

# **BHARTI VISHWAVIDHYALAYADURG (C.G.)**

**Website - [www.bhartiuniversity.org](http://www.bhartiuniversity.org),**

**Email–[bhartiuniversity.in@gmail.com](mailto:bhartiuniversity.in@gmail.com)**



## **SCHEME OF EXAMINATION**

**&**

### **SYLLABUS of**

**B.A.(Honors)Psychology Semester Exam**

**UNDER  
FACULTY OF  
ARTS & HUMANITIES**

(Approved by Board of Studies)

Effective from 2021- 2022



**BHARTI VISHWAVIDYALAYA DURG**  
**SCHEME OF TEACHING AND EXAMINATION**

**Courses of Study and Scheme of Examination**  
**B.A.(Honors) Psychology**  
**Semester I**

PAPER CODE	PAPER	THEORY MARKS	TEACHERS ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-01	Introduction to Psychology (CD 1)	70	30	100
C-PSY-02	Biopsychology (CD 2)	70	30	100
GE-PSY-01	Youth, Gender and Identity	70	30	100
AEEC-PSY-01	Environmental Studies (GE)-I	70	30	100

**Semester II**

PAPER CODE	PAPER	THEORY MARKS	TEACHER ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-03	Psychology of Individual Differences (CD-3)	70	30	100
C-PSY-04	Statistical Methods for Psychological Research-I(CD-4)	70	30	100
AE-PSY-02	English (A.E)	70	30	100
GE-PSY-02	Psychology and Media	70	30	100

**Semester III**

PAPER CODE	PAPER	THEORY MARKS	TEACHER ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-05	Psychological Research (CD-5)	70	30	100
C-PSY-06	Development of Psychological Thought (CD- 6)	70	30	100
C-PSY-07	Social Psychology (CD-7)	70	30	100
GE-PSY-03	Psychology at Work	70	30	100
AEEC-PSY-01	Emotional Intelligence – III	70	30	100

**Semester IV**

PAPER CODE	PAPER	THEORY MARKS	TEACHER ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-08	Statistical Methods for Psychological Research-II (CD-8)	70	30	100
C-PSY-09	Developmental Psychology (CD-9)	70	30	100
C-PSY-010	Applied Social Psychology (CD-10)	70	30	100
GE-PSY-04	Psychology for Health and Well-being	70	30	100
AEEC-PSY-02	Educational Psychology	70	30	100

### Semester V

PAPER CODE	PAPER	THEORY MARKS	TEACHER ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-11	Understanding Psychological Disorders (CD- 11)	70	30	100
C-PSY-12	Organizational Behaviour (CD-12)	70	30	100
PSY-DSE-1	Positive Psychology (DSE- 1)	70	30	100
PSY-DSE-2	Human Resource Management(DSE-2)	70	30	100

### Semester VI

PAPER	PAPER	THEORY MARKS	TEACHER ASSESSMENT/ PRACTICAL	TOTAL MARKS
C-PSY-13	Understanding and Dealing with Psychological Disorders (CD- 13)	70	30	100
C-PSY-14	Counseling Psychology(CD-14)	70	30	100
PSY-DSE-3	Health Psychology (DSE-3)	70	30	100
PSY-DSE-4	Project/Dissertation (6th semester)(DSE-4)	70	30	100

SCHEME	Semester I	Semester II	Semester III	Semester IV	Semester V	Semester VI	TOTAL
Total marks	400	400	500	500	400	400	2600



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester I**

**Paper: C-PSY-01: INTRODUCTION TO PSYCHOLOGY (CD 1)**

<b>UNIT 1</b>	<b>Introduction:</b> What is psychology? Perspectives on behavior; Methods of psychology (special emphasis on experimentation); subfields of psychology; Psychology in modern India.
<b>UNIT 2</b>	<b>Perception:</b> Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions.
<b>UNIT 3</b>	<b>Thinking and Language:</b> mental imagery, concepts, decision making; nature of language, language development.
<b>UNIT 4</b>	<b>Learning and Motivation:</b> Principles and applications of Classical conditioning, and observational learning; Learning strategies; Learning in digital world; Self-regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.
<b>UNIT 5</b>	<b>Memory:</b> Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Forgetting, Improving memory.

