

**B.A., Psychology Course Structure**  
**For students admitted from 2014-2015 onwards**

<b>Part</b>	<b>Component</b>	<b>Course</b>	<b>Marks</b>
<b>First Year</b>			
Part I	Language	Tamil or Any other language – I	100
Part II	Language	English – I	100
Part III	Paper – I	Elements of Psychology	100
	Paper – II	Developmental Psychology	100
	Allied – I	Fundamentals of Sociology	100
<b>Second Year</b>			
Part I	Language	Tamil or Any other language – II	100
Part II	Language	English – II	100
Part III	Paper – III	Social Psychology	100
	Paper – IV	Statistics in Psychology	100
	Allied – II	Principles of Management	100
<b>Third Year</b>			
Part III	Paper – V	Physiological Psychology	100
	Paper – VI	Abnormal Psychology	100
	Paper – VII	Practical	100
	Applied- I	Counselling Psychology	100
	Applied- II	Health Psychology	100
<b>Total</b>			<b>1500</b>

**PATTERN OF QUESTION PAPER**

Time: 3 Hours

Maximum Marks: 100

**SECTION A (10 X 3 = 30)**

[All questions are compulsory]

**SECTION B (5 X 8 = 40)**

[Open Choice: Out of 8 Questions 5 should be answered]

**SECTION C (2 X 15 = 30)**

[Open Choice: Out of 4 Questions 2 should be answered]

**EVALUATION FOR PRACTICAL**

Time: 3 Hours

Maximum Marks: 100

**Components of Assessment**

1. Introduction	10 Marks
2. Materials Selection	05 Marks
3. Procedure	15 Marks
4. Table	10 Marks
5. Results and Discussion	15 Marks
5. Conclusion	05 Marks
6. Viva	20 Marks
7. Record	20 Marks
Total	: 100 Marks

## **Paper 1 - I ELEMENTS OF PSYCHOLOGY**

### **Unit I: Introduction to Psychology**

Psychology – Meaning – Goals – History of Psychology: Structuralism, Functionalism, Gestalt Psychology, Psychoanalytic Psychology, Behaviourism. Modern perspectives of psychology: Psychodynamic, Behavioural, Humanistic, Biopsychology, Cognitive, Sociocultural, Evolutionary. Scope of Psychology.

### **Unit II: Physiological Bases of Behaviour**

Nervous system: Structure of the neurons – Neural impulse – Synapse – Neurotransmitter. Central nervous system: Brain – Spinal cord. Peripheral nervous system: Somatic nervous system – Autonomic nervous system. Structure of the Brain: the brain stem – Structures under the cortex – The cortex. The endocrine glands.

### **Unit III: Sensation & Perception**

Sensation – Meaning. Vision: Psychological properties of light – Structure and functioning of the eye – Colour vision. Hearing: Psychological properties of sound - Structure and functioning of the ear – Theories of pitch. Other senses: Gustation – Olfaction – Kinesthetic sense. Perception – Meaning- Principles of perception: Figure-ground – Proximity – Similarity – Closure – Continuity - Contiguity. Depth perception: Monocular cues – binocular cues. Perceptual illusions – Factors influencing perception.

### **Unit IV: Learning**

Learning – Meaning. Theories of learning: Classical conditioning – Elements of classical conditioning – Pavlov’s classical experiment. Operant conditioning: Thorndike’s law of effect – B.F.Skinner’s experiment – Concepts in operent conditioning. Kohler’s insight learning – Bandura’s observational learning – Tolman’s latent learning.

### **Unit V: Other Key Areas of Psychology**

Memory and Stages of memory: Sensory memory – Short-term memory – Long-term memory. Consciousness: Sleep, Dreams and Hypnosis- Intelligence – Definition-Nature- Nurture issue on intelligence. Motivation: Meaning, Definition and Nature- Emotion: Meaning, Definition and Nature.

