

SHIVAJI UNIVERSITY, KOLHAPUR.



Accredited By NAAC with 'A' Grade
CHOICE BASED CREDIT SYSTEM

Syllabus For

B.A. Part - I

PSYCHOLOGY

(Syllabus to be implemented from June, 2018 onwards.)

B.A. (Part I)
(Introduced from June 2018 onwards)
FOUNDATIONS OF PSYCHOLOGY

SEMESTER-I

- (i) Paper : I
- (ii) Title of Paper : FOUNDATIONS OF PSYCHOLOGY
- (iii) Specific Objectives:
 - 1) To make the students familiar with the field of general Psychology.
 - 2) To acquaint the students with Cognitive Process, States of Consciousness and Learning.
 - 3) To acquaint the students with Memory Processes.

| | | |
|--|----------------|---------|
| (iv) Module | No. of Credits | Unit 1: |
| Introduction | 1 | |
| Unit 2: Perceptual Organization and Sleep. | 1 | |
| Unit 3: Learning | 1 | |
| Unit 4: Memory | 1 | |

(v) Recommended Reading:

a) Basic Reading:

1. Feldman, Robert. S. (2011). Understanding Psychology, Tenth Edition, Indian Edition. Chennai : McGraw Hill Education (India) Pvt. Ltd.

b) References:

1. Ciccarelli, S. K & Meyer, G.E (2008). Psychology, (South Asian Edition). New Delhi: Pearson Longman.

B.A. (Part I)
(Introduced from June 2018 onwards)
FOUNDATIONS OF PSYCHOLOGY

SEMESTER-I

- (i) Paper : I
- (ii) Title of Paper : FOUNDATIONS OF PSYCHOLOGY
- (iii) Discipline : PSYCHOLOGY

Module I) Introduction

- 1.1) What is Psychology?
- 1.2) Today's Perspectives.
 - a) Psychodynamic Perspective
 - b) Behavioral Perspective
 - c) Cognitive Perspective
 - d) Humanistic Perspective
- 1.3) Conducting Psychological Research
 - a) Correlational Research
 - b) Experimental Research

Module II) Perceptual Organization and Sleep.

- 2.1)
 - a) The Gestalt Laws of Organization
 - b) Top-Down and Bottom-Up Processing
 - c) Depth Perception
 - d) Perceptual Constancy
 - e) Perceptual Illusions
- 2.2) Sleep
 - a) The Stages of Sleep
 - b) REM Sleep
 - c) Why Do We Sleep, and How Much Sleep Is Necessary?

Module III) Learning

- 3.1)
 - a) The Basics of Classical Conditioning
 - b) Applying Conditioning Principles to Human Behavior

- c) Extinction
- d) Generalization and Discrimination

3.2) The Basics Operant Conditioning

- a) Reinforcement
- b) Positive Reinforces, Negative Reinforces, and Punishment
- c) Schedule of Reinforcement
- d) Discrimination and Generalization in Operant Condition

Module IV) Memory

4.1 The Foundations of Memory

- a) Sensory Memory
- b) Short-Term Memory
- c) Working Memory

4.2 Long-Term Memory

- a) Long-Term Memory Modules
- b) Semantic Networks
- c) The Neuroscience of Memory 4.3 Autobiographical Memory

B.A. (Part I)

(Introduced from June 2018 onwards)

GENERAL PSYCHOLOGY

SEMESTER-II

- (i) Paper : II
- (ii) Title of Paper : General Psychology
- (iii) Specific Objectives:
 - 1) To make the students familiar with the field of general Psychology.
 - 2) To acquaint the students with intelligence, motivation and emotions.
 - 3) To acquaint the students with Personality.

| (iv) Module | No. of Credits |
|----------------------|----------------|
| Unit 1: Intelligence | 1 |
| Unit 2: Motivation | 1 |
| Unit 3: Emotions | 1 |
| Unit 4: Personality | 1 |

(v) Recommended Reading:

a) Basic Reading:

2. Feldman. Robert. S. (2011). Understanding Psychology, Tenth Edition, Indian Edition. Chennai : McGraw Hill Education (India) Pvt. Ltd.

b) References:

1. Ciccarelli , S. K & Meyer, G.E (2008). Psychology, (South Asian Edition). New Delhi: Pearson Longman.

REVISED SYLLABUS OF B. A. PART – I (PSYCHOLOGY)
(Implemented from June, 2018) SEMESTER-II
GENERAL PSYCHOLOGY
Paper – II

- | | | |
|-------|----------------|----------------------|
| (i) | Paper | : II |
| (ii) | Title of Paper | : GENERAL PSYCHOLOGY |
| (iii) | Discipline | : PSYCHOLOGY |

