

DON BOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU

(Affiliated to Kannur University Approved by Government of Kerala)

ANGADIKADAVU P.O., IRITTY, KANNUR – 670706



COURSE PLAN

B Sc Psychology

(2018 – 21)

SEMESTER -V

ACADEMIC YEAR- (2020-21)

B Sc Psychology			
SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week
1.	5B12PSY APPLIED PSYCHOLOGY II	Ms. Athira Alex	5
2.	5B09PSY METHODOLOGY AND PERSPECTIVE OF PSYCHOLOGY	Ms. Sofiya Thomas	5
3.	5B10PSY DEVELOPMENTAL PSYCHOLOGY	Sr. Leema Rose	5
4.	5B11 PSY PSYCHOLOGY OF LIFE STYLE	Dr. Fr. Kuriakose	
5.	5B13PSY PSYCHOLOGICAL TESTING PRACTICAL - 1	Mr. Seemanth Chandran	4
	Name of Class Incharge	Ms. Athira Alex	

TIME TABLE

Day	09.50 Am - 10.45 Am	10.45 Am -11.40 Am	11.55 Am -12.50 Pm	01.40 Pm - 02.35 Pm	02.35 Pm - 03.30 Pm
1	Methodology and perspectives of psychology	Psychology of lifestyle	Developmental psychology	Psychological testing	Applied Psychology
2	Psychology of lifestyle	Open course	Methodology and perspectives of psychology	Applied Psychology	Developmental psychology
3	Psychological testing	Open course	Methodology and perspectives of psychology	Developmental psychology	Applied Psychology
4	Applied Psychology	Psychology of lifestyle	Developmental psychology	Psychological testing	Methodology and perspectives of psychology

5	Methodology and perspectives of psychology	Psychology of lifestyle	Developmental psychology	Psychological testing	Applied Psychology
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Subject Code:	5B 09 PSY
Subject Name:	METHODOLOGY AND PERSPECTIVES OF PSYCHOLOGY
No. of Credits:	5
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	SOFIYA THOMAS

Core course: **METHODOLOGY AND PERSPECTIVES OF PSYCHOLOGY**

COURSE OUTCOME

CO1: To familiarize the students with the methods in psychological research

CO2: To help the student in understanding the concepts of psychological assessment

CO3: To help the students to get broader understanding on report writing

CO4: To make them aware of ethical issues in psychological research

UNIT I: Introducing Research Methodology

Psychology as a science - objectives of science, Method & methodology, steps in scientific research, Research methods in psychology - Observation, interview, case study, survey, content analysis.

UNIT 2: Research Process

Research Process- formulating a research problem, variables- dependent, independent, extraneous, hypothesis- types of hypothesis, Sampling- need for sampling, fundamentals of sampling, factors influencing decision to sampling, sampling strategies in qualitative and qualitative research, sampling error.

UNIT 3: Introduction to Psychological Testing

Definition of psychological test, characteristics, difference between psychological test and assessment, difference between psychological test and measurement, classification, uses and administration of psychological test; Concepts of reliability and validity.

UNIT 4: Psychological assessment

Assessment of Intelligence- verbal and non-verbal test; Assessment of Personality - Objective and projective; Aptitude, Attitude, Achievement.

UNIT 5: Report writing and Ethical issues

Reporting research- sections of an experimental report, reporting non-experimental studies;
Ethical issues in Psychological research- importance, codes and conduct, principles,
conducting research with non-human animals

REFERENCES

- Flick, U. (2011). Introducing Research Methodology. New Delhi: Sage Publications
- Singh, A. K. (2010). Tests, measurements and Research Methods in behavioral sciences. New Delhi: Bharathi bhawan
- Jones, S & Forshaw, M. (2014). Psychology Express: Research Methods in Psychology. New Delhi: Pearson Edition
- Hussain, A. (2012). Psychological Testing. New Delhi: Pearson Edition Additional reading
- Kothari, C. R. (2009). Research Methodology- Methods & Techniques. (2nd ed.). India: repro India Limited
- Evans, A. N & Rooney, B. F. (2008). Methods in Psychological Research. USA: Sage Publications
- Chawla, D & Sondhi, N. (2011). Research Methodology- Concepts & cases. New Delhi: Vikas Publishers

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	01-06-2020 To 05-06-2020	1	UNIT I: Introducing Research Methodology Psychology as a Science, objectives of science
		2	Method and methodology
		3	Steps in scientific research
		4	Research methods in psychology- observation and interview
		5	Case study, survey and content analysis
2	08-06-2020 To 12-06-2020	6	Revision
		7	Revision
		8	Submission and correction of Individual note – unit I
		9	Class test
		10	Class test
3	15-06-2020 To 19-06-2020	11	UNIT II: Research Process Formulating a research problem
		12	Variables- dependent, independent, extraneous
		13	Types of hypothesis
		14	Need for sampling, fundamentals of sampling

No of Weeks	Dates	Session	Topic
		15	Factors influencing decision to sampling
4	22-06-2020 To 26-06-2020	16	Sampling strategies used in qualitative and quantitative research
		17	Sampling error
		18	Revision
		19	Revision
		20	Submission and correction of individual notes on Unit II
5	29-06-2020 To 03-07-2020	21	Class test
		22	Class test
		23	UNIT III: Introduction to psychological testing Definition of psychological test
		24	Characteristics of psychological test
		03 July	St. Thomas Day
6	06-07-2020 To 10-07-2020	25	Differences between psychological test and assessment
		26	Differences between psychological test and measurement
		27	Classification of psychological test
		28	Uses and administration of psychological test
		29	Concepts of reliability and validity
7	13-07-2020 To 17-07-2020	30	Revision
		31	Revision
		32	Submission and correction of individual notes on Unit III
		33	Class test
		34	Class test
8	20-07-2020 To 24-07-2020	20 July	Karkkidaka Vavu
		35	UNIT IV: Psychological Assessment Introduction
		36	Assessment of intelligence – verbal test
		37	Assessment of intelligence – nonverbal test
		38	Assessment of personality – objective test
9	27-07-2020 To 31-07-2020	39	Assessment of personality – projective test
		40	Aptitude
		41	Attitude
		42	Achievement
		31 July	Bakrid
10	03-08-2020	43	Revision

No of Weeks	Dates	Session	Topic
	To 07-08-2020	44	Revision
		45	Submission and correction of Unit IV
		46	Class test
		47	Class test
11	10-08-2020 To 14-08-2020	48	UNIT V: Report writing and ethical issues Introduction
		49	Sections of an experimental report
		50	Reporting non experimental report
		51	Ethical issues in psychological research – its importance
		52	Codes and conduct
12	17-08-2020 To 21-08-2020	53	Principles – 2 principles
		54	3 principles
		55	Conducting research with nonhuman animals
		56	Revision
		57	Revision
13	24-08-2020 To 28-08-2020	58	Submission and correction of individual notes
		59	Class test
		60	Class test
		61	Overall evaluation of the subject after learning
		28 August	Ayyankali Jayanthi
14	31-08-2020 To 04-09-2020		Onam Holiday
			Onam Holiday
			Onam Holiday
			Onam Holiday
			Onam Holiday
15	07-09-2020 To 11-09-2020	62	Assignment correction
		63	Seminar on Unit I – Revision
		64	Seminar on Unit I – Revision
		10 September	Sreekrishna Jayanthi
		65	Seminar on Unit I – Revision
16	14-09-2020 To 18-09-2020	66	Seminar on Unit I – Revision
		67	Seminar on Unit II – Revision
		68	Seminar on Unit II – Revision
		69	Seminar on Unit II – Revision
		70	Seminar on Unit II – Revision
17	21-09-2020	21 September	Sreenarayana Guru Samadhi

No of Weeks	Dates	Session	Topic
	To 25-09-2020	71	Seminar on Unit II – Revision
		72	CLASS TEST
		73	Seminar on Unit III – Revision
		74	Seminar on Unit III – Revision
18	28-09-2020 To 02-10-2020	75	Seminar on Unit III – Revision
		29 September	IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
19	05-10-2020 To 09-10-2020		IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
20	12-10-2020 To 16-10-2020	76	Seminar on Unit III – Revision
		77	Seminar on Unit IV – Revision
		78	Seminar on Unit IV – Revision
		79	Seminar on Unit IV – Revision
		80	Seminar on Unit IV – Revision
21	19-10-2020 To 23-10-2020	81	CLASS TEST
		82	Seminar on Unit V - Revision
		83	Seminar on Unit V – Revision
		84	Seminar on Unit V – Revision
		85	Seminar on Unit V - Revision
22	26-10-2020 To 30-10-2020	26 October	Vijayadasami
		86	CLASS TEST
		87	Doubt clearing session
		29October	Miladi-I-Sherif
		88	Doubt clearing session
23	02-11-2020 To 06-11-2020	89	Doubt clearing session
		90	Doubt clearing session
			V Semester UG Internal Exams
			V Semester UG Internal Exams
			V Semester UG Internal Exams
24	09-11-2020 To		V Semester UG Internal Exams
			V Semester UG Internal Exams
			Study Leave

No of Weeks	Dates	Session	Topic
	13-11-2020		Study Leave
			Study Leave
25	16-11-2020 To 20-11-2020		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
26	23-11-2020		University Exam V Semester UG Begin

Subject Code:	5B 13 PSY
Subject Name:	PSYCHOLOGICAL TESTING PRACTICAL 1
No. of Credits:	---
No. of Contact Hours:	72
Hours per Week:	4
Name of the Teacher:	SeemanthChandran.P.K

Core Course PSYCHOLOGICAL TESTING -PRACTICAL 1

Semester	Course Code	Hours per week	Credit	Exam Hrs
5	5B 13 PSY	4	---	----

Objectives:

To facilitate comprehension of theoretical concepts through psychological testing
To familiarize the students with psychometric assessment
To develop scientific and experimental attitudes among students
To develop skill for testing in psychology

1. PERSONALITY

- a. Eysenck's Personality Questionnaire**
- b. Locus of control**
- c. 16 PF**

2. INTELLIGENCE

- a. Seguin Form Board**
- b. Standard Progressive Matrices**
- c. Colored Progressive Matrices**
- d. Bhatia's Battery of Performance Intelligence**
- e. Multiple Intelligence Inventory**

3. ADJUSTMENT

- a. Bell's Adjustment Inventory**
- b. Sinha Adjustment Inventory for college students**
- c. Adjustment Inventory for School Students**
- d. Mathew Maladjustment Inventory**

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	01-06-2020 To 05-06-2020	1	PSYCHOLOGICAL TESTING Introduction, tests, assessments and batteries
		2	Types methods and characteristics of Psychological testing
		3	Norms, reliability and validity of tests
		4	Testing etiquette and ethical considerations
2	08-06-2020 To 12-06-2020	5	Rapport establishment in Psychological testing
		6	Rapport establishing training
		7	Testing with Different population
		8	Report writing etiquette and APA format
3	15-06-2020 To 19-06-2020	9	Unit 1: Personality tests Personality tests- types and theories
		10	16 Personality Factor questionnaire: Administration
		11	16 Personality Factor questionnaire: Scoring
		12	16 PF Interpretation and profiling
4	22-06-2020 To 26-06-2020	13	Eysenck's Personality Questionnaire: Administration
		14	Eysenck's Personality Questionnaire: Scoring
		15	Concept of lie score and Interpretation of the test
		16	Discussion on interpreted scores: Psychoticism, Neuroticism and Extroversion
5	29-06-2020 To 03-07-2020	17	Locus of control scale : Introduction, Internal vs Extewrnal locus of control
		18	LOC: Administration
		19	LOC: Scoring and interpretation
		03 July	St. Thomas Day
6	06-07-2020 To 10-07-2020	20	Report Presentation and Correction/ Verification
		21	Unit 2: Intelligence tests Introduction, theories, types and concept of I.Q
		22	Bhatia's Battery of Performance Intelligence: Test introduction, training on Bhatia's battery apparatus and administration
		23	Administration continuation
7	13-07-2020 To	24	Bhatia's Battery: Scoring and interpretation
		25	Discussion on scores and I.Q Classification
		26	Multiple Intelligence Scale: Concept of Multiple

No of Weeks	Dates	Session	Topic
	17-07-2020		Intelligence: theory and types
		27	Administration of MIS
8	20-07-2020 To 24-07-2020	20 July	KarkkidakaVavu
		28	Scoring and Interpretation of MIS
		29	Report Submission and Correction/ Verification
		30	Unit 3 : Adjustment Introduction, Theories of adjustment, adjustment disorders
9	27-07-2020 To 31-07-2020	31	Bell's Adjustment Inventory: Bell's theory, Administration of the inventory
		32	Bell's Adjustment inventory Scoring and Interpretation
		33	Bell's Adjustment inventory discussion based on interpretation
		31 July	Bakrid
10	03-08-2020 To 07-08-2020	34	Sinha Adjustment Inventory for college students: Theory and administration
		35	AICS: Scoring and interpretation
		36	Discussion based on interpretation
		37	Adjustment Inventory for School Students: Theory and introduction of test
11	10-08-2020 To 14-08-2020	38	Training on administration of AISS on school student participants: Process, steps, consent form and procedure
		39	Adjustment Inventory for School Students : Scoring
		40	Adjustment Inventory for School Students: Interpretation
		41	Adjustment Inventory for School Students Discussion
12	17-08-2020 To 21-08-2020	42	Report submission and Correction/ Verification
		43	Report submission and Correction/ Verification
		44	Report submission and Correction/ Verification
		45	Rough Report work consolidation and verification
13	24-08-2020 To 28-08-2020	46	Mock rapport establishment practice
		47	Mock administration training
		48	Mock administration training
		28 August	Ayyankali Jayanthi
14	31-08-2020 To	49	Onam Holiday
		50	Onam Holiday
		51	Onam Holiday

No of Weeks	Dates	Session	Topic
	04-09-2020	52	Onam Holiday
		53	Onam Holiday
15	07-09-2020 To 11-09-2020	54	Fair Practical report submission and correction
		55	Fair Practical report submission and correction
		10 September	Sreekrishna Jayanthi
		56	Fair Practical report submission and correction
16	14-09-2020 To 18-09-2020	57	Training on other important available psychological tests
		58	Training on other important available psychological tests
		59	Training on other important available psychological tests
		60	Fair Practical report submission and correction
17	21-09-2020 To 25-09-2020	21 September	Sreenarayana Guru Samadhi
		61	Fair Practical report submission and correction
		62	Fair Practical report submission and correction
		63	Fair Practical report submission and correction
18	28-09-2020 To 02-10-2020	64	Fair Practical report submission and correction
		29 September	IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
19	05-10-2020 To 09-10-2020		IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
20	12-10-2020 To 16-10-2020	65	A.P.A Format finalisation
		66	Fair Practical report submission and correction
		67	Fair Practical report submission and correction
		68	Fair Practical report submission and correction
21	19-10-2020 To 23-10-2020	69	Mock Viva
		70	Mock administartion test
		71	Fair Practical report submission and correction
		72	Fair Practical report submission and correction
22	26-10-2020 To 30-10-2020	26 October	Vijayadasami
		29 October	Miladi-I-Sherif

No of Weeks	Dates	Session	Topic
23	02-11-2020 To 06-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			V Semester UG Internal Exams
24	09-11-2020 To 13-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			Study Leave
			Study Leave
25	16-11-2020 To 20-11-2020		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
26	23-11-2020		University Exam V Semester UG Begin

APPLIED PSYCHOLOGY I

Objectives

- **To familiarize the students with the field of organizational behavior**
- **To help the student in understanding various concepts in organizational behavior**
- **To help the students to familiarize with the field of educational psychology**
- **To make them aware of various concepts in educational psychology**

Subject Code:	5B 12 PSY
Subject Name:	Applied Psychology I
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Ms. Athira Alex

I. Organizational Behavior

Module 1: Introduction: importance of interpersonal skills, what managers do? Enter organizational behavior, discipline that contribute to the OB, challenges and opportunities

Module 2: Foundation of organization: structure- work specialization, departmentalization, chain of command, span of control, centralization and decentralization, formalization. Simple structure, bureaucracy, matrix. Culture: definition, strong vs. weak culture, functions, how culture begins, how cultures form?. Group- Definition, stages of group development, roles, norms, status, size and cohesiveness

II. Educational Psychology

Module 3: Exploring Educational Psychology: Defining the discipline; Historical Background, Nature and scope of educational psychology; Teaching; art and science, effective teaching, professional knowledge and skills, commitment and motivation, Piaget's and Vigodsky's contribution to Education. Research methods in educational psychology

Module 4: Motivation of learning: what is motivation, perspectives of motivation, self efficacy, Values and purpose, social motives, social relationships, socio-cultural context

Students with achievement problems: students who low achieving, high anxiety, avoiding failure, procrastinate, uninterested, perfectionist.

REFERENCES:

1. Robbins.S.P., Judge.T.A., Vohra.N (2012), Organizational Behavior,14th ed. New Delhi: Pearson
 2. Santrock.J.W (2011), Educational Psychology. 4th ed. New Delhi; Tata McGraw Hill.
- Additional reading
- Pestonjee, D.M., & Pandey, S. (2013). Stress and Work. New Delhi: Sage Publications.
 - Davey, G. (2011). Applied Psychology. UK: The British Psychological Society and Blackwell Publishing Lt

