

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Department of Psychology
SYBA Syllabus (2022 Pattern)
To be implemented from November 2023-2024

S. Y. B. A. PSYCHOLOGY SEM. IV

	Paper Code	Title of the Paper	Credits
Core Course	UAPS241	Social Psychology- II	03
Discipline specific elective Course	UAPS242	Abnormal Psychology- II	03
	UAPS243	Growth and Development Psychology- II	03
Skill Enhancement Course (SEC)	UAPSSEC2	Psychology of Wellness	02
Total Credits			11

Core Course Paper Code:

UAPS241 Title of Paper:

Social Psychology -II

A) Learning Objectives:

1. To introduce students to research and empirical findings in social psychology.
2. To recognize and appreciate how basic theory and experimental findings apply to everyday situations.
3. To study the impact of social psychology in interpersonal relationships.
4. To understand the psychological processes behind human behavior in a social setting.
5. Acquaint students with basic concepts, theories and applications of Social Psychology.
6. Acquaint students with the knowledge of the influence of the society on behavior and mental processes.
7. Understand the importance of pro-social behavior.

B) Learning Outcomes:

- CO1. Fostering ability to engage in lifelong learning, demonstrating empathetic social concern, contributing to the development of nation.
- CO2. Implication of social psychology in everyday living.
- CO3. Understand the importance of Close Relationships and Pro- social behavior.
- CO4. Students will be able to understand basic concepts, theories and applications of Social Psychology.
- CO5. Students will be sensitized factors that affect and regulate mental processes.
- CO6. Students will be able to improve understanding about human relationships.
- CO7. Students will be able to develop social skills.

TOPICS/CONTENTS:

UNIT 1: Interpersonal Attraction and Close Relationship

(12 L)

- 1.1 Internal Determinants of attraction-affiliation, affect
- 1.2 External Determinants of attraction-proximity, observable factors
- 1.3 Close Relationships –family, friendship, love and Romans.
- 1.4 Marriage – preparedness and problems.
- 1.5 Need for premarital and marital counseling.

UNIT 2: Aggression

(12 L)

- 2.1 Approaches in Aggression
- 2.2 Types of aggression.
- 2.3 Aggression: Meaning, Nature and Causes of aggression.
- 2.4 Influence of Media Violence and Culture on Aggression
- 2.5 Prevention and Control of Aggression.

UNIT 3: Pro-Social Behavior

(12 L)

- 3.1 Prosocial Behavior-Definition and Nature
- 3.2 Dealing with Emergencies and Bystander effect
- 3.3 Internal and external factors influencing Pro-social behavior
- 3.4 Commitment to Socially responsible behavior
- 3.5 How to increase pro – social behavior

UNIT 4: Applied Social Psychology

(12 L)

- 4.1 Social Psychology in its applied form.
- 4.2 Social Psychology and Mental Health: Community based mental health care.
- 4.3 An Introduction to Social Psychology of Technology; The acceptance and adaptation of Technology.
- 4.4 Social Psychology of the Environment: Eco psychology.
- 4.5 Evaluation Research, Interventions and Social Psychology.

References:

- 1) Baron, R., Byrne, D., Branscombe, N. (2014). *Social Psychology, 13th edition*, Pearson Publications, New Delhi.
- 2) Baron, R., Byrne, D., Branscombe, N., Bharadwaj, G. (2009). *Social Psychology, Indian adaptation*, Pearson, New Delhi.
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- 5) Kool, V. and Agarwal, R. (2006). *Applied Social Psychology: A Global Perspective*. Atlantic Publishers and Distributors Pvt. Ltd. Delhi.
- 6) Natu, S. A., Vaidya, A. Rajhans, M. (2012). *Samajik Manasshastra*. Pearson Publications, New Delhi.
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- 8) Taylor, Pepleau and Sears (2005). *Social Psychology, 12th edition*, Pearson, New Delhi.
- 9) Weiten, W. and Lloyd, M. (2007). *Psychology applied to modern life: Adjustment in the 21st century*. Indian Edition 8th. Thomson.

