

## **PROGRAMME B.A. : ELECTIVE COURSE**

### **PSYCHOLOGY(1996)**

#### **COURSE OUTCOMES:**

**At the end of each course a student will be able to :**

#### **PSYCHOLOGY-101-EC(I) - BASIC PSYCHOLOGICAL PROCESS**

- Define basics of psychology.
- Apply the scientific method to psychology.
- Identify the various approaches, fields, and subfields of psychology.
- Define the value of studying psychology.

#### **PSYCHOLOGY-102-EC (I) - PSYCHOLOGY AND EFFECTIVE BEHAVIOUR**

- Describe stress, its impact on the body, and identify common stressors.
- Explain the negative physiological responses to stress.
- Describe the type of marriages and relationship.
- Describe method to cope with stress and explain ways to increase happiness.

#### **PSYCHOLOGY-201-EC(I) - SOCIAL PSYCHOLOGY**

- Recognize aspects of social psychology, basic social roles, and social norms, in daily life.
- Describe how attitude can be changed through cognitive dissonance and persuasion.
- Explain how conformity, obedience, group think, social facilitation, social loafing, and altruism relate to group behavior.
- Explain prejudice, discrimination and aggression.

#### **PSYCHOLOGY – 202-EC (I) - ABNORMAL PSYCHOLOGY**

- Define psychological disorders and explain how they are classified.
- Discuss the features and characteristic symptoms of anxiety disorders, and panic disorders.
- Analyze the characteristic symptoms and risk factors of mood disorders.
- Describe the characteristic of suicide, and its cause.