



**TUMKUR UNIVERSITY**  
**TUMKUR**

**B.A.(UG) CHOICE BASED  
CREDIT SYSTEM  
PSYCHOLOGY SYLLABUS**

**(Semester Scheme)**

**2016 onwards**

# DEPARTMENT OF PSYCHOLOGY

## Question Paper Format

[CBCS SYLLABUS]

### I, II, III, IV, V & VI Semester B.A. Psychology Examination

Maximum Marks : 90 per paper

Examination Duration: 03 hours

- Part – I      **10** objective type questions are given. Each question carries  
1 mark 10X1= 10
- Part – II      **12** questions are given students are asked to answer any **Ten**.  
Each question carries 2 marks 10x2= 20
- Part – III      **5** questions are given students are asked to answer any **four**.  
Each question carries 15 marks. 15x4= 60

Theory = 90

Internal marks = 10

**Total = 100**

Practical = 50

**Grande Total = 150**

**I B.A. SYLLABUS**  
**I SEMESTER**  
**1.3 : BASIC PSYCHOLOGICAL PROCESSES**

[Total theory - 60 hours, credit score – 4]

**Unit – I : The Science Of Psychology** **12 hours**

- a) Definition and goals of Psychology
- b) Modern perspectives
  - Psychodynamic perspectives
  - Behavioral perspectives
  - Cognitive perspectives
  - Humanistic perspectives
- c) Fields of psychology
  - Applied – Educational Psychology, Industrial psychology, clinical psychology, counseling psychology,
  - Theoretical – General psychology, social psychology developmental psychology, para psychology,
- d) Introspection method
- e) Types of Psychological Research :
  - Descriptive research – observation method, survey method, interview method, case studies
  - Experimental Research – [Independent and dependent variables, experimental and control groups] Double blind experiments.

**Units - II : Biological Basis of Behaviour** **12 hours**

- a) An overview of the Nervous Systems – Neuron and nerves (Structure of the neuron, neural impulse, synapse, neuro transmitters)
- b) Central Nervous System Brain Structure of the brain, structure of the cortex, association areas of the cortex (Broca's area and wernicke's area)
- c) The spinal cord
- d) The peripheral nervous system somatic & autonomic nervous system. (Sympathetic & Parasympathetic)
- e) Significance of left and right brain
- f) Techniques to study the brain.
- g) Endocrine glands.

**Unit - III : Learning** **12 hours**

- a) Meaning and definition of learning, skill.
- b) Trial and error learning and laws of learning.
- c) Insight learning.
- d) Classical conditioning and its principles, (acquisition, generalization, discrimination, extinction and spontaneous recovery) Applications of classical conditioning.
- e) Operant conditioning – Skinner's approach to operant conditioning (positive and negative reinforcement, and primary and secondary reinforcement).

- f) Schedules of reinforcement.
- g) Observational learning.

**Unit - IV : Memory & Forgetting**

**12 hours**

- a) Nature of memory – (Memory Encoding, Attention Level of processing, Elaboration, Imaginary)
- b) Memory Storage – Sensory memory (iconic & echoic memory)  
short-term memory – Chunking and rehearsal, working memory.  
long-term memory – Declarative memory (Episodic memory and semantic memory) procedural memory.
- c) Forgetting – causes of forgetting (Decay theory, Interference theory, Memory dysfunction]
- d) Improving memory.

**Unit - V : Intelligence**

**12 hours**

- a) Introduction, Meaning and definition.
- b) Concept of IQ,
- c) Theories of intelligence (Sperman's two factor theory, Sternberg's Triarchic theory, Gardner's multiple intelligence theory)
- d) Characteristics of intelligence tests
- e) Influences on intelligence (Genetic & environmental)
- f) Emotional Intelligence
- g) Types of tests (Individual & Group test)

**REFERENCE :**

- 1) Feldman RS – Understanding Psychology  
IV Edition Mc Graw Hill, India
- 2) Sandra K Ciccarelli – Psychology (South Asian Edition)  
Pearson Education
- 3) Robert A Baron – Psychology  
III Edition Prentice Hall, India
- 4) John. W. Santrock – Psychology Essentials  
2<sup>nd</sup> Edition Tata Mc Graw Hill
- 5) Hillgard & Atkinson - Introduction to Psychology  
Oxford IBH publishing Co. Pvt. Ltd.,
- 6) Morgan, King - Introduction to Psychology  
VII Edition, 1989, Mc Graw Hill IBH Publication
- 7) Dharanendraiah. S. – Samanya Manovijnana [Kannada Version]  
Kannada Adyana Samste, Mysore
- 8) P. Nataraj - Samanya Manovijnana [Kannada Version]  
Srinivasa Publication, Mysore
- 9) B.G. Mariyappa & Ramaswamy Iyengar – Manashastra [Kannada Version]  
Mysore Publication
- 10) K.L. Ramalingu - Samanya Manovijnana-Part1 [Kannada Version]  
Sree Prakashana, Tumkur
- 11) A. Shreedhara – Psychological Theories. [Kannada Version]

I SEMESTER  
**BASIC PSYCHOLOGICAL PROCESSES**

**1.4 : PRACTICAL – 1**

1. Directed observation and accuracy of report.
2. Habit interference
3. Chunking on recall
4. Division of attention
5. Cueing on recall
6. Rumour (only for demonstration)

**STATISTICS :**

1. Measurer of central tendency  
(Mean, Median, Mode-Ungrouped data)
2. Frequency distribution (only to teach)

**PROJECT WORK COMPULSORY.**

**SCHEME OF PRACTICAL EXAMINATION**

a. Plan and procedure	-	15 (7.5+7.5)
b. Conducting	-	15 (7.5+7.5)
c. Analysis & conclusion	-	10(5+5)
d. Statistics	-	05
e. Record	-	05
f. Project work : It is begin with first sem. and End with second semester.		

