TAMIL NADU OPEN UNIVERSITY
Regulations and Overview for

Psychology Programmes (Semester) in Distance Mode

[w.e.f Academic Year 2020-2021]

Department of Psychology

School of Social Sciences

Tamil Nadu Open University

Chennai- 600 015

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15

Bachelor of Science in PsychologyRegulations

INTRODUCTION

Bachelor of Science in Psychology Programme has been designed to provide in basic knowledge in Psychology to those students who are not having opportunity to study in regular mode and for drop-out students from rural and urban areas of Tamil Nadu. The main Objective of this Programme is to enable the students to understand the basic knowledge about the basics of human behaviour and make them relevant to society.

1. PROGRAMME'S OBJECTIVES

The primary objective of this programme is to make the learners to:

PO 1 Inform basic psychological concepts and methods and developing ability to appreciate the challenges in field settings.

PO 2 Inform the students theoretical information and insightful about one's own and others' behaviours and mental processes.

PO 3 Develop the skills for Individual assessment which differentiate individuals based on personality traits, aptitudes, values, abilities etc.,

PO 4 Develop a healthy interface between society, culture and academic pursuit in the discipline of psychology needs to evolve.

PO 5 Demonstrate an ability to incorporate socio-cultural factors in scientific inquiry, to conduct contextually sensitive research.

2. PROGRAMME LEARNING OUTCOMES

The primary objective of this programme is to make the learners to:

PLO 1 Understand and apply the basic theories and concepts of subject of study

PLO 2 Enrich the adequate skills needed to understand the theoretical foundations of the concepts and events.

PLO 3 Adapt to sustain in the emerging era and constantly upgrade skills towards independent and lifelong learning.

PLO 4 Demonstrate professionally with social, cultural and ethical responsibility as an individual as well as in multifaceted teams with positive attitude

PLO 5 Communicate complex concepts with professionalism by adapting Appropriate resources and modern tools.

3. PROGRAMME SPECIFIC LEARNING OUTCOMES

At the completion of this programme, the students will be able to:

PSO 1 Able to understand basic concepts of Psychology the subject of study and understand the impact of environment, society, heredity on persons Behaviour and their biological basis.

PSO 2 Understand and apply the basic theories underlying the human behaviour in us day-to-day life, their development across the life span.

PSO 3 Understand the human social behavior, issues in classroom learning and reasons behind the psychological problems faced by human beings and abnormality in their life.

PSO 4 Able to assess the human behavior scientifically and understand human resource development as well as about people who are employed in the organizations.

PSO 5 Develop skill to assess the constructs through the standardized experimental tools.

PSO 6 Acquire the ability to decide on the future course of study and research in this field, eventually creating awareness about the myths and stigma and understanding the basics of counselling.

4. Eligibility for admission

Candidates should have passed the Higher Secondary Examination (10+2 pattern) conducted by the Board of Higher Secondary Education, Government of Tamil Nādu or any other examination (10+3 pattern) accepted by Syndicate, as equivalent thereto.

5. Medium: English & Tamil

6. Duration of the Course

The course for the degree of Bachelor of Science in Psychology shall consist of threeyears (Six Semesters).

7. Admission

The candidate's admission for the degree of Bachelor of Science in Psychology will betaken in both Academic & Calendar year admission batches.

8. Course of Study

The course of study shall comprise instruction in the following subjects according to the syllabus.

Course	Course Code	Course Title	Category	Evaluation		Credits
				CIA+TEE	Total	
I Year - Semester I						
Language	BFTMS-11	Tamil / other languages	CC	30+70	100	3
Language	BFEGS-11	Foundation in English	CC	30+70	100	3
Core I	BSYS-11	General Psychology – I	CC	30+70	100	4
Core II	BSYS-12	Biological Psychology – I	CC	30+70	100	3
Elective-1	BSYS-EL 11	Educational Psychology	DSE	30+70	100	3
I Year - Semester II						
Language	BFTMS-21	Tamil / other languages	CC	30+70	100	3
Language	BFEGS-21	Foundation in English	CC	30+70	100	3
Core III	BSYS-21	General Psychology – II	CC	30+70	100	4
Core IV	BSYS-22	Biological Psychology – II	CC	30+70	100	3
Elective2	BSYS-EL 21	Health Psychology	DSE	30+70	100	3
II Year - Semester III						
Language	BFTMS-31	Tamil / other languages	CC	30+70	100	3
Language	BFEGS-31	Foundation in English	CC	30+70	100	3
Core V	BSYS-31	Developmental Psychology – I	CC	30+70	100	4
Elective -3	BSYS-32	Research Methods & Statistics	DSE	30+70	100	3
Elective-4	BSYS-EL 31	**Learner 's Choice – CBCS**	GE	30+70	100	2
II Year - Semester IV						
Language	BFTMS-41	Tamil / other languages	CC	30+70	100	3
Language	BFEGS-41	Foundation in English	AECC	30+70	100	3
Core VI	BSYS-41	Developmental Psychology – II	CC	30+70	100	4
Elective-5	BSYS-42	Experimental Psychology- I (Practical)	SEC	30+70	100	4
Elective -6	BSYS-EL 41	Life Skills Education	SEC	30+70	100	3
	CCE	Environmental Studies	AECC	30+70	100	2
III Year - Semester V						

Core VII	BSYS-51	Abnormal Psychology – I	CC	30+70	100	4
Core VIII	BSYS-52	Social Psychology – I	CC	30+70	100	3
Core IX	BSYS-53	Guidance & Counselling Psychology	CC	30+70	100	3
Elective-7	BSYS-EL 51	Industrial /Organizational Psychology	DSE	30+70	100	3
Elective-8	BSYS-EL 52	**Learner 's Choice – CBCS**	GE	30+70	100	2
III Year - Semester VI						
Core X	BSYS-61	Abnormal Psychology-II	CC	30+70	100	4
Core XI	BSYS-62	Social Psychology-II	CC	30+70	100	3
Core XII	BSYS-63	Human Resource Development	CC	30+70	100	3
Elective -9	BSYS-EL 61	Experimental Psychology- II (Practical)	SEC	30+70	100	4
Elective -10	BSYS-EL 62	Basic Counselling Skills	SEC	30+70	100	3
			Total		3100	98
Courses for other Departments						
Elective	BSYSG-01	Basics of Psychology	GE	30+70	100	3
Elective	BSYSG-02	Introduction to Abnormal Psychology	GE	30+70	100	3

Continuous Internal Assessment- (CIA) Term End Examination - (TEE)

2. Examinations:

The examination for the B. Sc. Degree programme shall consist of theory and practical papers.

1. **Theory Examinations:** The theory examinations shall be of three hours duration to each paper and conducted at the end of each year. The candidates who failing in any subject(s) will be permitted to appear for each failed subject(s) in the subsequent examinations.

2. **Practical Examinations:** The practical examinations shall be of three hours duration to each practical and conducted at the end of second and third year. The candidates who failing in any practical(s) will be permitted to appear for each failed practical(s) in the subsequent examinations.

3. Scheme of Examinations:

Assignment: 1 assignment for 2 credits are to be prepared by the learners. E.g., If a

Course is of Credit 6, then 3 number of Assignments are to be written by the learner to complete the continuous assessment of the course. Assignment carries 30 Marks (Average of Total no of Assignment), consists of Long Answer Questions (1000 words) for each Course.

Sec- A	Answer all FIVE questions in 50 words	5 x 2 = 10 Marks
Sec- B	Answer any FOUR questions out of Seven questions in 150 words	4 x 5 = 20 marks
Sec- C	Answer any FOUR questions out of Seven questions in 400 words	4 x 10 = 40 marks

Question Pattern for Theory Examinations

Tamil Nadu Open University
B.A. / B. Sc. / BBA / BCA Degree Examination

B. Sc Psychology Examination

Max. Marks: 70

PART - A (5 x 2 = 10 marks)
'Answer all FIVE questions in 50 words[All questions carry equal marks]

1. From Block - I
2. From Block - II
3. From Block - III
4. From Block - IV
5. From Block- V

PART - B (4 x 5 = 20 marks)

Answer any FOUR questions out of Seven questions in 150 words All questions carry equal marks

1. From Block - I
2. From Block - II
3. From Block - III
4. From Block - IV
5. From Block- V
6. From any Block
7. From any Block

PART - C (4 x 10 = 40 marks)

Answer any FOUR questions out of Seven questions in 400 words [All questions carry equal marks]

1. From Block - I
2. From Block - II
3. From Block - III
4. From Block - IV
5. From Block - V
6. From any Block
7. From any Block

12. Passing Minimum

For theory examination: The candidate shall be declared to have passed the examination if the candidate secures not less than 25 marks in the Term End Examinations (TEE) in each theory paper and secures not less than 13 marks in the Continuous Internal Assessment (CIA) and overall aggregated marks is 40 marks in both external and internal taken together.

Continuous Internal Assessment (CIA)		Term End Examination (TEE)		Overall Aggregate Marks	Maximum Marks
Minimum Pass Mark	Maximum Mark	Minimum Pass Mark	Maximum Mark	CIA + TEE	
13	30	25	70	40	100

For practical examination: The candidate shall be declared to have passed the examination if the candidate secures not less than 30 marks in the External Practical Examinations and secures not less than 10 marks in the Continuous Internal Assessment (CIA) (Record Marks) and overall aggregated marks is 40 marks in both external and internal taken together. However, submission of record notebook is a must.

13. Pattern of Question Paper for Practical Examinations.

Each set of question paper should contain SEVEN questions and the candidate must choose one by lot.

14. Awarding of marks for Practical examinations.

Total Marks: 100 (External Practical 70 Marks +Internal (Record30 Marks)

15. Classification of Successful Candidates:

Candidates who pass all the courses prescribed and who secure 60% and above in the aggregate of marks in Core courses will be placed in the First Class. Those securing 50% and above but below 60% in the aggregated will be placed in the Second Class. All othersuccessful candidates will be placed in the Third Class.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester-I

Course Title	: GENERAL PSYCHOLOGY – I
Course Code	: BSYS-11
Course Credits	: 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Compile the definition, goals, history, methods, and scope of psychology.

CO 2 Explain the process of sensation, perception, and attention.

CO 3 Express the meaning and forms of natural and altered states of consciousness.

CO 4 Write the meaning of Learning types and its theoretical information

CO 5 Organize the classification of motivation and its theories and Write about the Memory Process and theories of forgetting

BLOCK – I: Introduction and Methods

Psychology - Definition - Psychology as a science - Goals - What is not psychology-. Psychology in India - Methods of Psychology - Introspection - Experimental Method, Systematic Observation, Case Study Method, Survey Method - Correlational research - Scope of Psychology: Branches of basic Psychology – Branches of applied Psychology

BLOCK – II: Sensation, Perception and Attention

Sensation: Meaning – Psychophysics - Thresholds – Weber's Law – Adaptation – Basic Sensation: The Visual, Auditory, touch and the other skin senses - Perception: Meaning– Organizing principles of perception – Constancies - Figure Ground, Patterns and Distance Perception – Depth perception - Binocular and Monocular Cues. Errors in Perception - Movement, Illusions Hallucinations – Types; Extra Sensory Perception – Factors influencing Perception. Attention: Meaning, Types – Determinants.

BLOCK – III: **Consciousness**

Consciousness – Meaning – Two major types - Natural State of Consciousness: Biological Rhythms – Circadian Rhythms; Waking States of Consciousness - Stages of sleep, Sleep disorders, Dreams- Meditation, Hypnosis, Use of drugs – Meditation – other altered states: Sensory Deprivation

BLOCK – IV: **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: learning – Latent learning, Insight Learning - Observational Learning

BLOCK – V: Memory & Forgetting

Memory – Definition - Memory Process: Encoding and Storing and Retrieval of Long-term memories - Sensory Memory - Short term memory - Long Term Memory – Forgetting – Forgetting curve- Theories of forgetting - Decay, Interference, Motivated forgetting, Memory and Brain – Amnesia - Psychological and Biological –improving memory.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Analyze the meaning, history, and various schools of psychology, Describe the methods of psychology and branches of psychology.

CLO 2 Explain the meaning of sensation, sense organs and their functioning, the perception principles, errors in perception, attention, and its determinants.

CLO 3 Recognize the natural state of consciousness like biological rhythm, sleep, dream, sleep disorders and altered state of consciousness like hypnosis and drugs.

CLO 4 Examine the nature of learning and the theories of learning.

CLO 5 Indicate how information is stored, retrieved and the causes of forgetting and formulate the ways to improve memory

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- I

Course Title   : BIOLOGICAL PSYCHOLOGY- I

Course Code   : BSYS-12

Course Credits   : 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Demonstrate the biology of behavior and various methods of relating brain functions and behavior

CO 2 Teach the major systems of the body and its functions and its relation to human behavior

CO 3 Describe Communication between Neurons and Synaptic Transmissions

CO 4 Classify Structure & Divisions of the Nervous System

CO 5 Sketch the various functions of brain and its disorders

BLOCK I: Biological Foundations of Behavior

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

BLOCK 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.

BLOCK III: Communication between Neurons – Synaptic Transmissions

Communication between Neurons: Structure of synapses, Neurotransmitter: meaning - types, Release of the Neurotransmitter: Activation of receptors - Postsynaptic [12] potentials - Termination of postsynaptic potentials.

BLOCK 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.

BLOCK 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.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Describe the biological basis of behavior and discuss various methods of recording human psycho physiological activity

CLO 2 Classify various major and minor systems of the body

CLO 3 Explain the structure, function, and organization of the nervous system

CLO 4 Deliberate on Brain its structure, lateralization and functions and the Impact of brain lesions and injury on emotional changes in behavior

CLO 5 Discuss various stages of sleep, sleep cycles and effect of sleep deprivation on human behavior.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- I

Course Title : EDUCATIONAL PSYCHOLOGY

Course Code : BSYS EL-11

Course Credits : 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Label the nature and methods of educational psychology

CO 2 Organize the various psychological factors underlying educational process and its impact on learning process

CO 3 Compile the role of motivation and the impact of reward and punishments in learning.

CO 4 Define Creative thinking, Reasoning and Problem solving.

CO 5 Express the importance and usage of Standard tests of achievement in the Evaluation of personal development.

BLOCK – I: Introduction

Nature and methods of educational psychology - Aims of educational psychology – Applications of psychology to education – The art of guiding – Learning experiences – Barriers to effective teaching – Characteristics of teachers.

BLOCK – II: Guidance

Importance of guidance in school - Guidance concept – Major guidance work – Educational, Vocational and Personal guidance - Guidance for high school students – Guidance for exceptional child.

BLOCK – III: Motivation& Learning

Motivating the students – Rewards – Punishments –Achievement motivation - Nature and conditions of learning – Conditions of learning – Laws of effect and readiness, methods of effective learning – Role of transfer in education - Online learning – Pros 15 and Cons.

BLOCK – IV: Creativity

Creative thinking, Reasoning and Problem solving in the classroom- Exceptional Children - Under Achievers and their problems – Slow Learners and their problems – – promoting mental health in the classroom learning.

BLOCK –V: **Teaching values Evaluation Methods**

Common basic values – Attitudes - Morality – Delinquent behavior – Evaluation of learning – Achievement – Standard tests of achievement – Validity – Reliability – Diagnostic tests – Evaluation of personal development.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Describe the psychological concepts underlying education and the

applications of educational psychology for providing an effective learning

experience for the students

CLO 2 Discuss the importance of vocational and personal guidance for the selection

of courses, distinguish the different career paths and deal effectively with career choice process.

CLO 3 Discuss the importance of nurturing creativity in the classroom in an era of

rapid technological change to promote mental health in the classroom

learning, understanding exceptional Children, slow learners and underachievers

CLO 4 Indicate the current advancement in educational assessment

CLO 5 Evaluate the values, Attitudes and morality of children in learning process,

delinquent behavior.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- II

Course Title : GENERAL PSYCHOLOGY – II

Course Code : BSYS-21

Course Credits : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Compile the Cognition process and Problem Solving and describe nature
of Decision Making and the component s of Language

CO 2 Express the concept of Motivation, its theories, and types,

CO 3 Classify the basis of emotion, its theories, nature, causes, effects, and coping
mechanisms of stress.

CO 4 Discuss the nature, theories of intelligence, creativity,
its nature, and characteristics.

CO 5 Evaluate the meaning of various theories of personality and its biological basis
and incorporate the concept of individual differences, nature, and
characteristics of a psychological test.

BLOCK – 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.

BLOCK – II: MOTIVATION

Motives: Definition – Motivation cycle - Needs - Biological Needs - Social Needs –
Psychological Needs - Theories: Instincts – drive reduction– arousal – Incentive-
Cognitive theories – Social cognitive theory – need theories. Classification of
motives: Physiological motives – Psychological motives

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BLOCK – III: EMOTION AND STRESS

Emotion – Meaning - Components - Expression & Judgment of Emotion - The physiology of emotion - Theories of emotion - Stress: Definition – Four variations - Stressors – Effects – General Adaptation Syndrome – Individual differences - Coping mechanism.

BLOCK – IV: INTELLIGENCE AND CREATIVITY

Intelligence - The nature of intelligence - Assessing intelligence – Concept of IQ - Individual differences in intelligence – Theories of Intelligence – Types of intelligence tests - Mental retardation – Mentally gifted – Assessment of Intelligence, Creativity: Definition- Nature – Steps - Characteristics of creative people – Creativity tests.

BLOCK – V: PERSONALITY

Personality - Definition - Allport – Cattell - The Big Five Factors-Roger's theory – Maslow's theory - Psychoanalytic - Neo Freudian: Jung –Adler - Karen Horney – Erikson - Behavioristic view – Social Cognitive view - Emotional Intelligence: Meaning – Characteristics - Assessment of Personality – Uses of Personality tests - Observation – Rating scales – Inventories – Projective techniques.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Define the types of cognition, Problem Solving methods and analyze the nature of Decision Making and the Language components

CLO 2 Indicate the psychological and physiological motives, Analyze the emotion, its theories, nature, causes, effects, and coping mechanism of stress.

CLO 3 Examine the meaning of intelligence, IQ, mental retardation, mentally gifted, theories of intelligence, creativity, its nature, and characteristics

CLO 4 Comprehend and explain the major theories of personality.

CLO 5 Evaluate the advantages and limitations of various psychological tests used for assessment.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- II

Course Title	: BIOLOGICAL PSYCHOLOGY –II
Course Code	: BSYS-22
Course Credits	: 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Compile the nature and role of the biological processes that underlie our Circadian Rhythms,

CO 2 Analyze the Sleep and Dreaming and its impact on behavior

CO 3 Express the control mechanisms of water and food intake

CO 4 Biological basis of function of the nervous system, neuroanatomical, and the physiological basis of learning, memory, and different states of emotion.

CO 5 Demonstrate the biological perspectives of brain and its relation to thirst and hunger.

BLOCK - I: CIRCADIAN RHYTHMS, SLEEP AND DREAMING

Rhythms of waking and sleeping: Endogenous cycles- Setting and resetting the biological clock - Mechanisms of the biological clock, Neurophysiology of arousal, consciousness, attention, and sleep

BLOCK - II SLEEP AND DREAMING

Sleep and brain mechanisms: Sleep and other interruptions of consciousness, the onset of sleep and hypnologic hallucinations, stages of sleep. Paradoxical or REM sleep, Brain mechanisms of wakefulness and arousal: Brain functions in REM sleep- Functions of sleep, effect of sleep deprivation- sleep disorders – Dreaming: REM sleep and dreaming- Biological perspectives on dreaming.

BLOCK - 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.

BLOCK- 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 Behaviors: Attack behaviors - Escape - Fear and anxiety - Stress and Health

BLOCK - 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.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Discuss about the circadian rhythms and its mechanism and analyze different sleep patterns and its mechanism

CLO 2 Analyze the Short- and long-term regulation of water intake and feeding

CLO 3 Identify and analyze the Neurophysiology of thirst and hunger

CLO 4 Classify the Neurophysiology of emotions and motivation

CLO 5 comprehend and discuss the relationship of biology to basic processes namely learning memory and emotions.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- II

Course Title	**: HEALTH PSYCHOLOGY**
Course Code	**: BSYS-EL-21**
Course Credits	**: 3**

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Explain the meaning of health from biopsychosocial model

CO 2 Organize various factors influencing the practice of health behavior

CO 3 Write about the chronic illness and pain as well as the intervention for the same.

CO 4 Define Pain, types of Pain and Pain control techniques and management

CO 5 Express various dimensions of stress and its coping mechanism

BLOCK –I: Introduction to Health Psychology

Definition - Meaning of Health Psychology -The biopsychosocial model – Health psychology in social context Patient Practitioner relationship- Training for a career in health psychology, Introduction to health behavior- Factors influencing the practice of health behavior.

BLOCK –II Models of Health Behavior

Changing health habits using theoretical models: Health belief model, Theory of planned behavior, Cognitive behavioral approaches to change health behavior, Trans theoretical model of behavior change, Avenues for health habit modification.

BLOCK III: Chronic Illness and Pain

Illness Factors: Onset, Progression, Types of Symptoms, Quality of Life, Personal issues in chronic illness, coping with chronic illness, Co management of chronic illness, Psychosocial Interventions, Pain: definition, types of pain, Pain control

techniques, Pain management

BLOCK IV: Stress and Coping

Stress: definition, dimensions of stress- sources of chronic stress - Theoretical contributions: Lazarus's Appraisal Model, Flight or fight response, General adaptation Syndrome- Tending and Befriending Model - Coping with stress - Sources of stress.

BLOCK V: Enhancing Health and Preventing Illness

Smoking – Reasons for smoking – Smoking and Health – Preventing and Quitting smoking – Alcohol use and abuse: Alcoholics – Reasons for use and abuse of alcohol – Preventing and treating for Alcohol abuse. Drug use and Abuse: Preventing and Stopping drug abuse. Nutrition: Consumption – Nutrition and Health – Weight control and diet – Exercise.

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- https://press.rebus.community/introductiontocommunitypsychology/chapter/stress-and-coping/

- https://www.unodc.org/documents/drug-prevention-and-treatment/UNODC_UNESCO_WHO_GoodPolicyAndPracticeInHealthEducation.pdf

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1   Demonstrate the understanding of the biological, behavioral, cognitive, and social determinants of health, and risk factors for health compromising behaviors

CLO 2   Label the strategies for their modification, across the lifespan.

CLO 3   Indicate the Pain control and management techniques

CLO 4   Discuss advanced knowledge of individual, group and community-based approaches to the prevention and management of major identifiable health conditions (both acute and chronic).

CLO 5   Describe the various preventive measures for illness and various strategies of enhancing health

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – I Year–Semester- III

Course Title : DEVELOPMENTAL PSYCHOLOGY - I

Course Code : BSYS-31

Course Credits : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Organize the Stages of Life span in developmental Psychology.

CO 2 Express the theories of developmental and prenatal developmental.

CO 3 Classify the aspects of physical growth, motor development, sensory & perceptual development of infancy,

CO 4 Enumerate the motor & cognitive development of Early and Late childhood

CO 5 Explain the social & emotional development of Early & late childhood.

BLOCK – I: CONCEPTION AND BIRTH

Introduction – Definition – Biopsychosocial aspects of conception, Significant facts about development, stages of Development - Developmental principles – Developmental Issues – Conception of Age, stages of childbirth - Fertilization; Multiple birth

BLOCK – II PRENATAL STAGE

Characteristics of pre-natal environment; types of childbirth - Physical Development-The neonate – Physical characteristics, body systems, brain & reflex behaviour - Physical hazards; sensory capacities in the neonate; motor development & Milestones, hand control & locomotion - complications of low birth weight.

BLOCK – II: INFANCY

Characteristics of Infancy - developmental tasks - Major adjustment of Infancy – Conditions influencing adjustment to Postnatal life – Characteristics of the Infant - Piaget's Sensory-motor stage – Hazards of Infancy.

BLOCK – III: BABYHOOD

Characteristics of Babyhood – Developmental tasks of babyhood – Physical development – Physiological development – Muscle Control – speech development; – Emotional development – factors influencing language acquisition - Temperamental differences; family and personality developments - Relationship with other children - Socialization – Interest in Play – Beginnings of Sex-Role typing –Hazards and Happiness.

