

**DEPARTMENT OF PSYCHOLOGY****COURSE OUTCOME/PROGRAMME****OUTCOME/ PROGRAMME SPECIFIC OUTCOME****I. COURSE OUTCOME:****1: INTRODUCTION TO PSYCHOLOGY**

**CO 1: Introduction:** What is psychology? Perspectives on behaviour; Methods of psychology; Subfields of psychology; Psychology in modern India.

**CO 2: Perception:** Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.

**CO 3: Learning and Motivation:** Principles and applications of Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning; Perspectives on motivation, Types of motivation, Motivational conflicts.

**CO 4: Memory:** Models of memory: Levels of processing, Parallel distributed processing, Information processing; Reconstructive nature of memory; Forgetting; Improving memory.

**CO 5: Practicum:**

1. a) Spaced and unspaced method of learning on memorization capacity and b) Retroactive inhibition on the memorization capacity of the subject
2. Determine of the rate of perceptual reversibility of the subject by using Human Profile/Flower Vase Card

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

## **2: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**

**CO 1: Introduction:** Psychological Research; Relevance of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables and Constants; Scales of Measurement, Frequency Distribution; Computation of Percentiles and Percentile Ranks. Graphic Representation of data: Histogram, Frequency Polygon, Bar Diagram, Pie Chart, Cumulative Frequency Graph, Skewness and Kurtosis.

**CO 2: Measures of Central Tendency and Variability:** Calculations of different measures of Central tendency such as the Mode, the Median and the Mean, their properties and comparison among these measures and calculations of different measures of Variability such as the Range, the Semi-Interquartile Range, the Variance and the Standard Deviation, their properties and comparisons. Central Tendency Measures in Normal and Skewed Distributions, Effects of Linear Transformations on Measures of Central Tendency, Effects of Linear Transformations on Measures of Variability.

**CO 3: Standard (z) Scores and The Normal Probability Distribution:** Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores and their comparisons. Nature and Properties of the Normal Probability Distribution; Finding Areas when the Score is Known, Finding Scores when the Area is Known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).

**CO 4: Correlation, Random Sampling and Sampling Distributions:** The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction and Degree; The Coefficient of Correlation from Pearson's and Spearman's Rank-Order Correlation Coefficient; Correlation and Causation; The Effects of Score transformations; Cautions concerning Correlation Coefficients, Random Sampling; Using a

Table of Random Numbers; The Random Sampling Distribution of the Mean and its different uses. Random Sampling With and Without Replacement.

**CO 5: Practicum:** 1. Graphical representations ( Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive), 2. Computation of Central Tendency and Variability measures, 3. Skewness, Kurtosis, Normal Probability Curve- Areas and Z scores and 4. Pearson Product Moment Correlation Coefficient.

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

### **3: BIOPSYCHOLOGY**

**CO 1: Introduction to biopsychology:** Nature and scope; Methods and ethics in biopsychology, Divisions of biopsychology.

**CO 2: The Functioning brain:** Structure and functions of neurons; Neural conduction and synaptic transmission.

**CO 3: Organization of Nervous system:** CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis.

**CO 4: Neuroendocrine system:** Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary.

**CO 5: Practicum:** Any 2 practicum pertaining to CC-3

1. Determination of the effect of variation of different levels of attentive task on arousal.
2. Reaction Time – Simple, Choice and Discriminative Reaction Time.

.

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

#### **4: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

**CO 1: Personality:** Nature of personality; Biopsychosocial foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic (Freud), humanistic (Maslow) and social (Bandura).

**CO 2: Intelligence:** Concept of intelligence, its different approaches and factors. Gardner's multiple intelligences; Emotional Intelligence, Group differences in intelligence; Extremes of intelligence.

**CO 3: Indian approach:** Self and Identity from Indian Perspective: Nyaya, Vedanta and Buddhist views of self. Concept of Triguna from Sankhya perspective.

**CO 4: Enhancing individual's potential:** Self-determination theory; Enhancing cognitive potential, Selfregulation and self enhancement; Fostering creativity.

**CO 5: Practicum:** Any 2 practicum pertaining to CC-4

Two psychological tests (one based on Intelligence and one based on personality).

1. Intelligence: a.) WASI II and Intelligence test by Terman & Merrill (1937).
2. Personality: The Sixteen Personality Factor (16PF) Questionnaire by Cattell (2001).

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

#### **5: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT**

**CO 1: Understanding Psyche:** A universal quest for understanding Consciousness. Indian Perspective: Yoga and Vedant: Western Perspective. Emergence of modern psychology: Questions from Western view; Debates: Free Will and Determinism, Empiricism and Rationality.

**CO 2: Positivist Orientation:** Developments in Behaviourism (Watson), Neo-behaviouristic traditions

(Skinner), Cognitive revolution- A Paradigm Shift)

**CO 3: Analytic Debates:** Clinical Vs Phenomenological, Freudian Psychoanalysis, Analytical Psychoanalysis; Carl Jung Developments in Psychoanalysis: The shift towards social and cultural; Developments of Third Force: Humanistic and Existential

**CO 4: Contemporary Developments:** Psychology of Gender.

**CO 5: Practicum:** Any 2 practicum pertaining to CC-

1. Word Association Test-

Word Association Test- by Dr. Girindra Sekhar Bose

2. Indian Gender Role Identity Scale-

Basu, J. (2010). Development of The Indian Gender Role Identity Scale (IGRIS). Psychometric Properties and Application. Journal of Indian Academy of Applied Psychology, 36, 25-34.

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

## **6: PSYCHOLOGICAL RESEARCH**

**CO 1: Basics of Research in Psychology:** What is Psychological Research? The Goals of Psychological Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research.

**Research Traditions :** Quantitative & Qualitative orientations towards research & their steps, Comparing Qualitative & Quantitative Research Traditions, Formulating a problem & developing a testable research question / research hypothesis.

**CO 2: Sampling:** Probability & Non probability sampling methods.

**CO 3: Methods of Data Collection:** Case study, Observation, Interview & Focus group discussion, Survey, Use of Secondary Data

**CO 4: Psychological testing:** Characteristics of a test – standardization, reliability, validity, norms, applications & issues.

**CO 5 : Practicum** : Any 2 practicum pertaining to CC-6 Semi Projective Techniques-

1. Semi Structured Interview on Coping compared with Coping Scale by Rao, K., Subbakrishna, D.K. & Prabhu,G.C. (1989). Development of a Coping Checklist- A Preliminary Report. Indian Journal of Psychiatry, 31 (2), 128-133.
2. Sentence Completion Test:  
Sacks, J.M & Levy, S. (1950). Sentence Completion Test (SSCT). Dr. Joseph M. Sacks & other Psychologists of the New York Veterans Administrative Mental Hygiene Service.

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

## **7: SOCIAL PSYCHOLOGY**

**CO 1: Introduction:** Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology.

**CO 2: Understanding and evaluating the social world:** Social cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change

**CO 3: Social interaction and Influence:** Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence

**CO 4: Group Dynamics and Inter-group relations:** Nature of groups, Consequences of belonging (performance, decision making, cooperation and conflict), Nature of intergroup relations (prejudice, inter-group conflict, intervention techniques)

**CO 5: Practicum:** Any 2 practicum pertaining to CC-7

1. On Group Cohesiveness by Sociogram Method
2. On Social Facilitation by Problem Solving-Individual and Group Situations

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

### **8: Understanding Psychological Disorders**

**CO 1: Understanding Abnormality:** Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment

**CO 2: Clinical Picture and etiology of Disorders I:** Anxiety disorders (any 2 disorders):- Generalized Anxiety Disorder and Obsessive Compulsive Disorder  
Somatoform disorders – Hypochondriasis and Conversion disorders

**CO 3:** a) Clinical Picture and etiology- Mood disorders  
b) Clinical Picture- Eating disorders.

**CO 4 :** a). Clinical Picture and etiology: Schizophrenia  
b). Clinical Picture- Personality Disorder: Anti Social Personality Disorder  
c). Clinical Picture- Disorders of Development: Mental Retardation, ADHD

**CO 5:Practicum:** Any 2 practicum pertaining to CC-8

1. Anxiety State Trait Anxiety Inventory: Spielberger, C.D., Gorsuch, R.L., & Lushene, R.G. (1970). STAI Manual; Palo Alto. Consulting Psychologists Press.

2. Personality: Kundu Introversion Extraversion Inventory (1976, Copyright) by Dr. Ramanath Kundu, Department of Psychology, University College of Science & Technology, 92 Acharya Prafulla Chandra Road. Calcutta-700009.

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

## 9: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

**CO 1: Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means:** The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Choice of  $H_A$ : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; The  $t$  Distribution; Characteristics of Student's Distribution of  $t$ ; Computing  $t$  Using Definitional Formula only; Assumptions Associated with Inference about the Difference between Two Independent Means; The Statistical Decision regarding Retention and Rejection of Null Hypothesis.

### Interpreting the Results of Hypothesis Testing

A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test; Levels of Significance versus  $p$ -Values.

### CO 2: Hypothesis Testing About the Difference between Two Dependent (Correlated) Means

The Null and Alternative Hypotheses; Determining a Formula for  $t$ ; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.

### Confidence Intervals

Confidence Intervals for  $\mu_x - \mu_y$ ; The Relation between Confidence Intervals and Hypothesis Testing; The Advantages of Confidence Intervals.

**CO 3: Hypothesis Testing for Differences among Three or More Groups:** One-Way Analysis of Variance (ANOVA). Concept of ANOVA. Concept of  $t$  and  $F$  test and their relationship. (No computation of ANOVA)

### CO 4: Hypothesis Testing for Categorical Variables and Inference about Frequencies

The Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies; Logic of the Chi-Square Test; Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- One



Way Classification; Chi Square for Two Classification Variables-Contingency Table Analysis; Interpretation of the Outcome of a Chi-Square Test.

### **Nonparametric Approaches to Data**

Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests.

### **Theoretical Introduction to SPSS Statistical Package**

**CO 5: Practicum :** Any 2 practicum pertaining to CC-9

1. On Computation of t test
2. On Computation of Chi Square

**Contact Hours: 50 hours (per semester)**

**Practical: 4 hrs (per week)**

## **10: APPLIED SOCIAL PSYCHOLOGY**

**CO 1: Introduction:** Nature of applied Social Psychology, Social influences on behaviour, Methodological approaches – Participatory Action and Learning research techniques.

**CO 2: Applying Social Psychology-I:** Environment, diversity. (Practicals below)

**CO 3: Applying Social Psychology-II:** work, health, legal system.

**CO 4: Intervention and Evaluation:** Process of intervention; need for evaluation for effective programmes. Case studies in Indian context.

**CO 5 :Practicum:** Any 2 practicum pertaining to CC-10

1. Likert Scale Construction on Environment
2. Diversity to be measured in terms of Ethnic Prejudice by Bogardus's Social Distance Scale (Revision of Goode and Hatt)

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **11: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS**

**CO 1: Biological etiology-explanations and interventions for Mood disorders and Schizophrenia:**

Application in case of mood disorders and schizophrenia

**CO 2: Insight oriented explanations and interventions:** Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder; Humanistic and Existential perspective – Application in case of crises intervention **(12 hours)**

**CO 3: Behavioural and Cognitive explanations :** Application in case of : phobias, depression.

**CO 4: Perspectives of Counselling:** Concept, Steps, Types- Directive, Nondirective and Eclectic

**CO 5 Practicum:** Any 2 practicum pertaining to CC-11

1. Psychiatric Morbidity: General Health Questionnaire 28:

2. Aggression: State Trait Anger Expression Inventory

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **12: DEVELOPMENTAL PSYCHOLOGY**

**CO 1: Introduction:** Concept of Human Development; themes ( Cephalocaudal and Proximodistal ) and research designs

**CO 2: Stages of Life Span Development:** Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood

**CO 3: Domains of Human Development:** Cognitive development: perspectives of Piaget and Vygotsky; Language Development; Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development

**CO 4: Socio-Cultural Contexts for Human Development:** Family; Peers, Media & Schooling; Human Development in the Indian context

**CO 5 Practicum:** Any 2 practicum pertaining to CC-12

1. Parent Child Relationship: a.) Rao, N. (1989). Manual for Parent Child Relationship Scale. National Psychological Corporation

3. Aptitude: Vohra, S. (1997). Davis's Battery of Differential Abilities. National Psychological Corporation

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

### **13: ORGANIZATIONAL BEHAVIOUR**

**CO 1: Introduction:** Historical antecedents of Organizational Behaviour: Scientific management & Human Relations Movement; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting.

**CO 2: Individual level processes:** Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation; Early theories: Maslow, McClelland, Two factor; Contemporary theories and applications: Goal setting & MBO, Equity, Expectancy, Job Characteristics Model & Job Redesign.

