



Maharashtra Education Society

Abasaheb Garware College

(Autonomous)

(Affiliated to Savitribai Phule Pune University)

Three year BA Degree Program in Psychology

(Faculty of Humanities)

Syllabi under Autonomy FYBA (Psychology)

Choice Based Credit System Syllabus

To be implemented from Academic Year 2022-2023

Title of the course: B. A. (Psychology)

Preamble:

Ministry of Human Resource Development (HRD), Govt. of India, has already initiated the process for developing New Education Policy (NEP) in our country to bring out reforms in Indian education system. University Grants Commission (UGC) participates more actively in developing National Education Policy, its execution and promotion of higher education in our country. The UGC has already initiated several steps to bring equity, efficiency and academic excellence in National Higher Education System. The important ones include innovation and improvement in course- curricula, introduction of paradigm shift in learning and teaching pedagogy, examination and education system.

The education plays enormously significant role in building of a nation. There are quite a large number of educational institutions, engaged in imparting education in our country. Majority of them have entered recently into semester system to match with international educational pattern. However, our present education system produces young minds lacking knowledge, confidence, values and skills. It could be because of complete lack of relationship between education, employment and skill development in conventional education system. The present alarming situation necessitates transformation and/or redesigning of education system, not only by introducing innovations but developing “learner-centric approach in the entire education delivery mechanism and globally followed evaluation system as well.

Majority of Indian higher education institutions have been following marks or percentage based evaluation system, which obstructs the flexibility for the students to study the subjects/courses of their choice and their mobility to different institutions. There is need to allow the flexibility in education system, so that students depending upon their interests and aims can choose inter-disciplinary, intra-disciplinary and skill- based courses. This can only be possible when choice based credit system (CBCS), an internationally acknowledged system, is adopted. The choice based credit system not only offers opportunities and avenues to learn core subjects but also exploring additional avenues of learning beyond the core subjects for holistic development of an individual. The CBCS will undoubtedly facilitate us bench

mark our courses with best international academic practices. The CBCS has more advantages than disadvantages.

This course aims at enriching the minds of students and it has aims to develop a holistic and multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. Use of ICT and mass media and web based sources is highly recommended to make the teaching-learning process interactive and interesting.

OBJECTIVES:

Course objectives and learning outcomes:

After the completion of this course students will be able to demonstrate the following competencies:

- a) Understand the basic psychological processes and their applications in day to day life.
- b) Develop the ability to evaluate cognitive processes, learning and memory of an individual.
- c) Understand the importance of motivation and emotion of the individual.
- d) Understand the personality and intelligence of the individuals by developing their psychological processes and abstract potentials.

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ELEGIBILITY:

Any student, who has qualified their 12th class, can take admission to the degree course.

Structure of the course:

Year	Semester	Course Type	Course No.	Course Title	Remark	Credit	No. of Lectures/practical to be conducted	
1	I	Theory	UAPS-111	Foundations of Psychology		03	48	
	II	Theory	UAPS-121	Introduction to Social Psychology		03	48	
2	III	Theory	UAPS-231	Health Psychology		03	48	
	III	Theory	UAPS-232	Psychology of Abnormal Behavior-1		03	48	
	III	Theory	UAPS-233	Developmental Psychology		03	48	
	III	Theory	UAPSSEC-234	Health Promotion Life Skills		02	32	
	IV	Theory	UAPS-241	Positive Psychology		03	48	
	IV	Theory	UAPS-242	Psychology of Abnormal Behavior-2		03	48	
	IV	Theory	UAPS-243	Theories of Personality		03	48	
	IV	Theory	UAPSSEC-244	Basic Counseling Skills		02	32	
	3	V	Theory	UAPS-341	Industrial and Organizational Psychology		03	48
		V	Theory	UAPS-342	Psychological testing- (Theory) + Testing Project		03	48

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	V	practical	UAPS-343	Psychological Tests+ Statistics		03	48
	V	Theory	UAPS-344	Personality Development I		02	32
	VI	Theory	UAPS-351	Applied Psychology		03	48
	VI	Theory	UAPS-352	Experimental Psychology (Theory)+ Research Project		03	48
	VI	practical	UAPS-353	Psychological Experiments + Statistics		03	48
	VI	Theory	UAPS -354	Personality Development II		02	32

SEMESTER – I

Course UAPS-111: Foundations of Psychology 70:30-Pattern
(70-Semester-End Exam & 30-Internal Evaluation)

(Credits-3)

Learning outcomes:

After the completion of this course students will be able to demonstrate the following competencies:

- a) Understand the basic psychological processes and their applications in day to day life.
- b) Develop the ability to evaluate cognitive processes, learning and memory of an individual.
- c) Understand the importance of motivation and emotion of the individual.
- d) Understand the personality and intelligence of the individuals by developing their psychological processes and abstract potentials.

Unit 1: Psychology -Introduction:

(12 lectures)

- 1.1 Psychology : a Science, goals of psychology, Scientific methods of psychology
- 1.2 The brief history & perspective of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism)
- 1.3 Career Avenues in Psychology & Fields of Psychology: (Clinical, Industrial & Organizational, Educational, Social, Developmental, Health, Criminal & Forensic, Military, Sports, Neuropsychology, Environmental, Positive, Spiritual and Women & Child psychology.)
- 1.4 The Indian Psychology: Past and present
- 1.5 Application: Concept of Mind from Indian perspective and its applications

Unit 2: Cognitive processes: (12 lectures)

- 2.1 Sensation, Attention and Perception, nature of perception, laws of perceptual organization, Theories of attention
- 2.2 Learning- Classical and Operant conditioning, observational learning
- 2.3 Memory-processes, information processing model(s), memory errors in everyday life.
- 2.4 Forgetting: Theories of forgetting
- 2.5 Application: Brain parts related to cognitive processes.

