

## **APPLIED PSYCHOLOGY**

### **Courses Offered by Department of Psychology**

#### **DISCIPLINE SPECIFIC CORE (DSC) COURSES OF APPLIED PSYCHOLOGY**

##### **Semester 1:**

- DSC 1: Basic Processes in Psychology
  - DSC 2: Applied Social Psychology
  - DSC 3: Psychology of Health and Well-Being
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## DISCIPLINE SPECIFIC CORE COURSE – 1

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC 1: Basic processes in Psychology	4	3	0	1	Class 12th Pass	Nil

### Course Learning Outcomes

- To develop an understanding of the foundational concepts of the human mind and behaviour
- To identify various approaches, fields and sub-fields of Psychology
- To develop skills that enable students to apply the knowledge gained through this course in everyday life

### Syllabus

Unit 1: Introduction to Psychology: Nature and scope of Psychology. Difference between Psychology and Applied Psychology. Historical Development and Current Status. Methods of Psychological Research (experiments, psychological tests and observation). Ethics in Psychological Research. Biological Basis of Behavior (Structure of Neurons, Brain Structure and functions, Lateralization) (15 Hours)

Unit 2: Attention and Perception: Nature, Difference between selective and divided attention, Theories of Selective Attention (Broadbent's Filter Model, Triesman's Attenuation Model, Limited Capacity Model, Kahneman Attention Theory), Perceptual processes: laws of perceptual organizations, depth perception, constancy (Size), Top- down theory (Gregory's Theory) and Bottom-up Theory (Gibson's Ecological Theory), Illusions and factors affecting perception. Application of attention and perception in Indian Context. (15 Hours)

Unit 3: Learning and Memory: Nature (memory), Memory as Information Processing, Models of Memory (Levels of Processing Model, Parallel Distributed Processing Model), Improving Memory,

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Forgetting, Nature (Learning), Conditioning, Cognitive Learning, Observation learning; applications of learning. Application of learning and memory in Indian Context. (15 Hours)

### **Practicals: (30 Hours)**

Total of TWO Experiments-

One each from Unit 2 and 3 based on course DSC01: Basic Processes in Psychology.

### **Essential/Recommended Readings:**

Abhedananda, S. (2008). *True Psychology*. Ram Krishna Vedanta Math. Kolkata

Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J., & Hilgard, E. R. (2013). *Introduction to Psychology*. New York: H. B. J. Inc.

Baron, R. A., & Misra, G. (2014). *Psychology*. New Delhi: Pearson Education.

Ciccarelli, S. K., Meyer, G. E., & Misra, G. (2013). *Psychology: South Asian Edition*. New Delhi: Pearson Education.

ICSSR *Research Surveys and Explorations: Psychology*, Vols 1–5

Nolen-Hoeksema, S., Fredrickson, B., Loftus, G. R., & Lutz, C. (2014). *Atkinson & Hilgards: Introduction to Psychology*. Andover: Cengage Learning.

Paranjpe, C. A. (2002). *Self and Identity in Modern Psychology and Indian Thought*. Kluwer Academic Publishers

Passer, M. W., & Smith, R. E. (2013). *Psychology: The Science of Mind and Behavior*. New Delhi: Tata McGraw- Hill

Sinha, D., Misra, G., & Dalal, K. A. (2015). *Psychology for India*. Sage Publications.

Zimbardo, G. P. (2013). *Psychology and Life*. Pearson

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**

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## DISCIPLINE SPECIFIC CORE COURSE – 2

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC 2: Applied Social Psychology	4	3	0	1	Class 12th Pass	Nil

### Course Learning Outcomes

- Describe the key concepts and methods relevant to the study of social psychology.
- Understand and improve the relationship between self and society.
- Understand the significance of indigenous social psychology and apply social psychological processes in promoting change in Indian society.

### Syllabus

Unit 1: Introduction: Social Psychology & Applied Social Psychology: Structure of Indian Society (with reference to unity and diversity), Definitions, historical development of the field and current status, Levels of analysis, theoretical approaches (Symbolic Interactionism, Social Constructionism), Methodological approaches in social psychology: experimental and non- experimental; Action research. (15 Hours)

Unit 2: Social Cognition: Nature of social cognition, social schema, heuristic, new directions of social cognition; Attribution theory (Heider, Kelley, Jones and Davis, Weiner); attribution biases; Person perception: impression formation and management (definition, process and factors). (15 Hours)

Unit 3: Attitude & Attitude Change: Structure, functions, formation of attitudes, attitude- behavior relationship, Attitude Change: Process of persuasion, related factors, Theories of attitude change. Strategies of promoting attitude and behavior change in India-illustrative case studies in Indian context. (15 Hours)

### Practical: (30 Hours)

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Any 2 lab/field practicums based on course DSC02: Applied Social Psychology.

