



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A+' GRADE UNIVERSITY)

Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION

(19/June/Adp/08)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Study in the subject of **Psychology** for the following semesters under the **Choice Based Credit System** at the Undergraduate level (as given in the Annexure) for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year	% of change
Psychology	Semester-I	Dec. 2019, 2020 and 2021	20%
	Semester-II	May 2020, 2021 and 2022	100%
	Semester-III	Dec. 2020, 2021 and 2022	15%
	Semester-IV	May 2021, 2022 and 2023	No Change

The alternative question papers are required to be set as per the University regulation given as under:-

- I. If the change in the syllabi and courses of study is less than 25%, no alternative question paper will be set
- II. If the change is 25% and above but below 50%, alternative Question paper be set for one year
- III. If the change is 50% and above or whole scheme is changed, alternative Question paper be set for two years.

The Syllabi of the courses is available on the University website: www.jammuuniversity.in

Sd/-
DEAN ACADEMIC AFFAIRS

No. F.Acd/II/19/2509-2538

Dated: 26-6-2019

Copy to:

1. Dean, Faculty of Social Science
2. HOD/Convener, Board of Studies in Psychology
3. All members of the Board of Studies
4. C.A. to the Controller of Examinations
5. Director, Computer Centre, University of Jammu
6. Asst. Registrar (Conf. /Exams. UG/ Inf./Pub.)
7. Incharge University Website for necessary action please

Assistant Registrar (Academic)

26/6/19

B.A. Psychology under CBCS

DETAILED SYLLABUS OF

BA PSYCHOLOGY (CBCS)

1st, 2nd, 3rd, and 4th

SESSION 2019 ONWARDS

Faculty of Social Sciences

University of Jammu

B.A. Psychology under CBCS

B.A PSYCHOLOGY

COURSE STRUCTURE FOR UNDER GRADUATE PROGRAMME UNDER CHOICE BASED CREDIT SYSTEM 2019 ONWARDS.

Semester	Course No.	Title	Credit	Nature of Course
1st	UPSYTC101	FOUNDATIONS OF PSYCHOLOGY	04	CORE
	UPSYPC102	PRACTICUM-1	02	CORE
2nd	UPSYTC201	PHYSIOLOGY	04	CORE
	UPSYPC202	PRACTICUM-2	02	CORE
3rd	UPSYTC301	PSYCHOLOGICAL DISORDERS	04	CORE
	UPSYPC302	PRACTICUM-3	02	CORE
	UPSYPS303	DEVELOPING EMOTIONAL COMPETENCE	04	SKILL
4th	UPSYTC401	STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH	04	CORE
	UPSYPC402	PRACTICUM-4	02	CORE
	UPSYPS403	MANAGING STRESS	04	SKILL
5th	UPSYTE501	HUMAN DEVELOPMENT	04	DSE
	UPSYPE502	PRACTICUM-5	02	DSE
	UPSYTE503	INTRODUCTION TO SOCIAL PSYCHOLOGY	04	DSE
	UPSYPE504	PRACTICUM-6	02	DSE
	UPSYPS505	PSYCHOLOGY IN EDUCATION	04	SKILL
	UPSYTE506	PSYCHOLOGY FOR LIVING	06	GE
6th	UPSYTE601	COUNSELLING PSYCHOLOGY	04	DSE
	UPSYPE602	PRACTICUM-7	02	DSE
	UPSYTE603	HEALTH PSYCHOLOGY	04	DSE
	UPSYPE604	PRACTICUM-8	02	DSE

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	UPSYTS605	MANAGING HUMAN RESOURCES	04	SKILL
	UPSYTE606	COUNSUMER BEHAVIOUR	06	GE

Note: All 6 credits/4 credits on lecture basis (for theory) / 2 credits for practicum (Lab. Work)

One Credit in case of theory in one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

One Credit in case of Practical is two hour duration for fifteen working days or 45 periods of 40 minutes duration.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2019, DEC 2020, DEC 2021

SEMESTER-I

Course Title: FOUNDATIONS OF PSYCHOLOGY

Course code= UPSYTC101

Credits=04*

Duration of exam – 2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks-80

Objectives: To understand the basic psychological processes and their applications in everyday life.

UNIT I

Psychology: Nature and Scope, Psychology as a Science, Schools and Modern Perspectives of Psychology.

Methods: Experimental, Case Study, Observation and Interview.

UNIT II

Sensation and Perception: Concept and Nature, Laws of Perceptual Organization, Depth Perception.

Learning: Conditioning (Classical and Operant), Observational Learning.

Memory: Processes, Information Processing Model, Techniques for Improving Memory.

