



S. S. Jain Subodh P.G. College
Jaipur

DEPARTMENT OF PSYCHOLOGY

Three Year Undergraduate Programme in Arts / Science

I & II Semester Examination 2023-24
III & IV Semester Examination 2024-25
V & VI Semester Examination 2025-26

(Syllabus as per NEP-2020 and Choice Based Credit System)
w.e.f. Academic Session 2023-24

Program Specific Outcomes (PSOs)

After completion of the program the student will be able to:

PSO1: Develop sound knowledge about the fundamental concepts in Psychology related to various sub fields of Psychology.

PSO2: Develop critical thinking skills and distinguish between concepts studied in different courses.

PSO3: Apply appropriate concepts and methods of Psychology to solve problems.

PSO4: Develop positive attributes such as empathy, compassion, effective communication skills like listening, speaking and observational skills.

PSO5: Be committed towards the health and wellbeing of different stakeholders.

PSO6: Appreciation and tolerance towards different behavioural patterns.

PSO7: Analyze social problems, social dynamics and create solutions to manage them effectively.

PSO8: Develop a strong theoretical foundation of research methodology used in Psychology and apply the knowledge to conduct research in an ethical way.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester I
Basic Psychological Processes-I
Paper Code: BAPY101/BSPY101

Part -A-Very Short Questions -10 Ques.and attempt any 7 questions
Part -B -04 Ques.from each unit with internal choice

07x01M.each =07M.
04x07M.each=28M.
Total Marks of End Semester Exam = 35M.
Internal Assessment (CIA) = 15M.
Maximum Marks = 50M.
Passing Marks is 40% including CIA

Credits: 02
Contact Hours: 3H/Week

Objective: The paper will familiarize students with the basic psychological processes and on some important applications of Psychology

Course Outcomes: On completion of the course, the students will be able to:

CO1: Define and differentiate among various subfields of Psychology. Distinguish between different scientific methods that are used to carry out a scientific inquiry in psychology. .

CO2: Recognize the influence of biological factors on human behavior.

CO3: Differentiate between the cognitive processes such as sensation, attention and perception.

CO4: Identify various components of learning. Describe different theories of learning.

CO5: Understand memory process and causes of forgetting.

Syllabus

Unit- I **(08 Hrs.)**

Introduction to Psychology: Definition, Goals and Scope of Psychology. Psychology as a Science.
History: Structuralism, Functionalism, Behaviorism, Gestalt and Psychoanalysis. Modern Perspectives:
Biological, Psychodynamic, Behavioural, Humanistic, Cognitive, Evolutionary and Socio-Cultural .Scientific
methods of Psychology-Experimental, Observation, Surveys and Case study. Fields of Psychology.

Unit- II **(07 Hrs.)**

Biological Basis of Human Behaviour : The Nervous System: Structure and Functions of Neuron. Structure and Functions of the Central and Peripheral Nervous System.

Unit- III **(08 Hrs.)**

Sensation, Attention and Perception: Sensation: Meaning, Sensory Receptors, Sensory Thresholds, Habituation and Sensory Adaptation. Attention: Meaning and characteristics of attention. Determinants of Attention. Perception: Nature, Determinants and Organization of Perception. Constancies-Size, Shape and Brightness. Perceptual Illusions. Application: Techniques of Improving Concentration

Unit- IV**(07 Hrs.)**

Learning and Memory: Definition and Types of Learning. Theories: Classical Conditioning, Operant Conditioning, Cognitive Learning and Observational Learning. Memory: Definition, Encoding, Storage and Retrieval Processes, Models: Levels of Processing, Parallel Distributed Processing, Information Processing-Sensory, STM, LTM. Forgetting –Nature and Causes.

Books Recommended:

Ciccarelli,S.K., White,J.N. & Misra, G.(2017). *Psychology*. New Delhi: Pearson Education India.

Baron, R.A. & Misra,G.(2015). *Psychology*. New Delhi: Pearson Education India.

Gerrig,R.J.,Zimbardo., P.G., Svartal,F.,Brennen,T.,Donaldson,R.& Archer,T.(2013). *Psychology and Life*. New Delhi: Pearson Education.

Morgan, C.T. King, R.A. & Weiz, J.R., Schopler, J (1986). *Introduction to General Psychology*.New York : McGraw Hill.

Singh ,A.K. (2002).*Adhunik Samanya Manovigyan*.NewDelhi:Motilal Banarsi Das.

