



**GOKUL  
GLOBAL  
UNIVERSITY**

Approved By Govt. of Gujarat  
(Recognized by UGC under Section 22 & 2(f) of 1956)  
(Gujarat Private State University Act 4 of 2018)

# GOKUL GLOBAL UNIVERSITY (GGU)

Faculty of Arts, Humanities and Social Science

Bachelor of Arts (Psychology)



**FACULTY OF ARTS, HUMANITIES & SOCIAL SCIENCES**  
**GOKUL ARTS COLLEGE**



University Campus, State Highway-41, Siddhpur - 384151, Dist. Patan, Gujarat, INDIA  
E: [dean.fac.hum@gokuluniversity.ac.in](mailto:dean.fac.hum@gokuluniversity.ac.in) W: [www.gokuluniversity.ac.in](http://www.gokuluniversity.ac.in) M: +91 95109 73859



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## Teaching Scheme & Examination Pattern

### Semester 1

| Sr.<br>No. | Subject Name        | Course Type              | Subject Code | Credit | Teaching Scheme Per week |              |                | Examination Marks |          |    |    | Total<br>Marks |
|------------|---------------------|--------------------------|--------------|--------|--------------------------|--------------|----------------|-------------------|----------|----|----|----------------|
|            |                     |                          |              |        | Th<br>hour               | Pr –<br>hour | Total<br>-hour | Internal          | External |    |    |                |
|            |                     |                          |              |        |                          |              |                | Th                | Pr       | Th | Pr | 100            |
| 1          | Compulsory English  | Foundation<br>Compulsory | BA1001       | 2      | 2                        | -            | 30             | 15                | -        | 35 |    | 50             |
| 2          | Compulsory Sanskrit | Foundation<br>Compulsory | BA1002       | 2      | 2                        | -            | 30             | 15                | -        | 35 |    | 50             |
| 3          | Introduction to     | Core Compulsory          | BA1051       | 4      | 4                        | -            | 60             | 30                | -        | 70 |    | 100            |



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|       |                                     |                  |        |    |    |   |     |     |   |     |  |     |
|-------|-------------------------------------|------------------|--------|----|----|---|-----|-----|---|-----|--|-----|
|       | Psychology -1                       |                  |        |    |    |   |     |     |   |     |  |     |
| 4     | Introduction to Social Psychology-1 | Core Compulsory  | BA1052 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 5     | Micro Economics - 1                 | Core Elective    | BA1041 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 6     | Money & Banking                     | Core Elective    | BA1042 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 7     | SAHITYAKRUTI NO ABHYAS              | Elective Open    | BA1003 | 2  | 2  | - | 30  | 15  | - | 35  |  | 50  |
| 8     | INDIAN CONSTITUTION                 | Elective Generic | BA1004 | 2  | 2  |   | 30  |     |   | 50  |  | 50  |
| Total |                                     |                  |        | 24 | 24 |   | 360 | 165 |   | 435 |  | 600 |



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## Semester 2

| Sr. No. | Subject Name                         | Course Type           | Subject Code | Credit | Teaching Scheme Per week |              |                    | Examination Marks |          |    |    | Total Marks |
|---------|--------------------------------------|-----------------------|--------------|--------|--------------------------|--------------|--------------------|-------------------|----------|----|----|-------------|
|         |                                      |                       |              |        | Th<br>hou<br>r           | Pr –<br>hour | Total<br>-<br>hour | Internal          | External |    |    |             |
|         |                                      |                       |              |        |                          |              |                    | Th                | Pr       | Th | Pr | 100         |
| 1       | Compulsory English                   | Foundation Compulsory | BA2001       | 2      | 2                        | -            | 30                 | 15                | -        | 35 |    | 50          |
| 2       | Compulsory Sanskrit                  | Foundation Compulsory | BA2002       | 2      | 2                        | -            | 30                 | 15                | -        | 35 |    | 50          |
| 3       | Introduction to Psychology -II       | Core Compulsory       | BA2051       | 4      | 4                        | -            | 60                 | 30                | -        | 70 |    | 100         |
| 4       | Introduction to Social Psychology-II | Core Compulsory       | BA2052       | 4      | 4                        | -            | 60                 | 30                | -        | 70 |    | 100         |



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|--------------|---------------------------------|------------------|--------|----|----|---|-----|-----|-----|-----|--|-----|
| 5            | Micro Economics-2               | Core Elective    | BA2041 | 4  | 4  | - | 60  | 30  | -   | 70  |  | 100 |
| 6            | Banking and Public Economics -2 | Core Elective    | BA2042 | 4  | 4  | - | 60  | 30  | -   | 70  |  | 100 |
| 7            | SAHITYA KRUTI NO ABHYAS         | Elective Open    | BA2003 | 2  | 2  | - | 30  | 15  | -   | 35  |  | 50  |
| 8            | INDIAN GEOGRAPHY                | Elective Generic | BA2004 | 2  | 2  |   | 30  |     |     | 50  |  | 50  |
| <b>Total</b> |                                 |                  |        | 24 | 24 |   | 360 | 165 | 435 | 435 |  | 600 |



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### Semester 3

| Sr. No. | Subject Name                    | Course Type           | Subject Code | Credit | Teaching Scheme Per week |              |                    | Examination Marks |          |    |    | Total Marks |
|---------|---------------------------------|-----------------------|--------------|--------|--------------------------|--------------|--------------------|-------------------|----------|----|----|-------------|
|         |                                 |                       |              |        | Th<br>hou<br>r           | Pr –<br>hour | Total<br>-<br>hour | Internal          | External |    |    |             |
|         |                                 |                       |              |        |                          |              |                    |                   | Th       | Pr | Th |             |
| 1       | Compulsory English              | Foundation Compulsory | BA3001       | 2      | 2                        | -            | 30                 | 15                | -        | 35 |    | 50          |
| 2       | Adjustment Psychology-1         | Core Compulsory       | BA3053       | 4      | 4                        | -            | 60                 | 30                | -        | 70 |    | 100         |
| 3       | Heath Psychology -1             | Core Compulsory       | BA3054       | 4      | 4                        | -            | 60                 | 30                | -        | 70 |    | 100         |
| 4       | Introduction to BioPsychology-1 | Core Compulsory       | BA3055       | 4      | 4                        | -            | 60                 | 30                | -        | 70 |    | 100         |



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|-------|---------------------|------------------|--------|----|----|---|-----|-----|---|-----|--|-----|
| 5     | Micro Economics -1  | Core Elective    | BA3043 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 6     | Indian Economy -1   | Core Elective    | BA3044 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 7     | Environment Science | Elective Generic | BA3004 | 2  | 2  |   | 30  |     |   | 50  |  | 50  |
| Total |                     |                  |        | 24 | 24 |   | 360 | 165 |   | 435 |  | 600 |



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### Semester 4

| Sr.<br>No. | Subject Name                 | Course Type              | Subject Code | Credit | Teaching Scheme<br>Per week |              |                    | Examination Marks |          |    |    | Total<br>Marks |
|------------|------------------------------|--------------------------|--------------|--------|-----------------------------|--------------|--------------------|-------------------|----------|----|----|----------------|
|            |                              |                          |              |        | Th<br>hou<br>r              | Pr –<br>hour | Total<br>-<br>hour | Internal          | External |    |    |                |
|            |                              |                          |              |        |                             |              |                    |                   | Th       | Pr | Th |                |
| 1          | Compulsory English           | Foundation<br>Compulsory | BA4001       | 2      | 2                           | -            | 30                 | 15                | -        | 35 |    | 50             |
| 2          | ADJUSTMENT<br>PSYCHOLOGY– II | Core Compulsory          | BA4053       | 4      | 4                           | -            | 60                 | 30                | -        | 70 |    | 100            |
| 3          | HEALTH PSYCHOLOGY-<br>II     | Core Compulsory          | BA4054       | 4      | 4                           | -            | 60                 | 30                | -        | 70 |    | 100            |



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|--------------|--|------------------|--------|----|----|---|-----|-----|---|-----|--|-----|
| 4            | INTRODUCTION TO BIO-<br>PSYCHOLOGY- II | Core Compulsory  | BA4055 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 5            | Micro Economics -2                     | Core Elective    | BA4043 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 6            | Indian Economy- 2                      | Core Elective    | BA4044 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 7            | CULTURAL HERITAGE OF<br>GUJARAT        | Elective Generic | BA4004 | 2  | 2  | - | 30  |     |   | 50  |  | 50  |
| <b>Total</b> |  |                  |        | 24 | 24 |   | 360 | 165 |   | 435 |  | 600 |



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## Semester 5

| Sr.<br>No. | Subject Name       | Course Type              | Subject Code | Credit | Teaching Scheme<br>Per week |              |                    | Examination Marks |          |    |    | Total<br>Marks |
|------------|--------------------|--------------------------|--------------|--------|-----------------------------|--------------|--------------------|-------------------|----------|----|----|----------------|
|            |                    |                          |              |        | Th<br>hour                  | Pr –<br>hour | Total<br>-<br>hour | Internal          | External |    |    |                |
|            |                    |                          |              |        |                             |              |                    |                   | Th       | Pr | Th |                |
| 1          | Compulsory English | Foundation<br>Compulsory | BA5001       | 2      | 2                           | -            | 30                 | 15                | -        | 35 |    | 50             |



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|--------------|---|------------------|--------|----|----|---|-----|-----|---|-----|--|-----|
| 2            | ABNORMAL<br>PSYCHOLOGY-I                      | Core Compulsory  | BA5051 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 3            | INTRODUCTION TO<br>PSYCHOLOGICAL<br>INQUIRY-I | Core Compulsory  | BA5052 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 4            | EXPERIMENTAL<br>PSYCHOLOGY<br>PRACTICAL       | Core Compulsory  | BA5053 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 5            | INDUSTRIAL<br>PSYCHOLOGY –I                   | Core Compulsory  | BA5054 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 6            | COUNSELLING<br>PSYCHOLOGY –I                  | Core Compulsory  | BA5055 | 4  | 4  | - | 60  | 30  | - | 70  |  | 100 |
| 7            | HUMAN RIGHTS                                  | Elective Generic | BA5004 | 2  | 2  |   | 30  |     |   | 50  |  | 50  |
| <b>Total</b> |   |                  |        | 24 | 24 |   | 360 | 165 |   | 435 |  | 600 |



