

**BOARD OF STUDIES : 2015 – 2018**

**SYLLABUS OF PAPERS FOCUSING  
ON EMPLOYABILITY/  
ENTREPRENEURSHIP/ SKILL  
DEVELOPMENT**

**PROGRAMME PROFILE**

<b>SEM</b>	<b>PART</b>	<b>COURSE CODE</b>	<b>TITLE OF THE PAPER</b>	<b>CREDITS</b>	<b>HOURS /WK</b>	<b>TOTAL HRS</b>	<b>CA</b>	<b>SEM</b>	<b>TOTAL</b>
<b>I</b>	<b>Language</b>	TA18/1L/FCT HN18/1L/FCH SN18/1L/FCS FR18/1L/FCF		<b>3</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>I</b>	<b>English</b>	EL18/1F/FEN	<b>Foundation English paper I</b>	<b>3</b>	<b>4</b>	<b>60</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>I</b>	<b>Core I</b>	PS18/1C/BP1	<b>Basic Psychology-I</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>I</b>	<b>Core II</b>	PS18/1C/CHP	<b>Psychology of Childhood</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>I</b>	<b>Allied I</b>	PS18/1A/BI1	<b>Biological Psychology – I</b>	<b>5</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>I</b>	<b>Non Major Elective</b>	PS18/1N/MEM	<b>Managing Emotions</b>	<b>2</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>I</b>	<b>Soft Skills</b>	UG18/1S/CLS	<b>Communication and Life Skills I</b>	<b>3</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>II</b>	<b>Language</b>	TA18/2L/FCT HN18/2L/FCH SN18/2L/FCS FR18/2L/FCF		<b>3</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>II</b>	<b>English</b>	EL18/2F/FEN	<b>Foundation English paper II</b>	<b>3</b>	<b>4</b>	<b>60</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>II</b>	<b>Core III</b>	PS18/2C/BP2	<b>Basic Psychology-II</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>II</b>	<b>Core IV</b>	PS18/2C/AAP	<b>Psychology of Adolescence and Early Adulthood</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>II</b>	<b>Allied II</b>	PS18/2A/B12	<b>Biological Psychology – II</b>	<b>5</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>II</b>	<b>Non-Major Elective</b>	PS18/2N/ISS	<b>Improving Study Skills</b>	<b>2</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>100</b>
<b>II</b>	<b>Soft Skills</b>	UG18/2S/CLS	<b>Communication and Life Skills I</b>	<b>3</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>III</b>	<b>Language</b>	TA18/3L/FCT		<b>3</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>

		<b>HN18/3L/FCH SN18/3L/FCS FR18/3L/FCF</b>							
<b>III</b>	<b>English</b>	<b>EL18/3F/FEN</b>	<b>Foundation English Paper III</b>	<b>3</b>	<b>4</b>	<b>60</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>III</b>	<b>Core V</b>	<b>PS18/3C/EXP</b>	<b>Experimental Psychology</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>III</b>	<b>Core VI</b>	<b>PS18/3C/MLP</b>	<b>Psychology of Middle and Late Adulthood</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>III</b>	<b>Allied III</b>	<b>PS18/3A/ST1</b>	<b>Statistics for Psychology - I</b>	<b>5</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>III</b>	<b>EVS</b>	<b>UG18/3/EVS</b>	<b>Environmental Studies</b>	<b>2</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>III</b>	<b>Soft Skills</b>			<b>3</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>IV</b>	<b>Lang</b>	<b>TA18/4L/FCT HN18/4L/FCH SN18/4L/FCS FR18/4L/FCF</b>		<b>3</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>IV</b>	<b>Eng</b>	<b>EL18/4F/FEN</b>	<b>Foundation English Paper IV</b>	<b>3</b>	<b>4</b>	<b>60</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>IV</b>	<b>Core VII</b>	<b>PS18/4C/FRM</b>	<b>Fundamentals of Research Methodology</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>IV</b>	<b>Core VIII</b>	<b>PS18/4C/SP1</b>	<b>Social Psychology – I</b>	<b>4</b>	<b>5</b>	<b>75</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>IV</b>	<b>Allied IV</b>	<b>PS18/4A/ST2</b>	<b>Statistics for Psychology- II</b>	<b>5</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>IV</b>	<b>Value Education</b>	<b>UG18/4/VE</b>	<b>Value education</b>	<b>2</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>IV</b>	<b>Soft Skills</b>			<b>3</b>	<b>2</b>	<b>30</b>	<b>NA</b>	<b>50</b>	<b>50</b>
<b>V</b>	<b>Core IX</b>	<b>PS18/5C/AB1</b>	<b>Abnormal Psychology I</b>	<b>4</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>V</b>	<b>Core -X</b>	<b>PS18/5C/OZB</b>	<b>Organizational Behavior</b>	<b>4</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>V</b>	<b>Core -XI</b>	<b>PS18/5C/SP2</b>	<b>Social Psychology II</b>	<b>4</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>
<b>V</b>	<b>Core XII</b>	<b>PS18/5C/PST</b>	<b>Psychological Testing</b>	<b>4</b>	<b>6</b>	<b>90</b>	<b>40</b>	<b>60</b>	<b>100</b>

