

TRIBHUVAN UNIVERSITY
FACULTY OF HUMANITIES AND SOCIAL SCIENCES



PSYCHOLOGY
CURRICULUM FOR FOUR YEAR BACHELOR LEVEL
PROGRAMME IN PSYCHOLOGY
2076



PSYCHOLOGY SUBJECT COMMITTEE
TRIBHUVAN UNIVERSITY
KIRTIPUR, KATHMANDU
NEPAL



PSYCHOLOGY



Introduction

Four-Years Bachelors Course in Psychology consists of seven major papers. These are foundational and core courses. The major psychology students have to study these papers. In addition, there is one elective course which can be selected by other than Psychology major students. Psychology courses are offered during the four-years of academic session.

Objectives

The objectives of Four-Years Bachelors Course in psychology are to acquaint the students with the theories, approaches and processes of basic psychology and to familiarize them with psychological science in both academic and applied areas. Some of the offered psychology courses, viz. Industrial and Organizational Psychology and Psychosocial Counseling intend to equip the students with the knowledge of some basic skills of helping profession and application of theories of basic human behavior. Along with the theories and practices, students will also be acquainted with research methods in Psychology. It is expected that the course will provide knowledge and professional skills in Psychology.

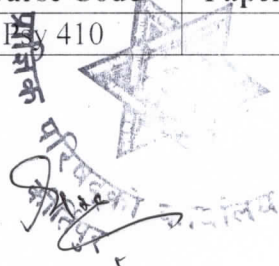
The course is divided as follows:

Courses Structure

S.N	Course Code No	Paper	Year	Course Title
1	Psy 421	I	I	Introduction to Psychology
2	Psy 422	II	I	Social Psychology
3	Psy 423	III	II	Adolescence and Juvenile Delinquency
4	Psy 424	IV	II	Abnormal Psychology
5	Psy 425	V	III	Psychosocial Counseling
6	Psy 426	VI	IV	Industrial and Organizational Psychology
7	Psy 427	VII	IV	Research Methods and Academic Writing

Elective Paper

S.N.	Course Code	Paper	Year	Course Title
8	Psy 410		III	Elective- General Psychology



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COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

Course Code: Psy 421

Nature of course: Theory and Practical

Paper: 1

Full Marks: 100

Theory: 70 + Practical: 30

Total lecture hours 150

Course Description – Introduction to psychology is a scientific study of cognitive process and human behavior. The course covers basic concepts, theories and research about individual behaviors and processes

Course objective - To familiarize the students with the knowledge of psychology and the basic processes of human behavior.

Course Details

Group A -Theory

Unit I. Introduction to Psychology

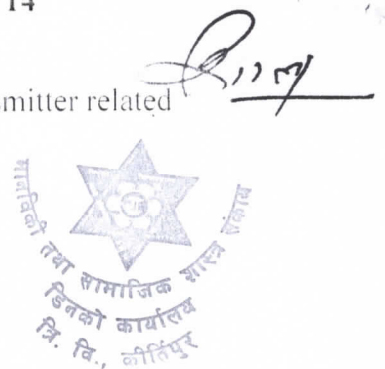
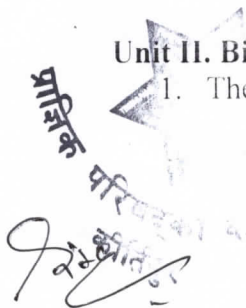
14

1. Meaning of Psychology
2. Brief historical background
3. Perspectives in Psychology (Behavioral, Psychodynamic, Humanistic, Cognitive, Socio-cultural, Biological and Evolutionary)
4. Goals of Psychology
5. Fields of Psychology
6. Psychology's Key Issues and Controversies
7. Psychology in the 21st century
8. Methods of Psychology:
 - a. Experimental, Observational, Survey, Interview, Correlation and Case Study Method
 - b. Ethical Issues in Psychological Research

Unit II. Biological basis of Behaviour

14

1. The Nervous System
 - a. Neurons and nerves: Structure, types, functions, Neurotransmitter related behaviour
 - b. Division of nervous system
 - i. Central Nervous System: Brain and Spinal cord
 - ii. Peripheral Nervous System: Somatic and Automatic
2. The Endocrine Glands and related functions:





- a. Pituitary gland
- b. Pineal gland
- c. Thyroid gland
- d. Pancreas gland
- e. Gonads gland
- f. Adrenal gland

Unit III. Sensation and Perception

20

1. Sensing the World Around Us
 - a. Thresholds: Absolute threshold and Difference threshold
 - b. Sensory Adaptation
 - c. Color Vision and Color Blindness
2. Brief introduction to sensory process
3. Perception: Definition, characteristics and process
4. Factors influencing perception
5. Attention: Types and factors influencing attention
6. Principles of Perceptual organization
 - a. Figure and ground and laws of grouping
 - b. Top-Down and Bottom-Up Processing
7. Perceptual Constancies and Illusion
8. Depth Perception
9. Movement perception
10. Perception without awareness
11. Extra Sensory Perception

