

St. Xavier's College (Autonomous),
Mumbai



Syllabus of the courses offered by the
Department of
(2018-19)

Contents:

Theory Syllabus for Course:

APSY101 INTRODUCTION TO PSYCHOLOGY I

FYBA

Course: APSY101

Title: Introduction to Psychology I

Learning Objectives:

1. To orient students to psychology as a science.
2. To understand contrasting perspectives in psychological approaches.
3. To introduce students to the basic biological, motivational and emotional bases of behaviour related to areas of Psychology.
4. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
5. To expose students to a blend of theory and research in the core biological and motivational areas of Psychology.

Number of lectures: 60

UNIT 1 Perspectives in Psychology (15 lectures)

- History and definition
- Classic approaches (with emphasis on Freud's theory of personality)
- Contemporary approaches to understanding humans
- Areas of specialization
- Professionals in the field

UNIT 2 The Science of Psychology (15 lectures)

- Research methods(Quantitative & Qualitative)
- Non-experimental methods
- The experimental method and designs
- Ethics in research
- Statistics in psychological research

UNIT 3 Behavioural Neuroscience (15 lectures)

- The structure and functions of the brain
- Neurons and types of neurotransmitters
- Diseases related to both neuron and the brain structure

- The endocrine glands
- Sensation: vision, audition, taste, smell, touch

UNIT 4 Perception (15 lectures)

- Attention and perception
- Perceptual organization
- Perceptual constancies and illusions
- Depth perception
- Plasticity of perception
- Contemporary issues and applications
- ESP

List Of Recommended Reference Books

1. Baron, Robert A.; Misra, Girishwar & Kalsher, Michael J.: Psychology. (5th ed.) Noida. Pearson India Education Services Pvt. Ltd, 2016. 978-93-325-5854-0--(150Bar/Mis)
2. Ciccarelli, Saundra K. & White, J. Noland: Psychology. Noida. Pearson India Education Services Pvt. Ltd, 2016, 2016. 978-933257944-6--(150CIC/NOL)
3. Coon, Dennis & Mitterer, John O.: Introduction to psychology : Gateways to mind and behavior. (12th ed.) Belmont. Wadsworth Publishing Company, 2010. 0-495-59912-3--(150Coo/Mit)
4. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
5. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
6. Gazzaniga, Michael; Heatherton, Todd & Halpern, Diane: Psychological science. (5th ed.) New Work. W.W. Norton & Company, 2016. 978-0-393-93749-7--(150Gaz)
7. Kalat, James W.: Biological psychology. (11th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2526-5--(152Kal)
8. Lahey, Benjamin B.: Psychology : an introduction. (10th ed.) New York. Mcgraw-Hill Higher Education, 2009. 0-07-128000-6--(150Lah)

9. Morgan, Clifford T.; King, Richard A.; Weisz, John R. & Schopler, John: Introduction to psychology. (7th ed. Indian reprint) New Delhi. Tata McGraw Hill Publishing Company Limited, 1986(1993). 0-07-462250-1--(150MOR)
 10. Myers, David G.: Psychology. (10th ed.) New York. Worth Publishers, 2013. 978-1-4292-6178-4--(150Mye)
 11. Passer, Michael W. & Smith, Ronald E.: Psychology : The science of Mind and Behavior. (5th ed.) New York. Mcgraw-Hill Companies, Inc., 2011. 0-07-122164-1--(150Pas/Smi)
 12. Wertheimer, Michael: A brief history of psychology. (5th ed.) New York. Psychology Press, 2014. 978-1-84872-875-2--(150.9Wer)
 13. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise: The world of psychology. (7th ed.) Boston. Allyn And Bacon, Inc., 2011. 0-205-76373-1--(150Woo)
 14. Zimbardo, Philip G., Johnson, Robert L. & McCann, Vivian : Psychology : Core concepts. (6th ed.) Boston. Pearson Education, Inc., 2009. 0-205-54788-5--(150Zim)
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Contents:

Theory Syllabus for Course:

APSY201 INTRODUCTION TO PSYCHOLOGY II

FYBA

Course: APSY201

Title: Introduction to Psychology II

Learning Objectives:

1. To orient students to psychology as a science.
2. To understand contrasting perspectives in psychological approaches.
3. To introduce students to the basic biological, motivational and emotional bases of behaviour related to areas of Psychology.
4. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
5. To expose students to a blend of theory and research in the core biological and motivational areas of Psychology.

Number of lectures: 60

UNIT 1 Motivation and Emotion (15 lectures)

- Nature of motivation
- Theories of motivation
- Basic physiological motives (hunger, thirst, sex, pain avoidance, sleep)
- Learned social motives (affiliation, power)
- Components (physiological, behavioural & cognitive aspects)
- Theories of emotions
- Basic emotions
- Emotional intelligence

UNIT 2 Intelligence, Thinking and Language (15 lectures)

- Concept and theories of intelligence
- Measurement of intelligence
- Levels of intelligence
- Nature nurture controversy
- Cognition and Problem Solving
- Creative Thinking

- Language

UNIT 3 Learning (15 lectures)

- Nature of learning
- Classical conditioning
- Operant conditioning
- Cognitive learning
- Social learning

UNIT 4 Memory (15 lectures)

- Models of memory
- Working memory
- Long term memory
- Forgetting
- Improving memory

List Of Recommended Reference Books

1. Baron, Robert A.; Misra, Girishwar & Kalsher, Michael J.: Psychology. (5th ed.) Noida. Pearson India Education Services Pvt. Ltd, 2016. 978-93-325-5854-0--(150Bar/Mis)
2. Ciccarelli, Saundra K. & White, J. Noland: Psychology. Noida. Pearson India Education Services Pvt. Ltd, 2016, 2016. 978-933257944-6--(150CIC/NOL)
3. Coon, Dennis & Mitterer, John O.: Introduction to psychology : Gateways to mind and behavior. (12th ed.) Belmont. Wadsworth Publishing Company, 2010. 0-495-59912-3--(150Coo/Mit)
4. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
5. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
6. Gazzaniga, Michael; Heatherton, Todd & Halpern, Diane: Psychological science. (5th ed.) New Work. W.W. Norton & Company, 2016. 978-0-393-93749-7--(150Gaz)

7. Kalat, James W.: Biological psychology. (11th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2526-5--(152Kal)
8. Lahey, Benjamin B.: Psychology : an introduction. (10th ed.) New York. Mcgraw-Hill Higher Education, 2009. 0-07-128000-6--(150Lah)
9. Morgan, Clifford T.; King, Richard A.; Weisz, John R. & Schopler, John: Introduction to psychology. (7th ed. Indian reprint) New Delhi. Tata McGraw Hill Publishing Company Limited, 1986(1993). 0-07-462250-1--(150MOR)
10. Myers, David G.: Psychology. (10th ed.) New York. Worth Publishers, 2013. 978-1-4292-6178-4--(150Mye)
11. Passer, Michael W. & Smith, Ronald E.: Psychology : The science of Mind and Behavior. (5th ed.) New York. Mcgraw-Hill Companies, Inc., 2011. 0-07-122164-1--(150Pas/Smi)
12. Wertheimer, Michael: A brief history of psychology. (5th ed.) New York. Psychology Press, 2014. 978-1-84872-875-2--(150.9Wer)
13. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise: The world of psychology. (7th ed.) Boston. Allyn And Bacon, Inc., 2011. 0-205-76373-1--(150Woo)
14. Zimbardo, Philip G., Johnson, Robert L. & McCann, Vivian : Psychology : Core concepts. (6th ed.) Boston. Pearson Education, Inc., 2009. 0-205-54788-5--(150Zim)

Contents:

Theory Syllabus for Courses:

APSY301 SOCIAL PSYCHOLOGY I

APSY302 DEVELOPMENTAL PSYCHOLOGY I

SYBA

Course: APSY301

Title: Social Psychology I

Learning Objectives:

1. To ensure understanding of Social Psychology
2. To acquaint students with classic and contemporary research in Social Psychology
3. To further students' knowledge of basic research methodology
4. To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
5. To introduce students to the link between Social Psychology and Personality

Number of lectures: 45

UNIT 1 THE INDIVIDUAL AND THE GROUP (15 lectures)

- An orientation to social psychology
 - Research methodology
 - Theoretical approaches
- Social Influence
 - Compliance
 - Destructive Obedience
 - Conformity
- Group processes
 - Social Facilitation
 - Deindividuation
 - Group Decision Making
 - Co-operation v/s Competition and Conflict Resolution

UNIT 2 PROSOCIAL BEHAVIOUR (15 lectures)

- Prosocial Behavior and related concepts
- Bystander Effect
- Determinants of Prosocial Behavior

- Theories of Altruism
- Antisocial Behavior

UNIT 3 SOCIAL PERCEPTION

(15 lectures)

