



Faculty of Arts
Bachelor of Arts
Syllabus for
PSYCHOLOGY (NEP Programme)
Semester - 2
Effective from June-2023
Website: www.sgggu.ac.in

Curriculum of Bachelor of Arts (PSYCHOLOGY) Semester - II

Course Type	Course Code	Name of Course	Theory /Practical	Total Credit	Contact Hours Per week	Component of Marks		
						Internal	External	Total
Major Courses (Discipline Specific Course)	BA23MJ2PS1	Basic Psychological Process -2	Theory	4	4	50 %	50 %	100 %
	BA23MJ2PS2	Developmental Psychology - 2	Theory	4	4	50%	50%	100%
Minor	BA23MN2PS1	Basic Psychological Process -2	Theory	4	4	50%	50%	100%
Multi-Discipline MD	BA23MD2PS1	Social Psychology -2	Theory	4	4	50%	50%	100%
Skill Enhancement SEC	BA023SE208	Psychology & Effective Behaviour – 2	Theory	2	2	50%	50%	100%
Value Added Course	BA023VA205	Psychology of Personal Adjustment – I	Theory	2	2	50%	50%	100%

BACHELOR OF ARTS (B.A.) SEMESTER – II

TITLE OF THE COURSE: BASIC PSYCHOLOGICAL PROCESSES-II

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ2PS1	MAJOR	4	60	-	50	50	100

Course Objectives	<p>The objectives of this course are:</p> <ul style="list-style-type: none"> • 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. • Learn to use Psychology and other information sources. • To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life. • The student will come to understand various types of learning. • Student will get information regarding Reinforcement and its schedule for shaping animal and human behavior. • Student will get information of memory and utilization of it. • Student will define various types of aptitude and its efficacy. • Will come to know his/her own interest and aptitudes • To understand the fundamental processes underlying human behavior such as processes underlying learning, memory, individual differences, intelligence and personality • To apply the principles of psychology in day-to-day life for a better understanding of themselves and others
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Course Outcomes :	After completion of the course, learners will be able to:
	<p>At the end of this paper students will be able to understand further the fundamental processes underlying human behavior such as Learning, Memory, intelligence, personality and apply the principles of psychology in day-to-day life for a better understanding of themselves and others.</p> <p>Explain learning and the process of classical conditioning.</p> <p>Explain operant conditioning, reinforcement and punishment.</p> <p>Describe the process of memory.</p> <p>Explain and give examples of forgetting and memory failure.</p> <p>Recognize and apply memory-enhancing strategies.</p> <p>Describe personality theories and assessment of personality</p>

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
UNIT-1 Studying Method of Psychology મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ	1. The Study Methods of Psychology– મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ * Natural and Systematic Observation– 2. કુદરતી અને વ્યવસ્થિત નિરીક્ષણ * Clinical Methods–ચિકિત્સા પદ્ધતિઓ 3. Survey Method–સર્વે (સર્વેક્ષણ) પદ્ધતિ 4. Experimental Method–પ્રાયોગિક પદ્ધતિ 5. Questioner Methods – પ્રશ્નાવલી પદ્ધતિ 6. Statistical Technique -આકાશાસ્ત્રીય પ્રયુક્તિ	20 %
Unit: 2 LEARNING શિક્ષણ	1. Definition of Learning – શિક્ષણની વ્યાખ્યા 2. Classical Conditioning – શાસ્ત્રીય અભિસંધાન 3. Operant Conditioning – કારક અભિસંધાન 4. Difference between Classical Conditioning and Operant Conditioning શાસ્ત્રીય અભિસંધાન અને કારક અભિસંધાન વચ્ચેનો તફાવત 5. Cognitive Learning (Insight Learning) બોધાત્મક શિક્ષણ (આંતરસૂઝયુક્ત શિક્ષણ)	20 %
Unit: 3 MEMORY સ્મૃતિ (સ્મરણ)	1. Meaning of Memory – સ્મૃતિ(સ્મરણ)નો અર્થ 2. Stages of memory – સ્મૃતિ(સ્મરણ)ના તબક્કાઓ 3. Short term and Long Term Memory ટૂંકાગાળાની અને લાંબાગાળાની સ્મૃતિ (સ્મરણ) 4. Measurement of Retention – ધારણનું માપન 5. Factors affecting retention – ધારણને અસરકરતા પરિબલો	20 %
Unit: 4 PSYCHOLOGICAL TESTING મનોવૈજ્ઞાનિક કસોટી	1. Definition and Uses of Psychological Testing મનોવૈજ્ઞાનિક કસોટીનો અર્થ અને ઉપયોગો 2. Characteristics of a Good Psychological Test સારી મનોવૈજ્ઞાનિક કસોટીના લક્ષણો 3. Types of Test – કસોટીના પ્રકારો 4. Intelligence Tests – બુદ્ધિ કસોટીઓ	20 %
	ઉપરના ચાર યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	20 %
	Total	100 %

