

**UNIVERSITY OF RAJASTHAN,**  
**JAIPUR**

**M.A./M.SC./M.COM**

(PSYCHOLOGY)

**2013-2014 (PREVIOUS)-I/II SEMESTER**

**2014-2015 (FINAL)- III/IV SEMESTER**

Prepared by

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15/7/2013

checked by

  
24/9/12

**M.A./ M.Sc. Psychology**  
**(2013-2014)**  
**Semester-I**

**PSY 101                      Theoretical Approaches in Psychology**

- Unit-I: Psychological Foundation: Helmholtz, Weber, Fechner
- Unit-II: Schools of Psychology: Structuralism- Wundt, Titchner; Functionalism- Galton, Cattell, Chicago School; Behaviorism – Thorndike, Pavlov, Watson, Lashley, Neobehaviourist.
- Unit-III: Gestalt Psychology and Psychoanalysis: Foundations of Gestalt Psychology- Wertheimer, Koffka and Kohler; Freud's Psychoanalysis, Jung's Analytical Psychology, Adler's Individual Psychology, Neo Freudian: Horney, Fromm.
- Unit-IV: Hormic and Humanistic Psychology: Mc Dougall's Hormic Psychology, Woodworth's Dynamic Psychology, Basic Tenets of Humanistic Psychology: Roger's Self Theory, Maslow's Self Actualization theory.

**Books Recommended:**

- Hergenhahr, B.R. (2001) An Introduction to the History of Psychology (4<sup>th</sup> edition), New Delhi: Cengage Learning
- Leahey T.H. (2006) History of Psychology: Main currents in psychological thoughts, New Delhi: Pearson Education.
- Shultz D.P. (2003). History of psychology, New Delhi: Pearson Education
- Singh, A.K. (1997), The Comprehensive history of psychology. New Delhi: Motilal Banarsi Das.

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PSY102

**Biopsychology**

- Unit-I:** Introduction: Nature, Scope and Methods of Biopsychology, Fundamental Genetics- Mendelian genetics, Chromosomes-Structure, Cell division (Meiosis, Mitosis)
- Unit-II:** Structure and Functions of Nervous System: Central Nervous System, Brain and Spinal Cord, Peripheral Nervous system: Somatic and Autonomic, Neurotransmitters.
- Unit-III:** Learning and Memory: Nature of learning, Synaptic Plasticity and learning. Neural mechanism of learning and Memory. Disorders of Memory.
- Unit-IV:** Lateralization and language disorders, cerebral lateralization of Functions, Functions of Left and Right hemispheres. Cortical localization of language and language disorders.

**Books recommended**

- Carlson, N.R. (2007). Foundation of physiological psychology. New Delhi: Pearson Education.
- Grossman, S.P. (1967). A Textbook of physiological psychology, New York: Wiley.
- Levinthal, C.F. (1990). Introduction to physiological psychology. New Delhi: Printice Half of India.
- Pinel. J.P. (2007). Biopsychology. New Delhi: Person Education.

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- Thompson, R.F. (1980). Introduction to physiological psychology. New York: Harper and Row.
- Tripathi, B. and Tripathi, A. (1989) Adhunik dhahik manovigyan. Gorakhpur: Vashali Prakashan Bakshipur.

PSY103

**Cognitive Psychology-I**

- Unit-I:** Introduction: Meaning, Domains, Antecedents and Emergence of Cognitive Psychology, Research Methods and Tools in Cognitive Psychology – Descriptive Research and Experimental research.
- Unit-II:** Attention – concept and nature, Selective attention – Models of selective attention (Filter model: Borad bent, Attenuation model: Treisman), Visual attention.
- Unit-III:** Pattern recognition: Visual pattern recognition, Gestalt theory, Canonic perspectives, Bottom up versus top down processing, Template matching (Geon theory and Priming technique). Feature analysis (Eye movement and pattern recognition) Prototype matching, role of perceiver in pattern recognition.
- Unit-IV:** Consciousness – Consciousness as a scientific construct, Modern theories of consciousness (Schacter's model of dissociable interactions and conscious experience, Baars' global workspace theory). Functions of consciousness.

