

PROGRAMME OUTCOME

Course specific Objectives:

- Understand the fundamental components of human behavior.
- Gain insight into factors contributing to development of personality.
- Understand the social bias of behavior and adjustment.
- Understand the processes of adjustment and non-adjustment and learn the various coping mechanism.

Course Contents:

UNIT-I

Nature and Scope of Human Behavior: Concept of Human Behavior; Various definitions of Psychology; motivation; Normal, abnormal, clinical, educational, industrial, experimental, developmental, child and adult psychology. Methods of Psychology, Application of psychology for social workers.

UNIT-II

Factors Influencing Human Behavior and Theories of Human Development: Heredity-concept and influence of heredity on human behavior; Environment – concept and influence of social, physical and family environment; The self and the self concept; Freud's Psycho-Sexual theory; Erickson's psycho-social theory.

UNIT-III

Psychological Processes in Behavior: Basic human needs: Physical, psychological and intellectual needs; Needs and Motives; Emotions; Perception; Intelligence; Learning and motivation; Theories of Motivation and their relevance in Social Work. Personality: Definition, nature and types of personality.

UNIT-IV

Social Biases of Behavior and Adjustment: Social perception –attitudes, prejudices, biases, stereotyping; Individuals in groups–group norms, group conformity vs. deviation; Propaganda, rumours and the social affects.

UNIT-V

Adjustment and maladjustment: Concept and factors of adjustment, Stress: concept, types of stress- frustration, conflict and pressure. Coping mechanism: task oriented and defence oriented mechanisms. Indigenous approaches: Yoga and meditation

References:

- Aquinas P. G 2012: Organisational Behaviour – Concepts Realities and Challenges Excel Books New Delhi
- Mishra , Braj Kumar 2008: Psychology- The study of human behavior PHI New Delhi
- Afsaneh , Nahavandi 2015: Organisational Behaviour, Sage New Delhi
- Berger C.R & Chaffee S.H 1987: Handbook of communication science Sage: New Delhi
- Rapport , R & Rapport . R , 1980: Growing through life, Life cycle books, New York : Harper & Row , Publishers
- Clifford Morgan Richard, King , John Weisz , John Schopler 2001 :Introduction to Psychology, Mcgraw Hill Education
- Seifert, K.Hoffnung , et al, 2000: Life Span Development (2nd ed) New York : Houghton Mifflin Co.

