

DEPARTMENT OF PSYCHOLOGY

PREAMBLE

UG : Programme profile and the syllabi of courses offered in the V and VI semester along with evaluation components III & IV (with effect from 2018 - 2021 batch onwards).

PROGRAMME PROFILE B.Sc., (PSYCHOLOGY)

PROGRAMME SPECIFIC OUTCOMES (PSO)

Upon completion of the programme, the students will be able to

- Understand the concept of Theories and Principles in Psychology.
- Ability to use Laboratory skills in Psychology.
- Apply the Applications of Psychology in different fields.
- Analyzes the Human Behaviour in scientific manner.

Semester	Part	Category	Course code	Course Title	Previous Course Code	Hours per week	Credits Min/Max
I	I	Language I	UTAL105/ UTAL106/ UHIL102/ UFRL102	Basic Tamil I/ Advanced Tamil I/ Hindi I / French I	UTAL103/ UTAL104/ UHIL101/ UFRL101	4	2/3
	II	English I	UENL107/ UENL108	General English I/ Advanced English I	- / UENL106	5	3/4
	III	Core I	UPSM101	General Psychology I		6	5
		Core II	UPSM102	Developmental Psychology I		7	5
		Core III	UPSM103	Social Psychology I		6	5
	IV	Value Education				2	1
TOTAL						30	21/23
II	I	Language II	UTAL205/ UTAL206/ UHIL202/ UFRL202	Basic Tamil II/ Advanced Tamil II/ Hindi II/ French II	UTAL203/ UTAL204/ UHIL201/ UFRL201	4	2/3
	II	English II	UENL207/ UENL208	General English II/ Advanced English II	- /UENL206	5	3/4
	III	Core IV	UPSM201	General Psychology II		5	5
		Core V	UPSM202	Developmental Psychology II		5	5
		Core VI	UPSM201	Social Psychology II		5	5
	IV	Non Major Elective	UPSE201	Psychology for Effective Living		4	2
		Soft skill				2	1
	V	Extension activity/ Physical Education/NCC				-	1/2
TOTAL						30	24/27

III	I	Language III	UTAL307/ UTAL308/ UHIL302/ UFRL302	Basic Tamil III/ Advanced Tamil III/ Hindi III/ French III	UTAL303/ UTAL304/ UHIL301/ UFRL301	4	2/3	
	II	English III	UENL305/ UENL306	General English III/ Advanced English III	- /UENL306	5	3/4	
	III	Core VII	UPSR301	Experimental Psychology I		6	5	
		Core VIII	UPSM301	Psychological Statistics		5	5	
		Core IX	UPSM302	Theories of Personality		5	5	
	IV	Online Course		NPTEL/ Spoken Tutorial		3	1/2	
Value Education					2	1		
TOTAL						30	22/25	
IV	I	Language IV	UTAL405/ UTAL406/ UHIL402/ UFRL402	Basic Tamil IV/ Advanced Tamil IV/ Hindi IV/ French IV	UTAL403/ UTAL404/ UHIL401/ UFRL401	4	2/3	
	II	English IV	UENL407/ UENL408	General English IV/ Advanced English IV	- /UENL406	5	3/4	
	III	Core X	UPSR401	Experimental Psychology II		6	5	
		Core XI	UPSM401	Physiological Psychology		7	5	
		Core XII	UPSM402	Research Methodology		6	5	
	IV	Soft skill				2	1	
V	Extension activity/ Physical Education/NCC				-	2		
TOTAL						30	21/25	
V	III	Core XIII	UPSM501	Abnormal Psychology		6	5	
		Core XIV	UPSM502	Educational Psychology		6	5	
		Core XV	UPSM 503	Positive Psychology		5	5	
		Core XVI	UPSM 504	Organizational Psychology		6	5	
		Core XVII	UPSM 505	Consumer Behaviour		5	5	
		Value education				2	1	
TOTAL						30	26	
VI	III	Core XVIII	UPSM 601	Clinical Psychology		6	5	
		Core XIX	UPSM 602	Counselling Psychology		6	5	
		Core XX	UPSM 603	Human Resource Development		5	5	
		Core XXI	UPSM 604	Health Psychology		6	5	
		Core XXII	UPSP 601	Project		5	5	
	IV	Soft skill				2	1	
V	Extension activity/ Physical Education/NCC				-	2		
TOTAL						30	26/28	
GRAND TOTAL						180	140	1 5 4

