

NORTH MAHARASHTRA UNIVERSITY
JALGAON



Syllabus for T.Y.B.A.

PSYCHOLOGY

(WITH EFFECT FROM JUNE 2015)

MENTAL MORAL & SOCIAL SCIENCES

North Maharashtra University, Jalgaon.
Revised syllabus for T.Y.B.A. Psychology
With effect from June - 2015
Structure of the Courses/Papers

T.Y.B.A.

Sr. No.	Paper Code	Paper Code	Name of Courses	Gen / Spl	
01	G3	PSY-351A	Modern Applied Psychology (G III) Sem V	Gen	
		PSY-361A	Applied Psychology & Human Life (G III) Sem VI	Gen	
		OR			
		PSY-351B	Positive Psychology (G III) Sem V	Gen	
		PSY-361B	Positive Psychology (G III) Sem VI	Gen	
02	S3	PSY-352A	Research Methodology in Behavioral Science (S III) Sem V	Spl	
		PSY-362A	Experimental Psychology & Test Measurement (S III) Sem VI	Spl	
		OR			
		PSY-352B	Behaviour Modification (S III) Sem V	Spl	
		PSY-362B	Behaviour Modification Assessment & Application (S III) Sem VI	Spl	
03	S4	PSY-363	Psychology Practical (Experiments & Tests) Annual	Spl	

NORTH MAHARSHTRA UNIVERSITY, JALGAON

**T.Y.B.A. - Psychology (G3)
SEMISTER-V**

**Modern Applied Psychology
(PSY-351A)**

Total marks = 40+10

Periods – 52

Objectives:-

- 1) To facilitate the learning of traditional emerging fields of psychology.
- 2) To understand the relationship between theoretical and practical psychological principals.
- 3) To prepare the students to function effectively and confidently in wide range of society

Unit 1 Introduction to applied Psychology (13)

- 1.1 Definitions and Nature of applied psychology
- 1.2 Fields of Applied Psychology-Community Psychology, Clinical Psychology, Psychology of Law, Criminal Psychology, Health Psychology, Cognitive Psychology, Forensic Psychology and Psychology of traffic.
- 1.3 Approaches to Applied psychology- Experimental Method.
- 1.4 Non Experimental Method-Field and Ex-Post Facto Field Studies.
- 1.5 Techniques of data collection- Observation, Interview, Questioners.

Unit 2 Community Application (13)

- 2.1 Nature and definition of Community Psychology
- 2.2 Fields of Community Psychology- Ecological, Environmental and Cross-Cultural Psychology.
- 2.3 Community Issues- Littering, Energy, Safety, Social Planning
- 2.4 Prevention Programs- Indirect Method and Direct Methods-Primary, secondary and tertiary program
- 2.5 Application in maintaining Community Mental Health

Unit 3 Clinical Applications

(13)

- 3.1 Psychotherapy Differences and Commonalities
- 3.2 Importance of Therapist-patient relationships
- 3.3 Types of Therapies –Cognitive Behavioral Therapy (CBT)
Psychodynamic therapy- free association, dream analysis and hypnosis.
- 3.4 Behavior therapy-Systematic desensitization (for PHOBIA) and Family Therapy.
- 3.5 Application in life-Positive thoughts and Self Hypnotism.

Unit 4 Health Applications

(13)

- 4.1 Nature, definitions and types of health
- 4.2 Stress and stressors- Nature and definitions and types (Lack of control, Suddenness, Ambiguity, Life events, Hassles and Environmental factors)
- 4.3 Major Effects Stress –Illness, Heart Diseases, Hypertensions, Cancer (Brain Tumor)
- 4.4 Stress Reduction- Bio Feedback, Relaxation Training, Exercise, Modifying Cognitive Antecedents.
- 4.5 Application in Life-Yoga, Meditation, Relaxation and Assertiveness as a preventive Measure.

NORTH MAHARSHTRA UNIVERSITY, JALGAON

T.Y.B.A. - Psychology (G3)

SEMISTER-VI

**Applied Psychology and Human Life
(PSY-361A)**

Total marks = 40+10

Periods – 52

Unit 1 Social Applications (13)

- 1.1 Psychology of Apathetical behavior- Social and Political apathy, causes and prevention.
- 1.2 Psychology of terror- causes and prevention.
- 1.3 Psychology of corruption- causes and prevention.
- 1.4 Psychology of Social Change- Positive and Negative Effects.
- 1.5 Psychology of Propaganda-Effects on Social Behavior.

Unit 2 Psychology of Crime (13)

- 2.1 Nature and Definition of crime.
- 2.2 Causes of Crime-Social causes-(Broken Family, Absence of social Control, Education Media, Addiction, Religion, Changes in social values) and Economical, Political, Geographical and Judiciary causes.
- 2.3 Types of crime-Juveniles, White Collar crime, Drug Addiction.
- 2.4 Remedies – Parole, Probation, Open Jail, Reformations, Value education and awareness of law.
- 2.5 Application in controlling criminal behavior-Social awareness and Social Responsibility.

Unit 3 Positive Psychology (13)

- 3.1 Assumption, goals, definitions and importance of Positive Psychology.
- 3.2 Psychology of well-being- Nature and necessity.
- 3.3 Happiness-Definition, type (Hedonic and Eudemonic) and its effect on life.
- 3.4 Subjective wellbeing-The hedonic basis of happiness, measuring subjective well-being and life satisfaction.
- 3.5 Application in life-Emotional, Psychological and social life.

- 4.1 Communication Process: Nature, Definitions and Types
- 4.2 Effective Communication – Preparation for Speech, analysis of audience and skill of presentation.
- 4.3 Definition, Nature and Types of Interview – Face to Face, Preliminary and Depth, Sequential and Panel, Directive and Non Directive and Stress interview.
- 4.4 General Etiquettes about- Nametag, Hand Shake, Cell Phone, Entry and Exit, Do and Don't during the Interview.
- 4.5 Application in professional life- sales and negotiations and responding through proper gesture and knowledge.

Books for References

1. Atwater Eastwood (1994). *Psychology for living*. (5th ed.) Prentice Hall of India Private Limited, New Delhi.
2. Choube J.N.(2008).*Development Human Skills*. Vision Publications, Pune.
3. Crookes, Robert L. & Stein, Jean (1988).*Psychology: Science Behavior and Life*. Holt, Finehart and Winston Inc. New york.Estern Limited, Publisharsh, Bombay
4. Friedman, M. (1985).*The hidden image of Women*. In P. Fernando and F. Yavas (Eds). *Woman's image: Making and Shaping*, Pune :Ishvani Kendra.
5. Goldstain A.and Krasner L. (1989).*Modern Applied Psychology*. Maxwell and MacMillan,Singapore
6. Palsane M. N. &NavreSavita (1993).*UpyogitManasshastra*. YailiEstern Limited Publishers, Bombay.
7. Pandit R. V., Kulkarni&Gore C. V. (2000).*UpyogitMannasShastra*.Pimplapure& Co. Publishars, Nagapur.
8. Pandit,Kulkarni& Gore (1999).*Audyogic and VaysaikUpyojan*.Pimplapure& Co. Publishars, Nagapur.
9. Sam V. (2011).*A Text BookOf Applied Clinical Psychology*. Dominant Publishers and Distributors,New Delhi.
10. Sharma R. (2004).*Advance Applied Psychology*. Atlantic Publishers and Distributors,New Delhi.Vol.1 and Vol.2
11. Synder C.R., Shane J. Loper, Jennifer &Termoto P. (2011). *Positive Psychology*. (2nd) edition, Sage Publication, South Asia Edition, Delhi.
12. Tadsare V. D. &Tambake K. B. (2004).*UpyogitMannasshastra*.FadakePrakashan, Kolahapur.

NORTH MAHARASHTRA UNIVERSITY, JALGAON
Syllabus for T.Y.B.A. Psychology
Semester- V

Positive Psychology
(PSY - 351 B)

Total marks = 40+10

Periods – 52

Objectives-

- To impart knowledge and understanding of the basic concepts, Principles, Perspectives and modern trends in Positive Psychology.
- To foster interest in Positive Psychology as a field of study and research.
- To makes the students aware of the implication and application of the various concepts of Positive Psychology in daily life.
- To relate the fundamental principles of Positive Psychology in everyday life.

Unit 1. Introduction to Positive Psychology (13)

- 1.1 Traditional Psychology: Negative focus
- 1.2 Positive Psychology: Health Psychology, Clinical Psychology, Developmental Psychology, Social/Personality Psychology.
- 1.3 Positive Psychology: Assumptions, Goals and Definition.
- 1.4 Positive Psychology: Not Opposed to Psychology, Positive Psychology and the status Quo
- 1.5 Application- Your face: A Positive Psychology passport picture.

Unit 2. The Meaning and Measure of Happiness- (13)

- 2.1 Psychology of Well Being- Objective versus subjective measures, negative versus positive functioning.
- 2.2 Meaning of Happiness- Hedonic And Eudemonic Happiness
- 2.3 Subjective Well Being: The Hedonic Basis of Happiness- Measuring Subjective Well Being, Life Satisfaction, Positive and Negative Affect and Happiness, Global measure of happiness.
- 2.4 Self-Realization: The Eudemonic Basis of Happiness: Psychological Well Being and Positive Psychology, Need fulfillment and Self Determination Theory.
- 2.5 Application- Increasing Happiness in Your Life.

Unit 3. Positive Emotions and Well- Being (13)

- 3.1 Meaning of Positive Emotions
- 3.2 Positive Emotions and Health Resources: Physical, Psychological, Social and the Limits of Positive Emotions.
- 3.3 Positive Emotions and Well-Being: Happiness and Positive Behavior, Positive Emotions and Success, Positive Emotions and Flourishing.
- 3.4 Cultivating Positive Emotions: Flow Experiences, Savoring.
- 3.5 Application – Focus on Application: Finding the Positive in the Negative.

Unit 4. Resilience (13)

- 4.1 Meaning of Resilience- Developmental and Clinical Perspective
- 4.2 Resilience Research- Sources of Resilience, Sources of Resilience in Children, Resilience Among Disadvantaged Youth,
- 4.3 Sources of Resilience in Adulthood and Later Life, Successful Aging.
- 4.4 Growth through Trauma- Negative and Positive Effects of Trauma.
- 4.5 Application- Finding Amazing People of All Ages.

North Maharashtra University, Jalgaon
T.Y.B.A. Psychology
Semester- VI
Positive Psychology
(PSY-361B)

Total marks = 40+10

Periods – 52

Unit 1. Positive Traits

(13)

- 1.1 Meaning of Positive Traits- Personality, Emotions and Biology, Positive and Negative Affectivity, Genetics and Happiness.
- 1.2 Personality and Happiness: The Big Five
- 1.3 Positive Beliefs- The World Through Happy and Unhappy Eyes, Self -Esteem
- 1.4 Optimism-Dispositional Optimism, Optimism as Explanatory Style.
- 1.5 Application- Positive Illusions

Unit 2. Personal Goal, Self- Regulation and Self – Control

(13)

- 2.1 Meaning of Personal Goals: Definition, Goals and Related Motivation Concepts, Goal Organization.
- 2.2 Personal Goals and Self- Regulation: - Control Theory, Self-discrepancy Theory.
- 2.3 Planning for Self –Regulation Success,
- 2.4. Everyday Explanations For Self-Control Failure
- 2.5 Application- Happiness and Success in College.

Unit 3. Happiness and the Facts of Life

(13)

- 3.1 Happiness Across the Life Span, Stability in Well-Being Despite Life Changes
- 3.2 Gender and Happiness- Gender Difference In Emotional Experience, Positive Moods and Behavior, Explaining The Paradox of Gender
- 3.3 Marriage and Happiness- Benefits of Marriage, Selection Effects, Gender Differences in Benefits of Marriage.
- 3.4 Other Facts of Life- Physical and Mental Health, Work and Unemployment, Intelligence and Education, Religion, Race, Ethnicity and Stigma.
- 3.5 Application – Mind fullness Meditation: Attributes of Mindful Awareness.

Unit 4. Life above Zero

(13)

- 4.1 Interconnection of the “Good” and “Bad”
- 4.2 Contours of a Positive Life- Meaning
- 4.3 Contours of a Positive Life- Means
- 4.4 Mind fullness and Well Being
- 4.5 Application – Mind fullness Meditation: Attributes of Mindful Awareness.

Books for Reading

1. Snyder C.R., Shane J. L.& Jennifer, T. P. (2011). *Positive Psychology*. (2nd Ed.) Sage Publication, South Asia Edition.
2. Steve R. B.& Marie K. Crothers (2009). *Positive Psychology*. Pearson Education.
3. Steve H. (2009). *Positive Psychology*. Publisher: Blackwell Publishers

North Maharashtra University, Jalgaon
Syllabus for T.Y.B.A. Psychology
Semester- V

Research Methods in Behavioral Sciences.

