Department of Psychology
Course Structure

Semester	Paper	Paper Code	Paper Title	Type	Credits
III	Major	PSY-200	Abnormal Psychology	Theory	4
	Major	PSY-201	Psychological Testing	Theory	4
	Minor	PSY-211	Psychology and Society	Theory	4
	OE-1	PSY-220	Self Enhancement	Theory	2
IV	Major	PSY-250	Developmental Psychology	Theory	4
	Major	PSY-251	Research Methodology	Theory	4
	Minor	PSY-261	Psychosocial Life skills	Theory	4
	OE-2	PSY-270	Social Behaviour and Leadership	Theory	2

OE – Open Elective

Teaching and Evaluation (Only for FORMAL education courses)

Course Credits	No. of Hours perSemester Theory / Practical	No. of Hours perWeek Theory / Practical	Maximum Marks	CE 40 %	ESE 60%
1	15 / 30	1 / 2	25	10	15
2	30 / 60	2 / 4	50	20	30
3	45 / 90	3 / 6	75	30	45
4	60 / 120	4 / 8	100	40	60

Eligibility: As per the rules and regulations of Savitribai Phule Pune University (SPPU)

S. Y. B.A. Semester III		
Title of the Course and Course Code	Abnormal Psychology (PSY-200)	**Number of Credits : 04**
Course Outcomes (COs) **On completion of the course, the students will be able to:**		Bloom's cognitive level
CO1	Recall and define the foundational concepts and terminology related to psychopathology	1
CO2	Describe etiological factors, clinical presentations, and treatment modalities associated with various psychopathological conditions	2
CO3	Apply theoretical frameworks and assessment techniques to analyze case studies involving individuals with diverse psychopathological presentations, demonstrating the ability to identify relevant symptoms, formulate differential diagnoses, and propose appropriate interventions	3
CO4	Critically analyse the similarities and differences in etiology, symptomatology, and treatment approaches among different categories of psychopathological disorders	4
CO5	Evaluate the effectiveness of various treatment modalities and interventions for psychopathological disorders, considering factors such as empirical evidence, cultural competence, ethical considerations	5
CO6	Synthesize information to put it in the biopsychosocial framework	6
Unit- I	**Introduction to Psychopathology** 1.1 Definition and criteria of abnormal behavior 1.2 Diagnostic Classification Systems - DSM and ICD 1.3 Paradigms of Psychopathology 1.4 Assessment: History taking, Mental status examination, use of psychological tests and physical examination in assessment	15
Unit II	**Neurodevelopmental disorders & Schizophrenia** 2.1 Neurodevelopmental disorders- etiology, clinical description & treatment 2.1.1. Intellectual disability 2.1.2 Specific learning disorders 2.1.3 Autism 2.1.4 ADHD 2.2 Schizophrenia- etiology, clinical description & treatment	15
Unit III	**Mood disorders, Anxiety disorders and Obsessive compulsive disorder**	15

	3.1 Mood disorders – etiology, clinical description & treatment
	
	   3.1.2 Depressive disorder-types
	
	   3.1.3 Bipolar disorder- types
	
	3.2 Anxiety Disorders – etiology, clinical description & treatment
	
	   3.2.1 Specific Phobias
	
	   3.2.2 Panic disorder
	
	   3.2.3 Generalised Anxiety Disorder
	
	3.3 Obsessive Compulsive Disorder	

Unit IV	**Personality disorders and Substance related and addictive disorders**
	
	4.1 Personality disorders- etiology, clinical description & treatment
	
	 4.1.1- Cluster A
	
	 4.1.2- Cluster B
	
	 4.1.3- Cluster C
	
	4.2 Substance related and addictive disorders
	
	   4.2.1 Alcohol related disorders
	
	   4.2.2 Cannabis related disorders
		15

	References 1. American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.) 2. Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). *Abnormal psychology*. Pearson Education India. 3. Durand, V. M., & Barlow, D. H. (2000). *Abnormal psychology: An introduction*. Wadsworth/Thomson Learning.	

Title of the Course and Course Code	Psychological Testing (PSY-201)	Number of Credits : 04

	Course Outcomes (COs) **On completion of the course, the students will be able to:**
CO1	Describes the process of Item analysis which is used for designing a psychological test
CO2	Compares different processes that are used while designing a psychological test and is able to use a relevant process for designing a psychological test.
CO3	Experiments using a data before deciding the final nature of a psychological test.
CO4	Analyses the suitability of every item before making it part of the psychological test.
CO5	Discriminates different psychological test from one another.
CO6	Prepares the written manual of a psychological test.

Unit. No.	Title of Unit and Contents	

I	**Development of psychological Test**
	
	1.1 Why develop a new test?
	1.2 Defining the Testing Universe, Audience, and Purpose
	    1.2.1 Defining the Testing Universe
	    1.2.2 Defining the Target Audience
	    1.2.3 Defining the Test Purpose
	1.3 Developing a test Plan
	    1.3.1 Defining the Construct and the Content to Be Measured
	    1.3.2 Choosing the Test Format
	    1.3.3 Administering and Scoring the Test
	    1.3.4 Developing the Test Itself
	1.4 Writing the Effective test items and Instructions
	    1.4.1 Objective items
	    1.4.2 Subjective items
	    1.4.3 Response Bias
	    1.4.4 Effective items and Administration Instruction
		15

II	**Item analysis through Correlation Method**		**15**

	2.1 Conducting the Pilot Test
	      2.1.1 Setting up the Pilot Test
	      2.1.2 Conducting the Pilot study
	      2.1.3 Analyzing the Results
	2.2 Explaining the basics of Co relational methods for Item Analysis
	      2.2.1 What is Correlation?		

	2.2.2 Types of Correlation
	      2.2.3 Correlation Coefficient
	2.3 Items Analysis through corelational methods
	      2.3.1 Interitem correlation
	      2.3.2 Item-total Correlation
	2.4 Choosing the Final items		

III	**Reliability and Validity of the test**		**15**
	3.1 What is Reliability? Different types of Reliability 3.2 Factors that influence Reliability 3.3 What is Validity? Different types of Validity 3.4 Relation between Reliability and Validity		

IV	**Interpretation of test scores**
	4.1 Levels of Measurement
	      4.1.1 Nominal, Ordinal, Interval and Ratio Scales
	4.2 Procedures for Interpreting Test scores
	      4.2.1 Frequency Distributions
	      4.2.2 Normal Curve
	      4.2.3 Descriptive Statistic
	4.3 Standard Scores and the role of norms
	4.4 Ethical standards for Psychological Testing
			15

	References 1. Leslie A. M., Robert L. L., and Sandra A. M.(2013). Psychological Testing – A practical Approach(4th edition). New Delhi: Sage Publicatioin. 2. Gregory, R. J., (2008)Psychological Testing - History, Principles and Applications 3. (6th edition). New Delhi: Pearson Education 4. Anastasi, A., & Urbina, S., (2003). Psychological testing(7th edition).New Delhi: Pearson Education. 5. Kaplan, R.M.,&Saccuzzo, D. (2007). Psychological Testing: Principles, Applications, and issues(6th edition). 6. Cohen, R. J. &Swerdlik, M.E.,(2007). Psychological Testing and Assessment: An introduction to Tests and Measurement (6th Edition).New Delhi: Tata McGraw-Hill.		

