

M.A. 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 92 credits over the entire course (Core = 60; Discipline specific course = 24; Foundation elective = 2; Open Elective = 6).

M.A. Psychology (Semester I & II)

(Session 2016-2017)

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 elective (minimum 2 credits) and an open elective course (minimum 3 credits) in Semester II.

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/Gr.	Marks			Exam m (hrs)	Credits L+T+P	
				Int. Ass.	Semest er end Exam.	Total			
I	16PSY21C1	Historical and Theoretical Foundations of Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY21C2	Experimental Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY21C3	Social Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY21C4	Research Methods and Statistics in Psychology	4+0+0	20	80	100	3hrs	4+0+0=4	
	16PSY21CL	Practicals	0+0+10	-	100	100	4hrs	0+0+5=5	
Credits		C=21	Total Credits:					21	
II	16PSY22C1	Biological Bases of Behaviour	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY22C2	Cognitive Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY22C3	Research Designs and Statistics in Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY22D1 or 16PSY22D2 or 16PSY22D3	<i>Environmental Psychology</i> or <i>Positive Psychology</i> or <i>Health Psychology</i>	4+0+0	20	80	100	3 hrs	4+0+0=4	
	16PSY22CL	Practicals	0+0+10	-	100	100	4 hrs	0+0+5=5	
		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	
Credits		C=17; D=4; F*= 2; O=3	Total Credits:					26	

Scheme of Examination

M.A. 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 paper. In Semester IV there would be two core papers (one theory paper, one practical) and three discipline specific courses. Each student would opt for the discipline specific papers from one group, i.e. A: Clinical & Abnormal Psychology, B: Guidance & Counselling; C: Industrial & Personnel Psychology. Each Student will opt for at least one open elective course (minimum 3 credits) in Semester III.

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/ Gr.	Marks			Exami nation (hrs)	Credits L+T+P
				Intern al Asst.	Semest er end Exam.	Total		
III	17PSY23C1	Psychological Assessment	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23C2	Psychology of Individual Differences	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DA1	School Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DA2	Or Developmental Psychology						
	17PSY23DB1	Criminal & Forensic Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DB2	Or Sports And Exercise Psychology						
	17PSY23CL	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
	Open elective	To be chosen from the basket/pool provided by the University.					3	
Credits		C=13; D=8 O=3	Total Credits:			24		
IV	17PSY24C1	Indian Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DA1	Basics of Clinical & Abnormal Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DA2	Basics of Guidance and Counselling						
	17PSY24DA3	Industrial and Personnel Psychology						
	17PSY24DB1	Psychodiagnostics	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DB2	Processes and Skills of Counselling						
	17PSY24DB3	Organisational Psychology						
	17PSY24DC1	Interventions in Clinical Psychology	4+0+0	20	80	100	3hrs	4+0+0=4
17PSY24DC2	Counselling Techniques and Strategies							
17PSY24DC3	Interventions in Organisational Development							
	17PSY24CL	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
Credits		C=9; D= 12	Total Credits:			21		

M.A. (Semester-I) Psychology (2017-2018)

Paper-16PSY21C1 Historical and Theoretical Foundations 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

Need for study of History in Psychology; Problems in Historiography; Philosophical Issues: Mind-Body Problem, Free Will vs. Determinism.

Schools: Structuralism- Contributions of Wundt and Titchener, Methodology and Tenets; Functionalism- Antecedents, Pioneers, Methodology and Tenets.

UNIT II

Classical Psychoanalysis: Freud; Neo-Freudians: Fromm, Sullivan, Horney. Analytic Psychology: Jung; Behaviorism: Watson; Gestalt psychology.

UNIT III

Learning Theories: Guthrie, Tolman, Hull, Bandura.

Personality Theories: Adler, Erikson, Eysenck, Rogers.

UNIT IV

Motivational and Emotion Theories: Lewin, Maslow, James-Lange Theory, Cannon-Bard Theory, Schachter & Singer Theory.

Intelligence Theories: Cattell, Guilford, Goleman.

Recommended Books:

- Chaplin, T., & Kraweic, T.S. (1979). *Systems and Theories of Psychology*. NY: Thompson Learning.
- Hergenhahn, B.R. (1997). *An Introduction to the History of Psychology*. U.S.A. : Brooks.
- Leahey, T.H. (1987). *A History of Modern Psychology*. U.S.A.: Prentice Hall International
- Schultz, D. & Schultz, S. (2000). *A History of Modern Psychology* U.S.A.: Harcourt Brace
- Viney, W. & King, D.B. (1998). *A History of Psychology*. Boston: Allyn and Bacon.
- Weiner, B.B. (1985). *Human Motivation*. Tokyo: Springer.

Paper-16PSY21C2

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

Perceptual Processes:

Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement, Types of Apparent Movement.

Pattern Recognition: Prototype, Feature and Structural approach.

UNIT II

Psychophysics:

Estimating Sensory Threshold: Classical Methods.

Signal Detection Theory: Assumptions, Procedures and Applications.

Subliminal Perception: Nature and Empirical Evidence.

UNIT III

Conditioning:

Classical Conditioning: Measurement of Conditioned Response; Variables affecting Classical Conditioning; Applications: Conditioned Emotional Response, Taste Aversion.

Instrumental and Operant Conditioning: Appetitive and Aversive; Schedules of Reinforcement; Applications: Shaping and Superstitious Behaviour.

UNIT IV

Verbal Learning: Methods, Organizational Processes; Improving Memory: Imagery and verbal mnemonics, Preparing for Examination.

Memory: Memory Codes and Attributes; Factors affecting forgetting.

Recommended Books:

Anderson, D.C., & Borkowski, J.G. (1978). *Experimental Psychology: Research Tactics and their Applications*. Illinois: Scott foreman.

Babbeley, A., Eysenck, M.W., & Anderson, M.C.(2015). *Memory*. New York: Psychology Press.

Bartoshuk,L.M., Herz, R.S., Klatzky, R., Lederman, S. J., &Merfeld, D.M. (2012). *Sensation and Perception*. U.S.A.: Sinauer.

Chance,P.(1988). *Learning and Behaviour*. California: Wadsworth.

D'Amato, M.R. (1979). *Experimental Psychology: Methodology Psychophysics and Learning*. New Delhi: Tata McGraw Hill.

Domjan, M. (2003). *The Principles of Learning and Behaviour*. California: Wadsworth / Thomson.

Goldstein, B.E. (2002). *Sensation and Perception*. USA: Wadsworth.

Kling, J.W., & Riggs, L.A. (1984). *Woodworth & Schlosberg's Experimental Psychology*. New Delhi: Khosla.

Leahey, T.H., & Harries, R.J. (1989). *Human Learning*. New Jersey: Prentice Hall.

Lieberman, D.A. (1990). *Learning: Behaviour and Cognition*. California: Wadsworth Schwartz, B.L., &Krantz, J. H. (2016).*Sensation & Perception*. Los Angeles, CA: Sage.

Paper-16PSY21C3

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

Introducing Social Psychology:

Social Psychology: Nature, Origins and Development; Subject matter: Social Psychology yesterday and today.

Methods in Social Psychology: Experimental, Observation, Co-relational, Survey, Field study, Cross-Cultural, Sociometry

UNIT II

Understanding Social World:

Social Perception: Impression Formation and Management; Attribution Theories and Attribution Biases.

