



SUNRISE UNIVERSITY
ALWAR, RAJASTHAN
B. A. (Hons) Syllabus of Psychology
Course Structure

1st Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS101	Introduction to Psychology	40	60	100
BAHPS102	Biopsychology	40	60	100
BAHPS103	Psychology of Individual Differences	40	60	100
BAHPS104	Environmental Studies	40	60	100
Total		160	240	400

2nd Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS201	Statistical Methods for Psychological Research-I	40	60	100
BAHPS202	Psychological Research	40	60	100
BAHPS203	Development of Psychological Thought	40	60	100
BAHPS204	Communicative Hindi/MIL	40	60	100
Total		160	240	400

3rd Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS301	Social Psychology	40	60	100
BAHPS302	Statistical Methods for Psychological Research-II	40	60	100
BAHPS303	Developmental Psychology	40	60	100
BAHPS304	Applied Social Psychology	40	60	100
Total		160	240	400

4th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS401	Understanding Psychological Disorders	40	60	100
BAHPS402	Organizational Behaviour	40	60	100
BAHPS403	Understanding and Dealing with Psychological Disorders	40	60	100
BAHPS404	Counselling Psychology	40	60	100
Total		160	240	400

5th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS501	Positive Psychology	40	60	100
BAHPS502	Human Resource Management	40	60	100
BAHPS503	Health Psychology	40	60	100
BAHPS504	Community Psychology	40	60	100
Total		160	240	400

6th Semester

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	TOTAL
BAHPS601	Cultural and Indigenous Psychology	40	60	100
BAHPS602	General Psychology	40	60	100
BAHPS603	Youth, Gender and Identity	40	60	100
BAHPS604	Psychology for Health and Well-Being	40	60	100
Total		160	240	400

B. A. (Hons) Syllabus of Psychology

SEM-1

1. BAHPS101 Introduction to Psychology

Objective:

To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

Course Outline:

Unit-1.

Introduction: What is psychology? Perspectives on behaviour; Methods of psychology (special emphasis on experimentation); subfields of psychology; Psychology in modern India.

Unit-2.

(a) Perception: Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions.

(b) Thinking and Language: mental imagery, concepts, decision making; nature of language, language development.

Unit-3.

Learning and Motivation: Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies; Learning in a digital world; Self-regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.

Unit-4.

(a) Memory: Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Forgetting, Improving memory.

(b) Emotions: Components, theories.

Unit-5.

Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Baron, R. & Misra. G. (2013). Psychology. Pearson.
2. Chadha, N. K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

2. BAHPS102 Biopsychology

Objectives:

1. To explore the biological basis of experience and behaviour.
2. To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.
3. To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Course Outline:

Unit-1.

Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit-2.

The Functioning brain: Structure, and functions of neurons; Neural conduction and synaptic transmission.

Unit-3.

Organization of nervous systems: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

Unit-4.

Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

Readings:

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
2. Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.
3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.
4. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.

5. Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random.

3. BAHPS103 Psychology of Individual Differences

Objective:

To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

Course Outline:

Unit-1.

Personality: Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological-humanistic, Trait and type.

Unit-2.

Intelligence: Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

Unit-3.

Indian approach: Self and identity in Indian thought. 4. Enhancing individual's potential: Motivation: Intrinsic motivation and Self-determination theory; Enhancing cognitive potential, Self-regulation and self enhancement; Fostering creativity.

Unit-4.

Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Chadha, N. K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
2. Carr, A. (2011): *Positive psychology*. Routledge.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
4. Cornelissen, R. M. M., Misra, G. & Varma, S. (2011). *Foundations of Indian Psychology, Vol 1*. Pearson.
5. Gregory, R. J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.
6. Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). *Bridging learning: Unlocking cognitive potential in and out of the classroom*. Corwin.
7. Passer, M.W. & Smith, R. E. (2010). *Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

4. BAHPS104 Environmental Studies

Objectives:

1. To educate the students about the importance of environment and its protection, and environmental issues concerning sustainable development.
2. To introduce the multidisciplinary nature of environment and its constituents' natural resources, ecosystems, biodiversity, and its conservation.
3. To discuss about the environmental pollution Acts, social issues connected to environment, human population, and the environment.

