



Integral University, Lucknow

Effective from Session: 2025-2026

Course Code	A090701T/HS425	Title of Course	Understanding Personality : Theoretical Perspectives and Assessment Techniques	L	T	P	C
Year	I	Semester	I	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The purpose of this post-graduate program is to enable learners to understand the major theories of personality and develop familiarity with the scientific methods of personality assessment. The program aims to help students appreciate how personality develops and varies across individuals and cultures, and how it is assessed and applied in real-world settings.						

Course Outcomes

CO1	Describe and explain the concept of personality and its determinants.
CO2	Describe and compare major psychoanalytic and neo-analytic theories of personality.
CO3	Analyze trait and type theories and evaluate their relevance in personality profiling.
CO4	Examine humanistic and existential perspectives on personal growth and identity.
CO5	Evaluate behavioral and cognitive theories of personality and their focus on learning processes.
CO6	Illustrate biological and cultural influences on personality development.
CO7	Demonstrate understanding of objective personality assessment tools and their uses.
CO8	Interpret projective techniques and apply personality assessment in varied contexts.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Personality	Definition and nature of personality, Historical overview and significance in psychology, Determinants of personality: Biological, psychological, and socio-cultural, Methods of studying personality: Case study, observation, experimental	8	CO1
2	Psychoanalytic and Neo-Analytic Theories	Sigmund Freud: Structure of personality (Id, Ego, Superego), Psychosexual stages, Defense mechanisms, Carl Jung: Personal and collective unconscious, Archetypes, Alfred Adler: Inferiority complex and striving for superiority, Karen Horney: Basic anxiety and neurotic needs	8	CO2
3	Trait and Type Theories	Concept of traits and types, Allport: Cardinal, central, and secondary traits, Cattell: 16 Personality Factors, Big Five Model (OCEAN)	8	CO3
4	Humanistic and Existential Theories	Carl Rogers: Self-concept, Unconditional positive regard, Abraham Maslow: Hierarchy of needs and self-actualization, Rollo May: Anxiety, responsibility, and authenticity	8	CO4
5	Behavioral and Cognitive Theories	Skinner: Operant conditioning and personality, Bandura: Social learning theory, Self-efficacy, Mischel: Cognitive-affective personality system (CAPS)	8	CO5
6	Biological and Cultural Perspectives	Genetic basis of personality, Role of brain structure and neurotransmitters, Cultural and environmental influences on personality, Cross-cultural personality research	8	CO6
7	Personality Assessment – Objective Techniques	Standardized tests: MMPI, 16PF, NEO-PI-R, Self-report inventories: Construction, reliability, validity, Rating scales and behavioral assessments, Ethical concerns in testing	6	CO7
8	Personality Assessment – Projective and Applied Techniques	Projective tests: Rorschach Inkblot, Thematic Apperception Test (TAT), Sentence Completion, Interpretation and critique of projective methods, Use of personality assessment in counseling, clinical, and organizational settings	6	CO8

References

- Feist, J., Feist, G. J., & Roberts, T.-A. (2017).** *Theories of Personality* (9th ed.). McGraw-Hill Education.
– A comprehensive and widely used textbook covering all major personality theories including psychoanalytic, trait, cognitive, humanistic, and more.
- Pervin, L. A., Cervone, D., & John, O. P. (2010).** *Personality: Theory and Research* (11th ed.). Wiley.
– Offers detailed insights into theory and empirical research, with strong focus on both traditional and contemporary approaches.
- Burger, J. M. (2018).** *Personality* (10th ed.). Cengage Learning.
– A reader-friendly introduction to major theorists and key research, known for its engaging style and application focus.
- Cohen, R. J., & Swerdlik, M. E. (2018).** *Psychological Testing and Assessment* (9th ed.). McGraw-Hill Education.
– A reliable source for understanding how personality is assessed through both objective and projective methods, including ethical considerations.
- Feist, J., Feist, G. J., & Roberts, T.-A. (2017).** *Theories of Personality* (9th ed.). McGraw-Hill Education.
– A comprehensive and widely used textbook covering all major personality theories including psychoanalytic, trait, cognitive, humanistic, and more.

e-Learning Source:

<https://nptel.ac.in/courses/109/104/109104115> (Introduction to Psychology – includes personality theory)

<https://www.edx.org/course/the-science-of-happiness>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO 8	PSO1	PSO2	PSO3
CO1	3	3	2	2	2	2	1	3	3	3	2
CO2	3	3	2	2	2	2	1	3	3	3	2
CO3	3	3	2	2	1	1	1	2	3	2	2
CO4	3	3	3	2	2	2	1	3	3	1	1
CO5	3	3	3	2	1	2	1	2	3	1	1
CO6	3	3	3	3	2	2	2	3	3	3	2
CO7	3	3	2	2	1	3	1	2	3	3	3
CO8	3	3	2	2	1	3	1	2	3	3	3

1-Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	A090702T/ HS426	Title of the Course	Applied Social Psychology	L		T	
Year	I	Semester	I	4	0	P	0
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The aim of this course is to make the students become well versed with concepts of social psychology and its application in the real and virtual world while providing knowledge with the foundational and current research in social psychology.						

Course Outcomes	
CO1	Students will be able to understand the core concepts and principles of applied social psychology.
CO2	Students will be able to develop skills in research, intervention, and problem-solving.
CO3	Students will be able to critically evaluate research findings and interventions in the field of social justice.
CO4	Students will be able to understand the concepts and principles of competition.
CO5	Students will be able to understand the effect and consequence of emerging areas
CO6	Students will be able to understand the environmental behaviour
CO7	Students will be able to apply social psychological principles to analyze and address social diversity.
CO8	Students will be able to apply social psychological principles to analyze and address environmental problems.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Applied Social Psychology	Introduction to Applied Social Psychology, Historical Background of Applied Social Psychology, Approaches to Applied Social Psychology,	6	CO1
2	Theories and Principles	The role of theory in the field of applied social psychology, Theories, principles and construct; research designs in applied social psychology.	6	CO2
3	Social Justice	Types and models of justice, Affirmative action in social psychological perspective	6	CO3
4	Competition	Competitive behaviour in complex societies, Competition as a relationship and influence, Competition and performance	6	CO4
5	Emerging Areas	Issues of Gender, Poverty, Stigma, Marginalization,	6	CO5
6	Environment and Behaviour	Pollution, Noise, Crowding, Personal Space and Territory	6	CO6
7	Social Diversity and its Challenges	Economic, Religious, Gender, Linguistic, Caste based Diversity; Challenges (discrimination, stereotypes and prejudice)	6	CO7
8	Applying Social Psychology to the Environment	Resource dilemmas, Natural Disasters, Culture and Environment, Pro-environmental Behaviour and Dealing with Natural Disasters.	6	CO8

Reference Books:

- Gruman, J. A., Schneider, F. W., & Coutts, L. M. (2017). Applied social psychology: Understanding and addressing social and practical problems (3rd Ed.). Sage Publications, Inc.
- Steg, L., Buunk, A. P., & Rothengatter, T. (2008). Applied Social Psychology Understanding and Managing Social Problems, Cambridge University Press.
- Myers, D. (2010). Social Psychology (10th ed.) McGraw-Hill.
- Baron, R. A., & Branscombe, N. R. (2012). Social Psychology (13th Edn) Pearson Education, Inc.
- Deb, S, Gireesan, A., & Pravhalkar, P. (2019). Social Psychology in Every Day Life, New Delhi, Sage.

e-Learning Source:

<https://egyankosh.ac.in/handle/123456789/79689>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	3	3	3	3	3	3	3	3	3	3
CO2	2	2	2	2	2	2	2	2	2	2
CO3	2	2	2	2	2	2	2	2	2	2
CO4	2	2	2	2	2	2	2	2	2	2
CO5	3	3	3	3	3	3	3	3	3	3
CO6	3	3	3	3	3	3	3	3	3	3
CO7	3	3	3	3	3	3	3	3	3	3
CO8	3	3	3	3	3	3	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 20225-2026							
Course Code	A090703T/HS427	Title of the Course	Developmental Psychology: Processes and Theoretical Foundations	L	4	T	0
Year	I	Semester	I	P	0	C	4
Pre-Requisite	Graduation	Co-requisite	None				

Course Objectives The course aims to appraise the students to understand human development as it passes through various stages. It helps them understand the processes and comprehend the various theories regarding different aspects of human development throughout the life span.

Course Outcomes

CO1	Understand the concept of Life Span Development and the underlying factors in human development
CO2	Comprehend the methods to be applied in studying human development
CO3	Understand the Physical and Emotional aspects of human development
CO4	Understand the cognitive and language domains of human development along with theoretical perspectives.
CO5	Understand the social domain of human development along with theoretical perspectives.
CO6	Comprehend the role of moral factors in the development process along with theoretical perspectives.
CO7	Comprehend adjustment related factors in developmental process
CO8	Comprehend theoretical perspectives on development and Aging

