

Shri Govind Guru University

(Established by Government of Gujarat Vide Gujarat Act no 24/2015)



**Faculty of Arts Bachelor
of Arts**

Syllabus for Psychology

(NEP- 2020 Programme)

Semester 5 to 6

**Effective from June-
2025-2026**

Website: www.sggu.ac.in

Course Name-Bachelor of Arts

Semester -5

Subject: Psychology

Sr. No.	Subject Code	Paper/Subject Name in English	Course Type	Internal Marks		Credit (Internal)	External Marks		Credit (External)	Total Marks		Total Marks	Total Credit	Paper Duration	Practical Duration
				Theory	Practical		Theory	Practical		Theory	Practical				
1	BA23MJ5PS1	Research Methods and Statistics in Psychology - I	Major Course-1	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
2	BA23MJ5PS2	Indian Psychology	Major Course-2	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
3	BA23MJ5PS2	Counseling Psychology- I	Major Course-3	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
4	BA23MN5PS1	Psychology of Adjustment - I	Minor Course	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
5	BA23MN5PS2	Psychology of Personality	Minor Course	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
6	BA023SE508	Self-Awareness and Interpersonal Relationships	SEC-Skill-Enhancement Course	25	NIL	2	25	NIL	2	50	NIL	50	2	1.00hr	NIL

22(Credit)

CourseName-BachelorofArts

Semester -6

Subject: Psychology

Sr. No.	Subject Code	Paper/SubjectNamein English	Course Type	Internal Marks		Credit (Internal)	External Marks		Credit (External)	Total Marks		Total Marks	Total Credit	Paper Duration	Practical Duration
				Theory	Practical		Theory	Practical		Theory	Practical				
1			MajorCourse-1	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
2			MajorCourse-2	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
3			MajorCourse-3	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL

4			Minor Course(Any One)	50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
4				50	NIL	4	50	NIL	4	100	NIL	100	4	2.00hr	NIL
5			AEC - Ability Enhancement Course	25	NIL	2	25	NIL	2	50	NIL	50	2	1.00hr	NIL
6			SEC-Skill Enhancement Course	NIL	NIL	4	NIL	100	4	NIL	100	100	4	Nil	10min

22(Credit)

SHRI GOVIND GURU UNIVERSITY, GODHRA
Bachelor of Arts (UG) Subject Psychology Syllabus Structure NEP-2020 Credit
Structure SEMESTER - 05
From JUNE-2025-2026

Semester	Course Types	Paper Number/code	Paper Name	Remarks
	Semester-5			
V	Discipline Specific Course-Major	BA23MJ5PS1	Research Methods and Statistics in Psychology - I	04 Credit
		BA23MJ5PS2	Indian Psychology	04 Credit
		BA23MJ5PS2	Counseling Psychology- I	04 Credit
	Minor	BA23MN5PS1	Psychology of Adjustment - I	04 Credit
		BA23MN5PS2	Psychology of Personality	04 Credit
	Multi Discipline	-----	-----	-----
	Ability Enhancement Course	-----	-----	-----
	Skill Enhancement	BA023SE508	Self-Awareness and Interpersonal Relationships	02 Credit
	Common Value Added Course	-----	-----	-----

SHRI GOVIND GURU UNIVERSITY, GODHRA
 Bachelor of Arts (UG) Subject: PSYCHOLOGY Syllabus Structure NEP -2020
 Credit Structure SEMESTER - 06
From JUNE-2025-2026

Semester	Course Types	Paper Number/code	Paper Name	Remarks
	Semester-6			
VI	Discipline Specific Course- Major			04 Credit
				04 Credit
				04 Credit
	Minor(Any one)			04 Credit
				04 Credit
	Multi Discipline	-----	-----	-----
	Ability Enhancement Course	-----	-----	02 Credits
	Skill Enhancement			04 Credit
	Common Value Added Course	-----	-----	-----

B. A. SEMESTER V COURSES

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: RESEARCH METHODS AND STATISTICS IN PSYCHOLOGY - I								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ5PS1	Major Course-1	4	60	-	50	50	100

Course Objectives:	<ol style="list-style-type: none"> 1. To acquaint students with the basic concepts of research methods and statistics. 2. To Provide students a perspective of research methods. 3. To educate students with the process and the methods of quantitative and qualitative psychological research traditions. 4. To familiarize students with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1.	Students will learn about meaning of research, functions of research, research process and various types of research.
2.	Student will learn about how to select research topic, various types of hypothesis and variables and relevance and necessity of hypothesis.
3.	Students will gain knowledge of a wide range of statistical procedures, including discrete and continuous series, frequency distribution, and the calculation of mean, median, and mode (including categorical data)
4.	Students will understand the ethical and practical aspects of conducting research with human participants.
5.	Students will develop teamwork and interpersonal skills through collaborative efforts in solving statistical problems.
6.	Students will understand how data can inform psychological theory and vice versa.

