

**B.Sc. (Behavioural Science & Applied Psychology)**

**COURSE STRUCTURE**

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
1 <sup>st</sup> yr	1st	BBS-101	Fundamental Psychological Processes	4			4	100
“	“	BBS-102	Emotion & Motivation	4			4	100
“	“	BBS-103	Biological Basis of Behaviour	4			4	100
“	“	BBS-104	Life-span Development-I	4			4	100
“	“	BBS-105	Statistics in Psychology-I	3		1	4	100
“	“	BBS-191	Lab: Learning Curve, Forgetting, Attention			4	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credits	Marks
1 <sup>st</sup>	2nd	BBS-201	Research Methodology-I	4			4	100
“	“	BBS-202	Educational Psychology	3			4	100
“	“	BBS-203	Perception & Psychophysics	4			4	100
“	“	BBS-204	Bio-Psychology	4			4	100
“	“	BBS-281	Personality Studies	3	1	2	5	100
“	“	BBS-291	Lab Practical : by Controlling Experimental Variables; Personality Tests; Interest Inventory			4	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 <sup>nd</sup>	3rd	BBS-301	Clinical Psychology	4			4	100
"	"	BBS-302	Social Psychology	4			4	100
"	"	BBS-303	Organizational Psychology	4			4	100
"	"	BBS-304	Research Methodology-II	4			4	100
"	"	BBS-391	Practical lab: Computer Application of Graphical representation Statistical Packages; Administration of IQ Test; Aptitude Test			4	4	100
		BBS-392	Lab Practical: Interest and aptitude testing			4	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
2 <sup>nd</sup>	4th	BBS-401	Statistics in Psychology-II	4			4	100
"	"	BBS-402	Human Behaviour in Social Environment	4			4	100
"	"	BBS-403	Human Resource management	4			4	100
"	"	BBS-404	Life-span Development-II	4			4	100
"	"	BBS-481	Case Study on Mid-life / Old-age			4	4	100
		BBS-491	Lab Practical: On Group Cohesiveness, Anxiety Inventory; Seminar Presentation on Accident Prevention			4		100
			<b>Total</b>					<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
3 <sup>rd</sup>	5 <sup>th</sup>	BBS-501	Childhood & Developmental Disorders	4			4	100
"	"	BBA-505	Environment Management	4			4	100
"	"	BBS-503	Cultural Psychology	4			4	100
"	"	BBS-504	Disability & Society	4			4	100
"	"	BBS-581	Seminar Presentation on Cultural Psychology Through the Arts			4	4	100
		BBS-582	Projects On Assigned topics			4	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

Year	Semester	Paper Code	Paper	L	T	P	Credit	Marks
3 <sup>rd</sup>	6 <sup>th</sup>	BBS-601	Health and Wellness Psychology	4			4	100
"	"	BBS-681	Dissertation			10	10	300
"	"	BBS-682	Internship			6	6	100
"	"	BBS-683	Viva Voce			4	4	100
			<b>Total</b>				<b>24</b>	<b>600</b>

### Theory:

#### 1. BBS-101: Fundamental Psychological Processes

- **Unit-1: Orientation of Behavioural Sciences – 12hrs**

Definition, Nature, Branches, Schools of Psychology - (a) Structuralism, (b) Functionalism, (c) Gestalt School, (d) Psychodynamic, (e) Behaviouristic School, (e) Cognitive School, Role of Psychologist

- **Unit-2: Attention and Sensation – 12hrs**

Information Processing Approach: Attention, Sensory processes and Perception Determinants of attention; shift and fluctuation; Divided Attention, Sustained Attention, Distraction

- **Unit-3: Learning, Memory – 16hrs**

Nature and Factors of Learning, Laws of Learning, Theories: Trial & Error Conditioning – Classical & Operant; Insight, Social Learning Theory, Programmed learning. Factors of Encoding, Storage & Retrieval, STM, LTM. Types of Memory. Forgetting: Nature, Curve of Forgetting, Causes of Forgetting

#### 2. BBS-102: Emotion & Motivation

- **Unit-1: Theories of Emotion – 10hrs**

Nature, Theories: James-Lange; Cannon-Bard, Lindsay, Schachter-Singer, and Lazarus

- **Unit-2: Motivation and Reasoning – 14hrs**

Definition; Theories of Motivation – Maslow, McClelland, Murray. Application, Role of motivation in Education, Nature of thinking; Inductive and Deductive reasoning; Problem solving approaches

- **Unit-3: Physiological correlates of emotion and motivation – 16hrs**

Physiological correlates of emotion: Electrical, Circulatory changes, Respiration, and Peripheral measures.

The role of Cortex in Emotions. Concept of Homeostasis, Physiological basis of Hunger, Thirst and sleep

**3. BBS-103: Biological Bases of Behaviour**

- **Unit-1: Genetic Endowment, Twin Studies – 6 hrs**
- **Unit-2: Structure & Function of Neurons, Neural Transmission – 16hrs**  
Nerve impulse, Synapse and neurotransmitters
- **Unit-3: Central Nervous System – 16hrs**  
(Forebrain, mid brain, hind brain)

**4. BBS-104: Life-span Dev - I**

- **Unit-1: Fundamental Concepts of development- 20 hrs**  
Characteristics, milestones and hazards, nature nurture, prenatal development
- **Unit 2: – Physical and Language Development – 10 hrs**
- **Unit-3: Personality Development – 10hrs**  
Developmental Phases following Various Stages, Developmental Hazards

**5. BBS – 105: Statistics in Psychology – I**

- **Unit-1: Levels of Measurement – 8hrs**  
Need for Quantification in Psychology, Levels of Measurement – Nominal, Ordinal, Interval and Ratio
- **Unit-2: Central Tendency & Measures of Variability – 16hrs**  
Meaning, Types, Uses and Computation Techniques of the Measures of Central Tendencies, and Measures of Dispersion or Variability
- **Unit-3: Concept of Parametric & Non-parametric Statistics, Normal Probability – 16hr**  
Normal Probability Curve and its properties as well as its application

**Practical: BBS - 191**

**6. Lab :**

**Memory and learning-** whole vs part learning, spaced vs unspaced learning, learning curve

**Forgetting-**retraction , proaction, forgetting curve

**span of attention-** sustained attention( digit vigilance test)

test of divided attention( triad)

test of focused attention( trail making)

## Theory:

### 1. BBS-201: Research Methodology – I

- **Unit-1: Intro to Research – 8hrs**  
Common Sense and Scientific Thinking, Characteristic of Scientific Methods
- **Unit-2 :Concepts of Variable – 16hrs**  
Variables and their Classification, Major Steps in Psychological Research
- **Unit-3: Problem & Hypothesis, Steps in Research – 16hrs**  
Characteristics of Problems, Definition, Sources and Criteria of Good Hypothesis  
Hypothesis and Theory

### 2. BBS-202: Educational Psychology

- **Unit-1: Theories & App of Intelligence and Decision Making – 16hrs**  
Definition, Nature, Classification  
Theories: Spearman, Thurstone, Guilford, Cattell  
Assessment of Intelligence, Heuristics in decision-making: representativeness, availability and Anchoring and Adjustment, The Framing Effect, Overconfidence in decisions, The Hindsight Bias
- **Unit-2: Aptitude, Ability & Interest – 10hrs**  
Definition, Nature, interconnection
- **Unit-3: Exceptional Children & Delinquency – 14hrs**  
Classification: Gifted, Mental Retardation, Problem Children, Backward Children, Characteristics, Education of Different Classes of Exceptional Children

### 3. BBS-203: Perception & Psychophysics

- **Unit-1: Perception – 16hrs**  
Perception and its Determinants; Perception of Form, Space, Movement and time.  
Optical illusions
- **Unit-2: Object Recognition – 8hrs**  
Bottom -Up and Top-Down Processing, Face Perception
- **Unit-3: Introduction to Psychophysics – 16hrs**  
Concepts of Sensory Thresholds. Psychophysics: Weber-Fechner Law  
Classical Methods: (i)Constant Method, (ii) Gradation Method, (iii) Method of Average Error

