



माँ विन्ध्यवासिनी विश्वविद्यालय, मीरजापुर

Maa Vindhyavasini University, Mirzapur

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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 2025-26)

NAME OF THE COURSE- Foundations of Human Behaviour

Department of Psychology

**Faculty of Social Sciences
Maa Vindhyavasini University,
Mirzapur**

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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	Foundations of Human Behaviour	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 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 (5th edition) New Delhi Pearson Education.
2. Atkinson, R.L., Atkinson, R.C. & Hilgard, E.R. (1998). Introduction to Psychology, (10th edition) New York: Harcourt Brace Jovanovich.
3. Feldman, R. (2004). Understanding Psychology (12thed.) New Delhi, Pearson Education.
4. Buck, R. (1988). Human Motivation and Emotion. John Wiley and sons.
5. Coffey, C.N. and Appley, M. H. (1963). Motivation Theory and Research. John Wiley and sons.
6. Young, P.T. (1961). Motivation and Emotion.
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