University of Mumbai

No. UG/ 27 of 2019-20

CIRCULAR:-

Attention of the Principals of the Affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty is invited to this office Circular No. UG/299 of 2017-18, dated 7th November, 2017 relating to the revised syllabus as per (CBCS) of S.Y.B.A. Social Psychology Development Psychology and General Applied Component Option A Health Psychology, B Psychology of Adjustment, C Stress Management (Part I) (Sem. III) and (Part II) (Sem.IV).

They are hereby informed that the recommendations made by the Board of Studies in Psychology at its meeting held on 26th March, 2019 have been accepted by the Academic Council at its meeting held on 15th April, 2019 **vide** item No. 4.13 and that in accordance therewith, the revised syllabus as per the (CBCS) for the S.Y.B.A.(Sem.III & IV) Paper II Social Psychology, Paper III Development Psychology, Applied Components (a) Health Psychology, (b) Psychology of Adjustment, (c) Stress Management has been brought into force with effect from the academic year 2019-20, accordingly. (The same is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
1st June, 2019

(Dr. Ajay Deshmukh)
REGISTRAR

To

The Principals of the affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9th January, 2018.)

A.C./4.13/15/04/2019

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No. UG/ 27 -A of 2019 MUMBAI-400 032 1st June, 2019

Copy forwarded with Compliments for information to:-

1) The I/c Dean, Faculty of Humanities,
2) The Chairman, Board of Studies in Psychology,
3) The Director, Board of Examinations and Evaluation,
4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
5) The Director, Board of Students Development,
6) The Co-ordinator, University Computerization Centre,

(Dr. Ajay Deshmukh)
REGISTRAR

Choice Based Credit System (CBCS)
S.Y.B.A. Psychology Syllabi to be implemented from 2019-2020
Social Psychology - Paper II: Part I and Part II

Code	Sem.	Course Title	Credits	Marks
UAPSY 301	3	Social Psychology: Part I	3	100
UAPSY 401	4	Social Psychology: Part II	3	100

Objectives: -
1. To help students in building knowledge of the basic concepts and modern trends in Social Psychology.
2. To foster interest in Social Psychology as a field of study and research among students.
3. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context.

Semester III Social Psychology: Part I (3 lectures per week)

Unit 1: Social Psychology: The Science of the Social Side of Life
a) Social Psychology: What it is and is not
b) Social psychology: Advances at the boundaries
c) How social psychologists answer the questions they ask: Research as the route to increased knowledge
d) The role of theory in social psychology
e) The quest for knowledge and the rights of individuals: Seeking an appropriate balance

Unit 2: Social Perception: Seeking to Understand Others
a) Nonverbal communication: An unspoken language
b) Attribution: Understanding the causes of behavior
c) Impression formation and management: Combining information about others
d) What research tells us about the role of nonverbal cues in job interviews?
e) What research tells us about why some people conclude they are superior to others?

Unit 3: Attitudes: Evaluating and responding to the social world
a) Attitude formation: How attitudes develop
b) When and why do attitudes influence behavior?
c) How do attitudes guide behavior?
d) The science of persuasion: How attitudes are changed
e) Resisting persuasion attempts
f) Cognitive dissonance: What it is and how do we manage it?
g) What research tells us about culture and attitude processes?

Unit 4:Liking, Love and Other close relationships.
a) Internal sources of liking others: The role of needs and emotions
b) External sources of attraction: The effects of proximity, familiarity and physical beauty
c) Sources of liking based on social interaction
d) Close relationships: Foundations of social life
e) What research tells us about dramatic differences in appearance between partners: Is love really blind?
f) What research tells us about two factors that may destroy love—jealousy and infidelity

Semester IV Social Psychology: Part II (3 lectures per week)

Unit 1: Causes, and Cures of Stereotyping, Prejudice and Discrimination
a) How members of different groups perceive inequality
b) The nature and origins of stereotyping

c) Prejudice: Feelings toward social groups
d) Discrimination: Prejudice in action
e) Why prejudice is not inevitable: Techniques for countering its effects
f) What research tells us about the role of existential threat in prejudice

Unit 2: Social Influence: Changing Others' Behavior

a) Conformity: How groups – and norms – influence our behavior.
b) Compliance: To ask – sometimes – is to receive
c) Obedience to authority: Would you harm someone if ordered to do so?
d) Unintentional social Influence: How others change our behaviors even when they are not trying to do so
e) What research tells us about how much we really conform?
f) What research tells us about using scarcity to gain compliance?

Unit 3: Aggression: Its Nature, Causes and Control

a) Perspectives on aggression: In search of the roots of violence
b) Causes of human aggression: Social, cultural, personal and situational
c) Aggression in the classroom and workplace
d) The prevention and control of violence: some useful techniques
e) What research tells us about the role of emotions in aggression?
f) What research tells us about workplace aggression?

