

# **M.A. PSYCHOLOGY**

**[SEMESTER EXAM]**

**SYLLABUS**

**2018-19**

**School of Studies in Psychology**  
**Pt. Ravishankar Shukla University, Raipur**  
**M. A. Psychology Syllabus**  
**w.e.f. July, 2018**

**VISION**

To prepare competent psychologists who would excel in knowledge, orientation and practice of psychology, with high ethical standards and social relevance.

**OBJECTIVES**


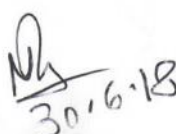


1. To create a strong research oriented theoretical foundation in consonance with recent advances in the discipline of psychology.
2. To enable students to take a creative, empirical and ethical approach to the program that combines conceptual repertoire and research practices in both quantitative and qualitative traditions.
3. To provide an opportunity to extend the knowledge base to the world of practice with a view to promote healthy interface between academia and society.

**Programme Structure**

The M. A. Psychology Programme divided into two Semesters to be known as Semester -1 and Semester- 2.

		Semester – 1	Semester – 2
Part I	First Year	Semester – I – 1	Semester – 1- 2
Part II	Second Year	Semester – II – 1	Semester – II – 2

The schedule of papers prescribed for all semesters shall be as follows:

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## SEMESTER -I & SEMESTER - II

### NOTE:

1. Each paper will carry 100 marks (80 marks for theory and 20 marks for internal assessment).
2. Each practicum course shall consist of 100 marks, which would include written record 25 marks, conduction of lab practical in exam 50 marks and viva-voce 25 marks.

### SCHEME OF EXAMINATION

1. English and Hindi shall be the medium of instruction and examination.
2. Examinations shall be conducted at the end of each Semester as per the Academic Calendar notified by the University.
3. The System of evaluation shall be as follows:
  - Each paper will carry 80 marks, and 20 marks for the Internal Assessment based on classroom participation, seminar, **class tests**, viva-voce, field and laboratory work, practical and attendance. The weightage given to each of these components shall be decided and announced at the beginning of the semester by the individual teacher responsible for the course.
  - Any student who fails to participate in classes, seminars, tests, viva-voce, practical, field and laboratory work will be debarred from appearing in the end semester examination in the specific course and no Internal Assessment marks will be awarded.
  - His/her Internal Assessment marks will be awarded as and when he/she attends regular classes and unit tests in the course in the next applicable semester.
  - No special classes will be conducted for him/her during other semesters.
  - The duration of written examination for each paper shall be of three hours.
  - The duration of Practicum examination shall be of four hours.

  
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## PASS PERCENTAGE

However, a candidate who has secured the minimum marks to pass in each paper but has not secured the minimum marks to pass in aggregate may reappear in any of the paper/s of his choice in the concerned semester in order to be able to secure the minimum marks prescribed to pass the semester in aggregate. No student would be allowed to avail of more than 3 chances to pass any paper inclusive of the first attempt.

## DIVISION CRITERIA

Successful candidates will be classified on the basis of the combined results of Part-I and Part-II examinations as follows:

Candidates securing 60% and above: Ist Division

Candidates securing between 50% to 59.99 %: IInd Division

Candidates securing 40 to 49.99%: IIIrd Division

39.99% and less: Failed

## ATTENDANCE REQUIREMENT

No student shall be considered to have pursued a regular course of study unless he/she is certified by the Head, School of Studies in Psychology, Ravishankar Shukla University, to have attended 75% of the total number of lectures, tutorials and seminars conducted in each semester, during his/her course of study.

**Note:** *M. A. Psychology students will opt for 1 Choice-Based Course (CBC) of 100 marks each, in Semester II, & III with at least one from the other Department of the University.*

  
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**M. A. PSYCHOLOGY**  
**FIRST SEMESTER**  
(w.e.f. JULY 2018)

Paper No.	Title of the Paper	Theory	Internal
PSM 101 (I)	Basic Psychological Processes	80	20
PSM 102 (II)	Social Psychology	80	20
PSM 103 (III)	Basic Research Methodology	80	20
PSM 104 (IV)	Psychopathology	80	20
PSM 105 (V)	Practicum: (Experiment)	100	
		420	80

**Note:** All are compulsory papers

**PAPER – I**  
**BASIC PSYCHOLOGICAL PROCESSES – I**

**M. M. - 80**

**Note:** This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit – I. Psychophysics**

Psychophysics: Nature, problems and Methods. Signal Detection Theory, Subliminal Perception and related factors.