Singh,R.N. (2014).*Adhunik Samanya Manovigyan*. Agra:Vinod Pustak Mandir.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester I
Social Psychology-I
Paper Code: BAPY102/BSPY102

Part -A-Very Short Questions -10 Ques. and attempt any 7 questions
Part -B -04 Ques. from each unit with internal choice

.07x01M.each =07M.
04x07M.each=28M.
Total Marks of End Semester Exam = 35M.
Internal Assessment (CIA) = 15M.
Maximum Marks = 50M.
Passing Marks is 40% including CIA

Credits: 02
Contact Hours: 3H/Week

Objective: To enable students to understand how individual behavior is influenced by social and cultural contexts and understanding of social problems in terms of various social and psychological theories.

Course Outcomes: On completion of the course, the students will be able to:

- CO1:** Demonstrate fundamental knowledge about need and domains of Social Psychology. Be aware of the brief history and relationship of Social Psychology with other fields.
- CO2:** Describe different social processes of social dynamics.
- CO3:** Identify and utilize social cues to make judgments about people.
- CO4:** Understand different types and theories of leadership.
- CO5:** Effective use of communication.

Syllabus

Unit-I

(08 Hrs.)

Introduction to Social Psychology: Meaning, Nature, Scope and Domain of Social Psychology. Relationship with other Social Sciences. Methods of Social Psychology: Observation, Interview, Sociometry.

Unit-II

(08 Hrs.)

Social and Person Perception: Meaning and nature of social perception. Perceptual defense. Person perception: Meaning and nature of person perception. Role of non-verbal cues. Perceivers' Characteristics and Role of Ongoing Interaction. Perspectives on Development of Gender and Gender Identity.

Unit-III

(07 Hrs.)

Leadership: Definition and Functions. Types of leadership. Trait, Situational and Contingency approaches.

Unit-IV

(07 Hrs.)

Communication: Meaning, Nature and Types: Verbal and Non Verbal. Barriers of Communication.

Books Recommended:

Baron, R.A., Branscombe, N.R., Byrne, D. & Bhardwaj, G. (2012). *Fundamentals of Social Psychology*, Noida: Dorling Kindersley South Asia.

Branscombe, N.R., Baron, R.A. (2018) *Social Psychology*. Noida: Pearson India Education.

Myers, D.G (1994). *Exploring Social Psychology*. New York: McGraw Hill.

Singh, A.K. (2001), *Samaj Manovigyan ki Ruprekha*, Motilal Banarsidas.

Singh, R.N. (2009). *Adhunik Samajik Manovigyan*, Agra: Agrawal Publications.

Tirpathi, L.B. (1992). *Adhunik Samajik Manovigyan*, Agra: National Psychological Corporation.

Sharma, O.P. (2013). *Adhunik Samajik Manovigyan*, Jaipur: Ritu Prakshan.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester I
Practical
Paper Code: BAPY151/BSPY151

Internal Examination -20M
External Examination -30M

Credits: 02
Contact Hours: 4H/Week

Practicals

1. Experiment of Illusion
2. Human Maze Learning
3. Measurement of Leadership
4. Measurement of Social Perception
5. Experiment of Span of Attention
6. Experiment of Memory (Meaningful and Non Sense Syllables)
7. Reaction Time
8. Observation Method

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester II
Basic Psychological Processes-II
Paper Code: BAPY201/BSPY201

Part -A-Very Short Questions -10 Ques.and attempt any 7 questions
Part -B -04 Ques. from each unit with internal choice

07x01M.each=07M.

04x07M.each=28M.

Total Marks of End Semester Exam = 35M.

Internal Assessment (CIA) = 15M.

Maximum Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: The paper will familiarize students with the basic psychological processes and on some important application areas of Psychology.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand the motive behind behavior.

CO2: Explain the emotional expression of oneself and others and the physiological aspects.

CO3: Explain different types of intelligence processes which can help in understanding different behaviours which are related to intelligence

CO4: Analyze different types of personality traits which can be beneficial in dealing with human behaviour

CO5: Critically evaluate different types of personality theories effectively

CO6: Construct an action plan based on SWOT analysis for one's life

Syllabus

Unit- I

(07 Hrs.)

Motivation and Emotion: Nature, Classification of Motives. Approaches: Instinct, Drive Reduction, Arousal, Incentive and Humanistic. Emotion- Elements: Physiology, Expression of Emotions, Emotion and Subjective Experience. Theories of Emotion: James – Lange, Cannon – Bard, Schachter Singer and Opponent process.

Unit- II

(08 Hrs.)