Course Outline:**Unit-1.**

Introduction to Environmental Science: (a) Definition, scope, importance, and multidisciplinary nature of Environment; Concept sustainable development; Introduction to spheres; Institutions and people in environment. (b) Concept of an ecosystem; Structure and function of an ecosystem; Producers, consumers and decomposers; Energy flow in the ecosystem; Ecological succession; Food chains, food webs and ecological pyramids; Function of (i) Forest, (ii) Grassland, (iii) Desert (iv) Aquatic ecosystem.

Unit-2.

Natural Resources: Renewable and non-renewable resources; Natural resources and associated problems: (a) Forest resources (b) Water resources (c) Mineral resources (d) Food resources (e) Energy resources (f) Land resources

Unit-3.

Biodiversity and Conservation: Concept of Biodiversity: genetic, species, and ecosystem diversity–Bio-geographical classification of India-Value of biodiversity-Biodiversity at global, national and local levels-India as a mega-diversity nation-Hot-spots of biodiversity-Threats to biodiversity: Endangered and endemic species of India-Conservation of biodiversity: In-situ and Ex-situ conservation.

Unit-4.

Environmental Pollution and Social Issues: (a) Cause of pollution, effects and control measures of the following: Air–Water–Soil–Marine-Noise-Thermal-Nuclear Hazards-Solid waste of urban and industrial wastes; Pollution case studies. (b) Environment Laws: International agreements: Montreal and Kyoto protocols and Convention on Biological Diversity (CBD). (c) Disaster management (d) Urban problems related to Environment (e) Nature reserves - tribal populations and rights - human wildlife conflicts in Indian context.

Unit-5.

Human Population and the Environment: Population growth, variation among nations - Family Welfare Programme-Environment and human health; Human Rights - Value Education - HIV/AIDS - Women and Child Welfare - Role of Information Technology in Environment and human health-Case Studies.

Readings:

1. Erach Bharucha. (2018). Textbook of Environmental Studies for Undergraduate Courses, Universities press (India) Private Limited, Hyderabad, Telangana, India.
2. Agrawal, KM, Sikdar, PK and Deb, SC. (2002). A Text book of Environment, Macmillan Publication. Mahua Basu and Xavier, S. (2016). Fundamentals of Environmental Studies, Cambridge University Press, Delhi, India.
3. Rajagopalan, R. (2016). Environmental Studies- from crisis to cure, Oxford University Press, New Delhi, India.
4. Mitra, A. K, and Chakraborty, R. (2016). Introduction to Environmental Studies, Book Syndicate.
5. Enger, E. and Smith, B. (2010). Environmental Science: A Study of Inter-relationships, Publisher: McGraw-Hill Higher Education; 12th edition.
6. Y.K. Singh, (2006). Environmental Science, New Age International Pvt. Ltd, Delhi. Basu, R.N. 2000, Environment, University of Calcutta.
7. Misra, SP and Pande, SN. (2011). Essential Environmental Studies (3rd Edition), Ane Books Pvt. Ltd. Ghosh Roy, MK. (2011). Sustainable Development (Environment, Energy and Water Resources), Ane Books Pvt. Ltd.

8. Mitra, A.K, Bhattacharya, S. and Saha, D, Environmental Studies, St. Xavier's College, Kolkata.

SEM-2

5. BAHPS201 Statistical Methods for Psychological Research-I

Objective:

To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

Course Outline:

Unit-1.

1. Introduction Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.
2. Frequency Distributions, Percentiles, and Percentile Ranks Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

Unit-2.

1. Graphic Representation of Data Basic procedures; The Histogram; The Frequency Polygon; The Bar Diagram; The Pie Chart; The Cumulative Frequency Graph; Factors Affecting the Shape of Graphs.
2. Measures of Central Tendency - The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures.

Unit-3.

1. Measures of Variability and Standard (z) Scores- The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; The Effect of Linear Transformation on Variability Measures; Standard Scores (z-score); Properties of z-scores.
2. The Normal Distribution- The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).

Unit-4.

1. Correlation The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient; Correlation and Causation; The Effects of Score Transformations; Cautions Concerning Correlation Coefficients.
2. Random Sampling and Sampling Distributions Random Sampling; Using a Table of Random Numbers; The Random Sampling Distribution of the Mean: An Introduction; Characteristics of the Random Sampling Distribution of the Mean; Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values of Sample Mean; Random Sampling with and Without Replacement.

Readings:

1. Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology*. (4thEd.) India: Pearson Education, Prentice Hall.
2. Chadha, N.K. (1991) *Statistics for Behavioural and Social Sciences*. Reliance Pub. House: New Delhi.
3. Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.
4. Howell, D. (2009) *Statistical methods for Psychology*.
5. King, B. M. & Minium, E.W, (2007). *Statistical Reasoning in the behavioural Sciences USA*: John Wiley & Sons.
6. Mangal, S.K. (2012). *Statistics in Psychology & Education*. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

6. BAHPS202 Psychological Research

Objective:

To educate students with the process and the methods of quantitative and qualitative psychological research traditions.

Course Outline:

Unit-1.

Basics of Research in Psychology What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research. Research Traditions Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.

Unit-2.

Experimental Method Introduction to Experimental and Quasi-experimental Methods. Methods of Data Collection Sampling; Probability Sampling Methods and Non-Probability Sampling Methods.

Unit-3.

Non-Experimental Methods-I Case Study; Observation; Surveys, Focus Group Discussion, Interviews.

Unit-4.

Non-Experimental Methods-II Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; applications Practicum: The students are required to conduct two practicals', one from each of the following groups:

1. Experiment/Psychological testing One experiment based on group data analysis One psychological test based on group data analysis.
2. Qualitative Research Methods Interview Observation Projective / Semi Projective Tests Case Study.

Readings:

1. Chadha, N. K. (2009) *Applied Psychometry*. Sage Pub: New Delhi.
2. Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics* (2nd Ed.) Oxford: Blackwell Publishers.
3. Gregory, R. J. (2006). *Psychological Testing: History, Principles, and Applications* (4th Ed.). New Delhi: Pearson Education.
4. Murphy, K. R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications* (6th Ed.) New Jersey: Prentice Hall.

5. Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches* (6th Ed.) Boston: Pearson Education.
6. Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia: Open University Press.

7. BAHPS203 Development of Psychological Thought

Objectives:

1. This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective.
2. Review the development of psychological thought and introduce the issues and debates in contemporary psychology.

Course Outline:

Unit-1.

Understanding Psyche: Debates and Issues: (a) Free will and determinism (b) Empiricism and rationality (c) Issues of Consciousness and Mind Body Relationship (*Each of these debates and issues to be dealt with from the point of view of an East-West Comparison; Eastern perspective will include Yoga & Vedantic view).

Unit-2.

(a) Early Schools of Psychology: Associationism, Structuralism and Functionalism (Brief Introduction).

(b) Positivist Orientation: From behaviourism to cognition: Key contributions of Watson, Tolman, Hull, and Skinner; Cognitive revolution, Information Processing Model.

Unit-3.

Psychoanalytic and Humanistic-Existential Orientation Freudian Psychoanalysis, The turn towards 'social'—Adler, Jung, Fromm, Ego psychology—Erik Erikson, Object relations; Cultural psychoanalysis (Sudhir Kakar), contributions of Phenomenologically oriented humanistic and existential thinkers.

Unit-4.

Contemporary Developments Feminism and social constructionism.

Readings:

1. Benjamin Jr. (2009). *A History of Psychology: Original Sources & Contemporary Research* 3rd Edn. Blackwell Publishing. Feist & Feist. *Theories of Personality* Mc Graw Hill Higher Education.
2. King, D.B., Viney, W. & Woody, W.D. (2008). *A history of psychology: Ideas and context*. (4th Ed.). Pearson education. Kurt Pawlik, Gery D'ydwalle (2006).
3. *Psychological Concepts: An International Historical Perspective*. Taylor Francis Group.
4. Leahey, T.H. (2005). *A History of Psychology: Main currents in psychological thought* (6th Ed.). Singapore: Pearson Education.
5. Mc Adams (2000). *The Person: An Integrated Introduction to Personality Psychology* John Wiley.
6. Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.
7. St. Clair, Michael. (1999).
7. St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction*. Wadsworth Publishing Company.
8. Schultz & Schultz (1999). *A History of Modern Psychology*. Harcourt College Publishers/ Latest edition available.

8. BAHPS204 Communicative Hindi/MIL

Objective:

To equip students effectively to acquire skills in reading, writing, comprehension and communication, as also to use electronic media for Hindi/MIL Communication.

Course Outline:

Unit-1.

Communication–Definition, stages, barriers, types: verbal and non-verbal, Listening- Meaning, Nature and importance, Principles of Good Listening.

Unit-2.

Class-presentation (Oral for five minutes) on any of the above-mentioned topics:
Descriptive writing, expansion of an idea.

Unit-3.

Writing skills–notice writing, advertisement writing, précis writing, essay writing, letter writing (applications), Business letter formats (letters of enquiry, replies and complaints), resume writing, covering letter.

Unit-4.

Vocabulary building: One word substitution, synonyms and antonyms, idioms and phrases.

Readings:

1. Technical Communication, M. H. Rizvi, Tata McGrawhill Effective Business *Communication*, Asha Kaul *Developing Communication Skills*, Krishnamohan.
2. *Functional Grammar and Spoken and Written Communication in English*, Bikram K. Das, Orient Black Swan.
3. *Precis, Paraphrase and Summary*, P.N. Gopalkrishnan, Authors Press.
4. *Communication Skills*, Sanjay Kumar and Pushplata, Oxford Publication

Note: Suggested Reading: Latest edition of text books may be used by the suggestion of University Department of Political Science, SunRise University.

SEM-3

9. BAHPS301 Social Psychology

Objectives:

1. Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society
2. Introduce students to the realm of social influence and behavior, as to how individuals think, feel and behave in social situations.

Course Outline:

Unit-I.

Psychology of the Social: The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

Unit-2.

Understanding and evaluating the social world: Self and its processes: Self-concept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

Unit-3.

Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

Unit-4.

Group Dynamics and inter-group relations: Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations- prejudice, inter-group conflict, Intervention techniques.

Readings:

1. Baron, R.A., Byrne, D. & Bhardwaj, G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
2. Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi.
3. Deaux, K & Wrightsman, L. (2001). Social Psychology. California: Cole Publishing.
4. Kassin, S., Fein, S., & Markus, H. R. (2008). Social psychology. New York: Houghton Mifflin.
5. Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.
6. Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill.
7. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson.
8. Wolman, B.B. (1979). Contemporary theories & systems in psychology. London: Freeman Book Co.

10. BAHPS302 Statistical Methods for Psychological Research-II

Objective:

To educate students with the techniques of inferential statistics and hypothesis testing.

Course Outline:

Unit-1.

Introduction to Inferential Statistics and Hypothesis Testing about Single Means The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about Single Means (z and t); Assumptions in Testing a Hypothesis about a Single Mean; The Null and the Alternative Hypotheses; Choice of H_A : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; Hypothesis Testing about a Single Mean–Calculation; The Statistical Decision regarding Retention and Rejection of Null Hypothesis; Estimating the Standard Error of the Mean when σ Is Unknown; The t Distribution; Characteristics of Student's Distribution of t; Computing t Using Definitional Formula Only; Levels of Significance versus p-Values. Interpreting the Results of Hypothesis Testing a Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test.

Unit-2.

Hypothesis Testing About the Difference Between Two Independent Means The Null and Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means;

Determining a Formula for t; Testing the Hypothesis of No Difference between Two Independent Means; Use of a One-Tailed Test; Assumptions Associated with Inference about the Difference between Two Independent Means Hypothesis Testing About the Difference Between Two Dependent (Correlated) Means The Null and Alternative Hypotheses; Determining a Formula for t; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.

Unit-3.

