# SAURASHTRA UNIVERSITY

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

FOR

**PSYCHOLOGY, B.A. SEMESTER-I**

1. CORE COURSE (CCT)
2. ELECTIVE COURSE (ECT)

*(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:

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

❖ जे परीक्षार्थी ने सेमेस्टर-पंजीयन से सेमेस्टर-दो रेप्रंटिक रूप से परीक्षा सत्ता नहीं की तो उनकी विभिन्न नीति परीक्षा मांग जासूस माना जाएगा। अतः नैन्य के अनुसार R. ARTS-14 मुख्य परीक्षायी निर्देशनानुसार युवाओं को परीक्षा मांग जाएगी ४० मार्क अंक मिलना आवश्यक है।
### 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]

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Semester</th>
<th>Foundation/ Core/ Elective-1 Elective-2</th>
<th>Course/ Paper's Name</th>
<th>Paper No.</th>
<th>Credit</th>
<th>Internal Marks</th>
<th>External Marks</th>
<th>Total Exam Marks</th>
<th>Course/ Paper's Unique Code</th>
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<tbody>
<tr>
<td>1</td>
<td>I</td>
<td>Core</td>
<td>Basic Psychological Processes –1</td>
<td>01</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
</tr>
<tr>
<td>2</td>
<td>I</td>
<td>Elective-1</td>
<td>Environmental Psychology</td>
<td>01</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
</tr>
<tr>
<td>3</td>
<td>I</td>
<td>Core</td>
<td>Introduction to Child Psychology</td>
<td>02</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
</tr>
<tr>
<td>4</td>
<td>I</td>
<td>Elective-1</td>
<td>Adolescent Psychology</td>
<td>02</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
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</tbody>
</table>


FACULTY OF ARTS  
Syllabus  
Subject: PSYCHOLOGY  
Core Course Name & No.1 : Basic Psychological Processes –1  
Course (Paper) Unique Code:  

<table>
<thead>
<tr>
<th>Name of course</th>
<th>Sem.</th>
<th>Core/Elective/Allied/Practical/Project</th>
<th>Course/ Paper code</th>
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<tbody>
<tr>
<td>B.A.</td>
<td>I</td>
<td>Core</td>
<td>CCT-01</td>
<td>Basic Psychological Processes –1</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
</tr>
</tbody>
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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.

UNIT-1: INTRODUCTION TO PSYCHOLOGY

Brief history of modern scientific 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, Counselling, Experimental, Industrial and
Engineering Psychology, school and educational Psychology, Psychology of measurement.

UNIT-2: THE SCIENCE OF PSYCHOLOGY


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

What is heredity?: definition and Meaning, Process of Heredity, Endocrine glands, Biology of Behaviour - The nervous System: central nervous system and peripheral
nervous system. 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, Motivational Cycle, Motivation Theories – drive theory, arousal theory (Yerkes-Dodson law), expectancy theory, goal setting theory, Maslow’s hierarchy of need theory, Types of motivation – Biological, social, psychological and Subliminal Motivation. Intrinsic & extrinsic motivation. Primary and secondary motives.


References Books:

- A Psychology Living – Sorenson & Molm
- B. Kuppuswami – An Introduction to Psychology
- General Psychology – Dvan Nostran Com. – J. P Filfoud
- 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
B. A. Psychology Syllabus Saurashtra University W.E.F. from JUNE 2019

- सामान्य मनोविज्ञान – यूनिवर्सिटी ग्रंथ निर्माण बोर्ड, डॉ. सी. पी. भट्ट.
- प्रगत सामान्य मनोविज्ञान - यूनिवर्सिटी ग्रंथ निर्माण बोर्ड, डॉ. भी. अं. परीक्षा
FACULTY OF ARTS
Syllabus
Subject: PSYCHOLOGY
Elective Course (Paper) Name & No.1: Environmental Psychology
Course (Paper) Unique Code:

<table>
<thead>
<tr>
<th>Name of course</th>
<th>Sem.</th>
<th>Core/Elective/ Allied/Practical /Project</th>
<th>Course/ Paper code</th>
<th>Course/ Paper Title</th>
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<td>B.A. I</td>
<td>Elective</td>
<td>ECT-01</td>
<td>Environmental Psychology</td>
<td>03</td>
<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
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</tr>
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</table>

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.

Unit – I: Introduction to Environmental Psychology:
Developmental History of Environmental Psychology, Human life and Environmental Problems, Meaning and Nature of Environment, Definition, 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:

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)

Reference Book:
FACULTY OF ARTS
Syllabus
Subject: PSYCHOLOGY
Core Course (Paper) Name & No.2: Introduction to Child Psychology, Course (Paper) Unique Code:

<table>
<thead>
<tr>
<th>Name of course</th>
<th>Sem.</th>
<th>Core/Elective/Allied/Practical /Project</th>
<th>Course/ Paper code</th>
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<td>B.A.</td>
<td>I</td>
<td>Core</td>
<td>CCT-02</td>
<td>Introduction to Child Psychology</td>
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<td>30</td>
<td>70</td>
<td>100</td>
<td>2:30 Hours</td>
</tr>
</tbody>
</table>

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. The physical and psychological bonds that form as expectant parents await the arrival of a new being. How is the one celled organism gradually transformed into a baby with the human capacity to play, dream, and create? What factors support or undermine this earliest phase of development.
6. Learn to use Psychology and other information sources.
7. Importance of Child Psychology.

Unit-1: HISTORY AND RESEARCH METHODS:
UNIT-2: THEORY OF CHILD DEVELOPMENT:
The Psychoanalytic theory: (a) Freud’s Theory Three parts of personality Psychosexual development, (b) Erikson’s Theory Neo Freudian approach Psychosocial stages.

Social Learning Theory: (a) Traditional Behaviorism Influence of Ivan Pavlov Drive reduction theory, Influence of operant conditioning, (b) Social learning theory (Bandura), Principle of conditioning and reinforcement. role of modeling, imitation/observation, role of cognition,

Piaget’s Cognitive & Developmental Theory: (a) Piaget’s stages of development, (b) Piaget’s method of study.

UNIT: 3 GROWTHS AND 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, Types, Characteristics, Diagnosis of child. 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:


- Child Development”(Sixth Edition) By Laura E. Berk. Illinoise State University U.S.A.


- On Line Resources: Child Psychology Laura Berk

- Dynamics of Child Development – H. B. English

- Child Development – Crow & Crow

- ड. दोष, ड. पत्नी, ड. भाषण, ड. अर्जुनी, ड. ज़ुमानी (२०१६): बाल मनोविज्ञान, श्री. जमनादासनी कंपनी, अमदावाद.
Course Objectives:
This course should help Students:
1. To aim part 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 filed of adolescent Psychology

Unit-1: Introduction to Adolescent Psychology
Introduction, Definition, Concept of Adolescence – Hall & Gesell
Characteristics and principles of adolescence development, Stage of Human Development, Subject Filed of Adolescent Psychology

Unit : 2 Method of Child Psychology
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.


Unit : 3 Personality Development

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:
- Elizabeth Hurlock "Developmental Psychology" M. C. Graw Hill
- Lawrce Fenk,"Developmental Psychology"
- Karl Garrison, "Development of Applied and Attitude Psychology"
- Development Psychology – Pre Yogendra K. Desai
- દ્ર. ચોચા, દ્ર. ર્હાણીયા, દ્ર. ભાલા, દ્ર. જારસાણીયા, દ્ર. કુાંભાણી (૨૦૧૬): તાકુલસાનું મનોવિજ્ઞાન, સી. તમનાદાલવી કંપની, અમદાવાદ.