



**KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION**

**ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ**



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'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/JS/MGJ(Gen)/2023-24/59

Date: 04/09/2023

**ಅಧಿಸೂಚನೆ**

ವಿಷಯ: 2023-24ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕ ಪದವಿಗಳಿಗೆ 5 ಮತ್ತು 6ನೇ ಸೆಮೆಸ್ಟರ್  
NEP-2020 ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಗಳು(ವಿಶ್ವವಿದ್ಯಾಲಯ 1) ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ  
ಆದೇಶ ಸಂಖ್ಯೆ: ಇಡಿ 104 ಯುಎನ್‌ಇ 2023, ದಿ: 20.07.2023.  
2. ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 2 ರಿಂದ 7, ದಿ: 31.08.2023.  
3. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 04/09/2023

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದ ಮೇರೆಗೆ, 2023-24ನೇ  
ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಎಲ್ಲ B.A./ BPA (Music) /BVA / BTM / BSW/ B.Sc./B.Sc. Pulp &  
Paper Science/ B.Sc. (H.M)/ BCA/ B.A.S.L.P./ B.Com/ B.Com (CS) / BBA & BA ILRD ಸ್ನಾತಕ ಪದವಿಗಳ 5  
ಮತ್ತು 6ನೇ ಸೆಮೆಸ್ಟರ್‌ಗಳಿಗೆ NEP-2020ರ ಮುಂದುವರೆದ ಭಾಗವಾಗಿ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದಿತ  
ಕೋರ್ಸಿನ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ [www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ.  
ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ  
ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕವಿವಿ ಅಧೀನದ/ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ  
ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ

*(Signature)*  
ಕುಲಸಚಿವರು.

ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ  
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

**ಪ್ರತಿ:**

1. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ  
ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.



**KARNATAKUNIVERSITY,DHARWAD**

## **B.A in Psychology** **SYLLABUS**

**With Effect from 2023-24**

**DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM V & VI,  
SKILL ENHANCEMENT COURSE (SEC) FOR SEM V**

**AS PER NE P-2020**

# Karnatak University, Dharwad

## B.A. in Psychology

Effective from 2023-24

| Sem | Type of Course | Theory/Practical | Course Code | Course Title                 | Instruction hour/week | Totalhours / sem | Duration ofExam | Marks     |           |       | Credits   |
|-----|----------------|------------------|-------------|------------------------------|-----------------------|------------------|-----------------|-----------|-----------|-------|-----------|
|     |                |                  |             |                              |                       |                  |                 | Formative | Summative | Total |           |
| V   | DSCC-9         | Theory           | 015 PSY 011 | Health Psychology            | 04hrs                 | 56               | 02hrs           | 40        | 60        | 100   | 04        |
|     | DSCC-10        | Practical        | 015 PSY 012 | Health Psychology            | 04hrs                 | 52               | 03hrs           | 25        | 25        | 50    | 02        |
|     | DSCC-11        | Theory           | 015 PSY 013 | Social Psychology            | 04hrs                 | 56               | 02hrs           | 40        | 60        | 100   | 04        |
|     | DSCC-12        | Practical        | 015 PSY 014 | Social Psychology            | 04hrs                 | 52               | 03hrs           | 25        | 25        | 50    | 02        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | SEC-3          | Practical        | 015 PSY 061 | Assessing Childhood Problems | 04hrs                 | 52               | 03hrs           | 25        | 25        | 50    | 02        |
|     | <b>Total</b>   |                  |             |                              |                       |                  |                 |           |           |       | <b>26</b> |
| VI  | DSCC-13        | Theory           | 016 PSY 011 | Abnormal Psychology          | 04hrs                 | 56               | 02hrs           | 40        | 60        | 100   | 04        |
|     | DSCC-14        | Practical        | 016 PSY 012 | Abnormal Psychology          | 04hrs                 | 52               | 03hrs           | 25        | 25        | 50    | 02        |
|     | DSCC-15        | Theory           | 016 PSY 013 | Organizational Behavior      | 04hrs                 | 56               | 02hrs           | 40        | 60        | 100   | 04        |
|     | DSCC-16        | Practical        | 016 PSY 014 | Organizational Behavior      | 04hrs                 | 52               | 03hrs           | 25        | 25        | 50    | 02        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | Other subject  |                  |             |                              |                       |                  |                 |           |           |       | 04        |
|     | Internship-1   |                  | 016 PSY 091 | One to Two Week Internship   | 2 hrs                 | 20 hrs           |                 | 50        | 0         | 50    | 02        |
|     | <b>Total</b>   |                  |             |                              |                       |                  |                 |           |           |       | <b>26</b> |

**NEP Syllabi of Psychology (Discipline Specific Core Course) subject for  
BAV Semester with effect from  
Academic year 2023-24 and onwards**

The course **PSYCHOLOGY** in V semester has five papers (Theory paper I and III for 04 credits each and Practical Paper II and IV for 02 Credits each) for 12 Credits. One SEC paper practical for 02 credits. All the papers are compulsory. Details of the courses are as follows.

