



SARDAR PATEL UNIVERSITY
Vallabh Vidyanagar,
Gujarat (Reaccredited with 'A' Grade by NAAC (CGPA 3.11)
Syllabus with effect from the Academic Year 2026-2027

BACHELOR OF ARTS PSYCHOLOGY
BA PSYCHOLOGY Semester 07 UG Honours Degree
(Effect from June 2026-2027)

Course Code	UA07MAPSY01	Title of the Course	Psychological Emotion
Total Credits of the Course	04	Hours per Week	04

Course Objectives	- Analyze major theories of emotion - Examine the neurobiological foundations of emotion - Evaluate emotional regulation strategies - Assess the relationship between emotion and cognition - Explore social and cultural influences on emotional expression - Apply research methods in emotion psychology
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Course Content		
Unit	Description	Weightage%
1	Basics Concept of Emotion: Meaning of Emotion, Components of Emotion, 1 The Cognitive Components 2. The Physiological Components 3 The Behavioural Components Approach of Emotion Modern Approach 1. Cognitive Approach 2. Biological Approach 3 Behavioural Approach 4 Phenomenological Approach	25%
2	Types of Emotion: Positive Emotion, Negative Emotion Measurement of Emotion: Physiological Method, Psychological Method, Psychoanalytical Method, Lie-Detector	25%
3	Theory of Emotion: 1. James-Langes Theory, 2. Cannon-Bard Theory, 3. Schachter's Two Factor Theory, 4. Cognitive Appraisal Theory of Lazarus. Communication of Emotion: Facial Expression of Emotion: Innate Responses, Neural Basis of the Communication of Emotion: Recognition, Neural Basis of the Communication of Emotion: Expression	25%
4	Emotional Intelligent: Developmental Concept of Emotion Intelligent models, Emotional intelligence models, Measurement of Emotional Intelligent. Ancient Indian Approach of Emotion: The Gita on Emotion, Patanjali on Emotion, Buddhist Views of Emotion. The Jaina View.	25%
Teaching Learning Methodology ICT, Group Discussion Lecture method, Class room Seminar, quiz		

Evaluation Pattern	
Details of the Evaluation	Weightage
Internal Written Class Test (15 Marks 30 %)	30 %



Internal Continuous Assessment in the form of Quiz (15 Marks 30 %), Active Learning (05 Marks 10%) Home Assignment (05 Marks 10%) Class Assignment (05 Marks 10%) Attendance (05 Marks 10%) NEP 2020	70%
University Examination (50 Marks 100 %)	100%

Course Outcomes: Having completed this course, the Learner will be able to

- **Explain** major theories of emotion, including biological, cognitive, behavioral, and socio-cultural perspectives (e.g., theories proposed by Paul Ekman and Richard Lazarus).
- **Describe** the neurophysiological mechanisms underlying emotional processes, including the role of key brain structures and the autonomic nervous system.
- **Analyze** the relationship between emotion, cognition, and behavior in everyday functioning.
- **Evaluate** different emotional regulation strategies and their effectiveness in promoting psychological well-being.
- **Differentiate** between normal emotional responses and emotional disorders such as anxiety and depression.
- **Apply** psychological principles of emotion to real-life situations, including stress management and interpersonal relationships.
- **Interpret** basic research findings related to emotion and emotional intelligence.
- **Demonstrate** awareness of cultural influences on emotional expression and regulation.

Suggested References:

References

Darwin, C. (1872). *The expression of the emotions in man and animals*. John Murray.
Damasio, A. R. (1994). *Descartes' error: Emotion, reason, and the human brain*. Putnam.
Ekman, P. (2003). *Emotions revealed: Recognizing faces and feelings to improve communication and emotional life*. Times Books.
Ekman, P., & Davidson, R. J. (Eds.). (1994). *The nature of emotion: Fundamental questions*. Oxford University Press.
Izard, C. E. (1977). *Human emotions*. Plenum Press.
Lazarus, R. S. (1991). *Emotion and adaptation*. Oxford University Press.
Lewis, M., Haviland-Jones, J. M., & Barrett, L. F. (Eds.). (2010). *Handbook of emotions*
જનસારી, એ. બી., (2013), આવેગનું મનોવિજ્ઞાન : અક્ષર પબ્લિકેશન, અમદાવાદ

