



## Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS208	Title of the Course	UNDERSTANDING PSYCHOLOGICAL DISORDERS	L	T	P	C
Year	II	Semester	IV	5	1	0	6
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	The course is aimed to develop knowledge in understanding of psychological disorders.						

Course Outcomes	
CO1	Identify issues in diagnosis of abnormality.
CO2	Describe clinical picture of anxiety disorders.
CO3	Explain mood, eating, sexual and gender identity disorders.
CO4	Explain about clinical picture of schizophrenia and personality disorders.
CO5	Describe in detail disorders of development.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Understanding Abnormality	Issues In Defining Normality And Abnormality; Issues In Diagnosis And Classification; Nature Of Clinical Assessment	18 hrs	CO1
2	Clinical Picture And Etiology Of Disorders I	Anxiety Disorders (Any 2 Disorders); Somatoform Disorders – Hypochondriasis And Conversion Disorders	18 hrs	CO2
3	Clinical Picture I	Clinical Picture Of Mood Disorders, Eating Disorders, Sexual Disorders, Gender Identity Disorder	18 hrs	CO3
4	Clinical Picture II	Clinical Picture Of Schizophrenia; Personality Disorder (Any One); Borderline Personality Disorder / Anti Social Personality Disorders	18 hrs	CO4
5	Clinical Picture III	Disorders Of Development (Any Two): Learning Disorder/ Mental Retardation, ADHD/ Autism	18 hrs	CO5

### Reference Books:

1. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
2. Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers.
3. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
4. David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology: Cengage Learning India Edition.

### e-Learning Source:

1. <https://swayam.gov.in/>
2. <https://onlinecourses.nptel.ac.in>

PO-PSO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)												
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1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 <b>DR. RUBEMA KHATOON</b> (Name & Sign of Program Coordinator)	 Head Humanities & Social Science Integral University, Lucknow (Sign & Seal of HoD)
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## Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS209	Title of the Course	SAMPLING TECHNIQUES AND TESTING OF HYPOTHESIS	L	T	P	C
Year	II	Semester	IV	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To educate students with the techniques of inferential statistics and hypothesis testing.						

Course Outcomes	
CO1	Students will be able to know about the concepts of population, sample, and parameter census.
CO2	Students will understand the concepts of Stratified Random Sampling.
CO3	Students will be able to know in detail the concept of Hypothesis.
CO4	They will be able to understand different parametric and Non-Parametric Tests.
CO5	Students will understand the Meaning, Scope and Importance of SPSS. They will be able to solve.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Concepts of population, sample, parameter and statistic, sampling versus census, sampling units and frame, advantages of sampling methods, sampling and non sampling errors, Probability and non probability sampling, Simple random	18 hrs	CO1
2	Stratified Random Sampling	Estimation of population mean & variance of the estimate of population mean of stratified random sampling, allocation of sample size. Non probability sampling: Introduction to Convenience Sampling, Consecutive Sampling, Quota Sampling, Judgmental Sampling, Snowball Sampling.	18 hrs	CO2
3	Statistical Hypothesis	Concepts of Null and alternative hypothesis, Simple and composite hypothesis, Degree of freedom, Critical Regions, Types of errors, Level of Significance, Size and power of the test, Confidence interval, Testing of Significance	18 hrs	CO3
4	Parametric and Non Parametric Test	Small sample tests based on t, F for testing mean and variance, Paired t test, Analysis of variance (ANOVA), concept and example, Explanation ANOVA for one way and two, Classifications, Procedures and inference, Chi Square test for Variance, Goodness of fit and independence of attributes. Non Parametric test: Test for randomness and test for goodness of fit. One sample tests: sign test, Wilcoxon	18 hrs	CO4
5	Introduction to SPSS	Meaning, Scope and Importance. Application of SPSS	18 hrs	CO5

### Reference Books:

1. Lehmann, F.L.(1986), Testing of Statistical Hypothesis (Student edition).
2. Hogg, R.V. and Craig, A.T. (1978), Introduction to Mathematical Statistics, 4<sup>th</sup> edition, Collier Mac.Millan Publishers.
3. Mood, A.M., Graybill, F.F. and Boes, D.C.(1974), Introduction to the Theory of Statistics
4. Rao, C.R. (1973), Linear Statistical Inference and its Applications, Revised edition

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 <b>DR. RUBENA KHATOON</b> (Name & Sign of Program Coordinator)	 <b>Zeba Agil</b> Head Humanities & Social Science Integral University, Lucknow (Sign & Seal of HoD)
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## Integral University, Lucknow

**Effective from Session: 2019-20**

Course Code	HS210	Title of the Course	APPLIED SOCIAL PSYCHOLOGY	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To develop an understanding about the social problems and gain knowledge about intervention strategies.						

### Course Outcomes

CO1	Students will be able to know the nature of Applied Social Psychology and impact of social influences on behaviour.
CO2	Students will get knowledge about the methodological approaches to Applied Social Psychology.
CO3	Students will be able to applying social psychology to understand the environment & diversity.
CO4	Students will be able to applying social psychology to understand the various perspectives.
CO5	Students will be able to understand and evaluate the significance of intervention programmes.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe d CO
1	Introduction	Nature of Applied Social Psychology; Social influences on behaviour, Levels of analysis	12 hrs	CO1
2	Methodological Approaches	Participatory action and learning research techniques	12 hrs	CO2
3	Applying Social Psychology-I	Environment, diversity	12 hrs	CO3
4	Applying Social Psychology-II	Work, health, legal system	12 hrs	CO4
5	Intervention & Evaluation	Process of intervention; need for evaluation for effective programmes. Case studies in Indian context	12 hrs	CO5

### Reference Books:



1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities.
2. Wadsworth, Cengage. Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coultis, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

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## Integral University, Lucknow

Effective from Session: 2019-20						
Course Code	HS211	Title of the Course	INTER-GROUP RELATIONS	L	T	P
Year	II	Semester	IV	5	1	0
Pre-Requisite	Intermediate (10+2)	Co-requisite	None			
Course Objectives	To understand the significance of healthy inter-group relations for the society and learn the strategies of resolving intergroup conflicts.					

Course Outcomes	
CO1	Students will be able to differentiate Cooperation and Competition.
CO2	Students will be able to understand the concept of Social Categorization.
CO3	Students will be able to define Social Identity.
CO4	Students will be able to understand intergroup contact.
CO5	Students will be able to understand conflict Management Strategies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Nature of intergroup relations	Cooperation vs. competition; Classical study of Robbers cave experiment; Realistic conflict theory.	18 hrs	CO1
2	Social categorization and conflict	In-group vs. out-group; Consequences of social categorization: Cognitive biases & stereotypes, conflict and social categorization.	18 hrs	CO2
3	Cultural aspects of intergroup relations	Social identity, Stereotypes, case studies in the Indian context	18 hrs	CO3
4	Resolving intergroup conflict	Intergroup contact; promoting intergroup cooperation	18 hrs	CO4
5	Conflict	Conflict management strategies.	18 hrs	CO5

### Reference Books:

1. Baron, R.A., Branscombe, N.R., Byrne, D. & Bhardwaj, G. (2009) Social psychology. New Delhi: Pearson.
2. Keyton, J. (2006). Communicating groups-building relationships in group effectiveness. New York: Oxford University Press.
3. Smith, P.B., Bond, M.H. & Kagitcibasi, C. (2006) Understanding social psychology across culture. New Delhi : Sage Publications.
4. Zorsyth, D.R. (2009) Group dynamics. Broke/Cole: Wadsworth

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2. <https://egvankosh.ac.in/>

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## Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS212	Title of the Course	EDUCATIONAL PSYCHOLOGY	L	T	P	C
Year	II	Semester	IV	5	1	0	6
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To understand the applications of psychology in the area of education.						

Course Outcomes	
CO1	Students will be able to define Educational Psychology
CO2	Students will be able to understand the concept of Human Diversity.
CO3	Students will be able to define Social cultural difference.
CO4	Students will be able to understand effective teaching.
CO5	Students will be able to understand special education.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Educational Psychology	Nature, scope & relevance of Educational Psychology; Conceptual and Theoretical Perspectives in Educational Psychology; Behavioristic and Social Learning, Cognitive & Humanistic Perspectives, and Constructivism.	18 hrs	CO1
2	Human Diversity and Education	Differences in Cognitive Styles & Learning Strategies, Readiness for Learning & Classroom Achievement, Intelligence, Creativity & Personality.	18 hrs	CO2
3	Socio-cultural Differences	Gender, Socio-Economic Status, Regional, Ethnic & Linguistic Diversity.	18 hrs	CO3
4	Effective Teaching and Classroom Management	Characteristics of Effective Teachers; Teaching Methods & Issues related to Technological Advances; Classroom Management.	18 hrs	CO4
5	Exceptionality and Special Education	Conceptualizing Exceptionality: Categorization, Labeling and its educational implications; Responsibilities of Teachers towards learners with Special Needs.	18 hrs	CO5

### Reference Books:



1. Lahey R.B. Graham J. E., (2000) An Introduction to Educational Psychology, 6th Ed., Tata McGraw Hill Publishers, New Delhi.
2. Santrock John W. (2010) Educational Psychology, Inwin Professional Publishers, Delhi.
3. Slavin, R. (2008). Educational psychology: Theory into practice, (9th ed.). Boston: Allyn and Bacon.
4. Woolfolk Anita (2004) Educational Psychology, 9th Edition, Allyn and Bacon, Boston.

