

# SAURASHTRA UNIVERSITY



## CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

### FOR **B.A. PSYCHOLOGY, SEMESTER-I to IV**

(A draft of C.B.C.S. Courses in B.A. Psychology Submitted for  
Revision of Curriculum to be executed from June, 2019)

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A handwritten signature in blue ink, likely belonging to Prof. (Dr.) Jayendra. A. Jarsaniya.

Prof. (Dr.) Jayendra. A. Jarsaniya  
CHAIRMAN, Board of Studies of Psychology

# SAURASHTRA UNIVERSITY

CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

FOR

## PSYCHOLOGY

### B.A. SEMESTER-I TO VI

CORE COURSE (CCT) AND ELECTIVE COURSE (ECT)

[IN FORCE FROM JUNE-2019]

Regular Students can B.A. Semester I, II, III, IV, V & VI for Psychology as B.A. Degree.

- ❖ Allocation of Hours for Course Teaching... 3 Credits 100 marks
- ❖ Allocation of Hours for Practical..... 6 Credits 100 marks
- ❖ Examination
  1. For Regular:

Internal: 30marks + External Exam:70mark Total 100Marks
  2. For External:

Internal: No internal + External Exam:100mark Total 100Marks
  3. Examination: Long Questions, Short Notes Marks
  4. For Practical Paper:

Report Writing 40 + Performance 20 + Journal 20 + Viva Voce 20 Marks, Total 100marks (No Internal)
- ❖ જે પરીક્ષાર્થીએ સેમેસ્ટર-૫ અને સેમેસ્ટર-૬ માં પ્રેક્ટીકલ પરીક્ષા આપેલ નહીં હોય તેની થીયેરીની પરીક્ષા માન્ય ગણવામાં આવશે નહીં. સૌરાષ્ટ્ર યુનિવર્સિટીનાં નિયમ R.ARTS-14 મુજબ પરીક્ષાર્થીએ મનોવિજ્ઞાનનાં પ્રેક્ટીકલ પરીક્ષામાં ૪૦ માર્ક્સ મેળવવા જરૂરી છે.

## SAURASHTRA UNIVERSITY

### CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS FOR PSYCHOLOGY

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2019]

Sr, No.	Semester	Paper No.	Core Elective-I Elective-II	Course/ Paper's Name	Credit	Internal Marks	External Marks	Total Exam Marks	Course/ Paper's Unique Code
1	Semester I	01	Core Elective-I Elective-II	Basic Psychological Processes-I OR Environmental Psychology	03	30	70	100	2:30 Hours
2		02	Core Elective-I Elective-II	Introduction to Child Psychology OR Adolescent Psychology	03	30	70	100	2:30 Hours
3	Semester II	03	Core Elective-I Elective-II	Basic Psychological Processes-II OR Cognitive Psychology	03	30	70	100	2:30 Hours
4		04	Core Elective-I Elective-II	Child Developmental Psychology OR Psychology of Effective Behaviour	03	30	70	100	2:30 Hours
5	Semester III	05	Core Elective-I Elective-II	Psychopathology OR Positive Psychology	03	30	70	100	2:30 Hours
6		06	Core Elective-I Elective-II	Social Psychology-I OR Applied Psychology	03	30	70	100	2:30 Hours
7		07	Core (Special)	System and Theories of Psychology-I	03	30	70	100	2:30 Hours
8	Semester IV	08	Core Elective-I Elective-II	Psychology of Personal Adjustment OR Community Psychology	03	30	70	100	2:30 Hours
9		09	Core Elective-I Elective-II	Social Psychology Psychology-II OR Health Psychology	03	30	70	100	2:30 Hours
10		10	Core (Special)	System and Theories of Psychology-II	03	30	70	100	2:30 Hours

**Subject: Psychology**  
**Course Name & Paper No.1 : Basic Psychological Processes –1**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	Basic Psychological Processes –1	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. To generate interest in Psychology
2. To understand the basics of various perspectives in Psychology
3. To appreciate the psychological processes behind behaviour
4. By this course a student will come to understand Psychology as science and will understand human behavior by different approaches.
5. The students will know theories of main basis for understanding and explaining the specific human's behavior.
6. The student will come to understand different phases of consciousness and its nature and also its relation to human behavior.
7. The student will come to understand the nature and types of perception which are related to human behavior and its cognitive development.

**Course:**

**Unit-1: Introduction to Psychology**

**Brief history of modern scientific Psychology:**

- Introduction, Origin and Development of Psychology
  - Pri-scientific Psychology
  - Experimental Psychology
  - Early perspectives (Structuralism, Functionalism, Behaviorism, Gestalt Psychology, Psychoanalysis).
  - The Modern Psychology: A Short History of Indian Psychology

**What is Psychology?:**

- New and Working Definition of Psychology
- Psychology as a Behavioral Science
- Nature and Scope of Psychology
- Goals and utility of Psychology
- The Subfields of Psychology:
  - Clinical and Counselling Psychology
  - Experimental Psychology
  - Industrial and Engineering Psychology
  - School and educational Psychology

- Psychology of Measurement

## **Unit-2: The Science of Psychology**

### **Scientific Methods:**

- Psychology as a science
- Goals of scientific Psychology
- Steps in scientific investigation.
  - Systematic observation.
  - Interview,
  - Questionnaire (Tests)
  - Experimental Method (D'Ameto)
  - Clinical Method
  - Survey Method
  - Case Study
  - Correlational studies
  - Cross-Sectional and Longitudinal Studies.

### **Approaches to Psychology:**

- Behavioral approach
- Neurobiological approach
- Cognitive approach
- Psychoanalytic approach.

**Relationship of Psychology:** with other sciences-anthropology, philosophy, sociology, biology and medicine.

## **Unit-3: Sensory, Attention and Perceptual Processes**

### **Sensation:**

- Meaning and Definition of sensation
- Meaning and types of sensation
  - Visual, Audition, Smell, Taste & Tactile.
  - Sensation of Psychophysics; Absolute and Difference threshold.

### **Attention:**

- Meaning and Definition of attention
- Characteristics of attention
- Determinants of attention-subjective and objective factors.
- Phenomena associated with attention: set in attention, Types of attention: span of attention, division of attention, distraction of attention.

### **Perception:**

- Meaning and Definition of Perception
- Process of Perception
- Difference types of perception
- Determinants of Perception
- Principles of Perceptual Organisation (Gestalt principles),

- Depth and Distance perception, reception of individual Perceptual styles, Habituation, Social perception, Extra sensory perception and Subliminal perception. Perceptual constancies.

**Illusions:** different types Illusion: Optical Illusion, Illusions of size, shape and movement.

#### **Unit-4: Biological and Environmental Factor of Behaviour**

##### **Heredity:**

- What is heredity?: definition and Meaning
- Process of Heredity: Chromosomes, Jens, Twins Baby, Adoptive Characteristic
- Endocrine glands, Biology of Behaviour - The nervous System: central nervous system and peripheral nervous system.

##### **Heredity:**

- What is Environment? definition and Meaning
- Type of Environment
- Heredity and Environment factors affect of each other.

#### **Unit-5: Motivation and Emotions**

##### **Motivation (Needs):**

- Definition and meaning of Motivational
- Motivational Cycle
- Motivation Theories – Drive theory, Arousal theory (Yerkes-Dodson law), Goal setting theory, Maslow's hierarchy of need theory,
- Types of Motivation
  - Biological
  - Social
  - Psychological
  - Subliminal Motivation.
- Intrinsic & extrinsic motivation. Primary and secondary motives.

##### **Emotion:**

- Definition and Mening of Motivation
- Nature and expression and impact of emotions
- Emotion theory: James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Opponent process theory.
- External expression of emotions-Nonverbal cues, culture & emotion.

#### **References:**

- A Psychology Living – Sorenson & Molm
- B. Kuppawami – An Introduction to Psychology
- General Psychology – Dvan Nostran Com. – J. P Filfourd
- Dr. C. B. Jadeja, Dr. R. G. Parmar and all, Basic Psychological Process-1

- Dr. J. A. Jarsaniya, Dr. Jayesh, Bhalala, Dr. R. K. Chocha (2016) Basic Psychological Process-1, C. Jamnadas & Comp. Ahmedabad
- Baron, R.A. & Misra, G. (2014). Psychology, 5th ed. New Delhi: Pearson Education.
- Coon, D. (1998). Introduction to Psychology: Exploration and application. USA: Brooks/Cole Publishing Co.
- Ciccarelli, S.K., & Meyer, G.E. (2008). Psychology, South Asian ed. New Delhi: Pearson.
- Bootzin, R., & Bower, G.H. (1991). Psychology today-An Introduction, 7th ed. New York: McGraw Hill Inc.
- Kuppaswamy, B. (1990). Elements of Ancient Indian Psychology, 3rd Ed. New Delhi: Konark Publishers Pvt. Ltd.
- Lefrancois, G.R. (2000). Theories of human learning, 4th ed. London: Wadsworth.
- Lee, J. A (2010) The Scientific Endeavour. New Delhi. Pearson
- Mishra, B. K. (2008). Psychology: The study of human behaviour. New delhi: Prentice Hall of India.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (1993). Introduction to Psychology, 7th ed. New Delhi: Tata McGraw Hill.
- Kellogg, R.T. (2007). Fundamentals of Cognitive Psychology. California: Sage Publications Inc., Chapter 2 & 3.
- Basic Psychological Process-I, Dr. R. G. Parmar, Dr. C. B. Jadeja, Dr. Jignesh Tapariya
- Weiten, W. (2002). Psychology: Themes and variations, 5th ed. New York: Brooks/Cole Publishing Co., Chapter 4.
- General Psychology – Dvan Nostran Com. – J. P Filfourd
- Elements – Rech Devid
- Psychology – Norman L. Munn
- સામાન્ય મનોવિજ્ઞાન – યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. સી. પી. ભટ્ટ.
- પ્રગત સામાન્ય મનોવિજ્ઞાન - યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ડૉ. બી. એ. પરીખ
- સન્માન્ય માનસશાસ્ત્ર, ડૉ. બી. એ. પરીખ, પોપ્યુલર પબ્લીશીંગ હાઉસ-સુરત.
- સામાન્ય મનોવિજ્ઞાનની રૂપરેખા, આવૃત્તિ ૧૯૮૩-૮૪, સી. જમનાદાસની કંપની. અમદાવાદ.
- મૂળભૂત મનોવૈજ્ઞાનિક પ્રક્રિયાઓ, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની. અમદાવાદ.
- વ્યક્તિત્વના સિદ્ધાંતો, કુસુમબેન ભટ્ટ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.1 : Environmental Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	OR Environmental Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. To acquaint Students with the basic concepts of Environmental Psychology.
2. To Provide Students a Perspective of Environmental Psychology Unit.
3. To familiarize the students with major issues in the field of Environmental Psychology.
4. To understand the effects of environmental stresses on human behavior & functioning.
5. To understand the effects of environmental pollutants on human health.
6. To explore the factors that affects our responses to both man-made & natural disasters.
7. To learn about how our own attitudes, beliefs and actions directly and indirectly create pollution or damage the sustainability of the natural environment.

**Course:**

**Unit – I: Introduction to Environmental Psychology:**

- Developmental History of Environmental Psychology
- Human life and Environmental Problems
- Meaning and Nature of Environment
- Nature and characteristics of Environmental Psychology
- Fields or scope of Environmental Psychology
- Goals and Utility of Environmental Psychology
- Understand the relationship between human and environment.

**Unit – II: Methods of Environmental Psychology:**

- Observation method
- Self report method
- Analysis of records & documents
- Scaling method
- Co-relational method
- Experimental method
- Case Study.



**Unit – III: Human Behaviour and Environmental Stimulation:**

- Changes in Environment
- Stress: Concept and type of stress, Sources of stressors: ambient stressors, daily hassles
- High Density and over Crowding on humans
- Effects of overcrowding on Humans
- Excessive Environmental stimulation

**Unit – IV Effect of Environment on Behaviour:**

- Adaptation level theory
- Reaction to Environmental stimulation
- Stimulation level and human reaction
- Meaning of Environmental pollutants
- Types of Pollutions: Temperature, noise, air, water, chemical and their consequences.

**Unit – V Human Responses to protect the Environment  
(Pro-environmental behaviour)**

- Changing the environmentally destructive tendencies
- Environmental education
- Environmental prompts & cues
- Environment strategies
- Reinforcement strategies
- Environmental movements
- Approaches to deal with specific environmental problems.

**Reference:**

- Nagar, D. (2006). *Environmental Psychology*. New Delhi, India: Concept.
- Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.
- Jain, U., & Palsane, M. N. (2004). Environment and behaviour. In J. Pandey (Ed.), *Psychology in India revisited: Developments in the discipline (Vol. 3: Applied social and organizational Psychology*, pp. 261-308). New Delhi, India: Sage.
- Nagar Dinesh (2006) “Environmental Psychology”, Concept Publishing Company, New Delhi – 110059.
- પર્યાવરણનું મનોવિજ્ઞાન – સુચિતા પ્રકાશન વસ્ત્રાપુર- અમદાવાદ, ડૉ. સી. બી. દવે, એન. એસ. પટેલ અને ડૉ. ડી. જે. પંચાલ

**Subject: Psychology**  
**Course Name & Paper No.2 : Introduction to Child Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	Introduction to Child Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

1. This Course aim, at providing conceptual foundation of human development specially child development.
2. It focuses on development in the life span in different domains with an emphasis on the cultural context and child problems.
3. In first part of developmental Psychology student will come to understand Human being`s development.
4. To introduce to the complex blend of genetic and environmental influences that leads parents and children to be both alike and different.
5. Learn to use Psychology and other information sources.
6. Importance of Child Psychology.

**Course**

**Unit-1: History and Research Methods**

**Introduction:**

- Early history of childhood
- Definition, Nature of Child Psychology
- Scope of Child Psychology
- Importance of Child Psychology.

**Methods of child Psychology**

- Observation
- Event Note
- Autobiography
- Ethics in Research on Children.

**UNIT-2: Theory of Child Development**

- **The Psychoanalytic theory**
  - Freud`s Theory Three parts of personality Psychosexual development
  - Erikson`s Theory Neo Freudian approach Psychosocial stages.
- **Social Learning Theory**

- Traditional Behaviorism Influence of Ivan Pavlov Drive reduction theory, Influence of operant conditioning
- Social learning theory (Bandura)
- Principle of conditioning and reinforcement.
- Role of modeling, imitation/observation, role of cognition,
- **Piaget's Cognitive & Developmental Theory:**
  - Piaget's stages of development
  - Piaget's method of study.

### **UNIT: 3 Growths and Development**

- Meaning of growth and development
- Concept and Principles of Development
- Characteristics of growth and development
- Factors affecting Child Development
- Stages growth and of Development.

#### **Genetic Foundations:**

- The Genetic Code, The Sex Cells, Boy or Girl? Chromosomal Abnormalities.
- Reproductive Choices: Genetic Counselling, Prenatal Diagnosis and Fetal Medicine, (The Alternative of adoption.)
- Take it in counselling Psychology.

#### **Environmental Contexts of Development:**

- The Family, Socio economic Status and Family Functioning, (The Impact of Poverty),
- Beyond the Family: Neighbourhoods, Schools, Towns, and Cities,) The Cultural Context.

### **UNITE-4: Personality Development**

- Definition of personality
- Nature, types of personality
- Effecting factor of personality
- Resistant factor of personality.

#### **Disciplines and Authority:**

- Meaning of Discipline and Authority
- Various nature of Home Authority (Types of Parenting)
- Characteristics of good Discipline
- Characteristics of proper Punishment.

### **UNIT-5. DISORDERS OF CHILD:**

- Definition of child Disorders
- Types, Characteristics, Diagnosis of children Disorders
- With Special reference to: Learning Disorders, Mental Retardation, Eating Disorders, Internet addiction, Autism, ADHD.

- Conflicts and Frustration: Meaning, Reasons of conflicts and Frustration in Child, Remove of Frustration.

**Reference Books:**

- Laura E. Berk; Development through Life Span, Illinois State University. Usa, Third Edition, Published By, Pearson Education, New Delhi.
- Child Development”(Sixth Edition) By Laura E. Berk. Illinois State University U.S.A.
- Discovering Life Span, By: Robert S. Feldman. University Of Massachusets U.S.A., Pub.By: Pearson Education New Delhi.
- On Line Resources: Child Psychology Laura Berk
- Dynamics of Child Development – H. B. English
- Child Development – Crow & Crow
- ડૉ. ચોચા, ડૉ. ડઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (આવૃત્તિ ૨૦૦૭-૨૦૦૮ અને ૨૦૧૬): બાળ મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.
- બાળ માનસ પરિચય, ડૉ. બી. એ. પરીખ, પોપ્યુલર પ્રકાશન-સુરત.
- વિકાસલક્ષી મનોવિજ્ઞાન, પ્રા. યોગેન્દ્ર કે. દેસાઈ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- વિકાસલક્ષી મનોવિજ્ઞાન, એલિઝાબેથ હરલોક, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- બાળ મનોવિજ્ઞાન, સી. પી. પટેલ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.2 : Adolescent Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	I	Core Elective-I Elective-II	OR Adolescent Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To aim part knowledge about the normality
2. To make student understand the nature and course of various adolescent conditions
3. To impart knowledge in skills needed for psychological assessment and different condition
4. Use to filed of adolescent Psychology

**Course:**

**Unit-1: Introduction to Adolescent Psychology**

- Introduction, Definition
- Concept of Adolescence – Hall & Gesell
- Characteristics and principles of adolescence development
- Stage of Human Development
- Subject Filed of Adolescent Psychology

**Unit-2: Method of Child Psychology**

**Physical Development:**

- Growth Spurt,
- Sexual Maturation
- Psychological effects of pubertal development-concerns about body image.
- Challenges to early and late development.
- Changes in the adolescent brain. Sleep patterns in adolescence.

**Mentally Development:**

- Stage of Mental Development
- Factor of Mental Development
- Intelligence and individual difference
- Sex difference.

**Emotional Development:**

- Emotional Intelligence – Self Awareness, Social awareness, Self-management of emotions, establishing and maintaining healthy Relationships.

**Social Development:**

- Generation gap, Parenting styles, parent-adolescent conflict; siblings - influence of family size and birth order.
- Peers – functions, peer pressure; friends – stability of friendship.

**Unit : 3 Personality Development**

- Meaning of Personality Development
- Needs of Personality Development
- Personality Characteristics of Adolescent.

**Unit : 4 Development of Aptitude, Attitude and Belief**

- Meaning of Discipline and Authority
- Meaning of Aptitude
- Attitude of Sexuality
- Nature of Aptitude
- Development of Attitude and Belief

**Unit : Issues, Challenges, & Problems of adolescent**

- Risk Behaviours: STDs, HIV/AIDS; Teenage Pregnancy, Addiction to Technology
- Substance abuse; Juvenile delinquency; Violence and rape; Poverty and low educational attainment; Adolescent stress- external and internal stressors.
- Obesity and eating disorders; Depression and suicide. Risk factors and Protective factors.

**Reference Book:**

- Hutchinson, D. Elizabeth. (Ed) (2008), Dimensions of Human Behaviour: The Changing Life Course, USA, Sage Publications Inc.
- Hurlock, Elizabeth. B. (1981). Development Psychology A Life-Span Approach, (Fifth Edition), Tata McGraw Hill Publishing Company Ltd., New Delhi.
- Santrock, John. W. (2008). Child Development, (Eleventh Edition), Tata McGraw Hill Publishing Company Ltd., New Delhi.
- Elizabeth Hurlock "Developmental Psychology" M. C. Graw Hill
- Lawrce Fenk, "Developmental Psychology"
- G.W. Allport, "Personality" M. C. Graw Hill, (1989)
- Karl Garrison, "Development of Applied and Attitude Psychology"
- Development Psychology – Pre Yogendra K. Desai
- Human Development & Adolescent Psychology, Dr. R. G. Parmar, Sau. University, Rajkot.
- ડૉ. ચોચા, ડૉ. હઢાણીયા, ડૉ. ભાલાળા, ડૉ. જરસાણીયા, ડૉ. કુંભાણી (૨૦૧૬): તરુણાવસ્થાનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની, અમદાવાદ.

## Subject: Psychology

### Course Name & Paper No.3 : Basic Psychological Processes-II

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	Basic Psychological Processes-II	03	30	70	100	---	2:30 Hours

#### Course Objectives:

1. The student will come to understand various types of learning.
2. Student will get information regarding Reinforcement and its schedule for shaping animal and human behavior.
3. Student will get information of memory and utilization of it.
4. Student will define various types of aptitude and its efficacy.
5. Will come to know his/her own interest and aptitudes
6. After learning concept of languages, student will use proper languages to exhibit his/her ideas.
7. The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come basic processes areas of Psychology.
8. Learn to use Psychology and other information sources.

#### Course:

##### Unit-I: Personality

- Meaning and definition of personality
- Types of Personality
- Determinants of personality: biological, cultural, social & situational.
- Approaches of Personality (In Brief):
  - Psychoanalysis approach: Freud, Jung and Adler
  - Trait theories Approach: Allport, Cattell
  - Biological Approach: Eysenck
  - Humanistic Approach: Rogers, Maslow
  - Social learning Approach: Bandura

##### Unit-II: Learning Process

- Meaning and definition of learning
- Nature of Learning
- Factors affecting of Learning
- Transfer of training

- Role of Motivation in Learning,
- Theory of Learning:
  - Trial and error learning (Observational learning)
  - Classical conditioning
  - Operant conditioning
  - Insight learning.

### **Unit: III Memory and Forgetting**

#### **Memory**

- Meaning and definition of memory
- Stages of Memory
- Types of memory: Short term and Long Term Memory
- Characteristics of Good Memory
- Memory Measurement Methods

#### **Forgetting:**

- Definition of Forgetting Why we forget?
- Theories (Reasons) of forgetting
- Curve of forgetting
- Strategies for improving memory

### **Module IV: Thinking (Cognition) Process**

- Meaning and Definition of Thinking:
- Nature and Characteristic of thought
- Basic sources of error in reasoning
- Types of Thinking
- Modes of Thinking: Lateral, Divergent & Convergent Thinking
- Stages in creativity Thinking
- Factors that corrupt thinking

### **UNIT-V: Intelligence and Psychological Testing**

#### **Intelligence:**

- Meaning and Definition Intelligence
- Determinants of intelligence: heredity and environment.
- Theories of Intelligence
  - Two factor theory (Spearman)
  - Primary Mental Abilities (Thurstone)
  - Multifactor theory (Thorndike)
  - Multiple intelligence (Gardner)
- Concept: Mental Age and Intelligence Quotient, Emotional intelligence, Social intelligence, Spiritual Quotient, Artificial intelligence.
- Mental retardation and giftedness.

#### **Psychological Test:**



- Meaning and Definition of Psychological Test
- Characteristics of a Standard Psychological Test
- Uses of Psychological test

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- Psychology – Norman L. Munn
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**Subject: Psychology**  
**Course Name & Paper No.3: Cognitive Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	OR Cognitive Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. The Course will familiarize students with the basic psychological process and studies relating to the factors which influence them. It will also focus come important application areas of Psychology.
2. Learn to use Psychology and other information sources.
3. To apply basic concept regarding cognition.
4. Enriched student with basic foundation of cognition.
5. Analyse cognitive pattern for memory and able to draw a diagram of it.
6. Distinguish between types of memory
7. Able to understand cognition`s derivation and steps of it.

**Course:**

**Unit-1: Introduction**

- Definition and Nature
- Scope & Methods
- Important of Cognitive process
- Theory of Cognitive Psychology

**Unit : 2 Contemplation and Problem Solve**

- Definition, Nature types of Cognitive Lesson
- Self Contemplation
- Realest
- Meaning, nature of problems solving
- Method aim care of problem solving

**Unit : 3 The Concept and Memory**

- Nature and Important of Concept
- Type of Concept
- Meaning and Steps of Memory
- Type of Memory

**Unit : 4 Creative and logic**

- Definition nature of Creative
- Steps of Creativity
- Meaning, nature of logic
- Types of Logic

**Unit : 5 Decision making process**

- Difference of Decision making
- Self research in decision making
- Bias and error in decision making

**References:**

- Bear – M.F. Connors, B.W. Pardiso – Neuro Science.
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- Cognitive Psychology” Second Edition. (Applying The Science Of Mind) By: Bridget Robinson-Riegle, Uni. of St. Thomas, Pub. :Pearson Publication New Delhi.
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- On Line Resources: American psychological Association.
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**Subject: Psychology**  
**Course Name & Paper No.4: Child Developmental Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	Child Developmental Psychology	03	30	70	100	---	2:30 Hours

**Course Objective:**

1. To enriched student for development process and factors related to various types of mal adoption so that student can understand a child behavior and able to evaluate it perfectly.
2. To make aware for developmental stages.
3. To create awareness for self understanding and observing other child's behavior by the view point of causes and can come to conclude dynamicity of causes.
4. The student can evaluate the stages of language development and development of cognition through perception.
5. This Course aim, at providing conceptual foundation of human development specially child development. It focuses on development in the life span in different domains with an emphasis on the cultural context and child problems.
6. Learn to use Psychology and other information sources.

**Course:**

**Unit-I: Approaches and Psychological Aspects of Illness**

- Old ideas about child
- Modern Ideas about Child
- Approaches of Child Psychology
- Important of Approaches in Child Psychology
- Introduction of Illness
- Types of Illness
- Psychological Effects of Long Illness
- Obligation of parents and Teacher to Illness and Physical Handicaps Child

**Unit-II: Physical Deficiency in Child**

- Types of Physical Deficiency:
  - I. General Deficiency
    1. Nervous Systems 2. Hormones 3. Nourishment 4. Crippled
  - II. Special Deficiency
    1. Visual 2. Auditor 3. Speech
- Reasons of Physical Deficiency

**Unit-III: Social and Moral Development:**

**Social Development**

- Definition and Meaning
- Stage of Social Development
- Aspect of the socialising Process
- Factor of Social Development
  1. Family
  2. Peers Groups
  3. Media & Schooling

**Moral Development**

- Definition and Meaning,
- Stage of Moral Development
- Factors Influencing On Moral Reasoning: Personality, Fear Interaction, Child rearing, practice, Culture.
- Character Development- (Internalization of Moral norms and development of moral understanding
- Juvenile delinquency and youth crime

**Unit-IV: Intellectual and Language Development:**

**Intellectual Development**

- Definition and Meaning
- Stages of Intellectual development
- Factor Affecting the Intellectual Development
- Factor Hindering and Treatment Intellectual Development

**Language Development**

- Definition and Meaning
- Stage of language development
- Factor Affecting of Language Development

**Unit-V: Emotional Development:**

- Definition and Meaning
- Affecting Factors of Emotional Development
- Development of Emotional Expressions.
  - Happiness
  - Anxiety
  - Anger & Sadness
  - Jealousy
  - Fear
  - Curiosity
  - Self-Conscious
  - Love and Sexual love
- Learning to Emotions

- Conditioning
- Imitation

**Reference:**

- Dynamics of Child Development – H. B. English
- Child Development – Crow & Crow
- Handouts: Teacher can creat and distribute unit wise detail for easy learning, and concept formation.
- “Development Through Life Span.” By: Laura E. Berk, Illinois State University. USA. Third Edition, Pub. By Pearson Education , New Delhi.
- “Child Development”(Sixth Edition) By Laura E. Berk. Illinois State University U.S.A.
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**Subject: Psychology**  
**Course Name & Paper No.4: Psychology of Effective Behaviour**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	II	Core Elective-I Elective-II	OR Psychology of Effective Behaviour	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the normality
2. To make students understand the nature and course of various effective behaviour conditions.
3. To impart knowledge and skills needed for psychology.
4. Learn to use Psychology and other information sources.

**Course:**

**Unit-1: Problem of Adjustment (Stress)**

- Introduction
- Meaning of Stress
- Types and source of Stress
  - Frustration
  - Conflict
  - Pressure
- Severity of stress
- Physiological & Psychological Consequences of Stress

**Unit-2: Adjustments in Marriage Life**

- Exception of Marriage Life
- Selection of Life Partner
- Marriage and Adjustment
- Divorces

**Unit-3: Vocational Competences**

- Vocational choice as a Problem
- Problem of Vocational Adjustment
- Future of Vocation

**Unit : 4 Emotion Competence**

- Factors of Emotional Competence

- Dealing with Problem Emotions – Fear, Anxiety, Worry, Anger Hostility, Guilt, Depression,
- Grief – (in Short)
- Love – A Problem Emotion

**Unit-5: Intellectual Competence**

- Factor of Learning Process
- Problem Solving and Decision process
- Creative Thinking

**Reference:**

- Psychology and Effective Behaviour – J.C. Coleman
- Psychology and Effective Behaviour – C. Jamnadas Co.
- Psychology and Effective Behaviour – Gujarat University, C.T. Bhopatkar
- Psychology and Effective Behaviour – Bharat Institutes
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**Subject: Psychology**  
**Course Name & Paper No.5: Psychopathology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Psychopathology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the normality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for psychological assessment of different normal conditions.
4. To impart various of personal adjustments.
5. Students become familiar with concept of mental disorder.
6. To provide an overview of Abnormal Psychology and major psychological problems and disorders across biological, psychological, and sociocultural processes.
7. To give the information about DSM and Indian classification.
8. To notified the basic difference between DSM IV & DSM V

**Course:**

**Unit-I: Introduction of Psychopathology**

- Introduction, Meaning and Definition
- Nature and Scope of Psychopathology
- What is Abnormality? (Meaning of Abnormality)
- Criteria of Abnormal Personality
- Characteristics of Normal Personality
- Characteristics of Abnormal Personality

**Unit-II: Frustration and Stress**

**Frustration**

- Meaning and Definition of Frustration
- Cause of Frustration
- Consequences of Frustration
- The Subversive (Negative) and Constructive effects of Frustration
- Factors affecting endurance of Frustration

- How to Increase endurance of Frustration

### **Stress**

- Meaning and Definition of Stress
- Causes (Source) of Stress
- Types of Stress
- Psychological Consequences of Stress
- Physiological Consequences of Stress

### **Unit-III: Defiance Mechanism**

- Meaning and Definition of Defiance Mechanism
- Nature of Defiance Mechanism
- Types of Defiance Mechanism
  - Attack Mechanism
  - Blame-assigning or Attention Mechanism
  - Flight Mechanism
- Functions and usefulness of Defiance Mechanism In context of Adjustment

### **Unit-IV: Psychological Disorder -I**

- Meaning and Definition of Psychological Disorder
- Characteristic of Psychological Disorder
- Types of Psychological Disorder
  - Anxiety Disorders
  - Obsessive-Compulsive and Related Disorders
  - Depressive Disorders
  - Trauma- and Stressor-Related Disorders

### **Unit-V: Psychological Disorder -II**

- Neurodevelopmental Disorders
- Sleep-Wake Disorders
- Sexual Dysfunctions
- Gender Dysphoria
- Personality Disorders
- Medication-Induced Movement Disorders

*(Note: Unit-IV and V according to DSM-V)*

### **Reference:**

- Carson, Butcher and Mineka , “Abnormal Psychology and Modern Life ”, 11th edition (2004), Person Education Pte. Ltd, Indian Branch.
- Abnormal Psychology and Modern Life -- James C. Coleman Published by Taraporewala & Co. Pvt Ltd.
- Comer R.J., Abnormal Psychology, Fifth Edition,(2003),

- Wiktor Sadowski. Arunkumar Singh, Aadhunik Asamanya Manovigyan, Published by Motilal Banarsidas
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- Sorenson H. and Malm M. "Psychology for Living" N. Y. Megrall Hill 1997
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**Subject: Psychology**  
**Course Name & Paper No.5: Positive Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Positive Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To understand the basic concept of positive psychology.
2. To develop an understanding of the dimensions of subjective wellbeing and the application to their lives.
3. To impart knowledge about the normality.
4. To make students understand the nature and course of positive conditions.
5. To impart knowledge and skills needed for psychological assessment of different normal conditions.
6. To impart various of personal adjustments.
7. To know about SWB that help to improve our living quality.
8. To get clear difference between positive and negative emotion.
9. To become aware about the real meaning of happiness and its factors.
10. To built good character for development of health society.

**Course:**

**Unit-1 : What is positive Psychology & its relationship**

- Meaning & Goals of Positive Psychology
- Relation of others Psychology
- Characteristics of Normal – Abnormal Personality

**Unit : 2 Happiness & Well-being**

- Meaning of Happing & Well-being
- What is happiness
- What is Happiness?
- Why a psychology of wellbeing?
- Subjective Well-being

**Unit : 3 Positive Emotions**

- What is Positive Emotions
- Who do Positive Emotions in life

- Positive Emotions & Health Resource
- Positive Emotions and Well-Being
- Cultivating Positive Emotions

**Unit : 4 Happiness & Facts of Life**

- Happiness Across the life span
- Positive Moods & Behaviour
- advantage in married life
- Selection to Effects

**Unit : 5 Happiness & Culture**

- All concept of happiness meaning
- Styles of Happiness in America
- Styles of Happiness in Asia

**Reference:**

- Steve R. Baumgardner & Marue K. Crothers, “ Positive Psychology”, 2009, Person education.
- C. R. Snyder, Shane J. Lopez & Jennifer Teramoto Pedrotti, ‘Positive Psychology : the scientific and practical explorations of Human stenghts’, second edition, 2011, SAGE Publications India Pvt.Ltd.
- C.R.Snyder,Shane J.Lopez & Jennifer Teramoto Pedrotti, ‘Positive Psychology : the scientific and practical explorations of Human stenghts’, second edition, 2008, SAGE Publications India Pvt.Ltd.
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**Subject: Psychology**  
**Course Name & Paper No.6: Social Psychology-I**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Social Psychology-I	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by Social and Cultural context
2. Understand how social behaviour can be analysed in terms of social Psychological Theories
3. Realise how social Psychological knowledge can be used in solving social problems.
4. To understand how a social psychological analysis differs from other forms of analysis
5. To become familiar with the wide variety of questions and topics that social psychologists study.
6. To learn the classic and contemporary theories that are relevant To become familiar with a sampling of research findings, both correlation and experimental
7. To appreciate the variety of choices and limitations in the lives of women and men as they are shaped by personal and social factors
8. To explore various topic areas through readings, class activities, and discussion and by thinking and writing critically and reflectively.

**Course:**

**Unit-I: Introduction of Social Psychology**

- Introduction, Definition and Meaning
- Nature of Social Psychology
- Scope of Social Psychology
- Importance and Utility of Social Psychology
- The relationship of social science to other sciences

**Unit-II: Research Methods Social Psychology**

- Experimental Method
- Observation Method
- Field Survey Study Method

- Interview Method
- Questioner Method
- Sociometric Method
- Projective Techniques

### **Unit-III: Social Interactions**

- Definition and Meaning of Social Interaction
- Types of Social Interaction
- Nature of Social Interaction: Cooperation: Competition, Conflict, Adjustment
- Social interaction Mechanism
  - Suggestion
  - Imitation
  - Sympathy
  - Social Facilitation

### **Unit-IV: Socialization**

- Meaning and Definition of Socialization
- Nature of Socialization
- Stages of Socialization
- Process of Socialization
- Dimension of Socialization
- Mediators (Tools) of Socialization

### **Unit-V: Social Attitudes**

- Meaning and Definition of Attitude
- Nature of Attitude
- Formation of Attitude
- Change of Attitude
- Measurement of Attitude
  - Thurston
  - Likert
  - Bogardus

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- Baron, R. A. & Byrne D. (2006)/ Social Psychology. New Delhi : Prentice Hall of India.
- Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.
- Parikh, B. A. (1990). Social Psychology (Advanced). Ahmedabad : University Book Production Board, Gujarat State.
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- Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). Social psychology. 12th ed. N.D.: Pearson.
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- Social Psychology – Solomon Asch
- An outline of Social Psychology – Sherif & Sherif
- Social Psychology – I. M. Newcomb
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- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૧૭, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, હંસરાજ ભાટિયા, રાજકમલ પ્રકાશન, અમદાવાદ.



**Subject: Psychology**  
**Course Name & Paper No.6: Applied Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Applied Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by applied and cultural context.
2. Understanding how to applied behaviour can be analysed in terms of applied Psychological Theories
3. Realise how applied Psychology knowledge can be used solved social problems.
4. Learn to use Psychology and other information sources.

**Course:**

**Unit-1 : Introduction to applied Psychology**

- Definition
- Nature of applied Psychology
- Scope of applied Psychology
- Importance of applied Psychology
- Aims of Applied Psychology

**Unit : 2 Treatment & Psychology**

- Diagnosis & Treatment
- Psychotherapy, Physical & Chemical Treatment,
- The Steps of Treatment
- For the prevention of Mental Disease

**Unit : 3 Psychology in Industry**

- Occupational Analysis & Worker Selection
- Placement
- Effective condition of work
- Human relation in Industry
- Worker's Training

**Unit : 4 Psychology in the field of Business**

- Business & Psychology
- Relation between Businessman & Employee
- Need of Public Contact
- Effectiveness of Advertisement & Use of Psychology in Advertisement
- Sexual appeal in Advertisement, Negative appeal in Advertisement

**Unit : 5 Psychosexual in Home Life**

- Nature and Function of Family problem
- Function of Modern Home
- Home life and Social Heredity
- The Home Transient, Fundamental need of a Chilled.

**Reference:**

- Gray F Stanly : Psychology in use Second Ed.
- Morgan C.T. : Introduction to Psychology
- Dr. Stone & Stone Married Psychology
- Atwater : Psychology for Living Adjustment and Behavior Fifth Ed. 1995  
Prentice Hall of India Pvt. Ltd., Delhi
- Somabhai Patel : Salah Mnovigyan, University Granth Nirman Board.
- Counselling Psychology T.Shanmagam Asia publishing, Bombay
- Prem Pasricha Guidance and counselling in Indian Education Gray J.S.  
Psychology in Use
- Proffenberger A.T. Applied Psychology New York Appleton
- Burnt H.E. Applied Psychology Prentice Hall
- વ્યવહારિક મનોવિજ્ઞાન-કાપડિયા અને ગાંધી, અનડા પ્રકાશન અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.7: System and Theories of Psychology-I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core	System and Theories of Psychology-I	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the systems of Psychology
2. To make students understand the nature and course of various schools of psychology.
3. Student get to know all sphere of psychological theories.
4. Able to analyse single behaviour by different angles of thought.
5. Able to categorise different thoughts of school.
6. Establish expertise in focused area of psychological theories and different types of system.
7. Be able to solve behavioural problem scientifically by different theories.

**Course:**

**Unit-I: Introduction**

- Historical Development of Modern Psychology: Pre-Scientific Psychology, Scientific Psychology.
- Model of Theory Construction: Model Theory, Deductive Theory, Functional Theory.
- What is System? Meaning of System
- Characteristics of System
- Reason of existence of System in Psychology.
- Effect of System in Various Field of Psychology

**Unit-II: Structuralism**

- Introduction of Structuralism
- Psychological role in origin of Structuralism
- Principles of Structuralism
- Main Structuralists and Its Contribution: William Wundt, Edward B. Titchener
- Contribution of Structuralism
- Evaluation of Structuralism

### **Unit-III: Functionalism**

- Introduction of Functionalism
- Perspective of Functionalism
- Principals of Functionalism
- Main Functionalists and Its Contribution: John Dewey, James Angeli, Harvey Carr, RS Woodworth
- Contribution of Functionalism
- Evaluation of Functionalism and uses in Education.

