

Shivaji University, Kolhapur

B.A.: Part-I (Semester - I) (CBCS Pattern)

Paper -I Understanding Psychology

(Revised Syllabus to be implemented from June, 2021 onwards)

i. Paper : I

ii. Title of paper : Understanding Psychology

iii) Specific Objectives :

1. To acquaint students with basic concepts of Psychology.
2. To make students aware with neuroscience and behaviour.
3. To make students aware with motivation, various approaches of motivation and human needs.
4. To understand emotions, range and the roots of emotions.

iv. Module

No. of credits

Module- 1 Introduction to Psychology

01

Module-2 Neuroscience and Behaviour

01

Module-3 Motivation

01

Module-4 Emotions

01

v. Equivalence

Old Paper	New Paper
Introduction to Psychology	Understanding Psychology

vi. Recommended Reading

a) Basic Reading

Feldman, R.S. (2019). Understanding Psychology, 12th Edition, McGraw Hill Education (India) Edition 2017, Fourth reprint 2019, Chennai: McGraw Hill Education (India) Private Limited, ISBN-13:978-93-794-5, ISBN-10:93-5260-794-5

b) Books for reference

1. Ciccarelli, S. K & Meyer, G.E (2008). Psychology, (South Asian Edition). New Delhi: Pearson Longman

2. Feldman, R.S. (2016). Understanding Psychology, 10th Edition, Indian Edition, Ninth reprint, 2016, Chennai: McGraw Hill Education (India) Private Limited, ISBN-13:978-1-25-9003005-9, ISBN-10:1-25-900305-1

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Module 1: मानसशास्त्राची ओळख (Introduction to Psychology)

1.1 मानसशास्त्राची व्याख्या (Definition of Psychology)

1.2 आजचे दृष्टीकोण (Today's Perspectives)

- अ) मनोगतिकी दृष्टीकोण (Psychodynamic Perspective)
- ब) वार्तनिक दृष्टीकोण (Behavioural Perspective)
- क) बोधनिक दृष्टीकोण (Cognitive Perspective)
- ड) मानवतावादी दृष्टीकोण (Humanistic Perspective)

1.3 मानसशास्त्रीय संशोधन (Conducting Psychological Research)

- अ) नैसर्गिक निरीक्षण (Naturalistic Observation)
- ब) सर्वेक्षण पद्धती (Survey Research)
- क) व्यक्तिअभ्यास पद्धती (The Case Study)
- ड) प्रायोगिक संशोधन (Experimental Research)

1.4 मानसशास्त्राचे भविष्यकालीन स्वरूप (Psychology's Future)

Module 2: - मज्जाशास्त्र/चेताशास्त्र आणि वर्तन (Neuroscience and Behaviour)

2.1 चेतापेशी (Neurons)

- अ) चेतापेशीची रचना (The Structure of the Neuron)
- ब) संदेशाचे वहन कसे होते (How Neurons fire?)
- क) चेतापारेषके (Neurotransmitters)

2.2 चेतासंस्था (The Nervous System)

- अ) केंद्रीय आणि सीमावर्ती चेतासंस्था (Central and Peripheral Nervous Systems)
- ब) स्वायत्ता चेतासंस्थेचे सक्रियण (Activating the Divisions of the Atomic Nervous System)

2.3 ग्रंथी संस्था (The Endocrine System)

2.4 मेंदू (The Brain)

- अ) मेंदूची रचना आणि कार्याचा अभ्यास (Studying the Brains Structure and Functions)
- ब) लिंबिक यंत्रणा (The Limbic System)
- क) प्रमस्तिष्क बाह्यक (The Cerebral Cortex)

Module 3: प्रेरणा (Motivation)

3.1 प्रेरणेचे स्वरूप (Explaining Motivation)

- अ) प्रचोदना क्षय दृष्टीकोण (Drive Reduction Approaches)
- ब) जागरण दृष्टीकोण (Arousal Approaches)
- क) प्रलोभन दृष्टीकोण (Incentive Approaches)
- ड) बोधनिक दृष्टीकोण (Cognitive Approaches)

3.2 मास्लो ची गरजांची अधिश्रेणी (Maslow's Hierarchy)

3.3 मानवी गरजा आणि प्रेरणा (Human Needs and Motivation)

अ) भूक आणि खाण्यामागील प्रेरणा (The motivation behind hunger and eating)

ब) संपादन प्रेरणा (The need for Achievement)

क) सलग्नतेची प्रेरणा (The need for Affiliation)

ड) सत्ता प्रेरणा (The need for Power)

Module 4: भावना (Emotions)

4.1 भावनिक अनुभव समजून घेणे (Understanding Emotional Experiences)

अ) भावनेची कार्ये (The Functions of Emotion)

4.2 भावनांचा विस्तार निर्धारित करणे (Determining the Range of Emotion)

4.3 भावनेचे सिद्धांत (मुळे) (The Roots of Emotions)

अ) जेम्स – लॅंग यांचा सिद्धांत (The James-Lange Theory)

ब) कॅनन – बार्ड यांचा सिद्धांत (The Cannon-Bard Theory)

क) **श्याक्टर** – सिंगर यांचा सिद्धांत The Schachter-Singer Theory

ड) भावनाविषयक विविध दृष्टीकोणांचा अभ्यास (Making sense of multiple perspectives on Emotion)