

# **Psychology / psychological counseling Discipline Syllabus**

**(III&IV Semester)**

**Submitted to**

**Additional Chief Secretary to the Government of Karnataka  
Higher Education Department  
Bengaluru**

**Submitted by**

**Chairperson and Member  
NEP-2020 Committee on Curriculum Framing**



## **List of Committee Members**

### **Chairperson**

**Dr. G. Venkatesh Kumar**, Professor, University of Mysore, Mysuru

Member Convener

**Dr.ThandavaGowdaT.N.**,A.O.,Karnataka State Higher Education Council

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- 1. Dr. Vijayalaxmi A. Amminabhavi**, Professor, Karnatak University, Dharwad.
- 2. Dr.M.Srinivas**, Assoc. Professor, Bangalore University, Bengaluru
- 3. Dr.LancyD'Souza**, Assoc. Professor, Maharaja's College, Mysuru
- 4. Dr.KamalaH.** Assoc. Professor, Maharani Cluster University, Bengaluru
- 5. Dr.BeenaDaliya R.** Assoc. Professor, IIPR, Bengaluru

**Sd/-**

**Subject Committee Chairperson**

## Structure for Psychology Discipline

<b>Semester III</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of teaching Hours/Week</b>	<b>Total Assessment Marks</b>
<b>DSC-3</b>	<b>Child Development</b>	<b>4</b>	<b>4</b>	<b>100(60+40)</b>
<b>DSC-3</b>	<b>Practicalpaper-3</b>	<b>2</b>	<b>4</b>	<b>50(25+25)</b>
<b>OE-3</b>	<b>Psychology and Mental Health</b>	<b>3</b>	<b>3</b>	<b>100(60+40)</b>
<b>Semester IV</b>				
<b>DSC-4</b>	<b>Developmental Psychology</b>	<b>4</b>	<b>4</b>	<b>100(60+40)</b>
<b>DSC-4</b>	<b>Practicalpaper-4</b>	<b>2</b>	<b>4</b>	<b>50(25+25)</b>
<b>O E - 4</b>	<b>Psychology at Work</b>	<b>3</b>	<b>3</b>	<b>100(60+40)</b>

**Davangere University**  
**NEP 2020 Syllabus of Under Graduate Programme in**  
**Psychology for BA/BSC with Effect from 2022-23 (III & IVth Semester)**  
**Subject: Psychology**

Sl no	Type of course	Semester	Title of the course	HRS per Week	I A Marks	Theory\ Practical	Total marks	Credits
1	<b>DSC Course-3</b>	3d Sem	Paper3 Child Development	04HRS	40	60	100	04
		3d Sem	Practical-3	04HRS	15 Journal Marks	35	50	02
	<b>OEC Course 3</b>	3d Sem	Psychology and Mental Health	03HRS	40	60	100	03
2	<b>DSC Course 4</b>	4th Sem	Paper 4 Developmental Psychology	04HRS	40	60	100	04
		4th Sem	Practical - 4	04HRS	15 Journal Marks	35	50	02
	<b>OEC Course 4</b>	4th Sem	Psychology at Work	03HRS	40	60	100	03

The Following Members were present

- |                            |                       |
|----------------------------|-----------------------|
| 1) Dr. Venkatarao M Palate | - Dean \ Chair Person |
| 2) Prof: Nagaraja O        | - BOS \ Chairmen      |
| 3) Dr. Narasimharaju N     | Member                |

Enclosures - 1) List Of Experiment 3d Sem and 4<sup>th</sup> Sem  
2) Pattern for internal assessment

## **Assessment:**

### **Weightage for assessment(in Percentage)**

<b>Course</b>	<b>Formative Assessment/ IA</b>	<b>End Semester Examination</b>	<b>Summative Assessment</b>
<b>Theory</b>	<b>40</b>	<b>60</b>	<b>40+60=100</b>
<b>Practical</b>	<b>15</b>	<b>35</b>	<b>50</b>
<b>Projects</b>	<b>-</b>	<b>-</b>	<b>3</b>
<b>Experiential Learning</b>	<b>-</b>	<b>-</b>	<b>4</b>
<b>O E</b>	<b>40</b>	<b>60</b>	<b>40+60=100</b>

**NEP Syllabus of Psychology (Discipline Specific Course) subject for  
BA/B.Sc.III Semester with effect from  
Academic year 2022-23 and onwards**

**PAPER-III: CHILD DEVELOPMENT**

**(56 HOURS)**

**Learning Outcomes:**

1. Understand the Physical, Cognitive and Language development
  2. Know about the role of Emotional and Moral development
  3. Understand the genetic and chromosomal abnormalities
  4. Understand the different disorders faced by children in their growth period
- \* Teaching Hours 4 hours per week  
\* 60 marks for examination and 40 marks for Internal Assessment

**UNIT I - INTRODUCTION TO CHILD DEVELOPMENT (14 hours)**

➤ **Historical views of childhood**

**Chapter-01 : Theories of child development** – Cognitive theories, Behavioral and social cognitive theories; Ecological model – Bronfenbrenner. Ethological model / perspective.

**Chapter-02: Methods and Designs** – Longitudinal, Cross – sectional, Sequential, Correlation. Modern methods of Child Development.

**Chapter-03 : Careers in Child development.**

**Chapter-04: Research Challenges in Child development.**

**Unit II – PRE-NATAL DEVELOPMENT (14 hours)**

**Chapter-01: Conception** - Stages in prenatal development - Germinal stage, Embryonic stage and Fetal stage.

**Chapter-02 : Prenatal Environmental Influences** - Teratogens, Prescription and Nonprescription Drugs-illegal drugs, Tobacco, Alcohol, Radiation, Environmental Pollution, Maternal Disease and other Maternal Factors.

**Chapter-03: Childbirth** – Stages of child birth

**Chapter-04: New Born Assessment** – APGAR scale, Brazelton Neonatal Behavioral Assessment Scale.

**Chapter-04: Chromosomal and Gene linked abnormalities** – Chromosomal abnormalities – Down Syndrome; Abnormalities of the sex chromosomes - Klinefelters, Fragile x, Turner's, XXX, XYY; Gene linked abnormalities - PKU, Sickle Cell Anemia, Tay Sachs Disease.

**Chapter-05: Genetic Counseling, Postpartum period:** Physical, Emotional, Psychological and bonding

### **UNIT III-PHYSICAL, COGNITIVE AND LANGUAGE DEVELOPMENT(14hours)**

**Chapter-01: MOTOR DEVELOPMENT:** Reflexes—Some new born reflexes; Sleeping, Crying.  
**Motor development in infancy**—meaning; sequence of motor development—Gross motor development; fine motor development

**Chapter-02: PERCEPTUAL DEVELOPMENT** -Touch, Taste and Smell, Hearing, Vision.

**Chapter-03: COGNITIVE DEVELOPMENT** - Piaget's theory of cognitive development. Vygotsky's Theory of cognitive Development-Zone of Proximal Development and Scaffolding.

**Chapter-04: LANGUAGE DEVELOPMENT** – components of language development; Pre-linguistic development – receptivity to language, first speech sounds. Phonological development; Semantic development; Grammatical Development, Pragmatic development; Bilingualism.

### **UNIT IV-EMOTIONAL, SOCIAL AND MORAL DEVELOPMENT (14 hours)**

**Chapter-01: EMOTIONAL DEVELOPMENT-** Development of emotional expression-Basic Emotions, Self-Conscious Emotions, Emotional self-Regulation, Acquiring Emotional Display Rules, Understanding and Responding to Emotions of Others-Social Referencing, Empathy and Sympathy.

**Chapter-02: SOCIAL DEVELOPMENT** - Social Orientation, Development of attachment, Security of attachment. Cultural Influences. Development of Self Awareness and Understanding Self.

**Chapter-03: MORAL DEVELOPMENT-**Kohlberg's theory of Moral development.

#### **References:**

1. Carson, Butcher and Mineka, (2008) Abnormal Psychology. 13th edition, Pearson Education
2. John.W.Santrok(2014)-Child Development - 13th edition, TataMcGrawhill edition
3. Laura E. Berk (2013) - Child Development- 9th Edition, Eastern economy edition, PHI publication
4. Levine, L.E. & Munsch, J (2014) Child Development: An Active Learning Approach, 2nd Edition, Sage Publications, Inc
5. Hurlock – lifespan Development
6. Vikasa Manovignana-Prof. P. Nataraja- Srinivasa Publication Mysore



**BA/BSc III Semester With effect from  
Academic year 2022-23 and on wards**

**PRACTICALS: 4 hours per week.  
(Minimum 8 Practical to be conducted)**

**Maximum Marks: 50**

1. Cueingon Recall
2. Processes in Concept Formation
3. Children's Self Concept Scale
4. Learning Styles Inventory
5. Three Dimensional Parental Behaviour Inventory
6. Vinel and Social Maturity Scale
7. Seguin Form Board
8. Brigance School Readiness Scale
9. Shyness Assessment Test/Rosenberg Self Esteem Scale
10. General Health Questionnaire
11. Lone lines Inventory
12. Emotional Maturity Scale

**STATISTICS**

**Correlation**

- Spearman's Rank Difference Method
- Pearson's Product Moment

**NEP Syllabi of Psychology subject for BA/B.Sc III Semester  
With effect from Academic year 2022-23 and onwards**

**Open Elective**

Teaching Hours:3 hours per week

(Total42 hours)

Marks for Exam:60

IA Marks:40

**Psychology and Mental Health**

**Course Objectives**

- To understand the fundamentals of mental health
- To create awareness about importance of mental health
- To understand the Challenges in the field of mental health
- To understand the Importance of Psychological interventions

**Unit1:Introduction**

**(14hours)**

Chapter-01: Meaning and definition of Mental Health, Fundamentals of Mental Health.

Chapter-02: Factors affecting mental health: Physiological factors, Psychological Factors and Social factors,

Chapter-03: Ethical issues

**Unit2: Inter personal approach to Mental Health**

**(14hours)**

Chapter-01: Inter personal approaches to mental health: communication and conflict - non violence communication, the four horsemen of the apocalypse.

Chapter-02: Cognitive distortions - personalization, catastrophizing, polarised thinking, Should and musts, mental filtering, fallacies (control, change ,and heaven' sreward), A-B-C model

**Unit3:MentalHealth issues**

**(14hours)**

Chapter-01: Stress/Burnout

Chapter-02: Anxiety, fear, worry, phobia, depression

Chapter-03: Grief and trauma

Chapter-04: Need for mental health intervention and strategies

Physiological approach, Cultural and Social Approach: Bronfen

Brenner Model, Inter sectionality (Privilegev/s Oppression)

**References**

- Augustus, J.o., Bold, Justine., Williams, B. An Introduction to Mental Health, Sage Publications Ltd
- Gurumani,G.D.,Text Book of Mental Health and Hygiene
- Lucock, M., Gillard, S., Adams, K., Simons, L., White, R., & Edwards, C.(2011). *Self - care in mental health services: a narrative review. Health &SocialCarein theCommunity*, 19 (6)
- Papalia., &, C. D.E., Olds, S.W., & Feldmam, R.D. (2004). *HumanDevelopment*. 9th Edition. New Delhi: Tata Mc-Graw Hill Publishing CompanyLtd.
- Piotrowski,N.A.(2010).*Psychology&MentalHealth*.SalemPress.
- RobertFeldman(2011)*EssentialsOfUnderstandingPsychology* 10thEdition

**NEP Syllabus of Psychology (Discipline Specific Course) subject  
for BA/BSc IV Semester With effect from  
Academic year 2022-23 and on wards**

**PAPER–IV: DEVELOPMENTAL PSYCHOLOGY**

**(56HOURS)**

**Learning Out comes:**

1. To Understand and analyze the Physical, Cognitive and Psychosocial development.
2. To knowa bout the vocational adjustment.
3. To understand the aging, the ageing process and facing the future.

