

**North Maharashtra University, Jalgaon**  
**Syllabus for F.Y.B.A.**

**G.1 Psychology of Adjustment**  
**From June 2002**

**1. Healthy Development :**

- 1.1 What is Adjustment ? Patterns of adjustment , What is healthy adjustment ? What is personality ?
- 1.2 Three views of personality :- Freud's psychoanalytic view , Learning theory & personality , Humanistic psychology .
- 1.3 Variation in development - Nature of development , The problem of defining healthy development , Early conditions fostering healthy development , Infant child care , Love , acceptance , Environment structure & guidance.

**2. Problems of adjustment (stress) :**

- 2.1 Sources of stress . Frustration , Conflict , Pressure , Severity of stress , Managing stress Characteristics of adjustive demands . Characteristics of individuals .

**3. Reactions to adjustive demands :**

- 3.1 General principles of adjustive behaviour .  
Determinants and types of psychological adjustive reactions . Task oriented reactions . Defence oriented reactions .

**4. Individual in Group :**

- 4.1 How group develop and function . Group formation and membership , Group structure , Group action , Patterning of group change .
- 4.2 Interpersonal goals . Interpersonal perception and attraction . Interpersonal accomodation .

**5. Faulty patterns of adjustment .**

- 5.1 Nature of Effective and ineffective Adjustment .
- 5.2 Major maladjustive patterns .
- 5.3 Introduction to treatment and prevention .

**6. Marital and Premarital Adjustment :**

- 6.1 Chomging Premarital patterns - sex roles and relationship before marriage .
- 6.2 Modern view of marriage- selection of a mate .

6.3 Marital relationships - Marital styles and interactions, factors in good marital adjustment. Marital unhappiness and Divorce causes and effects, The problem of remarriage, causes of remaining single, Effects of Premarital relationships.

7. Competence :

7.1 Intellectual Competence : Solving a problem and making a decision, common difficulties in defining and evaluating problems. Aids in problem solving.

7.2 Creative Thinking : Characteristics of creative people.

7.3 Decision making for personal growth.

8. Emotional Competence :

8.1 Patterns of emotional experience. Theories of emotions, Pattern of emotional expression dealing with problem emotion. Managing emotions.

9. Social competence :

9.1 Good personal relationships. Realistic view of self and others.

9.2 Factors in satisfactory interpersonal accommodation, Improving Social competence. Effective communication, friendship.

10. The Quest for values :

10.1 Assumption about value.

10.2 Values and Becoming

10.3 Values and the future of man.

List of Books.

Text Books

1. Coleman J.C. Psychology and Effective Behaviour. D.B. Taraporevala Sons and Co Private Ltd(1971).

References :

1. Layman R.S Patterns of Adjustment ( Third Edition ) McGraw Hill Kogakusha Ltd(1969).
2. Eastwood Atwater - Psychology for Living - Prentice Hall, Fifth Edition (1995).
3. Pauls, Kaplan, Jean Stein - Psychology of adjustment, - Wadsworth Publishing Company,(1988).

॥ अंतरी पेटवू ज्ञानज्योत ॥

उत्तर महाराष्ट्र विद्यापीठ, जळगाव.

जा.क्र.: उमवि/१२/मानस.प्रात्य. /१२२६/२००३

दि. १३/०१/२००३

'शुद्धी पत्र'

विषय :- एफ.वाय.बी.ए.मानसशास्त्र प्रात्यक्षिक परिक्षेबाबत....

संदर्भ :- विद्यापीठ परीपत्रक क्र. २५/२००२, दिनांक २९.०६.२००२

उत्तर महाराष्ट्र विद्यापीठाने संदर्भांकित परीपत्रक क्र. २५/२००२ अन्वये, विद्यापीठ अनुदान आयोगाचे निर्देशाप्रमाणे व विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार शैक्षणिक वर्ष २००२-२००३ पासून मानसनिती व समाजविज्ञान विद्याशाखेतील एफ.वाय.बी. ए. (मानसशास्त्र) विषयाचा सुधारित अभ्यासक्रम लागू केला आहे.

२. मा.विद्या परिषदेच्या दि. १८ व २८ नोव्हेंबर, ०२ च्या सभेत ठराव क्र.वि.प.ए.१७८/२००२ अन्वये एफ.वाय.बी. ए. (मानसशास्त्र) पेपरकरिता ८० गुणांची लेखी परिक्षा व २० गुणांची प्रात्यक्षिक परिक्षा घेण्याचे मान्य केले आहे. ह्याकरिता वर्षभरात प्रत्येक विद्यार्थ्याने किमान ५ मनामापन चावणी/कार्यशाळा प्रात्यक्षिके करून अहवाल सादर करावा. शेवटी २० मार्चाची तोंडी परिक्षा घेण्यात येईल. विषयात उत्तीर्ण होण्यासाठी लेखी परीक्षेत - ८० पैकी २८ गुण व प्रात्यक्षिक (तोंडी परीक्षेत) २० पैकी ०७ गुण प्राप्त करणे आवश्यक राहिल. प्रात्यक्षिक परिक्षेची कार्यवाही S2 & S4 या पेपरच्या प्रात्यक्षिक परीक्षाप्रमाणेच करण्यात यावी. तोंडी परिक्षेसाठी जवळच्या महाविद्यालयातून परीक्षक बोलविण्यात यावेत. प्रात्यक्षिक परीक्षेसाठी अंतर्गत व बहिःस्थ परीक्षकांची नेमणूक संबंधित महाविद्यालयाच्या प्राचार्यानीच करावयाची असून सध्या सुधारित अभ्यासक्रम मार्च/एप्रिल २००३ पासून होणाऱ्या परीक्षांपासून लागू आहे.

मा.प्राचार्यांना याद्वारे विनंती करण्यात येते की, सधरील बाब सर्व संबंधित प्राध्यापक वर्ग व विद्यार्थ्यांचे निदर्शनास आणून आवश्यक ती योग्य ती कार्यवाही करावी

*Handwritten signature*  
कुलसचिव ६-१-०३

प्रति,

मा.प्राचार्य,

उ.म.वि.शी संलग्नित सर्व कला, विज्ञान व वाणिज्य महाविद्यालये

प्रतिलिपी:-

- १) मा.अधिष्ठाता, मानसनिती व समाजविज्ञान विद्याशाखा, उ.म.वि., जळगाव
- २) मा.चेअरमन, व सर्व सदस्य, मानसशास्त्र अभ्यासमंडळ, उ.म.वि., जळगाव
- ३) मा.परिशा नियंत्रक, उमवि जळगाव
- ४) उपकुलसचिव, संलग्नता विभाग, उमवि जळगाव
- ५) पध्दती विश्लेषक, संगणक विभाग, उमवि, जळगाव.
- ६) सहा.कुलसचिव, परीक्षा विभाग, मानसनिती व समाजविज्ञान विद्याशाखा, उमवि, जळगाव.
- ७) सहा.कुलसचिव, परिशा (गोपनीय) विभाग, उमवि, जळगाव.
- ८) कक्षाधिकारी, सभा व दफ्तर विभाग, उमवि, जळगाव.
- ९) मा.कुलगुरू कार्यालय, उमवि, जळगाव.
- १०) मा.कुलसचिव कार्यालय, उमवि, जळगाव.

**NORTH MAHARASTRA UNIVERSITY**  
**PROPOSED SYLLABUS OF PSYCHOLOGY FOR F.Y.B.A.**  
**TITLE OF SUBJECT: GENERAL PSYCHOLOGY.**  
**W.E.FROM JUNE 2002**

**1. Nature and scope of psychology**

- 1.1 Historical background and definition of psychology.
- 1.2 Scope(Branches/fields)of psychology:  
Child psychology, Educational psychology, Social psychology, Industrial psychology,  
Clinical psychology, Counselling psychology, Military psychology ,  
Criminal psychology, Environmental psychology.
- 1.3 Schools of psychology : Structuralism, functionalism, Behaviourism, Gestalt, psychoanalysis.
- 1.4 Methods in psychology : Introspection, Systematic, Observation, Experimental method.

**2. Biological bases of behaviour :**

- 2.1 Neuron -Structure and Function of neuron, synapse
- 2.2 Central Nervous system -a) Spinal cord  
b) Brain-Structure and Function

**3. Sensory processes :**

- 3.1 Vision- Structure and Function of human eye Light and dark adaptation , colour blindness
- 3.2 Hearing - Structure and Function of human ear
- 3.3 The chemical senses (in brief) - smell, taste, skin senses

**4. Personality :**

- 4.1 Nature of personality - Misconception about personality and definition .
- 4.2 Types and traits of personality - Jung, Sheldon, Kretschmer, Cattell.
- 4.3 Steps to building a positive personality.
- 4.4 Personality measurement - Interview, Questionnaire, (C.M.M.P.f, I.P.F) and Projective techniques.

