



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION

(23/April/Adp./23)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the Syllabi and Courses of Studies in the subject of **Psychology of Semester IIIrd and IVth for Four Year Under Graduate Programme (FYUGP)** under the **Choice Based Credit System** as per **NEP-2020 (as given in the annexure)** for the examinations to be held in the years as per the details given below:

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-III Semester-IV	December 2023, 2024 and 2025 May 2024, 2025 and 2026

The Syllabi of the courses is also available on the University website: www.jammuuniversity.ac.in.

Sd/-

DEAN ACADEMIC AFFAIRS

No. F. Acd/II/23/731-756

Dated: 25/4/23

Copy for information and necessary action to:

1. Dean Faculty of Social Science
2. HOD/Convener, Board of Studies Psychology
3. All members of the Board of Studies
4. C.A. to the Controller of Examinations
5. Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asst. Registrar (Conf. /Exams. UG)
7. Incharge University Website for necessary action please

Sumitashamo
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Deputy Registrar (Academic)

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24/04/23

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

PROPOSED COURSE SCHEME FOR TWO SEMESTERS (2nd YEAR)

BACHELOR OF ARTS

SEMESTER-III							
SNO.	COURSE TYPE	COURSE CODE	COURSE TITLE	CREDITS	MAXIMUM MARKS		
					THEORY	PRACTICALS	TOTAL
1	Major	UMJPSYT301	SOCIAL PSYCHOLOGY	4	75	25	100
2	Major	UMJPSYT302	PERSONALITY PSYCHOLOGY	4	75	25	100
3	Minor	UMIPSYT303	PSYCHOLOGY OF HEALTH AND WELLBEING	4	75	25	100
4	MD/ID	UMDPSYT304	ENVIRONMENTAL PSYCHOLOGY	3	75	--	75
5	SEC	USEPSYT305	PERSONALITY PSYCHOLOGY	2	50	--	50
SEMESTER-IV							
1	Major	UMJPSYT401	HEALTH PSYCHOLOGY	4	75	25	100
2	Major	UMJPSYT402	DEVELOPMENTAL PSYCHOLOGY	4	75	25	100
3	Major	UMJPSYT403	COGNITIVE PSYCHOLOGY	4	75	25	100
4	Major	UMJPSYT404	TRENDS IN PSYCHOLOGY	4	75	25	100
5	Minor	UMIPSYT405	PSYCHOLOGY IN DAY TODAY LIFE	4	75	25	100

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

SEMESTER-III
(MAJOR COURSE)
COURSE TITLE: SOCIAL PSYCHOLOGY

Course code= UMJPSYT301

Total Marks=100

Credits=04 * (3 theory +1 practical)

Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcomes:

- Appreciation of how individual behavior is influenced by social and cultural context.
- Gain an understanding of the theoretical underpinnings of social behavior. The students will be equipped to apply social psychological knowledge in solving social problems.

Unit 1: Introduction:Nature,Scope of social psychology, History of social psychology, Levels of social behavior, approaches towards understanding social behavior. Application of social psychology.

Unit 2: Attitude: Nature, components, factors that influence attitude formation and attitude change.
Attribution: Nature, Biases, and Kelly's Attribution Theory

Unit 3: Interpersonal Processes:Nature and Rules of Interpersonal Attraction, Sternberg's Theory of Love; Pro-social Behaviour: meaning and Steps involved in the process of Pro-social behavior;
Aggression: nature, causes and control.

Unit 4: Group dynamics:Conformity, Compliance and Obedience Groups: Key aspects and norms of groups, Social Facilitation and Loafing, Cooperation and Conflict.

Books Recommended:

- Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology, (13/E)*. New Jersey: Pearson Education.
- Baron, R. A., Byrne, D. & Bhardwaj. G (2010).*Social Psychology (12/ E)*.New Delhi: Pearson.
- Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi
- Cicarelli, S.K., & Meyer, G.E. (2007).*Psychology*. New Delhi: Pearson Publishers.
- Hogg, M. A. &Vaughan,G. M. (2010). *Essentials of social psychology*. Harlow: Pearson Education Ltd.
- Myers, D. G. (2012). *Exploring social Psychology(6th Ed)*. New York: McGraw-Hill.
- Mohanty, G.(2008). *Social Psychology*. New Delhi: Kalyani Publishers

*One Credit is of one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III
(MAJOR COURSE)
COURSE TITLE: SOCIAL PSYCHOLOGY
COURSE CODE= UMJPSYT301**

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator) (15 Marks)

Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration— 03 Hours

Section A (12 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks.