**COURSES OFFERED TO OTHER DEPARTMENT
NON MAJOR ELECTIVE**

Semester	Part	Category	Course Code	Course Title	Contact Hour/Week	Credit	
						Min	Max
II	IV	Non Major Elective	UPSE201	Psychology for Effective Living	4	2	2

Experiential Learning (Mandatory)

Course Mapping				Collaborating Agency - MSME		
Sem	Course Code	Course Title	Assessment	Course Title	Hours / Days/ Month	Mode of Evaluation
IV	UPSM401	Physiological Psychology	Component IV	Stress Management	Days	Reflection

Skill Orientation Programme (Only for the interested students) – Extra Credit Earning Provision

Sem	Category	Course Code	Course Title	Collaborating Agency	Hours / Days/ Month	Mode of Evaluation	Credits (Min/Max)
V	Core	UPSM 504	Aptitude & Soft Skills	TCIL-IT	days	Reflection	1
VI	Core	UPSM 603	International Journal Publishing	TCIL-IT	days	Reflection	1

ABNORMAL PSYCHOLOGY

UPSM501

Semester : V
Category : Core XIII
Class & Major : III B.Sc. Psychology

Credits : 5
Hours / Week : 6
Total Hours : 78

Objectives:

To enable the students

- Knowing various approaches and theory of Abnormal Psychology.
- Understand the Classification System and Diagnosis of Psychological conditions.
- Applying the knowledge to identify different types of disorders, its causes and treatment.

Learning Outcomes:

On Completion of the course, the students will be able to

- Knowing personal and serial interactions by using the knowledge of the history and major theories of Abnormal Psychology.
- Understand one's own and others behavior by applying the knowledge of assessment, diagnosis, classification systems and DSM 5.
- Analyze the symptoms of specific types of abnormal behavior to evidence based strategies to assess and treat them

UNIT- I INTRODUCTION TO ABNORMAL PSYCHOLOGY AND MOOD DISORDERS

12 Hrs

Definition and Scope - Historical Conceptions-Mood Disorders-Depression-Depressive Disorders-Dysthymic Disorder-Bipolar Disorder- Bipolar I Disorder-Bipolar II Disorder-Cyclothymic Disorder – Suicide – Theories – Causes- Mental Illness and Prevention of Suicide.

UNIT- II ANXIETY DISORDERS AND SOMATOFORM DISORDERS

17 Hrs

DSM V and ICD Classification-Anxiety Disorders-The experience of Anxiety-Generalized Anxiety Disorder-Panic Disorder – Phobias- Obsessive Compulsive Disorder- Post Traumatic Stress Disorder- Interpretation and Treatment.

Somatoform Disorders- Pain Disorders- Somatisation Disorders- Conversion Disorders – Hypochondriasis- Body Dysmorphic Disorders.

UNIT-III PSYCHOTIC DISORDERS / PERSONALITY DISORDERS

17 Hrs

Symptoms – Factors – Vulnerability- Schizoaffective Disorders- Delusional Disorders- Shared Psychotic Disorder – Schizophrenia- Other personality Disorders- Causes and treatment.

UNIT- IV SUBSTANCE –RELATED DISORDERS AND SEXUAL DYSFUNCTION

17 Hrs

Substance Dependence- Substance Abuse – Alcoholism- Drug Abuse-Different Drugs- Causes and Treatment.

Sexual Disorders and Gender Identity Disorder -Sexual dysfunctions-Causes and treatment of sexual dysfunctions -Paraphilias – Causes and treatment -Sexual variants-Sexual and Gender Variants - Gender Identity Disorder-Treatment and Prevention

UNIT-V PERVASIVE DEVELOPMENTAL DISORDERS

15 Hrs

ADHD – Learning Disorders- Autism – Aspergers Syndrome – Intellectual disability-other disorders – Mental Retardation-Causes and Treatment. Eating -Disorders Anorexia Nervosa – Bulimia – Binge Eating Disorder– Causes and Treatment.

Text Book

- Sarason, I. G. & Sarason, B. R. (2002). *Abnormal Psychology. The Problem of Maladaptive Behaviour*. Pearson (10th ed.,). New Delhi

Reference Books

- Barlow, D. H.& Durand, V. M.(2015). *Abnormal Psychology. An Integrative Approach*. Wadsworth Thomson Learning. (7thed.,). Canada.
- Alloy, L. B. Riskind, J. H. & Manos, M.J. (2005). *Abnormal Psychology*. Tata McGraw Hill Publishing Company Ltd.(9th ed.,). New Delhi.
- Carson & Butcher.(2013). *Abnormal Psychology*. Pearson.(13th ed.,). New Delhi

E-Resources

- <https://www.verywellmind.com/what-is-abnormal-psychology-2794775>
- <https://b-ok.cc/book/2918532/1c0aad>
- <https://b-ok.cc/book/2343192/43d9dd>
- <https://b-ok.cc/book/5010968/91cfd2?dsource=recommend>

EDUCATIONAL PSYCHOLOGY

UPSM502

Semester : V
Category : Core XIV
Class &Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 6
Total Hours : 78

Objectives:

To enable the students

- Know the various aspects related to the instructional process.
- Understand about the Psychological elements in learning process and different views about learning.
- Applying Principles to Development in Education.

Learning Outcomes:

On Completion of the course, the students will be able to

- Understand the application and communicate scientific knowledge of Educational Psychology.
- Apply knowledge through class room activities and case studies.
- Analyze underlying views of the cognitive process including an investigation of education.

UNIT- I INTRODUCTION TO EDUCATIONAL PSYCHOLOGY 15 Hrs

Definition- Historical Background-Role and Scope of Educational Psychology- Effective Teaching Methods.

UNIT- II UNDERSTANDING STUDENT DEVELOPMENT AND DIVERSITY 15 Hrs

Understanding Student Development and Diversity- General Principles of Development- Importance of Development in Education- Brain and Cognitive Development- Language Development- Importance of Personal- Social and Emotional Development- Importance of Culture- Community and Gender.

UNIT- III UNDERSTANDING LEARNING PROCESS 16 Hrs

Understanding Learning Process - Importance of Behavioural Approaches to Learning - Importance of Information Processing Approach- Complex Cognitive Processes-Importance of Social- Cognitive and Constructivist Views of Learning.

UNIT-IV UNDERSTANDING INSTRUCTIONAL PROCESSES 16 Hrs

Motivation in Learning and Teaching - Creating Learning Environment - The Need for Organization - Positive Environment- Maintaining a Good Environment for Learning- Teaching for Academic Learning Planning - Teacher-centered Lesson- Planning and Instruction - Lesson-Centered Lesson- Planning and Instruction- Classroom Management - Designing Physical Environment of the Classroom- Creating Positive Environment for Learning- Classroom Assessment.

UNIT - V STUDENTS WITH SPECIAL EDUCATIONAL NEEDS 16 Hrs

Students with Special Educational Needs -Learning Disabilities – Types- Remedial teaching - Gifted students

Text Book

- Woolfolk, A. (2017). *Educational Psychology*. Pearson Education. (13th ed.,).

Reference Books

- Santrock, J. W.(2004). *Educational Psychology*. International Edition McGraw Hill.(2nd ed.,).
- Ormrod, J. E. (2000). *Educational Psychology Developing Learners*. New Jersey Merrill. (2nd ed.,).

E-Resources

- <https://b-ok.cc/book/830035/00a957>
- http://elibrary.bsu.az/books_163/N_55.pdf
- <https://b-ok.cc/book/3519689/557777>

POSITIVE PSYCHOLOGY
UPSM503

Semester : V
Category : Core XV
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 5
Total Hours : 65

Objectives:

To enable the students

- Knowing the various Psychological concepts of Health behavior
- Understand the skills of Coping with Illness
- Applying the techniques of Positive Psychology in life

Learning Outcomes:

On Completion of the course, the students will be able to

- Understanding the theories, techniques and evidence based on Positive Psychology.
- Utilize their own strength strategies and apply strategies to increase their happiness, quality of life and well being
- Apply the positive psychology techniques to enhance the well being of individuals, groups, communities and work places.

UNIT - I INTRODUCTION POSITIVE PSYCHOLOGY

14 Hrs

Definition - Goals and Assumptions - Relationship with Health Psychology-
Developmental Psychology - Clinical Psychology.

UNIT - II POSITIVE EMOTIONS, WELL-BEING AND HAPPINESS

14 Hrs

Positive emotions - Broaden and Build Theory - Cultivating Positive Emotions -
Happiness Hedonic and Euaimonic - Well- Being - Negative vs. Positive Functions - Subjective
well –Being – Emotional- Social and Psychological well-being - Model of complete mental life.

UNIT - III SELF CONTROL, REGULATION AND PERSONAL GOAL SETTING

13 Hrs

The value of self control - Personal goals and self regulation - Personal goal and well-
being - Goals that create self regulation – Every day Explanations for Self control failure
problems.

