

SYLLABUS: M.A./ M.Sc. PSYCHOLOGY

SEMESTER I

M1/PSY 01-CT01: THEORETICAL PERSPECTIVES OF PSYCHOLOGY

Unit 1- Psychoanalytical perspective:

Brief History of Psychology: Structuralism, Functionalism, Gestalt, Sigmund Freud's approach, and Neo-freudian approach to motivation, personality, therapy and applications.

Unit 2 - Behaviouristic perspective:

Learning- Classical Conditioning (Pavlov) and Operant Conditioning (Skinner);
Motivation – Drive and incentive theories (Miller and Dollard, Rotter);
Personality – Concept and types.

Unit 3 - Humanistic & Existential perspectives:

Motivation : Hierarchy of motives (Maslow), ERG Theory (Alderfer), Theory of needs (McClelland);
Personality : Personal construct (Kelly), Self-theory of personality (Rogers); Existential approaches; theory and application.

Unit 4 - Cognitive and Social Perspectives:

Motivation: Cognitive balance and dissonance theory (Hieder, Festinger);
Personality: Dissonance (Brehm), Social learning theory (Bandura); Theory and application.

Unit 5 -Dynamic Psychology

Woodworth, Hedonism, Psychoanalysis, Purposivism, basic features and its implications. 'Hormic Psychology' (McDougall)

Recommended Books:

- Davis R.S (1996). Psychology of Learning and Motivation, Academic press.
- Ekman, Paul and Davidson, R.J (Eds-1994). The nature of emotions, fundamental questions.Delhi, OxfordUniversity Press Series in Affective Science.
- Hall. C.S. Lindzey G and Campbell J.B (1998) Theories of Personality. New York John Wiley and Sons (4th edition).
- Hergenhahn B.R. and Olson M. H. (1998) Theories of personality, Prentice Hall
- Hilgard, E. R Bower G.H, Sahakian, H (1997) Psychology of learning. Prentice Hall of India, Revised edition
- Lawrence A, Pervin and Oliver P John (1997) Personality: Theory and Research NewYork, John Wiley, 7th edition
- Sahakian(1976) Introduction to Psychology of Learning. Chicago: Rand McNally College Publishing Company.
- Weiner B (1985) Human Motivation, New York: Springer.

M1/Psy 02-CT02: ADVANCED EXPERIMENTAL PSYCHOLOGY

Unit – I

Experimentation: Introduction, Definition, Nature Scope and Importance of Experimental Psychology. Perceptual Phenomenon: Three Points of View, Principles of Perceptual Organization, Motivation and Attitudinal Determinants of Perception.

Unit –II

Dynamics of Perception: Projection Dynamic – Figural after effect, Perception of Movement and Depth, Central Dynamics – Space Perception Perceptual Constancy. Illusion: Meaning and Types.

Unit - III

Learning: Principles of Classical Conditioning and Operant Conditioning, Schedule of Reinforcement, Nature and Properties: Discriminative and Non-discriminative learning Factors affecting conditioning.

Unit - IV

Verbal Learning: Basic Determinants, Organization and Transfer properties. Memory: Meaning and types, Models of memory, improving memory. Forgetting: Ebbinghaus Experiment on Forgetting, Paradigms of Transfer and Retroaction, Habit Interference, Zeigarnik Effect, Jost's Law.

Unit – V

Motivation : Nature and Types: Intrinsic and Extrinsic, motivational cycle. Theories of motivation: Vector-valence theory, opponent process theory. Emotion: concept and theories.

Recommended Books

- D' Amato, M.R. (1970), Experimental Psychology: Methodology, Psychophysics and Learning, Delhi: Tata McGraw Hill.
- Dodd, D.H. and White, R.M. (Jr.) (1980), Cognition: Mental Structures and Processes, Boston: Allyn and Bacon Inc.
- Galotti, K.M. (1999), Cognitive Psychology in and Outside Laboratory, Mumbai: Thomson Asia.
- Gazzaniga Ivry Mangun (2002), Cognitive Neuro Science (the Biology of the mind), W.W. Norton and Company Inc. (USA).
- Hilgard, E.H. and Bower, G.H. (1975), Theories of Learning, Englewood Cliffs: Prentice Hall.
- Matlin, M.W. (1994), Cognition, Bangalore: Prism Books Private Ltd.
- Reynolds, A.G. and Flagg, P.W. (1978), Cognitive Psychology, Cambridge, Massachusetts : Winthrop Publications Inc.
- Rosenzweig, M.R. Bred Love, S.M. Seiman, A.L. (2002), Biological Psychology, Sinaver Associates, Inc. (USA)
- Terry, W.S. (2003), Learning and Memory, Boston : A and B

- Woodworth & Schlosberg, Experimental Psychology

M1/Psy 03-CT03 : Biopsychology

Unit I : Introduction:

Definition and Scope of Biopsychology. Research Methods of Biopsychology. Endocrine glands: types and functions.

Unit II: Nervous System:

Neuron-Structure, Type and Functions; Central Nervous System and Peripheral Nervous System-Structure and Functions. Synaptic Transmission; Neurotransmitters.

Unit III: Learning and Memory:

Nature of learning, Neural Mechanism of Learning and Memory; Disorders of Memory. Stages and Disorders of Sleep.

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. Mechanism of Hunger and Thirst.

Recommended Books

- 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 of India.
- Pinel, J.P. (2007) Biopsychology. New Delhi: Pearson Education.
- Thompson, R.F. (1980). Introduction to Physiological Psychology. New York: Harper and Row.
- Tripathi, B. and Tripathi, A. (1989) Adhunik Dehik Manovigyan, Gorakhpur, Vaishali Prakashan, Bakshipur.

M1/PSY 04-CT04 : Research Methodology

Unit 1 - Research Process

Definitions and types of research, scientific research, advantages of scientific research.

Steps involved in research process, Formulation of a problem, Literature review, Research design. Ethical issues for research.

Unit 2- Variables, Probability and Hypothesis Testing

Variables: IV, DV, and extraneous variables.

Hypothesis- definition, characteristics, types; Hypothesis testing (Type I & type II errors).

Concept of Probability, Normal Probability Curve, Characteristics of the Curve.

Unit 3 Sampling and Data Collection

Sampling design: Meaning, probability and non-probability sampling methods and determinants of sample size.

Data collection methods: Observation: naturalistic, laboratory, participant and nonparticipant, structured and unstructured; Interview: structured and unstructured,

Questionnaires: close-ended and open-ended, scales.

Unit 4- Research Designs

Part A: Experimental Designs: True Experimental (Between group, within groups, factorial),

Part B: Quasi-experimental Designs: (Designs with control group, designs without control group, designs to measure developmental changes)

Part C: Non-experimental (Observational, survey, correlational)

Unit 5- Report Writing

Need for a report, Types of Writing, Purpose of writing, Avoiding plagiarism, Organizing information, Report writing in APA format, References in APA format, General Guidelines,

Recommended Books

- Kerlinger, F.N.. (2000) Foundations of Behavioural Research (5th Indian reprint) New Delhi : Surjeet Publication
- Broota, K.D. (1992). Experimental Designs in Behavioural Research , New Delhi : Wiley.
- Dennis, H. And Duncun, C. (2005). Introduction to Research Methods in Psychology. New Delhi Pearson.
- Guthrie, 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
- Best, J.W. & Kahn, J.V (2005). Research in Education. Prentice-Hall of India. (9th ed.).
- Bordens, K.S. & Abbot, B.B. (2002) Research Designs and Methods: A Process Approach. McGraw-Hill (5th ed).
- Cozby, P.C. (1997) Methods in Behavioral Research. Mayfield Publishing Company. (6th ed).
- Creswell, J.W. (2007) Qualitative inquiry & Research Design. Sage Publications (2nd ed)
- Heppner, P.P, Wampold, B.E. & Kivilighan, D.M. (2008). Counseling Research. Brooks-Cole.
- Kothari, C.R. (2003) Research methodology: Methods and techniques. Vishwas Prakashan (2nd ed).
- McBurney, D.H. (2001) Research methods. Thomson (5th ed).
- Publication Manual of the American Psychological Association (6th ed).

M1/PSY 01-CP01 : Practical – I Experimental Psychology

A student will be required to conduct any six Practical

1. Perceptual Organization
2. Space Perception
3. Figural after effect
4. Classical Conditioning / Operant Conditioning
5. Motivation
6. Verbal Learning
7. Zeigarnik Effect
8. Retroactive/ Proactive Inhibition
9. Transfer of learning
10. Practical as suggested by the teacher

M1/PSY 02-CP02 : Practical – II: Research Methods

A student will be required to conduct six Practical

1. Problem and Hypotheses Formulations/ Variables identification
2. Experimental Design
3. Factorial Design
4. Longitudinal or Cross sectional Design
5. Review of Literature
6. Synopsis Preparation
7. Report writing
8. Methods of Data Collection (any two)
9. Questionnaire / Observation / Survey method
10. Interview schedule preparation
11. Practical as suggested by the teacher

SEMESTER II

M2/PSY 01-CT05 : Cognitive Psychology

Unit I- Attention and Perception :

Attention :Nature, Functions and Information Processing Theories. Perception- Meaning; Visual Perception- Top down and Bottom up Processing.

Unit II- Intelligence and Creativity :

Theories of intelligence : Spearman, Thurstone , Thorndika and Guilford, Cattell, Gardner, Sternberg and Goleman.

Creativity : Definition, Steps and Obstacles.

Unit III- Consciousness :

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 IV- 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 V- 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 of Decision, Expected Utility Model, Framing Effects and Prospect Theory.

Books Recommended:

- John B. Best (1994) Cognitive Psychology West Publishing Company.
- Reigler, G.R. and Reigler, B.R. (2008). Cognitive Psychology : Applying the Science of 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.
- Sterenberg, R.J. (2007). Cognitive Psychology. New Delhi. Cengage learning.
- Smith, E.R. &Kosslyn, S.M.(2011) Cognitive Psychology: Mind and Brain, PHI Learning

M2/PSY 02-CT06 : Applied Social Psychology

Unit – I

Nature and Scope of Social Psychology, Cognitive Role theories of Social Psychology, Group Interaction Analysis, Sociometry, Content Analysis, Cross – Cultural method.

Socialization : Nature and Process, Agencies of Socialization Principles of Socialization, Social learning Theory.

Unit – II

Social Learning. Developmental views of Self: Erikson, Sullivan and Rogers

Impression Formation. Theories of Attribution: Kelly, Weiner, Jones and Davis.

Unit- III

Leadership : Concept & Nature, Theories of leadership, Situation approach, Trait approach, Functional approach & Fields leadership styles – Autocratic, Democratic, Task oriented, people oriented. Interpersonal Attraction: Concept, Determinants.

Establishing Friendships. Personal Relationships: Self disclosure, Relationship maintenance.

Unit – IV

Aggression : Nature, causes and management; Violence, family violence.

Group : Types, group cohesion, group behaviour, conformity, obedience, compliance.

Unit - V

Prejudice : Nature, Cognitive base, reducing prejudice.

Attitude : Nature, Formation and Change, its theoretical orientation – Festinger's Dissonance and Mc Gurie's Inoculation theory; Functional theory of Kelman, Katz and Smith.

Recommended Books

- Baron, R.A. and Byrne, D. (2003). Social Psychology, New Delhi: Prentice Hall.
- Crano, W.D. Messe, L.A. (1982). Social Psychological Principles and Themes of Interpersonal Behaviour: Dorsey Press.
- Forsyth, D. (1983). An Introduction to Group Dynamics, Monterey, Calif: Brooks Cole.
- Kakkar, S. (1977). Culture and Psychology, Delhi: Oxford University Press.
- Leary, M.R. (Ed). (1995). State of Social Psychology, Issues, Themes, Controversies, London: Sage Publication.
- Lindgren, H.C.(1973). An Introduction to Group Dynamics, Monterey, Calif : Brooks Cole.
- Lindsmith, A.R., Strauss, A.Z. and Densin, N. K. (1988). Social Psychology, New Jersey : Prentice Hall.
- Lindzey, G. and Aronsen, E. (1985). Handbook of Social Psychology (Vol. 1 to 5), New York: Random House.
- McDavid, J.W. and Harari, H. (1968). Social Psychology, New Jersey: Prentice Hall.
- Triandis, H.C. (1994). Culture and Social Behaviour, New York: McGraw Hill.

M2/PSY 03-CT07 : Psychological Testing

Unit – I

Psychological Test: Meaning, Varieties, characteristics, Uses of Psychological Tests. Ethical Consideration in Testing Sources of Bias in Testing.

Unit – II

Construction and Standardization of Psychological Test (with special reference to Achievement test. Item Analysis

Unit – III

Reliability, Validity and test Norms - Concept and types.

Unit – IV

Psychological Test : Intelligence, Aptitude, Achievement& Interest

Unit – V

Personality Tests: Psychometric, Projective, Behavioural, Measurement of Values.

Recommended Books

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

M2/PSY 04-CT08 : Psychological Statistics

Unit I

Normal Distribution: Meaning and importance; Properties of Normal Probability Distribution, Skewness and types of Kurtosis.

Unit II

Correlation: Meaning and Interpretation of Coefficient of Correlation, Product moment, Rank difference, Biserial, Point Biserial, Tetrachoric, Phi-coefficient.

Unit III

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. t- test, z- test.

Unit IV

Non-Parametric Statistics: Difference between Parametric and Non parametric Statistics, Chi-Square Test, Sign Test, Median Test, Mann-Whitney U Test.

Unit V

Regression : Meaning, Types and Uses; Interpretation of Data. 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: Simons.
- Guilford, J.P. (1975) Fundamental statistics in Psychology and education. New York: McGraw Hill
- Siegel, S. (1988) Nonparametric Statistics for Behavioral Sciences. New York: McGraw Hill.

M2/PSY 01-CP03 : Practical – I Social Psychology and Testing

A student will be required to conduct six practical.

1. Aggression
2. Group Pressure
3. Leadership
4. Interpersonal attraction
5. Impression Formation
6. Communication
7. Weschler Intelligence Test Battery
8. Ravens Progressive Matrix
9. Neo Five Factor Personality Inventory
10. Practical as suggested by the teacher

M2/PSY 02-CT04 : Practical – II Statistics

A student will be required to conduct all six practical

1. t test
2. Correlation
3. Non Parametric (any one)
4. Data Analysis and Computer
5. ANOVA
6. Regression
7. Factor Analysis
8. Normality test
9. Practical as suggested by the teacher

M2/PSY 01-Skill01: Understanding Self

Unit – I

Exploration into Self: Meaning and nature of self: self concept, self esteem and self efficacy, factors determining self esteem. Measurement of self concept, self esteem and self efficacy.

Unit – II

Motivation: Meaning, nature and importance, types of motivation, application of theories of motivation for self development.

Unit – III

Intelligence and Emotion: Meaning, nature, types, factors influencing intelligence and measurement of intelligence, Meaning, types and expressions of emotions, Emotional intelligence.

Unit – IV

Communication: Meaning, nature, types and factors influencing communication, characteristics and mastering communication.

Unit – V

Indian Psychology and development of self: Contribution of Yoga and meditation in self development.

Note: students will measure their own intelligence abilities, self concept and self esteem.

SEMESTER III

M3/PSY 01-CT09: Personality Theories

Unit I

Personality : Concept, Nature of Personality theory. Current issues in Personality Research
Big five (Costa Mc Crae)

Unit II

Psychoanalytic Theory and Post Freudian developments : Freud, Jung, Adler, Horney, Erikson.

Unit III

Post NeoFreudian :Sullivan, Fromm, Trait Theories : Allport, Cattell, Eysenck, Type theories of Personality, Sheldon, Kretschmer.

Unit IV

Behaviourist Theory : Skinner Socio Cognitive Theory : Bandura, Seligman, Miller & Dollard, Kelley

Unit V

Humanistic Phenomenological Prospective : Rogers, Maslow. Existential viewpoint : Rollo May, Frankl

1. Corsini, R.J. and Morselia, R.J. : Personality Theories, Research and Assessment. Illinois : Peacock.
2. Hall, C.S., Lindzey, J.C. and Manosevitz, M. (1985) : Introduction to Theories of Personality. New York : John Wiley & Sons.
3. Kline, P. (1983). Personality, Measurement and Theory. New York : St. Martin's Press.
4. Robert, E.B. (1993). Theories of Personality. London : Lawrence Erlbaum Associates.
5. Pervin L.A. (1984). Personality Theories, Assessment and Research New York : John Wiley & Sons.
6. Hjelle and Ziegler (1992). Personality Theories. Singapore : McGraw Hill.
7. Aitken, L.R. (1989). Assessment of Personality. Boston : Allyn and Bacon.
8. Friedman, H.S. and Schustack, M.W. (2004). Personality : Classic Theories and Modern Research. Singapore : Pearson Education.

M3/PSY 02-CT10 :Positive Psychology

Unit I

Introduction : Definition, Goals and Historical Overview; 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 Focused 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 Behaviour : Empathy, Altruism, Gratitude and Forgiveness. Positive Environment : Positive schooling, the me/we Balance : Building better communities.

Books Recommended :

- Snyder, C.R. Lopez, S.J. (2012). 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.

M3/PSY 03-ET11A: Clinical Psychopathology

Unit I:

Normality: Concept of normality and pathology, Vulnerability, Resilience and coping paradigm, Meaning of mental health and mental disorder. Models of abnormality.

Unit II:

Classifications of mental disorders:APA and WHO Classifications. Development, Advantages and disadvantages of classification system. Causal Factors: Biological, psycho-social and socio-cultural factors. Diathesis-stress model.

Unit III:

Mood Disorders. Depression and Bipolar disorders

Anxiety Disorders: Panic disorder, Phobic disorders, PTSD, Generalized Anxiety disorders.

Unit IV:

Schizophrenia and other psychotic disorders, Types of schizophrenia

Memory related disorders. Sleep disorders. Personality related disorders.

Unit V:

Somatoform disorders. Substance Abuse disorders. Learning disorders. Eating disorder

Prevention of mental disorders: levels, situation-focused and competency focused prevention.

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

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.