Hypothesis Testing for Differences among Three or More Groups: One-Way Analysis of Variance (ANOVA) The Null and Alternative Hypotheses; The Basis of One-Way Analysis of Variance: Assumptions Associated with ANOVA; Variation within and between Groups; Partition of the Sums of Squares; Degrees of Freedom; Variance Estimates and the F Ratio; The ANOVA Summary Table; Raw-Score Formulas for Analysis of Variance only; Comparison of t and F. Hypothesis Testing for Categorical Variables and Inference about Frequencies The Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies; Logic of the Chi-Square Test; Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- One Way Classification; Chi Square for Two Classification Variables-Contingency Table Analysis; Interpretation of the Outcome of a Chi-Square Test.

Unit-4.

Nonparametric Approaches to Data Introduction to Distribution-free Nonparametric Tests; Comparison with Parametric Tests; Uses and Applications of Nonparametric Tests. Introduction to SPSS Getting Started with SPSS; Uses of SPSS in Statistics and Research.

Readings:

1. Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology (4th Ed). India: Prentice Hall.
2. N.K. Chadha (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
3. Coakes, S. J., Steed, L., & Ong, C. (2009). SPSS: Analysis Without Anguish Using Version 16.0 for Windows. Milton, QLD: Wiley Students Edition.
4. Field, A. (2009). Discovering Statistics using SPSS (3rd Ed). New Delhi: Sage.
5. King, B.M. & Minium, E.W. (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed). U.S.A: John Willey.
6. Siegal, S. (1956). Nonparametric Statistics. NY: McGraw Hill.

11. BAHPS303 Developmental Psychology

Objectives:

1. To equip the learner with an understanding of the concept and process of human development across the life span
2. To impart an understanding of the various domains of human development
3. To inculcate sensitivity to socio-cultural context of human development.

Course Outline:

Unit-1.

Introduction: (a) Concept of Human Development. (b) Theories, themes and research designs.

Unit-2.

Periods of Life Span Development: (a) Prenatal development. (b) Birth and Infancy. (c) Childhood. d) Adolescence e) Adulthood.

Unit-3.

Domains of Human Development: (a) Cognitive development: perspectives of Piaget and Vygotsky. (b) Language development. (c) Physical development. (d) Emotional development. (e) Moral development. (f) Personality development.

Unit-4.

Socio-Cultural Contexts for Human Development: (a) Family (b) Peers, Media & Schooling (c) Human Development in the Indian context.

Readings:

1. Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
2. Mitchell, P. and Ziegler, F. (2007). Fundamentals of development: The Psychology of Childhood. New York: Psychology Press.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill.
4. Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.
5. Santrock, J.W. (2012). Life Span Development (13th ed) New Delhi: McGraw Hill.
6. Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications.
7. New Delhi: Sage Publications. Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi.

12. BAHPS304 Applied Social Psychology**Objective:**

To help student understand social problems and gain knowledge about intervention strategies.

Course Outline:**Unit-1.**

Introduction: Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.

Unit-2.

1. Applying Social Psychology-I: Environment, population, diversity.
2. Applying Social Psychology-II: work, health, legal system.
3. Intervention and Evaluation: Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

Unit-3.

Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
2. Mikkelsen, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
3. Schneider, F.W., Gruman, A., Coult, L. M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
4. Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

SEM-4

13. BAHPS401 Understanding Psychological Disorders

Objective:

The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

Course Outline:

Unit-1.

Understanding abnormality Definition and criteria of abnormality, classification (latest edition of DSM & ICD), Clinical Assessment, Diathesis Stress Model.

Unit-2.

Clinical States (a) Anxiety-disorders–Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder (Clinical Picture and Dynamics of anxiety disorders) (b) Conversion Disorder (Clinical Picture and Dynamics) (c) Dissociative-Identity Disorder (Clinical Picture and Dynamics).

Unit-3.

Developmental Disorders (Clinical Picture and Dynamics) Mental Retardation, Autism, ADHD, and Learning Disabilities UNIT 4: Substance related disorders and eating disorders a) Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes) b) eating disorder: Anorexia Nervosa and Bulimia Nervosa.

Readings:

1. Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.). Wadsworth: New York.
2. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
3. Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers.
4. Carson, R.C., Butcher, J. N., Mineka, S.& Hooley, J. M. (2008). Abnormal Psychology. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi: Cengage learning.
6. Kring, A. M., Johnson, S. L., Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.). N. Y: John Wiley.