UNIT -IV POSITIVE COGNITIVE STATES AND PROCESSES

11 Hrs

Resilience - Developmental and Clinical Perspectives - Sources of Resilience in children
- Sources of Resilience in adulthood and later life - Optimism- How optimism works - Variation
of optimism and pessimism – Spirituality - The search for meaning (Frankl) - Spirituality and
well-being - Forgiveness and gratitude.

UNIT- V APPLICATIONS OF POSITIVE PSYCHOLOGY

13 Hrs

Positive schooling – Components - Positive coping strategies - Gainful employment
Mental health - Moving toward Balanced Conceptualization - Lack of a Developmental
Perspectives.

Text Book

- Baumgardner, S.R & Crothers, M.K. *Positive Psychology*.(2010). U.P. Dorling Kindersley Pvt Ltd. (5th ed.,).

Reference Books

- Snyder, C.R. & Lopez, S.J. (2002). *Handbook of positive psychology*. Oxford University Press.(3rd ed.,). New York.
- Carr, A.(2004). *Positive psychology the science of happiness and human strengths*. Routledge. (2nd ed.,). New York.
- Singh, A .(2013). *Behavioral science Achieving behavioral excellence for success*. Wiley India Pvt .(3rd ed.,). New Delhi.

E-Resources

- <https://www.verywellmind.com/what-is-positive-psychology-2794902>
- http://www.positivepsychologyinstitute.com.au/what_is_positive_psychology.html
- https://en.wikipedia.org/wiki/Positive_psychology
- <https://ppc.sas.upenn.edu/>

ORGANIZATIONAL PSYCHOLOGY

UPSM504

Semester : V
Category : Core XVI
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 6
Total Hours : 78

Objectives

To enable the students

- Understand the Behaviour of Individuals in the Organizational Context.
- Acquire the factors that contribute to achieve Organizational Effectiveness, at the Individual, Group and Structural Level.
- Applying Organizational Principles in Managements.

Learning Outcomes

On Completion of the course, the students will be able to

- Understand Organizational Theories to specific Organization Situations
- Applying skills to Collaborative teamwork, Time management, Self motivation in their work place
- Evaluate theoretical knowledge for Solving problem, Making decisions, and Develop Organizational skills.

UNIT- I INTRODUCTION

15 Hrs

Definition-Models of OB – Autocratic – Custodial – Supportive- Collegial and System-
Historical Evolution of OB – Contributing Disciplines to OB - Challenges and Opportunities.

UNIT- II THE INDIVIDUAL IN ORGANIZATION

16 Hrs

Foundations of Individual behavior- Attitudes and Job satisfaction- Personality and values- Perception and Individual Decision Making - Motivation Concepts and Applications. Emotions and Moods.

UNIT- III THE GROUP IN ORGANIZATION

16 Hrs

Foundations of Group Behavior-Understanding Work teams – Communication- Basic Approaches to Leadership and Contemporary Issues - Power and Politics- Conflict and Negotiation.

UNIT- IV THE ORGANIZATION SYSTEM AND STRESS MANAGEMENT

16 Hrs

Foundations of Organization structure - Work Design - Organizational Culture- Human Resource Policies and Practices-Work stress and its management.

UNIT- V ORGANIZATIONAL DEVELOPMENT

15 Hrs

Organizational Change – Forces for Change - Managing Planned Change - Resistance to Change-Approaches to Managing Organizational Change- Contemporary Change Issues.

Text Books

- Stephen P. Robbins & Timothy A. Judge.(2017).*Organizational Behaviour*. Pearson Education Ltd. (17th ed.,).

References

- Eugene McKenna. (2012). *Business Psychology and Organizational Behaviour*. Psychology Press Distributed by I K International Pvt. Ltd .(4th ed.,). New Delhi.
- John W. Newstrom. (2007). *Organizational behaviour – Human Behaviour at Work*. Tata McGraw Hill Publishing Company Ltd. (12th ed.,). New Delhi.
- John W Slocum and Don Hellriegel. (2007). *Fundamentals of Organizational Behaviour*. Thomson Learning India. (3rd ed.,).

E-Resources

- <https://b-ok.cc/book/2330334/0549d4>
- <https://b-ok.cc/book/2925859/022aca>
- <https://b-ok.cc/s/?q=Stephen+P.+Robbins+and+Timothy+A.+Judge%2C+Organizational+Behaviour%2C+>

CONSUMER BEHAVIOUR

UPSM505

Semester : V
Category : Core XVII
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 5
Total Hours : 65

Objectives:

To enable the students

- Understand factors and facets of Consumer Behaviour
- Acquire the Consumer Behaviour in different settings.
- Applying the Attitude of Consumers and Communication Process

Learning Outcomes:

On Completion of the course, the students will be able to

- Understand the dynamics of human behaviour and the basic factors that influence.
- Apply the concepts of marketing strategy.
- Evaluate and compare the decision process in consumer and organizational markets.

