



**Maharaja Surajmal Brij University**

**Bharatpur (Rajasthan)**

**Syllabus**

**Multidisciplinary Course**

**Subject: Psychology**

**Semester-III,IV,V&VI**

**Session ( 2024-25 )**

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**डॉ. अरुण कुमार पाण्डेय**  
उपकुलसचिव  
प्रभारी अकादमिक प्रथम

## Syllabus

### MDC-PSY-10T-1001 Basics of Psychology

#### Semester - III/IV

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III/IV	MDC-PSY-10T-1001	Basics of Psychology-II			5	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
100-199	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		MDC- I/II-Semester–Psychology				
Objectives of the Course:		<ol style="list-style-type: none"><li>1. To understand the nature and different theories of learning and also to explore the meaning, types, and models of memory.</li><li>2. To gain information about thinking and problem-solving behavior.</li><li>3. To learn about motivation and emotion.</li><li>4. To understand the concept of stress and health</li></ol>				

  
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## Detailed Syllabus

### MDC-PSY-10T-1001 Basics of Psychology-II

#### UNIT-I

**Learning and Memory:** Definition and Theories-Classical Conditioning, Operant Conditioning, Cognitive Learning, Observational Learning; Memory: Definition; Encoding, Storage and Retrieval Processes; Sensory, Short-Term and Long-Term Memory; Forgetting-Nature and Causes.

#### Unit-II

**Thinking and Problem-Solving:** Mental Imagery and Concepts: Nature and Types; Problem Solving-Trial and Error, Algorithms, Heuristics, Insight; Barriers to Problem-Solving. (15Lectures)

#### UNIT-III

**Motivation:** Definition and Approaches to Understanding Motivation, needs and drives.  
**Emotion:** The Three Elements of Emotion and Theories of Emotion. (15 Lectures)

#### Unit-IV

**Stress and Health:** Definition and Types of Stressors; Physiological Factors; The General Adaptation Syndrome; The Influence of Cognition and Personality on Stress; Social Factors in Stress; Coping with Stress. (15 Lectures)

#### Suggested Books and References–

1. **Psychology**, Ciccarelli, S.K., White, J.N. & Misra, G. (2022). New Delhi: Pearson Education
2. **Introduction to Psychology**, Okon, Abigail Edem (2019), University of Calabar.
3. **Introduction to Psychology**, Morgan, C.T., King, R.A., & Schopler, J. (2004) New Delhi: Tata McGraw Hill.
4. **Understanding Psychology**, Kalat, J.W. (2016). New York: Cengage Learning
5. आधुनिक सामान्य मनोविज्ञान, अरुण कुमार, (2017), नई दिल्ली : मोतीलाल बनारसीदास।

Suggested E-resources:

Online Lecture Notes and Course Materials:

#### Course Learning Outcomes:

By the end of the course, students will be able to:

1. Critically analyze the concepts and theories related to learning and memory.
2. Develop an understanding of processes related to thinking and problem-solving.
3. Apply the principles of major concepts of psychology, such as motivation and emotion.
4. Understand the concepts of stress and know about health.



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**Syllabus Psychology**  
**MDC-PSY-10T-2001 Personality Development**  
**Semester - V/VI**

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V/VI	MDC-PSY-10T-2001	Personality Development			6	04
Level of Course	Type of the Course	Credit Distribution			Offered to NC Student	Course Delivery Method
		Theory	Practical	Total		
200-299	Major	04	-	04	Yes	Lectures, including diagnostic and formative assessments
<b>List of Programme Codes in which Offered as Minor Discipline</b>						
<b>Prerequisites</b>		MDC-III/IV-Semester - Psychology				
<b>Objectives of the Course:</b>		<ol style="list-style-type: none"> <li>1. To understand the concept and importance of personality development.</li> <li>2. To analyze factors influencing success and failure.</li> <li>3. To develop positive attitudes and self-esteem.</li> <li>4. To enhance skills like problem-solving, stress management, and teamwork.</li> </ol>				

  
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## Detailed Syllabus

### MDC-PSY-10T-2001 Personality Development

#### UNIT I

**Introduction to Personality Development:** The concept of personality; Dimensions of personality; Significance of personality development. The concept of success and failure: Concept and Hurdles in achieving success; Overcoming hurdles; Factors responsible for success. What is failure; Causes of failure; SWOT analysis. (15 Lectures)

#### UNIT II

**Attitude**– Concept, Factors affecting attitudes, Positive attitude, and Negative attitude; Ways to develop a positive attitude; Differences between personalities having a positive and negative attitude. (15 Lectures)

#### UNIT III

**Self-esteem:** Concept - Do's and Don'ts to develop positive self-esteem – Low self-esteem - Personality having low self-esteem - Positive and negative self-esteem. (15 Lectures)

#### UNIT IV

**Other Aspects of Personality Development:** Body language; Conflict and Stress Management; Decision-making skills; Character building; Teamwork; Time management; Work ethics - Good manners and etiquette. (15 Lectures)

#### Suggested Books and References–

1. **Personality Development** Hurlock, E.B(2024)., 28<sup>th</sup> Reprint. New Delhi: Tata McGraw Hill.
2. **Personality: Classic Theories and Modern Research**" by Howard S. Friedman and Miriam W. Schustack (2021), Pearson.
3. **Mindset: The New Psychology of Success**" by Carol S. Dweck (Updated Edition, 2020), Ballantine Books
4. **Body Language** Smith, B. Delhi: Rohan Book Company. 2004.
5. **Reducing Stress** Hindle, Tim. Essential Manager series. DK Publishing, 2003

#### Suggested e-resources:

Online Lecture Notes and Course Materials:

#### Course Learning Outcomes:

By the end of the course, students will be able to:

1. Demonstrate an understanding of key aspects of personality and their role in personal growth.
2. Analyze success and failure factors using SWOT analysis.
3. Develop a positive attitude and enhance self-esteem.
4. Apply problem- solving, stress management, and teamwork skills in everyday situations.

  
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