Scheme of Examination
M.A. Applied Psychology

(As per Choice based Credit System w.e.f. the academic year 2016–2018)

The entire course will be of four semesters. Each student should earn a minimum of 101 credits over the entire course (Core = 57; Discipline specific course = 16; Dissertation & Practical training= 20; Foundation elective = 2; Open Elective = 6).

Scheme of Examination
M.A. Applied Psychology (Semester I & II )

(As per Choice based Credit System w.e.f. the academic year 2016–2017)

The entire course will be of four semesters. In Semester I, there would be five core papers (four theory papers and a practical) and in Semester II there would be four core (three theory papers and a practical) and one discipline specific course. Each Student will opt for at least one foundation course (minimum 2 credits) and an open elective course (minimum 3 credits) in Semester-II.

<table>
<thead>
<tr>
<th>Sem.</th>
<th>Paper Code</th>
<th>Nomenclature</th>
<th>Hrs/week L+T+P/Gr.</th>
<th>Marks</th>
<th>Exam. (hrs)</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Int. Ass.</td>
<td>Semest er end Exam.</td>
<td>Total</td>
<td>L+T+P</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I</td>
<td>16APY21C1</td>
<td>Fundamentals of Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY21C2</td>
<td>Applied Social Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY21C3</td>
<td>Fields of Applied Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY21C4</td>
<td>Research Methods, Designs and Statistics</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY21CL</td>
<td>Practicals</td>
<td>0+0+10</td>
<td>-</td>
<td>100</td>
<td>4 hrs</td>
</tr>
<tr>
<td>Credits</td>
<td>C=21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>II</td>
<td>16APY22C1</td>
<td>Psychology in Health</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY22C2</td>
<td>Psychology in Education</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY22C3</td>
<td>Psychological Testing</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>16APY22D1</td>
<td>Psychology Across Lifespan</td>
<td>4+0+0</td>
<td>20</td>
<td>100</td>
<td>3 hrs</td>
</tr>
<tr>
<td></td>
<td>or 16APY22D2</td>
<td>or Organizational Psychology</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>or 16APY22D3</td>
<td>or Personality</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>16APY22CL</td>
<td>Practicals</td>
<td>0+0+10</td>
<td>-</td>
<td>100</td>
<td>4 hrs</td>
</tr>
<tr>
<td>Credits</td>
<td>C=17; D=4; F*=2; O=3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Credits: 21

Foundation Course To be chosen from the basket/pool provided by the University. 2

Open elective To be chosen from the basket/pool provided by the University. 3

Total Credits: 26
Scheme of Examination
M.A. Applied Psychology (Semester III & IV)
(As per Choice based Credit System w.e.f. the academic year 2017–2018)

In Semester III, there would be four core papers (three theory papers and a practical) and one discipline specific courses. Each student would opt for the discipline specific paper from one group, i.e. A: Clinical Psychology, B: Guidance & Counselling; C: Health Psychology. In Semester IV there would be one core (practical) and two discipline specific papers (from the group opted in Semester III), Practical training and Dissertation/ Field based empirical report. Each Student will opt for at least one open elective course (minimum 3 credits) in Semester III.

<table>
<thead>
<tr>
<th>Sem</th>
<th>Paper Code</th>
<th>Nomenclature</th>
<th>Hrs/ week</th>
<th>Marks</th>
<th>Exam. (hrs)</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>III</td>
<td>17APY23C1</td>
<td>Theoretical Foundations of Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23C2</td>
<td>Applied Experimental Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23C3</td>
<td>Self and Adjustment</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23DA1 or</td>
<td>Essentials of Clinical Psychology Guidance: Principles and Assessment</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23DA2 or</td>
<td>Essentials of Health Psychology</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23DA3</td>
<td></td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>17APY23CL</td>
<td>Practicals</td>
<td>0+0+10</td>
<td>100</td>
<td>100</td>
<td>4 hrs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dissertation/ Field based empirical report</td>
<td></td>
<td></td>
<td></td>
<td>0+0+5=5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>To be continued in Semester IV and code has been specified in that semester.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Open elective</td>
<td></td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>To be chosen from the basket/pool provided by the University.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Credits | C=17; D=4 O=3 | Total Credits: 24 |

<table>
<thead>
<tr>
<th>IV</th>
<th>17APY24DA1 or</th>
<th>Understanding Psychopathology Counselling: Principles and Skills Management of Illness</th>
<th>4+0+0</th>
<th>20</th>
<th>80</th>
<th>100</th>
<th>3 hrs</th>
<th>4+0+0=4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>17APY24DA2 or</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17APY24DA3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17APY24DB1 or</td>
<td>Therapeutic Interventions Interventions in Guidance and Counselling Health Promotion</td>
<td>4+0+0</td>
<td>20</td>
<td>80</td>
<td>100</td>
<td>3 hrs</td>
<td>4+0+0=4</td>
</tr>
<tr>
<td></td>
<td>17APY24DB2 or</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17APY24DB3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17APY24CL</td>
<td>Practicals</td>
<td>0+0+4</td>
<td></td>
<td></td>
<td>50</td>
<td>3hrs</td>
<td>0+0+2=2</td>
</tr>
<tr>
<td></td>
<td>17APY24DC1</td>
<td>Dissertation or Field based empirical report</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>17APY24DC2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>17APY24DD1/DDD2/DDD3</td>
<td>Practical Training</td>
<td>Based on group opted by the student</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Credits | C=2; D=8 Dissertation & Practical Training:20 | Total Credits: 30 |
M.A. Applied Psychology 2016-18

M.A. (Semester-I) Applied Psychology 2016-2017

Paper-16APY21C1 FUNDAMENTALS OF PSYCHOLOGY

Credits : 4 (hrs/week:4)  
Total : 100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

The Fields and Scope of Contemporary Psychology.
Schools of Psychology: Structuralism, Functionalism, Associationism, Psychoanalysis, Behaviourism, Gestalt.

UNIT II

Genetic Influence on Behaviour: Chromosomes and Genes; Methods of Studying Genetic or Hereditary Determinants; Evolution, Culture and Behaviour.
Perception: The Constancies: Size, Shape, Brightness; Perceptual Organization.

UNIT III

Learning and Conditioning: Classical Conditioning; Operant Conditioning; Cognitive Learning; Verbal Learning.


UNIT IV

Intelligence: Nature, Theories: Spearman’s Two Factor, Thurston’s Group Factor, Multiple Factor Theory (Thorndike and Guilford), Cattell’s Theory, Theory of Multiple Intelligence (Gardner).

Personality: Nature, Type And Trait Approach Theories, Psychosocial (Erik Erikson), Psychoanalysis (Freud), Social Learning (Bandura), Factor Analytic Theory (Cattell). Phenomenological Theory (Carl Rogers).

Recommended Books:

APPLIED SOCIAL PSYCHOLOGY

Credits: 4 (hrs/week:4)  

Total: 100 marks  
Internal Assessment: 20 marks  
Examination: 80 marks  
Time: 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Introduction to Applied Social Psychology:
Nature, Fields of applied social psychology, Theories in social psychology.

Research Methods in Applied Social Psychology:
Methods of data Collection: Self- Report methods, Observation, Experimental and Qualitative Research Methods.

UNIT II

Applying Social Psychology to Organisations:
The individual in an organisation: Work related attitudes; Interpersonal processes in organization: Communication; Types and Techniques.

Applying Social Psychology to Legal System/ Criminal Justice System:
The Crime and Criminal: Social Psychology of Crime; Origins of Criminal Behaviour; Criminal Justice System: Role of Police Investigation, Court room, Prison setting; Eyewitness Testimony; Factors affecting eyewitness accuracy.

UNIT III

Applying Social Psychology to Personal Relationships:
Positive Personal Relationships: Attraction: Cognitive, Reward and equity perspective; Attachment: styles and selection process.

UNIT IV

Applying Social Psychology to Media:
Media violence and its consequences; Imitation of violence; Media violence and aggressive thoughts, Media violence and fear, Impact of media influence on thoughts.

Applying Social Psychology to Community:
Community Psychology: Nature and Origins; Values and approaches. Sense of community and social change.

Recommended Books:


FIELDS OF APPLIED PSYCHOLOGY

Credits : 4 (hrs/week:4)  
Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I


Environmental Psychology: Nature and Scope; Current events influencing environmental psychology; Applying psychology to preserve environment.

UNIT II

Guidance and Counselling Psychology: Nature, Goals and Steps; Basic skills of guidance and counselling.

Clinical Psychology: Nature, Scope and its development as a scientific discipline and profession.

UNIT III


UNIT IV

Media Psychology: Nature; Physical, Cognitive and Social development through media; Interactive communication: Computers, Cell-phones and Internet strategies to regulate electronic media usage.

Forensic and Legal Psychology: Evolution of Forensic Psychology; Aspects of current Forensic Psychology and Role of Forensic Psychologist; Psychology and Judicial process; The Psychologists’ relationship to law, Psychological factors in Antisocial Behaviour.

