

# 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)

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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)
- ❖ 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	Foundation/ Core/ Elective-1 Elective-2	Course/ Paper's Name	Paper No.	Credit	Internal Marks	External Marks	Total Exam Marks	Course/ Paper's Unique Code
1	I	Core	Basic Psychological Processes –1	01	03	30	70	100	2:30 Hours
2	I	Elective-1	Environmental Psychology	01	03	30	70	100	2:30 Hours
3	I	Core	Introduction to Child Psychology	02	03	30	70	100	2:30 Hours
4	I	Elective-1	Adolescent Psychology	02	03	30	70	100	2:30 Hours

# FACULTY OF ARTS

## Syllabus

Subject: PSYCHOLOGY

Core Course Name & No.1 : Basic Psychological Processes –1  
Course (Paper) Unique Code:

Name of course	Sem.	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
B.A.	I	Core	CCT-01	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.

### 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 Modern 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, Counselling, Experimental, 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. 1. Systematic observation. 2. Interview, 3. Questionnaire (Tests), 4. Experimental method (D'Ameto), 5. Clinical method, 6. Survey method, 7. Case study, 8. Co relational studies, 9. 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**

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.

**Emotion :** Definition, nature and expression and impact of emotions, Emotion theory James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Appraisal theory, Evolutionary theory, Opponent process theory. Biological basis of emotions, external expression of emotions – nonverbal cues, culture & emotion. Relation between: emotion and motives, Frustration, Conflict and Anxiety.

#### **References Books:**

- A Psychology Living – Sorenson & Molm
- B. Kuppuswami – 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.
- Kuppuswamy, 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.
- सामान्य मनोविज्ञान – युनिवर्सिटी ग्रंथ निर्माण बोर्ड, डॉ. सी. पी. लट्ट.
- प्रगत सामान्य मनोविज्ञान - युनिवर्सिटी ग्रंथ निर्माण बोर्ड, डॉ. बी. अ. परीष

# FACULTY OF ARTS

## Syllabus

Subject: PSYCHOLOGY

Elective Course (Paper) Name & No.1: Environmental  
Psychology

Course (Paper) Unique Code:

Name of course	Sem.	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
B.A.	I	Elective	ECT- 01	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.

### 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:**

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 Book:**

1. Nagar, D. (2006). *Environmental Psychology*. New Delhi, India: Concept.
2. Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.
3. 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.
4. Dave C.B., Patel N.S. & Panchal D.J. (2003-04), “Paryavaran nu Manoxignan” (Gujarati) Suchita Prakashan Vastraupr, Ahmedabad – 54.
5. Nagar Dinesh (2006) “Environmental Psychology”, Concept Publishing Company, New Delhi – 110059.

# FACULTY OF ARTS

## Syllabus

Subject: PSYCHOLOGY

Core Course (Paper) Name & No.2: Introduction to Child Psychology, Course (Paper) Unique Code:

Name of course	Sem.	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
B.A.	I	Core	CCT-02	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. 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:

**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:** (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:**

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, 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:**

- 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 Massachusetts 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 (૨૦૧૬): બાળ મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.

# FACULTY OF ARTS

## Syllabus

Subject: PSYCHOLOGY

Elective Course (Paper) Name & No.2: Adolescent Psychology,  
Course (Paper) Unique Code:

Name of course	Sem.	Core/Elective/ Allied/Practical /Project	Course/ Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
B.A.	I	Elective	ECT-02	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

### 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
- Dr. R.G. Parmar, Human Development & Adolescent Psychology, Sau. University.
- ડૉ. ચોચા, ડૉ. ડઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (૨૦૧૬): તરુણાવસ્થાનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.