### 4. BBS-204: Bio-Psychology

- **Unit-1: Unit-2: Peripheral Nervous System – 16hrs**  
Peripheral Nervous System: Introduction to Spinal nerves, Cranial Nerves and Autonomic Nervous System
- **Unit-2: Spinal Cord – 8 hrs**
- **Unit-3: Physiology of Learning and Memory – 16hrs**  
Role of Synaptic Facilitation and Inhibition on STM, LTM; Consolidation of Memory

## 5. BBS-281: Personality studies (3L+1T+ 2P)

### Theory

- Unit-1: Freud & Psychosexual Dev – 16 hrs
- Unit-2: Erikson & Psychosocial Dev – 10 hrs
- Unit-3: Trait & Type Approach of Personality – 14hrs

### Lab

Personality Tests : NEO Five factor (60 items), 16PF

## Practical: BBS - 291

### 6. Lab Demo by Controlling Experimental Variables through Simple Reaction Time Interest Inventory (Gilford Zimmamon)

#### Reference :

- Hall, C. S, Lindzey, et all (2002) – Theory of Personality
- J & G Feist (2001) – Theories of Personality
- Aronson, Wilson, Akert (2013) – Social Psychology
- Schultz & Schultz (1973) – Psychology & Work Today
- Kerlinger, N (1996) – Foundations of Behavioural Research
- Anastasi, A (1988) – Psychological Testing
- Singh, A.K (1997) – Test, Measurements & Research Methods in Behavioural Sciences

#### Theory:

### 1. BBS-301: Clinical Psychology

- **Unit-1: Signs & Symptoms of Mental Illness – 8hrs**  
Introduction to Classificatory System of Mental Disorders  
Introduction to Psychotic, Neurotic and Psycho-physiological disorders
- **Unit-2: Overview of Anxiety Disorder and mood disorder – 20hrs**  
Panic Phobia, Obsessive-compulsive Disorders.  
Generalized anxiety Disorders
- **Unit-3: Overview of Psychotic Disorders – 12 hrs**  
Schizophrenia

### 2. BBS-302: Social Psychology

- **Unit-1: Intro to Social Psychology, Cross-cultural Perspectives – 8hrs**  
Definition and Nature of Social Psychology.  
Methods of Social Psychology
- **Unit-2: Group & Leadership – 16hrs**

Definition and Classification of Groups: Organised vs Disorganised

Conformity and Compliance. Crowd and Mob.

Leadership: Definition, Classification and Function. Leadership and Morale.

- **Unit-3: Attitude, Prejudice, Discrimination, Stereotype – 16hrs**

Definition, Formation of Attitude

Theories, Measurement, Change of Attitude. Concept and Origin of Prejudice and Stereotype, Reduction of prejudice

### **3. BBS-303: Organizational Psychology**

- **Unit-1: Fundamental Theories of OB, Job-analysis, Selection & Recruitment Process – 12hrs**

Introduction, Scope of OP, Basis of Selection, Job-analysis Methods, Measurement and Uses

- **Unit-2: Theories of Motivation, Job-satisfaction:– 16hrs**

content, theories and process theories

- **Unit-3: Leadership & Organizational Dev – 12hrs**

Definition. Different Leadership Styles

### **4. BBS-304: Research Methodology – II**

- **Unit-1: Experimental design & concepts of Field Study – 20hrs**

Design of Experiments: Controlling Subjects, Situation and Sequence Related Variables. Single Group and Separate Group Designs. Quasi Experimental Design and Time Series

- **Unit-2: Dev & Standardization of Psychological Test – 20hrs**

Reliability, Validity, Norms

#### **Practical:**

### **5. BBS-391: Computer Application of Graphical representation using Statistical Package**

### **6. BBS-392 Intelligence (using SPM & CATTELL) and Aptitude Testing( DAT full)**

#### **Reference**

- Schultz & Schultz (1973) – Psychology & Work Today
- Kerlinger, N (1996) – Foundations of Behavioural Research
- Anastasi, A (1988) – Psychological Testing
- Singh, A.K (1997) – Test, Measurements & Research Methods in Behavioural Sciences

## **Theory:**

### **1. BBS-401: Statistics in Psychology – II**

- ***Unit-1: Correlation – 16hrs***

Meaning of Bi-variate Distribution, Coefficient of Correlation.

