

DEPARTMENT OF PSYCHOLOGY
GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

Detailed Syllabus for the Examination to be held in 2017-18

Semester-I

Course Title: Foundation of Psychology

Course Code: UPSYTC101

Credits: 04

20

Duration of Examination: 3 Hours

Marks: 80

Total Marks: 100

Internal :20 Marks:

External: 80

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

Unit-I

Introduction

Psychology: Meaning, nature and scope

Methods to study psychology: Experimental, observation and case study

Unit-II

Cognitive processes

Perception: Meaning, nature, laws of perceptual organisation, perceptual constancies, illusions-meaning and its types

Learning: Meaning, nature, laws of learning-Classical conditioning, observational learning

Unit-III

Attention & Memory

Attention: Meaning, nature, types (non voluntary/involuntary & voluntary, selective, sustained, divided and alternating attention) determinants of attention (external and internal factors)

Memory: Meaning, nature, processes, information processing model, techniques of improving memory; Forgetting-factors affecting forgetting

Unit-IV

Motivation and Emotion

Motivation: Meaning , concept of -need, drive and incentive, motivational cycle, types of motivation, Maslow Self Actualization

Emotion: Concept, characteristics, types of emotion, expressions of emotion; Theory of emotion-James Lange theory, Cannon Bard theory

Unit-V

Intelligence and Personality

Intelligence: Meaning, nature , types , factors/determinants of intelligence, Theory of intelligence-Spearman Two Factor theory and Thorndike Multifactor theory

Personality: Meaning, nature, characteristics, classification of personality- Kretchmer, Sheldon, theory of personality-Freud Psychoanalytical approach, Jung Analytical approach

References:

Morgan, C.T. et al (2004) Introduction to psychology (7th Ed) Tata Magro Hill Education

Ciccarelli, S.K. & Mayer, G.E. (2008) Psychology (South Asian Ed) New Delhi, Pearson

Baron, R.A. & Mishra, G.(2014) Psychology (Indian subcontinent Ed) Pearson Education Ltd

Jain, S. (2014) Introduction to Psychology, Kalyani Publication

NCERT, Introduction to Psychology I&II

DEPARTMENT OF PSYCHOLOGY

GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

Detailed Syllabus for the Examination to be held in _____

Semester-II

Course Title : Introduction to Social Psychology

Course Code: UPSY

Credits: 04

Duration of Examination: 3 Hours

Total Marks: 100

Internal Marks: 20

External Marks: 80

Objectives: To understand the basics of Social Psychology and to understand the individual in the Social World.

Unit-I

Social Psychology and Socialization

Nature and Scope of Social Psychology,

Methods- Interview, Questionnaire, Sociometric,

Socialization: Meaning and Process.

Social Interaction: Nature, Types: Cooperation, Conformity, Compliance, Social facilitation.

Unit-II

Groups, Crowd and Leadership

Groups: Nature, Types (Primary & Secondary, Formal and Informal, In-group and Out-group), and Function of a group.

Crowd: Meaning & Characteristics, Distinction between group and crowd

Leadership: Concept, Qualities and functions of a leader.

Unit-III

Attitudes and Public Opinion

Attitudes: Nature, Formation and Determinants, Measurement of Attitude Method of Equal appearing interval (Thurstone), Method of summated Rating (Likert), Semantic differential scale.

Public Opinion: Meaning, Characteristics, Formation and methods of measuring public Opinion.

Unit-IV

Prejudice and Stereotypes

Prejudice: Nature, Formation, Types and methods of reducing prejudice.

Stereotypes: Nature, Formation, types, Discrimination: Concept, difference between prejudice, stereotypes and discrimination

unit-v

leadership and propaganda

leadership: concept, qualities and functions of a leader.

Propaganda: Nature, types, Techniques, Propaganda and Advertisement, Propaganda and Suggestion.

References:

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

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

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

Hurlock, E.B. Child Development. Tata McGraw-Hill.

Psychology Text Book for class 11th and 12th NCERT.nic.in

DEPARTMENT OF PSYCHOLOGY GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU

Detailed Syllabus for the Examination to be held in 2017-18

Semester-III

Course Title: Introduction to Human Development

Course Code: UPSY

Credits: 04

Duration of Examination: 3 Hours

Total Marks: 100

Internal Marks: 20

External Marks: 80

Objectives: i) To understand developmental foundations, issues and crises through different stages of Development.

ii) To understand the theoretical perspectives of different development stages.

Unit-I

Introduction and Development research strategies

Nature of human development, meaning of growth and development, Principles of human development,

Developmental research strategies: Longitudinal, Cross-Sectional and Sequential studies; Basics of genetics, Genes and Chromosomal disorders.

Unit-II

Genetic foundation and Theories of Human Development

Genetic Foundation: Basics of genetics, genes and chromosomal disorders.

Freud's psychosexual theory, Erickson's psychosocial theory, Piaget's Cognitive development theory and Vygotsky's Socio-Cultural theory.

unit-III

Prenatal Development and Infancy

Stages of prenatal development, Factors influencing prenatal development.

Infancy: Physical, psychosocial, cognitive and language development.

Unit-IV

Middle and Late Childhood

Middle and late childhood: Physical, psychosocial, cognitive and language development.

Late childhood: Physical, psychosocial, cognitive and language development.

Unit-V

Adolescence and Adulthood

Adolescence: Physical, psychosocial (Identity and Interpersonal relationship) and Cognitive development,

Adulthood: Personality development, Career, Marriage and Parenthood.