Section B (48 marks): Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks.

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

SEMESTER-III

(MAJOR COURSE)

COURSE TITLE: SOCIAL PSYCHOLOGY

COURSE CODE= UMJPSYT301

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Develop an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 10 to 15 students for work in laboratory

Choose any four practical from below mentioned list

1. Social Intelligence Scale
2. Leadership Scale
3. Conflict Tactics Scale
4. Attitude Scale
5. Interpersonal Reactivity Index
6. Interpersonal attraction scale
7. Conformity behavior
8. Sociometry

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is of two hour duration for fifteen working days or 45 periods of 40 minutes duration.**

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

**SEMESTER-III
(MAJOR COURSE)
COURSE TITLE: PERSONALITY PSYCHOLOGY**

Course code= UMJPSYT302

Total Marks=100

Credits=04 * (3 theory +1 practical)

Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course outcome:

- Comprehend the meaning and nature of personality and the role of various factors in personality development.
- Recognize the types of personality and its impact on one's behaviour.
- Become familiar with different approaches of personality in the everyday life.
- Learning the assessment of personality.

Unit 1: Personality: Concept (Meaning and Definitions), Nature of personality (Characteristics, Dimensions), Factors influencing personality: Hereditary and Environmental factors.

Unit 2: Approaches to personality: Type theories (Hippocrates, Kretschmer, Sheldon, Myers Briggs), Trait theories (Allport, Cattell, Eysenck, Big five personality traits). Trait Versus Types theories.

Unit 3: Theoretical Perspectives: Psychodynamic approach: Sigmund Freud, Erickson. Learning: Skinner's operant conditioning and human behaviour. Cognitive: Bandura's social cognitive theory. Humanistic Approaches: Maslow, Rogers.

Unit 4: Assessment: Concept, Types of personality inventories (Cattell's Sixteen PF Scale, Bell Adjustment Inventory, Minnesota Multiphasic Personality Inventory), Projective methods (types of projective tests), Observation methods (rating scale, interview).

Books Recommended

- Baron, R.A & Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
- Ciccarelli, S. K & White, J. N. (2017). Psychology (5th ed). Pearson Education
- Bradberry, T. (2007). "The Personality Code". New York: Putnam.
- Cooper, C. (2015). Individual Differences and Personality (3rd Ed.) New York: Oxford.
- Gaines, S.O. (2019). Personality Psychology: The Basics. Routledge.
- Hall, C.S., Lindzey, G., Campbell, J.B. (1997). Theories of Personality. New York: Wiley & Sons.
- McMartin, J. (2016). Personality psychology: A student-centered approach. Sage Publications.

***One Credit is of one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III
(MAJOR COURSE)
COURSE TITLE: PERSONALITY PSYCHOLOGY
COURSE CODE= UMJPSYT302

SCHEME OF EXAMINATION/ASSESSMENT:

- (a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator)
(15 Marks)

Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

- (b) External End Semester University Examination (60Marks)

Time Duration— 03 Hours

Section A (12 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks.

Section B (48 marks): Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks.

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III
(MAJOR COURSE)
COURSE TITLE: PERSONALITY PSYCHOLOGY
COURSE CODE= UMJPSYT302

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Develop an array of skills to carry out experiments in lab settings, design and conduct psychological experiments ensuring controlled conditions, report writing and interpretations of the report

Practical group comprises of 10 to 15 students for work in laboratory

Choose any four practical from below mentioned list

1. Big-five inventory
2. Eysenck's personality inventory
3. 16 personality factors
4. Myers Briggs Types indicator
5. Sentence completion test
6. Thematic apperception test
7. Inkblot Test
8. TIPI

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

In each practical examination, a student will be given ONE practical to perform during examination.

*One Credit is of two hour duration for fifteen working days or 45 periods of 40 minutes duration.

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

**SEMESTER-III
(MINOR COURSE)**

COURSE TITLE: PSYCHOLOGY OF HEALTH AND WELL BEING

Course code= UMIPSYT303

Total Marks=100

Credits=04*(3 theory +1 practical)

Theory Marks-75 (External =60+Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- Develop an understanding of health and well-being.
- Become familiar with the concept of stress and its management, illness, and pain. .
- Cultivate inner strengths and virtues.