S. Y. B.A. Semester III		
Title of the Course and Course Code	**Psychology and Society (PSY-211)**	**Number of Credits : 04**
Course Outcomes (COs) **On completion of the course, the students will be able to:**		Bloom's cognitive level
CO1	Explain the importance of studying social psychology in understanding individual behaviour within social contexts.	1
CO2	Students will be able to differentiate and apply concepts related to group behaviour, social influence, and decision-making, including social facilitation, conformity, compliance.	2
CO3	Students will learn to analyse components of attitudes, persuasion techniques and resistance, cognitive dissonance theory.	3
CO4	Students will examine the determinants of attraction, categorize different types of relationships (family, friendship, love, and romance), evaluate the effects and causes of rejection, including unrequited love, and explain strategies to overcome loneliness	4
CO5	Critically examine prejudice, discrimination, and stereotypes within group contexts, proposing strategies for reducing their impact.	5
CO6	Develop strategies for gaining compliance and resisting destructive obedience in group settings.	6
	Contents	
Unit-I	**Introduction to Social Psychology** 1.1 Nature and need • Definition • why are we studying it? Bystander effect as an example • Scientific in orientation • Related fields • How much of social psychology is true 1.2 Self-esteem- definition, enhance, danger of high self-esteem, pursuing self-esteem, self-serving bias 1.3 Sources of Self-knowledge, social identity, Gender 1.4 -Social attribution theory	15

Unit- II	**Group & Social influence**	15
	2.1 Behaviour in groups- social facilitation and social loafing, deindividuation 2.2 Decision making - Downside of group decision making, groupthink- risky shift 2.3 Conformity- nature and factors affecting conformity 2.4 Compliance- nature and techniques to gain compliance 2.5 Obedience- nature and resisting destructive obedience	
Unit-III	**Attitudes** 3.1 Components of attitudes and attitude formation 3.2 Persuasion and resisting persuasion attempts 3.3 Cognitive Dissonance theory 3.4 Prejudice, Discrimination and stereotype	15
Unit-IV	**Interpersonal attraction and close relationships** 4.1 Determinants of attraction 4.2 Different types of relationships- family, friendship, love and romance 4.3 Rejection- Effects and causes of rejection; Unrequited love 4.4 Loneliness-overcoming loneliness	15
	References 1. Branscombe, N.R., Baron, R.A., & Kapur, P., (2017) Social Psychology (14th Ed). New Delhi: Pearson. 2. Baumeister, R. F., & Bushman, B. J., (2011). Social Psychology and Human Nature (2nd Ed). USA: Cengage Learning. 3. Taylor, S. E., Peplau,L. A., & Sears, D. O., (2006). Social Psychology (11th ed). New Delhi: Pearson. 4. Gilovich, T., Keltner, D., Chen, S., & Nisbett, R.E. (2016). Social Psychology (4th ed.). London: W.W. Norton & Company, Inc 5. Deb, S., Gireesan, A. & Prabhavalkar, P., (2019). Social Psychology in Everyday Life. New Delhi: SAGE Texts. ISBN : 978-93-532-8 6. Natu, S.& Vaidya A. (2012). सामाजिक मानसशास्त्र. Delhi: Pearson Publication 7. Golvilkar, S., Abhyankar, S. & Kher, T.(2012). सामाजिक मानसशास्त्र. Pune: Narendra Prakashan	

S. Y. B.A. Semester III		
Title of the Course and Course Code	**SELF ENHANCEMENT (PSY-220)**	**Number of Credits : 02**
Course Outcomes (COs) **On completion of the course, the students will be able to:**		**Bloom's cognitive level**
CO1	Describe Self Knowledge, Self Esteem, Self Efficacy and Self Regulation	1
CO2	Explain the use of self related concepts for the enhancement of Psychological well-Being	2
CO3	Justify the importance of Self Enhancement	3
	Contents	
Unit-I	**1. KNOWING SELF**	15
	1.1 Self Knowledge	
	1.1.1 What is Self Knowledge	
	1.1.2 How it is developed	
	1.1.3 Importance of Self Knowledge	
	1.2 Self Esteem	
	1.2.1 Meaning of Self Esteem	
	1.2.2 High and Low self Esteem and its effects	
	1.2.3 Healthy and Unhealthy Self-Esteem	
	1.3 Self Efficacy	
	1.3.1What is Self-Efficacy	
	1.3.2 Specific and General Self Efficacy	
	1.3.3 Advantages and Disadvantages of Self Efficacy	
	1.4 Self- Regulation	
	1.4.1 What is Self-Regulation	
	1.4.2 Types of Self-Regulation	
	1.4.3 Importance of Self-Regulation	