On-line resources to be used if available as reference material

(Classical Theories of Emotion) <https://psu.pb.unizin.org/psych425/chapter/chapter-2-introduction/>

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BACHELOR OF ARTS PSYCHOLOGY
BA PSYCHOLOGY Semester 07 UG Honours Degree
(Effect from June 2026-2027)

Course Code	UA07MAPSY02	Title of the Course	CLINICAL PSYCHOLOGY
	Discipline Specific Course- Major		
Total Credits of the Course	04	Hours per Week	04

Course Objectives	• Understand the foundations and scope of clinical psychology. • Examine major psychological disorders and their diagnostic criteria (e.g., as outlined in the Diagnostic and Statistical Manual of Mental Disorders). • Explore key therapeutic approaches such as psychodynamic, cognitive-behavioral, and humanistic therapies. • Develop basic skills in psychological assessment, case formulation, and intervention planning. • Apply ethical principles and professional standards in clinical practice.
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Course Content		
Unit	Description	Weightage%
1	Unit 1: Foundations of Clinical Psychology 1. Definition, Nature, and Scope of Clinical Psychology, 2. Historical Perspectives and Development of Clinical Psychology, 3. Roles and Functions of a Clinical Psychologist, 4. Current Issues in Clinical Psychology, Professional Practice, Training, Ethics, and Legal Issues.	25%
2	Unit 2: Theoretical Models of Psychotherapy 1. Psychodynamic Approach (Freud & Neo-Freudian Concepts) 2. Behavioural Approach (Principles of Classical & Operant Conditioning) 3. Cognitive Approach (Basic Concepts of Cognition and Learning) 4. Humanistic Approach (Client-Centered Concepts, Person-Centred Philosophy).	25%
3	Unit 3: Clinical Assessment & Evaluation 1. Clinical Interview: Purpose, Structure, and Methods, 2. Case History and Mental Status Examination (MSE), 3. Psychological Testing: Intelligence and Personality Assessment 4. Observation Method and Culture Consideration in Assessment.	25%
4	Unit 4: Professional Issues and Research in Clinical Psychology 1. Professional Roles and Responsibilities of Clinical Psychologists 2. Ethical and Legal Considerations in Practice 3. Research Methods: Single-Case Designs, Statistical Considerations, Moderators & Mediators, 4. Emerging Trend Community Mental Health Positive Psychology Health Psychology.	25%
Teaching Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz	

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weight age
1	Internal Written Class Test (15 Marks 30 %)	30 %
2	Internal Continuous Assessment in the form of Quiz (15 Marks 30 %), Active Learning (05 Marks 10%) Home Assignment (05 Marks 10%) Class Assignment (05 Marks 10%) Attendance (05 Marks 10%) NEP 2020	70%
3	University Examination (50 Marks 100 %)	100%

Course Outcomes: Having completed this course, the Learner will be able to

- **Describe** the nature, scope, and history of clinical psychology.
- **Identify and explain** major psychological disorders using standard diagnostic criteria (e.g., Diagnostic and Statistical Manual of Mental Disorders).
- **Differentiate** between major therapeutic approaches (psychodynamic, cognitive-behavioral, humanistic, and biological).
- **Apply** basic principles of psychological assessment and case formulation.
- **Demonstrate** understanding of ethical standards in clinical practice.

Suggested References:	
	References
	American Psychiatric Association. (2022). <i>Diagnostic and statistical manual of mental disorders</i> (5th ed., text rev.; DSM–5–TR). American Psychiatric Publishing. Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2022). <i>Abnormal psychology: An integrative approach</i> (9th ed.). Cengage Learning. Beck, J. S. (2020). <i>Cognitive behavior therapy: Basics and beyond</i> (3rd ed.). Guilford Press. Corey, G. (2021). <i>Theory and practice of counseling and psychotherapy</i> (10th ed.). Cengage Learning. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2018). <i>Abnormal psychology</i> (13th ed.). Wiley. ભટ્ટ,કે.(2001)ચિકિત્સા મનોવિજ્ઞાન ભાગ 1 , યુનિ.ગ્રંથનિર્માણ બોર્ડ, ગુજરાત રાજ્ય અમદાવાદ
	On-line resources to be used if available as reference material
	On-line Resources: : https://psu.pb.unizin.org/psych425/chapter/chapter-6-introduction/



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BACHELOR OF ARTS PSYCHOLOGY
BA PSYCHOLOGY Semester 08 UG Honours Degree
(Effect from December 2026-2027)

Course Code	UA07MAPSY03 Discipline Specific Course-Major	Title of the Course	RESEARCH METHODS & MEASUREMENT IN PSYCHOLOGY
Total Credits of the Course	04	Hours per Week	04

Course Objectives	• Understand the Scientific Method in Psychology • Identify and Apply Research Designs • Develop Research Skills • Understand Sampling Techniques • Learn Measurement Principles • Apply Basic Statistical Concept • Understand Ethical Principles in Psychological Research • Critically Evaluate Research • Communicate Research Findings
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Unit	Description	Weightage%
1	Steps of Research Process 1. Introduction, 2. Identification or Selection of Problem, 3. Review of Related Literature, 4. Objective of the study, 5. Identification of Variable, 6. Hypothesis or study 7. Questions, Method of Research, 8. Population and Sampling, 9. Selection or Construction of Tool, 10. Data Collection, 11. Analysis of Data and Statistical Techniques 12. Interpretation of Results 13. Research Report Writing Preparation of Research Proposal Introduction, Sections of Research Proposal, Steps of Research Proposal, Important Points Regarding Financial Support	25%
2	The Research Hypothesis Meaning of Hypothesis, Importance of Hypothesis, Characteristics of a Good Hypothesis, Criteria for constructing a Hypothesis, Criteria for Testing a Hypothesis, Types of Hypotheses, Limitation of Hypothesis.	25%
3	Population and Sample Population, Meaning and Characteristics of a Sample, Meaning of Sampling, Steps of Sampling, Importance of Sampling, Sampling Techniques	25%



	Sample size and Errors in Sampling Determination of Sample size, Size of Sampling, Size of Sample from small population, Errors in Sampling	
4	Standardized Tests Meaning of Psychological Test, Classification of Tests, Characteristics of Test, Steps of Test Construction, Use of Psychological Test, Limitations of Psychological Test, Limitation of Psychological Test	25%

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	Internal Written Class Test (15 Marks 30 %)	30%
2	Internal Continuous Assessment in the form of Quiz (15 Marks 30 %), Active Learning (05Marks 10%) Home Assignment (05 Marks 10%) Class Assignment (05 Marks 10%) Attendance (05 Marks 10%) NEP 2020	70%
3	University Examination (50 Marks 100 %)	100%

Course Outcomes: Having completed this course, the Learner will be able to

- **Explain** the principles of the scientific method and its application in psychological research.
- **Differentiate** between qualitative and quantitative research approaches and various research designs (experimental, quasi-experimental, and non-experimental).
- **Formulate** clear research problems, objectives, and testable hypotheses.
- **Design** a basic research proposal including appropriate methodology, sampling techniques, and data collection tools.
- **Apply** appropriate sampling methods and justify their selection in psychological studies.
- **Demonstrate understanding** of measurement principles including reliability, validity, standardization, and scaling techniques.
- **Construct and evaluate** simple psychological measurement instruments.
- **Analyze and interpret** basic statistical results (descriptive and inferential statistics) relevant to psychological research.
- **Apply ethical principles** in conducting research in accordance with guidelines such as those of the American Psychological Association.
- **Critically evaluate** published research studies for methodological rigor, ethical standards, and validity of conclusions.
- **Prepare and present** a research report using appropriate academic writing style and APA format.

