

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS FOR THE

**SUBJECT: PSYCHOLOGY
For the Award of the Degree in**

**Bachelor of Arts (Honours)
(Under NEP 2020)**

(Credit Based Continuous Evaluation Grading System)

SEMESTER I

Session: 2025-26

The Degree Programme Offered under 4 Years U.G. Programme:

- **Bachelor of Arts (3 Year Duration)**



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

**SCHEME AND CURRICULUM OF EXAMINATIONS OF FOUR-YEAR DEGREE
PROGRAMME**

BACHELORS OF ARTS (HONOURS) PSYCHOLOGY

SEMESTER-I

Session – 2025-26

SEMESTER-I								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM-1443	E	Psychology (Basic Psychological Processes)	3+2	3-0-1	100	50	20	30

E = Elective

Bachelors of Arts Semester-I

Session: 2025-26

Course Code: BARM-1443

**Course Title: Psychology (Basic Psychological Processes)
(Theory)**

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: Know about the historical development of Psychology and gain knowledge about the origin of psychology as a science.

CO2: Develop a clear understanding of the general theoretical and scientific principles of intelligence, learning and individual differences.

CO3: Understand and apply various methods used in analyzing behavior of the individual and will be able to use measures of central tendency in psychological research.

CO4: Measure simple reaction time, trial and error learning, verbal and non-verbal test of intelligence with the help of psychological tools and apparatus

Bachelors of Arts Semester-I
Session: 2025-26

Course Code: BARM-1443
Course Title: Psychology (Basic Psychological Processes)
(Theory)

LTP: 3-0-1
Time: 3 hours
(Theory)

Max. Marks: 100
Theory Marks: 50
Practical Marks: 20
CA: 30

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 10 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

Unit-I

Nature and Methods of Psychology: Psychology as a Science, Scope and Historical Background with brief Introduction to Schools of Psychology (Structuralism, Functionalism, Psychoanalysis, Behaviourism, Gestalt and Humanistic)

Methods: Introspection, Observation, Experiment, Case Study, Interview and Questionnaire

Unit-II

Motivation: Concept and Nature of Motivation, Types of Motivation, Needs, Drives and Incentives, Types of Conflicts, McClelland Achievement Theory, The Need Hierarchy Model

Emotions: Concept and Nature of Emotions, Types of Emotions, Theories of Emotions (James Lange, Cannon Bard and Lindsley). Physiological Correlates of Emotions.

Unit-III

Learning: Nature and Characteristics of Learning Processes, Types of Learning (Verbal and Non-verbal), Theories of Learning (Thorndike, Pavlov, Skinner and Kohler)

Unit-IV

Statistics:

Introduction to Parametric and Non-Parametric Statistics, Descriptive and Inferential Statistics, Frequency Distributions, Graphical representation of Frequency Distributions, Introduction to the Concept and Characteristics of Normal Probability Curve, Meaning and Characteristics of Central Tendency, Measures of Central Tendency: Mean, Median, Mode with their Merits and Demerits (Numericals related with Mean, Median and Mode only)

References:

1. Aron (2007). *Statistics for Psychology*. Pearson Education, New Delhi.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R. & Nation, J.R. (1987). *Psychology*. Mcmillan Publishing Company, New York.
4. Carlson N.R. (2007). *Foundation of Physiological Psychology*. Pearson Education, New Delhi.
5. Morgan, G.T., King, P.A., Weisz, T.R. & Schopler, J. (1999). *Introduction to Psychology*. Mcgraw Hill Book Co., New York.
6. Shashi, J. (2001). *Introduction to Psychology*. Kalyani Publishers, New Delhi

Session: 2025-26

Bachelors of Arts

Semester-I

Course Code: BARM-1443

**Course Title: Psychology (Practical)
(Practical)**

LTP: 3-0-1

Time: 3 hours

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. write-up of file book (5 Marks),
2. performance and viva-voce (15 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

Five Practical have to be performed out of the following:

1. Serial Positioning Effect
2. Effect of Knowledge of Results on Performance
3. Motivation
4. Assessment of Emotions
5. Trial and Error Learning.
6. Effect of Practice on Learning.

