

RANI CHANNAMMA  **UNIVERSITY, BELAGAVI**

Vidyasangama, N.H. 04, Belagavi- 591156. Karnataka State

NAAC Accredited with B+ Grade - 2021

**THE COURSE STRUCTURE & SYLLABUS (SEP) OF
UNDER GRADUATE B.A. / B.Sc. IN PSYCHOLOGY
V and VI SEMESTERS**



PSYCHOLOGY

Under

STATE EDUCATION POLICY (SEP)

ACADEMIC YEAR 2024-25 AND ON WARDS

B.A. / B.Sc. Program with Psychology Optional Subject
SEP Structure (3 Major subjects)

B.A/ B Sc in Psychology as one of the optional subjects syllabus under SEP (w.e.f.2024-25and on wards)								
Sem	Course Code	Course Type	Title of the Paper	Hours Per Week	Marks			Subject Credits
					IA	Exam	Total	
I	Psy 1T	Major	Introduction to Psychology	4	20	80	100	4
	Psy 1P	Major	Practical -1	4	10	40	50	2
II	Psy 2T	Major	Fundamentals of Psychology	4	20	80	100	4
	Psy 2P	Major	Practical – 2	4	10	40	50	2
III	Pst 3T	Major	Child Psychology	4	20	80	100	4
	Psy 3P	Major	Practical – 3	4	10	40	50	2
	Psy3	OEC	Personality Development and Career Planning	2	10	40	50	2
IV	Pst 4T	Major	Human Developmental Psychology	4	20	80	100	4
	Psy 4P	Major	Practical – 4	4	10	40	50	2
	Psy 4T	OEC	Stress Management	2	10	40	50	2
V	Pst 5T	Major Paper I	Abnormal Psychology	4	20	80	100	4
	Pst 5T	Major Paper II	Social Psychology	4	20	80	100	4
	Psy 5P	Major	Practical – 5	4	10	40	50	2
	Psy 5P	SEC	Measurement of Human Abilities	4	10	40	50	2
VI	Pst 6T	Major Paper I	Counseling Psychology	4	20	80	100	4
	Pst 6T	Major Paper II	Health Psychology	4	20	80	100	4
	Psy 6P	Major	Practical – 6	4	10	40	50	2
	Psy 6P	SEC	Project Work	4	10	40	50	2



RANI CHANNAMMA UNIVERSITY, BELAGAVI

THE COURSE STRUCTURE & SYLLABUS OF UNDER GRADUATE

B.A. / B.Sc. IN PSYCHOLOGY

V AND VI SEMESTERS

BOS Committee

Chairperson

Dr. Chandrika K.B.

Senior Professor
Dept. of P G Studies and Research in
Sociology
Rani Channamma University, Belagavi

Members

Dr. Vishalakshi Honnakatti

Associate Professor of Psychology
Government First Grade College, Vijayapura

Dr. Chandrakant Bandappa

Associate Professor of Psychology
Government First Grade College, Vijayapura



Rani Channamma University, Belagavi
Department of Psychology

COURSE CODE: MAJOR - I: INTRODUCTION TO PSYCHOLOGY (THEORY)

Programme Name	B.A / B.Sc. in Psychology	Semester	FIRST Sem. (I Semester)
Course Code:	PSY1T	No. of Credits	04
Subject Code		Q.P. Code	
Teaching Hours	Per week 4Hrs Total Teaching Hrs:60	Duration of Exam	3 Hours
Summative Assessment Marks (Main Exam)	80Marks	Formative Assessment Marks(I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Understand the field and methods of Psychology.
2. Effectively use techniques in learning.
3. Assess various psychological phenomena.

Unit–I: Introduction

(12Hrs)

Definitions and Meaning of Psychology–Scope (Branches): Pure and Applied
Methods: Introspection, Observation, Experimental, Survey, and Interview

Unit–II: Schools of Psychology

(10Hrs)

Structuralism, Functionalism, Behaviorism, Gestalt, Psycho – analysis and Humanistic Schools

Unit – III: Biological Determinants of Behavior

(12Hrs)

Human Nervous System : Neuron, Spinal Cord, and Brain,
Central Nervous System: Peripheral Nervous System, Autonomous Nervous System. Endocrine glands Hormones and their effects on behavior

Unit– IV: Sensory and Perceptual Processes

(14Hrs)

Sensation: Meaning and Types of Sensations
Attention: Meaning, Types, Determinants and Phenomenon’s of Attention
Perception: Principles of Organization and Grouping,
Perceptual errors: Illusions and Hallucinations.

Unit–V: Learning

(12Hrs)

Meaning and Definitions, Theories of Learning : Trial and error, Learning by Insight and Learning by conditioning, Classical and Operant Conditioning
Transfer of Training (Learning) Motivation and learning

Reference Books:

1. "About APA". www.apa.org. Retrieved 11 April 2025.
2. "Etymology of "psychology" by etymonline". etymonline. Retrieved 11 April 2025.
3. "Psychologists". www.bls.gov. Archived from the original on 4 January 2012. Retrieved 11 April 2025.
4. Colman, Andrew M. (1 January 2009). *A Dictionary of Psychology*. Oxford University Press. ISBN 978-0-19-953406-7. Retrieved 11 April 2025.
5. Coon, Dennis; Mitterer, John O. (29 December 2008). *Introduction to Psychology: Gateways to Mind and Behavior*. Cengage Learning. ISBN 978-0-495-59911-1.
6. Derek Russell Davis (DRD), "psychology", in Richard L. Gregory (ed.), *The Oxford Companion to the Mind*, second edition; Oxford University Press, 1987/2004; ISBN 978-0-19-866224-2 (pp. 763–764).
7. Farberow NL, Eiduson B (1971). "To petition to join APA as a section of Division 12, the Division of Clinical Psychology". *Journal of Personality Assessment*. **35** (3). Taylor & Francis Online: 205–206. doi:10.1080/00223891.1971.10119654. ISSN 0022-3891. Archived from the original on 3 March 2022. Retrieved 2 March 2022. Clinical psychology is the practice of psychology, especially as a means of furthering human welfare and knowledge.
8. Fernald, Dodge (2008). *Psychology: Six Perspectives*. SAGE Publications. ISBN 978-1-4129-3867-9.
9. Hilgard E.I. Atkinson R.C., Atkinson R.L., Smith, (Latest Edition)-*Introduction to psychology*. 10th Edition IBH Publishing Co.
10. Hockenbury & Hockenbury. *Psychology*. Worth Publishers, 2010.
11. James, William (1983) [1890]. *The principles of psychology*. Cambridge, Mass: Harvard University Press. ISBN 0-674-70625-0. OCLC 9557883.
12. Madhu chandra . M. – Samanniya Manovigniya-Sapna Book House Publications
13. Marko Marulic – The Author of the Term on 20 January 2017. Retrieved 10 December 2011 "Psychology "Classics in the History of Psychology –Psychclassics.yorku.ca. Archived from the original.
14. Morgan C.T. King R.A. & Robinson (Latest Edition)- *Introduction to psychology*. New Delhi, oxford and IBH Publishing Co.
15. Natraj P-*Psychology For Beginners Mysore Srinivas Publications (LatestEdn*
16. Natraj P–*Samanniya Manovigniya,(Kannada)Mysore Srinivas Publications*.
17. Raffaele d'Isa; Charles I. Abramson (2023). "The origin of the phrase comparative psychology: an historical overview". *Frontiers Psychology*. **14** 1174115. doi:10.3389/fpsyg.2023.1174115. PMC 10225565. PMID 37255515.
18. Robert A. Baron (2005) *Psychology*, Pearson Education
19. Watson, John B. (1913). "Psychology as the Behaviorist Views It" (PDF). *Psychological Review*. **20** (2): 158–177. doi:10.1037/h0074428. hdl:21.11116/0000-0001-9182-7. Archived (PDF) from the original on 8 January 2016. Retrieved 24 April 2015.

BA I Semester Psychology Practical
(Major-I: Introduction to Psychology)

COURSE CODE : MAJOR-I: PRACTICAL (INTRODUCTION TO PSYCHOLOGY)

Programme Name	B.A. /B Sc in Psychology	Semester	FIRST Sem. (I Semester)
Course Code:	PSY1P	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours/Per Week	Per week 4 Hrs Total Teaching Hrs: 56	Duration of Exam	3 Hours
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks(I.A)Mark Records/Journal	10 Marks

For Classes: 10 Students per Batch

For Examinations: 10 Students per Batch

Students are supposed to conduct minimum Five Practical's during each Semester

1. Directed Observation
2. Span of Attention
3. Mullar Lyer Illusion
4. Colour Blindness
5. Mapping the colour zones of retina
6. Bilateral Transfer of Training
7. Insight on Motor learning (Mails Step Maz)
8. Size and Weight Illusion.

Statistics: Frequency Distribution



Rani Chennamma University, Belagavi
Department of UG Psychology

COURSE TITLE Major-II: FUNDAMENTALS OF PSYCHOLOGY (THEORY)

Programme Name	B.A/ B Sc in Psychology	Semester	SECOND Sem. (II Semester)
Course Code:	PSY 2T	No. of Credits	04
Subject Code	PSY	Q.P. Code	
Teaching Hours	Per week – 04 Hrs. Total Teaching Hrs: 60	Duration of Exam	3 Hours
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks(I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Apply the knowledge of Psychology in everyday life.
2. Assess various psychological process emotion, motivation, intelligence and personality.
3. Understand the Cognitive Processes.

Unit–I: Personality:

(12Hrs)

Meaning and Definition, Determinants of Personality,
Classifications of Personality: Sheldon's, Theories of Personality.
Assessment of Personality: Questionnaires, Rating Scales, Interviews and
Projective Tests

Unit–II: Intelligence

(12Hrs)

Meaning and Definitions. Determining factors of intelligence. Calculation of
I.Q., Distribution , Measurement of Intelligence, Uses of Intelligence tests.
Artificial Intelligence: Merits and demerits.

Unit–III: Memory and Forgetting

(12Hrs)

Memory: Meaning and Nature of memory, Stages and Types: STM, LTM, Sensory
Memory. Improvement of Memory
Forgetting: Meaning and Definition, Types of Forgetting: Normal and Abnormal.
Causes of Forgetting,

Unit-IV: Cognitive Processes

(12Hrs)

Thinking : Meaning of thinking and reasoning. Processes of Thinking, Stages of problem
solving, Influencing factors of Problem Solving.

Reasoning: Types of Reasoning: Inductive and Deductive. Creativity and
Decision Making.

Unit–V: Emotion and Motivation

(12Hrs)

Emotion: Meaning and Definitions, Nature and Types. Physiological and Psychological
Changes during the emotions. Expression of emotions. E.Q.

Motivation: Meaning, Nature and Types of Motivation. Maslow's Need hierarchy theory of
motivation

Reference Books:

1. Atkinson, Rita L., & Hilgard, Ernest R. (2009). *Atkinson and Hilgard's Introduction to Psychology* (15th ed.). Cengage Learning.
2. Cervone, Daniel, & Pervin, Lawrence A. (2013). *Personality: Theory and Research* (12th ed.). Wiley.
3. Darwin, Charles (1872). *The Expression of the Emotions in Man and Animals*. John Murray.
4. Deci, Edward L., & Ryan, Richard M. (1985). *Intrinsic Motivation and Self-Determination in Human Behavior*. Plenum.
5. Freud, Sigmund (1923). *The Ego and the Id*. Hogarth Press.
6. Gardner, Howard (1983). *Frames of Mind: The Theory of Multiple Intelligences*. Basic Books.
7. Hilgard EI Atkinson R.C., Atkinson R.L., Smith,(Latest Edition)- Introduction to psychology. 10th Edition IBH Publishing Co.
8. Lazarus, Richard S. (1991). *Emotion and Adaptation*. Oxford University Press.
9. LefttonL .A. (latestedition) Psychology Boston:Allyn&Baron.
10. Lewis, M., Haviland-Jones, J. M., & Barrett, L. F. (Eds.). (2010). *Handbook of Emotions* (3rd ed.). Guilford Press.
11. M Madhuchandra –Samanniya Manovigniya-Sapna Book HousePublications
12. Maslow, Abraham H. (1954). *Motivation and Personality*. Harper & Row.
13. Morgan, Clifford T., King, R. A., Weisz, J. R., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). McGraw-Hill.
14. Morgan C.T. KingR.A. &Robinson(Latest Edition)-Introduction to psychology. New Delhi, oxford and IBH Publishing Co.
15. Myers, David G. (2014). *Psychology* (10th ed.). Worth Publishers.
16. Natraj P -Samanniya Manovigniya, (Kannada) Mysore Srinivas Publications.
17. Natraj P-Psychology.for Beginners, Mysore srinivas publications.(latest Edn
18. Robert A. Baron (2005) psychology, pearson education
19. Sternberg, Robert J. (1985). *Beyond IQ: A Triarchic Theory of Human Intelligence*. Cambridge University Press.

B.A./B.Sc PSYCHOLOGY
II Semester: Psychology Practical–2
(Major-II: Fundamentals of Psychology)

COURSE TITLE- Major-2: PRACTICAL (FUNDAMENTALS OF PSYCHOLOGY-II)

Programme Name	B.A/ B.Sc. in Psychology	Semester	SECOND Sem. (II Semester)
Course Code:	PSY 2P	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours	Per Week 04 Hrs. Total Teaching Hrs: 56	Duration of Exam	3 Hours
Summative Assessment Marks (Main Exam)	40Marks	Formative Assessment Marks(I.A) Records/Journals	10 Marks

Classes: **10 Students per Batch**
For Examinations: **10 Students per Batch**

Students are supposed to conduct minimum Five Practical's during each Semester For

1. Ravan's Progressive Matrices
2. Otis Mental ability Test
3. Eysenck's Personality Inventory
4. Concept Formation
5. Judging Emotions on Facial Expressions
7. Meaning on Retention
8. Retroactive Inhabitation

Statistics: Central Tendencies : Mean, median and Mode.



Rani Chennamma University, Belagavi
Department of U G Psychology

COURSE TITLE: MAJOR -III: CHILD PSYCHOLOGY (THEORY)

Programme Name	BA/ B.Sc in Psychology	Semester	Third Semester (III Semester)
Course Code:	PSY 3T	No. of Credits	03
Subject Code		Q.P.Code	
Teaching Hours/Week	04	Total Teaching Hrs: 60	Duration of Exam . 03 Hrs
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Understand the development and hazards in prenatal stages.
2. Understand Infancy, Childhood adjustments Developments ,
3. Assess various psychological impacts from conception to childhood

Unit –I : Introduction

12Hrs

Meaning of Development, Stages of Development, Significant facts of development, Principles of development, Methods of studying Development.

Unit –II : Pre-natal Development:

12Hrs

Importance of Conception. Pre-natal developmental Stages period of Zygote, Embryo and Fetus , developments and it's Hazards: Chromosomal abnormalities.

Unit –III : Infancy and Babyhood

12Hrs

Infancy : Characteristics , Adjustment during Infancy

Babyhood: Characteristics Physical & Motor development, Cognitive and Language Development, Psycho-Social Development

Unit–IV: Childhood (Early and Late Stages of Childhood):

12Hrs

Characteristics of Childhood, Physical & Motor development, Cognitive development, Language Development, Psycho-Social development, Theories of Child Development : Freud, Erickson & Piaget's

Unit –V : Psychological Problems of Children

12Hrs

Thumb Sucking, Bed wetting (Enuresis), Nail biting. A.D.D/A.D.H. Down syndrome, Autism.

Reference Books

1. Armor, D. J. (2015). Head start or false start. *USA Today Magazine*. Retrieved from <https://www.questia.com/magazine/1G1...or-false-start>
2. Autism Genome Project Consortium. (2007). Mapping autism risk loci using genetic linkage and chromosomal rearrangements. *Nature Genetics*, 39, 319–328.
3. Baumrind, D. (1971). Current patterns of parental authority. *Developmental Psychology Monograph*, 4(1), part 2.
4. Berk, L. E. (2007). *Development through the life span* (4th ed.). Boston: Allyn and Bacon.
5. Bibok, M.B., Carpendale, J.I.M., & Muller, U. (2009). Parental scaffolding and the development of executive function. *New Directions for Child and Adolescent Development*, 123, 17-34.
6. Colwell, M.J., & Lindsey, E.W. (2003). Teacher-child interactions and preschool children's perceptions of self and peers. *Early Childhood Development & Care*, 173, 249-258.
7. Crain, W. (2005). *Theories of development concepts and applications* (5th ed.). New Jersey: Pearson.
8. Dunn, J., & Munn, P. (1987). Development of justification in disputes with mother and sibling. *Developmental Psychology*, 23, 791-798.
9. Evans, D. W., Gray, F. L., & Leckman, J. F. (1999). The rituals, fears and phobias of young children: Insights from development, psychopathology and neurobiology. *Child Psychiatry and Human Development*, 29(4), 261-276. doi:10.1023/A:1021392931450
10. Gentile, D.A., & Walsh, D.A. (2002). A normative study of family media habits. *Applied Developmental Psychology*, 23, 157-178.
11. Gleason, T. R. (2002). Social provisions of real and imaginary relationships in early childhood. *Developmental Psychology*, 38, 979-992.
12. Goodvin, R., Meyer, S. Thompson, R.A., & Hayes, R. (2008). Self-understanding in early childhood: associations with child attachment security and maternal negative affect. *Attachment & Human Development*, 10(4), 433-450.
13. Hurlock E.B- *Developmental psychology-A Life span approach* McGraw-Hill (latest edn).
14. Maccoby, E., & Jacklin, C. (1987). Gender segregation in childhood. *Advances in Child Development and Behavior*, 20, 239-287.
15. Manosevitz, M., Prentice, N. M., & Wilson, F. (1973). Individual and family correlates of imaginary companions in preschool children. *Developmental Psychology*, 8, 72-79.
16. Perner, J., Papalia D.E. Sally Wendkos olds-*Human development : McGraw Hill*(Latest edition)
17. Psychology Today, McGraw ; Hill Inc.
18. Ruffman, T., & Leekam, S. R. (1994). Theory of mind is contagious: You catch from your sibs. *Child Development*, 65, 1228-1238
19. Santrock J.W-*Life-Span development : New York, McGraw Hill*.
20. Wellman, H. M., Fang, F., Liu, D., Zhu, L., & Liu, L. (2006). Scaling theory of mind understandings in Chinese children. *Psychological Science*, 17, 1075-1081
21. ಪ್ರೊ. ಪಿ. ನಟರಾಜ್ - ವಿಕಾಸ ಮನೋವಿಜ್ಞಾನ ಶ್ರೀನಿವಾಸ್ ಪ್ರಕಾಶನ, ಮೈಸೂರು

BA/B.Sc III Semester Psychology Practical
(Major–III :Child to Psychology)

COURSE CODE : MAJOR–III :PRACTICAL (CHILD PSYCHOLOGY)

Programme Name	B.A/ B.Sc. in Psychology	Semester	THIRD Sem. (III Semester)
Course Code:	PSY 3P	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours/Week	Per Week 4 Hrs Total Teaching Hrs: 56	Duration of Exam	3Hours
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks(I.A)Mark Records/Journal	10 Marks

For Classes: 10 Students per Batch

For Examinations: 10 Students per Batch

Students are supposed to conduct minimum Five Practical's during each Semester

1. Word Building Test
2. Emotional Maturity Scale
3. Self Concept Scale
4. Concept Formation test.
5. Adjustment Inventory for School Children
6. Study Habit Inventory
7. Social Maturity Scale
8. Personality Maturity Scale

Statistics : Standard Deviation and Mean Deviation



Rani Chennamma University, Belagavi
Department of UG Psychology
B.A./B.Sc PSYCHOLOGY
III Semester: Psychology OEC - 1

COURS TITLE : OEC- 1: PERSONALITY DEVELOPMENT AND CAREER PLANNING (THEORY)

Programme Name	B.A/ B.Sc. in Psychology	Semester	THIRD Semester (III Semester)
Course Code:	PSY 4T OEC	No. of Credits	02
Subject Code		Q.P. Code	
Teaching Hours/Week	03	Total Teaching Hrs: 36	Duration of Exam 02 Hrs
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks (I.A)	10 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Understand the development of Personality.
2. Understand Carrier Planning
3. Assess various Psychological Principles to Develop Job Skills

Unit -I Introduction :

Personality Development : Meaning and components of Personality. Factors influencing on Personality: Biological, Social (Heredity and environment.). Stages of Development. Development of Self Concept.

12Hrs

Unit-2 Development of Personality:

Tips to improve Personality: Personal appearance and Grooming, Dress up

well, Etiquettes, Body Language, Social Skills, Leadership, Communication and using skills, Ever Learning, Listening, Optimistic, Positive attitude. Leadership, Social Skills,

12Hrs

Unit-2 Career Planning :

Definition, Features, Objectives, and Benefits. Stages of Career planning, Assessing yourself, Johari Window, SWOC Analysis, Steps in career planning (Tips for Career Planning).

