

B.Sc. PSYCHOLOGY

Programme Code – UPS

Programme outcome (PO) Bachelor of Science (B.Sc.)

PO1 Scientific Knowledge and Critical Thinking:

Apply the knowledge of Life Science, Physical and Chemical Science, Mathematics, statistics, Computer science and humanities for the arrangement of solutions to the problems that come across in our day-to-day life/activities

PO2 Problem Solving:

Identify and analyse the problem and formulate solutions for problems using the principles of mathematics, natural sciences with appropriate consideration for the public health, safety and environmental considerations.

PO3 Communication and Computer Literacy:

Communicate the fundamental and advanced concepts of their discipline in written and oral form. Able to make appropriate and effective use of information and information technology relevant to their technique.

PO4 Life-Ling Learning:

Recognize the need for and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

PO5 Ethical, Social and Professional Understanding:

Commitment to principles, codes of conduct and social responsibility in order to behave consistently with personal respect. Acquire the responsibility to contribute for the personal development and for the development of the community. Respect the ethical values, social responsibilities and diversity.

PO6 Innovative, Leadership and Entrepreneur Skill Development:

Function as an individual and as a member or leader in diverse teams and in multidisciplinary settings. Become an entrepreneur by acquiring technical, communicative, problem solving and intellectual skills.

THIAGARAJAR COLLEGE, MADURAI – 625 009.
(Re-Accredited with ‘A++’ Grade by NAAC)
Department of Psychology
Bachelor of Science-Psychology – Course Structure
w.e.f. 2020 batch onwards)
Programme Code: UPS

Semester – V

Course	Code No.	Subjects	Hrs/w week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Core – VII	UPS20C51	Abnormal Psychology - I	6	6	90	25	75	100
Core – VIII	UPS20C52	Psychometrics	6	5	90	25	75	100
Core – IX	UPS20C53	Organizational Behaviour	6	5	90	25	75	100
Core Elective – I	UPS20CE51	Gender Psychology	6	5	90	25	75	100
Project – I	UPS20PJ51	Project (Internship)	4	4	60	25	75	100
SEC I	UPS20SE51 (A/B/C)	Social Media Psychology/ Psychology for Competitive Exams/ Military Psychology	2	2	30	15	35	50
Total			30	27				
	UPS20IN	Internship		2		15	35	50

Semester – VI

Course	Code No.	Subjects	Hrs/w week	Credits	Total Hrs	Max Marks CA	Max Marks SE	Total
Core – X	UPS20C61	Abnormal Psychology - II	6	6	90	25	75	100
Core – XI	UPS20C62	Sports Psychology	5	4	75	25	75	100
Core – XII	UPS20C63	Personality Theories	5	4	75	25	75	100
Core – XIII	UPS20C64	Counselling and Psychotherapy	5	4	75	25	75	100
Project – II	UPS20PJ61	Project (Survey)	2	1	30	25	75	100
Core Elective – II	UPS20CE61	Positive Psychology	5	5	75	25	75	100
SEC I	UPS20SE61 (A/B/C)	Life Skills/ Human Resource Management/ Transactional Analysis	2	2	30	15	35	50
Total			30	26				

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Department of Psychology
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Course Code	Course Title	Category	L	T	P	Credit
UPS20C51	Abnormal Psychology - I	Core – VII	5	1	-	6

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	25	75	100

Preamble

This course provides the students a detailed study and understanding of abnormality, its criteria, classification, perspectives, the various disorders, their symptoms, causes and treatment.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	describe the history of abnormal psychology and the classification system	70	65
CO2	explain the major causes and risk factors of abnormal behavior	75	70
CO3	develop the awareness about different types of anxiety disorders	70	70
CO4	reveal about the obsessive - compulsive disorders and its sub categories	75	70
CO5	assessing various somatic symptom disorder and its causes	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	S	M	S	M	S
CO2	M	M	L	S	M	M
CO3	S	M	S	S	L	M
CO4	S	M	M	M	M	L
CO5	S	M	M	S	L	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	S	M
CO2	S	S	M	S	L
CO3	S	M	M	S	M
CO4	S	M	M	S	L
CO5	S	M	S	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Abnormal Psychology – I**Unit I**

Abnormal Psychology: Definition – Historical Background – Epidemiology of Maladaptive Behaviour; Classification System: ICD 10 – DSM 5 – Major Changes in Classification – DSM 5 Definition of Mental Disorders – Merits and Demerits of Classification; Models of Abnormal Behaviour: Biological Model – Psychodynamic Model – Behavioural Model – Cognitive Model – Humanistic Model – Existential Model – Socio Cultural Model.

Unit II

Causes and Risk Factors of Abnormal Behaviour: Necessary, Sufficient and Contributory Causes- Feedback and Circularity in Abnormal Behaviour – Diathesis-Stress Model; Viewpoints for Understanding the Causes of Abnormal Behaviour: Biological View points and Causal Factors – Psychological View-Points – Socio-Cultural View Points and Socio-cultural Causal Factors. Assessment: Mental Status Examination – Relational and Bodily Assessment – Neuropsychological Assessment.

Unit III

Anxiety Disorders: Fear and Anxiety - Specific Phobias - Social Phobias - Panic Disorder, Agoraphobia, Generalized Anxiety Disorder - Separation Anxiety Disorder; Causal Factors - Treatment and Outcome; Sexual Dysfunction - Gender Dysphoria - Paraphilias - Sexual Abuse - Casual Factors - Treatment and Outcome.

Unit IV

Obsessive Compulsive Disorder: Body Dysmorphic Disorder – Hoarding Disorder – Hair-Pulling Disorder (Trichotillomania) – Excoriation or Skin Picking Disorder – Other Specified Obsessive-Compulsive Disorder; Causal Factors: Biological Cause – Psychological Cause – Treatment and Outcome.

Unit V

Somatic Symptom Disorder: Hypochondriasis – Pain Disorder – Conversion Disorder – Factitious Disorder – Causal Factors – Treatment and Outcome; Dissociative Disorders: Depersonalization Disorder – Dissociative Amnesia – Dissociative – Identity Disorder – Causal Factors – Treatment and Outcome.