### **Unit-IV: Associationism**

- Introduction of Associationism
- Contribution of Philosophers in old Associationism
- Principals of Associationism
- Main Associationalists and Its Contribution: Ebbinghaus, Edward Thorndike, Ivan Pavlov.
- Contribution of Associationism

### **Unit-V: Behaviorism**

- Introduction of Behaviorism
- Origin back ground of Behaviorism
- Principals of Behaviorism
- Main Behaviorilists and Its Contribution: John Watson, Carl Lashlay, Edwin Guthrie, Edward C. Tolman, Clark L. Hull, Burham Skinner.
- Contribution of Behaviorism

### **Reference:**

- Handouts: Teachers or sen. fellow can guide student to creat different types of project or pamphlets.
- ``Cotemporary Theories and System In Psychology.'' By: Benjamin B. Wolman. Pub. Harper & Row Publication.-London, Tokyo.
- System and Theories in Psychology (Gujarati). Dr. B. A. Parikh, Gujarat Granth Nirman Board, Ahmedabad.
- Woolman B. B. : Contemporary Theories and Systems of Psychology, Harpea Publishing Co. N.Y. 1960
- Woodworth : Schools of Psychology
- મનોવિજ્ઞાનની વિચારધારાઓ-કુલીન પંડ્યા, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.8: Psychology of Personal Adjustment**

Name of course	Sem.	Course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Psychology of Personal Adjustment	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the normality
2. To make students understand the nature and course of various adjustment conditions
3. To impart knowledge and skills needed for psychological assessment of different adjustment conditions
4. To impart various of personal adjustments.
5. Learn meaning, nature and fields of adjustment
6. Identify stages of personal development
7. Identify and express emotions more clearly
8. Learn to recognize the barriers to personal adjustment and determine the ways to overcome those barriers

**Course:**

**Unit-I: Adjustment Process**

- Definition and Meaning of Adjustment
- Characteristic (Nature) of Adjustment
- Process of Adjustment
- Improvement of Adjustment
- Analysis of Adjustment
- Field of Adjustment
- Improving in Adjustment

**Unit-II: Family Adjustment**

- Meaning and Definition of Family
- Nature of Family
- Function of Family
- Family interaction
  - Reciprocal relations between spouses
  - Reciprocal relations between Children and parents

- Family Problem
  - Crisis in Family life
  - Divorce
- Suggestions for Family Adjustment

### **Unit-III: School Adjustment**

- Introduction
- School-As a New Experience
- Relation between Home and School
- Relation between Teacher and Student
- Factors for effective education
- Solutions for Effective Learning
- School as a Life living situation

### **Unit-IV: Vocational Adjustment**

- Introduction
- The transition from academia to business
- Factors Effecting of Vocational Choice
- Factors Effecting of Vocational Satisfaction
- Vocational Satisfaction and Personal Adjustment
- Working women

### **Unit-V: Psycho-Sexual Adjustment**

- Attitudes for Sexuality
- Attitudes for Love
- Factors of Choice of Life Partner
- Psycho-Sexual Relationships in Marriage
  - The dangers of Premarital sex
  - Extramarital Sexual Relation
- Why Some People Do not Marry?

### **Reference:**

- Lamm A. Introduction to Psychopathology, Sage Pub. N.Y. 1997
- Buss A.H. Psychopathology, John Willey N.Y. 1999
- Lehner & Kube, Dynamics of Personal Adjustment, Prentice Hall N.Y. 1996
- Sorenson H. and Molm M. Psychology for Living, Megralo Hill N. Y. 1997
- Bernard H. "Toward Better Personal Adjustment, NCGrew Hill N.Y. 1957
- The Dynamic of Personal Adjustment – Lehner & Kube
- Carson, Butcher and Mineka , “Abnormal Psychology and Modern Life ”, 11th edition (2004), Person Education Pte. Ltd, Indian Branch.

- Abnormal Psychology and Modern Life -- James C. Coleman Published by Taraporewala & Co. Pvt Ltd.
- Comer R.J., Abnormal Psychology, Fifth Edition,(2003),
- Wiktor Sadowski. Arunkumar Singh, Aadhunik Asamanya Manovigyan, Published by Motilal Banarsidas
- Patel M. (1989), 3rd Ed., “Abnormal Psychology”, University book production board, Ahmedabad.
- Mc Kinne, Fred "Psychology of Personal Adjustment" N. Y. wila
- વૈયક્તિક સમાયોજનનું મનોવિજ્ઞાન, પ્રો. સારડા અને અન્ય, સી. જમનાદાસની કંપની-અમદાવાદ.
- મનોરોગશાસ્ત્ર અને વ્યક્તિક સમાયોજનનું મનોવિજ્ઞાન, સી. જમનાદાસની કંપની-અમદાવાદ

**Subject: Psychology**  
**Course Name & Paper No.8: Community Psychology**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Community Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Youth can be aware from the relationships between individuals and community groups
2. Understand social issues among various groups.
3. To identify problems and develop solutions within communities.
4. Importance of community mental health.
5. Get knowledge of different kind of government schemes and policies for community welfare.
6. To impart various of personal adjustments.

**Course:**

**Unit-1: Introduction to Community Psychology**

- Introduction
- What is community psychology?
- A shift of perspective
- Seven core values in Community Psychology
- Ecological levels of Analysis in Community Psychology
- What does Community Psychologist do?

**Unit-2: Research Methods in Community Psychology**

- Qualitative research
  - participant observation
  - Qualitative Interviewing
  - Case study
- Quantitative Research
  - experimental social innovation and dissemination
  - Randomized Field
  - Experiments



### **Unit-3: Stressors and Prevention & promoting**

- Proximal Stressors
  - Major life events
  - Life transitions
  - Daily Hassles
  - Disasters
- What is prevention
- Primary, secondary and tertiary prevention
- Example of successful prevention and promotion programs
  - Prevention of HIV/AIDS infection
  - Prevention of childhood behaviour disorders
  - Prevention of bullying and school violence

### **Unit : 4 Development of Community Psychology**

- Development of Community Psychology
- Personality Science in Psychology
- Cultural perspective in Psychology
- Community Psychology Emerges in tyers in America
- Social Change and Liberty Movement

### **Unit : 5 Understanding Community**

- What is Community
- Types of Community
- Levels of Community
- Question and issues defining of Community

### **References:**

- Bret Kloos & Jean Hill, 'Community psychology : Linking Individuals and Communities' 3rd Edition, (2012), International Edition,
- James F. McKenzie, Robert R. Pinger, Jerome E. Kotecki, ' An Introduction to Community Psychology', Fourth Edition, (2002), Jones and Bartlett Publisher,SudburyDelton – Elis, Wandersman – Community Psychology
- Davis Drive, Bolmoant C.A. – Higher Execration
- જનસમુદાય મનોવિજ્ઞાન, ડૉ. અરવિંદ શાહ અને શ્રીમતી એ. એસ. ચોધરી.

**Subject: Psychology**  
**Course Name & Paper No.9: Social Psychology Psychology-II**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	Social Psychology Psychology-II	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by Social and Cultural Context.
2. Understand how social behaviour can be analysed in terms of Social Psychological Theories
3. Realise how Social Psychological knowledge can be used in Solving Social Problems.
4. To understand how a social psychological analysis differs from other forms of analysis.
5. To become familiar with the wide variety of questions and topics that social psychologists study
6. To become familiar with a sampling of research findings, both correlation and experimental.
7. To appreciate the variety of choices and limitations in the lives of women and men as they are shaped by personal and social factors
8. To explore various topic areas through readings, class activities, and discussion and by thinking and writing critically and reflectively.

**Course:**

**Unit-I: Social Prejudice**

- Meaning and Definition of Prejudice
- Characteristics of Prejudice
- Formation of Prejudice
- Results of Prejudice
- Method of Reducing Prejudice

**Unit-II: Collective Behaviour**

**Groups**

- Meaning and Definition of Group
- Characteristics of Group

- Types of Group (૬ યકીર(

### **Crowd**

- Meaning and Definition of Crowd
- Characteristics of Nature of Crowd
- Types of Crowd

### **Audience**

- Meaning and Definition of Audience
- Types of Audience (With Virtual Audience)
- Psychology of Fashion
- Psychology of Rumours

## **Unit-III: Leadership**

- Meaning and Definition of Leadership
- Functions of Leader
- Dimensions of Leadership Behaviour
- Types of Leader
  - Sir Martin Convey
  - Bartlett
  - Sargent and Williamson
  - Crutch and Crutchfield

## **Unit-IV: Pro-Social and Anti-Social Behaviour**

- Helping Behaviour
- Aggressive Behaviour
  - What is Aggressive Behaviour?
  - Principals of Aggressive Behaviour
- Attraction
  - Liking and Loving Others
  - Principals of Attraction
- Loneliness

## **Unit-V: Public Opinion and Propaganda**

### **Public Opinion**

- Meaning of Public Opinion
- Characteristics (Nature) of Public Opinion
- Formation of Public Opinion
- Change of Public Opinion

### **Propaganda**

- Meaning of Propaganda
- Technique of Propaganda

**Reference:**

- Baron, R. A. & Byrne D. (2006)/ Social Psychology. New Delhi : Prentice Hall of India.
- Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.
- Parikh, B. A. (1990). Social Psychology (Advanced). Ahmedabad, University Book Production Board, Gujarat State.
- Worchel, S., Cooper, J., Goethals, G.R. & Olson, J. M. (2000). Social Psychology. Belmont, USA : Wadsworth / Thomson Learning.
- Taylor, S.E.; Peplau, L.A. and Sears, D.O. (2006). Social psychology. 12th ed. N.D.: Pearson.
- Baron, R.A.; Byrne, D. (1998). Social psychology. 10th ed. N.D.: Prentice-Hall of India Pvt. Ltd.
- Social Psychology – Solomon Asch
- An Outline of Social Psychology – Sherif & Sherif
- Social Psychology – I. M. Newcomb
- સમાજલક્ષી મનોવિજ્ઞાન (પ્રગત), ડૉ. બી. એ. પરીખ, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૦૭-૨૦૦૮, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, આવૃત્તિ ૨૦૧૭, સી. જમનાદાસની કંપની, અમદાવાદ.
- સમાજલક્ષી મનોવિજ્ઞાન, હંસરાજ ભાટિયા, રાજકમલ પ્રકાશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.9: Health Psychology**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core Elective-I Elective-II	OR Health Psychology	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. Appreciate how individual behaviour is influenced by Health and Cultural Context.
2. Understand how social behaviour can be analysed in terms of Health Psychological Theories
3. Realise how Health Psychological knowledge can be used in Solving Health Problems.
4. To describe the biopsychosocial (mind-body) model as an organizing model for understanding the domains of health and illness.
5. To discuss biological, psychological, and social factors in the chronic diseases that are the leading causes of death in society today.
6. To discuss the role of psychology in preventing illness, promoting wellness, and shaping health care policy and reform.
7. To analyze different health behaviors, attitudes, outcomes, and illnesses from the perspectives of the major theories of health, and recognize those theories when used by others to analyze events.

**Course:**

**Unit-1 Introduction to Health Psychology**

- Introduction
- Definition of Health Psychology
- Development of Health Psychology
- Nature of Health Psychology
- Why is the Field of Health Psychology Needed?

**Unit : 2 Models of Health**

- Biopsychosocial Model
- Biomedical Model
- Psycho-cultural Model
- Health Belief Model

**Unit : 3 Lifestyle and Health**

- The Theory of Reasoned Action
- Health Seeking Behavior
- The Theory of Planned Behavior
- Self Regulation Theory
- Indian views of Health

**Unit : 4 Health Promoting and Health Damaging Behavior**

- Promoting Behavior
- Damaging Behavior

**Unit : 5 Health Related Disease**

- Stress
- Heart Disease
- Diabetes

**Reference:**

- Alams and Abrams : "Health Psychology" La Jolla ca University, 1983
- Shelley Talyor, "Health Psychology" M.C. Graw Hill, New Delhi, 2003
- Fridman : "Health Psychology" Prentice Hall, N.W. 1989
- David Marks, "Health Psychology" Sage Publication, 2004
- Mathur S. "Health Psychology" Vinod Publication, Agra
- Taylor, E.S. (2003): Health Psychology(Fifth Psychology), McGraw-Hill international Edition, New York.
- Marks F.D.& Others (2005): Health Psychology (theory, Research &practice), Second Edition, Sage Publication, New Delhi.
- સ્વાસ્થ્ય મનોવિજ્ઞાન, ડૉ. અરવિંદ શાહ અને ડૉ. ગંધર્વ જોશી, ડિવાઈન પબ્લીકેશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.10: System and Theory of Psychology-II**

Name of course	Sem.	COURSE	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	III	Core	System and Theory of Psychology-II	03	30	70	100	---	2:30 Hours

**Course Objectives:**

This course should help Students:

1. To impart knowledge about the systems of Psychology.
2. To make students understand the nature and course of various schools of Psychology.
3. Student get to know all sphere of psychological theories.
4. Able to analyze single behavior by different angles of thought. Able to categorise different thoughts of school.
5. Establish expertise in focused area of psychological theories and different types of system.
6. Be able to solve behavioral problem scientifically by different theories.