14. BAHPS402 Organizational Behaviour

Objectives:

1. To develop an awareness of the concepts related to organizational behavior.
2. Help the students develop connectivity between concepts and practices of organizations.

Course Outline:

Unit-1.

Introduction a. Historical antecedents of Organizational Behaviour b. Contemporary Trends and Challenges c. Organizational Behavior: Challenges in the Indian Setting.

Unit-2.

Individual level processes:

(a.) Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour.

(b.) Work Motivation: (i) Early theories: Maslow, McClelland, two factor. (ii) Contemporary theories: Goal setting, Equity, Expectancy. (iii) Applications: Job Characteristics Model, Job redesign, MBO.

Unit-3.

Dynamics of Organizational Behavior: (a.) Organizational Culture. (b.) Power and Politics: Influence, empowerment, sexual harassment, organizational politics. (c.) Positive Organizational Behavior.

Unit-4.

Leadership: (a.) Basic approaches: Trait theories, Behavioral theories, Contingency theories. (b.) Contemporary Issues: Inspirational approaches to leadership, Contemporary leadership roles, Challenges to the leadership construct. (c.) Indian perspective.

Unit-5.

Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.
2. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
3. Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. New Delhi: Biztantra publishers.
4. Landy, F.J. & Conte, J. M. (2007) Work in the 21st Century: An Introduction to Industrial and Organizational Psychology. New York: Wiley Blackwell.
5. Luthans, F. (2009). Organizational behavior. New Delhi: McGraw Hill.
6. Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.
7. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.
8. Robbins, S. P. & Judge, T.A. (2007) Organizational Behavior (12th Ed). New Delhi: Prentice Hall of India.
9. Schermerhorn, J. R., Hunt, J. G. & Osborn, R. N. (2008) Organizational Behavior (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
10. Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley.
11. Sinha, J.B.P. (2008). Culture and Organizational Behavior. New Delhi: Sage.

15. BAHPS403 Understanding and Dealing with Psychological Disorders

Objectives:

1. Help students develop an understanding of the clinical picture and dynamics of psychological disorders.
2. To introduce the therapeutic interventions for the various psychological disorders.

Course Outline:

Unit-1.

Schizophrenia: Clinical Picture, causal factors and subtypes.

Unit-2.

Mood Disorders: Clinical Picture, causal factors and subtypes; suicide.

Unit-3.

(a) Personality Disorders (Clinical Picture and Dynamics): Antisocial-Personality Disorder and

Borderline Personality Disorder.

(b) Sexual Disorders (Clinical Picture): Gender Identity Disorder, Paraphilia-Paedophilia, Voyeurism, Exhibitionism, Sexual Masochism, Sexual Sadism.

Unit-4.

Treatment of disorders:

(a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy.

(b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and Cognitive-Behaviour therapy.

Readings:

1. Barlow D.H. and Durand V.M. (2005). *Abnormal Psychology: An Integrated Approach* (4th Ed.). Wadsworth: New York.
2. Bennett, P. (2006). *Abnormal and Clinical Psychology: An introductory textbook*. New York: Open University Press.
3. Brewer, K. (2001). *Clinical Psychology*. Oxford: Heinemann Educational Publishers.
4. Carson, R.C., Butcher, J. N., Mineka, S. & Hooley, J. M. (2008). *Abnormal Psychology*. New Delhi: Pearson.
5. Kearney, C. A. & Trull, T. J. (2012). *Abnormal Psychology and Life: A dimensional approach*. New Delhi: Cengage learning.
6. Kring, A. M., Johnson, S. L., Davison G.C. & Neale J.M. (2010). *Abnormal Psychology* (11th Ed.). N. Y: John Wiley.
7. Plante, T.G. () *Contemporary Clinical Psychology* John Wiley & Sons.
8. Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) *Abnormal Psychology : Current Perspectives*. McGraw Hill.

16. BAHPS404 Counselling Psychology

Objectives:

1. To develop an understanding of basic concepts, processes, techniques of Counselling.
2. To acquaint the learner with the challenges of Counselling.

