

BOS in Psychology Revised syllabus on 3rd June 2014

Karnataka State Women University, Bijapur

Psychology---Question paper pattern (Theory)

A) Objective (questions x marks)	10x2=	20
B) Short Notes	3x5=	15
C) Essay Type	3x15=	45
Total		80
Internal assessment (IA)		20
Grand total		100

Practical marks

PSYCHOLOGY--Practical Examination

1) Problem, Plan & Procedure	10
2) Conduct of the experiment	10
3) Discussion & conclusion	10
4) Statistics	05
5) Viva	05
Total	40
Internal assessment (IA)	
Attendance	05
Practical record (Journal)	05
Total	10
Grand Total	50

Rules and Regulations

1. The practical duration is of **04** hours per batch per week.
2. The maximum no. of students per practical batch is **10**.
3. The practical examination duration is **03** hours.
4. Morning & afternoon sessions can be held during practical examination by giving minimum 01 hour gap in-between.
5. The practical examinations batch should have maximum of 10 students (+or -02).
6. The concerned colleges should make the practical examination batches & it should be displayed on the notice board one week before the commencement of examinations. (subjected to last minute changes by the University Authority).
7. If any student has a clash of theory/practical examination, she should get permission from the Practical Examiners in writing to attend practical examination out of turn and it should be forwarded to the Registrar- Evaluation, Karnataka State Women University, Bijapur through The Principal to make it convenient to the affected students.
8. Passing in theory & practical is separate

SEMESTER -I

1.1 Core Psychological Processes.

Unit-I Introduction of Psychology:

Definitions, Scope & relationship with other social sciences, methods- Introspection, observation, experimental & case study, survey, interview and questionnaire. Current perspectives of psychology: biological, psycho-dynamic, behaviouristic, cognitive and humanistic.

14 Hours

Unit-II Biological processes: Nervous system, Neuron, central nervous system, brain, spinal cord, peripheral nervous system – somatic, autonomic, endocrine system- nature, functions, its effects on behaviour.

10 Hours

Unit-III: Sensory and perceptual processes -functions of five basic sensations, attention, nature, types and determinants of attention, perceptual organisation, depth perception and its cues, illusions, extra sensory perception (ESP).

16 Hours

Unit-IV: Learning: meaning, basic processes- extinction, spontaneous recovery, generalization and discrimination, types of learning –conditioning, trial & error, insightful and social learning (Bandura's theory). Transfer of training. Role of motivation in learning

14 Hours

Books

- 1) Robert A. Boron – *Psychology* (2010) Pearson Edn.
- 2) R.S. Feldman-*Understanding psychology*, 3rd edition (1995) Prentice Hall India
- 3) P.Nataraj-*Samanya manovijnan*

BA 1st Semester practicals

- 1) Directed observation on the accuracy of report
- 2) Mapping of the colour zones
- 3) Colour blindness
- 4) Muller-Lyer illusion
- 5) Bi-lateral transfer of training
- 6) Span of attention
- 7) Habit interference
- 8) Insight on motor learning

Statistics : Frequency distribution, percentiles and quartiles

Note: Minimum 5 practicals should be conducted.

SEMESTER –II

2.1. Basic Psychological process

Unit –I Memory: meaning, types-sensory,STM,LTM. stages, improvement of memory, meaning, nature & causes of forgetting. Assessment of memory–recall, recognition & relearning. 12 Hours

Unit-II Thinking: Meaning and models, information processing, S-R theories, cognitive theories, simulation models. Problem solving, decision making, creative thinking, concept formation, language and thought. 12 Hours

Unit-III Motivation and emotion

Motivation: meaning and classification and motives-biological- hunger, thirst, sex and sleep; social-- achievement motivation and Maslow’s need hierarchy, power, parenting.