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	01-06-2020 To 05-06-2020	1	Definition of Organization, organizational Psychology, Basic concepts
		2	Importance of interpersonal skills
		3	what managers do in an organization
		4	Enter organizational behavior
		5	Discipline that contribute to the OB
2	08-06-2020 To 12-06-2020	6	Challenges and opportunities faced by Managers
		7	Challenges and opportunities faced by Managers
		8	Challenges and opportunities faced by Managers
		9	Seminar Presentation
		10	Seminar Presentation
3	15-06-2020 To 19-06-2020	11	Seminar Presentation
		12	Seminar Presentation
		13	Seminar Presentation
		14	Revision
		15	Unit Test I
4	22-06-2020 To 26-06-2020	16	structure- work specialization, departmentalization, chain of command, span of control
		17	Centralization and decentralization
		18	Formalization
		19	Simple structure
		20	Bureaucracy
5	29-06-2020 To 03-07-2020	21	Matrix Design
		22	Culture: definition, strong vs. weak culture
		23	Functions of Culture
		24	How culture begins
		03 July	St. Thomas Day
6	06-07-2020 To 10-07-2020	25	How cultures form
		26	Group- Definition, stages of group development
		27	Properties of Group
		28	Seminar Presentation
		29	Seminar Presentation
7	13-07-2020	30	Seminar Presentation

No of Weeks	Dates	Session	Topic
	To 17-07-2020	31	Seminar Presentation
		32	Seminar Presentation
		33	Revision
		34	Revision
8	20-07-2020 To 24-07-2020	20 July	Karkkidaka Vavu
		35	Unit Test II
		36	Assignment
		37	Assignment
		38	Note submission and correction
9	27-07-2020 To 31-07-2020	39	Note submission and correction
		40	Note submission and correction
		41	Defining the discipline; Historical Background
		42	Defining the discipline; Historical Background
		31 July	Bakrid
10	03-08-2020 To 07-08-2020	43	Nature and scope of educational psychology
		44	Nature and scope of educational psychology
		45	Teaching; art and science
		46	Effective teaching
		47	Effective teaching
11	10-08-2020 To 14-08-2020	48	Effective teaching
		49	Professional knowledge and skills
		50	Professional knowledge and skills
		51	Commitment and motivation
		52	Piaget's contribution to Education
12	17-08-2020 To 21-08-2020	53	Piaget's contribution to Education
		54	Vigodsky's contribution to Education
		55	Vigodsky's contribution to Education
		56	Research methods in educational psychology
		57	Research methods in educational psychology
13	24-08-2020 To 28-08-2020	58	Research methods in educational psychology
		59	Seminar Presentation
		60	Seminar Presentation
		61	Seminar Presentation
		28 August	Ayyankali Jayanthi
14	31-08-2020		Onam Holiday
			Onam Holiday

No of Weeks	Dates	Session	Topic
	To 04-09-2020		Onam Holiday
			Onam Holiday
			Onam Holiday
15	07-09-2020 To 11-09-2020	62	Seminar Presentation
		63	Seminar Presentation
		64	Seminar Presentation
		10 September	Sreekrishna Jayanthi
		65	Note submission and correction
16	14-09-2020 To 18-09-2020	66	Notes submission and correction
		67	Notes Submission and correction
		68	Revision
		69	Revison
		70	Viva
17	21-09-2020 To 25-09-2020	21 September	Sreenarayana Guru Samadhi
		71	Viva
		72	Unit test III
		73	What is motivation, perspectives of motivation
		74	Self efficacy
18	28-09-2020 To 02-10-2020	75	Values and purpose
		29 September	IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
19	05-10-2020 To 09-10-2020		IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
20	12-10-2020 To 16-10-2020	76	Social motives
		77	Social relationships
		78	Socio-cultural context
		79	Students who low achieving
		80	Students with anxiety
21	19-10-2020 To	81	Students who avoid failure
		82	Students who procrastinate
		83	Students who are uninterested and perfectionist

No of Weeks	Dates	Session	Topic
	23-10-2020	84	Note Submission
		85	Revision
22	26-10-2020 To 30-10-2020	26 October	Vijayadasami
		86	Assignment
		87	Assignment
		29October	Miladi-I-Sherif
		88	Assignment
23	02-11-2020 To 06-11-2020	89	Assignment
		90	Unit Test IV
			V Semester UG Internal Exams
			V Semester UG Internal Exams
			V Semester UG Internal Exams
24	09-11-2020 To 13-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			Study Leave
			Study Leave
			Study Leave
25	16-11-2020 To 20-11-2020		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
26	23-11-2020		University Exam V Semester UG Begin

Subject Code:	5B 10 PSY
Subject Name:	DEVELOPMENTAL PSYCHOLOGY
No. of Credits:	5
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	LEEMA JACOB

DEVELOPMENTAL PSYCHOLOGY

Objectives

- ☐ To help the student in understanding the importance of life span development
- ☐ To help the students to get broader understanding on various theories of life span development
- ☐ To make the students learn various dimensions of human development

Module 1: Introduction

Importance of life span development, Historical Perspective, Characteristics of Life Span development, Nature of development, Cross sectional and longitudinal approaches. Theories of Development- Freud, Erikson, Piaget, Vygotsky, Information processing, Behavioral, Social, Cognitive, Ethological and Ecological theories.

