

St. Xavier's College (Autonomous),  
Mumbai



Syllabus of the courses offered by the  
Department of Psychology  
(2016-17)

Contents:

Theory Syllabus for Course:

A.PSY.1.01 INTRODUCTION TO PSYCHOLOGY

**FYBA**

**Course: A.PSY.1.01**

**Title: Introduction to Psychology**

**Learning Objectives:**

1. To introduce students to the basic biological, motivational and emotional bases of behaviour related to areas of Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research in the core biological and motivational areas of Psychology.

**Number of lectures: 60**

**UNIT 1**

1. **The Science of Psychology** (15 lectures)
  - 1.1 Psychology – definitions and scope
  - 1.2 Psychological perspectives
  - 1.3 Research methodology and ethics
  - 1.4 Statistics in psychological research

**UNIT 2**

2. **Behavioural Neuroscience** (15 lectures)
  - 2.1 The nervous system
  - 2.2 The endocrine system
  - 2.3 Neurons
  - 2.4 The brain (basics of sensory processes will be covered along with functions of the lobes of the cortex)

**UNIT 3**

3. **Perception** (15 lectures)
  - 3.1 Attention and perception
  - 3.2 Perceptual organization
  - 3.3 Perceptual constancies and illusions
  - 3.4 Depth perception
  - 3.5 Plasticity of perception
  - 3.6 Contemporary issues and applications
  - 3.7 ESP

**UNIT 5**

4. **Motivation** (15 lectures)
  - 5.1 Nature of motivation
  - 5.2 Theories of motivation

5.3 Basic physiological motives (hunger, thirst, sex, pain avoidance, sleep)

5.4 Learned social motives (affiliation, power, achievement, aggression)

### **List Of Recommended Reference Books**

#### **Books for study:**

- Davis, S. F. and Palladino, J. P., (2013) Psychology 7<sup>th</sup> edition, Prentice Hall, NJ.
- Baron, R. A. & Misra, G., (2014), Psychology, 5<sup>th</sup> edition, Pearson Education Inc., India.

#### **Books for reference**

- Myers, D. J., (2013), Psychology 10<sup>th</sup> edition. McMillan Publishers India Ltd.
- Feldman, R.S., (2013) Understanding Psychology (11<sup>th</sup> edition). McGraw Hill Publications, New York.
- Morgan, C. T., King, R. A., Weisz, J. R., Schopler, J. (2010) Psychology 7<sup>th</sup> edition. Tata McGraw Hill, New Delhi
- Lahey, B. B. (2012) Psychology: An Introduction (9<sup>th</sup> edition). McGraw Hill Publications, New York.
  
- Coon, D. & Miltner, J. O. (2007) Introduction to Psychology: Gateway to mind and behaviour (11<sup>th</sup> edition). Wadsworth/ Thomson Learning Publications, New Delhi, first Indian reprint 2007
- Kalat, J. W. (2005) Introduction to Psychology (7<sup>th</sup> edition). Wadsworth/ Thomson Learning Publications, New York.
- Lahey, B. B. (2007) Psychology: An Introduction (9<sup>th</sup> edition). McGraw Hill Publications, New York.
- Passer, M. W. & Smith, R. E. (2007) Psychology: the science of mind and behaviour. New Delhi Tata McGraw Hill.
- Wade, C. & Travis, C. (2006) Psychology (8<sup>th</sup> edition) Pearson Education Inc., Indian reprint by Dorling Kindersley, New Delhi.
- Wood, S. E.; Wood, E. G. & Boyd, D. (2008) The World of Psychology (6<sup>th</sup> edition). Pearson Education Inc., Allyn and Bacon.
- Zimbardo, P. G.; Johnson, R.L. & Weber, A. N. (2008) Psychology: Core Concepts (5<sup>th</sup> edition). Pearson Education Inc., Allyn and Bacon.

Contents:

Theory Syllabus for Course:

A.PSY.2.01 INTRODUCTION TO PSYCHOLOGY

**FYBA**

**Course: A.PSY.2.01**

**Title: Introduction to Psychology**

**Learning Objectives:**

1. To introduce students to the emotional and cognitive processes in Psychology.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research in the core emotional and cognitive processes in Psychology.

**Number of lectures: 60**

**UNIT 1**

**5. Emotion**

**(15 lectures)**

- 1.1 Nature of emotions
- 1.2 Components (physiological, behavioural & cognitive aspects)
- 1.3 Theories of emotions
- 1.4 Basic emotions
- 1.5 Emotional intelligence

**UNIT 2**

**6. Intelligence, Thinking and Language**

**(15 lectures)**

- 2.1 Concept and theories of intelligence
- 2.2 Measurement of intelligence
- 2.3 Levels of intelligence
- 2.4 Nature nurture controversy
- 2.5 Cognition and Problem Solving
- 2.6 Creative Thinking
- 2.7 Language

**UNIT 3**

**7. Learning**

**(15 lectures)**

- 3.1 Concept of learning
- 3.2 Classical conditioning
- 3.3 Operant conditioning
- 3.4 Cognitive learning

### 3.5 Social learning

## **UNIT 4**

### **8. Memory**

**(15 lectures)**

- 4.1 Models of memory
- 4.2 Working memory
- 4.3 Long term memory
- 4.4 Forgetting
- 4.5 Improving memory

## **List Of Recommended Reference Books**

### **Books for study:**

- Baron, R. A. & Misra, G., (2014), Psychology, 5<sup>th</sup> edition, Pearson Education Inc., India.
- Davis, S. F. and Palladino, J. P., (2013) Psychology 7<sup>th</sup> edition, Prentice Hall, NJ.

### **Books for reference**

- 1) Myers, D. J., (2013), Psychology 10<sup>th</sup> edition. McMillan Publishers India Ltd.
- 2) Feldman, R.S., (2013) Understanding Psychology (11<sup>th</sup> edition). McGraw Hill Publications, New York.
- 3) Morgan, C. T., King, R. A., Weisz, J. R., Schopler, J. (2010) Psychology 7<sup>th</sup> edition. Tata McGraw Hill, New Delhi
- 4) Lahey, B. B. (2012) Psychology: An Introduction (9<sup>th</sup> edition). McGraw Hill Publications, New York.
- 5) Coon, D. & Miltner, J. O. (2007) Introduction to Psychology: Gateway to mind and behaviour (11<sup>th</sup> edition). Wadsworth/ Thomson Learning Publications, New Delhi, first Indian reprint 2007
- 6) Kalat, J. W. (2005) Introduction to Psychology (7<sup>th</sup> edition). Wadsworth/ Thomson Learning Publications, New York.
- 7) Lahey, B. B. (2007) Psychology: An Introduction (9<sup>th</sup> edition). McGraw Hill Publications, New York.

- 8) Passer, M. W. & Smith, R. E. (2007) Psychology: the science of mind and behaviour. New Delhi Tata McGraw Hill.
- 9) Wade, C. & Travis, C. (2006) Psychology (8<sup>th</sup> edition) Pearson Education Inc., Indian reprint by Dorling Kindersley, New Delhi.
- 10) Wood, S. E.; Wood, E. G. & Boyd, D. (2008) The World of Psychology (6<sup>th</sup> edition). Pearson Education Inc., Allyn and Bacon.
- 11) Zimbardo, P. G.; Johnson, R.L. & Weber, A. N. (2008) Psychology: Core Concepts (5<sup>th</sup> edition). Pearson Education Inc., Allyn and Bacon.

Contents:

Theory Syllabus for Courses:

A.PSY.3.01 SOCIAL PSYCHOLOGY

A.PSY.3.02 DEVELOPMENTAL PSYCHOLOGY

**SYBA**

**Course: A.PSY.3.01**

**Title: Social Psychology**

**Learning Objectives:**

1. To ensure understanding of Social Psychology
2. To acquaint students with classic and contemporary research in Social Psychology
3. To further students' knowledge of basic research methodology
4. To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
5. To introduce students to the link between Social Psychology and Personality

**Number of lectures: 45**

**UNIT 1      THE INDIVIDUAL AND THE GROUP      (15 lectures)**

- 1.1 An orientation to social psychology
  - a. Research methodology
  - b. Theoretical approaches
- 1.2 Social Influence
  - a. Compliance
  - b. Destructive Obedience
  - c. Conformity
- 1.3 Group processes
  - a. Social Facilitation
  - b. Deindividuation
  - c. Group Decision Making
  - d. Co-operation v/s Competition and Conflict Resolution

**UNIT 2      PROSOCIAL BEHAVIOUR      (15 lectures)**

- 2.1 Prosocial Behavior and related concepts
- 2.2 Bystander Effect
- 2.3 Determinants of Prosocial Behavior
- 2.4 Theories of Altruism
- 2.5 Antisocial Behavior

**UNIT 3      SOCIAL PERCEPTION      (15 lectures)**

- 3.1 Concept of Attribution
- 3.2 Theories of Attribution
- 3.3 Errors and Biases in Attribution

### 3.4 Impression Formation

#### **List of Recommended Reference Books**

##### Book for study:

Baron, R. A., Branscombe, N. R., & Byrne, D. (2015). Social Psychology. 13<sup>th</sup> edition  
Boston, MA: Pearson/Allyn and Bacon.