UNIT 1 : An overview of health and well being: Cross cultural perspectives on health, Illness/wellness continuum, Holistic Health; Psychological wellbeing, subjective wellbeing, positive emotions and wellbeing.

UNIT 2 : Physical fitness and wellness: Physical fitness (concept), Wellness (dimensions), Lifestyle as a health problem, Lifetime fitness and wellness.

UNIT 3: Stress, illness and pain:Causes, Consequences and coping with stress, Pain and illness.

Unit 4 : Human Strengths and Life Enhancement: Classification of Human Strengths and Virtues; Cultivating Inner Strengths: Optimism, Forgiveness Hope, and Resilience, Gainful employment and me/we balance.

Books Recommended

- Agarwala, S., Das, I., Kumar, K., & Kumar, S. (2009). *Health Psychology*. New Delhi, Allied Publishers.
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strength*. London, UK: Routledge.
- Hoeger, W.W.K., & Hoeger, S.A. (2010). *Lifetime Physical Fitness & Wellness : A Personalized Program*. (11th ed.). Wadsworth Cengage Learning.
- Sarafino, E.P., & Smith, T.W. (2016). *Health Psychology: Bio Psychosocial Interactions* (9th Ed.). New York: Wiley.
- Sanderson, C.A. (2018). *Health Psychology: Understanding the mind-body connection* (3rd Edition). New York: Sage.
- Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). *Positive psychology: The scientific and practical explorations of human strengths*. New Delhi: Sage.
- Taylor, S.E. (2017). *Health psychology* (10th Ed.) New Delhi: Tata McGraw Hill.

***One Credit is of one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III
(MINOR COURSE)
COURSE TITLE: PSYCHOLOGY OF HEALTH AND WELL BEING
COURSE CODE=UMIPSYT303**

SCHEME OF EXAMINATION/ASSESSMENT:

- (a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator)
(15 Marks)

Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

- (b) External End Semester University Examination (60Marks)

Time Duration— 03 Hours

Section A (12 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks.

Section B (48 marks): Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks.

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME (FYUGP)
UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III
(MINOR COURSE)
COURSE TITLE: PSYCHOLOGY OF HEALTH AND WELL BEING
COURSE CODE=UMIPSYT303**

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Ability to carry out psychological assessment and evaluation along with its theoretical and practical implications in health psychology.

Practical group comprises of 10 to 15 students for work in laboratory

Choose any four practicals from below mentioned topics

1. PANAS
2. Hope scale
3. Resilience scale
4. Subjective Well being scale
5. Psychological Well being scale
6. Happiness scale
7. Ways of coping scale
8. Optimism scale

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is of two hour duration for fifteen working days or 45 periods of 40 minutes duration.**

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

SEMESTER-III
(MULTIDISCIPLINARY COURSE)
COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY

Course code= UMJPSYT304

Total Marks=75

Credits=03

Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Course outcome

- Develop knowledge of what environmental psychology is all about.
- Become familiar with basic concepts related to environmental psychology.
- Relate environment withbehaviour.

Unit – I:Environment and Behaviour:Meaning, History, Methods and Scope of Environment Psychology. Models of Environmental Behaviour

Unit – II: Environmental Stress: Nature and characteristics. Types of Stress and Effects of stress.

Unit – III: Pro-Environmental behaviour , values and pro-environment, social norms and pro-environment behaviours, strategies to promote pro-environmentalbehaviour

Unit – IV: Environment and quality of life, health benefits of nature, environmental issues in India and other developing countries.

Books Recommended

- Bonnes, M., &Secchiaroli, G. (1995). *Environmental psychology: A psycho-social introduction*. Sage.
- Bell, P. A. Greene, T. C. Fisher, J. D. & Baum A. (2001). *Environmental Psychology* (5thEdition). USA: Wadsworth Group / Thomson learning, 10Davis Drive Belmont CA.
- Steg, L., van den Berg, A. E., & de Groot, J. I. M. (Eds.) (2012). *Environmental Psychology: An Introduction*. (BPS textbooks in psychology). Wiley-Blackwell.
- Tewari, P. S. N. (2000). *ParyavaraniyaManovigyan*. New Delhi: Moti Lal Banarsi Das.

