

SAURASHTRA UNIVERSITY



MASTER OF ARTS
CHOICE BASED CREDIT SYSTEM (C.B.C.S.)
FOR
PSYCHOLOGY
SYLLABUS

M.A. SEMESTER-I, II, III & IV PROGRAMME

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

By

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
RAJKOT-360005
GUJARAT, INDIA.

SAURASHTRA UNIVERSITY

ARTS FACULTY

SUBJECT:PSYCHOLOGY (M.A. Semester I, Programme)

No.	Core/ Elective/ Ict.	Name of Course	Credits	IM	EM	TM	Course/ paper Code
M.A Semester-I							
1	CCT-01	Advanced Experimental Psychology Theory	04	30	70	100	
2	CCT-02	Research Processes in psychology	04	30	70	100	
3	CCT-03	Introduction To Cognitive Psychology	04	30	70	100	
4	ECT-01	Health Psychology OR Advanced Social Psychology	04	30	70	100	
5	ECT-02	Basic Psychology of Emotion OR Psychology of Adolescence	04	30	70	100	
Total			20			500	

*IM= Internal Marks, **EM= External Marks, ***TM= Total Marks

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Chairman
Board of studies of Psychology

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
RAJKOT

STRUCTURE OF M.A.SEMESTER-I, II, III & IV PROGRAMME
 (To be implemented from June-2019)

Students can opt Semester I, II, and III & IV for M.A. Degree in Psychology. There will be four types of courses viz. Core Course, Elective Course, Interdisciplinary Course and Skill Oriented Course. For Core Course, Elective Course, Interdisciplinary Course there will be four hours classroom teaching per week and fifteen week work in a semester. For one hour classroom work per week one credit is to be assigned. There will be five courses with 20 credits in each semester, each course carrying 100 marks. Psychology Degree is considered of 2000 marks with 80 credits. For skill oriented course there will be additional two hours of classroom work and two credits to be assigned in each semester.

For each semester the hours per week and credit will be assigned as under:

Semester	Courses	Theory courses		Skill oriented		
		Hours per week	Credits	Course	Hours per week	Credits
Semester-I	05	20	20	01	02	02
Semester-II	05	20	20	01	02	02
Semester-III	05	20	20	01	02	02
Semester-IV	05	20	20	01	02	02
Total	20	80	80	04	08	08

- ❖ Allocation of Hours for Practical /Dissertation
 - (i) Experimental Explanation 20 Hours
 - Practical Performance 40 Hours
 - (ii) Personal Guidance 20 Hours
 - Fieldwork and Report Writing 40 Hours

- ❖ Marks to be assigned for each course:
 For theory course there will be two types of examinations for each course
 - (i) External Examination-70 Marks
 - (ii) Internal Examination-30 Marks
 - (iii) The Internal examination will consist of theoretical examination carrying 10 marks and 20 marks to be assigned will be divided in to presentation (Seminar -10 marks and Assignment Writing 10 marks).

- ❖ Marking Scheme for Practical course: (100 Marks)
There will be two divisions in practical course each carrying 50 marks

(1) Scheme for Experiment:

(i)	Performance:	10 Marks
(ii)	Report Writing :	15 Marks
(iii)	Viva Voice:	10 Marks
(iv)	Journal Presentation:	<u>15 Marks</u>
	Total:	50 Marks

(2) Scheme for Testing

(i)	Performance:	10 Marks
(ii)	Report Writing :	15 Marks
(iii)	Viva Voice:	10 Marks
(iv)	Journal Presentation :	<u>15 Marks</u>
	Total:	50 Marks

- ❖ Marking Scheme for Dissertation (100 Marks)

(i)	Thesis Evaluation:	70 Marks
(ii)	Viva – Voice Examination:	30 Marks

FACULTY OF ARTS Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **ADVANCED EXPERIMENTAL PSYCHOLOGY THEORY / CCT-01**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Core	CCT-01	ADVANCED EXPERIMENTAL PSYCHOLOGY THEORY	04	30	70	100	

Course Objectives:

This course should help Students:

1. Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge about mental and behavioral processes; learn how to do experimental and non-experimental studies.
2. Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.
3. Learn to use Psychology and other information sources.
4. Know how to apply APA ethical guidelines in research with humans and animals.

