

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR



Faculty of Humanities

Syllabus : B.A.- II Psychology

Course- Semester III & IV (Elective Papers)

With effect from June-2023-24

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY , SOLAPUR

Faculty of Humanities

B.A. Part II – Psychology

C.B.C.S. Pattern Syllabus

B.A. Part II, Semester III & IV (Elective Papers)

(w.e.f. June, 2023-24)

Semester-III

Paper No	Type	Title of the Papers	Mark s	Periods	Credit	UA		CA	
III	Elective	Development Psychology (Adolescent and early Adulthood)	50	60	4	40	16	10	04
IV	Elective	Applied Psychology	50	60	4	40	16	10	04

Semester IV

Paper No	Type	Title of the Papers	Mark s	Periods	Credit	UA		CA	
V	Elective	Development Psychology (Middle Adulthood & Late Adulthood)	50	60	4	40	16	10	04
VI	Elective	Psychology of modern life	50	60	4	40	16	10	04

B.A.Part II

Semester III Psychology – Paper – III (Elective)

Development Psychology

(Adolescent and early Adulthood)

w.e.f. June, 2023-24

Objectives –

- 1) To familiarize students with the basic developmental process of Adolescence to Early Adulthood
- 2) To enable the students to acquaint with the knowledge of physical, Cognitive, Social and Personality development to the relating Adolescence and Early Adulthood stages of life.

Outcomes -

1. Students will be able to familiarize with the basic developmental process of adolescence to early adulthood.
2. With the knowledge of physical, Cognitive, Social and Personality development students will be able to the relate to the adolescence and early adulthood stages of life.

Credit- 03L+01T= 04 Contact Hours 60

.....

Credit 1 Contact Hours 15

Module – 1- Adolescence: physical and Cognitive Development

1.1 Physical Development.

- A) Physical Maturation.
- B) Threats to Adolescents’ Well – being

1.2 Cognitive Development

- A) Cognitive Development
- B) School Performance

.....

Credit 1 Contact Hours 15

Module 2 -: Adolescence: Social and Personality Development

2.1 Identity – Who Am I?

2.2 Relationships: Family and friends

2.3 Sexual Behavior and Teenage Pregnancy

.....

Credit 1 Contact Hours 15

Module -3- Early Adulthood: Physical and Cognitive Development

3.1 Physical Development

3.2 Physical Limitations and Challenges.

3.3 Cognitive Development.

3.4 Intelligence.

.....

Credit 1 Contact Hours 15

Module-4- Early Adulthood: Social and Personality Development

4.1 Forging Relationships: Intimacy, Liking, Loving.

4.2 What makes marriage work, divorce,

4.3 Parenthood, Staying Single.

4.4 Work: Choosing and embarking on a career.

.....

Books for Study

* Robert S.Feldman and Nandita Babu (2011) “Discovering the Life Span”, Pearson Education first Impression South Asia

• Rodert S.Feldman (2010), “Discovering the Life Span ”Dorling, Kinderson India .Pvt.Limited 1st Impression.

• John .w.Santrock 2007“ A typical approach to Life Span.Devlopment ” Third Edn.Tata McGraw Hill.

Books for Reference

- Dacey and Travers (1996) “Human Development ‘Acroos the Life Span” Brown and Benchmark publisher 3rd Edition.
- Diane E Papalia and Sally olds (1985) “Human development,” Tata McGraw-Hill edition, 5th Edition.
- James W Vander Zanden : “Human Development” 3 Edition.
- Hurlock E.B (2001) “Development Psychology :A Life Span approach, ”TMH Publishing Company,New Delhi.
- Hirave,Tadasare (1997) “Vaikasik Manasshastra” Fadake prakashan, Kolhapur.
- Borude,Kumthekar,Desai,Golvilkar(1995) “Vaikasik Manasshastra” Pune,Vidhyarthi Gruh Prakashan,Pune
- Sontakke,Bhosale,Kulkarni,(2008)“VaikasikManasshastra”Solapur,Aksharlene Prakashan.
- Sontakke,Jadhav,Bhosale,Kulkarni,(2014)“VaikasikManasshastra”Kishorawastha Te Prarambhik Prodhawasta Sunrise PublicationSolapur.
- Sontakke,Jadhav,Bhosale,Kulkarni,(2015)“VaikasikManasshastra”Madhy awasta Te Vrudhavastha Sunrise Publication Solapur.

Semester III Psychology – Paper – IV (Elective)

Applied Psychology

W.e.f. June, 2023-24

.....

Objectives.-

1. To acquaint the students with Psychological adjustments to modern life.
2. To Prepare the Students to adjust in various life situations in 21st Century.

Out Comes:

- 1) Students will be able to understand Psychological adjustment to modern life.
- 2) Students will learn adjustment in various life situations in 21st Century.

Credit-	03L+01T=	04	Contact	Hours	60
----------------	-----------------	-----------	----------------	--------------	-----------

.....

Credit 1 Contact Hours 15 **Module – 1 –Adjustment and Modern Life.**

- 1.1 The Psychology of Adjustment
 - 1.2 The Scientific Approach to Behavior Experimental Research, Correlational Research.
 - 1.3 The Role of Happiness.
 - 1.4 Application –Improving Academic Performance.
-

Credit 1 Contact Hours 15 **Module -2 – Stress.**

- 2.1 The Nature of Stress.
 - 2.2 Major types of Stress.
 - 2.3 Responding Stress.
 - 2.4 Effect of Stress.
 - 2.5 Application- Managing Stress.
-

Credit 1 Contact Hours 15

Module -3 – Self.

3.1 Self – concept

3.2 Self – esteem

3.3 Self-Regulation

3.4 Application- Building self-esteem.

.....

Credit 1 Contact Hours 15

Module – 4 – Gender and Behavior.

4.1 Gender Stereotype

4.2 Gender Similarities and Differences.

4.3 Biological Origins of Gender Differences.

4.4 Environmental Origins of Gender Differences.

4.5 Application – Bridging Gender Gap in Discrimination

.....

Books for Study

- 1) Weiten and Lloyd (2007) “Psychology Applied to Modern Life” Thomson - Wadsworth, Indian Edition.
- 2) Sarafino and Smith (2012) “Heath Psychology” Wiely Indian Edition.

Books for Reference

- 1) Altwater Eastwood & Duffy Karen Grover (1999) “Psychology for Living Adjustment, Growth and behaviour today” 6 th Edition. Mc Graw-Hill book Company New York.
- 2) Anastasi Anne(1976) “Field of Applied Psychology” 2nd Edition. McGraw-Hill book Company New York.
- 3) Palasane M.N, Naware Savita (Ed) (1993) “Upyojit Manasshastra, ”Wiely Extern Ltd. Publishers, Delhi
- 4) Patil Angha & Rajhans Manasi (1998) Jivanopyogi Manasshastra. Unmesh Prakashan, Pune
- 5) Tadasare & Tamke (2004) “Upyojit Manasshastra” Phadke Prakashan, Kolhapur.
- 6) Pandit, Kulkarni & Gore (2000) “Upyojit Manasshastra” Pimplapune and com.
- 7) Sontakke, Bhosale & Kulkarni (2008), “Upjojit Manasshastra” Aksharlene Prakashan Solapur.

8) Sontakke,Jadhav,Bhosale,Kulkarni,(2014)“Adhunik Upyogit Manasshastra” Sunrise Publication Solapur

9) Sontakke,Jadhav,Bhosale,Kulkarni,(2015)“Adhunik Upyogit Manasshastra” Sunrise Publication Solapur.

Semester IV Psychology-Paper-V (Elective)

Development Psychology

(Middle and late adulthood)

w.e.f. June 2023-24

Objective –

- 1) To familiarize students with the basic developmental process of middle and late adulthood.
- 2) To acquaint students with knowledge of physical, cognitive, social and personality development of middle and late adulthood.

Outcomes –

- 1) Students will know the basic developmental process of middle and late adulthood.
- 2) Students will learn about the knowledge of physical, cognitive, social and personality development of middle and late adulthood.

Credit – 03L+01T = 04

Contact hours 60

.....
Credit 01

Contact hours 15

Module – 1: Middle adulthood: Physical and cognitive Development

1.1 Physical development

1.2 Sexuality in Middle Adulthood

1.3 Health

1.4 Cognitive Development

A. Does intelligence decline in adulthood.

B. Memory
.....

Credit 1

Contact Hours 15

Module – 2: Middle Adulthood: Social and Personality Development

2.1 Personality development

2.2 Relationships: Family in middle age

2.3 Work and Leisure

.....

Credit 1

Contact hours 15

Module – 3: Late Adulthood : Physical and Cognitive Development

3.1 Physical development

3.2 Health and wellness

3.3 Cognitive development

A) Intelligence

B) Memory

.....

Credit 1

Contact hours 15

Module – 4: Late Adulthood: Social and personality development

4.1 Personality development and successful ageing

4.2 Daily life of late adulthood

4.3 Relationship: Old and new

.....

Books for study

- Robert S. Feldman and Nandita Babu (2011) “Discovering the life span”, Pearson Education first Impression South Asia.
- Robert S.Feldman (2010), “Discovering the life span “Dorling , Kinderson India pvt ltd 1st Impression.
- John.W.Santrock 2007 “A typical approach to life span development” third edition Tata McGraw Hill

Books for Reference

- Dacey and Travers (1996) “Human development across the lifespan”, Brown and Benchmark publisher, third edition
- Diane E. Papalia and Sally olds (1985) “ Human development” Tata McGraw Hill 5th edition
- James W. vander Zanden : “ Human development” 3rd edition
- Hurlock E.B. (2001) “Development Psychology : A life span approach, TMH Publishing Company, New Delhi
- Hirave, Tadasare (1997) “vaikasik manas shastra” Fadake prakashan, Kolhapur
- Borude, Kumthekar, Desai, Golvilkar (1995) “ Vaikasik manas shastra” Pune vidyarthi griha prakashan, Pune
- Sontakke, Bhosale, Kulkarni, (2008) “Vaikasik manas shastra” , Aksharlene prakashan, Solapur
- Sontakke, Jadhav, Bhosale, Kulkarni, (2014) “ Vaikasik Manas shastra : kishoravastha te prarambhik prouhvastha” Sunrise Publications, Solapur
- Sontakke, Jadhav, Bhosale, Kulkarni, (2015), “Vaikasik manas shastra : Madhyavastha te vrudhavastha, Sunrise Publications, Solapur