Course Content		
Unit	Description	Marks
1 સંશોધન પ્રક્રિયા Research Process	૧. સંશોધનનો અર્થ અને વ્યાખ્યા ૨. સંશોધનના કાર્યો ૩. સંશોધન પ્રક્રિયા વિશે સમજ મેળવવાનું મહત્વ (મૂલ્ય) ૪. સંશોધન પ્રક્રિયાના મુખ્ય સોપાનો ૫. સંશોધનના પ્રકારો 1.Meaning and Definition of Research 2.Functions of Research 3.Importance of Understanding the Research Process (Value) 4.Major Steps of the Research Process 5.Types of Research	20%
2 સંશોધન સમસ્યાની પસંદગી અને ઘડતર Selection and formulation of research problem	૧. સંશોધનના વિષયની પસંદગી ૨. વિશિષ્ટ સંશોધન સમસ્યાનું ઘડતર ૩. ઉત્કલ્પનાનો અર્થ અને તેના પ્રકારો ૪. ઉત્કલ્પનાની સાર્થકતા અને જરૂરિયાત ૫. પરિવર્ત્યનો અર્થ અને તેના પ્રકારો 1.Selection of research topic 2.Formulation of specific research problem 3.Meaning of hypothesis and its types 4.Relevance and necessity of hypothesis 5.Meaning of variable and its types	20%
3	૧. આંકડાશાસ્ત્રની વ્યાખ્યા અને મહત્વ	

આંકડાશાસ્ત્રના મૂળભૂત ખ્યાલો અને મધ્યવર્તી સ્થિતિના માપો Basic concepts of statistics and measures of central tendency	૨. ખંડિતશ્રેણી અને અખંડિતશ્રેણી ૩. આવૃત્તિ વિતરણ ૪. મધ્યવર્તી સ્થિતિના માપો (મધ્યક, મધ્યસ્થ, બહુલકની વર્ગીકૃત ગણતરી) 1.Definition and importance of statistics 2.Discrete series and continuous series 3.Frequency distribution 4.Measures of intermediate status (mean, median, classified calculation of mode)	20%
4 સહસંબંધ Correlation	૧. સહસંબંધનો અર્થ ૨. સહસંબંધનો પ્રકાર ૩. સહસંબંધની ગણતરી (ક્રમાંકલક્ષી) ૪. સહસંબંધનું અર્થઘટન ૫.સહસંબંધના ઉપયોગો 1.Meaning of Correlation 2.Types of Correlation 3. Calculation of Correlation (Ordinal) 4. Interpretation of Correlation 5.Uses of Correlation	20%
5	ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે. Multiple Choice Questions will be asked covering the above units.	20 %
	Total	100%

Teaching-Learning Methodology	Lecture & Demonstration, Assignments, Field Work – Research, Group activities – Group Discussion, Role Play, ICT – Power Point Presentation, e – learning, e – sources, seminar – workshop, symposium, online quiz (self – study)and guest – experts lecture.
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Suggested References:	
Sr. No.	Name of Reference Books:
1.	Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2Pnd P Ed.) Oxford: Blackwell Publishers.
2.	Festinger and Katz D. Research methods in behavioral Sciences., Holt, Rinchart and Winstone, New York,1953.
3.	Guilford J.P. – Fundamental Statistics in Psychology & Education Statistics in Psychology Research – By Suresh Parekh.
4.	Goode, W. J. and Hatt, P. K. Method in Social Research, Mc Graw Hill, Kogakusha Ltd.; Tokyo, 1952.
5.	Kerlinger F. N. (2000). “Foundation of behavioral research”. Fifth edition- (Surjeet Publication, Delhi).
6.	Kothari C. R. (1990) Research Methodology. IInd edition, WishwaPrakashan, New Delhi.
7.	Selltiz C. Jahoda, Deatch M. and Cook S. W. Research methods in behavioural Science. New York, 1953.
8.	Selltiz C. Jahoda, Deatch M. and Cook S. W. Research methods in social relations, Holl, Renehan and Winston. New York, 1959.
9.	Shrivastav, D. N. Research Methods (Hindi), Sahitya Prakashan, Agra, 2000.
10.	Singh, A. K. Research Methods in Psychology, Sociology and Education (Hindi), Motilal Banarasidass; Delhi, 2000.
11.	Singh, A. K. Tests, Measurement and Research Methods in Behavioural Sciences, Bharati Bhawan; New Delhi, 1995.
12.	Trivedi, R. N. and Shukla, D. P. Research Methodology (Hindi), College Book Depot; Jaipur, 2000.
13.	Young, P. V. Scientific Social Surveys and Research (Ed.IV), Prentice Hall of India Pvt. Ltd.; New Delhi, 1968.

On-Line resources to be used if available as reference materials (Can be MOOC, SWAYAM Courses or any additional relevant online sources)

1	https://youtu.be/H5yXPObZ3DU?feature=shared
2	https://youtube.com/playlist?list=PLk3poRqYftlhDGto5oSxeNeFWHzajbVuA&feature=shared
3	https://youtu.be/Jf3RTroUMgo?feature=shared
4	https://youtu.be/2POFb5fn9Do?feature=shared
5	https://youtu.be/qV5BXmpEi80?feature=shared
6	https://youtu.be/gyloRVlCmpw?feature=shared
7	https://youtu.be/sO6rrP07F94?feature=shared
8	https://youtu.be/Cg0W6mod9Hw?feature=shared
9	https://youtu.be/mpY9_qhpUX8?feature=shared
10	https://youtu.be/CvGJdxWAZww?feature=shared
11	https://youtu.be/09XSX4EIQs8?feature=shared
12	https://youtu.be/xDEP6s4rue4?feature=shared

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: INDIAN PSYCHOLOGY								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
2	BA23MJ5PS2	Major-2	4	60	0	50	50	100

Course Objectives:	<input type="checkbox"/> To understand the foundation of Indian psychology <input type="checkbox"/> To understand definition and characteristics of personality of Indian psychological Perspective <input type="checkbox"/> To understand the Indian psychology and mental process <input type="checkbox"/> To study of the important of Indian psychology in mental health <input type="checkbox"/> To encourage students and society to known about Indian psychology <input type="checkbox"/> Presenting Indian psychology in a scientific manner
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1	Understand Indian psychology
2	Analyze and differences between Indian psychology and western psychology
3	Students understand personality of Indian psychological perspective
4	Students study about Indian psychology and mental health
5	To develop students scientific perspective towards Indian psychology

Course Content		
Unit	Description	Marks
Unit-1 ભારતીય મનોવિજ્ઞાન એક પરિચય	<p>1. ભારતીય મનોવિજ્ઞાનના મૂળભૂત ખ્યાલો.</p> <p>2. મન તત્વનું સ્વરૂપ</p> <p>3. ભારતીય મનોવિજ્ઞાન અને પાશ્ચાત્ય મનોવિજ્ઞાન વચ્ચેનો ભેદ</p> <p>4. ભારતીય મનોવિજ્ઞાનનો વિવિધ ભારતીય ધર્મગ્રંથો સાથેનો અનુબંધ</p> <p>An Introduction to Indian Psychology</p> <p>1. Basic concepts of Indian Psychology.</p> <p>2. Nature of Mind</p> <p>3. Difference between Indian Psychology and Western Psychology</p> <p>4. Relationship of Indian Psychology with various Indian religious scriptures</p>	20%
Unit-2 ભારતીય મનોવિજ્ઞાન અને	<p>1. વ્યક્તિત્વનો અર્થ</p> <p>2. વ્યક્તિત્વનો વિકાસ</p> <p>3. વ્યક્તિત્વ અંગેનો કોષ સિદ્ધાંત</p> <p>4. વ્યક્તિત્વ અંગેનો સાંખ્ય સિદ્ધાંત</p>	20%

વ્યક્તિત્વ.	<p>5. વ્યક્તિત્વ અંગેનો યોગ સિદ્ધાંત</p> <p>Indian Psychology and Personality*</p> <p>1. Meaning of Personality 2. Development of Personality 3. Cell Theory of Personality 4. Samkhya Theory of Personality 5. Yoga Theory of Personality</p>	
Unit-3 ભારતીય મનોવિજ્ઞાન અને માનસિક પ્રક્રિયાઓ	<p>1. ભારતીય દ્રષ્ટિકોણ મુજબ પ્રત્યક્ષીકરણ 2. અંતઃકરણનો ચતુષ્કોણ અને બુદ્ધિનો ખ્યાલ 3. ભાવનાત્મક (આવેગાત્મક) બુદ્ધિ વિશે પશ્ચિમ અને પૂર્વના ખ્યાલો 4. સર્જનાત્મકતા ભારતીય દ્રષ્ટિકોણ</p> <p>Indian Psychology and Mental Processes</p> <p>1. Realization according to Indian Perspective 2. Quadrilateral of Intuition and Concept of Intelligence 3. Western and Eastern Concepts of Emotional Intelligence 4. Creativity Indian Perspective</p>	20%
Unit- 4 ભારતીય મનોવિજ્ઞાન નું માનસિક સ્વાસ્થ્યમાં યોગદાન	<p>1. માનસિક સ્વાસ્થ્ય અને યોગ 2. આયુર્વેદમાં માનસિક રોગનું નિદાન 3. બુદ્ધધર્મ અને મનોઉપચાર પદ્ધતિઓ 4. ત્રિપિટક માં મનોવૈજ્ઞાનિક સિદ્ધાંત (બુદ્ધધર્મ દ્રષ્ટિકોણ)</p> <p>Contribution of Indian Psychology to Mental Health</p> <p>1. Mental Health and Yoga 2. Diagnosis of Mental Illness in Ayurveda 3. Buddhism and Psychotherapy Methods 4. Sanskar and Abhisandhan (Buddhist perspective)</p>	20%
Unit- 5	<p>ઉપરોક્ત ચાર એકમોમાંથી વૈકલ્પિક પ્રશ્નો પૂછાશે</p> <p>Objective questions will be asked from the above four units</p>	20 %
	Total	100%

Teaching-Learning Methodology	Lecture & Demonstration, Assignments, field work- research, Group activities- Group Discussion, Role Play, ICT- power point presentation, e-learning, e sources, seminar-workshop, symposium, online quiz (self-study) and guest- experts lecture
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Suggested References:

Sr.No.	Name of References books
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1	Shrimad Bhagwat Geeta, bhakti vedant book trust 2017, Or Bhagavad Gita printed from any source can be used.
2	Personality Development Swami Vivekananda
3	Dr.Rajesh Dodiya , psychology : Indian perspective,(2020)
4	J.sinha: indian psychology, Emotional and will
5	Shri Ram Sharma Acharya: sankhy Darshan and yog Daबौद्धमनोविज्ञान
6	बुद्ध मनोविज्ञान:पाली साहित्य मन के विश्लेषण और सिद्धांत पर एक जांच दूसरा संस्करण राईज डेविडस सी, ए,लंदन लूजेक एंड कंपनी 1924
7	अभीधम्म समूचय:संपादक प्रहलाद प्रधान,विश्व भारती प्रकाशन,1991
8	बुद्ध और उनका धम्म, डॉ भदंत आनंद कौ शल्यायान सुधीर प्रकाशन वर्धा 2020