BLOCK –IV: EARLY CHILDHOOD

Characteristics of childhood -Developmental tasks – Physical development – Physiological habits - Skills of Early Childhood -Motor skills; Piaget's preoperational & concrete operations stages; development of language - Improvement in Speech – Emotions – Socialization - Social grouping and social behaviour - Brief outline of moral development; play interests; Sex-role Typing – Family Relationship – Personality development – Hazards and Happiness.

BLOCK –V: LATE CHILDHOOD

Characteristics of Late Childhood – Developmental tasks – Physical development – Skills – Speech improvement – Emotions and Emotional Expressions – Social groupings and social behaviour – Play interest and activities – Increase in Understanding – Moral attitudes and behaviour – Interests – Sex-role Typing – Changes in Family relationships.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Classify and apply developmental principles theories on their own lives and others and objectively interpret physical, cognitive, communication, emotional and social development of the infant

CLO 2 Critically analyze and synthesize child developmental constructs and research

CLO 3 Apply knowledge of child development to facilitate and understanding of the periodic developmental outcome.

CLO 4 Identify the hazards and happiness of the childhood period.

CLO 5 Apply theories and scientific terms to real life situations involving children.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – II Year–Semester- III

Course Title	: RESEARCH METHOD & STATISTICS
Course Code	: BSYS-32
Course Credits	: 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Define the basics of research and the research process.

CO 2 Express the research problem, hypothesis, and the relevant literature

CO 3 Infer the process of sampling from the population. Describe the ways of classifying and tabulating data and transferring them into diagrams and graphs,

CO 4 Demonstrate the concept central tendency and computation of dispersions

CO 5 Explain the meaning of inferential statistics and sources to collect the statistical data, Utilize the knowledge to develop data analytics skills an meaningful interpretation to the data sets to solve the business/Research problem.

BLOCK I: Research Methodology: An Introduction

Definition- Need for and Importance of psychological Research - Objectives of Research - Types of Research - The Research Process - Principles of a Good Research - Problems encountered by research in India.

BLOCK II: Research Problem, Hypothesis and Review of Literature

Research Problem: Meaning and characteristics of a problem - ways in which a problem is manifested - Types of Problems, Hypothesis: Meaning and characteristics of a good hypothesis – Types - Sources and Functions of Hypotheses, Reviewing the Literature: Purpose of Review - Sources of Review.

BLOCK III: Sampling

Meaning and need for sampling - Fundamentals of sampling- Factors influencing decision to sample- Types of Sampling: Probability and Non-probability- Probability

Sampling: Simple random, stratified random and area cluster sampling - Nonprobability sampling: Quota, Accidental, Judgmental or purposive, systematic and snowball sampling

BLOCK IV: Methods of Data Collection

Primary data: Questionnaire and schedule – Interview - Observation as a tool of Data Collection, Difference between Participant observation and non-participant observation-Rating Scale, Secondary Data: sources

BLOCK V: Statistics - Organizing data: Frequency distribution – Graphs – Descriptive statistics: Measures of central tendency – Measures of variation – Types of distributions. Introduction to Inferential statistics: z test – t test – Analysis of Variance – Correlation – Regression - Introduction to non –parametric and Multivariate statistics.

REFERENCES

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Develop understanding on various kinds of research, objectives of doing research, research process, research designs and sampling and data collection.

CLO 2 Formulate and identify null and alternative hypotheses in research

CLO 3 Generate and interpret various types of graphical displays and tables from research data

CLO 4 Plan and propose of data analysis-and hypothesis testing procedures

CLO 5 Differentiate between descriptive and inferential statistics, Enable the students in conducting research work and formulating research synopsis and report.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – II Year–Semester- IV

Course Title : DEVELOPMENTAL PSYCHOLOGY- II

Course Cod : BSYS - 41

Course Credits : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Apprehend the role of physical changes on psychological aspects

CO 2 Explain the developmental changes in Early adulthood and their goal from Puberty to Old Age

CO 3 Comprehend the significant facts about developmental changes,

CO 4 Adjustment to physical changes and mental changes during Middle age

CO 5 Familiarize with the hazards experienced during the old age

BLOCK – 1: Adolescence

Puberty – Meaning - Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness - Characteristics of Adolescence Criteria and causes – Physical, emotional and social changes & psychological impact of physical changes; theoretical perspectives in personality development; relationships with parents; relationships with peers; achieving sexual identity.

BLOCK – II: Early Adulthood:

Characteristics of Early Adulthood - Developmental tasks – Changes in interest – Social Mobility – Sex role adjustments - Vocational and Marital adjustment.

BLOCK – III: EARLY Adulthood -2

Career Development - Marriage - Divorce; parenthood – Single hood - Social adjustments - Relationship with maturing children; relationship with aging parents - Hazards of vocational and marital adjustments – Success of Adjustment to 33 adulthood.

BLOCK – IV: **Middle Age**

Characteristics of middle age – Developmental tasks – Adjustment to physical changes and mental changes – Social Adjustment – Vocational Adjustment – Adjustment to changed family patterns – Adjustment to approaching retirement – Vocational and Marital Hazards - Adjustment to approaching old age.

BLOCK – V: **Old Age**

Characteristics of Old age; physical changes of old age -- Health in old age - Adjustments to changes in motor and mental abilities - Work & retirement; – Changes in family life – loss of a spouse - social issues related to aging - relationships in later life- Hazards of Old Age.

REFERENCES

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- https://courses.lumenlearning.com/wm-lifespandevelopment/chapter/relationships-and-family-life-in-middle-adulthood/

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- https://www.britannica.com/science/adolescence

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Interpret the impact of physical changes on the cognitive and emotional 34 factors

CLO 2 Examine the Marital relationship in their adulthood

CLO 3 Critically evaluate the hazards and importance of Adjustment during Middle

age.

CLO 4 Illustrate the biological, psychological, and social aspects of aging.

CLO 5 Analyze everyday (real- life) situations and apply the knowledge on people

close to you like parents, grandparents etc.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – II Year–Semester- IV

Course Title : EXPERIMENTAL PSYCHOLOGY – I

Course Code : BSYS 42

Course Credits : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Express the concept of attention and its related assessments.

CO 2 Classify various assessments related to perception.

CO 3 List out the assessments for motivation.

CO 4 Enumerate the assessments for learning and memory.

CO 5 Illustrate assessments related to applied areas such as Interest, Aptitude,

Leadership, Decision making and Stress/ Anxiety / Depression / Resilience /

Self-esteem

List of Experiments

Block - I Attention

- Span of Attention

- Span of Apprehension

- Division of Attention

Block –II Perception

- Muller-Lyre Illusion

- Distraction of Attention

- Perception of time

Block - III Motivation

- Level of Aspiration

- Colour Preference

- Human Problem Solving

36

Block – IV Learning and Memory

- Retroactive Inhibition

- Recall and Recognition

- Trial and error in insight learning

- Transfer of learning or habit interference

- Motor learning – Maze learning

Block V – Applied areas

- Interest

- Aptitude

- Leadership

- Decision making

- Stress/ Anxiety / Depression / Resilience / Self-esteem

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- https://www.psychologytoday.com/us/basics/motivation
- https://human-memory.net/memory-recall-retrieval

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Outline the concept of attention and its related assessments.

CLO 2 Distinguish the various assessments related to perception.

CLO 3 Demonstrate the assessments for motivation.

CLO 4 Able to make assessments for learning and memory.

CLO 5 Make the assessments related to applied areas such as Interest, Aptitude, Leadership, Decision making and Stress/ Anxiety / Depression / Resilience / Self-esteem

Course Title	: LIFE SKILLS EDUCATION
Course Code	: BSYS-EL 41
Course Credits	: 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Identify the importance of life-skills for personality development.

CO 2 Acquire social and negotiation skills for adjustment in life situations.

CO 3 Find out the importance of effective communication and interpersonal relationship in developing cordiality in surroundings.

CO 4 Enumerate the effectiveness of thinking and coping skills in enhancing personality.

CO 5 Comprehend the essential skills for employability and career advancement.

Block 1: Understanding Personality and Life Skills

Life Skills: Concept, Definition, Problem specific and area specific skills, Life skills Education Vs Life skills Training

Block 2: Social and Negotiation Skills

Self-Awareness and Empathy - Effective Communication - Interpersonal Relationships

Block 3: Thinking Skills and Problem-Solving Skills

Critical Thinking and Creative Thinking - Problem Solving and Decision Making - Application and Practice of Problem Solving and Decision-Making Strategies in Daily Life.

Block 4: Coping Skills and Personal Grooming

Coping with Emotions and Stress - Personal Grooming

Block 5: Life Skills and Employability Skills

Life Skills for Employability, Effective Teamwork - Motivation, Job Involvement and Satisfaction- Life Skills Assessment.

REFERENCES

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Concentrate on improving life-skills for personality development.

CLO 2 Apply social and negotiation skills for the adjustment in life situations.

CLO 3 Recognize and apply effective communication and interpersonal relationship in developing cordiality in surroundings.

CLO 4 Practice thinking and coping skills to be successful in life and career; and

CLO 5 Promote life skills for employability.

ENVIRONMENTAL STUDIES -CCE

(Compulsory Paper)

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- V

Course Title : ABNORMAL PSYCHOLOGY- I

Course Code : BSYS-51

Course Credits : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Define abnormality and abnormal behavior patterns, Express the various

     models of Abnormal Psychology.

CO 2 Become familiar with the DSM V and ICD-10 classification system

CO 3 Critically evaluate Neuro developmental disorders.

CO 4 List the anxiety related disorders

CO 5 Analyze the Somatic and Dissociative disorders

BLOCK I: Introduction and Theoretical Perspective

Defining Abnormal Behavior - Causes of Abnormal Behavior: Necessary, Predisposing, Precipitating and Reinforcing causes, Historical views of abnormal behavior - Brief note on DSM 5 and ICD 11 classification system.

BLOCK II: Abnormality

Models of Abnormality - Biological – Psychodynamic – Behavioral – Cognitive – Humanistic - Existential, Interpersonal perspective - Bio-cultural.

BLOCK III: Neurodevelopmental Disorders

Intellectual disability: Definition, Clinical types and Causal factor, Autism Spectrum disorder: Clinical Picture and Causal Factors, Specific Learning disorder: Clinical Picture and Causal factors, Attention Deficit /Hyperactivity disorder, Conduct Disorder, Neuro cognitive Disorder.

BLOCK IV: Anxiety Related Disorders

Meaning- Types - Brief description with Causal factors and Treatment: Generalized Anxiety Disorders - Phobic Disorder – Post Traumatic Stress Disorder - Obsessive

Compulsive Disorder - Panic Disorders

BLOCK V: Somatic Disorder and Dissociative Disorder

Somatic Symptoms and related disorders (SSD): Complex Somatic Symptom Disorder - Illness Anxiety Disorder- Functional Neurological Disorder, Dissociative Disorders: Dissociative Amnesia, Dissociative Identity Disorder, Depersonalization and Derealization Disorder –Causal factors and Treatment.

REFERENCES:

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- https://wiregrass.libguides.com/c.php?g=1044445&p=7583273

- https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders

- http://www2.hawaii.edu/~heiby/Somatoform_and_Dissociative_DX.html

- https://www.webmd.com/mental-health/dissociation-overview

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Classify abnormality and its historical background in a clinical context and thereby learn to distinguish abnormal behavior from normal, Illustrate the

DSM 5 and ICD 11 classification system.

CLO 2 Explain the causes and models of abnormal behavior

CLO 3 Describe the anxiety disorders, its causes, symptoms and treatment

CLO 4 Enumerate the neuro, developmental disorders, eating disorders its causes, symptoms and treatment, Identify the anxiety related disorders among people

CLO 5 List out the causal and treatment factors of dissociative disorders

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- V

Course title	:	**SOCIAL PSYCHOLOGY-I**
Course code	:	**BSYS 52**
Course Credits	: 3	

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Organize the nature of social psychology and the different methods of data collection for research in social psychology.

CO 2 Explain the attitudes and Behavior.

CO 3 Demonstrate the Group formation the leadership styles and dynamics of the group.

CO 4 Comprehend the basic concepts of prejudice and aggression

CO 5 Compile the internal and external sources of interpersonal attraction, Explain the difference between love, liking and other close relationships.

BLOCK – I   Introduction

Social Psychology - Methods of social psychology- Research Methods - Brief History - Principles of Social Psychology - Social Psychology and Human Values - Social Psychology and Common Sense.

BLOCK – II: Social motives and Leadership

Social motives - Classification - Social motives considered as needs - Leadership - Types of leaders- Functions of leaders - Basic styles of leaders - Personal qualities of leaders.

BLOCK –III: Group & Leadership

Group Formation - Types of Groups - Social Facilitation: mere presence of others, crowding, factor, Social Loafing: Introduction, social loafing in everyday life, Deindividuation: importance of working together, diminishing self-awareness, Group Polarization: The risky shift phenomenon, Group influence on opinions, Group Think:

symptoms, critiquing, preventing group think, group problem solving.

BLOCK-IV: **Prejudice and Aggression**

Prejudice: Social Sources of Prejudice – Motivational Sources of Prejudice – Cognitive Sources of Prejudice – Consequences of Prejudice -Discrimination- prejudice in action- Techniques for countering the effects of prejudice - Aggression - Causes of aggression - Types of aggression - Hurting Others – Theories of Aggression – Media violence - Sexual violence - Strategies to reduce Aggression.

BLOCK V: **Liking, Love and Other Close Relationships**

Internal sources of liking others: the role of needs and emotions, External sources of attraction: the effects of proximity, familiarity and physical beauty- Sources of liking based on social interaction - Close relationships - foundations of social self - Divorce & the detachment process - Measurement of Attraction – Sociometry.

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%20other%20in%20long,love%20than%20on%20passionate%20love.

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Demonstrate the ability to articulate the methods and research methods of
social psychology

CLO 2 Describe the Social Behavior and the cultural influences that affect our
behavior, Illustrate the social motives and qualities of Leaders

CLO 3 Analyze and interpret the behavior of different types of groups and its
functions.

CLO 4 Recognize how prejudice are formed and describe the nature of aggressive
behavior and apply the strategies to reduce aggression

CLO 5 Indicate the level of Interpersonal attraction as well to measure it.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- V

Course Title : **Guidance and Counseling Psychology**

Course Code : **BSYS-53**

Course Credits : **3**

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Explain the importance of counseling and guidance services in terms of contemporary educational process

CO 2 Apply different counseling and guidance approaches

CO 3 Familiarize the students with different tools and techniques available for counseling and guidance

CO 4 Summarize the various Counsellor's Qualities, Skills, and Ethical considerations

CO 5 Incorporate the knowledge among the students about special areas of counseling.

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BLOCK – I: Nature and Scope of Guidance and Counselling

Counselling – Meaning - Related terms–Functions of Guidance and Counselling, Advice and Direction - Emergence of Guidance and Counselling in India – Counselling: Expectations and Goals –- Types of Counselling Services.

BLOCK – II: Counselling approaches

Counselling approaches and practices: Directive, Non-directive and Eclectic – Psychoanalytic, person centered, cognitive, reality counselling - Humanistic approach - Behavioristic approach - Existential Approach - Eclectic Approach - Counsellor and Counselee relationship – individual counselling – Group Counselling & guidance- aims – Types of groups - limitations of group counselling

BLOCK – III: Tools and techniques

Testing and non-testing devices - Types of psychological tests - Nature of a good

psychological test - Test interpretation in counseling - Limitations of psychological tests - Diagnosis and its limitations.

BLOCK IV: Counsellor Qualities, Skills and Ethical Responsibilities

Qualities of an effective counselor, Counsellor Skills: Building Trust - Listening – Attending – Observing - Building Rapport - Demonstrating Empathy, Ethics in counselling.

BLOCK – V: Special Areas of Counselling

Special areas in counselling – Family counselling - Counseling the Delinquent - Marital counselling –Premarital Counseling - Counselling the Victims, Addicts, Women and Disaster victims – Counseling the Handicapped - Role of Counselor in developing Good Mental Health, Career counseling.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Discuss and differentiate   between guidance and counseling, roles and responsibilities of a counselor

CLO 2 Demonstrate the different approaches, practices and ethics of counseling

CLO 3 Describe group counseling, types of groups, significant features and its

   limitations

CLO 4 Describe tools involved in Psycho-diagnosis and non-testing devices

CLO 5 Categorize the various special areas of application of counseling skills

TAMIL NADU OPEN UNIVERSITY
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B. Sc Psychology- Syllabus – III Year–Semester- V

Course Title	: INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY
Course Code	: BSYS- EL- 51
Course Credits	: 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Write about the basic concepts of industrial psychology.