V	Elective I	PS18/5E/HTP	Health Psychology	5	6	90	40	60	100
V	Self Study* (Optional)	PS18/SS/POP	Positive Psychology	2	-	-	-	-	100 (Internal
VI	Core XIII	PS18/6C/AB2	Abnormal psychology II	4	6	90	40	60	100
VI	Core XIV	PS18/6C/HRM	Human Resource Management	4	6	90	40	60	100
VI	Core XV	PS18/6C/CSP	Counselling Psychology	4	6	90	40	60	100
VI	Elective II	PS18/6E/ASP	Applied Social Psychology	5	6	90	40	60	100
VI	Elective III**	PS18/6E/CS (or) PS18/6E/SR	Case Studies (or) Survey Research	5	6	90	40	60	100
	Extension Activities			1					

Semester – III      Code: PS15/3A/ST1      Course Title: Descriptive Statistics for Psychology

**SEMESTER – III**

Teaching Hours: 90 Hours

Credits:

5

Course Code : PS15/3A/ST1

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**Objectives**

1. To emphasize basic concepts, need and importance of statistics and education.
2. To enable students to plan, collect, organize and present data.
3. To familiarize students with steps and procedures involved in calculations.
4. To enable them to select and choose appropriate statistical tools for analyzing and interpreting data.

**Course outline:**

**Unit I:** Introduction: Meaning of statistics, need and importance of statistics in psychology and education, Branches of statistical methods. Basic Concepts: Variables, Values and Scores. Scales of measurement- nominal, Ordinal, interval and ratio; organization of data- statistical tables, Frequency distribution. (15 Hours)

**Unit II:** Graphical and Diagrammatic representation of data: Objectives, Utility and Limitations. Types of Diagrams. Rules for drawing diagrams. Construction of frequency distribution graphs: Histograms and Bar graphs, Frequency Polygon

and Ogive. Percentiles and percentile ranks.  
(20 Hours)

**Unit III:** Measures of Central Tendency- Mean, Median and Mode; Process of Computation and its Properties. Selecting a measure of central tendency  
(15 Hours)

**Unit IV:** Measures of Variability- Range, Quartile deviation, Average deviation. Standard deviation and variance. Selecting a measure of variability.  
(20 Hours)

**Unit V:** Correlation: Meaning and Types; Correlation and Causation; coefficient of correlation and its interpretation; Rank difference method and product moment method (computation in ungrouped data).  
(20 Hours)

**RECOMMENDED TEXTBOOKS:**

1. Garrett.H.E.(1981). *Statistics in Psychology and Education*. Vakils, Feffer and Simons Ltd.
2. Gravetter,J., &Wallnau,B.(1995). *Essentials of statistics*. (2<sup>nd</sup> Ed.).West Publishing Company.
3. Mangal S.K. (1987). *Statistics in Psychology and Education*. New Delhi: PHI Learning Private Ltd.

**REFERENCE BOOKS:**

1. Aron, Aron., E. N., Coups , E.(2012). *Statistics for Psychology*.(3<sup>rd</sup> Ed). Prentice Hall.
2. Bali,N.P., Gupta, P.N, & Gandhi, C.P.( 2015). *Quantitative Techniques*.(2<sup>nd</sup> Ed). Laxmi Publication Pvt . Ltd
3. King,B.M., &Bear.G.(2001). *Statistical Reasoning in Psychology and Education*(3<sup>rd</sup> Ed.). John Wiley& Sons Inc.
4. Haslam,S.M.,&McGarty.C.(2003). *Research Methods and statistics in Psychology*..Sage Publications Ltd.

**QUESTION PAPER PATTERN**

**Title of the paper: Descriptive Statistics for Psychology** **Max**  
**Marks: 100**  
**Course Code: PS15/3A/ST1** **Time: 3**  
**Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES:** **(10**  
**x 2 = 20)**

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH:**  
**(5 x 8 = 40)**

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH:**  
**(2 x 20= 40)**

**Semester – IV  
Testing**

**Code: PS15/4C/PST**

**Course Title: Psychological**

**SEMESTER- IV**

**Teaching Hours: 75 Hours**

**Credits: 4**

**Course Code : PS15/4C/PST  
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**L T P:**

**Objectives:**

- To orient students to the requirements of a good test.
- To familiarize students with inventories- the administration, procedure, inference and conclusions drawn.

**LIST OF PAPER PENCIL TESTS (Any 8)**

1. Eysenck Personality Inventory
2. Self-concept Questionnaire
3. Job Satisfaction Scale
4. Career Maturity Scale
5. Organizational Climate Inventory
6. Raven's Standard Progressive Matrices
7. State & Trait Anxiety Scale
8. Social Maturity Scale
9. Type A type B behaviour pattern checklist
10. Styles of learning and thinking
11. Locus of control
12. Study of values
13. Deo- mohan's achievement scale
14. Occupational stress index
15. Sentence Completion Test
16. MISC
17. Levels of Aspiration

Semester – IV  
Psychology

Code: PS15/4A/ST2

Course Title: Statistical Reasoning in

**SEMESTER – IV**

Teaching Hours: 90 Hours

Credits: 5

Course Code : PS15/4A/ST2

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T P: 4 2 0

**Objectives:**

To enable the students to understand the concepts in inferential statistics

**Course outline:**

**Unit I:** The normal curve- Characteristics and properties, skewness, kurtosis, Applications of the normal curve. Difference between parametric and non parametric test. Overview of Poisson distribution and Binomial distribution.  
(20 hours)

**Unit II:** Significance of Mean- Concept of Standard Error, Confidence Interval, Computation of significance of Mean in large and small samples.  
(15 hours)

**Unit III:** Significance of mean difference, two-tailed and one tailed tests of significance; Type I and type II error. Procedure for testing significance in large and small independent and correlated samples. ANOVA- Meaning; Logic of ANOVA, Computation of one way analysis of variance  
(20 hours)

**Unit IV:** Chi Square test. Uses of chi square as a test of goodness of fit, use of chi square as a test of independence between variables, Assumptions, Uses and Limitations of chi square test.

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**Unit V:** Introduction to SPSS: Entering and Saving data, Descriptive Statistics, Hypothesis test with t-statistics, Measuring relationships and ANOVA.  
(15 hours)

**RECOMMENDED TEXTBOOKS:**

1. Garrett.H.E.(1981). *Statistics in Psychology and Education*. Vakils, Feffer and Simons Ltd.
2. Gravetter,J., &Wallnau,B.(1995). *Essentials of statistics*(2<sup>nd</sup> Ed.).West Publishing Company.

3. Mangal S.K. (1987). *Statistics in Psychology and Education*. New Delhi: PHI Learning Private Ltd.

**REFERENCE BOOKS:**

5. Aron, Aron., E. N., Coups , E.(2012). *Statistics for Psychology*.(3<sup>rd</sup> Ed). Prentice Hall.
6. Bali,N.P., Gupta, P.N, & Gandhi, C.P.( 2015). *Quantitative Techniques*.(2<sup>nd</sup> Ed). Laxmi Publication Pvt . Ltd
7. King,B.M., &Bear.G.(2001). *Statistical Reasoning in Psychology and Education*(3<sup>rd</sup> Ed.). John Wiley& Sons Inc.
8. Haslam,S.M.,&McGarty.C.(2003).*Research Methods and statistics in Psychology*..Sage Publications Ltd.

