

B. A. with PSYCHOLOGY

This course aims at enriching the minds of those students who have not been able to or intend to join the Honors Courses. It aims to develop a holistic and multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment.

Pedagogy for teaching the B.A. Course

The teaching-learning of the programme would be organized through lectures, group discussions, experiential exercises, projects, presentations, workshops, seminars and hands on experiences. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. To this end, practicum is incorporated as an important component in many of the papers. Use of ICT and mass media and web based sources is highly recommended to make the teaching-learning process interactive and interesting.

Evaluation

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 75: 25 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

NOTES:

Core papers:

Theory: 4 classes+1 student presentation per week

With Practicals: 2 practicum to be done in a practical paper

3 practical classes per week/per group

Each practical group will consist of maximum of 10 students

With Tutorials: 1 tutorial per paper per week per group

Each tutorial group will consist of maximum of 12 students

DSE papers:

Theory: 4 classes+1 student presentation per week

Practicals: 1 practicum to be done in a practical paper

2 practical classes per week/per group

Each practical group will consist of maximum of 10 students

AEEC papers:

Theory: 2 classes per week+1 class per week for student presentation+1 class per fortnight to provide skill based learning to students through workshops and seminars.

GE Papers:

Theory: 3 classes +1 student presentation per week

Tutorials: 1 tutorial per paper per week per group

Each tutorial group will consist of maximum of 15 students

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- Please note that the reading list provided is not exhaustive and additions may be made to it.
- The latest editions of the books listed to be used.
- Continuous Evaluation through presentations/ projects/ tests

PROPOSED SCHEME FOR CHOICE BASED CREDIT SYSTEM IN
B.A. PSYCHOLOGY

SEMESTER	CORE COURSE (12)	ABILITY ENHANCEMENT COMPULSORY COURSE (AECC) (2)	ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (2)	DISCIPLINE SPECIFIC ELECTIVE DSE (4)	GENERIC ELECTIVE (GE) (4)
I	English/ MIL-1	(English/MIL Communication) / Environmental Science			
	DSC-PSY-1A: Foundations of Psychology (Theory + Practical)				
	DSC-2A				
II	MIL/English-1	Environmental Science/ (English/MIL Communication)			
	DSC-PSY-1B: Introduction to Social Psychology (Theory + Tutorial)				
	DSC-2B				
III	English/ MIL-2		SEC-1		
	DSC-PSY-1C: Psychological Disorders (Theory + Tutorial)				
	DSC-2C				
IV	MIL/English-2		SEC-2		
	DSC-PSY-1D: Statistical Methods and Psychological Research (Theory + Practical)				
	DSC-2D				

V			SEC-3	DSE-1 A	GE-1
				DSE-2 A	
VI			SEC-4	DSE-1 B	GE-2
				DSE-2 B	

ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):

DSE-PSY-1Aa: Life span development (Theory+ Practical)
DSE-PSY-1Ab: Industrial/ Organizational Psychology (Theory+ Practical)
DSE-PSY-2Ba: Counseling Psychology (Theory+ Practical)
DSE-PSY-2Bb: Health and well being (Theory+ Practical)

ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):

AEEC-PSY-P-01: Developing emotional competence (Theory+ Workshops/seminars)
AEEC-PSY-P-02: Managing Stress (Theory+ Workshops/seminars)
AEEC-PSY-P-03: Making decisions (Theory+ Workshops/seminars)
AEEC-PSY-P-04: Psychology in education (Theory+ Workshops/seminars)
AEEC-PSY-P-05: Managing human resources (Theory+ Workshops/seminars)
AEEC-PSY-P-06: Applications of social psychology (Theory+ Workshops/seminars)

ELECTIVE: GENERIC (GE) (Any 2, 1 each in sem 5 and 6):

GE-PSY-P-01: Psychology for Living (Theory+ Tutorial)
GE-PSY-P-02: Psychology of Gender (Theory+ Tutorial)
GE-PSY-P-03: Self and Personal Growth (Theory+ Tutorial)

Prof. N.K. Chadha
Department of Psychology
University of Delhi

Dr. Pooja V Anand
Daulat Ram College
University of Delhi

CORE COURSES

SEMESTER I

DSC-PSY-1A: FOUNDATIONS OF PSYCHOLOGY

Objectives: To understand the basic psychological processes and their applications in everyday life.

Unit 1: Introduction:

Psychology: a science and a perspective, origin and development of psychology, psychology in India, methods.

Unit 2: Cognitive processes:

Perception, nature of perception, laws of perceptual organization, learning-conditioning, observational learning; memory-processes, information processing model, techniques for improving memory.

Unit 3: Motivation and Emotion:

Motives: biogenic and sociogenic

Emotions: aspects of emotions, key emotions

Unit 4: Personality and Intelligence:

Personality: nature, theories

Intelligence: nature, theories

Practicum: Two experiments to be done on any two topics from the syllabus

Readings:

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman.S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.

SEMESTER II

DSC-PSY-1 B: INTRODUCTION TO SOCIAL PSYCHOLOGY

Objective: To understand the basics of social psychology and to understand the individual in the social world.

Unit 1: Introduction:

Brief history of social psychology (special emphasis on India), Scope of social psychology, levels of social behavior, approaches towards understanding social behavior

Unit 2: Individual level processes:

Person perception: attribution-theories, biases and errors

Attitude: formation, change and resistance to change

Unit 3: Interpersonal processes:

Interpersonal attraction, prosocial behavior, aggression

Unit 4: Group dynamics:

Key aspects of groups, cooperation and conflict, group decision making.

Readings:

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

SEMESTER-III

DSC-PSY-1C: PSYCHOLOGICAL DISORDERS

Objective: To develop an understanding of the various psychological disorders and their treatment.

Unit 1: Basic Concepts: Definition and criteria of abnormality, classification, Diathesis Stress Model.

Unit 2: Theoretical perspectives:

Biological, familial, cultural, behavioral, cognitive and psychodynamic.

Unit 3: Clinical states:

Anxiety disorders-Obsessive compulsive disorder, mood disorders-Unipolar, Bipolar; schizophrenia: Disorganized, Paranoid and Catatonic, learning disabilities.

Unit 4: Treatment of disorders:

- a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy
- b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

Readings:

Carson,R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.

Frude, N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishers.

SEMESTER IV

DSC-PSY-1D: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

Unit 1: Introduction: Scales of measurement, graphical representation of data

Unit 2: Data analysis: Measures of central tendency: Mean, median, mode (properties and computation). Standard deviation: properties and computation. Correlation: Pearson method, properties of Normal Probability Curve (NPC).

Unit 3: Psychological Testing: Introduction to psychological testing, characteristics of test, Reliability, Validity, Norms, standardization, types of tests,

Unit 4: Qualitative methods: Interview, observation, case study

Practicum: Two practicum to be done: 1 psychological test + 1 practical based on unit 4.

Readings:

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.

Garrett, H.E. & Woodworth, R.S. (1987). *Statistics in Psychology and Education*. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences USA*: John Wiley & Sons.

ELECTIVE: DISCIPLINE SPECIFIC DSE (Any 2) (1 in sem V and 1 in Sem VI):

DSE-PSY-1Aa: LIFE SPAN DEVELOPMENT

Objectives: To understand how human life unfolds from conception to late adulthood and to understand the relationship between theory and applications within each domain of development.

1. Introduction to life-span perspective: Nature, issues and theoretical perspectives; Life-span development in the Indian context; methods and designs

2. Physical development: Patterns of growth from conception till late adulthood; disability; Death and dying.

3. Cognitive development: Introduction, Piagetian, Vygotskian, and Information processing approaches; Cognitive changes in adulthood and old age; Language development.

4. Socio-emotional development: Emotional development; Moral development; The Self; Gender and sexuality; Successful aging.

Practicum: Students have to carry out any 1 practicum based on the syllabus.

Readings:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Feldman, R.S. & Babu, N. (2011). *Discovering the life-span*. New-Delhi: Pearson.

Santrock, J.W. (2012). *A topical approach to life-span development*. New-Delhi:Tata McGraw-Hill.

DSE-PSY-1Ab: INDUSTRIAL/ ORGANIZATIONAL PSYCHOLOGY

Objective: To introduce the basic concepts of I/O psychology and to understand the applications of psychology at the workplace.

Unit 1: Introduction: Industry and organization; Current status of I/O psychology, I/O psychology in the Indian context.

UNIT 2: Work Related Attitudes: Job satisfaction; Organizational Commitment; Organizational Citizenship Behavior; Work Engagement.

UNIT 3: Work Motivation: Theories and application; Indian perspective.

Unit 4: Leadership: Contemporary perspectives on leadership; Cross-cultural leadership issues; Indian perspective on leadership

Practicum: Any one practicum based on the syllabus.

Reading List:

Aamodt, M. G. (2001) Industrial Organizational Psychology. India: Cengage Learning.

Chadha, N.K. (2007) Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.

Muchinsky, P.(2006). Psychology applied to work: An introduction to industrial and organizational psychology. NC: Hypergraphic Press.

Pareek, U.(2010). Understanding organizational behaviour. Oxford: Oxford University Press.

DSE-PSY-1Ba: COUNSELING PSYCHOLOGY

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

1. Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

2. Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

3. Techniques: Play, art, drama, music, dance; Yoga and meditation

4. Applications: Family Counseling; School and Career Counseling.

Practicum: Students are required to carry out any 1 practical based on the syllabus.

Readings:

Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

DSE-PSY-1Bb: HEALTH AND WELL-BEING

Objective: To develop an understanding of health and how to maintain health and well-being.