- Concept of Attribution
- Theories of Attribution
- Errors and Biases in Attribution
- Impression Formation

List of Recommended Reference Books

1. Aronson, Elliot; Wilson, Timothy D. & Akert, Robin M.: Social psychology. (7th ed.) Boston. Prentice Hall, 2010. 0-13-814478-8--(302Aro)
2. Baron, Robert A. & Branscombe, Nyla R.: Social psychology. (13th ed.) Delhi . Pearson Education Inc. , 2015. 978-93-325-3790-3--(302Bar/Bra)
3. Baumeister, Roy F. & Bushman, Brad J.: Social psychology and human nature. Belmont. Thomson Wadsworth, 2008. 0-534-63832-5--(302Bau/Bus)
4. DeLamater, John D. & Myers, Daniel J.: Social psychology. (6th ed.) Belmont. Thomson Wadsworth, 2007. 0-495-09336-X--(302DeL/Mye)
5. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
6. Franzoi, Stephen L.: Social psychology. (5th ed.) Boston. Mcgraw-Hill Book Company , 2009. 0-07-337059-2--(302Fra)
7. Gilovich, Thomas; Keltner, Dacher; Chen, Serena & Nisbett, Richard E.: Social psychology. (4th ed.) New York. W.W. Norton & Company, 2016. 978-0-393-93896-8--(302Gil)
8. Kenrick, Douglas T.; Neuberg, Steven L. & Cialdini, Robert B.: Social psychology : Goals in interaction. (4th ed.) Boston. Pearson Education, Inc., 2007. 0-205-49395-5--(302Ken)
9. Myers, David G.: Social psychology. (10th ed.) New York. Mcgraw-Hill, 2010. 0-07-108800-8--(302Mye)

10. Taylor, Shelley E.; Peplau, Letitia Anne & Sears, David O.: Social psychology. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2006. 81-317-0393-2-- (302TAY)

11. Sanderson, Catherine A.: Social psychology. Wiley India Pvt Ltd, New Delhi, 2011.

SYBA

Course: APSY302

Title: Developmental Psychology I

Learning Objectives:

1. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
2. To inculcate knowledge of developmental milestones from conception to death.
3. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
4. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
5. To introduce students to the link between developmental psychology and personality.

Number of lectures: 45

**UNIT 1 AN INTRODUCTION TO DEVELOPMENTAL PSYCHOLOGY
(15 lectures)**

- An orientation to lifespan development
- Theoretical perspectives (emphasis on Erikson)
- Research methods
- Prenatal development and environmental factors
- Birth and complications

UNIT 2 INFANCY & TODDLERHOOD (15 lectures)

- Early reflexes and motor development
- Development of the senses
- Cognitive development
- Language development
- Emotional development and communication with caregivers
- Temperament
- Autonomy and the emergence of self
- Role of parents and attachment

UNIT 3 EARLY CHILDHOOD (15 lectures)

- Bodily growth and motor skills
- Cognitive development and language
- Identity (self and gender)
- Parenting
 - forms of discipline
 - encouraging altruism

- reducing fearfulness
- aggression in childhood
- maltreatment

List of Recommended Reference Books

1. Berk, Laura E.: Development through the lifespan. (3rd ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2007. 81-317-0894-2--(155BER)
2. Cook, Joan Littlefield & Cook, Greg: Child development : Principles and perspectives. (2nd ed.) Boston. Pearson Education, Inc., 2009. 0-205-49406-4--(155.4Coo/Coo)
3. Dacey, John S., Travers, John F. & Fiore, Lisa: Human development across the lifespan. (7th ed.) Boston. Mcgraw-Hill Book Company, 2009. 0-07-128398-6--(155Dac)
4. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
5. Feldman, R.S.: Discovering the lifespan, Pearson Prentice Hall, 2014.
6. Kail,R. V., Cavanaugh, J. C.: Essentials of Human Development (2nd ed.). Cengage Learning, 2016.
7. McDevitt, Teresa & Ormrod, Jeanne Ellis: Child development and education. (4th ed.) Upper Saddle River. Pearson Education, Inc, 2010. 0-13-713383-9--(155.4McD/Orm)
8. Newman, B. M., Newman, P. R.: Development through life: A psychosocial approach. (13th ed.) Cengage Learning, 2016.
9. Papalia, Diane E.; Olds, Sally Wendkos & Feldman, Ruth Duskin: Human development. (9th Ed.) Boston. McGraw-Hill Higher Education, 2004. 0-07-121501-8--(155PAP)
10. Santrock, John W.: Life-span development. (13th ed.) New York. Mcgraw-Hill Companies, Inc., 2011. 0-07-122169-6--(155San)

11. Santrock, J.W.: Educational Psychology (2nded). Tata McGraw Hill, 2007.

- Falling in and out of love
- Personality theory (with a social psychological orientation)

List of Recommended Reference Books

1. Aronson, Elliot; Wilson, Timothy D. & Akert, Robin M.: Social psychology. (7th ed.) Boston. Prentice Hall, 2010. 0-13-814478-8--(302Aro)
2. Baron, Robert A. & Branscombe, Nyla R.: Social psychology. (13th ed.) Delhi . Pearson Education Inc. , 2015. 978-93-325-3790-3--(302Bar/Bra)
3. Baumeister, Roy F. & Bushman, Brad J.: Social psychology and human nature. Belmont. Thomson Wadsworth, 2008. 0-534-63832-5--(302Bau/Bus)
4. DeLamater, John D. & Myers, Daniel J.: Social psychology. (6th ed.) Belmont. Thomson Wadsworth, 2007. 0-495-09336-X--(302DeL/Mye)
5. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
6. Franzoi, Stephen L.: Social psychology. (5th ed.) Boston. Mcgraw-Hill Book Company , 2009. 0-07-337059-2--(302Fra)
7. Gilovich, Thomas; Keltner, Dacher; Chen, Serena & Nisbett, Richard E.: Social psychology. (4th ed.) New York. W.W. Norton & Company, 2016. 978-0-393-93896-8--(302Gil)
8. Kenrick, Douglas T.; Neuberg, Steven L. & Cialdini, Robert B.: Social psychology : Goals in interaction. (4th ed.) Boston. Pearson Education, Inc., 2007. 0-205-49395-5--(302Ken)
9. Myers, David G.: Social psychology. (10th ed.) New York. Mcgraw-Hill, 2010. 0-07-108800-8--(302Mye)
10. Taylor, Shelley E.; Peplau, Letitia Anne & Sears, David O.: Social psychology. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2006. 81-317-0393-2--(302TAY)

11. Sanderson, Catherine. A.: Social psychology. Wiley India Pvt Ltd, New Delhi, 2011.

SYBA

Course: APSY402

Title: Developmental Psychology II

Learning Objectives:

1. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
2. To inculcate knowledge of developmental milestones from conception to death.
3. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
4. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
5. To introduce students to the link between developmental psychology and personality.

Number of lectures: 45

UNIT 1 ADOLESCENCE (15 lectures)

- Physical development, puberty, health
- Cognitive development & abstract thought
- Emotional issues, depression, suicide
- Social development, relationships family and friends
- Sexuality
- Challenges /issues

UNIT 2 EARLY & MIDDLE ADULTHOOD (15 lectures)

- Cognitive development in early adulthood
- Psychosocial development in early adulthood
- Parenting as a developmental experience
- Mid life transition / changes
- Challenges & issues in middle adulthood

UNIT 3 LATE ADULTHOOD

(15 lectures)

- Physical & cognitive changes
- Social & emotional challenges
- Death, bereavement & grief
- Geriatric care & services with emphasis on Indian context
- Policies and legal laws that protect the elderly in the city

List of Recommended Reference Books

- Berk, Laura E.: Development through the lifespan. (3rd ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2007. 81-317-0894-2--(155BER)
 - Cook, Joan Littlefield & Cook, Greg: Child development : Principles and perspectives. (2nd ed.) Boston. Pearson Education, Inc., 2009. 0-205-49406-4--(155.4Coo/Coo)
 - Dacey, John S., Travers, John F. & Fiore, Lisa: Human development across the lifespan. (7th ed.) Boston. Mcgraw-Hill Book Company, 2009. 0-07-128398-6--(155Dac)
- Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
- Feldman, R.S (2014) Discovering the lifespan. Pearson Prentice Hall.
 - Kail,R. V., Cavanaugh, J. C. (2016) Essentials of Human Development (2nd ed.). Cengage Learning.
 - McDevitt, Teresa & Ormrod, Jeanne Ellis: Child development and education. (4th ed.) Upper Saddle River. Pearson Education, Inc, 2010. 0-13-713383-9--(155.4McD/Orm)
 - Newman, B. M., Newman, P. R. (2016) Development through life: A psychosocial approach. (13th ed.) Cengage Learning.
 - Papalia, Diane E.; Olds, Sally Wendkos & Feldman, Ruth Duskin: Human development. (9th Ed.) Boston. McGraw-Hill Higher Education, 2004. 0-07-121501-8--(155PAP)
 - Santrock, John W.: Life-span development. (13th ed.) New York. Mcgraw-Hill Companies, Inc., 2011. 0-07-122169-6--(155San)
 - Santrock, J.W. (2007) Educational Psychology (2nded). Tata McGraw Hill.

