

**D R. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
AURANGABAD.**



Syllabus of

B.A. Second Year

[Semester-IIIrd & IVth]

[Psychology]

[Effective from June-2010 & onwards]

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

PSYCHOLOGY

Curriculum Structure and Scheme of Evaluation for - B. A. III & IV
With effective from 2010-11.

SEMESTER – III									
Sr. No.	Course Code	Name of the Paper	Scheme of Teaching (Periods/Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract/ Viva-Voce	Total Marks
1.	PSY 107	Psychology of Adjustment	4	-	4	4	30	-	30
2.	PSY 108	Psychological Testing	4	-	4	4	30	-	30
3.	PSY 109	Psychology : Practicum's	-	4	4	4	-	40	40
(A) Total of Semester – III			8	4	12	12	60	40	100
SEMESTER – IV									
Sr. No.	Course Code	Name of the Paper	Scheme of Teaching (Periods/Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract/ Viva-Voce	Total Marks
1.	PSY 110	Psychology for Living	4	-	4	4	30	-	30
2.	PSY 111	Psychological Statistics	4	-	4	4	30	-	30
3.	PSY 112	Psychology : Practicum's	-	4	4	4	-	40	40
(B) Total of Semester – IV			8	4	12	12	60	40	100

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PSYCHOLOGY

SYLLABUS FOR - B.A.

With effective from 2010-11.

B. A. Third Semester

Course – III

Unit	Course Code	Title of the Paper	Credits	Marks
Unit I	PSY 107	Psychology of Adjustment	4	30
Unit II	PSY 108	Psychological Testing	4	30
Unit I & II	PSY 109	Psychology :Practicum's	4	40

Note: -

- 1. For theory papers 1 credit = 15 periods.**
- 2. For practical's 1 credit = 30 periods.**
- 3. One period comprises 50 minutes duration.**
- 4. For Psychology Practicum's. There shall be a batch of 20 students.**

Syllabus for B.A. (Semester-III)
Course III, Unit I
PSY 107 – PSYCHOLOGY OF ADJUSTMENT
With effect from 2010-11.

Marks-30

Objectives: -

1. To enable student to make the connection between psychology and its practical application to everyday life.
2. To train student how psychological principles can help them to face life's challenges
3. To enables students to relate what they are learning in class to issues that they encounter in their everyday life, such as stress, health, work, personal relationships, communication and self-esteem.

1) INTERPERSONAL COMMUNICATION: -

Credit

- 1

i) THE PROCESS OF INTERPERSONAL COMMUNICATION

- (a) Components of the communication process
- (b) Communication and adjustment

ii) NONVERBAL COMMUNICATION

- (a) General principles
- (b) Elements of nonverbal communication
- (c) Detecting deception
- (d) The significance of nonverbal; communication

iii) COMMUNICAITON PROBLOEMS

- (a) Communication apprehension
- (b) Barriers to effective communication

iv) INTERPERSONAL CONFLICT

- (a) Beliefs about conflict
- (b) Types of conflict
- (c) Styles of managing conflict
- (d) Dealing constructively with conflict
- (e) Public communication in an adversarial culture

v) APPLICATION: DEVELOPING AN ASSERTIVE COMMUNICATION

- (a) The nature of assertiveness
- (b) Steps in assertiveness training

2) FRIENDSHIP AND LOVE: -

Credit - 1

i. PERSPECTIVES ON CLOSE RELATIONSHIPS

- a. The ingredients of close relationships
- b. Culture and relationships
- c. The internet and relationships

ii. INITIAL ATTRACTION AND RELATIONSHIP DEVELOPMENT

- a. Initial encounters
- b. Getting acquainted
- c. Established relationships

iii. FRIENDSHIP

- a. What makes a good friend?
- b. Gender differences in friendship

iv. ROMANTIC LOVE

- a. Myths about love

- b. Gender differences regarding love
- c. Theories of love
- d. The course of romantic love
- v. APPLICATION: OVERCOMING LONELINESS
 - a. The nature of loneliness
 - b. Prevalence of loneliness
 - c. The roots of loneliness
 - d. Correlates of loneliness
 - e. Conquering loneliness