**CO 3: Dynamics of Organizational Behavior:** Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour: Optimism.

**CO 4: Leadership:** Basic approaches: Trait theories, Behavioral theories, Contingency theories; Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct; Indian perspective on leadership.

**CO 5 Practicum:** Any 2 practicum pertaining to CC-13

1. Emotional Intelligence:

Hyde, A., Pete, S. & Dear, U. (2002). Manual for Emotional Intelligence Scale (EIS). Vedanta Publication. Lucknow.

2. Intrinsic Extrinsic Motivation:

Agrawal, K.G. (1988). Manual for Work Motivation Questionnaire. Agra : National Psychological Corporation.

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

### **14: COUNSELLING PSYCHOLOGY**

**CO 1: Introduction:** Nature and Goals; Counselling as a profession: professional ethics (Latest version of American Counselling Association – ACA); The effective counsellor: personality characteristics; Counselling status of counselling psychology in India.

**CO 2: Counselling Process:** Building counselling relationships; Working in a counselling relationship; Closing counselling relationships.

**CO3: Techniques of Counselling:** Psychoanalytic techniques; Humanistic techniques; Behavioral

techniques; Cognitive techniques; Indian techniques: Yoga and Meditation.

**4: Counselling Applications:** Child Counselling; Family Counselling; Career Counselling; Crisis Intervention: suicide, grief, and sexual abuse .

**CO 5 Practicum:** Any 2 practicum pertaining to CC-14

1. Interest- Guilford, J.S. & Zimmerman, W. S. (1963, 1989, Copyright). Guilford- Zimmerman Interest Inventory. Consulting Psychologists Press Inc. 3803 E. Bayshore Road. Palo Alto, CA 94303.

2. Dysfunctional Attitude Power, M.J. (1994, Copyright). Dysfunctional Attitude Scale. Reprinted by permission in *Cognitive Therapy for Chronic Pain* by Beverly E. Thorn. Copyright 2004 by The Guilford Press. Permission to photocopy this appendix is granted to purchasers of this book for personal use only (see copyright page for details).

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **15 : BEHAVIOUR MODIFICATION**

**CO 1: Introduction-**What is behaviour. What is behaviour modification. What is behaviour assessment.

**CO 2:** Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications.

**CO : Techniques-** Token Economy, Contingencies, Shaping, Premack Principle.

**CO 4: Applications-** School, Family, Work. Behavioural principles and procedures-a) Getting a behaviour to occur more often with positive reinforcement, b.) Developing and maintaining behaviour with conditioned reinforcement, c.) Decreasing a behaviour with extinction. Planning, applying and evaluating.

**OR**

## **COMMUNICATION**

**CO 1: Introduction:** What is Communication. Definition, Nature, Types, Process and Functions

**CO2:** Nonverbal Communication and Interpersonal behaviour. Gender and Cultural issues with respect to Non Verbal Communication. Functions of Non Verbal communication. Interaction of verbal and Non Verbal behaviour in conversation. Pro-social, anti-social behaviour, prejudice, conflict, intergroup behaviour. 36

**CO 3:** Organizational Communication, Choice of Communication Channel, Persuasive Communications,

Barriers to Effective Communication.

**CO 4: Applications :** Family and Work.

**Contact Hours: 50 hours (per semester)**

## **16: EMOTIONAL INTELLIGENCE**

**CO 1: Introduction:** Emotional Intelligence; Models of Emotional Intelligence; EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills; Importance of Emotional Intelligence

**CO 2: Knowing One's And Others' Emotions:** Levels of emotional awareness; Recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others

**CO 3: Managing Emotions:** The relationship between emotions, thought and behaviour; Techniques to manage emotions

**CO 4: Applications:** Workplace; Relationships; Conflict Management; Effective Leadership

**OR**

## **STRESS MANAGEMENT**

**CO 1: Stress:** Introduction, Nature of stress, symptoms of stress

**CO 2: Various sources of stress:** environmental, social, physiological and psychological

**CO 3: Stress and health:** effects of stress on health, eustress

**CO 4: Managing stress:** Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.

**Contact Hours: 50 hours (per semester)**

## **17: POSITIVE PSYCHOLOGY**

**CO 1: Introduction:Positive Psychology:** An Introduction, Perspectives on PositivePsychology: Western and Eastern, Character Strengths and virtues.

