

TUMKUR UNIVERSITY



PSYCHOLOGY

Discipline Syllabus

BA III & IV Semester

Choice Based Credit System SEP 2025-26

Submitted to

Registrar

Tumkur University

Tumakuru

Submitted by

Chairperson and Members

BOS, in Psychology (UG)

Tumkur University

Tumkuru

List of Committee Members

Chairperson

Dr. Lancy D' Souza

Professor of Psychology, Maharaja College, University of Mysore, Mysore

Members

Dr. Vijaya kumari T.R.

Associate Professor, Department of Psychology, PAACFGC, Tiptur.

Dr. Bagappa Chalawadi

Associate Professor, Department of Psychology, GFGC, Tiptur.

Shri. A.M. Satheesh Chandra

Assistant Professor, Department of Psychology, PAACFGC, Tiptur.

Dr. Venugopal A.V.

Professor, Department of Psychology, Maharani Arts College, Mysore.

Dr. Narasimharaju N.

Associate Professor, Department of Psychology, Maharani Arts College, Mysore.

To
Registrar(Academic)
Tumkur University
Tumkur

Sir/Madam,

Subject:-Submission of SEP syllabus framed by BOS of Tumkur University

With reference to the above cited subject we wish to bring to your kind notice that we chairperson and board members have discussed about SEP-psychology syllabus. We have framed syllabus for two semesters and we are submitting the same for your kind perusal.

Please do the needful action

Thanking you

Yours-faithfully



(Dr.Lancy D;Souza)

(Chairperson)

PROCEEDINGS OF THE ONLINE MEETING OF BOS IN PSYCHOLOGY (UG) OF TUMKURU UNIVERSITY

Date : 08-08-2025 :


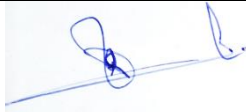


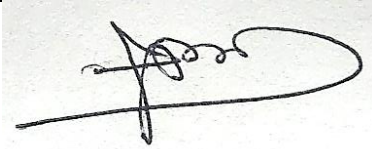

Time: 7.30 PM onwards

Google link: BOS UG Meeting: Aug 8 • 7:30 – 8:30 PM • RSVP

<https://calendar.app.google/mgpRYYi8m5YUywgj8>

<https://meet.google.com/eos-ptfj-ai0>

Members Present

| Members | Signature |
|-----------------------------------|--|
| Dr. Vijaya kumara T.R. |  |
| Dr. Bagappa Chalawadi |  |
| Shri. A.M. Satheesh Chandra |  |
| Dr. Venugopal A.V. |  |
| Dr. Narasimharaju N. |  |
| Dr. Lancy D'Souza, Chairperson |  |

Members absent-NIL

As per the Government of Karnataka order, to implement the State Education Policy, the BOS in Psychology (UG) Committee meeting was held on 8th of August 2025 through online mode.. The BOS meeting is conveyed to discuss and finalize curricula and syllabus for Second Year under Graduate Program commencing during 2025-26 for III & IV

Semesters and also to discuss and finalize the structure of the Psychology course for two semesters of BA Programme.

At the outset **Dr. Lancy D' Souza** Professor, Department of Psychology, Maharaja College, Mysore University, Mysore, Welcomed the Committee Members for the meeting and informed that University has directed to conduct BOS meeting to approve Curriculum and Syllabus for B. A. in Psychology Under Graduate Program in Psychology to be commenced in 2025-26 which has been designed on par with the guidelines given in the SEP implementation order. Subsequently the BOS UG Committee members discussed thoroughly and recommended as under. The concept of Psychology in the 3rd and 4th semesters throw light on developmental stages about psychology making the beneficiary to acquire and develop the knowledge about psychology in terms of growth and development along with experiments. The experiments for practical have been selected in accordance with theory paper.

The members thoroughly discussed the syllabus, amended some of its contents, and unanimously approved the syllabus for Psychology UG (III and IV semesters), which included theory papers, practical papers, and an elective. The meeting concluded with a vote of thanks by the chairperson.