**Total = 50**

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# I B.A. SYLLABUS

## II SEMESTER

### 2.3 : BASIC PSYCHOLOGICAL PROCESSES

#### **Unit – I Motivation 12 hours**

- a) Meaning and nature of motivations – Homeostasis, Motivation cycle.
- b) Types of motives  
Physiological motives – Hunger, thirst,  
Social motives – Achievement, power affiliation
- c) Theories of motivation - Drive reduction approach, instinct approach, incentive approach, Humanistic approach (Maslow's theory)

#### **Unit – II Emotion 12 hours**

- a) Meaning, Nature.
- b) Physiological and Psychological changes.
- c) Types of emotions.  
Pleasant emotions – Love, Joy, Affection  
Unpleasant emotions – Anger, Fear, Grief
- d) Theories of emotions – James – Lange theory cannon bard theory, Schacter – Singer theory.

#### **Unit – III Sensation, Attention, Perception 12 hours**

- a) Sensation – Meaning and process (steps involved in sensation)  
Types of senses – visual, auditory, olfactory, Gustatory, Skin – Receptors involved in each of the above sensory modalities.
- b) Attention – Meaning, types (involuntary, voluntary, habitual) determinants of attention (objective & subjective)
- c) Perception – Meaning, Gestalt - Principles of perception (Grouping and organizing) perceptual constancies, (size, shape and brightness) Errors in perception – illusion, Hallucination.

#### **Unit – IV Thinking 12 hours**

- a) Meaning and definition
- b) Reasoning (inductive and deductive reasoning)
- c) Concept formation (Process involved in concept formation)
- d) Creativity – Steps involved in creativity – characteristics of creative person. Convergent and Divergent thinking.
- e) Problem solving (steps involved problem solving).
- f) Thinking and Language.

**Unit – V Personality****12 hours**

- a) Meaning and definitions of personality include All port's definition.
- b) Approaches to the study of personality-Freud's theory [Topography of mind, Psycho sexual development], Jungs theory.
- c) Traits – cattell's trait's theory.
- d) Personality classification [Kreshmer's and Sheldon's], Type A & B personality
- e) Assessment of personality
  - a. Questionnaire and inventories
  - b. Rating scale
  - c. Projective techniques – TAT, SCT, RIBT
- f) Determinants of personality.

**REFERENCE :**

- 1) Feldman RS – Understanding Psychology  
IV Edition Mc Graw Hill, India
- 2) Saundra K ciccarelli – Psychology (South Asian Edition)  
Pearson Education
- 3) Robert A Baron – Psychology  
III Edition prentice Hall, India
- 4) John. W. Santrock – Psychology Essentials  
2<sup>nd</sup> Edition Tata Mc Graw Hill
- 5) Hillgord & Atkinson - Introduction to Psychology  
Oxford IBH publishing Co. Pvt. Ltd.,
- 6) Morgan, King - Introduction to Psychology  
VII Edition, 1989, Mc Graw Hill IBH Publication
- 7) Dharanedraiah. S. – Samanya Manovijnana [Kannada Version]  
Kannada Adyana Samste, Mysore
- 8) P. Nataraj - Samanya Manovijnana [Kannada Version]  
Srinivasa Publication, Mysore
- 9) B.G. Mariyappa & Ramaswamy Iyengar – Manashastra [Kannada Version]  
Mysore Publication
- 10) K.L. Ramalingu - Samanya Manovijnana-Part1 [Kannada Version]  
Sree Prakashana, Tumkur
- 11) A. Shreedhara – Psychological Theories. [Kannada Version]

II SEMESTER  
**BASIC PSYCHOLOGICAL PROCESSES**

**2.4: Practical - II**

- a) Span of attention
- b) Stroop effect
- c) Muller-Lyer illusion
- d) Maze learning or bilateral transfer
- e) Recall and reorganization.

**Statistics :** Mean (Short method and long method)

**PROJECT WORK COMPULSORY.**

**SCHEME OF PRACTICAL EXAMINATION**

a. Plan and procedure	-	12 (6+6)
b. Conducting	-	10 (5+5)
c. Analysis & conclusion	-	08(4+4)
d. Statistics	-	05
e. Record	-	05
f. Project work	-	10 (Internal-5) (External-5)

**Total = 50**

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**II B.A. SYLLABUS  
III SEMESTER  
3.3 : DEVELOPMENTAL PSYCHOLOGY**

**Unit – 1: Introduction & Genetic Foundation of development      12 hours**

- Meaning and Aspects of Human Development – Physical, Social, Cognitive & Moral development
- Theories of Human Development – Piaget & Erikson
- Genetic Foundations of Development - Cell Division – Mitosis & Meiosis
- Mechanisms of Heredity – Genes, Chromosomes, Dominant & Recessive Alleles
- Sex Determination : Multiple Births – Causes & Types
- Stages of Prenatal Development – Germinal, Embryonic & Foetal stages – Length & Characteristics of each stage

**Unit – 2: Infancy and Childhood      12 hours**

- General Characteristics (Physical & Body system) -
- Newborn Reflexes – Rooting, Darwinian (Grasping), Swimming, Tonic Neck, Moro (Startle), Babinski, Walking, placing
- Medical & Behavioural Assessment – Apgar scale, Brazelton scale
- Sudden Infant Death Syndrome
- General Characteristics –
- Physical Development – Height, Weight, Appearance
- Motor Skills – Large muscle coordination, Small muscle coordination, handedness
- Language Development – Vocabulary, Grammar, Social speech

**Unit – 3: Puberty and Adolescence      12 hours**

- Characteristics of Puberty – Criteria, Causes of Puberty
- Effects of Puberty Changes – Sources of Concern
- Health Concerns–Nutrition, Eating disorders, Use & abuse of Drugs, STD's
- Moral Development – Kohlberg's levels of morality
- Developing a carrier – stages in vocational planning, influences on vocation planing.
- Aspects of personality Development- Relationship with parents & peers

**Unit – 4 : Adulthood & Middle Age      12 hours**

- Adulthood - Characteristics, Cognitive and Emotional Development- Emotional Intelligence.
- Vocational adjustment- Importance of work, Choosing Occupation, gender differences at work.

- Middle Age - Characteristics, adjusting To Changes- physical (Appearance, Sensory abilities, Physical functioning, Health, Sex).
- Mental abilities, Interests, social & Emotional Adjustment, Personal Relationship.
- Occupational adjustment-stable and unstable patterns work related stress.
- Unemployment, changing Careers, Preparation for Retirement.
- How Work Enhances Intellectual and Personal Growth.

### **Unit – 5: Old age and end of life**

**12 hours**

- General Characteristics
- Changes & Adjustment – Physical (Appearance, Internal, Physiological, Sensory, Health Changes), Motor functioning, mental abilities.
- Disorders Related to Old Age – Alzheimer’s, General Perasis, Senile Dementia.
- Successful Ageing – Activity theory, Disengagement theory& Continuity theory.
- Aspects of Death - Social Attitudes towards Death and Dying across life span - Stages of Dying.

### **REFERENCES:**

1. Diane E Papalia- Human Development  
7<sup>th</sup> International Edition, Mc Graw Hill - 1998
2. Lois Hoffman-Developmental Psychology Today  
5<sup>th</sup> Edition, Mc Graw Hill Inc. 1988
3. Elizabeth B Hurlock- Developmental Psychology-a life-span approach  
5<sup>th</sup> Edition, Tata Mc Graw Hill publication 1987
4. Laura E Berk- Child Development  
Prentice Hall of India – 1999
5. Hetherngton & Parke- Child Psychology.  
5<sup>th</sup> International Edition, Mc Graw, Hill – 1999
6. Santrock 1999 Life Span Development,  
7<sup>th</sup> Ed. Mc Graw Hill Publication
7. Dharanenadraiah - Vikasa Manovignana (kannada version)  
Kannada Adyana Samste, Mysore
8. P.Nataraj - Vikasa Manovignana (kannada version)  
Sreenivasa Publication, Mysre

**III SEMESTER  
DEVELOPMENTAL PSYCHOLOGY**

**3.4 : PRACTICALS – III :**

1. Happiness Inventory
2. Free Association
3. Adolescent Problem Checklist
4. Retinal Colour Zones
5. Paired Association

**STATISTICS:**

S D & Q D for grouped & ungrouped

**PROJECT WORK COMPULSORY.**

**SCHEME OF PRACTICAL EXAMINATION**

a. Plan and procedure	-	15 (7.5+7.5)
b. Conducting	-	15 (7.5+7.5)
c. Analysis & conclusion	-	10(5+5)
d. Statistics	-	05
e. Record	-	05
f. Project work : It is begin with third sem. and End with fourth semester.		

**Total = 50**

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**II B.A. SYLLABUS**  
**IV Semester**  
**4.3 : Research methodology and statistics**

**I WHAT IS RESEARCH DESIGN**

Meaning, Types, Principles and important concept of relating to research design.  
Within group design, Between group design, Experimental group &  
Control group. Meaning of problem / Hypotheses (Meaning and Types)  
Variables (Meaning and Types)

**II INTRODUCTION TO STATICAL METHOD**

Measure of central tendency  
Meaning – Mean, Median, Mode (Grouped & ungrouped)

**III DATA ANALYSIS**

Correlation – Scatter diagram (Positive correlation & Negative correlation, No correlation)  
Product moment method & Rank difference method

**IV PSYCHOLOGICAL TESTING**

Introduction to psychological testing, characteristic  
Reliability : Types of reliability  
Validity : Types of validity

**V MEASURE OF VARIABILITY**

Quarter deviation  
Standard deviation  
T test and Chi-square

**REFERENCE :**

Henry Garret – Statistics in Psychology & Education, Mumbai : Feffer & Simons Pvt. Ltd.,  
A.K. Singh – Research Methodology, New Delhi : Pearson Education.  
Gregory R.J. – Psychological Testing, New Delhi : Pearson Education.

**IV SEMESTER  
DEVELOPMENTAL PSYCHOLOGY**

**4.4 : PRACTICALS – IV :**

1. Size Weight Illusion
2. Guidance Need Inventory
3. Emotional Maturity Scale
4. Two Point Threshold
5. Effect of Competition on Performance

**STATISTICS :** Correlation – Rank different, Product moment

**PROJECT WORK COMPULSORY.**

**SCHEME OF PRACTICAL EXAMINATION**

a. Plan and procedure	-	12 (6+6)
b. Conducting	-	10 (5+5)
c. Analysis & conclusion	-	08(4+4)
d. Statistics	-	05
e. Record	-	05
f. Project work	-	10 (Internal-5) (External-5)

**Total = 50**

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**III B.A. SYLLABUS**  
**V SEMESTER - PAPER – V**

**5.1 : ABNORMAL PSYCHOLOGY [COMPULSORY]**

**Unit-I : Introduction** **10 hours**

- a) Definition and nature of abnormality.
- b) Criteria of abnormality – statistical, social, personal discomfort
- c) Misconception of abnormal behaviour
- d) Classification of abnormal behaviour – DSM IV Classification

**Unit-II : Psychological views of Abnormality** **10 hours**

- a) Psychodynamic view – Freud's
- b) Behaviouristic view – Watson, Skinner, Pavlov
- c) Cognitive view – Bandura
- d) Humanistic view – Maslow & Carl Roger
- e) Interpersonal view – Erikson

**Unit-III : Unconscious process** **10 hours**

- a) Topography of mind [Freud's Analysis]
- b) Evidence of unconscious
- c) Defense Mechanisms.
- d) Psycho-Sexual Development
- e) Dream Mechanism.
- f) Hypnosis
- g) Difference between Psychosis & Neurosis.

**Unit-IV : Stress :** **10 hours**

- a) Meaning and definition – Symptoms of stress.
- b) Causes and effects of stress.
- c) Reaction to common life stressors – Unemployment, Bereavement, Divorce, Separation
- d) Post-Traumatic stress disorder.
- e) Theories of stress – The diathesis stress models,  
– Selye's General Adaptation syndrome.
- f) Stress Management – Coping Mechanisms (Skills)
  - a) Task oriented mechanisms
  - b) Defense oriented mechanism.

**Unit-V : Anxiety based disorders**

**10 hours**

- a) Phobia - Meaning and types [Simple phobia, agoraphobia, social phobia]  
Symptoms & Causes.
- b) Panic disorders - Meaning and Symptoms.
- c) Obsessive-Compulsive Disorder – Meaning, Symptoms & Causes.
- d) Generalized anxiety disorder – Meaning & Symptoms.
- e) Somatoform disorder – Somatisation disorder, hypochondriasis,  
Somatoform pain disorder.
- f) Disassociative disorders – Psychogenic amnesia, Fugue, Multiple personality  
disorder, depersonalization disorder.

**REFERENCE :**

- 1) Carson & Butcher - Abnormal psychology & Modern life.  
10<sup>th</sup> Edition, Harper collinl
- 2) Bootzin – Acocella - Abnormal psychology & Current perspective  
6<sup>th</sup> Edition, Graw Hill inc USA
- 3) Ronald J Corner - Abnormal psychology  
2<sup>nd</sup> Edition, WH Freeman & Co.
- 4) John M. Ncale - Exploring Abnormal psychology  
6<sup>th</sup> Edition, John wiley & Sons
- 5) Manoroga Vijnana - P. Nataraj [Kannada version]  
Srinivasa Publication, Mysore
- 6) Apasamnya Manovijnana – M.N. Hegde [Kannada version]  
Prsaranga University of Mysore
- 7) Manorogagala Parichaya - Balakrishna Acharya  
Prsaranga University of Mysore
- 8) Sigmund Frued - K.L. Ramalingu [Kannada version]  
Sree Prakasana, Tumkur
- 9) Venkatareddy. C.N. Apasamanya Manovijnana & Adhunika Jeevana  
S.B.T. Publication, Gulbarga
- 10) Sarason and Sarason – Abnormal psychology  
Prentice Hall of India, New Delhi
- 11) Barlow and Durand 1995 – Abnormal Psychology  
Cole Publishing Company, Newyark.

**III B.A. SYLLABUS**  
**V SEMESTER-ELECTIVE PAPER – VI**  
**5.2 A : EDUCATIONAL PSYCHOLOGY**

**Unit-I**

**10 hours**

**CONCEPT OF EDUCATION**

- a) Meaning of education and definitions, Broder and Narrow concept of Education.
- b) Nature and meaning of educational psychology.
- c) Scope of educational psychology.
- d) Role of psychology in education theory & practice.
- e) Methods of studying student behaviours – introspection method, observation method, experimental method, case study.
- f) Contribution of Gestal & Psychoanalytic School in education field.
- g) Contribution of psychology in modern education.

**Unit-II**

**12 hours**

**GROWTH AND DEVELOPMENT OF CHILD**

- a) Meaning of growth and development and its difference.
- b) Stages of growth and development. (Early childhood, later childhood & adolescence)
- c) Role of school in growth and development of child.
- d) Role of heredity and environment in development.
- e) Maturation and learning.

**Unit-III**

**10 hours**

**INDIVIDUAL DIFFERENCES AND INTELLIGENCE**

- a) Meaning of individual difference.
- b) Areas of individual differences.
- c) Causes for individual differences (Heredity and environmental)
- d) Individual differences and education.
- e) What is intelligence, What is IQ, Intelligence theory : Sperman's two factor theory, Sternberg's Triarchic theory.
- f) Intelligence test (Individual and group test) verbal and non-verbal.
- g) Uses and application of intelligent test.

**Unit-IV**

**10 hours**

**FACTORS AFFECTING LEARNING**

- a) Motivation : Meaning, Types, Strategies of motivation development among learner (Award – Reward, Arousal, Reward-punishments, Success, Failure, Competition, Co-operation, Fixing aim, Achievement) – Educational implication.



- b) Interest – Meaning, Arousal factors, Educational implications.
- c) Attitude – Meaning, Types, Development of attitude, Educational implications.
- d) Memory – Meaning and types, Retention and measuring of retention (Ebbinghos curve) Techniques of improving memory.
- e) Forgetting – Meaning, Causes.
- f) Improving student self Efficacy – (Santrock – Page 426-429).

### **Unit-V**

**10 hours**

### **LEARNING (BEHAVIOURAL & APPROACHES TO LEARNING)**

- a) Thorndikes Trial & Error learning theory, Law's and Educational implications.
- b) Classical conditioning – principles and educational implications.
- c) Operant conditioning – Reinforcement, Methods of Reinforcement and Educational implications.
- d) Bandura observation learning (Social learning area).
- e) Gagne's hierarchy learning.
- f) Transfer of Learning, Types and Educational implications.

### **REFERENCE :**

- 1) S. Dandapani - Advanced Educational Psychology  
2<sup>nd</sup> Edition, New Delhi, Anmol Publication
- 2) S.S. Chauhan - Advanced Educational Psychology  
Agarwal Publication
- 3) S.K. Mangal - Advanced Educational Psychology  
Prentice Hall, New Delhi
- 4) H.R. Bhatia - Advanced Educational Psychology  
Doaba House Publication, New Delhi
- 5) Mathur - Advanced Educational Psychology  
Ludhiana Prakash Brothers, New Delhi
- 6) T.V. Somashekar - Educational Psychology  
Sreyes Publication, Davanagere
- 7) B.C. Rai - Educational Psychology  
Prentice Hall, New Delhi
- 8) H.V. Vamadevappa - Shykshnika Manovijnana [Kannada Version]  
Sreyes Publication, Davanagere
- 9) Kongavada - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga
- 10) A.M. Suresh - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga
- 11) Raju. G. - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga
- 12) Santrock - Education psychology [Pearson Publication]

**III B.A. SYLLABUS**  
**V SEMESTER-ELECTIVE PAPER – VI**  
**5.2 B : INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY**

**UNIT-I : INTRODUCTION** **10 hours**

1. Definition, Goals, Forces and Fundamental concepts, Nature of People and nature of organizations.
2. Historical Development of Industrial Organizational Psychology.
3. Classic Studies
  - i. Time and motion study – Nature and characteristics, use of Therbligs, Principles, Psychological Implications and short comings
  - ii. Hawthorne studies – five experiments, implications, criticisms.