**5. Human Abilities :**

- 5.1 Intelligence- Definition, Theories of Intelligence:-
  - a) Spearman's two factor theory
  - b) Thurston's multifactor theory
  - c) Guilford's structure of intelligence.
- 5.2 Measurement of intelligence - C.A , M.A , I.Q. Kinds of intelligence tests: -  
Individual, Group, Verbal and performance.
- 5.3 Creative thinking - Definition and stages of Creativity.

**6. Motivation and Emotion :**

- 6.1 Definition and nature ( Motivation Cycle )
- 6.2 Theories of motivation-Arousal theory, Drive theory, Maslow's Hierarchy theory
- 6.3 Motivational conflict.
- 6.4 Defence Mechanisms - Rationalization, Compensation, Projection, Day dreaming,  
Repression, Regression.
- 6.5 Emotions - Definition, Expression and Perception of emotion.

**7. Attention and Perception :**

- 7.1 Attention - Nature and types of attention, Determinants of attention.

7.2 Perception - Definition, Organizing factors of perception, Figure and ground, Illusion and Inattention

## 8. Learning & Memory :

8.1 Definition

8.2 Methods of Learning - Trial and error learning Insight Learning, Conditioning ( Classical and Instrumental ), Characteristics of conditioning

8.3 Memory - Nature of retention, Methods of measuring retention - Recall, Recognition, Reconstruction , Saving method.

8.4 Causes of Forgetting - Disuse, Interference, Repression, Accident.

8.5 Information Processing Approach - Atkinson shiffring model of memory

8.6 How to improve your memory -

- a) Really think about what you want to remember.
- b) Pay attention to what you want to remember.
- c) Use visual imagery.
- d) Give yourself extra Retrieval cues.
- e) Develop your own short hand codes
- f) Develop your own cognitive scaffolds.

## 9. Health Psychology :

9.1 Mental Hygiene - Definition, Principles of Mental hygiene.

9.2 Stress and coping - Concept of stress, fight and flight phenomenon, HERO Principle, Stressors and effective coping strategies.

## 10. Self Concept :

10.1 Definition and Components of self concept.

10.2 Developing a positive self concept -

- a) Feature orientation
- b) Make your own decision.
- c) View problem and challenges.
- d) Be willing to change.
- e) Acknowledgement your accomplishment.

10.3 Self - esteem. - Definition, Improving self esteem of your friends.

## LIST OF BOOKS

### TEXT BOOKS

- 1 Morgan, King, Robinson - Introduction to Psychology - McGraw Hill International Book Com. Sixth and Seventh Edition (1984, 1996)
- 2 Robert A Baron - Psychology, Prentice-Hall of India, New Delhi, Third Edition (1996)
- 3 पंडित र. वि. डॉ. कृष्णवर्णीय वि. डॉ. च. वि. मोरे - सामान्य मानसशास्त्र - विष्णुपुरे अण्ड कं. पब्लिशर्स, नगपुर, पहिली आवृत्ती, जूनियरी (1990)
- 4 टिपर, लडगरे, - मानसशास्त्राची मूलसंज्ञे, कडके प्रकाशन, कोल्हापूर (1996)

### REFERENCE BOOKS

- 1 पंडित र. वि. - सामान्य मानसशास्त्राची मूलसंज्ञे - विद्या प्रकाशन, नागपुर
- 2 डॉ. रंजित टिपर, लडगरे - मानसशास्त्र - कडके प्रकाशन, कोल्हापूर
- 3 बोटुडे, देशपांडे - सांख्यिकीय मानसशास्त्र - मं. य. राणे प्रकाशन, पुणे
- 4 गोगटे, भागवतवार, देशपांडे - सामान्य मानसशास्त्र, कॅम्ब्रिजनेटल प्रकाशन
- 5 Rao M., Gangadhar Rao - Interpersonal Attraction and Behaviour - Kavishika Publishers, Distributors, New Delhi, First Edition, 1996