

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2019 onwards)
Semester - III

- i. **Paper : III**
 ii. **Title of paper : PSYCHOLOGY FOR LIVING**

iii. **Specific objectives :**

1. To acquaint the students with processes of Psychology for living.
2. To introduce students the concept of Stress.
3. To acquaint the students with Understanding mental disorders.
4. To introduce students various Psychotherapies and their uses.

iv.	Module	No. of credits
	Module- 1: Towards Better Health	01
	Module- 2: Stress	01
	Module- 3: Understanding Mental Disorders	01
	Module- 4: If You go for help	01

v. **Equivalence**

Old Paper	New Paper
CHILD PSYCHOLOGY	PSYCHOLOGY FOR LIVING

vi. **Recommended reading**

a) **Book for Study:**

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

b) **Books for Reference:**

c) Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.

d) Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.

e) Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life*, (7th ed.).Singapore:

Thomson Asia Pvt. Ltd.

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Semester – III

PSYCHOLOGY FOR LIVING (Paper III)

Module I: Towards Better Health

1.1 Body Image

A. How We Feel About Our Bodies?

B. Media and Body Image

C. Our Ideal Body

1.2 Health and the Mind-Body Relationship

A. The Immune System

B. Personality

C. Life Style Choices

D. Environmental Issues

1.3 Promoting Wellness

A. Taking Charge of Your Own Health

B. Eating Sensibly

C. Keeping physically fit

D. Finding Social Support

Module II: Stress

2.1 Understanding Stress A.

Conceptualizing Stress

B. Major Causes of Stress

C. Stress in College

2.2 Reactions to Stress

A. Physiological Stress Reactions

B. Psychological Stress Reactions

C. How Do You React to Stress?

2.3 Managing Stress

A. Modifying Your Environment

B. Altering Your Lifestyle

C. Using Stress for Personal Growth

Module III: Understanding Mental Disorders

3.1 Psychological Disorders

A. What are Psychological Disorders?

B. How Common Are Psychological Disorders?

C. Putting Mental Health in Perspective

3.2 Anxiety disorders

A. Generalized Anxiety Disorders

B. Panic Disorders

C. Phobias

D. Obsessive-Compulsive Disorder

3.3 Mood Disorders A.

Depressive Disorders

B. Bipolar Disorder

C. Suicide

Module 4: If You go for help

4.1 Psychotherapy

A. Gender differences in adulthood

B. Cultural Issues

C. Applying it to Yourself

4.2 Insight Therapies A.

Psychoanalysis

B. Person-centered Approach

4.3 Cognitive and Behavioural Therapies

A. Behavioural Therapies

B. Cognitive Therapies

C. Cognitive-Behavioural Therapy

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(Introduced from June 2019 onwards) Semester – III

- i. Paper : IV**
ii. Title of paper : SOCIAL PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of Social Psychology
2. To introduce students the concept of Social Perception.
3. To acquaint the students with the Self and self esteem.
4. To introduce students concept of attitude formation, persuasion and cognitive dissonance.

iv. Module	No. of credits
Module- 1: Introduction to Social Psychology	01
Module- 2: Social Perception	01
Module- 3: The Self	01
Module- 4: Attitude	01

v. Equivalence

Old Paper	New Paper
SOCIAL PSYCHOLOGY	SOCIAL PSYCHOLOGY

vi. Recommended reading

a) Book for Study:

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida (UP) :Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) Books for Reference:

1. Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). Social Psychology, (9th ed.), New Jersey: Pearson Education Prentice Hall.
2. Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014.
3. Mercer, J. & Clayton, D.(2014). Social Psychology, New Delhi: Dorling Kindersley India Pvt. Ltd.

