

SYLLABUS  
*FOR*  
***Ph.D. COURSE WORK***  
*IN*  
PSYCHOLOGY



**Siddharth University, Kapilvastu**  
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Department of  
PsychologyFaculty of  
Arts  
**Siddharth University, Kapilvastu**  
**Siddharth nagar**  
**Ph.D. Course Work**

Every student admitted in Psychology for the Ph. D. program will be required to pass a course work of minimum 12 credits. The division of this 12 credits course work is in three categories. Category-A (6 credits) courses are *compulsory* for all Ph. D. students of Psychology. Category-B (3-credits) courses are *discipline-specific courses*. Category-C (3 credits) courses are *research theme- specific courses*.

**Discipline-Specific Courses**  
**Basics of Human Behavior**

Course Code:

Credits: 03

**Course Objectives**

The major objective of this course is to provide comprehensive knowledge of all aspects of our behavior towards self and others and to implicate its concept in everyday life.

This course will focus on gaining insights in different classical and modern perspectives of psychology.

The major objective of this course is to demonstrate knowledge and comprehension of well- established theories of Social, cognitive, Developmental, Organizational, Abnormal behavior and Health psychology, as well as an understanding of the assessment techniques and testing, as well as their application in psychological studies and the ability to critically analyze research in these fields .

**Course Outcomes**

After the completion of this course the student shall be able-

1. To demonstrate the skills and knowledge to understand their own and other's behavior and to use this knowledge in implicating in their day to day life.
2. To explore and debate scientific issues within the subject area
3. To acquire a scientific mindset that includes the ability to reflect and reason logically.
4. To develop critical thinking skills, including the ability to accept scientific evidence and ethical principles.
5. To demonstrate the knowledge of basic and applied research used in the study of human psychology.

**Unit 1:** Cognitive Psychology: Origin, Emergence & Current status. Attention, Memory Processes: Basic concepts & Recent developments, Problem Solving and Creativity; Reasoning.

**Unit 2:** Understanding Social Psychology: Recent Perspectives; Social Cognition; Person & Social Perception; Social Influence. Prosocial Behavior. Conceptual framework and Recent Research trends.

**Unit 3:** Abnormal behavior: Concepts and Criteria of Abnormality, Classification of Abnormality (DSM V), Major Approaches to Abnormal Behavior. Mental Deficiency: Meaning Nature, Types, Etiology, Treatment and prevention of mental deficiency. Deference between Mental deficiency and mental disorder

### Suggested Readings

1. Tesser, A. & Schwarz, N. (2001). *Blackwell Handbook of Social Psychology: Intraindividual Processes*. Blackwell Publishers.
2. Kellogg, R.T.(2007). *Fundamentals of Cognitive Psychology*. (2<sup>nd</sup> ed.). Sage Publication
3. Feldman, R. S. & Babu, N. (2011). *Discovering the Lifespan*. New Delhi: Pearson
4. Santrock, J. W. (2011). *Child Development* (13<sup>th</sup> ed.). New Delhi: McGraw-Hill
5. Robbins S.P., Judge T. A. and Vohra N. (2019). *Organizational Behavior* (18<sup>th</sup> Edition). Pearson Education, Inc.
6. Anastasi, A. & Urbina, S. (2017). *Psychological Testing and Assessment* (7<sup>th</sup> Edition). Pearson Education. Inc.
7. *Diagnostic and Statistical Manual of Mental Disorders*. 4<sup>th</sup> edition and TR(2004). Washington: APA publication.
8. Bell, P.A., Greene, T.C., Fisher, J.D., & Baum, A. (2003). *Environmental Psychology*. UK: Thomson & Wedsworth.

## Research Theme- Specific Courses

### Stress, Coping and Well-being

Course Code:

Credits: 03

#### Course Objectives

The course's main goals are to familiarize students with the concepts of self and identity are linked to intergroup relations, better understanding of stress and its appraisal, various coping skills and strategies and wellbeing. Better understanding of mental health and its various aspects.

#### Course Outcomes

After the completion of this course the student shall be able to/has-

1. Learn the concept of self and identity.
2. Understand various concepts of stress, coping and wellbeing.
3. Identify various factors and influences of mental disorders associated with mental health.
4. Inculcate this knowledge into the research work.

**Unit 1:** Stress: Concept, Psychological Appraisal, Responses to Stress, Theories of Stress (Cognitive Cost, Arousal and Stress, Theories of Emotional Functioning, Helplessness and Stress).

**Unit 2:** Coping and Wellbeing: Concept of Coping Skills and Coping Strategies, Methodology of Research on Coping, Subjective Wellbeing and Psychological Wellbeing: Theoretical Conceptualization, Measurement and Models (Seligman's PERMA Model, Mccallum & Price Model of Holistic Wellbeing).

**Unit 3:** Chronic illness and its management: Risk factors, Effect and treatment of Coronary heart disease, Diabetes, Obesity, Substance abuse, AIDS. Psychosocial interventions for psychological issues for people with chronic illnesses.

#### Suggested Readings

1. Caltabiano, M.L. & Ricciardelli, L.A. (2013). *Applied Topics in Health Psychology*. Wiley Publications.
2. Folkman, S., & Lazarus, R. S. (1984). *Stress, appraisal, and coping* (p. 460). New

- York:Springer Publishing Company.
3. World Health Organization. (2005). Promoting mental health: concepts, emerging evidence, practice: a report of the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne. World Health Organization.
  4. Eriksson, M. (2017). The sense of coherence in the salutogenic model of health. *The Handbook Handbook of Salutogenesis*, 91-96
  5. Sanderson, C.A. (2018). Health Psychology: Understanding the Mind-body Connection (3rd Edition). London, UK: Sage Publishers.
  6. Zeidner, M. &Endler, N.S. (Eds). (1996). *Handbook of Coping*. John Wiley & Sons Inc.