**QUESTION PAPER PATTERN**

**Title of the paper: Statistical Reasoning in Psychology** **Max**  
**Marks: 100**  
**Course Code: PS15/4A/ST2** **Time: 3**  
**Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES:** (10  
x 2 = 20)

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH:**  
(5 x 8 = 40)

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH:**  
(2 x 20= 40)



**Semester – V  
Psychology I**

**Code: PS15/5C/AB1**

**Course Title: Abnormal**

**SEMESTER – V**

**Teaching Hours: 90 Hours**

**Credits: 4**

**Course Code : PS15/5C/AB1**

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**T P: 3 2 0**

**Objectives:**

To enable students to understand

- The different psychological problems of varying intensities.
- The symptoms, causes and treatment of various disorders.

**Course outline:**

**Unit I:** Definition of Abnormal Behaviour, – Historical view & Treatments – Contemporary views of Abnormal Behaviour,  
(15 hours).

**Unit II:** Casual factors & viewpoints in abnormal psychology, Causes and risk factors for abnormal behaviour; models or viewpoints for abnormal behaviour- Biological View points, psychosocial viewpoints, psychosocial causal factors, socio-cultural viewpoints, socio-cultural causal factors. (20 hours).

**Unit III:** Anxiety and related disorders, Phobic disorders; panic disorders; agoraphobia; generalized anxiety disorder; obsessive-compulsive disorders, causal factors, treatment and outcomes. (15 hours)

**Unit IV:** Somatoform & dissociative disorders, Somatoform disorders- somatization disorders, hypochondriasis, pain disorder, conversion disorder; body dysmorphic disorder, Dissociative disorders- dissociative amnesia and fugue, dissociative identity disorder, depersonalization disorder, causal factors, treatment and outcomes.  
(20 hours)

**Unit V:** Personality disorders, Clinical features; categories of personality disorder; causal factors; treatment and outcome; anti-social personality and psychopathy- clinical picture, causal factors, treatment. (20 hours)

Visits to be arranged to institutions eg.NGO's like Udavumkarangal, Banyan, SCARF, Dyslexia association, AIDS Counselling Centre.

**RECOMMENDED TEXTBOOKS:**

1. Carson R.C., Butcher J.V. & Mineka S. (2000), *Abnormal Psychology and Modern Life*, 13<sup>th</sup> edition, Allyn & Bacon.
2. Comer R. (1996), *Fundamentals of Abnormal Psychology*, 6<sup>th</sup> edition, Freeman & Company

3. Sarason I. G. & Sarason B.R. (2002), *Abnormal Psychology*- Problem of maladaptive behavior, 11<sup>th</sup> edition, Pearson education INC.
4. Nietzel S., McCauley & Bernstein (1998), *Abnormal Psychology*, Allyn & Bacon.

**REFERENCE BOOKS:**

1. Barlow H David & Durand V Mark (2002). *Abnormal Psychology* 2<sup>nd</sup>. Ed Brooks/Cole Publishing Company

**QUESTION PAPER PATTERN**

**Title of the paper: Abnormal Psychology I**

**Max Marks: 100**

**Course Code: PS15/5C/AB1**

**Time: 3 Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES: (10 x 2 = 20)**

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH: (5 x 8 = 40)**

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH: (2 x 20= 40)**

**Semester – V  
Psychology**

**Code: PS15/5C/CSP**

**Course Title: Counseling**

**SEMESTER – V**

**Teaching Hours: 90 Hours**

**Credits: 4**

**Course Code : PS15/5C/CSP**

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**T P: 3 2 0**

**Objectives:**

To enable students to understand

- The process of counselling
- Various theoretical approaches in counseling and its implications
- The role and function of counselors in a variety of settings.

**Course outline:**

**Unit I:** Counseling - Definition – Characteristics of Counsellor – Basic counseling skills - Communication skills- micro skills of attending, non-verbal behavior, ineffective listening, empathy, probing – Ethical Issues.  
(20 hours)

**Unit II:** Different approaches to counselling – Psychodynamic theories, Phenomenological theories, Behavioral theory, Cognitive and Cognitive-Behavioral Theories – Implications. (20 hours)

**Unit III:** Process of counseling- Stages of counseling- initiation, clarification of presenting problem, contract, intensive exploration of problems, establishment of possible goals and objectives; Applying strategies – Mutual acceptance of defined goals and objectives, Planning of Strategies, Use of Strategies, Evaluation of Strategies, Termination, Follow-up (20 hours)

**Unit IV:** Special areas of Counselling – Counselling adolescents – Counselling the challenged – Counselling the aged – Counselling minority members – Group Counselling, types of Groups, Advantages and Disadvantages of Group counselling. Career Counseling.  
(15 hours)

**Unit V:** Crisis Theory and Intervention  
Crisis – Kinds of Crises – Crisis Theory – Crisis Intervention – Stages and Steps of Crisis Intervention, Brief Therapy, Forms of Crisis Intervention, Hot Lines, Drop-in centers, and Crisis Clinics, Outreach Counseling, Disaster Relief, Crisis Prevention, Skills for Crisis Intervention.  
(15 hours)

**RECOMMENDED TEXTBOOKS:**

1. Okun F Barbara. (2002). *Effective helping – Interviewing and counseling technique.*, 6<sup>th</sup> edition. USA: Brooks / Cole Thomson Learning.
2. Egan Gerard. (1994)..*The Skilled Helper- A Problem management approach to helping.* 5<sup>th</sup> edition. California: Brooks / Cole Publishing Company.
3. Hough Margaret. (2002). *A practical approach to counseling.* Harlow: Pearson Education Limited.
4. Gibson L Robert & Mitchell H.Marianne. (2003). *Introduction to counseling and guidance.* 6<sup>th</sup> edition. New Delhi: Pearson education.

**REFERENCE BOOKS:**

1. Patrika R Vasantha. (2003). *Counselling Psychology.* New Delhi: Authors Press.
2. Jones Nelson Richard (2008). *Basic Counselling skills – A Helper’s Manual.* 2<sup>nd</sup> Edition. New Delhi: Sage Publications India Pvt Ltd.
3. Burnard Philip. (1995). *Counselling Skills Training – A sourcebook of Activities.* New Delhi: Viva Books Private Limited

**QUESTION PAPER PATTERN**

**Title of the paper: Counselling Psychology Max Marks: 100**

**Course Code: PS15/6C/CSP**

**Time: 3 Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES: (10 x 2 = 20)**

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH: (5 x 8 = 40)**

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH: (2 x 20= 40)**

Semester – V  
Psychology

Code: PS15/6E/HTP

Course Title: Health

**SEMESTER – V**

Teaching Hours: 90 Hours

Credits: 4

Course Code : PS15/6E/HTP

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T P: 3 2 0

**Objectives:**

To enable students to understand

- Various factors influencing the physical health of individuals and indigenous healing perspectives.
- Various models available to conceptualize health.
- The nature of coping with pain and aspects of palliative care.
- Role of stress and pain and its influences on health.
- Recent challenges and trends in the domain of Health Psychology.

**Course outline:**

**Unit I: Introduction:** Definition of Health and its Domains, Definition and Goals of Health Psychology, Brief History of Health Psychology, Traditional Indian Healing System and Health Care Network in India, Perspectives in Health Psychology. (15 hours)

**Unit II: Models of Health Behavior:** Theory of Planned Behavior and Reasoned Action, PAPM, Trans-theoretical Model by Prochaska, Health Belief Model, Self- Efficacy theory, Protection Motivation Theory, Social Cognitive Theory, Diffusion of Innovation theory, Precede- Proceed Model. (20 hours)

**Unit III: Stress:** Definition of Stress and Stressor; Theoretical Explanations of Stress- the General Adaptation Syndrome, Transactional Theory of Stress, Diathesis Stress Model, Life- Events Theory, Tend and Befriend Theory, Theory of Learnt Helplessness; Coping Strategies: Emotion-Focused and Problem-Focused types; Coping Interventions: Mindfulness Training, Disclosure and Coping, Relaxation Training, Cognitive Therapies: Stress Inoculation Training, Rational Emotive Therapy. (20 hours)