Contents:

Theory (and Practical) Syllabus for Courses: (all revised in 2017)

APSY501 Psychometrics and Statistics I

APSY502 Abnormal Psychology I

APSY503 Industrial Organizational Psychology I

APSY504 Cognitive Psychology I

APSY505 Psychology Practicals I

APSY506 Insight Oriented Counseling (revised in 2018)

TYBA

Course: APSY501

Title: Psychometrics and Statistics I

Learning Objectives:

1. To ensure understanding of the nature, uses, technical features, and process of
2. construction of psychological tests
3. To highlight the distinction between testing and assessment
4. To facilitate awareness of the application of psychometrics to intelligence
5. To develop skills in the uses and applications of statistics to the behavioral sciences
6. To create a foundation for advanced learning of psychological testing, assessment, and statistics
7. To introduce students to the link between psychometrics and personality

Number of lectures: 60

UNIT 1 Psychological Testing and Assessment (15 lectures)

- Historical Perspectives
- Distinction between Testing and Assessment
- Assumptions about Testing and Assessment
- Criteria of a Good Psychological Test

UNIT 2 Reliability (15 lectures)

- The concept of Reliability
- Reliability estimates –Various methods
- Reliability and individual scores
- Using and interpreting a reliability coefficient

UNIT 3 Validity (15 lectures)

- The concept of Validity
- Content Validity
- Construct Validity
- Criterion-related Validity

UNIT 4 Univariate Statistics (measures of central tendency, location, dispersion)

(15 lectures)

- Variables and Scales of measurement
- Tabulation Techniques
- Graphical Representations
- Central tendency - Calculation, merits, limitations, and uses
- Location – Calculation, merits, limitations, and uses
- Dispersion – Calculation, merits, limitations, and uses

List of Recommended Reference Books

1. Aiken, Lewis R. & Groth-Marnat, Gary: Psychological testing and assessment. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2011. 978-81-317-2811-6-- (150.287Aik/Gro)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4-- (150.287ANA/URB)
3. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)

4. Gregory, Robert J.: Psychological testing : History, principles, and applications. (6th ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-78214-7--(150.287Gre)
5. Garrett, Henry E.: Statistics in psychology and education. Delhi. Surjeet Publications, 2008.--(519.502415Gar)
6. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Exercises in psychological testing. (2nd ed.) Boston. Pearson Education, Inc., 2009. 978-0-205-60989-5--(150.287Hol)BOOK
7. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Data sets for Exercises in psychological testing. Boston. Pearson Education, Inc., 2009.--(150.287Hol) CD with the Book
8. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological assessment and theory : creating and using psychological tests. (8th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2076-5--(150.287Kap/Sac)
9. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological testing : Principles, applications, and issues. (6th ed.) Sydney. Wadsworth Publishing Company, 2005. 81-315-0209-0--(150.287Kap/Sac)
10. Mangal, S.K.: Statistics in psychology and education. (Reprint) New Delhi. Tata McGraw-Hill Publishing Co. Ltd., 1987(1993). 0-07-451629-9--(150.7253MAN)
11. Miller, Leslie A.; Lovler, Robert L. & McIntire, Sandra A.: Foundations of psychological testing : a practical approach. (4th ed.) London. Sage Publications Ltd., 2013. 978-1-4522-1990-5--(150.287Mil)
12. Urbina, Susana: Essentials of psychological testing. (2nd ed.) Hoboken. John Wiley & Sons, Inc., 2014. 978-1-118-68048-3--(150.287Urb)

TYBA

Course: APSY502

Title: Abnormal Psychology I

Learning Objectives:

1. To ensure understanding of important concepts of abnormal psychology.
2. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
3. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
4. To increase awareness about mental health problems in society.
5. To understand the issues related to diagnosis and labelling.
6. To introduce students to the link between abnormal psychology and personality.
7. To create a foundation for higher education and a professional career in clinical psychology.

Number of lectures: 60

UNIT 1 AN INTRODUCTION TO ABNORMAL PSYCHOLOGY

(15 lectures)

- Concept and criteria of abnormal behaviour
- Historical and Contemporary views of Abnormal Behaviours
- Clinical assessment
- Theoretical approaches to understanding causal factors

UNIT 2 ANXIETY AND RELATED DISORDERS

(15 lectures)

- Phobias
- Panic disorder
- Generalized anxiety disorder
- Obsessive compulsive disorder
- Post traumatic stress disorder
- Causal factors of anxiety disorders
- Treatments and outcomes of anxiety disorders

8. Whitbourne, Susan Krauss & Halgin, Richard P.: Abnormal psychology : clinical perspectives on psychological disorders. (7th ed. Indian edition) New Delhi. McGraw Hill Education (India) Private Ltd., 2015. 978-93-392-2324-3--(616.89Hal/Whi)
9. Nolen-Hoeksema, Susan: Abnormal psychology. (3rd Ed.) New Delhi. Tata McGraw-Hill Publishing Company Limited, 2005. 0-07-060084-8--(616.8NOL)
10. Oltmanns, T. F., & Emery, R. E.: Abnormal Psychology. 6th ed., Pearson Prentice Hall, New Jersey, 2010.
11. Sarason, Irwin G. & Sarason, Barbara R.: Abnormal psychology: the problem of maladaptive behavior. (11th Ed.) New Delhi. Prentice-Hall of India Private Limited, 2005. 81-203-2663-6--(616.89SAR/SAR)

TYBA

Course:APSY503

Title: Industrial Organizational Psychology I

Learning Objectives:

1. To ensure understanding of important concepts, processes and issues in the field of Industrial-Organizational psychology.
2. To inculcate knowledge of different facets of organizational functioning.
3. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
4. To prepare students with soft skills for effectiveness in the corporate world.
5. To introduce students to the link between I-O psychology and personality.
6. To gain insight into the association between theory and practice in the field of I-O psychology.

7. To create a foundation for higher education and for a professional career in I-O psychology.

Number of lectures: 45

UNIT 1

1. **INDUSTRIAL ORGANIZATIONAL PSYCHOLOGY (AN INTRODUCTION)AND EMPLOYEE SELECTION** (15 lectures)
 - The field of I-O psychology
 - Job analysis
 - Recruitment
 - Selection techniques
 - Fair employment practices and ethical issues

UNIT 2

2. **EVALUATING AND IMPROVING EMPLOYEE PERFORMANCE** (18 lectures)
 - Understanding performance and the need for appraisal
 - Process and Techniques of evaluating employee performance
 - Sources of errors & bias and ways to improve the process
 - Determining Training Needs
 - Training methods
 - Psychological issues and motivation for training
 - Transfer of training

UNIT 3

3. **LEADERSHIP** (12 lectures)
 - Personal characteristics associated with leadership
 - Interaction between the leader and the situation
 - Specific leader skills
 - Cultural and gender differences

List of Recommended Reference Books

1. Aamodt, Michael. G.(2015) Industrial/ Organizational psychology. An applied approach (8th ed.) Delhi. Cengage Learning India Private Limited. 2015.

2. Aamodt, Michael G.: Industrial psychology. (7th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-1914-1--(158.7Aam)
3. Kozlowski, Steve W.J.: The Oxford handbook of organizational psychology, vol.2. [ed. by] New York. Oxford University Press, 2014. 978-0-19-99828-6--(158.7KOZ)
4. Landy, Frank.: Work in the 21st Century: An Introduction to Industrial and Organizational Psychology (4th edition), John Wiley & Sons, 2014
5. .Luthans, Fred: Organizational behavior. (12th ed.) New Delhi. Tata McGraw Hill Publishing Company Limited, 2011. 978-007-128939-9--(158.7Lut)
6. Lumley, Maryvonne, Wilkinson, James.: Developing Employability for Business, Oxford University Press, 2014
7. .Robbins, Stephen P.; Judge, Timothy A. & Vohra, Neharika: Organizational behavior. (15th ed.) Delhi . Pearson Education Inc. , 2013. 978-93-325-0033-4--(158Rob)
8. Rao, M. S.: Soft Skills - Enhancing Employability: Connecting Campus with corporate. I K International Publishing House Pvt. Ltd., 2011.
9. Schultz, Duane P. & Schultz, Sydney Ellen: Psychology and work today : an introduction to industrial and organizational psychology. (10th ed.) Boston. Prentice Hall, 2010. 0-205-68358-4--(158.7Sch/Sch)
10. Spector, Paul, E.: Industrial and Organizational Psychology: Research and Practice, 7th Edition, Wiley, 2016.

