

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
(Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)



Choice Based Credit System (CBCS)
Bachelor of Arts (B. A.)

Syllabus of
F. Y. B. A. PSYCHOLOGY

Implemented from
Academic year 2021 -22

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**Board of Studies in PSYCHOLOGY

Sr. No.	Name	Designation
1.	Prof. Kiran D. Ahirrao	Chairman
2.	Prof. Rajratna D. Khillare	Member
3.	Dr. Umesh L. Bharte	Academic Council Nominee
4.	Dr. Shashikant H. Khalane	Academic Council Nominee
5.	Dr. Mahendra B. Patil	Vice-Chancellor Nominee
6.	Mr. Mahesh S. Kshirsagar	Alumni
7.	Mr. Shrikant Kulange	Industry Expert
8.	Dr. Yogita M. Khedkar	Invitee Co-Opted

1. Prologue/ Introduction of the programme:

BA Psychology or Bachelor of Arts in Psychology is a 3-year undergraduate course which is offered by the colleges. The basic eligibility for pursuing this course is 10+2 qualification.

In BA Psychology, students learn mainly about the processing of the human mind and human behaviour. They study how humans behave differently in different circumstances while dealing with different sets of people. On the basis of this, various conclusions are drawn.

Psychology, in simple terms, is the study of human mind and human behavior. A student of psychology has to study how a human mind works in different situations, how it develops perception, what are the various circumstances and how they affect the development of human behavior. Although psychology is introduced at junior college level in India, it is only at the college level when one learns the basic theories and applications related to Psychology.

At the first year of the BA, psychology students learn the course, involving the study of Basic Psychological processes, is an introductory paper that gives an understanding about the field of Psychology. This paper will provide students with an introduction to the key concepts, theories, and research methods in various aspects of psychology. It focuses on various basic processes underlying human behavior.

Students have choice to opt psychology as 'special subject' after completion one year (2 semester) foundation course successfully. Various applied branches of psychology develop the generous, healthy and energetic individual. The courses like Human Development, Health Psychology, Abnormal Behavior, Psychology of Social Behavior provide advanced knowledge and through understanding about field.

At the third year of B.A. courses like Industrial psychology, scientific research, basic counseling skills, personality development, practical etc. are offered to students for more competence in subject. Courses like organizational behavior, personality development, experimental psychology to develops student's insight about subject.

For further exposure department organizes various skill enhancement programs (training programs / conferences / workshop / symposia etc.) along with mental health check-up camps, counselling camps, field visits, study tours.

2. Programme Outcomes (POs) B.A. Psychology

Students enrolled in the program complete a curriculum that exposes and trains students in a full range of essential skills and abilities. They will have the opportunity to master the following objectives.

1. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
2. To learn a basic narrative of the psychological events in specific region of human behavior.
3. To provide solid foundation for the basic principles of the psychology.
4. To enhance an overview of the application of psychology among students.
5. The student will get confident to select the branch of Psychology which he/she is interested for further studies.
6. The student will get knowledge of scientific processes which are core to the discipline of Psychology.
7. The student will get acquired reasonable skills which would enhance the further learning in Psychology.

Programme Structure and Course Titles:

Sr. No.	Class	Sem.	Course Code	Course Title	Credits
1.	F. Y. B. A.	I	BA- PSY 101 T	Foundation of Psychology-I	03
2.	F. Y. B. A.	I	BA- PSY 201 T	Foundation of Psychology-II	03
3.	S. Y. B. A.	III	BA- PSY 301 T	Human Development: Childhood to Adolescents	03
4.	S. Y. B. A.	III	BA- PSY 302 T	Health Psychology	03
5.	S. Y. B. A.	III	BA- PSY 303 T	Psychology of Abnormal Behaviour-I	03
6.	S. Y. B. A.	III	BA- PSY 304 T	Health Promotion Mind -Body	02
7.	S. Y. B. A.	IV	BA- PSY 401 T	Human Development: Adulthood to Old age	03
8.	S. Y. B. A.	IV	BA- PSY 402 T	Psychology of social behavior	03
9.	S. Y. B. A.	IV	BA- PSY 403 T	Psychology of Abnormal Behaviour-II	03
10.	S. Y. B. A.	IV	BA- PSY 404 T	Healthy life Skills	02
11.	T. Y. B. A.	V	BA- PSY 501 T	Industrial Psychology	03
12.	T. Y. B. A.	V	BA- PSY 502 T	Scientific Research	03
13.	T. Y. B. A.	V	BA- PSY 503 T	Psychological Practical : Tests	03
14.	T. Y. B. A.	V	BA- PSY 504 T	Basic Counselling Process	03
15.	T. Y. B. A.	V	BA- PSY 505 T	Personality Development	03
16.	T. Y. B. A.	VI	BA- PSY 601 T	Organizational Behaviour	03
17.	T. Y. B. A.	VI	BA- PSY 602 T	Experimental Psychology	03
18.	T. Y. B. A.	VI	BA- PSY 603 P	Psychological Practical : Experiments	03
19.	T. Y. B. A.	VI	BA- PSY 604 T	Basic Counselling Skills	03
20.	T. Y. B. A.	VI	BA- PSY 605 T	Social Skills	03
	Total	06	20		58

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Syllabus of F. Y. B. A. Psychology
Under Faculty of Arts and Humanities

Semester – I	Paper - I
Course Code: BA-PSY 101 T	Title of the Course: Foundation of Psychology-I
Credits: 03	Total Lectures : 45 Hrs

BA-PSY101 T: Foundation of Psychology-II

Course Objectives:

1. To provide solid foundation for the basic principles of psychology.
2. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
3. To provide an overview of the applications of psychology.