Module 2: Prenatal Development

Germinal period, Embryonic Period, Fetal Period. Prenatal Diagnostic test. Effects of teratogens, Neonatal health and responsiveness, consequences' of low weight.

Module 3: Physical development and aging

Cephalocaudal and proximodistal pattern, Newborn- reflexes, perception (vision, hearing, other sense, intermodal perception). Height and weight in infancy and childhood. Gross and fine motor skills and handedness. Physical development in puberty. Changes in early, middle and late adulthood. Theories of aging.

Module 4: Cognitive development

Stages of cognitive development-sensory motor stage-object performance, pre-operational stage-intuitive thought, concrete operations-conservation, formal Operations

Module 5: Socio-Emotional development:

Attachment and love- Piaget's and Kohlberg's theory-stages-social conventional reasoning-basic processes-resistance to temptation- self-control- empathy- role of emotion-moral personality- moral identity- moral characters-exemplars.

REFERENCES:

1. Santrock.J.W. (2005). A Topical Approach to Life-span Development, 3rd ed. New delhi: Tata McGraw-Hill

2. Berk.E., Laura (2005). Child Development. New Delhi: Prentice Hall.

3. Papalia.E.D., Old,W.S and Feldman,D.R (2004). Human Development. New Delhi: Tata McGraw-Hill

Additional reading

1. Santrock.J.W. (2007). Life-span Development, 3rd ed. New delhi: Tata McGraw-Hill

2. Sigelman, C.K & Rider, E.A (2009). Life-span Human Development-6 Th edition. USA:Wadsworth Cengage Learning

3. Sigelman, C.K. (1999). Life-span Human Development. New York; Brooks/Cole Publishing Co

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	01-06-2020 To 05-06-2020	1	Importance of life span development
		2	Historical Perspective of development
		3	Historical Perspective
		4	Characteristics of Life Span development
		5	Nature of development.
2	08-06-2020 To 12-06-2020	6	Cross sectional and longitudinal approaches.
		7	Theories of Development- Freud
		8	Erikson
		9	Piaget
		10	Vygotsky
3	15-06-2020 To 19-06-2020	11	Information processing,
		12	Behavioral, Social, Cognitive, theories
		13	Ethological and Ecological theories
		14	Revision
		15	Revision
4	22-06-2020 To 26-06-2020	16	Class test
		17	Prenatal Development
		18	Germinal period

No of Weeks	Dates	Session	Topic
		19	Embryonic Period
		20	Fetal Period
5	29-06-2020 To 03-07-2020	21	Fetal Period
		22	Consequences' of low weight.
		23	Prenatal Diagnostic test
		24	Effects of teratogens,
		03 July	St. Thomas Day
6	06-07-2020 To 10-07-2020	25	Neonatal health and responsiveness
		26	Revision
		27	Class test
		28	Physical development and aging
		29	Cephalocaudal and proximodistal pattern
7	13-07-2020 To 17-07-2020	30	Newborn- reflexes, perception (vision, hearing, other sense, intermodal perception).
		31	Height and weight in infancy and childhood.
		32	Gross and fine motor skills and handedness.
		33	Physical development in puberty.
		34	Changes in early,
8	20-07-2020 To 24-07-2020	20 July	KarkkidakaVavu
		35	Middle and late adulthood.
		36	Theories of aging.
		37	Revision
		38	Class test
9	27-07-2020 To 31-07-2020	39	Cognitive development
		40	Stages of cognitive development-
		41	Sensory motor stage-object performance
		42	Pre operational stage-
		31 July	Bakrid
10	03-08-2020 To 07-08-2020	43	Intuitive thought
		44	Formal operations
		45	Revision
		46	Class test

