

F.Y.B.A. Psychology

Foundations of Psychology and Introduction to Social Psychology

Unit 1: Psychology -Introduction:

- 1.1 Psychology : a Science, goals of psychology
- 1.2 The brief history & perspective of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism)
- 1.3 Career Avenues in Psychology & Fields of Psychology: (Clinical, Industrial & Organizational, Educational, Social, Developmental, Health, Criminal & Forensic, Military, Sports, Neuropsychology, Environmental, Positive, Spiritual and Women & Child psychology.)
- 1.4 The Indian Psychology: Past and present
- 1.5 Application: Understanding Behaviour through Methods in Psychology

Unit 2: Cognitive processes:

- 2.1 Sensation, Attention and Perception, nature of perception, laws of perceptual organization
- 2.2 Learning- Classical and Operant conditioning, observational learning
- 2.3 Memory-processes, information processing model(s)
- 2.4 Forgetting: Theories of forgetting
- 2.5 Application: Techniques for improving memory.

Unit 3: Motivation and Emotion:

- 3.1 Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation
- 3.2 Types of Motivation: Physiological, Psychological & Social
- 3.3 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts
- 3.4 Emotion: Definitions, Nature & Importance, Basic Emotions (Joy, Excitement, Tenderness, Sadness, Anger, Fear & Love)
- 3.5 Application: Conflict Resolving Skills

Unit 4: Personality and Intelligence:

- 4.1 Personality – Definitions, Nature
- 4.2 Personality as a set of traits: Cattell's, Allport's & Big Five Theory of Personality
- 4.3 Freud's Psychoanalytical Theory of Personality and Transactional Analysis
- 4.4 Intelligence: Definitions, Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence)
- 4.5 Applications: Testing and enhancing Emotional intelligence.

Unit 5: Introduction:

- 5.1 Definition, Brief history of social psychology (special emphasis on India),
- 5.2 Scope of social psychology
- 5.3 Levels of social behaviour
- 5.4 Approaches towards understanding social behaviour
- 5.5 Application: Community mental health

Unit 6: Individual Level Processes

- 6.1 Difference between Social Cognition & Social Perception.
- 6.2 Self –Concept: Nature, Self-regulation and self-presentation.

6.3 Attitude: Definition, components, Dimensions and formation of attitude

6.4 Prejudice: Causes.

6.5 Application: Formation of attitude and Prejudice eradication

Unit 7: Interpersonal processes:

7.1 Interpersonal attraction, love

7.2 Pro-social behaviour

7.3 Locus of control, increasing our helping nature.

7.4 Aggression: Meaning, Nature and causes of Aggression

7.5 Application: Prevention and reducing aggression

Unit 8: Group Dynamics

8.1 Groups: When we join and when we leave, The benefits of joining

8.2 Cooperation and Conflict

8.3 Conformity; Factors affecting Conformity, Obedience & Authority

8.4 Group decision making

8.5 Application: Team Building

Reference Books:

1. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.

2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

3. Carole, W. and Carol, T. (2007). Psychology (7th Edition). Pearson Education, India.

4. Feldman S. R.(2009). Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

5. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009

6. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education prentice Hall

7. Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA

8. Myers, D. G. (2006). Social Psychology. (8th edi.), Tata McCraw- Hill Publication.

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2. मुंदडा आणि खलाने (२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन, जळगांव

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2. गाडेकर, पाटील, इनामदार (२००७). प्रगत सामाजिक मानसशास्त्र. डायमंड, पुणे.

3. तडसरे, तंबाके, पाटील, दरेकर (२००३). सामाजिक मानसशास्त्र. फडके प्रकाशन, कोल्हापूर.

4. दोरमारे आणि रसाळ (२०१५). सामाजिक मानसशास्त्र. उन्मेष प्रकाशन, पुणे.