

**SHIVAJI UNIVERSITY, KOLHAPUR**  
**SYLLABUS**  
**Choice Based Credit System**  
**B.A. (Part II)**  
**Psychology**  
**(Introduced from June 2019 onwards)**  
**Semester IV**

- i. **Paper** : VI  
 ii. **Title of paper** : **APPLIED PSYCHOLOGY**

**iii. Specific objectives :**

1. To acquaint the students with processes of Personal control, Decision Making and Personal growth.
2. To introduce students the work, career, play and using leisure positively.
3. To acquaint the students with Making and keeping friends
4. To introduce students the concept of Love and Commitment.

<b>iv. Module</b>	<b>No. of credits</b>
Module- 1: Taking Charge	01
Module- 2: At Work and Play	01
Module- 3: Making and keeping friends	01
Module- 4: Love and Commitment	01

**v. Equivalence**

Old Paper	New Paper
<b>APPLIED PSYCHOLOGY</b>	<b>APPLIED PSYCHOLOGY</b>

**viii. Recommended reading**

**Recommended Reading:**

**a) Book for Study:**

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11<sup>th</sup> ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

**b) Books for Reference:**

1. Atwater, E. (1994). *Psychology for Living* (5<sup>th</sup> ed.). New Delhi: Prentice-Hall of India Private Ltd.
2. Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.
3. Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life* (7<sup>th</sup> ed.).Singapore: Thomson Asia Pvt. Ltd.

**SHIVAJI UNIVERSITY, KOLHAPUR**  
**SYLLABUS**  
**Choice Based Credit System**  
**B.A. (Part II)**  
**Psychology**  
**(Introduced from June 2019 onwards)**  
**Semester IV**  
**APPLIED PSYCHOLOGY (Paper VI)**

**Module I: Taking Charge**

1.1 Personal Control

- A. Explaining Perceived Control
- B. The Benefits of Perceived Control
- C. Misperception and Maladjustment
- D. Learned Optimism
- E. Defensive Pessimism

1.2 Decision Making

- A. The Process of Decision Making
- B. Critical Elements in Decision Making
- C. Post-Decision Regret
- D. Making Better Decisions

1.3 Decisions and Personal Growth

- A. Making New Decisions
- B. Some practical Applications

**Module II: At Work and Play**

2.1 At Work

- A. Taking Stalk of Yourself
- B. Identifying Compatible Careers
- C. Arriving at Your Career Decision
- D. Landing a Job
- E. Changing Jobs or Careers
- F. Work Issues Related to Culture and Gender

2.2 At Play

- A. What is Leisure?
- B. Using Leisure Positively
- C. Leisure across Adulthood

### **Module III: Making and keeping friends**

#### 3.1 Meeting People

- A. Are First Impressions Most Important?
- B. Factors that Influence First Impressions
- C. Mistaken Impressions

#### 3.2 Keeping Friends

- A. When Friends Get Together?
- B. Self-disclosure – Those Little Secrets
- C. Gender Differences in Friendship
- D. Staying Friends

#### 3.3 When It's Hard to Make Friends?

- A. Shyness
- B. Loneliness

### **Module IV: Love and Commitment**

#### 4.1 Love is a Many Splendored (and Defined) Thing

- A. The Many Definitions of Love
- B. Love and Friendship
- C. Love and Attachment

#### 4.2 Finding Love

- A. Online Dating
- B. The importance of Self-disclosure

#### 4.3 Marriage and Other Committed Relationships

- A. Cohabitation
- B. Marriage

#### 4.4 Adjusting to Intimate Relationships

- A. Attitude adjustment
  - B. Sharing Responsibilities
  - C. Communication and Conflict
  - D. Making the Relationship Better
  - E. Sexuality
-

**Nature of Question Paper for B. A. II Psychology (Paper III to VI)**

**(Semester III and IV) (Per Paper Total Marks = 50)**

- Q.1. Multiple Choice Questions-(10 questions with 4 alternatives) 10 marks
- Q.2.Short notes (any four out of six) 20 marks
- Q.3. A) Broad Question 10 marks
- OR
- B) Broad Question 10 marks
- Q.4. A) Broad Question 10 marks
- OR
- B) Broad Question 10 marks