12Hrs

Reference Books:

1. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
2. Stephen P.Robbins and Timothy A. Judge (2014), Organizational Behavior 16th Edition: Prentice Hall.
3. Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw Hill 1988.
4. Heller, Robert. , 2002 Effective leadership. Essential Manager series. Dk Publishing
5. Hindle, Tim. 2003Reducing Stress. Essential Manager series. Dk Publishing,
6. Lucas, Stephen. 2001 Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill.
7. Mile, D.J (2004). Power of positive thinking. Delhi. Rohan Book Company,
8. Pravesh Kumar. 2005. All about Self- Motivation. New Delhi. Goodwill Publishing House.
9. Smith, B . 2004 Body Language. Delhi: Rohan Book Company.
10. ಮುಳಗುಂದ & ಕೆಂಚಪ್ಪನವರ 2023 ವ್ಯಕ್ತಿತ್ವ ಬೆಳವಣಿಗೆ ಮತ್ತು ಸಂವಹನ ಕೌಶಲ್ಯಗಳು ಶೃಷ್ಠಿ ಪ್ರಕಾಶನ ಧಾರವಾಡ ಭಂಡಾರಿ ನಾಯ್ಕ & ವಸಂತಮೂರ ವ್ಯಕ್ತಿತ್ವ ವಿಕಾಸನ ಮತ್ತು ಸಂವಹನ ಕೌಶಲ್ಯಗಳು ನಯನ ಪ್ರಕಾಶನ ಕಾರವಾರ 2006
11. ಮುಳಗುಂದ & ಕೆಂಚಪ್ಪನವರ 2008 ವ್ಯಕ್ತಿತ್ವ ಬೆಳವಣಿಗೆ ಮತ್ತು ಸಂವಹನ ಕೌಶಲ್ಯಗಳು ಶೃಷ್ಠಿ ಪ್ರಕಾಶನ ಧಾರವಾಡ
13. ಏನ್. ಬಿ. ಪಾಟೀಲ & ಬಿ.ಎಂ. ಭಾರತಿ 2008 ವ್ಯಕ್ತಿತ್ವ ವಿಕಾಸನ ಮತ್ತು ಸಂವಹನ ಕೌಶಲ್ಯಗಳು ಅರುಣ ಪ್ರಕಾಶನ ವಿಜಯಪುರ
14. ಎಸ್. ಜಿ. ಹಿರೇಮಠ ವ್ಯಕ್ತಿತ್ವ ಬೆಳವಣಿಗೆ ಮತ್ತು ಸಂವಹನ ಕೌಶಲ್ಯಗಳು ವಿದ್ಯಾನಿಧಿ ಪ್ರಕಾಶನ ಗದಗ.



Rani Chennamma University, Belagavi
Department of UG Psychology
B.A./B.Sc PSYCHOLOGY
IV Semester: Psychology

COURSE TITLE MAJOR -IV: HUMAN DEVELOPMENTAL PSYCHOLOGY (THEORY)

Programme Name	B.A/B Sc in Psychology	Semester	FOURTH Semester (IV Semester)
Course Code:	PSY	No. of Credits	03
Subject Code		Q.P. Code	
Teaching Hours/Week	4	Total Teaching Hrs: 60	Duration of Exam 03 Hrs
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Understand the development of Biological and Psychological changes .
2. Understand puberty, adolescence, middle age, & old age adjustment
3. Assess and adjust to the various psychological phenomena and Vocational, Marital, parenthood , Family, Peer group, and relationship.

Unit -I : Puberty and Adolescence : (11/12 Year to 21 Years): 12Hrs

Puberty : Meaning, Characteristics, Biological Changes, Primary

& Secondary Sex Characteristics, Reaction to Changes, puberty Hazards.

Adolescence: Characteristics, Moral and career development,
Relationship with Family, Peer Group, and Adult Society.

Unit –II : Adulthood (21Years to 40 Years): 12Hrs

Characteristics, Vocational Adjustment, Foundations of Intimate Relationships,
Marital Adjustment, Conditions influencing on Marital Adjustment.
Parenthood: Adjustment to Parenthood.

Unit –III: Middle Age (41years to 60 years): 12Hrs

Characteristics, Adjustments : Physical, Psychological and Vocational
Adjustments. Coping with Midlife Crisis. Preparing for Retirement .

Unit –IV: Old Age (60 years and Above): 12Hrs

Characteristics, Adjustment to Physical and Mental Changes, Old
Age Problems, Coping with Retired life and Changed roles,
Interests. Adjustment to being single.

Unit –V: End of Life: 10Hrs

Death and Dying : Stages of Dying, Support Agencies. At the end of
life Old Age Homes, Insurance Companies, Care Centers, Death Rituals in
different Religions.

Reference Books :

1. Armor, D. J. (2015). Head start or false start. *USA Today Magazine*. Retrieved from <https://www.questia.com/magazine/1G1...or-false-start>
2. Autism Genome Project Consortium. (2007). Mapping autism risk loci using genetic linkage and chromosomal rearrangements. *Nature Genetics*, 39, 319–328.
3. Baumrind, D. (1971). Current patterns of parental authority. *Developmental Psychology Monograph*, 4(1), part 2.
4. Berk, L. E. (2007). *Development through the life span* (4th ed.). Boston: Allyn and Bacon.
5. Bibok, M.B., Carpendale, J.I.M., & Muller, U. (2009). Parental scaffolding and the development of executive function. *New Directions for Child and Adolescent Development*, 123, 17-34.
6. Colwell, M.J., & Lindsey, E.W. (2003). Teacher-child interactions and preschool children's perceptions of self and peers. *Early Childhood Development & Care*, 173, 249-258.
7. Crain, W. (2005). *Theories of development concepts and applications* (5th ed.). New Jersey: Pearson.
8. Evans, D. W., Gray, F. L., & Leckman, J. F. (1999). The rituals, fears and phobias of young children: Insights from development, psychopathology and neurobiology. *Child Psychiatry and Human Development*, 29(4), 261-276. doi:10.1023/A:1021392931450
9. Gentile, D.A., & Walsh, D.A. (2002). A normative study of family media habits. *Applied Developmental Psychology*, 23, 157-178.
10. Gleason, T. R. (2002). Social provisions of real and imaginary relationships in early childhood. *Developmental Psychology*, 38, 979-992.
11. Goodvin, R., Meyer, S. Thompson, R.A., & Hayes, R. (2008). Self-understanding in early childhood: associations with child attachment security and maternal negative affect. *Attachment & Human Development*, 10(4), 433-450.
12. Hurlock E.B- *Developmental psychology-A Life span approach* McGraw-Hill (latest edn).
13. Maccoby, E., & Jacklin, C. (1987). Gender segregation in childhood. *Advances in Child Development and Behavior*, 20, 239-287.
14. Papalia D.E.Sally Wendkos olds-*Human development : McGraw Hill*(Latest edition)
15. *Psychology Today*ll, McGraw ; Hill Inc.
16. *Psychology Today*ll, McGraw ; Hill Inc.
17. Santrock J.W-*Life-Span development : New York, McGraw Hill*.
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BA IV Semester Psychology Practical