Semester IV Psychology-Paper VI-(Elective)

Psychology of Modern Life

w.e.f. June, 2023-24

Objectives –

- 1) To familiarize students with Psychological applications in modern life.
- 2) The student are acquainted with the process of interpersonal intimate, relationship with health and work.

Outcomes:

- 1) Students learn about Psychological applications in modern life.
- 2) Students will know the process of Psychological interpersonal, intimate relationship with health and work.

Credit-03L + 01T = 04

Contact Hours 60

.....

Credit 1

Contact Hours 15

Module-1-Interpersonal Communication

- 1.1 The process of interpersonal communication
- 1.2 Nonverbal Communication
 - A) General Principles
 - B) Elements of Nonverbal Communication
- 1.3 Effective Communication
- 1.4 Application developing and assertive communication style.

.....

Credit 1

Contact Hours 15

Module-2 Intimate Relationship

- 2.1 Friendship
 - A) What makes a good friend?
 - B) Gender differences in friendships
- 2.2 Marriage
 - A) Moving towards marriage
 - B) Marital adjustment across the family life cycle
 - C) Vulnerable areas in Marital Adjustment
 - D) Divorce
- 2.3 Application – Understanding intimate Violence

.....

Credit 1

Contact Hours 15

Module-3-Psychology and Health

- 3.1 What is health?
- 3.2 Current perspectives on health and illness
 - A) The Bio-Psychological perspective
- 3.3 Habits, Life style and health
- 3.4 Reactions to health
- 3.5 Application – Methods for promoting health

.....

Credit 1

Contact Hours

15

Module-4- Career and Work

- 4.1 Choosing a career
- 4.2 Models of career choice and development Hollands mode, Womens career development
- 4.3 Changing world of work
- 4.4 Application – Putting together a resume

.....

Books for study

- 1) Weiten and Lioyd (2007) “Psychology Applied to Modern Life” Thomson-Wadsworth, Indian edition
- 2) Sarafino and Smith (2012) “Health Psychology” Wiley

Books for Reference

- 1) Atwater Eastwood & Duffy Karen Grover (1999) “Psychology for living adjustment, growth and behaviour today” 6th edition, Prentice Hall, Upper Saddle river, New Jersey
- 2) Anastasi Anne (1976) “Field of Applied Psychology” 2nd edition. McGraw-Hill book Company New York
- 3) Palasane M.N. Naware Savita (Ed) (1993) “Upyojit Manas shastra, “Wiley Extern ltd. Publishers, Delhi
- 4) Tadasare and Tamke (2004) “Upyojit manas Shastra” Phadke prakashan, Kolhapur
- 5) Pandit, Kulkarni & Gore (2000) “ Upyojit manas shstra” Pimpla Pune and com.
- 6) Sontakke, Bhosale & Kulkarni (2008), “ Upyojit Manas shastra” Aksharlene Prakashan, Solapur
- 7) Sonatakke, Jadhav, Bhosale & Kulkarni (2014) “Adhunik Upyojit manas shastra” Sunrise Publications, Solapur
- 8) Sonatakke, Jadhav, Bhosale & Kulkarni (2015) “Adhunik Upyojit manas shastra” Sunrise Publications, Solapur

የትምህርት ሚኒስቴር ጋራ ምርመራ ቤቅ ለትምህርት ምክርቤት

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የግሪክ ቋንቋ)

የትምህርት ምክርቤት ለትምህርት ምክርቤት (Nature of Question Paper)

የትምህርት ምክርቤት ለትምህርት ምክርቤት (CBCS)

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት)

የትምህርት ምክርቤት

የትምህርት ምክርቤት 40

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት) 1 ምክርቤት

8 ምክርቤት

Choose the correct alternative

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት)

12 ምክርቤት

Write Short answer (any four out of six)

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት)

10 ምክርቤት

Broad answer question (any one out of two)

የትምህርት ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት)

10 ምክርቤት

Broad answer question (no choice)

ጋራ : የትምህርት ምክርቤት ለትምህርት ምክርቤት (CA) 10 ምክርቤት

* 10 ምክርቤት ለትምህርት ምክርቤት (የትምህርት ምክርቤት) ለትምህርት ምክርቤት

* የትምህርት ምክርቤት - 40 ምክርቤት ለትምህርት ምክርቤት = 16 ምክርቤት

* የትምህርት ምክርቤት (CA) : 10 ምክርቤት ለትምህርት ምክርቤት = 04 ምክርቤት