Intelligence:Definition and Theories: Spearman, Guilford, Thurstone , Cattell,Sternberg, Gardner.Measurement of Intelligence. Determinants of Intelligence-Heredity and Environment. Emotional Intelligence.

Unit- III

(08 Hrs.)

Personality: Meaning and Definition. Theories of Personality: Trait and Type Theories-Allport, Cattell, McCrae and Costa. Factors influencing Personality. Assessment of Personality: Self report inventories, Projective tests and Behavioral Assessments. SWOT Analysis

Unit- IV

(07 Hrs.)

Cognition: Thinking-Mental Imagery and Concept formation, Creative Thinking, Lateral Thinking- Six Thinking Hats Techniques. Problem Solving; Trial and Error, Algorithms, Heuristics, Insight. Obstacles in Problem Solving.

Books Recommended:

Baron, R.A., Branscombe, N.R., Byrne, D. & Bhardwaj, G. (2012). *Fundamentals of Social Psychology*, Noida: Dorling Kindersley South Asia.

Branscombe, N.R., Baron, R.A. (2018) *Social Psychology*. Noida: Pearson India Education.

Myers, D.G (1994). *Exploring Social Psychology*. New York: McGraw Hill.

Singh, A.K. (2001), *Samaj Manovigyan ki Ruprekha*, Motilal Banarsidas.

Singh, R.N. (2009). *Adhunik Samajik Manovigyan*, Agra: Agrawal Publications.

Tirpathi, L.B. (1992). *Adhunik Samajik Manovigyan*, Agra: National Psychological Corporation.

Sharma, O.P. (2013). *Adhunik Samajik Manovigyan*, Jaipur: Ritu Prakshan.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester II
Social Psychology-II
Paper Code: BAPY202/BSPY202

Part -A-Very Short Questions -10 Ques.and attempt any 7 questions
Part -B -04 Ques. from each unit with internal choice

07x01M.each=07M.

04x07M.each=28M.

Total Marks of End Semester Exam = 35M.

Internal Assessment (CIA) = 15M.

Maximum Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To enable students to understand how individual behavior is influenced by social and cultural contexts and understanding of social problems in terms of various social psychological theories.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Analyze different attitudes and causes of prejudices and accordingly be able to suggest appropriate measures to control them.

CO2: Differentiate different kinds of relationship patterns of interpersonal attraction.

CO3: Examine different theories of aggression.

CO4: Justify why a pro-social behavior happens differently in different situations.

CO5: Propose appropriate preventive measures dealing with aggression.

Syllabus

Unit-I

(08 Hrs.)

Attitude, Prejudice and Discrimination: Attitude: Nature, Function, Formation and Change. Methods of measurement. Prejudices and discrimination: Meaning, Nature, Origin and Reducing prejudice and discrimination.

Unit-II

(07 Hrs.)

Interpersonal attraction: Meaning, Determinants and Theories. Rejection- Effects and Causes of Rejection. Loneliness and Jealousy. Unrequited Love. Maintaining Relationships-Investment Theory

Unit-III**(08 Hrs.)**

Pro-Social Behaviour: Personal, Situational and Socio-Cultural Determinants. Models of Prosocial Behaviour – Empathy Altruism Hypothesis, Negative State Relief Model, Empathic Joy Hypothesis and Genetic Determinism Model.

Unit-IV**(07 Hrs.)**

Aggression: Theories, Determinants, Prevention and Control of Aggression. Social problems: Meaning and Nature. Types: Poverty, Population Explosion, Unemployment, Female Foeticide. Solutions to Social Problems.

Books Recommended:

Baron, R.A., Branscombe, N.R., Byrne, D. & Bhardwaj, G. (2012). *Fundamentals of Social Psychology*, Noida: Dorling Kindersley South Asia.

Branscombe, N.R., Baron, R.A. (2018) *Social Psychology*. Noida: Pearson India Education.

Myers, D.G (1994). *Exploring Social Psychology*. New York: McGraw Hill.

Singh, A.K. (2001), *Samaj Manovigyan ki Ruprekha*, Motilal Banarsidas.

Singh, R.N. (2009). *Adhunik Samajik Manovigyan*, Agra: Agrawal Publications.

Tirpathi, L.B. (1992). *Adhunik Samajik Manovigyan*, Agra: National Psychological Corporation.

