

# SAURASHTRA UNIVERSITY



## CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

FOR

## **B.A. PSYCHOLOGY, SEMESTER-I to IV**

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

## BOARD OF STUDIES OF PSYCHOLOGY

Committee members:

1	Dr. J. A. Jarsaniya	Chairman	Smt. K.S.N. Kansagra Mahila College, Kalawad Road, Rajkot
2	Dr. J. N. Bhalala	Member	R. R. Patel Mahila Arts & Commerce College, Rajkot.
3	Dr. C. B. Jadeja	Member	Sakhida Arts, Commerce & Home Science College, Limbdi
4	Dr. R. K. Chocha	Member	Bosamiya Arts & Commerce College, Jetpur
5	Dr. D. A. Dadhaniya	Member	Shree M. M. Ghodasara Mahila A/C College, Opp. Motibaug, Junagadh.
6	Dr. N. M. Hirpara	Member	Gardi Arts & Commerce College, Dhrol
7	Dr. R. K. Jarsaniya	Member	M. V. Mahila Arts College, Rajkot
8	Dr. C. V. Kumbhani	Member	P. S. Hirpara Mahila College, Jetpur
9	Dr. B. P. Sadatiya	Member	J. A. Patel Mahila Arts, Commerce & Homesc College, Morbi
10	Dr. R. G. Parmar	Member	Jasani Arts & Commerce College, Rajkot.
11	Dr. M. P. Shukal	Member	G. M. Bilakhia College Of Arts & Commerce, Vanda

A handwritten signature in blue ink, appearing to read 'Jayendra A. Jarsaniya'.

Prof. (Dr.) Jayendra. A. Jarsaniya  
CHAIRMAN, Board of Studies of Psychology

# SAURASHTRA UNIVERSITY

CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

FOR

## PSYCHOLOGY

### B.A. SEMESTER-I TO VI

CORE COURSE (CCT) AND ELECTIVE COURSE (ECT)

[IN FORCE FROM JUNE-2019]

Regular Students can B.A. Semester I, II, III, IV, V & VI for Psychology as B.A. Degree.

- ❖ Allocation of Hours for Course Teaching... 3 Credits 100 marks
- ❖ Allocation of Hours for Practical..... 6 Credits 100 marks
- ❖ Examination
  1. For Regular:  
Internal: 30marks + External Exam:70mark Total 100Marks
  2. For External:  
Internal: No internal + External Exam:100mark Total 100Marks
  3. Examination: Long Questions, Short Notes Marks
  4. For Practical Paper:  
Report Writing 40 + Performance 20 + Journal 20 + Viva Voce 20  
Marks, Total 100marks (No Internal)
- ❖ જે પરીક્ષાર્થીએ સેમેસ્ટર-૫ અને સેમેસ્ટર-૬ માં પ્રેક્ટીકલ પરીક્ષા આપેલ નહીં હોય તેની થીયેરીની પરીક્ષા માન્ય ગણવામાં આવશે નહીં. સૌરાષ્ટ્ર યુનિવર્સિટીનાં નિયમ R.ARTS-14 મુજબ પરીક્ષાર્થીએ મનોવિજ્ઞાનનાં પ્રેક્ટીકલ પરીક્ષામાં ૪૦ માર્ક મેળવવા જરૂરી છે.

## SAURASHTRA 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]

Sr. No.	Semester	Paper No.	Core Elective-I Elective-II	Course/ Paper's Name	Credit	Internal Marks	External Marks	Total Exam Marks	Course/ Paper's Unique Code
1	Semester I	01	Core Elective-I Elective-II	Basic Psychological Processes-I OR Environmental Psychology	03	30	70	100	2:30 Hours
2		02	Core Elective-I Elective-II	Introduction to Child Psychology OR Adolescent Psychology	03	30	70	100	2:30 Hours
3	Semester II	03	Core Elective-I Elective-II	Basic Psychological Processes-II OR Cognitive Psychology	03	30	70	100	2:30 Hours
4		04	Core Elective-I Elective-II	Child Developmental Psychology OR Psychology of Effective Behaviour	03	30	70	100	2:30 Hours
5	Semester III	05	Core Elective-I Elective-II	Psychopathology OR Positive Psychology	03	30	70	100	2:30 Hours
6		06	Core Elective-I Elective-II	Social Psychology-I OR Applied Psychology	03	30	70	100	2:30 Hours
7		07	Core (Special)	System and Theories of Psychology-I	03	30	70	100	2:30 Hours
8	Semester IV	08	Core Elective-I Elective-II	Psychology of Personal Adjustment OR Community Psychology	03	30	70	100	2:30 Hours
9		09	Core Elective-I Elective-II	Social Psychology Psychology-II OR Health Psychology	03	30	70	100	2:30 Hours
10		10	Core (Special)	System and Theories of Psychology-II	03	30	70	100	2:30 Hours

**Subject: Psychology**  
**Course Name & Paper No.1 : Basic Psychological Processes –1**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	Basic Psychological Processes –1	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. To generate interest in Psychology
2. To understand the basics of various perspectives in Psychology
3. To appreciate the psychological processes behind behaviour
4. By this course a student will come to understand Psychology as science and will understand human behavior by different approaches.
5. The students will know theories of main basis for understanding and explaining the specific human's behavior.
6. The student will come to understand different phases of consciousness and its nature and also its relation to human behavior.
7. The student will come to understand the nature and types of perception which are related to human behavior and its cognitive development.

**Course:**

**Unit-1: Introduction to Psychology**

**Brief history of modern scientific Psychology:**

- Introduction, Origin and Development of Psychology
  - Pri-scientific Psychology
  - Experimental Psychology
  - Early perspectives (Structuralism, Functionalism, Behaviorism, Gestalt Psychology, Psychoanalysis).
  - The Morden Psychology: A Short History of Indian Psychology

**What is Psychology?:**

- New and Working Definition of Psychology
- Psychology as a Behavioral Science
- Nature and Scope of Psychology
- Goals and utility of Psychology
- The Subfields of Psychology:
  - Clinical and Counselling Psychology
  - Experimental Psychology
  - Industrial and Engineering Psychology
  - School and educational Psychology

- Psychology of Measurement

## **Unit-2: The Science of Psychology**

### **Scientific Methods:**

- Psychology as a science
- Goals of scientific Psychology
- Steps in scientific investigation.
  - Systematic observation.
  - Interview,
  - Questionnaire (Tests)
  - Experimental Method (D'Ameto)
  - Clinical Method
  - Survey Method
  - Case Study
  - Co relational studies
  - Cross-Sectional and Longitudinal Studies.

### **Approaches to Psychology:**

- Behavioral approach
- Neurobiological approach
- Cognitive approach
- Psychoanalytic approach.

**Relationship of Psychology:** with other sciences- anthropology, philosophy, sociology, biology and medicine.

## **Unit-3: Sensory, Attention and Perceptual Processes**

### **Sensation:**

- Meaning and Definition of sensation
- Meaning and types of sensation
  - Visual, Audition, Smell, Taste & Tactile.
  - Sensation of Psychophysics; Absolute and Difference threshold.

### **Attention:**

- Meaning and Definition of attention
- Characteristics of attention
- Determinants of attention-subjective and objective factors.
- Phenomena associated with attention: set in attention, Types of attention: span of attention, division of attention, distraction of attention.

### **Perception:**

- Meaning and Definition of Perception
- Process of Perception
- Difference types of perception
- Determinants of Perception
- Principles of Perceptual Organisation (Gestalt principles),

- Depth and Distance perception, reception of individual Perceptual styles, Habituation, Social perception, Extra sensory perception and Subliminal perception. Perceptual constancies.