Recommended Books:

**PAPER- 16APY21C4  RESEARCH METHODS, DESIGNS AND STATISTICS**

*Credits : 4 (hrs/week:4)*

*Total :100 marks*

*Internal Assessment: 20 marks*

*Examination : 80 marks*

*Time : 3 hours*

**Note:**

a) Nine questions would be set in all. Candidates would be required to attempt five questions.

b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.

c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

d) Candidates may be allowed to use non-programmable calculators and statistical tables during the examination.

**UNIT I**

Research: Meaning and Types; Research Problem; Hypotheses and Variables.

Descriptive Statistics: Measures of Central Tendency and Variability.

**UNIT II**

Sampling: Probability and Non- Probability Sampling Methods.

Normal Probability Curve (NPC) – Applications (Area under NPC) and Deviation (Skewness and Kurtosis)

**UNIT III**

Experimental and Non-Experimental Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Self Report Methods.

Correlation Statistics: Product Moment; Rank Order; Biserial; Tetrachoric and Kendall Concordance.

**UNIT IV**

Research Designs: Between subjects; Within Groups and Quasi Experimental Designs.

Inferential Statistics: t-test (Independent and Dependent Means); ANOVA (One way & two way for Separate Groups); Mann-Whitney U-test; Wilcoxon Matched Paired Test and Kruskal Wallis H-Test.

**Recommended Books:**


Note:
Each student would perform six experiments and six tests from the areas mentioned below along with computer applications. The list of exact problems would be decided by the concerned teachers.
It would be mandatory for each student to submit a record file containing a report of all tests, experiments, computer applications duly signed by the respective teachers. During examination one experiment, one test and one part from computer applications would be conducted. Evaluation would be based on performance in conduct, written and viva.

a) Experiments (50 marks)
Any six experiments from following areas.
1. Perceptual Constancy
2. Depth Perception
3. Exercise and Arousal
4. Conditioning
5. Verbal Learning
6. Media Violence
7. Social conformity
8. Emotion

b) Tests (35 marks)
Any six tests from following areas.
1. Self
2. Intelligence
3. Motivation
4. Attachment Style
5. Communication Style
6. Personality (Objective)
7. Reliability/Validity

c) Computer Applications in Research (25 marks)
1. Graphical Representation
2. Central Tendencies & Variability.
3. Mean Comparison
M.A. Applied Psychology 2016-18

M.A. APPLIED PSYCHOLOGY (SEMESTER-II)

PAPER-16APY22C1 PSYCHOLOGY IN HEALTH

Credits : 4 (hrs/week:4) Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:
a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Health Psychology: Nature, Mind- body relationship, Models of health psychology: Biomedical, Biopsychosocial model, Need of health psychology, Role of psychologists in health.
Health Behaviours: Health enhancing behaviours, Health compromising behaviours.

UNIT II

Health Beliefs: Health belief model, Theory of reasoned action, Theory of planned behaviour, Cognitive-behavioural approaches to health change.
Stress & Coping: Sources of stress, Transactional model of stress, Coping with stress, Coping interventions.

UNIT III

Hypertension & Diabetes: Psychosocial factors of hypertension, Psychological Intervention of hypertension; Types of diabetes, Problems in self management of diabetes, Psychological management of diabetes.

UNIT IV

Arthritis & AIDS: Types of arthritis, Psychological intervention; Psychosocial factors of AIDS, Coping with AIDS.
Cancer: Psychosocial factors, Coping with cancer; Trends in Health Psychology: Issues and future challenges.

Recommended Books:
PSYCHOLOGY IN EDUCATION

Credits : 4 (hrs/week:4)  
Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Aim of Education, Need of Psychology in Education.
Guidance: Meaning, Principles, Goals and Need.
Guidance and School Curriculum: Relationship with education and discipline, Meaning of curriculum, Role of psychologist in curriculum planning, Guidance functions through various educational subject matters.

UNIT II

Psychological Education I: Appraisal: Stages, Psychometric Approach: Type of test and selection, Impressionistic approach.
Facilitating learning through Psychology: Influences on learning, Basic learning skills & debilities of the learner.

UNIT III

Psychological Education II: Group Guidance Programs: Settings, Courses and Methods.

UNIT IV


Recommended Books:

UNIT I
Introduction: Definition, Nature & Historical outline of psychological testing, Types of psychological tests, Applications of psychological tests.
Nature & Types: Reliability, Validity, Norms.

UNIT II
Test Construction: Building blocks of a Psychological Test, Ethical and cultural issues in testing.
Item Analysis: Selection of items, Item difficulty, Item discrimination, Item response theory.

UNIT III
Personality Testing: Projective and Self Reporting Inventories.

UNIT IV
Neuropsychological Testing: Luria- Nebraska Neuropsychological battery, AIIMS Comprehensive Neuropsychological battery.

