

Bhaktakavi Narsinh Mehta University Junagadh.



Choice Based Credit System (C.B.C.S) In U.G (Arts) Syllabus For Psychology

B.A Semester -3 and 4

- 1.Core Course (CCT)
- 2.Elective Course (ECT)

A draft Of C.B.C.S Courses in B.A.
Psychology Submitted to be Executed
from June.-2019

Adhoc Board of study
Psychology

B.A Semester -3

**BHAKTAKAVI NARSHINH MEHATA UNIVERSITY
CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS
FOR PSYCHOLOGY**

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2019]

S. No.	Diploma/ Graduate/ Post Graduate	Semester	Foundation/ Core/ Elective-1 Elective-2	Course/ Paper's Name	Paper No.	Credit	Internal Marks	External Marks	Practical / Viva Marks	Total Marks	Course/ Paper's Unique Code
01	Graduate	03	Core	SOCIAL PSYCHOLOGY	Paper-5	03	30	70	00	100	
02	Graduate	03	Core	PSYCHOPATHOLOGY	Paper-6	03	30	70	00	100	
02	Graduate	03	Core	SYSTEM AND THEORY OF PSYCHOLOGY	Paper-7	03	30	70	00	100	
03	Graduate	03	Elective-1	GENERAL PSYCHOLOGY	Paper-5	03	30	70	00	100	
04	Graduate	03	Elective-1 (OPTIONAL)	Environmental Psychology	Paper-5	03	30	70	00	100	
05	Graduate	03	Elective-1	PSYCHOLOGY OF CHILD BEHAVIOUR	Paper-6	03	30	70	00	100	
06	Graduate	03	Elective-1 (OPTIONAL)	HEALTH PSYCHOLOGY	Paper-6	03	30	70	00	100	
07	Graduate	03	Elective-2	GENERAL PSYCHOLOGY	Paper-5	03	30	70	00	100	

08	Graduate	03	Elective-2 (OPTIONAL)	Environmental Psychology	Paper-5	03	30	70	00	100	
09	Graduate	03	Elective-2	PSYCHOLOGY OF CHILD BEHAVIOUR	Paper-6	03	30	70	00	100	
10	Graduate	03	Elective-2 (OPTIONAL)	HEALTH PSYCHOLOGY	Paper-6	03	30	70	00	100	

FACULTY OF ARTS
Syllabus
Subject psychology
Course Name: B.A. Sem III Core subject: Psychology
Paper Number- 05
Paper Name- “SOCIAL PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-05	SOCIAL PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

1. The objective is to introduce students to the powerful influence of society in shaping their thinking and behavior
2. It also aims to enable them to apply their understanding to contemporary social issues

Course Contents:

Unit-1 - Introduction of Method of Social Psychology

Introduction

Definition, and Nature of Social Psychology

Scope of Social Psychology

Importance of Utility of Social Psychology

Unit : 2- Method of Social Psychology

Interview Method

Filed study Method

Sociometric Method

Unit : 3- Socialization

Introduction

Definition of Socialization

Process of Socialization

Mediators (Tools) of Socialization

Unit : 4- Social Interactions

Meaning and Types of Social Interaction

Assisting (Mechanisms) of Social Interaction

1. Meaning, Nature and Types of Suggestion 2. Meaning, Nature of Types of Imitation

Unit : 5- Social Attitudes

Definition, Nature of Attitude

Formation and Change of Attitude

Measurement of Attitude

Readings:

Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th Ed.). New Delhi, India: Pearson.

Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology*. Harlow: Pearson Prentice Hall.

Husain, A. (2012). *Social psychology*. New Delhi, India: Pearson.

Myers, D. G. (2008). *Social psychology*. New Delhi, India: Tata McGraw-Hill.

Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social psychology* (12th Ed.). New Delhi, India: Pearson.

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Syllabus
Subject psychology
Course Name: B.A. sem III Core subject: Psychology
Paper Number- 06
Paper Name- “PSYCHOPATHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-06	PSYCHOPATHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

1. To impart knowledge about the normality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for psychological assessment of different normal conditions.
4. To impart various of personal adjustments.

Course Outline :

Unit-1 - Introduction of Psychopathology

Introduction

Meaning Nature and Scope of Psychopathology

What is Abnormality ? (Meaning of Abnormal)

Characteristics of Normal – Abnormal Personality

Unit : 2- Frustration and Stress

Introduction

Meaning of Frustration

Reason and Results of Frustration

Introduction and Meaning of Stress

Unit : 3 -Defiance Mechanism

Introduction of Defiance Mechanism

Definition of Defiance Mechanism

Function and Types Defiance Mechanism

Unit : 4- Neurosis

Meaning of Neurosis

Characteristic of Neurosis

Unit : 5- Types of Neurosis

Types of Neurosis

1. Anxiety 2. Phobia
3. Obsessive Compulsive Reactions 4. Dissociative Reactions
5. Conversion Reactions 6. Depressive Reactions

Readings:

Adams, P. B., & Sutker, H. E. (2001). *Comprehensive handbook of psychopathology* (3rd ed.). New York: Springer.

Craighead, W. E., Miklowitz, D. J., & Craighead, L. W. (2008). *Psychopathology: History, diagnosis and empirical foundations*. New York: John Wiley and Sons.

Hersen, M., & Beidel, D. (2012). *Adult psychopathology and diagnosis* (6th ed.). New York: Wiley.

Maddux, J. E., & Winstead, B. A. (2007). *Psychopathology: Foundations for a contemporary understanding*. New York: CRC Press.

Blaney, P. H., Krueger, R. F., & Millon, T. (2015). *Oxford textbook of psychopathology* (3rd ed.). New York: Oxford University Press.

Millon, T., Krueger, R. F., & Simonsen, E. (2011). *Contemporary directions in psychopathology*. New York: Guilford Press.

Sadock, B. J., & Sadock, V. A. (2015). *Kaplan and Sadock's synopsis of psychiatry* (11th ed.). PA, USA: Lipincott, Williams and Wilkins.

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Subject psychology

Course Name: B.A. sem III Core subject: Psychology

Paper Number- 07

Paper Name- "SYSTEM AND THEORY OF PSYCHOLOGY".

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Core	CCT-07	SYSTEM AND THEORY OF PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:-

This course should help students:

- 1.To impart knowledge about the systems of Psychology
2. To make students understand the nature and course of various schools of psychology.

Course Outline :

Unit-1 - Introduction of School Psychology

Meaning and Characteristics of School

Reason of existence of School in Psychology

Function and Importance of School Psychology

Unit : 2- Structuralism and Functionalism

Theory of Structuralism

Roll of Wilihem Wundt

Functionalism

Unit : 3- Behaviorism

Principal of Behaviorism

Contributions of Watson in Behaviorism

Contributions of Guthrie, Skinner ,Pavlov

Unit-4- Gestaltism and Filed Theory

Meaning and Principal of Gestalt Psychology

Laws of Organization in Perception

Filed Theory and Life Space Theory

Contribution of Kurt Lewin

Unit : 5 - Psycho-Analysis

Basic Introduction of Psycho-Analysis

Principal of Psycho-Analysis (Singmand Frued)

Adler's Individual Psychology

Jung's Analytical Psychology

Readings:

Woolman B. B. : Contemporary Theories and Systems of Psychology, Harpea Publishing Co. N.Y. 1960

Dr. B.A. Parikh : Manovigyan na Siddhanto ane Sampradayo.Uni. Granth Nirman Board.

Brennan, J. F. (2005). *History and systems of psychology*. Delhi, India: Pearson Education.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Foundation Books.

Schultz, D. P. (1969). *A history of modern psychology*. New York: N.Y. Academic press.

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Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 05
Paper Name- “GENERAL PSYCHOLOGY”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -I	ECT-05	GENERAL PSYCHOLOGY	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

1. The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come important application areas of Psychology.
2. Learn to use Psychology and other information sources.

Course Outline :

Unit-1 - Learning

Meaning and Nature of Learning

Theory of Learning : 1. Trial and Error, 2. Conditioning 3. Insight

Effective variable of Learning Process

Unit : 2 - Memory

Meaning

Stages of Memory

Characteristics of Good Memory

Definition of Forgetting

Determinants or causes of forgetting

Unit :3 – Attention And Perception.

Definition and meaning Of attention.

Effective factor Of attention.

Definition and Meaning Of perception

Effecting factor Of perception.

Illusion.

Unit : 4 - Motivations

Definition

Nature

Types of Motivation (Physiological, Psychological, Social)

Unit : 5 - Personality

What is Personality?

Types of Personality

Factor affecting of Personality

Readings:

Morgan, C. T., & King, R. (1993). *Introduction to psychology*. New Delhi, India: Tata McGraw Hill Publishing Company Limited .

Munn, N. L. (1967). *Introduction to psychology* (3rd Ed.). New Delhi, India: Oxford & IBH Publishing Co.

Khatoon, N. (2012). *General psychology*. New Delhi, India: Pearson Education.

Sdorow, L. M. (1998). *Psychology* (4th Ed.) Boston: McGraw-Hill.

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Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 05 (OPTIONAL)
Paper Name- “Environmental Psychology”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -I (Optional)	ECT-05 (Optional)	Environmental Psychology	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

- 1 To get acquaintance with the contribution of psychology in understanding the peoples' responses to environmental problems.
- 2 To understand the psychological and social consequences of environmental degradation (pollutions, crowding, congestion, encroachment of personal space.
- 3 To understand the human-environment transaction, and possibility of behavioral intervention strategies to minimize the adverse effects.
- 4 Understand that pro-environment behavior which is highly needed to reduce the ill effects of environmental quality.

Course Contents:

UNIT 1.- Emergence of environmental psychology and its growth

Definition and scope. Human-environment relationship: different worldviews to understand human-environment relationship.

Salient features of environmental psychology.

Indian views on human-environment relationship.

UNIT 2- Human-environment transaction

Personal space, territoriality, crowding.

Theoretical models: stimulus overload, behavioural constraint, ecological and adaptation.

