

CURRICULUM

For

B.A. Sem. – 1

(PSYCHOLOGY)

(With effective from June - 2023)



1



Curriculum of Bachelor of Arts (PSYCHOLOGY)
Semester 1
Effective from June-2023

| Course Type | Course Code | Name of Course | Theory /Practical | Total Credit | Contact Hours Per week | Component of Marks | | |
|----------------------------------|--------------|------------------------------------|-------------------|--------------|------------------------|--------------------|----------|--------|
| | | | | | | Internal | External | Total |
| | | | | | | Total/ | Total/ | Total/ |
| Discipline Specific Course-Major | BA23 MJ1PS 1 | Basic Psychological Processes - 1 | Theory | 4 | 4 | 50% | 50% | 100% |
| | BA23 MJ1PS 2 | Developmental Psychology - 1 | Theory | 4 | 4 | 50% | 50% | 100% |
| Minor | BA23 MN1PS1 | Basic Psychological Processes - 1 | Theory | 4 | 4 | 50% | 50% | 100% |
| Multi. Discipline | BA23 MD1PS1 | Social Psychology | Theory | 2 | 2 | 50% | 50% | 100% |
| SEC Skill Enhancement | BA023 SE109 | Psychology and Effective Behaviour | Theory | 2 | 2 | 50% | 50% | 100% |



BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : Basic Psychological Processes - 1

| Sr. No. | Course Code | Course Category | Course Credit | Teaching Hours | Practical Hours | Internal Exam Marks | External Exam Marks | Total Marks |
|---------|-------------|-----------------|---------------|----------------|-----------------|---------------------|---------------------|-------------|
| 1 | BA23MJ1PS1 | MAJOR | 4 | 3 | 2 | 50 | 50 | 100 |

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| Course Objectives: | <p>The objectives of this course are:</p> <ul style="list-style-type: none">● To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life● To understand the fundamental processes underlying human behavior such as processes underlying Motivation, Emotion, sensation, perception and Attention● To understand the dynamics of Motivation, Emotions, Perception and Attention <p>To apply the principles of psychology in day-to-day life for a better understanding of themselves and others</p> |
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| Course Content | | |
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| Unit | Description | Marks |
| 1 PSYCHOLOGY AS A SCIENCE – INTRODUCTION- મનોવિજ્ઞાન એક વિજ્ઞાન - પરિચય | <p>1 Definition of Psychology-મનોવિજ્ઞાનની વ્યાખ્યા</p> <ul style="list-style-type: none">* Old definition of Psychology-મનોવિજ્ઞાનની જૂની વ્યાખ્યા* New and Working Definition of Psychology-મનોવિજ્ઞાનની નવી અને કાર્યાત્મક વ્યાખ્યા <p>2 Psychology as a Behavioral Science- મનોવિજ્ઞાન એક વાર્તાનિક વિજ્ઞાન તરીકે</p> <p>3 Goals of Psychology-મનોવિજ્ઞાનના ધ્યેયો</p> <ul style="list-style-type: none">* Description -વર્ણન* Understanding and Explanation-સમજ અને સ્પષ્ટીકરણ* Prediction -ભવિષ્ય કથન* Control -નિયંત્રણ | 20% |

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| | <p>*Application–ઉપયોગ</p> <p>4.The Subfields of Psychology–મનોવિજ્ઞાનની પેટા શાખાઓ</p> <p>*Clinical Psychology- ચિકિત્સા મનોવિજ્ઞાન</p> <p>*Counseling Psychology–સલાહ મનોવિજ્ઞાન</p> <p>*School and Educational Psychology– શાળા અને શૈક્ષણિક મનોવિજ્ઞાન</p> <p>*Personality and Social Psychology– વ્યક્તિત્વ અને સમાજલક્ષી મનોવિજ્ઞાન</p> <p>*Developmental Psychology–વિકાસાત્મક મનોવિજ્ઞાન</p> <p>*Psychometric Psychology–મનોમાપનનું મનોવિજ્ઞાન</p> <p>*Industrial and Organizational Psychology– ઔદ્યોગિક અને સંગઠનનું મનોવિજ્ઞાન</p> <p>*Experimental Psychology–પ્રાયોગિક મનોવિજ્ઞાન</p> <p>5) Emergence and Development of Psychology – મનોવિજ્ઞાનનો ઉદભવ અને વિકાસ</p> | |
| 2 MOTIVATION પ્રેરણા | <p>1. Definition and Nature of Motivation (Motivational Cycles)–પ્રેરણાની વ્યાખ્યા અને સ્વરૂપ (પ્રેરણાચક્ર)</p> <p>2. Measurement of Motivation–પ્રેરણાનું માપન</p> <p>3. Primary Motives–પ્રાથમિક પ્રેરણાઓ (i) Hunger and Thirst–ભૂખ અને તરસ (ii) Sex and Maternal Drive–જાતીય અને માતૃત્વની પ્રેરણા</p> <p>4. Social Motives–સામાજિક પ્રેરણાઓ (i) Affection and Affiliation–સ્નેહ અને સંપર્કની પ્રેરણા (ii) Social approval and Esteem– સામાજિક સ્વીકાર અને આત્મગૌરવની પ્રેરણા (iii) Achievement Motivation–સિધ્ધિની પ્રેરણા</p> | 20% |
| 3 | <p>1. Definition and Nature of Emotion– આવેગની વ્યાખ્યા અને સ્વરૂપ</p> | 20% |

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| EMOTION આવેગ | 2. Psychological changes during Emotion– આવેગ દરમ્યાનના શારીરિક ફેરફારો 3. Measurement of Automatic changes– સ્વયંસંચાલિત ફેરફારોનું માપન 4. Expression of Emotion–આવેગની અભિવ્યક્તિ | |
| 4 ATTENTION AND PERCEPTION ધ્યાન અને પ્રત્યક્ષીકરણ | 1. Definition and Nature of Attention– ધ્યાનની વ્યાખ્યા અને સ્વરૂપ 2. Determinants of Attention–ધ્યાનના નિર્ધારકો * External or Objective Determinants of Attention ધ્યાનના બાહ્ય અથવા વસ્તુલક્ષી નિર્ધારકો * Internal or Subjective Determinants of Attention– ધ્યાનના આંતરિક અથવા વ્યક્તિલક્ષી નિર્ધારકો 3. Meaning or Definition of Perception– પ્રત્યક્ષીકરણનો અર્થ કે વ્યાખ્યા 4. Object Perception–પદાર્થનું પ્રત્યક્ષીકરણ * Figure and Ground–આકૃતિ અને પશ્ચાદ ભૂમિકા * Grouping (Law of Perceptual Organization) –પ્રત્યક્ષીકરણનાં સંગઠનના નિયમો * Closure–પૂર્તિ | 20% |
| | ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે. | 20 % |
| | કુલ | 100% |

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| Teaching- Learning Methodology | black board Teaching power point presentation e-learning, e sources seminar, workshop, symposium quiz, guest lecture |
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| Sr. No | COURSE OUTCOMES |
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| This paper will provide students with an introduction to the key concepts and theories in psychology | |
| 1 | Describe the evolution of psychology and gain basic knowledge about Psychology |
| 2 | Identify the various approaches, fields, and subfields of psychology along with their major concepts and important figures |
| 3 | Describe the value of psychology and possible careers paths for those who study psychology |
| 4 | Critically evaluate and identify determinants of motivation |
| 5 | Evaluate and understand the different human emotions |
| 6 | Describe the Attention and determinants of Attention |
| 7 | Differentiate between sensation and perception |
| 8 | Explain the process of Perception |
| 9 | Students will understand the fundamental mental processes which are base for behavior |

Suggested References:

| Sr.No. | References |
|---------------|---|
| 1 | Baron, R. & Misra, G. (2013). Psychology. Pearson. |
| 2 | Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi |
| 3 | Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education |
| 4 | Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill. |
| 5 | Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi. |



BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : Developmental Psychology

| Sr. No. | Course Code | Course Category | Course Credit | Teaching Hours | Practical Hours | Internal Exam Marks | External Exam Marks | Total Marks |
|---------|-------------|-----------------|---------------|----------------|-----------------|---------------------|---------------------|-------------|
| 1 | BA23MJ1PS2 | MAJOR | 4 | 3 | 2 | 50 | 50 | 100 |

