

DEPARTMENT OF PSYCHOLOGY

PREAMBLE

UG : Course Profile and the syllabi of courses offered in the I and II semesters along with evaluation components III & IV (**with effect from 2018 - 2021 batch onwards**) are presented in this booklet.

COURSE PROFILE B.Sc. (Psychology)

Semester	Part	Category	Course code	Course Title	Hours per week	Credit	
						Min	Max
I	I	Language	UTAL105/ UTAL106/ UHIL101/ UFRL101	Basic Tamil I/ Advanced Tamil I/ Hindi I / French I	4	2	3
	II	English I	UENL107/ UENL108	General English I/ Advanced English I	5	3	4
	III	Core I	UPSM101	General Psychology I	6	5	5
		Core II	UPSM102	Developmental Psychology I	7	5	5
		Core III	UPSM103	Social Psychology I	6	5	5
	IV	Value Education			2	1	1
TOTAL					30	21	23
II	I	Language	UTAL205/ UTAL206/ UHIL201/ UFRL201	Basic Tamil II/ Advanced Tamil II/ Hindi II/ French II	4	2	3
	II	English II	UENL207/ UENL208	General English II/ Advanced English II	5	3	4
	III	Core IV	UPSM201	General Psychology II	5	5	5
		Core V	UPSM202	Developmental Psychology II	5	5	5
		Core VI	UPSM203	Social Psychology II	5	5	5
	IV	Non Major Elective	UPSE201	Psychology for Effective Living	4	2	2
		Soft skill			2	1	1
	V	Extension activity/ Physical Education/NCC			-	1	2
TOTAL					30	24	27
III	I	Language	UTAL307/ UTAL308/ UHIL301/ UFRL301	Basic Tamil III/ Advanced Tamil III/ Hindi III/ French III	4	2	3
	II	English III	UENL305/ UENL306	General English III/ Advanced English III	5	3	4
	III	Core VII	UPSP301	Experimental Psychology I	6	5	5

		Core VIII	UPSM302	Psychological Statistics	5	5	5
		Core IX	UPSM303	Theories of Personality	5	5	5
	IV	Online Course		NPTEL/ Spoken Tutorial	3	1	2
		Value Education			2	1	1
TOTAL					30	22	25
IV	I	Language	UTAL405/ UTAL406/ UHIL401/ UFRL401	Basic Tamil IV/ Advanced Tamil IV/ Hindi IV/ French IV	4	2	3
	II	English IV	UENL407/ UENL408	Basic English IV/ Advanced English IV	5	3	4
	III	Core X	UPSR401	Experimental Psychology II	6	5	5
		Core XI	UPSM401	Physiological Psychology	7	5	5
		Core XII	UPSM402	Research Methodology	6	5	5
	IV	Soft skill			2	1	1
	V	Extension activity/ Physical Education/NCC			-	-	2
TOTAL					30	21	25
V	III	Core XIII	UPSM501	Abnormal Psychology	6	5	5
		Core XI	UPSM502	Educational Psychology	6	5	5
		Core XII	UPSM 503	Positive Psychology	5	5	5
		Core XIII	UPSM 504	Organizational Psychology	6	5	4
		Core XV	UPSM 505	Psychological Testing	5	5	5
		Value education			2	1	1
TOTAL					30	26	26
VI	III	Core XVI	UPSM 601	Clinical Psychology	6	5	5
		Core XVII	UPSM 602	Counselling Psychology	6	5	5
		Core XVIII	UPSM 603	Human Resource Development	5	5	5
		Core XIX	UPSM 604	Health Psychology	6	5	5
		Core XX	UPSP 601	Project	5	5	5
	IV	Soft skill			2	1	1
	V	Extension activity/ Physical Education/NCC			-	-	2
TOTAL					30	26	28
GRAND TOTAL					180	140	154

UPSM101 GENERAL PSYCHOLOGY I

Semester : I
Category : Core I
Class & Major: I B.Sc. Psychology

Credit : 5
Hours / Week: 6
Total Hours : 78

Objectives:

To enable the students

- Gain the knowledge of basic concepts in Psychology.
- To differentiate various methods used in Psychology.
- To determine the causes of behavior.

UNIT-I INTRODUCTION

16 Hrs

Definition - Psychology as a Science - Perspectives in Psychology: Psychodynamic, Behavioural, Humanistic, Bio-psychological, Evolutionary, Socio-cultural, Cognitive. Behaviour - Genetics and Behaviour - Socio-cultural Bases of Behaviour (Environment): Environment and Behaviour.

UNIT-II METHODS OF ASSESSMENT IN PSYCHOLOGY

16 Hrs

Goals of Psychological Enquiry - Introspective Method - Observation Method - Experimental Method - Correlation Method - Case Study Method - Clinical Method - Genetic Method - Interview Method - Survey Method - Rating Scales – Checklists – Questionnaires - Psychological Tests - Cross-cultural Method.

UNIT-III SENSATION

16 Hrs

Sensation – Sensory Thresholds – psychophysical Procedures – Sensory Adaptation – Vision: Basic Functions of the Visual System – Vision and the Brain- Hearing – Touch and other Skin Senses – Smell and Taste – Kinesthesia and Vestibular Sense.

UNIT- IV ATTENTION

15Hrs

Attention: Definition – Characteristics – Types - Determinants of Attention

UNIT - V PERCEPTION

15 Hrs

Perception: Principles of Perceptual Organization - Constancies in Perception - Size, Shape, Form, Space, Movement - Depth Perception – Illusions - Plasticity of Perception.

Text Books

- Baron, R.A., *Psychology*, 5th Edition, Pearson India Education Services, Noida, 2018.
- Lahey, B. B., *Psychology: An Introduction*, Tata Mc Graw Hill, New Delhi, 1998.

Reference Books

- Feldman, R. S., *Understanding Psychology*, Tata Mc Graw Hill, New Delhi, 2002.
- Bootzin, R. R., Bower, G. H., Crocker, J., and Hall, E., *Psychology Today*, Mc Graw Hill, London, 2005.

UPSM102 DEVELOPMENTAL PSYCHOLOGY I

Semester : I
Category : Core II
Class & Major: I B.Sc. Psychology

Credit : 4
Hours / Week: 7
Total Hours : 91

Objectives:

To enable the students

- To understand the human development and development processes along with theories.
- To express the methods of study child development.
- To interpret the stages of physical, cognitive and social development in infancy and childhood.

UNIT- I INTRODUCTION

18 Hrs

Human Development- Early Approaches to the Study of Human Development, - Ontogeny – Phylogeny - Developmental Processes and Periods - Biological - Cognitive and Socio-Emotional Processes - Influences on Development: Heredity - Environment and Maturation - Major Contextual Influences - Basic Theoretical Issues - Some Characteristics Influenced by Heredity and Environment.

UNIT- II PERSPECTIVES AND METHODS OF STUDIES ON CHILD DEVELOPMENT

18 Hrs

Perspectives - Psychoanalytic – Learning – Cognitive - Evolutionary/Socio-Biological - Ethological. Methods - Observational Studies – Interview - Experimental Studies -Correlation Studies - Developmental Studies - Cross-sectional Studies - Longitudinal Studies - Sequential Studies - Micro-genetic Studies - Ethnographic Studies - Psycho-physiological Studies - Standardized Tests.

UNIT- III PRENATAL PERIOD

18 Hrs

Conceiving New Life: Fertilization - Multiple Births - Mechanisms of Heredity:- Genetic code - Determiners of Sex - Patterns of Genetic Transmission - Genetic and Chromosomal Abnormalities -Stages of Prenatal Development - Environmental Influences- Maternal Factors and Fraternal Factors - Parental Care.

UNIT- IV INFANCY AND TODDLERHOOD

18 Hrs

The Birth Process - The Newborn Baby- Survival and Health- Early Physical Development - Studying Cognitive Development - Language Development - Foundations of Psychosocial Development - Developmental Issues in Infancy - Developmental Issues in Toddlerhood

UNIT- V EARLY CHILDHOOD

19 Hrs

Physical Development: Aspects of Physical Development- Health and Safety - Cognitive Development- Piagetian Approach- Language and Other Cognitive Abilities- Early Childhood Education -Psychosocial Development: Developing Self- Gender- Business of Early Childhood, Parenting in Families in Trouble -Relationship with Other Children -Emotional development.

