

Batch 2024-25

# Syllabus

2<sup>nd</sup> Semester

**Bachelor of Arts**  
**with major in Psychology**

**Semester- 2****CC-A4 Social Psychology (Credits 04)****Maximum Marks: 100****Theory Examination: 35****Theory Internal Assessment: 15****Practical Examination: 35****Practical Internal Assessment: 15****Examination Time: 3 hrs****Course Outcomes:**

- Students will comprehend how social influence shapes individual behavior
- Students will explore the dynamics of interpersonal relationships
- Students will become familiar with the research methodologies used in social psychology
- Students will apply social psychological principles to real-world issues

**Instructions:**

The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus 1X 5 = 5 marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. 3 X 10 = 30 marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

**Unit I:**

Introduction: Meaning, History, Scope and Relationship of Social Psychology with Anthropology and Sociology. Determinants of Social Behaviour.

Methods: Observation, Sociometry and Survey.

**Unit II:**

Interpersonal Attraction: Nature and Determinants.

Pro-social behaviour: Meaning, Stages and Determinants

Aggression: Nature, Causes and Control.

**Unit III:**

Attitude: Nature, Formation, change and resistance to change

Group Behaviour: Meaning, Formation, Types and Functions of group.

Leadership: Nature, Characteristics and Types.

**Recommended Books/e-resources/LMS :**

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi.

McDavid, J. W. & Harari, H. (1968). Social Psychology. New York: Harper & Row.

Kretch and Crutchfield (1948). Theory and Problems of Social Psychology. New York: McGraw Hill.

Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.

**Practical**

1. Sociometry
2. Measurement of Attitude
3. Altruism Scale
4. Stereotype Scale
5. Aggression Scale
6. Prejudice Scale
7. Leadership Styles

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation



**Semester-2****CC-A5 Personality and Assessment (Credits 04)**

**Maximum Marks: 100**  
**Theory Examination: 35**  
**Theory Internal Assessment: 15**  
**Practical Examination: 35**  
**Practical Internal Assessment: 15**  
**Examination Time: 3 hrs**

**Course Outcomes:**

- Students will understand the history and development of personality assessment methods.
- Students will be able to understand and critically evaluate major theories of personality, including psychoanalytic, trait, humanistic, and biological perspectives.
- Students will acquire knowledge of key personality assessment tools such as the MMPI and EPQ and projective tests like the Word association and the Thematic Apperception Test.
- Students will develop the ability to administer, score, and interpret standardized Personality tests.

**Instructions:**

The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus 1X 5 = 5 marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. 3 X 10 = 30 marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

**Unit 1**

Personality: Historical Antecedents of Personality. Meaning and purpose of Personality Assessment and ethical issues

**Unit 2**

Theories of Personality: Freud, Rogers, Eysenck, Allport and Cattell.

**Unit 3**

Personality Tests: Nature, Self-Report Measures: MMPI, 16 PF and EPQ.  
 Projective Technique: Nature and Salient Features. Word Association Test, Sentence Completion Test and Thematic Apperception Test.

**Recommended Books/e-resources/LMS :**

Anastasi, A.&, Urbina, S., (2009). Psychological Testing. PHI Learning Private Ltd.: New Delhi  
 Aiken, L.S.,& Marnat, G.G.(2009). Psychological Testing and Assessment (12th edition). Dorling Kindersley India Pvt. Ltd.: New Delhi.  
 Singh, A.K.(2012) .Tests, Measurements and Research Methods in Behavioural Sciences.: Moti Lal Banarsidas: New Delhi.  
 Singh, A.K. (2009). Uchattar Samanaya Manovigyan.: Moti Lal Banarsidas: New Delhi.

**Practical**

1. EPQ
2. 16PF Questionnaire

3. NEO FFI

4. MMPI

5. Sentence Completion Test

6. TAT

7. Word Association Test

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.



**Semester-2****CC-A6 Stress and Stress Management (Credits 04)****Maximum Marks: 100****Theory Examination: 35****Theory Internal Assessment: 15****Practical Examination: 35****Practical Internal Assessment: 15****Examination Time: 3 hrs****Course Outcomes:**

- Students will become familiar with the physiological, psychological, and social aspects of stress.
- Students will understand the physiological and psychological effects of stress.
- Students will develop understanding of various coping strategies .
- Students will be able to apply stress management techniques in personal and professional contexts.

**Instructions:**

The students will be required to attempt four questions in all. Question No. I will be compulsory comprising of 5 short answer type questions of 1 mark each and will cover the entire syllabus 1X 5 = 5 marks. In addition to it, Question Nos. II to VII will consist of long answer (essay type) questions, two Questions from each Unit with internal choice carrying 10 marks each i.e. 3 X 10 = 30 marks thus making it the total weight age to 35 marks. Three questions to be attempted. One from each unit.

**Unit I**

Definition and Concept of Stress, Causes of Stress: Environmental, Social and Personal. Reactions to stress and Consequences of Stress

**Unit II**

Meaning of stressors; Common stressors at work place; Impact of Stressful environmental conditions on performance, Stressors unique to age and gender.

**Unit III**

Coping: Concept and definition, Types of coping strategies  
Stress Management: Behavioral Approach to Stress Management, Social Approach to Stress Management, Cognitive Approach to Stress Management.

**Suggested Readings**

1. Akbar Husain & Naima K. Gulrez. (2003). Managing Stress – A Practical Guide. New Delhi: Friends Publications (India)
2. Rupashree Khubalkar. Know stress manage your stress. New Delhi: Neelkamal Publication Pvt. Ltd.
3. Akbar Husain & Tabassum, Rashid. (2004). Stress Behavior - Vol-I (Sources & Effects), New Delhi: Friends Publications (India)
4. Akbar, Husain & Tabassum, Rashid. (2004). Stress Behavior - Vol-II (Chapter 1 and 2), New Delhi: Friends Publications (India).
5. D.M. Pestonjee. (2006). Stress and Coping: The Indian Experience. Second Edition. New

Delhi: Sage Publications.

**Practical**

1. Stress Assessment
2. Resilience Scale
3. Coping styles
4. Biofeedback
5. Case Study
6. Movie analysis

Note: Students will perform at least four practical. The examiner will allot one practical at the time of end term examination for evaluation.