UNIT : 3- Environmental stress:

Concept and type of stress.

Sources of stressors: Cataclysmic, ambient stressors, daily hassles.

Pollutions: noise, air, water, chemical and their consequences.

UNIT: 4- Pro-environmental behaviour

Changing the environmental destructive mindset.

Environmental education, environmental prompts and cues.

UNIT :5- Recent trends and future directions in environmental psychology.

Recent trends and future directions in environmental psychology.

Indian research on crowding and personal space.

Reinforcement strategies, Environmental movements.

Readings:

Nagar, D. (2006). *Environmental psychology*. New Delhi, India: Concept.

Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.

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Subject psychology
Course Name: B.A. sem III Elective –I/II subject: Psychology
Paper Number- 06
Paper Name- “Psychology of child behaviour”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -II	ECT-06	Psychology of child behaviour	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

- 1.To understand how to do research and intervention with children.
2. To learn major themes and domains of child development.
3. To understand the impact of social context on development.
4. To gain knowledge of effective parenting and instructional practices that enhance children’s well-being.

Course contents-

Unit-1- Introduction of Child Psychology

Introduction

Definition, and Nature of Child Psychology

Scope of Child Psychology

Importance of Child Psychology

Unit : 2 - Method of Child Psychology

Observation

Event Note

Autobiography

Unit : 3 - Growths and Development

Meaning of growth and development

Characteristics of growth and development

Unit : 4- Disciplines and Authority

Meaning of Discipline and Authority

Various nature of Home Authority

Characteristics of good Discipline

Characteristics of proper Punishment

Unit : 5 - Conflicts and Frustration

Meaning of conflicts and Frustration

Reasons of conflicts and Frustration in Child

Remove of Frustration

Readings:

Anandalakshmy, S., Chaudhary, N., & Sharma, N. (Eds.) (2008). *Researching families and children: Culturally appropriate methods*. New Delhi, India: Sage Pub.

Clarke, J. (2006). *Children and childhood*. New York: Wadsworth.

Damon, W., & Lerner, R. M. (Eds.) (2006). *Handbook of child psychology* (6th ed.). New York: Wiley.

Donaldson, M. (1986). *Children's minds*. London: Harper Collins Publishers Ltd.

Erikson, E. (1950). *Childhood and society*. New York: Norton.

Huges, F. (2010). *Child, play and development*. Thousand Oaks, CA: Sage publication.

Saraswathi, T. S. (Ed.) (1999). *Culture, socialization and human development: Theory, research and applications in India*. New Delhi, India: Sage.

Siegler, R., & Alibali, M. W. (2005). *Children's thinking*. (4th ed.). Upper Saddle River, New Jersey: Prentice Hall.

Siegler, R., Deloache, J., & Eisenber, N. (2002). *How children develop*. New York: New Worth Publishers.

Trawick, M. (1990). *Notes on love in a Tamil family*. California : University of California Press.

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Subject psychology

Course Name: B.A. sem III Elective –I/II subject: Psychology

Paper Number- 06 (OPTIONAL)

Paper Name- “Health Psychology”.

Name of Course	Semester	Core	Paper Code	Paper Name	Credit	Internal Marks	External Marks	Total exam Marks	Exam time Duration
B.A	03	Elective -II (Optional)	ECT-06 (Optional)	Health Psychology	03	30	70	100	2:30 hrs.

Course Objectives:

This course should help Students:

1. Appreciate how individual behaviour is influenced by Health and Cultural Context.
2. Understand how social behaviour can be analysed in terms of Health Psychological Theories
3. Realise how Health Psychological knowledge can be used in Solving Health Problems.

Course Outline:

Unit-1- Introduction to Health Psychology

Introduction

Definition of Health Psychology

Definition of Health Psychology

Development of Health Psychology

Nature of Health Psychology

Unit : 2- Models of Health

Bio psychosocial Model

Biomedical Model

Psycho-cultural Model

Health Belief Model

Unit : 3- Lifestyle and Health

The Theory of Reasoned Action

Health Seeking Behavior

The Theory of Planned Behavior

Self Regulation Theory

Indian views of Health

Unit : 4- Health Promoting and Health Damaging Behavior

Promoting Behavior

Damaging Behavior

Unit : 5- Health Related Disease

Stress

Heart Disease

Diabetes

Readings:

Brannon, L., & Feist, J. (2007). *Introduction to health psychology*. New Delhi, India: Thomson, Wadsworth.

Dimatteo, M. R., & Martin, L. R. (2002). *Health psychology*. New Delhi, India: Allyn & Bacon.

Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological testing: principles, applications and issues* (6th ed.). US: Thomson-Wadsworth, Cenage Leading India Pvt Ltd.

Myers, D. G. (2010). *Psychology* (9th ed.). New York: Worth Publishers.

Ogden, J. (2000). *Health psychology: A textbook*. Philadelphia: Open University Press.

Taylor, S. E. (2011). *Health psychology*. New Delhi, India: Tata McGraw-Hill.

Weinman, J., Johnston, M., & Molloy, G. (2006). *Health psychology*. London: Sage Publications.