CO 2 Evaluate the scientific management and Hawthorne experiments.

CO 3 Comprehend motivation principles in the industry and job satisfaction.

CO 4 Demonstrate the basics of leadership and group dynamics

CO 5 Produce an outline about the organizational culture.

BLOCK I: Introduction to Industrial Psychology

Definition of Industrial Psychology - Characteristics of Industrial Psychology - Scope of Industrial Psychology - Basic Concepts in Industrial Psychology - Major Fields of Industrial Psychology

BLOCK II: Scientific Management and Hawthorne Experiments

Scientific Management – Time and Motion Study – Principles of Motion Economy – Contribution of Time and Motion Studies - Taylor's Four Principles – Evaluation of Scientific Management - Hawthorne Studies – Importance – Illumination Studies - Relay Assembly Test – Mass Interviewing Programme – Bank Wiring Room Study - Democratic Humanism – Quality of Work Life Paradigm.

BLOCK III: Motivation and Job Satisfaction

Motivation at Work - Motivation Theories – Modern Theories to Work Motivation Types of Motivation - Motivating Factors - Job Satisfaction – Definition – Factors affecting Job Satisfaction – Organizational Factors causing Job Satisfaction – Consequences – Measuring Job Satisfaction.

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BLOCK IV: Leadership and Group Dynamics

Leadership Styles – Approaches to Leadership – Leadership Skills – Corporate Social Responsibility - Group Dynamics – Definition – Theories of Group Formation - Development of Groups – Group Cohesiveness – Group Think – Types of Groups: Formal, Informal Groups – Differences between Working Group and Teams

BLOCK V: Organizational Culture

Definition – Levels – Theories – Characteristics of Organizational Culture - Organizational Culture Profile - Types – Functions – Importance of Organizational Culture - Changing Organizational Culture

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%20company%20what%20it%20is.

COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Infer how psychology can be useful in the industrial setup.

CLO 2 Describe the basic concepts of motivation, job satisfaction and how to apply them.

CLO 3 Illustrate the importance of leadership and group dynamics.

CLO 4 Apply major psychological concepts and principles to practices engaged in by the industrial/ organizational psychologists.

CLO 5 Apply appropriate strategies for working in a team and to develop a better organizational culture.

TAMIL NADU OPEN UNIVERSITY

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B. Sc Psychology- Syllabus – III Year–Semester- VI

Course Title   : ABNORMAL PSYCHOLOGY – II

Course Code   : BSYS 61

Course Credits   : 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Delineate the causes, symptoms and treatment of Somatic Disorder and

Dissociative disorders

CO 2 Analyze neurotic disorders, its causes, symptoms, and treatment

CO 3 List Psychotic disorders, its causes, symptoms, and treatment

CO 4 Express the causes, symptoms and treatment of substance use disorders and

to reflect the psychological perspectives of delinquency

CO 5 Plan with various treatment procedures for the mental disorders

BLOCK I: MOOD DISORDERS

Unipolar mood disorder: Biological - Psychosocial - Socio- cultural Causal factors, Bipolar disorders: Biological – Psychosocial - Socio- cultural Causal Factors – Treatment, Suicide: causes - prevention

BLOCK II: SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS.

Schizophrenia: Meaning - Clinical features positive symptoms- negative symptoms – Causes – treatment - Subtypes, Other Psychotic Disorders: Causal Factors – Treatment

BLOCK III: PERSONALITY DISORDER

Cluster A disorders: Meaning – types - causes- treatment, Cluster B disorders: Meaning – types - causes - treatment, Cluster C disorders: Meaning- types- causes- treatment.

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BLOCK IV: SUBSTANCE RELATED DISORDERS

Psychoactive drugs: Meaning – types, Concepts: Substance Abuse – Tolerance - Dependence - Addiction - withdrawal symptoms. Addiction Disorders: Alcohol Abuse and Dependence - Drug Abuse and Drug Dependence - Causal factors - Treatment.

BLOCK V: PREVENTION AND TREATMENT

Perspectives on Prevention - Primary, Secondary and Tertiary Prevention, Psychological approaches to treatment: Psycho dynamic therapy- Behaviour therapy - Cognitive and Cognitive Behavioral therapies - Humanistic and Existential therapies - Family and Marital Therapy - Eclecticism and Integration-Indigenous systems: Yoga and Meditation.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Demonstrate the symptoms and prevalence of Somatic Disorder and Dissociative Disorder, Personality disorders, Mood disorders, Schizophrenia and Substance abuse disorders.

CLO 2 Explain the biomedical, individual and group approaches to treatment.

CLO 3 Evaluate the use of biomedical, individual and group approaches to the treatment of one disorder.

CLO 4 Describe the use of eclectic approaches to treatment.

CLO 5 Discuss the relationship between etiology and therapeutic approach for the disorders.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- VI

Course Title : SOCIAL PSYCHOLOGY – II

Course Code : BSYS 62

Course Credits : 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Describe the concepts of persuasion and its implications

CO 2 Analyze the self-concept and explain how they influence behavior.

CO 3 Describe the concepts of Social Beliefs and Judgments and explain how they influence behavior.

CO 4 Explain the importance of Conformity, Compliance and Obedience and altruistic behavior.

CO 5 Analyze the reasons for the helping behaviour.

BLOCK -I: Persuasion

Theories of Persuasion: the central route - the peripheral route - different pathways for different purposes- Elements of Persuasion: communicator, content, channel, audience – Cults & persuasion - Resisting Persuasion: strengthening personal commitment, inoculation programs, and implications of attitude inoculation.

BLOCK - II the Self

Self-Presentation: Self-Other accuracy in predicting behaviour - Self-Presentation tactics, Self-Knowledge: Introspection, the self from the observer's standpoint, Personal identity versus social identity: the importance of the social context and others' treatment - Social Comparison: Self-serving biases and unrealistic optimism, Self-esteem: the measurement of self-esteem - the impact of migration on self-esteem - gender differences and self-esteem,

BLOCK - III Social Beliefs and Judgments

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Judging the social world: Perceiving the social world - Explaining the social world–

Importance of social beliefs- Self-fulfilling prophecy, Cognitive social psychology, Behaviour and Attitudes: Conditions When Attitudes Determine Behaviour – Conditions When Behaviour Determines Attitudes- Self presentation: Impression Management, Self-justification: Cognitive Dissonance- Self-perception: Comparing the theories.

BLOCK - IV Conformity, Compliance and Obedience

Conformity: Definitions- Classic Studies on Conformity- Compliance & Obedience- Factors Predicting Conformity- Reasons for Conformity- Characteristics of people who conform- Resisting social pressures to conform, Compliance: Principles of compliance, Effectiveness of compliance strategies, Obedience: Causes & resisting the effects of destructive obedience.

BLOCK - V Helping Behaviour

Altruism and pro-social behaviour: Theoretical perspectives- By Stander Effect, Helping: Reasons for Helping – Conditions Governing Helping – Characteristics of People Who Help – Increasing Helping Behaviour.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Demonstrate the theories of Persuasion and its implications of attitude inoculation

CLO 2 Examine the importance of self, self-esteem in predicting behavior

CLO 3 Identify the Conditions where Attitudes Determine Behaviour

CLO 4 Indicate the underlying factors of conformity and compliance

CLO 5 Compile the Psychological principles underlying altruistic behavior and ways to Increase Helping Behavior

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B. Sc Psychology- Syllabus – III Year–Semester- VI

Course Title	: HUMAN RESOURCE DEVELOPMENT
Course Code	: BSYS-63
Course Credits	: 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Elicit the Functional responsibilities and objectives of Human resources management.

CO 2 Express the Recruitment and Selection process involved in an organization.

CO 3 Discuss critical aspect of employee motivation and employee Management at the workplace for the effective performance.

CO 4 Evaluate the need for training and development in organizations, methods and its effectiveness.

CO 5 Organize the information about the employee efficiency, relevant legislations and their welfare.

