UNIT - I      PSYCHOLOGY AS A SCIENCE - INTRODUCTION
1. Definition of Psychology
2. Psychology as a Behavioral Science
3. Goals of Psychology
4. The Subfields of Psychology

UNIT- II      MOTIVATION
1. Definition and Nature of Motivation (Motivational Cycles)
2. Measurement of Motivation
3. Primary Motives
   (i) Hunger and Thirst
   (ii) Sex and Maternal Drive
4. Social Motives
   (i) Affection and Affiliation
   (ii) Social approval and Esteem
   (iii) Achievement, Motivation

UNIT- III      EMOTION
1. Definition and Nature of Emotion
2. Psychological changes during Emotion
3. Measurement of Automatic changes
4. Expression of Emotion

UNIT- IV      ATTENTION AND PERCEPTION
1. Definition and Nature of Attention
2. Determinants of Attention
3. Meaning of Perception
4. Object Perception

BASIC BOOK:
(1) Clofford T. Morgan, A Brief Introduction To Psychology,
(2) Ciccarelli, Saundra K. and Myer, Hlenn E. (2008),
Psychology South Asian Edition Pearson Longman,
An imprint of Pearson Education. First Impression.
UNIT - I  TYPES & SOURCES OF STRESS

1. Frustration
   (i) Sources of Frustration  (ii) Common Frustration in our Culture
2. Conflict
   (i) Types of Conflict  (ii) Common Conflict in our Society
3. Pressure
   (i) Sources of Pressure  (ii) Common Pressure in our Society

UNIT - II  SEVERITY OF STRESS

1. Characteristics of the Adjustive demand
2. Characteristics of the Individual
3. Other Key Aspects of Stress
   (i) Stress Pattern are Unique  (ii) Stress Patterns may be Unconscious
4. Adaptation to Stress is Expensive

UNIT - III  PRE-MARTIAL ADJUSTMENT

1. Changing Pre-martial Patterns
   (i) Sex Role & Relationship before marriage
2. Exception of Marriage
   (i) Changing Martial Relationship & Exception
   (ii) Reasons for Marriage
   (iii) Why Some People never Marry
   (iv) New Standards for Assessing Martial Success
3. Selecting a Mate
   (i) The quest for Romantic Love
   (ii) What do young people look for?
   (iii) Key Aspect in Mate Selection
   (iv) Predicting Martial Success

UNIT - IV  MARTIAL ADJUSTMENT

1. Martial Styles & Interaction
2. Factors on good Martial adjustment
   (i) Pre-martial Background Factors
   (ii) Personality Factors
   (iii) Sexual Adjustment
   (iv) Roles & Mutual Accommodation
   (v) Environmental Resources, Limitations & Demands

BASIC BOOK:
GUJARAT UNIVERSITY
F Y B.A. PSYCHOLOGY
Semester - I

Core - 101 & Elective Paper No - 10 (S.S.)

PSYCHOLOGY OF PERSONAL ADJUSTMENT

UNIT - I  An Introduction to Psychology of personal Adjustment

(1) Meaning and nature of psychology of personal Adjustment
(2) Scope of Psychology of Personal Adjustment
(3) Importance of the study of Psychology of Personal Adjustment
(4) Characteristics of Satisfactory Adjustment

UNIT - II  An Introduction to Adjustment

(1) Meaning of Adjustment
(2) Characteristics of Adjustment
(3) Adjustment Process
(4) Importance of Adjustment

UNIT - III  Family Adjustment

(1) Meaning and Nature of the Family
(2) The Function of Family
(3) The Dynamics of Family Interaction
   (i) The Husband - Wife Relationship       (ii) The Parent - Child Relationship
(4) Adjusting to Family crises

UNIT - IV  School Adjustment

(1) School as a New Experience
(2) The Home - School Relationship
(3) The Teacher - Child Relationship
(4) The Dynamics of learning

BASIC TEXTBOOK:
George, Lehner and Ella Kube, The Dynamics of Personal Adjustment., Prentice - Hall. Inc. (N.J.)

REFERENCE BOOK:
UNIT – I  Psychology as a science

The Methods of Psychology

1. Natural and Systematic Observation
2. Clinical Methods
3. Survey Method
4. Experimental Method

UNIT – II LEARNING

1. Definition of Learning
2. Classical Conditioning
3. Operant Conditioning
4. Cognitive Learning (Insight Learning)

UNIT – III MEMORY

1. Meaning of Memory
2. Stages of memory
3. Short term and Long Term Memory
4. Measurement of Retention
5. Factors affecting retention

UNIT – IV PSYCHOLOGICAL TESTING

1. Definition and Uses of Psychological Testing
2. Characteristics of a Good Psychological Test
3. Kinds (Types) of Test
4. Intelligence Tests

BASIC BOOK:
(1) Clofford T. Morgan, A Brief Introduction To Psychology

REFERENCE BOOK:


GUJARAT UNIVERSITY
FY B.A. PSYCHOLOGY
Semester - II
Core - 112 & Elective Paper 11
PSYCHOLOGY & EFFECTIVE BEHAVIOR - 2

UNIT - I      THE WORLD OF WORK
1. Changing views of work
2. Factors in the Career Planning
   (i) Stages in Career Planning
   (ii) Personal Characteristics
   (iii) Occupational Information
3. Special Problems in Vocational Adjustment
   (i) Working Woman
   (ii) Disadvantaged Workers

UNIT - II      INTELECTUAL COMPETENCE - LEARNING
1. The Learner
2. The Task
3. Procedure
4. Feedback
5. Creative Thinking
   (i) Stages of Creative Thinking
   (ii) Characteristics of Creative People

UNIT - III       EMOTIONAL COMPETENCE
1. Patterns of Expression & Control of Emotions
2. Understanding & Functioning with Emotions
3. Fostering Constructive Emotions

UNIT - IV       SOCIAL COMPETENCE
1. Main Foundations of Good Interpersonal Relationships
   (i) Reorganization of Mutual Purpose, Rights & Responsibilities
   (ii) A Realistic View of Self & Others
2. Improving Social Competence
   (i) Helping to Meet the Needs of Others
   (ii) Maintaining Own Integrity
GUJARAT UNIVERSITY
F Y B.A. PSYCHOLOGY
Semester - II

Elective Paper No - 11 (S.S.)

PSYCHOLOGY OF PERSONAL ADJUSTMENT

UNIT - I  Motivation and Frustration
(1) The Process of Motivated Behavior
   Personal Needs, Physiological Needs and Psychological Needs
(2) Sources of Frustration
(3) Effects of Frustration
(4) Frustrating Tolerance

UNIT - II  Job Adjustment
(1) The Transition From School to work
(2) Factors Affecting Job Selection
(3) Working Woman
(4) Factors Affecting Job Satisfaction

UNIT - III  Psychosexual Adjustment
(1) Attitudes Toward Love
(2) Factors in Mate Selection
(3) Psychosexual Relationships in marriages
(4) Why Some People do not Marry?

UNIT - IV  Old Age Adjustment
(1) Changes that Occur During the Aging Process
(2) Sources of Adjustment Difficulties
(3) Viewing Old Age Constrictively

BASIC BOOK:
The Dynamics of Personal Adjustment
By George, Lehner and Ella, Kube. Prentice – Hall. Inc. (N.J.)

REFERENCE BOOK:

**NAME OF BORD PSYCHOLOGY**

**SEM - I**

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