



Course Code: 5101

Course Name: M.A. Psychology

Faculty of Humanities & Social Science

Department of Psychology

MA Psychology

Department of Psychology (Ist sem.)

M.A. Psychology Course Description

Course Title: Principles of Psychology

Course Code : PSYC5101

Sessional Marks: 40

Theory PaperMarks:60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I

Historical origins of psychology as a science

Philosophical antecedents: classical Greek thought (Democritus, Plato, Aristotle); Continental Renaissance (Descartes); British empiricism (John Locke, James Mill and John S. Mill); Nativism (Kant)

UNIT-II

Beginnings of experimental tradition and emergence of Schools in psychology

Psychophysics (Weber, Fechner, Helmholtz, Wundt) and Scaling Techniques.

Emergence of schools: Structuralism, functionalism, behaviorism, Gestalt, Psychoanalysis

Development of psychology in India

UNIT-III

Emotion: Theories of emotion: James-Lange, Cannon-Bard, Cognitive theories

Motivation: Theories of motivation: Freud's unconscious motivation theory, Maslow's need hierarchy theory, McClelland's achievement motivation theory

UNIT-IV

Personality: Psychoanalytic theories: Freud, Jung, Adler; Type and trait approaches: Eysenck and Cattell; Developmental approach: Erik Erikson

Recommended Books:

Baron, R.A. (2007). *Psychology* (Fifth edition) New Delhi: Pearson Prentice-Hall of India.

Chaplin, P., & Kraweic, T.S. (1974). *System and Theories in Psychology*. New York: Holt, Rinehart & Winston.

Marx, M.H. & Hillix, W.A. (1987). *Systems and Theories in Psychology*. New York: McGraw Hill.

Schultz, D. (1985). *A History of Modern Psychology*. New York: Academic Press.

Wolman, B.H. (1973). *Handbook of Psychology*. New Jersey: Prentice Hall.

Woodworth, R., & Schlosberg, (1976). *Experimental Psychology*. New York: Holt and Rinehart.

Course Title: Research Methodology

Course Code: **PSYC5104**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I

Basic concepts of experimental method

Variable: Independent variables, Dependent variables Extraneous variables, Qualitative and quantitative variables

Experimental control: Independent variable control, Extraneous variable control,

Sampling: Probability sampling methods, Non probability sampling methods

Problem and hypothesis

UNIT-II

Methods of data collection

Qualitative methods: Observation, Purpose of observation, Types of observation; Interview, Types of interview, Major functions of interview, Factors affecting the uses of interviews Advantages and disadvantages of interview, Important sources of errors in interview; Content analysis, Purposes of content analysis, Methods of content analysis and Evaluation of content analysis

Quantitative methods: Questionnaires, Types of questionnaires, Functions and applicability of questionnaires; Rating scales,Types of rating scales (Numerical, graphical, standard, Q sort, Semantic differential, sociometry),Errors in ratings, Methods of improving effectiveness of rating scales

UNIT-III

Types of research

Experimental research: Laboratory experiments, Field experiments

Non-experimental research: Ex-post facto research, Field study, Survey research, Case studies, Ethnographic studies

Designs

Between subject designs: Two randomized group designs, More than two randomized group designs, Factorial design, Matched group designs

Within subject designs: Two conditions, Several conditions Evaluation,

Single subject designs: Paradigm of single subject experimental research, Withdraw designs,

Reversal design, Multiple base line designs, Changing criterion designs, Data analysis and Evaluation

Quasi-experimental designs

UNIT-IV

Statistics

Types of scales (Ordinal, Nominal, Interval and ratio scales); Graphic representation of data Measures of central tendency and variability; Characteristics, deviations and applications of normal probability curve; Standard error for measures of central tendency and variability; Rank order correlation, Biserial correlation, Point biserial correlation, Tetrachoric correlation, Phi coefficient, Partial correlation, Multiple correlation; Regression analysis; Factor analysis

Parametric statistics: t test, F test,

Non parametric statistics: Chi-square, Sign test, Median test, Sign rank test, Mann whitney, Kruskal-Wallis H test, Friedman test

Recommended reading:

D.Amto, M.R. (1979). Experimental Psychology, Methodology Psychophysics and Learning. New Delhi : Tata Mc-Graw Hill.

Garrett, H.E. (1966) Statistics in Psychology and Education.

Bombay : Vakils Feefer & Simon Pvt. Ltd.

Guilford J.P. (1965). Fundamental Statistics in Psychology and Education (4th Edn.). New Delhi: Subject Publications.

Herson, M. & Barlow, D.H. (1980) Single – Case Experimental Designs NewDelhi : Prentice – Hall of India Limited.

Kerlinger, F.N. (1978) Foundations of Behavioural Research,

New Delhi : Subject Publications.

Kurtz, A.K. & Mayo, S.T. (1980). Statistical methods in Education and Psychology.

New Delhi : Narosa Publishing House.

Mc.Guigan, F.J. (1990) Experimental Psychology New Delhi: Prentice Hall of India Limited.

Course Title: Personality

Course Code: **PSYC5102**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Scope and concept of the study of personality

Introduction to the psychoanalytic Theory – Freud’s Psychoanalytic theory

Neo-Freudian theories – Jung, Adler, Mahler’s Object Relations object relations theory, ego psychology; liabilities of psychoanalytic approach

UNIT-II

Dispositional Approach

Introduction to the dispositional strategy- Heritable aspects of personality: Type approach, Eysenck’s type approach; Trait approach, Allport and Cattell’s trait approach

The concept of motive: Murray’s need theory; The need for achievement, The McClelland – Atkinson Approach; Power

Recent trends in trait approach- the Big Five Factor theory, Limitations of dispositional approach.

UNIT-III

Introduction to Phenomenology and Phenomenological approach

Maslow’s hierarchical theory of Human Motivation; Kelly’s theory of personal constructs; Carl Rogers’s theory, Liabilities of phenomenological approach

UNIT-IV

Behavioral and Cognitive Approach: Radical and Methodological behaviorism

Social learning theories: Miller and Dollard; Rotter and Bandura and Mischel’s cognitive-behavioral theory, Liabilities of the behavioral and cognitive approach.

