

THIRUVALLUVAR UNIVERSITY

BACHELOR OF SCIENCE

B.SC. PSYCHOLOGY

DEGREE COURSE

CBCS PATTERN

(With effect from 2020 - 2021)

The Course of Study and the Scheme of Examinations

S.NO.	Part	Study Components		Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title					CIA	Uni. Exam	Total
SEMESTER I									
1	I	Language	Paper-1	6	4	Tamil/Other Languages	25	75	100
2	II	English (CE)	Paper-1	6	4	Communicative English I	25	75	100
3	III	Core Theory	Paper-1	5	3	General Psychology-I	25	75	100
4	III	Core Theory	Paper-2	5	3	Biological Psychology-I	25	75	100
5	III	ALLIED -1	Paper-1	6	3	Principles of Management	25	75	100
6	III	PE	Paper-1	6	3	Professional English I	25	75	100
7	IV	Environmental Studies		2	2	Environmental Studies	25	75	100
				36	22		175	525	700
SEMESTER II									
8	I	Language	Paper-2	6	4	Tamil/Other Languages	25	75	100
9	II	English (CE)	Paper-2	4	4	Communicative English I	25	75	100
10	III	Core Theory	Paper-3	5	3	General Psychology-II	25	75	100
11	III	Core Theory	Paper-4	5	3	Biological Psychology- II	25	75	100
12	III	ALLIED-1	Paper-2	6	5	Organizational Behaviour	25	75	100
13	III	PE	Paper-2	6	3	Professional English II	25	75	100
14	IV	Value Education		2	2	Value Education	25	75	100
15	IV	Soft Skill		2	1	Soft Skill	25	75	100
				36	25		200	600	800

THIRUVALLUVAR UNIVERSITY

B.Sc. PSYCHOLOGY

SYLLABUS

CBCS PATTERN

(With effect from 2020 - 2021)

SEMESTER I

CORE PAPER - 1

GENERAL PSYCHOLOGY – I

UNIT I: INTRODUCTION AND METHODS

What is Psychology? Definition – Goals – What is not psychology? Pseudo psychology. The History of Psychology – Schools - Modern Perspectives – Psychology in India – **Psychology:** The Science – **Methods:** Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – **Scope of Psychology:** Branches of basic Psychology – Branches of applied Psychology

UNIT II: SENSATION, PERCEPTION AND ATTENTION

Sensation: Meaning – Psychophysics -Thresholds – Weber’s Law – Adaptation – **Basic sensation:** Vision – Hearing – Touch and other Skin senses – Olfaction- Gustation - **Proprioception:** Kinesthetic sense – Vestibular sense – **Perception:** Meaning– Organizing principles of perception –Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception **Attention:** Meaning – Types – Determinants.

UNIT III: CONSCIOUSNESS

States of Consciousness: Consciousness – Definition – Two Major Types – **Natural State of Consciousness:** Biological Rhythms – Circadian Rhythms; Waking States of Consciousness – Sleep – Functions – Stages – Sleep Disorders – Dream – Theories. **Altered States of Consciousness:** meaning – Hypnosis – Use of Drugs – Meditation – Other Altered States. **Sensory deprivation:** Near death Experience- Lucid dreaming.

UNIT IV: LEARNING

Learning: Definition – Nature- **Association Learning:** Classical Conditioning – Basic Principles; Operant Conditioning – Basic Principles – Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning. **Social and Cognitive Learning:** Latent Learning – Insight Learning – Observational Learning.

UNIT V: MEMORY AND FORGETTING

Memory: Definition – **Memory Process:** Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – **Forgetting:** Meaning – Forgetting curve-Theories of forgetting - Causes – Memory and Brain – Improving memory.

Textbook:

1. Cicarelli, K. S., Meyer, E. G. & Misra, G. (2008). *General psychology*. New Delhi, India: Pearson India Education Services Pvt Ltd.

