

**SYLLABUS**  
**FOR**  
**B.A.**  
**Semester: I-VI**

**Subject: Psychology**

**Session: 2019-2020**



**KHALSA COLLEGE AMRITSAR**  
**(AN AUTONOMOUS COLLEGE)**

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**(Session 2019-2020)**  
**B.A. SEMESTER-I**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES-I**  
**(Theory)**

**Time: 3 Hours**

**Max.Marks:100**  
**Theory Marks: 50**  
**Practical Marks: 25**  
**Internal Assessment: 25**

**Instructions for the Paper Setters:**

**Section A:-** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section B:-** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Nature:** Psychology as a Science, Historical background of Psychology with brief introduction to schools (Structuralism, Functionalism, Psychoanalysis, Behaviorism, Gestalt and Humanistic.

**Methods:** Introspection, Observation, Experiment, Case Study, Interview and Questionnaire.

**UNIT-II**

**Learning:** Introduction to Learning, Nature/ characteristics of Learning process, Trial and Error learning & Insight, A brief introduction to the concepts of Classical and Instrumental Conditioning (Paradigm and the typical experiments), Social/Observational learning.

**Intelligence:** Nature of Intelligence, Theories (Spearman and Thurstone), Cognitive Theories (Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture issue in Intelligence.

**UNIT-III**

**Understanding Individual Differences:** Nature and uses of Psychological Tests. Characteristics of Good Psychological Tests, Types of Psychological Tests (Verbal vs. Non-verbal test, Individual vs. Group, Speed vs. Power tests, Paper and Pencil Tests vs. Performance Tests, Essay vs. objective type Tests), Ethical issues in Psychological Testing.

**Measures of Central Tendency:** Meaning and Characteristics of good measure of Central Tendency. Arithmetic Mean, Median, Mode with their merits and demerits.

### **Suggested Readings:**

1. Aaron (2007). *Statistics for Psychology*. Pearson Education, New Delhi.
2. Atkinson., Hilgard., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.
3. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
4. Benjamin, Jr. L.T., Hopkings, J.R. & Nation, J.R. (1987). *Psychology*. Mcmillan Publishing Company, New York.
5. Carlson, N.R.(2007).*Foundation of Physiological Psychology*.Pearson Education, New Delhi.
6. Chaplin, J.R. &Kraiwic, T.S. (1985).*Systems and Theories of Psychology*.Holt, Rine hart and Winston, Inc., New York.
7. Ciccarelli, S.K., White, J.N. (2015) *Psychology*. Pearson Publishers, Boston.
8. Crooks, R.L. &Strin, J.(1988). *Psychology; Sciences: Behaviour and Life*. Holt Rinehart and Winston, Inc., New York.
9. Morgan, G.T., King, P.A., Weisz, T.R. &Schopler, J. (1999). *Introduction to Psychology*. Mcgraw Hill Book Co., New York.

**(Session 2019-2020)**  
**B.A. SEMESTER-I**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES-I**  
**(Practical)**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 25 marks. Evaluation of the practical would be done on the basis of write-up of file book (15 Marks), performance and viva-voce (10Marks) related to the practical.

**Five Practical have to be performed out of the following:**

1. Simple Reaction Time/Observations by using Chronoscope.
2. Verbal Test of Intelligence- Jalota's Mental Ability Test.
3. Nonverbal test of Intelligence- Cattell's Culture Fair Test.
4. Performance Test of Intelligence- Koh's Block Design Test / Alexander's Pass A Long Test.
5. Trial and error learning by using wooden/ electronic maze.
6. Effect of Practice on Learning by using Cancellation sheets.

(Session 2019-2020)  
**B.A. SEMESTER-II**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES-II**  
(Theory)

**Time: 3 hours**

**Max. Marks: 100**  
**Theory Marks: 50**  
**Practical Marks: 25**  
**Internal Assessment: 25**

**Instructions for the Paper Setters:**

**Section-A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section-B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Biological Bases of Behavior:**

Nervous System (Central and Peripheral), Glands (Endocrine and Exocrine), Neuron (Structure and functions), Resting and Action Potentials, Synapse, Types of Synapse.