### **REFERENCES**

- Ciccarelli, K.S and Meyer, E.G. (2012).Psychology. New Delhi:Dorling Kindersley Pvt, Ltd.
- Feldman, S.R. (2004). Understanding Psychology. New Delhi: Tata McGraw Hill.
- Morgan, King, Weiz and Schopler(1998): Introduction to Psychology,7<sup>th</sup> Edition, New Delhi, TATA McGraw Hill.

## **Paper - II: II DEVELOPMENTAL PSYCHOLOGY**

### **Unit I: Fertilization and Birth**

Fertilization – Stages of prenatal development – Prenatal environment. Birth process – Approaches to child birth – Birth complications – Preterm infants – Post mature infants. Newborn: Physical competence – sensory capabilities – social competence.

### **Unit II: Infancy and Early Childhood**

Physical development – Development of senses: Visual, auditory, smell, taste, pain and touch – Nervous system – Motor development: Reflexes – Gross and fine motor development. Nutrition. Cognitive development – Sensor motor stage. Language development.

Physical development – Motor development: Gross and fine motor skills. Cognitive development – Piaget's preoperational stage. Language development – Psychosocial development: Resolving conflicts – Gender identity – Friendship. Moral development: Piaget's view – Social learning approach.

### **Unit III: Middle Childhood and Adolescence**

Physical development – Motor development – Cognitive development: Concrete operational thought. Language development – Psychosocial development :Self- esteem. Moral development. Relationship: Stages of friendship – Bullying – Gender and Friendship.

Physical development – Puberty. Cognitive development: Piaget's formal operations. Identity formation: Self-concept – Self-esteem – Marcia's approach to identity development. Relationship – Family ties – Relationship with peers – Popularity and rejection – Conformity – Juvenile delinquency.

### **Unit IV: Early Adulthood and Middle Adulthood**

Physical development – Cognitive development: Post formal thought – Peery's approach – Schaie's stages of development. Social development: Seeking intimacy – Love: Passionate and compassionate love – Triangular theory - Choosing a partner. Parenthood – Choosing an occupation.

Physical development – sexuality. Cognitive development – Personality development: Perspectives on adult personality development – Erikson's stage of generativityvs stagnation. Relationship: Marriage – Divorce – Empty nest – Boomrang children – Grandparenthood – Family violence. Work and leisure.

### **Unit V: Late adulthood**

Physical development – Health and wellness – Memory – Living arrangements – Institutionalism – Financial issues – Work and retirement – Relationship and marriage – Social network – Family relationship.

Death – definition. Death across lifespan: death in infancy and childhood – death in adolescence and adulthood. Death education – Process of dying – Choosing the nature of death – Caring for terminally ill – Bereavement and grief.

**REFERENCES**

- Feldman, R.S. (2009). *Discovering the Lifespan*. New Delhi: Dorling Kindersley Pvt. Ltd.
- Papalia, D.E, Olds, S.W and Feldman, R.D. (2004). *Human development* ( 9<sup>th</sup> edition).  
New Delhi: Tata McGraw-Hill.
- Berk, E.L. (2007). *Development through lifespan* (3rd edition). New Delhi: Pearson  
Education, Inc.
- Keenan, T and Evans, S. (2009). *An Introduction to Child Development* (2nd edition).  
New Delhi: Sage Publications.
- Harris, M. (2008). *Exploring Developmental Psychology: Understanding theory and  
methods*. New Delhi: Sage Publications.

## **Allied-I FUNDAMENTALS OF SOCIOLOGY**

**Unit I: Introduction to Sociology:** Origin and Development of Sociology. Meaning, Subject-matter, Nature and Scope. Relationship of Sociology with – History, Anthropology, Economics Psychology and Political science. Importance of Sociology.

**Unit II: Fundamental Concepts in Sociology:** Society, Community, Social structure, Association, Organization, Norms and Values, Culture and Civilization, Role and Status, Social Mobility, (Meaning, Characteristics or elements).

**Unit III: Social Groups and Socialization:** Social Groups: Meaning, Characteristics and Importance – Classification of Social Groups - Primary and Secondary groups-Meaning, Features, Importance and Differences Socialization: Meaning, Characteristics and Importance. Stages of Socialization. Agencies of Socialization –Family, School, State, Religion and Mass media. Types of Socialization.