Course Outcomes:

1. Students will be acquainted with basic concepts, theoretical perspectives and historical trends in Psychology.
2. Students will get familiarized with the scope, branches and professions in the field of Psychology.
3. The student is well equipped with different branches of Psychology.

SEMESTER: I

Unit 1: PSYCHOLOGY: SCIENCE AND PERSPECTIVES (12)

- 1.1 Definition, nature and Goals of Psychology as a Science.
- 1.2 History and perspectives – Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-psycho-socio-cultural.
- 1.3 Fields – Developmental, Social, Clinical and counselling, Educational, Industrial, Health, Criminal and Forensic, Sports and women psychology.
- 1.4 Methods –Introspection, Observation, Experimental, Survey and Case Study.
- 1.5 Applications: Career Avenues in Psychology

Unit 2: SENSATION, ATTENTION AND PERCEPTION (12)

- 2.1 Sensation – Definition, Nature and Biological Process
- 2.2 Attention – Definition, Types, Determinants, Phenomena - Division of Attention, Span of Attention
- 2.3 Perception – Definition, Gestalt Principles and Perceptual Constancies
- 2.4 Perceptual Illusions
- 2.5 Applications – Extra Sensory Perception (ESP)

Unit 3: MOTIVATION (12)

- 3.1 Definition and Characteristics – Motivational Cycle.

- 3.2 Types – Biological, Social, Psychological
- 3.3 Theories – Arousal, Drive Reduction, Incentive, Humanistic (Maslow)
- 3.4 Frustration – Sources of Frustration, Types of Conflicts
- 3.5 Applications – Conflict Resolution Techniques

Unit 4: EMOTION

(12)

- 4.1 Definition, Nature and Importance of Emotion
- 4.2 Basic emotions: Joy, Excitement, Tenderness, Sadness, Anger, Fear and Love
- 4.3 Theories of emotion: James-Lange, Canon Bard, Schachter, Singer and Lazarus
- 4.4 EQ – Definition, Nature, Measurement and Importance of EQ
- 4.5 Applications – Effect of Emotions on Health (Positive and Negative)

Suggested Readings:

1. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
2. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). *Psychology* (5th Edition). Pearson.
3. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
4. Feldman S. R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to Psychology*. McGraw-Hill Book Co.

Books in Marathi Language:

1. बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र. स्वयंभू प्रकाशन, नाशीक
2. मुंदडा आणि खलाने (२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन, जळगांव
3. अभ्यंकर, ओक आणि गोलववलकर (२०१४). मानसशास्त्र: वर्तनाचे शास्त्र, पियरसन प्रकाशन
4. इनामदार, गाडेकर आणि पाटील (२००६) आधुनीक मानसशास्त्र, डायमंड प्रकाशन, पुणे

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Semester – II	Paper – II
Course Code: BA-PSY 201 T	Title of the Course: Foundation of Psychology-II
Credits: 03	Total Lectures: 45 Hrs

BA-PSY201 T: Foundation of Psychology-II

Unit 1: LEARNING (12)

- 1.1 Learning: Definition, Nature and Types
- 1.2 Conditioning – Classical and Operant Conditioning and Their Practical Applications, Schedules of reinforcement
- 1.3 Theories of Learning
- 1.4 Trial and Error – Thorndike's Experiment and Laws, Insight Learning- Kohler
- 1.5 Behaviour therapies- Token Economy, Modelling,

Unit 2: Memory (12)

- 2.1 Memory, Definition, Nature, Types of memory
- 2.2 Models of Memory – Waugh & Norman Dual Model, Atkinson & Shiffrin Multi, Level of Processing of Craik and Lockhart
- 2.3 Forgetting and Causes of Forgetting
- 2.4 Theories of Forgetting
- 2.5 Applications: Memory Improvement Techniques

Unit 3: PERSONALITY (12)

- 3.1 Nature, Definition and Misconceptions
- 3.2 Freud's Psychoanalytical Theory of Personality
- 3.3 Trait Approaches to Personality: Allport's approach, Eysenck's PEN Model, Cattell's 16PF, McCrae and Costa Big-5
- 3.4 Assessment Techniques – Behavioural, Projective and Self Report Inventories
i) MMPI ii) CPI iii) Neo PI
- 3.5 Applications: SWOT Analysis

Unit 4: INTELLIGENCE (12)

- 4.1 Intelligence: Definition and Basic Concepts in Measurement (CA, MA, IQ and DQ)

- 4.2 Intelligence Measurement: Stanford Binet, Wechsler Intelligence Scale for Children(WISC) and Wechsler Adult Intelligence Scale (WAIS)
- 4.3 Individual Differences: Mentally Challenged and Gifted People, Types and Causes
- 4.4 Emotional Intelligence – Definition, Nature & Theories
- 4.5 Applications: Relevance/ Developing IQ, EQ

Suggested Readings:

1. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
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