**Unit IV: Pain and Palliative Care:** Pain: Definition and Types of Pain; Psychological issues- Who Becomes a Chronic Pain patient? Lifestyle of Chronic Pain, Toll of Pain on Relationships, Chronic Pain Behaviors, Pain and Personality, Pain Profiles, Pain and Stereotyped Responses to Stress; Coping: Hypnosis, Distraction, Coping Techniques, Guided Imagery, Other Cognitive Techniques; Management of Chronic Pain: Pain Management Programs. Palliative Care: Psychological Management of the Terminally Ill: Risks of Terminal Care for Staff, Individual and Family Counseling, Management of

Terminal Illness in Children; Alternatives to Hospital Care- Hospice and Home Care; Problems of Survivors; Death Education.

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**Unit V: Health Promotion:** Health Promotion; Stress and its Management; Health Services; Management of Serious Illness; Trends in Health and Health Psychology; Becoming a Health Psychologist- Path and Scope. The Role of a Health Psychologist. (15 hours)

**Visits to organizations and relevant sites to enhance understanding of the field will be included.**

**RECOMMENDED TEXTBOOKS:**

1. Khatoun, N (2012). *Health Psychology*; India: Pearson Education
2. Straub, O. Richard; (2002); *Health Psychology*; New York: Worth Publishers
3. Taylor E. Shelley; *Health Psychology*; 7<sup>th</sup> Ed; New Delhi: Tata McGraw Hill Education Pvt. Ltd

**REFERENCE BOOKS:**

1. Carlson R Neil (2001) *Physiology of behavior* 7<sup>th</sup> edition. Allyn & Bacon
2. Nancy J Cobb (2001) *Adolescence- continuity, change and diversity*. 4<sup>th</sup> edition, Mayfield Publishing
3. <http://www.blackwellpublishing.com/intropsych/pdf/chapter19.pdf>
4. <http://userpage.fu-berlin.de/~schuez/folien/Sutton.pdf>
5. <http://www.slideshare.net/misau/models-of-health-behaviors-by-yusuf-abdu-misau>

**QUESTION PAPER PATTERN**

**Title of the paper: Health Psychology** **Max**  
**Marks: 100**  
**Course Code: PS15/6C/HTP** **Time: 3**  
**Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES:** (10  
x 2 = 20)

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH:**  
(5 x 8 = 40)

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH: (2 x 20= 40)**

**Semester – VI  
Psychology-II**

**Code: PS15/6C/AB2**

**Course Title: Abnormal**

**SEMESTER – VI**

**Teaching Hours: 90 Hours**

**Credits: 4**

**Course Code : PS15/6C/AB2**

**L T P:**

**3 2 0**

**Objectives:**

To enable students to understand

- The different psychological problems of varying intensities.
- The symptoms, causes and treatment of various disorders.

**Course outline:**

**Unit I:** Schizophrenia, Clinical picture; Classical subtypes of Schizophrenia – Catatonic, Disorganized, Paranoid, Undifferentiated; residual, other psychotic disorders, Causal factors; Treatments. (15 hours)

**Unit II:** Mood disorder and Suicide, What are mood disorders? Unipolar type, Bipolar type; Causal factors in Unipolar and Bipolar disorders; causal factors, Treatment and outcomes; Suicide- Clinical picture and causal factors; suicidal ambivalence; prevention and intervention. (20 hours)

**Unit III:** Substance Related Disorders, Alcohol abuse and dependence- Prevalence; demographics; clinical picture; biological, psychological and socio cultural causal factors; treatment of alcoholism; drug abuse and dependence – causal factor and Treatment. (15 hours)

**Unit IV:** Disorders of childhood and adolescence, Classification of childhood and adolescent disorders; ADHD, oppositional defiant disorder conduct disorder; anxiety disorders; childhood depression; symptom disorders- Enuresis, Encopresis, Sleep walking and Tics – Pervasive developmental disorders, autism, learning disabilities and mental retardation, causal factor, Treatment and outcomes. (20 hours)

**Unit V:** Sexual variants, abuse and Sexual dysfunction: Types of sexual dysfunction-treatment of sexual dysfunction. Sexual and gender variants, The paraphilias: fetishism, Transvestic fetishism, sexual sadism & masochism Voyeurism, Exhibitionism pedophilia, perspectives on pedophilia – Treatment. Sexual abuse, treatment and recidivism of sex offenders. (20 hours)

