Savitribai Phule Pune University

(Formerly University of Pune)

Revised Syllabus for FYBA Psychology

[Semester I & II]

Choice Based Credit System Syllabus

NEP-2020

To be implemented from Academic Year 2026-27

INTRODUCTION:

B.A in (Psychology) Program (Pattern 2024/CBCS/NEP2020) / B.Sc. in (Psychology) Program (Pattern 2024/CBCS/NEP2020) will be introduced in the following order:

a) First Year from 2024-2025
b) Second Year from 2025-2026
c) Third Year from 2026-2027
d) Fourth Year B.A. from 2027-2028 / Fourth Year B.Sc. as per government approval.

Assessment Pattern:

Examination (CIE & SEE) will be held for each semester. Continuous Internal Assessment will have 40% weightage and Semester End Assessment (University Exams) will carry 60% weightage. Internal Assessment tools used for previous Semester should be avoided for the next Semester.

Programme Objectives:

The objectives of a Bachelor of Arts (B.A) programme in Psychology offered various behavioural skills as per the National Education Policy [2020] to provide complete knowledge and skills of psychology to the students, to develop theoretical base of the subject with the help of classical and advanced theories, to skill them to apply the knowledge in day-to-day life.

1) To develop a strong foundation of advanced psychological theories aligned with the graduation and honours program.
2) To help the students to gain the comprehensive understanding of behavioural skills.
3) To bridge the gap between Psychology and other social science subjects with interdisciplinary and multidisciplinary nature.
4) To create awareness among the students about interrelations between psychology and society.

Savitribai Phule Pune University

F.Y.B.A. Psychology Syllabus

Semester 1

1. PSY-101-T-A: Introduction to Psychology (2T)
2. PSY-102-P: Psychology Practical – 1 (2P)
3. SEC-101-PSY: Art of Effective Communication (2T)
4. OE-101-PSY: Psychology of Adjustment and Stress (2T)

Semester 2:

1. PSY-151-T-A: Fundamentals of Psychology (2T)
2. PSY-152-P: Psychology Practical – 2 (2P)
3. SEC-151-PSY: Managing Relationship, Conflicts and Stress (2T)
4. OE-151-PSY: Psychology of Interpersonal Relationships (2T)

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : I

Course Type : MAJOR MANDATORY THEORY

Course Name : Introduction to Psychology

Course Code : PSY-101-T

No. of hours : 30

No. of Credits : 02

Course Outcomes:

Upon successful completion of this course, students will be able to

1. Define and explain Psychology as a science along with its goals.
2. Understand and explain basic concepts of cognitive psychology, i.e. sensation, perception
3. Understand and explain the basic concepts in learning and memory.

Unit 1: Introduction to Psychology **(15)**

1.1 Psychology: Science and Goals, Perspectives of Psychology,

1.2 Fields of Psychology

1.3 Research methods in Psychology: Observation, Experimental, Survey and Case Study

1.4 History and characteristics of experimental psychology

Unit 2: Basic Cognitive processes **(15)**

2.1 Sensation and Perception, nature of perception, laws of perceptual organization

2.2 Learning – Classical and Operant conditioning, observational learning

2.3 Memory – processes, information processing model(s)

2.4 Forgetting: Theories of forgetting.

READINGS:

Baron, R. and Misra, G. (2016). Psychology: Indian Subcontinent Edition. Noida: Pearson

Ciccarelli, S. K.; White J. N. Adapted by Misra, G. (2018). Psychology (5th Edition). Noida: Pearson.

Feldman R. S. (2015). Understanding Psychology (12th Ed.) New Delhi : Tata McGraw Hill.

Nolen-Hoeksema, S., Fredrickson, B. L., Loftus, G. R., & Wagenaar, W. A. (2009). Atkinson & Hilgard's Introduction to psychology. Cengage Learning: New Delhi.

अभ्यंकर, ओक आणि गोलविलकर (२०१४). मानसशास्त्र वर्तनाचे शास्त्र, पिअरसन प्रकाशन.

बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र स्वयंभू प्रकाशन, नाशिक.

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : I

Course Type : MAJOR MANDATORY THEORY

Course Name : Psychology Practical – 1

Course Code : PSY-102-P

No. of hours : 60

No. of Credits : 02

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Be acquainted with several data collection methods of psychology.
3. Develop basic skills of report writing in psychology.
4. Evaluate practical implementation of the psychology real life.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So, at every level of the curriculum the students should be trained in a skills-oriented manner. The course consists of non-laboratory practicals it will be helpful to the students to learn basic research based psychological skills.