**Unit IV: Social processes and Social Control:** Social Processes- Meaning, Characteristics and Types. Major Social processes- Cooperation, Competition, Conflict, Accommodation and Assimilation. Social Control: Meaning, Nature, Types and Importance - Informal Agencies of Social control – Customs, Folkways and Mores - Formal Agencies of Social control – Law and Education.

**Unit V: Social Institution and Social Change:** Social Institutions- Meaning, Characteristics and Importance - Marriage and Family- Meaning, Nature, Types and Recent Changes - Religion- Meaning, Elements, Functions and Dysfunctions. Social Change: Meaning and Nature - Theories of Social Change – Equilibrium, Cyclical, Conflict and Functionalism - Factors of Social Change- Physical, Biological and Technological – Social Change and Social Progress.

### **REFERENCES:**

1. Abraham Francis (2006): Contemporary Sociology, Oxford University Press, New Delhi.
2. Bottomore, TB : Sociology: A Guide to Proglems and Literature, Bombay : George Allen and Unwin (India)
3. Davis Kingsley (1982): Human Society, Surfeit Publications, New Delhi.
4. Giddens Anthony (2001): Sociology (4th Edn), Blackwell Publishers, Cambridge, UK
5. 1983.
6. Horton Paul and Hunt Chester (1984): Sociology, McGraw Hill Co, New Delhi
7. Jayaram N 1988: Introductory Sociology, MacMillan India, Madras.
8. Johnson Harry M 1995: Sociology: A Systematic Introduction, New Delhi : Allied Publishers
9. Leslie Gerald, Richard Larson, Benjamin Gorman, (1994): Introductory Sociology – Order and Change in Society (3rd Edn) , Oxford University Press, Delhi.

10. Shankar Rao (2004): Sociology: Primary Principles, S.Chand & Co, New Delhi. **Core-III SOCIAL PSYCHOLOGY**

**Unit I: Introduction**

Definition, History- origin and development, Research methods-hypothesis and theories, correlation, experiments, evaluating research, measure for measure. Ethics and values- institutional review boards, informed consent, debriefing, values and science.

**Unit II: Social Perception**

Self concept – beginning, introspection, perception and influences of others, auto-biographical memory, self-schemas and multicultural perspective. Self- presentation - false modesty, self handicapping, impression management. Self-esteem- development and consequences. Perceiving persons- Attribution, Integration, confirmation bias. Perceiving groups- stereotypes, prejudices (individual differences and reducing prejudice), sexism and racism.

**Unit III: Social Interaction**

Interpersonal attraction and affiliation – Characteristics of the individual, others and situational influences. Intimate relationships – from attraction to love, triangular model of love, building a relationship, types, issues, conflicts and coping after end of a relationship. Prosocial behaviour- origin, influences (personal, interpersonal and situational) and receiving help. Aggression – origin, forms, influences (social and situational) and theories.

**Unit IV: Social Influences**

Conformity, compliance and obedience. Attitudes – formation, attitude and behaviour, attitude change. Group- formation, function (roles, status, norms and cohesiveness), productivity, groupthink, conflict and conflict resolution. Leadership –nature and impact.

**Unit V: Applying Social Psychology**

Law – eyewitness testimony and other influences on judgments. Business – Selection, appraisals, leadership and motivation. Health – Stress and coping, appraisal, treatment and prevention. Environment – Noise, temperature, pollution, electrical ions and effects on human behaviour.

**REFERENCES**

- Baron, Robert A. and Byrne, D. (2001) Social Psychology 8<sup>th</sup> edition, Reprint, Prentice-Hall of India Pvt Ltd, New Delhi, India
- Brehm, SS. and Kassin, SN. (1996) Social Psychology , 3<sup>rd</sup> edition, Houghton Mifflin Company, Boston, USA.
- Crisp, R.J. and Turner, R.N. (2007), Essential Social Psychology, Sage Publications India Pvt Ltd., New Delhi, India.
- Myers, D.G (2002) Social Psychology, 7<sup>th</sup> international edition, McGraw Hill Companies, New York, USA.