Course Outline:

Unit-1.

Introduction: (a) Meaning and goals. (b) Counselling as a profession: training, skills and ethics. (c) The effective counsellor: personality and self of the counsellor. (d) Counselling process and relationship.

Unit-2.

Techniques of Counselling: (a) Psychoanalytic techniques. (b) Humanistic approaches. (c) Behavioral techniques. (d) Cognitive techniques.

Unit-3.

Counselling Applications: (a) Child Counselling. (b) Family Counselling. (c) Career Counselling. (d) Crisis intervention: suicide, grief and sexual abuse.

Unit-4.

Contemporary Trends: (a) Indian approaches: yoga and meditation. (b) Counselling and technology. (c) Expressive techniques: art, music, dance.

Readings:

1. Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8thEd.) Philadelphia: Mosby.
2. Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.

- Burnard, P. (2009). *Counselling Skills Training: Book of activities*. Viva Books, New Delhi.
3. Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
 4. Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.
 5. Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
 6. Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
 7. Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
 8. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
 9. Hackney, H.L. (2012). *The Professional Counsellor: A process guide to helping*. Pearson.
 10. Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
 11. Nelson-Jones, Richard. (2008). *Basic Counselling Skills: A helper's manual*, Second Edition, Sage, South Asia Edition.
 12. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India. Volume 3: Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson.
 13. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill.
 14. Seligman, L. & Reichenberg, L. W. (2010). *Theories of Counselling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed. Indian reprint: Pearson.
 15. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning.
 16. Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsidas.

SEM-5

17. BAHPS501 Positive Psychology

Objective:

To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

Course Outline:

Unit-1.

Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

Unit-2.

Positive Emotional States and Processes: Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience.

Unit-3.

Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

Unit-4.

Applications: Work, education, ageing, health Practicum: Any one practicum can be designed from the syllabus so as to enhance the understanding of the concepts and applications of positive psychology.

Readings:

1. Baumgardner, S.R. Crothers M. K. (2010). Positive psychology. Upper Saddle River, N. J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

18. BAHPS502 Human Resource Management**Objective:**

To help students understand the various processes and issues inherent in organizations related to human resources.

Course Outline:**Unit-1.**

Introduction to Human Resource Management (HRM): Personnel management, HRM and HRD, Context and issues in HRM.

Unit-2.

Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation.

Unit-3.

International human resource management (IHRM) The context of Globalization, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training.

Unit-4.

Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

Readings:

1. Aamodt, M. G. (2001) Industrial/Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.
2. Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London: Routledge.
3. Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises (3rd Ed). New York: Routledge.
4. Chadha, N. K. (2005). Human Resource Management- Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.
5. DeCenzo, D.A.& Robbins, S. P. (2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.
6. Harzing, A-W. K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.

7. Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach. 2nd ed. John Wiley and sons Inc. New York.
8. Luthans, F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.
9. Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. N. C: Hypergraphic press.
10. Pareek, U. (2010) Understanding Organizational Behaviour. Oxford: Oxford University Press.
11. Robbins, S. P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education, Inc.
12. Schlutz, D. and Schultz, S. E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.

19. BAHPS503 Health Psychology

Objective:

To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

Course Outline:

Unit-1.

Introduction: Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.

Unit-2.

Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

Unit-3.

Stress: Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

Unit-4. Health Management: Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

Unit-5.

Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
2. Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
3. Misra, G. (1999). Stress and Health. New Delhi: Concept.
4. Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). N. Y: Wiley.
5. Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

20. BAHPS504 Community Psychology

Objective:

To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

Course Outline:

Unit-1.

Introduction: Definition of community psychology; types of communities; models.

Unit-2.

Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.

Unit-3.

Health promotion: process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

Unit-4.

Interventions: community development and empowerment; case studies in Indian context.

Readings:

1. Banerjee, A., Banerji, R., Duflo, E., Gleneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967.
2. Fetterman, D. M., Kaftarian, S. J. & Wandersman, A (Eds) (1996) Empowerment Evaluation, New Delhi: Sage Publication.
3. Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
4. McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.
5. Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.
6. Poland, B. D., Green, L.W. & Rootman, I. (2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

SEM-6

21. BAHPS601 Cultural and Indigenous Psychology

Objective:

To understand the role of culture in understanding behavior and exploring psychological insights in the Indian thought traditions.

