APPLIED PSYCHOLOGY

Courses Offered by Department of Psychology

DISCIPLINE SPECIFIC CORE (DSC) COURSES OF APPLIED PSYCHOLOGY

Semester 3:

- DSC 7: Psychology of Positive Living
- DSC 8: Biopsychology
- DSC 9: Basic Statistics in Psychology

DISCIPLINE SPECIFIC CORE COURSE – 7

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE – REQUISITES 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 7: Psychology of Positive Living	4	3	0	1	Class 12th Pass	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- Understanding the meaning and emergence of the field of positive psychology in the West and in the East.
- Learning the various pathways through which cognitive states and processes like optimism, hope, and mindfulness influence well-being.
- Understanding the applications of positive psychology in various contexts.

Learning Outcomes

The Learning Outcomes of this course are as follows:

- Gain deeper insights into the emergence of the field of Positive Psychology and its progression in the West and East, particularly in India.
- Have a better understanding of cognitive states like optimism, hope, and mindfulness in Positive Psychology.
- Comprehend, appreciate, and implement positive psychological concepts in the real world.

SYLLABUS

Unit-I. Introduction: Meaning and goals of Positive Psychology; Historical development and culturally embedded understanding of the field [An overview of Hinduism, Buddhism and Sufism]. (15 Hours)

Unit– II. Positive Cognitive States and Processes: Optimism [Seligman theory and Scheier and Carver's perspective; scales of measurement and outcomes] and Hope[Snyder theory, scales for measurement and outcomes], Mindfulness [Jon Kabat-Zinn perspective and Vipassana meditation]. (15 Hours)

Unit- III. Applying Positive Psychology in real life: Positive psychology in education (components, care, trust & respect for diversity), Positive psychology at workplace (gainful employment), Community (Me/We balance). (15 Hours)

Practical component –30 Hrs.

1. One practicum based upon Experiential exercise/s on any of the units given above
2. One practicum based on field study or Lab study/experiment from any of the units given above

Essential/Recommended Readings:

Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength*. London, UK: Routledge.

Cassaniti, J.L. (2014). Buddhism and Positive Psychology. In: Kim-Prieto, C. (eds) *Religion and Spirituality Across Cultures. Cross-Cultural Advancements in Positive Psychology,* vol 9. Springer, Dordrecht. https://doi.org/10.1007/978-94-017-8950-9_6

Frager, Robert & Fadiman, James. (2013). *Personality and Personal Growth*. Pearson Education.

Ghosh and Deb (2016). Positive Psychology Progress in India: Accomplishments and Pathways Ahead. *Psychological Studies*, 61, 113-125.

Kumar, Kiran. (2015). Indian Perspectives and Positive Psychology. In Upadesh Kumar, Archana, & Vijay Prakash (Eds.) (2015). *Positive Psychology: Applications in Work, Health and Well-being.* New Delhi: Pearson India. Pp. 1-18

Pradhan, M (2019). Positive psychology in context with Indian Heritage. *Indian Journal of Community Psychology,* 15 (1), 40-61.

Snyder, C. R., & Lopez, S. (Eds.) (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.

Varma, S. (2009). *Summary of Buddhism*. Unpublished Paper

Suggested Readings:

Baumgardner, S.R., & Crothers, M.K. (2010). *Positive Psychology*. Upper Saddle River, New Jersey: Prentice Hall.

Dalal, A. K., & Misra, G. (2010). The Core and Context of Indian Psychology. *Psychology and Developing Societies*, 22(1), 121–155. https://doi.org/10.1177/097133360902200105

Dhar, P.L. (2011). No I, No Problems: The Quintessence of Buddhist Psychology of Awakening. *Psychological Studies*, 56 (4), 398-403. https://doi.org/10.1007/s12646-011-0111-0

Peterson, C. (2006). *A Primer in Positive Psychology*. New York: Oxford University Press.

Shirazi, B.A.K. (2014). The Sufi path of self-transformation. In Cornelissen, M, Misra G, Varma, S (Eds). *Foundations and applications of Indian psychology*. Pearson Education India. (Sufism)

Snyder, C.R., & Lopez, S.J. (2007). *Positive Psychology: The Scientific and Practical Exploration of Human Strengths*. Thousand Oaks, CA: Sage.

Varma S. (2017). Non-violent ways of relating: Love, healing, and beyond. In W. Shukla [Eds.], *Annals of Hindi Studies*. New Delhi: JBS Publications India.

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

DISCIPLINE SPECIFIC CORE COURSE – 8

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES 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 8: Biopsychology (same as DSC 3 paper in Psychology (Honours)	**4**	**3**	**1**	**0**	**Class 12th Pass**	**Nil**

Course Learning Outcomes

- To understand the nature and scope of biopsychology and its applications in psychology.
- To learn the structure and function of neurons and the importance of action potential and synaptic activity.
- To become aware of the methods used to study the brain and its role in behavior.
- To learn how endocrine glands mediate behavior.

