

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
Department of Psychology
Class: FYBA
Subject: General Psychology-I
Course Code: PSY1101
Semester- I**

Course Objectives:

1. To comprehend the definition, nature, and scope of psychology, including an awareness of historical perspectives (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, and Cognitive) and their relevance in contemporary contexts.
2. To familiarize students with the various fields and subfields of psychology, such as clinical, counseling, industrial, educational, criminal, social, women, developmental, sport, and forensic psychology.
3. To develop proficiency in different research methods employed in psychology, including experimental design, observation, survey, and correlation analysis, with an emphasis on understanding the ethical considerations involved in psychological research.
4. To gain a comprehensive understanding of the biological bases of human behavior, focusing on the structure and function of neurons, the central and peripheral nervous systems, glandular systems, and the role of neurotransmitters.
5. To explore the intricacies of consciousness, including sensation, perceptual processes, attention, sleep cycles, and dreams, with an emphasis on practical applications to enhance the quality of sleep.
6. To analyze the concepts of motivation and emotion, including understanding different types of motivation (extrinsic and intrinsic) and exploring various motivational theories, as well as comprehending the definition, types, and theories of emotion.
7. To apply psychological knowledge to improve health and well-being, incorporating practical strategies for enhancing physical and emotional health, and recognizing the importance of sleep, motivation, and emotion in overall wellness.

Course Outcomes:

CO1.Students will be able to articulate the definition, nature, and scope of psychology, and critically evaluate historical perspectives, demonstrating a foundational understanding of the discipline.

CO2.Students will recognize and differentiate between various fields and subfields of psychology, understanding their unique contributions and applications in real-world scenarios.

CO3.Students will develop proficiency in employing different research methods, critically analyzing research designs, and demonstrating ethical conduct in psychological research.

CO4.Students will demonstrate a deep understanding of the biological underpinnings of human behavior, showcasing knowledge about neurons, nervous systems, glandular systems, and neurotransmitters.

CO5.Students will apply knowledge of consciousness, sensation, and perceptual processes to implement practical strategies for improving sleep quality and overall well-being.

CO6.Students will critically analyze motivational theories, differentiate between types of motivation, and comprehend the role of emotions, with the ability to apply this knowledge to enhance emotional health.

CO7. Students will integrate psychological concepts to develop strategies for improving physical and emotional health, recognizing the interconnectedness of motivation, emotion, and overall wellness.

Content /Topics

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, Norepinephrine, GABA, Dopamine, Glutamate.
- 2.5 Application: How to improve your 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 Definition and Types of Motivation: Extrinsic and Intrinsic (Hunger, Thirst, Sex, Sleep).
- 4.2 Approaches: Instinct, Arousal, Drive-reduction, Incentive, Humanistic, Cognitive
- 4.4 Emotion: Definition, types (Positive and Negative) and Importance
- 4.5 Theories of Emotion
- 4.6 Application: Enhancing emotional health.

References:

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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.
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Mapping of Program Outcomes with Course Outcomes

Class: FYBA (Sem. I)

Subject: Psychology

Course: General Psychology-I

Course Code: PSY 1101

Weightage: 1= weak or low relation, 2= moderate or partial relation, 3= strong or direct relation

Course Outcomes	Programme Outcomes (POs)							
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
CO 1	3			3	3	3		3
CO 2		3	2	3			3	2
CO 3	3			3		3		3
CO 4			3	3	3			2
CO 5	2		2	2	3	3	3	3
CO 6			3	2		2		3
CO 7		3	3		3	3	2	3

Justification for the mapping

PO1: Research Related Skills

CO1, CO3, CO5: Defining and differentiating between motivation and emotion, identifying key components and functions, and applying empirical findings to real-world problems involve research-related skills and scientific temper.

PO2: Effective Citizenship and Ethics

CO2, CO7: Examining how societal and cultural factors impact motivation and emotional experiences involves effective citizenship, understanding ethical considerations. Learning strategies for enhancing motivation and regulating emotions contribute to personal and professional well-being.

PO3: Social Competence

CO2, CO4, CO5, CO6, CO7: Examining societal and cultural factors, describing dynamic relationships, applying empirical findings, explaining neural, cognitive, and social processes, and learning strategies for enhancing motivation and regulating emotions involve social competence and communication skills.

PO4: Disciplinary Knowledge

CO1, CO2, CO3, CO4, CO5, CO6: The entire course is dedicated to building disciplinary knowledge in the field of motivation and emotion, covering definitions, components, functions, societal and cultural impacts, theoretical focuses, dynamic relationships, and empirical findings.

PO5: Personal and Professional Competence

CO1, CO4, CO5, CO7: Defining, differentiating, and describing the dynamic relationships between motivation, emotion, and human behavior contribute to personal and professional competence. Applying empirical findings and learning strategies for enhancing motivation and regulating emotions also contribute to personal well-being.

PO6: Self-directed and Life-long learning

CO1, CO3, CO5, CO6, CO7: Defining and differentiating between motivation and emotion, identifying theoretical focuses, applying empirical findings, explaining neural, cognitive, and social processes, and learning strategies for enhancing motivation and regulating emotions involve self-directed learning and are applicable throughout one's life.

PO7: Environment and Sustainability

CO2, CO5, CO7: Examining how societal and cultural factors impact motivation and emotional experiences and applying empirical findings to solve real-world problems contribute to understanding environment and sustainability aspects in human behavior.

PO8: Critical Thinking and Problem Solving

CO1, CO2, CO3, CO4, CO5, CO6, CO7: Defining, differentiating, examining societal and cultural factors, identifying theoretical focuses, describing dynamic relationships, applying empirical findings, explaining neural, cognitive, and social processes, and learning strategies for enhancing motivation and regulating emotions all involve critical thinking and problem-solving skills.