

VANITA VISHRAM WOMEN'S UNIVERSITY
SCHOOL OF HUMANITIES & SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY



VANITA VISHRAM
WOMEN'S UNIVERSITY
— SURAT —

BACHELOR OF ARTS (B.A.) HONOURS PSYCHOLOGY
PROGRAMME

under Learning Outcomes-based Curriculum Framework (LOCF)
for Under Graduate (UG) Education

SEMESTER 2

Core Courses (CC), Ability Enhancement Compulsory Courses (AECC),
Generic Elective Courses (GE)

Syllabus applicable to the students seeking admission in the following programmes
B.A. Psychology Honours under LOCF
w.e.f. the Academic Year 2022-23

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
APPLIED PSYCHOLOGY

Semester	II
Subject Code	PS11030
Credits	6 (4 Theory + 2 Practical)

Course Objectives

The course aims to:

- imbibe the ethics and proficiencies required for a practicing psychologist.
- develop skills that promote human welfare and optimal human functioning.
- evaluate Indian psychological concepts and their applications in society.
- apply psychological concepts at individual, group and societal level.

Course Outcomes

At the end of the course, the students will be able to:

- understand the career opportunities that exist within the discipline of psychology.
- analyse through self-reflection and insights into appropriate career choices regarding mental health profession.
- examine the close relation between applied psychology with the existing research in the field.
- apply psychological knowledge to prevent and solve human problems existing at an individual, group and/or societal level.

COURSE CONTENTS

Unit 1 Nature of Applied Psychology

- Psychology in everyday life
- Ethics of psychology
- Fields of psychology
- Scope in different fields of psychology

Unit 2 Applications: Individual level

- Psychometrics and their applications
- Emotional Intelligence, positive psychology and stress management Fields of psychology
- Issues relating to gender, relations, addiction and parenting

- Applications of Indian psychology

Unit 3 Applications: Group level

- Introduction to sport psychology
- Educational psychology
- Organizational behaviour
- Consumer behaviour

Unit 4 Application: Societal level

- Role of psychology in societal development
- Disaster management and psychology
- Community psychology
- Environmental psychology & ergonomics

Suggested Readings

- American Psychological Association. (2010). Publication manual of the American Psychological Association. Washington, DC: American Psychological Association.
- Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2014). Foundations and applications of Indian psychology. New Delhi, India: Pearson Education.
- Donaldson, S. I., & Berger, D. E. (2006). The rise and promise of applied psychology in the 21st Century. In S. I. Donaldson, D. E. Berger, & K. <http://www544>.
- Misra, G., & Mohanty, A. K. (2002). Perspectives on indigenous psychology. New Delhi, India: Concept.
- Misra, G., & Pandey, J. (2011). Psychology and societal development. In P. R. Martin, F. M. Cheung, M. C. Knowles, M. Kyrios, J. B. Overmier and J. M. Prieto (Eds.), IAAP handbook of applied psychology. Oxford: Wiley-Blackwell.
- Pezdek (Eds.), applied psychology: New frontiers and rewarding careers. Mahwah, NJ: Erlbaum. Retrieved from <http://www.apa.org/> Branches of Psychology.
- Weathington, B. L., Christopher, J. L., Cunningham, B. J., O'Leary, & Biderman, M. D. (Eds.). (2011). Applied psychology in everyday life. Newcastle upon Tyne: Cambridge Scholar Publishing.

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
SCHOOLS OF PSYCHOLOGY – II

Semester	IV
Subject Code	PS11040
Credits	6 (4 Theory + 2 Practical)

Course Objectives

The course aims to:

- highlight the key figures in the history of psychology and their major contributions.
- compare the prehistory and history of psychology, including philosophical and general-scientific milestone events that have influenced the development of the discipline today.
- differentiate between the various perspectives in psychology.
- evaluate the strengths and weakness of the different schools in psychology.

Course Outcomes

At the end of the course, the students will be able to:

- apply the critical thinking skills with increased ability to articulate sound arguments and ask sophisticated questions regarding theories and principles of psychology.
- analyse the evolution of psychology as a modern scientific discipline in western thought.
- appreciate the uniqueness of the various schools of psychology.
- understand the development of self from the point of view of different schools in psychology.

