



# **RANI CHANNAMMA UNIVERSITY**

## **BELAGAVI**

THE COURSE STRUCTURE & SYLLABUS OF UNDER GRADUATE

BACHELOR OF ARTS

PSYCHOLOGY

1<sup>ST</sup> TO 6<sup>TH</sup> Semesters

w.e.f.

Academic Year 2020-21 and Onwards  
Under

CHOICE BASED CREDIT SYSTEM (CBCS)

**CHOICE BASED CREDIT SYSTEM [ CBCS ]**  
**B.A. Program with Psychology Optional Subject**  
**CBCS Structure**

<b>B.A. Psychology as one of the optional subject revised syllabus under CBCS</b> (w.e.f. 2020-21 and onwards)								
Sem	Part	Paper Code	Title of Paper	Hours/Week	Marks			Subject Credits
					IA	Exam	Total	
I	Part – 1 DSC	BA.Psy.- T	Basic Psychological Processes-1	4	20	80	100	2
		BA.Psy-P	Practical-1	3	10	40	50	1
II	Part – 1 DSC	BA.Psy.- T	Basic Psychological Processes-2	4	20	80	100	2
		BA.Psy-P	Practical-2	3	10	40	50	1
III	Part – 1 DSC	BA.Psy-T	Life Span Development-1	4	20	80	100	2
		BA.Psy-P	Practical-3	3	10	40	50	1
	Part – 2 SEC	SEC-1	Stress Management	2	10	40	50	2
IV	Part – 1 DSC	BA.Psy-T	Life Span Development-2	4	20	80	100	2
		BA.Psy-P	Practical-4	3	10	40	50	1
	Part – 2 SEC	SEC	Statistics in Psychology -2	2	10	40	50	2
V	Part – 1 DSE	BA.Psy-T1	Foundations of Social Behaviour	4	20	80	100	3
		BA.Psy-P1	Practical-5	3	10	40	50	1
		BA.Psy-T2	Organizational Psychology	4	20	80	100	3
		BA.Psy-P2	Practical-6	3	10	40	50	1
	Part – 2 SEC	SEC	Personality Development and Career Planning -3	2	10	40	50	2

VI	Part – 1 DSE	BA.Psy-T1	Psycho Pathology	4	20	80	100	3
		BA.Psy-P1	Practical-7	3	10	40	50	1
		BA.Psy-T2	Counseling Psychology	4	20	80	100	3
		BA.Psy-P2	Practical-8	3	10	40	50	1
	Part – 2 SEC	SEC	Health and Wellbeing -4	2	10	40	50	2

**Part-1: DSC Paper : Semester- I : Basic Psychological Processes-1**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit -I**

**Introduction:** Definitions and Meaning of Psychology , Scope (Branches) : Pure and Applied

**Methods :** Introspection , Observation, Experimental, Survey, and Interview

**10Hrs**

**Unit -II**

**Schools of Psychology :**

**Structuralism, Functionalism, Behaviorism, Gestalt, Psycho-analysis and Humanistic Schools**

**10Hrs**

**Unit -III**

**Biological Determinants of Behavior :**

**Human Nervous System :** Neuron, Spinal Cord, and Brain,

Central Nervous System, Peripheral Nervous System, Autonomous Nervous System

**Hormones and their effects on behaviour**

**10Hrs**

**Unit -IV**

**Sensory and Perceptual Processes :** Five Basic Sensations

**Attention :** Types, Determinants, Span Division , Distraction and Fluctuation of Attention

**Perception :** Principles of Organization and Grouping, Perceptual errors:

Illusions and Hallucinations.

**10Hrs**

**Unit -V**

**Learning :**

Meaning and Definitions, **Theories of Learning :** Trial and error, Learning by Insight and

Learning by conditioning : Classical and Operant Conditioning

**Transfer of Training (Learning)**

**10Hrs**

**Reference Books :**

- Robert A. Baron(2005) Psychology , Pearson Education
- Morgan C.T. King R.A. & Robinson ( Latest Edition)- Introduction to psychology. New Delhi, oxford and IBH Publishing Co.
- Hilgard E.I. Atkinson R.C., Atkinson R.L., Smith , ( Latest Edition)- Introduction to psychology. 10<sup>th</sup> Edition IBH Publishing Co.
- Natraj P- Psychology For Beginners Mysore Srinivas Publications (Latest Edn
- Natraj P - Samanniya Manovigniya,(Kannada) Mysore Srinivas Publications.

## **BA Semester-I: Lab- Psychology Practical -1**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practical's during each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Directed Observation
2. Span of Attention
3. Mullar Lyer Illusion
4. Colour Blindness
5. Mapping the colour zones of retina
6. Bilateral Transfer of Training
7. Insight on Motor learning (Mails Step Maz)
8. Massed and distributed Learning

**Part-1: DSC Paper : Semester- II : Basic Psychological Processes-2**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit -I**

**Personality:**

Meaning and Definition, Determinants of Personality, Classifications of Personality : Sheldon's, Jung. Assessment of Personality: Questionnaires, Rating Scales, Interviews, Projective Tests : TAT, Rorschach ink blot, CAT, Sentence Completion Tests.

**10 Hrs**

**Unit - II**

**Intelligence :** Meaning and Definitions. Growth, Determining factors of intelligence. I.Q. , Distribution , Tests of Intelligence, Uses of Intelligence tests. Artificial Intelligence : Merits and demerits.

**10 Hrs**

**Unit – III**

**Memory and Forgetting :**

**Memory :** Meaning and Nature of memory, Stages: Acquisitions, Retention, Recall And Recognition. Types : STM, LTM, Sensory Memory. Improvement of Memory

**Forgetting :** Meaning and Definition, Types of Forgetting : Normal and Abnormal. Causes of Forgetting,

**10 Hrs**

**Unit- IV**

**Cognitive Processes :**

**Thinking :** Reasoning and Creative Thinking, Building Blocks of Thoughts, Processes of Thinking, Stages of problem solving, Influencing factors of Problem Solving. Reasoning : Types of Reasoning : Inductive and Deductive .

**10 Hrs**

**Unit –V**

**Emotions and Motivations :**

**Emotions :** Meaning and Definitions, Nature and Types. Physiological and Psychological Changes during the emotions. Expression of emotions. E.Q.,

**Motivations :** Nature and Types Maslow's Need hierarchy theory of motivation

**10 Hrs**

## Reference Books:

- Robert A. Baron(2005) psychology , pearson education
- Morgan C.T. King R.A. & Robinson (Latest Edition)- Introduction to psychology. New Delhi, oxford and IBH Publishing Co.
- Hilgard EI Atkinson R.C., Atkinson R.L., Smith, (Latest Edition)- Introduction to psychology. 10<sup>th</sup> Edition IBH Publishing Co.
- Natraj P- Psychology. for Beginners, Mysore srinivas publications.(latest Edn
- Zimbardo P.G. & Weber A.L. (1997) Psychology , Mew York : harper Collins college Publishers.
- Leftton L.A. ( latest edition) Psychology Boston : Allyn & Baron.
- Natraj P - Samanniya Manovigniya,(Kannada) Mysore Srinivas Publications.

## **BA Semester-II: Lab- Psychology Practical -2**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practical's during each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Revan's Progressive Matrices
2. Otis Mental ability Test
3. Eysenck's Personality Inventory
4. Concept Formation
5. Judging Emotions on Facial Expressions
6. Meaning on Retention
7. Achievement Motivation
8. Self Rating Scale

**Part-1: DSC Paper : Semester- III : Life Span Development -1**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit –I**

**Introduction :**

Meaning of Development, Stages of Development, Significant facts of development, Principles of development, Methods

**10Hrs**

**Unit –II**

**Prenatal Development:**

Importance of conception. Stages, Characteristics, Hazards: Physical, Chromosomal disorders.

**10Hrs**

**Unit –III**

**Infancy and Babyhood :**

**Infancy :** Characteristics , Adjustment in infancy

**Babyhood :** Physical & Motor development, Cognitive and Language Development, Psycho-Social Development

**10Hrs**

**Unit –IV**

**Childhood (Early and Late):** Characteristics of Childhood, Physical & Motor development, Cognitive development, Language Development, Psycho-Social development, Theories of Child Development : Freud, Erickson & Piaget's

**10Hrs**

**Unit –V**

**Problems of Children & Remedies :**

**Learning Disorders,** Mental Retardations : A.D.D., A.D.H.D., Mongolids, Cretinism, Thumb Sucking, Bed wetting (enuresis), Nail biting

**10Hrs**

## Reference Books

1. Hurlock E.B- Developmental psychology-A Life span approach McGraw-Hill (latest edn).
2. Papalia D.E. Sally Wendkos olds-Human development : McGraw Hill (Latest edition)
3. Santrock J.W-Life-Span development : New York, McGraw Hill.
4. ನಟರಾಜ ಪಿ - ವಿಕಾಸ ಮನೋಜ್ಞಾನ; ಶ್ರೀನಿವಾಸ ಪ್ರಕಾಶನ ಮೈಸೂರು.
5. Hoffman L, S Paris, E Hall & R Schell, (1988) "Developmental Psychology today.
6. Psychology Today", McGraw ; Hill Inc.

### **BA Semester-III: Lab- Psychology Practical -3**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Word Building Test
2. Emotional Maturity Scale
3. Self Concept Scale
4. Parent Child Relation Test
5. Adjustment Inventory for School Children
6. Study Habit Inventory
7. Social Maturity Scale
8. Personality Maturity Scale

## **Part-2: SEC Paper: Semester- III : Stress Management-1**

**Teaching Hours: 3 Hrs / Week**

**Marks : Main Exam : 40 I.A.: 10**

### **Unit –I Introduction :**

Stress: Meaning and importance, Types of Stress : Eustress, Distress, episodic Stress, Chronic Stress, Sources of Stress, Why Stress Management : Needs and Objectives, Symptoms of Stress, and their effects on health (both Physical & Mental)

**10Hrs**

### **Unit-2 Management and Remedies:**

Four A s of Stress Management : Avoid, Alter, Adopt, Accept,. Get into Action : Physical exercises, Spending Time with pets, Connect with people, Mindful Rhythmic (Stress bursting Exercise) exercise, Walking, Aerobics, Stretching, Making time for fun & relaxation, Better Time Management, Healthy and Balanced life Styles, Learning to release stress, Listening to the Music.

**10Hrs**

### **Reference Books :**

1. Baron,R.A. (2003) : Psychology (5<sup>th</sup> ed.) Delhi : Pearson Education.
2. Carson,R.C., Butcher,J.N., Mineka,S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson publishers.
3. Cicarelli,S.K. & Meyer, G.E.(2007) Psychology New Delhi : Pearson Publishers  
Coon, D. & Mitterer, J.O.(2007), Introduction to Psychology (11 ed.) New Delhi : Thomson Wadsworth Publishers.
4. Morgan, C.T., King, R. A., Weisz,J.R. & Schopler, J.(1986) Introduction to Psychology (7<sup>th</sup> ed.) New Delhi : McFraw-Hill Book Company.
5. Taylor,S.E. (2006) Health Psychology (6<sup>th</sup> ed) New Delhi: Tata McGraw.
6. Internet Surfing Required :

**Part-1: DSC Paper : Semester- IV : Life Span Development -2**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit -I**

**Puberty and Adolescence :**

**Puberty** : Meaning, Characteristics, Biological Changes, Primary & Secondary Sex Characteristics, Reaction to Changes, Hazards.

**Adolescence:** Characteristics, Moral and career development, Relationship with Family, Peer Group, and Adult Society.

**10Hrs**

**Unit -II**

**Early Adulthood(21Years to 40 Years):** Characteristics, Vocational Adjustment, Foundations of intimate Relationships, Marital Adjustment, Conditions influencing on Marital Adjustment. Parenthood: Adjustment to Parenthood.

**10Hrs**

**Unit -III**

**Middle Adulthood (41years to 60years):** Characteristics, Adjustments : Physical, Mental, and Vocational Adjustments. Coping with Midlife Crisis. Preparing for Retirement .

**10Hrs**

**Unit -IV**

**Late Adulthood (Old Age) (60 years and Above):**

Characteristics, Adjustment to Physical and Mental Changes, Old Age Problems, Coping with retired life and Changed rolls, Interests.

**10Hrs**

**Unit –V**

**End of Life:** Dying and Death, Stages of dying, Death as a loss. Support Agencies. At the end of life : Old Age Home, Insurance Companies, Care Centers, Death rituals in different religions.

**5Hrs**

## Reference Books :

1. Hurlock E.B- Developmental psychology-A Life span approach McGraw-Hill (latest edn).
2. Papalia D.E. Sally Wendkos olds-Human development : McGraw Hill (Latest edition)
3. Santrock J.W-Life-Span development : New York, McGraw Hill.
4. ನಟರಾಜ ಪಿ - ವಿಕಾಸ ಮನೋಜ್ಞಾನ; ಶ್ರೀನಿವಾಸ ಪ್ರಕಾಶನ ಮೈಸೂರು.
5. Hoffman L, S Paris, E Hall & R Schell, (1988) "Developmental Psychology today.
6. Psychology Today", McGraw ; Hill Inc.

## **BA Semester-IV: Lab- Psychology Practical -4**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Marital Adjustment Scale
2. Vocational Interest Inventory(Patel's or Bansal's)
3. Subjective Wellbeing Test
4. Frustration Test
5. Temperament Inventory
6. Security and Insecurity Inventory
7. Old Age Adjustment Inventory
8. Personal Value Scale

**Part-2: SEC Paper: Semester- IV : Statistics in Psychology -2**

**Teaching Hours: 3 Hrs / Week**

**Marks : Main Exam : 40 I.A.: 10**

**Unit –I Introduction :**

Meaning, Uses of Statistics in Psychology. Types of Statistic tools, Collection of Data –Class intervals, Graphical Representation of Data., Pie Diagram,. Use of Modern devices in Statistical Analysis.

**10Hrs**

**Unit-2 Measures of Central Tendencies , and variability :**

Mean, Median, Mode.

Computation of Correlation – (Both Pearson and Spearman Methods)Range, Standard Deviation, Mean Deviation, Quartile Deviation, t-test, Chi Square test

**15Hrs**

**Reference Books :**

1. Chadha. N.K. (1991) : Statistics for Behavioural and Social Sciences. Reliance Pub. House New Delhi.
2. Garrett.H.E. & Woodworth.R.S.(1987) : Statistics in Psychology and Education. Mumbai : Vakils. Feffer & Simons Pvt. Ltd.
3. Kothari, C.R. (2004) Research methodology : methods and Techniques. New Delhi: New Age. International (P) Ltd., Publishers.
4. Verma,L.K. And Sharma, N.K. (2000). Advanced Statistics in Education and Psychology. Jalandhar: Narendra Publishing Hous.

**Part-1: DSC Paper-I: Semester- V : Foundations of Social Behaviour**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit -I**

**Introduction:**

Meaning , Nature, and Scope of Social Psychology. Methods of Social Psychology- Survey, Field Study, Questionnaire and Interview Method

**10Hrs**

**Unit -II**

**Social Perception:**

Meaning and Nature. Perception of self, Self Concept, Self esteem, Perception of others: Forming impressions, Role of non verbal cues, Stereotypes and Central Traits. Kelley's Attribution Theory. Errors in Attribution.

**10Hrs**

**Unit -III**

**Attitudes :**

Definition, Nature & Functions of Attitudes, Formation & Changes of attitudes. Measurement of Attitudes. Prejudices : Nature and components of Prejudices Stereotypes. Reduction of Stereotypes and Prejudices.

**10Hrs**

**Unit -IV**

**Groups:**

Structures and Functions of Groups. Task Performance, Social Facilitation and Conformity. Group Cohesiveness, Group Norms, and Decision Making, Group Dynamics.

**10Hrs**

**Unit -V**

**Leadership :**

Meaning and Definitions, Functions of Leader. Styles of Leadership. Personality Characteristics of Leader. Group effectiveness and Leadership. Theories of Leadership : Trait Theories, Behavioural Theories, Situational Theories

**10Hrs**

## Reference Books :

1. Baron, R.A., & D Social Psychology, New Delhi : Prentice Hall. (1998).
2. Myers, David, G. Exploring Social psychology, New York (1994). Mc Graw Hill.
3. Kretch, Cruthefield and Ballanchey, Individual in Society : A Text Book of Social Psychology, NewYork : Mc Graw-Hill, (Latest Edition).
4. Sharma R., Social Psychology, (Rajhans Publications) (Latest Edition).
5. Feldmand R.S. Social Psychology, McGraw Hill (Latest Edition).

### **BA Semester-V: Lab- Psychology Practical -5**

**Practical Hours :** 3Hrs /Week

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes :** 10 Students per Batch

**For Examinations :** 8 Students per Batch

1. Social Distance Scale
2. Stereotypes
3. Sociometry
4. Ascendance- Submission Reaction Study
5. Co-operation on work performance(World Building Test)
6. Measurement of Attitude(Likert Scale)
7. Attitude Change
8. Modernization Scale

**Part-1: DSC Paper-II: Semester- V : Organizational Psychology**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit –I Introduction :**

Development of Organizational Psychology across the world. Definition and Meaning of Organizational Psychology. Scope and Opportunities of Organizational Psychology

**10 Hrs.**

**Unit –II Organizational Structure :**

Definition, Departmentalization, Span of Control. Types of Organizational Structures: Classical, and Modern.

**10.Hrs.**

**Unit –III Leadership :**

Nature and Types, Approaches to Leadership: Trait Theories. Behavioral theories, and Situational Theories.

**10.Hrs.**

**Unit –IV Individual in the Organization:**

**Values :** Importance of Values, Sources of Values,

**Attitudes :** Attitudes, Sources of Attitudes, Types and Measurement of Attitudes. Skills involves in Changing Attitudes.

**Motivation :** Definition, Maslow's theory of Hierarchy of Needs

**Job Satisfaction :** Meaning and Definition

**10 Hrs.**

**Unit –V Communication :**

Meaning , Communication Models, Barriers of Communication. Network of Communication and Decision Making : Skills involved in Communicating and Listing.

**10Hrs.**

## Reference Books :

1. Robbins S.P. : Organizational Behavior, concepts, controversies and applications. Prentice Hall of India. New Delhi (Latest edition).
2. Fred Luthans : Organizational Behavior, McGraw Hill.
3. M.N. Mishra : Organizational Behavior, Vikas Publishing house, New Delhi. (Latest Edition).
4. K.K.Ahuja : Organizational Behavior, Vikas Publishing house, New Delhi (Latest Edition)
5. R.S.Dwivedi : Human Relations and Organizational Behavior.

### **BA Semester-V: Lab- Psychology Practical -6**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Mechanical Reasoning
2. Manual dexterity
3. Tweezers Dexterity
4. Finger Dextirity
5. Muscular Fatigue
6. Mental Fatigue
7. Vocational Interest
8. Reaction Time (Simple and )



**Part-1: DSC Paper-I: Semester- VI : Psycho pathology**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit –I Introduction :**

Definitions, Meaning of Abnormality, Misconceptions and Norms and criteria's of abnormality, Models: Psychoanalytic, Behaviouristic, and Humanistic. Causes: Predisposing, Precipitating, and reinforcing conditions ; Biological, Psycho-Social causes.

**10Hrs.**

**Unit –II Stress :**

Meaning of Stress, Types of Stress, Pressure, Frustrations, and Conflicts, Reactions to Stress, (Coping Patterns), : Task Oriented and Defense Oriented Reactions.

**10Hrs.**

**Unit –III Neurotic Disorders :**

Neurotic Disorders : Anxiety, Phobia, Hysterical (Conversion ) Disorders, Obsessive Compulsive Disorders (O.C.D.), Depression.

**10 Hrs.**

**Unit –IV Psychotic Disorders :**

Schizophrenia : Simple, Hebephrenic, Catatonic, Paranoid. Manic Disorders : Affective Disorders,(Mood disorders.) Mania, types, Manic Depressive Psychosis.

**10 Hrs.**

**Unit –V Other Disorders :**

Mental Retardation and Specific Learning Disorders , Personality Disorders : Psychopathic Personality, Substance abuse Disorders: Alcoholism Drug addiction. Varient Sexual Behavior : Psycho-sexual Disorders. Sadism, Masochism and other disorders.

**10 Hrs.**

## Reference Books :

1. James C.Coleman J.C. : Abnormal Psychology and Modern Life (Latest edition).
2. Sarason I.G. & B.R. Sarason: Abnormal Psychology-The Problem of Maladaptive Behaviour 482 FIE, Patparganj, Delhi.
3. Carson RC & Butcher JN: Abnormal Psychology and Modern Life (10<sup>th</sup> Edition) Harper –Collins; New York.
4. Ronald J.Cornier : Abnormal Psychology-WH Freeman & Co. New York.
5. ಪಿ. ನಟರಾಜ : ಮನೋರೋಗ ವಿಜ್ಞಾನ, ಶ್ರೀನಿವಾಸ ಪ್ರಕಾಶನ, ಮೈಸೂರು,
೬. ಡಾ. ಮೀನಗಂಡಿ ಸುಬ್ರಮಣ್ಯ : ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳಿಗೆ ಮನಸ್ಸು ಇಲ್ಲದ ಮಾರ್ಗ
೭. Ashok pai : ಮನಸು
೮. ವೆಂಕಟೇಶ ರೆಡ್ಡಿ. ಮನೋರೋಗ ವಿಜ್ಞಾನ ಮತ್ತು ಆಧುನಿಕ ಜೀವನ

## **BA Semester-VI: Lab- Psychology Practical -7**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. H.M. Bell's Adjustment Inventory
2. K Krishan's cyclothyme schizothyme Questionnaire
3. Kundu's Neurotic Personality Inventory
4. Moudsley Medical Questionnaire
5. General Mental Ability Test
6. Assessment of Anxiety
7. Depression Scale
8. Verbal Frustration Scale
9. Stress Scale

**Part-1: DSC Paper-II: Semester- VI : Counseling pathology**

**Teaching Hours: 4 Hrs / Week**

**Marks : Main Exam : 80 I.A.: 20**

**Unit -I**

**Counseling : The Art and Science of Helping :**

- a) Meaning, Needs and Purposes of counselling with special reference to India.
- b) Professional issues, Ethics, Education and Training of the counsellor, Development of Counselling in India, Goals of counselling.

**10Hrs**

**Unit -II**

**Counseling Process:**

Relationship establishment, Problem Identification, Exploration Planning for Problem Solving, Solution, Application and Termination .

**10Hrs**

**Unit –III**

**Theories and Approaches to Counselling :**

- a) Cognitive Approach :Rational emotive, Transactional Analysis.
- b) Behavioural Approach : Behavior Modification Technique.
- c) Humanistic Approach : Existential, Client Centered
- d) Indian Contribution : Yoga and Meditation

**10Hrs**

**Unit -IV**

**Tests in Counseling :**

Uses of Psychological Tests in counseling, Counseling Interview, Types of Interviews.

**10Hrs**

**Unit -V**

**Application of Counseling :**

- a) Family(Marital Counselling) Counselling
- b) School Counselling
- c) Career Counselling
- d) Individual and Group Counselling
- e) Roll of Counselling in N.G.O's.

**10Hrs**

## Reference Books:

1. Belking, G.S. (1988) : Introduction to counseling W.G: Brown Publishers.
2. Ben, Ard, Jr. (Ed.) (1997) Counseling and psychotherapy: Classics on theories and issues. Science and Behaviour.
3. Gelso, Charles J, and Fret 3, Brace R. (1995). Counseling psychology-prision Books Pvt. Ltd.
4. Kochhar, S.K. (2001). Guidance and Counseling in colleges and universities, sterling publishers pvt. Ltd.,
5. Nelson, J. (1982). The theory and practice of counseling psychology. New York: Holt Rinehart & Winston.
6. Udupa, K.N. (1985). Stress and its management by Yoga Delhi : Moti lal Banarsi Das.
7. Windy, D. (1988) (Ed). Counseling in action. New York : Sage Publication.
8. Narayan Rao S. (1981) Counseling Psychology, Tata McGraw Hill New Delhi.
9. Robert L. Gibson K. Marianne H.Mitchell. Introduction to counseling and Guidance Prentice Hall of India. (2005).

## **BA Semester-VI: Lab- Psychology Practical -8**

**Practical Hours : 3Hrs /Week**

**Marks Main Exam : 40 I.A. : 10**

**Student are supposed to conduct minimum Five Practicals for each Semester**

**For Classes : 10 Students per Batch**

**For Examinations : 8 Students per Batch**

1. Bhatia's Battery of Performance and Intelligence Test
2. Mobile Addition Scale
3. Youth Problem Inventory
4. 16 PF Questionnaire
5. Guidance Need Inventory
6. Test of Inferiority Complex
7. Occupational Stress
8. Happiness Inventory
9. Marital Satisfaction Scale (M.S.S.)

**Part-2: SEC Paper: Semester- V : Health and Wellbeing -4**

**Teaching Hours: 3 Hrs / Week**

**Marks : Main Exam : 40 I.A.: 10**

**Unit –I Introduction :**

Mind and body relationship, Importance of health Psychology, Models of Health Behavior, Biological , Psycho Social effects of Stress on health.

**10Hrs**

**Unit- II Health and Behaviour :**

Health compromising Behaviours : Alchohol, Drug, Smoking, Weight Control, Diet. Yoga & Meditation, Self Control & Self regulation.

**10Hrs**

## Theory and Practical Evaluation Scheme

### **Theory Examination:**

Max. Marks: 80

Duration - 3 Hours.

### **Theory question paper pattern:-**

**Note:** For Section-B, one question from each unit shall be considered. For Section-C, one question from each unit shall be considered.

### **Practical Examination :**

Max. Marks: 40 Marks

Duration - 3 Hours.

Certified Journal is compulsory for appearing Practical Examination

Students shall be given Four Practical at the examination Students should indicate his preferences the External examiner assign one practical for conducting and reporting

Plan and Procedure : 10

Conducting and Discussion : 10 (includes Instructions and Method, Precautions and drawing  
Conclusion for chosen Practical)

Journal : 10

Viva-Voce : 10

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