**Readings:**

Baron, R. & Mirage. (2013). Psychology. Pearson.  
 Chatham, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.  
 Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.  
 Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester I**

**Paper: C- PSY-02:BIO-PSYCHOLOGY (CD 2)**

<b>UNIT 1</b>	<b>Introduction to biopsychology:</b> Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.
<b>UNIT 2</b>	<b>The Functioning brain:</b> Structure, and functions of neurons; Neural conduction and synaptic transmission.
<b>UNIT 3</b>	<b>Organization of nervous systems:</b> CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin
<b>UNIT 4</b>	<b>Neuroplasticity:</b> Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.
<b>UNIT 5</b>	<b>Endocrine System:</b> Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**Readings:**

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinecure Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.
3. Leviathan, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.
4. Panel, J. P. J. (2011) *Biopsychology*, 8th Edition. Pearson Education, New Delhi.
5. Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random



**BHARTI VISHWAVIDYALAYA, DURG (C.G)**  
**B.A. (Honors) Psychology**  
**Semester I**

**PAPER: GE-PSY-01: Youth Gender and Identity**

<b>UNIT-1</b>	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context</li> <li>• Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes</li> <li>• Concepts of Identity: Multiple identities</li> </ul>
<b>UNIT -2</b>	<p><b>Youth and Identity</b></p> <ul style="list-style-type: none"> <li>• Family: Parent-youth conflict, sibling relationships, intergenerational gap</li> <li>• Peer group identity: Friendships and Romantic relationships</li> <li>• Workplace identity and relationships</li> <li>• Youth culture: Influence of globalization on Youth identity and Identity crisis</li> </ul>
<b>UNIT -3</b>	<p><b>Gender and Identity</b></p> <ul style="list-style-type: none"> <li>• Issues of Sexuality in Youth</li> <li>• Gender discrimination</li> <li>• Culture and Gender: Influence of globalization on Gender identity</li> </ul>
<b>UNIT -4</b>	<p><b>Issues related to Youth, Gender and Identity</b></p> <ul style="list-style-type: none"> <li>• Youth, Gender and violence</li> <li>• Enhancing work-life balance</li> </ul>
<b>UNIT-5</b>	<ul style="list-style-type: none"> <li>• Changing roles and women empowerment</li> <li>• Encouraging non-gender stereotyped attitudes in youth</li> </ul>

**Selected Readings**

- Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall. Baron, R.A., Byrne,
- D. & Bhardwaj. G (2010). Social Psychology (12th Ed).New Delhi: Pearson.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester I**

**Paper: AEEC-PSY-01: Environmental Studies**  
 (GE)-I

<b>UNIT 1</b>	<b>The Environment:</b> The Atmosphere, Hydrosphere, Lithosphere, Biosphere, Ecology, Ecosystem, Biogeochemical Cycle (Carbon Cycle, Nitrogen Cycle).
<b>UNIT 2</b>	<b>Environment Pollution:</b> Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Radiation Pollution, Natural Disasters and their Management.
<b>UNIT 3</b>	<b>Population Ecology:</b> Individuals, Species, Pollution, Community, Control Methods of Population, Urbanization and its effects on Society, Communicable Diseases and its Transmission, Non-Communicable Diseases.
<b>UNIT 4</b>	<b>Environmental Movements in India:</b> Grassroots Environmental movements in India, Role of women, Environmental Movements in Chhattisgarh, State Pollution Control Board, Central Pollution Control Board.
<b>UNIT 5</b>	<b>Natural Resources:</b> Conservation of Natural Resources, Management and Conservation of Wildlife, Soil Erosion and Conservation, Environmental Laws: Water Act, 1974, Air Act, 1981, The Wildlife (Protection) Act, 1972, Environment Protection, 1986.

**Readings:**

Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The handbook of emotional intelligence*. San Francisco, California: Jossey Bros.

Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.

Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.

Singh, D. (2003). *Emotional intelligence at work (2 nded.)* New Delhi: Response Books.





**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester II**

**Paper C-PSY-03: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

<b>UNIT 1</b>	<b>Personality:</b> Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenologicalhumanistic, Trait and type.
<b>UNIT 2</b>	<b>Intelligence:</b> Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.
<b>UNIT 3</b>	<b>Indian approach:</b> Self and identity in Indian thought.
<b>UNIT 4</b>	<b>Motivation:</b> Intrinsic motivation and Selfdetermination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fostering creativity.
<b>UNIT 5</b>	<b>The Median and the Mean;</b> Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures.

