

Master of Science in Applied Psychology



**DETAILED SYLLABUS
FROM 2010-2012 BATCH**

**DEPARTMENT OF PSYCHOLOGY
PERIYAR UNIVERSITY
SALEM, TAMILNADU**

DEPARTMENT OF PSYCHOLOGY

Programme Description

The Department of Psychology offers two-year full-time M.Sc Programme in Applied Psychology with specialization in Clinical Psychology and Human Relations. With the goal of acquiring specialized knowledge, the program would allow students to nurture their academic interest in clinical, HR and research domains of Psychology, along with personal growth.

Programme Objectives

1. To prepare students in specific areas in which professional psychological services can be rendered.
2. To train them into skills and competencies which are required for practice as a Psychologist.
3. To sensitize them to the ethics of profession
4. To develop research insight.
5. To develop self-reflective skills.

ADVANCED GENERAL PSYCHOLOGY - I (10PSC01)

OBJECTIVES

- To enable the student to understand the basic concepts in psychology
- To make them understand the recent advancements in the general psychology
- To sensitize the student on cognitive, motivational, emotional and other aspects of behaviour

UNIT - I: INTRODUCTION

Psychology a Science and a perspective: Definition - Brief history - Modern Psychology - Its Grand Issues and Key Perspectives - Trends for the Millennium - Research in Psychology: Psychology and the Scientific Method - Research-Research methods in Psychology.

UNIT - II: BIOLOGICAL BASES OF BEHAVIOR AND THE BRAIN

Biological Bases of Behavior: Neurons: Building Blocks of the Nervous System - The Nervous System: It's Basic Structure and Functions - The Brain: The Brain and Human Behavior: Where Biology and Consciousness Meet - Heredity and Behavior: Genetics and Evolutionary Psychology.

UNIT - III: SENSATION AND PERCEPTION:

Sensation: Vision - Hearing - Touch and other Skin Senses - Smell and Taste: The Chemical Senses - Kinesthesia - Vestibular Sense - Perception - organizing principles - Plasticity of perception: Nature - Definition - Extrasensory perception: Perception without Sensation?

UNIT - IV: STATE OF CONSCIOUSNESS AND LEARNING

State of Consciousness: Biological Rhythms: Tides of life and consciousness experience - Waking State of Consciousness - Sleep: the pause that refreshes - Hypnosis: Altered State of Consciousness - Consciousness - Altering Drugs: What they are and what they do.

Learning - How we are changed by experience: Definition - Classical Conditioning: Learning That some Stimuli Signal others - Operant Conditioning: Learning Based on Consequences - Observational learning: Learning from the Behavior and Outcomes of others.

UNIT - V: MEMORY, FORGETTING AND COGNITION

Memory and Forgetting - of things remembered and forgotten: Human memory - Two influential views - Kinds of information stored in Memory - STM - LTM - Memory in everyday life - Memory distortion - Improving memory forgetting - Contrasting Views - Nature - Causes. Cognition: Thinking - Forming Concepts and Reasoning to Conclusions - Making Decisions: Choosing among Alternatives - Problem Solving: Finding Paths to

Desired Goals - Language - Nature - Development - Language: The Communication of Information.

REFERENCE

Robert, B. A. (2001). Psychology. New Delhi: Prentice Hall of India.
 Hilgard, E.R. (1999). Introduction to Psychology (6th Edition), New Delhi: Oxford and IBH Publishing Co, Pvt Ltd.
 Mangal, S.K (1999). General Psychology. New Delhi: Surjeeth Publications.
 Morgan, C.T., King, R.A., Weisy, J.R. and Scooper, J. (1993). Introduction to Psychology, New Delhi: Tata Mc-Graw Hill Publishing Company.
 Jones, D. & Elcock, J. (2001) History and theories of Psychology: A critical Perspective. Arnold: London.

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DEVELOPMENTAL PSYCHOLOGY-I (10PSC02)

Objectives:

- To introduce the students to the perspectives of human development
- To explain the formation of new life
- To impart knowledge on physical and cognitive development from babyhood to child hood
- To provide an understanding of psychosocial development from babyhood to child hood

UNIT I INTRODUCTION

Human development early approaches- Human development today- theoretical perspective: psychoanalytic- learning- cognitive- evolutionary/ sociobiological- contextual.

UNIT II FORMING A NEW LIFE

Conceiving new life- mechanisms of heredity- nature and nurture- prenatal development- birth process-newborn baby- physical development.

UNIT III BABYHOOD

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

UNIT IV EARLY CHILDHOOD

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 V MIDDLE CHILDHOOD

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

REFERENCE

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.

