

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
SYLLABUS FOR
Vocational Skill Course (NEP 2020) for B. A. PSYCHOLOGY (Major) SEM 1
TO BE IMPLEMENTED FROM THE SESSION 2024-25
COURSE TITLE: Behavior Modification
(Subject Code- BAPSYVSCSEBM)
(Credit – 02, Total Teaching Hours- 60, Teaching Hours per week – 04)

COURSE OUTCOMES-

- a) To know the concept and principles of Behavior Modification.
 - b) To learn various techniques and application of Behavior Modification.
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UNIT 1- Behavior Modification: Concept & Techniques

- **Introduction-** Concept of Behavior Modification, Principles of Behavior Modification (Conditioning, Punishment, Reinforcement, Extinction)
- **Techniques-** Aversive Conditioning, Systematic Desensitization, Token Economy Biofeedback, Premack Principle.

UNIT 2- Application of Behavior Modification.

- **Applications-** School (Classroom Management), Family (Shaping child's behavior), Work setting (Modifying undesirable behavior)
- **One Activity on Behavior Assessment** (1. Assess any one individual via Self-Report Inventory or Observation, 2. Identify the Target Behavior, 3. Suggest a plan for BM)

Suggested Readings:

- Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L. (1975). Introduction to Psychology. 6th Ed. OxfordIBH Publishing.
- Luthans, F. (2005). Organizational Behaviour. 10th Edition. McGraw Hill Irwin, Boston, MA. ISBN:0072873876/9780072873870.
- Robbins, S.P., Judge, T.A., & Hasham, E.S. (2012, Copyright). Organizational Behaviour. Arab World Edition. Pearson Education Ltd. ISBN: 978-1-4082-5965-8.
- Robbins, S.P. (2000). Organizational Behaviour: Concepts, Controversies and Applications. VII Ed. New Delhi, Prentice Hall of India.
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