



M. C. E. Society's
Abeda Inamdar Senior College
Of Arts, Science and Commerce, Camp, Pune-1
(Autonomous) Affiliated to Savitribai Phule Pune University
NAAC accredited 'A' Grade

T.Y.B.A (Psychology)

Syllabus

(Choice Based Credit System – NEP 2023 Pattern)

(To be implemented from the Academic Year 2025-2026)



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Syllabus for TYBA (Psychology)

To Be Implemented From 2025-26 (CBCS – Autonomy 2023 Pattern)

TYBA					
Semester	Course Code	Course Name	Title of the Paper	Credit	No. of Lectures
5	23ABPS51MM	Major	Psychological Testing (Theory)	4	60
5	23ABPS52MM	Major	Psychological Tests and Statistics (Practical)	4	60
5	23ABPS53MM	Major	Psychology of Well-Being-I	2	30
5	23ABPS51MEA	Elective	Psychology Applied to Modern Life-I	4	60
5	23ABPS51MEB	Elective	Environmental Psychology-I	4	60
5	23ABPS51VS	VSC	Counselling Skills and Interventions	2	30
5	23ABPS51CE	CE	Community Engagement Programme	2	30
5	23ABPS51MN	Minor	Introduction to Social Psychology	4	60

Syllabus (Semester V)

Course/ Paper Title	Psychological Testing (Theory)
Course Code	23ABPS51MM
Semester	V
No. of Credits	4

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To introduce the field of Psychological Testing to the students
2.	To acquaint students with the concepts of and steps in Test construction and administration
3.	To help students understand the ethical use and limits of Psychological tests
4.	To enable students to develop professional skills.

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Will be able to define Psychological Tests and explain steps in test construction
2.	Will be able to describe characteristics of Psychological Test, their types, uses and ethics in testing
3.	Will be able to identify the reliability and validity of psychological tests as well as the norms and their use
4.	Conduct Group Testing, scoring and interpretation.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Introduction to Psychological Tests	15
	i. Psychological tests: Definition, Need for Control, History, Review of any one Psychological test	4
	ii. Characteristics, Types and Uses of Tests	4
	iii. Steps in test construction	4
	iv. Ethical issues in Psychological Testing	3
Unit II	Reliability of Tests	15
	i. Reliability: Meaning, true score estimation	4
	ii. Types: Test-retest, Split-half, Parallel-form and Scorer reliability	4
	iii. Standard error of measurement	3
	iv. Reliability- Influencing factors and improvement techniques	4
Unit III	Validity of Tests	15
	i. Validity: Meaning	3
	ii. Types: Content, criterion and construct	4
	iii. Convergent and discriminant validity	4
	iv. Validity: Statistical calculation method	4
Unit IV	Norms and Group Testing	15
	i. Meaning of norms, Norm-referencing and Criterion-referencing tests	4
	ii. Types of norms: Age, grade, percentile and standard-score norms	4
	iii. Group Testing and Conduction	4
	iv. Group Testing Analysis and report	3

***Group Testing Procedure**

1. For group testing, a small sample (n=30 at least) should be taken.
2. Any one standardized psychological test should be administered to the sample.
3. Responses should be scored as per the instructions given in the manual.

4. Report for group testing should be structured as follows:

- a. Purpose of the group testing
- b. Description of the test, e.g. author, psychometric properties, uses of test.
- c. Tabular presentation of scores and results
- d. Qualitative analysis, if applicable
- e. Interpretation at group level
- f. Any other relevant finding
- g. Conclusion
- h. Reference

Essential readings

1. Anastasi, A. & Urbina, S. (2009). Psychological testing. N.D.: Pearson Education.
2. Singh, A.K. (2012). Tests, Measurements and research methods in behavioural sciences. Patna: Bharati Bhavan.

References:

1. Kaplan R.M.& Saccuzzo D.P.(2005) Psychological Testing, Principles, Applications and Issues. Sixth Ed. Cengage Learning India, Pvt Ltd.
2. Sherif, M. (1936). The Psychology of Social Norms. New York: Harper and Row. Asch, S. (1952). Social Psychology. (Englewood Cliffs, NJ: Prentice Hall)
3. Husain, A. (2012). Psychological Testing. New Delhi: Pearson

Syllabus (Semester V)

Course/ Paper Title	Psychological Tests and Statistics (Practical)
Course Code	23ABPS52MM
Semester	V
No. of Credits	4

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To understand various types of standardized Psychological tests.
2.	To be able to explain general ability testing, personality, adjustment and attitude tests.
3.	Understand the theory behind testing, measurement and evaluation.
4.	Evaluate and assess how to choose particular tests and why.
5.	Understand basic statistical concepts and their use in Psychology.

