

M. Phil. - PSYCHOLOGY: SYLLABUS

Paper-I RESEARCH METHODOLOGY 18RPSY01

UNIT I: RESEARCH- MEANING, NATURE AND CONCEPTS

Science is a way of thinking – Common method of acquiring Knowledge – Emerging modern Science – the Science of Psychology. Objectives – Types – Significance of Psychological Research Methods – Research Process – Criteria for good Research – Sources of research problems. Sources of question – Refining Question or Research – Types of variables in Research – Validity and Threats to Validity – Research ethics – Ethical guide for human research – Ethical principles in Research with Animals. Sampling: Meaning, Nature and Types - Sampling distribution – Sampling error.

UNIT II: RESEARCH DESIGNS

Meaning and Purpose of Research design – Criteria of Research Design – Basic Principles of Experimental Design - Some important types of research design – Between and with in group design – Comparison of with in group design – Pre experimental design – true experimental design – Quasi experimental design – Ex – post Facto design. Laboratory Experiment – Field experiments – Survey Research. Procedures of Single subject Experiment research – Basic Design – Strategies in Data Collection – Evaluating Data – Advantages and disadvantages.

UNIT III: UNIVARIANT AND MULTIVARIANT ANALYSIS

Multiple regression and correlation - logistic regression - factor analysis - cluster analysis - discriminant function analysis - path analysis – MANOVA - Canonical correlation – Multidimensional scaling.

UNIT IV: THE PROCESS OF QUALITATIVE RESEARCH

Historical back ground of qualitative research- Different traditions in qualitative research: Grounded theory, phenomenological tradition, ethnographic, auto ethnography tradition and Narrative approach. Contemporary issues and debates in the philosophy of qualitative inquiry.

Conceptualization of problem in qualitative research, the logic of qualitative research process: induction and abduction, Conceptual Mapping, Sampling in qualitative research, Practice of theoretical sampling. Issues of depth and theoretical saturation of data, Negative cases in data, Designing qualitative research

UNIT V: DATA COLLECTION AND ANALYSIS IN QUALITATIVE RESEARCH

Data collection methods in different traditions: Participant observation, interviewing, focus groups, life history and oral history, documents, diaries, photographs, films and videos, conversation, texts and case studies.

Data analysis: Qualitative Content analysis. Thematic analysis: Analytical induction model, thematic network model. Phenomenological analysis: Traditions in interpretative phenomenological analysis. Narrative analysis: Thematic, structural and performative narrative analysis. Discourse and conversational analysis.

REFERENCES

- Coolican, H. (2017). *Research Methods and Statistics in Psychology*. New York: Psychology Press.
- Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. London: Sage Publications.
- Bryman, A (Ed.) (2007). *Sage Benchmarks in Social Science Research Methods*. Vol.I, Vol.II, Vol.III, and Vol. IV. New Delhi : Sage Publications.
- Graziand A.M & Raulin M.L (1989). *Research Methods – A Process of Inquiry*. New York: Karper & Row Publishers.
- Kerlinger, F. N. (1966): *Foundations of Behavioural Research*. (Third Edition). Bangalore: Prism Books Pvt. Ltd.
- Kothari, C. R. (1998): *Research Methodology – Methods & Technique* (22nd Reprint) Wishwa Prakashan - New Delhi.
- Singh A.K (1997). *Testes Measurement and Research Methods in Behavioral Science*. Patna: Bharathi Bhavan.
- Shaughnessy J.J., & Zecheister, E.B. (1997). *Research Method in Psychology*. (4th Edition). New York Mc. Graw Hill. Inc.

Paper-II FOUNDATIONS OF HUMAN BEHAVIOUR 18RPSY02

Objectives:

- To enable the student to understand the Foundations of Human Behaviour
- To make them understand the recent advancements in the Study of Human Behaviour
- To sensitize the student on Motivational, Emotional and Other aspects of Human Behaviour

UNIT I: FOUNDATIONS OF HUMAN BEHAVIOURS

Historical antecedents of Psychology and trends in the 21st century - Psychology and scientific method - Psychology in relation to other social sciences and natural sciences- Application of Psychology to societal problems.

Development of Human Behaviour: Growth and development- Principles of development- Role of genetic and environmental factors in determining human behaviour- Influence of cultural factors in socialization- Life span development - Characteristics, development tasks, promoting psychological well-being across major stages of the life span.

UNIT II: MEANING MEAKING

Sensation: Concepts of threshold: Absolute and difference thresholds- Signal-detection and vigilance- Factors of attention. **Perception:** Biological factors in perception- Perceptual organization- Space and depth perception- size estimation and perceptual readiness- the plasticity of perception- Extrasensory perception- Culture and perception- Subliminal perception.