**Course Title: Health Psychology**

**Course Code:015PSY011**

| Course No | Type of Course | Theory /Practical | Credits   | Instruction hour per week | Total No.of Lectures/Hours /Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|-----------|----------------|-------------------|-----------|---------------------------|--------------------------------------|------------------|----------------------------|----------------------------|-------------|
| <b>09</b> | <b>DSCC-9</b>  | <b>Theory</b>     | <b>04</b> | <b>04</b>                 | <b>56hrs.</b>                        | <b>2hrs.</b>     | <b>40</b>                  | <b>60</b>                  | <b>100</b>  |

**Course Pre-requisite(s):**

**Course Outcomes (COs):** After the successful completion of the course, the student will be able to:  
CO1. Understand the subject matter of health psychology.  
CO2. Understand the correlates of pain, illness and its management.  
CO3. Understand the impact of stress on health.  
CO4. Have awareness about health enhancing and compromising lifestyles.  
CO5. Attain and maintain one's health through coping strategies and interventions.

|  |               |
|--|---------------|
| <b>Theory Contents</b>   | <b>56 Hrs</b> |
| <b>Chapter I INTRODUCTION TO HEALTH PSYCHOLOGY AND HEALTH BEHAVIOUR</b>  | <b>14 Hrs</b> |
| <b>a) Health:</b> Meaning and definition (WHO); Components of health: social, emotional, cognitive and physical aspects. Health and Quality of life.<br><b>b) Health Psychology:</b> Introduction; Need for the field of health psychology; History of body mind relationship; Models of health - Biomedical, Psycho-somatic and Bio-psycho-social model.<br><b>c) Health Behaviours:</b> factors influencing health behaviours, barriers to modify Poor health behaviours.                                      |               |
| <b>Chapter II HEALTH ENHANCING AND COMPROMISING BEHAVIOUR</b>  | <b>14 Hrs</b> |
| <b>a) Theories of Health behaviors:</b> Theories of planned behaviour, health belief model and implications.<br><b>b) Health compromising behaviors:</b> Substance abuse: smoking, alcohol and drug abuse: Overeating and obesity<br><b>c) Health enhancing behaviors:</b> Physical Exercise, Maintaining healthy diet, sleep and hygiene.<br><b>d) Adherence:</b> Meaning, factors predicting adherence.  |               |
| <b>Chapter III STRESS AND HEALTH</b>   | <b>14 Hrs</b> |
| <b>a) Stress:</b> Nature and sources of stress; Theories of stress- Selye's and Lazarus view.<br><b>b) Effects of stress on health:</b> Stress and immune system, Role of stress in CHD, Hypertension and Diabetes.<br><b>c) Coping strategies-</b> Social support; time management; Yoga, Meditation and Relaxation technique, expressive therapy- music, art and dance<br><b>d) Positive psychological interventions-</b> gratitude, forgiveness, savoring, patience, creativity.                              |               |
| <b>Chapter IV MANAGEMENT OF PAIN, CHRONIC AND TERMINAL ILLNESS</b>   | <b>14 Hrs</b> |
| <b>a) Pain-</b> Significance; Types; Psychological factors; Cognitive Behavioral Methods of Pain Control, gate-control theory of pain, individual differences and socio-cultural differences in reaction to pain.<br><b>b) Management of chronic and terminal Illness -</b> Emotional responses to chronic illness, coping with chronic illness, psychological and social issues related to dying.<br><b>c) Alternatives to hospital care-</b> Hospice or home care; Psychological management of terminally ill. |               |

| References |   |
|------------|---|
| 1          | Taylor,S.E.(2010).Health psychology.6thEd,NewDelhi:TataMcGraw Hill  |
| 2          | Marks.D.F.,Murry.M.,Evans.BandEstacio.E.V(2011),Healthpsychology:Theory,researchandpractice (3rd edi), NewDelhi: SagepublicationIndiaPvt Ltd. |
| 3          | Brannon.L&Feist.J(2007)IntroductiontoHealthPsychologyNewDelhi:ThomsonLearningInc.   |
| 4          | DiMatteo,M.R.&Martin,L.R.(2002).Healthpsychology.NewDelhi:Pearson.  |
| 5          | Ogden.J(2000)HealthPsychology,2ndeditionPhiladelphia,OpenUniversitypress.   |