Personality assessment and change, Issues and ethics in assessment

Suggested Readings:

Liebert, R. M. & Spiegler, M.D. Personality : Strategies and issues. Pacific Grove California: Brooks/Cole Publishing Company.

Biscoff, L. J. (1970). Interpreting Personality theories. New York: Harper & Roe.

Hall, C. S. & Lindzey, G. (1978). Theories of Personality, 3rd Ed. New York: J. Wiley & Sons.

Hjelle, L. A. & Zeigler, D. J. (1991). Personality Theories: Basic assumptions, research &

applications. 2nd Ed. International Student Edition. McGraw Hill, International Book Co.

Pervin, L.A. (1975). Personality: Theory, assessment and research. 2nd Ed. New York: Wiley International ed.

Sahakian, w. s. (1965). Psychology of personality: Readings in theory. Chicago: Rand McNally College Publication Co.

7. Magnusson, D., & Endler, N. S. (1977). Personality at crossroads, New Jersey, Hillsdale: Lawrence Erlbaum Associates.

Friedman, H. S. & Schstack, M.W. (2011) Personality: Classic Theories and Modern Research (5th Ed.). Needham Heights, M. A.: Allyn and Bacon.

John, O.P., Robins, R.W. & Perwin, L.A. (Eds.) (2008). Handbook of personality theory and Research (3rd ed) New York. Guilford Publications.

Schultz, D. P. & Schultz, S. E. (2009). Theories of Personality (9th ed.). Belmont, CA: Wadsworth/Cengage Learning

Mayer, J. D. (2007). Personality: A Systems Approach. Boston, M. A.: Allyn & Bacon

Course Title: Psychological Assessment

Course Code: **PSYC5103**

Sessional Marks: 40

Theory Paper Marks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Psychological Assessment: Nature of Psychological Assessment, Components of Psychological Assessment, Significance of Psychological Assessment

Basic Methods in assessment: observational, interview.

UNIT- II.

Tools used in Assessment

Measurement of Intelligence: Seguin Form Board, Binet scales, Weschler's scales, Culture Fair Tests, Progressive Matrices, and Psychological issues in ability testing

Measurement of Aptitude, Achievement and Interest: Aptitude and achievement

Distinction between aptitude tests and achievement tests, Types of aptitude tests: Differential Aptitude Test (DAT), David's Battery of Differential Aptitude Test (DBDA), Types of achievement tests: The Strong Interest Inventory (SII), Thurston Interest Schedule

Measurement of personality: Meaning and purpose of personality measurement, Some representative personality inventories (16 PF, MMPI, BAI, EPQ, STAI, BDI, ASEBA, GHQ, etc.), Evaluation of personality inventories

Projective techniques: Nature of projective techniques, Inkblot technique Pictorial Technique, Verbal technique, Performance techniques, Evaluation of projective technique

UNIT- III

Psychological testing

Assessment of Cognitive functions: Assessment of neuropsychological functioning Assessment of developmental and adjustment problems, Assessment of special populations, Classification of mental disorder, DSM V and ICD 10

UNIT-IV

Issues in psychodiagnosis

Approach: Nomothetic vs. idiographic, clinical vs. statistical prediction, Methodology-

Standardization procedures, reliability and validity sensitivity and specificity of tests.

Ethics & Biases: faking, social desirability, acquiescence, halo, leniency errors etc.

Other factors: Attention, concentration, motivation, anxiety, impulsivity etc.

Suggested Books :-

Anastasi, A & Urbina S. (1997) *Psychological Testing*. New Jersey : Prentice Hall International.

Freeman, F.B. (1971) *Theory and Practice of Psychological Testing*. New Delhi: Oxford and IBH publishing Company.

Kaplan, R.M & Saccuzzo, D.P (2007). *Psychological Testing*. Delhi: Cengage Learning India.

Department of Psychology (2nd sem.)

M.A. Psychology Course Description

Course Title: Social Psychology Sessional Marks: 40

Course Code: **PSYC5106**

Theory Paper Marks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Definition and focus of Social Psychology, History of Social Psychology in India.

Research Methods in Social Psychology: Systematic observation, correlation Method and Experimental Method.

UNIT-II

Social Perception: Non verbal communication. Attribution Theories – Heider, Jones, Kelley & Davis Impression formation – Asch's experiments

Social cognition: Effect of schemas and stereotypes Interpersonal attraction – Friendship, Love and relationships, Social learning theories – Bandura & Rotter

Social Reinforcement theory – Newcomb

UNIT-III

Attitudes: Definition, formation and change Theories of Attitude change

Prejudice, discrimination and deprivation, Discrimination against women and other social groups with specific reference to India

UNIT-IV

Pro-social Behavior: Helping and Intervening Aggression – Nature, causes and control

Group: Effect on individual performance and decision making

Social Influence: Conformity, Influence, Compliance, Ingratiation, Multiple requests and Obedience

Recommended Books:

Baron, R.A., & Byrne, D. Social Psychology. Pearson Prentice Hall. India.

Berkowitz, L. (1986). A Survey of Social Psychology (3rd Edition). New York: Holt, Rinehart and Winston.

Brown, R. (1965). Social Psychology. New York. The Free Press.

Desai, N. & Krishnaraj, M. (1987). *Women and Society in India*. Delhi: Ajantha Publications.

Lindgren, H.C. (1973). *An Introduction to Social Psychology*. New Delhi: Wiley Eastern Limited.

Matim, T. *Social Psychology*.

Mishra, G. *Applied Social Psychology in India*.

Sinha, D. (1981). *Socialization of the Indian Child*. New Delhi: Concept Publishers.

Sinha, D. (1986). *Psychology in a Third World Country*. New Delhi: Sage.

Course Title: Psychological Testing

Course Code: **PSYC5109**

Sessional Marks: 40

Theory Paper Marks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Historical development of psychological testing, Nature and use of psychological tests and varieties of psychological tests, Control in the use of a psychological test Examiner and situational variables, Test-takers perspective

UNIT- II

Psychometry: Theory of test scores, True score, error score, Test score and factor theory

Item writing: Meaning and types of items, Difference between essay type tests and objective type tests General guidelines for item writing, general methods of scoring objective test items

Response sets in test scores: Meaning and types of response sets, Implications and elimination of response sets.

Item analysis: Meaning and purpose of item analysis Item difficulty, Index of discrimination, Effectiveness of distracters or foils, Factors influencing the index of difficulty and the index of discrimination, Speed and power tests Problems of item analysis

UNIT- III

Reliability: Meaning of reliability, Types of reliability, Factors influencing reliability of test scores, How to improve reliability of test scores Index of reliability

Validity: Meaning of validity, Types of validity, Statistical methods for calculating validity, Factors influencing validity, Relation of validity to reliability

Norms and test scales: Meaning of Norm-referencing and criterion referencing Steps in developing norms, Types of norms and test scales

UNIT-IV

Attitude scale construction: Method of equal-appearing intervals, Method of summated ratings, Method of cumulative scaling

Ethical issues in psychological testing

RECOMMENDED READING

Anastasi, A & Urbina S. (1997) *Psychological Testing*. New Jersey : Prentice Hall International.

D.Amato, M.R.(1979) *Experimental Psychology, Methodology, Psychophysics and Learning*.

New Delhi:Tata Mc Graw-Hill.

Freeman, F.B. (1971) *Theory and Practice of Psychological Testing.*

New Delhi: Oxford and IBH publishing Company.

Gronbach, I.J. (1960) *Essentials of Psychological Testing.* New york: Harper.

Guilford J.P. (1954). *Psychometric methods.* New Delhi: Tata Mc Graw-Hill Publishing company Ltd.

Gulliksen, H (1965) *Theory Mental tests.* New york: John Wiley.

Kaplan, R.M & Saccuzzo, D.P (2007). *Psychological Testing.* Delhi: Cengage Learning India.

Kerlinger, H (1978) *Foundations of Behavioural Research* New Delhi: Subject Publications.

Nunnally, J. (1967) *Psychological Measurement.* New York: Mc Graw Hill.

Singh A.K. (2004) *Tests measurements and Research Methods in Behavioural science* Patna: Bharati Bhavan Publishers and Distributors.

Course Title: Cognitive Psychology

Course Code: **PSYC5107**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Definition and domain of cognitive psychology Perception, attention, memory, language, thinking, concept formation and creativity

UNIT-II

Perception: Principles of perceptual organization, figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz; Perceptual processes: Pattern Recognition, depth perception, colour, movement, illusions; Perceptual constancies: colour, shape, size; Plasticity of perception: Innate or learned; Extra sensory perception

UNIT-III

Learning: Pavlov, Hull, Tolman, & Skinner

Verbal learning: Meaningfulness of material distribution of practice, whole vs. part method, active recitation and transfer of training

UNIT-IV

Memory and forgetting: Work of Ebbinghaus, Long term and short term memory, Retroactive and Proactive Inhibition, Methods of measurement

Thinking and Language: Concept formation, problem solving, decision making, reasoning and Creativity

Language structure, Language development

Recommended Books:

Edward, E. S., & Stephen, M.K. (2007). Cognitive Psychology: Mind and Brain. New Jersey: Prentice Hall India.

Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.

Chaplin, P., & Kraweic, T.S. (1974). System and Theories in Psychology. New York: Holt, Rinehart & Winston.

Marx, M.H. & Hillix, W.A. (1987). Systems and Theories in Psychology. New York: McGraw Hill.

Morgan, C.T. (1965). Physiological Psychology (3rd edition) Tokyo: McGraw Hill Kogakusha.

Schultz, D. (1985). A History of Modern Psychology. New York: Academic Press.

Wolman, B.H. (1973). Handbook of Psychology. New Jersey: Prentice Hall.

Woodworth, R., & Schlosberg, (1976). *Experimental Psychology*. New York: Holt and Rinehart.

Course Title: Physiological Psychology

Course Code: **PSYC5108**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Introduction to physiological psychology

Neuron: Anatomy, Excitatory postsynaptic influences, Inhibitory post synaptic influence, Chemical basis- neurotransmitters, Pre synaptic influences

Organization of Nervous system: Structure of Nervous system: Peripheral nervous system, spinal cord and brain

UNIT-II

Hormones: major endocrine glands and their functions, hormones and stress, growth, sexual behavior and reproduction

UNIT-III

Physiological basis of perception

Vision: Structure of the eye (retina, rods and cones), mechanisms for Pattern vision and color vision.

Audition: Structure of the ear, processing auditory Information.

UNIT-IV

Physiological basis of Emotions, Learning and Memory, Role of hypothalamus, amygdala and limbic system in emotionality

Physiological changes during learning and memory, Role of hippocampus, cerebellum in learning and memory

Reference:

Levinthal, C.F.(1996). Introduction to Physiological Psychology, 3rd edition, New Delhi, Prentice Hall.

Pinel, J.P.J. (2006). Biopsychology, 6th edition. New Delhi, Pearson Education.

Morgan, T.C and Stella, E . (1950). Physiological Psychology

Schwartz, M. (1978). Physiological Psychology, New Jersey, Prentice Hall.

Bridgeman, . (1994) The Biology of the Behavior and mind, New York, Prentice Hall.

Department of Psychology (3rd sem.)

M.A. Psychology Course Description

Course Title: Psychopathology

Sessional Marks: 40

Course Code: **PSYC6101**

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Definition and criteria of psychological abnormality, Historical views of abnormal behavior and current trends Theoretical perspectives : Psychodynamic, Behavioral, Cognitive, Humanistic, Classification systems : DSM and ICD

Causes of abnormal behavior

Biogenic: genetic defects, constitutional liabilities, hormonal and neurotransmitter imbalances, physical deprivation, brain pathology Psychosocial : parental deprivation, pathogenic family patterns, early trauma, pathogenic interpersonal relations, severe stress Socio-cultural : War and violence, group prejudice and discrimination, poverty and unemployment

UNIT-II

Clinical picture of disorders

Common mental disorders: Generalized anxiety, phobias, Obsessive-Compulsive, panic, depression, post-traumatic stress disorder, eating disorders, dissociative disorders, somatoform, psycho physiological disorders, personality disorders, nonorganic sleep disorders, impulse control disorders.

UNIT-III

Disorders related to substance use: Depressants, stimulants, hallucinogens, cannabis

Sexual disorders : Sexual dysfunctions, paraphilias

UNIT-IV

Severe mental disorders: Schizophrenia

Delusional disorders Mood disorders

Organic mental disorders of dementia, delirium and due to brain damage

B. Growth of mental hospitals in India Culture-bound syndromes in India
Eastern and Western perspectives on mental health

Recommended Books:

- Altrocchi, J. (1980) Abnormal Behaviour. New York: Hartcourt brace Jovanovich
- American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (DSM IV). Washington, D.C. APA.
- Bootzin, R.R. & Acocella, J.R. (1994). Abnormal Psychology: Current Perspectives. New York: McGraw Hill Publishing Company.
- Carson, R.C., Butcher, J.N. & Mineka, S. (1996). Abnormal Psychology and Modern Life. New York: Harper Collins College Publishers.
- Cokerham, W.C. (1996). Sociology of Mental Disorders. New York: McGraw Hill International.
- Davison, G.C. & Neale, J.M. (1990). Abnormal Psychology. New York: John Wiley & Sons.
- Duke, M.P. & Nowicki, S. (1986). Abnormal Psychology: A New Look. Tokyo: CES Publishing Japan Limited.
- Kapoor, M.(1994). Mental Health of Indian Children. New Delhi: Sage.
- Sharma, S. (1990) Mental Hospitals in India, New Delhi: Directorate General of Health Services.

Course Title: COUNSELLING PSYCHOLOGY

Sessional Marks: 40

Course Code: **PSYC6102**

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Definition and nature of Counselling Psychology, Roots of Counselling Psychology,

Goals of Counselling

Roles and functions of counsellor: Characteristics of an effective Counsellor

Confidentiality and Ethics in Counselling

Theoretical perspectives: Psychodynamic, Cognitive- Behavioral and Humanistic

Methods of securing client information; Case History, Psycho diagnosis Use of Tests

Process of Counselling

UNIT-II

Nature and Characteristics of the Counselling, Process Steps in Counselling, Process

Relationship techniques: Rapport building, Reflection of feeling, Acceptance, Silence, Reassurance, Listening, Empathy

Special Relationship problems: Transference, Counter transference, Resistance

Interpretation Techniques: Nature and Types of Interpretation

UNIT-III

Counselling for Special Groups

Counselling children with learning and behavior problems

Counselling for the mentally retarded Counselling adolescents for better adjustment Counselling women Counselling the Elderly

UNIT-IV

Counselling for Anxiety problems, Counselling for Depression

Counselling the alcoholic and drug abuse groups Counselling those with chronic mental disorders Counselling patients with chronic medical illness: (terminally ill and HIV/AIDS)

Career Counselling

Counselling for Stress and burnout Marital and family counseling Group counseling

Issues related to process and outcome

Recommended reading:

Brammer, L.M., Abrego, P.J. & Shostrom, E.L. (1993). Therapeutic Counselling and Psychotherapy. London: Prentice Hall.

- Woolfe, R & Dryden, W. (1996). Handbook of Counselling Psychology. New Delhi: SAGE
- Geldard, K. & Geldard, D. (1997) Counselling Children: A Practical Introduction. London: SAGE.
- Bergin, A.E. & Garfield, S.L. (Eds.) (1994). Handbook of Psychotherapy and Behaviour Change. New York: John Wiley & Sons.
- Bhatnagar, A. & Gupta, N. (1999). Guidance and Counselling: A Theoretical Perspective. New Delhi: Vikas Publishing House.
- Gilbert, P. (1992). Counselling for Depression. London: SAGE. Hallam, R. (1992). Counselling for Anxiety Problems. London: SAGE.
- Krumboltz, J.D. & Thorensen, C.E. (Eds.) (1969). Behavioral Counselling: Cases and Techniques. New York: Holt, Rinehart and Winston.
- Lee, C. (1998). Women's Health. London: Sage.
- Schloss, P.J., Smith, M.A. & Schloss, C.N. (1995). Instructional Methods for Adolescents with Learning and Behavior Problems. Boston: Allyn and Bacon

Department of Psychology (4th sem.)

M.A. Psychology Course Description

Course Title: Health Psychology

Sessional Marks: 40

Course Code: **PSYC6105**

Theory Paper Marks: 60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I

The Mind-Body Relationship: A historical review

Concept of Psychological health in India.

The development of changed outlook in nature of health and illness. Methodological Developments. Emergence of Behavioral Medicine, Scope of Health Psychology.

UNIT-II

Stress: The modern concept

Stressors: Environmental, social, Psychosocial, Developmental and extreme stressors.

Mediating variables: Physiological, Psychological responses. Stress and illness

Control and Learned Helplessness. Control and Stress.

Psychophysiological Disorders major forms: Asthma, Headaches Neurodermititis Peptic Ulcer, Insomnia., Cardio-vascular Disorders. Coronary Heart disease, Hypertension.

UNIT-III

Immune System defective disorders:

Cancer Aids, Appetitive Behaviours: Obesity, Alcoholism Smoking

Behavioral explanations. Other stress related disorders: Diabetes Arthritis, Sexual dysfunctions

Infertility, Speech disorders.

UNIT-IV

Pain and Pain Management Techniques: Physiology of Pain, Gate – control theory, Psychological influences on pain perception, Specific pain treatment methods.

Medical Settings and Patient Behaviour: Compliance with medical treatments. Hospitalization

Coping with chronic illness, Complementary Health-Care systems in India.

Recommended Books:

Bakhtaveer, M.S., Rajyadaksha, M.S. (1999). New Biology and Genetic Diseases. Oxford: Oxford University Press.

Dimatteo, M. R. & Martin, L.R. (2007). *Health Psychology*. New Delhi, Pearson Education Inc., & Dorling Kindersley Publishing, Inc.

Davidson, P.O. & Davidson, S.M. (1980). *Behavioral Medicine: Changing Health Lifestyles*. New York. Brunner/Mazel.

Gatchel, R.J., Baun, A. & Krantz, D.S. (1989). *An Introduction to Health Psychology*. Singapore: McGraw Hill.

Goleman, D. & Gurin, j. (1993). *Mind-Body Medicine*. New York: Consumer Reports Books.

Pomerlau, O.V. & Brady, J.P. *Behavioral Medicine Theory and Practice*. Baltimore: Williams & Wilkin's Company.

Course Title: Clinical Psychology

Course Code: **PSYC6104**

Sessional Marks: 40

Theory Paper Marks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Basic Concepts: Nature and scope of clinical psychology, Body-mind relationship, Psycho-neuro-immunology, New directions in clinical psychology – spirituality, etc. Research strategies.

Diagnostic Process: Cultural and social aspects of mental illness, Differential diagnosis using decision trees Problem identification, definition and analysis of the problem, specification of change of goals, relationship establishment, implementing techniques and procedures for change, recording and termination. Behavioural assessment, analysis and formulations.

UNIT-II

Intervention Techniques

Behaviour therapy: systematic desensitization, modelling, assertiveness training, contingency management, operant methods in self-control, extinction procedure, aversive conditioning, cognitive methods.

Rational-emotive therapy, CBT and Client-centred therapy.

UNIT-III

Other intervention techniques

Hypnosis- clinical behaviour and hypnotisability, hypnotisability as related to physical symptoms, as unrelated to physical symptoms, therapeutic failures.

Family therapy – conceptual frame, the clinical home visit, space and action in family therapy, the family crisis.

Marriage therapy for couples

Social skills training

Occupational therapy, Group therapy and Psychodrama.

UNIT-IV

Ethical Issues

Perspectives, decision making, incompetent and unethical behaviour, marketing therapeutic services, ethics in group work, issues in deviance, diagnosis and assessment, value problems, individual conduct.

Problems in psychotherapy – the suspicious patient, the suicidal patient, the patient with somatic symptoms, the patient not ready for behaviour therapy, the distressed parent of the

disabled child, the silent patient in the group.

Recommended Reading

Achenbach, T.M. (1974) *Developmental psychopathology*. New York: John Wiley and Sons.

Bellack, A.S., Hersen, M., & Kazdin, A.E. (Eds.). (1982). *International Handbook of Behaviour Modification and Therapy*. New York: Plenum Press.

Bergin, a.E., & Garfield, S.L. (1994). *Handbook of Psychotherapy and Behavioural Change*.

Bloch, D.A. (1973) *Techniques of family psychotherapy: A primer*. New York: Grune and Stratton.

Bychowski, G & Despert , J.L. *Specialized techniques in psychotherapy*. New York: Basic Books.

Carkhuff, R.R. & Berenson, B.G. (1967). *Beyond counseling and psychotherapy*. New York: Holt, Rinehart and Winston.

Davidson, P.O. & Davidson, S.N. (1980). *Behavioural medicine: Changing health lifestyles*.

Foulkes, S.H. & Anthony, E.J. (1973) *Group psychotherapy training*. Middlesex: Penguin Books.

Goleman, D. & Gurin, J. (1993). *Mind-body medicine*. New York: Consumer Reports Books.

Haworth, M.R. *Child psychotherapy*. New York: Basic Books Inc.

Klopper, W.G & Reed, M.R. (1974) *Problems in psychotherapy*. New York: John Wiley

Korchin, S.J. (1986). *Clinical psychology*. New York: Basic Books.

Lachman, S.J. *Psychosomatic disorders*. New York: John Wiley and sons.

Lazarus, A.A., Rubin, R.D. & Frank, C.M. (1969) *Advances in behaviour therapy*.

Liberman, R.P. (1972) *A guide to behavioural analysis and therapy*. New York: Pergamon Press.

Masters, W.H., Hohnson, V.E. & Kolody, R.C. (1992) *Masters and Johnson: On sex and human loving*. Bombay: Jaico Publishing House.

Moustkas, C.E. *Psychotherapy with children*. New York: Harper and Row.

Phillips, E.L. (1977) *Counseling and psychotherapy: A behavioural approach*. New York: John Wiley and Sons.

Pommerlau, O.V and Brady, J.P. (1990) *Behavioural medicine: Theory and practice*. Baltimore: Williams & Wilkins Co.

Rimm, D.C & Masters, J.C. (1963) *Behaviour therapy: Techniques and empirical findings*. New York: Academic Press.

Rubin, J.A. *Child art therapy*. New York: Van Nostrand.

Stewart, L. (1992). *Eric Berne*. Thousand Oaks: Sage.

Thompson, T & Dockers III, W.S. (1975) *Application of behavioural modification*. New York: Academic Press.

Thorne, B. (1992). *Carl Rogers*. Thousand Oaks: Sage.

Van Hoose, W.H. & Kottler, J.A. (1977) *Ethical and legal issues in counselling and psychotherapy*. San Francisco: Jossey-Bass.

Weishaar, M.E. (1992). *Aaron T. Beck*. Thousand Oaks. Sage

West, J. & Spike, P. (1988). *Clinical psychology in action: A collection of case studies*. London: Butterworth Co.

Course Title: Internship Report

Total Marks : 100

Course Code: **PSYC6107**

Duration of Exam. 3 Hrs

Internship Report

The students have to undergo one month training in either clinical or counseling field. At the completion of the internship, they have to submit the report file of minimum 5 cases. They will be evaluated on the basis of the report and viva taken by the external examiner.

Department of Psychology (Elective papers)

M.A. Psychology Course Description

Course Title: Educational Psychology

Sessional Marks: 40

Course Code: PSYC6203

Theory PaperMarks: 60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I

Nature and scope of Educational Psychology Contributions of Psychology to education

Cognitive development: Piaget's theory of Cognitive development. Vygotsky's sociocultural Perspective. Language development in the school years. Dialects, bilingualism. Intelligence tests (WISC III and WPPSI-R)

UNIT-II

Personal, social and emotional development

Erikson's theory. Understanding ourselves and others. Self-concept and Self- esteem. Kohlberg's stages of moral development. Moral behavior.

Socialization. Family, peers and teachers

Learner differences, learning needs and disorders Cognitive and learning styles.

Mild and severe leaning disabilities. Students with health impairments. Deaf and hard of hearing, Low vision and blindness. Hyperactive and Attention disorders. Gifted and talented children, Communication disorders, Speech and language disorders Oppositional-Defiant and Conduct disorders, School phobia

UNIT-III

Culture and community

Socioeconomic status. Low expectations. Low self-esteem. Learned helplessness. Peer and home environment influences, Gender-role identity. Gender differences in the classroom.

UNIT-IV

Interventions to improve Academic problems Academic productivity

Homework completion Reading performance Mathematics performance Written language

Social studies and science performance

Interventions to modify behavior and enhance social competence Inappropriate behaviour in classroom

Special classes and less structured situations Verbal and physical aggression

Cooperative behaviour

Recommended reading

Woolfolk, A. (2004). Educational Psychology (9th Ed.). Pearson Education, Delhi Boucher, R.

(1999). Students in Discord. Greenwood Press, Connecticut

Rathvon, N. (1999). Effective School Interventions, The Guilford Press. New York

Kaufman, A.S. and Lichtenberger, E.O. (2000) Essentials of WISC III and WPPSI-R Assessment. John Wiley and Sons, New York

Course Title: Rehabilitation Psychology

Course Code: PSYC6207

Sessional Marks: 40

Theory Paper Marks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Nature and Scope of Rehabilitation psychology, Definition, historical perspective, scope and methods, Functions of Rehabilitation Psychology: General functions and special functions
History and Philosophy of Disability Rehabilitation

Goals and objectives of rehabilitation

Multi-disciplinary approach to rehabilitation: Biological, medical, psychological, educational and social aspects

UNIT-II

Disability - Concept and definitions

Classification of various disabilities, Incidence and prevalence Types of disabilities: Visual impairment, Hearing and speech impairment, Locomotor disability,

Mental retardation, Cerebral palsy, Autism, Mental illness Learning disabilities, Multiple handicaps

Etiological factors; pre-natal, natal and post-natal, chromosomal aberrations and genetic errors

Prevention of disabilities

Personality Development of Disabled Persons

Factors influencing personality development of disabled individuals Life span development of people with disabilities

Assessment of personality of disabled individuals

UNIT-III

Intervention

Screening and early identification of people with developmental disabilities. Social, Psychological Perspective in Rehabilitation Psychology.

Early intervention: definition, assessment and strategies for intervention.

Intervention packages for various disabilities.

Services and programmes for disabled individuals and their families in India Special education: – aims, objectives and functions, Emerging trends in special education

Educational assessment and evaluation for persons with disabilities Educational technology for disabled

Psychological Intervention

Planning Intervention: Psychoanalytic Approach, Learning Theories and Strategies, Planning

and Designing, Learning Situations, Counselling Strategies.

Therapeutic services and Restorative techniques.

Designing Training Programmes for Professionals: Training Need Analysis, Implementation of Training Programmes

Monitory and Impact Studies.

UNIT-IV

Organization & Management

Evolution of Non-Government Organizations Background Characteristics of Organization

Capacity Building of Non-Government Organizations

Recommended Readings:

Bolton B., 1987. Handbook of Measurement and Evaluation in Rehabilitation, Second Edition.

Paul H. Brookes, Baltimore, London.

Brown Roy I., & E. Anne Hughson, 1987. Behavioural and Social Rehabilitation and Training.

John Wiley & Sons Ltd.

Chadha N.K. & Nath S., 1993. Issue and Trends in Rehabilitation Research. Friends

Publication, Delhi.

Gokhale S.D., 1987. Rehabilitation: Attitude and Reality. Rehabilitation Coordination India.

Tata McGraw-Hill Publishing Company Limited, New Delhi.

Golden C.J., 1984. Current Topics in Rehabilitation Psychology. Grune & Stratton, London.

Nirbhay N. Singh, 1998. Comprehensive Clinical Psychology: Application in Diverse Populations, Volume 9. Elsevier Science, Pergamon.

Alan Hilton & Ravic Ringlaben, 1998. Best and Promising Practices in Developmental Disabilities. Pro-Ed, Texas.

Course Title: Indian Psychology

Course Code: **PSYC6205**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Introduction to Indian Psychology: Assumptive base of Indian Psychology. Scope and substance of Indian Psychology, Methods of study, Psychological thought in Ancient India.

Indian thought and tradition: Indian Psyche, Indian psychology a myth or reality, origins of sruti and smriti, content of Vedas, systems and schools of Indian Psychology, asu, prana, and manas, Atman and Jiva, models in Indian thought.

UNIT-II

Yoga psychology: Theory and applications

Patanjali yoga sutras and sidhis – Basic concepts c. Yoga psychology and Samkhya Metaphysic

UNIT-III

Transpersonal Psychology in Bhagavat Gita. Identity and existence, self knowledge, conflict and wisdom, ksetra, Ksetrajna and Ego, Karma and Sanyasa, work, renunciation and yoga, work as meditation, three definitions of yoga (i. sthitha prajna and freedom, Work and freedom, Yoga and happiness).

Psychology in the advaita Vedanta: concept of manas, ahamkara, buddhi and citta, person and personality, self realization.

UNIT-IV

Jain Psychology: Jain Conscious reality, consciousness and conscious attentiveness, concept of self, cognition, concept of mind, body mind interaction.

Buddhist Psychology: Thought (citta), mind (mano), consciousness (vinnana), varieties of knowing – sensory knowing (sanna), extraordinary knowing (abhinna), holistic knowing (parinna), and Insight knowing (panna)

Recommended Readings:

Tart C. T. (1992). *Transpersonal psychologies*. (2nd Ed.). New York ; Harper Collins.

Rao, K.R., Paranjpe, A.C. & Dalal, A.K. (2008). *Handbook of Indian Psychology*. New Delhi: Cambridge University Press India Pvt. Ltd.

Kuppuswamy, B. (1985). *Elements of Ancient Indian Psychology*, New Delhi-110 002: Vikas Publishing House Pvt. Ltd., t, Ansari Road. (Paper back edition available)

- Vyas R. N. (1984). *From Consciousness to Super Consciousness: Fundamentals of Indian Philosophical Psychology*, New Delhi-110 002: Cosmo Publications, 24-B, Ansari Road, Daryaganj. (Paper back edition available).
- Ajaya, S. (1983). *Psychotherapy east and west: A unifying paradigm*. Honesdale, Pennsylvania: The Himalayan International Institute of Yoga Science and Philosophy.
- Vrinte, J. (1996). *The quest for the inner man – Transpersonal psychotherapy and integral sadhana*. Pondicherry, India: Sri Mira Trust.
- Sinha J. (1985). *Indian Psychology Vol. 1 Cognition,; Vol.2 Emotion; and Will; Vol.3 Epistemology of Perception*. New Delhi: Motilal Banarasidas. Dalal, A.S. (2001). *A greater Psychology: An Introduction to the Psychological Thought of Sri Aurobindo*, Pondicherry: Sri Aurobindo Ashram Publication Department.
- Misra G. & Mohanty, A.K.(2001). *Perspective on indigenous psychology*. New Delhi: Sage.
- Kim U. & Berry, I.W.(1993). *Indigenous psychologies: Research and experience in cultural context*. New Delhi, India: Sage.
- Cortright, B. (2000). *Psychotherapy and Spirit: Theory and practice in transpersonal psychotherapy*. Albany, NY: State University of New York Press.
- Paranjpe A.C.(1998). *Self and Identity in modern psychology and Indian thought*. New York: Plenum Press.
- Paranjpe A.C.(1994). *Theoretical psychology. Meeting of east and west*. New York: Plenum Press.
- Rama, S. Ballentine, R., Ajaya, S. (1976). *Yoga and psychotherapy*. Honesdale, Pennsylvania: The Himalayan International Institute of Yoga Science and Philosophy.
- Chaudhury, H. (1992). *Yoga Psychology*. In C.T. Tart (Ed.). *Transpersonal psychologies*. (2nd Ed.). New York: Harper Collins. Akhilananda, Swami. *Hindu Psychology*. London., Routledge, 1947

Course Title: Para Psychology

Course Code: **PSYC6206**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I

Introduction and Evidence of Psi, Historical background and the beginnings of scientific research, Spontaneous phenomena, Problems of method, Some basic test procedures
Some crucial laboratory experiments.

UNIT-II

Variables in Psi.

Subject variables Target variables Experimental variables

The psychology of Psi

UNIT-III

The unconscious nature of Psi The bidirectionality of Psi The position effects.

Explaining Psi “Physical” theories Field theories Projection Hypothesis Theories of precognition

UNIT-IV

Parapsychology and the nature of man The nature of Psi

The mind body problem Freedom of will

The problem of survival, Application of Psi

Recommended Reading

Beloff, J(1974). New directions in parapsychology. London: Elek Science.

Krippner, S. (1979) Advances in Para psychological research. Vols, 1&2. Plenum press.

Murphy, G (1961) Challenge of psychical research. New york: Harper & Row.

Pratt, J.G. (1973) ESP research today: A study of developments in parapsychology since 1960. New Jersey: The Scarecrow Press.

Rao, K.R.(1966). Experimental parapsychology: A review and interpretations. Springfield: Charles C. Thomas.

Rhine, J.B. & Pratt, J.G. (1957) Parapsychology : Frontier science of the mind. Springfield: Charles C. Thomas.

Rhine, J.B. (1964) New world of the mind. New York: Sloane and Associates.

(1975) Psi: What is it? New York: Harper & Row

Rogo, S. (1975) Parapsychology: A century of enquiry. Taplinger Publishing company.

Roll, W.G. (1972) The poltergeist. New York: Signet Classics.

Schmeidler, Gertrude, R. (1969) Extrasensory perception. New York: Atherton Press.

Ullman, M. & Krippner, S. (1973). Dream telepathy: Experiments in nocturnal ESP. New York: Macmillan Publishing Company.

Wolman, B.J. (1977). Handbook of parapsychology. New York: Van Nostrand.

Course Title: Intelligence

Course Code: **PSYC6204**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks : 100

Duration of Exam. 3 Hrs

UNIT-I Intelligence: Nature, History, Contemporary Views, Neurological Foundation. Determinants - Genetic and Environmental. Psychometric Tests- Nature and Types.

UNIT-II

Theories of Intelligence: Seminal views of Galton and Binet, Spearman, Thurstone, Guilford, Gardner.

UNIT-III

Theories of Intelligence: Cattell, Vernon, Horn, Carroll,
Information Processing Theories: Jensen, Dass, Eysenk, Sternberg

UNIT-IV

Biological Theories of Intelligence: Neuropsychological, approaches, Electro Physiological and blood flow approaches, Speed of Information processing.

Biological measures - Brain Size, Volume, EEG and related measures. Chronometric approach.

Recommended Books:

Anastasi, A. (1988). Psychological testing (6thEd.). New York: McMillan.

Cattell, R.B. (1982). The inheritance of personality and ability. NY:Academic Press.

Cattell, R.B. (1987). Intelligence: Its structure, growth, and action. North Holland: Amsterdam.

Eysenck, H.J. (1982). A Model for Intelligence, New York: Springer-Yerlag.

Guilford, J.P. (1967). The nature of Human Intelligence, New York: McGraw Hill.

Sternberg, R.J. (1982). Advances in the Psychology of Human Intelligence (Vol.I).N.J: Erlbaum.

Sternberg, R.J. (1985). Handbook of human intelligence. London: Cambridge University Press.

Sternberg, R.J.(1990). Metaphors of mind: Conceptions of the nature of intelligence. London: Cambridge University Press.

Sternberg, R.J. and Berg, C.A. (1992). Intellectual development, London: Cambridge University Press.

Torrance, E.P. (1965). Rewarding Creative Behaviour, N.J.: Prentice Hall.

Wolman, B.B. (1985). Handbook of Intelligence: Theories, measurements and applications, New York: John Wiley & Sons.

Course Title: Organizational Psychology

Course Code: **PSYC6202**

Sessional Marks: 40

Theory PaperMarks: 60

Total Marks : 100

Duration of Exam. 3 Hr

UNIT-I

Description and History of I/O Psychology

Definition, Nature and scope of Organisational behavior. The role and functions of an Organisational psychologist. Perspectives on the nature of human work. Historical observations. Hawthorne Studies. Indian concept of work. Emerging perspectives on human work.

UNIT-II

Group Dynamics

Nature and importance of groups. Group structure (Norms, roles, status, size, composition and cohesiveness). Group decision making.

Performance Appraisal

Developing job criteria (job analysis, determining performance criteria).

Measurement and evaluation of criteria (purpose, varieties of job performance data). Employee comparison procedures. Rating procedures. 360 degree assessment and feedback.

UNIT-III

Selection, Placement and Training

Principles and methods of selection. PIE model. Theory of placement. Nature and significance of training. Training methods and techniques. Testing in industries.

Leadership and Motivation

Theories of leadership (Trait, Behavioral or Style, Contingency theories, Functional Approach). Recent perspectives. Leadership in the Indian context. Content theories of motivation (Maslow, Adlerfer, Herzberg and McClelland) and Process theories of motivation (Equity, Experience and Goal theory).

UNIT-IV

Organizational Change, Development and Effectiveness Significance of change.

Resistance to change: individual and organizational resistance. Overcoming resistance to change. Approaches to managing organizational change.

Contemporary change issues for today's managers, Leadership Training

Decision making and Team building

References

Berry, L.M. Psychology at Work. (2nd ed.) 1998, McGraw Hill, Boston.

Lawley F.J. The Psychology of Work Behavior. 1989, Books/Cole Publishing Company, California.

Rollinson, D., Broadfield, A., and Edwards, D.J. Organizational Behavior and Analysis (An Integrated Approach). 1998, Addison-Wesley, Harlow, England.

Bernardin, H.J. and Russell, J.E. Human Resources management-An Experiential Approach. 1998. Irwin-McGraw hill, Boston.

Saal, F.E., Knight, P.A. Industrial and Organizational Psychology-Sciences and Practices. 1999, Brooks Publishing Company, California.

Marvin, B., Dunnette, T. and Leatter, M.H., Handbook of I/O Psychology (4 vols.). 1999, Jayco Publishing House, Calcutta.

Moorhead, G., and Griffin, R.W. Organizational Behavior. 1989, Houghton Mifflin Company, Boston.

Luthans, F. Organizational Behavior. 1992, Mcgraw-Hill Inc. New York. Davis, k. Human Behavior at work. 1994. Tata McGraw Hill Publishing Co. New Delhi.

Tiffin, J., and McCormick, E.J. Industrial Psychology, 1965, Prentice Hall India Pvt. Ltd. New Delhi.

Robbins, S.P. Organizational Behavior-Concepts, Controversies and Applications. 2004, Prentice Hall of India, New Delhi.

Lewis, J.A., and Lewis, M.D. Counselling Programmes for Employees in the Workplace. 1986 Brooks/Cole Publishing Company, California.

Gordon, J.R. A Diagnostic approach to Organizational Behavior. 1991. Allyn and Bacon, Boston.

Course Title: Psychology of life span development

Course Code: **PSYC6201**

Sessional Marks: 40

Theory PaperMarks:60

Total Marks: 100

Duration of Exam. 3 Hrs

UNIT-I

Definition, nature and evolution of the field Research Methods : Experimental and Non-experimental (Case Studies, Observation, Interviews)

Factors influencing development : Heredity, Environment, Importance of critical periods in development

Beginnings of Life : Important aspects of development in the pre-natal and post- natal period

Development in Infancy and Toddlerhood Physical and motor skills

Learning and Maturation

Cognitive development : Piaget's theory

Language development : Learning and nativism theories (Chomsky)

Personality and social development : Contributions of Freud, Erikson, Bowlby

UNIT-II

Development in Early Childhood -Physical and motor skills

Cognitive development : Piagets' theory

Language development : Development of social speech Personality and Social Development :

Contributions of Freud, Erikson, Bandura Role of rearing practices : Gender roles and gender stereotyping Gender schema theory of Bem

Development in middle childhood-

Physical and motor skills development Cognitive development : Piaget's theory Moral development : Piaget and Kohlberg

Personality and social development : Freud, Erikson and Bandura

Development of self-concept Influence of peer relationships

UNIT-III

Development in Adolescence-

Physical development and maturation

Cognitive development : Piaget Adolescent Ego-centricism

Moral development : Kohlberg

Personality and social development :Contribution of Hall, Mead, Freud and Erikson

Identity formation

UNIT-IV

Development in young adulthood

Physical development

Sensory and psychomotor functioning

Cognitive development: Schaie's stages of cognitive development

Sternberg's triarchic theory of intelligence Moral development : Kohlberg's theory

Gilligan's levels of moral development in women

Personality and social development: Normative crisis model and timing- of-events Model

Intimate relationships of Marriage, Parenthood Vocational development

Development in middle adulthood Physical changes of Middle age Aspects of intellectual development

Personality and social development: Jung, Erikson, Peck Psychological developments critical to adjustment

Issues related to occupation

UNIT-IV

Late Adulthood : Old Age

Physical changes

Issues related to intellectual functioning Personality and social development::Erikson,

Peck's three adjustments of late adulthood; Vaillant's factors in emotional health

Personal relationships in late life Attitudes towards death, dying and bereavement

Recommended Books:

Hurlock, E.B. (1980). Developmental Psychology: A life span Approach. New Delhi: Tata McGraw-Hill.

Papalia, D.E. & Olds, S.W. (1992). Human Development. New Delhi: Tata McGraw-Hill

Beck, L. (2003). Child Development. New Delhi: Pearson