**Course:**

**Unit-I Gestaltism**

- Introduction of Gestaltism
- Origin back ground of Gestaltism
- Principals of Gestalt Psychology
- Main Gestalists and Its Contribution: Max Wertheimier, Wolfgang Kohler, Koffka
- Contribution of Gestaltism

**Unit-II Filed Theory**

- Introduction
- Filed Theory
- Life Space Theory
- Studies of group dynamics
- Theory of Vector and Topology
- Contribution of Kurt Lewin in Social Psychology

**Unit-III Psycho-Analysis – I**

- Basic Introduction of Psycho-Analysis

- Origin back ground of Psycho-Analysis
- Principals of Psycho-Analysis (Sigmund Freud)
- Limitation Of Sigmund Freud theory
- Contribution of Psycho-Analysis

#### **Unit-IV Psycho-Analysis – II**

- Adler's Individual Psychology
- Principals of Psycho-Analysis by Adler
- Principals of Analytical Psychology by Jung's
- Evaluation of Adler and Jung theory in Psychology
- Contribution of Psycho-Analysis

#### **Unit-V Hormic Psychology**

- Introduction of Hormic Psychology
- Origin back ground of Hormic Psychology
- Principals of related to Motivation
- Theory of Purposivism by McDougall
- Theory of Motive as a Allport and Murray

#### **Reference:**

- Cotemporary Theories and System in Psychology.’’ By: Benjamin B. Wolman. Pub. Harper & Row Publication.-London, Tokyo.
- System and Theories in Psychology. By: J. P. Chaplin, T. S. Krawiec. 2nd Edition, Holt, Rinehart, And Winston Inc. New York, Chicago. U. S. A.
- Woolman B. : Conteporary Theories and Systems of Psychology Harpea Publishing Co. N. Y. 1960
- Theory and System of psychology (Guarati). B.A. Parikh, Uni. Granth Nirman Board, Dr. B.A. Parikh : Siddhanto and Sampradayo, Uni. Granth Nirman Board
- Woodworth – School of Psychology
- મનોવિજ્ઞાનની વિચારધારાઓ-કુલીન પંડ્યા, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.





# SAURASHTRA UNIVERSITY

## Academic Section

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નં.એકે/બીએસ/ ૭૯૪/૨૦૨૧

તા ૨૭-૭-૨૦૨૧  
મનોવિજ્ઞાન

પરિપત્ર:-

આથી સૌરાષ્ટ્ર યુનિવર્સિટીની વિનયન વિદ્યાશાખા હેઠળની સર્વે કોલેજોના આચાર્યશ્રીઓને સવિનય જણાવવાનું કે, ચેરમેનશ્રી, મનોવિજ્ઞાન વિષયની અભ્યાસ સમિતિ તથા ડીનશ્રી, વિનયન વિદ્યાશાખા દ્વારા અધિકાર મંડળોની બહાલીની અપેક્ષાએ મનોવિજ્ઞાન વિષયનો સેમેસ્ટર 'પ' અને ડ'નો સુધારેલ અભ્યાસક્રમ જુન-૨૦૧૯થી ક્રમશઃ અમલમાં આવે તે રીતે મંજૂર કરવા માન. કુલપતિશ્રીને ભલામણ કરેલ. તદ્દઅન્વયે મનોવિજ્ઞાન વિષયનો સેમેસ્ટર 'પ' અને ડ'નો સુધારેલ અભ્યાસક્રમ અધિકાર મંડળોની બહાલીની અપેક્ષાએ માન.કુલપતિશ્રીએ મંજૂર કરેલ છે. જેથી સર્વે સંબંધિતોને તેનો તે મુજબ અમલ કરવા વિનંતી.

(મુસદ્દો કુલસચિવશ્રીએ મંજૂર કરેલ છે.)

બિડાણ :- ઉક્ત અભ્યાસક્રમ (સોફ્ટ કોપી)

સહી/-

(ડૉ. જી. એચ. સોની)

I/C. કુલસચિવ

રવાના કર્યું

  
એકેડેમિક ઓફીસર

પ્રતિ,

(૧) વિનયન વિદ્યાશાખા હેઠળની સર્વે કોલેજોના આચાર્યશ્રીઓ તરફ...

નકલ જાણ અર્થે સાદર રવાના:-

૧. માન. કુલપતિશ્રી/ માન. ઉપકુલપતિશ્રી/કુલસચિવશ્રીના અંગત સચિવશ્રી

નકલ રવાના (યોગ્ય કાર્યવાહી અર્થે) :-

૧. ડીનશ્રી, વિનયન વિદ્યાશાખા
૨. પરીક્ષા નિયામકશ્રી (ઈ-મેઈલનાં માધ્યમથી)
૩. પી.જી.ટી.આર.વિભાગ
૪. ડાયરેક્ટરશ્રી, કોમ્પ્યુટર સેન્ટર (વેબસાઈટ ઉપર પ્રસિધ્ધ કરવા અર્થે)

# SAURASHTRA UNIVERSITY



## CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

### FOR B.A. PSYCHOLOGY, SEMESTER-V & VI

(A draft of C.B.C.S. Courses in B.A. Psychology Submitted for  
Revision of Curriculum to be executed from June, 2019)

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# SAURASHTRA UNIVERSITY

CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS

FOR

## PSYCHOLOGY

### B.A. SEMESTER-V & VI

CORE COURSE (CCT) AND ELECTIVE COURSE (ECT)

[IN FORCE FROM JUNE-2019]

Regular Students can B.A. Semester I, II, III, IV, V & VI for Psychology as B.A. Degree.

- ❖ Allocation of Hours for Course Teaching... 3 Credits 100 marks
- ❖ Allocation of Hours for Practical..... 6 Credits 100 marks
- ❖ Examination
  1. For Regular:

Internal: 30marks + External Exam:70mark Total 100Marks
  2. For External:

Internal: No internal + External Exam:100mark Total 100Marks
  3. Examination: Long Questions, Short Notes Marks
  4. For Practical Paper:

Report Writing 40 + Performance 20 + Journal 20 + Viva Voce 20 Marks, Total 100marks (No Internal)
- ❖ જે પરીક્ષાર્થીએ સેમેસ્ટર-૫ અને સેમેસ્ટર-૬ માં પ્રેક્ટીકલ પરીક્ષા આપેલ નહીં હોય તેની થીયેરીની પરીક્ષા માન્ય ગણવામાં આવશે નહીં. સૌરાષ્ટ્ર યુનિવર્સિટીનાં નિયમ R.ARTS-14 મુજબ પરીક્ષાર્થીએ મનોવિજ્ઞાનનાં પ્રેક્ટીકલ પરીક્ષામાં ૪૦ માર્ક મેળવવા જરૂરી છે.

## SAURASHTRA UNIVERSITY

### CHOICE BASED CREDIT SYSTEM (CBCS) IN U.G. (ARTS) SYLLABUS FOR PSYCHOLOGY

Sr, No.	Semester	Paper No.	Core Elective-I Elective-II	Course/ Paper's Name	Credit	Internal Marks	External Marks	Total Exam Marks	Course/ Paper's Unique Code
11	V	11	Core	Psychological Experiments-I	04	00	100	100	2:30 Hours
12	V	12	Core	Research Methods & Statistics in Psychology-I	03	30	70	100	2:30 Hours
13	V	13	Core	Biological Basis of Behaviour -I	03	30	70	100	2:30 Hours
14	V	14	Core	Abnormal Psychology -I OR Counselling Psychology-I	03	30	70	100	2:30 Hours
15	V	15	Core	Psychology in Industrial Organization -I OR Psychological Essays - I	03	30	70	100	2:30 Hours
16	V	16	Core	Educational Psychology-I OR Psychology of Married Life	03	30	70	100	2:30 Hours

B. A. \_Psychology\_Syllabus\_Saurashtra\_University\_W.E.F.\_from\_JUNE\_2019

Sr, No.	Semester	Paper No.	Core Elective-I Elective-II	Course/ Paper's Name	Credit	Internal Marks	External Marks	Total Exam Marks	Course/ Paper's Unique Code
17	VI	17	Core	Psychological Experiments-II	04	00	100	100	2:30 Hours
18	VI	18	Core	Research Methods & Statistics in Psychology-II	03	30	70	100	2:30 Hours
19	VI	19	Core	Biological Basis of Behaviour -II	03	30	70	100	2:30 Hours
20	VI	20	Core	Abnormal Psychology -II OR Counselling Psychology-II	03	30	70	100	2:30 Hours
21	VI	21	Core	Psychology in Industrial Organization-II OR Psychological Essays - II	03	30	70	100	2:30 Hours
22	VI	22	Core	Educational Psychology-II OR Psychology of Sexual Behavior	03	30	70	100	2:30 Hours

[A draft of C.B.C.S. Courses in B.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2019]

**Subject: Psychology**  
**Course Name & Paper No.11: Psychological Experiments-I**  
**(No Theory only Practical)**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Psychological Experiments -I (No Theory only Practical)	04	00	100	100	20-Journal 40-Report Writing 20- Performas 20-Viva	5 Hours

**Course Objectives:**

1. To impart an understanding of the application of various Psychological theories.
2. To equip the learner with an understanding of the concept and process of Experimental Psychology.
3. To impart an understanding of the various domains of Experiment in Psychology.
4. Develop the skill to perform an experiment in a totally scientific temper.
5. Acquire competence to note, quantify, codify, analyse and interpret data.

**Course:**

(Any Five Practical are to performed and reported to Journal)

1. Maze learning (Trial and error Learning)
2. Span of Attention
3. Judging emotion from Photographs
4. Measurement of Illusion Try – Muller Lyer of vertical method using the method of average error
5. Mental fatigue
6. Concept Formation
7. Immediate memory Span: Letters Digits
8. Whole v/s Part Method of Learning
9. Retroactive inhibition

**Reference:**

1. Collins M. and Drever J . (1949) : Experimental Psychology. Matheun & Co. Ltd., London.
2. D 'Amato M. R. (1976) : Experimental Psychology: Methodology Psychophysics and Learning. New York - Tokyo, McGraw Hill Kogakusha .

3. Postman L. and Egan J. (1949) : Experimental Psychology. (Harper) & Row (Kalyani Pub. Ludhiana.)
4. Underwood B. J. (1949): Experimental Psychology - An Introduction. New York: Appleton Country Crofts Indian Reprint. The Finances of India Press
5. Woodworth R. S. & Schosberg H. (1938): Experimental Psychology. New York (Holt) Rinehart and Winston Inc . Third Indian Reprint Oxford IBH Publishing Co New Delhi, Bombay, Calcutta.
6. Snodgrass and Haydon (). Human Experimental Psychology
7. Anderson John R. (1980) Cognitive Psychology: and its implications. IInd edition, W. H. Freeman and Company, New York.
8. મનોવૈજ્ઞાનિક પ્રયોગો - માનસ પ્રકાશન
9. મનોવિજ્ઞાનનાં પ્રયોગો - અખિલ હિન્દ પ્રકાશન
10. પ્રાયોગિક મનોવિજ્ઞાન – ભારત પ્રકાશન
11. પ્રગત પ્રાયોગિક મનોવિજ્ઞાન: સૈધાંતિક, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
12. પ્રગત પ્રયોગિક મનોવિજ્ઞાન – ભોપટકર

**Subject: Psychology**  
**Course Name & Paper No.12: Research Methods & Statistics in Psychology-I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Research Methods & Statistics in Psychology-I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To acquaint Students with the basic concepts of Research methods and statistics.
2. To Provide Students a Perspective of Research methods.
3. To educate students with the process and the methods of quantitative and qualitative psychological research traditions.
4. To make students understand the nature and course of various Methods of Psychology
5. To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

**Course:**

**Research Methods**

**Unit: 1 Psychological Research**

Introduction and Definition of Psychological Research, Characteristics, Process (Steps), Types, Utility, Principles of Good Research, Goals of Psychological Research.

**Unit: 2 Experimental Method**

Meaning and Definition of Psychological Experiment, Characteristics, Variables, Stapes, Experimental Designs, Advantage and limitations, Experimental Errors, Control Methods in experiment.

**Unit: 3 Psychophysical Methods**

Meaning of Psychophysics, Types of Psychophysical Methods, Weber's and Fechner's law.

**Statistics**

**Unit : 4 Statistics and Measurement**

Meaning of the Statistics, Need and importance of Statistics in Psychology, Meaning of attribute, variable and Score, Types of Series (Continuous –Discrete), Significant Digit and Approximate Value of Statistical Figures, Concept of Probability, Meaning, Importance of Normal Probability Curve, Characteristics of Normal Probability Curve,



### **Unit : 5 Frequency Distribution**

Preparing a Frequency Distribution Table, Class, Intervals Mid Value, Limit of Class (Levels), Composition of graphs, Graphic representation of data, Graphical representation of experiment results.

### **Unit : 6 Measures of Central Tendency**

Meaning of Measure of Central Tendency, Types of Measure, Mean, Calculation methods from undistributed data, Calculation methods from Frequency Distributed data, Median, Calculation methods from undistributed data, Calculation methods from Frequency Distributed data, Uses of Mean and Median, Percentile rank, Calculation methods from undistributed data, Calculation methods from rank data, Uses of Percentile rank.