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**Books recommended:**

- Reigler, G.R. and Reigler, B.R. (2008). Cognitive psychology. New Delhi: Pearson education.
- Solso, R.L. (2004). Cognitive psychology. New Delhi: Pearson education.
- Srinivasan, N., Kar, B.R. and Panday J. (2010). Advances in cognitive sciences. New Delhi; Sage.
- Sternberg, R.J. (2007). Cognitive psychology. New Delhi. Cengage learning.

**PSY104**

**Research Methods**

- Unit-I:** Scientific approach in Psychology and Theory Building, Type of research: Experimental, Quasi experimental and correlations research. Methods of Data Collection.
- Unit-II:** Research Process: Research problem, Hypothesis and Variables (operationalization and control). Sampling-Probability and Non probability techniques of sampling, sampling error.
- Unit-III:** Research Design: Criteria of good research design, Within subject design, Between subject design and Factorial design.
- Unit-IV:** Report Writing: Research report writing based on APA style, Ethical issues in psychological research – APA ethics code.

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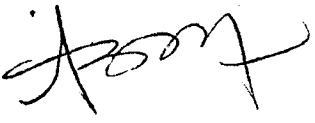
**Books recommended**

- 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 Education.
- Gulhrie. G. (2010). Basic research method. New Delhi: Sage.
- Kline, T.J.B. (2005). Psychological testing. New Delhi, Vistaar Publication
- Mc Burney, D.H. and White, T.L. (2007). Research methods. New Delhi: Cengage learning
- Newman, W.L. (1991). Social Research Methods: Qualitative and quantitative. Boston; Allyn and Bacon.

**PSY105**

**Social Psychology**

- Unit-I:** Introduction and Theoretical Orientation of Social Psychology: Scientific Nature, Applications and Methods of Social Psychology, Social Identity – Self concept, Self-esteem. Gender identity.
- Unit-II:** Attitudes and Prejudices: Attitude– Meaning, Theories, Attitude changes overtime; Prejudice – Origin of prejudice. Cognitive basis of prejudice, Techniques to control prejudice.
- Unit-III:** Social influence: Conformity – Nature and characteristics – Conformity, Counter Conformity and Independence factors affecting conformity, Theories of Conformity; Compliance – Meaning and nature of compliance, principles of compliance.

Obedience – Basis of Obedience, Experimental studies of obedience.

Unit-IV: Personal relationship – Family interaction and Close friendship, Romantic relationship, love and Physical intimacy, Martial relationship, Interdependence, Self disclosure, Intimacy, the Balance of power and conflict. The darker side of relationship. Personal relationship and Aging.

**Books recommended:**

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

**PSY106**

**Practicals**

**-100 Marks**

1. Stroop – Test
2. Biofeedback
3. Neuro Psychological Test
4. Benton Visual Retention Test
5. Semantic Differential Test
6. Picture Frustration Study
7. Multiple Intelligence Test



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1. Project Work (Literature Review) -50 Marks
2. Profiling and Cataloging of Tests and Instruments -50 marks

### Semester-II

PSY201

### Psychology of Personality

- Unit-I:** Personality: Nature and concept. Historical development, Basic issues, Personality Assessment
- Unit-II:** Psychoanalytic, Neo-analytic and Ego aspects - Freud, Jung, Adler, Horney, Erikson, Biological and Behavioural aspects - Temperament, Socio biology and Evolutionary personality: Pavlov, Watson, Skinner, Hall, Dollard and Miller.
- Unit-III:** Cognitive and Social Cognitive aspects: Lewin, Kelly, Seligman, Rotter, Bandura, Trait and Skill aspects: Cattell, Allport, Big five types, Expression style.
- Unit-IV:** Humanistic and Existential aspects - Person - Situation interactionist: Rogers, Frankl, Maslow, Sullivan, Murray.

