



**SAVITRIBAI PHULE PUNE UNIVERSITY**

(Formerly University of Pune)

# **PSYCHOLOGY**

**SYBA Syllabus**

**(CBCS Pattern – To be implemented from 2020-2021)**

## Structure according to CBCS pattern

### SYBA (Semester III and IV)

Semester	Core Courses	Ability Enhancement Compulsory Courses	Skill Enhancement Courses	Discipline Specific Elective Courses	Generic Elective	Credit
	CC	AEC	SEC	DSE	GE	
<b>III</b>	Compulsory English (3)	Environment Science (2)	<b>SEC-1A (3)</b>	<b>DSE-1A (3)</b>		24
	MIL 2 (2)		SEC-2A (2) Value/skill based course	<b>DSE-2A (3)</b>		
	CC-1C (3)					
	CC-2C (3)					
<b>IV</b>	Compulsory English (3)	Environment Science (2)	<b>SEC-1B (3)</b>	<b>DSE-1B (3)</b>		24
	MIL 2 (2)		SEC-2B (2) Value/skill based course	<b>DSE-2B (3)</b>		
	CC-1D (3)					
	CC-2D (3)					
						48

Semester-3	Semester-4
DSE-1A: Psychology of Abnormal Behaviour-1	DSE-1B: Psychology of Abnormal Behaviour-2
DSE-2A : Developmental Psychology	DSE-2B: Theories of Personality
CC/SEC- 1A: Health Psychology	CC/SEC- 1B: Positive Psychology
SEC-2A: Health Promotion Life Skills	SEC-2B: Basic Counselling Skills

### **Semester-3**

#### **DSE-1A: PSYCHOLOGY OF ABNORMAL BEHAVIOR-I**

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

1. acquire the knowledge about the symptoms, diagnostic criteria, and causes of various psychological disorders
2. examine multiple probable causes and correlates of behaviour.
3. understand critiques, limitations, and implications of diagnosis and classification of psychological diseases.
4. create awareness about mental health problems in society.

#### **UNIT-I: Abnormal Psychology: An Overview (12)**

- 1- Abnormality: Meaning, Definition, Nature.
- 2- Historical Background of Abnormality.
- 3- Criteria of abnormal behaviour (Biological, Psychological, Socio-cultural)
- 4- Current Classification Systems: DSM-5 & ICD-10/11 an Overview.

#### **UNIT-II: ANXIETY DISORDERS, OBSESSIVE-COMPULSIVE DISORDERS (OCD), TRAUMA & STRESSOR RELATED DISORDERS (11)**

- 1- Generalized Anxiety Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes.
- 2- Panic & Agoraphobia, Social Anxiety (Phobia): Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Obsessive-Compulsive Disorder and Body Dimorphic Disorders: Nature, Symptoms, Diagnostic Criteria & Causes
- 4- Post-Traumatic Stress Disorder & Acute Stress Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

**UNIT-III: SOMATOFORM AND DISSOCIATIVE DISORDERS (11)**

- 1- Somatic symptoms Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Illness Anxiety Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Conversion Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Dissociative Identity Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

**UNIT-IV: DEPRESSIVE AND BIPOLAR DISORDERS (11)**

- 1- Disruptive Mood Dysregulation Disorder, Major Depressive Disorder: Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Bipolar-I Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 3- Bipolar-II Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Suicide and Cyclothymic Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

## **Books for Reading:**

- American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.
- Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.
- Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning.
- Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version, John Wiley & Sons, Singapore
- Nolen-Hoeksema, S. (2014). Abnormal Psychology. (6th ed.). New York: McGraw-Hill.
- Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education
- Ray, W. J. (2019). Abnormal Psychology, (3rd edi.). SAGE Publications.
- Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).
- World Health Organization. (1992). The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.

### **Semester-3**

#### **DSE-2A: DEVELOPMENTAL PSYCHOLOGY:**

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

- 1: Understand the importance, characteristics and concern in lifespan development
- 2: Understand biological, cognitive, and socio-emotional processes.
3. Understand the periods of development, the significance of age, and discuss developmental issues.
4. Understand Psychoanalytic, Cognitive, Behavioural and Social Cognitive, Ethological, Ecological and Eclectic theories of development
5. Understand methods of data collection and research designs used in Life-span development research

#### **Unit- I: Introduction to Lifespan Development (12)**

- 1- The Life-Span Perspective: The Importance of Studying Life- Span Development, Characteristics of the Life-Span Perspective, Some Contemporary Concerns
- 2- The Nature of Development: Biological, Cognitive, and Socio emotional Processes, Periods of Development, The Significance of Age, Developmental Issues
- 3- Theories of Development: Psychoanalytic Theories, Cognitive Theories, Behavioral and Social Cognitive Theories, Ethological Theory, Ecological Theory, Eclectic Theoretical Orientation
- 4-Research in Life-Span Development: Methods for Collecting Data, Research Designs, Time Span of Research

#### **Unit- II: Biological Beginnings & Prenatal Development (11)**

- 1- Genetic foundation of Development: The Collaborative Genes, Genes and Chromosomes, Genetic Principles, Chromosomal and Gene linked Abnormalities
- 2- Heredity and Environment interaction: The nature × Nurture Debate

3- a) The Teratology and Hazards to prenatal Development

b) Reproductive Challenges and Choices

4- The Course of Prenatal Development and Birth Process

5- Assessing the Newborn

**Unit - III: Infancy**

**(11)**

1- Physical growth and development in infancy

2- Motor, Sensory and Perceptual Development Cognitive Development

3- a) Piaget's Theory of Infant Development

b) Learning, Remembering, and Conceptualizing

4- Language Development

**Unit-IV: Early Childhood**

**(11)**

1- Physical changes, Cognitive Changes

2- a) Piaget's preoperational stages

b) Vygotsky's Theory

3- The Self, Emotional and Moral Development

4- Families, Peer relations and Play

**References:**

- Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- Berk, L. E. (2006). Child Development. (7 Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education
- Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). Human Development
- Dacey, J. S. & Travers, J. F. (2004). Human Development across the lifespan. (5 Ed). McGraw Hill co.
- Feldman, R. S., & Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.
- Kail, R. V. (2007). Children and their Development. (4 Ed). New Jersey: Pearson Education Inc.
- McDevitt, T. M., & Omrod, J. E. (2007). Child Development and Education. (3 Ed). New Jersey: Pearson Education Inc.
- Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12 Ed). McGraw Hill, international Edition
- Santrock, J.W. (2011). Life-Span Development (13th Edition). NY: McGraw Hill.
- Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and



**Semester-3****SEC- 1A: HEALTH PSYCHOLOGY**

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

- 1: Understand health psychology and arrive at the introduction to the role of psychology in health.
- 2: Understand the nature of stress and coping
- 3: Understand various factors related to health and diseases.
- 4: Understand quality of life and promoting the good health.

**Unit-I: An Introduction to Health Psychology****(12)**

- 1- Health Psychology – Definitions, Nature, Aims
- 2- Biopsychosocial Model of Health
- 3- Psychology's Role in Health - Problems in the HealthCare System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals.
- 4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

**Unit-II: Stress and Coping****(11)**

- 1- Stress – Definitions, Nature & Types
- 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 3- Responding to Stress (Physiological, Emotional & Behavioural Response)
- 4- Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

**Unit-III: Chronic Health Problems and Its Management****(11)**

- 1- Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 2- Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression
- 3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS
- 4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)

**Unit-IV: Primary Prevention & Health Promotion****(11)**

- 1- Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 2- Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking.
- 3- Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health
- 4- Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention

**Source Books**

- Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
- Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio psychosocial Interaction (7th ed). Wiley India Edition.
- Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition
- Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

### SEC-2A: Skill Enhancement Courses (SEC) – (2 Credits)

#### Notes:

1. The University Grants Commission has made it compulsory for students to earn two credits from a Skill Enhancement Course (SEC) in each semester second year onwards.
2. It is mandatory for the student to complete one Skill Enhancement Course (SEC) in each semester from Semester III to Semester VI.
3. Skill Enhancement Course (SEC) will have two (2) credits only.

### SEC-2A: Health Promotion Life Skills

#### Unit-I: Hygienic behaviour (10)

- 1- Types of infectious diseases
- 2- Signs and symptoms of infectious diseases
- 3- How to prevent infectious diseases: hygienic habits

#### Unit-II: Relationships

- 1- Interpersonal relationship
- 2- Peer pressure- saying no to drugs, tobacco
- 3- Bullying and its effect

#### Unit-III: Competency Mapping

- 1: Competency mapping: Introduction
- 2: Methods of competency mapping
- 3: Competencies dealing with self-management

#### Ref:

Sanghi Seema (2016). The Handbook of Competency Mapping: Understanding, Designing and Implementing Competency Models in Organizations. Sage

**Semester-4****DSE-1B: PSYCHOLOGY OF ABNORMAL BEHAVIOR-II**

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

1. Learn descriptions, and theories underlying diagnostic nosology of psychiatric disorders.
2. Learn and understand benefits, critiques, limitations, and implications of diagnosis and classification.
3. Help students to acquire the knowledge about the symptoms, diagnostic criteria, and causes of various psychological disorders.
4. Examine multiple probable causes and correlates of behaviour.
5. Create awareness about mental health problems in society.

