

# THIRD YEAR ARTS, 2009 - 2010

## 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 from all the five units. Number of question & distribution of marks will be as under :

**Section-A :** This section will consist of 10 objective type questions covering each unit. Each question will be of one mark and there will be no choice in these questions  
**(10 marks)**

**Section-B :** This section will consist of 5 questions having two questions from each unit and alternatives will be from same unit. Each question will consist of 4 marks. The answer of the question can be given in 250 words.  
**(20 marks)**

**Section-C :** This section will have four descriptive type questions, out of which two questions have to be answered. Each question has to be answered in 500 words. These questions will be of 20 marks, each one question may have two parts.  
**(40 Marks)**

### 1. Scheme :

Two papers	Min. Pass Marks : 50	Max. Marks : 140
Paper I	3 hrs. duration	Marks 70
Paper II	3 hrs. duration	Marks 70
Practical	3 hrs. duration	Marks 60
	Min. Pass Marks - 22	



**PAPER-I**  
**HEALTH PSYCHOLOGY**

**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**

Health damaging and health promoting life styles/ behaviours

Type A Behaviour Pattern and Cardio Vascular diseases and role of CVD illness.

**Unit-IV**

Stress and Health : Nature and types of stress, Causes and consequences of stress. Stress management. Role of social support.

**Unit-V**

Health Issues related to Children, Women and Elderly.

**BOOKS RECOMMENDED :**

1. अरुण 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.