

Official

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College affiliated to Barkatullah University, Bhopal)

(NAAC Accredited 'A' Grade)



SYLLABUS

UG

SESSION- 2023-23

CLASS: B.A. I YEAR

SUBJECT: Psychology

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College Affiliated to Barkatullah University Bhopal)

Department of Higher Education, Govt. of M.P.

Under Graduate Syllabus (Annual Pattern)

As recommended by Central Board of Studies and approved by the Governor of M. P.

wef 2021-2022

(Session 2023-24)

(NEP-2020)

Class / कक्षा

Year / वर्ष

Subject / विषय

Course Title / पाठ्यक्रम का शीर्षक

Course Type / पाठ्यक्रम का प्रकार

Credit Value/ क्रेडिट मान

Max. Mark/ अधिकतम अंक

UG I Year

First / प्रथम

Psychology

Personality Development (Paper 1) व्यक्तित्व विकास

Core/major 1/

4 Credits

Max. Marks: 30 + 70 (Minimum Passing Marks 35)

Outcomes: -

1. Students will gain knowledge of personality.
2. Students will learn to implement coping strategies for better adjustment
3. Students will develop skills to enhance self- esteem self-regulation and self-presentation
4. Students will learn the skills of SWOC communication time and stress management for their life
5. Acquisition of life skills based on happiness and positive thinking.

Particular / विवरण

Unit-I	Concept and Approaches of Personality, Nature and types of personality, Determinants of personality, Approaches of Personality -Type, Trait, Psychodynamic -Freud. Neo Freudian -Erickson, Social Learning-Bandura Humanistic-Rogers.
इकाई-1	व्यक्तित्व का प्रत्यय एवं उपागम- व्यक्तित्व की प्रकृति एवं प्रकार, व्यक्तित्व के निर्धारक, व्यक्तित्व के उपागम प्राकर शीलगुण प्रयोगात्मक फाइड नव फायडवादी एरिकसन, सामाजिक अधिगम-बान्दुरा मानवतावादी रोजर्स
Unit-II	Adjustment and Coping- Adjustment-Concept, Types of psychological adjustive reactions-Task oriented. Defense oriented and Decompensation and Recompensating under excessive stress. Coping-Concept, Strategies-Appraisal focused, Problem focused and Emotion focused constructive coping.
इकाई-2	समायोजन एवं समायोजी व्यवहार- समायोजन-प्रत्यय मनोवैज्ञानिक समायोजन प्रतिक्रियाओं के प्रकार कार्य उन्मुख रक्षा उन्मुख, अत्याधिक तनाव मे शांति-अपूर्ति एवं प्रतिपूर्ति समायोजी व्यवहार -प्रत्यय व्यूरचनात्मक -मूल्यकन केन्द्रित समस्या केन्द्रित एवं गणना केन्द्रित रचनात्मक समायोजी व्यवहार।
Unit-III	Self-Concept Nature: - Factors shaping the Self Concept, Self Esteem. Self-Perception, Self-Regulation and Self Presentation.
इकाई-3	स्वप्रत्यय - प्रकृति एवं प्रत्यय को आकार प्रदान करने वाले कारक स्वसमान् एवं स्वप्रक्षण, स्व नियगन एवं स्व प्रस्तुतीकरण
Unit-IV	Personality Measurement personality Test -Nature and Types, Personality Inventories and Projective test - Nature, Uses and Limitations.
इकाई-4	व्यक्तिगत मापन. व्यक्तिगत परीक्षण -प्रकृति एवं प्रकार व्यक्तिगत अनुसूची एवं प्रक्षेपी परीक्षण -प्रकृति उपयोग एवं सीमा।
Unit-V	Applied areas of Personality Development SWOC analysis, Communication skills, time management, stress management, happiness and positive thinking.
इकाई-5	व्यक्तिगत विकास के अनुप्रयोगात्मक क्षेत्र - स्वक विश्लेषण, संप्रेषण कौशल समय प्रदान तनाव प्रवचन खुशी एवं सकारात्मक चिंतन।

Textbooks, Reference Books, other Resources:-

- 1 Dweek, C.K. (2006) Mindset: The New Psychology of successes, Randon House

Scheme of Marks:

Suggested Continuous Evaluation Methods:

Maximum Marks: 100		
Continuous Comprehensive Evaluation 30 marks (CCE): Term End Exam Theory 70 marks		
Internal Assessment : Continuous Comprehensive Evaluation (CCE): 30 Marks	There shall be 4 class tests of 10 marks each, out of which the 3 best scores are to be taken into account.	10+10+10= 30
External Assessment: Term End Exam (Theory) 70 Time : 03:00 Hrs.	Section (A) 10 Marks (a) Objective questions – 5 (b) Very Short Answer type question – 5 (word limit 50 words) Section (B) 24 Marks: Short Answers Type Questions 1 question from each unit (word limit – 250 words) 4 to be attempted out of 7 given questions Section (C) 36 Marks: Long answer type questions (word limit 500 words) 4 to be attempted out of 7 given questions	10 question 01 marks each - 10 4 question 06 marks each - 24 4 questions 09 marks each - 36
		Total 70

  

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Psychology

Course Title / पाठ्यक्रम का शीर्षक

Report Presentation (Paper 1/2) रिपोर्ट प्रस्तुतीकरण

Course Type / पाठ्यक्रम का प्रकार

Core / कोर

Credit Value/ क्रेडिट मान

2 Credits

Max. Mark/ अधिकतम अंक

Max. Marks: 30 + 70 (Minimum Passing Marks 35)

Outcomes: - On Completion of this course, learners will be able to: -

1. Students will learn to evaluate their strength, weaknesses, opportunities and challenges
2. Students will develop ability to enhance their personality through applications of communications skills, time and stress management.

Particular / विवरण

Unit-I	Analysis and report (any one)	1. SWOC/SWOT Analysis 3. Stress Management	2. Communication skills 4. Time management
इकाई-1	कोई एक रिपोर्ट प्रस्तुत करना	1. स्वांक/स्वाट विश्लेषण 3. तनाव प्रबंधन	2. संचार कौशल 4. समय प्रबंधन

Textbooks, Reference Books, other Resources: -

1. भार्गव एम.(2015) आधुनिक मनोवैज्ञानिक परीक्षण एवं मापन एवं पी.गार्गव बुक हाउस, आगरा

Scheme of Marks-

Suggested Continuous Evaluation Methods: Maximum Marks : 100		
Internal Assessment: आंतरिक मूल्यांकन Continuous Comprehensive Evaluation (CCE): 25 सतत व्यापक मूल्यांकन	Class Test /Assignment / Attendance/chart/model Presentation क्लास टेस्ट असाइनमेंट / प्रस्तुतीकरण	Total = 30
External Assessment: University Exam Section: 75 Time: 02.00 Hours	Viva-Voce on Practical Practical Record File Table Work or Experiment	Total = 70