Course outcome of B.A. Psychology (Hons.)

After the completion of this course following outcomes will be achieved:

Core Course- C1

- After completing this specifics course students will be able to understand the definition, development of psychology in India, subject matter, branches and methods of psychology.
- It will enable the students to understand the concept of perception, perceptual organization, perception of depth and moment and illusion and hallucination.
- Students will be able to understand the concept of learning and motivation and their theories and how to utilize these theories in their day to day life.
- They will be able to understand the nature of memory, types of memory and how to improve memory.

Core Course- C 2

- The students will be able to understand the concept of statistics, types of statistics, measurement and its types. Different types of graphical representations and its utilization in research and daily life. They will also learn about the measurement of Central Tendency and Variability.

Core Course- C3

- The students will be able to understand the concept of bio-psychology, its nature, its scope, structure and functions of nervous system, endocrine system and functions of glands.

Core Course- C4

- The students will be able to understand the concept of individuality, the nature of personality, different types of personality, determinants of personality and the role of cultural factors in personality development.
- The concept of intelligence, theories of intelligence, emotional intelligence and self identity. They also will be able to understand and how to enhance the individual potential.
- The meaning, theories and types of thinking.

Core Course –C5

- The students will be able to understand the history of psychology and pioneer of different psychological schools and their contribution in the field of psychology. (Psychophysics, psychoanalysis, gestalt, behaviourism, humanistic etc.)

Core Course –C6

- The students will be able to understand the concept of research, types of research, ethics of research, qualities of good research, sampling and its types, different methods of research, the concept of psychological testing and standardization of a test.

Core Course –C7

- The students will be able to understand the concept of social psychology, its scope, its current status, social interaction and influence and group dynamics in their life and how to apply them.

Core Course –C8

- Students will able to understand the concept of normality and abnormality, it criteria and classification, different types of symptoms and etiology of disorders like (anxiety, obsessive compulsive disorder, somatoform disorder, conversion disorder, hypochondriacs, Schizophrenia and its types and mental retardation.

Core Course – C 9

- This unit is an introduction to methodology of research in psychology and the various concepts and methods of research. This Course will cover the entire process of conducting research which includes methods of data collection, techniques of data analysis, issues and problems in doing research and techniques of Report writing.

Core Course -10

- . This course will help students discover ways to apply social-psychological principles to their day-to-day experiences, and to better understand themselves and others.

DSE -1

- This course of Positive Psychology helps students to recognize the positive aspects of human life and how psychological health and happiness are not just absence of disease or infirmity. It helps also to conceptualize happiness, subjective well-being, resilience, self efficacy, optimism, hope and wisdom etc.

Students will able to understand the nature of positive psychology and its significance in present era.

DSE -2

- Students will be able to understand the concept of health psychology, relationship between cognitive and physical aspect, mind body relationship, barriers to health, nutrition and stress management. They will be able to apply this knowledge in day to day life.

Core Course -11

- The students will be able to gain knowledge about different types of mental disorders and interventions for their cure. They will also be able to know about the family and group therapy.

Core Course -12

- This course will discuss the concept of life span and issues of development and help them understand various developmental theories and its implications.

DSE -3

- This course focuses on applications of basic psychological knowledge and methods to community problems and aims to helping students understand the concept and process of community psychology and mental health. The course also focuses on community maternal and child health through research and social intervention programs such as prevention, citizen participation, environmental change, and influence of public policy. This course will also enable the students to understand the problems of physically challenged and old age persons.

DSE -4

- Understand the nature, sources and symptoms of stress. Effect of stress on health and well being and how to manage stress.

Core Course -13

- Students will be able to understand the nature of organizational psychology, its contemporary trends, work related attitudes and work motivation, different leadership styles in organization, concept of organizational stress and its causes and management.

Core Course -14

- Students will be able to understand the concept of counselling, its nature, process of counselling, techniques of counselling and application of counselling in day to day life.

Experiments (Lab)

- Students will be able to conduct simple experiments on memory, attention, learning and motivation. Skill to design and conduct the experiments and write their reports will also be an outcome of the Lab work. The understanding of variables and their manipulation willbe the part of outcome.

Testing (Lab)

- The students will be able to measure the different mental capacities like intelligence, self concept, self esteem adjustment, work motivation, emotional intelligence and

psychological well being. They will also learn to conduct projective techniques and measure the simple abnormalities like neuroticism and anxiety.

Programme Objectives

The main Objectives the Programme of **BA Psychology Hons** may be as follows:

1. To familiarize students to the field of psychology, give them the necessary exposure to develop interest in the field and thus to prepare them for post-graduate programme in psychology.
2. To be acquainted with the different branches and emerging fields of psychology.
3. To understand the fundamental processes underlying human behavior and the process of human development and change from biological and psychosocial perspective.
4. To understand the different aspects of human behavior in the social, cultural and Organizational/work context and thus, understanding the effects of group membership on individual behavior.
5. To understand abnormal behavior and the various components that promotes health and well being through papers such and Health psychology and Positive Psychology.
6. To introduce students to the basic aspects in experimentation and testing in psychology so that students are able to conduct simple tests and experiments, write brief reports based on the findings from the tests and experiments
7. To familiarize students with basic statistical techniques and fundamentals of research methodology. In addition students are trained for the application of the same by engaging them in simple quantitative research in small groups.