

**VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT.**

**S.Y.B.A.: (EXTERNAL)**

**PSYCHOLOGY PAPER- III**

**An Introduction to Social Psychology**

**(To Come In Force from June – 2015)**

**University Exam: 100 Marks**

**UNIT-I**

**1. Introduction to Social Psychology.**

- Defination Of Social Psychology.
- Nature, Goal & Scope Of Social Psychology.
- Relation between Social Psychology & General Psychology, Social Psychology & Sociology, Social Psychology & Anthropology.
- Importance Of Social Psychology.

**2. Methods Of Social Psychology.**

- Stages In The Development Of Scientific Study.
- Methods: Introspection, Observation, Interview, Questionnaire, Experimental, Projective Technique.

**UNIT-II**

**3. Motivation.**

- Nature of Motivation.
- Types of Motivation.
- Social Incentives.

**4. Social Interaction**

- Importance Of Social Interaction.
- Types Of Social Interaction.
- Modes Of Social Interaction.
  - Co-Ercion.
  - Co-Operation.
  - Competition.
  - Conflict.
  - Accomodation.

**5. Mechanism Of Social Interaction.**

- Imitation.
- Suggestion.
- Sympathy – Empathy.
- Social Facilitation.

- Social Inhibition.
- Identification.

### **UNIT-III**

#### **6. Social Norms, Roles and Status.**

- Social Norms.
- Formation of Social Norms.
- The Concept of Social Role.
- Social Status.

#### **7. Social Attitude.**

- Definition and Nature Of Social Attitude.
- Attitude Formation.
- Attitude Change.
- Measurement of Attitude.
  - Bogardus Distance Scale.
  - Thurstone's Scale.
  - Likert's Scale.

#### **8. Prejudice & Stereotypes.**

- Nature & Characteristics of Prejudice.
- Growth of Prejudice.
- Methods for Reducing Prejudice.
- Stereotypes.
- Hostile Action.

### **UNIT-IV**

#### **9. Public Opinion.**

- Meaning of Public Opinion.
- Formation of Public Opinion.
- Rational and Irrational Aspects In Opinion Formation.
- Leadership and Public Opinion.
- Media of Mass Communication.
- Change in Public Opinion.

#### **10. Propaganda.**

- Definition and Characteristics Of Propaganda.
- Education and Propaganda.
- Techniques Of Propaganda.
- Propaganda Propensity.

### **UNIT-V**

#### **11. Crowd & Audiences.**

- Definition and Characteristics Of Crowd.
- Types of Crowd.
- Characteristics of Audiences.
- Types of Audiences.

## **12. Some Phenomena Of Collective Behaviour.(Fashion, Fad, Craze & Rumours)**

- Fashion.
- Fashion & Fad.
- Fashion & Craze.
- Psychology of Fashion.
- Rumours.
- Types of Rumours.

## **13. Groups and Leadership.**

- What Is Group?
- Characteristics of Group.
- Types of Groups.
- Leadership – What Is Leadership?
- Leadership and Dominance.
- Types of Leadership.
- Traits of Leadership.
- Functions of A Leader.
- Autocratic and Democratic Leadership.

## **Readings:**

1. Feldman R. S. (1986) “Social psychology”, Theories, research and applications; , Mc Graw hill Book Co., New York.
2. Baron R. A. Byrned. D. (1998) “Social Psychology”, Prentice Hall, New Delhi.
3. Tylor, Pelay, Sears (1994), “Social Psychology”, 8<sup>th</sup> Ed., Prentice Hall, New Delhi.
4. Kuppuswamy B. (1965), “An Introduction to Social Psychology”, Asia Publishing House, Bombay.
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6. Bogardus E. S. (1923) “Fundamentals of Social Psychology”, Appleton Century.
7. Klinebeg O. (1965) “Social Psychology”, 2<sup>nd</sup> Addition, Holt, New York.
8. Sarget S. S. and Williamson R. C. (1968) “Social Psychology”, 2<sup>nd</sup> Addition, Ronald Press, New York.
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10. Lal Bachchan Tripathi (1999) “Morden Social Psychology”, H. P. Bhargar Book House, Agra.
11. Adinarayan S. P. (1964) “Social Psychology”, Allied Publishers, Bombay.
12. Bonner H. (1953) “Social Psychology - An Inter-Disciplinary Approach”, American Book Co., New York.
13. Katz D. & Schanck R. L.(1938) “Social Psychology”, John Wiley, New York.
14. Hartley T. M. & Newcomb E. L. (1947) “Readings In Social Psychology”, Holt, New York.
15. Krech D., Crutchfield R. S. & Ballachey E. L. (1962) “Individual In Society”, McGrawa Hill, Kogakusha.
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**VEER NARMAD SOUTH GUJARAT UNIVERSITY,SURAT.**

**S.Y.B.A.: (EXTERNAL)**

**PSYCHOLOGY PAPER- IV**

**Fundamentals of Adjustment Psychology**

**(To Come In Force from June – 2015)**

**University Exam: 100 Marks**

**UNIT- I**

**1 Introduction.**

- Definition-Nature-Importance of Adjustment.
- Field (Scope)-Psychological models of man.

**2 Origin of Adjustment Problems.**

- Process of human development.
- Patterns of human development.
- Healthy and Faulty development.
- Role of motivation.

**3 Reactions to Problems of Adjustment.**

- Problem of adjustment (Stress).
- Reaction to adjustive demands.
- Faulty Patterns of adjustment.

**UNIT- II**

**4 Personal Adjustments.**

- Meaning of Personal adjustment.
- Identifying areas for adjustment.
- How adjusted I am.
- Identifying goals.

**5 Time Management and Study Skills.**

- What is time management?
- Importance of time management.
- Effective and Ineffective time management.
- Tips for effective time management.
- Some misconceptions about time management.
- Design your study area.
- Planning for effective study.
- SQ3R Method.
- were to study.
- In class behaviour.

**UNIT- III**

## **6 Career Planning and Job.**

- Introduction.
- Study and vocational transfer.
- Selection of a Career.
- Effecting factors of career selection.
- Application-Bio data.
- Interview stage.
- Successful Interview.
- Job Stress.
- Women in Workplace.

## **7. Exercise, Health & Adjustment.**

- Introduction.
- Fact about fitness-What is fitness? –Why to be fit?-Energy.
- Systems-Use of energy Systems.
- Methods of exercises-Exercises-Calesthenics-Cardiovascular Exercises-Weight training-Walking. Swimming, Laughing-Yoga
- Program of regular exercise.
- Neutritious food for health.
- Addiction.
- The ways of relieving from addiction.

## **UNIT- IV**

### **8. Interpersonal Relationship.**

- What is relationship?
- How does the relationship start?
- How does relationship develop?
- Intimacy.
- Love and its Principle – Types of love.

### **9. Marriage and Family.**

- Marriage motivation-Selecting a mate.
- Adjustment in marriage.
- Destabilizing factors in marriage.
- Divorce Causes and its effects.
- What is family?
- Family structure.
- Family as interactive systems.

### **10. Human Sexuality and Adjustment.**

- Biology of Sex.
- Patterns of Sexual behaviour.
- Sexual Problems.
- Sexual Values.
- Enjoying Sex.
- Sexual harassment.
- Rap.

## **UNIT-V**

### **11. Stress.**

- Definition and Meaning of Stress.
- Types of Stress.
- Techniques of adjusting Stress.

## **12. School and College Adjustment.**

- School as a new experience.
- Factors in adjustment and learning.
- School as a life situation.

## **13. Old Age Adjustment.**

- The ageing Process.
- Sources of adjustment difficulties.
- Way of adjustment to the ageing Process.

## **Readings:**

1. 'Psychology, adjustment and everyday living' – by Garry L & J. Grayson Osborne (1989), Prentice Hall, New Jersey.
2. 'Psychology and adjustment', by Ronald J. Cohen (1994) Allyn & Bacon
3. 'Psychology and Effective Behaviour', by James C. Coleman, D.B. Tarapurwala & Co., Mumbai
4. Dr. B.A. Parikh, Dr. R.M. Vyas, Dr. B.B. Dhivar & Prof C.G. Ramparia (2003), 'Samayojananu Manovigyan' Popular Prakashan, Surat.