Module I) Intelligence

- 1.4) What is Intelligence?
- 1.5) Theories of Intelligence
- e) Fluid and Crystallized Intelligence
- f) Gardner’s Multiple Intelligence

- 1.6) Practical and Emotional Intelligence
- 1.7) Assessing Intelligence

- c) Binet and the Development of IQ Tests
- d) Contemporary IQ tests

Module II) Motivation

- 2.1) Exploring Motivation
 - a) Instinct Approaches
 - b) Drive-Reduction Approaches
 - c) Arousal Approaches
 - d) Incentive Approaches
 - e) Cognitive Approaches
- 2.2) Human Needs and Motivation
 - a) The Motivation behind Hunger and Eating
 - b) The Need for Achievement
 - c) The Need for Affiliation
 - d) The Need for Power

Module III) Emotions

- 3.1 Understanding Emotional Experiences
 - a) The Functions of Emotions
 - b) Determining the Range of Emotions
- 3.2 The Roots of Emotions
 - a) The James-Lange Theory
 - b) The Cannon-Bard Theory
 - c) The Schachter-Singer Theory
 - d) Contemporary Perspectives on the Neuroscience of Emotions
 - e) Making Sense of the Multiple Perspectives on Emotion

Module IV) Personality

- 4.1 Psychodynamic Approaches to Personality
 - a) Freud's Psychoanalytic Theory
 - b) Trait Approaches
 - c) Learning Approaches
- 4.4 Assessing Personality
 - a) Self-Report Measures of Personality
 - b) Projective Methods

c) Behavioral Assessment

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2019 onwards)
Semester - III

- i. **Paper : III**
ii. **Title of paper : PSYCHOLOGY FOR LIVING**

iii. **Specific objectives :**

1. To acquaint the students with processes of Psychology for living.
2. To introduce students the concept of Stress.
3. To acquaint the students with Understanding mental disorders.
4. To introduce students various Psychotherapies and their uses.

| iv. | Module | No. of credits |
|-----|---|----------------|
| | Module- 1: Towards Better Health | 01 |
| | Module- 2: Stress | 01 |
| | Module- 3: Understanding Mental Disorders | 01 |
| | Module- 4: If You go for help | 01 |

v. **Equivalence**

| Old Paper | New Paper |
|-------------------------|------------------------------|
| CHILD PSYCHOLOGY | PSYCHOLOGY FOR LIVING |

vi. **Recommended reading**

a) **Book for Study:**

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

b) **Books for Reference:**

c) Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.

d) Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.

e) Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life*, (7th ed.).Singapore:

Thomson Asia Pvt. Ltd.

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Choice Based Credit System

B.A. (Part II)

Psychology

(Introduced from June 2019 onwards)

Semester – III

PSYCHOLOGY FOR LIVING (Paper III)

Module I: Towards Better Health

1.1 Body Image

A. How We Feel About Our Bodies?

B. Media and Body Image

C. Our Ideal Body

1.2 Health and the Mind-Body Relationship

A. The Immune System

B. Personality

C. Life Style Choices

D. Environmental Issues

1.3 Promoting Wellness

A. Taking Charge of Your Own Health

B. Eating Sensibly

C. Keeping physically fit

D. Finding Social Support

Module II: Stress

2.1 Understanding Stress A.

Conceptualizing Stress

B. Major Causes of Stress

C. Stress in College

2.2 Reactions to Stress

A. Physiological Stress Reactions

B. Psychological Stress Reactions

C. How Do You React to Stress?

2.3 Managing Stress

A. Modifying Your Environment

B. Altering Your Lifestyle

C. Using Stress for Personal Growth

Module III: Understanding Mental Disorders

3.1 Psychological Disorders

A. What are Psychological Disorders?

B. How Common Are Psychological Disorders?

C. Putting Mental Health in Perspective

3.2 Anxiety disorders

A. Generalized Anxiety Disorders

B. Panic Disorders

C. Phobias

D. Obsessive-Compulsive Disorder

3.3 Mood Disorders A.

Depressive Disorders

B. Bipolar Disorder

C. Suicide

Module 4: If You go for help

4.1 Psychotherapy

A. Gender differences in adulthood

B. Cultural Issues

C. Applying it to Yourself

4.2 Insight Therapies A.

Psychoanalysis

B. Person-centered Approach

4.3 Cognitive and Behavioural Therapies

A. Behavioural Therapies

B. Cognitive Therapies

C. Cognitive-Behavioural Therapy

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology

(Introduced from June 2019 onwards) Semester – III

- i. Paper : IV**
ii. Title of paper : SOCIAL PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of Social Psychology
2. To introduce students the concept of Social Perception.
3. To acquaint the students with the Self and self esteem.
4. To introduce students concept of attitude formation, persuasion and cognitive dissonance.

| iv. Module | No. of credits |
|--|-----------------------|
| Module- 1: Introduction to Social Psychology | 01 |
| Module- 2: Social Perception | 01 |
| Module- 3: The Self | 01 |
| Module- 4: Attitude | 01 |

v. Equivalence

| Old Paper | New Paper |
|--------------------------|--------------------------|
| SOCIAL PSYCHOLOGY | SOCIAL PSYCHOLOGY |

vi. Recommended reading

a) Book for Study:

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida (UP) :Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) Books for Reference:

1. Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). Social Psychology, (9th ed.), New Jersey: Pearson Education Prentice Hall.
2. Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014.
3. Mercer, J. & Clayton, D.(2014). Social Psychology, New Delhi: Dorling Kindersley India Pvt. Ltd.