##### Books for Reference:

- Franzoi, S. L. (2008). Social Psychology .New York: Mcgraw-Hill.
- Myers, D. G. (2009). Exploring Social Psychology. New York: McGraw-Hill.
- Myers, D. G. (2010). Social Psychology. New York: McGraw-Hill.
- Taylor, S. E., Peplau, A. L., & Sears, D. O. (2006). Social Psychology Englewood Cliffs, NJ: Prentice Hall.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2010). Social Psychology. Upper Saddle River, NJ: Prentice Hall.
- DeLamater, J. D., & Myers, D. J. (2011). Social Psychology. Belmont, CA: Wadsworth.
- Gilovich, T., Keltner, D., & Nisbett, R. (2010). Social Psychology. New York: W. W. Norton.
- Kassin, S. M., Fein, S., & Markus, H. R. (2008). Social Psychology. Boston, MA: Houghton Mifflin.
- Hall, C.S.; Lindsay, G. (1989) Theories of Personality. Wiley Eastern Ltd.

**SYBA**

**Course: A.PSY.3.02**

**Title: Developmental Psychology**

##### **Learning Objectives:**

1. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
2. To inculcate knowledge of developmental milestones from conception to death.
3. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
4. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
5. To introduce students to the link between developmental psychology and personality.

**Number of lectures: 45**

#### **UNIT 1      AN INTRODUCTION TO DEVELOPMENTAL PSYCHOLOGY (15 lectures)**

- 1.1 An orientation to lifespan development
- 1.2 Theoretical perspectives (emphasis on Erikson)



- 1.3 Research methods
- 1.4 Prenatal development and environmental factors
- 1.5 Birth and complications

**UNIT 2      INFANCY & TODDLERHOOD      (15 lectures)**

- 2.1 Early reflexes and motor development
- 2.2 Development of the senses
- 2.3 Cognitive development
- 2.4 Language development
- 2.5 Emotional development and communication with caregivers
- 2.6 Temperament
- 2.7 Autonomy and the emergence of self
- 2.8 Role of parents and attachment

**UNIT 3      EARLY CHILDHOOD      (15 lectures)**

- 3.1 Bodily growth and motor skills
- 3.2 Cognitive development and language
- 3.3 Identity (self and gender)
- 3.4 Parenting
  - a. forms of discipline
  - b. maltreatment
  - c. altruism
  - d. fear
  - e. aggression

**List of Recommended Reference Books**

**Books for study:**

- **Papalia, D.E; Olds, S.W; Feldman, R. (2010) Human development 9th edition. McGraw Hill.**
- **Feldman, R.S (2014) Discovering the lifespan. Pearson Prentice Hall.**

**Books for reference:**

- Berk, L.E. (2007) Development through the lifespan. 3rd edition. Pearson Education.
- Cook, J.L;Cook,G (2009) Child development: Principles and perspectives. Pearson education.
- Santrock, J.W. (2009) Lifespan development 3rd edition. Tata McGraw Hill.
- Santrock, J.W. (2007) Educational Psychology 2nd edition. Tata McGraw Hill.
- McDervitt, T.M; Omrod (2007) Child development and education 3rd edition. Pearson education.
- Dacey, J.S; Travers, J.F. (2004) Human development across the lifespan 5th ed. McGraw Hill.
- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.

Contents:

Theory Syllabus for Courses:

A.PSY.4.01 SOCIAL PSYCHOLOGY

A.PSY.4.02 DEVELOPMENTAL PSYCHOLOGY

**SYBA**

**Course: A.PSY.4.01**

**Title: Social Psychology**

**Learning Objectives:**

6. To ensure understanding of Social Psychology
7. To acquaint students with classic and contemporary research in Social Psychology
8. To further students' knowledge of basic research methodology
9. To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
10. To introduce students to the link between Social Psychology and Personality

**Number of lectures: 45**

1. **UNIT 1 SOCIAL COGNITION**

- 1.1 Social Cognition v/s Social Perception
- 1.2 Schemas and their role in Social Cognitive Processes
- 1.3 Person Memory
- 1.4 Social Inferences
- 1.5 Errors and Biases in Social Cognition

**UNIT 2 ATTITUDES AND PREJUDICE (15 lectures)**

- 2.6 Attitudes (concept, dimensions, acquisition)
- 2.7 Cognitive Dissonance (theory and application)
- 2.8 Persuasion (and resistance to persuasion)
- 2.9 Prejudice
- 2.10 Discrimination

**UNIT 3 INTERPERSONAL ATTRACTION (15 lectures)**

- 3.1 Concept of Interpersonal Attraction
- 3.2 Determinants of Interpersonal Attraction
- 3.3 Falling in and out of love
- 3.4 Personality theory (with a social psychological orientation)

**List of Recommended Reference Books**

Book for study:

Baron, R. A., Branscombe, N. R., & Byrne, D. (2009). *Social Psychology*. Boston, MA: Pearson/Allyn and Bacon.

Books for Reference:

- Franzoi, S. L. (2008). *Social Psychology*. New York: McGraw-Hill.
- Myers, D. G. (2009). *Exploring Social Psychology*. New York: McGraw-Hill.
- Myers, D. G. (2010). *Social Psychology*. New York: McGraw-Hill.
- Taylor, S. E., Peplau, A. L., & Sears, D. O. (2006). *Social Psychology*. Englewood Cliffs, NJ: Prentice Hall.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2010). *Social Psychology*. Upper Saddle River, NJ: Prentice Hall.
- DeLamater, J. D., & Myers, D. J. (2011). *Social Psychology*. Belmont, CA: Wadsworth.
- Gilovich, T., Keltner, D., & Nisbett, R. (2010). *Social Psychology*. New York: W. W. Norton.
- Kassin, S. M., Fein, S., & Markus, H. R. (2008). *Social Psychology*. Boston, MA: Houghton Mifflin.
- Hall, C.S.; Lindsay, G. (1989) *Theories of Personality*. Wiley Eastern Ltd.

**SYBA**

**Course: A.PSY.4.02**

**Title: Developmental Psychology**

**Learning Objectives:**

6. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
7. To inculcate knowledge of developmental milestones from conception to death.
8. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
9. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
10. To introduce students to the link between developmental psychology and personality.

**Number of lectures: 45**

**UNIT 1      ADOLESCENCE**

**(15 lectures)**

1.1 Physical development, puberty, health

1.2 Cognitive development & abstract thought

1.3 Emotional issues, depression, suicide

1.4 Social development, relationships family and friends

1.5 Sexuality

1.6 Challenges /issues

## **UNIT 2 EARLY & MIDDLE ADULTHOOD**

**(15 lectures)**

- 2.1 Cognitive development in early adulthood
- 2.2 Psychosocial development in early adulthood
- 2.3 Parenting as a developmental experience
- 2.4 Mid life transition / changes
- 2.5 Challenges & issues in middle adulthood

## **UNIT 3 LATE ADULTHOOD**

**(15 lectures)**

- 3.1 Physical & cognitive changes
- 3.2 Social & emotional challenges
- 3.3 Death, bereavement & grief
- 3.4 Geriatric care & services with emphasis on Indian context
- 3.5 Policies and legal laws that protect the elderly in the city

### **List of Recommended Reference Books**

#### **Books for study:**

- **Papalia, D.E; Olds, S.W; Feldman, R. (2010) Human development 9th edition. McGraw Hill.**
- **Feldman, R.S (2014) Discovering the lifespan. Pearson Prentice Hall.**

#### **Books for reference:**

- Berk, L.E. (2007) Development through the lifespan. 3rd edition. Pearson Education.
- Cook, J.L; Cook, G (2009) Child development: Principles and perspectives. Pearson education.
- Santrock, J.W. (2009) Lifespan development 3rd edition. Tata McGraw Hill.
- Santrock, J.W. (2007) Educational Psychology 2nd edition. Tata McGraw Hill.
- McDervitt, T.M; Omrod (2007) Child development and education 3rd edition. Pearson education.
- Dacey, J.S; Travers, J.F. (2004) Human development across the lifespan 5th ed. McGraw Hill.

