

Jananayak Chandrashekhar University, Ballia

M.A. Psychology (Minor Paper)

**SYLLABUS**

**Psychology in Human Life**

**मानव जीवन में मनोविज्ञान**

**PSYM408**

**Objectives- At the end of the course students will be able to :**

1. Aware about the nature , implications and relation of psychology with other subjects .
2. Summarize the basic idea behind the seven modern perspectives and differentiate between the various types of professionals within the field of psychology.
3. To make students capable to understand abnormal behavior related issues.
4. To enhance knowledge about the industrial and organization related factors.

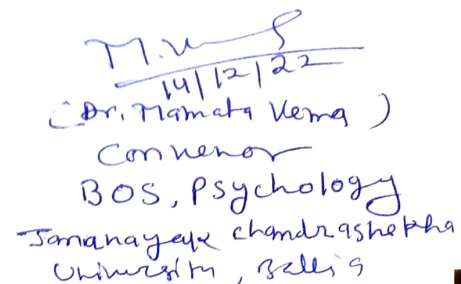
**MAXIMUM MARKS: 100**

**CREDIT: 4**

UNIT	TOPIC	LECTURES(HOURS) (60 hours)
1	Nature and implication of Psychology, areas of specialization and seven modern perspective in psychology, relation of psychology with other subjects.  मनोविज्ञान की प्रकृति एवं अनुप्रयोग, मनोविज्ञान के विशिष्ट क्षेत्र एवं सात आधुनिक दृष्टिकोण, मनोविज्ञान का अन्य विषयों से संबंध ।	12



  
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(Dr. Namata Kema)  
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2	<p>Meaning and Types of Psychological professionals, Career opportunities in the area of psychology, multidisciplinary approach of Psychology.</p> <p>मनोवैज्ञानिक दक्षता और प्रकार, मनोविज्ञान के क्षेत्र में जीविका के अवसर, मनोविज्ञान का बहुआयामी दृष्टिकोण।</p>	12
3	<p>Abnormal behavior – concept, determinants &amp; approaches : biological, psychoanalytic, humanistic, and behavioristic. Promotion of mental health. Psychological intervention for promoting mental health.</p> <p>असामान्य व्यवहार - संप्रत्यय, निर्धारक एवं उपागम : जैविक , मनोविश्लेषणवादी, मानवतावादी और व्यवहारवादी। मानसिक स्वास्थ्य संवर्धन, मानसिक स्वास्थ्य संवर्धन के अंतःक्षेप।</p>	16
4	<p>Job satisfaction – Meaning and factors influencing job satisfaction, big five-factor model, Campbell's model of job performance, Importance of motivation in workplace. occupational Stress, techniques of reducing stress at the workplace.</p> <p>कार्य संतुष्टि - अर्थ , कार्य संतुष्टि को प्रभावित करने वाले कारक, बिग फाइव फैक्टर मॉडल, कैंपबेल का कार्य निष्पादन मॉडल, कार्यस्थल में प्रेरणा का महत्व, व्यावसायिक तनाव, कार्यस्थल पर तनाव कम करने की तकनीकें।</p>	20

**ASSIGNMENT:**

*OR*

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Students will submit assignments in their own words on any one topic. The topics are listed below

1. Role of family, school and society in promotion of mental health
2. Occupation Stress and coping strategies
3. Determinants of Abnormal Behaviour
4. Scope of Psychology

<b>Transactional method/ teaching method</b>	(Chalk & Talk / ICT / Field Trips / PBL / Case Studies / Group Discussion)
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**Books Recommended:**

1. Arnold, H.J. and Feldman, D.C. (1986). *Organizational Behaviour*, McGraw-Hill.
2. Ciccarelli, Sandra. K ( 2018 ). *Psychology* 5<sup>th</sup> edition, Pearson India Education Services Pvt. Ltd.
3. Carson, R.C., Butcher, J.W., Mineka, S., Hooley, J.M. (2007). *Abnormal Psychology*. Pearson Education Inc
4. Dwivedi, R.S. (2001). *Human Relationship and Organization Behaviour*, McMillan, New Delhi.
5. Hunt, R.R., & Ellis, H.C. (2004). *Fundamental of cognitive Psychology* (4<sup>th</sup> edition). New York McGraw -Hill.
6. Luthans, F. (1997). *Organizational Behaviour*, Tata McGraw-Hill, New Delhi.



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