

॥ सा विद्या या विमुक्तये ॥



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, 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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संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील द्वितीय वर्षाचे CBCS Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २० जून २०२० रोजी संपन्न झालेल्या ४७व्या मा. विद्या परिषद बैठकीतील विषय क्र.१३/४७-२०२०च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील द्वितीय वर्षाचे खालील विषयांचे C.B.C.S. (Choice Based Credit System) Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्यात येत आहेत.

- १) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-इंग्रजी (अनिवार्य, अतिरिक्त (द्वितीय भाषा), फंक्शनल इंग्रजी, ऐच्छिक)
- २) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-हिंदी (द्वितीय भाषा, ऐच्छिक)
- ३) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-कन्नड (द्वितीय भाषा, ऐच्छिक)
- ४) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-मराठी (द्वितीय भाषा, ऐच्छिक)
- ५) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-पाली (द्वितीय भाषा, ऐच्छिक)
- ६) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय-संस्कृत (द्वितीय भाषा, ऐच्छिक)
- ७) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्टस्-द्वितीय वर्ष-उर्दू (द्वितीय भाषा, ऐच्छिक)
- ८) बी.ए.-द्वितीय वर्ष-अर्थशास्त्र
- ९) बी.ए.-द्वितीय वर्ष-भूगोल
- १०) बी.ए.-द्वितीय वर्ष-इतिहास
- ११) बी.ए.-द्वितीय वर्ष-सैनिकशास्त्र
- १२) बी.ए.-द्वितीय वर्ष-तत्त्वज्ञान
- १३) बी.ए.-द्वितीय वर्ष-राज्यशास्त्र
- १४) बी.ए.-द्वितीय वर्ष-मानसशास्त्र
- १५) बी.ए.-द्वितीय वर्ष-लोकप्रशासन
- १६) बी.ए.-द्वितीय वर्ष-समाजशास्त्र
- १७) बी.ए.-द्वितीय वर्ष-अॅडमिनिस्ट्रेटिव्ह सर्व्हिस

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-१/परिपत्रक/पदवी-सीबीसीएस अभ्यासक्रम/
२०२०-२१/२४९

दिनांक : ०८.०७.२०२०.

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) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) उपकुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.

स्वाक्षरित / -

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

**SWAMI RAMANAND TEERTH MARATHWADA
UNIVERSITY, NANDED.**



SYLLABUS

**Faculty of Humanities
PSYCHOLOGY**

**B.A. SECOND YEAR
SEMESTER PATTERN
(Choice Based Credit System)**

With effect from June, 2020-2021

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. Second Year
With effective from 2020-21

Semester	Core Course		Paper No.	Title of the Paper	(Periods / Week)	Total Periods	Scheme of Evaluation			
							External ESE	Internal CA	Total Marks	Credit
III	CCPSY-III	Section-A	VI	Psychology of Adjustment	3	55	40	10	50	02
		Section-B	VII	Psychological Testing & Statistics Part-1	3	55	40	10	50	02
		SEC	I	Applied Psychology Part-I	3	55	25	25	50	02
IV	CCPSY-IV	Section-A	VIII	Psychology of Living	3	55	40	10	50	02
		Section-B	IX	Psychological Testing & Statistics Part-2	3	55	40	10	50	02
		SEC	II	Applied Psychology Part-II	3	55	25	25	50	02
Annual Pattern	CCPSY-II		X	Psychology Practicum's: Experiments & Test	4 (Per Batch)	55	80	20	100	04
Total							290	110	400	16

CCPSY: Core Course of Psychology, **CCPSYP:** Core Course of Psychology Practical,
ESE: End of semester examination, **CA:** Continuous Assessment,
SEC: Skill Enhancement Course

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

- 1) Strength of students for each practical batch shall not be more than **twenty (20)**
- 2) Submission of Record Book is compulsory.
- 3) Students shall not be allowed for practical examination without certified Record Book.
- 4) Total periods for each theory paper shall be **(55+55) 110** per semester.
- 5) Total periods for practical paper shall be **120** per year per batch.
- 6) Practical examination will be held in second semester.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
Syllabus for B. A. Second Year
CORE COURSE PSYCHOLOGY (CCPSY)

SEMESTER-III

Paper No.	Title of the Paper	Internal Marks (CA)	End Semester Exam. (ESE)	Total (CA+ESE)
VI	Psychology of Adjustment	10	40	50
VII	Psychological Testing & Statistics Part-1	10	40	50
SEC-I	Applied Psychology Part-I	25	25	50

➤ INTERNAL ASSESSMENT FOR (10) MARKS :- Home Assignment

➤ INTERNAL ASSESSMENT FOR SEC-I:- Any two Psychological Tests for 25 Marks

SEMESTER-IV

Paper No.	Title of the Paper	Internal Marks (CA)	End Semester Exam. (ESE)	Total (CA+ESE)
VII	Psychology of Living	10	40	50
VIII	Psychological Testing & Statistics Part-21	10	40	50
IX	Psychology Practicum's: Experiments & Test	20	80	100
SEC-II	Applied Psychology Part-II	25	25	50

➤ INTERNAL ASSESSMENT FOR (10) MARKS :- Home Assignment

➤ INTERNAL ASSESSMENT FOR SEC-II:- Any two Psychological Tests for 25 Marks

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Choice Based Credit System (CBCS)

Faculty of Humanities

Under Graduate Programmes (UG)

Syllabus for B. A. S.Y. Third Semester

CORE COURSE PSYCHOLOGY (CCPSY)-III

Section – A

Paper VI – Psychology of Adjustment

With effective from 2020-21.

Credit : 02 (Marks – 50)

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.

Unit – I – INTERPERSONAL COMMUNICATION

- i) The Process of Interpersonal Communication
- ii) Nonverbal Communication
- iii) Communication Problems
- iv) Interpersonal Conflict

Unit –II – FRIENDSHIP AND LOVE

- i) Perspectives on Close Relationships
- ii) Initial Attraction And Relationship Development
- iii) Friendship
- iv) Romantic Love

Unit – III – MARRIAGE AND INTIMATE RELATIONSHIP

- i) Challenges To The Traditional Model Of Marriage
- ii) Moving Toward Marriage
- iii) Marital Adjustment Across The Family Life Cycle
- iv) Vulnerable Areas In Marital Adjustment
- v) Divorce

Unit – IV – CAREERS AND WORK

- i) Choosing A Career
- ii) Models Of Career Choice And Development
- iii) The Changing World Of Work
- iv) Coping With Occupational Hazards

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. 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. *Psychology: A competency based assessment model for social workers*, Thomson Group Pole India Edition (2008).
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.
10. Dongare N.N.(2011), *Upyojit Manasshastra*, Prashant Publication, Jalgaon.

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Under Graduate Programmes (UG)
Syllabus for B. A. S.Y. Third Semester
CORE COURSE PSYCHOLOGY (CCPSY)-III
Section – B
Paper VII – Psychological testing & Statistics Part-1
With effective from 2020-21.

Credit : 02 (Marks – 50)

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.

UNIT-I– USES AND IMPLICATIONS OF PSYCHOLOGICAL TESTING

- 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

UNIT-II– ITEM ANALYSIS

- 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

UNIT –III– FREQUENCY DISTRIBUTIONS

- 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

UNIT –IV– MEASURES OF CENTRAL TENDENCY

- 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

Books for Readings:-

1. Anastasi A (1997) Psychological Testing, New York: Mac Millan Co.
2. Cinnero, 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, nternational 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.
11. H.J. Narke & B.N. Barve (1999) Manomapan va Sankhyshastra, Prerna Agency,Aurangabad.

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Choice Based Credit System (CBCS)

Faculty of Humanities

Under Graduate Programmes (UG)

Syllabus for B. A. S.Y. Third Semester

SKILL ENHANCEMENT COURSE

Paper: – Applied Psychology Part-I

With effective from 2020-21.