**Illusions:** different types Illusion: Optical Illusion, Illusions of size, shape and movement.

#### **Unit-4: Biological and Environmental Factor of Behaviour**

##### **Heredity:**

- What is heredity?: definition and Meaning
- Process of Heredity: Chromosomes, Jans, Twins Baby, Adoptive Characteristic
- Endocrine glands, Biology of Behaviour - The nervous System: central nervous system and peripheral nervous system.

##### **Environment:**

- What is Environment? definition and Meaning
- Type of Environment
- Heredity and Environment factors affect of each other.

#### **Unit-5: Motivation and Emotions**

##### **Motivation (Needs):**

- Definition and meaning of Motivational
- Motivational Cycle
- Motivation Theories – Drive theory, Arousal theory (Yerkes-Dodson law), Goal setting theory, Maslow's hierarchy of need theory,
- Types of Motivation
  - Biological
  - Social
  - Psychological
  - Subliminal Motivation.
- Intrinsic & extrinsic motivation. Primary and secondary motives.

##### **Emotion:**

- Definition and Meaning of Emotion
- Nature and expression and impact of emotions
- Emotion theory: James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Opponent process theory.
- External expression of emotions-Nonverbal cues, culture & emotion.

#### **References:**

- A Psychology Living – Sorenson & Molm
- B. Kuppaswami – An Introduction to Psychology
- General Psychology – Dvan Nostran Com. – J. P Filfourd
- Dr. C. B. Jadeja, Dr. R. G. Parmar and all, Basic Psychological Process-1

- Dr. J. A. Jarsaniya, Dr. Jayesh, Bhalala, Dr. R. K. Chocha (2016) Basic Psychological Process-1, C. Jamnadas & Comp. Ahmedabad
- Baron, R.A. & Misra, G. (2014). Psychology, 5th ed. New Delhi: Pearson Education.
- Coon, D. (1998). Introduction to Psychology: Exploration and application. USA: Brooks/Cole Publishing Co.
- Ciccarelli, S.K., & Meyer, G.E. (2008). Psychology, South Asian ed. New Delhi: Pearson.
- Bootzin, R., & Bower, G.H. (1991). Psychology today-An Introduction, 7th ed. New York: McGraw Hill Inc.
- Kuppaswamy, B. (1990). Elements of Ancient Indian Psychology, 3rd Ed. New Delhi: Konark Publishers Pvt. Ltd.
- Lefrancois, G.R. (2000). Theories of human learning, 4th ed. London:Wadsworth.
- Lee. J A (2010) The Scientific Endeavour. New Delhi. Pearson
- Mishra, B. K. (2008). Psychology: The study of human behaviour. New delhi: Prentice Hall of India.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). Introduction to Psychology, 7th ed. New Dehi: Tata McGraw Hill.
- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. California: Sage Publications Inc., Chapter 2 &3.
- Basic Psychological Process-I, Dr. R. G. Parmar, Dr. C. B. Jadeja, Dr. Jignesh Tapariya
- Weiten, W. (2002). Psychology: Themes and variations, 5th ed. New York: Brooks/Cole Publishing Co., Chapter 4.
- General Psychology – Dvan Nostran Com. – J. P Filfourd
- Elements – Rech Devid
- Psychology – Norman L. Munn
- સામાન્ય મનોવિજ્ઞાન – યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. સી. પી. ભટ્ટ.
- પ્રગત સામાન્ય મનોવિજ્ઞાન - યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. બી. એ. પરીખ
- સન્માન્ય માનસશાસ્ત્ર, ડૉ. બી. એ. પરીખ, પોપ્યુલર પબ્લીશીંગ હાઉસ-સુરત.
- સામાન્ય મનોવિજ્ઞાનની રૂપરેખા, આવૃત્તિ ૧૯૯૩-૯૪, સી. જમનાદાસની કંપની. અમદાવાદ.
- મૂળભૂત મનોવૈજ્ઞાનિક પ્રક્રિયાઓ, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની. અમદાવાદ.
- વ્યક્તિત્વના સિદ્ધાંતો, કુસુમબેન ભટ્ટ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.1 : Environmental Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	OR Environmental Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. To acquaint Students with the basic concepts of Environmental Psychology.
2. To Provide Students a Perspective of Environmental Psychology Unit.
3. To familiarize the students with major issues in the field of Environmental Psychology.
4. To understand the effects of environmental stresses on human behavior & functioning.
5. To understand the effects of environmental pollutants on human health.
6. To explore the factors that affects our responses to both man-made & natural disasters.
7. To learn about how our own attitudes, beliefs and actions directly and indirectly create pollution or damage the sustainability of the natural environment.

**Course:**

**Unit – I: Introduction to Environmental Psychology:**

- Developmental History of Environmental Psychology
- Human life and Environmental Problems
- Meaning and Nature of Environment
- Nature and characteristics of Environmental Psychology
- Fields or scope of Environmental Psychology
- Goals and Utility of Environmental Psychology
- Understand the relationship between human and environment.

**Unit – II: Methods of Environmental Psychology:**

- Observation method
- Self report method
- Analysis of records & documents
- Scaling method
- Co-relational method
- Experimental method
- Case Study.



**Unit – III: Human Behaviour and Environmental Stimulation:**

- Changes in Environment
- Stress: Concept and type of stress, Sources of stressors: ambient stressors, daily hassles
- High Density and over Crowding on humans
- Effects of overcrowding on Humans
- Excessive Environmental stimulation

**Unit – IV Effect of Environment on Behaviour:**

- Adaptation level theory
- Reaction to Environmental stimulation
- Stimulation level and human reaction
- Meaning of Environmental pollutants
- Types of Pollutions: Temperature, noise, air, water, chemical and their consequences.

**Unit – V Human Responses to protect the Environment  
(Pro-environmental behaviour)**

- Changing the environmentally destructive tendencies
- Environmental education
- Environmental prompts & cues
- Environment strategies
- Reinforcement strategies
- Environmental movements
- Approaches to deal with specific environmental problems.

**Reference:**

- Nagar, D. (2006). *Environmental Psychology*. New Delhi, India: Concept.
- Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.
- Jain, U., & Palsane, M. N. (2004). Environment and behaviour. In J. Pandey (Ed.), *Psychology in India revisited: Developments in the discipline (Vol. 3: Applied social and organizational Psychology*, pp. 261-308). New Delhi, India: Sage.
- Nagar Dinesh (2006) “Environmental Psychology”, Concept Publishing Company, New Delhi – 110059.
- પર્યાવરણનું મનોવિજ્ઞાન – સુચિતા પ્રકાશન વસ્ત્રાપુર- અમદાવાદ, ડૉ. સી. બી. દવે, એન. એસ. પટેલ અને ડૉ. ડી. જે. પંચાલ

**Subject: Psychology**  
**Course Name & Paper No.2 : Introduction to Child Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	Introduction to Child Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. This Course aim, at providing conceptual foundation of human development specially child development.
2. It focuses on development in the life span in different domains with an emphasis on the cultural context and child problems.
3. In first part of developmental Psychology student will come to understand Human being`s development.
4. To introduce to the complex blend of genetic and environmental influences that leads parents and children to be both alike and different.
5. Learn to use Psychology and other information sources.
6. Importance of Child Psychology.

**Course**

**Unit-1: History and Research Methods**

**Introduction:**

- Early history of childhood
- Definition, Nature of Child Psychology
- Scope of Child Psychology
- Importance of Child Psychology.

**Methods of child Psychology**

- Observation
- Event Note
- Autobiography
- Ethics in Research on Children.

**UNIT-2: Theory of Child Development**

- **The Psychoanalytic theory**
  - Freud`s Theory Three parts of personality Psychosexual development
  - Erikson`s Theory Neo Freudian approach Psychosocial stages.
- **Social Learning Theory**

- Traditional Behaviorism Influence of Ivan Pavlov Drive reduction theory, Influence of operant conditioning
- Social learning theory (Bandura)
- Principle of conditioning and reinforcement.
- Role of modeling, imitation/observation, role of cognition,
- **Piaget's Cognitive & Developmental Theory:**
  - Piaget's stages of development
  - Piaget's method of study.

### **UNIT: 3 Growths and Development**

- Meaning of growth and development
- Concept and Principles of Development
- Characteristics of growth and development
- Factors affecting Child Development
- Stages growth and of Development.

#### **Genetic Foundations:**

- The Genetic Code, The Sex Cells, Boy or Girl? Chromosomal Abnormalities.
- Reproductive Choices: Genetic Counselling, Prenatal Diagnosis and Fetal Medicine, (The Alternative of adoption.)
- Take it in counselling Psychology.

#### **Environmental Contexts of Development:**

- The Family, Socio economic Status and Family Functioning, (The Impact of Poverty),
- Beyond the Family: Neighbourhoods, Schools, Towns, and Cities,) The Cultural Context.

### **UNITE-4: Personality Development**

- Definition of personality
- Nature, types of personality
- Effecting factor of personality
- Resistant factor of personality.

#### **Disciplines and Authority:**

- Meaning of Discipline and Authority
- Various nature of Home Authority (Types of Parenting)
- Characteristics of good Discipline
- Characteristics of proper Punishment.

### **UNIT-5. DISORDERS OF CHILD:**

- Definition of child Disorders
- Types, Characteristics, Diagnosis of children Disorders
- With Special reference to: Learning Disorders, Mental Retardation, Eating Disorders, Internet addiction, Autism, ADHD.

- Conflicts and Frustration: Meaning, Reasons of conflicts and Frustration in Child, Remove of Frustration.

**Reference Books:**

- Laura E. Berk; Development through Life Span, Illinois State University. Usa, Third Edition, Published By, Pearson Education, New Delhi.
- Child Development”(Sixth Edition) By Laura E. Berk. Illinois State University U.S.A.
- Discovering Life Span, By: Robert S. Feldman. University Of Massachusets U.S.A., Pub.By: Pearson Education New Delhi.
- On Line Resources: Child Psychology Laura Berk
- Dynamics of Child Development – H. B. English
- Child Development – Crow & Crow
- ડૉ. ચોચા, ડૉ. ડઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (આવૃત્તિ ૨૦૦૭-૨૦૦૮ અને ૨૦૧૬): બાળ મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.
- બાળ માનસ પરિચય, ડૉ. બી. એ. પરીખ, પોપ્યુલર પ્રકાશન-સુરત.
- વિકાસલક્ષી મનોવિજ્ઞાન, પ્રા. યોગેન્દ્ર કે. દેસાઈ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- વિકાસલક્ષી મનોવિજ્ઞાન, એલિઝાબેથ હરલોક, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- બાળ મનોવિજ્ઞાન, સી. પી. પટેલ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.2 : Adolescent Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	OR Adolescent Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the normality
2. To make student understand the nature and course of various adolescent conditions
3. To impart knowledge in skills needed for psychological assessment and different condition
4. Use to field of adolescent Psychology

**Course:**

**Unit-1: Introduction to Adolescent Psychology**

- Introduction, Definition
- Concept of Adolescence – Hall & Gesell
- Characteristics and principles of adolescence development
- Stage of Human Development
- Subject Field of Adolescent Psychology

**Unit-2: Method of Child Psychology**

**Physical Development:**

- Growth Spurt,
- Sexual Maturation
- Psychological effects of pubertal development-concerns about body image.
- Challenges to early and late development.
- Changes in the adolescent brain. Sleep patterns in adolescence.

**Mentally Development:**

- Stage of Mental Development
- Factor of Mental Development
- Intelligence and individual difference
- Sex difference.

**Emotional Development:**

- Emotional Intelligence – Self Awareness, Social awareness, Self-management of emotions, establishing and maintaining healthy Relationships.

**Social Development:**

- Generation gap, Parenting styles, parent-adolescent conflict; siblings - influence of family size and birth order.
- Peers – functions, peer pressure; friends – stability of friendship.

**Unit : 3 Personality Development**

- Meaning of Personality Development
- Needs of Personality Development
- Personality Characteristics of Adolescent.

**Unit : 4 Development of Aptitude, Attitude and Belief**

- Meaning of Discipline and Authority
- Meaning of Aptitude
- Attitude of Sexuality
- Nature of Aptitude
- Development of Attitude and Belief

**Unit : Issues, Challenges, & Problems of adolescent**

- Risk Behaviours: STDs, HIV/AIDS; Teenage Pregnancy, Addiction to Technology
- Substance abuse; Juvenile delinquency; Violence and rape; Poverty and low educational attainment; Adolescent stress- external and internal stressors.
- Obesity and eating disorders; Depression and suicide. Risk factors and Protective factors.

**Reference Book:**

- Hutchinson, D. Elizabeth. (Ed) (2008), Dimensions of Human Behaviour: The Changing Life Course, USA, Sage Publications Inc.
- Hurlock, Elizabeth. B. (1981). Development Psychology A Life-Span Approach, (Fifth Edition), Tata McGraw Hill Publishing Company Ltd., New Delhi.
- Santrock, John. W. (2008). Child Development, (Eleventh Edition), Tata McGraw Hill Publishing Company Ltd., New Delhi.
- Elizabeth Hurlock "Developmental Psychology" M. C. Graw Hill
- Lawrence Fenk, "Developmental Psychology"
- G.W. Allport, "Personality" M. C. Graw Hill, (1989)
- Karl Garrison, "Development of Applied and Attitude Psychology"
- Development Psychology – Pre Yogendra K. Desai
- Human Development & Adolescent Psychology, Dr. R. G. Parmar, Sau. University, Rajkot.
- ડૉ. ચોચા, ડૉ. ડઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (૨૦૧૬): તરુણાવસ્થાનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.

## Subject: Psychology

### Course Name & Paper No.3 : Basic Psychological Processes-II

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	Basic Psychological Processes-II	03	30	70	100	---	2:30 Hours

#### Course Objectives:

1. The student will come to understand various types of learning.
2. Student will get information regarding Reinforcement and its schedule for shaping animal and human behavior.
3. Student will get information of memory and utilization of it.
4. Student will define various types of aptitude and its efficacy.
5. Will come to know his/her own interest and aptitudes
6. After learning concept of languages, student will use proper languages to exhibit his/her ideas.
7. The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come basic processes areas of Psychology.
8. Learn to use Psychology and other information sources.

#### Course:

##### Unit-I: Personality

- Meaning and definition of personality
- Types of Personality
- Determinants of personality: biological, cultural, social & situational.
- Approaches of Personality (In Brief):
  - Psychoanalysis approach: Freud, Jung and Adler
  - Trait theories Approach: Allport, Cattell
  - Biological Approach: Eysenck
  - Humanistic Approach: Rogers, Maslow
  - Social learning Approach: Bandura

##### Unit-II: Learning Process

- Meaning and definition of learning
- Nature of Learning
- Factors affecting of Learning
- Transfer of training

- Role of Motivation in Learning,
- Theory of Learning:
  - Trial and error learning (Observational learning)
  - Classical conditioning
  - Operant conditioning
  - Insight learning.

