

UNIVERSITY OF PUNE**Syllabus from 2014****S.Y.B.A.****Psychology**

S-1	A	Abnormal psychology		
	B	Psychology of Adjustment		
S-2	A	Developmental Psychology		
	B	Positive psychology		
G-2		Social Psychology		

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S.Y.B.A. S-1 -A: - Abnormal Psychology

OBJECTIVES:

1. To acquaint students with the recent classification of abnormality.
2. To help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders.

TERM –I	Periods
CHAPTER: 1. INTRODUCTION TO PSYCHOPATHOLOGY	14
1.1 Definition of mental disorder and criteria of abnormal behavior.	
1.2 Pre DSM classification of mental disorders and brief history of DSM.	
1.3 DSM based classification of mental disorders (Broad categories only)	
1.4 Perspectives (paradigms) of psychopathology.	
i) Psychoanalytical	
ii) Biological	
iii) Cognitive	
iv) Behaviouristic	
v) Humanistic & Existential	
vi) Diathesis- Stress model.	
CHAPTER: 2 –SCHIZOPHRENIA	14
2.1. Definition and symptoms of schizophrenia.	
2.2 Etiology and treatment of schizophrenia.	
2.3 Other Psychosis: i) Brief psychotic disorder ii) Schizophreniform iii) Schizoaffective disorder.	
2.4 Delusional disorder.	
CHAPTER: 3-. DEPRESSIVE DISORDERS	14
3.1 Definition and symptoms of depression.	
3.2 Types of depression; i) Disruptive Mood Dysregulation Disorder ii) Major Depression iii) Dysthymia and Premenstrual dysphoric disorder.	
3.3 Etiology and treatment of depression.	
3.4 Bipolar-I, Bipolar –II and Cyclothymic disorder.	

CHAPTER: 4 –ANXIETY DISORDERS, OBSESSIVE-COMPULSIVE DISORDERS (OCD), TRAUMA & STRESSOR RELATED DISORDERS. 14

4.1 Definition and symptoms of anxiety disorder.

4.2 Types of anxiety disorders:

- i) Separation Anxiety Disorder
- ii) Selective Mutism
- iii) Panic Disorder
- iv) Generalized Anxiety Disorder) Phobia:
 - i) Specific phobia
 - ii) Social phobia
 - iii) Agoraphobia

4.3 Definition and symptoms of OCD: Subtypes of OCD: Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, Excoriation Disorder.

4.4 Trauma and Stressor Related Disorder Types

- i) Reactive attachment disorder.
- ii) Disinhibited social engagement disorder.
- iii) Post traumatic stress disorder.
- iv) Acute stress disorder.

TERM-II

CHAPTER: 5 - DISSOCIATIVE DISORDERS AND SOMATIC SYMPTOM RELATED DISORDERS 14

5.1 Definition and types of dissociative disorders.

5.2 Somatic symptom disorder.

5.3 Illness anxiety disorder, conversion disorder.

5.4 Factitious disorder.

CHAPTER: 6–SLEEP- WAKE DISORDERS,EATING DISORDERS AND NEUROCOGNITIVE DISORDERS. 14

6.1 Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder: Sleep Apnea, Circadian rhythm sleep-wake disorder.

6.2 Parasomnias: Non-REM sleep arousal disorders, sleep terror, nightmare and REM sleep behaviour disorder, restless legs syndrome.

6.3 Eating disorders: i) Bulimia Nervosa ii) Anorexia Nervosa iii) Binge- Eating disorder.

6.4 Delirium and dementia.

CHAPTER: 7- SEXUAL DISORDERS AND NEURODEVELOPMENTAL DISORDERS. 14

- 7.1 Sexual Dysfunctions and Gender dysphonia
- 7.2 Paraphilia disorder.
- 7.3 Intellectual disabilities: Types, causes and treatment.
- 7.4 Autism, Hyper activity disorder and Learning disorder.

CHAPTER: 8 –PERSONALITY DISORDERS 14

- 8.1 Definition and characteristics of personality disorder.
- 8.2 Cluster -A Personality disorder.
- 8.3 Cluster -B Personality disorder.
- 8.4 Cluster -C Personality disorder.

BOOKS FOR READING:

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- Nelson- Hoeksema, S. (2004) Abnormal Psychology, 3rd Ed. McGraw -Hill; New York; Wiley.

- Oltmanns, T. F., Emery, R. E. (1995) *Abnormal Psychology*, Prentice Hall.
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- Sarason, I.G. and Sarason, B.R. 11th Edn. (2005). *Abnormal Psychology: The problems of maladaptive behavior*. N.D.: Pearson Edu.
- Sue, D., Sue, D. W., & Sue, S. (2006) *Abnormal Behaviour*. (8th Edn), Houghton Mifflin Company.
- World Health Organization (1992). *The ICD 10: Classification of mental and Behavioral disorders: Clinical descriptions and diagnostic guidelines*: Delhi: Oxford University Press.
- Gray, S.W. & Zide, M.R. (2008). *Psychology Pathology: A Competency based assessment model for social workers*. Cengage learning, India Edition.

S.Y.B.A. S-1 -B: -Psychology of Adjustment

OBJECTIVES

1. To acquaint the students with various areas of adjustment
2. To familiarize the students with modern ways of effective adjustment.
3. To provide the students the empirical approach in adjustment psychology.
4. To acquaint the students with health psychology.

TERM -1

Periods

1.ADJUSTING TO MODERN LIFE

12

1.1 Psychology of Adjustment

1.2 Psychodynamic Perspectives: Freud, Jung and Adler

1.3 Behavioural Perspectives: Pavlov, Skinner, Bandura

1.4 Roots of Happiness

2. MARRIAGE AND INTIMATE RELATIONSHIP

12

2.1 Moving Towards Marriage

2.2 Marital Adjustment across the Family Life Cycle

2.3 Vulnerable Areas in Marital Adjustment and Divorce

i. Gaps in Role Expectation

ii. Work and Career Issues

lii. Financial Difficulties

Iv. Inadequate Communication

v. Deciding On and Adjusting To Divorce

2.4. Alternatives to Marriage: Remaining Single and Co-Habitation

3. GENDER AND BEHAVIOUR**12**

3.1 Gender – Similarities and Differences

- I. Gender – Stereotypes
- ii. Cognitive Abilities
- iii. Personality Traits and Social Behavior

3.2 Biological and Environmental Origins of Gender Differences

- I. Evolutionary Explanation
- ii. Brain Organization
- iii. Hormonal Influence
- iv. Process in Gender Role Socialization
- v. Sources of Gender Role Socialization

3.3 Traditional Gender Roles

- I. Role Expectations for Males
- ii. Problems with the Male Roles
- iii. Role Expectations for Females
- iv. Problems with Female Roles
- v. Sexism – A Special Problem for Female.

3.4 Gender In the Past and in Future.

- I. Why are Gender Roles Changing?
- ii. Alternatives in Traditional Gender Roles
- iii. A Gender Free Society?

4. CAREER AND WORK**12**

4.1 Choosing a Career

- I. Examining Personal Characteristics and Family Influences
- ii. Researching Job Characteristics
- iii. Using Psychological Tests for Career Decisions
- iv. Taking Important Considerations in Account

4.2 Models of Career Choice and Development:

- I. Holland
- ii. Super

4.3 Coping with Occupational Hazards

- I. Job Stress
- ii. Sexual Harassment
- iii. Unemployment

4.4 Work-Life Balance: Work Holism, Family Roles, Leisure and Recreation

TERM II**5. INTRODUCTION TO PSYCHOLOGICAL DISORDERS 12**

5.1. Abnormal Behaviour

- I. Criteria
- li. DSM-V & ICD-11

5.2. Anxiety Disorders

5.3. Personality Disorders

- I. Paranoid
- li. Schizoid
- lii. Narcissistic
- Iv. Obsessive-Compulsive Disorder (OCD)

