



# SIDHO KANHO BIRSHA UNIVERSITY

## BACHELOR OF SCIENCE (B.SC.) HONOURS IN PSYCHOLOGY

(With effect from Session 2018-19)

### BACHELOR OF SCIENCE (B.SC.) HONOURS IN PSYCHOLOGY

NOTE : \*\* refers the Course Code of the selected course from the pool of choices

#### First Semester

Course Code	Course Title	Course Type	(L-P-Tu)	Credit
BPSYCCHC101	Introduction to Psychology	CC-1	4-2-0	6
BPSYCCHT102	Biopsychology	CC-2	5-0-1	6
BSOCGEHT16B	Fundamentals of Sociology	GE-1	5-0-1	6
BAECCEST104	Environment Studies	AECC-1	2-2-0	4
			<b>Total</b>	<b>22</b>

#### Second Semester

Course Code	Course Title	Course Type	(L-P-Tu)	Credit
BPSYCCHC201	Psychology of Individual Differences	CC-3	4-2-0	6
BPSYCCHT202	Statistical Methods for Psychological Research-I	CC-4	5-0-1	6
BSOCGEHT16C	Currents in Sociology	GE-2	5-0-1	6
**204	One from pool of AECC-MIL (ENGLISH / MIL )	AECC-2	2-0-0	2
			<b>Total</b>	<b>20</b>

## SEMESTER I

### **CC-1: INTRODUCTION TO PSYCHOLOGY**

**Objective:** To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

**Unit 1: Introduction:** What is psychology? Behavioural schools of psychology; Methods of psychology (special emphasis on experimentation); Fields of psychology; Psychology in modern India. **(14hours)**

**Unit 2: 2 (a) Attention:** Determinants of attention. Shift, fluctuation and oscillation in attention. **(5 hours)**

**(b) Perception:** Perceptual processing, Perceptual Organization (Gestalt School), Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions. **(14 hours)**

**Unit 3: Learning** Principles and applications of Classical conditioning, operant conditioning and observational learning; Learning strategies; Learning in a digital world; Self regulated learning. **(14 hours)**

**Unit 4: Memory:** Models of memory: Information processing (Atkinson & Shiffrin), Levels of processing, Parallel Distributed processing model, Forgetting - causes of forgetting (Trace decay theories, interference theories, motivated forgetting), Improving memory. **(14 hours)**

**(b) Emotions and Motivation:** Components, types of emotion, theories of emotion (James-Lange theory, Cannon-Bard theory and Cognitive theories) and Motivation (Maslow's need hierarchy theory and McClelland's theories of achievement motivation) Types of motivation, motivational conflicts. **(14 hours)**

**Practicum:** Any 2 practicum pertaining to CC-1 (Introduction to psychology) preferably experiments. **(4 hours, per week per batch, 10-12 students)**

1. Experiment on Attention – fluctuation of attention
2. Experiment on Memory – spaced vs. unspaced and whole vs. part techniques of memory

### **Readings:**

Baron, R. & Misra, G. (2013). Psychology. New Delhi: Pearson.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. New Delhi: Pinnacle Learning.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

### **Further Readings:**

Best, J.B. (1998, 5th Edition). Cognitive Psychology. John Wiley & Sons. ISBN-13: 978-0470002322  
ISBN-10: 0470002328

Baron, R. A.(2001). Psychology (5th Edition), Prentice-Hall of India Private Limited.

Galloti, K. M.(2016). Cognitive Psychology. In and Out of the Laboratory (5th Edition). Sage Publication, 2016

Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L.(1975). Introduction to Psychology (6th Edition). Oxford IBH Publishing

Melvin, H. M.M., & William, A. H.(1979). Systems and Theories in Psychology. McGraw-Hill Higher Education.

Mishra, B. K.(2016). Psychology. The Study of Human Behaviour (2nd Edition). PHI Learning Private Limited.

Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2001). Introduction to Psychology (7<sup>th</sup> Edition), McGraw Hill Book Company.

Munn, N. L., Fernald, L. D., & Fernald, P. S.(2007). Introduction to Psychology (5th Edition). A.I.T.B.S Publishers India.

Plotnik, R. & Kouyoumdjian, H.(2014). Introduction to Psychology (10th Edition). An Cengage Learning.

Santrock, J.W. Psychology Essentials (Second Edition), McGraw Hill Higher Education

Solso, R. L., Maclin, H., & Maclin, M. K.(2008). Cognitive Psychology (8th Edition). Pearson Publishing House.

Solso, R. L. (2006). Cognitive Psychology (6th Edition). Pearson Publishing House, 200

### **CC-2: BIOPSYCHOLOGY**

#### **Objectives:**

- To explore the biological basis of experience and behaviour.
- To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.

- To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

**Unit 1: Introduction to biopsychology:** Nature and scope; biological basis of behaviour. **(10 hours)**

**Unit 2: The Functioning brain:** Structure, and functions of neurons; Neural conduction and synaptic transmission. **(18 hours)**

**Unit 3: Organization of nervous systems:** CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization). **(14 hours)**

**Unit 4: Endocrine System:** Structure, functions and abnormalities of major glands: Thyroid, Adrenal Pituitary. **(14 hours)**

(Theory+ Tutorial)

### **Readings:**

Pinel, J. P. J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction To behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

### **Further Readings**

Hall, J. E., & Guyton, A. C. (2011) *Guyton and Hall textbook of medical physiology*. Philadelphia, PA: Saunders Elsevier.

Kalat, J.W. (2004). *Biological Psychology*, 8th Edition, Thompson – Wadsworth.

Levinthal, C.F. (2005). *Introduction to Physiological Psychology*, 3rd Edition, Prentice -Hall of India Pvt. Ltd., New Delhi.

Morgan, C.T. (1965). *Physiological Psychology*, McGraw Hill, New York.

## SEMESTER II

### **CC-3: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

**Objective:** To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

**Unit 1: Personality:** Nature of personality; Culture and personality; Perspectives on personality: Trait and type, Psychodynamic (Freud, Neo Freudian – Adler and Erikson), humanistic (Maslow, Rogers) **(24 hours)**

**Unit 2: Intelligence:** Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence. **(18 hours)**

**Unit 3: Indian approach:** Self and identity in Indian thought. **(10 hours)**

**Unit 4: Enhancing individual's potential:** Thought and language, language development; Fostering creativity. Self regulation and self enhancement. **(18 hours)**

**Practicum:** Two psychological tests (one based on Intelligence and one based on personality). **(4 hours, per week per batch: 10-12 students)**

1. Intelligence:

WASI II: Wechsler Abbreviated Scale of Intelligence, Second Edition, India (WASI-II INDIA) David Wechsler, 2016, Psychological Corporation; PsychCorp.

2. Personality:

a. Eysenck, H. J. (1985). Eysenck Personality Questionnaire-Revised

or

b. McCrae R. R.; Costa P. T.; Martin T. A. (2005). "The NEO PI-3: A more readable revised NEO personality inventory". *Journal of Personality Assessment*. **84** (3): 261–270.

#### **Reading Lists:**

Carr, A. (2011): Positive psychology. Routledge.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.

Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

Baron, R. A. & Mishra, G. (2015). Psychology. Pearson Education Limited. ISBN-13: 9788131773444.

### **Further Readings**

Aleem, S. (2012). Theories of Personality. Published by Dorling Kindersley (India) Pvt. Ltd.

Sinha, D., Misra, G., & Dalal, A.K. (2015, September). Psychology for India . SAGE Publications

The Oxford Handbook of Positive Psychology (Second Edition). Edited by Shane J. Lopez and C. R. Snyder. Oxford Library of Psychology

## **CC-4: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I**

**Objective:** To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

### **Unit 1: (5 hours)**

**Introduction:** Role of Statistics in Psychological Research; Descriptive and Inferential Statistics; Variables; Measurement Scales.

### **Unit 2: (12 hours)**

#### **Frequency Distributions, Percentiles, and Percentile Ranks**

Organizing Quantitative Data; constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

### **Unit 3: (12 hours)**

#### **Graphical Representation of Data**

Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; the Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.

### **Unit 4: (12 hours)**

#### **Measures of Central Tendency and Variability**

Mean, Mode and Median;; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions. **Measures of Standard (z) Scores:** The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; Standard Scores (z-score); Properties of z-scores.

#### **Unit 5: (12 hours)**

##### **The Normal Distribution**

The Nature and Properties of the Normal Probability Distribution; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).

#### **Unit 6: (12 hours)**

##### **Correlation**

The Meaning of Correlation; Historical Perspective; The Scatter plot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient

##### **Reading List:**

Chadha, N.K. (1991). Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi

Coolican, H. (2006). Introduction to Research Methodology in Psychology. London: Hodder Arnold.

Gravetter, F.J. & Wallnau, L.B. (2009). Statistics for the Behavioral Sciences (9th Ed.). USA: Cengage Learning.

King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed.). USA: John Wiley & Sons.

Mangal, S.K. (2012). Statistics in Psychology and Education (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

##### **Further Readings**

Anastasi, A. (1990). Psychological Testing, New York: MacMillan Co.

Das, D. & Das, A. (2008). Statistics in Biology and Psychology. Academic Publishers, Calcutta, (Latest edition)

Freeman, S.F.: Theory and practice of Psychological testing. Oxford & IBH publishing Co. Calcutta.  
Third  
Edition.

Garrett, H.E. (1981). Statistics in Psychology and education. VakilsFeffer & Simons Ltd.

Guilford, J.P. & Fruchter, B. (1973). Fundamental Statistics in Psychology and Education, McGraw  
Hill New  
Delhi.

Kaplan, R.M. & Saccuzzo D.P.: Psychological Testing Principles, Applications, and Issues,  
Wadsworth, Fifth  
Edition.

Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata  
McGraw Hill, New Delhi.