(PSY-352A)

Total marks =
40+10 Periods – 52

Objectives:-

- 1) To Provide an overview of scientific research, sampling technique, methods & research design to the students
- 2) To acquaint the students with the general & special abilities with respects to psychological testing.

Unit 1: Scientific Research Methods (13)

- 1.1 Nature and Definition of Scientific Research
- 1.2 Types of Scientific Research
- 1.3 Variable : Definition & Types
- 1.4 Problem Statement, Criteria, Resources
- 1.5 Hypothesis: Definition & Types-Universal, Existential Hypothesis

Unit 2: Sampling (13)

- 2.1 Nature & Definition of Sampling
- 2.2 Basic Principles of Sampling
- 2.3 Types of Sampling
- 2.4 Probability Sampling Methods: Simple Random Sampling, Stratified Sampling, Cluster Sampling
- 2.5 Non Probability Sampling:
Quota Sampling, Accidental, Purposive, Systematic, Snowball, Saturation, Dense Sampling

Unit 3: Methods of Data Collection (13)

- 3.1 Nature & Definition of Data Collection
- 3.2 Experimental Types of Data Collection
A) Laboratory Experiment B) Field Experiment
- 3.3 Non-Experimental Types of Data Collection- Field Study, Questionnaire, Interview Survey, Observation, Psychological Tests, Case Study

Unit 4: Research Designs

(13)

4.1 Definition & Characteristics of Research Design

4.2 Definition of Variance & Types of Variance

4.3 Types of Research Design

A) Between Groups Design:- Randomized Groups; Matched Groups, Factorial Design

B) Within Groups Design:- Complete & Incomplete Design

4.4 Quasi Experimental Design:- Time Series, Equivalent Time Series, Non-Equivalent Control Group Design.

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Syllabus for T.Y.B.A. Psychology
Semester- VI

Experimental Psychology & Test Measurement
(PSY-362A)

Total marks = 40+10
Periods – 52

Unit 1: Psychophysics **(13)**

- 1.1 Nature & Meaning of Psychophysics
- 1.2 Method of Limit
- 1.3 Method of Constant Stimuli
- 1.4 Method of Average Error
- 1.5 Errors in Psychophysical Method

Unit 2: Writing Research Proposal & Research Report **(13)**

- 2.1 Research Proposal: Problem, Definition & Limitation, Review of Literature, Hypothesis, Methods, Time Schedule, Expected Results, References, Appendix.
- 2.2 Research Report: Research Report Writing Steps, Report Structure, Report Writing Style, Report Typing
- 2.3 Evaluation of Report

Unit 3: Techniques of Test Construction **(13)**

- 3.1 Nature & Definition Of Psychological Test.
- 3.2 Criteria of Standard Tests – A) Practical Criteria
B) Technical Criteria
- 3.3 Reliability: - Types of Reliability
- 3.4 Validity: - Types Of Validity

Unit 4 : General, Special Ability & Creativity Testing

(13)

4.1 Modern Definition of Intelligence, General& Specific Abilities.

4.2 Intelligent Test : A) Individual Test :- 1) Weschsler&Malin's Intelligence Scale

2) Bhatia's Performance Test

B) Group Test :- 1) Draw – A - Man Test

2) Standard Progressive Matrices-SPM

4.3 Dexterity Test - Macro& Micro Movement Test

4.4 Creativity – Nature & Definition Of Creativity & Steps Of Creativity.

A) Creativity Test :- 1) BaqarMehndies Creativity Test

2) Passi's Creativity Test

Books for Reference:-

1. Dandkar, W. N. (1998). *An Introduction Of Psychological Testing & Stastics*. Seth Publisher.
2. Singh, A. K. (2013). *Test Measurements & Research Methods in Behavioural Sciences*. Bharati Bhawan, Delhi.
3. Anastasi, A. (2002). *Psychological Testing*. (5th Ed.) McMillan, New York.
4. Barve, B. N. & Narke, H. J. (2008). *Manomapan*. Vidya Prakashan, Nagpur.
5. Borude, R.R. (2005). *Sanshodhan Padhhtishashtra*. Vidyarathi Granthprakashan, Pune.
6. Candland, D.K. (1968). *Psychology: The Experimental Approach*. Mc.Graw Hill, Delhi.
7. Desai B. & Abhayakar S. (2008). *Sanshodhan Padhhti Anni Manasshastriya Mapan*. Narendra Prakashan, Pune-2.
8. Edwards, A. L. (1964). *Experimental Design In Psychological Research*. Holt, Rinehart & Winston, Inc.
9. Ghorpade, M.B. (1975). *An Introduction of Psychological Testing*. Deepak Publication, Bombay.
10. Goleman, J. C. (1971). *Psychology And Effective Behaviour*. Taraporwala.
11. Kerlinger, F.N. (1995). *Foundation of Behaviour Research*, N.Y Halt Rinchart & Winston Inc.
12. Kothari, C.R. (1980). *Research Methodology: Methods and Techniques*. New Delhi: Wiley Eastern Ltd.
13. Kothurkar, V. K. & Vanarase, S. J. (1986). *Experimental Psychology: A Systematic Approach*. Wiley Eastern Ltd.
14. Narendra, D. & Borse, A. (2009). *Manasshastriya Sanshodhanatil Sankhyashastriya Padhhat*. Yogesh Publication, Nasik.

NORTH MAHARSHTRA UNIVERSITY, JALGAON

T.Y.B.A. - Psychology (S3)

Behavior Modification

(Optional) (PSY-352B)

SEMISTER-V

Total marks: 40+10

Periods: 52

Objectives:-

- 1) To provide an overview of scientific approaches of Behaviour modification.
- 2) Students know the basic technique of Behaviour modification, as well as roll of the family, parents, child relationship and clinical, Medical causes.

Unit 1 – Introduction – Behaviour Modification (13)

- 1.1 What is Behaviour? Behaviour Modification. Behavioural Assessment, Misconceptions about Behaviour Modification.
- 1.2 Area of application: Parenting and child management, Education from preschool to university, severe problems (Developmental disabilities, child hood autism and schizophrenic tendencies),
- 1.3 Clinical behaviour therapy, Self management of personal problems, medical and health care, sports psychology.

Unit 2 – Basic Behavioural Principles and Procedure (13)

(Getting behaviour to occur more often)

- 2.1 Positive Reinforcement – Factors influencing the effectiveness of positive reinforcement, pitfalls of positive reinforcement, and guidelines for the effective application of positive reinforcement.
- 2.2 Conditioned Reinforcement – (To develop and maintaining behavior)- Unconditioned and Conditioned reinforcement, Factors influencing the effectiveness of conditional reinforcement, pitfalls of conditional reinforcement, guidelines for the effective use of conditioned reinforcement.
- 2.3 Intermittent Reinforcement – (Developing Behavioral Resistance) – Some definitions, Ratio schedules, Simple Interval Schedules, Interval Schedules with limited threshold, Duration Schedules, Concurrent Schedules of reinforcement, Guidelines for the effective use of intermittent reinforcement.

Unit 3– Stimulus discrimination learning and stimulus Generalization (13)

- 3.1 Stimulus discrimination learning and stimulus control, Types of controlling stimuli SDS and SVs stimulus generalization, factors determining the effectiveness of stimulus discrimination training, pitfalls of stimulus discrimination training.

Unit 4 - Extinction- Decrease a behavior with extinction (13)

- 4.1 Extinction, Factors influencing the effectiveness of extinction, pitfalls of extinction, Guidelines for the effective application of extinction.
- 4.2 Types of intermittent reinforcement Differential reinforcement of low rates, differential reinforcement of zero responding, Differential reinforcement of incompatible responding, Pitfalls of schedules of decreasing behaviour, Guidelines for the effective use of intermittent schedules to decrease behavior.



NORTH MAHARSHTRA UNIVERSITY, JALGAON
T.Y.B.A. - Psychology (S3)
Behaviour Modification Assessment and Application
(Optional) (PSY-362B)
SEMISTER-VI

Total marks: 40+10

Periods: 52

Unit 1 - Fading, Shaping and Behavioural Chaining

(13)

1.1 Fading – (Developing appropriate behaviour), Factors influencing the effectiveness of fading, Pitfalls of fading, Guidelines of the effective application of fading.

1.2 Shaping – (Getting a new behaviour to occur) Factors influencing the effectiveness of shaping, pitfalls of shaping, and guidelines for the effective application of shaping.

1.3 Behavioural Chaining (Getting new sequence of behaviours) – Stimulus – Response chaining, methods of teaching a behaviour chain, chaining compared with fading and shaping, Factors influencing with fading and chaining, Pitfalls of chaining, Guidelines for the effective use of chaining.

Unit 2 - Punishment, Escape and Avoidance conditioning

(13)

2.1 Punishment (Eliminating in appropriate behaviour) the principles of Punishment, Types of punishers, Factors influence the effectiveness of punishment, should punishment be used? Pitfalls of Punishment, Guidelines for the effective application of Punishment Procedures.

2.2 Escape and Avoidance conditioning (Establishing a desirable behaviour) Escape conditioning, Avoidance Conditioning, Pitfalls of escape and avoidance, Guidelines for the effective application of escape and avoidance

2.3 Respondent conditioning – Operant versus Respondent Behaviour, Principle of respondent conditioning, Higher order Conditioning, Respondent Extinction, Counter conditioning, Common respondently conditioned responses, Respondent and operant conditioning compared, Applications of respondent conditioning principles, Operant – Respondent interactions, Respondent and Operant Components of thinking, Private thoughts and feelings, More Respondent Operant Interaction.

Unit 3 - Generality of Behaviour Change

(Transferring behaviour to new setting and making it last)

(13)

Generality, Factors influencing the effectiveness of Programming generality of operant behaviour, Programming Generality of Respondent behaviour, Pitfalls of generality, Guidelines for Programming generality of operant behaviour, Rules, Goals, Modeling, Physical guidance, situational inducement.

Chapter No. 4- Behavioural Assessment

(13)

- Sources of information for baseline assessment,
 - Continuous recording, Interval recording and time sampling recording,
- Assessing the accuracy of observations.

4.1 Functional assessment of the causes of problem behaviour : Approaches to functional assessment,

Major causes of problem behaviour, Medical causes of problem behaviour, Guidelines for conducting a functional assessment.

Books for Reference

- 1) Garry, M. & Joseph, P. (2002). *Behaviour Modification "What it is and How to Do"*. (7th Ed.) Prentice-Hall of India Private Limited, New Delhi.
- 2) Patri, V. R. (2001). *Counselling Psychology*. Authors Press, Indian Institute of Counselling, New Delhi.

NORTH MAHARASHTRA UNIVERSITY, JALGAON

Syllabus for T.Y.B.A. Psychology (S4)

Psychology Practical: Experiments & Tests

Annual

(PSY -363)

Total Marks: 80+20

Periods: 96

Objectives:

1. To familiarized the students with the use of elementary statistical techniques.
2. To give practical experience to the students in administrating and scoring psychological tests and interpreting the scores.
3. To acquaint the students with the basic procedure and design of Psychology Experiments
4. To encourage and guide the students to undertake a small scale research projects.

Note: Students should conduct at least seven experiments and three tests from the following areas.

I. Learning and Memory (Any three)

- Maze Learning
- Recall and Recognition
- Bilateral Transfer
- Effect of Knowledge of results
- Habit interference
- Serial Learning
- Conditioning Hand Withdrawal

II. Psychophysics (Any one)

- Method of Limits
- Method of Constant Stimuli
- Method of Average Error

III. Attention, Perceptual Process and Problem Solving (Any three)

- Colour Preference
- Measurement of Illusion
- Reaction time
- Problem Solving – Pyramid Puzzle / Wiggly Blocks / Hear and Bow Puzzle
- Retinal Colour Zones
- Manual Dexterity
- Span of Attention

IV. Psychological tests (Any three)

- Intelligence Test-(Standard Progressive Matrices (SPM) / Bhatia's Performance Test
- Aptitude Test
- Personality Test (Any one) (Eysenck, 16 PF, Big Five Factors)
- Interest Inventory
- Projective Technique.

Practicum/ Project :-

Student should prepare a report on any subject (Education, Clinical, Industrial, Social etc.) with following guidelines of teacher viz. Problem, Hypothesis, Objectives, Importance of Topic, tools, Methodology, Results, Conclusion, Limitation, Reference.

Statistics :-

Frequency distribution, Computation of mean, Median, Mode, S.D. Co-efficient of correlation by Rank Difference Method.

=> 't' test is to be used only for practicum and it is not for practical examination

=> Student should submit a brief and separate report of project.

Division of Marks

Internal 20 Marks		External 80 Marks	
Attendance	05	Marks for Journal	20
Performance	05	Marks for Statistics	20
For Term End Examination	10	Conducting and Instruction of Experiment	10
(Out of 50 Marks)		Marks of Report Writing	10
		Project	10
		Marks for Oral	10
Total	20	Total	80

Note: Examination in Psychology will be held annually, maximum 10 students will constitute each batch. Duration of the practical will be of three hours in which candidate will perform, write a report of experiments allotted to him/ her with statistical problems and oral. Every batch will perform the experiments twice in a week.

References :

1. Deshpande, S.V. (2002). *PrayogikManasshastra*. Continental Publication, Pune
2. Garret, H.E. & Wood, W. (1981). *Statistics in Psychology and Education*. Vakils Fetter and Simonce Ltd. Bombay.
3. Upasani, N.K. & Kulkarni (1990). *Nave Shakshani Mulyamapanaani Sankhyashastra*. Shri Vidya Prakashan, Pune.
4. Desai, B. & Abhyabkar, S.C. (2008). *Prayogik Manasshastraani Sanshodhan Paddhati*. Narendra Prakashan, Pune.
5. Anastasi, A. & Urbina, S. (2009). *Psychological testing*. N.D. Pearson Education
6. Kaplan, R. M. & Saccuzzo, D. P. (2005). *Psychological testing , Principals, Applications and Issues*. (6th Ed.), Cengage Learning India Pvt. Ltd.
7. Test manuals.

JOB OPPORTUNITIES

- 1) Can appear of MPSC, UPSC and Other Competitive Examinations.
- 2) Students have opportunities in the field of mental hygiene and field of public health is open for them.
- 3) Students can work as assistance of psychiatrists and in health clinic.
- 4) Students have opportunities to work as counselor as well as a social worker.
- 5) Can work as a school teacher.
- 6) Students have opportunities to work as Child counselor as well as a Family counselor.
- 7) Public Oriented Job: Personal Manager in industries, career counselor & can also work with NGO's in different fields.
- 8) Work as a rehabilitation teacher for mentally retarded, physically handicapped and for special children.

T.Y.B.A. Psychology

EQUIVALENT COURSES

SEMISTER PATTERN FROM JUNE 2015

Sr. No.	Paper Code	Paper Code	Old Course	New Course
01	G3	PSY-351A	Application Psychology (G III) SEM V	Modern Applied Psychology (G III) Sem V
		PSY-361A	Applied Psychology and Modern life (G III) Sem VI	Applied Psychology & Human Life (G III) Sem VI
			Or	Or
		PSY-351B	Introduction to Environmental Psychology (G III) Sem V	Positive Psychology (G III) Sem V
		PSY-361B	Environmental Psychology Issues & Applications (G III) Sem VI	Positive Psychology (G III) Sem VI
02	S3	PSY-352A	Research Methodology (S III) Sem V	Research Methodology in Behavioral Science (S III) Sem V
		PSY-362A	Experimental Psychology & Psychological Testing (S III) Sem VI	Experimental Psychology & Test Measurement (S III) Sem VI
			Or	Or
		PSY-352B	Behaviour Modification (S III) Sem V	Behaviour Modification (S III) Sem V
		PSY-362B	Behaviour Modification Assessment & Application (S III) Sem VI	Behaviour Modification Assessment & Application (S III) Sem VI
03	S4	PSY-363	Experimental Psychology (Practical) Annual	Psychology Practical (Experiments & Tests) Annual

Dr. Mrs. N.D. Mundada
Chairman
B.O.S. Psychology

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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* (3rd Edition). Prentice Hall, India.
2. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
3. Feldman, R.S. (1996). *Understanding Psychology* (4th Edition). McGraw Hill Publication, India.
4. Lahe, B. B. (1995). *Psychology: An Introduction* (7th Edition). McGraw Hill Publication, India.
5. Morgan, King, Weiss and Schopler (1989). *Introduction to Psychology* (7th Ed.). McGraw Hill, India.
6. Myers, D. G. (1990). *Psychology* (3rd Edition). Worth Publishers, New York.

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.
6. Pandit, Gore, and Kulkarni (1999). *General Psychology*. Pimplapure Publication, Nagpur.
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* (2nd 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* (4th 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



North Maharashtra University, Jalgaon

Syllabus for

FYBA

PSYCHOLOGY

Under the Faculty of Humanities

(With effect from June 2018)

CHOICE BASED CREDIT SYSTEM (CBCS)

North Maharashtra University, Jalgaon

Choice Based Credit System (CBCS)
Faculty of Humanities

Under Graduate Programme (UG)

PSYCHOLOGY

Curriculum Structure and Scheme of Evaluation for B.A. First Year
With effective from 2018-19

Semester	Paper No.	Title of the Paper	Period/Week	Credit
I	Psy-101	Foundations Of Psychology	04	03
II	Psy-201	Introduction To Social Psychology	04	03

HIGHLIGHTS OF THE PAPER

- **Salient features of the paper-** For semester I, Course title "Foundations of Psychology" is for four Credits and paper II is for two credits. From this course students get aware about basic concepts of Psychology and they also learn how to measure personality as well as intelligence quotient form practicum.
In semester II students studied Introduction to Social Psychology, In this course they learn about social psychology in Indian context. They also learn, how to measure self concept, Locus of control of the clients/ subjects form practicum subject.
- **Utility of the Paper:-** From this paper students will prepare themselves in way to forth coming examination like SET/NET or other competitive exam.
- **Learning Objective of the Paper :-** To make students understand the basic Psychological process and their application in everyday life. They also understand the basics of social psychology and to understand the individual in the social world.
- **Prerequisites of the Paper :-** In each semester theory and practicum is correlated with sub-units.

Core Course Psychology

Semester- I

Course Title: Foundations Of Psychology (Psy- 101)

Course Code:-CCPSY-I

Credit :- 3

Total Period- 60

Total Marks-100

External Marks- 60

Internal Marks- 40

Objectives-

1. To impart knowledge of the basic concepts and modern trends in Psychology.
2. To relate the fundamental principles of Psychology in everyday life.
3. To make the students aware of the applications of Psychological concepts in various fields.

Unit- 1. Introducing Psychology (20)

- A. Psychology: Definition and Nature, Psychology As a Science
- B. Schools Of Psychology- Structuralism, Functionalism, Behaviorism, Gestalt, Cognitive.
- C. Branches of Psychology - Clinical, Industrial, Counselling, Social, Developmental, Educational.
- D. Methods Of Psychology – Observational, Experimental, Survey
- E. Career In Psychology, Psychology In India.

Unit- 2. Cognitive Process (20)

- A. Attention- Definition, Types and Determinants.
- B. Perception - Definition, Nature, Laws Of Perceptual Organization
- C. Conditioning- Classical & Operant, Observational Learning
- D. Memory- Definition, Types And Memory Improvement Techniques
- E. Emotion- Definition, External Expression of Emotions, Emotional Intelligence

Unit- 3. Motivation Personality And Intelligence (20)

- A. Motivation- Definition, Motivation Cycle, Biological Motives- -Hunger, Thirst, Sex
- B. Personality - Definition, Misconception of Personality.
- C. Theories Of Personality - Allport, Cattell, Neo-FFI-3
- D. Intelligence - Definition And Basic Concepts (CA, MA, IQ)
- E. Theories Of Intelligence - Guilford And Sternberg

References:

1. Baron, R. A. (1995). *Psychology* (3rd Edition). Prentice Hall, India.
2. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
3. Feldman, R.S. (1996). *Understanding Psychology* (4th Edition). McGraw Hill Publication, India.
4. Lahe, B. B. (1995). *Psychology: An Introduction* (7th Edition). McGraw Hill Publication, India.
5. Morgan, King, Weiss and Schopler (1989). *Introduction to Psychology* (7th Ed.). McGraw Hill, India.
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1. Bachhav, Badgujar and Shinde (2001). *General Psychology*. Swayambhu Prakashan, Nashik.
2. Mundada, N. and Khalane, S. (2013). *Manasshastrachi Multattve*. Atharv Publication, Jalgaon.
3. Oak, Abhyankar and Govilkar (2008). *Psychology*. Pearson Publication, Delhi.
4. Padhye, V. (2004). *Psychology*. Renuka Prakashan, Aurangabad.
5. Pandit, Gore, and Kulkarni (1999). *General Psychology*. Pimplapure Publication, Nagpur.
6. Rane, Chaudhari and Pawar (2005). *General Psychology*. Prashant Publication, Jalgaon
7. Mundada, N. and Khalane, S. (2017). *Pragat Samanya Manasshastra*. Atharv Publication, Jalgaon.

Examination Pattern**Internal Examination:- 40 Marks (College Level)**

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 = 10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

Core Course Psychology

Semester- II

Course Title: Introduction To Social Psychology (Psy-201)

Course Code:-CCPSY-I

Credit :- 3

Total Period- 60

Total Marks-100

External Marks- 60

Internal Marks- 40

Objectives-

1. To understand the basics of social psychology and to understand the individual in the social world.
2. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context.

Unit- 1. Introduction To Social Psychology (20)

- A. Definition And Nature Of Social Psychology
- B. Brief History Of Social Psychology (Special Emphasis On India)
- C. Scope Of Social Psychology, Levels Of Social Behavior
- D. Approaches Toward Understanding Social Behavior
- E. Pro social Behavior

Unit- 2. Individual Level Processes (20)

- A. Difference between Social Cognition & Social Perception.
- B. Theories of attribution: Theory of Correspondent Inference and Kelly's theories of Causal Attributions
- C. Attitude: Definition, components, Dimensions and formation of attitude
- D. Self –Concept: - The Nature of the Self – Concept, Our sense of Self, Development of social self.
- E. Aggression:- Meaning & Nature of Aggression, Prevention & Reducing Aggression

Unit- 3. Group Dynamics (20)

- A. Groups: When we join and when we leave, The benefits of joining
- B. Cooperation and Conflict
- C. Conformity ; Factors affecting Conformity
- D. Obedience & Authority
- E. Locus of control, Increasing our helping nature.

Books for Reference

1. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). *Social Psychology*. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009
2. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). *Social Psychology*. (6th edi.), New Jersey: Pearson Education prentice Hall
3. Baumeister, R. F., & Bushman, B. J. (2008). *Social Psychology and Human Nature*. International student edition, Thomson Wadsworth USA
4. Myers, D. G. (2006). *Social Psychology*. (8th edi.), Tata McCraw- Hill Publication.

Books in Marathi Language:

1. Mundada, (2014). *Samajik Manasshashtra*. Atharv Publication, Jalgaon.
2. Gadekar K.N., Patil A. & Inamdar A.K.(2007). *Pragat Samajik Manashastra*, Pune: Diamond Publication.
3. Palsane M.N. & Talwalkar V. (2000). *Samajik Manasshastra*, Pune: Continental Prakashan.
4. Rane S.S. & Shinde M.G. *Pragat Samajik Manashastra*, Jalgaon: Prashant Publication.
5. Tadsare, Tambake, Patil & Darekar (2003). *Samajik Manasshatra*, Kolhapur: Phadke Prakashan.

Examination Pattern

Internal Examination:- 40 Marks (College Level)

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 =10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

F.Y.B.A. Psychology

Equivalent Syllabus of General Paper

Old Syllabus 2017-18		New Syllabus From June 2018 Onwards	
Psy- G 101 (A)	Modern General Psychology	Psy- 101	Foundations of Psychology
Psy- G 201 (A)	Modern General Psychology	Psy- 201	Introduction to Social Psychology

**Question Paper Pattern
CBCS Pattern**

Time - 2 hrs.

Class- F.Y.B.A.

Marks- 60

Instructions-

1. All questions carry equal marks.
2. All questions are compulsory.

Que. 1. Answer in one sentence. (Any-6) 12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----

Que.2. Answer in three to four sentences. (Any-4) 12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----

Que.3. Answer in brief. (Any-3) 12

1. -----
2. -----
3. -----
4. -----
5. -----

Que. 4 .Write a Short Note on. (Any-2) 12

1. -----
2. -----
3. -----
4. -----

Que. 5. Long answer questions. (Any-1) 12

1. -----
2. -----
3. -----



**Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon.**

**Revised syllabus for
S.Y.B.A
Psychology**

Choice Base Credit System Pattern (CBCS)

**Semester System
For Semester III & Semester IV**

**Syllabus
Form June -2019**

Under the Faculty of Humanities

**Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
(NACC Re-accredited 'A' Grade University)**

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon

**(Proposed Structure of S.Y.B.A. (Faculty of Humanity)
Under CBCS Pattern- 2019-2020**

Semester	Discipline Specific Core Course (DSC)	Ability Enhancement Compulsory Courses (AEC)	Skill Enhancement Course (SEC)	Discipline Specific Elective Courses (DSE)	Generic Elective (GE)
III Credits: 18 (07 Papers)	Compulsory English (03) MIL 1 (03) DSC 1 C (02) DSC 2 C (02)	-----	SEC 1 (02)	DSE 1 A (03) DSE 2 A (03)	-----
IV Credits: 20 (08 Papers)	Compulsory English (03) MIL 1 (03) DSC 1 D (02) DSC 2 D (02) DSC 3 D (02)*	-----	SEC 2 (02)	DSE 1 B (03) DSE 2 B (03)	-----

*** In semester IV, DSC 3 D will be project work of DSE 1 B and 2 B (Papers of Special Subjects)**

S.Y.B.A. PSYCHOLOGY

EQUIVALENT COURSE

CBCS Pattern

OLD Pattern

Semester III New Syllabus From June 2019 (CBCS Pattern)			Semester III Old Syllabus From June 2014		
Paper No.	Paper Code No.	Name of the Course	Paper No.	Paper Code No.	Name of the Course
DSC-1 C (02)	PSY-231	Human Developmental Psychology- Early Life	G-2	PSY-231(A) PSY-231(B)	Advance Social Psychology OR Human Developmental Psychology- Early Life
DSE-1A (03)	PSY- 232	Psychoneurotic Disorders	S-1	PSY-232	Psycho diagnostics
DSE- 2A (03)	PSY- 233	Psychopathology Practical (Testing)	S-2	PSY-233(A) PSY-233(B)	Counseling Content & Process OR Fundamentals of Testing

Semester IV New Syllabus From June 2019 (CBCS Pattern)			Semester IV Old Syllabus From June 2014		
Paper No.	Paper Code No.	Name of the Course	Paper No.	Paper Code No.	Name of the Course
DSC-1 D(02)	PSY-241	Human Developmental Psychology- Later Life	G-2	PSY-241(A) PSY-241(B)	Social Psychology Process OR Human Developmental Psychology- Later Life
DSE-1B (03)	PSY- 242	Psychotic Disorders	S-1	PSY-242	Psychopathology
DSE- 2B (03)	PSY- 243	Psychological Practical (Testing)	S-2	PSY-243(A) PSY-243(B)	Counseling Therapy & Application OR Psychological Testing

NON- EQUIVALENT COURSE

SEMESTER	Paper No.	Paper Code No.	Name of the Course
SEM-III	SEC- 1(02)	PSY- 234	Research Process in Psychology
SEM-IV	SEC- 2(02)	PSY- 244	Statistical Application and Report Writing in Psychology
SEM-IV	DSC-3D (02)	PSY- 245	Minor Study Project

Dr. G. B. Chaudhari
Chairman, BOS Psychology
K.B.C.N.M.U., Jalgaon

K.B.C. North Maharashtra University, Jalgaon
Syllabus for S.Y.B.A. Psychology
[Discipline Specific Core Course- DSC-C (02)]
SEMESTER- III

Subject- Human Developmental Psychology- Early Life (PSY 231 C)

Total marks = 60 Theory + 40 Practical

Periods – 60

Credit = 02

Clock Hour Period -45

Objectives :

1. To equip the learner with an understanding of the concept and process of human development across the life span.
2. To impart an understanding of the various domains of human development.

Chapter- I -Introduction to Human Development

Periods - 15

- 1.1 The Concept Of Human Development: Definition, Domains of Development, Basic Issue In Life Span Development.
- 1.2 The Life Span Perspective : Development as Lifelong, Development as Multidimensional & Multidirectional, Development as Plastic, Development as Embedded in Multiple Contexts.
- 1.3 Theories on Development : Freud-Psychoanalytical, Erikson- Psychosocial, Piaget- Cognitive Development.
- 1.4 Designs for Studying Development : Longitudinal, Cross-Sectional, Sequential .
- 1.5 Human Development in Indian Context.

Chapter- II- Prenatal Development, Birth and Toddlerhood

Periods - 15

- 2.1 Genetic Foundation : Genetic Code, Sex Cells, Multiple Births, Pattern of Genetic inheritance, Genetic Counseling.
- 2.2 Prenatal Development : Conception, Period of the Zygote, Period of the Embryo, Period of the Fetus.
- 2.3 Childbirth: The Stages of Childbirth, Types of births, Complications of Childbirth.
- 2.4 Physical Development in Infancy and Toddlerhood : Body Growth, Influences on Early Physical Growth, Motor Development
- 2.5 Cognitive, Social & Emotional Development in Infancy and Toddlerhood: Piaget's Theory, Erikson's Theory, Emotional Development, Development of Attachment.

Chapter- III- Early and Middle Childhood

Periods - 15

- 3.1 Physical Development : Body Growth, Common Health Problems, Motor Development and Play
- 3.2 Cognitive & Language Development: Piaget's Theory, Vocabulary, Grammar, Pragmatics.
- 3.3 Emotional Development : Understanding Emotion, Emotional Self- Regulation, Self-Conscious Emotions, Empathy
- 3.4 Social Development: Erikson's Theory, Self- understanding, Peer relations, Family influences
- 3.5 Parenting Style, Children with Disabilities.

Note : Out of 10 Psychological test in one semester only five tests will be in journal.

Oral exam will be conducted before 15 days of the University exam.

Psychological Test-

- | | |
|-----------------------------------|----------------------------|
| 1. Children Personality Test | 2. CPQ |
| 3. Emotional Competencies Test | 4. Emotional Maturity Test |
| 5. Social Competencies Test | 6. Social Maturity Test |
| 7. Achievement Motivation Test | 8. Value Test |
| 9. Parent-child relationship Test | 10. Parental Attitude Test |

Nature of Practical 40 Marks

Journal	Oral Exam.	Attendance& Performance	Total
20 (5 X 4)	15	05	40

Books for Reading

- Berk L.E.(2007) Development Through Life Span,3rd Edition, Pearson Education.
- Diane E. Papalia, Sally Wendkos Olds, Ruth Duskin Feldman (2004) Human Development, 9th Edition. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Elizabeth Hurlock (1998) Development Psychology: A Life Span Approach, TMH 5th Ed. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Elizabeth Hurlock (1978) Child Growth and Development, TMH 5th Ed. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Martha L and Suzanne V. F. (2017), Lifespan Development: A Psychological Perspective,

Marathi Books

- Borude R.R., Kumthekar M., Desai B. Golvilkar S. (1990) Developmental Psychology. Pune Vidyarthi Gruh Prakashan, Pune.
- Hirave R.S. Tadsare V.V. (1999) Developmental Psychology, Fadke Prakashan, Kolhapur.
- Jadhav K.M. (2012) Developmental Psychology, Dimond Publication, Pune. 2nd Ed.
- Kandalkar Lina (2000) Human Development, Vidya Prakashan Nagpur.
- Khalane S. H. (2014)Human Developmental Psychology, Atharv Publication, Jalgaon.

K.B.C. North Maharashtra University, Jalgaon

Syllabus for S.Y.B.A. Psychology

[Discipline Specific Core Course- DSC- D]

SEMESTER- IV

Subject- Human Developmental Psychology- Later Life (PSY - 241 D)

Total marks = 60 Theory + 40 Practical

Periods – 60

Credit = 02

Clock Hours Period -45

Objectives of Syllabus

1. Introduce students to the concepts, theories, and research which define this discipline of psychology.
2. Develop the students' capability for connecting discipline content to personal values and behaviour.
3. Provide an understanding of the explain issues underlying lifespan development.

Chapter- I -Adolescence

Periods – 15

- 1.1 Puberty :- The physical transition to Adulthood: Hormonal change, Body Growth, Sex maturation.
- 1.2 The psychological impact of pubertal events : Reaction to puberty change, Early Vs. late maturation
- 1.3 Health issues: Nutritional needs, eating disorder, sexual activities, STD, Teenage pregnancy
- 1.4 Cognitive Development : Piaget's theory, Erikson's theory : Identity vs. identity confusion, Self understanding: change in self concept, Self esteem, Identity status.
- 1.5 The family relations, peer relations, problems of development, depression, suicide & delinquency.

Chapter- II- Early Adulthood

Periods – 15

- 2.1 Health and fitness: Nutrition, Exercise, Substance Abuse, Psychological Stress
- 2.2 Vocational Choice : Selecting vocation, Factors influencing vocational choice, Establishing a career women & ethnic minorities , combining work and family.
- 2.3 Erikson's theory: Intimacy vs. Isolation, Close relationship, Romantic love, Friendship, Loneliness
- 2.4 Family life cycle : Living home, marriage, parenthood,
- 2.5 Diversity of Adult Life styles : single hood, cohabitation, childlessness, Infertility causes & techniques

Chapter - III- Middle & Late Adulthood

Periods – 15

- 3.1 Health & Fitness of midlife : Sexuality, Illness, Hostility & Anger, Adaptive the physical challenges: Stress management , Exercise an optimistic outlook
- 3.2 Erikson's Theory- Generativity vs. Stagnation, Stability & Change in Self Concept & Personality
- 3.3 Relationship at Midlife: Marriage & Divorce , Changing Parent Child Relationships, Grandparenthood, Middle age Children & Their Aging Parents, Siblings, Friendships
- 3.4 Late Adulthood: Nature, Physical Changes, Health, Fitness & Disabilities. Erikson's Theory- Ego integrity vs. Despair.
- 3.5 Relationship in Late Adulthood: Relationship with Adult Children, Grand Children. Retirement and Leisure : The Decision to Retire, Adjustment to Retirement, Leisure Activity.

**Note : Out of 10 Psychological test in one semester only five tests will be in journal.
Oral exam will be conducted before 15 days of the University exam.**

Psychological Test-

- | | |
|----------------------------|---------------------------------|
| 1. Self Concept | 2. Self Esteem |
| 3. Personality Test | 4. Vocational Preference Record |
| 5. Marital Adjustment Test | 6. Stress Test |
| 7. Anxiety Test | 8. Family Environment Scale |
| 9. Adjustment Test | 10. Life Partner Attitude Test |

Nature of Practical 40 Marks

Journal	Oral Exam.	Attendance & Performance	Total
20 (5 X 4)	15	05	40

Books for Reading

- Berk L.E.(2007) Development Through Life Span,3rd Edition, Pearson Education.
- Diane E. Papalia, Sally Wendkos Olds, Ruth Duskin Feldman (2004) Human Development, 9th Edition. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Elizabeth Hurlock (1998) Development Psychology: A Life Span Approach, TMH 5th Ed. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Elizabeth Hurlock (1978) Child Growth and Development, TMH 5th Ed. Tata McGraw- Hill Publishing Co. Ltd. Delhi.
- Martha L and Suzanne V. F. (2017), Lifespan Development: A Psychological Perspective,

Marathi Books

- Borude R.R., Kumthekar M., Desai B. Golvilkar S. (1990) Developmental Psychology. Pune Vidyarthi Gruh Prakashan, Pune.
- Hirave R.S. Tadsare V.V. (1999) Developmental Psychology, Fadke Prakashan, Kolhapur.
- Jadhav K.M. (2012) Developmental Psychology, Dimond Publication, Pune. 2nd Ed.
- Kandalkar Lina (2000) Human Development, Vidya Prakashan Nagpur.
- Khalane S. H. (2014) Human Developmental Psychology, Atharv Publication, Jalgaon.

K.B.C. North Maharashtra University, Jalgaon
Syllabus for S.Y.B.A. Psychology
[Discipline Specific Elective Courses- DSE-1A (03)]
SEMESTER- III

Subject- Psychoneurotic Disorders (PSY - 232)

Total marks = 60 Theory + 40 Internal
Credit = 03

Total Periods – 60
Clock Hours Period -45

Objective: - To develop an understanding of the various psychological disorders
And their treatment.

Chapter I: Abnormal Psychology: An Overview

Periods – 20

- 1.1 Definition and Nature of Normal Mental Health and Concept of Normality (According to WHO)
- 1.2 Definition and Criteria of Abnormal Behaviour (Psychological, Social, and Biological Criteria)
- 1.3 Brief History of DSM and ICD For Diagnosis Purpose
- 1.4 Various Perspectives of Psychopathology: (Biological, Psychodynamic, Behavioral, Cognitive, Humanistic, Socio-Culture and Diathesis Stress Model)
- 1.5 Assessment and Diagnosis of Psychological Disorders

Chapter II: Anxiety and Stress Related Disorders

Periods – 20

- 2.1 Definition and nature of Neurosis and Psychosis
- 2.2 Anxiety Disorders-: (Definition, Physical symptoms and Psychological Symptoms, Diagnosis and Treatment)
- 2.3 Phobic Disorders-: Some Characteristic Features and Treatment of (Agoraphobia, Social Phobia and Specific Phobia)
- 2.4 Obsessive-Compulsive Disorders (OCD), (Define an Obsession and a Compulsion, Types of OCD, Etiology, and Treatment.)
- 2.5 Stress-: Definition, Stressors, Physical and Psychological Symptoms of Stress, Stress Management

Chapter III-: Somatoform and Dissociative Disorders

Periods – 20

- 3.1 Somatoform Disorder (Definition, Nature, and Types)
- 3.2 Somatoform Disorder -: Etiology and Treatment
- 3.3 Dissociative Disorder (Definition, Nature and Types)
- 3.4 Dissociative Disorder -: Etiology and Treatment
- 3.5 Types of Dissociative Amnesia

Examination Pattern

Internal Examination:- 40 Marks (College Level)

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 = 10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

Reading Books:-

Corson. R. C Butcher J. N., Mineka. S. & Hooley, J.M.(3008).Abnormal Psychology. New Delhi: Pearson.

Barlow D.H. and Durand V.M (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.

Manovikrutee Manasshasra, Pro. Chudaman O. Badgujar, Mahalaxmi Pustakalay, College Road Nasik.-5

Niraj Ahuja., A Short Textbook Of Psychiatry, Seventh Year Edition, Jaypee Brothers Medical Publishers(P) Ltd.

Apsamanyache Manasshasra (Abnormal Psychology), Dr. Manasi Rajhans, Dr, Sushil Surve, Prof. Anagha Patil, Unmesh Publication, Pune.

K.B.C. North Maharashtra University, Jalgaon
Syllabus for S.Y.B.A. Psychology
[Discipline Specific Elective Courses- DSE-1B (03)] SEMESTER- IV
Subject- Psychotic Disorders (PSY - 242)

Total marks = 60 Theory + 40 Internal
Credit = 03

Total Periods – 60
Clock Hours Period -45

Objective: - To develop an understanding of the various psychological disorders
And their treatment.

Chapter –I: Clinical States of Psychosis Features **Period 20**

- 1.1 Definition and nature of Psychosis
- 1.2 Different Between Illusion, Delusion and Hallucination
- 1.3 Types of Delusions – (Persecutory, Grandiose, Jealous, Somatic, Etc....)
- 1.4 Substance Induced Psychotic Disorders (Intoxication, Withdrawal)
- 1.5 Psychotic Disorders Due to another Medical Condition.
(Brain Tumors, Traumatic Brain Injuries, Epilepsy, Huntington’s disease, Thyroid Disease.)

Chapter-2: Psychotic Features in Mood Disorders **Period 20**

- 2.1- Types and Classification of Mood (Unipolar and Bipolar)
- 2.2- Clinical Features of Manic Episodes
- 2.3 Clinical Features of Depressive Episodes
- 2.4 Prognosis and Etiology of Mood Disorder (Good and Bad Prognosis Factor)
- 2.5 Management of Mood Disorder -: (-**Pharmacology Treatment** -: Antidepressant, ECT, Antipsychotic and Other Mood Stabilizers **Psychosocial** -: CBT, BT, Group Therapy, Family and Marital Therapy)

Chapter -3: Schizophrenia **Period 20**

- 3.1 Brief History of Schizophrenia
- 3.2 Phases of Schizophrenia (Prodromal, Active and Residual)
- 3.3 Symptoms of Schizophrenia (Positive, Negative and Disorganized)
- 3.4 Clinical Types of Schizophrenia (Paranoid, Catatonic, Disorganized, Residual.....)
- 3.5 Management of Schizophrenia ((**a**)-Pharmacology Treatment, ECT. (**b**) Psychosocial Treatment and Rehabilitation)

Examination Pattern

Internal Examination:- 40 Marks (College Level)

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 = 10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

Reading Books:-

Corson. R. C Butcher J. N., Mineka. S. & Hooley, J.M.(3008).Abnormal Psychology. New Delhi: Pearson.

Barlow D.H. and Durand V.M (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.

Manovikrutee Manasshasra, Pro. Chudaman O. Badgujar, Mahalaxmi Pustakalay, College Road Nasik.-5

Niraj Ahuja., A Short Textbook Of Psychiatry, Seventh Year Edition, Jaypee Brothers Medical Publishers(P) Ltd.

Apsamanyache Manasshasra (Abnormal Psychology), Dr. Manasi Rajhans, Dr, Sushil Surve, Prof. Anagha Patil, Unmesh Publication, Pune.

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Syllabus for S.Y.B.A. Psychology
[Discipline Specific Elective Course- DSE- 2 A (03)]
SEMESTER- III

Subject- Psychopathology Practical (Testing) (PSY - 233)

Total marks = 60 External + 40 Internal

Total Periods – 85

Total Credit = 03

Clock Hours Period -85

Objectives

This course aims at enabling students to –

1. To understand the psychological test
2. Applying the psychological test
3. To learn advanced techniques and tools
4. To Understand the Neurotic Behavior

Any Seven Tests of The Following

- 1) Mental Health Check List
- 2) Comprehensive Anxiety Test
- 3) Beck Depression Inventory
- 4) Bisht Battery Of Stress Scales
- 5) Stress Management Scale
- 6) NEO Personality Inventory
- 7) Aggression Scale
- 8) PGI Battery of Brain Dysfunction
- 9) Intelligence test (SPM)
- 10) Emotional Maturity Scale
- 11) Emotional Intelligence
- 12) Moral Values Scale

*** For practical six periods in a week, and one period is sixty minutes.**

Internal Examination Marks Distribution

Any Two Psychological Test	Attendance & Performance	Viva-voce	Total
20	10	10	40

***Evaluation of marks in external examination**

***Practical Examination duration will be of 03 hours**

Marks Distribution

Conducting & Report Writing	Journal	Viva-voce	Total
20	20	20	60

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Syllabus for S.Y.B.A. Psychology
[Discipline Specific Elective Course- DSE- 2 B (03)]
SEMESTER- IV

Subject- Psychological Practical (Testing) (PSY - 243)

Total marks = 60 External + 40 Internal

Total Periods – 85

Total Credit = 03

Clock Hours Period -85

Objectives

This course aims at enabling students to –

1. To understand the psychological test
2. To understand the psychotic behavior
3. To learn advanced techniques and tools of psychological test and its interpretation.

Any Seven Tests of The Following

1. Sexual Anxiety Test
2. Deprivation Scale
3. PGI Health Questionnaire
4. Kundu Neurotic Personality Inventory
5. Hindi Version of H.j. Eysencks M.P.I
6. Rosenzwing Picture Frustration
7. Sexy Myth Check Record
8. Social Distance Scale
9. Learning Disabilities Scale
10. Problem Solving Ability Test
11. Social Maturity Scale
12. School Adjustment Inventory

***For practical six periods in a week, and one period is sixty minutes.**

Internal Examination Marks Distribution

Any Two Psychological Test	Attendance & Performance	Viva-voce	Total
20	10	10	40

***Evaluation of marks in external examination**

***Practical Examination duration will be of 03 hours**

Marks Distribution

Conducting & Report Writing	Journal	Viva-voce	Total
20	20	20	60

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Syllabus for S.Y.B.A. Psychology
[Skill Enhancement Course- SEC- 1(02)]
SEMESTER- III
Subject- Research Process in Psychology (PSY - 234)

Total marks = 60 Theory + 40 Internal
Total Credit = 02

Total Periods – 40
Clock Hours Period -30

Objectives:-

- 1) To Provide an overview of scientific research, sampling technique, methods & research design to the students
- 2) To acquaint the students with the general & special abilities with respects to psychological testing.

Chapter- I- Research Methods and Nature

Period 13

- 1.1 Nature and Definition of Research
- 1.2 Types of Research, Problem Statement-
- 1.3 Criteria & Resources of Research
- 1.4 Variable : Definition & Types
- 1.5 Importance of Objectives and Hypothesis: Definition & Types

Chapter - II- Sampling and Data Collection

Period 13

- 2.1 Nature & Definition of Sampling
- 2.2 Types of Sampling- Stratified
- 2.3 Types of Sampling- Non Stratified
- 2.4 Nature & Definition of Data Collection
- 2.5 Survey Method - Mail survey, Personal interview, Telephonic interview

Chapter -III- Research Design

Period 14

- 3.1 Definition & Characteristics of Research Design
- 3.2 Types of Research Design: Between Groups Design:- Randomized Groups
- 3.3 Matched Groups and Factorial Design
- 3.4 Within Groups Design:- Complete & Incomplete Design
- 3.5 Quasi Experimental Design:- Time Series, Equivalent Time Series, Non Equivalent Control Group Design.

Examination Pattern

Internal Examination:- 40 Marks (College Level)

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 = 10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

Total three periods in a week. One period is 45 minutes

Books for Reference:-

- Anastasi, A. (2002). Psychological Testing. (5 thEd.) McMillan, New York.
- Barve, B. N. & Narke, H. J.(2008). Manomapan. Vidya Prakashan, Nagpur.
- Barve, B.N. (2007) Shaikshanik Manasshasritya Sankhyashastra. Vidya Prakashan, Nagpur.
- Barve, B.N. (2010) Manasshastratil Sanshodhan Padhyati. Vidya Prakashan, Nagpur.
- Borude, R.R. (2005). Sanshodhan Padhhtishashtra. Vidyarathi Gruh prakashan, Pune.
- Candland, D.K. (1968). Psychology: The Experimental Approach. Mc.GrawHill, Delhi.
- Desai B. & Abhayakar S. (2008). Sanshodhan Padhhti Anni Manasshastriya Mapan. Narendra Prakashan, Pune 2.
- Ghorpade, M.B. (1975). An Introduction of Psychological Testing. Deepak Publication, Bombay.
- Goleman, J. C. (1971). Psychology And Effective Behaviour. Taraporwala.
- Kerlinger, F.N. (1995). Foundation of Behaviour Research, N.Y Halt Rinchart & Winston Inc
- Kothari, C.R. (1980). Research Methodology: Methods and Techniques. New Delhi: Wiley Eastern Ltd.

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Syllabus for S.Y.B.A. Psychology
[Skill Enhancement Course- SEC- 2(02)]

SEMESTER- IV

Subject- Statistical Application and Report Writing in Psychology (PSY - 244)

Total marks = 60 Theory + 40 Internal

Total Periods – 40

Total Credit = 02

Clock Hours Period -30

Chapter- I- Importance of Psychological Test in Research

Period 14

- 1.1 Importance of Psychological Test in research
- 1.2 Criteria of Standard test - Practical Criteria
- 1.3 Standard Test Technical Criteria
- 1.4 Reliability- Types
- 1.5 Validity- Types

Chapter- II- Frequency Distribution

Period 13

- 2.1 Importance of Statistical Methods
- 2.2 Misunderstanding about Scores,
- 2.3 Continuous and Discrete Series
- 2.4 Objective of Frequency Distribution
- 2.5 Calculation of Measures of Central Tendency

Chapter- III - Writing Research Proposal

Period 13

- 3.1 Research Proposal: Problem, Definition & Limitation, Review of Literature
- 3.2 Hypothesis, Methods, Time Schedule, Expected Results, References, Appendix.
- 3.3 Research Report: Research Report Writing Steps, Report Structure, Report Writing Style,
- 3.4 Report Typing
- 3.5 Evaluation of Report

Examination Pattern

Internal Examination:- 40 Marks (College Level)

Internal Test-I	Internal Test-II	Tutorial	Attendance & Behavior	Total Marks
10 Marks	10 Marks	10 Marks	5+5 = 10 Marks	40 Marks

External Examination :- 60 Marks (University Level)

Total three periods in a week. One period is 45 minutes

Books for Reference:-

- Anastasi, A. (2002). Psychological Testing. (5 thEd.) McMillan, New York.
- Barve, B. N. & Narke, H. J.(2008). Manomapan. Vidya Prakashan, Nagpur.
- Barve, B.N. (2007) Shaikshanik Manasshasritya Sankhyashastra. Vidya Prakashan, Nagpur.
- Barve, B.N. (2010) Manasshastratil Sanshodhan Padhyati. Vidya Prakashan, Nagpur.
- Borude, R.R. (2005). Sanshodhan Padhhtishashtra. Vidyarathi Gruh prakashan, Pune.
- Candland, D.K. (1968). Psychology: The Experimental Approach. Mc.GrawHill, Delhi.
- Desai B. & Abhayakar S. (2008). Sanshodhan Padhhti Anni Manasshasritya Mapan. Narendra Prakashan, Pune 2.
- Ghorpade, M.B. (1975). An Introduction of Psychological Testing. Deepak Publication, Bombay.
- Goleman, J. C. (1971). Psychology And Effective Behaviour. Taraporwala.
- Kerlinger, F.N. (1995). Foundation of Behaviour Research, N.Y Halt Rinchart & Winston Inc
- Kothari, C.R. (1980). Research Methodology: Methods and Techniques. New Delhi: Wiley Eastern Ltd.
- Singh, A. K. (2013). Test Measurements & Research Methods in Behavioural Sciences. Bharati Bhawan, Delhi.

K.B.C. North Maharashtra University, Jalgaon

Syllabus for S.Y.B.A. Psychology

[Discipline Specific Core Course- DSC- 3 D (02)]

S.Y.B.A. - SEM- IV

Subject- Minor Study Project (PSY - 245)

Total marks = 60 External + 40 Internal

Total Credit = 02

Total Periods – 60

Total Clock Hour- 45

Objectives :

- 1) To provide an overview of scientific research in psychology.
- 2) To impart knowledge and develop skills about writing research report.

Minor Study Project:

Students should prepare a minor study project on any topic in psychology with following research steps.

- 1) Problem
- 2) Importance of topic
- 3) Objectives
- 4) Hypotheses
- 5) Tools
- 6) Methodology
- 7) Results
- 8) Conclusion
- 9) Limitation
- 10) References

Minor Study Project Topics

1. Education
2. Industry
3. Remand home/ Old age home
4. Farmer
5. Environmental effects on human behaviour
6. Today's social problems
7. Any relevant and suitable problem may choose by researcher.

Note :

- 1) Students should write research project either in their own hand writing or computer typing. (Page Limit 25 to 40)
- 2) Students should submit research project at the time of external examination and project duly signed by concerned teacher.
- 3) Students should present his/her research by oral and power point presentation (PPT) or by poster.

Marks Distribution for Internal Examination

Project Report & Presentation	Students Attendance & Performance	Total
30 Marks	10	40

Marks Distribution for External Examination

Report Writing	Presentation	Viva-voce	Total
40 Marks	10	10	60

Reading Books :

- 1) Kerlinger, F. N. (1995). Foundation of Behavioural Research, N. Y. Holt Rinehart & Winston Inc.
- 2) Borude, R. R. (2005). Sanshodhan Padhhatishastra. Vidyarathi Granthprakashan, Pune.
- 3) Desai , B. & Abhynkar, S. (2009). Sanshodan Padhhati aani Manashastriya Mapan. Narendra Prakashan, Pune.

**Question Paper Pattern
CBCS Pattern**

Time - 2 hrs.

Class- S.Y.B.A.

Marks- 60

Instructions-

1. All questions carry equal marks.
2. All questions are compulsory.

Que. 1. Answer in one sentence. (Any-6)

12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----

Que.2. Answer in three to four sentences. (Any-4)

12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----

Que.3. Answer in brief. (Any-3)

12

1. -----
2. -----
3. -----
4. -----
5. -----

Que. 4 .Write a Short Note on. (Any-2)

12

1. -----
2. -----
3. -----
4. -----

Que. 5. Long answer questions. (Any-1)

12

1. -----
2. -----
3. -----



**Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon.**

**Revised syllabus for
T.Y.B.A
Psychology
Semester System**

**Choice Base Credit System Pattern (CBCS)
For Semester V & Semester VI**

**Syllabus
From June -2020**

Under the Faculty of Humanities

**Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
(NACC Re-accredited 'A' Grade University)**

T.Y.B.A. PSYCHOLOGY
EQUIVALENT COURSE

CBCS Pattern

OLD Pattern

Semester V- New Syllabus From June 2020 (CBCS Pattern)			Semester V- Old Syllabus From June 2015		
Paper No.	Paper Code No.	Name of the Course	Paper No.	Paper Code No.	Name of the Course
DSC-2 E (03)	PSY-351	Management of Interpersonal Relations OR- NIL	G-3	PSY-351(A) PSY-231(B)	Modern Applied Psychology OR Positive Psychology
DSE-3A (03)	PSY- 352	Principles of Experimental Psychology(Theory) OR- NIL	S-3	PSY-352(A) PSY- 352(B)	Research Methodology in Behavioural Sciences OR Behavioural Modification
DSE-4A (03)	PSY- 353	Experimental Psychology (Practical)	S-4		Experimental Psychology Practical (Annual)

Semester VI- New Syllabus From June 2020 (CBCS Pattern)			Semester VI- Old Syllabus From June 2015		
Paper No.	Paper Code No.	Name of the Course	Paper No.	Paper Code No.	Name of the Course
DSC-2 F (03)	PSY-361	Adjustment in Life Span OR- NIL	G-3	PSY-361(A) PSY-231(B)	Applied Psychology & Modern Life OR Positive Psychology
DSE-3B (03)	PSY- 362	Experimental Psychology in Modern Life(Theory) OR- NIL	S-3	PSY-362(A) PSY-352(B)	Experimental Psychology & Test Measurement OR Behavioural Modification Assessment & Application
DSE- 4B (03)	PSY- 363	Experimental Psychology (Practical)	S-4	PSY- 363	Experimental Psychology Practical (Annual)

NON- EQUIVALENT COURSE

Skill Enhancement Course	Generic Elective Courses
SEM- V --- SEC-3 (02)	SEM- V--- GEC-1A(03)
PSY- 354 Introduction to Counselling Psychology	PSY-355 Industrial & Organizational Psychology
SEM- VI --- SEC-4 (02)	SEM- VI --- GEC-1A(03)
PSY- 364 Counselling Application	PSY- 365 Industrial & Organizational Behaviour

Dr. G. B. Chaudhari
Chairman, BOS Psychology
K.B.C.N.M.U., Jalgaon

K.B.C. North Maharashtra University, Jalgaon
Syllabus for T.Y.B.A. Psychology
[Discipline Specific Core Course- DSC-2E (03)]
SEMESTER- V

Subject- Management of Interpersonal Relations (PSY 351)

Total marks = 60 Theory + 40 Internal
Credit = 03

Periods – 60
Clock Hour Period -45

Objectives:

1. To develop the skills of positive interpersonal communication.
2. To impart an understanding of the various domains of human relationships and process adjustment.
3. To develop the good decision making to career choice.

Unit – I- Interpersonal Communication

[Periods- 20]

- 1.1 The Process of Interpersonal Communication- Components of the Communication Process, Technology and Interpersonal Communication, Communication and Adjustment.
- 1.2 Towards More Effective Communication- Creating a Positive Interpersonal Climate, Conversational Skills, Self-Disclosure, Effective Listening.
- 1.3 Communication Problem- Communication Apprehension, Barriers to Effective Communication.
- 1.4 Interpersonal conflict- Beliefs about Conflict, Types of Conflict, Styles of Managing Conflict, Dealing Constructively with Conflict, Public Communication in an Adversarial Culture.
- 1.5 Developing an Assertive communication style- The Nature of Assertiveness, Steps in Assertiveness Training.

Unit- II -Friendship, Love, Marriage and Intimate Relationship

[Periods- 22]

- 2.1 Perspectives on Close Relationships- The Ingredients of Close Relationships, Culture and Relationships, the Internet and Relationships. Initial Attraction and Relationship Development- Initial Encounters, Getting Acquainted, Established Relationships.
- 2.2 Romantic Love- Sexual Orientation and Love, Gender Differences Regarding Love, Theories of Love The Course of Romantic Love. Overcoming loneliness- The Nature of Loneliness, Prevalence of Loneliness, the Roots of Loneliness, Correlates of Loneliness, Conquering Loneliness.
- 2.3 Challenges to the Traditional Model of Marriage, Moving Toward Marriage- The Motivation to Marry, Selecting a Mate, Predictors of Marital Success.

- 2.4 Marital Adjustment across the Family Life cycle- Between Families: The Unattached Young Adult, Joining Together: The Newly Married Couple, Family with Young Children, Family with Adolescent Children, Launching Children into the Adult World, the Family in Later Life. Vulnerable Areas in Marital Adjustment- Gaps in Role Expectations, Work and Career Issues, Financial Difficulties, Inadequate Communication. Divorce- Increasing Rate of Divorce, Deciding on a Divorce, Adjusting to Divorce, Effects of Divorce on Children, Remarriage.
- 2.5 Application Understanding Intimate Violence- Date Rape, Partner Abuse.

Unit – III- Career and Work

[Periods- 18]

- 3.1 Choosing a career- Examining Personal Characteristics and Family Influences, Researching Job Characteristics, Using Psychological Tests for Career Decisions, Taking Important Consideration into Account.
- 3.2 Models of career choice and Development - Holland’s Trait Measurement and Matching Model, Super’s Developmental Model, Women’s Career Development.
- 3.3 Coping with occupational Hazards- Job Stress, Sexual Harassment, Unemployment.
- 3.4 Balancing (Work and Other Spheres of Life)- Workaholism, Work and Family Roles, Leisure and Recreation.
- 3.5 Application Getting Ahead in the Job Game -Putting Together A Résumé, Finding Companies You Want to Work For, Landing an Interview, Polishing Your Interview Technique.

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

Books for Reading

- Berk L.E.(2007) Development Through Life Span,3rd Edition, Pearson Education.
- Labhane C. P; Sontakke J. P; and Savdekar S. V (2015) Positive Psychology, Prasant Publication.
- Weiten W; and Lloyd M.A(2006) Psychology Applied to Modern Life: Adjustment in the 21st Century, Eighth Edition, Thomson Wadsworth Publication.

सावदेकर एस. व्ही आणि दांडगे एम. आर. (२०१९) २१व्या शतकातील समायोजन मानसशास्त्र, ज्ञानपत्र प्रकाशन.

K.B.C. North Maharashtra University, Jalgaon
Syllabus for T.Y.B.A. Psychology
[Discipline Specific Core Course- DSC-2F (03)]
SEMESTER- VI
Subject- Adjustment in life span (PSY 361)

Total marks = 60 Theory + 40 Internal
Credit = 03

Total Periods – 60
Clock Hour Period -45

Objectives:

1. To impart an understanding of the self-concept and self-esteem.
2. To develop the skills of coping with stress.
3. To understanding the effect of habit to lifestyle.

Unit - I - The Self

[Periods- 18]

- 1.1 Self Concept- The Nature of the Self-Concept, Self-Discrepancies, Factors Shaping the Self-Concept.
- 1.2 Self Esteem- The Importance of Self-Esteem, The Development of Self-Esteem, Ethnicity, Gender, and Self-Esteem.
- 1.3 Basic Principles of Self Perception- Cognitive Processes, Self-Attributions, Explanatory Style, Motives Guiding Self-Understanding, Methods of Self-Enhancement.
- 1.4 Self- Regulation- Self-Efficacy, Self-Defeating Behaviour.
- 1.5 Self Presentation - Impression Management, Self-Monitoring, Building Self-Esteem.

Unit – II- Stress and Its Effects

[Periods- 22]

- 2.1 The nature of Stress- Stress Is an Everyday Event, Stress Lies in the Eye of the Beholder May Be Embedded in the Environment, Stress May Be Self-Imposed, Stress Is Influenced by Culture.
- 2.2 Major types of Stress- Frustration, Conflict, Change, Pressure.
- 2.3 Responding to Stress- Emotional Responses, Physiological Responses, Behavioural Responses.
- 2.4 The Potential Effects of Stress - Impaired Task Performance, Disruption of Cognitive Functioning, Burnout, Posttraumatic Stress Disorders, Psychological Problems and Disorders, Physical Illness, Positive Effects.
- 2.5 Factors Influencing Stress Tolerance- Social Support, Hardiness, Optimism.
Monitoring Your Stress- Problems with the SRRS, The Life Experiences Survey.

Unit – III- Coping Process

[Periods- 20]

- 3.1 The Nature of Constructive Coping, Common Coping Patterns of Limited Value- Giving Up, Striking Out at Others, Indulging Yourself, Blaming Yourself, Using Defensive Coping.
- 3.2 Appraisal-Focused constructive coping- Ellis’s Rational Thinking, Humor as a Stress Reducer, Positive Reinterpretation.
- 3.3 Problem Focused Constructive Coping - Using Systematic Problem Solving, Seeking Help, Using Time More Effectively, Improving Self-Control.
- 3.4 Emotion Focused Constructive Coping- Enhancing Emotional Intelligence, Releasing Pent-Up Emotions, Managing Hostility and Forgiving Others Meditating, Using Relaxation Procedures.
- 3.5 Achieving Self-Control- Specifying Your Target Behavior, Gathering Baseline Data, Designing Your Program, Executing and Evaluating Your Program, Ending Your Program

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

Books for Reading

Berk L.E.(2007) Development Through Life Span,3rd Edition, Pearson Education.

Labhane C. P; Sontakke J. P; and Savdekar S. V (2015) Positive Psychology, Prasant Publication.

Weiten W; and Lloyd M.A(2006) Psychology Applied to Modern Life: Adjustment in the 21st Century, Eighth Edition, Thomson Wadsworth Publication.

सावदेकर एस. व्ही आणि दांडगे एम. आर. (२०१९) २१व्या शतकातील समायोजन मानसशास्त्र, ज्ञानपत प्रकाशन.

Kaviyatri Bahinabai Chaudhari North Maharashtra University, Jalgaon

Syllabus for T.Y.B.A. Psychology

[Discipline Specific Elective Courses- DSE- 3A (03)]

SEMESTER- V

PSY- 352: Principles of Experimental Psychology (Theory)

Total marks = 60 Theory + 40 Internal

Credit = 03

Total Periods = 60

Clock Hours Period = 45

Objectives:

1. To acquaint the students with the basic concepts of experimental psychology.
2. To develop the spirit of scientific inquiry about psychological processes in human participants.
3. To help students understand the basic steps in experimental psychology.
4. To equip the students with the basic information and knowledge about conducting experiments and interpretation of the obtained results.

UNIT- 1: Introduction to Experimental Psychology

[Periods- 20]

1.1 Brief history, Nature and Scope of Experimental Psychology

- The need of experimental psychology
- Basic concepts in psychological experiments
- Goals of experimental psychology

1.2 Essential Features of Experimental Psychology

- i) Establishing Independent Variables
- ii) Controlling extraneous variables
- iii) Measuring Dependent Variables

1.3 Techniques of Experimental Control

- i) Methods of removal or eliminations
- ii) Methods of constancy of conditions
- iii) The control group method (three subtypes)
- iv) Matching methods
- v) Counter balancing methods
- vi) Statistical control techniques

1.4 Experimental Report

- Steps in Experimental Report (Title, Introduction, Statement of the problem, Hypothesis, Method of study, Subject and his condition, Procedure, Raw data, Introspective report, Results, Graphs, Discussion and Conclusion)
- Limitations of experimental psychology (Types and sources of errors)

1.5 Ethics in Psychological Experiments

- i) The use of animal subjects in psychological experiments
- ii) General rules to be observed while doing a psychological experiment
- iii) A word of caution to the experimenter

UNIT- 2: Conditioning and Human Learning

[Periods- 20]

2.1 Conditioning: Nature, Scope

Types of Conditioning

A) Classical Conditioning

- Experiment of Classical Conditioning
- Basic concepts in Classical Conditioning (US and UR, CS and CR, Reinforcement)
- Characteristics of Classical Conditioning
 - i) Generalization
 - ii) Discrimination
 - iii) Extinction
 - iv) Spontaneous Recovery

B) Instrumental (Operant) Conditioning

- Experiment of Instrumental Conditioning
- Types Instrumental Conditioning
 - i) Reward Training
 - ii) Escape Training
 - iii) Avoidance Training
 - iv) Secondary Reward Training

2.2 Schedules of Reinforcement

(Fixed Ratio, Variable Ratio, Fixed Interval, Variable Interval)

2.4 Learning: Nature, Scope, Types and Methods

Types of Learning

- i) Verbal Learning
- ii) Motor Learning
- iii) Problem Solving

Methods of Learning

- i) Whole versus Part Method
- ii) Massed versus Distributed Practice
- iii) Recitation Method

2.5 Determinants of Learning

- i) Nature of Learning Material
- ii) Methods of Practice (Method of complete presentation, anticipation and paired associates)
- iii) Personal Characteristics of a Learner

UNIT- 3: Remembering and Forgetting

[Periods- 20]

3.1 Memory: Nature, Scope and Types

3.2 Models of Memory

- i) The Atkinson and Shiffrin Model
- ii) Tulving's Model
- iii) The levels of Processing Approach
- iv) The Parallel Distributed Processing Approach

3.3 Methods of Measuring Retention

- i) Method of recall
- ii) Method of Recognition
- iii) Method of Relearning

3.4 Retention and Forgetting

- The curve of retention
 - The curve of forgetting
- Factors Influencing Retention and Forgetting
- i) Rate of original learning
 - ii) Over learning
 - iii) Periodic reviews
 - iv) Kind of material
 - v) Intention to learn

3.5 Theories of forgetting

- i) Decay Theory
- ii) Interference (Retroactive and Proactive Inhibition)
- iii) Motivated forgetting

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance & Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

References:

D'amato, M.R. (1979). *Experimental Psychology: Methodology, Psychophysics and Learning*. New Delhi: Tata McGraw Hill Publishing Company, Ltd.

- Dandekar, W.N. (1966). *Fundamentals of Experimental Psychology*. Kolhapur: School and College Book Stall.
- Desai, B. & Abhyankar, S. (2017). *Prayogik Manasshashtra Aani Sanshodhan Padhati*. Pune: Narendra Prakashan.
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- Healy, A.F. & Proctor, R.W. (2003). *Handbook of Experimental Psychology*. New Jersey: John Wiley & Sons, Inc.
- Kontwitz, B.H., Roediger, H.L. & Elmes, D.G. (2009). *Experimental Psychology (9th Ed.)*. USA: Wadsworth.
- Kothurkar, V.K. & Vanarase, S.J. (1985). *Experimental Psychology: A Systematic Introduction*. New Delhi: Wiley Eastern Limited.
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- Postman, L. & Egan, J.P. (1949). *Experimental Psychology: An Introduction*. Ludhiyana: Kalyani Publishers.
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- Vanarase, S.J, Gogate, S.B. & Vanarase, S. (1976). *Prayogik Manasshastra*. Pune: Venus Prakashan.
- Woodworth, R.S. & Harold, S. (1971). *Experimental Psychology*. New Delhi: Oxford & IBH Publishing Co. Pvt. Ltd.

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Syllabus for T.Y.B.A. Psychology

[Discipline Specific Elective Courses- DSE- 3B (03)]

SEMESTER- VI

PSY- 362: Experimental Psychology in Modern Life (Theory)

Total marks = 60 Theory + 40 Internal

Credit = 03

Total Periods = 60

Clock Hours Period = 45

Objectives:

5. To acquaint the students with the basic concepts of psychophysics.
6. To develop the spirit of scientific inquiry about psychological processes in human participants.
7. To help students understand the basic steps in psychological experiments.
8. To equip the students with the basic information and knowledge about conducting experiments and interpretation of the obtained results.

UNIT- 1: Psychophysics

[Periods- 20]

1.1 Psychophysics: Nature, scope and basic concepts

- Sensitivity
- Thresholds (AL, DL, TL)
- Point of Subjective Equality (PSE)

1.2 Methods of Psychophysics

- i) Method of limit
- ii) Method of constant stimuli
- iii) Method of average error

1.3 Errors in Psychophysics

1.4 Laws in Psychophysics: Weber, Fechner and Steven's Law

1.5 Applications of Psychophysics

UNIT- 2: Perceptual Processes

[Periods- 20]

2.1 Attention: Nature and Scope

- Types of Attention: (Divided, Selective and Sustain Attention)
- Determinants of Attention

2.2 Theories of Attention

- Bottleneck Theory, Automatic Vs Controlled Processing, and Feature Integration Theory.

2.3 Perception: Nature, Characteristics and Processes of Perception

2.4 Perception of Distance: Monocular and Binocular cues

2.5 Reaction Time: Nature, Scope, Types, Determinants and Applications

UNIT- 3: Thinking and Problem Solving

[Periods- 20]

3.1 Thinking: Nature, definition and kinds of Thinking

3.2 Theories of thinking: Central Theory and Peripheral-Central Theory

3.3 Problem Solving: Nature of problem, Types of problems, Understanding the problem, Approaches in problem solving, Factors influencing Problem Solving

3.4 Reasoning: Formal logic and Limitations

3.5 Decision Making: Stages and heuristics

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

References:

D'amato, M.R. (1979). *Experimental Psychology: Methodology, Psychophysics and Learning*. New Delhi: Tata McGraw Hill Publishing Company, Ltd.

Dandekar, W.N. (1966). *Fundamentals of Experimental Psychology*. Kolhapur: School and College Book Stall.

Desai, B. & Abhyankar, S. (2017). *Prayogik Manasshashtra Aani Sanshodhan Padhati*. Pune: Narendra Prakashan.

Ghorpade, M.B. (1964). *An Introduction to Experimental Psychology*. Allahabad: Kitab Mahal (W.D.) Pvt. Ltd.

Healy, A.F. & Proctor, R.W. (2003). *Handbook of Experimental Psychology*. New Jersey: John Wiley & Sons, Inc.

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Kothurkar, V.K. & Vanarase, S.J. (1985). *Experimental Psychology: A Systematic Introduction*. New Delhi: Wiley Eastern Limited.

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- Parameswaram, E.G. & Ravichandra, K. (1983). *Experimental Psychology: A Laboratory Manual*. Delhi: Seema Publications.
- Postman, L. & Egan, J.P. (1949). *Experimental Psychology: An Introduction*. Ludhiana: Kalyani Publishers.
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- Vanarase, S.J, Gogate, S.B. & Vanarase, S. (1976). *Prayogik Manasshastra*. Pune: Venus Prakashan.
- Woodworth, R.S. & Harold, S. (1971). *Experimental Psychology*. New Delhi: Oxford & IBH Publishing Co. Pvt. Ltd.

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Syllabus for T.Y.B.A. Psychology
[Discipline Specific Elective Courses- DSE- 4A (03)]
SEMESTER- V
PSY- 353: Experimental Psychology (Practical)

Total marks = 60 Practical + 40 Internal
Credit = (03)

Total Periods = 96
Clock Hours Period = 96

Objectives:

- 1 To help students understand the basic steps in psychological experiment
2. To familiarized the students with the use of elementary statistical techniques.
3. To give practical experience to the students in administrating, scoring and interpreting of the scores.

I. Learning and Memory (Any Eight)

- Maze Learning
- Recall and Recognition
- Habit interference
- Serial Learning
- Bilateral Transfer
- Conditioning Hand Withdrawal
- Effect of Knowledge of results
- Figure and Ground
- Short Term Recall
- Retroactive inhibition
- Intelligence Test-(Standard Progressive Matrices (SPM))
- Bhatia's Performance Test

Statistics:-

- Frequency distribution
- Computation of mean, Median, Mode
- Co-efficient of correlation by Rank Difference Method

Internal 40 Marks		External 60 Marks	
Marks for Two Test	20	Marks for Statistics	10
Marks for Attendance	10	Marks for Instructions	10
Marks for Seminar	10	Marks for Oral	10
		Report Writing	15
		Marks for Journal	15
Total = 40		Total = 60	

➤ **References**

1. Deshpande, S.V. (2002). *PrayogikManasshastra*. Continental Publication, Pune
2. Garret, H.E. & Wood, W. (1981). *Statistics in Psychology and Education*. Vakils Fetter and Simonce Ltd. Bombay.
3. Upasani, N.K. & Kulkarni (1990). *Nave Shakshanic Mulyamapanaani Sankhyashastra*. ShriVidya Prakashan, Pune.
4. Desai, B. & Abhyabkar, S.C. (2008). *Prayogik Manasshstraaani Sanshodhan Paddhati*. NarendraPrakashan, Pune.
5. Anastasi, A. & Urbina, S. (2009). *Psychological testing*. N.D. Pearson Education
6. Kaplan, R. M. & Saccuzzo, D. P. (2005). *Psychological testing , Principals, Applications and Issues*. (6th Ed.), Cengage Learning India Pvt. Ltd.
7. Test manuals.

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Syllabus for T.Y.B.A. Psychology
[Discipline Specific Elective Courses- DSE- 4B (03)]
SEMESTER- VI

PSY- 363: Experimental Psychology (Practical)

Total marks = 60 Practical + 40 Internal

Total Periods = 96

Credit = (03)

Clock Hours Period = 96

Objectives:

1. To acquaint the students with the basic procedure and design of Psychology Experiments
2. To give practical experience to the students in administrating and scoring psychological tests and interpreting the scores.

Note: Students should conduct at least eight experiments from the following

(Psychophysics, perception, Attention & other (Any Eight))

- Method of Limits
 - Method of Constant Stimuli
 - Method of Average Error
 - Colour Preference
 - Measurement of Illusion
 - Reaction time
 - Problem Solving – Pyramid Puzzle / Wiggly Blocks / Hear and Bow Puzzle
 - Retinal Colour Zones
 - Manual Dexterity
 - Span of Attention
 - Multiple Choice Problem
 - Size Constancy
- **Statistics:-**
- S.D. (Standard Deviation)
 - ‘t’ Test

Division of Marks

Internal 40 Marks	External 60 Marks
Marks for Two Test 20	Marks for Statistics 10
Marks for Attendance 10	Marks for Instructions 10
Marks for Seminar 10	Marks for Oral 10
	Report Writing 15
	Marks for Journal 15
Total = 40	Total = 60

➤ References

1. Deshpande, S.V. (2002). *PrayogikManasshastra*. Continental Publication, Pune
2. Garret, H.E. & Wood, W. (1981). *Statistics in Psychology and Education*. Vakils Fetter and Simonce Ltd. Bombay.
3. Upasani, N.K. &Kulkarni (1990). *Nave Shakshanik Mulyamapanaani Sankhyashastra*. ShriVidya Prakashan, Pune.
4. Desai, B. &Abhyabkar, S.C. (2008). *PrayogikManasshstraani SanshodhanPaddhati*. Narendra Prakashan, Pune.
5. Anastasi, A. &Urbina, S. (2009). *Psychological testing*. N.D. Pearson Education
6. Kaplan, R. M. &Saccuzzo, D. P. (2005). *Psychological testing , Principals, Applications and Issues*.(6th Ed.), Cengage Learning India Pvt. Ltd.
7. Test manuals.

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Syllabus for T.Y.B.A. Psychology
[Skill Enhancement Course SEC-3(02)]
SEMESTER - V
Subject: Introduction to counselling Psychology (PSY– 354)

Total Marks – 60 Theory + 40 Internal.

Total Credit – 02

Total Period – 40

Clock hours – 30

Objectives:-

- (1) To aware the student about scientific counselling, its ethics and strategies of counselling.
- (2) To develop and acquaint the student about counselling skill.

Unit – I - Nature and Goals of the Counselling Psychology

[Periods- 14]

- 1.1 History, meaning & definitions of counselling.
- 1.2 Difference between Guidance & Counselling.
- 1.3 Major goals of counselling.
- 1.4 Areas (problems) & need of the counselling.
- 1.5 Professional and Ethical Issue of counsellor.

Unit – II – Counselling Interview & Psychological Testing

[Periods- 13]

- 2.1 Attending and influencing skills in counselling.
- 2.2 Influence strategies in counselling.
- 2.3 Psychological test, its uses and limitation of the use in counselling.
- 2.4 Types of Psychological test.
- 2.5 Factors affecting on Psychological test results.

Unit – III - Counselling Areas.

[Periods- 13]

- 3.1 Family Counselling.
- 3.2 Pre-marital and marital Counselling.
- 3.3 Counselling for drug addicts.
- 3.4 Career Counselling.
- 3.5 Group Counselling.

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

Books for Reference.

- (1) Gelso C.L. Fretz D.R.(1995) counselling Psychology, Prism Books Pvt.Ltd. Banglore.
- (2) Gorey Gerald (2011) counselling and Psychotherapy - Theory & practice : change learning, India. First Edition, New Delhi - 110092
- (3) Kockhar S.K. (1993) Guidance and counselling in colleges and Universities Sterling Publishers Pvt.Ltd., New Delhi.
- (4) Narayan Rao S : (2002) Counselling Psychology IIndEdition, Tata Mc.Graw Hill Publishing Company Ltd., New Delhi.
- (5) Patri V.R.(2001) Counselling Psychology 1st Edition, Authors Press, New Delhi.
- (6) श्री.चौधरी जी.बी., श्री.पवार बी.एस.(२०१२) समुपदेशन मानसशास्त्र प्रशांत पब्लिकेशन. द्वितीय आवृत्ती, जळगांव
- (7) श्री.चौधरी गोकुळ बी. श्री.पवार बेनहर (२०१५) समुपदेशन मानसशास्त्र-आशय, प्रक्रिया आणि उपचार पध्दती, अथर्व पब्लिकेशन, प्रथम आवृत्ती, जळगांव.
- (8) देशपांडे चंद्रशेखर व इतर लेखक (मुळलेखक व संपादक) (२०१२) समुपदेशन मानसशास्त्र उन्मेष प्रकाशन, पुणे - ३०, प्रथम आवृत्ती २०१०
- (9) मानसशास्त्र परिभाषा कोश (१९९१) भाषा संचनालय, महाराष्ट्र शासन, मुंबई.
- (10) Welfel Ellizabeth R. Patterson Levis E. The counselling Process : Change Learning, Sixth India Edition, Dew Delhi. 110092.

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Syllabus for T.Y.B.A. Psychology
[Skill Enhancement Course SEC-4(02)]
SEMESTER - VI
Subject :- Counselling Application (PSY-364)

Total Marks – 60 Theory + 40 Internal.
Total Credit – 02

Total Period – 40
Clock hours – 30

Objectives :-

- (1) To aware the student about psychotherapies in counselling.
- (2) To develop the attitude of students about counselling importance in day-to-day life.

Unit – I -Psychoanalytic therapy

[Periods- 14]

- 1.1 Nature and Personality structure in Psychoanalytic therapy.
- 1.2 Conscious, Unconscious and anxiety in Freudian therapy.
- 1.3 Defence mechanism & its types.
- 1.4 Psycho-social & Psychosexual Development in Freudian therapy.
- 1.5 Therapeutic procedures and application of Freudian therapy.

Unit – II Adlerian and Person Centred Therapy

[Periods- 13]

- 2.1 Nature and basic concept in Adlerian therapy.
- 2.2 Adlerian Therapeutic procedure and application.
- 2.3 Nature and basic concept in person centred therapy.
- 2.4 Therapeutic procedure in person centred therapy and application.
- 2.5 Person centred expressive Arts therapy & its principles.

Unit – III- Behavioural, Cognitive Behavioural and Yoga therapy

[Periods- 13]

- 3.1 Classical Conditioning therapy and its applications.
- 3.2 Operant Conditioning therapy and its application.
- 3.3 Rational Emotive Behaviour therapy and its application.
- 3.4 Meaning and Nature of Yoga therapy.
- 3.5 Definition of meditation, Nature and types of meditation.

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

Books for Reference.

- (1) Gelso C.L. Fretz D.R.(1995) counselling Psychology, Prism Books Pvt.Ltd. Bangalore.
- (2) Gorey Gerald (2011) counselling and Psychotherapy - Theory & practice : change learning, India. First Edition, New Delhi - 110092
- (3) Kockhar S.K. (1993) Guidance and counselling in colleges and Universities Sterling Publishers Pvt.Ltd., New Delhi.
- (4) Narayan Rao S : (2002) Counselling Psychology IIndEdition, Tata Mc.Graw Hill Publishing Company Ltd., New Delhi.
- (5) Patri V.R.(2001) Counselling Psychology 1st Edition, Authors Press, New Delhi.
- (6) श्री.चौधरी जी.बी., श्री.पवार बी.एस.(२०१२) समुपदेशन मानसशास्त्र प्रशांत पब्लिकेशन. द्वितीय आवृत्ती, जळगांव
- (7) श्री.चौधरी गोकुळ बी. श्री.पवार बेनहर (२०१५) समुपदेशन मानसशास्त्र-आशय, प्रक्रिया आणि उपचार पध्दती, अथर्व पब्लिकेशन, प्रथम आवृत्ती, जळगांव.
- (8) देशपांडे चंद्रशेखर व इतर लेखक (मुळलेखक व संपादक) (२०१२) समुपदेशन मानसशास्त्र उन्मेष प्रकाशन, पुणे - ३०, प्रथम आवृत्ती २०१०
- (9) मानसशास्त्र परिभाषा कोश (१९९१) भाषा संचनालय, महाराष्ट्र शासन, मुंबई.
- (10) Welfel Ellizabeth R. Patterson Levis E. The counselling Process : Change Learning, Sixth India Edition, Dew Delhi. 110092.

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GENERIC ELECTIVE COURSES GEC-1A (03)

Syllabus for TYBA Psychology

SEMESTER- V

PSY- 355 Industrial and Organizational Psychology

Total Marks 60+40

Total Periods -60

Credits - 03

Clock Hours = 45

Course Learning Objectives

To acquaint the students with -:

- The principles and challenges related to Industrial and Organizational Psychology at the levels of individual, team and organization.
- The work done in Industrial and Organizational Psychology
- Motivation at The Workplace
- The Importance of Engineering Psychology

UNIT-1: Industrial and Organizational (I/O) Psychology- Nature and Scope [Periods-20]

1.1-: I/O Psychology: Meaning, subject matter and functions of Industrial Psychology

1.2-: The history of I/O Psychology

1.3-: I/O Psychology in the present

1.4-: Future of I/O Psychology

1.5-: Application: Industry- Academia Connect

UNIT- 2: Motivation at the Workplace [Periods-20]

2.1-: Concept and Classification of work Motivation.

2.2-: Need Theories-: Maslow's, Herzberg, Achievement Theory.

2.3-: Cognitive Theories-: Equity Theory, Goal Setting Theory, Self-Efficacy Theory

2.4-: Motivation-: Self-Discipline Model – Seven Step Process

2.5-: Application-: Using motivation theory at work

UNIT-3: Engineering Psychology [Periods-20]

3.1-: History and scope of engineering psychology

3.2-: Time and Motion Study, Person-Machine System

3.3-: Workspace Design, Displays Information (Visuals and Auditory)

3.4-: Computers, Industrials Robots

3.5-: Application- Advances in Engineering Psychology.

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

REFERENCES:

Luthans, F. (1995). Organizational behavior (7th ed). New York: McGraw- Hill, inc.

Robbins, S.P. & Sanghi, S. (2007). Organizational behavior (11th Ed.). New Delhi: Pearson Education.

Robbins, S.P.; Judge, T.A; and Sanghi, A (2009). Organizational behavior. N.D.: Pearson Prentice Hall.

Pandit, R., Kulkarni, AV. & Gore, C. (1999). Manasashastra: Audyogikaanivyavasayikupayojan. Nagpur: Pimpalpure & Co.

Gadekar, Jamale, Rasal(2013), AudyogikvaSanghatanatmakManasshastra

Aamodt, M.G. (2007). Industrial and organizational psychology: An applied approach. US: Thomson & Wadsworth.

McShane, et al. (2006). 1st reprint. Organizational behavior. N.D.: Tata McGraw-Hill

Miner, J.B. (1992). Industrial-Organizational Psychology. N.Y.: McGraw-Hill

Schultz, D. and Schultz, S. E. (2006). Psychology and work today. 8th ed. N.D.: Pearson Edu.

Singh (2015). Organizational Behaviour : Text and Cases, 2/e - Pearson, Education.

K. B. C. NORTH MAHARASHTRA UNIVERSITY, JALGAON.

GENERIC ELECTIVE COURSES GEC-1A (03)

Syllabus for TYBA Psychology

SEMESTER- VI

PSY- 355 Industrial and Organizational Behaviour

Total Marks 60+40

Credits - 03

Total Periods -60

Clock Hours Period= 45

Course Learning Objectives Credits-

To acquaint the students with -:

- The Principles and challenges related to Industrial and Organizational Psychology at the levels of individual, team and organization.
- The work done in Industrial and Organizational Psychology
- The personnel selection and training.
- The Create a plan to improve their own personal leadership skills.

UNIT -1: Importance of Organizational Behaviour and Organizational Development

[Periods-20]

1.1-: Meaning and nature of Organizational Behavior (OB)

1.2-: Trends and challenges to OB- globalization, diversity, ethics

1.3-: Meaning and nature of Organizational Development (OD)

1.4-: Systems Theory of Organizational Development (OD)

1.5-: Application - Organizational change

UNIT- 2: PERSONNEL SELECTION AND TRAINING

[Periods-20]

2.1-: Job Profile, job analysis and Recruitment techniques

2.2-: Personnel Selection -Non-Testing Methods

- Selection Interview
- Application Blanks
- Biological Inventories
- Projective Personality Analysis of Application Blanks

2.3-: Personnel Selection – Testing Methods

- Measurement of Abilities
- Special Aptitude Tests
- Measurement of Personality
- Measurement of skills and Achievement.

2.4-: Psychological Principles in training and training for knowledge and skill

2.5-: Evaluation of Training Programmed

UNIT-3-: JOB SATISFACTION

[Periods-20]

3.1-: Job satisfaction as a job attitude

3.2-: Components of job satisfaction: Satisfaction with work, with pay and with Supervision

3.3-: Measuring job satisfaction: Job Descriptive Index, Minnesota Satisfaction

3.4-: Theories of job satisfaction: Motivator-Hygiene Theory, Dispositional approach

3.5-: Application: Relationship of job satisfaction to productivity and withdrawal behavior.

Examination Pattern

Internal Examination: - 40 Marks (College Level)

Internal -I	Internal –II	Attendance& Performance	Total
15	15	10	40

External Examination: - 60 Marks (University Level)

REFERENCES:

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Pandit, R., Kulkarni, AV. & Gore, C. (1999). Manasashastra: Audyogikaanivyavasayikupayojan. Nagpur: Pimpalpure & Co.

Gadekar, Jamale, Rasal(2013), AudyogikvaSanghatanatmakManasshastra

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Schultz, D. and Schultz, S. E. (2006). Psychology and work today. 8th ed. N.D.: Pearson Edu.

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**Question Paper Pattern
CBCS Pattern**

Time - 2 hrs.

Class- T.Y.B.A.

Marks- 60

Instructions-

1. All questions carry equal marks.
2. All questions are compulsory.

Que. 1. Answer in one sentence. (Any-6) 12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----

Que.2. Answer in three to four sentences. (Any-4) 12

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----

Que.3. Answer in brief. (Any-3) 12

1. -----
2. -----
3. -----
4. -----
5. -----

Que. 4 .Write a Short Note on. (Any-2) 12

1. -----
2. -----
3. -----
4. -----

Que. 5. Long answer questions. (Any-1) 12

1. -----
2. -----
3. -----