3) MARRIAGE AND INTIMATE RELATIONSHIP: - Credit-1

- i. CHALLENGES TO THE TRADITIONAL MODEL OF MARRIAGE
- ii. MOVING TOWARD MARRIAGE
 - a. The motivation to marry
 - b. Selecting to mate
 - c. Predictors of marital success
- iii. MARITAL ADJUSTMENT ACROSS THE FAMILY LIFE CYCLE
 - a. Between families: The unattached young adult
 - b. Joining together: The newly married couple
 - c. Family with young children
 - d. Launching children into the adult world
 - e. The family in later life
- iv. VULNERABLE AREAS IN MARITAL ADJUSTMENT
 - a. Gaps in role expectations
 - b. Work and career issues
 - c. Financial difficulties
 - d. Inadequate communication
- v. DIVORCE
 - a. Increasing rate of divorce
 - b. Deciding on a divorce
 - c. Adjusting to divorce
 - d. Remarriage
- vi. APPLICATION: UNDERSTANDING INTIMATE VIOLENCE
 - a. Partner abuse
 - b. Child abuse

4) CAREERS AND WORK: -

Credit - 1

- i. CHOOSING A CAREER
 - a. Examining personal characteristics and influences
 - b. Researching job characteristics
 - c. Using psychological tests for career decisions
 - d. Taking important considerations into account
- ii. MODELS OF CAREER CHOICE AND DEVELOPMENT
 - a. Holland's trait measurement and matching model
 - b. Super's developmental model
 - c. Women's career development
- iii. THE CHANGING WORLD OF WORK
 - a. Workplace trends
 - b. Education and earnings
 - c. The changing workforce
- iv. COPING WITH OCCUPATIONAL HAZARDS

- a. Job stress
- b. Sexual harassment
- c. Unemployment
- v. **BALANCING WORK AND OTHER SPHERES OF LIFE**
 - a. Workaholism
 - b. Work and family roles
 - c. Leisure and recreation
- vi. **APPLICATION: GETTING AHEAD IN THE JOB GAME**
 - a. Putting together a resume
 - b. Finding companies you want to work for
 - c. Landing an interview
 - d. Polishing your interview technique

Books for Readings:-

1. Weiten, W., Lloyd A. M. (2004). Psychology Applied to modern Life: Adjustment in the 21st Century. (7th Ed) Singapore: Thomson Wadsworth Pvt Ltd.
2. Psychology for Living, Adjustment, Growth, and Behaviour today- By Eastwood Atwater Prentice hall of India Private Limited, New Delhi, 5th Edition-1995.
3. Coleman, J.C. Psychology and effective behaviour, Bombay: D.B. Taraporevala Sons & Co.
4. Lazarus, R.S. Patterns of adjustment, N.D. : McGraw-Hill
5. Martin, L.G.; Osborne, G. (1989). Psychology: Adjustment and everyday living, N.J.: Prentice-Hall, Englewood Cliffs.
6. Gray, S.W. and Zide, M.R. India Edition (2008). Psychology: A competency based assessment model for social workers. Thomson Group Pole.
7. Dimatteo, M.R. and Martin, L.R. (2002). Health Psychology. N.D.: Pearson.
8. Brannon, L. and Feist, J. (2007). Introduction to health psychology. India ed. N.D.: Thomson.
9. Marks, D.; Murray, M.; Evans, B.; Willig, C.; Woodall, C. and Sykes, C. (2005). 2nd ed. Health psychology: Theory, research and practice. N.D. : Sage Pub.

Syllabus for B.A. (Semester-III)
Course III, Unit I
PSY 108 – PSYCHOLOGICAL TESTING
With effect from 2010-11.

Marks-30

Objectives: -

1. To train students in various psychological assessment techniques.
2. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
3. To impart skills necessary for selecting and applying different tests for different purpose such as evaluation, training, rehabilitation etc.

1) USES AND IMPLICATIONS OF PSYCHOLOGICAL TESTING **Credit - 1**

- i) Functions of psychological tests
- ii) Nature of a psychological test
- iii) Controlling the Use of tests
- iv) Test administration
- v) Examiner and situational variables
- vi) Effect of training on test performance
- vii) Social and ethical implication of testing
- viii) Test anxiety and rapport
- ix) Types of psychological tests

2) ITEM ANALYSIS **Credit - 1**

- i) Item difficulty
- ii) Item discrimination
- iii) Indices of item discrimination
- iv) Item response theory
- v) Item analysis of speeded tests
- vi) Cross validation
- vii) Item-by-group interaction

3) RELIABILITY OF PSYCHOLOGICAL TEST **Credit - 1**

- i) Definition
- ii) The correlation coefficient
- iii) Types of reliability:
 - (a) Test-retest reliability

- (b) Parallel from reliability,
- (c) Split-half reliability
- (d) Inter-item consistency
- iv) Scorer reliability
- v) Reliability of speeded tests
- vi) Factors affecting reliability coefficients
- vii) Standard error of measurement
- viii) Reliability of criterion-referenced tests

4) VALIDITY OF PSYCHOLOGICAL TESTS

Credit - 1

- i) Meaning of validity
- ii) Types of validity
 - (a) Content validation
 - (b) Criterion-related validation
 - (c) Construct validation
- iii) Comparison of validation procedures
- iv) Validity

Books for Readings:-

1. Anastasi A (1997) Psychological Testing, New York: Mac Millan Co.
2. Cimnero, A.R. (1986) Hand book of Behavioural Assessment New York : John Wiley.
3. Freeman.Frank S (1971) Theory and Practice of Psychological Testing Oxford & IBH Publishing Co. New Delhi.
4. Dandekar, W.N. & Rajguru, M.S. () An Introduction to Psychological testing & statistics, Seth Publication
5. Psychological Testing, Principles, Applications, and Issues, Robert M. Kaplan & Dennis P. Saccuzzo, Sixth Edition, 2005.
6. Psychological testing, A practical approach to Design and Evaluation, Theresa, J.B. Kline, Sage publications, 2005.
7. Statistics in Psychology and education, H.E. Garrett, Vakil and Ferrar Company, Bombay, 1966.
8. Statistics in Psychology and Education, J.S. Gaiford, International Student Edn., McGraw Hill.
9. Statistical Reasoning in Psychology & Education IIIrd Edn. John Wiley & Sons 2001.
10. Edward G. Minum Bruce M. King Gordon Bear: Statistical Methods for Practice & research A Guide to data Analysis using SPSS Ajai S Gaur Sanjay S. Gaur, 2nd Edn. Sage-2006.

Syllabus for B.A. (Semester-III)
Course III, Unit I & II
PSY 109 – PSYCHOLOGY PRACTICUM'S
With effect from 2010-11.

Objectives

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Section - A**Tests Any – 08****Marks-40****A) Intelligence / Aptitude (Any Two)****Credit - 1**

- i) General Mental Alertness Test: - R. P. Shrivastava
- ii) Teaching Aptitude Test
- iii) Science Aptitude Test
- iv) A Group Intelligence (EGMAT): - S. Jalota
- v) Mangal Emotional Intelligence Inventory (MEII): - S. K. Mangal
- vi) Draw A Man Test Children: - Pramila Pathak
- vii) Culture Fair (Free) Intelligence Scale – Indian Adaptation: - Kapoor, Rao & Singh
- viii) Malin's Indian Adaptation of Weschler Intelligence Test of Children

B) Interest / Study Habit (Any Two)**Credit - 1**

- i) Multiphasic Interest Inventory: - S. K. Bhava
- ii) Interest test
- iii) Vocational Interest record: -S. P. Kulshrestha
- iv) Test of study habits and Attitudes.
- v) Adolescent Interest Test: - H. A. David
- vi) Leadership Preference Scale: - L. I. Bhusan
- vii) Multi Factor Interest Questionnaire: - Kapoor and Singh

C) Attitude (Any Two)**Credit - 1**

- i) Optimistic Pessimistic Scale
- ii) Secular Attitude Scale
- iii) Vocational Attitude Scale: - H. C. Bhasin
- iv) Attitude scale towards education.
- v) A new test of values
- vi) Social value Test: - H. P. Shrivastava

D) Carrier & family (Any Two)

- i) Traditional family ideology scale (TFIS) – B. C. Muthyya
- ii) Family relationship scale – Govind Tiwari
- iii) Attitude toward communication job – Dr. O. S. Rathore, Dr. Mandra & Dr. Mathur
- iv) Marital adjustment questionnaire – P. Kumar & K. Rohatagi
- v) Career Decision Scale (CDS)
- vi) Perceived parenting style (P Scale) Rajeev Lochan Bharadwaj, Harish Sharma & Amita Garg

Section-B**Credit - 1**

A seminar & Group Discussion on any related topic on prescribed syllabus.

Distribution of Marks

Section-A				Section B		Total
Procedure	Viva	Report	Record Book (Internal)	Seminar & Group Discussion (Internal)	Viva	
5	5	10	10	5	5	40

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PSYCHOLOGY

SYLLABUS FOR - B.A.

With effective from 2010-11.

B. A. Fourth Semester

Course – IV

Unit	Course Code	Title of the Paper	Credits	Marks
Unit I	PSY 110	Psychology for Living	4	30
Unit II	PSY 111	Psychological Statistics	4	30
Unit I & II	PSY 112	Psychology : Practicums	4	40

Note: -

- 1. For theory papers 1 credit = 15 periods.**
- 2. For practical's 1 credit = 30 periods.**
- 3. One period comprises 50 minutes duration.**
- 4. For Psychology Practicums. There Shall be a batch of 20 students.**

Syllabus for B.A. (Semester-IV)
Course IV, Unit I
PSY 110 – PSYCHOLOGY FOR LIVING
With effect from 2010-11.

Marks-30

Objectives: -

1. To enable student to make the connection between psychology and its practical application to everyday life.
2. To train student how psychological principles can help them to face life's challenges
3. To enables students to relate what they are learning in class to issues that they encounter in their everyday life, such as stress, health, work, personal relationships communication and self-esteem.

1) THE SELF: -

Credit-1

- i. SELF – CONCEPT
 - a. The Nature Of The Self – Concept
 - b. Self-discrepancies
 - c. Factors shaping the self-concept
- ii. SELF – ESTEEM
 - a. The importance of self-esteem
 - b. Determinants of self – esteem
 - c. Ethnicity, gender, and self-esteem
- iii. BASIC PRINCIPLES OF SELF-PERCEPTION
 - a. Cognitive processes
 - b. Self-attributions
 - c. Attribution style
 - d. Motives guiding self-understanding
 - e. Methods of self-enhancement
- iv. SELF-REGULATION
 - a. Self-efficacy
 - b. Self-defeating behavior
- v. SELF-PRESENTATION
 - a. Impression management
 - b. Self- monitoring
- vi. APPLICATION: BUILDING SELF-ESTEEM

2) STRESS AND IT'S EFFECTS: -

Credit-1

- i. THE NATURE OF STRESS
 - a. Stress is an everyday event
 - b. Stress lies in the eye of the beholder
 - c. Stress may be embedded in the environment
 - d. Stress may be self-imposed
 - e. Stress is influenced by culture
- ii. MAJOR TYPES OF STRESS
 - a. Frustration
 - b. Conflict
 - c. Change
 - d. Pressure
- iii. RESPONDING TO STRESS
 - a. Emotional response

- b. Physiological responses
- c. Behavioral response

- iv. THE POTENTIAL EFFECTS OF STRESS
 - a. Impaired task performance
 - b. Disruption of cognitive functioning
 - c. Burnout
 - d. Posttraumatic stress disorders
 - e. Psychological problems and disorders
 - f. Physical illness
 - g. Positive effects
- v. FACTORS INFLUENCING STRESS TOLERANCE
 - a. Social support
 - b. Hardiness
 - c. Optimism and conscientiousness
- vi. APPLICATION: MONITORING YOUR STRESS
 - a. Problems with the SRRS
 - b. The life experiences survey
 - c. A Cautionary Note

3) COPING PROCESSES: -

Credit-1

- i. COMMON COPING PATTERNS OF LIMITED VALUE
 - a. Giving up
 - b. Striking out at others
 - c. Indulging yourself
 - d. Blaming yourself
 - e. Using defensive coping
- ii. THE NATURE OF CONSTRUCTIVE COPING
- iii. APPRAISAL-FOCUSED CONSTRUCTIVE COPING
 - a. Ellis's rational thinking
 - b. Humor as a stress reducer
 - c. Positive reinterpretation
- iv. PROBLEM-FOCUSED CONSTRUCTIVE COPING
 - a. Using systematic problem solving
 - b. Seeking help
 - c. Using time more effectively
 - d. Improving self-control
- v. EMOTION-FACUSED CONSTRUCTIVE COPING]
 - a. Releasing pent-up emotions
 - b. Distracting yourself
 - c. Managing hostility and forgiving others
 - d. Meditating
 - e. Using relaxation procedures
- vi. APPLICATION: ACHIEVING SELF-CONTROL
 - a. Specifying your target behavior
 - b. Gathering baseline data
 - c. Designing your program
 - d. Executing and evaluation your program
 - e. Ending your program

4) PSYCHOLOGY AND PHYSICAL HEALTH: -

Credit – 1

- i. **STRESS, PERSONALITY AND ILLNESS**
 - a. Personality, emotions, and heart disease
 - b. Stress and cancer
 - c. Stress and other diseases
 - d. Stress and immune functioning
 - e. Conclusions
- ii. **HABITS, LIFESTYLES, AND HEALTH**
 - a. Smoking
 - b. Drinking
 - c. Overeating
 - d. Poor nutrition
 - e. Lack of exercise
 - f. Behaviour and AIDS
- iii. **REACTIONS TO ILLNESS**
 - a. The decision to seek treatment
 - b. The sick role
 - c. Communicating with health providers
 - d. Adherence to medical advice
- iv. **APPLICATION: UNDERSTANDING THE EFFECTS OF DRUGS**
 - a. Drug-related concepts
 - b. Narcotics
 - c. Sedatives
 - d. Stimulants
 - e. Hallucinogens
 - f. Marijuana
 - g. Ecstasy (MDMA)

Books for Readings:-

1. Weiten, W., Lloyd A. M. (2004). Psychology Applied to modern Life: Adjustment in the 21st Century. (7th Ed) Singapore: Thomson Wadsworth Pvt ltd.
2. Psychology for Living, Adjustment, Growth, and Behaviour today- By Eastwood Atwater Prentice hall of India Private Limited, New Delhi, 5th Edition-1995.
3. Coleman, J.C. Psychology and effective behaviour, Bombay: D.B. Taraporevala Sons & Co.
4. Lazarus, R.S. Patterns of adjustment, N.D. : McGraw-Hill
5. Martin, L.G.; Osborne, G. (1989). Psychology: Adjustment and everyday living, N.J.: Prentice-Hall, Englewood Cliffs.
6. Gray, S.W. and Zide, M.R. India Edition (2008). Psychology: A competency based assessment model for social workers. Thomson Group Pole.
7. Dimatteo, M.R. and Martin, L.R. (2002). Health Psychology. N.D.: Pearson.
8. Brannon, L. and Feist, J. (2007). Introduction to health psychology. India ed. N.D.: Thomson.
9. Marks, D.; Murray, M.; Evans, B.; Willig, C.; Woodall, C. and Sykes, C. (2005). 2nd ed. Health psychology: Theory, research and practice. N.D. : Sage Pub.

Syllabus for B.A. (Semester-IV)
Course IV, Unit II
PSY 111 – PSYCHOLOGICAL STATISTICS
With effect from 2010-11.

