

M.A., Psychology Course Structure
For students admitted from 2014-2015 onwards

Paper	Course	Marks
First Year		
Paper – I	Advanced General Psychology	100
Paper – II	Advanced Social Psychology	100
Paper – III	Research Methodology & Statistics	100
Paper – IV	Life Span Psychology	100
Practical - I	Experimental Psychology I	100
Second Year		
Paper – VI	Psychopathology	100
Paper – VII	Theories of Personality	100
Paper – VIII	Counselling Theories & Techniques	100
Paper – IX	Industrial Psychology	100
Practical - II	Experimental Psychology II	100
	Total	1000

PATTERN OF QUESTION PAPER

Time: 3 Hours

Maximum Marks: 100

SECTION B (5 X 8 = 40)

[Open Choice: Out of 8 Questions 5 should be answered]

SECTION C (3 X 20 = 60)

[Open Choice: Out of 5 Questions 3 should be answered]

EVALUATION FOR PRACTICAL

Time: 3 Hours

Maximum Marks: 100

Components of Assessment

1. Introduction	10 Marks
2. Materials Selection	05 Marks
3. Procedure	15 Marks
4. Table	10 Marks
5. Results and Discussion	15 Marks
5. Conclusion	05 Marks
6. Viva	20 Marks
7. Record	20 Marks
Total	: 100 Marks

Paper-I ADVANCED GENERAL PSYCHOLOGY

Unit I: Psychology- Meaning, Methods and Bases

Psychology: Definition-Historical Back Ground-Emergence of Modern Psychology-Subfields-Trends for the New Millennium. Research Methods: Observation-Correlation-Experimental methods. Ethical Issues in Psychological Research. Biological Basis of Behaviour: Response Mechanism-the Nervous System- Neuronal Physiology-Internal Environment-Heredity vs. Environment.

Unit II: Sensation and Perception

Sensation: Vision-Hearing-Touch and other Skin Senses-Chemical Senses- Kinesthesia and Vestibular Sense. Perception: Organizing principles-Constancies and Illusions and Perceptual Processes-Extra Sensory perception. States of Consciousness: Biological Rhythms-Waking State-Sleep-Dreams- Altered State of Consciousness and Consciousness altering Drugs.

Unit III: Learning and Memory

Learning: Definition-Association Learning. Classical Conditioning-Principles-Neural Basis of Learning Operant Conditioning-Principles-Reinforcement- Learned Helplessness-Cognitive Learning- Observational Learning. Memory: Definition - The Atkinson and Shiffrin Model- Neural Networks Models-Forgetting: Nature - Causes -Improving Memory.

Unit IV: Cognition, Intelligence and Creativity

Cognition and Intelligence: Thinking: Basic elements of Thought-Studying Cognitive processes-Heuristics-Problem Solving: methods of solving problems- Artificial Intelligence- Language: Basic Nature- Language development- Language and Thought-Language in other Species-Intelligence and its Nature- Multiple- Triarchic and Fluid and Crystallized Intelligences- Measuring Intelligence- the Neural and Cognitive bases- the Role of Heredity and Environment- Emotional Intelligence. Creativity.

Unit V: Personality, Motivation and Emotions

Personality: Meaning and Theories of Personality- Motivation: Meaning and Theories of Motivation- Hunger- Sexual and Aggressive Motivations-Emotion: the Nature and Views of Emotion- the Biological Basis- the External expression- Emotion and Cognition- Subjective Well-being.

REFERENCES

- Baron R.A. (2005) Psychology, 5th Edition, New Delhi, Pearson Education.
Morgan, King, Weiz and Schopler(1998): Introduction to Psychology, 7th Edition, New Delhi, TATA McGraw Hill.
Lahey Benjamin B (2003). Psychology, New York, McGraw Hill.
Hilgard;E.R.(1999) Introduction to Psychology (6th Edition), New Delhi; Oxford and I.B.H. Publishing Co. Pvt Ltd.

Paper-II ADVANCED SOCIAL PSYCHOLOGY

Unit I: Introduction

Definition – Origins and Development of Social Psychology – Research Methods in Social Psychology – Social Perception: Nonverbal communication, attribution, impression formation and management – Social Cognition: Schemas and prototypes, Heuristics and Errors in social cognition, Affect and Cognition – Attitudes: Forming attitudes, Persuasion and cognitive dissonance.

Unit II: Social Identity, Prejudice and Discrimination

Aspects of Social Identity: The Self, Self functioning, Gender and Social Diversity – Prejudice and Discrimination: What they are and how they differ, Origins of Prejudice, Striking back against prejudice and prejudice based on gender.

Unit III: Attraction, Joys and Sorrows in Relationships

Meeting Strangers, Becoming acquainted and moving toward friendship – Initial interdependent Relationships, Friendship versus loneliness, Romantic Relationships, Love and Physical Intimacy, Marital Relationships.

Unit IV: Social Influences, Prosocial Behaviour and Aggression

Conformity and Compliance, Obedience – Prosocial behaviour: Responding to emergency, Factors that influence prosocial behaviour and Theoretical explanations – Aggression: Theoretical Perspectives, Determinants, Personal Causes, Child Abuse and Workplace Violence, Prevention and control of Aggression.

Unit V: Applications of Social Psychology

Social Psychology Applications: In legal system, In Business – Health Psychology – Environmental Psychology

REFERENCES

- Baron, Robert A. and Byrne, D. (2001). Social Psychology (8th edition) Reprint, New Delhi: Prentice-Hall of India Pvt Ltd.
- Brehm, S.S. and Kassir, S.N. (1996). Social Psychology (3rd edition). USA: Houghton Mifflin Company.
- Crisp, R.J. and Turner, R.N. (2007). Essential Social Psychology. New Delhi: Sage Publications.
- Myers, D.G. (2002). Social Psychology (7th international edition). New York: McGraw Hill Companies.

Paper-III RESEARCH METHODOLOGY AND STATISTICS

Unit I: Foundations of Research

Research: Meaning – objectives – Types – Research Approaches – Significance of research – Research Methods versus Methodology – Research and Scientific method – Problems encountered by researchers in India. Ethical Principles in animal research and research

with human participants. Major stages in research – Research problems: Nature – Sources – Defining and stating a problem – Criteria of a good problem. Review of Literature: Functions – Sources – The search for the literature – Criticism.

Unit II: Sampling and Tools of Research

Hypothesis: Meaning – Types – Criteria – Formulating and Stating hypothesis – Basic concepts related to hypothesis testing. Sampling: Meaning – Types – Probability and Non-Probability sampling – sample size – Tools of research: Criteria for selection of tools – Factors related to construction of tools – Tools of different types: Observation – Interview – Questionnaire – checklist- Rating Scales: Merits and Limitations – Writing a research proposal.

Unit III: Research Methods

Normative Survey – Experimental Research – Variables and experimental control. Experimental designs: Pre-experimental designs – True experimental designs – Quasi experimental designs – Single subject experimental designs – Ex-post Facto Designs – Interpretation and report writing.

Unit IV: Statistics

Scales of measurement - Frequency distributions and Graphs: Steps – Exact limits and mid-points of the class intervals – Graphical representation of Data: Different types of graphs – Issues to consider when preparing a graph. Measures of Central Tendency: The Mean, Median and Mode – Measures of Variability: The Range, Quartile Deviation, Average Deviation and Standard Deviation. Normal probability curve: Characteristics – Applications – Skewness and kurtosis.

Unit V: Statistical Techniques Applied in Psychology

Correlation: Meaning – Concept of Correlation – Pearson's Product moment correlation – Rank order correlation – Test of Significance: 't' Test – Calculation and interpretations – The 't' ratio and its assumptions. Analysis of Variance (ANOVA): Meaning – logic – example for one-way ANOVA – interpretation – Assumptions of the ANOVA. Regression and Prediction- An overview of Non-Parametric statistics.

REFERENCES

- Coaley, K. (2009). An Introduction to Psychological Assessment and Psychometrics. New Delhi: Sage Publications.
- Kerlinger, N. (1996). Foundations of behavioural research. India: Prentice Hall
- Kothari, C.R. (2008). Research Methodology – Methods and Techniques. New Delhi: Wiley Eastern Ltd.
- Kundu. (2010). Research Methodology. New Delhi: Pearson Publishing.
- Myers, J. (2008). Methods in Psychological Research. New Delhi: Sage Publications.
- Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan Publishers.

Paper-IV LIFE SPAN PSYCHOLOGY

Unit I: Theoretical Perspectives and Forming a New Life

Human development early approaches- Human development today- theoretical perspective: psychoanalytic- learning- cognitive- evolutionary/ sociobiological- contextual. Conceiving new life- mechanisms of heredity- nature and nurture- prenatal development- birth process-newborn baby- physical development.

Unit II: Babyhood and Early Childhood

Cognitive development: classic approaches- new approaches- language development. Psychosocial development: Foundations of psychosocial development- developmental issues in infancy and toddlerhood- children of working parents- contact with other children Physical development: aspects of physical development. Cognitive development: Piagetian approaches – Language development- memory development..0 Psychosocial development: developing self- Gender- Play- parenting- Child abuse and neglect- relationship with other children.

Unit III: Middle Childhood and Adolescence

Physical development: aspects of physical development- cognitive development: Piagetian approach- information processing and intelligence- language and literacy- The Child in school. Psychosocial development- developing self- child in family and peer group- mental health Physical development: Puberty- Physical and mental health. Cognitive development: Cognitive maturation Psychosocial development: search for identity- sexuality- relationship with family, peer and adult society.

Unit IV: Young Adulthood and Middle Adulthood

Health and physical condition- Cognitive development: perspectives on adult cognition- moral development Psychosocial development- approaches-foundations of intimate relationships- nonmarital and marital lifestyles - parenthood - marital problems Physical development: Physical changes- Health Cognitive development: measurement- adult cognition- creativity-education Psychosocial development: classic approach- self at mid life- relationship

Unit V: Late Adulthood

Theories of biological aging- physical changes- health status. Cognitive development - psychosocial development- lifestyle- relationship- non-marital kinship ties. Faces of death- Facing death and loss- Death and bereavement across lifespan – Right to die.

REFERENCES

- Papalia, D.E, Olds, S.W and Feldman, R.D. (2004). Human development (9th edition). New Delhi: Tata McGraw-Hill.
- Berk, E.L. (2007). Development through lifespan (3rd edition). New Delhi: Pearson Education, Inc.
- Feldman. (2010). Discovering the Lifespan. New Delhi: Pearson Education, Inc.
- Keenan, T and Evans, S. (2009). An Introduction to Child Development (2nd edition). New Delhi: Sage Publications.
- Harris, M. (2008). Exploring Developmental Psychology: Understanding theory and methods. New Delhi: Sage Publications.

Practical – I: EXPERIMENTAL PSYCHOLOGY – I

1. Emotional Intelligence
2. Stress coping Skills
3. Human Information Processing Survey
4. Mental imagery Questionnaire
5. Social Intelligence scale
6. Standard Progressive Matrices
7. Weschlers Adult intelligence scale
8. Bhatia's Battery of performance Test and Intelligence
9. Myers Briggs Type Indicator
10. Eysenck Personality Questionnaire
11. Bogardus social distance scale
12. Sexual attitude scale
13. Personal value questionnaire
14. Social Behaviour
15. Adjustment Inventory
 - This list is suggestive
 - A minimum of 10 experiments/exercises must be completed

Paper-VI PSYCHOPATHOLOGY

Unit I: Perspectives, Assessment and Diagnosis

Historical conceptions of abnormal behavior- Biological tradition – Psychological tradition: Moral therapy- Asylum reform and the decline of moral therapy – Psychoanalytic therapy – Humanistic therapy – The behavioural model – Scientific method and an integrative approach- Brief overview of Perspectives