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS FOR THE

SUBJECT: PSYCHOLOGY
For the Award of the Degree in

Bachelor of Arts (Honours)

(Under NEP 2020)

(Credit Based Continuous Evaluation Grading System)

SEMESTER II

Session: 2025-26

The Degree Programme Offered under 4 Years U.G. Programme:

- **Bachelor of Arts (3 Year Duration)**



The Heritage Institution

KANYA MAHA VIDYALAYA
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**SCHEME AND CURRICULUM OF EXAMINATIONS OF FOUR-YEAR DEGREE
PROGRAMME**

BACHELORS OF ARTS (HONOURS) PSYCHOLOGY

SEMESTER-II

Session – 2025-26

SEMESTER-II								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM-2443	E	Psychology (Psychological Processes)	3+2	3-0-1	100	50	20	30

E= Elective

Bachelors of Arts Semester-II
Session: 2025-26

Course Code: BARM-2443
Course Title: Psychology (Psychological Processes)
(Theory)

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: Acquire in-depth knowledge in the psychological concepts of memory, motivation, emotions and personality

CO2: Apply the theoretical facts for enhancing one's personality, learning and memory and use it in everyday issues of life.

CO3: Understand the relationship between brain and behavior and will be able to use measures of variability in psychological research.

CO4: Measure motivation, learning, personality, memory and public opinion with the help of psychological tools and apparatus.

Bachelors of Arts Semester-II

Session: 2025-26

Course Code: BARM-2443

**Course Title: Psychology (Psychological Processes)
(Theory)**

LTP: 3-0-1

**Time: 3 Hours
(Theory)**

Max. Marks: 100

Theory Marks: 50

Practical Marks: 20

CA: 30

Instructions for the Paper Setters:

Eight questions of twelve marks each are to be set, two in each of the four Sections (A-D). Each question will carry 10 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

Unit-I

Psychophysics: Concept of Psychophysics, Physical V/S Psychological continua, Point of Subjective Equality, Weber- Fechner law, Concept of Absolute and Differential Thresholds, Determination of AL and DL by Methods of Limits, Method of Constant Stimuli & Method of Average Error

Unit-II

Intelligence: Concept and Nature, Intelligence Theories (Spearman, Thorndike, Thurstone, Guilford, Cattell, Gardener and Sternberg), Concept of Emotional Intelligence, Nature and Nurture Issue in Intelligence

Unit-III

Personality: Concept of Personality, Theories of Personality(Freud, Allport, Adler, Murray, Cattell & Eysenck). Techniques of Assessment (EPI, CPI &16PF) and Projective Techniques of Assessment (Rorschach, TAT and Sentence Completion Test)

Unit-IV

Measures of Variability: Meaning and Characteristics of Variability, Measures of Variability: - Range, Quartile, Average and Standard Deviation, Variance with Merits and Demerits (Numerical related with SD only)

References:

1. Aron (2007). *Statistics for Psychology*. Pearson Education, New Delhi.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R. & Nation, J.R. (1987). *Psychology*. Mcmillan Publishing Company, New York.
4. Chaplin, J.R. & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. Holt, Rinehart and Winston, Inc., New York.
5. Coon, D.L., & Mitterer, J.O. (2007). *Introduction to Psychology; Gateways to Mind and Behaviour*. Thomson Wadsworth.
6. Crooks, R.L. & Strin, J. (1988). *Psychology; Sciences: Behaviour and Life*. Holt Rinehart and Winston, Inc., New York.
7. Hall, S.S. & Lindzey (1969). *Theories of Personality*. Wiley Eastern Ltd. New Delhi.
8. Morgan, G.T., King, P.A., Weisz, T.R. & Schopler, J. (1999). *Introduction to Psychology*. McGraw Hill Book Co., New York.
9. Pinel, J.P.J. (2007). *Biopsychology*. Pearson Education, New Delhi.
10. Shashi, J. (2001). *Introduction to Psychology*. Kalyani Publishers, New Delhi
11. Solso, R.L. (2007). *Cognitive Psychology*. Pearson Education, New Delhi.

