

**BANARAS HINDU UNIVERSITY
DEPARTMENT OF PSYCHOLOGY**

**B.A. (Hons.) Psychology Syllabus
(w.e.f. July, 2019)**

B.A. (Hons.) Psychology Syllabus
(w.e.f. July, 2019)
Department of Psychology, Banaras Hindu University
Distribution of different courses and credits in various semesters

Course Code	Title	Credits
Semester-I		
BSP 111	Foundations of Psychological Processes	4
BSP 112	<i>Practical</i>	2
BSPA 111	<i>Ancillary: Basic Psychological Processes</i>	3
	<i>Language</i>	1
Total		10
Semester-II		
BSP 121	Applied Psychology	4
BSP 122	<i>Practical</i>	2
BSPA 121	<i>Ancillary: Applied Psychology</i>	3
	<i>Language</i>	1
Total		10
Semester-III		
BSP 211	Experimental Methodology & Elementary Statistics	4
BSP 212	<i>Practical</i>	2
BSPA 211	<i>Ancillary: Abnormal Psychology</i>	3
	<i>Language</i>	1
Total		10
Semester-IV		
BSP 221	Psychology of Human Development	4
BSP 222	<i>Practical</i>	2
BSPA 221	<i>Ancillary: Foundations of Personality</i>	3
	<i>Language</i>	1
Total		10
Semester-V		
BSP 311	Psychological Testing & Assessment	4
BSP 312	Organizational Behaviour	3
BSP 313	Psychology of Social Behaviour	3
BSP 314	Cognitive Psychology	3
BSP 315	Behavioural Disorders	3
BSP 316	Guidance and Counselling	4
BSP 317	Practical based on courses BSP 311, 312, 313, 314, 315 and 316	2
Total		22
Semester-VI		
BSP 321	Neuro-physiological bases of Behaviour	4
BSP 322	Human Resource Management	3
BSP 323	Perception, Attention & Consciousness	3
BSP 324	Clinical Psychology	3
BSP 325	Culture and Human Behaviour	3
BSP 326	Stress and Coping	4
BSP 327	Practicals based on courses BSP 321,322,323,324, 325and 326	2
Total		22
Total Credits in Honors Subject = 68		

BSP 111 Foundations of Psychological Processes**Credits 4**

1. Introduction: Psychology as a scientific study of behaviour. Biological and socio-cultural bases of behaviour. Applications of psychology.
2. Sensory and perceptual processes: Structure and function of visual and auditory senses; Attention: selective, sustained and divided attention. Perception: Nature and determinants; Gestalt laws of perceptual organization.
3. Learning and memory: Classical and instrumental conditioning: Components, procedures and types; schedules of reinforcement. Memory: Sensory, short-term and long-term memory; forgetting and its causes.
4. Emotion and Motivation: Nature of emotion; autonomic, expressive and cognitive components. Theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer and Lazarus. Motivation: Nature and types; need hierarchy model.
5. Individual differences: Personality: Trait and type approaches; assessment of personality. Intelligence: Structure and measurement.

Books recommended:

- Baron, R. A. (2006). *Psychology* (5th Ed.). New Delhi: Pearson Education.
- Ciccarelli, S. K., & Meyer, G. E. (2009). *Psychology*. Delhi: Pearson Education.
- Coon, D., & Mitterer, J. O. (2007). *Introduction to Psychology: Gateway to mind and behaviour*. New Delhi: Cengage.
- Gerrig, R. J., & Zimbardo, P. G. (2006). *Psychology and Life* (17th Ed.). New Delhi: Pearson Education.
- Singh, A. K. (2009). *Uchachtar Samanya Manovigyan*. Varanasi: Motilal Banarasi Das.

BSP 112 Practical

Credits 2

Any five of the following:

1. Effect of knowledge on performance.
2. Span of apprehension.
3. Perceptual organization
4. Maze learning: Human.
5. Trial and error: Finger-maze.
6. Zeigarnik Effect.
7. Serial position effect
8. Memory span of digits and words.
9. Test of Personality
10. Test of intelligence-Verbal

BSPA 111 Basic Psychological Processes**Credits 3**

1. Psychology: Nature and scope.
2. Sensation and perception: Concepts, structure and function of eye and ear. Perceptual organization. Illusion.
3. Attention: Nature, types and determinants.
4. Learning and memory: Definition; methods of learning. Types of memory. Forgetting.
5. Motivation: Nature and types: Biogenic and sociogenic. Need hierarchy model.