TYBA

Course: APSY504

Title: Cognitive Psychology I

Learning Objectives:

1. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes.
2. To provide a balanced knowledge base of theory and research in cognitive psychology
3. To highlight the neuropsychological basis of cognition.
4. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general.
5. To create a foundation for higher education and a career in cognitive psychology.
6. To introduce students to the link between cognitive psychology and personality.

Number of lectures: 60

**UNIT 1 AN INTRODUCTION TO COGNITIVE PSYCHOLOGY AND
NEUROCOGNITION (15 lectures)**

- Definitions of Cognition, Cognitive Psychology. Cognitive Science
- History of Cognitive Psychology
- The Cognitive Revolution and Current Trends
- Paradigms of Cognitive Psychology
- Research Methods in Cognitive Psychology
- Structure of the Brain - Basic Anatomy
- Basic Neurology
- Localization and lateralization of Function
- Brain Imaging techniques

UNIT 2 FORMING AND USING NEW MEMORY TRACES (15 lectures)

- Metaphors of Memory
- Sensory Memory
- Short Term Memory
- Working Memory and Executive Functioning
- Neurological Studies of Memory Processes

**UNIT 3 RETRIEVING MEMORY FROM LONG TERM STORAGE

(15 lectures)**

- Taxonomy of LTM
- Mnemonic Devices

- The Traditional View of LTM
- The Levels of Processing View
- Amnesia

UNIT 4 MEMORY FOR GENERAL KNOWLEDGE (15 lectures)

- The Semantic – Episodic Distinction
- Semantic Memory Models
- Implicit v/s Explicit Memory
- Schemata, Scripts, and the Propositional Approach
- Bandura’s Social Cognitive Theory

List of Recommended Reference Books

1. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th edition) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
2. Coxon, Matthew: Cognitive Psychology : critical thinking in Psychology. London. Sage Publications Ltd, 2012. 978-0-85725-522-8--(153Cox)
3. Galotti, Kathleen M.: Cognitive psychology : in and out of the laboratory. (4th ed.) Belmont. Wadsworth, 2008. 978-0-495-09968-0--(153Gal)
4. Hunt, R. Reed & Ellis, Henry C.: Fundamentals of cognitive psychology. (7th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061594-2--(153HUN/ELL)
5. Kellogg, Ronald T.: Fundamentals of cognitive psychology. (2nd ed.) New Delhi. Sage Publications India Pvt Ltd, 2012. 978-81-321-1017-0--(153Kel)
6. Levitin, Daniel J.: Foundations of cognitive psychology . (2nd ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-71147-5--(153Lev)
7. Robinson-Riegler, Gregory & Robinson-Riegler, Bridget: Cognitive psychology : applying the science of the mind. (2nd ed.) New Delhi. Pearson Education, 2008. 81-317-1876-6--(153Rob/Rob)
8. Smith, Edward E. & Kosslyn, Stephen M.: Cognitive psychology : mind and brain. (Indian Ed.) Noida. Pearson India Education Services Pvt. Ltd, 2015. 978-93-325-5045-2--(153Smi/Kos)
9. Solso, Robert L.; MacLin, Otto H. & MacLin, M. Kimberly: Cognitive psychology.

(8th ed.) New Delhi . Dorling Kindersley (India) Pvt. Ltd., 2014. 978-93-325-3673-9-
-(153Sol)

10. Srinivasan, Narayanan; Gupta, A.K. & Pandey, Janak: Advances in cognitive science.
Volume 1, [ed. by] New Delhi. Sage Publications, 2008.
81-7829-814-6--(153A.C.S.)

11. Sternberg, R.J.: Applied Cognitive Psychology: Perceiving, Learning, and
Remembering. Cengage learning India, New Delhi, 2009.

TYBA

Course: APSY505

Title: Psychology Practicals I

Learning Objectives:

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics

1. Neurocognition
2. Forming and using new memory traces
3. Retrieving memory from long term storage
4. Memory for general knowledge
5. Personality / interest Test

(6 lectures per week, per batch of 8 students)

Number of lectures: 90

List of Recommended Reference Books

1. Adams, John; Khan, Hafiz T.A. & Raeside, Robert: Research methods for business and social science students. (2nd ed.) New Delhi. Sage Publication India Pvt. Ltd., 2014. 978-81-321-1366-9--(001.42Ada)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)
3. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th ed.) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
4. Bryman, Alan: Social research methods. (3rd edition) Oxford . Oxford University Press, 2008. 0-19956287-3--(001.42Bry)
5. Francis, Greg, Neath, Ian & Van Horn, Daniel R.: CogLab on a CD. [version 2.0] Belmont. Thomson Higher Education, 2008. 0-495-09064-6--(153.072Coglab 2.0)
6. Francis, Greg., Neath, Ian: COGLAB 5 on line version. Cengage Learning, 2015.
7. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
8. Galotti, K.M.: Cognitive Psychology in and out of the Lab. (5th ed.). Sage Publication, 2013.
9. Hammond, Michael & Wellington, Jerry: Research methods : the key concepts. Oxon. Routledge, 2013(2015). 978-0-415-59983-2--(001.42Ham/Wel)

10. Harris, Peter: Designing and reporting experiments in psychology. (2nd Ed.)
Buckingham. Open University Press, 2002. 0-335-20146-6--(150.724HAR)
11. Kothari, C.R.: Research methodology : methods and techniques. (2nd ed. reprint)
New Delhi. Wishwa Prakashan, 2004(2011). 81-224-1522-9--(001.422KOT)
12. Myers, Anne., Hansen, Christine. (2011) Experimental Psychology, 7th edition,
Wadsworth Publishing.
13. Ramadass, P. & Aruni, A. Wilson: Research and writing : across the disciplines.
Chennai. MJP Publishers, 2014. 978-81-8094-068-2--(001.4Ram/Aru)
14. Shaughnessy, John J. & Zechmeister, Eugene B.: Research methods in psychology.
(2nd ed.) New York. Mcgraw-Hill Publishing Company, 1990. 0-07-100929-9--
(150.72SHA/ZEC)
15. Steinberg, Wendy J.: Statistics alive!. Los Angles. Sage Publications, 2008.
141295659-5--(519.5Ste)

For Vth Semester Applied Course in
Psychology
(June 2018 onwards)

Contents:

APSY506 Insight Oriented Counseling

TYBA

Course: APSY506

Title: Insight Oriented Counseling Psychology

Learning Objectives:

1. To develop understanding of important concepts, processes and issues in the field of counseling psychology.
2. To inculcate knowledge and comprehension regarding the rationale, goals and techniques of psychodynamic counseling approaches.
3. To facilitate insight into the use and application of counseling with children and adolescents.
4. To introduce students to the link between personality theory and therapy.
5. To establish a foundation for a professional career in counseling psychology.

7. Leong, Frederick T.L.: Encyclopedia of counseling, Volume 1: Changes and challenges for counseling in the 21st century. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
8. Leong, Frederick T.L.: Encyclopedia of counseling; Volume 2 : Personal and emotional counseling. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
9. McLeod, John: An introduction to counselling. (3rd ed.) Jaipur. Rawat Publications, 2008. 81-316-0177-3--(158.3McL)
10. Nelson-Jones, Richard: Basic counselling skills : a helper's manual . (3rd ed.) New Delhi. Sage Publications India Pvt. Ltd., 2012. 978-81-321-0999-0--(158.3Nel)
11. Okun, Barbara F. & Kantrowitz, Ricki E.: Effective helping : Interviewing and counseling techniques. (7th ed.) Belmont. Thomson Higher Education, 2008. 0-495-00625-4--(158.3Oku/Kan)
12. Patel, Vikram., Aronson, Lisa., Divan, Gauri: A school counsellor casebook. Byword Books, 2013
13. Seligman, L., Reichenberg, L.: Theories of Counselling and Psychotherapy Pearson Education India, 2015
14. Welfel, Elizabeth Reynolds & Patterson, Lewis E.: Counseling process : a multi-theoretical integrative approach. (6th Ed.) Singapore. Thomson Learning, 2005. 0-534-64032-X--(158.3WEL/PAT)
15. Yalom, I. D. & Leszcz, M.: The Theory & Practice of Group Psychotherapy. Basic Books. New York, 2008.