Sharma, O.P. (2013). *Adhunik Samajik Manovigyan*, Jaipur: Ritu Prakshan.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./ B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester II
Practical-II
Paper Code: BAPY251/BSPY251

Credits: 02

Internal Examination -20M
External Examination -30M

Contact Hours: 4H/Week

Practicals

1. Measurement of Personality
2. Measurement of Intelligence
3. Measurement of Emotions by Facial Expressions
4. Measurement of Motivation
5. Measurement of Attitude
6. Measurement of Aggression
7. Measurement of Altruism
8. Interview Method

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc Psychology
Three-Year Semester Scheme Outline 2023-24
Semester III
Abnormal Psychology-I
Paper Code: BAPY301/BSPY301

Part -A Very Short Questions -10 Questions. Attempt any 7

7x1 M. Each = 7M.

Part -B 04 Question from each unit with internal choice

4x7 M. Each = 28M.

Total Marks of End Semester Exam = 35M. Internal

Assessment (CIA) = 15M. Maximum

Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To acquaint the students about the concept of normality and abnormality, and make them understand the nature and course of various abnormal conditions.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Identify different disorders which help in diagnosing a disorder.

CO2: Compare different paradigms of psychopathology.

CO3: Infer a particular psychological disorder based on the knowledge of different clinical symptoms.

CO4: Write appropriate case history based on the mental state examination of a client.

Syllabus

Unit-I

(08 Hrs.)

Mental Disorder: Definition, Indicators of Abnormality, DSM and ICD Classification Systems, Mental Health Professionals.

Unit-II

(07 Hrs.)

Causal Factors and Viewpoints: Risk Factors and Causes; Necessary, Sufficient and Contributory causes. Diathesis - Stress Model, Biological, Psychological and Social perspectives.

Unit-III**(06 Hrs.)**

Clinical Assessment and Diagnosis: Basic elements in Assessment, Physical and Psychosocial Assessment.

Unit-IV**(09 Hrs.)**

Anxiety, Obsession Compulsion and Trauma and Stress related Disorders: Types, Clinical Picture and Causal Factors. Mood Disorders and Suicide: Types, Clinical Picture and Causal Factors.

Books Recommended: -

Butcher, J. N., Hooley, J.M. & Mineka, S. (2017). Abnormal Psychology Noida: Pearson India Education.

Oltmanns, T. F. & Emery, R. E. (2017). Abnormal Psychology. Noida Pearson Indian Education.

David, B . H . & Durand V. M.(2007). Abnormal Psychology : An Integrated Approach . New Delhi:Thomson.

Ray, W. J. (2015). Abnormal Psychology. New Delhi: Sage.

Singh, A.K.(2006)-Adhunik Asamanya Monovigyan. Moti Lal Banarsi Das.

Sharma,O.P.(2010)-Manovikrati Vigyan,Ritu Prakashan.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester III
Psychological Statistics-I
Paper Code: BAPY302/ BSPY302

Part -A Very Short Questions -10 Questions. Attempt any 7

7x1 M. Each = 7M. Part

-B 04 Question from each unit with internal choice

4x7 M. Each = 28M.

Total Marks of End Semester Exam = 35M. Internal

Assessment (CIA) = 15M. Maximum

Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To develop an understanding of various statistical techniques and to be able to organize and analyze data statistics required for conducting research. Acquire elementary knowledge about computer use in Psychology for statistical analysis.

Course Outcomes: On completion of the course, the students will be able to:

CO1: The students will be able to develop an understanding of various statistical techniques. **CO2:** Develop skills to use quantitative techniques such as measures of central tendency, variability, and correlation.

CO3: Will be able to understand the measures of variability.

CO4: Understand Correlation.

Syllabus

Unit-I

(08 Hrs.)

Introduction to Statistics: Meaning and Scope of Statistics. Application of Statistics in Psychology. Nature and levels of measurement-categorical and continuous variables. Drawing of frequency distribution. Bivariate Frequency Distribution Graphical representation of grouped data: Frequency Polygon, Histogram.

Unit-II**(08 Hrs.)**

Measurement of Central Tendency: Purpose and types of measures. Characteristics and computation of Mean, Median and Mode.

Unit-III**(07 Hrs.)**

Measures of Variability: Concept of variability, Range, Quartile deviation, Average deviation, Standard deviation.

Unit- IV**(07 Hrs.)**

Correlation: The concept of correlation, Pearson's product moment correlation (by assumed mean and actual mean) Spearman's rank order correlation.

Books Recommended:

Broota, K.D. (1992) Experimental design in behavioural research. New Delhi: Wiley Easter. Garrett, H.E. (1981)- Statistics in Psychology and Education. Vakil Mumbai: Febber and Simons.

Minium, E.W., King, B.M. & Bear, G.(1993).Statistical Reasoning in Psychology and Education, New York.

