Course Description:

This course aims to develop the skills among the learner's daily life. This course will develop knowledge and they learners will apply it in their life situations.

Course Outcome:

At the end of this course, the students will be able to:

CO1: Identify the Importance of Psychology in Daily Practice.

CO2: Distinguish the stages of human development

CO3: Relate personality and learning in daily life.

CO4: Apply behaviour medication techniques.

CO5: Interpret the application of psychology in various fields.

UNIT –I Introduction

Psychology - Meaning, Definition, Scope. Branches of Psychology. Importance of Psychology in Daily Practice.

UNIT -II Developmental Psychology

Developmental Psychology: Conception, Pregnancy – Child growth & development. Importance of prenatal development. Developmental tasks in each stage: Infancy to old age.

UNIT –III Personality and Learning

Personality – Definition, Types of personality, Introduction to Theories of Personality. Learning and remembering: Meaning of learning - Types of learning, Learning Theories: Conditioning theory, operant conditioning theory.

UNIT –IV Memory and Behaviour

Memory –Meaning, Types, Factors influencing of memory. Behavior: Meaning, Types of behavior, factors influencing behavior. Behavior modification: Definition and techniques.

UNIT –V Intelligence and Motivation

Intelligence: Meaning and definition of intelligence. Motivation - Meaning, Types of motives. Introduction to psychological testing, Frustration - sources of frustration,

B.Sc. PSYCHOLOGY	PART IV :Non Major Elective (NME) PAPER-2	3 Hrs Per week
Semester – II	COUNSELLING AND GUIDANCE	Credit 2: MARKS:30
Code: PSY 1202		

Course Description:

This course aims to develop skills required for an effective guidance and counsellors working in different areas. This course will guide the learners which are the skills required to become an effective guidance and counsellor.

Course Outcome:

At the end of this course, the students will be able to:

CO1: Understand the concept of Counselling, guidance and advice.

CO2: Explain Counselling approaches and practices

CO3: Employ Group counselling techniques in appropriate place.

CO4: Recommend the counselling settings for individual and groups

CO5: Assist individuals towards self-discovery using counselling tools and techniques.

UNIT I Introduction

What is counseling? Conceptual clarification of related terms - Guidance &Counseling , Advice & Counseling, Education & Counseling characteristics & attitudes; Need for Counseling.

UNIT II Counseling approaches

Direction & Counseling; Instruction & Counseling The effective counselor - Counseling approaches and practices - Directive, non-directive, Existential, Eclectic.

UNIT III Group Counseling

Group Counseling & Guidance - Aims, Appeal, Types of groups.

UNIT IV Counseling Interview

Counseling Interview - Nature and significant features, setting and types of counseling interviews, Organization & Development And guidelines.

UNIT V Tools & Techniques used in counseling

Tools & Techniques used in counseling and guidance - Testing &non-testing devices, Tools and techniques for environmental information; Tools used in assisting individuals towards self-discovery Some guidelines.

B.Sc. PSYCHOLOGY	PART IV : LIFE SKILL I	3 Hrs Per week
Semester – I	**LIFE SKILL EDUCATION**	Credit 2:
Code: PSY 1203		MARKS:30

OBJECTIVES:
- To help the students to understand self.
- To help them to equip thinking skill, problem solving skill, coping skill
- To strengthen their Life skills.

UNIT I:

Life skills: importance, category of skills.Self awareness: concept of self, self awareness-Johari window, concept of ideal and real self,inferiority complex.

UNIT II

Relationship management: importance, expectations, conflicts, nurturing relationship.
Communication:objectives,passive,aggressive and assertive communication.

UNIT III

Empathy: concept of empathy, importance, development of empathy.
Thinking skills: creative and critical thinking, strategies to develop these skills.

UNIT IV

Coping skills: understanding emotions and stress, strategies to manage emotions and stress effectively.Stress Management techniques.