Hall, C.S.; Lindsay, G. (1989) *Theories of Personality*. Wiley Eastern Ltd.

Contents:

Theory (and Practical) Syllabus for Courses:

A.PSY.5.01 Psychometrics and Statistics

A.PSY.5.02 Abnormal Psychology

A.PSY.5.03 Industrial Organizational Psychology

A.PSY.5.04 Cognitive Psychology

A.PSY.5.05 Psychology Practicals

A.PSY.5.06 Counseling Psychology

**TYBA**

**Course: A.PSY.5.01**

**Title: Psychometrics and Statistics**

**Learning Objectives:**

1. To ensure understanding of the nature, uses, technical features, and process of
2. construction of psychological tests
3. To highlight the distinction between testing and assessment
4. To facilitate awareness of the application of psychometrics to intelligence
5. To develop skills in the uses and applications of statistics to the behavioral sciences
6. To create a foundation for advanced learning of psychological testing, assessment, and statistics
7. To introduce students to the link between psychometrics and personality

**Number of lectures: 60**

**UNIT 1      Psychological Testing and Assessment      (15 lectures)**

- 1.1 Historical Perspectives
- 1.2 Distinction between Testing and Assessment
- 1.3 Assumptions about Testing and Assessment
- 1.4 Criteria of a Good Psychological Test

**UNIT 2      Reliability      (15 lectures)**

- 2.1 The concept of Reliability
- 2.2 Reliability estimates –Various methods
- 2.3 Reliability and individual scores
- 2.4 Using and interpreting a reliability coefficient

**UNIT 3      Validity      (15 lectures)**

- 3.1 The concept of Validity
- 3.2 Content Validity
- 3.3 Construct Validity
- 3.4 Criterion-related Validity

**UNIT 4      **Univariate Statistics (measures of central tendency, location, dispersion)**  
**(15 lectures)****

- 4.1 Variables and Scales of measurement
- 4.2 Tabulation Techniques
- 4.3 Graphical Representations
- 4.4 Central tendency - Calculation, merits, limitations, and uses
- 4.5 Location – Calculation, merits, limitations, and uses
- 4.6 Dispersion – Calculation, merits, limitations, and uses

**List of Recommended Reference Books**

**Books for study:**

- **Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, Indian reprint 2002**
- **Cohen, J.R., & Swerdlik, M.E. (2012). Psychological Testing and Assessment: An introduction to Tests and Measurement. (8th ed.). New York. McGraw-Hill International edition**

**Books for reference**

- Aiken, L. R., & Groth-Marnat, G. (2006). Psychological Testing and Assessment. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. (4th ed.). Pearson Indian reprint 2008, by Dorling Kindersley India pvt ltd, New Delhi
- Hoffman, E. (2002). Psychological Testing at Work. New Delhi: Tata McGraw-Hill
- Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009).
  - Exercises in Psychological Testing. (2nd ed.). Boston: Pearson Education
  - Howell D.C. Statistical Methods for Psychology.(7th ed.)
  - Howell D.C. Fundamental Statistics for the Behavioral Sciences. (6th ed.)
  - Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
  - Kline, T.J.B. (2005). Psychological Testing: A Practical approach to design and evaluation. New Delhi: Vistaar (Sage) publications
  - Mangal, S.K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
  - McBurney, D.H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
  - McIntire, S.A., & Miller, L.A. (2000). Foundations of Psychological Testing. (1st ed.). McGraw-Hill Higher Education
  - Urbina S. (2004). Essentials of Psychological Testing. John Wiley & Sons.

**Learning Objectives:**

1. To ensure understanding of important concepts of abnormal psychology.
2. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
3. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
4. To increase awareness about mental health problems in society.
5. To understand the issues related to diagnosis and labelling.
6. To introduce students to the link between abnormal psychology and personality.
7. To create a foundation for higher education and a professional career in clinical Psychology.

**Number of lectures: 60****UNIT 1. AN INTRODUCTION TO ABNORMAL PSYCHOLOGY (15 lectures)**

- 1.1 Concept/meaning and criteria of abnormal behaviour
- 1.2 Historical and Contemporary views of Abnormal Behaviours
- 1.3 Clinical assessment
- 1.4 Theoretical approaches to understanding causal factors

**UNIT 2. ANXIETY AND RELATED DISORDERS (15 lectures)**

- 2.1 Phobias
- 2.2 Panic disorder
- 2.3 Generalized anxiety disorder
- 2.4 Obsessive compulsive disorder
- 2.5 Post traumatic stress disorder
- 2.6 Causal factors of anxiety disorders
- 2.7 Treatments and outcomes of anxiety disorders

**UNIT 3. SCHIZOPHRENIA (15 lectures)**

- 3.1 Clinical picture
- 3.2 Subtypes
- 3.3 Causal factors
- 3.4 Treatments and outcomes

**UNIT 4. ADDICTION DISORDERS (15 lectures)**

- 4.1 Concepts related to Addiction
- 4.2 Addiction to Alcohol and Drugs
- 4.3 Myths and facts, causal factors, treatments and outcomes
- 4.4 New-Age addictions

**List of Recommended Reference Books**



### **Books for study:**

- **Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2011). *Abnormal Psychology*. (14th ed.) Pearson Education**
- **Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4th ed.). New Delhi: Wadsworth Cengage Learning**

### **Books for Reference:**

- Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
- Halgin, R. P., & Whitbourne, S.K. (2010). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*. (6th ed.). McGraw-Hill
- Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
- Compas, B. E., & Gotlib, I. H. (2002). *Introduction to Clinical Psychology: Science and Practice*. McGraw- Hill
- Dhanda, Amita. (2000) *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt ltd
- Nolen-Hoeksema, S. (2008). *Abnormal Psychology*. (4th ed.). New York: McGraw-Hill.
- Mash, E. J., & Wolfe, D.A. (2005). *Abnormal Child Psychology*. (3rd ed.). Wadsworth / Thomson Learning
- Oltmanns, T. F., & Emery, R. E. (2010). *Abnormal Psychology*. 6th ed., New Jersey: Pearson Prentice Hall

**TYBA**

**Course: A.PSY.5.03**

**Title: Industrial Organizational Psychology**

### **Learning Objectives:**

1. To ensure understanding of important concepts, processes and issues in the field of Industrial-Organizational psychology.
2. To inculcate knowledge of different facets of organizational functioning.
3. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
4. To introduce students to the link between psychology and personality.
5. To introduce students to the link between I-O psychology and personality.
6. To gain insight into the association between theory and practice in the field of I-O psychology.
7. To create a foundation for higher education and for a professional career in I-O psychology.

**Number of lectures: 45**

## **UNIT 1**

### **1. INDUSTRIAL ORGANIZATIONAL PSYCHOLOGY (AN INTRODUCTION) AND EMPLOYEE SELECTION (15 lectures)**

- 1.1 Scope and challenges for I-O psychology
- 1.2 Job and work analysis
- 1.3 Recruitment process
- 1.4 Selection techniques
- 1.5 Assessment centers
- 1.6 Fair employment practices and other ethical issues

## **UNIT 2**

### **2. PERFORMANCE AND TRAINING (15 lectures)**

- 2.1 Understanding performance and the need for appraisal
- 2.2 Techniques of performance appraisal
- 2.3 Sources of error and bias in performance appraisals
- 2.4 Ways to improve performance appraisal
- 2.5 Scope and goals of organizational training
- 2.6 The pretraining environment
- 2.7 How people learn: Psychological issues
- 2.8 Types of organizational training programs
- 2.9 Evaluating training programs

## **UNIT 3**

### **3. LEADERSHIP (15 lectures)**

- 3.1 Concept of leadership
- 3.2 Sources of influence and power
- 3.3 Approaches to understanding of leadership
- 3.4 Gender and inclusion in leadership
- 3.5 Characteristics of successful leaders
- 3.6 Challenges of leaders