## **Paper -IV STATISTICS IN PSYCHOLOGY**

### **Unit I: Psychological Assessment: An Overview**

Introduction – Psychological Assessment – History of Assessment – Theory and Assessment - Measurement and Evaluation – Theory of measurement –scales of measurement – Functions of measurement – Measurement, Assessment and evaluation – Tests and Assessment – the use of tests

### **Unit II: Statistical Methods in Testing**

Frequency distributions and Graphs: Steps – Exact limits and mid-points of the class intervals – Graphical representation of Data: Different types of graphs – Issues to consider when preparing a graph. Measures of Central Tendency: The Mean, Median and Mode – Measures of Variability: The Range, Quartile Deviation, Average Deviation and Standard Deviation.

### **Unit III: Finding Points within Distributions**

Normal probability curve: Characteristics – Applications – Skewness and kurtosis. Percentile Ranks – Calculation of Percentiles. Standard Scores and Distributions: z score – Standard Normal Distribution – Percentile and Z scores – Mc Calls T – Quartiles and Deciles – Sten – Stanine scores.

### **Unit IV: Bivariate Analysis and Analysis of Variance**

Correlation: Meaning – Concept of Correlation – Pearson's Product moment correlation – Rank order correlation – Test of Significance: 't' Test – Calculation and interpretations – The 't' ratio and its assumptions. Analysis of Variance: Introduction, One Way Analysis of Variance – computation of F-ratio through one way ANOVA, important terms in one way ANOVA, assumptions in one way ANOVA, Two Way Analysis of Variance – computation of F-ratio through two way ANOVA, assumptions in two way ANOVA.



**Unit V: Non Parametric Tests for Psychological Data**

Introduction, Advantages and Disadvantages of Non Parametric Tests, Chi-Square Test, Run Test, Sign Test, Median Test, Mann-Whitney Test, Kruskal Wallis Test, Friedman Test.

**REFERENCES**

- Verma, J.P. and Ghufan, M. (2012). **Statistics for Psychology**. New Delhi: Tata McGraw Hill Education Private Limited.
- Aron, A., Aron, E.N. and Coups, E.J. (2006). **Statistics for Psychology**. New Delhi: Pearson Education.
- Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan Publishers.
- Chadha, N.K. (2006). Theory and Practice of Psychometry. New Delhi: New Age International Ltd.
- Ruyon, R.P, Haber, A, Pittenger, D.J and Coleman, K.A. (2010). Fundamentals of Behavioural Statistics. New York: Mc Graw Hill.

**Allied-II PRINCIPLES OF MANAGEMENT****UNIT-1**

Introduction - Meaning - nature and characteristics of Management - Scope and functional areas of management - Management as a science, art or profession - Contributions of F.W. Taylor, Henri Fayol, Elton Mayo, Peter F. Drucker, Douglas McGregor -Management and Administration - Social Responsibility of Management and Ethics.

**UNIT-II**

Planning - Nature, importance and Purpose of Planning - Planning Process -Objectives - Types of Plans - Steps in Planning - Policy making - importance of Policies -Types of Policies - Principles of Policy making - Policy formulation and administration -Basic areas of Policy making - Decision making Process.

**UNIT-III**

Organizing and staffing - Nature and Purpose of organization - Principles of organization - Types of organization - Departmentation - Committees - Centralization Vs Decentralization of authority and Responsibility - Span of control - MBO and MBE -Staffing process - Recruitment - Selection - Placement - Training.

**UNIT-IV**

Directing - Meaning and nature of direction - Leadership styles and functions -Motivation - Theories of Motivation - Pattern concept theory - Achievement Expectation Theory - XY Theory - Maslow's Theory - Importance of Financial and Non-Financial incentives - Communication - Types and forms of Communication - Process of Communication - Barriers to effective Communication - Suggestions to overcome the barriers to Communication.