BLOCK – I Introduction

Introduction - The Evolution of Human Resource Management - Functional responsibilities and objectives of Human resources management - Policies – Practices - Importance of people related management skills - Manpower Planning - Job analysis: job description, job specification.

BLOCK – II Recruitment & Selection

Recruitment Planning, Recruitment, and Selection: Types - Placement, Induction, Transfer - Career planning - Need for career planning,

BLOCK – III Training & Development

Training and development; Need for training and development; Training objectives and strategies, training methods and techniques, evaluation of training - Performance appraisal: objectives, uses, appraisal techniques.

BLOCK – IV Employee Motivation and Employee Management

Employee Motivation – Basic principles, motivation and job satisfaction, motivational strategies, dealing with resistance to change, quality of work life in Indian context - Employee relations: Management – Employee relation: Managing discipline, Managing grievances, Managing stress, Counselling in industries.

BLOCK – V Employee efficiency, Social security & Labour welfare

Human resources and productivity- Role of management in increasing productivity; Employees participation - Quality circles - Working conditions and social security; Legislation on working condition; flexible working hours; social security -– employee welfare - Safety services.

REFERENCES

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Examine the objectives of Human Resource Management and skill required

for the effective management of manpower

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CLO 2 Identify the effective recruitment, selection methods

CLO 3 Identify an effective employee motivation and management plans and Develop, implement, and evaluate employee orientation, training and development programs.

CLO 4 Administer and contribute to the design and evaluation of the performance management program.

CLO 5 Evaluate current trends in Social security & Labor welfare, Plan for an intervention increasing employee efficiency through welfare programmes.

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- VI

Course Title	: EXPERIMENTAL PSYCHOLOGY – II
Course Code	: BSYS 64
Course Credits	: 4

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1   Develop skills of assessment of association.

CO 2   Conduct test of intelligence and creativity.

CO 3   Label assessments related to social phenomena

CO 4   Classify assessments for motor process.

CO 5   Assess different types of personalities.

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List of Experiments:

Block Association

- Free Association
- Controlled Association

Block II Intelligence and Creativity

- Verbal test of intelligence
- Nonverbal test of intelligence
- Creativity

Block III Social Phenomena

- Social distance scale
- Semantic differential
- Sociometry

Block IV Motor Process

- Minnesota rate of Manipulation set
- O'Connor's Tweezers dexterity test

- T-Puzzle

Block V Personality

- Eysenck's Personality Inventory

- Adjustment Inventory

- Aptitude

- Interest

- Achievement test

- Stress and coping

REFERENCES

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CO 1 Assess and interpret the various methods of association in learning of an individual.

CO 2 Assess and interpret the intelligence and creativity level of the individual.

CO 3 Acquire psychological skills in assessing and understanding social phenomenon

CO 4 Associate and assess motor skills.

CO 5 Assess and interpret the motor process and personality characteristics of an individual.

TAMIL NADU OPEN UNIVERSITY

School of Social Sciences
Chennai – 15
B. Sc Psychology- Syllabus – III Year–Semester- VI

Course Title : BASIC COUNSELLING SKILLS

Course Code : BSYS- EL 62

Course Credits : 3

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Discuss and differentiate between guidance and counseling, roles and responsibilities of a counselor

CO 2 Explain the different approaches, practices and ethics of counseling

CO 3 Describe group counseling, types of groups, significant features and its limitations

CO 4 Describe tools involved in Psycho-diagnosis and non-testing devices

CO 5 Comprehend various special areas of application of counseling skills

BLOCK – I Counselling Assessment and Techniques

Functions of counsellor, values - Assessment: Physical setting, room, length of session, group counselling, stages of counselling - Techniques: Egan's Model, Interviews, testing.

BLOCK – II Methods of assessment

Other methods of assessment – Observation, rating scales – checklists – interview schedules – other measures: anecdotal reports – Autobiography, dairies and daily schedules – group assessment techniques: Sociometry - Ethical and Legal guidelines - Case study preparation and report writing.

BLOCK – III Basic Communication Skills for Counselling

Basic Communication Skills for Counselling – Communication Skills level-I: The importance of Communications Skills, Attending : Active Listening, Confrontation, Human Presence Level, SOLER, Communication Skills Level III -Empathy, Probing, Communication - Observing – Verbal and Non-Verbal Communication & Ethical issues. 66

BLOCK – IV Advanced Communication Skills for Counselling

Advanced Communication Skills: Helping Clients Identify and Clarify Problem Situations - Helping Clients Challenge themselves– Communication Skills Level III: Guidelines for Effective Challenging- Self-Disclosure- Interpretation-Leverage - Helping clients work on the Right Things- Perspectives and Skills for Constructing a Better Future.

BLOCK – V Specialized Skills

Termination – Skills for handling Transference/ Counter Transference – Referral Skills, Developing Monitoring Skills: Monitoring Methods –Time Scheduling Activities – Steps in Progressive Task Skills – Career Counseling Skills as suggested by National Career Development Association (NCDA) and International Association for Employment and Vocational Guidance (IAEVG), evaluating the effectiveness of Career Counselling.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 Illustrate the Qualities of an Effective Counsellor Positive regard or respect for people.

CLO 2 Demonstrate purposeful and effective counselling skills in a counselling interview.

CLO 3 Identify the ability to establish an effective helping relationship, including attending to cognition, affect and meaning.

CLO 4 Examine the specialized skills the required for a counsellor

CLO 5 Describe ethical issues for helpers and ways of committing to ethical professional practice.

TAMIL NADU OPEN UNIVERSITY

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GENERIC ELECTIVES

Course Title	: BASICS OF PSYCHOLOGY
Course Code	: BSYSG-71
Course Credits	: 2

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Describe key concepts, principles, and overarching themes in psychology

CO 2 Comprehend the basic psychological processes like attention, sensation, perception,

CO 3 Compile the significant facts about the learning and memory

CO 4 Develop an understanding about motivation, emotion,

CO 5 Define intelligence and personality and write about their assessment

BLOCK – I: **Introduction**

Psychology - Definition - Psychology as a science – Goals – What is not psychology-Early schools of Psychology - Modern perspectives – Psychology in India - Methods of Psychology – Introspection - Experimental Method, Systematic Observation, Case Study Method, Survey Method – Scope of Psychology: Branches of Psychology

BLOCK – II Attention, Sensation and perception

Attention, Types - Determinants of attention, Sensation: Meaning – Basic sensation: Vision – Hearing – Touch and other Skin senses – Perception: Meaning– Organizing principles of perception - Errors in Perception- Illusion; Hallucinations

BLOCK – III: Learning & Memory

Definition of learning – Association Learning: Principles of conditioning - Classical conditioning - Instrumental conditioning –Reinforcement –Punishment –Social and Cognitive Learning: Cognitive learning – Latent learning, Insight Learning - 69 Observational Learning - Memory – Theories – Information Processing -Sensory

register, Short Term Memory, Long Term Memory; Forgetting – Theories of forgetting - Decay, Interference, Motivated forgetting,

BLOCK – IV: **Motivation and Emotion**

Motives: Definition – Motivation cycle - Biological motivation - Social motives – Psychological motivation - Theories of motivation – Instincts – drive reduction theory – arousal – Incentive- opponent process – Emotion – components - The physiology of emotion - Theories of emotion.

BLOCK – V: **Intelligence & Personality**

The nature of intelligence - Individual differences in intelligence – Theories of Intelligence – Types of intelligence tests - Assessment of Intelligence - Personality - Definition - Theories - Assessment of Personality - Uses of Personality tests - Observation –– Inventories – Projective techniques – Emotional Intelligence.

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COURSE LEARNING OUTCOMES

After completion of this course, the Learner will be able to:

CLO 1 analyze the socio-cultural influences on human development and behaviour, engage in innovative and integrative thinking and problem solving

CLO 2 Develop a working knowledge of psychology's content domains namely attention, sensation, perception, learning, memory,

CLO 3 Describe the basics of motivation and emotion.

CLO 4 Identify the right methods for assessment of Intelligence and Personality

CLO 5 Describe applications of psychology in every day's life

TAMIL NADU OPEN UNIVERSITY
School of Social Sciences
Chennai – 15

Course Title	: INTRODUCTION TO ABNORMAL PSYCHOLOGY
Course Code	: BSYSG-72
Course Credits	: 2

COURSE OBJECTIVES

While studying this course, the Learner will be able to:

CO 1 Discuss the historical antecedents to modern understandings of abnormal behavior.

