

NOTIFICATION

No. : 69/2018

Date : 5th July, 2018

Subject : Implementation of Syllabi of Master of Arts (Psychology) (Semester-I to IV) as per Semester and Credit Grade System in the Faculty of Humanities from the Session 2018-2019 and onwards.

It is notified for general information of all concerned that the authorities of the University has accepted the Syllabus of Master of Arts (Psychology) (Semester-I to IV) as per Semester and Credit Grade System as mentioned in Column No. 2 which are to be implemented from the session 2018-2019 and onwards with appendices which are attached herewith as shown in column No. 3 of the following table.

TABLE

Sr.No.	Course / Subjects	Appendices of the New Syllabi
1.	2.	3.
	A) Faculty of Humanities :	
1.	M.A. (Psychology) (Sem-I & II)	The Syllabi prescribed for M.A. (Psychology) (Semester-I & II)(Revised)which is appended herewith as Appendix 'A'
2.	M.A. (Psychology) (Semester-III & Semester-IV)	The Syllabi prescribed for M.A.(Psychology)(Semester-III & IV) which is appended herewith as Appendix 'B'

Sd/-
(Dr. A.P. Deshmukh)
Registrar
Sant Gadge Baba Amravati University

Appendix-A

**S SEMESTER SYSTEM SYLLABUS FOR PSYCHOLOGY
M. A.**

**SEMESTER I to IV
With effect from 2017-2018&2018-2019**

General Instruction

- The examination in MA Psychology for each Semester will have 4 Theory Papers. Each Theory Paper will have Maximum 80 Marks External and 20 Marks for Internal Assessment, Practical Paper will have Maximum 100 Marks. Minimum Marks for Passing in each Paper will be 40%.
- There will be 4 Theory Periods for each Paper and 4 Periods for Practical in a week, per batch of 10 students. Total 20 Clock Hours has teaching per batch in a week.
- Student will be allowed to appear in the Practical examination with duly certified and completed practical record book signed by the teacher and Head of the Department.
- For M.A. Semester-I & II, the Practical Syllabi consists only Section A of 100 Marks.
- For M.A. Semester-III, the Practical Syllabi consist of the following Two Sections :

Section-A :	Psychological Testing	-	70 Marks
Section-B :	Case Study & Report Presentation	-	30 Marks
- For M.A. Semester-IV, the Practical Syllabi consist of the following Two Sections :

Section-A :	Psychological Testing	-	70 Marks
Section-B :	Dissertation & Viva-Voce	-	30 Marks

M.A. Psychology, Semester-I

Paper	Title of the paper	Marks	Duration of examination	Internal Assessment Marks	Total Marks
A) Theory :					
I	Cognitive Psychology	80	3 Hrs	20	100
II	Research Methodology and Statistics I	80	3 Hrs	20	100
III	Biopsychology I	80	3 Hrs	20	100
IV	Personality Psychology	80	3 Hrs	20	100
B) Practical :					
V	Practical	100	--	--	100
Total Marks A + B		420		80	500

M.A. Psychology, Semester-II

Paper	Title of the paper	Marks	Duration of examination	Internal Assessment Marks	Total Marks
A) Theory :					
I	Cognitive Process	80	3 Hrs	20	100
II	Research Methodology and Statistics II	80	3 Hrs	20	100
III	Biopsychology II	80	3 Hrs	20	100
IV	Personality Theories	80	3 Hrs	20	100
B) Practical :					
V	Practical	100		--	100
Total marks A + B		420		80	500

M.A. Psychology, Semester-III

Paper No	Title of the Paper	Marks	Duration of Examination	Internal Assessment Marks	Total
A Theory					
I	Health Psychology	80	3 Hrs	20	100
II	Abnormal Psychology I	80	3 Hrs	20	100
III	Clinical Psychology	80	3 Hrs	20	100
IV	Counseling Psychology	80	3 Hrs	20	100
B Practical					
V	Practical (PR5)	100		--	100
Total Marks A+ B		420		80	500

M.A. Psychology, Semester-IV

Paper No	Title of the Paper	Marks	Duration of Examination	Internal Assessment Marks	Total
A Theory					
I	Stress, Coping and Health	80	3 Hrs	20	100
II	Abnormal Psychology II	80	3 Hrs	20	100
III	Clinical Assessment	80	3 Hrs	20	100
IV	Psychotherapies	80	3 Hrs	20	100
B Practical					
V	Practical (PR5)	100		--	100
Total Marks A+ B		420		80	500

Pattern of Examination
M. A. Clinical Psychology (Revised)
Semester : Four Papers for Each Semester.

Time: 3 Hours

Full Marks: 100

Theory : 80

Int.Ass. : 20

Instruction:

A] All Questions are Compulsory

B] All Questions Carry Equal Marks

Note:

- 1) Number of questions to be set in each paper will be Four
- 2) One Multiple Choice Question with ten sub questions will be set from all units.
- 3) Two long answer questions and two short answer questions to be set on four units.
- 4) For every question, long answer type or short answer type, there will be an alternate choice. However, there shall be no internal choice in the question.
- 5) In each short answer type question there will be two to four sub questions with no internal choice.
- 6) There will not be a question like 'write short notes on'

Practical :

- 1] One practical examination in each semester of 100 Marks and three hours duration.
- 2] Practical examination in I to IV Semester will be conducted by Internal and External Examiners appointed by the University.

Distribution of Marks for I& II Semester (Practical Examination)

1] Record Book	20	
2] Conduct of Experiment		25
3] Report of Experiment	25	
4] Viva-Voce		30

Total	100	

Distribution of Marks for III& IV Semester (Practical Examination)
Semester-III

Part-A		(70 Marks)
1] Record Book	--	15 Marks
2] Conduct of Experiment	--	15 Marks
3] Report of Experiment	--	15 Marks
4] Viva-Voce	--	25 Marks
Part-B		
Case Study :		(30 Marks)
a) Report Presentation	--	20 Marks
b) Viva-Voce	--	10 Marks

Total	--	100 Marks

Semester-IV

Part-A		(70 Marks)
1] Record Book	--	15 Marks
2] Conduct of Experiment	--	15 Marks
3] Report of Experiment	--	15 Marks
4] Viva-Voce	--	25 Marks
Part-B		
Dissertation :		(30 Marks)
a) Dissertation	--	20 Marks
b) Viva-Voce	--	10 Marks

Total	--	100 Marks

Internal Assessment :

1. Each Paper will have Internal Assessment of 20 Marks.
2. Head of the Department will Monitor Internal Assessment of the Student on the basis of Evaluation Report from the concerned Teacher / Teachers, under the Supervision of the Principle of the College and will be done at the end of each Semester.
3. Distribution of 20 Marks of Internal Assessment for Theory :

i) Seminar& Presentation - 20 Marks

C E R T I F I C A T E

DEPARTMENT OF PSYCHOLOGY

Name of the College -----

This is to certify that this practical record is original work done by Mr./Ms./Smt.-----

----- Class ----- Semester-----during the academic year-----.

He/she has submitted/not submitted the Seminar as prescribed by S.G.B. Amravati University, Amravati.

Signature of the Teacher

Signature of the Head of the Department

Signature of the External Examiner

**Syllabi of M.A.Part-I
M.A. Psychology
Semester-I
Paper-I
Cognitive Psychology**

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. To develop insight into one's own and others' behaviour and underlying mental processes.
2. To enrich students' understanding of major concepts, theoretical perspectives, and empirical findings in cognitive psychology

UNIT-I INTRODUCTION TO COGNITIVE PSYCHOLOGY

- A) Origin and Brief History of Cognitive Psychology
 - i) Current status of cognitive psychology
 - ii) Modern cognitive psychology
- B) Isms in Cognitive Psychology
- C) Methods of Cognitive Psychology
- D) Paradigms of Cognitive Psychology
 - i) Information Processing approach,
 - ii) Ecological approach

UNIT II: ATTENTION AND PERCEPTION

- A) Attention:
 - i)Divided attention
 - ii)Selective attention
- B) Theories of Attention
 - i) Filter theory
 - ii)Attenuation theory
 - iii)Late selection theory
 - iv)Multimode theory

- C) Theories of Perception
 - i) Gestalt
 - ii) Bottom up
 - iii) Top down
 - iv) Feature analysis
 - v) Subliminal perception
 - vi) extra sensory perception
 - vii) signal detection theory

UNIT III: LANGUAGE

- A) Language Learning
 - i) Stages of language development
 - ii) Apes and language
- B) Understanding Spoken Language:
 - i) Speech perception
 - ii) Constituent structure
 - iii) Transformation grammar
 - iv) Factor Affecting comprehensive
- C) Reading
 - i) Theories of word recognition
 - ii) Reading and working memory
- D) Speaking
 - i) Selecting the content of speech
 - ii) Speech errors
 - iii) Gesture
 - iv) The social context of speech
- E) Writing
 - i) Comparing speaking and writing
 - ii) Cognitive task involved in writing

UNIT IV: PROBLEM SOLVING AND CREATIVITY

- A) **Define Problem**
 - i) Stages of problem solving
 - ii) Types of problem
 - iii) Problem solving approach
 - iv) Algorithms
 - v) Heuristic
 - vi) Means ends analysis
 - vii) Computer simulation and analogy.
- B) **Creativity**
 - i) Define creativity
 - ii) Measuring creativity
 - iii) Attitude and Cognitive dissonance
 - iv) Attribution theory.

SOURCE BOOKS :

1. Matlin, M. (1994). Cognition. Prism India Books.
2. Solso, R.L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education.
3. Stenberg, R. J. (2007). Cognitive Psychology. Australia: Thompson Wadsworth
4. Galloti, K.M.(2004). Cognitive Psychology In and Out of Laboratory. USA: Thomson Wadsworth.
5. Kellogg, R. T. (2007). Fundamentals of Cognitive Psychology. N. D. Sage Publications. Wade, C. and Tavis, C. (2007). Psychology. Pearson Education.

REFERENCE BOOKS :

1. Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
2. Gunther, R. K. (1998). Human Cognition. New Jersey: Prentice-Hall.
3. Kalpan, S. & Kalpan, R. (1982) Cognition & Environment. N.Y.: Praeger Publishers.
4. Flavell, J. H. (1985). Cognitive Development. (2nd ed). N.J.: Prentice-Hall.
5. Reed, S. K. (1998). Cognition: Theory and Application (3rd ed). California Books/Cole Pub. Company.
6. Borude, R.R. Bodhanik Manasashastra. Chhaya Prakashan.
7. Cohen, G. (1983). Psychology of Cognition (2nd ed). London: Academic Press.
8. Desai, B. & Abhyankar, S.C. (2007). Prayogik Manasashastra and Sanshodhan Paddhati. Pune: Narendra Prakashan.

M.A. Psychology
Semester-I
Paper-II
Research Methodology and Statistics –I

Marks – Theory : 80
Int.Ass. : 20

Objectives :

1. To acquaint the student in psychological research method
2. To develop computation skill in students and enable them to analyze data for project and dissertation

UNIT-I INTRODUCTION TO RESEARCH

- A) Meaning and nature of psychological research, Types of research, Stages of psychological research, Ethical issues in psychological research,
- B) Research problem: Meaning and nature, Types and sources
- C) Review of literature: Purpose and sources

UNIT-II HYPOTHESIS, VARIABLES AND RESEARCH METHODS

- A) Hypothesis: Meaning and nature, Characteristics, types, sources and uses
- B) Variable: Meaning, Types, Important consideration in selection of variables, Methods of manipulating independent variables, Techniques to control extraneous variables
- C) Experimental Research: Meaning and characteristics, Types of experimental research- Laboratory experiment and field experiment
- D) Non experimental research: Meaning and characteristics, Types of non-experimental research- Field study, Survey Research, Ex post facto research, case study.

UNIT-III PARAMETRIC AND NON-PARAMETRIC STATISTICS

- A) Meaning and nature of parametric statistics, meaning of t-ratio, t-ratio with independent means, t-ratio with correlated means, t-ratio with matched group.
- B) Meaning and nature of non-parametric statistics, Chi square, Assumption of chi-square, Chi-square based on hypothesis of equal probability and normal distribution, Mann-Whitney U-test, median test.

UNIT-IV CORRELATION

- A) Meaning and nature of correlation, Types of correlation, Methods of correlation- Rank difference, Product moment, Biserial, Point biserial, Tetrachoric, and Phi Coefficient.
- B) Level of significant, Type I and Type II error, One tailed and two tailed test.

References :

- 1) Broota, K. D. (2002), Experimental Design in Behavioural Research, New Age International (P) Limited Publishers.
- 2) Minium, E.D., King B.M. & Bear G. (1993), Statistical Reasoning in Psychology and Education (3rd Edition), Wiley Student Edition.
- 3) Guilford, J. P. & Fruchter, B. (1978), Fundamental Statistics in Psychology and Education (6th Edition), McGraw-Hill International Editions.
- 4) Gottsdanker, R. (1978), Experimenting in Psychology, Prentice Hall
- 5) Kerlinger, F. N. (1973), Foundation of Behavioural Research (2nd Edition). N. Y., Magraw Hill.
- 6) Singh, A. K., (2012), Tests, Measurements and Research Methods in Behavioural Sciences, (6th Edition), BharatiBhawan Publishers and Distributors.
- 7) Mangal, S. K. (2007), Statistics in Psychology and Education (2nd Edition), Prentice Hall of India Private Limited, New Delhi
- 8) Kothari, C. R., (2014), Research Methodology : Methods and Techniques (4th Edition), New Age International Publishers
- 9) सिंग, ए. के. , (२०१३), मनोविज्ञान, समाजशास्त्र तथा शिक्षामे शोधविधिया (१० वासंस्करण), मोतीलाल बनारसीदास
- 10) सुलेमान, एम. , (२०१२), मनोविज्ञान शिक्षा एवं अन्य सामाजिक विज्ञानोमे सांख्यिकी (६ वासंस्करण), मोतीलाल बनारसीदास
- 11) बोरुडे, रा. र. (२०१०), संशोधन पध्दती शास्त्र, पुणे विद्यार्थी गृह प्रकाशन
- 12) गहेराव, यु. बा. (२०१८), उपयोजित संख्याशास्त्र, गोयल प्रकाशन, पुणे

M.A.Psychology
Semester-I
Paper-III
BIOPSYCHOLOGY-I

Marks – Theory : 80
Int.Ass. : 20

Objectives :

- 1) To introduce the students to the new emerging field of Psychology i.e. Biopsychology.
- 2) To make students understand the term Biopsychology.
- 3) To outline the students about methods of study used for Biopsychology.
- 4) To discuss the ethical constraints of research into Biopsychology.
- 5) To discuss the structure and functions of the nervous system.
- 6) To understand sensory system and discuss its role in perception.
- 7) To discuss the role of Endocrine system in Biopsychology.
- 8) To understand mechanism of Sleep and disorders related to it.
- 9) To discuss neurological disorders.