Credit : 02 Periods-45 (Marks – 50)

Objectives:

1. To train student how psychological principles can help them to face life's challenges.
 2. 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.
 3. To enable student to make the connection between psychology and its practical application to everyday life.
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	Periods
Chapter – I - DEVELOPING AN ASSERTIVE COMMUNICATION	10
(a) The nature of assertiveness	
(b) Steps in assertiveness training	
(c) Application :- Measurement of Assertiveness	
Chapter –II – OVERCOMING LONELINESS	13
(a) The nature of loneliness	
(b) Prevalence of loneliness	
(c) The roots of loneliness	
(d) Correlates of loneliness	
(e) Application :- Measurement of Loneliness	
Chapter – III – UNDERSTANDING INTIMATE VIOLENCE	10
(a) Partner abuse	
(b) Child abuse	
(c) Application :- Measurement of Aggression	

Chapter t – IV – GETTING AHEAD IN THE JOB GAME

12

- (a) Putting together a resume
- (b) Finding companies you want to work for
- (c) Landing an interview
- (d) Polishing your interview technique
- (e) Application :- Measurement of Job Satisfaction

INTERNAL ASSESSMENT :- Any two Psychological Tests for 25 Marks

Books for Readings:-

1. Brannon, L. and Feist, J. (2007). *Introduction to health psychology*, India ed. N.D.:Thomson.
2. Coleman, J.C. *Psychology and effective behaviour*, Bombay: D.B. Taraporevala Sons &Co.
3. Dimatteo, M.R. and Martin, L.R. (2002). *Health Psychology*. N.D.: Pearson.
4. Dongare N.N.(2011), *Upyojit Manasshastra*, Prashant Publication, Jalgaon.
5. Eastwood Atwater (1995) *Psychology for Living, Adjustment, Growth, and Behaviour today*, prentice hall of India Private Limited, New Delhi, 5th Edition.
6. Gray, S.W. and Zide, M.R. *Psychology: A competency based assessment model for social workers*, Thomson Group Pole India Edition (2008).
7. Lazarus, R.S. *Patterns of adjustment*, N.D. : McGraw-Hill
8. 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.
9. Martin, L.G.; Osborne, G. (1989). *Psychology: Adjustment and everyday living*, N.J.: Prentice-Hall, Englewood Cliffs.
10. Weiten, W., Lloyd A. M. (2004). *Psychology Applied to Modern Life: Adjustment in the 21st Century*. (7th Ed) Singapore: Thomson Wadsworth Pvt. Ltd.

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Choice Based Credit System (CBCS)

Faculty of Humanities

Under Graduate Programmes (UG)

Syllabus for B. A. S.Y. Forth Semester

CORE COURSE PSYCHOLOGY (CCPSY)-III

Section – A

Paper VIII – Psychology for Living

With effective from 2020-21.

Credit : 02 (Marks – 50)

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.
-

Unit – I – THE SELF

- i) Self-Concept
- ii) Self-Esteem
- iii) Basic Principles Of Self-Perception
- iv) Self-Regulation

Unit – II – STRESS AND IT'S EFFECTS

- i) The Nature Of Stress
- ii) Major Types Of Stress
- iii) Responding To Stress
- iv) The Potential Effects Of Stress
- v) Factors Influencing Stress Tolerance

Unit – III– COPING PROCESSES

- i) Common Coping Patterns Of Limited Value
- ii) The Nature Of Constructive Coping
- iii) Appraisal-Focused Constructive Coping
- iv) Problem-Focused Constructive Coping
- v) Emotion-Focused Constructive Coping

Unit – IV – PSYCHOLOGY AND PHYSICAL HEALTH

- i) Stress, Personality And Illness
- ii) Habits, Lifestyles And Health
- iii) Reactions To Illness

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. 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.
5. Gray, S.W. and Zide, M.R. *Psychology: A competency based assessment model for social workers*, Thomson Group Pole India Edition (2008).
6. Dimatteo, M.R. and Martin, L.R. (2002). *Health Psychology*. N.D.: Pearson.
7. 8. Brannon, L. and Feist, J. (2007). *Introduction to health psychology*, India ed.N.D.: Thomson.
8. 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.
9. Dongare N.N.(2011), *Upyojit Manasshastra*, Prashant Publication, Jalgaon.

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Faculty of Humanities
Under Graduate Programmes (UG)
Syllabus for B. A. S.Y. Forth Semester
CORE COURSE PSYCHOLOGY (CCPSY)-III
Section – B
Paper IX – Psychological testing & Statistics Part-2
With effective from 2020-21.

Credit : 02 (Marks – 50)

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.

UNIT- I- RELIABILITY OF PSYCHOLOGICAL TEST

- i) Definition
- ii) The correlation coefficient
- iii) Types of reliability:
- iv) Test-retest reliability
 - (a) Parallel form reliability
 - (b) Split-half reliability
- (c) Inter-item consistency
- v) Scorer reliability
- vi) Reliability of speeded tests
- vii) Factors affecting reliability coefficients
- viii) Standard error of measurement
- ix) Reliability of criterion-referenced tests

UNIT -II- VALIDITY OF PSYCHOLOGICAL TESTS

- 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

UNIT -III - MEASURES OF VARIABILITY

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

UNIT-IV- MEASURES OF ASSOCIATION

- 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. Robert M. Kaplan &Dennis P. Saccuzzo, Psychological Testing, Principles, Applications, and Issues, Sixth Edition, 2005.
6. Theresa, J.B. Kline, Psychological testing, A practical approach to Design and Evaluation, Sage publications, 2005.
7. H.E. Garrett, Vakil and Ferrar Company, Statistics in Psychology and education, Bombay, 1966.
8. J.S. Gaiford, Statistics in Psychology and Education, International Student Edn.,McGraw Hill.
9. John Wiley & Sons, Statistical Reasoning in Psychology & Education IIIrd Edn.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.
11. H.J. Narke & B.N. Barve (1999) Manomapan va Sankhyshastra, Prerna Agency,Aurangabad.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
Syllabus for B. A. S.Y. Forth Semester
CORE COURSE PSYCHOLOGY (CCPSY)-III
Section – A
Paper: – Applied Psychology Part-II
With effective from 2020-21.

Credit : 02 Periods-45 (Marks – 50)

1. Objectives:

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.
 4. To enable student to make the connection between psychology and its practical application to everyday life.
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	Periods
CHAPTER – I –BUILDING SELF-ESTEEM	13
(a) Recognize that you Control yours Self-image	
(b) Don't Let Others Set Your Goals	
(c) Recognize Unrealistic Goals	
(d) Modify Negative Self-Talk	
(e) Emphasize Your Strengths	
(f) Application :- Measurement of Self-Esteem	
CHAPTER – II – MONITORING YOUR STRESS	10
(a) Problems with the SRRS	
(b) The life experiences survey	
(c) A Cautionary Note	
(d) Application :- Measurement of Stress	

CHAPTER – III– ACHIEVING SELF-CONTROL

10

- (a) Specifying your target behaviour
- (b) Gathering baseline data
- (c) Designing your program
- (d) Executing and evaluation your program
- (e) Ending your program
- (f) Application :- Measurement of Self-Concept

CHAPTER – IV – UNDERSTANDING THE EFFECTS OF DRUGS

12

- (a) Drug-related concepts
- (b) Narcotics
- (c) Stimulants
- (d) Hallucinogens
- (e) Application:- Measurement of Anxiety

INTERNAL ASSESSMENT :- Any two Psychological Tests for 25 Marks

Books for Readings:-

1. Brannon, L. and Feist, J. (2007). *Introduction to health psychology*, India ed. N.D.: Thomson.
2. Coleman, J.C. *Psychology and effective behaviour*, Bombay: D.B. Taraporevala Sons &Co.
3. Dimatteo, M.R. and Martin, L.R. (2002). *Health Psychology*. N.D.: Pearson.
4. Dongare N.N.(2011), *Upyojit Manasshastra*, Prashant Publication, Jalgaon.
5. Eastwood Atwater (1995) *Psychology for Living, Adjustment, Growth, and Behaviour today*, prentice hall of India Private Limited, New Delhi, 5th Edition.
6. Gray, S.W. and Zide, M.R. *Psychology: A competency based assessment model for social workers*, Thomson Group Pole India Edition (2008).
7. Lazarus, R.S. *Patterns of adjustment*, N.D. : McGraw-Hill.
8. 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.
9. Martin, L.G.; Osborne, G. (1989). *Psychology: Adjustment and everyday living*, N.J.: Prentice-Hall, Englewood Cliffs.
10. Weiten, W., Lloyd A. M. (2004). *Psychology Applied to Modern Life: djustment in the 21st, Century*. (7th Ed) Singapore: Thomson Wadsworth Pvt. Ltd.

Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
Syllabus for B. A. S.Y. (Annual Pattern)
CORE COURSE PSYCHOLOGY PRACTICAL(CCPSY)-II
Paper X – Psychology Practicum's: Experiments & Test
With effective from 2020-21.

Credit : 04 (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.
-

Section-A

Tests Any – 12

A) Intelligence / Aptitude (Any Two)

- i) Performance Test of intelligence
- ii) Verbal Test of Intelligence
- iii) General Mental Alertness Test
- iv) Cognitive Style Inventory
- v) Teaching Aptitude Test
- vi) Science Aptitude Test

B) Interest / Study Habit (Any Two)

- i) Multiphasic Interest Inventory
- ii) Interest test
- iii) Vocational Interest record
- iv) Study Habit Inventory
- v) Test study habits and Attitudes

C) Attitude (Any Two)

- i) Optimistic Pessimistic Scale
- ii) Secular Attitude Scale
- iii) Religiosity Scale
- iv) Attitude scale towards education
- v) A new test of values

D) Personality Test (Any Two)

- i) Multi Variable Personality Inventory
- ii) Personality Inventory
- iii) KNPI
- iv) Dimensional Personality Inventory
- v) Differential Personality Inventory

E) Adjustment / Interest (Any Two)

- i) Adjustment Inventory for School Students
- ii) Revised Adjustment Inventory
- iii) Vocational Interest Record
- iv) Educational Interest Record
- v) Vocational Preference Record
- vi) Old age adjustment
- vii) Social Adjustment
- viii) Adjustment Inventory for college students
- ix) Youth problem Inventory

F) Self Related Test (Any Two)

- 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 actualisation Inventory
- viii) Self concept questioner

Section-B

A Seminar & Group Discussion on any related topic on prescribed syllabus

Distribution of Marks

Section A				Section B	
Procedure	Viva	Report	Record Book	(Internal) C.A	Total
20	20	20	20	20	100

Books for Readings:-

1. Rajamanickam, M. (2005). *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2*. New Delhi: Concept Publishing Company
2. Parameshwarn, E.G. & Rao, B. T. (1968) *Manual of Experimental Psychology*. Bombay: Lalvani Publishing House.
3. Mohsin, S. M. (1975). *Experiments in Psychology*. Orient Longman.
4. Mohanthy. *Experiments in Psychology*.
5. Tinker, M.A. & Russell, W. A. *Introduction to Methods in experimental Psychology*. Appleton – Century Crofts.
6. Jalota, S (1962). *Experiments in Psychology*. Asia Publishing House.
7. Galloti, K. M. (2004). *Cognitive Psychology In and Out of Laboratory*. USA: Thomson Wadsworth.Baker,
8. L. M., Weisiger, C. & Taylor, M. W. (1960). *Laboratory Experiments in General Psychology*. Oxford Univ. Press.
9. Berkowitz, L. (1974). *Advanced Experimental Social Psychology*. Academic Press.
10. Debold, R. C. (1968). *Manual of Contemporary Experiments in Psychology*. Prentice-Hall.
11. Ferguson, E. D. (1976). *Motivation: An Experimental Approach*. Holt Rinechart & Winston.
12. Collins, M. & Drever, J. (1930). *Experimental Psychology*. London: Methun & Co. Ltd.13.
13. Sonodgrass, J. G., Levy-Berger, Hyden (1985). *Human Experimental Psychology*. New York: Oxford University Press.
14. Kuppuswamy, B. (1958). *Elementary Experiments in Psychology*. London: Oxford University Press.

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