### **Unit: III Memory and Forgetting**

#### **Memory**

- Meaning and definition of memory
- Stages of Memory
- Types of memory: Short term and Long Term Memory
- Characteristics of Good Memory
- Memory Measurement Methods

#### **Forgetting:**

- Definition of Forgetting Why we forget?
- Theories (Reasons) of forgetting
- Curve of forgetting
- Strategies for improving memory

### **Module IV: Thinking (Cognition) Process**

- Meaning and Definition of Thinking:
- Nature and Characteristic of thought
- Basic sources of error in reasoning
- Types of Thinking
- Modes of Thinking: Lateral, Divergent & Convergent Thinking
- Stages in creativity Thinking
- Factors that corrupt thinking

### **UNIT-V: Intelligence and Psychological Testing**

#### **Intelligence:**

- Meaning and Definition Intelligence
- Determinants of intelligence: heredity and environment.
- Theories of Intelligence
  - Two factor theory (Spearman)
  - Primary Mental Abilities (Thurstone)
  - Multifactor theory (Thorndike)
  - Multiple intelligence (Gardner)
- Concept: Mental Age and Intelligence Quotient, Emotional intelligence, Social intelligence, Spiritual Quotient, Artificial intelligence.
- Mental retardation and giftedness.

#### **Psychological Test:**



- Meaning and Definition of Psychological Test
- Characteristics of a Standard Psychological Test
- Uses of Psychological test

**Reference:**

- Baron, R.A. & Misra, G. (2014). Psychology, 5th ed. New Delhi: Pearson Education.
- Coon, D. (1998). Introduction to psychology: Exploration and application. USA: Brooks/Cole Publishing Co.
- Ciccarelli, S.K., & Meyer, G.E. (2008). Psychology, South Asian ed. New Delhi: Pearson.
- Bootzin, R., & Bower, G.H. (1991). Psychology today-An Introduction, 7th ed. New York: McGraw Hill Inc.
- Kuppaswamy, B. (1990). Elements of Ancient Indian psychology, 3rd Ed. New Delhi: Konark Publishers Pvt. Ltd.
- Lefrancois, G.R. (2000). Theories of human learning, 4th ed. London:Wadsworth.
- Lee, J A (2010) The Scientific Endeavour. New Delhi. Pearson
- Mishra, B. K. (2008). Psychology: The study of human behaviour. New delhi: Prentice Hall of India.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). Introduction to psychology, 7th ed. New Dehi: Tata McGraw Hill.
- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. California: Sage Publications Inc., Chapter 2 &3.
- Weiten, W. (2002). *Psychology: Themes and variations*, 5th ed. New York: Brooks/Cole Publishing Co., Chapter 4.
- Basic Psychological Process-I, Dr. R. G. Parmar, Dr. C. B. Jadeja, Dr. Jignesh Tapariya
- General Psychology – Dvan Nostran Com. – J. P Gilfourd
- Elements – Rech Devid
- Psychology – Norman L. Munn
- સામાન્ય મનોવિજ્ઞાન – યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. સી. પી. ભટ્ટ.
- પ્રગત સામાન્ય મનોવિજ્ઞાન - યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. બી. એ. પરીખ
- સન્માન્ય માનસશાસ્ત્ર, ડૉ. બી. એ. પરીખ, પોપ્યુલર પબ્લીશીંગ હાઉસ-સુરત.
- સામાન્ય મનોવિજ્ઞાનની રૂપરેખા, આવૃત્તિ ૧૯૯૩-૯૪, સી. જમનાદાસની કંપની. અમદાવાદ.
- મૂળભૂત મનોવૈજ્ઞાનિક પ્રક્રિયાઓ, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની. અમદાવાદ.
- વ્યક્તિત્વના સિદ્ધાંતો, કુસુમબેન ભટ્ટ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.3: Cognitive Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	OR Cognitive Psychology	03	30	70	100	---	2:30 Hours

**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.
3. To apply basic concept regarding cognition.
4. Enriched student with basic foundation of cognition.
5. Analyse cognitive pattern for memory and able to draw a diagram of it.
6. Distinguish between types of memory
7. Able to understand cognition`s derivation and steps of it.

**Course:**

**Unit-1: Introduction**

- Definition and Nature
- Scope & Methods
- Important of Cognitive process
- Theory of Cognitive Psychology

**Unit : 2 Contemplation and Problem Solve**

- Definition, Nature types of Cognitive Lesson
- Self Contemplation
- Realest
- Meaning, nature of problems solving
- Method aim care of problem solving

**Unit : 3 The Concept and Memory**

- Nature and Important of Concept
- Type of Concept
- Meaning and Steps of Memory
- Type of Memory

**Unit : 4 Creative and logic**

- Definition nature of Creative
- Steps of Creativity
- Meaning, nature of logic
- Types of Logic

**Unit : 5 Decision making process**

- Difference of Decision making
- Self research in decision making
- Bias and error in decision making

**References:**

- Bear – M.F. Connors, B.W. Pardiso – Neuro Science.
- Handouts: Teacher Can Create And Distribute Unit Wise Detail For Easy Learning, And Concept Formation.
- Cognitive Psychology” Second Edition. (Applying The Science Of Mind) By: Bridget Robinson-Riegle, Uni. of St. Thomas, Pub. :Pearson Publication New Delhi.
- Cognitive Psychology, By :Robert Salsa, Uni. of Nevada, Pub.: Pearson Education New Delhi.
- On Line Resources: American psychological Association.
- બોધાત્મક મનોવિજ્ઞાન, ડૉ. વાય. એ. જોગાસણ, ડૉ. જયેશ એન. ભાલાળા -અક્ષર પબ્લીકેશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.4: Child Developmental Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	Child Developmental Psychology	03	30	70	100	---	2:30 Hours

**Course Objective:**

1. To enriched student for development process and factors related to various types of mal adoption so that student can understand a child behavior and able to evaluate it perfectly.
2. To make aware for developmental stages.
3. To create awareness for self understanding and observing other child's behavior by the view point of causes and can come to conclude dynamicity of causes.
4. The student can evaluate the stages of language development and development of cognition through perception.
5. This Course aim, at providing conceptual foundation of human development specially child development. It focuses on development in the life span in different domains with an emphasis on the cultural context and child problems.
6. Learn to use Psychology and other information sources.

**Course:**

**Unit-I: Approaches and Psychological Aspects of Illness**

- Old ideas about child
- Modern Ideas about Child
- Approaches of Child Psychology
- Important of Approaches in Child Psychology
- Introduction of Illness
- Types of Illness
- Psychological Effects of Long Illness
- Obligation of parents and Teacher to Illness and Physical Handicaps Child

**Unit-II: Physical Deficiency in Child**

- Types of Physical Deficiency:
  - I. General Deficiency
    1. Nervous Systems 2. Hormones 3. Nourishment 4. Crippled
  - II. Special Deficiency
    1. Visual 2. Auditor 3. Speech
- Reasons of Physical Deficiency

**Unit-III: Social and Moral Development:**

**Social Development**

- Definition and Meaning
- Stage of Social Development
- Aspect of the socialising Process
- Factor of Social Development
  1. Family
  2. Peers Groups
  3. Media & Schooling

**Moral Development**

- Definition and Meaning,
- Stage of Moral Development
- Factors Influencing On Moral Reasoning: Personality, Fear Interaction, Child rearing, practice, Culture.
- Character Development- (Internalization of Moral norms and development of moral understanding
- Juvenile delinquency and youth crime

**Unit-IV: Intellectual and Language Development:**

**Intellectual Development**

- Definition and Meaning
- Stages of Intellectual development
- Factor Affecting the Intellectual Development
- Factor Hindering and Treatment Intellectual Development

**Language Development**

- Definition and Meaning
- Stage of language development
- Factor Affecting of Language Development

**Unit-V: Emotional Development:**

- Definition and Meaning
- Affecting Factors of Emotional Development
- Development of Emotional Expressions.
  - Happiness
  - Anxiety
  - Anger & Sadness
  - Jealousy
  - Fear
  - Curiosity
  - Self-Conscious
  - Love and Sexual love
- Learning to Emotions

- Conditioning
- Imitation

**Reference:**

- Dynamics of Child Development – H. B. English
- Child Development – Crow & Crow
- Handouts: Teacher can creat and distribute unit wise detail for easy learning, and concept formation.
- “Development Through Life Span.” By: Laura E. Berk, Illinois State University. USA. Third Edition, Pub. By Pearson Education , New Delhi.
- “Child Development”(Sixth Edition) By Laura E. Berk. Illinoise State University U.S.A.
- “Discovering Life Span” By: Robert S. Feldman. Uni. of Massachusets U.S.A. Pub. By: Pearson Education New Delhi.
- Laura E. Berk; Development through Life Span, Illinois State University. Usa, Third Edition, Published By, Pearson Education, New Delhi.
- Dynamics of Child Development – H. B. English
- Child Development – Crow & Crow
- ડૉ. ચોચા, ડૉ. ડઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (આવૃત્તિ ૨૦૦૭-૨૦૦૮ અને ૨૦૧૬): બાળ મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.
- બાળ માનસ પરિચય, ડૉ. બી. એ. પરીખ, પોપ્યુલર પ્રકાશન-સુરત.
- વિકાસલક્ષી મનોવિજ્ઞાન, પ્રા. યોગેન્દ્ર કે. દેસાઈ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- વિકાસલક્ષી મનોવિજ્ઞાન, એલિઝાબેથ હરલોક, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- બાળ મનોવિજ્ઞાન, સી. પી. પટેલ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.4: Psychology of Effective Behaviour**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	OR Psychology of Effective Behaviour	03	30	70	100	---	2:30 Hours

**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 effective behaviour conditions.
3. To impart knowledge and skills needed for psychology.
4. Learn to use Psychology and other information sources.

**Course:**

**Unit-1: Problem of Adjustment (Stress)**

- Introduction
- Meaning of Stress
- Types and source of Stress
  - Frustration
  - Conflict
  - Pressure
- Severity of stress
- Physiological & Psychological Consequences of Stress

**Unit-2: Adjustments in Marriage Life**

- Exception of Marriage Life
- Selection of Life Partner
- Marriage and Adjustment
- Divorces

**Unit-3: Vocational Competences**

- Vocational choice as a Problem
- Problem of Vocational Adjustment
- Future of Vocation

**Unit : 4 Emotion Competence**

- Factors of Emotional Competence

- Dealing with Problem Emotions – Fear, Anxiety, Worry, Anger Hostility, Guilt, Depression,
- Grief – (in Short)
- Love – A Problem Emotion

**Unit-5: Intellectual Competence**

- Factor of Learning Process
- Problem Solving and Decision process
- Creative Thinking

**Reference:**

- Psychology and Effective Behaviour – J.C. Coleman
- Psychology and Effective Behaviour – C. Jamnadas Co.
- Psychology and Effective Behaviour – Gujarat University, C.T. Bhopatkar
- Psychology and Effective Behaviour – Bharat Institutes
- મનોવિજ્ઞાન અને અસરકારક વર્તન-સી. જામનાદાસની કંપની-અમદાવાદ



**Subject: Psychology**  
**Course Name & Paper No.5: Psychopathology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Psychopathology	03	30	70	100	---	2:30 Hours

**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.
5. Students become familiar with concept of mental disorder.
6. To provide an overview of Abnormal Psychology and major psychological problems and disorders across biological, psychological, and sociocultural processes.
7. To give the information about DSM and Indian classification.
8. To notified the basic difference between DSM IV & DSM V

**Course:**

**Unit-I: Introduction of Psychopathology**

- Introduction, Meaning and Definition
- Nature and Scope of Psychopathology
- What is Abnormality? (Meaning of Abnormality)
- Criteria of Abnormal Personality
- Characteristics of Normal Personality
- Characteristics of Abnormal Personality

**Unit-II: Frustration and Stress**

**Frustration**

- Meaning and Definition of Frustration
- Cause of Frustration
- Consequences of Frustration
- The Subversive (Negative) and Constructive effects of Frustration
- Factors affecting endurance of Frustration

- How to Increase endurance of Frustration

### **Stress**

- Meaning and Definition of Stress
- Causes (Source) of Stress
- Types of Stress
- Psychological Consequences of Stress
- Physiological Consequences of Stress

### **Unit-III: Defiance Mechanism**

- Meaning and Definition of Defiance Mechanism
- Nature of Defiance Mechanism
- Types of Defiance Mechanism
  - Attack Mechanism
  - Blame-assigning or Attention Mechanism
  - Flight Mechanism
- Functions and usefulness of Defiance Mechanism In context of Adjustment

### **Unit-IV: Psychological Disorder -I**

- Meaning and Definition of Psychological Disorder
- Characteristic of Psychological Disorder
- Types of Psychological Disorder
  - Anxiety Disorders
  - Obsessive-Compulsive and Related Disorders
  - Depressive Disorders
  - Trauma- and Stressor-Related Disorders

### **Unit-V: Psychological Disorder -II**

- Neurodevelopmental Disorders
- Sleep-Wake Disorders
- Sexual Dysfunctions
- Gender Dysphoria
- Personality Disorders
- Medication-Induced Movement Disorders

*(Note: Unit-IV and V according to DSM-V)*

### **Reference:**

- Carson, Butcher and Mineka , “Abnormal Psychology and Modern Life ”, 11th edition (2004), Person Education Pte. Ltd, Indian Branch.
- Abnormal Psychology and Modern Life -- James C. Coleman Published by Taraporewala & Co. Pvt Ltd.
- Comer R.J., Abnormal Psychology, Fifth Edition,(2003),

- Wiktor Sadowski. Arunkumar Singh, Aadhunik Asamanya Manovigyan, Published by Motilal Banarsidas
- Patel M. (1989), 3rd Ed., "Abnormal Psychology", University book production board, Ahmedabad.
- Lamm A. Introduction to Psychopathology, Page Pub. N.Y. 1997
- Buss A.H. Psychopathology, John Willey N.Y. 1999
- Lehner & Kube, Dynamics of Personal Adjustment, Prentice Hall 1996
- Sorenson H. and Malm M. "Psychology for Living" N. Y. Megrilo Hill 1997
- Mc Kinne, Fred "Psychology of Personal Adjustment" N. Y. wila
- Bernard H. "Toward Better Personal Adjustment" N. Y. Mc. Grew Hill 1957
- The Dynamic of Personal Adjustment – Lehner & Kube.
- Diagnostic And Statistical Manual Of Mental Disorders (DSM-V) Fifth Edition. American Psychiatric Publication, A Divisoin of Psychiatric Association. Washington, DC London, England.
- અસાધારણ મનોવિજ્ઞાન, પ્રો. રજનીકાંત પટેલ, સી. જમનાદાસની કંપની-અમદાવાદ
- વૈયક્તિક સમાયોજનનું મનોવિજ્ઞાન, પ્રો. સારડા અને અન્ય, સી. જમનાદાસની કંપની-અમદાવાદ
- અસાધારણ મનોવિજ્ઞાન, પ્રો. મફતલાલ પટેલ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ ગુજરાત રાજ્ય, અમદાવાદ.
- મનોરોગશાસ્ત્ર અને વ્યક્તિક સમાયોજનનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની-અમદાવાદ

**Subject: Psychology**  
**Course Name & Paper No.5: Positive Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Positive Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To understand the basic concept of positive psychology.
2. To develop an understanding of the dimensions of subjective wellbeing and the application to their lives.
3. To impart knowledge about the normality.
4. To make students understand the nature and course of positive conditions.
5. To impart knowledge and skills needed for psychological assessment of different normal conditions.
6. To impart various of personal adjustments.
7. To know about SWB that help to improve our living quality.
8. To get clear difference between positive and negative emotion.
9. To become aware about the real meaning of happiness and its factors.
10. To built good character for development of health society.

**Course:**

**Unit-1 : What is positive Psychology & its relationship**

- Meaning & Goals of Positive Psychology
- Relation of others Psychology
- Characteristics of Normal – Abnormal Personality

**Unit : 2 Happiness & Well-being**

- Meaning of Happing & Well-being
- What is happiness
- What is Happiness?
- Why a psychology of wellbeing?
- Subjective Well-being

**Unit : 3 Positive Emotions**

- What is Positive Emotions
- Who do Positive Emotions in life

- Positive Emotions & Health Resource
- Positive Emotions and Well-Being
- Cultivating Positive Emotions

**Unit : 4 Happiness & Facts of Life**

- Happiness Across the life span
- Positive Moods & Behaviour
- advantage in married life
- Selection to Effects

**Unit : 5 Happiness & Culture**

- All concept of happiness meaning
- Styles of Happiness in America
- Styles of Happiness in Asia

**Reference:**

- Steve R. Baumgardner & Marue K. Crothers, “ Positive Psychology”, 2009,Person education.
- C. R. Snyder, Shane J. Lopez & Jennifer Teramoto Pedrotti, ‘Positive Psychology : the scientific and practical explorations of Human stenghts’, second edition, 2011, SAGE Publications India Pvt.Ltd.
- C.R.Snyder,Shane J.Lopez & Jennifer Teramoto Pedrotti, ‘Positive Psychology : the scientific and practical explorations of Human stenghts’, second edition, 2008, SAGE Publications India Pvt.Ltd.
- Seven Study by Faideyck
- Happiness in Married Life
- વિધાયક મનોવિજ્ઞાન, પાશ્વ પબ્લીકેશન, ડૉ. અરવિંદ શાહ અને ડૉ. અશ્વિન જનશારી.

**Subject: Psychology**  
**Course Name & Paper No.6: Social Psychology-I**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Social Psychology-I	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by Social and Cultural context
2. Understand how social behaviour can be analysed in terms of social Psychological Theories
3. Realise how social Psychological knowledge can be used in solving social problems.
4. To understand how a social psychological analysis differs from other forms of analysis
5. To become familiar with the wide variety of questions and topics that social psychologists study.
6. To learn the classic and contemporary theories that are relevant To become familiar with a sampling of research findings, both correlation and experimental
7. To appreciate the variety of choices and limitations in the lives of women and men as they are shaped by personal and social factors
8. To explore various topic areas through readings, class activities, and discussion and by thinking and writing critically and reflectively.

**Course:**

**Unit-I: Introduction of Social Psychology**

- Introduction, Definition and Meaning
- Nature of Social Psychology
- Scope of Social Psychology
- Importance and Utility of Social Psychology
- The relationship of social science to other sciences

**Unit-II: Research Methods Social Psychology**

- Experimental Method
- Observation Method
- Field Survey Study Method

- Interview Method
- Questioner Method
- Sociometric Method
- Projective Techniques

### **Unit-III: Social Interactions**

- Definition and Meaning of Social Interaction
- Types of Social Interaction
- Nature of Social Interaction: Cooperation: Competition, Conflict, Adjustment
- Social interaction Mechanism
  - Suggestion
  - Imitation
  - Sympathy
  - Social Facilitation

### **Unit-IV: Socialization**

- Meaning and Definition of Socialization
- Nature of Socialization
- Stages of Socialization
- Process of Socialization
- Dimension of Socialization
- Mediators (Tools) of Socialization

### **Unit-V: Social Attitudes**

- Meaning and Definition of Attitude
- Nature of Attitude
- Formation of Attitude
- Change of Attitude
- Measurement of Attitude
  - Thurston
  - Likert
  - Bogardus

### **Reference:**

- Baron, R. A. & Byrne D. (2006)/ Social Psychology. New Delhi : Prentice Hall of India.
- Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.
- Parikh, B. A. (1990). Social Psychology (Advanced). Ahmedabad : University Book Production Board, Gujarat State.
- Worchel, S., Cooper, J., Goethals, G.R. & Olson, J. M. (2000). Social Psychology. Belmont, USA : Wadsworth / Thomson Learning.

- Jogsan. Y. A. (2011). Social Psychology, Axar Publication, Ahmedabad.
- Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). Social psychology. 12th ed. N.D.: Pearson.
- Baron, R.A.; Byrne, D. (1998). Social psychology. 10th ed. N.D.: Prentice-Hall of India Pvt. Ltd.
- Social Psychology – Solomon Asch
- An outline of Social Psychology – Sheriff & Sheriff
- Social Psychology – I. M. Newcomb
- સમાજલક્ષી મનોવિજ્ઞાન (પ્રગત), ડૉ. બી. એ. પરીખ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૧૭, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, હંસરાજ ભાટિયા, રાજકમલ પ્રકાશન, અમદાવાદ.



**Subject: Psychology**  
**Course Name & Paper No.6: Applied Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Applied Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by applied and cultural context.
2. Understanding how to applied behaviour can be analysed in terms of applied Psychological Theories
3. Realise how applied Psychology knowledge can be used solved social problems.
4. Learn to use Psychology and other information sources.

**Course:**

**Unit-1 : Introduction to applied Psychology**

- Definition
- Nature of applied Psychology
- Scope of applied Psychology
- Importance of applied Psychology
- Aims of Applied Psychology

**Unit : 2 Treatment & Psychology**

- Diagnosis & Treatment
- Psychotherapy, Physical & Chemical Treatment,
- The Steps of Treatment
- For the prevent of Mental Disease

**Unit : 3 Psychology in Industry**

- Occupational Analysis & Worker Selection
- Placement
- Effective condition of work
- Human relation in Industry
- Worker's Training

**Unit : 4 Psychology in the field of Business**

- Business & Psychology
- Relation between Businessman & Employee
- Need of Public Contact
- Effectiveness of Advertisement & Use of Psychology in Advertisement
- Sexual appeal in Advertisement, Negative appeal in Advertisement

**Unit : 5 Psychosexual in Home Life**

- Nature and Function of Family problem
- Function of Modern Home
- Home life and Social Heredity
- The Home Transient, Fundamental need of a Chilled.

**Reference:**

- Gray F Stanly : Psychology in use Second Ed.
- Morgan C.T. : Introduction to Psychology
- Dr. Stone & Stone Married Psychology
- Atwater : Psychology for Living Adjustment and Behavior Fifth Ed. 1995  
Prentice Hall of India Pvt. Ltd., Delhi
- Somabhai Patel : Salah Mnovigyan, University Granth Nirman Board.
- Counselling Psychology T.Shanmagam Asia publishing, Bombay
- Prem Pasricha Guidance and counselling in Indian Education Gray J.S.  
Psychology in Use
- Proffenberger A.T. Applied Psychology New York Appleton
- Burnt H.E. Applied Psychology Prentice Hall
- વ્યવહારિક મનોવિજ્ઞાન-કાપડિયા અને ગાંધી, અનડા પ્રકાશન અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.7: System and Theories of Psychology-I**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core	System and Theories of Psychology-I	03	30	70	100	---	2:30 Hours

**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.
3. Student get to know all sphere of psychological theories.
4. Able to analyse single behaviour by different angles of thought.
5. Able to categorise different thoughts of school.
6. Establish expertise in focused aria of psychological theories and different types of system.
7. Be able to solve behavioural problem scientifically by different theories.

**Course:**

**Unit-I: Introduction**

- Historical Development of Morden Psychology: Pre-Scientific Psychology, Scientific Psychology.
- Model of Theory Contraction: Model Theory, Deductive Theory, Functional Theory.
- What is System? Meaning of System
- Characteristics of System
- Reason of existence of System in Psychology.
- Effect of System in Various Field of Psychology

**Unit-II: Structuralism**

- Introduction of Structuralism
- Psychological role in origin of Structuralism
- Principals of Structuralism
- Main Structuralists and Its Contribution: William Wundt, Edward B. Titchener
- Contribution of Structuralism
- Evaluation of Structuralism

### **Unit-III: Functionalism**

- Introduction of Functionalism
- Perspective of Functionalism
- Principals of Functionalism
- Main Functionalists and Its Contribution: John Dewey, James Angeli, Harvey Carr, RS Woodworth
- Contribution of Functionalism
- Evaluation of Functionalism and uses in Education.

### **Unit-IV: Associationism**

- Introduction of Associationism
- Contribution of Philosophers in old Associationism
- Principals of Associationism
- Main Associationalists and Its Contribution: Ebbinghaus, Edward Thorndike, Ivan Pavlov.
- Contribution of Associationism

### **Unit-V: Behaviorism**

- Introduction of Behaviorism
- Origin back ground of Behaviorism
- Principals of Behaviorism
- Main Behaviorilists and Its Contribution: John Watson, Carl Lashlay, Edwin Guthrie, Edward C. Tolman, Clark L. Hull, Burham Skinner.
- Contribution of Behaviorism

### **Reference:**

- Handouts: Teachers or sen. fellow can guide student to creat different types of project or pamphlets.
- ``Cotemporary Theories and System In Psychology.'' By: Benjamin B. Wolman. Pub. Harper & Row Publication.-London, Tokyo.
- System and Theories in Psychology (Gujarati). Dr. B. A. Parikh, Gujarat Granth Nirman Board, Ahmedabad.
- Woolman B. B. : Contemporary Theories and Systems of Psychology, Harpea Publishing Co. N.Y. 1960
- Woodworth : Schools of Psychology
- મનોવિજ્ઞાનની વિચારધારાઓ-કુલીન પંડ્યા, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.8: Psychology of Personal Adjustment**

Name of course	Sem.	Course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Psychology of Personal Adjustment	03	30	70	100	---	2:30 Hours

**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 adjustment conditions
3. To impart knowledge and skills needed for psychological assessment of different adjustment conditions
4. To impart various of personal adjustments.
5. Learn meaning, nature and fields of adjustment
6. Identify stages of personal development
7. Identify and express emotions more clearly
8. Learn to recognize the barriers to personal adjustment and determine the ways to overcome those barriers

**Course:**

**Unit-I: Adjustment Process**

- Definition and Meaning of Adjustment
- Characteristic (Nature) of Adjustment
- Process of Adjustment
- Improvement of Adjustment
- Analysis of Adjustment
- Field of Adjustment
- Improving in Adjustment

**Unit-II: Family Adjustment**

- Meaning and Definition of Family
- Nature of Family
- Function of Family
- Family interaction
  - Reciprocal relations between spouses
  - Reciprocal relations between Children and parents

- Family Problem
  - Crisis in Family life
  - Divorce
- Suggestions for Family Adjustment

### **Unit-III: School Adjustment**

- Introduction
- School-As a New Experience
- Relation between Home and School
- Relation between Teacher and Student
- Factors for effective education
- Solutions for Effective Learning
- School as a Life living situation

### **Unit-IV: Vocational Adjustment**

- Introduction
- The transition from academia to business
- Factors Effecting of Vocational Choice
- Factors Effecting of Vocational Satisfaction
- Vocational Satisfaction and Personal Adjustment
- Working women

### **Unit-V: Psycho-Sexual Adjustment**

- Attitudes for Sexuality
- Attitudes for Love
- Factors of Choice of Life Partner
- Psycho-Sexual Relationships in Marriage
  - The dangers of Premarital sex
  - Extramarital Sexual Relation
- Why Some People Do not Marry?

### **Reference:**

- Lamm A. Introduction to Psychopathology, Sage Pub. N.Y. 1997
- Buss A.H. Psychopathology, John Willey N.Y. 1999
- Lehner & Kube, Dynamics of Personal Adjustment, Prentice Hall N.Y. 1996
- Sorenson H. and Molm M. Psychology for Living, Megralo Hill N. Y. 1997
- Bernard H. "Toward Better Personal Adjustment, NCGrew Hill N.Y. 1957
- The Dynamic of Personal Adjustment – Lehner & Kube
- Carson, Butcher and Mineka , “Abnormal Psychology and Modern Life ”, 11th edition (2004), Person Education Pte. Ltd, Indian Branch.

- Abnormal Psychology and Modern Life -- James C. Coleman Published by Taraporewala & Co. Pvt Ltd.
- Comer R.J., Abnormal Psychology, Fifth Edition,(2003),
- Wiktor Sadowski. Arunkumar Singh, Aadhunik Asamanya Manovigyan, Published by Motilal Banarsidas
- Patel M. (1989), 3rd Ed., “Abnormal Psychology”, University book production board, Ahmedabad.
- Mc Kinne, Fred "Psychology of Personal Adjustment" N. Y. wila
- વૈયકિતક સમાયોજનનું મનોવિજ્ઞાન, પ્રો. સારડા અને અન્ય, સી. જમનાદાસની કંપની-અમદાવાદ.
- મનોરોગશાસ્ત્ર અને વ્યકિતક સમાયોજનનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની-અમદાવાદ

**Subject: Psychology**  
**Course Name & Paper No.8: Community Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Community Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Youth can be aware from the relationships between individuals and community groups
2. Understand social issues among various groups.
3. To identify problems and develop solutions within communities.
4. Importance of community mental health.
5. Get knowledge of different kind of government schemes and policies for community welfare.
6. To impart various of personal adjustments.

**Course:**

**Unit-1: Introduction to Community Psychology**

- Introduction
- What is community psychology?
- A shift of perspective
- Seven core values in Community Psychology
- Ecological levels of Analysis in Community Psychology
- What does Community Psychologist do?

**Unit-2: Research Methods in Community Psychology**

- Qualitative research
  - participant observation
  - Qualitative Interviewing
  - Case study
- Quantitative Research
  - experimental social innovation and dissemination
  - Randomized Field
  - Experiments



### **Unit-3: Stressors and Prevention & promoting**

- Proximal Stressors
  - Major life events
  - Life transitions
  - Daily Hassles
  - Disasters
- What is prevention
- Primary, secondary and tertiary prevention
- Example of successful prevention and promotion programs
  - Prevention of HIV/AIDS infection
  - Prevention of childhood behaviour disorders
  - Prevention of bullying and school violence

### **Unit : 4 Development of Community Psychology**

- Development of Community Psychology
- Personality Science in Psychology
- Cultural perspective in Psychology
- Community Psychology Emerges in tyers in America
- Social Change and Liberty Movement

### **Unit : 5 Understanding Community**

- What is Community
- Types of Community
- Levels of Community
- Question and issues defining of Community

### **References:**

- Bret Kloos & Jean Hill, 'Community psychology : Linking Individuals and Communities' 3rd Edition, (2012), International Edition,
- James F. McKenzie, Robert R. Pinger, Jerome E. Kotecki, ' An Introduction to Community Psychology', Fourth Edition, (2002), Jones and Bartlett Publisher,SudburyDelton – Elis, Wandersman – Community Psychology
- Davis Drive, Bolmoant C.A. – Higher Execration
- જનસમુદાય મનોવિજ્ઞાન, ડૉ. અરવિંદ શાહ અને શ્રીમતી એ. એસ. ચોધરી.