#### Books Recommended:

- Frager, R.G. and Fadiman, J. (2007). Personality and personal Growth. New Delhi: Pearson education.

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- Friedman H.S. and Schustack, M.W. (2006). Personality: classic theories and modern research. New Delhi: Pearson education.
- Hall, G.C., Lindzey, G. and Campbell, J.C. (1998). Theories of personality. New York: Wiley.

**PSY202 Applied Psychology**

- Unit-I: Criminal Psychology: Understanding Psycho-Social Criminology, Offences – Juvenile Delinquency, Substance Abuse, Crime against Women, Robbery, Homicide, Suicide, Terrorism, Causes of Crime, Theories of Crime, Treatment of Offenders, Ethical Issues in Criminal Psychology.
- Unit-II: Sports Psychology: Nature and Importance, Psychological Interventions to Enhance Mental Health, Cognitive and Spiritual Skills of Sportsmen, Team Cohesion and Team Building, Role of Coaches.
- Unit-III: Psychology of Information Technology and Mass Media, Understanding, Well-being and Human Rights through I.T., Media and Communication, Media Violence, Media Management (Advertising and Public Relations), Cyber Crime.
- Unit-IV: Military Psychology:- Mental Health of Army Personnel, Psychological Tests for Selection and Training, Psychological Interventions.

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**Books Recommended:**

- Dubey K.C. (2009). Introduction to Crime Psychology, Omega Publication, New Delhi.
- Parmar, R.G., Taparjya, J.H. (2010) – Crime Psychology, Paradise Publications, Jaipur.
- Gadd, D. and Jefferson, T. (2007) – Psycho-social Criminology, Sage Publication, New Delhi.
- Mishra, R. (2006)- Criminal Psychology, New Delhi.
- Swain, S. (2010)- Applied Psychology, India Specific and Cross Cultural Approaches (2<sup>nd</sup> Edition), New Delhi.
- Singh, S. (2008)- Psychology of Sports Performance: Applications, Interventions and Methods, Global Vision, New Delhi.
- Robins, Sanghi, S. (2007) – Organizational Behaviour, Pearson Education, New Delhi.
- Anastasi, A. (1979). Fields of applied psychology. New Delhi: McGraw-Hill.

**PSY203**

**Psychopathology**

- Unit-I:** Normality: Concept of Normality and Pathology. Classification of Mental disorders: an overview. Theoretical Models: Bio-medical, Psychodynamic, Cognitive behavioural, Humanistic, Existential, Family systems, Integrative and Biopsychosocial.
- Unit-II:** Disorders of Childhood and Adolescence. Nature and Clinical picture of ADHD, Conduct Disorder, Separation Anxiety Disorder, Autistic and Mental Retardation.
- Unit-III:** Nature and clinical picture of Anxiety, Mood, Schizophrenia and Somatoform disorders.
- Unit-IV:** Nature and Clinical picture of Personality disorders and Substance-Related disorders.

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**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.

**PSY204**

**Statistical Techniques in Psychology**

- Unit-I:** The Normal Distribution: The Meaning and Importance of Normal distribution, Properties of Normal probability distribution, Application of NPC, Divergence from Normality.
- Unit-II:** Correlation: Meaning and Interpretation of Coefficient of Correlation, Biserial, Tetrachoric, Partial Correlation (first order).
- Unit-III:** Significance of difference between (Small and large, Dependent, Correlated and Independent groups): Means, SD's, Correlation of Coefficients, Interpretation of Values. Analysis of Variance: One way Analysis of Variance, Two way Analysis of Variance, General uses and limitations of Analysis of Variance, Interpretation of F Value.
- Unit-IV:** Non-Parametric Statistics: Difference between Parametric and Non parametric Statistics, Chi-Square Test (Equal and Normal probability

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Hypothesis), The Sign Test, Median Test, Mann-Whitney U Test, Freidman Test. Two way ANOVA, H-Test, Sandler's A Test.

**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: Vakil febber and Simons.
- Guilford, J.P. (1975) Fundamental statistics in psychology and education. New York: McGraw Hill
- Siegel, S. (1988) Nonparametric Statistics for Behavioural Sciences. New York, McGraw Hill.

PSY205

**Cognitive Psychology-II**

**Unit-I:** Language: Basic Principles, Speech and Spoken Word Recognition, Reading and Visual word recognition, Syntax and Semantics, Language Production.

**Unit-II:** Memory – Short term memory, Long term memory, Models of memory, Exceptional memory, Memory distortions.

**Unit-III:** Representation and organization of knowledge – Semantic Organization, Cognitive models, Mental imagery – Dual Coding hypothesis, Conceptual Propositional hypothesis, Functional Equivalency hypothesis. Cognitive maps, Integrative models for

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representing declarative and non-declarative knowledge.

**Unit-IV: Complex Thinking: Reasoning, Judgment and Decision making.**

**Books Recommended:**

- Reigler, G.R. and Reigler, B.R. (2008). Cognitive psychology. New Delhi: Pearson education.
- Solso, R.L. (2004). Cognitive psychology. New Delhi: Pearson education.
- Srinivasan, N. Kar, B.R. and Panday J. (2010). Advances in cognitive sciences. New Delhi; Sage.
- Sternberg, R.J. (2007). Cognitive psychology. New Delhi. Cengage learning.

**PSY206 Practicals:**

**-100 Marks**

1. 8 SQ
2. Symbols Coding Test
3. Thought Control Questionnaire
4. SDS for Career Interests
5. Draw – A-Man Test
6. Personality Assessment Screener (L.C. Morey)
7. Attribution Style scale
8. Computerized Data Entry and Knowledge of SPSS

1. Field Work -50 Marks
2. Seminar Presentation -50 Marks

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**Semester-III**

**PSY301 (Compulsory) Research Design**

- Unit-I:** Introduction to research design: Meaning and Purpose of research design, Criterion of research design.
- Unit-II:** Single Factor Design: Within subject design- Two conditions and multiple conditions tested within subject. Between subject design: Two conditions and Multiple conditions tested between subject.
- Unit-III:** Factorial design- Two Factor design: Factorial within subject design, Factorial between subject design, Mixed Factorial design. Three Factor design: General layout of the Three Factor design.
- Unit-IV:** Quasi Experimental design- The principal difference between Quasi Experimental and True Experimental designs. Types of Quasi Experimental design: Non Equivalent Control Group designs: Interrupted Time Series design, Repeated Treatment design.

**Books Recommended:**

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

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- Singh, A.K. (2010). Tests, measurement and research methods in behavioural science. New Delhi: Bharti bhavan.

**PSY302 (Compulsory)      Positive Psychology**

**Unit-I:** Introductory and Historical Overview of Positive Psychology: Definition, Goals, Relationship with other branches of psychology; Eastern and Western perspective on Positive Psychology.

**Unit-II:** Classification And Measure of Human Strengths: Gallup's Clifton Strength Finder. The VIA Classification of Strength. Identifying personal strengths.

**Unit-III:** Positive Emotional and Cognitive States and Processes: Nature and definition of Positive Affect, Positive Emotion, Happiness and Well being, Emotional Focus Coping and Emotional Intelligence. Definition and Source of Self efficacy, Optimism and Hope: Changing behavior through Optimism and Hope.

**Unit-IV:** International Approaches: Positive Environments: goals, plans, motivation, care, trust and societal contribution in positive schooling. Case study of positive schooling.

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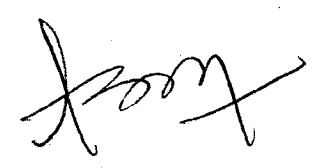
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**Books Recommended:**

- Synder, C.R. & Lopez, S.J. (2007). Positive Psychology. New Delhi: Sage
- Synder, C.R. & Lopez, S.J. (2005). Handbook of Positive Psychology. New York: Oxford
- Wong, P.T. & Fry. (1998). The Human Quest for Meaning. Mahwah, New Jersey. Lawrence, Erlbaum.
- Baumgardner, S. & Crothers, M. (2009). Positive psychology. New Delhi: Pearson education.

**PSY303 (Optional) Diagnostic Techniques**

- Unit-I:** Classification Systems of Psychiatric Disorders: ICD and DSM (Latest). Problems of classification, Diagnosis, Differential diagnosis, Prognosis and Remission. Ethical Issues: Diagnostic assessment and role of mental health professionals.
- Unit-II:** Clinical Assessment: Clinical observation, Mental and Physical Status Examination, Case History taking, Clinical interview; Behavioural, Cognitive, Relational and Bodily assessment.
- Unit-III:** Psychometric Testing: Objective, projective, Individual, Group and battery tests of Intelligence and Personality, Psychiatric rating scales.
- Unit-IV:** Neuropsychological Assessment: Cognitive, Sensory motor and Perceptual problems. GSR, ECG, ERP, PET, MRI, fMRI techniques.

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**Books Recommended:**

- Fridman, A.M., Kaplan H.I. and Sadock, B.J. (1989). Comprehensive textbook of Psychiatry. London, Baltimore.
- Winer, B. (1983) Clinical methods in psychology. New York: Wiley.
- Maarnet, G. (2003). Handbook of psychological assessment. New Jersey: Wiley.

**PSY304 (Optional)**

**Human Resource Development**

- Unit-I:** Fundamentals of Human Resource Management- Meaning and Definition, Characteristics and Assumptions, Objectives, Scope of Human Resource Management.
- Unit-II:** Job Analysis, Recruitment and Selection- Meaning and Characteristics, Purpose and Scope, Methods of Collecting Job Data, Techniques of Job design, Sources of Recruitment, Selection Procedure, Factors Governing Recruitment, Search and Screening.
- Unit-III:** Industrial Relations – Learning objective, Nature of Industrial Relations, Importance of industrial Relations, Approaches of Industrial Relations, Strategy and Role of Human Resource Management.
- Unit-IV:** Human Resource Audit: Learning Objectives, Nature of Human Resource Audit, Benefits of Human Resource Management Audit, Scope, Approaches to Human Resource Audit; Challenges of Human

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Resource Management, Learning Objective and Present Status.

**Books Recommended:**

- Aswathappa, K. (2000). Human resource and personnel management. New Delhi: McGraw Hill.
- Beadwell, I. and Holden, L. (1996). Human resource management: A Contemporary Perspective, New Delhi: Macmillan.
- Dwivedi, R.S. (1997). Management human resources: personnel management in Indian Enterprises, New Delhi: Galgotia.
- Sudha, G.S. (2008). Human resource management. Jaipur: Ramesh Book Depot
- Varkkey, B. (2008). Human resource management. New Delhi: Pearson Education.

**PSY305 (Optional)**

**Counselling Psychology**

**Unit-I:** Counselling Psychology – Defining features and Unifying themes, Counselling Psychology and related fields (Clinical Psychology, Community Psychology and School Psychology). Meaning and Definition of counselling, Goals, Expectancies and Process, Group counselling.

**Unit-II:** Theoretical Approaches to Counselling– Psychoanalytic, Behavioural, Rational-Emotive Behaviour Therapy, Client Centered, Gestalt, Transactional Analysis.

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**Unit-III:** Human Assessment for Counselling- Purposes, Types. Non-Testing- Observation, Anecdotal records, Cumulative records, Autobiography, Rating scales and Diagnostic interview. Testing- Intelligence test. Achievement test. Aptitude test, Interest Inventory, Personality test.

**Unit-IV:** Counselling for Special Population: Culturally different, Women, Individual with disabilities, Older adults. Victims of abuse.