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PSYCHOPATHOLOGY - I (10PSC03)

Objectives:

- To introduce students to historical conceptions and perspectives of psychopathology
- To impart knowledge and skills required for diagnosis of psychological conditions
- To orient students on different psychological disorders, its causes and treatment

UNIT I INTRODUCTION

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

UNIT II ASSESSMENT AND DIAGNOSIS Assessing psychological disorders: Clinical interview - Physical examination - Behavioural assessment - Psychological testing. Diagnosis: Classification issues - DSM IV - ICD 10

UNIT III ANXIETY 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

UNIT IV SOMATOFORM DISORDER, DISSOCIATIVE DISORDER AND PHYSICAL DISORDERS

Somatoform disorder: 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 V EATING AND SLEEP DISORDERS

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.

REFERENCE

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.

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PSYCHOLOGICAL STATISTICS (10PSC04)

Objectives:

- To help students to understand the meaning and methods of assessment
- To gain knowledge about various statistical methods
- To develop skill in applying statistics at different situations
- To analyze and interpret statistical data

UNIT I: PSYCHOLOGICAL ASSESSMENT: AN OVERVIEW

Introduction - Psychological Assessment - History of Assessment - Theory and Assessment - Measurement and Evaluation - Theory of measurement - scales of measurement - Functions of measurement - Measurement, Assessment and evaluation - Tests and Assessment - the use of tests

UNIT II: STATISTICAL METHODS IN TESTING

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.

UNIT III: FINDING POINTS WITHIN DISTRIBUTIONS

Normal probability curve: Characteristics - Applications - Skewness and kurtosis. Percentile Ranks - Calculation of Percentiles. Standard Scores and Distributions: z score - Standard Normal Distribution - Percentile and Z scores - Mc Calls T - Quartiles and Deciles - Sten - Stanine scores.

UNIT IV: BIVARIATE ANALYSIS

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.

UNIT V: OTHER STATISTICAL METHODS

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.

REFERENCE

Garret, H.E. and Woodworth, R.S. (2000). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Pvt Ltd.

Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan Publishers.

Chadha, N.K. (2006). Theory and Practice of Psychometry. New Delhi: New Age International Ltd.

Ruyon, R.P, Haber, A, Pittenger, D.J and Coleman, K.A. (2010). Fundamentals of Behavioural Statistics. New York: Mc Graw Hill.

Kerlinger, N. (1996). Foundations of behavioural research. India: Prentice Hall Gravetter,F.J. and Forzana,L.A.B. (2009). Research methods for behavioral sciences. United States: Wordsworth cengage learning

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ADVANCED SOCIAL PSYCHOLOGY (10PSE01)

Objectives:

- To help students to develop an understanding about one's-self, how people think about, influence and relate to one another
- To orient them to the dynamics of attraction, love and aggression, and application of the principles of social psychology in different fields.

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 Kassin, 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.

ADVANCE GENERAL PSYCHOLOGY - II (10PSC05)**Objectives:**

- To enable the student to understand the basic concepts in psychology
- To make them understand the recent advancements in the general psychology
- To sensitize the student on cognitive, motivational, emotional and other aspects of behaviour

UNIT I: MOTIVATION

The Activation and Persistence of Behavior – Basic concepts – Theories of Motivation – Aggressive Motivation – Sexual Motivation – Motivation to Know and to be Effective – Biological Motivation.

UNIT II: EMOTION

Emotion: Their Nature, Expression and Impact – Biological Basis of Emotion – External Expression of Emotion – Theories of Emotion – Emotions and Cognitions – Body Language.

UNIT - III INTELLIGENCE: CREATIVITY:

Intelligence – Definition – Nature – Meaning – Contrasting Views of its Nature – Nature versus Nurture – The Role of Heredity and The Role of Environment – Individual and Group Differences. **Measuring Intelligence and Measurement of Intelligence** – Emotional Intelligence – Theories of Intelligence – Assessment of Intelligence – Creativity – Techniques of Creativity.

UNIT IV: PERSONALITY

Meaning and Definition – Theories – The Psychoanalytic Approach: Messages from the Unconscious – Humanistic Approach: Emphasis on Growth – Trait Theories: Seeking the Key Dimensions of Personality – Learning Approaches to Personality – Modern Research on Personality. **Measuring Personality:**

Measuring Personality-Self Report Tests of Personality: Questionnaires and Inventories – Projective Measures of Personality – other measures: Behavioral Observations – Interviews – Biological Measures

UNIT V: HEALTH PSYCHOLOGY, STRESS AND COPING

Health Psychology: An Overview – Understanding and Communicating our Health Needs – Behavioural and Psychological Correlates of Illness: The effects of thoughts and actions on health – promoting wellness: Developing a healthier

lifestyle. **Stress, and Coping:** Stress: Its causes, effects, and control – Basic nature – some Major causes – some Major effects.

REFERENCE

Baron, A.R. (2001). Psychology. New Delhi: Prentice Hall of India.
 Hilgard, E.R. (1999). Introduction to Psychology (6th Edition). New Delhi: Oxford and IBH Publishing Co, Pvt Ltd.

Mangal, S.K. (1999). General psychology. New Delhi: Surjeeth Publications.

Morgan C.T, King, R.A., Weisy, J.R, Scooper, J. (1993). Introduction to Psychology. New Delhi: Tata Mc-Graw Hill Publishing Company.

Jones, D. & Elcock, J. (2001) History and theories of Psychology: A critical Perspective. Arnold: London.

DEVELOPMENTAL PSYCHOLOGY- II (10PSC06)**Objectives:**

- To impart knowledge on physical and cognitive development from adolescence to adulthood and old age
- To provide an understanding of psychosocial development from adolescence to adulthood and old age
- to introduce students to the psychological issues involved in death and bereavement

UNIT I: ADOLESCENCE

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 II: YOUNG 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

UNIT III: MIDDLE ADULTHOOD

Physical development: Physical changes- Health

Cognitive development: measurement- adult cognition- creativity-education

Psychosocial development: classic approach- self at mid life- relationship

UNIT IV: LATE ADULTHOOD

Theories of biological aging- physical changes- health status

Cognitive development - psychosocial development- lifestyle- relationship- non-marital kinship ties

UNIT V: DEATH AND DYING

Faces of death- Facing death and loss- Death and bereavement across lifespan - Right to die.

REFERENCE

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.

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PSYCHOPATHOLOGY II (10PSC07)

Objectives:

- To orient students on different psychological disorders
- To orient students on causes and treatment of different psychological disorders

UNIT I: SEXUAL AND GENDER IDENTITY DISORDERS

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

UNIT II: SUBSTANCE-RELATED 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

UNIT III: 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 IV: SCHIZOPHRENIA AND RELATED 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.

UNIT V: DEVELOPMENTAL AND COGNITIVE DISORDERS

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.

REFERENCE

Barlow and Durand. (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.

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EXPERIMENTAL PSYCHOLOGY - I (10PSC08)

OBJECTIVES

- To provide practical exposure to assess, diagnose and interpret various psychological concepts
1. Tachistoscope
 2. Distraction of attention
 3. A general test of creativity based on Wallach-Kogan test of creativity
 4. Mental imagery Questionnaire
 5. Social Intelligence scale
 6. Standard Progressive Matrices
 7. Weschler Adult intelligence scale
 8. Bhatia's Battery of performance Test and Intelligence
 9. 16 P.F. questionnaire
 10. Eysenck Personality Questionnaire
 11. Bogardus social distance scale
 12. Sexual attitude scale
 13. Personal value questionnaire
 14. Muller-Lyer illusion board
 15. Differential Limen for lifted weights
- This list is suggestive
 - A minimum of 10 experiments/exercises must be completed
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RESEARCH METHODS IN PSYCHOLOGY (10PSC09)

Objectives:

- To orient students to the different stages of research
- To give insight into the various research methods
- To identify and apply appropriate research tools
- To acquire the skill of reporting the research

UNIT I: RESEARCH: MEANING AND TYPES

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 the conduct of animal research and research with human participants.

UNIT II: RESEARCH PROBLEMS, HYPOTHESIS AND LITERATURE

Major stages in research – Research problems: Nature – Sources – Defining and stating a problem – Criteria of a good problem. Hypothesis: Meaning – Types – Criteria – Formulating and Stating hypothesis – Basic concepts related to hypothesis testing. Review of Literature: Functions – Sources – The search for the literature – Criticism.

UNIT III: SAMPLING AND TOOLS OF RESEARCH

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 IV: TEST CONSTRUCTION

Test Construction and Standardization: Rational test construction – Empirical test Construction –Factor Analytic test construction – Steps in test construction: Item analysis – Reliability and Validity: Different methods of establishing reliability and validity.

UNIT V: 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.

REFERENCE

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.

Coaley, K. (2009). An Introduction to Psychological Assessment and Psychometrics. New Delhi: Sage Publications.
Coolican, H. (2009). Research Methods in Statistics in Psychology. New Delhi: Rawat Publications.

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THEORIES OF PERSONALITY (10PSC10)

Objectives:

To enable the students to understand

- The need for the concept of personality and its appraisal by various techniques
- The classical Psychoanalysis, rivals to Freud, psychoanalytic Ego Psychology, TA psychology
- Trait, type and naïve psychology of personality
- The associationist, reinforcement and social learning perspectives of personality
- Phenomenological theories of personality.

UNIT I: PERSONALITY: AN INTRODUCTION

The Study Of Personality- Defining Personality – Science, Theory and Personality – Major Components of Personality- Personality Theories- Personality Appraisal – Questionnaires – Projective Tests – Objective Tests – Sociometry – Biological Data – Word Association Test.

UNIT II: THE PSYCHODYNAMIC PERSPECTIVE

Classical Psychoanalysis – Freudian Psychoanalysis – Ego Psychology and Neo-Freudians – Hartman – Kohlberg – Erickson – Adler – Sullivan – Jung – Eric Berne.

UNIT III: THE TRAIT AND TYPE PERSPECTIVES

Allport's Trait theory – Cattell's trait theory- Eysenck's Type theory – Traits and the "Naïve Psychologists" -

UNIT IV: THE LEARNING THEORY PERSPECTIVE

Pavlov and Associationist Theory- Skinner and Reinforcement Theory – Bandura and Social Learning Theory – Biofeedback.

UNIT V: THE PHENOMENOLOGICAL PERSPECTIVE

Roger's Self Theory – Maslow's Self-Actualization Theory – Kelly's Theory of Personal Constructs.

REFERENCE

Freidman, H.S. and Schustack, M. W (2004). Personality. New Delhi: Pearson Education.
Kaplan, R.M. and Saccuzzo, D.P (2002). Psychological Testing: Principles, Applications and Issues (5th Ed). New Delhi: Asian Book.

Gatchel, R.J. and Mears, F.G. (1982). Personality Theory, Assessment and Research. New York St. Martins Press.

Hall, C.S. and Lindzey, G. (1978). Theories of Personality (3rd Ed). New York: Wiley.

Major Arockiasamy. (2005). Personality Psychology. Thanjavur: Aranya Publishers.

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EXPERIMENTAL PSYCHOLOGY - II (10PSC11)

Objective:

- To provide practical exposure to assess, diagnose and interpret various psychopathological conditions

Experiments Related to Psychopathology and Psycho diagnostics

1. Contact personality factor
 2. Neuroticism scale questionnaire
 3. Depression scale
 4. State trait anxiety test
 5. Comprehensive anxiety scale
 6. PGI battery of brain dysfunction.
 7. Medico- psychological questionnaire
 8. Cornell medical index health questionnaire
 9. Mental health battery
 10. Psycho-physiological state inventory
 11. Sexual anxiety scale
 12. Singh personal stress source inventory
 13. PGI health questionnaire
 14. Mental health check list
 15. PGI general well being measure
- This list is suggestive
 - A minimum of 10 experiments/exercises must be completed
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HUMAN RESOURCE MANAGEMENT (10PSE02)

Objective:

- The most valued resource of any organization is its people working for it. Success of the organization depends upon how efficiently they are able to make use of the human resource.
- It is therefore imperative to know how organizations maintain and retain its human resource.
- The course is designed to give students an insight of the theoretical and practical perspective, concepts, issues and practices in Human Resource Management.

UNIT I: INTRODUCTION TO HUMAN RESOURCE MANAGEMENT AND PLANNING

Human Resource in organization, history and development of HRM. The concept of HRM: definition, aims, characteristics, functions, models of HRM, Role of an HR practitioner. Current status of the field, Challenges and limitations of HRM. HRM Processes: Strategic HRM, HRM Policies, Competency based HRM, Knowledge management. Nature of work, Concepts and Process of Human Resource Planning, Methods and Techniques of human resource planning, talent management.

UNIT II: ACQUISITION OF HUMAN RESOURCES, EMPLOYEE SOCIALIZATION, ORIENTATION AND DEVELOPMENT

Recruitment: Process and methods, Policies and procedures, Internal-external recruitment.

Selection and placement: Aims and objectives, Selection tests and interviews, issues of equal job opportunity and diversity management in selection process. Socialization at work place, Motivation, attitude and emotions at work. Training: importance of training, training and development cycle in organization, e-learning, management development, career management

UNIT III: EMPLOYEE COMPENSATION, BENEFITS AND EVALUATION

Compensation: Nature, Strategic compensation, Market rate analysis, legal and administrative aspects. Pay system: Development of pay systems, variable pay, benefits and incentives.

Performance appraisal: Nature and use of performance appraisal, methods of performance appraisal, Performance management, legal aspects

UNIT IV: EMPLOYEE RELATIONS, EMPLOYEE AND LABOR ISSUES

Employee relations: Framework, approaches, processes, employee voice, communication. Employee health and safety: Need and importance, risk assessment, health and safety policies, accident prevention, health and safety training, Change management and innovation.

Conflict management, Negotiation and bargaining, Unions and collective bargaining, Discipline and grievance management, Issues of organizational justice, legal issues.

UNIT V: EMPLOYMENT AND HRM SERVICES

Team work and leadership management, Employment practices and procedures, Human resource audit, accounting and information system, Human resource in mergers and acquisitions, International dimensions of HRM

REFERENCE

Gary Dessler. A. (2009). Framework for Human Resource Management (5th ed). New Delhi: Pearson/Prentice Hall Publishing.

Mathis and Jackson. Human Resource Management (12th edition). Thomson South Western.

Rao TV (2010) . Alternative Approaches and Strategies of HRD. Rawat Publications. New Delhi.

Biswanth Ghosh (2006). Human Resource Development and Management, Vikas Publishing House, New Delhi.

Tapomoy Deb (2006). Human Resource Development, Ane Books, New Delhi.

Wallace Tina (2006). Development and Management, Rawat Publications. New Delhi

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COUNSELLING PSYCHOLOGY (10PSE03)

Objectives:

- To orient students about the importance of Guidance and Counseling
- To understand the nature of counseling situation
- To understand the various areas of Counselling
- To become aware of Ethical and Legal issues in Counselling

UNIT I: GUIDANCE AND COUNSELLING AN INTRODUCTION

Meaning of Guidance – Basic principles and assumptions underlying guidance – Definitions of counseling – Characteristics of Counsellor – The

identity of Counselling – History of Therapeutic Counselling: The ancient Philosopher – The first Psychiatrists – Influences from Psychology – The Guidance era. The counseling era – The era of the therapeutic counseling – Licensing and regulation in counselling.

UNIT II: SETTINGS FOR COUNSELLING

Different roles of Counselors – A set of generic skills – A set of common goals – Developmental and remedial orientation – Team work – Counselling process: Steps in Counselling. Qualities of Counselling relationships – Perspectives on helping relationships – Creating a relationship in the initial interview: Establishing rules – Planning hope – Assuring confidentiality- Assessing expectations – Collecting information – Identifying problems – Beginning intervention – First session agenda review – Reciprocal influence.

UNIT III: COUNSELLING APPLICATIONS

Group Counselling: Survey of groups, Encounter groups – Guidance Groups – Counselling groups – Therapy groups – Self-help and support groups. Some considerations in the use of group modalities – Counteracting potential limitations – Advantages of group work. Counselling in School: For new entrants – Elementary stage: Specific objectives – General and Specific activities- Lower secondary stage -Specific objectives and activities – Senior secondary stage. Career counselling: Functions of work – Roles of Counselling. Holland's Theory of career development. Career Education: Abilities – interests – values – Career Decision Making – Trends and Issues in Career Counselling: Changes in the work place – Work and Leisure – Use of Technology – Counselling in Industry.

UNIT IV: MARITAL, FAMILY, SEX AND ADDICTION COUNSELLING

Family versus Individual Counselling – Theories of Family Counselling – Sex Counselling: Clinical assessment interview – Physical examination and medical history – Exploration of relationship – Sensate focus exercise – Specialized techniques – Evaluation. Addictions Counselling: Symptoms of addiction: Drug use and abuse – Drug culture – Types of drugs – Effects of drug abuse – Adolescent drug use – Prevention – Abuse in special populations – the elderly – The disabled – Principles for counselling the Chemically dependent.

UNIT V – PROFESSIONAL PRACTICE

Counselling Diverse Population: Multiculturalism – Influence of Biases – Identity issues – Preferred clients – counselling and gender – Counselling ethnic minorities – Counselling the aged – The counselor and HIV – Counselling clients who are physically challenged. Ethical and Legal Issues: Professional Codes- Our divided loyalties – Areas of ethical difficulty – Dual

relationship and sexual improprieties – Misjudgment and failures – Deception and informed consent – Confidentiality and

privileged communication – Recent trends – Making ethical decisions – Legal issues in Counselling – Advice for the passionately committed counselling student.

REFERENCE

Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counselling. New York: Brooks / Cole.

Kinra. (2010). Guidance and Counselling. New Delhi: Pearson Learning Inc.

McLeod, J. (2009). Counselling Skill. New Delhi: Rawat Books Ltd.

Payne, M. (2010). Couple Counselling. New Delhi: Sage Publications.

Kathryn, G. and David, G. (2008). Relationship Counselling for Children, Young People and Families. New Delhi: Sage Publications.

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COGNITIVE PSYCHOLOGY (10PSC12)

Objectives:

To enable the students to understand,

- the origins of cognitive psychology
- various perceptual processes
- language development, problem solving and creative aspects of cognition

UNIT I INTRODUCTION AND PERCEPTUAL PROCESSES

Brief history of cognitive Psychology: The Origins of Cognitive Psychology- the Emergence of Cognitive Psychology. Current issues in Cognitive Psychology: Cognitive Neuroscience, Artificial Intelligence, the parallel distributed processing approach.

