



**Progressive Education Society's
Modern College of Arts, Science and Commerce
(Autonomous)
Ganeshkhind, Pune 411016**

**SY BA PSYCHOLOGY
(NEP 2020)**

SEMESTER 3

DSC PSYCHOLOGY OF ADJUSTMENT-I (4 Credits)

Learning Outcomes: After the completion of this course students will be able to

1. Get acquainted with various areas of adjustment
2. Become familiar with modern ways of effective adjustment.
3. Obtain an empirical approach in adjustment psychology.

Unit 1 ADJUSTING TO MODERN LIFE

12

- 1.1 Psychology of Adjustment
- 1.2 Psychodynamic Perspectives: Freud, Jung and Adler
- 1.3 Behavioural Perspectives: Pavlov, Skinner, Bandura
- 1.4 Roots of Happiness

Unit II MARRIAGE AND INTIMATE RELATIONSHIP

12

- 2.1 Moving Towards Marriage
- 2.2 Marital Adjustment across the Family Life Cycle
- 2.3 Vulnerable Areas in Marital Adjustment and Divorce
 - i. Gaps in Role Expectation
 - ii. Work and Career Issues
 - iii. Financial Difficulties
 - iv. Inadequate Communication
 - v. Deciding On and Adjusting To Divorce
- 2.4. Alternatives to Marriage: Remaining Single and Co-Habitation

Unit III INTERPERSONAL COMMUNICATION

12

- 3.1 Communication and Adjustment and Component of communication process
- 3.2 Technology and Interpersonal Communication
- 3.3 Interpersonal Conflict – Types of conflict, Style of managing conflict
- 3.4 Developing an Assertive Communication Style – Steps in Assertiveness Training

Unit IV CAREER AND WORK

12

- 4.1 Choosing a Career
 - i. Examining Personal Characteristics and Family Influences
 - ii. Researching Job Characteristics
 - iii. Using Psychological Tests for Career Decisions
 - iv. Taking Important Considerations in Account
- 4.2 Models of Career Choice and Development:
 - i. Holland
 - ii. Super
- 4.3 Coping with Occupational Hazards
 - i. Job Stress
 - ii. Sexual Harassment
 - iii. Unemployment
- 4.4 Work-Life Balance: Workaholism, Family Roles, Leisure and Recreation

REFERENCE BOOKS:

- Weiten, W. and Lloyd, M. (2007) Psychology Applied to Modern life: Adjustment in the 21st Century. India, 8th Edition, Thomson.
- Coleman. J.C. Psychology and effective behaviour. D.B. Taraporwala Sons & Co. Bombay
- Lazarus: R.S. Patterns of adjustment. N.D. McGraw Hill.
- Martin L.G., Osborne. G. (1989) Psychology: Adjustment and everyday living N.J. Prentice-Hall, Englewood Cliffs.

DSE DEVELOPMENTAL PSYCHOLOGY:

Learning Outcomes: After the completion of this course students will be able to

- 1: Understand the importance, characteristics and concern in lifespan development
- 2: Understand biological, cognitive, and socio-emotional processes.
3. Understand the periods of development, the significance of age, and discuss developmental issues.
4. Understand Psychoanalytic, Cognitive, Behavioural and Social Cognitive, Ethological, Ecological and Eclectic theories of development
5. Understand methods of data collection and research designs used in Life-span development research

UNIT- I: INTRODUCTION TO LIFESPAN DEVELOPMENT

(12)

- 1.1 The Life-Span Perspective: The Importance of Studying Life- Span Development, Characteristics of the Life-Span Perspective, Some Contemporary Concerns
- 1.2 The Nature of Development: Biological, Cognitive, and Socio emotional Processes, Periods of Development, The Significance of Age, Developmental Issues
- 1.3 Theories of Development: Psychoanalytic Theories, Cognitive Theories, Behavioral and Social Cognitive Theories, Ethological Theory, Ecological Theory, Eclectic Theoretical Orientation
- 1.4 Research in Life-Span Development: Methods for Collecting Data, Research Designs, Time Span of Research

UNIT- II: BIOLOGICAL BEGINNINGS & PRENATAL DEVELOPMENT

(12)

- 2.1- Genetic foundation of Development: The Collaborative Genes, Genes and Chromosomes, Genetic Principles, Chromosomal and Gene linked Abnormalities
- 2.2- Heredity and Environment interaction: The nature × Nurture Debate 6 SPPU, Psychology
- 2.3- a) The Teratology and Hazards to prenatal Development b) Reproductive Challenges and Choices
- 2.4- The Course of Prenatal Development and Birth Process, Assessing the Newborn

UNIT - III: INFANCY

(11)

- 3.1- Physical growth and development in infancy
- 3.2- Motor, Sensory and Perceptual Development Cognitive Development
- 3.3- a) Piaget's Theory of Infant Development b) Learning, Remembering, and Conceptualizing
- 3.4- Language Development

UNIT-IV: EARLY CHILDHOOD

(11)

- 4.1- Physical changes, Cognitive Changes
- 4.2- a) Piaget's preoperational stages b) Vygotsky's Theory
- 4.3- The Self, Emotional and Moral Development
- 4.4- Families, Peer relations and Play

REFERENCE BOOKS:

- Berk, L. E. (2004). *Development through the lifespan*. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd. Berk, L. E. (2006).
- *Child Development*. (7 Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd. Cook, J. L., & Cook, G. (2009).
- *Child Development: Principles and Perspectives*. Boston: Pearson Education Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009).
- *Human Development* Dacey, J. S. & Travers, J. F. (2004). *Human Development across the lifespan*. (5 Ed). McGraw Hill co. Feldman, R. S., & Babu, N. (2011).
- *Discovering the Life Span. Indian subcontinent adaptation*, New Delhi: Dorling Kindersley India pvt ltd. Kail, R. V. (2007). *Children and their Development*. (4 Ed). New Jersey: Pearson Education Inc. McDevitt, T. M., & Omrod, J. E. (2007).
- *Child Development and Education*. (3 Ed). New Jersey: Pearson Education Inc. Papalia, D. E., Olds, S. W., & Feldman, R. (2012).
- *Human Development*. (12 Ed). McGraw Hill, international Edition Santrock, J.W. (2011).
- *Life-Span Development (13th Edition)*. NY: McGraw Hill. Shaffer, D. R., & Kipp, K. (2007).

CC- 1A: HEALTH PSYCHOLOGY

Learning Outcomes: After the completion of this course students will be able to:

- 1: Understand health psychology and arrive at the introduction to the role of psychology in health.
- 2: Understand the nature of stress and coping
- 3: Understand various factors related to health and diseases.
- 4: Understand quality of life and promote good health.

UNIT-I: AN INTRODUCTION TO HEALTH PSYCHOLOGY (12)

- 1.1- Health Psychology – Definitions, Nature, Aims
- 1.2- Biopsychosocial Model of Health
- 1.3- Psychology’s Role in Health - Problems in the HealthCare System, “The Person” in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology’s Goals.
- 1.4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

UNIT-II: STRESS AND COPING (11)

- 2.1- Stress – Definitions, Nature & Types
- 2.2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 2.3- Responding to Stress (Physiological, Emotional & Behavioural Response)
- 2.4- Coping Behaviour – Problem Focused coping (Ellis’s rational thinking, Positive reinterpretation & humour as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

UNIT-III: CHRONIC HEALTH PROBLEMS AND ITS MANAGEMENT (11)

- 3.1- Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 3.2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression
- 3.3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS
- 3.4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)

UNIT-IV: PRIMARY PREVENTION & HEALTH PROMOTION (11)

- 4.1- Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 4.2- Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking.
- 4.3- Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health
- 4.4- Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention

REFERENCE BOOKS:

- Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio psychosocial Interaction (7th ed).
- Wiley India Edition. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition
- Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson Ogden, J. (2017).