## **List of Recommended Reference Books**

### **Book for study:**

- Spector, Paul. E., (2015) **Industrial and Organizational Psychology, International edition, Wiley India.**
- Schultz, D., & Schultz, S. E. (2010). **Psychology and Work Today.( 10th ed.). Pearson Prentice Hall**

### **Books for reference**

- Landy, F. J., & Conte, J. M. (2009). **Work In The 21st Century: An Introduction to**

Industrial and Organizational Psychology, 3rd Edition Wiley-Blackwell

- Aamodt, M.G. (2004). Applied Industrial/Organizational Psychology. (4th ed). Wadsworth/ Thomson Learning
- Aswathappa, K. (2005). Human Resource and Personnel Management – Text and Cases, 4th ed, New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
- Dessler, G., & Verkey, B. (2009). Human Resource Management. 11th ed., Pearson Education, Dorling Kindersley India, New Delhi
- French, W.L., Bell, C.H. Jr, & Vohra, V. (2006). Organization Development: Behavioural science interventions for organization improvement. 6th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Greer, C.R. (2001). Strategic Human Resource Management; A general managerial approach. 2nd ed., Pearson Education, 6th Indian reprint 2004
- Hellriegel, D., & Slocum, J.W. (2004). Organizational Behavior. (10th ed.). South Western/ Thomson Learning
- Hersey, P., Blanchard, K. H., & Johnson, D. E. (2001). Management of Organisational Behaviour. 8th ed., Pearson, Dorling Kindersley India, New Delhi. 3rd Indian reprint 2009
- Hoyer, W.D., MacInnis, D.J., & Dasgupta, P. (2008). Consumer Behaviour. Biztantra, New Delhi
- Jones, G.R., & Mathew, M. (2009). Organisational theory, design, and change. 5th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Landy, F. J., & Conte, J. M. (2004). Work In The 21st Century. (International ed.), McGraw Hill co.
- Luthans, F. (2005). Organizational Behavior. (10th ed.). McGraw Hill.
- Matthewman, L., Rose, A., & Hetherington, A. (2009). Work Psychology: An introduction to Human Behaviour in workplace. Oxford university press
- McKenna, E. (2006). Business Psychology and Organisational Behaviour: A student's handbook. 4th ed., Psychology Press, 1st Indian reprint 2009
- Miner, J.B. (2002). Organisational Behaviour: Foundations, theories, analyses. New York: Oxford university press
- Muchinsky, P.M. (2003). Psychology Applied to Work. (7th ed.). Wadsworth/ Thomson Learning
- Newstrom, J.W., & Davis, K. (2002). Organizational Behavior: Human Behavior at work (11th ed.). Tata McGraw- Hill
- Pareek, U. (2003). Training Instruments in HRD and OD (2nd ed.), Tata McGraw-Hill Publishing Company, Mumbai

**TYBA**

**Course: A.PSY.5.04**

**Title: Cognitive Psychology**

**Learning Objectives:**

1. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes
2. To provide a balanced knowledge base of theory and research in cognitive psychology
3. To highlight the neuropsychological basis of cognition

4. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general
5. To create a foundation for higher education and a career in cognitive psychology
6. To introduce students to the link between cognitive psychology and personality

**Number of lectures: 60**

**UNIT 1 AN INTRODUCTION TO COGNITIVE PSYCHOLOGY AND NEUROCOGNITION (15 lectures)**

- 1.1 Definitions of Cognition, Cognitive Psychology. Cognitive Science
- 1.2 History of Cognitive Psychology
- 1.3 The Cognitive Revolution and Current Trends
- 1.4 Paradigms of Cognitive Psychology
- 1.5 Research Methods in Cognitive Psychology
- 1.6 Structure of the Brain - Basic Anatomy
- 1.7 Basic Neurology
- 1.8 Localization and lateralization of Function
- 1.9 Brain Imaging techniques

**UNIT 2 FORMING AND USING NEW MEMORY TRACES (15 lectures)**

- 2.1 Metaphors of Memory
- 2.2 Sensory Memory
- 2.3 Short Term Memory
- 2.4 Working Memory and Executive Functioning
- 2.5 Neurological Studies of Memory Processes

**UNIT 3 RETRIEVING MEMORY FROM LONG TERM STORAGE (15 lectures)**

- 3.1 Taxonomy of LTM
- 3.2 Mnemonic Devices
- 3.3 The Traditional View of LTM
- 3.4 The Levels of Processing View
- 3.5 Amnesia

**UNIT 4 MEMORY FOR GENERAL KNOWLEDGE (15 lectures)**

- 4.1 The Semantic – Episodic Distinction
- 4.2 Semantic Memory Models
- 4.3 Implicit v/s Explicit Memory
- 4.4 Schemata, Scripts, and the Propositional Approach
- 4.5 Bandura’s Social Cognitive Theory

**List of Recommended Reference Books**

**Book for study**

**Galotti, K.M. (2013). Cognitive Psychology in and out of the Lab. (5th ed.). Thomson Learning**

**Books for reference**

- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2007). Psychology of sensation and perception. New Delhi: Cengage learning India, Indian reprint 2008
- Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. N.D. Sage Publications.
- Levitin, D. J. (2002). Foundations of Cognitive Psychology. MIT Press.
- Matlin, M.W. (1995). Cognition. 3rd ed., Bangalore: Prism Books Pvt. Ltd.
- Reed, S. K. (2004). Cognition: Theory and Applications. (6th ed.), Wadsworth/ Thomson Learning
- Robinson-Riegler, B., & Robinson-Riegler, G. L. (2008). Cognitive Psychology – Applying the science of the Mind. (2nd ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt ltd.
- Srinivasan, N., Gupta, A. K., & Pandey, J. (Eds). (2008). Advances in Cognitive Science. Volume 1, New Delhi, Sage publications
- Sternberg, R.J. (2009). Applied Cognitive Psychology: Perceiving, Learning, and Remembering. New Delhi: Cengage learning India, Indian reprint 2009
- Solso, R. L. MacLin, M. K., MacLin, O.H. (2004). Cognitive Psychology (7th Ed.), Allyn & Bacon;

## **TYBA**

## **Course: A.PSY.5.05**

### **Title: Psychology Practicals**

#### **Learning Objectives:**

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics

1. Attention
2. Forming and using new memory traces
3. Retrieving memory from long term storage
4. Memory for general knowledge
5. Intelligence / aptitude Test

(6 lectures per week, per batch of 8 students)

**Number of lectures: 90**

**List of Recommended Reference Books**

- Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, New Delhi, first Indian reprint 2002
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition
- Elmes, D.G., Kantowitz, B.H., & Roediger, H.L. (1999) Research Methods in Psychology. (6th ed.). Brooks/Cole, Thomson Learning
- Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- Garrett, H.E. (1973). Statistics in Psychology and Education (6th ed.) Bombay: Vakils, Feffer, and Simons Pvt. Ltd.
- Guilford, J. P. (1954). Psychometric Methods (2nd ed.). New York: McGraw-Hill
- Guilford, J.P. Fruchter, B. (1973). Fundamental statistics in psychology and education. (5th ed.) New York : McGraw-Hill
- Harris, P. (2008). Designing and Reporting Experiments In Psychology. 3rd ed., Open University Press, McGraw-Hill Education
- Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- McBurney, D. H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- Mangal, S. K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- Martin, D. W. (2004). Doing Psychology Experiments. (6th ed.). Belmont: Thomson Wadsworth
- Matlin, M. W. (1995). Cognition. 3rd ed., Bangalore: Prism Books pvt. ltd.
- Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- Snodgrass, J. G., Levy-Berger G. V., & Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
- Steinberg, W. J. (2008). Statistics Alive! Los Angeles: Sage Publications, Inc.

**TYBA**

**Title: Counseling Psychology**

**Course: A.PSY.5.06**

**Learning Objectives:**

1. To ensure understanding of important concepts, processes and issues in the field of counseling psychology.
2. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of various counseling approaches.
3. To facilitate insight into the use and application of counseling with diverse groups.
4. To introduce students to the link between counseling psychology and personality.
5. To establish a foundation for a professional career in counseling psychology.