Syllabus

Unit I. Introduction to Biopsychology and Nerve Impulse: Nature and scope of biopsychology (briefly explain what is biopsychology and its application in psychology). (9 hours)

Unit II. Neuron: Structure and function of neurons, action potential/nerve impulse, synaptic transmission. (12 hours)

Unit III. Brain and Behavior: Methods (EEG, CT, fMRI), CNS and behavior (spinal cord and brain functions). (12 hours)

Unit IV. Endocrine System: Endocrine basis of behavior, structure, function, and abnormalities (Pituitary, Adrenal, Thyroid, Gonads). (12 hours)

Tutorial Component – (30 Hours)

1. Field/ Lab visits in collaboration with other institutes
2. Research cum Presentations
3. Project Activity to be done in groups
4. Reviewing Case studies of individuals suffering from brain injury or any other endocrinal disorders.
5. Quiz and multiple-choice questions based on all the units, as part of continuous assessment
6. Class Discussions
7. Reviewing current trends and research in the field.
8. Experiential activities

Essential/recommended readings

Carlson, N. R. (2009). *Foundations of Physiological Psychology* (6th ed.). New Delhi: Pearson Education. (Latest ed., pp. 26-59; pp. 62-92).

Khosla, M. (2017). *Physiological Psychology: An Introduction*. Delhi: Sage Texts.

Leukel, F. (1976). *Introduction to Physiological Psychology*. Pearson: New Delhi. (pp 35-55).

Levinthal, C. F. (1983). *Introduction to Physiological psychology*. New Delhi. PHI. (pp 116-151).

Pinel, J. P. J. (2016). *Biopsychology* (9th ed.). New Delhi: Pearson Education. (pp. 25-39, pp75-120).

Suggested Readings

Kolb, B., & Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*, 6th Edition. Worth Publishers: New York. Pg 51-81, 110-131

Rains, G. D. (2002). *Principles of Human Neuropsychology*. McGraw Hill: New York. (pp. 45-71).

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

DISCIPLINE SPECIFIC CORE COURSE – 9

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES 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-9: Basic Statistics in Psychology (same as DSC 6 paper in psychology (Hons.)	**4**	**3**	**0**	**1**	**Class 12th Pass**	**Nil**

Learning Objectives

The Learning Objectives of this course are as follows:

- The basic-level course will assist the students in grasping the fundamental research and techniques of descriptive statistics used in social sciences. Additionally, it will aid them in developing the conceptual foundations of correlation, normal probability curve, and acquiring appropriate computation skills.
- Calculate measures of central tendency, variability, and score transformations.
- Define and calculate correlation coefficients and understand the concepts of prediction and regression.
- Describe the normal curve and use the curve to solve various problems, including probability.

Learning Outcomes

By studying this course, students will be able to:

- Understand fundamental research, statistical techniques, and analyze simple data.

- Calculate the statistics necessary to solve problems using measures of central tendency, correlation coefficients, and simple regression.
- Communicate the meaning of statistical analyses in everyday language and professional formats (e.g., graphs and tables).

Syllabus

Unit – I Introduction to Descriptive Statistics: Level of measurement; Measures of central tendency: mean, median and mode (characteristics and computation); Measures of variability: range, semi-interquartile range, standard deviation, variance (characteristics and computation) (15 Hours)

Unit – II Score transformations: standard scores and percentile ranks (characteristics and computation); Normal probability curve: Characteristics and application of normal probability curve. (15 Hours)

Unit – III Analysis of relationships: Meaning, direction and degree of correlation; Factors affecting Pearson's correlation; Computation of correlation: Pearson's coefficient correlation and Spearman's rank order correlation; Prediction and Simple Regression (Concept and calculation) (15 Hours)

Practical component (if any) - (30 Hours)

Total of two practicums based on statistical analysis of data:

- One practicum from Unit I based on any one of the statistics: measures of central Measures of central tendency: mean, median and mode; Measures of variability: range, semi-interquartile range, standard deviation, variance (characteristics and computation)
- One practicum from Unit III based on analysis of relationship (correlation or prediction)

Data sets available online or those from other sources can be used for this purpose. The Practicum should focus on conceptual understanding of the statistical techniques used.

Essential/recommended readings

Aron, A., Aron, E.N. & Coups, E.J. (2007). *Statistics for Psychology.* (4th Ed.) India: Pearson Education.

King, B.M., Rosopa, P.J., & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences.* (7th Ed.) USA: John Wiley.

Mangal, S.K. (2010). *Statistics in Psychology and Education* (2nd Ed.). PHI Learning.

Suggested Reading

Garrett, H.E. (1973). *Statistics in Psychology and Education.* Bombay: Vakils, Feffer and Simons Private Ltd.

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