

B.SC. PSYCHOLOGY

SEMESTER I

Sl. No.	Course	Nature	Credit
1	Part-I: Tamil/Other Languages	Language	3
2	Part-II: English	Language	3
3	General Psychology I	Core-1	4
4	Developmental Psychology I	Core-2	4
5	Theories of Personality	Allied-1	5
6	Value Education		2
Total			21

SEMESTER II

Sl. No.	Course	Nature	Credit
1	Part-I: Tamil/Other Languages	Language	3
2	Part-II: English	Language	3
3	General Psychology II	Core-3	4
4	Developmental Psychology II	Core-4	4
5	Family Psychology	Allied-2	5
6	Environmental Studies		2
Total			21

SEMESTER III

Sl. No.	Course	Nature	Credit
1	Part-I: Tamil/Other Languages	Language	3
2	Part-II: English	Language	3
3	Physiological Psychology	Core-5	4
4	Experimental Psychology I (Practical)	Core-6	4
5	Descriptive Statistics for Psychology	Allied-3	5
6	Yoga Psychology	Skill Based-1	2
Total			21

SEMESTER IV

Sl. No.	Course	Nature	Credit
1	Part-I: Tamil/Other Languages	Language	3
2	Part-II: English	Language	3
3	Social Psychology	Core-7	4
4	Experimental Psychology II (Practical)	Core-8	4
5	Statistical Reasoning in Psychology	Allied-4	5
6	Psychology for Success in Life	Skill Based-2	2
7	Extension Activities		1
Total			22

SEMESTER V

Sl. No.	Course	Nature	Credit
1	Clinical Psychology I	Core-9	5
2	Industrial Psychology	Core-10	5
3	Health Psychology	Core-11	5
4	Guidance and Counselling	Core-12	5
5	Project I – Case Studies	Elective Subject-1	5
6	Basic Skills in Counselling	Skill Based-3	2
7	New Media Literacy	Non-Major Elective-1	2
Total			29

SEMESTER VI

Sl. No.	Course	Nature	Credit
1	Clinical Psychology II	Core-13	5
2	Positive Psychology	Core-14	5
3	Project II – Survey Research	Core-15	5
4	Marketing and Consumer Behaviour	Elective Subject-2	5
5	Personality profile through Handwriting Analysis	Skill Based-4	2
6	Trauma Psychology	Skill Based-5	2
7	Media Presentation Skills	Non-Major Elective-2	2
Total			26

FIRST SEMESTER

GENERAL PSYCHOLOGY I

Core 1. Hours 5 Credit. 4 Sem. 1. Part. III.

Unit I: Introduction to psychology

Concept and definition of psychology - Nature and Scope - Branches of psychology - Application of psychology to society and social problems - Methods in Psychology: Characteristics of psychological studies, Observation. Survey method, Clinical and case study method. Experimental method

Unit II: Sensation and Attention

General properties of Senses: Visual sense – Auditory sense – Other senses; Attention: Characteristics - Selective attention – Divided Attention - physiological correlates and determinants of attention: Focus and Margin

Unit III: Perception

Perceptual processes. Perceptual organisation. Perception of form, colour, depth and time. Perceptual readiness and constancy. Role of motivation, social and cultural factors in perception. Application of knowledge of perception to skill development

Unit IV: States of Consciousness

Nature of Consciousness – Changes in consciousness: Day dreaming – sleep and dreaming – Extended states of consciousness: Hypnosis – Meditation – Hallucinations – Psychoactive drugs

Unit V: Learning

Classical conditioning and operant conditioning, Modelling and observational learning. Transfer of training. Learning and motivation. Application of the Learning principles to the improvement of performance.

References

- Baron, Robert A. (2011). Psychology.5th ed. Pearson, India.
- Morgan, Clifford.T., King, Richard.A., Weisz, John.R., Schopler, John (1993): Introduction to Psychology, Tata-McGraw Hill.
- Marx, Melvin H. (1976) Introduction to psychology - Problems, Procedures & Principles, MacMillan Publishing Co.
- Hilgard, E.R., Atkinson, R.L., Atkinson, R.C., (1979): Introduction to Psychology, Harcourt Brace Jovanovich. Inc.

DEVELOPMENTAL PSYCHOLOGY I

Core 2. Hours 5 Credit. 4 Sem. 1. Part. III.

Unit I: Conception through birth

Fertilization, Prenatal development, Environmental Influences on prenatal development; stages of child Birth, types of childbirth: perinatal hazards & complications of low birth weight

Unit II: Infancy & Toddlerhood (0-3 years)- Physical & Cognitive Development

Body Systems of neonate, infant reflexes, infant Sensory capacities, Milestones of motor development, Environmental influences on motor development; Piaget's Sensorimotor Stage

Unit III: Infancy & Toddlerhood- Language and Personality Development

Theories of language development, Stages of language development from 0-3 years; Emotional development, Temperamental differences, Development of Attachment, Individual differences and long term correlates of attachment.

Unit IV: Early childhood (3-6 years)

Motor Skills, Piaget's Preoperational stage, Development of language; gender differences, fears and aggression; prosocial behaviour, Child rearing practices and parenting styles

Unit V: Middle Childhood (6-12 years)

Piaget's Stage of Concrete operations, Development of self concept, Components of self concept, Theoretical perspectives on self concept, Freud's latency period, Erickson's Industry vs Inferiority, Social learning theory, Information processing approach; The child in the peer group, functions and influences of the peer group, Friendship & popularity Visits to nursery schools / hospitals to get an idea about pre-schoolers and infants should be arranged.

References:

1. E. M. Hetherington & Ross D Parke, Child Psychology – a contemporary viewpoint(1993) 4th edition McGraw Hill Pub.
2. Laura C Berk. Child Development (1996) Prentice- Hall of India (Pvt) Ltd. 3rd edition.
3. Hurlock, E.:Developmental Psychology (1980), Tata McGraw Hill Publishing Co.
4. Thomas J. Berndt, Child Development (1997) 2nd edition. Brow & Benchmark Pub.
5. D.E. Papalia. Sally W. Olds, Child Development (1994) 5th edition Tata McGraw Hill.
6. Life span Development – (1999) John W. Santrock, 7th edition McGraw Hill.
7. Children – John W. Santrock, 5th edition McGraw Hill/
8. Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/ColePublishing Company.

THEORIES OF PERSONALITY

Allied1. Hours 6 Credit. 5 Sem. 1. Part. III.

UNIT I: BASIC CONCEPTS OF PERSONALITY

Personality: Definition - History and nature - Biological and Socio cultural determinants - Genetic influence - Person by situation interaction - Unresolved Problems in Personality.

UNIT II: PSYCHODYNAMISM

Sigmund Freud's Psychoanalysis - Carl Jung's Analytical Theory - Alfred Adler's Individual Psychology - Erikson's Psychosocial Theory.

UNIT III: TRAIT, TYPE & ECLECTIC APPROACHES

Cattell, Eysenck, Allport, Five factor model.

UNIT IV: LEARNING AND COGNITIVE APPROACHES

Pavlov, Skinner, Dollard and Miller, Bandura, Mischel, Kelly, Rotter and Witkins.

UNIT V: HUMANISTIC APPROACHES

Need Theories: McClelland, Atkinson, Murray. Humanistic Theories: Rogers, Maslow

TEXT BOOKS

1. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4th Ed. Wiley:India.
2. Schultz, P. D, Schultz, S. E. & Schultz, S. (2012). Theories of Personality 10thEd. Cengage Learning, India.

VALUE EDUCATION

Credit 2, Hours 2, Sem. 6. Part IV

SECOND SEMESTER

GENERAL PSYCHOLOGY II

Core 3. Hours 5 Credit. 4 Sem. 2. Part. III.

Unit I: Memory & Forgetting

Physiological basis of memory - Memory and forgetting Measurement of memory (Recall, Recognition, Relearning). Short term and long term memory - Theories of forgetting (Decay and Interference theories and Repressive forgetting). Application of Mnemonic devices etc, to improving memory

Unit II: Cognition and Language

Concept of formation. Nature and development of thinking. Language and thought and acquisition of language. Problem solving. Creative thinking and its applications.

Unit III: Intelligence and Aptitude

Definition and concept. Theories and models of Intelligence. Measurement of intelligence and aptitude. Exceptional intelligence. Mental retardation. Concepts of multiple, emotional and artificial intelligence and their application.

Unit IV: Motivation

Definition and concept of instinct, needs, drives and motives. Theories of motivation and their application (drive reduction theory, Maslow's motivational hierarchy). Social motivation: Achievement, power, affiliation motives and influence of early experiences.

Unit V: Emotion

Physiological basis of emotion. Theories of emotion: James-Lange - Cannon-Bard - Singer - Schacter - Cognitive physiological theory

References

1. Baron, Robert A. (2011). Psychology. 5th ed. Pearson, India.
2. Morgan, Clifford.T., King, Richard.A., Weisz, John.R., Schopler, John (1993): Introduction to Psychology, Tata-McGraw Hill.
3. Marx, Melvin H. (1976) Introduction to psychology - Problems, Procedures & Principles, MacMillan Publishing Co.
4. Hilgard, E.R., Atkinson, R.L., Atkinson, R.C., (1979): Introduction to Psychology, Harcourt Brace Jovanovich. Inc.

DEVELOPMENTAL PSYCHOLOGY II

Core 4. Hours 5 Credit. 4 Sem. 2. Part. III.

UNIT I: PUBERTY

Characteristics – Criteria – Causes – Age – Growth spurt – Body changes – Effects of puberty changes – Hazards & Happiness.

UNIT II: ADOLESCENCE

Characteristics – Developmental tasks – Physical change – Storm and Stress – Social change
– Interest – Morality – Sex interest and Behaviour – Family relationships – Personality change – Hazards & Happiness.

UNIT III: Young Adulthood

Characteristics – Developmental tasks – Changes in interest – Social interest – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood – Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

UNIT IV: Middle Age

Characteristics – Developmental tasks – Adjustment to physical change and mental changes
– Social Adjustment – Vocational Adjustment – to changed family patterns – Being single – loss of a spouse – Adjustment – to changed family patterns – Being single – loss of a spouse
– Adjustment to approaching old.

UNIT V: Old Age

Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities. Changes in interests – Vocational Adjustment – Retirement – Changes in family life – loss of a spouse – Living arrangement for elderly hazards.

References

1. E. M. Hetherington & Ross D Parke, Child Psychology – a contemporary viewpoint(1993) 4th edition McGraw Hill Pub.
2. Laura C Berk. Child Development (1996) Prentice- Hall of India (Pvt) Ltd. 3rd edition.
3. Hurlock, E.:Developmental Psychology (1980), Tata McGraw Hill Publishing Co.
4. Thomas J. Berndt, Child Development (1997) 2nd edition. Brow& Benchmark Pub.
5. D.E. Papalia. Sally W. Olds, Child Development (1994) 5th edition Tata McGraw Hill.
6. Life span Development – (1999) John W. Santrock, 7th edition McGraw Hill.
7. Children – John W. Santrock, 5th edition McGraw Hill/
8. Shaffer, David R. (1996): Developmental Psychology, IV Edition, Brooks/ColePublishing Company.

FAMILY PSYCHOLOGY

Allied 2. . Hours 6 Credit 5.2 Sem. 2. Part. III.

UNIT I:

Family: Meaning and Definition. Importance and significance of Family for human beings.Characteristics of family.Systems Theory.

UNIT II:

Stages of Family and its tasks.Understanding and Developing Family structures and interactions.

UNIT III:

Attachment and its importance.Problems in attachment.Emotional regulations in familyinteractions.Healthy Communication.

UNIT IV:

Functional and dysfunctional families.Effects of parental conflict on children.Handling Divorce.Handling stress in the family.

UNIT V:

Child upbringing and its issues: Nutrition, Kids and Technology, Sibling Rivalry & Aggression. The Role of the grandparents and elderly in the family. Parental influence, Healthy Parenting styles.