**Number of lectures: 45****UNIT 1      THE FUNDAMENTALS OF COUNSELING      (15 lectures)**

- 1.1 Defining counseling
- 1.2 The counselor
- 1.3 The counseling process
- 1.4 Ethical principles in counselling
- 1.5 Core conditions of counselling

**UNIT 2      BUILDING THE COUNSELING RELATIONSHIP      (15 lectures)**

- 2.1 The initial interview
- 2.2 Client qualities and resistance
- 2.3 Inviting communication and facilitating disclosure
- 2.4 Importance of feedback
- 2.5 Counselor skills for in-depth exploration

**UNIT 3      COMMITMENT TO ACTION AND TERMINATION      (15 lectures)**

- 3.1 Assessment and diagnosis
- 3.2 Identification of goals
- 3.3 Designing and implementing action plans
- 3.4 Transference and countertransference
- 3.5 The process of Termination

**List of Recommended Reference Books****Book for study:**

- Gladding, S. T. (2014) Counseling: A comprehensive profession (7th edition). Pearson education. New Delhi

**Books for reference:**

- Welfel, E.R. & Patterson, L. (2005) The counseling process: a multi-theoretical integrative approach. 6th edition. Thomson Brooks/ Cole
- Capuzzi, D. & Gross, D. R. (2009) Introduction to the counseling profession. 5th edition New Jersey. Pearson Education.
- Nelson-Jones, R. (2009) Introduction to counseling skills: Text and activities. 3rd edition London. Sage publications.

- McLeod, J. (2009) An introduction to counseling. 4th edition. Open university press/ McGraw Hill higher education
- Dryden, W. & Reeves, A.(Eds) (2008). Key issues for counseling in action. 2nd edition. London. Sage publications.
- Nelson-Jones, R. (2008) Basic counseling skills: A helper's manual. 2nd edition Sage South Asia edition
- Simmons, J. & Griffith, R. (2009). CBT for Beginners. London. Sage Publications.
- Brammer, R. (2004) Diversity in counseling. Thomson Brooks/ Cole.
- Feltham, C & Horton, I. (2006). The Sage Handbook of Counseling and Psychotherapy. 2nd edition. Sage publications.
- Yalom, I. D. & Leszcz, M. (2005). The Theory & Practice of Group Psychotherapy. New York Basic Books.



Contents:

Theory (and Practical) Syllabus for Courses:

A.PSY.6.01 Psychometrics and Statistics

A.PSY.6.02 Abnormal Psychology

A.PSY.6.03 Industrial Organizational Psychology

A.PSY.6.04 Cognitive Psychology

A.PSY.6.05 Psychology Practicals

A.PSY.6.06 Counseling Psychology

**TYBA**

**Course: A.PSY.6.01**

**Title: Psychometrics and Statistics**

**Learning Objectives:**

8. To ensure understanding of the nature, uses, technical features, and process of
9. construction of psychological tests
10. To highlight the distinction between testing and assessment
11. To facilitate awareness of the application of psychometrics to intelligence
12. To develop skills in the uses and applications of statistics to the behavioral sciences
13. To create a foundation for advanced learning of psychological testing, assessment, and statistics
14. To introduce students to the link between psychometrics and personality

**Number of lectures: 60**

**UNIT 1**

**9. Test Development**

**(15 lectures)**

- 1.1 Test conceptualization
- 1.2 Test construction
- 1.3 Test tryout
- 1.4 Item analysis
- 1.5 Test revision

**UNIT 2**

**10. Measurement of Intelligence**

**(15 lectures)**

- 2.1 Definitions of Intelligence
- 2.2 Theories of Intelligence
- 2.3 The Stanford-Binet Intelligence Scales
- 2.4 The Wechsler Tests of Intelligence

**UNIT 3**

**11. Assessment of Personality**

**(15 lectures)**

- 3.1 Definitions of Personality

- 3.2 Trait Theories of Personality
- 3.3 Approaches to Personality Assessment
- 3.4 Projective methods of Personality Assessment

## **UNIT 4**

**(15 lectures)**

### **12. Normal Distribution, Inference and Correlation**

- 4.1 Characteristics, importance and applications of the Normal Distribution
- 4.2 Areas under the Standard Normal Curve and Z-scores
- 4.3 Basics of Statistical Inference
- 4.4 The t distribution and its uses in tests of hypothesis
- 4.5 Correlations (scatter grams, types, calculation, interpretation, limitations)

## **List of Recommended Reference Books**

### **Books for study:**

- **Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, Indian reprint 2002**
- **Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition**

### **Books for reference**

- Aiken, L. R., & Groth-Marnat, G. (2006). Psychological Testing and Assessment. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. (4th ed.). Pearson Indian reprint 2008, by Dorling Kindersley India pvt ltd, New Delhi
- Hoffman, E. (2002). Psychological Testing at Work. New Delhi: Tata McGraw-Hill
- Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009). Exercises in Psychological Testing. (2nd ed.). Boston: Pearson Education
- Howell D.C. Statistical Methods for Psychology.(7th ed.)
- Howell D.C. Fundamental Statistics for the Behavioral Sciences. (6th ed.)
- Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- Kline, T.J.B. (2005). Psychological Testing: A Practical approach to design and evaluation. New Delhi: Vistaar (Sage) publications
- Mangal, S.K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- McBurney, D.H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- McIntire, S.A., & Miller, L.A. (2000). Foundations of Psychological Testing. (1st ed.). McGraw-Hill Higher Education
- Urbina S. (2004). Essentials of Psychological Testing. John Wiley & Sons.

**Learning Objectives:**

8. To ensure understanding of important concepts of abnormal psychology.
9. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
10. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
11. To increase awareness about mental health problems in society.
12. To understand the issues related to diagnosis and labelling.
13. To introduce students to the link between abnormal psychology and personality.
14. To create a foundation for higher education and a professional career in clinical Psychology.

**Number of lectures: 60**

**UNIT 1. DEVELOPMENTAL & COGNITIVE DISORDERS (15 lectures)**

- 1.1 Pervasive developmental disorders (Autism Aspergers, Mental Retardation, Learning disabilities)
- 1.2 Anxiety disorders (Separation Anxiety Encopresis, Enuresis, Selective Mutism Tics)
- 1.3 Other disorders (ADHD, ODD, Conduct disorder)
- 1.4 Cognitive disorders (Dementia, Parkinson's, Alzheimer's)

**UNIT 2. SOMATFORM & PERSONALITY DISORDERS (15 lectures)**

- 2.1 Nature and types of somatoform disorders
- 2.2 Causes & treatment
- 2.3 Types of personality disorders (Cluster A, Cluster-B, Cluster-C)
- 2.4 Causal factors, Criteria, Symptoms
- 2.5 Treatment

**UNIT 3. MOOD DISORDERS & SUICIDE (15 lectures)**

- 3.1 Types (Unipolar disorders, Bipolar disorders)
- 3.2. Depressions not classified as mood disorders
- 3.3 Theories & specifiers of depression
- 3.4. Causal factors of mood disorders
- 3.5 Treatment and outcomes
- 3.6 Suicide (types, causes, interventions, gender differences)

## **UNIT 4. OVERVIEW OF TREATMENT & ISSUES**

**(15 lectures)**

- 4.1 Pharmacological approaches
- 4.2 Psychological approaches with emphasis on Carl Rogers's theory of personality
- 4.3 Deinstitutionalization v/s Homelessness
- 4.4 Legal issues (commitment, assessment of dangerousness)
- 4.5 Contemporary issues (The Insanity defense NGRI v/s GBMI)

### **List of Recommended Reference Books**

#### **Books for study:**

- **Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2011). *Abnormal Psychology*. (14th ed.) Pearson Education**
- **Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4th ed.). New Delhi: Wadsworth Cengage Learning**

#### **Books for Reference:**

- Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
- Halgin, R. P., & Whitbourne, S.K. (2010). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*. (6th ed.). McGraw-Hill
- Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
- Compas, B. E., & Gotlib, I. H. (2002). *Introduction to Clinical Psychology: Science and Practice*. McGraw- Hill
- Dhanda, Amita. (2000) *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt ltd
- Nolen-Hoeksema, S. (2008). *Abnormal Psychology*. (4th ed.). New York: McGraw-Hill.
- Mash, E. J., & Wolfe, D.A. (2005). *Abnormal Child Psychology*. (3rd ed.). Wadsworth / Thomson Learning
- Oltmanns, T. F., & Emery, R. E. (2010). *Abnormal Psychology*. 6th ed., New Jersey: Pearson Prentice Hall

**TYBA**

**Course: A.PSY.6.03**

**Title: Industrial Organizational Psychology**

#### **Learning Objectives:**

8. To ensure understanding of important concepts, processes and issues in the field of

Industrial-Organizational psychology.

