

TO
Dr Mangala Gowri
Registrar , Academic section
Tumkur University
Tumkur

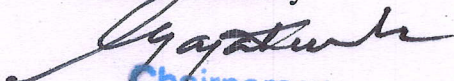
Respected Madam,

Subject: Submission of NEP syllabus as framed by state curriculum committee and retained by BOS of Tumkur University.

With reference to the above cited subject we wish to bring to your notice that we Board of Studies, chair person and members have through online meetings about NEP psychology syllabus (II semester) as framed by state committee, it has been retained as it is without any change ,in the practical section 12 experiments have been selected from state committee syllabus out of which 8 experiments will be retained for II semester of Tumkur University. We are submitting the syllabus copy, question paper model for your kind persual.

Thanking you and oblige,

Yours faithfully


Chairperson
BOARD OF STUDIES
Psychology (UG)
Tumkur University

- | | |
|-------------------------|-------------|
| 1. Dr Vijaya Kumari T R | Chairperson |
| 2. Smt Shantala K | Member |
| 3. Dr. Malathi V | Member |
| 4. Mr. Jagadevappa | Member |

**NEP SYLLABUS OF PSYCHOLOGY (DISCIPLINE SPECIFIC
COURSE) SUBJECT FOR BA/ BSC-I SEMESTER (2021-22 &
ONWARDS)**

**PSYDSC A1 : FOUNDATIONS OF PSYCHOLOGY
(52 hours) CREDITS:**

LEARNING OUTCOMES:

1. Students are expected to understand the genesis of psychology and its importance
2. Students are expected to gain basic knowledge about psychology.
3. Students are expected to understand the fundamental mental process which are base for behavior.
4. Students are expected to understand the applications of psychology in various fields.

***60 MARKS FOR EXAMINATION AND 40 MARKS FOR
INTERNAL ASSESSMENT**

***Teaching hours: 4 hours**

**UNIT 1: GENESIS AND GOALS OF PSYCHOLOGY (10
HOURS)**

- Psychology: Emergence and Development: definition and Goals of Psychology (Understanding, Describing, Predicting and Control of Behavior)
- Key perspectives: Psycho dynamic, Behavioral, Humanistic, Biological and Cognitive
- Branches of Psychology: General, Bio- Physiological, Social, Child Developmental, Abnormal and Cognitive psychology.
- Methods of psychology: Introspection, Observation, Experimental, Clinical and Questionnaire methods

UNIT II: BIOLOGY AND BEHAVIOR (10 HOURS)

- Neuron: structure and functions: Neural Impulse, Synapse and Neurotransmitters
- Nervous System: structure and functions of Central nervous system, Peripheral nervous system
- Methods of studying brain functions: invasion, lesion, ablation, chemical and stimulation method
- Endocrine system: Functions and Effects: Pituitary, Thyroid, parathyroid, Adrenal and Gonads

UNIT III SENSATION, ATTENTION, PERCEPTION (12HOURS)

- Sensation: Definition and Characteristics
- Types of Senses and Receptors involved in Sensation
- Attention: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation \and Distraction), Determinants : Objective and Subjective)

UNIT IV : LEARNING (10 HOURS)

- Introduction: Definition, factors influencing learning: Motivation, Reinforcement and Association.
- Types of learning: Trial and Error Learning: Experiment and Laws. Classical Conditioning (Extinction, Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning)
- Operant Conditioning: Experiment (experiment on Pigeons) Reinforcement, Schedules of Reinforcement, shaping and Chaining.
- Cognitive learning: insightful (Kohler) and Observational (Bandura)

UNIT V: MEMORY AND FORGETTING (10 HOURS)

- Memory: Definition, Processes pf memory (Encoding, Storage and Retrieval)
- Types of memory: Sensory Memory, Short-Term Memory, Long - Term Memory, Working Memory, Semantic Memory , Autobiographical memory and Flashbulb Memory
- Techniques to Improve Memory: Mnemonics, Chunking, SQ3R (Survey, Question, Read, Recite and Review)
- Forgetting : Nature and Causes of Forgetting

TEXT BOOKS:

- Robert Feldman (2011) Essentials of Understanding Psychology 10th Edition, ISBN-13-9781259003059/ISBN-10-1259003051
- MORGAN C.T., KING R.A, WeissJ.R ad Schopler,J.(2012) (latest edition). Introduction to psychology. TATA McGraw Hill Education Pvt.New Delhi.
- Natraj,P. (Latest edition): Psychology for Beginners. Mysore: Srinivas publication
- Parameshwaran, E.G & Beena .C. (2010):An invitation to Psychology, Neelkamal Pvt.Hyderabad.
- Prof k.l. Ramalingu (2020) : General Psychology (Kannada Version) , H B Publications Tumkur. ISBN- 9788192694252

REFERENCE:

1. Mangal S.K (2000) General Psychology, New Delhi: Sterling Publishers Pvt .Ltd.
2. Shashi Jain (Latest edition) Introduction to Psychology. Nerw Delhi: Kalyani Publishers.
3. Rajamanickam,M. (2008) Modern General Psychology. Vol 1&2 . Concept Publisher. New Delhi

FOUNDATION OF BEHAVIOR WITH PRACTICAL

MAXIMUM MARKS: 50

PRACTICAL COMPONENT: (minimum 8 practical to be conducted)

