

Semester - III			
Allied III - HEALTH PSYCHOLOGY			
Code : 17UPSCA3	Hrs/week : 6	Hrs/Sem:90	Credits : 4

Objectives

- To understand the various health issues in our daily life.
- To over the pain and the problems related.

UNIT I: INTRODUCTION

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

UNIT II: 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: STRESS, PAIN & COPING

Defining, measuring and managing stress – theoretical contributions to stress – sources of chronic stress – stress and illness – coping with stress – Pain- Nature of Pain, Types of Pain, Pain and Personality, Pain Control Techniques, Pain Management Programmes. coping and external resources – social support – coping outcomes – stress management

UNIT IV: BEHAVIOUR & CHRONIC DISEASE

Behavioural factors in Chronic diseases – Behavioural factors in Cancer – Living with chronic illness

UNIT V: BEHAVIOURAL HEALTH

Tobacco – Using Alcohol and other drugs – Eating disorders – Exercising

TEXT BOOKS

1. Taylor, S. E. (2014). Health Psychology. 9th ed. McGraw-Hill Education
2. Brannon, L. & Feist, J. (2010). Health Psychology: An introduction to behaviour and health. 7th ed. Wadsworth Cengage Learning.
3. Ogden, J. (2012). Health Psychology. 5th ed. McGraw-Hill Education

Semester IV			
Allied IV		PSYCHOLOGICAL STATISTICS	
Code: 17UPSCA4	Hrs/Week: 4+2	Hrs/Sem: 60	Credits: 4

Objectives

- To enable students to understand the various measurement in statistics.
- To acquire knowledge about variability, correlation and interpretation.

UNIT I: INTRODUCTION

Meaning and definition of statistics – origin, growth and characteristics – applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

Unit II: DATA CLASSIFICATION & FREQUENCY DISTRIBUTION:

Classification and Tabulation: Objectives – types of classification – 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; Diagrammatic and graphic Representation: General rules for construction– uses –Types - limitations of diagrams and graphs

UNIT III: DESCRIPTIVE STATISTICS:

Averages: Concepts– requisites of a good average –mean, median and mode –merits and demerits – numerical computations; Dispersion: Concepts – types of measures– merits and demerits – numerical computations

UNIT IV: SAMPLING, PROBABILITY AND THEORETICAL DISTRIBUTIONS

Concept of population and sample – census – requisites of a sample - Random & Non Random sampling methods– sampling and non-sampling errors; Meaning of probability – theorems of probability - Poisson and normal distributions – Skewness and kurtosis

UNIT V : INFERENCE STATISTICS:

Parametric and Non-parametric tests: Meaning – Rules of using – Chi-square and contingency coefficients: Meaning and assumptions – numerical computations - Correlation and Regression: Meaning– correlation and regression coefficients – numerical computations;

TEXTBOOKS:

1. Verma, J. P., & Ghufuran, M. (2012). Statistics for Psychology: A comprehensive text. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979): Statistics in Psychology and Education, 9th Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

REFERENCE BOOKS:

1. Gupta, S.P. (2006): Statistical Methods, New Delhi: Sultan Chand and Sons.
2. Howell, D.C. (2002): Statistical Methods for Psychology, 5th edition, Australia Duxbury Publishers.
3. Howell, D.C. (2002): Statistical Methods of Psychology. 5th edition. Australia, Duxbury Publishers.
4. Minium, E.W., King B.M. and Bear, G. statistical Reasoning in psychology and Education N.Y: john wiley& sons, end 2001.
5. Gravetter F.J. and Wallnay L.B. Essentials of statistics for the Bahavional sciences N.Y. West Publishing com., 1995.

Semester - III			
Core V - Developmental Psychology - II			
Code : 17UPSC31	Hrs/week : 4	Hrs/Sem:60	Credits : 4

OBJECTIVES:

- To learn the meaning of developmental changes and their goal from puberty to old age.
- To know about the significant facts about developmental changes,
- To know the way about how the obstacles may be overcome and happiness and unhappiness experienced during the stages.

UNIT 1: PUBERTY

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

UNIT 2: ADOLESCENCE

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

UNIT 3: EARLY 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 4: 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 – Adjustment to approaching old.

UNIT 5: 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. Hurlock E.B. (1997): Developmental Psychology (IV Edn.,) New Delhi, Tata c Graw Hill.
2. Santrock, J.W. Adolescence, New Delhi. McGraw Hill, 2003.

