

## **FIRST SEMESTER–I**

### **PAPER-I : PSY-101 : GENERAL PSYCHOLOGY-I (Common for both M.Sc. Psychology and M.Sc. Counseling Psychology)**

#### **Objectives:**

- a. To understand the concepts and scope of psychology
- b. To comprehend the biological basis of behavior
- c. To study the perception and learning theories

#### **Unit – I: Psychology as Science**

- a. Definition, Nature, Scope and Aims of Psychology  
Basic and Applied Fields of Psychology.
- b. Historical Origins -The rise of Experimental Psychology. The Emergence, development and decline of the Schools of Psychology

Methods of Study – Observation method, Experimental method, Survey and case study method.

#### **Unit – II: Biological Basis of Behaviour**

- a. Genetic perspective – Chromosomes, DNA, Genes Dominant – Recessive Genes Principle

The Evolutionary Perspective – Natural Selection

The Environmental perspective – Principle of learning - Nature and Nurture controversy.

- b. Nervous System: Basic unit and divisions of Nervous system – Localization of brain functions.

Endocrine System: Pituitary, Adrenaline, Thyroid, Parathyroid, Gonads and Pancreas.

Receptors, Connectors, Effects and Adjuster mechanisms.

Sensory process – Senses and sensory organs, general characteristics of Senses and Sensory thresholds, Subliminal Perception, Signal Detection Theory.

#### **Unit – III: Perceptual Process**

- a. Relationship between sensation and perception, Approaches to perception – Gestalt, information Processing approach, the Cognitive approach, Integrative approach.
- b. Attention as perceptual sampling process, Phenomena of Attention.  
Types and Factors influencing Attention.
- c. Principles of perceptual organization and Figure and Ground Relationship.

- d. Perceptual experiences – Visual space perception, Perceptual constancies; Perceptual movement. Errors in perception, Perceptual Defence and Vigilance, Factors influencing perception – Learning, motivation, values and socio economic status, culture and perception.

#### **Unit – IV: Learning:**

- a. Nature and definition of Learning  
Experimental approaches to learning – Connectionist and Cognitive
- b. Brief discussion of learning theories, Pavlov, Thorndike, Skinner, Hull, Tolman and Miller.

Measurement in learning and learning curves

Transfer of training of education and transfer, experimental analysis of transfer of training, stimulus and response similarly.

Motor and verbal learning - Motor skills, distribution of practice, warm up, patterns of movement & knowledge of results.

Verbal learning – process in verbal learning.

Organization, practice, individual differences.

Experimental analysis of behaviour – behaviour modification, shaping, discrimination learning, Neurophysiology of learning.

#### **References:**

1. Boring, E.G (1950). History of Experimental Psychology. New York: Appleton-Century – Crofts ,
2. Carlson, N.R. (1977). Physiology of Behaviour, Boston: Allyn and Bacon.
3. Dennis Coon, (2006). Psychology: A Modular approach to Mind and Behaviour, USA: Thomson Higher Education.
4. Hilgard, E.R, Atkinson, R.C. & Atkinson, R.R., (1976). Introduction to Psychology (6<sup>th</sup> edition), New Delhi: Oxford and IBM Publishing Company Private Limited.
5. Kendler, H.H. (1975). Basic Psychology, (3<sup>rd</sup> edition), London: Addison – Wesley Publishing, Company.
6. Nolen-Hoeksema, Fredrickson, Loftus & Wagenaar (2009). Atkinson and Hilgard's Psychology – An Introduction. New Delhi: Cengage Learning India Pvt. Ltd.
7. Parameswaram, E.G. & Beena, C. (1988). An Invitation to Psychology (First edition), New Delhi: Tata Mc Graw Hill Publishing Company Limited.
8. Ralph Norman Haber (1968). Contemporary Theory and Research Visual Perception, New York: University of Rochester.
9. Robert S. Feldman (2011). Understanding Psychology (10<sup>th</sup> Edition). New Delhi: Tata – McGraw Hill Education Pvt. Ltd.,
10. Ruch, F.L. (1970). Psychology and Life, Bombay: D.B. Taraporevala Sons and Company Pvt. Ltd.

## **PAPER-II : PSY-102 : SOCIAL PSYCHOLOGY**

### **Objectives:**

- a. To understand the concepts of social psychology
- b. To comprehend the social perception and cognition.
- c. To study the socialization and attitudes

### **Unit – I: Introduction**

- a. Definition, understanding social behaviour  
Historical origins; relationship with other social sciences
- b. Research methods in social psychology: Field, Observation, Experimental, Survey.

### **Unit – II: Social Perception and Social Cognition**

- a. Person perception and object perception; Bem's theory of self perception. Social perception; communication; social interaction.
- b. The process of attribution; Kelley's theory of causal attribution: Major sources of bias; practical applications of attribution theory.  
Social Cognition – Major cognitive strategies: affect and cognition, self awareness, applications of self awareness.

### **Unit – III: Socialization**

- a. Definition and goals of socialization, socialization process; the context of socialization
- b. Social motives: Sex role identity, agencies of socialization, the development of self concept, self evaluation.  
Theories of Moral development (Piaget & Kohlberg).

### **Unit – IV: Attitudes**

- a. Formation of attitudes, Components of attitudes, functions of attitudes, the link between attitudes and behaviour.
- b. Attitude scales: Likert, Thurston, Bogardas scales; Measurement: Self report and other techniques.  
Theories of Attitude formation and change: Balance theory, congruity theory, and cognitive dissonance theory.

**References:**

- Akbar, Hussain (2012). Social Psychology, New Delhi: Dorling Kindersley Pvt. Ltd.
- Baron, R.A., & Byrne, D. (1988). Social Psychology; Understanding Human Interaction, New Delhi: Prentice – Hall of India Pvt. Ltd.,
- Robert, A. Baron, Nyla, R. Branscome, Donn Byrne & Gopabharadwaj (2009). Social Psychology, New Delhi, Pearson Publication
- Seidenberg, B., & Sandowsku, A. (1976). Social Psychology, An Introduction. Stuttgart: The Free Press, Macmillan Publishing Co. Inc.,

## **PAPER-III : PSY-103(a) : PSYCHOPATHOLOGY-I**

### **Objectives:**

- a. To understand the abnormal behavior and historical and current trends
- b. To comprehend the models of abnormal behaviour and approaches to therapies

### **Unit – I: Abnormal Psychology**

- a. Meaning and Definitions of Psychological abnormality.  
Criteria of normality and abnormality.
- b. Historical - How abnormality viewed and treated in the past: Current trends.

### **Unit – II: Models of Abnormality**

- a. Biological model; Psychodynamic model
- b. Behaviouristic model; Cognitive model  
Humanistic – Existential and Socio-cultural model

### **Unit – III: Classification and Assessment**

- a. Clinical Assessment and Diagnosis  
Classification of Psychological Disorders – DSM V; ICD.10.
- b. Causes of abnormal behaviour; Biological, Psych-social and Socio Cultural factors.

### **Unit – IV: Approaches to Therapies**

- a. Biological therapy: Chemo therapy, Electro therapy, Brain –wave therapy
- b. Psychosocial Approaches to therapy; Psychoanalytic therapy, Behaviour therapy, Humanistic – Existential therapies, Interpersonal therapy, Transactional Analysis and Group Therapy, Socio-cultural approaches to therapy; Current issues and trends in Treatment.

### **References:**

- Arun Kumar (2006). Abnormal Psychology. New Delhi: ANMOL Publications Pvt. Ltd.
- Carson. Butcher Mineka (2003). Abnormal Psychology and Modern life, (XI edition). Singapore: Pearson Education Pvt. Ltd.,
- Irwin G. Sarason & Barbara R. Sarason (2009). Abnormal Psychology, (XI Edition), New Delhi: PHI Learning Pvt., Ltd.,
- James, N. Butcher, Susan Mineka & Jil M. Hooley (2011). Abnormal Psychology – Core Concepts (Second edition). New York: Allyn & Bacon Pearson Education, Inc.
- Lauren B. Alloy, John, H. Riskind & Margaret J. Manos (2005). Abnormal Psychology, (IX edition) New Delhi: Tata McGraw Hill Publishing Co. Ltd.,
- William J. Ray (2015). Abnormal Psychology – Neuroscience Perspectives on Human Behaviour and Experience. New Delhi: Sage Publications.

## **PAPER-III : PSY-103(b) : PSYCHOLOGICAL MEASUREMENT-I**

### **Objectives:**

- a. To understand the psychological measurements
- b. To comprehend the development of psychological tests and principles of test construction.

### **Unit – I: Psychological Measurement**

- a. Introduction – Psychological Assessment and Psychometrics - Nature.  
Psychophysical Measurements – Psychophysical Theory-Psychophysics and Sensory limens, Psychophysical laws.
- b. Modern Psychophysics – Psychological Scaling methods – Rating scales – Attitude Scales

### **Unit –II: Developments in Psychological Measurement**

- a. Early History of Psychological Measurement – Psychophysics – Mental Testing – Contributions of Galton and Binet; Interest in the mentally deficiency; Later Developments; Contemporary Status of Psychological Measurement.
- b. The Psychological Test: Definition, Types – Factors influencing test performance – Test administrative procedures – Testing conditions – rapport, examiner effects, situational variables – test anxiety.  
Ethical and Professional Concerns in Testing – Control in the use of Psychological tests; Sources of Psychological tests.

### **Unit – III: Principles of Test Construction**

- a. Test Formulation – Content selection - Item writing – Item analysis – Objectives and use of Item analysis; Item Difficulty; Item validity, Item discrimination – Item reliability – Internal consistency.
- b. Reliability – basic concepts, methods of test reliability – reliability of speed & power tests – Special problems in reliability.  
Validity – basic concepts, methods of test validity – general problems.

### **Unit – IV: Test Development and Test Standardization Procedures**

- a. Basic steps in Test development: Instructions in Test Administration
- b. Development of Norms – Types of norms – Interpretation of Test scores – Statistical Indices – Computers usage in Testing.

**References:**

- Anastasi, A. (2005). Psychological Testing, New Delhi: Pearson Education Pvt. Ltd.,
- Cronbach, L.J. (1970). Essentials of Psychological Testing. New York: Harper & Row.
- Freeman R.S. (1966). Psychological Testing, 3<sup>rd</sup> Edition, New Delhi: Oxford IBH Co. Pvt. Ltd.,
- Guilford, J.P. (1989). Psychometric Methods, New Delhi: Tata McGraw Hill Publishing Co. Ltd.
- Keith Coaley (2014). An Introduction to Psychological Assessment & Psychometrics, Singapore: Sage Publications Asia Pacific Pvt. Ltd.,
- Thomas A. Stetz, Leslie A. Miller & Robert L. Lovler (2016). Student Study Guide for Foundations of Psychological Testing. New Delhi: Sage Publications.

## **PAPER-III : PSY-103(c) : POSITIVE PSYCHOLOGY**

### **Objective:**

1. To introduce concepts of positive psychology
2. To acquaint students with positive subjective states and processes
3. To enable students to appreciate importance of human strengths and virtues

### **Unit-1: Introduction to Positive Psychology**

- a. Need for a science of human strengths and virtues
- b. Deconstruction of illness ideology and inclusion of human strengths
- c. Positive Psychology: Assumptions, Goals and Definitions
- d. History of positive psychology; three pillars of positive psychology

### **Unit-2: Positive Subjective States**

- a. Model of well-being
- b. Subjective well-being and positive emotions
- c. The flow experience
- d. Positive Emotions; Optimism and Hope

### **Unit-3: Positive Individual Traits**

- a. Love and self-compassion; self-efficacy
- b. Creativity & Wisdom
- c. Purpose, courage and resiliency
- d. Empathy and Altruism

### **Unit-4: Positive Institutions**

- a. Positive schooling
- b. Health and wellness; aging well and role of family
- c. Psychology of forgiveness for healthy society
- d. The Me/We balance: Building better communities

### **References**

1. Lyubomirsky, S. (2013). *The myths of happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does*. New York, NY: Penguin.
2. Mahrer, A. R. (2009). *The optimal person*. Laval, QC: Howard Gontovnick Publications. Metz, T. (2013). *Meaning in life*. New York, NY: Oxford University Press
3. Ungar, M. (2008). Resilience across cultures. *British journal of social work*, 38(2), 218-235.
4. Badhwar, N. K. (2014). *Well-being: Happiness in a worthwhile life*. New York, NY: Oxford University Press.
5. *Oxford Handbook of Positive Psychology and Work* Edited by Nicola Garcea, Susan Harrington, and P. Alex Linley.
6. Huy P. Phan and Bing H. Ngu (2017). Positive Psychology: The use of the Framework of Achievement Bests to Facilitate Personal Flourishing. In "Quality of Life and Quality of Working Life", book edited by Ana Alice Vilas Boas,



## **PAPER-IV: PSY-104(a) : CHILD DEVELOPMENT PSYCHOLOGY**

### **Objectives:**

- To expose the student to the basics of Child Development
- To help student understand the different factors and determinants affecting the development

### **Unit-I: Child development**

The field of child development , Domains of child development, Periods of child development , The psychoanalytic perspective ,Behaviorism and social learning theory, Piaget's cognitive-developmental theory

### **Unit-II: research in child development**

Research strategies in child development, Systematic observation, Self-Reports interviews and questionnaires, Psycho-physiological methods, The clinical or case study method, Methods for studying culture

### **Unit-III: biological development**

Foundations of Development, The genetic code, the sex cell, Patterns of Genetic inheritance, Child birth, Approaches to children, Birth complications, Oxygen deprivation, Preterm and low-birth weight infants Motor and perceptual development in infancy, the course of physical development, factors affecting physical growth

### **Unit-IV: personality development**

Personality and social development , Emotional development, Functions of emotions, Emotions and cognitive processing, Development of emotional expression Happiness, anger and sadness, fear, self-conscious emotions, Emergence of self and development of self concept, Self-esteem, structure, changes if level of self-esteem , Social problem solving, Training social problem solving

### **Reference**

1. John W. Santrock : Life-Span Development
2. Laura E. Berk : Child Development seventh edition
3. Child Development and Adjustment Lester D.Crow and Alice crow surjeet publications.

## **PAPER-IV: PSY-104(b) : PSYCHOLOGICAL MEASUREMENTS & STATISTICS**

### **Unit- I: Intelligence and Achievement Tests**

- a. Intelligence Tests – Definition, Binet’s Scales; Wechsler Scales (WISC, WAIS); Individual Vs. Group tests; Verbal Vs. performance Scales of intelligence; Intelligence tests as clinical instruments; Multifactor Test Batteries  
Tests of Intellectual Impairment  
Achievement Test – Definition; Characteristics of Achievement Tests; Achievement Tests for Special Areas.
- b. Special Abilities – Definition of Aptitude, Motor and Manual tests; DAT Battrey, Multiple Aptitude Test Battery, Special Aptitude tests; Evaluation of Aptitude test.  
Tests of interests, Values and Attitudes.

### **Unit – II: Personality Tests**

- a. Self Report Measures - Personality Inventories - 16 PF, MMPI, CPI; EPI (Eysenck).
- b. Projective Tests – Thematic Apperception test, Children Apperception test, Rorschach Ink Blot test, Picture Arrangement test, Rosenzweig Picture Frustration test, CAT.  
Situation Tests: Semantic Differential, Socio-metric methods, Psychodrama.  
Neuropsychological Tests as diagnostic tools.

### **Unit – III: Statistics for Psychological Measurement**

- a. Introduction to statistics – Importance in Psychological Measurement.
- b. Measures of Central Tendency of scores, Measures of Variation of scores, Measures of Associations, Multi Variate statistical methods .

### **Unit – IV: Distribution of Scores on Variables**

- a. Graphic Representation of test data
- b. Frequency distribution – Normal Probability Curve (NPC)  
Tests of significance of Some Statistics  
Use of Statistical Packages – SPSS in psychological research.

### **References:**

- Anastasi, A. (2005). Psychological Testing, New Delhi: Pearson Education Pvt. Ltd.,  
Cronbach, L.J. (1970). Essentials of Psychological Testing. New York: Harper & Row.  
Freeman R.S. (1966). Psychological Testing, 3<sup>rd</sup> Edition, New Delhi: Oxford IBH Co. Pvt. Ltd.,  
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Leslie A. Miller, Robert L. Lovler & Sandra A. McIntire (2013). Psychological Testing. New Delhi: Sage Publications.

Milner, L.A., Lovler, R.L., & McIntire, S.A. (2013). Psychological Testing – A Practical Approach, New Delhi: Sage Publications Pvt. Ltd.,

Ramamurti, P.V. (2014). An Introduction to Psychological Measurements, New Delhi: PHI Learning Pvt. Ltd.,

The Mental Measurement Year Book, Baros.(Latest).

Thomas A. Stetz, Leslie A. Miller & Robert L. Lovler (2016). Student Study Guide for Foundations of Psychological Testing. New Delhi: Sage Publications.

## **PAPER-IV: 104(c) : FORENSIC PSYCHOLOGY**

### **Objectives :**

- To expose the student to the basics of forensic Psychology
- To help student understand the different factors domestic violence, Child Abuse, Victim Psychology, Correctional Psychology: Recognizing the suffering

### **Unit-I : Introduction to Forensic Psychology:**

Historical overview, Functions of Forensic Psychologists, Psychology and law.

### **Unit-II : Psychology of Crime:**

Developmental Theories and Psychobiological bases of crime, Risk Assessment & Violence Prediction, Eyewitness Testimony and Expert Testimony.

### **Unit-III : Psychological Investigation of Crime:**

Scientific Lie Detection: Polygraph, Verbal & NonVerbal Cues, Hypnosis and Narcoanalysis, Behavioural Analysis; Understanding the criminal personality- antisocial personality, psychopath & sociopath; Personality Profiling

### **Unit-IV: Psychology of Violence:**

Workplace and domestic violence, Child Abuse, Victim Psychology, Correctional Psychology: Recognizing the suffering: Rape Trauma Syndrome and Post traumatic Stress Disorder, Coping with criminal victimization, rehabilitation of victim and offender

### **References:**

1. Bartol, C. R. & Bartol, A. M. (2004). Introduction to forensic psychology. Thousand Oaks, CA: Sage Publications.
2. Brown, J. M., & Campbell, E. A. (Eds.) (2010). The Cambridge handbook of forensic psychology. Cambridge, England: Cambridge University Press.
3. Costanzo, M. & Krauss, D. (2010). Legal and forensic psychology. New York: Worth Publishers.
4. G., Hollin, C., & Bull, R. (Eds.) (2008). Forensic Psychology. Chichester, England: John Wiley & Sons, Ltd.
5. Huss Matthew T. (2009). Forensic psychology: Research, clinical practice, and applications. West Sussex, UK: Wiley-Blackwell.
6. Joanna R. Adler, Jacqueline M Gray (Eds) (2010) Forensic psychology, N.Y.: William Publishing,
7. Towl, Graham J., & Crighton, David A. (Eds) (2010) Forensic psychology, West Sussex: N.J. John Wiley & Sons Ltd.
8. Weiner, Irving B. & Hess, Allen K. (Eds) (2006) Handbook of Forensic Psychology, N.J. John Wiley & Sons L

## **SECOND SEMESTER**

### **PAPER-I : PSY-201 : COGNITIVE PSYCHOLOGY (Common for M.Sc., Psychology and M.Sc., Counseling Psychology)**

#### **Objectives**

1. To understand psychological and physiological basis of human behavior.
2. To understand the basic concepts and developments in the areas of attention, perception, learning, memory, problem solving and reasoning.

#### **Unit-I : Attention:**

Concepts and Mechanisms, Selective Attention: Determinants and Theories – Broadbent, Treisman and Deutsch and Deutsch, Norman Models, Sustained Attention, Theories Expectancy, Signal Detection, Arousal, Habituation; Intensive Properties of Attention, Fluctuations of Attention, Attention Span.

#### **Unit -2 : Perception:**

Form Perception: Figure formation – backward masking; theories of Form Perception: Gestalt, Ecological optics (Gibson), Multi-level Expectancy (Hebb), Information Processing (Broadbent): Space Perception, Time Perception and Movement Perception.

#### **Unit -3 : Learning:**

Process and Methods; Theories – Classical and Operant Conditioning, Hull, Tolman and Guthrie. Memory: Models of memory: Structural and levels of processing models, Tulving's Episodic, Autobiographical and Procedure models; McClelland's PDP approach; Sensory Memory, Iconic and Echoic memories – Measures and empirical features; Short-term Memory; Methodology, Size and Codes, Longterm memory: Determinants of Accuracy – interference, Context and Encoding Specificity, Autobiographical Memory: Flash back memories, Eye-witness Testimony, Memory improvement.

#### **Unit -4 : Problem Solving and Reasoning:**

Classification of Problems, Newell and Simon's theory, Problemsolving approaches, Means-end heuristics and the analogy approach and other strategies. Types and errors in reasoning processes: deductive and inductive hypotheses testing, theories of thought processes.

## References

1. Dember, W.N. and Warm, J.S. (1960). Psychology of perception, Holt-Rinehart and Winstoh, New York.
2. Broota, K.D. (1988). Perceptual and cognitive processes, In: Janak Pandey(ed.) Psychology in India: The State of Art, Sage Pub., New Delhi.
3. Martindale, C. (1981). Cognition and consciousness, The Dorsey Press.
4. Kling, J.W., Riggs, H.A. (Eds.) (1971). Woodworth and Schlosberg's: Experimental Psychology (3rd Edition): New York.
5. D'Amato, M.R. (1970). Experimental Psychology: Methodology, Psychophysics and Learning, McGrawHill, New York.
6. Hulse, S.H. Egeth H, and Deese J. (1980). The Psychology of Learning, Mc Graw-Hill, New York (5th Ed.).
7. Hilgard, E.R. & Bower G. (1975). Theories of Learning, Prentice-Hall of India (4th Ed.).
8. Galotti, K.M. (1999). Cognitive psychology in and outside laboratory, Mumbai; Thomson Asia.
9. Matlin, Margaret W. (1995). Cognitive (III ed.) Prism Books Pvt. Ltd., Bull Temple Road, Basavasigudi, Bangalore 560019.
10. Snodgrass, J.G. et.al. (1985). Human experimental psychology, New York; Oxford University Press.
11. Reed, S.K. (1988). Cognition: Theory and Application (III ed.) Pacific Grove, California: Brooks/Cole Publishing Company.
12. Hewes, M.B. (1990). The psychology of human cognition, New York: Pergamon Press.
13. Snodgrass: Berger and Haydon (1985). Human experimental psychology. New Delhi, Oxford University

## **PAPER-II : PSY-202 : APPLIED SOCIAL PSYCHOLOGY**

### **Objectives:**

- a. To understand the Social Influence, Social Exchange Process in social behaviour.
- b. To comprehend the Prejudice and Discrimination and group and individuals.

### **Unit – I: Social Influence**

- a. Forms of Social influence: Conformity, compliance and obedience Asch's experiments on conformity; factors affecting conformity; the bases of conformity.
- b. Compliance: Tactics used in compliance; Ingratiation, reciprocity and multiple requests, guilt and compliance.  
Obedience: Milgram's Studies on destructive obedience, resisting the effects of destructive obedience, modeling as a basis for unintentional social influence.

### **Unit – II: Social Exchange Process**

- a. The nature of co-operation and competition, bargaining and negotiation, resolving interpersonal conflicts through bargaining; perceived fairness in social exchange; equity and inequity, factors for restoring fairness in social exchange.
- b. Prosocial behaviour: altruism: Characteristics influencing altruism, theories of altruism: reinforcement theory, cognitive theory:  
Bystander effect, explanations, the characteristics of the helper and the helpee; Interpersonal attraction and love: Types of love. determinants of attraction: physical attractiveness, attitude, similarity and reciprocity.

### **Unit – III: Prejudice and Discrimination:**

- a. Sources of prejudice. Combating prejudice, sex & gender prejudice: nature and origin, discrimination against women.
- b. Aggression and Violence. Theoretical perspectives, social and cultural determinants of aggression; individual determinants, prevention and control of human aggression.

### **Unit –IV: Groups and Individuals**

- a. Groups: Nature and functions: group formation, how groups function: roles, Status, norms and cohesiveness; groups and task performance: Social Facilitation, Theories of Social Facilitation; Social Loafing, Decision making by groups.
- b. Leadership: Definition, types of leaders, characteristics of a leader, functions of a leader, theories of leadership.

**References:**

- Baron, R.A., & Byrne, D. (1988). *Social Psychology; Understanding Human Interaction*, New Delhi: Prentice Hall of India Pvt. Ltd.
- Kulkarni, P.D. (1979). *Social Policy and Social Development in India*. Madras: Association of Schools of Social work in India.
- Madison, B. (1980). *The Meaning of Social Policy: Comparative Dimension in Social Welfare*, London: Groom Hoin.
- Misra, G. (1990). *Applied Social Psychology in India*. Sage publications India Pvt. Ltd.,
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- Seidenberr, B. & Sandowky, A. (1978). *Social Psychology: An Introduction*. Stuttgart: The Free press, Macmillan Publishing Co. Inc.,
- Sharma, P.N & Shastri, C. (1984). *Social Planning: Concepts and Techniques*, Lucknow: Print House.
- Sinha, D., & Rao, H.S.R. (1988). *Social values and Development*, New Delhi, Sage Publications.



## **PAPER-III : PSY 203(a) : PSYCHOPATHOLOGY-II**

### **Objectives :**

- a. To understand anxiety and mood disorders and somatic disorders.
- b. To study Psychosis and Cognitive Disorders across life span

### **Unit – I: Anxiety and Mood Disorders**

- a. Generalised Anxiety disorders and phobias - Panic, Obsessive - compulsive disorders
- b. Mood disorders – Suicide - Etiology and treatment

### **Unit – II: Psycho - Somatic Disorders**

- a. Stress-Coping and maladaptive behaviour, psychosomatic disorders, Eating disorders
- b. Substance - related disorders, sexual disorders, Etiology and treatment

### **Unit – III: Psychosis and Cognitive Disorders**

- a. Schizophrenia and sub types, Cognitive disorders : Amnesic disorders
- b. Dementia: Delirium, etiology and treatment

### **Unit – IV: Psychological Disorders Across the Life Span**

- a. Personality disorders
- b. Disorders of childhood, adulthood and old age, etiology and treatment

### **References:**

- Carson. Butcher Mineka (2003). Abnormal Psychology and Modern life (11<sup>th</sup> Edition). New Delhi: Pearson Education Pvt. Ltd.,
- Irwin G.Sarason & Barbara R.Sarason (2009). Abnormal Psychology (XI edition). New Delhi: PHI Learning Pvt. Ltd.,
- Lauren B. Alloy, John, H. Riskind & Margaret J. Manos (2005). Abnormal Psychology, (IX edition) New Delhi: Tata McGraw Hill Publishing Co. Ltd.,
- William J. Ray (2015). Abnormal Psychology – Neuroscience Perspectives on Human Behaviour and Experience. New Delhi: Sage Publications.

## **PAPER-III : PSY-203(b) : RESEARCH METHODOLOGY**

### **Objectives :**

- a. To understand basic research and applied research including experimental research.
- b. To comprehend the problem & hypothesis, Sampling & Data Collection including research designs.

### **Unit – I: Introduction to Research Methodology**

- a. Types of Research: Basic Research, Expost facto, Applied Research and other Researches: Formation of Experimental Research.
- b. Research Variables and their Control: Independent variables – dependent variables and extraneous variables, and experimental control.

### **Unit – II: Problem & Hypothesis**

- a. Problem : Selection of problem – statement of the problem and ways in which a problem is manifested, Types of Problems.
- b. Hypothesis : The nature of hypothesis, the manner of stating a hypothesis, Criteria of hypothesis and formulation of hypothesis

### **Unit – III: Sampling & Data Collection**

- a. Sampling: Procedures of sampling – randomization – purposive sampling – Stratified and Random sampling, Probabilistic and Non – Probabilistic Methods.
- b. Methods of Data collection: Interview method, survey method, questionnaires and rating scales.

### **Unit – IV: Research Designs**

- a. Research Designs: Two Randomized group design, two matched group design, more than two group design, Factorial Design –  $2 \times 2$ ,  $2 \times 2 \times 2$  design – Concept of ANOVA, MANOVA AND MANCOVA.  
Role of Computers in the analysis of data – Statistical Packages – Ethics in Human Research
- b. Presenting research results: Writing a research project report: Publishing an article and making an oral presentation.

## References:

- Edwards, A.L. (1968). *Experimental Design in Psychological Research*. New Delhi: Amerind Publishing Company Pvt Ltd.,
- Kerlinger, F.N. (1973). *Foundations of Behavioural Research*, New Delhi: Surjeet Publications.
- Henry, E. Garrett, (1981). *Statistics in Psychology and Education (Tenth Edition)*, Bombay.
- Rosenthal, R. & Rosnow, R.L. (1991). *Essentials of Behavioural research: Methods and Data Analysis (2<sup>nd</sup> edition)*. New York: McGrawHill.
- Elmes D.G. Kantowitz B.H & Roediger H.L. (1995). *Research Methods in Psychology*. New York: West Publishing Company.
- Howell, D.C. (2002). *Statistical Methods for Psychology (5<sup>th</sup> edition)*. Belmont, CA: Wadsworth.
- Kothari, C.R. (2004). *Research Methodology: Methods and Techniques (second revised Edition)*, New Delhi: New Age International Pvt. Ltd.
- John, J. Shaughnessy, Gugene B. Zechmeister & Jeanne S. Zechmeister (2008). *Research Methods in Psychology (Eighth Edition)*, New Delhi: McGrawHill,
- Mangal, S.K. (2010). *Statistics in Psychology and Education*, New Delhi: Prentice – Hall of India.
- Gerard Guthrie (2010). *Basic Research Methods (First Edition)*. New Delhi: Sage Publications.
- George Argyrous (2011). *Statistics for Research (Third Edition)*. New Delhi: Sage Publications.
- Bridget Somekh & Cathy Lewin (2011). *Theory and Methods in Social Research (2<sup>nd</sup> Edition)*. New Delhi: Sage Publications.
- Colin Dyer (2013). *Research in Psychology – A practical guide to Methods and Statistics*. New Delhi: John Wiley & Sons. Inc.
- Mark Israel (2015). *Research Ethics and Integrity for Social Scientists (2<sup>nd</sup> Edition)*. New Delhi: Sage Publications.
- Amit Kumar (2011). *Methods in Psychological Research (First Edition)*. New Delhi: Anmol Publications Pvt. Ltd.,
- Krishnaswami, O.R. & Ranganatham (2006). *Methodology of Research in Social Sciences (First Edition)*. New Delhi: Himalaya Publishing House.
- Wilson Prabhakaram (2012). *Methods in Behavioural Research (First Edition)*. New Delhi: Anmol Publications Pvt. Ltd.,

## **PAPER-III : PSY 203(c): COMPUTER APPLICATIONS IN PSYCHOLOGICAL RESEARCH**

### **Objectives**

- a. To understand the basic components of computer and working in Ms Office, power point and internet services.
- b. To comprehend the application of computer knowledge through creating emails, scientific journals and data scoring

### **Unit – I: Introduction to Computers**

- a. Definitions – Basic components of computer –block diagram – Input / Output devices – Key board- Mouse and scanner – directories and sub-directories.
- b. Evolution of Computer generations – Fundamentals in Computers

### **Unit – II: MS Office-I**

- a. MS word: Creating, Opening and saving files- Editing and formatting text- spell and grammar check- auto correct- creating of tables and columns- mail merge- word art- concept of a macro print preview.
- b. MS PowerPoint: Creating power point slide- editing and formatting the presentation etc.,

### **Unit – III: MS Office-II & Internet Services**

- a. MS Excel: Work sheet- entering data and creating work sheets and work books- opening and saving workbooks- editing and formatting-sorting, filtering and pivot tables- creating graphs and charts- mathematical and statistical functions. MS accesses; opening and saving, features and data entry and usage.
- b. Use of Internet Services – Creating e-mail- sending mails- browsing websites of Psychology, browsing scientific journals- search engines- data storing

### **Unit – IV: Statistical Packages**

- a. Use of Statistical Packages in Psychological Researches - Introduction to SPSS - What is SPSS – Purposes – Using the Windows in SPSS
- b. SPSS Windows – SPSS file types – Creating and modifying Data Files – Data Modification – Descriptive Statistics – Inferential Statistics.

### **References:**

- Linda Hobbs Collier (2010). Essential Skills - Have You Used Yours Today? Skill Book - Practical Computer (Training Package) Use. Newfoundland and Labrador Laubach Literacy Council Inc.
- Manfred T., Grotenhuis & Anneke Matthijssen (2016). Basic SPSS Tutorial. New Delhi: Sage Publications.
- Manfred T., Grotenhuis & Chris Visscher (2014). How to use SPSS Syntax. New Delhi: Sage Publications.
- Vinod Babu Bandari. (2012). Fundamentals of Information Technology including lab work.. New Delhi: Pearson. ITL-Educational Solutions Limited.

## **PAPER-IV: PSY-204(a) : LIFE SPAN DEVELOPMENTAL PSYCHOLOGY : INFANCY TO ADOLESCENCE**

### **Objectives:**

- a. To understand the scope of life span development of infancy and babyhood
- b. To comprehend the Early and Late Childhood and Adolescence.

### **Unit – I: Human Development**

- a. Principles and factors of development; scope of life span development; periods of the human life span, Perspectives on human development; the mechanistic perspective, the organismic perspective, the psychoanalytic perspective and the humanistic perspective.
- b. Fertilization; the mechanisms of heredity; heredity and environment; chromosomal abnormalities; prenatal diagnosis of birth defects; Prenatal influences, maternal nutrition, maternal drug intake and other maternal-factors; prenatal stages and characteristics.

### **Unit – II: Infancy and Babyhood**

- a. Infancy and babyhood: The birth process, birth complications, infancy; sub divisions, physical characteristics; major adjustments; physical and psychological development of infants, growth and motor development, environmental influences on motor development, mortality in infancy; early learning, classical conditioning, operant conditioning, habituation.
- b. Intellectual development: The psychometric approach, Piagetian approach, Information processing approach, language and speech development.

Social and Personality Development: the psychosexual (Freud) and psychosocial (Erikson) theories, emotions, the family's role in personality and social development; socialization developmental tasks; physical and psychological hazards

### **Unit – III: - Early and Late Childhood**

- a. Early childhood: Physical growth and motor development; childhood health and illness; sleep pattern and problems. Intellectual development: Piaget's pre-operational stage; language' early childhood; the development of social speech; schooling: preschool, benefits.

Social and personality development: Theoretical perspectives on personality: Sigmund Freud, Erikson, effect of child-rearing practices on personality development. Play: social play and cognitive play, implications, Hazards of early childhood.

- b. Late childhood:

Physical development, growth, motor development, intellectual development, Piaget's stage of concrete operations, moral development, Piaget's theory, Kohlberg's studies. Language development: Communication ability, measuring intelligence in school children, creativity in children.

Children in School: the teachers influence, educating handicapped children, learning disability. Social and personality development, theoretical perspectives; Freud, Erikson; social groups, influences, self-concept in school children; the child in the family; emotional disturbances; Hazards of late childhood.

#### **Unit – IV: - Adolescence**

- a. Physical development: physiological changes of adolescence, psychological impact of physical changes; health problems.

Intellectual development: Piaget's stages of concept development, moral development: Kohlberg's stage of normal development;

- b. Social and personality development: theoretical perspectives on personality development Hall, Freud, Erikson; the search for identity; Relationship with parents, peers, friends, sexual identity.

#### **References:**

- Hurlock, E.B. (1980). *Developmental Psychology - A Life span. Approach*, New Delhi: McGraw Hill Inc.
- Olds S.W. & Paplia, D.E. (1986). *Human Development*, New Delhi: Tata McGraw Hill Inc.
- Goulet, L.R. & Baltes, P.B. (1970). *Life span Developmental Psychology*, New York: Academic Press Inc.
- Bakes, P.B. & Brim, O.G. (1978). *Life span development*, New York: Academic Press, (Vol-I & Vol-II).
- Baltes, P.B & Schaie, K.W. (1973). *Life span developmental psychology: Life Span Personality and Socialization*. New York: Academic Press.
- Lerner, R.M & Hultsch, D.P. (1983). *Human Development. A life span perspective*, New York: McGraw Hill Publications.

## **PAPER-IV : PSY-204(b) : CONSUMER BEHAVIOR**

### **Objectives :**

- a. To understand concept of consumer behaviour and market research
- b. To comprehend the economic, social and psychological theory of buying motives.
- c. To study the effect of advertising, sales promotion ,branding and packaging

### **Unit-I :**

Motivation - Definition of motivation – motivation process – motivational implication and themes of motivation.

Consumer behavior and market research; definition of marketing - Types of markets.

### **Unit-II :**

Economic theory of buyer behavior, psychological model – perception, learning attitudes, personality, psychographics (lifestyles) market research-approaches – survey technique ; questionnaire survey method – experimental methods.

### **Unit-III :**

Consumer buying motives – primary versus selective; product versus patronage motives and positive versus negative motives; emotional versus rational motives.

### **Unit-IV:**

Advertisement - advertisement purposes-role of communication. Theme or appeal sale promotions; the objectives of sales promotion; features of salesmanship building the sales force, packaging & branding.

### **References**

1. Consumer Behavior - Insights from Indian Market Majumdar Ramanuj, PHI, 2nd Edition.
2. Consumer Behavior, Blackwell and Engel, Cengage Publication, Indian Edition

## **PAPER-IV: PSY-204(c): INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY**

### **Objectives :**

- a. To understand the psychological, social and economic contribution in developing industrial psychology.
- b. To comprehend the personal psychology and selection, interviews and evaluation.

### **Unit-I**

1. The Economic, Social and Psychological Foundations of Industrial and Organizational Psychology.
2. Industrial Psychology its Scope Methods the Classical Hawthorne Studies

### **Unit-II**

1. Personnel Selection
2. Methods of Training, Job Analysis
3. The structure and function of groups

### **Unit-III**

1. Personnel Psychology
2. Concerns of personnel Psychology
3. Logic of selection
4. The organization as a dynamic and developing system

### **Unit- IV**

The employment interview: application Black and Psychological Tests  
Evaluation of Personnel evaluation of Managers,  
Increasing organizational Effectiveness.

### **Reference :**

1. E.J.Mc Cormick (1985) Introduction to Industrial psychology, ND: J. Wiley.
2. Edgar H. Schein (1983) Organisational Psychology (3<sup>rd</sup> Edition) Eastern, Economy Edition. Printice Hall of India, private limited , New Delhi-110001



## **THIRD SEMESTER**

### **PAPER-I: PSY-301 : COUNSELLING PSYCHOLOGY-I**

#### **Objectives :**

- a. To understand the meaning of counseling and ethics in counseling
- b. To comprehend the process of counseling and techniques

#### **Unit- I: Introduction**

- a. Definition and Nature of Counseling. Historical development, goals and expectations of counseling - past and current status of counseling.
- b. Counseling and guidance – its relation with psychotherapy, Social Work and Clinical Psychology - Limitations.

#### **Unit –II: Counselee Characteristics - Ethics in Counselling**

- a. Characteristics of Counselee - Characteristics of an effective counselor, selection and training of counselors - The role and functions of counselors.
- b. Legal and ethical considerations in counseling

#### **Unit – III: Counselling Process**

- a. Counseling process - the Counseling set up - Structure and Influence of external conditions - phase of counseling.
- b. Termination and follow up. Handling transference and resistance - Group counseling.

#### **Unit-IV: Techniques**

- a. Counseling techniques – verbal and non-verbal techniques - tools of counseling, the psychological tests used in counseling.
- b. Evaluation of counseling – Value orientations in counseling

#### **References**

- Hansen. J.C. Stevis, R.R. & Warker. J.R. (1982). Counseling theory and process. New York: Allyn & Bacon.
- Jacobs, Masson & Harvill (1998). Group Counselling Strategies & Skills. New York: Books / Cole Publishing Company.
- Lewis & Lewis E.C. (1974). The Psychology of Counseling. New Delhi: Harper & Row.
- Linda Seligman & Lourie W. Reichenberg (2011). Theories of Counselling and Psychotherapy - Systems, Strategies and Skills (Third Edition). New Delhi: PHI Learning Pvt. Ltd.
- Mick Cooper & John McLeod (2011). Pluralist Counselling and Psychotherapy. New Delhi: Sage Publications
- Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata McGraw Hill Publishing Company Ltd.,

Richard Nelson – Jones (2005). Introduction to Counseling skills, Texts & Activities, New Delhi: Sage Publications.

Richard Nelson-Jones (2011). Theory and Practice of Counselling & Therapy (5<sup>th</sup> Edition). New Delhi: Sage Publications Ltd.

Shertzer, B.S. Stone (1968). Fundamental of Counseling. CA: Houghton MifflinCo.,

Steffles & Grant, W.H. (1972). Theories of Counseling, New Delhi: Tata McGraw Hill.

## **PAPER-I : PSY-302 : PERSONALITY PSYCHOLOGY**

### **Objectives:**

1. To introduce various theories of personality
2. To help students evaluate personality theory and research
3. To understand the modern approaches to understanding personality
4. To understand applications of personality theory to various aspects of life

### **Unit-1:**

Intrapsychic and Biological domain 1. Freudian psychoanalytic aspects and psychodynamic perspective – Jung, Adler, Horney, Object-Relations, Erickson, Sullivan 2. Motives & Personality – Murray, Three Motives 3. Humanistic perspective – Maslow, Rogers 4. Genetics and evolutionary approach to personality; Physiological approaches to personality – Neuroimaging & Personality Neuroscience

### **Unit-2:**

Behavioural, Cognitive & Cognitive-Experiential Domain 1. Behaviourist & learning aspects – Watson, Skinner, Tolman, Guthrie, Hull, Dollard-Miller, Bandura, Mischel 2. Cognitive & Cognitive-experiential domain – Personality through perception, interpretation and goals; 3. Cognitive & Cognitive-experiential domain - Emotions and personality; Approaches to self (self-concept, self-esteem, social identity) 4. Personality and performance; Personality as a cognitive-affective processing System

### **Unit-3:**

Dispositional Approach 1. Trait approaches and taxonomies – Allport, Cattell, Eysenck, Temperament 2. FFM & Big Five – theory, evidence, application, Circumplex model, HEXACO model 3. Personality & Psychopathology 4. Theoretical and measurement issues; personality dispositions over time

### **Unit-4:**

Contemporary Topics in Personality Psychology 1. Sex-gender and personality 2. Culture and personality; Personality in a cross-cultural perspective 3. Stress, Coping, Adjustment & Health 4. Applied personality psychology.

### **References:**

1. Hall, C. S., Lindzey, G., Campbell, J. B. (2007). Theories of Personality. ND: J. Wiley.
2. Buss D. M. & Larsen R. J. (2009). Personality Psychology: Domains of Knowledge about Human Nature. NJ: McGraw-Hill Humanities
3. Corr, P. J. & Gerald Matthews, G. (2009). The Cambridge Handbook of Personality Psychology. Cambridge: Cambridge University Press.
4. Burger, J. M. (2010). Personality. Wadsworth Publishing

## **PAPER-III : PSY 303(a) : ORGANIZATIONAL BEHAVIOUR & HRM**

### **Objectives**

- a. To understand organization and the Individual differences
- b. To comprehend the motivation and leadership
- c. To study the decision making and organizational effectiveness.

### **Unit - I: Introduction**

- a. What is an Organization? Individual differences in organizations, learning organizations, Organisational culture Psychological process in organization - personality.
- b. Learning principles, perception, Social perception, learning contact, psychological contact and commitment.

### **Unit- II: Motivation – Leadership**

- a. Motivation: Concept; motivation process; theories of motivation. psychological groups: definition; types of groups; functions fulfilled by groups, group process, dynamic of groups, structure of groups, why people join groups?
- b. Leadership: Who is a leader? leadership, characteristics of an effective and ineffective leaders; leadership styles; theories of leadership.

### **Unit - III: Decision Making Conflicts**

- a. Decision making: Individual decision making and group decision making: Decision making Techniques; conflict - Nature and sources of conflict - consequences of conflict.
- b. Types of conflict: Management of conflicts. Power - Bases of power; Sources of power, Impression Management. -

### **Unit - IV: Organisational Effectiveness & Change**

- a. Organisational effectiveness and management of change – what is effectiveness, concept, nature, models: values bases effectiveness an social constraints - methods of improving organizational effectiveness, management of change and development.
- b. Meaning of organization change, cultural process; structured change; models of change; stress management - meaning of stress, sources of stress, consequences of organization stress and coping strategies.

### **References:**

- Fred Luthans (2001). Organisational Behaviour, New Delhi: McGraw Hill Irwin.
- Porter, L.W. Lawler, E.E. & Hackman, J.R. (1975). Behaviour in Organization” New Delhi: McGraw Hill Irwin.

## **PAPER-III: CPSY-303(b): THERAPEUTIC APPROACHES IN COUNSELING-I**

### **Objectives:**

- To enable the student to have an insight into the Therapeutic Approaches of counselling
- To enable the student to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counselling.

### **Unit - I: Psychoanalytic Therapy**

- a. Psychoanalytic Therapy (Sigmund Freud)- Introduction – Key concepts –view of human nature, structure of personality – conscious and unconscious – anxiety- ego- Defense mechanisms – development of personality .
- b. The therapeutic process – therapeutic goals – Therapist’s function and role – clients experience in therapy – relationship between therapist and client – application – therapeutic techniques and procedures.

### **Unit – II: Behaviour Therapy**

- a. Behavior Therapy (Arnold Lazarus) – Introduction – Historical background – Four areas of development (Classical Conditioning- Operant Conditioning –Social learning approach – Cognitive Behavior therapy)  
Key concepts – View of human nature - therapeutic goals – Therapist’s function and role – clients experience in therapy – Relationship between therapist and clients.
- a. Applications of therapeutic techniques  
Relaxation training and related methods - Systematic desensitization Exposure Therapies - Eye movement, desensitization and reprocessing - Assertion training - Self management and self directed behavior.

### **Unit III: Person Centered Therapy (Carl Rogers)**

- a. Introduction – Historical background – Existentialism and Humanism.  
Key Concepts: View of human nature- Basic characteristics – Therapeutic Process: Therapeutic goals – Therapist’s function and role - Client’s experience in therapy – relationship between therapist and client.
- a. Applications – Therapeutic techniques and procedures: Evolution of person- centered methods. The role of assessment – Areas of application.

### **Unit IV: Existential Therapy (Viktor Frankl and Rollo May)**

- a. Introduction – Historical background - Key concepts – View of human nature –The capacity for Self-awareness – Freedom and responsibility– Striving for identity and relationship to others – The search for meaning.  
– Anxiety as condition for leaving – Awareness of death and non being.

a) The Therapeutic Process:

Therapeutic goals – Therapist's function and role – clients experience in therapy – relationship between therapists and client – application – Therapeutic Techniques and procedures.

**References:**

1. Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
2. Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6<sup>th</sup> edition) Brooks/Cole: Thomson Learning.
3. Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
4. Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
5. Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
6. Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
7. Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row.
8. Richanrd Nelson, Jones (2005). Introduction to Counselling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

## **PAPER-III : PSY-303(c) : HEALTH PSYCHOLOGY**

### **Objectives :**

- a. To understand the need of Health psychology and various models related to health and illness.
- b. To comprehend the health behaviour enhancement and management

### **Unit – I: Introduction**

- a. Introduction, definition - need for health psychology - relating health psychology to other fields - maintaining a healthy state and coping with illness – Biomedical and Biomedicosocial model.
- b. Environmental psychology - environmental effects on Human Behaviour - the effect of human behaviour environment, urban life - health care, Socio-cultural perspective - cross cultural studies - epidemiological studies - social pathology - divorce - communal violence.

### **Unit –II: Health Behaviour - Enhancement**

- a. Health Behaviour and Primary prevention Health behaviours - changing health habits through cognitive behavioural approaches - Transheoretical model and Social engineering – Health enhancing behaviours - Health compromising behaviours.
- b. Stress and Coping – Sources of stress and moderators of stress experience - coping resources and coping styles - Social support - Management of stress.

### **Unit-III: Management**

- a. Management of chronic illness - quality of life - emotional responses to chronic illness - personal issues - coping and rehabilitation - psychological intervention - heart disease, Hypertension, Stroke and diabetes.
- b. Psychological issues in advancing to hospital care - problems of survivors. Psychoneuro immunology, AIDS, Cancer and Arthritis.

### **Unit – IV: Future**

- a. Challenges for the future Health promotion - Stress and Management - Health services - Management of serious illness - Trends for the future - Becoming a health Psychologist.
- b. Organized efforts to mental health - governmental and voluntary organisations; international efforts for mental health - limitations in mental health efforts.

**References:**

- Baron, R.A & Byrne, D. (1999). *Social Psychology*. New Delhi: Prentice Hall of India Pvt. Ltd.
- Coleman, J.C. (1975). *Abnormal Psychology and Modern Life*. Bombay: Taraporeval Sons & Co.,
- David F. Marks, Michael Murray, Brian Evans & Emeé Vida Estacio (2011). *Health Psychology (Third Edition)*. New Delhi: Sage Publications India Pvt. Ltd.,
- Hans Selye (1980). *Selyes Guide to stress research*, Van Nostrand, New Delhi: Reinhold Company,
- Sarason, I.G & Sarason, B.R. (2000). *Abnormal Psychology*. New Delhi: Prentice of Hall of India, N.D.
- Taylor, S.E (2006). *Health Psychology (6<sup>th</sup> edition)* New Delhi: Tata McGraw Hill.
- Teisi Thou (2011). *Health Psychology*. New Delhi: ABD Publications.



## **PAPER-V: PSY-3.5: STRESS MANAGEMENT & COUNSELING PSYCHOLOGY**

### **Objectives:**

1. To introduce meaning of stress and coping styles
2. To understand the techniques of stress management
3. To comprehend and implement the techniques of stress management and counseling

### **Stress Management and Counseling Techniques**

#### **Unit-I: Scientific Foundations**

- a) Definition
- b) Indian and Western Concept of Stress
- c) Theoretical models of Stress

#### **Unit-II: Stress: Physiological Arousal and Behaviour Change**

- a) Sources of stress  
(Neuro-endocrinology, personality, environment, intrapersonal and interpersonal sources of stress)
- b) Consequences of stress
- c) Stressful Behaviour and Health Status- somatic and anxiety problems

#### **Unit-II: Life Situations and Perception of Stress**

- a) Stress among children and adolescence
- b) Family stressors and interventions
- c) Stress among the elderly
- d) Stress among trauma victims

#### **Unit-IV: Stress and Coping**

- a) Concepts and theoretical perspectives of coping
- b) Personal coping resources c) Coping styles and strategies
- d) Coping with adjustive demands

#### **Unit-V: Assessment of Stress, Management and Counseling Techniques**

- a) Assessment of stress and coping
- b) Behavioural Techniques of Management Syllabus- Applied Psychology, C.U., 2018 28
- c) Health promoting and health damaging lifestyles
- d) Cognitive Behavioural techniques of management
- e) Social Skills Training
- f) Indigenous techniques

## References :

1. Bramer, L.M. and Shostrom, E.L. (1982). Therapeutic Psychology. Fundamentals of Counseling and Psychotherapy. New Jersey Prentice Hall.
2. Chen, D.D. (2017). Stress Management and Prevention: Applications to Daily Life, Taylor and Francis, 3rd Edition.
6. Garfield, S.L. (Ed) (1980). Psychotherapy: An Eclectic Approach. New York, John Wiley and Sons.
7. Gelso, S. and Fretz, B. (2001). Counselling Psychology: Practices, Issues and Intervention (India Edition). Cengage Learning.
8. Goldberger, L. & Brezenitz, S. (1982). Handbook of stress: Theoretical and Clinical Approaches. NY Free Press.
9. Greenberg J. S., (2009). Comprehensive Stress Management, 10th Ed. Tata McGraw-Hill Publications.
10. Hodges, S. (2003). Counselling adults with learning disabilities. Palgranemacmillan.
11. Horn, S. & Munajo, M. (1997). Theory Research and Intervention. Open Univ Press.
12. Kar, C. (2013). Exceptional Children: Their Psychology and Education. Sterling Publishes Pvt. Ltd.
14. Lazarus, R.S. and Folkman, S. (1984). Stress Appraisal and Coping. Springer. N Y.
15. Lines, D. (2006). Brief Counselling in Schools: Working with Young People from 11 to 18. (2nd Edition). Sage Publication. New Delhi.
16. Lovallo, W.R. (2004). Stress and Health: Biological and Psychological Interactions (Behavioral Medicine and Health Psychology), 2nd Edition. Sage Publications.
17. Mishra, G. (1999). Psychological Perspective of Stress and Health. Concept.
18. Palmer S., (2015). The Beginners Guide to Counselling and Psychotherapy, 2nd edition. Sage Publications. Syllabus- Applied Psychology, C.U., 2018 29
19. Palmer, S. and Dryden, W. (2010). Counselling for Stress Problems. Sage. New Delhi.
22. Scott, M., Stradling, S.G. & Dryden, W. (1995). Developing cognitive behavioural counselling. Sage.
23. Wolberg, L.R. (1988). The Techniques of Psychotherapy (4th Ed) Part 1 & 2, New York, Grune and Stralton.

## **PAPER-VI : PSY-306 : PERSONALITY DEVELOPMENT (OE)**

### **Objective:**

- a. **To study** biological, psychological and socio cultural determinants & **Soft Skills**

### **Unit – I: Introduction**

- b. Personality – definition – nature – biological, psychological and socio cultural determinants

### **Unit – II: Theories & Assessment**

- a. Theoretical Perspectives – Psychoanalytical, behavioural, humanistic, factor analytical (trait) and cognitive.
- b. Assessment of Personality.

### **Unit – III: Soft Skills - I**

- a. Soft skills Development 1: Communication Skills; Interpersonal Skills – Planning – decision making – Competence development – perceptual, social and academic

### **Unit – IV: Soft Skills - II**

- a. Soft skills Development – II: Promoting healthy personality – Positive thinking, developing self confidence and self efficiency, stress management, time management and leadership development
- b. Practicals for 50 marks.

### **References:**

1. Baron, R.A. & Byrne, D. (2001). *Social Psychology: Understanding Human Interaction*. New Delhi: Prentice – Hall India Pvt. Ltd.,
2. Berko, Roy, M. Wolvin, A.D. & Curtis Hall Ray (1990). *The Business of Communicating* (4<sup>th</sup> edition), Dubuque, IA: Brown.
3. Gelb, M. (2002). *Present yourself*. London: Aurum Press.
4. Proctor, R.W. & Dutta, A. (1995). *Skill acquisition and human performance*. Thousand Oaks: Sage.
5. Ram. U. (1998). *Suffering and stress management: West versus East*: Pune: Deep Publications.
6. Smith. Robert, M. (1990). *Learning how to learn: Applied theory for adults*. Buckingham: open University Press.
7. Townsend, A. (1996). *Assertion training*, Oxford: FPA Education Unit.

## **FOURTH SEMESTER**

### **PAPER-VI : PSY-401 : THEORIES OF PERSONALITY**

#### **Objectives:**

- a. To understand the Psychoanalytic Approach and behavioural approaches to personality.
- b. To comprehend the Humanistic and eastern theories of personality

#### **Unit – I: Psychoanalytical Theory**

- a. The Psychoanalytic Approach. Freud
- b. Neo Freudians – Jung, Adler, Erickson, Horney, Sullivan, Fromm.

#### **Unit – II: Behaviouristic Theory**

- a. The Behavioural Approaches – Pavlov, Skinner, Bandura
- b. Cognitive Approaches: Rotter, Kelly & Mischel.

#### **Unit –III: Humanistic Theory**

- a. Maslow, Roger, Allport, Cattell, Eysenck & Sheldon.
- b. The Humanistic and Dispositional Approaches

#### **Unit – IV: Eastern Theories**

- a. The Eastern Approaches: Abhidhamma,
- b. Indian Psychology, Eastern Psychologies and Western Personality Theories.

#### **References:**

- Bischof L.J. (1968). Interpreting Personality theories (Second edition), New York: Harper International
- Campbell, Hall C.S & Lindzey, G. (2010). Theories of Personality. New York: John Wiley and sons,
- Eysenck H.J. & Eysenck M.W. (1985). Personality and Individual Differences, New York: Plenum.
- Ryckman R.M. (1989). Theories of Personality (4<sup>th</sup> edition), Belmont C.A., Brooks/ Cole. New Book.

## **PAPER-II: PSY-402: THERAPEUTIC APPROACHES IN COUNSELLING-II**

### **Objectives:**

1. To enable the student to have an insight into the Therapeutic Approaches of counselling
2. To enable the students to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counseling.

### **Unit-I: Gestalt Therapy (Fritz Perls and Laura Perls)**

- a. Introduction – Key concepts – View of Human nature – some principals of Gestalt therapy theory – The therapeutic process- therapeutic goals – therapist’s- function and role – Client’s experience in therapy – relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – the experiments in Gestalt therapy – preparing clients for Gestalt experiments – the role of confrontation – techniques of gestalt therapy.

### **Unit-II: The Reality Therapy (William Glasseer)**

- a. Introduction- Key concepts – view of human nature – a choice theory explanation of behavior – characterizes of reality therapy. The Therapeutic process – therapeutic goals – therapist function and role – client’s experience in therapy – relationship between therapist and client.
- b. Application – therapeutic techniques and procedures – the practice of reality therapy – the counselling environment – procedures that lead to change – The ‘WDEP’ System (W= Wants, D= Direction, E= Evaluation and P= Planning), Applications of reality therapy

### **Unit- III : Cognitive Behavior Therapy(Albert Ellis and Aaron T. Beck)**

- a. Introduction: Development of rational emotive behavior therapy.  
Key Concepts: view of human nature – view of emotional disturbance- A-B-C Theory of personality. Therapeutic process), therapeutic goals – Therapist’s function and role – Client’s experience in therapy relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – The practice of rational emotive behavior therapy – Applications of REBT to client populations.

### **Unit-IV An Integrative Approach :**

- a. Introduction: The trends towards psychotherapy integration – The future of psychotherapy – some predictions – integration of multi cultural issues and counselling – Integration of spiritual / religious issues in counselling – the challenges of developing an Integrative perspective.

- b. Issues related to therapeutic process: Therapeutic goals – Therapist function and role – clients experience in therapy – Relationship between therapist and client.

**References:**

- Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
- Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6<sup>th</sup> edition) Brooks/Cole: Thomson Learning.
- Hensen, J.C., Steive, R.R. & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
- Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
- Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
- Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
- Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row.
- Richanrd Nelson, Jones (2005). Introduction to Counselling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

## **PAPER-III : PSY-403(a) : PSYCHODIAGNOSIS**

### **Objectives**

1. To get knowledge of psychological tests and their use in diagnosis.
2. To make students able to diagnose patients with the help of projective tests.
3. To get understanding of different diagnostic systems.
4. Learn how to take case history of patients.
5. To be able to make differential diagnosis.

### **Unit -I : Psycho-diagnosis:**

Introduction and rationale, factors influencing psychological testing pits all of psychological testing, Case-history and Mental status examination, Tests of Primary Mental Abilities: a) Attention and Concentration b) Perception c) Memory d) Thinking and Reasoning e) Intelligence

### **Unit-II : Tests of Differential Diagnosis**

a) Tests of Thought Disorder b) Questionnaire for Differential Diagnosis c) Rating Scales

### **Unit-III : Personality Tests:**

Rorschach Test, Interview and Adjustment Test.

### **Unit-IV : Neuropsychological Assessment:**

Psycho-physiological Assessment: Assessment of psycho- physiological indices of arousal/anxiety (e.g. GSR, EMG and ECG) and to correlate with those of subjective reports of the same.

### **REFERENCES**

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## **PAPER-IV : PSY-403(b) : ORGANIZATIONAL DEVELOPMENT**

### **Objectives**

- a. To understand Needs Assessment, Specification of Instructional Objectives, Learning outcomes
- b. To apply the knowledge of Training and development phase Incorporating the findings of Learning Research

### **Unit-I : Needs assessment**

Organization Analysis, Task analysis, Person analysis, An Example of a Needs Assessment, Specification of Instructional Objectives, Learning outcomes, Stating instructional objectives

### **Unit-II : Training and development phase Incorporating the findings of Learning Research**

Practice and Recite, Use Distributed Practice, Use Whole-Task learning for tasks High on complexity and organization, Give knowledge of results, Set goals, Give positive reinforcement, Provide models, Make learning a Team Effort, Gagne's model of instructional design

### **Unit-III : Transfer and maintenance of training Alternative training media**

On-the-job Techniques, Off-the-job Techniques

Choosing among alternative methods

### **Unit-III: Evaluating training Effectiveness**

Criteria for evaluation, Summative versus formative evaluations

Research design in training evaluation, Individual differences among trainees

**Special Training Needs** Retraining, Training for work force diversity

Training the chronically unemployed

### **References :**

1. Robert L. Dipboye, Carlla, S Smith, William C Howell: Understanding Industrial and Organizational Psychology: An Integrated Approach: Harcourt Brace College Publishers(1994)



## **PAPER-III : PSY-403(c) : REHABILITATION PSYCHOLOGY**

### **Objectives :**

- A. To understand historical development – Models of disabilities in the past and present scenario
- B. To comprehend Learning and behavioral disability, Needs and concerns of disabled in all groups

### **Unit-I: Introduction**

1. Rehabilitation Psychology - Field and Scope - Foundations- historical development – Models of disabilities – Disability in Indian setting the past and present scenario.
2. Individuals with Disabilities – Disabilities in early and middle childhood, adolescence and early & late adulthood, Sensory and physical disabilities, Learning and behavioral disability, Needs and concerns of disabled in all groups

### **Unit – II: Assessment of Disability, Psychological Aspects**

- a. Diagnostics and assessment – Learning and behavioural disability – Research methods
- b. Psychosocial aspects of disability: Attitudes, stereotypes prejudices and discrimination towards the disabled Minority and under privileged status.

### **Unit – III: Behavioural Management**

- a. Behavioural analysis – Principles and Techniques
- b. Common Techniques of Management of problems of the disabled

### **Unit – IV: Organization of Services**

- a. Organization and management of rehabilitation services – Collaboration with families of disabled persons – Special education strategies for learning and behavioural disability – Assistive technologies and quality of life in the disabled.
- b. Statutory provisions and policy on disability rehabilitation – Areas of governmental focus – Financial and social security – Constitutional and policy provisions – Role of NGOs in rehabilitation of disabled – Professional standards, ethical concerns

### **References:**

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## **PAPER-VI : CPSY-406 : LIFE SKILLS**

### **Objectives:**

1. To learn the concept of life skills and its importance in relation to personality development of an individual.
2. To become aware of the components of life skills and the method of imparting knowledge of life skills.

### **Unit – I: Introduction**

- a. Introduction to life skills, the performance of life skills, the relationship between life skills and individual personality development, life skills development and its effects on relationship patterns.

### **Unit – II: Types of Life Skills**

- a. Types of life skills: Thinking skills – Decision making, Goal Setting and Motivation, Positive Thinking. Overcoming doubt, fear, procrastination and perfectionism. Problem solving, Creativity.

### **Unit – III: Life Skills in Specific**

- a. Interpersonal Skills – Coping Skills – Communication skills, Negotiation skills, Leadership, Team Building. Presentation Skills.

### **Unit – IV: Management**

- a. Self-management skills: Self-awareness, building confidence and self-esteem anger management, stress management, relaxation techniques. designing life skills intervention – assessment of life skills – designing modules.

### **References:**

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