

**D R. BABASAHEB AMBEDKAR
MARATWADA UNIVERSITY,
AURANGABAD**



**MODEL COLLEGE OF ARTS, COMMERCE
& SCIENCE**

Ghansawangi, Dist. Jalna

**B.A. First Year (Psychology)
Semester - I & II**

(With Credit System)

(Effective from 2011-12 Onwards)

11/2/2017
B. D. S. Chauhan

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**Dr. Babasaheb Ambedkar Marathwada University,
Aurangabad.**

Model College of Arts, Commerce and Science
Recognised by Govt. of Maharashtra and U.G.C.
at Ghanasawangi, Dist-Jalna.



Syllabus
B.A. First Year
[Psychology]
Semester-I and II
[with Credit System]

[Effective from 2011-12]

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
Model College of Arts, Commerce And Science, Ghanasawangi, Dist. Jalna

Psychology

Curriculum Structure and Scheme of Evaluation For B. A.
With Effect from 2011-12

Semester - I									
Sr. No.	Curriculum	Name of the Paper	Scheme of Teaching period				Scheme of Marking		
			L	P.	Total	Total Credits	Theory	Practical	Total
1	A) Major (Core)	I) Introduction to Psychology	5	-	5	5	30	-	30
		II) Psychology of Adjustment	5	-	5	5	30	-	30
	B) Major (Supportive)	1 to 4	4	-	4	4	-	-	-
	C) Major (Applied)	Practices (For I+II Paper)	-	4	4	4	-	40	40
Total (A+B+C)			14	4	18	18	60	40	100

Semester - II									
Sr. No.	Curriculum	Name of the Paper	Scheme of Teaching period				Scheme of Marking		
			L	P.	Total	Total Credits	Theory	Practical	Total
1	A) Major (Core)	III) Understanding Psychology	5	-	5	5	30	-	30
		IV) Psychology for living	5	-	5	5	30	-	30
	B) Major (Supportive)	1 to 4	4	-	4	4	-	-	-
	C) Major (Applied)	Practices (For I+II Paper)	-	4	4	4	-	40	40
Total (A+B+C)			14	4	18	18	60	40	100

Note :

1. For theory and practical one period is equal to one credit
2. One period comprises 90 minutes duration
3. Students are allowed to choose any Major (Supportive) paper from any faculty/any paper.

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Psychology

Syllabus for B.A. Ist Semester (with effect from 2011-2012)

Paper-I Introduction to Psychology

Marks : 30

A] Major (Core) Curriculum

Credit - 10

1. Introduction to Psychology :

- Definition of Psychology –
- Types of Psychological Professionals
- Methods of studying the Psychology
 - (a) Experimental method
 - (b) Observation method
 - (c) Clinical method
- Sub fields of Psychology
 - (i) Social Psychology
 - (ii) Education Psychology
 - (iii) Developmental Psychology
 - (iv) Forensic Psychology
 - (v) Counseling Psychology

2. Principles of learning :

- Definition and types of learning
 - (a) Classical conditioning
 - Theories about classical conditioning
 - Stimulus generalization and discrimination
 - Significance of Classical conditioning.

- (b) Instrumental Conditioning.
 - Reinforces and punisher
 - Schedules of positive reinforcers
 - Stimulus generalization
 - Significance of instrumental conditioning
- (c) Cognitive learning
 - Latent learning
 - Insight learning
 - Limitation
 - Cognitive processes in Classical and instrumental conditioning

3. Memory :

- Theories about Memory
 - (a) Information processing theory
 - (b) Levels of processing theory
 - Long term memory – Its organization and processes
 - Forgetting – Interference, Retrieval problems and motivated forgetting

4. Thinking and problem solving :

- (a) Thinking process
 - Images and thinking
 - Language and thinking
- (b) Problem Solving
 - Rules in problem solving
 - Habit and set in problem solving
- (c) Decision making
 - Heuristic and biases in decision making
 - Weighing in alternatives

- (d) Creative thinking
- Nature of creative thinking
 - Characteristics of creative thinking
 - Insight in creative thinking
 - Steps in creative thinking

B] Major (Supportive) Curriculum Credit -4

1. Application of Conditioning principles to human behavior
2. Shaping behavior with positive reinforcer
3. Pros and cons of punishment
4. Violence on television and in movies

C] Major(Applied) Curriculum Marks: 20 Credit- 4

- Psychological practicals
 1. Memory span
 2. Effect of meaningfulness on memory
 3. Mass V/s Distributed learning
 4. Serial learning

Books for reading :

1. Robert.S.Feldmen- (8th edi. 2008) – Understanding Psychology – TMH
2. Robert Barn-(2001) 3rd edi. psychology prentice Hall of India New Delhi
3. Morgon and king (1993) Introduction to Psychology (seventh edition)
4. Pandit, kulkarni and Gore (1999) Samanya Manasasahastra Nagpur
5. Padhya V.S. (2004) Manasasahastra Ek parichay Aurangabad Renuka prakashan.

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Psychology

Syllabus for B.A. Ist Semester (with effect from 2011-2012)

Paper - II Psychology of Adjustment Marks : 30

AJ Major (Core) Curriculum Credit - 10

1. Adjustment :

- What is Psychology ?
- What is adjustment ?
- Roots of Happiness ?
 - What isn't very important ?
 - What is somewhat important?
 - What is very important?
 - Conclusions

2. Stress and it's effects :

- Nature of stress
- Types of Stress
- Responding to stress
- The potential effects of stress
- Factors influencing stress tolerance

3. Interpersonal Communication :

- Process
- Non-verbal communication
- Effective communication
- Communication problems.