Recommended Books:
M.A. Applied Psychology  2016-18

Paper: 16APY22D1   PSYCHOLOGY ACROSS LIFE SPAN

Credits : 4 (4 hrs/week)  
Total : 100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Prenatal development and Birth: Genetics and Development, Fetal development, Birth process, The Mother and Psychosocial environment.

UNIT II

Development in Infancy: Development of sensory-motor in newborns; Communications and attachment; Emotional development in Infancy.
Development in Pre-school years and Early Childhood: Language development; Fantasy development through Play; Self-regulation: Toilet training, Shame and Doubt; Imitation and Gender identification.

UNIT III

Middle Childhood: Family influences on social competence, Role of friends in social development; Concrete operations in Middle Childhood (Piagetian approach); Skill learning; Psychological crises: Industry and inferiority.
Adolescence stage: Physical development in boys and girls; Sexual Orientation, Formal Operations (Piagets’ Theory); Cognitive and Emotional Development; Group Identity, Threats to well-being and depression.

UNIT IV

Early Adulthood: Physical, Social, Cognitive and Development of Personality; Marriage and adjustment in early years of marriage; Career phases in Early Adulthood.
Middle and Late Adulthood: Managing career, Expanding Interpersonal Skills and Relationships; Balancing work and family life; Caring for one’s own aging parents; Psychology of Grand parenthood; Loneliness and Death Anxiety.

Recommended Books:
ORGANISATIONAL PSYCHOLOGY

Credits : 4 (4 hrs/week)  
Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Nature of I/O Psychology:
Historical development: Traditional and Modern Approach; Working Conditions: Physical working conditions and psychological working conditions.
Recruitment and Selection: Organisation’s and applicant’s perspective; Job analysis and interview.

UNIT II

Behaviour’s in Organisation:

UNIT III

Employee Motivation:
Theories of Motivation: Content and Process theories; Behavioural approach of Motivation and Practical value of motivation, Integration of motivation theories.
Approaches of Leadership: General approaches of leadership; Theories of leadership: Trait theories, Behavioural and Modern; Power and Influence, Leadership through Vision and Persuasion.

UNIT IV

Organizational Theory and Designs:
Organizational theory: Determinants of Organizational Designs; Recent innovations; Research on Organizational Designs.
Organizational Culture: Nature of Organizational culture; Manifestation of organizational culture; measurement and changing organizational culture.

Recommended Books:

Paper: 16APY22D3

PERSONALITY

Credits : 4 (4 hrs/week)

Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I

Nature, History and Assessment of Personality

Personality Research Methods: Experimental, Correlational and Case study.

UNIT II

Psychoanalytic Approach : Freud (Psychoanalysis), Jung (Analytical Psychology) and Adler (Individual Psychology)

Life-span Approach: Erikson (Identity theory); McClelland’s Achievement theory

UNIT III

Humanistic and Existential theories: Rogers (Self-actualization theory), Rollo May (Existential Psychoanalysis)

Trait-Type approach: Eysenck (Biological Trait Theory); Big five- Contemporary Trait Theory

UNIT IV

Social-Learning Approach: Bandura (Social Learning Theory); Rotter (Cognitive-social learning Theory)

Cognitive theories: Kelly (Personal Construct Theory); Mischel (Cognitive-Affective Theory)

Recommended Books :

Paper-16APY22CL

PRACTICALS

Credits: 5 (Hrs/week: 10)

Maximum Marks: 100

Time: 4 hours/Gr

Note:
Each student would perform eight experiments / tests from Section A(i), three experiments / tests from section A(ii) and prepare profiles of six tests/instruments. The list of exact problems would be decided by the concerned teachers. It would be mandatory for each student to submit a record file containing a report of all tests and experiments, duly signed by the respective teachers. During examination, two experiments / tests would be conducted and one profile would be reported. Evaluation would be based on performance in conduct, written and viva.

Section A (i):

1. Life Style & Health Habits
2. Stress
3. Coping
4. Assessment of Pain
5. Relaxation Technique
6. Health Assessment
7. Assessment of Self
8. Assessment of Values/Character Strength
9. Guidance Need Inventory
10. Sociometry/Observation
11. Learning Disabilities
12. Vocational Interest
13. Learning Skill
14. Case Study
15. Personality Inventory
16. Internet Addiction
17. DAT
18. BMI
19. Lie Detection
20. Attribution

A (ii): Psychology across Life Span

1. Self Confidence
2. Family Relationship
3. Death Anxiety
4. Old Age Adjustment
5. Assessment of sensory/motor/cognitive capacities across developmental stages
6. Adjustment issues across developmental stages
Organizational Psychology

1. Organizational Commitment
2. Leadership
3. Organizational Climate
4. Effect of Physical conditions on Performance
5. Job Analysis
6. Motivation

Personality

1. State- Trait Anxiety
2. 16 P.F
3. Neo- FFI
4. Type A/B Behaviour Pattern
5. WAT
6. SCT

Section B: Profiling of Instruments/Tests (20 marks)

Eight profiles of Instruments/Tests (atleast four instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.
THEORETICAL FOUNDATIONS OF PSYCHOLOGY

UNIT-I
Theory: Nature of theory, Trends in theories, Philosophical issues: Mind Vs Body Problem, Free will Vs Determinism.
Attention: Filter theories, Resource theories

UNIT-II
Early Learning theories: Ebbinghaus, Thorndike, Pavlov, Lashley (contributions and applications).
Neo Learning theories: Hull, Guthrie, Skinner (contributions and applications).

UNIT-III
Humanistic theories: Maslow, Frankl, Fromm.
Field theory: Lewin’s theory, Tolman’s cognitive field theory.

UNIT-IV
Cognitive Perspectives: Piaget, Chomsky, Cattell–Horn–Carroll (CHC), Sternberg.
Information Processing approach, Connectionistic Approach

Recommended Books:
Paper: 17APY23C2  APPLIED EXPERIMENTAL PSYCHOLOGY

Credits : 4 ( hrs/week:4)  Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I
Applied Experimental Psychology: Historical roots; Present Status of the field.
Attention: Selective, Divided, Automatic Attention; Factors affecting Division of attention;
Perception: Depth Cues; Perception of Real and Apparent Movement;
Applications: Driving ;Traffic Accidents.

UNIT II
Classical Conditioning: Temporal relations between CS & UCS; Variables affecting classical conditioning.
Applications: Taste Aversion; Conditioned Emotional Response ; Superstitious Behaviour; Chaining; Token economy.

UNIT- III
Memory: Modal Model of Memory; Measures of STM and LTM; Factors affecting Retrieval.
Kinds of Memory: Semantic, Episodic, Working Memory, Prospective Memory.
Forgetting: Incidental and Motivated Forgetting.
Applications: Everyday memories; Autobiographical memory; Flashbulb memory, Improving memory.

UNIT- IV
Problem Solving : Greeno’s Classification of Problems, General Strategies.
Biological Cycles and Cognition: Nature of biological cycles; Circadian Rhythm and Performance.
Applications: Improving Problem Solving Skills; Jet lag and Shift Work; Situated Cognition in Everyday Settings.

Recommended Books:
M.A. Applied Psychology 2016-18

Paper: 17APY23C3

SELF AND ADJUSTMENT

Credits : 4 (hrs/week:4)

Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

NOTE:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT I


UNIT II

Self-Management, Self –Esteem and Personal Growth: Social Identity, Quality of Life and Well-Being; Development, Determinants and Importance of Self- Esteem; Fostering Resilience, Self Actualization.

UNIT -III

Adjustment: Nature, Effective Adjustment and Challenges; Psychological Approaches to Adjustment: Psychoanalysis, Behaviourism, Humanistic.
Assessment: Identification of Adjustment Areas, Long Terms Goals; A Model for assessment of Self Adjustment, Observation Technique.

UNIT- IV

Personal Adjustment during the Life Span: Adjustment during Adolescence, Adjustment in Mid-Life: Adjustment to Loneliness, Adjustment to Bereavement; Adjustment in Old Age: Death and Dying, Successful Aging.
Controlling Harmful Emotions: Anxiety: Meaning, causes and methods of controlling anxiety; Anger: Meaning, causes and methods of controlling anger

Recommended Books :
M.A. Applied Psychology 2016-18

Paper: 17APY23DA1

ESSENTIALS OF CLINICAL PSYCHOLOGY

Credits : 4 ( hrs/week:4)  
Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:
a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I

Clinical Psychology: Nature, Historical overview, Clinical psychology as a profession, Roles and responsibilities of clinical psychologists.
Issues in Clinical Psychology: Professional training, Professional regulation, Professional ethics.

UNIT-II

Methods of Clinical Psychology: Epidemiological, Correlational and Experimental.
Clinical Assessment Techniques: Need, Elements, Case study, Clinical interview, Observation, Psychological tests.

UNIT-III

Psychotherapy: Meaning, nature, general principles and types.
Biologically Based Therapies: Early attempts in biological therapies, ECT, Pharmacological therapy.

UNIT-IV

Psychologically Based Therapies I: Psychoanalytic, Behaviouristic- Brief graduated exposure and prolonged intense exposure therapies, Client-centered, Existential.
Psychologically Based Therapies II: Cognitive- behaviour therapy, Rational- emotive therapy, Gestalt therapy, Mindfulness based stress reduction therapy.

Recommended Books:
Paper: 17APY23DA2  GUIDANCE: PRINCIPLES AND ASSESSMENT

Credits : 4 (hrs/week:4)  Total: 100 marks

Internal Assessment: 20 marks
Examination: 80 marks
Time: 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I
Foundations of Guidance: Need, Meaning and Nature of guidance, Basic principles of guidance, Goal and objectives.
Organization of guidance program: Objectives, Principles; Organization of a guidance program: Primary school stage, Secondary and senior secondary stage.

UNIT-II
Career Development Facilitation: Meaning and Scope of Career Information; Career planning and decision making in schools; Career Information at different school levels.
Career planning and decision making: Role of School counsellors in career development; techniques for career planning and decision making; career counselling in non-school settings.

UNIT-III
Human Assessment: Standardized testing for client assessment: criteria for test selection.
Types of standardized test: Intelligence test, Aptitude test, Interest Inventories and Personality test.

UNIT-IV
Assessment in Natural setting

Recommended Books:
M.A. Applied Psychology  2016-18

Paper: 17APY23DA3 ESSENTIALS OF HEALTH PSYCHOLOGY

Credits : 4 (hrs/week:4)  Total :100 marks
Internal Assessment: 20 marks
Examination : 80 marks
Time : 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I
Health Psychology: Health : Concept, Domains of Health, Emergence of Health Psychology, Perspectives of Health Psychology: Life-course, Socio-cultural, Gender, Biopsychosocial.
Methods in Health Psychology: Descriptive, Experimental, ExPost Facto, Life-span studies; Epidemiological Research.

UNIT-II

UNIT-III
Genetics: Mendalian Genetics, Sex-linked genes; Immune System : Structure & Function.
Cardiovascular System: Structure & Functions; Respiratory System: Structure & Functions.

UNIT-IV
Health Psychology Across Life Span: Early Health patterns and Childhood Nutrition; Adolescence and Risk taking; Theories of aging; Adulthood and aging.
Present Status and Future Challenges: Goals of Health Psychology; Profession of Health Psychology; Future Challenges

Recommended Books
Note:
Each student would conduct twelve experiments/ test administrations by selecting three from each of the areas mentioned below. The concerned teachers would frame the exact problem, where twin variables would be taken for each practical. It would be mandatory for each student to submit a record file containing a report of all experiments/ tests duly signed by the respective teachers. During examination, each student will be assigned two problems. Evaluation would be based on report file, practical conducted and viva.

Section A: Theoretical Foundations of Psychology
1. Level of Aspiration
2. Emotional intelligence
3. LTM
4. Adjustment
5. Non-verbal cues
6. Arousal and performance

Section B: Applied Experimental Psychology
1. Depth perception / Anticipation time
2. Selective/Divided attention
3. Conditioning
4. STM
5. Mnemonic Technique
6. Problem Solving

Section C: Self and Adjustment
1. Self- Concept and Adjustment
2. Self and Well Being
3. Self and Quality of Life
4. Coping Skills and Adjustment
5. Self Esteem and Adjustment
6. Demographic variable and Adjustment

Section D: GroupA (Clinical Psychology)
1. Case study
2. WAIS/ WISC
3. Memory test
4. Test for special population
5. Adaptive behavior/ Social Maturity Scale
6. Dysfunctional Analysis Questionnaire

Or
Group B (Guidance & Counselling)
1. Guidance Need Inventory
2. Vocational Interest Survey
3. Aptitude Test
4. Personality Test
5. Intelligence Test
6. Sociometry

Or

Group C (Health Psychology)
1. Relation Between Physical and Psychological Health
2. Relation between Spirituality/ Religiosity and Health
3. Relation between health and aging
4. Risk taking Behaviour in Adolescents
5. Diet pattern and Health
6. PPT /model of Structure and Function of one system

Paper: Dissertation/ Field based Empirical Report (To continue in semester IV)

Note:
1. Dissertation would be allowed only to students who have obtained 60% or more marks in semester I (with no re-appear). Dissertation will be in the area of specialization (domain specific area opted by the candidate).
2. Nature of field work will be decided by the DC.
M.A. Applied Psychology 2016-18

M.A. Applied Psychology Semester IV

Paper: 17APY24DA1 UNDERSTANDING PSYCHOPATHOLOGY

Credits: 4 (hrs/week: 4)  Total: 100 marks
Internal Assessment: 20 marks
Examination: 80 marks  Time: 3 hours

Note:
a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I

Psychopathology: Nature, Historical background, Perspectives - Biological and Psychological.
Diagnosis and Classification: Meaning, Purpose, DSM system of classification, DSM-5.

