

**Maulana Abul Kalam Azad University of Technology, West Bengal**

*(Formerly West Bengal University of Technology)*

**B.Sc. in Behavioural Science & Applied Psychology**

**(Effective for Academic Session 2018-2019)**

[PS: Comprehensive Reading List is provided at the end]

**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	3	1		3	100
“	“	BBS-105	Statistics in Psychology-I	3	1		3	100
“	“	BBS-191	Lab: Learning Curve, Forgetting, Attention			4	2	100
			<b>Total</b>				<b>20</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	1		4	100
“	“	BBS-203	Perception & Psychophysics	4			4	100
“	“	BBS-204	Bio-Psychology	3	1		4	100
“	“	BBS-281	Personality Studies			4	2	100
“	“	BBS-291	Lab Practical : by Controlling Experimental Variables; Personality Tests; Interest Inventory			4	2	100
			<b>Total</b>				<b>20</b>	<b>600</b>

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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	2	100
		BBS-392	Lab Practical: Interest and aptitude testing			4	2	100
			<b>Total</b>				<b>20</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	2	100
		BBS-491	Lab Practical: On Group Cohesiveness, Anxiety Inventory; Seminar Presentation on Accident Prevention			4	2	100
			<b>Total</b>				<b>20</b>	<b>600</b>

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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-502	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	2	100
		BBS-582	Projects On Assigned topics			4	2	100
			<b>Total</b>				<b>20</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	2	2		3	100
"	"	BBS-681	Dissertation				8	300
"	"	BBS-682	Internship				6	100
"	"	BBS-683	Viva Voce				3	100
			<b>Total</b>				<b>20</b>	<b>600</b>

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**First Semester**

**Theory:**

**BBS-101: Fundamental Psychological Processes**

- ***Unit-1: Orientation of Behavioural Sciences***

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***

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

- ***Unit-3: Learning, Memory***

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

**BBS-102: Emotion & Motivation**

- ***Unit-1: Theories of Emotion***

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

- ***Unit-2: Motivation and Reasoning***

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***

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

**BBS-103: Biological Basis of Behaviour**

- ***Unit-1: Genetic Endowment, Twin Studies***

- ***Unit-2: Structure & Function of Neurons, Neural Transmission***

Nerve impulse, Synapse and neurotransmitters

- ***Unit-3: Central Nervous System***

(Forebrain, mid brain, hind brain)

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**BBS-104: Life-span Development - I**

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

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

- **Unit-1: Levels of Measurement**  
Need for Quantification in Psychology, Levels of Measurement – Nominal, Ordinal, Interval and Ratio
- **Unit-2: Central Tendency & Measures of Variability**  
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**  
Normal Probability Curve and its properties as well as its application

**Practical: BBS - 191**

**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)

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**Second Semester**

**Theory:**

**BBS-201: Research Methodology – I**

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

**BBS-202: Educational Psychology**

- **Unit-1: Theories & App of Intelligence and Decision Making**  
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**  
Definition, Nature, interconnection
- **Unit-3: Exceptional Children & Delinquency**  
Classification: Gifted, Mental Retardation, Problem Children, Backward Children, Characteristics, Education of Different Classes of Exceptional Children

**BBS-203: Perception & Psychophysics**

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

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**BBS-204: Bio-Psychology**

- **Unit-1: Unit-2: Peripheral Nervous System**

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**

Role of Synaptic Facilitation and Inhibition on STM, LTM; Consolidation of Memory

**BBS-281: Personality studies**

**Theory**

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

**Practical: BBS - 291**

1. **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

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**Third Semester**

**Theory:**

**BBS-301: Clinical Psychology**

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

**BBS-302: Social Psychology**

- **Unit-1: Intro to Social Psychology, Cross-cultural Perspectives**  
Definition and Nature of Social Psychology.  
Methods of Social Psychology
- **Unit-2: Group & Leadership**  
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**  
Definition, Formation of Attitude  
Theories, Measurement, Change of Attitude. Concept and Origin or Prejudice and Stereotype,  
Reduction of prejudice

**BBS-303: Organizational Psychology**

- **Unit-1: Fundamental Theories of OB, Job-analysis, Selection & Recruitment Process**  
Introduction, Scope of OP, Basis of Selection, Job-analysis Methods ,Measurement and Uses
- **Unit-2: Theories of Motivation, Job-satisfaction**  
content, theories and process theories
- **Unit-3: Leadership & Organizational Dev**  
Definition. Different Leadership Styles

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

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

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***

Reliability, Validity, Norms

#### **Practical:**

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

2. **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

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**Fourth Semester**

**Theory:**

**BBS-401: Statistics in Psychology – II**

- **Unit-1: Correlation**  
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**  
T test, Chi Square
- **Unit-3: Concept of Inference**  
Concepts and steps involved in drawing a statistical inference

**BBS-402: Human Behaviour in Social Environment**

- **Unit-1: Aggression, Attraction, Altruism**  
Concepts and Social Application
- **Unit-2: Mob Behaviour, Public Opinion & Media**  
Public opinion, Rumor, Propaganda, Role of Media

**BBS-403: Human Resource Management**

- **Unit-1: HRM and HRD, Functions of HRD**  
Concepts, Differences, Relevance, Scope
- **Unit-2: Training & job analysis**  
Phases of Training, Types of On-the-job Training, Off-the-job Training)
- **Unit-3: Organizational Climate**  
Psychological Boredom and Monotony , Fatigue Conditions at Work  
Organizational Climate and its Impact on Work, Conflict and its Reduction

**BBS-404: Life-span Development – II**

- **Unit-1: cognitive and moral development**
- **Unit-2: Social and emotional development**
- **Unit-3: crisis of development**  
Issues of adolescence, adulthood and old age

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### **BBS-481: Case-study on Mid-Life/Old-age**

### **BBS-491: 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

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**Fifth Semester**

**Theory:**

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

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

Conduct disorder, oppositional defiance disorder, ADHD

**BBA – 502: 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

**BBS-503: Cultural Psychology**

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

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### **BBS-504: Disability & Society**

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

#### **Sessional:**

1. **BBS-581: Seminar Presentation on Cultural Psychology Through the Arts**
2. **BBS-582: Project On Assigned topic**

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**Sixth Semester**

**Theory:**

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

- **Unit-1: Mind-body Connection, Bio-medical & Bio-psychosocial Model**  
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**  
Predisposing Factors, Effects of Stress- GAS and Psycho Neuroimmunology, Type A behaviour and Stress, Coping
- **Unit-3: Terminal illness & Wellbeing**  
Nature, Psychosocial Factors and Management

**Sessional:**

1. **BBS-681: Dissertation**
2. **BBS-682: Internship**
3. **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 al (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

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- 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