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.
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

1. ADJUSTING TO MODERN LIFE
   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
   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

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

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
   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
   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

   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

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:


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

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
   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
   a. Need for psychotherapy
   b. Professionals in psychotherapy
   c. Therapeutic relationship
   d. Measuring success in psychotherapy

2. BEHAVIOUR THERAPIES
   a. Systematic desensitization
   b. Aversion
   c. Modelling
   d. Token economy

3. COGNITIVE BEHAVIOURAL, HUMANISTIC & EXPERIENTIAL THERAPIES
   a. REBT
   b. Beck’s cognitive therapies
   c. Client-centered: steps, evaluation
   d. Gestalt therapy
4. GROUP AND ADJUNCTIVE THERAPIES

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

BOOKS FOR READING:

3. The ICD 10: Classification of mental and behavioral disorders (1992). Published by WHO.

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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

1. BEGINNING OF LIFE
   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
   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
   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
   a. Physical development
   b. Intellectual development
   c. Schooling of middle childhood
   d. The developing self

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

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

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

   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:**


4. Hurlock, E. *Developmental 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

1. WHAT IS POSITIVE PSYCHOLOGY?
   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
   a. Resilience in childhood
   b. Positive youth development
   c. The life tasks of adulthood
   d. Successful aging

3. THE PRINCIPLES OF PLEASURE
   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
   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
   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
   a. How children differ from adults
   b. Communication with children
   c. Assessment of children
   d. Working with parents

7. WORKING WITH OLDER ADULTS
   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

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

BOOKS FOR READING:


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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

1. INTRODUCTION TO SOCIAL PSYCHOLOGY

   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
   a. The self
      i. Definition, nature, functions and formation of Self
      ii. Personal versus social identity
      iii. Self awareness
   c. Self-presentation and self-regulation
   d. The self as target of behavior
   e. Application: Enhancing self awareness

3. ATTITUDE, PREJUDICE AND AGGRESSION
   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
   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
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
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**
   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**
   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:


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