

PSYCHOLOGY AND LIFE

II Semester: MBA																										
Course Code	Category	Hours / Week			Credits	Maximum Marks																				
CMBC22	Elective	L	T	P	C	CIA	SEE	Total																		
		3	-	-	3	30	70	100																		
Contact Classes: 45		Tutorial Classes: Nil		Practical Classes: Nil		Total Classes: 45																				
<p>I. COURSE OVERVIEW: The course is designed to provide the basic understanding of the psychology of human behaviour. This will be given exposure to concepts, terminology, principles, and theories that comprise an introductory course in psychology.</p> <p>II. COURSE OBJECTIVES: The students will try to learn:</p> <p>I. The goals, fields, applications, and development of psychology from the middle of the 19th century.</p> <p>II. Psychology used for disadvantaged groups and social integration issues.</p> <p>III. The nature, characteristics, and types of stress and change behavior to save the environment.</p> <p>IV. Community psychology and human diversity.</p> <p>V. The prevention of problem behavior, promotion of social competence&community and social change.</p> <p>III. COURSE OUTCOMES: After successful completion of the course, students will be able to:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 10%;">CO 1:</td> <td>Recognize the essential concepts of psychology as they apply to the study of the mind and behavior.</td> </tr> <tr> <td>CO 2:</td> <td>Identify psychology's contributions to increasing the development of human behavior.</td> </tr> <tr> <td>CO 3:</td> <td>Use psychological applications to help disadvantaged populations make better decisions, manage stress, and behave better.</td> </tr> <tr> <td>CO 4:</td> <td>Narratethe various branches of psychology in order to address a wide range of human issues and/or improve one's quality of life.</td> </tr> <tr> <td>CO 5:</td> <td>Describe the concept of nature, characteristics, and classification of environmental psychology to encourage long-term behavior and overall well-being.</td> </tr> <tr> <td>CO 6:</td> <td>Determine environmental stress factors in order to reduce negative health impacts.</td> </tr> <tr> <td>CO 7:</td> <td>Utilizing community psychology to protect people's health and well-being in their community.</td> </tr> <tr> <td>CO 8:</td> <td>Examine human diversity to reduce negative stereotypes and personal biases towards various groups.</td> </tr> <tr> <td>CO 9:</td> <td>Analyze case studies in psychology to support psychological theories and aid in the creation of treatments or diagnosis confirmation.</td> </tr> </tbody> </table>									CO 1:	Recognize the essential concepts of psychology as they apply to the study of the mind and behavior.	CO 2:	Identify psychology's contributions to increasing the development of human behavior.	CO 3:	Use psychological applications to help disadvantaged populations make better decisions, manage stress, and behave better.	CO 4:	Narratethe various branches of psychology in order to address a wide range of human issues and/or improve one's quality of life.	CO 5:	Describe the concept of nature, characteristics, and classification of environmental psychology to encourage long-term behavior and overall well-being.	CO 6:	Determine environmental stress factors in order to reduce negative health impacts.	CO 7:	Utilizing community psychology to protect people's health and well-being in their community.	CO 8:	Examine human diversity to reduce negative stereotypes and personal biases towards various groups.	CO 9:	Analyze case studies in psychology to support psychological theories and aid in the creation of treatments or diagnosis confirmation.
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IV. SYLLABUS:																										
UNIT-I	FUNDAMENTALS OF PSYCHOLOGY					Classes: 08																				
Definition, goals, fields and applications, development of Psychology from middle 19th century, psychology in ancient India, The founding of experimental Psychology: Contributions of Weber, Fechner, Wundt and Eddinghaus, William James and Galton, Development of Psychology in India.																										
UNIT-II	APPLICATIONS AND FIELDS OF PSYCHOLOGY					Classes:10																				
Applications of Psychology to disadvantaged groups, problems of social integration, Information technology and Mass media, Economic Development. Fields of Psychology: Social psychology, Educational psychology, Experimental psychology, Clinical psychology, Personality psychology.																										

UNIT-III	ENVIRONMENTAL PSYCHOLOGY	Classes:09
Nature and Characteristics, classification of environment, Indian perspective on human environment relationship.		
Environmental stress: Nature and characteristics, Types of stresses, natural disorders, technological catastrophe, noise and air pollution, Changing behavior to save the environment.		
UNIT-IV	COMMUNITY PSYCHOLOGY	Classes:10
Introducing community psychology, understanding communities: Individuals within environments, Human diversity, preventing problem behavior and promoting social competence, Promoting community and social change.		
UNIT-V	CASE STUDIES	Classes:08
Case studies on current psychological cases.		
Text Books:		
<ol style="list-style-type: none"> 1. Weiten, Wayne. "Psychology: Themes and variations". Cengage Learning, 6th Edition, 2021. 2. Martin, G. Neil. "The Psychology of Comedy", Routledge, 8th Edition, 2021. 3. Best, Rachel. "Introductory Psychology-14080-PSYC 1010-J", 6th Edition, 2021. 4. McKenna, Eugene. "Business psychology and organizational behavior", Routledge, 5th Edition, 2020. 5. DeWall C. Nathan, and David G. Myers. "Psychology in Everyday Life", Worth, 4th Edition, 2016. 6. Lilienfeld, Scott, et al. "Psychology: From inquiry to understanding", Vol. 2. Pearson Higher Education AU, 7th Edition, 2014. 7. Bell, P.A., Greene, T. C., Fisher, J.D., and Baum A. "Environmental Psychology", Wadsworth Group/ Thomson Learning, 10 Davis Drive Belmont CA, U.S.A. 5th Edition, 2011. 8. Atkinson et al., Hilgard's, "Introduction to Psychology", Harcourt Brace, 13th Edition, 1985. 		
Reference Books:		
<ol style="list-style-type: none"> 1. Sahakian, William, S. Ed. History of Psychology, F.E. Peacock, Publishers, Inc. Itasca, Illinois, 1981. 2. Charles G. Morris, Albert Anthony Maisto, Ann Levine, "Psychology: An Introduction", 1980. 		
Web References:		
<ol style="list-style-type: none"> 1. http://ocw.mit.edu/ans7870/9/9.00SC/MIT9_00SCF11_text.pdf 2. https://www.ivcc.edu/uploadedFiles/_faculty/_dockins/PSY_chapter1.pdf 		
E-Text Books:		
<ol style="list-style-type: none"> 1. http://www.blackwellpublishing.com/intropsych/pdf/chapter15.pdf 2. http://college.cengage.com/psychology/sue/abnormal/8e/instructors/sue_irm.pdf 3. https://ocw.mit.edu/ans7870/9/9.00SC/MIT9_00SCF11_text.pdf 4. http://psyc604.stasson.org/Myers.pdf 5. https://books.google.co.in/books?hl=en&lr=&id=fcirDwAAQBAJ&oi=fnd&pg=PA1&dq=Psychology+and+Life&ots=G369Xz8x6i&sig=hjIFH99JSI29H8YEXym65GUFMTQ&redir_esc=y#v=onepage&q=Psychology%20and%20Life&f=false 		