



Date :- 01/08/2023

NOTIFICATION

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

Ref. :- Decision of the Academic Council at its meeting held on 26/07/2023.

The Syllabi of B. A. in Psychology (First and Second Semesters) as per **NATIONAL EDUCATION POLICY - 2020** and approved by the Academic Council as referred above are hereby notified for implementation with effect from the academic year 2023-24.

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

Sd/-
Chairman,
Board of Studies

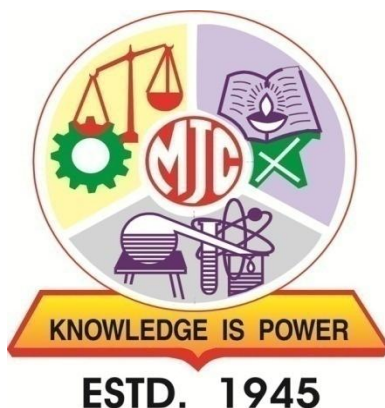
To :

- 1) The Head of the Dept., M. J. College, Jalgaon.
- 2) The office of the COE, M. J. College, Jalgaon.
- 3) The office of the Registrar, M. J. College, Jalgaon.

Knowledge is Power

Khandesh College Education Society's
Moolji Jaitha College, Jalgaon
An "Autonomous College"

Affiliated to
Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon-425001



**STRUCTURE AND
SYLLABUS**

**B.A. Honours/ Honours with Research
(F.Y.B.A Psychology)**

As per NEP-2020 Guidelines

[w.e.f.AcademicYear:2023-24]

Preface

Human resource is a prerequisite in higher education, and it is to be acquired through knowledge of theoretical concepts and hands-on observation, case study, experiment methods of the subject. The Moolji Jaitha College (Autonomous) has adopted a department-specific model as per the guidelines of UGC, NEP-2020 and the Government of Maharashtra. Three year course in B.A. Psychology has been designed to have a progressive and innovative curriculum in order to equip our students to face the future challenges in the field of higher education. Student's development is introduced to the Branch of Psychology in such as clinical psychology, development psychology, counselling psychology, experimental psychology, health psychology, social psychology etc. Further students also learn behaviour and mental process in human life.

The syllabus cultivates theoretical and applied fields of Psychology. The contents of the syllabus have been prepared to accommodate the fundamental aspects of various disciplines of Psychology and to build the foundation for various applied sectors of Psychology. Besides this, students will be mental process, soft skill, observation skill, which will enhance students' counselling in the different area in the interest.

Programmers Outcomes (PO) for B.A. Psychology honours/ Honours with Research

Upon successful completion of this Programme, student will be able to:

PO No.	PO
1	Critical Thinking: Apply theoretical knowledge to make a critical analysis, intervene using innovative frameworks, and evaluate and follow up.
2	Effective Communication: Engage in interpersonal and intra personal communications, behavioral change communication, and proficiency in information Communication Technology.
3	Scientific Temper: To build essential life skills of life including questioning, observing, testing, hypothesizing, analysing and communicating.
4	Ethics: Recognize different value systems, including your own, understand the moral dimensions of your decisions, and accept responsibility for them.
5	Environment and Sustainability: Participate and promote sustainable development goals
6	Self-directed and Lifelong Learning: Engage in continuous learning for professional growth and development.

Programme Specific Outcome (PSO)for B.A. Psychology Honours/ Honours with Research:

After completion of this course, students are expected to:

PO No.	PSO
1	Work as counselor as well as a social worker.
2	Find opportunities in the field of mental hygiene and field of public health is open for them.
3	Students can work as assistants of psychiatrists and in health clinic.
4	Work : Personal Manager in industries, career counselor & can also work with NGO's in different fields.
5	Work as a rehabilitation teacher for mentally retarded, physically handicapped and for special children.
6	Understand Psychological methodology, tools, techniques and analysis procedure.