UNIT III

Motivation: Concept, Motivation Cycle, Theories (Maslow's Need Hierarchy Theory & Trio of Needs).

Emotion: Elements of Emotion, Theories of Emotion (James's Lange Theory, Cannon's Bard Theory and Schachter-Singer Theory).

UNIT IV

Personality: Nature, Types, Theories (Freud, Allport and Cattell)

Intelligence: Nature, Theories (Spearman, Guilford and Thurstone)

Books Recommended

- Baron, R.A & Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K & White, J. N. (2017). Psychology (5th ed). Pearson Education.
- Feldman.S.R.(2009). Essentials of Understanding Psychology (7th Ed.) New Delhi : Tata McGraw Hill.
- Glassman,W.E.(2000). Approaches to Psychology (3rd Ed.). Buckingham: Open University Press

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EXAMINATION TO BE HELD IN DEC 2019, DEC 2020, DEC 2021

Course code= UPSYTC101

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test: Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2019, DEC 2020, DEC 2021

Course Title: PRACTICUM-1

Course code= UPSYPC102

Credits=02*

Duration of exam –3 HOURS

Total Marks=50

Internal Marks-25

External Marks-25

Objective: This paper is designed to provide practical knowledge about the application of concepts of Psychology and use of psychological experiments/tests to study learning, memory, motivation, emotions, personality and intelligence.

Students have to Perform four Practicals from the Syllabus. Practical examination will be of Three Hours Duration. External examiner will conduct the practical examination. The students will perform one practical in the exam (internal and external).

Internal (25 Marks)

(a) Attendance (5 marks)

(b) Viva Voce (5 marks)

(c) Practical File based on the Practical done as per time table (Day to day performance) (5 marks)

(d) Internal Test (to be conducted by the concerned subject teacher) (10 marks)

External (25 Marks)

(a) Practical paper (Participant required for conduction of practical) (15 marks)

(b) Viva Voce (10 marks)

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2020, MAY 2021, AND MAY 2022

SEMESTER-II Course Title: PHYSIOLOGY

Course code= UPSYTC201

Credits=04*

Duration of exam – 2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks-80

Objective: To understand the physiological basis of psychological processes.

UNIT I

Nature and Scope of Biopsychology.

Methods and Ethics of Biopsychology. Divisions of Biopsychology.

UNIT II

Neuron: Structure and Functions.

Neural Impulse: Neural Conduction, Synaptic Transmission; Neurotransmitters.

UNIT III

CNS and PNS: Structure and Functions

Brain and Behavior.

UNIT IV

Structure and Functions of Major Glands: Pituitary, Pineal, Thyroid, Pancreas, Adrenal and Gonads.

Books Recommended

- Baron, R.A and Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Carlson, N.R.(2005). Foundations of Physiological Psychology, 6th ed. Pearson Education: New Delhi
- Levinthal, C.R (1991). Physiological Psychology. California: Wadsworth
- Toates, F. (2011). Biological Psychology. 3/e. Harlow: Pearson Education Ltd.

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2020, MAY 2021, AND MAY 2022

Course code= UPSYTC201

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test: Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

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EXAMINATION TO BE HELD IN MAY 2020, MAY 2021, AND MAY 2022

Course Title: PRACTICUM-2

Course code= UPSYPC202

Credits=02*

Duration of exam – 3 hours

Total Marks=50

Internal Marks-25

External Marks-25

Objective: This paper is designed to provide practical knowledge about the application of concepts of Physiology and use of psychological experiments to study attention, perception etc.

Students are supposed to Perform Four Practicals from the Syllabus. Practical Examination will be of Three Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (internal and external).

Internal (25 Marks)

(a) Attendance (5 marks)

(b) Viva Voce (5 marks)

(c) Practical File based on the Practical done as per time table (Day to day performance) (5 marks)

(d) Internal Test (to be conducted by the concerned subject teacher) (10 marks)

External (25 Marks)

(a) Practical paper (Participant required for conduction of practical) (15 marks)

(b) Viva Voce (10 marks)

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, AND DEC 2022

SEMESTER-III

Course Title: PSYCHOLOGICAL DISORDERS

Course code= UPSYTC301

Credits=04*

Duration of exam – 2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks80

Objective: To develop understanding of various psychological disorders.

UNIT I

Concept and Characteristics of Abnormal Behavior. History of Diagnosis and Classification system: DSM-V& ICD. Theoretical Perspectives-Biological, Psychodynamic &Behavioral.

UNIT II

Criteria and Etiology of Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Phobias, Post-traumatic Stress Disorder.

UNIT III

Mood Disorders: Unipolar Disorder (Major Depression, Childhood Depression and Dysthymic Disorder. Bipolar Disorder (Manic-Depressive Episode and Cyclothymic Disorder)
Eating Disorders: Anorexia Nervosa & Bulimia Nervosa.

