

UNIVERSITY OF PUNE, PUNE 7
SYLLABUS FOR S.Y.B.SC. PSYCHOLOGY
(Semester system to be implemented from 2009-10)

Syllabus for S.Y.B.SC. PSYCHOLOGY

Sem-I	Marks	Sem-II	Marks
I) Psychology of Adjustment	(50)	(I) Health Psychology	(50)
II) Experimental Psychology	(50)	(II) Counselling Psychology	(50)
III) Psychology Practicals (Annual) Sem-I & II		100 Marks	

S.Y.B.SC. PSYCHOLOGY

Semester-I

Paper –I: Psychology of Adjustment

1) ADJUSTING TO MODERN LIFE

- a) Psychology of Adjustment
- b) Approaches of adjustment: Psychoanalytical & Behaviorist
- c) Roots of happiness.

2) MARRIAGE AND INTIMATE RELATIONSHIP

- a) Moving towards marriage
- b) Marital adjustment across the family life cycle
- c) Divorce & alternatives to marriage: Remaining single & co-habitation

3) CAREER AND WORK.

- 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: Holland & super
- c) Coping with occupational hazards.

- i Job stress
- ii Sexual harassment
- iii Unemployment

4) INTRODUCTION TO PSYCHOLOGICAL DISORDERS

- a) Abnormal behavior
 - i) Criteria
 - ii) DSM–IV & ICD
- b) Anxiety Disorders
- c) Personality Disorders
 - i.) Paranoid
 - ii.) Schizoid
 - iii. Narcissistic
 - iv. Obsessive-Compulsive Disorder (OCD)

Books for Reading-

1. Weitca, W. and Lloyed, M. India ed. 8th (2007) Psychology applied to Modern life: Adjustment in the 21st century. Thomson.
2. Colmen. J.C. Psychology and effective behavior Bombay: D.B. Tarehporwala sons & co.
3. Lazarus: R.S. Patterns of adjustment. N.D. MC-Grawhill.
4. Martin L.G. Osborne. G. (1989) Psychology: Adjustment and everyday living N.J. Prentice-Hall, Englewood Cliffs

S.Y.B.SC. PSYCHOLOGY
Semester-I
Paper –II: Experimental Psychology

1) VISUAL PERCEPTION

- a) Visual stimulus: Rod & Cone vision.
- b) Light and dark Adaptation, Visual acuity
- c) Properties of Visual Experience: Colour Mixing, Colour Blindness, Retinal Colors Zones etc.

2) SPACE AND MOVEMENT PERCEPTION

- a) Process in perception of the spatial world.
- b) Monocular and binocular cues, stereoscopic vision.
- c) General determinants of perception of motion apparent movement.

3) CONDITIONING AND INSTRUMENTAL TRAINING

- a) The main concept of conditioning and main parameters of conditioning
- b) Type of conditioning experiments: classical and instrumental
- c) Reinforcement, conditioning phenomenon.

4) THINKING PROBLEM SOLVING

- a) Nature and determination of thinking thought and images.
- b) Conceptual process in thinking: generalization, differentiation and abstraction.
- c) Trail and error in thinking and problem solving: insight in problem soloing.

Books for Reading:

- 1) Kothurkar and Vanarase (1986) Experimental psychology. Wiley Eastern, New Delhi.
- 2) Postman and Egan (1990) Experimental Psychology Kalayani Pub. New Delhi
- 3) Snodgrass. J.C., Levy. Borger. Hyden (1989) Human Experimental Psychology Oxford Uni. Press, N. York
- 4) Sharma. Ramnath & Sharma (2000) Experimental Psychology Atlanta. Pub.

SEM.II
S.Y.B.SC. PSYCHOLOGY
Paper: I: Health Psychology

1) INTRODUCTION TO HEALTH PSYCHOLOGY.

- a) Health Psychology: Definition and Psychology's involvement in health.
- b) The mind body Connection
- c) Models of illness: Bio-medical, bio-Psycho-Social

2) STRESS AND ITS EFFECTS

- 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 inflected by Culture
- b) Major types of Stress: i. Prostration
 - ii. Conflict
 - iii. Pressure
 - Iv Change
- c) 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

3) COPING PROCESS

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

4) HABITS, LIFE STYLES, AND HEALTH.