UNIT -I INTRODUCTION TO CONSUMER BEHAVIOUR 14 Hrs

Definition – Scope - Consumer Roles - History of Consumer Behaviour and the marketing concept - Contributing Disciplines and Application of Consumer Behaviour- Market Segmentation – Need and Types – Geographic - Demographic - Psychographic and life style. Product Positioning- Need and Strategy.

UNIT- II FACTORS INFLUENCING CONSUMER BEHAVIOUR 14 Hrs

Consumer motivation – Needs – Goals - Motive Arousal - Reactions to Frustration - Consumer Personality – Nature - Influences on Consumer Behaviour - Consumer Emotions – Nature - Uses in Advertising - Consumer Perception and its implications - Consumer Learning - Classical and Instrumental theories in the context of Consumer Behaviour.

UNIT- III CONSUMER ATTITUDE AND COMMUNICATION PROCESS 13 Hrs

Attitude – Functions - Tri-component attitude model and Katz's models of attitude and attitude change - Post purchase attitude change - Cognitive dissonance theory and attribution theory - Marketing communication - Process – Barriers and types of communication systems, Source - Message and Medium of Communication.

UNIT- IV CONSUMERS IN THEIR SOCIAL AND CULTURAL SETTINGS 11 Hrs

Reference group – Nature and types - Influences on consumers - Family life cycle stages - Nature of household and purchases - Family decision making and resolving conflict - Social class- Nature of social class - Symbols of status - Concept of money and social class - Social class categories and Consumer Behaviour.

UNIT- V CONSUMER DECISION MAKING

13Hrs

Consumer Decision - Stages in Consumer Decision Process – Situational Influence - Problem recognition - Information search - Evaluation of alternatives and selection - Outlet selection and purchase - Post purchase action - Organizational Buyer – Nature - Market Structure and pattern of demand – Characteristics - Decision Approach -Purchase pattern and organizational buyer decision process.

Text Books

- Kumar, A & Singh, K.(2013). *Consumer Behaviour and Marketing Communication: An Indian Perspective*. Dream tech Press. (1st ed.,). New Delhi.

References

- Schiffman LG & Kanuk LL. (2007). *Consumer Behaviour*. Prentice-Hall of India Pvt Ltd,(9th ed.,). New Delhi.
- Batra Satish, K.& Kazmi, S.H.H. (2007). *Consumer Behaviour Text and Cases Excel Books*. Naraina Phase I. (3rd ed.,). New Delhi.

E-Resources

- <https://www.verywellmind.com/what-is-consumer-psychology-2794899>
- <https://www.britannica.com/science/consumer-psychology>
- <https://www.emotiv.com/glossary/consumer-psychology/>
- https://en.wikipedia.org/wiki/Consumer_behaviour

CLINICAL PSYCHOLOGY

UPSM601

Semester : VI
Category : Core XVIII
Class &Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 6
Total Hours : 78

Objectives:

To enable the students

- Understand traditional and development of Clinical Psychology.
- Acquire the importance skills in Psychological Testing.
- Applying the therapeutic skills in Clinical Settings.

Learning Outcomes:

On Completion of the course, the students will be able to

- Understand the History of Psychology as it pertains to the development of these theories and their scientific foundations.
- Demonstrate foundational knowledge of the theories as well as the empirical evidence supporting the Theories of Personality, Social Psychology, Cognitive Aspects of behavior, Human Development, Biological aspects of behavior, and Psychopathology.,
- Valuate scientific research in the selection and implementation of Clinical Interventions and utilize clinical data to inform Diagnostic Formulations and Treatment Plans.

UNIT-I INTRODUCTION TO CLINICAL PSYCHOLOGY

16 Hrs

Define Clinical Psychology-The Perspectives of Clinical Psychology- Five Models of Mental Health-Some Cautionary Comments-Models of Intervention and Psychiatric Ideologies-The Role and Contribution of the Clinical Psychologist.

