

**PUNYASHLOK AHILYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR**



Choice Based Credit System

(According to NEP 2020)

Name of the Faculty : Humanities

Subject : Psychology

Name of the Course : B.A. Part-I.
(Semester-I and II)

With effect from : Academic Year- 2024-25

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Structure Credit distribution Structure for Three/Four-year Honours/Honours with Research B.A.
Degree Programme with Multiple Entry and Exit option.
Bachelor of Arts (Psychology) (Faculty of Humanities)

Level	Sem.	Major		Minor	Generic (GE/OE)	Vocational and Skill VSC, SEC (VSEC)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Cum. Cr./Sem.	Degree/Cum.Cr.
		Mandatory	Elective							
4.5	I	M-1 DSC-I (4) Modern General Psychology	--		GE (2) Child Psychology	VSC (2) Stress Psychology	ASE-L1 (2) (English) (2) VEC (Co nstitution of India (2) IKS (Generic Related) (2)		22	UG Certifi cate 44
	II	M-1 DSC –II (4) Fundame ntal of Psychology	--		GE (2)) Sport Psychology	VSC (2) Emotional Management SEC(2) Leadership Development	AEC-L1 (2) (English) VEC (2) Enviro nment studies	22		
	Cum. Cr.	24	--	-- -	04	06	10	----	44	
Exit option: Award of UG Certificate in Major with 44 Credits and an additional 4 credits course/Internship OR Continue with Major and Minor										

**PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR,
UNIVERSITY, SOLAPUR.**

Syllabus

(According to NEP 2020)

B.A. Part – I (Psychology)

Choice Based Credit System

w. e. f. Academic Year-2024-25

Semester – I

LEVEL	SEMESTER I	TITLE OF THE PAPER	SEMESTER EXAM.			TOTAL CREDITS	
			UA THEORY	CA	TOTAL		
4.5	Subject	Major- Mandatory (DSC)					
	M-1 DSC-I	Modern General Psychology	60	40	100	4	
	M-2 DSC-I	Other Subjects	60	40	100	4	
	M-3 DSC-I	Other Subjects	60	40	100	4	
	GE/OE	Child Psychology	30	20	50	2	
		Vocational and Skill VSC, SEC (VSEC) and IKS					
	VSC	Stress Psychology	40	10	50	2	
	VEC	-----	30	20	50	2	
	IKS	Generic Related	30	20	50	2	
	AEC	-----	30	20	50	2	
		OJT, FP, CEP, CC,RP					
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	Total Credits						22

**PUNYASLHOK AHILYADEVI HOLKAR SOLAPUR,
UNIVERSITY, SOLAPUR.**

Syllabus

(According to NEP 2020)

B.A. Part – I (Psychology)

Choice Based Credit System

w. e. f. Academic Year-2024-25

Semester – II

LEVEL	SEMESTER II	TITLE OF THE PAPER	SEMESTER EXAM.			TOTAL CREDITS
			UA THEORY	CA	TOTAL	
4.5	Subject	Major- Mandatory (DSC)				
	M-1 DSC-II	Fundamental of Psychology	60	40	100	4
	M-2 DSC-II	Other Subject	60	40	100	4
	M-3 DSC-II	Other Subject	60	40	100	4
	GE/OE	Sport Psychology	30	20	50	2
		Vocational and Skill VSC, SEC (VSEC)				
	VSC	Emotional Management	30	20	50	2
	SEC	Leadership Development	30	20	50	2
	AEC	----	30	20	50	2
	VEC	-----	30	20	50	2
		OJT, FP, CEP, CC, RP				

	Total Credits	22
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BA Semester – I/II Psychology (w.e.f June 2024, NEP 2020 CBCS Pattern)

1) Preamble: Psychology is a behavioral science. It is introduced as an elective subject for the B.A. course. As a discipline, Psychology specializes in the study of experiences, behaviors, mental and cognitive process of human beings within a social, cultural and historical context. This course includes the basic ideas, concepts, principles and research methods in Psychology so as to enable the learners to understand themselves better. The course deals with psychological knowledge and creates interest in students' learning Psychology. The study of Psychology provides personality development skills, learning skills, interpersonal relations etc. Psychology is of utmost need in almost every field of life and helps to solve the problems of daily life. The course provides a broad overview of Psychology and helps to understand complexities of behavior and development aspects of human.

2) Objective of the course:

- 1) To familiarize students with the basic Psychological Processes.
- 2) To enable students to acquaint with the knowledge of terms, concepts, techniques and principles relating to the subject.
- 3) To develop the ability to apply knowledge of contents and principles of Psychology in new and unfamiliar situations.
- 4) To prepare students to face various challenges related to life and develop proper attitude towards them.

3) Course Outcome: As a discipline Psychology is a behavioral science, a degree in Psychology can prepare students for a wide variety of careers and self-development:

- 1) Students can apply the Psychological principles in their real life situations and to learn more effectively about life span development.
- 2) Psychology helps students to develop better physical, social, and cognitive and personality perspectives.
- 3) Psychology graduates can serve in primary schools, high schools special schools (M.R.) as teachers and after post-graduation can serve in colleges or universities as lecturers, professors etc.
- 4) Psychology post graduates can opt for research work in various fields.

5) Psychology post graduates working as a psychologist such as clinical psychologist, counsellors etc.

6) Psychology students opting for competitive examinations are benefited. 7) Psychology students can have easy access in HRD and corporate world.

4) Eligibility Criteria: For admission into Bachelors' degree of Arts one should pass higher secondary school certificate examination i.e. H.S.C. or 12th Arts, Commerce, Science or equivalent examination from a recognized board.

B.A. Part I Semester I
MA-1DSC -I (Discipline Specific Course)
Title of the Paper: Modern General Psychology

Credit: 4
60

Contact Hour:

Objectives:

1. Families' student with science of psychology and its biological base with application.
2. Enable student with state of Perception, motivation and emotional processes with its application.

Outcomes:

After completion of this course the students will be able:

1. To understand with science of psychology, and its biological base with application
2. To aware with about the concept of Perception, motivation and emotional processes with its application.

Module No. and Title: 1: Science of Psychology

1. Definitions of Psychology, Modern definition
2. History of Psychology
3. Major subfields of Psychology – Clinical Psychology, Counseling Psychology, Developmental Psychology, Educational Psychology, Experimental Psychology, Cognitive Psychology, Industrial/Organizational Psychology, Psychobiology and Evolutionary Psychology, Social Psychology
4. Research Methods in Psychology – a) Observation b) Survey c) Case studies d) Correlation
e) Experimental Method

Module No. and Title: 2: Biological Bases of Behavior

1. Neurons a) Basic structure b) Basic Functions
2. The Nervous System – a) Basic structure and functions: b) The nervous system: its major divisions
3. The Brain – a) Brain stem b) The hypothalamus c) Thalamus d) Limbic system e) The cerebral cortex
4. Endocrine system
5. Application of psychology – Madness and brain

Module No. and Title: 3: States of consciousness

- 3.1 Nature and definition of consciousness
- 3.2 Sleep – a) Stages of sleep b) Functions of sleep c) Sleep Deprivation d) sleep disorder
Dream a) Basic facts b) The functions and meaning of dream c) Day dreams
- 3.4 Hypnosis a) How it is done and who is susceptible to it b) Contrasting views about hypnosis nature (Theories) c) Applications of hypnosis

Module No. and Title: 4: Motivation and Emotions:

1. Definitions of Motivation
2. Maslow's Hierarchy of Need
3. Types of Motivation a) Hunger b) Sexual Motivation c) Aggressive Motivation d) Achievement Motivation e) Intrinsic Motivation
4. Emotion: a) Definition b) The nature of emotions c) Some contrasting views d) The biological basis of emotions e) External expression of emotions

Reference Books:

1. Robert A Baron (2011): Psychology: 5th edition, 11th impression, New Delhi- Pearson Education
2. Robert S. Feldman (2002): Understanding Psychology 4th edition (5th Reprint), New Delhi, Tata-McGraw Hill Publishing Company Limited.

3. Lahey Benjamin B. (1998): Psychology an introduction, 14th edition (6th Reprint 2003) Tata McGraw Hill Education
4. Saudric K. Ciccareli and Gleali F. Meyer (2012): Psychology: South Asian edition 5th impression New Delhi –Pearson Education
6. Michael W. Passer, Ronald E. Smith : Psychology : The science of mind and behavior : Indian edition- McGraw Hill Education
7. Atkinson and Hilgards : Introduction to Psychology : 14th edition, Thomson international edition
8. Morgan C.T. King, Weisz and Schopler (1994) : Introduction to Psychology 7th edition , Tata McGraw Hill, International Edition
9. Pandit,Kulkarni,Gore(1999) : SamanyaManasshastra : Nagpur, Pimpalpure and Publishers
10. Sunil Sontakke, UttamraoBhosale, Anant Kulkarni (2007) : Samanya Manasshastra : Solapur, Aksharlene Prakashan
11. Dr. Nisha D, Mundada, Dr. ShashikantKhalane : PragatsamanyaManasshastra : Atharva Publications , second edition (2017)

**B.A. Part I Semester I
GE –I/ OE (Generic Elective)**

Title of the Paper: Child Psychology

Credit: 4
Hour: 60

Contact

Objectives:

1. To introduce students to the Conception, Pregnancy, and Birth.
2. To introduce students to the physical, cognitive, social, personality development in Infancy.
3. To acquaint the students with physical, cognitive, social, personality development in Infancy early childhood.
4. To acquaint the students with physical, cognitive, social, personality development in Infancy middle childhood.

Outcomes:

1. After completion of this course the students will be able:
2. Understand the Conception, Pregnancy, and Birth.
3. Understand the physical, cognitive, social, personality development in Infancy.
4. Understand the physical, cognitive, social, personality development in Infancy early childhood.
5. Understand the physical, cognitive, social, personality development in Infancy middle childhood.

Module No. and Title: 1 Introduction to Child Psychology.

1. Child psychology – Definition, nature and scope.
2. Need and importance of child psychology.
3. Theories of child development- Freud, Piaget, Erikson.
4. Research method in child psychology- a) Naturalistic and structured observation. b) Clinical case study c) Laboratory experiments. d) Psychosocial methods.

Module No. and Title: 2 Child Developments

2.1 Nature of development

2.2 Difference between development and growth.

2.3 Domains of development- physical, cognitive, emotional and social.

2.4 Stages of development- Prenatal, infancy, early childhood

Book for Study:

1. George Zgourides. (2000). Developmental Psychology. New York, IDG Books Worldwide, Inc. An International Data Group Company
2. Naima Khatoon (2012), Child psychology, Pearson Publication.

• Books for Reference:

1. Neil J. Salkind. (2002). Child Development. USA, Macmillan Reference
2. Carol Brown. (2008). Developmental psychology. SAGE
3. Brian Allen. (2006). Child Psychology. Global Media
4. Gillibrand, Rachel, Lam, Virginia, O'Donnell, Victoria L (2016). Developmental psychology. Pearson Education Limited
5. Paul B. Baltes, Hayne W. Reese, John R. Nesselroade (1977). Life-span Developmental Psychology: Introduction to Research Methods

B.A. Part I Semester I
VSC (Vocational Skill Course)
Title of the Paper: Stress Psychology

Credit: 2
Hour :30

Contact

Objectives

1. To introduce students to the stress and its effects.
2. To acquaint the students with goals, and techniques of coping stress.

Outcomes:

After completion of this course the students will be able:

1. Understand the stress and its effects.
2. Understand and applications of techniques of coping stress.

Module No. and Title: 1 Understanding Stress and Effects of Stress

1. Definition of Stress: Nature and Meaning and General Adaptation Syndrome
2. Sources of Stress a)Daily Hassle b)Stressful Life Events c)Academic Stress d)Family and Relationship e) Occupational Stress d)Social Stressors
3. Psycho-physiological Consequences of Stress a)The Cardiovascular Disorders b)Allergies The Digestive System Disorders c) Stress and Recurrent Headache d)Stress and Ageing e)Stress and Cancer e)Stress and Acquired Immune Deficiency Syndrome (AIDS)
4. Measurement of Stress