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Developmental Psychology: Processes and Theories	Life Span Perspective: Nature, Importance and Principles, Stages of Development, Factors in Development: Biogenic, Psychogenic and Sociogenic	6	CO1
2	Methods of Study in Developmental Psychology	Longitudinal, Observation and Cross-sectional studies	6	CO2
3	Physical and Emotional Development	Physical development - Influence of physical development on behaviour Emotional Development - Nature of emotional behaviour, Factors affecting emotionality	6	CO3
4	Cognitive and Language Development	Cognitive development; Meaning, Theories of cognitive development: Piaget's theory, Vygotsky's theory, Language development: Chomsky's theory	6	CO4
5	Social Development	Social Development, Erikson's theory of Psycho-social development, Bowlby's Attachment Theory, Bandura's Social learning theory	6	CO5
6	Moral development	Moral development: Meaning, Kohlberg's theory, Giligan's Theory	6	CO6
7	Social Context of Development	Exceptional Children, Risk taking Behavior, Psychosocial Problems of Adolescence: Depression, Aggression, and Drug Abuse, Major Stressors in adulthood	6	CO7
8	Development and Aging	Theories of Aging: Damage Theories, Genetic Clock Theories and Bio-Psychosocial model	6	CO8

Reference Books:

Papalia, S. & Feldman, C. (2002), Adult Development and Ageing. Delhi; Tata McGraw.

Hurlock, E. (2003), Child Growth and Development. Delhi; Tata McGraw-Hill.

Berk, L. (2002), Child Development. Delhi; Tata McGraw-Hill.

Santrock, J. (2015). Adolescence (16th Ed.) NY: McGraw-Hill Education

Shaffer, D. R., & Kipp, K. (2014). Belmont: Wadsworth Cengage Learning

e-Learning Source:

<https://egyankosh.ac.in/bitstream/123456789/23869/3/Unit-1.pdf>

https://youtu.be/_tpB-B8BXk0

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	1	2	2	1	2	3	1	2	3	2	2
CO2	2	1	1	2	2	1	2	2	3	3	1
CO3	2	2	1	1	2	2	3	2	1	3	3
CO4	2	2	2	2	2	2	3	2	3	2	2
CO5	1	1	2	2	1	2	1	2	2	2	2
CO6	1	2	2	1	2	3	1	2	3	2	2
CO7	2	1	1	2	2	1	2	2	3	3	1
CO8	2	2	1	1	2	2	3	2	1	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator

Sign & Seal of HoD



Integral University, Lucknow

Effective from Session: 2025-26						
Course Code	A090704P/HS428	Title of the Course	Tests and Experiments	L	T	P
Year	I	Semester	I	0	0	4
Pre-Requisite	Graduation	Co-requisite	None			
Course Objectives	This course deals with the sampling, testing experiments and research designs and their applications in research in this practicum.					

Course Outcomes	
CO1	Enable students assess personality using big five inventory
CO2	Enable them to conduct experiment on Human Memory
CO3	Enable students to administer Bhatia battery test
CO4	Enable them to asses anxiety using STAI
CO5	Enable then to measure reaction time using reaction apparatus

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mappe d CO
1	Personality Inventory	Big Five Factor by McCrae and Paul Costa	8	CO1
2	Memory Experiment	Human Memory and experimental procedure	8	CO2
3.	Intelligence Test	Bhatia Battery test of intelligence	8	CO3
4	Anxiety Test	The State-Trait Anxiety Inventory (STAI)	8	CO4
5	Reaction Time Measurement	Reaction time for auditory and visual stimuli	8	CO5

Reference Books:											
1. Anne Anastasi (1968). Psychological Testing											
2. Big Five inventory											
3. Apparatus for memory experiment											
4. Bhatia Battery test of intelligence											
5. State-Trait Anxiety Inventory											
6. Apparatus to measure reaction time											
e-Learning Source: Egyankosh, NCERT, ePathshala, https://prasadpsycho.com/product											

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	3	2	2	3	3	1
CO2	3	2	3	1	2	3	3	2	3	1	2
CO3	3	2	2	2	1	3	2	2	3	3	2
CO4	3	2	2	3	2	2	3	3	3	3	3
CO5	2	2	3	3	3	2	3	3	2	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	A090705R/HS429	Title of the Course	Internship/ Field Study/ Project Work	L	T	P	C
Year	I	Semester	I	1	0	3	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To equip students with hands-on experience in community-based, educational, and clinical psychological settings while enhancing their applied understanding of mental and public health systems through field visits, surveys, and project-based learning; simultaneously fostering research aptitude, observational and communication skills, and a strong sense of professional ethics and social responsibility in real-world contexts.						

Course Outcomes	
CO1	Apply psychological knowledge and research skills in real-world settings through internships and surveys.
CO2	Demonstrate the ability to conduct basic field surveys, collect data, and analyze health-related social trends.
CO3	Develop written and oral communication skills through structured report writing and presentations.
CO4	Exhibit professionalism, teamwork, and ethical sensitivity during field engagement.
CO5	Critically reflect on field experiences to connect academic learning with community needs.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Internship	Visit to Special School (inclusive/special education/child development centers)	12	CO1
2	Survey	Conduct a survey on any Health-related issues.	12	CO2
3	Community Mental Health Camp	Participate in or assist with awareness/screening/psychoeducation in community events	12	CO3
4	Report Writing	Preparation of detailed report based on internship and survey	12	CO4
5	Presentation & Viva	Presentation of field activities; oral viva-voce based on experience and learning	12	CO5