Social Cognition: Social Schema & its impact; Heuristics, Prototypes and Social Representations.

UNIT III

Influencing others:

Attitude: Nature, Formation, Measurement and Attitude Change: Persuasion and Cognitive Dissonance.

Social Influence:

Unintended Social Influence, Conformity: Asch and Sheriff's approach; Compliance: Principles and Tactics; Obedience and Disobedience.

UNIT IV

Social Processes:

Co-operation and Conflict: Social exchange theory; Factors affecting conflict, Inter group Conflict and Resolution techniques.

Aggression: Nature and Theories: Biological, Social learning and cognitive; Causes of aggression: Social and personal; Techniques and Prevention to control aggression.

Recommended Books:

Alcock, J., & Sadava, S. (2014). *An Introduction to School Psychology: Global Perspectives*. New Delhi: Sage Publication.

Baron, R. A., & Byrne, D. (2004). *Social Psychology*. Singapore: Pearson Education.

Baron, R. A., Byrne, D. & Johnson, B. T. (1998). *Exploring Social Psychology*. USA: Allyn and Bacon.

Myers, D. G., Sahajpal, P. & Behera, P. (2012). *Social Psychology*. New Delhi: Tata McGraw-Hill.

Worchel, S., Cooper, J., Goethals, G. R., & Olsons, J. M. (2000). *Social Psychology*. USA: Wadsworth/Thomson.

Paper-16PSY21C4 RESEARCH METHODS AND STATISTICS IN 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.
- d) Candidates may be allowed to use non-programmable calculators and statistical tables during the examination.

UNIT I

Methods of Enquiry; Scientific Approach; Research: Nature and Types.

Research Questions; Hypotheses and Variables.

UNIT II

Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Questionnaire.

Normal Probability Curve (NPC): Nature; Characteristics; Applications (Area under NPC) and Measuring Divergence (Skewness & Kurtosis)

UNIT III

Sampling Procedures: Probability and Non-Probability Techniques.

Correlation Methods: Pearson Product Moment; Spearman Rank-order; Kendall Rank Correlation; Biserial and Tetrachoric.

UNIT IV

Research Ethics and Report Writing Styles.

Special Correlation Methods: Partial Correlation (First order); Multiple Correlation (Three Variables) and Kendall Method of concordance.

Recommended Books:

Bordens, K.S. & Abbott, B.B.(2006). *Research and Design Methods: A Process approach*. (6th Ed.), New Delhi: Tata Mc Graw Hill.

Garrett, H.E.(2005-12th Indian Reprint) *Statistics in Psychology and Education*. Delhi: Paragon International Publishers.

Haslam, S.A. & Mc Garty., C. (2014). *Research Methods Statistics in Psychology*. (2nd Ed.) New Delhi;Sage.

Helode, R.D. (2012). *Basic of Research in Behavioural Sciences*. Wardha; Psychoscan.

Mangal, S.K. and Mangal, S.(2013). *Research Methodology in Behavioural Sciences*. Delhi; PHI Learning Private Limited.

Mc Bride, D.M.(2013). *The Process of Research in Psychology*. (2nd Ed.) New Delhi; Sage.

Milluwi, J.O. and Rashid, H (2015) *Research Methodology: Principals Methods and Practices*. Delhi; Manglam.

Mohanty, B. and Misra, S. (2016). *Statistics for Behavioural and Social Sciences*, New Delhi: Sage.

Nestor, P.G. and Schutt, R.K. (2012) . *Research Methods in Psychology: Investigating Human Behavior*. New Delhi :Sage .

Shaughnersy, J.J., Zechmeister, E.B.,& Zechmeister, J.S.(2000). *Research Methods in Psychology*. (5th Ed.)New Delhi: Mc Graw Hill.

Siegel, S. (1994) *Non-Parametric Statistics*. New York: McGraw Hill.

Singh, A.K. (2011). *Tests, Measurements and Research Methods ion Behavioural Sciences*. New Delhi: Bharati Bhawan (Publishers & Distributors).

Singh, R. and Radheshyam & Gupta,L. (2015)._ *Fundamental Statistics For Social Sciences*. Rohtak : Intellectual Foundation(India).

Weathington, B.L., Cunningham, C.J.L. & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. New Jersey: John Wiley.

Paper-16PSY21CL

PRACTICALS

Credits : 5(Hrs / week: 10/group)

Maximum Marks : 100

Examination Time : 4 hrs

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. Perception
2. Conditioning
3. Memory
4. Forgetting
5. Social Conformity
6. Psychophysics
7. Ethological observation

b) Tests

(35marks)

Any six tests from following areas.

1. Self
2. Intelligence
3. Sociometry
4. Attitude
5. Aggression
6. Personality (objective)

c) Computer Applications in Research

(15marks)

1. Graphical Representation
2. Central Tendencies & Variability.
3. Mean Comparison
4. Correlation

M.A. (Semester-II) Psychology 2017-2018

Paper-16PSY22C1

BIOLOGICAL BASES OF BEHAVIOUR

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

Nature of Biopsychology: Meaning and approach; Major divisions of Biopsychology; Methods of study and research.

Cells of Nervous system: Neuron: Structure and Types; Conduction of Nerve Impulse; Synapse; Synaptic transmission: Process and stages

UNIT II

Nervous System: Central Nervous System: Structure and Function of Brain and Spinal cord.

Peripheral Nervous System: Somatic Nervous System: Cranial and Spinal nerves. Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System.

UNIT III

Behavioural Genetics: Medalian Genetics, chromosomes, sex-linked and sex-limited genes.

Biological basis of Affecter and Effector : Visual system, Auditory system; Motor system and Endocrine glands

UNIT IV

Biological basis of Ingestive Behaviour: Hunger and Thirst

Biological basis of Sleep: Stages and Types of Sleep; Physiological mechanism of Sleep; Disorders of Sleep

Recommended Books:

Carlson, N. R. (2013). *Physiological of Behaviour*. USA: Pearson.

Kalat, J.N. (2016). *Biological Psychology*. Boston, USA: Cengage Learning.

Levinthal, C.R. (1991). *Introduction to Physiological Psychology*. New Jersey: Prentice Hall

Pinel, P.J. (2009). *Biopsychology*. (International edition). New Delhi: Pearson Education

Paper-16PSY22C2

COGNITIVE 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: Emergence of Cognitive Psychology, Information Processing Approach.

Attention: Filter (Broadbent and Treisman) and Resource (Kahnman) Theories; Factors affecting Division of Attention.

UNIT II

Memory: Working Memory: Nature, Theories, Educational Applications.

Semantic and Episodic Memory: Semantic vs Episodic Memory; Level of Processing and Hierarchical Network model.

Prospective Memory: Types and Common Failures of Prospective Memory in Everyday life.

UNIT III

Imagery : Empirical Investigations: Mental Rotation and Scanning; Analogical and Propositional Theory.

Language: Speech Recognition: Phonology, Morphology, Syntax and Parsing.

Speech Production: Theories:Garrett and Dell ; Speech Errors.

UNIT IV

Problem Solving: Strategies of Problem Solving; Blocks in Problem Solving; Finding Creative Solutions.

Cognition in Cross Cultural Perspective: Cross Cultural Studies of Perception, Memory and Categorization.

Recommended Books:

Eysenck, W. M., & Keane, M.T. (1990). *Cognitive Psychology: A Students Handbook*. London : Lawrence Erlbaum.

