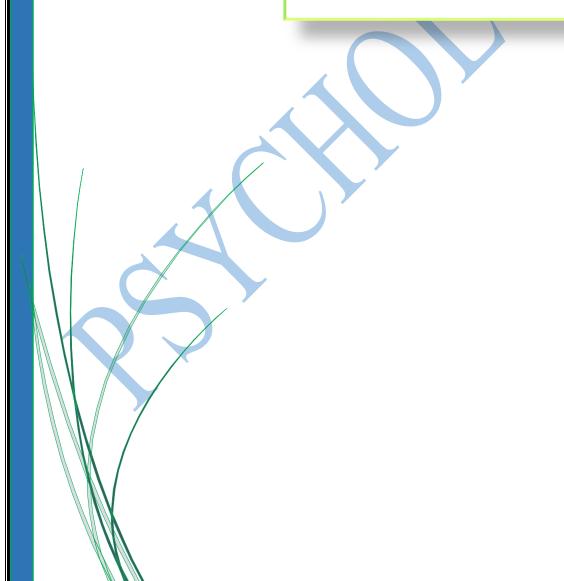
For the Year 2026

Psychology -324 Syllabus for CUET(UG)



PHYCHOLOGY-324

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.