M3/PSY 03-ET11B: Organisational Behaviour

Unit I

A Brief History of Industrial and Organizational Psychology. Role of Psychologists in Organization, Organizational Behaviour : Meaning, Disciplines, Challenges and Opportunities, Models of abnormality

Unit II

Job satisfaction: Meaning, Factors, Importance and Techniques Industrial morale Measurement, Methods of increasing morale.

Unit III

Employee Motivation: Theories of motivation Maslow, Alderfer, McGregor, Herzberg, McClelland. Expectancy theory, Goal Setting theory

Unit IV

Human Performance: Time and Motion study Man – Machine system. Equipment Design, Accident: Accident Proneness, accident prevention

Unit V

Leadership: Traditional theories of leadership- trait, Group, Exchange, Contingency, Path, Goal Leadership Theory, Modern theoretical processes. Leadership styles: 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.

M3/PSY 03-ET11C: Educational Psychology

Unit I

Meaning of Education and Educational Psychology, Scope and Importance of Educational Psychology. Meaning, scope and importance of studying child development, Importance of Environment & Developmental Characteristics of Child Development with reference to Physical, Psychological, Moral and Emotional aspects.

Unit II

Learning: Concept and factors affecting learning. Approaches to Learning: Relevance and the applications of cognitive approaches, Gestalt Behaviourist and social cognitive.

Motivation – Meaning in educational concept Maslow & Hierarchy of needs and motivational Devices for Classroom teaching.

Unit III

Individual differences – Nature, Types, Causes, Accommodating Individual differences in class room, Intelligence, Nature and characteristics, theories of Intelligence- two factor theory of Spearman Guilford structure of Intelligence Gardner's theory of multiple Intelligence. Daniel Goleman's model of Emotional Intelligence, Evaluation in Education Types of tests, Characteristic of a Psychological, Measurement of Intelligence types of Intelligence test verbal Non verbal and performance test.

Unit IV

Concept and Nature of Teaching Relation between teaching and learning Principles of Teaching Approaches to teaching – Participatory, child centered characteristics and use in teaching.

Unit V

Method of Teaching- Play methods in Education, Montessori Method

Understanding differences based on cognitive abilities in children with learning difficulties for distance, slow learner, dyslexic)

Books Recommended:

- Anita Woolfolk: Educational Psychology
- Slavin N Davis (2006) Educational Psychology: Theory and Practice. Academia Education
- Dash and Dash. Fundamental of Educational Psychology
- S.K. Mangal: Advanced Educational Psychology

M3/PSY 04-ET12A : Psychological Therapies – I

Unit 1.

Introduction to interventions. Definition of psychotherapy. Goals of intervention. Professional issues- training, ethical issues, personal characteristics of therapists, future of therapy.

Psychotherapy in India. Development and current status. Yoga and Buddhist traditions in therapy.

Unit 2.

Psychoanalytical therapies, Brief dynamic therapies, Indications and evaluation.

Neo Freudian approach, Ego analytical therapies. Current status and evaluation.

Unit 3.

Humanistic Existential approaches- Rogerian and Gestalt therapy

Unit 4.

B: Group approaches. Nature of group therapy. Utility evaluation. Family therapy, general types, need and application.

Unit 5. Community based intervention. Difference between therapeutic and community health models. Concepts of Prevention, Crisis Intervention and Rehabilitation.

Books Recommended:

- Aveline. M. & Shapiro. D.A. (1995) Eds, Research for psychotherapy practice. Wiley.
- Bellack, A.S., Hersen M. & Kazdin, A.E. (1983). International handbook of behavioural modification and therapy. New York: Plenum Press.
- Bergin, A.E. & Garfield, S.L. (1994). Eds. Handbook of psychotherapy & behavioural change. 4ed. NY: Wiley.
- Jones, C. C. (1993). Family Systems therapy: Wiley.
- Lane, D & Miller, A (1992). Eds. Child & Adolescent therapy. A handbook. Milton Keynes Open Uni. Press.
- Norcross. J.C (1980). Handbook of psychotherapy integration (Ed.) New York: Basis books
- Spiegler.M.D. (1997). Contemporary Behaviour Therapy. New Delhi, Sage Publications.
- Srinivasa Murthy & Barbara. J. Buras. (1992). Eds. Community mental health proceedings of the Indo-US symposium. Bangalore: NIMHANS
- Steven Jay Lynn & John P, G. (1985). Contemporary psychotherapeutic models and methods, Ohio, Charles E. Merritt.
- Wolberg. L.R. (1989). The technique of psychotherapy. Vol. I & II. London. Warburg and Heinemann

M3/PSY 04-ET12B: Human Resource Management

Unit I

Management of Human Resources in Organization, Recruitment and Selection Process
Communication in Organization : Type and Functions of Communication. Barrier to effective Communication.

Unit II

Conflict and Negotiation
Conflict: Meaning & Process, Bargaining Strategies, Negotiation Process
HR Policies for employees engagement and welfare.

Unit III

Performance appraisal : Methods of Performance Appraisal ,360 degree, 540 degree and 720 degree
Feedback, HR Audit, Competency Mapping

Unit IV

Organization Structure : Chain of command, Centralization and decentralization
Span of control. Simple Bureaucracy and Matrix structure. New Designs of organization:

Unit V

Principle of Employee selection, Uses of Psychological techniques, Person – Job Fit, Person, Organization fit

Books Recommended:

M3/PSY 04-ET12C: Disorders of Childhood and Adolescents

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)
- Sarason, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Person Education
- Carson, R.C., Butcher, J.N., Mineka, S. And Hooley, J.M. (2007). Abnormal Psychology. Pearson.

M3/PSY 01-CP05 : Practical – I:

A student will be required to conduct all six practical

1. Assessment of strengths
2. Intelligence and Ability Testing
3. Creativity
4. Aptitude testing
5. Self Assessment – Social Adjustment / Self Concept
6. Study of any one issue represented and highlighted by media (Sexual abuse & Harassment poverty, gender is equality, child labour, etc.)

7. Personality assessment
8. Practical as per suggestion of the teacher

M3/PSY 02-EP06A: Practical – II Clinical Psychology

A student will be required to conduct all six practical

1. Mental Health
2. Clinical Interview
3. P.G.I. Memory Scale
4. Progressive muscle relaxation and its application to behavioural problem
5. Electro Sleep Apparatus
6. TAT
7. Rorshach Ink Blot test
8. Neuro Psychological test
9. Case study
10. Practical as per suggestion of the teacher

M3/PSY 02-EP06B: Practical – II Industrial Psychology

A student will be required to conduct six practical

1. Job Analysis
2. Job Satisfaction
3. Work and Rest
4. Risk Taking Behaviour
5. Organisational structure
6. Leadership assessment
7. Communication exercise
8. Performance appraisal
9. Identification of team role
10. Person job fit
11. Practical as per suggestion of the teacher

M3/PSY 02-EP06C: Practical – II Educational Psychology

1. Social Adjustment
2. Emotional Adjustment / Emotional Quotient
3. Preparation of case study to recommended choice of subjects (using intelligence, aptitude and Interest tests)
4. Rational Emotive Therapy
5. Counselling Interview Techniques
6. A comparative study of learning of children belonging to different socio cultured background.
7. Case study of a child with learning difficulties.
8. Intelligence test
9. Practical as per suggestion of the teacher

SEMESTER IV

M4/PSY 01-CT13 : Psychometrics and Scaling

UNIT-I

Meaning of Psychophysics, its different problems, Classical and modern psychophysics
Weber, Fechner, Thurstone, Stevens. Signal detection theory.

UNIT-II

Method of Average Error, Line Drawing Experiment, Muller Lyer Illusion, Space error,
Movement error, Point of subjective Equality (P.S.E.) Advantages & Disadvantages
of the method.

UNIT-III

Method of Minimal Changes; Just Noticeable Difference, Just Not Noticeable Difference:
Determination of Absolute Limen and Differential Limen. Advantages &
Disadvantages of the method.

UNIT-IV

Method of Constant stimuli for determination of Absolute limen and Difference limen;
Different forms of constant methods - Quanta, Logistic, Probitanalysis and Judgement
time methods. Advantages & Disadvantages of the method.

Unit – V

Scaling : Meaning, Nature, Methods of scaling and Types of scaling, Thurston & Likert
Scale.

RECOMMEND BOOKS:

1. Anastasi Psychological Testing “
2. Freeman Psychological Testing
3. Cronbach Psychological Testing
4. Guilford, J.P Psychometric Methods
5. Edwards, A.L. Techniques of Attitude Scale
6. Torgerson, W.S. Theory & Method of Scaling.
7. भार्गव एवंसक्सेना मनोभौतिकी एवंमनोमापन, हरप्रसादभार्गव, कचहरीघाट, आगरा
8. भार्गव, महेश आधुनिकमनोवैज्ञानिकपरीक्षण एवंमापन, हरप्रसादभार्गव,
कचहरीघाट, आगरा
- 9 .Nunnly, J.C. (1987) Psychometric Theory, New York, McGraw Hill.
10. Singh A.K. (1986) Test, Measurements and Research Methods in Behaviour
Sciences, New Delhi: Tata McGraw Hill.

M4/PSY 02-CT14: Developmental Psychology

Unit I

Human Development : Nature and Scope of Development. Methods of studying Developmental Behaviour. 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. Social Learning and Cognitive Theories : Bandura, Piaget, Vygotsky; Information Processing Theory and Language Development.