UNIT V

Problem solving: concept of problem, problem analysis, problem solving techniques.Decision making: problems in making decisions, decision making techniques.

References:
- Centre for Field Assistance and Applied Research (2001), **Life Skills Manual,** Washington,Peace Corps.
- WHO Report (1997), *Life Skill Education Guidelines*
- MS Chellamuthu Trust, *Life Skill Education Manual*.

B.Sc. PSYCHOLOGY	PART IV : LIFE SKILL II	3 Hrs Per week
Semester – II	**IT SKILLS FOR PSYCHOLOGISTS**	Credit 2:
Code: PSY 1204		MARKS:30

Course Description:

This course aims to develop skills required for the mental health professionals. This course will guide the learners which are the skills to be developed to become a psychological professional.

Course Outcome:

At the end of this course, the students will be able to:

CO1: Describe computer architecture and languages

CO2: Identify the steps involved in operating window system.

CO3: Operate editing, formatting and mail merge in MS-Word

CO4: Work the data base using MS-Excel

CO5: Prepare Power point slides for professional presentations.

UNIT I Introduction

Introduction to computers – Generations of computers – Classification of computers – application of computers. Computer Architecture – personal computer – Hardware / Software– operating systems – computer languages.

UNIT II Windows

Starting Windows – desktop – mouse – window maximizing, minimizing, restoring & closing a window. Using the start menu – control panel – windows explorer – copying, moving files –finding files or folders.

UNIT III Microsoft Word

Starting word – creating a document – saving, printing, resaving and closing a document. Editing a document – move and copy text – Formatting Text and paragraph – finding and replacing text and checking spelling – mail merge.

UNIT IV Microsoft Excel

Worksheet - Excel – getting started with Excel. Entering numbers – entering formula – editing cells and using commands and functions – moving and copying. Inserting and deleting rows and columns – creating charts – Data base in a Worksheet.

UNIT V Microsoft PowerPoint

Power point – slides – inserting new slides – clip arts – power point views – running a slideshow – printing a presentations – format options – editing features. Internet – web browsers –email – search engines – chatting. Introduction to data analysis – analysis of data through computer software – introduction to SPSS – variable list – variable code - value code – cross tabulation – simple statistical analysis.

Pedagogical Method:

Lecture, PPT, Group discussion, activity and exposure visits.

TEXT BOOK:

1. RituChoudhary (2011) **Operating systems**. Centrum Press, New Delhi.

REFERENCE BOOKs:

2. VasanthiRamanathan (2007) **Computer application in Business**,Meenakshipathipagam.
3. The Institute of Charted Accountants in India (2015) **Information Technology Training Programme Module 1**, New Delhi
4. Taxali R.K (2005) **PC Software for Windows**, New Delhi, McGraw Company.
5. Jeff Walden ,**More File Formats for Popular PC Software**, New Delhi,Wiley.

PSY 1406   **STATISTICS FOR PSYCHOLOGY**   **4 Hrs/4Cr**

OBJECTIVE:
     To learn the basics of statistics and how to apply the methods and techniques in statistics for data analysis.

UNIT I: Introduction - Meaning of statistics, Need and Importance of Statistics in psychology. Types of statistics – descriptive, inferential; Scales of measurement - Nominal, Ordinal, Interval & Ratio; Organization of data -Coding, Sorting, Editing, Data Entry, Data Verification, Tabulation.

UNIT II: Graphical Representation of data - One Dimensional, Two and Three Dimensional diagrams. Graphical representation of data - Frequency polygon, histogram, cumulative frequency graph and O give; computing percentiles.

UNIT III: Measures of Central Tendency - Mean, Median & Mode. Advantages and Limitations of different types of Central Tendencies. When to use the mean, median & mode.

UNIT IV : Measures of Variability - Range, Quartile deviation, Average Deviation & Standard deviation; coefficient of variation. Concept of Normal Distribution. Properties and applications of Normal Curve.

