

Department of Psychology

Discipline Specific Core Course: Psychology

Sem	Theory/ Practical	Course Title	Teaching/ Practical Instruction hour/week	Total Hours/Sem	Duration of Exam in Hours	Assessment Marks			Credits
						Summative	Formative	Total	
V	Theory	Abnormal Psychology	4	60	3	80	20	100	4
	Practical	Abnormal Psychology Lab	4	60	3	40	10	50	2
	OR								
	Theory	Counseling Psychology	4	60	3	80	20	100	4
	Practical	Counseling Psychology Lab	4	60	3	40	10	50	2
	Elective	Health Psychology	4	60	3	80	20	100	3

Syllabus of Under Graduate Course (Psychology) SEP

V Semester DSET- Abnormal Psychology 5.1

Hours : 64

Marks: 80+20

Objectives: To understand the historical background of the Abnormal psychology and to train the students how to identify the Psychological disorder.

Unit-I. Introduction

- A. Kinds of Abnormal Behavior-Scope and value of abnormal Psychology
- B. Cultural Relativism, Unusualness, Discomfort, Mental Illness and Maladaptiveness
- C. Abnormal Psychology and Psychiatry, Abnormal Psychology and General Psychology, Abnormal Psychology and Education and Law

Unit-II. Historical Development of Abnormal Psychology

- A. Torture of Mental Patients-Developmental of Psychiatry-Kinds of Mental Diseases
- B. Human Behavior To-wards The Insane- Clinical Psychology From Mesmer To Jung, Propagation of Hypnotism In England
- C. Contribution of the Nanci School-Charcot's Paris School-Alfred Binet.

Unit-III. Methods of Abnormal Psychology

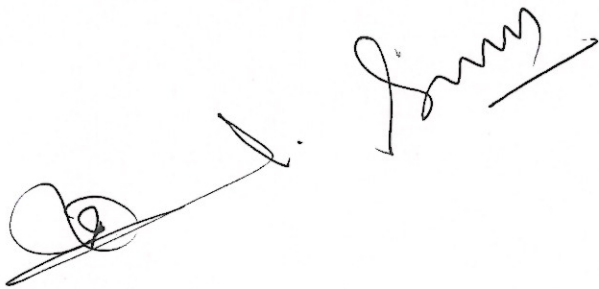
- A. Case History Method, Example-Limitations
- B. Observation Method, Steps-Limitation
- C. Modern Mental-Health Care

Unit-IV. Normal and Abnormal

- A. Characteristics of Normality
- B. Traits of Abnormal Personality
- C. Criteria of Abnormality-Main Forms of Abnormality

READINGS

1. James C.Coleman ()Abnormal pstchology and Modern Life
2. R.n.Sharma (1993).abnormal Psychology, Surjeet Publication,Delhi
3. Nolen-Hoeksema (2005). Abnormal Psychology,Tata McGraw-Hill Publishing Company,New York



Syllabus of Under Graduate Course (Psychology) SEP

V Semester Practical Abnormal Psychology -5.1

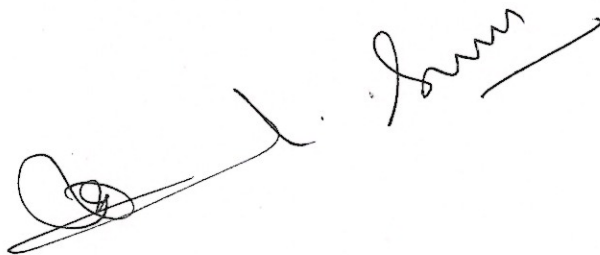
4 Hours : Per week.

Maximum Marks: 40+10

(Minimum 5 Practical to be conducted)

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 (NR 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. STATISTICS: Chi Square

Note: A minimum of 5 practical shall be conducted by each student Practical should be conducted batch wise. In each batch shall consist of 10 students.

