



**माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर**

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**SYLLABUS  
FOR**

**Interdisciplinary/ Open Elective  
for**

**POST GRADUATE PROGRAM IN  
PSYCHOLOGY**

**Choice Based Credit System  
NEP-2020**

(With effect from Session 2022-23)

**NAME OF THE COURSE- Foundations of Human Behaviour**

**Department of Psychology**

**Faculty of Social Sciences  
Maa Vindhyavasini Varanasi-  
221002**

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Major Elective Course Code	Paper/ Course	Paper Title	Theor y	Internal Assessment	Total Marks	Credits
MGKPSYPG207	Open Elective (Minor) For other students	<b>Foundations of Human Behaviour</b>	75	25	100	4

## **Essential Foundations of Human Behaviour**

### **Course Objectives:**

1. To study psychological principles and create an understanding of all key paradigms of psychology
2. To understand major influences and contributors in the field of psychology and the evolution of psychology
3. To understand the interaction between biology and psychology
4. Understand the cognitive aspects of perception, memory, motivation, emotion and language in human behavior
5. To promote an appreciation and understanding of individual, social and cultural diversity and understand human behavior in social contexts and situations
6. To apply and integrate theoretical knowledge in various practical situations and display usefulness of psychological concepts.

### **Course Outcomes-**

On completion of the course students will be able to-

1. This course provides an essential understanding of the fundamental psychological concepts and principles and theories of human behavior. It aims at introducing students to the a basic framework of dynamic field of psychology
2. The course also aims at developing insight into why people think, feel and behave differently the way they do.
3. Learn Concepts related to intelligence, key terminology, measurements, IQ testing methodology, approaches, and studies on emotional Intelligence in practical situations, everyday life .
4. Along with developing skills to scientifically and critically understand affective processes including emotions and motivation

### **Corse Content-**

#### **Unit-I :**

Individual Differences: Nature and Determinants. Biological Determinants: Internal and External Environmental Factor, Genetic Factors, Hormones and Glands. Psychosocial - Cultural Determinants: Family, School, Society and Culture.

#### **Unit-II :**

Intelligence: Concept, Types of Intelligence, Concept and Classification of I.Q., Role of Heredity and Environment, Types of Intelligence Test, Emotional Intelligence.

### Unit-III :

Emotion: Nature and Components of Emotion, Physiological Correlates, Self Conscious and Positive Emotions: Shame, Guilt, Pride; Positive Affect, Optimism and Hope

### Unit-IV :

Motivation: Nature, Basic Motivational Concepts and Types. Sociogenic Motives: Nature and Correlates of Achievement, Affiliation, Power and Approval Motives.

### MAPPING

S. No.	M.A. Psychology (Interdepartmental Elective: MGKPSYPG207)				
1	Course Outcomes	1	2	3	4
2	Mapping of course contents with course outcomes	Unit 1-4	Unit 1 & 2	Unit 2	Unit 3 & 4
3	Category	Applied	Universal		

### Text Book Recommended:

1. Baron, R. A. (2006). Psychology (5<sup>th</sup> edition) New Delhi Pearson Education.
2. Atkinson, R.L., Atkinson, R.C. & Hilgard, E.R. (1998). Introduction to Psychology, (10<sup>th</sup> edition) New York: Harcourt Brace Jovanovich.
3. Feldman, R. (2004). Understanding Psychology (12<sup>th</sup> ed.) New Delhi, Pearson Education.

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6. Buck, R. (1988). Human Motivation and Emotion. John Wiley and sons.
7. Coffey, C.N. and Appley, M. H. (1963). Motivation Theory and Research. John Wiley and sons.
8. Young, P.T. (1961). Motivation and Emotion.

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