SEMESTER SYSTEM SYLLABUS

FOR

PSYCHOLOGY

B. A.
(Semester I, II, III, IV, V & VI)
WITH EFFECT FROM 2016-17
Rashtrasant Tukadoji Maharaj
Nagpur University Nagpur
Semester System Syllabus for
B.A.

Psychology

Semester wise Distribution of Marks

<table>
<thead>
<tr>
<th>Class</th>
<th>Marks for Theory Paper</th>
<th>Marks for Internal Assessment In Theory</th>
<th>Marks for Practical Marks</th>
<th>Marks for Internal Assessment In Practical</th>
<th>Total Mark</th>
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</thead>
<tbody>
<tr>
<td>B.A. SEM I</td>
<td>40</td>
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<td>40</td>
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<tr>
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<tr>
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<td>B.A. SEM V</td>
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<td>10</td>
<td>40</td>
<td>10</td>
<td>100</td>
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<td>B.A. SEM VI</td>
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</table>
Rules and Regulations

1. There will be four periods for theory and two periods for practical per week.
2. One batch of Practical will consist 16 students.
3. The maximum marks for Theory will be 40 and Internal assessment 10. The maximum marks for Practical examination will be 40 and Internal Assessment 10.
4. Independent passing in theory, practical is mandatory. The minimum passing marks for Theory will be 20. The minimum passing marks for Practical examination will be 20 including Internal assessment of 10 marks in theory & Practical both.
5. Student will not be allowed to appear in the practical examination without duly signed Practical record by teacher & Head of the Department.

CERTIFICATE

Department of Psychology

Name of College ..............................................................

This is to certify that this practical record is Original work done by
Shri/ Kumari/ Smt. ..............................................................

Class.............. Semester.............. During the Academic year..............

He/ She has attended/ not attained the field work/ Study tour prescribed by the RTM Nagpur University Nagpur.

Signature of the teacher

1) ........................................

2) ........................................  Head of Department

3
Question Paper Pattern
Examination UG level

PSYCHOLOGY

B.A. Semester- I, II, III, IV, V & VI

Time – Two Hours       Full Marks- 40

Instructions-

1) All Questions are compulsory.
2) All Questions carry equal marks.

Que.No.1. One Long answer questions with Internal Choice from any Unit of 08 Marks.

Que.No.2. One Long answer questions with Internal Choice from any Unit of 08 Marks.

Que.No.3. Two Short answer questions with Internal Choice from any Unit of 8 Marks (4 x 2).

Que.No.4. Two Short answers question with Internal Choice from any Unit of 8 Marks (4 x 2).

Que.No.5. Eight Very Short Answer Questions without internal choice from Unit 1 to Unit 4. Minimum one Question from each Unit and each question will carry 01 mark i.e. 1 x 8 = 08 Marks.

Note: 1) One question from each unit.
2) Question No.5 should be asked from all 4 units.
PATTERN OF EXAMINATION

Theory:

One theory paper of 40 marks and Examination duration will be two hours for all six semesters

Practicals:

1) One Practical examination of 50 marks and Examination duration will be three hours for all six semesters

2) Practical examination in each semester will be conducted by Internal and External examiners appointed by the University.

Internal Assessment:

1) Head of the department will carry out internal assessment of the students on the basis of evaluation report from the concerned teacher/teachers, under the supervision of the principal of the college and will be done at the end of each semester.

2) Distribution of 10 marks of internal assessment is as under-

   i) Class Attendance 03 marks

   ii) Home Assignment 05 marks

   iii) Group Discussion / Seminar 02 marks
Rashtrasant Tukdoji Maharaj Nagpur University

Syllabus for B. A. Semester- **I to VI (Psychology)**

To be implemented progressively from 2016-2017 onwards

<table>
<thead>
<tr>
<th>Semester</th>
<th>Title of Paper</th>
</tr>
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<tbody>
<tr>
<td>I</td>
<td>FUNDAMENTALS OF PSYCHOLOGY</td>
</tr>
<tr>
<td>II</td>
<td>SOCIAL PSYCHOLOGY</td>
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<tr>
<td>III</td>
<td>PSYCHOPATHOLOGY</td>
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<tr>
<td>IV</td>
<td>STATISTICAL METHODS AND PSYCHOLOGICAL TESTING</td>
</tr>
<tr>
<td>V</td>
<td>ORGANIZATIONAL PSYCHOLOGY</td>
</tr>
<tr>
<td>VI</td>
<td>COUNSELLING AND POSITIVE PSYCHOLOGY</td>
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</tbody>
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Rashtrasant Tukdoji Maharaj Nagpur University

Syllabus for B. A. Semester - I (Psychology)

FUNDAMENTALS OF PSYCHOLOGY

To be implemented progressively from 2016-2017 onwards

Objectives: To provide solid foundation to understand basic psychological processes and their applications in everyday life.

(Marks: Theory: 40, Internal Assessment: 10=50). (Marks: Practical: 40, Internal Ass: 10=50) Total marks= 100

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Unit I - Introduction:

Unit II - Cognitive Processes

Unit III – Motivation and Emotion

Unit IV: Intelligence and Personality
Personality: Nature, Definition
Theories of personality- Freud’s Psychoanalytic theory,
Type theory and trait theory.
Application- Personality Enhancement.

Note: 1) 2 periods per week per batch of 16 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any Four of the following.

Practicum
1) Substitution learning
2) Knowledge of results
3) Judgment of emotion from Photographs
4) Achievement Motivation
5) Habit Interference
6) Personality Test
7) Alexander’s Pass Along Test
8) Maze Learning

Separate passing in theory and practical is necessary.
Distribution of Marks for practical:
Record Book ...................... 10
Conduct of Test................... 10
Viva Voice .......................... 10
Report of the Test ............... 10
Internal Assessment ............. 10
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Total Marks 50

REFERENCES:


Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- II (Psychology)

Social Psychology
To be implemented progressively from 2016-2017 onwards

Objectives: To understand the basics of Social Psychology and the individual in the social world.

(Marks: Theory: 40, Internal Assessment: 10=50). (Marks: Practical: 40, Internal Ass: 10=50) Total marks= 100

Unit 1: Introduction
Brief history of Social Psychology (special emphasis on Indian context), Scope of Social Psychology, Levels of social behaviour. Approaches towards understanding social behaviour. Application: Behaviour in social situation.

Unit 2: Attitude and Prejudice

Unit 3: Pro-social behaviour and Aggression

Unit 4: Communication
Communication: Definition, types, process, barriers and interpersonal communication. Application: Effective communication.

Note: 1) 2 periods per week per batch of 16 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.

5) Students will have to perform any Four of the following.

**Practicum**
1. Test of Attitude Measurement
2. Aggression Scale
3. Prejudice Scale
4. Immediate Memory span for digits
5. Social Maturity Scale
6. Bilateral Transfer of Training
7. Koh’s Block Design Test
8. Concept Formation

Separate passing in theory and practical is necessary.

**Distribution of Marks for practical:**
- Record Book ....................... 10
- Conduct of Test .................... 10
- Viva Voice .......................... 10
- Report of the Test .................. 10
- Internal Assessment ............... 10

**Total Marks ......................... 50**

**References**
Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- III (Psychology)

PSYCHOPATHOLOGY

To be implemented progressively from 2016-2017 onwards

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

(Marks: Theory: 40, Internal Assessment: 10=50). (Marks: Practical: 40, Internal Ass: 10=50) Total marks= 100

Unit I: Introduction
Concept of Normality & Abnormality, Historical Background
Approaches to abnormality– Statistical, Evaluative, and
Psychodynamic Orientation to Classificatory system (DSM-V, ICD-10).
Diathesis Stress Model.
Application: Maintaining Mental Health.

Unit II: Psychological Disorders
Anxiety disorders: Generalized, Hypochondriasis, Conversion Reaction, Phobias, Obsessive Compulsive Disorder. Childhood Disorders: ADHD (Attention Deficit Hyperactivity Disorder), Learning Disability: (Dyslexia, Dyscalculia, Dysgraphia), Slow learner Application: Managing Anxiety.

Unit III: Psychological Disorders
Mood Disorders: Mania, Depression, Bipolar affective disorder.
Application: Managing Moods.

Unit IV: Treatment of Disorders
Orientation to Biological treatment: Pharmacotherapy (Anti-anxiety, Antipsychotic, Anti depressants and mood stabilizers) and Electroconvulsive therapy
Psychological treatment: Psychoanalytic therapy, Behavior therapy and Cognitive- therapy, Indian perspective – Patanjali’s Ashtang yoga.
Application: Relaxation techniques.
Note: 1) 2 periods per week per batch of 16 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any Four of the following.

Practicum
1) Positive Mental health
2) Depression scale
3) Muller Lyer Illusion
4) Anxiety test
5) Rational learning
6) Narcissism
7) Test of Locus of Control
8) Life Event Scale

Separate passing in theory and practical is necessary.

Distribution of Marks for practical:
- Record Book ....................... 10
- Conduct of Test..................... 10
- Viva Voice ............................ 10
- Report of the Test............... 10
- Internal Assessment............. 10

Total Marks................................ 50

Reference
Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. Semester- IV (Psychology)

STATISTICAL METHODS AND PSYCHOLOGICAL TESTING

To be implemented progressively from 2016-2017 onwards
Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.
(Marks: Theory: 40, Internal Assessment: 10=50). (Marks: Practical: 40, Internal Ass: 10=50) Total marks= 100

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Unit I: Introduction
Data: Ungrouped and grouped, frequency distribution. Graphical representation of data: Histogram and Frequency Polygon.
Application: Graphical representation.