UNIT-II TESTING IN CLINICAL PSYCHOLOGY

16 Hrs

General Principles- Testing in Clinical Practice - Research and Training –What is Psychological Test-Three Strategies of Personality Test Development –Criteria for Judging Tests-Should this Patient be Tested-Choice of Test-Determinants of Test Performance

UNIT-III COGNITIVE BEHAVIOUR THERAPY

16 Hrs

Behavior therapy-Cognitive therapy- Cognitive-Behavior therapy-Current status in CBT.

UNIT-IV OTHER APPROACHES IN CLINICAL PSYCHOLOGY

15Hrs

Group therapy-Couples and family therapy-Community Psychology – Prevention-Self-Help-Technological innovation and treatment- Psychotherapy integration.

UNIT-V CLINICAL NEUROPSYCHOLOGY

15Hrs

History-Basic Principles of Neuropsychology-Patterns of Neuropsychological Dysfunction-Assessment-Approaches to psychopathology-The current status of clinical neuropsychology.

Text Book

- Sheldon Korchin.J. *Modern Clinical Psychology*. (2004).Chennai CBS Publishers & Distributors Pvt. Ltd Reference Book Andrew. (1st ed.,).

Reference Books

- Pomerantz. M. (2001). *Clinical Psychology*. New Delhi Sage Publication Inc. (2nd ed.,).
- Geoffrey P. Kramer, Douglas A. Bernstein & Vicky Phares. (2013). *Introduction to Clinical Psychology*. Pearson.(8th ed.,).

E-Resources

- <https://www.verywellmind.com/what-is-clinical-psychology-2795000>
- <https://b-ok.cc/book/739808/e12b28>
- <https://b-ok.cc/book/3510150/8c675b>

COUNSELLING PSYCHOLOGY
UPSM602

Semester : VI
Category : Core XIX
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 6
Total Hours : 78

Objectives:

To enable the students

- Understand foundations and the therapeutic relationship of Counselling.
- Acquire assessment skills and diagnostic process of Counselling.
- Apply the Counselling skills to various fields.

Learning Outcomes:

On Completion of the course, the students will be able to

- Apply knowledge of individual, group theories of Counseling and Psychotherapy consistent with program orientation and goals
- Analyze issues and debates in Counselling Psychology
- Reflect on their role in different fields of Counselling

UNIT - I INTRODUCTION TO COUNSELLING PSYCHOLOGY

15 Hrs

Definitions of Counselling- Characteristics of a Counsellor - The Therapeutic Relationship - Qualities of Counselling relationship - Perspectives on Helping Relationships - Counsellor as Relationship Specialists - Conflict resolution in relationship - Practical dimensions of the therapeutic relationship.

UNIT - II APPROACHES IN COUSELLING

16 Hrs

Insight - Oriented Approaches Introduction to theory construction - Psychoanalytic counselling - Client- Centered Counselling - Existential counseling - Gestalt counseling - Honorable mentions - Action - Oriented Approaches –Behavioural counselling - Rational Emotive BehaviourCounselling - Strategic Counselling - Honourable mentions.

UNIT - III THEORY AND COUNSELLING SKILLS

16 Hrs

Integrating Theory and Counselling Skills A Personal journey - Movement toward integration -Grabbing truth by the tail - A personal theory - Stages developing personal theory - Procedure followed so far - Pivotal Counselling skills. Assessment Testing and the Diagnostic Process - The meaning of assessment - The role of testing the Assessment Process - Standardized Measures - Non - Standardized Measures- Using assessment methods in Counselling - Formal and functional diagnosis.

UNIT - IV GROUP COUNSELLING

16 Hrs

Group Counselling Survey of groups - Some considerations in the use of group modalities - Counteracting potential limitations -Advantages of group work - Basic assumptions about groups - Group process stages - Cues for intervention - Specialized skills of group work.

Marital family and Sex Counselling- Family versus Individual Counselling - Family Counselling theories - Power in relationships –Symptoms and Solutions - Case example of family Counselling In action - Interpreting symptoms as metaphors - Diagnostic questions - Reframing -Directives - Ethical issues in family Counselling - Sex Counselling.

UNIT - V CAREER AND ADDICTION COUNSELLING

15 Hrs

Career Counselling - The functions of work - Roles of Counselling -Theories of career development - Career education -Career decision making - Trends and issues in career counselling - Addictions Counselling - Symptoms of addiction - Drug use and drug abuse -Our drug culture - Counsellors Knowing of drugs - Effects drug abuse - Adolescent drug use - Prevention – Abuse in Special Populations - Principles for Counselling the Chemically dependent.

Text Book

- Corey, G. (2000). *Theory & Practice of Counselling and Psychotherapy*. Singapore books Cole. (6th ed.,)

Reference Books

- Kottler, J.A. & Brown, R.W. (2008). *Introduction to Therapeutic counselling*. Pearson.(4th ed.,)
- Gelso, C.J. & Fretz, B.R. (1995). *Counselling Psychology*. Bangalore Prism books Pvt. Ltd.(3rd ed.,)
- Madhukar, I.(2000). *Guidance and Counselling*. Authors Press.(2nd ed.,). New Delhi.
- Bordin, E.S.(1968). *Psychology of Counselling*. Appleton Centaury crafts. (4th ed.,). New York.
- NarayanaRao, S.(1981). *Counselling psychology*. Tata McGraw- Hill Publishing Company Ltd.(2nd ed.,). New Delhi.

E-Resources

- <https://b-ok.cc/book/3645141/1fffe9>
- <https://b-ok.cc/book/3561150/37dd0a?dsource=recommend>
- <https://b-ok.cc/book/897065/4869e4?dsource=recommend>

HUMAN RESOURCE DEVELOPMENT
UPSM603

Semester : VI
Category : Core XX
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 5
Total Hours : 65

Objectives:

To enable the students

- Understand the basic concept used in Human Resource Development.
- Acquire HR skills for selection and career planning.
- Evaluate the performance appraisal in industrial area / work place.

Learning Outcomes:

On Completion of the course, the students will be able to

- Develop, implement, and evaluate organizational development strategies aimed at promoting organizational effectiveness.
- Collaborate with others, in the development, implementation, evaluation of organizational, health, safety policies and practices
- Achieve professional development and provide leadership to others in the achievement of ongoing competence in human resources professional practice.

UNIT- I HRM INTRODUCTION

11 Hrs

Human Resource Management – Definition – Objectives – Scope – Functions of HRM. Job analysis – Process of job analysis - Team analysis – Employee Empowerment.

UNIT- II HR PLANNING AND SELECTION

13 Hrs

Human Resource Planning – Objectives – Process of HRP– Recruitment – Sources of recruitment - Selection Procedure - Test and Interview - Types – Reference check – Final selection - Placement – Induction.

UNIT -III HRD AND CAREER PLANNING HRD

13 Hrs

Need – Functions – Training – Methods – Executive Development – Differences between Training and Development - Career Planning – Process – Succession Planning - Concept of Quality of Work Life (QWL).

UNIT- IV PERFORMANCE APPRAISAL AND JOB EVALUATION

14 Hrs

Performance appraisal – Process – Techniques – Difference between Performance Appraisal and Job Evaluation - Job Evaluation – Process – Potential Appraisal.

UNIT -V PROMOTION AND ABSENTEEISM

14 Hrs

Promotion – Criteria – Benefits of effective promotion policy - Transfer – Purpose of transfer - Absenteeism – Causes – Measures - Labour Turnover – Separation – VRS - Retirement – Dismissal.

Text Book

- Khanka, S.S. *Human Resource Management*. (2003). Sulthan Chand & Sons.(1st ed.), New Delhi.

Reference Books

- Mamoria, C.B. (2010). *Personnel Management*. Himalaya Publications House.(2nd ed.,)
- Jayasankar, J.(2016). *Human Resource management*. Margham Publication Chennai.(4th ed.,)
- Aswathappa, K. (2017). *Human Resources and Personnel Management*. TMH.(2nd ed.,). New Delhi.
- Kaushal Kumar.(2014). *Human Resources Management*. ABD Publishers. (5th ed.,)
- Kaushal Kumar.(2014). *Human Resources Management*.ABD Publishers.(1st ed.,)
- Keith Davis. (2015). *Human Relations at work*. TMH. G.R. Bassotia, Human Resources Management, Mangal Deep Publications.(2nd ed.,)
- Dr.Ramesh, K. (2014). *Human Resource Management*. Mithila Publications.(3rd ed.,)

E-Resources

- <https://b-ok.cc/book/2651962/448783>
- <https://b-ok.cc/book/3427742/74fd28?dsource=recommend>
- <https://b-ok.cc/book/3423809/d32c71?dsource=recommend>

HEALTH PSYCHOLOGY
UPSM604

Semester : VI
Category : Core XXI
Class & Major: III B.Sc. Psychology

Credits : 5
Hours / Week: 6
Total Hours : 78

Objectives:

To enable the students

- Understand psychological factors and physical health.
- Acquire the coping mechanism for illness.
- Apply the methods of health enhancement.