**Books Recommended:**

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

**Books Recommended:**  
**PSY306 (Optional)**

**Environmental Psychology**

**Unit-I:** Environmental Psychology- Meaning, Definition, Nature of environmental psychology, Methods of environmental psychology- Experimental, Correlation and Descriptive Research.

**Unit-II:** Theories of Environmental Psychology – Arousal, Overload, Behaviour constraint, Stress, Ecological and Adaptation level theories.

**Unit-III:** Environmental Perception and Cognition- Nature and characteristics, Theories of environmental cognition.

**Unit-IV:** Strategies to Promote, Environmental Protective Behaviours, Environmental education, Prompts, Reinforcement Techniques.

**Books Recommended:**

- Bell, P.A. Green, T.C., Fisher J.D. and Baum, A. (2001). Environmental Psychology. New York: Harcourt.
- Bechtel, R.B. (1997). Environment and Behaviour: An Introduction. New Delhi, Sage.
- Bonnes, M. and Secchiaroli, G.F. (1995). Environmental Psychology: A Psycho Social Introduction. New Delhi: Sage.
- Sinha, S.N. (1997). Environmental Psychology, Jaipur: Pointer.
- Tiwari, P.S. (2008). Paryavaran Manovigyan. Jaipur: Motilal Banarsidas.

**PSY307 (Optional)**

**Educational Psychology**

**Unit-I:** Introduction: Concept, Nature, Aims and objectives of Educational Psychology. Conceptual and Theoretical Perspectives in Educational Psychology: Behaviouristic theories, Social Learning theories, Piaget and Neo-Piagetian theories and their

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applications in teaching, Cognitive and Humanistic approaches to Education.

**Unit-II:** Individual and Group Differences in Intelligence, Theories of Intelligence, Multiple Intelligences, Issues in Intelligence Testing, Schooling and Cognition. Gender Differences/ Issues in the classroom. Multilingualism and Minority Language Issues in Education: Mother-Tongue Education, Bilingual or Multilingualism Education.

**Unit-III:** Education of Exceptional Children: Categories of Exceptionality; Labeling and Educational relevance. Physically Challenged Students. Students with Cognitive Disabilities or Brain Dysfunction and Communication Disorders. Students with Emotional and Behaviour Disorders. Attention Deficit Hyperactivity Disorder (ADHD), Gifted and Talented Students. Specific learning and Reading Disability.

**Unit-IV:** Educational Assessment and Evaluation (Norm-referenced and Criterion-referenced tests), Test Scores-Meaning, Types of Interpretation. Standardized test - Meaning, Types and Interpretation; Reliability and Validity; Classroom Assessment and Grading. Diversity/ Cultural Differences and Assessment.

**Books Recommended:**

- Chintamanikar (1992). Exceptional children: their psychology and education. New Delhi: Sterling.

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

**PSY308**

**Practicals:**

**-100 Marks**

1. Authentic Happiness Inventory
2. VIA
3. Clinical Interview
4. Rorschach Test
5. SWOT Analysis
6. Transactional Style Inventory: Counselling
7. Reading Disability Test
8. Study Habit Inventory
9. Environmental Educational Awareness Test
10. Environmental Pollution Attitude Test
11. Job Analysis/ Job Evaluation
12. Case study on Exceptional Children

1. Preparation and Presentation of Synopsis -50 Marks
2. Content analysis -50 Marks

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**Semester-IV**

**PSY401 (Compulsory) Health Psychology**

- Unit-I:** Concept of health: Individual and Cross-cultural perspective on health, Bio-psycho-social model of health, Main approaches to study health psychology.
- Unit-II:** Social environment and Health: Global health trends – exploding population, gender, poverty, inequality and growth, ethnicity and disability. Factors in health: Food, alcohol drinking and tobacco smoking, sexual behaviour.
- Unit-III:** Work and Health: Demographics and characteristics of workforce, health and well-being within the workplace, role demands and control, Occupational health psychology; occupational stress and intervention to reduce, health promoting behaviour, changing workforce.
- Unit-IV:** Health Promotion: concept, behaviour change approach, self empowerment approach, collective action or community development approach. Effectiveness of health promotion.

**Books Recommended:**

- Baum, A. Gatchel, R.J. and Krantz, D.S. (1997). An introduction to Health Psychology. New York: McGraw Hill.

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

**PSY402 (Compulsory)      Psychological Testing**

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

**Unit-II:** Test Construction: Steps of Test Construction, Item analysis, Item response theory, Cross-validation.

**Unit-III:** Reliability and Validity: Concept, Types, Statistical Methods and Interpretation, Relation of validity and reliability.

**Unit-IV:** Norms: Statistical concepts, Types and Computer utilization, Interpretation of test scores.

**Books Recommended:**

- Anastasi, A. and Urbina, S. (2002). Psychological testing. (1<sup>st</sup> 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.

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- Singh, A.K. (1986). Tests, Measurements and Research Methods in Behavioural Sciences. New Delhi: McGraw Hill

**PSY403 (Optional)                      Therapeutic Techniques**

- Unit-I: Psychotherapies:** Defining and comparing, Psychotherapists: Roles and responsibilities, Ethical principles, Codes of conduct.
- Unit-II: Psychoanalytic and Psychodynamic Therapies:** Sigmund Freud, Alfred Adler, Erik Erikson, Heinz Kohut. **Interpersonal and Systemic Therapies:** Eric Berne, Gerald Klerman, Virginia Satir, Salvador Minuchin.
- Unit-III: Humanistic - Existential and Gestalt Psychotherapies:** Carl Rogers, Ludwig Binswanger, James Bugental, Rollo May, Victor Frankl, Fritz Perls and Alvin Mahrer
- Unit-IV: Behaviour and cognitive Therapies:** Joseph Wolpe, Donald Meichenbaum, Thomas G. Stampfl, Francine Shapiro, Albert Ellis and Aaron Beck.

**Books Recommended:**

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

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**PSY404 (Optional) Organizational Behaviour**

- Unit-I:** Introduction to Organizational Behaviour – Roots of Organizational Psychology, the multidisciplinary approaches, Theories: Classical, Neoclassical and Modern. Theory X, Theory Y, Theory Z. Organizational structure: Horizontal and vertical systems approach, group types, job design.
- Unit-II:** Communication in Organisations- Process models, networks, interpersonal, intragroup and intergroup communication, effective communication management, informal communication. Current issues in communication.
- Unit-III:** Leadership: Styles, Activities and Skills, Approaches to leadership process, Historically important studies, Traditional Theories of leadership, Modern Theoretical processes of leadership, Finding and creating effective leaders.
- Unit-IV:** Organizational culture and climate: concept, measurement, practical applications of the concept, Work motivation and Performance: Need theories, Models of work motivation, Managerial motivation, Organizational stress and conflict-Emergence of stress, causes of stress, Intra individual conflict, Interactive conflict, Effect of stress and intra individual conflict, coping strategies for stress and conflict.

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**Books Recommended:**

- Robbins, S.P. (2008). Organizational Behaviour. New Delhi: Pearson education 2008
- Luthans, F. (2008) Organizational behaviour. New York: McGraw Hill

**PSY405 (Optional)**

**Vocational Psychology**

- Unit-I:** Introduction: Subject matter and History of Vocational Psychology; Definition of Vocational Psychology; Current issues and Innovations in Vocational Psychology.
- Unit-II:** The Psychology of Vocational Choice: Conception, Definition and Measures of Vocational Choice; Career Decision Making Process. Problems in Vocational Choice: Systems for defining vocational problems; Problems of Vocational Indecision; Vocational Unrealism.
- Unit-III:** Career Development Theories: Ginzberg's Theory of Vocational Development, Super's Career Development Theory; Holland's Theory of Vocational Choice; Roe's Theory of Early Determinants of Vocational Choice.
- Unit-IV:** Contextual Explanation of career, Krumboltz theory, Social cognitive career theory, vocational behaviour and Personality; vocational behaviour and Social Environment; Women's Career Development; Work

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adjustment; Career interventions; Professional Issues  
in Vocational Psychology.

