

SEMESTER III			
Allied III	Psychological Statistics - I		
Course Code:21UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Objectives:

To introduce the students to the world of research in psychology

To develop an understanding about the various statistical measures used in psychological research.

Course outcome:

CO.No.	Upon completion of this course, students will be able to	PSOs addressed	CL
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a good knowledge about the research field by understanding statistics.	7	Cr
CO-8	develop a good research aptitude among students.	7	Cr

SEMESTER III			
Allied III	Psychological Statistics - I		
Course Code: 21UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Unit I Introduction

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

Unit II Data Classification & Frequency Distribution

Data: Meaning – Methods of organizing data: Statistical Tables – Rank order – Frequency distribution – how to construct a frequency distribution table – grouping error – cumulative frequency and cumulative percentage frequency distributions. **Graphical representation of**

Data: Meaning - Advantages – Modes: Graphical representation of ungrouped data and grouped data.

Unit III Measures of Central Tendency

Mean: Computation of mean for ungrouped data - Computation of mean for grouped data including deviation method –Properties and drawbacks of mean – When not to use mean.

Median: Computation of median for ungrouped data and grouped data – Properties and Drawbacks of median. **Mode:** Computation of mode for ungrouped and grouped data – Properties and drawbacks of mode - When to use mean, median and mode.

Unit IV: Measure of Variability

Range: Computing Range – Properties and Drawbacks of Range. **Quartile Deviation:** Computation of quartile deviation for ungrouped data and grouped data – Properties and Drawbacks. Coefficient of **Quartile Deviation** - computation for ungrouped and grouped data.- properties and Drawbacks. **Mean Deviation:** Computation of mean deviation for ungrouped and grouped data – properties and Drawbacks. **Standard Deviation:** Computing Standard Deviation for grouped and ungrouped data –Properties. Data types suitable for different measures of variability – **Variance.**

Unit V: Correlation and regression

Correlation: Introduction Correlation Coefficient - Product moment correlation - computation - Applications and limitation. Rank order correlation - Limits - characteristics - limitations computation. **Regression:** Regression analysis- applications of regression analysis.

- **Computation needs to be done for onl the mentioned statistical analysis.**

Textbooks

1. Verma, J. P., &Ghufran, M. *Statistics for Psychology: A comprehensive text.* New Delhi:Tata McGraw Hill Education,,2012.
2. Mangal, S. K. *Statistics in psychology and education.* PHI Learning Pvt. Ltd,2002.

Books for Reference

- 1.Kothari, C. R. *Research methodology: Methods and Techniques.* New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods,* New Delhi: Sultan Chand and Sons,2006.
5. Minium, E.W., King B.M. and Bear. G. *Statistical Reasoning in Psychology and Education*
New York: john wiley& sons, 2001.

SEMESTER IV			
Allied IV		Psychological Statistics – II	
Course Code: 21UPSA41	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

Objectives:

To strengthen the knowledge of statistics and relate it with psychological research methods.

To develop an understanding about the various statistical measures used in psychological research.

Course outcomes:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a scientific society	7	Cr
CO-8	develop a knowledge that makes them true researchers and solve society's problems	7, 8	Cr

SEMESTER IV			
Allied IV	Psychological Statistics – II		
Course Code: 21UPSA41	Hrs/Week: 4	Hrs/Sem: 60	Credit: 4

Unit I Normal Distribution and Sampling

Normal Distribution: Introduction – Properties - Standard Score – Testing normality of data - Central Limit theorem – Application of normal distribution. Sampling: Introduction – Principles of sample survey – Sample survey and its advantages- Characteristics of good sample – important terminologies in sampling – methods of data collection – types of sampling techniques. Determine the sample size.

Unit II Testing of Hypothesis

Testing of hypothesis – Important terminologies in hypothesis testing: types of hypothesis – null hypothesis – alternative hypothesis -Type 1 & 2 errors - level of significance - one tailed and two tailed tests - Degrees of freedom - Procedures for testing hypotheses: Criteria for test selection.