References.

1. Antony, D. John (2008) Family Counselling, Nochiodaipatti, Dindigul, AnugrahaPublications.
2. Antony, D John (1996) types of Counselling- A Life Span Developmental and Situational Approach, Nagercoil, Anugraha Publications.

ENVIRONMENTAL STUDIES

Hours 2 Credit. 2 Sem. 5. Part IV

THIRD SEMESTER

PHYSIOLOGICAL PSYCHOLOGY

Core.5. Hours 5 Credit. 4 Sem. 3. Part. III.

UNIT – I: INTRODUCTION

Definition – Where is the Mind? – The Modern Era of Brain Imaging: CT Scan, MRI Scan, PET Scan – Approaches to Physiological Psychology: Philosophic Approaches, Clinical Approaches, and Experimental Method.

UNIT – II: THE NEURON AND GROUPS OF NEURONS

The Anatomy of a Neuron – Supporting Cells in the Nervous System – What neurons do? – The Neuron at Rest - The Neuron in Action – Synaptic Communication – What happens when Neurons go wild?

UNIT – III: THE ORGANIZATION OF THE NERVOUS SYSTEM

Organization of the Nervous System – Evolution of the Brain – Structures in the Nervous System: The Peripheral Nervous System – The Spinal Cord – The Brain.
Brain Disorders: Factors in impairment – Psychological deficit in the Brain injured – Localisation of Psychological function in the Brain – The effects of Brain lesions on Psychological functions.

UNIT – IV: INTERNAL REGULATION

Rhythms of Wakefulness and sleep – stages of sleep and brain mechanisms – sleep disorders
– Dreaming – Internal Regulation: Temperature – Thirst – Hunger

UNIT V: HORMONES AND BEHAVIOUR

How Hormones work – Hormones for cellular functioning: The Thyroid Gland – The Parathyroid Glands – The Pancreas – The Posterior Pituitary – Hormones of Stress: ACTH and 17-OHCS – Stress and the Cardiovascular System – Stress and Stomach Ulcers – Hormones for Growth, Sexual Behaviour and Reproduction: Growth Hormone – Sex Hormones – The Pineal Body as a regulator of regulators.

REFERENCES

- Charles, F. Levinthal: Introduction to Physiological Psychology, 3rd Edition, New Delhi: Prentice Hall of India, 1990
- Kalat, J.W. (1995) Biological Psychology. 5th Edition. New York: Brooks/Cole.
- Mark.R. Rozenweig, S.Marc Breedlove, Arnold L. Leiman (2002). Biological Psychology: An Introduction to Behavior, Cognitive and Clinical Neuroscience. Sunderland: Sinauer Publisher
- Morgan, C.T., Physiological Psychology 3rd Edition, New York: McGraw Hill, 1965.
- Richard, F. Thompson: Foundation of Physiological Psychology, New York: Harper International, 1967.

EXPERIMENTAL PSYCHOLOGY I(Practical)

Core6. Hours 5 Credit.4 Sem. 3. Part. III.

Minimum 2 experiments should be chosen from each of the 5 units and in total ten practicals should be conducted and written in record book

Unit I: Attention

1. Span of Attention
2. Sustained and Focused attention
3. Division of attention
4. Effect of distraction
5. Colour blindness

Unit II: Sensation and Perception

1. Muller – Lyer Illusion
2. Size – weight illusion
3. Time perception
4. Mental Sets in Perception
5. Shape Constancy

Unit III: Memory

1. Retroactive Inhibition
2. Recall & Recognition
3. Free Versus Serial Recall
4. Effect of meaning on retention
5. Levels of processing

Unit IV: Learning

1. Trial & Error Learning
2. Habit interference
3. Bilateral Transfer
4. Motor Learning – Maze Learning
5. Paired Associate learning

Unit V: Thinking

1. Concept formation
2. Syllogistic reasoning
3. Creativity
4. Problem solving apparatus

References

1. Chaube. S.P.(1985): Experimental Psychology, LaxmiNarain Publishers
2. Buratoa G. Andress - Experimental Psychology Wiley, Eastern Pvt. Ltd., 1968.

DESCRIPTIVE STATISTICS FOR PSYCHOLOGY

Allied. 3 Subject. Hours 6 Credit. 5 Sem. 3. Part. III.

Unit I: Introduction

Meaning of statistics, Need and Importance of Statistics in psychology Levels of measurement, nominal, ordinal, Interval & Ratio;

Unit II: Classification and Tabulation

Objectives – types of classification – geographical – chronological – qualitative – quantitative – formation of continuous frequency distribution – uses of tabulation – parts of a table – types of tables – simple and complex tables – general purpose and special purpose tables.

Unit III: Graphical Representation of data

Ungrouped Data: Bar diagram. Pie Diagram, line graph; Grouped data, Frequency polygon, histogram, cumulative frequency graph and O give; computing percentiles & percentile ranks graphically

Unit IV: Measures of Central Tendency

Mean, Median & Mode; Mean from combined samples; When to use the mean, median & mode.

Unit V: Measures of Variability:

Range, Quartile deviation, Average Deviation & Standard deviation; coefficient of variation

References

1. Verma, J. P., & Ghufan, Mohammad. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill, India.
2. Mangal.S.K. (1987): Statistics in Psychology Tata McGraw Hill Publishing Co,
3. Minium, E.W., King B.M. and Bear, G. statistical Reasoning in psychology and Education.
.N.Y: John wiley& Sons, end 2001.
4. Garrett, Henry E.(1981): Statistics in Psychology & Education, Vakils, Feffer& SimonsLtd

YOGA PSYCHOLOGY

Skill Based. 1 Subject. Hours 2 Credit. 2 Sem. 3. Part. IV.

UNIT – I : Health and Yoga

Health: Meaning – Health and Strength – Behavioural Epidemiology – Introduction to Science of body Structure – Ayurveda and Yoga.

UNIT – II: Science of Yoga

Introduction – Misconception – Limitation – Theories of Human Existence – Concept of Disease – Science of Illness - Psychosomatic Ailments.

UNIT – III: Streams of Yoga

Streams of Yoga – Paths of Yoga – Hatha Yoga: - Asana: Characteristics – Types – Meditation Methods

UNIT – IV: Life Force and Health

What is Life Energy (Prana):? – Methods of Breathing – Complete Breathing – Pranayama: Meaning – Mechanisms – Classifications and Effects.

UNIT – V: Yoga Therapy

Introduction – Kriya Yoga: Types – Methods of Yoga Practices for specific Stress Disorders
– Therapeutic Effects of Asana – Pranayama and Kriya – Yogic Diet.

TEXT BOOK

1. Ghore M.M. (1991): Anatomy and Physiology of Yogic Practices
Pune:KanchanPrakashan.

REFERENCES

1. Iyengar B.K.S. (1993): Light on Yoga. London: Harper Collins Publications.
2. Nagendra H.R. (1987): Yoga: Its Basis and Applications. Bangalore: VivekanandaKendra Publications.

FOURTH SEMESTER

SOCIAL PSYCHOLOGY

Core.7. Hours 5 Credit. 4 Sem. 4. Part. III.

UNIT I : Introduction

Nature, goal and scope of Social Psychology – Social Psychology and other social sciences

– Methods of Social Psychology

UNIT II: Social Perception & Cognition

Perceiving ourselves: self-concept, self-esteem, self-presentation and self-expression – Perceiving others: Forming impressions – Role of non-verbal cues, stereotypes and central traits – Primacy and recency effects – Attribution: Meaning – Theory and biases

UNIT III: Attitudes, Prejudice & Discrimination

Attitudes: Meaning, nature and function - Attitudes and behaviour – Theories of reasoned and planned behaviour – Formation, change and measurement of attitudes; Prejudice and Discrimination – Nature and components – Acquisition – Reduction

UNIT IV: Groups & Leadership

Nature of Group formation – Functions of Group: Role, Status, Norms and Cohesiveness - Impact of Groups on Individual performance: Social facilitation and social loafing - Group Conflict – Decision making by Groups – Leadership

UNIT V: Aggression & Prosocial Behaviour

Aggression: Meaning – Theoretical perspectives – Trait, situational and social learning approaches – social and personal determinants of aggression – Prevention and control of aggression; Prosocial Behaviour: Meaning – Cooperation and helping - Personal, situational and socio-cultural determinants – theoretical explanations

TEXT BOOKS:

1. Baron, R.A. & Byrne, D. Social Psychology (9th ed). Delhi :Pearon education 2000.
2. Myers, D.G. Social Psychology, New Delhi: Tata McGraw Hill , 2005
3. Feldman, R. S. (2005). Social Psychology: Theory, research and application. McGraw-Hill Education, New Delhi.
4. Sharma, Rajendra.K. and Sharma, Rachana (1997) Introduction to Social Psychology, Atlantic Publishers

EXPERIMENTAL PSYCHOLOGY II (Practical)

Core8. Hours 5 Credit.4 Sem. 4. Part. III.

Minimum 2 experiments should be chosen from each of the 5 units and in total ten practicals should be conducted and written in record book

Unit I: PSYCHOPHYSICS

1. paired comparison and / or rank order
2. Differential Limen using method of average error
3. Weber's law-method of constant stimuli
4. Absolute limen for sensory stimuli
5. Signal Detection

Unit II: APTITUDE:

1. Differential Aptitude Test Battery
2. Spatial Perception Ability Test
3. Tweezer Dexterity Test
4. Finger Dexterity Test
5. Minnesota Rate of Manipulation Tests

Unit III: MOTIVATION

1. Motivational Analysis Test
2. Achievement Motives
3. Sensation Seeking Scale
4. Affiliation Motives
5. Power Motives

Unit IV: ATTITUDE & INTERESTS

1. Bogardus Social Distance Scale
2. Vocational Interest Inventory
3. Career Preference Scale
4. Thurstone's Inventory Scale
5. Occupational Interest Scale

Unit V: INTELLIGENCE:

1. Developmental Screening Test
2. Social Maturity Scale
3. Bhatia's Battery of Intelligence
4. Cube Construction Test
5. P. G. I. Battery For Assessment of Mental Efficiency

References

1. Chaube. S.P.(1985): Experimental Psychology, LaxmiNarain Publishers
2. Buratoa G. Andress - Experimental Psychology Wiley, Eastern Pvt. Ltd., 1968

STATISTICAL REASONING IN PSYCHOLOGY

Allied. Subject 4. Hours 6 Credit. 5 Sem. 4. Part. III

Unit I: The Normal Curve

Characteristics & Properties, Skewness, Kurtosis, Applications of the normal curve.

Unit II: Significance Of Mean

Concept of standard error, Confidence interval, Computation of significance of Mean in Large and Small samples: Sampling, Meaning; Methods of sampling; Size of sample

Unit III: Significance of difference between means

Two tailed & One tailed tests of significance: Type I & Type II error Procedure for testing significance in Large & small Independent & correlated samples

Unit IV: Parametric Tests

Correlation, Meaning & Types; correlation & causation; Karl Pearson's coefficient of correlation and its interpretation; Spearman Rank correlation method

Analysis Of variance, Meaning of the term; Procedure for Calculating analysis of variance

Unit V: Non Parametric Tests

Chi square test, Use of chi square as a test of goodness - Use of chi square as a test of independence between variables, Assumptions, Uses & Limitations of chi square test;

References

1. Verma, J. P., & Ghufan, Mohammad. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill, India.
2. Mangal.S.K. (1987): Statistics in Psychology Tata McGraw Hill Publishing Co. Recommended reading:
3. Garrett, Henry E.(1981): Statistics in Psychology & Education, Vakils, Feffer & Simons

PSYCHOLOGY FOR SUCCESS IN LIFE

Skill Based. 2 Subject. Hours 2 Credit. 2 Sem. 4. Part. IV.