Books recommended:

- Coon, D., & Mitterer, J. O. (2010). Introduction to psychology: Gateways to mind and behavior with concept maps and reviews (12th ed.). Florence, KY: Cengage.
- Feldman, R. (2009). Essentials of understanding psychology. New Delhi: Tata McGraw Hill.
- Gerrig, R. J., & Zimbardo, P. G. (2010). Psychology and life (19th ed.). New York: Pearson.
- Morris, C. G., & Maisto, C. G. (2010). Understanding psychology. New York: Pearson.
- Singh, A. K. (2009). Uchchar samanya manovigyan. Varanasi: Motilal Banarasidas.

BSP 121 Applied Psychology**Credits 4**

1. Introduction: Nature and fields.
2. Psychology in industries and organizations: Personnel selection; job analysis; fatigue and accidents; advertising and consumer behavior.
3. Psychology in education: School as an agent of socialization. Factors influencing school achievement. Exceptional children: Problems and remedial measures.
4. Psychology and mental health: Symptoms and causes of anxiety disorders and schizophrenia, mental retardation. Anti-social behavior: Crime and delinquency.
5. Psychology and social behavior: Prejudice and stereotypes; conflict and its resolution.

Books recommended:

- Anastasi, A. (1979). *Fields of applied psychology*. New Delhi: McGraw Hill.
- Goldstein, A. P., & Krasner, B. (1987). *Modern applied psychology*. Elmford, New York: Pergmon Press.
- McCormick, E. J., & Ilgen, D. (1980). *Industrial psychology*. Englewood Cliffs, N.J.: Prentice Hall.
- Rastogi, G. D. (1992). *Vyavaharik manovigyan*. Agra: Har Prasad Bhargava.
- Singh, A. P. (1995). *Vyavaharik monovigyan*. Varanasi: Abhishek publications.

BSP 122 Practical

Credits 2

Any five of the following:

1. Mental Health
2. Anxiety test
3. Mental fatigue
4. Adjustment test
5. Social conformity
6. Aptitude test
7. Intelligence test – Non-verbal
8. Emotional maturity
9. Achievement test
10. Tweezer dexterity

BSPA 121 Applied Psychology**Credits 3**

1. Introduction: Nature and scope.
2. Psychology and day to day life: Guidance, counseling and psychotherapy.
3. Psychology in organizations: Personnel selection; Fatigue and accidents; consumer behaviour.
4. Psychology in education: School as an agent of socialization. Factors influencing school achievement. Learning and motivational problems.
5. Psychology and social behaviour: Prejudice and stereotypes; rumour; conflict and resolution.

Books recommended:

- Aronson, E. (2010). Social psychology (7th ed.). New York: Pearson.
- Gelso, C. J., & Fretz, B. R. (2009). Counseling psychology: Practices, issues and research. New Delhi: Cengage.
- Santrock, J. (2009). Educational Psychology. Singapore: McGraw Hill.
- Schultz, D., & Schultz, S. E. (2010). Psychology and Work Today (10th ed.). New York: Pearson.
- Singh, A. P. (1995). Vyavharik manovigyan. Varanasi: Abhishek Publications.

BSP 211 Experimental Methodology and Elementary Statistics Credits 4

1. Experimental method: Steps involved in experimentation; Problem, hypothesis and Variables; Types and control of variables.
2. Experimental design: Meaning and purpose; Single group design - Pre- and post-measurements. Between subjects designs - Randomized, matched groups and factorial designs.
3. Statistics and its applications in psychology: Frequency distributions and graphical representation of data. Descriptive statistics - mean, median, mode, range, quartile deviation and standard deviation
4. Hypothesis testing: Significance of difference between two means, Chi-square Test; One-way ANOVA.
5. Normal probability curve: Properties and applications, correlations: Product - moment and rank difference; regression and prediction.

Books recommended:

- Breakwell, G. M., Hammon, S, Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd edition). London: Sage.
- Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.
- McGuigan, F. J. (1990). *Experimental psychology* (5th edition). New Delhi: Prentice Hall.
- Howell, D. C. (2010). *Statistical methods for psychology*. Belmont: Wadsworth.
- Singh, A. K. (2004). *Monovigyan, samajshastra tatha shiksha mein shodh vidhiyan*. Varanasi: Motilal Banarasi Das.
- Asthana, H.S. & Bhusan B. (2016). *Statistics for Social Sciences* (2nd Edition). Delhi: PHI Learning Pvt. Ltd.

BSP 212 Practical**Credits 2*****Any five of the following:***

1. Formulation of an experiment using single group design.
2. Formulation of an experiment using between group design Random group design with two groups).
3. Formulation of an experiment using between group design (Random group design with more than two groups)
4. Formulation of an experiment using two way factorial designs.
5. Formulation of a 3-way factorial design (with an outline of ANOVA summary table)
6. Use of descriptive statistics in analyzing experimental data
7. Analysis of the data obtained in randomized groups design with two groups using suitable statistics.
8. Analysis of the data obtained in randomized groups design with more than two groups
9. Verification of the normality assumption of ANOVA.
10. Verification of the assumption of equality of variance (SD)/correlation by 't'-test.

BSPA 211 Abnormal Psychology**Credits 3**

1. Abnormal psychology: Concept; Criteria of abnormal behaviour; classification of psychological disorders.
2. Neurotic disorders: Anxiety, phobia conversion reactions and dissociative disorders.
3. Psychotic disorders: Schizophrenia and delusional disorders.
4. Mood disorders; and organic brain disorders
5. Mental retardation; and learning disability.

Books recommended:

- Butcher, J. N., Mineka, S., & Hooley, J. M. (2010). Abnormal psychology (14th ed.). New York: Pearson
- Durand, V. M., & Barlow, D. H. (2010). Essentials of abnormal psychology. Florence, KY: Cengage.
- Halgin, R., & Whitbourne, S. K. (2010). Abnormal psychology: Clinical perspective on psychological disorders (6th ed.). Singapore: McGraw Hill
- Sue, R., Sue, D., & Sue, S. (2010). Understanding abnormal behaviour. Boston: Wadsworth/Cengage.
- Suleman, M., & Tauwab, M. (2008). Asamanya manovigyan: Visay awam vyakhya. Varanasi: Motilal Banarasidas.

BSP 221 Psychology of Human Development**Credits 4**

1. Introduction to human development and its determinants: Concepts of growth and maturation. Developmental stages.
2. Infancy: Sensory and perceptual development; language, emotional and social development.
3. Childhood: Developmental tasks. Cognitive, social, emotional and moral development.
4. Adolescence: Developmental tasks; physical and psychological changes; development of identity.
5. Adulthood and old age: Developmental tasks; adjustment problems and specific issues

Books recommended:

- Berk, L. E. (1994). *Child development*. New Delhi: Prentice Hall.
- Bhutt, G. (1990). *Vikasatmak manovigyan*. Delhi: Delhi University.
- Kaluger, G. S., & Kaluger, M. F. (1984). *Human development: The span of life*, (3rd edition). St. Louis: Times mirror.
- Santrock, J. W. (1999). *Life-span development*. New York: McGraw Hill.
- Shaffer, D. R., & Kipp, K. (2007). *Developmental psychology: Childhood & adolescence*. Belmont: Thomson Higher Education.

BSP 222 Practical

Credits 2

Any five of the following:

1. Moral development
2. Self-esteem /adjustment
3. Eysenk's personality inventory
4. General mental health
5. Parent -child relationship
6. Assessment of life satisfaction
7. Work - family conflict
8. Adjustment of elderly people
9. Scholastic aptitude test
10. Embedded figures test

BSPA 221 Foundations of Personality**Credits 3**

1. Personality: Concept and definitions; traits, types, determinants and assessment.
2. Basics of psychoanalysis: Concept of unconscious, defenses, slips and inferiority complex.
3. Understanding self: Self concept and its components; self concept discrepancy and consequences.
4. Disorders of personality: Types of disorders and treatment approaches.
5. Personality change: Behavioristic and social learning models.

Books recommended:

- Cloninger, S. C. (2008). Theories of personality: Understanding persons (5th ed.). New York: Pearson.
- Funder, D. C. (2010). The personality puzzle. New York: W. W. Norton & Company.
- Mayer, J. D. (2007). Readings in personality psychology (1st ed.). New York: Pearson.
- Phares, E. J., & Chaplin, W. F. (1997). Introduction to personality (4th ed.). New York: Addison-Wesley-Longman.
- Singh, A. K. (2010). Vyaktitva ka manovigyan. Varanasi: Motilal banarasidas.

