

UNIVERSITY OF DELHI

Bachelor of Arts (Hons.) Applied Psychology
(SEMESTER-I)

based on

Undergraduate Curriculum Framework 2022 (UGCF)

(Effective from Academic Year 2022-23)



DSC-1- Basic processes in Psychology

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
Basic processes in 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- Applied Social Psychology

Course Title	Nature of the Course	Total Credits	Components			Eligibility Criteria/Prerequisite
Applied Social 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- Psychology of Health and Well-Being

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

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

COURSE FOR B.A. (HONS.) APPLIED PSYCHOLOGY

SEMESTER - I

DISCIPLINE SPECIFIC CORE (DSC) COURSES

DSC01: BASIC PROCESSES IN PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes

- To develop an understanding of the foundational concepts of the human mind and behaviour
- To identify various approaches, fields and sub-fields of Psychology
- To develop skills that enable students to apply the knowledge gained through this course in everyday life

Unit 1: Introduction to Psychology: Nature and scope of Psychology. Difference between Psychology and Applied Psychology. Historical Development and Current Status. Methods of Psychological Research (experiments, psychological tests and observation). Ethics in Psychological Research. Biological Basis of Behavior (Structure of Neurons, Brain Structure and functions, Lateralization)

Unit 2: Attention and Perception: Nature, Difference between selective and divided attention, Theories of Selective Attention (Broadbent's Filter Model, Triesman's Attenuation Model, Limited Capacity Model, Kahneman Attention Theory), Perceptual processes: laws of perceptual organizations, depth perception, constancy (Size), Top-down theory (Gregory's Theory) and Bottom-up Theory (Gibson's Ecological Theory), Illusions and factors affecting perception. Application of attention and perception in Indian Context

Unit 3: Learning and Memory: Nature (memory), Memory as Information Processing, Models of Memory (Levels of Processing Model, Parallel Distributed Processing Model), Improving Memory, Forgetting, Nature (Learning), Conditioning, Cognitive Learning, Observation learning; applications of learning. Application of learning and memory in Indian Context

PRACTICAL: Total of TWO Experiments- One each from Unit 2 and 3 based on course DSC01: Basic Processes in 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

DSC02: APPLIED SOCIAL PSYCHOLOGY

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes

- Describe the key concepts and methods relevant to the study of social psychology.
- Understand and improve the relationship between self and society.
- Understand the significance of indigenous social psychology and apply social psychological processes in promoting change in Indian society.

Unit 1: Introduction: Social Psychology & Applied Social Psychology: Structure of Indian Society (with reference to unity and diversity), Definitions, historical development of the field and current status, Levels of analysis, theoretical approaches (Symbolic Interactionism, Social Constructionism), Methodological approaches in social psychology: experimental and non-experimental; Action research.

Unit 2: Social Cognition: Nature of social cognition, social schema, heuristic, new directions of social cognition; Attribution theory (Heider, Kelley, Jones and Davis, Weiner); attribution biases; Person perception: impression formation and management (definition, process and factors).

Unit 3: Attitude & Attitude Change: Structure, functions, formation of attitudes, attitude-behavior relationship, Attitude Change: Process of persuasion, related factors, Theories of attitude change. Strategies of promoting attitude and behavior change in India-illustrative case studies in Indian context.

PRACTICAL: Any 2 lab/field practicums based on course DSC02: Applied Social Psychology.
Each practical group will consist of 10-12 students.

References:

- Aronson, E., Wilson, T. D., Alert, R. M., Sommers, S. R., & Tucker, V. (2020). Social Psychology (10th ed.). Pearson India Education Services Pvt. Ltd.
- Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2010). Social Psychology (12th ed.). Delhi, Pearson.
- Baumeister, R. F., & Bushman, B. J. (2013). Social Psychology & Human Nature. Wadsworth.
- Hogg, M., & Vaughan, G. M. (2008). Social Psychology. Prentice Hall.
- Myers, D. G. (2005). Social Psychology (8th ed.). New Delhi: Tata McGraw-Hill Pub. Co. Ltd
- Tucker, V. (2020). Research Methods in Social Sciences. Pearson India Education services Pvt. Ltd.

DSC03: PSYCHOLOGY OF HEALTH AND WELL-BEING

Credit: 4 (3 Lecture + 1 Practical)

Course Learning Outcomes

- To understand the concept of health and well-being from the standpoint of biological, psychological, social and cultural factors in interaction with each other.
- To learn about the role of health beliefs, attitudes and behaviours affecting individuals' decisions relating to health.
- To understand the importance of modifying the problematic health behaviours.

Unit 1: Introduction: Definition of health psychology, goals of health psychology, illness-wellness continuum, Mind-body relationship, Bio-psychosocial model of Health; Indian perspective to health (concept of health in Ayurveda and Yoga); Subjective Well-being (Diener); Emotional, Social and Psychological well-being (Ryff).

Unit 2: Behaviour and Health: Characteristics of health behaviours (health behaviour, illness behaviour and sick-role behaviour); Barriers to health behaviour (individual, interpersonal and community). Theories of health behaviour (Protective motivation theory, theory of reasoned action, Transtheoretical model).

Unit 3: Health enhancing behaviors and health compromising behaviours: Health enhancing behaviours: Exercise, Nutrition; Health compromising behaviours: Alcoholism and Smoking;

PRACTICAL: Any two practicums (one in lab and one in field) on any of the two topics from the DSC03: Psychology of Health and Well-Being using scales on general health behaviours, sleep, well-being etc. Each practical group will consist of 10-12 students.

References:

- Allen, F. (2011). Health Psychology and Behaviour. Tata McGraw-Hill Education. (Unit 1: Chapters 6,7,8 and 9; Unit 2: Chapter 4; Unit 3: Chapter -8).
- Dalal, A., & Misra, G. (2006). Psychology of Health and Well-being. Psychological Studies.
- Dalal, A., & Misra, G. (2012). New Directions in Health Psychology. India: Sage Publications.
- Dalal, A. K. (2016). Cultural Psychology of Health in India: Well-being, Medicine and traditional Health Care. India: Sage Publications.
- Dimatteo, M. R., & Martin, L. R. (2011). Health Psychology. Indian adaptation by Tucker, V. & Tucker O. P. (2018). New Delhi: Pearson India Educational Services Pvt. Ltd. (Unit 1: Chapter 1; Unit 2: Chapter 6).
- Hariharan, M. (2020). Health Psychology: Theory, Practice and Research. Sage Publications.
- Ravishankar, B., & Shukla, V. J. (2007). Indian Systems of Medicine: A Brief Profile. African Journal of Traditional, Complementary, and Alternative Medicines: AJTCAM, 4(3), 319–337.
- 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 ed.). New Delhi: Tata McGraw-Hill. (Unit 2: Chapter 3; Unit 3: Chapters 4 and 10).

GENERIC ELECTIVE (GE) COURSES

GE01: 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, behavioral, humanistic- existential, gestalt), Psychology in India