

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)	Introduction to Psychology- II	U-1: Learning U-2: Emotion U-3: Memory U-4: Motivation	4hrs	4
DSC Major Paper-2 (Theory)	Dynamics of Adjustment-II	U-1: Interpersonal Relationship U-2: Social Relationship (Friendship) U-3: Job Adjustment U-4: Marital Adjustment	4hrs	4

Discipline Specific Course 1 – PSH - 2501: Introduction to Psychology- 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		
Introduction to Psychology- II PSH - 2501	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 understanding of the fundamental aspects of Psychology and its core concepts. This course will lead to the understanding of different concepts of human psychology namely, learning, memory, motivation and emotions. This course will lead to a deeper understanding of the history and prominent theories that have attempted to explain these concepts.

Learning Outcomes

- To introduce students to the basics psychological processes
- To understand the concepts of learning, emotions, memory and motivation
- To understand history and various theory that explain these concepts
- To apply the psychological concepts in daily functioning

Syllabus of PSH - 2501

Unit 1 - Learning

1. Definition of Learning
2. Classical Conditioning
3. Operant Conditioning
4. Insight Learning
5. Learning by Trial & Error

Unit 2 - Emotion

1. Definition and Meaning of Emotion
2. Physiological changes during Emotion
3. Lie- detector
4. Brain mapping
5. Emotional Intelligence

Unit 3 - Memory

1. Meaning of Memory
2. Stages of memory
3. Types of memory
4. Measurement of Retention
5. Meaning and theory of forgetting

Unit 4 - Motivation

1. Definition and meaning of motivation
2. Nature of motivation
3. Optimal arousal theory
4. Maslow's theory
5. McClelland's Theory

Suggested Readings:

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

Discipline Specific Course 2 – PSH-2502: Dynamics 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		
Dynamics of Adjustment-II PSH-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

Adjustment is essential in everyday life and it important that the individual learns to adjustment in adaptive ways. This course is designed to provide understanding about various areas of life including interpersonal relationship, social adjustment, job adjustment and marital adjustment.

Learning Outcomes

- To explore effects of interpersonal and social relationship
- To gain a better understand of dynamics of friendship and it's maintenance
- To learn different aspects of job and marital adjustment

Syllabus of PSH - 2502

Unit-1 Interpersonal Relationship

1. Effect of early family experiences
2. Fundamentals of Interaction:- Communication - feedback - social expectation - role – behaviour - Reciprocal Gratification
3. Group Membership
4. Interpersonal Conflict

Unit – 2 Social Relationship (Friendship)

1. Stages of friendship
2. Friendship and social media
3. Friendship Maintenance
 - a. Friendship maintenance behavior
 - b. Empathy and Compassion
 - c. Altruism and Prosocial Behavior
 - d. Loneliness

Unit-3. 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- 4 Marital Adjustment

1. Changing Premarital Patterns
2. Marital Relationships and adjustments
3. Marital Unhappiness and 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.
- John N. Moritsugu, Psychology of Adjustment: The Search for Meaningful Balance First Edition, SAGE Publications, Inc; First Edition