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**North Maharashtra University, Jalgaon**

Syllabus for

**FYBA**

**PSYCHOLOGY**

Under the Faculty of Humanities

(With effect from June 2017)

**Semester System**

**North Maharashtra University, Jalgaon**  
**Syllabus for F.Y.B.A Psychology**  
**Modern General Psychology**  
(w.e.f. June 2017)

**Objectives-**

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To create interest in the subject of Psychology.
3. To help students think critically about the new information that they have learned and relate it to their own life.
4. To relate the fundamental principles of Psychology in everyday life.
5. To make the students aware of the applications of Psychological concepts in various fields.

**Semester- I (Mark 60+40)**

**Code No. PSY- G- 101(A)**

**Total Period- 60**

**1. Introducing Psychology**

**(Period- 15)**

- 1.1 Psychology – Nature, Definition, Goals of Psychology (Is psychology a science?)
- 1.2 Approaches of Psychology - Behavioral, Cognitive, Evolutionary, Socio-cultural
- 1.3 Branches of Psychology - Educational, Clinical, Industrial, Counseling, Social, Developmental, Health, Criminal, Color, Sports, Positive and Political Psychology
- 1.4 Methods of Psychology – Observational, Experimental, Survey
- 1.5 Applications - Career in Psychology

**2. Personality**

**(Period- 16)**

- 2.1 Personality - Nature and Definition
- 2.2 Theories of Personality - Freud's Psychoanalytical and Carl Roger's Self theory
- 2.3 Models of Personality – Allport, Cattell, Eysenck, NEO-FFI-3
- 2.4 Personality Assessment - Questionnaire, Interview, and Projective techniques
- 2.5 Applications – Life skills and Personality Development

**3. Biological Bases of Behavior**

**(Period- 15)**

- 3.1 Chromosomes, Genes and DNA: Sex Determination, Twins
- 3.2 Neurons - Structure and functions
- 3.3 CNS: Structure and Functions of Spinal Cord and Brain
- 3.4 Neurotransmitters - Acetylcholine, Dopamine, Serotonin, GABA, Endocrine system
- 3.5 Applications - Genetic Counseling

#### **4. Mental Ability**

**(Period- 14)**

- 4.1 Intelligence - Definition and Basic Concepts (CA, MA, IQ)
- 4.2 Types of Intelligence - Academic, Emotional, Spiritual, Kinesthetic and Artificial Intelligence
- 4.3 Intellectual Disability - Definition, Types, Causes, Prevention
- 4.4 Creativity- Definition and stages
- 4.5 Applications - To foster creativity among children

### **Semester- II (Mark 60+40)**

**Code No. PSY- G- 201(A)**

**Total Period- 60**

#### **1. Motivation and Emotion**

**(Period- 14)**

- 3.1 Motivation - Definition, Motivation Cycle, Maslow's Need Hierarchy
- 3.2 Types of Motivation - Intrinsic and Extrinsic, Achievement, Power, Affiliation
- 3.3 Emotion - Nature, Definition and Physiology
- 3.4 Types of emotions
- 3.5 Applications - Emotional Intelligence: Key to success

#### **2. Attention and Perception**

**(Period- 14)**

- 4.1 Attention - Nature, Definition and Types
- 4.2 Determinants of Attention
- 4.3 Perception - Nature and Definition and Perceptual Organization
- 4.4 Illusion, Hallucination, Extrasensory Perception
- 4.5 Applications - Psychology of Media

#### **3. Learning**

**(Period- 16)**

- 1.1 Nature and Definition of Learning
- 1.2 Learning Method - Trial and Error, Insight, Latent, Observational
- 1.3 Classical Conditioning
- 1.4 Operant Conditioning
- 1.5 Applications - To develop effective learning skills

#### **4. Memory and Forgetting**

**(Period- 16)**

- 2.1 Memory - Nature, Definition and Process
- 2.2 Types of Memory - (SM, STM, LTM)
- 2.3 Retention- Definition and Methods of measuring retention
- 2.4 Forgetting - Nature and Definition and Causes
- 2.5 Applications - Memory improvement techniques: Mnemonics

**References:**

1. Baron, R. A. (1995). *Psychology* (3<sup>rd</sup> Edition). Prentice Hall, India.
2. Carole, W. and Carol, T. (2007). *Psychology* (7<sup>th</sup> Edition). Pearson Education, India.
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**Books in Marathi Language:**

1. Bachhav, Badgajar and Shinde (2001). *General Psychology*. Swayambhu Prakashan, Nashik.
2. Mundada, N. and Khalane, S. (2013). *Manasshastrachi Multatve*. Atharv Publication, Jalgaon.
3. Mundada, N. and Surye, S. (2015). *Upayojit Manasshastr*. Atharv Publication, Jalgaon.
4. Oak, Abhyankar and Govilkar (2008). *Psychology*. Pearson Publication, Delhi.
5. Padhye, V. (2004). *Psychology*. Renuka Prakashan, Aurangabad.
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7. Rane, Chaudhari and Pawar (2005). *General Psychology*. Prashant Publication, Jalgaon

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

**Personality Development and Soft Skills**  
(w.e.f. June 2017)

**Objectives:**

1. To enhance the personality of the students, contribute to their well-being and prepare them for the work environment and other important aspects of life.
2. To make the students aware about the concept of Personality and Personality Development.
3. To help the students in analyzing his own personality.
4. To develop Cognitive and Emotive Skills in the students.
5. To develop behavior and interpersonal skills.

**Semester-I (Marks 60+40)**

**Code No. PSY-G-101 (B)**

**Total Period- 60**

**1. Personality**

**(Period- 15)**

1.1 Nature, Meaning and Misconception in Personality

1.2 Personality versus Individuality- causes of individuality

1.3 Type and Trait Approaches of Personality-

Type Approaches- Hippocrates, Kretchmer, Sheldon, Jung.

Trait Approaches- Allport, Cattle, McCrae and Costa big –Big five factor

1.4 Personality Assessment- Self Report, Behavioral and Projective technique.

(16 PF, NEO- PI)

1.5 Elements of personality pattern- concept of self, components of the self-concept, kind of self-concept

Activity- (SWOT analysis – Strengths, Weaknesses, Opportunities, Threats)

**2. Thinking skills**

**(Period- 15)**

- 2.1 What are the thinking skill- of the brain, Brain power - Brain work, management thinking
- 2.2 Positive thinking- Untrained thinking, distorted thinking, confusion, yo - yo thinking, self- image, positive re-framing.
- 2.3 Logical thinking-left Brain thinking, Right Brain thinking, logical thinking, managerial thinking.
- 2.4 Brainstorming-Brain storming, A Brainstorming session an example of brainstorming the honey pot, Brainwriting.
- 2.5 Decision taking-time them, Align them, Balance them, Act when you have to, use a decision making models.  
Activity- Positive Thought Stopping Methods.

### **3. Communication**

**(Period- 15)**

- 3.1 Communication- Definition, meaning, communication process
- 3.2 Type of communication- formal channel, Informal channel, oral communication, written communication, public communication, small group communication.
- 3.3 Direction of communication –Down ward, Upward, Horizontal communication Barriers of communication-effective communication.
- 3.4 Body language-A framework for understanding-Inborn, Genetic, learned and cultural signals, some basic and other their origins.
- 3.5 Palm Gestures-Openness and Honesty, Intentional use of plams to deceive. Plams power  
Shaking Hands  
Activity- Group Discussion.

### **4. Symbols of Self**

**(Period- 15)**

- 4.1 Common symbols of self- clothing, effects of clothing on personality, autonomy, Identification, Individuality, Success.
- 4.2 Names and Nicknames-why names are important symbols, name combination, kinds of names, the symbolic value of name.

4.3 Effects of name on personality-why names affect personality, evidence of effects on personality, variation in effects of names on personality, need for care in name selection.

4.4 Developing our self and self-Esteem, Self-control.

4.5 Translational Analysis- Analysis of ego stats.

Activity- Application of TA in Every Day Life.