Galotti, K.M. (2014).*Cognitive Psychology: In and Out of the Laboratory*. New Delhi: Sage. Riegler, B.R., & Riegler, G.L.R. (2008). *Cognitive Psychology: Applying the Science of the Mind*. India: Pearson Education.

Jahnke, J.C., & Nowaczyk, R.H. (1998).*Cognitive Psychology*. NewJersey: Prentice Hall. Matlin, M. W. (1995). *Cognition*. Bangalore: Prism Book.

Reed, K.S. (2000).*Cognition: Theory and Applications*. California: Wadsworth.

Paper-16PSY22C3 RESEARCH DESIGNS AND STATISTICS IN 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.
- d) Candidates may be allowed to use non-programmable calculators and statistical tables during the examination.

UNIT I

Measurement: Nature, History, Functions and Levels. General Problems and Sources of Errors in Measurement.

Research Designs: Nature, Characteristics, Types and Functions.

UNIT II

Experimental Designs: Between Subjects Designs; Within Groups Designs and Mixed Designs.

Significance of Mean Difference: Independent and Dependent Groups.

Analysis of Variance: One way and Two way ANOVA for Separate Groups.

UNIT III

Quasi Experimental Designs: One Group Designs; Non-Equivalent Groups Designs and Time Series Designs.

Non-Parametric Statistics: Mann-Whitney U-Test; Wilcoxon Matched Paired Test; Chi-Square; A-Test and Kruskal Wallis H-Test.

UNIT IV

Qualitative Research: Qualitative versus Quantitative Research. Qualitative Data: Nature and Types. Approaches for Qualitative Data Analysis.

Mixing Methods: Quantitative and Qualitative Combined; Qualitative and Mixed-Methods Data Collection and Analysis; Benefits and Challenges of Mixed-Methods Research.

Recommended Books:

Bordens, K.S. & Abbott, B.B.(2006). *Research and Design Methods: A Process approach.*

(6th Ed.), New Delhi: Tata Mc Graw Hill.

Garrett, H.E.(2005-12th Indian Reprint) *Statistics in Psychology and Education.* Delhi: Paragon International Publishers.

Haslam, S.A. & Mc Garty., C. (2014). *Research Methods Statistics in Psychology.* (2nd Ed.) New Delhi;Sage

Helode, R.D. (2012). *Basic of Research in Behavioural Sciences.* Wardha; Psychoscan.

Mangal, S.K. and Mangal, S.(2013). *Research Methodology in Behavioural Sciences.* Delhi; PHI Learning Private Limited.

Mc Bride, D.M.(2013). *The Process of Research in Psychology.* (2nd Ed.) New Delhi; Sage.

Milluwi, J.O. and Rashid,H (2015) *Research Methodology: Principals Methods and Practices.* Delhi; Manglam.

Mohanty, B. and Misra, S. (2016). *Statistics for Behavioural and Social Sciences,* New Delhi: Sage.

Nestor, P.G. and Schutt, R.K. (2012) . *Research Methods in Psychology: Investigating Human Behavior.* New Delhi :Sage .

- Shaughnessy, J.J., Zechmeister, E.B., & Zechmeister, J.S. (2000). *Research Methods in Psychology*. (5th Ed.) New Delhi: McGraw Hill.
- Siegel, S. (1994). *Non-Parametric Statistics*. New York: McGraw Hill.
- Singh, A.K. (2011). *Tests, Measurements and Research Methods in Behavioural Sciences*. New Delhi: Bharati Bhawan (Publishers & Distributors)
- Singh, R. and Radheshyam & Gupta, L. (2015). *Fundamental Statistics For Social Sciences*. Rohtak : Intellectual Foundation (India).
- Weathington, B.L., Cunningham, C.J.L. & Pittenger, D.J. (2010). *Research Methods for the Behavioural and Social Sciences*. New Jersey: John Wiley.

Paper: 16PSY22D1

ENVIRONMENTAL 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

Environment: Nature and Scope of Environmental Psychology.

Theories of Environment-Behaviour Relationship: Arousal, Stimulus-Load, Behaviour-Constraint, Ecological, Environmental–Stress Theory. Environmental Attitudes and Appraisals.

UNIT II

Personality and Environment: Traditional and Environmental Personality Dimensions. Some uses of Personality in Environment.

Crowding and Privacy: Crowding, Density and Population, Influences on Crowding. Crowding and Environmental Design. Privacy and Human Behaviour, Privacy and Environmental Design.

UNIT III

Natural Disasters: Characteristics of Natural Disasters, Perception and Psychological Effects of Natural Disasters.

Noise and Air Pollution: Source and effects of Noise in the Work Place, Noise and Social Behaviour. Perception, Health, Performance, Social Behaviour and Air Pollution.

UNIT IV

Changing Behaviour to save the Environment: The Commons Dilemma as an Environment-Behaviour Problem, Strategies to Encourage Environmentally Responsible Behavior.

Contemporary Values and Environmental Attitudes. Economic, Political and Legal Implications of Environmental Issues.

Recommended Books:

Bechtel, R. B. (1997). *Environment and Behaviour: An Introduction*. New Delhi: Sage

Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). *Environmental Psychology* Orlando (US): Harcourt.

Gifford, R. (1991). *Environmental Psychology; principles and practice*. USA: Allyn. Bacon.

Veitch, R., & Arkkelin, D. (1995). *Environmental Psychology: An Interdisciplinary Perspective*. USA: Practice-Hall.

Paper : 16PSY22D2

POSITIVE 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

Introduction to Positive Psychology: Traditional Psychology; Origin, Assumptions and Goals of Positive Psychology, Eastern Perspective on Positive Psychology.

Virtues and Strengths of Character: Classification of Human Virtues and measuring Strengths of Character.

UNIT II

Positive Emotional States and Well- being: Broaden and Build theory of Positive Emotions; Positive Emotions and Health Resources- Physical, Psychological and Social.

Happiness, Flow and Savouring: Different viewpoints of Happiness, Factors affecting Happiness and strategies to enhance Happiness; Cultivating Flow and Savoring.

UNIT III

Cognitive States and Processes: Wisdom, Self-efficacy, Hope and Optimism;
Mindfulness and Well-being.

UNIT IV

Close relationships: Characteristics of close relationships; Love and Flourishing relationships
Pro- Social Behaviour: Gratitude and Forgiveness.

Recommended Books :

Baumgardner, S.T., & Crothers, M, K. (2009). *Positive Psychology*. New Delhi:Pearson.

Bryant, F.B., & Veroff (2007). *Savoring: A new model of positive experience*. Mahwah, New Jersey:Lawrence Erlbaum.

Carr, A. (2005). *Positive Psychology:The Science of Happiness and Human Strengths*. New York: Routledge.

Snyder, C.R., & Lopez, S.J. (2008). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage.

Paper: 16PSY22D3

HEALTH PSYCHOLOGY

Credits : 4 (4 hrs/week)

Total :100 marks

Internal Assessment:20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) 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.*
- d)
- e) *It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT I

Health Psychology: Psychology's involvement in Health. Emergence of Health Psychology; Health Psychology's position/status and rationale in Health. Research methods of Health Psychology: Correlational, Cross-sectional & Longitudinal Studies, Observational, and Experimental Method.

UNIT II

The Macro-socio Environment and Health: Global Health trends, Population Growth, Increasing Life Expectancy, Inequalities, Gender & Ethnicity.

