

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
Minor-1	Psychology and Adjustment - II	U-1: Learning U-2: Memory U-3: Interpersonal Relationship U-4: Social Relationship (Friendship)	4hrs	4

Minor 1: PSH-2101 Psychology and 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 and Adjustment - II PSH-2101	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 minor course is designed to provide an understanding of the fundamental aspects of Psychology and learning about adjustment. This course will lead to a deeper understanding about various learning and memory processes in psychology. Everyone has to interact with different people, learning to adjust with them effectively and maintain healthy relationship with them is crucial. This course will also talks about various aspect of interpersonal and social relationships.

Learning Outcomes

- To introduce students to the basics of Psychology
- To become familiar with various learning and memory process
- To explore different dynamics of interpersonal and social adjustment
- To learn about approaches to interpersonal and social adjustment

Syllabus of PSH- PSH-2101

Unit 1 - Learning

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

Unit 2 - Memory

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

Unit 3 - 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 4 - 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

Suggested Reading:

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