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2019 onwards)

Semester – III

SOCIAL PSYCHOLOGY (Paper – IV)

Module 1. Introduction to Social Psychology

1.1: Definition of Social Psychology:

- A. Social Psychology Is Scientific in Nature
- B. Social Psychology Focuses on the Behavior of Individuals
- C. Social Psychology Seeks to Understand the Causes of Social Behavior

1.2: Social Psychology: Advances at the Boundaries

- A. Cognition and Behavior
- B. The Role of Emotion in the Social Side of Life
- C. Social Relationships

1.3: Research as the Route to Increased Knowledge

- A. Systematic Observation
- B. The Experimental Method
- C. Correlational Method

Module 2. Social Perception

2.1: Nonverbal Communication

- A. Basic Channels of Nonverbal Communication
- B. Nonverbal Cues in Social Life
- C. Recognizing Deception

2.2: Attribution

- A. Theories of Attribution
- B. Basic Sources of Error in Attribution
- C. Applications of Attribution Theory

2.3: Impression Formation and Management

- A. Impression Formation
- B. Impression Management

Module 3. The Self

3.1: Self-Presentation

- A. Self-Other Accuracy in Predicting Our Behavior
- B. Self-Presentation Tactics

3.2: Personal Identity versus Social Identity

- A. Who I Think I Am Depends on the Social Context?
- B. Who I Am Depends on Others' Treatment ?

3.3: Self-Esteem

- A. The Measurement of Self-Esteem
- B. How Migration Affects Self-Esteem?
- C. Do Women and Men Differ in Their Level of Self-Esteem?

Module 4. Attitude

4.1: Attitude Formation

- A. Classical Conditioning
- B. Instrumental Conditioning
- C. Observational Learning

4.2: The Science of Persuasion

- A. Persuasion: Communicators, Messages, and Audiences
- B. The Cognitive Processes Underlying Persuasion

4.3: Cognitive Dissonance

- A. Dissonance and Attitude Change
- B. Alternative Strategies for Resolving Dissonance
- C. When Dissonance Is a Tool for Beneficial Changes in Behavior?

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS

Choice Based Credit System

B.A. (Part II)

Psychology

(Introduced from June 2019 onwards) Semester IV

i. Paper : V

ii. Title of paper : MODERN SOCIAL PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of liking (attraction) and sources of liking.
2. To introduce students the concept of Social influence, Conformity and Compliance.
3. To acquaint the students with Understanding Prosocial Behavior.
4. To introduce students the concept of Aggression, its causes and control.

iv. Module

No. of credits

| | |
|--------------------------------|----|
| Module- 1: Liking (Attraction) | 01 |
| Module- 2: Social Influence | 01 |
| Module- 3: Prosocial Behavior | 01 |
| Module- 4: Aggression | 01 |

v. Equivalence

| Old Paper | New Paper |
|---------------------------------|---------------------------------|
| DEVELOPMENTAL PSYCHOLOGY | MODERN SOCIAL PSYCHOLOGY |

vii. Recommended reading

a) Book for Study:

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida (UP) :Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) Books for Reference:

- 1) Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). Social Psychology, (9th ed.), New Jersey: Pearson Education Prentice Hall.
- 2) Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014.

- 3) Mercer, J. & Clayton, D.(2014). Social Psychology, New Delhi: Dorling Kindersley India Pvt. Ltd.

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS

Choice Based Credit System

B.A. (Part II)

Psychology

(Introduced from June 2019 onwards)

Semester IV

MODERN SOCIAL PSYCHOLOGY (Paper V)

Module 1. Liking (Attraction)

1.1: Internal Sources of Liking Others

- A. The Importance of Affiliation in Human Existence
- B. The Role of Affect

1.2: External Sources of Attraction A.

The Power of Proximity

B. Physical Beauty

1.3: Sources of Liking Based on Social Interaction

- A. Similarity
- B. Reciprocal Liking or Disliking
- C. Social Skills
- D. Personality and Liking

Module 2. Social Influence

2.1: Conformity

- A. Social Pressure
- B. How Social Norms Emerge
- C. Factors Affecting Conformity
- D. Social Foundations of Conformity

E. Reasons for Nonconformity

2.2: Compliance

A. The Underlying Principles of Compliance

B. Tactics Based on Friendship or Liking

C. Tactics Based on Commitment or Consistency

D. Tactics Based on Reciprocity

Module 3. Prosocial Behavior

3.1: Why People Help? A. Empathy-Altruism

B. Negative-State Relief

C. Empathic Joy

3.2: Factors That Increase or Decrease the Tendency to Help

A. Factors That Increase Prosocial Behavior

B. Factors That Reduce Helping

3.3: Crowd funding: A New Type of Prosocial Behavior

A. Emotion and Prosocial Behavior

B. Gender and Prosocial Behavior

3.4: Final Thoughts: Are Prosocial Behavior and Aggression Opposites?

Module 4. Aggression

4.1: Perspectives on Aggression A. The Role
of Biological Factors

B. Drive Theories

C. Modern Theories of Aggression

4.2: Causes of Human Aggression A. Basic
Sources of Aggression

B. Social Causes of Aggression

C. Gender and Aggression

D. Situational Determinants of Aggression

4.3: The Prevention and Control of Aggression

A. Punishment

B. Self-Regulation

C. Catharsis

D. Reducing Aggression by Thinking Nonaggressive Thoughts

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2019 onwards)
Semester IV

i. Paper : VI

ii. Title of paper : APPLIED PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of Personal control, Decision Making and Personal growth.
2. To introduce students the work, career, play and using leisure positively.
3. To acquaint the students with Making and keeping friends
4. To introduce students the concept of Love and Commitment.

| iv. Module | No. of credits |
|---------------------------------------|-----------------------|
| Module- 1: Taking Charge | 01 |
| Module- 2: At Work and Play | 01 |
| Module- 3: Making and keeping friends | 01 |
| Module- 4: Love and Commitment | 01 |

v. Equivalence

| Old Paper | New Paper |
|---------------------------|---------------------------|
| APPLIED PSYCHOLOGY | APPLIED PSYCHOLOGY |

- viii. Recommended reading**
Recommended Reading:
a) **Book for Study:**

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

b) Books for Reference:

1. Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.
2. Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.
3. Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life* (7th ed.).Singapore: Thomson Asia Pvt. Ltd.

SHIVAJI UNIVERSITY, KOLHAPUR SYLLABUS

Choice Based Credit System

B.A. (Part II)

Psychology

(Introduced from June 2019 onwards)

Semester IV

APPLIED PSYCHOLOGY (Paper VI)

Module I: Taking Charge

1.1 Personal Control

- A. Explaining Perceived Control
- B. The Benefits of Perceived Control
- C. Misperception and Maladjustment
- D. Learned Optimism
- E. Defensive Pessimism

1.2 Decision Making

- A. The Process of Decision Making
- B. Critical Elements in Decision Making
- C. Post-Decision Regret

D. Making Better Decisions

1.3 Decisions and Personal Growth

A. Making New Decisions

B. Some practical Applications

Module II: At Work and Play

2.1 At Work

A. Taking Stalk of Yourself

B. Identifying Compatible Careers

C. Arriving at Your Career Decision

D. Landing a Job

E. Changing Jobs or Careers

F. Work Issues Related to Culture and Gender

2.2 At Play

A. What is Leisure?

B. Using Leisure Positively

C. Leisure across Adulthood

Module III: Making and keeping friends

3.1 Meeting People

A. Are First Impressions Most Important?

B. Factors that Influence First Impressions

C. Mistaken Impressions

3.2 Keeping Friends

A. When Friends Get Together?

B. Self-disclosure – Those Little Secrets

C. Gender Differences in Friendship

D. Staying Friends

3.3 When It's Hard to Make Friends?

A. Shyness

B. Loneliness

Module IV: Love and Commitment

4.1 Love is a Many Splendored (and Defined) Thing

A. The Many Definitions of Love

B. Love and Friendship

C. Love and Attachment

4.2 Finding Love

A. Online Dating

B. The importance of Self-disclosure

4.3 Marriage and Other Committed Relationships

A. Cohabitation

B. Marriage

4.4 Adjusting to Intimate Relationships

A. Attitude adjustment

B. Sharing Responsibilities

C. Communication and Conflict

D. Making the Relationship Better

E. Sexuality

Nature of Question Paper for B. A. II Psychology (Paper III to VI)

(Semester III and IV) (Per Paper Total Marks = 50)

Q.1. Multiple Choice Questions-(10 questions with 4 alternatives) 10 marks

Q. 2.Short notes (any four out of six) 20 marks

Q.3. A) Broad Question 10 marks

OR

B) Broad Question
marks

10

Q.4. A) Broad Question

10 marks

OR

B) Broad Question
marks

10