



UNIVERSITY OF RAJASTHAN

Syllabus

Of

MULTIDISCIPLINARY COURSE

(PSYCHOLOGY)

Session 2024-25

DEPARTMENT OF PSYCHOLOGY

UNIVERSITY OF RAJASTHAN

JAIPUR

Rj | Jau
Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR

Name of University	University of Rajasthan, Jaipur
Name of Faculty	Science
Name of Discipline	Multidisciplinary Course for Undergraduate Level in Psychology
Type of Discipline	Major
List of Programme, where offered as Minor Discipline	-
Offered to Non-Collegiate Students	Yes

SEMESTER-WISE PAPER TITLES WITH DETAILS

MDCB.A/B.Sc.Psychology								
#	NHEQF	Semester	Type	Title	Credits			
					L	T	P	Total
1	5	I/II	MJR	MDC - PSY-51T-101 -Basics of Psychology-I	4	0	0	4
2	5	III/IV	MJR	MDC - PSY-63T-201 - Basics of Psychology-II	4	0	0	4
3	6	V/VI	MJR	MDC - PSY-75T-301 –Personality Development	4	0	0	4


Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

Syllabus
MDC - PSY-51T-101 Basics of Psychology
I/II-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
I/II	MDC-PSY-51T-101	Basics of Psychology			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		XII Pass				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the meaning, goals, history and different methods of psychology. 2. To understand the meaning, nature, and assessment methods of intelligence. 3. To understand the meaning and indicators of abnormality. 4. To attain the concept of classification systems of mental disorders and to provide information about Mental Health Professionals. 5. To understand the nature, scope, and different methods of social psychology and also grasp the meaning and nature of person and social perception. 				


 Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

Detailed Syllabus

MDC - PSY-51T -101 Basics of Psychology-I

Unit – I

Introduction: Definition, Goals of Psychology, and History of Psychology; Major Methods and Scope of Psychology. (15 Lectures)

Unit – II

Intelligence: Definition and Theories-Binet, Spearman, Thurstone, Guilford, Cattell, Sternberg, Gardner; Meaning of IQ; Intelligence Tests: Nature and Types. (15 Lectures)

Unit – III

Abnormal Psychology: Concept of Abnormality and Normalcy; Mental Disorders; Indicators of Abnormality; Latest DSM and ICD Classification Systems; Mental Health Professionals. (15 Lectures)

Unit – IV

Social Psychology: Meaning, Nature, and Scope of Social Psychology; Person Perception and Social Perception, Role of Non-Verbal Cues; Perceivers' Characteristics and Role of Ongoing Interaction. (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. **Social Psychology**, Branscombe, N.R. & Baron, R.A. (2022). Noida: Pearson India Education
5. **Abnormal Psychology**, Hooley, J.M., Butcher, J.N., Nock, M. K. & Mineka, S. (2019) Noida: Pearson India Education
6. आधुनिकसामान्य मनोविज्ञान, अरुणकुमार (2017). नई दिल्ली : मोतीलालबनारसीदास |

Suggested e-resources:

Online Lecture Notes and Course Materials:

Course Learning Outcomes:

By the end of the Course, Students will be able to:

1. Develop an understanding of the epistemology of psychology
2. Comprehend the concept and understanding of intelligence and its measurement.
3. Understand the development of Social Psychology and apply the principles of Social Psychology.
4. Develop an understanding of the meaning and nature of Psychological Disorders
5. Understand the classification systems of Mental Disorders



Syllabus

MDC - PSY-63T-201 Basics of Psychology-II

III/IV-Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
III/IV	MDC-PSY-63T-201	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"> 1. To understand the nature and different theories of learning and also to explore the meaning, types, and models of memory. 2. To gain information about thinking and problem-solving behavior. 3. To learn about motivation and emotion. 4. To understand the concept of stress and health 				


 Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

Detailed Syllabus

MDC - PSY- 63T-201 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. (15 Lectures)

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. आधुनिकसामान्य मनोविज्ञान, अरुणकुमार, (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.



Syllabus

MDC - PSY-75T-301 Personality Development V/VI -Semester Psychology

Semester	Code of the Course	Title of the Course/Paper			NHEQF Level	Credits
V/VI	MDC-PSY-75T-301	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
List of Programme Codes in which Offered as Minor Discipline						
Prerequisites		MDC– III/IV-Semester - Psychology				
Objectives of the Course:		<ol style="list-style-type: none"> 1. To understand the concept and importance of personality development. 2. To analyze factors influencing success and failure. 3. To develop positive attitudes and self-esteem. 4. To enhance skills like problem-solving, stress management, and teamwork. 				


 Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

Detailed Syllabus

MDC - PSY-75T-301 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)., 28th 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.



Rj / Jaw
Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR