

# PSYCHOLOGY



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## Semester : I

### F.Y.B.A. Psychology.

#### CORE COMPULSARY (101)

#### PAPER: CC 101 (Basic Psychological Processes - I)

#### Main Objectives:

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### The Scheme of question paper :

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
  - 70: External Examination
  - 30: Internal Evaluation.
    - 10: Internal Examination
    - 10: Seminar, Presentation, and Assignment.
    - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

#### Unit: 1 Introduction to Psychology

- Introduction, Definition and goals of psychology.
- The School of Psychology (in Brief)
- Methods of Psychology. (Observation, Experimental, Case study)
- Field of Psychology. (In Brief)

#### Unit: 2 Biology and Behaviour

- The Neurons. (Anatomy and Functions of Neurons )
- The Central Nervous System.
- The Peripheral nervous system.
- Endocrine system.
- Biology of Consciousness.

#### Unit: 3 Motivation and Emotion

- Concept of Motivation
- Theories of Motivation
  - Drive reduction theory
  - Arousal theory



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

Maslow's hierarchy of needs

Social-cognitive theory.

- The Primary Drives (Hunger, Thirst, Sex)
- Social Motives (Achievement)
- Definition and components of emotion
- Theories of emotion (James- Lange theory, Cannon- Bard theory)
- The physiology of emotion
- Animal Emotion
- The polygraph

#### **Unit: 4 Learning**

- Definition
- Classical Conditioning (Pavlov & Watson - Little Albert and peter)
- Operant conditioning (Skinner)
- Cognitive Learning
  - Learning by insight
  - Observational Learning
  - Animal Cognition
  - Cognitive maps.

#### **Referances:**

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) **'The World of psychology'** Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) **'Introduction to psychology'** Mc. Graw Hill Co. International Ed.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **CORE COMPULSARY (102)**

### **PAPER: CC 102 (Social Psychology: An Introduction)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
  - 70: External Examination
  - 30: Internal Evaluation.
    - 10: Internal Examination
    - 10: Seminar, Presentation, and Assignment.
    - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

#### **Unit: 1 Introduction to Social Psychology**

- Definition, Nature and Scope of social psychology.
- Scientific study of social and cognitive Processes
- Application of social psychology in Indian context

#### **Unit: 2 Methods of Social Psychology**

- Experimental Methods
- Field V/S Laboratory setting
- Methods of Data Collection
- Self-Report, Observation, Correlation Research

#### **Unit: 3 Social Perception and Social Cognition**

- Social Perception
  - Perceiving Ourselves
    - Self Concept
    - Self esteem
    - Self-Presentation
- Social Cognition
- Schemas

The impact of schemas on social cognition



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

Self-confirming nature of schemas

-Source of error in social cognition

Negativity Bias

The Optimistic Bias

Thinking too much

Counterfactual thinking

Magical thinking thought suppression

#### **Unit: 4 Group Processes**

-Definition, Nature and Function

-Social Facilitation

-Social loafing

-Conformity

-Compliance

-Obedience to authority

#### **Referances:**

1. Baron R. A. & Byrone D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi - 110092 (India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychology 325, chensut street, Philadelphia - P.A.19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **SUBJECT ELECTIVE (1) -103**

### **PAPER: SE(1) 103 (Basic Psychological Processes - I)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100

70: External Examination

30: Internal Evaluation.

10: Internal Examination

10: Seminar, Presentation, and Assignment.

10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

#### **Unit: 1 Introduction to Psychology**

- Introduction, Definition and goals of psychology.
- The School of Psychology (in Brief)
- Methods of Psychology. (Observation, Experimental, Case study)
- Field of Psychology. (In Brief)

#### **Unit: 2 Biology and Behaviour**

- The Neurons. (Anatomy and Functions of Neurons)
- The Central Nervous System.
- The Peripheral nervous system.
- Endocrine system.
- Biology of Consciousness.

#### **Unit: 3 Motivation and Emotion**

- Concept of Motivation
- Theories of Motivation
  - Drive reduction theory
  - Arousal theory
  - Maslow's hierarchy of needs
  - Social-cognitive theory.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- The Primary Drives (Hunger, Thirst, Sex)
- Social Motives (Achievement)
- Definition and components of emotion
- Theories of emotion (James- Lange theory, Cannon- Bard theory)
- The physiology of emotion
- Animal Emotion
- The polygraph

#### **Unit: 4 Learning**

- Definition
- Classical Conditioning (Pavlov & Watson - Little Albert and peter)
- Operant conditioning (Skinner)
- Cognitive Learning
  - Learning by insight
  - Observational Learning
  - Animal Cognition
  - Cognitive maps.

#### **References:**

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) '**The World of psychology**' Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986)' **Introduction to psychology**' Mc. Graw Hill Co. International Ed.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

## **SUBJECT ELECTIVE (1) -104**

### **PAPER: SE(I) 104 (Social Psychology: An Introduction)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
  2. Every chapter in the unit should be given equal weightage in the Examination.
  3. Total Marks: 100
    - 70: External Examination
    - 30: Internal Evaluation.
      - 10: Internal Examination
      - 10: Seminar, Presentation, and Assignment.
      - 10: Project, Book Review, Fieldwork, Quiz and Research Report.
- (Duration of Examination: 3 Hours)

#### **Unit: 1 Introduction to Social Psychology**

- Definition, Nature and Scope of social psychology.
- Scientific study of social and cognitive Processes
- Application of social psychology in Indian context

#### **Unit: 2 Methods of Social Psychology**

- Experimental Methods
- Field V/S Laboratory setting
- Methods of Data Collection
- Self-Report, Observation, Correlation Research

#### **Unit: 3 Social Perception and Social Cognition**

- Social Perception
- Perceiving Ourselves
  - Self Concept
  - Self esteem
  - Self-Presentation
- Social Cognition
- Schemas
  - The impact of schemas on social cognition
  - Self-confirming nature of schemas



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



-Source of error in social cognition

Negativity Bias

The Optimistic Bias

Thinking too much

Counterfactual thinking

Magical thinking thought suppression

#### **Unit: 4 Group Processes**

-Definition, Nature and Function

-Social Facilitation

-Social loafing

-Conformity

-Compliance

-Obedience to authority

#### **Referances:**

1. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
2. Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi -110092 (India)
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychology 325, chensut street, Philadelphia - P.A.19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **SUBJECT ELECTIVE (II) -105**

### **PAPER: SE(II) 105 (Psychology and effective Behaviour)**

#### **Main Objectives:**

1. Helping the students to acquaint with the key concept, Method, Subject matter and applications of Psychology.
2. To acquaint the students with the concept of adjustment and development
3. To help students to make more affective choice in coping with problems of every day life

#### **The Scheme of question paper :**

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100
  - 70: External Examination
  - 30: Internal Evaluation.
    - 10: Internal Examination
    - 10: Seminar, Presentation, and Assignment.
    - 10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

#### **Unit: 1 Introduction to Psychology and Motivation**

- What is Psychology?
- Definition and Nature of psychology.
- The work of Psychologist.
- Motivation
- Characteristics of motives
- Homeostasis
- Hunger, Thirst, Sexual and Achievement Motivation.

#### **Unit: 2 Adjustment**

- Definition and Process of Adjustment
- Adjustment in Adolescence
- The transition from Adolescence to adulthood
- Young Adulthood
- Late Adulthood
- Successful Aging

#### **Unit: 3 Stress**

- Meaning of Stress
- Sources of stress (Frustration, Conflict, Pressure and Self - imposed stress)



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

-Severity of stress (Characteristics if the Adjective demand of the individual)

-Reaction to stressful events

Emotional components of the stress response

Managing stress, Built- in coping Mechanisms

Task- Oriented Responses

#### **Unit: 4 Coping and Maladaptive Behaviour**

-Coping effectively with stressors

-Coping effectively with emotional reactions to stress

-Using stress for personal growth

-Problems in living

-Eating disorders

-Substance use disorders: Alcohol

#### **Referances:**

1. John W Santrok (2004) life span Development, International Edision, Macgraw Hill, New Delhi.
2. Eliot R Smith & Diane M. Mackie (2000)'Social psychology'375, chensut street Philadelphia, PA/9/06
3. James C. Coleman, Charies, G. Morries and Ala G. Glares.'Contemporary psychology and effective Behaviour Sixth Edition- 1987. Scoot foreman and company.
4. C. T. Morgan, R. A. King, J. R. Weisz. And John Schopler ' Introduction to psychology' Seventh Ed. 1986. McGraw Hill Book Company International Edition, 2<sup>nd</sup> Reprinted 1987.
5. Eastwood Atwater (1990) 'psychology of Adjustment' Prentice Hall, Enclewood, Cliffs, N.J.
6. Pragat samanya manovignan (1989) Dr, B. A. Parikh, Uni. Granth Nirman Board , Ahmedabad.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHNDRACHARYA NORTH GUJARAT UNIVERSITY PATAN– 384265**



**Accredited by NAAC 'A' Grade (CGPA 3.02)**

**FACULTY OF ARTS**

**B. A. PROGRAMME**

**PSYCHOLOGY**

**Syllabus / Scheme**

**SEMESTER – I & II**

**Choice Based Credit System**

**W. E. F. JUNE - 2020 (In Continuation)**

**DATE: - - 2020**



**TOTAL PAGES -29**  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

## HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Faculty	Programme Name	Subject / Course
Arts	B. A. Semester	Psychology I & II
Effective From	June-2020 (In Continuation)	



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester-I & II  
For  
Core Compulsory & Core Elective

[Hours – 2:30]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I) -----18

A  
or  
B

**Q.2** Answer any one from following (Unit – II) -----17

A  
or  
B

**Q.3** Answer any one from following (Unit – III) -----18

A  
or  
B

**Q.4** Answer any one from following (Unit – IV) -----17

A  
or  
B

**Total Marks—70**



*[Signature]*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester-I & II

For

Elective Open, Foundation Compulsory & Foundation Elective

[Hours – 2:00]

[Total Marks – 35]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I) -----12

A  
or  
B

**Q.2** Answer any one from following (Unit – II) -----12

A  
or  
B

**Q.3** Answer any one from following (Unit – III) -----11

A  
or  
B

Total Marks—35



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



### Grading point:

Grade point	Description	% of marks	Division/Grade
1	2	3	4
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**COURSE PATTERN**  
**Psychology B.A. Semester – I & II**  
**(Effective from June-2020)**

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
I	CC-101 Introduction to Psychology -I	4	2.5	30	70	100	4
	CC-102 Introduction to Social Psychology- I	4	2.5	30	70	100	4
	CE-101 General Psychology -I	4	2.5	30	70	100	4
	CE-102 Child Psychology - I	4	2.5	30	70	100	4
	FC-103 English	2	2	15	35	50	2
	FE –104 Sanskrit	2	2	15	35	50	2
	EO-105 Environmental Psychology - I	2	2	15	35	50	2
	EG-106 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>18</b>	<b>180</b>	<b>420</b>	<b>600</b>	<b>24</b>
II	CC-201 Introduction to Psychology -II	4	2.5	30	70	100	4
	CC-202 Introduction to Social Psychology- II	4	2.5	30	70	100	4
	CE-201 General Psychology -II	4	2.5	30	70	100	4
	CE-202 Child Psychology - II	4	2.5	30	70	100	4
	FC-203 English	2	2	15	35	50	2
	FE–204 Sanskrit	2	2	15	35	50	2
	EO-205 Environmental Psychology - II	2	2	15	35	50	2
	EG-206 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>18</b>	<b>180</b>	<b>420</b>	<b>600</b>	<b>24</b>



*Hemchandra*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**STRUCTURE OF THESEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER – I**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>	
CC 101	Core Compulsory	Introduction to Psychology –I	4	4	
CC 102	Core Compulsory	Introduction to Social Psychology– I	4	4	
CE 101	Core Elective	General Psychology –I	4	4	
EO 102	Core Elective	Child Psychology – I	4	4	
FC 103	Foundation Compulsory	English	2	2	
FE 104	Foundation Elective	Sanskrit	2	2	
EO 105	Elective Open	Environmental Psychology – I	2	2	
EG 106	Elective Generic	Any one from the list	2	2	
Total Courses	8	Total Lectures	24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -101		B. A. Semester-I		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Introduction to Psychology</b>	<b>1</b>	<b>25</b>
	1.1 Introduction, Definition and goals of psychology.		
	1.2 The School of Psychology (in Brief)		
	1.3 Methods of Psychology. (Observation, Experimental, Case study)		
	1.4 Field of Psychology. (In Brief)		
<b>2</b>	<b>Motivation</b>	<b>1</b>	<b>25</b>
	2.1 Concept of Motivation		
	2.2 Theories of Motivation		
	2.2.1 Drive reduction theory		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.2.2 Arousal theory
- 2.2.3 Maslow's hierarchy of needs
- 2.2.4 Social-cognitive theory.
- 2.3 The Primary Drives (Hunger, Thirst, Sex)
- 2.4 Social Motives (Achievement)

**3 Emotion** 1 25

- 3.1 Definition and components of emotion
- 3.2 Theories of emotion (James- Lange theory, Cannon- Bard theory)
- 3.3 The physiology of emotion
- 3.4 Animal Emotion
- 3.5 polygraph

**4 Learning** 1 25

- 4.1 Definition
- 4.2 Classical Conditioning (Pavlov & Watson- Little Albert and peter)
- 4.3 Operant conditioning (Skinner)
- 4.4 Cognitive Learning
  - 4.4.1 Learning by insight
  - 4.4.2 Observational Learning
  - 4.4.3 Animal Cognition
  - 4.4.4 Cognitive maps.

**Referance Books:**

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
CC -102		B. A. Semester-I		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO SOCIAL PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the problems of the society and the studies relating to the factors, which influence them. It will also focus on some important application areas of social psychology. .

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Introduction to Social Psychology</b>	<b>1</b>	<b>25</b>
	1.1 Definition, Nature and Scope of social psychology.		
	1.2 Scientific study of social and cognitive Processes		
	1.3 Application of social psychology in Indian context		
<b>2</b>	<b>Methods of Social Psychology</b>	<b>1</b>	<b>25</b>
	2.1 Experimental Methods		
	2.2 Field V/S Laboratory setting		
	2.3 Methods of Data Collection		
	2.4 Self-Report, Observation, Correlation Research		



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**3 Social Perception** 1 25

3.1 Social Perception

3.2 Perceiving Ourselves

3.2.1 Self Concept

3.2.2 Self esteem

3.2.3 Self-Presentation

**4 Group Processes** 1 25

4.1 Definition, Nature and Function

4.2 Social Facilitation

4.3 Social loafing

4.4 Conformity

4.5 Compliance

**Reference Books:**

1. Baron R. A. & Byrone D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi-110092 (India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychology 325, chensut street, Philadelphia- P.A.19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
CE -101		B. A. Semester-I		Psychology
<b>COURSE / PAPER TITLE - GENERAL PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychology and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Psychology:an Introduction</b>	<b>1</b>	<b>25</b>
	1.1 Introduction, Definition and goals of psychology.		
	1.2 The School of Psychology (in Brief)		
	1.3 Methods of Psychology. (Observation, Experimental, Case study)		
	1.4 Field of Psychology. (In Brief)		
<b>2</b>	<b>Biology and Behaviour</b>	<b>1</b>	<b>25</b>
	2.1The Neurons. (Anatomy and Functions of Neurons)		
	2.2 The Central Nervous System,		
	2.3 The Peripheral nervous system.		
	2.4 Endocrine system.		



*(Signature)*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**3 Emotion** 1 25

- 3.1 Definition and components of emotion
- 3.2 Theories of emotion (James- Lange theory, Cannon- Bard theory)
- 3.3 The physiology of emotion
- 3.4 Animal Emotion
- 3.5 polygraph

**4 Psychological Testing** 1 25

- 4.1 Definition and types of Psychological Test.
- 4.2 Requirement of good Test
- 4.3 Use of Tests
- 4.4 Scoring and Interpretation of tests

**Reference Books:**

- 1 Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
- 2 Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
CE -102		B. A. Semester-I		Psychology
<b>COURSE / PAPER TITLE - CHILD PSYCHOLOGY- I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the psychological development of Child and the factors influence them.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Science of Child Studies</b>	1	25

- 1.1 What is Child Psychology?
- 1.2 Scope of Child Psychology
- 1.3 Nature of Child Psychology
- 1.4 Old Misconceptions of Child
- 1.5 Modern New Concepts of Child
- 1.6 Modern approaches to Child Study
- 1.7 Importance of Study in Child Psychology
- 1.8 Research Methods of Child Psychology

1.8.1 Observation

1.8.2 Anecdotal Reports



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

1.8.3	Autobiography		
1.8.4	Questionnaire		
<b>2.</b>	<b>Growth, Development and Maturity</b>	<b>1</b>	<b>25</b>
2.1	Meaning of Growth and Development		
2.2	Characteristics of Growth and Development		
2.3	Factors Affecting in Development		
2.3.1	Learning and Maturity		
2.3.2	Other Variables		
<b>3.</b>	<b>Scientific Aspects of Illness and Physical Disability</b>	<b>1</b>	<b>25</b>
3.1	Illnesses		
3.2	Types of Physical Disability		
3.2.1	Disability of Nervous System		
3.2.2	Disability of Endocrine System		
3.2.3	Disability of Malnutrition and Handicapness		
3.3	Specific disabilities		
3.3.1	Disability of Vision		
3.3.2	Disability of Auditory Disability of Speech		
3.4	Duties of Teachers and Parents		
<b>4.</b>	<b>Discipline, Authority and Conflict</b>	<b>1</b>	<b>25</b>
4.1	What is Discipline?		
4.2	Nature of Discipline		
4.3	Authority		
4.3.1	Roots of Parents Authority		
4.3.2	Different patterns of home Authority		
4.4	Some Studies of Authority		
4.5	Authority and Guilt		
4.6	Effects on Society and Culture of Family Authority		
4.7	Authority and Conflict		
4.7.1	Causes of Defiant Behaviour in Children		
4.8	Goals of Punishment		
4.9	Emotional Effects of Punishment		
4.10	Characteristics of Punishment of Appropriate Discipline		
4.11	Creative Steps of After Punishment		
4.12	Characteristics of Good Discipline		



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**Reference Books:**

'Crow Lester D..and Crow Alice' (1975) "Child Psychology" Published by Barnes and Noble.

'Elizabeth B. Hurlock' (2001) "Development Psychology" McGraw- Hill Education.

Prof. K. C. Sarda and Prof. D. R. Shah, (1990)"BAL MANOVIGNAN', C. Jamanadas & Co. Abad.

Dr. J G. Teraiya and Others (1996 )"BAL MANOVIGNAN', PARSHVA PUBLICATION, Abad.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
EO -105		B. A. Semester-I		Psychology
<b>COURSE / PAPER TITLE - ENVIRONMENTAL PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			02	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x7.5=30	-	15	35	50

**Main Objectives:**

Helping the students to acquaint with the key concept, Method, Subject matter and applications of environmental psychology.

To acquaint the students with the concept of environmental related issues.

To help students to make more affective choice in coping with environmental problems of everyday life

**The Scheme of question paper**

- 1) The paper will consist of three units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:35 External Examination,  
15 Internal Examination
- 4) Duration of Examination: 2 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Environmental Psychology:Introduction</b>	<b>0.5</b>	<b>17</b>
	1.1 Historical Development of Environmental Psychology		
	1.2 Definition and Scope of Environmental Psychology.		
	1.3 Nature and Characteristics of Environmental Psychology.		
	1.4 Goals of Environmental Psychology		
	1.6 Importance and Utility of Environmental Psychology		



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**2 Effects of Noise on Behaviour** 0.5 17

- 2.1 Unusual Environmental Stimulation
- 2.2 Structure of Auditory System and sound
- 2.3 Characteristics of Sound
- 2.4 Amplitude Frequency
- 2.5 Disturbing Characteristics of Noise
- 2.6 Effects of Noise

**3 The Effects of Seasons, Weather and Temperature on Behaviour** 0.5 16

- 3.1 Nature and Characteristics of Temperature
- 3.2 Effects of Various Levels of Temperature and Atmosphere
- 3.3 Atmospheric Influence on Behaviour
- 3.4 Effects of Heat on Performance, Social Behaviour and Cold Temperature

**Reference Books:**

- 1 Ittelson W. H. Proshansky H. M. Rilvin E. G. Winkel G. H. and Dempsey (1974) An Introduction to Environmental Psychology
- 2 Fisher, J.D., Bell, P.A., and Baum, A. (1984). *Environmental Psychology*. NY: Holt, Rinehart and Winston.
- 3 Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage.
- 4 Jain
- 4 Palsane, M. N. (2004). Environment and behaviour. In J. Pandey (Ed.),
- 5 Nagar, D. (2006). *Environmental psychology*. New Delhi, India: Concept.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# PSYCHOLOGY



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## Semester : II

### F.Y.B.A. Psychology.

#### PAPER: CC 111 (Basic Psychological Processes - II)

##### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

##### **The Scheme of question paper :**

1. The paper will consist of four units.
  2. Every chapter in the unit should be given equal weightage in the Examination.
  3. Total Marks: 100
- 70: External Examination  
30: Internal Evaluation.
- 10: Internal Examination  
10: Seminar, Presentation, and Assignment.  
10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

##### **Unit: 1 Memory**

- Definition of Memory.
- Beginning memory research
- How Memory works?
- The three system in memory
- Forgetting
- Improving memory

##### **Unit: 2 Perception**

- Definition of perception
- The Gestalt principals of Perceptual organization
- Perceptual constancy
- Depth Perception
- Attentional Processes
- Functions of Attention.

##### **Unit: 3 Intelligence, cognition , Language and Psychological Testing**

- Definition, nature and range of intelligence
- Approaches of problem solving



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



- Language
- Animal Language
- Language and thinking
- Definition and types of Psychological Test.
- Requirement of good Test
- Use of Tests
- Scoring and Interpretation of tests

### **Unit: 4 personality**

- Definition of personality
- Theories of personality
  - Freud and Psychoanalysis
  - Humanistic personality theories, Maslow and Rogers
  - Personality: Is it in the Genes?
- Personality Assessment
  - Personality Inventories
    - Objective Tests
    - Projective Tests

### **Referances:**

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) **'The World of psychology'** Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) **'Introduction to psychology'** Mc. Graw Hill Co. International Ed.



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **CORE COMPULSARY (112)**

### **PAPER: CC 112 (Contemporary Issues Of Social Psychology)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
  2. Every chapter in the unit should be given equal weightage in the Examination.
  3. Total Marks: 100
    - 70: External Examination
    - 30: Internal Evaluation.
      - 10: Internal Examination
      - 10: Seminar, Presentation, and Assignment.
      - 10: Project, Book Review, Fieldwork, Quiz and Research Report.
- (Duration of Examination: 3 Hours)

#### **Unit: 1 Leadership**

- Definition and Function of Leadership
- Approaches to leadership
  - Traits
  - Situational
  - Interactional
  - Contingency
- Leadership Effectiveness
- The charismatic leadership

#### **Unit: 2 Attitudes and Prejudice**

- Definition and Nature of attitudes
- Attitudes and Behaviour
- Formation of Attitudes
- Measurement of Attitudes
- Components of Prejudice
- The social and Cognitive roots of Prejudice
- Targets of Prejudice: Social groups
- Reducing Prejudice.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

### **Unit: 3 Liking**

- Initial Attraction
- Physical Attractiveness
- Who cares about physical Attraction?
- Effects of physical Attractiveness
- Interaction spells like
- Liking most of the time
- Positive Interaction
- What about negative interaction
- Liking similar others
- Liking Similarity and Interaction
- Mutually reinforcing processes

### **Unit: 4 Aggression**

- Defining Aggression
- Interpersonal Aggression
- What Triggers Aggression
- Prevention & Control of Aggression
- Motivations for Terrorism
- Theory of Albert Bandur

### **References:**

1. Baron R. A. & Byrone D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi-110092 (India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychology 325, chensut street, Philadelphia - P.A.19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **SUBJECT ELECTIVE(1) (113)**

### **PAPER: SE(1) 113 (Basic Psychological Processes- II)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
  2. Every chapter in the unit should be given equal weightage in the Examination.
  3. Total Marks: 100
    - 70: External Examination
    - 30: Internal Evaluation.
      - 10: Internal Examination
      - 10: Seminar, Presentation, and Assignment.
      - 10: Project, Book Review, Fieldwork, Quiz and Research Report.
- (Duration of Examination: 3 Hours)

#### **Unit: 1 Memory**

- Definition of Memory.
- Beginning memory research
- How Memory works?
- The three system in memory
- Forgetting
- Improving memory

#### **Unit: 2 Perception**

- Definition of perception
- The Gestalt principals of Perceptual organization
- Perceptual constancy
- Depth Perception
- Attentional Processes
- Functions of Attention.