Learning: Behaviourists- Gestaltalist and Information processing models- the Processes of extinction- Discrimination and Generalization- Programmed learning- Probability learning- Self-instructional learning- types and the schedules of reinforcement- Escape, avoidance and punishment, modeling and social learning.

UNIT III: COGNITIVE PROCESSESS

Memory: Encoding and remembering- Short term memory- Long term memory- Sensory memory- Iconic memory- Echoic memory- the Multistore model- Levels of processing- Organization and Mnemonic techniques to improve memory- **Theories of Forgetting:** Decay- Interference and retrieval failure- Metamemory- Amnesia.

Thinking and Problem Solving: Piaget's theory of cognitive development- Concept formation processes- Information processing- Reasoning and problem solving- Facilitating and hindering factors in problem solving- **Methods of problem solving:** Creative thinking and fostering creativity- Factors influencing decision making and judgment- Recent trends.

Intelligence and Aptitude: Concept of intelligence and aptitude - Nature and theories of Intelligence – Spearman- Thurstone- Gullford Vernon- Sternberg and J.PDas- Emotional Intelligence- Social intelligence- Measurement of Intelligence and Aptitudes- Concept of IQ- Measurement of Multiple Intelligence- Fluid Intelligence and crystallized intelligence.

Language and Communication: Human Language – Properties- Structure and Linguistic Hierarchy- Language Acquisition-Predisposition- Critical Period Hypothesis- Theories of Language Development - Skinner and Chomsky- Process and Types of Communication.

UNIT IV: BEHAVIOURAL PROCESSES

Motivation and Emotion: Psychological and physiological basis of motivation and emotion- Measurement of motivation and emotion- Effects of motivation and emotion on behaviour- Extrinsic and intrinsic motivation- Factors influencing intrinsic motivation- Emotional competence and the related issues.

Attitudes, Values and Interests: Components of attitudes- Formation and Maintenance of Attitudes- Measurement of Attitudes- Values and Interests- Theories of Attitude Change- Strategies for Fostering Values- Formation of Stereotypes and Prejudices; Changing others behaviour- Theories of Attribution- Recent trends.

Personality: Concept of personality- **Theories of personality:** Psychoanalytical – Sociocultural- Interpersonal- Developmental- Humanistic- Behaviouristic- Trait and type approaches- **Measurement of Personality:** Projective tests - Pencil-paper test- the Indian Approach to Personality- Training for Personality Development- Latest approaches like big 5 factor theory- the Notion of self in different traditions.

UNIT V: CONTEMPORARY PSYCHOLOGY

Cyber Psychology: Computer Application in the Psychological Laboratory and Psychological Testing- Artificial Intelligence- Psychocybernetics- Study of Consciousness - Sleep - Wake Schedules- Dreams -Stimulus Deprivation- Meditation- Hypnotic/drug induced states- Extrasensory Perception- Intersensory perception Simulation studies.

Psychological well-being and Mental Disorders: Concept of health-ill health- Positive health and Well-being- Causal factors in Mental Disorders: (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders) - Factors influencing positive health, well being, life style and quality of life; Happiness disposition.

Therapeutic Approaches in Psychology: Psychodynamic therapies-Behaviour therapies- Client centered therapy- Cognitive therapies- Indigenous therapies (Yoga, Meditation)-Bio-feedback therapy- Prevention and Rehabilitation of the Mentally Ill- Fostering mental health.

Community Psychology: Concept of community psychology- Use of small groups in social action- Arousing community consciousness and action for handling social problems- Group decision making and leadership for social change- Effective strategies for social change.

REFERENCES:

- Cacioppo, J., & Freberg, L. (2018). *Discovering psychology: The science of mind*. Cengage Learning.
- Kalat, J. W. (2016). *Introduction to psychology*. Nelson Education.
- Robert A. Baron & Girishwar Misra. (2014). *Psychology* (Indian subcontinent edition /5th Ed.) Pearson Education Limited.
- Robert A. Baron (2001). *Psychology*. New Delhi: Prentice Hall of India.
- Carole Wade & Carole Tavris (2012). *Invitation to psychology* (5th Ed.). Pearson/Prentice Hall.

- Gregory J Feist & Erika L. Rosenberg (2012). *Psychology: Perspective and Connections* (2nd Ed.). McGraw-Hill.
- Robert S. Feldman. (2012). *Psychology and your Life*. TATA McGraw-Hill.
- Hockenbury, D. H., & Hockenbury, S. E. (2011). *Discovering psychology* (5th Ed.). Worth Publishers.
- 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.

Syllabus Paper III - Positive Psychology

Unit I Perspectives of Positive Psychology

Eastern and Western Perspectives: Athenian and Judeo-Christian traditions – Eastern influences – Western influences – Ways to positive outcomes – Classification and measures of strengths and positive outcomes.