Mangal, S.K-. Statistics in Psychology and Education. Tata Mc. Graw Hill.

Guilford, J.P.- Fundamental Statistics in Psychology and Education. Tata Mc.G raw Hill. Siegel, S. (1994). Non Parametric Statistics. New York: Mc Graw Hill.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester III
Practical
Paper Code: BAPY351/ BSPY351

Internal Examination -15M External
Examination - 35M

Credits: 02

Contact Hours: 4H/Week

Practicals

1. Assessment of State and Trait Anxiety
2. Measurement of Coping Styles
3. Assessment of Family Pathology
4. Word Association Test
5. Eight state Questionnaire
6. Neuropsychological Assessment

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester IV
Abnormal Psychology-II
Paper Code: BAPY401/BSPY401

Part -A Very Short Questions -10 Questions. Attempt any 7

7x1 M. Each = 7M. Part

-B 04 Question from each unit with internal choice

4x7 M. Each = 28M.

Total Marks of End Semester Exam = 35M. Internal

Assessment (CIA) = 15M. Maximum

Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To make students understand the nature and types of various disorders and impart knowledge about diagnosing and treating various disorders.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand different types of somatic and dissociative disorders.

CO2: Understand Schizophrenia in detail. **CO3:**

Understand feeding and eating disorders. **CO4:**

Understand various clinical interventions.

Syllabus

Unit I

(09 Hrs.)

Somatic Symptoms and Dissociative Disorders: Types, Clinical Picture and Causal Factors

Unit II

(06 Hrs.)

Personality disorders and Disorders due to Psychoactive Substance Use: Concept, Cluster A : Paranoid, Schizoid; Cluster B: Antisocial, Borderline. Cluster C: Dependent personality disorder, Obsessive compulsive personality disorder. Disorders due to Psychoactive Substance Use: Alcohol and Drug Dependence : Cocaine and Nicotine.

Unit III**(07 Hrs.)**

Schizophrenia and Other Psychotic Disorders: Types, Clinical picture and Causal Factors.

Unit-IV**(08 Hrs.)**

Psychological Treatment /Therapies: Behavioral Therapy, Cognitive and Cognitive Behavioral Therapy Humanistic- Existential Therapies, Psychodynamic Therapies.

Books Recommended:

Butcher, J. N., Hooley, J.M. & Mineka, S. (2017). Abnormal Psychology Noida: Pearson India Education.

Oltmanns, T. F. & Emery, R. E. (2017). Abnormal Psychology. Noida Pearson Indian Education.

David, B . H . & Durand V. M.(2007). Abnormal Psychology : An Integrated Approach . New Delhi:Thomson.

Ray, W. J. (2015). Abnormal Psychology. New Delhi: Sage.

Singh, A.K.(2006)-Adhunik Asamanya Monovigyan. Moti Lal Banarsi Das.

Sharma,O.P.(2010)-Manovikrati Vigyan,Ritu Prakashan.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester IV
Psychological Statistics-II
Paper Code: BAPY402/BSPY402

Part -A Very Short Questions -10 Questions. Attempt any 7

7x1 M. Each = 7M. Part

-B 04 Question from each unit with internal choice

4x7 M. Each = 28M.

Total Marks of End Semester Exam = 35M. Internal

Assessment (CIA) = 15M. Maximum

Marks = 50M.

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To develop an understanding of various statistical techniques and be able to organize and analyze data. To acquire elementary knowledge about computer use in Psychology for Statistical analysis

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand the concept of hypothesis and its testing

CO2: Understand the use of parametric tests

CO3: Understand the application of ANOVA

CO4: Familiarized with the use of SPSS

Syllabus

Unit-I

(08 Hrs.)

Hypothesis testing and inference making: Population and sample, Types of sampling, standard error of Mean 't' test (independent group), Null hypothesis. Interpretation of 't' values, levels of significance.

Unit-II**(07 Hrs.)**

Non Parametric Test: Nature and Assumption; Distribution free Statistics: Chi Square Equal Probability, 2x2 Contingency tables, Median tests.

Unit- III**(08 Hrs.)**

ANOVA: Purpose and Assumption of ANOVA; one way analysis of Variance (Independent Samples).

Unit- IV**(07Hrs.)**

Familiarization with Software and Application of computers in Psychology. Preparation of data. Use of SPSS.

Books Recommended :

Broota, K.D. (1992) Experimental design in behavioural research. New Delhi: Wiley Easter. Garrett, H.E.(1981)- Statistics in Psychology and Education. Vakil Mumbai: Febber and Simons.