(Dr.Lancy D;Souza)

(Chairperson)

**SEP SYLLABUS OF PSYCHOLOGY (DISCIPLINE SPECIFIC COURSE)
SUBJECT FOR BA/BSC-III SEMESTER WITH EFFECT FROM ACADEMIC
YEAR 2025-26 AND ONWARDS**

Course Objectives:

The course aims to advance the knowledge of studying and understanding developmental stages with scientific and practical knowledge, to understand the developmental psychology, and to develop knowledge and ability to use skills which are necessary to understand behavior in different developmental stages.

By the end of the course, students will be able to;

1. Understand the key concepts, stages and theories of human development.
2. Identify biological, psychological and social influences across the life span.
3. Students are expected to understand the fundamental mental processes which are base for behaviour.
4. Apply theoretical knowledge to real life situations and diverse contexts.

PROGRAM STRUCTURE

| Semester | Papercode | Title of the paper | Type Of Paper | Hours/week | Duration of exam (hours) | Total marks | | Credits | |
|----------|-------------|---|---------------|------------|--------------------------|-------------|------|---------|---|
| | | | | | | IA | exam | | |
| III | DSCPSY301 | DEVELOPMENTAL PSYCHOLOGY-I | DSC | 5 | 3 | 20 | 80 | 100 | 3 |
| III | DSCPSY301 P | DEVELOPMENTAL PSYCHOLOGY-I WITH PRACTICALS | DSC P | 4 | 3 | 10 | 40 | 50 | 2 |
| IV | DSCPSY401 | DEVELOPMENTAL PSYCHOLOGY-II | DSC | 5 | 3 | 20 | 80 | 100 | 3 |
| IV | DSCPSY401 P | DEVELOPMENTAL PSYCHOLOGY-II WITH PRACTICALS | DSC P | 4 | 3 | 10 | 40 | 50 | 2 |
| IV | PSY401 E | PSYCHOLOGY AT WORK | ELECTIVE | 3 | 3 | 20 | 80 | 100 | 3 |

Question paper Pattern

Theory exam will be conducted for 80 marks and it consists of 3 parts namely short, medium and long answer questions.

Part-A Each question carries 2 marks and student has to answer 10 out of 12.

Part-B Each question carries 5 marks and student has to answer 6 out of 8.

Part-C Each question carries 10 marks and student has to answer 3 out of 5.

Semester-III

Developmental Psychology-I

UNIT – 1 Introduction: Concept of Human Development- Introduction, Meaning, Aspects of Human Development-Physical, Social, Cognitive. Moral Factors Influencing Human Development. Principles of Human Development. Theories of Human Development-Piaget, Vygotsky, Erickson, Methods Of Studying Human Development -Observation, Experimentation, Correlation, Cross-Sectional, Longitudinal, Case Studies, Self Report

(12 hours)

UNIT-2 : Genetic Foundations of Development: Cell Division through Mitosis and Meiosis, Prerequisites of Conception-Maturation, Ovulation and Fertilization, Mechanisms of Heredity-Genes, Chromosomes, Dominant and Recessive Alleles. Multifactoral Inheritance (Genotypes and Phenotype) Sex Determination, Multiple Births-Causes, Types, Twins, Mutations, Chromosomal Abnormalities-Down's Syndrome, Turner's karyotype's, Triple X, XYY and Fragile X Genetic Abnormalities - PKU, Sickle Cell Anaemia, Tay Sachs Disease (09 hours)

UNIT-3 : Prenatal Life: Key Concepts -Meaning and Length of the Prenatal Period, Characteristics of the Period. Stages of Prenatal Development-Germinal Stage, Embryonic Stage, Foetal Stage, Development Areas, Length of Each Stage, Determinants of Prenatal Health-Teratogens-Medication and Non-Medical Drugs, Alcohol, Nicotine, Caffeine, Radiation, Pollutants, Maternal Diseases & Infections, Emotional Stress, Nutrition, Physical Activity, Maternal Age.