**Readings:**

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
2. Carr, A. (2011): Positive psychology. Routledge.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Cornelissen, R.M.M., Misra, G. &Varma, S. (2011). Foundations of Indian Psychology, Vol 1. Pearson.
5. Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4<sup>th</sup> Ed.)*. New Delhi: Pearson Education.
6. Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.
7. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester II**

**Paper C-PSY-04: STATISTICAL METHODS FOR PSYCHOLOGICAL**  
 (CD 4)

<b>UNIT 1</b>	<b>Introduction:</b> Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.
<b>UNIT 2</b>	<b>Frequency Distributions, Percentiles, and Percentile Ranks</b> Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.
<b>UNIT 3</b>	<b>Graphic Representation of Data</b> Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.
<b>UNIT 4</b>	<b>Measures of Central Tendency</b> The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions
<b>UNIT 5</b>	<b>Measures of Variability and Standard (z) Scores</b> The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability

**Reading List:**

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

Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi.

Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.

Howell, D. (2009) *Statistical methods for Psychology*.

King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioral Sciences* USA: John Wiley & Sons.

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



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester II**  
 AECC

**Paper:** English Communication

<b>UNIT 1</b>	<b>Introduction:</b> Theory of Communication, Types and modes of Communication
<b>UNIT 2</b>	<b>Language of Communication:</b> Verbal and Non-verbal (Spoken and Written) Personal, Social and Business Barriers and Strategies Intra-personal, Inter-personal and Group communication
<b>UNIT 3</b>	<b>Speaking Skills:</b> Monologue, Dialogue, Group Discussion, Effective Communication/ Mis- Communication, Interview, Public Speech
<b>UNIT 4</b>	<b>Reading and Understanding:</b> Close Reading, Comprehension, Summary, Paraphrasing, Analysis and Interpretation, Translation(from Indian language to English and vice-versa) Literary/Knowledge Texts
<b>UNIT 5</b>	<b>Writing Skills :</b> Documenting , Report Writing, Making notes,Letter writing.

**Recommended Readings:**

- Fluency in English - Part II, Oxford University Press, 2006.
- Business English, Pearson, 2008.
- Language, Literature and Creativity, Orient Blackswan, 2013.
- Language through Literature (forthcoming) ed. Dr. Gauri Mishra, Dr Ranjana Kaul, Dr Brati Biswas



**BHARTI VISHWAVIDYALAYA DURG**

**B.A. (Honors) Psychology**

**Semester II**

General Elective

(GE)-II

**Paper GE-2.1 PSYCHOLOGY AND MEDIA**

<b>UNIT 1</b>	<ul style="list-style-type: none"> <li>Media and User: understanding mass media; Issues in Media psychology: Construction of reality, media and culture, Media and ethics, regulation</li> </ul>
<b>UNIT 2</b>	<ul style="list-style-type: none"> <li>Media and advertising: Developing an effective advertising Programme /media promotions / campaign for social marketing. Case studies in the Indian context.</li> </ul>
<b>UNIT 3</b>	<ul style="list-style-type: none"> <li>Audio-Visual media (TV and movies) and Print media: Nature and their impact</li> </ul>
<b>UNIT 4</b>	<ul style="list-style-type: none"> <li>Developmental issues: fantasy Vs reality, socialization, stereotyping, violence, and cybercrime. Case studies in the Indian context</li> </ul>
<b>UNIT 5</b>	<ul style="list-style-type: none"> <li>Interactive and emerging technologies: Virtual social media, interactive media, gaming, issues of internet addiction. Case studies in the Indian context.</li> </ul>

**Select Readings:**

- Dill, K.E. (2009). How Fantasy becomes Reality Seeing Through Media Influence. New York: Oxford University Press.
- Giles, D. (2003). Media Psychology. New Jersey: Lawrence Erlbaum Associates Publishers.
- Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). Handbook of Consumer Psychology. NY: Psychology Press.
- Jansson-Boyd, C. V. (2010). Consumer Psychology. England: Open University Press.
- Wanke, M. (Ed.). (2009). Social Psychology of Consumer Behaviour. NY: Taylor & Francis Group.
- Kirsh, S.J. (2006). Children Adolescents and Media Violence. New York: Sage.
- Montgomery, K.C. (2007) Generation Digital. MIT Press. Wood, R.N. (1983). Mass Media and Individual. Minnesota: Woods.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester III**

**Paper C-PSY-05: PSYCHOLOGICAL RESEARCH (CD 5)**

<b>UNIT 1</b>	<b>Basics of Research in Psychology</b> What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.
<b>UNIT 2</b>	<b>Research Traditions</b> Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.
<b>UNIT 3</b>	<b>Experimental Method</b> Introduction to Experimental and Quasi-experimental Methods. <b>Methods of Data Collection</b> Sampling; Probability Sampling Methods and Non-Probability Sampling Methods.
<b>UNIT 4</b>	<b>Non-Experimental Methods (I)</b> Case Study; Observation; Surveys, Focus Group Discussion, Interviews.
<b>UNIT 5</b>	<b>Non-Experimental Methods (II)</b> Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; applications

**Reading List:**

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 (4th Ed.)*. New Delhi: Pearson Education.  
 Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.  
 Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.  
 Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia : Open University Press.

**BHARTI VISHWAVIDYALAYA DURG**

**B.A. (Honors) Psychology**

**Semester III**

**C-PSY-06: PaperName: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT**

(CD 6)

<b>UNIT 1</b>	<b>Understanding Psyche: Debates and Issues</b> (a) Free will and determinism (b) Empiricism and rationality (c) Issues of Consciousness and Mind Body Relationship
<b>UNIT 2</b>	<b>Early Schools of Psychology:</b> Associationism, Structuralism and Functionalism ( <i>Brief Introduction</i> )
<b>UNIT 3</b>	<b>Positivist Orientation:</b> From behaviorism to cognition: Key contributions of Watson, Tolman, Hull, and Skinner; Cognitive revolution, Information Processing Model.
<b>UNIT 4</b>	<b>Psychoanalytic and Humanistic-Existential Orientation</b> Freudian Psychoanalysis, The turn towards 'social' – Adler, Jung, Fromm, Ego psychology – Erik Erikson, Object relations;
<b>UNIT 5</b>	<b>Contemporary Developments</b> Feminism and social constructionism. Cultural psychoanalysis (SudhirKakar), contributions of Phenomenologically oriented humanistic and existential thinkers.

**READINGS:**

Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3<sup>rd</sup> Edn. Blackwell Publishing.

Feist&Feist.Theories of Personality McGraw Hill Higher Education.

King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4<sup>th</sup> Ed.).Pearson education.

Kurt Pawlik,GeryD'ydwalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.

Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6<sup>th</sup> Ed.). Singapore: Pearson Education.

Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John Wiley

Paranjpe, A. C. (1984). Theoretical psychology: The meeting of East and West. New York: Plenum Press.

St. Clair, Michael. (1999). Object Relations and Self-Psychology: An Introduction. Wadsworth Publishing Company.

Schultz & Schultz (1999).A History of Modern Psychology.Harcourt College Publishers/Latest edition available.

Wolman, B.B. (1979). *Contemporary theories & systems in psychology*. London: Freeman Book Co.



## BHARTI VISHWAVIDYALAYA DURG

**B.A. (Honors) Psychology**

**Semester III**

**Paper: C-PSY-07: SOCIAL PSYCHOLOGY(CD7)**

<b>UNIT 1</b>	<b>Psychology of the Social:</b> The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India)
<b>UNIT 2</b>	<b>Relationship with sociology and anthropology:</b> Areas of application: Health, Law, Workplace. Social psychology and sustainable future.
<b>UNIT 3</b>	<b>Understanding and evaluating the social world:</b> Self and its processes: Self concept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.
<b>UNIT 4</b>	<b>Social interaction and Influence:</b> Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.
<b>UNIT 5</b>	<b>Group Dynamics and inter-group relations:</b> Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

### **Readings:**

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

Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi

Deaux, K. & Wrightsman, L. (2001). *Social Psychology*. California: Cole Publishing

Kassin, S., Fein, S., & Markus, H.R. (2008). *Social psychology*. New York: Houghton Mifflin.

Misra, G. (2009). *Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research)*. New Delhi: Pearson.

Myers, D.G. (2008). *Social psychology*. New Delhi: Tata McGraw-Hill.

Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed). New Delhi: Pearson.



## BHARTI VISHWAVIDYALAYA DURG

### B.A. (Honors) Psychology

### Semester III

### Paper Name: Psychology at Work

<b>UNIT 1</b>	<ul style="list-style-type: none"> <li>Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.</li> </ul>
<b>UNIT 2</b>	<ul style="list-style-type: none"> <li>Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction</li> </ul>
<b>UNIT 3</b>	<ul style="list-style-type: none"> <li>Theories of Work Motivation and Applications</li> </ul>
<b>UNIT 4</b>	<ul style="list-style-type: none"> <li>Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication</li> </ul>
<b>UNIT 5</b>	<ul style="list-style-type: none"> <li>The meaning of leadership, early approaches to leadership, contemporary approaches to leadership-Transformational &amp; Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.</li> </ul>

### Select Readings:

- Adler, N.J. (1997). Global Leaders; A Dialogue with future history, Journal of International Management, 2, 21-33.
- Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
- Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley
- Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. Biztantra publishers
- Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior. 12th Edition. New Delhi: Prentice Hall of India.
- Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9th Edition. New Delhi: Prentice Hall of India.
- Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley





# **BHARTI VISHWAVIDYALAYA DURG**

## **B.A. (Honors) Psychology**

### **Semester III**

#### **Paper: Emotional Intelligence**

Paper code- AEEC-PSY-01

<b>UNIT 1</b>	<b>INTRODUCTION:</b> <ul style="list-style-type: none"> <li>• Emotional Intelligence</li> <li>• Models of Emotional Intelligence</li> <li>• EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills</li> <li>• Importance of Emotional Intelligence</li> </ul>
<b>UNIT 2</b>	<b>KNOWING ONE'S AND OTHERS' EMOTIONS</b> <ul style="list-style-type: none"> <li>• Levels of emotional awareness</li> <li>• Recognizing emotions in oneself</li> <li>• The universality of emotional expression</li> <li>• Perceiving emotions accurately in others</li> </ul>
<b>UNIT 3</b>	<b>MANAGING EMOTIONS</b> <ul style="list-style-type: none"> <li>• The relationship between emotions, thought and behaviour</li> <li>• Techniques to manage emotions</li> </ul>
<b>UNIT 4</b>	<b>APPLICATIONS</b> <ul style="list-style-type: none"> <li>• Workplace</li> <li>• Relationships</li> </ul>
<b>UNIT 5</b>	<ul style="list-style-type: none"> <li>• Conflict Management</li> <li>• Effective Leadership</li> </ul>

#### **Readings:**

Bar-On, R., & Parker, J.D.A.(Eds.) (2000). *The handbook of emotional intelligence*. San Francisco, California: Jossey Bros.

Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.

Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.

Singh, D. (2003). *Emotional intelligence at work (2 nd ed.)* New Delhi: Response Books.



# **BHARTI VISHWAVIDYALAYA DURG**

## **B.A. (Honors) Psychology**

### **Semester IV**

#### **Paper C-PSY-08:**

#### **STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II(CD 8)**

<b>UNIT 1</b>	<b>Introduction to Inferential Statistics and Hypothesis Testing about Single Means</b> The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about Single Means ( $z$ and $t$ ); Assumptions in Testing a Hypothesis about a Single Mean; The Null and the Alternative Hypotheses; Choice of $H_A$ : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; Hypothesis Testing about a Single Mean – Calculation; The Statistical Decision regarding Retention and Rejection of Null Hypothesis
<b>UNIT 2</b>	<b>Hypothesis Testing About the Difference Between Two Independent Means</b> The Null and Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Determining a Formula for $t$ ; Testing the Hypothesis of No Difference between Two Independent Means; Use of a One-Tailed Test; Assumptions Associated with Inference about the Difference between Two Independent Means
<b>UNIT 3</b>	<b>Hypothesis Testing About the Difference Between Two Dependent (Correlated) Means</b> The Null and Alternative Hypotheses; Determining a Formula for $t$ ; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.
<b>UNIT 4</b>	<b>Hypothesis Testing for Differences among Three or More Groups: One-Way Analysis of Variance (ANOVA)</b> The Null and Alternative Hypotheses; The Basis of One-Way Analysis of Variance: Assumptions Associated with ANOVA; Variation within and between Groups; Partition of the Sums of Squares; Degrees of Freedom; Variance Estimates and the $F$ Ratio;
<b>UNIT 5</b>	<b>Nonparametric Approaches to Data</b> Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests.

**Reading List:**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .
- N.K. Chadha (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.
- 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.
- Siegal, S. (1956). *Nonparametric Statistics*. NY: McGraw Hil



## BHARTI VISHWAVIDYALAYA DURG

### B.A. (Honors) Psychology

#### Semester IV

#### Paper C-PSY-09: DEVELOPMENTAL PSYCHOLOGY(CD 9)

<b>UNIT 1</b>	<b>Introduction</b> a) Concept of Human Development b) Theories, themes and research designs
<b>UNIT 2</b>	<b>Development Psychology</b> a) Prenatal development b) Birth and Infancy
<b>UNIT 3</b>	<b>Periods of Life Span</b> a) Childhood b) Adolescence c) Adulthood
<b>UNIT 4</b>	<b>Domains of Human Development</b> a) Cognitive development: perspectives of Piaget b) Language development c) Physical development d) Emotional development e) Moral development f) Personality development
<b>UNIT 5</b>	<b>Socio-Cultural Contexts for Human Development</b> a) Family b) Peers, Media & Schooling c) Human Development in the Indian context

#### **Reading List:**

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
- Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.



## BHARTI VISHWAVIDYALAYA DURG

### B.A. (Honors) Psychology

### Semester IV

#### Paper 403: C-PSY-10: APPLIED SOCIAL PSYCHOLOGY (CD 10)

<b>UNIT 1</b>	<b>Introduction:</b> Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis
<b>UNIT 2</b>	Methodological approaches – Participatory Action and Learning research techniques.
<b>UNIT 3</b>	<b>Applying Social Psychology-I:</b> Environment, population, diversity
<b>UNIT 4</b>	<b>Applying Social Psychology-II:</b> work, health, legal system
<b>UNIT 5</b>	<b>Intervention and Evaluation:</b> Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

#### **Readings**

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2. Mikkelsen, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.



# **BHARTI VISHWAVIDYALAYA DURG**

## **B.A. (Honors) Psychology**

### **Semester IV**

#### **Generic Elective Course**

#### **Paper Name: Psychology for Health and Well-Being**

<b>UNIT 1</b>	<ul style="list-style-type: none"> <li>Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and wellbeing.</li> </ul>
<b>UNIT 2</b>	<ul style="list-style-type: none"> <li>Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management</li> </ul>
<b>UNIT 3</b>	<ul style="list-style-type: none"> <li>Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours.</li> </ul>
<b>UNIT 4</b>	<ul style="list-style-type: none"> <li>Health Protective behaviours, Illness Management</li> </ul>
<b>UNIT 5</b>	<ul style="list-style-type: none"> <li>Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance.</li> </ul>

#### **• Select Readings:**

- 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.
- Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
- Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Misra, G. (1999). Stress and Health. New Delhi: Concept.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.). NY: Wiley.
- Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.



**BHARTI VISHWAVIDYALAYA DURG**

**B.A. (Honors) Psychology**

**Semester IV<sup>TH</sup>**

**Paper Name: Educational Psychology**

**Paper Code: AEEC-PSY-02**

<b>UNIT 1</b>	<b>Introduction to Educational Psychology: Introduction:</b> What is decision making? Importance of making good decisions.
<b>UNIT 2</b>	<b>Decisions regarding career:</b> Discovering self and creating a healthy acceptance of self; Learning to connect with self with vocational choices/career.
<b>UNIT 3</b>	<b>Decision making in interpersonal context:</b> Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict
<b>UNIT 4</b>	, handling difficult people and finding solutions.
<b>UNIT 5</b>	<b>: Decision making at the workplace:</b> developing competencies and skills required for effective decision making.

**Readings:**

Adler, R.B & Proctor, R.F (2009). Communication Goals and Approaches. Wadsworth Cengage Learning, India

Chadha, N.K. & Bhatia, H. (2014). Career Development-different voices, different choices. The Readers Paradise: New Delhi.

Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009). Developing soft skills. Pearson Education, India.



## BHARTI VISHWAVIDYALAYA DURG

### B.A. (Honors) Psychology

### Semester V<sup>TH</sup>

#### PaperC-PSY-11: UNDERSTANDING PSYCHOLOGICAL DISORDERS (CD 11)

<b>UNIT 1</b>	<b>Understanding abnormality</b> Definition and criteria of abnormality, classification (latest edition of DSM & ICD), Clinical Assessment, Diathesis Stress Model
<b>UNIT 2</b>	<b>Clinical States</b> (a) anxiety disorders – Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder (Clinical Picture and Dynamics of anxiety disorders)
<b>UNIT 3</b>	<b>Clinical Picture and Dynamics</b> a) Conversion Disorder b) Dissociative Identity Disorder
<b>UNIT 4</b>	<b>Developmental Disorders (Clinical Picture and Dynamics)</b> Mental Retardation, Autism, ADHD, and Learning Disabilities
<b>UNIT 5</b>	<b>Substance related disorders and eating disorders</b> a) Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes) b) Eating disorder: Anorexia Nervosa and Bulimia Nervosa

#### **Readings:**

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.

Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.

Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.). NY: John Wiley.



**BHARTI VISHWAVIDYALAYA DURG**

**B.A. (Honors) Psychology**

**Semester V**

**Paper C-PSY-12: ORGANIZATIONAL BEHAVIOUR (CD 12)**

<b>UNIT 1</b>	<b>Introduction</b> a. Historical antecedents of Organizational Behaviour b. Contemporary Trends and Challenges c. Organizational Behavior : Challenges in the Indian Setting
<b>UNIT 2</b>	<b>Individual level processes</b> a. Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour
<b>UNIT 3</b>	<b>Work Motivation</b> i Early theories: Maslow, McClelland, Two factor ii Contemporary theories: Goal setting, Equity, Expectancy iii Applications: Job Characteristics Model, Job redesign, MBO
<b>UNIT 4</b>	<b>Dynamics of Organizational Behavior</b> a. Organizational Culture b. Power and Politics: Influence, empowerment, sexual harassment, organizational politics. c. Positive Organizational Behavior
<b>UNIT 5</b>	<b>Leadership</b> a. Basic approaches: Trait theories, Behavioral theories, Contingency theories b. Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct c. Indian perspective

**Readings:**

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9<sup>th</sup> Ed.). India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi : Biztantra publishers.

Landy, F.J. & Conte, J.M. (2007) Work in the 21<sup>st</sup> Century: An Introduction to Industrial and Organizational Psychology. New York : Wiley Blackwell.

Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.

Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.

Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.

Robbins, S. P. & Judge, T.A. (2007) Organizational Behavior( 12<sup>th</sup> Ed). New Delhi: Prentice Hall of India.

Schermerhorn, J.R. ,Hunt, J.G. & Osborn, R.N. (2008) Organizational Behavior (10<sup>th</sup> Ed.) New Delhi: Wiley India Pvt. Ltd.

Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester V**

**Paper Name: Positive psychology**  
**Paper code: PSY-DSE-01**

<b>UNIT 1</b>	<b>Introduction:</b> Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.
<b>UNIT 2</b>	<b>Positive Emotional States and Processes:</b> Happiness and Well being, Positive Affect
<b>UNIT 3</b>	Positive Emotions, Emotional Intelligence, Resilience
<b>UNIT 4</b>	<b>Positive Cognitive States and Processes:</b> Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.
<b>UNIT 5</b>	<b>Applications:</b> Work, education, ageing, health

**Reading List:**

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.

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

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.



**BHARTI VISHWAVIDYALAYA DURG**

**B.A. (Honors) Psychology**

**Semester V**

**Paper Name: Human Resource Management**

**Paper code: PSY-DSE-02**

<b>UNIT 1</b>	Introduction to Human Resource Management (HRM): Personnel management, HRM and HRD, Context and issues in HRM
<b>UNIT 2</b>	Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation
<b>UNIT 3</b>	: International human resource management (IHRM) The context of Globalization, Dimensions of Cultural difference (Hofstede),
<b>UNIT 4</b>	Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training.
<b>UNIT 5</b>	Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

**Reading List:**

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises ( 3rd Ed). New York: Routledge.

Chadha, N.K. (2005). Human Resource Management- Issues, case studies and experiential exercises. 3rd edition. New Delhi: Sai Printographers.