#### **Unit: 3 Intelligence, cognition , Language and Psychologic al Testing**

- Definition, nature and range of intelligence
- Approaches of problem solving
- Language
- Animal Language



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- Language and thinking
- Definition and types of Psychological Test.
- Requirement of good Test
- Use of Tests
- Scoring and Interpretation of tests

#### **Unit: 4 personality**

- Definition of personality
- Theories of personality
  - Freud and Psychoanalysis
  - Humanistic personality theories, Maslow and Rogers
  - Personality: Is it in the Genes?
- Personality Assessment
  - Personality Inventories
    - Objective Tests
    - Projective Tests

#### **Referances:**

1. Philip G., Zimbardo and Ann L. Weber (1997) **Psychology** Longman, New York.
2. Wood S. E. and Wood E. G. (1996) **'The World of psychology'** Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986) **'Introduction to psychology'** Mc. Graw Hill Co. International Ed.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## **SUBJECT ELECTIVE (I) (114)**

### **PAPER: SE (I) 114 (Contemporary Issues Of Social Psychology)**

#### **Main Objectives:**

The aim of the course is to Familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

#### **The Scheme of question paper :**

1. The paper will consist of four units.
  2. Every chapter in the unit should be given equal weightage in the Examination.
  3. Total Marks: 100
    - 70: External Examination
    - 30: Internal Evaluation.
      - 10: Internal Examination
      - 10: Seminar, Presentation, and Assignment.
      - 10: Project, Book Review, Fieldwork, Quiz and Research Report.
- (Duration of Examination: 3 Hours)

#### **Unit: 1 Leadership**

- Definition and Function of Leadership
- Approaches to leadership
  - Traits
  - Situational
  - Interactional
  - Contingency
- Leadership Effectiveness
- The charismatic leadership

#### **Unit: 2 Attitudes and Prejudice**

- Definition and Nature of attitudes
- Attitudes and Behaviour
- Formation of Attitudes
- Measurement of Attitudes
- Components of Prejudice
- The social and Cognitive roots of Prejudice
- Targets of Prejudice: Social groups
- Reducing Prejudice.

#### **Unit: 3 Liking**

- Initial Attraction



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- Physical Attractiveness
- Who cares about physical Attraction?
- Effects of physical Attractiveness
- Interaction spells like
- Liking most of the time
- Positive Interaction
- What about negative interaction
- Liking similar others
- Liking Similarity and Interaction
- Mutually reinforcing processes

#### **Unit: 4 Aggression**

- Defining Aggression
- Interpersonal Aggression
- What Triggers Aggression
- Prevention & Control of Aggression
- Motivations for Terrorism
- Theory of Albert Bandur

#### **References:**

1. Baron R. A. & Byrone D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi-110092 (India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Diane m Mackie (2000) Social Psychol ogy 325, chensut street, Philadelphia - P.A.19/06



*Hem*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

## **SUBJECT ELECTIVE (II) -115**

### **PAPER: SE (II) 115 (APPLIED PSYCHOLOGY)**

#### **Main Objectives:**

1. Helping the students to acquaint with the key concept, Method, Subject matter and applications of Psychology.
2. To acquaint the students with the concept of adjustment and development
3. To help students to make more affective choice in coping with problems of every day life

#### **The Scheme of question paper :**

1. The paper will consist of four units.
2. Every chapter in the unit should be given equal weightage in the Examination.
3. Total Marks: 100  
70: External Examination  
30: Internal Evaluation.  
10: Internal Examination  
10: Seminar, Presentation, and Assignment.  
10: Project, Book Review, Fieldwork, Quiz and Research Report.

(Duration of Examination: 3 Hours)

#### **Unit: 1 Applied Psychology and Social Behaviour**

- Definition and Fields of applied psychology.
- Science and Profession of Psychology
- Current Status of applied Psychology in India
- Definition of Social Behaviour
- Scientific study of social & Cognitive Process
- Social Psychology with reference to India

#### **Unit: 2 Health Psychology and Disorders**

- What is Health psychology?
- Psychology of health and illness
  - Paradigm shift in medicine
  - Health psychology as an area of study
  - Health care seeking Behaviour
  - Preventing smoking
  - Psychological factors involved in Health and Illness
  - Health psychology in India
- Anxiety Disorders



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



- Phobic Disorder
- Schizophrenia

### **Unit: 3 Psychology and Marriage Life**

- Definition of Marriage
- Fitness of Marriage
- Marital Adjustment
- Divorce and Remarriage
- Human Sexual Response
- Practical Issues and Problems
  - Sexual Dysfunctions
  - Hypoactive sexual desire
  - Aversion to sex
  - Inhibited Sexual Arousal
- Sexually Transmitted Diseases
  - Chalmydia
  - Gonorrhea
  - Genital Herpes
  - Syphilis
  - AIDS

### **Unit: 4 The fields of Counselling**

- What is counseling?
- Characteristics of counseling
- Counseling and Psychotherapy
- Goals of Counseling
- Why counseling?
- Who provides counseling?
- The fields of counseling
- Problems of Indian students and the Need of Counseling

#### **Referances:**

1. Dr. Somabhai T. Patel ‘ Salah Manovignan’ 3<sup>rd</sup> Ed. 2001. University Granth Nirman Board.
2. Dr. Stone & Stone ‘Marriage Manual’ (Ref. Chapter 1 for Fitness for Marriage)
3. Stress and coping (1999) D.M. Pestonjce, sage publication Indi a Pvt. Ltd. M-32, Market Greater Kailash-1 New Delhi-110048.
4. Applied psychology (1998) Umar Hasan, Gyan Publishing House. 5, Anasari House, New Delhi-110002



I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

5. Samuel E. Wood and Ellen Green Wood: 'The World of psychology' 2<sup>nd</sup> Ed. 1996 Allyn and Bacon
6. Eastwood Atwater 'Psychology for living - Adjustment, Growth & Behaviour Today' Fifth Edition 1995, Prentice Hall of India Pvt. Ltd. New Delhi
7. Psychology and work today (1994) Duane P. Schultz. Sydney Ellen Schultz Prentice Hall Inc. A Simon & Schuster Company Upper Saddle River, New Jersey-07458.
8. Anastasi: 'Fields of Applied psychology' mcGraw Hill, N.Y. 2<sup>nd</sup> Ed. (1979)



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## STRUCTURE OF THESEMESTER SYSTEM

PROGRAMME: B.A. PSYCHOLOGY

SEMESTER – II

COURSE CODE	COURSE TYPE	COURSE NAME	CREDITS OF DIRECT TEACHING	TOTAL CREDITS
CC 201	Core Compulsory	Introduction to Psychology -II	4	4
CC 202	Core Compulsory	Introduction to Social Psychology- II	4	4
CE 201	Core Elective	Introduction to Psychology -II	4	4
CE 202	Core Elective	Introduction to Social Psychology- II	4	4
FC 203	Foundation Compulsory	English	2	2
FE 204	Foundation Elective	Sanskrit	2	2
EO 205	Elective Open	Environmental Psychology - II	2	2
EG 206	Elective Generic	EG-206 Any one from the list	2	2
Total Courses	8	Total Lectures 24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -201		B. A. Semester-II		Psychology
<b>COURSE / PAPERTITLE- INTRODUCTION TO PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

1. The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
3. Total Marks: 70 External Examination,  
30 Internal Examination
4. Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1 Memory</b>		1	25
	1.1 Definition of Memory.		
	1.2 Beginning memory research		
	1.3 How Memory works?		
	1.4 The three system in memory		
	1.5 Forgetting		
	1.6 Improving memory		
<b>2 Perception</b>		1	25
	2.1 Definition of perception		
	2.2 The Gestalt principals of Perceptual organization		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.3 Perceptual constancy
- 2.4 Depth Perception
- 2.5 Attentional Processes
- 2.6 Functions of Attention.

**3 Intelligence** 1 25

- 3.1 Definition and nature of Intelligence
- 3.2 The Range of Intelligence
- 3.2 Mental Retardation
- 3.3 Measuring Intelligence
- 3.4 Measuring Intelligence in India

**4 personality** 1 25

- 4.1 Definition of personality
- 4.2 Theories of personality
  - 4.2.1 Freud and Psychoanalysis
  - 4.2.2 Humanistic personality theories, Maslow and Rogers
- 4.3 Personality: Is it in the Genes?
  - 4.3.1 The Twin Stud Method
  - 4.3.2 Shared and Non shared Environment
  - 4.3.3 Adoption Method
  - 4.3.4 Personality and Culture

**ReferanceBooks:**

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York.
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986)' Introduction to psychology'Mc. Graw Hill Co. International Ed.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.  
Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -202		B. A. Semester-II		Psychology
<b>COURSE / PAPERTITLE- INTRODUCTIN TO SOCIAL PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1 Leadership</b>		<b>1</b>	<b>25</b>
	1.1 Definition and Function of Leadership		
	1.2 Approaches to leadership		
	1.2.1 Traits		
	1.2.2 Situational		
	1.2.3 Interactional		
	1.2.4 Contingency		
	1.3 Leadership Effectiveness		
	1.4 The charismatic leadership		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>2 Attitudes</b>	<b>1</b>	<b>25</b>
2.1 Definition and Nature of attitudes		
2.2 Attitudes and Behaviour		
2.3 Formation of Attitudes		
2.4 Measurement of Attitudes		
<b>3 Prejudice</b>	<b>1</b>	<b>25</b>
3.1 Components of Prejudice		
3.2 The social and Cognitive roots of Prejudice		
3.3 Targets of Prejudice: Social groups		
3.4 Reducing Prejudice.		
<b>4 Aggression</b>	<b>1</b>	<b>25</b>
4.1 Defining Aggression		
4.2 Interpersonal Aggression		
4.3 What Triggers Aggression		
4.4 Prevention & Control of Aggression		
4.5 Motivations for Terrorism		
4.6 Theory of Albert Bandura		

**Reference Books:**

1. Baron R. A. & Byrnes D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi-110092(India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Dianem Mackie (2000) Social Psychology 325, chensutstreet, Philadelphia-P.A. 19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -201		B. A. Semester-II		Psychology
<b>COURSE / PAPERTITLE- INTRODUCTION TO PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

1. The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
3. Total Marks: 70 External Examination,  
30 Internal Examination
4. Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1 Memory</b>		<b>1</b>	<b>25</b>
	1.1 Definition of Memory.		
	1.2 Beginning memory research		
	1.3 How Memory works?		
	1.4 The three system in memory		
	1.5 Forgetting		
	1.6 Improving memory		
<b>2 Perception</b>		<b>1</b>	<b>25</b>
	2.1 Definition of perception		
	2.2 The Gestalt principals of Perceptual organization		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.3 Perceptual constancy
- 2.4 Depth Perception
- 2.5 Attentional Processes
- 2.6 Functions of Attention.

**3 Intelligence** 1 25

- 3.1 Definition and nature of Intelligence
- 3.2 The Range of Intelligence
- 3.3 Mental Retardation
- 3.4 Measuring Intelligence
- 3.5 Measuring Intelligence in India

**4 personality** 1 25

- 4.1 Definition of personality
- 4.2 Theories of personality
  - 4.2.1 Freud and Psychoanalysis
  - 4.2.2 Humanistic personality theories, Maslow and Rogers
- 4.3 Personality: Is it in the Genes?
  - 4.3.1 The Twin Stud Method
  - 4.3.2 Shared and Non shared Environment
  - 4.3.3 Adoption Method
  - 4.3.4 Personality and Culture

**ReferanceBooks:**

1. Philip G., Zimbardo and Ann L. Weber (1997) Psychology Longman, New York.
2. Wood S. E. and Wood E. G. (1996) 'The World of psychology' Allyn and Bacon, New York.
3. Morgan C. T., King R.A., Weisz J. S., Schopler J. (1986)' Introduction to psychology'Mc. Graw Hill Co. International Ed.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -202		B. A. Semester-II		Psychology
<b>COURSE / PAPERTITLE- INTRODUCTIN TO SOCIAL PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

The aim of the course is to familiarize students with the basic psychological Process and the studies relating to the factors, which influence them. It will also focus on some important application areas of psychology.

**The Scheme of question paper:**

1. The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
3. Total Marks:70 External Examination,  
30 Internal Examination
4. Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1 Leadership</b>		<b>1</b>	<b>25</b>
	1.1 Definition and Function of Leadership		
	1.2 Approaches to leadership		
	1.2.1 Traits		
	1.2.2 Situational		
	1.2.3 Interactional		
	1.2.4 Contingency		
	1.3 Leadership Effectiveness		
	1.4 The charismatic leadership		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>2 Attitudes</b>	<b>1</b>	<b>25</b>
2.1 Definition and Nature of attitudes		
2.2 Attitudes and Behaviour		
2.3 Formation of Attitudes		
2.4 Measurement of Attitudes		
<b>3 Prejudice</b>	<b>1</b>	<b>25</b>
3.1 Components of Prejudice		
3.2 The social and Cognitive roots of Prejudice		
3.3 Targets of Prejudice: Social groups		
3.4 Reducing Prejudice.		
<b>4 Aggression</b>	<b>1</b>	<b>25</b>
4.1 Defining Aggression		
4.2 Interpersonal Aggression		
4.3 What Triggers Aggression		
4.4 Prevention & Control of Aggression		
4.5 Motivations for Terrorism		
4.6 Theory of Albert Bandura		

**Reference Books:**

1. Baron R. A. & Byrne D. (2004) Social psychology, Pearson Education, pte. Ltd. Indian Branch, Delhi- 110092(India)
2. David J. Whittaker (2001) 'The Terrorism Reader' new Fetter lane, London Ec 4P, 4EE 29, West, 31st Street NY-10001
3. Eliot R. Smith & Dianem Mackie (2000) Social Psychology 325, chensutstreet, Philadelphia-P.A. 19/06
4. Taylor, Peplau, Sears (1994): 'Social Psychology' 8<sup>th</sup> Ed. Prentice Hall.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
EO -205		B. A. Semester-II		Psychology
<b>COURSE / PAPERTITLE- ENVIRONMENTALPSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Elective			02	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x7.5=30	-	15	35	50

**Main Objectives:**

Helping the students to acquaint with the key concept, Method, Subject matter and applications of environmental psychology.

To acquaint the students with the concept of environmental related issues.

To help students to make more affective choice in coping with environmental problems of everyday life

**The Scheme of question paper**

- 1) The paper will consist of three units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:35 External Examination,  
15 Internal Examination
- 4) Duration of Examination: 2 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>The Effects of Air Pollution and WindonBehaviour</b>	<b>0.5</b>	<b>17</b>
	1.1 Nature of Air in the Atmosphere		
	1.2 Air Pollutants and Consequences		
	1.3 Personal Air Pollution		
	1.4 How Air Pollution is perceived		
	1.5 The Effects of Air Pollution and Wind Performance		



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

<b>2</b>	<b>Personal Space and Interpersonal Contact</b>	<b>0.5</b>	<b>17</b>
	2.1 Personal Space		
	2.2 Cultural and Personal Factors in Interpersonal Contacts and Personal Space		
	2.4 Cultural and Interpersonal Contacts and Personal Space		
	2.5 Encroachment in to One's Personal Space		
<b>3</b>	<b>Population Density and the Problem of Over Crowding</b>	<b>0.5</b>	<b>16</b>
	3.1 Density and Crowding		
	3.2 Effects of Over Crowing on Humans		
	3.3 Sex and Effects of Density		
	3.4 The Effects of High-density of Population Physique		
	3.5 The Effects of the Kinds Of High Density of Population		
	3.6 Aggression as the Effect of High-density		
	3.7 Effects of Long Term High Density		
	3.8 Avoiding the Effects of Crowding and Negative Reaction		

**ReferanceBooks:**

- 1 Ittelson W. H. Proshansky H. M. Rilvin E. G. Winkel G. H. and Dempsey (1974) An Introduction to Environmental Psychology
- 2 Fisher, J.D., Bell, P.A., and Baum, A. (1984). *Environmental Psychology*. NY: Holt, RinchartandWinston.
- 3 Jain, U. (1987). *The psychological consequences on crowding*. New Delhi, India: Sage. Jain
- 4 Palsane, M. N. (2004). Environment and behavior. In J. Pandey(Ed.),
- 5 Nagar, D. (2006). *Environmental psychology*. New Delhi, India: Concept.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

# PSYCHOLOGY



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY**

**PATAN - 384265**

NAAC Accreditation Grade – “B”

FACULTY OF ARTS

B.A. SEMESTER – III & IV

**PSYCHOLOGY**

New Syllabus and Exam Scheme

Kind of Course – Core/ Elective

With Semester / CBCS / Grading Pattern

W.E.F. June - 2012

Date: / /2012

Total Page:



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Programme Code		Programme Name	B.A. Psychology
Faculty	Arts	Semester	III & IV
Effective From	June-2012		



2

  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
III	CC-205 Adjustment psychology	4	3	30	70	100	4
	CC-206 Health psychology-I	4	3	30	70	100	4
	CC-207 Biological psychology (optional)	4	3	30	70	100	4
	CC-207 Systems in Psychology (optional)	4	3	30	70	100	4
	CE-205 Adjustment psychology	4	3	30	70	100	4
	CE-206 Health psychology-I	4	3	30	70	100	4
	EG-203 Any one from the list	2	2	-	50	50	2
	FC-203 English	2	3	30	70	100	2
	<b>Total</b>		<b>24</b>	<b>20</b>	<b>180</b>	<b>470</b>	<b>650</b>
IV	CC-208 Psychology for living	4	3	30	70	100	4
	CC-209 Health psychology-II	4	3	30	70	100	4
	CC-210 Physiological psychology (optional)	4	3	30	70	100	4
	CC-210 Systems in psychology-II (optional)	4	3	30	70	100	4
	CE-207 Psychology for living	4	3	30	70	100	4
	CE-208 Health psychology-II	4	3	30	70	100	4
	EG-204 Any one from the list	2	2	-	50	50	2
	FC-204 English	2	3	30	70	100	2
	<b>Total</b>		<b>24</b>	<b>20</b>	<b>180</b>	<b>470</b>	<b>650</b>



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**Hemchandracharya North Gujarat University Patan**

Programme: B.A. Psychology

Paper style Of the B.A. Semester – III & IV

[Hours – 3]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** -----28

A  
or  
A  
B  
or  
B

**Q.2** Answer any two from following-----20

A  
B  
C  
D

**Q.3** Give Answer any six in two or three sentences from following-----12

A  
B  
C  
D  
E  
F  
G  
H

**Q.4** Give correct Alternatives Answer from following-----10

A  
B  
C  
D  
E  
F  
G  
H  
I  
J

-----  
**Total Marks—70**



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

Grading point:

Grade point	Description	% of marks	Division/ Grade
1	2	3	4
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. SEMESTER-III**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE SUBJECT</b>	<b>CREDITS FOR DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 205	CORE COMPULSORY	ADJUSTMENT PSYCHOLOGY	4	4
CC 206	CORE COMPULSORY	HEALTH PSYCHOLOGY-I	4	4
CC 207	CORE COMPULSORY	BIOLOGICAL PSYCHOLOGY (OPTIONAL)	4	4
CC 207	CORE COMPULSORY	SYSTEMS IN PSYCHOLOGY-I (OPTIONAL)	4	4
CE 205	CORE ELECTIVE	ADJUSTMENT PSYCHOLOGY	4	4
CE 206	CORE ELECTIVE	HEALTH PSYCHOLOGY-I	4	4
EG 203	ELECTIVE GENERIC	ANY ONE FROM THE LIST	2	2
FC 203	FOUNDATION COMPULSORY	ENGLISH	2	2
TOTAL COURSES 8		TOTAL LECTURES 24		TOTAL CREDITS 24



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-205	Semester	III
<b>ADJUSTMENT PSYCHOLOGY</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>  1.1 Definition & Process of Adjustment  1.2 Social Change  1.3 Challenge of self Direction  1.4 Themes of Personal Growth	1	18
2	<b>Perspective on Child Development</b>  2.1 The Biological Perspective on Child Development	1	18



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- 2.2 The Psychodynamic Perspective on Child Development
- 2.3 The Social-Cognitive Perspective on Child Development
- 2.4 The Humanistic Perspective on Child Development

<b>3</b>	<b>Seeking Selfhood and Meeting People</b>	<b>1</b>	<b>17</b>
	3.1 What is the Self Concept?		
	3.2 Core Characteristics of the Self Concept		
	3.3 The Self-Concept and Personal Growth		
	3.4 Meeting People		
	3.4.1 First Impressions		
	3.4.2 Mistaken Impression		
<b>4</b>	<b>Stress Management</b>	<b>1</b>	<b>17</b>
	4.1 Understanding Stress		
	4.1.1 Conceptualizing stress		
	4.1.2 Stress & you		
	4.2 Reaction to Stress		
	4.3 Managing Stress		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-206	Semester	III
<b>HEALTH PSYCHOLOGY-I</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>  1.1 What is Health? 1.2 What is Health Psychology? 1.3 Why is the Field of Health Psychology Needed? 1.4 The Bio-Psychosocial Model in Health Psychology.	1	18
2	<b>The Systems of the Body</b>  2.1 The Cardiovascular System 2.2 The Respiratory System 2.3 The Digestive System 2.4 The Renal System	1	18



*Jmk*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**3 Health Enhancing and Compromising Behaviors 1 17**

Health Enhancing Behaviors

3.1 What are the Health Behaviors?

3.2 Health Enhancing Behaviors

3.2.1 Exercise

3.2.2 Accident Prevention

3.2.3 Maintaining a Healthy Diet

3.2.4 Weight Control

Health Compromising Behaviors

3.3 Characteristics of Health Compromising Behaviors

3.4 Alcoholism and Problem Drinking

**4 The Patient in the Treatment Setting 1 17**

4.1 Recognition and Interpretation of symptoms

4.2 Who Uses Health Services?

4.3 The Patient in the Hospital Setting

4.4 Intervention to Increase Control in Hospital Setting.

**Reference Books**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research &practice),Second Edition, Sage Publication, New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-207	Semester	III
<b>BIOLOGICAL PSYCHOLOGY (Optional)</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Nature of Physiological Psychology</b>  1.1 Historical Roots of Physiological Psychology 1.2 Definition, Nature and Scope of Physiological Psychology 1.3 Importance of Studying Physiological Psychology 1.4 The Modern Era of Brain Imaging	1	18
2	<b>Research Methods of Physiological Psychology</b>  2.1 Neuroanatomical 2.2 Neurophysiological	1	18



2.3 Neurochemical

2.4 Neuroelectrical

<b>3</b>	<b>The Neuron, Nervous System</b>	<b>1</b>	<b>17</b>
	3.1 The Anatomy of Neuron		
	3.2 What Neurons do?		
	3.3 Peripheral Nervous System		
	3.4 Central Nervous System		
<b>4</b>	<b>The Physiological Basis of Perception</b>	<b>1</b>	<b>17</b>
	4.1 Visual Perception		
	4.2 Auditory Perception		
	4.3 Chemical Perception		

### Reference Books

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc. New York



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-207	Semester	III
<b>SYSTEMS IN PSYCHOLOGY-I (Optional)</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Development of Schools in Psychology</b>	1	18
	1.1 What is school?		
	1.2 Why various schools in Psychology?		
	1.3 Fields of Psychology		
	1.4 Historical Overview		
	1.5 Pre-scientific Psychology		
	1.6 The Period of Scientific Psychology		
2	<b>Structuralism and Functionalism</b>	1	18
	<b>Structuralism</b>		



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- 2.1 Principals of Structuralism:
- 2.2 System of structuralism
  - 2.2.1 Wilhem Wundt
  - 2.2.2 Edward Bedford Tichner

**Functionalism**

- 2.3 Concepts of Functionalism
  - 2.3.1 John Dewey
  - 2.3.2 James Angell
  - 2.3.3 Harvey A. Carr

**3 Associationism 1 17**

- 3.1 Old Associationism
- 3.2 New Associationism
  - 3.2.1 Herman Ebbinghaus
  - 3.2.2 Loyid Morgan
  - 3.2.3 E.L. Throndike
  - 3.2.4 I.B. Pavlov
- 3.3 Contribution of Associationism in Psychology

**4 Behaviorism 1 17**

- 4.1 Background of Emergence of Behaviorists
- 4.2 Principals of Behaviorism
- 4.3 Contribution of various behaviorism
  - 4.3.1 John B. Watson
  - 4.3.2 Albert Weiss
  - 4.3.3 Edward Holt
  - 4.3.4 Walter Hunter
  - 4.3.5 Karl Lashley



**Reference Books:**

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University Granth Nirman Board.
2. Dr. B.A. Parikh "Manovignan Na Sampradayo Ane Siddhanto" 2<sup>nd</sup> Edition (1988) University Granth Nirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code			Programme Name		B.A. Psychology
Course Code		CE-205	Semester		III
<b>ADJUSTMENT PSYCHOLOGY</b>					
Course Type		Core Elective	Total Credit		04
Teaching Time (hours)			Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives:**

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>	1	18
	1.1 Definition & Process of Adjustment		
	1.2 Social Change		
	1.3 Challenge of self Direction		
	1.4 Themes of Personal Growth		
2	<b>Perspective on Child Development</b>	1	18
	2.1 The Biological Perspective on Child Development		
	2.2 The Psychodynamic Perspective on Child Development		



2.3 The Social-Cognitive Perspective on Child Development

2.4 The Humanistic Perspective on Child Development

**3 Seeking Selfhood and Meeting People 1 17**

3.1 What is the Self Concept?

3.2 Core Characteristics of the Self Concept

3.3 The Self-Concept and Personal Growth

3.4 Meeting People

3.4.1 First Impressions

3.4.2 Mistaken Impression

**4 Stress Management 1 17**

4.1 Understanding Stress

4.1.1 Conceptualizing stress

4.1.2 Stress & you

4.2 Reaction to Stress

4.3 Managing Stress

**Reference Book :**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2012**

Programme Code		Programme Name		B.A. Psychology
Course Code		CE-206	Semester	III
<b>HEALTH PSYCHOLOGY-I</b>				
Course Type		Core Elective	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>	1	18

- 1.1 What is Health?
- 1.2 What is Health Psychology?
- 1.3 Why is the Field of Health Psychology Needed?
- 1.4 The Bio-Psychosocial Model in Health Psychology.

2	<b>The Systems of the Body</b>	1	18
---	--------------------------------	---	----

- 2.1 The Cardiovascular System
- 2.2 The Respiratory System



18

*Jim*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

2.3 The Digestive System

2.4 The Renal System

**3 Health Enhancing and Compromising Behaviors 1 17**

Health Enhancing Behaviors

3.1 What are the Health Behaviors?

3.2 Health Enhancing Behaviors

3.2.1 Exercise

3.2.2 Accident Prevention

3.2.3 Maintaining a Healthy Diet

3.2.4 Weight Control

Health Compromising Behaviors

3.3 Characteristics of Health Compromising Behaviors

3.4 Alcoholism and Problem Drinking

**4 The Patient in the Treatment Setting 1 17**

4.1 Recognition and Interpretation of symptoms

4.2 Who Uses Health Services?

4.3 The Patient in the Hospital Setting

4.4 Intervention to Increase Control in Hospital Setting.

**Reference Books :**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research &practice),Second Edition, Sage Publication, New Delhi.



# મનોવિજ્ઞાન



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Faculty	Programme Name	Subject / Course
Arts	B. A. Semester	Psychology III & IV
Effective From	June-2020 (In Continuation)	



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- III & IV  
For  
Core Compulsory & Core Elective

[Hours – 2:30]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I)-----18

A  
or  
B

**Q.2** Answer any one from following (Unit – II)-----17

A  
or  
B

**Q.3** Answer any one from following (Unit – III)-----18

A  
or  
B

**Q.4** Answer any one from following (Unit – IV)-----17

A  
or  
B

**Total Marks—70**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- III & IV  
For  
Foundation Compulsory & Foundation Elective

[Hours – 2:00]

[Total Marks – 35]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I) ----- **12**

A  
or  
B

**Q.2** Answer any one from following (Unit – II) ----- **12**

A  
or  
B

**Q.3** Answer any one from following (Unit – III) ----- **11**

A  
or  
B

**Total Marks—35**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**Grading point:**

<b>Grade point</b>	<b>Description</b>	<b>% of marks</b>	<b>Division/Grade</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F

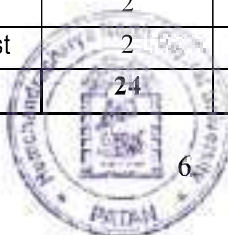


  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**COURSE PATTERN**  
**Psychology B.A. Semester – III & IV**  
**(Effective from June-2020)**

**COURSE PATTERN**

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
III	CC-303 Adjustment Psychology-I	4	2.5	30	70	100	4
	CC-304 Health psychology-I	4	2.5	30	70	100	4
	CC-305 Introduction to Bio-Psychology - I Or CC-305 Systems and Schools in Psychology-I	4	2.5	30	70	100	4
	CE-303 Adjustment Psychology-I	4	2.5	30	70	100	4
	CE-304 Health psychology-I	4	2.5	30	70	100	4
	FC-303 English	2	2	15	35	100	2
	EG-306 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>16.5</b>	<b>180</b>	<b>420</b>	<b>650</b>	<b>24</b>
IV	CC-403 Adjustment Psychology-II	4	2.5	30	70	100	4
	CC-404 Health psychology-II	4	2.5	30	70	100	4
	CC-405 Introduction to Bio-Psychology - II Or CC-405 Systems and Schools in Psychology-II	4	2.5	30	70	100	4
	CE-403 Adjustment Psychology-II	4	2.5	30	70	100	4
	CE-404 Health psychology-II	4	2.5	30	70	100	4
	FC-403 English	2	2	15	35	100	2
	EG-406 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>16.5</b>	<b>180</b>	<b>420</b>	<b>650</b>	<b>24</b>



i/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER-III**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 303	Core Compulsory	Adjustment psychology - I	4	4
CC 304	Core Compulsory	Health psychology-I	4	4
CC 305	Core Compulsory	Introduction to Bio-Psychology - I Or Systems and Schools in Psychology-I	4	4
CE 303	Core Elective	Adjustment psychology - I	4	4
CE 304	Core Elective	Health psychology-I	4	4
FC 303	Foundation Compulsory	English	2	2
EG 306	Elective Generic	Any one from the list	2	2
Total Courses 7		Total Lectures 24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -303		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY - I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.  
 To acquaint the students with the concept of adjustment and development.  
 To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>  1.1 Definition & Process of Adjustment  1.2 Social Change  1.3 Challenge of self-Direction  1.4 Themes of Personal Growth	1	25
2	<b>Perspective on Child Development</b>  2.1 The Biological Perspective on Child Development  2.2 The Psychodynamic Perspective on Child Development	1	25



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.3 The Social-Cognitive Perspective on Child Development

2.4 The Humanistic Perspective on Child Development

<b>3</b>	<b>Seeking Selfhood and Meeting People</b>	<b>1</b>	<b>25</b>
	3.1 What is the Self Concept?		
	3.2 Core Characteristics of the Self Concept		
	3.3 The Self-Concept and Personal Growth		
	3.4 Meeting People		
	3.4.1 First Impressions		
	3.4.2 Mistaken Impression		
<b>4</b>	<b>Stress Management</b>	<b>1</b>	<b>25</b>
	4.1 Understanding Stress		
	4.1.1 Conceptualizing stress		
	4.1.2 Stress & you		
	4.2 Reaction to Stress		
	4.3 Managing Stress		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -304		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

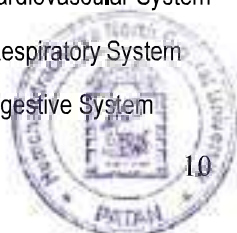
Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>  1.1 What is Health?  1.2 What is Health Psychology?  1.3 Why is the Field of Health Psychology Needed?  1.4 The Bio-Psychosocial Model in Health Psychology.	1	25
2	<b>The Systems of the Body</b>  2.1 The Endocrine System  2.2 The Cardiovascular System  2.3 The Respiratory System  2.4 The Digestive System	1	25



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.5 The Immune System		
<b>3</b>	<b>Health Enhancing Behaviours</b>	<b>1</b>	<b>25</b>
	3.1 What are the Health Behaviours?		
	3.2 Health Enhancing Behaviors'		
	3.2.1 Exercise		
	3.2.2 Accident Prevention		
	3.2.3 Maintaining a Healthy Diet		
	3.2.4 Weight Control		
<b>4</b>	<b>Health Compromising Behaviours</b>	<b>1</b>	<b>25</b>
	4.1 Characteristics of Health Compromising Behaviours		
	4.2 What is Substance Dependents?		
	4.3 Alcoholism and Problem Drinking		
	4.4 Smoking		

**Reference Books**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -305		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO BIO-PSYCHOLOGY – I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Nature of Physiological Psychology</b>  1.1 Historical Roots of Physiological Psychology 1.2 Definition, Nature and Scope of Physiological Psychology 1.3 Importance of Studying Physiological Psychology 1.4 The Modern Era of Brain Imaging	1	25
2	<b>Research Methods of Physiological Psychology</b>  2.1 Neuroanatomical Methods 2.1.1 Method of Staining	1	25



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.2 Method of Degeneration		
	2.1.3 Method of Extirpation		
	2.1.4 Electrolytic Lesionous Method		
	2.2 Electrical Recording Methods		
	2.2.1 Electroencephalogram		
	2.2.2 Method of Evoked Potentials		
	2.2.3 Method of Micro-electrodes		
	2.3 Method of Stimulation		
	2.3.1 Method of Electrical Stimulation		
	2.3.2 Method of Chemical Stimulation		
	2.4 Hormonal and Bio-chemical Methods		
	2.4.1 Hormonal Method		
	2.4.2 Bio-chemical Method		
<b>3</b>	<b>The Neuron, Nervous System</b>	<b>1</b>	<b>25</b>
	3.1 The Anatomy of Neuron		
	3.2 What Neurons do?		
	3.3 Peripheral Nervous System		
	3.4 Central Nervous System		
<b>4</b>	<b>The Physiological Basis of Perception</b>	<b>1</b>	<b>25</b>
	4.1 Visual Perception		
	4.2 Auditory Perception		
	4.3 Chemical Perception		

**Reference Books**

1. Levinthal C.F. (2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc, New York





  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -305		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - SYSTEMS AND SCHOOLS IN PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Development of Schools in Psychology</b>	1	25
	1.1 What is school?		
	1.2 Why various schools in Psychology?		
	1.3 Fields of Psychology		
	1.4 Historical Overview		
	1.5 Pre-scientific Psychology		
	1.6 The Period of Scientific Psychology		





**Reference Books:**

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University GranthNirmanBoard.
2. Dr. B.A. Parikh "Manovignan Na SampradayoAneSiddhanto" 2<sup>nd</sup> Edition (1988) University GranthNirmanBoard.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2012**

Course Code		Programme Name		Subject/ Course
CE -303		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY - I</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

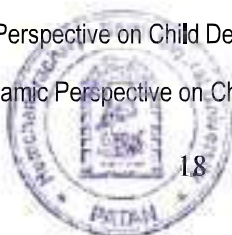
To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

1. The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
3. Total Marks:70 External Examination,  
30 Internal Examination
4. Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>	1	25
	1.1 Definition & Process of Adjustment		
	1.2 Social Change		
	1.3 Challenge of self-Direction		
	1.4 Themes of Personal Growth		
2	<b>Perspective on Child Development</b>	1	25
	2.1 The Biological Perspective on Child Development		
	2.2 The Psychodynamic Perspective on Child Development		





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2020

Course Code		Programme Name		Subject/ Course
CE -304		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1.The paper will consist of four units
- 2.Every unit should be given equal weight age in the examination.
- 3.Total Marks:70 External Examination,  
30 nternal Examination
- 4.Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>  1.1 What is Health?  1.2 What is Health Psychology?  1.3 Why is the Field of Health Psychology Needed?  1.4 The Bio-Psychosocial Model in Health Psychology.	1	25
2	<b>The Systems of the Body</b>  2.1 The Endocrine System  2.2 The Cardiovascular System  2.3 The Raspirotary System	1	25



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

2.4 The Digestive System

2.5 The Immune System

**3 Health Enhancing Behaviours** 1 25

3.1 What are the Health Behaviours?

3.2 Health Enhancing Behaviors'

3.2.1 Exercise

3.2.2 Accident Prevention

3.2.3 Maintaining a Healthy Diet

3.2.4 Weight Control

**4 Health Compromising Behaviours** 1 25

4.1 Characteristics of Health Compromising Behaviours

4.2 What is Substance Dependents?

4.3 Alcoholism and Problem Drinking

4.4 Smoking

**Reference Books**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



## HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Faculty	Programme Name	Subject / Course
Arts	B. A. Semester	Psychology III & IV
Effective From	June-2020 (In Continuation)	



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- III & IV  
For  
Core Compulsory & Core Elective

[Hours – 2:30]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I)----- 18

A  
or  
B

**Q.2** Answer any one from following (Unit – II)----- 17

A  
or  
B

**Q.3** Answer any one from following (Unit – III)----- 18

A  
or  
B

**Q.4** Answer any one from following (Unit – IV)----- 17

A  
or  
B

**Total Marks—70**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- III & IV  
For  
Foundation Compulsory & Foundation Elective

[Hours – 2:00]

[Total Marks – 35]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I) ----- **12**

A  
or  
B

**Q.2** Answer any one from following (Unit – II) ----- **12**

A  
or  
B

**Q.3** Answer any one from following (Unit – III) ----- **11**

A  
or  
B

**Total Marks—35**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**Grading point:**

<b>Grade point</b>	<b>Description</b>	<b>% of marks</b>	<b>Division/Grade</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F

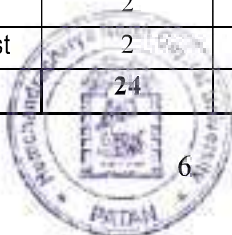


  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**COURSE PATTERN**  
**Psychology B.A. Semester – III & IV**  
**(Effective from June-2020)**

**COURSE PATTERN**

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
III	CC-303 Adjustment Psychology-I	4	2.5	30	70	100	4
	CC-304 Health psychology-I	4	2.5	30	70	100	4
	CC-305 Introduction to Bio-Psychology - I Or CC-305 Systems and Schools in Psychology-I	4	2.5	30	70	100	4
	CE-303 Adjustment Psychology-I	4	2.5	30	70	100	4
	CE-304 Health psychology-I	4	2.5	30	70	100	4
	FC-303 English	2	2	15	35	100	2
	EG-306 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>16.5</b>	<b>180</b>	<b>420</b>	<b>650</b>	<b>24</b>
IV	CC-403 Adjustment Psychology-II	4	2.5	30	70	100	4
	CC-404 Health psychology-II	4	2.5	30	70	100	4
	CC-405 Introduction to Bio-Psychology - II Or CC-405 Systems and Schools in Psychology-II	4	2.5	30	70	100	4
	CE-403 Adjustment Psychology-II	4	2.5	30	70	100	4
	CE-404 Health psychology-II	4	2.5	30	70	100	4
	FC-403 English	2	2	15	35	100	2
	EG-406 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>16.5</b>	<b>180</b>	<b>420</b>	<b>650</b>	<b>24</b>



i/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER-III**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 303	Core Compulsory	Adjustment psychology - I	4	4
CC 304	Core Compulsory	Health psychology-I	4	4
CC 305	Core Compulsory	Introduction to Bio-Psychology - I Or Systems and Schools in Psychology-I	4	4
CE 303	Core Elective	Adjustment psychology - I	4	4
CE 304	Core Elective	Health psychology-I	4	4
FC 303	Foundation Compulsory	English	2	2
EG 306	Elective Generic	Any one from the list	2	2
Total Courses 7		Total Lectures 24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -303		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY - I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.  
 To acquaint the students with the concept of adjustment and development.  
 To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>  1.1 Definition & Process of Adjustment  1.2 Social Change  1.3 Challenge of self-Direction  1.4 Themes of Personal Growth	1	25
2	<b>Perspective on Child Development</b>  2.1 The Biological Perspective on Child Development  2.2 The Psychodynamic Perspective on Child Development	1	25



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.3 The Social-Cognitive Perspective on Child Development

2.4 The Humanistic Perspective on Child Development

<b>3</b>	<b>Seeking Selfhood and Meeting People</b>	<b>1</b>	<b>25</b>
	3.1 What is the Self Concept?		
	3.2 Core Characteristics of the Self Concept		
	3.3 The Self-Concept and Personal Growth		
	3.4 Meeting People		
	3.4.1 First Impressions		
	3.4.2 Mistaken Impression		
<b>4</b>	<b>Stress Management</b>	<b>1</b>	<b>25</b>
	4.1 Understanding Stress		
	4.1.1 Conceptualizing stress		
	4.1.2 Stress & you		
	4.2 Reaction to Stress		
	4.3 Managing Stress		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -304		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

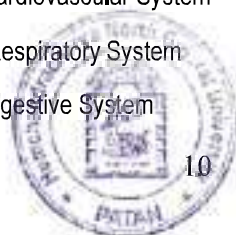
Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>	1	25
	1.1 What is Health?		
	1.2 What is Health Psychology?		
	1.3 Why is the Field of Health Psychology Needed?		
	1.4 The Bio-Psychosocial Model in Health Psychology.		
2	<b>The Systems of the Body</b>	1	25
	2.1 The Endocrine System		
	2.2 The Cardiovascular System		
	2.3 The Respiratory System		
	2.4 The Digestive System		



*(Signature)*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

	2.5 The Immune System		
<b>3</b>	<b>Health Enhancing Behaviours</b>	<b>1</b>	<b>25</b>
	3.1 What are the Health Behaviours?		
	3.2 Health Enhancing Behaviors'		
	3.2.1 Exercise		
	3.2.2 Accident Prevention		
	3.2.3 Maintaining a Healthy Diet		
	3.2.4 Weight Control		
<b>4</b>	<b>Health Compromising Behaviours</b>	<b>1</b>	<b>25</b>
	4.1 Characteristics of Health Compromising Behaviours		
	4.2 What is Substance Dependents?		
	4.3 Alcoholism and Problem Drinking		
	4.4 Smoking		

**Reference Books**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



*Hemchandracharya*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -305		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO BIO-PSYCHOLOGY – I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Nature of Physiological Psychology</b>  1.1 Historical Roots of Physiological Psychology 1.2 Definition, Nature and Scope of Physiological Psychology 1.3 Importance of Studying Physiological Psychology 1.4 The Modern Era of Brain Imaging	1	25
2	<b>Research Methods of Physiological Psychology</b>  2.1 Neuroanatomical Methods 2.1.1 Method of Staining	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.2 Method of Degeneration		
	2.1.3 Method of Extirpation		
	2.1.4 Electrolytic Lesionous Method		
	2.2 Electrical Recording Methods		
	2.2.1 Electroencephalogram		
	2.2.2 Method of Evoked Potentials		
	2.2.3 Method of Micro-electrodes		
	2.3 Method of Stimulation		
	2.3.1 Method of Electrical Stimulation		
	2.3.2 Method of Chemical Stimulation		
	2.4 Hormonal and Bio-chemical Methods		
	2.4.1 Hormonal Method		
	2.4.2 Bio-chemical Method		
<b>3</b>	<b>The Neuron, Nervous System</b>	<b>1</b>	<b>25</b>
	3.1 The Anatomy of Neuron		
	3.2 What Neurons do?		
	3.3 Peripheral Nervous System		
	3.4 Central Nervous System		
<b>4</b>	<b>The Physiological Basis of Perception</b>	<b>1</b>	<b>25</b>
	4.1 Visual Perception		
	4.2 Auditory Perception		
	4.3 Chemical Perception		

**Reference Books**

1. Levinthal C.F. (2003): Introduction to Physiological Psychology, Third Printing of Third Edition, Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988): Biological Psychology, Holt, Rinehart and Windson, Inc, New York





*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -305		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - SYSTEMS AND SCHOOLS IN PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Development of Schools in Psychology</b>	1	25
	1.1 What is school?		
	1.2 Why various schools in Psychology?		
	1.3 Fields of Psychology		
	1.4 Historical Overview		
	1.5 Pre-scientific Psychology		
	1.6 The Period of Scientific Psychology		



<b>2</b>	<b>Structuralism and Functionalism</b>	<b>1</b>	<b>25</b>
	<b>Structuralism</b>		
	2.1 Principals of Structuralism:		
	2..2 System of structuralism		
	2.2.1 Wilhem Wundt		
	2.2.2 Edward Bedford Tichner		
	<b>Functionalism</b>		
	2.3Concepts of Functionalism		
	2.3.1 John Dewey		
	2.3.2 James Angell		
	2.3.3 Harvey A. Carr		
 <b>3</b>	 <b>Associationism</b>	 <b>1</b>	 <b>25</b>
	3.1 Old Associationism		
	3.2 New Associationism		
	3.2.1 Herman Ebbinghaus		
	3.2.2 Loyid Morgan		
	3.2.3 E.L. Throndike		
	3.2.4 I.B. Pavlov		
	3.3 Contribution of Associationism in Psychology		
 <b>4</b>	 <b>Behaviorism</b>	 <b>1</b>	 <b>25</b>
	4.1 Background of Emergence of Behaviorists		
	4.2 Principals of Behaviorism		
	4.3 Contribution of various behaviorism		
	4.3.1 John B. Watson		
	4.3.2 Albert Weiss		
	4.3.3 Edward Holt		
	4.3.4 Walter Hunter		
	4.3.5 Karl Lashley		



**Reference Books:**

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University GranthNirmanBoard.
2. Dr. B.A. Parikh "Manovignan Na SampradayoAneSiddhanto" 2<sup>nd</sup> Edition (1988) UniversityGranthNirmanBoard.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather& Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2012**

Course Code		Programme Name		Subject/ Course
CE -303		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY - I</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

**The scheme of question paper:**

1. The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
3. Total Marks:70 External Examination,  
30 Internal Examination
4. Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Adjustment</b>	1	25
	1.1 Definition & Process of Adjustment		
	1.2 Social Change		
	1.3 Challenge of self-Direction		
	1.4 Themes of Personal Growth		
2	<b>Perspective on Child Development</b>	1	25
	2.1 The Biological Perspective on Child Development		
	2.2 The Psychodynamic Perspective on Child Development		





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -304		B. A. Semester-III		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1.The paper will consist of four units
- 2.Every unit should be given equal weight age in the examination.
- 3.Total Marks:70 External Examination,  
30 nternal Examination
- 4.Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Health Psychology</b>  1.1 What is Health?  1.2 What is Health Psychology?  1.3 Why is the Field of Health Psychology Needed?  1.4 The Bio-Psychosocial Model in Health Psychology.	1	25
2	<b>The Systems of the Body</b>  2.1 The Endocrine System  2.2 The Cardiovascular System  2.3 The Raspirotary System	1	25



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

2.4 The Digestive System

2.5 The Immune System

**3 Health Enhancing Behaviours** 1 25

3.1 What are the Health Behaviours?

3.2 Health Enhancing Behaviors'

3.2.1 Exercise

3.2.2 Accident Prevention

3.2.3 Maintaining a Healthy Diet

3.2.4 Weight Control

**4 Health Compromising Behaviours** 1 25

4.1 Characteristics of Health Compromising Behaviours

4.2 What is Substance Dependents?

4.3 Alcoholism and Problem Drinking

4.4 Smoking

**Reference Books**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



# PSYCHOLOGY



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY**

**PATAN - 384265**

NAAC Accreditation Grade – “B”

FACULTY OF ARTS

B.A. SEMESTER – III & IV

**PSYCHOLOGY**

New Syllabus and Exam Scheme

Kind of Course – Core/ Elective

With Semester / CBCS / Grading Pattern

W.E.F. June - 2012

Date: / /2012

Total Page:



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Programme Code		Programme Name	B.A. Psychology
Faculty	Arts	Semester	III & IV
Effective From	June-2012		



2

  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
III	CC-205 Adjustment psychology	4	3	30	70	100	4
	CC-206 Health psychology-I	4	3	30	70	100	4
	CC-207 Biological psychology (optional)	4	3	30	70	100	4
	CC-207 Systems in Psychology (optional)	4	3	30	70	100	4
	CE-205 Adjustment psychology	4	3	30	70	100	4
	CE-206 Health psychology-I	4	3	30	70	100	4
	EG-203 Any one from the list	2	2	-	50	50	2
	FC-203 English	2	3	30	70	100	2
	<b>Total</b>		<b>24</b>	<b>20</b>	<b>180</b>	<b>470</b>	<b>650</b>
IV	CC-208 Psychology for living	4	3	30	70	100	4
	CC-209 Health psychology-II	4	3	30	70	100	4
	CC-210 Physiological psychology (optional)	4	3	30	70	100	4
	CC-210 Systems in psychology-II (optional)	4	3	30	70	100	4
	CE-207 Psychology for living	4	3	30	70	100	4
	CE-208 Health psychology-II	4	3	30	70	100	4
	EG-204 Any one from the list	2	2	-	50	50	2
	FC-204 English	2	3	30	70	100	2
	<b>Total</b>		<b>24</b>	<b>20</b>	<b>180</b>	<b>470</b>	<b>650</b>



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN



**Hemchandracharya North Gujarat University Patan**

Programme: B.A. Psychology

Paper style Of the B.A. Semester – III & IV

[Hours – 3]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** -----28

A  
or  
A  
B  
or  
B

**Q.2** Answer any two from following-----20

A  
B  
C  
D

**Q.3** Give Answer any six in two or three sentences from following-----12

A  
B  
C  
D  
E  
F  
G  
H

**Q.4** Give correct Alternatives Answer from following-----10

A  
B  
C  
D  
E  
F  
G  
H  
I  
J

-----  
**Total Marks—70**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

Grading point:

Grade point	Description	% of marks	Division/ Grade
1	2	3	4
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. SEMESTER-IV**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE SUBJECT</b>	<b>CREDITS FOR DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 208	CORE COMPULSORY	PSYCHOLOGY FOR LIVING	4	4
CC 209	CORE COMPULSORY	HEALTH PSYCHOLOGY-II	4	4
CC 210	CORE COMPULSORY	PHYSIOLOGICAL PSYCHOLOGY (OPTIONAL)	4	4
CC 210	CORE COMPULSORY	SYSTEMS IN PSYCHOLOGY-II (OPTIONAL)	4	4
CE 207	CORE ELECTIVE	PSYCHOLOGY FOR LIVING	4	4
CE 208	CORE ELECTIVE	HEALTH PSYCHOLOGY-II	4	4
EG 204	ELECTIVE GENERIC	ANY ONE FROM THE LIST	2	2
FC 204	FOUNDATION COMPULSORY	ENGLISH	2	2
TOTAL COURSES 8 TOTAL LECTURES 24 TOTAL CREDITS 24				



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-208	Semester	IV
<b>PSYCHOLOGY FOR LIVING</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>	1	18
	1.1 Body Image		
	1.2 Psychological Factors and Physical Illness		
	1.3 Coping with Illness		
	1.4 Promoting Wellness		
2	<b>Love &amp; Commitment</b>	1	18
	2.1 Love & Commitment		
	2.2 Love & Intimacy		



21

*[Signature]*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

- 2.3 Commitment
- 2.4 Adjusting to Intimate Relationship
- 2.5 Divorce and its consequences

<b>3</b>	<b>Managing Your Inner life</b>	<b>1</b>	<b>17</b>
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>17</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-209	Semester	IV
<b>HEALTH PSYCHOLOGY</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
Introduction to the health enhancing and health compromising life styles behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Patient-Provider Relations</b>	1	18
	1.1 What is a Health Care Provider?		
	1.2 Nature of Patient –Provider Communication		
	1.3 Improving Patient –Provider Communication		
	1.4 Placebo as Healer		
2	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>	1	18
	2.1 Coronary Heart Disease		
	2.2 Stroke		
	2.3 Diabetes		



*Hemchandracharya*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

<b>3</b>	<b>Management of Chronic Illness</b>	<b>1</b>	<b>17</b>
	3.1 Quality of Life		
	3.2 Emotional Response to Chronic Illness		
	3.3 Coping with Chronic Illness		
	3.4 Personal Issues in Chronic Disease		
	3.5 Psychological Intervention and Chronic Disease		
<b>4</b>	<b>Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>17</b>
	4.1 Health Promotion		
	4.2 Stress and Its Management		
	4.3 Trends for the Future		
	4.4 Becoming a Health Psychologist		

**Reference Books:**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research & practice),Second Edition, Sage Publication, New Delhi.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
Enforce from June-2012

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-210	Semester	IV
<b>PHYSIOLOGICAL PSYCHOLOGY (Optional)</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Physiological Basis of Sensory and Motor Mechanism</b>	1	18
	1.1 Sensory Mechanism		
	1.1.1 Sensory Centers and Pathways		
	1.1.2 Reticular Activating System		
	1.1.3 Topographical Arrangement		
	1.1.4 Sensory Experience		
	1.2 Motor Mechanism		
	1.2.1 Skilled Movement		
	1.2.2 Motor Area		
	1.2.3 Pre-motor Area		





<b>2</b>	<b>The Physiological Basis of Motivation &amp; Emotionality</b>	<b>1</b>	<b>18</b>
	2.1 The Physiological Basis of Motivation		
	2.1.1 Meaning of Motivation		
	2.1.2 Mechanism for Eating		
	2.1.3 Mechanism for Drinking		
	2.1.4 Arousal and Sleep		
	2.2 The Physiological Basis of Emotionality		
	2.2.1 Cognitive Factors in Human Emotionality		
	2.2.2 The Peripherals Signs of Emotionality		
 <b>3</b>	 <b>Mechanisms for Learning, Reward</b>	 <b>1</b>	 <b>17</b>
	3.1 Physiological Changes During Learning		
	3.2 The Anatomical Requirement for Learning		
	3.3 The Role of Hippocampus in Learning		
	3.4 The Physiological Basis for Reward		
 <b>4</b>	 <b>Mechanism for Remembering</b>	 <b>1</b>	 <b>17</b>
	4.1 The Anatomy of Memory		
	4.2 Physiological Mechanism for Memory in the Brain		
	4.3 Triggers for Memory Retrieval		
	4.4 Amnesia, Dementia and Alzheimer's disease		

**Reference Books:**

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition,Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988):Biological Psychology,Holt, Rinehart and Windson, Inc.New York



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2012**

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-210	Semester	IV
<b>SYSTEMS IN PSYCHOLOGY-II (Optional)</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Neo-Behaviorism and Gestaltism</b>	1	18
	1.1 Contribution of Neo Modern Behaviorists		
	1.2 Edwin Guthrie		
	1.3 Edward Toleman		
	1.4 Gestaltism		
	1.5 Basic Contributions of Gestaltism		
	1.6 Max wertheimer, Kofka and Kohler		
	1.7 Kurt Lewin		
	1.8 Brun Sourvik		



*Jim*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>2</b>	<b>Psychoanalysis</b>	<b>1</b>	<b>18</b>
	2.1 Background of emergence Psychoanalytic Theory		
	2.2 Main Theories of Psychoanalysis		
	2.3 Limitations of Freud's System		
	2.4 Contribution of Psychoanalytic school in Psychology		
<b>3</b>	<b>Purposivism</b>	<b>1</b>	<b>17</b>
	3.1 Background of Purposivism		
	3.2 Various Theories of Motivation		
	3.2.1 G.W. Allport		
	3.2.2 Murray		
	3.3 Theory of McDougall		
	3.4 Contribution of Purposivism in Psychology		
<b>4</b>	<b>Adler, Jung and Neo-Freudians</b>	<b>1</b>	<b>17</b>
	4.1 Systems of Adler		
	4.2 Systems of Jung.		
	4.3 Otto Rank		
	4.4 Karen Horney		
	4.5 Eric Fromm		
	4.6 Hurry Sullivan		

**Reference Books:**

1. Dr. Kulinbhai Pandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University Granth Nirman Board.
2. Dr. B.A. Parikh "Manovignan Na Sampradayo Ane Siddhanto" 2<sup>nd</sup> Edition (1988) University Granth Nirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology "  
(1978) Tata McGraw Hill New Delhi.

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.  
Enforce from June-2012**

Programme Code		Programme Name		B.A. Psychology
Course Code		CE-208	Semester	IV
<b>PSYCHOLOGY FOR LIVING</b>				
Course Type		Core Elective	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts. Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>	1	18
	1.1 Body Image		
	1.2 Psychological Factors and Physical Illness		
	1.3 Coping with Illness		
	1.4 Promoting Wellness		
2	<b>Love &amp; Commitment</b>	1	18



29

*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

	2.1 Love & Commitment		
	2.2 Love & Intimacy		
	2.3 Commitment		
	2.4 Adjusting to Intimate Relationship		
	2.5 Divorce and its consequences		
<b>3</b>	<b>Managing Your Inner life</b>	<b>1</b>	<b>17</b>
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>17</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



*Hem*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2012**

Programme Code		Programme Name		B.A. Psychology
Course Code		CE-209	Semester	IV
<b>HEALTH PSYCHOLOGY</b>				
Course Type		Core Elective	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles/behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Patient-Provider Relations</b>  1.1 What is a Health Care Provider? 1.2 Nature of Patient –Provider Communication 1.3 Improving Patient –Provider Communication 1.4 Placebo as Healer	1	18
2	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>  2.1 Coronary Heart Disease 2.2 Stroke 2.3 Diabetes	1	18



<b>3</b>	<b>Management of Chronic Illness</b>	<b>1</b>	<b>17</b>
	3.1 Quality of Life		
	3.2 Emotional Response to Chronic Illness		
	3.3 Coping with Chronic Illness		
	3.4 Personal Issues in Chronic Disease		
	3.5 Psychological Intervention and Chronic Disease		
<b>4</b>	<b>Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>17</b>
	4.1 Health Promotion		
	4.2 Stress and Its Management		
	4.3 Trends for the Future		
	4.4 Becoming a Health Psychologist		

**Reference Books:**

1. Taylor S.E. (2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D. & Others (2005): Health Psychology (theory, Research practice), Second Edition, Sage Publication, New Delhi.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

# મનોવિજ્ઞાન



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER-IV**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 403	Core Compulsory	Adjustment Psychology - II	4	4
CC 404	Core Compulsory	Health Psychology-II	4	4
CC 405	Core Compulsory	Introduction to Bio-Psychology– II Or Systems and Schools in Psychology-II	4	4
CE 403	Core Elective	Adjustment Psychology - II	4	4
CE 404	Core Elective	Health Psychology-II	4	4
FC 403	Foundation Compulsory	English	2	2
EG 406	Elective Generic	Any One From The List	2	2
Total Courses 7		Total Lectures 24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -403		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY– II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>	1	25
	1.1 Body Image		
	1.2 Psychological Factors and Physical Illness		
	1.3 Coping with Illness		
	1.4 Promoting Wellness		
2	<b>Love &amp; Commitment</b>	1	25
	2.1 Love & Commitment		
	2.2 Love & Intimacy		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.3 Commitment
- 2.4 Adjusting to Intimate Relationship
- 2.5 Divorce and its consequences

<b>3</b>	<b>Managing Your Inner life</b>	<b>1</b>	<b>25</b>
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>25</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -404		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Patient-Provider Relations</b>	1	25
	1.1 What is a Health Care Provider?		
	1.2 Nature of Patient –Provider Communication		
	1.3 Improving Patient –Provider Communication		
	1.4 Placebo as Healer		
2	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>	1	25
	2.1 Coronary Heart Disease		
	2.2 Stroke		
	2.3 Diabetes		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Management of Chronic Illness</b>	<b>1</b>	<b>25</b>
	3.1 Quality of Life		
	3.2 Emotional Response to Chronic Illness		
	3.3 Coping with Chronic Illness		
	3.4 Personal Issues in Chronic Disease		
	3.5 Psychological Intervention and Chronic Disease		
<b>4</b>	<b>Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>25</b>
	4.1 Health Promotion		
	4.2 Stress and Its Management		
	4.3 Trends for the Future		
	4.4 Becoming a Health Psychologist		

**Reference Books:**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -405		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO BIO- PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Physiological Basis of Sensory and Motor Mechanism</b>	1	25
	1.1 Sensory Mechanism		
	1.1.1 Sensory Centers and Pathways		
	1.1.2 Reticular Activating System		
	1.1.3 Topographical Arrangement		
	1.1.4 Sensory Experience		
	1.2 Motor Mechanism		
	1.2.1 Skilled Movement		
	1.2.2 Motor Area		
	1.2.3 Pre-motor Area		
2	<b>The Physiological Basis of Motivation &amp; Emotionality</b>		



*(Signature)*  
**V. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.1 The Physiological Basis of Motivation
  - 2.1.1 Meaning of Motivation
  - 2.1.2 Mechanism for Eating
  - 2.1.3 Mechanism for Drinking
  - 2.1.4 Arousal and Sleep
- 2.2 The Physiological Basis of Emotionality
  - 2.2.1 Cognitive Factors in Human Emotionality
  - 2.2.2 The Peripherals Signs of Emotionality

**3 Mechanisms for Learning, Reward 1 25**

- 3.1 Physiological Changes During Learning
- 3.2 The Anatomical Requirement for Learning
- 3.3 The Role of Hippocampus in Learning
- 3.4 The Physiological Basis for Reward

**4 Mechanism for Remembering 1 25**

- 4.1 The Anatomy of Memory
- 4.2 Physiological Mechanism for Memory in the Brain
- 4.3 Triggers for Memory Retrieval
- 4.4 Amnesia, Dementia and Alzheimer's disease

**Reference Books:**

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition,Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988):BiologicalPsychology,Holt, Rinehart and Windson, Inc.New York



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -405		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - SYSTEMS AND SCHOOLS IN PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Neo-Behaviorism and Gestaltism</b>	1	25
	1.1 Contribution of Neo Modern Behaviorists		
	1.2 Edwin Guthrie		
	1.3 Edward Toleman		
	1.4 Gestaltism		
	1.5 Basic Contributions of Gestaltism		
	1.6 Max wertheimer, Kofka and Kohler		
	1.7 Kurt Lewin		
	1.8 Brun Sourvik		

2 **Psychoanalysis**



*(Signature)*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN



	2.1 Background of emergence Psychoanalytic Theory		
	2.2 Main Theories of Psychoanalysis		
	2.3 Limitations of Freud's System		
	2.4 Contribution of Psychoanalytic school in Psychology		
<b>3</b>	<b>Purposivism</b>	<b>1</b>	<b>25</b>
	3.1 Background of Purposivism		
	3.2 Various Theories of Motivation		
	3.2.1 G.W. Allport		
	3.2.2 Murray		
	3.3 Theory of McDougall		
	3.4 Contribution of Purposivism in Psychology		
<b>4</b>	<b>Adler, Jung and Neo-Freudians</b>	<b>1</b>	<b>25</b>
	4.1 Systems of Adler		
	4.2 Systems of Jung.		
	4.3 Otto Rank		
	4.4 Karen Horney		
	4.5 Eric Fromm		
	4.6 Hurry Sullivan		

**Reference Books:**

1. Dr. KulinbhaiPandya and Dr. J.C. Parikh "Manovignan Ni Vichardharao" 4th Edition (1993) University GranthNirman Board.
2. Dr. B.A. Parikh "Manovignan Na SampradayoAneSiddhanto" 2<sup>nd</sup> Edition (1988) University GranthNirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A, Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -403		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY– II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts.Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1.The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
- 3.Total Marks:70 External Examination,  
30 nternal Examination
- 4.Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>	1	25
	1.1 Body Image		
	1.2 Psychological Factors and Physical Illness		
	1.3 Coping with Illness		
	1.4 Promoting Wellness		
2	<b>Love &amp; Commitment</b>	1	25
	2.1 Love & Commitment		
	2.2 Love & Intimacy		



	2.3 Commitment		
	2.4 Adjusting to Intimate Relationship		
	2.5 Divorce and its consequences	1	25
<b>3</b>	<b>Managing Your Inner life</b>		
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>25</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



*Hemchandra*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -404		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1.	<b>Patient-Provider Relations</b>	1	25
	1.1 What is a Health Care Provider?		
	1.2 Nature of Patient –Provider Communication		
	1.3 Improving Patient –Provider Communication		
	1.4 Placebo as Healer		
2.	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>	1	25
	2.1 Coronary Heart Disease		
	2.2 Stroke		
	2.3 Diabetes		



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

<b>3. Management of Chronic Illness</b>	<b>1</b>	<b>25</b>
3.1 Quality of Life		
3.2 Emotional Response to Chronic Illness		
3.3 Coping with Chronic Illness		
3.4 Personal Issues in Chronic Disease		
3.5 Psychological Intervention and Chronic Disease		
<b>4. Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>25</b>
4.1 Health Promotion		
4.2 Stress and Its Management		
4.3 Trends for the Future		
4.4 Becoming a Health Psychologist		

**Reference Books:**

- 1.Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
- 2.Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER-IV**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 403	Core Compulsory	Adjustment Psychology - II	4	4
CC 404	Core Compulsory	Health Psychology-II	4	4
CC 405	Core Compulsory	Introduction to Bio-Psychology– II Or Systems and Schools in Psychology-II	4	4
CE 403	Core Elective	Adjustment Psychology - II	4	4
CE 404	Core Elective	Health Psychology-II	4	4
FC 403	Foundation Compulsory	English	2	2
EG 406	Elective Generic	Any One From The List	2	2
Total Courses 7		Total Lectures 24	Total Credits	24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -403		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY– II</b>				
Course Type		Total Credit		
Core Compulsory		04		
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts, Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>	1	25
	1.1 Body Image		
	1.2 Psychological Factors and Physical Illness		
	1.3 Coping with Illness		
	1.4 Promoting Wellness		
2	<b>Love &amp; Commitment</b>	1	25
	2.1 Love & Commitment		
	2.2 Love & Intimacy		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**



- 2.3 Commitment
- 2.4 Adjusting to Intimate Relationship
- 2.5 Divorce and its consequences

<b>3</b>	<b>Managing Your Inner life</b>	<b>1</b>	<b>25</b>
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>25</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -404		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

<b>Unit</b>	<b>Topic</b>	<b>Credit</b>	<b>Marks</b>
<b>1</b>	<b>Patient-Provider Relations</b>	<b>1</b>	<b>25</b>
	1.1 What is a Health Care Provider?		
	1.2 Nature of Patient –Provider Communication		
	1.3 Improving Patient –Provider Communication		
	1.4 Placebo as Healer		
<b>2</b>	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>	<b>1</b>	<b>25</b>
	2.1 Coronary Heart Disease		
	2.2 Stroke		
	2.3 Diabetes		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Management of Chronic Illness</b>	<b>1</b>	<b>25</b>
	3.1 Quality of Life		
	3.2 Emotional Response to Chronic Illness		
	3.3 Coping with Chronic Illness		
	3.4 Personal Issues in Chronic Disease		
	3.5 Psychological Intervention and Chronic Disease		
<b>4</b>	<b>Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>25</b>
	4.1 Health Promotion		
	4.2 Stress and Its Management		
	4.3 Trends for the Future		
	4.4 Becoming a Health Psychologist		

**Reference Books:**

1. Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
2. Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -405		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO BIO- PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Teaching a student's the basics of biological bases of behavior

To acquaint students with basic constructs of Physiological Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Physiological Basis of Sensory and Motor Mechanism</b>	1	25
	1.1 Sensory Mechanism		
	1.1.1 Sensory Centers and Pathways		
	1.1.2 Reticular Activating System		
	1.1.3 Topographical Arrangement		
	1.1.4 Sensory Experience		
	1.2 Motor Mechanism		
	1.2.1 Skilled Movement		
	1.2.2 Motor Area		
	1.2.3 Pre-motor Area		

2      **The Physiological Basis of Motivation & Emotionality**



*(Signature)*  
**V.C. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.1 The Physiological Basis of Motivation
  - 2.1.1 Meaning of Motivation
  - 2.1.2 Mechanism for Eating
  - 2.1.3 Mechanism for Drinking
  - 2.1.4 Arousal and Sleep
- 2.2 The Physiological Basis of Emotionality
  - 2.2.1 Cognitive Factors in Human Emotionality
  - 2.2.2 The Peripherals Signs of Emotionality

**3 Mechanisms for Learning, Reward 1 25**

- 3.1 Physiological Changes During Learning
- 3.2 The Anatomical Requirement for Learning
- 3.3 The Role of Hippocampus in Learning
- 3.4 The Physiological Basis for Reward

**4 Mechanism for Remembering 1 25**

- 4.1 The Anatomy of Memory
- 4.2 Physiological Mechanism for Memory in the Brain
- 4.3 Triggers for Memory Retrieval
- 4.4 Amnesia, Dementia and Alzheimer's disease

**Reference Books:**

1. Levinthal C.F.(2003): Introduction to Physiological Psychology, Third Printing of Third Edition,Prentice Hall of India Pvt. Ltd; New Delhi
2. Kimbal D.P. (1988):BiologicalPsychology,Holt, Rinehart and Windson, Inc.New York



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -405		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - SYSTEMS AND SCHOOLS IN PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on the schools of psychology

To acquaint the students with the traditional approach and Development in Psychology

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks:70 External Examination,  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1	<b>Neo-Behaviorism and Gestaltism</b>	1	25
	1.1 Contribution of Neo Modern Behaviorists		
	1.2 Edwin Guthrie		
	1.3 Edward Toleman		
	1.4 Gestaltism		
	1.5 Basic Contributions of Gestaltism		
	1.6 Max wertheimer, Kofka and Kohler		
	1.7 Kurt Lewin		
	1.8 Brun Sourvik		
2	<b>Psychoanalysis</b>	1	25



*(Signature)*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

	2.1 Background of emergence Psychoanalytic Theory		
	2.2 Main Theories of Psychoanalysis		
	2.3 Limitations of Freud's System		
	2.4 Contribution of Psychoanalytic school in Psychology		
<b>3</b>	<b>Purposivism</b>	<b>1</b>	<b>25</b>
	3.1 Background of Purposivism		
	3.2 Various Theories of Motivation		
	3.2.1 G.W. Allport		
	3.2.2 Murray		
	3.3 Theory of McDougall		
	3.4 Contribution of Purposivism in Psychology		
<b>4</b>	<b>Adler, Jung and Neo-Freudians</b>	<b>1</b>	<b>25</b>
	4.1 Systems of Adler		
	4.2 Systems of Jung.		
	4.3 Otto Rank		
	4.4 Karen Horney		
	4.5 Eric Fromm		
	4.6 Hurry Sullivan		

**Reference Books:**

1. Dr. KulinbhaiPandya and Dr. J.C. Parikh "Manovignana Ni Vichardharao" 4th Edition (1993) University GranthNirman Board.
2. Dr. B.A. Parikh "Manovignana Na SampradayaAneSiddhanto" 2<sup>nd</sup> Edition (1988) University GranthNirman Board.
3. R.S. Woodwarth and Marg Sheehan "Contemporary Schools of Psychology" Mather & Co. London, Revised Edition.
4. Chaplin I.P. and Krawies T.S. "Systems and Theories of Psychology" 4<sup>th</sup> Edition 1979 Holt, Rinehart and Winstion
5. Benjamin B. Wolman "Contemporary Theories and Systems in Psychology" Freeman Book Company K-7 Kolhapur Road, Kamla Nagar, Delhi-7.
6. Melvin H. Marx and William A. Hillix "Systems and Theories in Psychology " (1978) Tata McGraw Hill New Delhi.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -403		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - ADJUSTMENT PSYCHOLOGY– II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Helping the students to acquaint with the key concepts.Methods, Subject matter and applications of psychology.

To acquaint the students with the concept of adjustment and development.

To help students to make more effective choices in coping with problems of everyday life.

- 1.The paper will consist of four units
2. Every unit should be given equal weight age in the examination.
- 3.Total Marks:70 External Examination,  
30 nternal Examination
- 4.Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Body &amp; Health</b>  1.1 Body Image  1.2 Psychological Factors and Physical Illness  1.3 Coping with Illness  1.4 Promoting Wellness	1	25
2	<b>Love &amp; Commitment</b>  2.1 Love & Commitment  2.2 Love & Intimacy	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**



	2.3 Commitment		
	2.4 Adjusting to Intimate Relationship		
	2.5 Divorce and its consequences	1	25
<b>3</b>	<b>Managing Your Inner life</b>		
	3.1 Understanding Motivation		
	3.2 Understanding Emotion		
<b>4</b>	<b>Adulthood</b>	<b>1</b>	<b>25</b>
	4.1 Early Adulthood		
	4.2 Middle Adulthood		
	4.3 Late Adulthood		

**Reference Book:**

1. Duffy K.G. & Atwater E. (2008) : Psychology for Living-Adjustment, Growth and Behaviour Today, Eighth Edition, Pearson Education, New Delhi, India



*Hemch*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CE -404		B. A. Semester-IV		Psychology
<b>COURSE / PAPER TITLE - HEALTH PSYCHOLOGY- II</b>				
Course Type			Total Credit	
Core Elective			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

Introduction to the concept and model of health in the socio-cultural contexts and the scope of Health Psychology  
 Introduction to the health enhancing and health compromising life styles behaviors.

**The scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weight age in the examination.
- 3) Total Marks: 70 External Examination,  
30 internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units :**

Unit	Topic	Credit	Marks
1.	<b>Patient-Provider Relations</b>	1	25
	1.1 What is a Health Care Provider?		
	1.2 Nature of Patient –Provider Communication		
	1.3 Improving Patient –Provider Communication		
	1.4 Placebo as Healer		
2.	<b>Heart Disease, Hypertension, Stroke and Diabetes</b>	1	25
	2.1 Coronary Heart Disease		
	2.2 Stroke		
	2.3 Diabetes		



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

<b>3. Management of Chronic Illness</b>	<b>1</b>	<b>25</b>
3.1 Quality of Life		
3.2 Emotional Response to Chronic Illness		
3.3 Coping with Chronic Illness		
3.4 Personal Issues in Chronic Disease		
3.5 Psychological Intervention and Chronic Disease		
<b>4. Health Psychology: Challenges for the Future</b>	<b>1</b>	<b>25</b>
4.1 Health Promotion		
4.2 Stress and Its Management		
4.3 Trends for the Future		
4.4 Becoming a Health Psychologist		

**Reference Books:**

- 1.Taylor S.E.(2003) Health Psychology, Fifth International Edition, McGraw-Hill Companies, New York
- 2.Marks F.D.& Others(2005):Health Psychology(theory, Research&practice),Second Edition, Sage Publication, New Delhi.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# PSYCHOLOGY

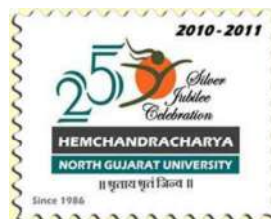


*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHNDRACHARYA NORTH GUJARAT UNIVERSITY**  
**P A T A N - 3 8 4 2 6 5**



NAAC Accreditation Grade - " B "



**FACULTY OF ARTS**

**B. A. PROGRAMME**

**PSYCHOLOGY**

Syllabus / Scheme

**SEMESTER - V & VI**

WITH SEMESTER / CBCS / GRADING PATTERN

**W. E. F. JUNE - 2013** (In Continuation)

DATE : 13 -09 -2012

TOTAL PAGE - 41



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY**

**PATAN - 384265**

NAAC Accreditation Grade – “B”

FACULTY OF ARTS

B.A. SEMESTER – V & VI

**PSYCHOLOGY**

New Syllabus and Exam Scheme

Kind of Course – Core/ Elective

With Semester / CBCS / Grading Pattern

W.E.F. June - 2013

Date: 13 / 09 / 2012

Total Page: 41



Page 2 of 41

  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Programme Code		Programme Name	B.A. Psychology
Faculty	Arts	Semester	V & VI
Effective From	June-2013		



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
V	CC-506 Abnormal Psychology	4	3	30	70	100	4
	CC-507 Research Methods in Psychology-I	4	3	30	70	100	4
	CC-508 Statistics in Psychology	4	3	30	70	100	4
	CC-509 Industrial Psychology	4	3	30	70	100	4
	CC-509 Life Span Development-I	4	3	30	70	100	4
	CC-510 Married Life Psychology	4	3	30	70	100	4
	CC-510 Positive Psychology	4	3	30	70	100	4
	EG-506 Any one from the list	2	2	-	50	50	2
	FC-503 English	2	3	30	70	100	2
	<b>Total</b>	<b>24</b>	<b>20</b>	<b>210</b>	<b>540</b>	<b>750</b>	<b>24</b>





## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
VI	CC-606 Psychopathology	4	3	30	70	100	4
	CC-607 Research Methods in Psychology-II	4	3	30	70	100	4
	CC-608 Experimental Psychology (Practical Performance)	4	3	30	70	100	4
	CC-608 Experimental Psychology (Theory)	4	3	30	70	100	4
	CC-609 Organizational Behaviour	4	3	30	70	100	4
	CC-609 Life Span Development-II	4	3	30	70	100	4
	CC-610 Counselling Psychology	4	3	30	70	100	4
	CC-610 Personality Theories	4	3	30	70	100	4
	EG-606 Any one from the list	2	2	-	50	50	2
	FC-603 English	2	3	30	70	100	2
	<b>Total</b>		<b>24</b>	<b>20</b>	<b>210</b>	<b>540</b>	<b>750</b>



Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester-V & VI

[Hours – 3]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** -----28

A  
or  
A  
B  
or  
B

**Q.2** Answer any two from following-----20

A  
B  
C  
D

**Q.3** Give Answer any six in two or three sentences from following-----12

A  
B  
C  
D  
E  
F  
G  
H

**Q.4** Give correct Alternatives Answer from following-----10

A  
B  
C  
D  
E  
F  
G  
H  
I  
J

-----  
Total Marks—70



**Grading point:**

<b>Grade point</b>	<b>Description</b>	<b>% of marks</b>	<b>Division/ Grade</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



*Hem*

I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER-V**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 506	Core Compulsory-VI	Abnormal Psychology	4	4
CC 507	Core Compulsory-VII	Research Methods in Psychology-I	4	4
CC 508	Core Compulsory-VIII	Statistics In Psychology	4	4
CC 509	Core Compulsory-IX	Industrial Psychology	4	4
CC 509	Core Compulsory-IX	Life Span Development-I	4	4
CC 510	Core Compulsory-X	Married Life Psychology	4	4
CC 510	Core Compulsory-X	Positive Psychology	4	4
EG 506	Elective Generic	Any One From The List	2	2
FC 503	Foundation Compulsory	English	2	2
Total Courses 8		Total Lectures 24		Total Credits 24



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-506	Semester		V
<b>ABNORMAL PSYCHOLOGY</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives:**

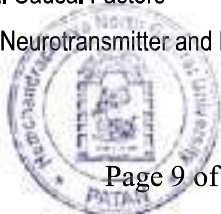
To impart knowledge about the abnormal behavior  
 To make students understand the nature and cause of various abnormal syndromes  
 To impart knowledge need for therapies of different abnormal syndromes

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Abnormal Psychology: An Overview</b>	1	18
	1.1 What Do We Mean by Abnormal Behavior?		
	1.1.1 Why Do We Need to Classify Mental Disorder?		
	1.1.2 What Are the Disadvantages of Classification?		
	1.1.3 The DSM-IV Definition of Mental Disorder		
	1.1.4 How Does Culture Affect What Is Considered Abnormal?		
	1.1.5 Culture –Specific Disorders		
	1.1.6 Treatment		
	1.1.7 The Mental Health “Team”		
2	<b>Causal Factors for Abnormal Behavior</b>	1	18
	2.1 The Biological Causal Factors		
	2.1.1 Neurotransmitter and Hormonal Imbalance		

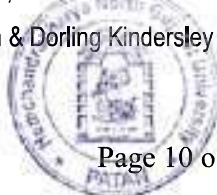


*J. J. J.*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

	2.1.2	Genetic Vulnerabilities		
	2.1.3	Temperament		
	2.1.3	Brain Dysfunction and Neural Plasticity		
	2.1.4	The Impact of Biological Viewpoint		
	2.1	The Psychological Causal Factors		
	2.1.1	Early Deprivation or Trauma		
	2.1.2	Inadequate Parenting Styles		
	2.1.3	Marital Discord and Divorce		
	2.1.4	Maladaptive Peer Relationships		
	2.2	The Sociocultural Causal Factors		
	2.2.1	The Sociocultural Environment		
	2.2.2	Pathogenic Societal Influences		
	2.2.3	Impact of the Sociocultural Viewpoint		
<b>3</b>		<b>Panic, Anxiety and Their Disorders</b>	<b>1</b>	<b>17</b>
	3.1	The Fear and Anxiety Response Patterns		
	3.2	Specific Phobias		
	3.3	Social Phobias		
	3.4	Panic Disorder with and Without Agoraphobia		
	3.5	Generalized Anxiety Disorder		
	3.6	Obsessive-Compulsive Disorder		
	3.7	Sociocultural Causal Factors for All Anxiety Disorders.		
<b>4</b>	<b>4</b>	<b>Somatoform and Dissociative Disorders</b>	<b>1</b>	<b>17</b>
	4.1	Somatoform Disorders		
	4.1.1	Hypochondriasis		
	4.1.2	Somatization Disorder		
	4.1.3	Pain Disorder		
	4.1.4	Conversion Disorder		
	4.1.5	Body Dysmorphic Disorder		
	4.2	Dissociative Disorders		
	4.2.1	Depersonalization Disorder		
	4.2.2	Dissociative Amnesia and Fugue		
	4.2.3	Dissociative Identity Disorder		
	4.2.4			

### **Reference Book**

1. Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): **Abnormal Psychology**, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-507	Semester	V
<b>RESEARCH METHODS IN PSYCHOLOGY - I</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To impart knowledge about basic concepts of research methodology.

To make students understand the nature and techniques of various sampling and research design.

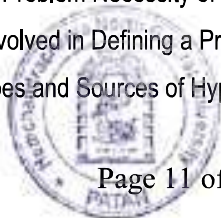
To impart knowledge about interpretation and publication of research data.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Research Methodology an Introduction</b> 1.1 Introduction 1.2 Meaning of Research 1.3 Types of Research 1.4 Significance of Research 1.5 Importance of Knowing How Research is Done 1.6 Criteria of Good Research	1	18
<b>2</b>	<b>Research Problem and Hypotheses</b> 2.1 What is Research Problem? 2.2 Selecting the Problem Necessity of Defining the Problem 2.3 Technique Involved in Defining a Problem 2.4 Meaning, Types and Sources of Hypothesis	1	18



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Research Design</b>	<b>1</b>	<b>17</b>
	3.1 Meaning of Research Design		
	3.2 Importance of Research Design		
	3.3 Features of a Good Design		
	3.4 Different Research Design		
<b>4</b>	<b>Sampling Design</b>	<b>1</b>	<b>17</b>
	4.1 Basic Terminology of sampling		
	4.2 Characteristics of a Good Sample Design		
	4.3 Different Types of Sample Design		
	4.4 Sampling Error		

### **Reference Books**

1. Kerlinger F. N. (1999): Foundation of Behavioural Research, Second Revised Edition, Surgeet Publication, New York.
2. Kothari C.R. (2009): Research Methodology: Methods and Techniques, Second Revised Edition, New Age International Publishers, New Delhi
3. Shaughnessy J. J; Zechmeister E.B. and Zechmeister J.S. (2006): Research Methods in Psychology, Seventh International Edition, Mc Graw Hill Higher Education, New York.
4. Dhila B.D. (2011): Sanshodhan Paddhti Samajik Vigyanoma (2011): Gujarati Edition, Akshar Publication, Ahmedabad.





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-508	Semester	V
<b>STATISTICS IN PSYCHOLOGY</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To develop and understanding of elementary statistics used in Psychology.

To impart knowledge of statistical techniques in terms of their assumptions, applications and limitations

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Frequency Distribution</b>	1	18
	1.1 Need of Statistics in Psychology		
	1.2 Tabulation of Data and Frequency Distribution		
	1.3 Graphical Representation of Grouped Data		
2	<b>Meaning of Central Tendency</b>	1	18
	2.1 Meaning of Measure of Central Tendency		
	2.2 Mean, Median, Mode and their specific Uses.		
3	<b>Measures of Variability</b>	1	17
	3.1 Quartiles, Deciles, Percentiles		
	3.2 Percentile Rank		
	3.3 Concept of Variability		
	3.4 Measures of Variability Range		
	3.5 Mean Deviation, Quartile Deviation and their specific uses		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

**4 Correlation**

**1 17**

- 4.1 Meaning and Types of Correlation
- 4.2 Spearman's Rank Order Correlation
- 4.3 Uses of Correlation

**Reference Books**

- 1. Garrett H. "Elementary Statistics" Longmans Green and Co. New York
- 2. Dawid N. and Heath R. "Basic Statistical Methods" Harper and Row Publishers, New York 2nd edition
- 3. C.B. Dave and Others "Manovignana- Prayoga ane Ankadashastra" 11th edition 2004-05, C. Jamanadas Co. Ahmedabad



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code		Programme Name		B.A. Psychology
Course Code		CC-509	Semester	V
<b>INDUSTRIAL PSYCHOLOGY</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

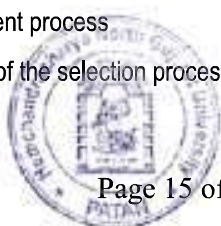
To acquaint the students with perspective on industrial psychology and world of work.

The aim of the course is to familiarizing the students with the various aspects of nature of work in the modern society.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>An Introduction to Industrial Psychology</b> 1.1 Definition of industrial psychology 1.2 The historical development of industrial psychology 1.3 Area of industrial organizational psychology 1.4 Methods of Psychological Research 1.4.1 The experimental methods 1.4.2 The naturalistic observation method 1.4.3 Surveys and opinion polls	1	18
2	<b>Employee selection</b> 2.1 The recruitment process 2.2 An overview of the selection process	1	18



*(Signature)*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

2.3	Job analysis		
2.3.1	What is job analysis		
2.3.2	Use and values of job analysis		
2.3.3	Methods of job analysis		
<b>3</b>	<b>Training and Development</b>	<b>1</b>	<b>17</b>
3.1	The scope of organizational training programme		
3.2	The goals or objectives of organizational training programme		
3.3	Training methods for non-supervisory employees		
3.4	Training methods for managers		
<b>4</b>	<b>Motivation, Job Satisfaction and Job Involvement</b>	<b>1</b>	<b>17</b>
4.1	Content theory of motivation		
4.2	Process theory of motivation		
4.3	Job satisfaction: the quality of life at work		
4.4	Job satisfaction and on the job behavior		
4.5	Job involvement and organizational commitment		

**Reference Books**

1. Duane P. Schultz and Sydney Ellen Schultz (2004): Psychology and work Today. Published by Pearson Education Pvt. Ltd., Indian Branch Delhi.
2. Tiffin J. and Mc. Covmic, E.J. (1971) Industrial Psychology, New Delhi : Prentice Hall India
3. Luthans, Fred (1987) Organizational behaviour, Mc Graw- Hill Serves, International Student Edition. Times Printer- Singapore.
4. Von Haller Gitmber (1971) : Industrial and Organizational Psychology. New York, McGraw Hill
5. Anastasi A. (1979) : Fields of Application Psychology. McGraw Hill, Kogakusha Ltd. Tokyo.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name	B.A. Psychology
Course Code		CC-509	Semester	V
<b>LIFESPAN DEVELOPMENT - I</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on human development.

To offer ideas relating to tools and techniques of managing developmental problems.

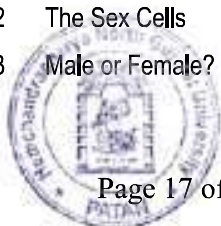
To enable students to appreciate research studies on problems relating to human development.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>History, Theory and Research strategies</b>	1	18
	1.1 Basic Issues		
	1.2 The Lifespan Perspective: A Balanced Point of View		
	1.3 Recent Theoretical Perspectives		
	1.4 Studying Development		
	1.5 Common Research Methods		
2	<b>Biological and Environmental Foundations</b>	1	18
	2.1 Genetic Foundations		
	2.1.1 The Genetic Code		
	2.1.2 The Sex Cells		
	2.1.3 Male or Female?		



*Hemchandracharya*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.4	Multiple Births		
	2.1.5	Chromosomal Abnormalities		
	2.2	Environmental Contexts For Development		
	2.2.1	The Family		
	2.2.2	Socioeconomic Status And Family Functioning The Impact Of Poverty		
	2.2.3	Beyond The Family: Neighborhood, Towns, And Cities		
<b>3</b>		<b>Parental Developments, Birth, and the Newborn Baby</b>	<b>1</b>	<b>17</b>
	3.1	Prenatal Development		
	3.2	Prenatal Environmental Influences		
	3.2.1	Other Maternal Factors		
	3.3	Child Birth		
	3.3.1	The Stages Of Childbirth		
	3.3.2	The Babies Adaptations To Labor And Delivery		
	3.3.3	The Newborn Babies Appearance		
	3.4	Approaches To Childbirth		
	3.5	Medical Interventions		
<b>4</b>		<b>Physical Development in Infancy and Toddlerhood</b>	<b>1</b>	<b>17</b>
	4.1	Body Growth		
	4.2	Brain Development		
	4.2.1	Development Of Neurons		
	4.2.2	Development Of The Cerebral Cortex		
	4.2.3	Changing Status Of Arousal		
	4.3	Influences On Early Physical Growth		
	4.4	Learning Capacities		

**Reference Book**

1. Laura E. Berk, (2007) Development through the lifespan, Third Ed. Pearson Education, Inc. Kindersley, publishing, Inc.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name	B.A. Psychology
Course Code		CC-510	Semester	V
<b>MARRIDE LIFE PSYCHOLOGY</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide scientific knowledge about fitness and maturity of marriage to students.

To help the students to examine their gender roles and relationship with opposite sex.

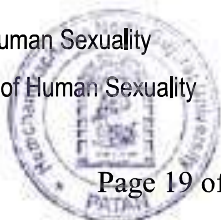
To acquaint students with reality of married life and prepare them to build the successful marital adjustment.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Purpose and Fitness for Marriage</b>		1
18	1.1 Definition of Marriage 1.2 Purpose of Marriage 1.3 Types of Fitness for Marriage 1.4 Aspects of Maturity for Marriage 1.5 Characteristics of Maturity for Marriage 1.6 Characteristics of a person matured		
2	<b>Human Sexuality</b>		1
18	2.1 Concept of Human Sexuality 2.2 Perspectives of Human Sexuality		



*Hemchandracharya*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

- 2.2.1 Historical Perspective
- 2.2.2 Biological Perspective
- 2.2.3 The Cross-cultural perspective
- 2.2.4 Psychological perspective
- 2.2.5 Sociological perspective

**3 Gender Identify and Gender Role 1**  
17

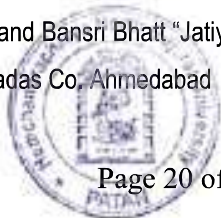
- 3.1 Changing Status of Women
- 3.2 Nature and Nurture in Gender Identify
- 3.3 Gender Differences
  - 3.3.1 Biological Differences
  - 3.3.2 Differences in Cognitive Ability
  - 3.3.3 Differences in Personality
  - 3.3.4 Differences in Aptitude and Achievement
- 3.4 Development of Role Concept
- 3.5 Attitudes of Young men and women for future role playing
- 3.6 Flexibility of role concept

**4 Happiness in Marriage 1**  
17

- 4.1 Marital Conflict - Causes of Marital Conflict
- 4.2 Steps for happy married life
- 4.3 Suggestions for Marital Success by Dr. Stone and Stone

**Reference Books**

1. Janet Shibley Hyde and Delamater J.D. "Understanding Human Sexuality"
2. Spencer A. Rathus, Nevid J.S., Rathus L.F. "Human Sexuality in a world of Diversity Allyn and Bacon, 1993"
3. Dr. Stone and Stone "A Marriage Manual" 1953, Pocket Book Co. Mumbai, India.
4. Landis J.T. and Landis M.G. "Building a Successful Marriage" 7th edition 1977, Prentice-Hall INC, U.S.A.
5. Dhun Panthaki "Education in Human Sexuality" 1997, Family Planning Association of India, Mumbai
6. Bechtal S. and Stains L.R. "Sex - A Man's Guide" 1st Indian edition 1997, Rajendra Publishing House Pvt., Mumbai
7. Yogan Bhatt and Bansri Bhatt "Jatiyata ane Laganjivan nu Manovigyan" 1st edition 2006-07, C.Jamanadas Co. Ahmedabad



I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-510	Semester		V
<b>POSITIVE PSYCHOLOGY</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives :**

To acquaint students with Positive thinking effects on life.

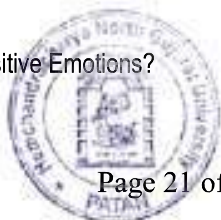
To impart knowledge about relationship between positive emotions and happiness.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>What is Positive Psychology?</b>	<b>1</b>	<b>18</b>
	1.1 Traditional Psychology		
	1.1.1 Why the Negative Focus?		
	1.2 Positive Psychology		
	1.2.1 Health Psychology		
	1.2.2 Clinical Psychology		
	1.2.3 Developmental Psychology		
	1.3 Positive Psychology : Assumptions, Goals & Definitions		
	1.3.1 Life Above Zero		
	1.3.2 Culture and Meaning of Good Life		
	1.3.3 Why Now?		
<b>2</b>	<b>Positive Emotions and Well-Being</b>	<b>1</b>	
<b>18</b>	2.1 What are Positive Emotions?		



*Hemchandracharya*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

	2.1.1 Focus on Theory : The Broaden and Build Theory of Positive Emotions	
	2.2 Positive Emotions and Health resource	
	2.2.1 Physical Resource	
	2.2.2 Psychological Resource	
	2.2.3 Social Resource	
	2.3 Positive Emotions and Well-being	
	2.3.1 Happiness and Positive Behaviour	
	2.3.2 Positive Emotions and Success	
	2.3.3 Positive Emotions and Flourishing	
	2.3.3.1 A General Theory of Positivity	
<b>3</b>	<b>Personal Goals as windows to well-Being</b>	<b>1</b>

17

	3.1 Why are Personal Goals?
	3.1.1 Defining Personal Goals
	3.1.2 Goals and Related Motivational Concepts
	3.1.3 Measuring Personal Goals
	3.1.4 Goal Organization
	3.2 The Search for Universal Human Motives
	3.2.1 Goals Expressing Fundamental Values
	3.2.2 Personal Goals Across Cultures
	3.3 What Goals Contribute Most to Well-Being?
	3.3.1 Goal Progress, Achievement, and Importance
	3.3.2 The Matching Hypothesis

<b>4</b>	<b>Self-Regulation and Self Control</b>	<b>1</b>
----------	---	----------

17

	4.1 Planning for Self-regulation Success
	4.1.1 Focus on Research: Planning Makes a Difference
	4.1.2 Why Planning Heaps?
	4.1.3 Commitment and Confidence
	4.2 Goals That Create Self-Regulation Problems
	4.2.1 Goal Conflict
	4.2.2 Focus on theory: Thinking About the Meaning of Our Actions
	4.2.3 Goal Difficulty
	4.2.4 The Ironic Effects of Mental Control
	4.3 Everyday Explanation for Self Control
	4.3.1 Excuses
	4.3.2 Irresistible Impulses



*Hem*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

#### 4.3.3 Focus on Research: The Cost and Benefits of Procrastination

##### **Reference Book**

1. Steve R. Baumgardner and Marie K. Crothers, (2009) Positive Psychology, Dorling Kindersley India Pvt. Ltd. Licenses of Pearson Education in South Asia.



# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Faculty	Programme Name	Subject / Course
Arts	B. A. Semester	Psychology V &VI
Effective From	June - 2020 (In Continuation)	



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- V & VI

For

Core Compulsory

[Hours – 2:30]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I)-----18

A  
or  
B

**Q.2** Answer any one from following (Unit – II)-----17

A  
or  
B

**Q.3** Answer any one from following (Unit – III)----- 18

A  
or  
B

**Q.4** Answer any one from following (Unit – IV)-----17

A  
or  
B

**Total Marks—70**



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester- V & VI  
For  
Foundation Compulsory & Foundation Elective

[Hours – 2:00]

[Total Marks – 35]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** Answer any one from following (Unit – I) ----- **12**

A  
or  
B

**Q.2** Answer any one from following (Unit – II) ----- **12**

A  
or  
B

**Q.3** Answer any one from following (Unit – III) ----- **11**

A  
or  
B

**Total Marks—35**



*[Signature]*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## Grading point

Grade point	Description	% of marks	Division/Grade
1	2	3	4
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



**COURSE PATTERN**  
**Psychology B.A. Semester – V**  
**(Effective from June-2020)**

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
V	CC-506 Abnormal Psychology - I	4	3	30	70	100	4
	CC-507 Introduction to Psychological Inquiry-I	4	3	30	70	100	4
	CC-508 Experimental Psychology Practical Or CC-508 Experimental Psychology Theory	4	3	30	70	100	4
	CC-509 Industrial Psychology – I Or CC-509 Foundation of Developmental Psychology-I	4	3	30	70	100	4
	CC-510 Counselling Psychology - I Or CC-510 Positive Psychology	4	3	30	70	100	4
	FC-503 English	2	2	15	35	50	2
	EG-506 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>19</b>	<b>180</b>	<b>420</b>	<b>600</b>	<b>24</b>



*Hemchandra*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**Psychology B.A. Semester – VI**  
(Effective from June-2020)

**COURSE PATTERN**

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
VI	CC-606 Abnormal Psychology - II	4	3	30	70	100	4
	CC-607 Introduction to Psychological Inquiry -II	4	3	30	70	100	4
	CC-608 Quantitative Data Analysis	4	3	30	70	100	4
	CC-609 Industrial Psychology – II Or CC-609 Foundation of Developmental Psychology-II	4	3	30	70	100	4
	CC-610 Counselling Psychology - II Or CC-610 Married Life Psychology	4	3	30	70	100	4
	FC-603 English	2	2	15	35	50	2
	EG-606 Any one from the list	2	2	15	35	50	2
	<b>Total</b>	<b>24</b>	<b>19</b>	<b>180</b>	<b>420</b>	<b>600</b>	<b>24</b>



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## STRUCTURE OF THE SEMESTER SYSTEM

PROGRAMME: B.A. PSYCHOLOGY

SEMESTER-V

COURSE CODE	COURSE TYPE	COURSE NAME	CREDITS OF DIRECT TEACHING	TOTAL CREDITS
CC 506	Core Compulsory	Abnormal Psychology - I	4	4
CC 507	Core Compulsory	Introduction to Psychological Inquiry -I	4	4
CC 508	Core Compulsory	Experimental Psychology Practical Or Experimental Psychology Theory	4	4
CC 509	Core Compulsory	Industrial Psychology – I Or Foundation of Developmental Psychology-I	4	4
CC 510	Core Compulsory	Counselling Psychology-I Or Positive Psychology	4	4
FC 503	Foundation Compulsory	English	2	2
EG 506	Elective Generic	EG-506 Any one from the list	2	2
Total Courses		7Total Lectures	24	Total Credits 24



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -506		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE - ABNORMAL PSYCHOLOGY- I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

- To impart knowledge about the abnormal behavior
- To make students understand the nature and cause of various abnormal syndromes
- To impart knowledge need for therapies of different abnormal syndromes

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Abnormal Psychology: An Overview</b>	1	25
	1.1 What Do We Mean by Abnormal Behavior?		
	1.1.1 Why Do We Need to Classify Mental Disorder?		
	1.1.2 What Are the Disadvantages of Classification?		
	1.1.3 The DSM-IV Definition of Mental Disorder		
	1.1.4 How Does Culture Affect What Is Considered Abnormal?		
	1.1.5 Culture –Specific Disorders		
	1.1.6 Treatment		
	1.1.7 The Mental Health “Team”		

2	<b>Causal Factors for Abnormal Behavior</b>	1	25
	2.1 The Biological Causal Factors		

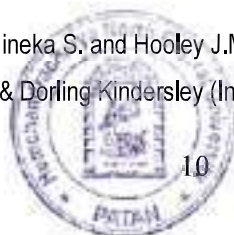


*[Signature]*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

	2.1.1	Neurotransmitter and Hormonal Imbalance		
	2.1.2	Genetic Vulnerabilities		
	2.1.3	Temperament		
	2.1.3	Brain Dysfunction and Neural Plasticity		
	2.1.4	The Impact of Biological Viewpoint		
	2.1	The Psychological Causal Factors		
	2.1.1	Early Deprivation or Trauma		
	2.1.2	Inadequate Parenting Styles		
	2.1.3	Marital Discord and Divorce		
	2.1.4	Maladaptive Peer Relationships		
	2.2	The Sociocultural Causal Factors		
	2.2.1	The Sociocultural Environment		
	2.2.2	Pathogenic Societal Influences		
	2.2.3	Impact of the Sociocultural Viewpoint		
<b>3</b>		<b>Panic, Anxiety and Their Disorders</b>	<b>1</b>	<b>25</b>
	3.1	The Fear and Anxiety Response Patterns		
	3.2	Specific Phobias		
	3.3	Social Phobias		
	3.4	Panic Disorder with and Without Agoraphobia		
	3.5	Generalized Anxiety Disorder		
	3.6	Obsessive-Compulsive Disorder		
	3.7	Sociocultural Causal Factors for All Anxiety Disorders.		
<b>4</b>		<b>Somatoform and Dissociative Disorders</b>	<b>1</b>	<b>25</b>
	4.1	Somatoform Disorders		
	4.1.1	Hypochondriasis		
	4.1.2	Somatization Disorder		
	4.1.3	Pain Disorder		
	4.1.4	Conversion Disorder		
	4.1.5	Body Dysmorphic Disorder		
	4.2	Dissociative Disorders		
	4.2.1	Depersonalization Disorder		
	4.2.2	Dissociative Amnesia and Fugue		
	4.2.3	Dissociative Identity Disorder		

**Reference Book**

1. Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): **Abnormal Psychology**, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.



I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -507		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE - INTRODUCTION TO PSYCHOLOGICAL INQUIRY – I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To impart knowledge about basic concepts of research methodology.

To make students understand the nature and techniques of various sampling and research design.

To impart knowledge about interpretation and publication of research data.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Research Methodology an Introduction</b>	<b>1</b>	<b>25</b>
	1.1 Introduction		
	1.2 Meaning of Research		
	1.3 Types of Research		
	1.4 Significance of Research		
	1.5 Importance of Knowing How Research is Done		
	1.6 Criteria of Good Research		
<b>2</b>	<b>Research Problem and Hypotheses</b>	<b>1</b>	<b>25</b>
	2.1 What is Research Problem?		
	2.2 Selecting the Problem Necessity of Defining the Problem		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.3	Technique Involved in Defining a Problem		
2.4	Meaning, Types and Sources of Hypothesis		
<b>3</b>	<b>Research Design</b>	<b>1</b>	<b>25</b>
3.1	Meaning of Research Design		
3.2	Importance of Research Design		
3.3	Features of a Good Design		
3.4	Different Research Design		
<b>4</b>	<b>Sampling Design</b>	<b>1</b>	<b>25</b>
4.1	Basic Terminology of sampling		
4.2	Characteristics of a Good Sample Design		
4.3	Different Types of Sample Design		
4.4	Sampling Error		

### **Reference Books**

1. Kerlinger F. N. (1999): Foundation of Behavioural Research, Second Revised Edition, Surgeet Publication, New York.
2. Kothari C.R. (2009): Research Methodology: Methods and Techniques, Second Revised Edition, New Age International Publishers, New Delhi
3. Shaughnessy J. J; Zechmeister E.B. and Zechmeister J.S. (2006): Research Methods in Psychology, Seventh International Edition, McGraw Hill Higher Education, New York.
4. Dhila B.D. (2011): Sanshodhan Paddhti Samajik Vigyanoma (2011): Gujarati Edition, Akshar Publication, Ahmedabad.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -508		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE - EXPERIMENTAL PSYCHOLOGY PRACTICAL</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To develop scientific attitude in students.

To provide training to the students in conducting Experiments.

**The Scheme of question paper:**

- 1) The experiment performance examination will consist of ten units
- 2) Each experiment should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours
- 5) Distribution of marks of the Experiment performance examination.

**Journal:25, Performance: 15, Report writing: 15, Viva voce: 15, Total Marks= 70**

- 6) Distribution of time of the experiment performance examination.

**Performance and Report writing: 2- Hours, Viva voce: 1-Hours**

**The paper will consist of the following ten units:**

**Any Six experiments should have to be performed and reported in the journal**

**Unit**

**Topic**

- 1 Measurement of Optical Illusion
  
- 2 Comparison between the method of Ranking and Paired Comparison by determining colour Preference.





- 3 Fluctuation of Attention
- 4 Suggestion :Progressive weights method
- 5 Association Reaction Time
- 6 Mirror Tracing
- 7 Maze Learning
- 8 Whole v/s Part method of Learning
- 9 Immediate Span of Memory
- 10 Problem Solving

### **Reference Books**

- 1 Postman Land Egan J. "Experimental Psychology-An Introduction" Harpen and Row Co. New York 1949
- 2 Woodworth R. and Slochlsberg H. "Experimental Psychology" *Oxford and I.B.H. Publishing Co.* 1971
- 3 S.C.Kanawala "PrayogicManovignnan- SidhantanePrayogpothi" 1979, UnivesityGranthNirman Board, Ahmedabad
- 4 C.B.Dave and Others"Manovignnan- Prayogoane Ankadashastra"11th edition 2004-05, C.Jamanadas Co. Ahmedabad



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



	2.5 Method of average error		
	2.6 Method of pair comparison		
<b>3</b>	<b>Association</b>	<b>1</b>	<b>25</b>
	3.1 The concept of association		
	3.2 Types of verbal association		
	3.3 Classification of association		
	3.4 Clinical and diagnostic use of verbal association		
<b>4</b>	<b>Verbal Learning</b>	<b>1</b>	<b>25</b>
	4.1 Methods of practice		
	4.2 Basic variables of learning experiments		
	4.3 Performance as a function of what is learned (Effects of learning material on learning)		
	4.4 Performance as a function of how learning proceeds (Effects of learning methods on learning)		

### Reference Books

1. Leo Postman and Jams P. Egan, "Experimental Psychology"(An Introduction) Edition - 2008 Srishti Book Distributors.
2. M.R.D'amato, "Experimental Psychology" TMH Edition, McGraw-Hill Publishing Company, New Delhi.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -509		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE</b>		<b>INDUSTRIAL PSYCHOLOGY- I</b>		
Course Type		Total Credit		
Core Compulsory		04		
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To acquaint the students with perspective on industrial psychology and world of work.

The aim of the course is to familiarizing the students with the various aspects of nature of work in the modern society.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>An Introduction to Industrial Psychology</b> 1.1 Definition of industrial psychology 1.2 The historical development of industrial psychology 1.3 Area of industrial organizational psychology 1.4 Methods of Psychological Research 1.4.1 The experimental methods 1.4.2 The naturalistic observation method 1.4.3 Surveys and opinion polls	1	25
2	<b>Employee selection</b> 2.1 The recruitment process	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.2	An overview of the selection process		
2.3	Job analysis		
2.3.1	What is job analysis		
2.3.2	Use and values of job analysis		
2.3.3	Methods of job analysis		
<b>3</b>	<b>Training and Development</b>	<b>1</b>	<b>25</b>
3.1	The scope of organizational training programme		
3.2	The goals or objectives of organizational training programme		
3.3	Training methods for non-supervisory employees		
3.4	Training methods for managers		
<b>4</b>	<b>Motivation, Job Satisfaction and Job Involvement</b>	<b>1</b>	<b>25</b>
4.1	Content theory of motivation		
4.2	Process theory of motivation		
4.3	Job satisfaction: the quality of life at work		
4.4	Job satisfaction and on the job behavior		
4.5	Job involvement and organizational commitment		

**Reference Books**

1. Duane P. Schultz and Sydney Ellen Schultz (2004): Psychology and work Today. Published by Pearson Education Pvt. Ltd., Indian Branch Delhi.
2. Tiffin J. and Mc. Covmic, E.J. (1971) Industrial Psychology, New Delhi : Prentice Hall India
3. Luthans, Fred (1987) Organizational behaviour, McGraw- Hill Serves, International Student Edition. Times Printer- Singapore.
4. Von Haller Gitmber (1971) : Industrial and Organizational Psychology. New York, McGrawHill
5. Anastasi A. (1979) : Fields of Application Psychology. McGraw Hill, Kogakusha Ltd. Tokyo.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -509		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE FOUNDATION OF DEVELOPMENTAL PSYCHOLOGY - I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on human development.

To offer ideas relating to tools and techniques of managing developmental problems.

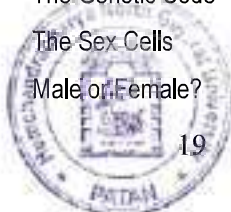
To enable students to appreciate research studies on problems relating to human development.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>History, Theory and Research strategies</b> 1.1 Basic Issues 1.2 The Lifespan Perspective: A Balanced Point of View 1.3 Recent Theoretical Perspectives 1.4 Studying Development 1.5 Common Research Methods	1	25
2	<b>Biological and Environmental Foundations</b> 2.1 Genetic Foundations 2.1.1 The Genetic Code 2.1.2 The Sex Cells 2.1.3 Male or Female?	1	25



*[Signature]*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.4	Multiple Births		
	2.1.5	Chromosomal Abnormalities		
	2.2	Environmental Contexts For Development		
	2.2.1	The Family		
	2.2.2	Socioeconomic Status And Family Functioning The Impact Of Poverty		
	2.2.3	Beyond The Family: Neighborhood, Towns, And Cities		
<b>3</b>		<b>Parental Developments, Birth, and the Newborn Baby</b>	<b>1</b>	<b>25</b>
	3.1	Prenatal Development		
	3.2	Prenatal Environmental Influences		
	3.2.1	Other Maternal Factors		
	3.3	Child Birth		
	3.3.1	The Stages Of Childbirth		
	3.3.2	The Babies Adaptations To Labor And Delivery		
	3.3.3	The Newborn Babies Appearance		
	3.4	Approaches To Childbirth		
	3.5	Medical Interventions		
<b>4</b>		<b>Physical Development in Infancy and Toddlerhood</b>	<b>1</b>	<b>25</b>
	4.1	Body Growth		
	4.2	Brain Development		
	4.2.1	Development Of Neurons		
	4.2.2	Development Of The Cerebral Cortex		
	4.2.3	Changing Status Of Arousal		
	4.3	Influences On Early Physical Growth		
	4.4	Learning Capacities		

### Reference Book

1. Laura E. Berk, (2007) Development through the lifespan, Third Ed. Pearson Education, Inc. Kindersley, publishing, Inc.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -510		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE    COUNSELLING PSYCHOLOGY-I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on Counselling Psychology

To familiarize the students to the theory, Practice and techniques of counseling

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>The Nature of Counseling</b>	<b>1</b>	<b>25</b>
	1.1 What is Counselling?		
	1.2 Counselling and Psychotherapy		
	1.3 Goals of Counselling		
<b>2</b>	<b>The Need of Counseling</b>	<b>1</b>	<b>25</b>
	2.1 Why Counselling?		
	2.2 Who Provide Counselling?		
	2.3 Settings of Counselling		
	2.4 Problems of an Indian Students		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**



<b>3</b>	<b>Fields of Counselling</b>	<b>1</b>	<b>25</b>
	3.1 School Counselling		
	3.2 Career Counselling		
	3.3 Rehabilitation Counselling		
	3.4 Mental Health Counselling		
	3.5 Cyber Counselling		
	3.6 Marriage Counselling		
	3.7 Individual Counselling		
	3.8 Group Counselling		
<b>4</b>	<b>Professional Preparation and Training for Counsellor</b>	<b>1</b>	<b>25</b>
	4.1 The Need for Counsellors for Counselling Service		
	4.2 Problems of Counsellor's Selection		
	4.3 Training of Counsellors		
	4.4 Important factors of Training of Counsellor		

**Reference Books**

1. Dr. Somabhai T. Patel "Salah Manovignan" 3rd edition University Granth Nirman Board Ahmedabad.
2. George R.L. and Cristiani T.S. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
3. George G. "Counselling : They and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
4. Belkin Gray "An Introduction to Counselling" 3rd edition 1988. W.C. Brown Publishers.
5. Hansen J.C., Stevic R.R. and Warner R.W. "Counselling-Theory and Process" 4th edition 1986, Allyn and Bacon Co. Boston, U.S.A.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -510		B. A. Semester-V		Psychology
<b>COURSE / PAPER TITLE POSITIVE PSYCHOLOGY</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To acquaint students with Positive thinking effects on life.

To impart knowledge about relationship between positive emotions and happiness.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

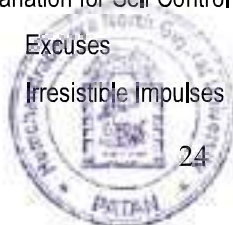
**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>What is Positive Psychology?</b> 1.1 Traditional Psychology 1.1.1 Why the Negative Focus? 1.2 Positive Psychology 1.2.1 Health Psychology 1.2.2 Clinical Psychology 1.2.3 Developmental Psychology 1.3 Positive Psychology :Assumptions, Goals & Definitions 1.3.1 Life Above Zero 1.3.2 Culture and Meaning of Good Life 1.3.3 Why Now?	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>2</b>	<b>Positive Emotions and Well-Being</b>	<b>1</b>	<b>25</b>
2.1	What are Positive Emotions?		
2.1.1	Focus on Theory : The Broaden and Build Theory of Positive Emotions		
2.2	Positive Emotions and Health resource		
2.2.1	Physical Resource		
2.2.2	Psychological Resource		
2.2.3	Social Resource		
2.3	Positive Emotions and Well-being		
2.3.1	Happiness and Positive Behaviour		
2.3.2	Positive Emotions and Success		
2.3.3	Positive Emotions and Flourishing		
2.3.3.1	A General Theory of Positivity		
<b>3</b>	<b>Personal Goals as windows to well-Being</b>	<b>1</b>	<b>25</b>
3.1	Why are Personal Goals?		
3.1.1	Defining Personal Goals		
3.1.2	Goals and Related Motivational Concepts		
3.1.3	Measuring Personal Goals		
3.1.4	Goal Organization		
3.2	The Search for Universal Human Motives		
3.2.1	Goals Expressing Fundamental Values		
3.2.2	Personal Goals Across Cultures		
3.3	What Goals Contribute Most to Well-Being?		
3.3.1	Goal Progress, Achievement, and Importance		
3.3.2	The Matching Hypothesis		
<b>4</b>	<b>Self-Regulation and Self Control</b>	<b>1</b>	<b>25</b>
4.1	Planning for Self-regulation Success		
4.1.1	Focus on Research: Planning Makes a Difference		
4.1.2	Why Planning Heaps?		
4.1.3	Commitment and Confidence		
4.2	Goals That Create Self-Regulation Problems		
4.2.1	Goal Conflict		
4.2.2	Focus on theory: Thinking About the Meaning of Our Actions		
4.2.3	Goal Difficulty		
4.2.4	The Ironic Effects of Mental Control		
4.3	Everyday Explanation for Self Control		
4.3.1	Excuses		
4.3.2	Irresistible Impulses		



#### 4.3.3 Focus on Research: The Cost and Benefits of Procrastination

##### Reference Book

1. Steve R. Baumgardner and Marie K. Crothers, (2009) Positive Psychology, Dorling Kindersley India Pvt. Ltd. Licenses of Pearson Education in South Asia.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

# PSYCHOLOGY

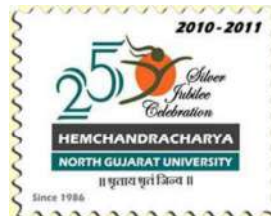


*Hem*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHNDRACHARYA NORTH GUJARAT UNIVERSITY**  
**P A T A N - 3 8 4 2 6 5**



NAAC Accreditation Grade - " B "



**FACULTY OF ARTS**

**B. A. PROGRAMME**

**PSYCHOLOGY**

Syllabus / Scheme

**SEMESTER - V & VI**

WITH SEMESTER / CBCS / GRADING PATTERN

**W. E. F. JUNE - 2013** (In Continuation)

DATE : 13 -09 -2012

TOTAL PAGE - 41



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY**

**PATAN - 384265**

NAAC Accreditation Grade – “B”

FACULTY OF ARTS

B.A. SEMESTER – V & VI

**PSYCHOLOGY**

New Syllabus and Exam Scheme

Kind of Course – Core/ Elective

With Semester / CBCS / Grading Pattern

W.E.F. June - 2013

Date: 13 / 09 / 2012

Total Page: 41



Page 2 of 41

  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN

Programme Code		Programme Name	B.A. Psychology
Faculty	Arts	Semester	V & VI
Effective From	June-2013		



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN



## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
V	CC-506 Abnormal Psychology	4	3	30	70	100	4
	CC-507 Research Methods in Psychology-I	4	3	30	70	100	4
	CC-508 Statistics in Psychology	4	3	30	70	100	4
	CC-509 Industrial Psychology	4	3	30	70	100	4
	CC-509 Life Span Development-I	4	3	30	70	100	4
	CC-510 Married Life Psychology	4	3	30	70	100	4
	CC-510 Positive Psychology	4	3	30	70	100	4
	EG-506 Any one from the list	2	2	-	50	50	2
	FC-503 English	2	3	30	70	100	2
	<b>Total</b>	<b>24</b>	<b>20</b>	<b>210</b>	<b>540</b>	<b>750</b>	<b>24</b>



## COURSE PATTERN

Sem	Course	Instruction (hrs/week)	Duration Exam (hrs)	Marks			Credit
				Internal	External	Total	
VI	CC-606 Psychopathology	4	3	30	70	100	4
	CC-607 Research Methods in Psychology-II	4	3	30	70	100	4
	CC-608 Experimental Psychology (Practical Performance)	4	3	30	70	100	4
	CC-608 Experimental Psychology (Theory)	4	3	30	70	100	4
	CC-609 Organizational Behaviour	4	3	30	70	100	4
	CC-609 Life Span Development-II	4	3	30	70	100	4
	CC-610 Counselling Psychology	4	3	30	70	100	4
	CC-610 Personality Theories	4	3	30	70	100	4
	EG-606 Any one from the list	2	2	-	50	50	2
	FC-603 English	2	3	30	70	100	2
	<b>Total</b>	<b>24</b>	<b>20</b>	<b>210</b>	<b>540</b>	<b>750</b>	<b>24</b>



Hemchandracharya North Gujarat University – Patan

Course: Psychology

Paper style of B.A. Semester-V & VI

[Hours – 3]

[Total Marks – 70]

- ❖ Numbers shown on right side shows full marks.
- ❖ Do as directed.

**Q.1** -----28

A  
or  
A  
B  
or  
B

**Q.2** Answer any two from following-----20

A  
B  
C  
D

**Q.3** Give Answer any six in two or three sentences from following-----12

A  
B  
C  
D  
E  
F  
G  
H

**Q.4** Give correct Alternatives Answer from following-----10

A  
B  
C  
D  
E  
F  
G  
H  
I  
J

-----  
Total Marks—70



**Grading point:**

<b>Grade point</b>	<b>Description</b>	<b>% of marks</b>	<b>Division/ Grade</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10	Outstanding	90 %- 99 %	First/ O
9	Excellent	80 %- 89 %	First/ A
8	Very Good	70 %- 79 %	First/ B
7	Good	60 %- 69 %	First/ C
6	Fair	50 %- 59 %	Second/ D
5	Average	40 %- 49 %	Pass / E
4	Dropped	Below 40 %	F



*Hem*

I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

## STRUCTURE OF THE SEMESTER SYSTEM

### PROGRAMME: B.A. PSYCHOLOGY

#### SEMESTER-VI

COURSE CODE	COURSE TYPE	COURSE NAME	CREDITS OF DIRECT TEACHING	TOTAL CREDITS
CC 606	Core Compulsory-VI	Psychopathology	4	4
CC 607	Core Compulsory-VII	Research Methods in Psychology-II	4	4
CC 608	Core Compulsory-VIII	Experimental Psychology (Practical Performance)	4	4
CC 608	Core Compulsory-VIII	Experimental Psychology (Theory)	4	4
CC 609	Core Compulsory-IX	Organizational Behaviour	4	4
CC 609	Core Compulsory=IX	Life Span Development-Ii	4	4
CC 610	Core Compulsory-X	Counselling Psychology	4	4
EC 610	Core Compulsory-X	Personality Theories	2	2
EG 606	Elective Generic	Any One From The List	2	2
FC 603	Foundation Compulsory	Ec-306 English	2	2
Total Courses 8		Total Lectures 24		Total Credits 24

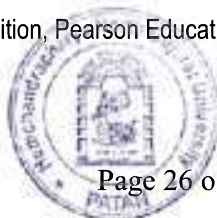




	2.1.3 Lifestyle Factors in Health and Illness		
	2.2 Cardiovascular Disease		
	2.2.1 Hypertension		
	2.2.2 Coronary Heart Disease		
	2.3 General Causal Factors in Physical Illness and Disease		
	2.4 Treatment and Clinical Outcomes		
3	<b>Schizophrenia and Other Psychotic Disorders</b>	1	17
	3.1 The Clinical Picture in Schizophrenia		
	3.2 Subtypes of Schizophrenia		
	3.3 What Causes Schizophrenia		
	3.4 Genetic Aspects		
	3.5 Biological Aspects		
	3.6 Psychosocial and Cultural Aspects		
	3.7 Treatment and Clinical Outcomes		
	3.7.1 Pharmacological Approaches		
	3.7.2 Psychosocial Approaches		
4	<b>Therapy</b>	1	17
	4.1 An Overview of Treatment		
	4.2 Pharmacological Approaches to Treatment		
	4.2.1 Drug Treatment		
	4.2.2 E.C.T.		
	4.2.3 Neurosurgery		
	4.3 Psychological Approaches to Treatment		
	4.3.1 Behavioural Therapy		
	4.3.2 Cognitive & Cognitive Behavioural Therapy		
	4.3.3 Humanistic Therapy		
	4.3.4 Psychodynamic Therapy by Freud		

**Reference Book**

1. Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): Abnormal Psychology, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-607	Semester		VI
<b>RESEARCH METHODS IN PSYCHOLOGY - II</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)		Total (Marks)
4x15=60	-	30	70		100

**Main Objectives:**

To impart knowledge about basic concepts of research methodology.