Prenatal Assessment-Amniocentesis, Chorionic Villus Sampling, Maternal Blood Tests, Ultrasound, Umbilical Cord Blood Sampling, Embryoscopy. (09 Hours)

UNIT-4 : Infancy (First Three Years of Life): Newborn Reflexes - Palmar, Babinsky, Moro, Sucking (Rooting) Swimming. Walking ; Medical & Behavioural Assessment-Apgar Scale, Brazelton Scale; Sudden Infant Death Syndrome. Characteristics of Infancy-Physical, Body Systems (Circulatory, Respiratory, Gastro-Intestinal, Temperature Regulation). Perceptual Capacities-tactile, Taste, Smell, Hearing, Vision. Motor Development, Principles of Development (Cephalo Caudal, Proximo-Distal, Gross and Fine Motor Development)

Milestones of Motor Development, Emotional Development -Expression, Specific Emotions, Communicating Emotions (Mutual Regulation Model, Social Referencing), Stranger Anxiety. Language Development (Pre-Speech, First Words, Growth of Vocabulary, First Sentences, Early Syntax). (12 Hours)

UNIT-5 : Childhood: Characteristics, Physical Development Growth & Change (Height, Weight, Appearance, structure and Systematic Change. Nutrition, Gender Differences) Motor Skills-Large Muscle Coordination, Small Muscle Coordination, Eye-Hand Coordination, Handedness. Cognitive Development-Memory (Recognition, Recall, Influences of Memory Development), Language Development (Vocabulary, Grammar, Speech as a Communicative Tool, Social Speech); Meta-Cognition, Emotional Development-Aggression, Pro-Social Behaviour, Self Conscious Emotions, Expression of Emotions-Learning Emotional Display Rules. Understanding Emotional Expression in Others Psychological Development-Only Child, Siblings, First Friends, Play School Achievement - Influences on School Achievement - Role of Parents, Teachers, Peers and digital addiction. (12 Hours)

References:

- Diane E Papalia & Sally Wenkos Olds, Ruth Duskin Feldman "Human Development", 9th International edition. Mc Graw Hill Pub. 1998
- Lois Hoffman, Scott Paris, Elizabeth Hall & Robert Schell "Developmental Psychology Today", 5th edition McGraw Hill Inc. 1988.
- Berk, L.E. (2018). Development through the Lifespan (7th edition). Pearson.
- Santrock, J. W. (2021). Life-Span Development (18th edition). McGraw Hill.
- Papalia, D. E., Feldman, R. D., & Martorell, G. (2014). Experience Human Development (13th edition). McGraw Hill.

Developmental Psychology –I With Practicals

Maximum Marks (10+40) 50

Practical Component: Minimum 8 Practicals to be Conducted

10 Students Per Batch as most of the experiments/questionnaires are individualized.

Practicals - III:

1. Children Self-concept Scale (CSCS).
2. Shyness Assessment Test.
3. Study Habit Inventory.
4. Learning Styles Questionnaire.
5. Level of Aspiration and Achievement.
6. Vineland Social Maturity Scale.
7. Emotional maturity Scale.
8. Bhatia's Battery of Performance Test
9. Internet addiction scale by Young
10. UCLA loneliness scale

Statistics Quartile Deviation (Grouped and Ungrouped data).

| Marks for Examination: | For two Experiments |
|------------------------------------|---------------------|
| Plan & Procedure | 7+7 |
| Conducting | 5+5 |
| Analysis | 3+3 |
| Record writing | 5 |
| Statistics | 5 |
| Total | 40 |
| Internal Marks (Attendance + test) | 10 |
| Grand Total | 50 |

References: Nataraj. P. Manual of Experiments in Psychology. Mysuru: Srinivasa publications, and other manuals related to paper pencil tests

Semester-IV

Developmental Psychology-II

UNIT-1 : Puberty and Adolescence; Puberty-Characteristics, Adolescence-Biological Changes(Growth spurt, Sexual Maturation, Secondary Sex Characteristics), Reactions to Physical Changes, Self and Identity. Theories of Erickson and Marcia. Moral Development Kohlberg's Levels of Morality (Pre-conventional, Conventional, Post Coventional), Developing a Career-Stages in Vocational Planning, Health Concerns in Adolescence-Nutrition, Eating Disorders, Abuse (Drugs, Nicotine, Alcohol), STD'S (Types and implications for Adolescence). Adolescent Relationship- Family, peers, Adult Society.