Text Books

- Papalia, D. E., Olds, S.W., & Feldman, R.D. *Human Development*. 9th ed. McGraw Hill. New Delhi, 2004

Reference Books

- Santrock, J. W. *Child Development*. 11th ed. Tata McGraw Hill. New Delhi 2007
- Travers, D. *Human Development. Across the Life Span*. 4th ed. McGraw Hill. London:1999.

UPSM103 SOCIAL PSYCHOLOGY I

Semester : I

Category : Core III

Class & Major: I B.Sc. Psychology

Credit : 5

Hours / Week: 6

Total Hours :78

Objectives:

To enable the students

- To identify the influence of social and cultural factors on individual behavior.
- To explain the social problem in terms of various social psychological theories.
- To report the unique features of socio-cultural contexts with respect of india and other countries.

UNIT - I INTRODUCTION

16 Hrs

Definition - Scientific in Nature – Cognition and Behaviour – Social Relationship – Methods in Social Psychology - Theory in Social Psychology

UNIT - II SOCIAL COGNITION

16 Hrs

Heuristics – Representativeness – Availability – Status Quo Heuristic – Schemas: Impact of Schemas – Priming – Schema Persistence – Reasoning Metaphor - Automatic and controlled Processing – Potential sources of Errors in Social Cognition – Affect and Cognition.

UNIT - III SOCIAL PERCEPTION

16 Hrs

Non-Verbal Communication – Basic Channels – Nonverbal Cues – Recognizing Deception – Attribution – theories of Attribution – Error in Attribution – Impression Formation and Management

UNIT- IV SELF

15 Hrs

Self-Presentation - Self-Knowledge – Personal Identity Versus Social Identity –Social Comparison –Self-Esteem –Prejudice- Concealing our Identity

UNIT - V ATTITUDES

15 Hrs

Attitude Formation - Attitude Behavior Link - Attitude Change – Science of Persuasion - Resistance to Persuasion - Cognitive Dissonance.

Text Books

- Nyla R. Branscombe and Baron, R. A., *Social Psychology, 14th Edition*, Pearson India Educations Services, Noida, 2017
- Myers, D. G., *Social Psychology, Seventh Edition*, Int. Education, Mc Graw Hill, 2002

Reference Books

- Chaube, S. P., and Chaube, A., *Ground Work for Social Psychology*, Neelkamal, New Delhi, 2007
- Taj, H., *An Introduction to Social Psychology*, Neelkamal, New Delhi, 2007.

UPSM201 GENERAL PSYCHOLOGY II

Semester : II
Category : Core IV
Class & Major: I B.Sc. Psychology

Credit : 5
Hours / Week: 5
Total Hours : 65

Objectives:

To enable the students

- Cite the various theories in psychology
- Explain the various concept in psychology
- Classify the different concept and causes of behavior

UNIT- I STATES OF CONSCIOUSNESS

14 Hrs

Nature of Consciousness - Natural States of Consciousness - Normal Waking Consciousness - Directed Consciousness - Flowing Consciousness - Divided Consciousness - Fantasy and Daydreaming (1) Sleep: Stages of Sleep - REM and non-REM Sleep (2) Dreams:- Functions and Meaning of Dreaming, Circadian Rhythms - Altered states of consciousness - Characteristics of Altered States Consciousness, (1) Altering Consciousness with Drugs.

UNIT-II LEARNING AND MEMORY

14 Hrs

Definition - Nature - Theories: Classical Conditioning - Operant Conditioning - Other Forms of Learning: Instrumental Learning - Cognitive Learning - Observational Learning - Skill Learning- Transfer of Learning.

Memory: Human Memory - Model of Memory - Sensory Memory - Short - Term Memory - Long- Term Memory – Kinds of Information Stored in Memory – Memory for Factual Information. Nature and Theories of Forgetting.

UNIT - III THINKING

13 Hrs

Basic Elements of Thought: Concepts - Propositions - Images. Concepts: Types of Concepts - Concept Formation – Reasoning - Decision Making - Problem Solving - Creativity. Artificial Intelligence. Language and Development.