To make students understand the nature and techniques of various sampling and research design.

To impart knowledge about interpretation and publication of research data.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Survey Research and Questionnaire</b>	1	18
	1.1 Uses of Surveys		
	1.2 Various Survey Methods		
	1.3 Survey- Research Design		
	1.4 Questionnaire		
	1.4.1 Steps in preparing a Questionnaire		
	1.4.2 Guideline for Effective Wording of Questions		
2	<b>Observation</b>	1	18
	2.1 What is Observation?		





	2.1 Classification of Observational Methods		
	2.2 Recording Behavior		
	2.3 Thinking Critically About Observational Research		
<b>3</b>	<b>Experimental Method</b>	<b>1</b>	<b>17</b>
	3.1 Overview		
	3.2 Characteristics of True Experiments		
	3.3 Obstacles to Conducting True Experiments In Natural Settings		
	3.4 Threats to Internal Validity Controlled by True Experiments		
	3.5 Problems That Even True Experiments May Not Control		
<b>4</b>	<b>Report Writing</b>	<b>1</b>	<b>17</b>
	4.1 Meaning and Purposes of Research Report		
	4.2 Guidelines for Effective Writing		
	4.3 Structure of a Research Report		
	4.4 Precaution for Writing Research Report		

### Reference Books

1. Kerlinger F. N. (1999): Foundation of Behavioural Research, Second Revised Edition, Surgeet Publication, New York.
2. Kothari C.R. (2009): Research Methodology: Methods and Techniques, Second Revised Edition, New Age International Publishers, New Delhi
3. Shaughnessy J. J; Zechmeister E.B. and Zechmeister J.S. (2006): Research Methods in Psychology, Seventh International Edition, Mc Graw Hill Higher Education, New York.
4. Dhila B.D. (2011): Sanshodhan Paddhti Samajik Vigyanoma (2011): Gujarati Edition, Akshar Publication, Ahmedabad.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name	B.A. Psychology
Course Code		CC-608	Semester	VI
<b>EXPERIMENTAL PSYCHOLOGY (PRACTICAL PERFORMANCE)</b>				
Course Type		Core Compulsory	Total Credit	04
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
-	4x15=60	30	70	100

**Main Objectives:**

To develop scientific attitude in students.

To provide training to the students in conducting Experiments.

**The Scheme of question paper:**

- 1) The experiment performance examination will consist of ten units
- 2) Each experiment should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours
- 5) Distribution of marks of the experiment performance examination.

**Journal: 25, Performance: 15, Report writing: 15, Viva voce: 15, Total Marks = 70**

- 6) Distribution of time of the experiment performance examination.

**Performance and Report writing: 2- Hours, Viva voce: 1-Hours**

**The paper will consist of the following ten units:**

**Any Seven experiments should have to be performed and reported in the journal**

Unit	Topic
1	Measurement of Optical Illusion
2	Comparison between the method of Ranking and Paired Comparison by determining colour Preference.
3	Fluctuation of Attention



- 4 Suggestion :Progressive weights method
- 5 Association Reaction Time
- 6 Mirror Tracing
- 7 Maze Learning
- 8 Whole v/s Part method of Learning
- 9 Immediate Span of Memory
- 10 Problem Solving

### **Reference Books**

- 1 Postman Land Egan J.“Experimental Psychology-An Introduction” Harpen and Row Co. New York 1949
- 2 Woodworth R. and Schlsberg H. “Experimental Psychology” *Oxford and I.B.H. Publishing Co.* 1971
- 3 S.C.Kanawala “Prayogic Manovignan- Sidhant ane Prayogpothi” 1979, Univesity Granth Nirman Board,  
Ahmedabad
- 4 C.B.Dave and Others“ Manovignan- Prayogo ane Ankadashastra”11th edition 2004-05,  
C.Jamanadas Co. Ahmedabad



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-608	Semester		VI
<b>EXPERIMENTAL PSYCHOLOGY (THEORY)</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives:**

To make students conversant with the key concepts and vocabulary of experimental psychology.

To acquaint the students to methods and application of psychology as experimental science.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Scope of Experimental Psychology</b>	1	18
	1.1 Definition and nature of experiment		
	1.2 Experimental psychology as method		
	1.3 Variables		
	1.4 Experimental and control group		
	1.5 Forms of behavior studied in Experimental psychology		
2	<b>The Psychophysical Methods</b>	1	18
	2.1 The basic concepts of psychophysics		
	2.2 Method of minimal changes		
	2.3 Rank order method		
	2.4 Method of constant stimuli		
	2.5 Method of average error		
	2.6 Method of pair comparison		



*Hemchandracharya*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Association</b>	<b>1</b>	<b>17</b>
	3.1 The concept of association		
	3.2 Types of verbal association		
	3.3 Classification of association		
	3.4 Clinical and diagnostic use of verbal association		
<b>4</b>	<b>Verbal Learning</b>	<b>1</b>	<b>17</b>
	4.1 Methods of practice		
	4.2 Basic variables of learning experiments		
	4.3 Performance as a function of what is learned (Effects of learning material on learning)		
	4.4 Performance as a function of how learning proceeds (Effects of learning methods on learning)		

### Reference Books

1. Leo Postman and Jams P. Egan, "Experimental Psychology"(An Introduction) Edition - 2008 Srishti Book Distributors.
2. M.R.D'amato,"Experimental Psychology" TMH Edition, McGraw-Hill Publishing Company, New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-609	Semester		VI
<b>ORGANIZATIONAL BEHAVIOUR</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives:**

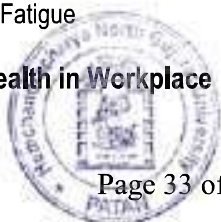
To acquaint the students with perspective on industrial psychology and world of work.

The aim of the course is to familiarizing the students with the various aspects of nature of work in the modern society.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Performance Appraisals</b> 1.1 Performance Appraisal: why do it? 1.2 Objective performance appraisal methods 1.3 Judgmental performance appraisal methods 1.4 Bias in performance appraisal	1	18
2	<b>Working Condition</b> 2.1 Physical working condition 2.2 Work schedules 2.3 Psychological and social issues 2.3.1 Boredom and monotomy 2.3.2 Fatigue	1	18
3	<b>Safety, Violence and Health in Workplace</b>	1	17



*[Signature]*  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

	3.1 Accidents		
	3.2 Violence in the workplace		
	3.3 Alcoholism in the workplace		
	3.4 Drug use in the work place		
	3.5 Computers and physical health issues		
<b>4</b>	<b>Stress in work place</b>	<b>1</b>	<b>17</b>
	4.1 Definition of stress		
	4.2 Nature of stress		
	4.3 Work- family conflicts		
	4.4 Causes of stress in the workplace		
	4.5 Effects of stress in the work place		
	4.6 Treating stress in the workplace		
	4.7 Time and motion study		

**Reference Books**

6. Duane P. Schultz and Sydney Ellen Schultz (2004): Psychology and work Today. Published by Pearson Education Pvt. Ltd., Indian Branch Delhi.
7. Tiffin J. and Mc. Covmic, E.J. (1971) Industrial Psychology, New Delhi : Prentice Hall India
8. Luthans, Fred (1987) Organizational behaviour, Mc Graw- Hill Serves, International Student Edition. Times Printer- Singapore.
9. Von Haller Gitmber (1971) : Industrial and Organizational Psychology. New York, McGraw Hill
10. Anastasi A. (1979) : Fields of Application Psychology. McGraw Hill, Kogakusha Ltd. Tokyo.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-609	Semester		VI
<b>LIFESPAN DEVELOPMENT - II</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives:**

To provide students a perspective on human development.

To offer ideas relating to tools and techniques of managing developmental problems.

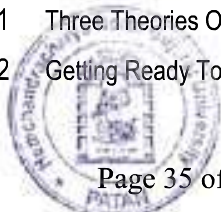
To enable students to appreciate research studies on problems relating to human development.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

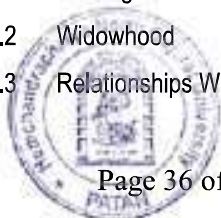
Unit	Topic	Credit	Marks
1	<b>Cognitive Development in Infancy and Toddlerhood</b>	1	18
	1.1 Piaget's Cognitive-Developmental Theory		
	1.1.1 Piaget's Ideas About Cognitive Change		
	1.1.2 The Sensorimotor Stage		
	1.2 Information Processing		
	1.2.1 Structure Of The Information-Processing System		
	1.2.2 Attention		
	1.2.3 Memory		
	1.2.4 Categorization		
	1.3 Language Development		
	1.3.1 Three Theories Of Language Development		
	1.3.2 Getting Ready To Talk		



I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN



	1.3.3	First Word		
	1.3.4	The Two Words Utterance Phase		
	1.3.5	Supporting Early Language Development		
<b>2</b>		<b>Emotional and Social Development in Early Childhood</b>	<b>1</b>	<b>18</b>
	2.1	Self –Understanding		
	2.1.1	Foundations Of Self-Concept		
	2.1.2	Emergence Of Self-Esteem		
	2.2	Emotional Development		
	2.3	Peer Relations		
	2.4	Gender Typing		
	2.4.1	Gender-Stereotyped Beliefs And Behavior		
	2.4.2	Genetic Influences On Gender Typing		
	2.4.3	Environmental Influences On Gender Typing Gender Identity		
	2.4.4	Reducing Gender Stereotyping In Young Children		
	2.5	Child Rearing Styles		
<b>3</b>		<b>Physical and Cognitive Development in Adolescence</b>	<b>1</b>	<b>17</b>
	3.1	Puberty: The Physical Transition to Adulthood		
	3.2	The Psychological Impact of Pubertal Events		
	3.3	Health Issues		
	3.3.1	Nutritional Needs		
	3.3.2	Eating Disorders		
	3.3.3	Sexual Activity		
	3.4	Consequences Of Abstract Thought		
<b>4</b>		<b>Emotional and Social Development in Late Adulthood</b>	<b>1</b>	<b>17</b>
	4.1	Stability And Change In Self-Concept And Personality		
	4.2	Individual Differences In Psychological Well-Being		
	4.2.1	Control Verses Dependency		
	4.2.2	Health		
	4.2.3	Negative Life Changes		
	4.2.4	Social Support And Social Interaction		
	4.3	A Changing Social World		
	4.3.1	Social Theories Of Ageing		
	4.4	Relationships in Late Adulthood		
	4.4.1	Marriage		
	4.4.2	Widowhood		
	4.4.3	Relationships With Adult Children		



4.4.4 Alder Maltreatment

4.5 Retirement and Leisure

**Reference Book**

- 1 Laura E. Berk, (2007) Development through the lifespan, Third Ed. Pearson Education, Inc. Kindersley, publishing, Inc.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-610	Semester		VI
<b>COUNSELLING PSYCHOLOGY</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives :**

To provide students a perspective on Counselling Psychology

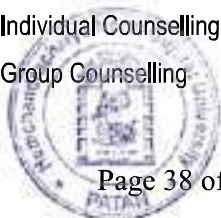
To familiarize the students to the theory, Practice and techniques of counseling

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>The Nature of Counseling</b>	1	18
	1.1 What is Counselling?		
	1.2 Counselling and Psychotherapy		
	1.3 Goals of Counselling		
	1.4 Specific Fields of Counselling		
	1.4.1 School Counselling		
	1.4.2 Career Counselling		
	1.4.3 Rehabilitation Counselling		
	1.4.4 Mental Health Counselling		
	1.4.5 Cyber Counselling		
	1.4.6 Marriage Counselling		
	1.4.7 Individual Counselling		
	1.4.8 Group Counselling		



*Hemchandracharya*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>2</b>	<b>Characteristics and Work of Counsellor and the Ethics for Counselling Profession</b>	<b>1</b>	<b>18</b>
	2.1 Characteristics of effective Counsellor		
	2.2 Work and Role of Counsellor		
	2.3 Counsellor as a consultant		
	2.4 Ethics of counselling profession		
	2.5 Recommendation of code of ethics for the counselling Profession		
<b>3</b>	<b>Counselling Process and Counselling Relationship</b>	<b>1</b>	<b>17</b>
	3.1 Counselling Process		
	3.1.1 Steps of Counselling Process		
	3.1.2 Variables influencing Counselling Process		
	3.2 Counselling Relationship		
	3.2.1 Concept of Counselling Relationship		
	3.2.2 The Therapeutic Climate		
	3.2.3 Dimensions of Counselling Relationship		
<b>4</b>	<b>Counselling Techniques</b>	<b>1</b>	<b>17</b>
	4.1 Meaning of Techniques		
	4.2 Various Counselling Techniques		

### Reference Books

1. Dr. Somabhai T. Patel "Salah Manovignan" 3rd edition University Granth Nirman Board Ahmedabad.
2. George R.L. and Cristiani T.S. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co, Boston, U.S.A.
3. George G. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co, Boston, U.S.A.
4. Belkin Gray "An Introduction to Counselling" 3rd edition 1988, W.C. Brown Publishers.
5. Hansen J.C., Stevic R.R. and Warner R.W. "Counselling-Theory and Process" 4th edition 1986, Allyn and Bacon Co, Boston, U.S.A.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2013**

Programme Code			Programme Name		B.A. Psychology
Course Code		CC-610	Semester		VI
<b>PERSONALITY THEORIES</b>					
Course Type		Core Compulsory	Total Credit		04
Teaching Time (hours)		Examination marking Scheme			
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)	
4x15=60	-	30	70	100	

**Main Objectives :**

To familiarize students with different psychologist point of view regarding human behaviour.

To provide students a perspective on theories of personality.

Acquaint students to build up dynamic personality.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 03 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Introduction to Personality Theory</b>	1	18
	1.1 What Is Personality?		
	1.2 Definition of Personality		
	1.3 Approaches of Personality Study		
	1.4 Requirement of Personality Theory		
	1.5 Classification of Personality Theory		
	1.6 Specialization of Personality Theory		
2	<b>Freud's Theory of Personality</b>	1	18
	2.1 Factors of Personality		
	2.2 Nature of Personality		
	2.3 Stages of Personality Development		
	2.4 Ego-Defense Mechanism		



*Hemchandracharya*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.5 Factors Affecting on Personality Nature		
	2.6 Evaluation of Freud's Theory of Personality		
<b>3</b>	<b>Carl Rogers and Maslow's Theory of Personality</b>	<b>1</b>	<b>17</b>
	3.1 Carl Rogers		
	3.1.1 The Basic Concepts of Carl Roger's Theory of Personality		
	3.1.2 Points of personality theory		
	3.1.3 Non-Directive psychotherapy		
	3.1.4 Evaluation of Carl Roger's Theory of Personality		
	3.2 Abram Maslow		
	3.2.1 The Basic Concepts of Maslow's Theory of Personality		
	3.2.2 Characteristics of Self-Actualized person		
	3.2.3 Evaluation of Maslow's Theory of Personality		
<b>4</b>	<b>Eysenck's Theory of Personality</b>	<b>1</b>	<b>17</b>
	4.1 The Basic Concepts of Eysenck's Theory of Personality		
	4.2 Eysenck's Theory of learning		
	4.3 Factor Analysis method		
	4.4 Evaluation of Eysenck's Theory of Personality		

### Reference Books

1. Hjelle L.A. and Zeigle D. J. (1991) "Personality Theories" : Basic Assumptions, Research and Application 2nd Edition, International Student Edition McGraw Hill International Book Co.
2. Hall C.S. and Lindzey G. (1978) "Theories of Personality" 3rd Edition New York, J. Wiley & Sons.
3. Dr. kusumben K. Bhatt, "VYAKTITVA NA SIDDHANTO" 2ND Edition 1996, University Granth Nirman Board, Ahmedabad.



# મનોવિજ્ઞાન



*Hemchandra*  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER – VI**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 606	Core Compulsory	Abnormal Psychology– II	4	4
CC 607	Core Compulsory	Introduction to Psychological Inquiry–II	4	4
CC 608	Core Compulsory	Quantitative Data Analysis	4	4
CC 609	Core Compulsory	Industrial Psychology – II Or Foundation of Developmental Psychology-II	4	4
CC 610	Core Compulsory	Counselling Psychology-II Or Married Life Psychology	4	4
FC 603	Foundation Compulsory	FC-603 English	2	2
EG 606	Elective Generic	EG-606 Any one from the list	2	2
Total Courses	7	Total Lectures 24	Total Credits	24





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -606		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE ABNORMAL PSYCHOLOGY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

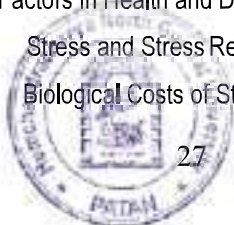
- To impart knowledge about the abnormal behavior
- To make students understand the nature and cause of various abnormal syndromes
- To impart knowledge need for therapies of different abnormal syndromes

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Mood Disorders</b> 1.1 What are Mood Disorders? 1.2 Unipolar Mood Disorders 1.3 Causal Factors in Unipolar Mood Disorder 1.4 Bipolar Disorders 1.5 Causal Factors in Bipolar Mood Disorder	<b>1</b>	<b>25</b>
<b>2</b>	<b>Health Problems and Behaviour</b> 2.1 Psychological Factors in Health and Disease 2.1.1 Stress and Stress Response 2.1.2 Biological Costs of Stress	<b>1</b>	<b>25</b>



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.3	Lifestyle Factors in Health and Illness		
	2.2	Cardiovascular Disease		
	2.2.1	Hypertension		
	2.2.2	Coronary Heart Disease		
	2.3	General Causal Factors in Physical Illness and Disease		
	2.4	Treatment and Clinical Outcomes		
3		<b>Schizophrenia and Other Psychotic Disorders</b>	1	25
	3.1	The Clinical Picture in Schizophrenia		
	3.2	Subtypes of Schizophrenia		
	3.3	What Causes Schizophrenia		
	3.4	Genetic Aspects		
	3.5	Biological Aspects		
	3.6	Psychosocial and Cultural Aspects		
	3.7	Treatment and Clinical Outcomes		
	3.7.1	Pharmacological Approaches		
	3.7.2	Psychosocial Approaches		
4		<b>Therapy</b>	1	25
	4.1	An Overview of Treatment		
	4.2	Pharmacological Approaches to Treatment		
	4.2.1	Drug Treatment		
	4.2.2	E.C.T.		
	4.2.3	Neurosurgery		
	4.3	Psychological Approaches to Treatment		
	4.3.1	Psychodynamic Therapy by Freud		
	4.3.2	Humanistic Therapy		
	4.3.3	Behavioural Therapy		
	4.3.4	Cognitive & Cognitive Behavioural Therapy		

**Reference Book**

1. Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): Abnormal Psychology, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -607		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE INTRODUCTION TO PSYCHOLOGICAL INQUIRY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To impart knowledge about basic concepts of research methodology.

To make students understand the nature and techniques of various sampling and research design.

To impart knowledge about interpretation and publication of research data.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Survey Research and Questionnaire</b>	1	25
	1.1 Uses of Surveys		
	1.2 Various Survey Methods		
	1.3 Survey- Research Design		
	1.4 Questionnaire		
	1.4.1 Steps in preparing a Questionnaire		
	1.4.2 Guideline for Effective Wording of Questions		
2	<b>Observation</b>	1	25
	2.1 What is Observation?		
	2.1 Classification of Observational Methods		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.2 Recording Behavior		
	2.3 Thinking Critically About Observational Research		
<b>3</b>	<b>Experimental Method</b>	<b>1</b>	<b>25</b>
	3.1 Overview		
	3.2 Characteristics of True Experiments		
	3.3 Obstacles to Conducting True Experiments In Natural Settings		
	3.4 Threats to Internal Validity Controlled by True Experiments		
	3.5 Problems That Even True Experiments May Not Control		
<b>4</b>	<b>Report Writing</b>	<b>1</b>	<b>25</b>
	4.1 Meaning and Purposes of Research Report		
	4.2 Guidelines for Effective Writing		
	4.3 Structure of a Research Report		
	4.4 Precaution for Writing Research Report		

### Reference Books

1. Kerlinger F. N. (1999): Foundation of Behavioural Research, Second Revised Edition, Surgeet Publication, New York.
2. Kothari C.R. (2009): Research Methodology: Methods and Techniques, Second Revised Edition, New Age International Publishers, New Delhi
3. Shaughnessy J. J; Zechmeister E.B. and Zechmeister J.S. (2006): Research Methods in Psychology, Seventh International Edition, McGraw Hill Higher Education, New York.
4. Dhila B.D. (2011): Sanshodhan Paddhti Samajik Vigyanoma (2011): Gujarati Edition, Akshar Publication, Ahmedabad.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -608		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE</b>		<b>QUANTITATIVE DATA ANALYSIS</b>		
Course Type		Total Credit		
Core Compulsory		04		
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To develop and understanding of elementary statistics used in Psychology.

To impart knowledge of statistical techniques in terms of their assumptions, applications and limitations

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Frequency Distribution</b>	<b>1</b>	<b>25</b>
	1.1 Need of Statistics in Psychology		
	1.2 Tabulation of Data and Frequency Distribution		
	1.3 Graphical Representation of Grouped Data		
<b>2</b>	<b>Meaning of Central Tendency</b>	<b>1</b>	<b>25</b>
	2.1 Meaning of Measure of Central Tendency		
	2.2 Mean, Median, Mode and their specific Uses.		
<b>3</b>	<b>Measures of Variability</b>	<b>1</b>	<b>25</b>
	3.1 Quartiles, Deciles, Percentiles		
	3.2 Percentile Rank		
	3.3 Concept of Variability		
	3.4 Measures of Variability		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

3.5 Range, Average Deviation, Quartile Deviation, Standard Deviation. and their specific uses

4      **Correlation**      1      25

4.1 Meaning and Types of Correlation

4.2 Spearman's Rank Order Correlation

4.3 Uses of Correlation

### **Reference Books**

1. Garrett H. "Elementary Statistics" Longmans green and Co. New York
2. Dowine N, and Heath R. "Basic Statistical Methods "Harper and Row Publishers, New York  
2nd edition
3. C.B.Dave and Others "Manovignan- Prayogoane Ankadashastra" 11th edition 2004-05,  
C.Jamanadas Co. Ahmedabad



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -609		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE INDUSTRIAL PSYCHOLOGY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

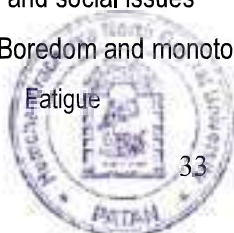
To acquaint the students with perspective on industrial psychology and world of work.

The aim of the course is to familiarizing the students with the various aspects of nature of work in the modern society.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Performance Appraisals</b>  1.1 Performance Appraisal: why do it? 1.2 Objective performance appraisal methods 1.3 Judgmental performance appraisal methods 1.4 Bias in performance appraisal	1	25
2	<b>Working Condition</b>  2.1 Physical working condition 2.2 Work schedules 2.3 Psychological and social issues 2.3.1 Boredom and monotony 2.3.2 Fatigue	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Safety, Violence and Health in Workplace</b>	<b>1</b>	<b>25</b>
	3.1 Accidents		
	3.2 Violence in the workplace		
	3.3 Alcoholism in the workplace		
	3.4 Drug use in the work place		
	3.5 Computers and physical health issues		
<b>4</b>	<b>Stress in work place</b>	<b>1</b>	<b>25</b>
	4.1 Definition of stress		
	4.2 Nature of stress		
	4.3 Work- family conflicts		
	4.4 Causes of stress in the workplace		
	4.5 Effects of stress in the work place		
	4.6 Treating stress in the workplace		
	4.7 Time and motion study		

**Reference Books**

1. Duane P. Schultz and Sydney Ellen Schultz (2004): Psychology and work Today. Published by Pearson Education Pvt. Ltd., Indian Branch Delhi.
2. Tiffin J. and Mc. Covmic, E.J. (1971) Industrial Psychology, New Delhi : Prentice Hall India
3. Luthans, Fred (1987) Organizational behaviour, McGraw- Hill Serves, International Student Edition. Times Printer- Singapore.
4. Von Haller Gitmber (1971) : Industrial and Organizational Psychology. New York, McGrawHill
5. Anastasi A. (1979) : Fields of Application Psychology. McGraw Hill, Kogakusha Ltd. Tokyo.





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -609		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE FOUNDATION OF DEVELOPMENTAL PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on human development.