Marks-30

Objectives: -

1. To train students in various psychological assessment techniques.
2. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
3. To impart skills necessary for selecting and applying different tests for different purpose such as evaluation, training, rehabilitation etc.

1) FREQUENCY DISTRIBUTIONS

Credit - 1

- i. Measurement in general
- ii. Need for grouping
- iii. Preparation of a frequency table
- iv. Graphic representations of the frequency distribution
 - a. Histogram
 - b. Frequency Polygon
- v. Smoothing a polygon

2) MEASURES OF CENTRAL TENDENCY.

Credit - 1

- i. Mean
- ii. Computation of the mean
 - a. The long method and
 - b. The short or assumed mean method
- iii. Median and its computation
- iv. Mode
- v. Uses of various measures of central tendency

3) MEASURES OF VARIABILITY

Credit - 1

- i. Range
- ii. Quartile deviation
- iii. Average deviation
- iv. Standard deviation
- v. Uses of the various measures of variability

4) MEASURES OF ASSOCIATION

Credit - 1

- i) Meaning and types of coefficient of correlation.
- ii) Rank Difference Correlation.
- iii) Product Moment Correlation (Ungrouped)

Books for Readings:-

1. Anastasi A (1997) Psychological Testing, New York: Mac Millan Co.
2. Cimnero, A.R. (1986) Hand book of Behavioural Assessment New York : John Wiley.
3. Freeman.Frank S (1971) Theory and Practice of Psychological Testing Oxford & IBH Publishing Co. New Delhi.
4. Dandekar, W.N. & Rajguru, M.S. () An Introduction to Psychological testing & statistics, Seth Publication
5. Psychological Testing, Principles, Applications, and Issues, Robert M. Kaplan & Dennis P. Saccuzzo, Sixth Edition, 2005.
6. Psychological testing, A practical approach to Design and Evaluation, Theresa, J.B. Kline, Sage publications, 2005.
7. Statistics in Psychology and education, H.E. Garrett, Vakil and Ferrar Company, Bombay, 1966.
8. Statistics in Psychology and Education, J.S. Gaiford, International Student Edn., McGraw Hill.
9. Statistical Reasoning in Psychology & Education IIIrd Edn. John Wiley & Sons 2001.
10. Edward G. Minum Bruce M. King Gordon Bear: Statistical Methods for Practice & research A Guide to data Analysis using SPSS Ajai S Gaur Sanjay S. Gaur, 2nd Edn. Sage-2006.

Syllabus for B.A. (Semester-IV)
Course IV, Unit I & II
PSY 112 – PSYCHOLOGY PRACTICUM'S
With effect from 2010-11.

Practical's Any – 08**Marks-40****Objectives**

4. To create interest in psychological phenomenon.
5. To develop awareness of psychological of psychological tools, techniques and tests.
6. To nurture the skill of Test Construction.

SECTION-A**Testing any - 8**

- A) Personality Test (Any Two) Credit - 1**
- i) Multi Variable Personality Inventory
 - ii) Personality Inventory
 - iii) KNPI
 - iv) Differential Personality Inventory
 - v) Multi Dimensional Assessment of Personality Series (MAP)
- B) Adjustment / Interest (Any Three) Credit – 1**
- i) Adjustment Inventory for School Students
 - ii) Revised Adjustment Inventory
 - iii) Educational Interest Record
 - iv) Old age adjustment
 - v) Social Adjustment
 - vi) Adjustment Inventory for college students
 - vii) Youth problem Inventory
- C) Self Related Test (Any Three) Credit – 1**
- i) Self acceptance Scale
 - ii) Ego Strength scale
 - iii) Self Perception scale
 - iv) Satwa Bodh Parikshan
 - v) Self Confidence Inventory
 - vi) Self Disclosure Inventory
 - vii) Self actualization Inventory
 - viii) Self concept questionnaire

Section-B**Credit – 1****Test Construction****Distribution of Marks**

Section-A				Section-B	Total
Procedure	Viva	Report	Record Book (Internal)	Test Construction (Internal)	
5	5	10	10	10	40