

KUVEMPU UNIVERSITY

BA/B.Sc. Psychology (SEP)

FIFTH SEMESTER

Social Psychology

Program Name	B.A./B.Sc.	Semester	V	
Compulsory Course	Social Psychology			
Course Code		No. of Credits	3	
Contact Hours	4 hrs/week	Duration of SEA/Exam	4 hrs	
Formative assessment marks		20	Summative assessment marks	80

Course Objectives

1. To introduce students to the fundamental concepts, theories and applications of Social Psychology.
2. To develop an understanding of social cognition, attitudes, interpersonal relationships, social influence and group behaviour.
3. To examine contemporary social issues such as prejudice, aggression, violence and the impact of social media from a social psychological perspective.

Course Outcomes

Upon successful completion of the course, students will be able to:

CO1. Explain the basic concepts, theories and processes underlying social behaviour and social interactions.

CO2. Analyse the influence of social cognition, attitudes, relationships and group processes on individual behaviour.

CO3. Apply principles of Social Psychology to understand and address contemporary social issues and everyday social situations.

**UNIT I: INTRODUCTION TO SOCIAL PSYCHOLOGY, SOCIAL PERCEPTION
AND SOCIAL COGNITION**

(12 Hours)

Introduction to Social Psychology

- Meaning, definition, nature and scope, goals and applications of social psychology, social psychology in everyday life

Social Cognition

- Meaning and importance of social cognition, schemas and their role in understanding social situations, heuristics and social judgment, automatic processing, errors and biases in social thinking.

Social Perception

- Meaning of social perception, non-verbal communication, impression formation, impression management.

Interpersonal Relationships

Nature and importance of interpersonal relationships, family relationships, friendship, attachment styles, relationship problems, relationship breakdown.

UNIT II: UNDERSTANDING AND EVALUATING THE SOCIAL WORLD

(12 Hours)

Attribution

- Meaning and importance of attribution, Fritz Heider's Attribution Theory, Jones and Davis Correspondent Inference Theory, Kelly's Covariation Theory.

Attitudes

- Meaning and components of attitudes, formation of attitudes, attitude-behaviour relationship, attitude change, measurement of attitudes.

Prejudice and Stereotypes

- Meaning and causes of prejudice, development of prejudice, techniques for reducing prejudice
- Meaning and characteristics of stereotypes, gender stereotypes, glass ceiling effect, discrimination.

UNIT III: SOCIAL INFLUENCE AND GROUP PROCESSES (12 Hours)

Social Influence

- Conformity and Asch's studies, compliance and compliance techniques, obedience to authority.

Group Processes

- Nature, structure, functions, types and formation of groups, social facilitation, social loafing, cooperation, competition.

Conflict and Conflict Resolution

- Sources of conflict, techniques for conflict resolution.

Prosocial Behaviour

- Meaning and importance of prosocial behaviour, Latane and Darley's model of helping behaviour, situational factors influencing helping behaviour, factors reducing helping behaviour.

UNIT IV: SOCIAL ISSUES AND APPLICATIONS (12 Hours)

Aggression

- Meaning and forms of aggression, social learning perspective, drive theory of aggression, General Aggression Model (GAAM), biological determinants, personal determinants, situational determinants, prevention and control of aggression.

Violence and Antisocial Behaviour

- Nature and forms of violence, violence in families, collective violence and social change, corruption, bribery and other forms of antisocial behaviour.

Social Media and Society

- Social networking sites, impact of social media on children and adolescents, impact of social media on interpersonal relationships and families.

Applications of Social Psychology

- Applications of social psychology in health settings, work settings and legal settings.

References

1. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social Psychology* (12th ed.). New Delhi: Pearson Education.
2. Myers, D. G. (2006). *Social Psychology* (8th ed.). New Delhi: Tata McGraw-Hill.
3. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social Psychology* (12th ed.). New Delhi: Pearson Education.
4. Nataraj, H. M. *Samaja Manovignana* (ಸಮಾಜಮನೋವಿಜ್ಞಾನ). Bengaluru: Sapna Book House.
5. Murthy, A. N. *Samaja Manovijnana* (ಸಮಾಜಮನೋವಿಜ್ಞಾನ). Mysuru: Chetana Book House.

KUVEMPU UNIVERSITY

BA/B.Sc. Psychology (SEP)

FIFTH SEMESTER

Assessment of Social Psychology

Program Name	B.A./B.Sc.	Semester	VI
Compulsory Course	Assessment of Social Psychology		
Course Code		No. of Credits	2
Contact Hours	3 hrs/week	Duration of SEA/Exam	3 hrs
Formative assessment marks		10	Summative assessment marks 40

Any FIVE of the following

1. Assessment of Stereotypes
2. Assessment of Social Distance
3. Assessment of Competition
4. Assessment of Cooperation
5. Assessment of Attachment Styles
6. Assessment of Social Communication – Rumour
7. Assessment of Violence
8. Assessment of Prestige Suggestion

STATISTICS: Linear Regression

KUVEMPU UNIVERSITY
BA/B.Sc. Psychology (SEP)
FIFTH SEMESTER
PSYCHOPATHOLOGY

Program Name	B.A./B.Sc.	Semester	V	
Compulsory Course	Psychopathology			
Course Code		No. of Credits	3	
Contact Hours	4 hrs/week	Duration of SEA/Exam	4 hrs	
Formative assessment marks		20	Summative assessment marks	80

Course Objectives

1. To introduce students to the nature, causes and classification of abnormal behaviour.
2. To familiarize students with major psychological disorders and their diagnostic features.
3. To develop an understanding of the biopsychosocial approach to psychopathology.

Course Outcomes:

Upon successful completion of the course, students will be able to:

CO1. Explain the concepts, models and classification systems of abnormal behaviour.

CO2. Describe the symptoms, causes and diagnostic features of common psychological disorders.

CO3. Apply knowledge of psychopathology in understanding mental health problems and their management.

UNIT I: INTRODUCTION TO PSYCHOPATHOLOGY

(12 Hours)

Understanding Abnormal Behaviour

- Concept of normality and abnormality, historical perspectives on abnormal behaviour, criteria of abnormality, prevalence of mental disorders.

Classification for diagnosis

- DSM V TR and ICD 11, Mental Health Care Act.

Models of Psychopathology

- Biological model, psychodynamic model, behavioural model, cognitive model, humanistic-existential model, socio-cultural model, biopsychosocial approach.

UNIT II: ANXIETY, OBSESSIVE-COMPULSIVE AND TRAUMA-RELATED DISORDERS (12 Hours)

Anxiety Disorders

- Generalized Anxiety Disorder, Panic Disorder, Specific Phobia, Social Anxiety Disorder.

Obsessive-Compulsive and Related Disorders

- Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, Hoarding Disorder.

Trauma and Stressor-Related Disorders

- Acute Stress Disorder, Post-Traumatic Stress Disorder, Adjustment Disorders.

UNIT III: DEPRESSIVE AND BIPOLAR DISORDERS (12 Hours)

Depressive Disorders

- Major Depressive Disorder, Persistent Depressive Disorder.

Bipolar and Related Disorders

- Bipolar I Disorder, Bipolar II Disorder, Cyclothymic Disorder.

Suicide and Self-Harm

- Risk factors, warning signs, prevention and intervention.

UNIT IV: SOMATIC, DISSOCIATIVE, FEEDING-EATING AND IMPULSE CONTROL DISORDERS (12 Hours)

Somatic Symptom and Related Disorders

- Somatic Symptom Disorder, Illness Anxiety Disorder, Functional Neurological Symptom Disorder.

Dissociative Disorders

- Dissociative Identity Disorder, Dissociative Amnesia, Depersonalization, Derealization Disorder.

Feeding and Eating Disorders

- Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder.

Impulse Control Disorders

- Oppositional Defiant Disorder, Conduct Disorder, Intermittent Explosive Disorder, Kleptomania, Pyromania.