(Major–IV: Human Developmental Psychology)

COURSE TITLE : MAJOR– 4: PRACTICAL (HUMAN DEVELOPMENTAL PSYCHOLOGY)

Programme Name	B.A/ B.Sc. in Psychology	Semester	FOURTH Sem. (IV Semester)
Course Code:	PSY 4P	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours/Week	Per week 04 Hrs Total Teaching Hrs: 56	Duration of Exam	3Hours
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks(I.A)Mark Records/Journal	10 Marks

For Classes: 10 Students per Batch

For Examinations: 10 Students per Batch

Students are supposed to conduct minimum Five Practical's during each Semester

1. Marital Adjustment Scale
2. Vocational Interest Inventory
3. Subjective Wellbeing Test
4. Vocational Adjustment Inventory
5. Job Satisfaction test.
6. Security and Insecurity Inventory
7. Old Age Adjustment Inventory
8. Personal Value Scale

Statistics : Quartile Deviation



Rani Chennamma University, Belagavi
Department of UG Psychology

COURSE TITLE OEC- 2 : STRESS MANAGEMENT (THEORY)

Programme Name	B.A/ B.Sc. in Psychology	Semester	FOURTH Semester (IV Semester)
Course Code:	PSY	No. of Credits	02
Subject Code		Q.P. Code	
Teaching Hours/Week	3	Total Teaching Hrs:36	Duration of Exam 02 Hrs
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks (I.A)	10 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. To understand the Stress Management.
2. They will be able to analyses its impact on Health.
3. They will be able to assess various Management Strategies.

Unit –I Introduction :

Stress: Meaning And Definitions, Causes Of Stress, Types Of Stress : Eustress Distress, Episodic Stress, Chronic Stress, Sources Of Stress, Reactions To Stress. Symptoms of Stress,

Unit-2 Impact of Stress.

Impact Of Stress On Physical Health , Psychological Health And Social Health.
Diseases Caused By Stress.

Unit-3 Strategies of Stress Management:

12 Hrs

Four A S Of Stress Management : Avoid, Alter, Adopt, Accept. Prevention
Of Stress. Challenging Stressful Thinking; Small Changes And Large Rewards.
Stress Reduction . Practices: Happiness And Time Management.

Reference Books :

1. Baron,R.A. (2003) : Psychology (5th ed.) Delhi : Pearson Education.
2. Carson,R.C., Butcher,J.N., Mineka,S. & Hooley, J.M. (2008). Abnormal Psychology.
New Delhi: Pearson publishers.
3. Cicarelli,S.K. & Meyer, G.E.(2007) Psychology New Delhi : Pearson Publishers Coon, D.
& Mitterer, J.O.(2007), Introduction to Psychology (11 ed.) New Delhi : Thomson
Wadsworth Publishers.
4. Morgan, C.T., King, R. A., Weisz,J.R. & Schopler, J.(1986) Introduction to Psychology (7th ed.)
New Delhi : Mc Fraw-Hill Book Company.
5. Taylor,S.E. (2006) Health Psychology (6th ed) New Delhi: Tata McGraw. 6. Internet Surfing
6. Madhuchandra K.Samanya Manovijnana



Rani Chennamma University, Belagavi
Department of UG Psychology
SEC- UG PSYCHOLOGY IV SEMESTER

COURSE TITLE SEC- 1: UNDERSTANDING HUMAN EMOTIONS. (THEORY)

Programme Name	B.A/ B.Sc. in Psychology	Semester	FOURTH Semester (IV Semester)
Course Code:	PSY	No. of Credits	02
Subject Code		Q.P. Code	
Teaching Hours/Week	04	Total Teaching Hrs: 56	Duration of Exam 02 Hrs
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks (I.A)	10 Marks

Course Outcomes:

At the end of the course the student should be able to:

1. To understand the concept of emotional intelligence and learn ways of developing it.
2. Students will be able to understand ones own emotions and others.

Unit 1: Introduction:

16 Hrs

Emotional Intelligence; Managing Emotions: self-awareness, self-regulation, motivation, empathy, and interpersonal skills; Importance of Emotional Intelligence.

Unit 2: Knowing One's And Others

14 Hrs

Emotions: Levels of emotional awareness; Recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions in others.

Unit 3: Relationship between emotions,

12 Hrs

Thought and behavior, Techniques to manage emotions

Unit 4: Positive Emotional States and Processes:

16 Hrs

Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence.

References:

1. Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco, California:
2. Cavazotte F, Moreno V, Hickmann M (2012). "Effects of leader intelligence, personality and emotional intelligence on transformational leadership and managerial performance". *The Leadership Quarterly*. **23** (3): 443–455. doi:10.1016/j.leaqua.2011.10.003.
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4. Jossey Bros. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
5. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
6. Singh, D. (2003). *Emotional intelligence at work (2 nded.)* New Delhi: Response Books.
7. Durand K, Gallay M, Seigneuric A, Robichon F, Baudouin JY (May 2007). "The development of facial emotion recognition: the role of configural information" (PDF). *Journal of Experimental Child Psychology*. **97** (1): 14
doi:10.1016/j.jecp.2006.12.001. PMID 17291524. S2CID 18976192. Archived (PDF) from the original on 2018-07-21.
8. Bänziger T (2014). "Measuring Emotion Recognition Ability". In Michalos AC (ed.). *Encyclopedia of Quality of Life and Well-Being Research*. Dordrecht: Springer Netherlands. pp. 3934– 3941. doi:10.1007/978-94-007-0753-5_4188. ISBN 978-94-007-0753-5
9. "Scientists Complete 1st Map of 'Emotional Intelligence' in the Brain". *U.S. News & World Report*. 2013- 01-28. Archived from the original on 2014-08-14.
10. Kosonogov VV, Vorobyeva E, Kovsh E, Ermakov PN (2019). "A review of neurophysiological and genetic correlates of emotional intelligence" (PDF). *International Journal of Cognitive Research in Science, Engineering and Education*. **7** (1): 137– 142. doi:10.5937/IJCRSEE1901137K. ISSN 2334- 847X. Archived (PDF) from the original on 2020-02-11.
11. Harms PD, Credé M (2010). "Remaining Issues in Emotional Intelligence Research: Construct Overlap, Method Artifacts, and Lack of Incremental Validity". *Industrial and Organizational Psychology: Perspectives on Science and Practice*. **3** (2): 154–158. doi:10.1111/j.1754-9434.2010.01217.x. S2CID 144371039.



