

DEPARTMENT OF MASTER SOCIAL WORK

COURSE STRUCTURE & SYLLABI
(For the students admitted from year 2023-2024 onwards)

Programme: Course on Human Psychology



JAMAL MOHAMED COLLEGE (AUTONOMOUS)
Accredited with A++ Grade by NAAC (4th Cycle) with CGPA 3.69 out of 4.0
(Affiliated to Bharathidasan University)
TIRUCHIRAPPALLI – 620 020

COURSE ON HUMAN PSYCHOLOGY

Semester	Course Code	Course	Course Title	Total Hours	Credit	Marks		Total
						CIA	ESE	
CERTIFICATE COURSE								
I	23SWCT1	Core - I	Foundations of Psychology	20	2	25	75	100
	23SWCT2	Core - II	Life span Development	20	2	25	75	100
	23SWCT3P	Core - III	Practical	20	2	-	100	100
Total				60	06			300
DIPLOMA PROGRAMME								
II	23SWDM1	Core - I	Counselling Psychology	20	2	25	75	100
	23SWDM2	Core - II	Developmental Psychology	20	2	25	75	100
	23SWDM3P	Core - III	Practical	20	2	-	100	100
Total				60	06			300
Grand Total				120	12			600

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
I	23SWCT1	Core – I	20	2	25	75	100
Course Title		FOUNDATIONS OF PSYCHOLOGY					
SYLLABUS							
Unit	Contents						Hours
I	INTRODUCTION TO PSYCHOLOGY Definition, Nature, Scope and importance of Psychology, methods of psychology and utility of psychology						4
II	DEVELOPMENT OF PSYCHOLOGY Introduction: The Early age of Pre-scientific psychology - The Modern Age of Scientific Psychology – The Recent Trends in Contemporary Psychology						4
III	BRANCHES OF PURE PSYCHOLOGY Pure Psychology: General Psychology – Abnormal Psychology – Social Psychology – Experimental Psychology – Physiological psychology – para-psychology – Geo-psychology – Development psychology						4
IV	BRANCHES OF APPLIED PSYCHOLOGY Applied Psychology: Educational Psychology – Clinical Psychology – Industrial psychology – Legal Psychology – Military Psychology – Political psychology						4
V	METHODS OF PSYCHOLOGY Introduction: Introspection method – Naturalistic observation – Experimental Method – Differential Method – Clinical Method – Psychophysical Method						4

Text Book(s):
<p>1. S.K.Mangal “General Psychology”, Sterling Publishers Private Limited, New Delhi</p> <p>2. Morgan,C.T, King,R.A., Weisz,J.R., and Schopler,J. (2004). <i>Introduction to Psychology</i>, 7th edition, 24th reprint.NewDelhi:TataMcGraw-Hill.</p> <p>3. Feldman R.S (2011).<i>Understanding Psychology</i>, 10th edition.Delhi : Tata- McGraw Hill.</p>

Reference Book(s):

1. L.L. Davidoff, Introduction to Psychology, 2nd Edition, Aucklan: McGraw Hill Inc.1976.
2. T.S.Saraswathi, R.Dutta, Development of Psychology in India, 1st Edition, Sage Publications India Pvt Ltd, 1999.
3. Helen Beck Developmental Psychology, 6th Edition, Published McGraw Hill Education, 2001

Course Outcomes

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

CO No.	CO Statement	Cognitive Level (K-Level)
CO1	Understand the concept of psychology and its importance.	K2
CO2	Aware of the modern age of Scientific Psychology	K3
CO3	Know the meaning and significance of the branches of Pure Psychology	K1
CO4	Understand the concepts of the branches of Applied Psychology.	K2
CO5	Understand the methods of psychology	K2

Relationship Matrix:

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	2	2	2	2	3	2	2	2.3
CO2	3	2	3	2	3	2	2	1	2	2	2.4
CO3	3	3	2	3	1	2	3	2	1	2	2.2
CO4	3	2	2	3	2	1	3	2	2	1	2.1
CO5	3	2	2	3	2	2	1	3	2	2	2.2
Mean Overall Score											11.2/5= 2.24
Correlation											Medium

Mean Overall Score	Correlation
<1.5	Low
>1.5 and <2.5	Medium
>2.5	High

Course Coordinator: Dr.K.SHEIK FAREETH

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
I	23SWCT2	Core – II	20	2	25	75	100
Course Title		LIFE SPAN DEVELOPMENT					
SYLLABUS							
Unit	Contents						Hours
I	Introduction to Life-Span Development: Meaning and concept of life span, Importance, Characteristics, Scope, Stages, Social contexts of lifespan development- concept of growth and development						4
II	Prenatal period and birth: Meaning, Characteristics, How life begins, Periods of prenatal development, Importance of heredity and environment. Birth: Types, hazards in prenatal period and birth.						4
III	Infancy and Childhood: Characteristics of infancy and childhood, changes and developments in infancy and childhood, Hazards of infancy and childhood						4
IV	Adolescence and puberty: Characteristics of adolescence and puberty, causes of puberty, Changes and developments in adolescence, Hazards of adolescence and puberty, Happiness and relationships among adolescents.						4
V	Adulthood and Aged: Characteristics of adulthood and aged, Changes and developments in adulthood and aged, Hazards of adulthood and aged						4

Text Book(s):

- 1 Elizabeth B. Hurlock, Developmental Psychology – A Life Span Approach, Fifth Edition, Tata McGraw Hill Publishing co. Ltd., New Delhi.
2. Zubek J.P. and Solberg, P.A., Human Development, New York, McGraw Hill Book Co. Ltd., 1954.
3. Papalia, Diane E and Old, Human Development V Ed 1992, Tata McGrawMill Publishing Co., Ltd

Reference Book(s):

1. L.L. Davidoff, Introduction to Psychology, 2nd Edition, Auckland: McGraw Hill Inc.1976.
2. T.S.Saraswathi, R.Dutta, Development of Psychology in India, 1st Edition, Sage Publications India, Pvt Ltd, 1999.
3. Helen Beck Developmental Psychology, 6th Edition, Published McGraw Hill Education, 2001

Course Outcomes

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

CO No.	CO Statement	Cognitive Level (K-Level)
CO1	Understand the importance, characteristics and scope of Life Span Development	K2
CO2	Gain insights on the significance and developmental task during the Pre-natal period	K3
CO3	Know the characteristics and hazards of infancy and childhood	K1
CO4	Understand the process of puberty and developmental tasks in adolescence	K2
CO5	Aware of developments and hazards in Adulthood and Aged	K2

Relationship Matrix:

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	2	3	2	3	2	3	3	2	1	2.3
CO2	2	3	2	2	2	2	2	3	2	2	2.2
CO3	3	2	3	2	2	2	3	2	3	2	2.4
CO4	2	1	2	3	2	3	2	2	2	3	2.4
CO5	3	2	2	3	3	2	3	2	2	3	2.5
Mean Overall Score											11.8/5 = 2.36
Correlation											Medium

Mean Overall Score	Correlation
<1.5	Low
>1.5 and <2.5	Medium
>2.5	High

Course Coordinator: Dr.K.Sheik Fareeth

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
I	23SWCT3P	Core – III	20	2	-	100	100
Course Title		Practical					

Observation Visit: 3 Visits

In the certificate course, the students will make 3 observational visits that comprise of Psychiatric Hospital, Special School and Psychology Lab visits that provide the firsthand practical information about Psychology.

Assignments: 2

Students have to submit two assignments containing the elaborate information on human Psychology.

Album Preparation: 1

Students will prepare one Album pertaining to the psychological concepts. This is prepared incorporating photos, pictures and clippings in the Newspapers.

Evaluation Format of the Practical

Observation Visits 3 x 20	:	60 Marks
Assignments 2 x 10	:	20 Marks
Album Preparation	:	20 Marks

Course Outcomes		
Upon successful completion of this course, the student will be able to:		
CO No.	CO Statement	Cognitive Level (K-Level)
CO1	Enhance understanding about organizational profile, activities and role of Psychiatric Hospital in serving the needy people	K1
CO2	Gain familiarity on identifying the needs and care of the special children in the Special school	K2
CO3	Develop professional skills in assessing the personality and mental health status of the people	K3
CO4	Acquire the basic knowledge on human psychology through the preparation of assignments	K3
CO5	Improve the creativity of the students by preparing and presenting the album on human psychology	K3

Relationship Matrix:

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	3	2	3	2	3	2	2	3	2.5
CO2	3	2	3	3	2	2	2	3	3	2	2.5
CO3	3	3	2	2	2	3	3	3	2	3	2.6
CO4	2	3	2	3	3	2	2	2	3	3	2.5
CO5	3	2	3	2	3	2	3	2	2	3	2.5
Mean Overall Score											12.6/5 =2.52
Correlation											High

Mean Overall Score	Correlation
<1.5	Low
>1.5 and <2.5	Medium
>2.5	High

Course Coordinator: Dr. K.Sheik Fareeth

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
II	23SWDM1	Core – I	20	2	25	75	100
Course Title		COUNSELLING PSYCHOLOGY					
SYLLABUS							
Unit	Contents						Hours
I	INTRODUCTION: Meaning, Definition of Counselling – Features of counseling – Goals of Counselling – Importance and Scope of Counselling – Difference between Guidance and Counselling						4
II	COUNSELLING PSYCHOLOGY: Meaning, Definition of Counselling Psychology – Scope and Importance of counseling psychology – skills and procedures –Training in Counselling Psychology - problems in counseling psychology						4
III	ORIGIN AND THEORIES OF COUNSELLING PSYCHOLOGY Historical development of Counselling Psychology - Aaron Beck’s cognitive therapy theory - Albert Ellis’s rational-emotive therapy theory - Carl Rogers’s (1951) person-centered therapy theory - John Holland’s (1973) career typology theory - Donald Super’s (1957) career development theory - Albert Bandura’s (1986) social-cognitive theory - Stanley Strong’s social influence theory (Strong & Claiborn, 1982) (Basic understanding of the concept and techniques)						4
IV	COUNSELLING RELATIONSHIP Meaning and importance of Counselling relationship – Factors influencing the counseling relationship – Ethical and Legal Guidelines of Counselling relationship						4
V	RECENT TRENDS IN COUNSELLING Cultural Diversity Issues in Counselling – Different formats of Counselling – Global counseling and Trauma Counselling						4

Text Book(s):
1 Bond, T. (1997) <i>Standards and Ethics for counsellors in action</i> , New Delhi: Sage Publication 2.Charles, G.J., & Bruce, F.R. (1995), <i>Counselling Psychology</i> ,Harcourt Brace Publishers, U S A 3. S. Narayana Rao (2013), <i>Counselling and Guidance</i> , Edition:3. Tata McGraw Hill,

Reference Book(s):
1. Richard Nelson Jones Basic Counselling Skills: A Helper’s Manual 3rd Edition Sage South Asia 2012 2. Jaswal SS Guidance and Counselling – An elective approach 1st Edition Anmol Publishers 1988 3. Indu Dave The Basic Essentials of Counselling 4th Edition Sterling Publishers 1997 4. 4.Frank A Nugent and Karyn Dayle Jones Introduction to the Profession of Counselling 4th Edition Prentice Hall 2004

Course Outcomes		
Upon successful completion of this course, the student will be able to:		
CO No.	CO Statement	Cognitive Level (K-Level)
CO1	Understand the features of Counselling and find out the difference between Guidance and Counselling	K2
CO2	Aware of Scope and importance of Counselling Psychology and mark out the problems in Counselling Psychology	K3
CO3	Gain Knowledge about the theories of Counselling Psychology	K1
CO4	Understand the factors influencing Counselling Relationship and to know the ethical and legal guidelines of counselling relationship	K2
CO5	Gather the knowledge about the recent trends in Counselling	K2

Relationship Matrix:

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	2	2	2	2	3	2	2	2.3
CO2	3	2	3	2	3	2	2	1	2	2	2.4
CO3	3	3	2	3	1	2	3	2	1	2	2.2
CO4	3	2	2	3	2	1	3	2	2	1	2.1
CO5	3	2	2	3	2	2	1	3	2	2	2.2
Mean Overall Score											11.2/5= 2.24
Correlation											Medium

Mean Overall Score	Correlation
<1.5	Low
>1.5 and <2.5	Medium
>2.5	High

Course Coordinator: Dr.K.SHEIK FAREETH

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
II	23SWDM2	Core – II	20	2	25	75	100

Course Title		DEVELOPMENTAL PSYCHOLOGY					
SYLLABUS							
Unit	Contents						Hours
I	Basic Concepts – Aspects of Development, - Principles of Development – Significant facts about development-Difference between growth and development - stages of development-Biological basis of behaviour						4
II	Dimensions of Development – Motor functions –Intellectual Development– Cognitive Development – Language Acquisition and Development of language - Moral Development						4
III	Personality: Definition, Meaning and concept, important concepts and contributions of Freud, Maslow and Adler – Factors influencing personality development						4
IV	Issues in Different Stages –Infancy –Babyhood – Childhood – Adolescence – Adulthood and Aged (physical, psychological and social problems)						4
V	Developmental Factors of Life: Purpose and meaning of life – Career planning – Intimate relationship and personal life styles – work life – personal relationship in family and work life, health and fitness						4

Text Book(s):

- 1 Elizabeth B. Hurlock, Developmental Psychology – A Life Span Approach, Fifth Edition, Tata McGraw Hill Publishing co. Ltd., New Delhi.
2. Zubek J.P. and Solberg, P.A., Human Development, New York, McGraw Hill Book Co. Ltd., 1954.
3. Papalia, Diane E and Old, Human Development V Ed 1992, Tata McGrawMill Publishing Co., Ltd

Reference Book(s):

1. E.B.Hurlock, Developmental Psychology, 36th Edition, Tata Mcgraw Hill, 2006
2. L.L. Davidoff, Introduction to Psychology, 2nd Edition, Aucklan: McGraw Hill Inc.1976.
3. T.S.Saraswathi, R.Dutta, Development of Psychology in India, 1st Edition, Sage Publications India Pvt Ltd, 1999.
4. Helen Beck Developmental Psychology, 6th Edition, Published McGraw Hill Education, 2001

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	2	2	2	2	3	2	2	2.3
CO2	3	2	3	2	3	2	2	1	2	2	2.4
CO3	3	3	2	3	1	2	3	2	1	2	2.2
CO4	3	2	2	3	2	1	3	2	2	1	2.1
CO5	3	2	2	3	2	2	1	3	2	2	2.2
Mean Overall Score											11.2/5= 2.24
Correlation											Medium

Mean Overall Score	Correlation
<1.5	Low
>1.5 and <2.5	Medium
>2.5	High

Course Coordinator: Dr.K.SHEIK FAREETH

Semester	Course Code	Course Category	Total Hours	Credits	Marks for Evaluation		
					CIA	ESE	Total
II	23SWDM3P	Core – III	20	2	-	100	100
Course Title		Practical					

✓ Practice and Execution of Depression Anxiety and Stress DAS Scale and preparation of Case Study
✓ Hands on Training in using FIRO -B Scale to assess the Interpersonal Relationship of Individuals understand their Behaviour and Behaviour of Others and prepare the Case Study
✓ Poster Presentation about the significance of Developmental Psychology

Evaluation Format of the Practical

Execution of DAS scale and Preparation of Case Study	:	30 Marks
Execution of FIRO – B Scale and Preparation of Case Study	:	20 Marks
Poster Presentation	:	30 Marks
Consolidated Report	:	20 Marks
Total		100 Marks

***Note:** A consolidated report covering the knowledge on trained psychological tools and poster presentation will be submitted by the students and this report will be evaluated through oral presentation by the internal examiners.

Course Outcomes		
Upon successful completion of this course, the student will be able to:		
CO No.	CO Statement	Cognitive Level (K-Level)
CO1	Enhance understanding about the Execution of DAS scale among the individuals in the society to understand their level of problem	K1
CO2	Gain familiarity in using the FIRO-B Scale in studying the relationship of the individual behaviour	K2
CO3	Develop professional skills in assessing the personality and mental health status of the people	K3
CO4	Acquire the basic knowledge on human psychology through poster presentation	K3
CO5	Improve the creativity of the students by preparing the Case Study based on the execution of DAS scale and FIRO – B scale	K3

Relationship Matrix:

Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	3	2	3	2	3	2	2	3	2.5
CO2	3	2	3	3	2	2	2	3	3	2	2.5
CO3	3	3	2	2	2	3	3	3	2	3	2.6
CO4	2	3	2	3	3	2	2	2	3	3	2.5
CO5	3	2	3	2	3	2	3	2	2	3	2.5
Mean Overall Score											12.6/5 =2.52
Correlation											High

Mean Overall Score	Correlation
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Course Coordinator: Dr. K.Sheik Fareeth