

UNIVERSITY OF DELHI**Bachelor of Arts (Hons.) Psychology**
(SEMESTER-I)

based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)

**DSC-1- Introduction to Psychology**

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
Introduction to Psychology	DSC-01	4	L	T	P	Class XII Pass
			3	0	1	

Contents of the course and reference is in *Annexure-I***DSC-2- Cognitive Psychology**

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
Cognitive Psychology	DSC-02	4	L	T	P	Class XII Pass
			3	0	1	

Contents of the course and reference is in *Annexure-II***DSC-3- Bio Psychology**

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
Bio Psychology	DSC-03	4	L	T	P	Class XII Pass
			3	1	0	

Contents of the course and reference is in *Annexure-III*

UNIVERSITY OF DELHI**DEPARTMENT: PSYCHOLOGY****Course Name: B.A. (Hons.) and B.A. (Hons.) Applied Psychology****(SEMESTER – 1)**

based on

Undergraduate Curriculum Framework 2022 (UGCF)
(Effective from Academic Year 2022-23)University of Delhi**List of GE Papers**

Course Title	Nature of the Course	Total Credits	Components			Contents of the course and reference is in
			Lecture	Tutorial	Practical	
Foundations of Psychology	GE 01	4	3	1	0	Annexure-IV
Understanding Psychology	GE 02	4	3	0	1	
Psychology for Healthy Living	GE 03	4	3	1	0	
Understanding Human Mind	GE 04	4	3	1	0	

COURSES FOR B.A. (HONS.) PSYCHOLOGY

SEMESTER I

DISCIPLINE SPECIFIC CORE (DSC) COURSES

DSC01: INTRODUCTION TO PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes:

- To introduce the key concepts of the field of psychology with an emphasis on applications of psychology in everyday life.
- To Develop an understanding and ability to interweave basic concepts of learning, memory, motivation and emotion in Psychology.
- To develop an understanding of the key figures, diverse theoretical perspectives and research findings that have shaped some of the major areas of contemporary psychology.

Unit 1: Introduction: Nature of Psychology- Indian and Western ;Scope of Psychology , Perspectives in Psychology, Subfields of Psychology, Psychology Today

Unit 2: Learning and Memory: Learning, Nature of learning, Principles and applications of Classical Conditioning, Operant Learning, Observational Learning, and Cognitive Learning in brief Memory: Definition, Models of memory, Forgetting, Improving memory

Unit 3: Motivation and Emotion Motivation: Nature, Perspectives, Types- biogenic, sociogenic, intrinsic and extrinsic motivation, relationship between motivation and emotion.
Emotions: Nature, Functions of Emotion, Theories of emotion , Culture and Emotion - Indian perspective.

PRACTICAL : Any one Practicum based on Unit 2 or Unit 3. Each practical group will consist of 10-12 students.

References:

- Baron, R., & Misra, G. (2016). *Psychology* (5th ed.). New Delhi: Pearson.
- Feldman, R.S. (2011). *Understanding Psychology* (10th ed.). New York: McGraw Hill.
- Galotti, K.M. (2014). *Cognitive Psychology In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
- Passer, M.W., & Smith, R.E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.
- Zimbardo, P.G., Johnson, R.L., & McCann, V.M. (2012). *Psychology: Core concepts*. (7th ed.). U.S.A.: Pearson.

Additional References:

- Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind. In Robert W. Hood, Jr. & Sariya Cheruvallil-Contractor (Eds.), *Research in the social scientific study of religion, volume 32* (pp. 399-426). Boston: Brill.

DSC02: COGNITIVE PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes:

- To gain an understanding of basic theoretical, empirical, and applied knowledge that have shaped cognitive psychology.
- To understand the fundamentals of cognitive processes and cognitive psychology.

Unit 1: Introduction to Cognitive Psychology: Brief history, Nature & Research methods in Cognitive Psychology, Paradigms- Information processing, Connectionist, Evolutionary Ecological

Unit 2: Sensing and Perceiving: Sensation to representation, approaches to perception, perception of object and forms, perception of constancies and deficits of perception, Attention: nature & theories, when attention fails us, Automatic and Controlled Processes in Attention

Unit 3: Thinking, Problem Solving and Decision Making:

Components of thoughts, imagery and cognitive maps, strategies and barriers of effective problem solving; judging and making decisions: biases and methods

PRACTICAL : Any one practicum based on Unit 2 or Unit 3. Each practical group will consist of 10-12 students.

