



ST. JOSEPH'S UNIVERSITY

A Public-Private-Partnership University under RUSA 2.0 of MHRD (Government of India), Established by the Karnataka Govt. Act No. 24 of 2021

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

SYLLABUS FOR SEP

Semester I-IV

(As per the proceedings of the Board of Studies held on 27 July 2024 and 07 February 2025)

UNDERGRADUATE PROGRAMME

BA PSYCHOLOGY

2024-2027

**CREDITS FOR B.A. EJP/TPY COURSE
(PSYCHOLOGY)**

Semester	Paper title	Theory	Practical	Hour per week	Credits
Semester I	Foundations of Psychology I	3	4	7	5
Semester II	Foundations of Psychology II	3	4	7	5
Total		10			
Semester III	Developmental Psychology I	3	4	7	5
Semester IV	Developmental Psychology II	3	4	7	5
Total		10			

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (P+T)	
Semester 1	Foundations of Psychology- I	3	4	7	
Semester 2	Foundations of Psychology- II	3	4	7	
	Total Hours				45
	Total Credits	3	2		5 each semester

SEMESTER I / B.A. PSYCHOLOGY PROGRAM
PAPER I - FOUNDATIONS OF PSYCHOLOGY - I
Paper Code: PY 124

Hours: 45 hours Credits: 3

Learning Outcomes:

1. Students will understand the genesis of Psychology and its importance.
2. Students will gain basic knowledge about Psychology.
3. Students will understand the fundamental mental processes that are the basis for behaviour.
4. Students will understand the Applications of Psychology in various fields

UNIT I: GENESIS AND GOALS OF PSYCHOLOGY

(10 hours)

- 1 Psychology: Definition, Goals of Psychology- (Describing, Explaining, Predicting and Modifying Behavior) and Branches of Psychology. (3 hours)
- 2 Schools of Psychology: Structuralism, Functionalism, Psychodynamic, Gestalt, Behaviorism, Humanistic, Cognitive Perspective, Social Constructivism. (4 hours)
- 3 Methods in Study: Observation, Experimental, Interview (structured, unstructured, and semi-structured), and Questionnaire Method. (3 hours)

UNIT II: BIOLOGY AND BEHAVIOUR

(13 hours)

- 1 Nervous system: Structure and Functions of Central nervous system and Peripheral nervous system (5 hours)
- 2 Neuron: Structure and Functions; Neural impulse; Synapse and Neurotransmitters (3 hours)
- 3 Introduction to Methods of studying brain functions: Lesion Method, Brain stimulation- Deep Brain Stimulation, Transcranial Magnetic Stimulation (TMS), Brain Mapping; Computed Tomography, Magnetic Resonance Imaging (MRI), and Functional Magnetic Resonance Imaging (fMRI). (2 hours)
- 4 Endocrine system: Functions and Effects: Pituitary, Thyroid, Parathyroid, Adrenal and Gonads. (3 hours)

UNIT III: SENSATION, ATTENTION, AND PERCEPTION

(12 hours)

- 1 Sensation: Definition and Characteristics (Sensory threshold, Difference threshold, Absolute threshold, Weber's law, Sensory adaptation, and integration) (3 hours)
- 2 Introduction to Sensory Receptors: visual, auditory, gustatory, tactile, vestibular, kinesthetic, and organic sense. (2 hours)
- 3 Attention: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and distraction), Determinants: Objective and Subjective. (3 hours)
- 4 Perception: Meaning and Characteristics, Gestalt Laws of Perceptual Organization (2 hours)
- 5 Errors in Perception – Illusion vs Hallucination. (2 hours)
Illusion - Types: Horizontal-Vertical, Muller-Lyer and Illusion of Movement.
Hallucination- Visual, Auditory, and Tactile.