**Unit 2. Perceptual Processes**

Approaches to study Perception: Gestalt, Physiological, Information Processing and Ecological Approaches. Perceptual Organization: Gestalt, Figure and Ground. Laws of Organization. Perceptual Constancy: Size, Shape and Brightness. Depth Perception: Monocular and Binocular cues Movement Perception: Nature, Types and Theories.

**Unit 3. Attention**

Nature, concept and Mechanism of Attention. Selective Attention. Types, Theories and Applications.

**Unit 4. Motivation**

Nature and properties; origin, development and present status.  
Basic Motivational Concepts: Instincts, Needs, Drives, Incentives, Motivational Cycle. Theoretical framework: Murray and Maslow, Intrinsic and Extrinsic Framework. Biogenic Motive, Sociogenic Motive: Achievement, Affiliation and Approval.

**Unit 5 Emotion**

Emotion: Nature and concept. Physiological correlates of Emotions. Theories of Emotions: James-Lange, Canon-Bard, Schachter-Singer. Emotional Intelligence Conflict: Sources and Types.

**BOOKS RECOMMENDED**

1. Averill, J. R., Chon, K. K., & Hahn, D. W. (2001). Emotions and Creativity, East and West. *Asian Journal of Social Psychology*, 4(3), 165-183.
2. Barrett, L. F., Niedenthal, P. M. & Winkielman, P. (2007). Emotion and Consciousness. Guilford Press.
3. Best, J. B. (1989). Cognitive Psychology. II Edition. West Publishing Company, New York.
4. Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strengths. Routledge; 2 edition.
5. Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology: South Asian Edition 1<sup>st</sup> Edition. Pearson.
5. Snyder (2011). Positive Psychology: The Scientific and Practical Explorations of Human Strengths Edition-Second. Sage South Asia.


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7. Feldman, R. (2009). Essentials of Understanding Psychology. Tata McGraw-Hill Education Pvt. Ltd.
8. Galotti, K. M. (1999). Cognitive Psychology in and Outside Laboratory. Mumbai: Thompson, Asia.
9. Iyer, S. (2006). Introduction to Psychology. Premier Publishing Company, India.
10. Menon, S., Nagaraj, N. & Binoy, V. V. (Editors) (2017). Self, Culture and Consciousness: Interdisciplinary Convergences on Knowing and Being. Springer.
11. Menon, S., Sinha, A. & Sreekantan, B. V. (2014). Interdisciplinary Perspectives on Consciousness and the Self. Springer.
12. Misra, G. & Baron, R. A. (2014). Psychology: Indian Subcontinent Edition 5th Edition, Pearson.
13. Rao, R. K. (2005). Perception, Cognition, and Consciousness in Classical Hindu Psychology. *Journal of Consciousness Studies*, 12, 3-30.
14. Rao, R. K. (2011). Cognitive Anomalies, Consciousness and Yoga. New Delhi, Matrix Publishers.
15. Sen, Anima: Attention and Distraction, New Delhi.
16. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
17. Solso, R. L. (2004). Cognitive Psychology. Sixth Edition. Pearson Education Pvt. Ltd., New Delhi
18. Stevens, S. (1959). Handbook of Experimental Psychology. A Wiley Publication in Psychology.
19. Wessells, M. G. (1982). Cognitive Psychology. Harper and Row Publishers, New York.
20. Wood, G. (1983). Cognitive Psychology - A Skills Approach. Cole Publishing Company, California.



  
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**PAPER – II**  
**SOCIAL PSYCHOLOGY**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction and Social Psychological Perspectives**

Nature and Scope of Social Psychology. Historical Background. Methods of Social Psychology. Theoretical Perspective: Cognitive Dissonance, Attribution, Field, Psychodynamic, Symbolic Interactions, Socio-Biology.

**UNIT – II Social Cognition and Person Perception**

Sources of Errors in Social Cognition. Social Perception, Person Perception. Determinants of Person Perception. Impression Formation and Management. Role of Stereotypes in Person Perception.

**UNIT – III Social Influence Process**

Meaning and nature of Social Influence. Social Facilitation, Conformity, Compliance and Obedience, Social Power, Reactance.

**UNIT – IV Attitude**

Nature and Characteristics. Development, Functions and Formation of Attitudes. Influence of Attitude on Behaviour. Theories of Attitude Change. Barriers in Changing Attitudes.

**UNIT – V Social Psychology and Social Situation**

Prosocial Behaviour, Aggression: Nature, Characteristics Determinants and Theories. Controlling and Management of Aggression. Violence, Categories of Violence, Self-directed (Suicide), Domestic Violence.

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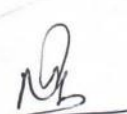



## BOOKS RECOMMENDED

1. Baron, R. A. & Byrne, D. (2000) Social Psychology 12<sup>th</sup> edition. Pearson, New Delhi.
2. Billing, M. (1976). Social Psychology and Intergroup Relations. New York, Academic Press.
3. Crisp, R. J. & Turner, R. N. (2014). Essential Social Psychology: 3rd Edition. SAGE Publications Ltd.
4. Dalal, A. K. (1989). Attribution: Theory and Research. New Delhi, Wiley Limited.
5. Dalal, A. K. & Misra, G. (Ed.) (2001). New Directions in Indian Psychology, Vol. 1 Social Psychology.
6. Eiser, J. R. (1986). Social Psychology. London: Cambridge University Press.
7. Feldman, R. S. (1985). Social Psychology. New York, Mc Graw Hill.
8. Lindsey, G. & Aronson, E. (Eds) (1985). The Handbook of Social Psychology. New York. Random House.
9. Mathur, S. S. (2004). Social Psychology. Vinod Pustak Mandir, Agra.
10. Mishra, G. (1990). Applied Social Psychology in India. New Delhi, Sage.
11. Mishra, G. (Ed.) (2009). Psychology in India, Vol. 2. Social and Organizational Processes. New Delhi, Pearson.
12. McGarty, C. & Haslam, S. A. (Eds.) (1997). The Message of Social Psychology. Oxford, U K, Blackwell.
13. Pandey, J. (1988). Psychology in India; the State – 7 the Art Vol – 2 ND. Sage.
14. Tajfel, H. (1981). Human Groups and Social Categories. London: Cambridge University Press.
15. Taylor, M. & Moghaddam, F. M. (1987). Theories of Intergroup Relations. New York: Praeger

समाज मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

समाज मनोविज्ञान: गिरीश्वर मिश्रा

समाज मनोविज्ञान: लालबचन त्रिपाठी

  
  
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**PAPER – III**  
**BASIC RESEARCH METHODOLOGY**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set, and candidates will have to answer one question from each unit.

**UNIT – I Introduction to Psychological Research**

Meaning, Purpose and Dimensions of Research. Types of Psychological Research: Qualitative and Quantitative. Parametric and Non-Parametric Statistics. Methods of Psychological Research: Experimental, Quasi-Experimental, Case Studies, Field Studies. Variables: Nature and Types. Techniques of experimental manipulation, control in experiment.

**UNIT – II Research Process**

Research Process: Consideration of Research Problem and Hypothesis, Operationalization. Sampling: Probability and Nonprobability Sampling. Sources of Bias. Ethical Issues in Psychological Research.

**UNIT – III Research Designs**

Cross Sectional and Longitudinal, Experimental, Correlational. Single Factor, Quasi – Experimental.


**UNIT – IV Central Tendencies**

Measures of Dispersion, Normal Probability Curve, its properties and utility. Null Hypothesis, Type-I and Type-II Errors, Level of Significance. Inferential Statistics: t -Test.

**UNIT – V Method of Data Collection**

Survey and Observation Method: Questionnaire, Interview. Tests and Scales.




