

St. Xavier's College (Autonomous), Ahmedabad
Syllabus of Semester – I of the following departments under Faculty of Arts
based on Under Graduate Curriculum Framework - 2023 to be implemented
from the Academic Year 2023-24

FACULTY OF ARTS

DEPARTMENT OF PSYCHOLOGY

Course	Title	Content	Hours/week	Credit
DSC Major Paper-1 (Theory)	Basic Psychological Processes-I	U-1: Psychology as a Science U-2: Motivation U-3: Emotion U-4: Attention and Perception	4hrs	4
DSC Major Paper-2 (Theory)	Psychology of Adjustment - I	U-1: An Introduction to Psychology of Adjustment U-2: Adjustment in Childhood U-3: Pre-Marital and Marital Adjustment U-4: Family Adjustment	4hrs	4

Discipline Specific Course PS-1501: Basic Psychological Processes-I

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Activity/Case study analysis		
PS-1501 Basic Psychological Processes-I	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of Human Core Psychological concepts

Learning Objectives

This discipline specific course is designed to provide an understanding of the core concepts of Psychology and mental processes. To provide clarity on the applied areas of Psychology to be pursued as careers. To develop in-depth knowledge of different concepts of motivation, emotion, attention and perception.

Learning Outcomes

- To gain the knowledge of different fields (scope) of Psychology
- To become familiar with historical terms and theories of psychology
- To develop better and healthy perception regarding oneself and understanding

Syllabus of PS-1501

Unit 1 Psychology as a Science

1. Definition & meaning
2. Nature of Psychology
3. Aims and goals of Psychology
4. Branches of Psychology : (i) Theoretical (ii) Applied

Unit 2 Motivation

1. Definition & Nature of Motivation (Motivational Cycles)
2. Primary Motives : Hunger and Thirst
3. Social Motives: Affection and Affiliation
4. Maslow's theory of Motivation

Unit-3 Emotion

1. Definition and nature of emotion
2. Physiological changes during Emotion
3. Measurement of emotion : Polygraph
4. Emotional Intelligence theory : Goleman

Unit 4 Attention and Perception

1. Definition of Attention & perception
2. Determinants of Attention
3. Object Perception : (i) Figure & background (ii) Principles of grouping in perception
4. Depth Perception

Suggested Readings:

- Clifford T. Morgan, A Brief Introduction To Psychology, Tata McGrawHill (1978), Publishing Co. Ltd, New Delhi.
- Ciccarelli, Sandra K. and Myer, Glenn E. (2008), Psychology South Asian Edition Pearson Longman, An imprint of Pearson Education. First Impression.
- Baron R. A. (2000), Psychology; third edition, Prentice Hall of India pvt. Ltd., New Delhi

Discipline Specific Course PS-1502: Psychology of Adjustment - I

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Prerequisite(s) of the Course (if any)
	Lecture	Tutorial	Activity/Case study analysis		
Psychology of Adjustment -1 PS-1502	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of Human Psychology and Adjustment, General reasoning and analytical skills

Learning Objectives:

This course is designed to provide an introduction to psychology of adjustment which is helpful in understanding for students of any background as it includes topics of day to day life which every individual goes through. It will cover various fields of adjustment, adjustment in childhood, various factors of family adjustment. The course will also have a range of topics from pre-marital and marital adjustment such as selection of a mate, pre-marital background factors, factors in good marital adjustment etc.

Learning Outcomes:

- To be more understand adjustment in day to day life
- To become familiar with adjustment factors of childhood
- To develop better insight into factors of adjustment and marriage
- To create awareness about family and it's functions in everyday life

Syllabus of PS-1502

Unit 1. An Introduction to Psychology of Adjustment

1. Meaning and Nature of Psychology of Adjustment
2. Fields of Adjustment
3. Characteristics of Satisfactory Adjustment
4. How do we improve adjustment?

Unit-2 Adjustment in Childhood

1. Parenting Styles: Historical and Emerging
2. School as a New Experience
3. The Home – School Relationship
4. Launching Children into the adult world

Unit-3 Pre-Marital and Marital Adjustment

1. Meaning of Marital Adjustment
2. Selecting a Mate : The quest for Romantic Love and Expectations
3. Other key factors in Mate Selection
4. Factors in good Marital adjustment
 - a. Pre-marital Background Factors
 - b. Personality Factors

Unit-4 Family Adjustment

1. Definition and Nature of Family
2. Functions of Family
3. Dynamics of Family Interaction
 - a. The Husband – Wife relationship
 - b. Parent – child relationship
4. Family Adjustment
 - a. Adjustment of Family Crises
 - b. Divorce

Suggested Readings:

- George, Lehner And Ella Kube, The Dynamics Of Personal Adjustment. Prentice – Hall. Inc. (N.J.)
- Coleman, J.C., Psychology And Effective Behavior, D.B Taraporevala Sons & Co. Bombay.
- Psychology Of Effective Behavior Pro. K.N.Shah. University GranthNirman Board Gujarat Rajya Ahmedabad.
- Weiten W. And Lloyd, M.A. (2007) Psychology Applied To Modern Life Adjustment In The 21st Century 8th Edition. United States Thomson Wadsworth.