Perceptual Processes : Visual and Auditory recognition: Visual Object Recognition- the Top-Down Processing and Visual Object Recognition- Face Perception- Speech Perception. Attention: Three Kinds of Attention Processes: Divided Attention- Selective Attention- Saccadic Eye Movements. Explanations for Attention: Neuroscience Research on Attention- Theories of Attention. Consciousness: Consciousness about our Higher Mental Processes- Thought Suppression- Blind Sight.

UNIT II MEMORY

Working Memory: the Classic Research on Working Memory- the working memory approach. The Long term memory: Encoding in Long term memory- Retrieval in Long term memory- Autobiographical memory. Memory Strategies and Metacognition. Mental imagery and Cognitive maps.

UNIT III GENERAL KNOWLEDGE AND LANGUAGE

General knowledge: the Structure of Semantic memory- Schemas and Scripts. Language I: the nature of Language-Basic reading Processes- Understanding Discourse. Language II: Language production and Bilingualism- Speaking- Writing- Bilingualism and Second-Language Acquisition.

UNIT IV PROBLEM SOLVING AND CREATIVITY

Problem Solving and Creativity: Understanding the Problem: Paying attention to important information- Methods of Representing the Problem- Situated Cognition. Problem solving strategies- Factors that influence problem solving. Creativity: Approaches to Creativity- Task Motivation and Creativity- Incubation and Creativity.

UNIT V DEDUCTIVE REASONING, DECISION MAKING AND COGNITIVE DEVELOPMENT

Deductive Reasoning: Conditional Reasoning- difficulties with Negative Information- Difficulties with abstract reasoning problems- the Belief-Bias Effect- the Confirmation Bias- Failing to Transfer Knowledge to a New Task. Decision Making: the Heuristics- - the Framing effect- Overconfidence- the Hindsight Bias.

Cognitive Development and Life Span: the Life span development of Memory- the Life span development of Metacognition- the Development of Language.

REFERENCE

Margaret W. Matlin. Cognition (6th Edition). Wiley.

Solso. R. L. (2004). Cognitive Psychology (6th Edition). New Delhi: Pearson Education Pvt. Ltd.

Wessells, M. G. (1982). Cognitive Psychology. New York: Harper and Row Publishers.

Best, B. J. (1983). Cognitive Psychology (2nd Edition). New York: West Publishing Company.

Wood, G. (1983). Cognitive Psychology - A Skills Approach. California: Cole Publishing.

NEURO PSYCHOLOGY (10PSC13)**Objectives:**

To enable the students to understand

- Nature, scope, brief history and various Neurological disorders.
- Frontal lobe, Temporal lobe, Anatomical structures and Dysfunctions.
- Parietal lobe, Anatomical structures and Dysfunctions.
- Occipital lobe, structure, dysfunctions and Cerebral dominance
- The various Neuro-physiological and Neuro- Psychological Assessments.

UNIT I: NEURO PSYCHOLOGY

Definition - Nature - Scope - Brief History - Basic Anatomy of the Brain: Hind Brain - Mid Brain - Fore Brain - Meninges - Ventricles - Cerebrospinal Fluid - Brain Functioning: Integration - Lateralization and Dominance - Neuro Plasticity.- Common Neurological Disorders .

UNIT II: FRONTAL LOBE

Anatomy and Functional organization- Motor Cortex Dysfunction - Prefrontal Cortex Dysfunction - Brocas' Area - Brocas' Aphasia: Description - Analysis - Orbito Frontal Cortex Dysfunction and Personality.

UNIT III: TEMPORAL LOBE

Anatomical features - Functional organization- Auditory Perception Disturbances - Language Dysfunction: Wernickes Aphasia: Description - Analysis - Memory Dysfunctions - Complex Partial Seizure - Changes in Motivational and Emotional Behaviour .

UNIT IV: PARIETAL LOBE AND OCCIPITAL LOBE

Anatomical Features- Anterior Parietal Lobe Dysfunctions: Somato Sensory Thresholds - Somato Perceptual Disorders - Disorders of Body Schema. Posterior Parietal Lobe Dysfunctions: Balian Syndrome - Disorders of Spatial Orientation - Apraxia - Spatial Dyslexia and Dyscalculia - Unilateral Spatial Neglect - Gerstmanns' Syndrome.

Anatomical Features: Visual Pathway Dysfunctions - Cerebral Blindness - Visual Perception Defects - Visual Agnosia.

UNIT V:ASSESSMENT

Neuro Physiological Assessment: Brain Imaging Techniques: Meaning - CT Scan-MRI - . Methods to Study Functional Status: PET--Methods to Study Electrical Activities: EEG-BEAM.

Neuropsychological Assessment Meaning - Uses - Bender Gestalt- Luria Nebraska Neuro-Psychological Battery-Halstead Reitan Battery -PGI Battery of Brain Dysfunction- Wechsler's Memory Scale - Memory for Design Test.

REFERENCE

Kolb, B. (2003). *Fundamental of Human Neuropsychology* (5th edition). New York: Worth Publishers.

Beaumont, J.G. (1982) *Neuropsychology*, Guildford Publishers, New York

Lezak, M.D. (1995) *Neuropsychological Assessment*. London; Oxford University Press.

Kalat, J.W. (1995). *Biological Psychology* (5th Edition). London: Brook/cole Publicity Company.

Pinel, J.P.J. (2007). *Biopsychology* (6th Edition). New Delhi: Pearson Education Inc.

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TRAINING AND DEVELOPMENT (10PSC14)

Objective:

- To help students learn the theoretical foundations of training and development and also understand the practical issues related to employee training and development.
- To help students in gaining more self awareness and develop themselves as a better trainer.

UNIT I - INTRODUCTION

Concept of Training and Development - The Training Process- Learning - Training Methods: Approach, On-the-Job methods, Off-the-Job methods; Knowledge-based, Simulation methods, Experiential Methods - Evaluation of Training.

UNIT II - ORGANIZATION DEVELOPMENT AND EXECUTIVE DEVELOPMENT

Organization Development (OD): Concept, Interventions and Classification, OD interventions based on Target Groups, Process and Structural OD

interventions and Learning Organization. Executive Development: Concept, Developing people, Career Planning and Management, Promotion.

UNIT III - EMERGING DEVELOPMENTS IN TRAINING

Fashioning a Coherent Training Strategy - New concepts of Training - Evolving Training Strategy- Mentoring - Assessment and Development Centre-Competency Development- Developing potential - Learning in fifth generation Management - Process of Knowledge -Factors: to improve Effectiveness of Training, for success of training activity and management training in future

UNIT IV - TRAINING DESIGNS FOR SPECIFIC AREAS

Training and Development of Expatriates for Global Assignments- Training for Cultural Diversity - Web-based Training for Call Centers - Training: for Call Centers, Team-building, Interim Staff, and Apprenticeship. Transforming Anger - Learning to Build Self-Esteem, Identifying Training Needs of Small Scale Enterprises and Techniques for Trainers to improve Voice

UNIT V - TRAINING INSTRUMENTS / TEST

Psychometric tests - Myer Briggs Type Indicator - Test for Selection and Training - Passive, Aggressive and Assertiveness (PAA) - FIRO-B Questionnaire - Room arrangement and Training tools

REFERENCE

Bhatia, S. K. (2005). *Training and Development: Concepts and Practices, Emerging Development, Challenges and Strategies in HRD*. New Delhi: Deep and Deep Publications Pvt. Ltd.

Nick, B. P and James, W. T. (2007). *Effective Training - Systems, Strategies, and Practices*. New Delhi: Prentice-Hall,

Noe, R. A. (2008). *Employee training and development* (4th edition). New Delhi: McGraw-Hill.

DeSimone, Randy L., Werner, Jon M., and Harris, David M. (2002). *Human Resource Development* (3rd Ed.). Cincinnati: Thomson/South-Western College Publishing.

Goldstein, I.L. (1993). *Training in Organization* (3rd edition). Pacific Grove, CA: Brooks/Cole Publishing Company.

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ORGANIZATIONAL BEHAVIOUR (10PSE04)

Objective:

- To familiarize students about the factors that contribute to achieving organizational effectiveness, at the individual, group and structural level
- To expose them to organizational system, change and its management.
- To orient them to the concept of work stress and its management.

UNIT I: INTRODUCTION

Definition. Models of OB; autocratic, custodial, supportive, collegial and system. Historical evolution of OB. What managers do? Contributing disciplines to OB. Challenges and Opportunities. Case studies and exercises

UNIT II: THE INDIVIDUAL IN ORGANIZATION

Foundations of Individual behaviour. Attitudes and Job satisfaction. Personality and values. Perception and individual decision making. Motivation concepts and applications. Emotions and moods. Case studies and exercises

UNIT III: THE GROUP IN ORGANIZATION

Foundations of Group behaviour. Understanding work teams. Communication. Basic approaches to leadership and contemporary issues. Power and politics. Conflict and negotiation. Case studies and exercises

UNIT IV: THE ORGANIZATION SYSTEM AND ORGANIZATIONAL DYNAMICS

Foundations of Organization structure. Work design. Organizational culture. Human resource policies and practices. Organizational Change – Forces for Change. Managing planned change. Resistance to change. Approaches to managing Organizational change, Contemporary change issues.

UNIT IV: WORK RELATED STRESS AND STRESS MANAGEMENT

What is Stress?- Stressors – Individual differences in stress – Consequences of Distress – Managing Work-Related Stress – Any two stress reduction techniques –Case studies

REFERENCE

Robbins, P. S. and Judge, A. T. (2007). Organizational Behaviour (12th edition). New Delhi: Prentice-Hall of India Pvt Ltd.