References:

- Braisby, N., & Gellatly, A. (2005). *Cognitive Psychology*. Oxford University Press.
- Galotti, K. (2013). *Cognitive Psychology In and Out of the Laboratory* (5th ed.). Sage Publications.
- Sternberg, K., & Sternberg, R. (2011). *Cognitive Psychology*. Cengage Learning.
- Zimbardo, P.G., Johnson, R.L., & McCann, V.M. (2012). *Psychology: Core concepts*. (7th ed.). U.S.A.: Pearson.

Additional References:

- Singh, K. (2022). There isn't only cultural blindness in psychology; psychology is culture blind. In Robert W. Hood, Jr. & Sariya Cheruvallil-Contractor (Eds.), *Research in the social scientific study of religion, volume 32* (pp. 399-426). Boston: Brill.

DSC03: BIO PSYCHOLOGY

Credit: 4 (3 Lecture+1 Tutorial)

Course Learning Outcomes:

- To understand into the nature and scope of bio psychology and its applications in psychology

- To learning the structure and function of Neuron and the importance of action potential and synaptic activity
- To become aware of the methods to study the brain and its role in behavior
- To learn how endocrine glands mediate behavior.

Unit 1: Introduction to Biopsychology & Nerve Impulse: Nature & scope of bio psychology(briefly explain what is bio psychology, and its application in psychology).

Unit 2: Neuron: structure and function of Neurons, action potential/nerve impulse, synaptic transmission

Unit 3:Brain and Behavior: Methods (EEG, CT, fMRI), CNS and behavior(Spinal cord and Brain functions.)

Unit 4: Endocrine System: Endocrine basis of behavior, Structure, function and abnormalities (Pituitary, Adrenal,Thyroid, Gonads)

References:

- Carlson, N. R.(2009). *Foundations of Physiological Psychology* (6th ed.). New Delhi: Pearson Education. (Latest ed., pp. 26-59; pp. 62-92).
- Khosla, M. (2017).*Physiological Psychology: An Introduction*.Delhi: Sage Texts.
- Leukel,F. (1976). *Introduction to Physiological Psychology*. Pearson: New Delhi. (pp 35-55).
- Levinthal, C. F. (1983). *Introduction to Physiological psychology*. New Delhi. PHI. (pp 116-151).
- Pinel, J. P. J. (2016). *Biopsychology*(9th ed.). New Delhi: Pearson Education.(Pp 25-39, pp 75-120).

References for Additional Readings:

- Kolb, B., & Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*, 6th Edition. Worth Publishers: New York. Pg 51-81, 110-131
- Rains, G. D. (2002). *Principles of Human Neuropsychology*. McGraw Hill: New York. Pg 45-71.

GENERIC ELECTIVE (GE) COURSES

B.A. (HONS.) PSYCHOLOGY & B.A. (HONS.) APPLIED PSYCHOLOGY

FIRST YEAR

SEMESTER I

GE 01: FOUNDATIONS OF PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Tutorial)

Course Learning Outcomes

- To introduce the core concepts of psychology with an emphasis on applications of psychology in everyday life.
- To help students develop an insight into their own and others' behavior and underlying mental processes.
- To understand and be able to interweave the fundamental psychological concepts of learning, memory, motivation, and emotion.
- To understand the theoretical perspectives and research findings that have shaped some of the most important areas of contemporary psychology.

Unit 1: What is Psychology : Psychology as a science; Major schools of Psychology; Evolution of Psychology in India; Subfields and Applications of Psychology

Unit 2: Mind as Information Processor: Bottom-up and Top-down processing, Perceptual organizational processes, Acquiring Information: Learning by Association, Social Cognitive Learning, Encoding and Retrieval in Memory: Information Processing model; Why we forget? Mnemonics

Unit 3: Self and Personality: Nature and Perspectives (Trait and Type, Jungian Theory of Psychoanalysis, Roger's Self Theory), Measures of Personality: Inventories and Projective techniques, Culture and Personality

Unit 4: Intelligence and Creativity: Nature and Perspectives: Psychometric approach (Spearman's 'g' factor theory), Cognitive perspective (Fluid and Crystallized Intelligence; Triarchic Theory of Intelligence), Multiple Intelligences, Managing emotions intelligently, Nature of Creativity

References:

