



**University of Rajasthan  
Jaipur**

**SYLLABUS**

**M.Sc.**

**(PSYCHOLOGY)**

**2015-2016 (I & II SEMESTER)**

**2016-2017 (III & IV SEMESTER)**

DEPARTMENT OF PSYCHOLOGY  
UNIVERSITY OF RAJASTHAN  
SYLLABUS (2014-15)

M.A./M.Sc. Psychology (Semester Scheme)  
Syllabus ( ) 2015 - 2017

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. *will*
- b) Part 'A' of Theory paper ~~shall~~ contain 10 Short Answer Questions of 20 marks, based on knowledge, understanding and applications of the topics/texts covered in the syllabus. Each question will carry two (2) marks for correct answer.
- c) Part 'B' of paper will consist of Four (4) questions with internal choice of 20 marks each. The limit of answers will be of five pages.
- d) 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) experiment/test and Viva-voce examination with weightage in ratio of 75:25.
- e) 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.
- f) Continuous Assessment will consist of two components, namely (i) Internal Assessment and (ii) Sessional Test(s) in ratio 30:70. 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.

*Manish*  
10/4/14

*Prabhat*  
10/04/14

*Utkarsh*  
10.4.14

*Pranav*  
10/04/14

*Manish*  
10/4/14

*10/04/14*



# DEPARTMENT OF PSYCHOLOGY

## UNIVERSITY OF RAJASTHAN

### SYLLABUS

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

Syllabus (2015-17)

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- f) Continuous Assessment will consist of two components, namely (i) Internal Assessment and (ii) Sessional Test(s) in ratio 30:70. 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.

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

S. No.	Subject Code	Course Title	Course Category	Credits	Contact Hours Per Week			EoSE Duration (Hrs.)	
					L	T	P	Thy	P
1	PSY 101	Theoretical Approaches in Psychology	CCC	5	4	1	0	3	0
2	PSY 102	Research Methods	CCC	5	4	1	0	3	0
3	PSY 103	Biopsychology	CCC	6	4	2	0	3	0
4	PSY 104	Psychopathology	CCC	6	4	2	0	3	0
5	PSY 105	Advanced Social Psychology	CCC	6	4	2	0	3	0
6	PSY 111	General Lab	CCC	4	0	0	6	0	4
7	PSY 121	Project Work	CCC (PRJ)	4	0	0	6	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 Per Week			EoSE Duration (Hrs.)	
					L	T	P	Thy	P
1	PSY 201	Applied Psychology	CCC	5	4	1	0	3	0
2	PSY 202	Statistics in Psychology	CCC	5	4	1	0	3	0
3	PSY 203	Developmental Psychology	CCC	6	4	2	0	3	0
4	PSY 204	Clinical Disorders	CCC	6	4	2	0	3	0
5	PSY 205	Cognitive Psychology	CCC	6	4	2	0	3	0
6	PSY 211	General Lab	CCC	4	0	0	6	0	4
7	PSY 221	Project Work	CCC (PRJ)	4	0	0	6	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 Per Week				EoSE Duration (Hrs.)	
					L	T	P	SS	Thy	P
1	PSY 301	Positive Psychology	CCC	5	4	1	0		3	0
2	PSY 302	Research Designs	CCC	5	4	1	0		3	0
3		Core Elective	ECC	6	4	2	0		3	0
4		Core Elective	ECC	6	4	2	0		3	0
5		Core Elective	ECC	6	4	2	0		3	0
6	PSY 311	General Lab	CCC	4	0	0	6		0	4
7	PSY 321	Seminar and Field Study	CCC (SEM/ FST)	4	0	0	0	4	0	4
			<b>Total Credits</b>	<b>36</b>						

## Elective Core Courses -

- PSY 303 Counselling Psychology
- PSY 304 Disorders of Childhood and Adolescence
- PSY 305 Human Resource Management
- PSY 306 Educational Psychology
- PSY 307 Environmental Psychology

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

S. No.	Subject Code	Course Title	Course Category	Credits	Contact Hours Per Week				EoSE Duration (Hrs.)	
					L	T	P	SS	Thy	P
1	PSY 401	Indian Psychology	CCC	5	4	1	0		3	0
2	PSY 402	Psychological Testing	CCC	5	4	1	0		3	0
3		Core Elective	ECC	6	4	2	0		3	0
4		Core Elective	ECC	6	4	2	0		3	0
5		Core Elective	ECC	6	4	2	0		3	0
6	PSY 411	General Lab	CCC	4	0	0	6		0	4
7	PSY 421	Project Work/Training in Industry or Institution or University (Min. Two Months)	CCC (PRJ)	4	0	0	0	4	0	4
			<b>Total Credits</b>	<b>36</b>						

## Elective Core Courses -

- PSY 403 Health Psychology
- PSY 404 Diagnostic and Therapeutic Techniques
- PSY 405 Organizational Behavior
- PSY 406 Psychology of Personality
- PSY 407 Vocational Psychology

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

PSY 101: Theoretical Approaches in Psychology

PSY 102: Research Methods

PSY 103: Biopsychology

PSY 104: Psychopathology

PSY 105: Advanced Social Psychology

PSY 111: General Lab

PSY 121: Project Work -

i. Review of Literature

ii. Synopsis

**PSY 101****Theoretical Approaches in Psychology**

Unit-I: Psychological Foundations: Origin, History and Present Status; Helmholtz, Weber and Fechner.

Unit-II: Structuralism and Functionalism: Structuralism: Wundt and Titchner. Functionalism: William James, Galton and Cattell.

Unit-III: Associationism and Behaviorism: Ebbinghaus, Thorndike, Pavlov, Watson, Tolman and Lashley.

Unit-IV: Psychoanalysis and Post-Psychoanalysis: Freud, Jung, Adler, Horney, Fromm, Erikson and Sullivan.

Unit-V: Dynamic and Gestalt Psychology: Dynamic Psychology: McDougall and Woodworth; Gestalt Psychology: Wertheimer, Koffka and Kohler.

Unit-VI: Humanistic and Cognitive Psychology: Humanistic Psychology: Rogers and Maslow; Cognitive Psychology: Piaget and Chomsky.





**Books Recommended:**

- Hergenhahr, B.R. (2001) An Introduction to the History of Psychology (4<sup>th</sup> edition), 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.

**PSY102****Research Methods**

- Unit I: Introduction: Scientific Approach and Theory Building; Types of Research: Experimental, Quasi experimental and Correlational Research.
- Unit II: Research Process: Research Problem, Hypothesis and Variables (Operationalization and Control). Sampling: Probability and Non probability; Techniques of Sampling, Sampling Error.
- Unit III: Research Design: Criteria of Good Research Design, Within Subject Design, Between Subject Design and Factorial Design.
- Unit IV: Experimental Research: Laboratory Experimental Research and Field Experiment Research, Experimental Validity and Control.
- Unit V: Non Experimental Research: Observation, Archival, Case Study and Survey Research
- Unit VI: Report Writing: Research Report Writing (APA Style); Ethical Issues in Psychological Research.

**Books Recommended:**

- Broota, K.D. (1992). Experimental Designs in Behavioral Research. New Delhi : Wiley.
- Dennis, H. and Duncun, C. (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. and White, T.L. (2007). Research Methods. New Delhi: Cengage learning
- Newman, W.L.(1991). Social Research Methods : Qualitative and Quantitative. Boston; Allyn and Bacon.

**PSY103****Biopsychology**

- Unit-I: Introduction: Definition and Scope; Evolution of Human Brain. Research Methods 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, Neural Mechanism of Learning and Memory; Disorders of Memory.
- Unit-IV: ~~Lateralization and Language Disorders~~; Cerebral lateralization of Brain, Functions of Left and Right Hemispheres. Cortical localization of Language and Language Disorders.
- Unit-V: Emotion, Stress and Health: Emotions and Autonomic Nervous System, Emotions and Facial Expression. Brain Mechanisms of Human Emotion, Stress and Health.

Unit-VI: Biological Causes of Psychiatric Disorders: Schizophrenia, Affective Disorder, (Depression and Mania), 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 Half of India.
- Pinel. J.P. (2007). Biopsychology. New Delhi: Person Education.
- Thompson, R.F. (1980). Introduction to Physiological Psychology. New York: Harper and Row.
- Tripathi, B. and Tripathi, A. (1989) आधुनिक दैहिक मनोविज्ञान, गोरखपुर, वैशाली प्रकाशन, बक्शीपुर।

**PSY104**

**Psychopathology**

- Unit-I: Normality: Concept of Normality and Pathology; Vulnerability, Resilience and Coping Paradigm. Meaning of Mental health and Mental disorder.
- Unit-II: Classifications of Mental Disorders: 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 : Biological, Psycho-social and Socio-cultural Causal Factors, Diathesis-Stress Model.

Unit-V: Symptomatology of Mental Disorders : Cognitive, Cognitive and Affective Symptoms

Unit-VI Prevention of Mental Disorders: Levels of Prevention, Situation-Focused and Competency-Focused Prevention; Mental Hospital as a Therapeutic Community.

#### Books Recommended:

- Kaplan, H.J. and Sadock, B.J. (2004). Comprehensive textbook of psychiatry, Baltimore: Williams and Wilkins.
- Diagnostic and statistical manual of mental disorders. (DSM-IV-TR 2000) Washington, D.C. APA Publication
- Sarason, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Pearson Education.
- Carson, R.C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007). Abnormal Psychology. Pearson.

#### PSY105

##### Advanced Social Psychology

Unit-I: Introduction: Theoretical orientation of Social Psychology; Scientific Nature, Applications and Methods of Social Psychology.