References

1. American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., Text Revision; DSM-5-TR). American Psychiatric Publishing.
2. Barlow, D. H., & Durand, V. M. (2021). *Abnormal Psychology: An Integrative Approach* (9th ed.). Cengage Learning.
3. Comer, R. J., & Comer, J. S. (2022). *Abnormal Psychology* (11th ed.). Worth Publishers.
4. Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2018). *Abnormal Psychology* (17th ed.). Pearson.
5. Nataraj, H. M. *AsamanyaManovijnana* (ಅಸಾಮಾನ್ಯಮನೋವಿಜ್ಞಾನ). Bengaluru: Sapna Book House.

KUVEMPU UNIVERSITY
BA/B.Sc. Psychology (SEP)
FIFTH SEMESTER
SKILL ENHANCEMENT COURSE: APPLIED SKILLS IN ABNORMAL
PSYCHOLOGY

Program Name	B.A./B.Sc.	Semester	V	
Compulsory Course	Applied Skills in Abnormal Psychology			
Course Code		No. of Credits	2	
Contact Hours	2hrs/week	Duration of SEA/Exam	2 hrs	
Formative assessment marks		10	Summative assessment marks	40

Course Objectives

1. To develop practical skills for understanding and observing abnormal behaviour.
2. To familiarize students with basic methods of psychological assessment and case analysis.
3. To promote sensitivity and ethical awareness in working with individuals experiencing psychological difficulties.

Course Outcomes

After successful completion of the course, students will be able to:

CO1. Observe and describe behavioural and emotional problems using psychological concepts.

CO2. Apply basic assessment and case analysis skills in simulated and real-life situations.

CO3. Demonstrate ethical and professional sensitivity while dealing with mental health concerns.

UNIT I: MENTAL STATUS EXAMINATION

(12 Hours)

Introduction to Mental Status Examination

- Meaning and purpose of Mental Status Examination, Importance of MSE in clinical assessment, Role of MSE in understanding psychological disorders

Components of Mental Status Examination

- General appearance and behaviour, Speech and language, Mood and affect, thought process and thought content, Perception, Cognitive functions (orientation, attention, memory, concentration), Insight and judgment,

UNIT II: CASE ANALYSIS AND RECORDING

(10 Hours)

Case Analysis

- Nature and importance of case studies, sources of case information, identifying presenting problems, analyzing psychological symptoms

Recording and Interpretation

- Methods of observing and recording findings, Writing MSE reports, Identifying abnormalities in MSE components.

UNIT III: MENTAL HEALTH PROMOTION AND PROFESSIONAL SKILLS (12 Hours)

Mental health promotion

- Mental health awareness and advocacy, Stigma and discrimination associated with mental illness

Professional Skills

- Communication with persons experiencing psychological distress, Crisis response and referral skills, Ethical considerations in mental health settings, Self-care for psychology students and professionals.

KUVEMPU UNIVERSITY
BA/B.Sc. Psychology (SEP)
SIXTH SEMESTER
PSY 6T: ABNORMAL PSYCHOLOGY

Program Name	B.A./B.Sc.	Semester	VI
Compulsory Course	Abnormal Psychology		
Course Code		No. of Credits	3
Contact Hours	4hrs/week	Duration of SEA/Exam	3hrs
Formative assessment marks		20	Summative assessment marks 80

Course Objectives

1. To provide knowledge of severe mental disorders and neurodevelopmental conditions.
2. To familiarize students with personality disorders, substance-related disorders and disruptive behaviour disorders.
3. To develop awareness regarding treatment approaches and community mental health.

Course Outcomes

Upon successful completion of the course, students will be able to:

CO1. Describe the clinical features and causes of major psychological disorders.

CO2. Differentiate among various disorders using DSM-V TR classifications.

CO3. Demonstrate an understanding of treatment approaches and mental health services.

UNIT I: SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDER(12 Hours)

Psychotic Disorders

- Nature of psychosis, symptoms of psychosis.

Schizophrenia Spectrum Disorders

- Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Brief Psychotic Disorder, Delusional Disorder.

Aetiology and Treatment

- Biological, psychological and socio-cultural factors, treatment and rehabilitation.

UNIT II: NEURODEVELOPMENTAL AND NEUROCOGNITIVE DISORDERS

(12 Hours)

Neurodevelopmental Disorders

- Autism Spectrum Disorder, Attention Deficit/Hyperactivity Disorder, Intellectual Developmental Disorder, Specific Learning Disorder, Tics and Tourette's Disorder.

Neurocognitive Disorders

- Delirium, Major Neurocognitive Disorder, Mild Neurocognitive Disorder, Alzheimer's disease.

UNIT III: PERSONALITY DISORDERS AND PARAPHILIC DISORDERS (12 Hours)

Personality Disorders

- Nature and classification of personality disorders, Cluster A, Cluster B and Cluster C personality disorders.

Paraphilic Disorders

- Voyeuristic Disorder, Exhibitionistic Disorder, Frotteuristic Disorder, Sexual Masochism Disorder, Sexual Sadism Disorder, Pedophilic Disorder, Fetishistic Disorder, Transvestic Disorder.

UNIT IV: SUBSTANCE-RELATED AND DISRUPTIVE DISORDERS (12 Hours)

Substance-Related and Addictive Disorders

- Alcohol Use Disorder, substance use disorders, behavioural addictions, risk factors, prevention and rehabilitation.

Disruptive, Impulse-Control and Conduct Disorders

- Oppositional Defiant Disorder, Conduct Disorder, Intermittent Explosive Disorder, causes and management.

KUVEMPU UNIVERSITY

BA/B.Sc. Psychology (SEP)

SIXTH SEMESTER

PSY 6P: Assessment of Abnormal Psychology

Program Name	B.A./B.Sc.	Semester	VI
Compulsory Course	Assessment of Abnormal Psychology		
Course Code		No. of Credits	2
Contact Hours	3hrs/week	Duration of SEA/Exam	3hrs
Formative assessment marks		10	Summative assessment marks 40

Any FIVE of the following

1. Assessment using Multiphasic Questionnaire
2. Assessment of Family Pathology
3. Assessment of Personality using 16 PFQ
4. Assessment of Depression using Beck's Depression Scale
5. Assessment of Personal Stress using Personal Stress Inventory
6. Assessment of Perceived Stress using Cohen's Stress Scale
7. Assessment of Anxiety using IPAT
8. Assessment of Obsessions and Compulsions using Obsessional Compulsive Inventory

STATISTICS: ANOVA

KUVEMPU UNIVERSITY
BA/B.Sc. Psychology (SEP)
SIXTH SEMESTER
BASIC COUNSELLING SKILLS

Program Name	B.A./B.Sc.	Semester	VI	
Compulsory Course	Basic Counselling Skills			
Course Code		No. of Credits	3	
Contact Hours	4 hrs/week	Duration of SEA/Exam	4 hrs	
Formative assessment marks		20	Summative assessment marks	80

Course Objectives

1. To introduce students to the basic concepts and principles of counselling.
2. To develop effective communication and helping skills required for counselling.
3. To familiarize students with the counselling process and ethical practices in helping relationships.

Course Outcomes

Upon successful completion of the course, students will be able to:

CO1. Explain the fundamental concepts, goals, and ethical principles of counselling.

CO2. Demonstrate basic counselling skills such as active listening, questioning, empathy, and reflection.

CO3. Apply basic counselling techniques in simulated helping situations and identify appropriate professional boundaries.

UNIT I: INTRODUCTION TO COUNSELLING

(12 Hours)

- Meaning and importance of counselling, Goals of counselling, Types of counselling.
- Difference between counselling, guidance, psychotherapy, and advice
- Characteristics of an effective counsellor, Building rapport and trust.

UNIT II: BASIC COMMUNICATION AND HELPING SKILLS

(12 Hours)

Communication Skills

- Verbal communication, Non-verbal communication, Active listening, Attending behaviour, Empathy, Asking questions

Helping Skills

- Paraphrasing, Reflection of feelings, Clarification, Summarization, Encouragement, Giving and receiving feedback.