9. To inculcate knowledge of different facets of organizational functioning.
10. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
11. To introduce students to the link between psychology and personality.
12. To introduce students to the link between I-O psychology and personality.
13. To gain insight into the association between theory and practice in the field of I-O psychology.
14. To create a foundation for higher education and for a professional career in I-O psychology.

**Number of lectures: 45**

### **UNIT 1**

#### **4. Work Motivation and satisfaction (15 lectures)**

- 1.7 Motivation and performance
- 1.8 Maslow's theory of personality
- 1.9 Theories of work motivation
- 1.10 Job satisfaction (measurement, antecedents, consequences)
- 1.11 Organizational commitment

### **UNIT 2**

#### **5. Stress in the workplace (15 lectures)**

- 2.1 Occupational Stress
- 2.2 Job stressors in the work environment
- 2.3 Work schedules
- 2.4 Work family balance
- 2.5 Burnout
- 2.6 Individual differences in responding to stress
- 2.7 Stress management programs

### **UNIT 3**

#### **6. Organization of the organization (15 lectures)**

- 3.1 Organizational structures and systems
- 3.2 Organizational change
- 3.3 Organizational development interventions
- 3.4 Organizational culture and socialization
- 3.5 Technological change and organizational structure

### **List of Recommended Reference Books**

#### **Book for study:**

- **Spector, Paul. E., (2015) Industrial and Organizational Psychology, International edition, Wiley India.**
- **Schultz, D., & Schultz, S. E. (2010). Psychology and Work Today.( 10th ed.). Pearson Prentice Hall**

#### Books for reference

- Landy, F. J., & Conte, J. M. (2009). Work In The 21st Century: An Introduction to Industrial and Organizational Psychology, 3rd Edition Wiley-Blackwell
- Aamodt, M.G. (2004). Applied Industrial/Organizational Psychology. (4th ed). Wadsworth/ Thomson Learning
- Aswathappa, K. (2005). Human Resource and Personnel Management – Text and Cases, 4th ed, New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
- Dessler, G., & Verkey, B. (2009). Human Resource Management. 11th ed., Pearson Education, Dorling Kindersley India, New Delhi
- French, W.L., Bell, C.H. Jr, & Vohra, V. (2006). Organization Development: Behavioural science interventions for organization improvement. 6th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Greer, C.R. (2001). Strategic Human Resource Management; A general managerial approach. 2nd ed., Pearson Education, 6th Indian reprint 2004
- Hellriegel, D., & Slocum, J.W. (2004). Organizational Behavior.( 10th ed.). South Western/ Thomson Learning
- Hersey, P., Blanchard, K. H., & Johnson, D. E. (2001). Management of Organisational Behaviour. 8th ed., Pearson, Dorling Kindersley India, New Delhi. 3rd Indian reprint 2009
- Hoyer, W.D., MacInnis, D.J., & Dasgupta, P. (2008). Consumer Behaviour. Biztantra, New Delhi
- Jones, G.R., & Mathew, M. (2009). Organisational theory, design, and change. 5th ed., Pearson Education, Dorling Kindersley India, New Delhi
- Landy, F. J., & Conte, J. M. (2004). Work In The 21st Century. (International ed.), McGraw Hill co.
- Luthans, F. (2005). Organizational Behavior.( 10th ed.). McGraw Hill.
- Matthewman, L., Rose, A., & Hetherington, A. (2009). Work Psychology: An introduction to Human Behaviour in workplace. Oxford university press
- McKenna, E. (2006). Business Psychology and Organisational Behaviour: A student's handbook. 4th ed., Psychology Press, 1st Indian reprint 2009
- Miner, J.B. (2002). Organisational Behaviour: Foundations, theories, analyses. New York: Oxford university press
- Muchinsky, P.M. (2003). Psychology Applied to Work.( 7th ed.). Wadsworth/ Thomson Learning
- Newstrom, J.W., & Davis, K. (2002). Organizational Behavior: Human Behavior at work (11th ed.). Tata McGraw- Hill
- Pareek, U. (2003). Training Instruments in HRD and OD (2nd ed.), Tata McGraw-Hill Publishing Company, Mumbai

**TYBA**

**Course: A.PSY.6.04**

**Title: Cognitive Psychology**

**Learning Objectives:**

7. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes
8. To provide a balanced knowledge base of theory and research in cognitive psychology
9. To highlight the neuropsychological basis of cognition
10. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general
11. To create a foundation for higher education and a career in cognitive psychology
12. To introduce students to the link between cognitive psychology and personality

**Number of lectures: 60**

**UNIT 1 Reconstructive Nature of Memory (15 lectures)**

- 1.10 The Seven Sins of Memory
- 1.11 Autobiographical Memories of Ordinary Events
- 1.12 Flashbulb Memories
- 1.13 Recovered v/s False Memories
- 1.14 Eyewitness Memory

**UNIT 2 Attention and Perception (15 lectures)**

- 2.1 Multiple meanings of Attention
- 2.2 Selective Attention
- 2.3 Automaticity and the effects of Practice
- 2.4 Divided Attention
- 2.5 Gestalt approach to Perception
- 2.6 Bottom – up Processes and Top – Down Processes
- 2.7 Disruptions of Perception, Visual Agnosias

**UNIT 3 Reasoning and Problem Solving (15 lectures)**

- 3.1 Types of Reasoning
- 3.2 Patterns of Reasoning Performance – Formal Logic
- 3.3 Three Approaches to the Study of Reasoning
- 3.4 Neurological evidence on Reasoning
- 3.5 The two sides of the Problem Solving Coin

**UNIT 4 Decision Making and Language (15 lectures)**

- 4.1 Phases of Decision Making
- 4.2 Cognitive Illusions in Decision Making
- 4.3 Utility and Descriptive Models of Decision Making
- 4.4 Subsystems of Language
- 4.5 Language - Comprehension, Production, and Cognition

**List of Recommended Reference Books**

## **Book for study**

**Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning**

## **Books for reference**

- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2007). Psychology of sensation and perception. New Delhi: Cengage learning India, Indian reprint 2008
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- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. N.D. Sage Publications.
- Levitin, D. J. (2002). Foundations of Cognitive Psychology. MIT Press.
- Matlin, M.W. (1995). Cognition. 3rd ed., Bangalore: Prism Books Pvt. Ltd.
- Reed, S. K. (2004). Cognition: Theory and Applications. (6th ed.), Wadsworth/ Thomson Learning
- Robinson-Riegler, B., & Robinson-Riegler, G. L. (2008). Cognitive Psychology – Applying the science of the Mind. (2nd ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt ltd.
- Srinivasan, N., Gupta, A. K., & Pandey, J. (Eds). (2008). Advances in Cognitive Science. Volume 1, New Delhi, Sage publications
- Sternberg, R.J. (2009). Applied Cognitive Psychology: Perceiving, Learning, and Remembering. New Delhi: Cengage learning India, Indian reprint 2009
- Solso, R. L. MacLin, M. K., MacLin, O.H. (2004). Cognitive Psychology (7th Ed.), Allyn & Bacon;

**TYBA**

**Course: A.PSY.6.05**

**Title: Psychology Practicals**

**Learning Objectives:**

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics



6. Perception and Pattern Recognition
7. Reconstructive Nature of Memory
8. Reasoning and Problem Solving
9. Decision Making and Language
10. Personality Test

(6 lectures per week, per batch of 8 students)