References

- Butcher, J. N., Hooley, J. M., & Mineka, S. (2015). *Abnormal Psychology*, 17th Edition, Pearson Publications, India.
- Bennett, P. (2010). *Abnormal and Clinical Psychology*, Tata McGraw-Hill Education, New Delhi.
- Kaplan, H. J. & Sadcock, B. J. (2015). *Synopsis of Psychiatry*, 10th Edition, B. L. Wannerly Pvt Ltd, New Delhi.
- Sarason, I. G. & Sarason, B. R. (2017). *Abnormal Psychology - The Problem of Maladaptive Behaviour*, 11th Edition, Pearson Education (P) Ltd, New Delhi.

Course Designer: M. Janani Sri

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Course Code	Course Title	Category	L	T	P	Credit
UPS20C52	Psychometrics	Core - VIII	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	25	75	100

Preamble

This course illustrates the students to apply the knowledge of psychological tools and instruments in practice and evaluate the psychological data.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	describe the various psychological assessments relating to children and adults	70	70
CO2	demonstrate theoretical knowledge of the contents and progress of the various psychological assessments	75	70
CO3	comprehensible knowledge and understanding of the different steps of the assessment process	65	65
CO4	relate skills in recognizing, selecting, scoring and interpreting various psychological assessments	70	70
CO5	transmit skills in developing and testing psychological assessments	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	S	S	M	L
CO2	S	S	S	M	M	M
CO3	S	S	S	S	S	S
CO4	L	M	S	S	S	L
CO5	M	S	M	M	M	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	L	S	L
CO2	S	S	M	M	M
CO3	S	-	M	M	-
CO4	-	S	-	L	-
CO5	M	S	M	-	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Psychometrics**Unit I**

Introduction to Psychological Assessment: Nature and Scope of Psychological Measurement; Errors in Measurement; History of Assessment; Variables and its Types-Discrete and Continuous Variables; Levels of Measurement: Nominal – Ordinal – Interval – Ratio; Psychological Tests: Characteristics - Types of Tests; Test Construction: Steps in Test Development and Standardization; Test Standardization: Reliability – Meaning – Types, Validity – Meaning – Types; Procedures; Norms.

Unit II

Types of Psychological Tests: Achievement Tests - Attitude Tests - Interest Tests - Aptitude Tests - Differential Testing of Abilities; Assessment of Achievement, Interest and Values: Allport - Vernon Study; Standardized Achievement Test and Batteries.

Unit III

Personality: An overview; Personality Assessment: Traits - Types and States; Personality Assessment and Culture; Personality Tests: Objective Tests and Projective Tests; Assessment of Personality: Objective Test: MMPI, EPQ, NEO-PI, 16PF, California Personality Inventory, MBTI; Projective Tests: TAT - Rorschach - SCT.

Unit IV

Intelligence: An Overview - Individual and Group Tests - Verbal - Non-Verbal and Performance Tests; Measure of Specific Intellectual Abilities: Tests of General Mental Ability - IQ - Stanford- Binet - BKT - Wechsler Tests - Bhatia's Battery of Intelligence Test; Neuropsychological Test: Introduction - LNNB - Uses of Neuropsychological Tests.

Unit V

Applications of Psychological Testing: Clinical - Counselling - Organizational and Business, Educational Counseling, Military and Career Guidance Settings - Challenges in Psychological Measurement - Ethical Issues in Psychological Testing - International Guidelines and Challenges of Cultural Applications.

References

- Singh, A. K. (2019). Test, Measurements and Research Methods in Behavioural Sciences, Bharathi Bhawan Publishers and Distributer, New Delhi, India.
- Kaplan, R. M. & Saccuzzo, D. P. (2005). Psychological Testing: Principles, Applications and Issues, Wadsworth, Cenegage, Boston, Massachusetts.
- Jan J f terLaak (2013). Understanding Psychological Assessment: A Primer on the Global Assessment of the Client's Behaviour in Educational and Organizational Setting, 1st edition, Sage Publications, Thousand Oaks, California.

Sharma R N., Sharma R. (2004), Guidance and Counselling in India, Pearson education, New Delhi, India.

Meg Barker, Andreas Vossler, & Darren Langdridge (2010). Understanding Counselling and Psychotherapy, Sage Publications, Thousand Oaks, California.

Course Designer: V. Manimala

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Course Code	Course Title	Category	L	T	P	Credit
UPS20C53	Organizational Behaviour	Core - IX	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	25	75	100

Preamble

This course introduces the students to various concepts of organizational behaviour. It also provides the opportunity to comprehend the human behaviour in the organizational setting.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	describe the concept, history and challenges of organizational behaviour	70	70
CO2	elaborate the different forms and types of communication that takes place within an organization	70	65
CO3	explain the group dynamics and the leadership in an organization	65	65
CO4	identify the importance of motivational theories in the organizational behaviour	70	60
CO5	apply psychological principles to study the human behaviour at work place	75	70

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	L	S	M	M	L
CO2	M	L	S	S	M	M
CO3	M	M	S	S	S	S
CO4	M	M	L	S	S	S
CO5	S	M	L	S	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	S	S	S
CO2	M	S	L	-	-
CO3	L	-	M	S	M
CO4	M	M	L	M	M
CO5	M	L	L	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Organizational Behaviour**Unit I**

Organizational Behaviour: Nature – Scope – Importance – Limitations – Evolution; Emerging Challenges: Managing Diversity – Career Management – Globalization – Technology Transformation; Roles, Duties and Responsibilities of Organizational Psychologist.

Unit II

Communication: Concept – Process – Importance; Organizational Communication: Influencing Factors – Communication Flows: Upward, Downward, Lateral, Diagonal, and External – Communication Forms: Oral, Written, and Non-verbal – Communication Network: Formal, Informal, Computer-Based; Barriers to Communication and Steps for Overcoming the Barriers.

Unit III

Group Dynamics: Concept – Types of Groups – Stages of Group Development – Group Structuring – Group Decision Making; Leadership: Importance – Power Oriented Styles – Theories of Leadership: Trait, Behavioural, Contingency, Situational, and Transformational.

Unit IV

Organizational Motivation: Concept – Process – Theories of Motivation: Content Theories and Process Theories; Attitudes: Components – Formations – Functions – Changing Attitudes – Job Satisfaction: Determinants and Effects; Quality of Work Life: Factors improve QWL – Effects of QWL.

Unit V

Organizational Structure: Components – Key Factors – Types; Organizational Culture: Levels – Impact – Process of Creation of Organizational Culture – Sustaining the Culture – Effects of Culture; Organizational Change: Levels – Importance – Types – Forces – Resistance – Process; Stress: Individual, Group, and Organizational Stressors – Effects – Stress Management: Individual, Organizational, and Counselling; Conflict: Process – Levels – Conflict Resolution.

