

UNIVERSITY OF MYSORE
Estd. 1916

VishwavidyanilayaKaryasoudha
Crawford Hall, Mysuru- 570 005

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

Dated: 01.09.2023

Notification

Sub:- Syllabus and Scheme of Examinations of Psychology (UG)
(V & VI Semester) with effect from the Academic year 2023-24.

Ref:- 1. This office letter No: AC6/303/2022-23 dated: 28-07-2023.
2. Decision of BOS in Psychology (UG) meeting held on 14-08-2023.

The Board of Studies in Psychology (UG) which met on 14-08-2023 has resolved to recommended and approved the syllabus and scheme of Examinations of Psychology programme (V & VI 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.


Registrar
University of Mysore
Mysore

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, Manasagangothri, 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.

UNIVERSITY OF MYSORE

**5th and 6th Semester Syllabus for
BA/B.Sc in Psychology**

Curriculum of BA/B.Sc in Psychology

5th Semester

Program Name	BA/BSc in Psychology	Semester	Fifth Semester
Course Title	Health Psychology (Theory)		
Course Code:	PSY C11-T	No. of Credits	4
Contact hours	60 Hours	Duration of SEA/Exam	2 hours
Formative Assessment Marks	40	Summative Assessment Marks	60

Course Pre-requisite(s):

Course Outcomes (COs): After the successful completion of the course, the student will be able to:

- CO1. Understand the subject matter of health psychology.
- CO2. Understand the correlates of pain, illness and its management.
- CO3. Understand the impact of stress on health.
- CO4. Have awareness about health enhancing and compromising life styles.
- CO5. Attain and maintain one's health through coping strategies and interventions.

Theory Contents**60 Hrs****Chapter I INTRODUCTION TO HEALTH PSYCHOLOGY AND HEALTH BEHAVIOUR****15Hrs**

- a) **Health:** Meaning and definition (WHO); Components of health: social, emotional, cognitive and physical aspects. Health and Quality of life.
- b) **Health Psychology:** Introduction; Need for the field of health psychology; History of body mind relationship; Models of health -Biomedical and Bio psychosocial model.
- c) **Health Behaviours:** factors influencing health behaviours, barriers to modify Poor health behaviours.

Chapter II HEALTH ENHANCING AND COMPROMISING BEHAVIOUR**15 Hrs**

- a) **Theories of Health behaviors:** Theories of planned behaviour, The health belief model and their implications.
- b) **Health compromising behaviors:** Substance abuse, over eating and obesity
- c) **Health enhancing behaviors:** Physical Exercise, Maintaining healthy diet, sleep and hygiene.
- d) **Adherence:** Meaning and factors predicting adherence.

Chapter III STRESS AND HEALTH**15 Hrs**

- a) **Stress:** Nature and sources of stress; Theories of stress- Selyes' and Lazarus view.
- b) **Effects of stress on health:** Stress and immune system, Role of stress in CHD, Hyper tension and Diabetes.
- c) **Coping strategies** -Social support; time management; Yoga, Meditation and Relaxation technique, expressive

therapy-music, art and dance

d) Positive psychological interventions - gratitude, forgiveness, savoring, patience, creativity.

Chapter IV MANAGEMENT OF PAIN, CHRONIC AND TERMINAL ILLNESS

15 Hrs

a) Pain- Significance; Types; Psychological factors; Cognitive Behavioral Methods of Pain Control-gate control theory of pain, individual differences and socio-cultural differences in reaction to pain.

b) Management of chronic and terminal illness - Emotional responses to chronic illness, coping with chronic illness, psychological and social issues related to dying – the issue of non-traditional treatment.

c) Alternatives to hospital care – Hospice or home care; Psychological management of terminally ill.