Unit IV

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 V

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) Development 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.

M4/PSY 03-ET15A: Clinical Assessment

Unit I

Clinical Assessment: Need & Purpose of Assessment process: Planning, data – collecting, interpreting & communicating finding Formal & Informal assessment.

Unit II

Clinical Interview: components and basic skills Types of Clinical interview Process & environment.

Unit III

Projective assessment tools : TAT, Draw a man Just, Picture Frustration, Rorschach ink blot test and others.

Unit IV

Neuropsychological Assessment : Sensory Motor & Perceptual problems ;
GSR, EEG, ERP, PET, MRI.

Unit V

Objective tests & techniques : Intelligence & Personality, Individual & Group tests. Issues & skills in assessment: Cross culture, child assessment.

Books Recommended:

- Corey, G. (2000). Theory and practice of counselling and Psychotherapy.
- Erskine, R. (1988). Integrative Psychotherapy in action. N.Y.: Sage publications.
- Karner, 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.

M4/PSY 03-ET15B: Training and Development

Unit I

Introduction to HRD, Training in Organizations, Role of Trainings, Training: Process, Types and Methods, training ethics, Role of assessment centres.

Unit II

Training need Assessment: Individual and analysis, Designing training programme: Imparting training, training evaluation

Unit III

Training Methodology: Principles and Modes of learning, skills for an effective trainers, use of audio visual aids in training Role Play, simulation, case study methods Action learning.

Unit IV

Training for leadership development, emotional intelligence, Team Building training

Unit V

Use of Psychological tests in training Myers briggs type Indicator 16PF, Big five

Recommended Books

M4/PSY 03-ET15C: 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,

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 Disadvantage Group.

Unit VI

Ethical Issue : Ethics and Competencies Needed for Career Development; Future Concerns of Vocational Development.

Books Recommended :

- Brown. D. (2007) Career Information, Career Counselling and Career Development (9th Edition), Boston, Pearson.
- Crities, 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 (4thed.) C.A. Jossey-Bass
- Leong, F.T.L. and Bark, A.(2001) Contemporary models in Vocational Psychology New Jersey: Lawerence Erlbaum
- Walsh, W.B. , and Savickas, M.L. (2005) Handbook of Vocational Psychology (3rd edition). New Jersey. Lawerence Erlbaum.

M4/PSY 04-ET16A : Psychological Therapies - II

UNIT-I

Concept of Behaviour Modification: Development, Basic Assumption and Importance in various fields. Application of Behaviour Modification.

Operant Methods in Self-Control: Background, Application of operant procedure in obesity, study behaviour, self-control principles, empirical findings.

UNIT-II

Aversion Therapy: Meaning, Technique, Electrical Stimulation, narcotic Addiction, Drugs, Covert sensitization, Practical guide uses for A.T Progressive Muscle Relaxation.

UNIT-III

Background of Systematic Desensitisation; Its theory applicability and some empirical findings. Nature and Methods

UNIT-IV

Assertive Training; Its implementation and experimental studies; Behaviour Rehearsal – the minimal effective response Escalation passive, Aggressive Techniques.

Concept and procedures of modelling; Acquisition and Facilitation of new Behaviour Patterns by modelling; Disinhibition and the Vicarious Extinction of fear and Anxiety by Modelling.

UNIT-V

Cognitive Methods in Behaviour Modification; Rational Emotive Therapy, Thought stopping, Sex therapy.

Books Recommended

- Aveline. M. & Shapiro. D.A. (1995) Eds, Research for psychotherapy practice. Wiley.
- Bellack, A.S., Hersen M. & Kazdin, A.E. (1983). International handbook of behavioural modification and therapy. New York: Plenum Press.
- Bergin, A.E. & Garfield, S.L. (1994). Eds. Handbook of psychotherapy & behavioural change. 4ed. NY: Wiley.
- Jones, C. C. (1993). Family Systems therapy: Wiley.
- Lane, D & Miller, A (1992). Eds. Child & Adolescent therapy. A handbook. Milton Keynes Open Uni. Press.
- Norcross. J.C (1980). Handbook of psychotherapy integration (Ed.) New York: Basis books
- Spiegler.M.D. (1997). Contemporary Behaviour Therapy. New Delhi, Sage Publications.
- Srinivasa Murthy & Barbara. J. Buras. (1992). Eds. Community mental health proceedings of the Indo-US symposium. Bangalore: NIMHANS
- Steven Jay Lynn & John P, G. (1985). Contemporary psychotherapeutic models and methods, Ohio, Charles E. Merritt.
- Wolberg. L.R. (1989). The technique of psychotherapy. Vol. I & II. London. Warburg and Heinemann

M4/PSY 04-ET16B Entrepreneurship Psychology

Unit-I

Entrepreneurship: Meaning and Nature. Methods and importance of Entrepreneurial Psychology, Social and Psychological factors of entrepreneurship.

Unit-II

Theories of Entrepreneurship: McClelland's Achievement Motivation theory, Rotter's Locus of Control theory. Achievement Motivation : Concept and measurement. Innovation and Creativity in Entrepreneurship.

Unit-III

Psychological characteristics of an entrepreneur. Development of Entrepreneurship Potential among adults, Entrepreneurship development programmes in Indian context. Entrepreneurship Education: How to start, run and grow an enterprise. Creating an entrepreneurial mindset.

Unit-IV

Social Responsibility of entrepreneurs, the achievement syndrome, self study, goal setting and interpersonal support.

Techpreneurship: Concept, development and case studies with special reference to Indian techpreneurs. Challenges to techpreneurship.

Unit-V

Skill Development and Entrepreneurship. Challenges to skill development in India.

Measurement of Entrepreneurship Potential

Global Entrepreneurship Monitor reports: Indicators and India's status.

M4/PSY 04-ET16C: Counselling Psychology

Unit I

Introduction: Nature and Historical perspective, Professional Counsellors- Roles and functions. Ethical issues and legal concerns of counselling.

Unit II

Counselling Process and Skills: Counselling relationship- Meaning, and nature, Counselling interview Basic Communication Skills- Rapport building, Assessment of Problem, Setting Goals, Selecting and designing interventions, Termination of Counselling.

Unit III

Theories of Counselling: Psychoanalytic theory, Person Centered therapy, Behavioural therapy, Rational Emotive Therapy, Reality Therapy, Transactional Analysis, Gestalt therapy

Unit IV

Group Technique: Group Guidance, Group Counselling, Sensitivity groups, Encounter groups, Task groups, Psycho education groups, Group process and group dynamics.

Unit V

Counselling for career planning and decision making. 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 setting.

Books Recommended

- Capuzzi (2008) Counselling and Psychotherapy. New Delhi: Pearson education.
- 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. New Delhi: Prentice Hall.
- Gelso, C.G. and Fretz, B. Counselling Psychology, Practice, Issues and Interventions, New Delhi: Cengage learning.
- Gladding, S. (2009) Counselling: A comprehensive profession. New Delhi: Pearson education

M4/PSY 01-CP07: Practical –I : Psychophysics and Developmental Psychology

A student will be required to conduct six practical

1. Piaget test for Cognitive Development
2. MullerLyer Illusion
3. Determination of AL
4. Determination of DL
5. Likert Type Scale / Thurstone Type Scale
6. Reliability / Validity / Norms
7. Practical as per suggestion of the teacher

M4/PSY 02-EP08A ClinicalPractical II

A student will be required to conduct six practical

1. Depression
2. Anxiety / Death Anxiety
3. Community Mental Health
4. Psycho Therapy
5. Bio-feed technique and its application in Psychosomatic – Disorders
6. Use of Rational Emotive Therapy
7. Use of Operant Method
8. Practical as per suggestion of the teacher

M4/PSY 02-EP08B Industrial Practical II

A student will be required to conduct six practical

1. Training needs Identification
2. Corporate Social Responsibility
3. MBTI/ FIRO –B/16 PF
4. Team work exercise
5. Leadership case study
6. Use of role play/ simulation in training
7. Entrepreneurship case study
8. Practical as per suggestion of the teacher

M4/PSY 02-EP08C: Educational Practical II

A student will be required to conduct six practical

1. Effect of reward on learning
2. Problem Children
3. Construction of objective type tests in a school subject
4. Counselling to an adolescent / child for a problem
5. Career Counselling
6. Group Counselling
7. Practical as per suggestion of the teacher

M4/PSY 01-Skill02: Counselling Interview

Unit I

Counselling Vs Interviewing, Goals of Counselling Interview, Attending Behaviour ; Basic to Communication

Unit II

Listening to and observing the client Questions, Encouraging, Paraphrasing and Summarizing

Unit III

Nothing and Reflecting feelings, selecting and structuring skills to need client: How to conduct a complete Interview using only listening skills.

Unit IV

The Skills of confrontation, following, eliciting and reflecting meaning.

Unit V

Influencing skills and strategies.

Books Recommended:

1. Allen E. Ivey (1994) *International Interviewing and Counselling* Brooks/Cole Publishing Company, Pacific Grove, California
2. George, R.L. and Cristiani, T.S. (1994) *Counselling Theory and Practice*. New Delhi: Prentice Hall.
3. Gladding, S. (2009) *Counselling: A comprehensive profession*. New Delhi: Pearson education