10 STUDENTS PER BATCH

- Directed observation on the accuracy of report
- Mapping of colour zones
- Set on attention
- Bilateral Transfer of Training
- Muller Lyer illusion
- Meaning on Retention
- Retroactive Inhibition
- Span of Attention
- Colour Blindness
- Proactive Inhibition
- Localization of sound
- Illusion of movement(Phi Phenomenon)

STATISTICS:

- Grouping of Data: Tabulation and Frequency Distribution
- Measures of Central Tendency: Mean and Median for Grouped and Ungrouped data

MARKS FOR EXAM:	25
Plan & Procedure	4+4
Conducting:	3+3
Analysis :	3+3
Statistics:	5
Total:	25
INTERNAL ASSESMENT:	25
Record writing:	13
Practical test:	12
Total:	25

PSYOECE 01:OPEN ELECTIVE COURSE (OEC)

Teaching Hours: 3 hours per week

Total 39 hours

Credit :3

MARKS: 60 MARKS FOR EXAM + 40 MARKS FOR IA

PSYCHOLOGY FOR HEALTH AND WELL BEING

LEARNING OUTCOMES:

1. Understanding the spectrum of health and illness for better health management
2. Identifying stresses in one's life and how to manage them
3. Understanding a variety of health announcing, health protective and health compromising behaviors and to be able to know their application in illness management.

COURSE CONTENT: (39)HOURS

UNIT1:ILLNESS,HEALTH AND WELLBEING ;

Health continuum ;models of Health and illness-Medical, Bio,Psychosocial, Holistic health and Wellbeing. **(9Hours)**

UNIT2:STRESS AND COPING:

Nature and sources of stress;personal and social mediators of stress;Effects of stress on physical and mental health.;coping and stress management **(10 hours).**

UNIT3:HEALTH MANAGEMENT :

Health enhancing behaviors;Exercise,Meditation, yoga, Health comprising behaviors(Alcoholism,Smoking,Internet addiction);Health protective behaviors,illness management. **(10 hours)**

UNIT4: PROMOTING HUMAN STRENGTHS AND LIFE

Enhancement:Strength:Meaning;Realizing strength;Maximizing unrealized strength.Weakness- Meaning,identifying and Overcoming Weakness.strategies to develop hope and optimism **(10 hours).**

REFERENCES:

1. Carr. A (2004) Positive Psychology: The science of happiness and human strength UK: Routledge
2. Dimatteo, M.R& Martin, L.R (2002) Health Psychology. New Delhi: Pearson
3. Farshaw,M. (2003) Advanced psychology: London: Hodder and Stoughton
4. Hick.J.W. (2005) Fifty signs of Mental Health. A guide to understand mental health. Yale University Press.
5. Snyder, C.R.,& Lopez.S.J.,(2007) .Positive Psychology: the scientific and practical exploration of human strengths.
6. Thousand Oaks, CA Sae, Taylor .S.E (2006). Health Psychology, 6th Edition, New Delhi: TATA M

PSYSEC OI : LIFE SKILLS:1
I SEMESTER BA/BSC (OPTIONAL)

CREDITS:2

26 HOURS

OBJECTIVE:

Life skills training equips people with the social and interpersonal skills that enable them to cope with the demands of every day life. The objectives of this course are to build self-confidence, encourage critical thinking, foster independence and help people to communicate more effectively and work effectively in groups at personal and professional level.

COURSE OUTCOMES:

CO 1: understand the need and importance of life skills in everyday professional and personal lives.

CO 2: Analyze the factors contributing to develop self awareness, empathy, critical and creative thinking and enhance decision making and problem solving

CO 3: Solve professional and personal barriers using efficient critical and creative thinking and effective decision making and problem solving

CO 4: Create individual effective strategies to develop self awareness, empathy, critical and creative thinking and enhance decision making and problem solving.

.....
UNIT 1: OVERVIEW OF LIFE SKILLS

7 HOURS

- Meaning and significance of life skills
- Life skills identified by WHO: self-awareness, Empathy, Critical thinking, Creative thinking, Decision making, Problem solving, Effective communication, interpersonal relationship, coping with stress, coping with emotions, use of life skills in personal and professional life.
- Life skills training- Models-4 H,
- Life skills education in Indian Context

UNIT2: SELF-AWARENESS AND EMPATHY:

7 HOURS

- Definition and need for self awareness and empathy,
- Self -esteem and self-concept
- Human values, tools and techniques of Self -awareness and empathy
- Activities: Johari Window and SWOC analysis, Journaling, reflective questions, meditation, mindfulness, psychometric tests and feedback.

UNIT 3: CRITICAL AND CREATIVE THINKING

7 HOURS

- Definition and need for Creativity and Critical thinking
- Need for Creativity in the 21st century, imagination, intuition, experience and sources of creativity, lateral thinking.
- Critical thinking Vs Creative thinking, Convergent & Divergent Thinking .
- Activities: Fish Bowl, Debates, 9 dots puzzle, Circles of possibilities, Best out of waste, Socratic seminars, Group discussion, brain storming and lateral thinking exercise.

UNIT 4: DECISIONMAKING AND PROBLEM SOLVING: 5 HOURS

- definition of decision making and problem solving
- Steps in problem solving: Problem Solving Techniques.
- Analytical thinking, Numeric, symbolic and graphic reasoning. Scientific temperament and Logical Thinking.
- Activities: Six Thinking Hats, Mind Mapping, Forced Connections, A shrinking vessel, reverse Pyramid.

