

UNIVERSITY OF MUMBAI

No. UG/299 of 2017-18

Circular:-

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL) are hereby informed that the recommendations made by the Board of Studies in Psychology at its meeting held on 15th March, 2017 have been accepted by the Academic Council at its meeting held on 11th May, 2017 **vide** item No. 4.4 and that in accordance therewith, the revised syllabus as per the (CBCS) of S.Y.B.A. Social Psychology –Part I (Sem.III) and Part II (Sem.IV), Development Psychology – Part I (Sem III) and Part II (Sem IV), General Applied Component Option A Health Psychology – Part I (Sem.III) and Part II (Sem.IV), Option B Psychology of Adjustment – Part I (Sem.III) and Part II (Sem.IV), Option C Stress Management – Part I (Sem.III) and Part II (Sem IV) (CBCS) (Sem – I to IV) and the same has been brought into force with effect from the academic year 2017-18, accordingly. (The same is available on the University's web site (www.mu.ac.in)).

MUMBAI – 400 032
7th November, 2017


(Dr. Dinesh Kamble)
I/c REGISTRAR

To,

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL).

A.C/4.4/11.05.2017

No. UG/299 -A of 2017

MUMBAI-400 032 7th November , 2017

Copy forwarded with Compliments for information to:-

- 1.The Co-ordinator, Faculty of Humanities.
- 2.The Offg.Director, Board of Examinations and Evaluation,
- 3.The Director, Board of Students Development.,
- 4.The Co-Ordinator, University Computerization Centre,


(Dr. Dinesh Kamble)
I/c REGISTRAR

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)
 S.Y.B.A. **Social Psychology** Syllabi to be implemented from the Academic year
 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS301	3	Social Psychology: Part I	3	100
UAPS401	4	Social Psychology: Part II	3	100

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

3 lectures per week

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

3 lectures per week

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 edi.), 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 edi.), 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 edi.). 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 edi.). New Delhi: Pearson Education

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

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

To be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS302	3	Developmental Psychology: Part I	3	100
UAPS402	4	Developmental Psychology:Part II	3	100

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

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

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 Choice System (CBCS)
General Applied Component at S.Y.B.A. Option A - **Health Psychology**
Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAHP3A1	3	Health Psychology: Part I	2	100
UAHP4A1	4	Health Psychology:Part II	2	100

Objectives: -

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

Semester III - Health Psychology Part I

4 lectures per week

Unit 1. What Is Health Psychology and its Challenges for the Future

- a) Definition of health psychology, the mind-body relationship, the biopsychosocial model in health psychology, the need for health psychology, what is health psychology training for?
- b) Health Promotion, Stress and its management, health services, Management of serious illness, Trends in health and health psychology, becoming a health psychologist

Unit 2. Health Behaviours

- a) Health promotion - an overview, an introduction to health behaviours, changing health habits, cognitive-behavioural approaches to health behaviour change, the transtheoretical model of behaviour change
- b) Changing health behaviors through social engineering, venues for health-habit modification

Unit 3. Stress

- a) What is stress, theoretical contributions to the study of stress
- b) What makes events stressful, how stress has been studied, sources of chronic stress

Unit 4. The Management of Pain and Discomfort

- a) The significance of pain, elusive nature of pain, clinical issues in pain management, pain control techniques
- b) Management of chronic pain – pain management programs, placebo as healer

Semester IV - Health Psychology Part II

4 lectures per week

Unit 1. Management of Chronic Illness

- a) Quality of life, emotional responses to chronic illness, personal issues in chronic disease,
- b) Coping with chronic illness, co-management of chronic illness, Psychological interventions and chronic illness

Unit 2. Psychological Issues in Advancing and Terminal Illness

- a) Death across the life span, psychological issues in advancing illness; are there stages in adjustment to dying?
- b) Psychological management of the terminally ill, alternatives to hospital care for the terminally ill, problems of survivors

Unit 3. Heart Disease, Hypertension, Stroke and Type II Diabetes

- a) Coronary heart disease, Hypertension
- b) Stroke, Type II Diabetes

Unit 4. Psychoneuroimmunology, AIDS, Cancer and Arthritis

- a) Psychoneuroimmunology, HIV infection and AIDS
b) Cancer, Arthritis, Type I Diabetes.