On-Line resources to be used if available as reference materials (Can be MOOC, SWAYAM Courses or any additional relevant online sources)

1	आयुर्वेद અને માનસિક સ્વાસ્થ્ય: https://www.youtube.com/watch?v=zQmgPWxJ8cA https://www.youtube.com/watch?v=1bihzR6_xN8
2	Yoga and applied psychology: https://www.youtube.com/watch?v=z94NHU5AoGM
3	indian psychology perspective on personality development:- https://www.youtube.com/watch?v=ZRHKE9sBLxM https://www.youtube.com/watch?v=RPWEPvqDnco
4	Understand the self : https://www.youtube.com/watch?v=Abu_3JyS-aY&t=974s
5	Emotion: Hindu perspective: https://www.youtube.com/watch?v=fCj17dBVB4I
6	Indian psychology Vs. Weston psychology: https://www.youtube.com/watch?v=si6L_EF3qmQ&t=71s https://www.youtube.com/watch?v=J0ZRFESgEvM
7	Ayurvedic management of psychiatric disorder https://www.youtube.com/watch?v=WagnRGaUOXw
8	Well being Indian psychology perspective https://www.youtube.com/watch?v=wwbd-YheDF4

B. A. SEMESTER V COURSE

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: COUNSELLING PSYCHOLOGY - I								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MJ5PS3	Major Course-3	4	60	-	50	50	100

Course Objectives:	<ol style="list-style-type: none"> 1. Understand the Theoretical Foundations To introduce readers to major psychological theories and models that guide counseling practices, such as humanistic, cognitive-behavioral, and psychodynamic approaches. 2. Develop Core Counseling Skills To teach essential counseling skills like active listening, empathy, questioning techniques, and building therapeutic relationships. 3. Promote Ethical and Professional Practice To explain ethical standards, confidentiality, and professional responsibilities in counseling settings. 4. Apply Psychological Techniques in Real-Life Contexts To help students and professionals apply theory-based interventions to support clients facing emotional, behavioral, or mental health challenges.
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1.	Learners will be able to explain and compare key psychological theories and how they guide counselling practices
2.	Students will gain practical skills in building rapport, using active listening, and conducting client-centered interventions.
3.	Students will learn how to assess client problems using psychological frameworks and develop appropriate treatment plans.
4.	Learners will understand and apply ethical principles, while showing respect for

	cultural, social, and individual differences.
5.	Students will be able to measure and reflect on the effectiveness of different counseling strategies in diverse settings.
6.	Students will understand deference between Counselling and Psychotherapy

Course Content		
Unit	Description	Marks
1 સલાહનું સ્વરૂપ Nature Of Counselling	૧. સલાહનો અર્થ અને સ્વરૂપ Meaning and Nature of Counselling ૨. સલાહ આપવાના સ્થાનો Places For Counselling ૩. સલાહના પ્રકારો Types Of Counselling ૪. સલાહના ધ્યેયો Goals Of Counselling ૫. સલાહની જરૂરિયાત Needs Of Counselling	20%
2 સલાહકારની પસંદગી અને તાલીમ Selection and Traning Of Counsellors	૧. સલાહકારની પસંદગીની સમસ્યાઓ Selection Problems of Counsellor ૨. સલાહકારની તાલીમના ઘટકો Components of Counsellor's training ૩. સલાહ વ્યવસાયની આચાર સંહિતા Code of Conduct for the Counselling Profession ૪. સલાહ વ્યવસાયના આચાર સંહિતની ભલામણો Recommendations of the Code of Conduct for the Counselling	20%

	<p>Profession</p> <p>૫. સલાહકારની લાયકાત</p> <p>Qualifications Of Counselor</p>	
<p>૩ સલાહકારનું કાર્ય, ગુણ લક્ષણો અને આચાર સંહિતા</p> <p>Counselor's work, qualities and code of conduct</p>	<p>૧. સલાહકારનું કાર્ય</p> <p>Function of counsellor</p> <p>૨. સલાહકારની ભૂમિકા</p> <p>Roll Of Counsellor</p> <p>૩. અસરકારક સલાહકારના ગુણલક્ષણો</p> <p>Qualities of an effective Counsellor</p> <p>૪. સલાહકારને અસરકરતાં પરિબલો</p> <p>Effective Factors of Counsellor</p> <p>૫. સલાહકારીને અસરકરતાં પરિબલો</p> <p>Effective Factors of Counsellor</p>	20%
<p>૪ સલાહના અભિગમો</p> <p>Counseling Approaches</p>	<p>૧. સલાહ અને મનોપચાર નો અર્થ</p> <p>Meaning Of Counselling and Psychotherapy</p> <p>૨ સલાહ અને મનોપચાર નો તફાવત</p> <p>Difference between Counselling and Psychotherapy</p> <p>૩. સલાહ અભિગમો (સિદ્ધાંતો)</p> <p>Counseling approaches (principles)</p> <p>૩. ૧ અસીલ કેન્દ્રિત અભિગમ</p> <p>Client Centered Approach</p> <p>૩. ૨ મનોવિશ્લેષણ અભિગમ</p>	20%