- Baron, R.A and Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman. S.R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
- Passer, M.W., Smith, R.E., Holt, N. and Bremner, A. (2008). Psychology: The Science of Mind and Behaviour. McGraw-Hill Education. UK
- Zimbardo, P.C. & Weber, A.L. (1997). Psychology, New York: Harper Collins College Publishers.
- Robinson-Riegler, G., & Robinson-Riegler, B. (2008). *Cognitive psychology: Applying the science of the mind (2nd ed.)*. Boston: Pearson/Allyn and Bacon.
- Singh A.K (2017) संज्ञानात्मक मनोविज्ञान: Cognitive Psychology. Motilal Banarsidass Publishers Pvt.Ltd.
- Singh A.K (2017) उच्चतर सामान्य मनोविज्ञान: Advanced General Psychology. Motilal Banarsidass Publishers Pvt.Ltd.

GE 02: UNDERSTANDING PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes

- To develop an understanding of self and others' by using the knowledge gained through the course about the different approaches in understanding behavior
- Demonstrate comprehension of the theoretical concepts of psychology and the related empirical findings in areas such as perception, memory, motivation, emotions, learning, Intelligence, personality, cognition etc.

Unit 1: Introduction to Psychology: Nature and Scope, Historical Development (structuralism, functionalism, psychoanalytic, cognitive, behavioural, humanistic-existential, gestalt), Psychology in India

Unit 2: Intelligence and Personality: Nature (Intelligence and Personality) Theories of personality: Psychoanalytic and Socio Cognitive Theory; Theories of intelligence: Sternberg's Triarchic Theory and Gardner's theory of Multiple Intelligence; Emotional intelligence; Assessment of intelligence and personality. Intelligence and personality in Indian Context

Unit 3: Learning and Memory : Nature (Learning and Memory), Conditioning (Classical and Instrumental), Observation learning. Memory- Models (Information Processing Model, Levels of Processing Model, Improving memory. Memory in Indian Context

PRACTICAL: Total of TWO Experiments- One each from Unit 2 and 3 based on course GE 02: Understanding Psychology. Each practical group will consist of 10-12 students.

References:

- Abhedananda, S. (2008). True Psychology. Ram Krishna Vedanta Math. Kolkata
- Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J., & Hilgard, E. R. (2013). Introduction to Psychology. New York: H. B. J. Inc.
- Baron, R. A., & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S. K., Meyer, G. E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- ICSSR Research Surveys and Explorations: Psychology, Vols 1-5
- Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. R., & Lutz, C. (2014). Atkinson & Hilgards: Introduction to Psychology. Andover: Cengage Learning.
- Paranjpe, C. A. (2002). Self and Identity in Modern Psychology and Indian Thought. Kluwer Academic Publishers
- Passer, M. W., & Smith, R. E. (2013). Psychology: The Science of Mind and Behavior. New Delhi: Tata McGraw- Hill
- Sinha, D., Misra, G., & Dalal, K. A. (2015). Psychology for India. Sage Publications.
- Zimbardo, G. P. (2013). Psychology and Life. Pearson

GE 03: PSYCHOLOGY FOR HEALTHY LIVING

Credit: 4 (3 Lecture + 1 Tutorial)

Course Learning Outcomes

- To build an in-depth understanding of topics like stress, health, well-being and positive human behaviour
- To develop skills and competencies by application of these principles for promoting health, well-being and positive functioning in self and others.

Unit 1: Stress and coping: Understanding causes of stress; Effects of stress on physical and mental health; coping strategies (emotion focused, problem focused, avoidant coping), coping techniques

Unit 2: Understanding subjective wellbeing and health: Meaning of subjective and psychological/hedonistic and eudaimonic well-being); comparing Medical and Bio-psychosocial approaches to health.

Unit 3: Health-enhancing behaviours: Introduction to health enhancing behaviours: Exercise, Nutrition and Sleep

Unit 4: Promoting Positive human functioning: Introduction to Positive Psychology, Hope (definitions, Snyder model, applications), Optimism (Optimism as an explanatory style, benefits) and Self-efficacy (Bandura's concept, sources of self-efficacy, applications in different arenas)

References:

- Arora, M.K. and Sran, S.K (2017) Psychology of health and well-being , Book Age Publications: New Delhi, ISBN: 978-93-83281-71-8.
- Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strength. London, UK: Routledge.
- Dalal, A.K., & Misra, G. (2011). New Directions in Health Psychology. Sage
- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. Indian adaptation by Tucker, V and Tucker O.P. (2018). New Delhi: Pearson India Educational Services Pvt. Ltd. (Unit 1: Chapter 1; Unit 2: Chapter 6).
- Khosla, M. (Ed.) (2022). Understanding the Psychology of Health and Well-being. Sage Texts, Delhi. ISBN 9789354794391
- Lazarus, J. (2008). *Stress Relief and Relaxation Techniques*. Los Angeles: Keats Publishing.
- Luthans, F, Brett C. Luthans, Kyle W. (2015). Organizational behaviour: An evidence based approach, 13th Edition. McGraw Hill (Chapter: Positive organizational behavior and Psychological Capital).
- Sarafino, P, E (1998). Health Psychology: Biopsychosocial Interactions (third edition). John Wiley & Sons, Inc. (Unit 1: Chapter 3, Chapter 4; Unit 2: Chapter 5).
- Seaward, B.L. (2018). *Managing Stress: Principles and Strategies for Health and Well-Being* (9th Edition). Burlington, MA: Jones & Bartlett Learning.
- Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage. (Unit 4: Chapter 5).
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill. (Unit 2: chapter 3; Unit 3: Chapters 4 and 10)

- Weiten, W. & Lloyd, M.A (2007). Psychology Applied to Modern life. Thomson Detmar earning. (Unit 1: Chapter 3; Unit 2: Chapter 4)

GE04: UNDERSTANDING HUMAN MIND

Credit: 4 (3 Lectures+ 1 Tutorial)

Course Learning Outcomes:

:

- To introduce students to the various perspectives of studying the mind with special emphasis on sensitizing with the Indian models.
- To acquaint the students with the discipline of Psychology which involves studying important social-cognitive skills
- To discuss the scope and methodological challenges involved in studying the human mind
- To introduce students to the practical aspects of cognitive psychology in understanding human behavior.

Unit 1: Introduction: Perspectives of studying the mind: Eastern- Advait Vedanta, Sāṃkhya Yoga, Buddhism, Sri Aurobindo's theory of mind. Western-Wilhelm Wundt Structuralism, William James functionalism, Freudian three levels of mind, cognitive-information processing model.

Unit 2: Methods and Scope of studying mind: Methods-Experimental, Case study, Introspection, Observation, Phenomenology Scope-Cognitive neuroscience, Artificial Intelligence, Psychotherapy and preventive measures.

Unit 3: Perception and Attention: Nature, factors and automatic and controlled processes, Perception: Perceptual processes, perceptual organization, role of attention in perception. Indian Perspective on attention and perception- Advait Vedanta- *chitta, vritti*; Sāṃkhya Yoga- *buddhi, ahankara, manas*.

Unit 4: Thinking and Problem Solving: Mental images, concepts and prototypes; Problem solving approaches – Algorithm; heuristics, means-end analysis, insight. Concept of Thinking in Indian perspective.

References:

- Vivekananda, S. (2003). *Raja Yoga*. Advaita Ashrama.
- Galotti, K. M. (2018). *Cognitive Psychology In and out of the laboratory* (4th ed.). Thomson Wadsworth.
- Rao, K.R., &Paranjpe, A.C. (2016). *Scope, Substance, and Methods of Study. In: Psychology in the Indian Tradition* (pp-1-35). Springer: New Delhi.
- Rao, K.R., &Paranjpe, A.C. (2016). *Mind-Body Complex. In: Psychology in the Indian Tradition* (pp- 95-128) (102-105 Advait Vedanta, Sāṃkhya Yoga-102). Springer:

New Delhi.

- Sen, I. (1952). *Sri Aurobindo's Theory of Mind*. Philosophy East and West. 1(4), (pp 45-53).
- Singh, A.K. (2017). *संज्ञानात्मकमनोविज्ञान Cognitive Psychology*. Motilal Banarsidass Publishers Pvt.Ltd.
- Singh, A.K. (2017). *उच्चतरसामान्यमनोविज्ञान Advanced General Psychology*. Motilal Banarsidass Publishers Pvt.Ltd.
- Stenberg & Stenberg (2012). *Cognitive Psychology*. (6th ed.).
- Watson, J.L. (2020). *Ayurvedic and Bionian Theories of Thinking: Mental Digestion and the Truth Instinct*.