References

1	Taylor, S.E. (2010). Health psychology. 6th Ed, New Delhi: Tata McGraw Hill
2	Marks. D .F .,Murry.M., Evans.B and Estacio.E.V (2011), Health psychology: Theory, research and practice (3rd edi), New Delhi: Sage publication India Pvt Ltd.
3	Brannon.L & Feist. J (2007) Introduction to Health Psychology New Delhi: Thomson Learning Inc.
4	DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson.
5	Ogden.J (2000) Health Psychology, 2nd edition Philadelphia, Open University press.

Course Title	Health Psychology (Practical)		Practical Credits	2
Course Code	PSY C12-P	Contact Hours	60 Hours	
Formative Assessment	25 Marks	Summative Assessment	25 Marks	
Practical Content				
(Minimum 6 Practical to be conducted)				
<ol style="list-style-type: none"> 1. Psychological Well-Being (Ryff C.D. et.al.2010) 2. WHO Quality of Life Scale 3. Multidimensional Health Locus Of Control (Form A) Ken. A. Wallston 4. Students Stress Rating Scale (Manju Agarwal) 5. Type A and Type B - ABBPS (Upinder Dhar and Manish Jain) 6. Resilience Scale (Wagnild. G. M. and Young H.M) 7. Gratitude questionnaire (McCullough M.E, Emmons R.A, Tsang J 2002) 8. Reactions to Frustration (B.M.Dixit and D.N. Srivastava) 9. Life style questionnaire (S.K. Bawa and S. Kaur) 				

10. CMI Health Questionnaire (N.N. Wig, Parshad and S.K. Verma)

11. P.G.I. Well-Being Measure (S.K. Verma and Anita Verma)

12. Optimum Health Scale (Pravin Kumar and Lovellen Bala)

Program Name	BA/BSc in Psychology	Semester	Fifth Semester
Course Title	Social Psychology (Theory)		
Course Code:	PSY C13-T	No. of Credits	4
Contact hours	60 Hours	Duration of SEA/Exam	2 hours
Formative Assessment Marks	40	Summative Assessment Marks	60

Course Pre-requisite(s):

Course Outcomes (COs): After the successful completion of the course, the student will be able to:

CO1. Develop an understanding of the individual in relation to the social world.

CO2. Introduce students to realm of social influences on behaviour.

CO3. Understand the various social issues prevalent.

CO4. Know the significance of Interpersonal Relationship.

CO5. Sensitize the students about Social issues.

Theory Contents

60 Hrs

Chapter I SOCIAL PSYCHOLOGY, SOCIAL PERCEPTION AND SOCIAL COGNITION

15 Hrs

Introduction:

a) **Social Psychology:** definition, nature and scope of social psychology.

b) **Social perception:** non-verbal communication; impression formation and management.

c) **Social Cognition:** schemas, heuristics and automatic processing and errors.

d) **Interdependent Relationship:** family, friendship and attachment style, relationship problems, reaction to problems, effects of relationship failure.

Chapter II UNDERSTANDING AND EVALUATING THE SOCIAL WORLD

15 Hrs

a) **Attribution:** theories of attribution - Fritz-Heider's theory, Jones and Davis theory, Kelly's theory;

b) **Attitudes:** definition and components, attitude-behaviour link; attitude formation and strategies for attitude change, measurement of attitudes.

c) **Prejudice:** meaning, definition, growth, techniques for counteracting its effects.

d) **Stereotype** meaning, gender stereotype, glass ceiling and discrimination.

Chapter III SOCIAL INTERACTION AND INFLUENCE

15 Hrs

a) **Formation and influence of groups:** conformity- Asch studies, compliance techniques, obedience to authority, social facilitation, social loafing, co-operation, conflict, techniques to resolve conflicts.

b) **Pro-Social Behaviour-** Latane and Darley's 5 crucial steps of n to an emergency, situational factors

influencing pro-social behaviour, factors decreasing the tendency to help.

c) **Social networking sites**- impact of social media on children adolescents and families

Chapter IV Social disorganization issues

15 Hrs

a) **Aggression**- social learning perspectives , - theories of aggression - drive theory, modern theory- GAAM biological and situational determinants, personal determinants, prevention and control of aggression- punishment, cognitive interventions and forgiveness

b) **Violence** – nature and categories of violence, violence in families, collective violence for social change

c) **Anti social behavior**- corruption, bribery and other forms of antisocial behaviour; applying social psychology at work, health and legal system.