Emotions: meaning, physiological responses-- arousal, emotional intensity and emotional expressions. Theories – James-Lange, Cannon- Bard and cognitive theory; Emotional intelligence (EQ). 12 Hours

Unit –IV Intelligence and Abilities: Meaning and nature of individual differences, theories of intelligences-Guilford,Thurstones’ theories. Measurement of intelligence-tests and scales, aptitudes, and their measurement. 12 Hours

Unit-V Personality: Meaning and definitions, characteristics, individuality and interaction with environment. Traits and types approaches. Assessment of personality- questionnaire, rating scales and projective tests. 12 Hours

Books

1. Feldman R.S. *Understanding psychology*- 4th Edition 1996 Mc. Growth Indian.
2. Robert A. Baron –*Psychology*, 3rd Edition prentice Hall India.
3. P.Nataraj-*Samanya manovijnan*
4. Morgan C.T. & King- *Introduction to psychology*, 7th edition 1989 McGraw Hill India.
5. Hilgard & Atkinson,- *Introduction to psychology*, IBH publication

BA 2nd Semester practicals

- 1) Recall and recognition
- 2) Meaning on retention
- 3) Judgment of emotions by facial expression
- 4) Emotional intelligence
- 5) RPM – intelligence test
- 6) Otis intelligence test
- 7) Personality test – EPI
- 8) Sentence completion test

Statistics : Measures of central tendency mean, medium and mode for grouped and ungrouped data.

Note: Minimum 5 practicals should be conducted.

SEMESTER –III

Developmental Psychology-I

Unit-I Concept of human development –meaning and history the field. Aspects of human development -physical, cognitive & moral. Methods – longitudinal, cross-sectional, biographical, case history, significant facts of human development

12 Hours

Unit II: Genetic foundation of behaviours: cell division, pre-requisites of conception, mechanism of heredity, sex determination, multiple births, chromosomal abnormality.

10 Hours

Unit-III Prenatal life: Meaning & length of pre-natal period, characteristics of stages of pre-natal development --germinal stage, embryonic stage, foetal stage, hazards of prenatal period.

12 Hours

Unit –IV Infancy and babyhood: pre-maturity, causes and effects adjustments in infancy, general characteristics of infant, principles of behavioural development- individuation, cephalo-caudal and proximo-distal development, development of speech in babyhood, pattern of muscle control and growth of emotional behaviour.

14 Hours

Unit-V Childhood: Development tasks –early and late childhood-physical, emotional, social, moral and speech development, nature of play activities and problems of children

12 Hours

Books

1. Elizabeth Hurlock – *Development psychology*- A life span approach, 5th edition Tata McGraw Hill.
2. Diane E Papalia & Sally- *Human development*, 7th Edn 1998 McGraw Hill Pub.
3. James W. Vander Zanden- *Human development* -6th edition 1997 McGraw hill.
4. P.Nataraj- *Vikas manovijnan*

BA 3rd Semester practicals

- 1) Adjustment inventory
- 2) Study-habit inventory
- 3) Parent-child relationship
- 4) Personality maturity test

- 5) Concept formation
- 6) Verbal reasoning test (DAT)
- 7) Word building test
- 8) Interpersonal relationship inventory

Statistics : Measures of variability SD, QD & MD

Note: Minimum 5 practicals should be conducted.

SEMESTER –IV

4.1 Developmental Psychology Part-II

Unit-I Puberty & Adolescence:

Puberty –biological changes, primary & secondary sex characteristics, reactions to physical changes, Hazards of puberty.

Adolescence: emergence of self, development of personal identity, moral development, developing a career, interests, and adolescent relationships- family, peers and adults society.

14 Hours

Unit –II Adulthood: characteristics, vocational adjustment, importance of work choosing an occupation, gender differences at work; factors making vocational choice different, appraisal vocational adjustment, marital life styles marital adjustment and conditions influencing it, adjustment to parenthood .

14 Hours.

Unit –III Middle age: Characteristics. Adjusting to change in physical, mental abilities, interests, social and emotional adjustment. Coping with midlife crisis, vocational adjustment, adjustment to being single in middle age. Preparation for retirement.

12 Hours.

Unit –IV Old age: characteristics, changes and adjustments-physical, motor, functioning, mental abilities, interests, family life –living arrangements and old age problems.

10 Hours

Unit-V End of life: Aspects of death-biological psychological, social attitudes towards death and dying (across life span). Stages of dying, death education goals, support groups and services, finding a purpose in life and death.

