

UNIVERSITY OF PUNE, PUNE 7
SYLLABUS FOR S.Y.B.SC. PSYCHOLOGY
(Semester system to be implemented from 2014-15)

Syllabus for S.Y.B.SC. PSYCHOLOGY

Semester – I	Marks	Semester – II	Marks
PAPER- I Psychology of Adjustment	(50)	PAPER – I Health Psychology	(50)
PAPER – II Experimental Psychology and Research Methodology	(50)	PAPER – II Psychological Testing and Assessment	(50)
PAPER – III Psychology Practical's: Experiments and Tests (Annual) Sem – I and Sem – II)		100 Marks	

S.Y.B.SC. PSYCHOLOGY

SEMESTER – I

PAPER – I: PSYCHOLOGY OF ADJUSTMENT

- Objectives:** 1) To acquaint the students with modern life of adjustment.
 2) To familiarize students with the marriage and intimate relationship, career and work and various psychological disorders.

CHAPTER 1: ADJUSTING TO MODERN LIFE **12**

- 1.1 Meaning of psychology of adjustment.
- 1.2 Approaches of adjustment: Psychoanalytical & Behaviourism.
- 1.3 Roots of happiness.

CHAPTER 2: MARRIAGE AND INTIMATE RELATIONSHIP **12**

- 2.1 Moving towards marriage.
- 2.2 Marital adjustment across the family life cycle.
- 2.3 Divorce and alternatives to marriage:

CHAPTER 3: CAREER AND WORK. **12**

- 3.1 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.
- 3.2 Models of career Choice and development: Holland and Super's model.
- 3.3 Coping with occupational hazards.

- i) Job stress.
- ii) Sexual harassment.
- iii) Unemployment.

CHAPTER 4: PSYCHOLOGICAL DISORDERS

12

4.1 Abnormalbehaviour

- i) Criteria of abnormal behaviour.
- ii) Overview of DSM–IV.

4.2 Anxiety Disorders.

4.3 Personality Disorders.

- i) Paranoid.
- ii) Schizoid.
- iii) Narcissistic.
- iv) Obsessive-Compulsive Disorder (OCD)

Books for Reading:

1. Weiten, W. and Lloyd, M. (2007) Psychology Applied to Modern life: Adjustment in the 21st Century. India, 8th Edition, Thomson.
2. Coleman. J.C. Psychology and effective behaviour .D.B. Taraporwala Sons & Co. Bombay
3. Lazarus: R.S. Patterns of adjustment. N.D. McGraw Hill.
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 AND RESEARCH
METHODOLOGY

Objectives: 1) To acquaint the students with experimental psychology and the importance of Research methodology.

2) To familiarize students with the conditioning and instrumental training, thinking and problem solving, importance of research and data techniques.

CHAPTER 1: CONDITIONING AND INSTRUMENTAL TRAINING **12**

1.1 Concept of experimental psychology. The concept of Conditioning and phenomenon of conditioning.

1.2 Type of conditioning: Classical and Instrumental.

1.3 Reinforcement: Definition, types and schedules.

CHAPTER 2: THINKING AND PROBLEM SOLVING **12**

2.1 Nature and determinants of thinking, thought and images.

2.2 Conceptual process in thinking: Generalization, Differentiation and Abstraction.

2.3 Trial and error in thinking and problem solving: Insightful learning in problem solving.

CHAPTER 3: IMPORTANCE OF RESEARCH **12**

3.1 Meaning and characteristics of scientific research.

3.2 Steps and types of research.

3.3 Validity in research.

CHAPTER 4: TOOLS OF DATA COLLECTION **12**

4.1 Questionnaire: Characteristics of good questionnaire.

4.2 Interview: Types of interview.

4.3 Observation: Types of observation.

Books for Reading:

1. Kothurkar and Vanarase (1986). Experimental Psychology, Wiley Eastern, New Delhi.
2. Postman and Egan (1990) Experimental Psychology, Kalayani Publication, New Delhi.
3. Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan.
4. Butcher, J. M., Susainmineka, Hooley, J.M. Abnormal Psychology, 15th Edn, Pearson.

SEMESTER - II
S.Y.B.SC. PSYCHOLOGY
PAPER – I: HEALTH PSYCHOLOGY

- Objectives:** 1) To acquaint the students with health psychology.
 2) To familiarize students with stress and its effects, coping process, habits, life style and health.

CHAPTER 1: INTRODUCTION TO HEALTH PSYCHOLOGY. 12

- 1.1 Health Psychology: Definition and psychology's involvement in health.
 1.2 The mind- body connection.
 1.3 Models of illness: Bio-medical and Bio-psycho-social.

CHAPTER 2: STRESS AND ITS EFFECTS 12

- 2.1 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.

2.1 Major types of Stress:

- i) Frustration.
 ii) Conflict.
 iii) Pressure.
 iv) Change.

2.3 Potential effects of stress.

- i) Impaired task performance.
 ii) Disruption of cognitive functioning.
 iii) Burnout.

- iv) Post-Traumatic Stress Disorders. (PTSD).
 v) Physical illness. vi) Positive effects.

CHAPTER 3: COPING PROCESS 12

- 3.1 Concept of coping and common coping patterns.
 i) Giving up.
 ii) Striking out of others.
 iii) Indulging yourself.

iv) Blaming yourself.

v) Using defensive coping.

3.2 Appraisal focused constructive coping.

3.2 Problem-focused constructive coping.

CHAPTER 4: HABITS, LIFE STYLES, AND HEALTH.

