

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

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

UNIT-II

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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 .

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.

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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.

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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