UNIT-II

Anxiety and Obsessive Disorders: GAD, Panic, Specific phobia, OCD.
Dissociative Disorders: Dissociative identity disorder, Dissociative amnesia, Dissociative depersonalization.

UNIT-III

Somatoform Disorders: Somatization disorder, Illness anxiety disorder, Body dysmorphic disorder, Conversion disorder.

Bipolar and related disorders: Bipolar I disorder, Bipolar II disorder, Cyclothymic disorder.

UNIT-IV

Schizophrenia and Delusional Disorders: Clinical picture, Etiology and Treatment approaches.
Substance Use Disorders: Alcohol abuse and dependence, Drug abuse and dependence, Personality disorders.

Recommended Books:
M.A. Applied Psychology  2016-18

Paper: 17APY24DA2    COUNSELLING: PRINCIPLES AND SKILLS

Credits : 4 ( hrs/week:4)                                           Total :100 marks

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I

Principles of Counselling: Fundamental precepts of Counselling; Goals of Counselling; Characteristics of Effective Counsellor; Stages of Counselling Process, Types of Counselling.

Ethics in counselling: Codes of Professional Ethics, Ethical Principles, Common Ethical Violations.

UNIT-II

Building Counselling Relationship: Core conditions of counselling: Empathy, Positive Regard, Genuineness, Concreteness; Counsellor Actions that impede communication: Counselling Predisposition, Premature Advise Giving, Excessive Lecturing and Excessive Questioning.

Listening skills: Defining active listening; Importance of Active Listening; Basic Skills of Active Listening: Respect and Acceptance, Client’s Internal View Point, Voice Messages, Body Messages, Opening Remarks.

UNIT-III

Understanding Skills: Showing Understanding, Paraphrase, Reflect Feelings, Understanding of Context and Difference, Manage Initial Resistance, Avoid Listening Blocks.

Clarifying Problem Skills: Structuring Skills, Questioning Skills, Focusing Skills, Challenging Skills, Self Disclosing Skills, Summarizing Skills, Referral Skills, Thinking Skills.

UNIT IV

Delivering Interventions Skills: Establishing session agenda skills, Speaking skills, Coaching skills, Demonstrating skills, Take away assignments and ending skills.

Interventions for actions: Intervention to develop action skills, Development of Monitoring skills in client, Rehearsal and Role Play, Generation and evaluation of alternative actions, Usage of self reward, Maintenance and development of counselling skills.

Books Recommended


MANAGEMENT OF ILLNESS

Total : 100 marks
Internal Assessment: 20 marks
Examination: 80 marks
Time: 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT – I

Cardiovascular Diseases: CHD, Hypertension and Stroke, Measures of Cardiovascular function, Risk factors, Management and Prevention of CVD.
Diabetes: Physiology of Diabetes, Types, Causes, Treatment and Coping with Diabetes.

UNIT-II

HIV & AIDS: Brief history, Epidemiology of AIDS, Causes, Symptoms and Stages, Primary Prevention, Treatment & Coping with HIV and AIDS.
Cancer: Pathology of Cancer, Causes & Risk factors, Prevention & Treatment, Coping with Cancer.

UNIT – III

Asthma: Physiology of Asthma, Risk factors, Management of Asthma.
Musculoskeletal Disorders: Arthritis, Types, Causes, Management of Arthritis.
Gastrointestinal Disorders: Peptic ulcers & Irritable bowel syndrome; Causes, Psychological Interventions.

UNIT – IV

Substance Abuse: Demography Substance Dependence, Tobacco Smoking, Alcohol & other drugs.
Demography, Treatment, Prevention & Control. Obesity: Obesity, Demography, Risk Factors, Prevention and Treatment.

Recommended Books

Therapeutic Interventions

UNIT-I


UNIT-II

Issues in Therapeutic Intervention: Problems encountered by therapist- Transference, Counter-transference; Establishing realistic goals, Silence.
Clinical Intervention: Group therapy, Family therapy, Creative art therapy, Role playing.

UNIT-III

Clinical Intervention: Biofeedback, Assertion training, Self instructional training.
Psychodrama, Yoga, Meditation, Placebo effect.

UNIT-IV

Skill Training: Social skill training for mentally retarded, women and elderly people.
Life Skill Training Programs: Meaning, Basic elements, Process, Applications.