Unit IV. Learning

8

1. Definition, characteristics, maturation and learning
2. Factors affecting learning
3. Models of learning
 - a. Behavioral -Trial and error, Classical Conditioning, Operant Conditioning
 - b. Cognitive learning- Observational, Insight learning
4. Application of learning theories
5. Transfer of training
 - a. Positive, negative, zero

Unit V. Memory and Forgetting

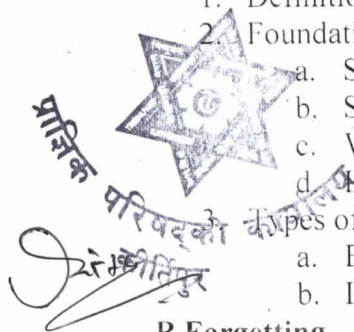
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A. Memory

1. Definition and Processes of Memory(Encoding, Storage, Retrieval)
2. Foundations of Memory
 - a. Sensory memory
 - b. Short term memory
 - c. Working memory
 - d. Long term memory
3. Types of memory
 - a. Explicit memory
 - b. Implicit memory

B. Forgetting

1. Definition and nature of forgetting
2. Causes of forgetting: Trace decay, Interference, Motivated forgetting.



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3. Brain and memory- Amnesia, dementia (Alzheimer's Disease, Korsakoff syndrome, Huntington's disorder)
4. Memory Distortion and Memory Construction
5. Flashbulb Memories
6. Techniques of improving memory

Unit VI. Thinking and Problem Solving

8

1. Definition and elements of thinking (Concept, Images and Symbols)
2. Concept formation: Process and types of concept
3. Types of thinking
 - a. Creative thinking- Stages of creative thinking
 - b. Critical thinking
 - c. Problem solving thinking- Stages of problem solving thinking, Role of habit and mental set in problem solving thinking
 - d. Autistic thinking

Unit VII. Motivation and Emotion

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A. Motivation

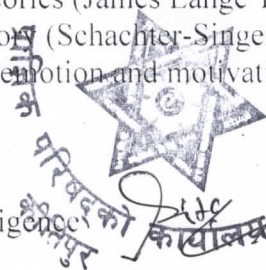
1. Definition and characteristics
2. Motivational Cycle: Need, Drive, Incentive and Reward
3. Classification of Motives:
 - a. Physiological
 - i. Hunger, Thirst, Sleep and Sex
 - b. Psychological
 - i. Affiliation, Achievement, Power
4. Theories
 - a. Instinct theory of motivation
 - b. Drive-Reduction theory of motivation
 - c. Arousal theory of motivation
 - d. Incentive theory of motivation
 - e. Cognitive theory of motivation
 - f. Maslow's Need Hierarchy theory of motivation

B. Emotion

1. Definition, and components of emotion
2. Physiology of emotion
3. Types of emotions: primary (happiness, sad, anger, fear, surprise and disgust) and secondary
4. The external expression of emotion: outward signs of inner feelings
5. Theories of emotion:
 - a. Biological Theories (James Lange Theory, Cannon-Bard Theory)
 - b. Cognitive Theories (Schachter-Singer Theory)
6. Relationship between emotion and motivation

Unit VIII. Intelligence

1. Definition
2. Determinants of intelligence
 - a. Heredity
 - b. Environment
3. Theories of intelligence- Two factor, Group factor, Gardner's Theory of Multiple



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- Intelligences, Sternberg's Triarchic Theory, Cattle's Theory of intelligence
4. Measurement of intelligence:
 - a. Concept of I.Q.
 - b. Wechsler's test
 - c. Stanford Binet's test
 5. Types of intelligence tests:
 - a. Verbal and performance tests
 - b. Group and individual tests
 6. Individual differences in Intelligence:
 - a. Intellectual disability
 - b. Mentally gifted
 7. Emotional Intelligence

Unit IX. Personality

10

1. Definition
2. Determinants of Personality
 - a. Heredity
 - b. Environment
 - c. Situation
3. Approaches to Personality
 - a. Psychodynamic Approaches to Personality
 - b. Traits Approaches to Personality
 - c. Learning Approaches to Personality
 - d. Humanistic Approaches to Personality
4. Personality Assessment
 - a. Interview method
 - b. Objective tests -MMPI, 16PF, CPI, MBTI, The Big Five Inventory
 - c. Projective tests -TAT, RT, WAT, Sentence Completion Test



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Group B – Practical

1. Format of Practical Report Writing
2. Statistics: Frequency distribution, Graphical presentation, Measures of central tendency
3. Practicals-