### **Reference:**

1. Seltiz Jahoda, Deutch, Coole "Research Methods in Behavioral Science", New York,
2. Festiger and Katz: "Research Methods in Behavioral Science" New York, Rinehart and Winstone
3. Kerlinger F.N.: "Foundation of Behavioral Research" 5th Editions 2000, Delhi
4. Kothari C.R.: "Research Methodology" 3rd Edition, New Delhi, Wishwa Prakashan
5. Goilford J.P. – Fundamental Statistics in Psychology & Education Statistics in Psychology Research – By Suresh Parekh
6. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
7. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2Pnd P Ed.) Oxford: Blackwell Publishers
8. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4PthPEd.). New Delhi: Pearson Education.
9. Selltiz C , Jahoda M . & Cook S. W. (1961): Research Methods in Social Relations. Holt, Rinchart and Winston, New York
10. A . K . (1987 ): Tests, Measurement & Research Methods in Behavioral Sciences . Tata McGraw Hill , Bombay.
11. મનોવિજ્ઞાનમાં સંશોધન પદ્ધતિ અને આંકડાશાસ્ત્ર, સી. જમનાદાસની કંપની, અમદાવાદ.
12. પ્રગત પ્રાયોગિક મનોવિજ્ઞાન;સૈધ્ધાંતિક, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.13: Biological Basis of Behaviour -I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Biological Basis of Behaviour -I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To explore the biological basis of experience and behaviour.
2. To develop an understanding of the influence of behaviour, Nervous System, cognition, and the environment on bodily system.
3. Understanding proper genetic analysis of human behaviour.
4. To develop an appreciation of the neurobiological basis of psychological function and dysfunction.
5. Imparting basic information regarding the fundamental Physiological basics of Behaviours

**Course:**

**Unit-1: Introduction to Biological Psychology**

Meaning and definition of Physiological Psychology, Discussion of Mentally and Physical Relation, Nature of Physiological Psychology, Scope of Physiological Psychology Approaches of physiological Psychology, Importance of the study of Physiological psychology.

**Unit : 2 Methods of Study**

Introduction and Definition of Methods of Study, Nerve anatomy Methods, Electrical drawing method, Stimulus Methods, Hormonal and bio chemical methods.

**Unit : 3 Internal Environment of Body**

Introduction and Definition of Internal Environment, Metabolic Machinery, Enzymes, Hormones: Concept of Hormones & Types, Structure, functions and abnormalities of major glands: Thyroid, Para Thyroid, Thymus, Adrenal, Gonads, Pituitary, Pancreas and Pineal. Vitamins, Genes.

**Unit : 4 Nervous Systems**

Introduction of Neuron Cell, Structure and Function, Nerve Impulse, Impulse and transmission, The all or none Principle, Form of Nerve Impulse, Synapse, Reflex action, Central Nervous System (CNS), Brain: Cerebellum and Cerebrum Structure and Function, Hypothalamus, Thalamus, Spinal Code, Peripheral Nervous System (PNS), Somatic Nervous System, Autonomic Nervous System

**Unit : 5 Sensory Mechanisms**

Sensory Mechanism, Sensory centers and pathways, Reticular activating system, Sensory experience, Motor Mechanism, Skilled Movements: Motor area, pre-motor area.

**Reference:**

1. Miller, Kenneth & Levine Joseph (2000). Biology. Prentice Hall,
2. Greenfield Susan (1996) - The Human mind explained. Cassell Publishers Limited, London.
3. Morgan C.T. : "Physiological Psychology" 1963, M.C. Graw Hill Book Company
4. M.A. Wenger, "Physiological Psychology" Jones and Jones, 1976
5. Deutch and Deutch, "Physiological Psychology"
6. Carlson N.R. "Foundations of Physiological Psychology" Boston Allyand, Bacon, 1988
7. Thompson R.E. : "Introduction Physiological Psychology" Harper & Row Publication.
8. શારીરિક મનોવિજ્ઞાન – અનડા પ્રકાશન – કાપડીયા, ગાંધી
9. શરીરલક્ષી મનોવિજ્ઞાન – સી. જમનાદાસ & કું – વ્યાસ, ગાંધી, શેઠ, પટેલ,
10. શારીરિક મનોવિજ્ઞાન – પરિખ –ઝાલા
11. વર્તનના જૈવિક આધારો, સી. જમનાદાસની કંપની, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.14: Abnormal Psychology -I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Abnormal Psychology -I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders.
2. Teaching a student the basic concept of Abnormal Behaviour.
3. To impart knowledge of Psychosomatic disorders.
4. To impart knowledge of various disorders.
5. This will sensitize them to information on psychopathology and dispel myths regarding it.

**Course:**

**Unit-1 : Introduction to Abnormal Psychology**

Introduction to abnormal psychology, Definition, Nature and Scope, Characteristics of Abnormal behavior, Approaches of Abnormal Behavior, Experts in the field of mental health, Introduction of DSM-5 classification of mental-disorder

**Unit : 2 Causes and Risk Factors for Abnormal Behavior**

Biological Factors  
Psycho-Social Factors  
Social –Cultural Factors

**Unit : 3 Anxiety, Trauma- And Stressor-Related, And Obsessive-Compulsive And Related Disorders**

Introduction, The Complexity of Anxiety Disorders, Some Definitions of Anxiety, Fear, and Panic, Causes, Anxiety Disorders, Trauma- And Stressor-Related Disorders, Obsessive-Compulsive and Related Disorders

**Unit : 4 Schizophrenia Spectrum And Other Psychotic Disorders**

Perspectives on Schizophrenia, Clinical Description, Symptoms, and Sub types, Prevalence and Causes of Schizophrenia, Treatment of Schizophrenia

**Unit : 5 Somatic Symptom and Related Disorders And Dissociative Disorders**

Somatic Symptom and Related Disorders  
Dissociative Disorders

**Reference:**

1. David H. Barlow, V. Mark Durand, Abnormal Psychology, 20 Davis Drive Belmont, CA 94002-3098, USA.
2. DSM-V, American Psychiatric Association, USA, 2013.
3. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
4. Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers
5. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
6. David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology : Cengage Learning India Edition
7. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning Further Readings
8. Comer, R. J. (2010). Abnormal psychology. New York, NY: Worth. 9th edition.
9. Kaplan and Sadock's Synopsis of Psychiatry. Behavioural Sciences/ Clinical Psychiatry. Benjamin
10. James Sadock and Virginia Alcott Sadock, Walters Kluwer/Lippincott Williams and Wilkins, 2007.
11. Kring, A.M., Johnson, S.L., Gerald C., & Neale, D.J.M. (2015). Abnormal Psychology. 13<sup>th</sup> edition.
12. અસાધારણ મનોવિજ્ઞાન – યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – ડૉ. મફતલાલ પટેલ
13. અસાધારણ મનોવિજ્ઞાન – બી.એસ. શાહ પ્રકાશન
14. ચિકિત્સા મનોવિજ્ઞાન ભાગ -1-2 યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – કુસુમબેન ભટ્ટ
15. વિકાસાત્મક મનોવિજ્ઞાન યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – યોગેન્દ્રભાઈ કે. દેસાઈ – રાજકોટ

**Subject: Psychology**  
**Course Name & Paper No.14: Counselling Psychology-I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Optional	Counselling Psychology-I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To Provide Students a Perspective of Counselling Psychology.
2. To develop an understanding of basic concepts, processes, and techniques of Counselling.
3. To facilitate Students with nature and process of counselling and its meaning
4. To expose the Students to different factors and applications of counselling
5. To enable the Students to acquire sufficient knowledge in the area of counselling in order to apply in various walks of life.

**Course:**

**Unit-1: Introduction to Counselling Psychology**

What is counselling, Definition and Meaning, Elements, Characteristics, Field, Goal, Types of Counselling

**Unit: 2 Professional Issues, Ethics**

Meaning of Professional Issues, Meaning of Ethics, Selection and Training of Counsellor, Characteristics of Counsellor

**Unit: 3 Need of Counselling**

Classification of counselling problems, Problem of Indian Students in Counselling, Need of counselling

**Unit: 4 Counselling Relationship**

What is Counselling Relationship? Characteristics of Counselling Relationship, Dimension of Counselling Relationship, Area of Counselling, Importance of Counselling Relationship

**Unit: 5 Counselling Interview**

Meaning of Counselling Interview, Purpose and Importance of Counselling Interview, Process of Counselling Interview, Principles of Counselling Interview, Notes of Counselling Interview

**Reference:**

1. Jones,N.R.(2012). Theory and Practice of counselling. 5th ed. New Delhi: Sage publications
2. Cuppuzzi, D and Stauffer,MD.(2016). Counseling and psychotherapy -Theories and
3. interventions.6th ed. American counseling Association
4. Seligman, L&Reichenberg, L.W.(2014). Theories of counselling and psychotherapy-systems, strategies and skills.4th Ed. Delhi:PHI Learning.
5. Blum, M.L. & Balinky, B. (1961). Counselling and Psychology, Bombay : Asia
6. Publising House.
7. Rao, Narayan S. (1981). Counsilling Psychology, New Delhi : Tata-mc Graw Hill Pub-co.
8. Conselling in General Practice, Edited rosiya carney, Routledge 11, New Fetter Lane, London, Ec4p4EE (1993).
9. ડૉ. મફતલાલ પટેલ, સલાહ મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
10. એસ. પટેલ (૨૦૦૧), સલાહ મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.15: Psychology in Industrial Organization -I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Psychology in Industrial Organization-I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the basic concepts of Industrial Psychology.
2. To impart knowledge of individual differences in Industrial Organisation.
3. To impart knowledge of job satisfaction, Productivity, Industrial Motivation
4. To acquaint Students with the basic concepts of Psychology in Industrial Organisation
5. To Provide Students a Perspective of Psychology in Industrial Organisation

**Course:**

**Unit-1 : Introduction to Industrial Psychology**

Introduction of Industrial Psychology? Meaning and definition, Nature, Scope, Goal, Position and function of the psychologist in industry, industrial psychology and development of its suffixes, Important of Industrial Psychology

**Unit : 2 Vocational and Personal Selection and Evaluation Techniques**

Selection: Need for right Vocational and employee selection, Process of vocational selection, Process of employee selection, Factors in personal employee selection  
Evaluation Techniques: Employees Interview, Application Blank (Bio-Data), Letter of Recommendation, Employee evaluation and assessment (merit rating)

**Unit : 3 Job analysis and worker analysis**

Introduction, definition and meaning of Job analysis, Need of systematic Job analysis and worker analysis, Purposes, Utilities of Job analysis, Methods of Job analysis, Time and Motion Studies, Criteria of Job Success , Worker Analysis

**Unit : 4 Work, Productivity and Fatigue**

Meaning of Productivity, Meaning of Fatigue, Experiments on fatigue and curves of Fatigue, Nature-Dimension of Fatigue, Factors affecting on Productivity and Fatigue, Productivity and Fatigue, Monotony and Boredom, Distinction between Fatigue and Boredom, Factors affecting on Monotony and Boredom, Alleviation of Fatigue and Boredom,

**Unit : 5 Work Motivation and Incentives of the Employees**

Meaning of Work Motivation, Meaning of work Incentives, Types of incentives, Financial and Non-Financial Incentive, Non-Financial Incentive, Why people work?, Perspective and theories of work motivation



**Reference:**

1. Siegal and Lane 3rd ed. 'Psychology in Industrial Organization' Bombay. 10 D. B. Taraporwala and Co.
2. Schultz, D. and Schlutz, S.E. (2002) 'Psychology and Work Today' Delhi, Person Education (First Indian Report, 2004).
3. Ryan T. A. and Smith P. C.: Principal of Industrial Psychology.
4. Smith May An Introduction to Industrial Psychology.
5. Elements of Industrial Psychology – Harrell.
6. Mayers C. S. Industrial Psychology – Oxford University Press.
7. B. A. Parikh – Industrial Psychology – Granth Nirman Board
8. Madhurika Umarvadiya – Industrial Psychology – Granth Nirman Board.
9. ઓધોગિક મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
10. ઓધોગિક મનોવિજ્ઞાન – પોપ્યુલર પ્રકાશન ઓધોગિક મનોવિજ્ઞાન – વિરલ પ્રકાશન

**Subject: Psychology**  
**Course Name & Paper No.15: Psychological Essays - I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Optional	Psychological Essays - I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the basic theories and concepts of Psychology.
2. To impart knowledge of main areas in psychology.
3. To impart knowledge of Leadership, Psychology of Advertisement, Maturity and Learning, Stress and stress management, Psychoanalysis
4. To acquaint Students with the basic concepts of Psychology in Industrial Organisation
5. To Provide Students a Perspective of Psychology in Indian contexts.

**Course:**

1. Psychology of Advertisement
2. Stress and stress management
3. Theory of Psychoanalysis
4. Yoga and meditation
5. Suicide

(Note: Any two essays in exam out of four)

**Reference:**

1. B. Kuppaswamy : "Social Psychology Challenge"
2. મનોવૈજ્ઞાનિક નિબંધો – સી. જમનાદાસની કંપની – શેઠ, પાઠક, ગાંધી, પટેલ, રાજપુત, શાહ

**Subject: Psychology**  
**Course Name & Paper No.16: Educational Psychology-I**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Core	Educational Psychology-I	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understanding the application of Psychological principles in the process of education.
2. Develop skills of analysis and synthesis of theoretical approaches to education.
3. To understand of the interface between education and psychology.
4. To appreciate the various issues and challenges that emerge with reference to the application of psychological ideas and theories in the discipline of education.
5. To enable learners to deal with various problems and issues related to student diversity in a classroom.

**Course:**

**Unit-1: Introduction**

Definition of Educational Psychology, Nature, Scope, Human Diversity and Education, Objective, Importance of Educational Psychology

**Unit : 2 Teaching and Teacher**

What is Learning? What is Teaching? Teacher and the Learning Progress, Teacher Qualification (Characteristics of Effective Teachers), Functions of Teacher, Psychological aspects in teaching process, Usefulness of knowledge of educational psychology for the teacher

**Unit : 3 Educational Significance**

Meaning and Definition of Physical, Mental, Social and Emotional Growth and Development  
Educational Significance (Impotent) of Physical, Mental, Social and Emotional Growth and Development.

