

UNIVERSITY OF PUNE
S.Y.B.A. PSYCHOLOGY
Syllabus
(To be implemented from 2009-10)

S1-A: Psychology of Adjustment

Or

S1-B: Abnormal Psychology and Therapeutic Interventions

S2-A: Developmental Psychology

Or

S2-B: Positive Psychology and Counselling Psychology

G2: Social Psychology.

UNIVERSITY OF PUNE
S.Y.B.A. PSYCHOLOGY
Syllabus

Paper S1-A: Psychology of Adjustment.

OBJECTIVES:

- 1) To acquaint the students with various areas of adjustment
- 2) To familiarize the students with modern ways of effective adjustment.
- 3) To provide the students the empirical approach in adjustment psychology.
- 4) To acquaint the students with health psychology.

TERM 1

	Periods
1. ADJUSTING TO MODERN LIFE	14
a. Psychology of adjustment	
b. Psychodynamic perspectives: Freud, Jung and Adler	
c. Behavioural perspectives: Pavlov, Skinner, Bandura	
d. Roots of happiness	
2. MARRIAGE AND INTIMATE RELATIONSHIP	14
a. Moving towards marriage	
b. Marital adjustment across the family life cycle	
c. 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
- d. Alternatives to marriage: Remaining single and co-habitation

3. CAREER AND WORK **14**

- a. 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
- b. Models of career choice and development:
 - i. Holland
 - ii. Super
- c. Coping with occupational hazards
 - i. Job stress
 - ii. Sexual harassment
 - iii. Unemployment
- d. Work-life balance: Work holism, family roles, leisure and recreation

4. INTRODUCTION TO PSYCHOLOGICAL DISORDERS **14**

- a. Abnormal behaviour
 - i. Criteria
 - ii. DSM-IV & ICD
- b. Anxiety disorders
- c. Personality disorders
 - i. Paranoid
 - ii. Schizoid

- iii. Narcissistic
- iv. Obsessive-Compulsive Disorder (OCD)
- d. Schizophrenic disorders
 - I. Paranoid
 - II. Catatonic
 - III. Residual

TERM II

5. INTRODUCTION TO HEALTH PSYCHOLOGY 14

- a. Health psychology: Definition and Psychology's involvement in health
- b. The placebo in treatment and research
- c. The mind-body connection
- d. Models of illness: Bio-medical, bio-psycho-social

6. STRESS AND ITS EFFECTS 14

- a. Nature of stress
 - i. Stress is an everyday event
 - ii. Stress lies in the eye of the beholder
 - iii. Stress may be embedded in the environment
 - iv. Stress may be self-imposed
 - v. Stress is influenced by culture
- b. Major types of stress
 - i. Frustration
 - ii. Conflict
 - iii. Pressure
 - iv. Change

- c. Responses to stress
 - i. Emotional
 - ii. Physiological
 - iii. Behavioural
- d. Potential effects of stress
 - i. Impaired task performance
 - ii. Disruption of cognitive functioning
 - iii. Burnout
 - iv. Post-traumatic stress disorders
 - v. Physical illness
 - vi. Positive effects

7. COPING PROCESS

14

- a. Concept of coping and common coping patterns
 - i. Giving up
 - ii. Striking out at others
 - iii. Indulging yourself
 - iv. Blaming yourself
 - v. Using defensive coping
- b. Appraisal-focused constructive coping
- c. Problem-focused constructive coping
- d. Emotion-focused constructive coping

8. HABITS, LIFE STYLES, AND HEALTH

14

- a. Stress, Personality and Illness: Heart disease, Cancer and Other Disease
- b. Smoking and drinking
- c. Overeating; and eating disorders: Bulimia Nervosa, Anorexia Nervosa.
- d. Poor nutrition and lack of exercise
- e. Behavior and AIDS

BOOKS FOR READING:

1. Weiten, W. and Lloyd, M. India Edition 8th (2007). *Psychology applied to modern life: Adjustment in the 21st century*. Thomson,
2. Lazarus, R. S. (1961) *Patterns of adjustment*. N.D.: Mc-Graw-Hill
3. Martin, L.G.; Osborne, G. (1989). *Psychology: Adjustment and everyday living*. N.J.: Prentice-Hall, Englewood Cliffs.
4. Gray, S. W. and Zide, M. R. India Edition (2008). *Psychopathology: A competency based assessment model for social workers*. Thomson Group Pole.
5. Dimatteo, M.R. and Martin, L.R. (2002). *Health psychology*. N.D.: Pearson.
6. Brannon, L. and Feist, J. (2007). *Introduction to health psychology*. India ed. N.D.: Thomson.
7. Marks, D.; Murray, M.; Evans, B.; Willig, C.; Woodall, C. and Sykes, C. (2005). 2nd ed. *Health psychology: Theory, research and practice*. N.D.: Sage Pub.
8. Taylor, S.E. (1999). *Health Psychology*. 4th ed. Singapore: McGraw-Hill Book Co.