UNIT-I Introduction to Biopsychology

- A) Biopsychology :Definition, Origins of the field of biopsychology, other disciplines related to Biopsychology, Divisions of Biopsychology.
- B) Origins of dichotomous thinking, Problems with thinking about the Biology of Behaviour in terms of Traditional Dichotomies, Origins of evolutionary theory, Evolution and Behaviour, Course of Human Evolution, Thinking about Human Evolution, Evolution of the Human Brain.
- C) Fundamental Genetics : Mendelian Genetics, Chromosomes, Genetic code and gene expression, Human Genome Project, Growth of Epigenetic, Interaction of Genetic Factors and Experience, Phenylketonuria : A single gene metabolic disorder, Development of Birdsong, Genetics of Human Psychological Differences, Twin Studies of Epigenetic Effects and Effects of Experience on Heritability.

UNIT-II Methods and Strategies of Research

- A) Experimental Ablation : Evaluating the Behavioural Effects of Brain Damage, Producing Brain Lesions, Stereotaxic Surgery, Histological Methods, Tracing Neural Connections, Studying the Structure of the Living Human Brain.
- B) Recording and Stimulating Neural Activity : Recording Neural Activity, Recording the Brain's Metabolic and Synaptic Activity, Stimulating Neural Activity.
- C) Neurochemical Methods : Finding Neurons that Produce Particular Neurochemicals , Localizing Particular Receptors, Measuring Chemicals Secreted in the Brain.
- D) Genetic Methods: Twin Studies, Adoption Studies, Genomic Studies, Targeted Mutations, Antisense Oligonucleotides.

UNIT-III: Sensory System

- A) Visual System : Perception, The Eye : Lens, Retina, Pupil, Functions of the retinal cells, Colour Vision- Trichromatic theory , Opponent process theory, Influences on perception at eye level : at the retina, Monocular influences, Binocular influences. Visual Pathway and Perception.
- B) Auditory System : Auditory Perception, Anatomy of the Ear, Auditory pathways in the Brain, Properties of Sound, Analysis and perception of sound.
- C) Other Sensory System : Olfactory system, Taste, Somatosenses – Cutaneous senses, Threshold of sensation, Spatial resolution, Kinesthesia, ascending pathway and the somatosensory cortex.

UNITIV: The Nervous System and Behaviour

- A) Introduction , Cell Structure and the Communication Network –Sensory neuron, Connector neuron, Motor neuron. Work of neurons and axons, electrochemical process of nervous transmission, The Synapse, Neural networks- cell assemblies.

- B) The Central Nervous System : The Brain, Structure of the Brain, Areas of the Brain – the cortex, the four lobes of the cortex, Motor and Somatosensory areas, Functions of the two hemispheres, Subcortical structure – the brainstem, the reticular formation, the thalamus, the hypothalamus, the limbic system, the amygdala, corpus callosum, the cerebellum, the spinal cord.
- C) Neurochemicals : Neurotransmitters – Acetylcholine, the monoamines, Dopamine's, Serotonin, Norepinephrine, Amino acid transmitters, Glutamic acid , GABA, Glycine, peptides, Endorphins and enkephalins, Neruomodulators – Pheromones.
- D) Effect of Psychoactive Drugs on CNS: Minor tranquillizers, Neuroleptics, Stimulants, Antidepressants, other antidepressant- Opiates, other psychoactive drugs.
- E) Autonomic Nervous System : The Sympathetic division and Parasympathetic division.

Reference books :

1. Biopsychology – Physiological Psychology by Sheila Hayward.
2. Biopsychology – By John . P. J. Pinel and Steven .J. Barnes., Global edition-Pearson.
3. Physiology of Behaviour by Neil .R. Carlson.
4. Biological Psychology- An Introduction to Behavioural, Cognitive and Clinical Neuroscience. By – S. Marc Breedlove and Neil .V. Watson.
5. Biological Psychology by James .W. Kalat.
6. Current Issues in Developmental Psychology – A Biological Perspective. By A. F. Kalverboer and M. L. Genta.
7. Foundations of Biopsychology – by Andrew Wickens.
8. The Biopsychology of Mood and Arousal – by Robert .E. Thayer

**Semester I
Paper IV
Personality Psychology**

Marks – Theory : 80
Int.Ass. : 20

Unit I: Personality Psychology

The concept of personality: nature, Definition and heterogeneity.
Theory of personality: Characteristics, major components, evaluation of personality theory, important issues in personality theory.

Unit II: Personality Assessment

Methods used in personality study: case history method, Correlational method, clinical method and Experimental method.
Assessment of personality: major techniques of Assessment of personality.
Personality development: heredity and environment.

Unit III : Psychoanalytic and Neo Psychoanalytic Theories

S. Freud, C. Jung, A. Adler
E. Erikson, H. Sullivan, Mahler's object relation theory.

Unit IV: Trait and Type Approach

G. Allport, R. Cattell, H. Eysenck
Type A and Type B, McCrea and P Costa's Five factor Model.

Books Recommended

1. Barabara, E (2006). Personality Theories (7thed). New York: Houghton Mifflin Company
2. Boeree, C. G. (2006) Personality Theories [<http://www.ship.edu/%7Ecgboree/perscontents.html>]
3. Burger J.M. (2000): Personality 5th edition, Wadsworth Thomson Learning, USA.
4. Ewen R. B. (2003) An introduction to theories of personality. 3rd edn. Lawrence Erlbaum Associates Inc. Hillsdale, New Jersey, London
5. Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc.U.S.A.
6. Pandey, J. (ed.) (2001) Personality and Health Psychology In Psychology in India Revisited. Developments in the discipline, Sage Publication India Pvt Ltd. New Delhi. India.
7. Pervin, L (2003). The Science of Personality. 2nd edn. Oxford University Press. New York
8. Samuel W (1981): Personality Mc Graw Hill International Book Company.
9. Schultz D.P. & Schultz S.F. (2001) Theories of Personality 7th edition Wadsworth Thomson Learning, USA.

**M.A. Psychology
Semester-I
Paper V
Practicals**

Total Marks : 100

This Paper consists of Eight Laboratory Experiments. Each student shall complete Eight Experiments and Submit Record Book containing Report of Experiments.

A. Practical (Any Eight)

100 Marks

- 1 Depth Perception
- 2 Size Constancy
- 3 Filled Unfilled Time Perception
- 4 Reaction Time
- 5 Problem Solving
- 6 Concept Formation
- 7 Cognitive Distortion
- 8 Judgment Time
- 9 Weber's Law
- 10 Retinal Colour Zone
- 11 Size Weight Illusion
- 12 Phi Phenomenon

**M.A. Psychology
Semester -II
Paper -I
Cognitive Processes**

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. To develop insight into one's own and others' behaviour and underlying mental Processes.
2. To enrich students' understanding of major concepts, theoretical perspectives, and Empirical findings in cognitive psychology.

Unit I: MEMORY

- A) Basic Model of Memory
 - i) Short term Memory
 - ii) Long Term Memory
- B) Forgetting
 - i) Forgetting in STM
 - ii) Forgetting in LTM
- C) Memory as reconstruction:
 - i) Eyewitness testimony
 - ii) Flash bulb memory
 - iii) Autobiographical memory
 - iv) Improving memory: mnemonics

Unit II: MODELS OF MEMORY

- A) Atkinson –shiffrin model
- B) Tulving model
- C) Level of processing approach
- D) Parallel distributed processing approach

Unit III: COGNITIVE DEVELOPMENT

- A: Cognitive development
 - i) Developmental psychology
 - ii) Assimilation and Accumulation-Piaget
 - iii) Mind in Society- Vyogotsky

B: Neurocognitive development

- i) Early neural development
- ii) Environment and neural development
- iii) Cognitive development: Intelligence and ability
- iv) Development of information acquisition skills
- v) Higher order cognition in children, prototype formation among children

UNIT IV: DECISION MAKING

A: Making Decision

- i) Basic Concept of probability
- ii) Cognitive illusions in decision making
- iii) Framing effects
- iv) Illusory correlation
- v) Hindsight bias
- vi) Overconfidence

B: Utility Models Of Decision making

- i) Expected utility theory,
- ii) Multiattribute utility theory
- iii) Image theory
- iv) Improving decision making

Source Books :

1. Matlin, M. (1994). Cognition. Prism India Books
2. Solso, R.L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education.
3. Stenberg, R. J. (2007). Cognitive Psychology. Australia: Thompson Wadsworth.
4. Galloti, K.M.(2004). Cognitive Psychology In and Out of Laboratory. USA: Thomson Wadsworth.
5. Kellogg, R. T. (2007). Fundamentals of Cognitive Psychology. N. D. Sage Publications. Wade, C. and Tavis, C. (2007). Psychology. Pearson Education.

