

St. Xavier's College (Autonomous), Ahmedabad
Syllabus of Semester –II of the following departments under Faculty of Arts
based on Under Graduate Curriculum Framework - 2024 to be implemented
from the Academic Year 2024-25

FACULTY OF ARTS

DEPARTMENT OF PSYCHOLOGY

B.A (Hons.) PSYCHOLOGY (GIA)

Category – II

Discipline Specific Course 1 : Basic Psychological Process- II

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credit Distribution of The Course			Eligibility Criteria	Pre-requisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
Basic Psychological Process - II(PS-2501)	4	0	0	10 + 2 from a recognized board in any stream	Basic understanding of Human Core Psychological concepts

LEARNING OBJECTIVES (LO)	
LO-1	To understand the primary methods of psychological research, including observational and experimental techniques.
LO-2	To explore principles of learning and conditioning, and their applications in behavior modification.
LO-3	To gain knowledge of memory processes, theories of forgetting, and the fundamentals of psychological testing.
Course OUTCOMES(CO)	
On Completion of this course, the student will be able to	
CO-1	Describe and analyse different psychological research methods for studying behavior
CO-2	Analyze key theories and experiments in learning, conditioning, and cognitive learning

CO-3	Identify types of memory, explain theories of forgetting, and evaluate the characteristics of effective psychological tests
------	---

Unit-1: THE METHOD OF PSYCHOLOGY

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

Unit-2: LEARNING AND CONDITIONING

1. Definition & meaning
2. Conditioning Experiments
 - a) Classical Conditioning
 - b) 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
 - a) Binet –Simon test for children
 - b) WAIS for adults.

Suggestive Reading:

- Clifford T. Morgan, A Brief Introduction To Psychology, Tata McGraw Hill (1978), Publishing Co. Ltd, New Delhi.
- Ciccarelli, Saundra 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

St. Xavier's College (Autonomous), Ahmedabad
Syllabus of Semester –II of the following departments under Faculty of Arts
based on Under Graduate Curriculum Framework - 2024 to be implemented
from the Academic Year 2024-25

FACULTY OF ARTS
DEPARTMENT OF PSYCHOLOGY

B.A (Hons.) PSYCHOLOGY (GIA)
Category – II

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	Pre-requisite(s) of the Course (if any)
	Lecture	Tutorial	Practical / Practice		
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 (LO)	
LO-1	To understand the fundamental aspects of interpersonal relationships and the dynamics of conflict management.
LO-2	To explore the nature of job adjustment and the challenges faced during the transition from school to work
LO-3	To analyses leisure and investigate the factors that contribute to friendship, including gender differences and the impact of loneliness on social connections.
Course OUTCOMES(CO)	
On Completion of this course, the student will be able to	
CO-1	Students will be able to identify and apply strategies for effective

	interpersonal communication and conflict resolution in various social contexts.
CO-2	Learners will assess the impact of job-related stressors, including sexual harassment, and develop coping mechanisms for successful job adjustment
CO-3	To be able to analyse elements of close relationship and friends, evaluate the role of leisure in enhancing well-being

Unit-1: INTERPERSONAL RELATIONSHIP AND CONFLICT

1. Fundamentals of Interaction
2. How we attain group membership?
4. 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

Suggestive 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.