# B.A., Psychology Course Structure

For students admitted from 2014-2015 onwards

<table>
<thead>
<tr>
<th>Part</th>
<th>Component</th>
<th>Course</th>
<th>Marks</th>
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<tbody>
<tr>
<td><strong>First Year</strong></td>
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<tr>
<td>Part I</td>
<td>Language</td>
<td>Tamil or Any other language – I</td>
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<td>Part II</td>
<td>Language</td>
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<td>Part III</td>
<td>Paper – I</td>
<td>Elements of Psychology</td>
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<td>Paper – II</td>
<td>Developmental Psychology</td>
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<td>Allied – I</td>
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<td><strong>Second Year</strong></td>
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<td>Language</td>
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<td>Part III</td>
<td>Paper – III</td>
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<td>Paper – IV</td>
<td>Statistics in Psychology</td>
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<td>Allied – II</td>
<td>Principles of Management</td>
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<td><strong>Third Year</strong></td>
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<td>Part III</td>
<td>Paper – V</td>
<td>Physiological Psychology</td>
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<td>Paper – VI</td>
<td>Abnormal Psychology</td>
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<td>Paper – VII</td>
<td>Practical</td>
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<td>Applied- I</td>
<td>Counselling Psychology</td>
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<td>Applied- II</td>
<td>Health Psychology</td>
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<td><strong>Total</strong></td>
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PATTERN OF QUESTION PAPER

Time: 3 Hours  Maximum Marks: 100

SECTION A (10 X 3 = 30)
[All questions are compulsory]

SECTION B (5 X 8 = 40)
[Open Choice: Out of 8 Questions 5 should be answered]

SECTION C (2 X 15 = 30)
[Open Choice: Out of 4 Questions 2 should be answered]

EVALUATION FOR PRACTICAL

Time: 3 Hours  Maximum Marks: 100

Components of Assessment

1. Introduction  10 Marks
2. Materials Selection  05 Marks
3. Procedure  15 Marks
4. Table  10 Marks
5. Results and Discussion  15 Marks
5. Conclusion  05 Marks
6. Viva  20 Marks
7. Record  20 Marks

Total : 100 Marks
Paper 1 - I ELEMENTS OF PSYCHOLOGY

Unit I: Introduction to Psychology

Unit II: Physiological Bases of Behaviour

Unit III: Sensation & Perception

Unit IV: Learning

Unit V: Other Key Areas of Psychology

REFERENCES
Paper - II: II DEVELOPMENTAL PSYCHOLOGY

Unit I: Fertilization and Birth

Unit II: Infancy and Early Childhood

Unit III: Middle Childhood and Adolescence

Unit IV: Early Adulthood and Middle Adulthood

Unit V: Late adulthood
REFERENCES
   New Delhi: Tata McGraw-Hill.
   New Delhi: Sage Publications.
Allied-I  FUNDAMENTALS OF SOCIOLOGY


Unit II: Fundamental Concepts in Sociology: Society, Community, Social structure, Association, Organization, Norms and Values, Culture and Civilization, Role and Status, Social Mobility, (Meaning, Characteristics or elements).


REFERENCES:
5. 1983.

**Unit I: Introduction**
Definition, History- origin and development, Research methods-hypothesis and theories, correlation, experiments, evaluating research, measure for measure. Ethics and values-institutional review boards, informed consent, debriefing, values and science.

**Unit II: Social Perception**

**Unit III: Social Interaction**
Interpersonal attraction and affiliation – Characteristics of the individual, others and situational influences. Intimate relationships – from attraction to love, triangular model of love, building a relationship, types, issues, conflicts and coping after end of a relationship. Prosocial behaviour- origin, influences (personal, interpersonal and situational) and receiving help. Aggression – origin, forms, influences (social and situational) and theories.

**Unit IV: Social Influences**

**Unit V: Applying Social Psychology**

**REFERENCES**
Paper -IV STATISTICS IN PSYCHOLOGY

Unit I: Psychological Assessment: An Overview

Unit II: Statistical Methods in Testing

Unit III: Finding Points within Distributions

Unit IV: Bivariate Analysis and Analysis of Variance
Correlation: Meaning – Concept of Correlation – Pearson’s Product moment correlation – Rank order correlation – Test of Significance: ‘t’ Test – Calculation and interpretations – The ‘t’ ratio and its assumptions. Analysis of Variance: Introduction, One Way Analysis of Variance – computation of F-ratio through one way ANOVA, important terms in one way ANOVA, assumptions in one way ANOVA, Two Way Analysis of Variance – computation of F-ratio through two way ANOVA, assumptions in two way ANOVA.
Unit V: Non Parametric Tests for Psychological Data
Introduction, Advantages and Disadvantages of Non Parametric Tests, Chi-Square Test, Run Test, Sign Test, Median Test, Mann-Whitney Test, Kruskal Wallis Test, Friedman Test.

REFERENCES

Allied-II PRINCIPLES OF MANAGEMENT

UNIT-1

UNIT-II

UNIT-III

UNIT-IV
UNIT V

REFERENCES
6. Rustum and Devar, Management Process, Progressive Corporation pvt, Ltd.,

**Paper -V PHYSIOLOGICAL PSYCHOLOGY**

**Unit I: Introduction to Physiological Psychology**

**Unit II: Neurons and Nervous System**
The Nervous System- Basic features of the Nervous System-Meninges- the ventricular system.

**Unit III: The CNS and the PNS**
The Peripheral Nervous System: Spinal Nervous- Cranial Nervous- Sympathetic Nervous system- parasympathetic nervous system.

**Unit IV: Physiological Basis of Human Behaviour**
The Physiological basis of Sleep- The Physiological basis of Sex - The Physiological basis of communication- The Physiological basis of emotion- The Physiological basis of learning and memory.
Unit V: Methods of Physiological Psychology
Methods of Physiological Psychology: Experimental Ablation- Histological Methods- Tracing Neural Connections- CT Scan- MRI- EEG- PET- fMRI- Neuro Chemical Method- Genetic Method.

REFERENCES


Paper -VI ABNORMAL PSYCHOLOGY

Unit I: Historical Roots and Modern Methods of Diagnosis
Methods of Assessment: Interview and Psychological tests-Problems in Assessment.

Unit II: Clinical Classification and Anxiety Disorders
Anxiety Disorder: Generalized Anxiety Disorder- Panic Disorder without Agoraphobia- Specific Phobia- Social Phobia - Post Traumatic disorders- Obsessive- Compulsive Disorder.
Somatoform Disorders -Dissociative Disorder.

Unit III: Mood, Eating and Sleeping Disorders
Understanding and Defining Mood Disorders- Prevalence- Causes- Treatment- Suicide
Major Types of Eating Disorders- Causes- Treatment- Obesity- Sleep Disorders: The major Dyssomnias- Treatment

Unit IV: Sexual, Gender and Personality Disorders
Perspectives on Substance Related Disorder- Depressants- Stimulators- Opioids - Hallucinogens- Causes of Substance-Related Disorders- Treatment of Substance-Related Disorders- Impulse Control Disorders.
An overview of Personality Disorders- Cluster A Personality Disorders- Cluster B Personality Disorders- Cluster Personality Disorders.

Unit V: Schizophrenia and Other Disorders
Perspectives on Schizophrenia- Clinical Description- Symptoms and Subtypes- Prevalence- Causes of Schizophrenia- Treatment of Schizophrenia.
Common Developmental Disorders- Pervasive Developmental Disorders- Mental Retardation.
Perspectives on Cognitive Disorders- Delirium- Dementia.

REFERENCES

Paper -VII PRACTICAL
(Experimental Psychology)

1. Learning
2. Transfer of Training
3. Memory
4. Distraction of attention
5. Concept formation
6. Visual Illusion
7. Problem solving
8. Achievement Motivation
9. Level of Aspiration
10. Learning Styles
11. Cognitive Styles
12. Religious Attitude
13. Creativity Attitude
14. Self-Concept
15. Self-esteem
   • This list is suggestive
A minimum of 10 experiments/exercises must be completed

Applied-I COUNSELLING PSYCHOLOGY

Unit I: Guidance and Counselling - Introduction

Unit II: Settings for Counselling

Unit III: Counselling Applications

Unit IV: Marital, Family, Sex and Addiction Counselling

Unit V: Professional Practice
Deception and informed consent – Confidentiality and privileged communication – Recent trends – Making ethical decisions – Legal issues in Counselling – Advice for the passionately committed counselling student.

REFERENCES
Applied-II HEALTH PSYCHOLOGY

Unit I: The Origin of Health Promotion
The meaning-definitions and history of Health Psychology- the Need for Health Psychology- the Relationship of the Mind and Body-The BioPsychoSocial Model of Health Psychology
The Behavioral Factors in Disease and Disorder- the Changing Health Habits- the Cognitive and Behavioral Models to Health Behavior’s Change- the Trans theoretical Model- the Social Engineers-venues for health- Habit Modification.

Unit II: Health Enhancing and Compromising Behaviour
Exercise- Accident prevention- Alcoholism and Problem Drinking- Synergistic Effect of Smoking- History of Smoking Problems- Reasons for smoking- Nature and addiction of smoking- intervention to reduce smoking- smoking prevention

Unit III: Stress and Coping, Pain and its Management
Stressors- Person- Stressful Events - Sources of Chronic Stress- Stress and Illness- Coping with stress- External Resources in Coping- Social Support- Stress Management.
Nature of Pain- Clinical issues in Pain Management- Pain Control Techniques- Chronic Pain Management Programs

Unit IV: Chronic and Terminal Illness and Their Management
Quality of life- Emotional Reponses to Chronic Illness- Personal Issues in Chronic Disease- Copying with chronic illness- Psychological Interventions and Chronic Illness Psychological Issues in Advancing Illness- Death Across the Life Span- Stages of Adjustment in Dying- Psychological Management of Terminally ill- Alternative Care- Problem of Survivors

Unit V: Heart Disease, Hypertension, Diabetes, Aids, Cancer, and their Management
Coronary Heart Disease (CHD)- Psychological factors and CHD- Hypertension - Psychosocial factors and Hypertension- Effective Treatment- Stroke- Risk Factors- Consequences- Treatment of stroke- Diabetes- Types- Intervention of Diabetes Psychological Impact of HIV infection- Intervention - A profile of Cancer- Psychosocial factor Coping and Intervention
Health promotion- Stress and its Management- Health Services- Management of Serious Illness- Trends of the Future - Becoming a Health Psychologists
REFERENCES