	Psychoanalysis Approach 3.3 બોધાત્મક અભિગમ Cognitive Approach	
	ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે.	20 %
	Total	100%

Teaching-Learning Methodology	Lecture and Demonstration/ Task/ Assignments/ Group Activity
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Reference :-

- 1. Dr. Somabhai T. Patel "Salah Manovignan" 3rd edition University Granth Nirman Board Ahmedabad.**
- 2. George R.L. and Cristiani T.S. "Counselling : Theory and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.**
- 3. George G. "Counselling : They and Practice" 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.**
- 4. Belkin Gray "An Introduction to Counselling" 3rd edition 1988. W.C. Brown Publishers.**
- 5. Hansen J.C., Stevic R.R. and Warner R.W. "Counselling-Theory and Process" 4th edition 1986, Allyn and Bacon Co. Boston, U.S.A**
- 6. Dr Bhalchandra Joshi and Others "Salah Manovigyan" 2nd edition 2007-2008, C Jamnadas Company, Gujarat, India**

B. A. SEMESTER - V

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: PSYCHOLOGY OF ADJUSTMENT - I								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
1	BA23MN5PS1	MINOR Course-1	4	60	-	50	50	100

Course Objectives:	<ol style="list-style-type: none"> 1. To acquaint Students with the basic knowledge of adjustment 2. Uses of Psychological factor in Adjustment. 3. use of Motivation in Adjustment 4. Information of Frustration in Adjustment 5. Use of Defence Mechanism
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1.	Students will learn about meaning, Basic principle of Adjustment, and Characteristics of a satisfactory adjustment.
1.	Student will learn about Motivation concept types of needs and use of motivation
3.	Student will learn about Frustration concept, Causes, Effects etc
4.	Students will know defence mechanism, types of defence mechanism and use of defence mechanism

Contents of Course		
Unit	Description	Marks
1 સમાયોજનની પ્રક્રિયા Adjustment Process	<ol style="list-style-type: none"> ૧. સમાયોજનનો અર્થ અને વ્યાખ્યા ૨. સમાયોજનનું સ્વરૂપ અને લક્ષણો ૩. સમાયોજનના પાયાના સિદ્ધાંતો 	20%

	<p>૪. આંતરવૈયક્તિક સંબંધોના મૂળભૂત ઘટકો</p> <p>૫. સંતોષપ્રદ સમાયોજનના લક્ષણો</p> <p>૬. સમાયોજનની સુધારણા</p> <p>1. Meaning and Definition of Adjustment</p> <p>2. Nature and characteristics of Adjustment</p> <p>3. Basic principle of Adjustment</p> <p>4. Basic components of interpersonal relationships</p> <p>5. Characteristics of a satisfactory adjustment</p> <p>6. Improvement of Adjustment</p>	
<p>2</p> <p>પ્રેરણા</p> <p>Motivation</p>	<p>૧. પ્રેરિતા વર્તનની પ્રક્રિયા</p> <p>૨. વૈયક્તિક જરૂરિયાતો</p> <p>૩. શારિરીક જરૂરિયાતો</p> <p>૪. મનોવૈજ્ઞાનિક જરૂરિયાતો</p> <p>૫. વૈયક્તિક જરૂરિયાતો અને સામાજિક વાતાવરણ</p> <p>1. The process of motivated behaviour</p> <p>2. personal needs</p> <p>3. physical needs</p> <p>4. Psychological needs</p> <p>5. personal needs and social environment</p>	20%
<p>3</p> <p>હતાશા</p> <p>Frustration</p>	<p>૧. માનસિક સંઘર્ષ</p> <p>૨. હતાશાના કારણો</p> <p>૩. હતાશાની અસરો</p> <p>૪. હતાશા પ્રત્યે સમાયોજન</p>	20%

	<p>પ. હતાશા સહનક્ષમતાને અસર કરતાં પરિબળો</p> <p>દ. હતાશા સહનક્ષમતા કેવી રીતે વધારી શકાય ?</p> <p>1. Mental conflict</p> <p>2. Causes of frustration</p> <p>3. Effects of frustration</p> <p>4. Adjustment to frustration</p> <p>5. Factors affecting frustration tolerance</p> <p>6. How can you increase your tolerance for frustration</p>	
<p>4</p> <p>બચાવપ્રયુક્તિઓ</p> <p>Defence mechanism</p>	<p>૧. બચાવપ્રયુક્તિની વ્યાખ્યા, અર્થ અને કાર્ય</p> <p>૨. આક્રમક બચાવપ્રયુક્તિઓ</p> <p>૩. દોષારોપક અને ધ્યાનાંતર બચાવપ્રયુક્તિઓ</p> <p>૪. પલાયાનાત્મક બચાવપ્રયુક્તિઓ</p> <p>૫. સમાયોજનની દ્રષ્ટીએ બચાવપ્રયુક્તિની ઉપયોગિતા</p> <p>1. Definition, meaning and function of defence mechanism</p> <p>2. Attack defence mechanism</p> <p>3. Blame- assigning or attention diverting mechanisms</p> <p>4. Flight mechanisms</p> <p>5. The usefulness of the rescue device in terms of adjustment.</p>	20%
5	<p>ઉપરના એકમોને આવરીને વૈકલ્પિક પ્રશ્નો પૂછાશે.</p> <p>Multiple Choice Questions will be asked covering the above units.</p>	20 %
	Total	100%