**Bachelors of Arts
(Psychology)
Semester-II**

Session: 2025-26

**Course Code: BARM-2443
Course Title: Psychology (Practical)
(Practical)**

LTP: 3-0-1

Time: 3 hours

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. Write-up of file book (5 Marks),
2. Performance and viva-voce (15 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

PRACTICAL

Five Practical have to be performed out of the following:

1. Determination of AL and DL
2. Muller Lyer Illusion by methods of Average Error
3. Verbal Test of Intelligence.
4. Performance Test of Intelligence
5. Personality Test/ Inventory
6. Projective Technique

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

Of

PSYCHOLOGY

For

BACHELOR OF ARTS SEMESTER III

(Under Credit Based Continuous Evaluation Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution

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**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME**

**BACHELORS OF ARTS (PSYCHOLOGY)
SEMESTER-III**

Session – 2025-26

SEMESTER-III								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM-3443	E	Psychology (Biological Basis of Behaviour)	3+2	3-0-1	100	50	20	30

E= Elective

Bachelors of Arts Semester-III

Session: 2025-26

Course Code: BARM-3443

**Course Title: Psychology (Biological Basis of Behaviour)
(Theory)**

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: acquire basic knowledge about the structure and function of nervous system.

CO2: describe and understand the interaction of different parts of the nervous system with higher cognitive functions

CO3: explain the influence of neurological disturbances and illnesses on sensory, motor, cognitive and executive functions

CO4: Understand the basic nature and features of Normal Probability curve.

Bachelors of Arts Semester-III
Session: 2025-26

Course Code: BARM-3443
Course Title: Psychology (Biological Basis of Behaviour)
(Theory)

LTP: 3-0-1
Time: 3 hours

Max. Marks: 100
Theory Marks: 50
Practical Marks: 20
CA: 30

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 10 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

Unit-I

Neurons: Structure and Functions

Synapses: Concept and Types of Synapse, Resting and Action Potentials

Unit-II

Nervous System (Central, Peripheral and Autonomic)

Unit-III

Structure and Functions of Visual, Auditory, Olfactory, Gustatory and Somato-Sensory Systems

Unit-IV

Normal Probability Curve, Concept, Nature and Characteristics (Numericals of Areas under NPC only)

References:

1. Carlson, N. R. (2007). Foundations of Physiological Psychology. New Delhi: Pearson Education.
2. Leukal, F. L. (1968). Introduction to physiological psychology, Japan: Toppan Company Ltd.
3. Pinel, J. P. J. (2007). Biopsychology. New Delhi: Pearson Education.
4. Thompson, R. (1967). Foundations of Physiological Psychology. New York: Harper & Row Publishers.

**Bachelors of Arts
(Psychology)
Semester-III
Session: 2025-26**

**Course Code: BARM-3443
Course Title: Psychology (Practical)
(Practical)**

LTP: 3-0-1

Time: 3 hours

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. write-up of file book (5 Marks),
2. Performance and viva-voce (15 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

Five Practical have to be performed out of the following:

1. Positive Transfer in Sensory Motor Learning
2. Negative Transfer in Sensory Motor Learning
3. Comparative Study of Sensory and Muscular Reaction Time
4. Effect of Fatigue on Mental Work
5. Comparative Study of RL for the Two Parts of the Body
6. Any Practical related with Biological aspects of Behaviour

FACULTY OF ARTS AND SOCIAL SCIENCES

**SYLLABUS
OF
PSYCHOLOGY
FOR
BACHELOR OF ARTS SEMESTER IV**

(Under Credit Based Continuous Evaluation Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution

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**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME**

**BACHELORS OF ARTS (PSYCHOLOGY)
SEMESTER-IV**

Session – 2025-26

SEMESTER-IV								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM-4443	E	Psychology (Experimental Psychology)	3+2	3-0-1	100	50	20	30

E= Elective

Bachelors of Arts Semester-IV
Session: 2025-26

Course Code: BARM-4443
Course Title: Psychology (Experimental Psychology)
(Theory)

COURSE OUTCOMES:

After passing this course the student will be able to:

CO1: Introduction of the concept of psychophysics and its various psychophysical methods.