### DSCC Theory Formative Assessment:

| Assessment Type   | Marks |    |
|---|-------|----|
| Internal Test   | 10+10 | 20 |
| Assignment/ Seminar   | 5     | 5  |
| Classroom Quiz  | 5     | 5  |
| **Case study / field work/project work/industrial visit and preparation of report | 5+5   | 10 |
| Total   | 40    | 40 |

**\*\*Activities prescribed in the syllabus are compulsory**

# BA Semester–V

## Discipline Specific Core Course (DSC)-10

### Course Title: Health Psychology (Practical)

Course Code: 015PSY012

| Course No | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 10        | DSCC-10        | Practical          | 02      | 04                         | 52hrs.                                   | 3hrs.            | 25                         | 25                         | 50          |

#### Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

#### Practical Content

(Minimum 8 Practical to be conducted)

1. Psychological Well-Being (Ryff C.D. et al., 2010)
  2. WHO Quality of Life Scale
  3. Multidimensional Health Locus of Control (Form A) (Ken A. Wallston)
  4. Students Stress Rating Scale (Manju Agarwal)
  5. Type A and Type B- ABBPS (Upinder Dhar and Manish Jain)
  6. Resilience Scale (Wagnild, G.M. and Young H.M)
  7. Gratitude questionnaire (McCullough M.E, Emmons R.A, Tsang J 2002)
  8. Reaction to Frustration (B.M. Dixit and D.N. Srivastava)
  9. Lifestyle questionnaire (S.K. Bawa and S. Kaur)
  10. CMI Health Questionnaire (N.N. Wig, Parshad and S.K. Verma)
  11. P.G.I. Well-Being Measure (S.K. Verma and Anita Verma)
  12. Optimum Health Scale (Pravin Kumar and Lovellen Bala)
- STATISTICS: Oneway ANOVA- Independent or Uncorrelated Score

#### Scheme of Practical Examination (Distribution of Marks)

##### Formative Assessment: 25 Marks

Record : 05 Marks

Plan, Procedure & Conduction : 05 Marks

Results & Discussion : 05 Marks

Viva : 05 Marks

Statistics (Compulsory) : 05 Marks

Total : 25 Marks

##### Semester End Examination: 25 Marks

Record : 05 Marks

Plan, Procedure & Conduction : 05 Marks

Results & Discussion : 05 Marks

Viva : 05 Marks

Statistics (Compulsory) : 05 Marks

## BA Semester–V

### Discipline Specific Course (DSC)-11

**Course Title: Social Psychology**

**Course Code: 015PSY013**

| Course No | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative Assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 11        | DSCC-11        | Theory             | 04      | 04                         | 56hrs.                                   | 2hrs.            | 40                         | 60                         | 100         |

**Course Pre-requisite(s):**

**Course Outcomes (COs):** After the successful completion of the course, the student will be able to:  
**CO1:** Develop an understanding of the individual in relation to the social world.

**CO2:** Introduce students to realm of social influences on behaviour. **CO3:**

Understand the various social issues prevalent.

**CO4:** Know the significance of Interpersonal Relationship.

**CO5:** Sensitize the students about Social issues.

|                        |               |
|------------------------|---------------|
| <b>Theory Contents</b> | <b>56 Hrs</b> |
|------------------------|---------------|

|  |               |
|--|---------------|
| <b>Chapter I SOCIAL PSYCHOLOGY, SOCIAL PERCEPTION AND SOCIAL COGNITION</b> | <b>14 Hrs</b> |
|--|---------------|

**Introduction:**

- a) **Social Psychology:** definition, nature and scope of social psychology.
- b) **Social perception:** non-verbal communication; impression formation and management.
- c) **Social Cognition:** schemas, heuristics and automatic processing and errors.
- d) **Interdependent Relationship:** family, friendship and attachment style, relationship problems, reaction to problems, effects of relationship failure.

|   |               |
|---|---------------|
| <b>Chapter II UNDERSTANDING AND EVALUATING THE SOCIAL WORLD</b> | <b>14 Hrs</b> |
|---|---------------|

- a) **Attribution:** theories of attribution-Fritz-Heider's theory, Jones and Davis theory, Kelly's theory
- b) **Attitudes:** definition and components, attitude-behaviour link; attitude formation and strategies for attitude change, measurement of attitudes.
- c) **Prejudice:** meaning, definition, growth, techniques for counteracting its effects.
- d) **Stereotype:** meaning, gender stereotype, glass ceiling and discrimination.

|   |               |
|---|---------------|
| <b>Chapter III SOCIAL INTERACTION AND INFLUENCE</b> | <b>14 Hrs</b> |
|---|---------------|

- a) **Formation and influence of groups:** conformity-Asch studies, compliance techniques, obedience to authority, social facilitation, social loafing, co-operation, conflict, techniques to resolve conflicts.
- b) **Pro-Social Behaviour:** Latane and Darley's 5 crucial steps to an emergency, situational factors influencing pro-social behaviour, factors decreasing the tendency to help.
- c) **Social networking sites:** impact of social media on children, adolescents and families

|   |               |
|---|---------------|
| <b>Chapter IV Social disorganization issues</b> | <b>14 Hrs</b> |
|---|---------------|

- a) **Aggression:** social learning perspectives, -theories of aggression-driven theory, modern theory; GAM Model, Prevention and control of aggression-punishment, cognitive interventions and forgiveness
- b) **Violence:** nature and categories of violence, violence in families, collective violence for social change
- c) **Anti-social behavior:** Forms of anti-social behaviour; corruption and bribery.
- d) Applying social psychology at work, health and legal system.

**References**

|   |   |
|---|---|
| 1 | Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.   |
| 2 | Baron Robert and Byrne Donn (2004) Social Psychology, 10 <sup>th</sup> Edition Pearson Education, Inc   |
| 3 | Misra, G. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research). New Delhi: Pearson |
| 4 | Myers David- Social Psychology (2006)-8 <sup>th</sup> Edition, Tata McGraw Hill.  |
| 5 | Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed.). New Delhi: Pearson   |

| <b>DSCC</b> | <b>Assessment Type</b>   | <b>Marks</b> |    | <b>Theory</b> |
|-------------|--|--------------|----|---------------|
|             | Internal Test  | 10+10        | 20 |               |
|             | Assignment/ Seminar  | 5            | 5  |               |
|             | Classroom Quiz   | 5            | 5  |               |
|             | **Case study / field work/project work/industrial visit an preparation of report | 5+5          | 10 |               |
|             | Total  | 40           | 40 |               |

**Formative Assessment:**

**\*\*Activities prescribed in the syllabus are compulsory**



## BA Semester–V

Discipline Specific Course (DSC)-12

**Course Title: Social Psychology (Practical)**

**Course Code: 015PSY014**

| Course No | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 12        | DSCC-12        | Practical          | 02      | 04                         | 52hrs.                                   | 3hrs.            | 25                         | 25                         | 50          |

### Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

### Practical Content

(Minimum 8 Practical to be conducted)

1. Self concept questionnaire
2. Self-efficacy questionnaire
3. Social Competence scale
4. Measurement of attitudes
5. Social distance scale
6. Aggression Scale
7. Social Maturity Scale
8. Self-confidence
9. Assessing Leadership Behaviour
10. Altruistic Personality Scale
11. Pro Social Behavior Questionnaire
12. Ascendence-submission Scale

**STATISTICS: Two Way ANOVA**

### Scheme of Practical Examination (Distribution of Marks)

**Formative Assessment: 25 Marks**

Record : 05 Marks

Plan, Procedure & Conduction : 05 Marks

Results & Discussion : 05 Marks

Viva : 05 Marks

Statistics (Compulsory) : 05 Marks

Total : 25 Marks

**Semester End Examination: 25 Marks**

Record : 05 Marks

|                              |                   |
|------------------------------|-------------------|
| Plan, Procedure & Conduction | : 05 Marks        |
| Results & Discussion         | : 05 Marks        |
| Viva                         | : 05 Marks        |
| Statistics (Compulsory)      | : 05 Marks        |
| <b><u>Total</u></b>          | <b>: 25 Marks</b> |

## BA Semester–V

### Skill Enhancement Course: SEC-3

**Course Title: Assessing Childhood Problems (Practical)**

**Course Code: 015PSY061**

| Course No | Type of Course | Theory / Practical | Credits | Instruction hour/week | Total No. of Lectures/Hours /Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|-----------------------|---------------------------------------|------------------|----------------------------|----------------------------|-------------|
| 13        | SEC-3          | Practical          | 02      | 02                    | 30hrs.                                | 1hr.             | 20                         | 30                         | 50          |

#### Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

#### Practical Content (Minimum 4 Practical to be conducted)

1. Adjustment Inventory for School Students (Prof. A.K.P. Sinha and R.P. Singh)
2. Problem Behaviour Survey Schedule (Dr. S. Venkatesan)
3. Verbal Learning Disability (Vishal Sood)
4. Diagnostic Spelling test (Dr. Raj K. Gupta and Mrs. Susheela Narang)
5. Helplessness Scale (G.P. Mathur and R.K. Bhatnagar)
6. Educational Anxiety Scale (Saritha Dahiya and Rajni Dahiya)
7. Mental Status Examination

#### Scheme of Practical Examination (Distribution of Marks)

##### Formative Assessment: 20 Marks

Record : 05 Marks

Plan, Procedure & Conduction : 05 Marks

Results & Discussion : 05 Marks

Viva : 05 Marks

Total : 20 Marks

**B.A in Psychology**

**VI Semester**

**W. e. f.: 2023-24**

**NEP Syllabi of Psychology (Discipline Specific Core Course) subject for  
BAVI Semester with effect from  
Academic year 2023-24 and onwards**

The course **PSYCHOLOGY** in VI semester has five papers (Theory paper I and III for 04 credits each and Practical Paper II and IV for 02 Credits each) for 12 Credits. One Internship paper for 02 credits. All the papers are compulsory. Details of the courses are as follows.

**Course Title: Abnormal Psychology**

**Course Code:016PSY011**

| Course No  | Type of Course | Theory /Practical | Credits   | Instruction hour per week | Total No. of Lectures/Hours /Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks   |
|--|----------------|-------------------|-----------|---------------------------|---------------------------------------|------------------|----------------------------|----------------------------|---------------|
| <b>14</b>  | <b>DSCC-13</b> | <b>Theory</b>     | <b>04</b> | <b>04</b>                 | <b>56hrs.</b>                         | <b>2hrs.</b>     | <b>40</b>                  | <b>60</b>                  | <b>100</b>    |
| <b>Course Outcomes (COs):</b> After the successful completion of the course, the student will be able to:<br>CO1. Impart knowledge about the difference between the concepts of normality and abnormality to dispel myths regarding abnormality.<br>CO2. Familiarize students with criteria and classification of psychological disorders.<br>CO3. Provide an overview of the symptoms and etiology of various psychological disorders.<br>CO4. Introduce students to different perspectives regarding the causation of mental illnesses.<br>CO5. Familiarize students with a conceptual overview of abnormal behaviour. |                |                   |           |                           |                                       |                  |                            |                            |               |
| <b>Theory Contents</b>   |                |                   |           |                           |                                       |                  |                            |                            | <b>56 Hrs</b> |
| <b>Chapter I UNDERSTANDING ABNORMALITY</b>   |                |                   |           |                           |                                       |                  |                            |                            | <b>14 Hrs</b> |
| <b>Introduction:</b> Meaning and definitions of abnormality, criteria of abnormality; psychological models of abnormality- psychodynamic, behavioristic, cognitive behavioural and Humanistic model. Classification of mental disorders – DSM-V and ICD-XI. Mental status examination, Mental Health Care Act 2017.  |                |                   |           |                           |                                       |                  |                            |                            |               |
| <b>Chapter II CLINICAL PICTURE AND ETIOLOGY OF ANXIETY DISORDERS</b>   |                |                   |           |                           |                                       |                  |                            |                            | <b>14 Hrs</b> |
| a) <b>Anxiety based disorders:</b> The anxiety based response patterns; Phobic disorders; Obsessive Compulsive Disorders (OCD); Generalized Anxiety Disorder (GAD); Somatoform disorders: Hypochondriasis, conversion disorders.<br>b) <b>Dissociative disorder</b> - psychogenic amnesia, fugue; dissociative identity disorder: causes Biological, Psychological and Socio-cultural factors. (Clinical features, causes).<br>c) <b>Trauma and Stressors-Related Disorders:</b> PTSD and acute stress disorder.   |                |                   |           |                           |                                       |                  |                            |                            |               |
| <b>Chapter III SCHIZOPHRENIA AND DELUSIONAL DISORDER</b>   |                |                   |           |                           |                                       |                  |                            |                            | <b>14 Hrs</b> |
| a) <b>Schizophrenia:</b> clinical picture, subtypes, causes - biological, psychological and socio-cultural factors.<br>b) <b>Delusional disorder:</b> diagnosis, clinical picture and its causal factors.<br>c) <b>Bipolar and related disorders:</b> bipolar disorder and cyclothymic disorder; Clinical picture, causes.   |                |                   |           |                           |                                       |                  |                            |                            |               |
| <b>Chapter IV PERSONALITY DISORDERS AND PARAPHILIAS</b>  |                |                   |           |                           |                                       |                  |                            |                            | <b>14 Hrs</b> |
| <b>Personality disorders:</b> cluster A (paranoid, schizoid, antisocial), B (histrionic, narcissistic, antisocial and borderline) & C (avoidant and dependent personality disorder). Obsessive-Compulsive Personality Disorder.<br><b>Paraphilic disorders:</b> as per DSM-5 (voyeuristic, exhibitionistic, frotteuristic, sexual masochism, sexual sadism, pedophilic, fetishistic and transvestic). Causes of paraphilia.  |                |                   |           |                           |                                       |                  |                            |                            |               |

