



**Deccan Education Society's
FERGUSSON COLLEGE (AUTONOMOUS),
PUNE**

**Syllabus
for**

T.Y.B.A. (Psychology)
[Pattern 2019]
(B.A. Semester-V and Semester-VI)

From Academic Year
2021-22

Fergusson College (Autonomous), Pune
Structure of T.Y.B.A. – Faculty of Arts and Humanities
 Under CBCS pattern (2019-20) *effective from June 2021*

Equivalence Syllabus for Department of ...Psychology.....

TY BA	New CBCS Pattern	Old /Existing Pattern
Sem V	DSE 1C (4 credits) PSY3501: Title: Industrial And Organisational Psychology	Special Paper 1 Title: Industrial And Organisational Psychology
	DSE 2C (4 credits) PSY3502: Title: Psychology Practical: Tests and Statistical Methods	Special Paper 2 Title: Psychology Practical: Tests and Statistical Methods
	SEC 1C (3 credits) PSY3503: Title: Positive Psychology	General Paper 3 Title: Positive Psychology
	SEC 2C (2 credits) (Value / Skill Based) PSY3504: Title: Testing Application	----

Note: SEC 1C is CC '1 or 2' (General paper for other department students)

TY BA	New CBCS Pattern	Old Existing Pattern
Sem VI	DSE 1D (4 credits) PSY3601: Title: Cognitive Psychology	Special Paper 1 Title: Cognitive Psychology
	DSE 2D (4 credits) PSY3602: Title: Psychology Practical: Experiments and Statistical Methods	Special Paper 2 Title: Title: Psychology Practical: Experiments and Statistical Methods
	SEC 1D (3 credits) PSY3603: Title: Health Psychology	General Paper 3 Title: Health Psychology
	SEC 2D (2 credits) (Value/Skill Based/ Field Work of SEC-1B) PSY3604: Title: Experimental Application	----

Note: SEC 1D is CC- '1 or 2' (General paper for other department students)

T. Y. B.A. Semester V

Title of the Course and Course Code	Industrial and Organisational Psychology Special Paper 1(PSY3501)	Number of Credits : 04
--	--	-------------------------------

Course Outcomes (COs) On completion of the course, the students will be able to:	
CO1	Acquaint with different human resource management processes such as job analysis, competency mapping, recruitment, performance appraisal, etc. which aid vocational development and leverage the employability of the learner.
CO2	Distinguish between the different roles of human resources professionals and organizational psychologists.
CO3	Apply psychological theories of motivation, leadership, conflict management and communication to enrich workplace experiences for positive work outcomes.
CO4	Identify the different stages of an employee's life cycle.
CO5	Evaluate the evolution of current I-O psychological knowledge to their historical roots, in the global and Indian context.
CO6	Diagnose resistance to change in an organizational set-up and ways of executing organization's smooth transition from one change state to another (merger and acquisitions, downsizing, change in organizational goals, etc.). recognizes the role of distinct organizational cultures in work-outcomes and the ways in which culture is transmitted

Unit	Title of Unit and Contents	No. of Lectures
I	INTRODUCTION TO INDUSTRIAL/ ORGANISATIONAL PSYCHOLOGY Historical roots of I/O Psychology: Scientific management and Human Relations Movement, Domains of I/O Psychology: A Brief Overview, Role of Human Resource Manager, I/O in the Indian Context, Application: Introduction to different industry sectors	12
II	INDIVIDUAL IN THE ORGANISATION Employee Life cycle, Communication and conflict: Nature and types, Work Motivation: Nature. Content Theories - Maslow, Herzberg and Alderfer, Process Theories - Equity, Vroom, Leadership: Nature, Contingency Model, Path Goal Model, Application: Organizational Citizenship Behaviour	12

III	PEOPLE RESOURCING, EVALUATION AND DEVELOPMENT Understanding a Job: Job analysis and Competence mapping (basic concepts), Recruitment: Sources, methods of recruitment, selection, Performance Appraisal: Need and methods, HRD: Nature, Bloom's Learning Taxonomy, Andragogy, Kolb's experiential learning model, Application: Induction programme	12
IV	ORGANISATION CULTURE, CHANGAND EMPLOYEE WELLBEING Organization Culture: Nature, types and transmitting culture. Organizational Change: Forces of change, Resistance to change Organizational Development: Nature, characteristics of OD practitioner, approaches to OD, Positive Organization Behaviour: Nature, Meaning in work, spirituality in organization, work-life enrichment, Psychological capital. Application: Entrepreneurship	12

References:

1. Anderson, D. L. (2012). *Organization Development*. New Delhi: Sage Pub.
2. Cawesy, T. F. Deszca, G & Ingols, C. (2012). *Organizational Change*. New Delhi: Sage Pub.
3. DeNisi, A.S. Griffin, R.W. & Sarkar, A. (2016). *HR - A South Asian Perspective*. New Delhi: Cengage Learning.
4. Hersey, P. & Blanchard, K. H. (1982). *Management of Organizational Behaviour Utilizing Human Resources* (4th ed.). Prentce-Hall.
5. McGuire, D. etl. (2011). *Human Resource Development*. New Delhi: Sage Pub.

T. Y. B.A. Semester V		
Title of the Course and Course Code	Psychology Practical: Tests and Statistical Methods Special Paper 1(PSY3502)	Number of Credits : 04
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Describe different psychometric properties of the test.	
CO2	Categorize the psychological tests in different gropes namely intelligence, aptitude, attitude etc.	
CO3	Distinguish between tests that can be used to measure psychological constructs.	
CO4	Identify the difference between self-report inventories and projective tests.	
CO5	Administer and interprets tests to measure intelligence, personality, adjustment, attitudes and values.	
CO6	Depict data in the form of frequency distribution and calculates and interprets mean, median and mode and measures of variability.	

Unit	Title of Unit and Contents
I	GENERAL AND SPECIAL ABILITY TESTING (Any Two) Malin's Verbal OR Performance Scale, Standard Progressive Matrices (SPM), Binet Kamath Test, Test of Creativity, Differential Aptitude Tests (DAT) - Any two sub-tests, Dexterity test
II	PERSONALITY (Any Three) Eysenck Personality Questionnaire, NEO-FFI, Sentence Completion Test, 16 PF, Introversion-Extraversion Test, Interest inventory, Type A and Type B Personality Test.
III	ADJUSTMENT (Any One) Family, School, Marriage, Expectations from the Life Partner Scale
IV	TESTING OF ATTITUDE (Any One) Marriage, Religion, Optimism-Pessimism, Attitude towards the Mother Scale.
V	VALUES (Any One) Differential Values Test, Value Orientation
VI	STATISTICAL METHODS Frequency Distribution, Measures of Central Tendency, Measures of Variability, Normal Distribution Curve

References:

1. Anastasi, A. & Urbina, S. (2009). *Psychological Testing*. N. D.: Pearson Education.
2. Chadha N. K. (2009). *Applied Psychometry*, Sage Publication Pvt. Ltd., New Delhi.
3. D'Amato, M. R. (2009). *Experimental Psychology: Methodology, Psychophysics and Learning*. N. D.: Tata McGraw-Hill.
4. Kaplan R. M. & Saccuzzo D. P. (2005). *Psychological Testing, Principles, Applications and Issues*. Sixth Ed. Cengage Learning India, Pvt. Ltd.
5. Mohanthy. *Experiments in Psychology*.
6. Ranjit Kumar (2014). *Research Methodology: A Step by Step Guide for Beginners*. Pearson
7. Rajamanickam, M. (2005). *Experimental Psychology: With Advanced Experiments*, Volume 1.

GUIDELINES FOR THE CONDUCT OF PRACTICAL

1. Each batch of students should consist of 12 students.
2. If the number of students exceeds even by 1, a separate batch should be formed for conduct of practical.
3. Each batch will conduct practical twice per week with three lecture periods per session.
4. Total workload per batch will be 6 lecture periods.
5. In addition, **1 separate lecture will be held for the statistical methods** per week for the entire class.
6. The concerned teacher should verify the completion of practical journal report and issue a completion certificate signed by the head of the department.