UNIT IV INTELLIGENCE**11 Hrs**

Thought Intelligence – Theories of Intelligence- Measurement of Intelligence – Human Intelligence - Group Differences in Intelligence- Emotional Intelligence.

UNIT – V MOTIVATION AND EMOTION**13 Hrs**

Motivation: Theories of Motivation – Hunger – Sexual Motivation – Aggressive Motivation- Achievement Motivation – Intrinsic Motivation.

Emotions: Nature of Emotion – Biological basis of Emotion – External Expression of Emotion – Emotion and Cognition – Subjective Well-being

Text Books

- Baron, R.A., *Psychology*, 5th Edition, Pearson India Education Services, Noida, 2018.
- Lahey, B. B., *Psychology: An Introduction*, Tata Mc Graw Hill, New Delhi, 1998.

Reference Books

- Feldman, R. S., *Understanding Psychology*, Tata Mc Graw Hill, New Delhi, 2002.
- Bootzin, R. R., Bower, G. H., Crocker, J., and Hall, E., *Psychology Today*, Mc Graw Hill, London, 2005

UPSA202 DEVELOPMENTAL PSYCHOLOGY II

Semester	: II	Credit	: 5
Category	: Core V	Hours / Week:	5
Class & Major	: I B.Sc. Psychology	Total Hours	: 65

Objectives:**To enable the students**

- To list the human development along with theories
- To discuss with influence of domains in development of child to old age.
- To classify the various stage in child to old age.

UNIT- I MIDDLE CHILDHOOD**12 Hrs**

Physical Development: Aspects of Physical Development - Health and Safety - Psycho Social Development: The Developing Self - The Child in the Family - The Child in the Peer Group - Mental Health- Developmental Disorders: Behavioral Problems During Childhood - Learning Disabilities – Dyslexia - Mental Retardation - Autism and Attention Deficit Disorder.

UNIT- II ADOLESCENCE**12 Hrs**

Physical and Cognitive Development - Defining Adolescence - Theories of Adolescence -Physical Development - Cognitive Development - Psychosocial Development - Peer Relations - Sexual Behaviour - Sexually Transmitted Infections -Teenage Parent - Illegal Behaviour.

UNIT- III EARLY ADULTHOOD

12 Hrs

Physical and Cognitive Development: Initiation into Adulthood - Physical Development - Cognitive Development - Patterns of Work - Psycho-Social Development - Marriage and the Family - Personal Development - Sexual Identity and Gender Roles – Sexuality - Nature of Love.

UNIT-IV MIDDLE ADULTHOOD AND LATE ADULTHOOD

12 Hrs

Middle Adulthood- Physical and Cognitive Development- Physical Development - Cognitive Development -Patterns of Work - Psycho-Social Development- Dealing with Stresses of Adulthood - Marriage and Family Relations - Sex and Love in Middle Adulthood - Personality Development.

Late Adulthood: Physical and Cognitive Development - Aging- Physical Development - Cognitive Development. Psycho-Social Development - Social Development - Personal Development.

UNIT-V OLD AGE

12 Hrs

Personal - Social and family adjustments - Violence and health problems - Government policy for protection of safety of older people - The Role of spirituality in later life.

Text Books

- Papalia, D. E., Olds,S.W., & Feldman,R.D. *Human Development*. 9th ed. McGraw Hill. New Delhi, 2004

Reference Books

- Santrock, J. W. *Child Development*. 11th ed. Tata McGraw Hill. New Delhi 2007
- Travers, D. *Human Development. Across the Life Span*. 4th ed. McGraw Hill. London:1999

UPSM203 SOCIAL PSYCHOLOGY II

Semester : II
Category : Core VI
Class & Major: I B.Sc. Psychology

Credit : 5
Hours / Week: 5
Total Hours :65

Objectives

To enable the students

- Define the influence of social and cultural factors on individual behavior.
- Interpolate the social problem in teams of various social psychological theories.
- To apply the unique features of socio-cultural context with respect of india and other countries.

UNIT - I CAUSES AND CURES OF STEREOTYPING, PREJUDICE AND DISCRIMINATION

13 Hrs

Stereotyping: Nature – Origins – Prejudice: Origin of Prejudice –Discrimination – Techniques for Countering its Effects.

