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Accredited By NAAC

SHIVAJI UNIVERSITY, KOLHAPUR.

Bachelor of Arts Part-II Psychology
Syllabus for Semester System

(i.e. from June 2011) Onwards

SHIVAJI UNIVERSITY, KOLHAPUR

Bachelor of Arts in Psychology

(Part-II) Sem-III Syllabus and Sem.-IV Syllabus (New)

REVISED SYLLABUS JUNE -2011

Year of implementation: The revised syllabus will be implemented from June – 2011 onward.

Patter:- Pattern of examination will be semester

Medium of instruction: The medium of instruction shall be in English/Marathi

Structure of course : Sem-III

Title-Counselling Psychology – III

Sem.-III Paper-III

4 Hrs. per week 50 marks

Title – Applied Psychology – IV

Sem.-III Paper-IV

4 Hrs. per week 50 marks

Title- Counselling Psychology - V

Sem.-IV Paper-V

4 Hrs. per week 50 marks

Title – Applied Psychology – VI

Sem.-IV Paper-VI

4 Hrs. week 50 marks

समकक्ष विषय

Old Subject	New Subject
Counselling Psychology	Sem.-III- Counselling Psychology Paper-III Sem.-IV- Counselling Psychology Paper-V
Applied Psychology	Sem.-III- Applied Psychology Paper-IV Sem.-IV- Applied Psychology Paper-VI

Nature of Question Paper

B.A.-II Psychology & IDS (Human development)

Sem.- III & IV (Total- 40 Marks)

Question -1	Objective (Multiple Choice)	05 Mark
Question -2	Short Note (3 Out of 5)	15 Mark
Question -3	Broad question (2 Out of 3)	20 Mark

टीप : सदर प्रश्नपत्रिकेचे स्वरूप बी.ए.भाग-2 भूगोल व बी.ए.भाग-2 गृहशास्त्र या विषयांनाही लागू राहील.

Shivaji University, Kolhapur

Revised Syllabus of Psychology at B.A.- Part-II
Paper- III
Semester- III
COUNSELLING PSYCHOLOGY
(Implemented from June, 2011)

Unit 1: Introduction :

- 1.1 Definition of counselling.
- 1.2 Goals of counselling.
 - a) Immediate goals.
 - b) Long range goals.
 - c) Major goals of counselling.
- 1.3 Professional and ethical issues.
 - a) Professional issues.
 - 1) Licensing
 - 2) The master's degree in psychology.
 - 3) Accreditation and specialization.
 - b) Ethical principles.

Unit 2 : Counselling Process :

- 2.1 Preparation for counselling
- 2.2 Counselling relationship.
- 2.3 Counselling content and process.

Unit 3 : Counselling Interaction :

- 3.1 Counselling interaction.
- 3.2 Variables affecting the counselling process.
- 3.3 Counselling skills and portrait of an effective counsellor.

Unit 4 : Counselling Interview :

- 4.1 Essential aspects of interviewing.
- 4.2 Non-verbal communication in interview.
- 4.3 Sharing of experience.

Books for Reading

1. Gelso, C.J. Fertz, B.R. (1995) : Counselling Psychology, 1995, Prism Books Pvt.Ltd, Bangalore.
2. Narayan Rao, S. (1991): Counselling and Guidance, 2nd Edition, Fifth Reprint 2007, Tata, McGraw Hill Publishing Company Limited, New Delhi.
3. दूर शिक्षण केंद्र, शिवाजी विद्यापीठ (2008), समुपदेशन मानसशास्त्र, प्रकाशक कुलसचिव, शिवाजी विद्यापीठ, कोल्हापूर

Books for Reference

1. Kockhar, S.K. (1993) : Guidance and Counselling in Colleges and Universities, Strolling Publishers Private Ltd. New Delhi.
2. Madhukar, K. (2000) : Guidance and Counselling, Author's Press, New Delhi.
3. Patil V.R. (2001) : Counselling Psychology, 1st Edition, Authors Press, New Delhi.
4. कामत, साधना (2001) : मानसशास्त्रीय मार्गदर्शन, पॉप्युलर प्रकाशन, पुणे.
5. पवार, बी.एन. चौधरी,जी.बी. (2004) : समुपदेशन मानसशास्त्र, प्रशांत पब्लिकेशन्स, पुणे.
6. देशपांडे, सी.जी. व इतर (2011) : समुपदेशन : शास्त्रीय प्रक्रिया व उपयोजन, उन्मेष प्रकाशन, पुणे.

