

GUJARAT UNIVERSITY

F Y B.A. PSYCHOLOGY

Semester – I

Core - 101 & Elective Paper No – I0

UNIT – I PSYCHOLOGY AS A SCIENCE - INTRODUCTION

1. Definition of Psychology
2. Psychology as a Behavioral Science
3. Goals of Psychology
4. The Subfields of Psychology

UNIT- II MOTIVATION

1. Definition and Nature of Motivation (Motivational Cycles)
2. Measurement of Motivation
3. Primary Motives
 - (i) Hunger and Thirst
 - (ii) Sex and Maternal Drive
4. Social Motives
 - (i) Affection and Affiliation
 - (ii) Social approval and Esteem
 - (iii) Achievement, Motivation

UNIT- III EMOTION

1. Definition and Nature of Emotion
2. Psychological changes during Emotion
3. Measurement of Automatic changes
4. Expression of Emotion

UNIT- IV ATTENTION AND PERCEPTION

1. Definition and Nature of Attention
2. Determinants of Attention
3. Meaning of Perception
4. Object Perception

BASIC BOOK :

- (1) Clifford T. Morgan, A Brief Introduction To Psychology,
Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.
- (2) Ciccarelli, Sandra K. and Myer, Glenn E. (2008),
Psychology South Asian Edition Pearson Longman,
An imprint of Pearson Education. First Impression.

F Y B.A. PSYCHOLOGY

Core 102 & Elective – 10

Psychology & Effective Behavior – I

UNIT – I TYPES & SOURCES OF STRESS

1. Frustration
 - (i) Sources of Frustration
 - (ii) Common Frustration in our Culture
2. Conflict
 - (i) Types of Conflict
 - (ii) Common Conflict in our Society
3. Pressure
 - (i) Sources of Pressure
 - (ii) Common Pressure in our Society

UNIT – II SEVERITY OF STRESS

1. Characteristics of the Adjustive demand
2. Characteristics of the Individual
3. Other Key Aspects of Stress
 - (i) Stress Pattern are Unique
 - (ii) Stress Patterns may be Unconscious
4. Adaptation to Stress is Expensive

UNIT- III PRE-MARTIAL ADJUSTMENT

1. Changing Pre-martial Patterns
 - (i) Sex Role & Relationship before marriage
2. Exception of Marriage
 - (i) Changing Martial Relationship & Exception
 - (ii) Reasons for Marriage
 - (iii) Why Some People never Marry
 - (iv) New Standards for Assessing Martial Success
3. Selecting a Mate
 - (i) The quest for Romantic Love
 - (ii) What do young people look for?
 - (iii) Key Aspect in Mate Selection
 - (iv) Predicting Martial Success

UNIT – IV MARTIAL ADJUSTMENT

1. Martial Styles & Interaction
2. Factors on good Martial adjustment
 - (i) Pre-martial Background Factors
 - (ii) Personality Factors
 - (iii) Sexual Adjustment
 - (iv) Roles & Mutual Accommodation
 - (v) Environmental Resources, Limitations & Demands

BASIC BOOK :

GUJARAT UNIVERSITY
F Y B.A. PSYCHOLOGY
Semester – I

Core - 101 & Elective Paper No – 10 (S.S.)

PSYCHOLOGY OF PERSONAL ADJUSTMENT

UNIT – I An Introduction to Psychology of personal Adjustment

- (1) Meaning and nature of psychology of personal Adjustment
- (2) Scope of Psychology of Personal Adjustment
- (3) Importance of the study of Psychology of Personal Adjustment
- (4) Characteristics of Satisfactory Adjustment

UNIT – II An Introduction to Adjustment

- (1) Meaning of Adjustment
- (2) Characteristics of Adjustment
- (3) Adjustment Process
- (4) Importance of Adjustment

UNIT – III Family Adjustment

- (1) Meaning and Nature of the Family
- (2) The Function of Family
- (3) The Dynamics of Family Interaction
- (i) The Husband – Wife Relationship (ii) The Parent – Child Relationship
- (4) Adjusting to Family crises

UNIT – IV School Adjustment

- (1) School as a New Experience
- (2) The Home – School Relationship
- (3) The Teacher – Child Relationship
- (4) The Dynamics of learning

BASIC TEXTBOOK :

George, Lehner and Ella Kube, The Dynamics of Personal Adjustment.,
Prentice – Hall. Inc. (N.J.)

REFERENCE BOOK :

Weiten W. and Lloyd, M.A. (2007) Psychology Applied to Modern Life
Adjustment in the

21st Century 8th Edition. United States Thomson Wadsworth.