References:

Bee, H, & Boyd. D (2002). Life Span Development, Boston:- Allyn & Bacon.

Berk, L.E (2003), Child Development (6th Ed.) Delhi: Pearson Education Publication.

Feldman, R.S (2012) Discovering the life Span (2nd Ed). New Delhi: Tata Mc Graw Gill Publishing Company Ltd. New Delhi.

Hurlock, F.B (Development Psychology (5th Ed). New Delhi: Tata Mc Graw Publishing Company Ltd. New Delhi.

Santrock, J.W (2011) Life Span Development (13 Ed). New Delhi: Tata Mc Graw Hill Publishing Company Ltd. New Delhi.

Shaffer, D. R. & Kipp, K. (2007) Development Psychology: Childhood and Adolescence (9th Ed). Canada: Wadsworth cegage Learning:

Srivastava, A.K. (998) Child Development: An Indian Perspective, New Delhi: NCERT.

Sharma A. & Bakhshi, A Textbook of Development and Abnormal Psychology, Jammu: N.R Book International.

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JAMMU-180 001, J&K.**

Detailed Syllabus for the Examination to be held in _____

Semester-IV

Course Title : Abnormal Psychology

Course Code: UPSY

Credits: 04

Duration of Examination: 3 Hours

Total Marks: 100

Internal Marks: 20

External Marks: 80

Objectives: The course is designed to provide knowledge about the nature and course of various abnormal conditions as well as therapeutic interventions.

Unit-I

Introduction of Abnormal Behaviour and Methods of studying abnormal behaviour

Meaning, Characteristics and Criterion of Normality and Abnormality, Determinants of Abnormal Behavior: Biological Psychological and Socio-Cultural.

Methods for studying abnormal behavior: Case Studies, Naturalistic Observation and Interview.

Unit-II

Classificatory system and Anxiety Disorders

Classificatory System: orientation to classificatory system with reference to DSMIV-TR;

Anxiety disorders: Symptoms-phobia, generalised anxiety disorder and etiology-, Generalized anxiety disorder, Obsessive-Compulsive disorder-symptom.

Unit-III

Mood Disorder and Schizophrenia

Mood disorders: Types -Unipolar and bipolar disorder, symptoms and etiology

Schizophrenia-types, symptoms and etiology.

Unit-IV

Personality Disorders and Mental Retardation

Personality disorders: Meaning and its types

Mental retardation: Meaning, Levels, Causes, prevention and intervention.

Unit-IV

Stress and Psychotherapies

Concept of stress, Categories of stressors, sources of stress and coping with stress.

Freudian Psychoanalytic Therapy, Behavior therapy: Systematic Desensitization, Aversion therapy, Beck's cognitive therapy.

References:

Carson, R.C Butcher, J.N & Mineka, S. (2004). Abnormal Psychology and Modern Life. Eleventh Edition Ally and Bacon.

Durand V.K and Barlow, D.H (2000) Abnormal Psychology: An Introduction, New York: Wadworth.

Mohanty, G. (2001). Abnormal Psychology. Ludhiana: Kalyani Publishers.

Neale, J.M., Davison, G.C & Haaga, DAF. (1996). Exploring Abnormal Psychology, New York: John Wiley & Sons Inc.

Page, J.D. (2000). Abnormal Psychology. New Delhi: Tata McGraw-Hill.

Sarason, I.G and Sarason, B.R (2002). Abnormal. Singapore: Pearson Education.

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Detailed Syllabus for the Examination to be held in _____

Semester III

Developing Emotional Competence (4 Credits) Skill Enhancement course

UNIT-I-UNDERSTANDING EMOTIONS

Nature, Components, characteristics, types and expression of emotions.

UNIT-2- PHYSIOLOGY AND EMOTIONS

Biological Basis of emotions, Theories of Emotions –James- Lange Theory, Cannon-Bard theory, Schachter-Singer Theory, Opponent-Process Theory.

UNIT-3- INTELLIGENCE AND EMOTIONS

Intelligence-Concept, Measurement of intelligence, concept of IQ, Social and Spiritual Intelligence

UNIT-4-EMOTIONAL INTELLIGENCE AND COMPETENCIES

Emotional Intelligence: Nature, components, characteristics of emotionally intelligent Person.

Emotional Maturity: Concept and its application through Psychological testing (Emotional Maturity Scale)

DEPARTMENT OF PSYCHOLOGY

Semester IV

Detailed Syllabus for the Examination to be held in _____
Managing Stress (4 credits) Skill Enhancement Course

UNIT-I-UNDERSTANDING STRESS

Nature, Sources and Types of Stress (Physical, Environmental, Psychological and Social, General Adaptation Syndrome Model)

UNIT-2-PERSONALITY TYPES AND STRESS

Personality: Concept, Type and trait approach, Type A, Type B, Type C, Type D, and Type H, (Hardiness), Characteristics of Hardy Personality Explanatory styles-Optimists and Pessimists

UNIT-3-STRESS, HEALTH AND ILLNESS

Impact of stress on Immune system, Burnout. Stress related illnesses: Coronary Heart disease, Cancer, Hypertension, Recurrent Headaches, Ulcers and Irritable Bowel Syndrome

UNIT-4- STRESS COPING STRATEGIES

Types of coping (Problem focused and emotion focused).

Stress reduction techniques-Relaxation Techniques, meditation, Yoga, biofeedback, exercise, Diet