To offer ideas relating to tools and techniques of managing developmental problems.

To enable students to appreciate research studies on problems relating to human development.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Cognitive Development in Infancy and Toddlerhood</b>	1	25
	1.1 Piaget's Cognitive-Developmental Theory		
	1.1.1 Piaget's Ideas About Cognitive Change		
	1.1.2 The Sensorimotor Stage		
	1.2 Information Processing		
	1.2.1 Structure Of The Information-Processing System		
	1.2.2 Attention		
	1.2.3 Memory		
	1.2.4 Categorization		
	1.3 Language Development		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	1.3.1	Three Theories Of Language Development		
	1.3.2	Getting Ready To Talk		
	1.3.3	First Word		
	1.3.4	The Two Words Utterance Phase		
	1.3.5	Supporting Early Language Development		
<b>2</b>		<b>Emotional and Social Development in Early Childhood</b>	<b>1</b>	<b>25</b>
	2.1	Self –Understanding		
	2.1.1	Foundations Of Self-Concept		
	2.1.2	Emergence Of Self-Esteem		
	2.2	Emotional Development		
	2.3	Peer Relations		
	2.4	Gender Typing		
	2.4.1	Gender-Stereotyped Beliefs And Behavior		
	2.4.2	Genetic Influences On Gender Typing		
	2.4.3	Environmental Influences On Gender Typing Gender Identity		
	2.4.4	Reducing Gender Stereotyping In Young Children		
	2.5	Child Rearing Styles		
<b>3</b>		<b>Physical and Cognitive Development in Adolescence</b>	<b>1</b>	<b>25</b>
	3.1	Puberty: The Physical Transition to Adulthood		
	3.2	The Psychological Impact of Pubertal Events		
	3.3	Health Issues		
	3.3.1	Nutritional Needs		
	3.3.2	Eating Disorders		
	3.3.3	Sexual Activity		
	3.4	Consequences Of Abstract Thought		
<b>4</b>		<b>Emotional and Social Development in Late Adulthood</b>	<b>1</b>	<b>25</b>
	4.5	Stability And Change In Self-Concept And Personality		
	4.6	Individual Differences In Psychological Well-Being		
	4.6.1	Control Verses Dependency		
	4.6.2	Health		
	4.6.3	Negative Life Changes		
	4.6.4	Social Support And Social Interaction		
	4.7	A Changing Social World		
	4.7.1	Social Theories Of Ageing		
	4.8	Relationships in Late Adulthood		
	4.8.1	Marriage		



- 4.8.2 Widowhood
  - 4.8.3 Relationships With Adult Children
  - 4.8.4 Elder Maltreatment
- 4.9 Retirement and Leisure

### **Reference Book**

- 1 Laura E. Berk, (2007) Development through the lifespan, Third Ed. Pearson Education, Inc. Kindersley, publishing, Inc.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -610		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE COUNSELLING PSYCHOLOGY-I I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on Counselling Psychology

To familiarize the students to the theory, Practice and techniques of counseling

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Characteristics and Work of Counsellor and-</b>	1	25

**The Ethics for Counselling Profession**

- 1.1 Characteristics of effective Counsellor
- 1.2 Work and Role of Counsellor
- 1.3 Counsellor as a consultant
- 1.4 Ethics of counselling profession
- 1.5 Recommendation of code of ethics for the counselling Profession

2	<b>Counselling Relationship</b>	1	25
---	---------------------------------	---	----

- 2.1 Concept of Counselling Relationship
- 2.2 The Therapeutic Climate



- 2.3 Characteristics of Effective Counselling Relationship
  - 2.3.1 Essential Characteristics Counselling
  - 2.3.2 Counsellor's Attitudes and Characteristics to establish Counselling Relationship
  - 2.3.3 Dimensions of Counselling Relationship

**3 Counselling Process** **1 25**

- 3.1 Steps of Counselling Process
- 3.2 Variables influencing Counselling Process
- 3.3 Support and Crisis

**4 Counselling Techniques and Skills** **1 25**

- 4.2 Meaning of Techniques
- 4.3 Various Techniques and Skills of Counselling

**Reference Books**

- 1 Dr. Somabhai T. Patel "Salah Manovignan" 3rd edition University Granth Nirman Board Ahmedabad.
- 2 George R.L. and Cristiani T.S. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
- 3 George G. "Counselling : They and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
- 4 Belkin Gray "An Introduction to Counselling" 3rd edition 1988. W.C. Brown Publishers.
- 5 Hansen J.C., Stevic R.R. and Warner R.W. "Counselling-Theory and Process" 4th edition 1986, Allyn and Bacon Co. Boston, U.S.A.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -610		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE MARRIED LIFE PSYCHOLOGY</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide scientific knowledge about fitness and maturity of marriage to students.

To help the students to examine their gender roles and relationship with opposite sex.

To acquaint students with reality of married life and prepare them to build the successful marital adjustment.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Purpose and Fitness for Marriage</b>	<b>1</b>	<b>25</b>
	1.1 Definition of Marriage		
	1.2 Purpose of Marriage		
	1.3 Types of Fitness for Marriage		
	1.4 Aspects of Maturity for Marriage		
	1.5 Characteristics of Maturity for Marriage		
	1.6 Characteristics of a person matured		
<b>2</b>	<b>Human Sexuality</b>	<b>1</b>	<b>25</b>
	2.1 Concept of Human Sexuality		
	2.2 Perspectives of Human Sexuality		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.2.1	Historical Perspective		
2.2.2	Biological Perspective		
2.2.3	The Cross-cultural perspective		
2.2.4	Psychological perspective		
2.2.5	Sociological perspective		
<b>3</b>	<b>Gender Identify and Gender Role</b>	<b>1</b>	<b>25</b>
3.1	Changing Status of Women		
3.2	Nature and Nurture in Gender Identify		
3.3	Gender Differences		
3.3.1	Biological Differences		
3.3.2	Differences in Cognitive Ability		
3.3.3	Differences in Personality		
3.3.4	Differences in Aptitude and Achievement		
3.4	Development of Role Concept		
3.5	Attitudes of Young men and women for future role playing		
3.6	Flexibility of role concept		
<b>4</b>	<b>Happiness in Marriage</b>	<b>1</b>	<b>25</b>
4.1	Marital Conflict - Causes of Marital Conflict		
4.2	Steps for happy married life		
4.3	Suggestions for Marital Success by Dr. Stone and Stone		

#### **Reference Books**

1. Janet Shibley Hyde and Delamater J.D. "Understanding Human Sexuality"
2. Spencer A. Rathus, Nevid J.S., Rathus L.F. "Human Sexuality in a world of Diversity Allyn and Bacon, 1993"
3. Dr. Stone and Stone "A Marriage Manual" 1953, Pocket Book Co. Mumbai, India.
4. Landis J.T. and Landis M.G. "Building a Successful Marriage" 7th edition 1977, Prentice-Hall INC, U.S.A.
5. DhunPanthaki "Education in Human Sexuality" 1997, Family Planning Association of India, Mumbai
6. Bechtal S. and Stains L.R. "Sex - A Man's Guide" 1st Indian edition 1997, Rajendra Publishing House Pvt., Mumbai
7. Yogan Bhatt and Bansri Bhatt "Jatiyataane Laganjivan nu Manovigyan" 1st edition 2006-07, C.Jamanadas Co. Ahmedabad



**STRUCTURE OF THE SEMESTER SYSTEM**

**PROGRAMME: B.A. PSYCHOLOGY**

**SEMESTER – VI**

<b>COURSE CODE</b>	<b>COURSE TYPE</b>	<b>COURSE NAME</b>	<b>CREDITS OF DIRECT TEACHING</b>	<b>TOTAL CREDITS</b>
CC 606	Core Compulsory	Abnormal Psychology– II	4	4
CC 607	Core Compulsory	Introduction to Psychological Inquiry–II	4	4
CC 608	Core Compulsory	Quantitative Data Analysis	4	4
CC 609	Core Compulsory	Industrial Psychology – II Or Foundation of Developmental Psychology-II	4	4
CC 610	Core Compulsory	Counselling Psychology-II Or Married Life Psychology	4	4
FC 603	Foundation Compulsory	FC-603 English	2	2
EG 606	Elective Generic	EG-606 Any one from the list	2	2
Total Courses	7	Total Lectures 24	Total Credits	24





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -606		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE ABNORMAL PSYCHOLOGY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

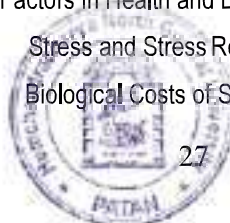
- To impart knowledge about the abnormal behavior
- To make students understand the nature and cause of various abnormal syndromes
- To impart knowledge need for therapies of different abnormal syndromes

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Mood Disorders</b>	1	25
	1.1 What are Mood Disorders?		
	1.2 Unipolar Mood Disorders		
	1.3 Causal Factors in Unipolar Mood Disorder		
	1.4 Bipolar Disorders		
	1.5 Causal Factors in Bipolar Mood Disorder		
2	<b>Health Problems and Behaviour</b>	1	25
	2.1 Psychological Factors in Health and Disease		
	2.1.1 Stress and Stress Response		
	2.1.2 Biological Costs of Stress		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.1.3	Lifestyle Factors in Health and Illness		
	2.2	Cardiovascular Disease		
	2.2.1	Hypertension		
	2.2.2	Coronary Heart Disease		
	2.3	General Causal Factors in Physical Illness and Disease		
	2.4	Treatment and Clinical Outcomes		
3		<b>Schizophrenia and Other Psychotic Disorders</b>	1	25
	3.1	The Clinical Picture in Schizophrenia		
	3.2	Subtypes of Schizophrenia		
	3.3	What Causes Schizophrenia		
	3.4	Genetic Aspects		
	3.5	Biological Aspects		
	3.6	Psychosocial and Cultural Aspects		
	3.7	Treatment and Clinical Outcomes		
	3.7.1	Pharmacological Approaches		
	3.7.2	Psychosocial Approaches		
4		<b>Therapy</b>	1	25
	4.1	An Overview of Treatment		
	4.2	Pharmacological Approaches to Treatment		
	4.2.1	Drug Treatment		
	4.2.2	E.C.T.		
	4.2.3	Neurosurgery		
	4.3	Psychological Approaches to Treatment		
	4.3.1	Psychodynamic Therapy by Freud		
	4.3.2	Humanistic Therapy		
	4.3.3	Behavioural Therapy		
	4.3.4	Cognitive & Cognitive Behavioural Therapy		

**Reference Book**

1. Carson R. C; Butcher J.M; Mineka S. and Hooley J.M. (2011): Abnormal Psychology, Thirteenth Edition, Pearson Education & Dorling Kindersley (India) Pvt. Ltd; New Delhi.



**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -607		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE INTRODUCTION TO PSYCHOLOGICAL INQUIRY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To impart knowledge about basic concepts of research methodology.

To make students understand the nature and techniques of various sampling and research design.

To impart knowledge about interpretation and publication of research data.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Survey Research and Questionnaire</b>	1	25
	1.1 Uses of Surveys		
	1.2 Various Survey Methods		
	1.3 Survey- Research Design		
	1.4 Questionnaire		
	1.4.1 Steps in preparing a Questionnaire		
	1.4.2 Guideline for Effective Wording of Questions		
2	<b>Observation</b>	1	25
	2.1 What is Observation?		
	2.1 Classification of Observational Methods		



*[Signature]*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	2.2 Recording Behavior		
	2.3 Thinking Critically About Observational Research		
<b>3</b>	<b>Experimental Method</b>	<b>1</b>	<b>25</b>
	3.1 Overview		
	3.2 Characteristics of True Experiments		
	3.3 Obstacles to Conducting True Experiments In Natural Settings		
	3.4 Threats to Internal Validity Controlled by True Experiments		
	3.5 Problems That Even True Experiments May Not Control		
<b>4</b>	<b>Report Writing</b>	<b>1</b>	<b>25</b>
	4.1 Meaning and Purposes of Research Report		
	4.2 Guidelines for Effective Writing		
	4.3 Structure of a Research Report		
	4.4 Precaution for Writing Research Report		

### Reference Books

1. Kerlinger F. N. (1999): Foundation of Behavioural Research, Second Revised Edition, Surgeet Publication, New York.
2. Kothari C.R. (2009): Research Methodology: Methods and Techniques, Second Revised Edition, New Age International Publishers, New Delhi
3. Shaughnessy J. J; Zechmeister E.B. and Zechmeister J.S. (2006): Research Methods in Psychology, Seventh International Edition, McGraw Hill Higher Education, New York.
4. Dhila B.D. (2011): Sanshodhan Paddhti Samajik Vigyanoma (2011): Gujarati Edition, Akshar Publication, Ahmedabad.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -608		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE</b>		<b>QUANTITATIVE DATA ANALYSIS</b>		
Course Type		Total Credit		
Core Compulsory		04		
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To develop and understanding of elementary statistics used in Psychology.

To impart knowledge of statistical techniques in terms of their assumptions, applications and limitations

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Frequency Distribution</b>	<b>1</b>	<b>25</b>
	1.1 Need of Statistics in Psychology		
	1.2 Tabulation of Data and Frequency Distribution		
	1.3 Graphical Representation of Grouped Data		
<b>2</b>	<b>Meaning of Central Tendency</b>	<b>1</b>	<b>25</b>
	2.1 Meaning of Measure of Central Tendency		
	2.2 Mean, Median, Mode and their specific Uses.		
<b>3</b>	<b>Measures of Variability</b>	<b>1</b>	<b>25</b>
	3.1 Quartiles, Deciles, Percentiles		
	3.2 Percentile Rank		
	3.3 Concept of Variability		
	3.4 Measures of Variability		



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

3.5 Range, Average Deviation, Quartile Deviation, Standard Deviation. and their specific uses

4      **Correlation**      1      25

4.1 Meaning and Types of Correlation

4.2 Spearman's Rank Order Correlation

4.3 Uses of Correlation

### Reference Books

1. Garrett H. "Elementary Statistics" Longmans green and Co. New York
2. Dowine N, and Heath R. "Basic Statistical Methods "Harper and Row Publishers, New York  
2nd edition
3. C.B.Dave and Others "Manovignan- Prayogoane Ankadashastra" 11th edition 2004-05,  
C.Jamanadas Co. Ahmedabad



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -609		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE INDUSTRIAL PSYCHOLOGY – II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To acquaint the students with perspective on industrial psychology and world of work.

The aim of the course is to familiarizing the students with the various aspects of nature of work in the modern society.

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Performance Appraisals</b>  1.1 Performance Appraisal: why do it? 1.2 Objective performance appraisal methods 1.3 Judgmental performance appraisal methods 1.4 Bias in performance appraisal	1	25
2	<b>Working Condition</b>  2.1 Physical working condition 2.2 Work schedules 2.3 Psychological and social issues 2.3.1 Boredom and monotony 2.3.2 Fatigue	1	25



  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

<b>3</b>	<b>Safety, Violence and Health in Workplace</b>	<b>1</b>	<b>25</b>
	3.1 Accidents		
	3.2 Violence in the workplace		
	3.3 Alcoholism in the workplace		
	3.4 Drug use in the work place		
	3.5 Computers and physical health issues		
<b>4</b>	<b>Stress in work place</b>	<b>1</b>	<b>25</b>
	4.1 Definition of stress		
	4.2 Nature of stress		
	4.3 Work- family conflicts		
	4.4 Causes of stress in the workplace		
	4.5 Effects of stress in the work place		
	4.6 Treating stress in the workplace		
	4.7 Time and motion study		

**Reference Books**

1. Duane P. Schultz and Sydney Ellen Schultz (2004): Psychology and work Today. Published by Pearson Education Pvt. Ltd., Indian Branch Delhi.
2. Tiffin J. and Mc. Covmic, E.J. (1971) Industrial Psychology, New Delhi : Prentice Hall India
3. Luthans, Fred (1987) Organizational behaviour, McGraw- Hill Serves, International Student Edition. Times Printer- Singapore.
4. Von Haller Gitmber (1971) : Industrial and Organizational Psychology. New York, McGrawHill
5. Anastasi A. (1979) : Fields of Application Psychology. McGraw Hill, Kogakusha Ltd. Tokyo.





**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -609		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE FOUNDATION OF DEVELOPMENTAL PSYCHOLOGY-II</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide students a perspective on human development.

To offer ideas relating to tools and techniques of managing developmental problems.

To enable students to appreciate research studies on problems relating to human development.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Cognitive Development in Infancy and Toddlerhood</b>	<b>1</b>	<b>25</b>
	1.1 Piaget's Cognitive-Developmental Theory		
	1.1.1 Piaget's Ideas About Cognitive Change		
	1.1.2 The Sensorimotor Stage		
	1.2 Information Processing		
	1.2.1 Structure Of The Information-Processing System		
	1.2.2 Attention		
	1.2.3 Memory		
	1.2.4 Categorization		
	1.3 Language Development		



*(Signature)*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

	1.3.1	Three Theories Of Language Development		
	1.3.2	Getting Ready To Talk		
	1.3.3	First Word		
	1.3.4	The Two Words Utterance Phase		
	1.3.5	Supporting Early Language Development		
<b>2</b>		<b>Emotional and Social Development in Early Childhood</b>	<b>1</b>	<b>25</b>
	2.1	Self –Understanding		
	2.1.1	Foundations Of Self-Concept		
	2.1.2	Emergence Of Self-Esteem		
	2.2	Emotional Development		
	2.3	Peer Relations		
	2.4	Gender Typing		
	2.4.1	Gender-Stereotyped Beliefs And Behavior		
	2.4.2	Genetic Influences On Gender Typing		
	2.4.3	Environmental Influences On Gender Typing Gender Identity		
	2.4.4	Reducing Gender Stereotyping In Young Children		
	2.5	Child Rearing Styles		
<b>3</b>		<b>Physical and Cognitive Development in Adolescence</b>	<b>1</b>	<b>25</b>
	3.1	Puberty: The Physical Transition to Adulthood		
	3.2	The Psychological Impact of Pubertal Events		
	3.3	Health Issues		
	3.3.1	Nutritional Needs		
	3.3.2	Eating Disorders		
	3.3.3	Sexual Activity		
	3.4	Consequences Of Abstract Thought		
<b>4</b>		<b>Emotional and Social Development in Late Adulthood</b>	<b>1</b>	<b>25</b>
	4.5	Stability And Change In Self-Concept And Personality		
	4.6	Individual Differences In Psychological Well-Being		
	4.6.1	Control Verses Dependency		
	4.6.2	Health		
	4.6.3	Negative Life Changes		
	4.6.4	Social Support And Social Interaction		
	4.7	A Changing Social World		
	4.7.1	Social Theories Of Ageing		
	4.8	Relationships in Late Adulthood		
	4.8.1	Marriage		



- 4.8.2 Widowhood
- 4.8.3 Relationships With Adult Children
- 4.8.4 Elder Maltreatment
- 4.9 Retirement and Leisure

### **Reference Book**

- 1 Laura E. Berk, (2007) Development through the lifespan, Third Ed. Pearson Education, Inc. Kindersley, publishing, Inc.



  
I/c. Registrar  
Hemchandracharya  
North Gujarat University  
PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -610		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE COUNSELLING PSYCHOLOGY-I I</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives :**

To provide students a perspective on Counselling Psychology

To familiarize the students to the theory, Practice and techniques of counseling

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
1	<b>Characteristics and Work of Counsellor and-</b>	1	25

**The Ethics for Counselling Profession**

- 1.1 Characteristics of effective Counsellor
- 1.2 Work and Role of Counsellor
- 1.3 Counsellor as a consultant
- 1.4 Ethics of counselling profession
- 1.5 Recommendation of code of ethics for the counselling Profession

2	<b>Counselling Relationship</b>	1	25
---	---------------------------------	---	----

- 2.1 Concept of Counselling Relationship
- 2.2 The Therapeutic Climate



- 2.3 Characteristics of Effective Counselling Relationship
  - 2.3.1 Essential Characteristics Counselling
  - 2.3.2 Counsellor's Attitudes and Characteristics to establish Counselling Relationship
  - 2.3.3 Dimensions of Counselling Relationship

**3 Counselling Process** **1 25**

- 3.1 Steps of Counselling Process
- 3.2 Variables influencing Counselling Process
- 3.3 Support and Crisis

**4 Counselling Techniques and Skills** **1 25**

- 4.2 Meaning of Techniques
- 4.3 Various Techniques and Skills of Counselling

**Reference Books**

- 1 Dr. Somabhai T. Patel "Salah Manovignan" 3rd edition University Granth Nirman Board Ahmedabad.
- 2 George R.L. and Cristiani T.S. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
- 3 George G. "Counselling : They and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
- 4 Belkin Gray "An Introduction to Counselling" 3rd edition 1988. W.C. Brown Publishers.
- 5 Hansen J.C., Stevic R.R. and Warner R.W. "Counselling-Theory and Process" 4th edition 1986, Allyn and Bacon Co. Boston, U.S.A.



  
 I/c. Registrar  
 Hemchandracharya  
 North Gujarat University  
 PATAN

**HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY, PATAN.**  
**Enforce from June-2020**

Course Code		Programme Name		Subject/ Course
CC -610		B. A. Semester-VI		Psychology
<b>COURSE / PAPER TITLE MARRIED LIFE PSYCHOLOGY</b>				
Course Type			Total Credit	
Core Compulsory			04	
Teaching Time (hours)		Examination marking Scheme		
Theory (hours)	Practical (Hours)	Internal (Marks)	External (Marks)	Total (Marks)
4x15=60	-	30	70	100

**Main Objectives:**

To provide scientific knowledge about fitness and maturity of marriage to students.

To help the students to examine their gender roles and relationship with opposite sex.

To acquaint students with reality of married life and prepare them to build the successful marital adjustment.

**The Scheme of question paper:**

- 1) The paper will consist of four units
- 2) Every unit should be given equal weightage in the examination.
- 3) Total Marks: 70 External Examination  
30 Internal Examination
- 4) Duration of Examination: 2.5 Hours

**The paper will consist of the following four units:**

Unit	Topic	Credit	Marks
<b>1</b>	<b>Purpose and Fitness for Marriage</b>	<b>1</b>	<b>25</b>
	1.1 Definition of Marriage		
	1.2 Purpose of Marriage		
	1.3 Types of Fitness for Marriage		
	1.4 Aspects of Maturity for Marriage		
	1.5 Characteristics of Maturity for Marriage		
	1.6 Characteristics of a person matured		
<b>2</b>	<b>Human Sexuality</b>	<b>1</b>	<b>25</b>
	2.1 Concept of Human Sexuality		
	2.2 Perspectives of Human Sexuality		



*[Signature]*  
**I/c. Registrar**  
**Hemchandracharya**  
**North Gujarat University**  
**PATAN**

2.2.1	Historical Perspective		
2.2.2	Biological Perspective		
2.2.3	The Cross-cultural perspective		
2.2.4	Psychological perspective		
2.2.5	Sociological perspective		
<b>3</b>	<b>Gender Identify and Gender Role</b>	<b>1</b>	<b>25</b>
3.1	Changing Status of Women		
3.2	Nature and Nurture in Gender Identify		
3.3	Gender Differences		
3.3.1	Biological Differences		
3.3.2	Differences in Cognitive Ability		
3.3.3	Differences in Personality		
3.3.4	Differences in Aptitude and Achievement		
3.4	Development of Role Concept		
3.5	Attitudes of Young men and women for future role playing		
3.6	Flexibility of role concept		
<b>4</b>	<b>Happiness in Marriage</b>	<b>1</b>	<b>25</b>
4.1	Marital Conflict - Causes of Marital Conflict		
4.2	Steps for happy married life		
4.3	Suggestions for Marital Success by Dr. Stone and Stone		

#### **Reference Books**

1. Janet Shibley Hyde and Delamater J.D. "Understanding Human Sexuality"
2. Spencer A. Rathus, Nevid J.S., Rathus L.F. "Human Sexuality in a world of Diversity Allyn and Bacon, 1993"
3. Dr. Stone and Stone "A Marriage Manual" 1953, Pocket Book Co. Mumbai, India.
4. Landis J.T. and Landis M.G. "Building a Successful Marriage" 7th edition 1977, Prentice-Hall INC, U.S.A.
5. DhunPanthaki "Education in Human Sexuality" 1997, Family Planning Association of India, Mumbai
6. Bechtal S. and Stains L.R. "Sex - A Man's Guide" 1st Indian edition 1997, Rajendra Publishing House Pvt., Mumbai
7. Yogan Bhatt and Bansri Bhatt "Jatiyataane Laganjivan nu Manovigyan" 1st edition 2006-07, C.Jamanadas Co. Ahmedabad

