

ST. JOSEPH'S EVENING COLLEGE (AUTONOMOUS)

Bangalore

DEPARTMENT OF PSYCHOLOGY

SYLLABI FOR 3rd YEAR B.A. (2018-19)

SEMESTER – V: SOCIAL PSYCHOLOGY

Course Objectives and Learning Outcome:

1. To help students understand the major social psychology concepts such as, social perception, attitudes, pro-social behaviour, aggression, prejudice, and group processes in a social context.
2. To help students learn the sociocultural contexts that influence individual differences.
3. To familiarize students the applications of social psychology in health, law and business.

UNIT – I: INTRODUCTION (13 HOURS)

Social psychology: definition, nature, applications (briefly) – health, law, business.

Social perception: non-verbal communication, attribution, impression formation and impression management, schemas.

Nonverbal communication (student effort hours).

UNIT – II: ATTITUDES AND PROSOCIAL BEHAVIOUR (12 HOURS)

Attitudes - Attitude formation; Attitudes and behavior; techniques of attitude change; Resisting persuasion attempts; Cognitive dissonance.

Prosocial behaviour – motives to prosocial behaviour; Influential factors.

The bystander effect (Student effort hours).

UNIT - III: AGGRESSION (11 HOURS)

Perspectives on aggression; Causes of human aggression: social, cultural, personal, and situational; The prevention and regulation of aggression: some useful techniques.

Bullying (student effort hours).

UNIT – IV: STEREOTYPING, PREJUDICE, AND DISCRIMINATION (11 HOURS)

The nature and origins of stereotyping; prejudice- Allport's theory of prejudice hierarchy; discrimination: gender discrimination, social discrimination prejudice in action; techniques to counter prejudice.

Emotions and prejudice (student effort hours).

UNIT – V: GROUP BEHAVIOUR

(13 HOURS)

Definition; Group types; The benefits and costs of joining groups; Effects of the presence of others: social facilitation, social loafing; Decision making by groups: the decision-making process, the downside of group decision making.

Key components of groups: roles, status, norms, cohesiveness (student effort hours).

REFERENCES:

1. Baron, R.A., Branscombe, R.R., Byrne, D., & Bhardwaj, G. (2009). Social Psychology. New Delhi: Pearson.
2. Baron, R.A., & Branscombe, N.R. (2014). Social psychology (13th ed.). Noida: Pearson India Education Services Pvt Ltd.
3. Myers, D.G. (2006). Social Psychology. 8thEdn. New Delhi: Tata McGraw-Hill Publishing Company Ltd.
4. Schneider, F.W., Gruman, J.A., & Coutts, I.M. (2012). Applied Social Psychology. 2nd Ed. New Delhi: SAGE Publications India Pvt Ltd.

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SEMESTER – V: ABNORMAL PSYCHOLOGY

Course Objectives and Learning Outcome:

1. To have knowledge of different aspects of abnormal behavior.
2. To discuss the causes of abnormal behavior.
3. To educate students on the major psychological disorders.
4. To discuss the major psychological interventions in practice.

UNIT - I: INTRODUCTION

(8 HOURS)

Defining abnormal behavior; Criteria of abnormal behavior; What is a psychological disorder; The science of psychopathology; Historical conceptions of abnormal behavior; Need for classification systems, advantages and disadvantages, Brief mention of DSM-5 and ICD-10

classification systems; Causes of abnormal behaviour – necessary, predisposing, precipitating and reinforcing causes, psychological causal factors.

The Four Ds of Abnormality (Student Effort Hours).

UNIT - II: NEURODEVELOPMENTAL DISORDERS (8 HOURS)

Intellectual disability - definition, levels, clinical types and causal factors; Autism spectrum disorders - clinical picture and causal factors; Specific learning disorders (dyslexia, dysgraphia and dyscalculia) - clinical picture and causal factors;

Attention-Deficit/Hyperactivity Disorder (Student Effort Hours).

UNIT - III: ANXIETY AND MOOD DISORDERS (9 HOURS)

Anxiety disorders - meaning; brief description: panic disorder, generalized anxiety disorder, phobic disorder with psychosocial causal factors, PTSD.

Mood disorders – types and prevalence; Unipolar mood disorders with psychosocial causal factors; Bipolar mood disorders with psychosocial causal factors.

Social anxiety disorder (Student Effort Hours).

UNIT - IV: SCHIZOPHRENIA AND PERSONALITY DISORDERS (10 HOURS)

Schizophrenia - meaning, clinical picture; Personality disorders – introduction, clinical features and brief descriptions of Cluster A, B, and C Personality Disorders with psychosocial causal factors.

Psychosocial causal factors of schizophrenia (Student Effort Hours).

UNIT - V: PSYCHOLOGICAL INTERVENTIONS (10 HOURS)

Psychotherapeutic service providers, the therapeutic relationship; Common therapeutic approaches – evidence based treatment, medication and psychotherapy, combined treatments.

Psychosocial approaches for treatments (major techniques only) – behaviour therapy, cognitive behaviour therapy, humanistic therapy, psychodynamic therapy (free association, dream analysis). Contemporary therapies: expressive therapies. Brief introduction to family and couple therapy.

Individual and group therapy (Student Effort Hours).

REFERENCES:

1. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J. M. (2012), Abnormal psychology. (15th Ed.). New Delhi: Pearson Education.
2. Kring, A.M., Johnson, S.L., Davison, G., & Neale, J. (2014). Abnormal psychology. Danvers, MA: Wiley.

3. Halgin, R.P., & Whitbourne, S.K. (2014). *Abnormal psychology: clinical perspectives on psychological disorders, DSM-5 update*. (7th Ed.). New York: McGraw-Hill Education.
4. Nolen-Hoeksema, S. (2008). *Abnormal psychology: media and research update*. (4th Ed.). New York: McGraw-Hill.
5. Barlow, D.H., & Durand, V.M. (2005). *Abnormal psychology: an integrative approach*. (4th Ed.). New Delhi: Wadsworth Cengage Learning.
6. Malchiodi, C.A. Expressive therapies: History, theory and practice. In C.A. Malchiodi, *Expressive Therapies* (ed.). (2005). New York: Guilford Publications.
7. World Health Organization. (2008). *ICD-10: International statistical classification of diseases and related health problems* (10th Rev. ed.). New York, NY: Author.
8. American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text revision). Washington, DC: Author