Module No. and Title: 2 Coping With Stress

- 2.1. Goals of Coping
- 2.2. Benefits of Stress Management Training
- 2.3. Basic Techniques of Stress Management a) Medical Approach b) Behavioural Approaches to Stress Management c) Relaxation d) Meditation e) Transcendental Meditation (TM) f)Hypnosis g) Cognitive Approaches to Stress Management h)Systematic Desensitization

i(Cognitive Restructuring j)Rational-emotive Therapy (RET)

2.4. Self-development Approach

a. Assertiveness

b. Time Management c. learning to be Happy

- **Book for Study:**

1. Ghosh, M.(2014). Health Psychology: Concepts in Health and Well-being. Delhi, Pearson Education

- **Books for Reference:**

1. Bengt B. Arnetz, Rolf Ekman, Arvid Carlsson. (2006). Stress in Health and Disease. Wiley-VCH
 2. Dean Bartlett. (1998). Stress: Perspectives and Processes (Health Psychology). Open University Press
 3. Dimatto, M.R., Martin, R.M. (2012). *Health Psychology*. Fifth Impression, Pearson Education in South Asia.
 4. Marks, D.F., Murray, M. Evans, B. and Estacio, E.V. (2011). *Health Psychology*. Sage Publication India Pvt Ltd.
 5. Ogden, Jane (2010). *Health Psychology A Text Book*. Tata McGraw Hill Education Private Ltd.
- Books for Reference:
6. Paul T. P. Wong, Lilian C. J. Wong, W.J. Lonner. (2006). *Handbook of Multicultural Perspectives on Stress and Coping*. Springer.
 7. Peter Bourne (Eds.). (1969). *The Psychology and Physiology of Stress*. Academic Press
 8. Sofia Azevedo. (ed.). (2013). *Psychology of Stress: New Research*, Nova Science Publishers
 9. डॉ . अजित, चंदनशिवे.(२०२०). आरोग्य मानसशास्त्र, लुलू प्रकाशन, युएसए.

B.A. Part I Semester I
MA-1 DSC -II (Discipline Specific Course)
Title of the Paper: Fundamental of Psychology

Credit: 4

Contact Hours: 60

Objectives-

1. Acquaint student with learning and memory process
2. Prepare student understand intelligence and personality process

Outcomes-

1. Clarify student with learning and memory process
2. learn student intelligence and personality process

Module No. and Title: 1: Learning

1. Definitions of learning a) Learning methods: Trial and error, Insight, Latent, Observational
2. Classical conditioning a) Pavlov's early work on Classical Conditioning b) Some basic Principles- Acquisitions c) Applications of Classical conditioning principles to human behavior
3. : Operant Conditioning: a) Thorndike's Law of effect b) Skinners basic Operant Conditioning
c) Nature of Operant Conditioning, Some basic principles of Operant conditioning, Shaping and Chaining, Role of rewards and effect of procrastinations, d) Schedule of reinforcement, Concurrent schedule of reinforcement and the matching law, e) stimulus control of behavior. f) Applications of Operant Conditioning to human behavior

Module No. and Title: 2: Memory and forgetting

1. Definition and process of memory
2. Stages of Memory –a)Sensory Memory b) Short term (Working) memory c) Long term memory d) Types of long-term Memory – Declarative, procedural, Semantic, Episodic, Implicit, Explicit, Flashbulb and Autobiographical memory
3. Forgetting a) Ebbinghaus and forgetting curve
4. Causes of Forgetting – Encoding failure, Decay theory, Interference theory

Module No. and Title: 3: Intelligence

1. Definition and theories
2. Theories of intelligence a) Gardner’s intelligence of multiple Intelligence b) Sternberg’s Triarchik theory: The value of practical intelligence c) Cattell’s Theory of Fluid and Crystallized Intelligence
3. Measurement of Intelligence
4. Extremes of intelligence a) Intellectually gifted

Module No. and Title: 4: Personality

1. Definition of personality
2. Psychoanalytic approach a)Freuds theory of Personality b) Jungs c) Karen Horney and Alfred Adler
3. Humanistic Theories – a) Rogers self-theory b) Maslow theory of personality
4. Trait Theories – a) Allport and Cattell b) The “Big Five” factor
5. Measuring Personality, a) Self report Test b) Projective Measures

Reference Books:

1. Robert A Baron (2011): Psychology: 5th edition, 11th impression, New Delhi- Pearson Education
2. Robert S. Feldman (2002): Understanding Psychology 4th edition (5th Reprint), New Delhi, Tata-McGraw Hill Publishing Company Limited.
3. Lahey Benjamin B. (1998): Psychology an introduction, 14th edition (6th Reprint 2003) Tata McGraw Hill Education
4. Saudric K. Ciccareli and Gleali F. Meyer (2012): Psychology: South Asian edition 5th impression New Delhi –Pearson Education
5. Michael W. Passer, Ronald E. Smith: Psychology: The science of mind and behavior : Indian edition- McGraw Hill Education
6. Atkinson and Hilgards : Introduction to Psychology : 14th edition, Thomson international edition
7. Morgan C.T. King, Weisz and Schopler (1994): Introduction to Psychology 7th edition, Tata McGraw Hill, International Edition
8. Hirve, Tadsare : samanyaManasshastra : Kolhapur, PhadakePrakashan
9. Pandit,Kulkarni,Gore(1999) : Samanya Manasshastra : Nagpur, Pimpalpure and Publishers
10. Sunil Sontakke, UttamraoBhosale, Anant Kulkarni (2007) : Samanya Manasshastra : Solapur, Aksharlene Prakashan
11. Dr. Nisha D, Mundada, Dr. Shashikant Khalane : Pragatsamanya Manasshastra : Atharva Publications , second edition (2017)

**B.A. Part I Semester II
GE / OE (Generic Elective)**

Title of the Paper: Sport Psychology

Credit:

4

Hour :60

Contact

Objectives:

1. To introduce students to the Mental Health, and Factors in sport
2. To introduce students to the Team sport, Motivation and Sport
3. To acquaint the students with Self-confidence, self-efficacy, attention and concentration in sport

Course Outcome (CO): After completion of the course students will be able to:

1. Student can understand what is sport psychology, and role of sport psychologist.
2. Student can understand team work and mental health in sport performance
3. Student can understand how to impact psychological factors on sport performance
4. Student can understand importance of motivation in sport.
- 5.

Module No. and Title: 1 Understanding Sport Psychology.

1. Sport psychology- Definition and Nature
2. Brief history of sport psychology.
3. Role of psychologist in sport.
4. High sport performance and sport psychology.

Module No. and Title: 2. Sport team as effective group and Communication

- 2.1 The nature of Group and group dynamic
- 2.2 Cohesion and leadership in sport
- 2.3 Communication and conflict resolution
- 2.4 Building team culture

REFERENCE BOOKS-

1. Andersen. M. B. (2005). Sport psychology in practice. Human Kinetics.
2. Jean, M. Williams. (2001). Applied Sport Psychology, Mayfield Publishing Company, California.
3. Brewer, B. W. (Ed.). (2009). Sport psychology. Oxford, UK: Wiley-Blackwell.
4. Cox, R. H. (1998). Sport psychology: concepts and applications (No. Ed. 4). McGraw-hill.
5. Gurbakhsh S. Sandhu (2002). Psychology in Sports - A Contemporary Approach, Friends Publishers, New Delhi.
6. Jarvis, M. (2006). Sport psychology: A student's handbook. Routledge.
7. John Wiley & Sons, Inc. Arnold LeUnes (2011). Introducing Sports Psychology - A practical Guide, Icon book Publication.
8. Matt Jarvis (2006). Sports Psychology -A student's Handbook, Routledge Publication.
9. Tenenbaum. G. & Eklund, R. C. (Eds.). (2007). Handbook of sport psychology. John Wiley & Sons.
10. Williams, J. M. E. (1993). Applied sport psychology: Personal growth to peak performance. Mayfield Publishing Co.
11. Rajendra Y. Deshmukh (2022): sport psychology. Satyam publishers and distributors, Jaipur.
12. Aalegaokar P.M. (1994): Pragat krida mansashastra , Continental publication , Pune.

