

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI - 600 086

Department of Psychology

COURSES OF STUDY OFFERED

(Effective from the academic year 2011 - 2012)

CHOICE BASED CREDIT SYSTEM

Subject Code	Title of Course	Credits	Total Teaching Hours			Exam Hours	Continuous Assessment Marks	End Semester Marks	Maximum Marks
			Lecture Hours	Tutorial Hours	Practical Hours				
<b>Allied Core Offered to the Department of Sociology</b>									
11PY/AC/SP14	Social Psychology	4	4	1	0	3	50	50	100
<b>General Elective Courses</b>									
11PY/GE/HB32	Human Behaviour	2	2	0	0	-	50	-	100
11PY/GE/BC32	Basics in Counselling	2	2	0	0	-	50	-	100
11PY/GE/GP34	General Psychology	4	4	0	0	3	50	50	100
11PY/GE/PD34	Personality Development	4	4	0	0	3	50	50	100
11PY/GE/PA34	Psychology of Adolescence and Impact of Media	4	4	0	0	3	50	50	100
<b>Postgraduate Elective Course</b>									
11PY/PE/PD24	Personal Distinctiveness	4	4	0	0	3	50	50	100

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI - 600 086**  
**Allied Core Course Offered by the Department of Psychology to students of**  
**Sociology**

**SYLLABUS**  
(Effective from the academic year 2011 - 2012)

**SOCIAL PSYCHOLOGY**

**CODE: 11PY/AC/SP14**

**CREDITS: 4**

**L T P : 4 1 0**

**TOTAL TEACHING HOURS :65**

**OBJECTIVES:**

To introduce the students to the basic concepts of Social Psychology  
To familiarize the students to the various applications of Social Psychology.

**Unit 1 (10hrs)**

**Introduction to Social Psychology**

Meaning and Definition  
Nature and Scope of Social Psychology.

**Unit 2 (15Hrs)**

**Attitudes**

Nature and formation - Measurement of attitudes - Direct measures a) Likert scale  
b) Thurstone's psychophysical approach, c) Semantic differential d) Guttman  
scale. Indirect measures- Unobtrusive measures.  
Theories of attitude change-Reinforcement theory, Balance theory and Cognitive  
Dissonance.

**Unit 3 (14 Hrs)**

**Prejudice**

Definition of prejudice, Nature of prejudice: Discrimination, Stereotypes, Racism  
and Sexism - Causes of prejudice: Social, emotional and cognitive.

**Aggression**

Definition of aggression, Types of aggression, Theories of aggression,  
Overcoming aggression.

**Unit 4 (14Hrs)**

**Interpersonal Communication**

Definition, Communication process.  
Role of feedback, Types of Communication- Verbal communication, Non-verbal  
communication, Styles of responding, Barriers to communication.

**Unit 5**

**(12 Hrs)**

**Conformity**

Meaning and definition, factors predicting conformity-Group size, Cohesion, Status, Unanimity, Public response, Social norms, Desire to be right.

**BOOKS FOR STUDY**

Baron Robert A, Donn Byrne .Social Psychology. New Delhi: Prentice-Hall of India Pvt Ltd, 2004.

Myers, David, Social Psychology. New York: MCGraw Hill. International Ed. 2005.

**BOOK FOR REFERENCE**

Kassin.M, Brehm S Saul. Social Psychology. 3<sup>rd</sup> Edition. Boston. Houghton Mifflin Company. 2001.

T. Susan, Fiske Daniel. Handbook of Social Psychology Vol I and Vol II, New Jersey Published by John Wiley and Sons. Inc. 2010.

**END SEMESTER EXAMINATION:**

Total Marks: 100

Duration: 3 Hours

**QUESTION PAPER PATTERN**

Section A: 10 x 2 = 20 Marks (All 10 questions to be answered in 50 words each)

Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C: 2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-86.**

**Allied Core Course Offered by the Department of Psychology  
to students of Social Work**

Syllabus

(Effective from the academic year 2011-2012)

**PSYCHOLOGY ACROSS LIFE SPAN**

**CODE:11PY/AC/PL 24**

**CREDITS: 4**

**L T P : 4 1 0**

**TOTAL TEACHING HOURS: 65**

**OBJECTIVE**

To develop an over all understanding of human growth.

To understand the basic concepts of psychology & its relevance to social work practice.

**Unit 1**

**(10 Hrs)**

**Introduction to Psychology and Development**

Definition of psychology, Nature of Psychology,  
Principles of Development, Developmental Tasks.

**Unit 2**

**(12Hrs)**

**Approaches to Personality**

Definition of personality, Brief discussion of the psychoanalytic approach,  
behaviorist approach (Skinner), Humanistic approach (Maslow, Rogers),  
Psychosocial approach (Erik Erikson).

**Unit 3**

**(15Hrs)**

**Human Development**

**Prenatal development:** - Conception, Stages of prenatal development, Factors affecting prenatal development. Issues in the Indian context – Feticides, Female infanticide.

**Infancy & Childhood:** - Physical growth, Motor development, Cognitive development, Social and Emotional development.

**Unit 4**

**(16 Hrs)**

**Adolescence:** - Physical changes, Emotional, Cognitive and Social aspects of development, Identity and Development of self, Education and Career concerns.

**Adulthood:** - Early, Middle and Late adulthood: - Physical changes, Needs and Task in the family, Community and Work.

**Unit 5**

**(12Hrs)**

**Adjustment**

Concept of adjustment and Maladjustment, Factors in adjustment.

**Stress:** Concept and Causes of stress.

**Frustration:** Concept and Causes of frustration.

**Conflict:** Concept and Types of conflict

**Coping strategies:** Task oriented, Emotional and Defense oriented reactions.

**BOOKS FOR STUDY**

Newman and Newman. Development through life, Eight Edition, U.S.A. Thomason Wadsworth, 2003.

Hurlock, Elizabeth. Developmental Psychology- A Life-Span approach, Fifth Edition, New Delhi. Tata McGraw-Hill, 2007.

**BOOKS FOR REFERENCE**

Hall Calvin, Lindzey Gardner. Introduction to Personality theory. New York: John Wiley and Sons, 2000

Schwebel, Andrew, I. Harvey, A. Barocas. Personal Adjustment and Growth. Second Edition. U.S.A : Wm.C.Brown Publishers, 2000.

**END SEMESTER EXAMINATION:**

Total Marks: 100

Duration: 3 Hours

**QUESTION PAPER PATTERN**

Section A: 10 x 2 = 20 Marks (All 10 questions to be answered in 50 words each)

Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C: 2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-600 086.**

**Post graduate Elective offered by the Department of Psychology  
to students of M.A / M.Com /M.Sc. Degree Programmes**

**Syllabus**

(Effective from the academic year 2011-2012)

**PERSONAL DISTINCTIVENESS**

**CODE: 11PY/PE/PD24**

**CREDITS : 4**

**L T P : 4 1 0**

**TOTAL TEACHING HOURS : 65**

**OBJECTIVES OF THE COURSE**

- To enable students to discover themselves and others.
- To enable students to enhance their social skills.
- To prepare students to handle challenges of life.
- To enable students to shape individual identity.

**Unit 1 (12hrs)**

**Self Discovery**

Self-concept

Self-image, Self-esteem

Emotional intelligence- basic emotional competencies

Motive & drives

Values

**Unit 2 (15hrs)**

**Understanding others**

Social perception meaning and definition

Basic principles of social perception

Social intelligence

Social awareness

Social facility

**Unit 3 (13hrs)**

**Interpersonal communication**

Definition and different levels of communication

Types of communication

Elements of communication

Listening/ responding

Group dynamics

**Unit 4** (15hrs)

**Interpersonal Dynamics**

Transactions  
Life scripting  
Life positions  
Ego States  
Psychological games

**Unit 5** (10hrs)

**Adjustment**

Adjustment- concept of adjustment and maladjustment  
Conflict  
Frustration  
Stress  
Coping strategies

**BOOKS FOR REFERENCE**

Baron. A Robert, Byrne. Donn . Social Psychology. New Delhi: Prentice Hall.2004.

Baron. A Robert . Psychology, 2<sup>nd</sup> edition. New Delhi: Prentice Hall. 2009.

Berne, Eric .Games People Play, The Psychology of Human Relationships. London: Penguin books.2007.

Goleman, Daniel, Abearian. R. Emotional Intelligence. London: Bloomsbury Publishing. 2006.

Goleman, Daniel .Social Intelligence. London: Random House.2007.

**END SEMESTER EXAMINATION**

Total Marks: 100

Duration: 3Hours

Section A: 10 x 2 = 20 Marks (All 10 questions to be answered in 50 words each)

Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C: 2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-600 086.**

General Elective offered by the Department of Psychology to students of  
B.A / B.Com/ B.Sc / B.C.A / B.V.A. / B.S.W.Degree Programmes

Syllabus

**(Effective from the academic year 2011-2012)**

**HUMAN BEHAVIOR**

**CODE: 11PY/GE/ HB 32**

**CREDITS : 2**

**L T P : 2 0 0**

**TOTAL TECHING HOURS : 26**

**OBJECTIVES**

To provide an understanding of the basic principles of Psychology  
To create self-awareness and understanding of various aspects of human behavior.

**Unit 1**

**(10 hrs)**

**Introduction to Psychology**

Definition, Understanding human behaviour  
Personality: Self-concept, Factors influencing self-concept  
Hierarchy of Needs, Structure of personality

**Unit 2**

**(8 hrs)**

**Social Perception**

Attitudes, Prejudice, Stereotypes, Discrimination  
Developing positive first impression.

**Unit 3**

**(8 hrs)**

**Emotion**

Definition, Characteristics of emotions, Types of emotions, Managing anger

**Stress**

Definition, Sources of stress, Types of stress, Coping skills.

**BOOK FOR STUDY**

Baron, A. Robert. Psychology, 2<sup>nd</sup> Edition. New Delhi: Prentice Hall, 2007.

Bowdon-Tom Butler. 50 Psychology Classics. London: Nicholas Brealey  
Publishing, 2008.

**PATTERN OF EVALUATION (Totally Internal)**

**CONTINUOUS ASSESSMENT (CA):** One Hour Test 25 Marks

**This will be converted to 100 marks by The Controller of Examinations.**



**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-600 086.**

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**Syllabus**

(Effective from the academic year 2011-2012)

**BASICS IN COUNSELLING**  
(Skill Development Course)

**CODE: 11PY/GE/ BC 42**

**CREDITS: 2**

**L T P: 2 0 0**

**TOTAL TECHING HOURS: 26**

**OBJECTIVES:**

To understand the basics in helping relationships  
To provide individual and group approach to counseling through participatory method.

**Unit 1 (6hrs)**

**Introduction to Counselling**

Definition, Characteristics of a counselor, Goals of counselling,  
Counselling and Advice, Counselling and Guidance, Counselling and  
psychotherapy,  
Individual and Group Counselling.

**Unit 2 (10 hrs)**

**Counselling process**

Basics steps to counselling (Case study & Role play) – Practical sessions  
Skills in building counselling relationships.

**Unit 3 (10hrs)**

**Areas in counselling**

Counselling in Educational institutions, Counselling in Organizations,  
Counselling in families.

**BOOKS FOR STUDY**

Baron, A. Robert. Psychology. 2<sup>nd</sup> Edition. New Delhi: Prentice Hall, 2007.

Patterson. Lewis, Welfel . Reynolds, Elizabeth. The Counselling Process. 5<sup>th</sup> Edition.  
Bangalore:  
Eastern Press. 2001.

**PATTERN OF EVALAUTION (Totally Internal)**

**CONTINUOUS ASSESSMENT (CA): One Hour Test 25 Marks.**

**This will be converted to 100 marks by The Controller of Examinations.**

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI - 600 086**

General Elective offered by the Department of Psychology to students of  
**B.A / B.Com/ B.Sc / B.C.A / B.V.A. / B.S.W.Degree Programmes**

**SYLLABUS**

(Effective from the academic year 2011 - 2012)

**GENERAL PSYCHOLOGY**

**CODE: 11PY/GE/GP44**

**CREDITS: 4**

**L T P : 4 0 0**

**TOTAL TEACHING HOURS : 52**

**\*Students of BSW are not eligible**

**OBJECTIVES:**

To introduce the basic principles of Psychology

To familiarize the students to applications of these principles

**Unit 1 (8hrs)**

**Introduction to Psychology**

Definition of Psychology

Nature of Psychology

Scientific Methods in Psychology

Fields of Psychology

**Unit 2 (12hrs)**

**Principles of learning**

Definition

Classical Conditioning

Operant Conditioning,

Types of Reinforcement

Cognitive Learning.

**Unit 3 (10hrs)**

**Intelligence**

Concept & definition

Levels of intelligence

Influence of Hereditary and Environment,

Brief introduction to Multiple Intelligence, Emotional Intelligence and Social Intelligence.

**Unit 4 (12hrs)**

**Personality**

Definition of Personality

Psychoanalytic theory  
Person-centered theory  
Self-actualization theory  
Psychosocial theory.

**Unit 5**

**(10hrs)**

**Motivation**

Nature of Motivation

**Biological motives** – Hunger, Thirst and Sex.

**Social motives** – Achievement, Power and Aggression.

**Frustration:** Sources of Frustration.

**Conflicts:** Meaning and Types of Conflict.

**BOOKS FOR STUDY**

Baron, A. Robert. Psychology, 2<sup>nd</sup> Edition. New Delhi: Prentice Hall.2004.

Meyers, G. David. Exploring Psychology, 7<sup>th</sup> Edition. New York: Worth.2008.

**BOOKS FOR REFERENCE**

Christensen.I.P. H.L.Wagner. Psychology . U.K :BIOS Scientific publishers Ltd.  
2004

Hall Calvin. Lindzey Gardner. Introduction to Personality theory. New York: John  
Wiley and Sons. 2000.

**END SEMESTER EXAMINATION:**

Total Marks: 100

Duration: 3 Hours

**QUESTION PAPER PATTERN**

Section A: 10 x 2 = 20 Marks (All 10 questions to be answered in 50 words each)

Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C: 2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)

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**Syllabus**

(Effective from the academic year 2011-2012)

**PERSONALITY DEVELOPMENT**

**CODE:11PY/GE/ PD54**

**CREDITS : 4**

**L T P : 4 0 0**

**TOTAL TEACHING HOURS : 52**

**OBJECTIVES:**

To help students to understand themselves in relationship with others  
To train the students to improve their personal and communication skills

**Unit 1 (10 hrs)**

**Introduction to Personality**

Overview of determinants of personality: Physical, Intellectual, Emotional, Social, Education, Sex, and Family.

**Unit 2**

**Getting Acquainted with Ourselves (11 hrs)**

Self Discovery, Self disclosure- advantages; Johari window  
Self- Image development; Self-esteem- Strategies to improve Self - Esteem  
, Values- Development of Values; Clarifying personal values

**Unit 3 (10 hrs)**

**Interpersonal communication**

Communication process; Nonverbal Communication  
Listening- Barriers to Listening; Styles of Responding  
The fear of getting acquainted; People perception- Inaccuracy in Social Perception; Developing New Relationships

**Unit 4 (11 hrs)**

**Resolving Interpersonal Conflict**

Causes of Conflicts; Positive and Negative effects of Conflicts; Behaviour Styles of Conflict Management ; Learning to be Assertive ; Methods of conflict resolution- Steps for Win-Win Conflict .

**Unit 5**

**Emotions & Stress**

**(10 hrs)**

Characteristics of Emotions; Dealing with Emotions like Fear, Anxiety, Anger and guilt; Emotional intelligence  
Stress- Causes; Tips for Managing Stress

**BOOKS FOR STUDY**

Hurlock, Elizabeth .Personality Development .Tenth Edition. New Delhi: Tata McGraw Hill Publishing Co, Ltd. 2003.

Walker, Velma. Lynn Brooke. Becoming aware, Sixth edition.Iowa: Kendall/Hunt Publishing Company.2009.

**BOOKS FOR REFERENCE**

Kindler, Herbert S., Ginsburg, Marilyn. Measure and Mange Stress. C.A: Crip Publications and Inc.2004.

Schwebel, Andrew,I. Harvey, A. Barocas. Personal Adjustment and Growth. Second Edition. U.S.A : Wm.C.Brown Publishers. 2000.

**END SEMESTER EXAMINATION:**

Total Marks: 100

Duration: 3 Hours

**QUESTION PAPER PATTERN**

Section A: 10 x 2 = 20 Marks (All 10 questions to be answered in 50 words each)

Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C:2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-86.**

General Elective offered by the Department of Psychology to students of  
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**Syllabus**

(Effective from the academic year 2011-2012)

**PSYCHOLOGY OF ADOLESCENCE AND IMPACT OF MEDIA**

**CODE:11 PY/GE/ PA64**

**CREDITS : 4**

**L T P : 4 0 0**

**TOTAL TECHING HOURS : 52**

**OBJECTIVE**

To give the students a basic understanding of adolescent psychology and the impact Mass Media plays in their development

**Unit 1**

**Introduction to Adolescence**

**(8 hrs)**

Meaning of adolescence

Developmental Task

Psychosocial development- Erik Erickson

Needs and Problems of Adolescence.

**Unit 2**

**Adolescence**

**(11 hrs)**

**Physical development:** Growth Spurt-Psychological impact

Health concerns- psychological impact (eating disorders & substance

Abuse, Sexual Behaviour, Teenage Pregnancy.

**Cognitive Development:** Egocentric Thinking

**Unit 3**

**Adolescence and Personality Development**

**(12 hrs)**

**Emotional development:** The Self, Identity, Emotions of adolescence,

Hormones, Emotional Competence.

**Personality Development:** Personality traits, Temperament.

**Unit 4**

**Adolescence and the Mass Media**

**(9 hrs)**

Types of media

**Impact of media on adolescent Behaviour:** Aggression, Fear, Desensitization,

Eating disorder, Obesity, Sexual Belief and Behaviour, Adolescent as consumer.

Occupational choice.

**Unit 5**

**Impact of Technology on Adolescence**

**(12 hrs)**

Use of Media

Cinema, Television, Internet, Music, Gaming, Social Networking, Mobile Technology.

**BOOKS FOR STUDY**

Baron, A. Robert. Psychology, 2<sup>nd</sup> Edition, New Delhi: Prentice Hall. 2004.

Papalia.E. Diane, Feldman,Duskin Feldman. Human Development, 9<sup>th</sup> Edition. NewDelhi: TATA McGraw-Hill.(2005)

**BOOKS FOR REFERENCE**

Kirsh, Steven, Children, Adolescents and Media Violence. London: Sage Publications.2006

Kroger, Jane. Identity Development, 2<sup>nd</sup> Edition. London :Sage Publications, London.2007

Santrock, John,W Adolescence 11<sup>th</sup> Edition. New Delhi: Tata McGraw-Hill Publishing Company Ltd. 2007.

**END SEMESTER EXAMINATION:**

Total Marks: 100

Duration: 3Hours

**QUESTION PAPER PATTERN**

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Section B: 5 x 8 = 40 Marks (5 out of 8 questions to be answered in 250 words each)

Section C: 2 x 20 = 40 Marks (2 out of 4 questions to be answered in 1000 words each)