

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Choice Based Credit System (CBCS), (w.e.f. 2022-23)

Structure for Under Graduate Program of
University constituent College
B.A.I Semester- I Psychology

Name of Paper- Core Courses (CC) -1 Paper I
Title of Paper- Introduction to Psychology

Objective:

1. To familiarize students with the basic psychological process.
2. To enable the students to acquaint with the knowledge of terms, concepts, techniques and principles relating to the subject.

Hrs/week- 2.5, Total Mark- 50, UA- 40, CA- 10, Credits 4.0

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Unit I Psychology as a Science

- 1.1 Definitions of psychology, Modern Definition
- 1.2 History of Psychology
- 1.3 Major Subfields of Psychology – Clinical Psychology, Counseling Psychology, developmental Psychology, Educational Psychology, experimental Psychology, cognitive Psychology, Industrial/Organizational Psychology, social Psychology
- 1.4 Research Methods in Psychology- Observation survey, Case studies, Experimental.

Unit II Biological Bases of Behaviour:

- 2.1 Neurons
 - A) Basic structure. B) Basic Functions.
- 2.2 The Nervous System -
 - A) Basic structure and functions.
 - B) The nervous system: its major divisions.
- 2.3 The Brain –Brain stream.
 - A) Thalamus
 - B) Hypothalamus.
 - C) Limbic System.
 - D) The cerebral cortex.

Unit III States of Consciousness

3.1 Meaning of Consciousness

3.2 Sleep

A) Stages of sleep

B) Functions of sleep

C) Sleep disorder

3.3 Dream

A) The functions and meaning of dream

B) Day dreams

3.4 Hypnosis A) How it is done and who is susceptible to it.

B) Contrasting views (Theories) about hypnosis

Unit IV Motivation and Emotion

4.1 Definition of Motivation

4.2 Theories of motivation.

4.3 Types of motivation. A) Hunger. B) Sexual Motivation.

C) Aggressive Motivation. D) Achievement Motivation

4.4 Definition of Emotion

A) The Nature of Emotions.

B) The Biological Basis of Emotions.

C) External Expression of Emotions.

References

1. Atkinson and Hilgards: Introduction to Psychology: 14th Edition, Thomson International Edition.

2. Morgan C.T. King, Weisz and Schopler (1994): Introduction to Psychology 7th Edition, Tata-McGraw Hill, International Edition.

3. Lahey Benjamin B. (1998): Psychology: An Introduction, 14th Edition (6th Reprint 2003) Tata-McGraw Hill Edition.

4. Pandit, Kulkarni, Gore (1999): Samanya Manasshastra: Nagpur, Pimpalpure and publishers.

5. Sunil Sontakke, Uttamrao Bhosale, Anant Kulkarni (2007) : Samanya Manasshastra: Solapur, Aksharlene Prakashan.

6. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi

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B.A.I Semester- I Psychology

Name of Paper- Core Courses (CC) -1 Paper II
Title of Paper- Fundamentals of Psychology

Objective:

1. To familiarize students with the basic psychological process.
2. To enable the students to acquaint with the knowledge of terms, concepts, techniques and principles relating to the subject.

Hrs/week- 2.5, Total Mark- 50, UA- 40, CA- 10, Credits 4.0

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Unit I Learning

1.1 Definition of Learning

1.2 Classical Conditioning

A) Pavlov's early work on Classical Conditioning

B) Basic Principles – Acquisitions, Extinction, Generalization and Discriminations

1.3 Operant Conditioning

A) Skinners basic Operant conditioning

B) Nature of Operant Conditioning

C) Basic Principles of Operant Conditioning- Shaping and chaining, Role of rewards and effect of procrastinations, Schedule of reinforcement, Stimulus control of behaviour

Unit II Memory and forgetting

2.1 Definition of Memory

A) Process of memory

2.3 Stages of Memory

A) Sensory memory

B) Short term (working) memory

C) Long term memory

D) Types of memory – Declarative, Procedural, Semantic, Episodic, Implicit, Explicit

2.4 Forgetting – Ebbinghaus and forgetting curve.

Causes of Forgetting – Encoding failure, Decay theory, Interference theory

Unit III Intelligence

3.1 Definitions

3.2 Theories of Intelligence

- A) Gardners Theory of Multiple Intelligence
- B) Sternbers Triarchic Theory
- C) Cattell's Theory of Fluid and Crystallized Intelligence

3.3 Measurement of Intelligence

Unit IV Personality

4.1 Definition

4.2 Psychoanalytic Approach

- A) Freuds theory of personality
- B) Jungs

4.3 Humanistic Theories

- A) Rogers Self theory.
- B) Maslow theory of Personality

4.4 Trait Theories

- A) Allport and Cattell.
- B) The "Big five" factor

References

1. Atkinson and Hilgards: Introduction to Psychology: 14th Edition, Thomson International Edition.
2. Morgan C.T. King, Weisz and Schopler (1994): Introduction to Psychology 7th Edition, Tata-McGraw Hill, International Edition.
3. Lahey Benjamin B. (1998): Psychology: An Introduction, 14th Edition (6th Reprint 2003) Tata-McGraw Hill Edition.
4. Pandit, Kulkarni, Gore (1999): Samanya Manasshastra: Nagpur, Pimpalpure and publishers.
5. Sunil Sontakke, Uttamrao Bhosale, Anant Kulkarni (2007) : Samanya Manasshastra: Solapur, Aksharlene Prakashan.
6. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi

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Structure for Under Graduate Program of
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B.A.I Semester- I Psychology
Name of Paper- Generic Electives (GE) -1 Paper I
Title of Paper- Positive Psychology

Objective:

To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

Hrs/week- 2.5, Total Mark- 50, UA- 40, CA- 10, Credits 4.0

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Unit I. What is Positive Psychology?

- 1.1 Positive Psychology
- 1.2 Health Psychology
- 1.3 Positive Psychology: Assumptions, Goals, and definitions
- 1.4 Life above zero
- 1.5 Culture and the Meaning of a Good Life

Unit II The Meaning and Measure of Happiness

- 2.1 Why a Psychology of Well-Being?
- 2.2 Objective Versus Subjective Measures, Negative Versus Positive Functioning
- 2.3 What is Happiness? Two Traditions : Hedonic, Eudaimonic Happiness
- 2.4 Measuring Subjective Well-Being, Life satisfaction
- 2.5 Positive Affect, Negative Affect, and Happiness

Unit III Positive Emotions and Well-Being

- 3.1 What are Positive Emotions?
- 3.2 Positive Emotions and Health Resources: Physical, Psychological resources.
- 3.3 Happiness and positive Behavior
- 3.4 Positive Emotions and success
- 3.5 Positive Emotions and flourishing

Unit IV Resilience

- 4.1 What is Resilience? Developmental Perspectives, Clinical Perspectives
- 4.2 Sources of Resilience
- 4.3 The Dangers of Blaming the Victim
- 4.4 Sources of Resilience in Children
- 4.5 Sources of Resilience in Adulthood and Later Life successful Aging.

References:

1. Steve Baumgardner, Marie Crothers, (2009), Positive Psychology, Pearson Publication.
2. Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology, Upper Saddle River, N.J : Prentice Hall.
3. Carr, A. (2004), Positive Psychology: The science of happiness and human strength U.K.: Routledge.
4. Peterson C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
5. Seligman, M.E.P. (2002), Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment, New York: Free Press/Simon and Schuster.
6. Snyder, C.R. & Lopez, S.J. (2007), Positive Psychology: The scientific and Practical explorations of human strengths. Thousand Oaks, CA: sage