



**SYLLABUS & PROGRAMME
STRUCTURE OF FOUR YEARS
UNDERGRADUATE PROGRAMME**

PSYCHOLOGY

(Major & Minor)

Semester : V - VI

(Under National Education Policy – 2020)

(Effective from the Academic Session 2023-2024)

**MAHARAJA BIR BIKRAM UNIVERSITY
AGARTALA, TRIPURA: 799004**

NEP Based Learning Outcome Curriculum Framework (LOCF) for BA Psychology

Semester V (Major (core) Course 9 (4) Industrial Psychology-I

Learning outcomes:

- Understanding the concept of industrial psychology
- Knowing concepts of communication and its different aspects.
- Learning concepts of leadership and motivation, job satisfaction.
- Applying the knowledge of stress management for better organisational environment.

UNIT I: Industrial psychology: Objectives, importance, nature, scope, methods.

Organisational environment: Physical, psychological and their influence on work and output

UNIT II: Communication: importance, kinds, barriers, steps of effective communication. Stress: causes; effects and managements. Motivation at work – importance, need, types and its effects on work behaviour. Motivation theories: Maslow; Herzberg.

UNIT III : Basis of personnel selection. Job analysis: Importance, objectives. Methods; Uses of psychological test in selection practices. Leadership and function, types and training.

UNIT IV: Decision making process: Definition and concept, models of decision making, rational model, Garbage Can Model.

References

- Blum, N.L...& Naylor J.C. Industrial Psychology its theoretical and social foundation.
- Mc.Cormick, E.J. & Ligen, D.: Industrial Psychology.
- Robbins. S.P.: Organizational Behaviour: Concepts, Controversies & Applications.
- Motanty, G.B.: Textbook of Industrial and Organizational Psychology.

Semester V

Major (core) Course 10 (4)

Industrial Psychology-II: Theory & Practicum

Learning outcomes:

- Understanding the concept of organisational behaviour
- Knowing concepts of communication and its different aspects.
- Learning concepts of motivation and job satisfaction.
- Applying the knowledge of Stress management for better organisational environment.

Unit I: Introduction to organisational behaviour. Organizational climate and culture. Factors affecting organisational climate.

Unit II: Motivation at work: Importance, types and its effect on work behaviour.

Unit III: Job satisfaction: Meaning, factors. Consumer psychology: Definition of consumer behaviour, personality factors of consumers; Advertisement: Definition, psychological appeal of advertisement

Unit IV: Stress and wellbeing at work: Sources of work stress, consequences of stress. Management of stress.

Practicum:

- Measurement of organisational stress by using any suitable test.
- Measurement of job satisfaction by using any suitable test.
- Measurement of motivation by using any suitable test.

References

- Blum, N.L...& Naylor J.C. Industrial Psychology its theoretical and social foundation.
- Mc.Cormick, E.J. & Ligen, D.: Industrial Psychology.
- Robbins. S.P.: Organizational Behaviour: Concepts, Controversies & Applications.
- 11. Motanty, G.B.: Textbook of Industrial and Organizational Psychology.

Semester V

Major (core) Course 11 (4)

Abnormal Psychology-I

Learning Outcome:

- 1) To develop knowledge of schizophrenia along with its causes and treatment.
- 2) To develop familiarity with depression disorder.
- 3) To understand trauma and stress related disorder.
- 4) To learn details of personality Disorder.

Unit I: Schizophrenia: Types, Causes, clinical features & Treatment. Delusional disorders:

Causes, clinical features & treatment.

Unit II: Depression Disorder: Types, causes, clinical features & treatment.

Unit III: Trauma and stress related disorders: Symptoms, causes, types & treatment. Somatic disorders.

Unit IV: Dissociative disorder, Gender dysphoria & personality disorder.