References can be updated by the concerned teacher as and when required

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Contents:

Theory (and Practical) Syllabus for Courses: (all revised in 2017)

APSY601 Psychometrics and Statistics II

APSY602 Abnormal Psychology II

APSY603 Industrial Organizational Psychology II

APSY604 Cognitive Psychology II

APSY605 Psychology Practicals II

APSY606 Action Oriented Counseling (revised in 2018)

TYBA

Course: APSY601

Title: Psychometrics and Statistics II

Learning Objectives:

1. To ensure understanding of the nature, uses, technical features, and process of
2. construction of psychological tests
3. To highlight the distinction between testing and assessment
4. To facilitate awareness of the application of psychometrics to intelligence
5. To develop skills in the uses and applications of statistics to the behavioral sciences
6. To create a foundation for advanced learning of psychological testing, assessment, and statistics
7. To introduce students to the link between psychometrics and personality

Number of lectures: 60

UNIT 1

1. Test Development

(15 lectures)

- Test conceptualization
- Test construction
- Test tryout
- Item analysis
- Test revision

UNIT 2

2. Measurement of Intelligence (15 lectures)

- Definitions of Intelligence
- Theories of Intelligence
- The Stanford-Binet Intelligence Scales
- The Wechsler Tests of Intelligence

UNIT 3

3. Assessment of Personality (15 lectures)

- Definitions of Personality
- Trait Theories of Personality
- Approaches to Personality Assessment
- Projective methods of Personality Assessment

UNIT 4

(15 lectures)

4. Normal Distribution, Inference and Correlation

- Characteristics, importance and applications of the Normal Distribution
- Areas under the Standard Normal Curve and Z-scores
- Basics of Statistical Inference
- The t distribution and its uses in tests of hypothesis
- Correlations (scatter grams, types, calculation, interpretation, limitations)

List of Recommended Reference Books

1. Aiken, Lewis R. & Groth-Marnat, Gary: Psychological testing and assessment. (12th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd, 2011. 978-81-317-2811-6-- (150.287Aik/Gro)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4-- (150.287ANA/URB)
3. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)

4. Gregory, Robert J.: Psychological testing : History, principles, and applications. (6th ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-78214-7--(150.287Gre)
5. Garrett, Henry E.: Statistics in psychology and education. Delhi. Surjeet Publications, 2008.--(519.502415Gar)
6. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Exercises in psychological testing. (2nd ed.) Boston. Pearson Education, Inc., 2009. 978-0-205-60989-5--(150.287Hol)BOOK
7. Hollis-Sawyer, Lisa A.; Thornton, George C.; Hurd, Brian & Condon, Margaret E.: Data sets for Exercises in psychological testing. Boston. Pearson Education, Inc., 2009.--(150.287Hol) CD with the Book
8. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological assessment and theory : creating and using psychological tests. (8th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-2076-5--(150.287Kap/Sac)
9. Kaplan, Robert M. & Saccuzzo, Dennis P.: Psychological testing : Principles, applications, and issues. (6th ed.) Sydney. Wadsworth Publishing Company, 2005. 81-315-0209-0--(150.287Kap/Sac)
10. Mangal, S.K.: Statistics in psychology and education. (Reprint) New Delhi. Tata McGraw-Hill Publishing Co. Ltd., 1987(1993). 0-07-451629-9--(150.7253MAN)
11. Miller, Leslie A.; Lovler, Robert L. & McIntire, Sandra A.: Foundations of psychological testing : a practical approach. (4th ed.) London. Sage Publications Ltd., 2013. 978-1-4522-1990-5--(150.287Mil)
12. Urbina, Susana: Essentials of psychological testing. (2nd ed.) Hoboken. John Wiley & Sons, Inc., 2014. 978-1-118-68048-3--(150.287Urb)

Title: Abnormal Psychology II

Learning Objectives:

1. To ensure understanding of important concepts of abnormal psychology.
2. To acquaint students with classic and contemporary theories and issues in abnormal psychology.
3. To impart knowledge and understanding of the different psychological disorders with respect to symptoms, diagnosis, causes and treatment.
4. To increase awareness about mental health problems in society.
5. To understand the issues related to diagnosis and labelling.
6. To introduce students to the link between abnormal psychology and personality.
7. To create a foundation for higher education and a professional career in clinical psychology.

Number of lectures: 60

UNIT 1. DEVELOPMENTAL & COGNITIVE DISORDERS (15 lectures)

- Pervasive developmental disorders (Autism Aspergers, Mental Retardation, Learning disabilities)
- Anxiety disorders (Separation Anxiety Encopresis, Enuresis, Selective Mutism Tics)
- Other disorders (ADHD, ODD, Conduct disorder)
- Cognitive disorders (Dementia, Parkinson's, Alzheimer's)
- Inclusion (Disability Act 2016, Maharashtra)

UNIT 2. SOMATOFORM & PERSONALITY DISORDERS (15 lectures)

- Nature and types of somatoform disorders
- Causes
- Types of personality disorders (Cluster A, Cluster-B, Cluster-C)

UNIT 3. MOOD DISORDERS & SUICIDE (15 lectures)

- Types (Unipolar disorders, Bipolar disorders)
- Depressions not classified as mood disorders
- Theories & specifiers of depression
- Causal factors of mood disorders
- Suicide (types, causes, interventions, gender differences)

UNIT 4. OVERVIEW OF TREATMENT & ISSUES (15 lectures)

- Pharmacological approaches
- Psychological approaches with emphasis on Carl Rogers's theory of personality
- Deinstitutionalization v/s Homelessness
- Legal issues (The JJBACT 2015 India, commitment, assessment of dangerousness)
- Contemporary issues (The Insanity Defence NGRI v/s GBMI)
- The Mental Health Bill (2016)

List of Recommended Reference Books

1. Alloy, Lauren B. , Riskind, John H. & Manos, Margaret J.: Abnormal psychology: current perspectives. (9th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061587-X--(616.89ALL)
2. American Psychiatric Association: Diagnostic and statistical manual of mental disorders : DSM-5. (5th ed.) New Delhi. CBS Publishers & Distributors Pvt. Ltd., 2017. 978-93-86217-96-7--(616.89075014DSM-5)
3. Barlow, D.H., Durand, V.M.: Abnormal Psychology: An Integrative Approach. (4th ed.). Wadsworth Cengage Learning, New Delhi, 2005.
4. Beidel, D. C., Bulik, C. M., Stanley, M.A. (2010). Abnormal Psychology. Pearson Prentice Hall, New Jersey.
5. Butcher, James N.; Mineka, Susan M. & Hooley, Jill M.: Abnormal psychology. (15th ed.) New Delhi. Dorling Kindersley (India) Pvt. Ltd. , 2015. 978-93-325-1898-8--(616.89CAR/BUT)
6. Carson, R. C., Butcher, J. N., Mineka, S., Hooley, J. M. : Abnormal Psychology. (14th ed.) Pearson Education, India, 2011.
7. Dhanda, Amita: Legal order and mental disorder. New Delhi. Sage Publications, 2000. 81-7036-789-1--(344.044Dha)
8. Whitbourne, Susan Krauss & Halgin, Richard P.: Abnormal psychology : clinical perspectives on psychological disorders. (7th ed. Indian edition) New Delhi. McGraw Hill Education (India) Private Ltd., 2015. 978-93-392-2324-3--(616.89Hal/Whi)
9. Nolen-Hoeksema, Susan: Abnormal psychology. (3rd Ed.) New Delhi. Tata McGraw-Hill Publishing Company Limited, 2005. 0-07-060084-8--(616.8NOL)

10. Oltmanns, T. F., & Emery, R. E.: Abnormal Psychology. 6th ed., Pearson Prentice Hall, New Jersey, 2010.
11. Sarason, Irwin G. & Sarason, Barbara R.: Abnormal psychology : the problem of maladaptive behavior. (11th Ed.) New Delhi. Prentice-Hall of India Private Limited, 2005. 81-203-2663-6--(616.89SAR/SAR)

TYBA

Course:APSY603

Title: Industrial Organizational Psychology II

Learning Objectives:

1. To ensure understanding of important concepts, processes and issues in the field of Industrial-Organizational psychology.
2. To inculcate knowledge of different facets of organizational functioning.
3. To develop critical thinking and application skills with respect to the subject matter of psychology in the context of work.
4. To prepare students with soft skills for effectiveness in the corporate world.
5. To introduce students to the link between I-O psychology and personality.
6. To gain insight into the association between theory and practice in the field of I-O psychology.
7. To create a foundation for higher education and for a professional career in I-O psychology.

