# UNIVERSITY OF MADRAS  
## INSTITUTE OF DISTANCE EDUCATION  
### BSc PSYCHOLOGY  
Under Choice Based Credits System  
(With effect from the academic year 2018-2019)

## SCHEME OF EXAMINATION

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### Course component

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| Total            | 102                      |
Course Objectives:
This paper enables students to understand the methods of psychology, basic psychological processes and to appreciate different approaches to psychological processes.

Unit –I

Unit - II

Unit – III
Sensation and Attention. Sensation – Definition, Sensory receptors and the brain, Thresholds – absolute threshold, difference threshold, Subliminal perception, Sensory adaptation, Sensory Gating, Selective Attention, Determinants of attention.

Unit – IV
Perception – Definition, Perceptual constancy, Perceptual organization, Depth Perception, Motion Perception, Perceptual learning, Motives and Perception, Perceptual expectancy, Extra Sensory Perception.

Unit – V

References:
CORE PAPER –II : DEVELOPMENTAL PSYCHOLOGY I

Course Objectives: This paper helps students understand human growth and development from conception to early childhood and appreciate the determinants of human growth and development.

Unit - I

Unit – II

Unit – III

Unit – IV
Early Childhood: Physical development - Bodily growth and change, Nutrition, Sleep patterns and problems, Motor skills, Artistic development, Handedness.

Unit – V

References
Allied Paper – I : BIOLOGICAL PSYCHOLOGY

Course Objectives: This course helps the student understand important concepts in biological psychology and the role of the nervous system in behavior. It acquaints them with the knowledge about the connections between biological systems and psychological processes.

Unit – I

Unit – II

Unit – III

Unit – IV

Unit – V

References
SEMESTER: II

Core Paper – III : BASIC PSYCHOLOGY II

Course Objectives:

This course enables students to learn basic psychological processes and to appreciate different approaches to psychological processes.

Unit – I
Memory – Stages of Memory: Sensory Memory, Short-term Memory, Long-term Memory, Kinds of memory- Procedural and Declarative memory. Measuring Memory: Recognition, Recall, Relearning, Exceptional Memory, Forgetting, Improving Memory.

Unit – II

Unit – III
Motives – Types of motives, Hunger: Biological factors and other factors in hunger, Thirst, Pain, The Sex drive, Learned motives- Social motives, Achievement motivation.

Unit – IV

Unit - V
Intelligence – Defining intelligence- Theories of intelligence - Reliability and validity, Testing intelligence - Intelligence Quotient, Individual and group tests, Variations in intelligence, The mentally gifted, Mental retardation, Heredity and environmental influences, New approaches to intelligence.

References:
Core Paper - IV : DEVELOPMENTAL PSYCHOLOGY II

Course Objectives: This course helps students understand the process of human growth and development during middle childhood and adolescence and appreciate the factors influencing growth and development during these stages.

Unit – I

Unit – II

Unit – III
Puberty-
The end of childhood, beginning, timing, sequence and signs of maturation. Physical and mental health – Physical fitness, sleep needs, Nutrition and Eating Disorders, Use and Abuse of drugs, Depression and Death in adolescence. Aspects of Cognitive Maturation- Piaget’s Stage of formal operations, Language development, Elkind: Immature characteristics of adolescent thought, Moral reasoning, Kohlberg’s Theory, Influences on school Achievement.

Unit - IV

Unit – V

References
ALLIED PAPER – II FOUNDATION OF SOCIOLOGY

Course Objectives: This course enables students to learn basics of Sociology

Unit – I
Introduction -Definition- Nature and scope of sociology –origin and development of sociology in India –relation of sociology to history, philosophy, anthropology and psychology – importance of sociology.

Unit – II
Primary Concepts- CommUnity and Society: definition, characteristics and types- Association and institution: meaning, characteristics, and differences.

Unit – III

Unit – IV

Unit – V

References
Rao, S. Sociology – primary principles. New Delhi: S. Chand and Company Ltd.
Course Objective: To become aware of Sports Psychology as a process, profession and academic discipline and to impart the methods and scope of psychology in sport sciences.

Unit – I:  
Sports Psychology - an overview, nature, scope, - methods of studying sports psychology, cognitive dimensions of sport; need for achievement, locus of control, self confidence - Physiological basis of performance - physical fitness - Optimism in sports and exercise. Diet and nutrition-improving performance of sports.

Unit – II:  

Unit – III:  
Motivation and leadership in Sports: The importance of motivation in sports – reinforcement - Intrinsic and extrinsic motivation- leadership, - team membership- group cohesion – negative effects of team membership and audience effects.

Unit – IV:  
Personality development and sports: Learning - measuring individual differences in sports - sources of influences on social development and sport, gender and sport- Skills acquisition and sport.

Unit - V:  
Sports Psychologist – Role of Sports Psychologists- Psychological techniques for enhancing performance, training, rehabilitation and Counseling.

References
Core Paper – VI : PSYCHOLOGICAL STATISTICS

Course Objective - To familiarize students to various descriptive statistical methods used in Psychology and to train students in the use of statistical tools for data analysis

Unit – I
Introduction to Statistics - Meaning, need and importance of statistics, Functions and limitations of statistics, Descriptive and Inferential statistical methods, Source of data - primary and secondary, Measurement: Scales of measurement, Discrete and continuous variables

Unit – II

Unit – III
Measures of Central Tendency- Arithmetic mean, Geometric mean, Harmonic mean, Weighted mean, Combined mean, Median and mode, Merits and demerits of measures of central tendencies. Measures of Variability -The range, Quartile Deviation, Inter quartile and semi-quartile range, Average Deviation, Standard deviation and variance, Standard deviation, Combined SD, Coefficient of variation. Measures of Association

Unit – IV
Correlation - Types of correlation: Positive and Negative linear correlation, Linear and curvilinear, Simple, Multiple, Partial. Estimating the Correlation Coefficient - Pearson Product-moment, Zero strength of the correlation. The correlation coefficient. Rank order Method, testing its significance

Unit – V
Normal Distribution - Normal Distribution – Characteristics, Measures of Divergence from normality, Skewness, Kurtosis,

References
Garrett, HE. Statistics for Psychology and Education.,1968.
Non Major Elective : FITNESS AND WELLNESS

Unit – I
Yoga and fitness-Importance of Asanas-What is physical fitness-Asanas-Components of physical fitness-Yoga and Health-Benefits of Yogasana-Benefits of Naturopathy-Naturopathy-Health Deficiency symptoms of physical fitness.

Unit – II
Identified Lack of physical fitness-Overweight-Methods of controlling over weight through Yoga and Naturopathy-Risk factors Associated with coronary Heart disease-circulatory system-Regulation-Improvement on circulatory system on Training.

Unit – III

Unit – IV
Yoga on Heart disease-Naturopathy on Diabetes Type I and Type II. Health problems associated with inactivity-Development of flexibility-muscular strength – Muscular endurance – Agility – Coordination-Balance-Cardio vascular endurance.

Unit – V

REFERENCE BOOKS
- Yogiraj Vethathri Meharishi, Simplified Physical Exercises (Erode . Vedhathiri Publications)
- M.L.Gharote, Applied Yoga (Lonavals : S.M.Y.M.Samiti Publications)
SEMESTER: IV

Core Paper –VII : EXPERIMENTAL PSYCHOLOGY

Course Objectives -To enable students understand the use of experiments in Psychology and to acclimatize them to interpret and draw conclusions based on the norms given in the manual Ten Experiments to be conducted, with the minimum of two from each of the Units.

Unit – I
Sensation and Attention - Distraction of Attention, Determination of two point threshold, Division of Attention, Span of Attention, Visual Acuity, Mapping of Blind Spot, Colour Blindness

Unit – II
Perception -Muller Lyer Illusion, Set in perception, Perception of Space in Depth, Perception of Size Constancy

Unit – III
Learning- Transfer of Learning - Habit Interference, Maze Learning, Knowledge of Results, Study of Learning by Insight, Proactive and Reactive Inhibition, Study of Bilateral Transfer

Unit – IV
Thinking - Concept Formation, Problem Solving, T Puzzle, Heart and Bow

Unit – V
Motor Skills - Motor Learning, Manual Dexterity, Finger Dexterity, Steadiness Test, Minnesota Rate of Manipulation Test
Course Objectives - To acquaint the students with the nature and process of counselling. To create an awareness about theories and techniques of counselling. To enable them to understand different fields of application of counselling. To enable students to develop knowledge and skills required in counselling.

Unit – I
Introduction to Counselling: Definition, Purpose and Goals of Counselling, Ethics in Counselling.

Unit – II
Theories of Counselling - Person Centered Counselling, Cognitive Counselling, Behavioural Counselling.

Unit – III
Areas of Counselling - Group Counselling, Counselling Families, Child Counselling, Counselling The Delinquent, Pre-marital Counselling, Marriage Counselling, Counselling Drug Addicts, Crisis Intervention Counselling, Career Counselling.

Unit – IV
counselling Process - Stages of the Counselling Process: Basic skills for Counselling, communication and relationship skills.

Unit – V
Assessment and formulation in Counselling - Formulation of case and planning for counseling.

References
NON MAJOR ELECTIVE-II: ENVIRONMENTAL ADMINISTRATION

Unit – I: Introduction

Unit - II: Pollution of the environment
Species, Human Population: Cycling of materials – National Hazards- Disasters - Agricultural Mining-Forests- Housing- Urbanization - Industrial Development

Unit-III: Types of Pollution

Unit - IV: Administration of the Environment
Indian context – Constitutional provisions for Environmental Protection – Policy of the Government of India and Tamil Nadu towards environmental protection – Legislative towards environmental protection

Unit - V: NGO's and Environment
Environmental movements in India – Governmental organizations-Departments, Corporations and Pollution Control Boards – Non Governmental Organizations: EXNORA.

Books Recommended for Study
SEMESTER: V

Core Paper – IX : ORGANIZATIONAL BEHAVIOUR

Course Objectives: To encourage the students to understand the behaviour of individuals in the organisational context. To facilitate students to develop skills, techniques to achieve efficiency in organisation and implications of various theories related to the development of efficiency. To enable the students to understand the organisational processes and its linkages with the social context.

Unit – I

Unit – II
Perception, Motivation and Emotion - Perception and Individual Decision Making, Motivation and Application in Organisation, Emotions and Emotional Intelligence

Unit – III

Unit – IV

Unit – V
Leadership - Nature, Types, Theories, Contemporary Issues, Conflict and Negotiation; Innovations in Organisational Planning, Flexi time, Flexiplace, Job enrichment

References
Core Paper – X : ABNORMAL PSYCHOLOGY   I

Course Objectives -To understand abnormal behaviour and its causes and to study the various minor mental disorders, their treatment and Prevention

Unit – I
Introduction to Abnormal Psychology- Psychological Abnormality -Definition of abnormal behaviour , Historical views of abnormal behaviour and its treatment, Current Perspectives of abnormality. Incidence of mental disorders. Classification of mental disorders – International Classification of Diseases – 10 (ICD-10) and Diagnostic and Statistical Manual of Mental Disorders (DSM) – An Overview. Humanitarian approach, Contemporary views of abnormal behaviour

Unit – II
Childhood and adolescence Disorders- Defiant and conduct disorder, Attention-Deficit/Hyperactivity disorders, Pervasive Developmental Disorders, Mental Disorders Treatment and Prevention

Unit – III
Stress Disorders- Psychological Stress disorders, Acute and Posttraumatic Stress disorders, Physical Stress Disorders, Psychophysiological disorders, Treatment and Prevention

Unit – IV
Anxiety Related Disorders -Anxiety disorders – Generalized Anxiety Disorder, Panic Disorders, Phobias - Specific Phobias, Social Phobia, Obsessive Compulsive Disorder, Biological, Psychosocial and Socio Cultural causal factors for all anxiety disorders, Treatment and Prevention

Unit – V
Somatoform and Dissociative Disorders- Somatoform Disorder- Conversion Disorder, Somatization Disorder, Pain Disorder, Hypochondriasis and Body Dysmorphic Disorder, Dissociative Disorders- Dissociative Amnesia and Fugue, Depersonalization, Disorder, Dissociative Identity Disorder, Biological, Psychosocial and Socio cultural causal factors of Somatoform and Dissociative Disorders, Treatment and Prevention

References
Core Paper – XI: HEALTH PSYCHOLOGY

Course Objectives - To familiarize students to health and wellness and the impact of psychological factors on health and disease, to enable students to understand specific health issues that warrant an in-depth look.

Unit – I

Unit – II
Stress and Stress Management - Definition of stress, Categories of stressors, Predisposing factors, Effects of Stress: GAS, Type A Behaviour and stress. Psychoneuroimmunology, Methods of Coping with stress

Unit – III
Chronic and Terminal Illness - Nature of illness, Psychosocial factors of illness, Management of illness, Palliative Care, Pain and its impact, Impact of chronic and terminal illness on individual, family and community. Issues related to care giving: care giver stress, caregiver burnout.

Unit – IV
Modification of Health Behaviour - The patient/Practitioner relationship, Changing health behaviour by changing health beliefs, Cognitive Behavioral approaches to health behaviour change, Appropriate venue for health habit modification.

Unit – V
Health Care Intervention and Prevention - Health enhancing behavior – Diet, Exercise, Weight control, Yoga, Meditation, Development of healthy Life Style, Quality of life, Influence of health settings on patient behaviour – outpatient, inpatient, aftercare, and home based care, Accident prevention.

References
Course Objectives: The course enables students to identify psychological strengths of people, to understand positive emotional and cognitive states and processes and to promote focus on identifying and applying pro-social behavior.

Unit – I
Introduction to Positive Psychology – Eastern and Western perspectives on Positive Psychology. Assumptions, goals and definitions.

Unit – II
Resilience – Resilience, research, growth through trauma; Virtue and Strength of Character, Wisdom, theories of wisdom, wisdom in action, Courage, types of courage, being and becoming courageous. Baumgardner,

Unit – III
Understanding positive affect – Definitions, happiness and subjective well-being, emotion focused coping, emotional intelligence, emotional storytelling

Unit – IV
Seeing our futures through self-efficacy, optimism and Hope. Mindfulness and its benefits; flow - fostering flow and its benefits; spirituality and its benefits

Unit – V
Prosocial behavior – Altrism, gratitude and forgiveness, the societal implications. Love and flourishing relationships: a culture of appreciation, capitalizing on positive events

Textbook:
Core Paper – XII : SOCIAL PSYCHOLOGY

Course Objectives- To introduce students to the basic concepts of Social Psychology and to familiarise students with the various applications of Social Psychology

Unit – I

Unit – II

Unit – III

Unit – IV
Conformity - Definition of Conformity, Factors influencing conformity, Classic studies- Sheriff, Asch, Milgram’s obedience studies - Resisting Social Pressure

Unit – V
Interpersonal Attraction and Altruism- The Beginning of Attraction: Proximity, physical attraction, similarity. The need to affiliate and the Effect of Observable characteristics. Altruism, Prosocial Behaviour: meaning and definition, Internal and external influences on decision to help, Increasing helping Behaviour

References
Core Paper - XIII : ABNORMAL PSYCHOLOGY II

Course Objectives - To understand the various mental disorders and to understand the causes and treatment of mental disorders.

Unit – I
Psychosis - Mood Disorders - Unipolar Mood Disorders, Biological, psychosocial, socio-cultural causal factors in Unipolar Mood Disorders, Bipolar Disorders, Biological, Psychosocial and socio cultural causal factors affecting Bipolar Disorders, Treatment and Prevention

Unit – II
Psychosis – Schizophrenia- Schizophrenia- Clinical features of Schizophrenia ,Subtypes of Schizophrenia, Causes of Schizophrenia ,Treatment and Prevention

Unit – III
Personality Disorders - Disorders of Adult Personality and Behaviour - Clinical features, Causes, Specific Personality Disorders – Paranoid, Schizoid, Dissocial, Histrionic, Borderline, Treatment and Prevention

Unit – IV
Substance Related Disorders - Addiction Disorders- Alcohol abuse and dependence, Addiction Disorders - Drug abuse and drug dependence, Treatment and Prevention

Unit – V
Sexual Disorders and Gender Identity Disorder -Sexual dysfunctions, Causes and treatment of sexual dysfunctions , Paraphilias – causes and treatment ,Sexual variants, Sexual and gender variants, Gender Identity Disorder, Treatment and Prevention

References
Core Paper – XIV : REHABILITATION PSYCHOLOGY

**Course Objectives** - To understand the various methods and techniques used in psychological rehabilitation of disorders.

**UNIT I**
Introduction to Rehabilitation Psychology – Scope and Need of Rehabilitation, Historical Perspectives of Rehabilitation Psychology – Current Development in Rehabilitation Psychology.

**UNIT II**
Professionals involved in Rehabilitation process, Medical & Paramedical personnel, Role of Psychologist in the multidisciplinary team, Role of Social workers in the Rehabilitation process.

**UNIT III**

**UNIT IV**
Development disorders – Mentally challenged, Cerebral Palsy, Autism Spectrum disorder, Pervasive developmental disorder, Attention deficit disorder / Attention deficit hyperactivity disorder, epilepsy, speech and communication disorders, Sensory disintegration – symptoms, etiology, interventions.

**UNIT V**

**References:**
Core Elective – II : EDUCATIONAL PSYCHOLOGY

Course Objectives - To provide an understanding about the psychological elements in learning process and different views about learning. To familiarise students with various aspects related to the instructional process. To develop an overview of the importance of development in education.

Unit – I
Definition, Historical Background, Role and Scope of Educational Psychology, Effective Teaching Methods.

Unit – II

Unit – III

Unit – IV

Unit – V
Students with Special Educational Needs -Learning Disabilities: Types, remedial teaching Gifted students:

References