



**UNIVERSITY OF RAJASTHAN**

**JAIPUR**

**SYLLABUS**

**M.Sc. (Psychology)**

**(Semester Scheme)**

**I & II Semester – 2019-20**

**III & IV Semester – 2020-21**

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(Academic)  
University of Rajasthan  
JAIPUR

# M.A./M.Sc. Psychology (Semester Scheme)

## Syllabus (2020)

Course Structure: M.A. /M.Sc. Psychology (Semester Scheme) course will be comprising of Four (4) Semesters. Each Semester of Master's course will offer 36 credits. For award of Master degree Minimum 120 Credits are required.

The Credit Courses have been classified as:

- a) Compulsory Core Course (CCC)
- b) Elective Core Course (ECC)
- c) Seminar (SEM), Project Work (PRJ), Field Study (FST)
- d) Contact Hours: Lecture (L), Tutorial (T), Practical (P), Self Study (SS)

### Scheme of Examination:

- a) Each Theory paper End of Semester Examination (EoSE) will carry 100 marks. The EoSE will be of 3 hours duration.
- b) Part 'A' of Theory paper will contain 10 Short Answer Questions of 30 marks, based on knowledge, understanding and applications of the topics/texts covered in the syllabus. Each question will carry three (03) marks for correct answer.
- c) Part 'B' of Theory paper will contain seven (07) questions. Out of which candidate has to attempt five (05) questions. Each question will carry five (05) marks for correct answer.
- d) Part 'C' of paper will consist of three (03) questions with internal choice of 15 marks each. The limit of answers will be of five pages.
- e) Each Laboratory EoSE will be of 100 marks and Four (4) hours duration. The EoSE will involve one (1) Major (60 marks) and one (1) Minor (40 marks). Conduct of experiment/test and Viva-voce examination with weightage in ratio of 75:25 respectively.
- f) Each Seminar (SEM)/ Project Work (PRJ)/ Field Study (FST)/ Training will have Continuous Internal Assessment by the guiding teacher. Every EoSE will be of 100 marks and Four (4) hours duration. The EoSE will involve Two Course Categories of 50 marks each and will comprise of Submission and Presentation of Reports and Viva-voce examination.
- g) Continuous Assessment will consist of two components, namely (i) Internal Assessment and (ii) Sessional Test(s) in ratio 20:80. The internal assessment component will comprise of assessment of students' performance on the basis of factors like Attendance, Classroom participation, Quiz, Home Assignment, etc. The sessional test shall be conducted on coverage of 50% of course content.

*P. J. Joshi*

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### M.A. / M.Sc. Semester-I

S. No	Subject Code	Course Title	Course Category	Credits	Contact Hours/Week	EoSE Duration (Hrs.)	
						Thy	P
1	PSY 701	Theoretical Approaches in Psychology	CCC	4	4	3	0
2	PSY 702	Psychopathology	CCC	4	4	3	0
3	PSY 703	Research Methods	CCC	4	4	3	0
4	PSY 711	General Lab	CCC	6	9	0	4
5	PSY A01	Developmental Psychology	ECC	4	4	3	0
6	PSY A02	Environmental Psychology	ECC	4	4	3	0
7	PSY A03	Vocational Psychology	ECC	4	4	3	0
8	PSY 731	Project Work	ECC (PRJ)	6	0	0	4
<b>Total Credits</b>				<b>36</b>			

### M.A. / M.Sc. Semester-II

S. No.	Subject Code	Course Title	Course Category	Credits	Contact Hours/Week	EoSE Duration (Hrs.)	
						Thy	P
1	PSY 801	Advanced Social Psychology	CCC	4	4	3	0
2	PSY 802	Biopsychology	CCC	4	4	3	0
3	PSY 803	Statistics in Psychology	CCC	4	4	3	0
4	PSY 811	General Lab	CCC	6	9	0	4
5	PSY B01	Psychology of Personality	ECC	4	4	3	0
6	PSY B02	Clinical Disorders	ECC	4	4	3	0
7	PSY B03	Counselling Psychology	ECC	4	4	3	0
8	PSY 831	Project Work	ECC (PRJ)	6	0	0	4
<b>Total Credits</b>				<b>36</b>			

### M.A. / M.Sc. Semester-III

S. No.	Subject Code	Course Title	Course Category	Credits	Contact Hours/Week	EoSE Duration (Hrs.)	
						Thy	P
1	PSY 901	Positive Psychology	CCC	4	4	3	0
2	PSY 902	Cognitive Psychology	CCC	4	4	3	0
3	PSY 903	Research Designs	CCC	4	4	3	0
4	PSY 911	General Lab	CCC	6	9	0	4
5	PSY C01	Health Psychology	ECC	4	4	3	0
6	PSY C02	Organizational Behavior	ECC	4	4	3	0
7	PSY C03	Neurodevelopmental and Neurocognitive Disorders	ECC	4	4	3	0
8	PSY 931	Project Work	ECC (PRJ)	6	0	0	4
<b>Total Credits</b>				<b>36</b>			

### M.A. / M.Sc. Semester -IV

S. No.	Subject Code	Course Title	Course Category	Credits	Contact Hours/Week	EoSE Duration (Hrs.)	
						Thy	P
1	PSY X01	Applied Psychology	CCC	4	4	3	0
2	PSY X02	Indian Psychology	CCC	4	4	3	0
3	PSY X03	Psychological Testing	CCC	4	4	3	0
4	PSY X11	General Lab	CCC	6	9	0	4
5	PSY D01	Educational Psychology	ECC	4	4	3	0
6	PSY D02	Human Resource Management	ECC	4	4	3	0
7	PSY D03	Diagnostic and Therapeutic Techniques	ECC	4	4	3	0
8	PSY X31	Project Work	ECC (PRJ)	6	0	0	4
<b>Total Credits</b>				<b>36</b>			

## M.A./M.Sc. Syllabus Semester I

PSY 701	Theoretical Approaches in Psychology
PSY 702	Psychopathology
PSY 703	Research Methods
PSY 711	General Lab
PSY A01	Developmental Psychology
PSY A02	Environmental Psychology
PSY A03	Vocational Psychology
PSY 731	Project Work

## M.A./M.Sc. Syllabus Semester I

### PSY 701 - Theoretical Approaches in Psychology

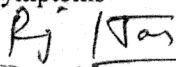
- Unit-I: Psychological Foundations: Helmholtz, Weber and Fechner. Structuralism: Wundt and Titchner. Functionalism: William James, John Dewey, Galton.
- Unit-II: Associationism: Ebbinghaus, Thorndike, Pavlov, Behaviorism: Watson, Tolman.
- Unit-III: Psychoanalysis: Freud, Jung, Adler, Horney. Post-Psychoanalysis: Erikson and Sullivan; Gestalt Psychology: Wertheimer, Koffka and Kohler
- Unit-IV: Humanistic: Rogers and Maslow; Cognitive Psychology: Piaget and Chomsky.

#### Books Recommended:

- Hergenhahr, B.R. (2001). *An Introduction to the History of Psychology*. New Delhi: Cengage Learning.
- Leahey T.H. (2006). *History of Psychology: Main currents in psychological thoughts*. New Delhi: Pearson Education.
- Shultz D.P. (2003). *History of psychology*. New Delhi: Pearson Education.
- Singh, A.K. (1997). *The Comprehensive history of psychology*. New Delhi: Motilal Banarsi Das.

### PSY 702 - Psychopathology-

- Unit-I: Introduction: Normality and Pathology; Mental health and Mental disorder. Indicators of Abnormality, Vulnerability, Resilience and Coping Paradigm. Prevention of Mental Disorders: Levels and Perspectives on Prevention, Situation-Focused and Competency-Focused Prevention.
- Unit-II: Classification of Mental Disorders: Latest APA and WHO Classifications. Development, Advantages and Disadvantages of Classification System.
- Unit-III: Theoretical Models: Bio-Medical, Psychodynamic, Cognitive, Behavioural, Humanistic, Existential, Family Systems, Integrative and Biopsychosocial Model.
- Unit-IV: Causal Factors and Symptomatology: Biological, Psycho-social and Socio-Cultural Causal Factors, Diathesis-Stress Models. Cognitive, Conative and Affective Symptoms

  
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### Books Recommended:

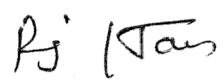
- Kaplan, H. J. , & Sadock, B. J. (2004). *Comprehensive Textbook of Psychiatry*. Baltimore: Williams and Wilkins.
- *Diagnostic and Statistical Manual of Mental Disorders*. (DSM - IV-TR, 2000; DSM - V, 2013). Washington, D. C : APA Publication.
- *The ICD - 10 Classification of Mental and Behavioural Disorders*, (2007). WHO.
- Sarasan, I. G. , & Sarason, B. R. (2005). *Abnormal Psychology: The Problem of Maladaptive Behaviour*. Delhi : Pearson India Education.
- Butcher, J. N. , Hooley, J. M. , Mineka, S. & Dwyer, B. C. (2015). *Abnormal Psychology*. Delhi: Pearson India Education.
- Barlow, D. H. & Durand V. M, (2007). *Abnormal Psychology*. New Delhi: Thomson.

### PSY 703 - Research Methods

- Unit I: Psychology and Science: Theory Building, Developing a Research Questions. Research Process: Research Problem, Hypothesis and Variables (Operationalization and Control). Sampling: Probability and Non probability Techniques of Sampling.
- Unit II: Experimental and Non Experimental Research Methods: Experimental- True and Quasi Experiments. Non Experimental – Observation, Archival and Case Study.
- Unit III: Qualitative Research Methods: Focus Groups, Interviews, Thematic Analysis, Discourse Analysis.
- Unit IV: Report Writing: Research Report Writing (APA Style); Ethics in Psychological Research.

### Books Recommended:

- Broome, K.D. (1992). *Experimental designs in Behavioral Research*. New Delhi: Wiley.
- Howitt, D. & Cramer, D. (2005). *Introduction to Research Methods in Psychology*. New Delhi: Pearson.
- Gulhrie, G.(2010). *Basic Research Method*. New Delhi: Sage.
- Kline,T.J.B. (2005). *Psychological Testing*. New Delhi: Vistaar Publication.
- Mc Burney, D.H. & White, T.L. (2007). *Research Methods*. New Delhi: Cengage Learning.
- Newman, W.L. (1991). *Social Research Methods: Qualitative and Quantitative*. Boston; Allyn and Bacon.

  
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## PSY A 01: Developmental Psychology

- Unit-I Human Development: Nature and Scope Methods of studying Developmental Behavior. Foundations of Development: Biological, Socio-Environmental and Cultural.
- Unit-II Self and Identity: Self Awareness, Self Concept and Self-Esteem; Cognitive Social and Cultural Influences; Identity : Nature and Meaning; Construction and Influences on Identity Development.
- Unit-III Psychoanalytic and Psychodynamic Theories: Freud, Erikson and Bowlby. Social Learning and Cognitive Theories : Bandura, Piaget, Vygotsky;
- Unit-IV Emotional and Moral Development: Functions of Emotions, Development of Emotional Expression. Moral Development: Piaget's and Kohlberg's Theories. Influences on Moral Reasoning.

### Books Recommended:

- Berk, L.E. (2003). *Child Development*. Delhi: Prentice-Hall.
- Santrock, J.W. (1999). *Lifespan Development*. New York: McGraw Hill.
- Hurlock, E. (2003). *Developmental Psychology*. Delhi: Tata McGraw Hill.
- Papalia, S. & Feldman, C. (2002). *Adult Development and Aging*. Delhi: Tata McGraw Hill.
- Berk, L.E. (2010). *Development through the Life Span*. Delhi: Pearson Education.
- Sigelman, C.K. & Rifer, E.A. (2009). *Human Development*. Wadsworth: Cengage Learning.

## PSY A02: Environmental Psychology

- Unit-I: Introduction: Nature, Scope and Research Methods Theories and Approaches : Arousal, Overload, Behaviour Constraint, Control, Stress Approaches; Trait, Interactional, Organismic and Transactional Theories.
- Unit-II: Environmental Perception and Cognition : Nature, Characteristics and Factors; Theories of Environmental Cognition.
- Unit-III: Space Behaviour and Territoriality: Personal Space :Nature, Types, Functions, and Theories. Territoriality: Meaning, Measurement, Theories.
- Unit-IV: Residential Environmental Psychology: Nature and Characteristics; Environment and Behavior in the Residence; Residential Environmental Design.

### Books Recommended:

- Bell, P.A. Green, T.C., Fisher J.D. & Baum, A. (2001). *Environmental Psychology*. New York: Harcourt.
- Bechtel, R.B. (1997). *Environment and Behaviour: An Introduction*. New Delhi: Sage.
- Bonnes, M. & Secchiaroli, G.F. (1995). *Environmental Psychology: A PsychoSocial Introduction*. New Delhi: Sage.
- Gifford, R. (1997). *Environmental Psychology : Principles and Practices*. 2nd Ed., USA.
- Susan D. C. (2012). *The Oxford Handbook of Environmental and Conservation Psychology*. UK.
- Tiwari, P.S. (2008). *Paryavaran Manovigyan*. Jaipur: Motilal Banarsidas.

## PSY A03 - Vocational Psychology

- Unit-I: Introduction: Definition, Meaning, History of Vocational Psychology; Current Issues and Innovations in Vocational Psychology; Work Adjustment, Career Counselling.
- Unit-II: Theoretical Perspectives: Trait and Factor Theories: Holland, Dawis; Value – Based Theory of Occupational Choice: Brown; Developmental Theories; Super, Gottfredson ; Learning Theories: Krumboltz and Bandura.
- Unit-III: Vocational Choice: Meaning, Definition, Vocational Decision Making Process; Decision- Making Styles, Vocational Rehabilitation.
- Unit-IV Clients with Special Needs: Individuals with Disabilities, Women in the Workforce, Displaced Workers, Economically Disadvantaged Group.

### Books Recommended:

- Brown, D. (2007). *Career Information, Career Counselling and Career Development*. Boston: Pearson.
- Walsh, W.B., & Savickas, M.L. (2005). *Handbook of Vocational Psychology*. New Jersey: Lawrence Erlbaum.
- Crites, J.O. (1969). *Vocational Psychology*. New York: Mc Graw Hill.

### PSY 711 General Lab

M.A. / M.Sc. Semester-I			
A	Experiments	1.	Psychophysical Experiments (RL / DL)
		2.	Paired Comparison Method (Feeling Values / Preferences)
B	Major Tests	1.	Differential Aptitude Test
		2.	Wechsler Adult Intelligence Scale

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<b>C</b>	<b>Minor Tests</b>	1. Sixteen Personality Factors 2. Creative Thinking (Verbal and Non-Verbal) Test 3. Mental Health (Subjective, Psychological & Social Wellbeing) 4. Clinical Analysis Questionnaire 5. Cognitive Capabilities Test for Transition Period 6. Pro Environmental Behaviour Scale 7. Self Directed Search 8. Career Decision Scale
<b>D</b>	<b>Cataloguing &amp; Profiling (any two)</b>	1. Clinical & Health 2. Social & Environmental 3. Vocational & Organizational 4. Self & Personality 5. Educational & Developmental 6. Cognitive & Neuropsychological
<b>E</b>	<b>Internship/Field Work</b>	

**PSY 731 Project Work**

1. Seminar Presentation
2. Research Paper Analysis ( Any Two)

**M.A./M.Sc. Semester II**

PSY 801	Advanced Social Psychology
PSY 802	Biopsychology
PSY 803	Statistics in Psychology
PSY 811	General Lab
PSY B01	Psychology of Personality
PSY B02	Clinical Disorders
PSY B03	Counselling Psychology
PSY 831	Project Work

**M.A./M.Sc. Semester II**

**PSY 801 - Advanced Social Psychology**

Unit-I: Introduction: Theoretical orientations; Scientific Nature, Applications and Methods of Social Psychology. Application in Work Setting: Work related Attitudes, Nature and Effects of Job Satisfaction, Organizational Citizenship Behavior, Social Psychology of Entrepreneurship.

Unit-II: Attitudes and Prejudices: Attitude- Meaning, Theories, Attitude change; Prejudice - Origin and Cognitive basis; Techniques to Control Prejudice. Social Influence: Conformity - Nature, Characteristics and Theories; Factors affecting Conformity; Compliance - Meaning, Nature and Principles; Obedience - Basis and Experimental Studies.

- Unit-III: Personal Relationship: Family Interaction and Close Friendship, Romantic Relationship, Love and Physical Intimacy; Martial Relationship, Interdependence, Self Disclosure, Intimacy, Balance of Power and Conflict.
- Unit-IV: Understanding of Self: Personal Vs. Social Identity, Self Concept, Self-Esteem; Gender Identity; Gender Differences in Self-Esteem, Social Comparison and Self; Self as a Target of Prejudice.

**Books Recommended:**

- Baron, R.A., & Byrne, D. (2010). *Social Psychology*, New Delhi: Pearson Education.
- Mohammad, S. (2009). *Ucchharsamajmanovigyan*. New Delhi: Motilal Banarsi Das.
- Myers, D. (2007). *Social psychology*. New Delhi: Cengage learning.
- Singh, A.K. (2009). *Samaj Manovigyankeruprekha*. New Delhi: Motilal Banarsi Das.
- Taylor, S.E., David, L.A. & Sears, O. (2009). *Social psychology*. New Delhi: Pearson Education.

**PSY 802 - Biopsychology**

- Unit-I: Introduction: Definition and Scope; Evolution of Human Brain. Research Methods and Tools of Biopsychology.
- Unit-II: Nervous System: Neuron-Structure, Types and Functions; Spinal cord; Central Nervous System and Peripheral Nervous System-Structure and Functions. Neural conductors and Synaptic Transmission; Neurotransmitters.
- Unit-III: Learning and Memory: Nature of learning and Memory Neural Mechanism of Learning and Memory; Disorders of Memory, Cortical Localization and Language Disorders.
- Unit-IV: Biological Causes of Psychiatric Disorders: Schizophrenia, Affective Disorders and Anxiety Disorders.

**Books Recommended:**

- Carlson, N.R. (2007). *Foundation of Physiological Psychology*. New Delhi: Pearson Education.
- Grossman, S.P. (1967). *A Textbook of Physiological Psychology*. New York: Wiley.
- Levinthal, C.F. (1990). *Introduction to Physiological Psychology*. New Delhi: Printice Hall.
- Pinel, J.P. (2007). *Biopsychology*. New Delhi: Person Education.
- Thompson, R.F. (1980). *Introduction to Physiological Psychology*. New York: Harper and Row.

**PSY 803 - Statistics in Psychology**

- Unit-I: Normal Distribution: Meaning and Importance; Properties of Normal Probability Distribution; Application of Normal Probability Curve; Divergence from Normality.
- Unit-II: Parametric Statistics – Correlation : Product Moment Method (Real Mean Method, Assumed Mean Method) , construction of Scatter Diagram, Biserial and Point Biserial Method , Significance of Difference between Means (Large Small , Correlated and Independent Groups) Analysis of Variance- One Way and Two Way Analysis of Variance.
- Unit-III: Non-Parametric Statistics: Difference between Parametric and Non parametric Statistics, Chi-Square Test (Equal and Normal Probability Hypothesis); Sign Test, Median Test, Mann-Whitney U Test, Freidman Test, Two way ANOVA.
- Unit-IV: Multiple Regression: Meaning, Types and Uses; Interpretation of Data. Factor Analysis: Meaning, Types and Uses; Interpretation of Data.

### Books Recommended:

- Aron, A., Aron, E. & Coups, E. (2007). *Statistics for psychology*. New Delhi: Pearson Education.
- Garrett, H. (1981). *Statistics in psychology and education*. Mumbai: Vakiflfebber and Simons.
- Guilford, J.P. (1975). *Fundamental statistics in psychology and education*. New York: McGraw Hill.
- Siegel, S. (1988). *Nonparametric Statistics for Behavioural Sciences*. New York, McGraw Hill.
- Veeraraghavan, V. & Shetgovekar, S. (2016). *Textbook of Parametric and Non-Parametric Statistic*. New Delhi: Sage.

### PSY B 01 - Psychology of Personality

- Unit-I: Personality: Nature and Concept, Historical Development and Basic Issues.
- Unit-II: Psychoanalytic, Neo-analytic Freud, Jung, Adler, Horney, Biological and Behavioural Theories : Temperament, Socio-Biology and Evolutionary Personality: Pavlov, Watson, Skinner, Dollard and Miller.
- Unit-III: Cognitive and Social Cognitive Theories : Lewin, Kelly, Seligman, Bandura. Trait Theories: Cattell, Allport, Big Five Model.
- Unit-IV: Humanistic, Existential and Person – Situation Interactionist Theories : Rogers, Frankl, Maslow, Sullivan, Murray and Mischel.

### Books Recommended:

- Frager, R.G. & Fadiman, J. (2007). *Personality and Personal Growth*. New Delhi: Pearson Education.
- Friedman, H.S. & Schustack, M.W. (2006). *Personality: Classic Theories and Modern Research*. New Delhi: Pearson Education.
- Hall, G.C., Lindzey, G. & Campbell, J.C. (1998). *Theories of Personality*. New York: Wiley.

### PSY B02 Clinical Disorders

- Unit-I: Anxiety, Obsessive-Compulsive, Trauma and Stressor-related Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-II: Depressive, Bipolar and Dissociative, Somatic Symptom and Related Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-III: Schizophrenia Spectrum and other Psychotic Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-IV: Personality and Substance-Related and Addictive Disorders: Nature, Types, Clinical Picture and Causal Factors

### Books Recommended:

- Kaplan, H. J. & Sadock, B. J. (2004). *Comprehensive Textbook of Psychiatry*. Baltimore: Williams and Wilkins.
- *Diagnostic and Statistical Manual of Mental Disorders*. (DSM - IV - TR, 2000; DSM - 5, 2013) Washington, D. C : APA Publications.
- *The ICD - 10 Classification of Mental and Behavioural Disorders*. (2007) WHO.
- Sarason, I. G. & Sarason, B. R. (2005). *Abnormal Psychology: The Problem of Maladaptive Behaviour*. Delhi : Pearson Education.
- Butcher, J. N., Hoolley, J. M., Mineka, S. & Dwi ve di B. C. (2019). *Abnormal Psychology*. Pearson Education.