Discipline specific elective Course

UAPS242 Abnormal Psychology II

A) Learning Objectives:

1. To acquaint students with the recent classification of psychological disorders.
2. To help students to acquire the knowledge about the causes, symptoms and treatment of various types of psychological disorders.
3. Know the etiology of mental disorder.
4. Identify the classification of the symptoms of mental disorder.
5. Understand the causes, criteria of abnormal behavior
6. To familiarize the students about different therapeutic techniques used in the management of major psychological disorders.
7. To develop awareness about Major Psychological disorders.

B) Learning Outcomes:

- CO1. Acquire the knowledge about the symptoms, diagnostic criteria and causes of various psychological disorders.
- CO2. Examine multiple probable causes and correlates of behavior.
- CO3. Understand critiques, limitations and implications of diagnosis and classification of psychological diseases.
- CO4. Create awareness about mental health problems in society.
- CO5. Students will be able to relate approaches of the treatments of mental disorders.
- CO6. Students will be able to develop knowledge about professional and social agencies that can help in dealing with mental disorders.
- CO7. Students will be able to identify and screen individuals showing symptoms of mental disorders.

TOPICS/CONTENTS:

UNIT-I DISSOCIATIVE DISORDERS AND SOMATOFORM DISORDER (12 L)

- 1.1 Definition and Types of dissociative disorders
- 1.2 Somatic symptoms and related disorders
- 1.3 Etiology and treatment of Dissociative and Somatic Symptom Disorder
- 1.4 Factitious Disorder

UNIT-II EATING DISORDERS SLEEP- WAKE DISORDES AND ADDICTIVE DISORDERS (12 L)

- 2.1 Major types of Eating disorders
- 2.2 Obesity-Nature, Causes and Treatment
- 2.3 Types of sleep-wake disorder
- 2.4 Gambling Disorder, Internet and cell phone addiction

UNIT-III SEXUAL DISORDERS AND CHILDHOOD DISORDERS (12 L)

- 3.1 Sexual Abuse (Childhood sexual abuse, Pedophilia, incest and rape)
- 3.2 Types of Sexual Dysfunction
- 3.3 Intellectual disabilities: Types, causes and treatment.
- 3.4 Types of childhood disorder - Autism, Hyper activity disorder and Learning disorder.

UNIT-IV-PERSONALITY DISORDERS

(12 L)

- 4.1 Definition and characteristics of personality disorder and Gender Differences
- 4.2 Cluster -A Personality disorders
- 4.3 Cluster -B Personality disorders
- 4.4 Cluster -C Personality disorders.

References:

- Abnormal Psychology, 13th ed.* N. D.: Pearson Edu.
- 1) Alloy, L. B., Riskind, J. H., & Manos, M. J. (2005) *Abnormal Psychology: Current perspectives*. 9th Edn. Tata McGraw- Hill: NewDelhi, India.
 - 2) American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders, DSM -5th, Fifth Edition*.
 - 3) Barlow, D. H. & Durand, V. M. (2005). *Abnormal Psychology, (4 th ed)*
 - 4) Butcher, J. N., Mineka Susan, & Hooly Jill M, (2014). *Abnormal Psychology (15th Ed)*. Dorling Kindersley, (India).
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 - 6) Carson, R.C.; Butcher, J.N.; Mineka, S. and Hooley, J. M. (2007).
 - 7) Comer, R. J. (2007). *Abnormal Psychology. (9th Edn)* New York; Worth Publishers. Davison, G. C., Neal, J. M., & Kring. A. M. (2004) *Abnormal Psychology. (9th Edn)* New York; Wiley.
 - 8) Fauman, M. A. (1996) *Study guide to DSM-IV*, Jaypee Brothers.
 - 9) First. M. B. & Tasman, A. (2004). *DSM-IV-TR mental disorders: Diagnosis, Etiology and treatment*, New York: Wiley.
 - 10) Gray, S.W. & Zide, M.R. (2008). *Psychology Pathology: A Competency based assessment model for social workers*. Cengage learning, India Edition.
 - 11) Nelson- Hoeksema, S. (2004) *Abnormal Psychology, 3rd Ed*. McGraw -Hill; New York; Wiley.
New York: Churchill Livingston.
 - 12) Oltmanns, T. F., Emery, R. E. (1995) *Abnormal Psychology*. PrenticeHall. Pacific Grove: Books/Cole.
 - 13) Puri, B. K., Laking, P. J. & Treasaden, I. H. *Text book of psychiatry*,
 - 14) Sarason, I. G. and Sarason, B. R. 11th Edn. (2005). *Abnormal Psychology: The problems of maladaptive behavior*. N. D.: Pearson Edu.
 - 15) Sue, D., Sue, D. W., & Sue, S. (2006) *Abnormal Behaviour. (8th Edn)*, Houghton Mifflin Company.
 - 16) World Health Organization (1992). *The ICD 10: Classification of mental and Behavioral disorders: Clinical descriptions and diagnostic guidelines*, Delhi: Oxford University Press.

Discipline specific elective Course
UAPS: 243 Growth and Development Psychology-II

Learning Objectives:

1. Understand the Principle of Human Growth and Development.
2. Describe Physical Development Across the life Span.
3. Explain Cognitive Development.
4. To analyze Social and Emotional Development.
5. Explore moral and ethical Development.
6. To investigate gender and Cultural influence on various developmental Stages.
7. Apply Developmental psychology to real life Situation.

Learning Outcomes: After the completion of this course students will be able to:

CO1. Students should be able to describe the key principles that underlie human growth and development.

CO2. Students should be able to explain the physical changes that occur from Adolescence to old age, including motor development, puberty, aging, and the factors that influence these processes.

CO3. Students should be able to discuss the major theories of cognitive development, and apply these theories to real-life examples. They should also understand how cognitive abilities change with age.

CO4. After completing the course, students should be able to analyze the social and emotional development of individuals across the lifespan, including attachment, identity formation, socialization, and emotional regulation.

CO5. Students should be able to explore how individuals develop their moral and ethical reasoning.

CO6. Students should be able to investigate how gender and culture impact human development. They should understand how cultural and societal norms, as well as gender identity, influence various aspects of growth and development.

CO7. Students should be able to apply their knowledge of developmental psychology to practical, real-world situations. This might include understanding child-rearing practices, educational strategies, and approaches to supporting healthy development in different age groups.

TOPICS/CONTENTS:

Unit-I Adolescence

(12 L)

- 1.1 Physical Development and maturity
- 1.2 Threats in Adolescence
 - i) Sexually Transmitted Diseases and Teenage Pregnancy
 - ii) Substance Abuse (Drugs, Alcohol, Tobacco)
- 1.3 Identity and cognitive development
 - i) Piaget's cognitive development theory

- ii) Information processing Approach
- iii) Marcia's Approach to Identity Development

1.4 Relationships –

- i) Family
- ii) Friends

Unit-II Early Adulthood

(12 L)

2.1 Career and Employment

2.2 Dealing with Life Challenges

- i) Stress and Coping

2.3 Marriage and other relationship choices: Liking and Loving, Happiness seeking Intimacy

2.4 Cognitive development :Sternberg's theory

Unit-III Middle Adulthood

(12 L)

3.1 Physical Development and Health

- i) Physical Changes as per gender differences

- ii) Preventive Health care

3.2 Cognitive development

3.3 Relationships- Marriage, Divorce, Remarriages

3.4 Stress-

- Isolation, unemployment
- Leisure time

Unit-IV Ageing

(12 L)

4.1 Physical Changes

- a) Signs of Ageing
- b) Slowing Reactions
- c) The Senses

4.2 Health and Wellbeing

- a) Physical and Psychological Problems
- b) Importance of Nutrition, Yoga and Exercise

4.3 Daily life of adjustment in Ageing: Abuse

4.4 Process of Dying

References:

- 1) Berk, L. E. (2006). *Child Development. (7 Ed)*. New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 2) Khalane shashikant (2014) *vaikasik manasshatra*, Atharve Publication
- 3) Kumathekar, Borude, (2012). *Vaikasik Manasshastra*, Pune Vidyarthi Gruha Prakashan, Pune.
- 4) Lynn M. Shelly (2014). *Handbook of Psychology: Developmental Psychology, Volume V* Viva Books, New Delhi.
- 5) Martha Lally and Suzanne Valentine-French (2019). *Life span development: a psychological perspective second edition*. Creative commons attribution
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- 16) Jadhav, K. M. (2012). *Vaikasik Manasshastra*, Diamond Publication, Pune.
- 17) *lifespan. (5 Ed)*. McGraw Hill co.

