

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Psychology
FYBA Syllabus
Semester I**

Name of Course: General Psychology-I

Paper Code: UAPS111

To be implemented from 2022-2023

Preamble:

The revised FYBA syllabus is proposed with utmost care and consideration to maintain the continuity in the flow of information of syllabus at SYBA and TYBA levels. Considering the prerequisites of the current trends in the field of Psychology some of the modules have been upgraded and modified. The syllabus has been built with the intention of enhancing the student's skills in theoretical understanding as well as generates awareness of recent developments in the field of Psychology in India and the application of the theories. This course aims at enriching the minds of students and it has aims to develop a 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.

Semester	Paper Code	Title of the Paper	Credits
I	UAPS111	General Psychology-I	03

Course Objectives:

1. Students should be able to define and explain the nature and scope of psychology, recognizing its historical perspectives, including structuralism, functionalism, gestalt, psychoanalysis, behaviorism, humanistic, cognitive, bio-psycho-social, and Indian perspectives.
2. Gain knowledge about various fields within psychology, including clinical, counseling, industrial, educational, criminal, social, women, developmental, sport, and forensic psychology.
3. Acquire a comprehensive understanding of experimental, observational, survey, and correlation research methods used in psychology.
4. Understand the structure and function of neurons, the central nervous system (CNS) and peripheral nervous system (PNS), as well as the role of glandular systems and neurotransmitters in human behavior.

5. Delve into the processes of sensation and perception, attention, and the cycle and stages of sleep. Understand the different types of dreams and their significance.
6. Define and explore the concept of motivation, including homeostasis and Maslow's Hierarchy of Motivation. Understand the types of motivation—physiological, psychological, and social. Examine emotions, their types, and their importance in human behavior.
7. Recognize and apply psychological principles to real-world scenarios, such as the role of psychologists in different fields, the importance of emotional intelligence, and strategies for improving the quality of sleep.

Course Outcomes:

- CO1. Students will be able to articulate a comprehensive understanding of the definition, nature, and scope of psychology, along with its historical perspectives.
- CO2. Gain expertise in specific fields of psychology, enabling students to identify and understand the nuances of clinical, counseling, industrial, educational, criminal, social, women, developmental, sport, and forensic psychology.
- CO3. Develop research skills and critical thinking by mastering experimental, observational, survey, and correlational research methods.
- CO4. Acquire knowledge about the biological bases of human behavior, including the structure and function of neurons, the CNS, PNS, glandular systems, and neurotransmitters.
- CO5. Understand the processes of sensation, perception, attention, and the various stages of sleep, as well as the significance of dreams.
- CO6. Recognize and analyze different motivational theories, including homeostasis and Maslow's Hierarchy of Motivation. Understand the types and importance of emotions in human behavior.
- CO7. Apply psychological knowledge to real-life situations, such as recognizing the role of psychologists in different fields, understanding emotional intelligence, and implementing strategies to improve sleep quality.

General Psychology-I

Unit-I. 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.

Unit-II 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

Unit-III 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

Unit-IV 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:

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Mapping of Program Outcomes with Course Outcomes

Class: FYBA (Sem. I)

Subject: Psychology

Course: General Psychology-I

Course Code: UAPS111

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		
CO 2				3	3	2		
CO 3	3			3		1		3
CO 4				2	3	3		3
CO 5				3		3		3
CO 6				2	3	2		2
CO 7		3	3	3	2	3		3

Justification for the mapping

PO1: Research Related Skills

CO3: Specifically focuses on developing research skills and critical thinking by mastering experimental, observational, survey, and correlational research methods.

PO2: Effective Citizenship and Ethics

CO7: Emphasizes applying psychological knowledge to real-life situations, including recognizing the role of psychologists in different fields and understanding emotional intelligence. Ethical considerations are implicit in the application of psychological knowledge.

PO3: Social Competence

CO7: It involves applying psychological knowledge to real-life situations, which may require social competence in understanding and interacting with individuals in different contexts.

PO4: Disciplinary Knowledge

CO1, CO2, CO3, CO4, CO5, CO6, CO7: The entire curriculum covers a comprehensive understanding of psychology, gaining expertise in specific fields of psychology, developing research skills and critical thinking, acquiring knowledge about the biological bases of human behavior, understanding processes like sensation, perception, attention, and sleep, and recognizing and analyzing motivational theories and emotions. This collectively contributes to disciplinary knowledge.

PO5: Personal and Professional Competence

CO2, CO4, CO6, CO7: Gaining expertise in specific fields of psychology, acquiring knowledge about the biological bases of human behavior, recognizing and analyzing motivational theories and emotions, and applying psychological knowledge to real-life situations contribute to personal and professional competence.

PO6: Self-directed and Life-long learning

CO1, CO2, CO3, CO4, CO5, CO6: Articulating a comprehensive understanding of psychology, gaining expertise in specific fields of psychology, developing research skills and critical thinking, acquiring knowledge about the biological bases of human behavior, understanding processes like sensation, perception, attention, and sleep, and recognizing and analyzing motivational theories and emotions collectively contribute to self-directed and life-long learning.

PO7: Environment and Sustainability

PO8: Critical Thinking and Problem Solving

CO3, CO4, CO5, CO6, CO7: Developing research skills and critical thinking, acquiring knowledge about the biological bases of human behavior, understanding processes like sensation, perception, attention, and sleep, recognizing and analyzing motivational theories and emotions, and applying psychological knowledge to real-life situations all involve critical thinking and problem-solving skills.