**Memory:** Nature, Encoding, Storage and Retrieval. Types of memory– sensory, short term and long term.

**UNIT-II**

**Motivation and Emotion:** Biogenic and Socio-genic motives, instincts, Drives and incentives, Intrinsic-Extrinsic framework, Content Theory, The need Hierarchy model, Conflicts and Frustration, **Emotions:** Development and Types of Emotions. Theories of Emotions (James Lange & Cannon Bard Theory), Physiological Correlates of Emotions.

**Personality:** Concept of Personality. Brief introduction of theories of Personality (Freud, Allport, Murray, Cattell & Eysenck). Techniques of Assessment (Psychometric and Projective).

**UNIT-III**

**Measures of Variability:** Meaning and Characteristics of good measure of variability, Range, Quartile Deviation, Average, Standard Deviation, Variance with their merits and demerits.

### **Suggested Readings:**

1. Aaron (2007). *Statistics for Psychology*. Pearson Education, New Delhi.
2. Atkinson., Hilgard., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. and Lutz, C. (2014). *Introduction to psychology*. Hampshire, United Kingdom: Cengage Learning EMEA.
3. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
4. Benjamin, Jr. L.T., Hopkins, J.R. & Nation, J.R. (1987). *Psychology*. Mcmillan Publishing Company, New York.
5. Chaplin, J.R. & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. Holt, Rinehart and Winston, Inc., New York.
6. Ciccarelli, S.K., White, J.N. (2015) *Psychology*. Pearson Publishers, Boston.
7. Coon, D.L., & Mitterer, J.O. (2007). *Introduction to Psychology; Gateways to Mind And Behaviour*. Thomson Wadworth.
8. Crooks, R.L. & String, J. (1988). *Psychology; Sciences: Behavior and Life*. Holt Rinehart and Winston, Inc., New York.
9. Hall, S.S. & Lindzey (1969). *Theories of Personality*. Wiley Eastern Ltd. New Delhi.
10. Morgan, G.T., King, P.A., Weisz, T.R. & Schopler, J. (1999). *Introduction to Psychology*. Mcgraw Hill Book Co., New York.
11. Pinel, J.P.J. (2007). *Biopsychology*. Pearson Education, New Delhi.
12. Solso, R.L. (2007). *Cognitive Psychology*. Pearson Education, New Delhi.

**(Session 2019-2020)**  
**B.A. SEMESTER-II**  
**PSYCHOLOGY**  
**BASIC PSYCHOLOGICAL PROCESSES-II**  
**(Practical)**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 15 marks. Evaluation of the practical would be done on the basis of write-up of file book (15 Marks), performance and viva-voce (10 Marks) related to the practical.

**Five Practical have to be performed out of the following:**

1. Effect of Knowledge of Results on Performance.
2. Measurement of Motivation through drive induction or level of aspiration.
3. Projective techniques– Incomplete sentence Blank.
4. Personality Inventory- Eysenck's Personality Inventory/ Revised NEO- Personality Inventory
5. Immediate Memory Span.
6. Public opinion survey on any social or psychological issue in society.

(Session 2019-2020)  
**B.A. SEMESTER-III**  
**PSYCHOLOGY**  
**EXPERIMENTAL PSYCHOLOGY-I**  
(Theory)

**Time: 3 Hours**

**Max. Marks: 100**  
**Theory Marks: 50**  
**Practical Marks: 25**  
**Internal Assessment: 25**

**Instructions for the Paper Setters:**

**Section-A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section-B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Experimental Psychology:** Introduction and Nature of Experimental Method, Advantages and Disadvantages.

**Variables:** Types of Variables, Stimulus, Organismic and Response Variables, Process of Experimentation-Manipulation and control of variables, Concept of within and between Experimental Designs.

**UNIT-II**

**Sensation:** Types of sensations, Visual sensation; structure and functions of the eye, Brief overview of Theories of color vision (Young-Helmholtz, Opponent-Process & Evolutionary). Auditory Sensation: Structure and functions of the Ear, Brief introduction of Theories of hearing. Brief introduction to Cutaneous sensation, Olfactory sensation and Gustatory sensation.

**Perceptual Processes:** Selective Attention, Nature and factors affecting Perception, Principles of Perception (organization), perception of form; contour and contrast, figure-ground differentiation, perceptual set.

**UNIT-III**

**Perception of Movement:** Image-Retina and Eye-Head movement system, Apparent movement, Induced movement, Auto-Kinetic movement.

**Perception of Space:** Monocular and Binocular cues for space perception. Perceptual



constancies- lightness, brightness, size and shape.

**Illusions:** Types, causes and brief discussion of theories.

**Statistics:** Normal Probability Curve, Its nature and characteristics (Numerical of Areas under NPC only)

**Suggested Readings:**

1. D. Amato, M.H.R. (2001): Experimental Psychology, Tata McGraw Hill, New Delhi.
2. Garrett, H.E. and Woodworth, R.S. (1969): Statistics in Psychology and Education. Vikils, Feffer and Simons Pvt. Ltd.
3. Kerlinger, P.N.(1988): Foundation of Behavioural Research, Surjeet Publications, New Delhi.
4. Postman, L. and Egan. J.P.: Experimental Psychology, Harper and Row, New York.
5. Schiffman, H.R. (1982): Sensation and Perceptions, John Willey and Sons.
6. Solso, R.L. (2007): Experimental Psychology: A Case Approach Pearson Education, New Delhi.
7. Sternberg, R.J. (2007): Cognitive Psychology, Thomson Wads Worth.
8. Woodworth, R.S. and Schlosberg, H.(1954): Experimental Psychology, Holt, Rinehart and Winston,Inc.

**(Session 2019-2020)**  
**B.A. SEMESTER–III**  
**PSYCHOLOGY**  
**EXPERIMENTAL PSYCHOLOGY-I**  
**(Practical)**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 15 marks. Evaluation of the practical would be done on the basis of write-up of file book (15 Marks), performance and viva-voce (10 Marks) related to the practical.

**Five Practical have to be performed out of the following:**

1. Role of Mental set in perception.
2. Span of Attention/Division of Attention.
3. Muller-Lyer Illusion
4. Bilateral transfer of learning by using Mirror drawing apparatus
5. Paired Associate learning.
6. Classical Conditioning / Reaction Time (Simple Vs. choice RT or Auditory Vs. Visual RT)

**(Session 2019-2020)**  
**B.A. SEMESTER-IV**  
**PSYCHOLOGY**  
**EXPERIMENTAL PSYCHOLOGY-II**  
**(Theory)**

**Time: 3 Hours**

**Max. Marks: 100**  
**Theory Marks: 50**  
**Practical Marks: 25**  
**Internal Assessment: 25**

**Instructions for the Paper Setters:**

**Section-A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section-B:** This section will consist of six questions. Candidates shall attempt any three questions. Each question carries 10 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Psychophysics:** Concept of Psychophysics, Physical V/S. Psychological continuum, Weber-Fechner law, Concept of Absolute and Differential Thresholds. Brief overview of methods of Psychophysics and differences between methods (Methods of limits, Method of Constant Stimuli & Method of Average Error).

**Learning:** Classical and Operant conditioning, Basic Processes: Extinction, Spontaneous recovery, Generalization and Discrimination. Factors influencing classical and instrumental conditioning. Concept of Reinforcement, Types of reinforcement and Reinforcement Schedules. Transfer of Training.

**UNIT-II**

**Mnemonics:** An Introduction to the concept of mnemonics, Constructive memory, implicit memory & Eyewitness memory. Methods of Retention.

**Forgetting:** Nature, Factors Affecting forgetting, Theories of forgetting -Decay, Interference, Retrieval failure.

**Thinking and Problem Solving:** Nature and Types of Thinking. Nature of Problem Solving, Stages of Problem solving, Factors, Role of set in Problem Solving.

**UNIT-III**

**Concept Formation:** Nature, Types and Processes.

**Reasoning:** Nature and types of Reasoning.

**Correlation:** Types of Correlation, Nature and characteristics. Rank order and product moment methods (Numerical for Individual data).

**Suggested Readings:**

1. D'Amato, M.R.: Experimental Psychology: Methodology Psychophysics and Learning, McGraw Hill Company, New Delhi, 1970.
2. Galotti, K.M. (2007): Cognitive Psychology in and Out of the Laboratory, Thomson Wads Worth.
3. Postman, L and Egan, J.P.: Experimental, Psychology, Harper and Row, New York.
4. Woodworth, R.S. and Schlosberg, H.: Experimental Psychology, New York; Holt, Rinehart and Winston Inc. 1954.

