

**MANONMANIAM SUNDARANAR UNIVERSITY. TIRUNELVELI**  
**DIRECTORATE OF DISTANCE AND CONTINUING EDUCATION**  
**B.Sc. PSYCHOLOGY**  
**(Effective from the Academic Year 2016-2017 onwards)**

Components	Title of the paper	Credits
<b>Part I</b>	Tamil	3
<b>Part II</b>	English	3
<b>Part III</b>	Basic Psychology	4
	Biological Psychology	4
	Developmental Psychology	4
	<b>II YEAR</b>	
<b>Part I</b>	Tamil	3
<b>Part II</b>	English	3
<b>Part III</b>	Social Psychology	4
	Abnormal Psychology	4
	Experimental Psychology	4
	<b>III YEAR</b>	
<b>Part III</b>	Theories of Personality	4
	Educational Psychology	4
	Guidance and Counselling Psychology	4
	Positive Psychology	4
	Psychological Statistics	4

## **I YEAR - BASIC PSYCHOLOGY**

### **UNIT I: INTRODUCTION**

Definition - Nature, Characteristics and Scope – Scientific methods – Schools of Psychology

### **UNIT II: STATES OF MIND**

Nature of Consciousness – Changes in consciousness: Day dreaming – sleep and dreaming – Extended states of consciousness: Hypnosis – Meditation – Hallucinations – Psychoactive drugs

### **UNIT III: COGNITIVE PROCESSES**

Sensation: Visual, auditory and other senses – Structure and functions – Attention & attentional processes - Perception – Perceptual Organisation – Determinants of perception – Memory and Forgetting

### **UNIT IV: LEARNING & THOUGHT**

Learning: Classical and Operant Conditioning – Basic principles of Conditioning – Verbal Learning – Cognition in Learning – Motivational and cognitive influences on Learning – Observational Learning – Thinking: Problem Solving – Decision Making – Creative thinking – Critical Thinking

### **UNIT V: MOTIVATION & EMOTION**

Motivation: Biogenic and sociogenic motives: Intrinsic-Extrinsic framework – Defense motives - Conflict and frustration – Need hierarchy model – Emotions: Development, expression and control – Theories of emotion – Culture and emotions – Physiological correlates

### **TEXTBOOKS:**

1. Robert A Baron (2002), Psychology, 5<sup>th</sup> Edition, Prentice Hall, India.
2. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi.

### **REFERENCE BOOKS:**

3. Robert S. Feldman (2004) understanding Psychology 6<sup>th</sup> Edition Tata McGraw – Hill.
4. Ciccarelli, S. & Meyer, G.E. (2006). Psychology. New Delhi: Pearson Education.
5. Zimbardo, P.G. and Weber, A.L. (1997). Psychology. N.Y. Pearson. Edition.

## **BIOLOGICAL PSYCHOLOGY**

### **UNIT I: INTRODUCTION**

Basic reasoning in biology of behaviour – Historical background – Approaches that relate brain and behaviour - Levels of Analysis.

### **UNIT II: EVOLUTION AND DEVELOPMENT OF THE BRAIN**

Evolution of Brain and Behaviour - Need to study other species - Lifespan Development of the Brain and Behaviour: Processes of Growth and Development of the Brain – stages of the development of the Nervous system – Glial cells – interaction of intrinsic and extrinsic factors influence of Experience on Brain Development - Maldevelopment of Brain – Changes in Brain due to aging – Time scales for describing Brain Development.

## **UNIT II: THE NERVOUS SYSTEM**

Composition of the Nervous System – Divisions of the Nervous System – Functional descriptions of Brain Structures – Neurotransmitters - Blood supply to the Brain – Monitoring Neural activity – Species typical behaviour

## **UNIT IV: NEUROPHYSIOLOGY**

Neurophysiology of arousal, attention, consciousness and sleep – Psychophysiology of emotions – Physiological and chemical correlates of learning and memory – Neurological bases of Aphasia

### **Unit – V**

#### **Cognitive Neuroscience**

Language and Cognition: Development of Evolution of Speech and Language – Causes of Language disorders – organization of Language in the Brain-Functional Neuroimaging functions of Left and the Right Brain frontal Lobes and the higher order cognitive and emotional Functions – Deficits in Spatial perception and Brain injury – Recovery of Brain Functions.

#### **REFERENCE BOOKS:**

1. Kalat,J.W. (1995) *Biological Psychology.5<sup>th</sup> Edition*. New York: Brooks/Cole.
2. Rosenzweig.M.A. Marc Breediove, S &Watson.N.V. *Biological psychology* MA Sinauer Associates inc. 2005.
3. Wagner.H& Silber., K. *Physiological Psychology* NY BIOS Scientific Publishers 2004.

## **DEVELOPMENTAL PSYCHOLOGY**

### **UNIT I: INTRODUCTION**

Developmental psychology: Definition, concepts and nature - Meaning of developmental changes – Significant facts about development – the life span – difficulties in studying life span – developmental tasks during the life span – happiness and unhappiness during the life span.

### **UNIT II: FROM PRENATAL PERIOD TO CHILDHOOD**

Characteristics: Prenatal period -Infancy –Babyhood - Early childhood - Late childhood – personality changes – hazards and happiness.

### **UNIT III: ADOLESCENCE**

Puberty:Characteristics – Criteria – Causes – Growth spurt – Bodily changes – Effects of puberty changes – Hazards & Happiness. Adolescence: Characteristics –Physical and Social changes – Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

### **UNIT IV: EARLY AND MIDDLE ADULTHOOD**

EarlyAdulthood: Characteristics and adjustments – Hazards and Happiness - Middle age: Characteristics and adjustments – Hazards and Happiness.

## **UNIT V: OLD AGE**

Old age: Characteristics and adjustments – Hazards and Happiness.

### **TEXT BOOKS**

1. Developmental Psychology (1997)– A Life Span Approach, Elizabeth B. Hurlock, Fifth Edition, Tata McGraw Hill Publishing co. Ltd., New Delhi.
2. Santrock, J. W. (2013). Life Span development, 14<sup>th</sup> ed. McGraw Hill.
3. Berk L.E. (2005) Child Development, (2<sup>nd</sup> Ed.), New Delhi: Pearson Education.

### **REFERENCE BOOKS:**

1. Papalia, D. E. (2004). Human Development. 9<sup>th</sup> ed. Tata McGraw-Hill.
2. Life Span Human Development, Brodzinggkg, D.M., Gormly A.V. &Aniborn, S.R. (1986) New Delhi: CBS Publisher.
3. Child Development, Berk, L.E. (2003), New Delhi : Pearson Education.
4. Child Development : An Indian Perspective, Srivastava, A.K. (1998) New Delhi : NCERT

## **II YEAR - SOCIAL PSYCHOLOGY**

### **UNIT I : INTRODUCTION**

Nature, goal and scope of Social Psychology – Social Psychology and other social sciences – Methods of Social Psychology

### **UNIT II: SOCIAL PERCEPTION & COGNITION**

Perceiving ourselves: self-concept, self-esteem, self-presentation and self-expression – Perceiving others: Forming impressions – Role of non-verbal cues, stereotypes and central traits – Primacy and recency effects – Attribution: Meaning – Theory and biases

### **UNIT III: ATTITUDES, PREJUDICE & DISCRIMINATION**

Attitudes: Meaning, nature and function - Attitudes and behaviour – Theories of reasoned and planned behaviour – Formation, change and measurement of attitudes; Prejudice and Discrimination – Nature and components – Acquisition – Reduction

### **UNIT IV: GROUPS & LEADERSHIP**

Nature of Group formation – Functions of Group: Role, Status, Norms and Cohesiveness - Impact of Groups on Individual performance: Social facilitation and social loafing - Group Conflict – Decision making by Groups – Leadership

### **UNIT V: AGGRESSION & PROSOCIAL BEHAVIOUR**

Aggression: Meaning – Theoretical perspectives – Trait, situational and social learning approaches – social and personal determinants of aggression – Prevention and control of

aggression; Prosocial Behaviour: Meaning – Cooperation and helping - Personal, situational and socio-cultural determinants – theoretical explanations

**REFERENCE BOOKS:**

1. Baron, R.A. & Byrne, D. Social Psychology (9th ed). Delhi :Pearon education 2000.
2. Myers, D.G. Social Psychology, New Delhi: Tata McGraw Hill , 2005
3. Feldman, R. S. (2005). Social Psychology: Theory, research and application. McGraw-Hill Education, New Delhi.

**ABNORMAL PSYCHOLOGY**

**UNIT I: INTRODUCTION**

Meaning and Nature of Abnormal Behaviour – History of Psychopathology – Concept of normality and abnormality – Signs and symptoms of Mental Illness

**UNIT II: MODELS, CLASSIFICATION, DIAGNOSIS & ASSESSMENT**

Psychodynamic, Behavioural, Cognitive and Existential models explaining abnormality – Brief history of classification – DSM V – Diagnostic tests, Rating scales, projective tests

**UNIT III: ANXIETY & MOOD DISORDERS**

Anxiety Disorders: Phobia – Panic Disorder – Obsessive Compulsive Disorder – General Anxiety Disorder; Mood Disorders: Mania – Depression – Bipolar affective disorder – Dysthymia

**UNIT IV: SOMATOFORM & DISSOSIATIVE DISORDERS**

Pain Disorder – Bodydysmorphic Disorder – Hypochondriasis - Conversion Disorder – Somatization Disorder - Biology of Somatoform Disorders

**UNIT V: DISORDERS DUE TO PSYCHOLOGICAL SUBSTANCE USE**

Substance Abuse – Substance Dependence – Etiological Factors in the Development of Substance Dependence - Sociocultural Variables – Psychological Variables – Biological Variable – Alcoholism and Smoking

**TEXT BOOKS:**

1. Davison, G.C., Neale, J.M and Kring, A.M. Abnormal Psychology.(9<sup>th</sup>ed). MA: John Wiley & Sons Inc., 2004.
2. Alloy, L.B; Riskind, J.H., & Manos, M.J. Abnormal Psychology. New Delhi: Tata McGraw Hill pub, 2005.
3. Cutting, J. Principles of Psychopathology. NY: OUP, 1997

**REFERENCE BOOKS:**

1. Durand, M. V., & Barlow, D. H. (2016). Essentials of Abnormal Psychology. 7<sup>th</sup> ed. Cengage Learning, India.
2. Comer, R. J. (2014). Abnormal Psychology. 9<sup>th</sup> ed. Wadsworth Publishers.

## **EXPERIMENTAL PSYCHOLOGY**

Minimum 2 experiments should be chosen from each of the 5 units and in total ten scales should be taken for record writing and practice

### **Attention**

1. Sustained and Focused attention
2. Division of attention
3. Effect of distraction
4. Reaction time

### **Sensation and Perception**

1. Time perception
2. Stroop effect
3. Muller - Lyer Illusion
4. Size - weight illusion.

### **Learning**

1. Habit interference
2. Bilateral Transfer
3. Massed vs. spaced learning
4. Conditioned reflex
5. Paired Associate learning

### **Memory**

1. Effect of meaning on retention
2. Effect of Cueing / priming on recall
3. Effect of Chunking on recall
4. Levels of processing

### **Thinking**

1. Concept formation
2. Syllogistic reasoning
3. Creativity
4. Problem solving apparatus

## **III YEAR - THEORIES OF PERSONALITY**

### **UNIT I: BASIC CONCEPTS OF PERSONALITY**

Personality: Definition - History and nature - Biological and Socio cultural determinants - Genetic influence - Person by situation interaction - Unresolved Problems in Personality.

### **UNIT II: PSYCHODYNAMISM**

Psychodynamic Theories of Personality: Sigmund Freud, Adler, Carl Jung, Erikson.

### **UNIT III: TRAIT, TYPE, ECLECTIC APPROACHES**

Cattell, Eysenck, Allport, Five factor model.

### **UNIT IV: LEARNING AND COGNITIVE APPROACHES**

Pavlov, Skinner, Dollard and Miller, Bandura, Mischel, Kelly, Rotter and Witkins.

### **UNIT V: HUMANISTIC APPROACHES**

Need Theories: McClelland, Atkinson, Murray. Humanistic Theories: Rogers, Maslow.

### **TEXT BOOKS**

2. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4<sup>th</sup> Ed. Wiley: India.
3. Schultz, P. D, Schultz, S. E. & Schultz, S. (2012). Theories of Personality 10<sup>th</sup>Ed. Cengage Learning, India.

### **REFERENCE BOOKS:**

1. Personality and personal growth, Frager, R. & Fadiman, J. (2007). 6<sup>th</sup> Edn. Pearson Prentice Hall, India.
2. Allen (1997 ) Personality Theories, Development, Growth & Diversity. 2<sup>nd</sup> edition. Allyn& Bacon
3. Pervin (1970 ) Personality Theory & Research. 7<sup>th</sup> Edition. John Wiley Publication
4. Friedman (2003) Personality: Classic Theories and Modern Research. 2<sup>nd</sup> Edition: Pearson Education.
5. Personality on Indigenous Psychology, Misra, G. and Mohanty, A.K. (2002) ,New Delhi : Concept Publishing Company.

## **EDUCATIONAL PSYCHOLOGY**

### **UNIT I: INTRODUCTION**

Definition – Nature, Characteristics and scope – Methods of Educational Psychology – Educational Psychology and the role of the teacher - Characteristics of an effective teacher – Teacher as Researcher

### **UNIT II: GROWTH & DEVELOPMENT THEORIES**

Cognitive Development: Piaget's Four Stages Development – Vygotsky's Theory; Language Development – Meaning of Growth and Development – Stages of Growth and Development - Factors influencing Growth and Development – Erickson's Theory of Psycho-social Development – Kohlberg's Theory of Moral Development – Emotional Development

### **UNIT III: INDIVIDUAL VARIATIONS**

Meaning and definition of individual differences – Types – Distribution – Determinants – Role of Heredity and Environment;

#### **UNIT IV: INTELLIGENCE & PERSONALITY**

Intelligence: Definition, Nature and characteristics – Theories of Intelligence; Personality and Temperament: Definition, Nature and characteristics – Theories of Personality

#### **UNIT V: LEARNING APPROACHES**

Definition, Nature and characteristics – Behavioural and Social Cognitive approaches – Information-processing approach – Transfer of Learning - Dealing with exceptional children – Effective Classroom management

#### **REFERENCE BOOKS:**

1. Mangal, S. K. (2011). Advanced Educational Psychology, 2<sup>nd</sup> ed. PHI Learning, New Delhi.
2. Santrock, J. W. (2006). Educational Psychology. 2<sup>nd</sup> ed. Tata McGraw-Hill, New Delhi.
3. Tuckman, B. W., & Monetti, D. M. (2011). Educational Psychology. Wadsworth Cengage Learning.

### **GUIDANCE & COUNSELLING PSYCHOLOGY**

#### **UNIT I: BASIC CONCEPTS**

Definition, process and goals -Guidance & Counselling - Advice & Counselling - Education & Counselling - Direction & Counselling - Instruction & Counselling - Need for counseling - Emergence and Growth of Guidance and Counseling -Status of Guidance and Counselling Movement in India.

#### **UNIT II: COUNSELLING APPROACHES AND PRACTICES**

Directive or authoritarian approach - Relevance of psychoanalysis - Non-directive approach: Humanistic-Existential approach Roger's self theory -Behavioristic approach: reciprocal inhibition, behavior modification, counselling approach - Eclectic approaches.

#### **UNIT III: COUNSELLING PROCESSES**

Preparation for counseling - counselling relationship - content and process of counselling, counselling interactions, counselor-counselee relationship, factors affecting counselling process - Effective counselor's skills: characteristics & attitudes; Counselling Interview – Nature and significant features, setting and types of counseling interview, appropriate use of communication , interviewing techniques, degree of lead, silence, relationship techniques, sharing of experiences, resistance.

#### **UNIT IV: COUNSELLING ISSUES**

*Professional preparation and training for Counseling: counseling preparation and professional issues, academic preparation, practical skills, selection and training of counselors, conception of professional worker, preparation of counselors; Ethics in Counselling:Codes of professional Ethics, legal considerations, Ethical Principles and Theory, Ethics and Law, Common Ethical Violations by Mental Health Professionals; Modern trends in counselling.*



## **UNIT V: PSYCHOLOGICAL TESTING AND DIAGNOSIS**

Tools & Techniques used in counseling and guidance: Testing & non testing devices, Types of psychological tests; Tools used in assisting individuals towards self discovery; test interpretation in counselling, factors affecting psychological test results, limitations of diagnosis.

### **REFERENCE BOOKS:**

1. Gibson & Mitchell (2003). Introduction to Counseling and Guidance. 6<sup>th</sup> Edition. Pearson Education.
2. Nelson-Jones, R. (2011). Theory and Practice of Counselling & Therapy. 5<sup>th</sup> ed. Sage Publications, New Delhi.
3. Rao, S. Narayanan (1992). Counselling and Guidance. 2<sup>nd</sup> ed., Tata McGraw-Hill
4. Parischa, Prem (1976). Guidance and Counselling in Indian Education.
5. Robert L. Gibson and Marianne H. Mitchell, (2006) Introduction to Counseling and Guidance, New Delhi, Prentice Hall of India Private Limited
6. Jones, Nelson (2005). Practical counseling and Helping Skills, 5<sup>th</sup> Edition, London: Sage Publications.

## **POSITIVE PSYCHOLOGY**

### **UNIT I: INTRODUCTION**

Definition – Assumptions and Goals – From the negative to the positive – View of human functioning - Eastern and western perspectives – Classifications and measures of strengths and positive outcomes

### **UNIT II: POSITIVE PSYCHOLOGY IN CONTEXT**

Developing strengths and living well – Meaning and measure of happiness – Subjective Well Being – Self-Realization – Views of Happiness

### **UNIT III: POSITIVE EMOTIONAL STATES & PROCESSES**

Principles of pleasure: Understanding positive affect, positive emotions and well-being: Positive Emotions and Health Resources – Positive Emotions and Well – Being - Emotion-focused coping – Emotional Intelligence

### **UNIT IV: POSITIVE COGNITIVE STATES & PROCESSES**

Self-Efficacy, Optimism and Hope – Wisdom and Courage: the two universal virtues – Mindfulness, Flow and Spirituality

### **UNIT V: PROSOCIAL BEHAVIOUR & POSITIVE ENVIRONMENTS**

Empathy and Egotism: Altruism – Gratitude – Forgiveness – Societal implications – Attachment, Love and Flourishing relationships  
Positive Schooling – Gainful Employment – Building better communities – Life above Zero

**REFERENCE BOOKS:**

1. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). Positive Psychology: The scientific and practical explorations of human strengths. 2<sup>nd</sup> ed. Sage Publications, India.
2. Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology. Pearson Education, India.

**PSYCHOLOGICAL STATISTICS****UNIT I: INTRODUCTION**

Meaning and definition of statistics – origin, growth and characteristics – applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

**Unit II: DATA CLASSIFICATION & FREQUENCY DISTRIBUTION:**

Classification and Tabulation: Objectives – types of classification – formation of continuous frequency distribution – uses of tabulation – parts of a table – types of tables – simple and complex tables – general purpose and special purpose tables; Diagrammatic and graphic Representation: General rules for construction– uses –Types - limitations of diagrams and graphs .

**UNIT III: DESCRIPTIVE STATISTICS:**

Averages: Concepts– requisites of a good average –mean, median and mode –merits and demerits – numerical computations; Dispersion: Concepts – types of measures– merits and demerits – numerical computations

**UNIT IV: SAMPLING, PROBABILITY AND THEORETICAL DISTRIBUTIONS**

Concept of population and sample – census – requisites of a sample - Random & Non Random sampling methods– sampling and non-sampling errors; Meaning of probability – theorems of probability - Poisson and normal distributions – Skewness and kurtosis

**UNIT V : INFERENCE STATISTICS:**

Parametric and Non-parametric tests: Meaning – Rules of using – Chi-square and contingency coefficients: Meaning and assumptions – numerical computations - Correlation and Regression: Meaning– correlation and regression coefficients – numerical computations;

**TEXTBOOKS:**

1. Verma, J. P., & Ghufan, M. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979): Statistics in Psychology and Education, 9<sup>th</sup> Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

**REFERENCE BOOKS:**

1. Gupta, S.P. (2006): Statistical Methods, New Delhi: Sultan Chand and Sons.
2. Howell, D.C. (2002): Statistical Methods for Psychology, 5<sup>th</sup> edition, Australia Duxbury Publishers.

3. Howell, D.C. (2002): Statistical Methods of Psychology. 5<sup>th</sup> edition. Australia, Duxbury Publishers.
4. Minium, E.W., King B.M. and Bear. G. statistical Reasoning in psychology and Education N.Y: john wiley& sons, end 2001.
5. Gravetter F.J. and Wallnay L.B. Essentials of statistics for the Bahavional sciences N.Y. West Publishing com., 1995.

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