Culture & Health: Health belief systems, Western: Bio-medicine & Bio-psychosocial Model, Non-Western belief systems: Indian, Chinese, & African.

UNIT III

Cardiovascular System & Diabetes: Coronary Artery Disease (CAD), Stroke, Blood Pressure. Measurement & Prevention of Cardiovascular System: ECG, Angiography, Mortality. Risk factors: Behavioural, Physiological, Psychosocial. Diabetes: Type I & II diabetes, Impact & Management. Health behaviour: Smoking and Alcohol, cultural variations in Smoking and Alcohol, psychological causes of Addiction. Biological and Psychological consequences of Smoking and Alcohol.

UNIT IV

Pain and Managing Pain: Typology and Biology of pain. Measurement of pain. Factors affecting Pain: Physical and Psychological Factors. Treatment of Pain.

Future Challenges: Healthier People, Increasing Life Span, Health Care in West and India. Future of Health Psychology.

Recommended Books

Brannon & Fiest, (2007). *Introduction to Health Psychology*. New Delhi, ASkash Press.

Gurung, (2010). *Health Psychology A Cultural Approach* (2nd Ed). USA, Wadsworth.

Marks, et al., (2011). *Health Psychology Theory, Research & Practice* (3rd Ed.). India, Sage Publication

Straub, R. O. (2014). *Health Psychology: A Biopsychosocial Approach*. NY: Worth Publishers

Paper-16PSY22CL

PRACTICALS

Credits:5 (Hrs/week: 10)

Maximum Marks : 100

Examination Time : 4 hours

Note:

Each student would perform four experiments and four tests from Section A (i & ii), three experiments or tests from Section A (iii) 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 one experiment, one test would be conducted and one profile would be reported. Evaluation would be based on performance in conduct, written and viva.

Section A

(Marks: 80)

(i) Experiments

1. Attention
2. Language
3. Semantic Memory
4. Problem Solving
5. Physiological Arousal

(ii) Tests

1. Motivation
2. Anger
3. Problem Solving Ability
4. Personality (Subjective)
5. Memory

(iii) Optional paper

Environmental Psychology

1. Noise Sensitivity/ Air Pollution
2. Environmental Attitude/ Awareness
3. Personal Space
4. Crowding
5. Environmental Perception
6. Environmental Education

Or

Positive Psychology

1. Happiness
2. Hope/Optimism

3. Self Efficacy
4. Fostering positive Emotions
5. Resilience
6. Character Strengths

Or

Health Psychology

1. Assessment of Adolescent Health
2. Resilience
3. BMI
4. Biofeedback
5. Assessment of Pain
6. Well- Being

Section B

Profiling of Instruments/Tests

(Marks: 20)

Six profiles of Instruments/Tests (at least three instruments) to be prepared. Details of instrument/test and its working/administration, scoring, interpretation, and application would be described.

Paper: 17PSY23C1

PSYCHOLOGICAL 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

Psychological Measurement: History of Psychological Measurement, Levels of Measurement (Scales), Measurement theory, Errors and Sources of Error in Measurement.

Psychological Testing: Nature, Uses of Psychological testing, Characteristics of a good test, Types of Tests.

Test Administration: Effect of Examiner and Situational variables; Examinee's perspective; Effect of training on test performance.

UNIT-II

Test Construction: Steps of test construction, Item Writing, Design of Ability tests, Design of Performance tests.

Item Analysis: Item – Difficulty, Item Discrimination, Distractor Power, Item Characteristic curves.

UNIT-III

Reliability: Meaning, Types of Reliability Analysis (Methods), Factors affecting Reliability.

Validity: Meaning, Methods for Calculating Validity, Factors affecting Validity.

UNIT-IV

Norms: Raw Scores, Raw Scores transformations, Types of Norms.

Legal, Ethical & Social Issues in Psychological Testing

Computer- Aided Psychological Assessment

Recommended Books:

- Aiken, L.R. & Groth- Marnat, G. (2009). *Psychological Testing and Assessment* (12th ed) Delhi: Pearson.
- Anastasi, A.,& Urbina, S. (1997). *Psychological Testing* (7th ed) NY: Prentice- Hall.
- Gregory, R.J. (2004). *Psychological Testing: History, Principles, & Applications* (4th ed) New Delhi: Pearson Education.
- Husain, A. (2012). *Psychological Testing*. Delhi: Pearson.
- Miller, L.A., Lover, R.L. & McIntire, S.A. (2013). *Psychological Testing*. New Delhi: Sage.
- Singh, A.K. (2008). *Tests, Measurements and Research Methods in Behavioural Sciences*. Patna: Bharati Bhawan.

Paper: 17PSY23C2 PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

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

Individual Differences: Differential Psychology, Nature, History, Subject matter, Current Trends and Future Directions.

Methodological Advances in Differential Psychology : Methods of Data Collection; Types of Design; Experimental Approaches; Observational Approaches; Methods of Analysis

UNIT II

Personality: Overview of Theoretical Perspectives: Psychoanalytical, Neo-Analytic, Biological, Social, Behaviourist, Cognitive, Trait, Humanistic.

Cognitive: Overview of Theoretical Perspectives: Cattell–Horn–Carroll (CHC), Gardner, Sternberg.

UNIT III

Applications to Individual Differences- Personality

Biological Bases of Personality; Theoretical Perspectives to Gender Differences in Personality; Genetic and Environmental Influences on Personality; Cultural and Ethnic Differences; Evolutionary Function of Personality.

UNIT IV

Applications to Individual Differences- Cognition

Biological Bases of Mental Abilities; Individual differences in Cognitive Abilities and Style; Gender Differences in Cognition; Empirical evidences of Cross Cultural Differences in Cognition; Effect of Schooling and Literacy.

Books Recommended:

- Ackerman, P. L., & Lohman, D. F. (2006). Individual differences in cognitive functions. In P. A. Alexander, P. R. Pintrich, & P. H. Winne (Eds.), *Handbook of Educational Psychology, 2nd Edition* (pp. 139-161). Mahwah, NJ: Lawrence Erlbaum Associates.
- Friedman, H.W., & Schustack, M.W. (2003). *Personality: Classic Theories and Modern Research*. India: Pearson.
- Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory*. New Delhi: Sage.
- Revelle, W., Condon, D. M. and Wilt, J. (2011) Methodological Advances in Differential Psychology. T. Chamorro-Premuzic, S. von Stumm and A. Furnham (Eds.), *The Wiley-Blackwell Handbook of Individual Differences* (pp.39-73), Oxford, UK :Wiley-Blackwell, Oxford, UK.
- Revelle, W., Wilt, J. and Condon, D. M. (2011) Individual Differences and Differential Psychology: A Brief History and Prospect. T. Chamorro-Premuzic, S. von Stumm and A. Furnham (Eds.), *The Wiley-Blackwell Handbook of Individual Differences* (pp.1-38), Oxford, UK :Wiley-Blackwell,
- Sternberg, R.J. (2000). *Handbook of Intelligence*. UK: Cambridge University Press.
- Tomas Chamorro-Premuzic, T. (2013). *Personality and Individual Differences*. UK: BPS Blackwell

Paper: 17PSY23DA1

Credits : 4 (hrs/week:4)

SCHOOL PSYCHOLOGY

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

School Psychology: Nature, Scope and Historical development. Latest Development of School Psychology. Approaches and Ethical Issues of School Psychology Practice; Traditional Approach: Correlational, Alternative Approach: Experimental /Problem Solving. Ethical Issues related to competence of school psychologist.

