

Minor Elective Paper Syllabus
for
BA (PSYCHOLOGY)
Siddhartha University
Prepared and Finalized
in the Board of Studies
Meeting conducted in
online-mode on
27.8.2021

The following members were present in the meeting:

Dr. Anubhuti Dubey
Professor & Head, Deen Dayal Upadhyay Gorakhpur University,
Gorakhpur

Dr. Dhananjay Kumar
Professor, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur

Dr. Manju Mishra (Convener)
Associate Professor, H.R.P.G. College, Khalilabad

Dr. Swadesh Bhatt
Assistant Professor, M.L.K. P.G. College, Balrampur



MINOR ELECTIVE PAPER FOR PSYCHOLOGY

Semester I/II

Paper 1

Theory

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| Program/Class: Certificate | Year: First | Semester: First/Second |
| Subject: Psychology | | |
| Course Code: | Course Title: Introduction to Psychology | |
| Course Outcome: The students will learn about the fundamental processes and core psychological concepts, models, classical theories, varied perspectives, and will be able to apply them in their own and in others lives. It will also give the learner a clear understanding of the concepts like intelligence, motivation, emotion and personality. It will develop critical analytical skills regarding these individualistic traits. | | |
| Credits: 4 | Minor Elective | |
| Max. Marks: 25 + 75 | Min. Passing Marks: 10 + 25 | |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0 | | |

| Unit | Topics | No. of Lectures |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| I | Psychology: Nature, Scope and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive & Humanistic; Methods: Experimental, Correlational, and Observational. | 8 |
| II | Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization; Perceptual Illusion. | 7 |
| III | Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures. | 8 |
| IV | Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory; Reconstructive Memory; Forgetting: Decay, Interference and Cue-Dependent Forgetting. | 7 |
| V | Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner. Personality: Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow); Socio-cultural (Bandura). | 17 |
| VI | Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives. Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion; Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer. | 13 |

Suggested Readings:

1. Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South Asian Edition). New Delhi: Pearson Education.
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education.
4. De Silva, P. (2005). *An introduction to Buddhist psychology*. Springer.
5. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
6. Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill.
7. Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
8. Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
9. Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.
10. Swami Akhilanand (2001 edition). *Hindu Psychology: It's meaning for the West*. Taylor & Francis.
11. सिंह, अरुण कुमार (2006). *उच्चतर सामान्य मनोविज्ञान। वाराणसी मोतीलाल बान्सी दस प्रकाशन।*
12. त्रिपाठी, ला.ब. एवं अन्य (2001). *आधुनिक प्रायोगिक मनोविज्ञान। आगरा: हरप्रसाद भार्गव।*
13. Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.
14. Suggestive digital platforms web links- <http://heecontent.upsdc.gov.in/Home.aspx>
<http://www.apa.org>

Suggested Continuous Evaluation Methods:

- **Assignment/ Seminar/ Research Orientation of the student. (10 Marks)**
- **Written Test (10 Marks)**
- **Attendance (5 Marks)**

Course prerequisites:10+2 in any discipline

Suggested equivalent online courses:

- **Coursera**
- **Swayam**

Semester III/IV

Paper – II

Theory

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| Program/Class: Diploma | Year: Second | Semester: Third/Four |
| Subject: Psychology | | |
| Course Code: | Course Title: Abnormal Psychology | |
| Course Outcome: The students will be able to understand criteria of abnormality and one's own behavior and behavior of others. By applying the knowledge of assessment, diagnosis, classification system and DSM categories, the learners' will develop the sensitivity towards individual diversity and various approaches to the diagnosis and treatment of psychological disorders. Summarize clinical features of symptoms, etiology and valid and reliable treatment of diagnostic categories of mental health disorders. | | |
| Credits: 4 | Minor Elective | |
| Max. Marks: 25 + 75 | Min. Passing Marks: 10 + 25 | |
| Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0 | | |
| Unit | Topics | No. of Lectures |
| I | Abnormal Psychology: Concepts and Criteria of Abnormality, Classification of Abnormality (DSM V), Major Approaches to Abnormal Behavior. | 8 |
| II | Anxiety Disorders: Types (Generalized Anxiety Disorder, Phobia, Panic Disorder), Obsessive-Compulsive Disorder, Clinical Picture and Etiology. | 10 |
| III | Somatic and Dissociative Disorders: Somatic Symptom Disorders, Illness Anxiety Disorder, Conversion Disorder. Dissociative Disorders- Types: Dissociative Amnesia, Dissociative Identity Disorder, Clinical Picture and Etiology. | 10 |
| IV | Depressive and Bipolar Disorders: Types: Major Depressive Disorder, Bipolar I and II, Clinical Picture and Etiology. | 9 |

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| V | Schizophrenia: History, Types, Clinical Picture and Etiology. | 8 |
| VI | Contemporary approaches to Psychotherapy: Psychoanalytic, Behavioristic, Humanistic. | 15 |
| <p>Suggested Readings:</p> <ol style="list-style-type: none"> 1. Barlow D. H. & Durand V. M. & Stewart, S. H. (2009). <i>Abnormal Psychology</i>. New Delhi: Cengage Learning. 2. Bennett, P. (2006). <i>Abnormal and Clinical Psychology: An introductory textbook</i>. New York: Open University Press. 3. Brewer, K. (2001). <i>Clinical Psychology</i>. Oxford: Heinemann Educational Publishers 4. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). <i>Abnormal Psychology</i>. New Delhi: Pearson. 5. Kearney, C. A. & Trull, T. J. (2012). <i>Abnormal Psychology and Life: A dimensional approach</i>. New Delhi: Cengage learning 6. Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org www.nimh.nih.gov | | |
| <p>Suggested Continuous Evaluation Methods:</p> <ul style="list-style-type: none"> • Assignment/ Seminar/ Research Orientation of Students (10 Marks) • Written Test (10 Marks) • Attendance (5 Marks) | | |
| <p>Course prerequisites: Open to All</p> | | |
| <p>Suggested equivalent online courses:</p> <ul style="list-style-type: none"> • Coursera; • Swayam | | |