**UNIT-II : JOB ANALYSIS AND SELECTION** **10 hours**

- A. **Job analysis** : Definition on and methods  
Observation method - Interview method - Questionnaire method  
- Check list method - Technical conference method - Dairy method  
- Work participation method - Critical incident method  
- Uses of Job Analysis
- B. **Selection** : Definition, Basic selection model, Application Blank, Psychological Tests used in selection – Intelligences Tests, Personality tests and aptitude tests (Mention two tests in each area)  
Interview method: Guided interview, unguided interview, stress interview and group interview.

**UNIT-III : TRAINING** **10 hours**

- Definition, Psychological principles involved in the process of training, Importance and objectives of training :-  
Methods : On the job methods
1. Apprenticeship programmes - Job instruction training - Coaching - Under study assignment - Job rotation - Committee assignment
  2. Off the job methods, Lecture method, programmed Learning  
Simulation Exercises: Role playing - Vestibule Training - Sensitivity Training - In Basket Training - Case Studies - Business games - H.R. Training
  3. Evaluation of the effectiveness of training.

**UNIT-IV : LEADERSHIP AND MOTIVATION** **10 hours**

- A. **Leadership**-Definition and styles of leadership  
Authoritarian - Democratic - Free Reign - Charismatic – Transformational - Transactional  
Role of power in leadership : Power-Definition, Types of power, Effects and uses of power.

- B. Motivation : Definition, classification of motives  
Positive motivation - Negative motivation - Extrinsic motivation -  
Intrinsic motivation - Modern theories of work - Motivation  
Vroom's expectancy theory - Porter and lawler model -  
Mcgregor's theory-x and theory-y

## **UNIT-V**

**10 hours**

### **INDUSTRIAL MORALE AND INCENTIVES**

- A. Industrial morale : Definition, Determinants of morale, methods of increasing morale  
Expert approach - Industrial spy - Industrial counselor- Employee problem approach
- B. Incentives : Meanings of incentives  
Classification of incentives  
Financial incentives - Negative incentives - Positive incentives  
Non financial incentives - Substitute incentives  
Non financial incentives : need of non-financial incentives, Types of non-financial incentives with studies :  
Attitude - Supervisory relation - Level of aspiration - Praise and Reproof  
Knowledge of results - Co-operation and competition.

### **REFERENCE :**

1. Newstrom J.W. & Davis K – Organizational Behaviour – Human at work. 7<sup>th</sup> Edition, McGRAW Hill International Edition
2. Blum M.L., and Naylor J.C. – Industrial Psychology [2004] CBS Publishers & Distributors, New Delhi
3. Mohanty. G. – Industrial Psychology & Organizational Psychology. McGRAW Hill International Edition
4. Shucltz. D.P. & Shuctz. E.S. – Psychology and work today. 6<sup>th</sup> Edition, Mac Milan Publishing Company, Newyark.
5. Miner J.B. – Industrial Organizational Psychology. Mcgraw Hill inc, Newyark.
6. Narendra Singh – Industrial Psychology. Surjeet Publications, Kamala Nagar, Delhi – 7
7. Aswathappa. K.- Human Resource and personal management. TATA Mcgraw Hill Publishing Company, New Delhi - 1997
8. Adity Sharma – Industrial Psychology. Surjeet Publications, Kamala Nagar, Delhi – 7.
9. Harrecc . T.U. Industrial Psychology Oxford & IBH Publications Company Pvt. Ltd., New Delhi.

**III B.A. SYLLABUS**  
**V SEMESTER-ELECTIVE PAPER-VI**  
**5.2 C : COUNSELING PSYCHOLOGY**

**UNIT 1:** Introduction: Nature of counseling, Definition, What is counseling and helping, Evolution of the Guidance and counseling movement in India, Where do counseling Psychologists work. **10 hours**

**UNIT II:** Ethical and Professional issues Approaches to Counseling: Person centered counseling: Gestalt counseling: Psycho analytic counseling: Cognitive counseling: Behaviouristic counseling **10 hours**

**UNIT III:** Tests in Counseling: What is a Psychological test, What makes a good psychological test, Counselor's use of psychological tests, Limitations of psychological tests, Major classifications of psychological tests, Use of psychological tests, selection of tests, Administration of tests, Testing producer, Scoring of tests, Reporting and recording, Use of test results, Caution for the use of psychological tests. **10 hours**

**UNIT IV:** Counseling interview: Relationship, Importance and Facilitating conditions. (Readiness, pre-counseling, Counseling relationship) **10 hours**

**UNIT V:** Counseling Interview: Types of interviews, Introductory, Fact finding, Informative, Therapeutic Interview procedure, Pros, Interpretation, developing insights and putting them to work, Recording Limitations can explained with the help of case studies, Stages..... **10 hours**

**REFERENCES:**

Gelso, Charles j and Fritz, Bracer-(1995)-Counseling psychology-Prism Books private limited- Harcourt- Brace college publishers.

Kochhar, S.K.- (2001)- Guidance and Counseling in colleges and universities- Sterling Low price edition- sterling publisher private limited.

Nelson- Jones, Richard (1996)-practical counseling and Helping skills- Better yourself Books-Mumbai.

Patterson, Lewis and weiel, Elizabeth Reynolds- (2000)-The counseling process- Fifth Edition-Wadsworth Thomson Learning- Esteem press-Bangalore.

## III B.A. PRACTICALS

### V Semester

#### 5.3 : Practical – Paper V [A Practical's]

1. Eysenck Personality Inventory.
2. Type A/B Behavioral Pattern.
3. General Health Questionnaire (GHQ).
4. Personal Values Questionnaire (PVQ).
5. Internal-External Locus of Control.