**Books Recommended:**

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

**PSY406 (Optional) Cross Cultural Psychology**

**Unit-I:** Introduction: Meaning of Culture, Popular conceptions of culture, Academic Conceptions of Culture, Anthropological and Psychological perspectives, Features of a Culture, Nature and rationale of Cross-cultural psychology, Current status of cross-cultural psychology- Globalization, Multiculturalism and cultural diversity, The growth of Indigenous psychologies.

**Unit-II:** Conceptual Model of Cross Cultural Differences in Eastern and Western Cultures- Individualism Vs.

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Communalism, Cognitivism Vs. Emotionalism, Free will Vs. Determinism, Materialism Vs. Spiritualism.

**Unit-III:** Research in Cross-Cultural Settings: Ethical Considerations, Methodological issues in Cross Cultural Psychology- Process of Research in Cross cultural Psychology, the emic-etic dilemma, Pseudo-elic approach.

**Unit-IV:** Doing Research in India: Cultural and Ethical Considerations – Family structures and Child-rearing Practices, Intercultural Perception and Interaction – Words and Language.

**Books Recommended:**

- Berry, J.W. et al, (1997). Handbook of cross – cultural psychology. (2<sup>nd</sup> Edition) Boston: Allyn and Bacon.
- Berry, J.W. Poortinga, Y.H., Segall, M.H. and Dasen, P.R. (2002) Cross-cultural psychology: Research and application. New York: Cambridge University Press.
- Laungani, P.D., (2007) Understanding cross – cultural psychology, New Delhi; Sage.
- Matsumoto, D. (2001). The handbook of culture and psychology. New York: Cambridge University Press.
- Shiraev, E. and Levy, D. (2008) cross cultural psychology. New Delhi: Pearson Education.

**PSY407 (Optional) Psychology of Aging**

**Unit-I:** Concept of aging, characteristics, developmental task of aging, aging in India.

**Unit-II:** Theoretical approaches – Psychosocial Development Theories of aging, Erikson's theory of ego integrity

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versus despair, Peck's theory of ego integrity, Labouvie - Vief's theory of emotional expertise, Social theory of aging - disengagement theory, activity theory, socio emotional selectivity theory.

**Unit-III:** Aging disabilities: Physical disabilities - Arthritis, adult Onset diabetes, Unintentional injury. Mental disabilities- Dementia, Alzheimer's, Brain Deterioration.

**Unit-IV:** Significant concerns for aging persons - retirement and leisure, living arrangement, grand parenting, coping with bereavement and death, successful aging. Changes and coping with changes in aging - physical changes, cognitive functions, personality and concept of self, social aspect.

**Books Recommended:**

- Berk, L.E. (2007). Development through life span. New Delhi: Pearson education
- Botwinick, J. (1973). Aging and Behaviour. New York: Springer.
- Hurlock, J.B. (1997). Developmental psychology - The life span perspective. New York: McGraw Hill.
- Kaluger, G. and Kaluger, M.F. (1984). Human development - The span of life. St. Louis: Times Mirror.
- Rao, V.A. (1989). Psychology of old age in India. Madras: MacMillan India.

**PSY408**

**Practicals:**

**-100 Marks**

1. Behaviour Modification technique
2. Cognitive therapeutic technique

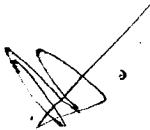
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3. Visioning Effectiveness Survey
4. Locus of Control health battery
5. Subjective Well Being
6. Cross Sectional Comparison
7. Religiosity among senior citizen
8. Life attitude/ death anxiety among senior citizen
9. Job Satisfaction
10. Leadership Styles
11. Vocational Maturity
12. Vocational Aspiration

1. **Dissertation**

**-100 Marks**



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