Assessing psychological disorders: Clinical interview - Physical examination – Behavioural assessment – Psychological testing. Diagnosis: Classification issues - DSM V – ICD 10

Unit II: Anxiety, Somatoform and Dissociative Disorders

Generalized anxiety disorder: Clinical description – Causes – Treatment. Panic disorder with and without agoraphobia: Clinical description – Causes – Treatment. Specific phobia: Clinical description – Causes – Treatment. Post-traumatic stress disorder: Clinical description – Causes – Treatment. Obsessive-compulsive disorder: Clinical description – Causes – Treatment

Somatoform disorders: Hypochondriasis – Somatization disorder – Conversion disorder – Pain disorder – Body dysmorphic disorder - Causes – Treatment. Dissociative Disorders: Dissociative amnesia – Dissociative fugue – Dissociative trance disorder – Dissociative identity disorder – Causes – Treatment. The immune system and physical disorders: AIDS and cancer. Cardiovascular problems: Hypertension and Coronary heart disease
Chronic pain – Psychological, social and biological aspects. Chronic fatigue syndrome. Treatment – biofeedback, relaxation, meditation.

Unit III: Mood, Eating, Sleep, Sexual and Gender Identity Disorders

Mood disorders: Depressive disorders – Bipolar disorder – Causes – Treatment. Suicide – Risk factors – Treatment. Eating disorders: Bulimia nervosa – Anorexia Nervosa – Binge-eating disorder – Causes and treatment of eating disorders.

Sleep disorders: Dys-somnias – Primary insomnia – Primary Hypersomnia – Narcolepsy – Breathing related sleep disorders – Circadian rhythm sleep disorders – Treatment: Psychological and Behavioural treatment.

Sexual dysfunctions: Sexual desire disorders – Sexual arousal disorders – Orgasm disorders – Sexual pain disorders – Assessment of sexual behavior: Interview – Medical examination – Psycho physiological assessment. Causes – Psychosocial treatment

Paraphilia: Fetishism – Voyeurism and Exhibitionism – Sexual sadism and Masochism – Sadistic rape – Pedophilia and Incest. Causes – Assessment – Treatment. Gender identity disorders.

Unit IV: Substance-Related and Personality Disorders

Depressants: Alcohol use disorders – Sedative, Hypnotic or Anxiolytic, substance use disorders. Stimulants: Amphetamine use disorders – Cocaine use disorders – Nicotine use disorders – Caffeine use disorders. Opioids – Hallucinogens: Marijuana – LAD and others. Causes and Treatment.

Paranoid personality disorders – Schizoid personality disorders – Schizotypal personality disorders – Antisocial personality disorder – Borderline personality disorder – Histrionic personality disorder – Narcissistic personality disorder – Dependent personality disorder- Obsessive-compulsive personality disorder.

Unit V: Schizophrenia, Developmental and Cognitive Disorders

Identifying symptoms – Clinical description: Positive symptoms – Negative symptoms – Disorganized symptoms – Schizophrenia subtypes – Related psychotic disorders. Causes – Genetic influence – Neurobiological influences – Psychological and social influences – stress. Treatment – Biological intervention – Psychosocial intervention.

Attention deficit/ hyperactivity disorder: Symptoms – Causes – Treatment. Learning disorders: Symptoms – Causes – Treatment. Autistic disorder: Symptoms – Causes – Treatment. Mental retardation: Symptoms – Causes – Treatment.

Delirium: Clinical description – Treatment. Dementia: Clinical description – Dementia of Alzheimer's type – Substance-induced persisting dementia – Causes – Treatment. Amnesic disorder.

REFERENCES

- Barlow and Durald. (2006). *Abnormal Psychology*. New York: Pearson India Ltd.
- Sarason and Sarason. (2010). *Abnormal Psychology: The Problem of Maladaptive Behaviour* (11th edition). New Delhi: Prentice-Hall of India Pvt Ltd.
- Carson and Butcher. (2010). *Abnormal Psychology* (13th edition). New Delhi: Pearson Education, Inc.
- Hecker. (2010). *Introduction to Clinical Psychology*. New Delhi: Pearson Education, Inc.
- Sadock and Sadock. (2003). *Kaplan and Sadock's Synopsis of psychiatry: Behavioural sciences/ Clinical Psychiatry* (9th edition). Philadelphia: Lippincott Williams & Wilkins.

Paper-VII THEORIES OF PERSONALITY

Unit I: Freud and Jung

Sigmund Freud's Classical Psychoanalytic Theory: The structure of personality – the id, the ego, the superego; the dynamics of personality – instinct, the distribution and utilization of psychic energy, anxiety; the development of personality – identification, displacement, the defense mechanisms of the Ego; stages of development – the oral stage, the anal stage, the phallic stage.

Carl Jung's Analytic Theory: The Structure of Personality: The Ego, the personal unconscious, the collective unconscious, archetypes, the persona, the anima and the animus, the shadow, the Self, the attitudes, the functions, interactions among the systems of personality. The Dynamics of Personality: psychic energy, the principle of equivalence, the principle of entropy, the use of energy. The Development of Personality: causality vs. teleology, synchronicity, heredity, stages of development, progression and regression, the individuation process, the transcendent function, sublimation and repression, symbolization.

Unit II: Social Psychological Theories

Adler: Fictional finalism, striving for superiority, inferiority feeling and compensation, social interest, style of life, the creative self, neurosis. Erik Erikson: The Psychosocial Theory of Development: basic trust vs. basic mistrust (hope), autonomy vs. shame, doubt (will), initiative vs. guilt (purpose), industry vs. inferiority (competence), identity vs. identity confusion (fidelity), intimacy vs. isolation (love), generativity vs. stagnation (care), integrity vs. despair, disgust (wisdom); a new conception of the ego.

Unit III: Trait Theories

Gordon Allport and the Individual: The structure and dynamics of personality: personality, character, and temperament, trait, intentions, the proprium, functional autonomy, the unit of personality. The development of personality: The infant, transformation of the infant, the adult.

Raymond Catell's Factor-Analytic Trait Theory: The nature of personality: A structure of traits, the development of personality – traits, ability and temperament traits, dynamic traits; The development of personality: heredity-environment analysis, learning, integration of maturation and learning, the social context.

Unit IV: Self Theories

Abraham Maslow: Assumption about human nature, hierarchy of needs. Carl Roger's Person-Centered Theory: The Structure of Personality – the organism, the Self, organism and Self: congruence and incongruence; The Dynamics of Personality; The Development of Personality.

Unit V: Learning Theories

B. F. Skinner's Operant Conditioning: The Structure of Personality, The dynamics of personality, the development of personality – classical conditioning, operant conditioning schedules of reinforcement, secondary reinforcement, stimulus generalization and discrimination.

Albert Bandura and Social Learning Theories: Reconceptualization of reinforcement, principles of observational learning – attentional processes, retention processes, production processes, motivational processes; reciprocal determinism; The Self-System – self-observation, judgemental process, self-reaction; applications to therapy; Self-efficacy.

REFERENCES

- Hall, Calvin S. & Lindzey, Gardner. *Theories of Personality*. Singapore: John Wiley & Sons, 1978.
- Allport, G. W. *Pattern and growth in personality*. New York: Holt, Rinehart and Winston, 1961.
- Catell, R. B. *Personality: A systematic, theoretical, and factual study*. New York: McGraw-Hill, 1950.
- Eysenck, H. J. *The structure of human personality*. London: Methuen, 1970.

Paper-VIII COUNSELING THEORIES AND TECHNIQUES

Unit I: Basis of Counselling

Definition of counselling- Difference between guidance and counselling- Goals of counselling- Immediate goals- Professional and ethical issues: Licensing- The master's degree in psychology- Accreditation and specialization- Ethical principles.