| References |  |
|------------|--|
| 1          | Carson R. C, Butcher J N and Mineka Susan (2005), <i>Abnormal Psychology and modern life</i> (10th edn) New York: Harper-Collins                     |
| 2          | Kaplan H, Sadock B J, Grebb J A (1994) <i>Synopsis of Psychiatry</i> (7th edn). New Delhi: BL Waverly Pvt. Ltd.                                      |
| 3          | Sarason. I. G & Sarason R. B (2005) <i>Abnormal Psychology The Problems of Maladaptive Behaviour</i> 11 <sup>th</sup> edition New Delhi Pearson Pub. |

### DSCC Theory Formative Assessment:

| Assessment Type   | Marks |    |
|---|-------|----|
| Internal Test   | 10+10 | 20 |
| Assignment/ Seminar   | 5     | 5  |
| Classroom Quiz  | 5     | 5  |
| **Case study / field work/project work/industrial visit and preparation of report | 5+5   | 10 |
| Total   | 40    | 40 |

**\*\*Activities prescribed in the syllabus are compulsory**

# BA Semester–VI

## Discipline Specific Course (DSC)-14

### Course Title: Abnormal Psychology (Practical)

Course Code: 016PSY012

| Course Number | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|---------------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 15            | DSCC-14        | Practical          | 02      | 04                         | 56hrs.                                   | 3hrs.            | 25                         | 25                         | 50          |

#### Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

#### Practical Content

(Minimum 8 Practical to be conducted)

1. Multiphasic Questionnaire (H.N. Murthy)
2. Family Pathology Scale (V. Veeraraghavan and A. Dogra)
3. Bell's Adjustment Inventory
4. IPAT Anxiety Scale
5. Obsessional Compulsive Inventory Revised (OCI-R) Foa, E.B., Huppert, J.D., Leiberg, S. et al
6. Cohen's Perceived Stress Scale
7. Defence Mechanism Inventory (NRM) Rinal & Uam Singhal
8. Behavioural Deviance Scale (N.S. Chauhan and Saroj Aurora)
9. Alcohol and Drug Attitude Scale (Sunil Saini & Sandeep Singh)
10. Beck Depression Scale
11. Personal Stress Source Inventory (Arun Kumar Singh, Ashish K. Singh, and Arpana Singh)
12. Narcissism Scale (Sagar Helode, Basir Hassan and R.D. Helode)

**STATISTICS:** Chi Square

#### Scheme of Practical Examination (Distribution of Marks)

##### Formative Assessment: 25 Marks

|                              |                   |
|------------------------------|-------------------|
| Record                       | : 05 Marks        |
| Plan, Procedure & Conduction | : 05 Marks        |
| Results & Discussion         | : 05 Marks        |
| Viva                         | : 05 Marks        |
| Statistics (Compulsory)      | : 05 Marks        |
| <b>Total</b>                 | <b>: 25 Marks</b> |

##### Semester End Examination: 25 Marks

|                              |                   |
|------------------------------|-------------------|
| Record                       | : 05 Marks        |
| Plan, Procedure & Conduction | : 05 Marks        |
| Results & Discussion         | : 05 Marks        |
| Viva                         | : 05 Marks        |
| Statistics (Compulsory)      | : 05 Marks        |
| <b>Total</b>                 | <b>: 25 Marks</b> |

# BA Semester–VI

## Discipline Specific Course (DSC)-15

### Course Title: Organizational Behaviour

| Course No | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 16        | DSCC-15        | Theory             | 04      | 04                         | 56hrs.                                   | 2hrs.            | 40                         | 60                         | 100         |

Course Code: 016PSY013

**Course Outcomes (COs):** After the successful completion of the course, the student will be able to:

CO1. Understand the nature of individual organizational behaviour towards oneself, organization and the contribution to society.