**RECOMMENDED TEXTBOOKS:**

1. Carson R.C., Butcher J.V. & Mineka S. (2000), *Abnormal Psychology and Modern Life*, 11<sup>th</sup> edition, Allyn & Bacon.
2. Comer R. (1996), *Fundamentals of Abnormal Psychology*, Freeman & Company

3. Sarason I. G. & Sarason B.R. (2002), *Abnormal Psychology*- Problem of maladaptive behavior, 10<sup>th</sup> edition, Pearson education INC.
4. Nietzel S., McCauley & Bernstein (1998), *Abnormal Psychology*, Allyn & Bacon.

**REFERENCE BOOKS:**

1. Barlow H David & Durand V Mark (2002). *Abnormal Psychology* 2<sup>nd</sup>. Ed  
Brooks/Cole Publishing Company

**QUESTION PAPER PATTERN**

**Title of the paper: Abnormal Psychology-II** **Max**  
**Marks: 100**  
**Course Code: PS15/6C/AB2** **Time: 3**  
**Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES:** **(10**  
**x 2 = 20)**

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH:**  
**(5 x 8 = 40)**

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH:**  
**(2 x 20= 40)**



**Semester – VI    Code: PS15/6C/ASP    Course Title: Applied Social Psychology**

**SEMESTER – VI**

**Teaching Hours: 90 Hours**

**Credits: 4**

**Course Code : PS15/6C/ASP**

**L T**

**P: 3 2 0**

**Objectives:**

To enable students

- To understand the applicability of social psychological concepts in select arenas of life.
- To deal better with the challenges to self and environment

**Unit I: Introduction to Applied Social Psychology:**

Meaning, Applied Social Psychology as a Science, The Role of Personal Values, Areas of Focus and Various roles of Applied Social psychologists  
(15 hours)

**Unit II: Applying Social Psychology to Sports Teams:**

Team Dynamics: Team Cohesion, Team Confidence, Effective Communication and Team Goal Setting. Team Building: Family Psychology Intervention and Communication Training Intervention.  
(20 hours)

**Unit III: Applying Social Psychology to the Media:**

Effects of Media violence: The Consequences of Viewing Media Violence, Imitation of Violence, Media and Aggressive Thoughts. Media Violence and Fear. Effects of long term exposure to Pornography. Effects of negative Media Coverage. Media and Perceptions on Mental Illness. Media and Positive Social Change(20 hours)

**Unit IV: Applying Social Psychology to Community:**

Community Psychology: Definition, Origins, Community psychology values and Approaches. Sense of Community: Person – Environment fit. The Internet as a source of community and help. Effects of long term internet use and social media.  
Dealing with Digital Dependence (20 hours)

**Unit V: Applying Social Psychology to the Classroom:**

Cognitive Errors and Student –Teacher Relations. Attributions based on lectures and Overcoming fundamental attribution error, Belief Perseverance and Social categorization. Self perceptions and their Academic Consequences: Self-Handicapping, Self Serving bias, and Over Justification effect. Dealing with Academic Challenges.

(15 hours)

**RECOMMENDED TEXTBOOKS**

1. Coutts M L, Gruman A J & Schneider W F (2012). *Applied Social Psychology*. (2<sup>nd</sup> Ed). New Delhi: Sage Publications.
2. Cashmore (2004). *Key concepts in sports psychology*. New York: Routledge.

**REFERENCE BOOKS**

1. Bannerjee, R., Tolmie, A., & Boyle, J. (2011) Educational Psychology: History & Overview in Davey, G (Eds.) *Applied Psychology* P.P.344- 360. UK: BPS Blackwell Publishing Ltd.
2. Bannerjee, R (2011) Educational Psychology: Research on Developmental and Social factors in Davey, G (Eds.) *Applied Psychology* P.P.406- 429. UK: BPS Blackwell Publishing Ltd.
3. Devonport, T & Lane, A. (2011) Sport and Exercise Psychology- Understanding Social, Developmental and Personality factors in Davey, G (Eds.) *Applied Psychology* P.P.594-609. UK: BPS Blackwell Publishing Ltd.
4. Kassin, S., Fein, S., & Markus, H. R. (2014). *Social Psychology* (9<sup>th</sup> Edn.). New Delhi: Cengage Learning