(12 Hours)

UNIT-2 : Adulthood: Characteristics, Cognitive and Emotional Development-Emotional Intelligence. Vocational Adjustment-Importance of Work, Choosing Occupation, Gender Differences at Work; Factors making Vocational choice difficult, perceived threat of AI in employability, Appraisal of Vocational adjustment, Marital and Non-Marital life styles (Single life, Homo-Sexual Relationship, Co-Habitation, Marriage). Marital Adjustment and Conditions influencing it. Family life- Parenthood, Adoption, Coping with Infertility, Remaining Childless -Free by choice, Adjustment to Parenthood. (12 Hours)

UNIT-3 : Middle Age: Characteristics, Adjusting To Changes- Physical (Appearance, Sensory Abilities, Physical Functioning, Health, Sexual), Mental Abilities, Interests, Social & Emotional Adjustment, Personal Relationships, Marital Satisfaction, Relationships with Relatives and Friends, Divorce, Remarriage, Occupational adjustment-Stable and Unstable Patterns, Gender Differences, Work Related Stress, Unemployment, Changing Careers, Preparation for Retirement, LGBT Issues. (12 Hours)

UNIT-4 : Old Age: Characteristics, Changes & Adjustment-Physical (Appearance, Internal Changes, Physiological Changes, Sensory Changes, Health), Motor Functioning, Mental Abilities, Interests, Family Life – Living Arrangements, Need for Old Age Homes, Income, Relationship With Spouse, Offspring, Grandchildren, Siblings, Adjustment to Loss of Spouse, Inter-Generational Relationship Adjustment, Retirement, Successful Retirement, Using Leisure Time, Successful Ageing. (10 Hours)

UNIT-5 : End Of Life: Aspects of Death-Biological, Psychological, Social Attitudes towards Death and Dying (Across Lifespan) Stages of Dying (Kubler Ross) Death Education-Goals, Support Groups and Services, Finding a Purpose in Life and Death. (10 Hours)

References

- Diane E Papalia & Sally Wendkos Olds, Ruth Duskin Feldman “Human Development” 9th International edition. Mc Graw Hill Publication 1998.
- Lois Hoffman, Scott Paris, Elizabeth Hall & Robert Scholl “Developmental Psychology Today” 5th edition Mc Graw Hill Inc. 1988.
- James W Vander Zanden “Human Development” 6th International Edition, Mc Graw Hill Publication, 1997.
- Hetherington & Parke “Child Psychology-A Contemporary Viewpoint” 5th International Edition.
- Laura E Berk “Child Development” edition, Perntice Hal of India, 1999.
- Elizabeth B Hurlock “Developmental Psychology-a life-span approach” 5th edition, Tata Mc Graw Hill Publication 1981.
- Berk, L.E. (2018). Development through the Lifespan (7th edition). Pearson.
- Santrock, J. W. (2021). Life-Span Development (18th edition). McGraw Hill.(NY) 1996.

Developmental Psychology –II With Practicals

Maximum Marks (10+40) 50

Practical Component: Minimum 8 Practicals to be Conducted

10 Students Per Batch as most of the experiments/questionnaires are individualized.

PRACTICALS-IV

List of Experiments

1. Bell's Adjustment Inventory.
2. Emotional Intelligence Scale.
3. Life Satisfaction Scale.
4. Personal Values Questionnaire (PVQ).
5. Employee Mental Health Scale.
6. General Health Questionnaire.
7. Beck's depression Inventory.
8. Adolescent Problem Checklist.
9. Work motivation scale
10. Shopping addiction scale

Statistics: Correlation-Rank difference method, Product Moment Method.

| Marks for Examination: | For two Experiments |
|------------------------------------|----------------------------|
| Plan & Procedure | 7+7 |
| Conducting | 5+5 |
| Analysis | 3+3 |
| Record writing | 5 |
| Statistics | 5 |
| Total | 40 |
| Internal Marks (Attendance + test) | 10 |
| Grand Total | 50 |

References: Nataraj. P. Manual of Experiments in Psychology. Mysuru: Srinivasa publications, and other manuals related to paper pencil tests

SEP Syllabus of Psychology subject for II BA/B.Sc

With effect from Academic year 2025-26 and onwards

ELECTIVE: PSYCHOLOGY AT WORK

Teaching Hours: 3 hours per week (Total 48 hours)

Marks for Exam: 80

IA Marks: 20

Learning Outcomes:

1. Understanding the nature of an organization and psychological concepts applied in the work place.
2. Identifying the need for appraisal and the role of motivation.
3. Know about nature and role of leadership, essentials of leadership.

Unit 1: INDUSTRIAL-ORGANIZATIONAL PSYCHOLOGY (12 hrs)

- a) Nature and Meaning. Goals, Forces. Role of a psychologist in Industries and Organization.
- b) Challenges at workplace: Stress, Burnout, Absenteeism, Work environment, Alcoholism, Substance abuse, Conflicts.

Unit 2: PERFORMANCE APPRAISAL (12 hrs)

Definitions and Need for Performance Appraisal. Methods:

- a) Objective Performance Appraisal- Output measures, Computerized performance monitoring, Job related personal data, Essay method, Critical incident method and Checklist method.
- b) Judgmental Performance Appraisal - Behaviour Anchored Rating Scale (BARS) and Behaviour Observation Scale
- c) Management by objectives (MBO) and 360 degree Feedback. Bias in Performance Appraisal and Methods to Improve Performance Appraisal.

Unit 3: LEADERSHIP (12 hrs)

- a) Definition and Nature of leadership. Traits and skills of effective leader. Styles of Leadership - Authoritarian, Democratic, Transactional and Transformational leaders
- b) Communication: Meaning and Importance. Communication Styles. Verbal and Non-verbal communications, Flow of communication. Barriers of communication. Strategies of effective communication.

Unit 4: STRESS AND WORK MOTIVATION (12 hrs)

- a) Stress: Meaning, definition and types of stress. Stress Management Techniques: Physical Activity, Sport and Exercise, Yoga, Meditation, Relaxation Techniques. Wellness Programmes.
- b) Meaning of work motivation. Types-Financial and Non-Financial motives Goal setting. Theories of Motivation -Maslow's theory, Herzberg's theory and Alderfer's E-R-G model.

REFERENCES:

- Girishbala Mohanty (2001) Industrial Psychology and Organizational Behavior, Kalyani Publishers, Ludhiana.
- John W. Newstrom (2007) Organizational Behaviour- Human Behaviour at work- 12th Edi. Tata McGraw-Hill Publishing Co. Ltd. ND.
- Schultz D.P & Schultz E.S. (2006) – Psychology and Work Today. An Introduction to Industrial and Organizational Psychology. 8th Edi. Pearson Education, Inc and Dorling Kinderssley Publishing Inc.

LIST OF EXAMINERS (UG)

| SL NO | Name of the teacher | Designation and College |
|-------|---------------------|---|
| 1 | Shantala | HOD Associate professor, Union Christ college Tumkur |
| 2 | Dr.Vijayakumari TR | Principal, PAAC TIPTUR |
| 3 | Satish chandra | HOD Associate professor, PAAC TIPTUR |
| 4 | Bagappa chalavadi | Asst professor, GFGC TIPTUR |
| 5 | Shilpashree | HOD in psychology, Siddhartha firstgrade college Tumkuru |
| 6 | Dr.Vinutha | Lecturer, PAAC TIPTUR |

Yours-faithfully



(Dr.Lancy D;Souza)

(Chairperson)