UNIT IV: LEARNING

(10 hours)

- 1 Introduction: Definition, Factors influencing learning: Motivation, Reinforcement and Association. (1 hour)
- 2 Types of Learning: Trial and Error Learning: Experiment and Laws; Classical Conditioning: Extinction, Spontaneous Recovery, Generalization, Discrimination, and Higher-Order Conditioning. (4 hours)
- 3 Operant Conditioning: Experiment Reinforcement, Schedules of Reinforcement, Shaping and Chaining. (3 hours)
- 4 Cognitive Learning: Insight (Kohler) and Observational (Bandura). (2 hours)

Recommended Reading

- Robert Feldman (2011) Essential of Understanding Psychology 10th Edition, ISBN-13-9781259003059/ISBN-10-1259003051
- Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi
- Sandra K Ciccarelli and Glenn Meyer. Psychology. South Asian Edition
- John W Santrock. Psychology Essentials 2nd edition (2006). McGraw-Hill Publication.
- Robert A Barron and Girishwar Misra Psychology 5th edition. Indian Subcontinent edition.

PSYCHOLOGY PRACTICAL
Paper Code: PY 1P124

Credits: 2

Hours/week: 3

Proposed and Approved by BOS

GENESIS AND GOALS OF PSYCHOLOGY

1. Directed Observation Boards

SENSATION, ATTENTION, AND PERCEPTION

2. Muller-Lyer Illusion
3. Signal Detection
4. Span of Attention
5. Stroop Effect

LEARNING

6. Maze Learning
7. Paired Associate Learning
8. Free Association
9. Bilateral Transfer
10. Mapping of Retinal Color Zones

Note: 7 of the practicals listed above will be selected to be conducted during lab hours.

STATISTICS:

Mean, Median, and Mode for Ungrouped and Grouped data

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (P+T)	
Semester 1	Foundations of Psychology- I	3	4	7	
Semester 2	Foundations of Psychology- II	3	4	7	
	Total Hours				45
	Total Credits	3	2		5 each semester

SEMESTER II / B.A. PSYCHOLOGY PROGRAM
PAPER II- FOUNDATIONS OF PSYCHOLOGY- II
Paper Code: PY 224

Hours: 45 hours Credits: 3

Learning Outcomes

After successful completion of the course, students will be able to:

1. To evaluate and understand the different human emotions.
2. To critically evaluate and identify determinants of motivation.
3. To compare and contrast different theories of intelligence.
4. To differentiate between different types of personality theories.

UNIT I: EMOTIONS

(10 hours)

- 1 Definition, Function of emotion. (2 hours)
- 2 Three elements of emotions – physiology of emotion, behaviour of emotion and subjective experience. (2 hours)
- 3 Theories of Emotions – James Lange Theory, Cannon-Bard Theory, Schachter - Singer Theory of emotion. (6 hours)

UNIT II: MOTIVATION

(10 hours)

- 1 Definition, Motivational cycle, Difference between needs and drive. (1 hour)
- 2 Types of Motive: extrinsic and intrinsic motivation; Primary motivation / Physiological Motivation- Hunger, thirst, maternal drive and sex motive. Secondary Motivation / Psycho-social Motive- Achievement motive, affiliation motive and Power motive. (4 hours)
- 3 Theories of Motivation- Instinct theory, Drive reduction, David McClelland's Psychological Motivation, and Humanistic theory– Maslow's Hierarchy of Needs. (5 hours)

UNIT III: INTELLIGENCE

(12 hours)

- 1 Definition: Determinants of intelligence – Genetic Vs Environmental Influences (2 hours)
- 2 Theories of Intelligence - Spearman's Two Factor Theory, Thurstone's Theory of Primary Mental Abilities, Cattell's fluid and crystallized intelligence, and Guilford's Structure of Intellect Model. (2 hours)
- 3 Multiple Intelligences – Gardner's eight intelligences, Sternberg's Triarchic Theory of Intelligence, PASS Theory of Intelligence. (5 hours)

- 4 Measuring Intelligence: Individual test (Wechsler's scales), Group test (Army alpha test and Beta test), IQ and distribution of intelligence (Wechsler and APA classification), extremes of intelligence (Intellectually disabled and Intellectually gifted). (2 hours)
- 5 Newer trends -Emotional Intelligence and Social Intelligence. (1 hour)

UNIT IV: PERSONALITY

(13 hours)

- 1 Definition and Classification of Personality – Hippocrates's classification, Sheldon's classification, and Jung's classification (4 hours)
- 2 Approaches– Psychodynamic, Humanistic (Carl Roger's Person-Center Theory), Dispositional – Allport, and Raymond Cattle's Theory (Type and Trait), The Big Five Personality Factors, Type A/B Theory, and Social Cognitive Approach. (6 hours)
- 3 Assessment of Personality- questionnaire, rating scales, and projective tests- characteristics, types of projective tests (Children's Apperception Test, Thematic Apperception Test, Rorschach Ink Blot test, and Sentence Completion test) with its advantages and disadvantages. (3 hours)

Reference:

- Baron, R. A. (2014). Psychology. (5th.). Delhi: PHI Learning Pvt. Ltd.
- Feldman, R. S. (2018). Understanding Psychology (14thed.). New York: McGraw Hill
- Hergenhahn, B. R., & Henley, T. (2013). An Introduction to the history of psychology. Cengage Learning.
- Hilgard, E. R., Atkinson, R. C. & Atkinson, R. L. (2015). Introduction to psychology. (16th ed.). Boston: Cengage Learning.
- Malim, T. (2017). Introductory Psychology. Macmillan International Higher Education.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2001). Introduction to psychology. (7th ed.). Chennai: McGraw-Hill Education (India) Pvt. Ltd.
- Sandra K Ciccarelli and Glenn Meyer. Psychology. South Asian Edition

PSYCHOLOGY PRACTICALS

Paper Code: PY 2P124

Credits: 2

Hours/week: 3

Proposed and Approved by BOS

EMOTIONS

1. PANAS (Positive and Negative affect scale)
2. Oxford Happiness scale
3. Loneliness Scale

MOTIVATION

4. Achievement Motivation scale
5. Academic Motivation Scale

INTELLIGENCE

6. Standard Progressive Matrices
7. Multiple Intelligence Scale
8. General Mental Ability (GMA)

PERSONALITY

9. Eysenck's Personality inventory
10. I-E rotter's locus of control scale

Note: Seven of the practicals listed above will be selected to be conducted during lab hours.

STATISTICS:

Standard Deviation (Grouped and Ungrouped)

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (P+T)	
Semester 3	Developmental Psychology- I	3	4	7	
Semester 4	Developmental Psychology- II	3	4	7	
	Total Hours				45
	Total Credits	3	2		5 each semester

SEMESTER III / B.A. PSYCHOLOGY PROGRAM

PAPER III- DEVELOPMENTAL PSYCHOLOGY - I

Paper Code: PY 325

Hours: 45 hours Credits: 3

Learning Outcomes

The student will be able to:

1. Explain the key stages and domains of human development - physical, cognitive, and psychosocial.
2. Compare and contrast major theoretical frameworks in human development.
3. Identify the biological and genetic processes underlying human development.
4. Describe the stages of prenatal development, emphasizing physical growth, sensory and motor development, cognitive milestones, and psychosocial factors such as attachment and temperament.
5. Differentiate between normative and non-normative human development.

UNIT I: INTRODUCTION TO HUMAN DEVELOPMENT

(14 hours)

- 1 Definition and evolution of human development, processes, domains of development- physical, cognitive, psycho-social development (3 hours)
- 2 Theoretical approaches to Human Development: Piaget's stages of Cognitive Development, Bronfenbrenner's Bioecological Theory, Vygotsky's Sociocultural Theory, Erikson's Psychosocial Theory of Development (6 hours)
- 3 Influences on Human Development: Heredity, environment, maturation, family, socioeconomic status and neighbours, culture, race, or ethnicity (2 hours)
- 4 Principles of Baltes' life span approach - (6 principles). (1 hour)
- 5 Research Methods: Developmental Research Designs– Longitudinal, Cross-sectional, Sequential, and Micro-genetic studies (2 hours)

Self-study: Twin and adoption studies in developmental psychology

UNIT II: BIOLOGICAL BEGINNINGS (11 hours)

- 1 Conceiving a New Life – Fertilization and multiple births (2 hours)
- 2 Mechanisms of Heredity – Genetic code, Sex determination, Patterns of Genetic Transmission, Dominant and Recessive Inheritance: Genotypes, Phenotypes, Multifactorial Transmission (4 Hours)
- 3 Mutation – Causes and Types – defects inherited by dominant and recessive inheritance. (5 hours)
Chromosomal and Gene-linked abnormalities.
Sex-linked chromosomal abnormalities- XXY, fragile X, XO, XYY, triple X.
Gene-linked abnormalities- PKU, Sickle Cell Anaemia, and Tay Sachs Disease.

Self-study: Chromosomal Abnormalities: Down Syndrome

UNIT III: PRENATAL LIFE (8 Hours)

- 1 Prenatal Development -Stages of Prenatal Development - Period of germinal, embryonic, and fetal stages (4 hours)
- 2 Environmental influences on prenatal development- Maternal factors (nutrition, PA, drug intake, STD, mental illness, environmental factors) and Paternal factors (2 hours)
- 3 Birth Process – Stages of Childbirth and methods of delivery (Natural vs Caesarean). (2 hours)

Self-study: Prenatal Assessments- Ultrasound, amniocentesis, chronic villus sampling, embryoscopy.

UNIT IV: INFANCY (12 hours)

- 1 Physical development: Neonatal period: medical and behavioural assessment: Medical (Apgar scale, Behavioral Brazelton scale). Principles- Cephalocaudal, Proximodistal. Physical growth- size and appearance, body systems, and states of arousal, breastfeeding. Early reflexes. Early sensory capacities and Motor development (Gross and fine motor skills) (5 hours)
- 2 Cognitive development: Piagetian approach-sensorimotor stage; Information processing model; (3 hours)
- 3 Psychosocial development: Attachment theory (Bowlby, Ainsworth), temperament (three temperamental patterns- Thomas and Chess). (4 hours)

Self-study: Language development: sequence of language development- early vocalization, recognising language sounds, gestures, first words, first sentences; Chomsky's Language Acquisition Device (LAD).

Recommended Reading

- Papalia, D. E., Olds, S.W., & Feldman, R.D. (2004). Human Development, 9th edition, Tata McGraw Hill Publication.
- Berk, L. E. (2013). Child Development (9th ed.). Boston, MA: Pearson.
- Levine, L. E., & Munsch, J. (2014). Child development: An active learning approach (2nd ed.). Sage Publications, Inc.
- Santrock, J. W. (2011). Child development (13th ed.). Boston: McGraw Hill.
- Santrock, J.W. (2018). A Topical Approach to Life Span Development, 15th edition, Tata McGraw-Hill Publication.

PSYCHOLOGY PRACTICALS

Paper Code: PY 3P125

Credits: 2

Hours/week: 3

Proposed and Approved by BOS

1. Seguin Form Board
2. Vineland Social Maturity Scale VSMS
3. Bhatia's Performance Test of Intelligence
4. Self-concept Scale for Children
5. Learning Style Inventory
6. Creativity Test (verbal and nonverbal)
7. Sentence Completion Test
8. Wechsler Intelligence Scale for Children (WISC)
9. Attachment Styles
10. Developmental Psychopathology CheckList (Dr. Malavika Kapoor)
11. Adverse childhood experiences. (ACE's)

Note: 7 of the practicals listed above will be selected to be conducted during lab hours.

STATISTICS: Pearson's Product-Moment Correlation Method

Semester	Paper Title	Theory (Hrs)	Practical (Hrs)	Hours (P+T)	
Semester 3	Developmental Psychology- I	3	4	7	
Semester 4	Developmental Psychology- II	3	4	7	
	Total Hours				45
	Total Credits	3	2		5 each semester

SEMESTER III / B.A. PSYCHOLOGY PROGRAM

PAPER III- DEVELOPMENTAL PSYCHOLOGY - II

Paper Code: PY 425

Hours: 45 hours Credits: 3

Learning Outcomes

The student will be able to:

1. Examine the stages of physical, cognitive, and psychosocial development in childhood, adolescence, and adulthood, highlighting key milestones and transitions.
2. Analyse the impact of biological and psychosocial factors during puberty and adolescence, including challenges like eating disorders, substance abuse, and identity formation.
3. Evaluate physical, cognitive, and psychosocial changes in emerging and young adulthood, focusing on health, relationships, and career decisions.
4. Outline age-related changes in middle and late adulthood, including physical decline, cognitive development, relationship dynamics, and theories of successful ageing.

UNIT I: CHILDHOOD (EARLY TO LATE CHILDHOOD) (10 hours)

- 1 Physical Development: Bodily growth and change, Motor development- fine motor skills and handedness (2 Hours)
- 2 Cognitive Development: Piaget's preoperational stage and concrete operational stage (6 hours)
Language development: Vocabulary, grammar, syntax, pragmatics, and social speech; private speech and delayed language development
- 3 Psychosocial Development: emotional growth; play, aggression, altruism (2 hours)

Self-study: Parenting styles of Baumrind and Gottman

UNIT II: PUBERTY AND ADOLESCENCE (12 hours)

- 1 Physical Development: Defining puberty; Biological changes – sexual maturation, growth spurt, secondary sexual characteristics, signs of sexual maturity. (4 hours)

Challenges in adolescence: Nutrition and eating habits- obesity, body image, eating disorders (bulimia and anorexia nervosa), substance abuse, and STDs

2 Cognitive Development: Piaget's stage of formal operational, Kohlberg's theory of Moral Reasoning (4 hours)

3 Psychosocial Development: Erikson's Identity development, Marcia's theory of identity status (4 hours)

Influences of technology: Impacts of social networking, gaming and constant connectivity

Self-study: Relationship with family, peers, and adult society

UNIT III: EMERGING ADULTHOOD AND YOUNG ADULTHOOD (11 hours)

1 Defining emerging and young adulthood (2 Hours)

Physical Development: Health and physical conditions in emerging and young adulthood, sexual and reproductive issues

2 Cognitive Development: Post formal thought processes, Schaie's lifespan model of cognitive development, Emotional Intelligence (4 hours)

3 Psychosocial Development: Intimate relationships - friendship, love, and sexuality; Normative, evolving, and queer relationships - single life, cohabitation, marriage, and divorce; Parenthood and adjustment to parenthood (5 hours)

Self-study: Career and work in emerging and young adulthood

UNIT IV: MIDDLE AND LATE ADULTHOOD (12 hours)

1 Physical Development: Physical changes – sensory and psychomotor functioning; Sexuality and reproductive functioning- menopause and its meaning, changes in male sexuality; Primary and secondary ageing (4 hours)

2 Cognitive Development: Distinctiveness of adult cognition – the role of expertise, integrative thought, practical problem solving, creativity (creativity and intelligence, creativity and age); Cognitive mechanics and cognitive pragmatics at late adulthood (4 hours)

3 Psychosocial Development: Midlife crisis; relationships- marriage, midlife divorce, queer relationships, friendships, relationships with maturing/ adolescent children - parent-child conflicts, empty nest, parenting grown children, the cluttered nest. (4 hours)

Models of successful ageing and coping: disengagement theory vs activity theory, continuity theory.

Stages and patterns of grieving: Kubler Ross' Theory of stages of grieving.

Self-study: Lifestyle and social issues in middle and late adulthood: work, retirement, and leisure.

Recommended Reading

- Papalia, D. E., Olds, S.W., & Feldman, R.D. (2004). Human Development, 9th edition, Tata McGraw Hill Publication.
- Berk, L. E. (2013). Child Development (9th ed.). Boston, MA: Pearson.
- Levine, L. E., & Munsch, J. (2014). Child development: An active learning approach (2nd ed.). Sage Publications, Inc.
- Santrock, J. W. (2011). Child development (13th ed.). Boston: McGraw Hill.
- Santrock, J.W. (2018). A Topical Approach to Life Span Development, 15th edition, Tata McGraw-Hill Publication.

PSYCHOLOGY PRACTICALS

Paper Code: PY 4P125

Credits: 2

Hours/week: 3

Proposed and Approved by BOS

1. General Mental Ability Test
2. Wechsler's Adult Performance Intelligence Scale WAPIS
3. Competition (Smiling Faces)
4. Emotional Intelligence Scale
5. College Student Problem Checklist
6. Emotional Maturity Scale
7. Sodhi's Attitude Scale
8. Self-esteem Scale- Rosenberg
9. Life Satisfaction Scale
10. BEMS
11. Binet-Kamat Test of Intelligence

Note: Seven of the practicals listed above will be selected to be conducted during lab hours.

STATISTICS: Spearman's Rank Order Correlation Method