Unit-II: Attitudes and Prejudices: Attitude- Meaning, Theories, Attitude change; Prejudice - Origin and Cognitive basis; Techniques to Control Prejudice.

Unit-III: Social Influence: Conformity - Nature and Characteristics; Counter Conformity and Independence; Factors affecting Conformity, Theories of Conformity; Compliance - Meaning and Nature; Principles of Compliance; Obedience - Basis and Experimental Studies.

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Unit-IV: Personal Relationship : Family Interaction and Close Friendship, Romantic Relationship, Love and Physical Intimacy; Marital Relationship, Interdependence, Self Disclosure, Intimacy, Balance of Power and Conflict; Personal Relationship and Aging.

Unit-V: 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.

Unit-VI: Application of Social Psychology in Work Setting: Work related Attitudes, Nature and Effects of Job Satisfaction, Organizational Citizenship Behavior at work, Leadership—Approaches and Effects, Social Psychology of Entrepreneurship.

#### Books Recommended:

- Baron, R.A. and Byrne, D. (2010). Social psychology, New Delhi: Person education.
- Mohammad, S. (2009). Ucchtarsamajmanovigyan. New Delhi : Motilal Banarsi Das.
- Myers, D. (2007). Social psychology. New Delhi: Cengage learning.
- Singh, A.K. (2009). Samaj Manovigyan Ki Ruprekha. New Delhi: Motilal Banarsi Das.
- Taylor, S.E. David, L.A. and Sears, O. (2009). Social psychology. New Delhi: Pearson education.

PSY111

#### General Lab

##### I. Major Experiments/Tests

1. Wechsler Adult Intelligence Scale
2. Edwards Personal Preference Schedule

**II. Minor Experiments/Tests**

3. NEO - PI (R)
4. Biofeedback
5. Bender Gestalt Visual-Motor Test
6. Clinical Analysis Questionnaire
7. Sociometry
8. Personal Effectiveness Scale
9. Measurement of Differential Limen
10. Content Analysis

**PSY121****Project Work**

1. Review of Literature
2. Synopsis Preparation

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

- PSY 201: Applied Psychology
- PSY 202: Statistics in Psychology
- PSY 203: Developmental Psychology
- PSY 204: Clinical Disorders
- PSY 205: Cognitive Psychology
- PSY 211: General Lab
- PSY 221: Project Work -
- i. Data Collection and Treatment
  - ii. Project Report Writing

**PSY201****Applied Psychology**

- Unit-I: Forensic Psychology: Nature and Importance; Work of Forensic Psychologist-Organizations, Child and Adult Victims, Role of Eyewitness, Violence Assessment and Intervention. Training and Ethical issues in Forensic Psychology.
- Unit-II: Sports Psychology: Meaning, Nature and Scope; Psychological Skills in Sports; Cognitive, Biological, Developmental and Personality Factors in Sports; Training Structure of Applied Sports.
- 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: Military Psychology: Mental Health of Army Personnel, Psychological Tests for Selection and Training; Psychological Interventions.

Unit-V: Community Psychology: Concept, Social Change, Social Action, Leadership in Group Decision Making, Arousing Community Consciousness.

Unit-VI: Psychology of Gender: Issues of Discrimination, Glass Ceiling, Diversity Management, Women and Indian Society, Issues of III<sup>rd</sup> Gender.

#### Books Recommended:

- Swain, S. (2010)- Applied Psychology, India Specific and Cross Cultural Approaches (2nd Edition), New Delhi.
- Singh, S. (2008)- Psychology of Sports Performance: Applications, Interventions and Methods, Global Vision, New Delhi.
- Davey, Graham (2011) Applied Psychology, British Psychological Society and Blackwell publishing Ltd. U.K.

#### PSY202

#### 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: Correlation: Meaning and Interpretation of Coefficient of Correlation; Biserial, Tetrachoric, Partial Correlation (First Order):

Unit-III: Significance of Difference between (Small and large, Dependent, Correlated and Independent groups): Means, Standard Deviations, Correlation of Coefficients, Interpretation of Values. Analysis of Variance: One way Analysis of Variance, Two way Analysis of Variance, General Uses and limitations of Analysis of Variance, Interpretation of F Value.

Unit-IV: 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, H-Test, Sandler's A Test.



Unit-V: Multiple Regression : Meaning, Types and Uses; Interpretation of Data.

Unit-VI: Factor Analysis : Meaning, Types and Uses; Interpretation of Data.

**Books Recommended:**

- Aron, A. Aron, E. and 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.

**PSY 203:**

**Developmental Psychology**

- Unit-I Human Development: Nature and Scope of Development. Methods of studying Developmental Behavior. Foundations of Development : Biological, Socio-Environmental and Cultural. Types of Influences: Internal and External, Normative and Non-Normative, Contexts and Timing of Influences.
- 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.
- Unit-IV Social Learning and Cognitive Theories : Bandura, Piaget, Vygotsky; Information Processing Theory and Language Development.
- Unit-V Emotional and Moral Development: Functions of Emotions, Development of Emotional Expression, Temperament and Development. Moral Development: Piaget's and Kohlberg's Theories. Influences on Moral Reasoning.

Unit-VI Physical Development and Aging : Building Blocks of Growth and Development; Gerontology and Theories of Aging: Damage Theories, Genetic Clock Theories and Bio-Psychosocial Model.

**Books Recommended:**

- Berk, L.E. (2003) Child Development. Delhi, Prentice-Hall of India Pvt. Ltd.
- Santrock, J.W. (1999), Lifespan Development. New York, McGraw Hill.
- Hurlock, E. (2003) Developmental Psychology. Delhi, Tata McGraw Hill
- Papalia, S. and 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 204**

**Clinical Disorders**

- Unit-I: Anxiety Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-II: Mood Disorders and Suicide: Nature, Types, Clinical Picture and Causal Factors
- Unit-III: Schizophrenia and other Psychotic Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-IV: Somatoform and Dissociative Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-V: Personality Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-VI Substance-Related Disorders: Nature, Types, Clinical Picture and Causal Factors

**Books Recommended:**

- Kaplan, H.J. and Sadock, B.J. (2004). Comprehensive textbook of psychiatry, Baltimore: Williams and Wilkins.
- Diagnostic and statistical manual of mental disorders. (DSM-IV-TR 2000) Washington, D.C. APA Publication.
- DSM V (2013).
- Sarasan, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Pearson Education.
- Carson, R.C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007). Abnormal Psychology. Pearson.

**PSY205****Cognitive Psychology**

- Unit-I: Introduction: Meaning, Historical Antecedents and Emergence; Research Methods and Tools in Cognitive Psychology.
- Unit-II: Attention and Perception: Attention: Nature, Functions and Information Processing Theories. Perception – Meaning; Visual Perception-Top down and Bottom up Processing; Models of Visual Recognition.
- Unit-III: Knowledge Representation and Organization : Meaning and Role of Knowledge. Nature, Criteria, and Formats for Representation. Category Knowledge- Inferential Power and Multimodal Nature. Structures in Category Knowledge-Exemplars and Rules, Prototypes and Typicality, Background Knowledge.
- Unit-IV: Consciousness : Meaning and Levels; Consciousness as a Scientific Construct, Theories of Consciousness - Schacter's Model of Dissociable Interactions and Conscious Experience, Baars' Global Workspace Theory; Functions of Consciousness.

Unit-V: Language and Executive Processes : Language - Basic Principles, Speech and Spoken Word Recognition, Reading and Visual word recognition, Syntax and Semantics, Language Production; Executive Processes - Definition, Executive Attention, Switching Attention, Inhibition of Response, Sequencing and Monitoring.

UNIT-VI: Problem Solving, Reasoning and Decision Making : Nature and Structure of Problem, Problem Space Theory, Strategies and Heuristics. Analogical Reasoning: Sub-processes and Theories; Inductive Reasoning: Nature, General and Specific Inductions; Deductive Reasoning: Nature, Syllogism-Categorical and Conditional. Nature of Decision, Expected Utility Model, Framing Effects and Prospect Theory.

#### Books Recommended:

- Reigler, G.R. and 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. and Panday J. (2010). Advances in cognitive sciences. New Delhi; Sage.
- Sternberg, R.J. (2007). Cognitive psychology. New Delhi. Cengage learning.
- Smith, E.E. & Kosslyn, S.M. (2011) Cognitive Psychology: Mind and Brain, PHI Learning

PSY211

#### General Lab

##### I. Major Experiments/Tests

1. Picture Frustration Study
2. Minnesota Multiphasic Personality Inventory

##### II. Minor Experiments/ Tests

3. Bem Sex-Role Inventory
4. Stroop – Test
5. Neuro-Psychological Test
6. Creative Thinking (Verbal and Non-Verbal) Test
7. Piaget's Test for Cognitive Development
8. Standard Progressive Matrices
9. Positive Affect and Negative Affect Scale
10. Case Study (any one Clinical Disorder)

**PSY221****Project Work**

1. Data Collection and Treatment
2. Project Report Writing

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

- PSY 301: Positive Psychology
- PSY 302: Research Designs
- PSY 303: Counselling Psychology
- PSY 304: Disorders of Childhood and Adolescence
- PSY 305: Human Resource Management
- PSY 306: Educational Psychology
- PSY 307: Environmental Psychology
- PSY 311: General Lab
- PSY 321: Project Work

- i. Seminar
- ii. Field Study (Academic Tour)

**PSY301****Positive Psychology**

- Unit I: Introduction : Definition, Goals and Historical Overview; Relationship with other Branches of Psychology; Eastern & Western Perspective on Positive Psychology.
- Unit II: Classification And Measures of Human Strengths : Gallup's Clifton Strength Finder. VIA Classification; Identifying Personal Strengths.
- Unit III: Positive Emotional States and Processes : 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 IV: Positive Cognitive States and Processes : Self Efficacy, Optimism, Hope, Mindfulness, Flow, Spirituality, Wisdom and Courage.
- Unit V: Pro-Social Behavior : Empathy, Altruism, Gratitude and Forgiveness.
- Unit VI: 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.
- Wong, P.T. and Fry, (1998). *The human quest for meaning*. Mahwah, New Jersey: Lawrence, Erlbaum.
- Baumgardner, S. Crothers, M.(2009). *Positive psychology*. New Delhi: Pearson education.