Credit distribution structure for Three/ Four year Honors/ Honors with Research Degree Programme with Multiple Entry and Exit

Sem- Semester, **DSC-** Department Specific Course, **DSE-** Department Specific Elective, **T-** Theory, **P-** Practical, **CC-**Cocurricular **RM-** Research Methodology, **OJT-** On Job Training, **FP-** Field Project, **Int-** Internship, **RP-** Research Project

Multiple Entry and Multiple Exit options:

The multiple entry and exit options with the award of UG certificate/ UG diploma/ or three-year degree depending upon the number of credits secured;

Levels	Qualification Title	Credit Requirements		Semester	Year
		Minimum	Maximum		
4.5	UG Certificate	40	44	2	1
5.0	UG Diploma	80	88	4	2
5.5	Three Year Bachelor's Degree	120	132	6	3
6.0	Bachelor's Degree- Honours Or Bachelor's Degree- Honours with Research	160	176	8	4

F. Y. B. A. Psychology Course Structure

Semester	Course Module	Credit	Hours/ week	TH/ PR	Code	Title
I	DSC	4	4	TH	DSC-111	Introduction to Behaviour science
	DSC	2	4	TH	PSY-DSC-112	Practical (Psychological testing)
	MINOR	4	4	TH	PSY-DSC--111	Introduction to Behaviour science
	OE/GE	2	2	TH	PSY-GE-111	
	SEC	2	2	TH	PSY-SEC-111	Personality psychology

	SEC	1	2	PR	PSY-SEC-112	Psychological practical
	ENG	2	2	TH	ENG-AEC-111	English
	EV/CI/E	2	2	TH	ES -VEC-111	Environmental studies
	IKS	1	1	TH	IKS-111	Indian knowledge system
	CC	2	2	CC	NCC-CC-111 NSS-CC-111 SPT-CC-111 CUL-CC-111	NCC NSS Sports Cultural
II	DSC	4	4	TH	PSY -DSC-121	Fundamentals of psychology
	DSC	2	4	TH	PSY-DSC-122	Practical (Psychological Testing)
	MINOR	4	4	TH	PSY-MIN-121	Fundamentals of psychology
	OE/GE	2	2	TH	PSY-GE-123	
	SEC	2	2	TH	PSY-SEC-121	Positive psychology
	SEC	1	2	PR	PSY-SEC-122	Psychological practical
	ENG	2	2	TH	ENG-AEC-121	English
	EV/CI	2	2	TH	CI-VEC-121	Constitution of India
	IKS	1	1	TH	IKS-121	Indian knowledge system
	CC	2	2	CC	NCC-CC-121 NSS-CC-121 SPT-CC-121 CUL-CC-121	NCC NSS Sports Cultural

DSC	:	Department-Specific Core course
DSE	:	Department-Specific elective
GE/OE	:	Generic/ Open elective
SEC	:	Skill Enhancement Course
MIN	:	Minor course
AEC	:	Ability Enhancement Course
VEC	:	Value Education Courses
ENG	:	English
ES	:	Environmental studies
CI	:	Constitution of India
IKS	:	Indian Knowledge System
CC	:	Co-curricular course
TH	:	Theory
PR	:	Practical

Exam Pattern

- Each theory and practical course will be of 50 marks comprising of 10 marks internal and 40 marks external examination.

External Theory Examination (40 marks)

- External examination will be of two hours duration for each theory course. There shall be 4 questions each carrying equal marks (10 marks each) while the tentative pattern of question papers shall be as follows;

- Q1 (A), Q2 (A) and Q3 (A), each will be of 6 marks (attempt any 2 out of 3 sub-questions).
- Q1 (B), Q2 (B) and Q3 (B), each will be of 4 marks (attempt any 1 out of 2 sub-questions).
- Q4 will be of 10 marks (attempt any 2 out of 3 sub-questions).

External Practical Examination (40 marks):

- Practical examination shall be conducted by the respective department at the end of the semester. Practical examination will be of minimum 3 hours duration and shall be conducted as per schedule. There shall be 05 marks for journal, 10 marks for *viva-voce*. Certified journal is compulsory to appear for practical examination.

