

**SCHEME OF EXAMINATION AND OUTLINES OF COURSE**  
**B.A. (HONOURS) In Applied PSYCHOLOGY (Semester System, W.e.f 2019-20)**

**1<sup>st</sup> semester w.e.f 2020-21**

**2<sup>nd</sup> to 6<sup>th</sup> semester 2019-20, in a phased manner**

	<b>No. of Papers</b>			
	Main	Qualifying	Subsidiary	Total
Semester-I:	2+1	1	1	5
Semester-II:	2+1	1	1	5
Semester-III:	3+1	-	1	5
Semester-IV:	3+1	-	1	5
Semester-V:	3+1	-	1	5
Semester-VI:	3+1	-	1	5
<b>Total</b>	<b>22</b>	<b>2</b>	<b>6</b>	<b>30</b>

Outlines of B.A. (Honours) In Applied Psychology Courses

Course Code	Paper No.	Nomenclature	Marks	Internal Assessment	Total
<b>Semester-I</b>					
BA-AP(01)	Paper –I	Introduction to Psychology	60	15	75
BA-AP(02)	Paper- II	Social Psychology	60	15	75
BA-AP(03)	Paper- III	Practical	50	-	50
<b>Semester-II</b>					
BA-AP(04)	Paper-IV	Elementary Statistics	60	15	75
BA-AP(05)	Paper-V	Experimental Psychology	60	15	75
BA-AP(06)	Paper-VI	Practical	50	-	50
<b>Semester-III</b>					
BA-AP(07)	Paper-VII	Development Psychology	60	15	75
BA-AP(08)	Paper-VIII	Psychological Testing	60	15	75
BA-AP(09)	Paper-IX	Research Methodology	60	15	75
BA-AP(10)	Paper-X	Practical	75	-	75
<b>Semester-IV</b>					
BA-AP(11)	Paper-XI	Cognitive Psychology	60	15	75
BA-AP(12)	Paper- XII	Physiological Psychology	60	15	75
BA-AP(13)	Paper- XIII	Psychology of Individual differences	60	15	75
BA-AP(14)	Paper- XIV	Practical	75	-	75
<b>Semester-V</b>					
BA-AP(15)	Paper-XV	Psychopathology	60	15	75
BA-AP(16)	Paper-XVI	Guidance	60	15	75
BA-AP(17)	Paper-XVII	Industrial/Organizational Psychology	60	15	75
BA-AP(18)	Paper-XVIII	Practical	75	-	75
<b>Semester-VI</b>					
BA-AP(19)	Paper-XIX	Clinical Psychology	60	15	75
BA-AP(20)	Paper-XX	Counselling	60	15	75
BA-AP(21)	Paper-XXI	Health Psychology	60	15	75
BA-AP(22)	Paper-XXII	Practical	75	-	75

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester –I**  
**w.e.f session 2020-21**

Paper- I : Introduction to Psychology  
Course Code: BA-AP(01)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- Demonstrate an understanding of the foundational concepts of the human mind and behaviour.
- Demonstrate comprehension of the theoretical concepts of psychology and the related empirical findings.
- Ability to identify various approaches fields and sub-fields of psychology

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Nature, Historical Development and Scope of Psychology: Psychology as a Science, Psychology in India.  
Methods of Psychology : Experiment, Observation and Survey.

**UNIT – II**

Schools of Psychology : Associationism, Structuralism, Functionalism, Behaviourism, Gestalt Psychology, Psychoanalysis, Cognitive approach.

**UNIT – III**

Emotion : Nature, Theories: James-Lange, Cannon- Bard & Schachter-Singer  
Motivation: Needs, Drives, Incentives, Biological & Social Motives.

**UNIT – IV**

Personality : Nature: nature-nurture debate.  
Theories : Freud, Cattell, Eysenck Humanistic, Social, Cognitive Approach. Factors affecting personality Development  
Intelligence: Nature and Factors affecting intelligence.  
Theories: Spearman, Thurstone, Cattell.