References

1	Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.
2	Baron Robert and Byrne Donn (2004) Social Psychology, 10 th Edition Pearson Education, Inc
3	Misra, G. (2009). Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research). New Delhi: Pearson
4	Myers David -Social Psychology (2006) -8 th Edition, Tata McGraw Hill.
5	Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed.). New Delhi: Pearson
6	Sutherland & Cressey :Principles of criminology

Course Title	Social Psychology (Practical)		Practical Credits	2
Course Code	PSY C13-P	Contact Hours	60 Hours	
Formative Assessment	25 Marks	Summative Assessment	25 Marks	

Social Psychological Practical Content

(Minimum 06 Practical to be conducted)

1. Sociogram (Moreno)
2. Stereotypes
3. Bogardus Social Distance Scale
4. Co-operation
5. Competition
6. Attachment Style Scale
7. Criminal Propensity Scale (Arjun Singh and Neelam Sharma)
8. Violence Scale (B. Thomas)
9. Prestige Suggestion
10. Social Communication – Rumour
11. Sodhi's Attitude Scale
12. Bell's Adjustment Inventory

Statistics:

Practical 1: One way ANOVA

Practical 2: Mann –Whitney U test and Kruskal-Wallis One way ANOVA

Note:

- A student may opt for practical or Research Project (A study on minimum of 60 participants)/or Internship in any organization/Educational setting/Industry/Hospitals/any Psychology related setting (for minimum of 50 hours).
- Completion of above said activities a student has to submit the report and undergo a formal Viva voce examination
- **Scheme of Evaluation for Practical:** Total Marks 50 (IA 25 – 10 Records, 15 for Assignment/Test/Seminar)
- For Reports: Total Marks 50 (IA 25+Viva Voce 10, Report 15)

Curriculum of
BA/BSc
in
Psychology
6th Semester

Program Name	BA/BSc in Psychology	Semester	Sixth Semester
Course Title	Abnormal Psychology (Theory)		
Course Code:	PSY C14-T	No. of Credits	4
Contact hours	60 Hours	Duration of SEA/Exam	2 hours
Formative Assessment Marks	40	Summative Assessment Marks	60

Course Outcomes (COs): After the successful completion of the course, the student will be able to:

CO1. Impart knowledge about the difference between the concepts of normality and abnormality to dispel myths regarding abnormality.

CO2. Familiarize students with criteria and classification of psychological disorders.

CO3. Provide an overview of the symptoms and etiology of various psychological disorders.

CO4. Introduce students to different perspectives regarding the causation of mental illnesses.

CO5. Familiarize students with a conceptual overview of abnormal behaviour.

Theory Contents	60 Hrs
Chapter I UNDERSTANDING ABNORMALITY	15 Hrs
Introduction: Meaning and definitions of abnormality, criteria of abnormality; psychological models of abnormality - psychodynamic, behavioristic, cognitive -behavioural and Humanistic models. Classification of mental disorders –DSM and ICD. Mental status examination, Mental health care act 2017.	
Chapter II CLINICAL PICTURE AND ETIOLOGY OF ANXIETY DISORDERS	15 Hrs
<p>a) Anxiety based disorders: The anxiety based response patterns; Phobic disorders; Obsessive Compulsive Disorders (OCD); Generalized Anxiety Disorder (GAD); Somatoform disorders; Hypochondriasis; conversion disorders.</p> <p>b) Dissociative disorder - psychogenic amnesia, fugue; dissociative identity disorder: causes Biological, Psychological and Socio-cultural factors. (Diagnostic criteria/ Clinical features and causes & treatment).</p> <p>c) Trauma and Stressors - Related Disorders: PTSD and acute stress disorder.</p>	
Chapter III SCHIZOPHRENIA AND DELUSIONAL DISORDER	15 Hrs
<p>a) Schizophrenia: clinical picture, subtypes and causes - biological, psychological and socio-cultural factors.</p> <p>b) Delusional disorder: diagnosis, clinical picture and its causal factors.</p> <p>c) Bipolar and related disorders: bipolar disorder i disorder, bipolar disorder ii disorder and cyclothymic disorder.</p>	