CO2. Understand differences in skills, stress and management of the skills.

CO3. Know the tools of training and performance appraisal in work setting.

CO4. Understand structure and design of organization.

|                        |               |
|------------------------|---------------|
| <b>Theory Contents</b> | <b>56 Hrs</b> |
|------------------------|---------------|

|  |               |
|--|---------------|
| <b>Chapter I INTRODUCTION TO ORGANIZATIONAL BEHAVIOR</b> | <b>14 Hrs</b> |
|--|---------------|

- a) Nature of organizational behavior, importance and fundamental assumptions. Historical background, OB to Globalization and Diversity. OB to Technology. OB to people's changing expectations.
- b) Organizational Justice: Nature and Strategies. Ethical Behaviour in Organizations: Nature, Meaning. Individual Differences in Cognitive and Moral Development, Situational Determinants of Unethical Behaviour.
- c) Corporate ethics programmes. Beyond Ethics: corporate Social Responsibility.

|   |               |
|---|---------------|
| <b>Chapter II INDIVIDUAL DIFFERENCES: PERSONALITY, SKILLS AND APTITUDES, STRESS</b> | <b>14 Hrs</b> |
|---|---------------|

- a) **PERSONALITY:** Nature and Measurement. Big Five dimension. Work related aspects of Personality- Achievement motivation.
- b) **APTITUDES AND SKILLS:** Intelligence, aptitudes, social skills.
- c) **STRESS:** Nature, Stressors in organizations, Cognitive appraisal, Bodily responses. Causes and Effects of stress. Reducing Stress.

|   |               |
|---|---------------|
| <b>Chapter III SOCIAL PERCEPTION AND LEARNING</b> | <b>14 Hrs</b> |
|---|---------------|

- a) **Social Perception and Social Identity:** Attribution Process. Perceptual Biases: Systematic Errors, Stereotyping. Perceiving others: Organizational Applications- Performance appraisal.
- b) **Learning:** Operant Conditioning- Learning through Rewards and Punishments.
- c) **Training:** varieties of training, principles of learning. Organizational behaviour Management.

|  |               |
|--|---------------|
| <b>Chapter IV ORGANIZATIONAL CULTURE AND STRUCTURE</b> | <b>14 Hrs</b> |
|--|---------------|

- a) **Organizational Structure:** Meaning. Basic Dimensions- Hierarchy of authority, span of control, division of labour, line/ staff positions, decentralization. Departmentalization- functional, product and matrix organizations. Advantages and disadvantages.
- b) **Organizational Culture:** Meaning and definition, characteristics and strength of organizational culture. Culture within organization. Role of culture in organizations. Forms of organizational culture- Hierarchy, market and clan culture.
- c) **Creating, Transmitting and changing organizational culture:** How is organizational culture created. Tools for transmitting culture. Why and how organizational culture change- composition of workforce, mergers and acquisitions, strategic cultural change. Responding to internet.

#### References

|   |   |
|---|---|
| 1 | Jerald Greenberg: Behaviour in Organisations. 10 <sup>th</sup> ed. PHI Learning Pvt Ltd. ND 2012                    |
| 2 | Jerald Greenberg and Robert A. Baron: Behaviour in Organisations. 9 <sup>th</sup> ed. PHI Learning Pvt Ltd. ND 2009 |
| 3 | Fred Luthans: Organisational Behaviour. 12 <sup>th</sup> ed. McGraw-Hill International ed.                          |
| 4 | Stephen P. Robbins: Organisational Behaviour: Concepts, Controversies, Applications. PHI                            |



|   |  |
|---|--|
| 5 | JohnWNewstrom:OrganisationalBehaviour.HumanBehaviouratWork.12 <sup>th</sup> ed.McGraw-HillEducationPnt Ltd. NewDelhi                         |
| 6 | DebraL.Nelson,JamesCampbellQuick:OrganisationalBehaviour.Foundations,Realities&Challenges.5 <sup>th</sup> ed. South-Western. CengageLearning |
| 7 | JohnBratton:WorkandOrganisationalBehaviour.MilitzaCallinan,CarolynForshawandPeterSawchuk.Pa<br>lgraveMacmillan                               |

### DSCC Theory Formative Assessment:

| Assessment Type   | Marks |    |
|---|-------|----|
| Internal Test   | 10+10 | 20 |
| Assignment/ Seminar   | 5     | 5  |
| Classroom Quiz  | 5     | 5  |
| **Case study / field<br>work/project<br>work/industrial visit an<br>preparation of report | 5+5   | 10 |
| Total   | 40    | 40 |