Skill Enhancement Course (SEC) – (2 Credits)**UAPSSEC2: Psychology of Wellness****Learning Objectives:**

- 1) To explore the role of psychology in mental and physical health.
- 2) To understanding stress and coping styles.
- 3) Understanding the various factors associated with pain.
- 4) Understanding quality of life and promoting good health.
- 5) To know the correlation between coping with stress and cognition.
- 6) To introduce students to the field psychology of health and its relevance in everyday life.
- 7) To learn about behavior change and interventions related to health psychology.

Learning Outcomes:

After completing this course students will be able to:

- CO1. Understand psychology of health and reach an introduction to the role of psychology in health.
- CO2. Understand the nature of coping with stress.

- CO3. Understand the various factors associated with health and disease.
CO4. Understanding quality of life and promoting good health.
CO5. Students will be able to apply various theories of psychology of health in daily life.
CO6. Students will be able to relate and understand the current lifestyle changes and the role of stress in life.
CO7. Students will be able to synthesize intervention modules to change habits and reduce stress.
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Unit-I: Coping with Stress (10 L)

- 1.1 Coping with stress – Definition, Nature
1.2 Coping with stress and Cognition
1.3 Helping people cope with stress: Interventions

Unit-II: Management of Pain (10 L)

- 2.1 Theories of Pain
2.2 Measurement of Pain
2.3 Treatment on pains

Unit-III Women's health (10 L)

- 3.1 Abortion, Effects of Abortion on Mental Health
3.2 Pregnancy and Delivery
3.3 Menopause and its effects on women's mental and physical health

References:

1. Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
2. Sarafino, Edward, P. and Smith, Timothy, W. (2012). Health Psychology - Biopsychosocial Interactions (7th ed.). Wiley India Edition.
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Department of Psychology and Yoga
SYBA Syllabus (2022 Pattern)
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S. Y. B. A. YOGA SEM. IV

	Paper Code	Title of the Paper	Credits
Core Course	UAYO241	Hathyog	03

Learning Objectives:

- 1) The students would be able to describe the meaning, definition and need of yoga skills to improve health.
- 2) To understand the yogic principles of healthy life styles.
- 3) To get acquainted the competencies and skills needed to become a professional Yoga resource person.
- 4) The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
- 5) To create interest in students for the practice of yogasanas and meditations.
- 6) To introduce Yoga therapy, its principles and practices of Yoga.
- 7) To Promote Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.

Learning Outcomes:

CO1. Students will gain deeper insight into the curriculum of Yogic Sciences along with the practical applications.

CO2. Create interest in students for the practice of yogasanas and meditations.

CO3. Understand the Yoga therapy, its principles.

CO4. Aware about Positive Health through Yoga.

CO5. Describe the meaning, definition and need of yoga skills to improve health.

CO6. Understand the yogic principles of healthy life styles.

CO7. Acquainted the competencies and skills needed to become a professional Yoga resource person.

TOPICS/CONTENTS:

UNIT 1: Pratham Updesh-I	(07 L)
UNIT 2: Pratham Updesh-II	(08 L)
UNIT 3: Practical	(15 L)

Prayer Asana-

1. Demonstration
2. Whole Part, Whole Method
3. Individual Practice

Standing Posture 1. Tadasan 2. Trikonasan 3. Vrukshasan 4. Padhastasan 5. Ardhatichakrasan 6. Konasan
7. Utkatasan

Sitting Posture 1. Padmasan 2. Vajrasan 3. Yogmudra 4. Pravatasan 5. Swastikasan 6. Ushtrasan
7. Vakrasan 8. Akarn Dhanurasan 9. Gomukhasan 10. Sinhasan

Abdominal Postures-1. Ardhsalbhhasan 2. Bhujangasan 3. Sarpasan 4. Makarasan

Supine Postures-

1. Shavasan 2. Setubandh Sarvangasan 3. Nauksan 4. Vipritkarani 5. Pavanmuktasan 6. Sarvangasan
7. Halasan

Kriya , Pranayam and Meditation

Kriya- 1. Kapalbhati 2. Jalneti **Pranayam-** 1. Ujjai 2. Nadishodhan 3. Bhasrika 4. Bhramari
Meditation- 15 Minutes

References:

1. Agarwal, S. K., Mendhe, S., Rajesh, E., Shinde, V. B. (2023). *Health, Lifestyle Management and Yoga*. AG Publishing House, Indore.
2. Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. Kaivalyadhama Yog Samiti, Lonavala.
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