

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y. B. A. PSYCHOLOGY PAPER – I

SOCIAL PSYCHOLOGY

(To come in force JUNE 2003)

University Exam	70 Marks
Internal Exam	<u>30 Marks</u>
Total	100 Marks

- 1– **INTRODUCTION :**
Definition, Nature goal and scope of Social Psychology Historical development of Social Psychology, Social Psychology and other social sciences. General Psychology, Sociology, Anthropology, Utility and value of social Psychology.
- 2– **METHODS OF SOCIAL PSYCHOLOGY :**
Stages in the development of the Scientific study. Introspection, General observation. Interview, Questionnaire, Experimental procedure, Projective technique, Sociometry.
- 3– **DYNAMICS OF HUMAN BEHAVIOUR :**
Social motivation and social incentives. Human behaviour, Biogenic and sociogenic, Physiological drives. Psychological – Social drives, Social incentives.
- 4– **SOCIAL INTERACTION :**
Importance of Social interaction, Types of Social interaction, Modes of social interaction. Co-operation, competition, conflict accommodation, Mechanism of social Interaction, Imitation, Suggestion, Sympathy, Social facilitation, Social inhibition, Identification, projection.
- 5– **SOCIAL NORMS, ROLES AND STATUS :**
Social norms, Formation of social norms, The concept of Social Role, Social Roles and Social status.
- 6– **SOCIAL ATTITUDES :**
Definition and nature of Social attitudes – Distinguishing feature of attitudes Social studies – Measurement of attitudes, Thurstone scale, Likert methods – Bogardus scale – Guttman technique – Attitude formation and change – Techniques of attitude change.
- 7– **PREJUDICE STEREOTYPES :**
Nature and characteristics of Prejudice, Growth of prejudice, Stereotypes, Social distance – prejudices in India Methods for reducing prejudices.
- 8– **PUBLIC OPINION :**
Meaning of terms, public opinion and formation of public opinion, Rational and irrational aspects in opinion formation, Leadership and public opinion. Media of mass communication Newspaper, Radio, motion picture, T.V. changing public opinion, Measurement of public opinion.
- 9– **PROPAGANDA :**
Nature of propaganda. Education and propaganda, Techniques of propaganda. Motivation and propaganda. Propaganda prophylaxis.

10– GROUPS AND LEADERSHIP :

- What is Group ?
- Kinds of groups, – Primary and Secondary groups, Ingroup – out group. Formal – informal groups.
- Group morale.
- Leadership
- What is Leadership ? Leadership and dominance. Types of leadership. Traits of leaders, situational factor in leadership, Interaction theory of leadership. Functions of a leader, Authoritarian and democratic leadership. Leadership training.

11– AGGRESSION :

- Theoretical perspectives; Trait, situational and Social learning approaches; social and personal determinants of aggression, Prevention and control of aggression, violence

12– POPULATION AND HEALTH :

- Psychological factors in population. Factors in birth control. Health behaviours, illness prevention, treatment and health promotion, meeting the challenge to the health of women and children.

13– ENVIRONMENTAL ISSUES :

- Noise, Pollution and atmospheric conditions, Design, Personal space and territoriality; Density and crowding; Behaviour in response to environmental problems. Intervention for environmental management.

READINGS :

- 1– B. Kuppaswamy (1965) An Introduction to Social Psychology, Bombay Asia Publishing House.
- 2– Hans Raj Bhatia (1965) Elements of Social Psychology, Bombay, Manaktal as.
- 3– P. Adinarayana (1964) Social psychology. Bombay Allied Publishers.
- 4– Bonner H (1953) Social Psychology. An inter disciplinary approach, American Book Co.
- 5– O. Klineberg : (1965) Social Psychology, N. Y. Henry Holt.
- 6– Alcock J. C., Cament D.W., Sadawa S.W. Collins J. E. & Green J.M. (1997) A textbook of Social Psychology, Prentice ha; Allyn & Bacon.
- 7– Baron R.A. & Byrne D. (1998) Social Psychology New Delhi, Prentice Hall.
- 8– Feldman R.S. (1986) Social Psychology, Theories, research and application, New York, MCGraw Hill.
- 9– Myers, David G (1994) Exploring Social Psychology New York, Mc Graw Hill
- 10– Semin G. R. & Fieldler K (Eds.) (1996) Applied Social Psychology London Sage.
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VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y. B. A. PSYCHOLOGY PAPER – II

PSYCHOLOGY OF ADJUSTMENT

3 Hours.

(To come in force from June, 2003)

University Examination 70 Marks

Internal Examination 30 Marks

Total 100 Marks

- 1– **INTRODUCTION :**
– Definition – Nature – Importance of Adjustment – field (Scope) – Psychological models of man
- 2– **ORIGIN OF ADJUSTMENT PROBLEM :**
Human development – patterning of development, healthy & faulty development – Roll of motivation
- 3– **REACTIONS TO PROBLEMS OF ADJUSTMENT :**
Problem of adjustment (strees) – Reaction to adjustive demands – faulty patterns of adjustment.
- 4– **PERSONAL ADJUSTMENT :**
Meaning – Identifying areas for adjustment – how adjusted am I ? – Identifying goals.
- 5– **TIME MANAGEMENT & STUDY SKILLS :**
Importance –effective & Ineffective time management – Tips to effective time management –Design your study area –how to study –where to study –SQ3R – in class behavior
- 6– **CAREER PLANNING & JOB :**
Choosing a career –preparing resume, preparing for interview, getting the interview stage, having a successful interview –tips on starting new job, communicating, how to manage your boss –women in the workplace –job stress.
- 7– **EXERCISE, HEALTH & ADJUSTMENT :**
Facts about fitness –fitness program –steps in regular exercise –nutrition for healthy living –effects of smoking on the health –problem of alcoholism –treatment of alcoholism & problem drinking.
- 8– **INTERPERSONAL RELATIONSHIP :**
Need for affiliation (relation) –development of relation –intimacy – interpersonal attraction –dating & fear of dating –attraction & love –theory of love.
- 9– **MARRIAGE AND FAMILY :**
Marriage motivation –selecting a mate –adjustment in marriage – destabilizing factors in marriage –divorce, causes, effects –what is family (meaning), family structures –families as interactive systems.
- 10– **HUMAN SEXUALITY & ADJUSTMENT :**
Biology of sex –patterns of sexual behavior –sexual problems –sexual values

–enjoying sex –sexual harassment –rape.

11– STRESS :

Meaning –types, environment, physiological, cultural, psychological stressors
–techniques of adjusting stress –positive side of stress.

12– SCHOOL AND COLLEGE ADJUSTMENT :

School as new experience –factors in adjustment and learning –school as a life situation.

13– OLD AGE ADJUSTMENT :

The ageing process –ways of adjustment to the ageing process –sources of adjustment difficulties.

BASIC BOOKS :

- 1– Psychology, adjustment and everyday living –by Garry L. & J. Grayson Osborne (1989) , Prentice Hall New Jersey.
- 2– Psychology & Adjustment –By Ronald Jay Cohen (1994) Allyn & Bacon.
- 3– Psychology & effective behaviour –By James C. Colemsn D.B. Taraporwala sons & Co. Mumbai.
- 4– Di[. b).a[. pr)K an[Di[. j]. dis : 1995 : smiyi[jinn&> mni[(vXin, pi[¼y&lr p\kiSn, s&rt.
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VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y. B. A. PSYCHOLOGY PAPER – III

PHYSIOLOGICAL PSYCHOLOGY

3 Hours

(To come in force from June, 2003)

University Examination 70 Marks

Internal Examination 30 Marks

Total 100 Marks

- 1– **INTRODUCTION :**
Definition –Scope and problems of physiological psychology; approaches to physiological psychology.
- 2– **METHODS OF STUDY :**
Neuroanatomical methods, Electrical recording, stimulation methods, Hormonal and Biochemical methods.
- 3– **BIOLOGICAL BASIS OF BEHAVIOUR :**
The internal environment, metabolic machinery Hormones, Enzymes, vitamins, Genes.
- 4– **THE NERVOUS SYSTEM AND THE BRAIN :**
Components of neural functioning, neuron, nerve impulse, conduction of nerve impulse, synaptic connections Reflexes, Reciprocal inhibition, The motor unit, Reaction time.
- 5– **SENSORY MOTOR MECHANISMS :**
Skilled movements, sensory experience.
- 6– **PHYSIOLOGICAL BASIS OF PERCEPTION :**
Visual perception, Auditory perception, Taste and smell perception, perception of our own body in space. The skin senses, Neural basic of sense Qualities.
- 7– **PHYSIOLOGICAL BASIS OF EMOTION AND MOTIVATION :**
The cerebrospinal nervous system, The autonomic nervous system, The endocrine system.
- 8– **PHYSIOLOGICAL BASIS OF ADAPTIVE BEHAVIOUR :**
Mental phenomena and physiological correlates, Retention and cortical correlates, functional organization of the cortex. Thinking and the cortex, learning and the cortex.
- 9– **BIOLOGICAL BASIS OF PERSONALITY :**
Intelligence, Feeble-mindedness, Improving intelligence. Drugs and personality, Psychotherapeutic drugs.