**Statistics- SEM.**

**Project work compulsory.**

#### SCHEME OF PRACTICAL EXAMINATION

a. Plan and procedure	-	15 (7.5+7.5)
b. Conducting	-	15 (7.5+7.5)
c. Analysis & conclusion	-	10(5+5)
d. Statistics	-	05
e. Record	-	05
f. Project work : It is begin with fifth sem. and End with sixth semester.		

**Total = 50**

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## V Semester

### 5.4 : Practical – Paper VI [B Practical's]

1. MRMT or verbal reasoning.
2. Numerical Ability.
3. Mechanical Aptitude.
4. Revan's standard Progressive Matrices (RPM)
5. Tweezer Dexterity.

### Statistics – Chi-Square ( $\chi^2$ )

#### Project work compulsory

#### SCHEME OF PRACTICAL EXAMINATION

a. Plan and procedure	-	15 (7.5+7.5)
b. Conducting	-	15 (7.5+7.5)
c. Analysis & conclusion	-	10 (5+5)
d. Statistics	-	05
e. Record	-	05
f. Project work it is begin with fifth sem. and End with sixth semester.		

**Total = 50**

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### III BA / B.Sc. SYLLABUS

#### VI SEMESTER - PAPER - VII

#### 6.1 : ABNORMAL PSYCHOLOGY [COMPULSORY]

**Unit-I : Personality disorders : 10 hours**

- a) Definition, meaning and symptoms - Paranoid, Schizoid, Borderline, Avoidant, Dependent, Antisocial personality disorder
- b) Paraphilias or Sexual variants – Meaning, Types & Symptoms.

**10 hours**

**Unit-II : Schizophrenia – Nature, General symptoms, Types & causes.**

Mood disorder – Nature & types [Unipolar & Bipolar], Causes

Unipolar MD : Depression – Meaning & symptoms

Types of Uniplar MD.

Bipolar MD : Depression & Mania – Meaning & Symptoms of mania. Types of Bipolar disorder.

**10 hours**

**Unit – III : Mental Retardation – Definition, levels, clinical types, symptoms, causes and treatment of MR**

Specific learning disorders - Meaning, Types, Causes & Treatment

Autism – Meaning, Symptoms, Causes & Treatment.

**10 hours**

**Unit – IV : Substance Abuse – Meaning & types [Alcohol & Drugs]**

Alcohol abuse – Meaning, Symptoms, Causes and effects, Treatment.

Drug abuse – Meaning, Symptoms, Causes and effects, Treatment.

[Types – Narcotics, Sedatives, Hallucinogens, Stimulants]

**Unit – V : Therapies : 10 hours**

- a) Biological therapies – Pharmacological method, Electro convulsive therapy, Neurosurgery.
- b) Psychotherapies – Psychodynamic therapy, Behavioural therapy,
- c) Cognitive therapy – Rational emotive therapy, Stress inoculation.
- d) Humanistic therapy – Client centered therapy.

## REFERENCE :

- 1) Carson & Butcher - Abnormal psychology & Modern life.  
10<sup>th</sup> Edition, Harper collinl
- 2) Bootzin – Acocella - Abnormal psychology & Current perspective  
6<sup>th</sup> Edition, Graw Hill inc USA
- 3) Ronald J Corner - Abnormal psychology  
2<sup>nd</sup> Edition, WH Freeman & Co.
- 4) John M. Ncale - Exploring Abnormal psychology  
6<sup>th</sup> Edition, John wiley & Sons
- 5) Manoroga Vijnana - P. Nataraj [Kannada version]  
Srinivasa Publication, Mysore
- 6) Apasamnya Manovijnana – M.N. Hegde [Kannada version]  
Prsaranga University of Mysore
- 7) Manorogagala Parichaya - Balakrishna Acharya  
Prsaranga University of Mysore
- 8) Sigmund Frued - K.L. Ramalingu [Kannada version]  
Sree Prakasana, Tumkur
- 9) Venkatareddy. C.N. Apasamanya Manovijnana & Adhunika Jeevana  
S.B.T. Publication, Gulbarga
- 10) Sarason and Sarason – Abnormal psychology  
Prentice Hall of India, New Delhi
- 11) Barlow and Durand 1995 – Abnormal Psychology  
Cole Publishing Company, Newyark.



**III BA / B.Sc. SYLLABUS**  
**VI SEMESTER ELECTIVE PAPER - VIII**  
**6.2 A : EDUCATIONAL PSYCHOLOGY**

**Unit-I :** **10 hours**

**EXCEPTIONAL CHILDREN (ADJUSTMENT AND EDUCATIONS)**

- b) Gifted children
- c) Backward children
- d) Slow learner
- e) Under achievers
- f) Physically challenged children's
- g) Learning disability of children

**Unit-II :** **10 hours**

**COUNSELING AND GUIDANCE**

- a) Counseling, Meaning and Aims.
- b) Types & peer education and counseling.
- c) Guidance – Definition and needs, aims and principles.
- d) Education guidance.
- e) Vocational guidance.
- f) Difference between guidance and counseling.

**Unit-III :** **10 hours**

**GROUP DYNAMICS**

- a) Meaning and definitions of group dynamics.
- b) Educational importance of group dynamics.
- c) Types of group, class room as a group, classroom interaction.
- d) Sociometric and Sociogram – uses of sociometric.
- e) Leadership – Meaning and characteristics, Teacher as a leader in the classroom.

**Unit-IV :** **10 hours**

**PERSONALITY AND ADJUSTMENT**

- a) Meaning and definition of personality.
- b) Factors affecting personality (Determinants)
- c) Classification of personality (Krechmer's and Sheldon theory)
- d) Freud's-Structure of personality.
- e) Maslow's-Self actualization theory.
- f) The role of school & teacher in personality development.
- g) Personality adjustment and characteristics of a well adjusted person.

**Unit-IV :****10 hours****MENTAL HYGINE, MENTAL HEALTH AND MALADJUSTMENT**

- a) Mental Hygine goals and objectives.
- b) What is mental health and characteristics of mental healthy person?
- c) Teacher as counselor.
- d) Role of teacher in maintaining, mental health of students.
- e) Maladjustment – causes for maladjustment.
- f) Adjustment mechanism.
- g) Teacher's Burnout – early symptoms.

**REFERENCE :**

- 1) S. Dandapani - Advanced Educational Psychology  
2<sup>nd</sup> Edition, New Delhi, Anmol Publication
- 2) S.S. Chauhan - Advanced Educational Psychology  
Agarwal Publication
- 3) S.K. Mangal - Advanced Educational Psychology  
Prentice Hall, New Delhi
- 4) H.R. Bhatia - Advanced Educational Psychology  
Doaba House Publication, New Delhi
- 5) Mathur - Advanced Educational Psychology  
Ludhiana Prakash Brothers, New Delhi
- 6) T.V. Somashekar - Educational Psychology  
Sreyes Publication, Davanagere
- 7) B.C. Rai - Educational Psychology  
Prentice Hall, New Delhi
- 8) H.V. Vamadevappa - Shykshnika Manovijnana [Kannada Version]  
Sreyes Publication, Davanagere
- 9) Kongavada - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga
- 10) A.M. Suresh - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga
- 11) Raju. G. - Shykshnika Manovijnana [Kannada Version]  
Shivakumara Agency, Gadaga

### **III BA / B.Sc. SYLLABUS**

#### **VI SEMESTER ELECTIVE PAPER - VIII**

#### **6.2 B : INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY**

##### **UNIT-I : EMPLOYEE COMMUNICATION 10 hours**

Importance of communication, the communication process, the role of five, two way communication.

Semantics : Communication Barrier ; Personal Barriers, Physical Barriers, Semantic Barriers, Words, Pictures, Action (Non verbal communications), Body Language, Ecological Control, Two key communication Symbols, Readaptability, Listening.

##### **UNIT-II : PERFORMANCE APPRAISAL 10 hours**

Definition, Appraisal Process, Appraisal Methods –

A. Absolute Standards -

Essay Method - Critical Incident Method - Check List Method - Graph Rating Scale - Forced Choice Method - Behaviour Anchored Rating Scale

B. Relative Standards –

Ranking Method - Paired Comparison - Management by objectives - 360° Appraisal Errors in Appraising

##### **UNIT-III : EMPLOYEE STRESS 10 hours**

Definition, Symptoms of Stress, Employee Sources of Stress, Stress Threshold, Type A and Type B people (Behaviour)

Stress Management : A. Individual approaches to stress management :

Time Management - Physical Exercise - Relaxation Training - Social support

B. Organizational Approaches :

Selection and placement - Job redesigning - Goal settings - Organizational communication - Participative decision making.

Employee counseling – need for counseling, counseling type – directed, non-directed, participative counseling.

**UNIT-IV : CONDITIONS OF WORK AND ACCIDENTS 10 hours**

A. Conditions of work : Physical conditions of work : Illumination, Noise, Color, Music, Temperature and humidity.

Temporal conditions of work : Hours of work, length of work week, rest pauses, shift work.

Psychological conditions of work – Boredom, Monotony and fatigue.

B. Industrial accidents : Definition, Causes and Prevention.

**UNIT-V : 10 hours  
ATTITUDE AND JOB SATISFACTION**

A. Attitude : Need and importance of studying attitude in industry, consequences of unfavourable attitude, Techniques to improve attitude in industry – 1. Good behaviour of supervisor 2. Persuasion.

Job satisfaction definitions : Determinants of Job satisfaction

A. Personal factors (6 factors),

B. Factors related to job (5 factors)

C. Factors controlled by management (8 factors)

**REFERENCE :**

1. Newstrom J.W. & Davis K – Organizational Behaviour – Human at work. 7<sup>th</sup> Edition, McGRAW Hill International Edition
2. Blum M.L., and Naylor J.C. – Industrial Psychology [2004] CBS Publishers & Distributors, New Delhi
3. Mohanty. G. – Industrial Psychology & Organizational Psychology. McGRAW Hill International Edition
4. Shucltz. D.P. & Shuctz. E.S. – Psychology and work today. 6<sup>th</sup> Edition, Mac Milan Publishing Company, Newyark.
5. Miner J.B. – Industrial Organizational Psychology. Mcgraw Hill inc, Newyark.
6. Narendra Singh – Industrial Psychology. Surjeet Publications, Kamala Nagar, Delhi – 7
7. Aswathappa. K.- Human Resource and personal management. TATA Mcgraw Hill Publishing Company, New Delhi - 1997
8. Adity Sharma – Industrial Psychology. Surjeet Publications, Kamala Nagar, Delhi – 7.
9. Harrecc . T.U. Industrial Psychology Oxford & IBH Publications Company Pvt. Ltd., New Delhi.

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**III BA / B.Sc. SYLLABUS**  
**VI SEMESTER ELECTIVE PAPER - VIII**  
**6.2 C : COUNSELING PSYCHOLOGY**

**UNIT 1:** Nature, Definition.....Counseling, Guidance, Meaning purpose scope goals , Counseling and guidance movement in India. **10 hours**

**UNIT II:** Professional issues: Education and training of counselors, Where do they work, Ethical issues. **10 hours**

**UNIT III:** Tests in counseling counselor's use of P T .... Types of test, Selection, Use, scoring intervention, cautions in using tests. **10 hours**

**UNIT IV:** Counseling Relationship: Importance, components, Facilitative conditions o relationship empathy, respect confidentiality, Genuineness. **10 hours**

**UNIT V:** Counseling Intervention: Stages o intervention, Starts/Working/ closing stages. **10 hours**

**REFERENCES:**

Gelso, Charles j and Fritz, Bracer-(1995)- Counseling psychology-Prism Books private limited- Harcourt- Brace college publishers.

Kochhar, S,K.- (2001)- Guidance and Counseling in colleges and universities- Sterling Low price edition- sterling publisher private limited.

Nelson- Jones, Richard (1996)- practical counseling and Helping skills- Better yourself Books-Mumbai.

