

For the Year 2026

Psychology -324

**Syllabus for
CUET(UG)**

PSYCHOLOGY

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Unit 1: Variations in Psychological Attributes

1. Introduction
2. Individual Differences in Human Functioning
3. Assessment of Psychological Attributes
4. Intelligence
5. Theories of Intelligence
6. Individual Differences in Intelligence
7. Culture and Intelligence
8. Emotional Intelligence
9. Special Abilities
 - Aptitude: Nature and Measurement
10. Creativity

Unit 2: Self and Personality

1. Introduction
2. Self and Personality
3. Concept of Self
4. Cognitive and Behavioural Aspects of Self
 - Self-esteem
 - Self-efficacy
 - Self-regulation
5. Culture and Self
6. Concept of Personality
7. Major Approaches to the Study of Personality
 - Type Approaches
 - Trait Approaches
 - Psychodynamic Approach
 - Behavioural Approach
 - Cultural Approach
 - Humanistic Approach
8. Assessment of Personality
 - Self-report Measures
 - Projective Techniques
 - Behavioural Analysis

Unit 3: Meeting Life Challenges

1. Introduction
2. Nature, Types and Sources of Stress
3. Effects of Stress on Psychological Functioning and Health
 - Stress and Health
 - General Adaptation Syndrome
 - Stress and Immune System
 - Lifestyle
4. Coping with Stress
 - Stress Management Techniques
5. Promoting Positive Health and Well-being
 - Life Skills

Unit 4: Psychological Disorders

1. Introduction
2. Concepts of Abnormality and Psychological Disorders
3. Classification of Psychological Disorders
4. Factors Underlying Abnormal Behaviour
5. Major Psychological Disorders
 - Anxiety Disorders
 - Obsessive-Compulsive and Related Disorders
 - Trauma- and Stressor- Related Disorders
 - Somatic Symptom and Related Disorders
 - Dissociative Disorders
 - Depressive Disorders
 - Bipolar and Related Disorders
 - Schizophrenia Spectrum and Other Psychotic Disorders
 - Neurodevelopmental Disorders
 - Disruptive, Impulse-Control and Conduct Disorders
 - Feeding and Eating Disorders
 - Substance-Related and Addictive Disorders

Unit 5: Therapeutic Approaches

1. Introduction
2. Nature and Process of Psychotherapy
 - Therapeutic Relationship
3. Types of Therapies
 - Behaviour Therapy
 - Cognitive Therapy
 - Humanistic-existential Therapy
 - Factors Contributing to Healing in Psychotherapy
 - Ethics in Psychotherapy
 - Alternative Therapies
4. Rehabilitation of the Mentally Ill

Unit 6: Attitude and Social Cognition

1. Introduction
2. Explaining Social Behaviour
3. Nature and Components of Attitudes
4. Attitude Formation and Change
5. Prejudice and Discrimination
6. Strategies for Handling Prejudice

Unit 7: Social Influence and Group Processes

1. Introduction
2. Nature and Formation of Groups
3. Types of Groups
4. Influence of Group on Individual Behaviour
 - Social Loafing
 - Group Polarization.