Reference Books:

- APA Manual for writing format
- WHO health survey guidelines
- NIMHANS reports on public mental health
- APA Manual for writing format

e-Learning Source:

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	1	1	2	1	1	2	3	3	2
CO2	3	3	1	1	2	1	2	2	2	3	1
CO3	1	2	3	3	1	1	2	3	1	2	2
CO4	1	2	3	1	2	3	3	3	1	1	3
CO5	2	3	1	1	3	2	1	2	3	1	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	HM402	Title of the Course	Advanced Research Methodology	L	T	P	C
Year	I	Semester	I	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The course aims to equip students with a comprehensive knowledge of research methods, from design and data collection to analysis and reporting. It develops critical thinking, ethical awareness, and practical research skills for academic and applied contexts.						
Course Outcomes							
CO1	Given foundational concepts, students will describe the types, process, and ethics of research for effective problem identification and formulation.						
CO2	Using academic sources, students will perform literature reviews, identify research gaps, and construct testable hypotheses.						
CO3	Given research objectives, students will design studies using appropriate sampling methods to ensure validity and representativeness.						
CO4	Using structured tools, students will collect valid and reliable data through questionnaires, interviews, and observations.						
CO5	Given scaling methods, students will classify data levels and apply appropriate techniques to minimize measurement errors.						
CO6	Using software tools (Excel/SPSS), students will process, tabulate, and present descriptive data through appropriate graphical and statistical summaries.						
CO7	With statistical tools, students will conduct hypothesis testing using t-tests, chi-square, ANOVA, and interpret regression and correlation results.						
CO8	Students will prepare ethically compliant research reports and proposals using correct structure, citation styles, and anti-plagiarism norms.						

Unit No.		Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Research	Meaning, Objectives, and Characteristics of Research, Types of Research: Basic, Applied, Descriptive, Analytical, Experimental, Research Process and Formulation of Research Problem, Ethical Considerations in Research	05	CO1
2	Review of Literature and Hypothesis Formulation	Need and Importance of Literature Review, Sources of Literature: Primary and Secondary, Identification of Research Gaps, Formulation of Hypotheses: Types and Characteristics	05	CO2
3	Research Design and Sampling	Meaning and Types of Research Design, Components of a Good Research Design, Population and Sample, Sampling Techniques: Probability and Non-Probability Sampling	05	CO3
4	Methods and Tools of Data Collection	Primary and Secondary Data, Tools: Questionnaire, Interview Schedule, Observation, Tests, Characteristics of a Good Research Tool, Reliability, Validity, and Norms	05	CO4
5	Measurement and Scaling Techniques	Levels of Measurement: Nominal, Ordinal, Interval, Ratio, Attitude Scales: Likert, Thurstone, Semantic Differential, Errors in Measurement, Scaling Techniques	05	CO5
6	Data Processing and Analysis	Data Editing, Coding, and Tabulation, Use of SPSS/Excel (Introductory Level), Graphical Representation: Tables, Charts, Graphs, Descriptive Statistics: Mean, Median, Mode, SD	05	CO6
7	Inferential Statistics	Concept of Hypothesis Testing, t-test, Chi-square test, ANOVA (Conceptual Understanding), Techniques of Factor Analysis, Correlation and Regression, Interpretation of Results	05	CO7
8	Report Writing and Research Proposal	Structure of Research Report/Thesis, Referencing Styles: APA, MLA (Basics), Plagiarism and Citation Tools, Writing a Research Proposal	05	CO8

Reference Books:

1.	Kothari C R and Garg Gaurav- Research Methodology
2.	Krishnaswami O R-Methodology of Research in Social Sciences
3.	William G. Zikmund -Business Research Methods
4.	Naresh K. Malhotra & Satyabhushan Dash- Marketing Research
5.	ALVESSON (M) and SKOLDBERG (K). Reflexive methodology: new vistas in qualitative research. Ed. 2 Rev. 2009. Sage Publication, London.
6.	GREENFIELD (T). Research methods: guidance for postgraduates. 1996. Hodder Arnold, London.

E-Learning Source:

<https://swayam.gov.in/>
<http://www.ignouhelp.in/ignou-study-material/>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO- PSO											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	2	2	2	3	2	3	3	2	3
CO2	3	3	2	2	3	2	2	2	3	2	3
CO3	3	3	2	2	2	2	2	2	3	3	3
CO4	3	2	2	2	2	2	2	3	3	2	3
CO5	3	3	2	2	2	2	2	2	3	3	3
CO6	3	3	2	2	2	2	2	2	3	3	2
CO7	3	3	2	2	2	2	2	2	3	3	3
CO8	3	3	2	3	3	3	2	3	3	2	3

2- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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