10 Hours

Books

1. Elizabeth Hurlock – *Developmental psychology* 5th edition TMH pub.
2. Lois Hoffman, Scott Paris & others -*Developmental psychology today*- 5th ed.1988
3. Papalia BE and sally -*Human development*, 1998 MGH publication.
4. P.Nataraj- *Vikas manovijnan*

BA 4th Semester practicals

- 1) Marital adjustment inventory
- 2) Self-concept inventory
- 3) Vocational interest inventory
- 4) Subject well being test
- 5) Frustration test
- 6) Mental health check list
- 7) Stress scale
- 8) EPPS

Statistics : Standard error

Note: Minimum 5 practicals should be conducted.

SEMESTER-V

5.1 Social Psychology

Unit-I Introduction: nature and scope of psychology, social psychology and other social sciences. sociology political science, anthropology Methods of social psychology—experimental, questionnaire, survey, field study and rating scale. 8 Hours.

Unit-II Social perception: Meaning and nature, social power and social process. Perceiving others-person perception, forming impressions; role of non-verbal cues, halo effects and attribution theory- Kelly's theory. 8 Hours.

Unit-III Socialization: process of socialization, agencies facilitating socialization—family, school, etc., Importance of socialization, case studies. 6 Hours.

Unit-IV Attitudes: Nature & formation, , measurement of attitude, stereotypes prejudices and reduction of prejudices, attitudinal change & theories of attitude, balance theory. 12 Hours.

Unit-V: Pro-social behaviour: Co-operation and helping, personal, situational and socio-cultural determinants, bi-stander effect, theoretical explanations of pro-social behaviour. 10 Hours.

Unit-VI Applied social psychology: Inter group relations, poverty, population social issues, social institutions, problems of social change, environmental issues, social movements. 10 Hours.

Books

1. Alcock J.E & Corment D.W Sadava SW Collin's J.E & Green J.M. (1997) *-A text book of social psychology*, S Carborough , Oratario; prentice hall Allyes & Bacon.
2. Baron R.A & Byrne D (1998)- *Social Psychology*, New Delhi Prentice Hall
3. Lindsey G & Aronson, (1985) *The handbook of social psychology*, NY Random House.
4. Feldman R.S (1985), *Social Psychology- Theories, research and application*. New York McGraw Hill.
5. Mayers David G (1994). *Exploring social psychology*. New York McGraw Hill.
6. P.Nataraj-*Samajika manovijnan*

BA 5th Semester practical paper – I

- 1) Summated rating scale (Likert scale)
- 2) Social distance scale
- 3) Stereotype
- 4) Health modernity
- 5) Attitude change
- 6) Pro-social behaviour scale
- 7) Competition on work performance
- 8) General health assessment

Statistics: Correlation by Rank Difference Method.

Note: Minimum 5 practicals should be conducted.

5.2 A)

Industrial Psychology

Unit-I Introduction: Definition, goals and fundamental concepts. Historical development of industrial psychology. Two classic studies time & motion study and Hawthorne studies

10 Hours

Unit-II Job analysis and selection: Job analysis, definition and methods questionnaire, check lists, individual interview, observation interview, group interview –Application blank, psychological tests used in selection- intelligence, personality, aptitude and interest tests.

10 Hours

Unit-III Training: definition, training methods for non-supervisory staff, on job training, apprenticeship programmes, job instruction training, off the job training methods, class room

lectures & conferences, films, simulation exercise, computer modelling, training methods for managerial staff, coaching, understudy assignment, job rotation, committee assignment, role-play, in-basket training, human relations in training. 10 Hours

Unit-IV Leadership & motivation: leadership; definition, styles of leadership- authoritarian, democratic & free-reign. Motivation models of motivation, motivational drives- achievement motivation, power motivation, affiliation, theories of motivation-Maslow, Hertzberg's& Alderfer's –ERG model. 10 Hours.

Unit-V Industrial incentives & morale: Financial incentives, incentive system- non-financial incentives: attitudes, superiorly relations, level of aspiration: knowledge of results. Industrial morale- definition, characteristics, methods of increasing morale. 10 Hours

Books

1. Blum M.L. & Naylor J.C- *Industrial psychology*, CBS pub. New Delhi 1984
2. Newstrom JW & Davis -*Organisational behaviour – Human Behaviour at work*, Tata McGraw Hill 1998
3. Mohanty G.-*Industrial Psychology & organisational psychology*, Kalyani pubn.
4. Ashwathappa K- *Human resources & personnel management*-Tata McGraw Hill 1997.