\* TeachingHours4hoursperweek.

\* 60marksforexaminationand40marksforInternalAssessment.

**UNIT I: PUBERTY & ADOLESCENCE**

**(14hours)**

**Chapter-01: Puberty: Meaning and Characteristics.**

**Chapter-02: Adolescence: Physical Development** – Adolescents’ growth spurt, primary  
And secondary sexual characteristics, signs of sexual maturity.

**Chapter-03: Physical and Mental Health** – Physical Fitness, Sleep Needs,  
Nutrition and Eating disorders; Substance abuse – risk factors of drug  
Abuse, gate way drugs – alcohol –marijuana and tobacco. Addiction  
to Social media and Virtual Gaming.

**Chapter-04: Psychosocial Development:** Search for Identity- Theories of Erikson and  
Marcia. Gender Differences and Ethnic Factors in Identity Formation.  
Relationship with family, peers and adult society. Adolescents in Trouble:  
Antisocial and Juvenile Delinquency (in brief)

**UNIT II: EARLY ADULTHOOD**

**(14hours)**

Characteristics of early adult hood.

**Chapter-01: Health and Physical Development: Health** status, Genetic and Behavioral  
Influences on Health and Fitness.

**Chapter-02: Cognitive development** –Piaget’s shift to post formal thought. Schaies’  
Model. Emotional Intelligence.

**Chapter-03: Psycho-social development:** Models - Normative, Timing-of-events,  
Trait and Typological. Intimate Relationships. Marital and non-marital  
life styles - Single life, Marriage, co-habitation, LGBT issues.

**UNIT III: MIDDLE ADULTHOOD**

**(14hours)**

Characteristics of Middle adulthood.

**Chapter-01: Physical Development** – physical changes – Sensory & Psychomotor  
Functioning, Sexuality& Reproductive Functioning- Menopause & its  
Meanings; Changes in male Sexuality.

**Chapter-02: Cognitive development** –The distinctiveness of adult cognition – the role  
Of expertise, Integrative thought, practical problem solving, creativity.  
Occupational Patterns, Work v/s Early Retirement, Work and Cognitive  
Development, Mature Learner.

**Chapter-03: Psycho-Social Development** – Changes in Relationship at Midlife.  
Consensual Relationships: Marriage, Midlife divorce, LGBT  
Issues, Friendships, Relationships with maturing children.

**Chpater-04: Vocational Adjustments** – Factors affecting vocational adjustment in  
Middle Adulthood, Vocational Hazards, and Adjustment to approaching  
Retirement.

#### **UNIT IV: LATE ADULTHOOD**

**(14hours)**

Characteristics of Late adulthood.

**Chapter-01: Physical Changes:** Sensory & Psychomotor Functioning – Vision, Hearing, Taste & Smell, Strength, Endurance, Balance & Reaction time.

**Chapter02: Cognitive Development:** Intelligence and Processing Abilities. Competence In everyday tasks & problem solving.

**Chapter-03: Psychosocial Development** – Personal Relationships in Late life: Social Contact, Relationships & Health, Multigenerational Family. Consensual Relationships: Long-Term Marriage, Divorce and Remarriage, Widowhood, Single Life, Friendships. Non-marital kinship ties: Relationships with Adult Children or their absence, Relationship with siblings. Becoming Great-Grandparents.