GUIDELINES FOR ASSESSMENT (ANNUAL EXAMINATION)

1. While preparing the programme for final examination, the number of students in any given batch should not exceed 8.
2. The examiners should set paper on the spot.
3. Three subsets of question papers should be set per batch. These subsets should be considered as one set for billing purpose.
4. Before conducting the examination, the external examiner should confirm that all the guidelines mentioned in the syllabus were strictly followed while teaching and conducting the practical. The examiner should also see whether the practicals are conducted as per the specifications given in the syllabus.
5. While appearing for the final examination, students must produce the fair journal containing the report of the practical duly completed and signed by the concerned teacher and head of the department.
6. External Examiner should allow students to appear for final examination only on producing the Completion Certificate.
7. The structure of the question paper for S-4 will be as follows:

Question Paper / Preference Sheet for Practical:

- i. The question paper will contain only 1 sections
- ii. Section I will contain 4 questions based on tests.
- iii. The student will give 2 preferences for the section
- iv. Out of the 2 preferences given by the student, the final choice of the question to be attempted will be of the external examiner.
8. The duration for practical examination will be of **three clock** hours per batch.

TOTAL MARKS: 50 Marks

- Statistical Methods: 10 Marks
- Instructions and Conducting: 5 Marks
- Practical Report: 10 Marks
- Journal: 15 Marks
- Practical Viva: 10 Marks

T. Y. B.A. Semester V		
Title of the Course and Course Code	Positive Psychology General Paper(PSY3503)	Number of Credits : 03
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Gain knowledge about the evolution and development of the field of positive psychology.	
CO2	Distinguish between positive and negative emotions.	
CO3	Examine the personality traits involved in the establishment of happiness and wellbeing.	
CO4	Analyse the connection and relation between well-being and positive emotions.	
CO5	Assess knowledge about virtues and its relation to character.	
CO6	Integrate the various strengths of characters and virtues.	

Units	Title of Unit and Contents	No of Lectures
I	Introduction of Positive Psychology Traditional approach: Negative aspect perceived as more authentic and real, Negative as more important, The disease model, Positive Psychology: View of Martin Seligman (1998 Presidential address), Assumptions, goals and definitions, Life above zero , Hedonic happiness and subjective well-being Eudaimonic Basis of happiness: Emotional Well-Being, Psychological Well-Being, Social Well-Being, East West and Positive Psychology and Mindfulness	12
II	Positive Emotions and Well-Being Positive and negative emotions, The Broaden and build theory of positive emotions, Limits of positive emotions, Positive Emotions and Flourishing, Cultivating positive emotions: Flow experience, Savoring	12
III	Positive Traits What makes a trait positive, Personality and Happiness: (The “Big Five”), Self Esteem, Optimism, Resilience: Sources of resilience in children, Sources of resilience in adulthood and Growth through trauma	12
IV	Virtue and Strengths of Character Developing a classification of human virtues, Wisdom as a foundational strength and virtue, Personal Goals and Wellbeing, Transcendence, Forgiveness and Gratitude, Enhancing Emotional Intelligence	12

References:

1. Baumgartner S. R., Crothers M. K. (2009) *Positive Psychology*. Pearson Education.
2. Snyder, C. R. and Lopez, S. J. (2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. N. D.: Sage Pub.
3. Carr Alan (2007). *Positive Psychology: The Science of Happiness and Human Strengths*, Routledge, Taylor and Francis Group - London.

T. Y. B.A. Semester V		
Title of the Course and Course Code	Testing Application Skill Enhancement I(PSY3504)	Number of Credits : 02
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Identify standardized tests for test conduction.	
CO2	Conduct test on the sample independently.	
CO3	Analyse the test result.	
CO4	Discuss the test result.	

