



St. Xavier's College – Autonomous Mumbai

Syllabus For 3rd Semester Core Courses in Psychology (June 2016 onwards)

Contents:

Theory Syllabus for Courses:

A.PSY.3.01 SOCIAL PSYCHOLOGY

A.PSY.3.02 DEVELOPMENTAL PSYCHOLOGY

SYBA

Course: A.PSY.3.01

Title: Social Psychology

Learning Objectives:

1. To ensure understanding of Social Psychology
2. To acquaint students with classic and contemporary research in Social Psychology
3. To further students' knowledge of basic research methodology
4. To develop critical thinking and application skills with respect to the subject matter of Social Psychology and life in general
5. To introduce students to the link between Social Psychology and Personality

Number of lectures: 45

UNIT 1 THE INDIVIDUAL AND THE GROUP (15 lectures)

- 1.1 An orientation to social psychology
 - a. Research methodology
 - b. Theoretical approaches

- 1.2 Social Influence
 - a. Compliance
 - b. Destructive Obedience
 - c. Conformity
- 1.3 Group processes
 - a. Social Facilitation
 - b. Deindividuation
 - c. Group Decision Making
 - d. Co-operation v/s Competition and Conflict Resolution

UNIT 2 PROSOCIAL BEHAVIOUR (15 lectures)

- 2.1 Prosocial Behavior and related concepts
- 2.2 Bystander Effect
- 2.3 Determinants of Prosocial Behavior
- 2.4 Theories of Altruism
- 2.5 Antisocial Behavior

UNIT 3 SOCIAL PERCEPTION (15 lectures)

- 3.1 Concept of Attribution
- 3.2 Theories of Attribution
- 3.3 Errors and Biases in Attribution
- 3.4 Impression Formation

List of Recommended Reference Books

Book for study:

Baron, R. A., Branscombe, N. R., & Byrne, D. (2015). Social Psychology.13th edition
Boston, MA: Pearson/Allyn and Bacon.

Books for Reference:

- Franzoi, S. L. (2008). Social Psychology .New York: Mcgraw-Hill.
- Myers, D. G. (2009). Exploring Social Psychology. New York: McGraw-Hill.
- Myers, D. G. (2010). Social Psychology. New York: McGraw-Hill.
- Taylor, S. E., Peplau, A. L., & Sears, D. O. (2006). Social Psychology Englewood Cliffs, NJ: Prentice Hall.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2010). Social Psychology. Upper Saddle River, NJ: Prentice Hall.
- DeLamater, J. D., & Myers, D. J. (2011). Social Psychology. Belmont, CA: Wadsworth.
- Gilovich, T., Keltner, D., & Nisbett, R. (2010). Social Psychology. New York: W. W. Norton.
- Kassin, S. M., Fein, S., & Markus, H. R. (2008). Social Psychology. Boston, MA: Houghton Mifflin.
- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.

SYBA

Course: A.PSY.3.02

Title: Developmental Psychology

Learning Objectives:

1. To ensure understanding of important concepts, major theories and research methodology of developmental psychology.
2. To inculcate knowledge of developmental milestones from conception to death.
3. To create awareness of the complex interaction of factors governing physical, cognitive and social-emotional development at different life stages.
4. To develop critical thinking and application skills with respect to the subject matter of developmental psychology and life in general.
5. To introduce students to the link between developmental psychology and personality.

Number of lectures: 45

UNIT 1 AN INTRODUCTION TO DEVELOPMENTAL PSYCHOLOGY
(15 lectures)

- 1.1 An orientation to lifespan development
- 1.2 Theoretical perspectives (emphasis on Erikson)
- 1.3 Research methods
- 1.4 Prenatal development and environmental factors
- 1.5 Birth and complications

UNIT 2 INFANCY & TODDLERHOOD
(15 lectures)

- 2.1 Early reflexes and motor development
- 2.2 Development of the senses
- 2.3 Cognitive development
- 2.4 Language development
- 2.5 Emotional development and communication with caregivers
- 2.6 Temperament
- 2.7 Autonomy and the emergence of self
- 2.8 Role of parents and attachment

UNIT 3 EARLY CHILDHOOD
(15 lectures)

- 3.1 Bodily growth and motor skills
- 3.2 Cognitive development and language
- 3.3 Identity (self and gender)
- 3.4 Parenting
 - a. forms of discipline
 - b. maltreatment
 - c. altruism
 - d. fear
 - e. aggression

List of Recommended Reference Books

Books for study:

- **Papalia, D.E; Olds, S.W; Feldman, R. (2010) Human development 9th edition. McGraw Hill.**
- **Feldman, R.S (2014) Discovering the lifespan. Pearson Prentice Hall.**

Books for reference:

- Berk, L.E. (2007) Development through the lifespan. 3rd edition. Pearson Education.
- Cook, J.L;Cook,G (2009) Child development: Principles and perspectives. Pearson education.
- Santrock, J.W. (2009) Lifespan development 3rd edition. Tata McGraw Hill.
- Santrock, J.W. (2007) Educational Psychology 2nd edition. Tata McGraw Hill.
- McDervitt, T.M; Omrod (2007) Child development and education 3rd edition. Pearson education.
- Dacey, J.S; Travers, J.F. (2004) Human development across the lifespan 5th ed. McGraw Hill.
- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.



St. Xavier's College – Autonomous Mumbai

Syllabus For 3rd Semester Applied Components in Psychology (June 2016 onwards)

Contents:

Theory Syllabus for Course:

**A.AC.3.01 APPLIED COMPONENT
PSYCHOLOGY OF ADJUSTMENT
PSYCHOLOGY OF GENDER**

SYBA

Course: A.AC.3.01

Title: Psychology of Adjustment

Learning Objectives:

1. To ensure understanding of important concepts regarding the challenges of adjustment in everyday life.
2. To expose students to a blend of theory and research and applications in the field of adjustment.
3. To create improved self awareness and to thus facilitate better life decisions and constructive coping with life's challenges.
4. To sensitize students to the importance of self-awareness, self-regulation, effective interpersonal communication and meaningful personal relationships.
5. To develop critical thinking and application skills with respect to the subject matter of psychology of adjustment.
6. To introduce students to the link between psychology of adjustment and personality.

Number of lectures: 60

UNIT 1 **Adjusting to modern life **(15 lectures)****

- 1.1 The psychology of adjustment
- 1.2 The scientific approach to behavior
- 1.3 The paradox of progress
- 1.4 The search for direction (and key concepts of existentialism)
- 1.5 Personal control and Learned optimism
- 1.6 Decision making and goal setting

UNIT 2 **The Self **(15 lectures)****

- 2.1 Self-concept
- 2.2 Self-esteem
- 2.3 Self-perception
- 2.4 Self-regulation
- 2.5 Self-concept and personal growth

UNIT 3 **Stress and its effects **(15 lectures)****

- 3.1 Nature of stress
- 3.2 Types of stress
- 3.3 Responding to stress
- 3.4 Effects of stress
- 3.5 Stress tolerance

UNIT 4 **Coping processes **(15 lectures)****

- 4.1 The concept of coping
- 4.2 Coping patterns of limited value
- 4.3 Nature of constructive coping
- 4.4 Appraisal focused constructive coping
- 4.5 Problem focused constructive coping
- 4.6 Emotion focused constructive coping

List of Recommended Reference Books

Book for study:

Weiten, W.; Dunn, D.; Hammer, E. Y., (2015) Psychology Applied to Modern Life: Adjustment in the 21st Century, 11th Edition, Cengage Learning, US.

Books for reference

- Kirsch, S. J.; Duffy, K. G.; Atwater, E. (2013) Psychology for Living: Adjustment, Growth, and Behavior Today ,11th Edition, Pearson.
- Snyder, C.R; Lopez,S.J (2007) Positive Psychology. The scientific and practical explorations of human strength. Sage publication
- Greenberg,J.S. (2008) Comprehensive Stress Management.
- Taylor,S.E. (2003) Health Psychology. Tata McGraw Hill.
- Shaffer. (2000) Stress Management for Wellness. Thompson Wadsworth.
- Feldman,R. (1989) Adjustment- applying psychology in a complex world. McGraw Hill.
- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.

SYBA

Course: A.AC.3.01

Title: Psychology of Gender

Learning Objectives:

1. To ensure understanding of important concepts.
2. To inculcate knowledge of gender based theories and research methodology.
3. To create self awareness with respect to gender identity and gender roles.
4. To develop critical thinking and application skills with respect to the subject matter of psychology of gender.
5. To introduce students to the link between psychology of gender and personality.

Number of lectures: 60

UNIT 1 INTRODUCTION TO FEMINIST PSYCHOLOGY OF WOMEN (15 lectures)

- 1.1 Concepts related to gender and sexuality
- 1.2 Cultural Differences in the construal of gender
- 1.3 Myths and Stereotypes related to Gender
- 1.4 Ethics of Sexual Reassignment (Case Studies)

UNIT 2 THEORETICAL PERSPECTIVES AND RESEARCH ON SEX AND GENDER (15 lectures)

- 2.1 Psychoanalytic theories and Jung's analytic theory
- 2.2 Cognitive development theories
- 2.3 Social learning theories

- 2.4 Research methodology
- 2.5 Problems encountered in the study of sex and gender

UNIT 3 GENDER: IMAGES IN POPULAR CULTURE (15 lectures)

- 3.1 Images in Mass Media
- 3.2 The Problem of Pornography
- 3.3 Education and Sensitization

UNIT 4 COMMUNICATION FRIENDSHIPS AND ROMANTIC RELATIONSHIPS (15 lectures)

- 4.1 Interaction Styles in Childhood and Adulthood
- 4.2 Verbal and Non-verbal aspects of Communication
- 4.3 Development of Relationships
- 4.4 Maintenance of Relationships
- 4.5 Emerging Trends in Relationships

List of Recommended Reference Books

Books for study:

- **Lips.M.Hillary.(2006)A new psychology of women.(3rd edition).McGraw Hill co.**
- **Helgeson (2009) Psychology of Gender. Pearson Education**

Books for reference

- Crawford, Mary; Unger, Rhoda.(2000).Women and Gender-A Feminist Psychology.(3rd edition).McGraw Hill co.
- Pauladi,Michele; Preager, A .(2004).Guide to the Psychology Of Gender. Indian edition. Green wood Publishers group.
- Letherby (2009) Feminist Research in Theory and Practice. Tata McGraw Hill.
- Hall,C.S; Lindsay,G. (1989) Theories of Personality. Wiley Eastern Ltd.