Teaching-Learning Methodology	Lecture & Demonstration, Assignments, Field Work – Research, Group activities – Group Discussion, Role Play, ICT – Power Point Presentation, e – learning, e – sources, seminar – workshop, symposium, online quiz (self – study) and guest – experts lecture.
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Suggested References:

Sr. No.	Name of Reference Books:
1.	“The Dynamics of Personal Adjustment” – Lehner and Kube
2.	Psychology of Adjustment: The Search for Meaningful Balance (Sage04 120319) Paperback – 24 October 2016 by John N. Moritsugu (Author), Elizabeth M. Vera (Author), Jane K. Harmon Jacobs (Author),
3.	Psychology of Adjustment The Search for Meaningful Balance First Edition John Moritsugu, Elizabeth M. Vera, Melissa Kennedy
4.	Psychology of Adjustment Dr. Vipin B. Kumar, Himalaya Publican Pvt. Ltd.
5.	વૈયક્તિકસમયોજનનું મનોવિજ્ઞાન સી. જમનાદાસની કંપની

On-Line resources to be used if available as reference materials (Can be MOOC, SWAYAM Courses or any additional relevant online sources)

1	https://youtu.be/DJausrOVOWE
2	https://youtu.be/lh4_vrFu41Y
3	https://youtu.be/PWvt2ezSTlk
4	https://youtu.be/XI355rtP8BU
5.	https://youtu.be/cX1w8PDOOWM

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: PSYCHOLOGY OF PERSONALITY								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
2	BA23MN5PS2	Minor	4	60	0	50	50	100

Course Objectives:	<ul style="list-style-type: none"> ➤ To understand the psychological foundations of Personality ➤ To understand definition and characteristics of personality ➤ To study psychological theories and research related to Personality ➤ To understand the determinants of personality for positive personality Development ➤ Introduce various personality tests and critically assess their validity, reliability, and ethical use. ➤ Encourage students to apply personality theories to real-world situations, case studies, and self-analysis.
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1	Understand psychological theories related to Personality
2	Analyze Individual difference in term of personality using psychological concepts and theories.
3	Students will understand how personality develops over time and the influence of genetic, environmental, and cultural factors.
4	Students will critically examine the strengths, limitations, and ethical considerations of various personality tests and assessment methods.
5	Students will be able to apply personality theories to analyze individual behaviour, case studies, and contemporary issues.
6	Students will demonstrate insight into their own personality traits and development using theoretical frameworks.

Course Content		
Unit	Description	Marks
Unit-1 વ્યક્તિત્વ - વિષય પ્રવેશ	<p>વ્યક્તિત્વ - વિષય પ્રવેશ</p> <ol style="list-style-type: none"> 1. વ્યક્તિત્વનો અર્થ, વ્યાખ્યાઓ અને સ્વરૂપ 2. વ્યક્તિત્વની વિશેષતાઓ 3. વ્યક્તિલક્ષી અભિગમ અને સામાન્યલક્ષી અભિગમ 4. વ્યક્તિત્વના સૈદ્ધાંતિક અભિગમો 5. વ્યક્તિત્વ ખ્યાલ અને સિદ્ધાંતોનો ઉપયોગ <p>Introduction to Personality</p> <ol style="list-style-type: none"> 1. Meaning ,definitions and nature of personality 2. Characteristics of personality 3. Idiographic approach and Nomothetic approach 4. Theoretical approaches to personality 5. Application of personality concept and theories 	20%

Unit-2 વ્યક્તિત્વના નિર્ધારકો	<p>વ્યક્તિત્વના નિર્ધારકો</p> <ol style="list-style-type: none"> 1. જૈવિક અથવા વારસાગત નિર્ધારકો (2) કૌટુંબિક નિર્ધારકો (3) શાળાકીય નિર્ધારકો (4) સાંસ્કૃતિક નિર્ધારકો <p>Determinants of Personality</p> <ol style="list-style-type: none"> 1. Biological or Hereditary Determinants 2. Family Determinants 3. Educational Determinants 4. Cultural Determinants 	20%
Unit- 3 વ્યક્તિત્વનું માપન	<p>વ્યક્તિત્વનું માપન</p> <ol style="list-style-type: none"> 1. વ્યક્તિત્વ સંશોધનિકા 2. પ્રક્ષેપણ કસોટીઓ 3. વાર્તાનિક પદ્ધતિઓ <p>Measurement of Personality</p> <ol style="list-style-type: none"> 1. Personality Inventories 2. Projective Tests 3. Behavioral Techniques 	20%
Unit- 4 વ્યક્તિત્વના સિદ્ધાંતો	<p>વ્યક્તિત્વના સિદ્ધાંતો</p> <ol style="list-style-type: none"> 1. સિગમંડ ફ્રોઈડ : વ્યક્તિત્વનો મનોવિશ્લેષણાત્મક સિદ્ધાંત 2. યુંગનો વ્યક્તિત્વનો વિશ્લેષણાત્મક સિદ્ધાંત 3. એરિક્સન : વ્યક્તિત્વનો મનોસામાજિક સિદ્ધાંત 4. આર.બી. કેટલ : વ્યક્તિત્વનો ઘટક વિશ્લેષણાત્મક સિદ્ધાંત <p>Theories of Personality</p> <ol style="list-style-type: none"> 1. Sigmund Frued: Psychoanalytic theory of Personality 2. Jung's Analytical theory of Personality 3. Erikson : Psychosocial theory of Personality 4. R, B, Cattell : Factor - Analytic theory of Personality 	20%
Unit- 5	<p>ઉપરોક્ત ચાર એકમોમાંથી વૈકલ્પિક પ્રશ્નો પૂછાશે</p> <p>Objective questions will be asked from the above four units</p>	20 %
	Total	100%