12

4.1 Smoking and Drinking

4.2 Poor nutrition, overeating & lack of exercise

4.3 Behaviour and AIDS.

Books for Reading:

1. Weiten, W. and Lloyd, M. (2007) Psychology Applied to Modern life: Adjustment in the 21st Century. India ed. 8th Edition, Thomson.
2. Demotte, M. R., Martin L.R. (2002). Health Psychology. A. D. Pearson.
3. Brannon, L., & Feist. J. (2007) Introduction to health Psychology: India ed. NS. Thomson.

SEMESTER - II
S.Y.B.SC. PSYCHOLOGY

PAPER - II: PSYCHOLOGICAL TESTING AND ASSESSMENT

Objectives: 1) To acquaint the students with testing and assessment.

2) To familiarize students with the educational assessment, clinical and counselling assessment, neuropsychological assessment and career and business assessment.

CHAPTER 1: PRESCHOOL AND EDUCATIONAL ASSESSMENT **12**

1.1 Tools of preschools assessment.

- i) Checklist and rating scales.
- ii) Psychological tests.
- iii) Other methods: Observation and interview,

1.2 Achievement tests.

- i) Measurement of general achievement
- ii) Measurement of achievements in specific subject areas.

1.3 Aptitude tests.

- i) The secondary school level –Scholastic Assessment Test (SAT).
- ii) The college level –Graduate Record Examination (GRE).

CHAPTER 2: CLINICAL AND COUNSELLING ASSESSMENT **12**

2.1 Diagnosis of Mental Disorders – DSM.

2.2 Clinical Interview and its types,

2.3 Case history data.

- i) Psychological tests.
- ii) Psychological test battery.
- iii) Assessment of addiction and substance abuse.
- iv) Forensic psychological assessment.

CHAPTER 3: NEUROPSYCHOLOGICAL ASSESSMENT **12**

3.1 The Neuropsychological examination.

- i) Neuropsychological mental status examination.
- ii) Physical examination.

3.2 Neuropsychological tests.

- i) Tests of general intellectual ability
- ii) Tests of perceptual, motor and perceptual motor functions: Bender Visual

Motor Gestalt Test

3.3 Tests of verbal functioning: Controlled Word Association Test

CHAPTER 4: ASSESSMENT IN CAREERS AND BUSINESS

12

4.1 Assessment for career choice and career transition.

- i) Interest Tests: Strong Vocational Interest Blank (SVIB)
- ii) Aptitude Tests: General Aptitude Test Battery (GATB)
- iii) Measurement of personality.

4.2 Screening, selection and placements.

- i) Performance tests: Minnesota Clerical Test (MCT).
- ii) Assessment center.

4.3 Motivation and attitude measures.

- i) Motivation: Work Preference Inventory (WPI).
- ii) Attitude: Job Satisfaction Measurement- Organizational Commitment Questionnaire (OCQ).

Books for Reading:

1. Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.
2. Kaplan, R.M. & Saccuzzo, D.P. (2007). Psychological Testing: Principles, Applications, and Issues. Australia: Thomson Wadsworth.
3. Cohen, J. R (2005) Psychological testing: 6th edition Pearson Education.

S.Y.B.SC. PSYCHOLOGY

PAPER - III: Psychological Practical: Experiments and Tests.

(Annual Examination)

Objectives:1) To acquaint the students the basic concepts of experiments and tests in Psychology.

2) To acquaint the students how to administer the tests and its practical applications

and

the basic knowledge of elementary statistics.

A) EXPERIMENTS (ANY SIX from the list 1st term: 3, 2nd Term 3)

1. Colour contrast
2. Perceptual grouping.
3. Stroop effect.
4. Problem solving.
5. Concept formation.
6. Conditioning.
7. Illusion.
8. Knowledge of result (KOR).
9. Colour blindness.
10. Perceptual grouping.
11. Size constancy
12. Maze learning

B) TESTING (ANY SIX from the list 1st Term: 3, 2nd Term 3)

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

1. Scientific Aptitude Test.
2. Achievement Motivation Scale.
3. Emotional Maturity Scale.
4. Level of Aspiration Test.
5. Attitude Test.
6. Anxiety Scale.
7. Stress Test.
8. Mental Health Scale.
9. Self-Concept Test.
10. Aptitude Test.
11. Job Satisfaction.
12. Verbal Learning.

C) STATISTICS

- 1) Mean and S.D.
- 2) Rank order Correlation.
- 3) Pearson Product Moment Correlation.

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.

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 completed certified 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:	20 marks
b. Instructions & conduction of Experiment/Test:	20 marks
c. Report Writing:	20 marks
d. Viva-voce:	20 marks
e. Statistics:	20 marks

TOTAL 100 Marks

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

Books for Reading:

- Anastasi, A. & Urbana, S (2005). Psychological Testing. (7th), Prentice-Hall, New Delhi.
- Bano, Samina (Consultant) (2012). Experimental Psychology.(1st Edition), Dorling , Kindersley India, Pvt. Ltd.
- Chaube, S. P. (1985).Some Psychological Experiments. L.N.A. Education Publication, Agra.
- D'Amato (2004). Experimental Psychology: Methodology, Psychophysics and Learning.
- Das, G. Experimental Psychology, Kings Books, New Delhi.
- Garret, H. E. (1985). Statistics in Psychology and Education
- Kaplan, R.M. and Saccuzzio, D.P. (2007). Psychological Testing: Principles, Applications and Issues, Australia; Thomson, Wadsworth.
- Rajamanicam, M. (2005) Experimental Psychology with advanced experiments, Vol.1 & 2. Concept Publishing Company, New Delhi.
- Mangal, S. K. (2006) Statistics in Psychology and Education, Prentice-hall, New Delhi.