

Semester : I

F.Y.B.A. Psychology.

CORE COMPULSARY (101)

PAPER: CC 101 (Basic Psychological Processes - I)

Main Objectives:

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

The Scheme of question paper :

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100

70: External Examination

30: Internal Evaluation.

10: Internal Examination

10: Seminar, Presentation, and Assignment.

10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

Unit: 1 Introduction to Psychology

- Introduction, Definition and goals of psychology.
- The School of Psychology (in Brief)
- Methods of Psychology. (Observation, Experimental, Case study)
- Field of Psychology. (In Brief)

Unit: 2 Biology and Behaviour

- The Neurons. (Anatomy and Functions of Neurons)
- The Central Nervous System.
- The Peripheral nervous system.
- Endocrine system.
- Biology of Consciousness.

Unit: 3 Motivation and Emotion

- Concept of Motivation
- Theories of Motivation
 - Drive reduction theory
 - Arousal theory

Maslow's hierarchy of needs

Social-cognitive theory.

- The Primary Drives (Hunger, Thirst, Sex)
- Social Motives (Achievement)
- Definition and components of emotion
- Theories of emotion (James - Lange theory, Cannon - Bard theory)
- The physiology of emotion
- Animal Emotion
- The polygraph

Unit: 4 Learning

- Definition
- Classical Conditioning (Pavlov & Watson - Little Albert and peter)
- Operant conditioning (Skinner)
- Cognitive Learning
 - Learning by insight
 - Observational Learning
 - Animal Cognition
 - Cognitive maps.

Referances:

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) **'The World of psychology'** Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) **'Introduction to psychology'** Mc. Graw Hill Co. International Ed.

CORE COMPULSARY (102)

PAPER: CC 102 (Social Psychology: An Introduction)

Main Objectives:

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

The Scheme of question paper :

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
 - 70: External Examination
 - 30: Internal Evaluation.
 - 10: Internal Examination
 - 10: Seminar, Presentation, and Assignment.
 - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

Unit: 1 Introduction to Social Psychology

- Definition, Nature and Scope of social psychology.
- Scientific study of social and cognitive Processes
- Application of social psychology in Indian context

Unit: 2 Methods of Social Psychology

- Experimental Methods
- Field V/S Laboratory setting
- Methods of Data Collection
- Self-Report, Observation, Correlation Research

Unit: 3 Social Perception and Social Cognition

- Social Perception
 - Perceiving Ourselves
 - Self Concept
 - Self esteem
 - Self-Presentation
- Social Cognition
- Schemas
 - The impact of schemas on social cognition

Self-confirming nature of schemas

-Source of error in social cognition

Negativity Bias

The Optimistic Bias

Thinking too much

Counterfactual thinking

Magical thinking thought suppression

Unit: 4 Group Processes

-Definition, Nature and Function

-Social Facilitation

-Social loafing

-Conformity

-Compliance

-Obedience to authority

Referances:

1. Baron R. A. & Byrone D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi - 110092 (India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychology 325, chensut street, Philadelphia - P.A.19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8th Ed. Prentice Hall.

SUBJECT ELECTIVE (1) -103

PAPER: SE(1) 103 (Basic Psychological Processes - I)

Main Objectives:

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

The Scheme of question paper :

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
 - 70: External Examination
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 - 10: Internal Examination
 - 10: Seminar, Presentation, and Assignment.
 - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

Unit: 1 Introduction to Psychology

- Introduction, Definition and goals of psychology.
- The School of Psychology (in Brief)
- Methods of Psychology. (Observation, Experimental, Case study)
- Field of Psychology. (In Brief)

Unit: 2 Biology and Behaviour

- The Neurons. (Anatomy and Functions of Neurons)
- The Central Nervous System.
- The Peripheral nervous system.
- Endocrine system.
- Biology of Consciousness.

Unit: 3 Motivation and Emotion

- Concept of Motivation
- Theories of Motivation
 - Drive reduction theory
 - Arousal theory
 - Maslow's hierarchy of needs
 - Social-cognitive theory.

- The Primary Drives (Hunger, Thirst, Sex)
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Unit: 4 Learning

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SUBJECT ELECTIVE (1) -104

PAPER: SE(I) 104 (Social Psychology: An Introduction)

Main Objectives:

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

The Scheme of question paper :

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
 - 70: External Examination
 - 30: Internal Evaluation.
 - 10: Internal Examination
 - 10: Seminar, Presentation, and Assignment.
 - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

Unit: 1 Introduction to Social Psychology

- Definition, Nature and Scope of social psychology.
- Scientific study of social and cognitive Processes
- Application of social psychology in Indian context

Unit: 2 Methods of Social Psychology

- Experimental Methods
- Field V/S Laboratory setting
- Methods of Data Collection
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- Social Perception
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- Schemas
 - The impact of schemas on social cognition
 - Self-confirming nature of schemas

-Source of error in social cognition

Negativity Bias

The Optimistic Bias

Thinking too much

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Magical thinking thought suppression

Unit: 4 Group Processes

-Definition, Nature and Function

-Social Facilitation

-Social loafing

-Conformity

-Compliance

-Obedience to authority

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4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8th Ed. Prentice Hall.

SUBJECT ELECTIVE (II) -105

PAPER: SE(II) 105 (Psychology and effective Behaviour)

Main Objectives:

1. Helping the students to acquaint with the key concept, Method, Subject matter and applications of Psychology.
2. To acquaint the students with the concept of adjustment and development
3. To help students to make more affective choice in coping with problems of every day life

The Scheme of question paper :

1. The paper will consist of four units.
 2. Every chapter in the unit should be given equal weightage in the Examination.
 3. Total Marks: 100
 - 70: External Examination
 - 30: Internal Evaluation.
 - 10: Internal Examination
 - 10: Seminar, Presentation, and Assignment.
 - 10: Project, Book Review, Fieldwork, Quiz and Research Report.
- (Duration of Examination: 3 Hours)

Unit: 1 Introduction to Psychology and Motivation

- What is Psychology?
- Definition and Nature of psychology.
- The work of Psychologist.
- Motivation
- Characteristics of motives
- Homeostasis
- Hunger, Thirst, Sexual and Achievement Motivation.

Unit: 2 Adjustment

- Definition and Process of Adjustment
- Adjustment in Adolescence
- The transition from Adolescence to adulthood
- Young Adulthood
- Late Adulthood
- Successful Aging

Unit: 3 Stress

- Meaning of Stress
- Sources of stress (Frustration, Conflict, Pressure and Self - imposed stress)

-Severity of stress (Characteristics if the Adjective demand of the individual)

-Reaction to stressful events

Emotional components of the stress response

Managing stress, Built- in coping Mechanisms

Task- Oriented Responses

Unit: 4 Coping and Maladaptive Behaviour

-Coping effectively with stressors

-Coping effectively with emotional reactions to stress

-Using stress for personal growth

-Problems in living

-Eating disorders

-Substance use disorders: Alcohol

Referances:

1. John W Santrok (2004) life span Development, International Edision, Macgraw Hill, New Delhi.
2. Eliot R Smith & Diane M. Mackie (2000)'Social psychology' 375, chensut street Philadelphia, PA/9/06
3. James C. Coleman, Charies, G. Morries and Ala G. Glares.'Contemporary psychology and effective Behaviour Sixth Edition- 1987. Scoot foreman and company.
4. C. T. Morgan, R. A. King, J. R. Weisz. And John Schopler ' Introduction to psychology' Seventh Ed. 1986. McGraw Hill Book Company International Edition, 2nd Reprinted 1987.
5. Eastwood Atwater (1990) 'psychology of Adjustment' Prentice Hall, Enclewood, Cliffs, N.J.
6. Pragat samanya manovignan (1989) Dr, B. A. Parikh, Uni. Granth Nirman Board , Ahmedabad.