Unit III ‘t’ test and f test

Small sample tests – t test for one sample -computation – two independent samples. - computation. **Analysis of variance (ANOVA):** Introduction - one-way ANOVA: Important terminologies - one-way ANOVA model. Assumptions in one-way ANOVA.

Unit IV Non-Parametric Tests

Non-Parametric Test: Meaning. Advantages and disadvantages– Non-parametric tests that are equivalent to parametric tests. **Chi-square:** Introduction - Assumptions - Applications: Testing equal occurrence hypothesis - Testing the significance of association between two attributes - testing goodness of fit. **Sign test:** Sign test for one sample. **Kruskal Wallis test.** Difference between parametric and non-parametric tests.

Unit V Variables and Scaling Techniques

Introduction – Nature of Psychological Data – Types of Data: Metric (Interval and ratio) and non-metric (nominal and ordinal) data– Construct and Concepts – Definition of variable – Construction of test: Steps - Implications - Scales of measurement – Reliability: Meaning – Methods of estimating reliability – Validity – Psychological Assessment

- **Computation needs to be done for only the mentioned statistical analysis.**

Textbooks

1. Verma, J. P., &Ghufran, M. .*Statistics for Psychology: A comprehensive text*. Tata McGraw Hill Education, New Delhi,2012.
2. Mangal, S. K. *Statistics in psychology and education*. PHI Learning Pvt. Ltd,2002.

Books for Reference

- 1.Kothari, C. R. *Research methodology: Methods and Techniques*. New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods*. New Delhi: Sultan Chand and Sons,2006.
- 3.Howell, D.C.*Statistical Methods of Psychology*. 5th edition. Australia: Duxbury Publishers,2002.

SEMESTER – III			
Core III		Abnormal Psychology I	
Course Code : 21UPSC31	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Objectives:

To provide a basic understanding about the various mental illnesses.

To elaborate on the symptoms, types and treatment procedures of the various illnesses.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts of various disorders in life	6	Re
CO-2	compare and understand the various impacts of disorders	6	Un
CO-3	apply knowledge about handling disorders in daily life	6,8	Ap
CO-4	analyze the need of knowledge of prevention of disorders in daily life	6,8	An
CO-5	evaluate the means of developing an understanding about mental retardation	3,6	Ev
CO-6	create new theories and concepts of handling disorders	6,7	Cr
CO-7	create a society devoid of mental disorders	6,8	Cr
CO-8	develop a better understanding about people with mental disorders.	8	Cr

SEMESTER – III			
Core III		Abnormal Psychology I	
Course Code : 21UPSC31	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Unit 1: Introduction

Criteria for abnormality – Statidtical, social, personal discomfort, maladaptive from ideal: Popular views of abnormal behaviours: Classifying abnormal behaviour – DSM IV & V Classifications and limitations – Brief mention of ICD 10 – Seeking help for abnormal behaviour: Reasons for clinical contacts – Sources of help.

Unit 2: Theories and Classification Issues

The Biological Perspective - The Psychodynamic perspective - The Behavioural Perspective - The cognitive perspective - Humanistic - Existential Perspective - Community - Cultural Perspective - Diagnosing Psychological Disorders

Unit 3: Stress and Health

Stress and Physical Health: The stress response - The Mind - Body Connection – Understanding stress and Immune system: Stress and Cytokines - Chronic stress and Inflammation - Stress and Premature ageing. Treatment of Stress Related Physical Disorders: Biological Interventions - Psychological Interventions. **Stress and Mental Health:** Adjustment Disorders - Adjustment Disorder caused by Unemployment - Post traumatic Stress Disorder - Acute Stress Disorder. **Prevention and Treatment of Stress Disorders:** Treatment for Stress Disorders - Trauma and Physical Health

Unit 4: Panic, Anxiety, Obsessions and their disorders

The Fear and Anxiety Response Patterns: Fear - Anxiety. **Specific Phobias / Panic disorders/ GAD / OCD & Related disorders:** Prevalence, Age, Onset and Gender Differences - Psychological and Biological causal factors - Treatment. Body Dysmorphic Disorder - Hoarding Disorder - Trichotillomania.

Unit 5: Mood disorders and Suicide

Mood Disorders: An Overview: Types of Mood disorders - Prevalence, Unipolar Depressive Disorders: Major Depressive Disorder - Persistent Depressive Disorder - Other forms of depression. Causal factors in Unipolar & bipolar Mood Disorders - Cyclothymic Disorder - Bipolar Disorder (I and II). **Sociocultural factors affecting unipolar and bipolar disorders:** Cross-cultural differences in Depressive symptoms and prevalence. **Treatments and outcomes:**

Pharmacotherapy - Alternative Biological Treatments - Psychotherapy. **Suicide:** Who attempts and dies by suicide? - Psychological Disorders – Causes - Theoretical models of Suicidal Behaviour. Suicide Prevention and Intervention: Treatment of Mental Disorders - Crisis Intervention - Focus on High-Risk Groups and Other Measures

Text Books:

1. Barlow, D., & Durand, V. *Abnormal psychology: An integrative approach*. Nelson Education, 2011.

Books for Reference:

1. Butcher, J. N., Mineka, S., & Hooley, J. M. *Abnormal Psychology*. India: Pearson Education, 2017.
2. Sarason, I. G., & Sarason, B. R. *Abnormal psychology: The problem of maladaptive behavior*. Prentice-Hall, Inc, 2005.
3. Ahuja, N., & Niraj, A. *A short textbook of psychiatry*. Jaypee Brothers Publishers, 2006.
4. Comer, R. J. *Abnormal psychology*. Macmillan, 2012.

SEMESTER – IV			
Core IV		Abnormal Psychology II	
Course Code : 21UPSC41	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Objectives:

To impart deeper knowledge about the various mental illnesses and its treatment.

To gain a wide knowledge on the symptoms, types and treatment procedures of the various illnesses.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts of various disorders in life	6	Re
CO-2	compare and understand the various impacts of disorders	6	Un
CO-3	apply knowledge about handling disorders in daily life	6,8	Ap
CO-4	analyze the need of knowledge of prevention of disorders in daily life	6,8	An
CO-5	evaluate the means of developing an understanding about mental retardation	3,6	Ev
CO-6	create new theories and concepts of handling disorders	6,7	Cr
CO-7	create a society devoid of mental disorders	6,8	Cr
CO-8	develop a better understanding about people with mental disorders.	8	Cr

SEMESTER – IV			
Core IV		Abnormal Psychology II	
Course Code : 21UPSC41	Hrs / Week: 4	Hrs / Semester: 60	Credit: 4

Unit 1: Somatic symptoms, Dissociative Disorder and Eating Disorder

Somatic Symptom Disorder - Illness Anxiety Disorder. Conversion Disorder - Factitious Disorder - **Dissociative Disorders**- Depersonalization / Derealisation Disorder - Dissociative Amnesia - Dissociative Identity Disorder - **Eating Disorders**: Anorexia Nervosa / Bulimia Nervosa / Binge Eating Disorder : Onset, Gender difference, prevalence, medical complications, Causes, Course and outcome. Treatment: Treatment of Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder

Unit 2: Personality Disorders

Personality Disorders: Cluster A: Paranoid Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder. **Cluster B:** Histrionic Personality Disorder - Narcissistic Personality Disorder - Antisocial Personality Disorder - Borderline Personality Disorder. **Cluster C:** Avoidant Personality Disorder - Dependent Personality Disorder - Obsessive Compulsive Personality Disorder. **Psychopathy:** Dimensions of psychopathy - Clinical picture in psychopathy - Causal factors in psychopathy - A developmental perspective on psychopathy - Treatment and outcomes in psychopathic personality

Unit 3: Schizophrenia and Sexual disorders

Schizophrenia: Origins of Schizophrenia construct - Epidemiology. Clinical Picture: Delusions - Hallucinations - Disorganized speech – Disorganized Behaviour - Negative symptoms - Subtypes of schizophrenia. **Structural and Functional Brain Abnormalities:** Neuro cognition - Social cognition - Loss of brain volume - Affected brain areas - White matter problems - Brain functioning - Cytoarchitecture - Brain development in adolescence - Synthesis - Neurochemistry. **Psychosocial and Cultural Factors:** Families and Relapse - Urban living - Immigration - Cannabis use and abuse - Diathesis stress model of schizophrenia. **Paraphilic Disorders:** Causal factors, types and Treatment for Paraphilia - **Gender Dysphoria:** Criteria - Treatment - Transsexualism - Treatment.

Unit 4: Neurocognitive disorders and Substance Related Disorders

Brain Impairment in Adults: Clinical signs of Brain Damage - Diffuse versus Focal Damage - The neurocognitive/psychopathology interaction. **Delirium:** Clinical Picture - Treatments and Outcomes. **Major Neurocognitive Disorders:** Parkinson's disease - Huntington's disease. **Alzheimer's disease:** Clinical Picture - Prevalence and Causal Factors - Neuropathology - Treatment and Outcome - Early Detection - Supporting caregivers.

Alcohol - related disorders: Causal factors in abuse and dependence on alcohol - Treatment of Alcohol related disorders - **Drug abuse and dependence. Opium and its derivatives:** Causes, effects and Treatments and outcomes. **Stimulants:** Cocaine - Amphetamines - Methamphetamine - Caffeine and Nicotine. **Sedatives:** Causes, symptoms and Effects of barbiturates **Hallucinogens:** LSD - Mescaline and Psilocybin - Ecstasy - Marijuana. **Gambling disorder.**

Unit 5: Neuro developmental disorders

Disorders of Children and Adolescence. Psychological Vulnerabilities of Young children - The classification of childhood and adolescent disorders. Anxiety and Depression in Children and Adolescents - Disruptive, Impulse control and Conduct Disorder - Oppositional defiant disorder - Conduct disorder - Causal factors in ODD and CD - Treatments and outcomes. **Elimination Disorders:** Enuresis - Encopresis. **Neurodevelopmental Disorders:** Attention Deficit/Hyperactive disorder - Autism spectrum disorder - Tic Disorders. **Specific Learning Disorders:** Causal factors in learning disorders - Treatments and outcomes. **Intellectual Disability:** Levels - Causal factors - Organic Intellectual Disability Syndrome - Treatments, outcomes and prevention.

Text Books:

Barlow, D., & Durand, *Abnormal psychology: An integrative approach*. Nelson Education, 2011.
Comer, R. J. *Abnormal psychology*. Macmillan, 2012.

Reference:

Butcher, J. N., Mineka, S., & Hooley, J. M. *Abnormal psychology*. Pearson Education India, 2017.
Ahuja, N., & Niraj, A. *A short textbook of psychiatry*. Jaypee Brothers Publishers, 2006.
Sarason, I. G., & Sarason, B. R. *Abnormal psychology: The problem of maladaptive behavior*. Prentice-Hall, Inc, 2005.

SEMESTER III			
Non MajorElective		Psychology for life	
Course Code:21UPSN31	Hrs/Week:2	Hrs/Semister: 30	Credit:2

Objectives:

To introduce the non-major students into the basics of psychology

To make psychology knowledge available to everyone interested in this special field.

Course Outcome:

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of psychology	1	Re
CO-2	compare and learn the various branches of psychology	1	Un
CO-3	apply knowledge about concepts of memory and forgetting	1 , 4	Ap
CO-4	analyze the need of psychology in daily life	1 , 8	An
CO-5	evaluate the means of developing an understanding about human behavior	3 , 4	Ev
CO-6	create new theories and concepts of intelligence	4	Cr
CO-7	create a good understanding about psychological aptitude among students	1 , 8	Cr
CO-8	develop and create psychological interest among other major students.	8	Cr

SEMESTER III			
Non Major Elective		Psychology for life	
Course Code:21UPSN31	Hrs/Week:2	Hrs/Semester: 30	Credit:2

Unit I: Nature and Scope of Psychology

Introduction; Meaning of the term behavior; Nature of the subject Psychology, Scope of Psychology, Fields of psychology

Unit II: Motivation

Hunger motive, Thirst motive, Sex motive; Theories of motivation; Freud incentives theory, Adler's social urges theory, Maslow's Goal oriented theory.

Unit III: Attention

Meaning of attention, signs and effects of attention, Types of attention, Determinants of attention, Span of attention, Division of attention and Distraction

Unit IV: Memory and Forgetting

Types of memory, learning method, saving method; Ebbinghaus's curve of forgetting, Types of forgetting.

Unit V: Personality

Meaning and nature of personality, Characteristics of personality, Factors influencing personality development, Theories of personality – Freud's psychoanalytic and Eysenck's theory.

Text Book

1. S. K. Mangal, *General Psychology*, New Delhi: Sterling Publishers (P) Ltd., 2017.

Books for Reference

1. V. D. Swaminathan & K. V. Kaliappan, *Psychology for Effective Living – Behaviour Modification, Guidance, Counselling and Yoga, 1st edition*, The Madras Psychology Society, Chennai, 1997.
2. Robert A Baron. *Psychology*, 5th Edition, India: Prentice Hall, 2002.
3. Morgan, C.T. and King, R.A. *Introduction to Psychology*. New Delhi: Tata McGraw hill co, Ltd, 1994.

SEMESTER IV			
Non Major Elective		Self Development Skills	
Course Code:21UPSN41	Hrs/Week:2	Hrs/Sem: 30	Credit:2

Objectives:

To help the students develop the self.

To provide various self-development skills to the students so as to make them effective individuals.

Course Outcome:

CO. No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of self development skills	8	Re
CO-2	compare and contrast the various skills of life management	8	Un
CO-3	apply knowledge about self enhancement in daily life	7	Ap
CO-4	analyze the need of knowledge of time and anger management in daily life	4	An
CO-5	evaluate the means of developing self awareness and motivation	4	Ev
CO-6	create new theories and concepts of self development	4	Cr
CO-7	create methods of self development.	8	Cr
CO-8	create a feeling of one with the society	8	Cr

SEMESTER IV			
Non Major Elective	Self Development Skills		
Course Code:21UPSN41	Hr/Week: 2	Hr/sem: 30	Credit: 2

Unit I: Self Awareness and Self-Motivation

Self-awareness building – SWOT Analysis – Johari Window Analysis – Self-confidence building; Motivation skills: self-motivation – motivation of others – Goal setting: SMART Goals – Immediate, Intermediate & Long term Goals

Unit II: Aptitudes

Meaning and nature; Ability and achievement of aptitudes, Measurement and Utility of aptitudes

Unit III: Emotional Regulation

Problem solving – critical thinking - creative thinking
Stress and Stressors—Characteristics of Emotions, Kinds of Emotions, Measurement of Emotions.

Unit IV: Anger Management

Conceptual definitions of Anger - Characteristics of anger - Forms of anger - Anger and the Related Diseases - Manifestations of anger - Causes of anger - Management of Anger: Simple Relaxation Techniques— Thought Stopping – Positive Self Talk – Cognitive Restructuring— Problem solving techniques.

Unit V: Time Management

Definition – Importance - The urgent versus-important dilemma - From goals to tasks - Time Management Styles: Four time styles - Time Management Techniques: Identifying Time Wasters - Advantages of Time Management.

Text Book

1. Swaminathan, V. D., & Kaliappan, K. V. .*Psychology for effective living: Behaviour modification, guidance, counselling and yoga*. 2nd ed. Chennai: The Madras Psychology Society, 2001.

Books for References

1. Hurlock, E.B. *Personality Development*, 28th Reprint, New Delhi: Tata McGraw Hill, 2006.
2. Shulman, L. *Skills of helping: Individuals & groups*. 1979.
3. Glenn R. Schiraldi, Melissa Hallmark Kerr, *Anger Management Source Book*, Tata McGraw Hill, 2002.