CO 2 Describe the factors and theoretical perspectives related to the development and maintenance of different types of abnormal behaviour.

CO 3 Identify and describe the major classes and characteristics of psychological disorders as presented in the Diagnostic and Statistical Manual (DSM)

CO 4 Primary treatments for psychological disorders and discuss their effectiveness

CO 5 Enumerate causes and symptoms Alcoholism, Drug addiction & Sociopathic deviations

BLOCK – I Introduction

Introduction – history, classification (symptom, etiology and treatment) - scope of abnormal Psychology – Misconceptions regarding mental disorders - Mental disorders in Indian thought, incidence of mental disorders in India - Brief note on DSM 5 and ICD 11 classification system.

BLOCK – II Developmental Disorders

Clinical types and Causal factor – Disorders of childhood and adolescence - Developmental disorders - Intellectual disability: Autism Spectrum disorder - Specific Learning disorder: Attention Deficit /Hyperactivity disorder, Conduct Disorders

BLOCK – III: Anxiety Related Disorders

Anxiety disorders -Anxiety States, Phobias, Obsessive - compulsive disorders, Hysterical Neurosis, Depressive neurosis, Hypochondriacal neurosis - Epilepsy, causes, treatment.

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BLOCK - IV: Psychotic disorders

Somatic Disorder and Dissociative Disorder, personality disorder- Dissociative Disorders: Dissociative Amnesia, Dissociative Identity Disorder, Depersonalization and Derealization Disorder – Causal factors and Treatment - Personality disorders- Antisocial Personality - Sociopath, Delinquency - Crime - Mental Health – Perspectives on prevention

BLOCK – V - Alcoholism, Drug addiction & Sociopathic deviations

Substance related disorders - Alcoholism & Drug Abuse – Effects of Alcohol, Stages in Alcoholism, Psychoses associated with alcoholism, Causes & Treatment of Alcoholism - Types of Drugs – Causes of Addiction & Treatment.

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COURSE LEARNING OUTCOMES

CLO 1 Define and explain common terminology associated with the study of

abnormal psychology

CLO 2 Able to evaluate the impact of biological factors on the development of psychological disorders.

CLO 3 Familiarize with the DSM 5 and ICD 11 classification system of mental disorders

CLO 4 Summarize clinical features of symptoms, etiology, and valid and reliable treatment of diagnostic categories of mental health disorders.

CLO 5 Identify Alcoholism, Drug addiction & Sociopathic deviations

Mapping

Table 1 (a)

Programme outcomes	Foundation courses											
Academic Competence (1.1 to 1.8)	Gen Psy - I	Bio Psy - I	Gen Psy - II	Bio Psy - II	Dev Psy- I	Dev Psy - II	Abnormal 1	Social 1	Guidance & Counseling	Abnormal II	Social II	Hum Res Dev
1.1 Disciplinary Knowledge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.2 Professional Skills	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
1.3 Application of Skills to chosen specialization	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.4 Experiential Learning &Critical Thinking	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓
1.5 Application to Psychology related Problems	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.6 Knowledge of e-resources & social media												
1.7 Skills in scientific writing & Effective presentation skills												
1.8 Critical evaluation of theoretical approaches	✓	✓	✓	✓	✓	✓	✓	✓				

Programme outcomes	Table 1(b) Foundation courses											
Personal & Behavioural Competence (2.1 to 2.6)	Gen Psy - I	Bio Psy - I	Gen Psy - II	Bio Psy - II	Dev Psy - I	Dev Psy - II	Abnormal 1	Social 1	Guidance &	Abnormal II	Social II	Hum Res Dev
2.1 Self development &self-regulation skills	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2.2 Social skills (empathy) & accountability	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2.3 Cultural and historical sensibility	✓		✓				✓	✓			✓	
2.4 Conversational Competence & Communication skills									✓			✓
2.5 Appreciating Diverse perspectives	✓	✓	✓	✓	✓	✓	✓				✓	
2.6 Ability to work in groups & teams (negotiation								✓			✓	✓

Programme outcomes	Table 1(c) Foundation courses											
Social Competence (3.1 to 3.6)	Gen Psy - I	Bio Psy - I	Gen Psy - II	Bio Psy - II	Dev Psy- I	Dev Psy - II	Abnormal 1	Social 1	Guidance &	Abnormal II	Social II	Hum Res Dev
3.1 Collaboration, Cooperation & Community feel											✓	✓
3.2 Understanding social dynamics & social problems	✓		✓			✓	✓	✓		✓	✓	
3.3 Gender Sensitivity & awareness of gender fluidity issues					✓	✓	✓					
3.4 Ethical, Social & Ecological responsibility						✓	✓	✓	✓	✓	✓	
3.5 Moral & Ethical Awareness & reasoning					✓	✓	✓	✓	✓	✓	✓	
3.6 Multilevel Commitment to health & wellbeing							✓		✓	✓	✓	

	Table 2 (a)									
Programme outcomes	Elective courses									
Academic Competence (1.1 to 1.8)	Edu Psy	Health Psy	Res Med & Stat	Basics of Psy	Expt 1	Life skills	Industrial psy	Intro to abn psy	Expt 2	Basic Counseling Skills
1.1 Disciplinary Knowledge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.2 Professional Skills	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.3 Application of Skills to chosen specialization	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1.4 Experiential Learning &Critical Thinking	✓	✓		✓	✓	✓	✓	✓	✓	✓
1.5 Application to Psychology related Problems	✓	✓		✓	✓	✓	✓	✓	✓	✓
1.6 Knowledge of e-resources & social media			✓							
1.7 Skills in scientific writing & Effective presentation skills			✓		✓				✓	✓
1.8 Critical evaluation of theoretical approaches	✓	✓		✓			✓	✓		

Programme outcomes										
Personal & Behavioural Competence (2.1 to 2. 6)	Edu Psy	Health Psy	Res Met & Stat	Basics of Psy	Expt 1	Life skills	Industrial PSy	Intro to abn psy	Expt 2	Basic Counseling Skills
2.1 Self development &self regulation skills	✓	✓		✓	✓	✓		✓	✓	✓
2.2 Social skills (empathy) & accountability	✓	✓		✓		✓		✓		✓
2.3 Cultural and historical sensibility						✓		✓		
2.4 Conversational Competence & Communicati on skills					✓	✓				✓
2.5 Appreciating Diverse perspectives	✓			✓				✓		✓
2.6 Ability to work in groups & teams (negotiation			✓		✓	✓	✓		✓	✓

Programme outcomes	Table 2 (c)									
Social Competence (3.1 to 3.6)	*Edu Psy*	*Health Psy*	*Res Met & Stat*	*Basics of Psy*	*Expt 1*	*Life skills*	*Industrial PSy*	*Intro to*	*Expt 2*	*Basic Counselin*
3.1 collaboration, Cooperation & Community feel						✔				✔
3.2 Understanding social dynamics & social problems			✔		✔	✔	✔	✔		✔
3.3 Gender Sensitivity & awareness of gender fluidity issues										
3.4 Ethical, Social & Ecological responsibility	✔	✔	✔	✔		✔	✔			✔
3.5 Moral & Ethical Awareness & reasoning	✔	✔		✔		✔	✔			✔
3.6 Multilevel Commitment to health & wellbeing		✔				✔	✔			✔

Relevance of Courses

Relevance	BSYS-11	BSYS-12	BSYEL-	BSYS-21	BSYS-22	BSYE	BSYS-31	BSYS-32	BSYS-41	BSYS-42	BSYS EL-41
Local	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔
National				✔	✔	✔	✔	✔		✔	
Regional	✔	✔	✔	✔	✔	✔		✔		✔	
International	✔	✔	✔			✔		✔		✔	

Relevance	BSYS-51	BSYS-52	BSYS-53	BSYSEL-51	BSYS-61	BSYS-62	BSYS-63	BSYSEL-61	BSYSEL-62	BSYSEL-71	BSYSEL-72
Local	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
National	✓			✓				✓	✓	✓	✓
Regional	✓		✓	✓	✓	✓	✓	✓	✓	✓	
International		✓			✓	✓	✓			✓	