

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – I
Core - 101 & Elective(SE-I) – 101
(BASIC PSYCHOLOGICAL PROCESS - I)

| UNITS | TOPICS | SUB-TOPICS |
|-------|---|--|
| I | PSYCHOLOGY AS A SCIENCE - INTRODUCTION | 1. Definition of Psychology 2. Psychology as a Behavioral Science 3. Goals of Psychology 4. The Subfields of Psychology |
| | MOTIVATION | 1. Definition and Nature of Motivation (Motivational Cycles) 2. Measurement of Motivation 3. Primary Motives (i) Hunger and Thirst (ii) Sex and Maternal Drive 4. Social Motives (i) Affection and Affiliation (ii) Social approval and Esteem (iii) Achievement, Motivation |
| | EMOTION | 1. Definition and Nature of Emotion 2. Psychological changes during Emotion 3. Measurement of Automatic changes 4. Expression of Emotion |
| IV | ATTENTION AND PERCEPTION | 1. Definition and Nature of Attention 2. Determinants of Attention 3. Meaning of Perception 4. Object Perception |

BASIC BOOK :

- (1) Cloddard T. Morgan, A Brief Introduction To Psychology, Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.
- (2) Ciccarelli, Sandra K. and Mryer, Hlenn E. (2008), Psychology South Asian Edition Pearson Longman, An imprint of Pearson Education. First Impression.

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – I
Core - 102 & Elective(SE-I) – 102
(Psychology & Effective Behavior – I)

| UNITS | TOPICS | SUB-TOPICS |
|-------|-----------------------------|--|
| I | TYPES AND SOURCES OF STRESS | <ol style="list-style-type: none"> 1. Frustration <ol style="list-style-type: none"> (i) Sources of frustration (ii) Common frustration in our Culture 2. Conflict <ol style="list-style-type: none"> (i) Types of Conflict (ii) Common Conflict in our Society 3. Pressure <ol style="list-style-type: none"> (i) Sources of Pressure (ii) Common Pressure in our Society |
| II | SEVERITY OF STRESS | <ol style="list-style-type: none"> 1. Characteristics of the Adjustive demand 2. Characteristics of the Individual 3. Other Key Aspects of Stress <ol style="list-style-type: none"> (i) Stress Pattern are Unique (ii) Stress Patterns may be Unconscious 4. Adaptation to Stress is Expensive |
| III | PRE-MARITAL ADJUSTMENT | <ol style="list-style-type: none"> 1. Changing Pre-marital Patterns <ol style="list-style-type: none"> (i) Sex Role & Relationship before marriage 2. Exception of Marriage <ol style="list-style-type: none"> (i) Changing Martial Relationship & Exception (ii) Reasons for Marriage (iii) Why Some People never Marry (iv) New Standards for Assessing Martial Success 3. Selecting a Mate <ol style="list-style-type: none"> (i) The quest for Romantic Love (ii) What do young people look for? (iii) Key Aspect in Mate Selection (iv) Predicting Martial Success |
| IV | MARITAL ADJUSTMENT | <ol style="list-style-type: none"> 1. Marital Styles & Interaction 2. Factors on good Martial adjustment <ol style="list-style-type: none"> (i) Pre-marital Background Factors (ii) Personality Factors (iii) Sexual Adjustment (iv) Roles & Mutual Accommodation (v) Environmental Resources, Limitations & Demands |

BASIC BOOK :

Coleman, J.C., Psychology and Effective Behavior, D.B Taraporevala Sons & Co. Bombay.

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – I
Second Elective (SE-II) Paper No – 103
PSYCHOLOGY OF PERSONAL ADJUSTMENT - I

| UNITS | TOPICS | SUB-TOPICS |
|-------|---|---|
| I | An Introduction to Psychology of personal Adjustment | (1) Meaning and nature of psychology of personal Adjustment (2) Scope of Psychology of Personal Adjustment (3) Importance of the study of Psychology of Personal Adjustment (4) Characteristics of Satisfactory Adjustment |
| II | An Introduction to Adjustment | (1) Meaning of Adjustment (2) Characteristics of Adjustment (3) Adjustment Process (4) Importance of Adjustment |
| III | Family Adjustment | (1) Meaning and Nature of the Family (2) The Function of Family (3) The Dynamics of Family Interaction (i) The Husband – Wife Relationship (ii) The Parent – Child Relationship (4) Adjusting to Family crises |
| IV | School Adjustment | (1) School as a New Experience (2) The Home – School Relationship (3) The Teacher – Child Relationship (4) The Dynamics of learning |

BASIC TEXTBOOK :

The Dynamics of Personal Adjustment

By George, Lehner and Ella Kube, Prentice – Hall. Inc. (N.J.)

REFERENCE BOOK :

Weiten W. and Lloyd, M.A. (2007) Psychology Applied to Modern Life

Adjustment in the 21st Century 8th Edition. United States Thomson Wadsworth.

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – II
Core - 111 & Elective (SE-I) Paper No – 111
(BASIC PSYCHOLOGICAL PROCESS - II)

| UNITS | TOPICS | SUB-TOPICS |
|-------|-------------------------|--|
| I | Psychology as a science | The Methods of Psychology 1. Natural and Systematic Observation 2. Clinical Methods 3. Survey Method 4. Experimental Method |
| II | LEARNING | 1. Definition of Learning 2. Classical Conditioning 3. Operant Conditioning 4. Difference between Classical Conditioning and Operant Conditioning 5. Cognitive Learning (Insight Learning) |
| III | MEMORY | 1. Meaning of Memory 2. Stages of memory 3. Short term and Long Term Memory 4. Measurement of Retention 5. Factors affecting retention |
| IV | PSYCHOLOGICAL TESTING | 1. Definition and Uses of Psychological Testing 2. Characteristics of a Good Psychological Test 3. Kinds (Types) of Test 4. Intelligence Tests |

BASIC BOOK :

- (1) Clifford T. Morgan, A Brief Introduction To Psychology Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.

REFERENCE BOOK :

- (1) Baron K. A. (1995), Psychology – The Essential Science; Allyn and Bacon, New York.
- (2) Ciccarelli, Sandra K. and Myer, Glenn E. (2008) Psychology South Asian Edition Pearson Longman, New Delhi.

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – II
Core - 112 & Elective (SE-I) Paper No – 112
(Psychology & Effective Behavior – II)

| UNITS | TOPICS | SUB-TOPICS |
|-------|---------------------------------------|---|
| I | THE WORLD OF WORK | 1. Changing views of work 2. Factors in the Career Planning (i) Stages in Career Planning (ii) Personal Characteristics (ii) Occupational Information 3. Special Problems in Vocational Adjustment (i) Working Woman (ii) Disadvantaged Workers |
| II | INTELLECTUAL COMPETENCE – LEARNING | 1. The Learner 2. The Task 3. Procedure 4. Feedback 5. Creative Thinking (i) Stages of Creative Thinking (ii) Characteristics of Creative People |
| III | EMOTIONAL COMPETENCE | 1. Patterns of Expression & Control of Emotions 2. Understanding & Functioning with Emotions 3. Fostering Constructive Emotions |
| IV | SOCIAL COMPETENCE | 1. Main Foundations of Good Interpersonal Relationships (i) Reorganization of Mutual Purpose, Rights & Responsibilities (ii) A Realistic View of Self & Others 2. Improving Social Competence (i) Helping to Meet the Needs of Others (iii) Maintaining Ones Own Integrity |

BASIC BOOK :

Coleman, J.C., Psychology and Effective Behavior, D.B Taraporevala Sons & Co. Bombay.

GUJARAT UNIVERSITY
B. A. PSYCHOLOGY
Semester – II
Second Elective (SE-II) Paper No – 113
PSYCHOLOGY OF PERSONAL ADJUSTMENT-II

| UNITS | TOPICS | SUB-TOPICS |
|-------|----------------------------|---|
| I | MOTIVATION AND FRUSTRATION | (1) The Process of Motivated Behavior - Personal Needs, - Physiological Needs - Psychological Needs (2) Sources of Frustration (3) Effects of Frustration (4) Frustrating Tolerance |
| II | JOB ADJUSTMENT | (1) The Transition From School to work (2) Factors Affecting Job Selection (3) Working Woman (4) Factors Affecting Job Satisfaction |
| III | PSYCHOSEXUAL ADJUSTMENT | (1) Attitudes Toward Love (2) Factors in Mate Selection (3) Psychosexual Relationships in marriages (4) Why Some People do not Marry? |
| IV | OLD AGE ADJUSTMENT | (1) Changes that Occur During the Aging Process (2) Sources of Adjustment Difficulties (3) Viewing Old Age Constrictively |

BASIC TEXTBOOK :

The Dynamics of Personal Adjustment

By George, Lehner and Ella Kube, Prentice – Hall. Inc. (N.J.)

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