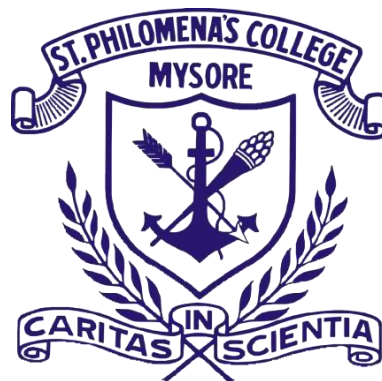


ST. PHILOMENA'S COLLEGE (AUTONOMOUS)

Affiliated to University of Mysore
Accredited by NAAC with 'B++' Grade
Bannimantap, Mysore, Karnataka,
India-570015



DEPARTMENT OF PSYCHOLOGY

The Board of Studies in PSYCHOLOGY which met on 21-9-2023 has
Approved the syllabus and pattern of examination for
Semesters V and VI for the
Academic Year 2023-24

BOS COMMITTEE MEMBERS

Sl. No.	Name	Designation
1	Mr. Ginson George	Chairman
2	Prof. Sampath Kumar	University nominee
2	Dr. Mridula Singh	Member
3	Mr. Johnson W S	Member
4	Fr. Manual D'Souza	Member

**Semester V BA PSYCHOLOGY
Core Course Content**

Course Title: Health Psychology	Course Credits: 4
Course Code: PSYDSC501	L-T-P per week: 4-0-0
Total Contact Hours:	
Formative Assessment Marks:40	Summative Assessment Marks:60

Pedagogy: Written Assignment/Presentation/Project / Term Papers/Seminar/Field studies

Formative Assessment		
Assessment Occasion	Assessment type	Weightage in Marks
C1 First component	Test-20 marks test for 90 minutes	10
C1 Second Component	Assignment	10
C2 First component		10
C2 Second Component		10
Total		40

Note: Any two different activities for C2 First component and C2 Second component can be selected from the below

Quiz/Project/Class room exercise/Practice exercise/Educational (industry/ institutes/ NGOs) visit/ field trip/ Field work/Viva voce/Role Play/Charts/ Models/Case study/Group discussion/Crosswords/ Presentation/seminar/Review - movie / Book/Research articles/e - content preparation

V SEMESTER

Health Psychology (Theory)

Course Objectives:

1. To educate about the need for developing health behaviour
2. Identify health enhancing and health compromising behaviours
3. Explore the psychological and physiological aspects of stress and stress management
4. To learn about pain management

Course Learning Outcomes

1. Define health and illustrate different components of health and wellbeing
2. Examine the physiological and psychological components of stress and stress management
3. Analyse different health compromising and health enhancing behaviours
4. Examine different pain management techniques

COURSE CONTENT

Chapter I: INTRODUCTION TO HEALTH PSYCHOLOGY AND HEALTH BEHAVIOUR

15Hrs

- a) Health: Meaning and definition (WHO); Components of health: social, emotional, cognitive and physical aspects. Health and Quality of life.
- b) Health Psychology: Introduction; Need for the field of health psychology; History of body mind relationship; Models of health -Biomedical and Bio psychosocial model.
- c) Health Behaviours: factors influencing health behaviours, barriers to modify Poor health behaviours.

Chapter II: HEALTH ENHANCING AND COMPROMISING BEHAVIOUR 15 Hrs

- a) Theories of Health behaviors: Theories of planned behaviour, The health belief model and their implications.
- b) Health compromising behaviors: Substance abuse, over eating and obesity
- c) Health enhancing behaviors: Physical Exercise, Maintaining healthy diet, sleep and hygiene.
- d) Adherence: Meaning and factors predicting adherence.

Chapter III: STRESS AND HEALTH

15 Hrs

- a) Stress: Nature and sources of stress; Theories of stress- Selyes' and Lazarus view.
- b) Effects of stress on health: Stress and immune system, Role of stress in CHD, Hyper tension and Diabetes.
- c) Coping strategies -Social support; time management; Yoga, Meditation and Relaxation technique, expressive therapy-music, art and dance

d) Positive psychological interventions - gratitude, forgiveness, savoring, patience, creativity.

e) Recent development in research on stress and health

Chapter IV: MANAGEMENT OF PAIN, CHRONIC AND TERMINAL ILLNESS

15 Hrs

a) Pain- Significance; Types; Psychological factors; Cognitive Behavioral Methods of Pain Control-gate control theory of pain, individual differences and socio-cultural differences in reaction to pain.

b) Management of chronic and terminal Illness - Emotional responses to chronic illness, coping with chronic illness, psychological and social issues related to dying – the issue of non-traditional treatment.

c) Alternatives to hospital care – Hospice or home care; Psychological management of terminally ill.

e) psycho-oncology

References

1 Taylor, S.E. (2010). Health psychology. 6th Ed, New Delhi: Tata McGraw Hill

2 Marks. D .F .,Murry.M., Evans.B and Estacio.E.V (2011), Health psychology: Theory, research and practice (3rd edi), New Delhi: Sage publication India Pvt Ltd.

