

NORTH MAHARSHTRA UNIVERSITY
JALGAON

Syllabus for

T.Y.B.A.

PSYCHOLOGY

(WITH EFFECT FROM JUNE 2009)

NORTH MAHARSHTRA UNIVERSITY, JALGAON**SUB : PSYCHOLOGY****Title of Paper : Experimental Research Methodology (Theory)****T.Y.B.A. - Special Paper III (S3)****Total marks : 80****Periods : 96****With Effect from June-2009****Objectives :-**

1. To provide an overview of scientific research, Sampling technique, Methods & Research design to the students.
2. To acquaint the students with the general and special abilities with respect to psychological testing.

Chapter No. 1 – Scientific Research (12)

- 1.1 Nature and Defination of Scientific Research
- 1.2 Types of Scientific Research
- 1.3 Variable Definition & types
- 1.4 Problem statement, Criteria, resources & Hypothesis types

Chapter No. 2– Sampling Technique (12)

- 2.1 Nature & Defination of Sampling
- 2.2 Criteria of Sample Selection
- 2.3 Types of Probability & Samplings
- 2.4 Types of Non-probability Sampling

Chapter No. 3– Methods of Data Collection (12)

- 3.1 Nature and Definition of Data Collection
- 3.2 Experimental types of Data Collection
 - A- Laboratory Experiment
 - B- Field Experiment
- 3.3 Non-Experimental types of Data Collection – Field study, questionnaire, Interview, Survey, Observation, psychological test, case study.

Chapter No. 8 - Psycho – Physics**(12)**

- 8.1 Meaning of Psycho physics
- 8.2 Method of limit
- 8.3 Method of Constant Stimuli
- 8.4 Method of Average Error
- 8.5 Errors in Psycho- physical method

Books for Reference :-

- 1) **Anastasi, Anne (1997)** – Psychological Testing, 7th Edition,
Peerson Education Publication.
- 2) **Borude R. R. , (2005)** - Sanshodhan Padhhati Shastra,
Vidyarathi Granthprakashan, Pune.
- 3) **Candland D.K. (1968)** – Psychology : The experimental Approach
Mc. Graw Hill. Delhi.
- 4) **Desai Bharat and Abhayankar Shobhana (2008)**
- Sanshodhan Padhhati Anni Manasshastriya Mapan ,
Narendra Prakashan Pune-2.
- 5) **Kerlinger F. N. (1995)** – Foundation of Behavioral Research.
N.Y.Halt Rinchart & Winston Inc.
- 6) **Kothari C. R. (1980)** – Research Methodology, Methods & Techniques,
Wiely Eastern Ltd., New Delhi.
- 7) **Narendra D. , Ashok Borase (2009)** - Manasshastriya Sanshodhanatil Sankhya
Shastriya Padhhati, Yogesh Publication, Nasik.
- 8) **Singh A. K. (1998)** – Test, Measurement and Research Methods in
Behavioral Sciences, Bharti Bhavan, Patana.

NORTH MAHARSHTRA UNIVERSITY, JALGAON

SUB : PSYCHOLOGY

Title of Paper : Behaviour Modification (Optional)

T.Y.B.A. - Special Paper III (S3)

Total marks : 80

Periods : 96

With Effect from June-2009

Objectives :-

- 1) To provide an overview of scientific approaches of Behaviour modification.
- 2) Students know the basic technique of Behaviour modification, as well as roll of the family, parents, child relationship and clinical, Medical causes.

Chapter No. 1 – Introduction – Behaviour Modification (11)

- 1.1 What is Behaviour ? Behaviour Modification. Behavioural Assessment, Misconceptions about Behaviour Modification.
- 1.2 Area of application : Parenting and child management, Education from preschool to university, severe problems (Developmental disabilities, child hood autism and schizophrenic), Clinical behaviour therapy, Self management of personal problems, medical and health care, sports psychology.

Chapter No. 2– Basic Behavioural Principles and Procedure (11)

(Getting behaviour to occur more often)

- 2.1 Positive Reinforcement – Factors influencing the effectiveness of positive reinforcement , pitfalls of positive reinforcement, guidelines for the effective application of positive reinforcement.
- 2.2 Conditioned Reinforcement – (To develop and maintaining behaviour)- Unconditioned and conditioned reinforcement, Factors influencing the effectiveness of conditional reinforcement , pitfalls of conditional reinforcement, guidelines for the effective use of conditioned reinforcement.

- 2.3** Intermittent Reinforcement – (Developing Behavioural Resistance) – Some definitions, Ratio schedules, Simple Interval Schedules, Interval Schedules with limited hold, Duration Schedules, Concurrent Schedules of reinforcement, Guidelines for the effective use of intermittent reinforcement.

Chapter No. 3– Stimulus discrimination learning and stimulus (10)

Generalization

- 3.1** Stimulus discrimination learning and stimulus control, Types of controlling stimuli S^D s and S^∇ s stimulus generalization, factors determining the effectiveness of stimulus discrimination training, pitfalls of stimulus discrimination training.

Chapter No. 4- Extinction- Decrease a behaviour with extinction (10)

- 4.1** Extinction, Factors influencing the effectiveness of extinction, pitfalls of extinction, Guidelines for the effective application of extinction.
- 4.2** Types of intermittent reinforcement
Differential reinforcement of low rates, Differential reinforcement of zero responding, Differential reinforcement of incompatible responding, Pitfalls of schedules of decreasing behaviour, Guidelines for the effective use of intermittent schedules to decrease behaviour.

Chapter No. 5- Fading, Shaping and Behavioural Chaining (10)

- 5.1** Fading – (Developing appropriate behaviour), Factors influencing the effectiveness of fading, Pitfalls of fading, Guidelines of the effective application of fading.
- 5.2** Shaping – (Getting a new behaviour to occur) Factors influencing the effectiveness of shaping, pitfalls of shaping, guidelines for the effective application of shaping.
- 5.3** Behavioural Chaining (Getting new sequence of behaviours) – Stimulus – Response chaining, methods of teaching a behaviour chain, chaining compared with fading and shaping, Factors influencing with fading and chaining, Pitfalls of chaining, Guidelines for the effective use of chaining.

Chapter No. 6 - Punishment, Escape and Avoidance conditioning (11)

- 6.1** Punishment (Eliminating in appropriate behaviour) The principles of Punishment, Types of punishers, Factors influencing the effectiveness of punishment, should punishment be used? Pitfalls of Punishment, Guidelines for the effective application of Punishment Procedures.
- 6.2** Escape and Avoidance conditioning (Establishing a desirable behaviour) Escape conditioning, Avoidance Conditioning, Pitfalls of escape and avoidance, Guidelines for the effective application of escape and avoidance
- 6.3** Respondent conditioning – Operant versus Respondent Behaviour, Principle of respondent conditioning, Higher order Conditioning, Respondent Extinction, Counter conditioning, Common respondently conditioned responses, Respondent and operant conditioning compared, Applications of respondent conditioning principles, Operant – Respondent interactions, Respondent and Operant Components of thinking, Private thoughts and feelings, More Respondent Operant Interaction.

Chapter No. 7 - Generality of Behaviour Change (Transferring behaviour to new setting and making it last) (11)

Generality, Factors influencing the effectiveness of Programming generality of operant behaviour, Programming Generality of Respondent behaviour, Pitfalls of generality, Guidelines for Programming generality of operant behaviour, Rules, Goals, Modeling, Physical guidance, situational inducement.

Chapter No. 8 - Behavioural Assessment (11)

- Sources of information for baseline assessment,
 - Continuous recording, Interval recording and time sampling recording, Assessing the accuracy of observations.
- 8.1** Functional assessment of the causes of problem behaviour : Approaches to functional assessment, Major causes of problem behaviour, Medical causes of problem behaviour, Guidelines for conducting a functional assessment.

Chapter No. 9 - Planning, Applying and Evaluating a treatment program (11)

- 9.1** Selecting and implementing an assessment procedure, Strategies of program design and implementation, program maintenance and evaluation
- 9.2** Helping an individual to develop self-control: causes of self control problem, A model of self control, Steps in self control program, Circumventing the therapist.
- 9.3** Systematic self-desensitization- Systematic self-desensitization, When to seek professional assistance,
- 9.4** Cognitive Behaviour Modification :- Some cognitive behavioural procedures, Evaluation of cognitive techniques, A Behavioural interpretation of cognitive behaviour techniques.
- 9.5** Areas of clinical behaviour therapy – Obsessive- Compulsive disorders, Failure to cope with stress, Alcohol problems, Obesity, Marital distress, Sexual dysfunction, Habit disorders
- 9.6** Ethical Issues – Arguments against deliberately controlling behaviour, Ethical guidelines.