Developing strengths and living in cultural context – Living well at every stage of life: Resilience in childhood – Positive youth development – Life tasks in adulthood – Successful aging.

Unit II Positive Emotional States

Happiness: Positive and negative affectivity – Measuring happiness – Effects of happiness – Causes of happiness – Circumstances and happiness – Evolutionary perspective on obstacles to happiness (Ref Carr). Emotion-focused coping – Emotional intelligence – Socio-emotional selectivity – Emotional story telling (Snyder)

Positive traits: Trait theories of personality and personal strengths – Values in action – Implications (Carr)

Unit III Positive Cognitive states

Self-efficacy: Childhood antecedents – Neurobiology of self-efficacy – Scales – Self-efficacy and life – Collective self-efficacy. *Optimism – Dispositional optimism – Optimistic explanatory style – Development – Attributional retraining (Carr)* - Hope: Childhood antecedents – Neurobiology of hope – Scales – Predictions – Implications.

Mindfulness: Benefits. *Flow: Self-determination theory and intrinsic motivation – Metamotivational states and reversal theory – Implications (Carr).*

Unit IV Prosocial Behaviour and Positive Relationships

Altruism: Egotism motive – Forms of egotism. Empathy: Altruism hypothesis – Genetic and neural foundations of empathy – Cultivating altruism. Gratitude: Cultivating gratitude. Forgiveness: Cultivating forgiveness – Measurement – Evolutionary and neurobiological bases – Implications.

Positive relationships: Infant attachment – Adult attachment security – Love: Passionate and companionate aspects – Triangular theory – Self-expansion theory – Flourishing relationships – Capitalizing on positive events – Neurobiology of interpersonal connection.

Unit V Positive environment and Positive Psychological Therapy

Positive schooling – Components. Gainful employment – Measurement – Having or being a good boss – Strength-based approach to work – Capital at work – Hope – Dark side – Making job better.

Positive psychological therapy: Positive psychotherapy – Fordyce's happiness programme – Fava's Wellbeing therapy – Frisch's quality of life therapy – Person-centered approaches – Post-traumatic growth-based therapy – Solution-focused therapy – Positive family therapy – Strength based therapies – Effectiveness of interventions – Implications.

Reference Books

Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths*. 2nd ed. London: Routledge.

Snyder, C. R., Lopez, S.J. and Pedrotti, J. T. (2011). *Positive Psychology: The Scientific and Practical Exploration of Human Strengths*. 2nd ed. New Delhi: Sage Publications.

Alex Linley P. and Stephen Joseph (2004). *Positive Psychology in Practice*. John Wiley & Sons, Inc.

Taylor, S. E., & Sherman, D. K. (2004). *Positive psychology and Health Psychology: A Fruitful Liaison*. In *Positive psychology in practice*, 305-319.

DiMatteo, M., & Leslie R. Martin(2010). *Health Psychology (LPE)*. New Delhi: Pearson Education India.

Steve R. Baumgardner & Marie K. Crothers (2009). *Positive Psychology (LPE)*. New Delhi: Pearson Education India.

Psychology of Adolescence

Course Syllabus

UNIT I ADOLESCENT DEVELOPMENT

Historical Perspective: Early History – The Twentieth and Twenty-First Centuries – Positive View of Adolescent Development. **Nature of Development:** Processes and Periods – Developmental Transitions. **Developmental Issues:** Nature and Nurture – Continuity and Discontinuity – Stability and Change

Theories of Adolescent Development: Psychoanalytic Theories – Freud’s Theory — Vygotsky’s Sociocultural Cognitive Theory – Bandura’s Social Cognitive Theory – Ecological Theory of Bronfenbrenner -**Erickson’s Psychosocial Theory:** Erickson’s Ideas on Identity – Four Statures of Identity – Developmental Changes in Identity – Identity and Social Contexts

UNIT II COGNITIVE PROCESSES AND AGENCY IN ADOLESCENCE

Cognitive process: Cognitive maturation - Piaget’s Theory on Adolescent Cognition – Egocentrism – Information Processing. **Changes in Structural and Functional Aspects:** Knowledge Changes – Capacity Changes – Functional changes – Deductive reasoning. **Executive Functioning:** Decision Making – Reasoning – Critical Thinking – Creative Thinking – Metacognition and Self-Regulatory Learning. **Social Cognition:** Adolescent Egocentrism – Perspective Taking.

