

NOTIFICATION

Sub :- CBCS Syllabi of B. A./M. A. in Psychology (Sem I & II)


Ref. :- Decision of the Academic Council at its meeting held on 28/06/2019.

The Syllabi of B. A./M. A. in Psychology (First and Second Semesters) as per CBCS-UG/PG Regulations, 2016 and approved by the Academic Council as referred above are hereby notified for implementation with effect from the academic year 2019-20.

Copy of the Syllabi shall be downloaded from the College Website (www.kcesmjcollege.in)


Chairman
Board of Studies




Principal,

M. J. College, Jalgaon

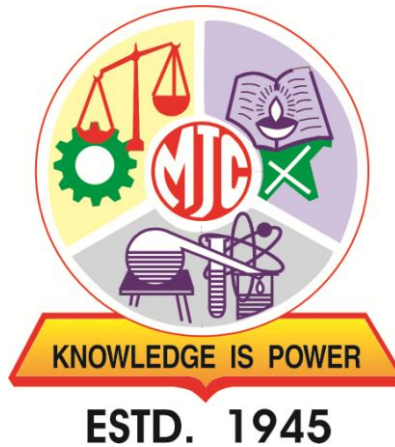
To :

- 1) The Head of the Dept., M. J. College, Jalgaon.
- 2) The Director, School of Social Sciences, M. J. College, Jalgaon.
- 3) The office of the COE, M. J. College, Jalgaon.
- 4) The office of the Registrar, M. J. College, Jalgaon.
- 5) Office File.

Khandesh College Education Society's

Moolji Jaitha College, Jalgaon

An "Autonomous College" Affiliated to
KBC North Maharashtra University, Jalgaon



SYLLABUS

Psychology

F.Y.B.A.

(Semester I & II)

Under Choice Based Credit System (CBCS)

[w. e. f. Academic Year: 2019-20]

CBCS Autonomous Structure for F.Y.B.A (Psychology)

SEM	CORE COURSE (12)	Ability Enhancement Compulsory Course (AECC) (2)	Skill Enhancement Course (SEC) (2)	Discipline Specific Elective DSE (4)	Generic Elective GE (2)
I	English	(English/Hindi/MIL Communication) / Environmental Studies			
	DSC- 1 A Introduction to Psychology				
	DSC- 2 A Personality				
II	English-1	(English/Hindi/MIL Communication) / Environmental Studies			
	DSC- 1 B Fundamental Psychology				
	DSC- 2 B Positive Psychology				
III	English		SEC -1 Psychological Disorders (Psychotic)		
	DSC- 1 C Developmental Psychology-I				
	DSC- 2 C Applied Psychology-I				
IV	English-2		SEC -2 Psychological Disorders (Neurotic)		
	DSC- 1 D Developmental Psychology-II				
	DSC- 2 D Applied Psychology-II				
V			SEC -3 Counseling Psychology	DSE-1 A Psychology	GE-1
				DSE-2 A Psychology	
VI			SEC -4 Counseling Therapies	DSE-1 B Psychology	GE-2
				DSE-2 B Psychology	

Details of course:

Sr. No.	Course Type	Theory/Practical	No of Papers	No of Credits	Total Hours per week
01	Core Course (DSC)	Theory	12	12*06=72	72
02	Discipline Specific Elective (DSE)	Theory	04	04*06=24	24
03	Ability Enhancement Compulsory Courses (AECC)/ Environmental Studies	Theory	02	02	04
04	Skill Enhancement Courses (SEC)	Theory	04	02*04=08	08
05	Generic Elective (GE)	Theory	02	02*06=12	12
				Total	120

CBCS Autonomous Structure for F.Y.B.A. (Psychology)

Semester	Core Course	PaperNo	Nameof Course	No.of Credits	No.of Hours per Week
I	DSE-1A	PSY . 111	Introduction to Psychology	3	3
		PSY.112	Personality	3	3
II	DSE-1B	PSY.121	Fundamental Psychology	3	3
		PSY.122	Positive Psychology	3	3
TotalCredits				16	

CBCS Autonomous Structure for S.Y.B.A. (Psychology)

Semester	Core Course	PaperNo	Nameof Course	No.of Credits	No.of Hours per Week
III	DSE-1C	PSY. 231	Developmental Psychology-I	3	3
		PSY. 232	Applied Psychology-I	3	3
	SEC -1	PSY. 230	Psychological Disorders (Psychotic)	2	2
IV	DSE-1D	PSY. 241	Developmental Psychology-II	3	3
		PSY. 242	Applied Psychology-II	3	3
	SEC -2	PSY. 240	Psychological Disorders (Neurotic)	2	2
			TotalCredits	16	

CBCS Autonomous Structure for T.Y.B.A. (Psychology)

Semester	Core Course	PaperNo	Nameof Course	No.of Credits	No.of Hours per Week
V	DSE-1C	PSY. 351	Psychological Testing	3	3
		PSY. 352	Research Methodology-I	3	3
		PSY. 353	Psychological Experiments	3	3
		PSY. 354	Experimental Psychology Theory- I	3	3
	SEC -1	PSY. 350	Counseling Psychology	2	2
	GE	PSY. 001	Rehabilitation Psychology -I	3	3
		PSY. 002	Industrial Psychology -I	3	3
VI	DSE-1D	PSY. 361	Statistic in Psychology	3	3
		PSY. 362	Research Methodology - II	3	3
		PSY. 363	Project	3	3
		PSY. 364	Experimental Psychology Theory- II	3	3
	SEC -2	PSY. 360	Counseling Therapies	2	2
	GE	PSY. 003	Rehabilitation Psychology -II	3	3
		PSY. 004	Industrial Psychology -II	3	3
			Total Credits	40	

B. A Semester- I
PSY .111 Introduction to Psychology
(With effect from June 2019)

Objectives:

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To create interest in the subject of Psychology.
3. To make the students aware of the applications of Psychological concepts in various fields.

Outcomes:

1. Make the students aware of the applications of Psychological concepts.
2. Help students think critically about the new information that they have learned and relate it to their own life.

Unit	Topic	Sub-Topic	Lectures
I	Introduction to Psychology	1.1 Definition and Nature of Psychology 1.2 Historical background of Psychology- (Schools-- Structuralism, Functionalism, Behaviorism, Gestalt, Cognitive) 1.3 Branches of Psychology- (Clinical, Educational & School, Industrial, Counseling, Social, Developmental, Health, Criminal Observation, Survey and Experimental) 1.4 Methods of Psychology 1.5 Applying Psychology: Career in Psychology	12
II	Biological Bases of Behavior	3.1 Neurons – Structure and function of Neurons and Synapses. 3.2 Neurotransmitters – Acetylcholine, Dopamine, Serotonin, Epinephrine, Nor Epinephrine, GABA 3.3 CNS: Structure and Function of Brain and spinal Cord. 3.4 Glandular System – Pituitary, Pineal, Thyroid, Parathyroid, Adrenal, Gonads. 3.5 Applying Psychology	10
III	Human Ability	3.1 Intelligence – Definition and Basic Concepts of Measurement (CA, MA, IQ), Types of Intelligence test. (Verbal and Non Verbal, Individual and Group), 3.2 Theories of Intelligence – Cattell and Sternberg. 3.3 Mental Retardation- Types, Reasons. 3.4 Creativity – Definition and Stages of Creativity. 3.5 Application	12

IV	Aggression	<p>4.1 Nature and theoretical perspective on aggression : instinct , biological, drive, Social and cognitive theory</p> <p>4.2 approaches of aggression : find out root causes</p> <p>4.3 Reasons of aggression : social, cultural, personal and environmental</p> <p>4.4 Long term effects on relationship of aggression</p> <p>4.5 prevention of aggression</p>	11
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Books Recommended

Baron, R. and Mishra, G. (2013): Psychology, New Delhi: Pearson.

Chadha, N.K. and Seth, S. (2014): The Psychological Realm: An Introduction, New Delhi: Pinnale Learning.

Ciccarelli, S.K. and Meyer, G.E. (2010): Psychology, New Delhi: Pearson Education.

Passer, M.W. and Smith, R.E. (2010): Psychology: The science of mind and behavior New Delhi: Tata McGraw-Hill.

Suleman, Md. (2012): Adhunic Samanya Manougyan. Patna: Motilal Banarasi Das.

Singh, A.K. (2012): Adhunic Samanya Manovigyan. Patna: Motilal Banarasi Das.

Books in Marathi Language:

1. Bachhav, Badgujar and Shinde (2001). *General Psychology*.

Swayambhu Prakashan, Nashik.

2. Mundada, N. and Khalane, S. (2013). *Manasshastrachi Multatve*. Atharv

Publication, Jalgaon.

3. Mundada, N. and Surye, S. (2015). *Upayojit Manasshastr*. Atharv Publication, Jalgaon.

4. Oak, Abhyankar and Govilkar (2008). *Psychology*. Pearson Publication, Delhi.

5. Padhye, V. (2004). *Psychology*. Renuka Prakashan, Aurangabad.

6. Pandit, Gore, and Kulkarni (1999). *General Psychology*. Pimplapure

Publication, Nagpur.

7. Rane, Chaudhari and Pawar (2005). *General Psychology*. Prashant

Publication, Jalgaon

B. A Semester- I
PSY -112 - Personality
(With effect from June 2019)

Obejctives:

1. To enhance the personality of the students, contribute to their well-being and prepare them for the work environment and other important aspects of life.
2. To make the students aware about the concept of Personality and Personality Development.
3. To help the students in analyzing his own personality.

Outcomes:

1. The applications of the various concepts in Social Psychology of the Indian context.
2. Make the students aware of self concepts and develop the positive self concepts.

Unit	Topic	Sub-Topic	Lectures
I	Meaning of Personality	1.1 Nature, Meaning and Misconception in Personality The Developing Personality- Three main influences cited: Heredity, Environment, Situations. 1.2 Type and Trait Approaches of Personality (Type Approaches- Hippocrates, Kretchmer, 1.3 Sheldon, Jung. Trait Approaches- Allport, Cattle, McCrae and Costa big -5 Model) 1.4 Theories of Personality – Freud’s Psychoanalytic theory, Carl Roger’s Self theory 1.5 Personality Assessment- Self Report, Behavioral and Projective technique. (16 PF, NEO- PI)	12
II	Well-being and Happiness	2.1 Definition Nature Goal’s, Assumption of Positive Psychology 2.2 Happiness: Definition , types and Effects on life 2.3 Subjective well-being : measuring subjective well-being , measuring life satisfaction 2.4 optimism, Dispositional , optimism as explanatory style 2.5 emotional application : emotional management	10
III	Effective Communication	3.1 Communication- Meaning, Types, Communication Skills (Listening, Talking, Reading, Writing) 3.2 obstacles in communication process 3.3 Role of Body Language in Effective Communication	10

		3.4 Group Discussion, Public Speaking, Facing Job Interview 3.5 Team Building, Leadership Development Confidence Development.	
IV	Self- Concept and Interpersonal Relation	4.1 Meaning of Self and Self-Concept, Dimensions of Self (Real, Ideal, Social, Physical, Mental, 4.2 theories of self –jeorge mead and kule’s theory of self Kurt Levin’s Theory of self 4.3Consciousness, Self Perceive Self, Another Perceived Self) 4.4 Developing our Self and Self – Esteem, Self Control. 4.5 Interpersonal Relations- Johary Window, Translational Analysis- Analysis of Ego States	13

References

- 1 Baumgardner, S. R. & Crothers M.K. (2009). *Positive Psychology*. Pearson Education, Delhi.
2. Cavett, R. (1998). *The Cavett Robert Personal Development Course*. Taraporevala Sons & Co. Private Limited, Bombay.
3. Choube J. (2008). *Development of Human Skills*. Vision Publication, Pune.
4. Donelson, F. R. (1990). *Group Dynamics* (2nd Ed.) Brooks /Cole Publishing Company, California.
5. Hurlock, E. B. (1999). *Personality Development*. Tata McGraw-Hill Publishing company Limited, New Delhi.
6. Mancini, M. (2006). *Time Management*. Tata McGraw Hill, New Delhi.
7. MTD Training –Gerr Larsson- Stress management.
8. Perry, S. (1995). *How to enrich your life*. Paul Press, Bombay.
9. Robert, M., Sherfield, Rhonda, J. (2011). *Montgomery Developing Soft Skills* (4th Ed.). Pearson Publication, Delhi.
10. Verma, S. (2005). *Body Language: Your Success Mantra*. Chand & Company Ltd, Delhi.

B. A Semester- II
PSY -121 -Fundamental Psychology
(With effect from June 2019)

Objectives:

1. To make the students aware of the applications of Psychological concepts in various fields.
2. To understand the learning methods and memory types.

Outcomes:

1. Develop Cognitive and Emotive Skills in the students.
2. Relate the fundamental principles of Psychology in everyday life.

Unit	Topic	Sub-Topic	Lectures
I	Methods of Learning	1.1 Nature and Definition of Learning 1.2 Learning Method- Trial and Error, Insight 1.3 Learning Method – Conditioning- Classical and Operant. 1.4 Learning Method- Latent and Observational 1.5 Applying Psychology	11
II	Memory and Forgetting	2.1 Nature, Definition and Process of Learning (Encoding, Storing and Retrieving) 2.2 Types of Memory – (SM, STM, LTM) 2.3 Retention and its Methods 2.4 Forgetting – Decay, Interference, Prospective Memory, Absence of Retrieval Cues. 2.5 Applying Psychology – Improve your memory	12
III	Motivation and Emotion	3.1 Motivation – Meaning, Motivation Cycle and Approaches (Instinct, Drive Reduction, Arousal and Maslow’s Hierarchical theory) 3.2 Types of Motivation – Biogenic (Like Seven Motives), Social (Achievement, Power, Affiliation and Aggression) 3.3 Frustration and Conflict – Types of Conflicts 3.4 Emotion- Meaning, Physiological Changes and External Expression of Emotion, Emotional Intelligence. 3.5 Applying Psychology	10
IV	Cognitive Process	4.1 Attention- Definition Types and Determinants. 4.2 Perception – Definition, Perceptual Organization,	12

		4.3 Illusions and Hallucinations, Subliminal Perception.	
		4.4 Thinking – Definition, Types and Basic Elements of Thought.	
		4.5 Applying Psychology	

Books Recommended

Baron, R. and Mishra, G. (2013): Psychology, New Delhi: Pearson.

Chadha, N.K. and Seth, S. (2014): The Psychological Realm: An Introduction, New Delhi: Pinnale Learning.

Ciccarelli, S.K. and Meyer, G.E. (2010): Psychology, New Delhi: Pearson Education.

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Jalgaon.

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7. Rane, Chaudhari and Pawar (2005). *General Psychology*. Prashant

Publication, Jalgaon

B. A Semester- II
PSY -122 –Positive Psychology
(With effect from June 2019)

Objectives:

1. To enhance the positive Emotions and well being
2. To Understand the time management and Goal Setting

Outcomes:

1. To Develop the positive mental health.
2. To Develop the Strategies of Stress Management

Unit	Topic	Sub-Topic	Lectures
I	Positive Emotions and Well Being	1.1 Meaning of Emotion, Types of Emotions, What is Positive Emotion. 1.2 Positive Emotion and Health Resources 1.3 Positive Emotion and Well Being 1.4 cultivating positive emotion 1.5 Emotional Intelligence - Major components of Emotional Intelligence, Difference Between EQ and IQ	12
II	Time Management and Goal Setting	2.1 Time Management – Concept, Importance and Need, Personal Time Management, Advantages of Time Management. 2.2 Time Management Techniques and Skills 2.3 meaning of personal goals – Definition Goals and related motivation concepts , goal origination 2.4 Goal Setting and Prioritization 2.5 Characteristic of Attainable Goals, Types of Goal	12
III	Frustration and Conflict Management-	3.1 Frustration -Meaning, Sources of Frustration, Reaction to Frustration Conflict - Meaning, Types 3.2 Direct and Indirect Ways to Solve a Problem 3.3 Mental Health- Definition and Principles of Mental Health 3.4 Difference between Mental health and Mental Illness 3.5 Activity- Fight and Flight phenomenon.	11
IV	Healthy Practice for mind and Body	4.1 Eating Habits 4.2 Importance of Yoga and Mediation in our life, Types of Pranayam, Mediation Techniques.	10

		4.3 Stress and Stressors	
		4.4 Stress Management – Meaning, Types and Effects of Stress, Strategies of Stress Management.	
		4.5 Self Hypnotism	

Reading List:

- 1 Baumgardner, S. R. & Crothers M.K. (2009). *Positive Psychology*. Pearson Education, Delhi.
2. Cavett, R. (1998). *The Cavett Robert Personal Development Course*. Taraporevala Sons & Co. Private Limited, Bombay.
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