Books for Reference :-

- 1) Martin Garry; Pear Joseph (2002) - Behaviour Modification**
 “What it is and How to Do” 7th Edition, Prentice-Hall of India Private Limited, New Delhi 110001 (Indian Reprint)
- 2) Patri Vasantha R. (2001) - Counselling Psychology, Authors Press,**
 Indian Institute of Counselling, New Delhi.

NORTH MAHARSHTRA UNIVERSITY, JALGAON**SUB : PSYCHOLOGY****Title of Paper : Experimental Psychology (Practical)****T.Y.B.A.- Special Paper IV (S4)****Total marks = 80****Periods – 96****With Effect from June-2009****Objectives :-**

1. To adequate student about practical importance and its day to day life appliedness.
2. Students know about experimental approach of psychology and to reach the subject knowledge to the community.

Note – Student should conduct at least 10 experiment from the following areas.**A. Learning and Memory** (Any Three Experiment from following)

- Maze learning
- Serial learning
- Conditioning Hand Withdrawal
- Verbal Conditioning
- Recall and Recognition
- Bilateral Transfer
- Rational Learning

B. Attention and Perception (Any Three Experiment from following)

- Depth perception
- Colour Preference
- Rational Colour Zones
- Size and Shape perception
- Phi – Phenomenon
- Measurement of Illusion

C. Psychophysics (Any Two Experiment from following)

- Methods of Limit
- Method of constant stimuli
- Method of Average Error

D. Reaction Time and Dexterity (Any Two Experiment from following)

- Reaction Time
- Manual Dexterity (Finger Dexterity Test)
- Problem Solving
- Habit Interference
- Cup and Ball
- Multiple Choice Problem

Division of Marks of Internal & External Exam.

<u>Internal 20 Marks</u>		<u>External 80 Marks</u>	
Marks of Attendance	- 05	Marks for Journals	- 20
To Visit, Seminar/ Case Study (Out of 30 marks)	- 05	Marks for Statistics	- 20
		Conducting and Instruction of experiment.	- 10
For term End Examination (Out of 50 marks)	- 10	Marks of Report Writing	- 10
In this examination 25 marks for statistics problem and 25 marks for writing the report on experiment		Project	- 10
		Marks for Oral	- 10
Total Marks - 20		Total Marks - 80	
20 Internal Marks + 80 External Marks = 100 Total Marks			

NOTE :- Practical Examination in Psychology will be held annually, maximum 10 students will constitute on each batch. Duration of the practical will be of three hours in which candidate will perform, write a report of an experiments allotted to him/her with statistical problem and Oral. Every batch will perform the experiment twice in a week.

Practicum/ Project :- Student should prepare a report on any subjects (Education, Clinical, Industrial, Social etc.) with following guidelines under the guidance of teacher viz. Problem, Hypothesis, Objectives, Importance of topic, tools, Methodology, Results, Conclusion, Limitation, References.

Statistics :- Frequency distribution, Computation of mean, Median, Mode, S.D., Coefficient of correlation by Rank Difference Method

- 'T' test is to be used only for practicum and it is not for practical examination.
- Student should submit a brief and separate report

Books for Reference :-

- 1) **Deshpande S. V.** - Prayogik Manasshastra
Continetal Publication, Pune
- 2) **Garret H.E.& Wood Worth (1981)** – Statistics In Psychology and Education- Vakils, Fetter And Simonce Ltd. Bombay-08.
- 3) **Upasani N. K. & Kulkarni** – Nave Shakshanic Mulyamapan Anni Sanknyashastra. Shree Vidya Prakashan, Pune.

NORTH MAHARSHTRA UNIVERSITY, JALGAON

SUB: PSYCHOLOGY

Title of Paper : Applied Psychology And Modern Life

T.Y.B.A. - General Paper III (G3)

Total marks = 80

Periods – 94

With Effect from June-2009

Objectives :-

- 1) To know the applied fields of Psychology
- 2) To get acquainted to the students about personal control, community relationship and decision making
- 3) To develop the knowledge of student with relation to environment and its effect on human beings work and day to day life.