**CO 2: Positive Emotional States and Processes:** Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience.

**CO 3: Positive Cognitive States and Processes:** Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

**CO 4: Applications:** Work, education, ageing, health

**CO 5: Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-01

1. Well being: Verma, S.K., & Verma, A. (1989). Manual for PGI general well-being measure. Lucknow: Ankur Psychological Agency.

2. Resilience- To construct a Semi structured Interview and compare with **Annalakshmi's Scale**

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **18: HUMAN RESOURCE MANAGEMENT**

**CO 1: Introduction to Human Resource Management (HRM):** HRM and HRD, Context and issues in HRM.

**CO 2:** Human Resource Practices Job analysis; Recruitment and selection; Training; Performance Evaluation.

**CO 3:** International human resource management (IHRM) The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference (Hofsteade), Policies and practices in the multinational enterprise.

**CO4: Organizational change and development:** Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

**CO 5: Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-02

1. Career Maturity:

- a.) Crites, J.O. (1973a). Administration and Use Manual: Career Maturity Inventory. Monterey: McGraw- Hill
- b.) Crites, J.O. (1973b). Theory and Research Handbook: Career Maturity Inventory. Monterey: McGraw- Hill

2. Entrepreneurship- Semi-structured Interview and compared with Entrepreneurship Scale

- a.) Vijaya, V., & Kamalabhan, T.J. (1998). A scale to assess entrepreneurship motivation. The Journal of Entrepreneurship, VII-2

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## 19: HEALTH PSYCHOLOGY

**CO 1: Introduction:** Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health.

**CO 2: Behavior and health:** Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

**CO 3: Health Enhancing Behaviours:** Exercise, nutrition, safety, pain, stress management.

**CO 4: Health and Well-being:** Happiness; Life satisfaction; Resilience; Optimism and Hope .

**CO 5:Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-03

1. Hope: Adult Hope Scale- Synder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T. et. al (1991). The will and the ways: Development and validation of an individual differences measure of hope. Journal of Personality and Social Psychology, 60, 570-585.

2. Health Behaviour- To construct a Semi Structured Interview and compared with Cornell Medical Index

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## 20: COMMUNITY PSYCHOLOGY

**CO 1: Introduction:** Definition of community psychology; types of communities; models.

**CO 2: Core values:** Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation.

**CO3: Health promotion:** process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

**4: Interventions:** community development and empowerment; case studies in Indian context.

**CO 5: Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-04

1. Family Environment:

Bhatia, H., & Chaddha, N.K. (1993). Manual for Family Environment Scale. Ankur Psychological Agency. Lucknow.

2. Women Empowerment- To construct a Semi Structured Interview.

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **21: CULTURAL AND INDIGENOUS PSYCHOLOGY**

**CO 1: Cultural Processes:** Cultures; Multiculturalism and Cultural Relativity; Cultures and psychology: Perspectives of cross cultural psychology.

**CO 2: Culture, Self and Others:** Who am I and Who are They? Representation: Person, Other People, Self and of Groups, Acculturation & Enculturation: A Developmental Perspective: Family and children, models of the family, self-construal and developmental pathways.

**CO 3: Intercultural Contacts:** Nature, psychological benefits and costs, Migration, globalization and cultural diversity.

**CO 4: Indigenous Psychology:** Indian Psychology – Implications and applications; indigenization of psychology in India. Integration of modern psychology with Indian thought.

**CO 5: Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-05

1. Semi structured interview of people from different ethnic background on gender role attitude.

2. Bogardus Social Distance Scale on Ethnic Issues

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

## **22: PSYCHOLOGICAL PERSPECTIVES IN EDUCATION**

**CO 1: Education and Psychology: An Introduction:** Education as a Discipline, Education & Schooling; Contributions of Psychology to Education; ‘Child-centred’ and ‘progressive’ education.

**CO 2: Debates and Issues in Educational Psychology:** Role of Play in Education; Role of a teacher.

**CO 3: Classroom Management & Assessment:** Issues related to Classroom Management, Discipline and Control: Behavioural objective myth, the law and order myth, the myth of irresponsible youth; Uses and abuses of psychological testing in education, The IQ controversy.

**CO 4: Inclusive Education: Dealing with Classroom Diversity:** Inclusive Education: Nature, Concept



& Importance; Addressing classroom diversity: Gender, Socio-Economic Status, Caste. Disability.

**CO 5: Practicum:** Students would be required to complete 2 practicum from any of the topics discussed in DSE-06

1. Standard Progressive Matrices /WASI II India
2. Temperament Scale / Bell Adjustment Scale

**Contact Hours: 50 hours (per semester)**

**Practical : 4 hrs (per week)**

### **PROGRAMME OUTCOME**

**PO.1.** Should have clear concept about the basic and fundamental psychological principles such as basic psychological processes and experimental psychology.

**PO.2.** Should have a balancing view about the Nature-Nurture debate and must learn to predict human behaviour in terms of the combined effect of genetic, psychosocial and socio cultural variables.

**PO.3.** Should have knowledge about the way how societal changes influence human behaviour and also how individual and group influence on societies can bring social reformation that may or may not be accepted by the society.

**PO.4.** Should have the concept of applied social psychology which will help in understanding the needs, goals and strategies of intervention about various social issues.

**PO.5.** Should have adequate self knowledge and must learn to accept and respect diversities in the society and in turn develop unconditional positive regard which is expected to develop well being of the self and societies as a whole.

**PO.6.** Should have conception about why Psychology is a science and in this regard should develop basic methodological conceptions and these in combination result in development of research orientation for their higher studies that will certainly strengthen their individual career and help them to contribute to the teaching and research endeavor.

**PO.7.** Should have conception about psychological skills like communication, emotional intelligence, stress management etc. Concept of the skill of behaviour modification is also very important to develop for their higher studies in the field of psychology.

**PO.8.** Should learn to conduct and contribute to small workshops, seminar and study visit in their higher studies and must also be able to write report after conducting and contributing to these program.

**PO.9.** Should contribute to the society in learning emotional maturity which will help in development and maintenance of healthy relationship in personal and professional settings as well as in other significant areas of life.

**PO.10.** Should have clear concept on the basic counseling process. Concept of characteristics of counselor and the counselor-counselee relationship is very important for various activities in future.

**PO.11.** Should have knowledge in some specific areas of discipline. The concept and application of areas like positive psychology, human resource and cultural and indigenous psychology will help the students in research and other various researches in future.

**PO.12.** Should know concept of Health Psychology. Awareness of the role of psychological factors in physical health and importance of wellbeing is necessary. Should have knowledge in Community psychology, for better dealing with social issues the link between individual and community is a useful knowledge. The specific role of psychological ideas in education should be introduced to handle the learning process, research and further welfare of learners through the application of psychology.

## PROGRAMME SPECIFIC OUTCOME

**PSO.1.** Through the course they must be able to learn to achieve good marks and sound conception about the subject matter which only can help them to move into their higher grades and will assure their (part-III students) admission for post graduate level.

**PSO.2.** Good conception in psychometry and methodology will help them in analyzing data that in turn develop their research orientation for future higher studies.

**PSO.3.** Should develop sound knowledge about lab based experiments and paper pencil tests that will certainly enable them to efficiently conduct different experiments and tests in their future studies.

**PSO.4.** Subject conception, methodological knowledge and report writing skills about students' seminars, talks and departmental workshops will help them to formulate clinical cases, writing psychological test reports and also writing their dissertation or research project report in higher studies.

**PSO.5.** Knowledge about the Social Psychology will help them to gradually develop to apply different psychological principles to address their personal problems and problems of their surroundings that will possibly help them to develop a platform to contribute to the larger societies in future.

**PSO.6.** Conception about the different personality theories will certainly help them in gradual development of self knowledge which will certainly strengthen their personalities to combat with the different problems in life.

**PSO.7.** Knowledge about Industrial Psychology will provide them a brief conception about the organizational climate, behaviour and also regarding administration of psychological tests in industrial settings as well as how employee-employer relationships influence organizational behaviour.

**PSO.8.** Knowledge in Clinical Psychology is expected to help them in developing conception about development of normal and abnormal behaviours, nature of such behaviours, as well as the different ways to diagnose and treat clinical behaviours such as clinical interviews, administration of the psychological tests and orientation about the psychological interventions.

**PSO.9.** Students with good research orientation at graduation level are expected that at this level they will select their future research pathways such as some of them will decide to conduct research with basic psychological processes, physiological psychology and experimental psychology whereas others will probably be interested in application oriented researches and will certainly choose clinical, industrial and social psychology as their subject area.