Human Agency: Nature and Locus of Human agency – Self-Belief of Efficacy – Cognitive Processes – Motivational Process – Affective Process – Selection Process – Goal Representation and Agency – Anticipated Outcomes in Agency – Human Agency, Freedom and Determinism – **The Self:** Self-understanding – Self-esteem – Self-esteem and Self-concept – Self efficacy – Achievement – Resiliency

UNIT III ADOLESCENT AND SPIRITUALITY

Definitional Issues: Research Traditions in the Field of Spirituality – Psychoanalytic Theories – Stage Theories – Developmental Systems Theories; **Major Assumptions:** Universal Human Process – Multidimensional Domain – Spiritual Development as a Process – Interaction Between Person and Context – Spirituality as a Life-Shaping Force – **Fowler’s Faith Development theory** – Fowler’s Concept of Faith – Center of Values and Images of Power – Faith, Religion and Belief – Synthetic-Conventional Faith (Adolescence)

Measurement: Measurement Domains – Belief – Motivation – Behaviour, Stages. Theoretical Measurement Issues - Technical Measurement Issues; **Study Designs:** Cross-Sectional Designs – Longitudinal Designs – Intervention Designs

UNIT IV FAMILY AND CONTEXT IN ADOLESCENCE

Family Processes: Reciprocal Socialization and the Family as a System – The Developmental Construction of Relationships – Maturation; **Changing Family Situation:** Divorced Families – Working Parents – Sibling Relationships – Birth order

Relationship with Parents: Parenting Styles – Gender, Parenting, and Co-parenting – Parent-Adolescent Conflict – Autonomy and Attachment; **Peer Relations:** Peer Relationships – Friendship – Loneliness – Adolescent Groups

UNIT V POSITIVE DEVELOPMENT IN ADOLESCENCE

Positive Youth Development: Definition of Positive Youth Development – Four Defining Features – Six Basic Principles and Core Ideas; **The Theory of Positive Youth Development:** Human Development – Conceptual Models of Positive Development – Resilience and PYD – Developmental Assets - Contextual and Community Influence – Theory of Context and Community Change – Developmental Systems Theory

Thriving: Brief History of the Conceptualization of Thriving – Current Definition of Thriving – Core Principles of Thriving – Thriving and Positive Development in Adolescence

REFERENCE BOOKS

SANTROCK, J. W. (2008). ADOLESCENCE (TWELFTH EDITION). TATA MCGRAW HILL EDUCATION PRIVATE LIMITED – NEW DELHI.

PAPALIA, D.E., OLDS, S.W., & FELDMAN, R.D. (2004). HUMAN DEVELOPMENT (9TH EDITION). NEW DELHI: TATA MCGRAW-HILL.

BANDUR, A. (1989). HUMAN AGENCY IN SOCIAL COGNITIVE THEORY. AMERICAN PSYCHOLOGIST, 44, 1175-1184.

SANTROCK, J. W. (2004). LIFE-SPAN DEVELOPMENT (NINTH EDITION). MCGRAW HILL HIGHER EDUCATION – NEW YORK.

ROEHLKEPARTAIN, E. C., BENSON, P. L., KING, P. E., & WAGENER, L. M. (2006). SPIRITUAL DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE: MOVING TO THE SCIENTIFIC MAINSTREAM. IN ROEHLKEPARTAIN, E. C., KING, P. E., WAGENER, L., & BENSON, P. L. (EDS.), THE HANDBOOK OF SPIRITUAL DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE. (PP.1-16) SAGE PUBLICATIONS., NEW DELHI.

GORSUCH, R. L., & WALKER, L. (2006). MEASUREMENT AND RESEARCH DESIGN IN STUDYING SPIRITUAL DEVELOPMENT. IN ROEHLKEPARTAIN, E. C., KING, P. E., WAGENER, L., & BENSON, P. L. (EDS.), THE HANDBOOK OF SPIRITUAL DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE. (PP.1-16) SAGE PUBLICATIONS., NEW DELHI.

KERR, M., STATTIN, H., BIESECKER, G., & LAURAFERRER-WREDER. (2003). RELATIONSHIPS WITH PARENTS AND PEERS IN ADOLESCENCE. IN LERNER, R. M., EASTERBROOKS, A. M., & MISTRY, J. (EDS.), HANDBOOK OF PSYCHOLOGY (VOLUME – 6., PP. 395-420). JOHN WILEY & SONS, INC., HOBOKEN, NEW JERSEY.

ECCLES, J. S., WIGFIELD, A., & JAMES BYRNES, J. (2003). COGNITIVE DEVELOPMENT IN ADOLESCENCE. IN LERNER, R. M., EASTERBROOKS, A. M., & MISTRY, J. (EDS.), HANDBOOK OF PSYCHOLOGY (VOLUME – 6., PP. 325-350). JOHN WILEY & SONS, INC., HOBOKEN, NEW JERSEY.

MUSS, E. R. (1996). THEORIES OF ADOLESCENCE. NEW YORK: THE MCGRAW-HILL COMPANIES, INC.