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1. Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
2. Gunther, R. K. (1998). Human Cognition. New Jersey: Prentice-Hall.
3. Kalpan, S. & Kalpan, R. (1982) Cognition & Environment. N.Y.: Praeger Publishers.
4. Flavell, J. H. (1985). Cognitive Development. (2nd ed). N.J.: Prentice-Hall.
5. Reed, S. K. (1998). Cognition: Theory and Application (3rd ed). California Books/Cole Pub. Company.
6. Borude, R.R. Bodhanik Manasashastra. Chhaya Prakashan.
7. Cohen, G. (1983). Psychology of Cognition (2nd ed). London: Academic Press.
8. Desai, B. & Abhyankar, S.C. (2007). Prayogik Manasashastra and Sanshodhan Paddhati. Pune: Narendra Prakashan.

**M.A. Psychology
Semester-II
Paper-II
Research Methodology and Statistics-II**

Marks – Theory : 80
Int. Ass. : 20

Objectives-

1. To acquaint the student in psychological research method
2. To develop computation skill in students and enable them to analyze data for project and dissertation

UNIT-I SAMPLING AND DATA COLLECTION

- A) Meaning of Population and Sample, Characteristics of sampling, Probability sampling-Simple random sampling, Stratified sampling, cluster sampling. Non-Probability sampling-Quota sampling, Accidental sampling, Purposive sampling, systematic sampling, Snowball sampling, Saturation sampling and Dense sampling. Sampling error.
- B) Tools of data collection- Observation, Questionnaire, Schedule, Interview and Rating scale

UNIT-II: RESEARCH DESIGN

- A) Research design: Meaning, Purpose and criteria
- B) Between group design: Two randomized group design, More than two randomized group design, Randomized block design, Factorial design
- C) Within group design: Repeated measures design, Single factor repeated measures design, Two factor repeated measures design.
- D) Quasi experimental design: Time series design, Equivalent time samples design, Non-equivalent control group design, Counter balanced design, Separate sample pre-test post-test design.

UNIT-III: NORMAL PROBABILITY CURVE

- A) Meaning of NPC, Area under NPC, Characteristics of NPC, Application of NPC, Skewness and Kurtosis
- B) Standard Sore: z Score, T-score, Percentile

UNIT-IV: ANALYSIS OF VARIANCE

- A) Meaning of ANOVA, Assumptions of ANOVA, One way ANOVA.
- B) Post hoc comparison- DMRT, Tuckey and Protected t-test.
- C) Research report writing (APA)

References :

- 1) Broota, K. D. (2002) , Experimental Design in Behavioural Research, New Age International (P) Limited Publishers.
- 2) Minium, E.D., King B.M. & Bear G. (1993) , Statistical Reasoning in Psychology and Education (3rd Edition) , Wiley Student Edition.
- 3) Guilford , J. P. &Fruchter , B. (1978) , Fundamental Statistics in Psychology and Education (6th Edition) , McGraw-Hill International Editions.
- 4) Gottsdanker , R. (1978) , Experimenting in Psychology , Prentice Hall
- 5) Kerlinger , F. N. (1973) , Foundation of Behavioural Research (2nd Edition) . N. Y. ,Magraw Hill.
- 6) Singh , A. K. , (2012) , Tests, Measurements and Research Methods in Behavioural Sciences, (6th Edition) , BharatiBhawan Publishers and Distributors.
- 7) Mangal , S. K. (2007) , Statistics in Psychology and Education (2nd Edition) , Prentice Hall of India Private Limited , New Delhi
- 8) Kothari, C. R. , (2014) , Research Methodology : Methods and Techniques (4th Edition) , New Age International Publishers
- 9) सिंग, ए. के. , (२०१३) , मनोविज्ञान, समाजशास्त्रतथाशिक्षामेशोधविधिया (१०वासंस्करण) , मोतीलालबनारसीदास
- 10) सुलेमान, एम. , (२०१२) , मनोविज्ञानशिक्षाएवंअन्यसामाजिकविज्ञानोमेसांख्यिकी (६वासंस्करण) , मोतीलालबनारसीदास
- 11) बोरुडे ,रा. र.(२०१०), संशोधनपध्दतीशास्त्र, पुणेविद्यार्थीगृहप्रकाशन
- 12) गहेराव, यु. बा. (२०१८), उपयोजितसंख्याशास्त्र , गोयलप्रकाशन , पुणे

**M.A. Psychology
SEMESTER - II
Paper-III
BIOPSYCHOLOGY-II**

Marks – Theory : 80
Int.Ass. : 20

Objectives :

- 1) To introduce the students to the new emerging field of Psychology i.e. Biopsychology.
- 2) To make students understand the term Biopsychology.
- 3) To outline the students about methods of study used for Biopsychology.
- 4) To discuss the ethical constraints of research into Biopsychology.
- 5) To discuss the structure and functions of the nervous system.
- 6) To understand sensory system and discuss its role in perception.
- 7) To discuss the role of Endocrine system in Biopsychology

UNIT-I: THE ENDOCRINE SYSTEM

- A) The Pituitary Gland : Anterior Pituitary Hormone and Posterior Pituitary Hormone.
- B) Other Glands in the Human Endocrine System : The Adrenal Glands, The Pancreas, The Gonads , The Thyroid Gland, The Pineal Gland.
- C) Interactional Effects with Behaviour : Reaction to environmental stimuli, Reaction to internal changes, the menstrual cycle and its effect on behavior.

UNIT-II MOTIVATION AND EMOTION

- A) (i) Homeostatic Motivation: Mechanism of Eating , Eating disorder- Obesity, Anorexia nervosa- social cause, cultural cause, emotional cause, treatment. Bulimia nervosa.
(ii) Non-homeostatic Motivation – curiosity and exploration, Arousal theory, Sexual behaviour, self stimulation of brain, addiction and its consequences.
- B) Emotion : Emotions as response patterns – Fear- Research with Laboratory animals and humans, Anger, Aggression, and impulse control. Hormonal control of Aggressive Behaviour.
- C) Communication of Emotions : Facial expression of emotions : innate responses, Neural basis of the communication of emotions : Recognition, Neural Basis of the communication of Emotions : Expression.
- D) Feelings of Emotions : The James Lange Theory, Feedback from Emotional expression.

UNIT-III: SLEEP AND BIOLOGICAL RHYTHMS

- A) A Physiological and Behavioural description of Sleep- Stages of Sleep, Mental Activity During Sleep. Disorders of Sleep- Insomnia, Narcolepsy, REM Sleep Behaviour Disorder, Problems Associated with Slow-Wave Sleep, Functions of Slow-Wave Sleep, Functions of REM Sleep, Sleep and Learning.
- B) Physiological Mechanisms of Sleep and Walking : Chemical Control of Sleep, Neural Control of Arousal, Neural Control of Slow-wave Sleep, Neural Control of REM Sleep.
- C) Biological Clocks – Circadian Rhythms and Zeitgerbers, TheSuprachiasmatic Nucleus, Control of Seasonal Rhythms: The Pineal Gland and Melatonin, Changes in Circadian Rhythm: Shift Work and Jet Lag.

UNIT-IV NEUROLOGICAL DISORDERS

- A) Tumors – Seizure Disorders, Cerebrovascular Accidents, Traumatic Brain Injury.
Disorders of development : Toxic Chemicals, Inherited metabolic disorders, Down Syndrome.
- B) Degenerative Disorders : Transmissible Spongiform Encephalopathies, Parkinson's Disease, Huntington's Disease, Alzheimer's Disease, Amyotrophic Lateral Sclerosis, Multiple Sclerosis, Korsakoff's Syndrome.
- C) Disorders caused by Infectious diseases.

Reference books :

1. Biopsychology – Physiological Psychology by Sheila Hayward.
2. Biopsychology – By John . P. J. Pinel and Steven .J. Barnes., Global edition-Pearson.
3. Physiology of Behaviour by Neil .R. Carlson.
4. Biological Psychology- An Introduction to Behavioural, Cognitive and Clinical Neuroscience.
a. By – S. Marc Breedlove and Neil .V. Watson.
5. Biological Psychology by James .W. Kalat.
6. Current Issues in Developmental Psychology – A Biological Perspective. By A. F. Kalverboerand M. L. Genta.
7. Foundations of Biopsychology – by Andrew Wickens.
8. The Biopsychology of Mood and Arousal – by Robert .E. Thayer

M.A. Psychology
Semester-II
Paper-IV
Personality Theories

Marks – Theory : 80
Int.Ass. : 20

UNIT I: BEHAVIOURAL AND SOCIAL APPROACH

Behavioural view of the person
Pavlov, B. F. Skinner
A. Bandura, J. Rotter, Dollard and Miller

UNIT II: COGNITIVE BEHAVIOURAL APPROACH

G. Kelly, Michell, A. Ellis, A. Beck

UNIT III: HUMANISTIC AND EXISTENTIAL APPROACH

C. Rogers, A. Maslow
R. May, V. Frankl

UNIT IV: THE INDIAN APPROACHES TO PERSONALITY

Guna theory-Srimabdhagvadgeeta
View point of Shri. Aurobindo
GautamBudha- Abhidhama

Books Recommended :

1. Barabara, E (2006). Personality Theories (7thed). New York: Houghton mifflin Company
2. Boeree, C. G. (2006) Personality Theories [<http://www.ship.edu/%7Ecgboree/perscontents.html>]
3. Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc.U.S.A.
4. Nithyanandan, V. (2008) Buddhist and western psychology comparative study. Global vision publishing house.
5. Pandey, J. (ed.) (2001) Personality and Health Psychology In Psychology in India Revisited. Developments in the discipline, sage Publication India Pvt ltd. New Delhi. India.
6. Pervin, L (2003). The Science of Personality. 2nd edn. Oxford University Press. New York
7. Samuel W (1981): Personality Mc Graw Hill International Book Company.
8. Schultz D.P. & Schultz S.F. (2001) Theories of Personality 7th edition Wadsworth Thomson Learning, USA.
9. Sri Aurobindo, The synthesis of Yoga (1970 - 73) Sri Aurobindo Birth Centenary Library, Sri Aurobindo Ashram Press, Pondicherry, India
10. Tilak B. G. (1986) GeetaRahasysa or Karma Yoga Rahasya, B. s. Sukhtankar (Eng. Tra.) 6thednGeeta printers, Pune, India

M.A. Psychology
Semester-II Paper-V
Practicals

Marks – Theory : 100

This Paper consists of Eight Laboratory Experiment. Each student shall complete Eight Experiments and submit Record Book containing Report of Experiment

Practical (Any Eight) 100 Marks

- 1 Motivational Conflict
- 2 Paired Associate Learning
- 3 Ziegarnik Effect
- 4 Human Maze Learning
- 5 Normal Probability Curve
- 6 Conflict Resolution
- 7 AstheticColour Preference
- 8 Fatigue
- 9 Intelligence
- 10 Creativity
- 11 Emotional Intelligence
- 12 Personality
- 13 Aptitude
- 14 Attitude

M.A. Psychology
Semester III
Paper-I
Health Psychology

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. To acquaint the students with the nature and significance of the emerging area of health psychology within a life-span perspective.
2. To highlight the importance of social and psychological processes in the experience of health and illness.
3. To focus on the behavioural risk factors vis-a-vis disease prevention and health promotion.

UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY

- A) Definition
 - i) Goals of Health Psychology
 - ii) History of Disease Care
 - a. Ancient Indian System
 - b. Ancient Chinese Medicine
 - iii) Medical Practices in Ancient Greece and Rome
- B) Pathway to Modern Medical Inquiry
 - i) The infectivity of Biomedical Model of Health
 - ii) Psychoanalytical View
 - iii) Psychosomatic Medicine
 - iv) Behavioural Medicine
 - v) Bio-Psychosocial Model of Health
- C) Pathway to Modern Medical Inquiry
 - i) The Infectivity of Biomedical Model of Health
 - ii) Psychoanalytical View
 - iii) Psychosomatic Medicine
 - iv) Behavioural Medicine
 - v) Bio-Medical Model of Health
- D) Emergence of Health Psychology
 - i) Illness Patterns Today
 - ii) Rising Costs of Health Care
 - iii) New Age Technology
 - iv) Increase in Health Care Concerns
 - v) Change in Medical Perspective

UNIT II: PHYSIOLOGY OF HEALTH

- A) The Nervous System
 - i) Central Nervous System (CNS)
 - a. Forebrain
 - b. The Mid Brain
 - c. The Hind Brain
 - d. The Spinal Cord
 - ii) The Peripheral Nervous System
 - a. Disorders of Nervous System
- B) The Endocrine System
 - i) Adrenal Glands
 - ii) Other Endocrine Glands
 - iii) Disorders
- C) The Cardiovascular System
 - i) The Heart
 - ii) Blood
 - iii) Plasma
 - iv) Blood Cells
- D) The Digestive System and Related Disorders
- E) The Respiratory System and Related Disorders
- F) Genetic Process and Health
- G) Immune System and Related Disorders

UNIT III: HEALTH AND BEHAVIOUR

- A) Lifestyle, Risk Factors and Health,
- B) Health Behaviour
- C) Theories of Health Behaviour
- D) Motivational Models
 - i) Health Belief Model
 - ii) Protection Motivation Theory
 - iii) Planned Behaviour or Reasoned Action Theory
 - iv) Learning Theory
 - a. Classical Conditioning
 - b. Operant Conditioning
 - c. Modelling
- E) Behavioural Enactment Models
 - i) Implementation Intention
 - ii) Goal Theory
 - iii) Multi-stage Models of Health Behaviour
 - iv) Transtheoretical Model
 - v) Precaution Adoption Process Model (PAPM)
 - vi) Health Action Process Approach (HAPA)

UNIT IV: HEALTH COMPROMISING BEHAVIOUR

- A) Substance Abuse and Dependence
 - i) Tobacco
 - a. Cessation of Smoking
 - ii) Alcohol
 - a. Effects of Alcohol Consumption
 - b. Dealing with Alcoholism
 - iii) Drug Abuse
 - a. Effects of Drug Addiction
 - b. Dealing with Drug Addiction
 - iv) Non-Substance Abuse-Technology Addiction
 - a. The Prevalence of Technology Addiction and Cause for Concern
 - b. Proneness to Technology Addiction
 - c. Assessment of Technology Addiction

Reference Books-

1. Manika Gosh (2015). Health Psychology-concepts in Health and Well-Being. Pearson Publication Delhi.
2. Madhukar K. Tajne (2017). Health Psychology-Basic Issues and Process. Ishika Publication House, Delhi, Jaipur.
1. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.