**Number of lectures: 90**

**List of Recommended Reference Books**

- Anastasi, A. & Urbina, S. (1997). Psychological Testing. (7th ed.). Pearson Education, New Delhi, first Indian reprint 2002
- Aaron, A., Aaron, E. N., & Coups, E. J. (2006). Statistics for Psychology. (4th ed.). Pearson Education, Indian reprint 2007
- Ashcraft, M. H. & Radvansky, G. A. (2009). Cognition. (5th ed), Prentice Hall, Pearson education
- Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
- Cohen, J.R., & Swerdlik, M.E. (2010). Psychological Testing and Assessment: An introduction to Tests and Measurement. (7th ed.). New York. McGraw-Hill International edition
- Elmes, D.G., Kantowitz, B.H., & Roediger, H.L. (1999) Research Methods in Psychology. (6th ed.). Brooks/Cole, Thomson Learning
- Galotti, K.M. (2007). Cognitive Psychology in and out of the Lab. (4th ed.). Thomson Learning
- Galotti, K.M. (2008). Cognitive Psychology: Perception, Attention, and Memory. Wadsworth New Delhi: Cengage Learning
- Galotti, K. M. (2004). Cognitive Psychology: In and Out of the Laboratory. (3rd ed.). Wadsworth/ Thomson Learning
- Goldstein, E. B. (2005). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Wadsworth/ Thomson Learning
- Garrett, H.E. (1973). Statistics in Psychology and Education (6th ed.) Bombay: Vakils, Feffer, and Simons Pvt. Ltd.
- Guilford, J. P. (1954). Psychometric Methods (2nd ed.). New York: McGraw-Hill
- Guilford, J.P. Fruchter, B. (1973). Fundamental statistics in psychology and education. (5th ed.) New York : McGraw-Hill
- Harris, P. (2008). Designing and Reporting Experiments In Psychology. 3rd ed., Open University Press, McGraw-Hill Education
- Kaplan, R. M., & Saccuzzo, D. P. (2005). Psychological Testing – Principles, Applications and Issues. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- McBurney, D. H. (2001). Research Methods. (5th ed.). Bangalore: Thomson Learning India
- Mangal, S. K. (1987). Statistics in Psychology and Education. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- Martin, D. W. (2004). Doing Psychology Experiments. (6th ed.). Belmont: Thomson Wadsworth
- Matlin, M. W. (1995). Cognition. 3rd ed., Bangalore: Prism Books pvt. ltd.
- Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- Snodgrass, J. G., Levy-Berger G. V., & Haydon, M. (1985). Human Experimental

- Psychology. New York: Oxford University Press.
- Steinberg, W. J. (2008). Statistics Alive! Los Angeles: Sage Publications, Inc.

**TYBA**

**Course: A.PSY.6.06**

**Title: Counseling Psychology**

**Learning Objectives:**

6. To ensure understanding of important concepts, processes and issues in the field of counseling psychology.
7. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of various counseling approaches.
8. To facilitate insight into the use and application of counseling with diverse groups.
9. To introduce students to the link between counseling psychology and personality.
10. To establish a foundation for a professional career in counseling psychology.

**Number of lectures: 45**

**UNIT 1      Insight oriented therapies      (15 lectures)**

- 1.1 An orientation to use of theories in counselling
- 1.2 Psychoanalytic therapy
- 1.3 Adlerian therapy
- 1.4 Person-centered therapy
- 1.5 Fritz Perls' theory and Gestalt therapy
- 1.6 Group therapy

**UNIT 2      Cognitive-Behavioural approaches      (15 lectures)**

- 2.1 Behavioural therapy
- 2.2 Rational emotive behavior therapy
- 2.3 Cognitive therapy
- 2.4 Systems theories

**UNIT 3      Multicultural counseling and counseling with diverse populations      (15 lectures)**

- 3.1 Multicultural counseling
- 3.2 Counseling the aged population
- 3.3 Gender based counseling
- 3.4 Counseling children
- 3.5 Crisis counselling

**List of Recommended Reference Books**

**Book for study:**

- Gladding, S. T. (2014) Counseling: A comprehensive profession (7th edition). Pearson education. New Delhi

**Books for reference:**

- Welfel, E.R. & Patterson, L. (2005) The counseling process: a multi-theoretical integrative approach. 6th edition. Thomson Brooks/ Cole
- Capuzzi, D. & Gross, D. R. (2009) Introduction to the counseling profession. 5th edition New Jersey. Pearson Education.
- Nelson-Jones, R. (2009) Introduction to counseling skills: Text and activities. 3rd edition London. Sage publications.
- McLeod, J. (2009) An introduction to counseling. 4th edition. Open university press/ McGraw Hill higher education
- Dryden, W. & Reeves, A.(Eds) (2008). Key issues for counseling in action. 2nd edition. London. Sage publications.
- Nelson-Jones, R. (2008) Basic counseling skills: A helper's manual. 2nd edition Sage South Asia edition
- Simmons, J. & Griffith, R. (2009). CBT for Beginners. London. Sage Publications.
- Brammer, R. (2004) Diversity in counseling. Thomson Brooks/ Cole.
- Feltham, C & Horton, I. (2006). The Sage Handbook of Counseling and Psychotherapy. 2nd edition. Sage publications.
- Yalom, I. D. & Leszcz, M. (2005). The Theory & Practice of Group Psychotherapy. New York Basic Books.

Contents:

Theory Syllabus for Course:

S.SPC.4.01 CROSS FACULTY COURSE

PSYCHOLOGY OF RELATIONSHIPS

**SYBSc**

**Course: S.SPC.4.01**

**Title: Psychology of Relationships**

**Learning Objectives:**

4. To give science students an introduction to Psychology as a science.
5. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
6. To expose students to a blend of theory and research and applications in the field of communication and relationships.
7. To sensitize students to the importance of effective interpersonal communication and meaningful personal relationships.
8. To experience some of the dynamics underlying the process of interpersonal relationships.
9. To apply the principles and guidelines from the course to effective interpersonal communication and relationships in their personal lives.

**Number of lectures: 45**

**UNIT 1**

**13. Interpersonal communication and conflict (15 lectures)**

- 1.1 Process of interpersonal communication
- 1.2 Nonverbal communication
- 1.3 Communication problems
- 1.4 Effective communication
- 1.5 Interpersonal conflict

**UNIT 2**

**14. Friendship and Love (15 lectures)**

- 2.1 Development of relationships
- 2.2 Friendship
- 2.3 Romantic love
- 2.4 The internet & relationships
- 2.5 Overcoming loneliness

### **UNIT 3**

#### **15. Marriage and intimate relationships**

**(15 lectures)**

- 3.1 Deciding to marry
- 3.2 Vulnerable areas in marital adjustment
- 3.3 Becoming a sexual person
- 3.4 The human sexual response
- 3.5 Practical issues in sexual activity (intimate violence, contraception etc)

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### **List Of Recommended Reference Books**

#### **Books for study:**

**Weiten, W.; Dunn, D.; Hammer, E. Y., (2015) Psychology Applied to Modern Life: Adjustment in the 21st Century, 11th Edition, Cengage Learning, US.**

#### **Books for reference**

- Kirsch, S. J.; Duffy, K. G.; Atwater, E. (2013) Psychology for Living: Adjustment, Growth, and Behavior Today ,11th Edition, Pearson.
  - Davis, S. F.; Palladino, J. P., (2013) Psychology 7<sup>th</sup> edition, Prentice Hall, NJ.  
Dwyer, D. (2012) Interpersonal Relationships, Routledge, UK.
  - Feldman, R.S., (2013) Understanding Psychology, 11<sup>th</sup> edition, McGraw Hill Publications, New York.
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Contents:

Theory Syllabus for Course:

A.AC.3.01 APPLIED COMPONENT

PSYCHOLOGY OF ADJUSTMENT

PSYCHOLOGY OF GENDER

**SYBA**

**Course: A.AC.3.01**

**Title: Psychology of Adjustment**

**Learning Objectives:**

10. To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
11. To expose students to a blend of theory and research and applications in the field of adjustment.
12. To create improved self awareness and to thus facilitate better life decisions and constructive coping with life's challenges.
13. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
14. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
15. To introduce students to the link between psychology of adjustment and personality.

**Number of lectures: 60**

**UNIT 1      Adjusting to modern life      (15 lectures)**

- 1.1 The psychology of adjustment
- 1.2 The scientific approach to behavior
- 1.3 The paradox of progress
- 1.4 The search for direction (and key concepts of existentialism)
- 1.5 Personal control and Learned optimism
- 1.6 Decision making and goal setting

**UNIT 2      The Self      (15 lectures)**

- 2.1 Self-concept
- 2.2 Self-esteem
- 2.3 Self-perception
- 2.4 Self-regulation
- 2.5 Self-concept and personal growth

**UNIT 3      Stress and its effects      (15 lectures)**

- 3.1 Nature of stress
- 3.2 Types of stress

- 3.3 Responding to stress
- 3.4 Effects of stress
- 3.5 Stress tolerance

#### **UNIT 4      Coping processes**

**(15 lectures)**

- 4.1 The concept of coping
- 4.2 Coping patterns of limited value
- 4.3 Nature of constructive coping
- 4.4 Appraisal focused constructive coping
- 4.5 Problem focused constructive coping
- 4.6 Emotion focused constructive coping

#### **List of Recommended Reference Books**

##### **Book for study:**

**Weiten, W.; Dunn, D.; Hammer, E. Y., (2015) Psychology Applied to Modern Life: Adjustment in the 21st Century, 11th Edition, Cengage Learning, US.**

##### **Books for reference**

- Kirsch, S. J.; Duffy, K. G.; Atwater, E. (2013) Psychology for Living: Adjustment, Growth, and Behavior Today, 11th Edition, Pearson.
- Snyder, C.R.; Lopez, S.J (2007) Positive Psychology. The scientific and practical explorations of human strength. Sage publication
- Greenberg, J.S. (2008) Comprehensive Stress Management.
- Taylor, S.E. (2003) Health Psychology. Tata McGraw Hill.
- Shaffer. (2000) Stress Management for Wellness. Thompson Wadsworth.
- Feldman, R. (1989) Adjustment- applying psychology in a complex world. McGraw Hill.
- Hall, C.S; Lindsay, G. (1989) Theories of Personality. Wiley Eastern Ltd.

**SYBA**

**Course: A.AC.3.01**

**Title: Psychology of Gender**

##### **Learning Objectives:**

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

**Number of lectures: 60**

**UNIT 1 INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN  
(15 lectures)**

- 1.1 Concepts related to gender and sexuality
- 1.2 Cultural Differences in the construal of gender
- 1.3 Myths and Stereotypes related to Gender
- 1.4 Ethics of Sexual Reassignment (Case Studies)

**UNIT 2 THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER  
(15 lectures)**

- 2.1 Psychoanalytic theories and Jung's analytic theory
- 2.2 Cognitive development theories
- 2.3 Social learning theories
- 2.4 Research methodology
- 2.5 Problems encountered in the study of sex and gender

**UNIT 3 GENDER: IMAGES IN POPULAR CULTURE  
(15 lectures)**

- 3.1 Images in Mass Media
- 3.2 The Problem of Pornography
- 3.3 Education and Sensitization

**UNIT 4 COMMUNICATION FRIENDSHIPS AND ROMANTIC RELATIONSHIPS  
(15 lectures)**

- 4.1 Interaction Styles in Childhood and Adulthood
- 4.2 Verbal and Non-verbal aspects of Communication
- 4.3 Development of Relationships
- 4.4 Maintenance of Relationships
- 4.5 Emerging Trends in Relationships

**List of Recommended Reference Books**

**Books for study:**

- **Lips.M.Hillary.(2006)A new psychology of women.(3rd edition).McGraw Hill co.**
- **Helgeson (2009) Psychology of Gender. Pearson Education**

**Books for reference**

- Crawford, Mary; Unger, Rhoda.(2000).Women and Gender-A Feminist Psychology.(3rd edition).McGraw Hill co.
- Pauladi,Michele; Preager, A .(2004).Guide to the Psychology Of Gender. Indian edition. Green wood Publishers group.
- Letherby (2009) Feminist Research in Theory and Practice. Tata McGraw Hill.



- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.

Contents:

Theory Syllabus for Course:

A.AC.4.01 APPLIED COMPONENT

PSYCHOLOGY OF ADJUSTMENT

PSYCHOLOGY OF GENDER

**SYBA**

**Course: A.AC.4.01**

**Title: Psychology of Adjustment**

**Learning Objectives:**

16. To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
17. To expose students to a blend of theory and research and applications in the field of adjustment.
18. To create improved self awareness and to thus facilitate better life decisions and constructive coping with life's challenges.
19. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
20. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
21. To introduce students to the link between psychology of adjustment and personality.

**Number of lectures: 60**

**UNIT 1      Work and Careers      (15 lectures)**

- 1.6 The changing world of work
- 1.7 . Choosing a career
- 1.8 . Coping with occupational hazards
- 1.9 . Balancing work and others spheres of life

**UNIT 2      Love and Commitment      (15 lectures)**

- 2.1 Meeting people and making friends
- 2.2 Romantic love
- 2.3 The internet and relationships
- 2.4 Marital adjustment
- 2.5 Interpersonal communication & conflict

**UNIT 3      Sexuality      (15 lectures)**

- 3.1 Key aspects of sexual identity
- 3.2 The human sexual response
- 3.3 Sexual expressions and patterns
- 3.4 Practical issues in sexual activity (Contraception, STDs, intimate violence)

**UNIT 4      Physical Health and Mental Wellbeing      (15 lectures)**

- 4.1 Habits, lifestyles and addictions
- 4.2 Coping with illness
- 4.3 Promoting wellness
- 4.4 Anxiety
- 4.5 Depression and suicide
- 4.6 Psychological approaches to Sustainable Living

**List of Recommended Reference Books**

**Book for study:**

**Weiten, W.; Dunn, D.; Hammer, E. Y., (2015) Psychology Applied to Modern Life: Adjustment in the 21st Century, 11th Edition, Cengage Learning, US.**

**Books for reference**

- Kirsch, S. J.; Duffy, K. G.; Atwater, E. (2013) Psychology for Living: Adjustment, Growth, and Behavior Today, 11th Edition, Pearson.
- Snyder, C.R.; Lopez, S.J (2007) Positive Psychology. The scientific and practical explorations of human strength. Sage publication
- Greenberg, J.S. (2008) Comprehensive Stress Management.
- Taylor, S.E. (2003) Health Psychology. Tata McGraw Hill.
- Shaffer. (2000) Stress Management for Wellness. Thompson Wadsworth.
- Feldman, R. (1989) Adjustment- applying psychology in a complex world. McGraw Hill.
- Hall, C.S.; Lindsay, G. (1989) Theories of Personality. Wiley Eastern Ltd.

**SYBA**

**Course: A.AC.4.01**

**Title: Psychology of Gender**

**Learning Objectives:**

6. To ensure understanding of important concepts.
7. To inculcate knowledge of gender based theories and research methodology.
8. To create self awareness with respect to gender identity and gender roles.
9. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
10. To introduce students to the link between psychology of gender and personality.

**Number of lectures: 60**

**UNIT 1      PHYSICAL AND MENTAL HEALTH      (15 lectures)**

- 1.1 Gender differences in fitness & strength, diet, exercise
- 1.2 Physical illness (heart disease, osteoporosis, cancer, reproductive)
- 1.3 Mental illness gender differences (agoraphobia, alcoholism, depression)
- 1.4 The Politics of Diagnosis & issues related to seeking help
- 1.5 Treatment (drug therapy, psychotherapy)

**UNIT 2      VIOLENCE** **(15 lectures)**

- 2.1 Battering in close relationships (dating abuse, domestic violence)
- 2.2 Sex selective abortion, infanticide, genital mutilation
- 2.3 Rape (attitudes towards it and rape victims)
- 2.4 Terrorism male v/s female terrorist
- 2.5 Prostitution, sex slavery
- 2.6 Violence in same sex relationships
- 2.7 Online violence-stalking cyber bullying

**UNIT 3      WORK AND GENDER** **(15 lectures)**

- 3.1 Paid v/s unpaid work
- 3.2 Discrimination in hiring pay, evaluation
- 3.3 Gender equity
- 3.4 Sexual harassment
- 3.5 Affirmative action
- 3.6 Career and family balance (women and men as parents)

**UNIT 4      GENDER AND JUSTICE** **(15 lectures)**

- 4.1 Achievement and power
- 4.2 Access to resources
- 4.3 Women & men as criminals
- 4.4 Women and men as victims
- 4.5 Laws that protect (emphasis on the Indian context)

**List of Recommended Reference Books**

**Books for study:**

- **Lips.M.Hillary.(2006)A new psychology of women.(3rd edition).McGraw Hill co.**
- **Helgeson (2009) Psychology of Gender. Pearson Education**

**Books for reference**

- Crawford, Mary; Unger, Rhoda.(2000).Women and Gender-A Feminist Psychology.(3rd edition).McGraw Hill co.
- Pauladi,Michele; Preager, A .(2004).Guide to the Psychology Of Gender. Indian edition. Green wood Publishers group.

- Letherby (2009) *Feminist Research in Theory and Practice*. Tata McGraw Hill.
- Hall, C.S.; Lindsay, G. (1989) *Theories of Personality*. Wiley Eastern Ltd.