



Savitribai Phule Pune University
(Formerly University of Pune)

Three Year B.A. (Bachelor of Arts) Degree Program in Psychology
(Faculty of Humanities)

F.Y.B.A. PSYCHOLOGY

Choice Based Credit System

Syllabus

To be implemented from Academic Year 2019-2020

1: Title of the course: B. A. with Psychology

2: Background:

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

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

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

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

sources is highly recommended to make the teaching-learning process interactive and interesting.

3: Structure of the course:

Year	Semester	Paper No.	Title of the Paper	Lectures per week	Credit for semester
First Year	1	DSC-PSY-1A	Foundations of Psychology	03	03
	2	DSC-PSY-1B	Introduction to Social Psychology	03	03
Second Year	3	DSC-PSY-1C	Psychological Disorders	03	03
	4	DSC-PSY-1D	Statistical Methods and Psychological Research	03	03

4: Implementation of UG course structure:

- 1: This is 6 semester 132 credit degree course.
- 2: Each theory credit is equivalent to 15 clock hours of teaching and each practical credit is equivalent to 30 clock hours of laboratory teaching in a semester.
- 3: There is 15 to 18 weeks (90 days) of teacher-student interaction during the semester.

Each semester shall have 3 credits for teaching. Each credit is equal to 15 hours, so this course shall have 45 teaching hours. In addition to that there shall be three hours allotted to internal evaluation. Changes as per the university guidelines shall be communicated from time to time.

F.Y.B.A. Psychology
(w.e.f. 2019-2020)
(Choice Based Credit System) 70:30-Pattern
(70-Semester-End Exam & 30-Internal Evaluation)

Course DSC-PSY- 1A : Foundations of Psychology

Objectives:

- a) To understand the basic psychological processes and their applications in day to day life. .
- b) To enhance the ability to evaluate memory processes, emotions of an individual.
- c) To understand the personality and intelligence of the students by developing their psychological processes and abstract potentials.

Unit 1: Introduction: (12 lectures)

- 1.1 Psychology : a Science, goals of psychology
- 1.2 Brief history & perspective of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-psycho-socio-cultural)
- 1.3 Psychology in India: Past and present
- 1.4 Career Avenues in Psychology & Fields of Psychology: (Clinical, Industrial & Organizational, Educational, Social, Developmental, Health, Criminal & Forensic, Military, Sports, Neuropsychology, Environmental, Positive, Spiritual and Women & Child psychology.)
- 1.5 Application: Understanding Behaviour through Methods in Psychology

Unit 2: Cognitive processes: (12 lectures)

- 2.1 Sensation, Attention and Perception, nature of perception, laws of perceptual organization
- 2.2 Learning- Classical and Operant conditioning, cognitive and observational learning
- 2.3 Memory-processes, information processing model(s)
- 2.4 Forgetting: Theories of forgetting
- 2.5 Application: Techniques for improving memory.

Unit 3: Motivation and Emotion:

(12 lectures)

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

Unit 4: Personality and Intelligence:

(12 lectures)

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

References:

1. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Carole, W. and Carol, T. (2007). Psychology (7th Edition). Pearson Education, India.
4. Feldman S. R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Books in Marathi Language:

1. Bachhav, Badgujar and Shinde (2001). General Psychology. Swayambhu Prakashan, Nashik.
2. Mundada, N. and Khalane, S. (2013). Manasshastrachi Multattve. Atharv Publication, Jalgaon.
3. Oak, Abhyankar and Golvilkar (2008). Psychology. Pearson Publication, Delhi.
4. Deshpande C G, Darekar Digambar and Others (2014). Sukshmakaushalye: Manasshstriy samupdeshan prakriyecha gabha.

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F.Y.B.A. Psychology
(w.e.f. 2019-2020)
(Choice Based Credit System) 70:30-Pattern
(70-Semester-End Exam & 30-Internal Evaluation)

Course DSC-PSY- 1B : Introduction to Social Psychology

Objectives:

- a) To understand the basics of social psychology.
- b) To assess the interactional processes in our day today life. .
- c) To understand the individual in the social world.

Unit 1: Introduction:

(Total 12 Lectures)

- 1.1 Definition, Brief history of social psychology (Indian context),
- 1.2 Scope of social psychology
- 1.3 Levels of social behavior
- 1.4 Approaches towards understanding social behavior
- 1.5 Application: Community mental health

Unit- 2.Individual Level Processes

(Total 12 Lectures)

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

Unit 3: Interpersonal processes:

(Total 12 Lectures)

3.1 Interpersonal attraction, love

3.2 Pro-social behaviour

3.3 Locus of control, increasing our helping nature.

3.4 Aggression: Meaning, Nature and causes of Aggression

3.5 Application: Prevention and reducing aggression

Unit- 4.Group Dynamics

(Total 12 Lectures)

4.1 Groups: When we join and when we leave, The benefits of joining

4.2 Cooperation and Conflict

4.3 Conformity; Factors affecting Conformity, Obedience & Authority

4.4 Group decision making

4.5 Application: Team Building

Books for Reference

1. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009
2. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education prentice Hall
3. Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
4. Myers, D. G. (2006). Social Psychology. (8th edi.), Tata McCraw- Hill Publication.

Books in Marathi Language:

1. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Marathi Translation by Natu Sadhna, Vaidya Alpana, and Rajhans Manasi
2. Gadekar K.N., Patil A. & Inamdar A.K.(2007). Pragat Samajik Manashastra, Pune: Diamond Publication.
3. Palsane M.N. & Talwalkar V. (2000). Samajik Manasshastra, Pune: Continental Prakashan.
4. Tadsare, Tambake, Patil & Darekar (2003). Samajik Manasshatra, Kolhapur: Phadke Prakashan.
5. Dhormare A and Rasal P. (2015). Samajik Manasshastra. Unmesh Prakashan.

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Question Paper Pattern for Each Semester (2019-20)

(Choice Based Credit System)

F Y B A Psychology:

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

Hours: Three

Marks: 70

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

Ask six questions- each question for 5 marks $5 \times 4 = 20$

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

Ask four questions -each question for 10 marks $10 \times 2 = 20$

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

Ask two questions -each question for 20 marks $20 \times 1 = 20$

Q4 write short notes (any Two)

Ask four short notes -each short note for 5 marks $5 \times 2 = 10$

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

Pattern for Internal Evaluation:

1. Internal Mid-Semester Examination— - - 20 Marks
2. Home Assignments/Tutorials/Oral/Lecture Notes/Project – 10 Marks

TOTAL–30 Marks