Teaching-Learning Methodology	Lecture & Demonstration, Assignments, field work- research, Group activities- Group Discussion, Role Play, ICT- power point presentation, e-learning, e sources, seminar-workshop, symposium, online quiz (self-study) and guest- experts lecture
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Suggested References:

Sr.No.	Name of References books
1	Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of personality, Bengaluru, India: Wiley India Private Limited.
2	Schultz, P. D., Schultz, S. E., & Schultz, S. (2012). Theories of personality, Delhi, India: Cengage Learning.
3	Friedman, H. S., & Schustack, M. W. (2016). Personality: Classic theories and modern research, Boston, MA: Pearson/Allyn and Bacon.
4	Dan P. McAdams D. P. (2008). The Person: An Introduction to the Science of Personality Psychology. Wiley.
5	Larsen, R. J., & Buss, D. M. (2018). Personality psychology: Domains of knowledge about human nature, Boston, MA: McGraw-Hill.
6	Buss D. M. & Larsen R. J. (2009). Personality Psychology: Domains of Knowledge About Human Nature. NJ: McGrawHill Humanities.
7	Corr, P. J. & Gerald Matthews, G. (2009). The Cambridge Handbook of Personality Psychology. Cambridge : Cambridge University Press
8	Misnerandino, M (2011). Personality Psychology: Foundations and Findings. Pearson Education.
9	Personality, Adjustment, Measurement and Clinical Diagnosis, Dr. Arvindrai N. Desai, University Granth Nirman Board.

On-Line resources to be used if available as reference materials (Can be MOOC, SWAYAM Courses or any additional relevant online sources)

1	Psychology of Personality- https://onlinecourses.nptel.ac.in/noc25_hs67/preview
2	व्यक्तित्व-0१ - https://youtu.be/62EKMe_4GXE?list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&t=32
3	व्यक्तित्व-02 https://www.youtube.com/watch?v=cjrxXDR3SGQ&list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&index=19&pp=iAQB
4	व्यक्तित्व-03 https://www.youtube.com/watch?v=xhgRVuwS5_Q&list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&index=20&pp=iAQB
5	व्यक्तित्व विकास-0१ https://youtu.be/vsB1yfyY2g?list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1
6	व्यक्तित्व विकास-02 https://www.youtube.com/watch?v=8-2hmiySrF4&list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&index=165&pp=iAQB
7	व्यक्तित्व विकास-03 https://www.youtube.com/watch?v=OvhDITwOFn0&list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&index=166&pp=iAQB
8	Personality Theories- https://www.youtube.com/watch?v=7EAR8xHBm3c&list=PLAGcC6GHSjUqzKC0bsxIWNe-9GwL0c4y1&index=290

BACHELOR OF ARTS (B.A.) SEMESTER – V								
TITLE OF THE COURSE: SELF-AWARENESS AND INTERPERSONAL RELATIONSHIPS								
Sr. No.	Course Code	Course Category	Course Credit	Teaching Hours	Practical Hours	Internal Exam Marks	External Exam Marks	Total Marks
2	BA023SE508	SEC	2	30	0	25	25	50

Course Objectives:	<ul style="list-style-type: none"> ➤ To help gain a deeper understanding about one's own life in term of own emotions, values, beliefs, personality traits, and behaviours. ➤ Improving Interpersonal Skills- Learning effective communication techniques, including active listening and assertiveness ➤ Enhancing Relationship Building- Developing trust, respect, and mutual understanding in personal and professional relationships. ➤ Encouraging Teamwork and Collaboration- Applying strategies for working effectively in diverse teams. ➤ Identify personal strengths, weaknesses, threat, and opportunities.
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Course Outcomes: Having Completed this Course, the Learner will be able to	
1	Student will be able to examine one's life experiences and gain insights into the development of their personality
2	Analyze personal values, beliefs, and behaviors using psychological theories and self-reflective tools.
3	Students will be able to apply self-analysis and reflection to build their professional competence as a counselor, leader and practitioner psychologist.
4	Self-Awareness and Interpersonal Relations is typically to help students develop a deeper understanding of themselves and enhance their ability to form and maintain effective, healthy relationships with others.
5	Apply interpersonal relationship theories to real-life situations and professional settings.
6	Evaluate the role of self-awareness in ethical decision-making and psychological practice.