Chapter IV PERSONALITY DISORDERS AND PARAPHILIAS	15 Hrs
<p>Personality disorders: cluster A (paranoid, schizoid, antisocial), B (histrionic, narcissistic, antisocial and borderline) & C (avoidant and dependent personality disorder). Obsessive-Compulsive Personality Disorder.</p> <p>Paraphilic disorders: as per DSM -5 (voyeuristic, exhibitionistic, frotteuristic, sexual masochism, sexual sadism, pedophilic, fetishistic and transvestic). Causes of paraphilia.</p>	

References	
1	Carson R.C, Butcher JN and Mineka Susan (2005)., <i>Abnormal Psychology and modern life</i> (10th edn) New York: Harper-Collins
2	Kaplan H, Sadock BJ, Grebb JA (1994) <i>Synopsis of Psychiatry</i> (7th edn). New Delhi: BL Waverly Pvt. Ltd.
3	Sarason .I.G & Sarason R.B (2005) <i>Abnormal Psychology The Problems of Maladaptive Behaviour</i> 11 th edition New Delhi Pearson Pub.

Course Title	Abnormal Psychology (Practical)		Practical Credits	2
Course Code	PSY C15-P		Contact Hours	60 Hours
Formative Assessment	25 Marks	Summative Assessment	25 Marks	
Practical Content				

(Minimum 6 Practical to be conducted)

1. Multiphasic Questionnaire (H.N.Murthy)
2. Family Pathology Scale (V. Veeraraghavan and A. Dogra)
3. Bell's Adjustment Inventory
4. IPAT Anxiety Scale
5. Obsessional Compulsive Inventory Revised (OCI-R) Foa, E.B, Huppert, J.D.,Leiberg, S et. al
6. Cohen'S Perceived Stress Scale
7. Defence Mechanism Inventory (N R Mrinal & Uam Singhal)
8. Behavioural Deviance Scale (N. S. Chauhan and Saroj Aurora)
9. Alcohol and Drug Attitude Scale (Sunil Saini & Sandeep Singh)
10. Beck Depression Scale
11. Personal Stress Source Inventory (Arun Kumar Singh, Ashish K. Singh, and Arpana Singh)
12. Narcissism Scale (Sagar Helode, Basir Hassan and R. D. Helode)

Program Name	BA/BSc in Psychology	Semester	Sixth Semester
Course Title	Human Resource Management (Theory)		
Course Code:	PSY C16-T	No. of Credits	4
Contact hours	60 Hours	Duration of SEA/Exam	2 hours
Formative Assessment Marks	40	Summative Assessment Marks	60

Course Outcomes (COs): After the successful completion of the course, the student will be able to:

CO1. Understand the nature, objectives and functions of HRM.

CO2. Understand the processes of selection and tools of training.

CO3. Know the tools of performance appraisal in work setting.

CO4. Know the application of electronic in HR and management of international HR.

