

Savitribai Phule Pune University

(Formerly University of Pune)



**Three Year B.Sc. (Bachelor of Science) Degree Program in
Psychology**

(Faculty of Science and Technology)

S.Y.B.Sc.

PSYCHOLOGY

Choice Based Credit System

Syllabus

Effective from Academic Year 2020-2021

Title of the course: S. Y. B. Sc. with Psychology

Structure of the Course

Year	Semester	Paper No	Title of the Paper	Lecture Per Week	Credit for Semester
Second Year SYBSc	III	PSY-211	Paper –I: Psychology of Adjustment	4	02
		PSY-212	Paper –II: Research Methods In Behavioral Sciences	4	02
		PSY-213	Paper –III: Psychology Practical : Tests and Group Testing	6	02
	IV	PSY-221	Paper –I Health Psychology	4	02
		PSY-222	Paper –II: Psychological Testing And Application	4	02
		PSY-223	Paper –III: Psychology Practical : Tests and Group Testing	6	02

S.Y.B.SC. PSYCHOLOGY - 2020 onward

SEMESTER – III

PAPER – I: PSYCHOLOGY OF ADJUSTMENT

Objective:

- 1) To acquaint the students with modern life of adjustment.
- 2) To familiarize students with the Interpersonal communication, marital adjustment and Parenting style, work, loneliness and self-control

UNIT 1: INTRODUCTION TO PSYCHOLOGY OF ADJUSTMENT (9 Lect)

1.1 Psychology of Adjustment: Definition and Nature of Adjustment

1.2 Scientific Approaches to Behavior – Commitment to empiricism, Scientific Approach,
Experimental Research and Case Studies

1.3 Roots of Happiness

1.4 Improving Academic Performance – Developing sound study habits, Improving reading,
Getting more out of lecture

UNIT 2: INTERPERSONAL COMMUNICATION (9 Lect)

2.1 Communication and Adjustment and Component of communication process

2.2 Technology and Interpersonal Communication

2.3 Interpersonal Conflict – Types of conflict, Style of managing conflict and Dealing
Constructively with conflict

2.4 Developing an Assertive Communication Style – Nature of assertiveness and steps in
Assertiveness Training

UNIT 3: MARITAL ADJUSTMENT AND PARENTING STYLE (9 Lect)

3.1 Marital Adjustment across the Family Life Cycle

3.2 Vulnerable areas in Marital Adjustment

3.3 Dimensions of Childrearing and Different types of Parenting Style

3.4 Towards Effective Parenting and Using Punishment Effectively

UNIT 4: WORK, LONELINESS AND SELF-CONTROL

(9 Lect)

4.1 Models of career Choice and development - Holland and Super's Model

4.2 Coping with occupational hazards - Job stress, Sexual harassment and Unemployment.

4.3 Loneliness – Nature and Roots of Loneliness and Concurring Loneliness

4.4 Self-Control – Specify Target Behavior, Gathering Baseline Data, Designing Program,
Executing and Evaluating Program and Ending Program

Books for Reading:

- Weiten, W. and Lloyd, M. (2007) *Psychology Applied to Modern life: Adjustment in the 21st Century*. India, 8th Edition, Thomson.
- Coleman. J.C. *Psychology and effective behaviour*. D.B. Taraporwala Sons & Co. Bombay
- Lazarus: R.S. *Patterns of adjustment*. N.D. McGraw Hill.
- Martin L.G., Osborne. G. (1989) *Psychology: Adjustment and everyday living* N.J. Prentice-Hall, Englewood Cliffs.

**Note: Methods of Assessment for Internal Exams: Semester, Viva-voce, Project, Surveys,
Field visits, Tutorials, Assignments, Group Discussion etc.**

SEMESTER - III

PAPER – II: RESEARCH METHODS IN BEHAVIORAL SCIENCES

Objectives:

- 1) To acquaint the students with different research concepts and importance of Research methodology.
- 2) To encourage students to undertake behavioral & social research activities.

CHAPTER 1: RESEARCH METHODOLOGY: AN INTRODUCTION (9 Lect)

- 1.1 Meaning & Characteristics of Scientific Research
- 1.2 Goals of Scientific Research
- 1.3 Classification of Research: Experimental Research; Non Experimental Research
- 1.4 Phases or Stages in Research

CHAPTER 2: SAMPLING DESIGN (9 Lect)

- 2.1 Meaning and Need of Sampling; Concepts of universe and sample
- 2.2 Types of Probability Sampling
- 2.3 Types of Non-probability sampling
- 2.4 Factors influencing decision of sampling

CHAPTER 3: METHODS OF DATA COLLECTION (9 Lect)

- 3.1 Data Collection – Meaning and Process
- 3.2 Concepts in Research Data: Primary Data, Secondary Data
- 3.3 Methods: Observation, Questionnaires, Schedules
- 3.4 Methods: Interview, Case study, Psychological Tests / Tools

CHAPTER 4: INTERPRETATION & RESEARCH REPORT WRITING (9 Lect)

- 4.1 Meaning of Interpretation
- 4.2 Need of Interpretation
- 4.3 Structure or format of a research report
- 4.4 Computer & Information technology: Applications in research

BOOKS FOR READING:

1. Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan.
2. Kothari, C.R. Research Methodology. New Delhi: Wiley Eastern Ltd

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PAPER - III: PSYCHOLOGICAL PRACTICAL: TESTS AND GROUP TESTING

Objectives:

- 1) To acquaint the students the basic concepts of Psychological tests.
- 2) To acquaint the students how to administer the Psychological tests.