Number of lectures:45

UNIT 1 Work Motivation and Satisfaction

(15 lectures)

- Motivation, personality and performance
- Maslow's theory of personality

- Employee values and expectations
- Goal setting, Feedback, Rewards
- Employee satisfaction and commitment

UNIT 2 Organization of the Organization (15 lectures)

- Organizational structures and systems
- Organizational change
- Organizational development interventions
- Organizational culture and socialization
- Technological change and organizational structure

**UNIT 3 Handling Stress in the workplace and developing competencies
(15 lectures)**

- Sources of stress
- Consequences of stress
- Work family balance
- Stress management interventions
- Work ethic and life skills training

List of Recommended Reference Books

1. Aamodt, Michael. G.: Industrial/ Organizational psychology. An applied approach (8th ed.) Delhi. Cengage Learning India Private Limited, 2015.
2. Aamodt, Michael G.: Industrial psychology. (7th ed.) Delhi. Cengage Learning India Private Limited, 2013(2015). 978-81-315-1914-1--(158.7Aam)
3. Kozlowski, Steve W.J.: The Oxford handbook of organizational psychology, vol.2. [ed. by] New York. Oxford University Press, 2014. 978-0-19-99828-6--(158.7KOZ)
4. Landy, Frank.: Work in the 21st Century: An Introduction to Industrial and Organizational Psychology (4th edition), John Wiley & Sons, 2013.
5. Luthans, Fred: Organizational behavior. (12th ed.) New Delhi. Tata McGraw Hill Publishing Company Limited, 2011. 978-007-128939-9--(158.7Lut)
6. Lumley, Maryvonne, Wilkinson, James: Developing Employability for Business, Oxford University Press, 2014.

7. Robbins, Stephen P.; Judge, Timothy A. & Vohra, Neharika: Organizational behavior. (15th ed.) Delhi . Pearson Education Inc. , 2013. 978-93-325-0033-4--(158Rob)
8. Rao, M. S.: Soft Skills - Enhancing Employability: Connecting Campus with corporate. I K International Publishing House Pvt. Ltd., 2011.
9. Schultz, Duane P. & Schultz, Sydney Ellen: Psychology and work today : an introduction to industrial and organizational psychology. (10th ed.) Boston. Prentice Hall, 2010. 0-205-68358-4--(158.7Sch/Sch)
10. Spector, Paul, E.: Industrial and Organizational Psychology: Research and Practice, 7th Edition, Wiley, 2016.

TYBA

Course: APSY604

Title: Cognitive Psychology II

Learning Objectives:

1. To ensure understanding of the fundamental concepts of cognitive psychology and the basic cognitive processes

2. To provide a balanced knowledge base of theory and research in cognitive psychology
3. To highlight the neuropsychological basis of cognition
4. To develop critical thinking and application skills with respect to the subject matter of cognitive psychology and life in general
5. To create a foundation for higher education and a career in cognitive psychology
6. To introduce students to the link between cognitive psychology and personality

Number of lectures: 60

UNIT 1 **Reconstructive Nature of Memory **(15 lectures)****

- The Seven Sins of Memory
- Autobiographical Memories of Ordinary Events
- Flashbulb Memories
- Recovered v/s False Memories
- Eyewitness Memory

UNIT 2 **Attention and Perception **(15 lectures)****

- Multiple meanings of Attention
- Selective Attention
- Automaticity and the effects of Practice
- Divided Attention
- Gestalt approach to Perception
- Bottom – up Processes and Top – Down Processes
- Disruptions of Perception, Visual Agnosias

UNIT 3 **Reasoning and Problem Solving **(15 lectures)****

- Types of Reasoning
- Patterns of Reasoning Performance – Formal Logic
- Three Approaches to the Study of Reasoning
- Neurological evidence on Reasoning
- The two sides of the Problem Solving Coin

UNIT 4 **Decision Making and Language **(15 lectures)****

- Phases of Decision Making
- Cognitive Illusions in Decision Making
- Utility and Descriptive Models of Decision Making
- Subsystems of Language
- Language - Comprehension, Production, and Cognition

List of Recommended Reference Books

1. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th edition) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
2. Coxon, Matthew: Cognitive Psychology : critical thinking in Psychology. London. Sage Publications Ltd, 2012. 978-0-85725-522-8--(153Cox)
3. Galotti, Kathleen M.: Cognitive psychology : in and out of the laboratory. (4th ed.) Belmont. Wadsworth, 2008. 978-0-495-09968-0--(153Gal)
4. Hunt, R. Reed & Ellis, Henry C.: Fundamentals of cognitive psychology. (7th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061594-2--(153HUN/ELL)
5. Kellogg, Ronald T.: Fundamentals of cognitive psychology. (2nd ed.) New Delhi. Sage Publications India Pvt Ltd, 2012. 978-81-321-1017-0--(153Kel)
6. Levitin, Daniel J.: Foundations of cognitive psychology . (2nd ed.) Boston. Pearson Education, Inc., 2011. 978-0-205-71147-5--(153Lev)
7. Robinson-Riegler, Gregory & Robinson-Riegler, Bridget: Cognitive psychology : applying the science of the mind. (2nd ed.) New Delhi. Pearson Education, 2008. 81-317-1876-6--(153Rob/Rob)
8. Smith, Edward E. & Kosslyn, Stephen M.: Cognitive psychology : mind and brain. (Indian Ed.) Noida. Pearson India Education Services Pvt. Ltd, 2015. 978-93-325-5045-2--(153Smi/Kos)
9. Solso, Robert L.; MacLin, Otto H. & MacLin, M. Kimberly: Cognitive psychology. (8th ed.) New Delhi . Dorling Kindersley (India) Pvt. Ltd., 2014. 978-93-325-3673-9--(153Sol)
10. Srinivasan, Narayanan; Gupta, A.K. & Pandey, Janak: Advances in cognitive science. Volume 1, [ed. by] New Delhi. Sage Publications, 2008. 81-7829-814-6--(153A.C.S.)
11. Sternberg, R.J.: Applied Cognitive Psychology: Perceiving, Learning, and Remembering. Cengage learning India, New Delhi, 2009.

TYBA

Course: APSY605

Title: Psychology Practicals II

Learning Objectives:

- 1) To provide experiential learning in the basics of psychological research methodology.
- 2) To facilitate understanding of the key concepts of hypotheses, variables, controls, and designs at the core of laboratory experiments.
- 3) To develop skills in observation, experimentation, data analysis, and report writing.
- 4) To provide training in administration, scoring, and interpretation of psychological tests.
- 5) To enhance interest in the process of scientific inquiry and the development of an analytical perspective.
- 6) To create a foundation for higher education and a career in psychological research.

Four Experiments and one test from the following topics

1. Attention and Perception
2. Reconstructive Nature of Memory
3. Reasoning and Problem Solving
4. Decision Making and Language
5. Intelligence / aptitude Test

(6 lectures per week, per batch of 8 students)

Number of lectures: 90

List of Recommended Reference Books

1. Adams, John; Khan, Hafiz T.A. & Raeside, Robert: Research methods for business and social science students. (2nd ed.) New Delhi. Sage Publication India Pvt. Ltd., 2014. 978-81-321-1366-9--(001.42Ada)
2. Anastasi, Anne & Urbina, Susana: Psychological testing. (7th ed. reprint) Delhi. Pearson Education (Singapore) Pte. Ltd., 1997(2002). 81-7808-620-4--(150.287ANA/URB)
3. Ashcraft, Mark H. & Radvansky, Gabriel R.: Cognition. (5th ed.) Upper Saddle River. Pearson Education Inc., 2010. 0-13-605046-8--(153Ash//Rad)
4. Bryman, Alan: Social research methods. (3rd edition) Oxford . Oxford University Press, 2008. 0-19956287-3--(001.42Bry)
5. Francis, Greg, Neath, Ian & Van Horn, Daniel R.: CogLab on a CD. [version 2.0] Belmont. Thomson Higher Education, 2008. 0-495-09064-6--(153.072Coglab 2.0)
6. Francis, Greg., Neath, Ian: COGLAB 5 on line version. Cengage Learning, 2015.
7. Cohen, Ronald Jay & Swerdlik, Mark E.: Psychological testing and assessment : an introduction to tests and measurement. (7th ed.) Boston. Mcgraw-Hill Higher Education, 2010. 007-127223-0--(150.287Coh/Swe)
8. Galotti, K.M.: Cognitive Psychology in and out of the Lab. (5th ed.). Sage Publication, 2013.
9. Hammond, Michael & Wellington, Jerry: Research methods : the key concepts. Oxon. Routledge, 2013(2015). 978-0-415-59983-2--(001.42Ham/Wel)
10. Harris, Peter: Designing and reporting experiments in psychology. (2nd Ed.) Buckingham. Open University Press, 2002. 0-335-20146-6--(150.724HAR)
11. Kothari, C.R.: Research methodology : methods and techniques. (2nd ed. reprint) New Delhi. Wishwa Prakashan, 2004(2011). 81-224-1522-9--(001.422KOT)

12. Myers, Anne., Hansen, Christine: Experimental Psychology, 7th edition, Wadsworth Publishing, 2011.
13. Ramadass, P. & Aruni, A. Wilson: Research and writing : across the disciplines. Chennai. MJP Publishers, 2014. 978-81-8094-068-2--(001.4Ram/Aru)
14. Shaughnessy, John J. & Zechmeister, Eugene B.: Research methods in psychology. (2nd ed.) New York. Mcgraw-Hill Publishing Company, 1990. 0-07-100929-9--(150.72SHA/ZEC)
15. Steinberg, Wendy J.: Statistics alive!. Los Angles. Sage Publications, 2008. 141295659-5--(519.5Ste)