UNIT: I

Brief History of Experimental Psychology – Conceptual Basis of Psychological Experiments – Methodological Approaches in Psychology – Example of a Psychological Experiment – Characteristics of Experimental Method – Advantages of Experimental Method – Disadvantages of Experimental Method – Types of Experiments – Nature and Kinds of Experimental Psychology – Scope of Experimental Psychology – Theoretical Approaches in Experimental Psychology – Importance of Experimental Psychology.

Psychophysics – Problems of Psychophysics – Psychophysical Methods – Errors in Psychophysical Methods – Experimental Findings – Laws of Weber’s and Frechner’s.

UNIT: II

Attention – Nature of Attention – Characteristics of Attention – Types of Attention – Determinants or Conditions of Attention – Shifting and Fluctuation of Attention – Distraction of Attention – Span of Attention or Apprehension – Determinants of Span of Attention – Division of Attention – Theories of Selective Attention – Sustained Attention.

Association – Meaning – Brief History – Methods Used in The Association Experiments – Law of Association – classification of Woodvarth, scholosberg and Karwaski- Important Aspects of Association-comparative

Effects of Free and Controlled Association methods- Introspective analysis of factors in associative Reaction Time- Detective and Diagnostic Uses of Free Association- Need Of Controlled Subjects.

Transfer of Learning – Types of Transfer- Experimental Designs of Transfer- Aspects of Transfer of learning-Specific Transfer- Transfer Gradient & Similarity- some other Factors

UNIT: III

Reaction Time – Short History of RT – Types of RT – Measurement of RT- Determinants of RT-Subject Related Factors- Individual Differences – Use of RT.

Frustration – Meaning of Frustration – Reaction of Frustration or Modes of Frustration – Frustration to Learning – Frustration and Gender – Frustration and Income – Measurement of Frustration – Determinants of Frustration.

UNIT: IV

Conditioning- Classical condition-Components of classical conditioning-Experimental Procedure in Pavlovian Conditioning- Comparison of conditioned and unconditioned response- Theoretical interpretation of pavlovian conditioning- Instrumental Conditioning- Experimental Procedures in Instrumental Conditioning- Theoretical Interpretation of Instrumental Learning- Inescapable shock and learned Helplessness- Determinate of conditioning.

REFERENCE BOOKS

- D'AMATO M. R. (1970) experimental psychology, methodology psycho physic and learning international student education, N.Y.MCGRAW Hill.
- Gould, J. E. (2002). Concise Handbook of Experimental Methods for the Behavioral and Biological Sciences . CRC Press.
- Jogsan, Y.A. (2016): Advance Experimental Psychology, JK Publication.
- Milinki, A.K. A Cross Section of Psychological Research: Journal Articles for Discussion and Evaluation. Pyczak Publishing.

FACULTY OF ARTS Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **RESEARCH PROCESSES IN PSYCHOLOGY /CCT-02**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Core	CCT-02	RESEARCH PROCESSES IN PSYCHOLOGY	04	30	70	100	

Course Objectives:

1. Provide students with the fundamental knowledge of research methods and design used in psychology.
2. Facilitate students understanding for how using valid scientific methods can improve and create knowledge in the field of psychology.
3. Guide and mentor students in developing, completing, writing, and presenting a valid and ethical psychology experiment.

UNIT: I - Research Processes Introduction:-

Introduction: Meaning of Research:- Meaning of Research -Its Nature and Objectives -Steps in Research Process -Importance Need or Uses of Research -Importance of Knowledge of Research -Criteria of Good Research -Problems Encountered by Researchers In India

Types of Psychological Research:- Exploratory Study in Research, Descriptive Study in Research, Case Study Method, Laboratory Experiment, Experimental Research, Co relational Research, Field. Research, Survey Research, - ([Difference Between Co relational and Experimental Research] -[Differences Between Field Study and Survey] - [Differences between Field Study and Experimental Study]). Ex-post Facto Research – Difference Between Experimental Research and Ex post facto Research.

Research Problem:- Characteristics or Criteria of a Good Research Problem -Sources of Research Problem -Selecting the Research Problem.

Hypothesis:- Nature, Criteria or Characteristics of a Scientific or a Good Hypothesis -Sources or Bases of Hypothesis - Functions and Types of Hypothesis -Suggestions or Considerations for Hypothesis Construction.

Variable:-Types of Variables.

UNIT: II - Research Design:-

Research Design -Purpose, Criteria of a Good and Scientific Research Design - Importance and Different Types of Research Design - Experimental Design - Advantages and Disadvantages of Experimental Design.

Sampling Method –(Sampling Methods or Non-Parametric Methods) Meaning of Sampling Method, Types of Sampling, Meaning of Sample (Population & Sample) Purposes of sampling Design, Steps in Sampling Design, Criteria of a Good Sample Design, Advantages and Disadvantages of Sampling, Errors in Sampling. -Parametric Method.

Meaning of data- Important Tools of Data Collection -Importance of Data Collection –Some Precaution's in Data Collection -Types and Sources of Data -Observation Method -Meaning, Kinds and Types of Observation- Rating Scale -Check List Rating Scale.

Questionnaire:- Criteria of a Good Questionnaire -Types of Questionnaire.

Interview -Types of Interview -Steps in The Process of Interview or Interview Technique -Errors in Interview; Projective Method -Classification of Projective Test -Sociometric Method.

UNIT: III Psychological Tests:-

Psychological Tests – Types of Psychological Tests -Characteristics of a Good Test – Purpose and Utility of Psychological Test -Test Standardization -Test Content & Item Writing -Types of Item - Guidelines for Item Writing -Item Analysis -Difficulty Value of Item -Discrimination Power of Item.

Reliability -Methods of Estimating Reliability or Types of Reliability.

Validity -Types of Validity; Norms -Types of Norms -Percentile Rank -Standard Score Norms.

UNIT: IV Report Writing:-

Interpretation and Report Writing -Meaning of Interpretation -Importance of Interpretation -Technique of Interpretation -Precautions in Interpretation -Research Report -Meaning of Research Report -Main Purpose of Research Report -Importance of Research Report -Precautions for Writing Research Report.

Computer in Research -Computer and Computer Technology -Some Important Computers Characteristics -Use of Computer in Research -Count in SPSS program.

REFERENCE BOOKS:

- American Psychological Association. (2010). Publication manual of the American psychological association (6th ed.). Washington, DC: American Psychological Association.
- Jogsan, Y.A. (2016): research Methodology, JK Publication, Rajkot.
- Kothari, C.R (2000) Research Methodology- Methods and Techniques (Ed-II). New Delhi: Vishwa Prakashan.
- Karlinger, F.N (2000) Foundations of Behavioral Research (Fifth Indian reprint). New Delhi: Surjeet Publication.
- Schweigert,W. A. (2012). Research methods in psychology: A handbook (3rd ed.). Lone Grove, IL: Waveland Press, Inc.

FACULTY OF ARTS Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **INTRODUCTION TO COGNITIVE PSYCHOLOGY/CCT-03**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Core	CCT-03	INTRODUCTION TO COGNITIVE PSYCHOLOGY	04	30	70	100	

Course Objectives:

1. To provide students with a general overview of research on human cognitive abilities
2. To expose students to recent findings and ideas concerning the neural bases of cognitive functions, particularly to those provided by neuropsychology and functional neuroimaging research.
3. To train students in reading original articles in experimental cognitive psychology.

UNIT: I

What is Cognition? Definition of Cognitive Psychology – Properties of Cognitive Process – A Brief History of Cognitive Psychology – Approaches of Cognitive Psychology.

Scope or Domain of Cognitive Psychology – Methods of Cognitive Psychology – Ecological Validity.

UNIT: II

Meaning and Characteristics of Attention – Arousal and Information Processing – Distraction of Attention – Types of Attention – Determinants of Attention.

Nature of Selective Attention – Theories or Models of Selective Attention – Nature of Sustained Attention – Determinants of Sustained Attention – Theories of Sustained Attention – Current Status of Theories of Sustained Attention.

UNIT: II

Meaning and Nature of Sensation – Does Pure Sensation Occur? – Attributes of Sensation – Structure and Function of Human eye – Comparison of Human eye with a Photo Camera – Structure and Function of Human ear.

Nature of Perception – Major Approaches of Theories of Perception – Gestalt Approach or Theory-Directive State Theory – Physiological Approach or Theory of Perception – Gibsonia Approach – Information

Processing Approach – Behavioristic Approach or Behavioristic Theory – Is Perceptual Organization Innate or Acquired? Extrasensory Perception – Subliminal Perception – Pictorial Perception – Perceptual Constancy – Stability – Instability Pardon – Some Important Generalization about Constancy – Time Perception : Fourth Dimension – Pattern Recognition : Bottom up and Top Down Approach – Perceptual Learning – Ames' Transactional Approach – Perception of Distance and Depth.

UNIT: IV

Meaning and Nature of Learning – Role of Motivation in Learning – Methods of Learning – Classical Conditioning: Parading and Phenomenon – Nature and Types of Instrumental Conditioning – Difference between Pavlovian Condition and Instrumental Conditioning – Cognitive Learning

Theories of Learning – Thorndike's Theory of Connectionism _ Skinner's Theory – Hull's Theory – Tolman's Theory – A Comparative Study of Hull and Tolman – Guthrie's Theory – Insight Theory – Cybernetic Model of Learning – Some Applied Aspects of Learning – Learning to Learn – Transfer of Training or Learning – Transfer Design, Learning Curve – Meaning of Programmed Learning – Skinner's Viewpoints Towards Programmed Learning – Is Programmed Learning Effective ? – Computer Assisted Instruction or CAI – Personalized System of Instruction of PSI – Probability Learning or PL – Verbal Learning

REFERENCE BOOKS

- Antonio R. Damasio (1994). Reprinted (2005). Descartes' Error: Emotion, Reason and the Human Brain, Penguin Book. ISBN: 014303622X.
- Banich, Marie T. (2004). Cognitive Neuroscience and Neuropsychology. Houston Mifflin Company. ISBN: 0618122109.
- Jogsan, Y. A. & Jayesh N. Bhalala (2014). Cognitive Psychology, Akshar Publication, Ahmedabad.
- Solso, MacLin&MacLin (2005). Cognitive Psychology (7th ed.). Allyn & Bacon

FACULTY OF ARTS Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **HEALTH PSYCHOLOGY/ ECT-01**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Elective	ECT-01	Health Psychology	04	30	70	100	

Course Objectives:

To acquaint students with

1. Health behavior, health habits
2. Health enhancing behavior
3. Advancing and terminal illness
4. AIDS and Cancer

UNIT-I

Definition of Health Psychology- The Mind–Body Relationship -The Bio–psycho-social Model in Health Psychology, Introduction to Health Behavior: Role of Behavioral Factors in Disease and Disorder-What is Health Behaviors? - Practicing and Changing Health Behaviors-Barriers to Modifying Poor Health Behaviors; Intervening with Children and Adolescents-Interventions with At-Risk People-Health Promotion and the Elderly, Changing Health Habits; Attitude Change and Health Behaviour-The Theory of Planned Behaviour. Cognitive Behavioural Approaches to Health Behaviour Change: Self-Observation and Self-monitoring, Classical Conditioning - Operant Conditioning – Modeling – Stimulus Control - The Self-control of Behaviour- Broad Spectrum Cognitive Behaviour Therapy.

UNIT-II

Health-Enhancing Behaviors: Exercise: Benefits of Exercise-Determinants of Regular Exercise- Characteristics of Interventions; Accident Prevention- Home and Workplace Accidents Motorcycle And Automobile Accidents; Maintaining a Healthy Diet- Why Is Diet Important? -Resistance to Modifying Diet- Interventions to Modify Diet. Weight Control-the Regulation of Eating-Why Obesity is a Health Risk-Obesity in Childhood-Factors Associated with Obesity- Stress and Eating-Treatment of Obesity; Eating Disorders- Anorexia Nervosa-Bulimia; Sleep- what is Sleep?-Sleep and Health-Apnea; Health-Compromising

Behaviors- Characteristics of Health Compromising Behaviors; Alcoholism and Problem Drinking; Smoking- Synergistic Effects of Smoking-Why Do People Smoke?

UNIT-III

Psychological Issues in Advancing and Terminal Illness:Death across the Life Span: -Death in Infancy or Childhood -Death in Young Adulthood -Death in Middle Age -Death in Old Age; Psychological Issues in Advancing Illness -Continued Treatment and Advancing Illness Psychological and Social Issues Related to Dying -The Issue of Nontraditional TreatmentAre there Stages in Adjustment to Dying? : -Kubler-Ross's Five-Stage Theory -Evaluation of Kubler-Ross's Theory; Psychological Management of the Terminally Ill: - Medical Staff and the Terminally Ill Patients -Individual Counseling with the Terminally Ill -Family Therapy with the Terminally Ill -The Management of Terminal Illness in Children- Alternatives to Hospital Care for the Terminally Ill:-Hospital Care -Home Care.

UNIT-IV

AIDS: -Risk Factors-Effects-and treatment of AIDS- Age, Gender and Socio cultural Factors in AIDS-From HIV Infections to AIDS Medical Treatment for People with HIV/AIDS-The Psychosocial Impact of AIDS- Psycho social Interventions for AIDS.

CANCER: -The Prevalence and Types of Cancer-The sites, Effects and Causes of Cancer:-Prognosis and Causes of Cancer.-Age,Gender and Sociocultural Factors in Cancer.-Diagnosing and Treating Cancer-The Psycho-social Impact of Cancer.-Psycho social Interventions for Cancer.

REFERENCES BOOKS:

- Edward P. Sarafino,(1990). Health Psychology,JohnWiley&Sons,INC.
- Linda Brannon and Jess Feist. (2007). Introduction to Health Psychology, Thomson: Indian Edition.
- Shelley E. Taylor. (2007). Health Psychology, Tata McGrawHill Sixth Edition.

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **ADVANCED SOCIAL PSYCHOLOGY/ECT-01**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Elective	ECT-01	ADVANCED SOCIAL PSYCHOLOGY	04	30	70	100	

Course Objectives:

1. To help students to develop an understanding about one's-self, how people think about, influence and relate to one another
2. To orient them to the dynamics of attraction, love and aggression, and application of the principles of social psychology in different fields.

UNIT- I

Introduction – Brief History of Social Psychology – Subject – Matter and Definition of Social Psychology – Social Behaviour : Nature and Levels of Analysis – Scope of Social Psychology – Relation of Social Psychology with Others Science – Importance or Utility of Social Psychology – Social Psychology as an Applied Science.

Socialization – Meaning Socialization – Stages – Process – Theories – Principles – Agents of Socialization – Communalism – Dimensions of Communalism - Communalism in India.

UNIT- II

Stereotypes – Meaning – Characteristics – Experimental Studies of Stereotypes – Functions and Importance of Stereotypes in Social Life – Causes of Development and Maintenance of Stereotypes – Truth and Falsity of Stereotypes – Distinction Between Stereotype and Prejudice – Culture and Personality : - Meaning of Culture – Kinds of Culture – Method of Studying Culture and Comparison of Cultures – Meaning of Personality – Nature of Relationship Between Culture and Personality – Relationship Between Culture and Personality. Social Tension : Types – Effect of Social Tension – Causes – Measures of Methods of Redacting Social Tension.

UNIT- III

Group Conflict or Social Conflict : Meaning and Nature – Types – Problems Originating Group Conflict in Indian Society – Methods of Group Conflict Resolution – Resolution of Group Conflict in India Context.

Social Change : Meaning and Nature – Characteristics – Types – Dimensions – Theory – Process – Factors or Agents of Causes of Social Change – Resistance – Effect – Characteristics of Social Changes in Indian Society – Dimensions of Indian Social Change – Meaning and Characteristic of Cautionization, Westernization and Modernization – Relation Between Cautionization and Westernization – Importance of Cautionization on Social Change – Importance of Westernization of Social Changes .

UNIT- IV

Aggression and Social Violence : - Meaning and Nature Aggression – Theories of Aggression – Factors Provoking of Aggression and Violence – Measures of Preventing and reducing Aggression – National Character and National Integration – Meaning of National Character – Causes of Difference in National Character – Determinants of National Character – Characteristics of Indian National Character – Approaches or Theories of National Character – Meaning of National Integration - Factors of Promoting National Character –Hinderances in The Way of National Integration.

Environment Psychology : Emergence – Human Spatial Behaviour – Development of Personal Space – Factors Influencing Personal Space – Reactions to Invasions of Personal Space – Types of Territories – Functions of Territoriality – Responses to Crowding Effect of Crowding – Controlling the Effects of Crowding – Theories of Crowding – General Conclusion Regarding Different Theories of Crowding – Chosen Isolation : Privacy – Environmental Effect of Bheaviour – Architectural Design and Social Behaviour – Urban Environment and Social Bheaviour.

REFERENCE BOOKS

- Baron, Robert A. and Byrne, D. (2001). Social Psychology (8th edition) Reprint, New Delhi: Prentice-Hall of India Pvt Ltd.
- Brehm, S.S. and Kassin, S.N. (1996).Social Psychology (3rd edition). USA:Houghton Mifflin Company.
- Crisp, R.J. and Turner, R.N. (2007).Essential Social Psychology. New Delhi: SagePublications.
- Jogsan, Y. A and Jadav, T. H. (2018).Social Psychology.JK Print Shop, Rajkot (Gujarat).ISBN : 978-81-936161-1-6.
- Myers, D.G. (2002). Social Psychology (7th international edition). New York: McGraw Hill Companies.

FACULTY OF ARTS Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **BASIC PSYCHOLOGY OF EMOTION /ECT-02**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Elective	ECT-02	BASIC Psychology of Emotion	04	30	70	100	

Course Objectives:

1. The course aims at understanding the basic issues and state-of- the art knowledge in the field of emotions.
2. To acquaint students to the neurophysiologic bases of emotion.
3. It seeks to promote an understanding of bodily changes in emotion and measurements of emotions.

UNIT-I

Basic Issue in the Study of Emotions:

Definition of Emotion, Components of Emotion-Cognitive, Physiological and Behavioural; Categories of Emotion- Primary and Secondary Emotions- Fear and Anxiety, Anger, Jealousy and Envy, Guilt, Grief, Sadness, Happiness and Love; The Role of Positive Emotions- The Broaden and- Build Theory of Positive Emotion; Approaches to Emotion- Biological, Cognitive, Behavioral and Phenomenological; Functions of Emotion; Emotion as Basis of Social Relationship, Gender and Emotion.

UNIT-II

Physiological Bases of Emotion:

Methods to Study Physiological Bases of Emotion, A Short Introduction to Nervous System, Central Mechanisms and Emotion- Spinal Cord, Medulla, Brainstem, Thalamus, Hypothalamus, Limbic System- Amygdala, Hippocampus, Cingulate Gyrus, Septum, Cortex and Frontal Lobes; Peripheral Mechanism- The role of Autonomous Nervous System; Neurochemistry and Emotion; Laterality and Emotion.

UNIT-III

Bodily Changes in Emotions:

A Short Introduction to Cardiovascular, Respiratory, Digestive, Muscular and Hormonal Systems of Human Body; Short Term Bodily Changes in Emotions- Changes in the Cardiovascular, the Respiratory, the Digestive, the Thermoregulatory, the Galvanic Skin Response and the Hormonal Systems, Changes in Muscle Tension; Hormonal Changes During Stressful Situations; Long term Bodily Changes in Emotion- General Adaption Syndrome (GAS), Psychogenic Ulcer and Some other Psychosomatic Diseases.

UNIT-IV

Measurement of Emotions:

Physiological Methods for Measuring Emotion, EEG, fMRI, PET, Lie detector; Measurement of Facial Expressions, Facial Action Coding System (FACS); Psychological Methods for Measuring Emotion-Verbal Self Report Measures of Affect, Semantic Differential Method– Rating scale, Questionnaire and Psychoanalytic Methods; Non Verbal Self-report Tool-Emotional Slider, Observation, Using Pictograms, Self Assessments Manikin, Projective Techniques etc. Advantages and Disadvantages of Physiological and Psychological Methods of Measurement. Some New Tools to Measure Subjective Feeling of Emotion- Geneva Emotion Wheel, Product Emotion Measuring Instrument (Pr.Emo).

REFERENCE BOOKS

- Clarke, M.S. (1992). Emotion. New burry Park CA: Sage.
- Ekman, P. and Davidson, R.J. (1994). The Nature of Emotion. New York: Oxford University press.
- Kalat, J.K. & Shiota, M.N. (2007). Emotion. Belmont. C.A: Wadsworth.
- Lewis, M. & Haviland J.M. (1993). Hand Book of Emotions. New York: Guilford Press.
- Oatley, K. Ketner, D. , & Jenkins, J.M. (2006). Understanding emotions. Cambridge. M.A; Blackwell Publishers.
- Patel. M.K. (2008). Psychology of Emotion, Rajkot: Saurashtra University Press.
- Strongman, K.T. (1989). The Psychology of Emotion. London: Plenum.

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Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: **PSYCHOLOGY OF ADOLESCENCE/ECT-02**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Core	ECT-02	PSYCHOLOGY OF ADOLESCENCE	04	30	70	100	

Course Objectives:

The focus of this course is an advanced examination of the processes, contexts, and clinical issues associated with adolescent development. The course is geared toward professional, graduate-level students who have a background in human development (e.g., CPSY 454) and who intend to work with adolescents in clinical, school, or other applied settings. There will be an emphasis on understanding normal developmental processes as well as the contexts which compromise adolescent mental health and well being. Specific objectives of this course include:

- (1) Gaining a basic understanding of the adolescent developmental issues (e.g., factual , methods, principles, generalizations, theories),
- (2) Learning to apply course material to your work (to improve thinking, problem solving, and decisions), and
- (3) Developing specific skills, competencies, and points of view needed by professionals in the field.

UNIT: I

Introduction – Changes in Adolescence – Time duration of Adolescence – Anxiety in Adolescence – Methods of Studying Adolescence – Puberty – Changes in Boys During Adolescence – Changes in Girls During Adolescence – Psychological Importance of Physical Changes During Adolescence – Effect of Sexual Development – Effect of Figure and Body – Emotional Pressure – Effect of Behaviour on Adolescence – Behaviour of Adolescence

Physical Changes and Importance of Psychology – Methods of Physical Changes – Internal Bodily Changes – Psychological Importance of Bodily Changes – SensativeBehaviour in Adolescence – Adolescence Study Method – Characteristic of Adolescence – Causes of Emotional Intensity – Feeling of Uncertainty and Insecurity –Emotions of Adolescence – Effect of Emotions.

UNIT: II

Personal Interest of Adolescence – Interest Regarding Clothes – Interest Regarding Face – Interest Regarding Voice – Interest Regarding Emotions – Interest Regarding Future – Problems Regarding Future Selection – Desire for Independence – Day-Dreams – Social Interest of Adolescence – Importance Adolescence Hobby – Talk – Types of Talk – Celebration – Criticizes - Helping Others

Recreational Related Interests – Sources for Recreational (Entertainment) - Some Favorite Way of Entertainment in Adolescence –Esoteric Interest of Adolescence – Importance of Entertainment in Adolescence – Friendship and Leadership in Adolescence – Friendship in Adolescence – Leadership in Adolescence – Necessity for Leadership – Reason for Success and Failures in Friendship – Parents' Duties in Relation to Adolescence Friendship

UNIT: III

Social Behavior in Adolescence – Meeting in Adolescence – Due to Color or Race, Understand Yourself Bigger – Benefits of the Juvenile's Life by Staying in the Meeting – Some Problems Related to Social Life of Adolescence – Feelings About Sex Matters During Adolescence –Sexuality Related Emotional Development Since Childhood – Sexual Problems of Unmarried Adolescents – The Condition of Indian Educated Teenagers in Pathetic.

Some Difficulty With Our Newly Married Adolescence – A Barrier to Staying with Newly Married Husband and Wife – Beauty Test – Religious Awareness in Adolescence – Study Methods – The Form of Religious Awareness in Adolescence – The Difference in the Religious Motivation of Children and Adolescents – Religious Awareness Reason.

UNIT: IV

Morality in Adolescence – Meaning of Morality – Effect of Heredity – Effect of Environment – Effect Friend – Adolescents' Tendency to Offend – Basic Causes of Adoration – Motivational Work – The Personality of Adolescence –The Effect of Many Things on The Development of Personality.

Teenage Expectation and Their Direction – Teachers, Parents and Social Duties – Maturity – Definitions – Advantages and Disadvantages – Types of Maturity.

REFERENCE BOOKS:

Kaiser Family Foundation. (2010). Generation M2: Media in the Lives of 8- to 18-Year-Olds. 15-18.

Ward, L. & Friedman, K. (2006). Using TV as a Guide: Associations Between Television Viewing and Adolescents' Sexual Attitudes and Behavior. Journal of Research on Adolescence, 16, 133-156.

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Jogsan Y. A. and Ramani, D. J. (2018). *Psychology of Adolescence*. JK Print Shop, Rajkot Gujarat). ISBN : 978-81-936161-0-9.