

JAI HIND COLLEGE AUTONOMOUS



Syllabus for SYBA

Course : Psychology

Semester : IV

Credit Based Semester & Grading System

With effect from Academic Year 2018-19

List of Courses

Course: Psychology

Semester: IV

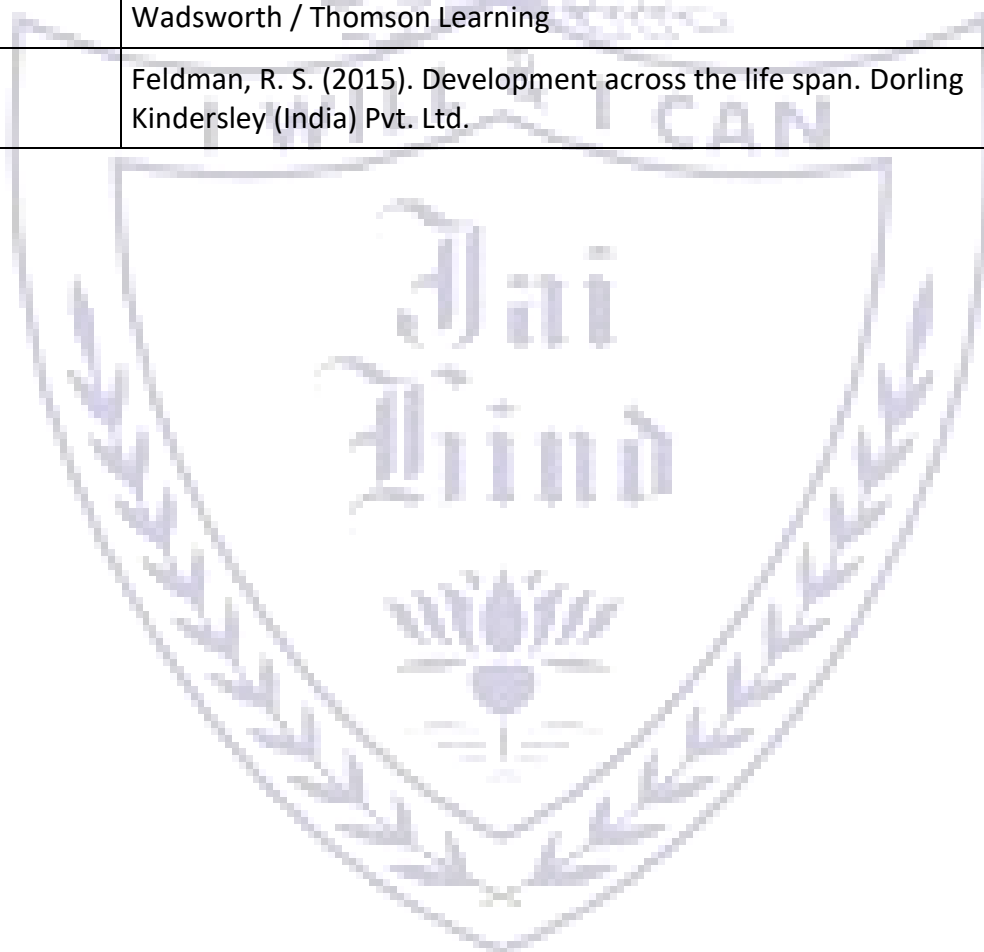
| SR. NO. | COURSE CODE | COURSE TITLE | NO. OF LECTURES / WEEK | NO. OF CREDITS |
|----------------|--------------------|--|-------------------------------|-----------------------|
| SYBA | | | | |
| 1 | APSY401 | Social psychology II | 3 | 3.5 |
| 2 | APSY402 | Developmental psychology: Middle childhood through adulthood | 3 | 3.5 |
| 3 | APSY401AC | Psychology of Adjustment | 4 | 3 |

Semester IV

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| Course: APSY401 | Social psychology II | credits 3.5 lectures 45 |
| | Objectives: <ul style="list-style-type: none"> • To familiarise students with individual behaviour that have a social origin namely prejudice ,aggression ,social influence and behaviour in a group • To give students an understanding of the theoretical explanations for the same • To enable students to think about how aggression prejudice social influence and prosocial behaviour can be managed | |
| Unit I | Prejudice | 13 |
| | <ol style="list-style-type: none"> 1. Perception of inequality 2. Stereotyping 3. Prejudice 4. Discrimination 5. Techniques for countering prejudice and discrimination | |
| Unit II | Social influence | 11 |
| | <ol style="list-style-type: none"> 1. What is social influence? 2. Conformity 3. Compliance 4. Destructive obedience 5. Preventing destructive obedience | |
| Unit III | Aggression | 13 |
| | <ol style="list-style-type: none"> 1. Theories of aggression 2. Social influences on aggression 3. Personality and aggression 4. Aggression in real life settings 5. Countering aggression | |
| Unit 4 | Group influence | 13 |
| | <ol style="list-style-type: none"> 1. Entitativity and group formation 2. Why groups are formed & why do they disintegrate 3. Social loafing and social facilitation 4. Cooperation and conflict 5. Group decision making | |
| SEE 100 marks | | |
| Books for Reference Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education prentice Hall Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA Delamater, J. D., & Myers, D. J. (2007). Social Psychology. (6th edi.), Thomson Wadsworth International student edition, USA Franzoi, S. L. (2003). Social Psychology. (3rd ed.). New York McGraw Hill co. Kenrick, D. T., Newberg, S. L., & Cialdini, R. B. (2007). Social Psychology: Goals in Interacton. (4th edi.). Pearson Education Allyn and Bacon, Boston Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social Psychology. (12th edi.).New Delhi: Pearson Educatio | | |