Unit II: Process of Counselling

Counselling Process: Preparation for counselling- Counselling relationship- Counselling content and process- Steps in the counselling process. Counselling Interaction: Counselling interaction- Variables affecting the counselling process-Counselling skills and portrait of an effective counselor. Counselling Interview: Essential aspects of interviewing- Non-verbal communication in interview- Counselee-counselor relationship- Interviewing techniques in counselling- Sharing of experience.

Unit III: Theories and Techniques of Counselling

Psychodynamic approach and its techniques – Humanistic approach and its techniques – Cognitive approach and its techniques – Behavioral approach and its technique- Yoga and meditation.

Unit IV: Psychological Testing and Diagnosis

Types of psychological tests- Test use in counselling situations- Test interpretation in counselling-Non-test appraisal techniques.

Educational Counselling: Counselling the elementary school –child- Counselling at high school- Counselling at college- The role of teachers in counselling- Educational counselling and curriculum.

Unit V: Counselling Applications

Family counselling- Counselling with parents- Pre-marital and marital counselling- Career counselling- Counselling drug addicts.

REFERENCES

- Gelso, C. J. Fertz, B. R. (1995): Counselling Psychology, 1995, Prism Books Pvt. Ltd, Bangalore.
- Dryden, W. (1998). Handbook of Individual Therapy. ND: Sage Publications.
- Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counseling. NY: U.S. Brooks/ Cole.
- Wills, F. (2008). Skills in Cognitive Behavior Counselling and Psychotherapy. ND : Sage Publications.
- Lapworth, P. and Sills .C (2008). Integration in counselling and psychotherapy.ND: Sage Publication.

Paper-IX INDUSTRIAL PSYCHOLOGY

Unit I: Introduction, Job Analysis and Evaluation

The field of industrial psychology-Major fields, History, Employment and Educational requirements and types of programs. Research in industrial psychology; the why question, considerations and methods. Job analysis – importance, writing description, Preparation, conduction, methods and job evaluation.

Unit II: Employee Selection

Recruiting- advertisements, recruiters, referrals, internet. Interviews- types, job search skills, resume. References and recommendations, training and education, knowledge, ability, skill and experience, personality, interest and character and limitations.

Unit III: Employee Performance Appraisal

Performance appraisal process- Reason for evaluation, limitations, who will evaluate? best methods, raters training, documenting, evaluation, communication, termination. Behaviourally Anchored Rating Scale (BARS) and Behavioural Observation Scales (BOS).

Unit IV: Employee Motivation, satisfaction and Commitment

Individual predisposing factors of motivation- self-esteem, intrinsic motivation and need achievement. Role of Values, goals and rewards in motivation. Employee Satisfaction: attitudes, measurement and commitment and consequences.

Unit V: Organizational Communication, Leadership and Group Behaviour

Communication- Types of communication and interpersonal communication and ways of improving. Leadership –Personal characteristics, situational nature, skills and culture. Group behaviour- group dynamics, affecting factors and Nature of Teams.

REFERENCES

- Aamodt, M.G, (2001). Industrial/Organizational Psychology. Cengage Learning (India Edition). New Delhi.
Negi, A.(2010). Industrial Psychology. Word Press. First Edition, Lucknow.

Practical - II :EXPERIMENTAL PSYCHOLOGY - II

1. Contact personality factor
2. Neuroticism Scale questionnaire
3. Depression scale
4. State trait anxiety test

5. Comprehensive anxiety scale
 6. Sexual anxiety scale
 7. Medico- psychological questionnaire
 8. Cornell medical index health questionnaire
 9. Mental health battery
 10. Thurstone's Interest Schedule
 11. Self-Directed Search
 12. Big Five Personality Factors
 13. Manual Dexterity
 14. Tweezer Dexterity
 15. Steadiness Test
- This list is suggestive
 - A minimum of 10 experiments/exercises must be completed