**QUESTION PAPER PATTERN**

**Title of the paper: Applied Social Psychology**

**Max Marks: 100**

**Course Code: PS15/6C/ASP**

**Time: 3 Hours**

**Part – A**

**ANSWER ALL QUESTIONS IN ONE OR TWO SENTENCES:**

**(10 x 2 = 20)**

**Part – B**

**ANSWER ANY 5 OUT OF 8 QUESTIONS IN ABOUT 300 WORDS EACH:**

**(5 x 8 = 40)**

**Part – C**

**ANSWER ANY 2 OUT OF 4 QUESTION IN ABOUT 1200 WORDS EACH:**

**(2 x 20= 40)**

**Semester – VI  
STUDIES.**

**Code: PS15/6E/CS**

**Course Title: Elective III – CASE**

**Teaching Hours: 105 Hours**

**Credits: 5**

**Course Code : PS15/6E/CS**

**L T**

**P: 2 1 4**

**Objectives:**

To enable students to

- To understand case study as a method of research
- Develop ability to make keen and accurate observations of a person or persons in-depth.
- Conduct a detail study of a person or persons
- Gain information through observation, interview, analysis of clinical records and interviewing significant others.
- Gain in-depth understanding of various developmental areas

The paper will have a theory and practical component:

**Theory:**

Case Study: Definition, Types of case studies, Process of carrying out case studies – Data collection methods, Uses and Limitations, Writing a case report.

**Practical:**

**Case studies (any 2) to be submitted from the following areas:**

- Elementary school children
- Adolescence
- Young adulthood
- Children with Special needs
- Clinical conditions
- Middle age
- Old age
- Working Women
- Victims of trauma or Abuse
- Palliative Care

Each case study should not exceed 30 pages. Students are required to submit an introduction and a case report for each of the chosen area. Students are required to spend a minimum of 75 hours on their 2 cases and 30 hours will be allotted for the theory component

The internal Evaluation for 60 marks will be based on both theory and practical component. 20 marks will be allotted for theory and 40 marks for practical component. The external evaluation will be for 40 marks.

**RECOMMENDED TEXTBOOKS**

1. Guthrie., G (2012). *Basic Research Methods*. New Delhi: Sage Publications
2. Neuman, W,L (2007). *Social Research methods*. New Delhi: Presstech Litho Pvt. Ltd

**Semester – VI  
RESEARCH**

**Code: PS15/6E/SR**

**Course Title: Elective III – SURVEY**

**SEMESTER – VI**

**Teaching Hours: 105 Hours**

**Credits: 5**

**Course Code : PS15/6E/SR  
P: 2 1 4**

**L T**

**Objectives:**

To enable students

1. To understand concepts related to carrying out survey research
2. To construct checklists to assess participants attitude/preferences/behaviour.
3. To administer standardized psychological test on a predetermined sample and to assess and compare people on certain behavioral/psychological traits.
4. To statistically evaluate and interpret the data received from the survey and generate conclusions.
5. To document information.

The paper will have a theory and practical component:

**Theory:**

Definition, Research questions appropriate of survey research, Logic of Survey Research, Construction of checklists or questionnaires, Types of Survey, Process of carrying out survey, Advantages and Disadvantages. Writing a survey Research Report.

**Practical:**

**Survey in any one of the following areas:**

1. Industrial/organizational behavior
2. Mental health issues.
3. Social behavior.
4. Family/parenting/relationship.
5. Consumer behavior
6. Environmental issues

Project report should not exceed 50 typed pages.

The internal Evaluation for 60 marks will be based on both theory and practical component. 20 marks will be allotted for theory and 40 marks for practical component. The external evaluation will be for 40 marks.

**RECOMMENDED TEXTBOOKS**

1. Guthrie., G (2012). *Basic Research Methods*. New Delhi: Sage Publications
2. Neuman, W,L (2007). *Social Research methods*. New Delhi: Presstech Litho Pvt. Ltd

