

**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**

<b>Course</b>	<b>Title</b>	<b>Content</b>	<b>Hours/week</b>	<b>Credit</b>
<b>DSC Major Paper-1 (Theory)</b>	Introduction to Psychology-I	U-1: Psychology: A Science and A Perspective U-2: Scientific Perspectives of Psychology U-3: Pre-Scientific Perspectives of Psychology U-4: Attention and Perception	4hrs	4
<b>DSC Major Paper-2 (Theory)</b>	Dynamics of Adjustment – I	U-1: Introduction to Adjustment Process U-2: Theories and Approaches of Adjustment U-3: Coping Methods for better Adjustment U-4: Family Adjustment	4hrs	4

**Discipline Specific Course PSH-1501: Introduction to Psychology-I**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

<b>Course Title &amp; Code</b>	<b>Credit Distribution of The Course</b>			<b>Eligibility Criteria</b>	<b>Prerequisite(s) of the Course (if any)</b>
	<b>Lecture</b>	<b>Tutorial</b>	<b>Activity/Case study analysis</b>		
Introduction to Psychology-I PSH-1501	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of human psychology

## **Learning Objectives**

This minor course is designed to provide an understanding of the fundamental aspects of Psychology and its core concepts. This course will lead to the understanding of different specializations in the field of Psychology which will enhance the career understanding of students. To understand the history of Psychology from the perspective of various schools of thoughts. To understand the basics of attention of perception.

## **Learning outcomes:**

- To introduce students to the basics of Psychology
- To become familiar with western & eastern perspectives of Psychology
- To understand various scientific perspective of Psychology
- To understand the concepts of attention and perception

## **Syllabus of PSH-1501**

### **Unit-1 Psychology: A Science and A Perspective**

1. Psychology: Definitions and Goals
2. Professionals and areas of specialization
3. Methods in Psychology : Descriptive & Experimental

### **Unit -2 Scientific Perspectives of Psychology**

1. Psychodynamic Perspective  
Behavioral Perspective
2. Humanistic Perspective  
Cognitive Perspective
3. Socio cultural Perspective  
Bio psychological Perspective

### **Unit- 3 Pre-Scientific Perspectives of Psychology**

1. Western perspective: (A) Structuralism (B) Functionalism
2. Eastern Perspective: (A) Bhagwad Gita, Patanjali (B) Buddhism, Jainism, Integral Yoga

### **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:**

- Ciccarelli and White, Psychology, 4th Edition, Pearson, 2015
- Baron, Psychology, 4th Edition, Allyn and Bacon
- Morgan and King, 17<sup>th</sup> edition, McGraw Hill, 2014

## Discipline Specific Course 2 – PSH-1502: Dynamics 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		
Dynamics of Adjustment – I Psh-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

Adjustment is essential in everyday life and it important that the individual learns to adjustment in adaptive ways. 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, the process of adjustment, various coping strategies in adjustment and why family adjustment is important in personal and emotional wellbeing.

### Learning Outcomes

- To understand the basic adjustment process
- To learn about various approaches to adjustment
- To learn about various coping methods in adjustment
- To explore adjustment in the context of family

### Syllabus of PSH - 1502

#### Unit 1 – Introduction to Adjustment Process

1. Definition, nature and fields of Adjustment
2. Determining Adjustment in Individuals
  - Goodness of fit
  - Lack of problems
  - Positive life experiences
  - Mind-Body Health

3. Perceptions of change
  - Change can be stressful
  - Positive and negative change events
  - Planned and unplanned change
  - Comprehensibility of change

## **Unit 2 – Theories and Approaches of Adjustment**

1. The psychological approach to adjustment
  - How we adjust – the adjustment process
  - How we reflect adjustment
2. Alternative approaches to adjustment
  - Theories as aids to security and adequacy
  - The spirit theory
  - The religious theory
  - Pseudo-sciences
3. How we improve adjustment
  - Increased self-awareness
  - Increased other-awareness
  - Increased Problem-awareness

## **Unit 3 – Coping Methods for Better Adjustment**

1. Common Coping Patterns of Limited Values
2. Appraisal-Focused Constructive Coping
3. Problem-Focused Constructive Coping
4. Emotion-Focused Constructive Coping

## **Unit 4 – Family Adjustment**

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