

# Faculty of Arts & Social Sciences

## Syllabus

for

### Interdisciplinary Courses in Psychology (UG)

Examinations: 2019-20



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## GURU NANAK DEV UNIVERSITY AMRITSAR

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**Paper:-PYL 001 (odd) Psychological Processes****Credits: 4****Total Marks: 100****Mid Semester Examination: 20% weightage (Marks:20)****End Semester Examination: 80 % weightage (Marks: 80)****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (Not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth questions may be attempted from any Section.

**Section-A**

**Personality:** Concept, Determinants of Personality, Approaches to Personality (An Overview of Types and Trait)

**Section-B**

**Intelligence:** Concept, Determinants of Intelligence, Nature vs Nurture, Intelligence Quotient and Emotional Intelligence, Measurement of Intelligence

**Section-C**

**Motivation:** Nature, Concept of Needs, Drives and Incentives, Characteristics of Motivation, Classification of Motives (Biological, Social and Psychological), Measurement of Motivation. Theories of motivation: Maslow, Mc Clelland and Atkinson.

**Section-D**

**Emotions:** Nature, Determinants, Theories of Emotions: James-Lange, Cannon Bard and Lindzey Activation theory.

**Readings:**

1. Morgan, T. and King, A. (1971) Introduction to Psychology, Seventh Edition, Mc Graw-Hill company.
2. Munn, L. (1969) Introduction to Psychology, Oxford & IBH Publishing Co.
3. Price, H. and Glickstein, M. (1982) Principles of Psychology, Holt, Pinchast and Winston.
4. Marx, H. (1976) Introduction to Psychology, Problems, Procedures and Principles, Mac Millon Publishing Co. Inc., New Delhi.
5. Laird, J. D and Thompson, N. S. (1992) Psychology, Houghton Mifflin Company, Boston.

**Paper:-PYL 002 (Even) Stress and Coping****Credits: 4****Total Marks: 100****Mid Semester Examination: 20% weightage (Marks:20)****End Semester Examination: 80 % weightage (Marks: 80)****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (Not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth questions may be attempted from any Section.

**Section-A****Stress:** Concept, Types of Stress (Frustration, Conflict and Pressure)**Factors affecting Stress:** Biological, Psychological and Sociological**Models of Stress:** Selye's Model, Yerkes Dodson Law, Lazarus and Folkman Model, Suedfeld Information Flow Model, Moderators of Stress : Personality, Emotion and Social Support.**Section-B****Reactions to Stress:** General Principles of Adjustive Behavior, Task oriented and Ego defense oriented reaction patterns, Coping Styles (Emotion focused and Problem focused coping strategies)**Section-C****Excessive Stress and Decompensation:** Biological, Sociological and Psychological Decompensation,**Effects of Stress:** Physical, Psychological & Sociological**Stress related Disorders:** Hypertension, Cardiovascular disorder, Migraine and Tension Headache.**Section-D****Techniques of Stress Management:**

Biofeedback, Muscular Relaxation, Yoga, Meditation, Music Therapy, Exercise and Nutrition.

**Readings:**

1. Coleman, J. C. (1976) Abnormal Psychology and Modern Life Scott Fores man & Co.
2. Bootzin, R. R. Acocella, . Abnormal Psychology, Mc Graw-Hill Inc., New Delhi.  
J.R. and Allong, L. B.  
(1993)
3. Seaward, B. L. (1999) Managing Stress. Jones & Bartett. Canada.