5.2 B)

Environmental Psychology

Unit-I Environment: Environmental Wisdom: Evolving environmental ethics from values about nature in the ancient Indian systems. Earth as living system; the Gaja Hypothesis, Deep ecology. 10 hrs.

Unit-II Environment and behaviour: Effects of behaviour on environment; perception, preferences and awareness of environment. Effects of environment on behaviour. Noise pollution, chemical pollution, crowding and personal space. 10 hrs.

Unit-III Ecology and Development: Human nature and environmental problems; pro-social and pro-environment behaviours. Ecosystem and its components, demography; mortality and fertility. Resources use; common property resources. Sustainable development, ecology acculturation and psychological adaptation. 10 hrs

Unit-IV Psychological Approaches to environment: Eco-cultural (Berry), Bio-social psychology (Dawson). Ecological psychology (Barker). Person- environment transactions(Sokols; Ittelson). 10 hours.

Unit-V Environmental Assessment: Socio psychological dimensions of environmental impact environmental deprivation; nature and consequences. Creating environmental awareness; social movements(Chipko, Tehri, Narmada, Sahyadri movement). Naturalistic observation and field surveys. 10 hrs.

References:

1. Gadgil, M & Gunha R. (1995) *Ecology and equity*. New Delhi Penguin Books
2. Ittelson, W.H Proskhansky, H.M. Winkel, G.H & Dempsey, d(1974) *An Introduction to Environmental psychology* New York, Rinehart and Winston.
3. Jain, U (1987) *The psychological consequences of crowding*, New Delhi, Sage pub.
4. Mishra R.C. Sinha D & Berry J.W (1996), *Ecology, community and lifestyle* New Delhi.
5. Stokols D and AltmannL (eds) (1987) *Handbook of Environmental psychology*, New York ,Wiley.
6. Pandey, J; Sinha D & Bhawuk, D.P.S (Eds) (1996) *Asian contributions to cross –cultural psychology*.

BA 5th Semester practicals paper – II

Industrial Psychology or Environmental Psychology

- 1) Mental fatigue
- 2) Clerical aptitude test (DAT)
- 3) Finger-dexterity test
- 4) Tweezer-dexterity test
- 5) Mechanical aptitude test (DAT)
- 6) Need for achievement
- 7) Two hand co-ordination
- 8) Physical fatigue

Statistics : Correlation by Rank Difference Method.

Note: Minimum 5 practicals should be conducted.

SEMESTER- VI

6.1 Abnormal Psychology

Unit-I Introduction: Defining abnormality, criteria of abnormality-statistical pathological, socio-cultural, maladaptive, deviation from ideal. Classifying abnormal behaviour –DSM –IV Classification. 8 hrs.

Unit-II Psychological models of Abnormality: Psycho-dynamic, behaviouristic, cognitive, behavioural, humanistic, inter-personal. 8 hrs.

Unit-III Anxiety based disorders: Panic disorders, phobic disorders, obsessive-compulsive disorders, disassociative disorders and depersonalisation disorders.

14 hrs.

Unit-IV Personality disorders: Paranoid, schizoid, borderline, avoidant, dependent, sexual deviant disorders

8 hrs.

Unit-V Schizophrenia and delusional disorders: general symptoms, types and causes of delusional disorder, clinical picture and causes.

10 hrs.

Unit-VI: Substance abuse disorders: alcohol abuse and dependence, clinical Picture and causes of drug abuse and dependence. Narcotics, sedatives.

8 hrs.

Books:

1. Carson RC & Butcher JN: *Abnormal psychology and modern life* (10th ed) Harper Collins, New York.
2. boot zin RR, Acocella & Alloy LB (6th ed) *Abnormal psychology –current perspectives* Mc Graw Hill inc, USA.
3. Ronald J. Cormer *Abnormal psychology* (2nd Ed) WH Freeman & Co NY.
4. John M. Neale, Gerald C. Davidson & David A.F. Haggga: *Exploring abnormal psychology* (6th Ed) John Willey & sons.
5. P.Nataraj-*Manorogavijnan(kan)*
6. Dr AN Venkatesh Reddy *Apsamanya Manovijnan hagu adhunika jeevan.(kan)*

BA 6th Semester Abnormal Psychology practical paper- I

- 1) Personality inventory - MPI
- 2) Measurement of anxiety scale
- 3) KNPI
- 4) 16 PF
- 5) Cyclothyme – schizothyme inventory
- 6) Moudsley medical questionnaire
- 7) Security-insecurity inventory
- 8) Depression scale

Statistics : Correlation by Foot-rule method.