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| Course Objectives: | <p>To acquaint students with the knowledge of human development and developmental processes along with theories.</p> <p>To facilitate awareness of the methods of study to understand child development.</p> <p>To provide students with an awareness about the various stages in physical, cognitive, emotional and social development in infancy and childhood.</p> |
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Course Content

| Unit | Description | Marks |
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| 1 વિકાસાત્મક મનોવિજ્ઞાન-પ્રસ્તાવના Developmental Psychology-Introduction | <ol style="list-style-type: none">વિકાસાત્મક મનોવિજ્ઞાનનો અર્થ અને સ્વરૂપ. The Meaning and Nature of Developmental Psychology.વિકાસની વિવિધ અવસ્થાઓ - Various Stages of Developmentવિકાસાત્મક મનોવિજ્ઞાનનાં હેતુઓ અને વિકાસાત્મક મનોવિજ્ઞાનનું મહત્વ કે ઉપયોગીતા Objectives of Developmental Psychology and Importance or Utility of Developmental Psychology.વિકાસ અને વૃદ્ધિ વચ્ચેનો તફાવત Difference between Development and Growthવિકાસલક્ષી પ્રક્રિયાઓ અને સમયગાળો : જૈવિક, જ્ઞાનાત્મક અને સામાજિક-ભાવનાત્મક પ્રક્રિયાઓ. Developmental Processes and Periods: Biological, Cognitive and Socio-Emotional Processes. | 20 % |



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| | 6. વિકાસને અસરકરતાં પરિબલો- Factors Affecting Development | |
| 2 જન્મપૂર્વેનો વિકાસ Prenatal Development | <ol style="list-style-type: none"> 1. ગર્ભધારણ-Fertilization 2. જન્મપૂર્વના વિકાસના તબક્કાઓ- Stages of prenatal development 3. જન્મ પ્રક્રિયા- Birth Process 4. વારસો અને વાતાવરણ - Heredity and environment 5. જન્મપૂર્વીય વિકાસને અસર કરનારા પરિબલો Factors affecting prenatal development 6. જન્મપૂર્વે (ગર્ભધારણ)નાં સમયગાળા સાથે સંબંધિત શારીરિક અને મનોવૈજ્ઞાનિક જોખમો Physical and Psychological hazards related to Pre-natal period 7. ગર્ભસંસ્કાર - Garbhasanskar | 20 % |
| 3 શિશુઅવસ્થાનોવિકાસ Infancy Development | <ol style="list-style-type: none"> 1. શિશુ અવસ્થાના લક્ષણો - Characteristic of Infancy 2. શિશુ અવસ્થામાં શારીરિક વિકાસ - Physical development in Infancy 3. શિશુ (નવજાતશિશુ)ઓની સંવેદનશીલતા સંબંધિત લાક્ષણિકતાઓ Characteristics of Infants(newborns) related to Sensitivities 4. શિશુ અવસ્થા દરમ્યાન બાળકનો ક્રિયાત્મક વિકાસ Motor development during Infancy stage 5. શિશુ અવસ્થાનો બોધાત્મક વિકાસ - Cognitive development of infancy 6. પિયાજેનો બોધાત્મક વિકાસનો સિદ્ધાંત Piaget's theory of cognitive development 7. શિશુ અવસ્થામાં થતો ભાષા, આવેગાત્મક, સામાજિક અને વ્યક્તિત્વ વિકાસ Language, Emotional, Social and Personality development in Infancy (Babyhood) | 20 % |

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| | 8. શિશુ અવસ્થાના વિકાસકાર્યો - Development tasks of infancy | |
| 4 બાલ્યાવસ્થાનોવિકા સ Childhood development | <ol style="list-style-type: none"> 1. બાલ્યાવસ્થાની લાક્ષણિકતાઓ, જરૂરીયાતો અને સમસ્યાઓ 2. Characteristics, Needs and Problems of childhood બાલ્યાવસ્થાનો શારીરિક વિકાસ -Physical development of childhood 3. બાલ્યાવસ્થામાં કૌશલ્યોનો વિકાસ અને બાલ્યાવસ્થાનાં મહત્વપૂર્ણ કૌશલ્યો Motor development during Childhood and Motor skill of Childhood 4. બાલ્યાવસ્થાનો બોધાત્મક અને ભાષાકીય વિકાસ Cognitive and language development of childhood 5. પૂર્વ બાલ્યાવસ્થાના વિકાસ કાર્યો Development tasks of early childhood 6. ઉત્તરબાલ્યાવસ્થાનો વિકાસ - Late childhood development 7. ઉત્તરબાલ્યાવસ્થાના વિકાસ કાર્યો- Development tasks of late childhood | 20 % |
| | ઉપરના એકમોને આવરીને વૈકલ્પિકપ્રશ્નો પૂછાશે. | 20 % |
| | કુલ | 100% |