3 Brannon.L & Feist. J (2007) Introduction to Health Psychology New Delhi: Thomson Learning Inc.

4 DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

5 Ogden.J (2000) Health Psychology, 2nd edition Philadelphia, Open University press.

Health Psychology (Practical)

Practical Credits 2

Practical Content

(Minimum 6 Practical to be conducted)

1. Psychological Well-Being (Ryff C.D. et.al.2010)
2. WHO Quality of Life Scale
3. Multidimensional Health Locus Of Control (Form A) Ken. A. Wallston
4. Students Stress Rating Scale (Manju Agarwal)
5. Type A and Type B - ABBPS (Upinder Dhar and Manish Jain)
6. Resilience Scale (Wagnild. G. M. and Young H.M)
7. Gratitude questionnaire (McCullough M.E, Emmons R.A, Tsang J 2002)
8. Reactions to Frustration (B.M.Dixit and D.N. Srivastava)
9. Life style questionnaire (S.K. Bawa and S. Kaur)

**Semester V BA PSYCHOLOGY
Core Course Content**

Course Title: SOCIAL PSYCHOLOGY	Course Credits: 4
Course Code: PSYDSC502	L-T-P per week: 4-0-0
Total Contact Hours:	
Formative Assessment Marks:40	Summative Assessment Marks:60

Pedagogy: Written Assignment/Presentation/Project / Term Papers/Seminar/Field studies

Formative Assessment		
Assessment Occasion	Assessment type	Weightage in Marks
C1 First component	Test-40 marks test for 90 minutes	10
C1 Second Component	Assignment	10
C2 First component		10
C2 Second Component		10
Total		40

Note: Any two different activities for C2 First component and C2 Second component can be selected from the below

Quiz/Project/Class room exercise/Practice exercise/Educational (industry/ institutes/ NGOs) visit/ field trip/ Field work/Viva voce/Role Play/Charts/ Models/Case study/Group discussion/Crosswords/ Presentation/seminar/Review - movie / Book/Research articles/e - content preparation

V SEMESTER

Social Psychology (Theory)

Course Objectives:

1. To outline the mental processes involved in social perception and social cognition
2. Explore attitude formation and change
3. Develop an insight in to one's own social thought and behaviour

Course Learning Outcome.

1. Define and outline concept of social psychology and history of the field
2. Compare and analyse social perception and social cognition
3. Analyse attitude, prejudice, stereotypes
4. Identify the fields in which social psychological concepts are applied

Chapter I : SOCIAL PSYCHOLOGY, SOCIAL PERCEPTION AND SOCIAL COGNITION 15 Hrs

Introduction:

- a) Social Psychology: definition, nature and scope of social psychology.
- b) Social perception: non-verbal communication; impression formation and management.
- c) Social Cognition: schemas, heuristics and automatic processing and errors.

d) Interdependent Relationship: family, friendship and attachment style, relationship problems, reaction to problems, effects of relationship failure.

Chapter II: UNDERSTANDING AND EVALUATING THE SOCIAL WORLD
15 Hrs

a) Attribution: theories of attribution - Fritz-Heider's theory, Jones and Davis theory, Kelly's theory;

b) Attitudes: definition and components, attitude-behaviour link; attitude formation and strategies for attitude change, measurement of attitudes.

c) Prejudice: meaning, definition, growth, techniques for counteracting its effects.

d) Stereotype meaning, gender stereotype, glass ceiling and discrimination.

Chapter III SOCIAL INTERACTION AND INFLUENCE
15 Hrs

a) Formation and influence of groups: conformity- Asch studies, compliance techniques, obedience to authority, social facilitation, social loafing, co-operation, conflict, techniques to resolve conflicts.

b) Pro-Social Behaviour- Latane and Darley's 5 crucial steps of n to an emergency, situational factors influencing pro-social behaviour, factors decreasing the tendency to help.

c) Social networking sites- impact of social media on children adolescents and families

Chapter IV: Social disorganization issues
15 Hrs

a) Aggression- social learning perspectives ,- theories of aggression - drive theory, modern theory- GAAM biological and situational determinants, personal determinants, prevention and control of aggression- punishment, cognitive interventions and forgiveness

b) Violence – nature and categories of violence, violence in families, collective violence for social change

c) Anti social behavior- corruption, bribery and other forms of antisocial behaviour; applying social psychology at work, health and legal system.

d) conflict in the current world (analysing the social psychological aspects of it)

References

- 1 Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
- 2 Baron Robert and Byrne Donn (2004) Social Psychology, 10th Edition Pearson Education, Inc
- 3 Misra, G. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research). New Delhi: Pearson
- 4 Myers David - Social Psychology (2006) - 8th Edition, Tata McGraw Hill.
- 5 Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed.). New Delhi: Pearson
- 6 Sutherland & Cressey : Principles of criminology

Social Psychology (Practical)

Practical Credits 2

Formative Assessment 25 Marks Summative Assessment 25 Marks

Social Psychological Practical Content

(Minimum 06 Practical to be conducted)

1. Sociogram (Moreno)
2. Stereotypes
3. Bogardus Social Distance Scale
4. Co-operation
5. Competition
6. Attachment Style Scale
7. Criminal Propensity Scale (Arjun Singh and Neelam Sharma)
8. Violence Scale (B. Thomas)
9. Prestige Suggestion
10. Social Communication – Rumour
11. Sodhi's Attitude Scale
12. Bell's Adjustment Inventory

Statistics:

Practical 1: One way ANOVA

Practical 2: Mann –Whitney U test and Kruskal-Wallis One way ANOVA

Note:

☒ A student may opt for practical or Research Project (A study on minimum of 60 participants)/or Internship in any organization/Educational setting/Industry/Hospitals/any Psychology related setting (for minimum of 50 hours).

☒ Completion of above said activities a student has to submit the report and undergo a formal Viva voce examination

☒ Scheme of Evaluation for Practical: Total Marks 50 (IA 25 – 10 Records, 15 for Assignment/Test/Seminar)

☐ For Reports: Total Marks 50 (IA 25+Viva Voce 10, Report 15)

Curriculum of BA/BSc in Psychology 6th Semester

Semester VI BA PSYCHOLOGY

Core Course Content

Course Title: ABNORMAL PSYCHOLOGY	Course Credits: 4
Course Code: PSY C14-T	L-T-P per week: 4-0-0
Total Contact Hours:	
Formative Assessment Marks:40	Summative Assessment Marks:60

Pedagogy: Written Assignment/Presentation/Project / Term Papers/Seminar/Field studies

Formative Assessment		
Assessment Occasion	Assessment type	Weightage in Marks
C1 First component	Test-40 marks test for 90 minutes	10
C1 Second Component	Assignment	10
C2 First component		10

C2 Second Component		10
Total		40

Note: Any two different activities for C2 First component and C2 Second component can be selected from the below

Quiz/Project/Class room exercise/Practice exercise/Educational (industry/ institutes/ NGOs) visit/ field trip/ Field work/Viva voce/Role Play/Charts/ Models/Case study/Group discussion/Crosswords/ Presentation/seminar/Review - movie / Book/Research articles/e - content preparation

VI semester

Abnormal Psychology (Theory)

Course Objectives:

1. To explore the concept of abnormality
2. Understand the symptoms, etiology and treatment of mental disorders
3. learn and compare assessment and treatment of mental disorders

Course Learning Outcomes

1. Define abnormality and outline the causes of abnormality
2. Compare and evaluate models of abnormality
3. Outline and analyse psychological disorders
4. Outline management of mental disorders.

Chapter I : UNDERSTANDING ABNORMALITY 15 Hrs

Introduction: Meaning and definitions of abnormality, criteria of abnormality; psychological

models of abnormality - psychodynamic, behavioristic, cognitive -behavioural and Humanistic

Diathesis stress model

models. Classification of mental disorders –DSM and ICD. Mental status examination, Mental health care act 2017.

Chapter II: CLINICAL PICTURE AND ETIOLOGY OF ANXIETY DISORDERS 15 Hrs

- a) Anxiety based disorders: The anxiety based response patterns; Phobic disorders; Obsessive Compulsive Disorders (OCD); Generalized Anxiety Disorder (GAD); Somatoform disorders; Hypochondriasis; conversion disorders.
- b) Dissociative disorder - psychogenic amnesia, fugue; dissociative identity disorder: causes Biological, Psychological and Socio-cultural factors. (Diagnostic criteria/ Clinical features and causes & treatment).
- c) Trauma and Stressors - Related Disorders: PTSD and acute stress disorder.

