

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**SCHOOL OF HUMANITIES & SOCIAL SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY**



**VANITA VISHRAM**  
**WOMEN'S UNIVERSITY**  
— SURAT —

**BACHELOR OF ARTS (B.A.) HONOURS PSYCHOLOGY**  
**PROGRAMME**

**under Learning Outcomes-based Curriculum Framework (LOCF)**  
**for Under Graduate (UG) Education**

**SEMESTER 4**

**Core Courses (CC), Ability Enhancement Compulsory Courses (AECC),**  
**Generic Elective Courses (GE)**

*Syllabus applicable to the students seeking admission in the following programmes*  
**B.A. Psychology Honours under LOCF**  
**w.e.f. the Academic Year 2022-23**

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Biopsychology**

<b>Semester</b>	<b>IV</b>
<b>Subject Code</b>	<b>PS11080</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

**Course Objectives**

- Remembering the structures of the human brain, their functions and impact on human behaviour.
- Understanding the biological bases of human behaviour including neural, biochemical, evolutionary, and genetic mechanisms.
- Charting/ integrating the biological mechanisms involved in psychological processes such as learning, memory, emotion, motivation, sleep and arousal.

**Course Learning Outcomes**

- Analyzing the complex interplay of biological factors with psychological, social and cultural in shaping human behaviour.
- Evaluating scientific techniques for biological psychology and developing an awareness of ethical issues accompanying them
- Creating an applied approach in psychopathology including disorders such as Amnesias, Korsakoff's Psychosis, Alzheimer disease, and Anorexia.

**Unit 1 Brain and its functions**

- Concept of biopsychology: Reductionism and ethical issues
- Structure of the neurons and neurotransmitters
- The nervous system: Peripheral and Central
- Brain: Structure and Functions

**Unit 2 Five senses of Perception**

- Eye: Structure and Functions
- Ear: Structure and Functions
- Sense of Touch
- Sense of Smell and Taste

**Unit 3 Sleep, Arousal and Biological Rhythms**

- Concept of arousal: Physiological measures of arousal
- Reticular Formation and Central arousal
- Biological rhythms

- Functions of sleep

#### **Unit 4 Motivation and Emotion**

- Biological basis of hunger and thirst
- Homeostasis and Motivation
- Emotions: Nervous System & Endocrine system
- Theories of Emotion

#### **Suggested Readings:**

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

Carlson, N. R. (2012). *Foundations of physiological psychology*. (Sixth Edition). Delhi: Pearson Education.

Green, S. (1995). *Principles of biopsychology*. UK: Lawrence Erlbaum Associates Ltd.

Pinel, J. P. J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

**ANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**

**Social Psychology**

<b>Semester</b>	<b>IV</b>
<b>Subject Code</b>	<b>PS11090</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

**Course Objectives**

The course aims to:

- Understanding the concepts of social affect and affective processes including people's harming and helping behaviour.
- Applying theories of social psychology to the society and issues like gender, prejudice and more
- Gaining insights about research methods pertaining to social psychology
- Highlight several aspects of group behaviour

**Course Learning Outcomes**

At the end of the course, the students will be able to:

- Remembering the basic social psychological concepts and familiarizing with relevant methods.
- Understanding the concepts of social affect and affective processes including people's harming and helping behaviour.
- Applying theories of social psychology to social issues like gender, environment, health, intergroup conflicts, etc.
- Analysing how people react in social situations and evaluating them.
- Evaluating how social influence processes work, particularly the influence of others on individual behaviour and performance.
- Creating skills pertaining to mapping of social reality.

**COURSE CONTENTS**

**Unit 1 Introduction to Social Psychology**

- What is Social Psychology
- Brief History of Social Psychology
- Research Methods in Social Psychology
- Applications of Social Psychology

**Unit 2 Social Cognition**

- Schemas
- Heuristics
- Errors in Social Cognition
- Emotion and Cognition

### **Unit 3 Stereotypes, Prejudice and Discrimination**

- Definition and Differences
- Nature and Origin of Stereotype
- Nature of Prejudice and Discrimination
- Overcoming Prejudices and Stereotypes

### **Unit 4 Group Behaviour**

- What are groups? Benefits of Joining a Group
- Stages of Group Formation
- Effect of Group on Individual Behaviour
- Cooperation and Competition (SIT, RCT)

### **Suggested Readings**

- Baron, R., Branscombe, N, Byrne, D and Bharbwaj, G. (2010). Social Psychology, 12th Edition, Pearson: New Delhi.
- Heinzen, T and Goodfriend, W. (2019). Social Psychology, Sage Publication.

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Fundamentals of Research**

<b>Semester</b>	<b>IV</b>
<b>Subject Code</b>	<b>PS11100</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

**Course Objectives**

The course aims to:

- Understand the principles of psychological research.
- Apply the various sampling methods in psychological research.
- Create a skill base in qualitative and quantitative data analysis and presentation.
- Learn various approaches to research

**Course Outcomes**

At the end of the course, the students will be able to:

- Understand and demonstrate the ability to choose methods appropriate
- To understand the aims and objectives of research.
- Analyze and use advanced critical thinking skills regarding research.
- Evaluating the current issues in research and understanding the importance of statistics in psychology.

**COURSE CONTENTS**

**Unit 1 Introduction to Research**

- Introduction - Importance of research, Objectives of research, Significance of research, Criteria of a good research
- Why is Psychology a science?
- Process of Research
- Ethics of Research

## **Unit 2 Types of Research**

- Important components of Research - hypothesis, confounding relationship, experimental & control groups, and treatments
- Variables & its types
- Types of Research, Approaches to Research
- Experimental Designs

## **Unit 3 Sampling Techniques**

- Characteristics of a good sample design
- Probability and Non Probability sampling
- Simple random sampling & convenience sampling
- Complex random sampling & purposive sampling

## **Unit 4 Introduction to Statistics**

- Definition and scope of statistics
- Scales of measurement
- Organization of data
- Measure of central tendencies

## **Suggested Readings**

- Kothari, C. R. (2004). Research methodology: Methods and techniques (2nd ed.). New Age International.
- Boring E. G. (1950): A History of Experimental Psychology. Appleton Century croft

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Social Skills Enhancement SEC 2**

<b>Semester</b>	<b>IV</b>
<b>Subject Code</b>	<b>PS15020</b>
<b>Credits</b>	<b>4 (2 Theory + 2 Practical)</b>

**Course Objectives**

The course aims to:

- Explore the concept and need of psychological first aid
- Apply PFA action principles to different situations
- Engage in Psychological first aid role plays to understand the concepts better
- Explore skills required for psychological recovery

**Course Learning Outcomes**

At the end of the course, the students will be able to:

- To build the capacity of helpers in crisis situations.
- To prepare helpers to support people recently affected by very stressful events.
- To provide opportunity for participants to develop and practice PFA and SPR skills

**COURSE CONTENTS**

**Unit 1 Psychological First Aid: Definition and Framework**

- Introduction to PFA
- Crisis event simulation and discussion
- PFA: who, when and where?
- What PFA is?

**Unit 2 Applying PFA Action Principles**

- Look Action Principle
- Listen Action Principle
- Link Action Principle



- Adapting to the local cultural context

### **Unit 3 PFA Role Plays, Vulnerable People, PFA Review, Self and Team Care, Evaluation**

- People who likely need special attention
- Ethical do's and don'ts
- Self and team care
- Evaluation and closing

### **Unit 4 Skills for Psychological Recovery**

- Introduction
- Core Skills for SPR
- Applying SPR skills
- Enhancing motivation and preventing setbacks

### **Suggested Readings**

- World Health Organization. (2013). Psychological first aid: Facilitator's manual for orienting Field workers (PDF).
- Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E., & Watson, P. (2010). The National Center for PTSD & the National Child Traumatic Stress Network, Skills for Psychological Recovery: Field Operations Guide

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Youth, Gender and Identity GE 4**

<b>Semester</b>	<b>IV</b>
<b>Subject Code</b>	<b>PS31040</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

### **Course Objectives**

The course aims to:

- Highlight the cultural and contextual differences between gender and identity
- Learn concepts related to youth, gender orientation, and identity
- Apply the role of youth in the social context
- Explain several related principles that can help deepen the knowledge about youth and gender

### **Course Learning Outcomes**

At the end of the course, the students will be able to:

- Remembering the cultural and contextual differences while studying gender and identity.
- Analyzing the concepts of youth, gender orientation, and identity.
- Encouraging non-gender stereotyped attitudes in youth.
- Creating an appreciation of the multiple influences that mold the identity of today's youth.

## **COURSE CONTENTS**

### **Unit 1 Introduction**

- Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context
- Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes
- Concepts of Identity: Multiple identities

### **Unit 2 Youth and Identity**

- Family: Parent-youth conflict, sibling relationships, intergenerational gap
- Peer group identity: Friendships and Romantic relationships
- Workplace identity and relationships
- Youth culture: Influence of globalization on Youth identity and Identity crisis

### **Unit 3 Gender and Identity**

- Issues of Sexuality in Youth
- Gender discrimination
- Culture and Gender: Influence of globalization on Gender identity

### **Unit 4 Key Principle- II**

- The Baader – Meinh of Phenomenon
- Loss Aversion
- Environment Effect
- Verbatim Effect

### **Suggested Readings**

- Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
- Baron, R.A., Byrne, D. & Bhardwaj.G (2010). Social Psychology (12th Ed). New Delhi: Pearson.