CO2: In-depth knowledge about of the phenomenon of learning in the field of psychology and its associated types. The practical application of reinforcement schedules in day to day life.

CO3: Understanding and analysis of various higher mental abilities like mnemonics, thinking and problem solving, reasoning and concept formation.

CO4: Insight into the elementary concept of correlation and its applicability

Bachelors of Arts Semester-IV
Session: 2025-26

Course Code: BARM-4443
Course Title: Psychology (Experimental Psychology)
(Theory)

LTP: 3-0-1
Time: 3 hours

Max. Marks:100
Theory Marks: 50
Practical Marks: 20
CA: 30

Instructions for the Paper Setters:

Eight questions of twelve marks each are to be set, two in each of the four Sections (A-D). Each question will carry 10 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

Unit- I

Sensation, Perception and Attention:

Sensation: Nature, Theories of Colour Vision (Young-Helmholtz, Opponent-Process & Evolutionary), Theories of Hearing, Cutaneous, Olfactory and Gustatory Sensations.

Perception: Concept, Nature and factors affecting perception, Approaches to Perception (Gestalt and Behaviouristic), Perception of Form, Shape, Depth and Distance, Perceptual Constancy.

Attention: Concept and Nature of Attention, Characteristics of Attention

Unit- II

Memory and Forgetting:

Memory: Concept and Nature, Encoding, Storage, Retrieval, Types of Memory.

Mnemonics: An Introduction to the concept of Mnemonics, Constructive memory, Implicit memory & Eyewitness memory. Methods of Retention

Forgetting: Concept and Nature, Factors affecting Forgetting, Theories of Forgetting (Decay, Interference and Retrieval failure).

Unit-III

Thinking, Problem Solving and Concept Formation:

Thinking and Problem Solving: Nature and Types of Thinking. Nature of Problem Solving, Stages of Problem Solving, Factors, Role of Set in Problem Solving, Factors affecting Problem Solving.

Concept Formation: Nature, Types and Processes

Unit-IV

Correlation: Concept, Types of Correlation, Nature and Characteristics, Rank Order and Product Moment Methods, Biserial & Point biserial correlation methods (Numerical for Individual data), t-test: Significance of Differences between means (correlated and uncorrelated)

References:

1. Aron (2007). *Statistics for Psychology*. Pearson Education, New Delhi.
2. Baron, R.A. (1996). *Psychology*. New Delhi: Prentice Hall of India.
3. Benjamin, Jr. L.T., Hopkings, J.R. & Nation, J.R. (1987). *Psychology*. Mcmillan Publishing Company, New York.
4. Chaplin, J.R. & Kraiwic, T.S. (1985). *Systems and Theories of Psychology*. Holt, Rinehart and Winston, Inc., New York.
5. Coon, D.L., & Mitterer, J.O. (2007). *Introduction to Psychology; Gateways to Mind and Behaviour*. Thomson Wadsworth.
6. Crooks, R.L. & Strin, J. (1988). *Psychology; Sciences: Behaviour and Life*. Holt Rinehart and Winston, Inc., New York.
7. Hall, S.S. & Lindzey (1969). *Theories of Personality*. Wiley Eastern Ltd. New Delhi.
8. Morgan, G.T., King, P.A., Weisz, T.R. & Schopler, J. (1999). *Introduction to Psychology*. McGraw Hill Book Co., New York.
9. Pinel, J.P.J. (2007). *Biopsychology*. Pearson Education, New Delhi.
10. Shashi, J. (2001). *Introduction to Psychology*. Kalyani Publishers, New Delhi
11. Solso, R.L. (2007). *Cognitive Psychology*. Pearson Education, New Delhi.

