Faculty of Arts & Social Sciences

Syllabus

for

Interdisciplinary Courses in Psychology (UG)

Examinations: 2019-20

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Interdisciplinary Course in Psychology (UG)

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


Section-D


Readings:

Interdisciplinary Course in Psychology (UG)

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

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: