriented theories: Piaget, Bruner, and Sternberg. Creativity and intelligence.
- Personality: The concept of personality. Trait and type approaches of personality. The Biological, social and cultural determinants of personality.

BOOKS RECOMMENDED:

- Atkinson and Hilgard (2002). Introduction to Psychology. New York: Thomson Wadsworth.
- Baron, R. A. (1995). Psychology: The Essential Science. New York: Allyn and Bacon.
- Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw Hill.
- Lefton, L. A. (1985). Psychology. Boston: Allyn and Bacon.
- Morgan, C. T., King, R.A. Weiz, J. R., Schopier, J. (2001). Introduction to Psychology. Tata McGraw Hill.
- Singh, A. K. (2000). Uchchatar Samanya Manovigyan. New Delhi: Motilal Banarsidas.
- Zimbardo, P.G. and Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.



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BOOKS RECOMMENDED:

- Garrett, H. E. (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Garrett, H. E. (1993). Siksha evam Manovigyan Mein Sankhyiki. New Delhi: Kalyani Publishers.
- Guilford, J.P. & Fruchter (1973). Fundamentals of Statistics in Psychology and Education. Tokyo: Kogapusha.
- Kapil, H.K. (1980). Sankhyaki ke Mool Tatva. Agra: Vinod Pustak Mandir.
- McGuigan, F.J. (1990). Experimental Psychology (5th Edition). New Delhi: Prentice Hall, India.
- Singh, A.K. (2000). Test, Measurement and Research Methods. New Delhi: Motilal Banarsi Das.
- Suleman, M. (1997). Sankhyaki ke Mool Tatva. Patna: Shukla Book Depot.
- Verma, P. & Srivastava, D.N. (1996). Manovigyan aur Shiksha mein Sankhyaki. Agra: Vinod Pustak Mandir.

PAPER 3: BAPSY103P PRACTICAL

Any six experiments of the following should be performed.

1. Bilateral transfer of training.
2. Maze learning.
3. Influence of set on perception.
4. Retroactive Inhibition.
5. Effect of knowledge of results on performance.
6. Perceptual organization.
7. Memory span for digits and words.
8. Zeigarnick effect.

2nd Year



B.A. PSYCHOLOGY- II YEAR

BPSY201-T

PAPER 1: BAPSY201 PSYCHOPATHOLOGY

Unit I

- ☐ Introduction to Psychopathology: The concept of normality and abnormality; Classification of mental disorders (ICD X and DSM IV).
- ☐ Mental Illness: Signs, symptoms and syndromes. Causes of abnormal behaviour: Biological, psychological, social and cultural factors.
- ☐ Psychological Models of Psychopathology: Biological, psychodynamic, behavioural, cognitive-behavioural, humanistic, existential, socio-cultural.

Unit II

- ☐ Stress: Nature sources and types; PTSD & Acute stress disorder. Coping with stress.
- ☐ Psychosomatic Disorders: Symptoms, causes and treatment.

Unit III

- ☐ Anxiety Disorders: Panic disorder, Phobia, Obsessive compulsive disorder, Generalized Anxiety disorder; their symptoms, types, etiology and treatment.
- ☐ Somatoform Disorders: Dissociative disorders.

Unit IV

- ☐ Psychotic Disorders: Symptoms, types, etiology and treatments.
(a) Schizophrenia (b) Delusional disorders.
- ☐ Mood (Affective) Disorders: Manic episode, Depressive episode, Bipolar Affective disorders, Dysthymia.



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- Personality Disorders: (a) Dissociative (b) Impulsive (c) Anti Social
(d) Borderline (e) Avoidance (f) Dependent Personalities

BOOKS RECOMMENDED:

- Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- Carson, R.C.; Butcher, J. N. & Mineka, S. (2010). Abnormal Psychology and Modern life. Pearson Education, Inc. and Dorling Kindersley publications Inc.
- Sraon, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviours (11th Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.

BPSY202-T

PAPER 2: BAPSY202 SOCIAL PSYCHOLOGY

Unit I

- Introduction: Nature and scope; Methods of studying social behaviour: Observation, experimental, field study, survey, sociometry and cross cultural.
- Socialization: Agents and mechanisms, socialization and deviation.
- Perceiving Others: Forming impressions; Role of non-verbal cues, group stereotypes, central traits; primary and recency effects; Models of information integration; Attribution of causality: Biases and theories (Jones and Davis Kelley).

Unit II

- Perceiving Groups: Prejudice, Stereotypes and Conflicts: Sources, dynamics and remedial techniques.



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- Singh, A. K. (1996). Adhunik Samajik Manovigyan ki Rooprekha (3rd edition). Varanasi: Motilal Banarsi Das.
- Tripathi, L. B. (1992). Adhunik Samajik Manovigyan Agra: National Psychological Corporation.
- Worchel, S. & Cooper, J. (1983). Understanding Social Psychology. Illinois: Dorsey Press.

BPSY 203-P

PAPER 3: BAPSY203P PRACTICAL

Any six tests of the following should be performed.

1. Attitude Scale
2. Test of Aggression
3. Sociometry
4. Social Facilitation/Conformity
5. Anxiety
6. S.S.C.T.
7. EPI (Eysenck Personality Inventory)
8. Stress/Coping

3rd Year

Unit I

- Scaling techniques and Measurement: Scaling techniques: Paired comparison, rating and ranking.
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- Broota, K.D. (1992). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
 - Garrett, H. (Eds) (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
 - Kapil, H.K. (1980). Sankhyaki ke Mool Tatva Agra: Vinod Pustak Mandir.
 - Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing, Principles, Applications and Issues (5th Ed.) USA: Wadsworth Thomson learning.
 - Minium, E.W. King. B.M. & Bear. G. (1993). Statistical Reasoning in Psychological and Education. New York: John Wiley.
 - Siegel, S. (1994). Non Parametric Statistics. McGraw Hill.
 - Singh, A.K. (2000) Test, Measurement and Research Methods. Patna: Bharti Bhawan.
 - Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.

PAPER 2: BAPSY302 COUNSELLING AND GUIDANCE

Unit I

- Introduction: Nature and goals of Counselling. Distinction between Guidance and Counselling.
 - Perspectives of counselling: Psychoanalytic, behavioural, cognitive and humanistic.
 - Types of Counselling:
 - (a) Directive, Non-directive and eclectic
 - (b) Individual and group counselling.
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- Rai, A and Asthana, M. (2003). Guidance and Counseling (Concepts, Areas and Approaches). New Delhi: Moti Lal Banarsi Das.
 - Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of counselling Psychology (2nd Ed.). London: Sage Publication Ltd.