

St. Xavier's College (Autonomous), Ahmedabad
Syllabus of Semester – II 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-II	U-1: The Method of Psychology U-2: Learning & Conditioning U-3: Memory & Forgetting U-4: Psychological Testing	4hrs	4
DSC Major Paper-2 (Theory)	Psychology of Adjustment - II	U-1: Interpersonal Relationship and Conflict U-2: Job Adjustment U-3: Adjustment to Leisure U-4: Friendship and Adjustment	4hrs	4

Discipline Specific Course PS-2501: Basic Psychological Processes-II

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-2501 Basic Psychological Processes-II	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-2501

Unit 1 The Method of Psychology

1. Natural Observation
2. Systematic Observation
3. Survey Method
4. Experimental Method

Unit 2 Learning & Conditioning

1. Definition & meaning
2. Conditioning Experiments : (i) Classical Conditioning (ii) Operant Conditioning,
3. Cognitive Learning (Kohler's Experiments)
4. Trial & Error Learning

Unit-3 Memory & Forgetting

1. Definition of memory and forgetting
2. Types of memory
3. Stages of memory
4. Theories of forgetting

Unit-4 Psychological Testing

1. Definition and Type of Psychological Tests
2. Uses and decisions from tests
3. Characteristics of a Good Psychological Test
4. Intelligence Tests: (i) Binet –Simon test for children (ii) WAIS for adults.

Suggested Readings:

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

Discipline Specific Course PS-2502: Psychology of Adjustment – II

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 –II PS-2502	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 – 2502

Unit 1. Interpersonal Relationship and Conflict

1. Fundamentals of Interaction
2. How we attain group membership?
3. Interpersonal Conflict
 - a. Belief about Conflict
 - b. Type of Conflict
 - c. Style of managing Conflict
4. Dealing constructively with Conflict

Unit 2. Job Adjustment

1. Meaning and Nature of Job Adjustment
2. The Transition from School to work
3. Sources of Stress on the Job
 - a. Sexual harassment
4. Effects and Dealing with Job stress

Unit-3 Adjustment to Leisure

1. Meaning and Functions of Leisure
2. Characteristics and Activities of Leisure
3. Problems of Leisure
4. Creative use of Leisure

Unit -4 Friendship and Adjustment

1. Perspectives on Close relationship
 - a. The Ingredients of a Close relationship
 - b. Culture and relationship
 - c. The Internet and relationships
2. Friendship
 - a. What makes a good friend?
 - b. Gender differences in Friendship
3. Loneliness
 - a. Nature of Loneliness
 - b. Prevalence of Loneliness
 - c. Roots of Loneliness
 - d. Correlates of Loneliness
4. Conquering Loneliness

Suggested Reading:

- George, Lehner And Ella Kube, The Dynamics Of Personal Adjustment. Prentice – Hall. Inc. (N.J.)
- Weiten W. And Lloyd, M.A. (2007) Psychology Applied To Modern Life Adjustment In The 21st Century 8th Edition. United States Thomson Wadsworth.
- 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.