Suggested Readings:

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.
6. <https://youtu.be/2fbrl6WoIyo>
7. <https://www.youtube.com/watch?v=nrBSxKZUHcs>
8. http://gg.gg/Introduction-to-Psychology_Book_1
9. http://gg.gg/Introduction-to-Psychology_Book_2
10. http://gg.gg/Introduction-to-Psychology_Book_3

BACHELOR OF ARTS (B.A.) SEMESTER – II**TITLE OF THE COURSE: DEVELOPMENTAL PSYCHOLOGY-II**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ2PS2	MAJOR	4	60	-	50	50	100

Course Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the role of physical, cognitive and psycho-social development of adolescents. 2. To facilitate understanding the developmental changes in various stages of adulthood. 3. To provide students with an awareness about the Atypical development including Gifted, Mental retarded and Handicapped.
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Course Outcomes :	After completion of the course, learners will be able to:
	<ol style="list-style-type: none"> 1. In first part of developmental psychology will cover the overall adolescence development including Physiological changes, interests, attitudes and beliefs. 2. Unit - 2 will cover the Characteristics of the infant stage and how the child develops in the Adulthood as well as patterns of child development in pre-Adulthood and Middle Adulthood. 3. Unit-3 will cover the Characteristics of the Old age and changes during old age as well as patterns of development in Old Age and Problems of Old Age. 4. Unit 4 will cover the Atypical development including Gifted, Mental retarded and Handicapped.

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
1. તરુણાવસ્થા	તરુણાવસ્થાનો સમયગાળો તરુણાવસ્થાનાં લક્ષણો તરુણાવસ્થાનાં વિકાસાત્મક કાર્યો તરુણાવસ્થામાં શારીરિક ફેરફારો	20 %

	તરુણાવસ્થામાં આવેગશીલતા તરુણાવસ્થામાં સામાજિક ફેરફારો તરુણાવસ્થાની મજા અને જોખમ	
2. પુખ્તાવસ્થા	પુખ્તાવસ્થાની તૈયારી – વ્યાવસાયિક, શૈક્ષણિક અને વ્યક્તિગત વ્યક્તિગત મૂલ્યો અને ખ્યાલોની સ્થાપના હતાશા, નિરાશા અને સમાધાન વ્યાવસાયિક જગતમાં જોડાવું વિજાતીય આકર્ષણ અને લગ્ન માટેની તૈયારી	20 %
3. વૃદ્ધાવસ્થા	વૃદ્ધાવસ્થાની લાક્ષણિકતાઓ વૃદ્ધાવસ્થામાં શારીરિક અને માનસિક ફેરફારો વૃદ્ધાવસ્થામાં રોગો વૃદ્ધવ્યક્તિ ઉપર કુટુંબની અસર નિવૃત્તિ બાદ સમસ્યાનું સમાયોજન વિધવા અને વિધુરોની સમસ્યાઓ	20 %
4. મનોવિકૃતિનો વિકાસ	બાલ્યાવસ્થા અને તરુણાવસ્થામાં વર્તનની સમસ્યાઓ શિક્ષણની અક્ષમતાઓ માનસિક દુર્બળતા ધ્યાનની ખામીની વિકૃતિ સ્વલીનતા (Autism)	20 %
	ઉપરના ચાર યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	20 %
	Total	100 %

Suggested Readings:

1. Hurlock, E. (1980). Developmental Psychology, Tata McGraw Hill Publishing.
2. પ્રા. યોગેન્દ્ર દેસાઈ, (1975). વિકાસાત્મક મનોવિજ્ઞાન, યુનિ. ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ દ્વારા પ્રકાશીત.
3. ડૉ. શારદા પ્રસાદ વર્મા, (૧૯૭૨) . વિકાસ મનોવિજ્ઞાન, મધ્યપ્રદેશ હિંદી ગ્રંથ અકાદમી, ભોપાલ
4. પ્રા. ડી.એમ. પેસ્તનજી, (1986) તારુણ્યનું મનોવિજ્ઞાન, યુનિ. ગ્રંથ નિર્માણ 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.
8. Travers, D. (1999). Human Development. Across the Life Span. 4th ed. London: McGraw Hill.

<https://www.youtube.com/watch?v=XrvotGHKUr4>

<https://www.youtube.com/watch?v=9H2LxJ9CuZO>

<https://www.youtube.com/watch?v=5vPSIlz3jb8>

BACHELOR OF ARTS (B.A.) SEMESTER – II

TITLE OF THE COURSE: BASIC PSYCHOLOGICAL PROCESSES-II

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MN2PS1	MINOR	4	60	-	50	50	100

Course Objectives	<p>The objectives of this course are:</p> <ul style="list-style-type: none"> • 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. • Learn to use Psychology and other information sources. • To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life. • The student will come to understand various types of learning. • Student will get information regarding Reinforcement and its schedule for shaping animal and human behavior. • Student will get information of memory and utilization of it. • Student will define various types of aptitude and its efficacy. • Will come to know his/her own interest and aptitudes • To understand the fundamental processes underlying human behavior such as processes underlying learning, memory, individual differences, intelligence and personality • To apply the principles of psychology in day-to-day life for a better understanding of themselves and others
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Course Outcomes :	After completion of the course, learners will be able to:
	<p>At the end of this paper students will be able to understand further the fundamental processes underlying human behavior such as Learning, Memory, intelligence, personality and apply the principles of psychology in day-to-day life for a better understanding of themselves and others.</p> <p>Explain learning and the process of classical conditioning.</p> <p>Explain operant conditioning, reinforcement and punishment.</p> <p>Describe the process of memory.</p> <p>Explain and give examples of forgetting and memory failure.</p> <p>Recognize and apply memory-enhancing strategies.</p> <p>Describe personality theories and assessment of personality</p>

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
UNIT-1 Studying Method of Psychology મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ	1. The Study Methods of Psychology– મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ 2. Natural and Systematic Observation– કુદરતી અને વ્યવસ્થિત નિરીક્ષણ 3. Clinical Methods–ચિકિત્સા પદ્ધતિઓ 4. Survey Method–સર્વે (સર્વેક્ષણ) પદ્ધતિ 5. Experimental Method–પ્રાયોગિક પદ્ધતિ 6. Questioner Methods – પ્રશ્નાવલી પદ્ધતિ 7. આકાશશાસ્ત્રીય પ્રયુક્તિ Statistical Technique	20 %
Unit: 2 LEARNING શિક્ષણ	1. Definition of Learning – શિક્ષણની વ્યાખ્યા 2. Classical Conditioning – શાસ્ત્રીય અભિસંધાન 3. Operant Conditioning – કારક અભિસંધાન 4. Difference between Classical Conditioning and Operant Conditioning શાસ્ત્રીય અભિસંધાન અને કારક અભિસંધાન વચ્ચેનો તફાવત 5. Cognitive Learning (Insight Learning) બોધાત્મક શિક્ષણ (આંતરસૂઝયુક્ત શિક્ષણ)	20 %
Unit: 3 MEMORY સ્મૃતિ (સ્મરણ)	1. Meaning of Memory – સ્મૃતિ(સ્મરણ)નો અર્થ 2. Stages of memory – સ્મૃતિ(સ્મરણ)ના તબક્કાઓ 3. Short term and Long Term Memory ટૂંકાગાળાની અને લાંબાગાળાની સ્મૃતિ (સ્મરણ) 4. Measurement of Retention – ધારણનું માપન 5. Factors affecting retention – ધારણને અસરકરતા પરિબળો	20 %
Unit: 4 PSYCHOLOGICAL TESTING મનોવૈજ્ઞાનિક કસોટી	1. Definition and Uses of Psychological Testing મનોવૈજ્ઞાનિક કસોટીનો અર્થ અને ઉપયોગો 2. Characteristics of a Good Psychological Test સારી મનોવૈજ્ઞાનિક કસોટીના લક્ષણો 3. Types of Test – કસોટીના પ્રકારો	20 %

	4. Intelligence Tests – બુદ્ધિ કસોટીઓ	
	ઉપરના ચાર યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	20 %
	Total	100 %

Suggested Readings:

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.
6. <https://youtu.be/2fbrl6WoIyo>
7. <https://www.youtube.com/watch?v=nrBSxKZUHcs>
8. http://gg.gg/Introduction-to-Psychology_Book_1
9. http://gg.gg/Introduction-to-Psychology_Book_2
10. http://gg.gg/Introduction-to-Psychology_Book_3

BACHELOR OF ARTS (B.A.) SEMESTER – II

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	BA23MD2PS1	MD	4	60	-	50	50	100

Course Objectives	The core course of psychology named Social psychology consist four unit, all unit are compact and suitable to understand further Educational of Multidisciplinary course In unit no.1 to 5 are sets of Social Psychology which covers social condition, up to unit 5 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
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Course Outcomes :	After completion of the course, learners will be able to:
	<ol style="list-style-type: none"> has given the concept of study methods of social psychology provides an explanation of the concepts of Attitude, formation, changing and using of life. the points covered in this unit will be helpful to control of aggression the issues covered in this unit will help in developing the leadership

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
UNIT-1 Study Methods of social	1 Approaches towards understanding social behavior સામાજિક વર્તનને સમજવા માટેના અભિગમો 2 Study methods of social behavior સમાજલક્ષી મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ	20 %

<p>psychology સમાજલક્ષી મનોવિજ્ઞાનની અભ્યાસ પદ્ધતિઓ</p>	<p>3 Systematic Observation વ્યવસ્થિત નિરીક્ષણ</p> <p>4 Correlational Research સહસંબંધાત્મક સંશોધન</p> <p>5 Experimental methods પ્રાયોગિક પદ્ધતિ</p>	
<p>UNIT-2 Attitude And Prejudices મનોવલણ અને પૂર્વગ્રહ</p>	<p>1 Definition and Nature of Attitude વ્યાખ્યા અને સ્વરૂપ</p> <p>2 Formation of nature મનોવલણનું ઘડતર</p> <p>3 Changing Attitude મનોવલણમાં પરિવર્તન - Persuasion using messages to change Attitude મનોવલણ પરિવર્તન અને સમજાવટ - Resistance to persuasion સમાવટનો પ્રતિકાર</p> <p>4. Definition and Nature of Prejudices પુર્વગ્રહની વ્યાખ્યા અને સ્વરૂપ</p> <p>5. Origins of Prejudices પુર્વગ્રહના ઉદભવ સ્થાનો</p> <p>6. Maintain Prejudices પુર્વગ્રહની જાળવણી</p> <p>7. Effect of Prejudices પુર્વગ્રહની અસરો</p> <p>8. Reducing Prejudices પુર્વગ્રહ ઘટાડવાની પ્રયુક્તિઓ</p> <p>9. Indian Studies on Prejudice પુર્વગ્રહ અંગેનો ભારતીય અભ્યાસ</p>	<p>20 %</p>
<p>UNIT-3 Aggression આક્રમકતા</p>	<p>1 Definition and nature વ્યાખ્યા અને સ્વરૂપ</p> <p>2 Theoretical perspectives on aggression આક્રમકતા અંગેના સૈદ્ધાંતિક દ્રષ્ટિબિંદુઓ</p> <p>3 Determinants of human aggression (Social personal and situational) માનવ આક્રમકતાનાં નિર્ણાયક પરિબલો (સમાજિક, વૈયક્તિક અને પરિસ્થિતિજન્ય)</p> <p>4 Some useful technique for control of aggression આક્રમકતાને નિયંત્રિત કરવા માટેની કેટલીક ઉપયોગી પ્રયુક્તિઓ</p>	<p>20 %</p>
<p>UNIT-4</p>	<p>1 Definition of leadership</p>	<p>20 %</p>

Leadership નેતૃત્વ	નેતૃત્વની વ્યાખ્યા 2 Factors of leadership નેતૃત્વના ઘટકો 3 Types of leader નેતાના પ્રકારો 4 Functions of leader નેતાના કાર્યો 5 Fiedler's contingency model of leadership effectiveness નેતૃત્વ અસરકારકતા અંગેનું ફિડલરનું સંભાવના મોડેલ	
	ઉપરના ચાર યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	20 %
	Total	100 %

Suggested Readings:

1. Baron R.A. and D. Byrne : 'Social psychology'(10th Edition 2004) New Delhi, Prentice Hall of India Pvt. Ltd.
2. Kuppaswamy 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 McGraw-Hill.
૬. પ્રા. એમ.આર.મલીક અને અન્ય 'સમાજલક્ષી મનોવિજ્ઞાન' સી. જમનાદાસની કંપની અમદાવાદ.

BACHELOR OF ARTS (B.A.) SEMESTER – II

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	BA023SE208	SEC	2	30	-	50	50	100

Course Objectives	<ol style="list-style-type: none"> 1. Become aware of the business world and prepare oneself for it 2. Learn to strive for success in any work according to the intellectual capacity in oneself 3. Take the ideas that come to one's mind to a creative stage 4. Understand the impulsive situation and develop oneself properly Sikhs 5. Expand their social skills and make social relations more harmonious
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Course Outcomes :	After completion of the course, learners will be able to:
	<ol style="list-style-type: none"> 1.The student becomes familiar with the changing of business world 2.Becomes aware of the problems of business society 3.Becomes aware of the components of intellectual abilities in himself and can also understand about the intellectual abilities in others 4. Identify the creative powers in himself or others based on their characteristics 5.Now the circle By knowing the forms and types of expression and control, one can understand the emotions of others. Learns to use 6. Learns to full fill mutual rights and responsibilities of social relations 7. A person who Directs his impulses in a constructive direction can reach his desired goal. 8. Learn and use information for important factors in developing good social relations.

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
1. INTELLECTUAL COMPETENCE – LEARNING	1. The Learner 2. The Task 3. Procedure 4. Feedback 5. Creative Thinking (i) Stages of Creative Thinking (ii) Characteristics of Creative People	
2. EMOTIONAL COMPETENCE	1. Patterns of Expression & Control of Emotions 2. Understanding & Functioning with Emotions 3. Fostering Constructive Emotions	
3. SOCIAL COMPETENCE	1. Main Foundations of Good Interpersonal Relationships (i) Reorganization of Mutual Purpose, Rights & Responsibilities (ii) A Realistic View of Self & Others 2. Improving Social Competence (i) Helping to Meet the Needs of Others (iii) Maintaining Ones Own Integrity	
	ઉપરના ત્રણ યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	
	Total	

Suggested Readings:

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 stresses 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: Rinehart & Company, INC.
6. Horney karen 1950. Neurosis and Human Growth. New York: 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>

BACHELOR OF ARTS (B.A.) SEMESTER – II**TITLE OF THE COURSE: Psychology of Personal Adjustment – I**

Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA023VA205	VAC	2	30	-	50	50	100

