



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

नांदेड— ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY

NANDED-431606, MAHARASHTRA STATE, INDIA.

Established on 17th September 1994 - Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade



ACADEMIC (1-BOARD OF STUDIES) SECTION

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मानवविज्ञान विद्याशाखेतील पदवी
स्तरावरील तृतीय वर्षाचे CBCS Pattern
नुसारचे अभ्यासक्रम शैक्षणिक वर्ष
२०१८-१९ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक १४ जून २०१८ रोजी संपन्न झालेल्या ४१व्या मा. विद्या परिषद बैठकीतील ऐनवेळचा विषय क्र.११/४१-२०१८ च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील तृतीय वर्षाचा खालील विषयाचा **C.B.C.S. (Choice Based Credit System) Pattern** नुसारचा अभ्यासक्रम शैक्षणिक वर्ष २०१८-१९ पासून लागू करण्यात येत आहे.

१) मानसशास्त्र

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

‘ज्ञानतीर्थ’ परिसर,

विष्णुपुरी, नांदेड — ४३१ ६०६.

जा.क्र.: शैक्षणिक-०१/परिपत्रक/पदवी-सीबीसीएस अभ्यासक्रम/
२०१८-१९/२६४

दिनांक : २६.०६.२०१८.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) उपकुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) साहाय्यक कुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, यू.जी.सी. कक्ष, प्रस्तुत विद्यापीठ.

स्वाक्षरित/—

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**



SYLLABUS

PSYCHOLOGY

B.A. THIRD YEAR

**SEMESTER PATTERN
(Choice Based Credit System)**

With effect from June, 2018 onwards

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
PSYCHOLOGY
Curriculum Structure and Scheme of Evaluation for B.A. Third Year
With effective from 2018-19.

Seme-ster	Core Course	Paper No.	Title of the Paper	(Periods/ Week)	Total Periods	Scheme of Evaluation		
						External ESE	Internal CA	Credit (Marks)
V	DSEPSY-I	XI	Abnormal Psychology	3	45	40	10	Credit:02 (Marks:50)
	GEPSY-I	XII	Introduction to Counselling	3	45	40	10	Credit:02 (Marks:50)
	SEC	III	Skills in Psychology-I	3	45	25	25	Credit:02 (Marks:50)
VI	DSEPSY-II	XIII	Psychopathology	3	45	40	10	Credit:02 (Marks:50)
	GEPSY-II	XIV	Counselling Techniques	3	45	40	10	Credit:02 (Marks:50)
	SEC	IV	Skills in Psychology-II	3	45	25	25	Credit:02 (Marks:50)
Annual Pattern V & VI	DSEPSYP	XV	Psychology Practicum's: Experiments & Test	4 (Per Batch)	120	100	---	Credit:04 (Marks:100)
Total						310	90	Credit:16 (Marks:400)

DSEPSY: Discipline Specific Elective Psychology, **GEPSY:** Generic Elective Psychology, **DSEPSYP:** Discipline Specific Elective Psychology Practical, **ESE:** End of semester examination, **SEC:** Skill Enhancement Course
CA: Continuous Assessment

CA of Marks 10: 10 marks for Test/Assignments

CA of Marks 25: 10 marks for Unit Test & 15 Group Discussion/Seminar

Teaching workload will be of **three** periods per week for theory and **four** periods for practical **per week per batch**.

- 1) Strength of students for each practical batch shall not be more than **fifteen (15)**
- 2) Submission of Record Book is compulsory.
- 3) Students shall not be allowed for practical examination without certified Record Book.
- 4) Practical examination will be held in at the end of sixth semester.
- 5) Internal marks will be awarded for certified Record Book.
- 6) For practical, the duration of examination shall be three hours.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY (DSEPSY)-I
Syllabus for B. A. T. Y. Fifth Semester
Paper XI – Abnormal Psychology
With effective from 2018-19.
Credit : 02 (Marks – 50)

Objectives:

1. To impart knowledge about the normality and abnormality.
 2. To make students understand the nature and course of various abnormal conditions.
 3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.
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Unit – I – Abnormal Behaviour in our Times

What do we mean by abnormal behaviour? Dilemmas of Definition – Mental Disorders as Maladaptive behaviours - classifying abnormal behaviour – DSM classification of Mental Disorders – The problem of Labelling – Unresolved issues on classification

Unit –II – Causal Factors and Viewpoints in Abnormal Psychology

What causes Abnormal Behaviour? Necessary, sufficient and contributory causes – Diathesis – Stress models – The Biological viewpoints - Biological causal factors – The Psychosocial viewpoints – Psychosocial causal factors – The Socio-cultural viewpoint, Socio-cultural causal factors.

Unit – III – Panic, Anxiety and their Disorders

The Fear and Anxiety Response Patterns – Anxiety Disorders – Phobic Disorders – Obsessive – Compulsive Disorders – Treatment and Outcomes.

Unit – IV – Somatoform and Dissociative Disorders

Somatoform Disorder, Hypochondriasis, Conversion Disorder – Dissociative Disorder, Casual Factors in Somatoform and Dissociative Disorder, Treatment and Outcomes.

Books for Readings:-

Robert .C. Carson, James N. Butcher, Susan Mineka (1998): *Abnormal Psychology and Modern Life* - 10th edition – Library of Congress.

Irwin.G. Sarason, Barbara R. Sarason (2005): *Abnormal Psychology*, Prentice Hall.

Lamman : *Introduction to Psychopathology*.

Buss A.H. : *Psychopathology*

Ahuja N. (2011): *A Short Textbook of Psychiatry*, (7th Ed). New Delhi: Jaypee

Barlow D.H. and Durand V.M. (2005): *Abnormal Psychology: An Integrated Approach*, (4th Ed.).Wadsworth: New York.

Carson R.C., Butcher J.N., Mineka, S., & Hooley J.M. (2007): *Abnormal Psychology*, (13th Ed.).ND: Pearson Education.

Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010): *Abnormal Psychology*, (11th Ed.).NY: John Wiley.

Dr. Mansi Rajhans, Angha Patil and Dr. Sushil Surve (2001): *Apsamanyache Manashatra*, Unmesh Prakashan, Pune

Nadkumar Kulthe : *Manasrang*, Sumedha Prakashan, Pune.

Nadkumar Kulthe : *Batchit Manovikar Chikistakanshi*, Shanti Prakashan, Pune.

Swami Ramanand Teerth Marathwada University, Nanded.

Choice Based Credit System (CBCS)

Faculty of Humanities

Under Graduate Programmes (UG)

GENERIC ELECTIVE PSYCHOLOGY (GEPsy)-I

Syllabus for B. A. T. Y. Fifth Semester

Paper XII – Introduction to Counselling

With effective from 2018-19.

Credit : 02 (Marks – 50)

Objectives:

1. To examine the various concepts of guidance and Counselling.
 2. To explore various elements and levels of Counselling.
 3. To explore various approaches and theories of Counselling.
-

Unit – I – Introduction

- i. Definition of Counselling
- ii. Difference between guidance and counselling
- iii. Goals of counselling
 - a) Immediate goals
 - b) Long range goals
 - c) Major goals of counselling
- iv. Professional and ethical issues
 - a) Professional issues – Licensing, The Master's degree in Psychology, Accreditation and specialization
 - b) Ethical principles

Unit – II – Counselling Process

- i. Preparation for counselling
- ii. Counselling relationship
- iii. Counselling content and process
- iv. Steps in the counselling process

Unit – III- Counselling Interaction

- i. Counselling interaction
- ii. Variables affecting the counselling process
- iii. Counselling skills and portrait of an effective counsellor

Unit – IV – Counselling Interview

- i. Essential aspects of interviewing
- ii. Non-verbal communication in interview
- iii. Counselee-counsellor relationship
- iv. Interviewing techniques in counselling
- v. Sharing of experience

Books for Readings:-

Gelso, C.J. Fertz, B.R. (1995): *Counselling Psychology*, Prism Books Pvt.Ltd., Bangalore.

S Narayana Rao (2002): *Counselling and Guidance*, (2nd Edition), Tata McGraw Hill Publishing Company Limited, New Delhi.

R. L. Gibson and M. H. Mitchell (2008): *Introduction to counselling and guidance*, Prentice Hall New Delhi. (Eastern Economy Edition).

Feltham, C. and Horton I. (2000): *Handbook of Counselling and Psychotherapy*, Sage, London.

Misra, G. (Ed) (2010). *Psychology in India*, Volume 3: Clinical and Health Psychology, Pearson India, New Delhi.

Gideon Arulnagmani (2004): *Career Counselling*, A Handbook - Tata Mc - Graw Hill Publishing Company Limited, New Delhi.

Deshpande C.G.(2010): *Samupadesh* (Marathi), Unmesh Prakashan, Pune.

Hirve and Tadsare (2008): *Samupadesh* *Manasshastra*, Phadke Prakashan, Kolhapur.

Nadkumar Kulthe : *Antrang Yuvamanche*, Shanti Prakashan, Pune.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
SKILL ENHANCEMENT COURSE-III
Syllabus for B. A. T. Y. Fifth Semester
Paper Name– Skills in Psychology-I
With effective from 2018-19.

Credit : 02 (Marks – 50)

Objectives:

1. To inculcate psychological skills among students.
2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as motivation, academic performance and personality etc.
3. To impart knowledge and skills needed for Psychological assessment.

UNIT- I- UNDERSTANDING MOTIVATION

- a) Understanding Your Needs
- b) Psychosocial Motives
- c) Achievement Motivation
- d) Measurement of Achievement Motivation

UNIT- II- IMPROVING ACADEMIC PERFORMANCE

- a) Developing Sound Study Habits
- b) Improving Your Reading – SQ3R Method
- c) Getting More Out of Lectures
- d) Measurement of Study habit

UNIT- III- ASSESSING YOUR PERSONALITY

- a) Key Concepts in Psychological Testing
- b) Self Report Inventories
- c) Projective Tests
- d) Measurement of Personality

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. **Eastwood Atwater (1995).** *Psychology for Living, Adjustment, Growth, and Behaviour today,* prentice hall of India Private Limited, New Delhi, 5th Edition.
3. **Brannon, L. and Feist, J. (2007).** *Introduction to health psychology,* India ed. N.D.:Thomson.
4. **Dimatteo, M.R. and Martin, L.R. (2002).** *Health Psychology.* N.D.: Pearson.
5. **Martin, L.G.; Osborne, G. (1989).** *Psychology: Adjustment and everyday living,* N.J.: Prentice-Hall, Englewood Cliffs.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY (DSEPSY)-II
Syllabus for B. A. T. Y. Sixth Semester
Paper XIII – Psychopathology
With effective from 2018-19.
Credit : 02 (Marks – 50)

Objectives:

1. To impart knowledge about the normality and abnormality.
 2. To make students understand the nature and course of various abnormal conditions.
 3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.
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UNIT- I- Mood Disorders

Unipolar Mood Disorders – Normal Depression-Mild, Moderate, Major Depressive Disorder-Bipolar Disorder – Schizoaffective Disorder- Causal Factors in Mood Disorders- Treatment and outcomes.

UNIT -II- Personality Disorders

Clinical Features of Personality Disorders- Causal Factors in Personality Disorders – Treatment and outcomes – Antisocial personality and Psychology – Causal Factors and Treatment

UNIT -III - Schizophrenias and Delusional Disorders

The Schizophrenias, the clinical picture in schizophrenia – subtypes of Schizophrenia – Causal Factors and Treatment – Delusional (paranoid) Disorder – The Clinical picture and Causal factors in Delusional Disorder – Treatment and outcomes

UNIT-IV- Mental Retardation

Level of mental Retardation – Brain Defects in Mental Retardation – organic Retardation syndrom Cultural – Familial Mental Retardation – Treatment, outcome and prevention.

Books for Readings:

Robert .C. Carson, James N. Butcher, Susan Mineka (1998): *Abnormal Psychology and Modern Life* - 10th edition – Library of Congress.

Irwin.G. Sarason, Barbara R. Sarason (2005): *Abnormal Psychology*, Prentice Hall.

Lamman : *Introduction to Psychopathology*.

Buss A.H. : *Psychopathology*

Ahuja N. (2011): *A Short Textbook of Psychiatry*, (7th Ed). New Delhi: Jaypee

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Swami Ramanand Teerth Marathwada University, Nanded.

Choice Based Credit System (CBCS)

Faculty of Humanities

Under Graduate Programmes (UG)

GENERIC ELECTIVE PSYCHOLOGY (GEPSY)-II

Syllabus for B. A. T. Y. Sixth Semester

Paper XIV – Counselling Techniques

With effective from 2018-19.

Credit : 02 (Marks – 50)

Objectives:

1. To examine the various concepts of guidance and Counselling.
 2. To explore various elements and levels of Counselling.
 3. To explore various approaches and theories of Counselling.
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Unit – I – Theories and Techniques of Counselling

- i. Psychodynamic approach – Freud
- ii. Humanistic approach – Client Centred
- iii. Cognitive approach – Rational Emotive Therapy
- iv. Behavioural approach – Behaviour Modification
- v. Yoga and Meditation

Unit – II – Psychological Testing and Diagnosis

- i. Types of Psychological Tests
- ii. Test use in Counselling situations
- iii. Test interpretation in counselling
- iv. Non-test appraisal techniques

Unit –III– Educational Counselling

- i. Counselling the elementary school-child
- ii. Counselling at high school
- iii. Counselling at college
- iv. The role of teachers in counselling
- v. Educational counselling and curriculum

Unit – IV – Counselling Applications

- i. Family counselling
- ii. Counselling with parents
- iii. Pre-marital and marital counselling
- iv. Career counselling
- v. Counselling drug addicts

Books for Readings:

Gelso, C.J. Fertz, B.R. (1995): *Counselling Psychology*, Prism Books Pvt.Ltd., Bangalore.

S Narayana Rao (2002): *Counselling and Guidance*, (2nd Edition), Tata McGraw Hill Publishing Company Limited, New Delhi.

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Nadkumar Kulthe : *Antrang Yuvamanche*, Shanti Prakashan, Pune.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
SKILL ENHANCEMENT COURSE-IV
Syllabus for B. A. T. Y. Sixth Semester
Paper Name – Skills in Psychology-II
With effective from 2018-19.
Credit : 02 (Marks – 50)

Objectives:

1. To inculcate psychological skills among students.
 2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as anxiety, parenting and shyness etc.
 3. To impart knowledge and skills needed for Psychological assessment.
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UNIT- I- ANXIETY DISORDER

- a) Generalized Anxiety Disorder
- b) Types of Anxiety Disorder
- c) Etiology of Anxiety Disorder
- d) Measurement of Anxiety

UNIT- II- BECOMING AN EFFECTIVE PARENT

- a) Parenting Styles
- b) Towards Effective Parenting
- c) Using Punishment Effectively
- d) Measurement of parenting/parent-child relationship

UNIT- III- MEETING PEOPLE

- a) First Impression
- b) Mistaken Impression
- c) Shyness
- d) Measurement of Shyness - How Shy are you?

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. **Eastwood Atwater (1995).** *Psychology for Living, Adjustment, Growth, and Behaviour today,* prentice hall of India Private Limited, New Delhi, 5th Edition.
3. **Brannon, L. and Feist, J. (2007).** *Introduction to health psychology,* India ed. N.D.:Thomson.
4. **Dimatteo, M.R. and Martin, L.R. (2002).** *Health Psychology.* N.D.: Pearson.
5. **Martin, L.G.; Osborne, G. (1989).** *Psychology: Adjustment and everyday living,* N.J.: Prentice-Hall, Englewood Cliffs.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY PRACTICAL (DSEPSYP)
Syllabus for B. A. T. Y. (V & VI)
Paper XV- Psychology Practicum's: Experiments & Test
With effective from 2018-19.
Credit : 04 (Practical Marks – 100)

Objectives:

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

Tests Any – 10

1. Human Maze Learning
2. Zeigarnic effect
3. Mental work and rest
4. Reaction time
5. Effect of noise on performance
6. Localization of sound
7. Reminiscence
8. Localization of Sound
9. Depth Perception
10. Field of Vision & Colour Zone by Perimeter
11. Career decision Scale
12. Attitude towards communication job
13. Social Maturity Scale
14. Frustration Scale
15. Leadership Scale
16. P.G.I. General Well – Being Measure
17. Locus of control
18. Eysenck's personality inventory
19. Life satisfaction scale

20. Socio- Economic Status Scale
21. Depression Scale
22. Loneliness
23. Mental health
24. Obedient - disobedient scale

<u>Distribution of Marks</u>				Total
Procedure	Viva	Report	Internal	
			Record Book	
30	30	20	20	100

Books for Readings:

Rajamanickam, M. (2005): *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.

Parameshwarn, E.G. & Rao, B. T. (1968): *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.

Galloti, K. M. (2004): *Cognitive Psychology In and Out of Laboratory.* USA: ThomsonWadsworth.

Baker, L. M., Weisiger, C. & Taylor, M. W. (1960): *Laboratory Experiments in General Psychology.* Oxford Univ. Press.

Debold, R. C. (1968): *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.

Collins, M. & Drever, J. (1930). *Experimental Psychology.* London: Methun & Co.Ltd.

Sonodgrass, J. G., Levy-Berger, Hyden (1985). *Human Experimental Psychology.* New York: Oxford University Press.

Dr. B.H. Mimrot & Dr. V.P. Bansod (2014). *Psychology Practicum,* Chinmay Publication, Aurangabad.

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