

P.G. 1st Semester

Paper: PSY701C (Core)
Foundations of Psychology
Credits: 4 = 3+0+1 (48 Lectures)

Objectives:

This course aims at helping the students to:

- (i) Appreciate the basic assumptions, principles and historical roots of modern scientific psychology.
- (ii) Understand the main theoretical perspectives in Psychology.
- (iii) Have an appraisal of the contemporary theoretical developments in modern psychology.

Unit 1: (8 Lectures)

Introduction: Definition of Psychology, Nature of Psychology, Psychology as a Science, Perspectives on behavior, Methods of Psychology, Subfields of Psychology; Psychology in modern India.

Perception: Perceptual Processing, Role of attention in perception, perceptual organization, perceptual sets, perceptual constancies, depth perception, illusions.

Unit 2: (12 Lectures)

Schools of Psychology: Structuralism, Functionalism, Behaviorism, Gestalt, Classical Psychoanalysis (Freud).

Unit 3: (16 Lectures)

Learning: Definition of Learning, types of learning, principles and applications of classical conditioning, operant conditioning, observational learning, cognitive influences on learning.

Memory: Definition of Memory, Models of memory: Levels of processing, Parallel Distributed Processing, Information Processing, Reconstructive Nature of Memory, Forgetting, Improving Memory.

Unit 4: (12 Lectures)

Emotion and Motivation: Emotions: Definition, Nature, Components of an emotional reaction, theories of emotion, physiology of emotions. Motivation: Concept, perspectives on motivation, types of motivation, motivational conflicts, relationship between emotion and motivation.

Stress and Coping: Define stress, Nature and Causes of Stress, Coping Strategies, Yoga, Meditation.

Practicum: Any 2 practicum based on **PSY701C**

Reading List:

Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.

Carr, A. (2011): *Positive psychology*. Routledge.

Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.

Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), *Foundations of Indian Psychology (Vol. 1), Theories and concepts*. Pearson.

Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). *Bridging learning: Unlocking cognitive potential in and out of the classroom*. Corwin.

Passer, M.W. & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

Wolman, B.E. (1979), *Contemporary Theories and Systems in Psychology*, Delhi : Freeman Book Co.

Paper: PSY702C (Core)
Psychological Research
Credits: 4 = 3+0+1 (48 Lectures)

Objectives:

To make the students aware of the research process and the methods of quantitative and qualitative psychological research traditions.

Unit 1: (12 Lectures)

Basics of Research in Psychology: What is Psychological Research? The Goals of Psychological Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research.

Research Traditions: Quantitative & Qualitative orientations towards research & their steps, Comparing Qualitative & Quantitative Research Traditions, Formulating a problem & developing a testable research question / research hypothesis.

Unit 2: Sampling: Probability & Non probability sampling methods **(10 Lectures)**

Unit 3: (12 Lectures)

Methods of Data Collection: Case study, Observation, Interview & Focus group discussion, Survey, Use of Secondary Data

Unit 4: Psychological testing: (14 Lectures)

Characteristics of a test – standardization, reliability, validity, norms, applications & issues

Practicum

Any 2 practicum based on **PSY702C** using any of the following:

Interview

FGD

Survey

Observation

Case Study

Semi Projective Techniques

Reading List:

Bryman, A.(2004). *Quantity and Quality in Social Research*.Routledge.

Chadha, N.K. (2009) *Applied Psychometry*. Sage Pub: New Delhi

Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*. New Delhi: Pearson Education.

Kerlinger, F.N.& Lee, H.B.(1999). *Foundations of Behavioral Research*. Wadsworth

Murphy , K.R. & Davidshofer, C.O. (2004). *Psychological Testing : Principles and Applications (6th Edition) ,* New Jersey : Prentice Hall

Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia : Open University Press.

Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Edition)*: Boston: Pearson Education.

Paper: PSY703C (Core)

Statistical Methods for Psychological Research

Credits: 4 = 3+1+0 (48 Lectures)

Objectives:

To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive & inferential statistics for quantitative research.

Unit 1: (12 Lectures)

Introduction & Relevance of Statistics in Psychological Research, Measures of Central Tendency, Measures of Variability

Unit 2: (10 Lectures)

Standard (z) Scores, The Normal Probability Distribution, Correlation & Regression

Unit 3: (14 Lectures)

t-test & ANOVA

Unit 4: (12 Lectures)

Chi square, Nonparametric Statistics, Introduction & Application of SPSS

Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007) *Statistics for Psychology* (4th Ed). India: Prentice Hall .

Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.

King, B.M. & Minium, E.W. (2007) *Statistical Reasoning in the Behavioral Sciences* (5th Ed).USA: John Willey.