UNIT II

Assessment in School: Intellectual, Academic Skills, Socio-Emotional and Behavioural Functioning. Prevention and Intervention: Academic Skills: Data driven problem solving process, Evidence based instruction and intervention strategies; Mental Health: Addressing Mental Health issues from problem solving stance and evidence-based practice movement.

UNIT III

Learning, Behavioural and Life Style Issues: Learning issues: Learning Disability in Reading, Writing and Mathematics (Causes and Management). Behavioural Issues: Bullying, Sexual Behaviour, Drug Abuse, Depression and suicide, Internet Addiction and Conduct Disorder (Causes and Management). Life Style Issues: Obesity, Anorexia and Bulimia Nervosa, Type 1 diabetes.

UNIT IV

Professional Counselling in Schools: Methods of Counselling: Adlerian Method, Behaviourism (Operant Conditioning), Cognitive, Strength based. Issues for Counselling: Child Maltreatment, Homeless Child, Parent-Child Relationship, Truancy and School Refusal, Academic Stress and Grade.

Recommended Books:

Merrell, K.W., Ervin, R. A. and Peacock, G.G. (2006). *School Psychology for 21st century: Foundations and practices*. New York: The Guilford Press.

Wright, R.J. (2012). *Introduction to School Counselling*. India: Sage.

Berk, L.E. (2013). *Child Development*. New Delhi: PHI Learning.

Paper: 17PSY23DA2 DEVELOPMENTAL 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

Developmental Psychology: Nature and Principles; Life-Span Perspectives: Psychoanalysis, Behaviourism, Social Learning, Cognitive and Recent theoretical perspectives.

Research Methods and Designs: Observation, Interview, Questionnaire, Case Study and Clinical; Crosssectional, Longitudinal and Sequential.

UNIT- II

Perspectives of Nature and Nurture: Preformationism, Genetic Determinism, Eugenics; Human Diversity: Genetic code, Genotypes & Phenotypes; Interplay between Genes and Context; Bronfrenbrenner's Ecological Perspective on development.

Physical Development & Aging: Prenatal, Infancy, Childhood, Adolescence, Adult and Old Age.

UNIT-III

Cognitive and Language Development: Cognitive Development in infancy and childhood; Theories of Cognitive Development: Piaget's stage theory, Vygotsky's Socio-Culture theory; Language Development: Theories of Language Acquisition: Behavioural Learning, Nativist, Cognitivist.

UNIT-IV

Social Development: Social Processes: Family, School and Work, Social Aspects of Aging; Erikson's theory of Psychosocial Development.

Moral Development: Nature, Process; Theories of Moral Development: Psychoanalytic, Social Learning, Piaget and Kohlberg's theory.

Recommended Books:

Berk, L. E. (2013). *Child Development (9th Edition)* .New Delhi: PHI Learning

Hurlock, E. (1997). *Child Development*. New Delhi: Tata McGraw-Hill.

Levin, L.E., and Munsch, J. (2014). *Child Development An Active Learning Approach (2nd Ed.)*. London: Sage Publication.

Merrill, K.W., Ervin, R. A., and Peacock, G.G. (2006). *School Psychology for 21st century: Foundations and practices (2nd Edition)*. Newyork: The Guilford Press.

Papalia, D.E., and Olds, S.W. (1978). *Human Development*. New York: McGraw Hill.

Steinberg, L.V.D., & Bornstein, M. (2011). *Development: Infancy Through Adolescence*. International Edition: Wadsworth Cengage Learning.

Wright, R. J. (2012). *Introduction to School Counselling*. India: Sage .

Paper: 17PSY23DB1

CRIMINAL AND FORENSIC 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

Forensic and Criminal Psychology: Nature and History of Forensic Psychology; Social context of Crime: Extent of Criminality, Changing nature of Crime: Conservative and Radical interpretations in view of complexity of victimisation.

Theories of Crime: Psychoanalytic; Eysenck's Biosocial Theory, Social Learning Theory.

Unit-II

Types of Offender: Juvenile Offender: Criminogenic factors in child and adult antisocial behaviour; Consequences of social interventions on reducing Criminogenic effects; Specific explanations of antisocial behaviour in Childhood: Moral reasoning and cycles of Abuse.

Violent Offenders: Media influences and Research Statistics, Theories of Homicide: Psychological disposition, Socio biological theory and multi-factorial approach.

Unit – III

Sexual Offenders: Rapists: Nature of Rape, Rape myths, Youthful sex offenders, Theories of Rape: Feminist theory, Social learning and Evolutionary theory.

Eyewitness Testimony: Accuracy of witness evidence in Court, Witness confidence and improving the validity of line-up.

Mental Illness and Crime: Problem of evidence: Controlling for confounding factors, Confounding effects of Medication; Mental illness and Crime in general.

UNIT- IV

Profile Analysis: FBI Profiling; Polygraph process and detection of lying.

Measures to prevent and control Crime: Role of Jury decision rules and real Jury deliberations; Risk assessment and dangerousness issues: Political context, Clinical approaches in Risk and dangerous assessment.

Recommended Books:

Howitt, D.(2002). *Forensic and criminal psychology*. England: Pearson education ltd.

Petherick..W.A,Turvey, B.E. and Ferguson,C.E.(2010).*Forensic Criminology*.Elseiver Academic Press.

Shipeay, S.and Arrigo, B.(2012). *Introduction to forensic Psychology*. USA: Academic press.

Paper: 17PSY23DB2

SPORTS AND EXERCISE 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

Sports and Exercise Psychology: Nature; Distinguishing between two specialties; Understanding present and future trends; Issues for special populations in Sports; Barriers for women in sports.

Competition and Cooperation: Concept Enhancing Competition and Cooperation; Approaches to Influencing Behavior; Guidelines for using positive reinforcement and punishment.

UNIT-II

Personality and Sports: Major perspectives of Personality; Personality and Sports performance; Examining cognitive strategies and success.

Motivation: Nature; Major approaches to Motivation; Achievement Motivation in Professional Practice; Psychological Momentum in Sports.

UNIT-III

Leadership and Coaching: Components of effective Leadership; Sports oriented interactional approaches to Leadership; Recognizing Breakdowns and Communication, Dealing with Confrontation.

Team cohesion: Nature; Relationship between Cohesion and Performance, Strategies for enhancing Cohesion; Building Self-confidence; Effectiveness of Goal-setting.

UNIT-IV

Exercise and Psychological Well-Being: Reducing Anxiety and Depression with Exercise, Enhancing Quality of Life with Exercise; Relationship between Stress and Injury, Role of Sports Psychology in Injury Rehabilitation.

Overtraining and Burnout: Factors leading to Athlete Overtraining and Burnout; Relaxation strategies for Sports: Progressive Relaxation, Autogenic Training, Yoga, Meditation and Biofeedback Training.

Recommended Books:

Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. New York; McGraw – Hill.

Singh, R. (2014). *Sport Psychology*. New Delhi: Friends Publications.

Weinberg, R.S., Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. United State of America. Human Kinetics.

Woods, R.B. (2011). *Social Issues in Sport*. U.S.A.: Human Kinetics.

