

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY

PATAN - 384265

NAAC Accreditation Grade – “B”

FACULTY OF ARTS

B.A. SEMESTER – III & IV

PSYCHOLOGY

New Syllabus and Exam Scheme

Kind of Course – Core/ Elective

With Semester / CBCS / Grading Pattern

W.E.F. June - 2012

Date: / /2012

Total Page:

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

| | | | |
|----------------|-----------|----------------|-----------------|
| Programme Code | | Programme Name | B.A. Psychology |
| Faculty | Arts | Semester | III & IV |
| Effective From | June-2012 | | |

COURSE PATTERN

| Sem | Course | Instruction (hrs/week) | Duration Exam (hrs) | Marks | | | Credit |
|-----|--|---------------------------|---------------------------|------------|------------|------------|-----------|
| | | | | Internal | External | Total | |
| III | CC-205 Adjustment psychology | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-206 Health psychology-I | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-207 Biological psychology (optional) | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-207 Systems in Psychology (optional) | 4 | 3 | 30 | 70 | 100 | 4 |
| | CE-205 Adjustment psychology | 4 | 3 | 30 | 70 | 100 | 4 |
| | CE-206 Health psychology-I | 4 | 3 | 30 | 70 | 100 | 4 |
| | EG-203 Any one from the list | 2 | 2 | - | 50 | 50 | 2 |
| | FC-203 English | 2 | 3 | 30 | 70 | 100 | 2 |
| | Total | 24 | 20 | 180 | 470 | 650 | 24 |
| IV | CC-208 Psychology for living | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-209 Health psychology-II | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-210 Physiological psychology (optional) | 4 | 3 | 30 | 70 | 100 | 4 |
| | CC-210 Systems in psychology-II (optional) | 4 | 3 | 30 | 70 | 100 | 4 |
| | CE-207 Psychology for living | 4 | 3 | 30 | 70 | 100 | 4 |
| | CE-208 Health psychology-II | 4 | 3 | 30 | 70 | 100 | 4 |
| | EG-204 Any one from the list | 2 | 2 | - | 50 | 50 | 2 |
| | FC-204 English | 2 | 3 | 30 | 70 | 100 | 2 |
| | Total | 24 | 20 | 180 | 470 | 650 | 24 |

Hemchandracharya North Gujarat University Patan

Programme: B.A. Psychology

Paper style Of the B.A. Semester – III & IV

[Hours – 3]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

Q.1 -----28

A
or
A
B
or
B

Q.2 Answer any two from following-----20

A
B
C
D

Q.3 Give Answer any six in two or three sentences from following-----12

A
B
C
D
E
F
G
H

Q.4 Give correct Alternatives Answer from following-----10

A
B
C
D
E
F
G
H
I
J

Total Marks—70

Grading point:

| Grade point | Description | % of marks | Division/ Grade |
|-------------|-------------|------------|-----------------|
| 1 | 2 | 3 | 4 |
| 10 | Outstanding | 90 %- 99 % | First/ O |
| 9 | Excellent | 80 %- 89 % | First/ A |
| 8 | Very Good | 70 %- 79 % | First/ B |
| 7 | Good | 60 %- 69 % | First/ C |
| 6 | Fair | 50 %- 59 % | Second/ D |
| 5 | Average | 40 %- 49 % | Pass / E |
| 4 | Dropped | Below 40 % | F |

STRUCTURE OF THE SEMESTER SYSTEM

PROGRAMME: B.A. SEMESTER-III

| COURSE CODE | COURSE TYPE | COURSE SUBJECT | CREDITS FOR DIRECT TEACHING | TOTAL CREDITS |
|-----------------|-----------------------|------------------------------------|-----------------------------|------------------|
| CC 205 | CORE COMPULSORY | ADJUSTMENT PSYCHOLOGY | 4 | 4 |
| CC 206 | CORE COMPULSORY | HEALTH PSYCHOLOGY-I | 4 | 4 |
| CC 207 | CORE COMPULSORY | BIOLOGICAL PSYCHOLOGY (OPTIONAL) | 4 | 4 |
| CC 207 | CORE COMPULSORY | SYSTEMS IN PSYCHOLOGY-I (OPTIONAL) | 4 | 4 |
| CE 205 | CORE ELECTIVE | ADJUSTMENT PSYCHOLOGY | 4 | 4 |
| CE 206 | CORE ELECTIVE | HEALTH PSYCHOLOGY-I | 4 | 4 |
| EG 203 | ELECTIVE GENERIC | ANY ONE FROM THE LIST | 2 | 2 |
| FC 203 | FOUNDATION COMPULSORY | ENGLISH | 2 | 2 |
| TOTAL COURSES 8 | | TOTAL LECTURES 24 | | TOTAL CREDITS 24 |

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

| | | | | | |
|------------------------------|----------------------|----------------------------|---------------------|--|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CC-205 | Semester | | III |
| ADJUSTMENT PSYCHOLOGY | | | | | |
| Course Type | | Core Compulsory | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | | Total (Marks) |
| 4x15=60 | - | 30 | 70 | | 100 |

Main Objectives:

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | Introduction to Adjustment | 1 | 18 |
| | 1.1 Definition & Process of Adjustment | | |
| | 1.2 Social Change | | |
| | 1.3 Challenge of self Direction | | |
| | 1.4 Themes of Personal Growth | | |
| 2 | Perspective on Child Development | 1 | 18 |
| | 2.1 The Biological Perspective on Child Development | | |

| | | | |
|----------|---|----------|-----------|
| | 2.2 The Psychodynamic Perspective on Child Development | | |
| | 2.3 The Social-Cognitive Perspective on Child Development | | |
| | 2.4 The Humanistic Perspective on Child Development | | |
| 3 | Seeking Selfhood and Meeting People | 1 | 17 |
| | 3.1 What is the Self Concept? | | |
| | 3.2 Core Characteristics of the Self Concept | | |
| | 3.3 The Self-Concept and Personal Growth | | |
| | 3.4 Meeting People | | |
| | 3.4.1 First Impressions | | |
| | 3.4.2 Mistaken Impression | | |
| 4 | Stress Management | 1 | 17 |
| | 4.1 Understanding Stress | | |
| | 4.1.1 Conceptualizing stress | | |
| | 4.1.2 Stress & you | | |
| | 4.2 Reaction to Stress | | |
| | 4.3 Managing Stress | | |

Reference Book:

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

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|----------------------------|----------------------|----------------------------|---------------------|------------------|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CC-206 | Semester | | III |
| HEALTH PSYCHOLOGY-I | | | | | |
| Course Type | | Core Compulsory | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) | |
| 4x15=60 | - | 30 | 70 | 100 | |

Main Objectives:

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology
Introduction to the health enhancing and health compromising life styles/behaviors.

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|--|--------|-------|
| 1 | Introduction to Health Psychology 1.1 What is Health? 1.2 What is Health Psychology? 1.3 Why is the Field of Health Psychology Needed? 1.4 The Bio-Psychosocial Model in Health Psychology. | 1 | 18 |
| 2 | The Systems of the Body 2.1 The Cardiovascular System 2.2 The Respiratory System 2.3 The Digestive System 2.4 The Renal System | 1 | 18 |

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

| | | | | |
|---|----------------------|----------------------------|---------------------|--------------------|
| Programme Code | | | Programme Name | B.A. Psychology |
| Course Code | | CC-207 | Semester | III |
| BIOLOGICAL PSYCHOLOGY (Optional) | | | | |
| Course Type | | Core Compulsory | Total Credit | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) |
| 4x15=60 | - | 30 | 70 | 100 |

Main Objectives:

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units :

| Unit | Topic | Credit | Marks |
|------|--|--------|-------|
| 1 | Nature of Physiological Psychology | 1 | 18 |
| | 1.1 Historical Roots of Physiological Psychology | | |
| | 1.2 Definition, Nature and Scope of Physiological Psychology | | |
| | 1.3 Importance of Studying Physiological Psychology | | |
| | 1.4 The Modern Era of Brain Imaging | | |
| 2 | Research Methods of Physiological Psychology | 1 | 18 |
| | 2.1 Neuroanatomical | | |
| | 2.2 Neurophysiological | | |

2.3 Neurochemical

2.4 Neuroelectrical

| | | | |
|----------|--|----------|-----------|
| 3 | The Neuron, Nervous System | 1 | 17 |
| | 3.1 The Anatomy of Neuron | | |
| | 3.2 What Neurons do? | | |
| | 3.3 Peripheral Nervous System | | |
| | 3.4 Central Nervous System | | |
| 4 | The Physiological Basis of Perception | 1 | 17 |
| | 4.1 Visual Perception | | |
| | 4.2 Auditory Perception | | |
| | 4.3 Chemical Perception | | |

Reference Books

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York

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| | | | | |
|---|----------------------|----------------------------|---------------------|--------------------|
| Programme Code | | | Programme Name | B.A. Psychology |
| Course Code | | CC-207 | Semester | III |
| SYSTEMS IN PSYCHOLOGY-I (Optional) | | | | |
| Course Type | | Core Compulsory | Total Credit | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) |
| 4x15=60 | - | 30 | 70 | 100 |

Main Objectives :

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | The Development of Schools in Psychology 1.1 What is school? 1.2 Why various schools in Psychology? 1.3 Fields of Psychology 1.4 Historical Overview 1.5 Pre-scientific Psychology 1.6 The Period of Scientific Psychology | 1 | 18 |
| 2 | Structuralism and Functionalism Structuralism | 1 | 18 |

- 2.1 Principals of Structuralism:
- 2.2 System of structuralism
 - 2.2.1 Wilhem Wundt
 - 2.2.2 Edward Bedford Tichner

Functionalism

- 2.3 Concepts of Functionalism
 - 2.3.1 John Dewey
 - 2.3.2 James Angell
 - 2.3.3 Harvey A. Carr

3 Associationism 1 17

- 3.1 Old Associationism
- 3.2 New Associationism
 - 3.2.1 Herman Ebbinghaus
 - 3.2.2 Loyid Morgan
 - 3.2.3 E.L. Throndike
 - 3.2.4 I.B. Pavlov
- 3.3 Contribution of Associationism in Psychology

4 Behaviorism 1 17

- 4.1 Background of Emergence of Behaviorists
- 4.2 Principals of Behaviorism
- 4.3 Contribution of various behaviorism
 - 4.3.1 John B. Watson
 - 4.3.2 Albert Weiss
 - 4.3.3 Edward Holt
 - 4.3.4 Walter Hunter
 - 4.3.5 Karl Lashley

Reference Books:

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University Granth Nirman Board.
2. Dr. B.A. Parikh "Manovignan Na Sampradayo Ane Siddhanto" 2nd Edition (1988) University Granth Nirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4th Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

| | | | | | |
|------------------------------|----------------------|----------------------------|---------------------|--|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CE-205 | Semester | | III |
| ADJUSTMENT PSYCHOLOGY | | | | | |
| Course Type | | Core Elective | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | | Total (Marks) |
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| | 1.1 Definition & Process of Adjustment | | |
| | 1.2 Social Change | | |
| | 1.3 Challenge of self Direction | | |
| | 1.4 Themes of Personal Growth | | |
| 2 | Perspective on Child Development | 1 | 18 |
| | 2.1 The Biological Perspective on Child Development | | |
| | 2.2 The Psychodynamic Perspective on Child Development | | |

2.3 The Social-Cognitive Perspective on Child Development

2.4 The Humanistic Perspective on Child Development

| | | | |
|---|--|---|----|
| 3 | Seeking Selfhood and Meeting People | 1 | 17 |
| | 3.1 What is the Self Concept? | | |
| | 3.2 Core Characteristics of the Self Concept | | |
| | 3.3 The Self-Concept and Personal Growth | | |
| | 3.4 Meeting People | | |
| | 3.4.1 First Impressions | | |
| | 3.4.2 Mistaken Impression | | |
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| | 4.1 Understanding Stress | | |
| | 4.1.1 Conceptualizing stress | | |
| | 4.1.2 Stress & you | | |
| | 4.2 Reaction to Stress | | |
| | 4.3 Managing Stress | | |

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HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
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| | | | | | |
|----------------------------|----------------------|----------------------------|---------------------|------------------|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CE-206 | Semester | | III |
| HEALTH PSYCHOLOGY-I | | | | | |
| Course Type | | Core Elective | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) | |
| 4x15=60 | - | 30 | 70 | 100 | |

Main Objectives:

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology
 Introduction to the health enhancing and health compromising life styles/behaviors.

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- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|--|--------|-------|
| 1 | Introduction to Health Psychology | 1 | 18 |
| | 1.1 What is Health? | | |
| | 1.2 What is Health Psychology? | | |
| | 1.3 Why is the Field of Health Psychology Needed? | | |
| | 1.4 The Bio-Psychosocial Model in Health Psychology. | | |
| 2 | The Systems of the Body | 1 | 18 |
| | 2.1 The Cardiovascular System | | |
| | 2.2 The Respiratory System | | |

| | | | |
|----------|---|----------|-----------|
| | 2.3 The Digestive System | | |
| | 2.4 The Renal System | | |
| 3 | Health Enhancing and Compromising Behaviors | 1 | 17 |
| | Health Enhancing Behaviors | | |
| | 3.1 What are the Health Behaviors? | | |
| | 3.2 Health Enhancing Behaviors | | |
| | 3.2.1 Exercise | | |
| | 3.2.2 Accident Prevention | | |
| | 3.2.3 Maintaining a Healthy Diet | | |
| | 3.2.4 Weight Control | | |
| | Health Compromising Behaviors | | |
| | 3.3 Characteristics of Health Compromising Behaviors | | |
| | 3.4 Alcoholism and Problem Drinking | | |
| 4 | The Patient in the Treatment Setting | 1 | 17 |
| | 4.1 Recognition and Interpretation of symptoms | | |
| | 4.2 Who Uses Health Services? | | |
| | 4.3 The Patient in the Hospital Setting | | |
| | 4.4 Intervention to Increase Control in Hospital Setting. | | |

Reference Books :

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research &practice),Second Edition, Sage Publication, New Delhi.

STRUCTURE OF THE SEMESTER SYSTEM

PROGRAMME: B.A. SEMESTER-IV

| COURSE CODE | COURSE TYPE | COURSE SUBJECT | CREDITS FOR DIRECT TEACHING | TOTAL CREDITS |
|--|-----------------------|-------------------------------------|------------------------------------|----------------------|
| CC 208 | CORE COMPULSORY | PSYCHOLOGY FOR LIVING | 4 | 4 |
| CC 209 | CORE COMPULSORY | HEALTH PSYCHOLOGY-II | 4 | 4 |
| CC 210 | CORE COMPULSORY | PHYSIOLOGICAL PSYCHOLOGY (OPTIONAL) | 4 | 4 |
| CC 210 | CORE COMPULSORY | SYSTEMS IN PSYCHOLOGY-II (OPTIONAL) | 4 | 4 |
| CE 207 | CORE ELECTIVE | PSYCHOLOGY FOR LIVING | 4 | 4 |
| CE 208 | CORE ELECTIVE | HEALTH PSYCHOLOGY-II | 4 | 4 |
| EG 204 | ELECTIVE GENERIC | ANY ONE FROM THE LIST | 2 | 2 |
| FC 204 | FOUNDATION COMPULSORY | ENGLISH | 2 | 2 |
| TOTAL COURSES 8 TOTAL LECTURES 24 TOTAL CREDITS 24 | | | | |

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

| | | | | |
|------------------------------|----------------------|----------------------------|---------------------|--------------------|
| Programme Code | | | Programme Name | B.A. Psychology |
| Course Code | | CC-208 | Semester | IV |
| PSYCHOLOGY FOR LIVING | | | | |
| Course Type | | Core Compulsory | Total Credit | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) |
| 4x15=60 | - | 30 | 70 | 100 |

Main Objectives:

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|--|--------|-------|
| 1 | The Body & Health | 1 | 18 |
| | 1.1 Body Image | | |
| | 1.2 Psychological Factors and Physical Illness | | |
| | 1.3 Coping with Illness | | |
| | 1.4 Promoting Wellness | | |
| 2 | Love & Commitment | 1 | 18 |
| | 2.1 Love & Commitment | | |
| | 2.2 Love & Intimacy | | |

- 2.3 Commitment
- 2.4 Adjusting to Intimate Relationship
- 2.5 Divorce and its consequences

| | | | |
|---|---------------------------------|---|----|
| 3 | Managing Your Inner life | 1 | 17 |
| | 3.1 Understanding Motivation | | |
| | 3.2 Understanding Emotion | | |
| 4 | Adulthood | 1 | 17 |
| | 4.1 Early Adulthood | | |
| | 4.2 Middle Adulthood | | |
| | 4.3 Late Adulthood | | |

Reference Book:

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
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| | | | | | |
|--------------------------|----------------------|----------------------------|---------------------|------------------|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CC-209 | Semester | | IV |
| HEALTH PSYCHOLOGY | | | | | |
| Course Type | | Core Compulsory | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) | |
| 4x15=60 | - | 30 | 70 | 100 | |

Main Objectives:

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology
Introduction to the health enhancing and health compromising life styles behaviors.

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units :

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | Patient-Provider Relations | 1 | 18 |
| | 1.1 What is a Health Care Provider? | | |
| | 1.2 Nature of Patient –Provider Communication | | |
| | 1.3 Improving Patient –Provider Communication | | |
| | 1.4 Placebo as Healer | | |
| 2 | Heart Disease, Hypertension, Stroke and Diabetes | 1 | 18 |
| | 2.1 Coronary Heart Disease | | |
| | 2.2 Stroke | | |
| | 2.3 Diabetes | | |

| | | | |
|---|---|---|----|
| 3 | Management of Chronic Illness | 1 | 17 |
| | 3.1 Quality of Life | | |
| | 3.2 Emotional Response to Chronic Illness | | |
| | 3.3 Coping with Chronic Illness | | |
| | 3.4 Personal Issues in Chronic Disease | | |
| | 3.5 Psychological Intervention and Chronic Disease | | |
| 4 | Health Psychology: Challenges for the Future | 1 | 17 |
| | 4.1 Health Promotion | | |
| | 4.2 Stress and Its Management | | |
| | 4.3 Trends for the Future | | |
| | 4.4 Becoming a Health Psychologist | | |

Reference Books:

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research & practice),Second Edition, Sage Publication, New Delhi.

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.
Enforce from June-2012

| | | | | |
|--|----------------------|----------------------------|---------------------|--------------------|
| Programme Code | | Programme Name | | B.A. Psychology |
| Course Code | | CC-210 | Semester | IV |
| PHYSIOLOGICAL PSYCHOLOGY (Optional) | | | | |
| Course Type | | Core Compulsory | Total Credit | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) |
| 4x15=60 | - | 30 | 70 | 100 |

Main Objectives:

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | The Physiological Basis of Sensory and Motor Mechanism | 1 | 18 |
| | 1.1 Sensory Mechanism | | |
| | 1.1.1 Sensory Centers and Pathways | | |
| | 1.1.2 Reticular Activating System | | |
| | 1.1.3 Topographical Arrangement | | |
| | 1.1.4 Sensory Experience | | |
| | 1.2 Motor Mechanism | | |
| | 1.2.1 Skilled Movement | | |
| | 1.2.2 Motor Area | | |
| | 1.2.3 Pre-motor Area | | |

| | | | |
|---|---|---|----|
| 2 | The Physiological Basis of Motivation & Emotionality | 1 | 18 |
| | 2.1 The Physiological Basis of Motivation | | |
| | 2.1.1 Meaning of Motivation | | |
| | 2.1.2 Mechanism for Eating | | |
| | 2.1.3 Mechanism for Drinking | | |
| | 2.1.4 Arousal and Sleep | | |
| | 2.2 The Physiological Basis of Emotionality | | |
| | 2.2.1 Cognitive Factors in Human Emotionality | | |
| | 2.2.2 The Peripherals Signs of Emotionality | | |
| 3 | Mechanisms for Learning, Reward | 1 | 17 |
| | 3.1 Physiological Changes During Learning | | |
| | 3.2 The Anatomical Requirement for Learning | | |
| | 3.3 The Role of Hippocampus in Learning | | |
| | 3.4 The Physiological Basis for Reward | | |
| 4 | Mechanism for Remembering | 1 | 17 |
| | 4.1 The Anatomy of Memory | | |
| | 4.2 Physiological Mechanism for Memory in the Brain | | |
| | 4.3 Triggers for Memory Retrieval | | |
| | 4.4 Amnesia, Dementia and Alzheimer's disease | | |

Reference Books:

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York

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|--|----------------------|----------------------------|---------------------|--|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CC-210 | Semester | | IV |
| SYSTEMS IN PSYCHOLOGY-II (Optional) | | | | | |
| Course Type | | Core Compulsory | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | | Total (Marks) |
| 4x15=60 | - | 30 | 70 | | 100 |

Main Objectives:

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units :

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | Neo-Behaviorism and Gestaltism | 1 | 18 |
| | 1.1 Contribution of Neo Modern Behaviorists | | |
| | 1.2 Edwin Guthrie | | |
| | 1.3 Edward Toleman | | |
| | 1.4 Gestaltism | | |
| | 1.5 Basic Contributions of Gestaltism | | |
| | 1.6 Max wertheimer, Kofka and Kohler | | |
| | 1.7 Kurt Lewin | | |
| | 1.8 Brun Sourvik | | |

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|---|---|---|----|
| 2 | Psychoanalysis | 1 | 18 |
| | 2.1 Background of emergence Psychoanalytic Theory | | |
| | 2.2 Main Theories of Psychoanalysis | | |
| | 2.3 Limitations of Freud's System | | |
| | 2.4 Contribution of Psychoanalytic school in Psychology | | |
| 3 | Purposivism | 1 | 17 |
| | 3.1 Background of Purposivism | | |
| | 3.2 Various Theories of Motivation | | |
| | 3.2.1 G.W. Allport | | |
| | 3.2.2 Murray | | |
| | 3.3 Theory of McDougall | | |
| | 3.4 Contribution of Purposivism in Psychology | | |
| 4 | Adler, Jung and Neo-Freudians | 1 | 17 |
| | 4.1 Systems of Adler | | |
| | 4.2 Systems of Jung. | | |
| | 4.3 Otto Rank | | |
| | 4.4 Karen Horney | | |
| | 4.5 Eric Fromm | | |
| | 4.6 Hurry Sullivan | | |

Reference Books:

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University Granth Nirman Board.
2. Dr. B.A. Parikh "Manovignan Na Sampradayo Ane Siddhanto" 2nd Edition (1988) University Granth Nirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4th Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.

6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology "
 (1978) Tata McGraw Hill New Delhi.

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|------------------------------|----------------------|----------------------------|---------------------|--------------------|
| Programme Code | | | Programme Name | B.A. Psychology |
| Course Code | | CE-208 | Semester | IV |
| PSYCHOLOGY FOR LIVING | | | | |
| Course Type | | Core Elective | Total Credit | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) |
| 4x15=60 | - | 30 | 70 | 100 |

Main Objectives:

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units:

| Unit | Topic | Credit | Marks |
|------|--|--------|-------|
| 1 | The Body & Health | 1 | 18 |
| | 1.1 Body Image | | |
| | 1.2 Psychological Factors and Physical Illness | | |
| | 1.3 Coping with Illness | | |
| | 1.4 Promoting Wellness | | |
| 2 | Love & Commitment | 1 | 18 |

| | | | |
|----------|--|----------|-----------|
| | 2.1 Love & Commitment | | |
| | 2.2 Love & Intimacy | | |
| | 2.3 Commitment | | |
| | 2.4 Adjusting to Intimate Relationship | | |
| | 2.5 Divorce and its consequences | | |
| 3 | Managing Your Inner life | 1 | 17 |
| | 3.1 Understanding Motivation | | |
| | 3.2 Understanding Emotion | | |
| 4 | Adulthood | 1 | 17 |
| | 4.1 Early Adulthood | | |
| | 4.2 Middle Adulthood | | |
| | 4.3 Late Adulthood | | |

Reference Book:

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India

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|--------------------------|----------------------|----------------------------|---------------------|------------------|--------------------|
| Programme Code | | | Programme Name | | B.A. Psychology |
| Course Code | | CE-209 | Semester | | IV |
| HEALTH PSYCHOLOGY | | | | | |
| Course Type | | Core Elective | Total Credit | | 04 |
| Teaching Time (hours) | | Examination marking Scheme | | | |
| Theory (hours) | Practical (Hours) | Internal (Marks) | External (Marks) | Total (Marks) | |
| 4x15=60 | - | 30 | 70 | 100 | |

Main Objectives:

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology
Introduction to the health enhancing and health compromising life styles/behaviors.

The scheme of question paper:

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,
30 Internal Examination
- 4) Duration of Examination: 03 Hours

The paper will consist of the following four units :

| Unit | Topic | Credit | Marks |
|------|---|--------|-------|
| 1 | Patient-Provider Relations | 1 | 18 |
| | 1.1 What is a Health Care Provider? | | |
| | 1.2 Nature of Patient –Provider Communication | | |
| | 1.3 Improving Patient –Provider Communication | | |
| | 1.4 Placebo as Healer | | |
| 2 | Heart Disease, Hypertension, Stroke and Diabetes | 1 | 18 |
| | 2.1 Coronary Heart Disease | | |
| | 2.2 Stroke | | |
| | 2.3 Diabetes | | |

| | | | |
|---|---|---|----|
| 3 | Management of Chronic Illness | 1 | 17 |
| | 3.1 Quality of Life | | |
| | 3.2 Emotional Response to Chronic Illness | | |
| | 3.3 Coping with Chronic Illness | | |
| | 3.4 Personal Issues in Chronic Disease | | |
| | 3.5 Psychological Intervention and Chronic Disease | | |
| 4 | Health Psychology: Challenges for the Future | 1 | 17 |
| | 4.1 Health Promotion | | |
| | 4.2 Stress and Its Management | | |
| | 4.3 Trends for the Future | | |
| | 4.4 Becoming a Health Psychologist | | |

Reference Books:

1. Taylor S.E. (2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D. & Others (2005): Health Psychology (theory, Research practice), Second Edition, Sage Publication, New Delhi.