References:

Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.  
Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.  
Passer, M.W & Smith, R.E. (2013). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill  
Chaplin, T., & Kraweic, T.S. (1979). Systems & Theories of Psychology (4<sup>th</sup> Ed.). New York: Holt Rinehart.  
Singh, A. And Singh, U. (1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -I**  
**w.e.f session 2020-21**

Paper-II: Social Psychology  
Course Code: BA-AP(02)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objective : To develop an understanding of the individual in relation to the social world and to introduce students to the realm of social influence.

**UNIT – 1**

Introduction: Nature, Historical Background and Scope. Determinants of Individual Behaviour: Bio-Psychological and Socio-Cultural.

Methods of Study: Observation, Sociometry, Field Study.

**UNIT – II**

Socialization: Nature, Process and Agencies. Self: Development and Function.

Social Perception: Meaning and Determinants, Person Perception, Impression Formation.

**UNIT – III**

Attitude: Nature, Formation and Change. Prejudices: Nature, Determinants and Counteracting Prejudices. Social Influence: Conformity, Obedience and Compliance.

**UNIT – IV**

Aggression: Nature, Causes and Control. Pro-social Behaviour: Meaning and Determinants. Applications of Social Psychology: National Character, Health and Environment.

References:

- Baron, R. A. & Byrne, D. (1993). Social Psychology: Understanding Human Interaction. New Delhi: Prentice Hall.  
Kretch and Crutchfield (1948). Theory and Problems of Social Psychology. New York: McGraw Hill.  
McDavid, J. W. & Harrari, H. (1968). Social Psychology. New York. Harper & Row.  
Misra. G. (1990). Applied Social Psychology. New Delhi: Stage Publications.  
Myers, D. G. (1998). Social Psychology. New York: McGraw Hill.  
Rastogi, G. D. (1986). Adhunik Samaj Manovigyan, Agra: Bhargava  
Srivastava, D. N. singh, R. & Pandey, J. (1991). Adhunik Samaj Manovigyan, Agra: Bhargava.  
Mathur, S. S. (2004/05). Social Psychology. Agra: Vinod Pustak Mandir.  
Baron, R. A., Branscombe, N. R., & |Byrne, D. (2011). Social Psychology (13<sup>th</sup> Ed.). Prentice Hall.  
Singh, A.K. (2015). Social Psychology. Delhi: PHI Learning Pvt. Ltd.

**B. A. (Hons.) in Applied Psychology: Semester-I  
w.e.f session 2020-21**

Paper-III: Practical

Max. Marks: 50  
Time: 3 Hours

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

- |                              |          |
|------------------------------|----------|
| a. Conduction and reporting: | 25 Marks |
| b. Viva-voce:                | 15 Marks |
| c. Record book:              | 10 Marks |

Conduct any six practicals:

1. EPQ
2. Verbal Test of Intelligence
3. Self Concept
4. Sociometry
5. Raven's Progressive Matrices
6. Study of Emotions (Facial Expression)
7. Motivation Test
8. 16 PF
9. Computer Application: Data File in M.S. Excel

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester –II**  
**w.e.f session 2019-20**

Paper-IV : Elementary Statistics  
Course Code: BA-AP(04)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objective : To acquaint students with nature and data handling techniques, measures of central tendency and normal distribution.

**UNIT – 1**

Introduction: Meaning, Characteristics, types, Need and emergence of statistics. Relevance and Application of Statistics in Psychology. Limitations of Statistics

**UNIT – II**

Organization of data: Introduction, Primary data, Secondary data, Classification and Tabulation of data. Frequency Distribution and Graphical Representation: Frequency Polygon, Histogram, Pie and Bar Diagram.

**UNIT – III**

Measure of Central Tendency: Mean, Median and Mode. Variability: Range, Quartile Deviation, Average Deviation and Standard Deviation.

**UNIT – IV**

Normal Distribution : Meaning and Characteristics. Measuring Divergence from Normality: Skewness and Kurtosis. Correlation: Meaning and Types: Rank Difference Method and Product-Moment Method.

References:

- Garett, H. E. (2004). Statistics in Psychology and Education. 6<sup>th</sup>ed. New Delhi: Paragon International Publisher.  
Mangal, S. K. (2004). Statistics in Psychology and Education. 2<sup>nd</sup>ed. New Delhi: Prentice Hall.  
Veeraraghavan, V. & Shetgovekar, S. (2015). Text book of Parametric and Nonparametric Statistics. New Delhi: Sage Publication India.  
Kapil, H. K. (2012). Elements of Statistics (In Social Sciences). Agra: Shri Vinod Pustak Mandir.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -II**

Paper-V :Experimental Psychology  
Course Code: BA-AP(05)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objectives: To understand experimental methodology which is used in Psychology. To equip the student how mental processes work. To make them understand how individual sense, perceive learn and memorize.

Learning Outcome: After going through the content of this paper, the student will have an understanding regarding experimental method alongwith its applications in studying different psychological processes.

**Unit-I**

Experimental Psychology: Nature, History, Experimental Method.  
Sensation: Nature, Visual and Auditory – Structure and Functions of Eye and Ear.  
Perception: Natureand Characteristics; Perception of Form, Space and movement.

**Unit-II**

Perceptual Illusions: Types and Theories, Psychophysics: Nature, Concept of Continua, Problems and Methods of classical Psychophysics.

**Unit-III**

Learning: Nature, Trial and Error Learning, Insight learning, Classical conditioning, Instrumental Conditioning: Appetitive and Aversive, Operant Conditioning.

**Unit-IV**

Memory: Nature, Process: Encoding, Storage and Retrieval. Concept of STM and LTM, Methods to study. Transfer from STM to LTM. Forgetting: Nature and Theories.

References:

- Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J., and Hilgard, E. R. (1990). Introduction to Psychology (10<sup>th</sup>ed.). New York: Harcourt Brace Jovanovich.
- D'Amato, M. R. (1970). Experimental Psychology. New Delhi: Tata McGraw Hill.
- Flaherty, C. F. et al. (1977). Learning and Memory. NY : Ran McNally.
- Guilford, J. P. (1954). Psychometric methods. New Delhi: Tata McGraw Hill.
- Kling, J. W. & Riggs, L. A. (1984). Woodworth and Schlosberg's Experimental Psychology. New Delhi: Khosla Publication.
- Singh, A. (1985). Hundal Experimental Psychology. Bhiwani: Vedic Prakashan.
- Snodgrass, J. G., Berger, G. L. and Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
- Woodworth, R. S. & Schlosberg, H. (1971) Experimental Psychology. New Delhi:IBH.

## B. A. (Hons.) in Applied Psychology: Semester-II

Paper-VI: Practical

Max. Marks: 50

Time: 3 Hours

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

- a. Conduction and reporting: 25 Marks
- b. Viva-voce: 15 Marks
- c. Record book: 10 Marks

Conduct any six practicals:

1. Observation
2. Simple R.T
3. Social Facilitation
4. Social Conformity
5. Attitudes
6. Stereotypes
7. Study of Altruism
8. Span of Attention
9. Computer Application: Computation of Mean in MS Excel

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -III**

Paper- VII: Developmental Psychology  
Course Code: BA-AP(07)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- Assess critically theories of life span development.
- Assess the different factors that influence development and approaches to study development.
- Examine developmental issues of adolescents and adults including issues of disability and aging.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Introduction: Nature and perspectives of life span development, Methods: Longitudinal, Cross-sectional and Cross-sequential . Physical development: Patterns of growth from prenatal development to adulthood.

**UNIT – II**

Cognitive development: Nature and Theories of Cognitive development :- Piagetian, Vygotskian and Information Processing.

Language development: Behaviorist and Nativist Perspective.

**UNIT – III**

Emotional development: Functions of emotions. Development of emotional expression, understanding and responding to other's emotions.

Moral Development:Nature, Social Learning Theory. Kohlberg's Theory.

Effect of family,peers and School on Moral development.

**UNIT – IV**

Gender Stereotypes and Gender Roles from Early Childhood to Adolescence, Factors influencing gender identity. Developmental issues of Adolescents and Aged: Changes and Challenges from adolescence to late adulthood.