Suggested References:	
	References
	- American Psychological Association. (2020). <i>Publication manual of the American Psychological Association</i> (7th ed.). American Psychological Association. - Cohen, R. J., S werdlik, M. E., & Sturman, E. D. (2018). <i>Psychological testing and assessment: An introduction to tests and measurement</i> (9th ed.). McGraw-Hill Education. - Coolican, H. (2019). <i>Research methods and statistics in psychology</i> (6th ed.). Routledge. - Creswell, J. W., & Creswell, J. D. (2018). <i>Research design: Qualitative, quantitative, and mixed methods approaches</i> (5th ed.). SAGE Publications. - Field, A. (2018). <i>Discovering statistics using IBM SPSS statistics</i> (5th ed.). SAGE Publications. - Gravetter, F. J., & Forzano, L.-A. B. (2018). <i>Research methods for the behavioral sciences</i> (6th ed.). Cengage Learning. - Kerlinger, F. N., & Lee, H. B. (2000). <i>Foundations of behavioral research</i> (4th ed.). Wadsworth. - Neuman, W. L. (2014). <i>Social research methods: Qualitative and quantitative approaches</i> (7th ed.). Pearson. - દીલા,બી.ડી.(2022-23)સંશોધનની પદ્ધતિઓ :: અક્ષર પબ્લીકેશન, અમદાવાદ - પટેલ,આર.એસ.(2017)સંશોધન પદ્ધતિશાસ્ત્ર:, જયપબ્લીકેશન, અમદાવાદ
On-line resources to be used if available as reference material	
On-line Resources: :	
	Research Methods in Psychology – 4th American Ed. (free textbook) – Read or download the full textbook online under a Creative Commons license (covers research design, measurement, statistics, ethics, etc.). Research Methods in Psychology – Open Textbook Library (PDF/Online) Research Methods in Psychology – 2nd Canadian Ed. (free open text) – Online version with downloadable formats. Research Methods in Psychology – 2nd Canadian Edition (PDF/Online) Alternative open text version – Another free full-text resource for the same ebook. Research Methods in Psychology – eCampusOntario Pressbooks

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Course Code	UA07MIPSY01 Discipline Specific Course- Minor	Title of the Course	POSITIVE PSYCHOLOGY
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	• Understand the principles, theories, and history of positive psychology. • Examine factors that contribute to human well-being, happiness, and resilience. • Explore interventions and practices that enhance strengths, optimism, gratitude, and life satisfaction. • Apply positive psychology principles to personal, social, and organizational contexts. • Evaluate empirical research on positive emotions, character strengths, and flourishing
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Course Content		
Unit	Description	Weightage%
1	Introduction to Positive Psychology Relation: Introduction to Positive Psychology 1. Introduction 2 What is Positive Psychology?3. Positive Psychology Assumptions, Goals and Definition. B Relation 1. Heath Psychology 2. Clinical Psychology 3. Developmental Psychology	25%
2	Happiness and Positive Emotions and Heath Resources: (A)Happiness 1. Introduction 2 What is happiness? A Hedonic Happiness B Eudemonic Happiness (B) Positive Emotion and Health resources 1. Introduction 2. What is Positive Emotion? 3. Positive Emotion and Heath Resources 4.Physical Resources 5.Psychological Resources 6. Social Resources 7. Positive Emotion and wellbeing A. Happiness and Positive Behaviour B Positive Emotion and Susses C. Positive Emotion and Flourishing	25%
3	Self Regulation and Self Control: A Self Regulation 1. Introduction 2. Planning for Self Regulation 3. Why Planning Help? 4. Conserving self Control Resource 5. Commitment and Confidence A. Goal that create self regulation Problem B goal conflict C focus on therapy D goal difficulty E Ironic effect of mental control F focus on research G. Irresistible impulse B 1. Introduction 2. The well you of self control 3. Every explanation of self-control failure	25%
4	Closed Relationship and Cultural in wellbeing:(A) Close Relationship 1. Introduction 2 Characteristics 1. Knowledge 2self Discloser 3. Trust 4. Caring 5. Interdependence 6 mutuality 7. Commitment (B) Wellbeing in culture 1. American –personal style of happiness 2. Collective style of happiness	25%
Teaching Learning	ICT, Group Discussion Lecture method, Class room Seminar, quiz	