Unit 4: Prosocial Behavior: Helping Others

a) Why people help: Motives for prosocial behaviour
b) Responding to an emergency: Will bystanders help
c) Factors that increase or decrease the tendency to help
d) Crowdfunding: A new type of prosocial behaviour
e) Final thoughts: Are prosocial behaviour and aggression opposites?
f) What research tells us about paying it forward: Helping others because we have been helped
g) What research tells us about how people react to being helped

Book for Study:

Branscombe, N. R. &Baron, R. A., Adapted by PreetiKapur (2017). *Social Psychology*. (14th Ed.). New Delhi: Pearson Education; Indian reprint 2017

Books for Reference-

Aronson, E., Wilson, T. D., Akert, R. M.,&Sommers ,S.A. adapted by Veena Tucker (2016). *Social Psychology*. (9th Ed), New Jersey: Pearson Education Prentice Hall.Indian subcontinent adaptation .Pearson India Education Pvt.Ltd.

Crisp ,R.J.,&Turner,R.N.(2014).*Essential Social Psychology*. Sage Publication.South Asia adaptation (2017).

Mercer, J. & Clayton, D. (2014). *Social Psychology*. New Delhi: Dorling Kindersley India pvt ltd. 8)

Myers, D. G., Sahajpal, P., &Behera, P. (2017). *Social psychology* (10th ed.). McGraw Hill Education.

Taylor, S. E., Sears, D. O., &Peplau, L. A. (2017). *Social psychology* (10th ed.). Pearson Education.

S.Y.B.A. Developmental Psychology: A Focus on Adolescent and Adult Development Paper III
Part I and Part II

Code	Sem.	Course Title	Credits	Marks
UAPSY 302	3	Developmental Psychology A Focus on Adolescent and Adult Development: Part I	3	100
UAPSY 402	4	Developmental Psychology A Focus on Adolescent and Adult Development: Part II	3	100

Objectives: -

1. To help students in building knowledge and understanding of the basic concepts, principles, perspectives and modern trends in Developmental Psychology
2. To foster interest in Developmental Psychology as a field of study and research among students.
3. To make the students aware of the implications and applications of the various concepts, principles and theories of Developmental Psychology in daily life in the Indian context

Semester III Developmental Psychology: A Focus on Adolescent and Adult Development Part I
(3 lectures per week)

Unit 1. An Introduction to Lifespan Development and Adolescence Physical & Cognitive development

1A Lifespan Development

a) An orientation to lifespan development
b) Defining life span development
c) Scope of the field (areas, age and individual differences)
d) Basic influences in development (history, age, sociocultural, life events)

1B Adolescence Physical & Cognitive development

e) Physical maturation
f) Cognitive development and schooling
g) Threats to adolescence well being

Unit 2. Social and Personality Development in Adolescence

a) Identity: Asking 'Who am I'
b) Relationships: Family and friends
c) Dating, sexual behaviour and teenage pregnancy

Unit 3. Physical and Cognitive Development in Early Adulthood

a) Physical Development
b) Cognitive development
c) College: Pursuing Higher Education

Unit 4. Social and Personality Development in Early Adulthood

a) Forging Relationships: Intimacy, Liking and Loving during Early Adulthood
b) The Course of Relationships
c) Work: Choosing & Embarking on a Career

Semester IV Developmental Psychology: A Focus on Adolescent and Adult Development Part II
(3 lectures per week)

Unit 1. Physical and Cognitive Development in Middle Adulthood

a) Physical development
b) Health
c) Cognitive development

Unit 2. Social and Personality Development in Middle Adulthood

a) Personality Development
b) Relationships: Family in Middle Age
c) Work& Leisure

Unit 3. Physical and Cognitive Development in Late Adulthood

a) Physical development in Late Adulthood
b) Health and wellness in Late Adulthood
c) Cognitive development in Late Adulthood

Unit 4. Social and Personality Development in Late Adulthood

a) Personality Development and successful aging
b) The daily life of Late Adulthood
c) Relationships: Old & new

Book for study

Feldman, R. S. & Babu, N. (2018). Development across the Life Span. (8th Ed). India: Pearson India Education services Pvt.Ltd

References

Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education

Crandell, T. L., Crandell, C. H., &Zanden, J. W. V. (2009). Human Development. (9th Ed). New York: McGraw Hill co. Inc.

Feldman, R. S., &Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.

Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition

Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition

Santrock, J. (2017). Life-span development (13th ed.). Indian Edition. McGraw-Hill Higher Education.

Singh, A. (Ed.) (2015). Foundations of human development: A life span approach. Orient Longman.

S.Y.B.A. Applied Component (Option A) Health Psychology - Part I and Part II

Code	Sem.	Course Title	Credits	Marks
UAHP3A1	3	Health Psychology: Part I	2	100
UAHP4A1	4	Health Psychology: Part II	2	100

Objectives: -

1. To help students in building knowledge of the basic concepts and modern trends in Health Psychology.
2. To foster interest in Health Psychology as a field of study and research among students.
3. To make the students aware of the practical applications of the various concepts in Health Psychology in the Indian context.

Semester III Health Psychology: Part I (4 lectures per week)

Unit 1. What Is Health Psychology and Health Behaviors

1A. Introduction to the field of Health Psychology

a) Definition of health psychology
b) The mind-body relationship
c) The rise of the biopsychosocial method
d) The need for health psychology
e) The role of epidemiology in Health Psychology
f) What is health psychology training for?

1B. Health Behaviors

g) An introduction to health behaviours
h) Health promotion: An overview
i) Changing health habits
j) Cognitive-behavioural approaches to health behaviour change
k) The transtheoretical model of behaviour change
l) Changing health behaviors through social engineering
m) Venues for health-habit modification

Unit 2. Health-Promoting Behaviors

2AHealth-Promoting Behaviors

a) Exercise, its determinants, & interventions
b) Accident prevention
c) Vaccination and screening
d) Developing a healthy diet
e) Sleep
f) Rest, Renewal and savouring

2B. Health-compromising Behaviors

g) Characteristics of health-compromising behaviours
h) Alcoholism & Problem Drinking
i) Smoking

Unit 3: Stress

a) What is stress?
b) Origins of the study of stress
c) The physiology of stress
d) What makes events stressful?
e) How has stress been studied?
f) Sources of chronic stress

Unit 4. Coping, Resilience & Social Support

a) Coping with stress and resilience
b) Coping and external resources
c) Coping outcomes
d) Coping interventions
e) Social support

Semester IV - Health Psychology Part II (4 lectures per week)

Unit 1. Management of Chronic Health Disorders & Placebo Effect

1A Management of Chronic Health Disorders

a) Quality of life
b) Emotional responses to health disorders
c) Personal issues in chronic health disorders
d) Coping with chronic health disorders
e) Co-management of chronic health disorders
f) Psychological interventions and chronic health disorders

1B Complementary and Alternative medicine,& placebo effect

g) Complementary andalternative medicine
h) The placebo effect

Unit 2.Psychological Issues in Advancing and Terminal Illness

a) Death across the life span
b) Psychological issues in advancing illness
c) Are there stages in adjustment to dying?
d) Psychological issues and the terminally ill
e) Alternatives to hospital care for the terminally ill
f) Problems of survivors

Unit 3. Heart Disease, Hypertension, Stroke and Type II Diabetes

a) Coronary heart disease
b) Hypertension
c) Stroke
d) Type II Diabetes

Unit 4.Psychoneuroimmunology and Immune – Related Disorders

a) Psychoneuroimmunology
b) HIV infection and AIDS
c) Cancer
d) Arthritis
e) Type I Diabetes
f) Future trends in the field of Health Psychology

Book for Study -

Taylor, Shelley E. (2018). Health Psychology (10th Ed). McGraw Hill Higher Education. Indian Edition

Books for reference

DiMatteo, M. R., & Martin, L. R. (2017). Health psychology(1st ed.). Pearson Education.

Ogden, J. (2017). Health psychology: A textbook (4th ed.).McGraw Hill Education.

S.Y.B.A. Applied Component (Option B) Psychology of Adjustment - Part I and Part II

Code	Sem.	Course Title	Credits	Marks
UAPA3A1	3	Psychology of Adjustment: Part I	2	100
UAPA4A1	4	Psychology of Adjustment: Part II	2	100

Objectives: -

1. To help students in building knowledge of the basic concepts and modern trends in Psychology of Adjustment

2. To foster interest in Psychology of Adjustment as a field of study and research among students.
3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester III - Psychology of Adjustment: Part I (4 lectures per week)

Unit 1. Self-direction in a changing world and seeking selfhood

a) Social change, the challenge of self-direction, themes of personal growth
b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self-concept and personal growth

Unit 2. Towards better health

a) Body image; Health and the mind–body relationship
b) Coping with illness; Promoting wellness

Unit 3. Taking charge and Managing motives and emotions

a) Personal control, decision making, decisions and personal growth
b) Understanding motivation; Understanding emotions

Unit 4. Sexuality, Love and commitment

a) Sexuality and shared partnerships, sexual responsiveness, sexual orientation, practical issues
b) Love is a many splendored (and defined) thing, finding love, marriage and other committed relationships, adjusting to intimate relationships, divorce and its consequences

Semester IV - Psychology of Adjustment: Part II (4 lectures per week)

Unit 1. Stress

a) Understanding stress; reactions to stress
b) Managing stress

Unit 2. Understanding mental disorders

a) Psychological disorders; Anxiety disorders
b) Mood disorders; Other disorders

Unit 3. Therapy and Treatment

a) Psychotherapy: what it is and who uses it
b) Insight therapies; Cognitive and behavioral therapies
c) Other approaches to treatment; How well does therapy work

Unit 4. : Death, Dying, and Grief

a) Death and Dying
b) Life and Death in Perspective
c) Bereavement and Grief

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11th ed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi:Pearson Power, Dorling Kindersley India pvt ltd

3. Baumgardner, S. &Crothers, M. (2009).*Positive Psychology*. Pearson Education
4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications
7. Hariharan, M., &Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). Health Psychology (5th ed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
12. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

S.Y.B.A. Applied Component Option C - Stress Management - Part I and Part II

Code	Sem.	Course Title	Credits	Marks
UASM3A1	3	Stress Management: Part I	2	100
UASM4A1	4	Stress Management: Part II	2	100

Objectives: -
1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context

Semester III Stress Management Part I (4 lectures per week)

Unit 1. Stress and Stress Psychophysiology

a) The pioneers, stress theory, the stressor, stress reactivity, a definition of stress,stress management goals
B) Stress psychophysiology: the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Unit 2. Stress and Illness/Disease, and Intervention

a) Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, post-traumatic stress disorder, stress and other conditions
b) Intervention – coping with a stressor, a model of stress, setting up roadblocks, comprehensive stress management, eustress and the model, taking control and making a commitment

Unit 3. Intrapersonal and Interpersonal Life-Situation Interventions

a) Intrapersonal Interventions: – Eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis

b) Interpersonal Interventions – asserting oneself, conflict resolution, communication, emotional intelligence, technostress, time management, social support networking

Unit 4.Perception Interventions

a) Selective awareness, stop to smell the roses, perspective and selective awareness, an attitude of gratitude, humour and stress

b) Type A behaviour pattern, self-esteem, locus of control, anxiety management, resiliency, hardiness

Semester IV. Stress Management: Part II (4 lectures per week)

Unit 1. Relaxation Techniques

a) Meditation

b) Autogenic training, imagery and progressive relaxation

c) Biofeedback and other relaxation techniques

Unit 2. Exercise and Strategies for decreasing stressful behaviors

a) Physiological arousal interventions: Exercise and health, the healthy way to exercise, principles of exercise, assessing cardio-respiratory fitness, starting an exercise program, choosing an exercise program, exercise and the elderly, exercise – keep it going

b) Strategies for decreasing stressful behaviors - Health and lifestyle behaviors, health-behavior assessment, selected lifestyle behaviors, barriers to action, locus of control, various methods for decreasing stressful behaviors, application of behavior change techniques, behavior change theories and stress

Unit 3. Occupational Stress

a) What is Occupational Stress, occupational stress cycle, why is occupational stress of concern, gender and occupational stress, disease and occupational stress

b) Occupational stressors, the workaholic, burnout, women and work outside the home, working in the home, interventions, managing occupational stress

Unit4. Family Stress

a) The family, marriage, cohabitation, divorce, single-parent families, gay and lesbian families

b) Family stressors, a model of family stress, interventions

Book for Study

Greenberg, J. S. (2013). *Comprehensive Stress Management.* (13th ed). New York: McGraw Hill publications

Books for Reference

1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). Stress Mastery: The Art of Coping Gracefully. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd

2) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi:Pearson Power, Dorling Kindersley India pvt ltd

3) Hariharan, M., &Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd

4) Rice, P.L. (1999). Stress and Health. (3rd ed). Brooks/Cole publishing co.

5) Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008

7) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Question Paper Pattern for all the subjects

Pattern of Question Paper for Semester End Assessment implemented from 2019-2020

Duration of examination = **3 hours** Total Marks = **100 (per semester)**

Instructions: 1. All 5 questions carry **20** marks and are compulsory.
2. There will be internal choice in each Question.

Q1. Attempt any two questions (unit 1) 20 marks

A

B

C

Q2. Attempt any two questions (unit 2) 20 marks

A

B

C

Q3. Attempt any two questions (unit 3) 20 marks

A

B

C

Q4. Attempt any two questions (unit 4) 20 marks

A

B

C

Q5. Attempt any two questions (unit 1, 2, 3, 4 one from each unit) 20 marks

A

B

C

D