#### PSY302

#### Research Designs

- Unit-I: Introduction : Meaning and Purpose; Criterion of Research Designs.
- Unit-II: Single Factor Designs : Within Subject Design - Two Conditions and Multiple Conditions Tested within Subject; Between Subject Design : Two Conditions and Multiple Conditions Tested Between Subjects.
- Unit-III: Factorial Design : Two Factor Designs - Factorial within Subject Design, Factorial between Subject Design, Mixed Factorial Design; Three Factor Design : General Layout.
- Unit-IV: Single Subject Designs : Advantages and Disadvantages of the Single Subject Approach, Basic Control Strategies in Single Subject Research.

Unit-V: Latin Square Designs : Latin Square Design with One Observation each Cell, Latin Square Design with n Observations each Cell and Latin Square Design with Repeated Measures.

Unit-VI: Quasi Experimental Designs : Principal difference between Quasi Experimental and True 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. and White, T.L. (2007). Research methods. New Delhi: Cengage learning
- Singh, A.K. (2010). Tests, measurement and research methods in behavioural science. New Delhi: Bharti bhavan.

#### PSY303

#### Counselling Psychology

Unit-I Introduction : Nature and Historic Perspectives; Development of Institutional and Agency Counselling Programmes; Professional Counsellor – Roles and Functions.

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.

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- 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 Guidance, Group Counselling and Group Therapy, Sensitivity Groups, Encounter Groups, Task Groups, Psycho-education Groups, Group Process and Group Dynamics.
- Unit-V Multicultural Counselling & Counselling for Career Planning and Decision Making; Ethnic Groups and Multicultural Counselling, Current Interests in Career Planning, Career Counselling and the Development of Human Potential, Career Planning and Decision Making in Schools, Career Counselling in Non-School Settings.
- Unit-VI Ethical and Legal Guidelines : Nature of Ethics, Ethical Issues, Counsellor and Law, Legal Concerns of Counsellors, Confidentiality, Competence and Malpractice, Counsellors as Expert Witnesses.

#### Books Recommended :

- Gibson, R.L. and Mitchell, M.H. (2005). Introduction to Counselling and Guidance. New Delhi: Pearson education.
- George, R.L. and Cristiani, T.S. (1994) Counselling Theory and Practice (IV Ed.) New Delhi: Prentice – Hall.
- Gelso, C.G. and Fretz, B. Counselling Psychology; Practices, Issues and Interventions New Delhi: Cengage learning.
- Capuzzi's (2008). Counselling and Psychotherapy (4<sup>th</sup> Ed.). New Delhi: Pearson education.
- Gladding, S. (2009). Counselling; A comprehensive profession. New Delhi: Pearson education.

## PSY 304

## Disorders of Childhood and Adolescence

- Unit-I:** Mental Retardation: Nature, Types, Clinical Picture and Causal Factors
- Unit-II:** Learning and Motor Skills Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-III:** Attention-Deficit and Disruptive Behaviour Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-IV:** Pervasive Developmental and Communication Disorders: Nature, Types, Clinical Picture and Causal Factors
- Unit-V:** Eating Disorders and Obesity: Nature, Types, Clinical Picture and Causal Factors
- Unit-VI:** Sexual Variants and Abuse: Nature, Types, Clinical Picture and Causal Factors

## Books Recommended:

- Kaplan, H.J. and Sadock, B.J. (2004). Comprehensive Textbook of psychiatry, Baltimore: Williams and Wilkins.
- Diagnostic and statistical manual of mental disorders. (DSM-IV-TR 2000) Washington, D.C. APA Publication
- DSM V (2013).
- Sarasan, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Pearson Education.
- Carson, R.C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007). Abnormal Psychology. Pearson.

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PSY305

**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.
- Unit-III: Job Analysis and Design : Methods of Job Analysis; Factors affecting Job Design and Techniques of Job Design.
- Unit-IV: Acquisition of Human Resource : Recruitment – Nature and Sources; Selection - Purpose and Process of Selection.
- Unit-V: Development of Human Resources : Training and Development – Need and Importance; Performance Appraisal and Job Evaluation - Appraisal Process and Methods of Appraisal.
- Unit-VI: 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., Tata Mc GRAW-Hill Publishing Company Limited, New Delhi.
- Robbins, S.P. & Decenzo, D.A.-Personal/Human Resource Management. III<sup>rd</sup> Prentice-Hall, New Delhi-India.