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2. <https://egvankosh.ac.in/>

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## Integral University, Lucknow

Effective from Session: 2019-20						
Course Code	HS213	Title of the Course	STRESS MANAGEMENT	L	T	P
Year	II	Semester	IV	1	1	0
Pre-Requisite	Intermediate	Co-requisite	None			
Course Objectives	The purpose of this undergraduate programme is to enable the learners to manage and cope with stress more effectively.					

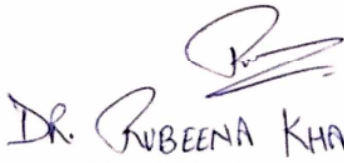

Course Outcomes	
CO1	Describe the nature and symptoms of stress.
CO2	Identify various sources of stress.
CO3	Analyze the effects of stress on health.
CO4	Acquaint with the various methods of managing stress.
CO5	Acquaint with the various approaches of managing stress.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe d CO
1	Stress	Stress: Introduction, Nature of Stress, Symptoms of Stress.	6 hrs	CO1
2	Various Sources of Stress	Various Sources of Stress: Environmental, Social, Physiological and Psychological.	6 hrs	CO2
3	Stress And Health	Stress and Health: Effects of Stress on Health, Eustress	6 hrs	CO3
4	Managing Stress-Methods	Managing stress: Methods - Yoga, Meditation, Relaxation techniques.	6 hrs	CO4
5	Managing Stress-Approaches	Managing stress: Approaches - Problem focused and Emotion focused approaches, Mindfulness.	6 hrs	CO5

Reference Books:	
1.	Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
2.	DiMatteo, M.R. & Martin, L.R.(2002). Health Psychology. New Delhi: Pearson.
3.	Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.
e-Learning Source:	
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## Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS214	Title of the Course	EFFECTIVE DECISION MAKING	L	T	P	C
Year	II	Semester	IV	1	1	0	2
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	Students will learn various strategies which will enable them to make good decisions in life.						

Course Outcomes	
CO1	Explain the concept and importance of making good decisions.
CO2	Develop skills of discovering self and creating a healthy acceptance of self.
CO3	Identify factors conducive for making decisions regarding vocational choices and career.
CO4	Acquaint with the significance of decision making in interpersonal context.
CO5	Develop competencies and skills required for effective decision making at the workplace.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	What is decision making? Importance of making good decisions.	6 hrs	CO1
2	Discovering Self	Discovering self and creating a healthy acceptance of self.	6 hrs	CO2
3	Decisions Regarding Career	Learning to connect with self with vocational choices/career.	6 hrs	CO3
4	Decision Making In Interpersonal Context	Learning about conflict management in interpersonal relations; negotiation in interpersonal conflict, handling difficult people and finding solutions.	6 hrs	CO4
5	Decision Making At The Workplace	Developing competencies and skills required for effective decision making.	6 hrs	CO5

### Reference Books:



1. Adler, R.B & Proctor, R.F (2009) Communication Goals and Approaches. Wadsworth Cengage Learning, India
2. Chadha, N.K. & Bhatia, H. (2014) Career Development-different voices, different choices. The Readers Paradise: New Delhi.
3. Sherfield, R.M., Montgomery, R.J., & Moody, P.G. (2009).Developing soft skills. Pearson Education, India.

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## Integral University, Lucknow

Effective from Session: 2019-20							
Course Code	HS299	Title of the Course	APPLIED SOCIAL PSYCHOLOGY PRACTICAL	L	T	P	C
Year	II	Semester	IV	0	0	4	2
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	1. To develop an understanding of the individual's behaviour in relation to the social world. 2. This course will develop the scientific temperament in studying and understanding the effect of social influence on human behaviour. 3. This course will develop the understanding of the standard steps for Empirical Report Writing and Interpretations of the Results.						

Course Outcomes	
CO1	To develop the scientific temperament in studying and understanding about the Environmental Awareness Ability.
CO2	Learners will get deep understanding regarding the effect of social influence on human behaviour.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Environmental Awareness Ability Measure – P.K. Jha	Problem, Introduction, Method, Procedure of Data collection, Data analysis & discussion, and conclusion.	15 hrs	CO1
2	Social Problem Scale – S.K. Bawa	Problem, Introduction, Method, Procedure of Data collection, Data analysis & discussion, and conclusion.	15 hrs	CO2

### Reference Books:

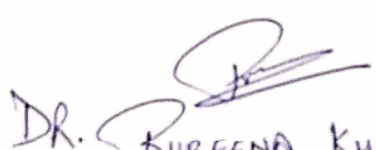

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
2. Baumeister, R.F. & Bushman, B.J. (2013). Social Psychology and Human Nature. Wadsworth.
3. Chadda, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi
4. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2<sup>nd</sup> Ed.) Oxford: Blackwell Publishers
5. Gregory, M. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances In Research). New Delhi: Pearson Taylor.
6. Kerlinger, F. N. (2000). Foundations of behavioral research. New York: Winston Inc. Surjeet Publications.

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