REFERENCES:

- 1) Barun K. Mitra, “ Personality Development & Soft Skills”, Oxford Publishers, Third impression, 2017
- 2) ITC Academy of Kerala, “ Life Skills for Engineers”, McGraw Hill Education (India) Private Ltd., 2016
- 3) Caruso, D.R and Salovey P, “ The Emotionally Intelligent Manager: How to Develop and Use the Four Key Emotional skills for Managers”; First Edition, Embassy Books, 2016.
- 4) Kalyana, “ Soft skill for Managers”; First Edition; Wiley Publishing Ltd, 2015.
- 5) Larry James, “ the First Book Of Life Skills”; First Edition, Embassy Books, 2016
- 6) Shalini Verma, “ Development of Life Skills and Professional Practice”; First Edition; Sultan Chand (G/L) & Company, 2014.

**DSC2 : FOUNDATION OF BEHAVIOR
II SEMESTER BA/ B.Sc**

CREDITS: 4

52 HOURS

COURSE OBJECTIVES:

- To understand the dynamics of emotions and motivation.
- To understand theoretical concepts of Human Intelligence.
- To analyze and relate the concepts of thinking, problem solving, reasoning and decision making to cognition.
- To understand and classify the different types of personality.

COURSE OUTCOMES:

After completion of the course students will be able to:

- Evaluate and understand the different human emotions
- Critically evaluate and identify determinants of motivation.
- Compare and contrast different theories of intelligence
- Differentiate the human personalities.

UNIT 1 EMOTIONS

10 HOURS

- Meaning and Definition, classification of Emotions: Primary and Secondary,
- Classification of emotions: physiological, behavioral, psychological and cognitive,
- Responses to emotions- physiological, neurological, cognitive.
- Emotional intelligence- meaning, definition, components; application of emotional intelligence.

UNIT:2 MOTIVATION:

10 HOURS

- MEANING, DEFINITION, BASIC CONCEPTS:
- Instincts, needs, drives, incentives, motivational cycle.
- Approaches o the study of motivation: Psychoanalytical, ethological, S-R , cognitive, humanistic
- Biological motives: hunger, thirst, sleep and sex.
- Social motives: achievement, affiliation, approval

UNIT:3 INTELLIGENCE

10 HOURS

- Meaning , definition of intelligence, characteristics of intelligence.
- Types: social, crystallized, emotional, fluid.
- Theories of intelligence: Factor theories, hierarchical theories, process oriented theories, information processing theories.
- Educating Gifted children
- Assessment of intelligence- Indian tests for intelligence. The concept of intelligence quotient.

UNIT :4 THINKING AND REASONING

12 HOURS

- Introduction to Cognition
- Introduction to thinking and Problem Solving process.
- Elements of Thinking and types of Thinking
- Creative and Critical Thinking: meaning and types
- Concept formation: meaning, importance and process of Concept formation
- Problem solving : meaning , importance, steps, and obstacles
- Reasoning and Decision making.

UNIT:5 PERSONALITY

10 HOURS

- Meaning, definition
- Theories of personality: type and trait, psycho dynamic, behavioral, humanistic
- Assessment of personality: need rating scales, questionnaires, projective techniques.

Books for Reference:

- Baron, R.A [2014] Psychology(5thed) Delhi:PHI Learning Pvt .Ltd.
- Feldman,RS..(2018)Understanding Psychology (14thed) New York: McGraw Hill
- Hergenhahn BR, &Henley T (2013) An Introduction to the history of psychology, Cengage Learning.
- Hilgard,ER, Atkinson RC& Atkinson RL (2015) Introducton to psychology (16th ed)Boston Cengage Learning.
- Malim T (2017) Introductory Psychology, Macmillian International Higher Education.
- Morgan,C.T, King R.A, Weisz, J.R., & Schopler, J (2001) Introduction to Psychology. (7th ed) Chennai McGraw- Hill Education (India) Pvt. Ltd.

MDC2: FOUNDATION OF BEHAVIOR WITH PRACTICAL
CREDITS:2 **(52 hours)**

PRACTICAL COMPONENT: (minimum 8 practical to be conducted)

STATISTICS:

Measures of Variance:(grouped and ungrouped)

- Standard Deviation
- Range
- Quartile Deviation

1. EMOTIONS:

- a) Emotional Maturity Scale
- b) Oxford Happiness scale
- c) Emotional Intelligence scale/Questionnaire

2. MOTIVATION

- a) Guidance Need Inventory
- b) Academic Achievement need scale

3. INTELLIGENCE

- a) Raven's Standard Progressive Matrices
- b) General Mental Ability Test by Jalota

4. THINKING AND REASONING

- a) Stroop effect
- b) Concept Formation

5. PERSONALITY

- a) Eysenck's Personality Inventory
- b) 16 PF Test of Personality
- c) NEO-5 personality inventory

Practical batches: 10students per batch

MARKS FOR EXAM: 25

Plan & Procedure :	4+4
Conducting:	3+3
Analysis :	3+3
Statistics:	5
Total:	25
INTERNAL ASSESMENT:	
Record writing:	13
Practical test:	12
Total:	25

PSYOE02: YOUTH, GENDER AND IDENTITY

Credits:3

39 hours

UNIT : 1 INTRODUCTION

6 HOURS

- a. Concepts of youth: transition to Adulthood, Extended youth in the Indian context
- b. Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes
- c. Concepts of Identity: Multiple identities