**(Session 2019-2020)**  
**B.A. SEMESTER-IV**  
**PSYCHOLOGY**  
**EXPERIMENTAL PSYCHOLOGY-II**  
**(PRACTICAL)**

**Marks: 25**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. The students will perform one practical in the exam carrying 15 marks. Evaluation of the practical would be done on the basis of write-up of file book (15 Marks), performance and viva-voce (10 Marks) related to the practical.

**Five Practical have to be performed out of the following:**

1. Measurement of Differential Threshold by method of constant stimuli / method of limits.
2. Recall Vs Recognition Method.
3. Retroactive inhibition.
4. Problem-Solving Ability test by L.N Dubey.
5. Concept formation- Haufmann and Kasanin test of Concept Formation
6. Zeigarnik Effect

**(Session 2019-2020)**  
**B.A. SEMESTER-V**  
**PSYCHOLOGY**  
**ABNORMAL PSYCHOLOGY-I**  
**(Theory)**

**Time: 3 Hours**

**Max. Marks: 100**  
**Theory Marks: 65**  
**Practical Marks: 15**  
**Internal Assessment: 20**

**Instructions for the Paper Setters:**

**Section-A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section-B:** This section will consist of three units, with two questions in each unit. The Candidates shall attempt one question from each unit in 1000 words approximately. Each question carries 15 marks. The total weightage of this section shall be 45 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Abnormality:** Concept and Criteria of Abnormality. Myths and Misconceptions regarding Abnormal Behavior. DSM-IV Classification of Abnormal Behavior-Advantages and disadvantages

**Brief overview of Theoretical Perspectives of Psychopathology:** Psychoanalytic, Cognitive, Behavioral, Humanistic and Interpersonal (Sullivan).

**Causes of Abnormal Behavior:** Primary, Predisposing, Precipitating, Reinforcing. Biological Causes-(Genetic defects, constitutional liabilities, Brain dysfunctions & Physical deprivation). Psycho-Social Causes-(Self-perception and cognitive maps, early deprivation, inadequate parenting, pathogenic family structures, maladaptive peer relationship. Socio-Cultural Causes-(Socio-Cultural Environment and Pathogenic societal influences).

**UNIT-II**

**Stress & Coping:** Categories of Stressors, Factors Predisposing an individual to stress. Coping Strategies.

**Stress Related Disorders:** Coronary Heart Disease (CHD), Hypertension, Ulcers, Migraine and Pain: Symptoms, Causes and general treatment of stress related disorders.

### UNIT-III

**Alcoholism:** Misconceptions about Alcohol & Alcoholism, Clinical Picture, Causes, Treatment & Outcomes.

**Drug Addiction:** Clinical Picture, Causes and Treatment of Opium and its Derivatives, Sedatives (Barbiturates), Stimulants (Amphetamines & Cocaine): Hallucinogens (LSD & related drugs) Marijuana, Caffeine & Nicotine.

#### **Suggested Readings:**

1. Alloy, L.B., Riskind, J.H. & Manso, M.J. (2006), Abnormal Psychology Tata McGraw Hill Publishing Company, New Delhi.
2. Carson, R.C., Butcher, J.N. and Mineka, S. (1997), Abnormal Psychology and Modern Life, New York: Harper Collins.
3. Davison, G.C. and Neale, J.M. (1998), Abnormal Psychology, New York: John Wiley and Sons.
4. Sarason, I.G. and Sarason, B.R. (1996), Abnormal Psychology, New Delhi: Prentice Hall of India.
5. Singh, A. Asadharan Manovigyan, Punjabi University, Patiala.

**(Session 2019-2020)**  
**B.A. SEMESTER-V**  
**PSYCHOLOGY**  
**ABNORMAL PSYCHOLOGY-I**  
**(PRACTICAL)**

**Marks: 15**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. Students will perform one practical in the exam carrying 15 marks. Evaluation of the practical would be done on the basis of write-up of file book (5 Marks), performance and viva-voce (10 Marks) relating to the practical. In case students have not completed 5 practical, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

**Five Practical have to be performed out of the following:**

1. Word Association Test by Carl Jung.
2. Bell's Adjustment Inventory.
3. Raven's Progressive Matrices/Cattell's Culture Fair Intelligence Test.
4. Measurement of Attitudes- Sodhi's Attitude Scale (SAS).
5. Measurement of Interests- Multi-factor Interest Questionnaire (MFIQ).
6. Locus of Control by using Rotters' scale.