Book for Study -

Taylor, Shelley E. (2012). Health Psychology (8th Ed). McGraw Hill Higher Education. International Edition

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) Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Wadsworth Thomson Learning. First Indian reprint 2007
- 4) Dimatteo, M. R. & Martin, L. R. (2002). Health Psychology. Pearson Education; Indian reprint 2007
- 5) Greenberg, J. S. (2013). Comprehensive Stress Management. (13th ed). New York: McGraw Hill publications
- 6) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
- 7) Khatoon, N. (2012). Health Psychology. New Delhi: Dorling Kindersley India pvt ltd
- 8) Marks, D. F., Murray M., Evans, B., Willig C., Woodall, C., & Sykes, C. M. (2005). Health Psychology: Theory, Research and Practice. (2nd ed.), New Delhi, Sage Publications India Pvt. Ltd, Sage South Asia edition 2008
- 9) Ogden, J. (2007). Health Psychology: A Textbook. (4th ed.), Open University Press, McGraw Hill
- 10) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

General Applied Component at S.Y.B.A. Option B – **Psychology of Adjustment**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPA3A1	3	Psychology of Adjustment: Part I	2	100
UAPA4A1	4	Psychology of Adjustment:Part II	2	100

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

4 lectures per week

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

4 lectures per week

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 Wadworth. 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

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

S.Y.B.A. General Applied Component Option C - **Stress Management**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UASM3A1	3	Stress Management: Part I	2	100
UASM4A1	4	Stress Management: Part II	2	100

Objectives: -

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research

3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context

Semester III Stress Management Part I

4 lectures per week

Unit 1. Stress and Stress Psychophysiology

- a) The pioneers, stress theory, the stressor, stress reactivity, a definition of stress, stress management goals
- B) Stress psychophysiology: the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Unit 2. Stress and Illness/Disease, and Intervention

- a) Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, post-traumatic stress disorder, stress and other conditions
- b) Intervention – coping with a stressor, a model of stress, setting up roadblocks, comprehensive stress management, eustress and the model, taking control and making a commitment

Unit 3. Intrapersonal and Interpersonal Life-Situation Interventions

- a) Intrapersonal Interventions: – Eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis
- b) Interpersonal Interventions – asserting oneself, conflict resolution, communication, emotional intelligence, technostress, time management, social support networking

Unit 4. Perception Interventions

- a) Selective awareness, stop to smell the roses, perspective and selective awareness, an attitude of gratitude, humour and stress
- b) Type A behaviour pattern, self-esteem, locus of control, anxiety management, resiliency, hardiness

Semester IV. Stress Management: Part II (Credits = 2)

4 lectures per week

Unit 1. Relaxation Techniques

- a) Meditation
- b) Autogenic training, imagery and progressive relaxation
- c) Biofeedback and other relaxation techniques

Unit 2. Exercise and Strategies for decreasing stressful behaviours

- a) Physiological arousal interventions: Exercise and health, the healthy way to exercise, principles of exercise, assessing cardio-respiratory fitness, starting an exercise program, choosing an exercise program, exercise and the elderly, exercise – keep it going
- b) Strategies for decreasing stressful behaviours - Health and lifestyle behaviours, health-behaviour assessment, selected lifestyle behaviours, barriers to action, locus of control, various methods for decreasing stressful behaviours, application of behaviour change techniques, behaviour change theories and stress

Unit 3. Occupational Stress

- a) What is Occupational Stress, occupational stress cycle, why is occupational stress of concern, gender and occupational stress, disease and occupational stress
- b) Occupational stressors, the workaholic, burnout, women and work outside the home, working in the home, interventions, managing occupational stress

Unit 4. Family Stress

- a) The family, marriage, cohabitation, divorce, single-parent families, gay and lesbian families
- b) Family stressors, a model of family stress, interventions

Book for Study

Greenberg, J. S. (2013). *Comprehensive Stress Management*. (13th ed). New York: McGraw Hill publications

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) Hariharan, M., & Rath, R. (2008). *Coping with Life Stress: The Indian Experience*. New Delhi: Sage publications India pvt ltd
- 4) Rice, P.L. (1999). *Stress and Health*. (3rd ed). Brooks/Cole publishing co.
- 5) Schafer, W. (2002). *Stress Management*. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
- 7) Wilson, E. (2007). *Stress Proof Your Life: 52 Brilliant Ideas for Taking Control*. New Delhi: Pearson Power