UNIT 2: 2. YOUTH AND IDENTITY

9 HOURS

- a) Family: parent-youth conflict, sibling relationships, inter generational gap
- b) Peer group identity: Friendship and Romantic relationships
- c) Workplace identity and relationships
- d) Youth culture: influence of globalization on youth identity and identity crisis

UNIT 3: GENDER AND IDENTITY

9 HOURS

- a. Issues of Sexuality in youth
- b. Gender discrimination
- c. culture and gender: influence of globalization on gender identity

UNIT 4: ISSUES RELATED TO YOUTH, GENDER AND IDENTITY

9 HOURS

- a) Youth , gender and violence
- b) Enhancing work life balance
- c) Changing roles and women empowerment
- d) Encouraging non -gender stereotyped attitudes in youth

UNIT 5: LAW AND YOUTH

7 HOURS

- a. Juvenile justice act
- b. LGBT rights in India
- c. UNICEF programs for youth

Books for Reference:

Berk, L.E (2010) Child Development (9th ed) New Delhi: Prentice Hall
Baron,R.A, Byren,D.& Bharadwaj.G (2010) Social Psychology (12th ed)
New Delhi: Pearson
Elizabeth Herlock (2015) Developmental psychology, McGraw -Hill
Nayanajoshi (2010) Handbook of Juvenile justice, Lawmanns Publication

PSYSEC 02 : LIFE SKILLS 2

CREDITS:2

26 HOURS

II SEMESTER BA/B.Sc

OBJECTIVE:

Life skills training equip people with the social and interpersonal skills that enable them to cope with the demands of everyday life. The objectives of this course are to build self confidence, encourage critical thinking, foster independence and help people to communicate more effectively and work effectively in groups at personal and professional level.

COURSE OUTCOMES:

CO 1: Understand the foundation of communication , positive interpersonal relationship, stress and emotional management and group dynamics.

CO 2: Analyze the factors contributing to effective communication, positive interpersonal relationships and effective stress and emotional management.

CO 3: create individual effective strategies for enhancing communication skills, maintaining health, interpersonal relationship and positive management of stress and emotions

CO 4: create individual effective strategies for enhancing group dynamic techniques and management of team performance and conflicts in everyday life.

.....

Unit 1 : EFFECTIVE COMMUNICATION:

7 HOURS

Effective communication and Presentation skills

Verbal and Nonverbal Communication, Types of barriers.

Writing Skills: Activities: Letter Writing, Job Application, Resume Writing

Listening Skills: Activities: Listen and Draw, Blindfold Walk

Activities: Interview skills, Group Discussion, Presentation Skills, Stand up for Fillers, Just a Minute.

UNIT 2: INTERPERSONAL RELATIONSHIP

7 HOURS

Meaning and benefits of Interpersonal Skills

Components of interpersonal skills

Techniques of improving interpersonal skills

Activities: Role play, Ice breakers, Circle Time Discussion , Group Discussion, Two truths and a lie, and SWOC analysis of peer.

UNIT 3: COPING WITH STRESS AND EMOTIONS

7 HOURS

Stress management: Stress, reasons and effects

Identifying Stress, The four A's of stress management

Identifying and Managing Emotions, Harmful ways of dealing with Emotions.

Activities: Stress Dairies, PATH method and Relaxation Techniques, Zen/ Mandala Drawing, Creating Joy Collage, Gratitude Journaling, Eye Contact Games.

UNIT 4: GROUP AND TEAM DYNAMICS

5 HOURS

Introduction to Groups: Composition, Formation, Expectations, Problem Solving, Consensus, Dynamics Techniques.

Group Vs Team

Managing team performance and Managing Conflicts.

Activities: Chinese Puzzle, Use what you have game, Group timeline, Do the Math: Cooperation and Competition in groups, Barter Puzzle.

REFERENCES:

- 7) Barun K. Mitra, “ Personality Development & Soft Skills”, Oxford Publishers, Third impression, 2017
- 8) ITC Academy of Kerala, “ Life Skills for Engineers”, McGraw Hill Education (India) Private Ltd., 2016
- 9) Caruso, D.R and Salovey P, “ The Emotionally Intelligent Manager: How o Develop and Use the Four Key Emotional skills for Managers”; First Edition, Embassy Books, 2016.
- 10) Kalyana, “ Soft skill for Managers”; First Edition; Wiley Publishing Ltd, 2015.
- 11) Larry James, “ the First Book Of Life Skills”; First Edition, Embassy Books, 2016
- 12) Shalini Verma, “ Development of Life Skills and Professional Practice”; First Edition; Sultan Chand (G/L) & Company , 2014.

GENERAL PATTERN OF THEORY QUESTION PAPER FOR DSCC/ OEC

(60 marks for semester end Examination)

Part A

2x5= 10

I. Question number 1-6 carries 2 marks each.

Answer any 5 questions

Part B

5x4=20

II. Question number 7-11 carries 5 marks each.

Answer any 4 questions

Part C

10x3=30

III. Question number 12-15 carries 10 marks each.

Answer any 03 questions

(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

**Details of Formative assessment (IA) for DSCC/ OEC: 40%
weightage for total marks**

Type of Assessment	Weightage	Duration	Commencement
Written test-1	10%	1 hr	8 th Week
Written test-2	10%	1 hr	12 th Week
Seminar	10%	10 minutes	-
Case study/Assignment / Field work/ Project work/ activity	10%		-
TOTAL	40%		

Faculty of Social Science 04-Year U G Honors Program-2021-22& onwards
General Pattern Of Theory Question Paper For DSCC/OEC
NEP OF Psychology (Discipline Specific Course) Subject For BA/BSc-1 Semester
Paper-1PSYDSC 1: Foundation of Psychology

Time-2 Hours

Total Marks-60

Part-A/ ವಿಭಾಗ - ಅ

1. ಈಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು .

Answer any 5 questions each answer carrying 2 marks .

5x2=10

- 1) ಮನೋವಿಜ್ಞಾನವನ್ನು ನಿರೂಪಿಸಿ .
Define psychology
- 2) ನರಕಣದ ಬಗೆಗಳನ್ನು ತಿಳಿಸಿ
Mention types of neuron
- 3) ಸಂವೇದನೆ ಎಂದರೇನು? ಸಂವೇದನೆಯ ಬಗೆಗಳನ್ನು ತಿಳಿಸಿ .
What a sensation? Mention types of senses.
- 4) ಕಲಿಕೆ ಎಂದರೇನು ? ಕಲಿಕೆಯ ವಿಧಾನಗಳನ್ನು ತಿಳಿಸಿ
What is learning? Mention types of learning.
- 5) ಸ್ಮೃತಿ ಎಂದರೇನು? ಸ್ಮೃತಿಯ ಪ್ರಕ್ರಿಯೆಗಳನ್ನು ತಿಳಿಸಿ .
What is memory? Mention process of memory.
- 6) ಮನೋವಿಜ್ಞಾನದ ಶಾಖೆಗಳನ್ನು ತಿಳಿಸಿ
Mention branches of psychology

Part-B/ ವಿಭಾಗ - ಅ

II. ಈಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 4 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು .

Answer any 4 questions each question carry five marks

4x5=20

- 7) ಮನೋವಿಶ್ಲೇಷಣಾ ಮಾದರಿಯನ್ನು ವಿವರಿಸಿ
Explain the psychodynamic perspective.
- 8) ಮೆದುಳಿನ ಕಾರ್ಯವನ್ನು ವಿವರಿಸಿ .
Explain the functions of brain.
- 9) ಅವಧಾನದ ಬಗೆಗಳನ್ನು ವಿವರಿಸಿ .
Explain the types of attention.
- 10) ಯತ್ನದೋಷ ಕಲಿಕೆಯನ್ನು ವಿವರಿಸಿ .
Explain the trial and error learning.
- 11) ಮರೆವಿಗೆ ಕಾರಣಗಳನ್ನು ವಿವರಿಸಿ .
Explain the causes of forgetting.

iii Part-C /ವಿಭಾಗ -ಇ

ಈಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 3

ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ ಹತ್ತು ಅಂಕಗಳು . 3x10= 30

Answer any 3 questions each answers caring 10 marks..

- 12) ಅವಲೋಕನ ವಿಧಾನ ಮತ್ತು ಪ್ರಾಯೋಗಿಕ ವಿಧಾನಗಳನ್ನು ವಿವರಿಸಿ .
Explain the observation method and experimental method .
- 13) ಗೆಸ್ಟಾಲ್ಟ್‌ನ ಪ್ರತ್ಯಕ್ಷಾನುಭವದ ಸಂಘಟನೆಯ ನಿಯಮವನ್ನು ವಿವರಿಸಿ .
Explain the Gestalt laws of perceptual organization .
- 14) ಪ್ರಸೂತ ಅನುಬಂಧನ ಕಲಿಕೆ ಯ ಪ್ರಯೋಗವನ್ನು ವಿವರಿಸಿ .
Explain the operate conditioning experiment.
- 15) ಮರೆವಿಗೆ ಕಾರಣಗಳನ್ನು ವಿವರಿಸಿ .
Explain the causes of forgetting.

**FACULTY OF PSYCHOLOGY 04-YEAR UG HONORS PROGRAM
(2021-2022& onwards)**

**General pattern of theory question paper for OEP
NEP of psychology (open elective paper)subject for BA/Bsc -1semester
paper - PSYCHOLOGY FOR HEALTH AND WELL BEING**

Time -2 hours

Total marks -60

1.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು.

Answer any 5 question each answer carrying 2 marks .

5x2=10

1. ಅನಾರೋಗ್ಯ ಎಂದರೇನು ?

Define illness ?

2. ಒತ್ತಡ ಎಂದರೇನು ?

What is stress ?

3. ಅರೋಗ್ಯ ನಿರ್ವಹಣೆ ಎಂದರೇನು ?

Define Health management ?

4. ಶಕ್ತಿ ಎಂದರೇನು ?

Define is strength ?

5. ದೌರ್ಬಲ್ಯ ಎಂದರೇನು ?

Define weakness ?

6. ಯೋಗ ಎಂದರೇನು ?

Define yoga ?

2.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 4 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು.

Answer any 4 question each answer carrying 5 marks .

5x4=20

1) ಅರೋಗ್ಯ ಮತ್ತು ಅನಾರೋಗ್ಯ ಮಾದರಿಗಳನ್ನು ವಿವರಿಸಿ ?

Explain models of health and illness ?

2) ಒತ್ತಡದ ಸ್ವಭಾವ ಮತ್ತು ಮೂಲವನ್ನು ವಿವರಿಸಿ ?

Explain nature and source of stress ?