No of Weeks	Dates	Session	Topic
		47	Socio-Emotional development
11	10-08-2020 To 14-08-2020	48	Attachment and love
		49	Piaget's reasoning
		50	Basic processes-resistance to temptation-
		51	Kohlberg's theory-stages-
		52	Self-control -
12	17-08-2020 To 21-08-2020	53	Role of Emotion
		54	Moral personality
		55	Moral identity
		56	Empathy
		57	Moral characters
13	24-08-2020 To 28-08-2020	58	Exemplars
		59	Social conventional reasoning-
		60	concrete operations-conservation
		61	Revision
		28 August	Ayyankali Jayanthi
14	31-08-2020 To 04-09-2020		Onam Holiday
			Onam Holiday
			Onam Holiday
			Onam Holiday
			Onam Holiday
15	07-09-2020 To 11-09-2020	62	Assignment
		63	Assignment
		64	Assignment
		10 September	Sreekrishna Jayanthi
		65	Revision
16	14-09-2020 To 18-09-2020	66	Revision
		67	Revision
		68	Revision
		69	Revision
		70	Revision
17	21-09-2020	21 September	Sreenarayana Guru Samadhi

No of Weeks	Dates	Session	Topic
	To 25-09-2020	71	Seminar presentation
		72	Seminar presentation
		73	Seminar presentation
		74	Seminar presentation
18	28-09-2020 To 02-10-2020	75	Seminar presentation
		29 September	IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
19	05-10-2020 To 09-10-2020		IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
20	12-10-2020 To 16-10-2020	76	Seminar presentation
		77	Seminar presentation
		78	Seminar presentation
		79	Seminar presentation
		80	Seminar presentation
21	19-10-2020 To 23-10-2020	81	Seminar presentation
		82	Revision
		83	Revision
		84	Revision
		85	Revision
22	26-10-2020 To 30-10-2020	26 October	Vijayadasami
		86	Revision
		87	Revision
		29October	Miladi-I-Sherif
		88	Class test

No of Weeks	Dates	Session	Topic
23	02-11-2020 To 06-11-2020	89	Class test
		90	Class test
			V Semester UG Internal Exams
			V Semester UG Internal Exams
			V Semester UG Internal Exams
24	09-11-2020 To 13-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			Study Leave
			Study Leave
			Study Leave
25	16-11-2020 To 20-11-2020		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
26	23-11-2020		University Exam V Semester UG Begin

Subject Code:	5B11PSY
Subject Name:	PSYCHOLOGYOFLIFESTYLE
No. of Credits:	---
No. of Contact Hours:	72
Hours per Week:	4
Name of the Teacher:	Dr.Fr. Kuriakose Augustine

Objectives:

CO 1: To facilitate comprehension of theoretical concepts through psychological testing

CO 2: To familiarize the students with psychometric assessment

CO 3: To develop scientific and experimental attitudes among students

CO 4: To develop skill for testing in psychology

Module1:Health-AnOverview

Definition of Health, Health behaviors, Changing Health habits. Theories of change.Cognitive-Behavioralapproachestohealthbehaviorchange.

Module2:ConceptualisingLifestylePsychology

LifestyleBehaviors,Theriseoflifestylemodelsofdisease,Measuringlifestylebehaviors, Socio-demographic influences on Health and Lifestyle, Modern lifestyles,Lifestylesin dailylife.

Module3:HealthRelatedBehaviors

Exercise,AccidentPrevention,CancerrelatedHealthBehaviors,DevelopingaHealthydiet- WeightControlandObesity,EatingDisorders,SleepandHealth.

Module4:StressandCoping

Stress-definition, Nature and Theories, Types of stressors, After-effects of stress. PostTraumaticStressDisorder,EffectsofstressonHealth-StressandtheImmuneSystem- Stressandcommoncold,StressandWoundHealing,CoronaryHeartDisease,Cancer, InfectiousDiseases. Coping withStress-Personality andCoping,Coping resources, Coping strategies, Coping styles, Coping and Positive Affect. StressManagement.

REFERENCES

- Davey,G.(2011).*AppliedPsychology*.UK:TheBritishPsychologicalSocietyandBlackwellPublishingLtd.

- Taylor, S.E. (2012). *Health Psychology* (7th ed.). Delhi: Tata-McGrawHill Publishers.
- Thirlaway, K., & Upton, D. (2009). *The Psychology of Lifestyle*. New York: Routledge.

Additional reading:

- Marks, D.F., Murray, M., Evans, B., & Estacio, E.V. (2011). *Health Psychology* (3rd ed.). New Delhi: Sage Publications.
- Pestonjee, D.M., & Pandey, S. (2013). *Stress and Work*. New Delhi: Sage Publications.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	01-06-2020 To 05-06-2020	1	Unit 1: Health-An Overview
		2	Health-An Overview
		3	Health-An Overview
		4	Definition of Health
2	08-06-2020 To 12-06-2020	5	Health behaviors
		6	Changing Health habits
		7	Theories of change
		8	Theories of change
3	15-06-2020 To 19-06-2020	9	Theories of change
		10	Cognitive-Behavioral approaches to health behavior change
		11	Cognitive-Behavioral approaches to health behavior change
		12	REVISION
4	22-06-2020 To	13	CLASS TEST
		14	Unit: 2 Conceptualising Lifestyle Psychology
		15	Conceptualising Lifestyle Psychology

No of Weeks	Dates	Session	Topic
	26-06-2020	16	LifestyleBehaviors
5	29-06-2020 To 03-07-2020	17	LifestyleBehaviors
		18	LifestyleBehaviors
		19	Theriseoflifestylemodelsofdisease
		03 July	St. Thomas Day
6	06-07-2020 To 10-07-2020	20	Theriseoflifestylemodelsofdisease
		21	Theriseoflifestylemodelsofdisease
		22	Measuringlifestylebehaviors
		23	Measuringlifestylebehaviors
7	13-07-2020 To 17-07-2020	24	Socio-demographic influences on Health and Lifestyle
		25	Socio-demographic influences on Health and Lifestyle
		26	Modern lifestyles
		27	Modern lifestyles
8	20-07-2020 To 24-07-2020	20 July	KarkkidakaVavu
		28	Lifestylesin dailylife
		29	Lifestylesin dailylife
		30	REVISION
9	27-07-2020 To 31-07-2020	31	CLASS TEST
		32	Unit: 3HealthRelatedBehaviors
		33	HealthRelatedBehaviors
		31 July	Bakrid
10	03-08-2020 To 07-08-2020	34	Exercise
		35	Exercise
		36	Exercise
		37	AccidentPrevention
11	10-08-2020 To	38	AccidentPrevention
		39	CancerrelatedHealthBehaviors
		40	CancerrelatedHealthBehaviors

No of Weeks	Dates	Session	Topic
	14-08-2020	41	CancerrelatedHealthBehaviors
12	17-08-2020 To 21-08-2020	42	CancerrelatedHealthBehaviors
		43	DevelopingaHealthydiet-WeightControlandObesity
		44	DevelopingaHealthydiet-WeightControlandObesity
		45	EatingDisorders
13	24-08-2020 To 28-08-2020	46	SleepandHealth
		47	REVISION
		48	CLASS TEST
		28 August	Ayyankali Jayanthi
14	31-08-2020 To 04-09-2020	49	Onam Holiday
		50	Onam Holiday
		51	Onam Holiday
		52	Onam Holiday
		53	Onam Holiday
15	07-09-2020 To 11-09-2020	54	Unit: 4 StressandCoping
		55	Stress-definition
		10 September	Sreekrishna Jayanthi
		56	Nature and Theories
16	14-09-2020 To 18-09-2020	57	Types of stressors
		58	After-effects of stress
		59	PostTraumaticStressDisorder
		60	EffectsofstressonHealth-StressandtheImmune
17	21-09-2020 To 25-09-2020	21 September	Sreenarayana Guru Samadhi
		61	System-Stressandcommoncold
		62	StressandWoundHealing
		63	CoronaryHeartDisease
18	28-09-2020 To 02-10-2020	64	Cancer
		29 September	IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam
19	05-10-2020 To		IV Semester UG University Exam
			IV Semester UG University Exam
			IV Semester UG University Exam

No of Weeks	Dates	Session	Topic
	09-10-2020		IV Semester UG University Exam
			IV Semester UG University Exam
20	12-10-2020 To 16-10-2020	65	Coping and Positive Affect
		66	InfectiousDiseases
		67	Coping withStress-Personality andCoping
		68	Coping resources, Coping strategies
21	19-10-2020 To 23-10-2020	69	Coping styles, StressManagement.
		70	REVISION
		71	REVISION
		72	CLASS TEST
22	26-10-2020 To 30-10-2020	26 October	Vijayadasami
		29 October	Miladi-I-Sherif
23	02-11-2020 To 06-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			V Semester UG Internal Exams
24	09-11-2020 To 13-11-2020		V Semester UG Internal Exams
			V Semester UG Internal Exams
			Study Leave
			Study Leave
			Study Leave
25	16-11-2020 To 20-11-2020		Study Leave
			Study Leave
			Study Leave
			Study Leave
			Study Leave
26	23-11-2020		University Exam V Semester UG Begin