Chapter No. 1 – Introduction to applied Psychology

(12)

- 1.1 Define, What is applied psychology ?
- 1.2 Fields of applied psychology – Personal Psychology, Engineering Psychology, Consumer Psychology, Advertising Psychology, Organizational Psychology, Clinical, Counseling, Environmental, Criminal and Sports Psychology.
- 1.3 Who is an applied Psychologist ?
- 1.4 Professional setting of Applied Psychology

Chapter No. 2 – Health Psychology

(12)

- 2.1 What is health Psychology ?
- 2.2 Symtoms of Illeness
- 2.3 Nature of Stress and Stressors
- 2.4 Major effects of stress
 - Stress and illness
 - Stress and Task Performance
 - Burn Out
- 2.5 How stress will reduce

- Chapter No. 3 – Environmental Psychology (11)**
- 3.1 What is Environmental Psychology
 - 3.2 Adverse Environmental conditions
Noise, Heat, Environmental Toxins
 - 3.3 Effect of space on Behavior
- Chapter No. 4 – Work and Leisure (12)**
- 4.1 What is career, Choosing a Career
 - Taking stock of yourself
 - Identifying compatible careers
 - Arriving of a decision
 - Preparing for your career.
 - 4.2 Getting along on the job and career outlook.
 - 4.3 What is leisure time ? its characteristics, work and leisure.
- Chapter No. 5 – Personal Control and Decision Making (11)**
- 5.1 Definition of personal control, perceived control, misperception and maladjustment, learned optimism.
 - 5.2 Decision Making – Process of Decision Making' Aids in making decision, group decisions.
 - 5.3 Decision and Personal Growth
Identifying the basic decisions in your life, making new decisions, some practical applications.
- Chapter No. 6 – Family and Women's Psychology (12)**
- 6.1 Definition of family psychology, its characteristics
 - 6.2 Role/ Work of family – Primary & Secondary
 - 6.3 Definition of Women psychology; Physiological and Cultural, sex differences and its effect.
 - 6.4 Freud, Badura and Kohalburgs Psychological approaches about Women's
- Chapter No. 7 – Meeting People, Making Friends (12)**
- 7.1 Meeting people – First impression , Mistaken impression, Shyness
 - 7.2 Interpersonal Attraction – Interaction and liking physical attractiveness, Likes or apposite
 - 7.3 Friendship – When friends get together, mutual self discloser, same sex, opposite sex friends, staying friends or breaking up.

Chapter No. 8 – Marriage and Intimate Relationships**(12)**

- 8.1** Love, Intimacy and Marriage – The essentials of love, love and close relationships, cohabitation, Getting Married
- 8.2** Marital Adjustment – Sharing Marital responsibilities, Communication and Conflict, Managing money, Sex in marriage, Changes in Marriage over time.
- 8.3** Divorce and Remarriage – The divorce experience, Single – parent families, Remarriage

Books for Reference :-

- 1) **Atwater Eastwood (1994)** - Psychology for living
5th ed. Prentice Hall of India Private Limited, New Delhi.
- 2) **Crookes, Robert L. & Stein, Jean (1988)** - Psychology : Science Behavior and Life, Holt, Finehart and Winston Inc. New york.
- 3) **Friedman, M. (1985)** - The hidden image of Women. In P. Fernando and F. Yasas (Eds) Woman's image; Making and Shaping, Pune : Ishvani Kendra.
- 4) **Pandit R. V., Kulkarni, Gore C. V. (2000)** - Upyogit Mannas Shastra, Pimplapure & Co. Publishars, Nagapur.
(Chapters from Syllabus 2 & 3)
- 5) **Palsane M. N. , Navre Savita (1993)** - Upyogit Mannasshastra, Yaili Estern Limited, Publisharsh, Bombay
(Chapters from Syllabus 1 & 6)
- 6) **Tadsare V. D. , Tambake K. B. (1998)** - Upyogit Mannasshastra
- Fadake Prakashan, Kolahapur
(Chapters from Syllabus 01)
- 7) **Tadsare V. D. , Tambake K. B. (2004)** - Upyogit Mannasshastra
- Fadake Prakashan, Kolahapur
(Chapters from Syllabus 4, 5, 7 and 8)

NORTH MAHARSHTRA UNIVERSITY, JALGAON

SUB: PSYCHOLOGY

Title of Paper : Environmental Psychology

T.Y.B.A. - General Paper III (G3)

Total marks = 80

Periods – 96

With Effect from June-2009

Objectives :-

- 1 – To highlight the Simultaneous mutual interaction of environment and behavior.
- 2 – To delineate psychological approaches to the study of environment.
- 3 - To discuss the impact of ecological degradation and the need for enhanced awareness program.

