**PAPER-II**

**Total Marks: 100**

**I. Health, Stress and Coping**

Health Impairing Behaviors:

Smoking, Alcoholism, Poor Nutritional Habits, Lack of Exercise, Behavioral Aids.

Stress and its Impact on Health

Major Types of Stress

Physiological & Psychological Reactions to Stress

**II. Personality Theories and Assessment**

Definition of Personality

Theories of Personality Development

Psychoanalytical Theory

Social Learning Theory

Humanistic Theory

Traits Theory and Situations

Human Diversity

Personality Assessment

**III. Psychological Disorders and their treatment**

Abnormal Behavior; Myths, Realities and Controversies

Criteria of Abnormal Behavior

The Classification of Disorders

Diagnostic and Statistical Manual of Mental Disorders (DSM)

Anxiety Disorders, Mood Disorders and Personality Disorders

**Treatment and Intervention**

Stages of Psychotherapy

Goals of Psychotherapy

Family & Group Therapies

**IV. Social Processes, Society and Culture**

Social Roles and Rules

Social Norms and Conformity

The Process of Socialization and Attitude Development

Situational Effects on Social Behavior

Social Cognition and Relationships

**V. Behavior and Group Dynamics**

Leaders, Groups and Decision Making

Aggression, Altruism and Pro-social Behavior

Situational Influences and Cultural Constraints

Prejudice and Stereotypes

The Psychology of Conflict and Peace

**VI. Research Methods in Psychology**

Scientific Research in Psychology

Types of Research:

Experimental Studies: Placebo Effect and Use of Placebos in Experiments

Correlational Studies

Descriptive Studies

Case Studies

Surveys

**VII. Ethical issues in Psychology**

Confidentiality

Informed Consent

Relationships with Vulnerable Individuals

A General Concern for Ethical Practice

**SUGGESTED READINGS**

*1. Clinical Psychology, E.G. Plante*

*2. Introducing Psychology 4th Ed., Rex Knight*

*3. Psychology & Life 17th Ed., Richard J. Gerrig,& Philip G. Zimbardo*

*4. Introduction to Psychology 6th Ed., john W. Santrock*

*5. Psychology & Life 7th Ed., Floyd l. Ruch*

*6. Psychology; Themes and Variations 5th Ed.,Wayne Weiten*

*7. Understanding Psychology 6th Ed., R. S. Feldman*

*8. Psychology 6th Ed., David G. Myers*

*9. Abnormal Psychology 4th Ed., Barlow & Durand*

*10. Social Psychology 7th Ed., David G. Myers*

*11. Advanced Social Psychology, Abraham Tesser*

*12. Health psychology 4th Ed., Shelly Tylor*