Paper: 17PSY23CL PRACTICALS

Credits: 5(Hrs/ week 10)

Maximum Marks: 100

Time: 4 hours

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 or B and one from sections C or D,. Evaluation would be based on report file, practical conducted and viva.

Section: A *Psychological Assessment*

1. Test construction/Translation
2. Item-difficulty
3. Item-distraction index
4. Reliability of a test
5. Validity of a test
6. Developing Norms

Section B: *Psychology of Individual Differences*

1. Gender and Personality
2. Genetics and Personality/Intelligence
3. Gender and Cognition
4. Age/Gender and Cognitive Speed
5. Literacy and Intelligence
6. Age and Categorization

Section C: *School Psychology*

1. Parent Child Relationship
2. Intelligence
3. Body Mass Index
4. Academic Stress
5. Emotional Maturity
6. Internet Addiction

Or

Developmental Psychology

1. Intelligence
2. Social Maturity
3. Health
4. Old Age Adjustment
5. Family Relationship
6. Moral Development/ Reasoning

Section D: Criminal & Forensic Psychology

1. Aggression/Anger
2. Recognition Memory for Faces
3. Lie Detection (Polygraph Record)
4. Moral Disengagement
5. Comparison of Attitudes towards Crime /Violence (Semi structured Interview Schedule)
6. Survey (One month Newspaper based) of Antisocial Behaviour

Or

Sports and Exercise Psychology

1. Achievement Motivation
2. Personality Assessment
3. Competition
4. Cooperation
5. Well Being
6. Self Efficacy

M.A. PSYCHOLOGY, SEMESTER- IV

Paper: 17PSY24C1 INDIAN 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: What and Why of Indian Psychology; A Journey Back to the Roots.

Implications and Applications of Indian Psychology

Indian Psychology and the Scientific Method

UNIT-II

Psychological Perspectives: Philosophical bases and fundamental assumptions of *Upanishads, Samkhya-Yoga, Nayaya-Vaisesika, Jaina, Buddhist, Bhagwat Gita*

UNIT –III

Personality in Indian Psychology

Self and Identity in Indian Psychology

Motivation and Emotion in Indian Psychology

UNIT –IV

Applications of Indian Psychology: Management of Mental Health, Resolution of Social Conflicts, Value and Teacher Education

Recommended Books:

Matthijs Cornelissen, R.M., Misra, G., & Varma, S. (2014). *Foundations and Applications of Indian Psychology*. India : Pearson

Rao, K.R., Paranjpe, A.C., & Dalal, A.K.(2008). *Handbook of Indian Psychology*. New Delhi: Foundation Books

Paper: 17PSY24DA1 BASICS OF CLINICAL & ABNORMAL 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 foundation, Activities of a clinical psychologist.

Clinical Psychology and Related Fields: Clinical psychology as a profession, Professional regulation, Training, Ethical and cultural issues.

UNIT-II

Approaches to Clinical Psychology: Biological, Psychological, Psychoanalytic, Behaviouristic, Humanistic.

Methods to Study Clinical Psychology: Epidemiological, Experimental, Correlational.

UNIT-III

Abnormal Psychology: Meaning and Criteria of abnormality, Etiological factors of abnormal behaviour, Past and present of abnormal psychology.

Developmental Disorders: Conduct disorder, ADHD, Learning disorder, Mental retardation.

UNIT-IV

Sexual and Gender Identity Disorders: Clinical picture, Types, Etiology.

Eating Disorders: Clinical features, Types, Etiology.

Recommended Books:

Bennett, P. (2003). *Abnormal and Clinical Psychology*. UK: Open University Press.

Carr, A. (2012). *Clinical Psychology: An Introduction*. New York: Routledge.

Comer, R. J. (2003). *Abnormal Psychology*. New York: Freeman.

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). *Abnormal Psychology* (13th Ed.). New Delhi: Pearson.

Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). *Introduction to Clinical Psychology* (4th Ed). New Jersey: Prentice Hall.

Bellack, A. S. & Hersen, M. (1980). *Introduction to Clinical Psychology*. New York: Oxford University Press.

Pomerantz, A. M. (2011). *Clinical Psychology: Science, Practice & Culture* (2nd Ed.). New Delhi: Sage Publications.

Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). *The Clinical Psychology Handbook*. New York: Pergamon.

Paper: 17PSY24DA2

BASICS OF 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

Foundation of Guidance: Need, Meaning and Scope of Guidance; Basic Principles of Guidance.
Models of Guidance: Early, later and contemporary models. Organizing a Guidance Programme.

UNIT-II

Educational Guidance: Need, Objectives, Educational Problems and Functions; Guidance in Elementary Schools: Nature, Role of teacher and Counsellor; Guidance in Secondary Schools: Nature, Needs related to Education and Personal Development.
Career development facilitation: Theories of career development and decision making, Facilitating career exploration, Collecting and disseminating career information.

UNIT-III

Foundation of counselling: Meaning, Goals, Stages, Need and Types.
Emergence and Growth of Counselling Psychology; Counselling and related fields; Ethical Training, Standards and Dilemmas in counselling.

UNIT-IV

Research in counselling: Need for evaluation, Applied-Action Research, Problems of counselling research, Process and Outcome research, Descriptive research in counselling, Experimental research.
Contemporary Issues in counselling: Working with children and their parents, older adults, differently abled and Religious clients.

Books Recommended:

- Gelso, C., & Fretz, B. (2001). *Counselling Psychology*. USA: Harcourt College.
- Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.
- Pietrofessa, J. J., Bernstein, B., Minor, J., & Stanford, S. (1980). *Guidance: An Introduction*. Chicago: Ranel Mc Nally College.
- Sharma, R. A. (2007). *Fundamentals of Guidance and Counselling*. Meerut: R. Lall Book.
- Srivastava, K. K. (2003). *Principles of Guidance and Counselling*. New Delhi: Kanishka.
- Welfel, E.R., & Patterson, L.E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. New Delhi: Cengage Learning.

Paper: 17PSY24DA3 INDUSTRIAL AND PERSONNEL 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 Industrial Psychology: Nature and scope of Industrial Psychology, Challenges of Industrial Psychology, Hawthorne Studies, World war II and Engineering Psychology.

Working Conditions: Physical Working Condition: Illumination, Noise, Music and Temperature; Work Schedules: Working Hours, Rest Pauses and flexible work schedules.

UNIT-II

Techniques, Tools and Tactics: Methods of Psychological Research: Experimental, Naturalistic, Observation, Survey and Opinion polls.

Job and Work Environment: Job Design, Job Analysis and Job Evaluation; Methods of Job Evaluation: Ranking, Factor Comparison and Component.

UNIT-III

Personnel Selection and Practices: Recruitment Process, Selection Process, Fair Employment Practices. Personnel Testing and Development: Administering Psychological Tests and Limitations of Psychological Testing
Personnel Development: MBTI and 360 feedback system.

UNIT-IV

Personnel Training & Issues: Traditional Training Methods: Presentation, Group Building Method. Advanced Training Modules: E-learning, Computer based training.
Training Issues: Basic Skill Training, Training and Pay Systems, Melting the glass ceiling and Joint Union – Management Programmes.