Unit V: Correlation - Meaning & Types; correlation & causation; coefficient of correlation and its interpretation. Karl Pearson's coefficient of Correlation. Edward Spearman's Rank Correlation. Introduction to Hypothesis Testing. (Usefulness of basic Parametric and Non Parametric Tests- (*only theory no problems*)

REFERENCE
1. Garrett, Henry E.(1981): *Statistics in Psychology & Education,* Vakils, Feffer & Simons Ltd.
2. Gupta, S.P. (2015): *Statistical Methods,* New Delhi, Sultan & Chand.
3. Kothari, C.R. (2004). *Research Methodology: Methods and Techniques.* New Delhi, New Age International Pvt. Ltd.

B.Sc. PSYCHOLOGY	PART III MAJOR:SUPPORTIVE PAPER-2	5 Hrs Per week
Semester - II	EDUCATIONAL PSYCHOLOGY	Credit 4: MARKS:60
Code: PSY 1408		

OBJECTIVES
- To provide an understanding about the psychological elements in learning process and different views about learning.
- To familiarize students with various aspects related to the instructional process.
- To develop an overview of the importance of development in education
- To equip the students with the theoretical and practical know-how of how to work as a educational psychologist.

Unit-I: Exploring Educational Psychology.
Exploring Educational Psychology: Historical Background- Teaching: Art and Science- Effective Teaching: Professional knowledge and Skills-Goal Setting and Instructional planning Skills-Classroom Management Skills-Motivational Skills-Technological Skills. Research in Educational Psychology: The Scientific Research Approach – Research Methods.

Unit II: Cognitive Development: Piaget's theory and Vygotsky's Theory.
Cognitive Development: Piaget's theory: Cognitive Processes-Piagetian Stages-Evaluating Piaget's Theory: Contributions and Criticisms. Vygotsky's Theory-Assumptions- Zone of Proximal Development-Scaffolding- Language and Thought.

Unit III: Language Developments and Intelligence .
Language Development: Language-Morphology-Syntax- Semantics-How Language Develops-Biological and Environmental Influence. Memory: Encoding-Storage-Retrieval and Forgetting. Intelligence: Intelligence Tests- Theories of Multiple Intelligence-Information- Processing Approach

Unit IV: Learning and Motivation .
Learning: Behavioral Approach to Learning-Classical Conditioning- Operant Conditioning. Increasing Desirable Behaviors- DecreasingUndesirable Behavior. Bandura's Social Cognitive Theory- Observational Learning. Teaching Techniques: Description-Demonstration- Lecture Method- Discussion Method- Dramatization-Explanation- Aptitude Treatment Interaction –Mastery Learning –Teaching through Multimedia.

Unit V: Special Education.
Children with Disabilities- Learning Disabilities- ADHD- Mental Retardation- Physical Disorders- Sensory Disorders- Speech and Language Disorders- Autism Spectrum Disorders-Emotional and Behavioural Disorders of Children who are gifted- Characteristics and educating children who are gifted.

REFERENCE
1. Santrock, J. W. (2006), *Educational Psychology*, 2nd Edition, New Delhi, Tata McGraw Hill.
2. Corno, Lyn & Anderman, Eric M (2012), *Handbook of Educational Psychology* (2nd edition)Routledge
3. Misra, Girishwar& Woolfolk, Anita (2012), *Fundamentals of Educational Psychology*, Pearson India

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-3	4 Hrs Per week
Semester – III Code: PSY 2405	REHABILITATION PSYCHOLOGY	Credit 4: MARKS:60

Objectives:
- To create a knowledge about Rehabilitation Psychology.
- To strengthen the students in the field to qualify as Rehabilitation Psychologist.

Unit: 1 Introduction
Concept and definition of disability, Concept of impairment, Nature and needs of persons with disabilities, Concept of rehabilitation; Rehabilitation Psychology: Definition, historical perspective, scope and methods.Functions of Rehabilitation Psychology.

Unit: 2 Types of Disability I
Definition, nature, types and characteristics of various disabilities as per PWD Act including: Mental Retardation, Learning disabilities, Visual disabilities, Hearing and speech disabilities, Orthopedic and neuromuscular disability, Cerebral Palsy,

Unit: 3 Types of Disability II
Definition, nature, types and characteristics of various disabilities as per PWD Act including: Multiple Disabilities,Autism, Hanson's disease, Mental illness, Cardiac rehabilitation, Coping with cancer, HIV / AIDS. Incidence, prevalence, causes and prevention of above mentioned various disabilities.

Unit: 4PersonalityDevelopment
Personality development of persons with disabilities, Lifespan development of persons with disabilities, Personality traits

Unit: 5Legislations related to PWD's
Mental Health Act, Persons withDisability Act, Rehabilitation Council of India Act, and National Trust Act

References
1. Robert G. Frank, Mitchell Rosenthal, Bruce Caplan, (2009), Handbook of Rehabilitation Psychology,American Psychological Association,Washington, D.C., United States.
2. Golden C.J., 1984. Current Topics in Rehabilitation Psychology: Grune&Straton, London.
3. Government of India (1995). The persons with Disabilities (Equal opportunities, Protection of Rights, and Full Participation) Act, New Delhi: Ministry of Social Justice and Empowerment.

B.Sc. PSYCHOLOGY	PART III MAJOR: SUPPORTIVE PAPER-2	5 Hrs Per week
Semester – III	**GERIATRIC PSYCHOLOGY**	Credit 4: MARKS:60
Code: PSY 2409		

Objectives:
- Opportunity to explore the area of Gerontology
- Identify the unique health needs of older adults;
- Explore the importance of families and other social supports;

Unit: 1 Introduction
Field and Scope of Geropsychology; Demographics & Aging: birth & death rates, sex ratio, life expectancy, impact of population aging in India and the world - Implications; A brief overview of the theories of aging - Wear and tear theory, Rate of living theory, Cross-linking theory.

Unit: 2 Approaches and Attitude
Approaches to successful aging; patterns of aging. Attitude towards the aged and aging in the community and attitude of self towards aging.

Unit: 3 Elderly Diseases I
Clinical symptoms & Managementof elderly diseases: Loss of memory, Respiratory disease, Heart disease, musculoskeletal disorder.

Unit: 4 Elderly Diseases II
Clinical symptoms & Management of elderly diseases: CNS related health Problem, Digestive problem, Vision, Hearing, Sleep disturbances.

Unit: 5Organization of Elder care Services
Organization of Elder care Services: Community and social supports in the care of the elderly. NGOs in elder Care,Living in institutions, improving the Quality Of life, Welfare programmes for the aged- An integrated Programme for older persons, Indira Gandhi National Old Age Pension Scheme, National Social Assistance Scheme.

Reference:
1. Rao, A. Venkoba (1989), Psychiatry of Old Age in India, Published by Torrent Laboratories Private Limited, Ahmedabad
2. Biswas, S.K. (1987) Aging in contemporary India, The Indian Anthropological Society, Calcutta
3. Gokhale, S.D., Ramamurti, P.V., Pandit, N. &Pandal, B. (1999) Ageing in India, Mumbai, Somaiga Pubs Pvt Ltd
4. Birren, J.E. &Schaie, W. (1996) Handbook of Psychology of Aging, New York: Academic Press

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-2	5 Hrs Per week
Semester – IV	INDUSTRIAL PSYCHOLOGY	Credit 4: MARKS:60
Code: PSY 2410		

Objectives:
- Understand and apply the different concepts in industrial/organizational psychology.
- Think critically about concepts and issues in industrial/organizational psychology.

Unit: 1 Introduction and motivation at work:
Industrial Psychology: Meaning, Nature and Functions. Motivation & work behavior. (Theory X and Y,McClelland's, Need Theory, Herzberg's Two FactorTheory.