Course Objectives	<ul style="list-style-type: none">→ વિદ્યાર્થી સમાયોજન મનોવિજ્ઞાનનાં જ્ઞાનથી પરિચિત કરવા→ વિદ્યાર્થી બચાવપ્રયુક્તિનો ઉપયોગ ન કરતા સમસ્યાનો સામનો કરતા શીખે.→ કુટુંબ અને શાળામાં સમાયોજનની સમજશક્તિ વિકસે.→ જીવનમાં સમાયોજનનાં ક્ષેત્રોથી માહિતગાર કરવા.→ સમાયોજન દ્વારા વિદ્યાર્થી વર્તનમાં પરિવર્તન કરતાં શીખે.
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Course Outcomes :	After completion of the course, learners will be able to:
	<p>વિદ્યાર્થી સમાયોજન મનોવિજ્ઞાનનાં જ્ઞાનનો જીવનમાં ઉપયોગ કરે</p> <ul style="list-style-type: none">→ વિદ્યાર્થી બચાવપ્રયુક્તિની અસરોને સમજીને જરૂરિયાત પ્રમાણે ઉપયોગ કરે→ વ્યવહારિક જીવનમાં કુટુંબ અને શાળા સમાયોજનની સમસ્યાઓને સમજી ને વર્તન કરે→ વ્યવહારિક જીવનમાં સમાયોજનનાં ક્ષેત્રોની સમસ્યાનો સામનો કરી શકે→ સમાયોજન દ્વારા વિદ્યાર્થી વર્તનમાં પરિવર્તન કરતાં શીખે જેના દ્વારા માનસિક સ્વાસ્થ્ય જાળવી શકે

Teaching - Learning Methodology	Lecture & Demonstration/ Task/ Assignments/ Group Activity
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Course – Content		
Unit	Description	Weightage
1. સમાયોજનનો પરિચય Introduction to Adjustment	સમાયોજનનો પરિચય - Introduction to Adjustment → સમાયોજનનો અર્થ -Meaning of adjustment → સમાયોજનના લક્ષણો -Adjustment symptoms → સમાયોજનની પ્રક્રિયા -adjustment process → સમાયોજનનું મહત્વ-The importance of adjustment	
2. બચાવપ્રયુક્તિઓ Defence Mechanism	બચાવપ્રયુક્તિઓ - Defence Mechanism → બચાવપ્રયુક્તિનો પરિચય- Introduction to Defence Mechanism → બચાવપ્રયુક્તિનો અર્થ Meaning of Defense Mechanism → બચાવપ્રયુક્તિના પ્રકાર-Types of Defence Mechanism (1) આક્રમકતાની બચાવપ્રયુક્તિ-Atteck Mechanism (2) દોષારોપક અને ધ્યાનાંતર બચાવપ્રયુક્તિઓ Blame Asiging or attention Diverting Mechanism (3) પલાયનાત્મક બચાવપ્રયુક્તિઓ-Flight Mechanism	
3. કૌટુંબિક સમાયોજન Family Adjustment	કૌટુંબિક સમાયોજન - Family Adjustment → કુટુંબનો અર્થ અને સ્વરૂપ-Meaning and nature of family → કુટુંબના કાર્યો-Family functions → કૌટુંબિક આંતરક્રિયાની ગતિશીલતા The dynamics of family interaction (1) પતિ-પત્ની વચ્ચેનો સંબંધ- Relationship between husband and wife (2) માતાપિતા-બાળક વચ્ચેનો સંબંધ- Parent-child relationship → કૌટુંબિક સમાયોજનની સમસ્યાઓ- Family adjustment problems	
4.		
	ઉપરના ત્રણ યુનિટને આવરીને હેતુલક્ષી – વૈકલ્પિક પ્રશ્નો પુછાશે.	
	Total	

Suggested Readings:

1. George F. J. Lehner and Kube 'The dynamics of Personal Adjustment' Prentice – Hall, I N C (N J)

2. Weiten W. and Loiyd M.A. 'Psychology Applied to Modern Life '
3. Thomson Wadsworth 'Adjustment in the 21st Century' (8th Edition)
United Stste
4. Psychology & adjustment - By Ronald Jay Chone (1994) Allyn & Bacon
5. Psychology & effective behavior - By James C. Colemsn D.B. Taraporwala
sons & Co. Mumbai.
6. . ડો. બી. એ પરીખ અને ડો. ડી. જી. દાસ : ૧૯૯૫ : સમાયોજનનું મનોવિજ્ઞાન
પોપ્યુલર પ્રકાશન સુરત.
7. <https://youtu.be/H6GVRIO8nJo>
8. <https://youtu.be/3HknqQw6fw4>
9. <https://youtu.be/kUICtcQQH1s>
10. <https://youtube.com/shorts/AxC1lNzG9iE?feature=share>