Units	Title of Unit and Contents	No of Lectures										
I	<p>Testing Application Process</p> <p>Students should choose 2 standardized tests out of the syllabus, Students should take the case history independently, Students should write the introductions related to the main variables of the tests, Students should conduct the tests on the sample in the laboratory, Students should complete the whole report of the test conduction, analysis of the result and the interpretation of the test independently.</p> <p>Assessment</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Conduction of the test 1-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>Writing of the report of the test 1-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>Conduction of the test 2-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>Writing of the report of the test 2-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>Viva on both the tests -</td> <td style="text-align: right;">10 Marks</td> </tr> </table>	Conduction of the test 1-	10 Marks	Writing of the report of the test 1-	10 Marks	Conduction of the test 2-	10 Marks	Writing of the report of the test 2-	10 Marks	Viva on both the tests -	10 Marks	24
Conduction of the test 1-	10 Marks											
Writing of the report of the test 1-	10 Marks											
Conduction of the test 2-	10 Marks											
Writing of the report of the test 2-	10 Marks											
Viva on both the tests -	10 Marks											

T. Y. B.A. Semester VI		
Title of the Course and Course Code	Cognitive Psychology Special Paper 1 (PSY3601)	Number of Credits : 04
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Recognize the underlying rules of psycholinguistics in the creation, comprehension, and perception of language and speech.	
CO2	Distinguish between various theoretical approaches and paradigms for a holistic and nuanced understanding of each cognitive process.	
CO3	Apply their learning of sensation, perception, and memory in information processing as contextualized to different cultures.	
CO4	Identify suitable scientific methodologies for the investigation of various cognitive processes (e.g. memory, perception, attention etc.).	
CO5	Evaluate the role of cognitive processes in determining the quality of daily decision making (such as eyewitness testimony, detection of stimuli, etc.).	
CO6	Design different effective techniques to enhance the language comprehension.	

Unit No.	Title of Unit and Contents	No of Lectures
I	INTRODUCTION TO COGNITIVE PSYCHOLOGY Cognitive Psychology: Nature and Domains, Methods of Cognitive Neuroscience, Historical Antecedents, Paradigms of Cognitive Psychology, Application: NLP	12
II	ATTENTION AND PERCEPTION Selective Attention: Filter Theories Signal Detection Theory: Characteristics of receiver and decision making, Perception: Bottom Up and Top Down Theories, Cultural Influence on Perception, Application: Extra Sensory Perception	12
III	MEMORY Sensory Memory - Nature and Types, Short Term Memory: Codes and Capacity, Working Memory Long Term Memory - Types, Autobiographical Memories, Eyewitness Testimony and Memory Distortions Application: Neuroplasticity	12
IV	LANGUAGE Perspective of Language: Modular, Whorfian Hypothesis Speech Perception: Theories, Factors Affecting, Universal Grammar, Factors Affecting Comprehension, Application: Bilingualism	12

References:

1. Kaplan, S. & Kaplan, R. (1982). *Cognition and Environment*. N. Y.: Praeger Publishers.
2. Kellogg, R. T. (2007). *Fundamentals of Cognitive Psychology*. N. D.: Sage Publications.
3. Matlin, M. (1994). *Cognition*. Bangalore: Harcourt Brace Pub.
4. Messer, D. & Miller, S. (1999). *Exploring Developmental Psychology*. London: Arnold.
5. Reed S. K. (1998). *Cognition: Theory and Application* (3rd ed.). California: Brooks / Cole Pub. Company.
6. Reed, S. K. (1988). *Cognition: Theory and Applications* (3rd ed.). California: Brooks Cole Pub. Co.
7. Solso, R. L. (2004). *Cognitive Psychology* (6th ed.). Delhi: Pearson Education.
8. Sternberg, R. J. (2007). *Cognitive Psychology*. Australia: Thomson Wadsworth

T. Y. B.A. Semester VI		
Title of the Course and Course Code	Psychology Practical: Experiments and Statistical Methods Special Paper 1(PSY3602)	Number of Credits : 04
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Recognise the role of the scientific method in measuring in formalizing critical thinking as a driving principle of empirical research.	
CO2	Distinguish Spearman’s rank correlation form Pearson’s product moment correlation.	
CO3	Calculate Spearman’s rank correlation, Pearson’s product moment correlation, t-test and ANOVA	
CO4	Identify experimentally the absolute threshold of sensation using tactile stimulation.	
CO5	Evaluate different research designs used in conducting practical in the laboratory	
CO6	Conduct experiments to demonstrate the various cognitive process.	