Minium, E.W., King, B.M. & Bear, G. 1993).Statistical Reasoning in Psychology and Education, New York.

Mangal, S.K-.Statistics in Psychology and Education. Tata Mc. Graw Hill.

Guilford, J.P.-Fundamental Statistics in Psychology and Education. Tata Mc.Graw Hill. Siegel, S. (1994).Non Parametric Statistics. New York: Mc Graw Hill.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A./B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester IV
Practical
Paper Code: BAPY451/ BSPY 451

Credits: 02

Internal Examination -20M

External Examination -30M

Contact Hours: 4H/Week

Practical

1. Assessment of Mental Health
2. Measurement of Depression
3. Measurement of Psychological Well being
4. Measurement of Personality Pattern
5. Stress: Measurement and analysis of group data (Mean and Median)
6. Stress: Measurement and analysis of group data ('t' test)

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester V
Psychometrics-I
Paper Code: BAPY501/BSPY501

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.

Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.

Total Marks of End Semester = Exam = 35M

Internal Assessment (CIA) = 15M

Maximum Marks = 50M

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To acquaint the students with various psychological assessment techniques and impart skills necessary for selecting and applying tests for different purposes.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand the need and origin of psychological testing.

CO2: Understand the use of tests in different fields.

CO3: Understand various ethical aspects in testing.

CO4: Understand the procedure of test construction.

Syllabus

Unit- I

(06 Hrs.)

The need of psychological measurement and testing. The origin of psychological measurement and testing.

Unit- II

(06 Hrs.)

Psychological Tests: Definition and Functions of a Test, Current uses of Psychological Tests. Kinds of Tests. Characteristics of a good test.

Unit- III

(09 Hrs.)

Problems in the test administration: Professional ethics, Controlling the use of Psychological Tests, Problems of Rapport and Administration.

Unit- IV**(09 Hrs.)**

Psychological Test Development: Conceptualization, Test Construction, Item Analysis.

Books Recommended:

Anastasi, A.(1979).Fields of Applied Psychology, New York, McGraw Hill- (International Ed.), Tokyo.

Lee Chronbach(1970).Essentials of Psychological Testing. Tokyo Harper International Edition.

N. K. Chaddha, (1996).Theory and Practice of Psychometry. New Age- International Ltd. Publishers New Delhi.

Singh, A.K., (1980). Test-Measurements and Research Methods in Behavioral Sciences. Tata McGraw Hill Publishing Co. Ltd.

Nunnally, J.C. (1967). Psychometric Theory. McGraw Hill, New York.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester V
Positive Psychology-I
Paper Code: BAPY502A/BSPY502A

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.
Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.
Total Marks of End Semester = Exam = 35M
Internal Assessment (CIA) = 15M
Maximum Marks = 50M
Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Syllabus

Objective: The paper brings an understanding of the basic principles of Positive Psychology. The significance of this paper is to orient the students in applying these principles for self-regulation.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand about the emergence of a new field of Psychology

CO2: Understand the theoretical viewpoints of happiness.

CO3: Understand different positive cognitive states.

CO4: Identify personal strengths.

Unit–I **(07 Hrs.)**

Introduction: Definition, Goals and Assumptions of Positive Psychology; Relationship with other Branches of Psychology.

Unit–II **(08 Hrs.)**

Happiness: Meaning, Hedonic and Eudaemonist Viewpoint; Positive and Negative Affect, Theoretical Viewpoints; Determinants and Sources; Authentic Happiness; Enhancement of Happiness and Well Being.

Unit–III **(08 Hrs.)**

Positive Cognitive States and Processes: Self efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality.

Unit–IV**(07 Hrs.)**

Virtues and Strengths of Character: Classification and Measures of Human Strengths, Gallup's Clifton Strength Finder; VIA Classification; Identifying Personal Strengths.

Books Recommended:

Snyder, C.R. Lopez, S.J. (2007). Positive Psychology. New Delhi: Sage.

Snyder, C.R. Lopez, S.J. (2005). Handbook of Positive Psychology. New York: Oxford.

Wong, P.T. and Fry. (1998). The Human Quest for Meaning. Mahawah, New Jersey: Lawrence, Erlbaum.

Baumgardner, S. Crothers, M. (2009). Positive Psychology. New Delhi: Pearson Education.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester V
Health Psychology-I
Paper Code: BAPY502B/BSPY502B

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.

Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.

Total Marks of End Semester = Exam = 35M

Internal Assessment (CIA) = 15M

Maximum Marks = 50M

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objectives

To acquaint the students with psychological concepts related to health and the cultural aspects involved in health and well-being. To make the students understand the role of psychology in the development of illness.

Course Outcomes: On completion of the course the students will be able to:

CO1: Understand the mind body relationship and health across lifespan.

CO2: Understand various diseases and the significance of chronic pain, its implications and methods of psychological therapy used to deal with it.

O3: Understand various aspects of stress.

Syllabus

Unit-I **(08 Hrs.)**

Overview of Health Psychology: Definition of health and need for Health Psychology. Mind body relationship - Biopsychosocial Model. Research methods: Experiments, Correlation Prospective and Retrospective design.

Unit–II **(07 Hrs.)**

Health across lifespan - Childhood, Adulthood and Old age. Perspectives towards illness - Cognitive, Social and Experiential Personality. Culture and Health

Unit-III**(08 Hrs.)**

Illness: Hypertension and Cardiovascular Diseases Diabetes, Psychoneuroimmunology and Cancer, Sleep and Health, Pain and its Management.

Unit-V**(07 Hrs.)**

Stress and Coping: Definition and Theories of Stress, Sources of Stress, Stress and Illness. Coping with Stress. Management of Stress.

Books Recommended:

Taylor, S. E. (2015). Health psychology. New York, NY: McGraw-Hill Education.

Marks, D. F., Murray, M., Evans, B., Willing, C., Woodall, C., Sykes, C. M. (2005). Health Psychology Theory, Research & Practice. New Delhi: Sage.

Khaton, N. Health Psychology. Pearson publication.

Sarafino, E.P., Health Psychology: Biopsychosocial Interactions, IV edition, Wiley and sons.

Kaplan, R.M., Sallies, J.F. and Patterson, T.L., Health and Human Behaviour, IV edition, McGraw Hill International.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester V
Practical
Paper Code: BAPY551/BSPY551

Internal Examination - 15M

External Examination - 35M

Credits: 02

Contact Hours: 4H/Week

Practical

1. Measurement of Subjective Well Being
2. Measurement of Forgiveness
3. Measurement of Emotional Intelligence
4. Measurement of Attributional Styles
5. Measurement of Happiness

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester VI
Psychometrics -II
Paper Code: BAPY601/ BSPY601

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.

Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.

Total Marks of End Semester = Exam = 35M

Internal Assessment (CIA) = 15M

Maximum Marks = 50M

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: To acquaint the students with various psychological assessment techniques and impart skills necessary for selecting and applying tests for different purposes.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand the characteristics of a good test.

CO2: Understand the standardization of tests.

CO3: Understand the use of different types of tests to measure different attributes.

Syllabus

Unit- I **(08 Hrs.)**

Reliability and Validity: Meaning, Types and methods of calculating Reliability and Validity.

Unit- II **(08 Hrs.)**

Norms: Meaning and Types of Norms.

Unit- III **(07 Hrs.)**

Intelligence and Personality Testing: Kinds of Intelligence Tests: Verbal Tests, Non-Verbal tests, Performance Test. Assessment of Intelligence; Binet, WAIS and SPM. Assessment of Personality: Big Five, 16 PF, MMPI. Projective Techniques: T.A.T and Rorschach.

Unit- IV**(07 Hrs.)**

Application of Psychological Testing: Educational, Counselling and Guidance, Clinical and Organizational Setting.

Books Recommended:

Anastasi, A, (1979) Fields of Applied Psychology. New York, McGraw Hill- (International Ed.), Tokyo, Lee Chronbach (1970). Essentials of Psychological Testing. Tokyo Harper International Edition.

Chaddha, N. K. (1996). Theory and Practice of Psychometry. New Age- International Ltd. Publishers New Delhi.

Singh, A.K. (1980). Test-Measurements and Research Methods in Behavioral Sciences. Tata McGraw Hill Publishing Co. Ltd.

Nunnally, J.C. (1967). Psychometric Theory. McGraw Hill, New York.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester VI
Positive Psychology-II
Paper Code: BAPY602A/ BSPY602A

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.

Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.

Total Marks of End Semester = Exam = 35M

Internal Assessment (CIA) = 15M

Maximum Marks = 50M

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objective: The paper brings an understanding of the basic principles of Positive Psychology. The significance of this paper is to orient the students in applying these principles for self-regulation.

Course Outcomes: On completion of the course, the students will be able to:

CO1: Understand the resilient behaviour in different ages.

CO2: Understand self-regulation and self-control and its application.

CO3: Understand mental health and wellbeing and promote the same for achieving life satisfaction.

CO4: Understand the components and theories of emotional intelligence and pro social behaviour.

Syllabus

Unit- I **(07 Hrs.)**

Resilience: Meaning and Sources; Developmental and Clinical Perspective; Successful Aging and Growth through Trauma.

Unit- II **(08 Hrs.)**

Self-Regulation and Self Control: Meaning and Theories; Planning for Self-Regulation Success; Self-Regulation Problems-Goal Conflict, Goal Difficulty and Goal Disengagement.

Unit- III**(07 Hrs.)**

Mental Health and Well Being: Subjective Well Being and Life Satisfaction, Social Well Being and Psychological Well Being. Complete state Model

Unit- IV**(08 Hrs.)**

Emotional Intelligence and Pro -Social Behaviour: Emotional Intelligence; Meaning, Components and Theories; Enhancement of Emotional Intelligence. Pro-Social Behaviour: Empathy, Altruism, Gratitude and Forgiveness.

Books Recommended:

Snyder, C.R. Lopez, S.J. (2007).Positive Psychology, New Delhi: Sage.

Snyder, C.R. Lopez, S.J. (2005).Handbook of Positive Psychology, New York:

Oxford. Wong, P.T. and Fry. (1998).The Human Quest for Meaning. Mahawah, New Jersey: Lawrence, Erlbum.

Baumgardner, S. Crothers, M. (2009). Positive Psychology. New Delhi: Pearson Education.

S.S. JAIN SUBODH P.G. COLLEGE
JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester VI
Health Psychology-II
Paper Code: BAPY602B/BSPY602B

Part–A Very Short Questions-10 Question Attempt any 7 questions 7x1 M. Each = 07 M.

Part–B 04 Question from each unit with internal choice 4x7 M. Each = 28 M.

Total Marks of End Semester = Exam = 35M

Internal Assessment (CIA) = 15M

Maximum Marks = 50M

Passing Marks is 40% including CIA

Credits: 02

Contact Hours: 3H/Week

Objectives:

Course Outcomes: After completion of the course the students will be able to:

CO1: Understand various health compromising and enhancing behaviours.

CO2: Evaluate health enhancing behaviours and prevention of chronic illness through contemporary and indigenous health care systems.

CO3: Describe psychological issues in advancing and terminal illness and palliative care.

Syllabus

Unit–I **(06 Hrs.)**

Health Compromising Behaviours: Smoking and Alcoholism, Risky Sexual Behaviours, Obesity.

Unit–II **(09 Hrs.)**

Health Enhancing Techniques: Health behaviors: Definition; Changing health behaviors. Attitude change: educational appeals, Fear appeals, Message framing. Cognitive behavioral approaches: Self-observation and self-monitoring, Operant conditioning, Modelling, Stimulus control. The self-control of behavior: Self-reinforcement, Contingency Contracting, Covert self-control, Behavioral assignments, Motivational interviewing, Broad-Spectrum cognitive behavior therapy; Stages of Change.

Unit- III**(06 Hrs.)**

Health enhancing behaviors: Exercise, Diet and Weight control, Relaxation, Vipassana, meditation and yoga (Types).

Unit-IV**(09 Hrs.)**

Psychological Issues in Advancing and Terminal Illness: Continued treatment and advancing illness; Right to die – Moral and Legal issues. Changes in the patient's self-concept, Issues of social interaction, Communication issues, the Issue of non-traditional treatment Palliative care of the terminally-ill. Alternatives to hospital care for the terminally ill and home care.

Books Recommended:

Taylor, S. E. (2015). Health Psychology. New York, NY: McGraw-Hill Education.

Marks, D. F., Murray, M., Evans, B., Willing, C., Woodall, C., Sykes, C. M. (2005). Health Psychology Theory, Research & Practice. New Delhi: Sage. Khatoon, N. Health Psychology. Pearson publication.

Sarafino, E.P., Health Psychology: Biopsychosocial Interactions, IV edition, Wiley and sons.

Kaplan, R.M., Sallies, J.F. and Patterson, T.L., Health and Human Behavior, IV edition, McGraw Hill International

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JAIPUR
B.A. / B.Sc. Psychology
Three-Year Semester Scheme Outline 2023-24
Semester VI
Practical
Paper Code: BAPY651/BSPY651

Internal Examination -15M

External Examination - 35M

Credits: 02

Contact Hours: 4H/Week

Practical

1. Measurement of Personality by HSPQ
2. Measurement of level of aspiration
3. Two-point threshold
4. Measurement of Resilience
5. Measurement of Intelligence (SPM)