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## Semester 6

| Sr.<br>No. | Subject Name | Course Type | Subject Code | Credit | Teaching Scheme<br>Per week | Examination Marks | Total<br>Marks |
|------------|--------------|-------------|--------------|--------|-----------------------------|-------------------|----------------|
|------------|--------------|-------------|--------------|--------|-----------------------------|-------------------|----------------|



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|--|--|-----------------------|--------|---|----------------|--------------|--------------------|----------|----------|----|----|-----|
|  |  |                       |        |   | Th<br>hou<br>r | Pr –<br>hour | Total<br>-<br>hour | Internal | External |    |    |     |
|  |  |                       |        |   |                |              |                    | Th       | Pr       | Th | Pr |     |
| 1  | Compulsory English                       | Foundation Compulsory | BA6001 | 2 | 2              | -            | 30                 | 15       | -        | 35 |    | 50  |
| 2  | ABNORMAL PSYCHOLOGY-II                   | Core Compulsory       | BA6051 | 4 | 4              | -            | 60                 | 30       | -        | 70 |    | 100 |
| 3  | INTRODUCTION TO PSYCHOLOGICAL INQUIRY-II | Core Compulsory       | BA6052 | 4 | 4              | -            | 60                 | 30       | -        | 70 |    | 100 |
| 4  | QUANTITATIVE DATA ANALYSIS               | Core Compulsory       | BA6053 | 4 | 4              | -            | 60                 | 30       | -        | 70 |    | 100 |
| 5  | INDUSTRIAL PSYCHOLOGY –II                | Core Compulsory       | BA6054 | 4 | 4              | -            | 60                 | 30       | -        | 70 |    | 100 |
| 6  | COUNSELLING PSYCHOLOGY –II               | Core Compulsory       | BA6055 | 4 | 4              | -            | 60                 | 30       | -        | 70 |    | 100 |
| 7  | Personality Development                  | Elective Generic      | BA6004 | 2 | 2              |              | 30                 |          |          | 50 |    | 50  |



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|-------|----|----|--|-----|-----|--|-----|--|-----|
| Total | 24 | 24 |  | 360 | 165 |  | 435 |  | 600 |
|-------|----|----|--|-----|-----|--|-----|--|-----|

## Syllabus - Semester 1



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|                        |                              |                           |            |
|------------------------|------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts             | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 1 <sup>st</sup>    | <b>Semester :</b>         | I          |
| <b>Course title :</b>  | Introduction to Psychology-I | <b>Course code :</b>      | BA1051     |
| <b>Course type :</b>   | Theory (Core Compulsory)     | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> | BASIC PSYCHOLOGY             |                           |            |
| <b>Rationale :</b>     |                              |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology

**Course Outcome:**



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Students will demonstrate Familiarity with the major concepts theoretical perspectives empirical findings and historical trends in psychology students will understand and apply basic research methods in Psychology including research design data analysis and interpretation

### \Content

| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>1 Introduction to Psychology</b><br>1.1 Introduction Definition and goals of psychology.<br>1.2 The School of Psychology (in Brief)<br>1.3 Methods of Psychology. (Observation, Experimental, Case study)<br>1.4 Field of Psychology. (In Brief)                  | 1      | 25%       |
| II   | <b>2 Motivation</b><br>2.1 Concept of Motivation<br><b>2.2 Theories of Motivation</b><br>2.2.1 Drive reduction theory<br>2.2.2 Arousal theory<br>2.2.3 Maslow's hierarchy of needs<br>2.2.4 Social-cognitive theory.<br>2.3 The Primary Drives (Hunger, Thirst, Sex) | 1      | 25%       |



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|     |   |   |     |
|-----|---|---|-----|
|     | 2.4 Social Motives (Achievement)  |   |     |
|     |   |   |     |
| III | <b>3Emotion</b><br>3.1 Definition and components of emotion<br>3.2 Theories of emotion (James- Lange theory, Cannon- Bard theory)<br>3.3 The physiology of emotion<br>3.4 Animal Emotion<br>3.5 polygraph   | 1 | 25% |
| IV  | <b>4: Learning</b><br>4.1 Definition<br>4.2 Classical Conditioning (Pavlov & Watson- Little Albert and peter)<br>4.3 Operant conditioning (Skinner)<br>4.4 Cognitive Learning<br>- 4.4.1 Learning by insight<br>- 4.4.2 Observational Learning<br>- 4.4.3 Animal Cognition<br>- 4.4.4 Cognitive maps. | 1 | 25% |
|     |   |   |     |

**Reference Books:**

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York



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|                        |                                      |                           |            |
|------------------------|--------------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts                     | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 - 1 <sup>st</sup>            | <b>Semester :</b>         | I          |
| <b>Course title :</b>  | Introduction to Social-psychology -I | <b>Course code :</b>      | BA1052     |
| <b>Course type :</b>   | Theory                               | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> | .                                    |                           |            |
| <b>Rationale :</b>     |                                      |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

The aim of the course is to familiarize students with the problems of the society and the studies relating to the factors, which influence them. It will also focus on some important application areas of social psychology.



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**Course Outcome:**

- + Students will get Improvement of social relationship.
- + Students will discuss concepts and measurement of social supports
- + Students will acquire the knowledge of Indian culture and society through social psychology.
- + Students will get knowledge of quality of leadership.
- + Student will reduce the measurement of aggressiveness through social psychology.

**Content**

| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>1 Introduction to social Psychology</b><br>1.1 Definition, Nature and Scope of social psychology.<br>1.2 Scientific study of social and cognitive Processes                                 | 1      | 25 %      |
|      | 1.3 Application of social psychology in Indian context   |        |           |
| II   | <b>2- Methods of Social Psychology</b><br>2.1 Experimental Methods<br>2.2 Field V/S Laboratory setting<br>2.3 Methods of Data Collection<br>2.4 Self-Report, Observation, Correlation Research | 1      | 25%       |



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|     |  |   |     |
|-----|--|---|-----|
| III | <b>3 Social Perception</b><br>3.1 Social Perception<br>3.2 Perceiving Ourselves<br>3.2.1 Self Concept<br>3.2.2 Self esteem<br>3.2.3 Self-Presentation  | 1 |     |
| IV  | <b>4 - Group Processes</b><br>4.1 Definition, Nature and Function<br>4.2 Social Facilitation<br>4.3 Social loafing<br>4.4 Conformity<br>4.5 Compliance | 1 | 25% |

Reference Books:

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York.
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) 'Introduction to psychology' Mc. Graw Hill Co. International Ed



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## Semester 2

|                        |                               |                           |            |
|------------------------|-------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts              | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 1 <sup>st</sup>     | <b>Semester :</b>         | II         |
| <b>Course title :</b>  | Introduction to Psychology-II | <b>Course code :</b>      | BA2051     |
| <b>Course type :</b>   | Theory                        | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                               |                           |            |
| <b>Rationale :</b>     |                               |                           |            |



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### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 10                 | 20 |          |       |

### Course Objective:

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology

### Course Outcome:

Students will demonstrate Familiarity with the major concepts theoretical perspectives empirical findings and historical trends in psychology  
students will understand and apply basic research methods in Psychology including research design data analysis and interpretation

### Content

| Unit | Description in detail | Credit | Weightage |
|------|-----------------------|--------|-----------|
| I    | 1 Memory              | 1      | 25 %      |



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|    |  |  |     |
|----|--|--|-----|
|    | <ul style="list-style-type: none"><li>1.1 Definition of Memory.</li></ul>  |  |     |
|    | <ul style="list-style-type: none"><li>1.2 Beginning memory research</li><li>1.3 How Memory works?</li><li>1.4 The three system in memory</li></ul>   |  |     |
|    | <ul style="list-style-type: none"><li>1.5 Forgetting</li><li>1.6 Improving memory</li></ul>  |  |     |
| II | 2Perception <ul style="list-style-type: none"><li>2.1 Definition of perception</li><li>2.2 The Gestalt principals of Perceptual organization</li><li>2.3 Perceptual constancy</li><li>2.4 Depth Perception</li><li>2.5 Attentional Processes</li></ul> |  | 25% |



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|     |  |   |     |
|-----|--|---|-----|
|     | 2.6 Functions of Attention   |   |     |
| III | <b>3 Intelligence</b> <ul style="list-style-type: none"><li>3.1 Definition and nature of Intelligence</li><li>3.2 The Range of Intelligence</li><li>3.2 Mental Retardation</li><li>3.3 Measuring Intelligence</li><li>3.4 Measuring Intelligence in India</li></ul>  | 1 | 25% |
| IV  | <b>4 Personality</b> <ul style="list-style-type: none"><li>4.1 Definition of personality</li><li>4.2 Theories of personality<ul style="list-style-type: none"><li>4.2.1 Freud and Psychoanalysis</li><li>4.2.2 Humanistic personality theories, Maslow and Rogers</li></ul></li><li>4.3 Personality: Is it in the Genes?<ul style="list-style-type: none"><li>4.3.1 The Twin Stud Method</li></ul></li></ul> |   | 25% |



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|  |   |  |  |
|--|---|--|--|
|  | <ul style="list-style-type: none"><li>• 4.3.2 Shared and Non shared Environment</li><li>• 4.3.3 Adoption Method</li></ul> |  |  |
|  | 4.3.4 Personality and Culture   |  |  |

**Reference Books:**

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York

|                       |   |                           |            |
|-----------------------|---|---------------------------|------------|
| <b>Program :</b>      | Bachelor of Arts                          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>         | 2023/24– 2nd                              | <b>Semester :</b>         | II         |
| <b>Course title :</b> | Introduction to Social-<br>psychology -II | <b>Course code :</b>      | BA2052     |
| <b>Course type :</b>  | Theory (Core Compulsory)                  | <b>Course credit :</b>    | 04         |



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|                        |  |
|------------------------|--|
| <b>Pre-requisite :</b> |  |
| <b>Rationale :</b>     |  |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

The aim of the course is to familiarize students with the problems of the society and the studies relating to the factors, which influence them. It will also focus on some important application areas of social psychology.

**Course Outcome:**

- ✚ Students will get Improvement of social relationship.
- ✚ Students will discuss concepts and measurement of social supports
- ✚ Students will acquire the knowledge of Indian culture and society through social psychology.
- ✚ Students will get knowledge of quality of leadership.
- ✚ Student will reduce the measurement of aggressiveness through social psychology.

**Content**



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| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>1- Leadership</b><br>1.1 Definition and Function of Leadership<br>1.2 Approaches to leadership<br>1.2.1 Traits<br>1.2.2 Situational<br>1.2.3 Interactional<br>1.2.4 Contingency<br>1.3 Leadership Effectiveness<br>1.4 The charismatic leadership | 1      | 25%       |
| II   | <b>2 Attitudes</b><br>2.1 Definition and Nature of attitudes<br>2.2 Attitudes and Behavior   | 1      | 25%       |



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|     |   |   |     |
|-----|---|---|-----|
|     | 2.3 Formation of Attitudes<br>2.4 Measurement of Attitudes  |   |     |
| III | <b>3 Prejudice</b><br>3.1 Components of Prejudice<br>3.2 The social and Cognitive roots of Prejudice<br>3.3 Targets of Prejudice: Social groups<br>3.4 Reducing Prejudice   |   |     |
|     |   | 1 | 25% |
| IV  | <b>4 Aggression</b><br>4.1 Definition Aggression<br>4.2 Interpersonal Aggression<br>4.3 What Triggers Aggression<br>4.4 Prevention & Control of Aggression<br>4.5 Motivations for Terrorism<br>4.6 Theory of Albert Bandura | 1 | 25% |



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**Reference Books:**

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York.
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) 'Introduction to psychology' Mc. Graw Hill Co. International Ed



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## Semester 3

|                        |                           |                           |            |
|------------------------|---------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 2 <sup>nd</sup> | <b>Semester :</b>         | III        |
| <b>Course title :</b>  | Adjustment Psychology -I  | <b>Course code :</b>      | BA3053     |
| <b>Course type :</b>   | Theory                    | <b>Course credit :</b>    |            |
| <b>Pre-requisite :</b> |                           |                           |            |
| <b>Rationale :</b>     |                           |                           |            |

### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       | 0        | 0         | Mid                | CE | Total    |
|                       |          |           | 10                 | 20 | 70       |
|                       |          |           |                    |    | 100      |

### Course Objective:



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helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology. To acquaint the students with the concept of adjustment and development. To help students to make more effective choices in coping with problems of everyday life

**Course Outcome:**

- (i) Studying Adjustment Psychology Will Develop Effective Adjustment Power In the Student
- (ii) By Studying Adjustment Psychology Students Will Develop Positive Personality Traits

**Content**

| Unit | Description in detail                  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>1 Introduction to Adjustment</b>    | 1      | 25%       |
|      | 1.1 Definition & Process of Adjustment |        |           |
|      | 1.2 Social Change                      |        |           |
|      | 1.3 Challenge of self-Direction        |        |           |
|      | 1.4 Themes of Personal Growth          |        |           |
|      |  |        |           |



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|     |  |   |     |
|-----|--|---|-----|
| II  | <b>2 Perspective on Child Development</b><br>2.1 The Biological Perspective on Child Development<br>2.2 The Psychodynamic Perspective on Child Development<br>2.3 The Social-Cognitive Perspective on Child Development<br>2.4 The Humanistic Perspective on Child Development |   | 25% |
| III | <b>3 Seeking Selfhood and Meeting People</b><br><br>3.1 What is the Self Concept?<br>3.2 Core Characteristics of the Self Concept<br>3.3 The Self-Concept and Personal Growth<br>3.4 Meeting People<br>-3.4.1 First Impressions<br>- - 3.4.2 Mistaken Impression               | 1 | 25% |
| IV  | <b>4 Stress Management</b>   |   | 25% |



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|  |   |  |  |
|--|---|--|--|
|  | 4.1 Understanding Stress<br>4.1.1 Conceptualizing stress<br>4.1.2 Stress & you<br>4.2 Reaction to Stress<br>4.3 Managing Stress |  |  |
|--|---|--|--|

**Reference Books:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



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|                        |                           |                           |            |
|------------------------|---------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 2 <sup>nd</sup> | <b>Semester :</b>         | III        |
| <b>Course title :</b>  | Health Psychology-I       | <b>Course code :</b>      | BA3054     |
| <b>Course type :</b>   | Theory                    | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                           |                           |            |
| <b>Rationale :</b>     |                           |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology Introduction to the health enhancing and health compromising life styles/behaviors.

**Course Outcome:**



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- I) Students Will gain an Understanding Of Physical and Mental Health
- ii) About body and brain get functions the students will get the information
- iii) The bridegroom Will get knowledge about the illness and its treatment related to physical and mental health

### Content

| Unit | Description in detail   | Credit | Weightage |
|------|---|--------|-----------|
| I    | <b>1-Introduction to Health Psychology</b><br>1.1 What is Health?<br>1.2 What is Health Psychology?<br>1.3 Why is the Field of Health Psychology Needed?<br>1.4 The Bio-Psychosocial Model in Health Psychology | 1      | 25%       |
| II   | <b>2 - The Systems of the Body</b><br>2.1The Endocrine System<br>2.2The Cardiovascular System<br>2.3 The Respiratory System<br>2.4 The Digestive System<br>2.5 The Immune System                                | 1      | 25%       |



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|     |  |   |     |
|-----|--|---|-----|
| III | <b>3 -Health Enhancing Behaviors</b><br>3.1What are the Health Behaviours?<br>3.2 Health Enhancing Behaviors'<br>3.2.1Exercise 3.2.2 Accident Prevention<br>3.2.3 Maintaining a Healthy Diet<br>3.2.4 Weight Control | 1 | 25% |
| IV  | <b>4 - Health Compromising Behaviors</b><br>4.1 Characteristics of Health Compromising Behaviours<br>4.2 What is Substance Dependents<br>4.3 Alcoholism and Problem Drinking<br>4.4 Smoking                          | 1 | 25% |

**Reference Books:**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication,New Delhi.

|                  |                  |                           |            |
|------------------|------------------|---------------------------|------------|
| <b>Program :</b> | Bachelor of Arts | <b>Subject / Branch :</b> | Psychology |
|------------------|------------------|---------------------------|------------|



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|                        |                                  |                        |            |
|------------------------|----------------------------------|------------------------|------------|
| <b>Year :</b>          | <b>2022/23 – 2<sup>nd</sup></b>  | <b>Semester :</b>      | <b>III</b> |
| <b>Course title :</b>  | Introduction to Bio-Psychology-I | <b>Course code :</b>   | BA3055     |
| <b>Course type :</b>   | Theory                           | <b>Course credit :</b> | 04         |
| <b>Pre-requisite :</b> |                                  |                        |            |
| <b>Rationale :</b>     |                                  |                        |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**Course Outcome:**

- i) The biological approach and behavior to be as a consequence of our genetics and physiology to introduce bio logical psychology
- ii) the students will informed about the brain and its divisions

**Content**



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| Unit | Description in detail   | Credit | Weightage |
|------|---|--------|-----------|
| I    | <b>1 - Nature of Physiological Psychology</b><br>1.1 Historical Roots of Physiological Psychology<br>1.2 Definition, Nature and Scope of Physiological Psychology<br>1.3 Importance of Studying Physiological Psychology<br>1.4 The Modern Era of Brain Imaging   | 1      | 25 %      |
|      |   |        |           |
|      |   |        |           |
| II   | <b>2 - Research Methods of Physiological Psychology</b><br>2.1 Neuro anatomical Methods<br>2.1.1 Method of Staining<br>2.1.2 Method of Degeneration<br>2.1.3 Method of Extirpation<br>2.1.4 Electrolytic Lesionous Method<br>2.2 Electrical Recording Methods<br>2.2.1 Electroencephalogram<br>2.2.2 Method of Evoked Potentials<br>2.2.3 Method of Micro-electrodes<br>2.3 Method of Stimulation<br>2.3.1 Method of Electrical Stimulation<br>2.3.2 Method of Chemical Stimulation | 1      |           |



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|     |   |   |    |
|-----|---|---|----|
|     | 2.4 Hormonal and Bio-chemical Methods<br>2.4.1 Hormonal Method<br>2.4.2 Bio-chemical Method   |   |    |
| III | <b>3 - The Neuron, Nervous System</b><br>3.1 The Anatomy of Neuron<br>3.2 What Neurons do?<br>3.3 Peripheral Nervous System<br>3.4 Central Nervous System | 1 |    |
| IV  | <b>4 - The Physiological Basis of Perception</b><br>4.1 Visual Perception<br>4.2 Auditory Perception<br>4.3 Chemical Perception                           | 1 | 25 |

Reference Books:

1. Levinthal C.F. (2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York



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## Semester 4

|                       |                           |                           |            |
|-----------------------|---------------------------|---------------------------|------------|
| <b>Program :</b>      | Bachelor of Arts          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>         | 2023/24– 2nd              | <b>Semester :</b>         | 4th        |
| <b>Course title :</b> | Adjustment Psychology –II | <b>Course code :</b>      | BA4053     |
| <b>Course type :</b>  | Theory (Core Compulsory)  | <b>Course credit :</b>    | 04         |



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|                        |  |
|------------------------|--|
| <b>Pre-requisite :</b> |  |
| <b>Rationale :</b>     |  |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

elping the students to acquaint with the key concepts.Methods, Subject matter and applications of psychology. To acquaint the students with the concept of adjustment and development. To help students to make more effective choices in coping with problems of everyday life

**Course Outcome:**

- (iii)Studying Adjustment Psychology Will Develop Effective Adjustment Power In the Student
- (iv) By Studying Adjustment Psychology Students Will Develop Positive Personality Traits

**Content**

| Unit | Description in detail           | Credit | Weightage |
|------|---------------------------------|--------|-----------|
| I    | <b>1- The Body &amp; Health</b> | 1      | 25%       |



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|     |   |   |     |
|-----|---|---|-----|
|     | 1.1 Body Image<br>1.2 Psychological Factors and Physical Illness<br>1.3 Coping with Illness<br>1.4 Promoting Wellness   |   |     |
| II  | <b>2- Love &amp; Commitment</b><br><br>2.1 Love & Commitment<br>2.2 Love & Intimacy<br>2.3 Commitment<br>2.4 Adjusting to Intimate Relationship<br>2.5 Divorce and its consequences | 1 | 25% |
| III | <b>3-Managing Your Inner life</b><br><br>3.1 Understanding Motivation<br>3.2 Understanding Emotion  | 1 | 25% |



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|    |   |   |     |
|----|---|---|-----|
| IV | <b>4 – Adulthood</b><br>4.1 Early Adulthood<br>4.2 Middle Adulthood<br>4.3 Late Adulthood | 1 | 25% |
|----|---|---|-----|

**Reference Books:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



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|------------------------|----------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts     | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2023/24 – 4th        | <b>Semester :</b>         | IV         |
| <b>Course title :</b>  | Health Psychology-II | <b>Course code :</b>      | BA4054     |
| <b>Course type :</b>   | Theory               | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                      |                           |            |
| <b>Rationale :</b>     |                      |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       |          |           | Mid                | CE | Total    |
| 4                     | 0        | 0         | 15                 | 15 | 70       |
|                       |          |           |                    |    | 100      |

**Course Objective:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology Introduction to the health enhancing and health compromising life styles/behaviors.

**Course Outcome:**

- . I) Students Will gain an Understanding of Physical and Mental Health
- ii) About body and brain get functions the students will get the information



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iii) The bridegroom Will get knowledge about the illness and its treatment related to physical and mental health

### Content

| Unit | Description in detail                                      | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>1- Patient-Provider Relations</b>                       | 1      | 25 %      |
|      | 1.1 What is a Health Care Provider?                        |        |           |
|      | 1.2 Nature of Patient –Provider Communication              |        |           |
|      | 1.3 Improving Patient –Provider Communication              |        |           |
| II   | 1.4 Placebo as Healer                                      | 1      |           |
|      | <b>2 -Heart Disease, Hypertension, Stroke and Diabetes</b> |        |           |
|      | 2.1 Coronary Heart Disease                                 |        |           |
|      | 2.2 Stroke   |        |           |



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|     |   |   |    |
|-----|---|---|----|
|     | 2.3 Diabetes  |   |    |
| III | <b>3-Management of Chronic Illness</b><br>3.1 Quality of Life<br>3.2 Emotional Response to Chronic Illness<br>3.3 Coping with Chronic Illness<br>3.4 Personal Issues in Chronic Disease<br>3.5 Psychological Intervention and Chronic Disease | 1 |    |
| IV  | <b>4- Health Psychology: Challenges for the Future</b><br>4.1 Health Promotion<br>4.2 Stress and Its Management<br>4.3 Trends for the Future<br>4.4 Becoming a Health Psychologist  | 1 | 25 |

**Reference Books:**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication,New Delhi.



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|                        |                                   |                           |            |
|------------------------|-----------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts                  | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 2 <sup>nd</sup>         | <b>Semester :</b>         | IV         |
| <b>Course title :</b>  | Introduction to Bio-Psychology-II | <b>Course code :</b>      | BA4055     |
| <b>Course type :</b>   | Theory                            | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                                   |                           |            |
| <b>Rationale :</b>     |                                   |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

**Course Objective:**

Teaching a student's the basics of biological bases of behavior



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To acquaint students with basic constructs of Physiological Psychology

**Course Outcome:**

- i) The biological approach and behavior to be as a consequence of our genetics and physiology to introduce bio logical psychology
- ii) the students will informed about the brain and its divisions

**Content**

| Unit | Description in detail   | Credit | Weightage |
|------|---|--------|-----------|
| I    | <b>1- The Physiological Basis of Sensory and Motor Mechanism</b><br><br>1.1 Sensory Mechanism<br><br>1.1.1 Sensory Centers and Pathways<br><br>1.1.2 Reticular Activating System<br><br>1.1.3 Topographical Arrangement<br><br>1.1.4 Sensory Experience | 1      | 25 %      |



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|    |  |   |     |
|----|--|---|-----|
|    | 1.2 Motor Mechanism<br>1.2.1 Skilled Movement<br>1.2.2 Motor Area<br>1.2.3 Pre-motor Area  |   |     |
| II | <b>2- The Physiological Basis of Motivation &amp; Emotionality</b><br>2.1 The Physiological Basis of Motivation<br>2.1.1 Meaning of Motivation<br>2.1.2 Mechanism for Eating<br>2.1.3 Mechanism for Drinking<br>2.1.4 Arousal and Sleep<br>2.2 The Physiological Basis of Emotionality<br>2.2.1 Cognitive Factors in Human Emotionality<br>2.2.2 The Peripherals Signs of Emotionality | 1 | 25% |



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|     |  |   |     |
|-----|--|---|-----|
| III | <b>3- Mechanisms for Learning, Reward</b><br><br>3.1 Physiological Changes During Learning<br>3.2 The Anatomical Requirement for Learning<br>3.3 The Role of Hippocampus in Learning<br>3.4 The Physiological Basis for Reward | 1 | 25% |
| IV  | <b>4 - Mechanism for Remembering</b><br>4.1 The Anatomy of Memory<br>4.2 Physiological Mechanism for Memory in the Brain<br>4.3 Triggers for Memory Retrieval<br>4.4 Amnesia, Dementia and Alzheimer's disease                 | 1 | 25% |

**Reference Books:**

1. Levinthal C.F. (2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York



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## Semester 5

### Content

|                        |                           |                           |            |
|------------------------|---------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 3 <sup>rd</sup> | <b>Semester :</b>         | V          |
| <b>Course title :</b>  | ABNORMAL PSYCHOLOGY-I     | <b>Course code :</b>      | BA5051     |
| <b>Course type :</b>   | Theory                    | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                           |                           |            |
| <b>Rationale :</b>     |                           |                           |            |

Teaching Examination Scheme:



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| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

### Course Objective:

To educate students about abnormal behavior  
To give students an understanding of the nature and symptoms of different uncommon syndromes  
To impart knowledge on the need to pronounce on different Asaran syndromes

### Course Outcome:

Module Learning Outcomes. Explain what it *means to display abnormal behavior*. Clarify how mental health professionals classify mental disorders

## 1. Content

| Unit | Description in detail   | Credit | Weight-age |
|------|---|--------|------------|
| I    | <b>Abnormal Psychology :An overview</b><br>1.1 What Do Mean by Abnormal Behavior 1.2.1 why Do We Need to classify mental disorder 1.1.2 What Are the Disadvantages of classification 1.1.3 The DSM-IV definition of mental disorder 1.1.4 How Dose culture Affect What is considered Abnormal 1.1.5 Culture – specific Disorder 1.1.6 Treatment 1.1.7 The mental health “Team | 1      | 25%        |



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|-----|--|---|-----|
|     |  |   |     |
| II  | <b>Causal Factors for Abnormal Behavior</b><br>2.1 The Biological causal Factors<br>2.1.1 Neurotransmitter and Hormonal Imbalance 2.1.2 Genetic Vulnerabilities 2.1.3 temperament<br>2.1.3 Brain Dysfunction and Neural plasticity 2.1.4 The Impact of Biological Viewpoint 2.2 The Psychological causal factors<br>2.2.1 Early Deprivation or Trauma<br>2.2.2 Inadequate Societal Influences<br>2.2.3 Marital Discord and Divorce<br>2.2.4 Maladaptive Peer Relationships<br>2.3 The sociocultural Causal Factors<br>2.3.1 The Sociocultural Environment 2.3.2 Pathogenic Societal Influences 2.3.3 Impact of the sociocultural Viewpoint | 1 | 25% |
| III | <b>Panic Anxiety and Their Disorders</b><br>3.1 The Fear and Anxiety Response Patters 3.2 Specific Phobias 3.3 Social Phobias 3.4 Panic Disorder With and Without Agoraphobia 3.5 Generalized Anxiety Disorder 3.6 Obsessive –compulsive Disorder 3.7 Sociocultural Causal Factors For All Anxiety Disorder  | 1 | 25% |



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|    |   |   |     |
|----|---|---|-----|
| IV | <b>Somatoform and Dissociative Disorder</b><br>4.1 Somatoform Disorder 4.1.1 Hypochondriasis 4.1.2<br>Somatization Disorder<br>4.1.3 Panic Disorder 4.1.4 Conversion Disorder 4.1.5 Body<br>Dysmorphic Disorder 4.2 Dissociative Disorders 4.2.1<br>Depersonalization Disorder 4.2.2 Dissociative Amnesia and<br>Fugue 4.2.3 Dissociative Identity Disorder | 1 | 25% |
|----|---|---|-----|

**Reference Books:**

carson R.c; Butcher J.M : Mineka S.and Hooley J.M (2011) Abnormal psychology Thirteenth Edittoin pearson Education & Dorling Kindersley (india)  
Pvt.Ltd: New Delhi

|                  |                         |                           |                   |
|------------------|-------------------------|---------------------------|-------------------|
| <b>Program :</b> | <b>Bachelor of Arts</b> | <b>Subject / Branch :</b> | <b>Psychology</b> |
|------------------|-------------------------|---------------------------|-------------------|



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|                        |  |                        |               |
|------------------------|--|------------------------|---------------|
| <b>Year :</b>          | <b>2022/23 3<sup>rd</sup></b>                      | <b>Semester :</b>      | <b>V</b>      |
| <b>Course title :</b>  | <b>INTRODUCTION TO<br/>PSYCHOLOGICAL INQUIRY-I</b> | <b>Course code :</b>   | <b>BA5052</b> |
| <b>Course type :</b>   | <b>Theory</b>                                      | <b>Course credit :</b> | <b>04</b>     |
| <b>Pre-requisite :</b> |  |                        |               |
| <b>Rationale :</b>     |  |                        |               |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       |          |           | Mid                | CE | Total    |
| 4                     | 0        | 0         | 15                 | 15 | 70       |
|                       |          |           |                    |    | 100      |

**Course Objective:**

Research objectives describe what you intend your research project to accomplish. They summarize the approach and purpose of the project and help to focus your research. Your objectives should appear in the introduction of your research paper, at the end of your problem statement

**Course Outcome:**

are variables that are monitored during a study to document the impact that a given intervention or exposure has on the health of a given population. Typical examples of outcomes are cure, clinical worsening, and mortality

**Content**



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| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>Research Methodology an Introduction</b>  | 1      | 25%       |
|      | 1.1 Introduction 1.2 Meaning of research   |        |           |
|      | 1.3 Types of research 1.4 Significance of research 1.5 Importance of Knowing How Research is Done 1.6 Criteria of Good Research  |        |           |
| II   | <b>Research problem and Hypotheses</b>   | 1      | 25%       |
|      | 2.1 What is research problem 2.2 selecting the Problem Necessity of Defining of problem 2.2 Technique Involved in defining a problem 2.4 Meaning Types and Sources of Hypothesis |        |           |
|      |  |        |           |
| III  | <b>Research Design</b><br>3.1 Meaning of Research Design 3.2 Importance of Research Design 3.3feature of a Good Design 3.4 Different Research Design .1                          | 1      | 25%       |
| IV   | <b>Sampling Design</b><br>4.1 Basic Terminology of sampling 4.2 Characteristics of a Good Sample Design 4.3 Different Types of Sample Design 4.4 Sampling                        | 1      | 25%       |



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|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

**Reference Books:**

1. Kerlinger F.N ( 1999) Foundation of Behavioral Research Second Revised Edition Surgeet Publication New York
2. Kothari C.R (2009) : Research Methodology : Methods and Techniques second Revised Edition Sargent
3. Shaughnessy J.J Zechmeister E.B and Zechmeister J.s (2006) Research Methods in psychology seventh International Edition McGraw hill Higher Education New York

|                  |                           |                           |            |
|------------------|---------------------------|---------------------------|------------|
| <b>Program :</b> | Bachelor of Arts          | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>    | 2022/23 – 3 <sup>rd</sup> | <b>Semester :</b>         | V          |



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|                        |                                |                        |               |
|------------------------|--------------------------------|------------------------|---------------|
| <b>Course title :</b>  | <b>EXPERIMENTAL PSYCHOLOGY</b> | <b>Course code :</b>   | <b>BA5053</b> |
| <b>Course type :</b>   | <b>PRACTICAL</b>               | <b>Course credit :</b> | <b>04</b>     |
| <b>Pre-requisite :</b> |                                |                        |               |
| <b>Rationale :</b>     |                                |                        |               |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       |          |           | Mid                | CE |          |
| 4                     | 0        | 0         | 15                 | 15 | 70       |
|                       |          |           |                    |    | 100      |

**Course Objective:**

1. Experimental psychologists are interested in exploring theoretical questions, often by creating a hypothesis and then setting out to prove or disprove it through experimentation

**Course Outcome:**

The role of conscious awareness in human Pavlovian conditioning was examined in 2 experiments using masked fear-relevant (snakes and spiders; Experiments

**Content**

| Unit | Description in detail | Credit | Weightage |
|------|-----------------------|--------|-----------|
|------|-----------------------|--------|-----------|



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|     |   |   |     |
|-----|---|---|-----|
| I   | 1. Measurement of Optical illusion  | 1 | 25% |
|     | - 2.Comparison between the methods of Ranking and paired Comparison by determining preference |   |     |
|     | 3. Fluctuation of Attention   |   |     |
| II  | 4. Suggestion : progressive Weights methods<br>5. Association Reaction Time                   | 1 | 25% |
|     |   |   |     |
|     |   |   |     |
|     |   |   |     |
| III | 6. Mirror Tracing<br>7. Maze learning<br>8. Whole v/s part methods of learning                | 1 | 25% |
| IV  | 9. Immediate span of memory   |   |     |



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|  |                     |  |  |
|--|---------------------|--|--|
|  | 10. Problem solving |  |  |
|--|---------------------|--|--|

**Reference Books:**

1. Levinthal C.F. (2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York

|                        |                                     |                           |            |
|------------------------|-------------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts                    | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23 – 3 <sup>rd</sup>           | <b>Semester :</b>         | V          |
| <b>Course title :</b>  | <b>INDUSTRIAL<br/>PSYCHOLOGY –I</b> | <b>Course code :</b>      | BA5054     |
| <b>Course type :</b>   | Theory                              | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                                     |                           |            |
| <b>Rationale :</b>     |                                     |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |



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### Course Objective:

The objective is to acquaint the students with the nature of work in modern society to inform the students from the academic and work world perspective

### Course Outcome:

**Industrial** and organizational psychologists study teams in the industry settings for which we This characterization facilitates the Phase psychology

### Content

| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>An Introduction to Industrial Psychology</b><br>1.1 definition of industrial psychology 1.2 The historical development of industrial psychology 1.3 area of industrial organizational psychology 1.4 Methods of psychological Research 1.4.1 The experimental methods 1.4.2 The naturalistic observation method 1.4.3 Surveys and opinion polls | 1      | 25%       |
| II   | <b>Employee selection</b><br>2.1 The recruitment process 2.2 An overview of the  | 1      | 25%       |



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|     |  |   |     |
|-----|--|---|-----|
|     | selection process 2.3 Job analysis 2.3.1 what is job analysis<br>2.3.2 use and values of job analysis 2.3.3 methods of job<br>analysis   |   |     |
|     |  |   |     |
|     |  |   |     |
|     |  |   |     |
|     |  |   |     |
|     |  |   |     |
| III | <b>Training and development</b><br>3.1 The scope of organizational training programme 3.2<br>The goals or objectives of organizational training<br>programme 3.3 training methods for non – supervisory<br>employees 3.4 training methods for managers                                 | 1 | 25% |
| IV  | <b>Motivation Job satisfaction And job involvement</b><br>4.1 content theory of motivation 4.2 process theory of<br>motivation 4.3 Job satisfaction : the quality of life at work<br>4.4 job satisfaction and on the job behavior 4.5 job<br>involvement and organizational commitment | 1 | 25% |
|     |  |   |     |

**Reference Books:**



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1. Daune P. Schulz t and Sydney Ellen Schultz (2004) :psychology and work Today : published by pearson Education Pvt. Ltd.indian branch Delhi
2. Tiffin J.and Mc. Covmic E.J (1971) Industrial psychology ,New Delhi : prentice hall .india
- 3.Anastasi A. 1979 : Fields of Application psychology .Mc Graw Hill, kogakusha L.td Tokyo



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|------------------------|--------------------------------------|---------------------------|------------|
| <b>Program :</b>       | Bachelor of Arts                     | <b>Subject / Branch :</b> | Psychology |
| <b>Year :</b>          | 2022/23- 3 <sup>rd</sup>             | <b>Semester :</b>         | V          |
| <b>Course title :</b>  | <b>COUNSELLING<br/>PSYCHOLOGY –I</b> | <b>Course code :</b>      | BA5055     |
| <b>Course type :</b>   | Theory                               | <b>Course credit :</b>    | 04         |
| <b>Pre-requisite :</b> |                                      |                           |            |
| <b>Rationale :</b>     |                                      |                           |            |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE |          |       |
|                       |          |           | 15                 | 15 | 70       | 100   |

**Course Objective:**

The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.

**Course Outcome:**



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Counseling and psychotherapy outcomes are the benefits (or harms) that derive for clients (patients or mental healthcare consumers) as a result of their experiences or treatment in therapy or counseling

### Content

| Unit | Description in detail   | Credit | Weightage |
|------|---|--------|-----------|
| I    | <b>The Nature of Counselling</b><br>1.1 What is counseling? 1.2 counselling and psychotherapy<br>1.3 goals of counseling  | 1      | 25%       |
|      |   |        |           |
|      |   |        |           |
| II   | <b>The Need of Counselling</b><br>2.1 Why counseling ? 2.2 Who provide counseling 2.3<br>Settings of counseling 2.4 problems of an Indian students  | 1      | 25%       |
|      |   |        |           |
|      |   |        |           |
| III  | <b>Fields of Counselling</b><br>3.1 School counseling 3.2 Carees counseling<br>3.3Rehabilitation counseling 3.4Mental health counseling<br>3.5 cyber counseling 3.6 Marriage counseling 3.7 Individual<br>counseling 3.8 Group counseling | 1      | 25%       |



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|    |   |   |     |
|----|---|---|-----|
|    |   |   |     |
| IV | <b>Professional Preparation and Training for</b><br>4.1 The Need for counseling for counseling service<br>4.2 problems of counselors selection<br>4.3 Training of counsellors<br>4.4 Important factors of Training of counselor | 1 | 25% |
|    |   |   |     |

**Reference Books:**

1. Dr.somabhai T.Patel “ salah manovigyan “ 3<sup>rd</sup> edition university Granth nirman borad ahemdabad
2. Gerge R.L and Cristiani T.S “counseling : Theory and practice “ 4<sup>th</sup> ediction 1995 Allyn and bacon Co.boston U.S.A
3. BekinGray “An introduction to counseling “ 3<sup>rd</sup> edition 1998 W.C.brown Publishers
4. Hansen J.C . Stevic R.R. and Warner R.W. “counseling – Theory and process “ 4<sup>th</sup> edition 1986 Allyn and Bacon Co.Boston U.S.A



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## Semester 6

|                        |                                    |                          |                   |
|------------------------|------------------------------------|--------------------------|-------------------|
| <b>Program:</b>        | <b>Bachelor of Arts</b>            | <b>Subject / Branch:</b> | <b>Psychology</b> |
| <b>Year :</b>          | <b>2022/23 – 6<sup>th</sup></b>    | <b>Semester:</b>         | <b>VI</b>         |
| <b>Course title:</b>   | <b>ABNORMAL PSYCHOLOGY-<br/>II</b> | <b>Course code:</b>      | <b>BA6051</b>     |
| <b>Course type :</b>   | <b>Theory</b>                      | <b>Course credit:</b>    | <b>02</b>         |
| <b>Pre-requisite :</b> |                                    |                          |                   |



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|                  |   |  |
|------------------|---|--|
| <b>Rationale</b> | : |  |
|------------------|---|--|

### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE | 70       | 100   |
|                       |          |           | 15                 | 15 |          |       |

### Course Objective:

- To educate students about abnormal behavior
- To give students an understanding of the nature and symptoms of different uncommon syndromes
- To impart knowledge on the need to pronounce on different Asaran syndromes

### Course Outcome:

Module Learning Outcomes. Explain *what it means to display abnormal behavior*. Clarify how mental health professionals classify mental disorders

2. .

### Content

| Unit | Description in detail | Credit | Weightage |
|------|-----------------------|--------|-----------|
|------|-----------------------|--------|-----------|



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|     |   |   |     |
|-----|---|---|-----|
| I   | <b>Mood Disorder</b>  | 1 | 25% |
|     | 1.1 what are mood Disorder 1.2.Unipolr Mood Disorder 1.3 Causal Factor in Unipolr Mood Disorder 1.4 Bipolar Disorder .1.5 Causal Factor in Bipolar Mood Disorder  |   |     |
|     |   |   |     |
| II  | <b>Health Problems and Behavior</b><br>2.1 The Biological causal Factors and Disease 2.1.1 Stress and Stress Response 2.1.2 Biological Costs Stress 2.1.3 lifestyle Factors in Health and illness 2.2 Cardiovascular Disease 2.2.1 Hypertension 2.2.2 Coronary Heart Disease 2.3 General Causal Factors in Physical illness and Disease 2.4 Treatment and Clinical Outcomes | 1 | 25% |
| III | <b>Schizophrenia and other Psychotic Disorder</b><br>3.1 The clinical Picture in schizophrenia 3.2 Subtypes of Schizophrenia 3.3 What Causes Schizophrenia 3.4 Genetic Aspects 3.5 Biological Aspects 3.6 Psychosocial and Cultural Aspects 3.7 Treatment and Clinical Outcomes3.7.1 Pharmacological Approaches 3.7.2 Psychosocial Approaches                               | 1 | 25% |
| IV  | <b>Therapy</b><br>4.1 An overview of Treatment 4.2 Pharmacological Approaches to Treatment 4.2.1 Drug Treatment 4.2.2 E.C.T 4.2.3 Neurosurgery 4.3 Psychological Approaches to Treatment 4.3.1 Psychodynamic Therapy by Freud   | 1 | 25% |



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|  |   |  |  |
|--|---|--|--|
|  | 4.3.2 Humanistic Therapy 4.3.3 Behavioral Therapy 4.3.4<br>Cognitive & Cognitive Behavioral therapy |  |  |
|--|---|--|--|

**Reference Books:**

1. carson R.c; Butcher J.M : Mineka S.and Hooley J.M (2011) Abnormal psychology Thirteenth Edition pearson Education & Dorling Kindersley (india)  
Pvt.Ltd: New Delhi



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|                        |   |                          |                   |
|------------------------|---|--------------------------|-------------------|
| <b>Program:</b>        | <b>Bachelor of Arts</b>                                 | <b>Subject / Branch:</b> | <b>Psychology</b> |
| <b>Year :</b>          | <b>2022/23 –6<sup>th</sup></b>                          | <b>Semester:</b>         | <b>VI</b>         |
| <b>Course title:</b>   | <b>INTRODUCTION TO<br/>PSYCHOLOGICAL<br/>INQUIRY-II</b> | <b>Course code:</b>      | <b>BA6052</b>     |
| <b>Course type :</b>   | <b>Theory</b>   | <b>Course credit:</b>    | <b>04</b>         |
| <b>Pre-requisite :</b> |   |                          |                   |
| <b>Rationale :</b>     |   |                          |                   |

#### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
|                       |          |           | Mid                | CE |          |       |
| 4                     | 0        | 0         | 15                 | 15 | 70       | 100   |

#### Course Objective:

Research objectives describe what you intend your research project to accomplish. They summarize the approach and purpose of the project and help to focus your research. Your objectives should appear in the introduction of your research paper, at the end of your problem statement



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**Course Outcome:**

are variables that are monitored during a study to document the impact that a given intervention or exposure has on the health of a given population. Typical examples of outcomes are cure, clinical worsening, and mortality

**Content**

| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>Survey Research and Questionnaire</b><br>1.1 Uses of surveys 1.2 various survey methods 1.3 survey –Research Design 1.4 Questionnaire 1.4.1 Steps in preparing a Questionnaire 1.4.2 Guideline for Effective Wording of Questions | 1      | 25%       |
|      |  |        |           |
|      |  |        |           |
| II   | <b>Observation</b><br>2.1 What is observation 2.2 classification of observational methods 2.3 Recording behavior 2.4 Thinking Critically About observational Research  | 1      | 25%       |



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|     |  |   |     |
|-----|--|---|-----|
| III | <b>Experimental Method</b><br>3.1 overview . 3.2 Characteristics of True Experiments 3.3 obstacles to conducting True Experiments In natural Settings .3,4 Threats to internal validity controlled by True Experiments 3.5 Problems That's Even True Experiments may not Control | 1 | 25% |
| IV  | <b>Report Writing</b><br>4.1 Meaning and Purposes of ResearchS Report 4.2 Guidelines for Effective 4. Writing 4.3 Structure of a Research report 4.4 Precaution for Writing Research report  | 1 | 25% |

**Reference Books:**

1. kerliger F.N ( 1999) Fondation of Behavioral Research Second Revised Edition Surgeet Pblcation New York
- 2.Kothari C.R (2009) : Research Methodology : Methods and Techinques second Revised Edition Surgent
- 3 .Shaughnessy J.J Zechmeister E.B and Zechmeister J.s (2006) Research Methods in psychology seventh International Edition Mcgraw hill Higer Education New York



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|          |                  |                   |            |
|----------|------------------|-------------------|------------|
| Program: | Bachelor of Arts | Subject / Branch: | Psychology |
|----------|------------------|-------------------|------------|



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|                        |                                   |                       |               |
|------------------------|-----------------------------------|-----------------------|---------------|
| <b>Year :</b>          | <b>2022/23 –6<sup>th</sup></b>    | <b>Semester:</b>      | <b>VI</b>     |
| <b>Course title:</b>   | <b>QUANTITATIVE DATA ANALYSIS</b> | <b>Course code:</b>   | <b>BA6053</b> |
| <b>Course type :</b>   | <b>Theory</b>                     | <b>Course credit:</b> | <b>04</b>     |
| <b>Pre-requisite :</b> |                                   |                       |               |
| <b>Rationale :</b>     |                                   |                       |               |

#### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       |          |           | Mid                | CE |          |
| 4                     | 0        | 0         | 15                 | 15 | 70       |
|                       |          |           |                    |    | 100      |

#### Course Objective:

Quantitative analysis (QA) is a mathematical approach that collects data, studies, measures, and analyzes it. It uses various techniques like statistical research, financial modeling, and other scientific methods. The main objective of QA is to use simplified, refined data to make better decisions and forecast trends

#### Course Outcome:

Inferential statistics aim to make predictions or highlight possible *outcomes* from the analyzed *data* obtained from descriptive statistics.

#### Content



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| Unit | Description in detail   | Credit | Weightage |
|------|---|--------|-----------|
| I    | <b>Frequency Distribution</b><br>1.1 need of Statistics in Psychology 1.2 Tabulation of Data and Frequency Distribution 1.3 Graphical Representation of grouped Data  | 1      | 25%       |
| II   | <b>Meaning of Central Tendency</b><br>2.1 Meaning of Measure of Central Tendency<br>2.2 Mean , Median and Their Specific Uses   | 1      | 25%       |
| III  | <b>Measures of Variability</b><br>3.1 Quartiles ,Deciles, Percentiles 3.2 percentile Rank 3.3 Concepts of variability 3.4 Measures of variability 3.5 range, Average, Deviation, quartile Deviation , Standard Deviation. and their Specific uses | 1      | 25%       |
| IV   | <b>Correlation</b><br>4.1 Meaning and Types of Correlation 4.2 Spearman's Rank Order Correlation<br>4.3 Uses of Correlation   |        |           |

**Reference Books:**

1. Garrett H.: "Elementary Statistisc" long mens Green and co.New York



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2. Dowine N. and Heath R. “ Basic Statistical Methods” Harper and Row Publishers, new York 2<sup>Nd</sup> Edition
3. C.B. Dave and others “ manovignnan – prayogoane Ankadashastra “ 11<sup>th</sup> Edition 2004-05 ,C.jamanadas Co.Ahmedabad

|                 |                         |                          |                   |
|-----------------|-------------------------|--------------------------|-------------------|
| <b>Program:</b> | <b>Bachelor of Arts</b> | <b>Subject / Branch:</b> | <b>Psychology</b> |
|-----------------|-------------------------|--------------------------|-------------------|



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|------------------------|--------------------------------------|-----------------------|---------------|
| <b>Year :</b>          | <b>2022/23 –6<sup>th</sup></b>       | <b>Semester:</b>      | <b>VI</b>     |
| <b>Course title:</b>   | <b>INDUSTRIAL<br/>PSYCHOLOGY –II</b> | <b>Course code:</b>   | <b>BA6054</b> |
| <b>Course type :</b>   | <b>Theory</b>                        | <b>Course credit:</b> | <b>04</b>     |
| <b>Pre-requisite :</b> |                                      |                       |               |
| <b>Rationale :</b>     |                                      |                       |               |

**Teaching Examination Scheme:**

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |       |
|-----------------------|----------|-----------|--------------------|----|----------|-------|
| Lecture               | Tutorial | Practical | Internal           |    | External | Total |
| 4                     | 0        | 0         | Mid                | CE |          |       |
|                       |          |           | 15                 | 15 | 70       | 100   |

