

Bhakta kavi Narsinh Mehta University Junagadh.



Choice Based Credit System (C.B.C.S) In U.G (Arts) Syllabus For Psychology

B.A Semester -04

- 1.Core Course (CCT)
- 2.Elective Course (ECT)

A draft Of C.B.C.S Courses in B.A.
Psychology Submitted to be executed
from Nov.-2019

Board of studies
Psychology

B.A Semester -4

BHAKTAKAVI NARSHINH MEHATA UNIVERSITY
CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS
FOR
PSYCHOLOGY

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2018]

S. No.	Diplo ma/ Gradu ate/ Post Gradu ate	Seme ster	Foundat ion/ Core/ Elective- 1 Elective- 2	Course/ Paper's Name	Pape r No.	Cre dit	Inter nal Mar ks	Ext ern al Mar ks	Prac tical / Viva Mar ks	Tot al Mar ks	Cour se/ Pape r's Uniq ue Code
01	Gradu ate	04	Core	EXPERIMEN TAL PSYCHOLO GY (THEORY)	Pape r-8	03	30	70	00	100	
02	Gradu ate	04	Core	COGNITIVE PSYCHOLO GY	Pape r-9	03	30	70	00	100	
03	Gradu ate	04	Core	THEORY OF PERSONALI TY	Pape r-10	03	30	70	00	100	
04	Gradu ate	04	Elective- 1	PSYCHOLO GY OF MEARRIGE LIFE	Pape r-8	03	30	70	00	100	
05	Gradu ate	04	Elective- 1 (OPTIO NAL)	PSYCHOLO GY OF ABNORMAL BEHAVIOU R	Pape r-8	03	30	70	00	100	
06	Gradu ate	04	Elective- 2	PSYCHOLO GY FOR DISEAS AND THERAPY	Pape r-9	03	30	70	00	100	
07	Gradu ate	04	Elective- 2 (OPTIO NAL)	COUNSELLI NG PSYCHOLO GY	Pape r-9	03	30	70	00	100	

Conceptual Framework of the Syllabus of Psychology-Semester 4

Sr . No	Level UG	Semester	Course Group Core Elective -1 Elective -2	Course (Paper) Title	Paper No.	Credit	Internal Marks	External Marks	Practical/ Viva/ Marks	Total Marks	Course (Paper) Unique Code
01	UG	04	Core	EXPERIMENTAL PSYCHOLOGY (THEORY)	08	03	30	70	--	100	
02	UG	04	core	COGNITIVE PSYCHOLOGY	09	03	30	70	--	100	
03	UG	04	core	THEORY OF PERSONALITY	10	03	30	70	--	100	
04	UG	04	Elective -1	PSYCHOLOGY OF MEARRIGE LIFE	08	03	30	70	--	100	
05	UG	04	Elective -2	PSYCHOLOGY OF MEARRIGE LIFE	08	03	30	70	--	100	
06	UG	04	Elective-1	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	08 (optional)	03	30	70	--	100	
07	UG	04	Elective-2	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	08 (optional)	03	30	70	--	100	
08	UG	04	Elective -1	PSYCHOLOGY FOR DISEAS AND THERAPY	09	03	30	70	--	100	

09	UG	04	Elective -2	PSYCHOLOGY FOR DISEAS AND THERAPY	09	03	30	70	--	100	
10	UG	04	Elective-1	COUNSELLING PSYCHOLOGY	09 (optional)	03	30	70	--	100	
11	UG	04	Elective-2	COUNSELLING PSYCHOLOGY	09 (optional)	03	30	70	--	100	

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 08
Paper Name- “EXPERIMENTAL PSYCHOLOGY (THEORY)”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-08	EXPERIMENTAL PSYCHOLOGY (THEORY)	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- (1) To acquaint Students with the basic concepts of Experimental Psychology.
- (2) To Provide Students a Perspective of Experimental Psychology

Unit – I

Experimental Method :

- Introduction.
- Meaning and Types of Experiment.
- Meaning and Types of Variable.
- Advantages and Limitations of Experimental Method.

Unit – II

Control in Experiment :

- Meaning and Types of Experimental Error.
- Various Techniques for Control.
- Single and Double Blind Technique.

- Matching.
- Randomization.
- Counter balancing.

Unit – III The Psychophysics :

- Psychophysics - Introduction.
- Types of Measurement Scales.
- Meaning of Psychophysical Methods.
- The basic Problems in Psychophysics.
- The basic concept of Psychophysics.

(1) Sensitivity

(2) Threshold

(3) Point of Subjective Equality

(4) Variable and Constant Errors.

Unit – IV Methods of Psychophysics :

- The Method of Minimal Changes.
- The Method of Constant Stimuli.
- The Method of Average Error.
- Method of Ranking.

Unit – V Measurement of Learning And Memory :

- Measurement of Learning.
- Types of Learning (Verbal Learning, Motor Learning and Problem Solving).
- Measurement of Learning.
- Learning Curves.
- Basic distinctions about Memory
- Short term Memory
- Long term Memory

Basic Books :

1. Postman and Egan : Experimental Psychology - An Introduction. Harper & Row, New York (Indian Edition is available).
2. Woodworth and Schlosberg. Experimental Psychology (Revised) Oxford & IBH Publishing Co., New Delhi.
3. Borton Andrews. Experimental Psychology Wiley Eastern Pvt. Ltd., New Delhi.
4. Morgan and King. Introduction to Psychology (4th ed.) McGrew Hill Book Co. New York (Indian Edition is Available).

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 09
Paper Name- “COGNITIVE PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-09	COGNITIVE PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- 1.To learn about basic cognitive processes through scientific methods.
2. To understand various mental processes: Attention and Consciousness, Memory processes, Reasoning and Decision making.

Course Contents:

1 Cognitive Processes

- 1.1 Nature, emergence and stages.
- 1.2 Methods to study cognitive Psychology: Observation, Introspection, Experimental, Quasi-Experimental and Neuropsychological.

2 Attention and Consciousness

- 2.1 Types: Selective Attention, Divided Attention and Sustained Attention.
- 2.2 Theories: Early and Late Selection, Capacity and Mental Effort Models.
- 2.3 Consciousness: Nature, Types and Functions.

3 Memory Processes

- 3.1 Encoding, Storage and retrieval.

3.2 Metaphors of Memory: Sensory, Short-term and Long-term.

3.3 Working Memory, Mnemonics and Memory Codes.

4 Reasoning and Decision Making

4.1 Types of Reasoning: Inductive and Deductive.

4.2 Approaches to Reasoning: Componential, Rules/Heuristics and Mental Models.

4.3 Cognitive Illusions in Decision Making: Availability, Representativeness, Framing Effect and Hindsight Bias.

Readings:

Eysenck M. W., & Keane M. T. (2005). *Cognitive psychology: A student's handbook* (5th Ed.). New York: Psychology Press.

Galotti, K. M. (2008). *Cognitive psychology: In and out of the laboratory* (2nd Ed.). Bangalore: Wadsworth, Cengage Learning.

Galotti, K. M. (2008). *Cognitive psychology: Perception, attention and memory*. New Delhi: Cengage Learning.

Hunt, R. R., & Ellis, H. C. (2004). *Fundamentals of cognitive psychology* (7th Ed.). New Delhi: Tata McGraw-Hill.

Matlin, M. W. (2008). *Cognition* (7th Ed.). CA: John Wiley & Sons.

Riegler, B. R., & Riegler, G. R. (2008). *Cognitive psychology: Applying the science of the mind* (2nd Ed.). New Delhi: Dorling Kindersley.

Sternberg, R. J., Sternberg, K. (2012). *Cognitive psychology* (6th Ed.). USA: Wadsworth, Cengage Learning.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Core subject: Psychology
Paper Number- 10
Paper Name- "THEORY OF PERSONALITY".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Core	CCT-10	THEORY OF PERSONALITY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

1. To develop an understanding of the concept of individual difference
2. To develop an appreciation of the biological and social impact on personality
3. To study approaches to personality

Course Contents:

Unit- I

- Definition and Nature of Personality
- Development of Personality
- Determinants of Personality : Biological, Social and Cultural.

Unit -II

- Types of Personality. Indian Concept.
- Constitutional Typology : Kretschmer & Sheldon.

UNIT- III

- Psychoanalytic Theories: Classical Freudian Perspective.
- Neo Psycho Analytic Theories: Adler and Sullivan.

UNIT- IV

-Trait Theories: Allport, Cattell.

-Type Theories: Jung and Eysenck.

UNIT -V

- Need Theory: Murray.

-Field Theory: Kurt Lewin.

Readings:

Adams, D. P. (2000). *The person: An integrated introduction to personality psychology*. Hoboken, NJ: John Wiley.

Carducci, B. J. (2009). *The psychology of personality: Viewpoints, research & application*. Hong Kong: Wiley-Blackwell.

Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian edition*. New Delhi, India: Pearson Education.

Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). *Foundations of Indian psychology—Theories and concepts (Vol. 1)*. New Delhi, India: Pearson.

Friedman, H. S., & Schustack, M. W. (2006). *Personality: Classic theories and modern research*. New Delhi, India: Pearson.

Kuppuswamy, B. (2001). *Elements of ancient Indian psychology*. New Delhi, India: Konark Publishers Pvt. Ltd.

Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New Delhi, India: Concept Publishing Company.

Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of east and west*. New York: Plenum Press.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.

Hall, C.S. and Lindzey, C.T. (1985), *Theories of Personality*, 3rd Edition. Wiley Eastern Ltd.

_ Hjella, L.A. and Ziegler, D.J. (1976). *Personality Theories*, McGraw Hill

_ Hurlock, E.S. (1976). *Personality Development*, Tata McGraw Hill

_ Asthana Madhu & Kiran Bala : *Vyaktwa Ka Manovigyan*, Motilal Banarasi Dass.

_ Mischel, W. (1976). *Introduction to Personality*. Holt Rinehart and Winston.

_ Pervin, L.A. (1984). *Personality Theory and Research*, 4th Edition. John Willey and Sons.

Faculty of Arts
Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 08
Paper Name-“PSYCHOLOGY OF MEARRIGE LIFE”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2	ECT-08	PSYCHOLOGY OF MEARRIGE LIFE	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

Objectives:

- (1) To provide students a perspective on human sexuality.
- (2) To help the students to examine their sex roles and relationship with opposite sex.
- (3) To acquaint students with reality of sex and married life and prepare them to build successful marital adjustment
- (4) Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge aboutmental and behavioral processes; learn how to do experimental and non-experimental studies.
- (5) Know how to use the various methods used in experimental psychology, including those for humans, bothinstrument and non-instrument based.

Course Outline :

Unit-1 :

- Introduction to Psychology of Married Life
- Introduction to Psychology of Married Life
- Meaning
- Purpose of Marriage
- Maturity of Marriage

Unit : 2 Fitness of Human Marriage

- Introduction
- Types of Fitness for Marriage
- Processing System of Heredity
- Venereal Disease

Unit : 3 Gender Roles

- Introduction

- Development of Role Concept
- Gender Role and Stereo type Attitude

Unit : 4 Marital Problems

- Marital Conflict
- Causes of Marital Conflict
- Divorce
- Suggestions for Marital Success

Unit : 5 Adjustment in Marriage

- Adjustment in Marriage
- Important of Love in Marriage
- Love as an appraisal of Arousal
- Acceptance Behavior

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References Basic Books

1. Kothari Prakash "Common sexual problems-Solutions. July 1987 VRP Publishers, Bombay 400 007.
2. Dr. Shah Hansa Navnit. "Stree Rog Shastra" Uni. Granath Nirman board. Gujarat Rajya, Second Edi. 2004
3. Masters W. H., Johnson V. E. and Kolodny R. C. "Sex and Human Loving" 14th Jaico Impression, 2001 Jaico publishing House Mumbai
4. Bechtel Stefan "The practical encyclopedia of sex and Health". Rajendra Publishing house, Bombay 400 018.
5. Dr. Gandhi Harkisan & Others "Lagna Pehla ane Pachhi" Reprint 1997 Navbharat Sahitya mandir, Ahmedabad-380 001.
6. L. Beam, Man and Woman Relationship - A medical study of sex adjustment Edition-2004 Shrishti Book Distributors, 4378/ 4B, 202 J.M.D. House, Ansari Road, Dariyaganj, New Delhi-110 002.
7. Baxi, M. and Co.author, (1996), 5th Ed., "Psychology of Sex and Married Life", Viral Publishing, Ahmedabad, Page No.1, 23, 86, 138, 213.
8. Janet S. H. (1990), 4th Ed., "Understanding Human Sexuality", Mc Grow Hill, Book Co., New Delhi.
9. Spencer A. and Co, author, (1993), 1st Ed., "Human Sexuality in world of Diversity", Rathus Allyn and Baco

