

B.A. (HONS.) PSYCHOLOGY

SEMESTER V

Category I

B.A. (Hons.) Psychology Courses for Undergraduate Programme of study with Psychology as a Single Core Discipline

(B.A. Honours in Psychology only)

DISCIPLINE SPECIFIC CORE COURSE DSC-10 UNDERSTANDING MENTAL AND BEHAVIOURAL DISORDERS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC-10 UNDERSTANDING MENTAL DISORDERS	4	3	0	1	Class 12 th Pass	Basic knowledge of Introductory psychology

Learning Objectives

- To introduce the field of abnormal/clinical psychology.
- To provide an overview of the clinical picture and etiology of the various psychological disorders.
- To orient the learners to the diagnostic criteria and the related vocabulary of major psychological disorders.

Learning Outcomes

After doing this course the student will be able to:

- Distinguish between normal and abnormal behavior and learn the criteria of determining abnormality.
- Categorize and diagnose disorders according to the current diagnostic systems (current editions of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorders section).
- Discriminate between the various anxiety disorders and different mood disorders.

SYLLABUS OF DSC-10

UNIT – I

(18 hours)

Introduction: Criteria of Abnormality, Causal Factors, Classification, Clinical Assessment

UNIT – II

(18 hours)

Anxiety Disorders and Obsessive-Compulsive Disorder (Clinical Picture and Dynamics): Generalized Anxiety Disorder, Social anxiety disorder, Specific phobias, Agoraphobia; Obsessive-Compulsive Disorder

UNIT – III

(9 hours)

Depressive Disorder & Bipolar Disorders (Clinical Picture and Dynamics): Major Depressive disorder, Persistent Depressive disorder, Bipolar I, Bipolar II and Cyclothymia

Practical Component

(30 hours)

Suggestive Practicals:

- Mental Status Examination (MSE).
- Assessment of mental disorders using a psychometric test.
- Assessment of IQ/ADHD using a psychometric test.
- Case study writing to examine/understand clinical picture, dynamics, diagnosis and differential diagnosis.
- Correlational study of demographic variables and a mental disorder.
- Analysis of mental illness related visual media/text to understand mental disorders.

Tutorial Component: Nil

Essential/Recommended Readings

American Psychological Association (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>

Bansal, P. (2019). *Psychology: Debates and controversies*. New Delhi: Sage.

Barlow H. & Durand V. Mark (2014). *Abnormal psychology: An integrative approach*. Delhi: Cengage Learning India.

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2017). *Abnormal psychology*. (17thed.). New Delhi: Pearson.

Comer, R.J. and Comer, J.S. (2021). *Abnormal psychology* (11th Ed.). New York, Macmillan International.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2014). *Abnormal psychology* (12th ed.). New Jersey: John Wiley & Sons.

Suggestive Readings

Kearney, C. A. & Trull, T. J. (2012). *Abnormal psychology and life: A dimensional approach*. New Delhi: Cengage Learning.

Singh, A.K. (2016). *Modern abnormal psychology* (Hindi), Motilal Banarsidass Pvt .Ltd.

Watters, E. (2010). *Crazy like us: The globalization of the American psyche*. Simon and Schuster.

Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

DISCIPLINE SPECIFIC CORE COURSE: DSC-11 POSITIVE PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC 11 POSITIVE PSYCHOLOGY	4	3	0	1	Class 12TH Pass	Basic knowledge of Introductory psychology

Learning Objectives

- To understand the core concepts of positive psychology pertaining to Eastern and Western perspectives.
- To develop an understanding of positive states and processes.
- To equip the students with strategies to enhance their happiness and well-being

Learning Outcomes

After doing this course the student will be able:

- To understand and appreciate the meaning and conceptual approaches to positive psychology.
- Understand the importance of positive states and processes
- Learn various strategies to enhance happiness and well-being.

SYLLABUS OF DSC-11

UNIT 1

(12 hours)

Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Judeo-Christian, Athenian, Hinduism, Buddhism, Jainism and Islam, Character Strengths and Virtues- Values In Action (VIA) Classification System.

