

**Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science and  
Commerce, Baramati**

**Autonomous**

**Course Structure for F. Y. B. A. Psychology**

<b>Semester</b>	<b>Paper Code</b>	<b>Title of Paper</b>	<b>No. of Credits</b>
I	PSY1101	General Psychology -I	3
II	PSY1201	General Psychology -II	3

# SYLLABUS (CBCS) FOR F. Y. B. A. PSYCHOLOGY (w.e. from June, 2019)

## Academic Year 2019-2020

Class : F.Y.B. A. (Semester- I)

Paper Code: PSY1101

Paper : I

Title of Paper: General Psychology -I

Credit : 3

No. of lectures: 48

### A) Learning Objectives:

1. To provide solid foundation for the basic principles of Psychology.
2. To orient students to psychology as a science.
3. To familiarize students with the historical trends in psychology, major concepts, Theoretical perspectives and empirical findings.

### B) Learning Outcome:

1. Gain knowledge of the basic concepts and modern trends in Psychology.
2. Understand career opportunities in Psychology.
3. Understand the structure and functions of central and peripheral nervous system and how it affects cognition, emotion and behavior of people.
4. know the concept of Consciousness, Sleep and Dream

### TOPICS/CONTENTS:

#### UNIT 1: Psychology: the Science (12 L)

- 1.1 What is Psychology: Definition, Nature and Scope
- 1.2 History & Perspectives- Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-Psycho-Social & Indian Perspective.
- 1.3 Fields in Psychology: Clinical, Counseling, Industrial, Educational.  
Sub field-Criminal, Social, Women, Developmental, Sport, Forensic.
- 1.4 Methods in Psychology: Experimental, Observation, Survey, correlation, Case Study.
- 1.5 Application: Psychologist at work.

#### UNIT 2: Biological bases of human behavior (12 L)

- 2.1 Neuron: Structure and Function
- 2.2 Nervous system: CNS & PNS
- 2.3 Glandular System- Pituitary, Thyroid, parathyroid, Adrenal, Gonad
- 2.4 Neurotransmitters- Acetylcholine, Serotonin, Epinephrine, Norepinephrine, GABA, Dopamine, Glutamate.
- 2.5 Application: How to improve your health

### UNIT 3: Consciousness

(12 L)

- 3.1 Sensation and Perceptual Process
- 3.2 Attention- Definition, nature and Determinants of Attention
- 3.3 Cycle and stages of sleep
- 3.4 Dream and its types
- 3.5 Application: Improving quality of sleep

### UNIT 4: Motivation and Emotion

(12 L)

- 4.1 Definition and Types of Motivation: Extrinsic and Intrinsic (Hunger, Thirst, Sex, Sleep).
- 4.2 Approaches: Instinct, Arousal, Drive-reduction, Incentive, Humanistic, Cognitive
- 4.3 Emotion: Definition, types (Positive and Negative) and Importance
- 4.4 Theories of Emotion
- 4.5 Application: Enhancing emotional health.

### References:

1. Baron, R.A. and Mishra, G. (2015). *Psychology. 5th Edition*; Indian Subcontinent Edition. Pearson India Education Services Pvt.ltd.
2. Ciccarelli, S. K., White, J. N., & Mishra, G.(2018). *Psychology.5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
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4. Coon, Dennis & Mitterer, John O., (2010). *Introduction to psychology: Gateways to mind and behavior. (12th ed.)*Belmont. Wadsworth Publishing Company.
5. Feist, G.J, & Rosenberg, E.L. (2010). *Psychology: Making connections.* NewYork: McGraw Hill publications
6. Feldman, R.S. (2013). *Understanding Psychology.11<sup>th</sup>edi.* New York: McGraw Hill publications
7. Kalat, James W., (2015) *Biological psychology. (11th ed.)* Delhi. Cengage Learning India Private Limited.
8. Lahey, B. B. (2003). *Psychology: An introduction.* New Delhi: Tata McGraw-Hill.
9. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to psychology.* McGraw-Hill Book Co.
10. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise, (2011). *The world of psychology. (7th ed.)* Boston. Allyn and Bacon, Inc.
11. Abhyankar, S., Oak, A., & Golvilkar, S., (2014). *Manasashashtra: Vartanache Shastra.*

Dorling Kindersley (India) Pvt. Ltd.

12. Badgujar, Bachhav, & Shinde (2001). *Samanya manasashastra*. Nashik: Swayambhu Prakashan.
13. Inamdar, Gadekar&Patil (2006). *Adhunik manasashastra*. Pune: Diamond Publication.
14. Pandit, Kulkarni & Gore (1999). *Samanya manasashastra*. Nagpur: Pimpalpure Prakashan
15. Varma,S. (20015) Development of Life Skills-II. Vikas Publishing House Pvt. Noida (UP).

Paper Code: PSY1201

Paper : I

Credit : 3

Title of Paper: General Psychology -II

No. of lectures: 48

**A) Learning Objectives:**

1. To promote self-understanding and positive change.
2. To develop interest in the subject of Psychology and to create a foundation for further studies in Psychology.
3. To make the students aware of the applications of Psychological concepts in different areas of day to day life.

**B) Learning Outcome:**

1. Understand theories of learning and its application
2. Understand models of memory and its applications
3. Understand theories and measures of personality.
4. Understand the basic concepts of Thinking, Language and Intelligence.

**UNIT 1: Learning (12 L)**

- 1.1 Definition, nature and types of Learning.
- 1.2 Classical and Operant Conditioning.
- 1.3 Cognitive approaches
- 1.4 Types of Reinforcements
- 1.5 Application – Importance of Reinforcement and Punishment in everyday life.

**UNIT 2: Memory (12 L)**

- 2.1 Definition and Types of Memory
- 2.2 Forgetting and its causes
- 2.3 Distortions of Memory
- 2.4 Application: How to improve memory

**UNIT 3: Personality (12 L)**

- 3.1 Definition and nature of Personality
- 3.2 Freud's Psychoanalytical theory of personality
- 3.3 Trait and Types approaches (Allport's, Cattell's, Friedman & Rosenman)
- 3.4 Assessment of Personality –Behavioral, Projective and Self Report
- 3.5 Application: Personality Development & Life Skills.

## UNIT 4: Intelligence (12 L)

4.1 Definition and basic concept

4.2 Theories of Intelligence (Spearman, Guilford, Sternberg)

4.3 Intellectual Disabled: types, causes and Prevention

4.4 Assessment : ( Bhatia, Malins's, S.P.M.)

4.5 Application: Importance of Artificial Intelligence.

### References:

1. Baron, R.A. and Mishra, G. (2015). *Psychology. 5th Edition*; Indian Subcontinent Edition. Pearson India Education Services Pvt.ltd.
2. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). *Psychology.5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
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11. Abhyankar, S., Oak, A., & Golvilkar, S., (2014). *Manasashashtra: Vartanache Shastra*. Dorling Kindersley (India) Pvt. Ltd.
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14. Pandit, Kulkarni & Gore (1999). *Samanya manasashastra*. Nagpur: Pimpalpure Prakashan
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