### **UNIT-V**

Co-ordination and Control - Meaning - Need for Co-ordination - Principles of Coordination - Approaches to achieve effective Co-ordination - Problems of Co-ordination. Control - Meaning and steps in controlling - importance of Control - Span of Control - An integrated Control System.

### **REFERENCES**

1. L.M. Prasad, Principles of Management, Sultan Chan & sons.
2. C.B. Gupta, Business organization and Management, Sultan Chand & sons.
3. P.C. Tripathi and P.N.Reddy, Principles of Management, TataMcGraw-Hill Publishing co., Ltd., New Delhi.
4. Gene Burton and Manab Thakur, Management Today Principles and Practice, Tata McGraw-Hill, Publishing Co., Ltd., New Delhi.
5. Harold Koontz, Cyril Odonnel and melitrich, Management McGraw-Hill, Publications.
6. Rustum and Devar, Management Process, Progressive Corporation pvt, Ltd.,
7. Dingar Pagare, Business Management, Sultan Chand & sons.
8. J. Jayashanlcar, Principles of Management, Margnam Publications. Lewis A. Atten, Management and Organisation 5 McGraw-Hill Publications.
9. James Stoner, Management, Prentice Hall of India Pvt., Ltd., New Delhi.

## **Paper -V PHYSIOLOGICAL PSYCHOLOGY**

### **Unit I: Introduction to Physiological Psychology**

Physiological Psychology- Definition- Nature of physiological psychology- Evolution and Behaviour- Human genetics - Chromosomes and gene expression- Major endocrine glands and their functions.

### **Unit II: Neurons and Nervous System**

The neurons: Basic structure- Glia- Schwann cells- Blood Brain Barrier-Communication within Neuron- Communication Between Neuron- Neurotransmitter.  
The Nervous System- Basic features of the Nervous System-Meninges- the ventricular system.

### **Unit III: The CNS and the PNS**

The Central Nervous System- cerebral cortex- limbic system- basal ganglia- Thalamus- Hypothalamus- Cerebellum- Pons- Spinal Cord.  
The Peripheral Nervous System: Spinal Nervous- Cranial Nervous- Sympathetic Nervous system- parasympathetic nervous system.

### **Unit IV: Physiological Basis of Human Behaviour**

The Physiological basis of Sleep- The Physiological basis of Sex - The Physiological basis of communication- The Physiological basis of emotion- The Physiological basis of learning and memory.

### **Unit V: Methods of Physiological Psychology**

Methods of Physiological Psychology: Experimental Ablation- Histological Methods- Tracing Neural Connections- CT Scan- MRI- EEG- PET- fMRI- Neuro Chemical Method- Genetic Method.

### **REFERENCES**

Carlson, N. (2005). Foundations of Physiological Psychology (6th edition). Boston, MA: Allyn and Bacon.

Levinthal, C.F.(1996). Introduction to Physiological Psychology, 3rd edition, New Delhi, Prentice Hall.

Pinel, J.P.J. (2006). Biopsychology, 6<sup>th</sup> Edition. New Delhi, Pearson Education.

## **Paper -VI ABNORMAL PSYCHOLOGY**

### **Unit I: Historical Roots and Modern Methods of Diagnosis**

The Supernatural tradition- The Biological Tradition- the Psychological Tradition- the Present the Scientific method and an Integrative Approach. An integrative Approach to Psychopathology: One-Dimensional or Multi Dimensional Models- Genetic Contribution to Psychopathology- Neuroscience and Its Contribution to Psychopathology- Behavioral and Cognitive Science- Emotions.

Methods of Assessment: Interview and Psychological tests-Problems in Assessment.

### **Unit II: Clinical Classification and Anxiety Disorders**

Classification: Categories of Maladaptive behavior-Advantages and Disadvantages. DSM-IV: The major diagnostic Categories- The Multiaxial Approach. ICD-10-Classification.

Anxiety Disorder: Generalized Anxiety Disorder- Panic Disorder without Agoraphobia- Specific Phobia- Social Phobia - Post Traumatic disorders- Obsessive- Compulsive Disorder.