- a) Smoking and Drinking
- b) Poor nutrition, overeating & lack of exercise
- c) Behavior and AIDS.

Books for Reading-

- 1 Welter W. and Lloyed M. India ed. 8th (2007) Psychology applies to Modern life: adjustment in the 21st century. Thomson
 2. Demotte, M. R. Martin L.R. (2002) Health Psychology. A. D. Person.
 3. Brannon L and Feist. J. (2007) Introduction to health Psychology: India ed. NS. Thomson.
-

SEM-II
S.Y.B.SC. PSYCHOLOGY
Paper II: Counselling Psychology

1 UNDERSTANDING COUNSELLING AS A PROCESS

- a) Definition and core Conditions of Counselling
- b) Stages of Counselling Process
- c) Characteristics of effective counselor & Ethics of Counselling.

2. WORKING WITH CHILDREN AND THEIR PARENTS

- a) How children differ from adults.
- b) Communicating & Assessment
- c) Working with Parents

3. WORKING WITH OLDER ADULTS.

- a) Characteristics of older Clients
- b) Counselling agendas of older adults

4) MAJOR THEORIES OF COUNSELLING

- a) Person centered Counselling
- b) Gestalt Counselling
- c) Cognitive Counselling.

Books for reading

Welfel, E. R. and Patterson (2005). The counseling Process: A Multitheoretical integrative approach. 6th ed., Thompson Int. Edi.

Gibson, R. L. and Mitchell, M.H. (2008). Introduction to Counselling and Guidance, 7th ed. Pearson.

Cappuzzi, D. and Gross, D .R. (2007). Counselling and Psychotherapy: theories and Interventions, 4th ed. Pearson.

S.Y.B.SC. PSYCHOLOGY

Paper III: Psychological Practical: Experiments And Tests.

(Annual Examination)

A) EXPERIMENTS (Any seven from the list 1st term: 4, 2nd Term 3)

1. Colour Preference
1. Colour contrast
2. Size constancy
3. Perceptual Grouping.
4. Phi phenomenon.
5. Stroop Effect.
6. Problem Solving.
7. Concept Formation.
8. Conditioning.
9. Illusion.
10. KOR.
11. Colour Blindness.
12. Apparent Visual Movements.

B) TESTING:(Any seven from the list 1st Term: 3, 2nd Term 4)

Note: All test must used only standardized tests from the following areas.

1. Scientific Aptitude Test.
2. Engineering Aptitude Test.
3. Achievement Motivation Scale.
4. Emotional Maturity Scale.
5. Level of Aspiration Test.
6. Attitude Test.
7. Anxiety Scale.
8. Stress Test.
9. Mental Health Scale.
10. Self Concept Test.
11. Values test.

Instruction to Teacher:

- 1) Maximum 12 students will constitute one batch. Each batch will conduct practical twice, with three periods per day. Practical examination will be held annually.
- 2) Students should visit an industry, mental hospital, General hospital, central jail, ashrama, remand homes or any such correctional institute or organization and they should submit a report of their visit.

Instruction to Examiner:

1. One internal and one external qualified examiner appointed By 32(5)(a) committee by University of Pune.
2. While preparing the programme for the final practical examination, the number of students in any given batch should not exceed eight.
3. Before conducting the examination, the external examiner should confirm that while teaching and conducting the practical, all the guidelines mentioned in the syllabus were strictly followed.
4. The examiner should also see whether the number of practical conducted is as per the specifications given in the syllabus.
5. While appearing for the final examination, the students must produce the faire journal containing the report of practical duly signed by the concerned teacher and the head of the department, failing which the student will not be allowed to appear for the final examination.
6. The paper carries 100 marks, the break- up of which is as follows: -
 - a. Completion of Journal :20marks
 - b. Instructions & conduction of Experiment/Test:30 marks
 - c. Report Writing :25 marks
 - d. Viva-voce :25 marks

TOTAL 100 Marks

7. Practical examination duration per batch will be of three and half clock-hours.