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| Teaching- Learning Methodology | Lecture & Demonstration/ Lab Operation/ Task/ Assignments/ Group Activity/ Role Play |
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| Course Outcomes | |
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| 1 | In first part of developmental psychology student will come to understand basic concept of development and Growth. Student will come to understand child development; what factors are effective in development of child. |
| 2 | will introduce to Prenatal Development and complex blend of genetic and environmental influences that leads parents and children to be both alike and |

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| | different. student understand genetic code. Which cell create sex of child and how? How the baby is delivering normal way. |
| 3 | will cover the Characteristics of the infant stage and how the child develops in the infant stage as well as patterns of child development in infant stage. |
| 4 | will cover the overall Childhood development as well as patterns of child development in early childhood and late childhood. |

Suggested References:

| Sr.No. | References |
|--------|--|
| 1 | Hurlock, E. (1980). Developmental Psychology, Tata McGraw Hill Publishing. |
| 2 | પ્રા. યોગેન્દ્ર દેસાઈ, (1975). વિકાસાત્મક મનોવિજ્ઞાન, યુનિ. ગ્રંથનિર્માણ બોર્ડ, અમદાવાદ દ્વારા પ્રકાશીત. |
| 3 | ડૉ. શારદાપ્રસાદવર્મા, (૧૯૭૨). વિકાસ મનોવિજ્ઞાન, મધ્યપ્રદેશ હિંદીગ્રંથ અકાદમી, ભોપાલ |
| 4 | પ્રા. ડી.એમ. પેસ્તનજી, (1986) તારુણ્યનું મનોવિજ્ઞાન, યુનિ. ગ્રંથનિર્માણ બોર્ડ, અમદાવાદ દ્વારા પ્રકાશીત. |
| 5 | Penney Upton (2014). Developmental Psychology, Pearson Publishing Company. Link: |
| 6 | Papalia , D. E., Olds, S.W., & Feldman, R.D. (2004). Human Development. 9th ed. New Delhi: McGraw |
| 7. | Hill. Santrock, J. W. (2007). Child Development. 11th ed. New Delhi: Tata McGraw Hill. |

BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : Basic Psychological Processes - 1

| Sr. No. | Course Code | Course Category | Course Credit | Teaching Hours | Practical Hours | Internal Exam Marks | External Exam Marks | Total Marks |
|---------|----------------|-----------------|---------------|----------------|-----------------|---------------------|---------------------|-------------|
| 1 | BA23MN1PS 1 | MINOR | 4 | 3 | 2 | 50 | 50 | 100 |

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| Course Objectives: | <p>The objectives of this course are:</p> <ul style="list-style-type: none"> To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life To understand the fundamental processes underlying human behavior such as processes underlying Motivation, Emotion, sensation, perception and Attention To understand the dynamics of Motivation, Emotions, Perception and Attention <p>To apply the principles of psychology in day-to-day life for a better understanding of themselves and others</p> |
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| Course Content | | |
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| Unit | Description | Marks |
| <p>1</p> <p>PSYCHOLOGY AS A SCIENCE – INTRODUCTION- મનોવિજ્ઞાન એક વિજ્ઞાન - પરિચય</p> | <p>1 Definition of Psychology-મનોવિજ્ઞાનની વ્યાખ્યા</p> <ul style="list-style-type: none"> * Old definition of Psychology-મનોવિજ્ઞાનની જૂની વ્યાખ્યા * New and Working Definition of Psychology- મનોવિજ્ઞાનની નવી અને કાર્યાત્મક વ્યાખ્યા <p>2 Psychology as a Behavioral Science- મનોવિજ્ઞાન એક વિજ્ઞાન તરીકે</p> <p>3 Goals of Psychology-મનોવિજ્ઞાનના ધ્યેયો</p> <ul style="list-style-type: none"> * Description -વર્ણન * Understanding and Explanation-સમજ અને સ્પષ્ટીકરણ * Prediction -ભવિષ્ય કથન | 20% |

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| | <p>*Control –નિયંત્રણ</p> <p>*Application–ઉપયોગ</p> <p>4.The Subfields of Psychology–મનોવિજ્ઞાનની પેટા શાખાઓ</p> <p>*Clinical Psychology- ચિકિત્સા મનોવિજ્ઞાન</p> <p>*Counselling Psychology–સલાહ મનોવિજ્ઞાન</p> <p>*School and Educational Psychology– શાળા અને શૈક્ષણિક મનોવિજ્ઞાન</p> <p>*Personality and Social Psychology– વ્યક્તિત્વ અને સમાજલક્ષી મનોવિજ્ઞાન</p> <p>*Developmental Psychology–વિકાસાત્મક મનોવિજ્ઞાન</p> <p>*Psychometric Psychology–મનોમાપનનું મનોવિજ્ઞાન</p> <p>*Industrial and Organizational Psychology– ઔદ્યોગિક અને સંગઠનનું મનોવિજ્ઞાન</p> <p>*Experimental Psychology–પ્રાયોગિક મનોવિજ્ઞાન</p> <p>5 Emergence and Development of Psychology – મનોવિજ્ઞાનનો ઉદભવ અને વિકાસ</p> | |
| 2 MOTIVATION પ્રેરણા | <p>4. Definition and Nature of Motivation (Motivational Cycles) –પ્રેરણાની વ્યાખ્યા અને સ્વરૂપ (પ્રેરણાચક્ર)</p> <p>2. Measurement of Motivation–પ્રેરણાનું માપન</p> <p>3. Primary Motives–પ્રાથમિક પ્રેરણાઓ</p> <p>(i) Hunger and Thirst–ભૂખ અને તરસ</p> <p>(ii) Sex and Maternal Drive–જાતીય અને માતૃત્વની પ્રેરણા</p> <p>4. Social Motives–સામાજિક પ્રેરણાઓ</p> <p>(i) Affection and Affiliation–સ્નેહ અને સંપર્કની પ્રેરણા</p> <p>(ii) Social approval and Esteem– સામાજિક સ્વીકાર અને આત્મગૌરવની પ્રેરણા</p> <p>(iii) Achievement Motivation–સિધ્ધિની પ્રેરણા</p> | 20% |
| 3 | 1 Definition and Nature of Emotion– | 20% |

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| EMOTION આવેગ | <p>આવેગની વ્યાખ્યા અને સ્વરૂપ</p> <p>5. Psychological changes during Emotion- આવેગ દરમ્યાનના શારીરિક ફેરફારો</p> <p>6. Measurement of Automatic changes- સ્વયંસંચાલિત ફેરફારોનું માપન</p> <p>4. Expression of Emotion-આવેગની અભિવ્યક્તિ</p> | |
| 4 ATTENTION AND PERCEPTION ધ્યાન અને પ્રત્યક્ષીકરણ | <p>1. Definition and Nature of Attention- ધ્યાનની વ્યાખ્યા અને સ્વરૂપ</p> <p>2. Determinants of Attention-ધ્યાનના નિર્ધારકો</p> <p>* External or Objective Determinants of Attention -ધ્યાનના બાહ્ય અથવા વસ્તુલક્ષી નિર્ધારકો</p> <p>* Internal or Subjective Determinants of Attention- ધ્યાનના આંતરિક અથવા વ્યક્તિલક્ષી નિર્ધારકો</p> <p>3. Meaning or Definition of Perception- પ્રત્યક્ષીકરણનો અર્થ કે વ્યાખ્યા</p> <p>4. Object Perception-પદાર્થનું પ્રત્યક્ષીકરણ</p> <p>* Figure and Ground-આકૃતિ અને પશ્ચાદ ભૂમિકા</p> <p>* Grouping (Law of Perceptual Organization) -પ્રત્યક્ષીકરણનાં સંગઠનના નિયમો</p> <p>* Closure-પૂર્તિ</p> | 20% |
| | ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે. | 20 % |
| | કુલ | 100% |