Mangal, S.K. (2012) *Statistics in Psychology & Education*. (2nd Ed). New Delhi: PHI learning Pvt. Ltd.

Paper: PSY704C (Core)
Cognitive Psychology
Credits: 4 = 3+0+1 (48 Lectures)

Objectives:

1. To provide an in-depth understanding of some of the cognitive processes in terms of current theories, models and applications
2. To help learners understand the importance of these cognitive processes in everyday life

Course Contents:**Unit 1: (12 Lectures)**

Cognitive Psychology- Definition, Nature, Theories

Attention and Executive Processes, Current Paradigms; The Frontal Lobe and Executive Processing; Switching Attention; Attention Control, Attention Training

Unit 2: (12 Lectures)

Memory Processes; Current Models and Directions; Organization of Long-Term Memory; Episodic Memory: The Frontal and Temporal Lobe; Flashbulb Memory; Eyewitness Memory; Traumatic Memory; Everyday Memory; False Memories; Mood and Memory; Aging and Memory; Enhancing Memory

Unit 3: (12 Lectures)

Language Processes; Language Acquisition; Brain and Language; Models of Reading and Language Comprehension; Meaning and Beyond; Language in Context; Processes of Language Production; Language, Thought and Bilingualism

Unit 4: (12 Lectures)

Decision Making and Problem Solving; Decision Making: Models and Theories; Complex, Uncertain Decision Making; Human Problem Solving: Strategies and Heuristics; Expert and Novice Problem Solvers; Artificial Intelligence

Practicum: Any two based on PSY704C

Reading List:

Baddley, A. (1997). *Human memory: Theory and practice*. New York: Psychology Press.

Harley, Treror, A. (2002). *The psychology of language: From data to theory*. Taylor Francis.

Smith, E.E. & Kosslyn, (2007). *Cognitive psychology: Mind and brain*. Prentice Hall.

Tripathi, A.N. & Babu, Nandita (2008). Cognitive processes. In Misra, G. (Ed.). *Psychology in India: Advances in Research*, Vol. 1. New Delhi: Pearson Education.

Vaid, J., & Gupta, Ashum. (2002). Exploring word recognition in a semi-alphabetic script: the case of Devanagari. *Brain and Language*, 81, 679-690.

Paper: PSY705C (Core)

Social Psychology

Credits: 4 = 3+0+1 (48 Lectures)

Objectives:

1. To familiarize students with some of the major theoretical perspectives in social psychology
2. To appreciate interpersonal and group level psychological processes in the cultural context.

Course Contents:

Unit 1 (10 Lectures)

Introduction: Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology

Theoretical Perspectives: Social construction, Social representation, Discursive social psychology, Social Exchange, Social comparison.

Unit 2 (10 Lectures)

Self and identity: Organization of self knowledge, Culture and Self Construal, Perceived selfcontrol and self-regulation, Self-esteem, Self-serving bias, Self-presentation. Social identity

Unit 3 (14 Lectures)

Social relations: Attraction and intimacy, Prosocial behaviour, Aggression and violence, bystander effect, compliance and persuasion, stereotyping, prejudice, discrimination

Unit 4 (14 Lectures)

Group processes: Groups, Coordination in groups, Social loafing, Decision making and Performance, Intergroup conflict, Crowd and social-movements, Negotiation and peacemaking, Sustainable future.

Practicum: Any two based on PSY705C

Reading List:

Baron, R.A., Byrne, D. &Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.

Burke, Peter J. (2006). *Contemporary social psychological theories*. Stanford: Stanford social sciences.

Delamater, J. (2003). *Handbook of social psychology*. New York: Kluswer Academic.

Flick, U. (1998). *The psychology of social*. Cambridge: Cambridge University press.

Hogg, M.A. & Cooper, Joel (2003). *Sage handbook of social psychology*. Los Angles: SAGE

Kakar, S. (2007). *The Indians, Portrait of a People*. New Delhi: Viking Penguin.

Paper: PSY706S (SEC)

Stress Management

Credits: 2 = 2+0+0 (32 Lectures)

Objectives:

In everyday life we experience stress related to various situations. Students will learn how they can make adjustments and manage to cope with stress more effectively.

Course Contents:

Unit 1: (8 Lectures)

Stress: Introduction, Nature of stress, symptoms of stress

Unit 2: (8 Lectures)

Various sources of stress: environmental, social, physiological and psychological

Unit 3: (8 Lectures)

Stress and health: effects of stress on health, eustress

Unit 4: (8 Lectures)

Managing stress: Methods- yoga, meditation, relaxation techniques, Problem-focused and Emotion-focused approaches.

Reading List:

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson

Neiten, W & Lloyd, M.A. (2007). Psychology Applied to Modern Life. Thomson Detmar Learning