List of Recommended Reference Books

1. Corey, Gerald: Theory and practice of counseling and psychotherapy. (10th Ed.) Pacific Grove. Brooks/Cole Publishing Company, 2013.
2. Capuzzi, David & Gross, Douglas R.: Introduction to the counseling profession. (5th ed.) New Jersey. Pearson Education, Inc., 2009. 978-0-205-59177-0--(158.3Cap/Gro)
3. Dryden, Windy & Reeves, Andrew: Key issues for counselling in action. (2nd ed.) Los Angeles. Sage Publications, 2008. 1-4129-4699-5--(158.3Dry/Ree)
4. Fuster, J.M.: Personal counselling. (8th ed.) Bombay. Better Yourself Books, 1998.--(158.3FUS)
5. Gladding, Samuel T.: Counseling : a comprehensive profession. (7th ed.) Delhi. Pearson Education Inc. , 2015. 978-93-325-1895-7--(158.3Gla)
6. Kapur, Malavika : Counselling children with psychological problems. Pearson, 2017
7. .Leong, Frederick T.L.: Encyclopedia of counseling, Volume 1: Changes and challenges for counseling in the 21st century. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
8. Leong, Frederick T.L.: Encyclopedia of counseling; Volume 2 : Personal and emotional counseling. [ed. by] Thousand Oaks. Sage Publications, Inc, 2008. 1-4129-0928-0--(158.303E.C.)
9. McLeod, John: An introduction to counselling. (3rd ed.) Jaipur. Rawat Publications, 2008. 81-316-0177-3--(158.3McL)
10. Nelson-Jones, Richard: Basic counselling skills : a helper's manual . (3rd ed.) New Delhi. Sage Publications India Pvt. Ltd., 2012. 978-81-321-0999-0--(158.3Nel)
11. Okun, Barbara F. & Kantrowitz, Ricki E.: Effective helping : Interviewing and counseling techniques. (7th ed.) Belmont. Thomson Higher Education, 2008. 0-495-00625-4--(158.3Oku/Kan)
12. Patel, Vikram., Aronson, Lisa., Divan, Gauri: A school counsellor casebook. Byword Books, 2013
13. Seligman, L., Reichenberg, L.: Theories of Counselling and Psychotherapy Pearson Education India, 2015
14. Welfel, Elizabeth Reynolds & Patterson, Lewis E.: Counseling process : a multi-theoretical integrative approach. (6th Ed.) Singapore. Thomson Learning, 2005. 0-534-64032-X--(158.3WEL/PAT)
15. Yalom, I. D. & Leszcz, M.: The Theory & Practice of Group Psychotherapy. Basic Books.New York, 2008.

References can be updated by the concerned teacher as and when required

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Contents:

Theory Syllabus for Course:

SSPC401.6 CROSS FACULTY COURSE

PSYCHOLOGY OF RELATIONSHIPS

SYBSc

Course:SSPC401.6

Title: Psychology of Relationships

Learning Objectives:

1. To give science students an introduction to Psychology as a science.
2. To stimulate interest in Psychology by emphasizing relevant applications of psychology in everyday life.
3. To expose students to a blend of theory and research and applications in the field of communication and relationships.
4. To sensitize students to the importance of effective interpersonal communication and meaningful personal relationships.
5. To experience some of the dynamics underlying the process of interpersonal relationships.
6. To apply the principles and guidelines from the course to effective interpersonal communication and relationships in their personal lives.

Number of lectures: 45

UNIT 1

- 1. Interpersonal communication and conflict** **(15 lectures)**
- An orientation to psychology as a science
 - Process of interpersonal communication
 - Nonverbal communication
 - Communication problems
 - Effective communication
 - Interpersonal conflict

UNIT 2

- 2. Friendship and Love** **(15 lectures)**
- Development of relationships
 - Friendship
 - Romantic love
 - The internet & relationships
 - Overcoming loneliness

UNIT 3

- 3. Marriage and intimate relationships** **(15 lectures)**
- Deciding to marry
 - Vulnerable areas in marital adjustment
 - Becoming a sexual person
 - The human sexual response
 - Practical issues in sexual activity (intimate violence, contraception etc)

List Of Recommended Reference Books

1. Davis, Stephen F.; Palladino, Joseph J. & Christopherson, Kimberly M.: Psychology. (7th ed.) Boston. Pearson Education Inc., 2013. 978-0-205-84684-9--(150Dav)
2. Dwyer, D.: Interpersonal Relationships, Routledge, UK, 2012.
3. Feldman, Robert S.: Understanding psychology. (10th ed.) New York. Mcgraw-Hill, 2011. 0-07-122147-4--(150Fel)
4. Duffy, Karen Grover; Kirsh, Steven J. & Atwater, Eastwood: Psychology for living : adjustment, growth and behaviour today. (10th ed.) Boston. Prentice Hall, 2011. 0-205-79036-4--(155.24Duf)
5. Moritsugu, J., Vera, E. M. (2016) Psychology of Adjustment: The Search for Meaningful Balance. Sage Publications
6. Nevid, J. S., Rathus, S. A.: Psychology and the Challenges of Life: Adjustment and Growth, 13 ed. Wiley, 2016.
7. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: Psychology applied to modern life : adjustment in the 21st century. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)
8. Guerrero, L. K., Anderson, P. A., Afifi, W. A.: Close Encounters: Communication in Relationships (4th ed.) Sage, 2017.

Contents:

Theory Syllabus for Courses:

AAC301 APPLIED COMPONENTS

AAC301.8 PSYCHOLOGY OF ADJUSTMENT I

AAC301.9 PSYCHOLOGY OF GENDER I

Title: Psychology of Adjustment I (POA)

Learning Objectives:

1. To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
2. To expose students to a blend of theory and research and applications in the field of adjustment.
3. To create improved self awareness and to thus facilitate better life decisions and constructive coping with life's challenges.
4. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
5. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
6. To introduce students to the link between psychology of adjustment and personality.

Number of lectures: 60

UNIT 1 ADJUSTING TO MODERN LIFE

(15 lectures)

- The psychology of adjustment
- The scientific approach to behavior
- The paradox of progress
- The search for direction (and key concepts of existentialism)
- Personal control and Learned optimism
- Decision making and goal setting

UNIT 2 THE SELF

(15 lectures)

- Self-concept
- Self-esteem
- Self-perception
- Self-regulation
- Self-concept and personal growth

UNIT 3 STRESS AND ITS EFFECTS

(15 lectures)

- Nature of stress
- Types of stress
- Responding to stress
- Effects of stress
- Stress tolerance

UNIT 4

COPING PROCESSES

(15 lectures)

- The concept of coping (defensive and constructive)
- Coping patterns of limited value
- Appraisal focused constructive coping
- Problem focused constructive coping
- Emotion focused constructive coping

List of Recommended Reference Books

1. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
2. Greenberg, Jerrold S.: Comprehensive stress management. (8th Ed.) Boston. Mcgraw-Hill Higher Education, 2004. 0-07-255707-9--(155.9042GRE)
3. Kirsch, S. J.; Duffy, K. G.; Atwater, E.: Psychology for Living: Adjustment, Growth, and Behavior Today ,11th Edition, Pearson, 2013.
4. Moritsugu, J., Vera, E. M.: Psychology of Adjustment: The Search for Meaningful Balance. Sage Publications 2016
5. Nevid, J. S., Rathus, S. A.: Psychology and the Challenges of Life: Adjustment and Growth, 13 ed. Wiley, 2016
6. Schafer, Walt: Stress management for wellness. (4th Ed.) Belmont. Thomson Learning Inc., 2000. 0-15-507943-3--(155.9042SCH)
7. Snyder, C.R. & Lopez, Shane J.: Positive psychology : The scientific and practical explorations of human strengths. New Delhi. Sage Publications India Pvt. Ltd., 2008. 81-7829-924-2--(150.19Sny/Lop)
8. Taylor, Shelley E.: Health psychology. (6th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061569-1--(616.89TAY)
9. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: Psychology applied to modern life : adjustment in the 21st century. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)

SYBA

Course: AAC301.9

Title: Psychology of Gender I (POG)

Learning Objectives:

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

Number of lectures: 60

UNIT 1 INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN

(15 lectures)

- Concepts related to gender and sexuality
- Cultural Differences in the construal of gender
- Myths and Stereotypes related to Gender
- Ethics of Sexual Reassignment (Case Studies)

UNIT 2 THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER (15 lectures)

- Psychoanalytic theories and Jung's analytic theory
- Cognitive development theories
- Social learning theories
- Research methodology
- Problems encountered in the study of sex and gender

UNIT 3 GENDER: IMAGES IN POPULAR CULTURE (15 lectures)