5.4. Schizophrenic Disorders

- I. Paranoid
- li. Catatonic
- lii. Residual

6. INTRODUCTION TO HEALTH PSYCHOLOGY 12

6.1. Health Psychology: Definition and Psychology's Involvement in Health

6.2. The Placebo in Treatment and Research

6.3. The Mind-Body Connection

6.4. Models of Illness: Bio-Medical, Bio-Psycho-Social

7. STRESS AND ITS EFFECTS 12

7.1. Nature of Stress

- I. Stress Is an Everyday Event
- li. Stress Lies In the Eye of the Beholder
- lii. Stress May Be Embedded In the Environment
- Iv. Stress May Be Self-Imposed
- V. Stress Is Influenced By Culture

7.2. Major Types of Stress

- I. Frustration
- li. Conflict
- lii. Pressure
- Iv. Change

7.3. Responses to Stress

- I. Emotional
- li. Physiological
- lii. Behavioural

7.4. Potential Effects of Stress

- I. Impaired Task Performance
- li. Disruption of Cognitive Functioning
- lii. Burnout
- Iv. Post-Traumatic Stress Disorders
- V. Physical Illness
- Vi. Positive Effects

8. COPING PROCESS

12

8.1. Concept of Coping and Common Coping Patterns

- I. Giving Up
- li. Striking Out At Others
- lii. Indulging Yourself
- Iv. Blaming Yourself
- V. Using Defensive Coping

8.2. Appraisal-Focused Constructive Coping

8.3. Problem-Focused Constructive Coping

8.4. Emotion-Focused Constructive Coping

BOOKS FOR READING:

Brannon, L. and Feist, J. (2007). *Introduction to health psychology*. India ed. N.D.: Thomson.

Dimatteo, M.R. and Martin, L.R. (2002). *Health Psychology*. N.D.: Pearson.

Gray, S. W. and Zide, M. R. Indian Edition (2008). *Psychopathology: A competency based assessment model for social workers*. Thomson.

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Marks, D.; Murray, M.; Evans, B.; Willig, C.; Woodall, C. and Sykes, C. (2005). 2nd ed. *Health psychology: Theory, research and practice*. N.D.: Sage Pub.

Martin, L.G.; Osborne, G. (1989). *Psychology: Adjustment and everyday living*. N.J.: Prentice-Hall, Englewood Cliffs.

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S.Y.B.A. S-2 -A: - Developmental Psychology

Objectives-

1. To acquaint the students with the basic concepts of human development processes.
2. To help the students to understand influences of various factors on development.

1. Development and Beginning of Life

12

1.1 Developmental Psychology, Definition meaning, Nature and Scope.

Development Key Issues – Nature and Nurture

1.2 How life begins-

- i) Genes and Chromosomes.
- ii) Pre-natal development stages and hazards.

1.3 Birth and Birth Complications.

1.4 Post Natal Development:

- i) Post Natal Adjustment
- ii) Complications

2. Infancy

2.1 Physical Development in Infancy-

- i) Physical growth and sensory development in Infancy
- ii) Motor Development

2.2 Piaget's Approach to Cognitive Development

2.3 Roots of Language and Language Development

2.4 Importance of Nutrition in Infancy

3. Early Childhood

3.1 Physical Development –

- i) Physical changes, brain development.
- ii) Health and Illness

3.2 Piaget's Approach to Cognitive Development – Pre operational thinking.

3.3 Social and Personality Development in Early Childhood

- i) Sense of self
- ii) Development of Friendship

3.4 Family Development and Effective Parenting.

4. Middle Childhood

4.1 a) Physical Development

- b) Motor Development

4.2 Cognitive Development

4.3 Social Development

- i) Friendship Development
- ii) Learning Disabilities

4.4 Problems of School going Children-

- i) Sensory Difficulties
- ii) Learning Disabilities

5. Adolescence

5.1 Physical Development and maturity

5.2 Threats in Adolescence-

- i) Sexually Transmitted Diseases
- ii) Substance Abuse (Drugs, Alcohol, Tobacco)

