

*THIRD YEAR ARTS, 2017 – 2018*

**PSYCHOLOGY**

**PSYCHOLOGY**

General Instructions:

1. There will be two theory papers of 70 marks each and Practical of 30 marks in each paper. The candidate will be required to pass separately in theory and practical examination.
2. Each theory paper will require four teaching periods of 45 minutes and four practical periods per week per paper. Practical class will consist of a group of 20 students.
3. Each paper will have three sections ( As per university norms)

**PAPER CODE : 3561**

**PAPER – I HEALTH PSYHOLOGY**

- Unit-I Meaning of Health in socio-cultural contexts  
Nature, scope and development of Health Psychology. The role of Health Psychologist.
- Unit-II Models of Health Bio-psycho-social and cultural models: Health Belief models.
- Unit-III Type A Behaviour Pattern and its role in cardio vascular disorders.
- Unit-IV Stress & Health : Role of Social support in stress management.
- Unit-V Physical & mental health issues related to women, children & elderly.

**BOOKS RECOMMENDED:**

1. अरूण कुमार सिंह : असामान्य मनोविज्ञान, बनारसीदास प्रकाशन – 2001
2. Bennett, P., Weinman, J., & Spurgeon, P. (Eds.) 1990. Current development in health psychology. U.K. Harwood Academic Publishers.
3. Feuerstein, M. Elise, R.L. & Kuczmierciym. A.K. (1986). Health psychology: A psychological perspective. New York: Plenum Press.
4. Friedman – DiMateo. (1989). Health psychology. New York: Prentice Hall.
5. Mark, D.F., Murray, M., Evans, B., & Willig, C. (2000). Health psychology: Theory, research and application. New Delhi: Sage Publication.
6. Misra, G. (Ed) 1999. psychological perspectives on stress and health. New Delhi: concept Publication.
7. Pestonjee, D.M. 1999. Stress and coping: The Indian experience. New Delhi: Sage Publication.
8. Spaceman, S., & Oskamp, S.(1998). The social psychology of health. New York: Sage publication.