UNIT I

Psychology: Meaning, Definition, Objectives, Scope of Psychology. Psychology for life: Positive Psychology as a path way to success in life.

Unit II

Personal Skills Time management, Memory techniques, Creative thinking, Conflict management, Decision making and Goal setting.

UNIT III

Social Skills: Johari Window, Interpersonal skills, Politeness (Etiquette), Family interaction, skills of effective communication, Leadership qualities.

UNIT IV

Personality Development (Practical): Healing the Inner child: Meaning, Definition and need for healing the inner child, benefits of healing the inner child, Types of Children: Wonder child, contaminated child, wounded child.

UNIT V

Personality Development (Practical): Practical healing techniques of Inner child, Diagnosis and Treatment, Types of Catharsis: Body movements, Talking, Journaling, New Behaviour Generator (NBG)

REFERENCES:

- KutharTara.L., (2003), Psychology. Major's Hand book New York, Wordsworth publication
- Morgan C.T., King R.A WeisyJ.R.andScooper.J (1993) Introduction to Psychology, 7th Edition, New York, Tata Mc Grew Hill
- John Bradshaw, Home coming: Reclaiming and healing your inner child
- Robert S.Feldman (1994).Essentials of understanding psychology, 2nd edition, New York, McMraw Hill Inc.
- Hunt, M. (1993). The story of Psychology. New York: Doubleday.
- Antony, D.John (2009) Principles and Practices of counselling, Dindigul: AnugrahaPublication.
- Hurlock, Elizabeth B. Developmental Psychology, New Delhi: Tata-McGraw-HillPubl.Co, 1987
- Xavier, G. Francis, (2016), Be Happy and Live Long: Manage Your Stress and Time, Happily! Mumbai, Jaico Publishing House

FIFTH SEMESTER

CLINICAL PSYCHOLOGY- I

B.Sc., Core 9. Hours 5 Credit. 5 Sem. 5. Part. III

Unit I: Introduction

Defining Abnormality: Criteria of Abnormality. Normal mental health. History taking interview. Mental Status Examination. Classifying abnormal behaviour – DSM IV Classification & its limitations (Brief mention of ICD-10)

Unit II: Anxiety based disorders

Anxiety based disorders: Panic disorder, Agoraphobia, Specific Phobia, Social Anxiety disorder (social phobia). Generalized anxiety disorders. Obsessive - compulsive disorders – characteristics, Cognitive and motor patterns.

Unit III: Somatoform disorders & Dissociative disorders

Somatoform disorders – somatisation disorder – hypochondriasis – symptoms, somatoform pain disorder, conversion disorder – sensory, motor, visceral; Criteria for distinguishing between conversion disorder and organic disturbances. Dissociative disorders: Dissociative Amnesia, Dissociative Fugue, Dissociative Identity Disorder, Depersonalization disorder. Causes – biological, psychological, socio cultural factors.

Unit IV: Feeding/Eating & Sleep Disorders

Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Obesity and Metabolic Syndrome. Normal Sleep, Sleep-Wake Disorders: Insomnia disorder, Hypersomnolence disorder, Narcolepsy, Breathing related sleep disorders.

Unit V: Mental Retardation and Developmental Disorder:

Levels of MR, Brain defects in MR, organic retardation syndromes, Cultural – Familial MR, Treatment & outcome - Learning disorders: coordination disorder: Causes and treatment. Pervasive developmental disorder – autism, clinical picture, Causes & treatment. Attention Deficit/Hyperactive Disorder.

References

- Barlow David H. & Durand, V. Mark (1995) Abnormal Psychology, Brooks/Cole Publishing Co.
- Bootzin RR, Acocella JR & Alloy LB (6th Ed) Abnormal psychology-current perspectives-the Graw Hill inc. USA
- Carson RC & Butcher JN: Abnormal psychology & modern life (10th Ed) Harper- Collins NY
- Ronald J Comer: Abnormal psychology (2nd Ed) WH Freeman & co. NY
- John M Neale, Gerald C Davidson & David AF Haaga: exploring Abnormal psychology (6th Ed) John Wiley & sons.

INDUSTRIAL PSYCHOLOGY

B.Sc., Core 10. Hours 5 Credit. 5 Sem. 5. Part. III.

UNIT – I: Introduction

What Industrial Psychology is? – Objectives – Scope – Industrial Psychology as a Science – Industrial Psychology as a Profession.

Job Analysis and Job Evaluation

Job Analysis – Definition, Applications and Scope – Various Methods of Job Analysis – Job Evaluation: - Various Methods of Job Evaluation.

UNIT – II: Performance Appraisal & Performance Rating System

The Nature and uses of Performance Appraisals – Performance Appraisal Procedures based on judgement – Objective Measures of Performance Appraisal – Performance Rating Systems – Errors and bias in Rating – Types of Rating Methods.

UNIT – III: Personnel Selection & Testing

Validity and Reliability of Selection Procedure – Various Types of Selection Procedures: Interviews, Application Blanks. Biographical Inventories and Reference check-up Techniques – Testing Abilities – Testing Personality – Testing Skills and Achievements.

UNIT – IV: Training & Development

Introduction to Training and Development – Establishing Training needs – Methods and approaches in Management and Development – Methods and Approaches in Employee Training – Career Planning and Development.

UNIT – V: Psychology Applications for Safety in Industries

Accident Statistics and Reports – Causes of Accidents: Situational factors and Individual factors – Characteristics of Accident repeaters – Various measures of prevention of accidents; Performance Failures: Causes: Individual Causes, Group causes, Organisational / Contextual Causes – Treatment and corrective actions of performance failure factors – Characteristics of Accident repeaters – various measures of prevention of accidents

References

1. Miner John, B. Industrial and Organizational Psychology, New York: McGrawHill 1992.
2. McCormick, E.J., & Ilgen, R. Industrial Psychology, (7th Edition), New Delhi: Prentice Hall of India, 1984.
3. Aamodt, M.G., (2013) 7th Edition. Industrial Psychology. Cengage Learning

HEALTH PSYCHOLOGY

Core.11 Subject. Hours 5 Credit. 5 Sem. 5. Part. III.

UNIT I: INTRODUCTION

Definition – Mind-body relationship – Field of Health Psychology – Focus of Health Psychology – Bodily Systems

UNIT II: Enhancing Health and Preventing Illness

Smoking, Reasons for smoking, Smoking and Health, Preventing and Quitting smoking, Alcohol use and abuse: Alcoholics, Reasons for use and abuse of alcohol, Preventing and treating for Alcohol abuse. Drug use and Abuse: Preventing and Stopping drug abuse. Nutrition: Consumption, Nutrition and Health, Weight control and diet, Exercise.

HEALTH BEHAVIOUR & PRIMARY PREVENTION

Health beliefs, behaviours and behaviour change – Health promotion – Changing Health Habits – Cognitive Behavioural approaches – Transtheoretical model of behaviour change – Health enhancing behaviours – Health compromising behaviours

Unit III: Becoming Ill and Getting Medical Treatment

Health Services, Perceiving and Interpreting systems, Using and misusing health services, The Patient- Practitioner relationship, adhering to medical advice. The hospital, Being hospitalized, Psychological problems of hospitalized patients.

UNIT IV: STRESS, PAIN & COPING

Defining, measuring and managing stress – theoretical contributions to stress – sources of chronic stress – stress and illness – coping with stress – coping and external resources – social support – coping outcomes – stress management

UNIT V: BEHAVIOURAL HEALTH

Health Promotion - Exercising – Obesity & its Management – Quality of Life – Yoga and Meditation.

References:

1. Shelley E. Taylor. Health Psychology Third Edition. McGraw Hill International Editions, 1995.
2. Brannon, L & Feist, J. Health Psychology. CA: Wadsworth / Thomson Learning, 2000.
3. Ogden, J. (2012). Health Psychology. 5th ed. McGraw-Hill Education
4. Taimini. L.K. (1973). Glimpses into the Psychology of Yoga, The Theosophical Publication House, Chennai

GUIDANCE AND COUNSELLING

B.Sc., Core 12. Hours 5 Credit. 5 Sem. 5. Part. III

Unit-I: Counselling

Meaning and definition. History of Counselling. Need for Counselling in Indian situations. Counselling and Advice. Guidance and Counselling. Objectives of Counselling. Education & Counselling

Unit – II: Counselling approaches and practices

Directive, non-directive, Eclectic and Integrative approaches in counselling

Unit – III: Counselling Steps

Two steps of counselling. Basic Skills of a good counsellor

Unit – IV: Counselling Process

Preparation for counselling- Counselling Context and Process – Therapeutic Relationship – Boundaries – Dual Relationship- Providing Privacy – Confidentiality in Counselling.

Unit – V: Tools & Techniques used in counselling and guidance

Importance of assessment in counselling, Tools used in assisting individuals towards self discovery. Guidelines to use tools

References

1. Antony, D. John. (2003) Skills of Counselling, 2nd edition, Dindigul, Anugraha Publications.
2. Dave, Indu (1992): Basic Essentials of Counselling
3. Sheitzer & Stone (1974): Foundations of Counselling
4. Pasricha, Prem (1976) : Guidance and Counselling In Indian education
5. Rao, Narayan (1984): Counselling Psychology
6. Prasantham, B.J. (1987) Therapeutic Counselling, Vellore, Christian Counselling Centre

PROJECT I - CASE STUDIES

Elective Subject.1.1 Hours 6 Credit. 5 Sem. 5.

Case Studies (any 3) to be submitted from the following areas

1. Elementary school children
2. Adolescents
3. Middle aged
4. Old Age
5. Children with special Needs
6. Working women

Each Case Studies not to Exceed 15 Pages

BASIC SKILLS IN COUNSELLING

B.Sc., Skill Based 3. Hours 2 Credit. 2 Sem. 5. Part IV

UNIT I: LISTENING

Qualities of the Effective Listener: Positive & Negative Listening – Proximity in Listening – Using Silence – Head nodding – Facial Expressions – Active Listening – Distraction – Hindrances to Listening

UNIT II: EMPATHY-BUILDING

Clarifying empathy – Empathy building Statements – People who empathize – Simple reflection of content – Simple reflection of feeling – Selective reflection – Using Empathy in everyday life – Empathy in difficult situations – Ethical issues

UNIT III: HANDLING EMOTIONS

Meaning and Definition - Basic Emotions - Feeling words – Expressing feelings – Releasing negative emotions - Dealing with Paradox - Focusing – Preventing Burnout – Coping with stress

UNIT IV: PROBLEM-SOLVING ACTIVITIES

Types of problem – Pin pointing the problems – Problem-Solving Cycle – Clarifying Problems – Dealing with problems – Planning – Evaluation of Problem solving. Goal Setting

UNIT V: PROBLEM-SOLVING STRATEGIES

Empty Chair Technique- VKD- SWISH- Behavioural techniques

TEXT BOOKS

- Antony, D. John. (2003) Skills of Counselling, 2nd edition, Dindigul, Anugraha Publications.
- Burnard, P. (1995). Counselling Skills Training: A Sourcebook of Activities for Trainers. Kogan Page Ltd. London
- Jones, Nelson (2005). Practical counseling and Helping Skills, 5th Edition, London: Sage Publications.

NON-MAJOR ELECTIVE - I

NEW MEDIA LITERACY

Hours 2, Credit 2, Part-IV

UNIT -I: INTRODUCTION TO MEDIA LITERACY

Definition of Media Literacy, Media Literacy: Nature, Scope and Importance, Sub fields: Digital Literacy and Visual literacy.

UNIT -II: MEDIA MESSAGES

Skills in Media Literacy, Interpreting Media messages: Semiotics, Ideology, Media as Text, Commercial messages. Writing for New contexts and the new environment of writing.

