

**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.

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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 : 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)

12: EMOTIONAL INTELLIGENCE

CO 1: Introduction: Emotional Intelligence; Models of Emotional Intelligence; EQ competencies: selfawareness, 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)

13: SOCIAL PSYCHOLOGY

CO 1 : Introduction to Social Psychology. Methods-survey and sociometry.

CO 2 : Social Cognition - schema, impression formation, attribution

CO 3: Attitude: definition, formation of attitude, theories, measurement; change of attitude.

CO 4: Group psychology: Definition and classification of group; group structure and function. Conformity and compliance. Leadership: definition, classification and function. Leadership and morale.

CO 5: Stereotype, prejudice and discrimination; concept and origin, measurement; Reduction of prejudice. Concept of gender - typing, stereotype and discrimination.

Contact Hours: 12 hours annually

14: HEALTH AND COUNSELLING PSYCHOLOGY

CO 1 : Nature and scope of health psychology - bio-psycho-social model of health psychology.

CO 2: Stress and health - nature, types, causes and consequences of stress. Stress management, Stress disorders, Health promoting and health damaging lifestyles.

CO 3: Theories of personality:

(a) Psychodynamic - Freud

(b) Trait theory -Cattell

CO : Concept of adjustment - mental health, mental hygiene, criteria and factors of adjustment, frustration and conflict.

CO 5: Counseling: meaning, purpose and steps.

Contact Hours: 10 hours annually

15 : PRACTICALS

CO 1 : a) Determination of ethnic prejudice by a suitable method. B)To determine the effect of group influence on problem solving. C)To determine the cohesiveness of a small group by sociometric method.

CO 2 : 1)Determination of the effect of set on simple reaction time by variation of a) instruction b) foreperiod.2) Determination of complex reaction time: a) discriminative and b)choice reaction time.

CO 3: Attitude scale construction by likert method with emphasis on:

- i. Domain
- ii. Item writing/collection
- iii. Item editing, finalizing and administration

on any one of the following topics:

- a. Marriage.
- b. Religion
- c. Family
- d. Institutionalisation of the Elderly
- e. Reservation
- f. Capital Punishment
- g. Euthanasia
- h. Globalization

Contact Hours: 50 hours annually

16: INDUSTRIAL PSYCHOLOGY AND ORGANIZATIONAL Required BEHAVIOUR

CO 1 : Introduction. Concept of Industrial psychology and organizational behavior.

CO 2: Personnel selection - basis and methods of Selection, job analysis - methods, measurement and uses.

CO 3: Content theories of work motivation, job satisfaction and job involvement.

CO 4: Organizational communication patterns.

CO 5: Concept of HR. Human Resource Development and Training, Planning, Counselling.

CO 6: Introduction and Concept of Organisational Health.

Contact Hours: 12 hours annually

18 : PSYCHOPATHOLOGY

CO 1 : Concepts of normality, abnormality and psychopathology including concept of neurotic, psychotic, psycho-physiological disorders.

CO 2 : Current classification of mental disorders (According to APA) -

Signs, symptoms and Etiology of

- a) Generalized Anxiety Disorder
- b) Phobia
- c) Obsessive Compulsive Disorder
- d) Dissociative Disorders
- e) Major Depressive Disorder
- t) Bipolar Disorders
- g) Schizophrenia

Contact Hours: 12 hours annually

19 : PRACTICALS

CO 1: Measuring intelligence by (i) Koh's block design test and (ii) Cube construction test.

Measuring intelligence of an adult individual using Terman and Merrill Intelligence Test (altered to WAIS Test of intelligence (Indian norm) as per instruction of the respective U. G. B. O. S. , W.B.)

CO 2 : a) Determination of Value/Interest by a standardized interest inventory
(b) Aptitude by Differential Aptitude Test (English version of Ojha)
(i) Numerical Ability
(ii) Verbal Reasoning.

CO 3: Personality testing- 16PF

CO 4 : Determination of levels of anxiety using any suitable test (Indian adaptation).

CO 5 : Suitable test of stress and coping.

CO 6 : Assessment of motivational pattern by a suitable test.

Contact Hours: 60 hours annually

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 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.5. 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 endeavour.

PO.6. 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.7. 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.8. 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.

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 analysing 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.