Unit- II	2. ENHANCING SELF	15

	2.1 Self knowledge and Self Acceptance
	
	2.2 Choosing Healthy Self Esteem over Unhealthy
	
	    2.2.1 High but vulnerable Self-esteem
	
	    2.2.2 High but Unhealthy Self-esteem
	
	    2.2.3 High but Healthy Self-esteem
	
	2.3 Development of Specific Self Efficacy and General Self Efficacy
	
	    2.3.1 How self Efficacy is affected
	
	    2.3.2 Working on the Beliefs
	
	    2.3.3 Techniques to improve Self Efficacy
	
	2.4 Learing the art of Regulating Self
	
	    2.4.1 Self Appropriate and destructive regulation
	
	    2.4.2 Enhancing Healthy Self Regulation	

	References 1. Ciccarelli,S.&White,J.H.(2012).Psychology .N.Y.:PrenticeHall 2. Feldman,R.S.(8thed.)(2008).Understanding psychology.TMH. 3. Branscombe, N.R., Baron, R.A., & Kapur, P., (2017) *Social Psychology* (14th Ed). New Delhi: Pearson. 4. Taylor, S. E., Peplau,L. A., & Sears, D. O., (2006). *Social Psychology* (11th ed). New Delhi: Pearson.	

S. Y. B.A. Semester IV		
Title of the Course and Course Code	**Developmental Psychology (PSY-250)**	**Number of Credits : 04**
	Course Outcomes (COs) **On completion of the course, the students will be able to:**	Bloom's cognitive level
CO1	Understand the process of development and state the developmental milestones at each stage	1
CO2	Explain physical, motor, cognitive, social, moral and language development as it takes place throughout the life span	2
CO3	Apply the major theories of developmental psychology to interpret behaviour	3
CO4	Critically analyse the influence genetic and environmental factors on development	4
CO5	Evaluate the role played by family and peers in development throughout the life span	5
CO6	Formulate strategies to help identify and help people cope with challenges that span particular developmental stages	6
Unit- I	**Prenatal and Infancy stage** 1.1. Introduction to Developmental Psychology 1.2. Basics of genetics and the interaction of heredity and environment 1.3. Prenatal Development and Process of Birth 1.4. Infancy: Physical development, Motor development, cognitive development and Sensory development 1.5 Social development – Attachment theory	15
Unit II	**Childhood- Early, middle and late** 2.1. Physical Development 2.2. Language Development 2.3. Psychosocial Development : Socialization and Peer Relationships- development of friendships, parenting styles 2.4. Moral Development 2.5. Cognitive Development- Piaget and Vygotsky	15
Unit III	**Adolescence & Young adulthood** 3.1. Puberty- Physical and psychological growth 3.2. Identity Formation & Sexuality 3.3. Relationship with family, peers and adult society 3.4. Cognitive development- postformal thought 3.5. Foundations of intimate relationships	15

Unit IV	**Midde Adulthood and Late adulthood** 4.1. Family in the middle age 4.2. Work and Retirement 4.3. Physical and mental health 4.4 Grandparenthood 4.5. Death and bereavement- Understanding the process of dying and adjusting to the death of loved ones	15
	References 1. Berk, L. E. (2017). *Development through the lifespan* (7th ed.). USA:Pearson Education Ltd. 2. Feldman, R. S. (2018). *Development across the life span* (8th ed.). UK: Pearson Education Ltd. 3. Lamanna, M.A., Riedman, A. (2006). *Marriages & Families:Making a Diverse Society.* USA: Thompon Wadsworth 4. Papalia, D. E., Feldman, R. D., & Martorell, G. (2018). *Experience human development* (13th ed.). USA: McGraw-Hill Education. 5. Santrock, J. W. (2019). *Life-span development (17th ed.).* USA: McGraw-Hill Education. 6. Connidis, I. A., & Barnett, A. E. (2018). Family ties and aging. Sage publications.	