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## PSY306

## Educational Psychology

- Unit-I: Introduction : Concept, Nature, Aims and Objectives of Educational Psychology.
- Unit-II: Conceptual and Theoretical Perspectives : Behaviouristic, Social Learning, Piaget and Neo-Piagetian Theories and their Applications in Teaching; Cognitive and Humanistic Approaches to Education.
- Unit-III: Education and Intelligence: Individual and Group Differences, Theories of Intelligence, Multiple Intelligence, Issues in Intelligence Testing; Schooling and Cognition; Gender Differences/Issues in the Classroom; Gifted and Talented Students
- Unit-IV: Multilingualism and Minority Language Issues in Education : Mother-Tongue Education, Bilingual or Multilingualism Education.
- Unit-V: Education of Exceptional Children: Categories of Exceptionality; Labeling and Educational relevance. Physically Challenged Students. Students with Cognitive Disabilities or Brain Dysfunction and Communication Disorders. Students with Emotional and Behaviour Disorders. Attention Deficit Hyperactivity Disorder (ADHD) Specific learning and Reading Disability.
- Unit-VI: Educational Assessment and Evaluation; Norm-referenced and Criterion-referenced Tests; Test Scores-Meaning and Types of Interpretation; Standardized Tests – Meaning, Types and Interpretation; Reliability and Validity; Classroom Assessment and Grading. Diversity/Cultural Differences and Assessment.

## Books Recommended:

- Chintamanikar (1992). Exceptional children: their psychology and education. New Delhi: Sterling.
- Kakkar, S.B. (2001) Educational Psychology, New Delhi: Prentice Hall.

- Kirk, S.A., Gall Sgher, J. and Anasrasion, N.J. (1997). Educating exceptional children. New York: Houghton Mifflin.
- Mangal, S.K. (2002) Advanced educational psychology. New Delhi: Prentice Hall
- Parson, R.D., Hinson, S.L., Brown, D.S. (2001). Educational psychology. A practitioner researcher model of teaching. New Delhi: Cengage learning.
- Salvin, R.E. (1988). Educational psychology: theory into practice. Englewood Cliffs: Prentice Hall.
- Woolfolk, A.B. (1987). Educational psychology, Englewood Cliffs: Prentice Hall.

### PSY307

#### Environmental Psychology

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

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**Books Recommended :**

- Bell, P.A. Green, T.C., Fisher J.D. and Baum, A. (2001). Environmental Psychology. New York: Harcourt.
- Bechtel; R.B. (1997). Environment and Behaviour: An Introduction. New Delhi, Sage.
- Bonnes, M. and Secchiaroli, G.F. (1995). Environmental Psychology: A Psycho Social Introduction. New Delhi: Sage.
- Gifford, R. (1997). Environmental Psychology : Principles and Practices. 2nd Ed., USA.
- Peter J. Rentgrow (2014) : Geographical Psychology : Exploring then Instruction of Environmental & Behavior. American Psychological Association.
- Sinha, S.N. (1997). Environmental Psychology, Jaipur: Pointer.
- Susan D. Clayton (2012) :The Oxford Handbook of Environmental and Conservation Psychology. UK.
- Tiwari, P.S. (2008). ParyavaránManovigyan. Jaipur: MotilalBanarsidas.
- Internet : [www.abacon.com](http://www.abacon.com)
- Internet : [www.mlbd.com](http://www.mlbd.com)
- Internet : [www.amazon.com](http://www.amazon.com)

PSY311

General Lab

**I. Major Experiments/Tests**

1. Rorschach Test
2. Differential Aptitude Test

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## II. Minor Experiments/Tests

3. Value in Action Inventory
4. Forgiveness Scale
5. E-Learning Orientation Scale
6. Transactional Style Inventory : Counselling
7. Organizational Climate Inventory
8. Pro Environmental Behaviour Scale
9. Learning Style Inventory
10. Draw A Man Test

PSY321

## Project Work

1. Seminar
2. Field Study (Academic Tour)

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

PSY 401:	Indian Psychology
PSY 402:	Psychological Testing
PSY 403:	Health Psychology
PSY 404:	Diagnostic and Therapeutic Techniques
PSY 405:	Organizational Behavior
PSY 406:	Psychology of Personality
PSY 407:	Vocational Psychology
PSY 411:	General Lab
PSY 421:	Project Work

- i. Project Work/Training in Industry or Institution or University (Min. Two Months)
- ii. Report Writing and Presentation of Project Work/Training undertaken

### PSY401

#### Indian Psychology

- Unit-I Indian Psychology: Introduction, Psycho-Historical Perspective; Implications and Applications; Vedic View, Psychology-Friendly Meta-Theoretical Framework; Differences with Western Psychology.
- Unit-II Systems and Schools : Advaita Vedanta, Jaina Psychology, Buddhist Psychology, Transpersonal Psychology, Yoga Psychology.
- Unit-III Personality: Models of Personality, Self and Identity, Sufi Path of Self Transformation, Integral Psychology.



Unit-IV Knowledge and Consciousness: Sri Aurobindo's reflection on knowledge, Indian Theories of Cognition, Integral Education and beyond Mind; Freedom from Knowledge.

Unit-V Healing and Therapeutic Psychology: Ayurveda, Yoga and Pratyahara.

Unit-VI Indian Psychology and Research: Scientific Method, Integrating Yoga, Epistemology and Ontology; Major Challenges and Perspectives for Future Action

#### Books Recommended:

- Rao, K.R., Paranjpe, A. and Dalal, A. K. (2008) Handbook of Indian Psychology. Foundation Books
- Cornelissen, M., Mishra, G., Varma, S. (2011) Foundations of Indian Psychology. Volume I and II. Pearson Education.

#### PSY402

#### Psychological Testing

Unit-I: Psychological Test: Nature, Uses, Functions and Types.

Unit-II: Historical Antecedents of Modern Testing; Contribution of Francis Galton, Cattell, Binet and Group Testing.

Unit-III: Test Construction : Steps of Test Construction, Item Analysis, Item Response Theory, Cross-Validation.

Unit-IV: Reliability : Concept and Types, Factors affecting Reliability.

Unit-V: Validity: Concept and Types, Relation of Reliability and Validity.

Unit-VI: Norms : Statistical Concepts, Developmental Norms, Within Group Norms.

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**Books Recommended:**

- Anastasi, A. and Urbina, S. (2002). Psychological testing. (1st Indian Edition). New Delhi: Pearson Education.
- Bhargava. M. (1971). Aadhunik Manovigyanic Parikshan Avam Mapan. Agra: Bhargava Books.
- Cronbach, L.J. (1972). Essentials of Psychological testing. New York: Harper and Row.
- Freeman, F.S. (1971). Theory and practices of Psychological testing. New York: Oxford.
- Singh, A.K. (1986). Tests, Measurements and Research Methods in Behavioural Sciences. New Delhi: McGraw Hill

**PSY403****Health Psychology**

- Unit I: Introduction : Concept of Health; Individual and Cross-Cultural Perspectives on Health, Bio-Psycho-Social Model of Health, Main Approaches to Study Health Psychology. Research Methods in Health Psychology
- Unit II: Macro Social Environment and Health : Global Health Trends – Exploding Population, Gender, Poverty, Inequality and Growth, Ethnicity and Disability, Social Inequalities and Health; Social Capital Reducing Inequalities; Social Justice and Health.
- Unit III: Health Behavior and Experience; Food and Eating, Alcohol and Drinking, Tobacco and Smoking, Exercise and Activity; Sexual Health - Theories, Models and Intervention.
- Unit IV: Work and Health: Demographics and Characteristics of Workforce, Health and Well-Being within the Workplace, Role Demands and Control, Occupational Health Psychology; Occupational Stress and Intervention; Health Promoting Behavior; Changing Workforce.

Unit V: Illness Experience and Health Care : Health Communication Approaches and Methods; Pain : Theories and Management; Cancer and Chronic Diseases.

Unit Vi: Health Promotion : Screening and Immunization; Health Literacy and Community Health Approaches; Health Promotion Strategies.

#### Recommended Books :

- Baum, A., Gatchel, R.J. and Krantz, D.S. (1997). *An introduction to Health Psychology*. New York : McGraw Hill.
- Baum, A., Revenson, T.A. and Singer, J.E. (2001). *Handbook of Health Psychology*. New Jersey: Lawrence Erlbaum.
- Dimatteo, M. R., & Martin, L.R.(2002). *Health Psychology*. Boston: Allyn and Bacon.
- Feist, J. and Linda, B.(1992). *An Introduction to Behaviour and Health* (2<sup>nd</sup> ed.). Books/Publishing Company.
- Marks, D., Murray, M., Evans, B. and Willig, C.(2002). *Health Psychology: Theory, research and practice*. New Delhi: Sage.

#### PSY404

#### Diagnostic and Therapeutic Techniques

Unit I: Clinical Assessment : 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; GSR, EEG, ERP, PET, MRI, fMRI Techniques.

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- Unit-III: Psychotherapies : Definition, Role of Theory, Psychotherapeutic Commonalities, Process of Change, Therapeutic Content; Psychotherapists: Roles and Responsibilities, Ethical Principles, Codes of Conduct.
- Unit-IV: 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 V: Humanistic – Existential and Gestalt Psychotherapies : Carl Rogers, Ludwig Binswanger; James Bugental, Rollo May, Victor Frankl, Fritz Perls and Alvin Mahrer
- Unit-VI: Behaviour and Cognitive Therapies: Joseph Wolpe, Donald Meichenbaum, Thomas Stampfl, Francine Shapiro, Albert Ellis and Aaron Beck.

