

Scheme of Examination M.A. Psychology

(As per Choice based Credit System w.e.f. the academic year 2016–2018)

The entire course will be of four semesters. Each student should earn a minimum of 102 credits over the entire course (Core = 60; Discipline specific course = 30; Field work= 4; Foundation elective = 2; Open Elective = 6).

M.A. Psychology (Semester I & II)

(Session 2016-2017)

In Semester I, there would be five core papers (four theory papers and a practical) and in Semester II there would be four core (three theory papers and a practical) and one discipline specific course. Each Student will opt for at least one foundation elective (minimum 2 credits) in either Semester I or II and an open elective course (minimum 3 credits) in Semester II .

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/Gr.	Marks			Exami nation (hrs)	Credits L+T+P
				Inter nal Asst.	Semest er end Exam.	Total		
I	16PSY21C1	Historical and Theoretical Foundations of Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C2	Experimental Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C3	Social Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C4	Research Methods and Statistics in Psychology	4+0+0	20	80	100	3hrs	4+0+0=4
	16PSY21C5	Practicals	0+0+10	-	100	100	4hrs	0+0+5=5
		Foundation Course*	To be chosen from the basket/pool provided by the University.					2-4
Credits		C=21; F*=2-3	Total Credits:			21-23/24		
II	16PSY22C6	Biological Bases of Behaviour	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22C7	Cognitive Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22C8	Research Designs and Statistics in Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22C9	Practicals	0+0+10	-	100	100	4 hrs	0+0+5=5
	16PSY22DA1	<i>Environmental Psychology</i>	4+0+2	-	T=75 P=25	100	3 hrs	4+0+1=5
	16PSY22DB1	<i>Positive Psychology</i>	4+0+2	-	T=75 P=25	100	3 hrs	
	16PSY22DC1	<i>Health Psychology</i>	4+0+2	-	T=75 P=25	100	3 hrs	
		Foundation Course*	To be chosen from the basket/pool provided by the University.					2-4
		Open elective	To be chosen from the basket/pool provided by the University.					3
Credits		C=17; D=5; F*=2-3; O=3	Total Credits:			25-27/28		

* Students can opt for foundation course in either semester I or II.

Scheme of Examination M.A. Psychology (Semester III & IV)

(As per Choice based Credit System w.e.f. the academic year 2017–2018)

In Semester III, there would be three core papers (two theory papers and a practical) and two discipline specific course core papers. In Semester IV there would be two core papers (one theory paper, one practical), field work and three discipline specific courses. Each Student will opt for at least one open elective course (minimum 3 credits) in Semester III.

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/Gr.	Marks			Examination (hrs)	Credits L+T+P
				Internal Asst.	Semester end Exam.	Total		
III	16PSY23C10		4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY23C11		4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY23C12	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
	16PSY23DA2*		4+0+2	-	T=75 P=25	100	T=3 hrs P=2 hrs/Gr	4+0+1=5
	16PSY23DA3*		4+0+2	-	T=75 P=25	100	T=3 hrs P=2 hrs/Gr	4+0+1=5
		Open elective	To be chosen from the basket/pool provided by the University.					3
Credits		C=13; D=10 O=3			Total Credits:			26
IV	16PSY24C13		4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY24C14	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
		Field work	-	-	100(viva-voce)	100	2hrs/Gr	0+0+4=4
	16PSY24DA4*		4+0+2	-	T=75 P=25	100	T=3 hrs P=2 hrs/Gr	4+0+1=5
	16PSY24DA5*		4+0+2	-	T=75 P=25	100	T=3 hrs P=2 hrs/Gr	4+0+1=5
	16PSY24DA6*		4+0+2	-	T=75 P=25	100	T=3 hrs P=2 hrs/Gr	4+0+1=5
Credits		C=9; D= 15; Field work:4			Total Credits:			28

* Nomenclature of papers and number of options for the soft core papers will be decided when the syllabus of Semester III and IV is to be considered

M.A. (Semester-I) Psychology (2016-2017)

Paper-16PSY21C1 Historical and Theoretical Foundations of Psychology

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

Unit I

Need for study of History in Psychology; Problems in Historiography; Philosophical Issues: Mind-Body Problem, Free Will vs. Determinism.

Schools: Structuralism- Contributions of Wundt and Titchener, Methodology and Tenets; Functionalism- Antecedents, Pioneers, Methodology and Tenets.

Unit II

Classical Psychoanalysis: Freud; Neo-Freudians: Fromm, Sullivan, Horney. Analytic Psychology: Jung; Behaviorism: Watson; Gestalt psychology.

Unit III

Learning Theories: Guthrie, Tolman, Hull, Bandura.

Personality Theories: Adler, Erikson, Eysenck, Rogers.

Unit IV

Motivational and Emotion Theories: Lewin, Maslow, James-Lange Theory, Cannon-Bard Theory, Schachter & Singer Theory.

Intelligence Theories: Cattell, Guilford, Goleman.

Recommended Books:

Chaplin, T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*. NY: Thompson Learning.

Hergenhahn, B.R. (1997). *An Introduction to the History of Psychology*. U.S.A. : Brooks.

Leahey, T.H. (1987). *A History of Modern Psychology*. U.S.A.: Prentice Hall International

Schultz, D. & Schultz, S. (2000). *A History of Modern Psychology* U.S.A.: Harcourt Brace

Viney, W. & King, D.B. (1998). *A History of Psychology*. Boston: Allyn and Bacon.

Weiner, B.B. (1985). *Human Motivation*. Tokyo: Springer.

Paper-16PSY21C2

EXPERIMENTAL PSYCHOLOGY

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

Unit I

Perceptual Processes:

Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement, Types of Apparent Movement.

Pattern Recognition: Prototype, Feature and Structural approach.

Unit II

Psychophysics:

Estimating Sensory Threshold: Classical Methods.

Signal Detection Theory: Assumptions, Procedures and Applications.

Subliminal Perception: Nature and Empirical Evidence.

Unit III

Conditioning:

Classical Conditioning: Measurement of Conditioned Response; Variables affecting Classical Conditioning; Applications: Conditioned Emotional Response, Taste Aversion.

Instrumental and Operant Conditioning: Appetitive and Aversive; Schedules of Reinforcement; Applications: Shaping and Superstitious Behaviour.

Unit IV

Verbal Learning: Methods, Organizational Processes; Improving Memory: Imagery and verbal mnemonics, Preparing for Examination.

Memory: Memory Codes and Attributes; Factors affecting forgetting.

Recommended Books:

Anderson, D.C., & Borkowski, J.G. (1978). *Experimental Psychology: Research Tactics and their Applications*. Illinois: Scott foreman.

Babbeley, A., Eysenck, M.W., & Anderson, M.C.(2015). *Memory*. New York: Psychology Press.

Bartoshuk,L.M., Herz, R.S., Klatzky, R., Lederman, S. J., &Merfeld, D.M. (2012). *Sensation and Perception*. U.S.A.: Sinauer.

Chance,P.(1988). *Learning and Behaviour*. California: Wadsworth.

D'Amato, M.R. (1979). *Experimental Psychology: Methodology Psychophysics and Learning*. New Delhi: Tata McGraw Hill.

Domjan, M. (2003). *The Principles of Learning and Behaviour*. California: Wadsworth / Thomson.

Goldstein, B.E. (2002). *Sensation and Perception*. USA: Wadsworth.

Kling, J.W., & Riggs, L.A. (1984). *Woodworth & Schlosberg's Experimental Psychology*. New Delhi: Khosla.

Leahey, T.H., & Harries, R.J. (1989). *Human Learning*. New Jersey: Prentice Hall.

Lieberman, D.A. (1990). *Learning: Behaviour and Cognition*. California: Wadsworth Schwartz, B.L., &Krantz, J. H. (2016).*Sensation & Perception*. Los Angeles, CA: Sage.

Paper-16PSY21C3

SOCIAL PSYCHOLOGY

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

Unit I

Introducing Social Psychology:

Social Psychology: Nature, Origins and Development; Subject matter: Social Psychology yesterday and today.

Methods in Social Psychology: Experimental, Observation, Co-relational, Survey, Field study, Cross-Cultural, Sociometry

Unit II

Understanding Social World:

Social Perception: Impression Formation and Management; Attribution Theories and Attribution Biases.

Social Cognition: Social Schema & its impact; Heuristics, Prototypes and Social Representations.

Unit III

Influencing others:

Attitude: Nature, Formation, Measurement and Attitude Change: Persuasion and Cognitive Dissonance.

Social Influence:

Unintended Social Influence, Conformity: Asch and Sheriff's approach; Compliance: Principles and Tactics; Obedience and Disobedience.

Unit IV

Social Processes:

Co-operation and Conflict: Social exchange theory; Factors affecting conflict, Inter group Conflict and Resolution techniques.

Aggression: Nature and Theories: Biological, Social learning and cognitive; Causes of aggression: Social and personal; Techniques and Prevention to control aggression.

Recommended Books:

Alcock, J., & Sadava, S. (2014). *An Introduction to School Psychology: Global Perspectives*. New Delhi: Sage Publication.

Baron, R. A., & Byrne, D. (2004). *Social Psychology*. Singapore: Pearson Education.

Baron, R. A., Byrne, D. & Johnson, B. T. (1998). *Exploring Social Psychology*. USA: Allyn and Bacon.

Myers, D. G., Sahajpal, P. & Behera, P. (2012). *Social Psychology*. New Delhi: Tata McGraw-Hill.

Worchel, S., Cooper, J., Goethals, G. R., & Olsons, J. M. (2000). *Social Psychology*. USA: Wadsworth/Thomson.

Paper-16PSY21C4 RESEARCH METHODS AND STATISTICS IN PSYCHOLOGY

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- Nine questions would be set in all. Candidates would be required to attempt five questions.
- There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.
- Candidates may be allowed to use non-programmable calculators and statistical tables during the examination.

Unit I

Methods of Enquiry; Scientific Approach; Research: Nature and Types.
Research Questions; Hypotheses and Variables.

Unit II

Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Questionnaire.
Normal Probability Curve (NPC): Nature; Characteristics; Applications (Area under NPC) and Measuring Divergence (Skewness & Kurtosis)

Unit III

Sampling Procedures: Probability and Non-Probability Techniques.
Correlation Methods: Pearson Product Moment; Spearman Rank-order; Kendall Rank Correlation; Biserial and Tetrachoric.

Unit IV

Research Ethics and Report Writing Styles.
Special Correlation Methods: Partial Correlation (First order); Multiple Correlation (Three Variables) and Kendall Method of concordance.

Recommended Books:

- Bordens, K.S. & Abbott, B.B.(2006). *Research and Design Methods: A Process approach*. (6th Ed.), New Delhi: Tata Mc Graw Hill.
- Garrett, H.E.(2005-12th Indian Reprint) *Statistics in Psychology and Education*. Delhi: Paragon International Publishers.
- Haslam, S.A. & Mc Garty., C. (2014). *Research Methods Statistics in Psychology*. (2nd Ed.) New Delhi;Sage.
- Helode, R.D. (2012). *Basic of Research in Behavioural Sciences*. Wardha; Psychoscan.
- Mangal, S.K. and Mangal, S.(2013). *Research Methodology in Behavioural Sciences*. Delhi; PHI Learning Private Limited.
- Mc Bride, D.M.(2013). *The Process of Research in Psychology*. (2nd Ed.) New Delhi; Sage.
- Milluwi, J.O. and Rashid, H (2015) *Research Methodology: Principals Methods and Practices*. Delhi; Manglam.
- Mohanty, B. and Misra, S. (2016). *Statistics for Behavioural and Social Sciences*, New Delhi: Sage.
- Nestor, P.G. and Schutt, R.K. (2012) . *Research Methods in Psychology: Investigating Human Behavior*. New Delhi :Sage .
- Shaughnessy, J.J., Zechmeister, E.B.,& Zechmeister, J.S.(2000). *Research Methods in Psychology*. (5th Ed.)New Delhi: Mc Graw Hill.
- Siegel, S. (1994). *Non-Parametric Statistics*. New York: McGraw Hill.

- Singh, A.K. (2011). *Tests, Measurements and Research Methods ion Behavioural Sciences*. New Delhi: Bharati Bhawan (Publishers & Distributors).
- Singh, R. and Radheshyam & Gupta,L. (2015)._ *Fundamental Statistics For Social Sciences*. Rohtak : Intellectual Foundation(India).
- Weathington, B.L., Cunningham, C.J.L. & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. New Jersey: John Wiley.

Paper-16PSY21C5

PRACTICALS

Credits : 5(Hrs / week: 10/group)

Maximum Marks : 100

Examination Time : 4 hrs

Note:

Each student would perform six experiments and six tests from the areas mentioned below. The list of exact problems would be decided by the concerned teachers.

It would be mandatory for each student to submit a record file containing a report of all tests, experiments, computer applications duly signed by the respective teachers. During examination one experiment, one test and one part from computer applications would be conducted. Evaluation would be based on performance in conduct, written and viva.

a) Experiments

(50 marks)

Any six experiments from following areas.

1. Perception
2. Conditioning
3. Memory
4. Forgetting
5. Social Conformity
6. Psychophysics
7. Ethological observation

b) Tests

(35marks)

Any six tests from following areas.

1. Self
2. Intelligence
3. Sociometry
4. Attitude
5. Aggression
6. Personality (objective)

c) Computer Applications in Research

(15marks)

1. Graphical Representation
2. Central Tendencies & Variability.
3. Mean Comparison
4. Correlation

M.A. (Semester-II) Psychology 2017-2018

Paper-16PSY22C6

Biological Bases of Behaviour

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

Unit I

Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology; Methods of study and research.

Cells of Nervous system: Neuron: Structure and Types; Conduction of Nerve Impulse; Synapse; Synaptic transmission: Process and stages

Unit II

Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord.

Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves. Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.

Unit III

Behavioural Genetics: Medalian Genetics, chromosomes, sex-linked and sex-limited genes.

Biological basis of Affector and Effector : Visual system, Auditory system; Motor system and Endocrine glands

Unit IV

Biological basis of Ingestive Behaviour: Hunger and Thirst

Biological basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep; Disorders of Sleep

Recommended Books:

Carlson, N. R. (2013). *Physiological of Behaviour*. USA: Pearson.

Kalat, J.N. (2016). *Biological Psychology*. Boston, USA: Cengage Learning.

Levinthal, C.R. (1991). *Introduction to Physiological Psychology*. New Jersey: Prentice Hall

Pinel, P.J. (2009). *Biopsychology*. (International edition). New Delhi: Pearson Education

Paper-16PSY22C7

Cognitive Psychology

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

Unit I

Introduction: Emergence of Cognitive Psychology, Information Processing Approach.

Attention: Filter (Broadbent and Treisman) and Resource (Kahnman) Theories; Factors affecting Division of Attention.

Unit II

Memory:

Working Memory: Nature, Theories, Educational Applications.

Semantic and Episodic Memory: Semantic vs Episodic Memory; Level of Processing and Hierarchical Network model.

Prospective Memory: Types and Common Failures of Prospective Memory in Everyday life.

Unit III

Imagery : Empirical Investigations: Mental Rotation and Scanning; Analogical and Propositional Theory.

Language: Speech Recognition: Phonology, Morphology, Syntax and Parsing.

Speech Production: Theories:Garrett and Dell ; Speech Errors.

Unit IV

Problem Solving: Strategies of Problem Solving; Blocks in Problem Solving; Finding Creative Solutions.

Cognition in Cross Cultural Perspective: Cross Cultural Studies of Perception, Memory and Categorization.

Recommended Books:

Eysenck, W. M., & Keane, M.T. (1990). *Cognitive Psychology: A Students Handbook*. London : Lawrence Erlbaum.

Galotti, K.M. (2014).*Cognitive Psychology: In and Out of the Laboratory*. New Delhi: Sage. Riegler, B.R., & Riegler, G.L.R. (2008). *Cognitive Psychology: Applying the Science of the Mind*. India: Pearson Education.

Jahnke, J.C., & Nowaczyk, R.H. (1998).*Cognitive Psychology*. NewJersey: Prentice Hall. Matlin, M. W. (1995). *Cognition*. Bangalore: Prism Book.

Reed, K.S. (2000).*Cognition: Theory and Applications*. California: Wadsworth.

Paper-16PSY22C8 RESEARCH DESIGNS AND STATISTICS IN PSYCHOLOGY

Credits: 4 (Hrs/week: 4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.
- d) Candidates may be allowed to use non-programmable calculators and statistical tables during the examination.

Unit I

Measurement: Nature, History, Functions and Levels. General Problems and Sources of Errors in Measurement.

Research Designs: Nature, Characteristics, Types and Functions.

Unit II

Experimental Designs: Between Subjects Designs; Within Groups Designs and Mixed Designs.

Significance of Mean Difference: Independent and Dependent Groups.

Analysis of Variance: One way and Two way ANOVA for Separate Groups.

Unit III

Quasi Experimental Designs: One Group Designs; Non-Equivalent Groups Designs and Time Series Designs.

Non-Parametric Statistics: Mann-Whitney U-Test; Wilcoxon Matched Paired Test; Chi-Square; A-Test and Kruskal Wallis H-Test.

Unit IV

Qualitative Research: Qualitative versus Quantitative Research. Qualitative Data: Nature and Types. Approaches for Qualitative Data Analysis.

Mixing Methods: Quantitative and Qualitative Combined; Qualitative and Mixed-Methods Data Collection and Analysis; Benefits and Challenges of Mixed-Methods Research.

Recommended Books:

Bordens, K.S. & Abbott, B.B.(2006). *Research and Design Methods: A Process approach*.

(6th Ed.), New Delhi: Tata Mc Graw Hill.

Garrett, H.E.(2005-12th Indian Reprint) *Statistics in Psychology and Education*. Delhi: Paragon International Publishers.

Haslam, S.A. & Mc Garty., C. (2014). *Research Methods Statistics in Psychology*. (2nd Ed.) New Delhi;Sage

Helode, R.D. (2012). *Basic of Research in Behavioural Sciences*. Wardha; Psychoscan.

Mangal, S.K. and Mangal, S.(2013). *Research Methodology in Behavioural Sciences*. Delhi; PHI Learning Private Limited.

Mc Bride, D.M.(2013). *The Process of Research in Psychology*. (2nd Ed.) New Delhi; Sage.

Milluwi, J.O. and Rashid,H (2015) *Research Methodology: Principals Methods and Practices*. Delhi; Manglam.

Mohanty, B. and Misra, S. (2016). *Statistics for Behavioural and Social Sciences*, New Delhi: Sage.

Nestor, P.G. and Schutt, R.K. (2012) . *Research Methods in Psychology: Investigating Human Behavior*. New Delhi :Sage .

Shaughnersy, J.J., Zechmeister, E.B.,& Zechmeister, J.S.(2000). *Research Methods in Psychology*. (5th Ed.)New Delhi: Mc Graw Hill.

Siegel, S. (1994). *Non-Parametric Statistics*. New York: McGraw Hill.

Singh, A.K.(2011). *Tests, Measurements and Research Methods in Behavioural Sciences*. New Delhi: Bharati Bhawan (Publishers & Distributors)

Singh, R. and Radheshyam & Gupta,L. (2015). *Fundamental Statistics For Social Sciences*. Rohtak : Intellectual Foundation(India).

Weathington, B.L., Cunningham, C.J.L. & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. New Jersey: John Wiley.

Paper-16PSY22C9

PRACTICALS

Credits:5 (Hrs/week: 10)

Maximum Marks : 100

Examination Time : 4 hours

Note:

Each student would perform four experiments and four tests from the areas mentioned below and prepare profiles of eight tests/instruments. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests and experiments duly signed by the respective teachers. During examination one experiment, one test would be conducted. Evaluation would be based on performance in conduct, written and viva.

a) Experiments

(40 marks)

Any four experiments from following areas.

1. Attention
2. Language
3. Semantic Memory
4. Problem Solving
5. Physiological Arousal

b) Tests

(35 marks)

Any four tests from following areas.

1. Motivation
2. Anger
3. Problem Solving Ability
4. Personality (Subjective)
5. Memory

c) Profiling of Instruments/Tests

(25 marks)

Eight profiles of Instruments/Tests (atleast four instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.

Paper: 16PSY22DA1

Environmental Psychology

Credits: 5

Total :100 marks

Theory

Credits: 4 (Hrs/week: 4)

Theory Exam. : 75 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

Unit I

Environment: Nature and Scope of Environmental Psychology.

Theories of Environment-Behaviour Relationship: Arousal, Stimulus-Load, Behaviour-Constraint, Ecological, Environmental-Stress Theory. Environmental Attitudes and Appraisals.

Unit II

Personality and Environment: Traditional and Environmental Personality Dimensions. Some uses of Personality in Environment.

Crowding and Privacy: Crowding, Density and Population, Influences on Crowding. Crowding and Environmental Design. Privacy and Human Behaviour, Privacy and Environmental Design.

Unit III

Natural Disasters: Characteristics of Natural Disasters, Perception and Psychological Effects of Natural Disasters.

Noise and Air Pollution: Source and effects of Noise in the Work Place, Noise and Social Behaviour. Perception, Health, Performance, Social Behaviour and Air Pollution.

Unit IV

Changing Behaviour to save the Environment: The Commons Dilemma as an Environment-Behaviour Problem, Strategies to Encourage Environmentally Responsible Behavior.

Contemporary Values and Environmental Attitudes. Economic, Political and Legal Implications of Environmental Issues.

Recommended Books:

Bechtel, R. B. (1997). *Environment and Behaviour: An Introduction*. New Delhi: Sage

Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). *Environmental Psychology* Orlando (US): Harcourt.

Gifford, R. (1991). *Environmental Psychology; principles and practice*. USA: Allyn. Bacon.

Veitch, R., & Arkkelin, D. (1995). *Environmental Psychology: An Interdisciplinary Perspective*. USA: Practice-Hall.

Paper-16PSY22DA1

PRACTICALS

Credits: 1 (Hrs/ week: 2)

Maximum Marks : 25

Examination Time : 2 hours/Gr

Note:

Each student would perform one experiment and two tests. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests and experiments, duly signed by the respective teachers. During examination one experiment, one test would be conducted. Evaluation would be based on performance in conduct, written and viva.

1. Noise Sensitivity/ Air Pollution
2. Environmental Attitude/ Awareness
3. Personal Space
4. Crowding
5. Environmental Perception
6. Environmental Education

Paper : 16PSY22DB1

Positive Psychology

Credits: 5

Total :100 marks

Theory

Credits: 4 (Hrs/week: 4)

Theory Exam. : 75 marks

Time : 3 hours

Note:

- a) a) *Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) *There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) *Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

Unit I

Introduction to Positive Psychology: Traditional Psychology; Origin, Assumptions and Goals of Positive Psychology, Eastern Perspective on Positive Psychology.

Virtues and Strengths of Character: Classification of Human Virtues and measuring Strengths of Character.

Unit II

Positive Emotional States and Well- being: Broaden and Build theory of Positive Emotions; Positive Emotions and Health Resources- Physical, Psychological and Social.