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F Y B.A. PSYCHOLOGY

Semester – II

Core - 111 & Elective Paper No – 11

BASIC PSYCHOLOGICAL PROCESS - 2

UNIT – I Psychology as a science

The Methods of Psychology

1. Natural and Systematic Observation
2. Clinical Methods
3. Survey Method
4. Experimental Method

UNIT – II LEARNING

1. Definition of Learning
2. Classical Conditioning
3. Operant Conditioning
4. Cognitive Learning (Insight Learning)

UNIT – III MEMORY

1. Meaning of Memory
2. Stages of memory
3. Short term and Long Term Memory
4. Measurement of Retention
5. Factors affecting retention

UNIT – IV PSYCHOLOGICAL TESTING

1. Definition and Uses of Psychological Testing
2. Characteristics of a Good Psychological Test
3. Kinds (Types) of Test
4. Intelligence Tests

BASIC BOOK :

- (1) Clifford T. Morgan, A Brief Introduction To Psychology
Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.

REFERENCE BOOK :

(2) Baron K. A. (1995), Psychology – The Essential Science; Allyn and Bacon, New York.

(3) Ciccarelli, Sandra K. and Myer, Glenn E. (2008)

Psychology South Asian Edition Pearson Longman, New Delhi.

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F Y B.A. PSYCHOLOGY

Semester – II

Core – 112 & Elective Paper 11

PSYCHOLOGY & EFFECTIVE BEHAVIOR – 2

UNIT – I THE WORLD OF WORK

1. Changing views of work
2. Factors in the Career Planning
 - (i) Stages in Career Planning
 - (ii) Personal Characteristics
 - (iii) Occupational Information
3. Special Problems in Vocational Adjustment
 - (i) Working Woman
 - (ii) Disadvantaged Workers

UNIT – II INTELLECTUAL COMPETENCE – LEARNING

1. The Learner
2. The Task
3. Procedure
4. Feedback
5. Creative Thinking
 - (i) Stages of Creative Thinking
 - (ii) Characteristics of Creative People

UNIT – III EMOTIONAL COMPETENCE

1. Patterns of Expression & Control of Emotions
2. Understanding & Functioning with Emotions
3. Fostering Constructive Emotions

UNIT – IV SOCIAL COMPETENCE

1. Main Foundations of Good Interpersonal Relationships
 - (i) Reorganization of Mutual Purpose, Rights & Responsibilities
 - (ii) A Realistic View of Self & Others
2. Improving Social Competence
 - (i) Helping to Meet the Needs of Others
 - (ii) Maintaining One's Own Integrity

BASIC BOOK :

Coleman James C., Psychology and Effective Behavior

D.B. Taraporevala Sons & Co. Private Ltd. Bombay

GUJARAT UNIVERSITY

F Y B.A. PSYCHOLOGY

Semester – II

Elective Paper No – 11 (S.S.)

PSYCHOLOGY OF PERSONAL ADJUSTMENT

UNIT – I Motivation and Frustration

(1) The Process of Motivated Behavior

Personal Needs, Physiological Needs and Psychological Needs

(2) Sources of Frustration

(3) Effects of Frustration

(4) Frustrating Tolerance

UNIT – II Job Adjustment

(1) The Transition From School to work

(2) Factors Affecting Job Selection

(3) Working Woman

(4) Factors Affecting Job Satisfaction

UNIT – III Psychosexual Adjustment

(1) Attitudes Toward Love

(2) Factors in Mate Selection

(3) Psychosexual Relationships in marriages

(4) Why Some People do not Marry?

UNIT – IV Old Age Adjustment

(1) Changes that Occur During the Aging Process

(2) Sources of Adjustment Difficulties

(3) Viewing Old Age Constrictively

BASIC BOOK :

The Dynamics of Personal Adjustment

By George, Lehner and Ella, Kube. Prentice – Hall. Inc. (N.J.)

REFERENCE BOOK :

Weiten W. and Lloyd, M.A. (2007) Psychology Applied to Modern Life Adjustment in the

21st Century 8th Edition. United States Thomson Wadsworth.

NAME OF BORD PSYCHOLOGY

SEM – I

Core 101 and Elective 10	Basic Psychological Process – I
Core 102 and Elective 10	Psychology & Effective Behavior - I
Elective 10	Psychology of Personal Adjustment - I

SEM – II

Core 111 and Elective 11	Basic Psychological Process – II
Core 112 and Elective 11	Psychology & Effective Behavior - II
Elective 11	Psychology of Personal Adjustment - II

SEM – III

Core 201 and Elective 20	Child Development – I
Core 202 and Elective 20	Psychopathology - I
Core 203	Basic Physiological Psychology - I

SEM - IV

Core 211 and Elective 20	Child Development – II
Core 212 and Elective 20	Psychopathology – II
Core 213	Basic Physiological Psychology - II

SEM - V

Core 301	Experimental Psychology - I
Core 302	Research Method in Psychology
Core 303 PR	Practical (Experiment)
Core 304 Elective	Counseling Psychology - I OR Organizational Behavior - I
Core 305 Elective	Community Psychology – I OR Psychology of sex and Married Life - I

SEM – VI

Core 311	Experimental Psychology - II
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Core 312	Statistic in Psychology
Core 313 PR	Psychological Testing(Practical)
Core 314 Elective	Counseling Psychology - II OR Organizational Behavior - II
Core 315 Elective	Community Psychology – II OR Psychology of sex and Married Life - II