Title of the Course and Course Code	Research Methodology (PSY-251)	Number of Credits : 04
Course Outcomes (COs) **On completion of the course, the students will be able to:**		
CO1	Identifies different research problems which can be useful to do a research project.	
CO2	Paraphrases the review of literature while doing the research project in group.	
CO3	Implements an appropriates statistic in SPSS while analyzing the data.	
CO4	Identifies appropriate research designs and systematically able to use it while carrying out a research project in group.	
CO5	Compares different methodologies in relation to different kind of research problems in Psychology.	
CO6	Writes a research report after completing a research project in group.	

Unit. No.	Title of Unit and Contents	
I	**Research Methodology: An Introduction** 1.1 Meaning of Research 1.2 Significance of Research 1.3 Types of Research 1.4 Research Process	**15**
II	**Research Problem and Review of literature** 2.1 Variables and Formulation of the research problem using different types of variables. 2.2 Objectives, rationale and the theory of the research problem 2.3 Importance of review of literature and the sources for the review of literature 2.4 Formation of Different types of Hypothesis on the basis of Review of Literature	**15**
III	**METHODOLOGY** 3.1 Importance of the operationalization of the variables 3.2 Sampling and methods of data collection 3.3 Research designs 3.4 Internal and external validity of the research designs	**15**

| **IV** | **RESEARCH REPORT** 4.1 Preparing an abstract for research report 4.2 Writing a research report 4.3 Referencing 4.4 Research publication and plagiarisms | **15** |

References

1. Kothari, C.R., (2008). Research Methodology-Methods and Techniques (2nd edition). New Delhi: New Age International Publishers

2. Marczyk, G., DeMatteo, D., Festinger, D., (2005).Essentials of Research Design and Methodology. New Jersey: John Wiley and Sons.

3. Kumar, R., (2014). Reseach Methodology-A Step by –Step Guide for Beginners(4theiditioin). New Delhi: Sage Publication.

4. Singh,A.K., (2011). Test, and Measurements and Research Methods in Behviouralsciences(5th edition). New Delhi: BharatiBhawan Publishers.

5. Kerlinger, F. N., (2007). Foundations of Behavioural Research (2nd edition). Delhi: Surjeet Publications.

S. Y. B.A. Semester IV		
Title of the Course and Course Code	**Psychosocial Life Skills (PSY-261)** **(Minor-Theory)**	Number of Credits : 04
Course Outcomes (COs) On completion of the course, the students will be able to:		Bloom's cognitive level
CO1	Explain the impact of life skills on overall well-being and success.	1
CO2	Identify different types of thinking skills and their importance in decision-making.	2
CO3	Apply interpersonal skills to enhance relationships in personal and professional settings.	3
CO4	Analyse factors contributing to negative behaviours and develop prevention strategies.	4
CO5	Develop proactive and positive thinking strategies to improve personal and professional outcomes.	5
CO6	Develop strategies focusing on early detection for preventing suicide, violence, anxiety, and depression.	6
	Contents	
Unit-I	Introduction to life skills 1.1 Importance of life skills. 1.2 WHO recommendations 1.3 Areas of application 1.4 Stress management- 1.5 Self-management-taking charge	15
Unit- II	Interpersonal skills 2.1 Communication skills, Assertiveness 2.2 Prosocial behaviour- Empathy and Egotism: Portals to Altruism, Community engagement, Gratitude, and Forgiveness 2.3 Leadership 2.4 Positive social impressions and presentation skills- 2.5 -Achieving self-control – building self-esteem, seeing through compliance 2.6 Emotional Skills-Controlling aggressive /violent behaviour, Anger control, achieving self-control.	15