Semester IV			
Core VI ABNORMAL PSYCHOLOGY - I			
Code:17UPSC41	Hrs/Week:4	Hrs/Sem: 60	Credits:4

Objectives

- To know about the assessment and classification of disorders
- To learn about psycho physiological and somatoform disorders, Disorders of personality, Disorders of childhood and adolescence

UNIT I

Introduction: Defining Abnormality: Criteria of Abnormality – Statistical, Social, Personal discomfort, maladaptive from ideal: Popular views of abnormal behaviours; Classifying abnormal behavior – DSM IV classification & its limitations (Brief mention of ICD – 10)

UNIT II

Psychology Models of Abnormality; Psychodynamic, behaviouristic, cognitive behavioural humanistic, interpersonal models

UNIT III

Stress and Adjustment Disorders: Primary, predisposing, precipitating and reinforcing causes: The diathesis – Stress model, stress and Stressors – Categories of Stressors, Factors Predisposing an Individual to Stress: Coping with stress – General principles of coping with stress, De-compensation under excessive stress; Reactions to common life stressors – unemployment, bereavement, divorce, separation, Prevention of stress disorders. Post Traumatic Stress Disorder – Reactions to catastrophic events, Disaster Syndrome.

UNIT IV

Anxiety based disorders: The Anxiety based response pattern: anxiety based disorders, panic disorder, Agoraphobia, other phobic disorders . Obsessive compulsive disorder-characteristics, Cognitive and motor patterns; Generalized anxiety disorder. Somatoform disorders – somatisation disorder – hypochondriasis – symptoms, somatoform pain disorder, conversion disorder – sensory, motor, visceral; Criteria for distinguishing between conversion disorder and organic disturbances; Dissociate disorders – Psychogenic Amnesia. Fugue, Multiple Personality Disorder, Depersonalization disorder; Causes – biological, psychological , socio-cultural factors.

UNIT V

Mental Retardation and Development Disorder: A: - Levels of MR, Brain defects in MR, organic retardation syndromes, Cultural – Familial MR. Treatment & outcome. B. Specific

learning disorders – Learning disorders, coordination disorder – autism, clinical picture, causes & treatment.

References

1. Barlow David H. & Durand, V. Mark (1995) Abnormal Psychology, Brooks/Cole Publishing Co.
2. Bootzin RR, Acocella JR & Alloy LB (1984) (6th Ed) Abnormal Psychology – Current Perspectives – the Graw Hill inc. USA
3. Carson RC & Butches JN, (2004) Abnormal Psychology & Modern Life (10th Ed) Harper – Collins NY
4. Ronald J Comer, (2004) Abnormal Psychology (2nd Ed) WH Freeman & Co. NY.
5. John M Neale, Gerald C Davidson & David AF Haaga, (1996) Exploring Abnormal Psychology (6th Ed) John Wiley & sons.

Semester - III			
NME - Fundamentals of Psychology			
Code : 17UPSN31	Hrs/week : 2	Hrs/Sem:30	Credits : 2

Objectives

- To know about the branches of the psychology and its scope
- To learn about memory, intelligence, forgetting and attention

Unit-I

Nature and Scope of Psychology, Concept of Behaviour, Components of Behaviour and Characteristics of Behaviour.

Unit _II

General Psychology, Physiological Psychology, Abnormal Psychology, Developmental Psychology, Social Psychology, Comparative Psychology and Differential Psychology

Unit –III

Clinical Psychology and Counselling Psychology , Organizational Psychology, Educational Psychology, Environmental Psychology, Health Psychology and Sports Psychology, Military Psychology and Psychology of law

Unit-IV

Memory and forgetting

Unit-V

Attention and intelligence

Semester - III

SBE - SOCIAL SKILLS DEVELOPMENT

Code : 17UPSS31

Hrs/week : 2

Hrs/Sem:30

Credits : 2

- To know the various skills of training that can be used for the progress of the society.
- To understand the various methods of developing interpersonal skills.

UNIT-1:

What is Social skills?, Characteristics of Social Skills, Different types of Social Skills.

UNIT-2:

Components and uses of Social Skills Training, Assessment of Social Skills.

UNIT-3

Basic Skills – Having a conversation, Asking permission, Getting the teacher's attention.

UNIT-4

Advance Skills – Making a good choice, Focusing on yourself, Solving problems, POP/SODAS methods. (POP – Problem Option Plan. SODAS – Situation Option Disadvantage Advantage Solution).

UNIT-5

Techniques of Improving Social Skills – Assertive Training, Interpersonal Skills, Group Discussion, Sociometry.

Reference:

1. Allan S. Bellack & Michel Hersen, Research and Practice in Social Skills Training, Springer, 1979.
2. V. D. Swaminathan & K. V. Kaliappan, Psychology for Effective Living – Behaviour Modification, Guidance, Counselling and Yoga, 1st edition, The Madras Psychology Society, Chennai, 1997.

Semester IV			
SBE		Inner child Healing	
Code:17UPSS41	Hrs/Week:2	Hrs/Sem: 30	Credits:2

Objectives

- To understand the various issues in the students inner child journey
- To overcome the issues related to the inner child

Unit_I

An introduction to inner child journey.

Unit-II

The impact of early childhood.

Unit -III

Inner child work

Unit -IV

Dumping the negative garbage.

Unit-V

Positive belief system.

Reference:

Healing the Inner Child, Compiled by Sundar Wilson OFM Cap.,
Anugraha Publication, Dindigul