

**Syllabus (CBCS) For FYBA Psychology
W.e. from June 2022**

Name of the Programme:- B.A. Psychology

Programme Code: - UAPS

Class: FYBA

Semester:- I

Course Name: General Psychology-I

Course Code: UAPS111

No of lectures: 48

Objective and Outcome of the Course

After the completion of this course students will be able to demonstrate the following competencies:

- a) Understand the basic psychological processes and their applications in day to day life.
- b) Develop the ability to evaluate cognitive processes, learning and memory of an individual.
- c) Understand the importance of motivation and emotion of the individual.
- d) Understand the personality and intelligence of the individuals by developing their psychological processes and abstract potentials.
- e) To develop motivational skills and its application in daily life.

Semester I

Name of the Paper: General Psychology-I

03 Credits

1. Psychology: the Science

12 Lectures

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, and Educational.

Sub field-Criminal, Social, Women, Developmental, Sport, Forensic.

1.4 Methods in Psychology : Experimental, Observation, Survey, correlation

1.5 Application: Psychologist at work.

2. Biological bases of human behavior

12 Lectures

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, nor epinephrine, GABA, Dopamine, Glutamate.

2.5 Application: Importance of Health

3. Consciousness

12 Lectures

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

4. Motivation and Emotion

12 lectures

- 4.1). Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation
- 4.2 Types of Motivation: Physiological, Psychological & Social
- 4.3 Emotion: Definition, types (Positive and Negative) and Importance
- 4.4 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts
- 4.5 Application: Importance of Emotional 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.
3. Ciccarelli, S. K., & White, J. N. (2017). *Psychology. 4th edi.* New Jersey: Pearson education
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.* New York: McGraw Hill publications
6. Feldman, R.S. (2013). *Understanding Psychology.11th 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. Badgular, 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: Pimpalapur Prakashan
15. मुंदडा आणि खलाणे (2013) *प्रगत सामान्य मानसशास्त्र*, अथर्व पब्लिकेशन, धुळे