References

- 1) Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
- 2) Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
- 3) Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- 4) David Barlow H. & Durand V. Mark, 7 th Edition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition
- 5) Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learning

Semester V
Major (Core) Course 12 (4)

Abnormal Psychology II: Theory & Practicum

Learning Outcome:

- 1) To develop knowledge of abnormal psychology.
- 2) To develop familiarity with concept of normality and abnormality.
- 3) To understand Anxiety related disorder.
- 4) To learn details of Disruptive, impulse & conduct Disorder.

Unit I: Abnormal Psychology: Concept & Historical overview. Modern concept of abnormal psychology, nature, Scope, methods. Determinants (biological, psychological, sociocultural) of abnormal behaviour.

Unit II : Concept of normality and abnormality. Classification: DSM & ICD (Latest version) .Clinical Assessment of Abnormal Behaviour. Concept on Drug Addiction.

Unit III : Anxiety disorder: Generalized anxiety disorder, Phobia(Specific Phobia, Social Phobia & Agoraphobia), Separation anxiety disorder, panic disorder .

Unit IV : Disruptive, Impulse control & Conduct disorders: symptoms, causes & types. Feeding and Eating disorder: symptoms, causes & types. Elimination disorder: symptoms, causes & types.

Practicum:

- Measurement of anxiety by using any suitable test
- Measurement of Self-harm behaviour by any suitable test.
- Measurement of Drug abuse by any suitable test

References

- Coleman. J.C.: Abnormal psychology and modern life.
- Carson. C. Robert. Butcher. N. James and Mineka, Susan: Abnormal Psychology and Modern Life (Latest edition).
- Gelder. N. G. et al: Textbook of Psychiatry.
- Mohanty. G.: Textbook of Abnormal psychology.

- Page: Abnormal psychology.
- Kaplan and Sadock: Synopsis of Psychiatry.

Semester V
Minor Course 5 (4)

Abnormal Psychology : Theory & Practicum

Unit I: Abnormal Psychology: Concept & Historical overview. Nature, Scope & methods of abnormal Psychology. Determinants (biological, psychological, sociocultural) of abnormal behaviour.

Unit II : Concept of normality and abnormality. Classification of Mental Disorder: DSM (Latest version). Concept on Drug Addiction.

Unit III : Anxiety disorders : Generalized anxiety disorder, Phobia (Specific Phobia, Social Phobia & Agoraphobia), Separation anxiety disorder, panic disorder .

Unit IV : Mood disorder- major depressive episode, dysthymic disorder. Bipolar affective disorder-symptoms, etiology, treatment.

Practicum

- Measurement of anxiety by using any suitable test
- Measurement of Depression by any suitable test.

References

- Coleman. J.C.: Abnormal psychology and modern life.
- Carson. C. Robert. Butcher. N. James and Mineka, Susan: Abnormal Psychology and Modern Life (Latest edition).
- Gelder. N. G. et al: Textbook of Psychiatry.
- Mohanty. G.: Textbook of Abnormal psychology.
- Page: Abnormal psychology.
- Kaplan and Sadock: Synopsis of Psychiatry.

NEP Based
Learning Outcomes-based Curriculum Framework (LOCF)
for BA Psychology

Semester VI

Semester VI

[Major (core) Course 13 (4)]

Counselling Psychology: Theory and Practical

Learning Outcome:

- To develop an understanding of basic concepts, processes, and techniques of counselling.
- To acquaint the learner with the challenges of counselling.

UNIT I:

Introduction: Nature and goals; Counselling as a profession: Professional Ethics

(Latest Version of American Counselling Association – ACA); the effective counsellor:

Personality characteristics; counselling process and general steps.

UNIT II:

Psychoanalytic techniques: importance, approaches, challenges. Behaviouristics techniques: Importance, approaches and challenges; cognitive approaches: importance, approaches, challenges.

UNIT III:

Child Counselling: Needs, general process challenges.

Family Therapy: Needs, general process challenges.

Career Counselling: Needs, general process challenges.

UNIT IV:

Applications: Indian Techniques: Yoga and Meditation, counselling and technology: Importance, techniques, advantages and disadvantages. Crisis Intervention: Suicide, and Sexual Abuse.

Practicum:

- 1) Assessment of Scholastic Aptitude
- 2) Assessment of Suicidal ideation.
- 3) Assessment of Psychological counselling need.

REFERENCES

- Corey, G. (2009). *Counselling and psychotherapy: Theory and practice* (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L., & Diamond, G.M. (2012). Couple and family therapy. In E.M. Altmaier and J.C. Hansen (Eds.) *The oxford handbook of counselling psychology*. New York: Oxford University Press.
- Gladding, S. T. (2012). *Counselling: A comprehensive profession*. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). Contemporary counselling psychology. In E. M. Altmaier and J.C. Hansen (Eds). *The oxford handbook of counselling psychology*. New York: Oxford University Press.
- Kapur, M. (2011). *Counselling children with psychological problems*. New Delhi, Pearson.
- Rao, K. (2010). Psychological interventions: From theory to practice. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson.
- Seligman, L. & Reichenberg, L.W.(2010). *Theories of counselling and Psychotherapy: Systems, strategies, and skills* (3rd Ed). New Delhi: Pearson.
- Sharf, R. S. (2012). *Theories of psychotherapy & counselling: Concepts and Cases* (5th Ed). Boston: Brooks/Cole Cengage Learning.
- Udapa, K. N. (1985). *Stress and its management by yoga*. Delhi: Motilal Banarsidas.
- Ziomek-Daigle,J.(2018). *Counselling children and adolescents: Working in school and Mental Health Settings*, New Delhi: Routledge.
- <https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf>

Semester VI

[Major (core) Course 14 (4)]

Community Psychology: Theory and Practical

Objective:

- To learn the link between individuals and communities;
- To deal with social issues more effectively with people's participation.

Unit – I:

Definition of community psychology, nature and scope. Types of communities. Role of community psychologists, importance of community psychology.

Unit – II:

Core values: Individual and family wellness: sense of community; respect for human diversity. Social justice, empowerment and citizenship participation.

Unit – III:

Health promotion: Process of community organization for health promotion, importance. Community programme for child and old age with special emphasis on Indian Context.

Unit – IV:

Concept of community development- Assumptions of community development, benefits of community development.
Community empowerment: Concepts, dimensions of empowerment. Types of empowerment. Importance of empowerment in the community.

Practicum:

1. Assessment of family environment by any suitable scale.
2. Assessment of attitude towards a social problem in the community by any suitable scale.
3. Measurement of attitude towards the differently able by any suitable scale.

Suggested Readings:

1. Klores, B. Hill, J, Thomas, Wandersmen, A, Elias.
2. MJ & Dalton, J.H (2012). Community Psychology: Linking Individuals and Communities, Wadsworth, Cengage Learning.
3. McKenzies J.F, Pinger, R.R. & Kotec Ki, J.E (2009). An Introduction to community health. United States: James and Bartlett Publishers.
4. Misra, G. (Ed.) (2010) Psychology in India. Indian Council of Social Science Research. Dorlig Kindersley (India) Pvt. Ltd. Pearson Education.

Semester VI

[Major (core) Course 15 (4)]

Health Psychology

Objective :

- To understand the relationship between psychological factors and physical health
- To learn how to enhance well-being.

Unit – I

Introduction

Health Psychology-concept; components of health: social, emotional, spiritual and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.

Unit – II

Behaviour and Health

Characteristics of health behavior, Barriers of health behavior, theories of health behavior and their implications (the social cognitive theory, the trans-theoretical model, the health belief model, the theory of reasoned action/ planned behaviour).

Unit – III

Stress

Nature, types, sources, Effects of stress on physical and mental health; Coping and stress management.

Unit – IV

Health Management

Health enhancing behaviours: Exercise, Nutrition, safety, managing and controlling pain. Health protective behaviours, Illness management.

