M. C. E. Society's

Abeda Inamdar Senior College

Of Arts, Science and Commerce, Camp, Pune-1

(Autonomous) Affiliated to Savitribai Phule Pune University

NAAC accredited 'A' Grade

S.Y.B.A (Psychology)

Syllabus

(Choice Based Credit System – NEP 2023 Pattern)

(To be implemented from the Academic Year 2024-2025)

Syllabus for SYBA (Psychology)

To Be Implemented From 2024-25 (CBCS – Autonomy 2023 Pattern)

SYBA					
Semester	Course Code	Course Name	Title of the Paper	Credit	No. of Lectures
3	23ABPS3MN	Minor	Psychology of Adjustment	4	60
3	23ABPS31MM	Major	Introduction to Psychopathology - 1	4	60
3	23ABPS32MM	Major	Developmental Psychology	4	60
3	23ABPS3VS	VSC	Emotional Intelligence and Communication Skills	2	30
3	23ABPS3FP	FP	Field Project	2	30

Syllabus (Semester III)

Course/ Paper Title	Minor: Adjustment Psychology
Course Code	23ABPS3MN
Semester	III
No. of Credits	4

Aims &Objectives of the Course

Sr. No.	Objectives
1.	To acquaint the students with various areas of adjustment
2.	To familiarize the students with modern ways of effective adjustment.
3.	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
4.	To develop self-understanding and insight
5.	To equip students with basic self-help skills (psychological and social)

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Explain factors that are related to and challenges in adjustment.
2.	Describe several effective strategies for improving academic performance.
3.	Students will understand the empirical approach in adjustment psychology.
4.	Explain the nature and consequences of stress (positive and negative). Describe factors that increase stress tolerance.
5.	Discuss coping strategies that people employ: defensive and constructive.
6.	Understand the nature of careers and work along with challenges involved.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	**Adjustment in Modern World**	15
	i. Adaptation and adjustment : definition, processes, nature	2
	ii. Challenges to adjustment : Paradox of progress	3
	iii. Roots of Happiness	3
	iv. Research in Adjustment Psychology	4
	v. Being a well-adjusted student	3
Unit II	**Stress and Its Effects**	15
	i. Stress: definition, nature and types	4
	ii. Types of and Responses to stress	4
	iii. Potential Effects of Stress	4
	iv. Factors influencing stress tolerance	2
	v. Are you stressed?	1
Unit III	**Coping Processes**	15
	i. Coping : Definition, features involved	3
	ii. Limited Value Coping Patterns and Defense Mechanisms	3
	iii. Constructive Coping : Appraisal-Focused Coping	2
	iv. Constructive Coping : Problem focused and Emotion	2
	Focused Coping	3
	v. Responding to traumatic events	2
Unit IV	**Career and Work**	15
	i. Choosing a career	2
	ii. Models of Career Choice : Holland and Super	4
	iii. The Changing World of Work	3
	iv. Occupational Hazards and Balancing Work	4
	v. Résumé Writing	2

References:

Weiten, W. and Lloyd, M. A. (2015). Psychology Applied to Modern Life: Adjustment in the 21st Century (Ed. 8th). Bengaluru: Thomson and Wadsworth

Kumar, V. B. (2005). Psychology of Adjustment. Mumbai: Himalaya Publishing

Syllabus (Semester III)

Course/ Paper Title	Introduction to Psychopathology - 1
Course Code	23ABPS31MM
Semester	III
No. of Credits	4

Aims &Objectives of the Course

Sr. No.	Objectives
1.	Introduce an important branch of Psychology – Psychopathology
2.	Be able to understand various approaches to and theories of Psychopathology
3.	To develop further interest in the field of Psychology and enable participants to undertake post-graduation in Clinical Psychology
4.	To help students prepare for post-graduate entrance examinations
5.	To create awareness about mental health problems in society

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Be able to define Abnormality and the criteria for abnormality and Psychopathology.
2.	Demonstrate knowledge about the symptoms, diagnostic criteria, and causes of various psychological disorders
3.	Understand the limitations, cultural, neurobiological, social factors in behavioral abnormalities.
4.	Recognize and demonstrate knowledge of the major disorders.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	**Abnormal Psychology: An Overview**	**15**
	i. Abnormality: Meaning, Definition, Nature.	3
	ii. Historical Background of Abnormality.	4
	iii. Criteria of Abnormal Behaviour (Biological, Psychological, Socio-cultural)	4
	iv. Current Classification Systems: DSM-5 & ICD-10 - an Overview.	4
Unit II	**Anxiety Disorders, Obsessive-Compulsive Disorders (OCD)**	**15**
	i. Generalized Anxiety Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes.	5
	ii. Agoraphobia & Social Anxiety (Phobia): Nature, Symptoms, Diagnostic Criteria & Causes.	5
	iii. Obsessive-Compulsive Disorders (OCD): Nature, Symptoms, Diagnostic Criteria & Causes.	5
Unit III	**Personality Disorders**	**15**
	i. Personality Disorders Characterized by Odd or Eccentric Behaviour: Nature, Symptoms, Diagnostic Criteria & Causes.	5
	ii. Personality Disorders Characterized by Dramatic, Emotional or Erratic Behaviour: Nature, Symptoms, Diagnostic Criteria & Causes.	5
	iii. Personality Disorders Characterized by Anxious or Fearful Behaviour: Nature, Symptoms, Diagnostic Criteria & Causes.	5
Unit IV	**Eating Disorders, Sleep-Wake Disorders**	**15**
	i. Eating Disorders (Anorexia Nervosa, Bulimia, Binge-Eating): Nature, Symptoms, Diagnostic Criteria & Causes.	5

	ii.	Sleep-Wake Disorders: definition and types of sleep, importance of sleep.	5
	iii.	Sleep (Insomnia, Narcolepsy, Circadian Rhythm): Nature, Symptoms, Diagnostic Criteria & Causes.	5

References:

American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.*

Barlow, D. H., Durand, V. M. (2015). *Abnormal Psychology : An integrative approach. (7th ed.). Cengage Learning.*

Hooley, J. M., Butcher, J. N., Nock M.K., & Mineka, S., (2017). *Abnormal Psychology.* (17th ed.). Pearson Education Limited.

World Health Organization (WHO). (1992). *The ICD-10 classification of mental and behavioural disorders.* Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.

Syllabus (Semester III)

Course/ Paper Title	Developmental Psychology
Course Code	23ABPS32MM
Semester	III
No. of Credits	4

Aims &Objectives of the Course

Sr. No.	Objectives
1.	Introduce an important branch of Psychology – Lifespan Development
2.	Be able to understand various approaches to development and significant changes taking across the life span
3.	To help students prepare for post-graduate entrance examinations
4.	To further develop insight in the field of Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Understand the importance, characteristics and concern in lifespan development
2.	Understand biological, cognitive, and socio-emotional processes.
3.	Understand the periods of development, the significance of age, and discuss developmental issues.
4.	Understand Psychoanalytic, Cognitive, Behavioural and Social Cognitive, Ethological, Ecological and Eclectic theories of development
5.	To understand changes happening in physical, cognitive and socio-emotional areas across the life span

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	**Lifespan Development**	**15**
	i. Lifespan Development: Definition, Characteristics, Conceptions of Age, Time span enquiry	3
	ii. Processes and periods of development, contemporary concerns	4
	iii. Theories of development: Psychoanalysis, Cognitive, Behavioural, Social Learning, Ethological, Ecological	5
	iv. Heredity, Genetic Principles and Abnormalities	3
Unit II	**Physical Development**	**15**
	i. Infancy and Early Childhood	4
	ii. Middle and Late Childhood, Adolescence	4
	iii. Early and Middle Adulthood	4
	iv. Late Adulthood	3
Unit III	**Cognitive Development**	**15**
	i. Infancy and Early Childhood	4
	ii. Middle and Late Childhood, Adolescence	4
	iii. Early and Middle Adulthood	4
	iv. Late Adulthood	3
Unit IV	**Socio-emotional Development**	**15**
	i. Infancy and Early Childhood	3
	ii. Middle and Late Childhood, Adolescence	4
	iii. Early and Middle Adulthood	4
	iv. Late Adulthood	4

References:

Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.

Lally, M. & Valentine-French, S. (2019). Lifespan Development: A Psychological Perspective (2nd Ed.), Open Education Resource Book.

http://dept.clcillinois.edu/psy/LifespanDevelopment.pdf

Santrock, J.W. (2011). Life-Span Development (13th Edition). NY: McGraw Hill.

Syllabus (Semester III)

Course/ Paper Title	VSC: Emotional Intelligence and Communication Skills
Course Code	23ABPS3VSC
Semester	III
No. of Credits	2

Aims &Objectives of the Course

Sr. No.	Objectives
1.	Focus on developing skills in Emotional Intelligence, Coping and Communication Skills
2.	To equip students with basic emotional and communication skills.

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Be able to define Emotions, Emotional Intelligence and Communication and explain the concepts involved.
2.	Be able to identify the various strategies to be used in different situations

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	**Emotional Intelligence**	**15**
	i. Emotions: Definition, basic emotions	3
	ii. Emotional Intelligence: Definitions and Models: Ability, Mixed, Trait	3
	iii. Measurement of EI	3
	iv. Skills: RULER, Distancing, Humour	3
	v. Skills: REBT	3
Unit II	**Communication Skills**	**15**
	i. Communication: Definition and processes	3
	ii. Nonverbal communication	3
	iii. Verbal Communication: Conversational Skills	3
	iv. Unhealthy communication: Barriers	3
	Communication Style: Assertiveness	3

References:

Weiten, W. and Lloyd, M. A. (2015). Psychology Applied to Modern Life: Adjustment in the 21st Century (Ed. 8th). Bengaluru: Thomson and Wadsworth

Syllabus (Semester III)

Course/ Paper Title	Field Project
Course Code	23ABPS3FP
Semester	III
No. of Credits	2

Aims &Objectives of the Course

Sr. No.	Objectives
1.	To gain insight into practical, applied aspects of the field of Psychology
2.	Getting to know about various community development initiatives and work taking place in the context of Psychology

Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Will be able to identify various fields of Psychology where work is taking place in the vicinity.
2.	Will be able to plan, execute and write a report about field work in any one area.

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	**Choosing Area**	**15**
	Discussing with teacher, choosing area, preparing questionnaire/survey, deciding schedule; Field project to be conducted in Educational Institute/Rehabilitation Centre/Mental Health Facility/Primary Health Care Centre/Old age home/Orphanage/NGOs/Corporates to study Mental Health Practices undertaken there	
Unit II	**Conducting**	**15**
	Taking permission, visiting chosen institute, conducting the project, writing report	