3) ಅರೋಗ್ಯ ವರ್ಧಿಸುವ ನಡವಳಿಕೆಯನ್ನು ವಿವರಿಸಿ ?

Explain health enhancing behavior ?

4) ಅನಾರೋಗ್ಯ ನಿರ್ವಹಣೆಯನ್ನು ವಿವರಿಸಿ ?

Explain the illness management ?

5) ದೌರ್ಬಲ್ಯವನ್ನು ಗುರುತಿಸುವುದು ಮತ್ತು ಜಯಿಸುವುದು ಹೇಗೆ ವಿವರಿಸಿ ?

Explain how to identifying and overcome from the weakness ?

3.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 3 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 10 ಅಂಕಗಳು. .

Answer any 3 question each answer carrying 10 marks .

10x3=30

6) ಒತ್ತಡದ ಪರಿಣಾಮ ಮತ್ತು ನಿಭಾಯಿಸುವುದನ್ನು ವಿವರಿಸಿ ?

Explain effects and coping of stress?

7) ಅರೋಗ್ಯವನ್ನು ರಾಜಿ ಮಾಡಿಕೊಳ್ಳುವ ನಡವಳಿಕೆಯನ್ನು ವಿವರಿಸಿ ?

Explain health compromising behavior ?

8) ಭರವಸೆ ಮತ್ತು ಅಶಾಪಾದವನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸುವ ತಂತ್ರಗಳನ್ನು ವಿವರಿಸಿ

Explain hope and optimism developing strategies ?

9) ಸಾಮಾಜಿಕ ಮತ್ತು ವೈಯಕ್ತಿಕ ಒತ್ತಡದ ಮಧ್ಯವರ್ತಿಗಳನ್ನು ವಿವರಿಸಿ ?

Explain social and personal mediators of stress ?

Faculty of Social Science 04-Year U G Honors Program-2021-22& onwards
General Pattern Of Theory Question Paper For DSCC/OEC
NEP OF Psychology Subject For BA/BSc-1 Semester
Time-1 1/2 Hours Paper PSYSEC01 Course) - Life skills:1 Total Marks-30

PART -A

1. ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು .

Answer any 5 questions each answer carrying 2 marks .

5x2=10

1. ಜೀವನ ಕೌಶಲ್ಯವನ್ನು ವ್ಯಾಖ್ಯಾನಿಸಿ .

Define life skills

2. ಸ್ವಪ್ರತ್ಯಯ ಎಂದರೇನು ?

What is self concept ?

3. ಸೃಜನಾತ್ಮಕ ಆಲೋಚನೆ ಎಂದರೇನು?

What is creative thinking ?

4. ನಿರ್ಧಾರಕ್ಕೆಗೊಳ್ಳುವಿಕೆ ಎಂದರೇನು?

What is decision making?

5. ಸ್ವಯಂಅರಿವು ಮತ್ತು ಸಹಾನುಭೂತಿ ಎಂದರೇನು?

What is self awareness and empathy ?

6. ಒತ್ತಡವನ್ನು ನಿಭಾಯಿಸುವುದು ಎಂದರೇನು ?

What is coping with stress?

Part-B

II. ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 2 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು . Answer any 2 questions each question carry five marks.

2x5=10

7. ವ್ಯಕ್ತಿಯ ವೈಯಕ್ತಿಕ ಜೀವನಕ್ಕೆ ಜೀವನ ಕೌಶಲ್ಯದ ಉಪಯುಕ್ತತೆಯನ್ನು ತಿಳಿಸಿ .
Explain the use of life skills in personal life.

8. ಅನುಗಮನಾತ್ಮಕ ಹಾಗೂ ನಿಗಮನಾತ್ಮಕ ಆಲೋಚನೆಗಳನ್ನು ವಿವರಿಸಿ .

Explain the convergent and divergent thinking .

9. ಸಮಸ್ಯೆ ಪರಿಹಾರದ ತಂತ್ರಗಳನ್ನು ವಿವರಿಸಿ .

Explain the techniques of problem solving .

10. ತಾರ್ಕಿಕ ಆಲೋಚನೆಯನ್ನು ವಿವರಿಸಿ .

Explain the logical thinking .

Part-C /ವಿಭಾಗ -ಇ

III ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 3 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ ಹತ್ತು ಅಂಕಗಳು Answer any 3 questions each answers caring 10 marks. 1x10= 10

11. ಭಾರತದಲ್ಲಿ ಜೀವನ ಕೌಶಲ್ಯದ ಶಿಕ್ಷಣವನ್ನು ವಿವರಿಸಿ .

Explaining the life skills education in the indian context .

12 . SWOC ವಿಶ್ಲೇಷಣೆಯನ್ನು ವಿವರಿಸಿ .

Explain the SWOC Analysis .

13 . ಇಪ್ಪತ್ತೊಂದನೇ ಶತಮಾನದಲ್ಲಿ ಕ್ರಿಯಾಶೀಲತೆಯ ಅಗತ್ಯತೆಯನ್ನು ವಿವರಿಸಿ .
Explain need for creativity in the 21st century .

Faculty of Social Science 04-Year U G Honors Program
2021-22& onwards
General Pattern Of Theory Question Paper For DSCC/OEC
NEP OF Psychology (Discipline Specific Course) Subject For BA/BSc-
1I Semester

Paper-1PSYDSC II: Foundation of Psychology
Time-2 Hours **Total Marks-60**

Part-A/ ವಿಭಾಗ - ಅ

1. ಈಕೆಳಗಿನಪ್ರಶ್ನೆಗಳಲ್ಲಿಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿಪ್ರತಿಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು .

Answer any 5 questions each answer carry 2 marks .5x2=10

1.ಸಂವೇಗವನ್ನು ನಿರೂಪಿಸಿ

Define Emotion

2.ಅಭಿಪೇರಣಾ ಚಕ್ರ ಎಂದರೇನು ?

What is motivational cycle

3) ಬುದ್ಧಿಶಕ್ತಿಯನ್ನು ನಿರೂಪಿಸಿ.

Define Intelligence

4.ಸೃಜನಾತ್ಮಕ ಆಲೋಚನೆ ಎಂದರೇನು?

What is Creative thinking

5.ಧರೀಕರಣ ಮಾಪಕಗಳೆಂದರೇನು ?

What are Rating Scales?

6.ವ್ಯಕ್ತಿತ್ವವನ್ನು ನಿರೂಪಿಸಿ

Define Personality

Part-B/ ವಿಭಾಗ - ಅ

II. ಈಕೆಳಗಿನಪ್ರಶ್ನೆಗಳಲ್ಲಿಯಾವುದಾದರೂ 4ಪ್ರಶ್ನೆಗಳಿಗೆಉತ್ತರಿಸಿಪ್ರತಿಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು .

Answer any 4 questions each question carry five marks4x5=20

7) ಸಂವೇಗಗಳ ವಿಂಗಡನೆಗಳನ್ನು ವಿವರಿಸಿ

Explain the classification of Emotions

8)ಸಾಧನಾ ಅಭಿಪೇರಣೆಯನ್ನು ವಿವರಿಸಿ

.Explain Achievement motivation

9)ಬುದ್ಧಿಶಕ್ತಿಯ ವಿಧಗಳನ್ನು ವಿವರಿಸಿ

.Explain the types of Intelligence

10)ಸಾಂಪತ್ಯ ರಚನೆಯಲ್ಲಿರುವ ಪಕಿಯಗಳನ್ನು ವಿವರಿಸಿ

Explain the process involved in Concept Formation

11) ವ್ಯಕ್ತಿತ್ವದ ಮನೋವಿಶ್ಲೇಷಣಾ ಸಿದ್ಧಾಂತವನ್ನು ವಿವರಿಸಿ

Explain the Psychodynamic Theory of Personality

Part-C /ವಿಭಾಗ -ಇ

III ಈಕೆಳಗಿನಪ್ರಶ್ನೆಗಳಲ್ಲಿಯಾವುದಾದರೂ 3

ಪ್ರಶ್ನೆಗಳಿಗೆಉತ್ತರಿಸಿಪ್ರತಿಉತ್ತರಕ್ಕೆ 10 ಅಂಕಗಳು .

Answer any 3 questions each answers caring 10 marks.3x10= 30

12)ಸಂವೇಗದಲ್ಲಿ ಆಗುವ ಬದಲಾವಣೆಗಳನ್ನು ವಿವರಿಸಿ

Explain the changes during emotions

13)ಶಾರೀರಿಕ ಅಭಿಪೇಕ್ಷೆಗಳನ್ನು ವಿವರಿಸಿ

Explain biological motives

14) ಸಮಸ್ಯೆ ಪರಿಹಾರ ಎಂದರೇನು? ಅದರ ಪ್ರಾಮುಖ್ಯತೆ ಮತ್ತು ಹಂತಗಳನ್ನು ವಿವರಿಸಿ.

What is Problem solving? Explain its importance along with its steps.

15) ವ್ಯಕ್ತಿತ್ವದ ಯಾವುದಾದರೂ ಎರಡು ಸಿದ್ಧಾಂತವನ್ನು ವಿವರಿಸಿ.

Explain any two theories of Personality

#####

**FACULTY OF PSYCHOLOGY 04-YEAR UG HONORS PROGRAM
(2021-2022& onwards)**

**General pattern of theory question paper for OEP
NEP of psychology subject for BA/Bsc -1I semester
paper -PSYOE02: YOUTH, GENDER AND IDENTITY**

Time -2 hours

Total marks -60

1.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು.

Answer any 5 question each answer carry 2 marks .

5x2=10

1. ಎಕರೂಪಕಗಳು ಎಂದರೇನು?

What are Sterotypes?

2. ಘರ್ಷಣೆ ಎಂದರೇನು?

What is Conflict?

3. ಲಿಂಗ ತಾರತಮ್ಯ ಎಂದರೇನು?

What is Genderdiscrimination?

4. ಮಹಿಳಾ ಸಬಲೀಕರಣ ಎಂದರೇನು?

What is Women Empowerment

5. ಬಾಲಾಪರಾದಿ ಯಾರು?

Who is Juvenile?

6. UNICEF ವಿಸ್ತರಿಸಿ

Expand UNICEF

2.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 4 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು.

Answer any 4 question each answer carry 5 marks .

5x4=20

7. ಲಿಂಗ ಪಾತ್ರದ ಮನೋಬಾವಗಳ ಬಗ್ಗೆ ಟಿಪ್ಪಣಿ ಬರೆಯಿರಿ.

Write a note on gender role attitude.

8. ಸಮ ವಯಸ್ಸು ಸಮೂಹದ ಮನೋಬಾವವನ್ನು ವಿವರಿಸಿ

Explain Peer Group attitude.

9. ಲಿಂಗಬೇಧವನ್ನು ವಿವರಿಸಿ.

Explain Gender Descrimination.

10. ಲಿಂಗ ಮತ್ತು ಹಿಂಸೆಯ ಬಗ್ಗೆ ಟಿಪ್ಪಣಿ ಬರೆಯಿರಿ

Write a note on Gender and Violence.

11. ಭಾರತದಲ್ಲಿ LGBT ಹಕ್ಕುಗಳನ್ನು ವಿವರಿಸಿ.

Explain LGBT rights in India.

3.ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 3 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 10 ಅಂಕಗಳು. .

Answer any 3 question each answer carry 10 marks . **10x3=30**

12. ವಯಸ್ಕನಾಗಿ ಪರಿವರ್ತನೆ ಹೊಂದುವುದರ ಬಗ್ಗೆ ಬರೆಯಿರಿ.

Write about transformation to adulthood

13. ಯುವಜನರ ಗುರುತು ಮತ್ತು ಗುರುತಿನ ಬಿಕ್ಕಟ್ಟಿನ ಮೇಲೆ ಜಾಗತೀಕರಣದ ಪರಿಣಾಮವನ್ನು ವಿವರಿಸಿ

Explain the influence of globalization on youth identity and identity crisis

15.ಲಿಂಗ ಗುರುತಿನ ಮೇಲೆ ಜಾಗತೀಕರಣದ ಪರಿಣಾಮವನ್ನು ವಿವರಿಸಿ

Explain the influence of globalization on Gender identity

16. ಯುವಕರಿಗಾಗಿ ಇರುವ UNICEF ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ವಿವರಿಸಿ

Explain UNICEF program for Youth

Faculty of Social Science 04-Year U G Honors Program-2021-22& onwards
General Pattern Of Theory Question Paper For DSCC/OEC
Psychology Subject For BA/BSc-1I Semester
Time-1 1/2 Hours Paper PSYSEC01 Course) - Life skills:2 Total Marks-30
PART -A

1. ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 5 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 2 ಅಂಕಗಳು .

Answer any 5 questions each answer carrying 2 marks .

5x2=10

1. ಸಂವಹನ ಎಂದರೇನು ?

What is communication?

2. ಸಂವಹನ ವಿಧಗಳನ್ನು ಹೆಸರಿಸಿ

Mention types of communication.

3. ಅಂತರ್ ವ್ಯಕ್ತಿಯ ಕೌಶಲ್ಯ ಎಂದರೇನು ?

. What are interpersonal skills

4. ಪ್ರತಿಬಲನಗಳ ನಿರ್ವಹಣೆ ಎಂದರೇನು ?

. What is stress management?

5. ಸಮಸ್ಯೆ ಪರಿಹಾರ ಎಂದರೇನು ?

.What is problem solving?.

6. ಘರ್ಷಣೆ ಎಂದರೇನು ?

What is conflict?

Part-B

II. ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 2 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ 5 ಅಂಕಗಳು . Answer any 2 questions each question carry five marks. 2x5=10

7. ಸಂವಹನದ ಅಡೆತಡೆಗಳನ್ನು ವಿವರಿಸಿ

Explain the barriers in communication

8. ಅಂತರ್ ವ್ಯಕ್ತಿಯ ಕೌಶಲ್ಯ ಘಟಕಗಳನ್ನು ವಿವರಿಸಿ

Explain the components of interpersonal skills

9. ಸಂವೇಗಗಳನ್ನು ನಿಭಾಯಿಸುವ ಹಾನಿಕಾರಕ ವಿಧಾನಗಳ ಬಗ್ಗೆ ಬರೆಯಿರಿ

Write a note on harmful ways of dealing with emotions

10. ಸಮೂಹ ಗತಿಶಾಸ್ತ್ರ ತಂತ್ರಗಾರಿಕೆ ಬಗ್ಗೆ ಸಂಕ್ಷಿಪ್ತವಾಗಿ ಬರೆಯಿರಿ

Explain briefly Group Dynamic Techniques?

Part-C /ವಿಭಾಗ -ಇ

III ಈ ಕೆಳಗಿನ ಪ್ರಶ್ನೆಗಳಲ್ಲಿ ಯಾವುದಾದರೂ 3 ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರಿಸಿ ಪ್ರತಿ ಉತ್ತರಕ್ಕೆ ಹತ್ತು ಅಂಕಗಳು Answer any 3 questions each answers caring 10 marks. 1x10= 10

11. ಅಂತರ್ ವ್ಯಕ್ತಿಯ ಕೌಶಲ್ಯ ಉತ್ತಮ ಪಡಿಸುವ ತಂತ್ರಗಳ ಬಗ್ಗೆ ಬರೆಯಿರಿ

Explain the techniques of improving interpersonal skills .

12. ಪ್ರತಿಬಲನಗಳ ಕಾರಣಗಳು ಮತ್ತು ಪರಿಣಾಮಗಳನ್ನು ವಿವರಿಸಿ

Explain the causes and effects of stress

13. ತಂಡದ ಕಾರ್ಯ ನಿರ್ವಹಣೆ ಮತ್ತು ಸಂಘರ್ಷಗಳನ್ನು ಹೇಗೆ ನಿರ್ವಹಿಸುವುದು?

Explain how to manage team performance and conflicts