- Images in Mass Media
- The Problem of Pornography
- Education and Sensitization

UNIT 4 COMMUNICATION FRIENDSHIPS AND ROMANTIC RELATIONSHIPS (15 lectures)

- Interaction Styles in Childhood and Adulthood
- Verbal and Non-verbal aspects of Communication
- Development of Relationships
- Maintenance of Relationships
- Emerging Trends in Relationships

List of Recommended Reference Books

1. Crawford, Mary & Unger, Rhoda: Women and gender : a feminist psychology. (4th ed.) Boston. McGraw-Hill Higher Education, 2004. 0-07-282107-8--(155.633CRA/UNG)
2. Davar, Bhargavi V.: Mental health from a gender perspective. [ed. by] New Delhi. Sage Publications, 2001. 81-7036-955-X--(155.633DAV)
3. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
4. Gauntlett, David: Media, gender and identity : An introduction. Abingdon. Routledge, 2002. 0-415-18960-8--(302.23Gau)

5. Giles, David: Media psychology. New Jersey. Lawrence Erlbaum Associates, Publishers, 2003. 0-8058-4048-6--(302.2Gil)
6. Helgeson: Psychology of Gender. Pearson Education, 2009.
7. Helgeson, V.: Psychology of Gender. (5th ed.). Routledge, 2016.
8. Kosut, Mary: Encyclopedia of Gender in media. [ed. by] Thousand Oaks, California. Sage Publications, Inc., 2012. 978-1-4129-9079-0--(302.23081Kos)
9. Letherby: Feminist Research in Theory and Practice. Tata McGraw Hill, 2009.
10. Lips, Hilary M.: A new psychology of women : gender, culture, and ethnicity. (3rd ed.) Boston. The McGraw-Hill Companies, Inc., 2006. 0-07-299785-0--(155.333Lip)
11. Lips, Hilary M.: Gender : the basics. Oxon. Routledge, 2015. 978-0-415-68954-0--(305.3Lip)
12. Merry, Sally Engle: Human rights and gender violence : Translating international law into local justice. (Indian reprint) New Delhi. Oxford University Press, 2009. 0-19-569920-3--(364.1555Mer)
13. Magnusson, E., Marecek, J.:Gender and Culture in Psychology: Theories and Practices. Cambridge University Press, 2012.
14. Mukhopadhyay, Maitrayee & Meer, Shamim: Creating voice and carving space : redefining governance from a gender perspective. Amsterdam. Royal Tropical Institute, 2004. 90-6832-725-9--(305.420954Muk/Mee)
15. Paludi, Michele A.: Preager guide to the psychology of gender. [Ed. by] (Indian ed.) Westport. Greenwood Publishing Group, Inc, 2004(2005). 0-275-98244-0--(155.33Pal)
16. Siann, G.: Gender, Sex and Sexuality: Contemporary Psychological Perspectives. Taylor and Francis, 2013.

Contents:

Theory Syllabus for Courses:

AAC401 APPLIED COMPONENT

AAC401.8 PSYCHOLOGY OF ADJUSTMENT II (revised in 2018)

AAC401.9 PSYCHOLOGY OF GENDER II (revised in 2017)

SYBA

Course: AAC401.8

Title: Psychology of Adjustment II

PSYCHOLOGY OF ADJUSTMENT II

Learning Objectives:

1. To develop understanding of important concepts regarding the challenges of adjustment in everyday life.
2. To expose students to a blend of theory and research and applications in the field of adjustment.
3. To increase self awareness and to thus facilitate life decisions and constructive coping with life's challenges.

4. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
5. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
6. To introduce students to the link between psychology of adjustment and personality.

Number of lectures: 60

UNIT 1 Work and Careers (15 lectures)

- The changing world of work
- Choosing a career
- Person-environment fit
- Coping with occupational hazards
- Balancing work and others spheres of life
- Preparing for a job selection interview

UNIT 2 Love and Commitment (15 lectures)

- Meeting people and making friends
- Romantic love
- The internet and relationships
- Marital adjustment
- Interpersonal communication & conflict

UNIT 3 Sexuality (15 lectures)

- Key aspects of sexual identity
- The human sexual response
- Sexual expressions and patterns
- Practical issues in sexual activity (e.g. Contraception, STDs, intimate violence etc.)

UNIT 4 Mental Well being and Positive Psychology (15 lectures)

- Promoting wellness and holistic health
- Anxiety related disorders
- Depression and suicide
- Positive Psychology

List of Recommended Reference Books

1. Ellis, Albert; Abrams, Mike & Abrams, Lidia D.: Personality theories : Critical perspectives. Los Angeles. Sage Publications, 2009. 1-4129-7062-4--(155.2Ell)
2. Greenberg, Jerrold S.: Comprehensive stress management. (8th Ed.) Boston. Mcgraw-Hill Higher Education, 2004. 0-07-255707-9--(155.9042GRE)
3. Kirsch, S. J.; Duffy, K. G.; Atwater, E.: Psychology for Living: Adjustment, Growth, and Behavior Today ,11th Edition, Pearson, 2013.
4. Moritsugu, J., Vera, E. M.: Psychology of Adjustment: The Search for Meaningful Balance. Sage Publications. 2016.
5. Nevid, J. S., Rathus, S. A. :[Psychology and the Challenges of Life: Adjustment and Growth, 13](#) ed. Wiley, 2016.
6. Schafer, Walt: Stress management for wellness. (4th Ed.) Belmont. Thomson Learning Inc., 2000. 0-15-507943-3--(155.9042SCH)
7. Snyder, C.R. & Lopez, Shane J.: Positive psychology : The scientific and practical explorations of human strengths. New Delhi. Sage Publications India Pvt. Ltd., 2008. 81-7829-924-2--(150.19Sny/Lop)
8. Taylor, Shelley E.: Health psychology. (6th ed.) New Delhi. Tata Mcgraw-Hill Publishing Company Limited, 2006. 0-07-061569-1--(616.89TAY)
9. Weiten, Wayne; Dunn, Dana S. & Hammer, Elizabeth Yost: Psychology applied to modern life : adjustment in the 21st century. (11th ed.) Stanford. Cengage Learning, 2015. 978-1-285-45995-0--(155.24Wei)

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SYBA

Course: AAC401.9

Title: Psychology of Gender II

Learning Objectives:

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

Number of lectures: 60

UNIT 1 PHYSICAL AND MENTAL HEALTH (15 lectures)

- Gender differences in fitness & strength, diet, exercise
- Physical illness (heart disease, osteoporosis, cancer, reproductive)
- Mental illness gender differences (agoraphobia, alcoholism, depression)
- The Politics of Diagnosis & issues related to seeking help
- Treatment (drug therapy, psychotherapy)

UNIT 2 VIOLENCE (15 lectures)

- Battering in close relationships (dating abuse, domestic violence)
- Sex selective abortion, infanticide, genital mutilation
- Rape (attitudes towards it and rape victims)
- Terrorism male v/s female terrorist
- Prostitution, sex slavery
- Violence in same sex relationships
- Online violence-stalking cyber bullying

UNIT 3 WORK AND GENDER (15 lectures)

- Paid v/s unpaid work
- Discrimination in hiring pay, evaluation

- Gender equity
- Sexual harassment
- Reviewing the Vishaka guidelines 1997
- Affirmative action
- Career and family balance (women and men as parents)

UNIT 4 GENDER AND JUSTICE (15 lectures)

- Achievement and power
- Access to resources
- Women & men as criminals
- Women and men as victims
- Laws that protect (POCSO 2012 the Indian context)

UNIT 4 GENDER AND JUSTICE (15 lectures)

- Achievement and power
- Access to resources
- Women & men as criminals
- Women and men as victims
- Laws that protect (emphasis on the Indian context)

List of Recommended Reference Books

1. Crawford, Mary & Unger, Rhoda: Women and gender : a feminist psychology. (4th ed.) Boston. Mcgraw-Hill Higher Education, 2004. 0-07-282107-8--(155.633CRA/UNG)
2. Davar, Bhargavi V.: Mental health from a gender perspective. [ed. by] New Delhi. Sage Publications, 2001. 81-7036-955-X--(155.633DAV)
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12. Merry, Sally Engle: Human rights and gender violence : Translating international law into local justice. (Indian reprint) New Delhi. Oxford University Press, 2009. 0-19-569920-3--(364.1555Mer)
13. Magnusson, E., Marecek, J.: Gender and Culture in Psychology: Theories and Practices. Cambridge University Press, 2012.
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15. Paludi, Michele A.: Preager guide to the psychology of gender. [Ed. by] (Indian ed.) Westport. Greenwood Publishing Group, Inc, 2004(2005). 0-275-98244-0--(155.33Pal)
16. Siann, G.: Gender, Sex and Sexuality: Contemporary Psychological Perspectives. Taylor and Francis, 2013.