Note: Minimum 5 practicals should be conducted.

Semester-VI

6.2 A) Health psychology

Unit-I Introduction: Definition, mind-body relationship, changing patterns of illness, relationship of health psychology with sociology and behavioural medicine. Methods of health psychology—anecdotal method and experimental method
Models of health: Bio, psycho-social model 12 hours.

Unit-II Stress and its effect on health: meaning of stress, prevention of stress, responses to stress, coping with stress, theories of stress- Selye and Lazarus theories. 8 Hours

Unit-III Health compromising behaviour—alcohol abuse, drug abuse, smoking and unsafe sex, causes and effects. 10 Hours.

Unit-IV Health enhancing behaviours: exercise, weight control, meditation, social support and diet. 8Hours.

Unit-V Health behaviour modification: cognitive, behavioural approach; self-observation and self monitoring, classical conditioning, modelling, stimulus control, relapse prevention attitude and health belief model. 10 Hours

Books:

1. *Health psychology*- SE Taylor –IV edition, McGraw Hill International.
2. *Health psychology* -L. Bernard and E. Krupat (1994) Harcourt Brace Col. Pub.
3. *Health psychology*- L Brannon and J. Fiest, IV Edition Wordsworth pub. –USA
4. *Health and human behaviour*,-R.M. Kaplan J.F Sallies Jr. and T.I. Patterson IV Edition McGraw Hill International Inc.
5. *Psychological perspectives on stress & health* (1999) Girishwar Mishra, Concept –pub. Co. NewDelhi.
6. *Arogya Manovijnana (Kannada)*- Part 1, P. Nataraj.

Semester –VI

6.2 B) Counselling psychology:

Unit-I Introduction: Nature, definition of counselling and guidance, goals of counselling and guidance, counselling and guidance movement in India. 8 Hours

Unit-II Professional issues and approaches to counselling: Person-centred counselling, gestalt counselling, psychoanalytical counselling, cognitive counselling, behaviouristic counselling. 10 Hours.

Unit -III Counselling Process: counselling relationship, importance and component, facilitating conditions, counselling interview, types of interviews; information and therapeutic interview, procedures and limitations 8 hours.

Unit-IV Tests in counselling: Nature of psychological tests, characteristics of psychological tests, and uses of psychological tests in counselling, limitations of psychological tests. 12 Hours.

Unit-V Counselling Applications: Child counselling, family counselling, school counselling, career counselling group counselling and counselling interventions. 10 Hours

Books:

- 1) Galso Charles J; & Fretz, Bruce R (1995) *Counselling psychology*-prism books pvt. Ltd. Harcourt brace college publishers.
- 2) Kochhar, SK (2001) *Guidance and counselling in colleges and Universities* Sterling low price edition, sterling publishers private limited.
- 3) Nelson James, Richard (1996) *Practical counselling and helping skills*, betta yourself books, Mumbai.
- 4) Patterson, Levis E & Welfeel Elizabeth Reynolds (2000), *The counselling process*- 5th edition, Wordsworth Thomson Learning Eastern press, Bangalore.
- 5) S. Narayan Rao - *Counselling & guidance*, Tata McGraw Hill Pub. Co.
- 6) Dr. Soubhagya Avaragerimath – *Aptha Samalochana Manovijnana(Kan)*.
- 7) Dr. C. R. Chandrashekhar – *Aptha Salabe Samadhana(Kan)*.

BA 6th Semester paper- II **Health psychology** OR

Counseling psychology

- 1) Guidance need inventory
- 2) Study of frustration (Muthiah's verbal frustration test)
- 3) Dimensions of temperament
- 4) Youth-problem inventory
- 5) Assessment of stress
- 6) Test of inferiority complex
- 7) Coping behaviour scale
- 8) A-S reaction inventory

Statistics : Correlation by Foot rule method.

Note: Minimum 5 practicals should be conducted.