

**SARDAR PATEL UNIVERSITY**  
**B.A. Psychology (CBCS) SEMESTER: II Generic Elective**  
**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

<b>Paper Code: UA02GPSY21</b>		<b>Total Credit: 3</b>
<b>Title Of Paper: PSYCHOLOGY &amp; EFFECTIVE BEHAVIOUR</b>		
<b>Unit</b>	<b>Description in Detail</b>	<b>weightage (%)</b>
<b>1.</b>	<b>Frustration</b> Definition of Frustration Causes of Frustration (Harmful effect and constructive effect) Adjustment of Frustration, Frustration of tolerance, Causes of Frustration of tolerance	25%
<b>2.</b>	<b>Conflict and Pressure</b> 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%
<b>3.</b>	<b>Emotional Competence</b> 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%
<b>4.</b>	<b>Vocational Adjustment</b> Difference between school and job, Stages of career planning, Factors affecting of job selection, job satisfaction, working women	25%
<b>Readings:</b>	1..H.C.Smith - <b>The personal Adjustment</b> 2.Shaffer and shoben - <b>Psychology of personal Adjustment.</b> 3.Lehner and kube : <b>The Dynamics of personal Adjustment</b> 4. H .C.Smith <b>Personality of And Adjustment</b> 5.James C. Colman <b>Psychology and Effective behaviuor</b>	

