

Government Degree College, Baramulla

SEMESTER 2nd

Discipline: Major/Minor Course

Subject: Psychology

Course Name: Introduction to Social Psychology

Total Credits=6 (Theory=4 + Practicum=2)

Course Code: BPY22C201

Objective: *To understand the basics of social psychology and to understand the individual in the social world.*

Unit 1: Introduction: Brief History of Social Psychology (Special Emphasis on India), Scope of Social Psychology, Levels of Social Behaviour, Approaches towards Understanding Social Behaviour.

Unit 2: Individual Level Processes: Person Perception: Attribution-Theories, Biases and Errors Attitude: Formation, Change and Resistance to Change.

Unit 3: Interpersonal Processes: Interpersonal Attraction, Prosocial Behaviour; Altruism & Heroism, Aggression.

Unit 4: Group Dynamics: Types & Key Aspects of Groups, Cooperation and Conflict, Group Decision Making.

Practicum: (Any Two)

- a) Any Practical On Attitude
- b) Attribution Error/Biases
- c) Pro-Social Behaviour/ Bystander Effect
- d) Group Decision Making
- e) Any Social Experiment on Stereotyping, Social Cognition Etc

Readings:

1. Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
2. Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
3. Myers, D.G. (2008). Social psychology. New Delhi: Tata McGraw-Hill.
4. Gilovitch, Keltner & Nisbett (2012) Social Psychology. 3rd edition

Course Outcomes:

1. *Know the nuances of Social World in the context of Social Psychological research.*
2. *Differentiate between Social Psychological processes/ behaviours.*
3. *Find logical solutions to social problems*

Semester 2nd

Skill Enhancement Course (SEC)

Credits: Theory = 2 Tutorial = 2

PSY222S: Psychological First Aid-II (PFA-II)

Course Learning Objectives

- Understanding psychological consequences of trauma
 - Understanding disasters in the context of PFA
 - Practicing PFA in different scenarios
- Total Credits: 04
Theory: 02
Tutorial: 02

Unit-1: Psychological Consequences of Trauma – (*What You Will Encounter in the Field*)

- Posttraumatic stress disorder
- Depression
- Generalized Anxiety
- Panic Disorder
- Substance Use

Unit-2: Disasters – (*The context for PFA*)

- Natural Disasters
- Technological Disasters
- Human Made Disasters

Tutorials (*Practice What You Have Learned*)

- 1) Case scenario 1: Natural Disaster
- 2) Case scenario 2: Violence and displacement
- 3) Case scenario 3: Accident

References

1. American Psychiatric Association. (1954). *Psychological first aid in community disasters*. Washington, DC: Author.
2. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.
3. Cheung, Y. L. (2014). *Psychological First Aid as a Public Health Disaster Response Preparedness Strategy for Responders in Critical Incidents and Disasters*. The Chinese University of Hong Kong (Hong Kong) ProQuest Dissertations Publishing, 3707483.
4. Everly, G. S. Jr. & Lating, J. M. (2022). *The Johns Hopkins guide to psychological first aid*. Johns Hopkins University Press. Baltimore.
5. Forbes D, Lewis V, Varker T, Phelps A, O'Donnell M, Wade DJ, Ruzek JJ, Watson P, Bryant RA, Creamer M. . Psychological first aid following trauma: implementation and evaluation framework for high-risk organizations. *Psychiatry* 2011; 74:224 - 39; PMID: 21916629
6. GA Jacobs - 2016 -Community-based psychological first aid: A practical guide to helping individuals and communities during difficult times
<https://books.google.com/books?hl=en&lr=&id=HJr4COAAOBAI&oi=fnd&pg=PP1&dq=Psychological+First+Aid,+books+pdf&ots=DExUeIqH8a&sig=lzs4yrlG5guAoY7M8OEYyLMYkT8>
7. Kliman, A. S. (1986). *Crisis: Psychological first aid for recovery and growth*. Jason Aronson,
8. Ruzek, J. I., Brymer, M. J., Jacobs, A. K., Layne, C. M., Vernberg, E. M., & Watson, P. J. (2007). Psychological first aid. *Journal of Mental Health Counseling*, 29, 14–49
9. Schafer, A. (2016). *Psychological First Aid: Guide for Field Workers (English)* Psychological, October.
10. World Health Organization. (2011). *Psychological first aid: Guide for field workers*.
https://apps.who.int/iris/bitstream/handle/10665/44615/9789241548205_eng.pdf

MULTIDISCIPLINARY COURSE

Subject: PSYCHOLOGY

Title: INTRODUCING PSYCHOLOGY

CREDIT: 03

Code: BPY22M103

CONTACT HOURS: 48

Objectives: *To acquaint the students with basic principles of psychology and their use in human life.*

Learning Outcomes:

1. *New research in Psychological Science.*
1. *Differentiate psychological processes.*
2. *Find the solutions to day to day problems using psychological knowledge.*

Unit 1:

16 Contact Hours

- A. Psychology as a Modern-Day Science.
- B. Origin and Development of Psychology.
- C. Perspectives (Cognitive, Biological, Behavioural, Psychoanalytic, Humanistic & Socio-Cultural).

Unit 2:

16 Contact Hours

- A. Perception: Nature of Perception, Laws of Perceptual Organization.
- B. Learning: Conditioning (Classical & Operant), Observational Learning.
- C. Memory-Processes: Information Processing Model, Techniques for Improving Memory.

Unit 3:

16 Contact Hours

- A. Motivation and Emotion: Motives: Biogenic and Psychogenic, Emotions: Aspects of Emotions, Key Emotions (Paul Ekman's Model).
- B. Intelligence: Nature & Theories (Gardner's Multiple Intelligences and Sternberg's Tri-archic Theory).
- C. Personality: Nature and Theories (Freud's Psychoanalytic & Allport's Trait Theory).

Readings:

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman. S. R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman, W. E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.