SOPHIA COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to the University of Mumbai

Programme: Arts

Psychology (Minor)

Syllabus for the Academic Year 2024-2025

based on the National Education Policy 2020

SOPHIA COLLEGE (AUTONOMOUS)

DEPARTMENT OF PSYCHOLOGY

COURSE DETAILS FOR MINOR:

	SEMESTER 1		SEMESTER 2
TITLE	**Fundamentals of Psychology**		**Theories of Personality**
TYPE OF COURSE - DSC	**Minor**		**Minor**
CREDITS	**4**		**4**

Preamble:

Psychology is the study of the human mind and the cognitive processes that underpin behaviour. The study of psychology is based on research and evidence gathered through observation, measurement, and experimentation. The discipline focusses on describing, understanding, explaining, predicting, and modifying behaviour and mental processes. The aim is to help people understand themselves and others so that they can bring about change and improve the quality of life for themselves and those around them.

The B.A. Psychology programme focusses on exposing students to the core tenets of Psychology, accentuating the significance of interpersonal skills, and fostering within its researchers and practitioners, a scientific temper. The course has been designed to also generate awareness about mental health issues and inculcate, among students, a sensitive approach to psychosocial issues. The programme has been developed to ensure a mix of academic rigour with an exposure to real-world issues and the Department of Psychology has been organising conferences, seminars, guest lectures, and film screenings to further the learning process of students.

SOPHIA COLLEGE (AUTONOMOUS)

Psychology is one of the fastest-growing disciplines with developments in information technology, artificial intelligence, brain imaging, molecular biology, and neuroscience making it multidisciplinary, challenging, and exciting. The programme fosters empathy, critical thinking, and research skills among students, enabling them to pursue careers in mental health care, academia and research, human resources, rehabilitation, media, law, special education, neuropsychology etc.

PROGRAMME OBJECTIVES

PO 1	To understand the basic concepts of psychology.
PO 2	To create an exposure and knowledge of the discipline of psychology with a variety of papers from different fields of psychology.
PO 3	To stimulate an interest in psychology by highlighting the relevance and applications of Psychology in everyday life.
PO 4	To expose students to the theories and research in various fields of psychology.
PO 5	To generate an awareness of and a critical understanding of various ethical considerations within the field of psychology.

PROGRAMME SPECIFIC OUTCOMES

PSO 1	**Knowledge:** Recall and understand the basic concepts, theories, and principles within the field of psychology.
PSO 2	**Women's issues/Human rights issues:** Evaluate and examine different perspectives of psychological reality and to generate more humane and sensitive alternatives.

SOPHIA COLLEGE (AUTONOMOUS)

PSO 3	**Research Competencies:** Understand, develop and apply principles and skills of experimentation and research in various domains of psychology. To explore and hone research skills
PSO 4	**Critical thinking /Practical Applications:** use their knowledge of psychology to analyse and evaluate information in their environment and be aware of biases and assumptions. To recognise and acknowledge various viewpoints and perspectives

Programme: Arts Psychology Minor	**Semester – 1**
Course Title: Fundamentals of Psychology	**Course Code: APSY111MN**

COURSE OBJECTIVES:
1. To provide students with an understanding of the historical development, current trends, and potential future directions within the field of psychology.
2. To familiarise students with various psychological concepts like motivation, intelligence, and stress, and their physiological aspects
3. To help students recognise the impact of stress on well-being and equip them with ways to mitigate its effects

COURSE OUTCOMES:
The learner will be able to:
1. describe the historical development of psychology and identify key figures and milestones in the field
2. demonstrate an understanding of various theories of intelligence, motivation, emotion, and stress
3. identify stressors in daily life and mitigate their effects

Lectures per week (1 Lecture is 60 minutes)		**4**	
Total number of Hours in a Semester		**60**	
Credits		**4**	
Evaluation System	**Summative Assessment**	**2 Hours**	**50 marks**
	Continuous Assessment	**--**	**50 marks**

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UNIT 1 Overview to the Field of Psychology (1 Credit)	1.1	Introduction to Psychology: Past, Present, and Future Areas	15 hours
	1.2	Scientific Research and Ethics	
	1.3	Overview to the Nervous System	
	1.4	Overview of the Brain	
UNIT 2 Cognition and Intelligence (1 Credit)	2.1	Thinking and Problem Solving	15 hours
	2.2	Decision Making	
	2.3	Theories of Intelligence	
	2.4	Measuring Intelligence	
UNIT 3 Motivation and Emotion (1 Credit)	3.1	Theories of Motivation	15 hours
	3.2	Hunger	
	3.3	Theories of Emotion	
	3.4	Culture and Emotion	
UNIT 4 Stress (1 Credit)	4.1	Stress and Stressors	15 hours
	4.2	Physiological Factors	
	4.3	Psychological Factors	
	4.4	Coping with Stress	

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ASSESSMENT DETAILS:

I.   **Continuous Assessment (CA): 50 marks**

II. **Summative Assessment (SA): 50 marks**

<u>**REFERENCES:**</u>

Main book for study-

Ciccarelli, S. K., & White, J. N. (2022). *Psychology.* Pearson Education Limited. 6th Edition.

Books for reference-

Baron, Robert A. & Misra, Girishwar, (2021). *Psychology.* Pearson India Education Services Pvt Ltd.

Henley, T. (2019). *Hergenhahn's An Introduction to the History of Psychology.* Cengage Learning.

Schultz, D. P., & Schultz, S. E. (1998). *Theories of personality*. Cengage Learning.

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Programme: Arts Psychology Minor	Semester – 2
Course Title: Theories of Personality	**Course Code: APSY122MN**

COURSE OBJECTIVES:

1. To introduce students to the key theoretical perspectives in psychology
2. To foster an understanding of the diverse approaches and the interconnectedness of various theoretical perspectives

COURSE OUTCOMES:

The learner will be able to:
1. demonstrate an understanding of the core concepts, principles, and limitations of various theories
2. identify the concepts of various perspectives in everyday life

Lectures per week (1 Lecture is 60 minutes)		**4**	
Total number of Hours in a Semester		**60**	
Credits		**4**	
Evaluation System	**Summative Assessment**	**2 Hours**	**50 marks**
	Continuous Assessment	**--**	**50 marks**

SOPHIA COLLEGE (AUTONOMOUS)

UNIT 1 Psychoanalytic and Neo-Freudian Perspectives (1 Credit)	1.1	Sigmund Freud: Psychoanalytic Theory	15 hours
	1.2	Carl Jung: Analytical Psychology	
	1.3	Alfred Adler: Individual Psychology	
	1.4	Karen Horney: Neurotic Needs and Trends	
UNIT 2 Behaviourist Perspective (1 Credit)	2.1	Ivan Pavlov: Classical Conditioning	15 hours
	2.2	B.F. Skinner: Operant Conditioning	
	2.3	Albert Bandura: Social Learning Theory	
	2.4	Martin Seligman: Learned Helplessness Theory	
UNIT 3 Humanistic and Trait Perspectives (1 Credit)	3.1	Abraham Maslow: Needs-Hierarchy Theory	15 hours
	3.2	Carl Rogers: Self-Actualisation Theory	
	3.3	Gordon Allport: Motivation and Personality	
	3.4	Trait Theories: Cattell, McCrae, and Costa	
UNIT 4 Existential and Gestalt Perspectives (1 Credit)	4.1	Rollo May: Existential Theory	15 hours
	4.2	Victor Frankl: Logotherapy	
	4.3	Gestalt Psychology: Theory and Principles	
	4.4	Fritz Perls' Approach to Gestalt	

SOPHIA COLLEGE (AUTONOMOUS)

ASSESSMENT DETAILS:

    I.   **Continuous Assessment (CA): 50 marks**

    II.   **Summative Assessment (SA): 50 marks**

REFERENCES:

Main book for study-

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Schultz, D. P., & Schultz, S. E. (1998). *Theories of personality*. Cengage Learning.