

F Y B.A. Semester – I
PSYCHOLOGY
Core - 101 & Elective Paper No – 10
BASIC PSCHOLOGICAL PROCESS - I

Unit – 1 Psychology as a Science – Introduction

- Definition of Psychology
- Psychology as a behavioral science
- Goals of Psychology
- Origin and Development of psychology

Unit – 2 Motivations

- Definition and Nature of motivation
- Measurement of motivation
- Primary Motivation
 - Hunger and Thirst
 - Sex and Maternal Drive
- Social Motives
 - Affection and Affiliation
 - Social approval and Esteem
 - Achievement Motivation

Unit – 3 Emotions

- Definition and Nature of Emotion
- Psychological Changes during Emotion
- Measurement of Automatic Changes
- Expression of Emotion

Unit – 4 Cognitive Process

- Definition of Perception
- Nature of Perception
- Laws of Perception
- Definition and Nature of Attention
- Determinants of Attention

BASIC BOOK:

Clofford T. Morgan, A Brief Introduction To Psychology, Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.
Ciccarelli, Saundra K. and Mryer, Hlenn E. (2008), Psychology South Asian Edition Pearson Longman, An imprint of Pearson Education. First Impression.

F.Y.B.A SEMESTER – I
PSYCHOLOGY
Core -102 & Elective Paper No – 10
Social Psychology - I

Unit – 1 Introduction to Social Psychology

- Definition and nature of Social Psychology
- Scope of Social Psychology
- Relation with other Science
- Theoretical aspects of Social Psychology

Unit – 2 Individual level processes

- Person perception [Non verbal communication]
- Attribution theories, biases and error
- Application of attribution theory

Unit – 3 Interpersonal processes

- Pro-social behavior
- Responding to an emergency
- Helpers and those who receive help
- Why do some people help

Unit - 4 Group Dynamics

- Key aspect of groups
- Group cohesiveness
- Group norms
- Conformity in Indian society
- Deviancy [Type of deviancy, Cause of deviancy]

Basic Text-books:

- [1] Baron R.A. and D. Byrne : 'Social psychology'
(10th Edition 2004) New Delhi, Prentice Hall of India Pvt. Ltd.
- [2] Kuppuswamy B: 'Elements of Social Psychology'
(7th Edition 1990) Delhi; Konark Publishers Pvt. Ltd.

Reference Book :

- Baron. R.A. Byrne, D & Bhardwaj. G (2010) : Social psychology
(12th Ed) New Delhi, Pearson.
- Chadha, N.K. (2012) Social Psychology, MacMillan: New Delhi
- Myers D.G. (2008) Social Psychology, New Delhi: Tata McGraw-Hill.

F Y B.A. Semester – I
PSYCHOLOGY
Elective Paper No – I0 (S.S.)
PSYCHOLOGY OF PERSONAL ADJUSTMENT-I

UNIT – I An Introduction to Adjustment

- (1) Meaning of Adjustment
- (2) Characteristics of Adjustment
- (3) Adjustment Process
- (4) Importance of Adjustment

UNIT-II Defense Mechanisms

- (1) Introduction
- (2) Meaning of Defense Mechanisms
- (3) Types of Defense Mechanisms
 - (1) Attack Mechanisms
 - (2) Blame-Assigning Mechanism
 - (3) Flight Mechanism
- (4) Utility of Defense Mechanisms in view point of Adjustment

UNIT – III Family Adjustment

- (1) Meaning and Nature of the Family
- (2) The Function of Family
- (3) The Dynamics of Family Interaction
 - (i) The Husband – Wife Relationship
 - (ii) The Parent – Child Relationship
- (4) Adjusting to Family crises

UNIT – IV School Adjustment

- (1) School as a New Experience
- (2) The Home – School Relationship
- (3) The Teacher – Child Relationship
- (4) The Dynamics of learning

BASIC TEXTBOOK:

George, Lehner and Ella Kube, The Dynamics of Personal Adjustment, Prentice Hall. Inc. (N.J.)

REFERENCE BOOK:

Weiten W. and Lloyd, M.A. (2007) Psychology Applied to Modern Life Adjustment in the 21st Century 8th Edition. United States Thomson Wadsworth.