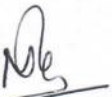


  
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## BOOKS RECOMMENDED

1. Black, T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. Wiley Eastern Ltd. New Delhi.
3. Edwards, A. K. (1976). Experimental Designs in Psychological Research. New York Holt Rinehart.
4. Kerlinger, F. N. (1999). Foundation of Behavioural Research. S. Chand (G/L) & Company Ltd; 4th edition.
5. Kothari C. R. (1986). Research Methodology: Methods and Techniques. Wiley Eastern Ltd. New Delhi.
6. Mangal, S. K. (2012). Statistics in Psychology and Education (2nd Ed.). New Delhi: PHI Learning Pvt. Ltd.
7. Mason, J. (1997). Qualitative Researching. Thousand Oaks: Sage.
8. Miles, J. & Banyard, P. (2007). Understanding and Using Statistics in Psychology A Practical Introduction. Sage Publications.
9. Siegal, S. (2002). Non-Parametric Statistics for Behavioural Sciences. New Delhi: Tata McGraw Hill.
10. Winer, B. J. (1971). Statistical Principles in Experimental Design. New York, McGraw Hill.

     
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**PAPER – IV**  
**PSYCHOPATHOLOGY**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I      Concept of Psychopathology and Classification System**

Diagnosis: Purpose, Diagnostic System: Mental Status Examination (MSE).  
Clinical Interview and Diagnostic Tools. Classification Systems: ICD and  
DSM. Evaluation of Classification System.

**UNIT – II      Theoretical Models of Psychopathology**

Psychodynamic, Behavioural, Cognitive, Humanistic, Biological  
and Socio-Cultural.

**UNIT – III      Disorders of Anxiety, Somatoform, and Behavioural Syndromes**

Panic, Phobic, OCD, Post-Traumatic, GAD, Somatoform Disorders,  
Impulse Control Disorder, Eating Disorder, Sleep Disorder.  
Dissociative Disorder: Types, Characteristics, Etiology and  
Management.

**UNIT – IV      Psychotic Spectrum Disorders**

Schizophrenia, Mood Disorder. Personality Disorders: Clinical  
Characteristics, Etiology and Management.

**UNIT – V      Substance Related Disorders and Developmental Disorders of  
-      Childhood**



Mental Retardation. Developmental Disorders of Childhood: Autism  
Spectrum Disorder (ASD), Attention Deficit Disorder (ADD),  
Attention Deficit and Hyperactive Disorder (ADHD). Learning  
Disabilities.





## BOOKS RECOMMENDED

1. Adams, H. E. & Sutker, P. B. (2004). Comprehensive Handbook of Psychopathology. New York, Plenum Press.
2. Aboud, T. D. (1988). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage.
3. Carson, C.R. & Butcher, J. N. (1992). Abnormal Psychology and Modern Life (9th Ed), Harper Collins Publisher.
4. Davison, G. C. & Neal, J. N. (2000). Abnormal Psychology – 8th Ed. Wiley, Publishers.
5. Page, J. D. (1975). Psychopathology: The Science of Understanding Deviance. (2nd Ed.). Chicago, IL, Aldine
6. Prokap, C. R. & Bradly, L.A. (1991). Medical Psychology: Contribution to Behavioural Medicine. Academic Press.

असामान्य मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

   
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**PAPER – V**  
**PRACTICUM**

**M. M. - 100**

This paper consists of the laboratory (Experimental) and Field -Work done throughout the semester and will be evaluated at the time of examination along with the other papers. Distribution of marks would be as under:

	<b>Marks</b>
A. Record of Lab Practical and Field Work	25
B. Evaluation of one Lab. Experiment of be conducted in the examination	50
C. Viva-Voce on Practicum	25

**Note:** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and report are found satisfactory.

List of Practicum: **(Any five Experiments and One Field Study)**

1. Constancy- Size/Shape/Brightness
2. Biofeedback
5. Mental Fatigue
6. Learning
7. Verbal Learning
8. Selective Attention
9. Knowledge of Results
10. Problem Solving
11. RI / PI

**Field Work**

- |                     |                          |
|---------------------|--------------------------|
| 1. Motivation       | 2. D.A.T./ Personality   |
| 3. Mental Health    | 4. Frustration Tolerance |
| 5. Stress / Anxiety | 6. Depression            |