References:

- Feldman, R.S & Babu, N. (2011). Discovering the life-Span. New-Delhi: Pearson. Kakar, S. (2012) The inner world: A psychoanalytic study of childhood and society in India(4<sup>th</sup> Ed.). New Delhi. Oxford University Press
- Santrock, J.W.(2012). A topical approach to life-span development. New Delhi:Tata McGraw-Hill.
- Shaffer, D.R. & Kipp, K.(2007). Developmental psychology: Childhood and Adolescence Indiaan reprint: Thomson Wadsworth
- Sharma, N. & Chaudhary, N. (2009). Human development: Contexts and processes in G.Misra (ed) Psychology in India, Vol 1: Basic psychological processes and human development. India: Pearson.



**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -III**

Paper- VIII: Psychological Testing  
Course Code : BA-AP(08)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objective : To educate the students to be able to critically evaluate assessment instrument and have a working understanding of reliability and validity.

**UNIT – 1**

Psychological Tests: Nature, History, Characteristics, Types and Uses; Sources of Biases in Psychological Testing; Ethical Issues in Psychological testing.

**UNIT – II**

Test Construction: Construction of items, item analysis, reliability and validity of final test.  
Norms: Meaning and types.

**UNIT – III**

Reliability: Meaning, Types and factors affecting reliability.  
Validity: Meaning, types and factors affecting validity.

**UNIT – IV**

Intelligence Tests: Nature and types: Verbal and Non-Verbal.  
Personality Tests: Personality inventories: 16PF, EPQ, NEO-PI and Projective Techniques: TAT, Rorschach and WAT.

References:

- Anastasi, A. (1996). Psychological Testing (7<sup>th</sup>ed.). New York: McMillan.  
Cronbach, L. J. (1990). Essentials of Psychological Testing (5<sup>th</sup>ed.). New York: Harper and Row  
Guilford, J. P. (1954) Psychometric Methods (2<sup>nd</sup>ed.). New York: McGraw Hill.  
Singh, A. K. (1992). Tests, Measurements, and Research Methods in Behavioural Sciences. Patna: New Bharti Bhawan.  
Anastasi, A. & Urbina, S. (1997). Psychological testing (7<sup>th</sup>ed.). New Delhi: PHI Learning Pvt. Ltd.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -III**

Paper-IX : Research Methodology  
Course Code: BA-AP(09)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objectives: To educate students with the process of psychological research. To develop an understanding regarding various types of research and methods.

Learning Outcome: After studying this paper the student will have knowledge regarding how psychological research is actually planned and conducted. Along with types and method of psychological research.

**Unit-I**

Psychological Research: Nature, Process and Criteria. Problem: Characteristics and Formulation.  
Hypothesis: Meaning, Types and Formulation. Variables: Classification and Techniques of Control.

**Unit-II**

Types of Research: Experimental, Quasi Experimental, Ex- Post facto, Field studies, and Single subject Research..

**Unit-III**

Methods of Data Collection: Observation, Interview, Case Study, questionnaire and Survey.

**Unit-IV**

Research Design: Meaning, Objectives. Types: Between Subjects(one and two factor), within Subjects(one and two factor) and factorial; Sampling: Probability and Non-Probability.

References:

Singh, A.K(1986). Tests, measurements and research methods in behavioral Sciences. New Delhi: Tata McGraw Hill.  
Kerlinger,F. N. (1973). Foundation of Behavioral Research. New York: Holt Rinehart and Winston.  
Shaughnessy, J. J. and Zechmeister, E. B. (1997). Research Methods in Psychology. New York: McGraw Hill.

## B. A. (Hons.) in Applied Psychology: Semester-III

Paper-X: Practical

Max. Marks: 50

Time: 3 Hours

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

a. Conduction and reporting:	25 Marks
b. Viva-voce:	15 Marks
c. Record book:	10 Marks

Conduct any six practicals:

1. Multiple Aptitude Test
2. Cognitive development test
3. Neo five factor Inventory
4. W A I S
5. Moral Judgment test
6. Retinal Colour Zone
7. Muller Iyer Illusion
8. T A T
9. Computer Application: Computation of Median in MS Excel

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -IV**

Paper-XI : Cognitive Psychology  
Course Code: BA-AP(11)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objectives: To equip the learner with an understanding of various cognitive process. To impart an understanding of various methods and perspectives to study these processes.

Learning Outcome: After the semester, the student will have understanding how different mental processes work and their impact on our behaviour. They will know how to study these processes by applying behavioural and physiological methods.

**Unit-I**

Cognitive Psychology: Nature, Historical Development, Scope and Current status . Approaches of Cognitive Psychology: Bottom-up, Top-Down and Information Processing.

**Unit-II**

Methods to study Cognition: Behavioural and Physiological.

Attention: Nature, Types: Divided and Selective Attention; Models of Selective Attention: Broadbent and Treisman.

**Unit-III**

Thinking and Problem Solving: Nature, Problem Solving cycle, Classification of Problems, Approaches to problem solving, Barriers and Aids in problem solving.

**Unit-IV**

Language : General Characteristics, Structure and Process of Language Acquisition,  
Reasoning: Nature, Inductive and Deductive Reasoning.

References:

Solso, R. L. (2001). Cognitive Psychology. Delhi: Pearson Education.  
Sternberg, R. J. (2007). Cognitive Psychology. Delhi: Thomson

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -IV**

Paper- XII: Physiological Psychology  
Course Code: BA-AP(12)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- To understand the nature and scope of Physiological psychology.
- Structure and functions of central and peripheral nervous system.
- To understand physiological involved in motivations, learning and memory.
- To understand neural mechanisms of emotion and stress.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Physiological Psychology: Nature and Scope. Methods of Study: Imaging techniques, recording physiological activity, brain lesion. Biological Basis of Behaviour : Neurons, Nerve Conduction & Synapse.

**UNIT – II**

Central Nervous System and Peripheral Nervous System – Structure & Functions.  
Neuropsychological testing: AIIMS Battery, Luria Nebraska Battery.

**UNIT – III**

Hormones & Behaviour : Pituitary, Adrenal, Pancreas, Gonads.  
Motivation : Physiological Mechanisms of Hunger, Thirst & Sex  
Emotion : Neural mechanisms of Emotions & Stress.

**UNIT – IV**

Physiological Mechanism of Learning & Memory  
Psychophysiology of Sleep: Stages of Sleep, Dreaming, Sleep disorders.

References:

- Leukel, F. (1985). Introduction to Physiological Psychology (3<sup>rd</sup> Ed.). New Delhi: CBS Publishers.
- Levinthal, C.F. (1990). Introduction to Physiological Psychology (3<sup>rd</sup> Ed.). New Delhi: PHI.
- Morgan, T.H. and Stellar, A. (1965). Physiological Psychology. New York: McGraw Hill.
- Pinel, J.P.J. (2007). Biopsychology. New Delhi: Pearson.
- Carlson, N. (1991). Biology of Behaviour, Boston: Allyn & Bacon.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -IV**

Paper-XIII : Psychology of Individual Differences  
Course Code: BA-AP(13)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objective: To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

**Unit-I**

Personality: Nature; Biological foundations of personality; Culture and personality and Perspectives: Psychodynamic, Phenomenological- humanistic, and Social- cognitive.

**Unit-II**

Intelligence: Concept of Intelligence: Psychometric and Cognitive Approaches to Intelligence; Gardner's Multiple Intelligences; Emotional Intelligence, Heredity, Environment and Intelligence; Group differences in Intelligence; Extremes of Intelligence.

**Unit-III**

Creativity, Nature, Process, Historical Views, Factors Affecting Creativity, Enhancing Creativity: Programs and Strategies.

**Unit-IV**

Enhancing Individual's Potential: Self-determination Theory; Enhancing Cognitive Potential, Self -regulation and Self Enhancement.

References:

- Carr, A. (2011): Positive psychology. Routledge.  
Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.  
Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.  
Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.  
Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.  
Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.  
Singh, A. K. (2014). Advanced General Psychology. Delhi: Moti Lal Banarsi Dass

## B. A. (Hons.) in Applied Psychology: Semester-IV

Paper-XIV: Practical

Max. Marks: 50

Time: 3 Hour

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

a. Conduction and reporting:	25 Marks
b. Viva-voce:	15 Marks
c. Record book:	10 Marks

Conduct any six practicals:

1. Adjustment Inventory
2. Home/Family Environment Inventory
3. Organisational/Job Stress Inventory
4. Self-Esteem Inventory
5. Parent-Child Relationship Scale
6. Seguin Form Board Test
7. Youth Problem Checklist
8. Emotional Maturity Scale
9. Computer Application: Computation of SD in MS Excel.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester - V**

Paper-XV: Psychopathology  
Course Code :BA-AP(15)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objectives: To develop an understanding of the various psychological disorders. To understanding these disorders from various perspectives. To introduce them to current classification system of psychological disorder.

Learning Outcome: The student after studying this paper will develop an indepth understanding psychological disorders. The student will have knowledge regarding clinical picture, Etiology and treatment of man psychological disorders along with current classification of mental disorders.

**Unit-I**

Abnormal Psychology: Meaning, historical Background, and Criteria for Abnormality. Viewpoints regarding abnormality: Psychodynamic, Behavioural. Cognitive and Humanistic-Existential.

**Unit-II**

Classification of Mental disorders: Need for Classification. DSM system.  
Etiology of Abnormal Behaviour: Biological, Psychological and Socio-cultural.

**Unit-III**

Childhood Disorder: Attention Deficit Hyperactive Disorder, and Mental-Retardation: Nature, Causes and Management. Anxiety disorders: Clinical picture and Etiology of Phobia, Generalized anxiety disorder, and Obsessive-Compulsive disorder.

**Unit-IV**

Schizophrenia: Nature, Types, Clinical Picture and Etiology.  
Mood disorders: Nature, Types, Clinical Picture and Etiology.  
Substance-related disorder: Criteria, Alcoholism, Amphetamine and Cocaine, Marijuana and LSD.

References:

American Psychiatric Association (2013). Diagnostic and statistical manual of mental Disorders (5<sup>th</sup>ed.) American psychiatric publishing, Arlington, V. A

Carson, R. C., Butcher, T. N. & Susan, M. (2001). Abnormal Psychology and Modern Life (11<sup>th</sup> Ed.). New York: Harper Collins.



**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -V**

Paper- XVI: Guidance  
Course Code: BA-AP(16)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- To understand the nature, history and process of guidance.
- Understanding different types and approaches to guidance.
- To understand different functions and training of guidance personnel.
- Understanding the different services of guidance.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Introduction: Nature, History, Need, Objectives, Principles, and Process of Guidance,

**UNIT – II**

Types of Guidance :- Educational Guidance, Vocational Guidance, Personal Guidance, Health Guidance and Civic-Socio-Moral Guidance

**UNIT – III**

Group Guidance :- Need, Objectives, Principles and Scope.  
Techniques of Group Guidance, Relationship and Rapport techniques, Reflection of Feelings.

**UNIT – IV**

Functions and Training of Guidance Personnel, Guidance Services in Schools.  
Guidance for Gifted, Backward, slow learners and Special Learners, Guidance for Problem children.

References:

- Crow, L.D & Crow, A.V.B (1961). Introduction to Guidance: Basic Principles and Practices. New Delhi: Eurasia.  
Gupta, S.K. (1985). Guidance and Counselling. Delhi : Mittal.  
Gelso, C.J.&Fretz, (1995). Counselling Psychology, Bangalore :Prism.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -V**

Paper-XVII :Industrial/ Organizational Psychology  
Course Code: BA-AP(17)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objective: To develop an understanding of the concept of industrial and organizational psychology with the goals to promote decision making, motivation, leadership and communication skills.

**Unit-I**

Introduction: Nature, Scope and Historical Perspective of Industrial – Organizational Psychology. Theoretical Approaches to Organizational Behaviour: Cognitive, Behavioural, and Social Learning.

**Unit-II**

Decision Making: Nature, Techniques and Models; Decision Making in Groups. Motivation: Basic Principles and Characteristics; Theories: Maslow, Herzberg and Vroom.

**Unit-III**

Behaviour in Organization: Group Dynamics, Cohesiveness, Factors affecting Group performance. Leadership: Ingredients of leadership, Theories: Trait, Behavioural and Situational.

**Unit-IV**

Organizational Structure: Concept and Types; Process of Organizational Development. Conflicts and their managements; Definition, Types and Process; Causes of Conflicts and their resolution.

References :

- Aamodt, M.G. (2013). Industrial Psychology(7<sup>th</sup> Ed). Cengage learning India Pvt. Ltd.  
Blum, M.L. & Naylor, J. C. (1984). Industrial Psychology: Its Theoretical and Social Foundations. GBS Publishers & Distributors, Delhi.  
Gosh, P. K. and Gorpande, M. B. (1980). Industrial Psychology. Bombay: Himalaya Publication.  
Kondalkar, V.G.(2007). Organizational Behaviour. New Delhi: New Age International(P) Ltd., Publishers.  
McMormik, E. J. and Illgen (1980). Industrial Psychology, New Delhi: Prentice Hall.

## B. A. (Hons.) in Applied Psychology: Semester-V

Paper-XVIII: Practical

Max. Marks: 50

Time: 3 Hours

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

a. Conduction and reporting:	25 Marks
b. Viva-voce:	15 Marks
c. Record book:	10 Marks

Conduct any six practicals:

1. Clinical Analysis Questionnaire
2. Job Involvement Scale
3. Guidance Need Inventory
4. Depression Scale
5. Anxiety Scale
6. Mental Health Questionnaire
7. Job Satisfaction Scale
8. Organizational Commitment Questionnaire
9. Computer Application: Computation of Pearson Correlation in MS Excel

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -VI**

Paper-XIX: Clinical Psychology  
Course Code : BA-AP(19)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

Objectives : To introduce Clinical assessment for psychological disorders. To develop an understanding in the therapeutic interventions for the various psychological disorders.

Learning Outcomes: The student will have an in depth understanding how clinical psychology as field of psychology emerge. How to assess any individual who have psychological problems and have an understanding how to treat them through psychotherapies.

**Unit-I**

Nature Historical development and Scope of Clinical Psychology, Roles and Training of Clinical Psychologist. Ethical issues in Clinical Psychology.

**Unit-II**

Clinical Assessment: Nature and Purpose. Techniques: Case History, Clinical Interview, Psychological tests: WAIS, MMPI, TAT, Rorschach and Bender Gestalt Test.

**Unit-III**

Therapeutic Intervention: Goals and Principles of Psychotherapy; Types of Psychotherapy: Psychoanalytic, Behavioral, Cognitive Behaviour Therapy and Rational Emotive Behaviour Therapy.

**Unit-IV**

Psychotherapy: Family therapy, Group therapy, Biofeedback, ECT and Chemotherapy. .

References:

Kendall. (1980). Modern Clinical Psychology. NY: Willey.

Kolb. L.C. & Brodie, H.K.H. (1982). Modern Clinical Psychiatry. (10<sup>th</sup> Ed.). London: Saunders.

Korchin, S.J. (1975). Modern Clinical Psychology. NY: Basic Books.

Pomerantz, A.M. (2008). Clinical Psychology: Science, Practice, and Culture. Los Angles: Sage

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester –VI**

Paper-XX :Counselling  
Course Code: BA-AP(20)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- To understand the meaning, process and evolution of counseling.
- Understanding conventional and contemporary approaches to counseling.
- Skill development and training with the help of audio visual aids, participative play, role play and group discussions.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Introduction : Nature, History, Objectives and Principles of Counselling.  
Counselling Process: Individual/Group Counselling; Ethical Issues in Counselling.

**UNIT – II**

Conventional Approaches to Counselling :, Psychoanalytic, Behaviouristic, Cognitive Behavioural Therapy, Person centered approach, Gestalt Therapy.