Recommended Books:
Paper: 17APY24DB2  INTERVENTIONS IN GUIDANCE AND COUNSELLING

Credits: 4 (hrs/week:4)  Total: 100 marks
Internal Assessment: 20 marks
Examination: 80 marks
Time: 3 hours

Note:

a) Nine questions would be set in all. Candidates would be required to attempt five questions.
b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I
Counselling Approaches: Counselling and Psychotherapy: Overview, Functions of Counselling and Psychotherapy Theories, Limitations, Origins of Counselling and Psychotherapy Approaches.
Psychoanalysis: Basic concepts; Therapy: Goals, Process and Therapeutic Interventions.

UNIT –II
Humanistic-Existential Approaches: Person-Centred Therapy: Goals, Process and Interventions; Gestalt Therapy: Goals, Process and Interventions.
Transactional Analysis: Goals, Process and Intervention; Existential Therapy: Goals, Process and Interventions.

UNIT-III
Behaviour Therapy: Therapeutic Goals, Process of Therapy and Interventions.

UNIT-IV
Family Systems Therapy: Bowen’s Intergenerational Approach, Structural Family Therapy, Strategic Therapy, Experiential and Humanistic Family Therapies.
Evaluation, Eclecticism and Integration: Evaluation Issues; Eclecticism; Integration: Reasons for Integration, Reasons Slowly Integration.

Books Recommended:

HEALTH PROMOTION

UNIT –I


UNIT- II

Mind – Body Connection: Disease Connection Between Disease and Personality;
Influences of Locus of Control, Self-Esteem, Optimism & Humour on Health.

UNIT-III

Health Enhancing Behaviour: Exercise, Accident Prevention, Maintaining Healthy Diet.

UNIT-IV

Biofeedback & Relaxation Training.
Community Development Approach : Promoting Health & Wellbeing in Communities.

Recommended Books

Paper: 17APY24CL         PRACTICALS

Credits : 2(Hrs/ week 4)         Maximum Marks : 50

Time : 3hours

Note:
Each student would conduct twelve experiments/ test administrations by selecting three from each of the areas mentioned below. The concerned teachers, would frame the exact problem where twin variables would be taken for each practical. It would be mandatory for each student to submit a record file containing a report of all experiments/ tests duly signed by the respective teachers. During examination, each student will be assigned two problems, where one will be from section A and one from sections B. Evaluation would be based on report file, practical conducted and viva.

Section A:    Group A (Clinical Psychology)

1. BDI/ Hamilton Depression Inventory
2. State- Trait Anxiety
3. Eight State Questionnaire
4. Bhatia Battery of Intelligence
5. Rorschach/Holtzman
6. Sentence Completion Test

Or

Group B (Guidance & Counselling)

1. Observation
2. Case study of Educational/ Vocational/ Career Guidance
3. Case Study of Counselling
4. Listening Skills
5. Questioning Skills
6. Coping Skills

Or

Group C (Health Psychology)

1. Personality and Disease
2. Locus of control and disease
3. Stress/Anxiety and Disease
4. Self efficacy and Disease
5. Health quality of Life
6. Learned helplessness and Disease
Section B: Group A (Clinical Psychology)
1. Life stressors
2. Attribution Style
3. Rational/Irrational Beliefs
4. Projective test
5. MMPI/CAQ
6. Assertiveness

Or

Group B (Guidance & Counselling)
1. Relaxation
2. Systematic Desensitization
3. Locus of Control
4. Self-Disclosure
5. Cognitive Restructuring
6. Emotional Competence

Or

Group C (Health Psychology)
1. Psycho-education for changing Health related beliefs and behaviours
2. Adherence to Medical Regime
3. Biofeedback/Relaxation
4. Exercise/Yoga and Health
5. Humor and Health
6. Social support and Health
Paper: 17APY24DC1        Dissertation

OR

17APY24DC2        Field based Empirical Report

Note:

3. Dissertation would be allowed only to students who have obtained 60% or more marks in semester I (with no re-appear). Dissertation will be in the area of specialization (domain specific area opted by the candidate).

4. Nature of field work will be decided by the DC.

5. Evaluation will be on the basis of report and viva-vice.

Paper: 17PSY24DD1/DD2/DD3        Practical Training

Note:

Each student would undergo supervised training for a period of 4 weeks in an institution related to the opted discipline specific area. A detailed report of the training would be submitted to the institute concerned, at the end of the training, and to the Department before the examination. Evaluation would be based on Report and viva-voce.

The report will be prepared as per the following module:

About the institution: Mission, goals and objectives of the institution where training is undertaken.

Topic of training program: Introduction

Case history, Identification of problem, goals and achievement

Conclusion (Experience of the student)

(Minimum 3 cases to be reported)