**Note:** Field Studies topics would be allotted by the Departmental Committee.

**COURSE STRUCTURE**  
**M. A. PSYCHOLOGY**  
**SECOND SEMESTER**  
(w.e.f. JULY 2018)

Paper No.	Title of the Paper	Theory	Internal
PSM 201 (VI)	Basic Psychological Processes – II	80	20
PSM 202 (VII)	Group Processes and Cultural Psychology	80	20
PSM 203 (VIII)	Advanced Research Methodology	80	20
PSM 204 (IX)	Physiological Psychology and Health Behaviour	80	20
PSM 205 (X)	Practicum	100	---
		420	80

**PAPER – VI**

**BASIC PSYCHOLOGICAL PROCESSES – II**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.




**Unit I Learning Process**

Classical Conditioning: Procedure, Phenomena and related Issues.

Instrumental Learning: Phenomena, Paradigms and Theoretical Issues. Process,

Escape Conditioning, Avoidance Conditioning, Generalization. Reinforcement:

Basic Variables and Schedules.



  
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## **UNIT II      Experimental Analysis of Behaviour**

Behaviour Modification, Shaping, Discrimination Learning. Neurophysiology of Learning.

## **Unit III      Verbal Learning**

Verbal Learning: Methods and Materials, Organizational Processes

## **UNIT IV      Learning Theories**

Learning Theories: Hull, Tolman, Skinner.

Cognitive approaches in Learning: Latent Learning, Observational Learning.

## **Unit V.      Memory and Forgetting**

Memory Processes: Encoding, Storage, Retrieval. Stages of Memory: Sensory Memory, Short-term Memory (STM) and Long-term Memory (LTM).

Episodic and Semantic Memory Forgetting: Nature and causes of Forgetting.

Theories of Forgetting: Interference, Decay, Retrieval. Improving Memory.


## **BOOKS RECOMMENDED**


1. Baddley, A. (1997). *Human Memory: Theory and Practice*. New York: Psychology Press.
2. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
3. Chadha, N. K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
4. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology*. South Asian Edition. New Delhi: Pearson Education.
5. Coon, D., & Mitterer, J. O. (2007). *Introduction to Psychology: Gateway to Mind and Behaviour*. New Delhi: Cengage.
6. DAmato, M. R. (1970). *Experimental Psychology*, New York, Mc. Graw Hill.
7. Feldman, R. (2009). *Essentials of Understanding Psychology*. New Delhi: Tata McGraw Hill.



8. Galotti, K. M. (1999). Cognitive Psychology in and outside Laboratory. Mumbai: Thompson, Asia.
9. Gerrig, R. J., & Zimbardo, P. G. (2006). Psychology and Life (17th Ed.). New Delhi: Pearson Education.
10. Passer, M. W. & Smith, R. E. (2010). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill.
11. Sen Anima: Attention & Distraction. New Delhi.
12. Smith, E.E. & Kosslyn, S. M. (2007). *Cognitive Psychology: Mind and Brain*. Prentice Hall.
13. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). Human Experimental Psychology, New York, Oxford University Press.
14. Tripathi, A. N. & Babu, N. (2008). Cognitive Processes. In Misra, G. (Ed.). *Psychology in India: Advances in Research*, Vol. 1. New Delhi: Pearson Education.


  
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**PAPER – VII**  
**GROUP PROCESSES AND CULTURAL PSYCHOLOGY**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I      Inter Group Relations**

Group Dynamics and Group Behaviour, Group Effectiveness, and Group Cohesiveness: meaning, formation, Decision Making, Problem Solving and Group Level Behaviours.

**UNIT – II      Leadership**

Meaning nature and Function of Leadership. Styles and Effectiveness of Leadership. Psychology of Followers.

**UNIT – III      Social Issues**






Poverty, Caste, Gender, Population Issues in India. Unemployment. Communal Tension and Harmony.

**UNIT – IV      Culture and Behaviour- I**

Culture and Cognition and Emotion. Culture and Organisation.