BSP 311 Psychological Testing and Assessment**Credits 4**

1. Overview of psychological test. Administration, scoring and interpretation of tests.
2. Basic psychometric concepts: Test construction and item analysis. Reliability and validity: Meaning and types. Norms.
3. Assessment of ability and aptitude: Basic concept and theories. Tests of intelligence and aptitude: Stanford Binet (4th ed.), and Wechsler Intelligence scales; differential aptitude test.
4. Personality assessment: Approaches to personality assessment - psychometric and projective. Important measures of personality - MMPI, NEO-FFI, Rorschach and TAT.
5. Statistics in psychological testing: Correlation techniques –Biserial, point-biserial, tetrachoric, phi-coefficient, contingency coefficient.

Books recommended:

- Aiken, L. R., & Groth-Marnet, G. (2009). *Psychological testing and assessment* (12th Ed.) New Delhi: Pearson Education.
- Gregory, R. J. (2005). *Psychological testing: History, principles, and applications* (5th edition). New Delhi: Pearson Education.
- Howell, D. C. (2010). *Statistical methods for psychology*. Belmont: Wadsworth.
- Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological testing: Principles, applications and issues*. New Delhi: Cengage.
- Singh, A. K. (2008). *Tests, measurement research methods in behavioural sciences*. Patna: Bharti Bhawan.

BSP 312 Organizational Behaviour**Credits 3**

1. Introduction: Historical development; concept of organization; elements of organizational structure; scope of organizational behaviour.
2. Motivation and job satisfaction: Major theories; content and process; (Adams, Maslow, Vroom, Herzberg). Incentive systems - Job satisfaction; concept and determinants.
3. Leadership: Functions and approaches; trait, behavioural and contingency models; characteristics of successful leaders; role of power in leadership.
4. Communication: Communication process- types of communication; communication channels and networks; barriers to communication.
5. Group behavior and conflict: Defining and classifying groups; stages of group development; concept, causes and consequences of conflicts; methods of conflict-resolution.

Books recommended:

- Aamodt, M. G. (2001). *Industrial/organizational psychology*. New Delhi: Cengage.
- Luthans, F. (2005). *Organizational behavior(12th Ed.)*. New York: McGraw Hill.
- Muchinsky. (2009). *Psychology applied to work*. New Delhi: Cengage.
- Robbins , S., Judge, T.A., & Sanghi, S. (2009). *Organizational behavior(13th Ed.)*. New Delhi: Pearson Education.
- Riggio, R. E. (2003) *Introduction to Industrial/Organizational Psychology (4th d.)*. New Jersey: Prentice-Hall.

BSP 313 Psychology of Social Behaviour**Credits 3**

1. Introduction: Nature and scope of social psychology. Groups - Structure, functions and effects; Social facilitation, social loafing and social conformity.
2. Communication: Verbal and nonverbal processes; Language and social interaction; barriers to communication.
3. Social perception: Impression formation, role of non-verbal cues; Attribution process - theories of Kelly and Weiner.
4. Attitudes: Formation, measurement and change; Prejudice and discrimination - Sources and dynamics; techniques of overcoming prejudice.
5. Pro-social behaviour: Cooperation and helping behaviour; personal, situational and socio-cultural determinants of helping.

Books recommended:

- Alcock, J. E., Carment, D. N., Sadava, S. N., Collins, J. E. & Green J. M. (1998). *A textbook of social psychology*. Scarborough, Canada: Prentice Hall.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2010). *Social Psychology* (7th Ed.). Upper Saddle River, NJ: Prentice Hall.
- Baron, R. A., & Byrne, D. (1998). *Social psychology* (8th Ed.). New Delhi: Prentice Hall of India.
- Singh, A. K. (1996). *Adhunik samajik manovigyan ki roop rekha* (3rd Ed.). Varanasi: Moti Lal Banarasi Das.
- Taylor, S. E., Peplau, A. L., & Sears, D. O. (2006). *Social Psychology* (12th Ed.). Englewood Cliffs, NJ: Prentice Hall.

BSP 314 Cognitive Psychology**Credits 3**

1. Introduction: Nature, themes and emergence of cognitive psychology. Cognitive neuroscience.
2. Mental imagery: Categories of mental images, mental manipulation of images, spatial cognition and cognitive maps.
3. Verbal learning: Nature and materials, determinants; Methods – paired associate learning, serial learning, free recall
4. Memory processes: Encoding, storage and retrieval; traditional models and levels of processing model of memory. Forgetting in memory. Constructive nature of memory.
5. Problem solving and creativity: Typology of problem, approaches, problem solution: Algorithms, heuristics. Factors affecting problem solving. Creativity: Concept and nature.