RANI CHANNAMMA UNIVERSITY, BELAGAVI
SEP Syllabi for Psychology BA/B.Sc. V Semester

Discipline Specific Core Course
 with effect from Academic year 2026-27 and onwards

COURSE TITLE: MAJOR – V: ABNORMAL PSYCHOLOGY PAPER - 1 (THEORY)

Programme Name	B.A./ B.Sc. in Psychology	Semester	FIFTH Semester (V Semester)
Course Code:	PSY	No. of Credits	04
Subject Code		Q.P. Code	
Teaching Hours/Week	04	Total Teaching Hrs: 60	Duration of Exam 3 Hrs.
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Impart knowledge about the difference between the concepts of normality and abnormality.
2. Familiarize students with criteria and classification of psychological disorders.
3. Provide an overview of the symptoms and etiology of various psychological disorders.
4. Introduce students to different perspectives regarding the causation of mental illnesses.
5. Familiarize students with a conceptual overview of abnormal behavior.

Unit: I Introduction

12 hours

Meaning of abnormality: Misconceptions and Criteria of abnormality

Models: Psychoanalytic. Behaviorist. Humanistic

Causes: Predisposing. Precipitating and Reinforcing conditions: Biological, Psychological and social causes.

Unit: II Stress

12 hours

Meaning of Stress, Types of Stress- pressure, frustrations and conflicts.

Reactions to Stress (coping patterns). Task-oriented and Defense-Oriented reactions.

Unit: III Neurotic Disorders

12 hours

Neurotic disorders: Anxiety and phobia. Hysterical disorders.

Obsessive - compulsive disorders. Depression. Hypochondriasis.

Unit: IV Psychotic disorders:

12 hours

Schizophrenia - simple hebephrenic, catatonic and paranoid

Types: paranoia. Affective mood disorders (Manic Depressive Psychoses).

Unit: V Other disorders: (An overview)

12 hours

Mental Retardation and specific learning disorders. Personality disorders:

Psychopathic personality. Substance Abuse Disorders: Alcoholism and Drug addiction.

Reference Books

1. American Psychiatric Association. (2013). Diagnostic And Statistical Manual Of Mental
2. Barlow, D, H., & Durand V, M. (2012). Abnormal Psychology: An Integrative Approach, 6th
3. Black, D, W., & Grant, J, E., (2017). DSM-5 Guidebook, The Essential Companion to the Diagnostic and Statistical Manual of Mental Disorders, 5th Ed. American Psychiatric Publishing.
4. Butcher, J, N., Hooley, J, M., Mineka, S, M. & Nock, M, K., (2018). Abnormal Psychology, 17th Edition. Pearson.
5. Carson R.C, Butcher J.N. and Mineka Susan (2005)., Abnormal Psychology and modern life (10th edn) New York: Harper-Collins.
Disorders 5th Ed. DSM-5. American Psychiatric Publishing. Ed. Wadsworth, Cengage Learning.
6. Kaplan H, Sadock B J, Grebb J A (2015) Synopsis of Psychiatry (11th edn). New Delhi: Wolters Kluwer (India) Pvt.Ltd.
7. Kaplan H, Sadock B J, Grebb J A (1994) Synopsis of Psychiatry (7th edn). New Delhi: BLWaverly
8. Mingundi Subramany ಮೂನಸಿಕ ಸಮಸ್ಯೆಗಳಿಗೆ ಮನಸ್ಸು ಇಲ್ಲದ ಮಾರ್ಗ.
9. Nataraj - ಮನೋರೋಗ ವಿಜ್ಞಾನ, ಶ್ರೀನಿವಾಸ ಪ್ರಕಾಶನ, ಮೈಸೂರು.
10. Niraj Ahuja Ashort (2002) Textbook of Psychiatry 5th Edition Jaypee Brothers (p) Ltd New Delhi Pvt.Ltd.
11. Ronald J. Corner Abnormal Psychology-WH Freeman & Co. New York.
12. Sarason. I.G & Sarason B, R, Sarason (2005) Abnormal Psychology The Problems of Maladaptive Behaviour 482 FIE Patparganj, Delhi
13. Sarason. I.G & Sarason R. B (2005) Abnormal Psychology The Problems of Maladaptive Behaviour 11th edition New Delhi Pearson Pub.
14. Venkatesh Reddy A.N (2001) *Apasamanny Manovijnana mattu Adhunika Jeevan*, Shree Siddalingeshwar Book Dipoo mattu Prakashan Kalaburagi (Gulbarga) (Kannada Versions)



RANI CHANNAMMA UNIVERSITY, BELAGAVI
SEP Syllabi for Psychology BA/B.Sc. V Semester

Discipline Specific Core Course
 with effect from Academic year 2026-27 and onwards

COURSE TITLE: MAJOR – VI: SOCIAL PSYCHOLOGY PAPER Paper - 2 (THEORY)

Programme Name	B.A./ B.Sc. in Psychology	Semester	FIFTH Semester (V Semester)
Course Code:	PSY	No. of Credits	04
Subject Code		Q.P. Code	
Teaching Hours	Per Week 04 Hrs.	Total Teaching Hrs: 60	Duration of Exam 3 Hrs.
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes (COs):

After the successful completion of the course, the student will be able to:

1. Develop understanding of the individual in relation to the social world.
2. Know the realm of social in fluencies on behavior.
3. Understand the various social issues prevalent.
4. Know the significance of Interpersonal Relationship.

Unit - 1 Introduction

12Hrs

Meaning, Nature, and Scope of Social Psychology. Methods of Studying Social Psychology- Survey, Field Study, Questionnaire and Interview Method. Socialization – Meaning, Process and Case Studies

Unit-II Social Perception

12Hrs

Meaning and Nature. Perception of self, Self Concept, Self esteem, Perception of others: Forming impressions, Role of non verbal cues, Bystander Effect, Halo Effect and Spotlight Effect.

Unit-III Attitudes

12Hrs

Definition, Nature & Functions of Attitudes, Formation & Changes of attitudes. Measurement of Attitudes. Prejudices: Nature and components of Prejudices Stereotypes. Stereotypes , Reduction of Stereotypes and Prejudices..

Unit-IV Groups

12Hrs

Structures and Functions of Groups. Task Performance, Social Facilitation and Conformity. Group Cohesiveness, Group Norms, and Decision Making, Group Dynamics.

Unit-V Leadership

12Hrs

Meaning and Definitions, Functions of Leader. Styles of Leadership. Personality Characteristics of Leader. Group effectiveness and Leadership. Theories of Leadership: Trait Theories, Behavioral Theories, Situational Theories

References:

1. Aronson, E. (2018). *The Social Animal* (12th ed.). Worth Publishers. ([Wikipedia](#))
2. Baron, R. A., Branscombe, N. R., & Byrne, D. (2018). *Social Psychology* (14th ed.). Pearson.
3. Baron, R.A., & D Social Psychology, New Delhi: Prentice Hall. (1998).
4. Feldmand R.S. Social Psychology, McGraw Hill (Latest Edition).
5. Forgas, J. P., Crano, W. D., & Fiedler, K. (2020). *Applications of Social Psychology*. Routledge. ([Social Psychology Network](#))
6. Gruman, J. A., Schneider, F. W., & Coutts, L. M. (2016). *Applied Social Psychology* (3rd ed.). Sage. ([Social Psychology Network](#))
7. Hogg, M. A., & Vaughan, G. M. (2018). *Social Psychology* (8th ed.). Pearson.
8. Kassin, S. M., Fein, S., & Markus, H. R. (2020). *Social Psychology* (11th ed.). Cengage Learning.
9. Kretch, Cruthefield and Ballanchey, Individual in Society: A Text Book of Social Psychology, New York: McGraw-Hill, (Latest Edition).
10. Myers, D. G., & Twenge, J. M. (2022). *Social Psychology* (14th ed.). McGraw-Hill Education.
11. Myers, David, G. Exploring Social psychology, New York (1994). McGraw Hill.
12. P. Nataraj. SamanyaManovijyanaSrinivasPubication Mysore. (Kannada version)
13. Sharma R., Social Psychology, (Rajhans Publications) (Latest Edition).
14. Van Lange, P. A. M., Higgins, E. T., & Kruglanski, A. W. (2021). *Social Psychology: Handbook of Basic Principles* (3rd ed.). Guilford Press. ([Social Psychology Network](#))

V Semester: Psychology Practical-5

COURSE TITLE:- PRACTICAL 5

Programme Name	B.A/B.Sc. in Psychology	Semester	FIFTH Sem. (V Semester)
Course Code:	PSY	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours	Per Week 04 Hours Total Teaching Hrs: 56	Duration of Exam	3 Hours
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks(I.A) Records/Journals	10 Marks

Classes:**10 Students per Batch**

For Examinations: **10 Students per Batch**

Students are supposed to conduct minimum Five Practical's during each Semester For V semester

1. Social Distance Scale
2. Stereotypes
3. Sociometry
4. Ascendance- Submission Reaction Study
5. Prof. B. Krishan's cyclothyme schizothyme Questionnaire .
6. Moudsly Medical Questionnaire (MMQ)
7. Assessment of anxiety (Tailors Test)
8. Measurement of Depression (Beck's Test)

Statistics : Correlation- Foot Rule method



Rani Chennamma University, Belagavi

Department of UG Psychology

COURSE TITLE SEC-2: MEASUREMENT OF HUMAN ABILITIES (PRACTICALS)

Programme Name	B.A./ B.Sc. in Psychology	Semester	FOURTH Semester (IV Semester)
Course Code:	PSY	No. of Credits	02
Subject Code		Q.P. Code	
Teaching Hours/Week	04	Total Teaching Hours: 56	Duration of Exam 02 Hrs
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks (I.A)	10 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Identify types of intelligence tests.
2. Evaluate intelligence measurement tools.
3. Identify methods of learning and attention.
4. Apply learning methods in real life.
5. Define and apply aptitude in career decisions.

PRACTICALS

1. Measurement Of Intelligence

- a) Verbal Test
- b) Non- Verbal Test
- c) Performance Test
- d) Emotional intelligence Test

2) Memory and Forgetting

- a) Meaning on retention
- b) Retroactive inhibition
- c) Proactive inhibition
- d) Recall and Recognition

3) Learning and Attention

- a) Insightful learning method
- b) Trial and error method of learning
- c) Effect of knowledge of Result on Learning.
- d) Span of attention.

4) Aptitude Testes

- a) Mechanical Aptitude test
- b) Clerical Aptitude Test
- c) Finger dexterity Test
- d) Tweezers dexterity Test.

Note: Minimum @ two practical should be conducted in each human abilities.



RANI CHANNAMMA UNIVERSITY, BELAGAVI
SEP Syllabi for Psychology BA/B.Sc.VI Semester

with effect from Academic year 2026-27 and onwards

COURSE TITLE: MAJOR – VIII: COUNSELLING PSYCHOLOGY PAPER - I (THEORY)

Programme Name	B.A/ B sc in Psychology	Semester	SIXTH Semester (VI Semester)
Course Code:	PSY	No. of Credits	04
Subject Code		Q.P. Code	
Teaching Hours	Per Week 04 Hours	Total Teaching Hrs: 60	Duration of Exam 3 Hrs.
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes:

1. The course aims at providing the basic knowledge about counseling & Clinical approaches specially with reference

Unit: 1 Counseling: The Art and Science of Helping **12 hour**

- a. Meaning. Needs and purposes of counseling with special reference to India
- b. Professional issues. Ethics. Education and Training of the counselor.

Unit: II Counseling Process **12 hours**

Relationship establishment. Case history problem identification. and Exploration. planning for problem solving. Solution. Application and Termination.

Unit: III Theories and Techniques of Counseling **12 hours**

- a. Cognitive approach: Rational. Emotive. Transactional analysis.
- b. Behavioral approach: Behavior modification technique.
- c. Humanistic Approach: Existential. client centered.
- d. Indian Contribution: Yoga and Meditation.

Unit: IV Tests in Counseling: **12 hours**

Uses of Psychological tests in counseling. Counseling interview.
Types of interviews.

Unit: V Therapies: (An overview) **12 hours**

- a. Medical therapy-Drug. Surgery. ECT.
- b. Behavior therapy- Occupational. Social. Family & Individual.
- c. Rehabilitation- Halfway homes, de-addiction centers and care centers.



RANI CHANNAMMA UNIVERSITY, BELAGAVI
SEP Syllabi for Psychology BA/B.Sc. VI Semester
 with effect from Academic year 2026-27 and onwards

COURSE TITLE: MAJOR – VIII: HEALTH PSYCHOLOGY PAPER - II (THEORY)

Programme Name	B.A/ B sc in Psychology	Semester	SIXTH Semester (VI Semester)
Course Code:	PSY	No. of Credits	04
Subject Code		Q.P. Code	
Teaching Hours/Week	4	Total Teaching Hrs: 60	Duration of Exam 3 Hrs.
Summative Assessment Marks (Main Exam)	80 Marks	Formative Assessment Marks (I.A)	20 Marks

Course Outcomes:

After the successful completion of the course, the student will be able to:

1. Understand the subject matter of health psychology.
2. Understand the correlates of pain, illness and its management.
3. Understand the impact of stress on health.
4. Have awareness about health enhancing and compromising lifestyles.
5. Attain and maintain one's health through coping strategies and interventions.

Unit- I Introduction To Health Psychology 14 Hours

Health Psychology: Introduction; Need for the field of health psychology ; Body and Mind relationship; Models of health-Biomedical, Psycho-somatic & Bio-psycho-social model.

Health: Meaning and definition (WHO); Components of health: social, emotional, cognitive and physical aspects.

Health Behaviors: factors influencing health behaviors, barriers to modify Poor health behaviors.

Unit II - Health Compromising Behavior 10 Hours

Health compromising behaviors: Substance abuse: smoking, alcohol and drug abuse: Unsafe sex Eating Disorders and obesity

Unit - III Health Enhancing Behavior 10 Hours

Health enhancing behaviors: Physical Exercise, Maintaining healthy diet, sleep and hygiene.

Unit- IV Stress And Health 14 Hours

Stress: Meaning, Definitions, Nature and Sources of stress; Theories of stress- Selye's and Lazarus view.

Effects of stress on health: Stress and immune system, Role of stress in CHD ,Hypertension and Diabetes.

