

UNIVERSITY OF MADRAS
B.Sc. DEGREE PROGRAMME IN PSYCHOLOGY
 SYLLABUS WITH EFFECT FROM 2023-2024

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|-------------------------------------|------|--|-----------------|---------------------|--------------|--------------------|--------|
| Title of the Course | | INTRODUCTION TO PSYCHOLOGY-I | | | | | |
| Paper Number | | CORE I | | | | | |
| Category | Core | Year | I | Credits | 5 | Course Code | 140C1A |
| | | Semester | I | | | | |
| Instructional Hours Per week | | Lecture | Tutorial | Lab Practice | Total | | |
| | | 4 | 1 | -- | 5 | | |
| Objectives of the Course | | <ul style="list-style-type: none"> ● To offer the students a comprehensive overview and understanding of the Origins, Goals, Research Methods and Fields of Specialization in Psychology. ● The basic principles of sensation for vision, hearing, smell, taste and bodily senses. ● The principles of Perception and Illusion. ● Learning theories highlighting on the principles of Classical and Operant Conditioning and Observational Learning. ● Emotions and theoretical perspectives of emotions. | | | | | |
| Course Outline | | <p>Unit I: Introduction to Psychology: Definition of Psychology. Nature of Psychology. Origin of Psychology. Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Brief history of modern scientific Psychology: Structuralism, Functionalism, Behaviourism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach. Scientific approach to Psychology.</p> | | | | | |
| | | <p>Unit II: Scope of Psychology: Goals of Psychology. Role of a psychologist in society. Branches of Psychology: Clinical Psychology, Industrial Psychology, Counselling Psychology, Developmental Psychology, Social Psychology, Positive Psychology, Sports Psychology, Health Psychology, Criminal Psychology, Gender Psychology, Biopsychology.</p> | | | | | |
| | | <p>Unit III: Attention, Sensation & Perception: Attention: Definition, Factors affecting attention, Set in attention. Sensation: Definition, Types of sensation, Elements of Sensation. Perception: Definition, Gestalt Laws, Subliminal perception, ESP</p> | | | | | |
| | | <p>Unit IV: Learning: Characteristics of Learning. Classical conditioning (Pavlov) - Principles involved, Significance, Operant Conditioning (B.F Skinner) – Principles involved, Significance, Trial and Error (Thorndike) Conditioning – Principles Involved, Significance, Insight learning (Kohler)- Principles Involved, Significance, Social Learning Theory (Bandura)- – Principles Involved, Significance.</p> | | | | | |

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| <p style="text-align: center;">Course Outline</p> | <p>Unit V: Emotion: Definition. Nature. Types. Physiological Responses Arousal and Emotional Intensity. Theories: James Lange Theory, Cannon Bard Theory, Schachter-Singer Theory, Richard Lazarus' Theory.</p> <p>Communication of Emotion: Emotional Expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions.</p> |
| <p>Extended Professional Component (is a part of internal component only, Not to be included in the internal Examination Question paper)</p> | <p>Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour)</p> |
| <p>Skills acquired from this course</p> | <p>Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill</p> |
| <p>Recommended Text</p> | <p>Passer, M.W. & Smith R.E. (2007) <i>Psychology- The Science of mind and Behavior</i> (3rd ed.) New Delhi: Tata McGraw-Hill Publishing Company Ltd</p> <p>Baron, R.A. & Misra, G. (2017) <i>Psychology Indian Subcontinent Edition</i> (5thed.) India, U.P.: Pearson India Inc.</p> <p>Ciccarelli, S.K., & White, J.N. <i>Psychology</i> 5thed. (2018). Adapted Misra, G. Noida: Pearson India Education Services Pvt Ltd</p> <p>Hockenbury, D. H. & Hockenbury, S. E. (2003). <i>Psychology</i> (3rd ed.) New York: Worth Publishers.</p> <p>Khatoon, N. (2012) <i>General Psychology</i>. Dorling Kindersley (India) Pvt Ltd</p> |
| <p>Reference Books</p> | <p>Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J.(2007). Introduction to Psychology,7th Edition. Singapore: Mcgraw- Hill.</p> <p>Myers, D.G. (2004). Psychology.5th Edition, Worth Publishers: New York.</p> <p>Kalat, J. (2007) Introduction To Psychology, 8th Edition, Wordsworth Pub.Co.</p> <p>Hilgard ,E.R., Atkinson,R.L.,R.C.,(2003) Introduction To Psychology.14th Edition Wordsworth Pub. Co</p> <p>Feldman, R.S. (2006) Understanding Psychology, 6th Edition, Tata McGraw Hill, New Delhi</p> |