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 08 (OPTIONAL)
Paper Name- "PSYCHOLOGY OF ABNORMAL BEHAVIOUR".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2 (OPTIONAL)	ECT-08	PSYCHOLOGY OF ABNORMAL BEHAVIOUR	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

1. Teaching a student the basic concept of Abnormal Behaviour.
2. To impart knowledge of psychosomatic disorders.
3. To impart knowledge of various disorders.

Course Outline :

Unit-1 : Introduction to Abnormal Psychology

- Introduction
- Definition, Nature and Scope of Abnormal Psychology
- Difference between Normal and Abnormal Behavior
- Approaches of Abnormal Behavior

Unit : 2 Causes of Abnormal Behavior

- Physical Causes
- Psychological
- Socio-Cultural

Unit : 3 Neuroses

- Meaning of Neurosis
- Causes
- Types
- Treatment

Unit : 4 Schizophrenia

- What is Schizophrenia?
- Causes
- Types

- Treatment

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Unit : 5 Psychosomatic Disorders

- What is a Psychosomatic Disorders?
- Peptic Ulcer, Allergic, Asthma, Migraine Hypertension

Readings:

Comer, R. J. (2015). *Abnormal psychology*. New York: Worth publishers.

Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2013). *Abnormal psychology* (15th Ed.). New York: Harper Collins.

Diagnostic and Statistical Manual of Mental Disorders. (2013). Washington, D.C.

Nevid, J., Rathus, S., & Greene, B. (2014). *Abnormal psychology in a changing world*. Upper Saddle River, NJ: Pearson Prentice Hall.

The ICD-10 Classification of Mental and Behavioural Disorders. (1992). Geneva.

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 09
Paper Name- “PSYCHOLOGY FOR DISEAS AND THERAPY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2	ECT-09	PSYCHOLOGY FOR DISEAS AND THERAPY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

- 1.To provide theoretical foundation for the practice of psychotherapy.
2. To help the trainee counselors to choose specific techniques for a particular case.

Course Outline :

Unit-1 : Introduction

- Definition of Psycho-disease
- Scope of Psycho-disease
- Difference between Normal and abnormal personality

Unit-2 : Psychosis

- Introduction
- Meaning and characteristics of Psychosis
- Classification of Psychosis
 - ** Functional Psychoses – Schizophrenia – Paranoia – Manic depressive.
 - ** Organic Psychoses- Psychoses associated with infectious diseases- Epilepsy

Unit-3 : Psychotherapy.

- Introduction
- Definition of psychotherapy
- Aims of psychotherapy
- Psychotherapeutic Devices
 - ** Behavior therapy – Wholpe
 - ** Non directive Psychotherapy – Rogers

Unit-4 : Mental health.

- Introduction
- Factors affecting of mental health
- Characteristics of good mental healthy person.
- Importance of mental health

Unite-5 : Indian therapy.