Section A

PSYCHOLOGICAL TESTS (ANY SIX)

- 1) Adjustment
- 2) Family Environment
- 3) Parenting Style
- 4) Anxiety
- 5) Attitude
- 6) Personality
- 7) Job Satisfaction
- 8) Conflict
- 9) Frustration
- 10) Quality of Life

Section B

GROUP TESTING (For Internal Assessment)

The student has to select any one of the tests and conduct a group testing report based on it.

*** Practical Examination will be conducted by respective colleges at the end of the semester.**

Books for Reading:

- Anastasi, A. & Urbana, S (2005). *Psychological Testing*. (7th), Prentice-Hall, New Delhi.
- Dandekar, W. N. and Rajguru. (2001). *An Introduction to Psychological Testing and Statistics*. Seth Publications Pvt. Ltd.
- Kaplan, R. M. and Saccuzzo, D.P. (2007). *Psychological Testing: Principles, Applications and Issues*. Australia: Thomson, Wadsworth.

SEMESTER – IV
PAPER – I: HEALTH PSYCHOLOGY

Objective:

- 1) To understand the relationship between psychological factors and physical health and learn how to enhance well-being.
- 2) To understand the spectrum of health and illness for better health management.

UNIT 1: INTRODUCTION TO HEALTH PSYCHOLOGY **(9 Lect)**

- 1.1 Health Psychology: Definition and Goals of Health Psychology
- 1.2 Components of Health: Social, Emotional, Cognitive and Physical Aspects
- 1.3 Model of Health Psychology: Mind-body relationship and Bio-psychosocial model of health
- 1.4 Mental Health and Chronic Illness – Cancer, Diabetes and Blood Pressure

UNIT 2: STRESS AND COPING **(9 Lect)**

- 2.1 Nature and Sources of Stress
- 2.2 Types of Stress and Effects of Stress on Physical and Mental Health
- 2.3 Coping – Meaning and Nature
- 2.4 Coping – Appraisal Focused, Problem Focused and Emotion Focused

UNIT 3: HEALTH ENHANCING BEHAVIOURS **(9 Lect)**

- 3.1 Characteristics of Health Behavior and Barriers to Health Behavior
- 3.2 Health Enhancing behaviors – Exercise and Nutrition
- 3.3 Health Compromising Behaviours, Health Protective behaviours and Illness Management
- 3.4 Classification of Human Strengths and Virtues

- 4.1 Health - Happiness and Life satisfaction
- 4.2 Resilience – Meaning and Nature
- 4.3 Cultivating Inner Strengths: Hope and optimism
- 4.4 Holistic Health, Health and Well-Being

Book for Readings:

Allen, F. (2011). *Health psychology and behaviour*. Tata McGraw Hill Edition.

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK: Routledge.

Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling

Di Matteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.

Hick, J.W. (2005). *Fifty signs of Mental Health. A Guide to understanding mental health*. Yale University Press.

Misra,G. (1999).*Stress and Health*. New Delhi: Concept. Routledge.

Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.).NY: Wiley.

Snyder, C.R., &Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill

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SEMESTER - IV

PAPER - II: PSYCHOLOGICAL TESTING AND APPLICATIONS

Objectives:

- 1) To acquaint the students with testing and assessment.
- 2) To familiarize students with applications and uses of psychological testing and assessment in different areas of life.

CHAPTER 1: APPLICATIONS IN ACADEMICS / EDUCATION (9 Lect)

- 1.1 Meaning – Intelligence, Aptitude and Interest
- 1.2 Intelligence tests. – Meaning & Concepts in intelligence testing; Types; widely used some well-known tests.
- 1.3 Aptitude tests. – Meaning and types; widely used some well-known tests – DAT / GATB, Musical Aptitude Test, Scientific Aptitude Test.
- 1.4 Vocational & Career Interest – Meaning & types; some well known interest tests.

CHAPTER 2: APPLICATIONS IN BUSINESS & CAREERS (9 Lect)

- 2.1 Meaning – Personality, Attitude related to organizational aspects
- 2.2 Personality test – Meaning, needs, types; well known personality tests.
- 2.3 Projective techniques in personality assessment. – Meaning, needs, types.
- 2.4 Attitude Assessment : Job satisfaction, Work motivation, Organizational commitment.

CHAPTER 3: APPLICATIONS IN MENTAL HEALTH& CLINICAL SETTINGS (9 Lect)

- 3.1 Mental Health - Meaning
- 3.2 Mental health assessment; meaning of mental health & factors. Well-known tests.
- 3.3 Neuropsychological Assessment
- 3.4 Assessment of abnormal behavior & mental disorders. – well known tests.

CHAPTER 4: ASSESSMENT IN FAMILY AND SOCIAL SETTINGS

(9 Lect)

- 4.1 Meaning – Various aspects of Adjustment and Value
- 4.2 Family adjustment assessment, Marital adjustment assessment
- 4.3 Assessment of Parent-Children relationship
- 4.4 Attitude & Value assessment – family, social, political issues

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1. Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.
2. Kaplan, R.M. & Saccuzzo, D.P. (2007). Psychological Testing: Principles, Applications, and Issues. Australia: Thomson Wadsworth.
3. Cohen, J. R (2005) Psychological testing: 6th edition Pearson Education.

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S.Y.B.SC. PSYCHOLOGY

SEMESTER – IV

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Section A

PSYCHOLOGICAL TESTS (ANY SIX)

- 1) Mental Health
- 2) Life Satisfaction
- 3) Resilience
- 4) Well-Being
- 5) Adjustment
- 6) Non substance Addiction
- 7) Optimism and Pessimism
- 8) Coping Style
- 9) Emotional Intelligence
- 10) Work Motivation/Job Satisfaction

Section B

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