Reference book:

1. Baron, R. A. (2010). *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

CORE PAPER -2
BIOLOGICAL PSYCHOLOGY - I

UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOUR

Introduction: Meaning of Biological Psychology- Viewpoints to explore Biology of Behaviour – Approaches that relate brain and behaviour – Levels of analysis - Correlating brain anatomy with behaviour - Recording brain activity - Effects of brain damage - Effects of brain stimulation

UNIT II: NEURONS- BASIC UNIT OF NERVOUS SYSTEM

Basic features of the Nervous System: An overview, Meninges, Ventricular system and production of cerebrospinal fluid. **Cells of the Nervous System:** Neurons, Supporting cells, The blood-brain barrier – **Neural Communication:** An overview, Measuring electrical potentials of axons. **The Membrane Potential:** Balance of two forces, The Action Potential, Conduction of the action potential.

UNIT III: COMMUNICATION BETWEEN NEURONS–SYNAPTIC TRANSMISSION

Communication between Neurons: Structure of synapses, **Neurotransmitter:** meaning-types, **Release of the Neurotransmitter:** Activation of receptors- Postsynaptic potentials- Termination of postsynaptic potentials.

UNIT IV: STRUCTURE & DIVISIONS OF THE NERVOUS SYSTEM

Nervous System: Development of the central nervous system, **Brain:** The forebrain, The hind brain, midbrain & forebrain, **Division of Nervous System:** Central Nervous System, The Peripheral Nervous System- Spinal nerves, Cranial nerves, The Autonomic Nervous system – Sympathetic and Parasympathetic.

UNIT V: HORMONES AND THE BRAIN

Hormonal actions- General principles of hormonal actions, Hormonal action on cellular mechanisms- Hormonal influence on growth and activity, Feedback control mechanisms in regulating secretion of hormones, **Endocrine glands and its specific hormones:** Pituitary- Pineal- Thyroid- Parathyroid-Pancreas- Adrenal- Gonads

Text books:

1. Carlson, N.R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

References:

1. Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc. Publishers.

ALLIED - 1
PAPER 1
PRINCIPLES OF MANAGEMENT

Objective:

To enable the students understand the principles of management and how to acquire skill to become a good Manager.

UNIT-I

Management - Importance - Definition - Nature and Scope of Management - Process - Role and function of a Manager - Levels of Management – Management as an Art or Science - Management as a Profession - Contributions of Henry Fayol and F W Taylor to Management.

UNIT-II

Planning - Nature - Importance - Types - Steps in Planning -Objectives - Policies - Procedures - and Methods - Decision making - Process of decision making - Types of decision.

UNIT-III

Organizing - Types of Organization structure - Span of Control - Departmentation - Informal Organization.

UNIT-IV

Authority - Delegation - Decentralization - Difference between authority and power - Uses of authority - Staffing - Sources of recruitment - Selection process - Training - Directing - Nature and purpose of Directing – Motivation (Maslow’ s need hierarchy Theory only).

UNIT-V

Co-ordination - Need of co-ordination - Types - Techniques - Distinction between Co-ordination and Co-operation - Controlling - Meaning and importance of Controls - Control Process.

Text Books:

1. Sundar K ,principles of Management ,Vijay Nicole Imprints (P) Ltd.
2. Dr. C.D.Balaji, Principles of Management, Margham Publications.
3. P.C. Tripathi & P.N. Reddy , Principles of Management , Tata McGraw-Hill
4. J. Jayasankar , Principles of Management ,Margham Publications.
5. R.N. Gupta , Principles of Management , S.Chand &Co..
6. R.K.Sharma and Shashi K Gupta ,Principles of Management ,Kalyani Publishers.
7. T.Ramasamy ,Principles of Management ,Himalaya Publishing House

Books for Reference:

1. Hanagan , Management Concepts & Practices , MacMillan India Ltd.
2. Dr. N. Perma , Business Management.
3. Prasad L.M. , Principles and Practice of Management
4. Guptha CB , Business Management
5. Peter F. Drucker , Practice of Management

-
6. Harold Koontz, Aryasri & Heniz Weirich , Principles of Management - Tata McGraw-Hill
 7. Stoner, Freeman & Gilbert Jr –Management –Prentice Hall of India.