- Meaning and definition of yoga.
- Stapes of yoga (8 stage)
- Water therapy

References :

- Abramson, L.Y., Seligman, M.E.P., & Teasdale, J.D. (1978). Learned helplessness in humans: Critique and reformulation. *Journal of Abnormal Psychology, 87*, 49-74.
- Achenbach, T.M. (1982). *Developmental psychopathology* (2nd ed.). N.Y.: John Wiley & Sons.
- Ader, R., & Cohen, N. (1984). Behavior and the immune system. In W.D. Gentry (Ed.), *Handbook of behavioral medicine*. New York: Guilford Press.
- Agras, W.S. (1984). The behavioral treatment of somatic disorders. In W.D. Gentry (Ed.), *Handbook of behavioral medicine*. New York: Guilford Press.
- Agras, W.S. (1985). *Panic: Facing fears, phobias, and anxiety*. N.Y.: W.H. Freeman & Co.
- Agras, W.S., Sylvester, D. & Oliveau, D. (1969). The epidemiology of common fear and phobia. *Comprehensive Psychiatry, 10*, 151-156.
- Akhtar, S., Wig, N.N., Verma, V.K., Pershad, D., & Verma, S.K. (1975). A phenomenological analysis of symptoms in obsessive-compulsive neurosis. *British Journal of Psychiatry, 127*, 342-348.
- Akiskal, H.S. (1983). Diagnosis and classification of affective disorders: New insights from clinical and laboratory approaches. *Psychiatric Developments, 3*, 123-160.
- Akiskal, H.S. (1984). Characterologic manifestations of affective disorders: Toward a new conceptualization. *Integrative Psychiatry, 2*, 83-88.
- Akiskal, H.S., Hirschfeld, R.M.A., & Yerevanian, B.I. (1983). The relationship of personality to affective disorders: A critical review. *Archive of General Psychiatry, 40*, 801-810.

Syllabus
Subject psychology
Course Name: B.A. sem IV Elective 1&2 subject: Psychology
Paper Number- 09 (OPTIONAL)
Paper Name- "COUNSELLING PSYCHOLOGY".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	04	Elective 1&2 (OPTIONAL)	ECT-09	COUNSELLING PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help Students:

- 1.To acquaint the students with the nature and process of counseling.
- 2.To create an awareness about theories and techniques of counseling.
- 3.To enable them to understand different fields of application of counseling.
- 4.To enable students to develop knowledge and skills required in counseling.

Course Outline :

Unit-1 : Introduction to Counseling Psychology

- Introduction
- Meaning of Counseling Psychology
- Goal of Counseling
- Types of Counseling

Unit : 2 Professional Issues, Ethics

- Meaning of Professional Issues
- Ethics
- Education and Training of Counselor

Unit : 3 Need of Counseling

- Problem of Indian Students in Counseling
- Characteristics of Counselor

Unit : 4 Counseling Relationship

- What is Counseling Relationship?
- Characteristics of Counseling Relationship
- Dimension of Counseling Relationship
- Area of Counseling

Unit : 5 Counseling Interview

- Meaning of Counseling Interview
- Purpose and Importance of Counseling Interview
- Process of Counseling Interview

Reference Books :

1. Blum, M.L. & Balinky, B. (1961). *Counselling and Psychology*, Bombay : Asia Publising House.
2. Rao, Narayan S. (1981). *Counsilling Psychology*, New Delhi : Tata-mc Graw Hill Pub-co.
3. *Conselling in General Practice*, Edited rosiya carney, Routledge 11, New Fetter Lane, London, Ec4p4EE (1993).
4. Dave C.B. and Co. authors, (1996), 4th Ed., "*Counselling Psychology*", Viral Publishing, Ahmedabad,
5. Maleek M.R. and Co. authors, (2008-9), 3rd Ed., "*Counselling Psychology*", C. Jamnadas Co., Ahmedabad,
6. Patel S.T. (2001), 3rd Ed., "*Counselling Psychology*", University book production board, Ahmedabad,
7. Patterson, L. W. & Welfel, E. R. (2000). *The Counselling Process*. 5th ed. Belmont, CA: Brook/Cole.
8. Corey, G. (1996). *Theory and Practice of Counselling and Psychotherapy*. 5th ed. Belmont, CA: Brook/Cole.
9. Narayana Rao, S. (2002). *Counselling and Guidance*. 2nd ed. New Delhi: Tata Mc Graw Hill.
10. Belkin, G. S. (1988). *Introduction to Counselling*. W. G.: Brown Publishers.
11. Nelson, J. (1982). *The Theory and Practice of Counselling Psychology*. New York: Holtt Rinehart & Winston.