Course Outline:

Unit-1.

Cultural Processes: Cultures; Psychic Unity and Cultural Relativity; Beyond Descriptions of Cultural Differences, methods of studying cultural psychology.

Unit-2.

Culture, Self and Others: Who am I and Who are They? Culture and architecture; Representation: Person, Other People, Self and of Groups, The Making and Remaking of Cultures: A Developmental Perspective: Family and children, models of the family, self-construal and developmental pathways.

Unit-3.

Intercultural Contacts: Nature, psychological benefits and costs of cultural competence; Migration, globalization and cultural diversity; Management of multicultural identities.

Unit-4.

Indigenous Psychology: Indian Psychology – Implications and applications; Indian perspective on emotions; self and identity; indigenization of psychology in India.

Readings:

1. Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.
2. Chiu, C., & Hong, Y. (2006). Social Psychology of Culture. New York: Psychology Press.
3. Jain, U. (2002). An Indian perspective on emotions. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.
4. Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.
5. Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol. 1. New Delhi: Pearson.
6. Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.
7. Smith, P.B., Bond, M. H., & Kagitcibasi, C. (2006). Understanding Social Psychology across cultures: Living and working in a changing world. London: Sage.

22. BAHPS602 General Psychology**Objective:**

Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Course Outline:**Unit-1.**

- (a) Orientation To Psychology: Nature, fields and applications of psychology.
- (b) Cognitive Processes: Learning, memory and problem solving.
- (c) Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives).
- (d) Affective Processes: Emotion, Positive and negative emotion.

Unit-2.

Psychology Of Individual Differences- (a) Theories of personality: Freudian psychoanalysis, type and trait; humanistic. (b) Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner. (c) Emotional intelligence. (d) Assessment of intelligence and personality.

Unit-3.

Understanding Developmental Processes- (a) Cognitive Development–Piaget. (b) Moral Development–Kohlberg. (c) Psycho-social Development–Erikson.

Unit-4.

Applications Of Psychology- (a) Work (b) Law (c) Health

Readings:

1. Chadha, N. K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
2. Ciccarelli, S. K & Meyer, G. E (2008). Psychology (South Asian Edition). New Delhi: Pearson.
3. Feldman.S. R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.
4. Glassman,W. E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.
5. Michael, W., Passer, Smith, R. E. (2007). Psychology The science of mind and Behavior.

23. BAHPS603 Youth, Gender and Identity

Objectives:

1. To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface.
2. To inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

Course Outline:

Unit-1.

Introduction: (a.) Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context. (b.) Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes. (c.) Concepts of Identity: Multiple identities.

Unit-2.

Youth and Identity: (a.) Family: Parent-youth conflict, sibling relationships, intergenerational gap. (b.) Peer group identity: Friendships and Romantic relationships. (c.) Workplace identity and relationships. (d.) Youth culture: Influence of globalization on Youth identity and Identity crisis.

Unit-3.

Gender and Identity: (a.) Issues of Sexuality in Youth. (b.) Gender discrimination. (c.) Culture and Gender: Influence of globalization on Gender identity.

Unit-4.

Issues related to Youth, Gender and Identity: (a.) Youth, Gender and violence. (b.) Enhancing work-life balance. (c.) Changing roles and women empowerment. (d.) Encouraging non-gender stereotyped attitudes in youth.

Readings:

1. Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
2. Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.

24. BAHPS604 Psychology for Health and Well-Being

Objective:

To understand the spectrum of health and illness for better health management.

Course Outline:

Unit-1.

Illness, Health and Well-being Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well-being.

Unit-2.

Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management.

Unit-3.

Health Management: Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management.

Unit-4.

Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance

Readings:

1. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
2. DiMatteo, M.R. & Martin, L. R. (2002). Health psychology. New Delhi: Pearson.
3. Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
4. Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
5. Misra, G. (1999). Stress and Health. New Delhi: Concept.
6. Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). N. Y: Wiley.
7. Snyder, C.R., & Lopez, S. J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
8. Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.