Recommended Books:

- McCormick.E.J.& Ilgen.D.R.(1984).*Psychology*. New Delhi: Pearson Prentice Hall.
Blum.M.L.& Naylor.J.C.(1984).*Industrial Psychology*. New York: Harper and Row.
Hellriegel,D.and Slocum,J.W.(2007).*Organisational Behavior*. Singapore:Thomson Asia.
Schultz,D.and Schultz,S.E.(2008).*Psychology and Work Today: An Introduction to Industrial and Organisational Psychology*. New Delhi: Pearson Education.
Noe,R.A.(2008).*Employee Training and Development*.New Delhi :Tata McGraw Hill.
Singh K.(2015). *Organisational Behavior*.New Delhi:Vikas Publishing House Pvt.Ltd.
Pandey.M.(2015). *Organisational Behavior*.New Delhi:Himalaya Publishing House Pvt.Ltd.

Paper:17PSY24DB1

PSYCHODIAGNOSTICS

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

Psychodiagnosis: Nature, Purpose, Elements of psychodiagnosis.

Classification of diseases: Nature, Purpose, Diagnostic systems- DSM-5, ICD-10.

UNIT-II

Psychological Assessment: Clinical Interview-Nature, types; MSE, Observation, Case study.

Intellectual Assessment: Stanford- Binet scales, Wechsler scales, Scatter analysis.

UNIT-III

Personality Assessment I: Description & Evaluation- MMPI, Millon Clinical Multiaxial Inventory, Beck Depression Inventory, NEO-PI-R.

Personality Assessment II: Description & Evaluation- Rorschach, TAT, Sentence Completion Test, Word Association Test.

UNIT- IV

Neuropsychological Assessment: Single test- Bender Visual Motor Gestalt Test, Goldstein- Scheerer test; Test Batteries- Halstead- Reitan, Luria- Nebraska, AIIMS Battery of brain dysfunction.

Interpreting Assessment findings, Psychological assessment reports, Ethical issues in psychodiagnostic testing.

Recommended Books:

Kellerman, H. & Burry, A. (1997). Handbook of Psychodiagnostic Testing: Analysis of Personality in the Psychological Report (3rd Ed.). Boston: Allyn and Bacon.

Aiken, L.R. (1996). Personality Assessment: Methods and Practices (2nd Ed.). Seattle: Hogrefe and Huber.

Bellack, A. S. & Hersen, M. (1980). Introduction to Clinical Psychology. New York: Oxford University Press.

Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). The Clinical Psychology Handbook, New York: Pergamon.

Anastasi, A. & Ubrina, S. (1997). Psychological Testing (7th Ed.). Delhi: Pearson Education.

Fredenberg, L. (1995). Psychological Testing: Design, Analysis and Use. Boston: Allyn & Bacon.

Pomerantz, A. M. (2011). Clinical Psychology: Science, Practice & Culture (2nd Ed.). New Delhi: Sage.

Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). Introduction to Clinical Psychology (4th Ed.). New Jersey: Prentice Hall.

Paper: 17PSY24DB2 PROCESSES AND SKILLS OF 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 Process I: Initiating counselling; Counsellor Expertness variable; Establishing structure; Observation; Non-verbal behaviour; Listening, Silence, Use of Questions, Transference and counter Transference; Termination of counselling process.

UNIT-II

Counselling Process-II: Responding Considerations: Responding to content, Responding to non verbal, Responding to feeling; Themes; Setting goals: Criteria for setting goals.
Planning for change: Information in counselling, Making Decisions, Counselling program development, Evaluation and Management.

UNIT-III

Becoming an Effective Counsellor: Skills of effective counsellor; Functions, Common pitfalls faced by counsellors.
Individual Assessment: Observation, Observation instruments: Rating Scales, Checklist, Anecdotal Reports, Self- Reporting; Interviews.

UNIT -IV

Group Assessment Techniques: Sociometric techniques, the "Guess who?" Technique, Social Distance technique.
Group Counselling: Theoretical considerations, Values, Selection of group members; Group process: Establishment, Identification productivity, Realization and Termination.

Books Recommended

- Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.
- Ivey,A.E., Ivey, M. B.,& Simek-Downing, L. (1987). *Counseling and Psychotherapy: Integrating skills, theory and practice*. New Jersey: Prentice-Hall.
- Nelson – Jones, R. (2003). *Practical Counselling & Helping Skills: Text and Exercises for Life Skills Counselling Model*. London: Sage.
- Parrott, L. (2003). *Counselling and Psychotherapy*. United States: Thomson.
- Pietrofessa, J. J., Hoffman, A., Splet, H. H., & Pinto D. V. (1978). *Counselling Theory, Research & Practice*. Chicago: Ranel Mc Nally College.
- Welfel, E.R., & Patterson, L.E., (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. New Delhi: Cengage Learning India.

Paper: 17PSY24DB3

ORGANISATIONAL 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

Nature of Scope of Organisational Psychology: Meaning of Organisation, Types: Formal and Informal,

Perspectives of Organisation: Biological, Sociological, Organisational.

Managerial Assumptions about Human Nature: Rational –economic assumptions, Social assumptions and Self- Actualization Assumptions.

UNIT-II

Groups and Communication: Group: Nature and types; Functions of Groups, Group formation and Decision Making.

Fostering Interpersonal Communication: Elements of Communication, Interpersonal Networks: Non- verbal Communication and developing competencies of managing communication.

UNIT-III

Leadership: Approaches to Leadership: Scientific, Human Relations, Theory X and Y; Theories of Leadership:House's Path –Goal Model, Hersey and Blanchard situational theory , LMX Model .

Motivation: Current Theories: Maslow's Need Hierarchy, ERG Theory by Adlerfer.

Process Theory: Equity, Goal Setting and VIE Theory.

UNIT-IV

Safety, Violence and Stress at Workplace: Accident: Nature, Causes and Prevention, OSHA(Occupational Safety Health Act); Causes:

Environmental, Organizational, Personal.

Stress: Nature, Consequences: Physiological ,Psychological and Behavioral ;Coping Strategies: Individual Approaches, Organizational Approaches.

Recommended Books:

Schein.E.H.(1997).*Organizational Psychology*.New Delhi: Prentice Hall of India.

Parikh.M.& Gupta R.(2010). *Organisational Behaviour*.New Delhi:Tata McGraw Hill.

Robbins ,S.P.,Judge,A.T.and Sanghi.S.(2009).*Organisational Behaviour* .New Delhi:Pearson Prentice Hall.

Robbins,S.P.,Judge,A.T.and Volera N.(2012).*Organisational Behavior*. New Delhi: Pearson.

Rathore.B.(2013).*Organisational Behaviour*. New Delhi :Asian Books Private Limited.

Paper:17PSY24DC1

Credits : 4 (hrs/week:4)

INTERVENTIONS IN CLINICAL PSYCHOLOGY

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 Intervention: Nature, Models- Biological, Psychodynamic, Behavioural, Cognitive, Humanistic.

Psychotherapy: Nature, General principles, Types, Process.

UNIT-II

Clinical Intervention: Psychodynamic, Behavioural- Systematic desensitization, Contingency management, Token economy.

Cognitive: CBT, REBT; Humanistic- Client- centered, Gestalt.

UNIT-III

Community Mental Health: History of community movement, Concept and types of prevention.

Community Intervention: Meaning, Principles, Methods: Crisis intervention- Concept, conditions and techniques of crisis intervention; Consultation- Concept, types, general characteristics.

UNIT-IV

Use of Non- Professionals in Community Intervention: Why non- professionals, Non- professional programs, Problems in use of non- professionals.

Epidemiology of Mental Health: Fields and Uses of mental health epidemiology, Social correlates of mental disorders.

Recommended Books:

- Pomerantz, A. M. (2011). *Clinical Psychology: Science, Practice & Culture* (2nd Ed.). New Delhi: Sage Publications.
- Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). *Introduction to Clinical Psychology* (4th Ed). New Jersey: Prentice Hall.
- Korchin, S. J. (1975). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New Delhi: CBS Publishers & Distributors.
- Spiegler, M.D. & Guevermont, D.C. (1998). *Contemporary Behaviour Therapy*. (3rd Ed.). US: Brooks/Cole.
- Claringbull, N. (2011). *Mental Health in Counseling and Psychotherapy*. UK: Short Run Press.
- Kloos, B., Hill, J. Thomas, E., Wandersman, Flias, J.M. and Dalton, J.H. (2012). *Community Psychology: Linking Individuals and Communities*. US: LindaSchreiber- Gangster.
- Bellack, A. S. & Hersen, M. (1980). *Introduction to Clinical Psychology*. New York: Oxford University Press.
- Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). *The Clinical Psychology Handbook*, New York: Pergamon.
- Davidson, P.W., Prasher, U. P. & Janicki, M.P. (2003). *Mental Health, Intellectual Disabilities and the Aging Process*. USA: Blackwell Publishing.

Paper: 17PSY24DC2 COUNSELLING TECHNIQUES AND STRATEGIES

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)

UNIT-I

Strategies of Counselling: Directive, Non-Directive Approach to Counselling; Elements of Effective Therapeutic Position, Goals Directed Nature of Counselling & Psychotherapy, Need for Pragmatic Therapeutic Position. Counselling vs. Psychotherapy.

Psychoanalytic Approach: View of Human Nature, Development of Personality, Defence Mechanisms, Major methods & techniques.

UNIT-II

Affectively Oriented Approaches: Existential therapy; Person-centred therapy; Gestalt therapy; Theoretical analysis of affective approaches.

Cognitively Oriented Approaches: Rational Emotive Therapy; Beck's Model; Transactional Analysis. Theoretical analysis of cognitive approaches.

UNIT-III

Behaviourally Oriented Approaches: Behaviour Therapy: Meaning & Goals, Behavioural Connections; Systematic Desensitization, Relaxation, Flooding Therapies; Behavioural Contingencies: Reinforcement, Punishment, Shaping; Modelling Techniques; Self Instructional Training, Self Inoculation. Theoretical analysis of behavioural approaches.

UNIT-IV

Family Systems Approach: Bowen's Intergenerational Approach, Structural Family Therapy, Strategic Therapy and Current Trends in Family Systems Therapy.

Promotional Approaches: Creative Art Therapies, Yoga and Meditation, Mindfulness.

Books Recommended

Baruth, L.G., & Huber, C.H. (1998). *Counselling and Psychotherapy*. NJ. : Prentice Hall.

Ivey, A. E., D'Andrea, M. J., & Ivey, M. B. (2012). *Theories of Counselling and Psychotherapy: A Multicultural Perspective*. Thousand Oaks: Sage.

Nelson-Jones, R. (2015). *Theory and Practice of Counselling and Psychotherapy*. London: Sage

Parrott, L. (2003). *Counselling and Psychotherapy*. United States: Thomson.

Sharf, R. S. (2000). *Theories of Psychotherapy and Counseling: Cases and Concept*. Belmont, CA: Wadsworth/Thomson Learning.

Paper: 17PSY24DC3 INTERVENTIONS IN ORGANIZATIONAL DEVELOPMENT

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

Organization Development: Nature, History and Dimensions of Organization Development; Process, Values and Assumptions of Organization Development.

Foundation of Organization Development: Models, Theories of Planned change; Teams and Team work; Parallel Learning Structures, Applications in Applied Behavioral Science.

UNIT-II

Interventions in Organizations: Nature and types of Interventions; Need and relevance of Interventions in Organization Development (OD).

Organization Development Interventions: Managing, Diagnosis, Action Component, Programme Management Component.

UNIT-III

Team Interventions I: Board Team, Formal Group Diagnostic meeting and Team Building, Process Consultation, Gestalt Approach to Team Building.

Team Interventions II: Role Analysis, Role Negotiation, Interdependency Exercise, Responsibility, Charting, Visioning and Force Field Analysis.

UNIT-IV

Comprehensive Interventions: Strategic Management Activities, Survey Feedback, Stream Analysis, Grid Organisation Development, Confrontation meeting.

Structural Interventions: Sociotechnical Systems, Self Managed Teams, Work Redesign, MBO and Appraisal Quality Circle, Quality of work life, TQM.

Recommended Books:

French .W.F.& Bell.C.H.(1996).*Organizational Development*. New Delhi: Prentice Hall of India.

Gupta,S. & Chaturvedi, K.(1998).*Organisation and Management*. NewDelhi: Prentice Hall

Prasad.K.(1996).*Organisational Development for Excellence*. New Delhi: Macmillan India Limited..

Paper: 17PSY24CL

PRACTICALS

Credits : 5(Hrs/ week 10)

Maximum Marks : 100

Time : 4 hours

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: Indian Psychology

1. Assessment of *Trigunas / Tridoshas*
2. Assessment of *Karuna* (Compassion)/ *Sukha -Dukha*
3. Assessment of *Anasakti* (non-attachment)
4. Assessment of *Karmayoga*
5. Assessment of Virtues
6. Assessment of *Ahamkara*

Section B: Basics of Clinical & Abnormal Psychology

1. Temperament Schedule
2. Self Disclosure
3. State- Trait Anxiety
4. EPQ
5. Psychological Distress
6. Dyslexia Screening Test

Or

Basics of Guidance and Counselling

1. Guidance Need Inventory
2. Vocational Interest Survey
3. School Environment
4. Teacher Effectiveness Scale
5. Planning of Guidance Program
6. Case study of Educational/ Vocational/ Career Guidance

Or

Industrial and Personnel Psychology

1. Sound/ Illumination and performance
2. Job Analysis
3. MBTI
4. Environmental Attitudes
5. Performance Appraisal
6. Observation

Section C: Psychodiagnostics

1. Case Study
2. WAIS/ WAPIS
3. MMPI/CAQ
4. Rorschach/ Holtzman
5. BVMG
6. TAT/CAT

Or

Processes and Skills of Counselling

1. Observation
2. Counselling Interview
3. Case Study of Counselling
4. Rating Scale
5. Sociometry
6. Parent Child Relationship

Or

Organisational Psychology

1. Sociometry
2. Group Dynamics
3. Motivation
4. Job satisfaction
5. Coping Style
6. Organisational Stress

Section D: Interventions in Clinical & Abnormal Psychology

1. Rational/ Irrational beliefs
2. Attribution Style
3. Dysfunctional Analysis Questionnaire
4. Coping Styles
5. Projective Test
6. Systematic Desensitization

Or

Counselling Techniques and Strategies

1. Relaxation
2. Systematic Desensitization
3. Defence Mechanisms Inventory
4. Family Relationship
5. Self-Disclosure
6. Emotional Competence

Or

Interventions in Organisational Development

1. Case Study
2. Role Play
3. Quality Circles

4. Group Cohesiveness
5. Negotiating Style
6. MBO