Unit: 2Decisions Making by Individuals & Groups
Groups & work teams, Group Behavior, Group formation& development. Decision making process, individual influences, groupdecision process.

Unit: 3Organizational Design& Structure
Organizational design process, Forces reshaping organizations. Leadership–Definition, Meaning, Styles & Theories - Trait Theory, Behavioural Theories, Emerging issues in Leadership

Unit: 4 Job Analysis and Employee Engagement
Job Analysis-Personnel Recruitment,Employee selection, Performance appraisal-Performance Management. Employee Engagement –Affect, Attitudes, and Behavior at work. Employee well-being at Work - Workplace Psychological Health.

Unit: 5 Personality andOrganization
Meaning, Application of Personality theory in organization.Emerging TrendsComplexity, challenges and choices in the future

Reference:
1. Luthans, Fred, Organizational Behaviour, McGraw Hill 2008
2. Robbins, Stephen, Organizational Behaviour, Prentice Hall, India
3. UdaiPareek, Understanding Organisational Behaviour, Oxford University press.

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-2	5 Hrs Per week
Semester – III	**EXPERIMENTAL PSYCHOLOGY - I**	Credit 5:
Code: PSY 2503		MARKS:75

Objectives:

- Conduct experiments and administer psychological scales to a subject
- Write a report which reflects the details of the experiment/ test, the aim, applications procedure of administration and subject results
- Using simple statistical techniques for carrying out group based small quantitative research projects.

(Minimum of three experiments in each unit.)

Unit 1 Experiments on Memory
1. Effect of cueing on recall
2. Test on working memory
3. Effect of serial position on recall
4. Chunking on recall
5. Paired associate learning

Unit 2 Experiments on Perception and cognition
1. Muller Lyer illusion
2. Stroop effect
3. Signal detection
4. Problem solving

Unit 3 Experiments on Learning
1. Bilateral transfer
2. Habit interference
3. Maze learning
4. Test on schedules of reinforcement
5. Test of learning curve
6. Retro achievement in Habituation

Unit 4 Tests on Personality
1. Rotter's Locus of Control Scale
2. Eysenck's Personality Inventory
3. 16 Personality Factor Questionnaire
4. Myers Briggs Type Indicator Scale

Unit 5 Experiments on Motivation
1. Achievement motivation quiz
2. Work motivation scale
3. Level of aspiration and achievement

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-4	5 Hrs Per week
Semester – IV	EXPERIMENTAL PSYCHOLOGY - II	Credit 5: MARKS:75
Code: PSY 2508		

Objectives:
1. Conduct experiments and administer psychological scales to a subject
2. Make interpretations and draw conclusions based on the norms given in the manual
3. Write a report which reflects the details of the experiment/ test, the aim, applications, procedure of administration and subject results
4. Using simple statistical techniques for carrying out group based small quantitative research projects.

Unit 1 Experiments in Abnormal psychology

1. General Health Questionnaire - 28
2. Beck's Depression Inventory / Hamilton Depression Inventory
3. `Hamilton Anxiety rating scale

Unit 2 Experiments in Social psychology
1. Rosenberg Self-esteem scale
2. Assertiveness scale
3. Social Distance Scale

Unit 3 Experiments on Intelligence

1. Raven's progressive matrices
2. Bhatia's test of intelligence
3. WAIS – Wechsler's Adult Intelligence Scale

Unit 4 Experiments/Psychological Tests on Emotion

1. Test of Emotional Intelligence
2. Motiquiz inventory
3. Test of Emotional Maturity

Unit 5 Psychological well-being tests

1. Psychological wellbeing scale by Carl Rifles
2. Bells adjustment inventory
3. Life satisfaction scale

B.Sc. PSYCHOLOGY	Part IV Life Skill	3 Hrs Per week
Semester – V	**CYBER PSYCHOLOGY**	Credit 2:
Code: PSY 3201		MARKS:30

Course Description:

This course aims to understand the field of cyber psychology also the pros and cons of social media and effective utilisation of psychological theories, method and principles to manage those.

At the end of this course, the students will be able to:

CO1: Understand the basic concepts of cyber Psychology.

CO2: Utilize the cyber space effectively

CO3: Interpret research methods in cyber studies.

CO4: Infer and distinguish cyber relationships

CO5: Analyze and describe the problems in cyber space

UNIT - I Introduction

Introduction to Cyber psychology: meaning, definition, an overview of the history of cyberspace and cyber psychology.

UNIT - II The Psychology of the Individual in Cyberspace

The Psychology of the Individual in Cyberspace. Computer-mediated communication, online identity and self-presentation, Identity management in cyberspace - Personality types in cyberspace - Unique roles in cyberspace - Transference to computers and cyberspace

UNIT - III Research methods in cyber psychology

Research methods in cyber psychology: Online research methods and ethics; online group processes and behaviour; online relationships and communities; Steps in studying an online group, Case studies of digital life forms;

UNIT - IV The Psychology of Cyberspace Relationships

The Psychology of Cyberspace Relationships: In-person versus cyberspace relationships - Transient and long term online relationships - The psychology of text relationships - E-mail communication and relationships – Transference among people online – Cyberspace romances – Subtlety in multimedia chat.

UNIT - V Computer therapies in Cyber psychology

Computer therapies in Cyber psychology: Computer mediated Therapy, Abnormal behavior and cyber therapies, gender issues in cyberspace; internet addictions; health and clinical issues on the internet; online gaming.

TEXT BOOK:

1. John Suler. The Psychology of Digital Age. The human become electric. http://truecenterpublishing.com/tcp/cyberpsych.html

REFERENCE BOOKS:

2. John Suler (2016). The psychology of cyberspace. http://www-usr.rider.edu/~suler/psycyber/psycyber.html
3. Cyber psychology, An Introduction to Human-Computer Interaction, University of Maryland, College Park.
4. Towards Cyber Psychology: Mind, Cognitions and Society in the Internet Age. Amsterdam, IOS Press, © 2001, 2002, 2003

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-4	5Hrs Per week
Semester – V	DISASTER MANAGEMENT	Credit 5: MARKS:75
Code: PSY 3507		

Objectives

- The students will gain an understanding of concepts and nature of disaster, stages of crisis and trauma.
- The students will be familiar with skills and techniques for crisis management at personal, interpersonal and community levels.

Unit 1 Understanding Disasters
Disasters - Meaning, nature, Causes and effects. Disaster: A Global View, Disaster Profile of India, The Disaster Management cycle.Crisis Phases; Models of Crisis Assessment & Intervention Trauma. Trauma- Nature and effects.

Unit 2 Types of Disaster
Geological and Mountain Area Disasters- Earthquakes, Volcanic Eruption, Landslides, Snow Avalanches
Wind and Water Related Natural Disaster- Floods and Flash Floods, Droughts, Cyclones, Tsunamis
Man Made Disasters- Understanding Man-Made Disasters, Fires and Forest Fires, Nuclear, Biological and Chemical disaster, Road Accidents

Unit 3 Disaster Preparedness
Disaster Preparedness: Concept & Nature. Disaster Preparedness Plan, Community based Disaster Preparedness Plan.Disaster Preparedness for People and Infrastructure, Role and Responsibilities of Central, State, District and local administration. Use and Application of Emerging Technologies.

Unit 4 Disaster Mitigation
Disaster Mitigation: meaning and concept; Disaster Mitigation Strategies, Emerging Trends in Disaster Mitigation, Mitigation management, Role of Team and Coordination

Unit 5 Rehabilitation, Reconstruction & Recovery and therapeutic interventions
Rehabilitation – Meaning and concept. Education and Awareness, the Philosophy of Coping with Disasters, Dealing with Victim's Psychology, Risk Assessment and Vulnerability Analysis. Psychological Response and Psychological Rehabilitation. Rumour and Panic Management, Medical and Health Response to Different Disasters

Reference:
1. Briere, J. & Scott, C. (2006). *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment*. USA: Sage Publications.
2. Dass-Brailsford, P. (2007). *A Practical Approach to Trauma: Empowering Interventions*. USA: Sage Publications.
3. Johnson,K.(2000).School Crisis Management: a hands - on guide to training cirisis response teams (2nd ed.) Alamea, CA: Hunter House.

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-4	5Hrs Per week
Semester – VI	**SPORTS PSYCHOLOGY**	Credit 5: MARKS:75
Code: PSY 3509		

Objectives:

1. To enable the students to have knowledge on the sports psychology.
2. To enable students to understand the basic principles that governs sports psychology
3. To enable students to practice and guide the sports personnel's.

Unit-1Introduction to Sports Psychology

Sports Psychology- Nature, Meaning, History and Scope. Present and future of sports psychology. Development of sports psychology in India, Role of sport and exercise psychologists.

Unit-2 Motivation in Sports Psychology

Motivation in sports psychology - Views and definitions of motivation, Guidelines for building motivation, Developing realistic view of motivation, Motivating sportspersons and building team morale, Developing achievement motivation and competitiveness in sports. Introduction to effective goal settings in sports.

Unit-3 Competition and Cooperation

Defining competition and cooperation, Enhancing Cooperation. Character development and sportspersonship, Moral reasoning and moral behavior, Guiding practice in character development, Effective coaching for young athletes.

Unit-4 Personality and Sport

Personality and sport - Measuring personality in sport and exercise.Anxiety and arousal regulation. Stress-Sources of stress, how arousal and anxiety affect performance, Imagery-Factors affecting imagery effectiveness, Keys to effective imagery, Self-confidence- Building self-confidence.

Unit-5 Outcomes of Exercise

Psychological well-being, Motivation, Achievement, Reduction of anxiety and depression, Mood changes, Personality and Cognitive functioning, quality of life and adherence.

Reference:

1. Burton, D., &Raedeke, T. (2008). Introduction to mental skills training. *Sport psychology for coaches.* Champaign, IL: Human Kinetics.
2. Weinberg, R.S., & Gould, D. (2011). *Foundations of sport and exercise psychology* (5th Ed.). Champaign, IL: Human Kinetics

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-1	6 Hrs Per week
Semester – VI	POSITIVE PSYCHOLOGY	Credit 6:
Code: PSY 3602		MARKS:90

Course Description:

This course aims to develop positive aspects in an individual by application of psychological principles and theories. Positive psychology will make the individual to see positive components in life rather than the pessimistic.

Course Outcome:

At the end of this course, the students will be able to:

CO1: State the importance of positive psychology in life

CO2: Describe the strategies to foster resilience

CO3: Practice Prosocial behaviour in daily life

CO4: Support the positive parenting and its impact on child

CO5: Analyses the importance of self-esteem and self-regulation

Unit - I Introduction

Positive psychology- Meaning, Concept and Importance, Building human strength-Classification and Measures of Human strengths. The Pursuit of Happiness - The Happiness System, The Secret of Smiling, Positive Feelings as a Compass. Maslow's Toward a Psychology of Being.

Unit - II Resilience and emotional Intelligence

Resilience-Concept and Importance, Resiliency Skills, Protective and Risk Factors, Strategies to Foster Resilience. Emotional Intelligence- Meaning, Concept and Importance.

Unit - III Prosocial behaviour

Pro Social Behaviour – Altruism, Empathy, Social Intelligence, Gratitude, Optimism, Modesty and Forgiveness. Love and Kindness- Triangular Theory of Love, Love Language.

Unit - IV Positive Emotional States and Processes

The Principles of Pleasure: Understanding Positive Affect/Positive Emotions, Positive Environments, Positive Relationships, Positive Parenting, Positive Discipline, Positive Schooling, Positive Communities and Me/We Balance.

Unit – V Self and Positive Psychology

Self Esteem: The Immune System of Consciousness, Self-Regulation. Enhancing mental health, Positive Youth Development, Future of positive psychology.

Pedagogical Method:

Lecture, PPT, Group discussion, activity and exposure visits

TEXT BOOK:

1. Snyder,C.R.et al, (2011), Positive Psychology, NewDelhi, Sage Publications India Private Limited.

REFERENCE BOOK:

2. Snyder,C.R. ed.,(2002), Handbook of Positive Psychology, New Delhi, Oxford University Press.
3. Seligman, M. E. (2004). Authentic happiness. (Paperback) New York: Free Press.

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-2	6 Hrs Per week
Semester – V	HEALTH PSYCHOLOGY	Credit 6: MARKS:90
Code: PSY 3603		

Course Description:

This course aims to application of psychological principles and theories in clinical and health setting. Knowledge about health psychology prepare the budding psychologist to improve mental health in society.

Course Outcome:

At the end of this course, the students will be able to:

CO1: Recognize the importance of mind and body connection

CO2: Discuss the importance of stress coping strategies

CO3: Analyze the psychological aspects of terminal and chronic illness

CO4: Demonstrate primary and secondary prevention practices

CO5: Create an awareness about the importance of health

UNIT - I Introduction

Health: Definition, determinants, need, models- The Mind-Body Connection, The stages of change model, The Health belief model. Role of lifestyle changes in illness. Health psychology – Need – Role of Psychology in Health.

Unit - II Stress &Coping

Stress -Definition, factors influencing stress, Categories of stressors, Effects, Type A behaviour and Stress. Adjustment disorders, Burnout. Coping with stress and burnout, general principles of coping, Techniques of coping.

Unit - III Chronic and Terminal Illness

Nature, Psychosocial factors, impact and Management of Chronic Illness -Pain, Coronary heart disease, Hypertension, Diabetes, Cancer, HIV/AIDS. Role of Health Psychology.

Unit - IV Prevention of disease

Prevention of Diseases-Primary Prevention- Safety restraints, Immunization, Safe-Sex, Nutrition and Diet, Obesity and Weight Control, Exercise, Sleep, Substance use. Secondary Prevention and tertiary prevention and its behavioral outcomes- components of interventions, Individual differences and personal characteristics.

Unit – V Health Care Interventions and Health Promotion

Health awareness programmes: Health Education – Meaning, concept, techniques. Relaxation Training, Meditation, Biofeedback, Behaviour Modification, Cognitive Behavioural techniques.

Pedagogical Method:

Lecture, PPT, Group discussion, activity and exposure visits

TEXT BOOK:

1. Health psychology, 7th edition, Shelly E. Taylor, TATA McGraw-Hill, New Delhi, 2012

REFERENCE BOOK:

2. An introduction to health psychology, 2nd edition, Robert J. Gatchel, Andrew Baum and David S. Krantz, McGraw Hill, NY, 1989

3. Abound F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage Publications

4. Dimatteo, Robin,M., Martin, Leslie, R. (2007). Health Psychology. New Delhi: Pearson Education

5. Kuppuswamy, B. (2001). Elements of Ancient Indian Psychology. New Delhi:

B.Sc. PSYCHOLOGY	PART III MAJOR: CORE PAPER-3	6 Hrs Per week
Semester – VI Code: PSY 3606	RESEARCH PROJECT	Credit 6: MARKS:90

Objectives:

On completing this course, one will have:
- Developed the research competence.
- Each student is expected to complete research in a topic of his/her interest.
- They will carry out this project under faculty supervision.
- Project Vivo Voce will be conducted to evaluate their research project.