READINGS :

- 1– Morgan C.T. & King R.A. (1966) Introduction to Psychology, New York, Mcgraw Hill
- 2– David Krech and R.S. Crutchfield (1959) Elements of psychology, New York, Alfred Knopf
- 3– F.L. Ruch (1961) Psychology and Life, Chicago Scott Foresman.
- 4– Morgan C.T. & Stellar (1950) Physiological Psychology New York, Mcgraw Hill
- 5– Wenger M.A. F. N. Jones and M.H. Jones (1956), Physiological Psychology, N.Y. Holt also Constable, London
- 6– Mottram V.H. Psychical basis of personality Pelicon.
- 7– Hay D. (1985) Essentials of behaviour genetics, Blackwell Scientific.
- 8– Strickberger M.W. (1993) Genetics, Mac Millan
- 9– Steen R.G. (1996) D N A & destiny : Nature and nurture in human behaviour plenum.
- 10– Pinel J.P.J. (2000) Biopsychology, Allyn and Bacon.
- 11– Piomin R., Defries J.C. and Mc Clearn G.R.E. (2000) Behaviour Genetics, W.H. Freeman & Co.
- 12– Carlson N. (2000) Physiology of behaviour Allyn & Bacon.
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VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

S. Y. B. A.

CULTURAL PSYCHOLOGY (ID)

3 Hours

University Examination 70 Marks

Internal Examination 30 Marks

Total 100 Marks

x- OBJECTIVES :

The course intends to provide an insight on the role of cultural center in shaping and diverse aspects of social behaviour and its relevance to solving social problems

1- CULTURE AND BEHAVIOUR :

– Definition –Nature –Scope –cultural relativity with psychology –university of human behaviour.

2- METHODOLOGY OF CULTURAL PSYCHOLOGY :

–observation –experimental –field studies –survey –cross cultural method

3- CULTURE AND SOCIAL BEHAVIOUR :

–Interrelation among individual, society, culture –Nature of society – Social structure and functions –Social norms, values, beliefs – concept of culture –patterns and traits of culture. –process of acculturation.

4- CULTURE AND COGNITION :

–Theoretical position –contemporary issues –cultural influences on perception learning memory problem solving, cognition.

5- CULTURE AND EMOTION :

– Basic emotions –Dimensional and componential models –subjective experience –appraisal –physiological reaction and emotional expressions.

6- CULTURE AND MOTIVATION :

–Meaning and scope of motivation –kinds of motivation –satisfaction – frustration – needs –needs and the goals –Measurement of needs – Basic needs of man

7- CULTURE AND LANGUAGE :

–Function and uses of language –Language as a medium of communication – Language and personality –Language and culture.

8- CULTURE AND PERSONALITY :

–child rearing practice – status –Role of individual –model of personality structure.

9- CULTURE AND HEALTH :

-Psychopathology across culture -Abnormality -Mental Health

BOOKS :

1- Kleinberg O. (1956) 'Social Psychology' N.Y. Henry Holt

2- Sorgent S.S. A.C. Williamson (1958) 'social psychology' N.Y. Henry Holt.

3- Berry J.W. Poortinga Y.H. Gall M.H. Dasen P.R. (1992) 'Cross Cultural Psychology' New York Cambise Uni. Press

4- Berry J.W. ef. at (1997) Hand-book of cross cultural psychology 2nd Edition Boston, Allyn & Bacon

5- Triandis H.C. et. at (1980) Hand-book of cross cultural Psychology, Vol. 1 to 6 Boston, Allyn & Bacon.

6- Di[. D).J. dis an[WD"JLZ U]H"Z VG[VgI si>AkZ(tk mni[(vXin : 1995 : pi[¼y&lr p\kiSn, s&rt.