

Detailed Course List

SEMESTER I	
Paper Code	Paper Title
PSY 401	Advanced Experimental Psychology-I
PSY 402	Research Method & Measurement in Psychology-I
PSY 403	Psychology of Emotions-I
PSY 404	Child Development-I
PSY 405	Psychopathology-I
PSY 406	Health Psychology-I

Additional Components (Recommended)

Practical / Field Work

Psychological Experiments

Case Study / Project

Viva-Voce

DETAILED SYLLABUS

PSY 401: ADVANCED EXPERIMENTAL PSYCHOLOGY-I

Course Objectives:

- To develop an understanding of the nature and types of psychological research and variables.
- To familiarize students with experimental control techniques and research designs.
- To impart knowledge of psychophysical methods and sensory measurement.
- To explain the principles of verbal learning, memory, and forgetting.

Course Outcomes:

- Explain concepts, types, and methods of psychological research.
- Identify and analyze variables and their relationships in experimental settings.
- Apply control techniques and experimental designs in psychological research.
- Demonstrate understanding of psychophysical methods and sensory thresholds.
- Analyze principles of verbal learning, memory, and forgetting.

UNIT – I Psychological Research and Concept of Variables

Definition of Psychological research, Types of Psychological research, Theoretical research and its types-Empirical research and its types. Concept & Types of variable, Interdependence of independent and dependent variable

UNIT – II Control Techniques and Experimental Designs

Types of control techniques: Matching, Randomization, Counter balancing. Experimental Designs; Between-Subjects Designs, Within-Subjects Designs, Small-n Designs, Mixed Designs. Control Conditions, Pitfalls, Quasi-Experiments

UNIT - III Classical Psychophysics

Basic concept of psychophysics, Psychophysical methods: Method of minimal changes, Determination of absolute and differential limen by the method of minimal changes, Method of constant stimuli; Determination of AL and DL by method of constant stimuli Method of average error, Determination of PSE by method of average error

UNIT-IV Verbal Learning, Memory and Forgetting

Verbal Learning - Verbal Behaviour, Ebbinghaus and Non-Sense Syllable, Serial Anticipation, Paired Associate Learning, Serial Position Effect.

Elements of Verbal Learning- The Von Restorff Effect, Repetition and Learning, Verbal Learning Procedures, Free Recall, Verbal Discrimination, and Verbal Recognition.

Memory and Forgetting; Types of memory, Factors effecting on memory Definition of forgetting, Measurements methods of retention, Retroactive inhibition and proactive inhibition.

EDUCATIONAL ACTIVITIES

Activity 1: Read and make presentations / posters on any 5 famous experimental psychologists and their contributions in the field.

Activity 2: Performing the theoretical experiments in the class from the syllabus.

Activity 3: Conducting workshops / seminars / expert lectures related to the course content.

Activity 4: Showing movies / videos / clips related to the course content.

BOOKS

Basic books:

- D'amato, M. R. (1980). Experimental Psychology: Methodology, Psychophysics and learning. Tata McGraw-Hill: New Delhi.
- Kantowitz Barry, H., Roediger Henry, L., & Elmes David, G. (2009). Experimental Psychology (9th Edition). Wadsworth Cengage Learning: USA. pg 64. (e-book)

Reference books:

- Broota K.D. (2018). Experimental Design in Behavioural Research. New Age International Publishers: New Delhi.

- Haimson Barry, R. & Elfenbein Morton, H. (1985). Experimental Methods in Psychology. McGraw-Hill: USA.
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PSY 402: RESEARCH METHOD & MEASUREMENT IN PSYCHOLOGY-I

Course Objectives:

- To develop a foundational understanding of research methodology in psychology.
- To train students in identifying research problems and formulating hypotheses.
- To familiarize students with research designs, measurement, and testing.
- To introduce sampling techniques and their applications.

Course Outcomes:

- Explain the meaning, characteristics, and process of research.
- Formulate research problems and construct hypotheses.
- Differentiate various research designs and measurement scales.
- Apply appropriate sampling methods in research contexts.
- Evaluate the suitability of research methods and designs.

UNIT - I Introduction Meaning & Characteristics of Research

Types of research and major Steps of the research process

UNIT - II Research problems and Hypothesis

Research problems; Definition & characteristics of research problems, Sources of research problem, Techniques involved in defining a research problem. Hypothesis; Meaning & Definitions of hypothesis; Nature, Functions, & Importance of hypothesis; Kinds of hypothesis, Sources & Role of Hypothesis

UNIT - III Different Research Designs

Research Design in case of Exploratory Research Studies, Research Design in case of Descriptive and Diagnostic Research Studies, Research Design in case of Hypothesis Testing Research Studies, Data Preparation Process, Classification of Measurement Scales

UNIT - IV Sampling

Sample Design; Characteristics of good sample, Probability and Non-probability sampling methods

EDUCATIONAL ACTIVITIES

Activity 1: Presentations on different types of research.

Activity 2: Preparing research proposal.

Activity 3: Conducting workshops / seminars / expert lectures related to the course content.

Activity 4: Showing videos / clips related to the course content.

BOOKS

Basic books:

- Kothari, C. R., & Garg, Gaurav. (2019). Research Methodology: Methods and Techniques. New Age International Publishers: New Delhi.
- Singh, Yogesh Kumar. (2006). Fundamentals of Research Methodology & Statistics. New Age International Publishers: New Delhi. (e-book)

Reference Books:

- Kerlinger, F.N., & Lee H.B. (2018). Foundation of Behavioral Research (4th Ed). New York: Harcourt Collage Publications.
 - Shukla, Satishprakash S. (2018). Research Methodology and Statistics. Rishit Publications: Ahmedabad.
 - Shukla, Satishprakash S. (2017). Sanshodhan Paddhati Pathey. Kshiti Publication: Ahmedabad. (Gujarati Medium)
 - Shukla, Satishprakash S., (2014), Sanshodhan Ek Parichay, Kshiti Publication, Ahmedabad (Gujarati Medium)
 - Aron, Arthur., Aron, Elaine. N., & Coups, Elliot. J. (2007). Statistics for Psychology (4th ed.). Pearson Education: New Delhi.
 - Best, J.W. & Kahn, J.V. (2006). Research in Education. Prentice Hall of India Pvt Ltd: New Delhi.
 - Mangal, S.K. (2008). Statistics in Psychology and Education. Vistaar Publication: New Delhi.
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PSY 403: PSYCHOLOGY OF EMOTIONS - I

Course Objectives:

- To understand the nature, components, and functions of emotions.
- To develop knowledge about different types of emotions.
- To apply emotional concepts in clinical and real-life contexts.
- To familiarize students with major theories of emotion.

Course Outcomes:

- Define and explain the nature and components of emotions.
- Classify and analyze different types of emotions.
- Apply emotional principles in therapeutic and everyday contexts.
- Compare and evaluate major theories of emotion.

UNIT - I Introduction

Meaning of Emotion; Concepts of Emotion; Approach of Emotion

UNIT – II Types of Emotion

Positive Emotion; Happiness, Love Negative Emotion; Fear, Anger, Disgust, Sadness

UNIT - III Clinical Application in Psychotherapy

Principles of working with Emotion; Emotion Awareness, Emotional Arousal and Expression, Emotion Regulation, Reflection on Emotion, Emotion Transformation

UNIT - IV Theories of Emotion

Basic Theories; James - Lange Theory, Cannon - Bard Theory, Cognitive Theory, Two Factor Theory – Schachter and Singer, Cognitive Theory of Lazarus

EDUCATIONAL ACTIVITIES

Activity 1: Animated videos or clips of various types of emotions.

Activity 2: Expert lectures on different aspects of emotions.

Activity 3: Conducting workshops / seminars / expert lectures related to the course content.

Activity 4: Showing movies / videos / clips related to the course content.

BOOKS

Basic books:

- Carlson, N.R. (2007). Foundations of Physiological Psychology. Pearson Education: Delhi.
- Ben-Ze'ev, A. (2001). The Subtlety Of Emotions. MIT Press: Massachusetts,

USA. (e-book)

- Lewis, M., Haviland - Jones, J. M., & Barrett, L. F. (2008). Handbook of Emotions (3rd Ed).
- The Guilford Press: New York. (e-book)

Reference books:

- Abraham, A. (2011). General Psychology. Tata McGraw-Hill Education: Agra.
 - Beaumont, J. G. (1983). Introduction to Neuropsychology. Guildford Press: New York.
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PSY 404: CHILD DEVELOPMENT-I

Course Objectives:

- To understand the scientific and interdisciplinary nature of child development.
- To develop knowledge of prenatal development and Indian perspectives.
- To analyze stages of cognitive development.
- To explore higher cognitive processes and individual differences.

Course Outcomes:

- Explain major theories and perspectives of child development.
- Describe prenatal development and its psychological implications.
- Analyze stages of cognitive development and their applications.
- Evaluate higher cognitive processes such as attention, memory, and creativity.

UNIT - I History, Theory and Applied Directions

Child Development as a Scientific, Applied and Interdisciplinary field.

Basic Issues; Theoretical Perspective, Psychoanalytical (Freud and Erikson), Behaviorism (Watson and Skinner), Social Learning (Bandura)

UNIT - II Prenatal Psychology - (Garbh Sanskar - An Indian Approach)

The New Knowledge, the prenatal self, intrauterine Bonding, the Birth Experience, the Shaping of Character.

UNIT - III Cognitive Development - 1

Piaget's Cognitive Developmental Theory;

The Sensorimotor Stage

The Pre - Operational Stage

The Concrete Operational Stage

The Formal Operational Stage

UNIT - IV Cognitive Development - 2

Attention, Memory, Meta-cognition Giftedness: Creativity and Talent

EDUCATIONAL ACTIVITIES

Activity 1: Administration of psychological tests on Attention / Memory / Meta-cognition / Creativity.

Activity 2: Case discussion related to course content.

Activity 3: Conducting workshops / seminars / expert lectures related to the course content.

Activity 4: Showing movies / videos / clips related to the course content.

BOOKS

Basic Book:

- Berk, Laura. E. (2017). Child Development (9th Edition). Pearson India Education Services Pvt Ltd: New Delhi.

Reference Books:

- Verny, Thomas., & Kelly, John. (2004). The Secret Life of the Unborn Child. Time Warner Paperbacks: New York.
 - Santrock, J.W. (2011), Life Span Development (13th ed) Indian Edition, Tata - McGraw Hill: New Delhi.
 - Tyagi, M. (2007). Developmental Psychology. Avishkar Publishing: Jaipur.
 - Hurlock, Elizabeth. B. (2016). Developmental Psychology: A Life-Span Approach. Tata McGraw Hill: New Delhi.
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PSY 405: PSYCHOPATHOLOGY-I

Course Objectives:

- To understand fundamental concepts and classification of abnormal behavior.
- To develop knowledge about stress, mental health, and sleep disorders.
- To analyze mood, somatic symptom, and dissociative disorders.
- To understand eating disorders and obesity.

Course Outcomes:

- Explain concepts and classification systems in abnormal psychology.
- Analyze causes and risk factors of mental disorders.
- Describe stress, sleep, and related disorders.
- Evaluate mood, somatic, and dissociative disorders and their treatments.
- Analyze eating disorders and obesity in terms of causes and management.

UNIT - I Abnormal Psychology: An Overview (DSM – V)

What Do We Mean by Abnormality?

The DSM-5 and the definition of mental disorder

Why do we need to classify mental disorders?

What are the disadvantages of classification?

How common are mental disorders?

Research approaches in Abnormal Psychology

Causal Factors and Viewpoints in Abnormal Psychology

Causes and Risk Factors for Abnormal Behaviour

Viewpoints for understanding the causes of Abnormal Behaviour

The Biological Viewpoint and Biological Causal Factors

The Psychological Viewpoints and Psychological Causal Factors

The Socio-cultural Viewpoint and Socio-cultural Causal Factors

UNIT - II Stress and Mental Health

Stress and the stress response

Adjustment Disorder

Posttraumatic Stress Disorder

Prevention and Treatment of Stress Disorders

Sleep -Wake Disorders

Insomnia Disorder

Hypersomnolence Disorder

Narcolepsy

Breathing-related Sleep Disorders

Obstructive Sleep Apnea Hypopnea
Central Sleep Apnea
Sleep-related Hypoventilation
Circadian Rhythm Sleep-Wake Disorders

UNIT – III Mood Disorders

Mood Disorders: An Overview
Unipolar Depressive Disorders
Causal factors in Unipolar Mood Disorders
Bipolar and related Disorders
Causal factors in Bipolar Disorders
Sociocultural factors affecting Unipolar and Bipolar Disorders
Treatment and Outcomes
Somatic Symptom and Dissociative Disorders
Somatic Symptom and related Disorders
Dissociative Disorders

UNIT - IV Eating Disorders and Obesity

Clinical Aspects of Eating Disorders
Risk and Causal Factors in Eating Disorders
Treatment of Eating Disorders
The Problem of Obesity
Risk and Causal Factors in Obesity
Treatment of Obesity

EDUCATIONAL ACTIVITIES

Activity 1: Discussion of Case studies.
Activity 2: Role Play on any one disorder.
Activity 3: Conducting workshops / seminars / expert lectures related to the course content.
Activity 4: Showing movies / videos / clips related to the course content.

BOOKS

Basic books:

- Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S., (adapted by Kapur, P.). (2019). *Abnormal Psychology* (17th edition). Pearson India Education Services Pvt Ltd: India.
- Morrison, J. (2014). *DSM-5 Made Easy: The Clinician's Guide to Diagnosis*. The Guilford Press: New York. (e-book)

Reference books:

- Sarason, I.G., & Sarason, B.R. (2017). *Abnormal Psychology: The Problem of*

Maladaptive Behavior (11th Edition). Pearson India Education Services: Noida, U.P.

- Barlow, D.H., Durand, V.M., & Hofmann, S. G. (2018). Abnormal Psychology: An Integrative Approach (8th Edition). Cengage Learning: USA.
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PSY 406: HEALTH PSYCHOLOGY – I

Course Objectives:

- To understand concepts of health and illness from a psychological perspective.
- To impart knowledge about major physiological systems.
- To examine determinants of health-related behavior.
- To analyze the impact of stress and pain on health and well-being.

Course Outcomes:

- Explain concepts of health and illness and their determinants.
- Describe major body systems and their role in health.
- Analyze factors influencing health-related behaviors.
- Apply strategies for stress management and health promotion.
- Evaluate psychological approaches to pain management.

UNIT - I Introduction to Health Psychology

What is Health?

Current Perspectives on Health and Illness

Relating Health Psychology to other science fields

Related Fields

Health and Psychology across cultures

2. The Body's physical systems

The Nervous System

The Digestive System

The Cardiovascular System

The Respiratory System

UNIT - II Health and Behaviour

What Determines People's Health-Related Behaviour?

Health enhancing behaviours; Nutrition, Weight control and diet, Exercise

Experiencing Stress in Our Lives, What is Stress?

UNIT - III How Stress Affects Health

Stress, Behaviour and Illness

Stress, Physiology and Illness

Reducing the Potential for Stress

Enhancing Social Support

Improving one's Personal Control

Organizing one's World Better

Exercising: Links to Stress and Health

Preparing for Stressful Events

Reducing Stress Reactions: Stress Management

Medication

Behavioural and Cognitive Methods

Massage, Meditation, and Hypnosis

UNIT – IV What Is Pain?

Biopsychosocial Aspects of Pain

Assessing People's Pain

Behavioral and Cognitive Methods for Treating Pain

Hypnosis and Interpersonal Therapy

EDUCATIONAL ACTIVITIES

Activity1: Expert's lecture on nutrition, diet and weight (BMI).

Activity 2: Videos on trending exercises.

Activity 3: Conducting workshops / seminars / expert lectures related to the course content.

Activity 4: Showing movies / videos / clips related to the course content.

BOOKS

Basic Book:

- Sarafino, E. P., & Smith, T. W. (2011). Health Psychology: Biopsychosocial Interactions (7th edition). John Wiley & Sons: USA.

Reference books:

- Taylor, S. E. (2018). Health Psychology (10th ed.) Indian Edition. Tata McGraw Hill: New Delhi.
- Ogden, J. (2007). Health Psychology (4th edition). Open University Press: England.
- Morrison, V. & Bennett, P. (2006). An Introduction to Health Psychology. Pearson Education Limited: England.
- Dimatteo, M. R. & Martin, L. R. (2002). Health Psychology (Indian Edition). Pearson Education Publication: New Delhi.

- Malhotra, S., Batra, P., & Yadav, A. (2007). Health Psychology. Commonwealth publications: New Delhi.
 - Marks, D. F., Murray, M., Evans, B., Willing, C., Woodall, C., & Sykes, C. M. (2008). Health Psychology: Theory, Research and Practice. Sage Publications: London.
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