Theory Contents	60 Hrs
Chapter I	14 Hrs
INTRODUCTION: Human Resource: meaning, definitions. Nature and meaning of human resource management. definitions and importance. Difference between personal management and hrm. Characteristics, objectives, importance and scope of HRM. Functions of HRM – A) Managerial B) Objective C) Advisory and Supportive functions.	
Chapter II	16 Hrs
SELECTION AND TRAINING: i) SELECTION: Meaning and Nature. Definitions, Characteristics, Objectives and importance of Selection. Process and Tests used in Selection. Interview: Meaning and Types. Limitations of Interview. ii) TRAINING: Meaning, Definitions, Nature and Characteristics of Training. Purposes and Benefits of Training. Methods /approaches to training- classroom/lectures , conferences, films, Vestibule training, apprenticeship, Computer Assisted Instruction(CAI)Net Based training, In basket training, Role Playing, Executive Coaching.	
Chapter III Organizational Motivation	15 Hrs
Organizational Motivation: Introduction to Motivation, Definitions and Nature. Employee drives and needs, Theories of Work motivation and practical applications: Content Theories: Maslow's Hierarchy of needs, Alderfer's ERG theory, McClelland's Need theory. The process theories: Expectancy theory and Equity theory	

Chapter IV PERFORMANCE APPRAISAL	15 H rs
<p>Meaning and Definition of Performance Appraisal. METHODS – A) Traditional method – Ranking, Paired Comparisons, Grading, Forced Choice, Checklist methods, Critical Incident method, Essay method. B) Modern Methods – Behaviour Anchored Rating Scale (BARS), Management by Objectives (MBO). 360* Feedback. Benefits and Limitations in Performance Appraisal.</p>	

References	
1	H. R. Appannaiah, Dr. P.N.Reddy and K. Aparna Rao. Human Resource Management (2010) : Himalaya Publishing House
2	Shahi K. Gupta and Rosy Joshi. Human Resource Management (2011) : Kalyani Publshers
3	Dr. P. Subba Rao. Human Resource Management (2013): Himalaya Publishing House
4	Dr. P. Subba Rao. Personnel & Human Resource Management, Himalaya Publishing House
5	Dr. K. Venkataramana. Human Resource Management (2011) : Himalaya Publishing House
6	John W. Newstrom: Organizational Behaviour. Human Behaviour at Work. Tata McGraw Hill Education Private Limited, New Delhi
7	K.Aswthppa. Human Resource Management (2011). Tata McGraw Hill Education Pvt. Ltd, ND
8	Dr. C.B. Gupta. Human Resource Management. Sultan and Sons
9	Gay Dessler. Human Resource Management, 9th edi. Pearson Education 2003
10	C.S. VenkataRathnam & B.K.Srinivasa. Personal Management & Human Resource.TMPL
11	Organizational Behaviour: Human Behaviour at work: Newstorm John W. McGraw Hill.

Course Title	Human Resource Management (Practical)		Practical Credits	2
Course Code	PSY C17-P		Contact Hours	60 Hours
Formative Assessment	25 Marks	Summative Assessment	25 Marks	
Practical Content				
(Minimum 6 Practical to be conducted)				
<ol style="list-style-type: none"> 1. Long Employee Attitude Scale (H. C. Ganguly) 2. Occupational Self Efficacy Scale (OSES- UpindharDhar, Sanjyot Pethe, Sushma Chaudhury) 3. Organizational Climate Inventory (Som Nath Chattopadhyaya and K.G. Agarwal) 4. Organizational Culture Scale (Santhosh Dhar and Upinder Dhar) 5. Vocational Interest Record (VIR Kulshrestha) 6. Work Motivation Questionnaire (Dr K G Agarwal) 7. Occupational Stress Index (Srivastava, A. K., & Singh, A. P) 8. Employee Mental Health Inventory (Jagadish) 9. Quality of Work Life Scale (Santhosh Dhar, Upinder Dhar and Rishu Roy) 10. FIRO – B (William Schultz) 11. Team Effectiveness Scale (Upinder Dhar and Santhosh Dhar) 				

Statistics:

Practical 1: Simple linear regression by method of least squares

Practical 2: Wilcoxon signed rank test and Friedman ANOVA

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 - For Reports: Total Marks 50 (IA 25+Viva Voce 10, Report 15)