## **Semester-II (Marks 60+40)**

**Code No. PSY-G-201 (B)**

**Total Period- 60**

### **1. Emotions and Well-Being**

**(Period- 15)**

1.1 Meaning of Emotion, Types of Emotions, What is Positive Emotion

1.2 Emotional balance – meaning, deprivation of love, deprivation of the pleasant emotion, effects of emotional deprivation on personality, long term effects on personality, variation in effect on personality.

1.3 Emotional stress – effects of stress on personality, sources of stress, common forms of stress (Anxiety, Frustration, Jealousy )

1.4 Positive Emotion and Well-Being

1.5 Emotional Intelligence - Major components of Emotional Intelligence, Difference between EQ and IQ

Activity- Emotional Management.

### **2 personal change and Goal Setting**

**(Period- 15)**

2.1 Understanding your self- understanding human beings, the evolutionary biologist view, the psychologist view, the management theorist's view.

2.2 A formal for making change- the process of change- derail, resistance, exploration commitment.

-who we realizing are- the authentic self, self- awareness, self- understanding, self- acceptance.

2.3 Goal – definition, type,

Why have goals – Do I need a goal?

- my goals- what do I want.

2.4 Goal keeping skills – In the zone, stretching comfort ability, great expectations, day dreaming,

A good goal keeper- open mind, easy focus, taking stock, its goal, inner confidence.

2.5 Personal confidence – self-confidence, self-esteem

Activity- Search of Goal.

### **3 Time Management-**

**(Period- 15)**

3.1 Time Management- concept, Importance and need personal time management, advantages of Time management.

3.2 Time management and its significance

- Time management strategies and tools

3.3 Planning in advance – prioritizing and scheduling.

3.4 Causes of time management- urgency, addiction and time management's matrix-hard work verses smart work, different time management styles – time cheaters and beaters.

3.5 Activity- Log to do list, Action program.

### **4 Stress Management**

**(Period- 15)**

4.1 Understanding stress – Meaning, Definition, Stress awareness, types of stress, causes of personal stress.

4.2 Stress management strategies –

HSE management standards.

Person centered strategies.

4.3 Personal Stress Management technique – personal development, Mindfulness. Positive thinking.

Keep things in perspective.

4.4 Self Hypnotism

4.5 Activity – Stress Management.



## References:

1. Baumgardner, S. R. & Crothers M.K. (2009). *Positive Psychology*. Pearson Education, Delhi.
2. Cavett, R. (1998). *The Cavett Robert Personal Development Course*. Taraporevala Sons & Co. Private Limited, Bombay.
3. Choube J. (2008). *Development of Human Skills*. Vision Publication, Pune.
4. Donelson, F. R. (1990). *Group Dynamics* (2<sup>nd</sup> Ed.) Brooks /Cole Publishing Company, California.
5. Hurlock, E. B. (1999). *Personality Development*. Tata McGraw-Hill Publishing company Limited, New Delhi.
6. Mancini, M. (2006). *Time Management*. Tata McGraw Hill, New Delhi.
7. MTD Training –Gerr Larsson- Stress management.
8. Perry, S. (1995). *How to enrich your life*. Paul Press, Bombay.
9. Robert, M., Sherfield, Rhonda, J. (2011). *Montgomery Developing Soft Skills* (4<sup>th</sup> Ed.). Pearson Publication, Delhi.
10. Verma, S. (2005). *Body Language: Your Success Mantra*. Chand & Company Ltd, Delhi.

### F.Y.B.A. Psychology Equivalent Syllabus of General Paper

Old Syllabus		New Syllabus	
Psy- G 101 (A)	Fundamentals of Psychology	Psy- G 101 (A)	Modern General Psychology
Psy- G 201 (A)	Fundamentals of Psychology	Psy- G 201 (A)	Modern General Psychology
Optional Paper			
Psy- G 101 (B)	Personality Development & Positive Psychology	Psy- G 101 (B)	Personality Development & Soft Skills
Psy- G 201 (B)	Personality Development & Positive Psychology	Psy- G 201 (B)	Personality Development & Soft Skills