**UNIT – V      Culture and Behaviour- II**

Culture and Health. Culture and Personality. Health, Environment and Law.

  
  
  
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## BOOKS RECOMMENDED

1. Ahuja, R. (2012). Social Problems in India. Rawat Publication.
2. Alcock, P. (1997). Understanding Poverty (2nd Ed). Great Britain: Palgrave.
3. Aronson, E (Eds). (1985). The Handbook of Social Psychology. N Y: Random House.
4. Baron, A.B. & Byrne, D. (1991). Social Psychology, - Boston Allyn & Bacon.
5. Billing, M. (1976). Social Psychology and Inter Group Relations, NY: Academic Press.
6. Dalal, A. K. (1989). Attribution Theory and Research. New Delhi, Wiley Limited.
7. Dalal, A. K. & Misra, G. (2001) New Directions in Indian Psychology. New Delhi: Sage Publications.
8. Eiser, J. R. (1986). Social Psychology. London: Cambridge University Press.
9. Feldman R.S. (1985) Social Psychology. New York, McGraw Hill.
10. Jai Prakash, I. & Bhogle, S. (1998). (Eds.) Psychology and Changing World. Bangalore, Prasaraanga, Bangalore University.
11. Kakkar, S. (1996). Indian Psyche. New Delhi: Penguin.
12. Mishra, G. (1990). Applied Social Psychology in India. New Delhi, Sage.
13. Misra, G. & Nagpal, A. (1999). (Eds.). Psychology of Poverty and Disadvantages. New Delhi. Concept Publishing Company.
14. Pandey, J. (1988). Psychology in India; the State – 7 the Art Vol – 2. New Delhi: Sage.

समाज मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

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**PAPER – VIII**  
**ADVANCED RESEARCH METHODOLOGY**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I      Experimental Design**

Randomized groups, Matched Groups, Factorial Designs: Between and Within Groups, Repeated Measures (One Factor).

**UNIT – II      Analysis of Variance**

ANOVA: One -Way and Two - Way, ANCOVA, a-priory and Post-Hoc Comparisons.

**UNIT – III      Measures of Relationships**

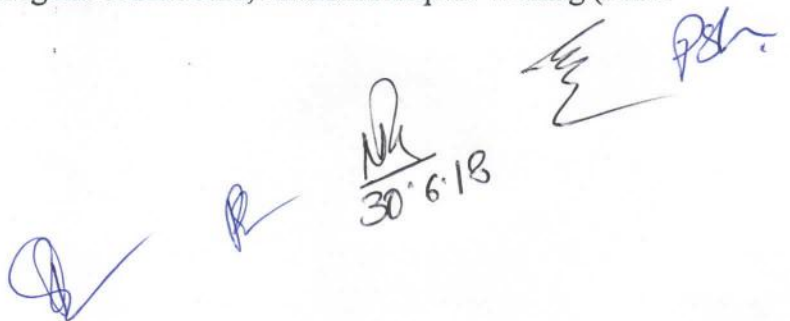
Bi-serial, Point Bi-serial, Tetrachoric and Phi.  
Multiple and Partial Correlations.

**UNIT – IV      Regression and Factor Analysis**

Simple and Multiple, Factor Analysis: Assumptions, Methods  
Rotation and Interpretation.

**UNIT – V      Report Writing**

Use of Computer in Psychological Researches, Research Report Writing (APA Style)

  
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## BOOKS RECOMMENDED

1. Black T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Breakwell, G. M., Smith, J. A., & Wright, D. B. (2012). *Research Methods in Psychology* (4<sup>th</sup> ed.). Sage.
3. Bridget, S. & Cathy, L. (Eds.) (2008). Research Methods in the Social Sciences. Vistaar Publication New Delhi.
4. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Delhi, Wiley Eastern Ltd.
5. Edwards, A. L. (1984). Experimental Design in Psychological Research. Harpercollins College Div; Subsequent edition.
6. Elmes, D., Kantowitz, B., & Roediger, H. (2011). Research Methods in Psychology (9<sup>f</sup> ed). Cengage Learning.
7. Kerlinger, F. N. (1983). Foundation of Behavioural Research (2nd ed) Surjeet Publication, Kamla Nagar, New Delhi, 1983.
8. Kothari, C. R. (1986). Research Methodology: Methods and Techniques. Wiley Eastern Ltd. New Delhi.
9. Mason, J. (1997). Qualitative Researching, Thousand Oaks: Sage.
10. Nestor, P.G. & Schutt, R. K. (2011). Research Methods in Psychology: Investigating Human Behaviour. Sage.
11. Winer, B. J., Brown, D. R. & Michels, K. M. (1991). Statistical Principles in Experimental Design. New York: McGraw Hill.