**\*\*Activities prescribed in the syllabus are compulsory**

# BA Semester–VI

## Discipline Specific Course (DSC)-16

### Course Title: Organizational Behaviour (Practical)

Course Code: 016PSY014

| Course No | Type of Course | Theory / Practical | Credits | Instruction hours per week | Total No. of Lectures / Hours / Semester | Duration of Exam | Formative Assessment Marks | Summative Assessment Marks | Total Marks |
|-----------|----------------|--------------------|---------|----------------------------|--|------------------|----------------------------|----------------------------|-------------|
| 17        | DSCC-16        | Practical          | 02      | 04                         | 56hrs.                                   | 3hrs.            | 25                         | 25                         | 50          |

#### Course Outcome (CO):

After completion of Course (Practical) students will be able to:

CO 1: Conduct experiments

CO 2: Learn and apply the statistics

CO 3: Do individual and group discussion

CO 4: Measure various psychological phenomena

#### Practical Content

(Minimum 8 Practical to be conducted)

1. Level of Aspiration
2. Risk taking questionnaire
3. Tweezer dexterity / Finger dexterity
4. Work Motivation
5. Muscular fatigue
6. Mental fatigue
7. Vocational Interest / Vocational Maturity Test
8. Occupational Stress
9. Environmental Orientation values scale
10. Big Five Personality Inventory
11. Emotional Intelligence
12. Clerical Aptitude Test
13. Mechanical Aptitude Test

**STATISTICS:** Simple Linear Regression Analysis

#### Scheme of Practical Examination (Distribution of Marks)

##### Formative Assessment: 25 Marks

|                              |                   |
|------------------------------|-------------------|
| Record                       | : 05 Marks        |
| Plan, Procedure & Conduction | : 05 Marks        |
| Results & Discussion         | : 05 Marks        |
| Viva                         | : 05 Marks        |
| Statistics (Compulsory)      | : 05 Marks        |
| <b>Total</b>                 | <b>: 25 Marks</b> |

##### Semester End Examination: 25 Marks

|                              |                   |
|------------------------------|-------------------|
| Record                       | : 05 Marks        |
| Plan, Procedure & Conduction | : 05 Marks        |
| Results & Discussion         | : 05 Marks        |
| Viva                         | : 05 Marks        |
| Statistics (Compulsory)      | : 05 Marks        |
| <b>Total</b>                 | <b>: 25 Marks</b> |

## BA Semester–VI

### \*INTERNSHIP

**Course Title: Internship**

**Course Code:016PSY091**

| Type of Course     | Theory<br>/Practical | Credits   | Instruction hour/week | Total No. of Lectures/Hours<br>/Semester | Duration of Exam | Formative Assessment Marks | Summative assessment Marks | Total Marks |
|--------------------|----------------------|-----------|-----------------------|--|------------------|----------------------------|----------------------------|-------------|
| <b>*INTERNSHIP</b> |                      | <b>02</b> |                       |  |                  | <b>50</b>                  | <b>0</b>                   | <b>50</b>   |

#### **Internship:**

A course requiring students to participate in a professional activity or work experience, or cooperative education activity with an entity external to the education institution, normally under the supervision of an expert of the given external entity. A key aspect of the internship is induction into actual work situations for 2 credits. Internships involve working with local industry, local governments (such as panchayats, municipalities) or private organizations, business organizations, artists, crafts persons, and similar entities to provide opportunities for students to actively engage in on-site experiential learning.

#### **Note;**

1. 1 credit internship is equal to 30hrs on field experience.
2. Internship shall be Discipline Specific of 45-60 hours (2 credits) with duration 1-2 weeks.
3. Internship may be full-time/part-time (full-time during last 1-2 weeks before closure of the semester or weekly 4 hrs in the academic session for 13-14 weeks). College shall decide the suitable method for programme wise but not subject wise.
4. Internship mentor/supervisor shall avail work allotment during 6<sup>th</sup> semester for a maximum of 20 hours.
5. The student should submit the final internship report (45-60 hours of Internship) to the mentor for completion of the internship.
6. Method of evaluation: Presentations/Report submission/Activity etc.

# BA in Psychology: 2023-24

## GENERAL PATTERN OF THEORY QUESTION COURSE FOR DSCC/ OEC

(60 marks for semester end Examination with 2 hrs duration)

### Part-A

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10 marks

### Part-B

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

### Part-C

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks  
(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

**Total: 60 Marks**

**Note: Proportionate weightage shall be given to each unit based on number of hours Prescribed**