5.3 Identity –

- i) Self Development
- ii) Marcia's Approach to Identity Development

5.4 Relationships –

- i) Family
- ii) Friends

6. Early Adulthood

6.1 Work and Career

6.2 Dealing with Life Challenges

- i) Stress and Coping

6.3 Marriage and other relationship choices

6.4 Cognitive development – Perry's approach and Shaie's stages of development

7. Middle Adulthood

7.1 Physical Development and Health

- i) Physical changes as per gender differences
- ii) Preventive health care

7.2 Cognitive development

7.3 Relationships – marriage, divorce, remarriages

7.4 Stress –

- i) Isolation, unemployment
- ii) Leisure time

8. Late Adulthood

8.1 Physical Transitions

- a)** Signs of Ageing
- b)** Slowing Reactions
- c)** The Senses

8.2 Health and Wellness

- a) Physical problems
- b) Psychological Problems

8.3 Daily life of late adulthood – adjustment to retirement

8.4 Process of Dying

Books for Reading

1. Feldman R. S. and Nandita Babu (2011). Discovering the life span: Pearson Education.
2. Feldman R. S. 4th ed. (2006). Development across the life span. London: Pearson Education.
3. Santrock, J. W. 11th ed. (2007). Adolescence. N.D.: Tata M.C. -GrawHill.
4. Shaffer, D. R. and Kipp, K. 7th ed. (2007). Development psychology: Childhood and adolescence. Haryana: Thomson.
5. Hurlock, E. (1996) Developmental Psychology. Tata McGraw-Hill
6. Berk, L. E. 3rd ed. (2004). Development through the life span. N.D.: Pearson
7. Lynn M. Shelly (2014). Handbook of Psychology: Developmental Psychology, Volume V Viva Books, New Delhi.
8. Jadhav, K. M. (2012). Vaikasik Manasshastra, Diamond Publication, Pune.
9. Kumathekar, Borude, (2012). Vaikasik Manasshastra, Pune Vidyarthi Gruha Prakashan, Pune.

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S.Y.B.A. S-2 -B: - Positive Psychology

OBJECTIVES:

1. To make students learn about what is positive psychology.
2. To make students understand importance of well-being at different stages of life.
3. To acquaint the students with Happiness and Positive Traits of Personality.

TERM -I	Periods
1. WHAT IS POSITIVE PSYCHOLOGY?	12
1.1 Traditional Psychology	
i) Why the Negative Focus?	
1.2 Positive Psychology	
i) Health Psychology	
ii) Clinical Psychology	
iii) Developmental Psychology	
iv) Survey Research and Subjective Well Being	
v) Social/Personality Psychology and the Psychology of Religion	
1.3 Positive Psychology: Assumption, Goals and Definitions.	
i) Lifeabove Zero	
ii) Culture and the Meaning of a Good Life	
iii) Why Now?	
1.4 Positive Psychology Is Not Opposed to Psychology	

2. THE MEANING AND MEASURE OF HAPPINESS

12

2.1 Why a Psychology of Well Being?

- i) Objectives. Subjective Measures
- ii) Negativevs. Positive Functioning
- b) What is Happiness? Two Traditions
 - i) Hedonic Happiness
 - ii) Eudemonic Happiness

2.2 Subjective Well Being: The Hedonic Basis of Happiness

- i) Measuring Subjective Well Being
- ii) Life Satisfaction Positive Affect Negative Affect and a Meaningful Life
- iii) Global Measures of Happiness.

2.3 Self Realization: The Eudemonic Basis of Happiness

- i) Psychological Well Being and Positive Functioning
- ii) Need fulfillment and Self Determination Theory

3. POSITIVE EMOTION AND WELL BEING

12

3.1 What Are Positive Emotions?

- i) Focus on Theory: The Broaden and Build Theory of Positive Emotion

3.2 Positive Emotion Health Resources

- i) Physical Resources
- ii) Psychological Resources
- iv) Social Resources
- v) The Limits of Positive Emotions

3.3 Positive Emotions and Well Being

- i) Happiness and Positive Behavior
 - ii) Positive Emotions and Success
 - iii) Positive Emotions and Flourishing

3.4 Cultivating Positive Emotions

- i) Flow Experiences
- ii) Savoring

4. RESILIENCE**12**

4.1 What is Resilience?

- i) Developmental Perspective
- ii) Clinical Perspective

4.2 Resilience Research

- i) Sources of Resilience
- ii) The Danger of Blaming the Victim
- iii) Sources of Resilience in Children
- iv) Sources of Resilience in Adulthood and Later Life
- v) Successful Aging

4.3 Growth through Trauma

- i) Negative Effects of trauma
- ii) Positive Effects of trauma
- iii) Explanations for Growth through Trauma.

TERM -II**5. HAPPINESS AND THE FACTS OF LIFE****12**

5.1. Happiness across the life span

- i. Stability in well-being despite life changes

5.2. Gender and happiness

- i. Gender differences in emotional experience.
- ii. Explaining the paradox of gender

5.3. Marriage and happiness

- i. Benefits of marriage
- ii. Selection effects
- iii. Gender differences in benefits of marriage.

5.4. Other facts of life

- i. Physical and mental health
- ii. Work and unemployment
- iii. Intelligence and education
- iv. Religion
- v. Race, ethnicity and stigma.

6.PERSONAL GOALS AS WINDOWS TO WELLBEING**12**

- 6.1. What are personal goals?
 - i. Defining personal goals.
 - ii. Goals and related motivational concepts.
 - iii. Measuring personal goals.
 - iv. Goal organization
- 6.2. The search for universal human motives
 - i. Goals and fulfillment of basic human needs
 - ii. Goals expressing fundamental values
 - iii. Personal goals across cultures
- 6.3. What goals contribute most to well-being?
 - i. Goal progress achievement and importance.
 - ii. The matching hypothesis
 - iii. What explains the matching hypothesis?
- 6.4. Materialism and its discontents
 - i. Why are materialists unhappy?
 - ii. Why do people adapt materialistic values?
 - iii. Affluence and materialism
 - iv. Are we all materialists?

7. POSITIVE TRAITS**12**

- 7.1. What makes a trait positive?
- 7.2. Personality, emotions and biology
 - i. Positive and negative affectivity
 - ii. Genetics and happiness
 - iii. Personality and happiness: The big Five
 - iv. Neurobiology an approach motives
- 7.3. Positive beliefs
 - i. The world through happy and unhappy eyes.
 - ii. Self esteem
 - iii. Personal control
 - iv. Optimism: Dispositional Optimism, and Style
- 7.4 i. Developing a classification of Human Virtues
 - ii. Measuring strengths of Character

8. LIFE ABOVE ZERO**12**

- 8.1. Positive psychology- Revisited
- 8.2. Interconnection of good and bad
- 8.3. Counters of positive life- meaning and means
- 8.4. Mindfulness and well-being

BOOKS FOR READING:

1. **Baumgartner S.R, Crothers M.K.** (2009) *Positive Psychology*: Pearson Education.
2. **Snyder, C.R. and Lopez, S. J.** (2007). *Positive psychology: The scientific and practical explorations of human strengths*. N.D.: Sage Pub.
3. **Carr Alan** (2007). *Positive psychology: The science of happiness and human strengths*, Routledge, Taylor and Francis Group – London.