Practical classes should be conducted in Psychology laboratory by the concerned faculty with the assistance of psychology laboratory assistant using Psychological apparatus and equipments

S.N.	Topic	Name of the Practical	Name of the Apparatus
1	Sensation	Difference threshold	2 point threshold
2	Trial and Error Learning	Maze Learning	Maze learning Apparatus
3	Perception	Muller-Lyer illusion	Muller-Lyer illusion box
4	Transfer of training	Mirror tracing	Mirror tracing apparatus
5	Memory	Paired association learning	Memory Drum
6	Forgetting	Retroactive inhibition	Memory Drum
7	Emotion	Physiological changes in emotion	Sphygmomanometer
8	Motivation	Knowledge of result in performance	Ruler, Pencil
9	Personality	16 PF	Psychometric tool :16 Personality Test
10	Attention	Span of attention	Tachistoscope
11	Intelligence	IQ test	WAIS

Internal Evaluation

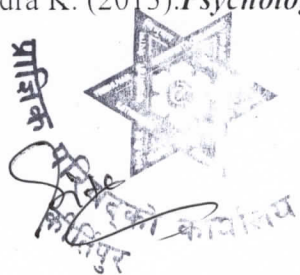
Title	Marks (30)
Practical Lab Work	20
Mid Term Examination Mark	10
Total marks	30

Textbook

Feldman, R. S.(2015).*Understanding Psychology*. 11th Edition. McGraw Hill Publication

Recommended Books

Atkinson and Hilgard.(2009).*Introduction to Psychology*. 15th Edition .Cengage Learning
 Baron, R. A. (Latest Edition). *Psychology*. Prentice-Hall of India.
 Ciccarelli, Saundra K. (2013).*Psychology: an exploration*. 2nd Edition .Pearson Education, Inc.



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COURSE TITLE: SOCIAL PSYCHOLOGY

Course Code: Psy. 422

Nature of Course: Theory and Practical

Paper: II

Full Marks: 100

Theory: 70 + Practical: 30

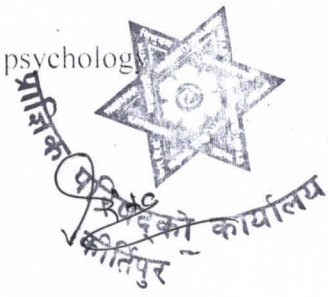
Total lecture hours 150

Course Description - Social psychology is a scientific study of how the thoughts, feelings, and behaviours of human beings influence other people in the society, and how the same are influenced by other people in social situations. The course covers basic theories, concepts, and research about individual processes, interpersonal processes and group processes.

Course Details

Group A - Theory

Unit I	Introduction to Social Psychology	15
	<ol style="list-style-type: none">1. Nature and scope of social psychology2. Brief history of social psychology3. Research methods in social psychology4. Relationship of social psychology with sociology, social work and anthropology5. Current trends and applications in social psychology	
Unit II	Social Cognition	8
	<ol style="list-style-type: none">1. Concept of social cognition2. Schema and its role in cognition3. Affect - influences of affect on cognition, influences of cognition on affect4. Automatic and controlled processing of information5. Errors in social cognition	



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Unit III Social Perception

15

1. Concept of social perception – Nonverbal communication in social perception - the language of expression, gazes and gestures; the basic channel; role of nonverbal communication in social perception
2. Attribution - theory of attribution - Kelly's theory, attribution errors, applications of attribution theory
3. Distortions in social perception
4. Impression formation – process and factors, impression management - the process

Unit IV The Self - Understanding the Self

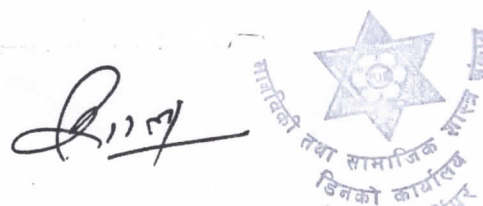
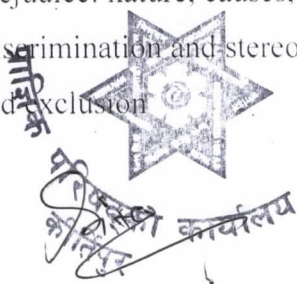
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1. Self-concept, Self-esteem
2. Knowing self through different channels - introspection, personal versus social identity, self-esteem, social comparison, social identity
3. Gender - a crucial aspect of identity
 - i. Sex and gender
 - ii. Gender identity and gender stereotypes
 - iii. Gender-role behavior

Unit V Social Behavior

15

1. Concept of social behavior
2. Attitude
 - i. Concept, components of attitude, formation of attitude
 - ii. Attitude and behavior - when and why attitudes influence behavior
 - iii. Attitude change
 - Cognitive dissonance theory - dissonance and attitude change, strategies to reduce dissonance
 - Persuasion: concept, the cognitive approach to persuasion-traditional, resistance to persuasion,
3. Prejudice: nature, causes, effects and cures
4. Discrimination and stereotypes - nature, causes, effects and cures: social inclusion and exclusion