### PSY B03 Counselling Psychology

- Unit-I Introduction: Nature and Historic Perspectives; Development of Institutional Counselling Programmes; Professional Counsellor – Roles and Functions. Ethical and Legal Guidelines: Nature of Ethics, Ethical Issues, Counsellor and Law, Legal Concerns of Counsellors, Confidentiality, Competence and Malpractice, Counsellors as Expert Witnesses.
- Unit-II Counselling Process and Skills: Counselling Relationship – Meaning and Nature, Basic Communication Skills, Counselling Interview; Counselling Skills – Rapport Building, Assessment of Problem, Setting Goals, Selecting and Designing Interventions, Termination of Counselling.
- Unit-III Theories of Counselling: Psychoanalytic Theory, Individual Psychology, Person Centred Theory, Behavioural Theory, Rational Emotive Behaviour Therapy, Reality Therapy, Transactional Analysis, Gestalt Counselling.
- Unit-IV Group Techniques, Group Counselling Sensitivity Groups, Encounter Groups, Task Groups, Psycho-education Groups, Group Process Ethnic Groups and Multicultural Counselling

### Books Recommended:

- Gladding, S. (2009). *Counselling: A comprehensive profession*. New Delhi: Pearson education.
- Gibson, R.L. & Mitchell, M.H. (2005). *Introduction to Counselling and Guidance*. New Delhi: Pearson education.
- George, R.L. & Cristiani, T.S. (1994). *Counselling Theory and Practice*. New Delhi: Prentice Hall.
- Capuzzi, S. (2008). *Counselling and Psychotherapy*. New Delhi: Pearson education.
- Burnard, P. (1992). *Counselling skills training: A source book of activities for Trainers*. New Delhi: Viva Books.

**PSY 811 General Lab**

<b>M.A. / M.Sc. Semester-II</b>			
<b>A</b>	<b>Experiments</b>	1. 2.	Concept Formation Level of Aspiration
<b>B</b>	<b>Major Tests</b>	1. 2.	Biofeedback Minnesota Multiphasic Personality Inventory
<b>C</b>	<b>Minor Tests</b>	1. 2. 3. 4. 5. 6. 7. 8.	Sociometry RINPAS Family Relations Test Bender Gestalt Visual-Motor Test Psycho-Physiological State Inventory NEOPI-R Edwards Personal Preference Schedule Psychiatric Rating Scales Transactional Style Inventory : Counselling
<b>D</b>	<b>Counselling Skills</b>	1. 3. 4. 5.	Interviewing skills Empathy Skills Problem Solving Skills Coping with feelings Source: Philip Burnard (1992) Counselling skills training: A Sourcebook of Activities for Trainers, Viva Books, New Delhi.
<b>E</b>	<b>Internship/Field Work</b>		

**PSY 831 Project Work**

1. Capacity Building Workshops and Trainings
2. Report Writing and Presentation of the Work/ Training Undertaken

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## M.A./M.Sc. Semester III

PSY 901	Positive Psychology
PSY 902	Cognitive Psychology
PSY 903	Research Designs
PSY C01	Health Psychology
PSY C02	Organizational Behavior
PSY C03	Neurodevelopmental and Neurocognitive Disorders
PSY 911	General Lab
PSY 931	Project Work

### PSY 901 - Positive Psychology

Unit I:	Human Strengths and Pro-Social Behavior: Human Strengths:Gallup's Clifton Strength Finder and VIA Classification. Pro-Social Behavior: Empathy, Altruism, Gratitude and Forgiveness.
Unit II:	Positive Emotional States: Principle of Pleasure; Nature and Definition of Positive Affect and Positive Emotion, Happiness and Well Being, Emotional Focus Coping and Emotional Intelligence; Socio Emotional Selectivity and Emotional Story Telling.
Unit III:	Positive Cognitive States: Self Efficacy, Optimism, Hope, Mindfulness, Flow, Spirituality, Wisdom and Courage.
Unit IV:	Resilience: Meaning, Developmental and Clinical Perspective, Sources of Resilience, Successful Aging and Growth through Trauma, Self-Regulation and Self-Control: Theories and Planning for Self-Regulation Success.

#### Books Recommended:

- Snyder, C.R. & Lopez, S.J.(2007). *Positive Psychology*. New Delhi: Sage.
- Snyder, C.R. & Lopez, J.(2005). *Handbook of Positive Psychology*. New York: Oxford.
- Baumgardner, S. Crothers, M.(2017). *Positive Psychology*. New Delhi: Pearson education.

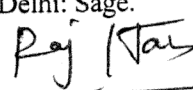
### PSY 902 - Cognitive Psychology

Unit I:	Introduction: Meaning, Historical Antecedents and Emergence; Research Methods and Tools in Cognitive Psychology; Cognition across life Span; Meta cognition.
Unit II :	Attention: Nature of attention, Models of Selective Attention, Object recognition: Theories of Visual Pattern Recognition; Language:- Basic Structure, Linguistic Hierarchy, Psycholinguistics.
Unit III:	Memory and Representation of knowledge: Memory: Dualist Models of Memory, Working Memory Model, Representation of Knowledge, Semantic Organization of Knowledge, Proportional Networks, Theories of Visual representation.
Unit IV:	Problem Solving, Logic, Decision Making and Consciousness: Problem solving: Representation of the Problem. Internal Representation Model, Logic and Decision making : Nature and Types; Consciousness: Frames, Functions and States of consciousness

#### Books Recommended:

- Reigler, G.R. & Reigler, B.R. (2008). *Cognitive psychology: Applying the science of the Mind*. New Delhi: Pearson education.
- Solso, R.L. (2004). *Cognitive Psychology*. New Delhi: Pearson education.
- Srinivasan, N., Kar, B.R. & Panday J. (2010). *Advances in cognitive sciences*. New Delhi: Sage.

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- Sternberg, R.J. (2007). *Cognitive Psychology*. New Delhi: Cengage Learning.
- Smith, E.E. & Kosslyn, S.M.(2011). *Cognitive Psychology: Mind and Brain*. New Delhi: PHI Learning

### PSY 903 - Research Designs

- Unit-I: Single Factor Designs: Within Subject Design - Two Conditions and Multiple Conditions Tested within Subject; Between Subjects Design: Two Conditions and Multiple Conditions Tested Between Subjects.
- Unit-II: Factorial Design: Two Factor Designs - Factorial within Subject Design, Factorial between Subject Design, Mixed Factorial Design; Three Factor Design: General Layout.
- Unit-III: Single Subject Designs: Advantages and Disadvantages of the Single Subject Approach. Latin Square Designs.
- Unit-IV: Quasi Experimental Designs: Types of Quasi Experimental Designs : Non Equivalent Control Group Designs, Interrupted Time Series Design, Repeated Treatment Design.

#### Books Recommended:

- Broota, K.D. (2008). *Experimental designs in behavioural research*. New Delhi: New age International.
- Kerlinger F.N. (2007). *Foundation of behavioural research*. New Delhi: Surjeet Publications.
- Mc Burney, D.H. & White, T.L. (2007). *Research methods*. New Delhi: Cengage learning.
- Singh, A.K. (2010). *Tests, Measurement and Research methods in behavioural science*. New Delhi: Bhartibhavan.

### PSY C 01 - Health Psychology

- Unit I: Introduction to Health Psychology: - Definition of Health, Aims of Health Psychology, Changing field of Health, Psychological Involvement in Health Psychology in Medical Setting, Rise, Decline and fall of psychosomatic medicine. Emergence of behavioral medicine, The Emergence of Health Psychology.
- Unit II: Theories of Health: Biomedical model, Cognition model, Social Cognition models, Illness cognition, Leventhal's Self regulatory model of illness cognition, using self regulatory model to predict outcomes
- Unit III: Adherence to Medical Care: Theories of Adherence: Behavioral, Self efficacy, Theories of Reasoned Action and Planned Behavior, Trans theoretical model Adherence, Measurement, factors predicting Adherence, personal, environmental, cultural, practitioner, patient interaction, improving Adherence, Barriers to Adherence.
- Unit IV: Future Challenges: Assuming health life, the profession of health psychology: progress, Training and work of health psychologist, women health issues, and Future challenges of health psychology.

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### Recommended Book:

- Ogden, J. (2010). *Health Psychology*. New Delhi: Tata McGraw Hill.
- Linda, B. & Jess, F. (2007). *Introduction to Health Psychology*. New Delhi: Thomson.
- Di Matleo, M. R. & Marti n, L. R. (2018). *Health Psychology*. Noida: Pearson India Education.

### PSY C02 - Organizational Behaviour

- Unit-I: Introduction: Definition and Relationship to other Fields; Theoretical Frame works - Cognitive, Behaviouristic, Social Cognitive; Ethics and Ethical Behaviors in Organizations; Organizational Commitment – Meaning, Out sources and Guidelines to Enhance.
- Unit-II: Motivational Needs and Processes : Meaning, Work Motivation Approaches: Content Theories ; Maslow's Hierarchy of Needs, Herzberg's Two Factor Theory; Alderfens ERG Theory; Process Theories: Vroom's Expectancy Theory; Porter Lawler Modal; Contemporary Theories: Equity Theory; Job Satisfaction - Meaning, Influences and Outcomes.
- Unit-III: Decision Making: Nature and Process; Behavioral Decision Making, Participative Decision Making Techniques, Creativity and Group Decision Making. Stress and Conflict : Meaning of Stress and Burnout, Causes of Stress - Extra Organizational, Organizational, Group Stressors and Individual Stressors; Effects of Stress, Intra Individual Conflict, Interactive Conflict; Coping Strategies for Stress and Conflict.
- Unit-IV: Leadership and Communication : Theories of Leadership - Trait, Group, Exchange, Contingency, Path, Goal Leadership Theory; Modern Theoretical Processes; Leadership Style : Managerial Grid, Blake and Mouton Managerial Grid, Hersey and Blanchard's Situational Approach. Communication : Nature and Functions; Non-verbal Communication, Inter personal Communication, Downward and Upward Communication, Interactive Communication .

### Books Recommended:

- Luthans, F. (2002). *Organizational Behaviour*. New York: McGraw Hill International Edition.
- Robbins, S.P. (2019) *Organizational Behaviour*. New Delhi: Pearson Education.

### PSY C03: Neurodevelopmental and Neurocognitive Disorders

- Unit-I: Intellectual Disabilities and Specific Learning Disorders: Nature, Types, Clinical Picture and Causal Factors.
- Unit-II: Communication and Motor Skills Disorders: Nature, Types, Clinical Picture and Causal Factors.
- Unit-III: Attention-Deficit/Hyperactivity and Autism Spectrum Disorders. Nature, Types, Clinical Picture and Causal Factors
- Unit-IV: Delirium, Major and Mild Neurocognitive Disorders: Nature, Types, Clinical Picture and Causal Factors

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**Books Recommended:**

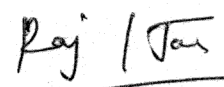
- Kaplan, H. J. & Sadock, B. J. (2004). *Comprehensive Textbook of Psychiatry*. Baltimore: Williams and Wilkins.
- *Diagnostic and Statistical Manual of Mental Disorders*. (DSM - IV-TR, 2000; DSM - 5, 2013). Washington, D. C : APA Publication
- *The ICD - 10 Classification of Mental and Behavioural Disorders*. (2007) WHO.
- Sarasan, I. G. & Sarason, B. R. (2005). *Abnormal Psychology: The Problem of Maladaptive Behaviour*. Delhi : Pearson Education.
- Butcher, J. N., Hool ey, J. M., Mineka, S. & D wi vedi B. C. (2015). *Abnormal Psychology*. Delhi: Pearson Education.

**PSY 911 General Lab**

M.A. / M.Sc. Semester-III			
<b>A</b>	Experiments	1.	Lexicon Decision Task
		2.	Knowledge of Results
<b>B</b>	Major Tests	1.	Wisconsin Card Sorting Test
		2.	Thematic Apperception Test
<b>C</b>	Minor Tests	1.	Optimism-Attribution of Success & Failure Inventory
		2.	Value in Action Inventory
		3.	Stroop – Test
		4.	Indian Adult Trail Making Test
		5.	Healthiness Behaviour Scale
		6.	Organizational Effectiveness Inventory
		7.	Occupational Stress Index
		8.	Draw A Man Test
<b>D</b>	Qualitative Methods	1.	Case study
		2.	Content Analysis
		3.	Focus Group Discussions
<b>E</b>	Internship/Field Work		

**PSY 931 Project Work**

1. Review of Literature
2. Preparation of Synopsis

  
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## M.A./M.Sc. Semester IV

PSY X01	Applied Psychology
PSY X02	Indian Psychology
PSY X03	Psychological Testing
PSY X11	General Lab
PSY D01	Educational Psychology
PSY D02	Human Resource Management
PSY D03	Diagnostic and Therapeutic Techniques
PSY X31	Project Work

### PSY X01 - Applied Psychology

Unit-I:	Forensic Psychology: Nature and Importance; Work of Forensic Psychologist; Training and Ethical issues in Forensic Psychology.
Unit-II:	Sports Psychology: Meaning, Nature and Scope; Psychological Interventions, Team Sports Rehabilitation of Injured Athletes. Military Psychology: Mental Health of Army Personnel, Psychological Tests for Selection and Training; Psychological Interventions.
Unit-III:	Psychology of Information Technology and Mass Media : Understanding Wellbeing and Human Rights through Information Technology; Media and Communication; Media Violence, Media Management (Advertising and Public Relations), Cyber Crime.
Unit-IV:	Psychology of Gender: Issues of Discrimination, Glass Ceiling, Diversity Management, Women and Indian Society, Issues of III <sup>rd</sup> Gender. Community Psychology: Concept, Social Change, Social Action, Leadership in Group Decision Making, Arousing Community Consciousness.

#### Books Recommended:

- Swain, S. (2010). *Applied Psychology, India Specific and Cross Cultural Approaches*. New Delhi: Kalani Publications.
- Singh, S. (2008). *Psychology of Sports Performance: Applications, Interventions and Methods*, New Delhi: Global Vision.
- Graham, D. (2011). *Applied Psychology*. Chichester: British Psychological Society and Blackwell Publications.

### PSY X02 - Indian Psychology

Unit-I	Indian Psychology: Introduction, Theoretical Models based on Classical Indian Psychological Thoughts. Meta-Theory, Possible Hypotheses, Methodological Issues and Integral Research Skills; Implications and Applications; Differences with Western Psychology.
Unit-II	Mind and Personality: Beyond Mind; Ego and <i>Ahamkara</i> , <i>Advaita Vedantic</i> Model, Buddhist Models, Sri Aurobindo's perspective.
Unit-III	Knowledge and Consciousness: Indian Perspectives and Sri Aurobindo's reflection on Knowledge, Attitude and Means of Knowledge; Integral View on Consciousness.
Unit-IV	Healing and Therapeutic Psychology: Ayurveda and Pratyahara: Concept and Scope; Psychotherapy and Indian Thought; Integral Yoga Psychology

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### Books Recommended:

- Cornelissen, M., Mishra, G. & Varma, S. (2014). *Foundations and Applications of Indian Psychology*. New Delhi: Pearson Education.
- Rao, K.R., Paranjpe, A. & Dalal, A. K. (2008). *Handbook of Indian Psychology*. Foundation Books
- Cornelissen, M., Mishra, G. & Varma, S. (2011). *Foundations of Indian Psychology*. New Delhi: Pearson Education.

### PSY X03 - Psychological Testing

- Unit-I: Psychological Test: Nature, Types of Psychological Test, Uses of Testing. Historical Antecedents of Modern Testing; Contribution of Francis Galton, Cattell, Binet .Group Testing.
- Uni-II: Test Construction: Defining the Test, Selecting a Scaling Method; Constructing the Items, Testing the Items and Revising and publishing the Test.
- Unit-III: Reliability: Concept and Types. Validity: Concept and Types. Norms: Statistical Concepts, Types of Norms. Developmental Norms, Within Group Norms.
- Unit –IV: Application of Psychological Testing: Educational Setting, Counselling and Guidance , Clinical Setting and Organizational Setting

### Books Recommended:

- Anastasi, A. & Urbina, S. (2002). *Psychological testing*. New Delhi: Pearson Education.
- Bhargava. M. (1971). *Aadhunik Manovigyanic Parikshan Avam Mapan*. Agra: Bhargava Books.
- Kaplan, R.M. & Saccuzzo, D.P. (2007). *Psychological Testing*. Haryana: Thompson.
- Singh, A.K. (1986). *Tests, Measurements and Research Methods in Behavioural Sciences*. New Delhi: McGraw Hill
- Chaddha N.K. (2009). *Applied Psychometry*. New Delhi : Sage.
- Gregory, R.J. (2008). *Psychological Testing*. New Delhi: Pearson Education.

### PSY D01 - Educational Psychology

- Unit-I: Introduction to Educational Psychology: Role of Educational Psychology, Learning and Thinking, Models and Measure of Effective Teaching, Diversity in Indian Society, Role of Research in Teaching.
- Unit-II: Learner Differences and Learning Needs: Intelligence, Multiple Intelligence, Measuring IQ, Learning and Thinking Styles, Students with Learning Challenges, Students who are gifted and talented.
- Unit-III: Teaching Every Student: Planning, Teaching approaches, Differentiated Instruction and Adaptive Teaching, Teachers Expectation, Cooperation Learning.
- Unit-IV: Culture, Teaching and Learning: Role of Socio Economic Status, Role of Ethnicity, Language Difference and Bilingualism, Multicultural Education, Gender, Gender bias and School Experience.

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### Books Recommended:

- Woolfolk, A. (2017). *Educational Psychology*. New Delhi: Pearson Education.
- Slavin, E. R. (2018). *Educational Psychology*. New Delhi: Pearson Education.

### PSY D02 - Human Resource Management

- Unit-I: Introduction : Meaning and Scope; Environment of Human Resource Management : External Forces, Internal Forces and Environmental Scanning.
- Unit-II: Planning : Nature and Importance; Factors affecting Human Resource Planning and Planning Process. Job Analysis and Design : Methods of Job Analysis; Factors affecting Job Design and Techniques of Job Design.
- Unit-III: Acquisition of Human Resource : Recruitment -- Nature and Sources; Selection - Purpose and Process of Selection. Development of Human Resources : Training and Development -- Need and Importance; Performance Appraisal and Job Evaluation - Appraisal Process and Methods of Appraisal.
- Unit-IV: Motivation and Maintenance of Human Resources : Scope and Types of Incentive Schemes, Work Scheduling and its Effect on Job Motivation; Industrial Relations : Importance, Approaches and Strategy; Human Resource Audit - Nature, Benefit and Scope of Audit.

### Books Recommended:

- Aswathappa, K. (2000). *Human Resource and Personal Management*. New Delhi: Tata McGraw-Hill.
- Robbins, S.P. & Decenzo, D.A (2007). *Personal/Human Resource Management*. New Delhi: Prentice-Hall.

### PSY D03: Diagnostic and Therapeutic Techniques

- Unit I: Clinical Assessment: Basic Elements, Clinical Observation, Mental and Physical Status Examination, Case History taking, Clinical interview; Behavioural, Cognitive, Relational and Bodily Assessment.
- Unit-II: Psychometric and Neuropsychological Assessment: Objective, Projective, Individual, Group and Battery Tests of Intelligence and Personality, Psychiatric Rating Scales. Neuropsychological Assessment of Cognitive, Sensory Motor and Perceptual Problems.
- Unit-III: Psychoanalytic and Psychodynamic Therapies: Sigmund Freud, Alfred Adler, Erik Erikson, Heinz Kohut. Interpersonal and Systemic Therapies: Eric Berne, Gerald Klerman, Virginia Satir, Salvador Minuchin.
- Unit IV: Humanistic, Existential and Gestalt Psychotherapies: Carl Rogers, Ludwig Binswanger, James Bugental, Rollo May, Victor Frankl, Fritz Perls and Alvin Mahrer. Behaviour and Cognitive Therapies: Joseph Wolpe, Donald Meichenbaum, Thomas Stampfl, Francine Shapiro, Albert Ellis and Aaron Beck.

**Books Recommended:**

- Corey, G. (2000). *Theory and practice of counselling and Psychotherapy*. New Delhi: Cengage Learning.
- Karmer, G., Bernstein. D. & Phases, V. (2009). *Introduction to Clinical Psychology*. New Delhi: Pearson publications.
- Plante, T. (2005). *Contemporary Clinical Psychology*. N.Y. John Wiley.
- Prochaska, J.O. & Norcross J.C. (2003). *Systems of Psychotherapy: A Transactional Analysis*. Thomson: Brooks/ Code.
- Butcher, J. N., Hooley, J.M., Mineka, S. & Dwivedi, B.C. (2019). *Abnormal Psychology*. Delhi: Pearson India Education.

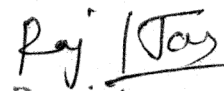
**PSY X11 General Lab**

M.A. / M.Sc. Semester-IV			
<b>A</b>	<b>Experiments</b>	1.	Set in Problem Solving
		2.	Effect of Frustration on performance
<b>B</b>	<b>Major Tests</b>	1.	Rorschach Test
		2.	Picture Frustration Study
<b>C</b>	<b>Minor Tests</b>	1.	Role Efficacy Scale
		2.	Assessment of Violence Risk in Youth
		3.	Trigunatmaka Personality Schedule
		4.	Spirituality Personality Inventory
		5.	Style of Learning and Thinking
		6.	Team Effectiveness Assessment Measure
		7.	Standard Progressive Matrices
		8.	Specific Learning Disability: Comprehensive Diagnostic Battery
<b>D</b>	<b>Research Skills</b>	1.	Poster Presentation
		2.	SPSS Training
		3.	Book Review
		4.	Movie Analysis
<b>E</b>	<b>Internship/Field Work</b>		

**PSY X31- Project Work**

1. Data Collection and Treatment
2. Project Report Writing

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