References

- Aswathappa, K. (2016). Organisational Behaviour, 12th Edition, Himalaya Publishing House Pvt. Ltd., Mumbai, India.
- Prasad, L. M. (2019). Organizational Behaviour, 6th Edition, Sultan and Sons Educational Publishers, New Delhi, India.
- Luthans, F. (2011). Organizational Behaviour: An Evidence Based Approach, 12th Edition, McGraw Hill, New Delhi, India.
- Robbins, S. P. & Judge, T. A. (2013). Organizational Behaviour, 15th Edition, Prentice Hall of India, New Delhi, India.
- Newstrom, J. & Davis, K. (2007). Organizational Behaviour: Human Behaviour at Work, 12th Edition, McGraw Hill, New Delhi, India.

Course Designer: Dr. K. Magaveera Nagappa

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Course Code	Course Title	Category	L	T	P	Credit
UPS20CE51	Gender Psychology	Core Elective - I	5	1	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	25	75	100

Preamble

This course enables the students to have knowledge on the basic principles of gender equality and equips the students to tackle the inequality.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	define gender roles and divisions, physical and sexual development	70	70
CO2	define the knowledge on the principles of gender equality	70	70
CO3	explain theories of gender development and theoretical - cultural perspective of gender	75	70
CO4	summarize the women status in India: education, health, family, marriage.	75	75
CO5	improve the knowledge about psychological approach of gender and feminism	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	M	-	L	L	L
CO2	M	S	M	S	S	L
CO3	S	M	S	S	M	L
CO4	M	S	S	M	S	M
CO5	S	S	S	S	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	L	L	-
CO2	S	-	M	L	-
CO3	-	S	S	M	L
CO4	M	L	S	M	M
CO5	M	S	M	L	L

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Gender Psychology**Unit I**

Gender: Nature - Sex and Gender; Social Construction of Gender: Gender Incongruent Behaviour - Masculinity and Femininity; Bio-Social Perspective of Gender: Gender Differences in Social - Cognitive - Personality - Neuroscience; Types of Gender Identity – Gender Stereotyping – Gender Discrimination.

Unit II

Theoretical Perspectives of Gender and Development – Psychological Approach: Psychoanalysis - Psychosocial Development - Gilligan's Moral Development - Gender Schema Theory; Sociological Approach: Functionalism - Conflict Theory - Symbolic Interaction - Social Learning Theory - Feminism; Anthropological Approach – Measures of Development – Gender Disparity.

Unit III

Perception of Community towards Gender Roles: Dowry - Divorce - Remarriage; Gender and Mental health; Cultural and Gender Variations in Prevalence of Disorders; Gender and Parenthood; Feminism: Therapy with Women - Feminist Frameworks - Socio-Cultural issues in Counselling for Women - Feminist Framework for Clinical Psychology.

Unit IV

The Psychology of Men and Masculinity; Gender Roles: Changing Gender Roles; Gender and Work: Gender Division of Labour - Glass Cliff Effect - Glass Ceiling Effect; Gender and Social Interaction; Gender and Relationships; Sexualities.

Unit V

Gendered Bodies and Physical Health – Gender Portrayal on Media – Violence against Girls and Women; Power and Gender: The Double Edge Sword of Ambivalence; Gender Sexism and Socialization: Impact of Sexism on Gender - Sexual Harassments; Women Gender and the Law; Changing society, Changing Women (men).

References

- Unger, R. K. (2004). Handbook of the Psychology of the Women and Gender, 8th edition, Chichester Publishing, New York, USA.
- Goldberg, W. A. (2010). Current Directions in Gender Psychology, 8th edition, Allyn & Bacon Publishing, Boston.
- Helgeson, S.V. (2020). Psychology of Gender, 6th edition, Pearson Education Publishing, USA.
- Chrisler, C.J. (2010). Handbook of Gender Research in Psychology, Springer Publications, USA.
- Cummings, J., Sanders, L., Walinga, J. & Jhangiani (2014). Introduction to Psychology, 1st edition, Open Press, University of Saskatchewan.
- Baron, R. A., Byrne, D & Branscombe, N. R. (2006). Social psychology, 11th edition, Pearson Education, USA

Course Designer: S. Kavibharathi

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Course Code	Course Title	Category	L	T	P	Credit
UPS20PJ51	Project (Internship)	Project - I	4	-	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	25	75	100

Preamble

This course will empower the students to have hands on experience in the field of psychology by an in-depth investigation of a person, group or an event.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know the individual differences scientifically	75	75
CO2	develop scientific and experimental attitudes	75	75
CO3	evaluate the psychological traits of a person	70	70
CO4	apply the skills of observation and scientific reporting in psychology	80	75
CO5	apply the process of evolving the strategy or solving the problem	80	75

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	L	-	S	S	S
CO2	S	M	-	M	S	L
CO3	M	S	L	L	M	L
CO4	S	S	M	S	M	M
CO5	S	S	-	S	M	L

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	M	S
CO2	S	S	M	S	L
CO3	L	S	S	S	S
CO4	M	S	S	S	M
CO5	M	S	S	S	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Project (Internship)

The students shall analyze a total number of **THREE** Cases, one from each of the following areas namely Clinical, Industrial and Counselling.

CLINICAL CASES: (1)

Case summary – Demographic Details of the Client – Chief Complaints – Informants – Identifying the needed data and collecting it – Family History – Medical History – Subsidiary Problems – Hypothesis of causes – Actual causes – Diagnosis – Treatment Plan – Follow-up.

INDUSTRIAL CASES: (1)

Case Summary – Major Problem – Minor Problem – Short-term solutions – Long-term solutions – Answers to the questions.

COUNSELLING CASES: (1)

Case Summary – Demographic Data – Assessment Details – Family History – Hypothesizing the causes – Actual causes – Problem Identification – Therapeutic Techniques – Follow-up.

References

Barki, B. G. & Mukhopadyay, B. (1989). Guidance and Counselling – A Manual, Sterling Publishers, New Delhi.

Prasad, L. M. (2006). Organizational Behaviour, Sultan Chand & Sons, New Delhi.