**Bachelors of Arts
(Psychology)
Semester-IV
Session: 2025-26**

**Course Code: BARM-4443
Course Title: Psychology (Practical)
(Practical)**

LTP: 3-0-1

Time: 3 hours

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. write-up of file book (5 Marks),
2. Performance and viva-voce (15 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

PRACTICAL

Five Practical have to be performed out of the following:

1. Perception
2. Span of Attention/Division of Attention
3. Immediate Memory Span
4. Problem-Solving
5. Concept formation.
6. Retroactive Inhibition/ Method of Recall and Recognition

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

Of

PSYCHOLOGY

For

BACHELOR OF ARTS SEMESTER V

(Under Credit Based Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution

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**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME**

BACHELORS OF ARTS (PSYCHOLOGY)

SEMESTER-V

Session – 2025-26

SEMESTER-V								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM- 5443	E	Psychology (Abnormal Psychology- I)	3+2	3-0-1	100	60	20	20

E=Elective

Bachelors of Arts Semester-V

Session: 2025-26

Course Code: BARM-5443

**Course Title: Psychology (Abnormal Psychology-I)
(Theory)**

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: To understand the concepts of normality and abnormality with its causes

CO2: To be aware of the history and classification systems of abnormality

CO3: To Better understand one's own and others' behavior by applying the knowledge of major theories of abnormal behavior.

CO4: To understanding the various approaches to the diagnosis and treatment of stress, alcoholism and drug abuse.

Bachelors of Arts Semester-V
Session: 2025-26

Course Code: BARM-5443
Course Title: Psychology (Abnormal Psychology-I)
(Theory)

Time: 3 hours

Max. Marks: 100
Theory Marks: 60
Practical Marks: 20
CA: 20

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 12 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

UNIT-I

Abnormality: Concept and Criteria of Abnormality. Myth and Misconceptions regarding Abnormal Behaviour, DSM 5 and ICD 10 classification of Abnormal Behaviour- Advantages and disadvantages

Theoretical Perspectives of Psychopathology: Psychoanalytic (Freud), Behaviour Therapy, Humanistic Therapy (Carl Rogers and Abraham Maslow), Cognitive Behaviour Therapy (Beck) and Rational Emotive Behaviour Therapy

UNIT-II

Causes of Abnormal Behaviour: Primary, Predisposing, Precipitating reinforcing.

Biological Causes—(Genetic defects, constitutional liabilities, Brain dysfunction & Physical deprivation).

Psycho-Social Causes—(Self-perception and cognitive maps, early deprivation, inadequate parenting, pathogenic family structures, maladaptive peer relationship).

Socio-Cultural Causes—(Socio-Cultural Environment and Pathogenic societal influences).

UNIT-III

Stress & Coping: Categories of Stressors, Factors Predisposing an individual to stress. Coping strategies.

Stress Related Disorders: Coronary Heart Disease (CHD), Hypertension, Ulcers & Migraine Pain: Symptoms Causes and general treatment of stress related disorders.

UNIT-IV

Alcoholism: Misconception about Alcohol & Alcoholism, Clinical Picture, Causes, Treatment & Outcomes.

Drug Addiction: Clinical Picture, Causes and Treatment of Opium and its Derivatives, Sedatives (Barbiturates), Stimulants (Amphetamines & Cocaine): Hallucinogens (LSD & related drugs) Marijuana, Caffeine & Nicotine.

Readings:

1. Alloy, L.B., Riskind, J.H. & Manso, M.J. (2006), Abnormal Psychology Tata McGraw Hill Publishing Company, New Delhi.
2. Carson, R.C., Butcher, J.N. and Mineka, S. (1997), Abnormal Psychology and Modern Life, New York: Harper Collins.
3. Davison, G.C. and Neale, J.M. (1998), Abnormal Psychology, New York: John Wiley and Sons.
4. Sarason, I.G. and Sarason, B.R. (1996), Abnormal Psychology, New Delhi: Prentice Hall of India.
5. Mahmud. J(2011). Abnormal Psychology. APH Publishing Corporation, New Delhi.
6. Singh, A. Asadharan Manovigyan (1994). Punjabi University, Patiala.

**Bachelors of Arts
(Psychology)
Semester-V**

Session: 2025-26

**Course Code: BARM-5443
Course Title: Psychology (Practical)
(Practical)**

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. write-up of file book (5 Marks),
2. performance and viva-voce (15 Marks) relating to the practicals.

In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

Five Practical have to be performed out of the following:

1. Word Association Test.
2. Adjustment
3. Case History
4. Attitudes.
5. Interests.
6. Locus of Control.

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

Of

PSYCHOLOGY

For

BACHELOR OF ARTS SEMESTER VI

(Under Credit Based Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

PROGRAM SPECIFIC OUTCOMES

Session: 2025-26

Upon successful completion of this course, students will be able to:

PSO1. exhibit knowledge with the major concepts, theoretical perspectives, practical findings, and historical development in psychology.

PSO2. plan, execute, and communicate basic research methods in psychology, including research designs and data analysis.

PSO3. exercise critical and creative thinking, and employ a scientific approach to address issues related to behavior and mental processes.

PSO4. apply psychological principles to individual, interpersonal, group, and societal issues.

PSO5. value empirical evidence, tolerates ambiguity, act ethically, and recognize their role and responsibility as a member of society.

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**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME**

**BACHELORS OF ARTS (PSYCHOLOGY)
SEMESTER-VI**

Session – 2025-26

SEMESTER-VI								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARM- 6443	E	Psychology (Abnormal Psychology- II)	3+2	3-0-1	100	60	20	20

E= Elective

**Bachelor of Arts Semester-VI
(Session 2025-26)**

**ABNORMAL PSYCHOLOGY–II
Course Code: BARM-6443
(Theory)**

COURSE OUTCOMES

After passing this course the student will be able to:

CO1: acquire a better understanding of abnormal behaviour patterns, and thereby learn to distinguish abnormal behaviour from normal.

CO2: know about the symptoms and causes of various psychological disorders.

CO3: better understand how psychological disorders are classified and treated.

CO4: increase sensitivity to the struggles of people dealing with these types of problems.

**Bachelor of Arts Semester-VI
(Session 2025-26)**

**ABNORMAL PSYCHOLOGY–II
Course Code: BARM-6443
(Theory)**

Time: 3 hours

**Max. Marks:100
Theory Marks: 60
Practical Marks: 20
CA: 20**

Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 12 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Note: The use of Non-Programmable calculators and Statistical Tables are allowed in the examination.

Unit-I

Anxiety Based Disorders: Symptoms, Etiology and Treatment of Obsessive Compulsive Disorder, Generalized Anxiety Disorder & Phobias. Classification of Somatoform Disorders–Symptoms & Etiology. Dissociative disorders–Types, Symptoms & Etiology.

Unit-II

Personality Disorders: Clinical Features, Types and causal factors in Personality Disorders (Paranoid, Schizoid, Schizotypal, Antisocial, Borderline, Histrionic, Narcissistic, Avoidant, Dependent and Obsessive-Compulsive Personality Disorder.)

Antisocial Personality & Delinquency: Clinical Picture, Characteristics, Causes, Treatment & Outcomes.

Unit III

Mood Disorders: Symptoms, Causes, Types and Treatment.

Schizophrenia: Symptoms, Causes, Types and Treatment.