UNIT IV

Criteria of Paranoid, Histrionic, Narcissistic, Borderline and Antisocial Personality Disorder.

Criteria, types and Etiology of Schizophrenia

Books Recommended

- Barlow, H.D. & Durand, V.M. (2007). Abnormal Psychology; An Integrative Approaches. New Delhi: Wadsworth Thomson Learning.
- Carson,R.C., Butcher,J.N., Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Neale, J.M., Davison, G.C. &Haaga, D.A.F. (1996). Exploring Abnormal Psychology. New York: John Wiley & Sons, Inc.
- Raskin, D. J. (2019). Abnormal Psychology Contrasting Perspectives. New York: Springer.
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B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, AND DEC 2022

Course code= UPSYTC 301

- Sarason, I. G. & Sarason, B.R. (2007). *Abnormal Psychology: The Problem of Maladaptive Behavior*. (10th ed.). New Delhi: Pearson Education.

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b) External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

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EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course Title: PRACTICUM-3

Course code= UPSYPC302

Credits=02*

Duration of exam – 3 HOURS

Total Marks=50

Internal Marks-25

External Marks-25

Objective: This paper is designed to provide practical knowledge about the application of concepts of Psychology and use of psychological tests to study anxiety, depression, stress, personality etc.

Students are supposed to Perform Four Practicals from the Syllabus. Practical Examination will be of Three Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (internal and external).

Internal (25 Marks)

(a) Attendance (5 marks)

(b) Viva Voce (5 marks)

(c) Practical File based on the Practical done as per time table (Day to day performance) (5 marks)

(d) Internal Test (to be conducted by the concerned subject teacher) (10 marks)

External (25 Marks)

(a) Practical paper (Participant required for conduction of practical) (15 marks)

(b) Viva Voce (10 marks)

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

SKILL ENHANCEMENT COURSE

SEMESTER-III

Course Title: DEVELOPING EMOTIONAL COMPETENCE

Course code= UPSYPS303

Credits=04*

Duration of exam – 2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks-80

Objective: To help the students learn how to understand and manage their emotions and develop emotional competencies

UNIT I

Nature, Components and Theories of Emotions (James-Lange Theory, Cannon-Bard theory, Schachter-Singer Theory, Opponent-Process Theory).

UNIT II

Limbic System and Emotions, Role of Autonomic Nervous System, Patterns of Bodily Responses in Emotions.

UNIT III

Intelligence: Definition, Intelligence Quotient, Theories (Theory of Multiple Intelligences by Gardner, Triarchic Theory of Intelligence by Sternberg).

UNIT IV

Emotional Intelligence: Concept, Nature and Components: Self Awareness, Motivation, Empathy and Interpersonal Skills.

Emotional Quotient. Characteristics of Emotionally Intelligent Persons.

Books Recommended

- Baron, R.A. (2003). Psychology (5th ed.). Delhi: Pearson Education.
- Cicarelli, S.K., & Meyer, G.E. (2007). Psychology. New Delhi: Pearson Publishers.
- Coon, D. & Mitterer, J.O. (2007). Introduction to Psychology (11th ed.). New Delhi: Thomson Wadsworth Publishers.
- Goleman, D. (1995) Emotional intelligence. New York: Bantam Book.
- Morgan, C.T., King, R.A., Weisz, J.R. & Schopler, J. (1986). Introduction to psychology (7th ed.). New Delhi: McGraw-Hill book company.
- Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology*. (2nd ed.) New Delhi: Sage Publications.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN DEC 2020, DEC 2021, DEC 2022

Course code= UPSYPS303

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

SEMESTER-IV

Course Title: Statistical Methods and Psychological Research

Course code= UPSYTC401

Credits=04*

Duration of exam - 2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks-80

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

UNIT-I

Meaning and Types of Statistics (Descriptive & Inferential; Parametric & Non Parametric).
Measurement Scales and Graphical Representation of Data: Frequency Polygon, Histogram, Ogive and Pie Diagram

UNIT-II

Mean, Median, Mode-Concept, Merits, Demerits and its Computation. Standard Deviation, Quartile Deviation: Concept, Merits, Demerits and Computation.

UNIT-III

Meaning, Types, Assumptions and Computation of Correlation (Pearson & Spearman). Sampling (Types, Advantages and Disadvantages)

UNIT-IV

Psychological Testing: Introduction to Psychological Tests, Characteristics and Types of the Test (Personality Tests, Aptitude Tests, Intelligence Tests and Achievement Tests).
Meaning and Difference between Qualitative and Quantitative methods. Methods (Interview, Observation and Case Study).

Books Recommended

- Aron A., Coups, E.J., Aron, E.N. (2018). Statistics for the Behavioral and Social Sciences: A Brief Course. (6th ed). USA: Pearson Education.
- Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New Delhi.
- Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
- Kothari, C.R. (2004). Research Methodology: Methods and Techniques. New Delhi: New Age International (P) Ltd., Publishers.
- Verma, L.K. and Sharma, N.K. (2000). Advanced Statistics in Education and Psychology. Jalandhar: Narendra Publishing Hours.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2021, MAY 2022, MAY 2023

Course code= UPSYTC401

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2021 MAY 2022 MAY 2023

Course Title: PRACTICUM-4

Course code= UPSYPC402

Credits=02*

Duration of exam –3 HOURS

Total Marks=50

Internal Marks-25

External Marks-25

Objective: This paper is designed to orient students to apply statistical techniques in practical settings i.e. application of mean, standard deviation, correlation (Pearson/Spearman) on group data on any psychological test.

Students are supposed to Perform Four Practicals from the Syllabus. Practical Examination will be of Three Hours Duration. External Examiner will conduct the Practical Examination. The Students will perform one Practical in the Exam (internal and external).

Internal (25 Marks)

(a) Attendance (5 marks)

(b) Viva Voce (5 marks)

(c) Practical File based on the Practical done as per time table (Day to day performance) (5 marks)

(d) Internal test (to be conducted by the concerned subject teacher) (10 marks)

External (25 Marks)

(a) Practical paper (Participant required for conduction of practical) (15 marks)

(b) Viva Voce (10 marks)

***One Credit is two hour duration for fifteen working days or 45 periods of 40 minutes duration**

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2021 MAY 2022 MAY 2023 SEMESTER-IV SKILL ENHANCEMENT COURSE

Course Title: MANAGING STRESS

Course code= UPSYPS403

Credits=04*

Duration of exam –2 hours 30 minutes

Total Marks=100

Internal Marks-20

External Marks-80

Objective: To understand the symptoms and sources of stress and learn ways of coping with stress.

UNIT I

Nature, Sources and Types of Stress (Physical, Environmental, Psychological and Social)

UNIT II

Selye's General Adaptation System, Lazarus's Appraisal Theory of Stress, Stress-Diathesis model

UNIT III

Type A, Type B, Type C, Type D, Stress Resistant Personality-Hardiness, Characteristics of Hardy Personality (Type H), Explanatory styles-Optimists and Pessimists

UNIT IV

Types of Coping (Problem Focused and Emotion Focused). Stress Reduction Techniques (Relaxation Techniques, Meditation, Biofeedback, Exercise, Rational Thinking and Diet)

Books Recommended

- Baron, R.A. (2003). Psychology (5th ed). Delhi: Pearson Education.
- Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
- Cicarelli, S.K., & Meyer, G.E. (2007). Psychology. New Delhi: Pearson Publishers.
- Coon, D. & Mitterer, J.O. (2007). Introduction to Psychology (11th ed). New Delhi: Thomson Wadsworth Publishers.
- Morgan, C.T., King, R.A., Weisz, J.R. & Schopler, J. (1986). Introduction to psychology (7th ed). New Delhi: McGraw-Hill book company.
- Sanderson, C.A. (2018). Health Psychology: Understanding the Mind-Body Connection. SAGE Publications, Inc;
- Taylor, S.E. (2006). Health Psychology (6th ed). New Delhi: Tata McGraw Hill.

B.A. Psychology under CBCS

EXAMINATION TO BE HELD IN MAY 2021 MAY 2022 MAY 2023

Course code= UPSYPS403

***One Credit is one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration**

SCHEME OF EXAMINATION/ASSESSMENT:

(a)Internal Assessment Test:

Time Duration-1 Hour (20 Marks)

Section A (10 marks) - 5 Very Short Answer questions of 2 marks each to be attempted from 8 given questions covering 50% of the syllabus, set across all Units (at least 2) covered.

Section B (10 marks) - 1 Long Answer question of 10 marks to be attempted out of 2 given questions set from at least two different units of the 50 % syllabus covered.

(b)External End Semester University Examination (80 Marks)

Examination: Time Duration— 2:30 Hours

Section A- (15 marks): 5 short Answer compulsory questions representing all units/syllabi i.e., at least one from each unit having 70-80 words answer of 3 marks each.

Section B- (35 Marks): 5 Medium Answers compulsory questions representing all units/syllabi i.e., at least one from each unit having 250-300 words answer of 7 marks each.

Section C-(30 marks): 2 Long Answer Questions to be attempted from 4 given questions set from/across (covering) all units of the syllabus having 500-600 words of 15 marks each.

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