

SARDAR PATEL UNIVERSITY
B.A. Psychology (CBCS) SEMESTER: II Core Course
Syllabus with Effect from: June -2018

Objective:

1. To equip the learner with an understanding of the concept of Frustration
2. To impart an understanding of the various: Conflict and Pressure

Paper Code: UA02CPSY21		Total Credit: 3
Title Of Paper: PSYCHOLOGY & EFFECTIVE BEHAVIOUR		
Unit	Description in Detail	weightage (%)
1.	Frustration Definition of Frustration Causes of Frustration (Harmful effect and constructive effect) Adjustment of Frustration, Frustration of tolerance, Causes of Frustration of tolerance	25%
2.	Conflict and Pressure Definition of Conflict types of Conflict General Conflict of our Society Definition of Pressure types of Pressure General Pressure of our Society Causes of Stress	25%
3.	Emotional Competence Pattern of emotional Experience, Pattern of emotional Expression and control, Understanding and functioning with Emotions, Fostering constructive Emotion, special Strategies for emotional weak spot, dealing with problem emotion	25%
4.	Vocational Adjustment Difference between school and job, Stages of career planning, Factors affecting of job selection, job satisfaction, working women	25%
Readings:	1..H.C.Smith - The personal Adjustment 2.Shaffer and shoben - Psychology of personal Adjustment. 3.Lehner and kube : The Dynamics of personal Adjustment 4. H .C.Smith Personality of And Adjustment 5.James C. Colman Psychology and Effective behaviuor	