***One Credit is one hour duration for fifteen working days or 45 periods of 40 minutes duration.**

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)
EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025**

**SEMESTER-III
(MULTIDISCIPLINARY COURSE)
COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY**

Course code= UMJPSYT304

Total Marks=75

Credits=03 *

Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator) (15 Marks)

Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration— 03 Hours

Section A (12 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks (All Compulsory)

Section B (48 marks) : Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025
SEMESTER-III**

(SKILL ENHANCEMENT COURSE)

COURSETITLE: PERSONALITY DEVELOPMENT

Coursecode= USEPSYT305

Total Marks=50

Credits=02

Duration of exam -2.5 hours

Course Outcomes:

- Understand the significance of personality development as an important soft skill not just in the professional sphere but also in your personal life.
- Equip to know the factors that influence personality
- Realizing that all of us have inherent strengths and unique qualities which we need to strengthen and use to our advantage.

UNIT I: The concept of personality –Factors that determine personality (Biological, Environmental, Sociocultural); The Five-Factor model; Importance of Personality development; Techniques for personality development

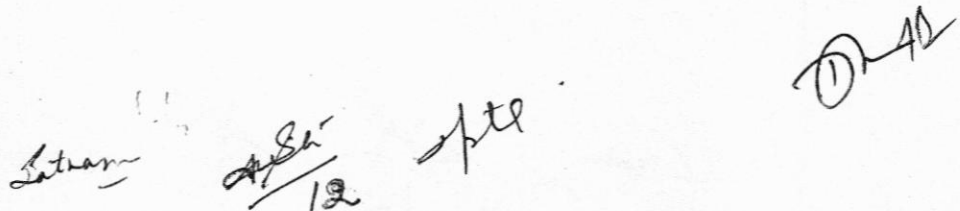
UNIT II: Attitude –Concept; Significance of Attitude; Advantages – Disadvantages of Attitude; Ways to develop positive attitude - Differences between personalities having Positive and negative attitude. Self-esteem –concept; Positive and negative self-esteem; Do's and Don'ts to develop positive self-esteem

UNIT III: Problem-solving; Conflict Management and Stress Management; Decision-making skills ; Character building; Time management; Work ethics; Good manners and etiquette.

Books Recommended

- Andrews, S. (1988). How to Succeed at Interviews. 21st (rep.) New Delhi. Tata McGraw-Hill.
- Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.
- Hindle, T. (2003). Reducing Stress. Essential Manager series. DK Publishing.
- Mile, D.J.(2004). Power of positive thinking. Delhi. Rohan Book Company.
- Stephen P. Robbins and Timothy A. Judge (2014), *Organizational Behavior 16th Edition*: Prentice Hall.

***One Credit is one hour duration for fifteen working days or 45 periods of 40 minutes duration.**

The bottom of the page contains several handwritten signatures and initials. From left to right, there is a signature that appears to be 'Satrian', a signature 'A/Sa' with '12' written below it, a signature 'ptl', and a large, stylized signature 'DAD'.

**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

EXAMINATION TO BE HELD IN DEC 2023, DEC 2024, DEC 2025

SEMESTER-III

(SKILL ENHANCEMENT COURSE)

TITLE: PERSONALITY DEVELOPMENT

COURSECODE= USEPSYT305

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator)

Time Duration- 1.5 Hour (10 Marks)

Section A (5 marks) – Two (2) Very Short Answer questions of 2.5 marks each to be attempted.

Section B (5 marks) – One (1) Long Answer questions of 5 marks to be attempted out of 2 given questions.

