



Maharashtra Education Society

Abasaheb Garware College

(Autonomous)

(Affiliated to Savitribai Phule Pune University)

Three years BA Degree Program in Psychology

(Faculty of Humanities)

Syllabi under Autonomy

SYBA Psychology

Choice Based Credit System Syllabus

To be implemented from Academic Year 2023-2024

Title of the course: SYBA Psychology (Semester III & IV)

ELEGIBILITY:

Any student, who has qualified their Psychology general level subject, can take admission to the Syba psychology special level subject.

Structure of the course:

Year	Semester	Course Type	Course No.	Course Title	Remark	Credit	No. of Lectures/practical to be conducted
2	III	Theory	UAPS-231	Health Psychology		03	48
	III	Theory	UAPS-232	Psychology of Abnormal Behavior-1		03	48
	III	Theory	UAPS-233	Developmental Psychology		03	48
	III	Theory	UAPSSEC-234	Health Promotion Life Skills		02	32
	IV	Theory	UAPS-241	Positive Psychology		03	48
	IV	Theory	UAPS-242	Psychology of Abnormal Behavior-2		03	48
	IV	Theory	UAPS-243	Theories of Personality		03	48
	IV	Theory	UAPSSEC-244	Basic Counseling Skills		02	32

SEMESTER – III

Course UAPS-231 : HEALTH PSYCHOLOGY

(Credits-3)

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 promoting the good health.

Unit-I: An Introduction to Health Psychology

(12)

- 1- Health Psychology – Definitions, Nature, Aims
- 2- Biopsychosocial Model of Health
- 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.
- 4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

Unit-II: Stress and Coping

(11)

- 1- Stress – Definitions, Nature & Types
- 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 3- Responding to Stress (Physiological, Emotional & Behavioral Response)
- 4- Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor 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)

- 1- Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression

- 3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer CVD, Type II Diabetes & AIDS Type A&B Personality
- 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)

- 1- Quality of life and Health Behavior - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 2- Health Compromising Behaviors (Characteristics) - Obesity, Smoking & Drinking.
- 3- Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health
- 4- Health Promoting Behaviors - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention

References :

- Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
- 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

UAPS-232: PSYCHOLOGY OF ABNORMAL BEHAVIOR-I

(Credits 3)

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

1. acquire the knowledge about the symptoms, diagnostic criteria, and causes of various psychological disorders
2. Examine multiple probable causes and correlates of behavior.
3. Understand critiques, limitations, and implications of diagnosis and classification of psychological diseases.
4. Create awareness about mental health problems in society.

UNIT-I: ABNORMAL PSYCHOLOGY: AN OVERVIEW

(12)

- 1- Abnormality: Meaning, Definition, Nature.
- 2- Brief Historical Background of Abnormality.
- 3- Criteria of abnormal behavior (Biological, Psychological, Socio-cultural)
- 4- Current Classification Systems: DSM-5 TR & ICD-11 an Overview.

UNIT-II: ANXIETY DISORDERS, OBSESSIVE-COMPULSIVE DISORDERS (OCD), TRAUMA & STRESSOR RELATED DISORDERS

(11)

- 1- Generalized Anxiety Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes.
- 2- Panic & Agoraphobia, Social Anxiety (Phobia): Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Obsessive-Compulsive Disorder and Body Dimorphic Disorders: Nature, Symptoms, Diagnostic Criteria & Causes
- 4- Post-Traumatic Stress Disorder & Acute Stress Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

UNIT-III: SOMATOFORM AND DISSOCIATIVE DISORDERS (11)

- 1- Somatic symptoms Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Illness Anxiety Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Conversion Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Dissociative Identity Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

UNIT-IV: DEPRESSIVE AND BIPOLAR DISORDERS (11)

- 1- Disruptive Mood Dysregulation Disorder, Major Depressive Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
2. Manic Disorders Symptoms, Diagnostic Criteria & Causes.
3. Bipolar-I Disorder & Bipolar-II Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
4. Suicide & Parasuicide and Cyclothymic Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

References :

- 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: McGraw-Hill.
- Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education

Ray, W. J. (2019). *Abnormal Psychology*, (3rd ed.). 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.

Semester-3

UAPS-233 : DEVELOPMENTAL PSYCHOLOGY:

(Credits 3)

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

Unit- II: Biological Beginnings & Prenatal Development

(11)

- 1- Genetic foundation of Development: The Collaborative Genes, Genes and Chromosomes, Genetic Principles, Chromosomal and Gene linked Abnormalities

2- Heredity and Environment interaction: The nature × Nurture Debate

3- a) The Teratology and Hazards to prenatal Development

b) Reproductive Challenges and Choices

4- The Course of Prenatal Development and Birth Process

Unit - III: Infancy (11)

1- Physical growth and development in infancy

2- Motor, Sensory and Perceptual Development Cognitive Development

3- a) Piaget's Theory of Cognitive Development

b) Learning, Remembering, and Conceptualizing

4- Language Development

Unit-IV: Early Childhood (11)

1- Physical changes, Cognitive Changes 2- a)

Piaget's preoperational stages

b) Vygotsky's Theory

3- The Self, Emotional and Moral Development

4- Families, Peer relations and Play

References:

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). Developmental Psychology: Childhood and

Semester-3

UAPSSEC-234 : Health Promotion Life Skills

(2 Credits)

Skill Enhancement Courses (SEC)

Notes:

1. The University Grants 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 two (2) credits only.

UAPSSEC-234 : Health Promotion Life Skills

(10)

Unit-I: Hygienic behavior

Types of infectious diseases

- 1- Signs and symptoms of infectious diseases
- 2- How to prevent infectious diseases: hygienic habits

Unit-II: Relationships

- 1- Interpersonal relationship
- 2- Peer pressure- saying no to drugs, tobacco
- 3- Bullying and its effect

Unit-III: Competency Mapping

- 1: Competency mapping: Introduction
- 2: Methods of competency mapping
- 3: Competencies dealing with self-management
4. Managing Emotions, SWOT Analysis

References :

Sanghi Seema (2016). The Handbook of Competency Mapping: Understanding, Designing and Implementing Competency Models in Organizations. Sage

SEMESTER – IV

UAPS-241: POSITIVE PSYCHOLOGY

(Credits 3)

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.

References :

- 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.
- Csikszentmihalyi, Mihaly (1990) Flow: The Psychology of Optimal Experience, Harper Perennial.
- Garcia, Hector., & Mirrales. Francesc.(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). Sakaratmak Manasashatra, Daimond Publications, Pune.
- Snyder, C. R., & Lopez, S. J., & Pedrotti, J. T (2011) Positive Psychology: The Scientific and Practical Explorations of Human Strengths, Sage Publications India Pvt Ltd.

Semester-4

UAPS-242: PSYCHOLOGY OF ABNORMAL BEHAVIOR-II (Credits 3)

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

1. Learn descriptions, and theories underlying diagnostic nosology of psychiatric disorders.
2. Learn and understand benefits, critiques, limitations, and implications of diagnosis and classification.
3. Help students to acquire the knowledge about the symptoms, diagnostic criteria, and causes of various psychological disorders.
4. Examine multiple probable causes and correlates of behaviour.
5. Create awareness about mental health problems in society.

UNIT-I: SCHIZOPHRENIA & OTHER PSYCHOTIC DISORDERS (12)

- 1- Schizophrenia: Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Schizophreniform Disorder: Nature , Symptoms, Diagnostic Criteria & Causes
- 3- Schizoaffective Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 4- Delusional Disorders: Nature, Symptoms, Diagnostic Criteria & Causes
- 5-Brief Psychotic Disorder

UNIT-II: PERSONALITY DISORDERS AND IMPULSE CONTROL DISORDERS (11)

- 1- Characteristics of Personality Disorder and Gender Differences
- 2- Personality Disorders Characterized by Odd or Eccentric Behavior: Paranoid, Schizoid & Schizotypal - Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Personality Disorders Characterized by Dramatic, Emotional, or Erratic Behavior: Antisocial, Borderline, Histrionic, & Narcissistic - Nature, Symptoms, Diagnostic Criteria & Causes

- 4- Personality Disorders Characterized by Anxious or Fearful Behavior: Avoidant, Dependant, & Obsessive- Compulsive - Nature, Symptoms, Diagnostic Criteria & Causes

UNIT-III: EATING DISORDERS, SLEEP-WAKE DISORDERS, SEXUAL DISORDERS, SUBSTANCE-RELATED AND ADDICTIVE DISORDERS (11)

- 1- Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, & Binge- Eating Disorder): Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Sleep-Wake Disorders (Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder, Circadian rhythm sleep-wake Disorder): Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Alcohol & Drugs Related Disorders (Alcohol use Disorder, Alcohol Intoxication, Alcohol Withdrawal): Nature, Symptoms, Diagnostic Criteria & Causes Phases /Stages Withdrawal
- 4- Gambling Disorder, Internet, Cell phone and Porn Addiction : Nature, Symptoms, Diagnostic Criteria & Causes
- 5- Major Sexual Dysfunction Disorder and paraphilia (To Add).

UNIT-IV: CHILDREN RELATED & NEURODEVELOPMENTAL DISORDERS (11)

- 1- Autism Spectrum & ADHD: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 2- Intellectual Disability: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 3- Communication Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Learning Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

References :

American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5TR) 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: McGraw-Hill.
- 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-10/11 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines*. Geneva: World Health Organization.

Semester-4

UAPS-243: THEORIES OF PERSONALITY

(Credits 3)

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

(12)

- 1- Nature and Definitions ,Misconceptions, Determinants of personality
- 2- Idiographic and nomothetic approach
- 3- Classification of personality theories
- 4- Tools and techniques of personality Assessments.

Unit-II: Psychoanalytical & Psychodynamic perspectives

(11)

- 1- Freud's classical psychodynamic theory
- 2- Jung's Analytical Psychology
- 3- Adler's individual psychology
- 4- Psycho dynamic theories (Horney, Erikson, Sullivan)

Unit-III: Behavioral perspectives

(11)

- 1- Pavlov's classical conditioning
- 2- Skinners operant conditioning

3- Bandura's social cognitive theory

4- Dollard and Millers stimulus- response theory

UNIT-IV: Trait Theories of personality

(11)

1- Allports traits theory,

2- Cattells factor theory

3- Eysenck, Costa & McCrae theory

4- Carl Rogers Humanistic Approach

References :

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.

Fragar, 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: Kluver.

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

Semester-4

UAPSSEC-244 : Basic Counselling Skills

(2 Credits)

Skill Enhancement Courses (SEC)

Notes:

1. The University Grants 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 two (2) credits only.

UAPSSEC-244 : Basic Counselling Skills

10

Unit-I: Introduction of counselling

1- Counselling process: counselors and helpers 2-

What are basic counseling skills?

3- Helping relationship and helping process

Unit-II: Counselling skills

1- Starting, structuring and summarizing

2- Facilitating problem solving

3- Improving clients feedback

Unit-III: Considerations in counseling

1- Ethical issues and dilemmas

2- Multicultural and gender aware helping

3- Getting support and being supervised

References :

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