

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. & Saria 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. & Saria 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*.