



GOVT. COLLEGE FOR WOMEN, PARADE GROUND, JAMMU-180001, J&K

(Erstwhile Maharani Mahila College)

Autonomous college affiliated to the University of Jammu

(Estd. 1944)

Dr. S.P Sarswat
Principal

E-mail: principalgcwparade@gmail.com

DEPARTMENT OF PSYCHOLOGY
B.A. Programme Curriculum (CBCS)NEP-2020
Session 2022-23,2023-24,2024-25
Semesters-I/II/III (Multidisciplinary)
Choice Based Credit System
Course Code: UPSYMD-101
Course Title-PSYCHOLOGY IN EVERYDAY LIFE

Credits: Theory-03

Theory-45 Lectures

Duration of exam: 3 hours

Internal Examination: 15 marks

External Examination:60 marks

Course Objectives: Students will be oriented with basic concepts of Psychology through which they will be acquainted with the behavioral world and enable them to understand psychological phenomenon of self and others.

Learning Outcomes: After the completion of this course students will be able to-

- Understand the basic concept of psychology as a subject and its application
- Understand fundamentals associated with the cognitive conative and behaviour
- Understand common psychological disorders stress and coping
- Understand concept of self , growth and competence

Unit I:Basics of Psychology-I: Concept of Psychology(meaning & nature of psychology), Concept of Sensation, Perception & Attention, Concept of Learning (characteristics of learning), Concept of Memory (stages of memory, types of memory, forgetting).

Unit II:Basic Psychological Process-II:Concept of intelligence (definition of intelligence, concept of IQ), Concept of Motivation (types of motivation-intrinsic & extrinsic), Concept of Emotion (types of emotion, concept of emotional intelligence).

Unit III: Understanding mental health issues: Symptoms of stress, anxiety & depression, Types of coping strategies- Problem focused, Emotion focused & Social support

Unit IV: Growth and actualizing self: Concept of subjective well-being, optimism, resilience, Maslow's theory of Self Actualization.

Suggested Reading:

Baron, R., & Mishra, G. (2016), Psychology(5th ed.) Pearson.

Ciccarelli, S.K., White, N.J., & Misra, G (2017) Psychology (5th ed., South Asian Edition). Pearson Education.

Atwater, E. & Grover, D & Karen (1999) Psychology for living: Adjustment, growth and Behaviour Today. Prentice Hall.

Carr, A (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Rutledge

INTERNET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through INTERNET surfing.