

CIRCULAR:-

A reference is invited to the Ordinance, Regulations and syllabi relating to the B.A. degree course vide this office Circular No.UG/411 of 2004, dated 23rd September, 2004 and the Principals of the affiliated colleges in Arts and the Professor-cum-Director, Institute of Distance Education are hereby informed that the recommendation made by the Board of Studies in Psychology at its meeting held on 27th January, 2009 has been accepted by the Academic Council at its meeting held on 13th February, 2009 vide item No.4.27 and that, in accordance therewith, the revised syllabi for the Applied Components (Options A, B, C and D) in the subject of Psychology at the S.Y.B.A. is as per Appendix and that the same has been brought into force with effect from the academic year 2009-2010.

MUMBAI-400 032
16th May, 2009

(PRIN. K. VENKATARAMAN)
REGISTRAR

To,
The Principals of the affiliated colleges in Arts and the Professor-cum-Director, Institute of Distance Education.

A.C./4.27/13/02/2009

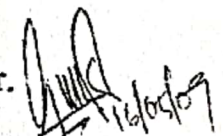
No. UG/169-A of 2009,

MUMBAI-400 032

16th May, 2009

Copy forwarded with compliments for information to :-

- 1) The Dean, Faculty of Arts.
- 2) The Chairperson, Board of Studies in Psychology .
- 3) The Controller of Examinations.
- 4) The Co- Ordinator, University Computerization Center.


D. H. KATE
DEPUTY REGISTRAR
(U.G./P.G.Section)

Copy to :-

The Director, Board of College and University Development, the Deputy Registrar (Eligibility and Migration Section), the Director of Students Welfare, the Personal Assistants to the Vice-Chancellor, the Pro-Vice-Chancellor, the Registrar and the Assistant Registrar, Administrative, Ratnagiri for information.

The controller of examinations (10 copies), the Finance and Accounts officer (2 copies) Record Section (5 copies), Publications Section (5 copies), the Deputy Registrar, Enrollment Eligibility and Migration Section (3 copies), the Deputy Registrar, Statistical, Affiliation Section (2 copies), the Director, Institute of Distance Education, (10 copies) the Director University Computer Center (IDE Building), Vidyanagari, (2 copies) the Deputy Registrar (Special Cell) the Deputy Registrar, (PRO). The Assistant Registrar, Academic Authorities Unit (2 copies) at the Assistant Registrar, Executive Authorities Unit (2 copies). They are requested to treat this action taken report on the concerned resolution adopted by the Academic Council referred to

13.2.2009

UNIVERSITY OF MUMBAI



Revised Syllabus for the
Applied Components
(Options A,B,C & D)
in the Subject of
Psychology
at the S.Y.B.A.

(With effect from the academic year 2009-2010)

Applied component at S.Y.B.A. Option A - Health Psychology

Revised syllabus at the S.Y.B.A. to be brought into force with effect from the academic year 2009-2010

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Health Psychology
2. To foster interest in Health Psychology as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Health Psychology in the Indian context

(4 lectures per week; 48 lectures per term; 9 lectures per topic and 3 lectures for discussion of Question paper pattern and the applications of important concepts in the syllabus.)

Term 1 (Topics 1 to 5)

Topic 1. Health Psychology: Introduction, Future Challenges and Health Research

- a) The changing field of health, Psychology's involvement in health
- b) Future challenges - Healthier people, the profession of health psychology, Outlook for Health Psychology
- c) Conducting Health Research - The placebo in treatment and research, Research methods in psychology, Research methods in Epidemiology, Determining Causation, Research tools

Topic 2. Seeking Health Care and Adhering to Medical Advice

- a) Adopting health-related behaviors, Seeking medical attention, Receiving health care
- b) Theories that apply to adherence, Issues in adherence, What factors predict adherence, Improving adherence

Topic 3. Understanding Pain; Managing Stress and Pain

- a) Pain and the nervous system, the meaning and measurement of pain, Pain Syndromes, Preventing pain
- b) Medical treatment for stress and pain, Alternative and complementary medicine, Behavioral techniques for managing stress and pain

Topic 4. Behavioral Factors in Cardiovascular Disease

- a) The cardiovascular system and Measures of cardiovascular function
- b) The changing rates of cardiovascular disease and Risk factors in cardiovascular disease
- c) Reducing cardiovascular risk

Topic 5. Behavioral Factors in Cancer

- a) What is cancer; The changing rates of cancer deaths
- b) Cancer risk factors beyond personal control, and behavioural risk factors for cancer
- c) Living with cancer

Term 2 (Topics 6 to 10)

Topic 6. Defining and Measuring Stress; Stress and Disease

- a) The nervous system and the physiology of stress, theories, measurement and source of stress, coping with stress
- b) Physiology of the immune system, Psycho-neuro-immunology, Does stress cause disease?

Topic 7. Living with Chronic Illness

- a) Living with Alzheimer's disease
- b) Adjusting to diabetes

- c) The impact of asthma
- d) Dealing with HIV and AIDS
- e) The impact of chronic disease

Topic 8. Smoking tobacco

- a) Smoking and the respiratory system
- b) A brief history and health consequences of tobacco use
- c) Choosing to smoke
- d) Interventions for reducing smoking rates; Effects of quitting

Topic 9. Using alcohol and other drugs

- a) Alcohol consumption yesterday and today; The effects of alcohol
- b) Why do people drink; Changing problem drinking
- c) Other drugs – types, misuse and abuse, treatment for drug abuse, preventing and controlling drug use

Topic 10: Eating, Weight and Exercising

- a) The digestive system; factors in weight maintenance; overeating and obesity; dieting; and eating disorders
- b) Types of physical activity and Reasons for exercising
- c) Physical activity and cardiovascular health, other health benefits of physical activity
- d) Hazards of physical activity; How much is enough but not too much; Adhering to physical activity program

Book for study

Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Wadsworth Thomson Learning. First Indian reprint 2007

Books for reference

- 1) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 2) Dimatteo, M. R. & Martin, L. R. (2002). Health Psychology. Pearson Education, Indian reprint 2007
- 3) Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications
- 4) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
- 5) Marks, D. F., Murray M., Evans, B., Willig C., Woodall, C., & Sykes, C. M. (2005). Health Psychology: Theory, Research and Practice. (2nd ed.), New Delhi, Sage Publications India Pvt. Ltd, Sage South Asia edition 2008
- 6) Ogden, J. (2007). Health Psychology: A Textbook. (4th ed.), Open University Press, McGraw Hill
- 7) Taylor S. E. (2003). Health Psychology (5th Ed). McGraw Hill Higher Education. International Edition.
- 8) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Revised syllabus at the S.Y.B.A. to be brought into force with effect from the academic year 2009-2010

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Psychology of Adjustment
 2. To foster interest in Psychology of Adjustment as a field of study and research
 3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context
- (4 lectures per week; 48 lectures per term; 9 lectures per topic and 3 lectures for discussion of Question paper pattern and the applications of important concepts in the syllabus)

Term 1 (Topics 1 to 5)

Topic 1. Self-direction in a changing world and seeking selfhood

- a) Social change
- b) The challenge of Self-direction
- c) Themes of personal growth
- d) What is Self-concept; Core characteristics of Self-concept
- e) The Self-concept and personal growth

Topic 2. Towards better health

- a) Body image
- b) Psychological factors and physical illness
- c) Coping with illness
- d) Promoting wellness

Topic 3. Taking charge and Managing motives and emotions

- a) Mastery and personal control
- b) Personal resolve and decision making; Decisions and personal growth
- c) Understanding motivation
- d) Understanding emotions

Topic 4. Making and keeping friends

- a) Meeting people
- b) Keeping friends

Topic 5. At work and play

- a) Choosing career
- b) Career outlook
- c) Contemporary issues in the world of work
- d) Leisure time

Term 2 (Topics 6 to 10)

Topic 6. Sexuality, Love and commitment

- a) Men and women; Sexual responsiveness; Practical issues
- b) Love and intimacy; Commitment; Adjusting to intimate relationships
- c) Divorce and its consequences

Topic 7. Stress

- a) Understanding Stress
- b) Reactions to Stress
- c) Managing Stress

Topic 8. Understanding mental disorders

- a) Psychological disorders
- b) Anxiety disorders
- c) Mood disorders
- d) Other common disorders

Topic 9. Therapy and Treatment

- a) Insight therapies
- b) Cognitive-behavioural therapies
- c) Other approaches to treatment
- d) How well does therapy work

Topic 10. Good grief and death

- a) Death and dying
- b) Bereavement and grief
- c) Life and death in perspective

Book for Study

Duffy, K.G., & Atwater, E. (2008). Psychology for Living – Adjustment, Growth, and Behaviour Today. (9th ed.). New Jersey: Pearson Prentice Hall

Books for reference

1. Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
2. Baumgardner, S., & Crothers, M. (2009). Positive Psychology. Pearson Education
3. Brannon, L. & Feist J. (2007). Introduction to Health Psychology. Thomson Wadworth. New Delhi: Indian edition 2007
4. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications
5. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
6. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
7. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
8. Taylor S. E. (2003). Health Psychology (5th Ed). McGraw Hill Higher Education. International Edition.
9. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
10. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power



Revised syllabus at the S.Y.B.A. to be brought into force with effect from the academic year 2009-2010

Objectives: -

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context

(4 lectures per week; 48 lectures per term; 9 lectures per topic and 3 lectures for discussion of Question paper pattern and the applications of important concepts in the syllabus)

Term 1 (Topics 1 to 5)

Topic 1. Stress and Stress Psychophysiology

- a) The Pioneers, Stress theory, The Stressor, Stress Reactivity, A Definition of Stress Stress Management Goals
- b) Stress Psychophysiology: The brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Topic 2. Stress and Illness/Disease, and Intervention

- a) Hot Reactors, Psychosomatic Disease, Stress and the Immunological System, Stress and Serum Cholesterol, Specific Conditions, Post-traumatic Stress Disorder, Stress and Other Conditions
- b) Intervention – A model of stress, Setting up roadblocks, Comprehensive stress management, Eustress and the model, Taking control and Making a commitment

Topic 3. Intrapersonal and Interpersonal Life-Situation Interventions –

- a) Intrapersonal Interventions: – Eliminating unnecessary stressors; nutrition and stress; noise and stress; life events and stress; hassles and chronic stress; success analysis
- b) Interpersonal Interventions – Asserting oneself, conflict resolution, communication, time management, social support networking

Topic 4. Perception Interventions, and Spirituality and Stress

- a) Perception Interventions – Selective awareness; stop to smell the roses; perspective and selective awareness; an attitude of gratitude; humour and stress; Type A behaviour pattern; self-esteem; locus of control; anxiety management; hardiness
- b) Spirituality and Stress - Spiritual health, religion and spirituality, spirituality and health, how spirituality and religion affect health, forgiveness and health, volunteerism as a spiritual and healthy activity; closing thoughts on spirituality, health and managing stress

Topic 5. Relaxation Techniques

- a) Meditation and Autogenic Training and Imagery
- b) Progressive Relaxation, Biofeedback and Other Relaxation Techniques

Term 2 (Topics 6 to 10)

Topic 6. Exercise and Strategies for decreasing stressful behaviours

- a) Physiological Arousal Intervention: Exercise
Exercise and Health, the Healthy Way to Exercise, Principles of Exercise, Assessing Cardio-respiratory Fitness, Starting an Exercise Program, Choosing an Exercise Program, Exercise and the elderly, Where to get more information, Exercise – keep it going
- b) Strategies for decreasing stressful behaviours -

Health and lifestyle behaviours, health-behaviour assessment, selected lifestyle behaviours, barriers to action, locus of control, various methods for decreasing stressful behaviours, application of behaviour change techniques

Topic 7. Diversity and stress; Stress and the College Student

- a) Diversity and stress - Minority defined; health status, poverty and educational level, family life, age and physical disability
- b) Stress and the College Student - The Younger College Student, HIV-AIDS, The Older College Student, the Minority College Student, Interventions

Topic 8. Occupational Stress

- a) Occupational Stress Cycle, What is occupational stress, Why is occupational stress of concern, Gender and occupational stress, Disease and Occupational Stress, Occupational Stressors
- b) The Workaholic, Burnout, Women and Work Outside the Home, Sexual Harassment at Work, Working in the Home
- c) Interventions
- d) Managing Occupational Stress

Topic 9. Family Stress

- a) The Family, Marriage, Cohabitation, Divorce, Single-Parent Families, Gay and lesbian families
- b) Family Stressors
- c) A Model of Family Stress
- d) Interventions

Topic 10. Stress and the Elderly

- a) The Elderly: A Description, Test of Knowledge About the Elderly, Adjustment in the Later Years, Exercise and the elderly
- b) Retirement, Care-giving; Death, Dying and Grief
- c) Interventions

Book for Study

Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). New York: McGraw Hill publications

Books for Reference

- 1) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 2) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
- 3) Rice, P.L. (1999). Stress and Health. (3rd ed). Brooks/Cole publishing co.
- 4) Schafer, W. (2000). Stress Management for Wellness. (4th ed). Wadsworth/ Thomson Learning
- 5) Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
- 6) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

General Applied Component at S.Y.B.A. Option D – Psychology of Gender

Revised syllabus at the S.Y.B.A. to be brought into force with effect from the academic year 2009-2010

Objectives

1. To impart knowledge of the basic concepts and modern trends in Psychology of Gender
2. To foster interest in Psychology of Gender as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Psychology of Gender in the Indian socio-cultural context

(4 lectures per week; 48 lectures per term; 9 lectures per topic and 3 lectures for discussion of Question paper pattern and the applications of important concepts in the syllabus.)

Term 1 (Topics 1 to 5)

Topic 1. Theoretical Perspectives on Sex and Gender

- a) Early theories about sex and gender
- b) Psychoanalytic/identification theories
- c) Social structure/ cultural theories of gender
- d) Evolutionary theories of gender
- e) Biosocial model
- f) Social learning theory/ social cognitive theory
- g) Perspectives on difference

Topic 2. Researching Sex and Gender

- a) Asking questions about sex and gender: science and the search for truth
- b) Methods for comparing the sexes
- c) Nature, nurture and the interactionist position
- d) Problems encountered in the study of sex and gender
- e) Science and androcentrism
- f) A transformational Psychology of Gender?

Topic 3. Gender Differences in Social Behaviour and Experience

- a) Gender differences in context
- b) Gender differences in social behaviour: A sampling of current findings
- c) What happened to the differences?

Topic 4. Sex and Gender and Childhood

- a) Sources of early gender learning
- b) Constructing an identity: the relational and individual self
- c) Friendship
- d) Achievement

Topic 5. Family and Friends: Attachment, Intimacy, and Power

- a) Close relationships in adulthood
- b) Marriage: the intimate economic partnership
- c) Women and men as parents

Term 2 (Topics 6 to 10)

Topic 6. Masculinity and Femininity: Myths and Stereotypes

- a) Sex Stereotypes; Sex or gender: More than a question of terminology?
- b) The content of gender stereotypes; Beyond personality traits: the man / faces of gender stereotypes
- c) Different and unequal? The evaluative aspects of gender stereotypes

- d) Gender and other stereotypes: race/ethnicity, class, age, appearance, sexual orientation, disability
- e) The process of stereotyping; how gender stereotypes and prejudice affect us
- f) Gender stereotypes and the research process

Topic 7. Mental and physical health: stress, change, and adaptations

- a) Vulnerability and strength
- b) Gender and physical health
- c) Women, men, and mental illness; Gender and mental health

Topic 8. Economic and Political Life: Power, Status, and Achievement

- a) Where we are now: a shortage of women at the top
- b) Motivation: the driving force?
- c) Defining Achievement and Power
- d) Access to resources; resources, strategies, and political power
- e) Power in organizations and institutions
- f) Maintaining the status quo: how hierarchies perpetuate themselves

Topic 9. Issues in the workplace

- a) Division of labour by sex; Sex discrimination
- b) Two spheres in contact: the interaction of family and employment issues
- c) Work, sexuality and power

Topic 10. Justice, equity, and social change

- a) Gender and conceptions of justice
- b) Gender and the law
- c) Social change: justice for all?

Book for Study

Lips, H. (2008). Sex and Gender: An Introduction. (6th ed). New York: McGraw Hill Higher Education

Books for Reference

- 1) Archer, J., & Lloyd, B. (1998). Sex & Gender. Cambridge University Press
- 2) Crawford, M. (2006). Transformations: Women, Gender, and Psychology. (3rd edi.). New York: McGraw Hill Higher Education
- 3) Crawford, M., & Unger, R. (2000). Women and Gender- A Feminist Psychology. (3rd ed). McGraw Hill co.
- 4) Helgeson, V. S. (2005). Psychology of Gender. (2nd ed). New Delhi: Pearson Education. First Indian reprint 2006
- 5) Joshi, S. R., & Prasad, K. (2009). (Eds). Feminist Development Communication: Empowering Women in the Information Era. New Delhi: The Women Press
- 6) Lips, H. M. (2006). A New Psychology of Women: Gender, Culture, and Ethnicity. (3rd edi.). New York: McGraw Hill Higher Education
- 7) Prasad, K. (Ed.) (2000). Communication and Empowerment of Women: Strategies and Policy Insights from India. Vol 1 & 2. New Delhi: The Women Press
- 8) Worell, J. (2001). Encyclopedia of Women and Gender: Sex Similarities and Differences and The Impact of the Society on Gender. Academic Press. (Vol 1-2)