## PAPER – IX

### PHYSIOLOGICAL PSYCHOLOGY AND HEALTH BEHAVIOUR

M. M. – 80

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

#### UNIT – I    **Methods and Basic Concepts**

Methods of Physiological Psychology: Lesion and Brain Stimulation.  
Receptors, Effectors and Adjuster Mechanisms. Neural Impulse: Origin.  
Conduction and Measurement.

#### UNIT – II    **Sensory System**

Vision and Audition. Human Nervous System: Structure and Functions.  
Structure of Neuron; The different parts of a Neuron; Types of Neurons  
Functions of Neuron; generation of IPSP and EPSP, Conduction and  
generation of Action Potential, Ionic Exchanges and Refractory Periods

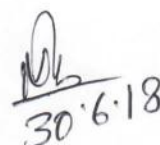
#### UNIT – III    **Sleep, Waking and Endocrine System**

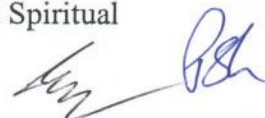
Sleep and Waking: Stages of Sleep, Disorders of Sleep and Physiological  
Mechanisms of Sleep and Waking. Drinking and its Neural Mechanism;  
Hunger and its Neural Mechanism. Endocrine System: Structure and Function.  
Abnormalities of major Glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas  
and Pineal

#### UNIT - IV    **Approaches to Therapy**

Psychoanalytic, Biological, Behavioural, Behavioural Medicine and Spiritual  
Therapy.



  
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## UNIT – V      **Health Assessments and Promotion**

Quality of Life Scales, Health Indices Checklist, Lifestyle Evaluation and Coping Scales, Health Promotion Strategies, Psychological Intervention, Lifestyle Modification Techniques, Utility of Relaxation and Bio-Feedback Methods. Mental Health Promotion and Maintenance. Current Issues and Trends in Health Psychology.

### **BOOKS RECOMMENDED**

1. Aboud, T. D. (1998). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage.
2. Adams, H. E. & Sutker, P. B. (2001). Comprehensive Handbook of Psychopathology. Kluwer Academic / Plenum Publishers, New York.
3. Brannon, L. & Feist, J. (2010). Health Psychology: An Introduction to Behaviour and Health. Belmont, CA: Thomson/Wadsworth.
4. Carson, C. R., Butcher J. N. (1992). Abnormal Psychology and Modern Life (9th ed) Harper Collins Publisher.
5. Davison, G. C. & Neal, J. N. (2000). Abnormal Psychology – 8th Ed. Wiley Publishers.
6. Deb, S. (2009). Reproductive Health Management, New Delhi, Akansha Publications.
7. Dimmates, M. R. & Martin, L. R. (2007). Health Psychology. Pearson.
8. Friedman, H. S. (1998). Encyclopaedia of Mental Health. Academic Press.
9. Kleinman, A. (1988). Rethinking Psychiatry from Cultural Category to Personal Experience. Free Press. New York.
10. Marks, D. F. (2002). The Health Psychology Reader. Sage.
11. Ogden, J. (1996). Health Psychology. A Textbook. Open University Press.
12. Page, J. D. (1975). Psychopathology: The Science of Understanding Deviance.
13. Prokop, C. K. & Bradly, L. A. (1981). Medical Psychology: Contribution to Behavioural Medicine. Academic Press.
14. Rice, P. L. (1998). Health Psychology. Pacific Grove Books. Cole Pub.
15. Taylor, S. E. (1999). Health Psychology. McGraw Hill.