#### **REFERENCES**

1. Diane E Papalia, Sally Wendkos Olds, Ruth Duskin Feldman (2004) -Human development,9<sup>th</sup>edition, Tata McGrawHill Publication
2. Hurlock, E.B. (1981). Developmental PSYCHOLOGY: A life - span approach. Tata McGraw - Hill
3. John W Santrock (2011) - A topical Approach to Life Span Development, 3rd Edition, TataMcgraw-Hill Edition
4. Rathus,S.A.(2022)-HumanLifeSpanDevelopment,5<sup>th</sup>Edition,(ENGAGAINDIA)
5. Vikasa Manovignana-Prof. P. Nataraja- Srinivasa Publication Mysore

**BA/B.Sc. IV Semester With effect from  
Academic year 2022-23 and on wards**

**PRACTICALS:        4 hours per week.                    Maximum Marks: 50**

**(Minimum 8 Practical to be conducted)**

1. College Student Problem Checklist
2. Life Satisfaction Scale
3. Family Environment Scale
4. Study Habits Inventory
5. Social Intelligence Scale
6. Personal Value Questionnaire
7. Battle Ground Mobiles India-Addiction Test/ Rathu's Assertiveness Scale
8. Self Regulation Questionnaire
9. Social Adjustment scale foraged
10. Screening Mental Health Status(MINIMSE)
11. Comprehensive Interest Schedule
12. Social Network Addiction Scale

**STATISTICS**

**Tests of Difference**

- 't'test
  - Independent Sample test
  - Paired Sample test

**NEP Syllabus of Psychology subject for BA/B.Sc IV Semester With  
effect from Academic year 2022-23 and onwards**

**Open Elective**

Teaching Hours: 3 hours per week  
Marks for Exam: 60

(Total 42 hours)  
IA Marks: 40

**Psychology at Work**

**Learning Outcomes:**

1. Understanding the nature of an organization and psychological concepts applied in the workplace.
2. Identifying the need for appraisal and the role of motivation.
3. Know about nature and role of leadership, essentials of leadership.

**Unit1: Industrial –Organizational Psychology (14 hrs)**

Chapter-01: Nature and Meaning. Goals, Forces. Role of a psychologist in Industries And Organization.

Chapter-02: Challenges at workplace: Stress, Burnout, Absenteeism, Work environment, Alcoholism, Substance abuse, Conflicts.

Chapter-03: Meaning of work motivation. Types-Financial and Non-Financial motives.

Goal setting. Theories of Motivation -Maslow's theory, Herzberg's theory and Alderfer's E-R-G model

**Unit2: Performance Appraisal (14 hrs)**

Chapter-01: Definitions and Need for Performance Appraisal.

Methods:

- a) Objective Performance Appraisal-Output measures, computerized performance monitoring, Job related personal data, Essay methods, Critical incident method and Checklist method.

Chapter-02: Judgmental Performance Appraisal - Merit rating techniques, Behavior Anchored Rating Scale and Behavior Observation Scale.

Chapter-03: Management by objectives (MBO) and 360\*Feedback.

Bias in Performance Appraisal and Methods to Improve Performance Appraisal.

**Unit3: Leadership (14 hrs)**

Chapter-01: Definition and Nature of leadership. Traits and skills of effective leader. Styles of Leadership-Authoritarian, Democratic, Transactional and Transformational leaders.

Chapter-02: Communication: Meaning and Importance. Communication Styles. Verbal and Nonverbal communications. Flow of communication. Barriers of communication. Strategies of effective communication.

Chapter-03: Stress: Meaning, definition and types of stress. Stress Management Techniques: Physical Activity, Sport and Exercise, Yoga, Meditation, Relaxation Techniques, Wellness Programmes

**Reference:**

1. Girishbala Mohanty (2001) - Industrial Psychology and Organizational Behavior, Kalyani Publishers,Ludhiana.
2. John W. Newstrom (2007) - Organizational Behavior- Human Behavior at work- 12th Edi.TataMcGraw-HillPublishingCo.Ltd.ND
3. Schultz D.P & Schultz E.S. (2006) - Psychology and Work Today. An Introduction to Industrial and Organizational Psychology. 8th Edi. Pearson Education, Inc and Dorling Kind ernessley Publishing Inc.
4. Schultz E.S.- Psychology and Work Today. An Introduction to Industrial and Organizational Psychology.
5. Health Psychology- Gurumani

# **General Pattern on Psychology Question Paper (NEP-2020)**

## **Term End Examination for Discipline Paper**

### **THEORY**

Each paper will be for maximum of 60 marks. The minimum marks to pass the examination is 40% (24 Marks) in each theory paper.

