

SHIVAJI UNIVERSITY, KOLHAPUR
SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2019 onwards)

Semester – III

PSYCHOLOGY FOR LIVING (Paper III)

Module I: Towards Better Health

1.1 Body Image

- A. How We Feel About Our Bodies?
- B. Media and Body Image
- C. Our Ideal Body

1.2 Health and the Mind-Body Relationship

- A. The Immune System
- B. Personality
- C. Life Style Choices
- D. Environmental Issues

1.3 Promoting Wellness

- A. Taking Charge of Your Own Health
- B. Eating Sensibly
- C. Keeping physically fit
- D. Finding Social Support

Module II: Stress

2.1 Understanding Stress

- A. Conceptualizing Stress
- B. Major Causes of Stress
- C. Stress in College

2.2 Reactions to Stress

- A. Physiological Stress Reactions
- B. Psychological Stress Reactions
- C. How Do You React to Stress?

2.3 Managing Stress

- A. Modifying Your Environment
- B. Altering Your Lifestyle
- C. Using Stress for Personal Growth

Module III: Understanding Mental Disorders

3.1 Psychological Disorders

- A. What are Psychological Disorders?

B. How Common Are Psychological Disorders?

C. Putting Mental Health in Perspective

3.2 Anxiety disorders

A. Generalized Anxiety Disorders

B. Panic Disorders

C. Phobias

D. Obsessive-Compulsive Disorder

3.3 Mood Disorders

A. Depressive Disorders

B. Bipolar Disorder

C. Suicide

Module 4: If You go for help

4.1 Psychotherapy

A. Gender differences in adulthood

B. Cultural Issues

C. Applying it to Yourself

4.2 Insight Therapies

A. Psychoanalysis

B. Person-centered Approach

4.3 Cognitive and Behavioural Therapies

A. Behavioural Therapies

B. Cognitive Therapies

C. Cognitive-Behavioural Therapy

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- i. **Paper** : **III**
ii. **Title of paper** : **PSYCHOLOGY FOR LIVING**

iii. **Specific objectives :**

1. To acquaint the students with processes of Psychology for living.
2. To introduce students the concept of Stress.
3. To acquaint the students with Understanding mental disorders.
4. To introduce students various Psychotherapies and their uses.

iv. Module	No. of credits
Module- 1:Towards Better Health	01
Module- 2:Stress	01
Module- 3:Understanding Mental Disorders	01
Module- 4:If You go for help	01

v. **Equivalence**

Old Paper	New Paper
CHILD PSYCHOLOGY	PSYCHOLOGY FOR LIVING

vi. **Recommended reading**

a) **Book for Study:**

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

b) **Books for Reference:**

- c) Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.
- d) Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.
- e) Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life*, (7th ed.).Singapore: Thomson Asia Pvt. Ltd.