Topic No.	Topic Name	Sub Topic	No. of Periods
Select any Three of the following			
1	Interview	Interview of any 3 individuals in the campus example: Office bearers, Staff, Non-teaching staff, Shop keeper) to understand their behaviour at workplace. Prepare and submit the detailed report of the same.	**20**
2	Behavioural Observation & Analysis	Observe and analyse any three individuals' behaviour and prepare and submit the detailed behavioural analysis report of the same as directed by your subject teacher.	**20**
3	Field Visit	Identify any clinic/counselling centre/NGO etc., in nearby location which is providing mental health related services. Visit such place, prepare and submit the detailed report of the same.	**20**

4	Survey	Identify some mental health related key issues in surrounding and prepare and submit the survey-based report with possible solutions.	**20**

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. Under the guidance of subject teacher students will conduct the field visit/ survey interview/ behavioural observation & analysis

Examination Pattern:

Practical Paper of 2 Credits - 60 clock hours

- Internal Exam (20 Marks) + University Practical Exam (30 Marks) = 50 Marks.

a) For Internal Examination

i) Each Report: 05 Marks (3 reports = 15 marks)

ii) Overall punctuality - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 30 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 20 students for practical examination.

Sr. No	**Seat No**	**Assessment of Workbook 15 Marks**				**Viva 15 Marks**				**Total 30 Marks**
		Int	**Ext**	**Total**	**Average**	**Int**	**Ext**	**Total**	**Average**	
1										
2										
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Format of the Report Writing

Name of the NGO/ Rehabilitation Centre etc.,

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- **Brief information about the Centre**

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- **Objectives of the visit**

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- **Observations made**

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- **Outcomes**

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- **Photographs**

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : I

Course Type : SKILL ENHANCEMENT COURSE (SEC)

Course Name : Art of Effective Communication

Course Code : SEC – 101 – PSY

No. of hours : 30

No. of Credits : 02

Course objectives:

The course will cover knowledge about:

1. Principles of verbal, non-verbal and emotional communications
2. Uses of different channels of nonverbal communication
3. Process and barriers in listening and styles of effective listening
4. Goals and strategies for impression formation and impression management

Course outcomes:

At the end of this course, students will be able to:

1. Describe and use principles of verbal, non-verbal and emotional communications
2. Demonstrate the uses of different channels of nonverbal communication
3. Demonstrate use of effective verbal message and emotional competence
4. Apply the strategies for impression formation and impression management

UNIT 1: FOUNDATION OF INTERPERSONAL COMMUNICATION [15]

1.1 The Nature and Elements of Interpersonal Communication

1.2 Principles of Communication: Verbal message and Non-verbal message, Emotional Messages

1.3 Channels of Nonverbal Communication

1.4 Barriers of Communication

UNIT 2: ART OF EFFECTIVE COMMUNICATION [15]

2.1 Perception in Interpersonal Communication

2.2 Listening: Process, Barriers and Styles of Effective Listening

2.3 Guidelines for Using Verbal Messages Effectively & Emotional Competence

2.4 Impression Formation & Impression Management: Goals and Strategies

Book for References:

1. DeVito, J. A. (2016). The Interpersonal Communication Book (14th Ed). New York: Pearson Education Limited.

2. Barker, A. (2010). Improve your Communication Skills. New Delhi: Kogan Page Limited.
3. Hayes, J. (2002). INTERPERSONAL SKILLS AT WORK, USA, Routledge.
4. Mitra, B.K. (2016). Personality Development and Soft Skills (2nd Ed). New Delhi: Oxford University Press.
5. तडसरे, तंबाके, पाटील, आणि दरेकर (2003). सामाजिक मानसशास्त्र. कोल्हापूर: फडके प्रकाशन.

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : I

Course Type : OPEN ELECTIVE (OE)

Course Name : Psychology of Adjustment and Stress

Course Code : OE – 101 – PSY

No. of hours : 30

No. of Credits : 02

Course outcomes:

At the end of this course, students will be able to:

5. Describe determinants of adjustment and perception towards change.
6. Discuss the different types of stress and responses to it.
7. Differentiate ways of coping with stressors in modern life.

Unit 1: Introduction To Psychology, Adjustment And Stress [15]

1.1 Psychology: Definition, Nature, Scope and Goals

1.2 Adjustment: Definition, Determining Adjustment in Individuals

1.3 Perception of Change: Positive and Negative Change Events, Planned and Unplanned Change,

1.4 Stress: Meaning and Nature; Types of stress (Frustration, Conflict, Change, Pressure); Responses to Stress: Emotional, Physiological, Behavioural Responses

Unit 2: Coping With Stress [15]

2.1 Common Coping Patterns: Giving Up, Striking Out at Others, Indulging Yourself, Blaming Yourself, Using Defensive Coping

2.2 Appraisal-Focused Constructive Coping: Ellis's Rational Thinking, Humor, and Positive Reinterpretation

2.3 Problem-Focused Constructive Coping: Using Systematic Problem Solving, Seeking Help, Using Time More Effectively, and Improving Self-Control

2.4 Emotion-Focused Constructive Coping: Enhancing Emotional Intelligence, Releasing Pent-Up Emotions, Managing Hostility and Forgiving Others, Meditating, and Using Relaxation Procedures

READINGS

Weiten, W.; Dunn, D. S. & Hammer, E. Y. (2018). Psychology applied to modern life: Adjustment in the 21st century (12th Ed.). Canada: Cengage Learning.

Moritsugu, J., Vera, E.M., Jacobs, J.H. & Kennedy, M. (2017). Psychology of Adjustment: The Search for Meaningful Balance. New Delhi: Sage Publications, Inc.

Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). Psychology (5th Ed. Indian Adaptation). Pearson India Education Services Pvt. Ltd.

Feldman, S. R. (2021). Essentials of understanding psychology (14th Ed.) Mc Graw Hill.

Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.

Taylor, S. E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : II

Course Type : MAJOR MANDATORY THEORY

Course Name : Fundamentals of Psychology

Course Code : PSY 151 MJ

No. of hours : 30

No. of Credits : 02

Course Outcomes:

Upon successful completion of this course, students will be able to

1. Understand and explain basic concepts of Motivation and emotion.
2. Understand and explain basic theories of personality.

Unit 1: Motivation and Emotion **(15)**

1.1 Motivation: Definition and Maslow's Hierarchy

1.2 Types of Motivation: Physiological and Social

1.3 Emotion: Definition and Basic Emotions, Importance of Emotion

1.4 Emotional Intelligence: Definition and Components

Unit 2: Personality **(15)**

2.1 Personality: Definition, Nature and Misconceptions

2.2 Theories of Personality: Freud's Psychoanalytical Theory

2.3 Trait theory of Personality: Allport, Cattel Big-5 Model

2.4 Measurement of Personality: Interviews, Self-Report Questionnaires, Projective techniques

READINGS

Baron, R. and Misra, G. (2016). Psychology: Indian Subcontinent Edition. Noida: Pearson

Ciccarelli, S. K.; White J. N. Adapted by Misra, G. (2018). Psychology (5th Edition). Noida: Pearson.

Feldman R. S. (2015). Understanding Psychology (12th Ed.) New Delhi : Tata McGraw Hill.

Nolen-Hoeksema, S., Fredrickson, B. L., Loftus, G. R., & Wagenaar, W. A. (2009). Atkinson & Hilgard's Introduction to psychology. Cengage Learning: New Delhi.

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Name of the Programme : B.A. Psychology
Class : F.Y.B.A.
Semester : II
Course Type : MAJOR MANDATORY THEORY
Course Name : Psychology Practicals – 2
Course Code : PSY 152 MJ
No. of hours : 60
No. of Credits : 02

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Acquaint how to conduct the tests and relate their practical applications
3. Acquaint with several data collection methods of psychology.
4. Develop basic skills of report writing in psychology.
5. Evaluate practical implementation of the psychological testing in real life.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The course consists of laboratory and non-laboratory practicals it will be helpful to the students to learn basic research based psychological skills.

Topic No.	Topic Name	Sub Topic	No. of Periods
	Select any Three of the following		
1	Assessment of Memory Improvement techniques	Prepare and submit a detailed report on Use of Memory improvement techniques for 9^{th} to 12^{th} std students.	20
2	Behavioural Observation & Analysis	Interaction with any 3 senior citizens to understand their challenges in forgetting. Prepare and submit a detailed report of the same.	20

3	Field Visit	Field visit to Special school/Rehabilitation centre/old age homes etc., in nearby location which is providing mental health related services. Visit such place, prepare and submit the detailed report of the same.	20
4	Movie Analysis	Select any Psychological theme based movie (suggest by your mentor) critically analyze that movie and movie character in such a way so that student can relate the syllabus in a more interesting manner. prepare and submit a detailed psychological review report of the same.	20

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be demonstration and conduction of practicals based on psychological tests.
3. Under the guidance of subject teacher students will conduct the field visit/tests/movie analysis assessment of memory improvement techniques/behavioural observation & analysis
4. Students will prepare the workbook of component A and reports for the component B.

Examination Pattern:

Practical Paper of 2 Credits - 60 clock hours

- Internal Exam (20 Marks) + University Practical Exam (30 Marks) = 50 Marks.

a) For Internal Examination

iii) Each Report: 05 Marks (3 reports = 15 marks)

iv) Overall punctuality - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 70 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 20 students for practical examination

Sr. No	Seat No	Assessment of Workbook 15 Marks				Viva 15 Marks				Total 30 Marks
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Format of the Report Writing

- **Name of the NGO/ Rehabilitation Centre etc.,**

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- **Brief information about the Centre**

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- **Objectives of the visit**

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- **Observations made**

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- **Outcomes**

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- **Photographs**

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : II

Course Type : SKILL ENHANCEMENT COURSE (SEC)

Course Name : Managing Relationship, Conflicts and Stress

Course Code : SEC – 151 – PSY

No. of hours : 30

No. of Credits : 02

Course objectives:

The course will cover knowledge about:

1. The stages of relationship and relationship communication
2. Characteristics, types, needs and communications in friendship, love and family relationships
3. Principles and strategies for conflict management
4. Nature, types and consequences of stress

Course outcomes:

At the end of this course, students will be able to:

1) Describe the characteristics, types, needs and communications in friendship and love relationship
2) Explain characteristics, types, needs and communications in family relationship
3) Demonstrate use of conflict management strategies
4) Apply healthy coping strategies for effective management of stress and its consequences

UNIT 1: MANAGEMENT OF INTERPERSONAL RELATIONSHIP

1.1 Relationship Stages and Relationship Communication
1.2 Interpersonal Relationship Types: Friendship
1.3 Interpersonal Relationship Types: Love
1.4 Interpersonal Relationship Types: Family

UNIT 2: CONFLICT AND STRESS MANAGEMENT

2.1 Interpersonal Conflict: Preliminaries and Principles
2.2 Conflict Management Strategies
2.3 Stress: Nature and Types
2.4 Effect of Stress and Management of Stress

Book for References:

1) DeVito, J. A. (2016). The Interpersonal Communication Book (14th Ed). New York: Pearson Education Limited.
2) Weiten, W.; Dunn, D. S. & Hammer, E. Y. (2018). Psychology applied to modern life: Adjustment in the 21st century (12th Ed.). Canada: Cengage Learning.

Name of the Programme : B.A. Psychology

Class : F.Y.B.A.

Semester : II

Course Type : OPEN ELECTIVE (OE)

Course Name : Psychology of Interpersonal Relationships

Course Code : OE – 151 – PSY

No. of hours : 30

No. of Credits : 02

Course outcomes:

At the end of this course, students will be able to:

1. Explain the determinants of attraction and relationship development.
2. Discuss psychological aspects of friendship and romantic love
3. Discuss the marital adjustment across the Family Life Cycle and vulnerable areas
    1. in marital adjustment
4. Describe the factors affecting decision for marriage and alternatives to marriage

Unit 1: FRIENDSHIP AND LOVE [15]

1.1 Perspectives on Close Relationships, Initial Attraction and Relationship Development

1.2 Friendship: What Makes a Good Friend? Gender Differences in Friendship

1.3 Romantic Love: Sexual Orientation and Love, Gender Differences Regarding Love,
Theories of Love

1.4 Loneliness & overcoming Loneliness

Unit 2: MARRIAGE AND INTIMATE RELATIONSHIPS [15]

2.1 Marriage: The Motivation to Marry, Selecting a Mate, Predictors of Marital Success

2.2 Marital Adjustment across the Family Life Cycle

2.3 Vulnerable Areas in Marital Adjustment

2.4 Intimate Violence and Divorce

READINGS

Weiten, W.; Dunn, D. S. and Hammer, E. Y. (2018). Psychology applied to modern life: Adjustment in the 21st century (12th Ed.). Cengage Learning, Canada.

Baron, R. A., Branscombe, N. R., and Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th Ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009.

Gruman, J.A., Schneider, F.W. & Coutts, L.M. (2017). Applied Social Psychology: Understand and Addressing Social and Practical Problems (3rd Ed.). New Delhi: Sage Publication, Inc.

Steg, L., Buunk, A. P. & Rothegatter, T. (2008). Applied Social Psychology: Understanding and Managing Social Problems. New York: Cambridge University Press.