**PAPER S1-B: ABNORMAL PSYCHOLOGY AND THEORAPEUTIC
INTERVENTIONS.**

OBJECTIVES:

- a. To acquaint students with the current classification of Abnormality.
- b. To help students to acquire the knowledge about the causes and symptoms of various types of psychological disorders.
- c. To acquaint the students with various therapeutic interventions.

Term 1

	Periods
1. INTRODUCTION TO PSYCHOLOGICAL DISORDERS	14
a. Definition of abnormal behavior	
b. Approaches of psychopathology	
c. Classification system of abnormal behavior with special reference to DSM-IV and ICD-10.	
d. Causes and risk factors in abnormal behavior	
2. PSYCHOTIC DISORDERS	14
a. Symptoms of Schizophrenia	
b. Paranoid and Catatonic Schizophrenia	
c. Disorganized, Undifferentiated and Residual Schizophrenia	
d. Other psychotic disorders	
3. MOOD DISORDERS ANXIETY DISORDERS	14
a. Depressive disorders	
b. Bipolar disorders	
c. Generalized anxiety disorder	
d. Phobia	
e. Obsessive-compulsive disorder	

- 4. DISSOCIATIVE DISORDERS AND PERSONALITY DISORDERS 14**
- a. Types of dissociative disorders
 - b. Odd and eccentric personality disorders
 - c. Emotional, dramatic or erratic personality disorders
 - d. Anxious, fearful personality disorders

Term II

- 1. INTRODUCTION TO PSYCHOTHERAPY 14**
- a. Need for psychotherapy
 - b. Professionals in psychotherapy
 - c. Therapeutic relationship
 - d. Measuring success in psychotherapy
- 2. BEHAVIOUR THERAPIES 14**
- a. Systematic desensitization
 - b. Aversion
 - c. Modelling
 - d. Token economy
- 3. COGNITIVE BEHAVIOURAL, HUMANISTIC & EXPERIENTIAL THERAPIES 14**
- a. REBT
 - b. Beck's cognitive therapies
 - c. Client-centered: steps, evaluation
 - d. Gestalt therapy

4. GROUP AND ADJUNCTIVE THERAPIES

14

- a. Marital therapy
 - b. Family therapy
 - c. Transactional analysis (TA)
 - d. Play therapy, dance & music therapy, and Yoga therapy

BOOKS FOR READING:

1. Carson, R.C.; Butcher, J.N.; Mineka, S. and Hooley, J.M. (2007). *Abnormal psychology, 13th ed.* N.D.: Pearson Edu.
 2. Sarason, I.G. and Sarason, B.R. 11th ed. (2005). *Abnormal psychology: The problems of maladaptive behavior.* N.D.: Pearson Edu.
 3. The ICD 10: Classification of mental and behavioral disorders (1992). Published by WHO.
 4. Gray, S.W. and Zide, M.R. India Edition (2008). *Psychology pathology: A competency based assessment model for social workers.* Cengage learning.
 5. Capuzzi, D and Gross, D. R. (2007). *Counseling & psychotherapy: Theories and intervention.* N.D. Pearson
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PAPER S2-A: DEVELOPMENTAL PSYCHOLOGY

OBJECTIVES:

1. To acquaint the students with basic concepts of human developmental processes.
2. To help the students to understand influences of various factors in development.

