

2020-21

KLE Society's
Lingaraj College, Belagavi
 (Autonomous)
 Department of Psychology
B.A. : I Semester
Basic psychological process- I
 (w.e.f. 2020-21 CBCS)
BA166

Teaching hours per week – 04 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: knows 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.

UNITS	Syllabus	Total HOURS
		50
Unit I	<p>INTRODUCTION Definition: Psychology as a Science Historical Perspectives: Structuralism, Functionalism, Psychoanalysis, Behaviorism, Gestalt. Psychology's Family Tree: General, Physiological, Developmental, Cognitive, Clinical, Counseling, Child, Educational, Environmental, Forensic, Health, Armed force and Police Personnel, Industrial (Organizational), Positive, Social, Sports and Women Psychology.</p> <p>Scientific Methods: Introspection, Naturalistic Observation, Questionnaire/Inventories, Case Study, Experimental Method (scope and limitations)</p> <p>Application: Role of Psychologists in society</p> <p>Activity: Field Visit</p>	12 Hours
Unit II	PHYSIOLOGICAL PSYCHOLOGY: BODY AND	10 hours



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



	CASE STUDY: Sleep Disorders, Endocrine disorders: Thyroid and Pituitary	

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, Satistics Part-I,

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

(AUTONOMOUS)

B.A. - I Semester

Psychology

SYLLABUS

Practical

(Basic psychological process- I)

(w.e.f 2020-21 and Onwards)

BA166P

Teaching hours per week: 2 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. Know various Intelligence tests and how to compute IQ.

Sl.NO	UNIT	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
Basic Psychological process- II
 With effect from 2020-21 and onwards)
(CBCS Syllabus- 2020-21)

BA266

Teaching hours per week – 04	: 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	Syllabus	Total HOURS 50
Unit I	EMOTION AND MOTIVATION: a. Emotion: Nature and Definition, Types: Primary & Secondary, Negative and Positive, Physiological basis of emotion. b. Emotional Expression: Changes during emotions & their assessment, Expression of emotions. c. Motivation: Definition and Nature, d. Types: Physiological Motivation {Hunger, Thirst, Sex} Psychosocial Motives {Achievement, Affiliation and Power} e. Maslow's hierarchy of motives Documentary: Eating Disorders: Anorexia & Bulimia nervosa Activity: Group Discussion	12 Hours
Unit II	LEARNING a. Definition: factors affecting learning. b. Types of learning: Classical Conditioning, Operant or Instrumental Conditioning, Trial and Error, Insightful learning c. Behavior Modification Techniques: Shaping and Modeling Activity: Special lecture on Internet Addiction	10 hours
Unit III	MEMORY AND FORGETTING a. Memory: Basic Processes: Encoding, Storage, Retrieval b. Types of Memory: Sensory memory, Working memory; Long term memory: Declarative and Procedural memory, Semantic and Episodic	10hours

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	<p>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 port), 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)

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- 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's

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LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

B.A. – II Semester

Psychology

SYLLABUS

Practical

Basic Psychological Process-II

(With effect from 2020-21 and onwards)

(CBCS Syllabus- 2020-21)

BA266P

Teaching hours per week: 2 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	UNIT	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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KLE Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

Department of Psychology

B.A: III Semester

Optional: CHILD PSYCHOLOGY

(CBCS- 2021-22)

(w.e.f 2020-21 and onwards)

BA366

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 disorder.

UNITS	Course Content	HOURS
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, Biographical. ACTIVITY: Guest Lecture- Gynecologist	12 Hours



Unit II	<p>PRENATAL DEVELOPMENT</p> <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 ➤ Ethical Issues Related to Pregnancy ➤ Prenatal Diagnostic Method <p>Activity: Gender Sensitivity Programme</p>	10 hours
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 to postnatal life. <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 <p>Activity : Netflix documentary “BABIES”</p>	10 hours



Unit V	CHILDHOOD <ul style="list-style-type: none"> ➤ Early and Late Childhood ➤ Characteristics of Early and Late Childhood ➤ Physical, Language, Cognitive, Emotional and Psychological and Social Development ➤ Problems of Childhood-ADHD, Autism and Learning Disabilities Activity: Intervention Programme.	10 hours
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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 Manovyjnana
5. Life span development By Santrock

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(AUTONOMOUS)

B.A. – III Semester

Psychology

SYLLABUS

Practical

Child Psychology

(CBCS-2021-22)

(w.e.f 2020-21 and onwards)

BA366P

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 parent child relationship.
2. form new concept, get insight into anxiety level of child.

UniT	Course Content	Hrs
1. 1	<ul style="list-style-type: none">➤ Seguin Form Board➤ 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➤ Colored Progressive Matrices➤➤ Statistics	14 Hrs




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

(AUTONOMOUS)

Department of Psychology

B.A: IV Semester

BA428: LIFE-SPAN PSYCHOLOGY II

(w.e.f. 2018-19 and onwards)

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, such as physical, cognitive, social and emotional development throughout the lifespan.
- 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 biological/genetic influences on physical growth, cognition and behavior..
- CO5: Students will learn emotions related to death and dying and examine care and practices related to death

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	10 hours



UNIVERSITY OF THE PHILIPPINES

INSTITUTIONAL MEMORANDUM

TO: THE CHAIRMAN, BOARD OF CHIEFS OF BUREAUS

FROM: THE DEAN, COLLEGE OF EDUCATION



	<ul style="list-style-type: none"> ➤ Characteristics ➤ Vocational Adjustments: Importance of Work, Choosing an Occupation, Social Mobility ➤ 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 Publicatio

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K.L.E. Society's
LINGARAJ COLLEGE, BELAGAVI
(AUTONOMOUS)
B.A. - IV Semester
Psychology
SYLLABUS
Practical
BA428P: Life Span Psychology- II
(w.e.f 2018-19 and Onwards)

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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STATE OF CALIFORNIA

County of _____

Plaintiff

vs.

Defendant

Case No. _____

Filed for _____

Witness my hand and seal of office this _____ day of _____, 20____.

County Clerk

Deputy County Clerk

Judge

Clerk of the Court

LIBRARY
MARIANA



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LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

Department of Psychology

B.A: V Semester

Optional: CLINICAL PSYCHOLOGY (PAPER I)

(w.e.f. 2021-22 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.➤ Psychosis associated with Alcoholism.➤ Substance abuse: Types, impact and treatment and stages addiction cycle.	10 hours
Unit III	MAJOR DISORDERS <ul style="list-style-type: none">➤ Schizophrenia: Types, Clinical picture, Causes,	10 hours

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	<p>Treatments</p> <ul style="list-style-type: none"> ➤ Mood Disorders: Unipolar and Bipolar Disorders and causes, Treatments 	
Unit IV	<p>ANXIETY BASED and PERSONALITY DISORDERS</p> <ul style="list-style-type: none"> ➤ Anxiety Based Disorders- GAD, Phobia and OCD ➤ Dissociative Disorder-Amnesia, Fugue and Dissociative Identity Disorder ➤ Somatoform Disorders: Somatization disorder, Hypochondriasis ➤ Personality Disorders: Definition, Cluster A: Paranoid Cluster B: Borderline Cluster C: Dependent, symptoms, etiology and treatment. 	10 hours
Unit V	<p>THERAPIES</p> <ul style="list-style-type: none"> ➤ Medical therapy, ➤ Psychodynamic therapy ➤ Behaviour therapy ➤ Rational Emotive Behavioural therapy, ➤ Cognitive behaviour therapy, ➤ Humanistic therapy 	8 hours

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
 - a. M. Venkatesh Reddy (2001): Apasamanya Manovignana. 1st Edition
- 6) ICD-10
- 7) DSM-V Made Easy by James Morrison

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KLE Society's
LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

B.A. - V Semester

Psychology

SYLLABUS

Practical

Paper - I: Clinical Psychology

(w.e.f 2021-22 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. Classify the types of personality disorder

CO2. Asses Obsessive Compulsive Disorder

CO3. Find the level of depression .

CO4. Asses level of stress

Unit	Course Content	Hrs
(w.. 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 4. DASS- 21	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



KLE Society's
LINGARAJ COLLEGE, BELAGAVI

(Autonomous)

Department of Psychology

B.A: V Semester

Optional: COUNSELING PSYCHOLOGY (PAPER II)

(w.e.f. 2021-22 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: acquaint with the role of a counselor
- CO2: understand various theories and therapy modalities
- CO3: identify the area of 4ounseling
- CO4: acquire basic counseling skills
- CO5 : identify ethical practices in 4ounseling.

UNITS	Course Content	HOURS
Unit I	Introduction to Counselling <ul style="list-style-type: none">➤ Meaning and Nature of Counselling, difference 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➤ Micro Diagrammatic Model	8 hours



Unit III	Therapy Modalities of Counselling <ul style="list-style-type: none"> ➤ The Directive or authoritarian Techniques (Psychoanalytic) ➤ Behaviouristic Therapy ➤ Humanistic Therapy (Non directive, Person centered) ➤ Cognitive Therapy (REBT, CBT) 	10 hours
Unit IV	Areas of Counselling-I <ul style="list-style-type: none"> ➤ School Counselling ➤ Adolescents Counselling ➤ Pre-marital and Marital Counselling ➤ Family Counselling ➤ Geriatric Counselling 	10 hours
Unit V	Areas of Counselling-II <ul style="list-style-type: none"> ➤ Delinquents ➤ Drug Addicts ➤ People with disabilities ➤ Counselling for psycho-social issues 	10 hours

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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Sum
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(AUTONOMOUS)

B.A. – V Semester

Psychology

SYLLABUS

(w.e.f 2021-22 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.

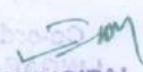
CO3. Understand difference between Marriage attitude and marital satisfaction.

CO4. Cope up with stress and enhance happiness.

Units	Course Content	Hrs
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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Lingaraj College, Belagavi
(Autonomous)
Department of Psychology
B.A: VI Semester
BA6281: ORGANIZATIONAL BEHAVIOR (PAPER I)
(w.e.f. 2018-19 and onwards)

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 ➤ Meaning, Definition and scope of OB ➤ Historical Context of Organizational Behaviour ➤ Fundamental Concepts of Organizational Behaviour	08 Hours
Unit II	ATTITUDE and MOTIVATION ➤ 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 ➤ 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 ➤ Group/Team Effectiveness	12 hours



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PHILOSOPHY DEPARTMENT

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	<ul style="list-style-type: none"> ➤ 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 behaviour</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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LINGARAJ COLLEGE, BELAGAVI

(AUTONOMOUS)

B.A. - VI Semester

Psychology

SYLLABUS

Practical

BA6281P: Organizational Behavior

(w.e.f 2018-19 and Onwards)

Teaching hours per week: 4 Hours

Maximum Marks:

Semester End Examination :

Internal Assessment :

50 Marks

35 Marks

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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OF THE

COMMISSIONERS

OF THE

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FOR THE

YEAR

1902

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Lingaraj College, Belagavi
 (Autonomous)
 Department of Psychology
B.A: VI Semester
BA6282: HEALTH PSYCHOLOGY (PAPER II)
 (w.e.f. 2018-19 and onwards)

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 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





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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B.A. - VI Semester

Psychology

SYLLABUS

Practical

BA6282P: Health Psychology

(w.e.f 2018-19 and Onwards)

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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