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| Teaching- Learning Methodology | black board Teaching power point presentation e-learning, e sources seminar, workshop, symposium quiz, guest lecture |
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| Sr. No | COURSE OUTCOMES |
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| | This paper will provide students with an introduction to the key concepts and theories in psychology |
| 1 | Describe the evolution of psychology and gain basic knowledge about Psychology |
| 2 | Identify the various approaches, fields, and subfields of psychology along with their major concepts and important figures |
| 3 | Describe the value of psychology and possible careers paths for those who study psychology |
| 4 | Critically evaluate and identify determinants of motivation |
| 5 | Evaluate and understand the different human emotions |
| 6 | Describe the Attention and determinants of Attention |
| 7 | Differentiate between sensation and perception |
| 8 | Explain the process of Perception |
| 9 | Students will understand the fundamental mental processes which are base for behavior |

| Suggested References: | |
|------------------------------|---|
| Sr. No. | References |
| 1 | Baron, R. & Misra, G. (2013). Psychology. Pearson. |
| 2 | Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi |
| 3 | Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education |
| 4 | Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill. |
| 5 | Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi. |

BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : **Social Psychology**

| Sr. No. | Course Code | Course Category | Course Credit | Teaching Hours | Practical Hours | Internal Exam Marks | External Exam Marks | Total Marks |
|---------|----------------|---------------------|---------------|----------------|-----------------|---------------------|---------------------|-------------|
| 1 | BA23MD1P S1 | Multi Discipline | 4 | 60 | - | 50 | 50 | 100 |

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| Course Objectives | <p>The core course of psychology named Social psychology consist four unit, all unit are compact and suitable to understand further Educational of major course In unit no.1 to 4 are sets of Social Psychology which covers social condition, up to unit 4 teacher will Teach social psychology of student. The teachers have total freedom to teach and explain thoroughly as herewith a book is mentioned but a teacher want to take another of his/her choice he/she can take and run through it</p> |
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| Unit | | Marks |
|--|---|-------|
| 1 Introduction to Social Psychology સમાજલક્ષી મનોવિજ્ઞાનનો પરિચય | <ol style="list-style-type: none"> 1. Definition and nature of Social Psychology સમાજલક્ષી મનોવિજ્ઞાનની વ્યાખ્યા અને સ્વરૂપ 2. Scope of Social Psychology સમાજલક્ષી મનોવિજ્ઞાનનું કાર્યક્ષેત્ર 3. Relation with other Science અન્ય વિજ્ઞાનો સાથેનો સંબંધ 4. Theoretical aspects of Social Psychology સમાજલક્ષી મનોવિજ્ઞાનના સૈદ્ધાંતિક અભિગમો | 20 % |
| 2 Individual level processes વૈયક્તિકપ્રક્રિયાઓ | <ol style="list-style-type: none"> 1. Person perception [Non verbal communication] વ્યક્તિ પ્રત્યક્ષીકરણ [બિન શાબ્દિક વિનિમય] 2. Attribution theories and Some basic sources of error ગુણારોપણ સિદ્ધાંતો અને ભૂલોના મૂળભૂત સ્ત્રોતો | 20% |



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| | 3. Application of attribution theory ગુણરોપણ સિદ્ધાંતના ઉપયોગો | |
| 3 Pro Social Behaviour સમાજભિમુખ વર્તન | 1. Definition Pro-social behavior સમાજભિમુખ વર્તનની વ્યાખ્યા 2. Responding to an emergency કટોકટી સમયની પ્રતિક્રિયા 3. Helpers and those who receive help મદદ કરનાર અને મદદ પ્રાપ્ત કરનાર 4. Why do some people help લોકો શા માટે મદદ કરે છે ? | 20% |
| 4 Group Dynamics જૂથ ગત્યાત્મકતા | 1. Key aspect of groups જૂથના મુખ્ય પાસાઓ 2. Group cohesiveness જૂથ સુસંગતતા 3. Group norms જૂથના ધોરણો 4. Conformity in Indian society ભારતીય સમાજમાં અનુરૂપતા 5. Deviancy [Type of deviancy, Cause of deviancy] વિચલન [વિચલનના પ્રકારો અને કારણો] | 20% |
| | ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે .(MCQ) | 20% |
| | | કુલ 100% |

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| Teaching- Learning Methodology | Lecture method, audio/video presentation, PPT, Black board work |
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Suggested Reference :

| | |
|---|---|
| 1 | Baron R.A. and D. Byrne : 'Social psychology'(10th Edition 2004) New Delhi, Prentice Hall of India Pvt. Ltd |
| 2 | Kuppuswamy B: 'Elements of Social Psychology'(7th Edition 1990) Delhi; Konark Publishers Pvt. Ltd. |
| 3 | Baron. R.A. Byrne, D & Bhardwaj. G (2010) : Social psychology(12th Ed) New Delhi, Pearson. |
| 4 | Chadha, N.K. (2012) Social Psychology, MacMillan: New Delhi |
| 5 | Myers D.G. (2008) Social Psychology, New Delhi: Tata Mc Grow-Hill. |

BACHELOR OF ARTS (B.A.) SEMESTER – 1

TITLE OF THE COURSE : Psychology and Effective Behaviour

| Sr. No. | Course Code | Course Category | Course Credit | Teaching Hours | Practical Hours | Internal Exam Marks | External Exam Marks | Total Marks |
|---------|-------------|-----------------|---------------|----------------|-----------------|---------------------|---------------------|-------------|
| 1 | BA023SE108 | SEC | 2 | 30 | - | 25 | 25 | 50 |

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| Course Objectives: | <ul style="list-style-type: none"> *To acquaint students with the knowledge of Stress * Students will be able to identify types of stress and understand its socio-cultural factors. *To acquaint students with adjustment and development to help students make more effective choices in dealing with problems of daily life |
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Course Content

| Unit | Description | Weightage(%) |
|----------------------------------|--|--------------|
| 1 TYPES AND SOURCES OF STRESS | 1. Frustration (i) Sources of frustration (ii) Common frustration in our Culture 2. Conflict (i) Types of Conflict (ii) Common Conflict in our Society 3. Pressure (i) Sources of Pressure (ii) Common Pressure in our Society | |



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| <p style="text-align: center;">2</p> <p style="text-align: center;">SEVERITY OF STRESS</p> | <p>1. Characteristics of the Adjectives demand</p> <p>2. Characteristics of the Individual</p> <p>3. Other Key Aspects of Stress</p> <p>(i) Stress Pattern are Unique</p> <p>(ii) Stress Patterns may be Unconscious</p> <p>4. Adaptation to Stress is Expensive</p> | |
| <p style="text-align: center;">3</p> <p style="text-align: center;">THE WORLD OF WORK</p> | <p>1. Changing views of work</p> <p>2. Factors in the Career Planning</p> <p>(i) Stages in Career Planning</p> <p>(ii) Personal Characteristics</p> <p>(ii) Occupational Information</p> <p>3. Special Problems in Vocational Adjustment</p> <p>(i) Working Woman</p> <p>(ii) Disadvantaged Workers</p> | |
| | <p>ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે .(MCQ)</p> | |
| | કુલ | |

Course Outcomes: Having Completed this Course, the Learner will be able to

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| <p>Teaching-Learning Methodology</p> | <p>black board Teaching, power point presentation, e-learning, use of library resources, seminar, workshop, symposium, students exchange program, guest lecture, audio/video presentation.</p> |
| <p>1</p> | <p>Students will be able to identify stress.</p> |
| <p>2</p> | <p>Students will be able to understand the importance of stress in their life and understand it based on its characteristics.</p> |
| <p>3</p> | <p>Understanding of changing world of work</p> |
| <p>4</p> | <p>In choosing a appropriate job</p> |
| <p>5</p> | <p>Can prepare themselves by making necessary changes in her</p> |

TEXT BOOKS & REFERENCES

| | |
|----|--|
| 1. | Coleman, J.C., " Psychology and Effective Behavior", D.B Taraporevala Sons & Co. Bombay |
| 2. | Canan, Walter Beadford, 1939, "Wisdom of the Body" New York: W. W. Noron& company, Inc. |
| 3. | Cowen, E. L. 1952 a. "The Influence of Varying Degrees of Psychological strees on problem-solving rigidity." The Journal of Abnormal and social psychology, 47, 512-519. |
| 4. | Cown, E. L. 1952 b. "Stress Reduction and problem-solving Rigidity." Journal of consulting psychology. 16.425-428 |
| 5. | From m, Erich. 1955. "The Sane Society" New York: Rinchart& Company, INC. |
| 6. | Horney karen 1950. Neurosirs and Human Growth. NewYork: W. W. Norton & Company, Inc. |
| 7. | Pronki, N. H., and W. R. Leith. 1956, "Behaviour Under stress: A study of its Disintegration" psychological reports. 2, 205-222. |
| 8. | https://youtube.com/shorts/AxC1INzG9iE?feature=share |