Somatoform Disorders -Dissociative Disorder.

### **Unit III: Mood, Eating and Sleeping Disorders**

Understanding and Defining Mood Disorders- Prevalence- Causes- Treatment- Suicide

Major Types of Eating Disorders- Causes- Treatment- Obesity- Sleep Disorders: The major Dyssomnias- Treatment

### **Unit IV: Sexual, Gender and Personality Disorders**

Normal Sexuality- Gender Identity Disorders- Overview of Sexual Dysfunction- Assessing Sexual Behavior- Causes and Treatment of Sexual Dysfunction- Paraphilia- Assessing and Treating Paraphilia

Perspectives on Substance Related Disorder- Depressants- Stimulators- Opioids - Hallucinogens- Causes of Substance-Related Disorders- Treatment of Substance-Related Disorders- Impulse Control Disorders.

An overview of Personality Disorders- Cluster A Personality Disorders- Cluster B  
Personality Disorders- Cluster Personality Disorders.

### **Unit V: Schizophrenia and Other Disorders**

Perspectives on Schizophrenia- Clinical Description- Symptoms and Subtypes-  
Prevalence- Causes of Schizophrenia- Treatment of Schizophrenia.

Common Developmental Disorders- Pervasive Developmental Disorders- Mental  
Retardation.

Perspectives on Cognitive Disorders- Delirium- Dementia.

### **REFERENCES**

Carson, R.C., Butcher, J.N.& Mineka, S. (2005). *Abnormal Psychology and Modern  
Life*.(11<sup>th</sup> Edn). Singapore: Pearson Education.

Irwin G.Sarason and Sarason Barbara, R (1993) *Abnormal Psychology* 6<sup>th</sup> Ed, New  
York: prentice Hall.

Barlow, D.H.& Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*.  
(4<sup>th</sup> Edition). U.S.A: Thomson Wadsworth.

### **Paper -VII PRACTICAL (Experimental Psychology)**

1. Learning
2. Transfer of Training
3. Memory
4. Distraction of attention
5. Concept formation
6. Visual Illusion
7. Problem solving
8. Achievement Motivation
9. Level of Aspiration
10. Learning Styles
11. Cognitive Styles
12. Religious Attitude
13. Creativity Attitude
14. Self-Concept
15. Self-esteem

- This list is suggestive

- A minimum of 10 experiments/exercises must be completed

## **Applied-I COUNSELLING PSYCHOLOGY**

### **Unit I: Guidance and Counselling - Introduction**

Meaning of Guidance – Basic principles and assumptions underlying guidance – Definitions of counseling – Characteristics of Counsellor – The identity of Counselling – History of Therapeutic Counselling: The ancient Philosopher – The first Psychiatrists – Influences from Psychology – The Guidance era. The counseling era – The era of the therapeutic counseling – Licensing and regulation in counselling.

### **Unit II: Settings for Counselling**

Different roles of Counselors – A set of generic skills – A set of common goals – Developmental and remedial orientation – Team work – Counselling process: Steps in Counselling. Qualities of Counselling relationships – Perspectives on helping relationships – Creating a relationship in the initial interview: Establishing rules – Planning hope – Assuring confidentiality- Assessing expectations – Collecting information – Identifying problems – Beginning intervention – First session agenda review – Reciprocal influence.

### **Unit III: Counselling Applications**

Group Counselling: Survey of groups, Encounter groups – Guidance Groups – Counselling groups – Therapy groups – Self-help and support groups. Some considerations in the use of group modalities – Counteracting potential limitations – Advantages of group work. Counselling in School: For new entrants – Elementary stage: Specific objectives – General and Specific activities- Lower secondary stage – Specific objectives and activities – Senior secondary stage. Career counselling: Functions of work – Roles of Counselling. Holland's Theory of career development.

### **Unit IV: Marital, Family, Sex and Addiction Counselling**

Family versus Individual Counselling – Theories of Family Counselling – Sex Counselling: Clinical assessment interview – Physical examination and medical history – Exploration of relationship – Sensate focus exercise – Specialized techniques – Evaluation. Addictions Counselling: Symptoms of addiction: Drug use and abuse – Drug culture – Types of drugs – Effects of drug abuse – Adolescent drug use – Prevention – Abuse in special populations – the elderly – The disabled – Principles for counselling the Chemically dependent.

### **Unit V: Professional Practice**

Counselling Diverse Population: Multiculturalism – Influence of Biases – Identity issues – Preferred clients – counselling and gender – Counselling ethnic minorities – Counselling the aged – The counselor and HIV – Counselling clients who are physically challenged. Ethical and Legal Issues: Professional Codes- Our divided loyalties – Areas of ethical difficulty – Dual relationship and sexual improprieties – Misjudgment and failures –

Deception and informed consent – Confidentiality and privileged communication – Recent trends – Making ethical decisions – Legal issues in Counselling – Advice for the passionately committed counselling student.

**REFERENCES**

- Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counselling. New York: Brooks / Cole.
- Kinra. (2010). Guidance and Counselling. New Delhi: Pearson Learning Inc.
- Kathryn, G. and David, G. ( 2008). Relationship Counselling for Children, Young People and Families. New Delhi: Sage Publications.

## **Applied-II HEALTH PSYCHOLOGY**

### **Unit I: The Origin of Health Promotion**

The meaning-definitions and history of Health Psychology- the Need for Health Psychology- the Relationship of the Mind and Body-The BioPsychoSocial Model of Health Psychology

The Behavioral Factors in Disease and Disorder- the Changing Health Habits- the Cognitive and Behavioral Models to Health Behavior's Change- the Trans theoretical Model- the Social Engineers-venues for health- Habit Modification.

### **Unit II: Health Enhancing and Compromising Behaviour**

Exercise- Accident prevention- Alcoholism and Problem Drinking- Synergistic Effect of Smoking- History of Smoking Problems- Reasons for smoking- Nature and addiction of smoking- intervention to reduce smoking- smoking prevention

### **Unit III: Stress and Coping, Pain and its Management**

Stressors- Person- Stressful Events - Sources of Chronic Stress- Stress and Illness- Coping with stress- External Resources in Coping- Social Support- Stress Management.

Nature of Pain- Clinical issues in Pain Management- Pain Control Techniques- Chronic Pain Management Programs

### **Unit IV: Chronic and Terminal Illness and Their Management**

Quality of life- Emotional Responses to Chronic Illness- Personal Issues in Chronic Disease- Coping with chronic illness- Psychological Interventions and Chronic Illness  
Psychological Issues in Advancing Illness- Death Across the Life Span- Stages of Adjustment in Dying- Psychological Management of Terminally ill- Alternative Care- Problem of Survivors

### **Unit V: Heart Disease, Hypertension, Diabetes, Aids, Cancer, and their Management**

Coronary Heart Disease (CHD)- Psychological factors and CHD- Hypertension - Psychosocial factors and Hypertension- Effective Treatment- Stroke- Risk Factors- Consequences- Treatment of stroke- Diabetes- Types- Intervention of Diabetes

Psychological Impact of HIV infection- Intervention - A profile of Cancer- Psychosocial factor Coping and Intervention

Health promotion- Stress and its Management- Health Services- Management of Serious Illness- Trends of the Future - Becoming a Health Psychologists

**REFERENCES**

Shelley.E. Taylor( 2006). Health Psychology (6<sup>th</sup> Edition). New Delhi. Tata McGraw-Hill Publishing Company Ltd.

Brannon.L. and Feest.J (2004). Health Psychology, Biopsychosocial Interaction (4<sup>th</sup> Edition). New York. John Cooley and Sons

Sanderson. C.A (2004). Health Psychology, New York. John Colley and Sons Inc.

Jane Ogden (2000). Health Psychology: A Text Book (2<sup>nd</sup> Edition), Open University Press, Buckingham. Philadelphia.