

**Mata Gujri Mahila Mahavidyalaya [Autonomous ] ,Jabalpur**

**Syllabus**

**PSYCHOLOGY**

**Semester-I**

**Major**

**Paper Code- A1 /PSYCIT/MJ**

**Paper Name – Personality Development**

**UNIT-I**

Concept and Approaches of Personality, Nature and types of personality, Determinants of personality  
Approaches of personality –Types, Traits . Psychodynamic ;Freud , Neo Freudian ; Erickson , social learning ; Bandura ,Humanistic ; Rogers.

**UNIT-II**

Adjustment and Coping.

Adjustment-Concept, Type of psychological adjustive reactions – Task oriented, Defense oriented and Decompensation and Recompensation under excessive stress.

Coping-Concept, Strategies-Appraisal focused, Problem focused and Emotion focused constructive coping.

**UNIT-III**

Self Concept Nature , factors shaping the Self Concept, Self Esteem, Self Perception, Self Regulation and Self 13 Presentation.

**UNIT-IV**

Personality Measurement

Personality Test –Nature and Types

Personality Inventories and Projective test – Nature, uses and limitations.

**UNIT-V**

Applied areas of personality development SWOC analysis, communication skills , time management, stress management , happiness and positive thinking.

## **Syllabus**

### **Semester-I**

#### **Minor**

**Paper Code – A1 /Psyc2T/Mn**

**Paper Name- Introduction of Psychology**

#### **Content of the Course**

#### **UNIT-I**

**Concept, Origin and current status of Psychology I:-**

Nature ,Goals & scope of psychology

Psychology as a Discipline, Psychology as a Natural Science, Psychology as a Social Science, Psychology as a Science of Mind & Behavior.

#### **UNIT-II**

**Concept, Origin and current status of Psychology II :-**

Origin and current status of Psychology , Psychology in Indian Context.

#### **UNIT-III**

**Psychology Basis of behavior &Sensation I :-**

Receptors , Effectors & Neurons

Nervous system Central Autonomous & Peripheral conceptual framework .

#### **UNIT-IV**

**Psychology Basis of behavior &Sensation II :-**

Sensation- Concept, Visual & Auditory Sensation .

#### **UNIT –V**

**Attention**

Nature . types & Development of Attention .

## **Syllabus**

### **Semester-I**

#### **Elective**

**Paper Code – A1 /Psyc3T/E**

**Paper Name- Introduction of Psychology**

#### **Content of the Course**

##### **UNIT-I**

**Concept, Origin and current status of Psychology I:-**

Nature ,Goals & scope of psychology

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**Psychology Basis of behavior &Sensation II :-**

Sensation- Concept, Visual & Auditory Sensation .

##### **UNIT –V**

**Attention**

Nature . types & Development of Attention .

**Mata Gujri Mahila Mahavidyalaya [Autonomous ] ,Jabalpur**

**Syllabus**

**Semester –II**

**Major**

**Paper Code- A2 /PSYCIT/MJ**

**Paper Name – Introduction to Psychology**

**UNIT-I**

Nature ,Goals & scope of psychology

Psychology as a Discipline, Psychology as a Natural Science, Psychology as a Social Science, Psychology as a Science of Mind & Behavior ;Concept, Origin and current status of Psychology . Origin and current status of Psychology , Psychology in Indian Context.

**UNIT-II**

Psychological basis of behavior & Sensation ; Receptors , Effectors & Neurons

Nervous system Central Autonomous & Peripheral conceptual framework .

Psychology Basis of behavior & Sensation ; Concept, Visual & Auditory Sensation .

**UNIT-III**

Attention & Perception ; Nature, Types and Determinants of Attention

Nature, Types and Determinants of Perception .Laws of perceptual organization.

**UNIT-IV**

Learning & Memory ; Nature, Types and Theories of Learning – Thorndike, Pavlov, Skinner and Kohler

Nature, Stages and Types of Memory .Memory Improvement Techniques

**UNIT-V**

Emotion & Motivation ;Nature, Types and Theories of Emotion –James-Lange, Cannon- Bard and Two-Factor theory .Nature, criteria and types of Motivation

Maslow's Need Hierarchy Theory.

**Mata Gujri Mahila Mahavidyalaya [Autonomous ] ,Jabalpur**

**Syllabus**

**Semester –II**

**Minor**

**Paper Code- A2 /PSYC2T/MN**

**Paper Name – Introduction to Psychology-II**

**UNIT-I**

Perception ; Nature, Types and Determinants of Perception .Laws of perceptual organization.

**UNIT-II**

Learning & Memory-I ;

Nature, Types and Theories of Learning – Thorndike, Pavlov, Skinner and Kohler

**UNIT-III**

Nature, Stages and Types of Memory .Memory Improvement Techniques

**UNIT- IV**

Emotion Nature, Types and Theories of Emotion –James-Lange, Cannon- Bard and Two-Factor theory .

**UNIT-V**

Motivation ; Nature, criteria and types of Motivation

Maslow's Need Hierarchy Theory.

**Mata Gujri Mahila Mahavidyalaya [Autonomous ] ,Jabalpur**

**Syllabus**

**Semester –II**

**Elective**

**Paper Code- A2 /PSYC3T/E**

**Paper Name – Introduction to Psychology-II**

**UNIT-I**

Perception ; Nature, Types and Determinants of Perception .Laws of perceptual organization.

**UNIT-II**

Learning & Memory-I ;

Nature, Types and Theories of Learning – Thorndike, Pavlov, Skinner and Kohler

**UNIT-III**

Nature, Stages and Types of Memory .Memory Improvement Techniques

**UNIT- IV**

Emotion Nature, Types and Theories of Emotion –James-Lange, Cannon- Bard and Two-Factor theory .

**UNIT-V**

Motivation ; Nature, criteria and types of Motivation

Maslow's Need Hierarchy Theory.

## **A1-PSYC1P**

### **Report presentation -**

1. SWOC/SWOT Analysis
2. Communication Skills
3. Time Management
4. Stress Management

## **A1-PSYC2P**

### **Experiments -**

1. Trial & Error learning
2. Judging Emotions by photograph

#### **Tests – [any one]**

1. Achievement –Motivation test
2. Introvert-Extrovert Personality test

## **A1-PSYC3P**

### **Experiments -[any one]**

1. Trial & error learning
2. Judging emotions by photograph

#### **Tests –**

1. Achievement –Motivation test
2. Introvert-Extrovert Personality test

**A2-PSYC1P****Experiments –[any three]**

1. Division of attention
2. Trial & error learning
3. Short Term Memory Long Term Memory
4. Memory Improvement
5. Judging emotions by photograph

**Tests – [any three]**

1. Achievement –Motivation test
2. Introvert-Extrovert Personality test
3. Self Concept Self Esteem Test
4. Adjustment Inventory

**A2-PSYC2P****Experiments –**

1. Division of attention
2. Trial & error learning

**Tests –**

1. Self Concept Self Esteem Test
2. Adjustment Inventory

**A2-PSYC3P****Experiments -**

1. Trial & error learning
2. Judging emotions by photograph

**Tests –**

Introvert-Extrovert Personality test