Methodology	
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	Internal Written Class Test (15 Marks 30 %)	30 %
2	Internal Continuous Assessment in the form of Quiz (15 Marks 30 %), Active Learning (05 Marks 10%) Home Assignment (05 Marks 10%) Class Assignment (05 Marks 10%) Attendance (05 Marks 10%) NEP 2020	70%
3	University Examination (50 Marks 100 %)	100%

Course Outcomes: Having completed this course, the Learner will be able to	
• Explain the key concepts, theories, and history of positive psychology. • Identify personal and social factors that contribute to well-being, resilience, and happiness. • Apply positive psychology interventions, such as gratitude exercises, strength-based approaches, and mindfulness, in daily life or professional settings. • Analyze empirical research and critically evaluate findings in the field of positive psychology. • Demonstrate skills in fostering optimism, life satisfaction, and psychological flourishing in self and others.	

Suggested References:
References
• Seligman, M. E. P. (2011). <i>Flourish: A visionary new understanding of happiness and well-being</i>. Free Press. • Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). <i>Positive psychology: The scientific and practical explorations of human strengths</i> (3rd ed.). Sage. • Duckworth, A. L. (2016). <i>Grit: The power of passion and perseverance</i>. Scribner. • Peterson, C. (2006). <i>A primer in positive psychology</i>. Oxford University Press. • Lyubomirsky, S. (2008). <i>The how of happiness: A scientific approach to getting the life you want</i>. Penguin. • Fredrickson, B. L. (2009). <i>Positivity: Top-notch research reveals the 3-to-1 ratio that will change your life</i>. Crown. • શાહ,અર્વિન્દ,(2023),વિધાયક મનોવિજ્ઞાન,પાશ્વ પબ્લિકેશન,અમદાવાદ
On-line resources to be used if available as reference material
On-line Resources: https://www.edx.org/learn/positive-psychology



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Course Code	OJT Internship	Title of the Course	ON THE JOB TRAINING
UA07MAPSY04	06	Hours per Week	06

Course Objectives	• Apply theoretical knowledge and classroom learning in real workplace settings. • Demonstrate practical skills relevant to their field or profession. • Develop problem-solving, decision-making, and critical thinking skills in a work environment. • Understand workplace culture, safety standards, and professional ethics. • Enhance communication, teamwork, and interpersonal skills in a professional setting. • Evaluate personal performance and identify areas for improvement through reflection and feedback.
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Course Content	
On-the-job training, or internships, are a crucial part of psychology education, providing hands-on experience and practical skills. Students can do different types of Internships. • Clinical Psychology Internships: Gain experience in psychological assessments, therapy techniques, and client interactions. • Counselling Psychology Internships: Develop skills in counselling, case history taking, and therapeutic techniques. • Industrial Psychology Internships: Learn about organizational behaviour, employee engagement, and workplace development. • Child Psychology Internships: Focus on understanding and addressing children's psychological needs. • Also students can do their internship in school, college, hospital, old age centres, offices, mental health centres, etc After completing the OJT, students must submit a detailed report of their work with some photograph	Weightage% 100%
Teaching Learning Methodology	Practical internship in institution.

Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1	Internal	50%
2	University Examination	50%

Course Outcomes: Having completed this course, the Learner will be able to
• Apply theoretical knowledge to perform tasks effectively in a real work environment. • Demonstrate practical skills specific to their professional or technical area. • Solve workplace problems and make informed decisions under real-world conditions. • Exhibit professional behavior, ethical conduct, and adherence to workplace safety standards. • Communicate effectively and collaborate with colleagues and supervisors. • Reflect on personal performance and use feedback to improve skills and productivity