Books recommended:

- Matlin, M.W. (2008). *Cognition* (7th Ed.). CA: John Wiley & Sons.
- Riegler, B. R., & Riegler, G. R. (2008). *Cognitive psychology: Applying the science of the mind* (2nd Ed.). New Delhi: Dorling Kindersley.
- Sternberg, R. J. (2009). *Cognitive psychology* (4th Ed.). Wadworth, Cengage Learning.
- Solso, R. L. (2004). *Cognitive psychology* (6th Ed). New Delhi: Pearson Education.
- Schiffman, H. R. (2000). *Sensation and perception: An integrated approach*. New York: JohnWiley.
- Hulse, S. H., Deese, J., & Egeth, H. (1975). *The psychology of learning*. ND: McGraw Hill.

BSP 315 Behavioural Disorders**Credits 3**

1. Introduction: Nature and Characteristics of abnormal behaviour, approaches to psychopathology. Classification of psychopathology: DSM - 5.
2. Disorders of childhood: Intellectual disabilities, autism spectrum disorder, ADHD.
3. Anxiety disorder: Panic disorder, specific phobias, obsessive compulsive, generalized anxiety disorder.
4. Schizophrenia and other psychotic disorders: Schizophrenia and bipolar I and II disorders.
5. Personality disorders: Antisocial, paranoid personality disorder.

Books recommended:

- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders: DSM -5*
- Barlow, D.H. & Durand, V.M. (2016). *Abnormal psychology : An integrative approach* (7th Ed.) Cengage Learning
- Butcher, J.N., Mineka, S. & Hooley, J.M. (2017). *Abnormal psychology*. Pearson Education , India
- Carson, R. C., Butcher, J. N., & Mineka, S. (2004). *Abnormal psychology and modern life* (11th Ed.). Singapore: Pearson Education.
- Kaplan, H. J. & Saddock, B. J. (2004). *Synopsis of comprehensive textbook of psychiatry*, (9th Ed.). Baltimore: Williams & Wilkins.
- Oltmanns, T. F. & Emery, R. E. (2006). *Abnormal psychology* (5th Ed.). Prentice Hall.
- Sue, D., Sue, D. W., & Sue, S. (2010). *Understanding abnormal behavior*. Belmont: Wadsworth.

BSP 316 Guidance and Counselling**Credits 4**

1. Guidance and counseling: Nature, principles and goals, adjustment problems and counseling needs of children and adolescents.
2. Assessment for guidance and counselling: intelligence, aptitude, interest and personality testing.
3. Basic counseling skills: building rapport, demonstrating empathy, observing. Listening.
4. Types of guidance & counseling: personal, social, educational, career, & for children with different abilities.
5. Ethical considerations.

Books recommended:

- Gibson, R. L., & Mitchell, M. H. (2009). *Introduction to Counseling and Guidance* (7th Ed), New Delhi: PHI Learning Pvt. Ltd.
- Parti, V.R. (2008). *Counselling Psychology*. New Delhi: Authors Press
- Rao, S.N. & Sahajpal, P. (2013). *Counselling and Guidance*, New Delhi: Tata McGraw-Hill.
- Rao, S.N. (2004). *Guidance and counselling*. New Delhi: Discovery Publishing House
- S. Brown & R. Lent (Eds.). *Handbook of Counseling Psychology* (4th ed) (pp. 267–283). NY: Wiley.
- Sharma, R.A. (2014). *Fundamentals of Guidance and Counselling*, Meerut: R Lall Book Depot.