UNIT -III:LITERACY AND MULTIMODALITY

Modes and fitness for purpose, Modes and the shaping of knowledge, Mode and epistemological commitment, Mode and causality, Mode and conceptual-cognitive complexity, Mode imagination and design. Writing as transcription, two examples of transformation

UNIT -IV: GENRE

A multimodal view of genre, Genre as design: text and the new media, Genre labels, Genre and educational strategies. Definition of Semiosis, Three types of Semiosis, Semiosis interpreting the world and ordering the world

UNIT-V: MEDIA MESSAGES RECEPTION AND ECOSYSTEM IN GLOBALIZATION

Process of message generation and communication, nature of media messages; Media Exposure and Filters, Media stereotypes. Media Empires and Ownership patterns; Media markets and Propaganda and hegemony

Text Books:

1. Dill, K. How Fantasy Becomes Reality: Seeing Through Media Influence, 1st ed. (OUP, 2009)
2. Hodkinson, P. Media, Culture and Society: An Introduction (Sage, 2010)
3. John. V. The Media of Mass Communication (PHI, 2012)
4. Gunther Kress Literacy in the New Media Age (Routledge Taylor and Francis 2005)

Reference Books:

1. Mackey, M. Literacies Across Media: Playing the Text (Taylor and Francis, 2004)
2. Pike, D.M. Media Literacy: Seeking Honesty, Independence, and Productivity in Today's Mass
3. Messages (IDEA, 2013)
4. Potter, W.J. Theory of Media Literacy: A cognitive approach (Sage, 2004)
5. W.J. Potter, Media Literacy, 7th ed. (Sage, 2013)

Websites:

1. www.edudemic.com
2. www.mediasmarts.ca/ digital media literacy

SIXTH SEMESTER

CLINICAL PSYCHOLOGY- II

B.Sc., Core 13. Hours 5 Credit. 5 Sem. 6.Part III

Unit I: Personality Disorders

Cluster A, Cluster B, and Cluster C.

Unit II: Schizophrenia & Delusional Disorder

General symptoms, types & causes (briefly) Delusional Disorder (paranoid) Clinical picture & causes

Unit III: Mood Disorder

Normal depression, symptoms of mild to moderate & moderate to severe mood disorder, causal factors

Unit IV: Substance Abuse & Sexual Disorders

Alcohol abuse & dependence, clinical picture, causes Drug abuse & dependence, narcotics, sedatives, stimulants, hallucinogens. Treatment & prevention

Normal Sexuality. Desire, Interest, Arousal Disorders. Orgasm Disorders. Sexual Pain Disorders. Sexual Dysfunctions due to a general medical condition. Paraphilic Disorders.

Unit V: Treatment of Psychological Disorders

Biologically based therapies, electroconvulsive therapy, pharmacological method; Psychotherapies – psychodynamic therapy, behaviour therapy, cognitive behaviour

therapy – rational emotive therapy & stress inoculation, humanistic therapy, client centred therapy

References

1. Barlow David H. & Durand, V. Mark (1995) Abnormal Psychology, Brooks/Cole Publishing Co.
2. Bootzin RR, Acocella JR & Alloy LB (6th Ed) Abnormal psychology-current perspectives-the Graw Hill inc. USA
3. Carson RC & Butcher JN: Abnormal psychology & modern life (10th Ed) Harper-Collins NY
4. Ronald J Comer: Abnormal psychology (2nd Ed) WH Freeman & co. NY
5. John M Neale, Gerald C Davidson & David AF Haaga: exploring Abnormal psychology (6th Ed) John Wiley & sons.

POSITIVE PSYCHOLOGY

B.Sc., Core 14. Hours 5 Credit. 5 Sem. 6.Part III

UNIT I: INTRODUCTION

Definition – Assumptions and Goals – From the negative to the positive – View of human functioning - Eastern and western perspectives – Classifications and measures of strengths and positive outcomes

UNIT II: POSITIVE PSYCHOLOGY IN CONTEXT

Developing strengths and living well – Meaning and measure of happiness – Subjective Well Being – Self-Realization – Views of Happiness

UNIT III: POSITIVE EMOTIONAL STATES & PROCESSES

Principles of pleasure: Understanding positive affect, positive emotions and well-being: Positive Emotions and Health Resources – Positive Emotions and Well – Being - Emotion- focused coping – Emotional Intelligence

UNIT IV: POSITIVE COGNITIVE STATES & PROCESSES

Self-Efficacy, Optimism and Hope – Wisdom and Courage: the two universal virtues – Mindfulness, Flow and Spirituality

UNIT V: PROSOCIAL BEHAVIOUR& POSITIVE ENVIRONMENTS

Empathy and Egotism: Altruism – Gratitude – Forgiveness – Societal implications – Attachment, Love and Flourishing relationships
Positive Schooling – Gainful Employment – Building better communities – Life above Zero

TEXT BOOKS

1. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). Positive Psychology: The scientific and practical explorations of human strengths. 2nd ed. Sage Publications, India.
2. Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology. Pearson Education, India

MARKETING AND CONSUMER BEHAVIOUR

Elective Subject.2 Hours 5 Credit. 5 Sem. 6 Part III

Unit – I : Marketing in the Twenty first century

Definition, Scope of Marketing Core marketing concepts; Direct and On line marketing -Advantages & disadvantages.

Unit – II : Market Segmentation

Levels and patterns of market segmentation, Segmenting consumer and businessmarkets; Market targeting; Marketing mix.

Unit – III : Understanding Consumer behaviour

Field and scope of consumer Behaviour; Types of consumers; Major Factors influencingBuyer Behaviour; cultural.social, personal arid psychological factors.

Unit – IV : The Buying Decision process

Buying roles, buying behaviour: Levels of consumer decision making; Models ofconsumers; Consumer Adoption process; the stages of buying - decision Process.

Unit – V : Consumer research

History, consumer research Process; Conducting a research study; consumerism Guestlectures by experts in the field of marketing must be arranged.

References

1. Kotler, Philip (2001) : Marketing Management. Millenium edition, Eastern Economy, Prentice Hail India, New Delhi
- 2.Schiffman. L.G. and Kanuk, L.L (1999): Consumer behaviour, 12th edition, PrenticeHall of India Pvt Ltd

PROJECT II - SURVEY RESEARCH

B.Sc. Core 15. Hours 5 Credit. 6. Sem. 6

Part-III Survey in any two of the following areas:

1. Industrial work problems
2. Mental health problems
3. Social Phenomena
4. Family Problems
5. Consumer Behaviour
6. Environmental Issues

Project report should not exceed 50 typed pages

PERSONALITY PROFILE THROUGH HANDWRITING ANALYSIS

B.Sc., Skill Based 4. Hours 4 Credit. 2 Sem. 6. Part IV

Unit-1

Introduction- what is graphology-Meaning-definition and scope- Brain-writing – Projective test – Schools in Graphology (Mimic & Symbolic School), Inferences (Physiological, Common sense, Universal concepts, Psychological & Scientific). Human Dimensions (Physical, Mental & Emotional).

Baseline –Slant – Slant reveals emotions, Vertical, Rightward, Leftward, Unstable, Maniad

Unit-II

Size – Large, Overly large, Medium-sized, Small, overly small, Word enlargement & diminution, Mixed letter. Margin – Left, Right, Top, Bottom, Margin Variations

Pressure – Heavy, Too heavy, Light, Too light, Healthy and Normal, Uneven pressure.

Speed – Characteristics of fast writing

Unit-III

Spacing –Zones- Zone interpretation, The three Zones, Peculiarities of Upper Zone, Middle Zone and Lower zone. Printing and Cursive Writing-Connecting Strokes – Garlands, Arcades, Angles and Threading.

Unit-IV

Strokes-Loops- Upper loop and its variations, Lower loop and its variations, Miscellaneous loops Capital Letters- Printed capital, Big capital, Capital I and its variations. Single Letter

Unit-V

Signatures- Introversion and Extroversion –Intelligence – Dishonesty –Job Compatibility – Identifying Positive traits, Identifying Negative Traits Personality Profile of a Counsellor, Secretary.Graphotherapy – Need and Motivation, Graphotherapy a Behaviour Therapy,

References

Dines, Jess E. Handwriting Analysis Made Easy. New Delhi: Sterling Publishers Pvt. Ltd., 1994.

1. Falcon, Hal.How to Analyze Handwriting. New York: Galahad Books, 1964.
- John Antony, D. Personality Profile Through Handwriting Analysis. Dindigul: Anugraha Publications, 2009.
2. Lowe, G. Thurman. Handwriting Analysis at-a-glance. Baltimore: I.& M. Ottenheimer, 1954.
3. Marcuse, Irene. Guide To Personality Through Your Handwriting. New York: ARC Books, Inc., 1971.
4. McNichol, Andrea. Handwriting Analysis – Putting It to Work for You. Bangalore: Jaico Publishing House, 1992.
5. Raviraj.Winning with Handwriting. Chennai: New Century Book House (P) Ltd., 2007. River.Handwriting Analysis. New Delhi: River Books, n.d.

TRAUMA PSYCHOLOGY

B.Sc., Skill Based 5. Hours 4 Credit.2 Sem. 6. Part IV

Unit-1

Introduction – overview of Trauma – Symptom and Signs of Trauma. Physiology of Trauma- Post Traumatic Disorder and Acute Stress Disorder.

Unit-II

Clinical Diagnosis of PTSD- Ramifications of PTSD - Trigger Stimulus.

Unit-III

Specific Traumas- Crimes Committed by Strangers – Rape and Sexual Assault- Domestic Violence and Sexual Abuse – Vehicular accidents – War and Combat- Natural Catastrophes

Unit-IV

First Aid techniques – The Healing Process – Cognitive Stage – Emotional Stage- Understanding and Handling Grief and Sorrow – Administering VKD.

Unit-V

Empowerment – The Mastery Stage- The Therapeutic process – Treatment: Pharmacotherapy and Psychotherapy

References

1. Antony, D. John (2008). Trauma Counselling, Anugraha Publications, Dindigul
2. Sekar K. (2005). Tsunami Disaster – Information Manual, National Institute of Mental Health and Neuro Sciences, Bangalore.

NON-MAJOR ELECTIVE - 2

MEDIA PRESENTATION SKILLS

Hours 2, Credit 2, Part-IV

- **OBJECTIVE OF THE COURSE:** This paper introduces the basic concepts of Media Presentation skills to understand the various presentation techniques.
- **OUTCOME OF THE COURSE:** The students are exposed and acquired knowledge on the various Media presentation skills apply to Media industry as well get solutions for practical problems in their real life too. TEACHING
- **METHODOLOGY:** Lecture (Class Teaching) Practical (Soft skill training and Media skill presentation) Tutorials (Soft skill training and Media skill presentation)

UNIT-I :MEDIA COMMUNICATION SKILL TRAINING: Reading, writing and listening skills - Prepare a media scenario involving a news issue you are likely to face in real life - read books on various topics - watch DVDs/CDs and listen - The Most Effective and Least Popular Tool for Improving Communication

UNIT-II:PUBLIC SPEAKING: Create and deliver sound bites- Create and deliver a stump speech- equipment -Improving oral Communication - Hone your campaign messages - Speak to the media with confidence, Eliminating Verbal Tics -Speak to any audience large and small - Secrets from the Audience - recording of speaking with cell phone or studio find a role model and stalk them.

UNIT-III:PRESENTATION SKILLS: Presentation and speech writing, Private Public Speak Presentation Skills, Unreadable and/or unmemorable presentations, Monotonous or non-relatable stories/anecdotes, dreary data dumps - Absolutely no audience participation How to Say –No Comment|| without Saying –No Comment||

UNIT-IV: COMMUNICATION TRAINING: Media interview/Training/Coaching - Presentation Training –Speech/speaker Training, Public Speaking Training - Reputation Management

UNIT-V: Students have to work on a selected topic and submit a report not more than 50 pages or Audio Visual recording of Media Presentation Skill under the supervision of a faculty member. The topic chosen for the project should be of considerable social significance and current relevance.