Course Content	
Unit	Description
Unit-1 સ્વ-સભાનતા	<ol style="list-style-type: none"> 1. સ્વ-ખ્યાલની વ્યાખ્યા અને ભાગો 2. સ્વ-ખ્યાલનો જીવન પર પ્રભાવ 3. સ્વ-સભાનતાની વ્યાખ્યા 4. સ્વ-સભાન બનવાની રીતો <p>Self-Awareness</p> <ol style="list-style-type: none"> 1. Definition and aspects of self-concept 2. Influence of self-concept on life 3. Definition of self-awareness 4. Ways to become self-aware
Unit-2 સ્વ-સભાનની	<ol style="list-style-type: none"> 1. સ્વ-સભાનની શિક્ષણ પર અસરો 2. સ્વ-સભાનની લગ્ન જીવન પર અસરો

અસરો	<p>3. સ્વ-સભાનની નોકરી/ ધંધા પર અસરો</p> <p>4. જોહરી વિન્ડોઝ- અર્થ , ચાર વિભાગો ,ઉપયોગ અને મર્યાદાઓ</p> <p>Effects of Self-Awareness</p> <p>1. Effects of Self-Awareness on leaning</p> <p>2. Effects of Self-Awareness on marriage</p> <p>3. Effects of Self-Awareness on job/business</p> <p>4. Johri Windows- Earth, four divisions, uses and limitations</p>
Unit- 3 આંતરવ્યક્તિત્વ સંબંધો	<p>1. આંતરવ્યક્તિત્વ સંબંધોનો અર્થ અને મનોવૈજ્ઞાનિક મહત્વ</p> <p>2. આંતરવ્યક્તિત્વ સંબંધોનો અને સ્વ-સભાનતા</p> <p>3. આંતરવ્યક્તિત્વ સંબંધોનો અસર કરતાં હકારાત્મક અને નકારાત્મક પરિબલો</p> <p>4. આંતરવ્યક્તિત્વ સંબંધોને સુધારવાની મનોવૈજ્ઞાનિક તકનીકો</p> <p>Interpersonal relationships</p> <p>1. Meaning and Psychological Significance of Interpersonal Relationships</p> <p>2. Interpersonal Relationships and Self-Awareness</p> <p>3. Positive and Negative Factors Affecting Interpersonal Relationships</p> <p>4. Psychological Techniques for Improving Interpersonal Relationships</p>
	<p>ઉપરોક્ત ત્રણ એકમોમાંથી વૈકલ્પિક પ્રશ્નો પૂછાશે</p> <p>Objective questions will be asked from the above three units</p>
	<p>Total</p> <p>100 %</p>

Teaching-Learning Methodology	Lecture & Demonstration, Assignments, field work- research, Group activities- Group Discussion, Role Play, ICT- power point presentation, e-learning, e sources, seminar-workshop, symposium, online quiz (self-study) and guest- experts lecture
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Suggested References:	
Sr.No.	Name of References books
1	Shankman, Marcy, and Corey Seemiller (2021). Self-Awareness. 2455 Teller Road, Thousand Oaks California 91320: SAGE Publications, Inc.,
2	Brook, Andrew, and Richard C. DeVidi, eds. (2001). Self-Reference and Self-Awareness. Amsterdam: John Benjamins Publishing Company
3	Bureau, Vicky (2022). Self-Awareness. Seahorse Publishing
4	Carver, C. S. (2012). Self-awareness. In M. R. Leary & J. P. Tangney (Eds.), Handbook of self and identity (2nd ed., pp. 50–68). The Guilford Press.
5	Arnold, E., & Boggs, K. U. (2011). Interpersonal relationships: Professional communication skills for nurses (6th ed.). Elsevier Saunders.
6	Heider, F. (1958). The psychology of interpersonal relations. John Wiley & Sons Inc.,
7	Knapp, M., & Daly, J. (2010). Interpersonal communication. SAGE Publications Ltd.,

8	Luft, J., & Ingham, H. (1955). The Johari Window: A graphic model of interpersonal awareness. Proceedings of the Western Training Laboratory in Group Development.
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On-Line resources to be used if available as reference materials (Can be MOOC, SWAYAM Courses or any additional relevant online sources)

1	સ્વ ખ્યાલ- https://youtu.be/uiWtPL_Dm6g?list=PLAGcC6GHSjUqzKC0bsxlWNe-9GwL0c4y1
2	જોહરી વિન્ડોઝ https://www.youtube.com/watch?v=NgROyRQLbJY&pp=ygUUam9uaGFyaSB3aW5kb3cgaGluZGk%3D
3	જોહરી વિન્ડોઝ https://www.youtube.com/watch?v=7NViaRf5Tp8&pp=ygUUam9uaGFyaSB3aW5kb3cgaGluZGk%3D
4	આંતરવ્યક્તિત્વ સંબંધો https://youtu.be/S8Y1LSDJp1Q
5	આંતરવ્યક્તિત્વ સંબંધો https://www.youtube.com/watch?v=4CCeuys-zMU&pp=ygUnaW50ZXJwZXJzb25hbCBzZWxhdGlvbnoaXBzIHBzeWNob2xvZ3kg0gcJCYQJAYcqIYzv
6	આંતરવ્યક્તિત્વ સંબંધો https://www.youtube.com/watch?v=ZVn3icMBMps
7	સ્વ-સભાનતા https://www.youtube.com/watch?v=rPIcDSlwDSc&pp=ygUZZW5oYW5jaW5nIHNIbGYgYXdhcmVuZXNzINlHCQmECQGHKiGM7w%3D%3D
8	સ્વ-સભાનતા https://youtu.be/07_8BiO3UWY