SEMESTER 4

DSC 1A PSYCHOLOGY OF ABNORMAL BEHAVIOUR

UNIT-I: Abnormal Psychology: An Overview (12)

- 1.1- Abnormality: Meaning, Definition, Nature.
- 1.2- Historical Background of Abnormality.
- 1.3- Criteria of abnormal behaviour (Biological, Psychological, Socio-cultural)
- 1.4- Current Classification Systems: DSM-5 & ICD-10/11 an Overview.

Unit-Ii: Anxiety Disorders, Obsessive-Compulsive Disorders (Ocd), Trauma & Stressor Related Disorders (11)

- 2.1- Generalized Anxiety Disorders: Nature, Types, Symptoms, and Diagnostic Criteria & Causes.
- 2.2- Panic & Agoraphobia, Social Anxiety (Phobia): Nature, Symptoms, Diagnostic Criteria & Causes
- 2.3- Obsessive-Compulsive Disorder and Body Dysmorphic Disorders: Nature, Symptoms, Diagnostic Criteria & Causes
- 2.4- Post-Traumatic Stress Disorder & Acute Stress Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

UNIT-III: SOMATOFORM AND DISSOCIATIVE DISORDERS (11)

- 3.1- Somatic symptoms Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 3.2- Illness Anxiety Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 3.3- Conversion Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 3.4- Dissociative Identity Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

UNIT-IV: DEPRESSIVE AND BIPOLAR DISORDERS (11)

- 4.1- Disruptive Mood Dysregulation Disorder, Major Depressive Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 4.2- Bipolar-I Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4.3- Bipolar-II Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4.4- Suicide and Cyclothymic Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

REFERENCE BOOKS:

- American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.
- Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.
- Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version,
- John Wiley & Sons, Singapore Nolen-Hoeksema, S. (2014).Abnormal Psychology. (6th ed.). New York: McGrawHill.
- Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education
- Ray, W. J. (2019).Abnormal Psychology, (3rd edi.). SAGE Publications.
- Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).
- World Health Organization. (1992). The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.

DSE-2B: THEORIES OF PERSONALITY

Learning Outcomes: After the completion of this course students will be able to:

1. Understand the concept of personality with various theories of personality on the basis of personality psychology
2. Understand different framework and theoretical aspects of personality.
3. Understand and observe, interpret individual differences in behaviour in the light of sound theoretical systems of personality.
4. Understand comprehensive overview of the major theories personality.

Unit-I: Introduction to Personality (10)

- 1- Nature and Definitions and Misconceptions
- 2- Determinants of Personality
- 3- Classification of Personality Theories
- 4- Johari Window

Unit-II: Psychodynamic Perspectives (12)

- 1- Introduction to Psychodynamic Perspective
- 2- Freud's Classical Psychodynamic Theory
- 3- Jung's Analytical Psychology
- 4- Adler's Individual Psychology

UNIT-III: Self and Feminist Theories of Personality (12)

- 1- Carl Rogers Person centred Theory
- 2- Carol Gilligan's Ethics of Care
- 3- Sandra Bem's Gender Schema Theory
- 4- Kimberle Crenshaw's Intersectionality Theory

Unit-IV: Behavioural and Trait Perspectives in Personality (12)

- 1- Pavlov's Classical Conditioning and Skinner's Operant Conditioning
- 2- Bandura's Social Cognitive Theory,
- 3- Allport's Traits theory, Cattell's Factor theory
- 4- Eysenck, Costa & McCrae Theory

REFERENCE BOOKS:

- Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4th Edn.
- Wiley: India. Hall, C.S., Lindzey, G. & Campbell, J. B. (1998). Theories of Personality. New York:
- John Wiley & Sons. Frager, R. & Fadiman, J. (2007). Personality and personal growth. 6th Edn. Pearson Prentice Hall, India.
- McCrae, R.R. & Allik, J. (eds) (2002). Five-factor model across cultures. Dordrecht: Netherlands: Kluwer. Mischel, W.; Shoda, Y.; & Smith, R. E. (2004). Introduction to personality.
- John Wiley & Sons. Pervin, L.A. (1996). The science of personality. NY: John Wiley & Co.
- Schultz, D.P & Schultz, E.S. (2005). Theories of personality. Delhi: Thomson Wadsworth.
- Weiten, W. and Lloyd, M. Indian Edition 8th (2007). Psychology applied to modern life: Adjustment in the 21st century. Thomson