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| Website and e-Learning Source | Frontiers in Psychology (https://www.frontiersin.org/journals/psychology) Archives of Scientific Psychology (https://psycnet.apa.org/PsycARTICLES/journal/arc/6/1) BMC PSYCHOLOGY (https://bmcpyschology.biomedcentral.com/) https://www.psywww.com/careers/specialt.htmlwww.worthpublishers.com/hockenbury https://courses.lumenlearning.com/wsu-sandbox/chapter/gestaltprinciples-of-perception/ |
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Course Outcomes:

On successful completion of the course, students will be able to

- **CO1 (K1)** Acquire knowledge on the history, methods and special areas in the field of Psychology
- **CO2 (K3)** Explain sensory systems through which information processing happens
- **CO3 (K4)** Relate the process of attention to perception and infer how we make sense of the world around us
- **CO4 (K5)** Critically examine the process of learning
- **CO5 (K1, K4)** Gain insight into complex emotional experiences of human being and analyse the experience of self in day to day life.

| Course Outcomes | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 |
|-----------------|-----|-----|-----|-----|-----|-----|
| CO1 | 2 | 1 | 2 | 3 | 1 | 2 |
| CO2 | 3 | 2 | 2 | 1 | 3 | 1 |
| CO3 | 3 | 2 | 3 | 1 | 3 | 2 |
| CO4 | 1 | 3 | 2 | 2 | 3 | 1 |
| CO5 | 1 | 2 | 3 | 2 | 3 | 3 |

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|-------------------------------------|------|--|-----------------|---------------------|--------------|--------------------|--------|
| Title of the Course | | BIOLOGICAL PSYCHOLOGY | | | | | |
| Paper Number | | CORE II | | | | | |
| Category | Core | Year | I | Credits | 5 | Course Code | 140C1B |
| | | Semester | I | | | | |
| Instructional Hours Per week | | Lecture | Tutorial | Lab Practice | Total | | |
| | | 4 | 1 | -- | 5 | | |
| Objectives of the Course | | <p>To place emphasis on the perspectives and research methods of Biological Psychology.</p> <p>To examine the structure and Communication of the cells of the nervous system and synaptic transmission.</p> <p>To understand the role of brain in regulating temperature, thirst and hunger</p> <p>To examine the nature and functions of the endocrine glands.</p> <p>To examine the causes of brain damage and its effect on behaviour</p> | | | | | |
| Course Outline | | <p>UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOUR</p> <p>Introduction – Meaning of Biological Psychology, Biological explanation of behaviour, Mind Brain relationship, Recording brain activity, Research methods.</p> | | | | | |
| | | <p>UNIT II: BASICS OF NERVOUS SYSTEM AND NEUROTRANSMISSION</p> <p>Development of nervous system, Central Nervous System, Peripheral Nervous System; Neurons – Structure, types; Brain – Structure, Divisions, Glial cells, Cerebrospinal fluid, Blood Brain barrier; Neurotransmitters – Meaning, Types, Events at synapse; Membrane Potential – Action potential and Resting potential.</p> | | | | | |
| | | <p>UNIT III: REGULATION OF INTERNAL BODY STATES</p> <p>Temperature – Homeostasis, Allostasis, Temperature regulations and Behaviour; Thirst – Maintaining water balance, Causes of thirst, Osmotic thirst and hypovolemic thirst; Hunger – Physiological mechanisms of hunger and satiety, Role of Hypothalamus.</p> | | | | | |

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| Course Outline | <p>UNIT IV: HORMONES AND BEHAVIOUR</p> <p>Hormones: Introduction and Definition. Principles of Hormones. Neural versus Hormonal Communication. Hormones: Classification by Chemical Structure. Endocrine Glands and its Specific Hormones: The Pituitary Gland; The Adrenal Gland; The Thyroid Gland; The Gonads; The Pineal Gland; The Pancreas and The Parathyroid Glands.</p> <p>UNIT V: BRAIN DAMAGE</p> <p>Causes of Brain damage, Neurodegenerative diseases, Stress and illness.</p> |
| Extended Professional Component (is a part of internal component only, Not to be included in the External Examination Question paper) | Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour) |
| Skills acquired from this course | Knowledge, Analytical ability, Professional Competency, and Transferrable Skill |
| Recommended Text | <ol style="list-style-type: none"> 1. Kalat, J.W. (2011). <i>Biopsychology</i>. Delhi, India: Cengage Learning India Private Limited. 2. Pinel, J. (2007). <i>Biopsychology</i>. New Delhi, India: Pearson India Education Services Pvt Ltd. |
| Reference Books | <ol style="list-style-type: none"> 1. Rosenweig, Breedlov, Leiman(2002) : Biological psychology, 2. 3rd edition, Sinaven Associate, Inc 3. Carlson, N.R. (2007). <i>Foundations of physiological psychology</i>. New Delhi, India: Pearson India Education Services Pvt Ltd. 4. Levinthal, C.F. (1996). <i>Introduction to Physiological Psychology</i> (3rded.)Prentice-Hall of India Pvt. Ltd. 5. Psychology, 6th Edition, Tata McGraw Hill, New Delhi 6. Barnes, J. (2013) <i>Essentials of Biological Psychological</i>. New Delhi: Sage Publications Pvt Ltd 7. Bremnar, J.D. (2005) <i>Brain Imaging Handbook</i>. New York: W.W Norton & Company Inc. |

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| Website and e-Learning Source | <ol style="list-style-type: none"> 1. Behavioural and Brain Functions (https://behavioralandbrainfunctions.biomedcentral.com/) 2. Biological Psychology (https://www.journals.elsevier.com/biological-psychology) 3. http://www.ecpdu.net/htmlfiles/uploads/2015/01/researchmethods-in-biopsychology.pdf 4. https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/overview-of-neuronstructure-and-function 5. https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/the-synapse |
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COURSE OUTCOMES

On successful completion of the course, students will be able to

- CO1 (K2)** Describe recent research methods and perspectives on the emerging field of Behavioural neuroscience and the reciprocal relationship between brain and behaviour.
- CO2 (K2)** Understand anatomy and functions of the basic cell of the nervous system and explain the process of communication between neurons
- CO3 (K4)** To understand and analyse the regulations of internal body states.
- CO4 (K1, K4)** To understand the function of endocrine glands and relate the knowledge to Analyse various human behaviour.
- CO5 (K2)** Describe the complex orchestrated functioning of the nervous system describe the manifestation of biological deficits in behaviour.

| Course Outcomes | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 |
|-----------------|-----|-----|-----|-----|-----|-----|
| CO1 | 3 | 2 | 2 | 3 | 1 | 2 |
| CO2 | 2 | 3 | 1 | 1 | 3 | 1 |
| CO3 | 1 | 2 | 3 | 2 | 3 | 2 |
| CO4 | 1 | 3 | 2 | 2 | 3 | 1 |
| CO5 | 2 | 1 | 1 | 2 | 3 | 3 |

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|---|----------|--|-----------------|---------------------|--------------|--------------------|---------------|
| Title of the Course | | Building Psychological Capital | | | | | |
| Paper Number | | ELECTIVE I (Discipline specific) | | | | | |
| Category | Elective | Year | I | Credits | 5 | Course Code | 140E1A |
| | | Semester | I | | | | |
| Instructional Hours Per week | | Lecture | Tutorial | Lab Practice | Total | | |
| | | 3 | 1 | -- | 4 | | |
| Objectives of the Course | | <ul style="list-style-type: none"> ● To offer the students a comprehensive overview of positive psychology and Psychological capital. ● The basic of Self efficacy and ways to strengthen individuals Self efficacy to enhance performance. ● The differentiation of hope and hopelessness and its impact on mental state and strategies to imbibe hope. ● To understand the various spectrums of optimism and locus of control. ● To examine Resilience and 7 C's Model of resilience. | | | | | |
| Course Outline | | <p>UNIT1: INTRODUCTION The need for a different approach, positive vs negative approach, contributions of positive psychology, psy cap in relation to job satisfaction motivation and performance</p> <p>UNIT 2: PSYCAP EFFICACY Definition, key ingredients of efficacy, ways to strengthen efficacy</p> <p>UNIT 3: PSYCAP HOPE Definition of hopelessness, effects of hopelessness, hopelessness and depression, ways to improve hope</p> <p>UNIT 4: PSYCAP OPTIMISM Definition of optimism in locus of control, ways to develop optimism, dispositional optimism, explanatory style</p> <p>UNIT 5: PSYCAP RESILIENCE Definition, ways to develop resilience 7 C's model of resilience, qualities of a resilient PERSON.</p> | | | | | |
| Extended Professional Component (is a part of internal component only, Not to be included in the External Examination Question paper) | | Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour) | | | | | |

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| Skills acquired from this course | Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill |
| Recommended Text | <ol style="list-style-type: none"> 1. Fred Luthans., Carolyn, M. Youssef— Morgan. & Bruce, J. Avolio. (2015), Psychological Capital and beyond, New York: Oxford University Press. 2. Snyder, C.R. & Lopez, S.J. (2002). Handbook of positive psychology. (eds.). Oxford University Press. New York. 3. Carr, A. (2004). Positive psychology, The science of happiness and human strengths. New York: Routledge. |
| Reference Books | <ol style="list-style-type: none"> 1. Avolio. (2006), Psychological Capital: Developing the Human Competitive Edge, New York: Oxford University Press. 2. Singh, A.(2013).Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt ltd. |
| Website and e-Learning Source | <ol style="list-style-type: none"> 1. PSYCAP https://positivepsychology.com/psychologicalcapital-psycap/ 2. Self -efficacy https://www.verywellmind.com/what-is-selfefficacy-2795954 3. 7c's of Resilience https://summitcounseling.org/7-cs-ofresilience/ 4. https://www.mathewsopenaccess.com/full-text/optimismpessimism-and-its-relationship-with-locus-of-control-amongchildren-and-adolescents |

COURSE OUTCOMES

On successful completion of the course, students will be able to

- **CO1 (K4)** – To analyse the positive and negative approach and its effect on work determinants like, job motivation, satisfaction and performance.
- **CO2 (K2)** – To understand the role of self-efficacy and ways to improve it.
- **CO3 (K2)** – To distinguish the various conditions that implicate in developing hope and hopelessness and analyse ways to inculcate hope and build mental well-being.
- **CO4 (K2)** – To distinguish the ways to build optimism and locus of control for better performance.
- **CO5 (K3, K4)** – To analyse and apply 7C’s Model of Resilience.

| Course Outcomes | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 |
|-----------------|-----|-----|-----|-----|-----|-----|
| CO1 | 3 | 2 | 1 | 3 | 1 | 2 |
| CO2 | 1 | 3 | 2 | 2 | 3 | 1 |
| CO3 | 2 | 1 | 3 | 3 | 3 | 2 |
| CO4 | 1 | 3 | 2 | 1 | 3 | 2 |
| CO5 | 2 | 2 | 2 | 1 | 3 | 3 |