

Solapur University, Solapur

B.sc Part – I – Psychology

(Revised Semester Pattern Syllabus)

(w.e. From June, 2013)

| Sem – I (Theory) | | |
|--------------------------|--|--------------|
| Paper | Title of the Paper | Marks |
| I. | - General Psychology – I | 50 |
| II. | - Human Development - I (Adolescence to Early Adulthood) | 50 |
| Sem – II (Theory) | | |
| III. | - General Psychology – II | 50 |
| IV. | - Human Development - II (Middle Adulthood to late Adulthood) | 50 |
| - Practical - | | |
| Paper – I | Practical – Expt / Tests | 50 |

Solapur University, Solapur
B.S.C. Part – I – Psychology
(Revised Semester Pattern Syllabus)
(w.e. From June, 2013)

1) Title of the course :

B.Sc. – I Psychology (Revised Syllabus) – 2013 – 14

2) Introductions :

This course provides a broad overview of psychology – in general & developmental psychology.

It cover major theoretical perspectives & concepts including, biological perspectives, consciousness, learning, memory, intelligence, personality & life span development among adolescent to old age.

3) Objectives of the course :

1. To familiarize students with the basic psychological processes
2. To explore mysteries of mind & behaviors
3. To impart skills for decision making & guiding actions in our lives
4. To make students understanding the nature of physical, cognitive, social & personality development in adolescence to old age
5. To introduce phenomenon with health related consequences

4) Advantages :

1. Students can apply the psychological principles in their real life situations.
2. This syllabus helps students to learn more effectively about life span development.

3. This course helps students in understanding of human lives & advise how they should perceive their lives.
4. Students find out what is psychologically correct & what is psychologically advisable in their lives.
5. Students recognize & shape their wellbeing in future course of actions.
6. Human development helps students to develop better physical, social, cognitive & personality perspectives.
7. This syllabus provides applied information about love, marriage, educations, carrier, parenting & health in adolescence to old age.

5) Eligibility of course :

Passed higher secondary education or 10 + 2 from recognized board with science subject.

6) Durations :

The duration for the programme is three years semester pattern.

7) Medium of instructions –

English

8) Structure of course :

1. B.Sc. I comprises of total two semesters. For semester I two theory papers (Paper – I and II) having weightage 50 marks each. For semester II having two theory papers (Paper III and IV) having weightage of 50 marks each. Nature of theory question paper prescribed as per by science faculty.

2. For practical paper I students will have to perform any 10 practical from the prescribed syllabus. The students will have to perform minimum 5 experiments and 5 tests and statistical problems of mean, Median and mode. The practical examinations will be conducted at the end of academic year having weightage of 50 marks which is distributed as follows

| | | |
|--------------------------|---|-----------|
| Journal | - | 10 |
| Statistical problem | - | 10 |
| Instructions and conduct | - | 10 |
| Report writing | - | 10 |
| Oral | - | <u>10</u> |
| | | 50 |

Sem – I

Paper – I

General Psychology – I

Unit – 1: The Science of Psychology

- 1.1 A) Definition
- B) Goals
- C) Types of Psychological Professionals
- 1.2 Modern Perspectives
 - A) Behavioral
 - B) Humanistic
 - C) Bio Psychological
 - D) Cognitive
 - E) Socio – cultural
- 1.3 Methods
 - A) Naturalistic observation
 - B) Case Studies
 - C) Survey
 - D) Experiment

Unit – 2: Biological Perspective

- 2.1 Neurons
 - A) Structure of Neurons
 - B) Neural Impulses
 - C) The Synapse
- 2.2 Central nervous system
 - A) The Brain – The Brain stem, structure under the cortex, lobes and their specialties, Associative Area of cortex.
 - B) Spinal Cord – Reflex Arc.

2.3 Peripheral Nervous System

- A) Somatic
- B) Autonomic

Unit – 3: Consciousness

3.1 Definition

3.2 Sleep

- A) The necessity of sleep
- B) Stage of Sleep
- C) REM Sleep
- D) Sleep disorder

3.3 Dream

- A) Freuds interpretation
- B) Activation – Synthesis hypothesis theory
- C) What do people dream about?

3.4 Hypnosis

- A) Steps of hypnotic induction
- B) Facts and myths about hypnosis
- C) Theories of hypnosis

Unit – 4: Basic Principles of learning

4.1 Definition of learning

4.2 Classical conditioning

- A) Pavlov's classical expt – Stimulus Generalization and discrimination, Extinction and Spontaneous recovery, Watson and little Albert.
- B) Elements of classical conditioning

4.3 Operant Conditioning

- A) Thorndike and law of effect
- B) B. F. Skinner – Operant conditioning
- C) Concept of reinforcement
- D) Punishment

Sem – I

Paper – II

Human Development – I

(Adolescence to Early adulthood)

Unit – 1: Adolescence – Physical and cognitive development

- 1.1 Physical Development
 - A) Growth
 - B) Puberty – Puberty in Girls Puberty in boys, body image
 - C) Nutrition, food, eating disorder
 - D) Threats to adolescents well – being – Alcohol, tobacco, sexually transmitted infections.
- 1.2 Cognitive development – Piagetian Approach to cognitive development.
- 1.3 School performance
 - A) Socio – economic status and school performance
 - B) Cyberspace
 - C) Dropping out of school

Unit – 2: Adolescence – Social and personality development

- 2.1 Identify
 - A) Self concept
 - B) Self esteem
 - C) Identity formation
 - D) Marica’s Approach
 - E) Depression and suicide in Adolescence
- 2.2 Relationships
 - A) Family Ties
 - B) Relationships with peers

- 2.3 A) Dating
- C) Sexual relationship
- D) Sexual orientation

Unit – 3: Early Adulthood – Physical and Cognitive development

- 3.1 Physical Development
 - A) The senses
 - B) Motor functioning, fitness and Health
 - C) Physical limitations and challenges – Good nutrition, obesity, physical disabilities.
- 3.2 Cognitive development
 - A) Post - formal thoughts
 - B) Perry's Approach
 - C) Schaie's stages of development
- 3.3 College
 - A) Changing college student's
 - B) College Adjustment
 - C) Gender and college performance

Unit – 4: Early Adulthood – Social and personality development

- 4.1 Intimacy, liking, love
 - A) Social Clocks
 - B) Falling in love
 - C) Passionate companions love
 - D) Sternberg triangular theory
 - E) Choosing Partner

- 4.2 Relationships
 - A) What Marriage works?
 - B) Parenthood
 - C) Staying single
- 4.3 Work
 - A) The role of work
 - B) Choosing life's work
 - C) Gender and career choices

Sem – II

Paper – III

General Psychology – II

Unit – 1: Memory and forgetting

- 1.1 A) Definition of Memory
C) Memory Process
- 1.2 Stages of Memory
 - A) Sensory
 - B) Short term (working) memory (STM)
 - C) Long term memory (LTM)
 - D) Types of long – term information
- 1.3 Forgetting
 - A) Ebbinghaus and forgetting curve
 - B) Encoding failure
 - C) Memory trace, decay theory
 - D) Interference theory

Unit – 2: Intelligence

- 2.1 Definition
- 2.2 Measuring intelligence
 - A) Binet mental ability test
 - B) Stanford – Binet and IQ
 - C) The Wechsler tests
- 2.3 Theories of intelligence
 - A) Spearman
 - B) Gardner
 - C) Sternberg

2.4 Individual difference in intelligence

- A) Mental Retardation
- B) Giftedness

2.5 Emotional intelligence

Unit – 3: Motivation and Emotion

3.1 Motivation – Definition

3.2 Approaches

- A) Instinct approach
- B) Drive reduction theory
- C) Arousal approach
- D) Incentive approach
- E) Humanistic approach

3.3 Emotion – Definition

- A) Three components of emotion
- B) Theories of emotions – James Lange, Cannon – Bard, Schachter Singer theory

Unit – 4: Personality

4.1 Definition of Personality

4.2 Freud and psychoanalysis

- A) Divisions of the mind
- B) Divisions of personality
- C) Stages of personality development

4.3 Trait theories

- A) Allport
- B) Cattell
- C) The five factor model

4.4 Assessment of personality

- A) Projective tests – Rorschach inkblots, TAT
- B) Personality inventories – [MBTI, MMPI – 2]

Sem – II

Paper – IV

Human Development – II

(Middle Adulthood to Late Adulthood)

Unit – 1: Middle Adulthood – Physical and cognitive development

- 1.1 Physical development
 - A) Height, Weight, Strength,
 - B) The senses
- 1.2 Sexuality
 - A) The female climacteric and menopause
 - B) Male climacteric
- 1.3 Health
 - A) Coronary heart disease
 - B) The threat of cancer
- 1.4 Cognitive development
 - A) Changes in crystallized and fluid intelligence
 - B) Development of expertises

Unit – 2: Middle Adulthood – Social and personality development

- 2.1 Personality development
 - A) Erickson's stages of generativity, VS stagnation - Building on Erickson's views, Midlife crisis
 - B) Stability and change in the big five personality traits
- 2.2 Relationships
 - A) Marriage
 - B) Divorce
 - C) Empty nest
 - D) Refilling the empty nest

- 2.3 Work
 - A) Jobs at midlife
 - B) Challenges of work
 - C) Unemployment
 - D) Careers at Midlife

Unit – 3: Late Adulthood – Physical and cognitive development

- 3.1 Physical development
 - A) Physical transitions in older people
 - B) The senses vision, hearing, test and smell.
- 3.2 Health
 - A) Health Problems in older People
 - B) Well – ness in late adulthood
 - C) Sexuality in old age
 - D) Approaches to aging
 - E) Post – poning aging
- 3.3 Cognitive development
 - A) Intelligence in older people
 - B) Recent conclusions
 - C) Memory changes in old age

Unit – 4: Late – Adulthood – Social and personality development

- 4.1 Personality development
 - A) Continuity and change in personality during late adulthood – Erickson, Peck, Levinson, Neugarten
 - B) Successful aging – disengagement theory, activity theory, continuity theory.
 - C) Living arrangements

4.2 Relationships

A) Caring of an aging spouse

B) Death of a spouse

C) Family relationships – children, grandchildren and great
– grandchildren.

4.3 Elder Abuse

Books for Reading

❖ For paper I / III

1. Cicacrelli and Meyer (2012) *Psychology – south Asian ed. Fifth Impression 2012, pearson, Education.*

❖ For paper II / IV

1. Robert – S. Feldman (2010) – *Discovering the life span – first impression 2010, Pearson education.*

❖ Books for References (Paper I, II, III, IV)

1. Lahe Benjamin B. – (2003) *Psychology an introduction. 6th Ed. Tata McGraw-Hill 1998.*
2. Robert S. Feldman (2002) *Understanding Psychology. Tata McGraw Hill.*
3. Robert Baron (2011) *Psychology. Fifth Ed. Pearson Education.*
4. Papilla Daniel E. (1996) *Human Development. 5th Ed. Tata McGraw Hill.*
5. Hurlock Elizabeth (1996) *Development Psychology – A Life Span approach. Tata M Groups Graw Hill 1996.*
6. John W. Santrack (2007) – *Life span development. 3rd Ed. Tata MC Grew Hill 2007.*

Paper – I – Practical – Experiments / Tests

1. Pass along test
2. Ravan's Standard progressive matrix.
3. Career preference schedule
4. Introversion – Extroversion
5. Emotional Intelligence Scale
6. Aptitude test (Engineering Aptitude)
7. Achievements Motivation
8. Memory Span
9. Aspiration test
10. Problem solving (Wiggly Books)
11. Maze Learning (Stylus Maze or Bold head maze)
12. Span of Attention
13. McDougal Division of Attention
14. Habit Interference
15. Knowledge of Results
16. Transfer of Training (Cup – Ball)

Statistics

1. Mean
2. Median
3. Mode

Books for Reference

1. E. Munn – Experimental Psychology
2. Parmeshwaran – Experimental Psychology
3. Postman Egan – Experimental Psychology
4. Garrett – Statistics in Psychology and Education
5. Anastasi – psychological Testing