UNIT - II LIKING, LOVE, AND OTHER CLOSE RELATIONSHIPS **13 Hrs**

Internal Sources of Liking others – Affiliation in Human Existence –Role of Affect – External Sources of Attraction – Power of Proximity –Physical Beauty - Liking Based on Social Interaction –Similarity –Reciprocal Linking or Disliking –Social Skills –Personality and Liking - Close Relationships

UNIT - III SOCIAL INFLUENCE **13 Hrs**

Conformity –Social Pressure –Compliance –Principles of Compliance –Tactics Based Friendship or Liking - Tactics Based Commitment or Consistency - Tactics Based Reciprocity and Scarcity -Obedience to Authority –Unintentional Social Influence – Emotional Contagion – Symbolic Social Influence –Modeling.

UNIT- IV PROSOCIAL BEHAVIOUR AND AGGRESSION **13 Hrs**

Motivation for Prosocial Behaviour –Responding to an Emergency –Increase or Decrease the Tendency to Help –Crowd funding –Final Thoughts

Perspectives on Aggression –Causes of Human Aggression – Aggression in Classroom and Workplace –Preventing and Controlling Aggression

UNIT - V GROUPS AND INDIVIDUALS **13 Hrs**

Group –Social Facilitation –Social Loafing –Coordination ion Groups –Resolving Conflicts -Rules for Judging Fairness –Decision Making by Group –Role of Leadership in Group Settings.

Text Books

- Nyla R. Branscombe and Baron, R. A., *Social Psychology, 14th Edition*, Prentice Hall, New Delhi, 2017
- Myers, D. G., *Social Psychology*, Seventh Edition, Int. Education,Mc Graw Hill, 2002

Reference Books

- Chaube, S. P., and Chaube, A., *Ground Work for Social Psychology*, Neelkamal, New Delhi, 2007
- Taj, H., *An Introduction to Social Psychology*, Neelkamal, New Delhi, 2007.

UPSM201 PSYCHOLOGY FOR EFFECTIVE LIVING

Semester : II
Category : Core VI
Class & Major: I B.Sc. Psychology

Credit : 5
Hours / Week: 4
Total Hours :52

Objectives

To enable the students

- Gain knowledge on the about Psychology for Effective Living
- Interpolate about the life style that improving Psychology for Effective Living
- Apply the techniques to overcome stress in day to day life

UNIT- I SEEKING SELFHOOD

11 Hrs

Self concept – core characteristics of self concept – self consistency, self esteem, self enhancement and self verification – self concept and personal growth. Exercise on self image and ideal self.

UNIT- II A HEALTHIER YOU

10 Hrs

Body image – psychological factors and physical illness – coping with illness. At the end of the unit the students will be given exercise on rating health habits.

UNIT- III TAKING CHARGE OF YOUR LIFE

13 Hrs

Mastery and personal control – resolve and decision making – decisions and personal growth. Test to measure “how much control you think you have?”

UNIT- IV YOUR FRIENDS AND YOU

13 Hrs

Meeting people – impression, interpersonal attraction – friendship, self disclosure, loneliness. Test to measure “How shy are you?”

UNIT- V LOVE AND COMMITMENT

13 Hrs

Love and intimacy – Commitment – adjusting to intimate relationships – divorce and its consequences exercise on “Marital Myths”.

Text Book

- Duffy G K, Atwater E (2008). Psychology for Living- Adjustment, growth and Behaviour today. India. Person Education Inc.

Reference Book

- Shelley E. Taylor, 2006, Health Psychology 6th Edition Tata McGraw Hill Education Private Limited, NewDelhi.

III and IV EVALUATION COMPONENTS OF CIA

Semester	Category	Course code	Course Title	Component III	Component IV
I	Core I	UPSM101	General Psychology-I	Assignment	Presentation
	Core II	UPSM102	Developmental Psychology-I	Assignment	Presentation
	Core III	UPSM103	Social Psychology-I	Assignment	Presentation
II	Core IV	UPSM 201	General Psychology-II	Assignment	Presentation
	Core V	UPSM 202	Developmental Psychology-II	Assignment	Presentation
	Core VI	UPSM 203	Social Psychology-II	Assignment	Presentation