Unit 3: Motivation and Emotion: (12 lectures)

- 3.1 Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation
- 3.2 Types of Motivation: Physiological, Psychological & Social
- 3.3 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts
- 3.4 Emotion: Definitions, Nature & Importance, Basic Emotions (Joy, Excitement, Tenderness, Sadness, Anger, Fear & Love)
- 3.5 Application: Measurement and enhancement of Emotional intelligence

Unit 4: Personality and Intelligence: (12 lectures)

- 4.1 Personality – History, Definitions, Nature
- 4.2 Personality as a set of traits: Cattell's, Allport's & Big Five Theory of Personality
- 4.3 Freud's Psychoanalytical Theory of Personality and Transactional Analysis
- 4.4 Intelligence: Definitions, Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence)
- 4.5 Applications: Measurement and assessment of Intelligence.

References:

1. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Carole, W. and Carol, T. (2007). Psychology (7th Edition). Pearson Education, India.

4. Feldman S. R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.
1. बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र. स्वयंभू प्रकाशन, नाशिक
2. मुंदडा आणि खलाने (२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन, जळगाव
3. अभ्यंकर, ओक आणि गोलवलकर (२०१४). मानसशास्त्र: वर्तनाचे मानसशास्त्र पिअरसन
4. देशपांडे चंद्रशेखर आणि सहकारी (२०१४). सूक्ष्म कौशल्ये: मानसशास्त्रीय समुपदेशन प्रक्रियेचा गाभा. उन्मेष प्रकाशन

SEMESTER – II

Course UAPS-121: Introduction to Social Psychology 70:30-Pattern (70-Semester-End Exam & 30-Internal Evaluation)

Learning outcomes:

After the completion of this course students will be able to demonstrate the following competencies:

- a) Understand the basics of social psychology.
- b) Understand the nature of self, concept of attitude and prejudice of the individual.
- c) Assess the interactional processes, love and aggression in our day today life.
- c) Understand group dynamics and individual in the social world.

Unit 1: Introduction:

(Total 12 Lectures)

- 1.1 Definition, Brief history of social psychology (special emphasis on India),
- 1.2 Scope of social psychology
- 1.3 Levels of social behaviour
- 1.4 Approaches towards understanding social behaviour, social psychology in day-to-day life
- 1.5 Application: Community mental health

Unit- 2.Individual Level Processes

(Total 12 Lectures)

- 2.1 Difference between Social Cognition & Social Perception.
- 2.2 Self –Concept: Nature, Self-regulation and self-presentation.
- 2.3 Attitude: Definition, components, Dimensions and formation of attitude
- 2.4 Prejudice: Causes, and its implications
- 2.5 Application: Assessment of implicit prejudice.

Unit 3: Interpersonal processes:

(Total 12 Lectures)

- 3.1 Interpersonal attraction, love, theories of love
- 3.2 Pro-social behaviour
- 3.3 Locus of control, increasing our helping nature.
- 3.4 Aggression: Meaning, Nature and causes of Aggression
- 3.5 Application: Prevention and Aggression reduction techniques

Unit- 4.Group Dynamics

(Total 12 Lectures)

- 4.1 Groups: When we join and when we leave, The benefits of joining
- 4.2 Cooperation and Conflict
- 4.3 Conformity; Factors affecting Conformity, Obedience & Authority
- 4.4 Group decision making, practical approach of decision making
- 4.5 Application: Team Building techniques.

Books for Reference

1. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009
 2. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education prentice Hall
 3. Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
 4. Myers, D. G. (2006). Social Psychology. (8th edi.), Tata McCraw- Hill Publication.
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1. नातू, वैद्य आणि राजहिंस (२००८). सामाजिक मानसशास्त्र पिअरसन
 2. गाडेकर, पाटील, इनामदार (२००७). प्रगत सामाजिक मानसशास्त्र. डायमंड, पुणे.
 3. तडसरे, तंबाके, पाटील, दरेकर (२००३). सामाजिक मानसशास्त्र फडके प्रकाशन, कोल्हापूर .
 4. ढोरमारे आणि रसाळ (२०१५). सामाजिक मानसशास्त्र. उन्मेष प्रकाशन, पुणे.

Question Paper Pattern for Each Semester
(2019-20)

(Choice Based Credit System)

F Y B A Psychology:

(70-Semester-End Exam & 30-Internal Evaluation)

Hours: Three

Marks: 70

Q1 Answer the following questions in 100 words each (any four)

Ask six questions- each question for 5 marks

5X4 =20

Q2 Answer the following questions in 200 words each (any two)

Ask four questions -each question for 10 marks

10X2 =20

Q3 Answer the following questions in 400 words each (any one)

Ask two questions -each question for 20 marks

20X1 =20

Q4 write short notes (any Two)

Ask four short notes -each short note for 5 marks

5X2 =10

-----**Total = 70 Marks**

Pattern for Internal Evaluation:

1. Internal Mid-Semester Examination----- 20 Marks

2. Home Assignments/Oral/Lecture Notes/Project - 10 Marks

TOTAL-30 Marks