**UNIT – III**

Techniques of Counselling : Directive, Non-Directive and Eclectic Approach.  
Psychodynamic Therapy, Narrative Therapy, Art Therapy, Solution focused Brief Therapy, Yoga and Meditation.

**UNIT – IV**

Applications of Counselling for Special Population :Substance Abusers, Abuse Victims, AIDS Patients, Trauma Counselling, Counselling of Special Children.

References:

Crow, L.D & Crow, A.V.B (1961). Introduction to Guidance: Basic Principles and Practices. New Delhi: Eurasia.  
Gupta, S.K. (1985). Guidance and Counselling. Delhi : Mittal.  
Gelso, C.J.&Fretz, (1995). Counselling Psychology, Bangalore :Prism.

**KURUKSHETRA UNIVERSITY**  
**B.A. (Hons.) in Applied Psychology Semester -VI**

Paper- XXI: Health Psychology  
Course Code : BA-AP(21)

Max. Marks : 60+15(Internal)  
Time : 3 hrs.

Course Learning outcomes :

- To understand nature and research methodology of health psychology.
- To understand Environmental and cultural influences on health.
- To understand bio-psychosocial issues related to Diabetes, Cardiovascular diseases and substance abuse.
- To know about physiology and management of pain and future challenges of health psychology.

Note: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. Each question will carry 12 marks. The first question will be compulsory and will have 6 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. The candidate would be required to attempt ONE questions from each unit.

**UNIT – 1**

Introduction: Nature, Emergence and Goals of Health Psychology. Mind-body relationship, Bio-Psycho-social model of health.

Culture and Health: Health belief systems, Western and non-Western.

**UNIT – II**

Behaviour and Health: Characteristics and Barriers to health behavior.

Models and Theories of health behaviour: Protective motivation , Reasoned Action and Trans-theoretical .

**UNIT – III**

Cardiovascular Systems & Diabetes: Coronary Artery Disease, Stroke and Hypertension.

Type-I and Type-II diabetes. Causes and management.

Smoking and Alcohol Addiction: Causes and Consequences of addiction.

**UNIT – IV**

Health enhancing behaviour: Exercise, Yoga, Nutrition and Sleep.

Health and Wellbeing: Positive emotions, Subjective wellbeing

Future Challenges: Increasing life Span, Healthcare in India, Future of health Psychology.

References:

Brannon and Fiest, (2007) Introduction to health Psychology. New Delhi, Akash Press.

Gurung, (2010) Health Psychology. A Cultural Approach (2<sup>nd</sup> Ed.). USA, Wadsworth.

Marks, et al. (2011). Health Psychology Theory, Research and Practice (3<sup>rd</sup> Ed. ). India, Sage Publication

Straub, R. O. (2014). Health Psychology: A Bio-psychosocial Approach. N.Y: Worth Publisher.

Allen, F. (2011). Health Psychology and behaviour. Tata McGraw Hill Edition. Dimatteo, M. R., & Martin L. R. (2011), Health Psychology. India: Dorling Kindersley.

Snyder, C. R., Lopez S. J., & Pedrotti, J. T. (2011). Positive Psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.

Taylor, S. E. (2006). Health Psychology, 6<sup>th</sup> Edition. New Delhi: Tata McGraw Hill.

## B. A. (Hons.) in Applied Psychology: Semester-VI

Paper-XXII: Practical

Max. Marks: 50

Time: 3 Hours

Note: The students would be required to conduct at least 6 practicals during the session. Each examinee will have to conduct one practical during the examination as allotted by the examiner. The distribution of marks will be as under:

a. Conduction and reporting:	25 Marks
b. Viva-voce:	15 Marks
c. Record book:	10 Marks

Conduct any six practicals:

1. MMPI
2. Neuropsychological Battery
3. General Health Questionnaire
4. Employee Motivation Schedule
5. Emotional Maturity Scale
6. Rorschach Inkblot Test
7. M F I Q
8. EEG
9. Computer Application: prepare a polygon through MS Excel.