

Telephone No. 2419677/2419361  
Fax: 0821-2419363/2419301

e-mail : registrar@uni-mysore.ac.in  
[www.uni-mysore.ac.in](http://www.uni-mysore.ac.in)

**UNIVERSITY OF MYSORE**  
Estd. 1916



VishwavidyanilayaKaryasoudha  
Crawford Hall, Mysuru- 570 005

No.AC2(S)/151/2020-21

Dated: 04.10.2023

**Notification**

**Sub:-** Modification Syllabus and Scheme of Examinations Psychology (UG) (III<sup>rd</sup> & IV<sup>th</sup> Semester) with effect from the Academic year 2023-24.

**Ref:-** Decision of Board of Studies in Psychology (UG) meeting held on 07.09.2023.

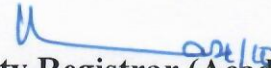
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The Board of Studies in Psychology (UG) which met on 07.09.2023 has resolved to recommended and approved the syllabus and scheme of Examinations of Psychology Programme (III<sup>rd</sup> & IV<sup>th</sup> Semester) with effect from the Academic year 2023-24.

Pending approval of the Faculty of Science & Technology and Academic Council meetings the above said syllabus and scheme of examinations are hereby notified.

The syllabus and scheme of Examinations contents may be downloaded from the University website i.e., [www.uni-mysore.ac.in](http://www.uni-mysore.ac.in).

**DRAFT APPROVED BY THE REGISTRAR**

  
**Deputy Registrar (Academic)**  
Deputy Registrar (Academic)  
University of Mysore  
Mysore-570 005

**To:**

1. All the Principal of affiliated Colleges of University of Mysore, Mysore.
2. The Registrar (Evaluation), University of Mysore, Mysuru.
3. The Chairman, BOS/DOS in Psychology, Manasagangothri, Mysore.
4. The Director, Distance Education Programme, Moulya Bhavan, Manasagangothri, Mysuru.
5. The Director, PMEB, University of Mysore, Mysore.
6. Director, College Development Council , Manasagangothri, Mysore.
7. The Deputy Registrar/Assistant Registrar/Superintendent, Administrative Branch and Examination Branch, University of Mysore, Mysuru.
8. The PA to Vice-Chancellor/ Registrar/ Registrar (Evaluation), University of Mysore, Mysuru.
9. Office Copy.

**Psychology Syllabus for III & IV Semester**  
**(UG)**

### Structure for Psychology Discipline

<b>Semester III</b>				
<b>Course</b>	<b>Paper</b>	<b>Credits</b>	<b>No. of teaching Hours/Week</b>	<b>Total Assessment Marks</b>
<b>DSC - 3</b>	<b>Child Development</b>	<b>4</b>	<b>4</b>	<b>100 (60+40)</b>
<b>DSC - 3</b>	<b>Practical paper - 3</b>	<b>2</b>	<b>4</b>	<b>50 (25+25)</b>
<b>O E - 3</b>	<b>Psychology and Mental Health</b>	<b>3</b>	<b>3</b>	<b>100 (60+40)</b>
<b>Semester IV</b>				
<b>DSC - 4</b>	<b>Developmental Psychology</b>	<b>4</b>	<b>4</b>	<b>100 (60+40)</b>
<b>DSC - 4</b>	<b>Practical paper - 4</b>	<b>2</b>	<b>4</b>	<b>50 (25+25)</b>
<b>O E - 4</b>	<b>Psychology at Work</b>	<b>3</b>	<b>3</b>	<b>100 (60+40)</b>

**Assessment:**

**Weightage for assessment (in Percentage)**

<b>Course</b>	<b>Formative Assessment / IA</b>	<b>End Semester Examination</b>	<b>Summative Assessment</b>
<b>Theory</b>	<b>40</b>	<b>60</b>	<b>40+60=100</b>
<b>Practical</b>	<b>25</b>	<b>25</b>	<b>50</b>
<b>O E</b>	<b>40</b>	<b>60</b>	<b>40+60=100</b>

## Syllabi of Psychology (Discipline Specific Course) subject for BA/B.Sc

### III semester

With effect from Academic year 2023-24 and onwards

#### **PAPER – III: CHILD DEVELOPMENT**

**(60 HOURS)**

##### **Learning Outcomes:**

1. To understand the Physical, Cognitive and Language development
2. To know about the role Emotional and Moral development
3. To understand the genetic and chromosomal abnormalities
4. To understand the different disorders faced by children in their growth period

\* Teaching Hours 4 hours per week

\* 60 marks for examination and 40 marks for Internal Assessment

#### **UNIT I - INTRODUCTION TO CHILD DEVELOPMENT**

**(12 hours)**

- a) **Growth and Development:** Meaning, Aspects of development, Stages of Development.
- b) **Perspectives of child development** – Psycho analysis, Cognitive, Behavioral Ecological model – Bronfenbrenner.
- c) **Methods and Designs** – Longitudinal, Cross – sectional, Sequential, Correlation.

#### **Unit II – PRE-NATAL DEVELOPMENT**

**(12 hours)**

- a) **Conception** - Stages in prenatal development - Germinal stage, embryonic stage and Fetalstage.
- b) **Prenatal Environmental Influences** - Teratogens, Prescription and Nonprescription Drugs-illegal drugs, Tobacco, Alcohol, Radiation, Environmental Pollution, MaternalDisease and other Maternal Factors.
- c) **Child birth** – Stages of child birth
- d) **New Born Assessment** – APGAR scale, Brazelton Neonatal Behavioural AssessmentScale.
- e) **Chromosomal and Gene linked abnormalities** – Chromosomal abnormalities -

Down Syndrome; Abnormalities of the sex chromosomes - Klinefelters, Fragile x, Turner's, XXX, XYY; Gene linked abnormalities - PKU, Sickle Cell Anaemia, Tay Sachs Disease.

### **UNIT III - PHYSICAL, COGNITIVE AND LANGUAGE DEVELOPMENT (13hours)**

**a) MOTOR DEVELOPMENT:** Reflexes – Some new born reflexes; Sleeping, Crying.

**Motor development in infancy** – meaning; sequence of motor development – Gross motor development; fine motor development.

**b) PERCEPTUAL DEVELOPMENT** - Touch, Taste and Smell, Hearing, Vision.

**c) COGNITIVE DEVELOPMENT** - Piaget's theory of cognitive development.

Vygotsky's Theory of cognitive Development- Zone of Proximal Development and Scaffolding.

**d) LANGUAGE DEVELOPMENT** – components of language development; Pre-linguistic development – receptivity to language, first speech sounds.

### **UNIT IV - EMOTIONAL, SOCIAL AND MORAL DEVELOPMENT (12 Hrs)**

**a) EMOTIONAL DEVELOPMENT** - Development of emotional expression- Basic Emotions, Emotional self-Regulation, Acquiring Emotional Display Rules, Understanding and Responding to Emotions of Others - Social Referencing, Empathy and Sympathy.

**b) SOCIAL DEVELOPMENT** - Social Orientation, Development of attachment, security of attachment. Cultural Influences. Development of Self Awareness and Understanding Self.

**c) MORAL DEVELOPMENT** - Kohlberg's theory of Moral development.

### **UNIT V - DISORDERS OF CHILDHOOD (11 hours)**

ADHD, conduct disorder, oppositional defiance disorder, and anxiety disorders of childhood, Childhood depression, symptom disorders (Enuresis, encopresis, sleep walking and tics) Pervasive developmental disorders (Autism).

**References:**

1. Carson, Butcher and Mineka, (2008) Abnormal Psychology. 13th edition,  
PearsonEducation
2. John.W.Santrok (2014) - Child Development - 13th edition, Tata McGraw hill edition
3. Laura E. Berk (2013) - Child Development- 9th Edition, Easter economy edition,  
PHIpublication
4. Levine, L.E. & Munsch,J (2014) Child Development: An Active Learning Approach,  
2ndEdition, Sage Publications. Inc

**BA/BSc III Semester,**  
**With effect from Academic year 2023-24 and onwards**

**PRACTICALS: 04 hours per week.**

**Maximum Marks: 50**

**(Minimum 6 Practical to be conducted)**

1. Cueing on Recall
2. Processes in Concept Formation
3. Children's Self Concept Scale
4. Learning Styles Inventory
5. Three Dimensional Parental Behaviour Inventory
6. Vineland Social Maturity Scale
7. Seguin Form Board
8. Brigance School Readiness Scale
9. Shyness Assessment Test / Rosenberg Self Esteem Scale
10. General Health Questionnaire
11. Loneliness Inventory
12. Emotional Maturity Scale

**STATISTICS**

**Correlation**

- Spearman's Rank Difference Method
- Pearson's Product Moment



## **Syllabi of Psychology subject for BA/B.Sc, III Semester**

**With effect from Academic year 2023-24 and onwards**

### **OPEN ELECTIVE**

Teaching Hours: 3 hours per week

(Total 30 hours)

Marks for Exam: 60

IA Marks: 40

### **PSYCHOLOGY AND MENTAL HEALTH**

#### **Course Objectives**

- To understand the fundamentals of mental health
- To create awareness about importance of mental health
- To understand the Challenges in the field of mental health
- To understand the Importance of Psychological interventions

#### **Unit 1: Introduction**

**(7 hours)**

- a. Meaning and definition of Mental Health, Fundamentals of Mental Health.
- b. Factors affecting mental health: Physiological factors, Psychological factors and Social factors,
- c. Importance of Mental health

#### **Unit 2: Interpersonal approach to Mental Health**

**(8 hours)**

- a. Interpersonal approaches to mental health: communication and conflict - non violence communication.
- b. Cognitive distortions - personalization, catastrophizing, polarised thinking, shoulds and musts, mental filtering, fallacies (control, change, and heaven's reward).

#### **Unit 3: Mental Health issues**

**(7 hours)**

- a. Stress / Burnout
- b. Anxiety, fear, worry, phobia, depression
- c. Grief and trauma

#### **Unit 4: Intervention and Management**

**(8 hours)**

- a. Need for mental health intervention and strategies
- b. Physiological approach, Cultural and Social Approach: Bronfenbrenner model, Intersectionality (Privilege v/s Oppression)
- c. Coping Mechanisms: Grounding techniques, mindfulness practices, positive emotional, psychological and social functioning (flourishing), Self care in mental health: A conceptual model.

#### **References**

- Augustus, J.o., Bold, Justine., Williams, B. An Introduction to Mental Health, Sage Publications Ltd
- Gurumani, G.D., *Text Book of Mental Health and Hygiene*
- Lucock, M., Gillard, S., Adams, K., Simons, L., White, R., & Edwards, C.(2011). *Self - care in mental health services: a narrative review. Health & Social Care in the Community*, 19 (6)
- Papalia., & C. D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development*. 9th Edition. New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.
- Piotrowski, N.A. (2010). *Psychology & Mental Health*. Salem Press.
- Robert Feldman (2011) *Essentials of Understanding Psychology* 10th Edition

**Syllabi of Psychology (Discipline Specific Course) subject for BA/BSc, IV Semester**

**With effect from Academic year 2023-24 and onwards**

**PAPER – IV: DEVELOPMENTAL PSYCHOLOGY**

**(60 HOURS)**

**Learning Outcomes:**

1. To understand and analyze the Physical, Cognitive and Psychosocial development.
2. To know about the vocational adjustment.
3. To understand the aging, the ageing process and facing the future.

\* Teaching Hours 4 hours per week.