TERM I

	Periods
1. BEGINNING OF LIFE	14
a. Life-span development: An orientation and key issues	
b. How life begins?	
c. Pre- and post-natal development	
d. Characteristics of neo-natal period	
2. INFANCY	14
a. Meaning of growth and development	
b. The development of the senses	
c. Piaget's approach to cognitive development	
d. The roots of language	
3. THE PRE-SCHOOL YEARS	14
a. Physical development	
b. Intellectual development	
c. Forming a sense of self	
d. Friends and family: Preschoolers' social lives	
i. Development of friendship	
ii. The work of play	
iii. Effective parenting	

- 4. MIDDLE CHILDHOOD YEARS** **14**
- a. Physical development
 - b. Intellectual development
 - c. Schooling of middle childhood
 - d. The developing self

TERM II

- 5. ADOLESCENCE** **14**
- a. Physical maturation
 - b. Threats to adolescents' well-being
 - c. Identity: Self-concept and self-esteem
 - d. Relationships: Family and friends

- 6. EARLY ADULTHOOD** **14**
- a. Physical development and stress
 - b. Cognitive development
 - c. The course of relationships
 - d. Work and career

- 7. MIDDLE ADULTHOOD** **14**
- a. Physical development and health
 - b. Cognitive development
 - c. Relationships: Family in middle age
 - d. Work and leisure

8. LATE ADULTHOOD

14

- a. Physical development and health
 - i. Physical transitions
 - ii. Slowing reaction time
 - iii. Psychological and mental disorders
 - iv. Alzheimer's disease,
- b. The daily life of late adulthood
- c. Relationships
- d. Confronting death: Understanding the process of dying (p. 666)

BOOKS FOR READING:

1. Feldman, R. S. 4th ed. (2006). *Development across the life span*. London: Pearson Edu.
2. Santrock, J. W. 11th ed. (2007). *Adolescence*. N.D.: Tata Mc-Graw Hill
3. Shaffer, D. R. and Kipp, K. 7th ed. (2007). *Developmental psychology: Childhood and adolescence*. Haryana: Thomson.
4. Hurlock, E. *Developmental psychology*.
5. Berk, L.E. 3rd ed. (2004). *Development through the life span*. N.D.: Pearson

**PAPER S2-B: POSITIVE PSYCHOLOGY AND COUNSELING
PSYCHOLOGY.**

OBJECTIVES:

1. To make students learn about what is positive psychology.
2. To make students understand importance of well-being at different stages of life.
3. To familiarize students with process of counseling and areas of counseling.

TERM I

	Periods
1. WHAT IS POSITIVE PSYCHOLOGY?	14
a. Traditional Psychology	
b. Nature of Positive Psychology.	
c. Positive Psychology: Assumptions, Goals and Definitions.	
d. Positive Emotions and well being	
2. LIVING WELL AT DIFFERENT STAGES OF LIFE	14
a. Resilience in childhood	
b. Positive youth development	
c. The life tasks of adulthood	
d. Successful aging	
3. THE PRINCIPLES OF PLEASURE	14
a. Definitions of emotional terms	
b. Difference between the Positive and the Negative	
c. Positive Emotions: Expanding the Repertoire of pleasure.	
d. Happiness and subjective well-being: Definitions, determinants and measurement	

- 4. EMOTIONAL INTELLIGENCE, OPTIMISM, AND HOPE 14**
- a. Emotional intelligence: Learning the skills that make difference
 - b. Learned optimism: Definition, childhood antecedents, measurement and indices (Views of Seligman & et.al; and Scheier & Carver)
 - c. Hope: Definition, childhood antecedents, measurement and indices

TERM II

- 5. UNDERSTANDING COUNSELING AS A PROCESS 14**
- a. Definition and core conditions of counseling
 - b. Stages of counseling process
 - c. Characteristics of effective counselor
 - d. Ethics in counseling
- 6. WORKING WITH CHILDREN AND THEIR PARENTS 14**
- a. How children differ from adults
 - b. Communication with children
 - c. Assessment of children
 - d. Working with parents
- 7. WORKING WITH OLDER ADULTS 14**
- a. Characteristics of older clients
 - b. Counseling agendas of older adults
 - c. Counseling procedures with older adults
 - d. Working with families of older clients

8. MAJOR THEORIES OF COUNSELING

14

- a. Person-centered counseling
- b. Gestalt counseling
- c. Cognitive counseling
- d. Trait factor counseling

BOOKS FOR READING:

1. Snyder, C.R. and Lopez, S. J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. N.D.: Sage Pub.
 2. Baumgardner S.R, Crothers M.K. (2009) *Positive Psychology*: Pearson Education.
 3. Welfel, E.R. and Patterson, L.E. (2005). *The counseling process: A multi-theoretical integrative approach*. 6th ed. N.D.: Thomson India Ed.
 4. Gibson, R.L. and Mitchell, M.H. (2008). *Introduction to counseling and guidance*. 7th ed. N.D.: Pearson.
 5. Capuzzi, D. and Gross, D.R. (2007). *Counseling and psychotherapy: Theories and intervention*. 4th ed. N.D.: Pearson.
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S.Y.B.A.

G2 :SOCIAL PSYCHOLOGY

OBJECTIVES:

1. To acquaint students with basic concepts methods and theories in social psychology.
2. To make students aware of the process of attitude formation.
3. To introduce the nature causes and prevention of aggression to students.
4. To make students understand the causes and consequences of group behavior.

TERM I

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|---|----------------|
| 1. INTRODUCTION TO SOCIAL PSYCHOLOGY | Periods |
| | 14 |
| a. Definition and nature of social psychology | |
| b. Approach and brief history of social psychology | |
| c. Theories in social psychology | |
| i. Motivational | |
| ii. Learning | |
| iii. Cognitive | |
| d. Methods and tools of data collection | |
| i. Experimental Method | |
| ii. Correlational Method and Survey Method | |
| iii. Tools of data collection: Observation Self-report, archival and internet | |
| e. Application: Social psychology and health | |

- 2. LEARNING ABOUT THE SELF** **14**
- a. The self
 - i. Definition, nature, functions and formation of Self
 - ii. Personal versus social identity
 - iii. Self awareness
 - b. Self-esteem: Measurement, self-serving biases, sex-differences in self-esteem
 - c. Self-presentation and self-regulation
 - d. The self as target of behavior
 - e. Application: Enhancing self awareness
- 3. ATTITUDE, PREJUDICE AND AGGRESSION** **14**
- a. Attitude: Definition, components and formation of attitude
 - b. Attitude change and prejudice
 - i. Spontaneous change and persistence
 - ii. Definition and causes of prejudice
 - c. Aggression: Definition, nature and causes
 - d. Aggressive behaviour, its control and prevention
 - e. Application: How to reduce prejudice.
- 4. SOCIAL COGNITION AND PERSON PERCEPTION** **14**
- a. Impact of schemas on social cognition
 - b. Theories of attribution: Theory of Correspondent Inference and Kelly's Theory of Causal Attributions
 - c. Basic sources of attribution error: The Correspondence Bias, The Actor-Observer effect, The Self-Serving bias
 - d. Impression formation and impression management: Some important perspectives
 - e. Application: Attribution and depression

TERM II

5. BEHAVIOUR IN GROUPS

14

- a. Behaviour in the presence of others: Social facilitation, social inhibition, social loafing, social impact, deindividuation, sensory overload, and loss of control.
- b. Basic features of group and group decision making
 - i. Group structure and cohesiveness
 - ii. Biased use of information in groups, group polarization and groupthink
- c. Competition versus cooperation: Classic studies and determinants
- d. Leadership styles
- e. Application: Sociometric Technique.

6. SOCIAL INFLUENCE

14

- a. Conformity
 - i. The Sheriff study and the Asch study
 - ii. Factors affecting conformity: Cohesiveness, group size and social norms
- b. Specific compliance techniques
 - i. The Foot-in-the-Door technique
 - ii. The Door-in-the-Face technique
 - iii. The Low-Ball technique
 - iv. The That's-Not-All technique
 - v. The Pique technique
- c. Obedience: Milgram's research
- d. Motives for helping: Altruism and egoism
- e. Application: How can we increase helping?

- 7. ATTRACTION AND EXCLUSION** **14**
- a. Nature and definition of interpersonal attraction
 - b. Determinants of attraction
 - i. Internal and External: Affiliation and affect; Proximity and observable characteristics.
 - ii. Interactive determinants of attraction: Similarity, Mutual liking.
 - c. Rejection and its effects.
 - d. Mate selection: Romantic, passionate and companionate love; a triangular theory of love
 - d. Application: Dealing with problems in marriage (Baron)
- 8. COMMUNICATION** **14**
- a. Definition and process of communication
 - b. Verbal and non-verbal communication
 - c. Codes of non-verbal communication: Performance, artificial, mediatory, and spacio-temporal
 - d. Communication skills
 - i. Healthy and unhealthy communication
 - ii. Presentation, interview and discussion skills
 - e. Application: Improving communication

BOOKS FOR READING:

1. Baron, R.A.; Byrne, D. and Branscombe, N.R. (2006). *Social psychology*. 11th ed. N.D.: Pearson.
2. Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). *Social psychology*. 12th ed. N.D.: Pearson.
3. Baron, R.A.; Byrne, D. (1998). *Social psychology*. 10th ed. N.D.: Prentice-Hall of India Pvt. Ltd.
