

Global Career Counsellor

Green Belt Certification



Module 2: Section 2.2

DEEP DIVE INTO PSYCHOLOGY

Presented by:



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Psychology is mainly concerned with the way the mind works. Psychologists study the processes, motives, reactions, feelings and nature of the human mind. Their treatment is based on changing the behavioural patterns of the patients without medication. They counsel and help people by bringing about changes in their thought process, thus improving their quality of life. Let us now take a peek into a psychologist's nature of work.

Very often, psychologists are innovators, evolving new approaches from established knowledge to meet the changing needs of people, organizations and societies. Psychologists conduct both basic and applied research, serve as consultants to communities and organizations, diagnose and treat people, and teach future psychologists and those who will pursue other disciplines. They test intelligence and personality. Many psychologists work as health care providers. They assess behavioural and mental function and well-being.

In some educational boards, Psychology is introduced at school levels in India. However, an in-depth study of the subject takes strong roots only at the undergraduation level. Students will be able to opt for a BA (Hons) in psychology, a BSc in psychology or a BA in psychology depending on the institution they opt to study in. Students get to study a range of subjects including general psychology, statistics, systems, abnormal behaviour, physiological psychology, and applied psychology to name a few. They will also be required to do practical experiments as part of each course.

Degrees offered in Psychology:

Bachelor of Arts and Bachelors of Science in Psychology are the two popular degrees. This course is mainly offered as a BA Psychology degree with a few colleges offering B.Sc Psychology.

Generally, the graduate (Bachelors) degree programs are 3 years, postgraduate (Masters) degree programmes are 2 years, and Doctoral (MPhil or PhD) programmes are also 2 years.

Subject Requirements for students of class 12:

There is no specific subject requirement to study Psychology. Though it does not mandate any pre-requisite subjects, studying Biology, Psychology & Mathematics in class 12th will help students to understand the subject better. It should be noted that for B.Sc Psychology courses, students should be from the science stream and should have studied Biology in class 11 and 12. In addition they could also have the psychology subject in class 12.



Top Colleges for Psychology:

Following are some of the top colleges which offer degrees in Psychology in India.

Lady Sri Ram College for Women-New Delhi:

Lady Shri Ram College for Women has been recognized as a top college of higher education for women in India. It is affiliated to the University of Delhi. It is one of the most reputed institutions for Social Sciences, Humanities and Commerce. Courses like Psychology and Journalism are among its strengths. According to the national magazine, India today, this college is ranked #2 in India for its quality education in Arts courses. The college has approximately 2000 students, over 150 faculty members, administrative and support staff and more than 16 courses of study.

Admission: Students will be admitted on the basis of merit i.e marks obtained in Class 12th. The aggregate required for admission will be calculated on the basis of "best of four" subjects which are- marks secured in a language, marks secured in the subject in which admission is sought and marks secured in any other 2 academic/elective subjects. The degree offered is BA Psychology (hans).

Admission to LSR is very competitive and cut off's are generally in the range of 96% to 98% across the different cut off lists. This of course comes as no surprise because the institute is known for having really high cutoffs and for being very competitive.

Christ University-Bangalore

Christ University is the top academic institute in Karnataka offering courses in Management, Science Humanities, Law and more. It has been recognized by the University Grants Commission (UGC) as an institution with "Potential for Excellence".

In this University, the degrees offered in Psychology are:

- Bachelor of Science (BSc) Honours in Psychology
- Bachelor of Arts (BA) in Psychology, Sociology, Economics
- Bachelor of Arts (BA) in Journalism, Psychology, English
- Bachelor of Arts (BA) in Performing Arts, English, Psychology



- Bachelor of Arts (BA) in Psychology, Sociology, English

Admission: Out of the above mentioned degrees, for BA (Hans.), B.Sc. Psychology and BA Communication and Media Studies with Psychology, admission is based on Entrance Test, Skill Assessment and Personal Interview and academics. For other degrees in psychology, the admission is based on Skill Assessment and Personal Interview and academic prowess.

Banaras Hindu University

Banaras Hindu University is a reputed learning institute, situated in the city of Varanasi. University was founded by the great nationalist leader, Pandit Madan Mohan Malviya, in 1916 with co-operation of great personalities like Dr Annie Besant, who viewed it as the University of India.

Admission: The psychology degree for undergraduate studies offered is BA Psychology (hans). Admission will be based on the entrance (BHU UET) exam conducted by the University.

St. Xavier's College, Mumbai

The college, which is affiliated to University of Mumbai, offers around 28 undergraduate courses. It is known for excellence in imparting Science and Humanities studies.

Admission: Degree offered is BA in Psychology and Admission to the college remains tough, as it is one of the most coveted colleges in India. Selection is based on the scores secured in the 10+2 examinations.

Career Prospects: After earning a psychology degree, one can choose from a wide variety of career options. Some entry-level jobs are open to those with an undergraduate degree in psychology, while others require advanced or graduate-level study.

Psychologists perform a large variety of duties in a number of diverse industries. For example, psychologists working in the field of health services may provide mental evaluation and healthcare services in clinics, hospitals, schools, or in the private sector. They may also be employed in applied settings, including industry, business, non-profit organizations, or government, providing training, conducting research, designing organizational systems, or acting as advocates for psychology.

Many psychologists work independently and also team up with other professionals -for exam-



ple, with other scientists, physicians, lawyers, school personnel, computer experts, engineers, policymakers and managers –to contribute to every area of society. Thus we find them in laboratories, hospitals, courtrooms, schools and universities, community health centres, prisons and corporate offices.

Specialisations:

A very common question that most students ask is that what does a psychologist do? This can be answered by the fact that Psychology offers different occupations and career opportunities in a diverse array of specializations.

There is a huge array of specialisations when it comes to psychology. In India, the following are the most well-known branches:

- **Counselling Psychology:** Counselling Psychology is the branch of psychology which deals with a person's personal and interpersonal functioning across their lifespan. In Counselling Psychology, Child Psychology is quite well known. It focuses on children, mainly their development and behaviour
- **Clinical Psychology:** Clinical psychology is another famous branch of psychology. It is the branch which comes to the mind when we hear the word 'psychology' as it deals with the treatment of mental illness, abnormal behaviour and psychiatric problems. This is generally taken by students from the Science stream
- **Industrial-Organizational Psychology:** Another famous branch of psychology is Industrial-Organizational Psychology. Professionals in this field apply psychological principles to research workplace issues such as productivity and employee behaviour. This branch is closely related to the Human Resource Development, which has emerged as an important subject in business studies
- **Social Psychology:** Social Psychology is a famous specialisation pursued in the psychological field in India. It studies how people's thoughts, feelings, and behaviours are influenced by the actual, imagined, or implied presence of others

Some branches of Psychology which are famous abroad:

- **Consumer Psychology:** the branch of psychology which deals with the study of why people



buy things. Professionals in this branch work directly with major companies to determine which kind of marketing garners more response from the people.

- **Educational Psychology:** which deals with students and their education. Professionals of this psychological branch help students by aiding them in solving education related problems, stress and how to plan for their future. They are also known as educational or school counselors
- **Military Psychology:** Soldiers, who fight wars often go through post war trauma and stress which takes a heavy toll on their lives. To help them deal with it, a separate branch of psychology emerged called Military Psychology. Military psychologists help soldiers in dealing with mental as well as physical stress. This branch of psychology is emerging as the most demanded and complicated branch among others in many countries
- **Forensic Psychology:** Forensic Psychology is the branch of psychology which deals with criminals and other legal disputes. Professionals in this branch help the law enforcement authorities by applying their psychological knowledge to assess situations in various issues. Forensic psychologists assist in a wide variety of legal matters, including: child custody/family law, violence risk assessment and social science research
- **Media Psychology:** Since research shows that 90% of our daily communications are now screen-based. Media psychology is the branch of psychology that focuses on the relationships between human behaviour and the media. This branch is a relatively new field of study but is advancing very rapidly

Apart from these branches, there are many other branches of psychology in which students can specialise. Such as:

- **Neuropsychology**, which deals with understanding the relationship between the physical brain and behaviour
- **Social Psychology**, which studies how people act, think, and feel in the context of society



- **Sports Psychologist**, which focuses on how individuals are affected by playing sports as well as how to improve a person's mindset in order to excel at sports

A Day in a Psychologist's life:

- Psychologists assess individuals using diagnostic tests and interviews
- They diagnose mental, behavioural and emotional disorders and decide what treatment methods to use
- Psychologists also help individuals deal with short-term personal issues that may result from a crisis such as the breakup of a relationship, death of a loved one, a traumatic event or the loss of a job
- They provide therapy to families or couples
- School psychologists
- They address problems students may be having in school
- They evaluate students' performances, consult with other school personnel, students and parents
- They study productivity, management styles and individuals' work styles, solve workplace problems using psychological principles, identify an organization's training needs and then devise and implement programs that address them

Psychologists deal with the most complicated and sensitive creatures: human beings. Good communication skills along with patience, ability to work with all kinds of social/ cultural and age groups are the essential qualities of a psychologist. They should have a genuine interest in people, their behaviour and have empathy for their problems. They have to be sensitive and caring and also have the ability to understand people of very different backgrounds and upbringing.



KEY TAKEAWAYS:

- Psychology is one of the most challenging and well-known careers in Arts. There are many branches in which students can specialise in Psychology
- Psychology is basically the study of mind. It does so to help so various mental and psychological problems
- Bachelor of Arts and Bachelors of Science in Psychology are the two popular degrees. This course is mainly offered as a BA Psychology degree with a few colleges offering B.Sc Psychology.
- Some of the best colleges which offer courses in Psychology in India are: Lady Sri Ram College for Women-New Delhi, the Christ University Bangalore, Banaras Hindu University and St. Xavier's College, Mumbai
- Some famous specialisations in Psychology are: Counselling Psychology, Clinical Psychology, Industrial-Organizational Psychology, Social Psychology, Educational Psychology and Forensic Psychology

End of the Section