SEC- 1B: POSITIVE PSYCHOLOGY

Learning Outcomes: After the completion of this course students will be able to:

1. Understand how the positive psychology as the science of happiness, human strengths, positive aspects of human behavior and ‘psychology of well-being.’
2. How we lead our lives, find happiness and satisfaction, and face life’s challenges.
3. How positive psychology has become an evolving mosaic of research and theory from many different areas of psychology.

Unit-I: Meaning, Definition and Nature of Positive Psychology (12)

1. Definitions and Nature of Positive Psychology.
2. Traditional Psychology, Assumptions and Goals of Positive Psychology.
3. Fields of Positive Psychology.
4. The Nun study: Living longer with positive emotions.

Unit-II: Happiness and the Facts of Life (11)

1. Psychology of well-being. Positive affect and Meaningful Life
2. Subjective Well-being: Hedonic basis of happiness.
3. Self-Realization: The Eudaimonic basis of happiness
4. Happiness Across the Life Span, Gender and happiness, Marriage and happiness, other facts of life.

Unit-III: Positive Emotions, Wellbeing and Resilience (11)

1. What are positive emotions? The Broaden and Build Theory of Positive Emotions.
2. Positive Emotions and Health Resources: Physical, Psychological and Social Resources.
3. Positive emotions & well-being, Flow experiences and Savoring.
4. What is resilience? Perspectives of Resilience, Resilience Research, Growth through Trauma.

Unit-IV: Personal Goals, Positive Traits and Life above Zero. (11)

1. What are personal goals? The Search for Universal Human Motives, Materialism and its discontents.
2. What makes a trait positive? Personality, Emotions and Biology.
3. Positive beliefs, Virtue and Strengths of Character.
4. Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.

Books for Reading:

- Badgujar, Chudaman, & Warkhede, Prabhakar (2016) Sakaratmak Manasashatra, Prashant Publications, Jalgaon. Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology: Pearson Education. Carr, Alan (2007).
- Positive Psychology: The science of human happiness and human strengths. Routledge, Taylor and Francis Group-London. Csikzentmihalyi, Mihaly (1990) Flow: The Psychology of Optimal Experience, Harper Perennial. Garcia, Hector., & Mirrales. Francisc.(2017)

- IKIGAI-The Japanese Secret to a Long and Happy Life,Hutchinson London. Frankl, Viktor E. (1988). The Will to Meaning: Foundations and Applications of Logotherapy.Meridian/Plume Frankl, Viktor E. (2000) Man's Search for Ultimate Meaning, Basic Books. Shinde, Vishwanath (2016).

SEC-2B Skill Enhancement Courses (SEC)-(2 Credits)

Notes:

1. The University Grant Commission has made it compulsory for students to earn two credits from a skill Enhancement Course (SEC)in each semester second year onwards.
2. It is mandatory for the student to complete one skill Enhancement course (SEC) in each semester from Semester III to Semester VI.
3. Skill Enhancement Course (SEC) will have to (2) credits only.

SEC-2 B: BASIC COUNSELLING SKILLS II

Unit I Helping Process

- 1.1. Counsellors and helpers
- 1.2 Helping relationship and
- 1.3 Helping process

Unit II Counselling Process

- 2.1 Starting, structuring and summarizing
2. 2 Facilitating problem solving
2. 3 Goal setting in counselling

Unit-III Feedback and Support

- 3.1 Developing Case history
- 3.2 Improving client's feedback
- 3.3 Getting support and being supervised

REFERENCE BOOKS:

Richard Nelson-Jones(2012).Basic Counselling skills: A helper's manual (3rd edition).Sage.