Coping strategies - Time management- Yoga, Meditation and Relaxation technique, Expressive therapy – Music And other Hobbies.

Unit- V Management Of Pain ,Chronic And Terminal Illness 12 Hours

Pain-Significance; Types; Psychological factors; Cognitive Behavioral Methods of Pain Control, individual differences and socio-cultural differences in reaction to pain.

Management of chronic and terminal Illness-Emotional responses to chronic illness, Coping with chronic illness, psychological and social issues related to dying. Psychological Management of terminally ill.

References:

1. Coll G, Wenham MA, Wood DW, Patrick WK (October 1990). "Psychology doctoral training in work and health". *American Psychologist*. 45 (10): 1159–1161. doi:10.1037/0003-066X.45.10.1159. PMID 2252234.
2. Everly Jr GS (1986). "An introduction to occupational health psychology.". In Keller PA, Ritt LG (eds.). *Innovations in clinical practice: A source book*. Vol. 5. Sarasota, FL: Professional Resource Exchange. pp. 331–338.
3. Johnston M (1994). "Current trends in Health Psychology". *The Psychologist*. 7: 114–118.
4. Marks DF, Murray M, Estacio EV, Annunziato RA, Locke A, Treharne GJ (2024). *Health Psychology. Theory-Research-Practice (7th ed.)*. Sage.
5. Nataraj. P. (2000) *ArogyaManovignyana*.
6. Ogden J (2012). *Health Psychology: A Textbook (5th ed.)*. Maidenhead, UK: Open University Press.
7. Quick JC (January 1999). "Occupational health psychology: Historical roots and future directions". *Health Psychology*. 18 (1): 82–88. doi:10.1037/0278-6133.18.1.82. PMID 9925049.
8. Rogers RW (June 1983). "Preventive Health Psychology: An Interface of Social and Clinical Psychology". *Journal of Social and Clinical Psychology*. 1 (2): 120–127. doi:10.1521/jscp.1983.1.2.120.
9. Schonfeld IS (2018). "Occupational health psychology.". In Dunn DD (ed.). *Oxford Bibliographies in Psychology*. New York: Oxford University Press.

BA/B.Sc. VI Semester Psychology Practical

COURSE TITLE : PRACTICAL - 6

Programme Name	BA / B.Sc. in Psychology	Semester	SIXTH Sem. (VI Semester)
Course Code:	PSY	No. of Credits	02
Subject Code	PSY	Q.P. Code	
Teaching Hours	Per week 04 Hours. Total Teaching Hrs: 56	Duration of Exam	3Hours
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks(I.A)Mark Records/Journal	10 Marks

For Classes: 10 Students per Batch

For Examinations: 10 Students per Batch

Students are supposed to conduct minimum Five Practical's during each Semester

1. Subjective Well-Being Test
2. Measurement of Stress
3. Mental Health Check List
4. Gratitude questionnaire
5. Marital Satisfaction Scale.
6. Test of Inferiority Feelings
7. Guidance Need Inventory (GNI)
8. Happiness Inventory

Statistics : Correlation- Rank Difference method



Rani Chennamma University, Belagavi
Department of UG Psychology

COURSE TITLE: SEC- 3 MINI RESEARCH PROJECT

Programme Name	B.A./ B.Sc. in Psychology	Semester	FOURTH Semester (IV Semester)
Course Code:	PSY	No. of Credits	02
Subject Code		Q.P. Code	
Teaching Hours/Week	04	Total Teaching Hours: 56	Viva - voce
Summative Assessment Marks (Main Exam)	40 Marks	Formative Assessment Marks (I.A)	10 Marks

MINI RESEARCH PROJECT

Objectives of the Research Project is :

to provide a platform for the students to demonstration their ability to apply their technical/theoretical knowledge and skills gained from theory lectures and practical work throughout the course.

Course Outcomes:

After the successful completion of the course, the student will be able to:

- 1) Understand, plan and execute a mini research project with team with the help of a supervisor.
- 2) Implement the Scientific theories and knowledge of Psychology
- 3) Prepare a technical report on the mini project work.
- 4) Deliver a presentation based on the mini project work.

Mini Research Project work is carried out in the following form:

This course will be conducted for students as an individual or in a group of three to four students under the guidance of a staff member in the college.

Course Guidelines:

- 1) Students should select a research problem pertaining to psychology related issues (theoretical and practical).
- 2) A written report of about 8 to 10 pages should be submitted individual.
- 3) A group of maximum four students can be permitted to work on one mini project.
Student should deliver presentation about the project and demonstrate its major
- 4) findings/outcome individually or in group.

**** The evaluation of the project carries a maximum of 50 marks. The experimental work and preparation of the report carries 40 Marks, The viva-voce examination carries a maximum of 10 marks and will be in the form of presentation by the student**

General Pattern on Major Psychology Question Paper

Summative Assessment: (For 80 Marks)

Term End Examination for Discipline Paper THEORY Each paper will be for maximum of 80 marks.

The minimum marks to pass the examination is 40 % (32 Marks) in each theory paper.

Note: Duration of Examination for Discipline Specific Core (DSC/ Major) paper is 3 hours.

Question paper pattern for Discipline Specific Core (DSC/ Major) paper –

Section A:

Answer any **five** of the following questions in two to three sentences. Each answer carries 3 marks

(5x3=15)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Section B:

Answer any **four** of the following questions in ten to fifteen sentences .Each answer carries 5 marks.

(4x5=

20)

- 8.
- 9.
- 10.
- 11.
- 12.
- 13.

Section C:

Answer any **three** of the following questions **Three to Four** pages. Each answer carries 15 marks.

(3x15=45)

- 14
- 15.
- 16.
- 17.
- 18.

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### Formative Assessment for Theory ( For 20 Marks) ( Internal Assessment IA)

| Type of Assessment   | Marks           |
|----------------------|-----------------|
| Internal Test - 1    | 05              |
| Internal Test - 2    | 05              |
| Seminar & Assignment | 06              |
| Attendance           | 04              |
| <b>Total</b>         | <b>20 Marks</b> |

### General Pattern on Psychology practical Examination for - I Semester to VI Semester.

**Internal Assessment: 10 Marks for Attendance and Record/Journal**

**I Semester to VI Semester Practical Examinations Marks as Below**

| Type of Assessment        | Marks    |
|---------------------------|----------|
| Problem, Plan, Procedure  | 10       |
| Conducting                | 10       |
| Discussion and conclusion | 10       |
| Viva Voce                 | 05       |
| Statistical               | 05       |
| Total                     | 40 Marks |

### III and IV Semester OEC 1 and 2 Examination General Question Paper Pattern For 40 Marks

#### Section A:

Answer any five of the following questions in 2 to 3 sentences. Each answer carries 3 marks (5x3=15)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

#### Section B:

Answer any Three of the following questions in 10 to 15 sentences. Each answer carries 5 marks (3x5=15)

- 8.
- 9.
- 10.
- 11.
- 12.

#### Section C:

Answer any One of the following questions 2 to 3 pages. Each answer carries 10 marks. (1x10= 10)

- 13
- 14

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