SEMESTER - II
CORE PAPER - 3
GENERAL PSYCHOLOGY II

UNIT I: COGNITION

Meaning – Cognitive Psychology- Types of cognition: – Mental Imagery – Concept, **Problem solving**- Steps- Barriers to Effective problem solving- Strategies of problem solving: Algorithms, Heuristic, **Decision making** – Step, **Reasoning** – Inductive and Deductive reasoning, **Language**: Nature - Main Components of Language – Phonemes- Morphemes – Syntax - Semantics – Pragmatics.

UNIT II: MOTIVATION

Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs , **Theories of Motivation**: Instincts – Drive-reduction theory – Arousal – Incentive – Opponent-Process – Cognitive theories – Social cognitive theory – Need theories, **Classification of Motives**: Physiological motives – Psychological motives, **Conflict**: Meaning- Types. **Frustration**: Meaning- Causes.

UNIT III: EMOTION AND STRESS

Emotion: Meaning – Basic emotions- Components - Physiology of emotion - Expression of emotion – Theories of Emotions, **Stress**: Definition – Four variations - Stressors – Effects – General Adaptation Syndrome – Individual differences - Coping mechanism.

UNIT IV: INTELLIGENCE AND CREATIVITY

Intelligence: Definition - Concept of IQ - Individual differences in Intelligence –Mental retardation – Mentally gifted – Assessment of Intelligence, **Emotional Intelligence**: Meaning – Characteristics, **Creativity**: Definition- Nature – Steps - Characteristics of creative people – Creativity tests.

UNIT V: PERSONALITY

Personality: Definition - Theories – Psychoanalytic - Neo Freudian: Jung –Adler - Karen Horney – Erikson - Behavioristic view – Social Cognitive view - Humanism and Personality: Roger's theory – Maslow's theory - Trait Theories Psychology – Allport – Cattell - The Big Five Factors. Assessment of Personality, Uses of Personality tests,

Textbook:

1. Cicarelli, K. S., Meyer, E. G. & Misra. (2008) *General psychology*. New Delhi, India: Dorling Kingsley (India) Private Limited

Reference book:

1. Baron, R. A. (2010) *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.

CORE PAPER - 4
BIOLOGICAL PSYCHOLOGY - II

UNIT I: CIRCADIAN RHYTHMS, SLEEP AND DREAMING

Rhythms of waking and sleeping: Endogenous cycles- Setting and resetting the biological clock- Mechanisms of the biological clock, **Sleep and brain mechanisms:** Sleep and other interruptions of consciousness, the onset of sleep and hypnagogic hallucinations, stages of sleep. Paradoxical or REM sleep, **Brain mechanisms of wakefulness and arousal:** Brain functions in REM sleep- Functions of sleep, **Dreaming:** REM sleep and dreaming. Biological perspectives on dreaming.

UNIT II: BRAIN DEVELOPMENT AND PLASTICITY

Development of the brain- Maturation of the vertebrate brain, Growth and development of neurons -New neurons later in life- Path finding by axons, Determinants of neuronal survival, **Neural plasticity:** Meaning- Plasticity after brain damage.

UNIT III: BIOLOGICAL BASIS OF THIRST AND HUNGER

Thirst: Mechanisms of water regulation- Osmotic thirst- Hypovolemic thirst and sodium specific hunger, **Hunger:** Digestion and food selection-Short and long term regulation of feeding-Brain mechanisms - Eating Disorders.

UNIT IV: BIOLOGICAL BASIS OF EMOTIONS

Emotions: Introduction, **Emotions and Autonomic arousal:** James-Lange theory, Brain areas associated with emotions- The functions of emotions. **Attack and Escape Behaviours:** Attack behaviours - Escape - Fear and anxiety- Stress and Health

UNIT V: BIOLOGICAL BASIS OF LEARNING AND MEMORY

Memory: Localized representations of memory- Types of memory- The hippocampus- Theories on the function of the hippocampus- Other types of amnesia: Korsakoff's syndrome, Alzheimer's Disease- The role of the other brain areas.

Text books:

1. Carlson, N. R. (2007). *Foundations of physiological psychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Kalat, J.W. (2011). *Biopsychology*. Delhi, India: Cengage Learning India Private Limited.

References:

1. Pinel, J. (2007). *Biopsychology* (6th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
2. Purves, D., Brannon, E., Huettel, S.A., Labar, K.S., Platt, M.L., & Woldorff, G.M. (2008). *Principles of cognitive neurosciences*. Sunderland, MA: Sinauer Associates, Inc. Publishers.

ALLIED – 1
PAPER -2
ORGANISATIONAL BEHAVIOUR

Objectives:

To familiarize the students with behavioral pattern of human beings at individual and group level in the context of an organization, which in its turn is influenced by the environmental enveloping it.

To enhance the students well regard to knowledge, production and control of human behavior.

UNIT-I

Organizational behavior - meaning – Nature - importance – Role - historical development of organizational behavior - organization as a social system - socio-technical system - open system - factors influencing organizational behavior - environmental factors - constraints over organization and managerial performance.

UNIT-II

Meaning of group and group dynamics - reasons for the formation of groups - characteristics of groups - theories of group dynamics - types of groups in organization - group cohesiveness - factors influencing group cohesiveness - group decision making process - small group behavior.

UNIT-III

Leadership concept - characteristics - leadership theories - leadership styles - managerial grid - leadership continuum - leadership effectiveness. Motivation - concept and importance - motivators - financial and Non-financial - theories of motivation. Morale – Meaning – Characteristics – Determinants of Morale.

UNI - IV

Organizational culture –Definition – Determinants of Organisational culture – Characteristics – Types – Functions. Organisational Climate –Definition –Determinants of Organisational Climate – Distinction between Organisational Culture and Organisational Climate. Organisational Effectiveness – Definition – factors influencing Organisational Effectiveness – Approaches to Organisational Effectiveness. Organisational Conflict – Definition –Features – Sources of Conflict – Different stages of conflict –Measures to stimulate conflicts.

UNIT-V

Management of change: meaning - importance - resistance to change - causes - dealing with resistance to change - concepts of social change and organizational causes - factors contributing to organizational change - organizational development - meaning and process.

Text Books:

1. K.Sundar and J.Srinivasan – Elements of Organisational Behaviour – Vijay Nicole Imprints Private Limited
2. Dr. C.D. Balaji – Organisational Behaviour – Margham Publications
3. J. Jayasankar - Organizational behavior, Margham Publications
4. Aswathappa. K. - Organizational behavior - HPH, Bombay.
5. S.S. Khanka - Organizational Behavior.
6. Dr.P.K.Ghosh , Partho Ghosh – Organisation Behaviour – Laxmi publications Pvt. Ltd.

Books for Reference:

1. Sekaran, Uma - Organizational Behavior-text & cases - Tata McGraw Hill Pub Ltd., New Delhi, 1989.
2. Robbins, P.Stephen - Organizational Behavior-concepts, controversies & Applications - Prentice Hall of India Ltd., New Delhi, 1988.
3. Luthans Fred - Organizational Behavior - McGraw Hill Publishers Co. Ltd., New Delhi.
4. Rao, VSP and Narayana, P.S. - Organization Theory & Behavior - Konark Publishers Pvt. Ltd., Delhi, 1987.
5. Prasad, L.M - Organizational Theory & Behavior - Sultan Chand & Sons, New Delhi.