**UNIT-I: SCHIZOPHRENIA & OTHER PSYCHOTIC DISORDERS****(12)**

- 1- Schizophrenia: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 2- Schizophreniform Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 3- Schizoaffective Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Delusional Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

**UNIT-II: PERSONALITY DISORDERS AND IMPULSE CONTROL DISORDERS (11)**

- 1- Characteristics of Personality Disorder and Gender Differences
- 2- Personality Disorders Characterized by Odd or Eccentric Behavior: Paranoid, Schizoid & Schizotypal - Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Personality Disorders Characterized by Dramatic, Emotional, or Erratic Behavior: Antisocial, Borderline, Histrionic, & Narcissistic - Nature, Symptoms, Diagnostic Criteria & Causes

- 4- Personality Disorders Characterized by Anxious or Fearful Behavior: Avoidant, Dependant, & Obsessive- Compulsive - Nature, Symptoms, Diagnostic Criteria & Causes

**UNIT-III: EATING DISORDERS, SLEEP-WAKE DISORDERS, SEXUAL DISORDERS, SUBSTANCE-RELATED AND ADDICTIVE DISORDERS (11)**

- 1- Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, & Binge- Eating Disorder): Nature, Symptoms, Diagnostic Criteria & Causes
- 2- Sleep-Wake Disorders (Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder, Circadian rhythm sleep-wake Disorder): Nature, Symptoms, Diagnostic Criteria & Causes
- 3- Alcohol Related Disorders (Alcohol use Disorder, Alcohol Intoxication, Alcohol Withdrawal): Nature, Symptoms, Diagnostic Criteria & Causes
- 4- Gambling Disorder, Internet and Cell phone Addiction : Nature, Symptoms, Diagnostic Criteria & Causes

**UNIT-IV: NEURODEVELOPMENTAL DISORDERS (11)**

- 1- Autism Spectrum & ADHD: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 2- Intellectual Disability: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 3- Communication Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes
- 4- Learning Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

## **Books for Reading:**

American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.

Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.

Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning.

Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version, John Wiley & Sons, Singapore

Nolen-Hoeksema, S. (2014). Abnormal Psychology. (6th ed.). New York: McGraw-Hill.

Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education

Ray, W. J. (2019). Abnormal Psychology, (3rd edi.). SAGE Publications.

Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).

World Health Organization. (1992). The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.

**Semester-4****DSE-2B: THEORIES OF PERSONALITY**

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

1. Understand the concept of personality with various theories of personality on the basis of personality psychology.
2. Understand different framework and theoretical aspects of personality.
3. Understand and observe, interpret individual differences in behaviour in the light of sound theoretical systems of personality.
4. Understand comprehensive overview of the major theories personality.

**Unit-I: Introduction to Personality****(12)**

- 1- Nature and Definitions
- 2- Misconceptions, Determinants of personality
- 3- Idiographic and nomothetic approach
- 4- Classification of personality theories

**Unit-II: Psychodynamic perspectives****(11)**

- 1- Introduction to Psychodynamic perspective
- 2- Freud's classical psychodynamic theory
- 3- Jung's Analytical Psychology
- 4- Adler's individual psychology

**Unit-III: Behavioral perspectives (11)**

- 1- Pavlov's classical conditioning
- 2- Skinners operant conditioning
- 3- Bandura's social cognitive theory
- 4- Dollard and Millers stimulus- response theory

**UNIT-IV: Trait & Motivation, Emotion perspectives (11)**

- 1- Allports traits theory, Cattells factor theory
- 2- Eysenck ,Costa &McCrae theory
- 3- Carl Rogers person centered theory
- 4- Motivation and Emotion perspectives
  - Murrays Need theory
  - Lazarus cognitive mediation theory



**Books**

- Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4th Edn. Wiley: India.
- Hall, C.S., Lindzey, G. & Campbell, J. B. (1998). Theories of Personality. New York: John Wiley & Sons.
- Frager, R. & Fadiman, J. (2007). Personality and personal growth. 6th Edn. Pearson Prentice Hall, India.
- McCrae, R.R. & Allik, J. (eds) (2002). Five-factor model across cultures. Dordrecht: Netherlands: Kluwer.
- Mischel, W.; Shoda, Y.; & Smith, R. E. (2004). Introduction to personality. John Wiley & Sons.
- Pervin, L.A. (1996). The science of personality. NY: John Wiley & Co.
- Schultz, D.P & Schultz, E.S. (2005). Theories of personality. Delhi: Thomson Wadsworth.
- Weiten, W. and Lloyd, M. Indian Edition 8th (2007). Psychology applied to modern life: Adjustment in the 21st century. Thomson

**Semester-4****SEC- 1B: POSITIVE PSYCHOLOGY**

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

1. Understand how the positive psychology as the science of happiness, human strengths, positive aspects of human behavior and 'psychology of well-being.'
2. How we lead our lives, find happiness and satisfaction, and face life's challenges.
3. How positive psychology has become an evolving mosaic of research and theory from many different areas of psychology.

**Unit-I: Meaning, Definition and Nature of Positive Psychology (12)**

1. Definitions and Nature of Positive Psychology.
2. Traditional Psychology, Assumptions and Goals of Positive Psychology.
3. Fields of Positive Psychology.
4. The Nun study: Living longer with positive emotions.

**Unit-II: Happiness and the Facts of Life (11)**

1. Psychology of well-being. Positive affect and Meaningful Life
2. Subjective Well-being: Hedonic basis of happiness.
3. Self-Realization: The Eudaimonic basis of happiness
4. Happiness Across the Life Span, Gender and happiness, Marriage and happiness, other facts of life.

**Unit-III: Positive Emotions, Wellbeing and Resilience (11)**

1. What are positive emotions? The Broaden and Build Theory of Positive Emotions.
2. Positive Emotions and Health Resources: Physical, Psychological and Social Resources.
3. Positive emotions & well-being, Flow experiences and Savoring.
4. What is resilience? Perspectives of Resilience, Resilience Research, Growth through Trauma.

**Unit-IV: Personal Goals, Positive Traits and Life above Zero. (11)**

1. What are personal goals? The Search for Universal Human Motives, Materialism and its discontents.
2. What makes a trait positive? Personality, Emotions and Biology.
3. Positive beliefs, Virtue and Strengths of Character.
4. Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.

**Books for Reading:**

Badgujar, Chudaman, & Warkhede, Prabhakar (2016) Sakaratmak Manasashatra, Prashant Publications, Jalgaon.

Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology: Pearson Education.

Carr, Alan (2007). Positive Psychology: The science of human happiness and human strengths. Routledge, Taylor and Francis Group-London.

Csikzentmihalyi, Mihaly (1990) Flow: The Psychology of Optimal Experience, Harper Perennial.

Garcia, Hector., & Mirrales. Francesc. (2017) IKIGAI-The Japanese Secret to a Long and Happy Life, Hutchinson London.

Frankl, Viktor E. (1988). The Will to Meaning: Foundations and Applications of Logotherapy. Meridian/Plume

Frankl, Viktor E. (2000) Man's Search for Ultimate Meaning, Basic Books.

Shinde, Vishwanath (2016). Sakaratmak Manasashatra, Diamond Publications, Pune.

Snyder, C. R., & Lopez, S. J., & Pedrotti, J. T (2011) Positive Psychology: The Scientific and Practical Explorations of Human Strengths, Sage Publications India Pvt Ltd.

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**SEC-2B: Skill Enhancement Courses (SEC) – (2 Credits)**

## Notes:

1. The University Grants Commission has made it compulsory for students to earn two credits from a Skill Enhancement Course (SEC) in each semester second year onwards.
2. It is mandatory for the student to complete one Skill Enhancement Course (SEC) in each semester from Semester III to Semester VI.
3. Skill Enhancement Course (SEC) will have two (2) credits only.

**SEC-2B: Basic Counselling Skills****Unit-I: Introduction of counselling**

- 1- Counselling process: counselors and helpers
- 2- What are basic counseling skills?
- 3- Helping relationship and helping process

**Unit-II: Counselling skills**

- 1- Starting, structuring and summarizing
- 2- Facilitating problem solving
- 3- Improving clients feedback

**Unit-III: Considerations in counseling**

- 1- Ethical issues and dilemmas
- 2- Multicultural and gender aware helping
- 3- Getting support and being supervised

## Ref.:

Richard Nelson-Jones (2012). Basic counseling skills: A helper's manual (3<sup>rd</sup> edition). Sage