Unit VI Social Influences

1. Concept of social influences
2. Conformity: concept, factors affecting conformity, resistance to conformity.
Asch's research on conformity, Sherif's research on conformity
3. Compliance: concept, principles - ingratiation, consistency, reciprocity and scarcity
4. Obedience: concept, causes of obedience, resistance to obedience, Milgram's Experiment, Zimbardo's prison simulation experiment

Unit VII Pro-social behavior

10

1. Concept, steps, basic motives underlying prosocial behavior - sociobiology, social exchange, empathy and altruism, bystander behaviour
2. Personal determinants of prosocial behaviour
3. Situational determinants of prosocial behaviour

Unit VIII Aggression

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1. Concept, aggression inborn or acquired, aggression across culture.
2. Causes - biological, social, cultural, personal and situational
3. Prevention of aggression

Unit IX Groups and Individuals

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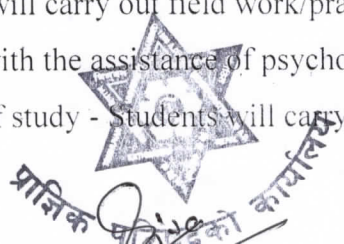
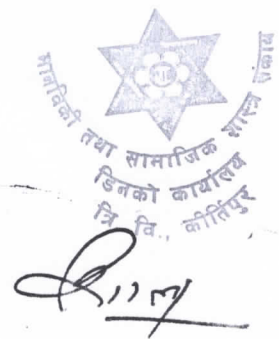
1. Nature of social groups, components of social groups, benefits of joining groups.
2. Group effects on individual performances - social facilitation, social loafing
3. Co-ordination in group
4. Decision making in groups

Group B – Field Work/Practical

1. Format of Report Writing

2. Field work

- i. Student will carry out field work/practicals under the supervision of the concerned faculty with the assistance of psychology laboratory assistant.
- ii. Topics of study - Students will carry out field work/practicals on the following topics:



Details of Practicals/Fieldwork

S. N.	Topic	Name of field work	Name of the Apparatus/Tasks
1	Social Perception	Measurement of Social Perception: Attribution	Students will observe people and make attribution of their behavior based on Kelly's Theory of Attribution (external and internal control of behavior)
2	Social Perception	Impression Management	Students will carry out field survey of social interaction in public places. The students are required to identify the factors of impression management based on how people impress each other, and prepare a report.
3	Understanding the self	Measurement of Self-Esteem	Rosenberg Self-esteem Scale
4	Social attitude	Measurement of Social Attitude	Social Distance Scale
5	Social loafing	Measurement of Social Loafing	Social Loafing (Facilitation) Scale (SLS) (13-15 years) - Q. G. Alam and Ramji Srivastava
6	Discrimination and stereotypes	Measurement of Discrimination	Perceived Discrimination Scale - Dr. V.N. Yadav & Dr. Surajmal
7	Social behaviour	Measurement of Prejudice and Discrimination	Based on the community visit, students will prepare a report on prevailing practices of social prejudice and discrimination in that community
8	Aggression	Measurement of Aggression	Children's Inventory of Anger (ChIA) - Jeffrey M. Halperin, PhD, and Kathleen E. McKay
9	Pro-social behaviour	Measurement of Pro-Social Behavior	Based on the community visit, students will prepare a report on prevailing practices of pro-social behavior in that community
10	Pro-social behaviour	Measurement of Altruism	Altruism Personality Scale

प्राप्तिक
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Internal Evaluation

Title	Marks (30)
Practical Lab Work/ Practical Field Work	20
Mid Term Examination Mark	10
Total marks	30

Textbook:

Baron, Robert A. and Byrne, Donn. 2003. *Social Psychology*. 10th Ed. Prentice-Hall, India

Baron, Robert A. and Nyla R. Branscombe. 2016. *Social Psychology*. 13th Ed. Pearson


Recommended books:

Aronson, Elliot, Wilson, Timothy, D. and Akert, Robin M, 1997. *Social Psychology*. 2nd Ed. Addison-Wesley Educational Publishers, Inc.

Myer, David.G. 2012. *Social psychology*. 11th Ed. New York: McGraw Hill.

Stangor, Charles, Jhangiani, Rajiv and Terry, Hammond. 2011. *Principles of Social Psychology* - 1st Int'l Edition. BCCAMPUS Victoria, B.C

Taylor, Shelly E., Peplau, Latitia Anne & Sears, David O. 2006. *Social Psychology*. 12th Ed. Upper Saddle River, NJ: Prentice Hall.


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