**Unit : 4 Educational Motivations, Attitudes, Interest**

Motivation in Education: what is motivation, Role of motivation, Extrinsic Motivation, Theory of Achievement Motivation.

Attitudes of Education: what is Attitude, Development, Change and importance of Attitudes

Interest of Education: what is Interest, relation to age, trial, fatigue and attention

**Unit : 5 Effective methods of learning and Study**

Meaning of Study, some things that affect the study, Factors affecting the study, Effective Factors of Study, Effective and Efficient Study Method, How can the developed habit of effective study?

**Reference:**

1. Psychological Foundations of Education – Bigge & Hunt – Haper International Student Reprint.
2. Psychology & Teaching – 2nd Ed. Morse & Wingo D.B. Taraporwala
3. Elements of Educational Psychology – Skinner – Asian Student Edition Asia Publishing House Bombay
4. Educational Psychology Lee. J. Cronback Ruport – Hear – Davis 3 Upper James Street.
5. Educational Psycho & Guidance – Bhatia & Safaree – Dhanpatri & Sons, Lullunder, Delhi
6. Advance Educational Psychology, C. Edited – B. K. Kuppeeswamy, University Publishers, Delhi-6.
7. Educational Psychology – Shah Pandya – Granth Nirman Board, Ahmedabad
8. Introduction of Educational Psychology : Dr. B. A. Parikh, Popular Prakashan, Surat
9. Outline of Educational Psychology Crow little field Admas & Co., Patterson, New Jersey.
10. Woolfolk, A. (2013). Educational psychology. Delhi: Pearson.
11. Bartlett, S., & Burton, D. (2012). Introduction to education studies. London: Sage.

**Subject: Psychology**  
**Course Name & Paper No.16: Psychology of Married Life**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	V	Optional	Psychology of Married Life	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge about mental and behavioral processes; learn how to do experimental and non-experimental studies.
2. Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.
3. Learn to use Psychology and other information sources.
4. To develop an understanding and awareness about marriage life.
5. To understand problems and remedies of marriage life.

**Course:**

**Unit-1 : Introduction to Psychology of Married Life**

Introduction to Psychology of Married Life, Nature of Psychology of Married Life  
Definition of Marriage, Purpose of Marriage, Nature of Marriage, Maturity of Marriage  
Attitudes towards sexual life

**Unit : 2 Fitness of Human Marriage**

Introduction, Types of Fitness for Marriage, Procedure of Heredity and marriage, Venereal Disease, Mental Disease and Marriage in a close blood relation,

**Unit : 3 Gender Roles**

Introduction, Development of Role Concept, Changing status of women, Attitudes of young people about future roles, Gender Role and Stereo type Attitude, Gender role and adjustment of Married Life, Difference between female and male

**Unit : 4 Marital Problems**

Marital Conflict, Causes of Marital Conflict, Divorce, Suggestions for Marital Success, Steps to a Happy Marriage

**Unit : 5 Adjustment in Marriage**

Adjustment in Marriage, Sexual adjustment in marriage, Cause of Poor sexual adjustment, Sexual per adjustment in marriage, Important of Love in Marriage, Acceptance Behavior

**Reference:**

1. Jeffery, Spencer : "Human Sexuality in World of Diversity" Allayn Becon, 1993
2. Janet, Hyde, "Understanding Human Sexuality" McGraw Hill Book Co. 4th Ed. 1990
3. Dr. Stone : "Marriage Manual" 5th Ed.
4. Dhun Panthaki "Education in human sexuality" Family planning association of India. Bajaj Bhavan Nariman point, mumbai 400021, 1997
5. Carson, R. C., Butcher J. N. & Mineka S. "Abnormal Psychology and modern life" 11th Edi. 2000 First Indian reprint 2003 Pearson Education (Singapore) Ptv. Ltd. Indian branch 482 f.I.E. Patparaganj. Delhi 110092 India
6. Dr. Madhusudan Baxi : 'જાતિયતા અને દાંમ્પત્યજીવનનું મનોવિજ્ઞાન" Viral Publ. Ahmedabad.
7. જાતીય જીવન અને દામ્પત્યનું મનોવિજ્ઞાન, બી. એસ. શાહ પ્રકાશન, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.17: Psychological Experiments-II**  
**(No Theory only Practical)**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Psychological Experiments-II (No Theory only Practical)	04	00	100	100	20-Journal 40-Report Writing 20-Performas 20-Viva	5 Hours

**Course Objectives:**

1. To impart an understanding of the application of various Psychological theories.
2. To equip the learner with an understanding of the concept and process of Experimental Psychology.
3. To impart an understanding of the various domains of Experiment in Psychology.
4. Develop the skill to perform an experiment in a totally scientific temper.
5. Acquire competence to note, quantify, codify, analyze and interpret data.

**Course:**

(Any Five Practical are to performed and reported to Journal)

1. Studies of Suggestion through Progressive Weight Methods
2. Compression of Control and Free Association
3. Fluctuations of Attention
4. Mirror - Drawing
5. Colour Preference: Comparative study of the Method of Rank order and paired
6. Meaningfulness and Learning
7. Problem Solving
8. Division of Attention
9. To study learning under massed and distributed practice

**Reference:**

1. Collins M. and Drever J . (1949) : Experimental Psychology. Matheun & Co. Ltd., London.
2. D 'Amato M. R. (1976) : Experimental Psychology: Methodology Psychophysics and Learning. New York - Tokyo, McGraw Hill Kogakusha .
3. Postman L. and Egan J. (1 9 4 9) : Experimental Psychology. (Harper) & Row (Kalyani Pub. Ludhiana.)
4. Underwood B. J. (1 9 4 9): Experimental Psychology - An Introduction. New York: Appleton Country Crofts Indian Reprint. The Finances of India Press
5. Woodworth R. S. & Schosberg H. (1 9 3 8): Experimental Psychology. New York (Holt) Rinehart and Winston Inc . Third Indian Reprint Oxford IBH Publishing Co New Delhi, Bombay, Calcutta.
6. Snodgrass and Haydon (). Human Experimental Psychology
7. Anderson John R. (1 9 8 0) Cognitive Psychology: and its implications. IInd edition, W. H. Freeman and Company, New York.
8. મનોવૈજ્ઞાનિક પ્રયોગો - માનસ પ્રકાશન
9. મનોવિજ્ઞાનનાં પ્રયોગો - અખિલ હિન્દ પ્રકાશન
10. પ્રાયોગિક મનોવિજ્ઞાન – ભારત પ્રકાશન
11. પ્રગત પ્રાયોગિક મનોવિજ્ઞાન: સૈધ્ધાંતિક, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
12. પ્રગત પ્રાયોગિક મનોવિજ્ઞાન – ભોપટકર



**Subject: Psychology**  
**Course Name & Paper No.18: Research Methods & Statistics in Psychology-II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Research Methods & Statistics in Psychology-1	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To acquaint Students with the basic concepts of Research methods and statistics.
2. To Provide Students a Perspective of Research methods.
3. To educate students with the process and the methods of quantitative and qualitative psychological research traditions.
4. To make students understand the nature and course of various Methods of Psychology
5. To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.

**Course:**

**Unit-1 : Sampling Method**

Introduction

Some Basic Concepts and Definitions: Population, Sb-population, Census, sample, Parameter and Statistic, Definitions and Meaning of Sampling, Advantages of Sampling, Need for Sampling, Sample Size and its Determination, Sampling: Non-Probability sampling and Probability Sampling

**Unit : 2 Questionnaire Method**

Meaning of Questionnaire, Formulation of questionnaire (Basic Principles for questionnaire), content of questions of the questionnaire, Impotent of Words in Question, Limitations and advantages of Questionnaire

**Unit : 3 Interview Method**

Meaning and Definitions of Interview, Characteristics of Interview, Types of Interview  
Desirable Personal Characteristics of The Interviewer, Work of Interviewer Officer, Limitations and advantages of Interview

**Unit : 4 Measures of Dispersion**

Meaning and importance of Dispersion  
Types of Measure: Range, Quartile deviation, Average of deviation, Standard deviation  
Calculation of Quartile deviation (Q, Q1, Q3)  
Calculation methods from undistributed data  
Calculation methods from Frequency Distributed data  
Calculation of Standard Deviation  
Calculation methods from undistributed data

Calculation methods from Frequency Distributed data  
Uses of Quartile Deviation and Standard Deviation

**Unit : 5 Correlations**

What is Correlation?, Types of Correlation, Interpretation of Coefficient of Correlation, Spearman rank correlation formula

**Unit-6 : T-test**

Meaning of T-test, Null Hypothesis, Significance Level, t-values for Independent and Dependent Samples, Testing of Significance (When mean is not Correlated and Large Sample) by SEM Methods

**Reference:**

1. Seltiz Jahoda, Deutch, Coole "Research Methods in Behavioral Science", New York,
2. Festinger and Katz: "Research Methods in Behavioral Science" New York, Rinehart and Winstone
3. Kerlinger F.N.: "Foundation of Behavioral Research" 5th Editions 2000, Delhi
4. Kothari C.R.: "Research Methodology" 3rd Edition, New Delhi, Wishwa Prakashan
5. Goilford J.P. – Fundamental Statistics in Psychology & Education Statistics in Psychology Research – By Suresh Parekh
6. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi.
7. Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2Pnd P Ed.) Oxford: Blackwell Publishers
8. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4PthPEd.). New Delhi: Pearson Education.
9. Selltiz C , Jahoda M . & Cook S. W. (1 9 6 1): Research Methods in Social Relations. Holt, Rinchart and Winston, New York
10. A . K . (1987 ): Tests, Measurement & Research Methods in Behavioral Sciences . Tata McGraw Hill , Bombay.
11. મનોવિજ્ઞાનમાં સંશોધન પદ્ધતિ અને આંકડાશાસ્ત્ર, સી. જમનાદાસની કંપની, અમદાવાદ.
12. પ્રગત પ્રાયોગિક મનોવિજ્ઞાન;સૈધાંતિક, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.19: Biological Basis of Behaviour -II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Biological Basis of Behaviour -II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To explore the biological basis of experience and behaviour.
2. To develop an understanding of the influence of behaviour, Nervous System, cognition, and the environment on bodily system.
3. Understanding proper genetic analysis of human behaviour.
4. To develop an appreciation of the neurobiological basis of psychological function and dysfunction.
5. Imparting basic information regarding the fundamental Physiological basics of Behaviours

**Course:**

**Unit-1 : Biological Basis of Perception**

Introduction of Perception, Biological Basis of vision, Auditory, Chemical perception, Somaesthetic Perception

**Unit : 2 Biological Basis of Motivation**

Introduction of motivations, Homeostatic (Body balancing), Biological Basis of Hunger, Thrust, Rest and Sleep, Sexual and Joy and pain Motivation

**Unit : 3 Biological Basis of Emotion**

Introduction of Emotion, Meaning and definition of Emotion, Physiological changes during emotions, Emotion and central Nervous System, Emotion and Autonomic Nervous System, Endocrine system and emotions, Theories of emotions: James-Lange theory, Cannon-Bard theory, Schachter-Singer theory, Opponent process theory, Lie Detector

**Unit : 4 Biological Basis of Adoptive Behaviour**

Physical bases of Learning, Memory and Thinking

**Unit : 5 Biological Basis of Intelligence and Personality**

Intelligence: Feeble and Mindedness: types and causes, Improving Intelligence  
Personality: Drug and Personality, Psychosomatic and Psychotherapeutic Medicines

**Reference:**

1. Miller, Kenneth & Levine Joseph (2000). Biology. Prentice Hall,
2. Greenfield Susan (1996) - The Human mind explained. Cassell Publishers Limited, London.

3. Morgan C.T. : "Physiological Psychology" 1963, M.C. Graw Hill Book Company
4. M.A. Wenger, "Physiological Psychology" Jones and Jones, 1976
5. Deutch and Deutch, "Physiological Psychology"
6. Carlson N.R. "Foundations of Physiological Psychology" Boston Allynand, Bacon, 1988
7. Thompson R.E. : "Introduction Physiological Psychology" Harper & Row Publication.
8. શારીરિક મનોવિજ્ઞાન – અનડા પ્રકાશન – કાપડીયા, ગાંધી
9. શરીરલક્ષી મનોવિજ્ઞાન – સી. જમનાદાસ & કું – વ્યાસ, ગાંધી, શેઠ, પટેલ,
10. શારીરિક મનોવિજ્ઞાન – પરિખ –ઝાલા
11. વર્તનના જૈવિક આધારો, સી. જમનાદાસની કંપની, અમદાવાદ.

**Subject: Psychology**  
**Course Name & Paper No.20: Abnormal Psychology -II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Abnormal Psychology -II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. The paper aims at providing an overview of the concept of abnormality and the symptoms and etiology of various psychological disorders.
2. Teaching a student the basic concept of Abnormal Behaviour.
3. To impart knowledge of Psychosomatic disorders.
4. To impart knowledge of various disorders.
5. This will sensitize them to information on psychopathology and dispel myths regarding it.

**Course:**

**Unit-1 : Mood Disorders And Suicide**

Understanding and Defining Mood Disorders, Depressive Disorders, Causes, Treatment, Suicide.

**Unit-2 : Eating And Sleep–Wake Disorders**

Major Types of Eating Disorders, Causes, Treatment, Obesity, Sleep–Wake Disorders: The Major Dyssomnias, Treatment of Sleep Disorders

**Unit-3 : Sexual Dysfunctions, Paraphilic Disorders, And Gender Dysphoria**

What Is Normal Sexuality? An Overview of Sexual Dysfunctions, Assessing Sexual Behavior, Causes and Treatment, Paraphilic Disorders: Clinical Descriptions, Assessing and Treating, Gender Dysphoria, Sexual Abuse

**Unit-4 : Personality Disorders**

An Overview of Personality Disorders, General Personality Disorder, Cluster A, Cluster B and Cluster C, Paranoid Personality Disorder

**Unit-5: Psychotherapy and Health**

What is Psychotherapy, Psychotherapy and Medication, Types of Psychotherapy, Additional therapies, Psychosocial Treatment, Meditation and Yoga

**Reference:**

1. David H. Barlow, V. Mark Durand, Abnormal Psychology, 20 Davis Drive
2. Belmont, CA 94002-3098, USA.
3. DSM-V, American Psychiatric Association, USA, 2013.
4. Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
5. Brewer, K. (2001). Clinical Psychology. Oxford: Heinemann Educational Publishers
6. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.
7. David Barlow H. & Durand V. Mark, 7th Edition, e-book (2013) Abnormal Psychology : Cengage Learning India Edition
8. Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning Further Readings
9. Comer, R. J. (2010). Abnormal psychology. New York, NY: Worth. 9th edition.
10. Kaplan and Sadock's Synopsis of Psychiatry. Behavioural Sciences/ Clinical Psychiatry. Benjamin
11. James Sadock and Virginia Alcott Sadock, Walters Kluwer/Lippincott Williams and Wilkins, 2007.
12. Kring, A.M., Johnson, S.L., Gerald C., & Neale, D.J.M. (2015). Abnormal Psychology. 13<sup>th</sup> edition.
13. અસાધારણ મનોવિજ્ઞાન – યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – ડૉ. મફતલાલ પટેલ
14. અસાધારણ મનોવિજ્ઞાન – બી.એસ. શાહ પ્રકાશન
15. ચિકિત્સા મનોવિજ્ઞાન ભાગ -1-2 યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – કુસુમબેન ભટ્ટ
16. વિકાસાત્મક મનોવિજ્ઞાન યુનિવર્સિટી ગ્રંથ નિર્માન બોર્ડ – યોગેન્દ્રભાઈ કે. દેસાઈ – રાજકોટ

**Subject: Psychology**  
**Course Name & Paper No.20: Counselling Psychology-II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Optional	Counselling Psychology-II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. To Provide Students a Perspective of Counselling Psychology.
2. To develop an understanding of basic concepts, processes, and techniques of Counselling.
3. To facilitate Students with nature and process of counselling and its meaning
4. To expose the Students to different factors and applications of counselling
5. To enable the Students to acquire sufficient knowledge in the area of counselling in order to apply in various walks of life.

**Course:**

**Unit-1 : Approaches of Counselling**

Counselling and Psychotherapy, Approach: Psychodynamic, Behavioural, Person-centered, Cognitive, Emotional

**Unit : 2 Counselling Process**

Meaning of Counselling Process, Stage, Effective variable of Counselling Process, Physical - arrangement of counselling-process, Ethics in Counselling Process

**Unit : 3 Indian techniques in Counselling**

Indian Contribution in Counselling, Yoga, Meditation, Relaxation: Play, art, drama, music, dance

**Unit : 4 Counselling Applications**

Child Counselling, Family Counselling, Counselling in Schools, School and Career Counselling, Cyber counselling, Crisis Intervention: suicide, grief, and sexual abuse

**Unit : 5 Alcohol and Drug Abuse Counselling**

Alcohol and Drug Abuse, Group Counselling, Crisis Intervention Counselling

**Reference:**

1. Jones,N.R.(2012). Theory and Practice of counselling. 5th ed. New Delhi: Sage publications
2. Cuppuzzi, D and Stauffer,MD.(2016). Counseling and psychotherapy -Theories and

3. interventions.6th ed. American counseling Association
4. Seligman, L&Reichenberg, L.W.(2014). Theories of counselling and psychotherapy-systems, strategies and skills.4th Ed. Delhi:PHI Learning.
5. Blum, M.L. & Balinky, B. (1961). Counselling and Psychology, Bombay : Asia
6. Publising House.
7. Rao, Narayan S. (1981). Counsilling Psychology, New Delhi : Tata-mc Graw Hill Pub-co.
8. Conselling in General Practice, Edited rosiya carney, Routledge 11, New Fetter Lane, London, Ec4p4EE (1993).
9. ડૉ. મફતલાલ પટેલ, સલાહ મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
10. એસ. પટેલ (૨૦૦૧), સલાહ મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.



**Subject: Psychology**

**Course Name & Paper No.21: Psychology in Industrial Organization-II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Psychology in Industrial Organization-II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the basic concepts of Industrial Psychology.
2. To impart knowledge of individual differences in Industrial Organisation.
3. To impart knowledge of job satisfaction, Productivity, Industrial Motivation
4. To acquaint Students with the basic concepts of Psychology in Industrial Organisation
5. To Provide Students a Perspective of Psychology in Industrial Organisation

**Course:**

**Unit-1 : Individual Differences**

Meaning and Definition of Individual Differences, Nature, Importance in Individual Differences in Industrial Sector, Individual differences in job performance, Effect of Training of Individual Differences

**Unit : 2 Psychological Test**

Mining and Definition of Psychological Test, Nature of Standard Psychological Test, Utility, Field, characteristics of standardized test, Precautions regarding the use of the test, Risk and limitations, Steps of test contraction, Limitations of Psychological Testing

**Unit : 3 Uses of Psychological Test**

Aptitude and Achievement Test , Utilities of Aptitude and Achievement Test, Personality and Interest Test, Utilities of Personality and Interest Test

**Unit : 4 Job Satisfaction and industrial moral**

Meaning of job satisfaction, Factor affecting of Job Satisfaction, Theories of Job Satisfaction Characteristics of Satisfied Worker, Job Satisfaction and Performance, Meaning of Industrial Moral, Determinants of Industrial Moral, How to boost up industrial Moral in Workers, Labor turnover and absenteeism

**Unit : 5 Accidents, safety and Proneness of Accident**

Introduction, Causes of Accident, Types of Accident, Accident and its Results, What is Accident Proneness?, Modern Status of concept of Accident Proneness, Factors Affecting on Accident Proneness, Industrial Safety, Accidents Prevention and Reduction

**Reference:**

1. Siegal and Lane 3rd ed. 'Psychology in Industrial Organization' Bombay. 10 D. B. Taraporwala and Co.
2. Schultz, D. and Schlutz, S.E. (2002) 'Psychology and Work Today' Delhi, Person Education (First Indian Report, 2004).
3. Ryan T. A. and Smith P. C.: Principal of Industrial Psychology.
4. Smith May An Introduction to Industrial Psychology.
5. Elements of Industrial Psychology – Harrell.
6. Mayers C. S. Industrial Psychology – Oxford University Press.
7. B. A. Parikh – Industrial Psychology – Granth Nirman Board
8. Madhurika Umarvadiya – Industrial Psychology – Granth Nirman Board.
9. ઓધોગિક મનોવિજ્ઞાન, ગુજરાત ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
10. ઓધોગિક મનોવિજ્ઞાન – પોપ્યુલર પ્રકાશન
11. ઓધોગિક મનોવિજ્ઞાન – વિરલ પ્રકાશન

**Subject: Psychology**  
**Course Name & Paper No.21: Psychological Essays - II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Optional	Psychological Essays - II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the basic theories and concepts of Psychology.
2. To impart knowledge of main areas in psychology.
3. To impart knowledge of Leadership, Psychology of Advertisement, Maturity and Learning, Stress and stress management, Psychoanalysis
4. To acquaint Students with the basic concepts of Psychology in Industrial Organisation
5. To Provide Students a Perspective of Psychology in Indian contexts.

**Course:**

1. Propaganda
2. Memory
3. Mental Health and well-being
4. Personality Development
5. Hypnosis

(Note: Any two essays in exam out of four)

**Reference:**

1. B. Kuppaswamy : "Social Psychology Challenge"
2. મનોવૈજ્ઞાનિક નિબંધો – સી. જમનાદાસની કંપની – શેઠ, પાઠક, ગાંધી, પટેલ, રાજપુત, શાહ

**Subject: Psychology**  
**Course Name & Paper No.22: Educational Psychology-II**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Core	Educational Psychology-II	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understanding the application of Psychological principles in the process of education.
2. Develop skills of analysis and synthesis of theoretical approaches to education.
3. To understand of the interface between education and psychology.
4. To appreciate the various issues and challenges that emerge with reference to the application of psychological ideas and theories in the discipline of education.
5. To enable learners to deal with various problems and issues related to student diversity in a classroom.

**Course:**

**Unit-1 : Transfer of Training**

Meaning of Transfer of Training, Experimental Studies of Transfer of Training, Theory of Transfer of Training, Important of Transfer of Training

**Unit-2 : Individual Differences**

What is Individual Difference?, Nature, Types of Individual Differences, Individual Difference and their Educational Significance, Teacher's Role among Individual Differences

**Unit-3 : Character Developments**

Definition of Character?, Importance of Character in Education, Role of Family and School in Character Development, Responsibilities of Teachers towards learners with Special Needs

**Unit-4 : Learning and Discipline & Creative Thinking**

Learning and Discipline, Discipline – Meaning Nature, Discipline Problems in Class Teaching, Its Formatting, Creative Thinking – Meaning, Stapes, Significance

**Unit-5 : Mental Health, Guidance and Educational Evaluation**

Definition of Mental Health, Mental Health of Students and Teacher, Meaning, Nature and Importance of Guidance, Tools and Theory of Guidance, Techniques and Limitation of Educational Evolution

**Reference:**

1. Psychological Foundations of Education – Bigge & Hunt – Haper International Student Reprint.
2. Psychology & Teaching – 2nd Ed. Morse & Wingo D.B. Taraporwala
3. Elements of Educational Psychology – Skinner – Asian Student Edition Asia Publishing House Bombay
4. Educational Psychology Lee. J. Cronback Ruport – Hear – Davis 3 Upper James Street.
5. Educational Psycho & Guidance – Bhatia & Safaree – Dhanpatri & Sons, Lullunder, Delhi
6. Advance Educational Psychology, C. Edited – B. K. Kuppeeswamy, University Publishers, Delhi-6.
7. Educational Psychology – Shah, Pandya – Granth Nirman Board, Ahmedabad
8. Introduction of Educational Psychology : Dr. B. A. Parikh, Popular Prakashan, Surat
9. Outline of Educational Psychology Crow little field Admas & Co., Patterson, New Jersey.
10. Woolfolk, A. (2013). Educational psychology. Delhi: Pearson.
11. Bartlett, S., & Burton, D. (2012). Introduction to education studies. London: Sage.

**Subject: Psychology**  
**Course Name & Paper No.22: Psychology of Sexual Behaviour**

Name of course	Sem.	course	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	Practical and Viva	External Exam Time Duration
B.A.	VI	Optional	Psychology of Sexual Behavior	03	30	70	100	-	2:30 Hours

**Course Objectives:**

1. Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge about mental and behavioural processes; learn how to do experimental and non-experimental studies.
2. Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.
3. Learn to use Psychology and other information sources.
4. To develop an understanding and awareness about marriage life.
5. To understand problems and remedies of marriage life.

**Course:**

**Unit-1 : Introduction to Sexuality**

Introduction, Human Sexuality, Education of Human Sexuality, Need for Education in Human Sexuality, Perspective of Human Sexuality, Gender education, The need for education in Human sexuality

**Unit-2 : Sex Organs**

Introduction, Structure and Function of male sexual Organs – External, Organs – Internal Organs, Male Sex Hormones, Structure and Function of Female sexual Organs – External, Organs – Internal Organs, Female Sex Hormones

**Unit – 3 Art of Sex**

Introduction, Coital Process, The Defloration, Foreplay, Orgasm, Coital Positions, Problems of successful Coital, Biological Differences in Male and Female,

**Unit – 4 Deviant Sexual Behaviour**

Normal Versus Deviant Sexual Behaviour, Fetishism, Transvestism, Exhibitionism Voyeurism, Sexual Masochism and Sexual Sadism, Rape, incest, pedophilia, Promiscuity Prostitution, Gender Identity Disorder of Childhood, Transsexualism

**Unit – 5: Marital health and Happy married life**

Reproductive health, Health of sexual relations, How to make happy married life, Suggestions for Happy married life

**Reference:**

1. Jeffery, Spencer : "Human Sexuality in World of Diversity" Allayn Becon, 1993
2. Janet, Hyde, "Understanding Human Sexuality" McGraw Hill Book Co. 4th Ed. 1990
3. Dr. Stone : "Marriage Manual" 5th Ed.
4. Dhun Panthaki "Education in human sexuality" Family planning association of India. Bajaj Bhavan Nariman point, mumbai 400021, 1997
5. Carson, R. C., Butcher J. N. & Mineka S. "Abnormal Psychology and modern life" 11th Edi. 2000 First Indian reprint 2003 Pearson Education (Singapore) Pvt. Ltd. Indian branch 482 f.I.E. Patparaganj. Delhi 110092 India
6. Dr. Madhusudan Baxi : 'જાતિયતા અને દાંમ્પત્યજીવનનું મનોવિજ્ઞાન" Viral Publ. Ahmedabad.
7. જાતીય જીવન અને દામ્પત્યનું મનોવિજ્ઞાન, બી. એસ. શાહ પ્રકાશન, અમદાવાદ.