# M.A., Psychology Course Structure

*For students admitted from 2014-2015 onwards*

<table>
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<tr>
<th>Paper</th>
<th>Course</th>
<th>Marks</th>
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<tr>
<td><strong>First Year</strong></td>
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<tr>
<td>Paper – I</td>
<td>Advanced General Psychology</td>
<td>100</td>
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<tr>
<td>Paper – II</td>
<td>Advanced Social Psychology</td>
<td>100</td>
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<tr>
<td>Paper – III</td>
<td>Research Methodology &amp; Statistics</td>
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<td>Paper – IV</td>
<td>Life Span Psychology</td>
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<td>Practical - I</td>
<td>Experimental Psychology I</td>
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<td><strong>Second Year</strong></td>
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<td>Paper – VI</td>
<td>Psychopathology</td>
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<td>Paper – VII</td>
<td>Theories of Personality</td>
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<td>Paper – VIII</td>
<td>Counselling Theories &amp; Techniques</td>
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<td>Paper – IX</td>
<td>Industrial Psychology</td>
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<tr>
<td>Practical - II</td>
<td>Experimental Psychology II</td>
<td>100</td>
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<tr>
<td><strong>Total</strong></td>
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<td>1000</td>
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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

Unit II: Sensation and Perception

Unit III: Learning and Memory

Unit IV: Cognition, Intelligence and Creativity

Unit V: Personality, Motivation and Emotions

REFERENCES
Paper-II ADVANCED SOCIAL PSYCHOLOGY

Unit I: Introduction

Unit II: Social Identity, Prejudice and Discrimination

Unit III: Attraction, Joys and Sorrows in Relationships

Unit IV: Social Influences, Prosocial Behaviour and Aggression

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

REFERENCES

Paper-III RESEARCH METHODOLOGY AND STATISTICS

Unit I: Foundations of Research

**Unit II: Sampling and Tools of Research**

**Unit III: Research Methods**

**Unit IV: Statistics**

**Unit V: Statistical Techniques Applied in Psychology**

**REFERENCES**
Paper-IV LIFE SPAN PSYCHOLOGY

Unit I: Theoretical Perspectives and Forming a New Life

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
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.
REFERENCES

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
   o This list is suggestive
   o 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
Chronic pain – Psychological, social and biological aspects. Chronic fatigue syndrome. Treatment – biofeedback, relaxation, meditation.

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

Unit IV: Substance-Related and Personality Disorders
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**


REFERENCES


**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
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

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
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

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