Chapter III : SCHIZOPHRENIA AND DELUSIONAL DISORDER 15 Hrs

- a) Schizophrenia: clinical picture, subtypes and causes - biological, psychological and socio- cultural factors.
- b) Delusional disorder: diagnosis, clinical picture and its causal factors.
- c) Bipolar and related disorders: bipolar disorder i disorder, bipolar disorder ii disorder and cyclothymic disorder. **Causal factors**

Chapter IV : PERSONALITY DISORDERS AND PARAPHILIAS 15 Hrs

Personality disorders: cluster A (paranoid, schizoid, antisocial), B (histrionic, narcissistic,

antisocial and borderline) & C (avoidant and dependent personality disorder). Obsessive- Compulsive Personality Disorder.

Paraphilic disorders: as per DSM -5 (voyeuristic, exhibitionistic, frotteuristic, sexual masochism,

sexual sadism, pedophilic, fetishistic and transvestic). Causes of paraphilia.

References

1 Carson R.C, Butcher JN and Mineka Susan (2005)., Abnormal Psychology and modern life (10th

edn) New York: Harper-Collins

2 Kaplan H, Sadock BJ, Grebb JA (1994) Synopsis of Psychiatry (7th edn). New Delhi: BL Waverly Pvt. Ltd.

3 Sarason .I.G & Sarason R.B (2005) Abnormal Psychology The Problems of Maladaptive Behaviour

11th edition New Delhi Pearson Pub.

Abnormal Psychology (Practical)

Practical Credits 2

Formative Assessment 25 Marks Summative Assessment 25 Marks

Practical Content

1. Multiphasic Questionnaire (H.N.Murthy)
2. Family Pathology Scale (V. Veeraraghavan and A. Dogra)
3. Bell's Adjustment Inventory
4. IPAT Anxiety Scale
5. Obsessional Compulsive Inventory Revised (OCI-R) Foa, E.B, Huppert, J.D.,Leiberg, S et. al

6. Cohen'S Perceived Stress Scale
7. Defence Mechanism Inventory (N R Mrinal & Uam Singhal)
8. Behavioural Deviance Scale (N. S. Chauhan and Saroj Aurora)
9. Alcohol and Drug Attitude Scale (Sunil Saini & Sandeep Singh)
10. Beck Depression Scale
11. Personal Stress Source Inventory (Arun Kumar Singh, Ashish K. Singh, and Arpana Singh)
12. Narcissism Scale (Sagar Helode, Basir Hassan and R. D. Helode)

13. **Semester VI BA PSYCHOLOGY**

14. **Core Course Content**

Course Title: HUMAN RESOURCE MANAGEMENT	Course Credits: 4
Course Code: PSY C16-T	L-T-P per week: 4-0-0
Total Contact Hours:	
Formative Assessment Marks:40	Summative Assessment Marks:60

15. **Pedagogy: Written Assignment/Presentation/Project / Term Papers/Seminar/Field studies**

16.

Formative Assessment		
Assessment Occasion	Assessment type	Weightage in Marks
C1 First component	Test-40 marks test for 90 minutes	10
C1 Second Component	Assignment	10
C2 First component		10

C2 Second Component		10
Total		40

17. **Note:** Any two different activities for C2 First component and C2 Second component can be selected from the below
18. **Quiz/Project/Class room exercise/Practice exercise/Educational (industry/ institutes/ NGOs) visit/ field trip/ Field work/Viva voce/Role Play/Charts/ Models/Case study/Group discussion/Crosswords/**
19. **Presentation/seminar/Review - movie / Book/Research articles/e - content preparation**

VI SEMESTER

Human Resource Management (Theory)

Course Objectives:

1. To understand the field of human resource management
2. Learn the motivation factors involved in performance
3. Learn the components of training at workplace
4. Understand the concept of appraisal at workplace

Course Learning Outcomes

1. Define concept of human resource management
2. Outline and analyse the significance and need of selection and training
3. Analyse significance of motivation theories at work
4. Analyse and compare performance appraisal techniques

Chapter I 14 Hrs

INTRODUCTION:

Human Resource: meaning, definitions. Nature and meaning of human resource management. definitions and importance. Difference between

personal management and hr. Characteristics, objectives, importance and scope of HRM. Functions of HRM – A) Managerial B) Objective C) Advisory and Supportive functions.

Chapter II 16 Hrs

SELECTION AND TRAINING:

- i) **SELECTION:** Meaning and Nature. Definitions, Characteristics, Objectives and importance of Selection. Process and Tests used in Selection. Interview: Meaning and Types. Limitations of Interview.
- ii) **TRAINING:** Meaning, Definitions, Nature and Characteristics of Training. Purposes and Benefits of Training. Methods /approaches to training- classroom/lectures , conferences, films, Vestibule training, apprenticeship, Computer Assisted Instruction(CAI)Net Based training, In basket training, Role Playing, Executive Coaching.

Chapter III Organizational Motivation 15 Hrs

Organizational Motivation: Introduction to Motivation, Definitions and Nature. Employee drives and needs, Theories of Work motivation and practical applications: Content Theories: Maslow's Hierarchy of needs, Alderfer's ERG theory, McClelland's Need theory. The process theories: Expectancy theory and Equity theory

Chapter IV PERFORMANCE APPRAISAL 15 H rs

Meaning and Definition of Performance Appraisal. METHODS – A) Traditional method – Ranking, Paired Comparisons, Grading, Forced Choice, Checklist methods, Critical Incident method, Essay method. B)

Modern Methods – Behaviour Anchored Rating Scale (BARS), Management by Objectives (MBO). 360* Feedback. Benefits and Limitations in Performance Appraisal.

References

- 1 H. R. Appannaiah, Dr. P.N.Reddy and K. Aparna Rao. Human Resource Management (2010) : Himalaya Publishing House
- 2 Shahi K. Gupta and Rosy Joshi. Human Resource Management (2011) : Kalyani Publishers
- 3 Dr. P. Subba Rao. Human Resource Management (2013): Himalaya Publishing House
- 4 Dr. P. Subba Rao. Personnel & Human Resource Management, Himalaya Publishing House
- 5 Dr. K. Venkataramana. Human Resource Management (2011) : Himalaya Publishing House
- 6 John W. Newstrom: Organizational Behaviour. Human Behaviour at Work. Tata McGraw Hill Education Private Limited, New Delhi
- 7 K.Aswathppa. Human Resource Management (2011). Tata McGraw Hill Education Pvt. Ltd, ND
- 8 Dr. C.B. Gupta. Human Resource Management. Sultan and Sons
- 9 Gay Dessler. Human Resource Management, 9th edi. Pearson Education 2003
- 10 C.S. VenkataRathnam & B.K.Srinivasa. Personal Management & Human Resource.TMPL
- 11 Organizational Behaviour: Human Behaviour at work: Newstorm John W. McGraw Hill.

Human Resource Management (Practical)

Practical Credits 2

Formative Assessment 25 Marks Summative Assessment 25 Marks

Practical Content

(Minimum 6 Practical to be conducted)

1. Long Employee Attitude Scale (H. C. Ganguly)
2. Occupational Self Efficacy Scale (OSES- UpindharDhar, Sanjyot Pethe, Sushma Chaudhury)
3. Organizational Climate Inventory (Som Nath Chattopadhyaya and K.G. Agarwal)
4. Organizational Culture Scale (Santhosh Dhar and Upinder Dhar)
5. Vocational Interest Record (VIR Kulshrestha)
6. Work Motivation Questionnaire (Dr K G Agarwal)
7. Occupational Stress Index (Srivastava, A. K., & Singh, A. P)
8. Employee Mental Health Inventory (Jagadish)
9. Quality of Work Life Scale (Santhosh Dhar, Upinder Dhar and Rishu Roy)
10. FIRO – B (William Schultz)
11. Team Effectiveness Scale (Upinder Dhar and Santhosh Dhar)

Statistics:

Practical 1: Simple linear regression by method of least squares
Practical 2: Wilcoxon signed rank test and Friedman ANOVA
Note:

☒ A student may opt for practical or Research Project (A study on minimum of 60 participants)/or Internship in any organization/Educational setting/Industry/Hospitals/any Psychology related setting (for minimum of 50 hours).

☒ Completion of above said activities a student has to submit the report and undergo a formal Viva voce examination

☐ Scheme of Evaluation for Practical: Total Marks 50 (IA 25 – 10 Records, 15 for Assignment/Test/Seminar)

- For Reports: Total Marks 50 (IA 25+Viva Voce 10, Report 15)

Blueprint of End semester examination

St. Philomena's College (Autonomous), Mysuru		
Semester : I Sem		Subject: Psychology
Title: Foundations of Psychology I		QP Code:
Time: 3 Hrs		Max Marks: 60
PART A		
	Answer any five of the following Questions:	2x5=10
1		
2		
3		
4		
5		
6		
7		
PART-B		
	Answer any four of the following questions	5x4=20
8		
9		
10		
11		
12		
13		
PART-C		
	Answer any three of the following questions	10x3=30
14		
15		
16		

17		
18		
19		