BSP 317 Practical based on courses BSP 311, 312, 313, 314, 315 and 316 Credits 2

Any six of the following from core papers:

1. Psychological Testing and Assessment

- a. NEO-FFI /MMPI
- b. WAIS/WISC

2. Organizational Behaviour

- a. Leadership
- b. Job satisfaction /Work motivation

3. Psychology of Social Behaviour

- a. Social conformity
- b. Social perception

4. Cognitive Psychology

- a. Memory process
- b. Problem solving

5. Behavioural Disorders

- a. Anxiety (State, trait and free floating anxieties)
- b. Depression

6. Guidance and Counseling

- a. Personality assessment
- b. Assessment of aptitude

BSP 321 Neurophysiological Bases of Behaviour**Credits 4**

1. Foundations of Neurophysiology: Structure and functions of nerve cells and glial cells, nerve impulse and synaptic transmission.
2. Central nervous system: The spinal cord, the hind brain, the midbrain and the forebrain.
3. Peripheral nervous system : Cranial nerves, spinal nerves, the autonomic nervous system
4. Sensory systems: The visual system, the auditory system and the somatosensory system.
5. Methods of Neurophysiology: Computer modelling, anatomical, lesion, stimulation genetic manipulations, Functional neurosurgery, electrical and magnetic signals.

Books recommended:

- Beaumont, J. G. (2008). *Introduction to Neuropsychology*. NY: Guilford Press.
- Carlson, N. R. (2008). *Foundations of Physiological Psychology*. Singapore: Pearson.
- Kolb, B. & Whishaw, Q. (2008). *Fundamental of human Neuropsychology*. NY: Worth Publishers.
- Pinel, P. J. (2009). *Biopsychology*. Singapore: Pearson.
- Stirling, J. (2008). *Introducing Neuropsychology*. NY: Psychology Press.

BSP 322 Human Resource Management**Credits 3**

1. Introduction : Concepts and nature of human resource management; foundation and functions of human resource management.
2. Employees Selection: selection process and methods; job analysis, biographical information; interviews; references and letters of recommendation; psychological testing; types of psychological tests
3. Training and development: Scope and goals of training programmes; training needs analysis; training methods.
4. Performance management : Nature and methods. Performance appraisal for managers; biases in performance appraisal; post-appraisal interview.
5. Stress in the workplace: Occupational health; work-family conflicts; causes of stress at the workplace; management of stress.

Books recommended:

1. Schultz & Schultz (2006). Psychology & Work Today, Pearson Education
2. Glimer, B.V.H. (1991). Industrial and organizational psychology, Tokyo: McGraw Hill. Kogakushra.
3. Wexley, K.N., & Yukl, G.A. (1987). Organizational behaviour and personal psychology. Illinois: Richard Irvin.
4. Decenzo, D.A. , & Robbins, S.P. (2003). Foundations of Human Resource Management.
5. Beardwell, I. & Hadden, L. (1996). Human Resource Management : A contemporary perspective, New Delhi: Macmillan India Ltd.

BSP 323 Perception, Attention and Consciousness**Credits 3**

1. Sensation and perception: Nature and characteristics of sensation; Perception – Nature and characteristics, theoretical approaches, bottom-up and top-down processes. Form, space, and movement perception.
2. Object recognition: Theories of visual object recognition- template matching, distinctive feature theories.
3. Attention: Selective attention and divided attention; Early and late selection models; Automaticity in attention; Characteristics of automatic processes.
4. Sustained attention: Nature, mechanism, and theories.
5. Consciousness: Nature and characteristics; Varieties of consciousness.

Books recommended:

- Matlin, M. W. (2008). *Cognition* (7th Ed.). USA: John Wiley & Sons.
- Riegler, B. R., Riegler, G. R. (2008). *Cognitive psychology: Applying the science of the mind* (2nd Ed.). New Delhi: Dorling Kindersley.
- Sternberg, R. J. (2009). *Cognitive psychology* (4th Ed.). New Delhi: Cengage.
- Schiffman, H. R. (2000). *Sensation and perception: An integrated approach*. New York: John Wiley
- Solso, R. L. (2004). *Cognitive psychology* (6th Ed). New Delhi: Pearson Education.

BSP 324 Clinical Psychology**Credits 3**

1. Clinical Psychology: Historical development, nature and scope. Diagnosis: Meaning and nature, differential diagnosis.
2. Diagnostic assessment and clinical tools: Interview, case study, behavioural assessment and psychological tests.
3. Clinical utility of psychological tests: Tests of intelligence- Stanford Binet (IV Ed). WAIS-III, personality tests - MMPI - 2, NEO - FFI, TAT and Rorschach,
4. Freudian psychoanalytic therapy : Person centered therapy, and group therapy
5. Nature and rationale of systematic desensitization, aversion, modeling, rational emotive therapies.