**Subject: Psychology**  
**Course Name & Paper No.9: Social Psychology Psychology-II**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Social Psychology Psychology-II	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by Social and Cultural Context.
2. Understand how social behaviour can be analysed in terms of Social Psychological Theories
3. Realise how Social Psychological knowledge can be used in Solving Social Problems.
4. To understand how a social psychological analysis differs from other forms of analysis.
5. To become familiar with the wide variety of questions and topics that social psychologists study
6. To become familiar with a sampling of research findings, both correlation and experimental.
7. To appreciate the variety of choices and limitations in the lives of women and men as they are shaped by personal and social factors
8. To explore various topic areas through readings, class activities, and discussion and by thinking and writing critically and reflectively.

**Course:**

**Unit-I: Social Prejudice**

- Meaning and Definition of Prejudice
- Characteristics of Prejudice
- Formation of Prejudice
- Results of Prejudice
- Method of Reducing Prejudice

**Unit-II: Collective Behaviour**

**Groups**

- Meaning and Definition of Group
- Characteristics of Group

- Types of Group (ॐ ॡॢॣ)

#### **Crowd**

- Meaning and Definition of Crowd
- Characteristics of Nature of Crowd
- Types of Crowd

#### **Audience**

- Meaning and Definition of Audience
- Types of Audience (With Virtual Audience)
- Psychology of Fashion
- Psychology of Rumours

### **Unit-III: Leadership**

- Meaning and Definition of Leadership
- Functions of Leader
- Dimensions of Leadership Behaviour
- Types of Leader
  - Sir Martin Convey
  - Bartlett
  - Sargent and Williamson
  - Crutch and Crutchfield

### **Unit-IV: Pro-Social and Anti-Social Behaviour**

- Helping Behaviour
- Aggressive Behaviour
  - What is Aggressive Behaviour?
  - Principals of Aggressive Behaviour
- Attraction
  - Liking and Loving Others
  - Principals of Attraction
- Loneliness

### **Unit-V: Public Opinion and Propaganda**

#### **Public Opinion**

- Meaning of Public Opinion
- Characteristics (Nature) of Public Opinion
- Formation of Public Opinion
- Change of Public Opinion

#### **Propaganda**

- Meaning of Propaganda
- Technique of Propaganda

**Reference:**

- Baron, R. A. & Byrne D. (2006)/ Social Psychology. New Delhi : Prentice Hall of India.
- Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.
- Parikh, B. A. (1990). Social Psychology (Advanced). Ahmedabad, University Book Production Board, Gujarat State.
- Worchel, S., Cooper, J., Goethals, G.R. & Olson, J. M. (2000). Social Psychology. Belmont, USA : Wadsworth / Thomson Learning.
- Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). Social psychology. 12th ed. N.D.: Pearson.
- Baron, R.A.; Byrne, D. (1998). Social psychology. 10th ed. N.D.: Prentice-Hall of India Pvt. Ltd.
- Social Psychology – Solomon Asch
- An Outline of Social Psychology – Sheriff & Sheriff
- Social Psychology – I. M. Newcomb
- સમાજલક્ષી મનોવિજ્ઞાન (પ્રગત), ડૉ. બી. એ. પરીખ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૧૭, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, હંસરાજ ભાટિયા, રાજકમલ પ્રકાશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.9: Health Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Health Psychology	03	30	70	100	---	2:30 Hours

**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.
4. To describe the biopsychosocial (mind-body) model as an organizing model for understanding the domains of health and illness.
5. To discuss biological, psychological, and social factors in the chronic diseases that are the leading causes of death in society today.
6. To discuss the role of psychology in preventing illness, promoting wellness, and shaping health care policy and reform.
7. To analyze different health behaviors, attitudes, outcomes, and illnesses from the perspectives of the major theories of health, and recognize those theories when used by others to analyze events.

**Course:**

**Unit-1 Introduction to Health Psychology**

- Introduction
- Definition of Health Psychology
- Development of Health Psychology
- Nature of Health Psychology
- Why is the Field of Health Psychology Needed?

**Unit : 2 Models of Health**

- Biopsychosocial 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

**Reference:**

- Alams and Abrams : "Health Psychology" La Jolla ca University, 1983
- Shelley Talyor, "Health Psychology" M.C. Graw Hill, New Delhi, 2003
- Fridman : "Health Psychology" Prentice Hall, N.W. 1989
- David Marks, "Health Psychology" Sage Publication, 2004
- Mathur S. "Health Psychology" Vinod Publication, Agra
- Taylor, E.S. (2003): Health Psychology(Fifth Psychology), McGraw-Hill international Edition, New York.
- Marks F.D.& Others (2005): Health Psychology (theory, Research &practice), Second Edition, Sage Publication, New Delhi.
- સ્વાસ્થ્ય મનોવિજ્ઞાન, ડૉ. અરવિંદ શાહ અને ડૉ. ગંધર્વ જોશી, ડિવાઈન પબ્લીકેશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.10: System and Theory of Psychology-II**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core	System and Theory of Psychology-II	03	30	70	100	---	2:30 Hours

**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.
3. Student get to know all sphere of psychological theories.
4. Able to analyze single behavior by different angles of thought. Able to categorise different thoughts of school.
5. Establish expertise in focused area of psychological theories and different types of system.
6. Be able to solve behavioral problem scientifically by different theories.

**Course:**

**Unit-I Gestaltism**

- Introduction of Gestaltism
- Origin back ground of Gestaltism
- Principles of Gestalt Psychology
- Main Gestalists and Its Contribution: Max Wertheimier, Wolfgang Kohler, Koffka
- Contribution of Gestaltism

**Unit-II Filed Theory**

- Introduction
- Filed Theory
- Life Space Theory
- Studies of group dynamics
- Theory of Vector and Topology
- Contribution of Kurt Lewin in Social Psychology

**Unit-III Psycho-Analysis – I**

- Basic Introduction of Psycho-Analysis

- Origin back ground of Psycho-Analysis
- Principals of Psycho-Analysis (Sigmund Freud)
- Limitation Of Sigmund Freud theory
- Contribution of Psycho-Analysis

#### **Unit-IV Psycho-Analysis – II**

- Adler's Individual Psychology
- Principals of Psycho-Analysis by Adler
- Principals of Analytical Psychology by Jung's
- Evaluation of Adler and Jung theory in Psychology
- Contribution of Psycho-Analysis

#### **Unit-V Hormic Psychology**

- Introduction of Hormic Psychology
- Origin back ground of Hormic Psychology
- Principals of related to Motivation
- Theory of Purposivism by McDougall
- Theory of Motive as a Allport and Murray

#### **Reference:**

- Cotemporary Theories and System in Psychology.’’ By: Benjamin B. Wolman. Pub. Harper & Row Publication.-London, Tokyo.
- System and Theories in Psychology. By: J. P. Chaplin, T. S. Krawiec. 2nd Edition, Holt, Rinehart, And Winston Inc. New York, Chicago. U. S. A.
- Woolman B. : Contemporary Theories and Systems of Psychology Harpea Publishing Co. N. Y. 1960
- Theory and System of psychology (Guarati). B.A. Parikh, Uni. Granth Nirman Board, Dr. B.A. Parikh : Siddhanto and Sampradayo, Uni. Granth Nirman Board
- Woodworth – School of Psychology
- મનોવિજ્ઞાનની વિચારધારાઓ-કુલીન પંડ્યા, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.