COURSE CONTENTS

Unit 1 Depth Psychology: II

- Analytical Psychology: Archetypes and collective unconscious
- Contributions of Neo Freudians
- Object relations approach
- Transactional Analysis

Unit 2 Third forces in Psychology

- Humanistic Psychology: Carl Rogers' work
- Maslow's pyramid and his work
- Existential Psychology: Freedom of Choice and Givens

- Meaninglessness and existential vacuum

Unit 3 Cognitive Revolution: A paradigm shift

- Basic concepts in cognitive psychology
- Contribution by Aaron Beck
- Contribution by Albert Ellis
- The Cognitive Dissonance Theory

Unit 4 Indian Psychology

- Buddhist psychology & Mindfulness
- Other Indian perspectives of psychology
- Spiritual and transpersonal perspectives in Psychology: Sri Aurobindo's Integral Yoga Perspective
- Contrast between Indian and Western perspectives of psychology

Suggested Readings

- Brennan, J. F. (2005). History and systems of psychology. Delhi, India: Pearson Education.
- Cornelissen, R. M. M., Misra, G., & Varma, S. (Eds.) (2011). Foundations of Indian psychology—Theories and concepts (Vol. 1). New Delhi, India: Pearson.
- Dalal, A.S. (Ed.) (2001). Towards Greater Psychology: An introduction to the psychological thought of Sri Aurobindo. Pondicherry: Sri Aurobindo Ashram Publication Dept.
- Misra, G., & Mohanty, A. K. (Eds.) (2002). Perspectives on indigenous psychology. New Delhi, India: Concept Publishing Company.
- Pickren, W, E. & Rutherford, A. (2010). A History of Modern Psychology in Context. New Jersey: John Wiley
- Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.). (2008). Handbook of Indian psychology. New Delhi, India: Foundation Books.
- Schultz, D. P. (1969). A history of modern psychology. New York: N.Y. Academic press.

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
GE 2: PSYCHOLOGY & MENTAL HEALTH

Semester	II
Subject Code	PS31020
Credits	6 (4 Theory + 2 Practical)

Course Objective

The course aims to:

- understand the meaning of mental health and its role in wellbeing.
- understand the status of mental health in India.
- create awareness in the importance and need of mental health across different strata in society.
- understand the basics of mental health and hygiene.

Course Outcomes

At the end of the course, the students will be able to:

- develop tools to fight the taboo and stigma associated with mental health.
- apply the concepts of psychology and to be able to identify people suffering from common mental health problems like anxiety and depression.
- provide psychological first aid to people.
- evaluate the challenges attached to mental health in order to remove the stigma attached to mental health.

COURSE CONTENTS

Unit 1 Mental Health

- Concept of Mental Health
- Issues of mental health in India and the globe: Some common conditions and their epidemiology
- Importance of mental health, identifying mental health challenges to help reduce the stigma of mental illness
- Mental Health issues in adolescence and young adults: Bullying, academic grades, body image, relational issues with parents and friends/romantic partners, sexual orientation

Unit 2 Anxiety, Depression and Suicide

- Anxiety: Signs and Symptoms
- Depression: Signs and Symptoms
- Causes of Anxiety & Depression
- Suicide: Causes & Preventative treatment measures

Unit 3 Reaching out & Initial Help

- recognizing the signs that someone may need support
- Knowing what to do and what not to do when a person reaches out for help
- Psychological first aid: Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition), guiding the person towards appropriate professional help
- Peer mentoring: concept and skills

Unit 4 PowerPoint Presentation, discussions and/or surveys based on the above units.

Suggested Readings

- Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.
- Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier
- Feldman.S.R. (2009).Essentials of understanding psychology (7thEd.) New Delhi: Tata McGraw Hill.
- Michael,W., Passer, Smith,R.E. (2007). Psychology The science of mind and Behavior. New Delhi:Tata McGraw-Hill.
- Morgan, C T., King, R., Weisz, J. & Schopler, J. (2017) .Introduction to Psychology (7th Ed). McGraw Hills.