Pearson's Product Moment and Spearman's Rank Difference Correlation, Computation and Use. Biserial, Point Biserial, Tetrachoric, Phi-Coefficient and Contingency Coefficient

- ***Unit-2: Computation of Mean Differences – 16hrs***

T test, Chi Square

- ***Unit-3: Concept of Inference – 8hrs***

Concepts and steps involved in drawing a statistical inference

### **2. BBS-402: Human Behaviour in Social Environment**

- ***Unit-1: Aggression, Attraction, Altruism – 20hrs***

Concepts and Social Application

- ***Unit-2: Mob Behaviour, Public Opinion & Media – 20hrs***

Public opinion, Rumor, Propaganda, Role of Media

### **3. BBS-403: Human Resource Management**

- ***Unit-1: HRM and HRD, Functions of HRD – 8hrs***

Concepts, Differences, Relevance, Scope

- ***Unit-2: Training & job analysis – 16hrs***

Phases of Training, Types of On-the-job Training, Off-the-job Training)

- ***Unit-3: Organizational Climate – 16hrs***

Psychological Boredom and Monotony , Fatigue Conditions at Work

Organizational Climate and its Impact on Work, Conflict and its Reduction

### **4. BBS-404: Life-span Development – II**

- ***Unit-1: cognitive and moral development – 15hrs***

- ***Unit-2: Social and emotional development – 10hrs***

- ***Unit-3: crisis of development –15hrs***

Issues of adolescence, adulthood and old age

### **5. BBS-485: Case-study on Mid-Life/Old-age**

### **6. BBS-496: Lab Exp On**

Group Cohesiveness using sociometric methods

Ethnic prejudice through Bogardus social distance scaling

Anxiety Inventory through Sti/ Bi & trait

Seminar Presentation on HRM

Reference



- Berk, L. E (2016) – Exploring Life-span Development
- Kail R V (2001) – Children & Their Development

**Theory:**

**1. 1. BBS-501: Childhood & Developmental Disorders**

- **Unit-1: Mental Retardation & Learning Disabilities – 12 hrs**
- **Unit-2: Autism Spectrum Disorders – 12 hrs**
- **Unit-3: Overview of Externalized Disorders - 16hrs**

Conduct disorder, oppositional defiance disorder, ADHD

**2. BBA – 505: Environment Management**

**1. Fundamentals of Environment Management :**

Definition, principles and scope; Types and components environment; Man-Environment relationship; Causes of environment destruction; Environmental ethics; Environment awareness programmes.

**2. Natural Resources –**

Awareness : Eco-System, Atmosphere, Land, Water, Forest, Mines & Minerals, Wetland, Bio-diversity, Conservation of natural resources.

**3. Environmental Protection – Policies & Legislations :**

National environmental policy, Environmental Legislations, International Conventions and Agreements, GATT/WTO and environment, State Pollution Control Board, Role of NGOs.

**4. Environmental Management System :**

ISO – 14000, Environment Audit, Eco-Friendly products (Ecomark), Green Industry.

**5. Environmental Impact Assessment (EIM) :**

EIM – Methods and tools, Appraisal and clearance for industry, Evaluation System. 6. Environment Management – Case Studies Suggested Readings 1. N.K. Oberoi : Environmental Management, Excell Books 2. G.N. Pandey : Environmental Management, Vikas 3. K.M. Agrawal & P.K. Sikdar: Text Book of Environment, MacMillan 4. L.W. Canter : Environmental Impact Assessment, McGraw Hill

**1. BBS-503: Cultural Psychology**

- **Unit-1: Interface between Culture & Psychology – 16hrs**  
Methods of Understanding Culture , Scope of Cultural Psychology, Mechanisms of Cultural Transmission
- **Unit-2: Culture & Basic Psychological Processes – 12hrs**  
Interrelation between Culture, Perception, Cognition  
Emotional expressions and Culture
- **Unit-3: Culture & Gender - 12hrs**  
Culture and Gender stereotype