Unit-III	Cognitive Skills
	      3.1 Thinking Skills
	      3.2 Proactive and positive thinking
	      3.3 Critical thinking
	      3.4 Creative and divergent thinking
		15

Unit-IV	Realistic and Contemporary Issues
	    4.1 Bullying- workplace aggression, cyber bullying- reducing the occurrence of bullying.
	    4.2 Skills to be used during adversity, difficult times, death, dying, grief, facing challenges
	    4.3 Balancing work and home
	    4.4 Preventing negative behaviours related to maladjustment- alcohol use and drug use, self-harm, procrastination, addictions, suicide prevention, violent /aggressive behaviour, anxiety and depression.
		15

	References 1. Kirsh, S. J., Atwater, E., & Duffy, K. G. (2014). Psychology for Living: Adjustment, Growth, and Behavior Today (11th ed.). Pearson India. 2. Wadkar, A. (2016). Life Skills for Success. Sage Texts 3. Snyder, C. R., & Lopez, S. J. (2007). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. Sage Publications, Inc. 4. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2018). Psychology Applied to Modern Life: Adjustment in the 21st Century (12th ed.). Cengage Learning. 5. Weiten, W., & Lloyd, M. A. (2006). Psychology Applied to Modern Life: Adjustment in the 21st Century (8th ed.). Thomson Wadsworth. 6. Nevid, J. S., & Rathus, S. A. (2016). Psychology and the Challenges of Life: Adjustment and Growth (13th ed.). John Wiley. 7. Baron, R. A., Byrne, D., & Branscombe, N. R.(2008). Social Psychology (11th ed.). Pearson. 8. Shelley, B. M., Taylor, S. E., & Peplau, L. A. (2009). Health Psychology (12th ed.). Pearson.	

S. Y. B.A. Semester IV		
Title of the Course and Course Code	**Social Behaviour and Leadership (PSY-270)**	**Number of Credits : 02**
Course Outcomes (COs) **On completion of the course, the students will be able to:**		**Bloom's cognitive level**
CO1	Describe the concepts of Social Behaviour.	1
CO2	Explain about different kinds of Leadership Skills	2
CO3	State the importance of Leadership Skills.	3
	Contents	
Unit-I	**1. Social Behaviour** **1.1 Social Perception** 1.1.1 Non-Verbal Communication 1.1.2 Attribution: Understanding causes of others Behaviour 1.1.3 Impression Formation and Impression Management **1.2 Social Influence** 1.2.1 Conformity 1.2.2 Compliance 1.2.3 Obedience **1.3 Cooperation vs. Conflict** 1.3.1 Factors influencing Cooperation 1.3.2 Major causes of Conflict 1.3.3 Choosing Cooperation over Conflict **1.4 Prosocial Behaviour** 1.4.1 Helping versus Not Helping 1.4.2 Empathy and other Personality Dispositions associated with Helping 1.4.3 Long-Term Commitment to Prosocial Action	15

Unit- II	**2. Leadership Skills**	15
	2.1Critical Thinking	
	2.2 Social Skills	
	2.3 Problem Solving Skills	
	2.4 Empathy and Assertiveness	
	2.5Leadership Ethics	
	References 1. Ciccarelli,S.&White,J.H.(2012).Psychology .N.Y.:PrenticeHall 2. Feldman,R.S.(8thed.)(2008).Understanding psychology.TMH. 3. Branscombe, N.R., Baron, R.A., & Kapur, P., (2017) *Social Psychology* (14th Ed). New Delhi: Pearson. 4. Taylor, S. E., Peplau,L. A., & Sears, D. O., (2006). *Social Psychology* (11th ed). New Delhi: Pearson. 5. Northouse.P.G.(4th ed) (2007)Leadership: Theory and Practice. New Delhi.	