Course Designer: Dr. K. Magaveera Nagappa

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Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20SE51(A)	Social Media Psychology	SEC – I	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	15	35	50

Preamble

This course provides a general orientation towards the basic knowledge of social media psychology and help students to use social media in a productive way.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know the basic principles that governs social media psychology	45	40
CO2	describe psychology related to television, motion pictures, CD and other blended media	40	35
CO3	identify the different opportunities in social media	40	35
CO4	explain the effect of media exposure on families	40	40
CO5	apply the concepts of observational learning to identify the relationship between violence and media	45	40

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	L	M	S	S	S
CO2	S	M	M	L	S	L
CO3	M	-	M	M	L	M
CO4	S	S	S	S	M	S
CO5	M	S	S	S	M	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	M	-	S
CO2	L	-	M	L	S
CO3	L	-	M	L	S
CO4	S	S	M	S	M
CO5	S	S	M	L	M

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%

Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Social Media Psychology

Unit I

Social Media: Nature - Opportunities - Online Education; Psycho-Social and Cognitive Effect of Media: Media use across Childhood - Influence of Access - Time - Content - Parental Mediation of Digital Usage; Gender and Media Usage; Effects of Media Exposure on Family: Pro social - Para social - Unsocial - Digital parenting; Digital Learning: Online Education using Social Media - Research and Social Media - Digital Etiquette - Cultivating Classroom Behaviour through Social Media; Future of Social Media; Cultural Shift in Millennial.

Unit II

Psychology and Technology Interface: Television - Motion Pictures - CD and other Blended Media; Psychology and Mass Media: Newspapers - Radio - Other Media; Conformity in Social Media; Self-Boasting Nature of Media; Learning by Observation: Mirrors and Imitation in the Brain - Applications of Observational Learning; Influence of Media on Antisocial Behavior: Personality and Media Violence - Stalking - Aggression Theory - Origin - Influences (Social and Situational) - Animated Games; Forms of Violence: Violence in School - Sexual Harassment - Domestic Violence - Media Violence - Cyber Bullying - Cyber Terrorism - Prevention and Control.

References

- Kendrick, D. T., Neuberg, S. L., & Cialdini, R. B. (2010). *Social Psychology: Goals in Interaction* (5th ed.), Pearson Education Publishing as Allyn & Bacon, Boston.
- Calvert, S. L. & Wilson, B. J. (2008). *The Handbook of Children Media and Development*. (1st ed.), Wiley-Black Well, New York.
- Wilmmmer, R. D. & Dominick, J. R. (2020). *Mass Media Research*. (5th ed.). Thomson Woodsworth, New York.
- Baron, R. A., Byrne, D., & Branscombe, N. R. (2006). *Social Psychology* (11th ed.), Pearson Education. USA.
- Ciaran Mc Mahon (2019). *The psychology of social media*, (6th ed.), Routledge, New York.

Course Designer: S. Kavibharathi

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Course Code	Course Title	Category	L	T	P	Credit
UPS20SE51(B)	Psychology for Competitive Exams	SEC – I	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	15	35	50

Preamble

This course deals with the importance of psychology for competitive exams.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know about the environment and their impact on human life	40	35
CO2	describe the teaching aptitude and higher education system	45	40
CO3	explain about the quantitative aptitude and its divisions	45	35
CO4	apply the techniques and learn certain stages of interview	40	40
CO5	recognizing the various group discussion and its process	45	40

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	S	M	M	L	S
CO2	S	M	M	S	M	L
CO3	S	M	M	S	M	M
CO4	S	M	L	M	S	S
CO5	S	M	S	S	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	M	S	L
CO2	S	S	M	L	M
CO3	M	S	M	M	S
CO4	M	S	S	L	M
CO5	M	L	M	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Psychology for Competitive Exams**Unit I**

ICT: Meaning – General Abbreviations & Terminology – People and Environment: Sources of Pollution – Pollutants and their impact on Human Life; Teaching Aptitude – Higher Education System – Governance, Polity & Administration; Aptitude: Quantitative Aptitude – Bar Graph – Pie Chart – Data Interpretation; Preparation and Practice of Key Concepts and Authors given in Psychology Dictionary – Practical Exercises in the Resume Building.

Unit II

Interview: Meaning – Types – Listening and Doubt Clarifying – Industries' Expectation – Preparation for the Interview – Stages of an Interview – Post Interview – Interview Evaluation Parameters – Do's and Don'ts in an Interview – Gross Occupational Competency – Mock Interview; Group Discussion (GD): Meaning – Group Discussion Challenges – GD Etiquettes – Successful GD Techniques – Do's and Don'ts.

References

- Madhumita, M. P. (2010). Question Bank Psychology, Dhillon Group Publications, New Delhi.
- Aggarwal, R. S. (2017). Quantitative Aptitude for Competitive Exam, S Chand Publications.
- Madaan, K. V. S. (2020). NTA UGC NET/SET/JRF: Teaching and Research Aptitude Paper 1, Pearson Publications.
- Kaplan. (2016). "GRE subject Test: Psychology", 6th ed., India.

Course Designer: M. Janani Sri

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20SE51(C)	Military Psychology	SEC – I	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	V	15	35	50

Preamble

This course enables the students to gather knowledge in specific areas of military psychology.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know the scope and development of military psychology	40	35
CO2	understand the dynamics assessment and selection procedure in military psychology	45	40
CO3	describe the training, methods in evaluation and monitoring	45	35
CO4	analyze the importance of various social factors involved in military performance	40	40
CO5	recognize various psychological and physical issues in the forces and frame the treatment plan	45	40

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	S	M	M
CO2	M	M	M	S	S	S
CO3	M	S	S	S	M	S
CO4	M	S	S	S	M	S
CO5	S	L	M	M	S	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	L	S	M
CO2	M	S	M	M	M
CO3	L	L	S	M	L
CO4	S	M	M	S	M
CO5	M	S	M	S	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	

Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Military Psychology

Unit I

Military Psychology: Nature - Scope - Historical Perspective - Application - Developments - Contemporary Issues and Emerging Trends - Use of Psychological Tests in Selection in the Defense Services; Selection of Military Personnel: Assessment of Psychomotor Abilities - Spatial Abilities - Interest - Aptitude - Personality; Training: Training Needs - Types - Methods of Training; Evaluation and Monitoring.

Unit II

Social Factors in Military: Leadership and Subordination - Conformity - Compliance - Obedience - Maintaining Interpersonal Relations - Group Cohesion - Morale and Motivation; Safety and Accidents - System Design; Environmental Factors: Effects of Extreme Environmental Conditions and Deprivation on Military Performance; Mental Health issues in Military: Depression - Alcoholism - Substance Abuse - Suicide - Combat Stress - Post-traumatic Stress - Coping with Stress.

References

- Kennedy, C. H., & Zillmer, E. A. (2006). Military psychology: Clinical and Operational Applications, Guilford, New York, USA.
- Maheswari, Nidhi, Kumar, & Vineeth (2016). Military Psychology: Concept, Trends and Intervention, Sage Publications Pvt. Ltd, New Delhi, India.
- Bowels, Stepher, Bartone, & Paul (2019). Handbook of Military Psychology, Springer Publications, Manhattan, New York City.
- Hall, R. & Mangelsdroff, D. (1991). Handbook of Military Psychology, John Wiley, USA.

Course Designer: V. Manimala

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20C61	Abnormal Psychology - II	Core – X	6	-	-	6

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course exemplifies the students about physical and psychological changes in an individual and find out the ways to overcome the abnormal behaviours.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	describe the characters and types of personality disorder	70	65
CO2	understand the signs, symptoms, clinical features and type of substance related disorder	70	70
CO3	demonstrate the mood disorder, types and its biological, psychological and social cultural casual factors	65	60
CO4	reveal the clinical picture of schizophrenia, its subtypes and symptoms and casual factors	70	60
CO5	apply the knowledge on clinical assessment and techniques for different types of disorder	70	65

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	M	S	L	S
CO2	S	M	M	S	M	S
CO3	M	M	L	S	L	M
CO4	S	M	M	M	L	S
CO5	S	S	L	M	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	S	S	L
CO2	S	M	S	M	M
CO3	M	M	M	S	M
CO4	S	S	M	M	L
CO5	M	S	M	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	

Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Abnormal Psychology – II

Unit I

Personality Disorders: Classification of Personality Disorders in DSM V – Cluster A: Paranoid Personality Disorder – Schizoid – Schizotypal – Causal Factor – Treatment and Outcome; Cluster B: Histrionic – Narcissistic – Antisocial – Borderline – Causal Factors – Treatment and Outcome; Cluster C: Avoidant – Dependent – Obsessive-Compulsive Personality Disorder – Causal Factors – Treatment and Outcome.

Unit II

Alcohol Use Disorder: Clinical Picture – Causal Factors – Treatment and Outcomes; Specific Substance Related Disorders: Alcohol Related Disorder – Alcohol Dependence and Abuse – Causal Factors – Treatment and Outcome; Drug Abuse and Dependence: Opium and its Derivatives – Barbiturates – Amphetamines – Cocaine – Hallucinogens – Marijuana – Caffeine and Nicotine – Factors affecting Drug Abuse – Treatment and Outcome.

Unit III

Mood disorder: Types of Mood Disorder – Prevalence of Mood Disorder; Depressive Disorder: Unipolar Depressive Disorder – Dysthymic Disorder – Major Depressive Disorder – Premenstrual Dysphoric Disorder – Causal Factors – Treatment and Outcome; Bipolar and Related Disorders: Bipolar I and II – Cyclothymic Disorder – Causal factors – Treatment and Outcome.

Unit IV

Schizophrenia: The Clinical Picture of Schizophrenia – Positive and Negative Symptoms of Schizophrenia – Subtypes of Schizophrenia; Other Psychotic Disorders: Schizoaffective Disorder – Schizophreniform Disorder – Delusional Disorder – Brief Psychotic Disorder – Causal Factors – Treatment and Outcome.

Unit V

Case Study: Mental Status Examination – Mini Mental Status Examination; Techniques: Jacobson Progressive Muscle Relaxation – Mindfulness Technique – Hypnotherapy – Neuro-Linguistic Programming.

References

- Carson, R. C. & Butcher, J. N. (2018). Abnormal Psychology & Modern life. (10th ed.), Harper-Collins, New York.
- Ahuja N. (2017). A Short Text Book of Psychiatry, 7th edition, JAYPEE Brothers Medical Publishers, New Delhi.
- Benjamin, J. Sadock, Virginia et al., (2017). Kaplan and Sadock's Comprehensive Textbook of Psychiatry.
- Sarason, I. G. & Sarason, B. R. (2017). Abnormal Psychology - The Problem of Maladaptive Behaviour, 11th Edition, Pearson Education (P) Ltd, New Delhi.

Course Designer: M. Janani Sri

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20C62	Sports Psychology	Core – XI	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course familiarizes the students with the concept of sports psychology and its scope. It helps the students to comprehend the basic concepts, principles essential to understand the behavioural and cognitive aspects of sports.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	comprehend the scope of sports psychology and relationship with other sports sciences	75	70
CO2	elaborate the characteristics and cognitive process in sports	75	70
CO3	identify the influence of emotions and motivation enhances sport performance	65	65
CO4	explain the role of goal setting and personality in sport	70	60
CO5	apply psychological methods for the enhancement of performance	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	L	M	S	M	L
CO2	S	S	S	S	S	M
CO3	M	S	M	S	S	M
CO4	M	S	M	S	M	S
CO5	S	S	M	S	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	M	S	L
CO2	S	L	L	M	-
CO3	L	L	M	S	M
CO4	M	L	S	M	M
CO5	L	S	-	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA	End of Semester
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	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Sports Psychology

Unit I

Introduction to Sport Psychology: Meaning and Scope, Importance, Relationship with other Sport Sciences – History and Current Status of Sports Psychology – Development of Sport Psychology in India and Worldwide – Sports Psychology for Physical Educators, Coaches and Athletes – Ethics in Sports Psychology.

Unit II

Cognition – Characteristics and Cognitive Process in Sports – Sensation and Perception – Attention: Strategies to Develop Attention – Reaction Time, Movement Time, Reflex Time, Response Time – Flow: Experience of Flow, Dimensions, Flow in Sport, Measuring Flow.

Unit III

Emotions: Concepts, Influence of Emotions on Performance – Pre-Competitive Anxiety: Sources of PCA and Effect of PCA on Performance – Aggression and Violence in Sports, Link between Aggression and Performance, Situational Factors affecting Aggression, Reduction of Aggression – Motivation in Sport: Definition, Drive, Need and Motives, Instinct, Attitude, Achievement Motivation – Motivational Techniques for the Athletes.

Unit IV

Goal Setting: Importance, Effectiveness, Principles, Guidelines, Common Problems – Personality in Sport: Concept and Definition, Modern Perspectives: Trait, Humanistic, Social, Cognitive and Biological – Dynamics of Personality in Sport – Sports and Personality.

Unit V

Psychological Preparation and Competition: Phenomenon of Competitive Sport – Long-Term Psychological Preparation for Competition: Arousal Regulation, Imagery, Self-Confidence, Concentration – Short-Term Psychological Preparation: Upcoming Competition – Role of Psychology in Dealing with Injuries.

References

- Gangopadhyay, S.R. (2008). Sports Psychology, Sports Publications, New Delhi, India.
- Gurbakhsh S.Sandhu (2002). Psychology in Sports – A Contemporary Approach, Friends Publications, New Delhi, India.
- Weinberg, R. S. & Gould, D. (2003). Foundations of Sport and Exercise Psychology, Human Kinetics, US.
- Shaw, D. F., Gorely, T., & Corban, R. M. (2005). Sport and Exercise Psychology, BIOS Scientific Publishers, New York, USA.
- Tenenbaum, G. & Eklund, R. C. (2007). Handbook of Sport Psychology, 3rd Edition, John Wiley & Sons, Inc., New Jersey, USA.
- Jarvis, M. (2006). Sport Psychology: A Student Handbook, Routledge, New York, USA.

Course Designer: Dr. K. Magaveera Nagappa

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20C63	Personality Theories	Core – XII	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course enables the students to gain in-depth knowledge on various areas of personality and the application.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	define the basic concepts of personality theories and their authors	75	70
CO2	summarize the different approaches of human personality	75	70
CO3	outline the perspectives in human behaviour and modification of behaviour	70	70
CO4	create an awareness of self and personality	70	65
CO5	identify and apply the basic knowledge about theories and processes involved contemporary theories	75	70

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	S	S	M	M
CO2	M	S	L	S	M	M
CO3	S	M	M	S	S	S
CO4	S	M	M	M	S	S
CO5	S	S	L	M	M	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	M	S	M	L
CO2	M	M	S	L	L
CO3	M	S	M	M	L
CO4	S	S	S	L	L
CO5	S	S	L	L	M

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	

Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Personality Theories

Unit I

Psychoanalytic Approach - Life of Freud - Instincts - Levels of Personality - Structures of Personality - Psychosexual Stages - Anxiety and Defense Mechanisms - Assessment in Freud's Theory; Extension to Freud's Theory: Object Relation Theory; The Neo-psychoanalytic Approach: Life of Carl Jung - Psychic Energy - Systems and Development of Personality - Assessment in Jung's Theory; Life of Alfred Adler - Source of Human Striving - The Style of Life - Birth Order - Assessment in Adler's theory; Life of Karen Horney - Need for Safety and Basic Anxiety - Neurotic Needs - Feminine Psychology - Assessment in Horney's Theory.

Unit II

Trait Approach: Life of Gordon Allport - Nature of Personality - Personality Traits and Motivation - Personality Development in Childhood - Healthy Adult Personality - Assessment in Allport's Theory; Life of Raymond Cattell - Personality Traits - Stages of Personality Development - Assessment in Cattell's Theory; Life of Hans Eysenck - Dimensions of Personality - Assessment in Eysenck's Theory.

Unit III

Behavioral Approach: Life of B. F. Skinner - Skinner and Radical Behaviorism - Basis of Behaviour - Schedules of Reinforcement - Successive Approximation - Application of Operant Conditioning - Assessment in Skinner's Theory; Life of Albert Bandura - Social Learning Approach - Modelling; The Process of Observational learning - Self Reinforcement and Self Efficacy - Developmental Stages of Modeling and Self Efficacy - Behaviour Modification - Assessment in Bandura's Theory.

Unit IV

Gestalt Psychology: Life of Fredrick S. Perls and Gestalt Therapy Major Concepts - Application of Gestalt Therapy; Life of Carl Rogers and Person-Centered Perspective - The Experiential World - Development of Self in Childhood - Fully Functioning Individual - Assessment in Roger's Theory - Life of Abraham Maslow - Hierarchy of Needs - Study of Self Actualization - Self Determination Theory - Assessment in Maslow's Theory.

Unit V

Julian Rotter: Locus of Control - Assessment of Locus of Control - Age, Gender, Socioeconomic, Behavioural and Physical Health Differences - Developing Locus of Control in Childhood, Applications of Locus of Control; Martin E. P. Seligman: Learned Helplessness - Learned Helplessness in Elderly Persons - Learned Helplessness and

Emotional - The Development of Learned Helplessness in Childhood; Applications of Learned Helplessness.

References

Schultz, D. P. & Schultz, S. E. (2012). Theories of Personality, 10th Edition, Wadsworth Publications, Australia.

Randy Larsen & David Buss (2017). Personality Psychology: Domains of Knowledge about Human Nature (6th ed.), McGraw Hill Education, USA.

Gardner Lindzey, John B. Campbell, Calvin S. Hall. (2007). Theories of Personality (4th ed.) Wiley publication, Germany.

Frager, R. & Fadiman, J. (1984). Personality and Personal Growth, 2nd Edition, Harper Collins Publishers, USA.

Hjelle, L. A. & Ziegler, D. J. (1992). Personality Theories, McGraw Hill International Edition, USA.

Course Designer: V. Manimala

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20C64	Counselling and Psychotherapy	Core – XIII	4	1	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course enables the students to deal with various theories and practical aspects of counselling and psychotherapy.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	define the nature and process of counseling and its meaning	70	70
CO2	demonstrate knowledge, self-awareness and skills in working with individuals, groups and communities	65	60
CO3	analyze the different factors and application of counseling and psychotherapy	65	65
CO4	identify the behavior that reflect the values and attitudes of counseling and psychotherapy	75	70
CO5	recognize professional identity, ethical and professional standards followed in counselling and psychotherapy	75	75

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	S	L	S	S	M
CO2	S	S	L	S	S	-
CO3	S	S	L	S	M	L
CO4	L	S	-	S	S	L
CO5	M	S	L	S	S	S

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	M	S	L
CO2	S	M	M	L	L
CO3	S	M	S	M	S
CO4	M	L	M	S	M
CO5	M	L	M	S	L

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Counselling and Psychotherapy**Unit I**

Counselling: Definition - Difference between Counselling and Psychotherapy - Development - Counsellor Preparation; Counsellor - Counselee Relationship; Counselling Process: Steps - Purposes - Goals; Characteristics of Effective Counselling; Approaches to Counselling: Directive - Non-directive - Eclectic; Applications of Counselling.

Unit II

Macro Skills of Counselling: Empathy and Advanced Empathy - Confrontation - Resistance - Transference and Counter Transference. Micro Skills of Counselling: Listening Skills - Verbal and Non-Verbal Communication - Questioning Skills - Paraphrasing - Reflection - Summarization - Interpretation - Reframing. Ethical and Legal Responsibilities: Ethical Codes and Guidelines - Rights of the Client - Dimensions of Confidentiality.

Unit III

Psychoanalysis - Analytical Therapy - Person-Centered Therapy - Gestalt Therapy - Transactional Analysis - Existential Therapy - Logo Therapy.

Unit IV

Behaviour Therapy - Rational Emotive Behaviour Therapy - Cognitive Therapy - Reality Therapy.

Unit V

Special Areas: Marriage and Family Counselling - Students Counselling - Parental Counselling - Vocational and Career Counselling - Substance Abuse Counselling.

References

- Gladding, S. T. (2018). Counselling: A Comprehensive Profession (8th ed), Pearson Education, USA.
- Richard Nelson-jones (2012). Theory and Practice of Counselling and Therapy, (5th ed). Sage Publications, California.
- Corey, G. (2013). Theory and Practice of Counselling and Psychotherapy, (9th ed), Brooks/Cole Cengage Learning, USA.
- Seligman, L. & Reichenberg, L. (2014). Theories of Counselling and Psychotherapy: Systems, Strategies and Skills, (4th ed), Pearson Education, USA.
- Murdock, N. (2013). Theories of Counselling and Psychotherapy: A Case Approach (3rd ed), Pearson Education, USA.

Course Designer: S. Kavibharathi

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20CE61	Positive Psychology	Core Elective – II	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course illustrates the students a theoretical knowledge of positive psychology to lead a healthy life.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	describe on goals and assumptions of positive psychology	70	70
CO2	demonstrate the ways of cultivating positive emotions for social and psychological wellbeing	70	70
CO3	exhibit the values of self-control for everyday explanation	75	70
CO4	reveal about the resilience	75	75
CO5	applying the knowledge of positive psychology in day-to-day living	70	65

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	M	S	L	S
CO2	S	M	M	M	M	S
CO3	M	M	M	S	L	M
CO4	M	M	M	S	L	M
CO5	M	S	M	M	S	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	M	S	L
CO2	S	M	S	M	L
CO3	M	M	S	S	L
CO4	S	M	S	M	L
CO5	M	S	M	L	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%

Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Positive Psychology

Unit I

Introduction to Positive Psychology: Definition, Roots - Traditional vs Positive Psychology - Subjective Well-being; Happiness - Hedonic and Eudemonic Happiness - Happiness across Life Span - Global Measure of Happiness.

Unit II

Positive Emotions: Definition - Broaden and Built Theory of Positive Emotion - Positive Emotion and Well-being; Self-based Emotion - Hope Theory - Optimism - Authenticity - Humility; Interpersonal Approach: Compassion - Forgiveness - Gratitude - Empathy - Altruism - Cultivating Positive Emotion.

Unit III

Personal Goals: Definition - Goals Expressing Fundamental Values - Goals Contributes to Well-being; Self-regulation: Definition - Control and Discrepancy Theory - Planning for Self-Regulation Success - Goals and Self-regulation Problems - Goal Difficulty; Self-Control: Definition - Value of Self-Control - Self Management - Goal Disengagement.

Unit IV

Resilience: Definition - Developmental and Clinical Perspectives - Sources of Resilience in Children - Sources of Resilience in Adulthood and Later Life - Successful Ageing - Going through Trauma; Optimism: How Optimism Works - Variation of Optimism and Pessimism - Spirituality: The Search for Meaning (Frankl) - Spirituality and Well-being; Forgiveness and Gratitude Test: Mental Well-being Assessment Scale.

Unit V

Applications of Positive Psychology - Positive Schooling: Components - Positive Coping Strategies - Gainful Employment; Mindfulness: Definition - Mindfulness & Meditation - Mindfulness & Psychotherapy - East, West and Positive Psychology.

References

- Snyder, C. R. & Lopez, L. J. (2008). Positive Psychology: The Scientific and Practical Explorations of Human Strengths, 1st Edition, Sage Publications, New Delhi, India.
- Snyder, C.R. & Lopez, S. J. (2002). Handbook of Positive Psychology, Oxford University Press. New York.
- Carr, A. (2004). Positive psychology: The science of happiness and human strengths, Routledge New York.
- Singh, A. (2013). Behavioural Science: Achieving Behavioural Excellence for Success, Wiley India Pvt Ltd, New Delhi.
- Baumgardner, S. R. & Crothers, M. K. (2009). Positive Psychology, Pearson Education, Dorling Kindersley Pvt. Ltd, India.

Course Designer: M. Janani Sri

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20PJ61	Project (Survey)	Project - II	2	-	-	1

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	25	75	100

Preamble

This course will provide exposure to the students to collect and read the literature pertaining to their project work. It also educates the students to do research individually under the guidance of their project guide and interpret the data using the statistical tools.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	collect and analyze the scientific literature from web resources	75	75
CO2	explain the theoretical basis of the tools and methods common to psychology	75	75
CO3	demonstrate the practical skills in the use of tools and methods common to psychology	70	70
CO4	apply the scientific method and hypothesis testing in the designing and conducting the research	80	75
CO5	construct a summative project or a paper that includes current research and/or techniques in social sciences	80	75

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	L	-	S	S	S
CO2	S	M	-	M	S	L
CO3	M	S	L	L	M	L
CO4	S	S	M	S	M	M
CO5	S	S	-	S	M	L

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	M	S
CO2	S	S	M	S	L
CO3	L	S	S	S	S
CO4	M	S	S	S	M
CO5	M	S	S	S	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	

Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Project (Survey)

Students must submit 1 Survey Report (Compulsory) from different areas mentioned below:

Mental Health Problems,
Physical Health Problems,
Issues pertaining to Women,
Social Psychology,
Environmental Psychology,
Consumer behaviour,
Child Psychology,
Old age problems.

Report should be submitted not exceeding 75 pages

Course Designer: Dr. K. Magaveera Nagappa

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20SE61(A)	Life Skills	SEC – II	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	15	35	50

Preamble

This course deals with the psychological and social aspects of human behaviour in various fields of life and importance of life skills.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know the basics of life skills	45	40
CO2	describe self and have a sense of managing self	40	35
CO3	explain the development, implementation, and evaluation of interpersonal relationship	45	45
CO4	develop the skills of managing cognition and problem solving	40	35
CO5	use the knowledge to analyze information needed for making decisions	45	40

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	L	M	S	M	S
CO2	M	M	M	S	S	S
CO3	S	M	S	S	M	M
CO4	S	S	S	S	M	M
CO5	M	M	S	S	S	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	S	L	S	S
CO2	M	S	S	S	S
CO3	L	L	S	M	L
CO4	M	M	S	S	M
CO5	M	S	M	S	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%

Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Life Skills

Unit I

Life Skills: Need - Significance and Importance; Self-Awareness: Types of Self - Self Concept - Body Image - Self Esteem; Techniques used for Self-awareness: Johari Window - SWOC Analysis; Relationship Skills: Skills for Listening and Understanding - Skills for Choosing and Starting Relationship Skills for Anger Management; Coping with Emotions and Stress.

Unit II

Thinking: Nature - Elements of Thought - Types of Thinking - Concept Formation - Reasoning - Creative and Critical Thinking; Problem Solving: Steps in Problem Solving - Factors influencing Problem Solving; Decision Making: Process - Needs - Consequences - Models of Decision Making.

References

Prakash, B. (2003). Adolescence and Life Skills: Common Wealth Youth Program, Asian Center, Common Wealth Secretariat, New Delhi.

Hurlock, B. E. (2007). Personality Development, Tata McGraw Hill Publishing Company Limited, New Delhi, India.

Karen, D. G. & Eastwood, A. (2008). Psychology for Living - Adjustment, Growth and Behaviour Today, Pearson Education Inc, New Delhi, India.

Course Designer: V. Manimala

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20SE61(B)	Human Resource Management	SEC – II	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	15	35	50

Preamble

This course deals with human resource management and its application.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know about the nature and scope of HRM	45	40
CO2	defining human resource functions	40	35
CO3	identifying the roles of human resource person	45	40
CO4	applying the human resource planning for effective management	45	35
CO5	recognizing the recruitment process done in India	45	40

Mapping of COs with Pos

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	M	S	L	S
CO2	S	M	M	M	M	S
CO3	S	M	M	S	L	S
CO4	S	M	S	M	L	S
CO5	M	S	M	S	M	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	S	M
CO2	S	M	L	M	M
CO3	M	S	M	M	S
CO4	M	S	S	L	M
CO5	M	S	M	M	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Human Resource Management

Unit I

Nature and Scope: Characteristics – Significance – Systems Approach – Functions – Evolution of HRM in India – Impediments to Progress & Measures to Growth – Government Policies Affecting HRM; Organizing HR Function: Organization of HRD – Competencies, Role & Status of HR Manager; HR Policies: Significance – Types – Scope – Formulation – Essentials of HR Policies.

Unit II

Human Resource Planning: Need & Significance – Process: Manpower Forecasting – Techniques – Forecasting Supply – Techniques – Problems – Guidelines for Effective HRP; Job Design: Classical & Behavioural Approaches – Methods – Recent Trends in Job Design – Job Analysis: Significance – Process – Techniques – Contents, Uses & Preparation of Job Description; Recruitment: Process – Sources – Recruitment Practices in India.

References

Gupta, C. B. (2017). Human Resource Management - Text and Cases, 19th edition, Sultan Chand & Sons Educational Publishers, New Delhi.

Subba Rao P. (2013). Essentials of Human Resource Management and Industrial Relations, Himalaya Publishing House, Mumbai.

Dessler, G. (2012). Human Resource Management, 13th edition, Prentice Hall, New York.

French, W. L. (2006). Human Resource Management, 6th edition, All India Publications and Distribution, Chennai.

Course Designer: M. Janani Sri

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS20SE61(C)	Transactional Analysis	SEC – II	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
III	VI	15	35	50

Preamble

This course deals with the dynamics of transactional analysis and make the students comprehend the concepts and apply it into their life.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Expected Proficiency in %	Expected Attainment in %
CO1	know the basic language of transactional analysis	45	40
CO2	realize the dynamics of ego state and how they contribute to maladjustment	40	35
CO3	identify the situations where TA can be usefully employed	40	35
CO4	apply the transactional analysis strategies for establishing a therapeutic contract, developing adaptive ego states	45	35
CO5	recognize the importance of interpersonal communication skills	45	40

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	L	L	S	L	-
CO2	M	S	L	M	M	L
CO3	L	S	L	M	S	M
CO4	S	S	-	S	S	-
CO5	L	M	L	S	S	M

S-Strong M-Medium L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	-	L	S	-
CO2	S	S	M	L	-
CO3	L	L	S	M	L
CO4	M	M	M	L	M
CO5	M	-	M	L	S

S-Strong M-Medium L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Transactional Analysis**Unit I**

Introduction – Analysis of Self-Awareness: Johari Window: Open, Blind, Hidden, Unknown; Analysis of Ego States: Parent Ego - Adult Ego - Child Ego; Analysis of Transactions: Complementary Transactions - Crossed Transactions - Ulterior Transactions; Adopting Healthy Transactions.

Unit II

Script Analysis - Analysis of Life Positions - Strokes: Meaning - Types of Stroking: Positive Strokes - Negative Strokes - Mixed Strokes; Games Analysis - Types of Games; Discounting Analysis - Benefits and Utility of Transactional Analysis.

References

- Berne, E. (2021). Transactional Analysis in Psychotherapy: A Systematic Individual and Social Psychiatry, (10th edition), Mockingbird Press LLC, La Vergne.
- Corey, G. (2014). Theory and Practice of Group Counseling (9th ed.), CENGAGE Learning Custom Publishing, USA.
- Snyder, C. R & Ingram, R. E. (2000). Handbook of Psychological Change: Psychotherapy Processes and Practices for the 21st Century, John Wiley & Sons Publication, USA.
- Tilney, T. & Dryden, W. (2001). Dictionary of Transactional Analysis, (11th edition), Whurr Publishers. New York.

Course Designer: S. Kavibharathi