**M.A. Psychology
Semester III
Paper-II
Abnormal Psychology-I**

Marks – Theory : 80
Int.Ass. : 20

Objectives: The paper aims at providing an overview of the concept of abnormality and to help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders. This will sensitize them to information on abnormal psychology and dispel myths regarding it.

UNIT I: INTRODUCTION TO ABNORMAL PSYCHOLOGY

- A) Abnormal Behaviour and Society
 - i) Defining Abnormal Behaviour
 - ii) Relating Abnormal Behaviour
 - iii) Explaining Abnormal Behaviour
 - iv) Treating Abnormal Behaviour
- B) Classification and Assessment
 - i) Classification of Abnormal Behaviour based on DSM 5 and ICD 11 (Major categories)
 - ii) Assessment

UNIT II: Causal Factors and Viewpoint of Abnormal Behaviour

- A) Causes and Risk Factors for Abnormal Behaviour
 - i) Necessary, Sufficient and Contributory Causes
 - ii) Feedback and Bidirectionality in Abnormal Behaviour
 - iii) Diathesis-Stress Model
- B) Viewpoints for Understanding the Causes of Abnormal Behaviour
 - i) The Biological Viewpoint and Biological Casual Factors
 - ii) The Psychodynamic Perspectives
 - iii) The Cognitive Behavioural Perspective
 - iv) The Humanistic-Existential Perspective
 - v) The Socio-cultural Viewpoint and Socio-cultural Causal Factors

UNIT III: ANXIETY DISORDERS AND OBSESSIVE-COMPULSIVE DISORDER

- A) Anxiety Disorder Syndromes
 - i) Panic Disorder
 - ii) Generalized Anxiety Disorder
 - iii) Phobia
 - iv) Obsessive-Compulsive Disorder
 - v) Posttraumatic Stress Disorder
- B) Interpreting and Treating Anxiety Disorder
 - i) The Psychodynamic Perspective
 - ii) The Behavioural Perspective
 - iii) The Cognitive Perspective
 - iv) The Biological Perspective

UNIT IV: SOMATOFORM AND DISSOCIATIVE DISORDERS

- A) Somatoform disorder
 - i) Somatization Disorder
 - ii) Hypochondriasis Disorder
 - iii) Pain Disorder
 - iv) Conversion Disorder
 - v) Causal Factors in Somatoform Disorder
 - vi) Treatment and outcomes in Somatoform Disorder
- B) Dissociative Disorder
 - i) Dissociative Amnesia and Fugue
 - ii) Dissociative Identity Disorder
 - iii) Depersonalization Disorder
 - iv) Causal factors in Dissociative Disorder
 - v) Treatment and Outcomes in Dissociative Disorder

Reference books:

1. Butcher J.N., Hooley J.M., Mineka S & Dwivedi, C.B., (2018). Abnormal psychology. 16th Edn. Pearson publication New Delhi.
2. Oltmanns. T.F., (2016). Abnormal psychology, 8thEdn. Pearson Publication, New Delhi.
3. Sarason I.G., & Sarason, B.R., (2010). Abnormal Psychology: The problem of Maladaptive Behaviour, 11thEdn. PHI Learning Pvt.Lmt New Delhi.
4. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). Abnormal psychology: Current perspectives (9th ed.). Delhi: Tata McGraw-Hill.
5. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM-5 (5th Edi)
6. Barlow, D.H. & Durand, V.M. (1999). Abnormal psychology (2nd ed.). Pacific Grove: Books/Cole.
7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.
8. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9thed.). New York: Wiley. Comer, R.J. (2007). Abnormal psychology (6th ed.). New York: Worth Publishers.
9. Sue, D., Sue D. W. & Sue S. (2006) "Abnormal Behavior" (8th Edi) Houghton Mifflin Company.

M.A. Psychology
Semester III
Paper-III
CLINICAL PSYCHOLOGY

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. Develop a basic understanding about assessment and interventions in the context of clinical psychology.
2. Demonstrate familiarity with scientific, ethical, legal, and practice-oriented issues in the field
3. Demonstrate the Methods of assessment and intervention in clinical psychological practice within the contemporary healthcare environment

UNIT I : INTRODUCTION AND FOUNDATION OF CLINICAL PSYCHOLOGY

- A) Definition and Characteristics of Clinical Psychology
 - i) Definition
 - ii) Characteristics of Clinical Psychology
 - i) Emphasis on Science
 - ii) Emphasis on Individual
 - iii) Emphasis on helping
- B) Activities and Work setting of Clinical Psychologist
 - i) Research
 - ii) Teaching
 - iii) Psychotherapy
 - iv) Consultation
 - v) Administration
- C) Distinguishing Clinical Psychology from Related Profession
 - i) Psychiatry
 - ii) Counseling Psychology
 - iii) School Psychology
 - iv) Social Work
 - v) Other Related Profession

UNIT II: HISTORY AND RECENT DEVELOPMENTS

- A) Ancient Roots
- B) Eighteen and Nineteenth Centuries
- C) The Birth of a Discipline : 1890-1910
- D) Childhood: World War I through World War II
- E) Adolescence : Post WWII and the Development of an Identity
- F) Adulthood: Milestones and Growing Pains

UNIT III: MODELS IN CLINICAL PSYCHOLOGY

- A) The Role of Theoretical Models
- B) Psychoanalysis
- C) Biological Model
- D) Interpersonal Model
- E) Humanism
- F) The Behavioural Model
- G) Cognitive Model

UNIT IV: SPECIALIZATION IN CLINICAL PSYCHOLOGY: FORENSIC PSYCHOLOGY

- A) Definition
- B) Psychology and Law
- C) Expert Witnesses
- D) Psychology and Criminal Law
- E) Civil Commitment
- F) Child Abuse and Neglect
- G) Training and Certification in Forensic Psychology

Readings:

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
3. Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
4. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
5. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues (5th ed.). New Delhi: Asian Books Pvt. Ltd.
6. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). Psychologists' desk reference. Oxford: Oxford University Press.
7. Marks, D.F., & Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
8. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press.

**M.A. Psychology
Semester III
Paper-IV
COUNSELING PSYCHOLOGY**

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. Understand the nature and process of counseling
2. Acquire the listening and communication skill for counseling.
3. Understand the personal and professional aspects of counseling

UNIT I: INTRODUCTION TO COUNSELING

- A) Definition and Goals of Counseling
 - B) Training, Job Setting and Activities of Counselor
 - C) Stages of the Counseling process
 - D) Characteristics of Counselor
 - E) Written Communication and Counseling
- i) Aims and objectives of record keeping
 - ii) File composition

UNIT II: BUILDING THE COUNSELING RELATIONSHIPS, AND IN DEPTH EXPLORATION

- A) Communication and Building the Counseling Relationship
 - B) The Core Conditions of Counseling
 - C) Counselor's Actions that Impede Communication
 - D) In Depth Exploration
- i) Goals and methods
 - ii) Advanced empathy
 - iii) Immediacy
 - iv) Confrontation
 - v) Interpretation
 - vi) Role playing

UNIT III : ETHICS, COMMITMENT TO ACTION AND TERMINATION

- A) Ethics in Counseling
- i) Codes of Professional Ethics
 - ii) Ethical Principles
 - iii) Ethical Theory
 - iv) The Relationship between Ethics and the Law
 - v) Common Ethical Violation by Mental Health Professionals
- B) The Process of Goal Setting
 - C) Design and Implication of Action Plans
 - D) Termination

UNIT IV: COUNSELLING STRATEGIES AND TECHNIQUES

- A) Assessment and Diagnosis in Counseling
- B) A Frame of Reference for Understanding Assessment and Diagnosis
- C) Components of Effective Assessment
- D) Tools for Effective Diagnosis
- E) Placement of Assessment in The Counseling Process: Risk and Opportunities
- F) Intake Interviews
- G) Mistakes Counselors Make in the Assessment Process

Reference:

1. Welfel, E. R. and Patterson L.E. (2005), The counseling Process: A Multitheoretical integrative Approach' CENGAGE Learning India private Ltd. New Delhi.
2. Tajne. M.K., (2017). Handbook of Counseling, ABD publishers, New Delhi
3. Gladding, S.T. (2012), Counseling: A Comprehensive Profession, 7thEdn. Pearson publication, New Delhi.
4. Gibson, R.L. & Mitchell, M.H. (2006), Introduction to Counselling and Guidance, Printice Hall of India Private Ltd., New Delhi.
5. Nelson R. & Jones (2008), Basic Counselling Skills: A Helper's Manual. Sage Publication, India private Ltd. New Delhi.

**M.A. Psychology
Semester III
Paper-V
Practicals**

A) Any Eight of Following

70 Marks

1. Clinical Analysis Questionnaire
2. Neuroticism Scale Questionnaire
3. Eight State Questionnaire
4. Clinical Case Study Form
5. PGI Quality of Life
6. PGI Health Questionnaire
7. Spiritual Intelligence Scale
8. Sentence Completion Test
9. Maudsley Personality Inventory
10. Reaction to Frustration
11. Sinha's Comprehensive Anxiety Scale
12. Mental Health Inventory
13. Rorschach Ink Blot Test
14. Social Phobia Scale

B) Case Study

30 Marks

**M.A. Psychology
Semester IV
Paper-I
STRESS, COPING AND HEALTH**

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. To impart an introduction to the concept, forms/types and sources of stress phenomenon within a life-span perspective;
2. To discuss in brief the nature, consequences, and management of emotional vital signs of health/well-being;
3. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress-health/well-being linkage;

UNIT I: STRESS AND HEALTH

- A) Understanding Stress
 - i) Common Sense Understanding of Stress
 - ii) Early Research in Stress
 - iii) Definition of Stress-Its Nature and Meaning

- B) Theories of Stress
 - i) Fight or Flight Response
 - ii) General Adaptation Syndrome
 - iii) Cognitive Appraisal Theory
 - iv) Person-Environment Fit Theory
 - v) Psychodynamic Theory
 - vi) Nuclear Conflict Theory
 - vii) Genetic Constitutional Theory
 - viii) Diathesis-Stress Model
 - ix) Holistic Health Theory
- C) Role of Physiology in Stress
 - i) Nervous System
 - ii) The Brain: Its Role in Stress
 - iii) The Autonomic Nervous System
 - iv) Endocrine System and Its Role in Stress
 - v) The Cardiovascular System
- D) Sources of Stress
 - i) Daily Hassle
 - ii) Stressful Life Events
 - iii) Academic Stress
 - iv) Family and Relationship
 - v) Occupational Stress
 - vi) Social Stressors
- E) After-effects of Stress
 - i) Effects of Early Stressful Life Experiences

UNIT II: MODERATOR AND EFFECTS OF STRESS

- A) Personality and Stress
 - i) Type A Behaviour Pattern and Health
 - ii) Type A Behaviour Pattern and Stress
 - iii) Health and Type A Behaviour
 - iv) Type C Personality and Stress
 - v) Locus of Control
 - vi) Hypersensitivity Personality
 - vii) Cancer-Prone Personality
 - viii) Depression-Prone Personality
 - ix) Attribute Style
- B) Psycho-Physiological Consequences of Stress
 - i) The Cardiovascular Disorders
 - ii) Allergies
 - iii) The Digestive System Disorders
 - iv) Stress and Ageing
 - v) Stress and Cancer
 - vi) Stress and Acquired Immune Deficiency Syndrome (AIDS)
 - vii) Other Indirect Effects of Stress

UNIT III: COPING WITH STRESS

- A) Meaning and Definition of Coping
 - i) Styles of Coping
 - ii) Goals of Coping
- B) Measurement of Stress
 - i) Measurement in Laboratory
 - ii) Physiological Measure
 - iii) Major Life Events
 - iv) Daily Hassles
 - v) Perceived Stress
- C) Individual Differences in Coping with Stress
 - i) Personality
 - ii) Psychological Hardiness
 - iii) Tolerance for Stimulation
 - iv) Attributional Style
 - v) Learned Helplessness
 - vi) Sense of Coherence
 - vii) Gender and Coping

- D) Stress Management: Basic Techniques of Stress Management
 - i) Medical Approach
 - ii) Behavioural Approaches to Stress Management
 - iii) Relaxation
 - iv) Bio-feedback
 - v) Meditation
 - vi) Transcendental Meditation (TM)
 - vii) Mindfulness
 - viii) Hypnosis
 - ix) Cognitive Approaches to Stress Management
 - x) Systematic Desensitization
 - xi) Cognitive Restructuring
 - xii) Rational-emotive Therapy (RET)
- E) Self-development Approach
 - i) Assertiveness
 - ii) Time Management
 - iii) Learning to be Happy

UNIT IV: HEALTH PROMOTION AND PREVENTION OF ILLNESS

- A) Health Promotion
 - i) Methods Used in Health Promotion
 - ii) Dissemination of Information
 - iii) Behaviour Change Methods
 - iv) Incentives
 - v) Social Engineering
- B) Levels of Preventive Health Behaviour
 - i) Primary Prevention
 - ii) Secondary Prevention
 - iii) Tertiary Prevention
- C) Health Enhancement Thorough Primary Prevention
 - i) Immunization
 - ii) Safety Measures
 - iii) Diet and Nutrition
 - a. What is Nutrition?
 - b. Effects of Malnutrition
 - c. Obesity
 - d. Factors linked to Obesity
 - e. Weigh Management
 - iv) Exercise
 - a. Benefits of Exercise
 - b. Types of Exercise
 - c. The Exercise Regimen
 - v) Sleep
 - a. Sleep Cycle
 - b. Health Implication of Sleep
 - vi) Personal Hygiene
 - a. HIV Infection and AIDS
 - b. Dealing with HIV
 - vii) Genetic Screening
 - a. Advantages and Disadvantages of Genetic Screening

Reference Books-

1. Manika Gosh (2015). Health Psychology-concepts in Health and Well-Being. Pearson Publication Delhi.
2. Madhukar K. Tajne (2017). Health Psychology-Basic Issues and Process. Ishika Publication House, Delhi, Jaipur.
3. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.

M.A. Psychology
Semester IV
Paper-II
Abnormal Psychology II

Marks – Theory : 80
Int.Ass. : 20

Objectives:

The paper aims at providing an overview of the concept of abnormality and to help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders. This will sensitize them to information on abnormal psychology and dispel myths regarding it.

UNIT I : MOOD DISORDERS AND SUICIDE

- A) Unipolar Mood Disorder
 - i) Depression that are not Mood Disorders
 - ii) Mild to Moderate Depressive Disorders
 - iii) Major Depressive Disorders
 - iv) Causal Factors in Unipolar Mood disorders
- B) Bipolar Mood Disorder
 - i) Cyclothymia
 - ii) Bipolar Disorders
 - iii) Schizoaffective Disorder
 - iv) Causal factors in Biopolar Disorder
- C) Treatment and Outcomes
- D) Suicide

UNIT II: PERSONALITY DISORDERS

- A) Clinical Features of Personality Disorders
- B) Categories of Personality Disorders
- C) Causal factors in Personality Disorders
- D) Treatment and Outcomes
- E) Antisocial Personality and Psychopathy

UNIT III: SUBSTANCE RELATED AND OTHER ADDICTIVE DISORDERS

- A) Alcohol Abuse and Dependence
- B) Drug Abuse and Dependence
- C) Other Addictive Disorders: Hyperobesity and Pathological Gambling
- D) The Genetics of Alcoholism.

UNIT IV: THE SCHIZOPHRENIA AND DELUSIONAL DISORDER

- A) The Schizophrenia
- B) The Clinical Picture in Schizophrenia
- C) Classic Subtype of Schizophrenia
- D) Causal Factors in Schizophrenia
- E) Treatment and Outcomes
- F) Delusional Disorder (Paranoia)

Reference Books:

1. Butcher J.N., Hooley J.M., Mineka S & Dwivedi, C.B., (2018). Abnormal psychology. 16th Edn. Pearson publication New Delhi.
2. Oltmanns. T.F., (2016). Abnormal psychology, 8th Edn. Pearson Publication, New Delhi.
3. Sarason I.G., & Sarason, B.R., (2010). Abnormal Psychology: The problem of Maladaptive Behaviour, 11th Edn. PHI Learning Pvt. Lmt New Delhi.
4. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). Abnormal psychology: Current perspectives (9th ed.). Delhi: Tata McGraw-Hill.
5. American Psychiatric Association: “Diagnostic and Statistical Manual of Mental Disorders”, DSM-5 (5th Edn)
6. Barlow, D.H. & Durand, V.M. (1999). Abnormal psychology (2nd ed.). Pacific Grove: Books/Cole.
7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.
8. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th ed.). New York: Wiley. Comer, R.J. (2007). Abnormal psychology (6th ed.). New York: Worth Publishers.
9. Sue, D., Sue D. W. & Sue S. (2006) “Abnormal Behavior” (8th Edn) Houghton Mifflin Company

M.A. Psychology
Semester IV
Paper-III
CLINICAL ASSESSMENT

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. Develop a basic understanding about assessment and interventions in the context of clinical psychology.
2. Demonstrate familiarity with scientific, ethical, legal, and practice-oriented issues in the field.
3. Demonstrate the Methods of assessment and intervention in clinical psychological practice within the contemporary healthcare environment.

UNIT I: GENERAL ISSUES IN PSYCHOLOGICAL ASSESSMENT

- A) Planning The Assessment
- B) Data Collection
- C) Processing Assessment Data
- D) Communicating Assessment Findings

UNIT II: CLINICAL INTERVIEWS

- A) Types of Clinical Interviews
- B) The Importance of Rapport
- C) Communication Strategies
- D) Diagnostic Interviewing
- E) Interviewing with Children

UNIT III: INTELLECTUAL, PERSONALITY AND EDUCATIONAL ASSESSMENT

- A) Intelligence
- B) Interpretation of Individually administered test of Intelligence
- C) Educational Assessment
- D) Personality Assessment: Projective Methods and Objective Methods

UNIT IV: BEHAVIOURAL ASSESSMENT

- A) Traditional Approaches to Assessment
- B) Defining Features of Behavioural Assessment
- C) Functional Analysis
- D) Behavioural Assessment Methods
- E) Assessment of Dysfunctional Cognations

Reference Books:

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
- Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
3. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
4. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues (5th ed.). New Delhi: Asian Books Pvt. Ltd.
- Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). Psychologists' desk reference. Oxford: Oxford University Press.
5. Marks, D.F., & Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
6. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press.

M.A. Psychology
Semester IV
Paper-IV
PSYCHOTHERAPIES

Marks – Theory : 80
Int.Ass. : 20

Objectives:

1. The student will have a basic understanding of and be able to critique the major contemporary models of psychotherapy.
2. The student will have practiced the basic techniques of the various psychotherapeutic models.
3. The student will appreciate the multifaceted and complex nature of psychological issues and their treatment.
4. The student will continue to develop his/her own theory and approach to counseling and psychotherapy.
5. The student will be aware of current research in the field.
6. The student will be stimulated to further study, thought, and awareness of standards on issues related to the field.

UNIT I: INTRODUCTION TO PSYCHOTHERAPIES

- A) Nature and Definition of Psychotherapies
- B) Goals or Purposes of Psychotherapy
- C) Types of Psychotherapy
- D) Modes of Psychotherapy
- E) Nature of Therapeutic Variables
- F) Course of Psychotherapy

UNIT II: PSYCHODYNAMIC PSYCHOTHERAPY

- A) Psychoanalysis
- B) Psychoanalytic Theory since Freud
 - i) Carl Jung's Analytical Psychotherapy
 - ii) Alfred Adler's Individual Psychotherapy
 - iii) The Neo-Freudians
 - iv) The Ego Psychologists
 - v) The Object Relations Theorists
 - vi) Brief Psychodynamic Theory
 - vii) Interpersonal Psychotherapy

UNIT III: BEHAVIOUR THERAPY

- A) Basic assumptions & various forms of behavior therapies
- B) Systematic Desensitization & Flooding, Implosive Therapy, Aversive Therapy
- C) Bio-Feedback Technique
- D) Assertiveness Training

UNIT IV: COGNITIVE, HUMANISTIC AND EXISTENTIAL THERAPIES

- A) Cognitive Therapies:
 - i) Rational Emotive Behaviour Therapy
 - ii) Beck's Cognitive Therapy
- B) Roger's Client Centered Therapy
- C) Gestalt Therapy
- D) Logo Therapy & Reality Therapy
- E) Lazarus Multimodal Therapy
- F) Transactional Analysis

Reference Books:

1. Capuzzi, D., & Gross, D.R. (2016). Counseling and Psychotherapy: theories and interventions 6thEdn. Pearson Education: India.
2. Corey, G. (2013). Theory and practice of counseling and psychotherapy 9thEdn. Cengage Learning New Delhi
3. Tajne. M.K., (2017). Handbook of Counseling, ABD publishers, New Delhi
4. Seligman, L., &Reichenberg, L., (2014). Theories of counseling and psychotherapy: Systems, Strategies and skills, PHI Learning private liited Delhi.
5. Woolfe, R. & Dryden, W (1996). Handbook of counseling psychology. New Delhi: Sage.
6. Stewart, I. (2000). Transactional analysis counseling in action. London: Sage.
7. Watts, A. W. (1973). Psychotherapy: East and West. London: Penguin books.
8. Rama,S. &Ballentine, R. &Ajaya, S.(1976). Yoga and psychotherapy. Hinsdale, PA: Himalayan International Inst.
9. Ajay, S.(1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
10. Veereshwar, P. (2002). Indian systems of psychotherapy. Delhi: Kalpaz publications

M.A. Psychology
Semester IV
Paper-V
Practicals

A) Test Administration (Any Eight)70 Marks

- 1) Medico Psychological Questionnaire
- 2) Assertiveness Inventory
- 3) Beck's Depression Inventory
- 4) Dysfunction Analysis Questionnaire
- 5) Defense Mechanism Inventory
- 6) Bhatia Battery of intelligence
- 7) Type A /B Behavioral Pattern Scale
- 8) Comprehensive Scale of Tension
- 9) TAT
- 10) Dysfunction Analysis Questionnaire
- 11) Emotional Stability
- 12) Cognitive Style
- 13) Deprivation Scale
- 14) Martial Adjustment Scale

B) Dissertation

30 Marks