Happiness, Flow and Savouring: Different viewpoints of Happiness, Factors affecting Happiness and strategies to enhance Happiness; Cultivating Flow and Savoring.

Unit III

Cognitive States and Processes: Wisdom, Self-efficacy, Hope and Optimism;

Mindfulness and Well-being.

Unit IV

Close relationships: Characteristics of close relationships; Love and Flourishing relationships

Pro- Social Behaviour: Gratitude and Forgiveness.

Recommended Books :

Baumgardner, S.T., & Crothers, M, K. (2009). *Positive Psychology*. New Delhi:Pearson.

Bryant, F.B., & Veroff (2007). *Savoring: A new model of positive experience*. Mahwah, New Jersey:Lawrence Erlbaum.

Carr, A. (2005). *Positive Psychology:The Science of Happiness and Human Strengths*. New York: Routledge.

Snyder, C.R., & Lopez, S.J. (2008). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage.

Paper-16PSY22DB1

Practicals

Credits: 1 (Hrs/ week: 2)

Maximum Marks : 25

Examination Time : 2 hours/Gr

Note:

Each student would perform one experiment and two tests. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests and experiments, duly signed by the respective teachers. During examination one experiment, one test would be conducted. Evaluation would be based on performance in conduct, written and viva.

1. Happiness
2. Hope/Optimism
3. Self Efficacy
4. Fostering positive Emotions
5. Resilience
6. Character Strengths

Paper: 16PSY22DC1

Health Psychology

Credits: 5

Total :100 marks

Theory

Credits: 4 (Hrs/week: 4)

Theory Exam. : 75 marks

Time : 3 hours

Note:

- a) a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory.
- d)
- e) It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

Unit I

Health Psychology: Psychology's involvement in Health. Emergence of Health Psychology; Health Psychology's position/status and rationale in Health. Research methods of Health Psychology: Correlational, Cross-sectional & Longitudinal Studies, Observational, and Experimental Method.

Unit II

The Macro-socio Environment and Health: Global Health trends, Population Growth, Increasing Life Expectancy, Inequalities, Gender & Ethnicity.

Culture & Health: Health belief systems, Western: Bio-medicine & Bio-psychosocial Model, Non-Western belief systems: Indian, Chinese, & African.

Unit III

Cardiovascular System & Diabetes: Coronary Artery Disease (CAD), Stroke, Blood Pressure. Measurement & Prevention of Cardiovascular System: ECG, Angiography, Mortality. Risk factors: Behavioural, Physiological, Psychosocial. Diabetes: Type I & II diabetes, Impact & Management. Health behaviour: Smoking and Alcohol, cultural variations in Smoking and Alcohol, psychological causes of Addiction. Biological and Psychological consequences of Smoking and Alcohol.

Unit IV

Pain and Managing Pain: Typology and Biology of pain. Measurement of pain. Factors affecting Pain: Physical and Psychological Factors. Treatment of Pain.

Future Challenges: Healthier People, Increasing Life Span, Health Care in West and India. Future of Health Psychology.

Recommended Books

Brannon & Fiest, (2007). *Introduction to Health Psychology*. New Delhi, ASkash Press.

Gurung, (2010). *Health Psychology A Cultural Approach* (2nd Ed). USA, Wadsworth.

Marks, et al., (2011). *Health Psychology Theory, Research & Practice* (3rd Ed.). India, Sage Publication

Straub, R. O. (2014). *Health Psychology: A Biopsychosocial Approach*. NY: Worth Publishers

Paper-16PSY22DC1

Practicals

Credits: 1 (Hrs/ week: 2)

Maximum Marks : 25

Examination Time : 2 hours

Note:

Each student would perform one experiment and two tests. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests and experiments, duly signed by the respective teachers. During examination one experiment, one test would be conducted. Evaluation would be based on performance in conduct, written and viva.

1. Assessment of Adolescent Health
2. Resilience
3. BMI
4. Biofeedback
5. Assessment of Pain
6. Well- Being