UNIT 2

(12 hours)

Positive States and Processes I: Happiness and Well-being, Indian concepts of happiness and well-being (Sukha, Ananda, Panchakoshas), Resilience

UNIT 3

(12 hours)

Positive States and Processes II: Optimism, Wisdom, Flow, Spirituality

UNIT 4

(9 hours)

Positive Psychological Interventions: Positive thinking, Meditation, Gratitude, Kindness

Practical Component

(30 hours)

Suggestive Practicals

- Identifying and enhancing one's character strengths
- Enhancing happiness/ well-being through an intervention based on positive thinking/meditation/gratitude/kindness
- Cross-sectional comparisons on Optimism/Wisdom/Flow/Mindfulness OR Intervention based on Optimism/Wisdom/Flow/Mindfulness
- Analysis of data from secondary sources- movies, books, news articles/ editorials or any other media sources

Tutorial Component : Nil

Essential/Recommended Readings

Baumgardner, S.R., & Crothers, M.K. (2010). *Positive psychology*. Upper Saddle River, New Jersey.: Prentice Hall.

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. London, UK: Routledge.

Davis, E. B., Worthington, E. L., Jr, & Schnitker, S. A. (2022). *Handbook of positive psychology, religion, and spirituality*. Springer Nature.

Gotise, P., & Upadhyay, B. K. (2018). Happiness from ancient Indian perspective: Hitopadeśa. *Journal of Happiness Studies*, 19(3), 863-879.

Jeste, D. V., & Vahia, I. V. (2008). Comparison of the conceptualization of wisdom in ancient Indian literature with modern views: Focus on the Bhagavad Gita. *Psychiatry: Interpersonal and Biological Processes*, 71(3), 197-209.

Parks, A. C., & Titova, L. (2016). Positive psychological interventions: An overview. In A. M. Wood & J. Johnson (eds.), *The Wiley handbook of positive clinical psychology* (pp. 307–320). Wiley Blackwell.

Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical exploration of human strengths*. Thousand Oaks, CA: Sage.

Suggested Readings

Gable, S. L., & Haidt, J. (2005). What (and why) is positive psychology? *Review of General Psychology*, 9, 103-110.

Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.

Seligman, M.E.P. (2002). *Authentic happiness: Using the new positive psychology to realise your potential for lasting fulfilment*. New York: Free Press/Simon and Schuster.

Singh, K., Bandyopadhyay, S., & Saxena, G. (2022). An exploratory study on subjective perceptions of happiness from India. *Frontiers in Psychology*, 13, 111.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

DISCIPLINE SPECIFIC CORE COURSE DSC-12 INFERENCE STATISTICS IN PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC - 12 INFERENCE STATISTICS IN PSYCHOLOGY	4	3	0	1	Class 12th Pass	Knowledge of Descriptive Statistics

Learning Objectives

- The advanced statistics course will assist students in grasping the techniques of inferential statistics necessary for carrying out research.
- They should be able to analyze and interpret statistical data obtained in research.

Learning Outcomes

After doing this course the student will be able:

- To understand advanced statistical techniques.
- To understand the statistical methods used in Statistical Inferences with a concept-focused approach.

SYLLABUS OF DSC-12

UNIT – I

(15 hours)

Introduction to Inferential Statistics: Parametric and Non-Parametric Statistics, Testing hypothesis about single means (z and t); Random sampling distribution of means, Null and alternate Hypotheses; One-tailed (directional) and Two-tailed (non-directional) hypothesis; Characteristics of Student's distribution of t ; Degrees of freedom; Assumptions of t -test; Levels of significance versus p -values.

UNIT – II

(15 hours)

Interpreting the results of hypothesis testing: Type I and Type II error, Power of a test; Difference between Two Means (*t*-test) - Independent and Dependent Groups; Confidence Intervals.

Unit-III

(15 hours)

Hypothesis Testing: More than two groups (One way ANOVA): Assumptions and calculation of one-way; Comparison of *t* and *F*. *Post Hoc* Comparisons (conceptual understanding). Chi-Square: Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies: Assumptions and calculations.

Suggestive Practicals

(30 hours)

- Comparison of two groups using *t*-test
- Comparison of more than two groups using ANOVA
- Use of chi-square

Data sets available online or those from other sources can be used for this purpose.

Tutorial Component :Nil

Essential/Recommended Readings

Dyer, C. (2001). *Research in psychology: A practical guide to research methodology and statistics* (2nd ed.). Oxford: Blackwell Publishers.

King, B.M., Rosopa, P.J., & Minium, E.W. (2007). *Statistical reasoning in the behavioral sciences*. (7th Ed.). USA: John Wiley.

Mangal, S.K. (2010). *Statistics in psychology and education* (2nd Ed.). PHI Learning.

Suggestive Readings

Garrett, H.E. (1973). *Statistics in psychology and education*. Bombay: Vakils, Feffer and Simons Private Ltd.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.