Learning Outcomes:

On Completion of the course, the students will be able to

- Understand physiological, psychological and social aspects of stress illness
- Analyze psychological research and relevant to Health Psychology.
- Evaluate strategies for coping with stress inoculation therapy, yoga and meditation.

UNIT – I INTRODUCTION TO HEALTH PSYCHOLOGY

15 Hrs

Definition and Need-The biopsychosocial model - Patient Practitioner Relationship- Training for a career in Health Psychology- Introduction to Health Behaviour- Factors Influencing the Practice of Health Behaviour.

UNIT – II MODELS OF HEALTH BEHAVIOUR

15 Hrs

Changing health habits using theoretical models - Health belief model- Theory of planned behaviour - Cognitive Behavioural Approaches to Change Health Behaviour - Trans Theoretical Model of Behaviour Change - Avenues for Health Habit Modification.

UNIT – III CHRONIC ILLNESS AND PAIN

16 Hrs

Illness Factors – Onset – Progression-Types of Symptoms - Quality of Life- Personal issues in chronic illness- Coping with chronic illness - Co management of chronic illness- Psychosocial Interventions –Pain - Definition-Types of Pain- Pain control techniques- Pain Management.

UNIT - IV STRESS AND COPING

16 Hrs

Stress – Definition - Dimensions of Stress - Sources of Chronic Stress- Theoretical Contributions - Lazarus's Appraisal Model - Flight or fight response - General adaptation Syndrome- Tending and Befriending Model- Coping with stress- Sources of stress.

UNIT - V PROMOTING HEALTH BEHAVIOUR

16 Hrs

Smoking -Effects of smoking - Reasons for Smoking –Alcoholism – Effects - Reasons - Interventions for reducing smoking - Changing problem drinking - Management of Overweight & obesity - Effects of dieting & physical activity.

Text Book

- Boyer, B,& Paharia, I.(2008).*Comprehensive handbook of clinical health psychology*. Edison, NJ: John Wiley & Sons. 4th ed.,

Reference Books

- Marks, D., Murray, M., Evans, B., Willig, C, Woodall, C.,&Sykes, C.M.(2008). *Health psychology Theory research and practice*. Sage Publications. (2nd ed.,). New Delhi.
- Branmon, L., & Frist, J.(2010). *Introduction to health psychology*. Cengage Learning India Pvt Ltd.(3rd ed.,). New Delhi.
- Sarafino, E.(1994). *Health psychology*. John Wiley & Sons.(3rd ed.,).
- Taylor, S.(1995). *Health psychology*. McGraw-Hill Ryerson (2nd ed.,).Toronto Canada.

E-Recourses

- <https://b-ok.cc/book/592699/b141ff>
- <https://b-ok.cc/book/834970/179bc9>
- <https://b-ok.cc/book/3368860/383795?dsource=recommend>
- <https://b-ok.cc/book/2867427/24274e?dsource=recommend>
- <https://b-ok.cc/book/2573319/f4538e?dsource=recommend>
- <https://b-ok.cc/book/2573296/514609?dsource=recommend>

III and IV EVALUATION COMPONENTS OF CIA

Semester	Category	Course Code	Course Title	Component III	Component IV
V	Core XIII	UPSM 501	Abnormal Psychology	Cases study	Seminar
	Core XIV	UPSM 502	Educational Psychology	Assignment	Seminar
	Core XV	UPSM 503	Positive Psychology	Assignment	Seminar
	Core XVI	UPSM 504	Organizational Psychology	Cases study	Seminar
	Core XVII	UPSM 505	Consumer Behaviour	Assignment	Seminar
VI	Core XVIII	UPSM601	Clinical Psychology	Report Writing	Seminar
	Core XIX	UPSM602	Counselling Psychology	Assignment	Seminar
	Core XX	UPSM603	Human Resource Management	Assignment	Seminar
	Core XXI	UPSM604	Health Psychology	Assignment	Seminar

UPSR601-PROJECT

Semester : VI
Category : Core XXII
Class & Major : III B.Sc. Psychology

Credits : 5
Hours / Week : 5
Total Hours : 65

Guidelines

This course is offered as individual project

Evaluation patterns for the project (Internal-60, External-40)

SI. NO	Components	Marks	
		CIA	ESE
1	Title of the Topic	10	
2	Review of Literature	10	
3	Statement of the problem	10	
4	Research Design and Statistical tool	10	
5	Result	10	
6	Project Report	10	
7	Writing Report		20
8	Oral Presentation		10
9	Viva-voce		10
TOTAL		60	40