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Syllabus of Under Graduate Course (Psychology)

V Semester

DSET-6(A) – Counseling Psychology -5.2

Hours :64

Marks: 80+20

Objectives: To understanding the counselling Process and to lay the groundwork for understanding the use of basic and specialized counselling skills

Unit-I. Counselling

- A. Counselling-Meaning, Definition, Need, Importance, Goals and Uses
- B. Professional ethics, Issues, education and Training of the Counsellor
- C. Important periods in development of Counselling

Unit-II. Counselling Process

- A. Establishing Rapport and Stages of Counselling
- B. Setting goals of Counselling
- C. Counselling Environment

Unit-III. Characteristics Counsellor and Counselee

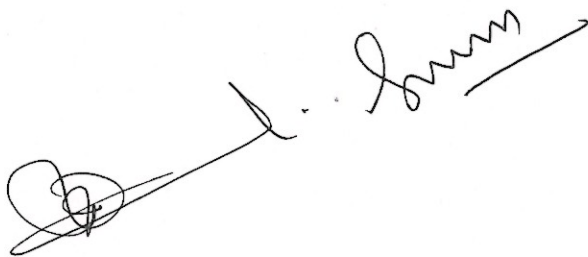
- A. Personality Characteristics and Skills of Counsellor
- B. Counselee-Counsellor Relationship
- C. Interviewing Techniques in Counselling

Unit-IV. Theories and Technique

- A. Psychoanalysis- Sigmund Freud
- B. Humanistic-Roger
- C. Behavioristic approach-Wilpe

READINGS

- 1.S Narayana Rao (2009).Counselling and Guidance, Tata McGraw Hill Publication, NewDelhi
- 2.KrothJ.A(1973). Counselling Psychology and Guidance, Springfield



Syllabus of Under Graduate Course (Psychology) SEP

V Semester Practical Counseling Psychology -5.2

4 Hours : Per week.

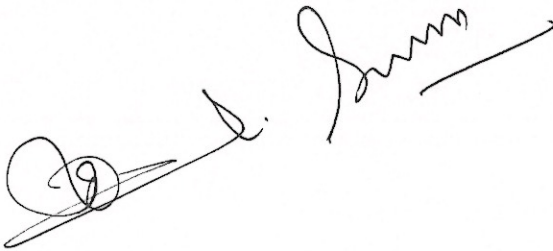
Maximum Marks: 40+10

(Minimum 05 Practical to be conducted)

1. Counseling needs test
2. A report of counseling interview
3. Child problems test
4. General health questionnaire
5. Psychological well-being test
6. Suicidal attitude scale (Gayatri Tiwari and Lidya Ch. Momin
7. Student problems test
8. Occupational preferences test

Note: A minimum of 5 practical shall be conducted by each student

Practical should be conducted batch wise. In each batch shall consist of 10 students.

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V[Semester]

Health Psychology

Hours :60

Marks: 80+20

Objectives: To introduce health Psychology and arrive at the introduction to the models and health promotion.

Unit-I. Introduction

- A. Health Psychology-Meaning, Nature and Scope
- B. Development of Health Psychology and role of Health Psychology, Socio-Cultural Context of Health

Unit-II. Models of health

- A. Bio-Medical Model of Health
- B. Bio-Psycho-Social Models of Health, Belief Model

Unit-III. Health Promotion

- A. Drug and Alcohol Use and Abuse
- B. Smoking, Chewing tobacco and Unsafe Sexual Behavior, development of healthy habits and reduction of unhealthy behavior

Unit-IV. Stress and Health

- A. Stress- Meaning, definition, Nature and types of Stress
- B. Causes and Consequences of Stress, Stress Management Strategies and Role of Social Support

READINGS

1. Friedman.D (1989). Health Psychology, New York, Prentice Hall
2. Marks.D.F.,Murryary (2002). Health Psychology, Sage Publication, New Delhi
- Pestonjee.D.M (1999). Stress and Coping, Sage Publication, New Delhi