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	To be able to take case history of subjects, administer tests, do the scoring and interpret the scores.
2.	To be able to write a testing report.
3.	Understand and use basic statistical formulae.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	General and Special Ability Testing (Any Two)	15
	1. Malin's Verbal OR Performance Scale 2. Standard Progressive Matrices (SPM) 3. Binet Kamath Test 4. Differential Aptitude Tests (DAT)- Any two sub tests 5. Any other relevant test	
Unit II	Personality (Any Two)	15
	1. Eysenck Personality Questionnaire 2. NEO-FFI 3. Sentence Completion Test 4. 16 PF 5. Any other relevant test	
Unit III	Adjustment (Any One)	10
	1. Personal Adjustment Inventory by C. G. Deshpande 2. Bell's Adjustment Inventory (BAI) 3. Mohsin Shamshad's Hindi version of BAI 4. Any other relevant test	
Unit IV	Testing of Attitude (Any One)	10
	1. Optimism-pessimism Scale 2. Attitude towards the mother scale. 3. Any other relevant test	
Unit V	STATISTICS	10
	1. Frequency distribution, Normal Probability curve 2. Measures of central tendency: Mean, Median, Mode for grouped and ungrouped data 3. Measures of variability: Range, Standard Deviation and Quartile Deviation (Q1, Q3 and Q) for grouped data.	

Essential readings:

1. Anastasi, A. & Urbina, S. (2009). Psychological testing. N.D.: Pearson Education.
2. Kaplan R. M. & Saccuzzo D.P.(2005) Psychological Testing, Principles, Applications and Issues. Sixth Ed. Cengage Learning India, Pvt Ltd.
3. Mangal, S. K. (2009). *Statistics in Psychology and Education* (2nd Edition- 10th printing). PHI learning Pvt. Ltd., New Delhi.
4. Singh, A. K. (2012). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan

References:

1. Chadha N.K.(2009),Applied Psychometry, Sage Publication Pvt Ltd. New Delhi.
2. Desai, B. and Abhyankar, S.C. (2001). Prayogik Manasashastra ani Samshodhan Paddhati. Pune: Narendra Prakashan.
3. Garrett, Henry E. (2006). Statistics in Psychology and Education(1st Indian reprint).Surjeet Publications, Delhi-7.

Syllabus (Semester V)

Course/ Paper Title	Psychology of Well-Being-I
Course Code	23ABPS53MM
Semester	V
No. of Credits	2

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To understand how positive psychology as the science of happiness, human strengths, positive aspects of human behavior and ‘psychology of well-being.’
2.	To gain insight into how people lead their lives, find happiness and satisfaction, and face life’s challenges
3.	To help understand challenges to well-being and be able to develop self-understanding with own stressors.
4.	To help students in developing resilience and positive strengths.

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	To define and explain the various concepts involved in Positive Psychology and their measurement.
2.	To be able to define and discuss resilience, its sources and factors influencing happiness along with flourishing, flow and savouring.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Psychology of Well-Being	15
	i. Traditional and Positive Psychology, Life above zero	2
	ii. Psychology of Well-being : Two traditions of Happiness, Subjective Well-Being (SWB)	3
	iii. Psychological Well-Being and Positive functioning	3
	iv. Positive Emotions and Well-Being, Resources	3
	v. Survey : Measuring Happiness and SWB	4
Unit II	Resilience, Happiness and Flourishing	15
	i. Resilience: Definition and Sources	4
	ii. Growth through Trauma	4
	iii. Factors influencing happiness: Gender, Marriage, Other Facts	4
	iv. Flourishing, Flow, Savoring	2
	v. Making sense of loss	1

Essential Reading:

1. Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology: Pearson Education.

References:

2. Snyder, C. R., & Lopez, S. J., & Pedrotti, J. T (2011) Positive Psychology: The Scientific and Practical Explorations of Human Strengths, Sage Publications India Pvt Ltd.
3. Weiten, W. and Lloyd, M. A. (2015). Psychology Applied to Modern Life: Adjustment in the 21st Century (Ed. 8th). Bengaluru: Thomson and Wadsworth

Syllabus (Semester V)

Course/ Paper Title	Psychology Applied to Modern Life-I
Course Code	23ABPS51MEA
Semester	V
No. of Credits	4

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To acquaint students with the various applied branches of Psychology
2.	To acquaint students with the applications of Clinical Psychology and Cognitive Neuro Science
3.	To help students learn about the role of Psychology in Military and Education
4.	To introduce scope and professional issues in the field of Forensic Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Students will learn to use several effective strategies for improving academic performance
2.	Students will be able to differentiate between the classifications of mental disorders
3.	Students will be able to apply psychological principles in various fields
4.	Students will understand the nature, factors and consequences of stress (positive and negative)
5.	Students will be able to demonstrate constructive coping strategies

