

DEPARTMENT OF PSYCHOLOGY
Raja N.L. Khan Women's College (Autonomous)

Syllabus for Psychology GE (UG)

Outcomes of the academic programme on Psychology in UG level as a generic subject:

Psychology is the scientific study of mental processes and behavior. The four main goals of psychological are to describe, explain, predict and bring about change in behaviors. The objectives of psychology are to learn about the mind's subconscious, the mind's consciousness and the reasons for human behavior. Psychology is essential to study for treating mental disorders, other biological diseases, such as Alzheimer's and looking at the way the mind functions with memory and emotion. Essentially, psychology helps students in large part because it can explain why people act the way they do. With this kind of professional insight, a psychologist can help people improve their decision making, stress management and behavior based on understanding past behavior to better predict future behavior. Psychology sheds light on human behavior and helps us understand why we act the way we do. The field offers insights into our human experiences, helps us connect with others, and can mean the difference between a life well-lived and a life of challenges. Learning about human behavior will help students in daily life, for example helping student better navigate themselves interactions with others. A Psychology degree can also be useful for a student if he/she want to pursue a Master's for a different career which will help the students work in Human Resource Management, Education, Social Work, Advertising, Communication, Forensics, Sales, Politics and much more.

Division of Marks

Semester	Theoretical	Practical	Total	Internal Assessment	Attendance	Credit	Paper Total
Sem-I	40	20	60	10	5	6	75
Sem-II	40	20	60	10	5	6	75
Sem-III	40	20	60	10	5	6	75
Sem-IV	40	20	60	10	5	6	75

Structure of Syllabus Semester-I

Paper – GE-I Foundation of Psychology

Course outcome

Foundation of Psychology:

Studying psychology equips students to use their knowledge of human behavior in their daily lives. Developing excellent research and analytical skills, the ability to be a better communicator and to master the art of conflict resolution are just some of the additional benefits of studying psychology.

Course Content:

Unit 1: Introduction: Psychology; a science and a perspective, origin and development of psychology, psychology in India, methods. 5 hours.

Unit 2: Cognitive processes: Perception, nature of perception, laws of perceptual organization, learning conditioning, observational learning; memory-processes, information processing model, techniques for improving memory. 10 hours

Unit 3: Nerve-muscle physiology: nerve-regeneration of nerves – growth cones, nerve growth factors, axoplasmic flow and molecular mechanism of transport in axon, excitation of nerve fiber. 10 hours

Unit 4: Motivation and Emotion: Motives: biogenic and sociogenic Emotions; aspects of emotions, key emotions. 5 hours

Unit 5: Personality and Intelligence: Personality: nature, theories (Freud, Allport)
Intelligence: nature, theories (Spearman, Gardner) 10 hours

Unit 6: Out reach programme on counseling and prepare a project report. 10 hours.

Practicum:

Two experiments to be done on any two topics from the syllabus 3 practical classes per week/
per group (15-25 students in each group) 10 hours

1. Memory – Whole Vs Part Learning Method
2. Koh's Block Design Test

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: Tata Mc Graw Hill.

Glassman, W.E. (2000). Approaches to Psychology (3rd Ed.) Buckingham; Open University Press.

Semester-II

Paper – GE-II

Psychological Research, disorders and counseling

Course Outcome: Psychological research refers to research that psychologists conduct for systematic study and for analysis of the experiences and behaviors of individuals or groups. Their research can have educational, occupational and clinical applications. Counseling is a generic term for any professional counseling that treats dysfunction occurring within a group of related people. Guidance and counseling is a process of helping an individual become fully aware of his or her potentialities. It develop an optimistic outlook for removal of undesirable traits and develop own resourcefulness.

Course Content:

Unit 1: Statistical Methods & Psychological Research

Introduction: Scales of measurement, graphical representation of data

Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method.

Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests.

Qualitative methods: Interview, Difference between qualitative and quantitative methods.

15 hours

Unit 2: Psychological Disorders

Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model.

Theoretical perspectives: Biological, familial, cultural, behavioral, cognitive and psychodynamic.

Clinical states and management: Anxiety disorders – obsessive compulsive disorder, mood disorders – Unipolar, Bipolar; schizophrenia; Disorganized, Paranoid and Catatonic.

Treatment of disorders: Psychological treatment: Psychoanalytic therapy, Behavior therapy. 10 hours.

Unit 3: Counseling Psychology

Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context.

Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral.

Techniques: Play, Relaxation, Yoga, Meditation.

Applications: Family Counseling; School and Career Counseling. 15 hours

Unit 4: Out reach programme on counseling and prepare a project report. 10 hours

Practicum:

Students are required to carry out any 1 practical based on the syllabus. 3 practical classes per week/per group (15-25 students in each group) 10 hours

Readings:

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Barlow, D.H. and Durand, V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).

Wadsworth: New York, Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

Chadha, N.K. (1991). Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.

Garrett, H.E. & Woodsworth, R.S. (1987). Statistics in Psychology and Education, Mumbai; Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). Psychological Testing: History, Principles and Applications (4th Ed.). New Delhi, Pearson Education.

King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

Semester-III

Paper – GE-III

Foundation of Psychology

Course outcome: It help students to understood an examination of the learning processes in education settings addressing human motivation; development of children and youth in affective, cognitive, social and personal domains; understand human body and mind relations. Individual differences; personality and intelligence.

Course Content:

Unit 1: Introduction: Psychology; a science and a perspective, origin and development of psychology, psychology in India, methods. 5 hours.

Unit 2: Cognitive processes: Perception, nature of perception, laws of perceptual organization, learning conditioning, observational learning; memory-processes, information processing model, techniques for improving memory. 10 hours

Unit 3: Nerve-muscle physiology: nerve-regeneration of nerves – growth cones, nerve growth factors, axoplasmic flow and molecular mechanism of transport in axon, excitation of nerve fiber. 10 hours

Unit 4: Motivation and Emotion: Motives: biogenic and sociogenic Emotions; aspects of emotions, key emotions. 5 hours

Unit 5: Personality and Intelligence: Personality: nature, theories (Freud, Allport) Intelligence: nature, theories (Spearman, Gardner) 10 hours

Unit 6: Out reach programme on counseling and prepare a project report. 10 hours.

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Semester-IV

Paper – GE-IV

Psychological Research, disorders and counseling

Course Outcome: Research helps us understand what makes people think, feel, and act in certain ways, allows us to categorize psychological disorders in order to understand the symptoms and impact on the individual and society, helps to understand how intimate relationships, development, schools, family. Here psychologists use the scientific method to conduct studies and research in psychology. Counseling is a generic term for any professional counseling that treats dysfunction occurring within a group of related people. Guidance and counseling is a process of helping an individual become fully aware of his or her potentialities. It develop an optimistic outlook for removal of undesirable traits and develop own resourcefulness.

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Unit 2: Psychological Disorders

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Treatment of disorders: Psychological treatment: Psychoanalytic therapy, Behavior therapy.

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