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| APSY402 | DEVELOPMENT FROM MIDDLE CHILDHOOD TO EARLY ADULTHOOD 3.5 credits 45 lectures | |
| Learning Objectives | <ul style="list-style-type: none"> ➤ Understand Physical, Cognitive, Social and Personality development in Middle Childhood (6 years to 12 years) ➤ Learn about Physical, Cognitive, Social and Personality development during Adolescence (12 years-19 years) ➤ Learn about Physical, Cognitive, Social and Personality changes occurring in Early Adulthood (20 years-40 years) ➤ Gain understanding about human development from Adolescence stage till Early Adulthood ➤ Enhance understanding about metamorphosis in Human Beings from a peak in Adolescence to a gradual slowdown till Early Adulthood | |
| Course description | To enhance one's understanding of the developmental changes which happen in human beings across three stages– Middle Childhood (6 years-12 years), Adolescence (12 years-19 years), Early Adulthood (20 years-40 years) | |
| Sub Unit | Unit – I: Physical and Cognitive Development in Middle childhood | 10 |
| 1. | i. Motor Development ii. Psychological Disorders | |
| 2. | i. Piaget's Approach to Cognitive Development: Concrete Operational Thought ii. Vygotsk's Approach | |
| 3. | i. Schooling ii. Intelligence Benchmarks | |
| Sub Unit | Unit – II: Social and Personality development in Middle childhood | 10L |
| 1. | i. The Developing Self ii. Self-esteem | |
| 2. | i. Stages of Friendship ii. Gender and Friendships | |
| 3. | i. Family and Home ii. School | |
| Sub Unit | Unit III: Physical, Cognitive, Social and Personality Development in Adolescence | |
| 1. | i. Physical Maturation ii. Nutrition, Food and Eating Disorders | |
| 2. | i. Piaget's Formal Operations ii. Threats to Adolescents Well-being: Cyberspace & Drugs | |

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| 3. | i. Identity: 'Who Am I?' ii. Dating, Sexual Behavior and Teenage Pregnancy | |
| Sub Unit | Unit – IV:Physical, Cognitive, Social and Personality Development in Early Adulthood | — lectures |
| 1. | i. Physical Development ii. Stress and Coping | |
| 2. | i. Postformal Thought process ii. Intelligence | |
| 3. | i. The components of Happiness ii. The Course of Relationships | |
| References | Mash, E.J., & Wolfe, D.A. (2005). Abnormal Child Psychology. (3 rd ed.). Wadsworth / Thomson Learning | |
| | Feldman, R. S. (2015). Development across the life span. Dorling Kindersley (India) Pvt. Ltd. | |



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| Course: APSY401AC | Semester IV - Psychology of Adjustment: Part II (Credits = 3) 4 lectures per week; 60 lectures per semester | |
| | Objectives: to give students an orientation to problems of adjustment and to understand coping strategies for their adjustment problems | |
| Unit I | Stress | 15L |
| | a) Understanding Stress b) Reactions to Stress c) Managing Stress | |
| Unit II | Understanding mental disorders | 15 L |
| | Understanding mental disorders a) Psychological disorders b) Anxiety disorders c) Mood disorders d) Other common disorders | |
| Unit III | Therapy and Treatment | 15 L |
| | a) Insight therapies b) Cognitive-behavioural therapies c) Other approaches to treatment and supportive therapies d) How well does therapy work | |
| Unit 4 | Good grief and death | 13 |
| | a) Death and dying b) Bereavement and grief c) Life and death in perspective | |
| SEE 100 marks | | |
| <p>Book for Study Duffy, K.G., & Atwater, E. (2008). Psychology for Living – Adjustment, Growth, and Behaviour Today. (9th ed.). New Jersey: Pearson Prentice Hall</p> <p>Books for reference</p> <ol style="list-style-type: none"> 3. Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd 2. Baumgardner, S. & Crothers, M. (2009). Positive Psychology. Pearson Education 3. Brannon, L. & Feist J. (2007). Introduction to Health Psychology. Thomson Wadsworth. New Delhi: India 4. Greenberg, J. S. (2008). Comprehensive Stress Management. (10thed). McGraw Hill Publications 5. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd 6. Schafer, W. (2002). Stress Management. (4thed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008 7. 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 8. Taylor S. E. (2003). Health Psychology (5thEd). McGraw Hill Higher Education. International Edition. 9. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life – Adjustment in the 21st century. (8th ed.) Cengage Learning India 10. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson | | |