

2019-20

KLE Society's
Lingaraj College, Belagavi
 (Autonomous)
 Department of Psychology
B.A. : I Semester
Exploring psychology - I
 (w.e.f. 2019-20 and onwards)
BA128

Teaching hours per week – 05 Hours

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- CO 1: to know the major concepts, perspectives, historical trends and scientific methods of psychology
- CO 2: demonstrate skills in communication , ethical behavioral and complex cognitive process
- CO 3: describe major theories of the discipline to account for psychological phenomena.
- CO 4: learn practical knowledge about the foundation of behavior.
- CO 5: Apply psychological contents and skills to professional work exhibit self regulation, enhance team work ability and develop life direction.

SS	Course Content	Total HOURS 50
Unit I	INTRODUCTION a. Definition: Psychology as a Science b. Historical Perspectives: Structuralism, Functionalism, Psychoanalysis, Behaviorism, Gestalt. c. Psychology's Family Tree: General, Physiological, Developmental, Comparative, Differential, Clinical, Counseling, Educational, Environmental, Forensic, Health, Armed force and Police personnel, Industrial (Organizational), Positive, Sports and Women Psychology. d. Scientific Methods (scope and limitations): Introspection, Naturalistic Observation, Questionnaire/Inventories, Case Study, Experimental Method Application: Role of Psychologists in society Activity: Field Visit	12 Hours
Unit II	PHYSIOLOGICAL PSYCHOLOGY: BODY AND BEHAVIOUR a. Neuron- Structure and Function, Synapse and Neurotransmitters:	10 hours



	<p>Types and Effects</p> <p>b. Nervous System: Central and Peripheral nervous system; Significance of the left brain, right brain and split brain.</p> <p>c. Genetics: Introduction to genes and chromosomes, processes (Maturation, ovulation, fertilization) Meiosis and Mitosis</p> <p>d. Endocrine Glands: Thyroid, Parathyroid, Pituitary, Adrenal and Pancreas.</p> <p>Activity: Guest Lecture</p>	
Unit III	<p>SENSATION AND PERCEPTION</p> <p>a. Sensation: Meaning and Definition, Sensory threshold</p> <p>b. Types of Sensation: visual, auditory, gustatory, Tactile, olfactory, vestibular, kinesthetic.</p> <p>c. Perception: Meaning and Definition, Subliminal Perception, Gestalt laws of Perception.</p> <p>d. Processes of Perception: Factors affecting Perception, Constancy, Depth, Movement.</p> <p>Errors in Perception: Illusion and Hallucination</p>	10hours
Unit IV	<p>CONSCIOUSNESS</p> <p>a. Sleep: Introduction, Stages, Link between dream and waking, Biological rhythms.</p> <p>b. Dreams: Nature, content and causes</p> <p>c. Abnormalities in Sleep: Insomnia, Nightmare, Night terror and</p> <p>d. Somnambulism,</p> <p>e. Hypnosis: Meaning and Nature, Stages, Induction and Susceptibility.</p> <p>f. Meditation: Meaning and Nature</p> <p>Activity: Guest Lecture on Meditation</p>	8 hours
Unit V	<p>HUMAN ABILITIES</p> <p>a. Intelligence: Role of Heredity and Environment, Individual differences, Distribution of intelligence in population,</p> <p>b. Theories of Intelligence: Gardner's theory of 8 intelligence, Sternberg's Triarchic theory</p> <p>c. Types of Intelligence Tests: Verbal, Non Verbal, Performance</p> <p>d. Basic concepts DQ, EQ, SQ,</p> <p>The extremes of Intelligence and Creativity: Exceptional children and mentally gifted</p>	10 hours
	<p>CASE STUDY: Sleep Disorders, Endocrine disorders: Thyroid and Pituitary</p>	

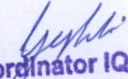


TEXT BOOKS:

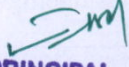
- .W.Santrock "Psychology" 8th edition 2005 McGraw-Hill India.
- Feldman R.S, Understanding Psychology, 4th edition 1996, McGraw Hill India.
- Morgan, King, Weish & Schopler, "Introduction to Psychology 7th edition, 1989, McGraw Hill India.
- Braj Kumar Mishra, Psychology: The study of Human Behavior, 1st edition 2008
- S.Dandapani, General Psychology, 4th edition 2009.
- P. Nataraj, General Psychology 5th edition (Kannada Medium)

REFERENCE BOOKS:

- Robert. A. Baron "Psychology" 3rd edition 1995, prentice hall India.
- G. Aruna Mohan, D. Vijaya Bharthi, Psychology 1st edition 2009.
- Hilgard and Atkinson, Introduction of Psychology(1975) oxford IBH publishing Pvt Ltd
- Wayne, Weiten, Psychology- themes and variations, 4th edition, Brooks and Cole publishing company.
- Guilford, Applied Statistics for Social Sciences
- Rajmohan, Statistics Part-I,


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K.L.E. Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

B.A. – I Semester

Psychology

SYLLABUS

Practical

Exploring psychology-I

(w.e.f 2019-20 and Onwards)

BA128P

Teaching hours per week: 4 Hours

Maximum Marks: 50 Marks

Semester End Examination : 35 Marks

Internal Assessment : 15 Marks

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

1. Help students learn the scientific approach to assessment of individual differences through different psychological tests
2. Develop competence in test construction and administration by the given practical norms
3. sKnow various Intelligence tests and how to compute IQ.

Sl.NO	Course Content	Total Hrs 40
1. 1	1. Emotional Intelligence 2. RPM(Standard Progressive Matrices) 3. WAPIs	12 Hrs
1. 2	4. Otis test of verbal intelligence 5. Two point threshold 1. Muller-Lyer Illusion	14 Hrs
1. 3	6. Depth perception 7. Size constancy 8. Retinal Colour zone. 9. Ishihara colour blindness test. 1. Statistics	14 Hrs



KLE Society's
Lingaraj College, Belagavi
 (Autonomous)
 Department of Psychology
B.A. : II Semester
Exploring psychology- II
 (w.e.f. 2019-20 onwards)
BA228

Teaching hours per week – 05

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- CO 1: gain insight into psychology of individual differences.
- CO 2: learns to express and manage emotions and role of emotion in their daily life
- CO 3: apply the principle of learning and modify their behavior accordingly
- CO 4: gain the knowledge about efficient learning, memorizing, mnemonics.
- CO5: understand the importance of different cognitive process

Syllabus

UNITS	Course Content	Total HOURS 50
Unit I	<p>EMOTION AND MOTIVATION:</p> <p>a. Emotion: Nature and Definition, Types: Primary & Secondary, Negative and Positive, Physiological basis of emotion.</p> <p>b. Emotional Expression: Changes during emotions & their assessment, Expression of emotions.</p> <p>c. Motivation: Definition and Nature,</p> <p>d. Types: Physiological Motivation {Hunger, Thirst, Sex} Psychosocial Motives {Achievement, Affiliation and Power}</p> <p>e. Maslow's hierarchy of motives</p> <p>Documentary: Eating Disorders: Anorexia & Bulimia nervosa</p> <p>Activity: Group Discussion</p>	12 Hours
Unit II	<p>LEARNING</p> <p>a. Definition: factors affecting learning.</p> <p>b. Types of learning: Classical Conditioning, Operant or Instrumental Conditioning, Trial and Error, Insightful learning</p> <p>c. Behavior Modification Techniques: Shaping and Modeling</p> <p>Activity: Special lecture on Internet Addiction</p>	10 hours
Unit III	<p>MEMORY AND FORGETTING</p> <p>a. Memory: Basic Processes: Encoding, Storage, Retrieval</p>	8 hours



	<p>b. Types of Memory: Sensory memory, Working memory; Long term memory: Declarative and Procedural memory, Semantic and Episodic memory, Explicit and Implicit memory, Flashbulb memory</p> <p>c. Forgetting: Nature and Causes: Organic: Trace Decay theory, Interference theory, Psychogenic: Amnesia: Retrograde and Anterograde.</p> <p>d. Effective learning strategies: Mnemonics, Word Building, Method of LOCI, Mind Mapping, Story Telling, Peg System Method</p> <p>Activity: Exercise on Mind Mapping, Workshop on Memory Techniques</p>	
Unit IV	<p>PERSONALITY</p> <p>a. Nature and Definition (All part), factors influencing personality</p> <p>b. Classification of Personality: Jung, Cattell trait theory and Big five and Big six factors</p> <p>Assessment of Personality: Rating scale, Interview, Behavioral methods, Self report inventories (MMPI, MPI, EPI and Bell's adjustment inventory), Projective Techniques (TAT, Rorschach's, CAT, SCT, WAT).</p>	10 hours
Unit V	<p>COGNITIVE PROCESSES</p> <p>a. Attention: Definition, Types: Voluntary, Involuntary and Habitual Factors affecting Attention, Phenomena; Division, Span, and Shifting: Fluctuation and Distraction</p> <p>b. Thinking: Definition, Characteristics, Types: Convergent & Divergent,</p> <p>c. Tools of Thinking: Language and Thought, Concept Formation, Reasoning, Problem Solving, Decision Making and Creative Thinking,</p> <p>Activity: Workshop on Project Report Writing</p>	10 hours
	<p>CASE STUDY: Specific Learning Disabilities (Dyslexia, Dysgraphia, Dyscalculia), ADHD</p>	

TEXT BOOKS:

- J.W.Santrock "Psychology" 8th edition 2005 McGraw-Hill India.
- Feldman R.S, Understanding Psychology, 4th edition 1996, McGraw Hill India.
- Morgan, King, Weish & Schopler, "Introduction to Psychology 7th edition, 1989, McGraw Hill India.
- Braj Kumar Mishra, Psychology: The study of Human Behavior, 1st edition 2008
- S.Dandapani, General Psychology, 4th edition 2009.



- P. Nataraj, General Psychology 5th edition (Kannada Medium)

REFERENCE BOOKS:

- Robert. A. Baron "Psychology" 3rd edition 1995, prentice hall India.
- G. Aruna Mohan, D. Vijaya Bharthi, Psychology 1st edition 2009.
- Hilgard and Atkinson, Introduction of Psychology(1975) oxford IBH publishing Pvt Ltd
- Wayne, Weiten, Psychology- themes and variations, 4th edition, Brooks and Cole publishing company.
- Guilford, Applied Statistics for Social Sciences
- Rajmohan, Statistics Part-I, KLE Society

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K.L.E. Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

B.A. – II Semester

Psychology

SYLLABUS

Practical

Exploring Psychology II

(w.e.f 2019-20 and Onwards)

BA228P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks

Internal Assessment :

15 Marks

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

1. gain knowledge regarding different types of personality by administering personality test
2. understand the individual span of attention
3. help students recognise their achievement motivation by using achievement motivation scale

SI NO	Course Content	Total Hrs 40
1. 1	1. Emotional Maturity Scale 2. Achievement Motivation 3. Bilateral transfer of learning	12 Hrs
1. 2	4. Paired associate learning 5. Effect of Meaning on Retention 6. Effect of cueing on recall	14 Hrs
1. 3	1. Sentence Completion test 2. Eysenck's Personality Inventory 3. Span of attention 4. Test on creativity 5. Statistics	14 Hrs



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LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

Department of Psychology

B.A: III Semester

Optional: LIFE-SPAN PSYCHOLOGY-I

(w.e.f 2019-20 and onwards)

BA328

Teaching hours per week – 05 :

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- CO 1: gain comprehensive knowledge about human development from conception to childhood
- CO 2: will understand causes and effect of delayed milestone on their personality.
- CO3: understand the role of genetics and environment
- CO4: get insight into disorder of childhood and remedy
- CO 5: attain knowledge about assessments of various childhood disorders.

UNITS	Course Content	Total HOURS
		50
Unit I	INTRODUCTION <ul style="list-style-type: none">➤ Concept of Human Development: Meaning and Principles of Development➤ Domains of Human Development: Physical , Social, Emotional, Cognitive and Moral➤ The Role of Nature and Nurture in Human Development➤ Methods of Studying Human Development: Cross Sectional, Longitudinal, Self- Report.	12 Hours
Unit II	PRENATAL DEVELOPMENT <ul style="list-style-type: none">➤ Genetic Foundation➤ Formation of New Life: Meaning and Duration of the Period➤ Characteristics of Prenatal Development➤ Pre Requisites of Conception: Sex Cells, Maturation, Ovulation and Fertilization➤ Significance of Conception in Child Development➤ Periods of Prenatal Development: Ovum, Embryo and Fetus➤ Hazards: Physical and Psychological	10 hours



	<ul style="list-style-type: none"> ➤ Ethical Issues Related to Pregnancy ➤ Prenatal Diagnostic Method 	
Unit III	<p>INFANCY</p> <ul style="list-style-type: none"> ➤ Characteristics of Infancy ➤ Major adjustments: Physical, Motor, Emotional ➤ Hazards in Infancy ➤ Conditions Influencing to Adjustments <p>Activity: Documentary (Types of birth and abortion and its impact)</p>	8 hours
Unit IV	<p>BABYHOOD</p> <ul style="list-style-type: none"> ➤ Characteristics of Babyhood ➤ Developmental Mile Stones in Babyhood (Physical & Motor) ➤ Speech and Emotional Development ➤ Speech and Emotional Hazards in Babyhood ➤ Cognitive Development: Jean Piaget Theory 	10 hours
Unit V	<p>CHILDHOOD</p> <ul style="list-style-type: none"> ➤ Early and Late Childhood ➤ Characteristics of Early and Late Childhood ➤ Physical, Language, Cognitive, Emotional and Psycho-Social Development <p>Problems of Childhood-ADHD, Autism and Learning Disabilities</p> <p>CASE STUDY: Stammering and Stuttering, Intellectual Disability</p>	10 hours

TEXT BOOKS:

- D.E.Papalia, Human Development (2004) 9th Edition, Tata Mc Graw hill Publication.
- E.B.Hurlock, "Developmental Psychology" (1999) 6th edition Tata McGraw hill.
- P.Nataraj "Vikas Manovighan"(Kannada)
- P. Nataraj, General Psychology 5th edition (Kannada Medium)

REFERENCE BOOKS:

1. Laura.C. Berk, "Child Development" (1996) 3rd Edition, Prentice Hall of India Pvt Ltd
2. S.Venkateshan, Children with Developmental Disabilities, Sage Publication.
3. Prathiba Karanth, Learning Disabilities in India
4. M.N.Hegde, Vikas Manovijnana
5. Life span development By Santrock

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K.L.E. Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

Department of Psychology

B.A. - III Semester

Optional: LIFE-SPAN PSYCHOLOGY- I

(w.e.f 2019-20 and onwards)

BA328P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks

Internal Assessment :

15 Marks

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

1. To gain knowledge of level parent child relationship.
2. To form new concept, get insight into anxiety level of child.

UniT	Course Content	Total Hrs 40
1.1	<ul style="list-style-type: none">➤ Colored Progressive Matrices➤ Learning Disability Screening Test➤ Measurement of Parent Child Relationship	12 Hrs
1.2	<ul style="list-style-type: none">➤ Moral Value Scale➤ Concept Formation➤ WISC	14 Hrs
1.3	<ul style="list-style-type: none">➤ Anxiety Scale for Children➤ Social Maturity Scale➤ Children's Adjustment Scale➤ Seguin Form Board➤ Statistics	14 Hrs



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K.L.E. Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

Department of Psychology

B.A: IV Semester

Optional: LIFE-SPAN PSYCHOLOGY II

(w.e.f. 2019-20 and onwards)

BA428

Teaching hours per week – 05

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- CO 1: Identify the major issues, tasks and milestones of human development.
- CO2: Evaluate core concepts, strengths, and weaknesses of the major theories of lifespan development.
- CO3: Evaluate how ethnicity, culture, class, and gender influence lifespan development.
- CO4: Explain the impact of genetic influences on physical growth, cognition and behavior
- CO5: understand emotions related to death and dying of an individual.

UNITS	Course Content	Total HOURS 50
Unit I	PUBERTY AND ADOLESCENCE <ul style="list-style-type: none"> ➤ Meaning and Key concepts ➤ Biological Changes: Sexual Maturation, Growth Spurt, Secondary Sexual Characteristics, Glands ➤ Reactions to Physical Changes ➤ Personality and Social Development: Adolescent Turmoil, Adolescent Identity, Adolescent and their relationship with Parents. ➤ The society of Adolescents –Career Choice, Problem Behaviour ➤ Cognitive Development ➤ Moral Development: Kohlberg's Theory Activity: Debate: Cyber Ethics and Personality Disorder	12 Hours
Unit II	EARLY ADULTHOOD <ul style="list-style-type: none"> ➤ Characteristics ➤ Vocational Adjustments: Importance of Work, Choosing 	10 hours

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	<p>an Occupation, Social Mobility</p> <ul style="list-style-type: none"> ➤ Family Life Cycle: Nature of Family, Marriage, Marital Adjustment, Divorce, Diversity of Adult Life Styles (live in relationship, Lesbian & Gay) Parenting Styles, Spinsters and Bachelorhood <p>Activity: Group Discussion (LGBT Rights)</p>	
Unit III	<p>MIDDLE ADULTHOOD</p> <ul style="list-style-type: none"> ➤ Adjustment Phase: Social and Emotional Adjustment ➤ Coping with Mid Life Crisis, Marital Satisfaction, Relationship with Relatives and Friends ➤ International Relationship, Sandwich Generation ➤ Occupational Adjustments: Occupational Skills, Occupational Advancements <p>Preparation for Old Age</p>	8 hours
Unit IV	<p>LATE ADULTHOOD</p> <ul style="list-style-type: none"> ➤ Characteristics ➤ Changes: Physical and Mental Changes, Adjustment to Motor & Mental Changes, Changes in interest ➤ Psycho-Social Adjustments: Relations with Grandchildren, Singlehood, Widowhood, Institutionalization, Social Relations <p>Activity: 1st October Observation of World Elders Day</p>	10 hours
Unit V	<p>THE FINAL STAGE: The End of Life</p> <ul style="list-style-type: none"> ➤ Death: The Final Stage of Life ➤ Psychosocial Attitude towards Death and Dying; Positive Attitude towards Death ➤ The Dying Process: Kubler-Ross's Stages of Dying ➤ Support Group and Services ➤ Palliative Care for Terminally Ill(kangaroo Care) 	10 hours
	<p>CASE STUDY: Marital relation in Alcoholic or drug addicts, Juvenile Delinquency</p>	