Units	Title of Unit and Contents
I	PSYCHOPHYSICS (Any Two) Method of Limits - RL or DL, Method of Constant Stimuli - RLor DL, Method of Average Error: PSE and CE
II	ATTENTION (Any One) Divided Attention, Span of Attention, Stroop Effect
III	PERCEPTUAL PROCESSES (Any Two)

	Illusion, Size Constancy, Retinal Color Zones, Reaction Time, Depth Perception.
IV	THINKING AND PROBLEM SOLVING (Any One) Effect of Mental Set on Problem Solving, Maze Learning Problems Solving - Pyramid Puzzle / Wiggly Blocks/ Heart-and-Bow Puzzle.
V	LEARNING (Any One) Bilateral Transfer, Effect of Knowledge of Results, Habit Interference, Serial Learning
VI	MEMORY (Any One) Recall and Recognition, Retroactive Inhibition / Proactive Inhibition, Short Term Memory
VII	STATISTICAL METHODS Correlation, t-test, One way ANOVA

References:

1. Anastasi, A. & Urbina, S. (2009). *Psychological Testing*. N. D.: Pearson Education.
2. Chadha N. K. (2009). *Applied Psychometry*, Sage Publication Pvt. Ltd., New Delhi.
3. D'Amato, M. R. (2009). *Experimental Psychology: Methodology, Psychophysics and Learning*.
4. N. D.: Tata McGraw-Hill.
5. Kaplan R. M. & Saccuzzo D. P. (2005). *Psychological Testing, Principles, Applications and Issues*. Sixth Ed. Cengage Learning India, Pvt. Ltd.
6. Mohanthy. *Experiments in Psychology*.
7. Ranjit Kumar (2014). *Research Methodology: A Step by Step Guide for Beginners*. Pearson
8. Rajamanickam, M. (2005). *Experimental Psychology: With Advanced Experiments*, Volume 1.

GUIDELINES FOR THE CONDUCT OF PRACTICAL

1. Each batch of students should consist of 12 students.
2. If the number of students exceeds even by 1, a separate batch should be formed for conduct of practical.
3. Each batch will conduct practical twice per week with three lecture periods per session.
4. Total workload per batch will be 6 lecture periods.
5. In addition **1 separate lecture will be held for the statistical methods** per week for the entire class.
6. The concerned teacher should verify the completion of practical journal report and issue a completion certificate signed by the head of the department.

GUIDELINES FOR ASSESSMENT (ANNUAL EXAMINATION)

1. While preparing the programme for final examination, the number of students in any given batch should not exceed 8.
2. The examiners should set paper on the spot.
3. Three subsets of question papers should be set per batch. These subsets should be considered as one set for billing purpose.

4. Before conducting the examination the external examiner should confirm that all the guidelines mentioned in the syllabus were strictly followed while teaching and conducting the practical. The examiner should also see whether the practicals are conducted as per the specifications given in the syllabus.
5. While appearing for the final examination, students must produce the fair journal containing the report of the practical duly completed and signed by the concerned teacher and head of the department.
6. External Examiner should allow students to appear for final examination only on producing the Completion Certificate.
7. The structure of the question paper for S-4 will be as follows:

Question Paper / Preference Sheet for Practical:

- i. The question paper will contain only 1 sections
- ii. Section I will contain 4 questions based on Experiments
- iii. The student will give 2 preferences for the section
- iv. Out of the 2 preferences given by the student, the final choice of the question to be attempted will be of the external examiner.
- v. The duration for practical examination will be of **three clock** hours per batch.