McShane, L. S. and Mary Ann Von Glinow. (2006). Organizational Behaviour (3rd edition). New Delhi: Tata McGraw-Hill Publishing Company.

Eugene McKenna. Business Psychology and Organizational Behaviour (4th edition) (Special Indian Edition) New Delhi: Psychology Press, Distributed by I K International Pvt. Ltd.,

Newstrom, J. W. (2007). Organizational behaviour – Human Behaviour at Work (12th edition). New Delhi: Tata McGraw Hill Publishing Company Ltd.

Slocum, J.W and Don Hellriegel. (2007). Fundamentals of Organizational Behaviour. India: Thomson Learning.

PSYCHOTHERAPEUTICS (10PSE05)

Objectives

- To understand the meaning of therapy and faced by beginning therapists
- To gain insight into the theoretical approaches of psychopathology
- To understand the application of those theoretical principles in treating

UNIT I: FREUDIAN, KLEINIAN AND JUNGIAN APPROACHES

Theoretical assumptions: The person – Conceptualization of psychological disturbance and health – Perpetuation – Change. Practice: Goals – Selection criteria – Qualities of therapists – Therapeutic relationship – Strategies and techniques – Change process – Limitations.

UNIT II: ADLERIAN APPROACH AND PERSON CENTRED THERAPY

Theoretical assumptions: The person – Conceptualization of psychological disturbance and health – Perpetuation – Change. Practice: Goals – Selection criteria – Qualities of therapists – Therapeutic relationship – Strategies and techniques – Change process – Limitations.

UNIT III: PERSONAL CONSTRUCT AND EXISTENTIAL THERAPIES

Theoretical assumptions: The person – Conceptualization of psychological disturbance and health – Perpetuation – Change. Practice: Goals – Selection criteria – Qualities of therapists – Therapeutic relationship – Strategies and techniques – Change process – Limitations.

UNIT IV: COGNITIVE THERAPY AND TRANSACTIONAL ANALYSIS

Theoretical assumptions: The person – Conceptualization of psychological disturbance and health – Perpetuation – Change. Practice: Goals – Selection criteria – Qualities of therapists – Therapeutic relationship – Strategies and techniques – Change process – Limitations.

UNIT V: BEHAVIOR AND RATIONAL EMOTIVE BEHAVIOUR THERAPIES

Theoretical assumptions: The person – Conceptualization of psychological disturbance and health – Perpetuation – Change. Practice: Goals – Selection

criteria – Qualities of therapists – Therapeutic relationship – Strategies and techniques – Change process – Limitations.

REFERENCE

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.
 Capuzzi. (2010). Counselling and Psychotherapy (4thedition). New Delhi: Pearson Education Inc.
 Lapworth, P. and Sills .C (2008). Integration in counselling and psychotherapy.ND: Sage Publication.

*PROJECT WORK REPORT (10PSC15)

MAXIMUM MARKS: 100 (Project Report 75 + Viva Voce 25)

1. The objective of the Project work is to further the student's critical thinking and scientific enquiry of psychological concepts through systematic investigation; To make the student understand the importance of scientific research in Psychology; To expose the student to various methods of research; To emphasize the role of statistical procedures in the interpretation of the data collected; To make the student learn the art of report presentation.
2. The Project work report should be submitted to the Department of Psychology, Periyar University on or before 30th April of the prescribed year. In case a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at one time for submitting their report.
3. Guides for the Project work will be allotted as per the student preference.
4. The Project work may be a survey (fact findings or exploratory nature). Construction or Standardization of a test, collection of clinical case studies, a Problem solving assignment, Verification of existing or established theory and any other assignment as approved by the respective faculty guide and the HOD.

5. NORMS FOR EVALUATION FOR PROJECT REPORT

1. Introduction	10 Marks
2. Methodology	15 Marks
3. Review of Literature	10 Marks
4. Results and Discussions	20 Marks
5. Summary and Conclusion	10 Marks
6. References or Bibliography	10 Marks

Project Report	75 Marks
Viva Voce Examination:	25 Marks

Total	100 Marks

INTERNAL ASSESSMENT

Test	15 marks
Seminar	05 marks
Assignment	05 marks

QUESTION PAPER PATTERN FOR EXTERNAL EXAMINATION

SECTION A ----10 × 1= 10

SECTION B ----5 × 5 = 25 (Either or Type)

SECTION C ----4 × 10 = 40 (Either or Type)

The best of mankind's youth start out in life with a sense of enormous expectations, the sense that one's life is important that great achievements are within one's capacity and that great things lie ahead. It is not in the nature of man – nor of any living entity – to start out by giving up...

-Ayn Rand