**Note:** Duration of Examination for Discipline Specific Core (DSC) paper Is **2hours**.  
Question paper pattern for **Discipline Specific Core (DSC)** paper-

**Section A: Multiple Choice Questions**

**Section B: Short Answer Questions**

**Section C: Long Answer Questions**

#### **Section A: Multiple Choice Questions**

Answer any 5 of the following. Each answer carries 2 marks. (5x2=10)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

#### **Section B: Short Answer Questions**

Answer any 4 of the following. Each answer carries 5 marks. (4x5=20)

- 7.
- 8.
- 9.
- 10.
- 11..

#### **Section C: Long Answer Questions**

Answer any 3 of the following. Each answer carries 10 marks. (3x10=30)

- 12.
- 13.
- 14.
- 15.
- 16.



# **B A III & IV : Under NEP 2022-23**

**Subject: Psychology D.S.C., Course No. III & IV (Practical)**

**Title of the Course: PRACTICAL –III & IV - 50 +50Marks**

## **Practical Examination Pattern (Scheme of Examination)**

<b>IA Journal Record</b>	<b>- 15</b>
<b>Plan Procedure</b>	<b>- 10</b>
<b>Conduct Experiment</b>	<b>- 10</b>
<b>Discussion (Table )</b>	<b>- 10</b>
<b><u>Viva -Voce</u></b>	<b>- 05</b>
<b><u>Total</u></b>	<b>-50</b>

**Subject Name : Psychology**

## **Pattern For Internal Assessment**

<b>Activities</b>	<b>C1</b>	<b>C2</b>	<b>Total Marks</b>
<b>Session Test</b>	<b>10 Marks</b>	<b>10Marks</b>	<b>20</b>
<b>Seminars etc</b>	<b>5 Marks</b>	<b>-----</b>	<b>5</b>
<b>Case study/assignment</b>	<b>-----</b>	<b>10 Marks</b>	<b>10</b>
<b>Field work/Project work/</b>			
<b>Sub Total</b>	<b>15</b>	<b>20</b>	<b>35</b>
<b>Attendance/Discipline</b>			<b>05</b>
			<b>40</b>

**General Pattern on Psychology Question Paper (NEP-2020)**  
**Term End Examination for Discipline Paper**

**PRACTICALS - I Semester to VI Semester**

**Internal Assessment: 25Marks**

Record : 10Marks  
Test : 10Marks  
Attendance : 05Marks

Examination : **25 Marks(2 Experiments)**  
Plan & Procedure : 03 Marks  
Administration : 03 Marks  
Analysis and Discussion : 03 Marks

**Total for One experiment:09Marks**

**For Two experiments 09+09 = 18 Marks**  
**Statistics =04Marks**  
**Viva Voce = 03 Marks**  
**Grand Total =25Marks**

**General Pattern on Psychology Question Paper(NEP-2020)**  
**Term End Examination for Open Elective**

**THEORY**

Each paper will be for maximum of 60 marks. The minimum marks to pass the examination is 40% (24 Marks) in each theory paper.

**Note:** Duration of Examination for Discipline Specific Core (DSC) paper is **2hours**.

Question paper pattern-

**Section A: Multiple Choice Questions**

**Section B: Short Answer Questions**

**Section C: Long Answer Questions**

**Section A: Multiple Choice Questions**

Answer any 5 of the following. Each answer carries 2marks.

(5x2=10)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**Section B: Short Answer Questions**

Answer any 4 of the following. Each answer carries 5 marks.

(4x5=20)

- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

**Section C: Long Answer Questions**

Answer any 3 of the following. Each answer carries 10 marks. (3x10=30).

- 13.
- 14.
- 15.
- 16.
- 17.
- 18.

