



SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

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Ready for
Every Good Work

A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Sacred Heart College (Autonomous), Tirupattur District

1.2.1 List of New Courses

Department: B.Sc. Psychology

B.SC. PSYCHOLOGY

SUBJECT SCHEME FOR BATCH

2021-2022

Sl.NO.	Part	Study Components Course Title	Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
						CIA	Sem Exam	Total
SEMESTER I								
1	I	Language-I	5	3	Tamil/Other Languages	50	50	100
2	II	English -I	5	3	English	50	50	100
3	III	Core Theory	6	5	General Psychology-I	50	50	100
4	III	Core Theory	6	5	Biological Psychology-I	50	50	100
5	III	Allied -I	4	4	Principles of Management	50	50	100
6	IV	Religion / Ethics	2	1	Religion / Ethics	100	--	100
7	IV	Communicative English - I		1	Communicative English I	100	--	100
8	IV	FC	2	1	Personal Skills	100	--	100
			30	23		550	250	800
SEMESTER II						CIA	Sem Exam	Total
9	I	Language -II	5	3	Tamil/Other Languages	50	50	100
10	II	English - II	5	3	English	50	50	100
11	III	Core Theory	6	5	General Psychology-II	50	50	100
12	III	Core Theory	6	5	Biological Psychology- II	50	50	100
13	III	Allied - II	4	4	Managing Behaviour in Organization	50	50	100
14	IV	Religion / Ethics	2	1		100		100
15	IV	FC	2	1	Social Skills	100		100
16	IV	Communicative English - II		1		100		100
			30	23		550	250	800

S.NO.	Part	Study Components	Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER III								
17	I	Language - III	5	3	Tamil/Other Languages	50	50	100
18	II	English - III	5	3	English	50	50	100
19	III	Core Theory	6	5	Developmental Psychology-I	50	50	100
20	III	Core Theory	6	5	Introductin to Theories of Personality	50	50	100
21	III	Allied - III	4	4	Statistics in Psychology	50	50	100
22	IV	Human Rights	2	1		100		100
23	IV	Employability Skills - I	2	1		100		100
			30	22		450	250	700
SEMESTER IV								
						CIA	Sem Exam	Total
24	I	Language - IV	5	3	Tamil/Other Languages	50	50	100
25	II	English - IV	5	3	English	50	50	100
26	III	Core Theory	6	5	Developmental Psychology-II	50	50	100
27	III	Core Theory	6	5	Abnormal Psychology-I	50	50	100
28	III	Allied - IV	4	4	Business Communication	50	50	100
29	IV	Employability Skills-II	2	1		100	--	100
30	IV	Environmental Studies	2	1		100		100
31	VI	NCC	-	2*		--	--	X
32	V	Co-curricular		2	Deeds	--	--	X
				2	Shelters	--	--	X
33	III	Internship		3		50	50	100
			30	31		500	300	800

S.NO.	Part	Study Components	Ins. hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title				CIA	Sem Exam	Total
SEMESTER V								
31	III	Core Theory	6	5	Abnormal Psychology-II	50	50	100
32	III	Core Theory	6	5	Social Psychology-I	50	50	100
33	III	Core Theory	6	5	Introduction to Research Methodology	50	50	100
34	III	Core Practical	6	5	Experimental Psychology-I	50	50	100
35	III	Elective - I	4	3	Positive Psychology/ Forensic Psychology/ Behaviour Modification	50	50	100
36	III	Non-Major Elective - I	2	1	Stress Management	100	--	100
			30	24		350	250	600
SEMESTER VI						CIA	Sem Exam	Total
37	III	Core Theory	6	5	Health Psychology	50	50	100
38	III	Core Theory	6	5	Social Psychology-II	50	50	100
39	III	Core Theory	6	5	Guidance & Counselling Psychology	50	50	100
40	III	Elective - II	4	3	Sports Psychology HRM Environmental Psychology	50	50	100
41	III	Core Practical	6	5	Experimental Psychology-II	50	50	100
42	III	Non-Major Elective - II	2	1	Psychology of Interpersonal Relationship	100	--	100
43	III	Research Project		3	Research Project	50	50	100
			30	27		400	300	700

Sacred Heart College (Autonomous), Tirupattur District

1.2.1 List of New Courses

Department: B.Sc. Psychology

S.No.	Course Code	Course Name
1.	SY316	Developmental Psychology-I
2.	SY317	Introduction to Theories of Personality
3.	SY416	Developmental Psychology-II
4.	SY417	Abnormal Psychology-I

SEMESTER III

Developmental Psychology-I

DEVELOPMENT PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY316

UNIT I: CONCEPTION THROUGH BIRTH

Meaning of developmental changes – Significant facts about development – Developmental stages – Developmental Issues–Conception of Age.