TOTAL MARKS: 50 Marks

- Statistical Methods: 10 Marks
- Instructions and Conducting: 5 Marks
- Practical Report: 10 Marks
- Journal: 15 Marks
- Practical Viva: 10 Marks

T. Y. B.A. Semester VI		
Title of the Course and Course Code	Health Psychology General Paper(PSY3603)	Number of Credits : 03
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Describe current research on the role of psychological factors in the functioning of the immune system.	
CO2	Categorize different sources of stress and its management.	
CO3	Examine critically the concept of Health and various perspectives towards Illness.	
CO4	Identify the causes of various psychological illnesses.	
CO5	Evaluate different illnesses in relation to its effects on Physical and Mental Health.	
CO6	Create healthy diet plan for enhancing Health.	

Unit	Title of Unit and Contents	No of Lectures
I	Overview of Health Psychology Definition of health and need for Health Psychology, Mind body relationship - Biopsychosocial Model, Health across life span - childhood, adulthood and old age , Culture and Health, Importance of Patient – Provider Communication	12
II	Stress and Coping Stress and a stressor? Appraisal of stressors, Theories of Stress – Fight or Flight, Selye’s GAS, Tend and Befriend, Stress and Illness, Coping Interventions, Stress Management Program	12
III	Illness Hypertension and Coronary Heart Disease, Diabetes, Psychoneuroimmunology and Cancer, Stroke and Arthritis, Pain and its Management	12
IV	Health Compromising and Enhancing Behaviours Health behaviours and Health Habits: Practicing and changing and barriers, Characteristics of Health Compromising Behaviours Smoking and Alcoholism, Obesity, Risky Sexual Behaviours, Health Promoting Behaviours: Exercise, Diet and Sleep, Cognitive Behavioural Approach and Transtheoretical Model of Health Behaviour Change	12

References:

1. Taylor, S. (2006). *Health Psychology (6th ed)*. New Delhi: Tata McGraw Hill.

- Marks, D. F., Murray, M., Evans, B., Willing, C., Woodall, C., Sykes, C. M. (2005). *Health Psychology Theory, Research & Practice*. New Delhi: Sage.

T. Y. B.A. Semester VI		
Title of the Course and Course Code	Experimental Application Skill Enhancement I(PSY3604)	Number of Credits : 02
Course Outcomes (COs) On completion of the course, the students will be able to:		
CO1	Recognize psychological experiments.	
CO2	Conduct experiment on the sample independently.	
CO3	Analyse the experiment result.	
CO4	Discuss the experiment result.	
CO5	Recognize psychological experiments.	
CO6	Conduct experiment on the sample independently.	

Unit	Title of Unit and Contents										
I	<p style="text-align: center;">Experiment Conduction Process</p> <p>Students should choose 2 experiments out of the syllabus, Students should write the introductions related to the main variables of the Experiment, Students should conduct the experiments on the sample in the laboratory, Students should take the introspectory report independently, Students should complete the whole report of the experiment, analysis of the result and the discussion independently.</p> <p>Assessment</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 70%;">1. Conduction of the Experiment 1-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>2. Writing of the report of the Experiment 1-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>3. Conduction of the Experiment 2-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>4. Writing of the report of the Experiment 2-</td> <td style="text-align: right;">10 Marks</td> </tr> <tr> <td>5. Viva on both the experiments -</td> <td style="text-align: right;">10 Marks</td> </tr> </table>	1. Conduction of the Experiment 1-	10 Marks	2. Writing of the report of the Experiment 1-	10 Marks	3. Conduction of the Experiment 2-	10 Marks	4. Writing of the report of the Experiment 2-	10 Marks	5. Viva on both the experiments -	10 Marks
1. Conduction of the Experiment 1-	10 Marks										
2. Writing of the report of the Experiment 1-	10 Marks										
3. Conduction of the Experiment 2-	10 Marks										
4. Writing of the report of the Experiment 2-	10 Marks										
5. Viva on both the experiments -	10 Marks										

- Kaplan R. M. & Saccuzzo D. P. (2005). *Psychological Testing, Principles, Applications and Issues*. Sixth Ed. Cengage Learning India, Pvt. Ltd.
- Mohanthy. *Experiments in Psychology*.
- Ranjit Kumar (2014). *Research Methodology: A Step by Step Guide for Beginners*. Pearson
- Rajamanickam, M. (2005). *Experimental Psychology: With Advanced Experiments*, Volume 1.