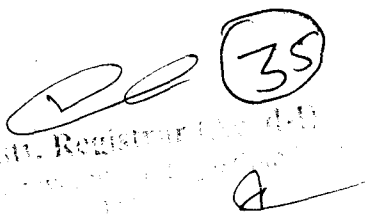
#### Books Recommended:

- Corey, G. (2000). Theory and practice of counselling and Psychotherapy.
- Erskine, R. (1988). Integrative Psychotherapy in action. N.Y.: Sage publications:
- Kanner, G. Bernstein. D. and Phases, V. (2009). Introduction to Clinical Psychology. Pearson publications.
- Plante, T. (2005). Contemporary Clinical Psychology. N.Y. John Wil
- Prochaska, J.O. and Norcross J.C. (2003). Systems of Psychotherapy: A Transactional Analysis. Thomson; Brooks/ Code.

PSY405

#### Organizational Behaviour

- Unit-I: Introduction : Definition and Relationship to other Fields; Theoretical Frameworks - Cognitive, Behaviouristic, Social Cognitive; Ethics and Ethical Behaviors in Organizations; Organizational Commitment – Meaning, Out sources and Guidelines to enhance Organizational Commitment.


  
 Registrar (C)

- Unit-II: Motivational Needs and Processes : Meaning, Work Motivation Approaches; Content Theories of Work Motivation; Maslow's Hierarchy of Needs. Herzberg's Two Factor Theory; Alderfens ERG Theory; Process Theories of Work Motivation – Vroom's Expectancy Theory; Porter Lawler Modal; Contemporary Theories of Work Motivation – Equity Theory of Work Motivation; 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.
- Unit-IV: 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-V: Communication : Nature and Functions; Non-verbal Communication, Inter personal Communication, Downward and Upward Communication, Interactive Communication in Organization.
- Unit-VI: Leadership and Leadership Style : Traditional 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.

#### Books Recommended:

- Luthans, Fred (2002) Organizational Behaviour (Ninth Edition) McGraw Hill International Edition.
- Robbins, S.P. (2008) Organizational Behaviour. Pearson edition New Delhi.

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## PSY406

## Psychology of Personality

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

## Books Recommended:

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

## PSY 407

## Vocational Psychology

- Unit-I: Introduction : Definition, Meaning and Subject Matter of Vocational Psychology; Vocational Choice – Meaning and Early Determinants.
- Unit-II: Theoretical Perspectives : Ginzberg, Super, Holland and Roe; Trait Factor, Development and Learning Theories.

- Unit-III: Vocational Choice : Vocational Choice and Career Decision Making Processes; Problems of Vocational Choice.
- Unit-IV: Other Dimensions of Vocational Choice : Systems for Defining Vocational Problems., Problems of Vocational Indecision and Vocational Unrealism.
- Unit-V: Clients with Special Needs : Individuals with Disabilities, Women in Workforce, Displaced Workers, Economically Disadvantaged Group.
- Unit-VI: Ethical Issues : Ethics and Competencies Needed for Career Development; Future Concerns of Vocational Development:

#### Books Recommended :

- Brown. D. (2007) Career Information, Career Counselling and Career Development (9<sup>th</sup> Edition), Boston, Pearsen.
- Crites, J.O. (1969), Vocational Psychology, New York. MC-Graw Hill.
- Osipow, S.H. (1968) Theories of Career Development, New York, Appleton - Century.
- Brown, D. (2002). Career choice and Development (4th ed.) C.A.: Jossey-Bass
- Leong, F.T.L. and Bark, A. (2001) Contemporary models in Vocational Psychology New Jersey: Lawrence Erlbaum
- Walsh, W.B., and Savickas, M.L. (2005). Handbook of Vocational Psychology (3rd edition). New Jersey. Lawrence Erlbaum.

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## PSY411

## General Lab

## I. Major Experiments/Tests

1. Sixteen Personality Factors
2. Thematic Apperception Test

## II. Minor Experiments/Tests

3. Healthiness Behaviour Scale
4. SDS for Career Interests
5. Organisational Effectiveness Inventory
6. Managerial Style Inventory
7. Non-Verbal Learning Disability Checklist
8. Satva-Rajas-Tamas Scale
9. Optimism-Attribution of Success and Failure Inventory
10. Construction of Interview Schedule

## PSY421

## Project Work

1. Project Work/Training in Industry or Institution or University (Min. Two Months)
2. Report Writing and Presentation of Work/Training undertaken

(A major project will be undertaken by the Student in the form of Industrial/Institutional Training or Training at Department at the Parent University. This will be taken up for Two months (4 hrs. each day) at least. The EoSE will be of 100 marks in which a board of examiners will hold a Presentation and Viva-voce Examination based on the Report submitted by the candidate. The EoSE will also take in to consideration the Certificate and Assessment provided by respective Supervisor at the Industry/Institute.)