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S.Y.B.A. G-2:- Social Psychology

Objectives:

1. Acquaint Students with basic concepts, theories and applications of Social psychology
2. Familiarize students with group behaviour
3. Underline the importance of Close Relationships and Pro- social behaviour

Chapter 1 Understanding the Field of Social psychology

- 1.1 Definition and Three levels of Behaviour
- 1.2 History and Related Fields (Anthropology, Sociology, Gender Studies)
- 1.3 Role of theory in Social Psychology – Cognitive, Learning, Motivation
- 1.4 Social Psychology Research in the areas of Family, Law, Health and Industry
- 1.5 Application – Use of Internet in data collection in Social Psychology

Chapter 2 Understanding Self and Gender

- 2.1 What is Self? – Real, Ideal and Social Self
- 2.2 Concepts related to self – Self Concept, Self-Presentation, Self-Regulation and Impression Management
- 2.3 What is Gender, Gender Role Development?
- 2.4 Gender Differences in Self Esteem
- 2.5 Application – Improving Self Esteem (Tests)

Chapter 3 Behaviour in Groups and Social Influence

- 3.1 Definition, Characteristics and Types of Behaviour
- 3.2 Group Decision Making, Cooperation v/s Competition
- 3.3 Leadership- definition and characteristics
- 3.4 Conformity- nature and factors, Obedience
- 3.5 Application- Use of Compliance techniques – foot in the door, door in the face, that's not all, low ball, pique technique

Chapter 4 Attitudes and Prejudice

- 4.1 Definition, nature, components of attitudes
- 4.2 Attitude and Behaviour
- 4.3 Definition and Causes of Prejudice
- 4.4 Relationship between Prejudice, Discrimination and Exclusion
- 4.5 Application – Attitudinal Change and Reducing Prejudices

Chapter 5 Interpersonal attraction and Close Relationships

- 5.1 Internal Determinants of attraction – affiliation, affect
- 5.2 External determinants of attraction – proximity, observable factors
- 5.3 Interactive Determinants of Attraction, Effects of Rejection
- 5.4 Close Relationships –family, friendship, love – theories of Love
- 5.5 Application – Marriage – preparedness and problems- need for premarital and marital counselling

Chapter 6 Aggression

- 6.1 Definition and Levels (Irritation, Anger, Aggression, Violence)
- 6.2 Forms of aggression – inter group, intra group, child sexual abuse, domestic violence, workplace violence, bullying, ragging
- 6.3 Causes of aggression (theories -biological, Instinct, psycho social cognitive)
- 6.4 Perspectives – environmental,cultural, media
- 6.5 Application – Prevention and Control of Aggression

Chapter 7 Pro- social behaviour

- 7.1 Motives for Pro- social Behaviour
- 7.2 Dealing with Emergencies and Bystander effect
- 7.3 Internal and external factors influencing Pro-social behaviour
- 7.4 Commitment to Socially responsible behaviour
- 7.5 Application – How to increase pro – social behaviour

Chapter 8 Communication

- 8.1 Definition, Process and Types- Verbal, Non verbal
- 8.2 Codes for Non - verbal Communication
- 8.3 Healthy and Unhealthy communication
- 8.4 Communication skills – presentation, Group Discussion, Interview
- 8.5 Application – Tips on how to communicate effectively

Books for reading:

Baron R, Byrne D, Branscombe N(2014), Social Psychology ,13 th edition ,Pearson Publications, New Delhi

Baron R, Byrne D, Branscombe N, BharadwajG (2009), Social Psychology, Indian adaptation ,Pearson , New Delhi

Taylor, Pepleau and Sears(2005) ,Social Psychology, 12th edition, Pearson, New Delhi

Natu S.A, Vaidya A, Rajhans M(2012),Samajik Manasshastra, , Pearson Publications, New Delhi

Golwilkar S , Abhyankar S, Kher T(2012) , Samajik Manasshastra, Narendra Prakashan, Pune

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Deshpande, Sinharay, Vaidya, Samajik Manasshastra,

Tadsare, Tambake, Patil, Darekar (2008), , Samajik Manasshastra,Phadke Prakashan, Pune

Weiten, W. and Lloyd, M. Indian Edition 8th (2007). *Psychology applied to modern life: Adjustment in the 21st century*. Thomson