Characteristics of the Prenatal Period– How Life begins – Importance of Conception –Periods of Conception – Periods of Prenatal development – Stages of child Birth - Types of child birth – Attitudes of significant people - Prenatal hazards & complications of low birth weight.

UNIT II: INFANCY

Characteristics of Infancy, developmental tasks- Major adjustment of Infancy – Conditions influencing adjustment to postnatal life– Characteristics of the Infant– Hazards of Infancy.

UNIT III: BABY HOOD

Characteristics of Babyhood – Developmental tasks of babyhood – Physical development –Physiological development – Muscle Control – Speech development – Emotional behavior –Socialization – Interest in Play – Development of Understanding – Beginnings of Morality –Beginnings of Sex-Role typing – Family Relationships – Personality development – Hazards and Happiness.

UNIT IV: EARLY CHILDHOOD

CharacteristicsofEarlyChildhood–Developmentaltasks–Physicaldevelopment–Physiological habits – Skills of Early Childhood – Improvement in Speech – Emotions –Socialization – Play – Development of Understanding– Moral development– Common Interests – Sex-role Typing – Family Relationship – Personality development – Hazards and Happiness.

UNIT V: LATE CHILDHOOD

Characteristics of Late Childhood – Developmental tasks – Physical development – Skills –Speech improvement – Emotions and Emotional Expressions – Social groupings and Social behavior – Play interest and activities – Increase in Understanding – Moral attitudes and behavior – Interests – Sex-role Typing – Changes in Family relationships – Personality Changes –Hazards and Happiness.

Text Books:

Hurlock,E.(1980). *Developmental psychology*. NewDelhi, India:Tata McGraw Hill Publishing Co.

Santrock, J.W.(1999).*Life span development* (7thed.).NewYork,NY: McGraw Hill.

References:

Berndt,T.J.(1997).*Child development* (2nded.). Madison, WI:Brow &Benchmark Publishers.

Papalia,D.E.,&Olds,S.W.(1994).*Human development*(5thed.).NewYork,NY: TataMcGraw Hill.

Berk, C. L. (1996).*Child development* (3rd ed.). New Delhi, India: Prentice- Hall of India (Pvt)Ltd.

SEMESTER III

Introduction to Theories of Personality

INTRODUCTION TO THEORIES OF PERSONALITIES (CORE THEORY)

SUBJECT CODE: SY317

UNIT I: CONCEPT, ASSESSMENT, AND MEASUREMENT AND RESEARCH METHODS

Personality: Definition, Meaning & Nature - Individual Uniqueness – Gender – Culture – Formal Theories – Personal Theories – Subjectivity in Personality Theories - Self-Report Measure: Biological Measures – Behavioral Assessment – Projective Techniques – Clinical Interviews – Online and Social Media Analysis.

UNIT II: PSYCHOANALYTIC THEORIES

Sigmund Freud: Classical Psychoanalysis – Instincts – Structure of Mind – Psychosexual Development – Therapeutics Techniques – Free Association – Catharsis – Dream Analysis; Carl Jung: Analytical

Psychology – Psychological Types – Collective Unconscious; Alfred Adler: Individual Psychology – Inferiority Feelings – Role of Birth Order.

UNIT III: LIFE-SPAN AND TRAIT PERSPECTIVES ON PERSONALITY

Erik Erikson: Identity Formation – Ego Crises – Approaches to Trait: Lexical – Statistical – Theoretical; Gordon Allport: Culture – Functional Equivalence – Personal Dispositions, Eysenck's: Hierarchical Model of Personality, Cattell's Taxonomy: The 16 Personality Factor System

UNIT IV: EXISTENTIAL- HUMANISTIC PERSPECTIVES ON PERSONALITY

Roots in Gestalt – Kurt Lewin's Field; Martin E. P. Seligman: Learned Helplessness and the Optimistic/Pessimistic Explanatory Style, Rotter: Locus of Control theory Maslow: Hierarchy of Needs – Self-Actualization, Rogers: Growth – Inner Control – Becoming One's Self.

UNIT V: BEHAVIORAL, COGNITIVE AND SOCIAL PERSPECTIVE ON PERSONALITY

Albert Bandura: Social-Cognitive Learning Theory - Self-System, Skinner: Operant Conditioning; Cognitive Style – Perceptual Mechanisms – Schema Theory – Kelly's Personal Construct Theory

TextBooks:

Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). *Theories of personality* (4th ed.). Bengaluru, India: WileyIndia Private Limited.

Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). *Theories of personality* (10th ed.). Delhi, India: Cengage Learning.

References:

Friedman, H. S., & Schustack, M. W. (2016). *Personality: Classic theories and modern research* (6th ed.). Boston, MA: Pearson/ Allyn and Bacon.

Larsen, R. J., & Buss, D. M. (2018). *Personality psychology: Domains of knowledge about human nature* (6th ed.). Boston, MA: McGraw-Hill.