Unit IV

Therapies: Psychodynamic, Behavioral, Cognitive-Behavior Therapy, Humanistic Therapy, Existential Therapy and Family Therapy

Readings:

1. Barlow, D.H. & Durand, V.M. (2007) Abnormal Psychology: An Integrative Approach.
2. Broota, K.D. (1989) Experimental Designs in Behavioural Research, Wiley Eastern Limited, New Delhi.
3. Carson, R.C. Butcher, J.N., and Mineka, S. (1997), Abnormal Psychology and Modern Life, Harper Collins, New York.
4. Davison, G.C. and Neale, J.M. (1998), Abnormal Psychology, John Wiley and Sons, New York.
4. Garrett. H.E. (1996), Statistics in Psychology and Education, Vakils, Feffar and Simons, New Delhi.
5. Mahmud.J(2011).Abnormal Psychology.APH Publishing Corporation,New delhi.
6. Sarason, I.G. and Sarason, B.R. (2002), Abnormal Psychology, Prentice Hall of India, New Delhi.
7. Singh, A., Asadharan Manovigyan, Punjabi University, Patiala.
Thomson Wordsworth.

BACHELOR OF ARTS Semester-VI
(Session 2025-26)

Practical

Course Code: BARM-6443
(Practical)

Marks: 20

Instructions for the Practical Examination:

Students are supposed to perform five practicals out of 6 mentioned in the syllabus. Practical examination will be of 3 hours duration. Examiner will conduct the practical examination. The students will perform one practical in the exam carrying 20 marks. Evaluation of the practical would be done on the basis of:

1. write-up of file book (5 Marks),
 2. performance and viva-voce (15 Marks) relating to the practicals.
- In case students have not completed 5 practicals, the examiner will deduct marks at the rate of 5 for each left practical out of total evaluation of the student. No reappear will be allowed in the practical examination. Fail in the practical will be considered fail overall in the subject.

Five Practical have to be performed out of the following:

1. Projective Technique (Personality)
2. Anxiety.
3. Parenting Scale/Home Environment Scale.
4. Psychometric Technique (Personality)
5. Depression.
6. Rosenweig's Pictures Frustration Test.

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

Of

BACHELOR OF ARTS

PSYCHOLOGY (HONOURS)

For

SEMESTER V

(Under Credit Based Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution
KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE
YEAR DEGREE PROGRAMME**

BACHELOR OF ARTS
PSYCHOLOGY (HONOURS)
SEMESTER V

Session: 2025-26

BACHELOR OF ARTS PSYCHOLOGY (HONOURS) SEMESTER V								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARL- 5619	E	Psychology (Honours): Psychological Testing and Measurement	4	4-0-0	100	80	-	20

**BACHELOR OF ARTS
PSYCHOLOGY (HONOURS)
SEMESTER-V**

**SESSION: 2025-26
COURSE CODE: BARL-5619**

**Course Title: Psychology (Honours): Psychological Testing and Measurement
(Theory)**

COURSE OUTCOMES

At the end of this course student will be able to

CO1: introduce to the students the history, importance and classification of psychological testing.

CO2: gain knowledge about the procedure of test construction and standardization.

CO3: expand insight about importance of validity, reliability in psychological testing

CO4: Gain knowledge about Sampling methods and Norms in psychological testing.

**BACHELOR OF ARTS
PSYCHOLOGY (HONOURS)
SEMESTER-V**

SESSION: 2025-26

COURSE CODE: BARL-5619

**Course Title: Psychology (Honours): Psychological Testing and Measurement
(Theory)**

Time: 3 hours

Max. Marks: 100

Theory: 80

CA: 20

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 16 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

History of Psychological Testing, Scales of Measurement

Meaning of Psychological Tests, Objectivity, Characteristics of a good Psychological Test, Types of Psychological Test, Uses of Psychological Testing, Ethical issues in Psychological Testing.

Unit- II

Construction and standardization of tests (Item Writing, Item difficulty, Item Analysis, Item Discrimination).

Unit- III

Reliability: Nature and Types.

Validity: Nature and Types.

Factors affecting Validity and Reliability

Unit-IV

Norms: Concept and Types

Sampling: Concept and Methods (Probability and Non-Probability)

Books Recommended:

1. Anastasi, A (2007). Psychological Testing 2nd impression, Pearson Education Cronbach, L. J. (1970). Essentials of Psychology Testing 3rd edition, Harper and Row.
2. Freeman, F.S. (1971). Theory and Practice of Psychological Testing 3rd print, Oxford Publishing.

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

Of

BACHELOR OF ARTS

PSYCHOLOGY (HONOURS)

For

SEMESTER VI

(Under Credit Based Grading System)

(12+3 System of Education)

Session: 2025-26



The Heritage Institution

**KANYA MAHA VIDYALAYA
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Kanya Maha Vidyalaya, Jalandhar (Autonomous)

**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE
YEAR DEGREE PROGRAMME**

BACHELOR OF ARTS (HONOURS)

(PSYCHOLOGY)

SEMESTER VI

Session: 2025-26

Bachelor of Arts (Honours) (Psychology) Semester-VI								
Course Code	Course Type	Course Name	Hours/week	Credits	Marks			
				L-T-P	Total	Ext.		CA
						L	P	
BARL- 6619	E	Psychology (Honours): Applied Psychology	4	4-0-0	100	80	-	20

E- Elective

**BACHELOR OF ARTS
PSYCHOLOGY (HONOURS)
SEMESTER-VI
SESSION: 2025-26**

**COURSE CODE: BARL-6619
COURSE TITLE: Psychology (Honours): Applied Psychology
(Theory)**

COURSE OUTCOMES

Upon completion of this course, the student should be able to:

CO1: to understand, analyze, interpret, predict and control human behavior for better life and society.

CO2: to provide an understanding about the discipline of psychology to the students with special emphasis on its application in different fields.

CO3: basic understanding of human behavior and psychological principles in any work setting.

CO4: equip the students in many areas of psychology, namely, educational psychology, counseling, organizational behavior and health psychology.

BACHELOR OF ARTS
PSYCHOLOGY (HONOURS)
SEMESTER-VI
SESSION: 2025-26

COURSE CODE: BARL-6619
COURSE TITLE: Psychology (Honours): Applied Psychology
(Theory)

Time: 3 Hours

Max. Marks: 100
Theory: 80
CA: 20

Note: Instructions for the Paper Setters:

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Each question will carry 16 marks. Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit – I

Nature, History and Scope of Applied Psychology

Educational Psychology: Nature and scope

Effective teaching and classroom management: Characteristics of effective teachers, Teaching Methods, Classroom management, disciplining and communication.

Introduction to special education for exceptional children

Unit-II

Counselling: Concept, Goals and Ethical Issues of Counselling, Characteristics of Effective Counsellor, Counselling Process. Counselling in Schools, Counselling for Addictive Behaviour, Career Counselling

Unit-III

Organizational Behaviour: Nature, History and Scope, Understanding and adapting to work environment, Dynamics of Organizational Behaviour, Work Stress and its management, Organizational Change

Unit-IV

Health Psychology: Nature, Scope and Development of Health Psychology. The role of health psychologists in society, the role of Psychology to deal with AIDS, Psychosomatic disorder (Ulcers, migraine pain & Asthma) and Cardiovascular diseases

Readings:

1. Allen, F. (2011). Health Psychology and Behaviour. New Delhi: Tata McGraw Hill.
2. Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Ed.) New Delhi: Pearson.
3. Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed). New Delhi: Pearson Education.
4. Rao, S. N. (1984). Counselling Psychology. New Delhi: Tata McGraw-Hill Publishing Company Limited.
5. Robbins, S. P. & Judge, T. A. (2019). Organisational Behaviour (15th Ed.). New Delhi: Prentice Hall.
6. Weiten, W. & Lloyd, M.A. (2006). Psychology applied to modern life: Adjustment in the 21st century. (8th ed.). USA: Thomson Wadsworth.
7. Wool Fork, A. Mishra, G. & Jha, A. K. (2012). Fundamentals of Educational Psychology. New Delhi: Pearson Education.