**Essential/Recommended Readings:**

Aronson, E., Wilson, T. D., Asch, S. E., & Turner, J. C. (2020). *Social Psychology* (10th ed.). Pearson India Education Services Pvt. Ltd.

Baron, R. A., Branscombe, N. R., Byrne, D., & Bhardwaj, G. (2010). *Social Psychology* (12th ed.). Delhi, Pearson.

Baumeister, R. F., & Bushman, B. J. (2013). *Social Psychology & Human Nature*. Wadsworth.

Hogg, M., & Vaughan, G. M. (2008). *Social Psychology*. Prentice Hall.

Myers, D. G. (2005). *Social Psychology* (8th ed.). New Delhi: Tata McGraw-Hill Pub. Co. Ltd

Tucker, V. (2020). *Research Methods in Social Sciences*. Pearson India Education services Pvt. Ltd.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**

### DISCIPLINE SPECIFIC CORE COURSE – 3

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE-3: Psychology of Health and Well-Being	4	3	0	1	Class 12th Pass	Nil

#### Course Learning Outcomes

- To understand the concept of health and well-being from the standpoint of biological, psychological, social and cultural factors in interaction with each other.
- To learn about the role of health beliefs, attitudes and behaviours affecting individuals' decisions relating to health.
- To understand the importance of modifying the problematic health behaviours.

#### Syllabus:

Unit 1: Introduction: Definition of health psychology, goals of health psychology, illness- wellness continuum, Mind-body relationship, Bio-psychosocial model of Health; Indian perspective to health (concept of health in Ayurveda and Yoga); Subjective Well-being (Diener); Emotional, Social and Psychological well-being (Ryff). (15 Hours)

Unit 2: Behaviour and Health: Characteristics of health behaviours (health behaviour, illness behaviour and sick-role behaviour); Barriers to health behaviour (individual, interpersonal and community). Theories of health behaviour (Protective motivation theory, theory of reasoned action, Transtheoretical model). (15 Hours)

Unit 3: Health enhancing behaviors and health compromising behaviours: Health enhancing behaviours: Exercise, Nutrition; Health compromising behaviours: Alcoholism and Smoking. (15 Hours)

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### Practical: - 30 Hours

Any two practicums (one in lab and one in field) on any of the two topics from the DSC03: Psychology of Health and Well-Being using scales on general health behaviours, sleep, well-being etc.

### Essential/Recommended Readings:

Allen, F. (2011). *Health Psychology and Behaviour*. Tata McGraw-Hill Education. (Unit 1: Chapters 6, 7, 8, and 9; Unit 2: Chapter 4; Unit 3: Chapter 8).

Dalal, A., & Misra, G. (2006). *Psychology of Health and Well-being. Psychological Studies*.

Dalal, A., & Misra, G. (2012). *New Directions in Health Psychology*. India: Sage Publications.

Dalal, A. K. (2016). *Cultural Psychology of Health in India: Well-being, Medicine and Traditional Health Care*. India: Sage Publications.

DiMatteo, M. R., & Martin, L. R. (2011). *Health Psychology*. Indian adaptation by V. Tucker & O. P. Tucker (2018). New Delhi: Pearson India Educational Services Pvt. Ltd. (Unit 1: Chapter 1; Unit 2: Chapter 6).

Hariharan, M. (2020). *Health Psychology: Theory, Practice and Research*. Sage Publications.

Ravishankar, B., & Shukla, V. J. (2007). Indian systems of medicine: A brief profile. *African Journal of Traditional, Complementary, and Alternative Medicines (AJTCAM)*, 4(3), 319–337.

Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage. (Unit 4: Chapter 5).

Taylor, S. E. (2006). *Health Psychology* (6th ed.). New Delhi: Tata McGraw-Hill. (Unit 2: Chapter 3; Unit 3: Chapters 4 and 10).

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