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Department of Higher Education, Govt. of M.P.
Single Paper System Semester wise Syllabus for Undergraduates
As recommended by Central board of Studies
Approved by HE the Governor of M.P.
Session ~~2014-15~~ 2015-16

Class-	BA I Year
Subject-	Psychology
Paper Title-	Basic Psychological Process
Semester-	Semester -1
Max Marks-	85

Unit -1 Introduction - Definition, subject matter & field of psychology, Methods: Experiment, Observation, Interview, Questionnaire. Sensation - Visual sensation - visual stimulus, structure of eye, Theories of colour vision, Auditory sensation - auditory stimulus, structure of ear.

Unit-II Attention - Nature of attention, characteristics, types and determinants. Perception - Nature, characteristics, and laws of perceptual organization, perception of distance (depth).

Unit- III Learning - Nature and elements, Theories of Learning : Pavlov, Skinner & Kohler. Verbal learning - Material, transfer of training, organizational process in verbal learning.

Unit - IV Memory and Forgetting: Process - Encoding Storage and Retrieval, Sensory short term and long Term Memory . Forgetting & its determinants, Inhibition theory, Intelligence: Nature & Definition, I.Q. Intelligence tests ; its types - verbal , nonverbal & performance. Theories of intelligence: Two factor and, group factor

Unit- V Motivation and Emotion - Meaning of motivation, criteria of motivated behavior, need, drive & reinforcement. Introduction to Physiological & Psycho-social motive. Emotion - Nature & Theories: Canon-Bard and James- Lange. Personality: Meaning & determinants, Theories of personality - Freud, Jung & Allport.

P. S. Mishra

Bansal

03.7.15

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Reading:

Zamabardo. P.G. & Weber, A.L. (1997), Psychology. New York : Harper Collins Publishers.

Kothurkar & Vansrase () Experimental Psychology Himalaya Pub. Mumbai.

Feldmean R.S. Understanding Psychology, Tata MC Graw Hill, New Delhi.

लाल वचन त्रिपाटी एवं अन्य (1997) आधुनिक प्रयोगिक मनोविज्ञान हरप्रसाद भार्गव, आगरा
 आलम, श्रीवास्तव शर्मा व तिवारी (2004) आधुनिक सामान्य मनोविज्ञान, मोतीलाल बनारसीदास
 प्रीती वर्मा एवं डी एन श्रीवास्तव (1996) आधुनिक प्रयोगात्मक मनोविज्ञान, विनोद पुस्तक मंदिर, आगरा
 अरुण कुमार सिंह (2006) उच्चतर सामान्य मनोविज्ञान मोतीलाल, बनारसीदास वाराणसी
 आनन्द पुरोहित – प्रयोगात्मक मनोविज्ञान () हिन्दी ग्रन्थ अकादमी, भोपाल
 ब्रज कुमार मिश्रा – मानव व्यवहार का अध्ययन (2010 फाई लर्निंग.

Bansal
 R. S. Mehta
 03.7.15

Department of Higher Education, Govt. of M.P.
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 Session ~~2014-15~~ 2015-16

Class- BA I Year
Subject- Psychology
Paper Title- Practical
Semester - Semester -I
Max. Marks- 50

Practicals _- Any three of the following

- 1- Division of Attention.
- 2- Span of attention and affecting factors.
- 3- Effect of mental set on perception.
- 4- Depth Perception.
- 5- Effect of meaningfulness on verbal learning.
- 6- Effect of Reinforcement on learning.
- 7- Study of Perceptual grouping .
- 8- Study of Illusion.

Any two of the following tests -

- 1- General Mental Ability Test.
- 2- Mental ability Test : Performance
- 3- Extroversion Introversion
- 4- P.G. I Health Questionnaire.

Note - The division of marks for the practical exam will be as follows :

Practical work conduction : 30 Marks

Practical Records : 10 Marks

Viva : 10 Marks

Total : 50 Marks

Each Students is required to conduct one experiment or one test.

Recommended Readings:

Zimabardo

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Class-	BA I Year
Subject-	Psychology
Paper Title-	Psychopathology
Semester-	Semester -II
Max Marks-	85

Unit- I Characteristics of abnormal behaviour, Concept of Normality and Abnormality, General Causes of Abnormal Behavior-Biological, Psychological, psychosocial . Models of psychopathology- Psychodynamic, Behaviouristic and Cognitive.

Unit-II Defense Mechanisms. Main differences between Psycho-neurotic and psychotic disorders. Generalised Anxiety Disorder: Phobia, Anxiety disorder, Obsessive Compulsive disorder -Symptoms and treatment.

Unit-III Somatoform Disorder : Conversion disorders, Hypochondriasis, Dissociative disorders – Amnesia, Fugue , Somnambulism, Multiple personality . Mood Disorders : Manic state, depressive state, Bipolar mood disorder.

Unit-IV Schizophrenia : Symptoms and types : Simple, hebephrenic, Catatonic & paranoid, Treatment of Schizophrenia. Substance related disorders : Alcohol related, drug-related disorders.

Unit-V Personality disorders : Psychopath personality, anti-social personality, Stress Disorders : High blood pressure, peptic ulcer, asthma, posttraumatic stress disorders. Mental retardation: Concept and types.

Reading:

- 1 Lamn, A (1997) . Introduction to psychology, N.Y. Sage.
- 2 Buss, A.H. (1999) . psychology , N.Y. John Wiley.
- 3 Azimurrahmn, psychology , Motilal Banarsidas Varansi
- 4 Lazuras , R.S. & Folkman S. (1984). Strees Appraisal and coping, N.Y. springer Froesman & Co.
- 7 J.D. Page, Abnormal psychology
- 8 अरुण कुमार सिंह – आधुनिक असामान्य मनोविज्ञान, मोतीलाल बनारसीदास वाराणसी

Motilal Banarsidas
Banarsidas
 03-7-15

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Class-	BA I Year
Subject-	Psychology
Paper Title-	Practical
Semester-	Semester -II
Max Marks-	50

Practical: Any Three of the following -

- 1- Study of Methods of verbal learning
- 2- Study of transfer of training
- 3- Study of effect of clustering on verbal learning
- 4- Study of interference.
- 5- Recognition of emotion.
- 6- Effect of knowledge of results on performance.
- 7- Study of recall and recognition.
- 8- Study of part & whole method of learning

Any two test of the following -

- 1- Anxiety tests
- 2- Adjustment tests
- 3- Neuroticism Scale
- 4- Measurement of Stress

Note - The division of marks for the practical exam will be as follows :

Practical work conduction: 30 Marks

Practical Records: 10 Marks

Viva : 10 Marks

Total : 50 Marks

Each Student is required to conduct one experiment or one test.

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Class-	BA II Year
Subject-	Psychology
Paper Title-	Psychology of Human Development
Semester-	Semester -III
Max Marks-	85

Unit I - Concept and laws of Human development, Differences in growth and development. Relation between maturation and learning. Theories of Development - Psychoanalytic, Cognitive and Social learning theories. Methods of Studying Human Development. Cross-sectional and longitudinal.

Unit II - Factors affecting development-heredity and environment. Biological and Social factors. Role of family and school in development, Effect of mass-media & Peer group on development.

Unit III Stages of Physical and Motor development. Factors of physical and motor development. Development of Self , Social Development and development of Social relations.

Unit IV - Cognitive Development - Piaget's Theory, language development and Influencing factors. Theories of moral development: Kohlberg's & Piaget. Factors affecting moral development.

Unit V - Emotional development- Factors affecting problems of adolescence. Psychology of Exceptional Children - Types, gifted children, mentally retarded children and delinquency, problems and prevention.

Recommended Reading:

Berk. L.E. (1989), Child Development. Boston : Allyn & Bacon
 Brodzinsky, D.M., Gornly, A.V & Aniborn, S.R. (1986). Life Span Human Development, New Delhi : CBS Publisher.
 Healtherington, E.M. & Parks, R.D. (1986). Child Psychology, New York : McGraw Hill.
 Santrock, J.W. (1999). Lifespan Development : An Indian Perspective, New Delhi : NCERT.

Bansal
P. G. Sharma
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Class-	BA II Year
Subject-	Psychology
Paper Title-	Practical
Semester-	Semester -III
Max Marks-	50

Any four of the following -

1. Test of Intelligence. (Performance test).
2. Personality test.
3. Interest test.
4. Sociometry test.
5. Ability test.
6. Emotional Maturity test.
7. Social Stereotypes.
8. Prejudice test.
9. Security - Insecurity test.
10. Emotional Intelligence test.

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Class-	BA II Year
Subject-	Psychology
Paper Title-	Social Psychology
Semester-	Semester -IV
Max Marks-	85

Unit I - Introduction - Nature, Goal and scope of social psychology; Relationship between social psychology and other social sciences. Approaches to social psychology: Biological, Learning, cognitive, Psychoanalytic and role theory. Methods of social psychology: Experimental, Survey: Questionnaire and Interview, Content analysis and sociometry.

Unit II - Person perception: Role of Central traits, non-verbal cues and group stereotypes. Attribution: Nature & Theories: Kelley, Jones & Davis and Weiner Interpersonal Attraction Personal & Situational determinants.