TEXT BOOKS:

- E.b.Hurlock "Developmental Psychology" (1999) 6th Edition Tata Mcgraw Hill
- Santrock "Life Span Development"
- P.Nataraj "Vikas Manovigan"

REFERENCE BOOKS:

1. Laura.C. Berk "Child Development" (1996) 3rd Edition, Prentice Hall of India Pvt Ltd.
2. D.E.Papalia; Human Development (2004) 9th Edition, Tata Mc Grawhill Publication

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K.L.E. Society's
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(AUTONOMOUS)

B.A. – IV Semester

Psychology

SYLLABUS

Practical

Life Span Psychology- II

(w.e.f 2019-20 and Onwards)

BA428P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks

Internal Assessment :

15 Marks

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

1. gain knowledge of level of adjustment during Old age period
2. Make students aware of SQ(Spiritual Quotient) by using the test measurement of spiritual Quotient
3. know the attitude of adolescents towards sexuality by using sexuality scale

Unit	Course Content	Total Hrs 40
1. 1	<ul style="list-style-type: none">➤ Guidance Need Inventory➤ Psychological Well-Being Scale➤ Modernity Inventory	12 Hrs
1. 2	<ul style="list-style-type: none">➤ Attitude of Adolescence towards sexuality scale➤ Death Anxiety Scale➤ Effect of Competition on Work Performance	14 Hrs
1. 3	<ul style="list-style-type: none">➤ Marital Satisfaction Scale➤ Job Satisfaction Scale➤ Old Age Adjustment Inventory➤ Measurement of Spiritual Quotient➤ Statistics	14 Hrs



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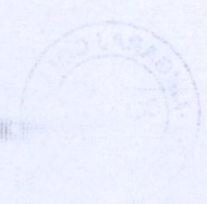
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Lingaraj College, Belagavi
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Department of Psychology
B.A: V Semester
Optional: CLINICAL PSYCHOLOGY (PAPER I)
(w.e.f. 2019-20 and onwards)
BA5281

Teaching hours per week – 05 :

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- CO 1: academically prepare to work within mental health services.
- CO2 : gain knowledge about the perspectives and models of mental illness
- CO3: classify disorder according to their symptoms.
- CO4: obtain knowledge in thinking to understand the profession of clinical psychology.
- CO5: obtain knowledge in various therapeutic interventions

UNITS	Course Content	HOURS
Unit I	INTRODUCTION <ul style="list-style-type: none"> ➤ Definition, Criteria of abnormality: Social, Statistical & maladaptive ➤ Basics of classifications, Systems of classifications: ICD - 10, DSM-V ➤ Models of Abnormality-Psychodynamic, Behaviouristic, Humanistic and Cognitive 	10 Hours
Unit II	SUBSTANCE ABUSE DISORDERS <ul style="list-style-type: none"> ➤ Alcohol abuse: Stages, impact and treatment. ➤ Other Substance abuse: Types, impact and treatment 	10 hours
Unit III	MAJOR DISORDERS AND ITS CAUSES <ul style="list-style-type: none"> ➤ Schizophrenia: Types, Clinical picture, Causes, Treatments ➤ Mood Disorders: Unipolar and Bipolar Disorders and causes, Treatments 	10 hours
Unit IV	ANXIETY BASED and PERSONALITY DISORDERS <ul style="list-style-type: none"> ➤ Anxiety Based Disorders- GAD, Phobia and OCD ➤ Dissociative (Conversion) Disorder-Amnesia, Fugue and Dissociative Identity Disorder ➤ Somatoform Disorders: Somatization disorder, 	10 hours



	Hypochondriasis ➤ Personality Disorders: Definition, Cluster A: Paranoid Cluster B: Borderline Cluster C: Dependent, symptoms, etiology and treatment.	
Unit V	THERAPIES ➤ Medical therapy, ➤ Psychodynamic therapy ➤ Behaviour therapy ➤ Rational Emotive Behavioural therapy, ➤ Cognitive Behavior therapy, ➤ Humanistic therapy	8 hours
	Anxiety Disorders, Depression	

TEXT BOOKS:

- ICD-10
- DSM IV

REFERENCE BOOKS:

1. Carson R.C. Butcher, J.N. and Mineka Susan, Hooley (2013) Abnormal psychology 15th Edition
 2. Sadock (2015) Synopsis of Psychiatry, 11th Edition
 3. Durand and Barlow (2015) Abnormal psychology an Integrative Approach, 7th Edition
 4. Sue and Sue (2013) Essential of Understanding Abnormal Behaviour 2nd edition
 5. Comer, R. J. (2010). Fundamentals of Abnormal Psychology. 6th Edition
- M. Venkatesh Reddy (2001): Apasamanya Manovignana. 1st Edition

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(AUTONOMOUS)

B.A. – V Semester

Psychology

SYLLABUS

Practical

Paper – I: Clinical Psychology

(w.e.f 2019-20 and Onwards)

BA5281P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks

Internal Assessment :

15 Marks

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

- CO1. know the types of personality
- CO2. Asses OCD questionnaire
- CO3. Find the level of depression
- CO4. Asses Rorschach's ink blot test

Unit	Course Content	Total Hrs 40
1. 1	1. Modusley Medical Questionnaire 2. Kundu's Neurotic personality Inventory 3. Assessment of obsessive compulsive Behaviour	12 Hrs
1. 2	1. Beck's anxiety scale 2. General Health Questionnaire 3. Stress Adaptability Scale	14 Hrs
1. 3	1. Madusley Personality Questionnaire 2. Assessment of Mental Health 3. Beck's Depression Inventory 4. Rorschach Ink Blot Test 5. Statistics	14 Hrs



K.L.E.Society's
Lingaraj College, Belagavi
 (Autonomous)
 Department of Psychology
B.A: V Semester
Optional: COUNSELING PSYCHOLOGY (PAPER II)
 (w.e.f. 2019-20 and onwards)
BA5282

Teaching hours per week – 05

Maximum Marks:

100 Marks

Semester End Examination :

70 Marks

Internal Assessment:

30 Marks

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

- **CO 1: acquainted with the role and function of counselor**
- **CO2: understand various techniques and procedure of counseling**
- **CO3: understand various areas of life where counseling is needed**
- **CO4: acquire necessary skills for counseling**
- **CO5 : express their knowledge in the field of counseling**

UNITS	Course Content	HOURS
Unit I	Introduction to Counselling <ul style="list-style-type: none"> ➤ Meaning and Nature of Counselling, differences between guidance, counseling and Psychotherapy ➤ Counselling and related fields: Clinical psychology, Hygiology, and Education ➤ Qualities of effective Counsellors ➤ Selection and training of Counsellors ➤ Preparation of Counsellors ➤ Ethical and legal issues in Counselling 	12 Hours
Unit II	Process of Counselling <ul style="list-style-type: none"> ➤ Stages in the process of 4ounseling: Relationship Establishment, Problem Identification and Exploration, Planning for Problem Solving, Solution, Application, Termination, evaluation and Follow up 	8 hours
Unit III	Techniques of Counselling <ul style="list-style-type: none"> ➤ The Directive or authoritarian Techniques (Psychoanalytic) ➤ Behaviouristic Techniques ➤ Humanistic Techniques (Non directive, Person centered) ➤ Cognitive Techniques (REBT) 	10 hours
Unit IV	Areas of Counselling-I <ul style="list-style-type: none"> ➤ School Counselling 	10 hours

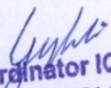
	<ul style="list-style-type: none"> ➤ Counselling adolescents ➤ Pre-marital and Marital Counselling ➤ Family Counselling ➤ Geriatric Counselling 	
Unit V	Areas of Counselling-II <ul style="list-style-type: none"> ➤ Delinquents ➤ Drug Addicts ➤ People with disabilities ➤ Counselling for mental health issues 	10 hours
	CASE STUDY: <ul style="list-style-type: none"> ➤ Adolescence Counselling ➤ Counselling for Addiction 	

TEXT BOOKS:

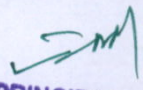
1. S. Narayan Rao (2017) Counselling and Guidance, 3rd edition

REFERENCE BOOKS:

1. Samuel T. Gladding (2017) Counselling as Comprehensive profession 7th edition
2. Schlertz and stone: fundamentals of Counselling and guidance
3. Gelso Charles J (2014) Counselling Psychology 3rd edition
4. Kochhar S.K.(2001), Guidance And Counseling in counseling and University sterling Pvt. Ltd
5. Robert .L. Gibson.(2007) Introduction to Counseling and Guidance 7th edition


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B.A. – V Semester

Psychology

SYLLABUS

(w.e.f 2019-20 and Onwards)

Practical Paper: II Counseling Psychology

BA5282P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks

Internal Assessment :

15 Marks

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


CO1. Gain knowledge on different types of family environment

CO2. Understand Inferiority complex and Value conflict.

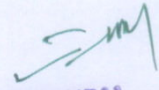
CO3. Understand difference between Marriage attitude and marital satisfaction.

CO4. Coup up with stress and enhance happiness.

Units	Course Content	Total Hrs
		40
I	1. Suicidal Ideation scale 2. Personality Maturity scale 3. Happiness Inventory	08 Hrs
II	1. Marriage attitude Scale 2. Marital Satisfaction scale 3. Family environment scale	06 Hrs
III	1. Test of Inferiority complex 2. Value conflict scale 3. Youth problem Inventory.	14 Hrs
IV	1. Assessment of Life stress STATISTICS Chi square (Find out Relationship)	12 Hrs


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Department of Psychology
B.A: VI Semester
Optional: ORGANIZATIONAL BEHAVIOR (PAPER I)
(w.e.f. 2019-20 and onwards)
BA6281

Teaching hours per week – 05 :	
Maximum Marks:	100 Marks
Semester End Examination :	70 Marks
Internal Assessment:	30 Marks

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

- CO 1: analyze and compare models used to explain attitudes and job satisfaction
- CO2: identify the processes used in developing communication and resolving conflicts
- CO3: explain group dynamics and demonstrate skills required for working in groups
- CO4: identify the various leadership styles and the role of leaders in a decision making process.
- CO5: explain organizational culture and describe its dimensions

UNITS	Course Content	Total HOURS 50
Unit I	INTRODUCTION <ul style="list-style-type: none"> ➤ Meaning, Definition and scope of OB ➤ Historical Context of Organizational Behaviour ➤ Fundamental Concepts of Organizational Behaviour 	08 Hours
Unit II	ATTITUDE and MOTIVATION <ul style="list-style-type: none"> ➤ Attitude: Definition, Formation, Theories of Attitude change (Cognitive Balance and Dissonance theory) Job Satisfaction: Definition, determinants of job satisfaction: Personal, Occupational and management. Outcomes of job satisfaction, Techniques to improve attitude in organization. ➤ Motivation: Basics of motivation process and types, work motivation theories: Herzberg's two factor theory, The Porter-Lawler Expectancy Theory, Equity Theory. 	12 hours
Unit III	GROUPS, TEAMS and LEADERSHIP <ul style="list-style-type: none"> ➤ Groups: Nature and meaning, Group Dynamics, The Dynamics of Group Formation and Types of Groups ➤ Teams: The Nature of a Team, Types, Dysfunctions of groups and teams 	12 hours



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	<ul style="list-style-type: none"> ➤ Group/Team Effectiveness ➤ Leadership: Definition and Nature of Leadership, Likert's Styles of leadership Managerial Grid, Skills of leadership. 	
Unit IV	<p>WORK STRESS</p> <ul style="list-style-type: none"> ➤ Work stress: Definition ,Symptoms of stress, Extreme product of stress-Burn out ➤ Causes of stress ➤ Stress and Job performance ➤ Personality type and Stress ➤ Stress Management 	08 hours
Unit V	<p>CONSUMER PSYCHOLOGY</p> <ul style="list-style-type: none"> ➤ Definition, Scope of Consumer Psychology ➤ The Seller: Nature and scope of Advertisements, Types of advertising appeals: Trademarks, Product Image, The package, Portrayal of women and children in Advertising, Introducing the new brand. <p>The Consumer: Buying Habits, Brand Loyalty, Impulse Buying, Price and consumer Behavior</p>	10 hours
	<p>CASE STUDY:</p> <ol style="list-style-type: none"> 1. Advertisement analysis 2. Leadership styles 	

TEXT BOOKS:

1. Ashwathappa.K. (2017) Organizational Behaviour. 12th Edition.
2. Robbins and Judge (2013): Organizational Behaviour, concepts, controversies and applications, prentice hall of India. 15th Edition
3. Fred Luthans (2011). Organizational Behaviour. 12th Edition

REFERENCE BOOKS:

1. Schultz and Schultz (2014). Psychology and Work Today. 10th Edition.
2. Leon G. Schiffman (2015) Consumer Behaviour 11th edition

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B.A. – VI Semester

Psychology

SYLLABUS

Practical

Paper – I: Organizational Behavior

(w.e.f 2019-20 and Onwards)

BA6281P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination:

35 Marks

Internal Assessment:

15 Marks

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

1. Provide in depth knowledge to students regarding the occupational stress and ways to overcome it by occupational stress index
2. Know the level of job satisfaction through the use of job satisfaction scale
3. Measure the aptitude level of the employees in organisation by Using Aptitude test

Unit	Course Content	Total Hrs 40
1. 1	1. David's battery of differential Aptitude 2. DAT 3. Level of aspiration 4. Job satisfaction	12 Hrs
1. 2	1. Achievement Motivation 2. Work Value/work culture/work commitment 3. Leadership effective scale	14 Hrs
1. 3	1. Occupational stress index 2. Work motivation scale 3. Statistics	14 Hrs



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Department of Psychology
B.A: VI Semester
Optional: HEALTH PSYCHOLOGY (PAPER II)
(w.e.f. 2019-20and onwards)
BA6282

Teaching hours per week – 05 :

Maximum Mark:	100 Marks
Semester End Examination:	70 Marks
Internal Assessment:	30 Marks

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

- CO 1: analyze and compare models used to explain attitudes and job satisfaction
- CO2: identify the processes used in developing communication and resolving conflicts
- CO3: explain group dynamics and demonstrate skills required for working in groups
- CO4: identify the various leadership styles and the role of leaders in a decision making process.
- CO5: explain organizational culture and describe its dimensions

UNITS	Course Content	Total HOURS
		50
Unit I	INTRODUCTION TO HEALTH PSYCHOLOGY <ul style="list-style-type: none"> ➤ Definition of Health Psychology ➤ Importance of Body- Mind relationship ➤ Need for the field of Health Psychology ➤ Bio Psychosocial model in Health Psychology ➤ Health psychology: Challenges in future 	10 Hours
Unit II	HEALTH BEHAVIOUR <ul style="list-style-type: none"> ➤ Health Inhibiting behaviours: Alcohol, Drug and Substance abuse. ➤ Health Enhancing behaviours: Exercise and Yoga, Diet, Weight control, Positive thinking, Assertive behavior, time management and resilience ➤ Lifestyle diseases: obesity, eating disorders, PCOD 	10 hours
Unit III	MANAGEMENT OF STRESS <ul style="list-style-type: none"> ➤ Definition of Stress, Eustress, Distress and its sources ➤ Stress and illness link ➤ Basic Techniques of Stress management 	10 hours



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B.A. – VI Semester

Psychology

SYLLABUS

Practical

Paper –II: Health Psychology

(w.e.f 2019-20 and Onwards)

BA6282P

Teaching hours per week: 4 Hours

Maximum Marks:

50 Marks

Semester End Examination :

35 Marks


Internal Assessment :

15 Marks

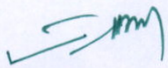
At the end of this course students will be able to:

1. Know the individuals quality of life
2. Measure the level of psychological well-being of people by using well-being scale
3. Identify and gain knowledge of eating problems by using assessment of eating behaviour
4. Help students know their type of personality by using type A type B scale

Unit	Course Content	Total Hrs 40
1.1	1. Quality of life scale 2. Psychological well being 3. Assessment of assertive behaviour	12 Hrs
1.2	4. Type A and Type B 5. Feeling of Security and Insecurity 6. Coping Skills (Sinha's) 7. Locus of control	14 Hrs
1.3	8. Behavioural Rigidity 9. Singh's Personal stress source Inventory 4. Assessment of Eating Behaviour	14 Hrs


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Unit IV	MANAGEMENT OF CHRONIC DISEASES Chronic illness: Diabetes, CVD, Arthritis <ul style="list-style-type: none"> ➤ Emotional responses to chronic illness-Denial, Anxiety and Depression. ➤ Coping with chronic Illness ➤ Interventions for psychological issues of chronic illness ➤ Rehabilitation of chronically ill 	10 hours
Unit V	MANAGEMENT OF TERMINAL DISEASES Terminal illness: Cancer and AIDS <ul style="list-style-type: none"> ➤ Role of a psychologist in the management of terminal illness ➤ Cancer: Risk factors and coping with cancer ➤ HIV and AIDS: risk Factors and coping 	10 hours
	CASE STUDY: Obesity and its Management, Smoking	

TEXT BOOKS:

- Shelly Taylor (2017) Health Psychology 7th Edition
- Nahima Kattum Health Psychology 1st Edition

REFERENCE BOOKS:

1. Brannon and Feist (2013) Health Psychology: An Introduction to Behaviour and Health. 8th Edition
2. Manika Ghosh (2014) Health Psychology: Concepts of Health and Well Being 1st edition
3. Jane Ogden (2017) Health Psychology 4th edition

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