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Semester – III

SOCIAL PSYCHOLOGY (Paper – IV)

Module 1. Introduction to Social Psychology

1.1: Definition of Social Psychology:

- A. Social Psychology Is Scientific in Nature
- B. Social Psychology Focuses on the Behavior of Individuals
- C. Social Psychology Seeks to Understand the Causes of Social Behavior

1.2: Social Psychology: Advances at the Boundaries

- A. Cognition and Behavior
- B. The Role of Emotion in the Social Side of Life
- C. Social Relationships

1.3: Research as the Route to Increased Knowledge

- A. Systematic Observation
- B. The Experimental Method
- C. Correlational Method

Module 2. Social Perception

2.1: Nonverbal Communication

- A. Basic Channels of Nonverbal Communication
- B. Nonverbal Cues in Social Life
- C. Recognizing Deception

2.2: Attribution

- A. Theories of Attribution
- B. Basic Sources of Error in Attribution
- C. Applications of Attribution Theory

2.3: Impression Formation and Management

- A. Impression Formation
- B. Impression Management

Module 3. The Self

3.1: Self-Presentation

- A. Self-Other Accuracy in Predicting Our Behavior
- B. Self-Presentation Tactics

3.2: Personal Identity versus Social Identity

- A. Who I Think I Am Depends on the Social Context?
- B. Who I Am Depends on Others' Treatment ?

3.3: Self-Esteem

- A. The Measurement of Self-Esteem
- B. How Migration Affects Self-Esteem?
- C. Do Women and Men Differ in Their Level of Self-Esteem?

Module 4. Attitude

4.1: Attitude Formation

- A. Classical Conditioning
- B. Instrumental Conditioning
- C. Observational Learning

4.2: The Science of Persuasion

- A. Persuasion: Communicators, Messages, and Audiences
- B. The Cognitive Processes Underlying Persuasion

4.3: Cognitive Dissonance

- A. Dissonance and Attitude Change
- B. Alternative Strategies for Resolving Dissonance
- C. When Dissonance Is a Tool for Beneficial Changes in Behavior?

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(Introduced from June 2019 onwards) Semester IV

i. Paper : V

ii. Title of paper : MODERN SOCIAL PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of liking (attraction) and sources of liking.
2. To introduce students the concept of Social influence, Conformity and Compliance.
3. To acquaint the students with Understanding Prosocial Behavior.
4. To introduce students the concept of Aggression, its causes and control.

iv. Module	No. of credits
Module- 1: Liking (Attraction)	01
Module- 2: Social Influence	01
Module- 3: Prosocial Behavior	01
Module- 4: Aggression	01

v. Equivalence

Old Paper	New Paper
DEVELOPMENTAL PSYCHOLOGY	MODERN SOCIAL PSYCHOLOGY

vii. Recommended reading

a) Book for Study:

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida (UP) :Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) Books for Reference:

- 1) Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). Social Psychology, (9th ed.), New Jersey: Pearson Education Prentice Hall.
- 2) Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014.

- 3) Mercer, J. & Clayton, D.(2014). Social Psychology, New Delhi: Dorling Kindersley India Pvt. Ltd.

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Psychology

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Semester IV

MODERN SOCIAL PSYCHOLOGY (Paper V)

Module 1. Liking (Attraction)

1.1: Internal Sources of Liking Others

- A. The Importance of Affiliation in Human Existence
- B. The Role of Affect

1.2: External Sources of Attraction A.

The Power of Proximity

B. Physical Beauty

1.3: Sources of Liking Based on Social Interaction

- A. Similarity
- B. Reciprocal Liking or Disliking
- C. Social Skills
- D. Personality and Liking

Module 2. Social Influence

2.1: Conformity

- A. Social Pressure
- B. How Social Norms Emerge
- C. Factors Affecting Conformity
- D. Social Foundations of Conformity

E. Reasons for Nonconformity

2.2: Compliance

A. The Underlying Principles of Compliance

B. Tactics Based on Friendship or Liking

C. Tactics Based on Commitment or Consistency

D. Tactics Based on Reciprocity

Module 3. Prosocial Behavior

3.1: Why People Help? A. Empathy-Altruism

B. Negative-State Relief

C. Empathic Joy

3.2: Factors That Increase or Decrease the Tendency to Help

A. Factors That Increase Prosocial Behavior

B. Factors That Reduce Helping

3.3: Crowd funding: A New Type of Prosocial Behavior

A. Emotion and Prosocial Behavior

B. Gender and Prosocial Behavior

3.4: Final Thoughts: Are Prosocial Behavior and Aggression Opposites?

Module 4. Aggression

4.1: Perspectives on Aggression A. The Role
of Biological Factors

B. Drive Theories

C. Modern Theories of Aggression

4.2: Causes of Human Aggression A. Basic
Sources of Aggression

B. Social Causes of Aggression

C. Gender and Aggression

D. Situational Determinants of Aggression

4.3: The Prevention and Control of Aggression

A. Punishment

B. Self-Regulation

C. Catharsis

D. Reducing Aggression by Thinking Nonaggressive Thoughts

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i. Paper : VI

ii. Title of paper : APPLIED PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of Personal control, Decision Making and Personal growth.
2. To introduce students the work, career, play and using leisure positively.
3. To acquaint the students with Making and keeping friends
4. To introduce students the concept of Love and Commitment.

iv. Module	No. of credits
Module- 1: Taking Charge	01
Module- 2: At Work and Play	01
Module- 3: Making and keeping friends	01
Module- 4: Love and Commitment	01

v. Equivalence

Old Paper	New Paper
APPLIED PSYCHOLOGY	APPLIED PSYCHOLOGY

- viii. Recommended reading**
Recommended Reading:
a) Book for Study:

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

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3. Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life* (7th ed.).Singapore: Thomson Asia Pvt. Ltd.

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Semester IV

APPLIED PSYCHOLOGY (Paper VI)

Module I: Taking Charge

1.1 Personal Control

- A. Explaining Perceived Control
- B. The Benefits of Perceived Control
- C. Misperception and Maladjustment
- D. Learned Optimism
- E. Defensive Pessimism

1.2 Decision Making

- A. The Process of Decision Making
- B. Critical Elements in Decision Making
- C. Post-Decision Regret

D. Making Better Decisions

1.3 Decisions and Personal Growth

A. Making New Decisions

B. Some practical Applications

Module II: At Work and Play

2.1 At Work

A. Taking Stalk of Yourself

B. Identifying Compatible Careers

C. Arriving at Your Career Decision

D. Landing a Job

E. Changing Jobs or Careers

F. Work Issues Related to Culture and Gender

2.2 At Play

A. What is Leisure?

B. Using Leisure Positively

C. Leisure across Adulthood

Module III: Making and keeping friends

3.1 Meeting People

A. Are First Impressions Most Important?

B. Factors that Influence First Impressions

C. Mistaken Impressions

3.2 Keeping Friends

A. When Friends Get Together?

B. Self-disclosure – Those Little Secrets

C. Gender Differences in Friendship

D. Staying Friends

3.3 When It's Hard to Make Friends?

A. Shyness

B. Loneliness

Module IV: Love and Commitment

4.1 Love is a Many Splendored (and Defined) Thing

A. The Many Definitions of Love

B. Love and Friendship

C. Love and Attachment

4.2 Finding Love

A. Online Dating

B. The importance of Self-disclosure

4.3 Marriage and Other Committed Relationships

A. Cohabitation

B. Marriage

4.4 Adjusting to Intimate Relationships

A. Attitude adjustment

B. Sharing Responsibilities

C. Communication and Conflict

D. Making the Relationship Better

E. Sexuality

Nature of Question Paper for B. A. II Psychology (Paper III to VI)

(Semester III and IV) (Per Paper Total Marks = 50)

Q.1. Multiple Choice Questions-(10 questions with 4 alternatives) 10 marks

Q. 2.Short notes (any four out of six) 20 marks

Q.3. A) Broad Question 10 marks

OR

B) Broad Question
marks

10

Q.4. A) Broad Question

10 marks

OR

B) Broad Question
marks

10