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology

UNIT 2: Well-Being: components of well-being: life satisfaction, affect

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness.

UNIT 4: Health enhancing behaviors: Implications for well-being: psychological factors: resilience, hope, optimism; exercise, safety, nutrition.

Practicum: Students are required to carry out any 1 practical based on the syllabus.

Reading List:

DiMatteo, M.R. and Martin, L.R. (2002). Health psychology. New Delhi: Pearson.

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). NY: Wiley.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

ABILITY ENHANCEMENT ELECTIVE COURSE (AEEC) (SKILL BASED) (Any 4, 1 each in Sem III, IV, V and VI):

AEEC-PSY-P-01: DEVELOPING EMOTIONAL COMPETENCE

Objective: To help the students learn how to understand and manage their emotions and develop emotional competencies.

Unit 1: Introduction: importance of recognizing and understanding emotions in oneself and others, importance of managing one's emotions.

Unit 2: EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills

Readings:

Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.

Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.

Singh, D. (2003). *Emotional intelligence at work (2 nd ed.)* New Delhi: Response Books.

AEEC-PSY-P-02: MANAGING STRESS

Objective: To understand the main symptoms and sources of stress and learn ways of coping with stress.

Unit 1: Stress: Nature of stress, symptoms of stress, sources of stress, Stress and health

Unit 2: Managing stress: Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Readings:

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning .

Taylor, S.E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill.

AEEC-PSY-P-03: MAKING DECISIONS

Objective: Students will learn various strategies through which they can make good decisions.

Unit 1: Introduction: Basic concepts of decision making, Importance of making good decisions, self-efficacy.

Unit 2: Making effective decisions: Decisions regarding career, Decision making in interpersonal context, Decision making at the workplace

Readings:

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.

AEEC-PSY-P-04: PSYCHOLOGY IN EDUCATION

Objective: To understand how the principles of psychology can be applied to the area of education.

Unit I: Introduction to Educational Psychology: Nature, scope & relevance of Educational Psychology, Human Diversity and Education (Socio-cultural Differences: Gender, Socio-Economic Status, Linguistic Diversity)

Unit 3: Effective Teaching and Classroom Management

Characteristics of Effective Teachers, Teaching Methods, Classroom Management, Responsibilities of Teachers towards learners with Special Needs.

Readings:

Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.

Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.

Woolfolk Anita (2004) Educational Psychology, 9th Edition, Alyyn and Bacon, Boston.

Woolfolk Anita & Woolfolk Hoy Anita (2008) Educational Psychology, Pearson, New Delhi.

AEEC-PSY-P-05: MANAGING HUMAN RESOURCES

Objective: To understand the main concepts related to human resource management and learn related techniques.

Unit 1: Introduction: Human resource management, Human resource development, Strategic Human Resource Management, International Human Resource Management, cross-cultural issues.

Unit 2: Human resource practices: Job analysis, Selection, training, performance evaluation.

Readings:

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Chadha, N.K. (2005). Human Resource Management-Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.

DeCenzo,D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.

Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press

AEEC-PSY-P-06: APPLICATIONS OF SOCIAL PSYCHOLOGY

Objective: To apply the principles of social psychology to understand and deal with social issues.

Unit 1: Introduction: Importance of application of social psychological knowledge, developing interventions, impact analysis, case studies in the Indian context

Unit 2: Applications of social psychology: diversity, health, environment, population, law, work.

Readings:

Kloos, B., Hill, J., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.

Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.

ELECTIVE: GENERIC (GE) (Any 2: 1 each in sem 5 and 6):

GE-PSY-P-01: PSYCHOLOGY FOR LIVING

Unit 1: Introduction: What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

Unit 2: Self and relationships: importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

Unit 3: Self in disintegrative experiences: anxiety, stress, depression, coping

Unit 4: Growth and actualizing self: self-direction, subjective well-being, hope, optimism, resilience.

Readings:

Atwater, E. & Grover, D. & Karen (1999). Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

GE-PSY-P-02: PSYCHOLOGY OF GENDER

Unit 1: Introduction: Conceptualization and measurement of gender roles and gender role attitudes

Unit 2: Sex related comparisons: cognitive abilities, social domains, emotion, moral development, theories

Unit 3: Gender: Aggression, achievement, communication, friendship, romantic relationships

Unit 4: Sex differences in health, relationships and health, work roles and health, mental health.

Readings:

Helgeson, V.S. (2006). Psychology of Gender. Pearson education.

GE-PSY-P-03: SELF AND PERSONAL GROWTH

1. Introduction: Notion of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

2. Self from a Developmental Perspective: Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

3. Self in the Indian Thought: contributions of Indian thought to the understanding of self.

4. Personal Growth: Self and Personal growth; Developing character strengths and virtues.

Readings:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

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

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