Books recommended:

- Corey, G. (2009). *Theory and practice of counselling and psychotherapy*. Belmont, C.A.: Brooks/Cole.
- Goldenberg, H. (1983). *Contemporary clinical psychology* (2nd Ed.) New York: Brooks/Cole.
- Neitzel, M. T., Bernstein, D. A., & Millich, R. (1998). *Introduction to clinical psychology*, (5th Ed.). Upper Saddle River NJ: Prentice Hall.
- Prohesska, J.O. & Norcross, J.C. (2010). *Systems of Psychotherapy: A transtheoretical analysis*. USA: Brooks/Cole
- Singh, A. K. (2004). *Naidanik manovigyan*. Varanasi: Motilal Banarasi Das.

BSP 325 Culture and Human Behaviour**Credits 3**

1. Introduction: Concept of culture; cross-cultural and cultural psychology; socio-biological and eco-cultural approaches; ethnocentrism and multiculturalism.
2. Methods of study: Observation, survey and experimentation; choice of measuring instruments; quantification of qualitative data; sampling and comparability issues.
3. Sensation and perception: Sensory preferences; color and depth perception; interpreting patterns and pictures; perception of time.
4. Culture and intelligence: Meaning of intelligence; psychometric and cultural approaches, interpreting intelligence test scores; deficit and difference hypotheses; biological and cultural factors in intelligence.
5. Culture and emotion: Similarities and differences in emotions; physiological arousal and evaluations, experience and expression of emotions; emotion and judgment.

Books recommended:

- Berry, J. W., Poortinga, Y. H., Segall, M. H., & Dasen, P. R. (2010). *Cross-cultural psychology: Research and applications*. New York: Cambridge University Press.
- Matsumoto, D. (2001). *The handbook of culture and psychology*. New York: Oxford University Press.
- Ratner, C. (2008). *Cultural psychology: Cross-cultural psychology and indigenous psychology*. NY: Nova Science Publisher Inc.
- Segall, M. H., Dasen, P. R., Berry, J. W., & Poortinga, Y. H. (1999). *Human behaviour in global perspective*. Needham Heights, MA: Allyn & Bacon.
- Shiraev, E., & Levy, D. (2009). *Cross-cultural psychology*. Delhi: Pearson Education.

BSP 326 Stress and Coping**Credits 4**

1. Stress: Nature, history of the concept: different perspectives, symptoms, framework of stress.
2. Responses to stress: Psychological, physiological. General Adaptation syndrome, behavioural.
3. Sources of stress: Personal—psychological characteristics, behavioural patterns, social (critical life events, roles), psychological (conflicts), occupational and environmental.
4. Consequences of stress: Behavioural—performance, psychological—cognitive distortion, mental and physical health, problems, burnout.
5. Coping and stress management: Cognitive, behavioural, physical interventions, Coping strategies (approach vs avoidance, emotion-centered vs problem-centered, tolerating and moderating stress and streins, hypnosuggestion, philosophical hypnosis.

Books recommended:

- Weiten, W., Dunn, D. S., & Hammer, E. Y. (2012). *Psychology applied to modern life: Adjustment in 21st century* (10th ed.). Belmont, CA: Wadsworth, Cengage Learning.
- Lazarus, R.S. (1980). *Patterns of adjustment*, New Delhi: McGraw-Hill.
- Martin, L.G.; Osborne, G. (1989). *Psychology: Adjustment and everyday living*. N.J.: Prentice-Hall, Englewood Cliffs.
- Lazarus, R. S. & Folkman, S. (1984). *Stress, appraisal and coping*. New York, NY: Springer Publishing.
- Aldwin, C. M. & Werner, E. E. (2004). *Stress, coping and development: An integrative perspective*. New York: Guilford.
- Srivastava, A.K. (1999). *Management of occupational stress: Theories and practices*. Gyan Publishing House, New Delhi.

BSP 327 Practical based on courses BSP 321,322,323,324, 325 and 326

Credits 2

Any six of the following from core papers:

5. Neuro-physiological Basis of Behaviour

- c. Colour /Depth perception
- d. Perception of emotions

2. Human Resource Management

- c. Occupational health
- d. Performance appraisal/Job analysis

3. Perception, attention and consciousness

- c. Signal detection/geometric illusions
- d. Vigilance

4. Clinical Psychology

- c. Mental status examination
- d. Rorschach inkblot /TAT

5. Culture and Human Behaviour

- c. Physiological correlates of emotion
- d. Assessment of hemispheric asymmetry

6. Stress and coping

- a. Assessment of stress
- b. Assessment of coping