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Revised Syllabus of Psychology at B.A.- Part-II Paper No.- V Semester - IV

COUNSELLING PSYCHOLOGY

(Implemented from June, 2011)

Unit 1 : Theories and Techniques of Counselling :

- 1.1 Psychodynamic approach – Freud.
- 1.2 Humanistic approach – Client centred.
- 1.3 Cognitive approach – Rational emotive therapy.
- 1.4 Yoga and meditation.

Unit 2 : Psychological Testing and Diagnosis :

- 2.1 Test use in counselling situations.
- 2.2 Test interpretation in counselling.
- 2.3 Non-test appraisal techniques.

Unit 3 : Educational Counselling :

- 3.1 Counselling the elementary school -child.
- 3.2 Counselling at high school.
- 3.3 Counselling at college.
- 3.4 The role of teachers in counselling.

Unit 4 : Counselling Applications :

- 4.1 Family counselling.
- 4.2 Pre-marital and marital counselling.
- 4.3 Career counselling.
- 4.4 Counselling drug addicts.

Books for Reading

1. Gelso, C.J. Fertz, B.R. (1995) : Counselling Psychology, 1995, Prism Books Pvt.Ltd, Bangalore.
2. Narayan Rao, S. (1991): Counselling and Guidance, 2nd Edition, Fifth Reprint 2007,
3. Tata, McGraw Hill Publishing Company Limited, New Delhi.
4. दूर शिक्षण केंद्र, शिवाजी विद्यापीठ (2008), समुपदेशन मानसशास्त्र, प्रकाशक कुलसचिव, शिवाजी विद्यापीठ, कोल्हापूर

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1. Kockhar, S.K. (1993) : Guidance and Counselling in Colleges and Universities, Strolling Publishers Private Ltd. New Delhi.
2. Madhukar, K. (2000) : Guidance and Counselling, Author's Press, New Delhi.
3. Patil V.R. (2001) : Counselling Psychology, 1st Edition, Authors Press, New Delhi.
4. कामत, साधना (2001) : मानसशास्त्रीय मार्गदर्शन, पॉप्युलर प्रकाशन, पुणे.
5. पवार, बी.एन. चौधरी,जी.बी. (2004) : समुपदेशन मानसशास्त्र, प्रशांत पब्लिकेशन्स, पुणे.
6. तोडकर वासंती (अनुवादक) : योगासन-प्राणायाम करा व निरोगी रहा, नवनीत पब्लिकेशन्स इंडिया लि., मुंबई.
7. देशपांडे, सी.जी. व इतर (2011) : समुपदेशन : शास्त्रीय प्रक्रिया व उपयोजन, उन्मेष प्रकाशन, पुणे.

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Revised Syllabus of Psychology at B.A.- Part-II

Psychology Paper- IV

Semester- III

(APPLIED PSYCHOLOGY)

(Implemented from June 2011)

Unit 1 : The Self :

- 1.1 Self – concept
- 1.2 Self – esteem
- 1.3 Self – presentation

Unit 2 : Interpersonal Communication :

- 2.1 The process of interpersonal communication
- 2.2 Non-verbal communication
- 2.3 Effective communication

Unit 3 : Stress and Its Effects :

- 3.1 The nature of stress
- 3.2 Responding to stress
- 3.3 Effects of stress
- 3.4 Stress tolerance

Unit 4 : Coping Processes :

- 4.1 The concept of coping
- 4.2 Problem – focused constructive coping
- 4.3 Emotional – focused constructive coping

Books for Reading

1. Weiten, Wayne and Lloyd, Margaret A. (2004) : Psychology Applied to Modern Life, 7th Edition Thomson Asia Pte, Ltd., Singapore.
2. दूर शिक्षण केंद्र, शिवाजी विद्यापीठ (2008), उपयोजित मानसशास्त्र, प्रकाशक कुलसचिव, शिवाजी विद्यापीठ, कोल्हापूर

Books for Reference

1. Atwater, Eastwood (1994) : Psychology for Living, 5th Edition, Prentice-Hall of India Private Limited, New Delhi.
2. बर्वे बी.एन. (1994) : जीवन मनाचे संकल्प पब्लिकेशन, जालना.
3. पलसाने, नवरे (संपादक) (1993) : उपयोजित मानसशास्त्र, वायली ईस्टर्न लिमिटेड.
4. पंडित, कुलकर्णी, गोरे (2000) : उपयोजित मानसशास्त्र, पिंपळापुरे अँड कं. पब्लिशर्स, नागपूर.
5. पाटील, अनघा व राजहंस, मानसी (1998) : जीवनोपयोगी मानसशास्त्र, उन्मेष प्रकाशन, पुणे
6. पाटील, विजया (2006) : सेकंद सेकंद, मुक्ता पब्लिशिंग हाऊस, कोल्हापूर.
7. तडसरे, तंबाके (1997) : उपयोजित मानसशास्त्र, फडके प्रकाशन, कोल्हापूर
8. तडसरे, तंबाके (2004) : उपयोजित मानसशास्त्र, फडके प्रकाशन, कोल्हापूर

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Revised Syllabus of Psychology at B.A.- Part-II

Psychology Paper- VI Semester- IV (APPLIED PSYCHOLOGY) (Implemented from June 2011)

Unit 1 : Career and Work :

- 1.1 Choosing a career
- 2.2 Models of career choice and development – Holland's Model
- 1.3 Coping with occupational hazards
 - a) Job stress
 - b) Sexual harassment

Unit 2 : Marriage and Intimate Relationships :

- 2.1 Moving toward marriage
- 2.2 Vulnerable areas in marital adjustment
- 2.3 Divorce

Unit 3 : Psychology and Physical Health :

- 3.1 Stress, Personality and Illness
- 3.2 Habits, Lifestyles and Health
- 3.3 Reactions to Illness

Unit 8 : Psychological Disorders and Psychotherapy :

- 4.1 Abnormal behaviour : Myths and Realities
- 4.2 Anxiety disorders
- 4.3 Psychotherapy : Insight therapy

Books for Reading

1. Weiten, Wayne and Lloyd, Margaret A. (2004) : Psychology Applied to Modern Life, 7th Edition Thomson Asia Pte, Ltd., Singapore.
2. दूर शिक्षण केंद्र, शिवाजी विद्यापीठ (2008), उपयोजित मानसशास्त्र, प्रकाशक कुलसचिव, शिवाजी विद्यापीठ, कोल्हापूर

Books for Reference

1. Atwater, Eastwood (1994) : Psychology for Living, 5th Edition, Prentice-Hall of India Private Limited, New Delhi.
2. बर्वे बी.एन. (1994) : जीवनमानाचे संकल्प पब्लिकेशन, जालना.
3. पलसाने, नवरे (संपादक) (1993) : उपयोजित मानसशास्त्र, वायली ईस्टर्न लिमिटेड.
4. पंडित, कुलकर्णी, गोरे (2000) : उपयोजित मानसशास्त्र, पिंपळापुरे अँड कं. पब्लिशर्स, नागपूर.
5. पाटील, अनघा व राजहंस, मानसी (1998) : जीवनोपयोगी मानसशास्त्र, उन्मेष प्रकाशन, पुणे
6. पाटील, विजया (2006) : सेकंद सेकंद, मुक्ता पब्लिशिंग हाऊस, कोल्हापूर.
7. तडसरे, तंबाके (1997) : उपयोजित मानसशास्त्र, फडके प्रकाशन, कोल्हापूर
8. तडसरे, तंबाके (2004) : उपयोजित मानसशास्त्र, फडके प्रकाशन, कोल्हापूर

Shivaji University, Kolhapur

Revised Syllabus of Psychology at B.A.- Part-II

Bachelor of Arts in Psychology - (HUMAN DEVELOPMENT)

Part- II (I.D.S.)

Sem.- III Syllabus and Sem.- IV Syllabus (New)

Revised Syllabus

Year of Implementation :- The revised syllabus will be implemented from June – 2011 onwards

Pattern :- Pattern of examination will be semester

Medium of instruction :- The medium of instruction shall be in English / Marathi

Structure of Course :- Sem.- III Paper- I.D.S.

Title :- HUMAN DEVELOPMENT – Part- I

Sem.- IV Paper- I.D.S.

Title :- HUMAN DEVELOPMENT – Part- II

Scheme of Examination :-

The examination shall be conducted at the end of each semester. The theory paper shall Carry 40 Marks and 10 Marks will be for internal assessment. Total Marks for paper will be 50 Marks. The evaluation of the performance. Of the student in theory paper shall be on the basis of semester examination of 40 Marks. Question paper will be set in view of the in accordance with the entire syllabus and preferably covering each unit of syllabi Standard of Passing :- To pass Sem.- III/IV in B.A. Psychology- Human development Part-II examination a Candidate must obtain 40 Percent of full marks in each paper.

समकक्ष विषय

Old Subject	New Subject
HUMAN DEVELOPMENT	Sem.-III- HUMAN DEVELOPMENT (I.D.S.) Paper-I Sem.-IV- HUMAN DEVELOPMENT (I.D.S.) Paper-II

SHIVAJI UNIVERSITY, KOLHAPUR
REVISED SYLLABUS OF PSYCHOLOGY AT B. A. PART – II
(HUMAN DEVELOPMENT) Paper- I (I.D.S.)
 SEMESTER – III
(Introduced from June- 2011)

Unit 1 : Introduction :

- 1.1 Definition of Human Development
- 1.2 Concepts of Human Development
 - a) Periods of Life-Span
 - b) Aspects of Development
 - c) Influences on Development
- 1.3 Methods of Studying Human Development
 - a) Non-experimental Method- Case study, Interview
 - b) Experimental Method
- 1.4 Theories of Human Development
 - a) Freud's Psychoanalytic Theory
 - b) Behaviouristic Theory. – Classical Conditioning

Unit 2 : Birth :

- 2.1 Fertilization
 - a) Process
 - b) Causes of Multiple Birth
 - c) Sex Determines
- 2.2 Prenatal Development
 - a) Stages
 - b) Prenatal Care
- 2.3 Birth
 - a) Stages
 - b) Types

Unit 3 : Infancy and Babyhood :

- 3.1 Characteristics of Infancy
- 3.2 Characteristics of Babyhood
- 3.3 Speech Development

Unit 4 : Childhood :

- 4.1 Characteristics
- 4.2 Physical Development
- 4.3 Moral Development In Early Childhood

Books for Reading

1. Hurlock E.B. (1996) : Developmental Psychology – A Life Span Approach, Fifth Edition. Tata McGraw – Hill Publishing Company Ltd New Delhi, Nineteenth Reprint.
2. Papalia, Diane E and Olds S.W. (1994) : Human Developmental, 5th Ed., TMH Publishing Co.Ltd., New Delhi.
3. Papalia, Diane E and Olds Sally Wendkas (2002) : Human Developmental, 7th Ed., Tata McGraw – Hill Publishing Company Ltd New Delhi, Second Print.
4. Papalia, Diane E and Olds Sally Wendkos (2004) : Human Developmental, 9th Ed., Tata McGraw – Hill Publishing Company Ltd New Delhi,
5. दूर शिक्षण केंद्र, शिवाजी विद्यापीठ (2008), मानवी विकास, प्रकाशक कुलसचिव, शिवाजी विद्यापीठ, कोल्हापूर

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1. Hurlock E.B. (2001) : Developmental Psychology A Life Span Approach, TMH Publishing Company Ltd., New Delhi.
2. बोरुडे, कुमटेकर, देसाई, गोळविलकर (1995) : वैकासिक मानसशास्त्र, पुणे विद्यार्थी गृह प्रकाशन, पुणे.
3. दर्यापूरकर, खोत, दर्यापूरकर (1988) : वैकासिक मानसशास्त्र, सी. जमनादास आणि कंपनी, मुंबई.
4. जनई, माळी, तडसरे, चौत्रे (1988) : वैकासिक मानसशास्त्र, फडके प्रकाशन, कोल्हापूर
5. हिरवे, तडसरे (1997) : वैकासिक मानसशास्त्र, फडके प्रकाशन, कोल्हापूर
6. कांडलकर, लिना (2000) : मानव विकास, विद्या प्रकाशन, नागपुर
7. व-हाडपांडे, नलिनी : बालविकास, महाराष्ट्र विद्यापीठ ग्रंथनिर्मिती मंडळ.

SHIVAJI UNIVERSITY, KOLHAPUR
REVISED SYLLABUS OF PSYCHOLOGY AT B. A. PART – II
(HUMAN DEVELOPMENT) Paper- II (I.D.S.)
SEMESTER – IV
(Introduced from June- 2011)

Unit 1 : Adolescence :

- 1.1 Physical Development
 - a) Physical Changes
 - b) Psychological Impact of physical changes
- 1.2 Health
 - a) Use & Abuse Drugs
 - b) Sexuality Transmitted Diseases (STD)

Unit 2 : Adulthood :

- 2.1 Physical Development
 - a) Health Status
 - b) Influences on Health & Fitness
- 2.2 Intimate Relationships and Personal Lifestyle
 - a) Love
 - b) Marriage
 - c) Divorce
 - d) Parenthood

Unit 3 : Middle Age :

- 3.1 Physical Development
 - a) Sensory and Psychomotor Functioning
 - b) Sexuality
- 3.2 Health in middle Age
 - a) Health Status
 - b) Health Problems
- 3.3 Work In Middle Age
 - a) Occupational Patterns
 - b) Occupational Stress
 - c) Unemployment

Unit 4: Aging :

- 4.1 Longevity and the Aging Process
 - a) Life Expectancy
 - b) Why People Age

- 4.2 Health
 - a) Health care and Problems
- 4.3 Retirement
 - a) Causes
 - b) Feeling about Retirement
 - c) Planning of Retirement and use of Leisure Time.

Books for Reading

1. Hurlock E.B. (1996) : Developmental Psychology – A Life Span Approach, Fifth Edition. Tata McGraw – Hill Publishing Company Ltd New Delhi, Nineteenth Reprint.
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3. दर्यापूरकर, खोत, दर्यापूरकर (1988) : वैकासिक मानसशास्त्र, सी. जमनादास आणि कंपनी, मुंबई.
4. जनई, माळी, तडसरे, चौत्रे (1988) : वैकासिक मानसशास्त्र, फडके प्रकाशन, कोल्हापूर
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Sem.- III & IV (Total- 40 Marks)

Question -1	Objective (Multiple Choice)	05 Mark
Question -2	Short Note (3 Out of 5)	15 Mark
Question -3	Broad question (2 Out of 3)	20 Mark

टीप : सदर प्रश्नपत्रिकेचे स्वरूप बी.ए.भाग-2 भूगोल व बी.ए.भाग-2 गृहशास्त्र या विषयांनाही लागू राहील.