(b) External End Semester University Examination (40Marks)

Time Duration— 2.5 Hours

Section A (10 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (2.5) marks (All Compulsory)

Section B (30 marks) : Six (06) Long answer questions representing the whole syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 10 marks

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

**EXAMINATION TO BE HELD IN MAY 2024, MAY 2025, MAY 2026
SEMESTER-IV**

(MAJOR COURSE)

COURSE TITLE: HEALTH PSYCHOLOGY

Course code= UMJPSYT401

Total Marks=100

Credits=04 * (3 theory +1 practical) Theory Marks-75 (External = 60 + Internal = 15)

Duration of exam – 3 hours

Practical Marks-25

Course Outcome:

- Gain basic knowledge of the field of Health Psychology.
- Enhance understanding among students about the key theories and their implications in promoting health and wellness
- Enthusiasm to understand health enhancing and health compromising behaviours

Unit 1: Introduction to Health Psychology: Components of health (social, emotional, cognitive and physical aspects), aims of health psychology, mind-body relationship, need of health psychology, careers in health psychology, Future of health psychology

Unit 2:Theories and models: Self affirmation theory, attribution theory, theory of planned behavior, protection motivation theory, health belief model, stages of change model, biomedical model, biopsychosocial model

Unit 3:Behavior and health: Characteristics of health behavior, Barriers to health behavior, Cognitive-behavioural approaches to health behavior change

Unit 4:Health Enhancing Behaviours: Exercise, nutrition, safety
Health compromising behaviours: Characteristics of Health compromising behaviours, Smoking, Alcoholism.

Books Recommended

- Allen, F. (2011). *Health psychology and behaviour*. Tata McGraw Hill Edition.
- Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. Pearson Education
- Ogden, J. (2007). *Health Psychology: A textbook 3rd edition*. New York.
- Sanderson, C.A. (2018). *Health Psychology: Understanding the mind-body connection (3rd Edition)*. New York: Sage.
- Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions (4th Ed.)*. John Wiley and Sons, Inc.
- Taylor, S.E. (2012). *Health psychology*. (7th Ed.) .Tata McGraw Hill.

***One Credit is of one hour duration for fifteen working days (periods) or 23 periods of 40 minutes duration.**

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COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)

EXAMINATION TO BE HELD IN MAY 2024, MAY 2025, MAY2026

SEMESTER-IV
(MAJOR COURSE)
COURSE TITLE: HEALTH PSYCHOLOGY
Course code= UMJPSYT401

SCHEME OF EXAMINATION/ASSESSMENT:

(a) Mid Term Examination covering 50% of the syllabus (to be conducted by course coordinator) (15 Marks)

Time Duration- 1.5 Hour

Section A (5 marks) – Five (5) Very Short Answer questions of 1 marks each (All compulsory).

Section B (10 marks) – Two (2) Long Answer questions of 5 marks to be attempted out of 3 given questions.

(b) External End Semester University Examination (60Marks)

Time Duration— 03 Hours

Section A (12 marks): Four (04) short answer questions representing all units/ syllabi i.e. one (01) question from each unit. The students are required to attempt all the questions. Each question shall be of three (03) marks.

Section B (48 marks): Eight (08) Long answer questions representing whole of the syllabi i.e. two (02) questions from each unit. The students are required to attempt one question from each unit. Each question shall be of 12 marks.

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**COURSE FRAME WORK OF THE FOUR YEAR UNDERGRADUATE PROGRAMME
(FYUGP) UNDER NATIONAL EDUCATION POLICY (NEP-2020)
UNDER GRADUATE COURSE (PSYCHOLOGY)**

EXAMINATION TO BE HELD IN MAY 2024, MAY 2025, MAY 2026

**SEMESTER-IV
(MAJOR COURSE)
COURSE TITLE: HEALTH PSYCHOLOGY
COURSE CODE= UMJPSYT401**

Practical (25 Marks).

Credits: 01*

Continuous Assessment: 10 Marks

Final examination: 15 Marks

Course Outcome: Develop skills to carry out psychological tests in lab settings, report writing and interpretations of the report

Practical group comprises of 10 to 15 students for work in laboratory

Choose any four practical from below mentioned list

1. General Health Questionnaire (GHQ)
2. Perceived stress scale
3. Brief –COPE scale
4. Adult eating behavior questionnaire
5. World Health Organization Quality-of-Life Scale (WHOQOL-BREF)
6. The Mental Health Continuum Short Form (MHC-SF)
7. Smoking/ nicotine dependence scale
8. Scale for assessment of Alcohol consumption/ Alcohol screening scale (CAGE)

NOTE:

Final Examination shall carry 15 Marks (Conduction: 5 marks; Report Writing: 5 marks; Viva voce: 5 marks)

In each practical examination, a student will be given ONE practical to perform during examination.

***One Credit is of two hour duration for fifteen working days or 45 periods of 40 minutes duration.**

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