DeCenzo, D.A. & Robbins, S.P. (2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.

Harzing, A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach. 2nd ed. John Wiley and sons Inc. New York.

Luthans, F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press

Pareek, U. (2010) Understanding Organizational Behaviour. Oxford: Oxford University Press.

Robbins, S.P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education, Inc.

Schlutz, D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester VI**

**Paper C-PSY-13: UNDERSTANDING AND DEALING  
 WITH PSYCHOLOGICAL DISORDER (CD 13)**

<b>UNIT 1</b>	Schizophrenia: Clinical Picture, causal factors and subtypes
<b>UNIT 2</b>	Mood Disorders: Clinical Picture, causal factors and subtypes; suicide.
<b>UNIT 3</b>	Personality Disorders (Clinical Picture and Dynamics): antisocial personality disorder and borderline personality disorder
<b>UNIT 4</b>	Sexual Disorders (Clinical Picture): Gender Identity Disorder, Paraphilia - Pedophilia, Voyeurism, Exhibitionism, Sexual Masochism, Sexual Sadism
<b>UNIT 5</b>	<b>Treatment of disorders:</b> Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive- Behaviour therapy.

**Readings:**

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.

Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning.

Kring, A.M., Johnson, S.L., Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.). NY: John Wiley.

Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.

Riskind, J.H., Manos, M.J. and Alloy, L.B. (2004) Abnormal Psychology: Current Perspectives. McGraw Hill



## BHARTI VISHWAVIDYALAYA DURG

### B.A. (Honors) Psychology

### Semester VI

### Paper C-PSY-14: COUNSELLING PSYCHOLOGY (CD 14)

<b>UNIT 1</b>	<b>Introduction</b> Meaning and goals Counselling as a profession: training, skills and ethics The effective counsellor: personality and self of the counsellor
<b>UNIT 2</b>	<b>Techniques of Counselling</b> Humanistic approaches Behavioral techniques Cognitive techniques
<b>UNIT 3</b>	<b>Counselling Applications</b> a) Child Counselling b) Family Counselling c) Career Counselling
<b>UNIT 4</b>	<b>Contemporary Trends</b> a) Indian approaches: yoga and meditation b) Expressive techniques: art, music, dance.
<b>UNIT 5</b>	<b>Counselling process</b> Relationship Psychoanalytic techniques Crisis intervention: suicide, grief and sexual abuse Counselling and technology

#### Readings:

- Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8th Ed.) Philadelphia: Mosby
- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown
- Burnard, P. (2009). *Counseling Skills Training: Book of activities*. Viva Books, New Delhi.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage
- Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson

- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7<sup>th</sup> Ed) New Delhi. Pearson.
- Hackney, H.L. (2012). *The Professional Counselor: A process guide to helping*. Pearson
- Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Nelson-Jones, Richard. (2008). *Basic Counseling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition
- Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson.
- Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
- Seligman, L. & Reichenberg, L.W. (2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
- Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5<sup>th</sup> Ed). Brooks/ Cole Cengage Learning
- Udapa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester VI**

**Paper Name: Health Psychology**  
**Paper code: PSY-DSE-03**

<b>UNIT 1</b>	<b>: Introduction:</b> Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.
<b>UNIT 2</b>	<b>Behavior and health:</b> Characteristics of health behaviour; Barriers to health behaviour;
<b>UNIT 3</b>	Theories of health behaviour and their implications.
<b>UNIT 4</b>	<b>Stress:</b> Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.
<b>UNIT 5</b>	<b>Health Management:</b> Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

**Readings:**

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.  
 Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.  
 Misra, G. (1999). Stress and Health. New Delhi: Concept.  
 Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions ( 4th Ed.). NY: Wiley.  
 Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.



**BHARTI VISHWAVIDYALAYA DURG**  
**B.A. (Honors) Psychology**  
**Semester VI'**

**Paper Name: Project/Dissertation**  
**Paper code: PSY-DSE-04**

**Objectives** - Students should be enabled to design and conduct an original and ethical research. They should be able to write a dissertation in the APA format. The research done can either be empirical/data based (quantitative, qualitative, or mixed-methods) or it can be in the form of a critical review of research and theory.

**Reference** – Latest APA manual for dissertation.

**Evaluation:** Viva jointly by one internal and one external examiner.