\* 60 marks for examination and 40 marks for Internal Assessment.

**UNIT I: PUBERTY AND ADOLESCENCE**

**(12 hours)**

- a) **Puberty:** Meaning and Characteristics.
- b) **Adolescence: Physical Development** – Adolescents’ growth spurt, primary and secondary sexual characteristics, signs of sexual maturity.
- c) **Physical and Mental Health** – Physical Fitness, Sleep Needs, Nutrition and Eating disorders; Substance abuse – risk factors of drug abuse, gateway drugs – alcohol – marijuana and tobacco. Addiction to Social media and Virtual Gaming.
- d) **Psychosocial Development:** Search for Identity- Theories of Erikson and Marcia. Gender Differences and Ethnic Factors in Identity Formation. Relationship with family, peers and adult society. Adolescents in Trouble: Antisocial and Juvenile Delinquency (in brief)

**UNIT II: EARLY ADULTHOOD**

**(12 hours)**

- a) Characteristics of early adulthood.
- b) **Health and Physical Development:** Health status, Genetic and Behavioral Influences on Health and Fitness.
- c) **Cognitive development** – Schaie’s model. Emotional Intelligence.
- d) **Psycho-social development:** Models - Normative, Timing-of-events, Intimate Relationships. Marital and non-marital life styles - Single life, Marriage, co-habitation, LGBT issues.

### **UNIT III: MIDDLE ADULTHOOD**

**(14 hours)**

- a) Characteristics of Middle adulthood.
- b) Physical Development** – physical changes – Sensory & Psychomotor Functioning, Sexuality & Reproductive Functioning- Menopause & its Meanings; Changes in male Sexuality.
- c) Cognitive development** –The distinctiveness of adult cognition – the role of expertise, Integrative thought practical problem solving. Work v/s Early Retirement, Work and Cognitive Development, Mature Learner.
- a) Psycho-Social Development** – Changes in Relationship at Midlife.  
Consensual Relationships: Marriage, Midlife divorce, Friendships, Relationships with maturing children.
- b) Vocational Adjustments** – Factors affecting vocational adjustment in Middle Adulthood, Vocational Hazards, and Adjustment to approaching Retirement.

### **UNIT IV: LATE ADULTHOOD**

**(12 hours)**

- a) Characteristics of Late adulthood.
- b) Physical Changes:** Sensory & Psychomotor Functioning – Vision, Hearing, Taste & Smell, Strength, Endurance, Balance & Reaction time.
- c) Cognitive Development:** Intelligence and Processing Abilities.
- d) Psychosocial Development** – Personal Relationships in Late life: Social Contact, Relationships & Health, Multigenerational Family. Consensual Relationships: Long-Term Marriage, Divorce and Remarriage, Widowhood, Single Life. Non-marital kinship ties: Relationships with Adult children or their absence.

### **UNIT V -LATE ADULTHOOD/OLD AGE**

**(10 hours)**

- a) Theories of ageing:** programmed theories and damaged theories.
- b) Aspects of death, Stages of Dying.**
- c) Facing death & Loss:** Psychological Issues-Confronting one's death; Patterns of grieving
- d) Death & Bereavement across the Lifespan.**
- e) Issues related to Death - Medical, Legal and Ethical**

## **REFERENCES**

1. Diane E Papalia, Sally Wendkos Olds, Ruth Duskin Feldman (2004) - Human development, 9th edition, Tata McGraw Hill Publication
2. Hurlock, E.B. (1981). Developmental PSYCHOLOGY: A life - span approach. Tata McGraw -Hill
3. John W Santrock (2011) - A topical Approach to Life Span Development, 3rd Edition, TataMcgraw- Hill Edition
4. Rathus, S.A. (2022) - Human Life Span Development, 5th Edition, (ENGAGA INDIA)