Unit III - Attitude : Nature and functions of attitudes; Formation of attitude. Measurement of attitudes-Likert, Thurstone, Bogardus scales. Prejudice : Nature and determinants of prejudice, Acquisition of prejudice and Reduction of prejudice.

Unit IV - Group behaviour : Group structure and function: Social facilitation; Social Conformity and Norms; Group cohesiveness. Leadership : Leadership: Definition and functions; Characteristics of leader, situational, and contingency approaches, types of leadership.

Unit V - Helping behaviour : Personal, situational and socio-cultural determinants Aggression - Determinants and Control of Aggression Socialization, nature and agents, process of socialization.

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Recommended Reading:

Alock J.E. Carments. D.W. Sadava S.W. Collins. J.E. & Green, J.M. (1997) A textbook of Social psychology Scarborough, Ontario : Prentice Hall/ Allyn & Bacon.

Baron, R.A. & Byrne. D (1998) Social psychology. New Delhi : Prentice Hall.

Feldman, R.S. (1985) Social psychology, New Delhi : Prentice Hall.

Myers, David, G. (1994) Exploring social psychology, New York : McGraw Hill.

Semin, G.R. & Fiedler, K. (Eds.) (1996) Applied social psychology, London : Sage

Shaw & Shaw : Group dynamics-

Krech & Crutchfield : Individual in society, McGraw Hill.

सिंह अरुण कुमार 2004 उच्चतर सामाजिक मनोविज्ञान – मोतीलाल बनारसीदास

त्रिपाठी लालवचन 1996 सामाजिक मनोविज्ञान की रूपरेखा – हरप्रसाद भार्गव, आगरा

रस्तोगी, जी. डी 1992 आधुनिक सामाजिक मनोविज्ञान पल्लव प्रकाशन गोरखपुरा.

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Class-	BA II Year
Subject-	Psychology
Paper Title-	Practical
Semester-	Semester -IV
Max Marks-	50

Any four of the following -

1. Effect of quantity of information or type of stimulus on person perception.
2. Effect of order of information on person perception.
3. Social Facilitation.
4. Attribution
5. Attitude Change.
6. Interpersonal attraction - effect of factors. Any four of the following-
7. Measurement of attitude.
8. Reven's progressive matrices (Coloured).

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P. Shrivastava

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Session 2016-17

Class- BA III Year
Subject- Psychology
Paper Title- Psychological Research & Statistics
Semester- Semester -V
Max Marks: 85

Unit I - Psychological Research : Nature of Psychological research, Experimental and Correlational Research, Steps of Psychological Research, Problems, Hypothesis. Variables : Meaning & Nature, Types of variables, Control of variables.

Unit II - Principles of Measurement : Meaning of measurement, levels of measurement, problems of measurement. Test construction: Steps in test construction, Item writing and Item analysis, Norms and Standardization.

Unit III - Psychological Test: Meaning and Characteristics, Types of Psychological tests, Importance and uses of Psychological test.

Reliability: Meaning, methods of estimating reliability, factors influencing the reliability of test scores, improving reliability.

Unit IV - Validity: Meaning, Types, factors influencing validity, Relation between reliability & validity. Methods of data collection: Interviews, observation, Sociometry, Content analysis, semantic differential Scale.

Unit V - Statistics: Meaning and use, Measures of central tendency, frequency distribution, graphical representation of data, Variability; Standard deviation, quartile deviation, Significant difference between two means (t test). Correlation : Nature, types. Methods of calculating correlation - Rank order and Pearson's product coefficient of correlation, (ungrouped data) chi-square, Nature and characteristics of Normal Probability curve.

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Recommended Reading:

Anstasi, A. (1998) Psychological testing, New York : Machanical.

Minium. E.W., King B.M., & Bear, G. (1993). Statistical reasoning in Psychology and education, New York : John Wiley

Kerlinger, F.N. (1983). Foundation of behavioural research, New York : Surject Publications,

Freeman, F.S. (1972) Theory and Practice of Psychological testing, New Delhi : Oxford & IBH.

Fruiford. J.P. (1951) Psychometric testing, New York : McGraw-Hill

Tripathi. L.B. Manovaigyanik Anusandhan Padhati, hariprasad Bhargava, Agra

Singh, A.K. (2001) Samaj Monovigyan Ki Ruprekha, Motilal Banarasidas

Bhargava, M.C. Monovaigyanik Parikshan aur Mapan, Hari Prasad Bhargava, Agra

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Class- BA III Year
Subject- Psychology
Paper Title- Practical
Semester- Semester -V
Max Marks: 50

Conduct any one in fifth semester -

- 1 Case study.
- 2 Content analysis
3. Attitude test (to be conducted on a group).
4. Visit in relevant situations and its report.
5. Evaluation of any programme being run any government or Non government organisation.
6. Report on the Problems of old age.

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P. S. Mishra

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Note: Student will opt one paper from the optional paper ('A') or ('B')

Class-	BA III Year
Subject-	Psychology
Paper Title-	Counseling Psychology (Optional 'A')
Semester-	Semester -VI
Max Marks-	85

Unit I - Guidance -Nature of Guidance, Counseling Meaning and goals, Difference between Counseling and guidance, Educational Guidance, Guidance related to educational needs. Areas of Counseling.

Unit II - Characteristics of an effective counselor, training of counselor. Counseling Relationship: Establishing, maintenance and termination of relationship. Ethical and professional issues in Counseling,

Unit III - Counseling Interview: Methods, types and advantages. Approach to Counseling: Psychoanalytic, Behavioural, Humanistic and Existential.

Unit IV - Cognitive approach: Rational-emotive, Transactional analysis, Indian contribution: Yoga and Meditation. Group Counseling. Special areas in counseling: Family counseling, counseling with parents, counseling with delinquents, pre-marital counseling.

Unit V - Counseling for special groups Counseling with elderly people, Vocational counseling. Crisis intervention counseling, alcohol and drug abuse, HIV/AIDS, mental Retardation.

Recommended Reading:

- 1 .Crow, L. and Crow. A. (1970). An Introduction to Guidance, basic principles and New Delhi Publishing House.
- 2 .Jiaswal. S.R. (1968). Guidance and Counseling. Lucknow. Ahemdabad.
- 3 .Jones. A. (1970) (6th Edition). Principles of Guidance. Bombay : Tata macGraw Hill publishing Co.
4. Rao. S. Narayan (1981). Counseling Psychology Bombay: Tata macGraw Hill publishing Co.
5. Sronge. R. (1981). Educational Guidance - Principles and Practicles New York.
6. मधु अस्थाना एवं पारसनाथ राय - निर्देशन एवं परामर्श, मोतीलाल बनारसी दास।

Bansal
Rajendra
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Class-	BA III Year
Subject-	Psychology
Paper Title-	Practical
Semester-	Semester -VI
Max Marks-	50

Conduct any one in Sixth semester -

1. Stress measurement or stress management.
2. Survey - Related to any social problem.
3. Survey - Any problem related to women.
4. Interest or Aptitude test (to be conducted on a group)
5. Value test (to be conducted on a group).

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Sharma
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Class- BA III Year
Subject- Psychology
Paper Title- Project (Hand Written)
Semester- Semester -VI
Max Marks- 50

Based on the proposal/ synopsis prepared in V semester, student shall prepare a project report with the help of experimental, survey, observation method or secondary data related to any psychological field.

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Class-	BA III Year
Subject-	Psychology
Paper Title-	Health Psychology (Optional 'B')
Semester-	Semester -VI
Max Marks-	85

Unit I - Concept of health, Nature, scope and importance of health psychology. Models of health - biological, psychological & sociological, bio-psychosocial model.

Unit II - Health promotion - changing health habits/life-style-diet & nutrition, controlling weight, exercise, meditation, yoga & relaxation. Role of Psychological factors in the care of diabetes, heart patients and cancer patients. Role of psychology in the life style of AIDS patients.

Unit III - Stress - Meaning, characteristics and reactions in relation to stress; kinds of stressors; Theories of stress. Relationship of health and stress - models of stress, Consequences of stress and stress management strategies.

Unit IV - Role of personality factors in health. Problems and remedies of old age.

Unit V - Overeating & undereating among children, adolescent and women. Role of Social support and community resources in health and stress management.

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Sharma
 03-7-15

Recommended Reading:

Bennet, P., Weinman, J., & Spurgeon, P. (Eds.) (1990). Current development in health Psychology. U.K. Harwood Academic Publishers.

Feuerstein. M. Elise. R.L . & Kuczmierciyk, A.k. (1986). Health Psychology: A Psychological perspective, new York : Plenum Press.

Friedman – Dimateo. (1989). Health Psychology New York : Prentice Hall.

Marks, DF., Murray, M. Evans, B., & Willing, C. (2000). Health Psychology : Theory, research and application. New Delhi : Sage Publications.

Misra. G.(Ed.) (1999). Psychological perspective of stress and health. New Delhi : Concept

Pestonjee. D.M. (1999). Stress and coping : the Indian experience. New Delhi : Sage Publication.

Spaceman. S. & Oskamp. S (1998). The social Psychology of health new York Sage publication. Gatchel. Health, Psychology.

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