B.A. Part I Semester II
VSC (Vocational Skill Course)
Title of the Paper: Emotional Management

Credit: 2
Hour: 30

Contact

Objectives:

1. To introduce students to the Emotional Intelligence, Interpersonal Relationship of emotions
2. To introduce students to the Strategies for managing emotion,
3. To acquaint the students with improve interpersonal relationship- smile, apricate of emotions

Course Outcome (CO): After completion of the course students will be able to:

1. Students can understand of their own emotions and pattern of emotional responses.
2. Students can acquire the techniques and strategies for controlling and regulating their own emotions.
3. Student can understand the emotions of others, leading to improved interpersonal relationship.

Module No. and Title: 1 Introduction to Emotional Intelligence

1. Definition and nature of Emotional Intelligence
2. Origins of Emotional Intelligence
3. Components of Emotional Intelligence
4. Importance of Emotional Intelligence

Module No. and Title: 2 Management of Emotion and Interpersonal Relationship

- 2.1 Strategies for managing emotions
- 2.2 Empathy- Understanding the emotions of others
- 2.3 Relationship between emotions and interpersonal relationship
- 2.4 Tips to improve interpersonal relationship- smile, apricate, resolve conflict, Humour,

Don't complaint (too much)

Reference Books:

1. Barsade, S. G. (2002). The Ripple Effect: Emotional Contagion and Its Influence on Group Behavior. *Administrative Science Quarterly*, 47, 644-675.
2. Goleman, D. (1998). *Working with Emotional Intelligence*.
3. Goleman, D., Boyatzis, R. & McKee, A. (2002). *Primal Leadership: Realizing the Importance of Emotional Intelligence*, Harvard Business School Press.
4. Taylor-Clark, T. M. (2015). Emotional intelligence competencies and the army leadership requirements model (Master's Thesis, U.S. Army Command and General Staff College, Fort Leavenworth, KS).
5. Zeidner, M., Matthews, G. & Roberts, R. D. (2012). *What we know about emotional intelligence: How it affects learning, work, relationships and our mental health*. Cambridge, MA: MIT Press

**B.A. Part I Semester II
SEC (Skill Enhancement Courses)**

Title of the Paper: Leadership Development

Credit: 2

Contact Hour :30

Objectives:

1. To introduce students to the Leadership development, leadership and Decision Making
2. To introduce students to the Characteristics of leadership
3. To acquaint the students with improve Decision making of leadership

Course Outcome (CO): After completion of the course students will be able to:

1. Student can understand the concept, theories and practical strategies of leadership.
2. Students can learn how to communicate their view, provide constructive feedback and listen actively to their team members.
3. Students can teach decision-making models and techniques.

Module No. and Title: 1 Introduction to Leadership.

1. Leadership – Nature and Definition
2. Fiedler’s Contingency model
3. Characteristics of leader
4. Leadership styles or types of leadership

Module No. and Title: 2 Leadership-Functions and Skills

- 2.1 Functions of leaders.
- 2.2 Specific leadership skills.
- 2.3 Leadership through power.
- 2.4 Leadership and vision.
- 2.5 Leadership through persuasion.

Book for study:

1. Gadekar, Rasal, Derekar & Dhormare, 2015, Industrial and organizational psychology, Marathi edition, Dimond publication.
2. Aalegaokar P.M. (1994): Pragat krida mansashastra , Continental publication , Pune.

Reference Books:

1. Alan, Cutler. (2014). Leadership psychology.
2. Holton, G. (eds) (1961). Excellence and Leadership in a democracy. New York: Columbus University Press.
3. Lord, R.G. & Maher, K.J. (1991). Leadership and information processing: Linking perception and performance. London, UK: Unwin Hyman Ltd.
4. ढोरडारे अभिडन्यु रल. (२०२०). डलडलक डलनसशलसुर डुणे, रलकहंस डुरकलशन.
5. इडलनदलर, गलडेकर, डलटील अनलतल (२०१९). डलडलक डलनसशलसुर डुणे ,डलड