UNIT III: COUNSELLING PROCESS AND PHYSICAL SETTING (12 Hours)

Counselling Process

- Basic stages of counselling: Establishing the relationship, assessment and problem identification, goal setting, intervention and action planning, Termination and follow-up

Physical Setting of Counselling

- Importance of the counselling environment, characteristics of an effective counselling setting, seating arrangement and physical distance, lighting, ventilation, and comfort, minimizing distractions and interruptions, creating a safe and welcoming atmosphere.
- Accessibility and inclusivity in counselling settings.

UNIT IV: COUNSELLING PRACTICE AND ETHICS (12 Hours)

Ethical Issues in Counselling

- Ethical principles in counselling, confidentiality and its limits, informed consent, professional boundaries, record keeping, transference and counter-transference.

Professional Development

- Counsellor self-care, burnout and stress management, referral skills and limitations of counselling.

References:

- Nelson-Jones, R. (2014). *Basic Personal Counselling: A Training Manual for Counsellors*.
- Corey, G. (2021). *Theory and Practice of Counseling and Psychotherapy*.
- Egan, G. (2019). *The Skilled Helper*.

KUVEMPU UNIVERSITY

BA/B.Sc. Psychology (SEP)

SIXTH SEMESTER

SKILL ENHANCEMENT COURSE: APPLIED COUNSELLING SKILLS

Program Name	B.A./B.Sc.	Semester	VI	
Compulsory Course	Applied Counselling Skills			
Course Code		No. of Credits	2	
Contact Hours	2hrs/week	Duration of SEA/Exam	2 hrs	
Formative assessment marks		10	Summative assessment marks	40

Course Objectives

1. To develop basic counselling competencies through experiential learning.
2. To provide opportunities for practising helping and communication skills.
3. To enhance self-awareness and interpersonal effectiveness in helping situations.

Course Outcomes

After successful completion of the course, students will be able to:

1. Demonstrate effective listening and helping skills in simulated situations.
2. Conduct a basic helping interview using appropriate counselling techniques.
3. Apply ethical and professional practices during counselling interactions.

UNIT I: APPLIED COUNSELLING IN EVERYDAY SETTINGS (10 hours)

- Counselling for academic concerns, Counselling for stress and adjustment issues, Counselling for relationship difficulties, Career-related helping conversations, Crisis and supportive counselling, Referral and support services.

UNIT II: PROFESSIONAL PRACTICE IN COUNSELLING (10 Hours)

- Case conceptualization at a basic level, documentation and maintaining records, working with diverse clients, self-care and prevention of burnout.
- Contemporary applications: online and tele-counselling

UNIT III: COUNSELLING INTERACTIONS (12 Hours)

- Establishing rapport and therapeutic alliance, understanding client concerns, responding to emotions, managing silence and resistance, goal setting and collaborative problem solving, termination of helping relationships

References

- Nelson-Jones, R. (2014). *Basic personal counselling: A training manual for counsellors* (8th ed.). Sage Publications.
- Egan, G. (2019). *The skilled helper* (11th ed.). Cengage Learning.
- Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2018). *Intentional interviewing and counseling* (9th ed.). Cengage Learning.
- Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.

Scheme of Examination for Skill Enhancement Course:

Internal Assessment: 10 marks

- Internal Test: 5 marks
- Attendance: 5 marks

Attendance	Marks Breakup
Below 75%	0
75-80%	1
81-85%	2
86-90%	3
91-95%	4
96-100%	5

Final Exam: 40 marks

Pattern for End Semester Exam:

Section A

Answer all of the following. $2 \times 5 = 10$

- 1
- 2
- 3
- 4
- 5

Section B

Answer any four of the following. $5 \times 4 = 20$

- 6
- 7
- 8
- 9
- 10

Section C

Answer any one of the following $10 \times 1 = 10$

- 11
- 12