Chapter No. 1 – Historical preview and Definition of environmental Psychology (11)

1.1 Origin and roots of environmental psychology

a) Salient predominant Trends.

The animal and ethological tradition.

Research on personal Space.

Studies on Behavioral Settings.

The construct of environmental Psychology.

b) Man Environment relationship

1.2 Definition of environmental psychology.

a) The Construct of environment.

Definition of environmental psychology.

1.3 Traditional Indian viewpoints on man-environment relationships

a) Indian research

Chapter No. 2 – Methodological issues in environmental Psychology (10)

2.1 Research methods in environment psychology

a) Non experimental research, b) Experimental research

c) Measurement techniques.

Chapter No. 3 – Environment – Behavior relationships (10)

3.1 Ways of knowing environment behavior relationship

- a) Non-empirical methods b) Empirical methods

3.2 Nature and function of theories in environmental psychology.

- The arousal approach, Behavior constraint theory, Stimulus overloads theory, Adaptation theory, Ecological theory, The environmental stress approach.

Chapter No. 4 – Person-environment interaction (11)

4.1 Environment perception and cognition

- a) Conventional approach to perception
- b) Concept, Nature and characteristics of environmental perception
- c) Adaptation and perception of change

4.2 Environmental personality

4.3 Environmental cognition and cognitive mapping

- a) Cognitive mapping and cognitive maps
- b) Functions and properties of cognitive maps
- c) Factors influencing cognitive maps, errors in cognitive maps

Chapter No. 5 – Human spatial behavior (12)

5.1 Personal space and territoriality (12)

- a) Difference between personal space and territorial behavior
- b) Conceptualization of personal space
- c) Functions of personal space
- d) Consequences of invasion of personal space
- e) Theoretical perspectives on personal space
- f) Application of personal space research

5.2 Territorial behavior

- a) Types of territory
- b) Function of territorial behavior
- c) Research studies on territoriality

Chapter No. 6 – Crowding (12)

- 6.1 Concept of crowding
- 6.2 Residential crowding
 - a) Crowding in dormitories
 - b) Home crowding
 - c) Crowding in prisons
- 6.3 Experimental studies on crowding
 - a) Physiological effects of crowding
 - b) Crowding and task performance
- 6.4 Social response to crowding
 - a) Crowding and adaptation
 - b) Individual and cultural difference to crowding
 - c) Research of crowding in India
- 6.5 Theoretical perspectives on crowding

Chapter No. 7 – Environmental stress and health (10)

- 7.1 Concept of stress
 - a) Physiological perspective
 - b) Psychological perspective
 - c) Psychological mediation of environmental stressors
- 7.2 Sources of environmental stressors
- 7.3 Effects of environmental stressors
 - a) Noise pollution
 - b) Chemical pollution
 - c) Air pollution

Chapter No. 8 – Human resources to protect the environment (10)

- 8.1 Changing the environmentally destructive tendencies
 - a) Environmental education
 - b) Environmental prompts and cue
 - c) Reinforcement strategies
- 8.2 Integrative approaches for elimination environmentally destructive actions
 - a) Approaches to deal with specific environmental problem

Chapter No. 9 – Environmental movements**(10)**

- 9.1 The chipko andolan
- 9.2 The narmada andolan
- 9.3 Theoretical perspectives on environmental crisis
 - a) Deep ecology
 - b) Gaja hypothesis

Books for Reference :-

- 1) **Nagar Dinesh - (2006)** Environmental Psychology
Concept Publishing Company, New Delhi,
- 2) **Saran A. K. - (2005)** Environmental Psychology,
Anmol Publications Pvt. Ltd., New Delhi.

T.Y.B.A. PSYCHOLOGY

EQUIVALENT COURSE

Sr.No.	Paper Code	Old Course	Paper Code	New Course
1	S3 S3	Experimental Psychology (Theory) S- III OR Behaviour Modification S-III	S3 S3	Experimental Research Methodology S- III OR Behaviour Modification S-III
2	S4	Experimental Psychology Practical S- IV	S4	Experimental Psychology Practical S- IV
3	G3 G3	Applied Psychology G-III OR Organisational Behaviour (Optional) G-III	G3 G3	Applied Psychology and Modern Life G-III OR Environmental Psychology G-III