Suggested Readings:

1. Allen, F. (2011). Health psychology and behavior. Tata McGraw Hill Edition.
2. Dimatteo, M.R., and Martin L.R. (2011). Health Psychology. India: Dorling Kindersley.
3. Misra, G. (1999). Stress and Health, New Delhi: Concept.
4. Sarafino, E.P. (2002). Health Psychology: Bio-Psychosocial interactions (4th Edition). New York: Wiley.
5. Taylor, S.E. (2006). Health Psychology, 6th Edition. New Delhi: Tata McGraw.

Semester VI:

[Major (core) Course 16 (4)]

Criminal Psychology

Learning Outcomes:

- To makes the students familiar with the field of criminal psychology.
- To make the students understand the origins of criminal behaviour.
- To make the student understand the role of biological, learning and situational factors of criminal behaviour.

UNIT I:

Introduction to criminal psychology: Definition and history, scope, role and functions of criminal psychologists, theories of criminal behaviour: psychodynamic, behaviouristic and cognitive.

UNIT II:

Concept of crime and various forms. Origins of criminal behaviour: Genetics and antisocial behaviour, Social environmental risk factors, parental risk factors, psychological risk Factors. gender and criminal behaviour.

UNIT III:

Juvenile delinquency: Definitions and nature. Extent of juvenile offending: Status offenses, The serious delinquent, Gender differences in juvenile offending; Causes; consequences, rehabilitation and prevention. Basic concept of JJB Act.

UNIT IV:

Cybercrime: Nature and types. cyber stalking, cyber bullying, gambling and pornography. Psychological characteristics of cybercriminals and prevention measures of cybercrime.

REFERENCES:

1. Bartol, C.R. and Bartol, Anne M. (2017). Criminal Psychology a Psychological Approach, Eleventh Edition, Global Edition, Pearson Education Limited
2. Durrant, Russil (2013). An Introduction to Criminal Psychology, New York; Routledge
3. Mohanty, R. K. and Mohanty, S. (2015) Textbook of Criminology Penology and Victimology, Mumbai: Himalaya Publishing House.
4. Peter, B. Ainsworth (2003). Offender Profiling and Crime Analysis. Lawman (INDIA) Pvt. Ltd. New Delhi.
5. Ray Bull, Claire Cooke, Ruth Hatcher and Jessica Woodhams (2006). Criminal Psychology a beginner's guide, A One world Book Published by One world Publications

Semester VI:

[Minor (core) Course 6 (4)]

Statistics and Research Methodology: Theory and Practical

Learning Outcomes:

- To understand advanced statistical techniques.
- To understand the statistical methods used in statistical inferences with a concept-focused approach.

UNIT I:

Measures of central tendency: Mean, median and mode for grouped and ungrouped data, properties, advantages and disadvantages, uses and calculation.

UNIT II:

Measures of variability: Range, AD, SD and QD, properties, uses, advantages and disadvantages, calculation.

UNIT III:

Research problem: Basic concept; Hypothesis: Definition, types and criteria of a good hypothesis; Sample and population: Sampling techniques.

UNIT IV:

Methods of data collection: Experimental method, Observation, survey method, Qualitative and Quantitative research

PRACTICUM:

1. Data collection through intelligence testing.
2. Application of questionnaire method by using any standardised psychological questionnaire.

REFERENCES:

Dyer, C. (2001). Research in psychology: A practical guide to research methodology and statistics (2nd ed.). Oxford: Blackwell Publishers.

Garrett, H.E. (1973). Statistics in psychology and education. Bombay: Vakils, Feffer and Simons Private Ltd.

King, B.M., Rosopa, P.J., & Minium, E.W. (2007). Statistical reasoning in the behavioral sciences. (7th Ed.). USA: John Wiley.

Mangal, S.K. (2010). Statistics in psychology and education (2nd Ed.). PHI Learning.