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Introduction to Applied Psychology	15
	i. Definition, Nature and Scope of Applied Psychology	3
	ii. Major Fields of Applied Psychology	4
	iii. Clinical Applications (Therapies – CBT, Client centered Therapy, REBT)	4
	iv. Cognitive NeuroScience (Nature and major applications – EEG, MRI, CT, PET etc.)	4
Unit II	Physical Health and Stress	15
	i. Stress: definition, nature and types	3
	ii. Physiological Factors in Stress (GAS, Immune System)	4
	iii. Physical and Psychological Effects of Stress	4
	iv. Coping with Stress	4
Unit III	Educational Psychology	15
	i. Psychological principles underlying effective teaching-learning process (Piaget's Theory, Vygotsky's Theory, Motivation, Conditioning, Memory)	4
	ii. Learning Styles	3
	iii. Training for improving Academic Achievement: Classroom Teaching Strategies	4
	iv. Use of Psychological Tests in Educational Institutions	4
Unit IV	Forensic Psychology and Military Psychology	15
	i. Nature and Definition of Forensic Psychology	3
	ii. Evolution and Scope of Forensic Psychology	4
	iii. Military Psychology and Mental Health Problems	4
	iv. Psychological Tests and Interventions in Military	4

Essential readings:

1. Weiten, W. and Lloyd, M. A. (2015). Psychology Applied to Modern Life: Adjustment in the 21st Century (Ed. 8th). Bengaluru: Thomson and Wadsworth
2. Kumar, V. B. (2005). Psychology of Adjustment. Mumbai: Himalaya Publishing

3. Bayne Rowan; Horton Ian (2003). Applied Psychology: Current Issues and New Directions. SAGE Publications Ltd; London.

References:

4. Ogden, J. (2017). Health Psychology: A textbook (4th ed.). McGraw Hill Education.
5. Smarak, S. (2000) Applied Psychology: India Specific and Cross-cultural Perspectives

Syllabus (Semester V)

Course/ Paper Title	Introduction to Environmental Psychology - I
Course Code	23ABPS51MEB
Semester	V
No. of Credits	4

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To acquaint students with the various concepts of Environmental Psychology
2.	To acquaint students with the applications of Environmental Psychology.
3.	To help students learn about the role of Environment in Human Behaviour and Well-Being
4.	To introduce scope and professional issues in the field of Environmental Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Students will learn to define and explain various concepts of Environmental Psychology.
2.	Students will be able to elaborate upon the scope and characteristics of Environmental Psychology.
3.	Students will be able to apply psychological principles in the field of Environment.
4.	Students will understand the concepts and effects of Environmental stress.
5.	Students will be able to evaluate health benefits of nature and restorative environments.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Introduction to Environmental Psychology	15
	i. Environmental Psychology: Concept, Man and Environment, Degradation of Environment	4
	ii. Description and Application of Environmental Psychology	4
	iii. Behaviour of Man in response to the Environment	3
	iv. Environmental Psychology and other disciplines: Architecture, Biology, General Psychology, Human Engineering	4
Unit II	Environmental Stress	15
	i. Introduction: Definition, Environmental Stressors	3
	ii. Stress: Models, Effects	4
	iii. Personal space, territoriality, and crowding	4
	iv. Poor housing & Neighbourhood, Traffic	4
Unit III	Health Benefits	15
	i. Introduction	3
	ii. Health and Nature: Definition and measurement	4
	iii. Mechanisms linking Health and Nature	4
	iv. Green Spaces, Nature, Public and clinical health	4
Unit IV	Restorative Environments	15
	i. Introduction	3
	ii. Research: Stress Recovery and Attention Restoration theories	4
	iii. Recent Developments: Perceptual Fluency, Connectedness, Micro-restorative experiences	5
	iv. Applications and implications	3

Essential readings:

1. Editors: Egyan Kosh <https://egyankosh.ac.in/bitstream/123456789/24092/1/Unit-1.pdf>
2. Steg, L. & De Groot, J. I.M. (2019). Environmental Psychology: An Introduction (Editors): Hoboken, NJ : Wiley. British Psychological Society.

References:

1. Bell, P.A., Greene, T.C., Fisher, J.D., & Baum, A. (2005). Environmental Psychology (5th

ed.) Harcourt.

2. Kaur H., Jaggi, P., & Singh K. (2018). Environmental Psychology Kitab Mahal.
3. Nagar. D. (2006). Environmental Psychology Concept Publishing Co.
4. Tewari, R., & Mathur A. (2014). Environmental Psychology Pioneer Publications.