**B.A. SEMESTER–VI  
PSYCHOLOGY  
ABNORMAL PSYCHOLOGY–II (THEORY)**

**Time: 3 Hours**

**Max. Marks: 100  
Theory Marks: 65  
Practical Marks: 15  
Internal Assessment: 20**

**Instructions for the Paper Setters:**

**Section–A:** This section will consist of ten short answer type questions, each carrying 2 marks. All questions will be compulsory. Answer to each question shall be in 50 words approximately. The total weightage of this section shall be 20 marks.

**Section–B:** This section will consist of three units, with two questions in each unit. The Candidates shall attempt one question from each unit in 1000 words approximately. Each question carries 15 marks. The total weightage of this section shall be 45 marks.

**Note:** The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

**UNIT-I**

**Anxiety Based Disorders:** Symptoms, Etiology and Treatment of Obsessive Compulsive Disorder, Generalized Anxiety Disorder & Phobias. Classification of Somatoform Disorders–Symptoms & Etiology (Conversion Disorder). Dissociative disorders–Types, Symptoms & Etiology.

**Personality Disorders:** Clinical Features, Types and causal factors in Personality Disorders (Paranoid, Schizoid, Schizotypal, Histrionic, Narcissistic, Antisocial, Borderline, Avoidant, Dependent, Obsessive-Compulsive, Passive Aggressive, Self-Defeating & Sadistic).

**UNIT-II**

**Antisocial Personality & Delinquency:** Clinical Picture, Characteristics, Causes, Treatment & Outcomes.

**Mood Disorders:** Types & Symptoms, Causes and treatment.

**Schizophrenia:** Symptoms, Causes, Types and Treatment.

**UNIT-III**

**Therapies:** Psychodynamic, Behavioral, Cognitive-Behavior Therapy (Rational Emotive) & Humanistic therapy.

**Statistics:** Introduction to the concept of Hypothesis, One-tailed and two-tailed tests, Type- I and Type- II errors, Level of significance, degrees of freedom, Significance of Differences between means (Large sample, correlated and uncorrelated).

**Suggested Readings:**

1. Barlow, D.H. & Durand, V.M.(2007)Abnormal Psychology: An Integrative Approach. Thomson Wordsworth.
2. Broota, K.D. (1989)Experimental Designs in Behavioural Research, Wiley Eastern Limited, New Delhi
3. Carson, R.C. Butcher, J.N., and Mineka, S.(1997), Abnormal Psychology and Modern Life, Harper Collins, New York.
4. Davison, G.C. and Neale, J.M. (1998), Abnormal Psychology, John Wiley and Sons, New York.
5. Garrett. H.E. (1996), Statistics in Psychology and Education, Vakils, Feffar and Simons, New Delhi.
6. Sarason, I.G. and Sarason, B.R.(2002), Abnormal Psychology, Prentice Hall of India, New Delhi.
7. Singh, A., Asadharan Manovigyan, Punjabi University, Patiala.

**(Session 2019-2020)**  
**B.A. SEMESTER-VI**  
**PSYCHOLOGY**  
**ABNORMAL PSYCHOLOGY-II (THEORY)**  
**(PRACTICAL)**

**Marks: 15**

**Instructions for the Practical Examination:**

Students are supposed to perform five practical out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. External examiner will conduct the practical examination. The students will perform one practical in the exam carrying 15 marks. Evaluation of the practical would be done on the basis of write-up of file book (5 Marks), performance and viva-voce (10 Marks) relating to the practical. In case students have not completed 5 practical, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

**Five Practical have to be performed out of the following:**

1. Projective Techniques (T.A.T. / Incomplete sentence blank test).
2. Measurement of Anxiety- State-Trait Anxiety Test (STAT)
3. Parenting Scale/Home Environment Scale.
4. Eysenck's Personality Questionnaire (EPQ).
5. Measurement of Depression by using Beck's Depression Inventory.
6. Rosenweig's Picture Frustration Test.



