



Course Syllabus
Gyanmanjari Institute of Arts
Semester-2(B.A)

Subject: Psychology and Effective Behavior – BATPY12306

Type of course: Major (Core)

Prerequisite:

Before delving into the topic of psychology and effective behavior, it's essential to grasp several foundational concepts. Firstly, a fundamental understanding of psychology itself is crucial. This involves knowledge of the various schools of thought within psychology, such as behaviorism, cognitive psychology, and psychoanalysis, among others.

Rationale:

The rationale behind incorporating psychology into the understanding of effective behavior is grounded in the idea that human behavior is complex and influenced by various psychological factors. Psychology provides valuable insights into the ways individuals think, feel, and act, and understanding these psychological processes can contribute to the development of strategies for promoting effective behavior.

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks			Total Marks
CI	T	P	C	SEE	CCE		
					MSE	ALA	
4	4	0	4	100	30	70	200

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE-End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.

4 Credits * 25 Marks = 100 Marks (each credit carries 25 Marks)

SEE 100 Marks will be converted in to 50 Marks

CCE 100 Marks will be converted in to 50 Marks

It is compulsory to pass in each individual component

Psychology and Effective Behavior – BATPY12306



Course Content:

Unit	Course content	Hrs	% Weightage
1	Types and Sources of Stress <ul style="list-style-type: none"> What is stress? Causes of depression Symptoms of depression Sources of stress <ol style="list-style-type: none"> Frustration <ul style="list-style-type: none"> The Meaning of Frustration Causes of Frustration Conflict <ul style="list-style-type: none"> The Meaning of conflict Types of conflict Pressure <ul style="list-style-type: none"> Meaning of Pressure Sources of Pressure Causes of Pressure 	15	25
2	The world of work <ul style="list-style-type: none"> Concept and meaning Basic psychology and work psychology Changing perspective about business Factors affecting career planning Professional preferences and past learning experiences Stress at work Manage workplace stress Working women 	15	25
3	Rational / Intellectual Ability <ul style="list-style-type: none"> Factors related to learner Learning Content Factors Method of learning Response 	15	25
4	Social Competence <ul style="list-style-type: none"> Social competence Recognition of mutual objectives, rights and responsibilities A realistic view of self and others Adequate structure and communication Factors in Satisfactory Interpersonal Accommodation 	15	25



Continuous Assessment:

Sr. No	Active Learning Activities	Marks
1	Exploring Learning Styles: Students need to explore different learning styles like visual and auditory and create short video about study techniques based on learning style and upload it on GMIU web Portal.	10
2	Effect of Music on Mood : Students have to investigate how different types of music affect people's moods and emotions and prepare a small survey report on it and upload on GMIU web Portal.	10
3	Stress Journal : Students have to prepare a stress journal to identify trigger points and emotions associated with stress and depression. Stress behavior should be noted a form of report and uploaded on GMIU web Portal.	10
4	Activity: Students should conduct unique and different intellectual activities for children or youth and upload their videos on GMIU web portal.	10
5	Career Practice Book: Faculty will ask students to investigate the impact of psychology on career decisions, and creatively share their findings on the portal.	10
6	Creativity Enhancing Exercise: To measure the impact of Tagline on the mindset of the people students have to search one tagline of any product and do some analysis on it as per the criteria given by faculty and upload it on GMIU web portal. Example: "Jivan Ke Sath Bhi Jivan Ke Bad Bhi." Investigate the effect of this tag line on the people.	10
7	Attendance	10
Total		70



Suggested Specification table with Marks (Theory): 100

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	40%	40%	20%			

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course the students should be able to:	
CO1	Know about adjustment issues, Psychological Stress, Self-Reflection, Empathy and Compassion.
CO2	Understand the Labor Market, Workplace Dynamics, Financial Literacy, Ethical and Social Responsibility.
CO3	Gain knowledge of Logical Reasoning, Cognitive Biases, and Self-Awareness.
CO4	Aware about Effective Communication, Social Dynamics, Conflict Resolution, etc.

Instructional Method:

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, e-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.



Reference Books:

- [1] Bhatt, Y.H. and other author (2004-5). 3rd Ed. "Psychology and Effective Behaviour" C. Jammadas Co. Ahmadabad, Page No. 1, 24, 49.
- [2] Coleman, J.C. (1987). 1st Ed. 'Psychology and Effective behavior. D.B. Toraporevala Sons & Co., Bombay-1 P.No. 28, 110.
- [3] Morgan, C.T. King, R. A. Weisz, J. R. Sohopler, J., (1986) 7th Ed., 'Introduction to psychology' Mc. grow Hill book, Delhi, P.No. 50, 115.
- [4] Cowen, E.L. (1952). 1st Ed. 'The Influence of Varying Degrees of psychological stress on problem solving rigidity'. The Journal of Abnormal and Social psychology, P.No. 47, 512-519.