Patterson, Lewis, and weiel, Elizabeth Reynolds- (2000)- The counseling process- Fifth Edition-Wadsworth Thomson Learning- Esteem press-Bangalore.

## III B.A. PRACTICALS

### VI Semester

#### 6.3 : Practical – Paper VII [Practical – A]

1. Self-Concept.
2. Bells Adjustment Inventory.
3. Sodhi's Attitude Scale.
4. Assessment of General Well-being Measure.
5. Assessment of Anxiety (Self-analysis form).

**Statistics – T-test - two types.**

**Project work compulsory.**

#### SCHEME OF PRACTICAL EXAMINATION

a. Plan and procedure	-	12 (6+6)
b. Conducting	-	10 (5+5)
c. Analysis & conclusion	-	08 (4+4)
d. Statistics	-	05
e. Record	-	05
f. Project work	-	10 (Internal-5) (External-5)

**Total = 50**

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## VI Semester

### 6.4 : Practical – Paper VIII [Practical - B]

1. Bhatia's Battery of Performance test of Intelligence.
2. General Mental Ability.
3. Finger Dexterity.
4. Muscular Fatigue.
5. Clerical Speed and Accuracy.

**Statistics – Median test & Critical Ratio (CR).**

**Project work compulsory.**

### SCHEME OF PRACTICAL EXAMINATION

a. Plan and procedure	-	12 (6+6)
b. Conducting	-	10 (5+5)
c. Analysis & conclusion	-	08 (4+4)
d. Statistics	-	05
e. Record	-	05
f. Project work	-	10 (Internal-5) (External-5)

**Total = 50**

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## 4.9 : Open Elective – Psychology

### Psychology for living

I Introduction : What is psychology, Definition and Role of psychology in society. Methods : Introspection method, Observation method, Questionnaire, Positive psychology. Perspective : Psycho dynamic Perspective, Humanistic perspective **10 hours**

II Memory, Forgetting & Intelligence : What is memory, Nature of memory, Types of memory : Sensory memory, Short-term memory, Long-term memory, Forgetting : Causes of forgetting (Decay theory, Interference theory) Improving memory. Intelligence : Meaning & definition, Concept of IQ, Influence on intelligence (Genetic & Environmental) and Emotional intelligence. **10 hours**

III Body and Mind : Psychological factors and physical illness. Stress – related illness (Environmental demands, information processing in the central nervous system peripheral organ, negative feedback). Health Hazards – Obesity, Tobacco abuse, Alcohol and Drug abuse. Anxiety disorders (Generalized anxiety disorder) Phobia – Types (Simple phobia, Social phobia, Agora phobia). Depression and suicide: Range of depression, Bipolar disorder, suicide. **10 hours**

IV Consciousness : Sleep, Dream, Hypnosis, Mental health : Characteristics of mental healthy person. Meditation, Yoga and its effects. **5 hours**

### REFERENCE :

- 1) Feldman RS – Understanding Psychology  
IV Edition Mc Graw Hill, India
- 2) Saundra K ciccarelli – Psychology  
Pearson Education
- 3) Atwater – Psychology for living  
Pearson Education
- 4) John W. Santrock – Psychology Essentials  
Tata Mc Graw Hill Publication



# TUMKUR UNIVERSITY, TUMKUR

## B.A. Programme : Course Structure & Matrix for semester I to IV Psychology

Sl. No	Course Number in Sem.	Subject, Paper No. and Title in a Semester	Type of instruction and hours per week and type	Credits	Exam hours per course / sem.	I.A/Course / Sem.	SEE/ Course/ Sem.	Max. Marks/ Course/ Sem.	Remarks
1	1.3	Basic Psychological Process	T 4	4	03	10	90	100	
	1.4	Practical-I: Based on theory	P 4	2	03	--	50	50	
2	2.3	Basic Psychological Process	T 4	4	03	10	90	100	
	2.4	Practical-II: Based on theory	P 4	2	03	--	50	50	
3	3.3	Developmental Psychology	T 4	4	03	10	90	100	
	3.4	Practical-III: Based on theory	P 4	2	03	--	50	50	
4	4.3	Developmental Psychology	T 4	4	03	10	90	100	
	4.4	Practical-IV: Based on theory	P 4	2	03	--	50	50	
	8 Courses/ Semester		32	24		40	560	600	
Group III compulsory courses and open elective (Mandatory for the combination of B.A. Programme; not to be consider for declaration of class and rank)									
5	4.9	Open elective Psychology for living	T 3	2	3	-	50	50	

# TUMKUR UNIVERSITY, TUMKUR

## B.A. Programme : Course Matrix for semester V to VI Psychology

Sl. No	Course Number in Sem.	Subject, Paper No. and Title in a Semester	Type of instruction and hours per week and type	Cre Dits	Exam hours per course / sem.	I.A/Course / Sem.	SEE/ Course/ Sem.	Max. Marks/ Course/ Sem.	Remarks
6	5.1	Abnormal Psychology-Paper-V (Compulsory paper)	T 3	3	03	10	90	100	
	5.2	Psychology Elective Paper – VI [Edu.Psy./Ind.OrgPsy/Coun.Psy]	T 3	3	03	10	90	100	
7	5.3	Paper-V Practical:Based on theory	P 3	1.5	03	--	50	50	
	5.4	Paper-VI Practical:Based on theory	P 3	1.5	03	--	50	50	
8	6.1	Abnormal Psychology-Paper-VII (Compulsory paper)	T 3	3	03	10	90	100	
	6.2	Psychology Elective Paper – VIII [Edu.Psy./Ind.OrgPsy/Coun.Psy]	T 3	3	03	10	90	100	
9	6.3	Paper-VII Practical:Based on theory	P 3	1.5	03	--	50	50	
	6.4	Paper-VIII Practical:Based on theory	P 3	1.5	03	--	50	50	
			<b>34</b>	<b>18</b>	<b>24</b>	<b>40</b>	<b>560</b>	<b>600</b>	

**Note :** Elective Paper : 5.2 A-Educational psychology.  
5.2 C-Counseling psychology.

5.2 B-Industrial & Organizational psychology.