Syllabus (Semester V)

Course/ Paper Title	Counselling Skills and Interventions
Course Code	23ABPS51VS
Semester	V
No. of Credits	2

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To acquaint the students with various areas of Counselling and interventions
2.	To develop self-understanding and insight
3.	To equip students with basic counselling skills (psychological and social)

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Describe the counselling process and stages.
2.	Demonstrate basic listening skills and appropriate interventions.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	The Counselling Process	15
	i. Counselling: definition, process and goals	3
	ii. Stages of Counselling	4
	iii. Core conditions and Ethics	4
	iv. Intervention areas: Career, Family and Couples	4
Unit II	Counselling Skills	15
	i. Preparation skills, Meeting, greeting and seating	3
	ii. Paraphrasing skills	3

	iii. Reflecting feeling skills	3
	iv. Active listening	3
	v. Summarising skills	3

Essential Reading

1. Gelso, C. & Fretz, B. (2001). *Counseling Psychology: Practices, Issues and Intervention*. New Delhi: Cengage Learning
2. Welfel, E. R. & Patterson, L. E. (2005). *The Counseling Process: A Multitheoretical Integrative Approach* (6th Ed.). New Delhi: Cengage Learning.

References:

1. Gladding, S. T. (2018). *Counselling: A Comprehensive profession* (9th Ed). Pearson
2. Nelson R. Jones (2000). *Introduction to counselling skills, text and activities*. London: Sage Publication.

Syllabus (Semester V)

Course/ Paper Title	Community Engagement Programme
Course Code	23ABPS51CE
Semester	V
No. of Credits	2

Aims &Objectives of the Course

Sr. No.	Objectives
1.	To gain insight into practical, applied aspects of the field of Psychology
2.	Getting to know about various community development initiatives and work taking place in the context of Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Will be able to identify various fields of Psychology where work is taking place in the vicinity.
2.	Will be able to plan, execute and write a report about Community Engagement Programme in any one area of Mental Health.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Choosing Area	15
	Discussing with teacher, choosing area, preparing questionnaire/survey, deciding schedule; Community Engagement Programme to be conducted in Educational Institute/Rehabilitation Centre/Mental Health Facility/Primary Health Care Centre/Old age home/Orphanage/NGOs/Corporates to study Mental Health Practices undertaken there	
Unit II	Conducting	15
	Taking permission, visiting chosen institute/area, conducting the Community Engagement Programme, writing report	

Syllabus (Semester V)

Course/ Paper Title	Introduction to Social Psychology
Course Code	23ABPS51MN
Semester	V
No. of Credits	4

Aims & Objectives of the Course

Sr. No.	Objectives
1.	To acquaint students with the various concepts and processes in Social Psychology.
2.	To acquaint students with theories and applications.
3.	To introduce scope and professional issues in the field of Social Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Students will learn to define and explain various concepts of Social Psychology.
2.	To help students understand concepts of self and gender
3.	To help students learn about the various aspects of group behaviour and social influence
4.	Students will understand the concepts, formation of attitudes, causes and effects of prejudice.
5.	Students will be able to understand explain various aspects of interpersonal relations.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Introduction to the Field of Social psychology	15
	i. Social Psychology: Definition and Three levels of Behaviour	3
	ii. History and Related Fields (Anthropology, Sociology, Gender Studies)	4
	iii. Role of theory in Social Psychology – Cognitive, Learning, Motivation	4
	iv. Social Psychology Research in the areas of Family, Law, Health and Industry	4
Unit II	Understanding Self and Gender	15
	i. What is Self? – Real, Ideal and Social Self	3
	ii. Concepts related to self – Self Concept, Self-Presentation, Self-Regulation and Impression Management	4
	iii. What is Gender, Gender Role Development?	4
	iv. Gender Differences in Self Esteem	4
Unit III	Behaviour in Groups and Social Influence	15
	i Groups: Definition, benefits and costs of joining groups	4
	ii. Group Decision Making, Cooperation v/s Competition	4
	iii. Leadership- definition and characteristics	3
	iv. Conformity- nature and factors, Obedience	4
Unit IV	Attitudes and Prejudice	15
	i. Definition, nature, components of attitudes	3
	ii. Attitude and Behaviour	4
	iii. Definition and Causes of Prejudice	5
	iv. Relationship between Prejudice, Discrimination and Exclusion	3

Essential readings:

Baron R, Byrne D, Branscombe N(2014), Social Psychology ,13 th edition ,Pearson Publications, New Delhi

Taylor, Pepleau and Sears(2005) ,Social Psychology, 12th edition, Pearson, New Delhi

References:

Myers, D. & Twenge, J. (2021). Social Psychology. E-book: McGraw-Hill Education

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