4. Friendship and love :

i) Friendship :

- What makes a good friend?
- Gender differences in friendship

ii) Romantic love :

- Myths about love
- Sexual orientation and love
- Theories of love

B] Major (Supportive) Curriculum

Credit - 4

1. Introducing the adjustment techniques
2. Developing sound study habits
3. Improving reading skills
4. Applying memory principles
5. Introducing stress management techniques
6. Developing an assertive communication style
7. overcoming loneliness practices

C] Major (Applied) Curriculum

Marks : 20

Credit - 4

Psychological Practicals

1. Application of adjustment test.
 2. Find out the study habits of school/college students
 3. Find out the stress of level of your subject
 4. Find out the frustration level of your subject.
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Books for reading :

1. Psychology applied to modern life - Wayne Weiten/ Margaret Lloyd, 7th edi., Thomson Asia Pvt., Ltd., Singapore (2004)
2. Understanding Psychology-Robert S. Feldmen, 8th Edi. 2008, TMH.
३. जीवनमानाचे मानसशास्त्र - डॉ.बी.एन. बर्वे, विद्या पब्लिकेशन, द्वितीय आवृत्ती, नागपूर, २०१०.
४. ताण आणि आरोग्य - डॉ.बी.एन. बर्वे, विद्या पब्लिकेशन, द्वितीय आवृत्ती, नागपूर, २००८.

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Psychology

Syllabus for B.A. IInd Semester (with effect from 2011-2012)

Paper - III Understanding Psychology Marks : 30

A] Major (Core) Curriculum Credit - 10

1. Motivation :

- Definition and Type of motivation?
 - Biological motivation
 - Social motivation
 - Sexual motivation
- Approaches
 - Instinct approach
 - Arousal approach
 - Incentive approach
 - Cognitive approach
- Maslow's Hierarchy : Ordering motivational needs
- Frustration and conflict of motives.

2. Personality :

- Definition and types of personality
 - Type and Trait theories of personality
 - Learning and behavioural theories
 - Psychoanalytic theories.

3. Intelligence :

- Defining Intelligent behaviours
- Measuring Intelligence
- Kinds of intelligence
- Practical intelligence and emotional intelligence
- Theories of intelligence.

4. Attitudes :

- Nature of attitudes
- Measurement of attitudes
- Attitudes theories
- Factors in attitude change
- Attitudes and behaviour

B] Major (Supportive) Curriculum

Credit - 4

1. Getting motivated
2. Goal setting
3. Know the types of personality and personality test.
4. Personality types and Heart disease
5. I.Q. testing programme at college and school level.
6. Building of positive attitude.

C] Major (Applied) Curriculum	Marks : 20	Credit - 4
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1. Apply multidimensional motivation inventory
2. Apply 16 factors personality inventory
3. Apply multi- dimensional personality inventory
4. Know your I.Q. by applying performance test.

Books for Reading :

1. Understanding psychology- Robert Feldman, Tata McGraw Hill, Co., New Delhi, 2004
2. Psychology - Robert Baron, Prentice Hall of India, New Delhi, 2000
3. Introduction to psychology - Morgon & King, Tata McGraw Hill, Co., 7th edi., New Delhi

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Psychology

Syllabus for B.A. IInd Semester (with effect from 2011-2012)

Paper - IV Psychology for living Marks : 30

A] Major (Core) Curriculum Credit - 10

1. Self -concept :

- Nature of self-concept
 - Self Discrepancies
 - Factors shaping the self -concept
- Self Esteem
 - The importance of Self-Esteem
 - Determinants of Self Esteem
- Basic principles of Self- perception
 - Cognitive processes
 - Self Attributions
 - Motives guiding self understanding
 - Method of self- Enhancement.
- Self Presentation
 - Impression Management
 - Self -monitoring

2. Marriage and Intimate Relationship :

- Moving towards marriage

- marital adjustment across the life- cycle
- Divorce and Remarriage

3. The body and Health :

- Body Image
 - How we feel about our body
 - Our ideal body
 - Body image and psychological wellbeing
- Psychological factors and physical illness
 - Stress related illness
- Coping with illness
 - Noticing symptoms
 - Getting up
 - Adherence to treatment
- Promoting wellness
 - Taking charge of your health
 - Keeping physically fit

4. Careers and work :

- Choosing a career
 - Examining personal characteristics and family influences
 - Reading job characteristics
 - Using psychological test for career decisions
 - Arriving at a decision
- Models of Career choice and development
 - Holland's trait measurement and matching model
 - Super's developmental model

 B] Major (Supportive) Curriculum

Credit - 4

1. Know your self
2. Building self-esteem
3. Building self confidence
4. Know the technique of marital adjustment
5. Understanding intimate violence
6. Health -Habits and personality development
7. Know the techniques of an interview
8. Conduct model interview programmes

 C] Major (Applied) Curriculum

Marks : 20

Credit - 4

1. Know your self -concept
2. Know your Aptitude for career choice
3. Know your physical and mental health status by applying PGI test.
4. Apply self-esteem inventory to know your self-esteem

Books for Reading :

1. Psychology for living - Eastwood Atwater, prentice hall of India, 5th edi., New Delhi, 1995.
2. Psychology applied to modern life- wayne witen/ margaret A. Llyod, 7th edn. Thomson, Ashia Ote. Ltd, Singapore.