

Programme – Bachelor of Arts (B. A.) Credit Based Semester and Grading System
 S.Y.B.A. **Social Psychology** Syllabi to be implemented from the Academic year 2014-2015

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Social Psychology
2. To foster interest in Social Psychology as a field of study and research
3. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context

Semester III Social Psychology: Part I

Course Code UAPS301, 3 lectures per week, Credits = 3;

Unit 1: Social Psychology - The Science of the Social Side of Life

- a) Social psychology: an overview; advances at the boundaries
- b) How social psychologists answer the questions they ask: research as the route to increased knowledge; the role of theory in social psychology
- c) The quest for knowledge and rights of individuals: in search of an appropriate balance

Unit 2: Social Cognition – How we think about the social world

- a) Heuristics: how we reduce our effort in social cognition
- b) Schemas: mental frameworks for organizing social information
- c) Automatic and controlled processing: two basic modes of social thought
- d) Potential sources of error in social cognition
- e) Affect and cognition

Unit 3: Social Perception – Perceiving and Understanding Others

- a) Nonverbal communication: the unspoken language of expressions, gazes gestures and scents
- b) Attribution: understanding the causes of others' behaviour
- c) Impression formation and impression management: combining information about others

Unit 4: Attitudes - Evaluating and Responding to the Social World

- a) Attitude formation: how attitudes develop
- b) When and why do attitudes influence behaviour? How do attitudes guide behaviour?
- d) The fine art of persuasion: how attitudes are changed; Resisting persuasion attempts
- f) Cognitive dissonance: what it is and how do we manage it?

Semester IV Social Psychology: Part II

Course Code UAPS401, 3 lectures per week; Credits = 3

Unit 1: The Causes, Effects, and Cures of Stereotyping, Prejudice, and Discrimination

- a) How members of different groups perceive inequality
- b) The nature and origins of stereotyping
- c) Prejudice: feelings toward social groups; Discrimination: prejudice in action
- e) Why prejudice is not inevitable: techniques for countering its effects

Unit 2: Social Influence - Changing Others' Behaviour

- a) Conformity: Group Influence in Action
- b) Compliance: To Ask – Sometimes - Is to Receive
- c) Symbolic social influence

d) Obedience to Authority

Unit 3: Aggression - Its Nature, Causes, and Control

- a) Perspectives on aggression: in search of the roots of violence
- b) Causes of human aggression: social, cultural, personal, and situational
- c) Bullying: singling out others for repeated abuse
- d) The prevention and control of violence: some useful techniques

Unit 4: Groups and Individuals - The Consequences of Belonging

- a) Groups: when we join and when we leave
- b) Effects of the presence of others: from task performance to behaviour in crowds
- c) Coordination in groups: cooperation or conflict?
- d) Perceived fairness in groups: its nature and effects
- e) Decision making by groups: how it occurs, the pitfalls it faces, the downside of group decision making
- f) The role of leadership in group settings

Book for Study:

Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014

Books for Reference

- 1) Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th ed.), New Jersey: Pearson Education Prentice Hall
- 2) Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian adaptation 2009
- 3) Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
- 4) Delamater, J. D., & Myers, D. J. (2007). Social Psychology. (6th ed.), Thomson Wadsworth International student edition, USA
- 5) Franzoi, S. L. (2003). Social Psychology. (3rd ed.). New York: McGraw Hill co.
- 6) Kenrick, D. T., Newberg, S. L., & Cialdini, R. B. (2007). Social Psychology: Goals in Interaction. (4th ed.). Pearson Education Allyn and Bacon, Boston
- 7) Mercer, J. & Clayton, D. (2014). Social Psychology. New Delhi: Dorling Kindersley India pvt ltd.
- 8) Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social Psychology. (12th ed.). New Delhi: Pearson Education

Programme – Bachelor of Arts (B. A.) Credit Based Semester and Grading System

S.Y.B.A. **Developmental Psychology** Syllabi

To be implemented from the Academic year 2014-2015

Objectives: -

1. To impart knowledge and understanding of the basic concepts, principles, perspectives and modern trends in Developmental Psychology
2. To foster interest in Developmental Psychology as a field of study and research
3. To make the students aware of the implications and applications of the various concepts, principles and theories of Developmental Psychology in daily life in the Indian context

Semester III Developmental Psychology: Part I
Course Code UAPS302, Credits = 3; 3 lectures per week

Unit 1. An Introduction to Lifespan Development

- a) An orientation to lifespan development
- b) Key issues and questions: determining the nature and nurture of lifespan development
- c) Theoretical perspectives on lifespan development
- d) Research methods

Unit 2. The Start of Life: Prenatal Development, Birth and the Newborn Infant

- a) Earliest development, the interaction of heredity and environment, prenatal growth and change
- b) Birth, birth complications, the competent newborn

Unit 3. Physical Development in Infancy

- a) Growth and stability
- b) Motor development
- c) The development of the senses

Unit 4. Cognitive Development in Infancy

- a) Piaget's Approach to Cognitive Development
- b) Information Processing Approaches to Cognitive Development
- c) The Roots of Language

Semester IV Developmental Psychology: Part II
Course Code UAPS402, Credits = 3; 3 lectures per week

Unit 1. Physical and Cognitive Development in the Preschool Years

- a) Physical growth - the growing body, the growing brain, motor development
- b) Intellectual development
- c) The growth of language and learning

Unit 2. Social and Personality Development in Pre-school years

- a) Forming a sense of self
- b) Friends and family: preschoolers' social lives
- c) Moral development and aggression

Unit 3. Physical and Cognitive Development in Middle Childhood

- a) Physical Development
- b) Intellectual development
- c) Schooling: The Three Rs (and More) of Middle Childhood

Unit 4. Social and Personality Development in Middle Childhood

- a) The developing self
- b) Relationships: Building friendship in middle childhood
- c) Family and school: shaping children's behaviour in middle childhood

Book for study

**Feldman, R. S. (2014). Development across the Life Span. (7th Ed).
New Jersey: Pearson Education**

Books for reference

- 1) Berk, L. E. (2006). Child Development. (7th Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 2) Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 3) Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education
- 4) Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). Human Development. (9th Ed). New York: McGraw Hill co. Inc.
- 5) Dacey, J. S. & Travers, J. F. (2004). Human Development across the lifespan. (5th Ed). McGraw Hill co.
- 6) Feldman, R. S., & Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.
- 7) Kail, R. V. (2007). Children and their Development. (4th Ed). New Jersey: Pearson Education Inc.
- 8) McDevitt, T. M., & Omrod, J. E. (2007). Child Development and Education. (3rd Ed). New Jersey: Pearson Education Inc.
- 9) Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition
- 10) Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and Adolescence. (7th Ed). Thomson Learning, Indian reprint 2007

Important Note - In view of today's increased multiculturalism, socio-cultural dimensions of all units should be taught and discussed with respect to relevance/ applications/ implications in the Indian context.

Programme – Bachelor of Arts (B. A.) Credit Based Semester and Grading System
General Applied Component at S.Y.B.A. Option B – **Psychology of Adjustment**
Syllabi to be implemented from the Academic year 2014-2015

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Psychology of Adjustment
2. To foster interest in Psychology of Adjustment as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester III - Psychology of Adjustment: Part I
Course Code UAPA3A1, 4 lectures per week; Credits = 2

Unit 1. Self-direction in a changing world and seeking selfhood

- a) Social change, the challenge of self-direction, themes of personal growth
- b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self-concept and personal growth

Unit 2. Towards better health

- a) Body image; Health and the mind–body relationship
- b) Coping with illness; Promoting wellness

Unit 3. Taking charge and Managing motives and emotions

- a) Personal control, decision making, decisions and personal growth
- b) Understanding motivation; Understanding emotions

Unit 4. Sexuality, Love and commitment

- a) Sexuality and shared partnerships, sexual responsiveness, sexual orientation, practical issues
- b) Love is a many splendored (and defined) thing, finding love, marriage and other committed relationships, adjusting to intimate relationships, divorce and its consequences

Semester IV - Psychology of Adjustment: Part II

Course Code UAPA4A1, 4 lectures per week; Credits = 2

Unit 1. Stress

- a) Understanding stress; reactions to stress
- b) Managing stress

Unit 2. Understanding mental disorders

- a) Psychological disorders; Anxiety disorders
- b) Mood disorders; Other disorders

Unit 3. Therapy and Treatment

- a) Psychotherapy: what it is and who uses it
- b) Insight therapies; Cognitive and behavioural therapies
- c) Other approaches to treatment; How well does therapy work

Unit 4. : Death, Dying, and Grief

- a) Death and Dying
- b) Life and Death in Perspective
- c) Bereavement and Grief

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). *Psychology for Living – Adjustment, Growth, and Behaviour Today.* (11th ed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
3. Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education

4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadsworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications
7. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). Health Psychology (5th ed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
12. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power