**BA/BSc, IV Semester, with effect from Academic year 2023-24 and onwards**

**PRACTICALS: 04 hours per week.**

**Maximum Marks: 50**

**(Minimum 6 Practical to be conducted)**

1. College Student Problem Checklist
2. Life Satisfaction Scale
3. Family Environment Scale
4. Study Habits Inventory
5. Social Intelligence Scale
6. Personal Value Questionnaire
7. Battle Ground Mobiles India - Addiction Test / Rathu's Assertiveness Scale
8. Self Regulation Questionnaire
9. Social Adjustment scale for aged
10. Screening Mental Health Status (MINI MSE)
11. Comprehensive Interest Schedule
12. Social Network Addiction Scale

## **STATISTICS**

### **Tests of Difference**

- 't' test
  - Independent Sample test
  - Paired Sample test

**Syllabi of Psychology subject for BA/B.Sc, IV Semester**

**With effect from Academic year 2023-24 and onwards**

**OPEN ELECTIVE**

Teaching Hours: 3 hours per week

(Total 30 hours)

Marks for Exam: 60

IA Marks: 40

**PSYCHOLOGY AT WORK**

**Learning Outcomes:**

1. Understanding the nature of an organization and psychological concepts applied in the work place.
2. Identifying the need for appraisal and the role of motivation.
3. Know about nature and role of leadership, essentials of leadership.

**Unit 1: Industrial - Organizational Psychology**

**(06 hrs)**

- a) Nature and Meaning. Goals, Forces. Role of a psychologist in Industries and Organization.
- b) Challenges at workplace: Stress, Burnout, Absenteeism, Work environment, Alcoholism, Substance abuse, Conflicts.

**Unit 2: Performance Appraisal**

**(09 hrs)**

Definitions and Need for Performance Appraisal.

Methods: a) Objective Performance Appraisal - Output measures, Computerized performance monitoring, Job related personal data, Essay methods, Critical incident method and Checklist method.

- b) Judgmental Performance Appraisal - Merit rating techniques, Behaviour Anchored Rating Scale and Behaviour Observation Scale.
- c) Bias in Performance Appraisal and Methods to Improve Performance Appraisal.

**Unit 3: Leadership**

**(08 hrs)**

- a) Definition and Nature of leadership. Traits and skills of effective leader. Styles of Leadership - Authoritarian, Democratic, Transactional and Transformational leaders.
- b) Communication: Meaning and Importance. Communication Styles. Verbal and Non

verbal communications. Flow of communication. Barriers of communication. Strategies of effective communication.

**Unit 4: Stress and Work Motivation**

**(07 hrs)**

a) Stress: Meaning, definition and types of stress. Stress Management Techniques: Physical Activity, Sport and Exercise, Yoga, Meditation, Relaxation Techniques, Wellness Programmes.

b) Meaning of work motivation. Types-Financial and Non-Financial motives. Goal setting. Theories of Motivation -Maslow's theory, Herzberg's theory and Alderfer's E- R- G model

**Reference:**

1. Girishbala Mohanty (2001) - Industrial Psychology and Organizational Behavior, Kalyani Publishers, Ludhiana.
2. John W. Newstrom (2007) - Organizational Behaviour- Human Behaviour at work- 12th Edi. Tata McGraw-Hill Publishing Co. Ltd. ND
3. Schultz D.P & Schultz E.S. (2006) - Psychology and Work Today. An Introduction to Industrial and Organizational Psychology. 8th Edi. Pearson Education, Inc and Dorling Kinderssley Publishing Inc.



## **Practical Examination**

### **Internal Assessment: 25 Marks**

Record : 10 Marks

Test : 10 Marks

Attendance : 05 Marks

**Examination : 25 Marks** (2 Experiments: Writing plan and procedure for 1 experiment and Administration and Analysis of result for 1 experiment)

Plan & Procedure: 05 Marks

Administration : 05 Marks

Analysis and Discussion: 05 Marks

Statistics = 05 Marks

Viva Voce = 05 Marks

**Grand Total = 25 Marks**