Rao, K., Paranjpe, A. C., & Dalal, A. K. (2008). *Handbook of Indian psychology*. Chennai, India: Cambridge University Press India/Foundation Books.

SEMESTER IV

Developmental Psychology-II

DEVELOPMENTAL PSYCHOLOGY - II (CORE THEORY)

SUBJECT CODE: SY416

5 Hours Per Week

UNIT I: PUBERTY

Meaning - Characteristics – Criteria – Causes –Age – Growth spurt– Body changes –Effects of puberty changes– Hazards & Happiness.

UNIT II: ADOLESCENCE

Characteristics– Developmental tasks–Physical change– Emotional changes– Social change– Interest– Morality–Sex interest and Behavior–Family relationships–Personality change–Hazards &Happiness.

UNIT III: YOUNGADULthood

Characteristics – Developmental tasks – Changes in interest – Social Mobility – Sex role adjustments – Vocational adjustments – Marital Adjustments – Adjustment to parenthood –Adjustment to singlehood - Hazards of vocational and Marital adjustments – Success of Adjustment to adulthood.

UNIT IV: MIDDLE AGE

Characteristics–Developmental tasks– Adjustment to physical changes and mental changes- Social Adjustment – Vocational Adjustment – Adjustment to changed family patterns –Being single – loss of a spouse – Adjustment to approaching retirement – Vocational and Marital Hazards-Adjustment to approaching old age.

UNIT V: OLD AGE

Characteristics – Developmental tasks – Adjustment to physical changes – Change in motor and mental abilities -Changes in interests – Vocational Adjustment – Retirement – Changes in family life–loss of a spouse–Living arrangement for elderly hazards.

TextBooks:

Hurlock,E.(1980).*Developmental Psychology*.NewDelhi: Tata McGraw Hill Publishing Co.

Santrock, J.W.(1999).*Life span Development* (7thed.). McGraw Hill.

References:

Berndt,T.J.(1997).*Child development* (2nded.).Madison,WI: Brow & Benchmark Pub.

Papalia, D.E.,Olds,S.W.(1994).*Child development*(5th ed.).NewYork, NY:Tata McGraw Hill.

Berk, L.C.(1996).*Child development*(3rded.).Delhi, India: Prentice-Hall of India (Pvt)Ltd.

SEMESTER IV

Abnormal Psychology-I

ABNORMAL PSYCHOLOGY - I (CORE THEORY)

SUBJECT CODE: SY417

5 Hours Per Week

UNIT I: INTRODUCTION AND THEORETICAL PERSPECTIVE.

Defining Abnormal Behavior-Causes of Abnormal Behavior: Necessary, Predisposing, Precipitating and Reinforcing causes, Historical views of abnormal behavior- Brief note on DSMV and ICD 11 classification system.

UNIT II: MODELS OF ABNORMALITY

Biological-Psychodynamic-Behavior-Cognitive-Humanistic - Existential, Interpersonal perspective - Bio-cultural.

UNIT III: NEURODEVELOPMENT DISORDERS

Intellectual disability: Definition, Clinical types and Causal factor, Autism Spectrum disorder: Clinical Picture and Causal Factors, Specific Learning disorder: Clinical Picture and Causal factors, Attention Deficit/Hyperactivity disorder, Conduct Disorder, Neuro cognitive Disorder.

UNIT IV: ANXIETY RELATED DISORDERS

Meaning- Types - Brief description with Causal factors and Treatment: Generalized Anxiety Disorders- Phobic Disorder-Post Traumatic Stress Disorder - Obsessive Compulsive Disorder - Panic Disorders

UNIT V: SOMATIC DISORDER AND DISSOCIATIVE DISORDER

Somatic Symptoms and related disorders (SSD): Complex Somatic Symptom Disorder-Illness Anxiety Disorder-Functional Neurological Disorder, Dissociative Disorders: Dissociative Amnesia, Dissociative Identity Disorder, Depersonalization and De-realization Disorder-Causal factors and Treatment.

Text Books:

Butcher,J.N.,Hooley,J.M.,Mineka,S.,Dwivedi,C.B.(2017).Abnormalpsychology(16thed.).New Delhi,India: PearsonIndia EducationServicesPrivate Limited.

Barlow, D. (2017). *Abnormal psychology and casebook in abnormal psychology* (5th ed.).Belmont,CA:Wadsworth.

Comer,R.(2018).*Fundamentals of abnormal psychology*.NewYork, NY:Worth Publishers.

References:

Davison,G.C.,Neale,J.M & Kring,A.M.(2004).*Abnormal psychology*. (9thed.). Marblehead, MA: John Wiley & Sons Inc.

Alloy,L.B.,Riskind,J.H.,&Manos,M.J.(2005).*Abnormal psychology*. New Delhi, India: Tata McGraw Hill pubg Co

Cutting,J.(1997).*Principles of psychopathology*. NewYork, NY: Oxford University Press