Internal Theory/ Practical Examination (10 marks):

- Internal theory assessment of the student by respective teacher will be comprehensive and continuous, based on written test/ assignment. The written test may comprise of both objective and subjective type questions.
- Internal practical examination should be conducted by respective department as per schedule given. For internal practical examination student should perform at least one major and one minor experiment and should have completed journal.

F.Y. B.A. Semester –I
DSC PSY 111 Introduction to Behaviour science

Total Hours: 60

Credits: 4

Total Periods – 60

Total Mark – 60+40

Course Objectives	• To impart knowledge of the basic concepts and modern trends in Psychology . • To understand the Neurons ,Neurotransmitters and function of Brain and Spinal cord. • To make the students aware of the applications of Psychological concepts in various fields. • To familiar the students the theories concerning human behavior in a social context.	
Course Outcomes	• Know the applications of Psychological concepts. • Learn the Biological bases of behaviour of Neurons and function of brain. • Know the theories concering human behaviour in social context. • Know the aggression management and prevention.	
Unit	contents	Hours
Unit 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 : Carcer in Psychology	15
Unit II	Biological bases Behaviour 2.1 Neurons - Structure and function of Neurons and Synapses . 2.2 Neurotransmitters - Acetylcholine , Dopamine , Serotonin , Epinephrine , Nor Epinephrine , GABA 2.3 CNS : Structure and Function of Brain and spinal Cord . 2.4 Glandular System - Pituitary , Pincal , Thyroid , Parathyroid , Adrenal , Gonads . 2.5 Applying Psychology	15
Unit 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 - Cattel and Sternberg . 3.3 Mental Retardation- Types , Reasons . 3.4 Creativity - Definition and Stages of Creativity . 3.5 Application	15

Unit IV	Aggression 4.1 Nature and theoretical perspective on aggression : instinct , biological , drive , Social and cognitive theory . 4.2 approaches of aggression : find out root causes . 4.3 Reasons of aggression social , cultural , personal and environmental 4.4 Long term effects on relationship of aggression 4.5 prevention of aggression	15
Study Resources	• 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 : • Bachhav , Badgujar and Shinde (2001) . General Psychology . Swayambhu Prakashan , Nashik . • Mundada , N. and Khalane , S. (2013) . Manasshastrachi Multatve . Athary Publication , Jalgaon . • Mundada , N. and Surye , S. (2015) . Upayojit Manasshastr . Atharv Publication , Jalgaon . • Oak , Abhyankar and Govilkar (2008) . Psychology . Pearson Publication , Delhi . • Padhye , V. (2004) . Psychology . Renuka Prakashan , Aurangabad . • Pandit , Gore , and Kulkarni (1999) . General Psychology . Pimplapure Publication , Nagpur . • Rane , Chaudhari and Pawar (2005) . General Psychology . Prashant Publication , Jalgaon	

F.Y. B.A. Semester –I
DSC PSY-112 Practical
(Psychological Testing)

Total Hours: 60

Credits: 2

Total Periods – 60

Total Mark – 30+20

Course Objectives	• This course aims at enabling students to - • To understand the psychological test • Applying the psychological test • To learn advanced techniques and tools • To Understand the Neurotic Behavior																
Course Outcomes	• To develop the applied approach to counseling • To learn the practical knowledge. • To understand of the problematic behaviour. • To understand Developmental abilities of students.																
Unit	contents	Hours															
Practical I	Any Four Tests of The Following : 1) Mental Health Check List 2) Comprehensive Anxiety Test 3) Emotional Maturity Scale	30															
Practical II	4) Intelligence test (SPM) 5) Stress Management Scale 6) Aggression Scale	30															
	Internal Examination : Marks Distribution <table border="1"><tr><td>Any one psychological test</td><td>Attendance and performance</td><td>Total</td></tr><tr><td>5</td><td>5</td><td>10</td></tr></table> Evaluation of marks in external examination. Practical Examination duration will be of 2 hours <table border="1"><tr><td>Conduct and Report writing</td><td>Journal</td><td>Viva-voce</td><td>Total</td></tr><tr><td>15</td><td>15</td><td>10</td><td>40</td></tr></table>			Any one psychological test	Attendance and performance	Total	5	5	10	Conduct and Report writing	Journal	Viva-voce	Total	15	15	10	40
Any one psychological test	Attendance and performance	Total															
5	5	10															
Conduct and Report writing	Journal	Viva-voce	Total														
15	15	10	40														
References	• Deshpande, S.V. (2002). Prayogik Manassshastra. Continental Publication, Pune • Garret, H.E. & Wood, W. (1981). Statistics in Psychology and Education. Vakils Fetter and Simonce Ltd. Bombay. • Upasani, N.K. & Kulkarni (1990). Nave Shakshanik Mulyamapanaani Sankhyashastra. Shri Vidya Prakashan, Pune. • Desai, B. & Abhyabkar, S.C. (2008). Prayogik Manasshstraani Sanshodhan Paddhati. Narendra Prakashan, Pune. • Anastasi, A. & Urbina, S. (2009). Psychological testing. N.D. Pearson Education • Kaplan, R. M. & Saccuzzo, D. P. (2005). Psychological testing , Principals, Applications and Issues.(6th Ed.), Cengage Learning India Pvt. Ltd.																

F.Y. B.A. Semester –I
SEC-1 PSY 111 Personality Psychology

Total Hours: 30
Total Periods – 30

Credits: 2
Total Mark – 30+20

Course Objectives	• 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 • To make the students aware about the concept of Personality and Personality . Development. • To help the students in analyzing his own personality • Personality development helps an individual to inculcate positive qualities like punctuality, willingness to learn, friendly nature, eagerness to help others and so on.	
Course Outcomes	• The applications of the various concepts in Social Psychology of the Indian context. • Make the students aware of self concepts and develop the positive self concepts. • Develop a base for fundamental psychology with the help of relevant examples from everyday life. • Knowledge of the fundamental physiological functional mechanism behind the Nervous system in the human body.	
Unit	Contents	Hours
Unit I	Meaning of Personality 1.1 Nature, Meaning and Misconception in Personality The Developing Personality- Three main influences cited : Heredity , Environment , Situations . 1.2 Sheldon, Jung. Trait Approaches- Allport , Cattle , McCrae and Costa big -5 Model) 1.3 Type and Trait Approaches of Personality (Type Approaches- Hippocrates , Kretchmer . 1.4 Theories of Personality - Freud's Psychoanalytic theory . Carl Roger's Self theory	8
Unit II	Well being and Happines 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	7
Unit III	Effective communication 3.1 Communication- Meaning, Types, Communication Skills (Listening, Talking, Reading, Writing) 3.2 obstacles in communication process 3.3Role of Body Language in Effective Communication 3.4 Group Discussion, Public Speaking, Facing Job Interview	7

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

F.Y. B.A. Semester –I
SEC PSY 112 Psychological Practical (Experiment)

Total Hours: 30
Total Periods – 30

Credits: 1
Total Mark – 15+10

Course Objectives	• To understand objectives of investment. • To aware different instrument understand way of financial planning of financial investment. • To understand importance related to investment planning.	
Course Outcomes	• Acquaint the students with Skills of scientific techniques of conducting experiments in psychology • To equip the students with the basic information and knowledge about conducting experiments and interpretation of the obtained results. • To equip practical experience to the students in administrating , scoring and interpreting of the scores	
Unit	Contents	Hours
Unit I	I) Maze learning ii) Recall and recognition	15
Unit II	i) Effect of knowledge of result ii) conditioning hand withdrawal	15
Study Resources	• Deshpande , S.V. (2002) . PrayogikManassshastra . Continental Publication , Pune Garret , H.E. & Wood , W. (1981) Statistics in Psychology and Education , Vakils Fetter and SimonceLtd. Bombay . • Upusani , N.K. & Kulkarni (1990) . Nave Shakshanik Mulyamapanaani Sankhyashastra . ShriVidya Prakashan , Pune . • Desai , B. & Abhyabkar , S.C. (2008) . Prayogik Manasshstraani Sanshodhan Paddhati . NarendraPrakashan , Pune . • Anastasi , A. & Urbina , S. (2009) . Psychological testing . N.D. Pearson Education • Kaplan , R. M. & Saccuzzo , D. P. (2005) . Psychological testing , Principals , Applications and Issues (6th Ed .) , Cengage Learning India Pvt . Ltd.	

F.Y. B.A. Semester –II
DSC PSY- 121 Fundamentals of psychology

Total Hours: 60
Total Periods – 60

Credits: 4
Total Mark – 60+40

Course Objectives	• To make the students aware of the applications of Psychological concepts in various fields. • To understand the learning methods and memory types. • To understand the fundamental processes underlying human behavior and the process • To understand further the fundamental processes underlying human behavior such as learning, motivation, emotion, individual differences, intelligence personality and states of consciousness.	
Course Outcomes	• Develop Cognitive and Emotive Skills in the students . • Relate the fundamental principles of Psychology in everyday life . • Knowledge of the fundamental physiological functional mechanism behind the Nervous system in the human body. • To apply the principles of psychology in day-to-day life for a better understanding of themselves and others.	
Unit	Contents	Hours
Unit 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	15
Unit 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	15
Unit 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 , 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 .	15

Unit IV	Cognitive process 4.1 Attention - Definition Types and Determinants . 4.2 Perception - Definition , Perceptual Organization 4.3 Illusions and Hallucinations , Subliminal Perception . 4.4 Thinking Definition . Types and Basic Elements of Thought . 4.5 Applying Psychology	15
References	• aron, 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. Books in Marathi Language: • Bachhav, Badgujar and Shinde (2001). General Psychology. Swayambhu Prakashan, Nashik. • Mundada, N. and Khalane, S. (2013). Manasshastrachi Multatve. Atharv Publication, Jalgaon. • Mundada, N. and Surye, S. (2015). Upayojit Manasshastr. Atharv Publication, Jalgaon. • Oak, Abhyankar and Govilkar (2008). Psychology. Pearson Publication, Delhi. • Padhye, V. (2004). Psychology. Renuka Prakashan, Aurangabad. • Pandit, Gore, and Kulkarni (1999). General Psychology. Pimplapure Publication, Nagpur. • Rane, Chaudhari and Pawar (2005). General Psychology. Prashant publication.	

F.Y. B.A. Semester –II
DSC PSY 122 Practical (psychological Testing)

Total Hours: 60
Total Periods – 60

Credits: 2
Total Mark – 30+20

Course Objectives	- To understand the psychological test - Applying the psychological test - To learn advanced techniques and tools - To Understand the Neurotic Behavior				
Course Outcomes	- To develop the applied approach to counseling - To learn the practical knowledge. - To develop areas in need of additional support - To understand Developmental abilities of students.				
Unit	Contents			Hours	
I	Any Four Tests of The Following : 1 introversion Extroversion inventory. 2. Deprivation Scale 3. PGI Health Questionnaire			30	
II	4.ProblemSolvingAbilityTest 5. Social Distance Scale 6 Learning Disabilities Scale			30	
III	Internal Examination Marks Distribution				
	Any one psychological test		Attendance and Performance		Total
	5		5		10
	* Evaluation of marks in external examination * Practical Examination duration will be 2 hours				
	Conducting and report writing		Journal		Viva - voce
15		15	10	40	
Study Resources	- Deshpande, S.V. (2002). PrayogikManassshastra. - Continental Publication, Pune - Garret, H.E. & Wood, W. (1981).Statistics in Psychology and Education.Vakils Fetter and Simonce Ltd. Bombay. - Upasani, N.K. &Kulkarni (1990). Nave Shakshanik Mulyamapanaani Sankhyashastra. ShriVidyaPrakashan, Pune. - Desai, B. & Abhyabkar, S.C. (2008). Prayogik Manasshstraani Sanshodhan Paddhati. Narendra Prakashan, Pune. - Anastasi, A. &Urbina, S. (2009).Psychological testing. N.D. Pearson Education - Kaplan, R. M. &Saccuzzo, D. P. (2005).Psychological testing , Principals, Applications and Issues.(6th Ed.), Cengage Learning India Pvt. Ltd.				

F.Y. B.A. Semester –II
121 Positive Psychology

Total Hours: 30
Total Periods – 30

Credits: 2
Total Mark – 30+20

Course Objectives	*To impart knowledge and understanding of the basic concepts, Principles, Perspectives and modern trends in Positive Psychology. *To foster interest in Positive Psychology as a field of study and research. *To makes the students aware of the implication and application of the various concepts of Positive Psychology in daily life. *To relate the fundamental principles of Positive Psychology in everyday life	
Course Outcomes	* To develop the positive mental health *To develop the strategies stress management. * To understand the increase in self-esteem, improved relationships, and a greater outlook on life.	
Unit	Contents	Hours
Unit I	Positive Emotion 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	6
Unit 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	8
Unit III	Frustration and Conflict Management 3.1 Frustration - Meaning , Sources of Frustration , Reaction 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.	8
Unit IV	Healthy practice for mind and body 4.1 Eating Disorder 4.2 importance of yoga and meditation in your life Types of Pranayam Meditation techniques 4.3 stress and stressors 4.4 stress management -Meaning,Tyes of Effect of stress, strategies of stress management	8
Study Resources	- Baron , R. and Mishra , G. (2013) : Psychology , New Delhi : Pearson . - 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 . • Mundada , N. and Khalane , S. (2013) . Manasshastrachi Multatve . Athary Publication , Jalgaon . • Oak , Abhyankar and Govilkar (2008) . Psychology . Pearson Publication , Delhi . • Padhye , V. (2004) . Psychology . Renuka Prakashan , Aurangabad . • Pandit , Gore , and Kulkarni (1999) . General Psychology . Pimplapure Publication , Nagpur	
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F.Y. B.A. Semester –II
SEC PSY- 122 psychological Practical

Total Hours: 60
Total Periods – 60

Credits: 2
Total Mark – 30+20

Course Objectives	• To acquaint the students with the basic procedure and design of Psychology Experiments • To give practical experience to the students in administrating and scoring psychological tests and interpreting the scores • Applying the psychological test • To learn advanced techniques and tools	
Course Outcomes	• Acquaint the students with Skills of scientific techniques of conducting experiments in psychology • To equip the students with the basic information and knowledge about conducting experiments and interpretation of the obtained results . • To equip practical experience to the students in administrating , scoring and interpreting of the scores • To develop areas in need of additional support	
Unit	Contents	Hours
Unit I	Group A perception (Any Two) i) Reaction Time ii) Problem solving iii) Method of Constant Stimuli	30
Unit II	Group B others (any Two) i) Multiple Choice Problem ii) Maze learning iii) Method of Average Error	30
Study Resources	Deshpande , S.V. (2002) . PrayogikManasshastra . Continental Publication , Pune Garret , H.E. & Wood , W. (1981) Statistics in Psychology and Education . Vakils Fetter and Simonce Ltd. Bombay . Upasani , N.K. & Kulkarni (1990) . Nave Shakshanik Midyamapanaani Sankhyashastra . Shri Vidya Prakashan , Pune Desai , B. & Abhyabkar , S.C. (2008) .PrayogikManasshstraani SanshodhanPaddhati . Narendra . Prakashan , Pune . Anastasi , A. & Urbina , S. (2009) Psychological testing . N.D. Pearson Education Kaplan , R. M. & Saccuzzo , D. P. (2005) .Psychological testing , Principals . Applications and ks . (6th Ed .) , Cengage Learning India Pvt . Ltd. -Test manuals .	