**Course Objective:**

The objective is to acquaint the students with the nature of work in modern society to inform the students from the academic and work world perspective

**Course Outcome:**

Industrial and organizational psychologists study teams in the industry settings for which we This characterization facilitates the Phase psychology

**Content**



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| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    | <b>Performance Appraisals</b><br>1.1 Performance Appraisal Why do it ? 1.2 Objective Performance Appraisal methods 1.3 Judgmental performance appraisal methods 1.4 Bias in performance appraisal    | 1      | 25%       |
|      |  |        |           |
|      |  |        |           |
|      |  |        |           |
| II   | <b>Working Condition</b><br>2.1 Physical Working Condition 2.2 Work Schedules 2.3 Psychological and Social issues 2.3.1 Boredom and Monotony 2.3.2 Faigue  | 1      | 25%       |
|      |  |        |           |
|      |  |        |           |
|      |  |        |           |
| III  | <b>Safety Violence and Health in Workplace</b><br>3.1 Accidents 3.2 Violence in the Workplace 3.3 Alcoholism in the Workplace 3.4 Drug use in the Workplace 3.5 Computers and physical health issues | 1      | 25%       |
|      |  |        |           |



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|    |  |   |     |
|----|--|---|-----|
|    |  |   |     |
|    |  |   |     |
|    |  |   |     |
| IV | <b>Stress in Work Place</b><br>4.1 Definition of Stress 4.2 Nature of Stress 4.3 Work – Family Conflicts 4.4 Causes of Stress in the Workplace 4.5 Effects of Stress in the Work place 4.6 Training Stress in the Work place 4.7 Time and Motion Study | 1 | 25% |
|    |  |   |     |

**Reference Books:**

1. Daune P. Schultz and Sydney Ellen schult (2004) :psychology and work Today : published by pearson Education Pvt. Ltd.indian branch Delhi
2. Tiffin J.and mc. Covmic E.J (1971)industrial l psychology ,New Delhi : prentice hall .india
- 3.Anastasi A. 1979 : fields of Application psychology .Mc Graw Hill, kogakusha L.td Tokyo



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|------------------------|---------------------------------------|--------------------------|-------------------|
| <b>Program:</b>        | <b>Bachelor of Arts</b>               | <b>Subject / Branch:</b> | <b>Psychology</b> |
| <b>Year :</b>          | <b>2022/23 –6<sup>th</sup></b>        | <b>Semester:</b>         | <b>VI</b>         |
| <b>Course title:</b>   | <b>COUNSELLING<br/>PSYCHOLOGY –II</b> | <b>Course code:</b>      | <b>BA6055</b>     |
| <b>Course type :</b>   | <b>Theory</b>                         | <b>Course credit:</b>    | <b>04</b>         |
| <b>Pre-requisite :</b> |                                       |                          |                   |
| <b>Rationale :</b>     |                                       |                          |                   |

#### Teaching Examination Scheme:

| Teaching (Hours/week) |          |           | Examination Scheme |    |          |
|-----------------------|----------|-----------|--------------------|----|----------|
| Lecture               | Tutorial | Practical | Internal           |    | External |
|                       |          |           | Mid                | CE |          |
| 4                     | 0        | 0         | 15                 | 15 | 70       |
|                       |          |           |                    |    | 100      |

#### Course Objective:

The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.



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### Course Outcome:

Counseling and psychotherapy outcomes are the benefits (or harms) that derive for clients (patients or mental healthcare consumers) as a result of their experiences or treatment in therapy or counseling

### Content

| Unit | Description in detail  | Credit | Weightage |
|------|--|--------|-----------|
| I    |  | 1      | 25%       |
|      | <b>Characteristics and Work if counselor and the Ethics For Counseling Profession</b><br>1.1 Characteristics of Effective Counsellor 1.2 Work and Role of counsellor 1.3 Counselor As a consultant 1.4 Ethics of Counselling Profession 1.5 Recommendation of Code Ethics for the Counselling Profession |        |           |
|      |  |        |           |
| II   |  | 1      | 25%       |
|      | <b>Counseling Relationship</b><br>2.1 Concept of Counselling Relationship 2.2 The  |        |           |



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|     |   |   |     |
|-----|---|---|-----|
|     | Therapeutic Climate 2.3 Characteristics of Effective<br><b>Counselling Relationship 2.3.1 Essential</b> Characteristics<br>Counselling 2.3.2 Counsellors Attitudes and Characteristics<br>to Establish Counselling Relationship 2.3.3 Dimensions of<br>Counselling Relationship |   |     |
|     |   |   |     |
| III | <b>Counselling Process</b><br>3.1 Steps of Counselling Process 3.2 variables Influencing<br>Counselling process 3.3 Support and Crisis  | 1 | 25% |
| IV  | <b>Counselling Techniques and Skills</b><br>4.1 Meaning of Techniques<br>4.2 Various Techniques and Skills of Counselling   | 1 | 25% |
|     |   |   |     |

#### Reference Books:

1. Dr. Somabhai T. Patel “salah manovigyan” 3<sup>rd</sup> edition university Granth nirman borad ahemdabad
2. Geroge R.L and Cristian T.S “counseling : Theory and practice” 4<sup>th</sup> edition 1995 Allyn and bacon Co. boston U.S.A
3. Bekin Gray “An introduction to counseling” 3<sup>rd</sup> edition 1998 W.C. brown Publishers



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4. Hansen J.C . Stevic R.R. and Warner R.W. “counseling – Theory and process “ 4<sup>th</sup> edition 1986 Allyn and Bacon Co.Boston U.S.A



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## Program Outcomes (PO)

### B. A. Psychology

- PO1: Students will become sensitized to issues like marginalization and subjugation of women through the study of the Feminist and Dalit Psychology
- PO2: Students will better ability for literary appreciation..
- PO3: Students will develop understanding about the interrelation between Psychology
- PO4: Students will learn to attach importance to human Values.
- PO5: Students will organize the views and format them into a seminar of about twenty five to thirty pages use a working knowledge of research methodology
- PO6: The students develop Critical awareness, aesthetics and art related point of view. It also enables students to conduct research and comparative study and indulge in creative writing to further contribute to the psychology
- PO8: The students will have better exposure to world Psychology



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## **Program Specific Outcomes (PSO)**

### **PSO1**

Students will be able to identify major literary movements, genres, and authors of English literature from the medieval period to the present day.

### **PSO2**

Students will be able to analyse literary works using a range of critical approaches, including those that are historical, cultural, formal, and theoretical.

### **PSO3**

Students will be able to write creative works, such as poetry, fiction, or creative non-fiction that demonstrate an understanding of the techniques and craft of literary composition.

### **PSO4**

Students will be able to read and write in a foreign language to a level that supports the study of literature in that language or enhances their understanding of another literary tradition.

### **PSO5**

Students will be able to apply their knowledge of English literature and language to other fields of study, such as education, law, journalism, or business.



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| Course Outcomes Semester-I BA PSYCHOLOGY       |     |  |
|--|-----|--|
| Subject with code                              |     | Course Outcome   |
| Compulsory English<br>BA1001                   | CO1 | Students will be able to name the articles a, an, and the.   |
|  | CO2 | Students will recognize that articles are always used with nouns.  |
| Compulsory Sanskrit                            | CO1 |  |
|  | CO2 |  |
|  | CO3 |  |
| Introduction to Psychology-I<br>BA1051         | CO1 | The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology    |
|  |     | .  |
| Introduction to Social-psychology –I<br>BA1052 | CO1 | The aim of the course is to familiarize students with the problems of the society and the studies relating to the factors, which influence them. It will also focus on some important application areas of social psychology |
|  | CO2 |  |



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|                        |     |  |
|------------------------|-----|--|
|                        | CO1 |  |
|                        | CO2 |  |
|                        | CO3 |  |
|                        | CO1 |  |
|                        | CO2 |  |
|                        | CO3 |  |
| SAHITYAKRUTI NO ABHYAS | CO1 |  |
|                        | CO2 |  |
|                        | CO3 |  |
| INDIAN GEOGRAPHY       | CO1 |  |
|                        | CO2 |  |
|                        | CO3 |  |

| Course Outcomes Semester –II B. A Psychology |     |  |
|--|-----|--|
| Subject with code                            |     | Course Outcome   |
| Compulsory English                           | CO1 | The prescribed course equips students with nuances of language that includes proficiency in grammar, its effective |



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|   |     |   |
|---|-----|---|
| <b>FC2001</b>                           |     | usage in speaking and writing. It also develops their personality.  |
|   | CO2 | It further helps them to prepare for various competitive exams and to keep up with the increasing demand of English in Indian society.  |
|   | CO3 | The practical work improves their communication and writing skills, and at the same time equipping them to use modern forms of communication.   |
| Compulsory Sanskrit<br><b>FC2002</b>    | CO1 |   |
|   | CO2 |   |
|   | CO3 |   |
| Introduction to Psychology-II<br>BA2051 | CO1 | The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology |
|   | CO2 | .   |
|   | CO3 |   |



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|   |     |   |
|---|-----|---|
| Introduction to Social-psychology –II<br>BA2052 | CO1 | The aim of the course is to familiarize students with the problems of the society and the studies relating to the factors, which influence them. It will also focus on some important application areas of social psychology. . |
|   | CO2 |   |
|   | CO3 |   |
|   | CO1 |   |
|   | CO2 |   |
|   | CO3 |   |
|   | CO1 |   |
|   | CO2 |   |
|   | CO3 |   |
| SAHITYA KRUTI NO ABHYAS<br>EO2003               | CO1 | વિદ્યાર્થીઓ ગુજરાતી સાહિત્ય વિશે માહિતગાર થાય .   |
|   | CO2 | વિદ્યાર્થીઓ ટૂંકીવાર્તાઓ વિશે જાણશે .   |



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|                                    |     |   |
|------------------------------------|-----|---|
|                                    | CO3 | વિદ્યાર્થીઓ ગુજરાતી સર્જક અને તેના સાહિત્ય વિશે જાણશે . |
| <b>INDIAN GEOGRAPHY<br/>EG2004</b> | CO1 |   |
|                                    | CO2 |   |
|                                    | CO3 |   |



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| Course Outcomes Semester –III B. A Psychology |     |   |
|---|-----|---|
| Subject with code                             |     | Course Outcome  |
| Compulsory English<br><b>FC3001</b>           | CO1 |   |
|   | CO2 |   |
|   | CO3 |   |
| <b>Adjustment Psychology –I</b><br>BA3053     | CO1 | elping the students to acquaint with the key concepts.Methods, Subject matter and applications of psychology. To acquaint the students with the concept of adjustment and development. To help students to make more effective choices in coping with problems of everyday life |



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|  |     |   |
|--|-----|---|
|  | CO2 |   |
|  | CO3 |   |
|  |     |   |
| Health Psychology-I<br>BA3054              | CO1 | Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology<br>Introduction to the health enhancing and health compromising life styles/behaviors |
|  | CO2 | .   |
|  | CO3 |   |
| Introduction to Bio-Psychology-I<br>BA3055 | CO1 | Teaching a student's the basics of biological bases of behavior   |
|  | CO2 | To acquaint students with basic constructs of Physiological Psychology  |
|  | CO3 |   |
|  | CO1 |   |
|  | CO2 |   |
|  | CO3 |   |
|  | CO1 |   |
|  | CO2 |   |



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|                                       |     |  |
|---------------------------------------|-----|--|
|                                       | CO3 |  |
| <b>Environment Science<br/>EG3004</b> | CO1 |  |
|                                       | CO2 |  |
|                                       | CO3 |  |
|                                       | CO1 |  |
|                                       | CO2 |  |
|                                       | CO3 |  |

| Course Outcomes Semester –IV B. A Psychology |     |  |
|--|-----|--|
| Subject with code                            |     | Course Outcome   |
| <b>Compulsory English<br/>FC4001</b>         | CO1 |  |
|  | CO2 |  |
|  | CO3 |  |
| <b>Adjustment Psychology –II</b>             | CO1 | elping the students to acquaint with the key concepts.Methods,<br>Subject matter and applications of psychology. To acquaint the |



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|   |     |  |
|---|-----|--|
| BA4053                                      |     | students with the concept of adjustment and development. To help students to make more effective choices in coping with problems of everyday life  |
|   | CO2 |  |
|   | CO3 |  |
|   | CO1 |  |
|   | CO2 |  |
|   | CO3 |  |
| Health Psychology-II<br>BA4054              | CO1 | Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology<br>Introduction to the health enhancing and health compromising life styles/behaviors. |
|   | CO2 |  |
|   | CO3 |  |
| Introduction to Bio-Psychology-II<br>BA4055 | CO1 | Teaching a student's the basics of biological bases of behavior  |
|   | CO2 | To acquaint students with basic constructs of Physiological  |



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|  |     |            |
|--|-----|------------|
|  |     | Psychology |
|  | CO3 |            |
|  | CO1 |            |
|  | CO2 |            |
|  | CO3 |            |
| <b>CULTURAL HERITAGE OF<br/>GUJARAT<br/>EG4004</b> | CO1 |            |
|  | CO2 |            |
|  | CO3 |            |

| Course Outcomes Semester –V B. A Psychology |     |                |
|---|-----|----------------|
| Subject with code                           |     | Course Outcome |
| Compulsory English                          | CO1 |                |



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|  |     |  |
|--|-----|--|
| <b>FC5001</b>  | CO2 |  |
|  | CO3 |  |
| <b>ABNORMAL PSYCHOLOGY-I</b><br>BA5051                   | CO1 | To educate students about abnormal behavior  |
|  | CO2 | To give students an understanding of the nature and symptoms of different uncommon syndromes   |
|  | CO3 | To impart knowledge on the need to pronounce on different Asaran syndromes   |
| <b>INTRODUCTION TO PSYCHOLOGICAL INQUIRY-I</b><br>BA5052 | CO1 | Research objectives describe what you intend your research project to accomplish. They summarize the approach and purpose of the project and help to focus your research. Your objectives should appear in the introduction of your research paper, at the end of your problem statement |
|  | CO2 |  |
|  | CO3 |  |
| <b>EXPERIMENTAL PSYCHOLOGY</b><br>BA5053                 | CO1 | . . Experimental psychologists are interested in exploring theoretical questions, often by creating a hypothesis and then setting out to prove or disprove it through experimentation  |



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|   |     |  |
|---|-----|--|
|   |     |  |
|   | CO2 |  |
|   | CO3 |  |
| <b>INDUSTRIAL PSYCHOLOGY –I</b><br>BA5054               | CO1 | .The objective is to acquaint the students with the nature of work in modern society to inform the students from the academic and work world perspective   |
|   | CO2 | .  |
|   | CO3 |  |
| <b>COUNSELLING PSYCHOLOGY – I</b><br>BA5055             | CO1 | The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved. |
|   | CO2 |  |
|   | CO3 |  |
| <b>Practical - Database Management System</b><br>EG5004 | CO1 |  |
|   | CO2 |  |
|   | CO3 |  |



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| Course Outcomes Semester –VI B. A Psychology |     |   |
|--|-----|---|
| Subject with code                            |     | Course Outcome  |
| Compulsory English<br>FC6001                 | CO1 |   |
|  | CO2 |   |
|  | CO3 |   |
| ABNORMAL PSYCHOLOGY-II<br>BA6051             | CO1 | To educate students about abnormal behavior   |
|  | CO2 | To give students an understanding of the nature and symptoms of different uncommon syndromes  |
|  | CO3 | .To impart knowledge on the need to pronounce on different Asaran syndromes   |
| INTRODUCTION TO<br>PSYCHOLOGICAL INQUIRY-II  | CO1 | Research objectives describe what you intend your research project to accomplish. They summarize the approach and purpose of the project and help to focus your research. Your objectives |



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|   |     |  |
|---|-----|--|
| BA6052                                      |     | should appear in the introduction of your research paper, at the end of your problem statement   |
|   | CO2 |  |
|   | CO3 |  |
| <b>QUANTITATIVE DATA ANALYSIS</b><br>BA6053 | CO1 | Quantitative analysis (QA) is a mathematical approach that collects data, studies, measures, and analyzes it. It uses various techniques like statistical research, financial modeling, and other scientific methods. The main objective of QA is to use simplified, refined data to make better decisions and forecast trends |
|   | CO2 |  |
|   | CO3 |  |
| <b>INDUSTRIAL PSYCHOLOGY –II</b><br>BA6054  | CO1 | The objective is to acquaint the students with the nature of work in modern society to inform the students from the academic and work world perspective  |
|   | CO2 |  |
|   | CO3 |  |
| <b>COUNSELLING PSYCHOLOGY –II</b><br>BA6055 | CO1 | The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain  |



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|  |     |  |
|--|-----|--|
|  |     | individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved |
|  | CO2 |  |

## Pos, PSOs and COs Mapping

### PROGRAMMEOUTCOMES(POs)

|             |   |
|-------------|---|
| <b>PO 1</b> | Critical thinking skills:<br><br>Graduates will be able to analyze complex information, evaluate arguments, and think critically to solve problems. |
|-------------|---|



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|             |   |
|-------------|---|
| <b>P0 2</b> | Effective communication:<br>Graduates will demonstrate proficiency in written and oral communication skills, including the ability to express ideas clearly and persuasively.   |
| <b>P0 3</b> | Research skills:<br>Graduates will be able to conduct independent research, gather relevant data, and analyze information to support their arguments.                           |
| <b>P0 4</b> | Cultural awareness:<br>Graduates will have a deep understanding of diverse cultures, perspectives, and traditions, fostering empathy and appreciation for cultural differences. |
| <b>P0 5</b> | Ethical reasoning:<br>Graduates will develop ethical reasoning skills and demonstrate an understanding of ethical issues within their field of study.                           |
| <b>P0 6</b> | Creative thinking:<br>Graduates will be able to think creatively, generate innovative ideas, and apply artistic principles to their work.                                       |



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|              |   |
|--------------|---|
| <b>PO 7</b>  | Collaboration and teamwork:<br><br>Graduates will possess the ability to work effectively in teams, demonstrating leadership skills and contributing to collective goals. |
| <b>PO 8</b>  | Global perspective:<br><br>Graduates will have an awareness of global issues and their impact, recognizing the interconnectedness of the world.                           |
| <b>PO 9</b>  | Adaptability and flexibility:<br><br>Graduates will be able to adapt to changing environments, learn new skills, and embrace lifelong learning.                           |
| <b>PO 10</b> | Problem-solving skills:<br><br>Graduates will be equipped with the skills to identify problems, propose solutions, and make informed decisions.                           |



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## PROGRAMME SPECIFIC OUTCOMES (PSOs)

|              |  |
|--------------|--|
| <b>PSO1</b>  | Artistic expression:<br>Graduates will demonstrate proficiency in their chosen art form (e.g., visual arts, performing arts, literature) and showcase their creativity through original works.       |
| <b>PSO 2</b> | Cultural analysis:<br>Graduates will develop the ability to critically analyze cultural artifacts, such as literature, film, or art, and interpret their social, historical, and political contexts. |

## COURSE OUTCOMES(COs)- PSOs- POs MAPPING

Course Name: **B.A. PSYCHOLOGY**



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| COs: |  | PSO  | PO             |
|------|--|------|----------------|
| CO1  | Use scientific reasoning to interpret psychological phenomena.         | 1    | 1, 4, 3, 9, 10 |
| CO2  | Demonstrate psychology information literacy.                           | 2    | 1, 3, 5, 6, 10 |
| CO3  | Engage in innovative and integrative thinking and problem solving      | 1    | 1, 6,          |
| CO4  | Interpret design, and conduct basic psychological research             | 2    | 3, 5,          |
| CO5  | . Develop a working knowledge of psychology's content domains          | 1    | 1, 6, 9        |
| CO6  | Apply ethical standards to evaluate psychological science and practice | 2    | 1, 5, 9, 10    |
| CO7  | Apply psychological content and skills to career goals                 | 1, 2 | 4, 6, 7,       |



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