Unit II: Data analysis
Measures of central tendency: Mean, Median, Mode
(Properties and Computation of grouped & ungrouped data)
Deviation: Standard Deviation, it’s properties and computation
Application: computation of statistical problems.

Unit III: Test of Significance
Test of Significance: Chi Square (Equal probability), ‘t’ test.

Unit IV: Psychological Testing
Psychological Testing: Introduction to psychological testing, characteristics Psychological test, Reliability, Validity, Norms and standardization. Types of tests. Qualitative methods: Interview, observation, case study.
Application: Use of psychological test in day to day life.
**Note:**
1) 2 periods per week per batch of 16 students and 04 periods for theory per week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Four** of the following.

**Practicum**

1. Occupational Stress Index
2. Standard Progressive Matrices
3. Adjustment Inventory
4. Stress Scale
5. Goal Setting Behaviour
6. Reaction Time
7. DAT / DBDA
8. Multiple Choice

Separate passing in theory and practical is necessary.

Distribution of Marks for practical:
- Record Book ...................... 10
- Conduct of Test .................. 10
- Viva Voice ........................ 10
- Report of the Test ............... 10
- Internal Assessment ............. 10

Total Marks ....................... 50

Rashtrasant Tukdoji Maharaj Nagpur University
Syllabus for B. A. **Semester- V** (Psychology)

**Organizational Psychology**

To be implemented progressively from 2016-2017 onwards

Objective: To introduce the basic concepts of Industrial and Organizational psychology and to understand the application of psychology at the workplace.

(Marks: Theory: **40**, Internal Assessment: **10=50**). (Marks: Practical: **40**, Internal Ass: **10=50**) Total marks= **100**

Unit I:

**Understanding Organizational behaviour:** Meaning, nature and goals of Organizational behaviour.
Application: Nature of organizational Behaviour

Unit II:

**Work related Attitudes:** Job satisfaction; factors affecting Job satisfaction. Enhancing Job satisfaction.
Application: Importance of Job Satisfaction in human life

Unit III:

**Work Motivation:** Theories – Maslow’s Theory, Herzberg’s Two factor theory, application; Indian Perspective.
Application: Role of Work Motivation in Organization

Unit IV:

**Organizational Stress:** Meaning and Causes, Consequences and managing stress.
Application: Effects of stress in work - life.

**Note:**
1) 2 periods per week per batch of 16 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Four** of the following. Visit to any organization is compulsory.

**Practical:**

1) Case Study  
2) Mental Work and fatigue  
3) Work Motivation Questionnaire  
4) Organizational Climate Inventory  
5) Job Satisfaction  
6) Occupational Self Efficacy Scale  
7) Depth Perception  
8) Visit to any Organization

Separate passing in theory and practical is necessary.

**Distribution of Marks for practical:**

- Record Book ....................... 10
- Conduct of Test ..................... 10
- Viva Voice .......................... 10
- Report of the Test ................... 10
- Internal Assessment ................. 10

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**Total Marks .......................... 50**

**References**


Counselling and Positive Psychology

To be implemented progressively from 2016-2017 onwards

Objective: To develop and understanding of well-being.

(Marks: Theory: 40, Internal Assessment: 10=50). (Marks: Practical: 40, Internal Ass: 10=50)

Total marks= 100

Unit I: Counselling
Meaning and goals of counselling, counselling process and relationship. Counselling in Indian context
Application: Counselling an Art.

Unit II:

Techniques: Play, Art, Drama, Music, Dance, Yoga and Meditation.
Application: Role of Counselling techniques.

Unit III:

Applications of counselling: family, School, Career Premarital, Marriage.
Application: Challenges before Counsellor. Premarital counseling to students.

Unit: IV:

Well Being: Components of well-being; life satisfaction Life:
Application: Understanding importance of Well-being.

Project: With a view to facilitate creativity, arouse curiosity and promote skills in planning and conducting psychological research, students are required to take up a mini project on an issue of interest, under the supervision of teacher.

Note: 1) 2 periods per week per batch of 16 students and 04 periods for theory per Week shall be allotted.
2) Student has to submit duly certified record book at the time of
examination.
3) Every student has to submit one assignment and also participate in group discussion.
4) In Group Discussion, applications of Unit I, II, III & IV should be discussed.
5) Students will have to perform any **Four** of the following. Project work is compulsory.

**Practical:**

1) Well-Being Scale  
2) Psychological Counseling Need Scale  
3) Psychological Hardiness Scale  
4) Big Five Personality Inventory  
5) Type A/B Behavioural pattern Scale  
6) Retroactive Inhibition  
7) Verbal Intelligence Test  
8) Research Project

Separate passing in theory and practical is necessary.

<table>
<thead>
<tr>
<th>Distribution of Marks for practical:</th>
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<tbody>
<tr>
<td>Record Book ....................................</td>
<td>10</td>
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<tr>
<td>Conduct of Test ................................</td>
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**Total Marks............................ 50**

**References:**


