



BACHELOR OF ARTS PSYCHOLOGY
BA PSYCHOLOGY Semester 02
(Effect from June 2021-2022)

Course Code	UA02CPSY51	Title of the Course	PSYCHOLOGY OF EFFECTIVE BEHAVIOUR
Total Credits of the Course	04	Hours per Week	04

Course Objectives:	1. To equip the learner with an understanding of the concept of Frustration 2. To impart an understanding of the various: Conflict and Pressure
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Course Content		
Unit	Description	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.	Social Competence Foundation of Good Interpersonal Relationship (1.Recognition of mutual Purposes, Rights and Responsibilities, 2.A Realistic View of self and other 3.Adequate Structure and Communication4.Factoers in Satisfactory Interpersonal Accommodation) Improving Social Competence (1.Helping to meet the needs of Otters 2.Mainting One's Own Integrity 3.Being Sensitive to the requirements of the Situation 4. Learning to Communicate more Effectively)	25%

Teaching-Learning Methodology	ICT, Group Discussion Lecture method, Class room Seminar, quiz
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	15%
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	15%
3.	University Examination	70%

Course Outcomes: Having completed this course, the learner will be able to	
1.	Understanding the meaning and processes of Frustration.
2.	Demonstrating an appreciation of various Conflict and Pressure.
3.	Meaning of Pattern of emotional Experience.
4.	Understanding of Conflict and Pressure dealing with Emotional Competence.

Suggested References:	
Sr.	References
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 behaviour
6.	rj nllkallt p3e, wratkmar Manovi) an AneAsrkark vtR, sl.j mnadasnl kpnI, Amdavad
On-line resources to be used if available as reference material	
On-line Resources: www.varywelmind.com www.all/about/psychology.com	
www.sparknote.com www.psychologydisscusion.net www.cliffsnotes.com	