**2. BBS-504: Disability & Society**

- **Unit-1: Unit-1: Intro to Rehabilitation, Scope of Rehabilitation Professionals – 8hrs**  
Definition of Rehabilitation, Impairment, Handicap, Disability due to Psychiatric Disorders, Quality of Life
- **Unit-2: Societal Attitude Towards Disability – 18hrs**  
Discrimination: Strategies for Attitude Change, Social Competence, Participation and Integration
- **Unit-3: Rehabilitation Progs – 14hrs**  
RCI, Govt Schemes

**Sessional:**

3. **BBS-585: Seminar Presentation on Cultural Psychology Through the Arts**
4. **BBS-586: Project On Assigned topic**

**Theory:**

**BBS-601: Health & Wellness Psychology**

- **Unit-1: Mind-body Connection, Bio-medical & Bio-psychosocial Model – 14hrs**  
Psychological factors in Illness and Disease, The stages of change model, The Health belief model, Theories of reasoned action and planned behavior)
- **Unit-2: Stress & Illness, Adjustment Disorders – 16hrs**  
Predisposing Factors, Effects of Stress- GAS and Psycho Neuroimmunology, Type A behaviour and Stress, Coping
- **Unit-3: Terminal illness & Wellbeing – 10hrs**  
Nature, Psychosocial Factors and Management

**Sessional:**

2. **BBS-681: Dissertation**
3. **BBS-682: Internship**
4. **BBS 683: viva voce**

**Reading List:**

- 
- Schultz & Schultz (1973) – Psychology & Work Today
- Kerlinger, N (1996) – Foundations of Behavioural Research
- Anastasi, A (1988) – Psychological Testing
- Singh, A.K (1997) – Test, Measurements & Research Methods in Behavioural Sciences

- Berk, L. E (2016) – Exploring Life-span Development
- Kail R V (2001) – Children & Their Development
- Sadock, B. J, & Sadock V. A (2015) – Kaplan & Sadock’s Synopsis of Psychiatry
- American Psychiatric Association (2013) – Diagnostic & Statistical Manual of Mental Disorders, 5<sup>th</sup> ed.
- Woolfe, R., Strawbridge, S et all (2009) – Handbook of Counselling
- Wing J. K, Morris, B (1981) – Handbook of Psychiatric Rehabilitation Practice.
- Sharf R. S (2000) – Theories of Psychotherapy & Counselling Concepts & Cases
- Palmer, S (1999) – Introduction to Counselling & Psychotherapy
- Brems, C (2001) – Basic Skills in Psychotherapy & Counselling
- Murickan, J, Kaveparampil (1995) – Persons with disabilities in society.
- Carpener B, (2002) - Families in Context, Emerging Trends in Family Support and Intervention
- Matsumoto,D and Juang,L (2004). - Culture and Psychology.
- Misra,G and Mohanthy .A.k (2002) - Perspectives on indigenous Psychology .
- Valsiner J (2007) - Culture in minds and societies .Foundations of cultural Psychology
- J.W .Berry ,R.C Mishra and R.C Tripathi.(Eds) - Psychology in human and social development
- Blum, M.L. and Naylor, J.C (1984) - Industrial Psychology
- Stephen P. Robbins and Timothy A. Judge (12th Edition) ‘Organizational Behaviour’
- Dimatteo, Robin,M., Martin, Leslie, R.,(2007) - Health Psychology
- Misra, G (Ed) (1999) – Psychological Perspectives on Stress & Health
- Pandey, J, Sniha D, & Bhawuk, (1996) – Asian Contribution to Cross-cultural Psychology
- Goldsmith, E (1991) – The Way: The Ecological World-view
- Masters, R. E (1994): Counselling Criminal Justice Offenders
- Reid, S. T (1979): Crime and Criminology
- Smith, M. D. & Zahn, M. A (1998): Studying and Preventing Homicide
- Walters, G. D (1994): Drug and Crime in Lifestyle Perspective