**PAPER – X**  
**PRACTICUM**

**M. M. 100**

This paper consists of the laboratory (Testing) and Field-Work done throughout the semester and will be evaluated at the time of examination along with the other papers.

Distribution of marks would be as under:

	<b>Marks</b>
C. Record of Lab Practical and Field Work	25
D. Evaluation of One Lab Testing of be conducted in Examination	50
E. Viva-Voce on Practicum	25

**Note:** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and reports are found satisfactory.

**List of Practicum: (Any Five Tests and One Field Study)**

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1. Aggression                        | 7. Personality              |
| 2. Aptitude                          | 8. Mental Health            |
| 3. Emotional Intelligence            | 9. Projective Test          |
| 4. Digit Memory Scope/Span           | 10. Problem Solving Ability |
| 5. Intelligence (Individual / Group) | 11. Stress / Depression     |
| 6. Locus of Control                  | 12. Motivation              |

**Field Work**

- |                              |                 |                   |
|------------------------------|-----------------|-------------------|
| 1. Achievement Motivation    | 2. Adjustment   | 3. Anxiety        |
| 4. Happiness                 | 5. Intelligence | 6. Leadership     |
| 7. Parent Child Relationship | 8. Personality  | 9. Social Support |

**Note:** Field Studies topics would be allotted by the Departmental Committee.

### M. A. – III SEMESTER (PSYCHOLOGY)

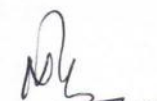
The curriculum frame – work is as under.

#### COMPULSORY PAPERS (Two)

S.No.	Paper No	Title of Paper	Marks	
			Theory	Internal Assessment
1.	XI	Personality and Indigenous Psychology	80	20
2.	XII	Psychological Assessment - I	80	20
<b>Optional Papers: Two Papers from any One of the Three Groups</b>				
<b>Group A: Psychology of Management</b>				
3.	XIII	Organizational Behaviour – I	80	20
4.	XIV	Human Resource Development and Management – I	80	20
<b>Group B: Psychology of Education</b>				
3.	XIII	Educational and Instructional Psychology – I	80	20
4.	XIV	Basics of Psychological Guidance and Counselling – I	80	20
<b>Group C: Clinical Psychology</b>				
3.	XIII	Clinical Diagnosis – I	80	20
4.	XIV	Psychotherapeutic Counselling - I	80	20
5.	XV	Practicum	100	

**NOTE: Internal Assessment will be done on the basis of  
Class Tests / Seminar / Tutorials**



  
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**M. A. – III SEMESTER (PSYCHOLOGY)**  
**PAPER – XI (COMPULSORY)**  
**PERSONALITY AND INDIGENOUS PSYCHOLOGY – I**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Personality Meaning, Perspectives and Measurement of Personality.  
Concept of Mature Personality, Personality Theory- Problems and Procedures.

**UNIT – II Approaches to Personality- I**

Psychodynamic Perspectives of Personality: Theories of Personality: Freud, Erikson, Adler. Structure, Dynamics and Development of Personality.  
Methods to study Personality.

**UNIT – III Approaches to Personality –II**

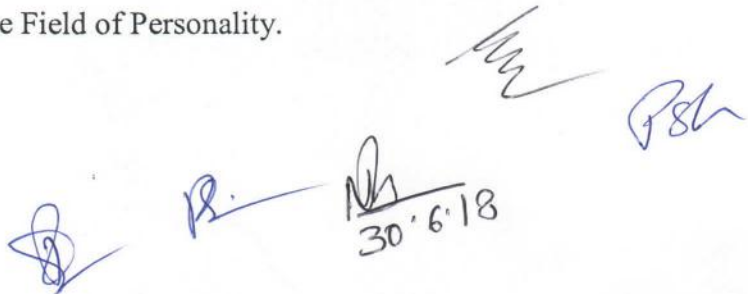
Theories of Personality: Cattell and Eysenck- Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – IV Approaches to Personality-III**

Cognitive, Behavioural and Humanistic. Kelly, Bandura and Roger's.  
Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – V Approaches to Personality-IV**

Indigenous Concept and Models of Personality – Yogic, Samkhya.  
Current Researches in the Field of Personality.

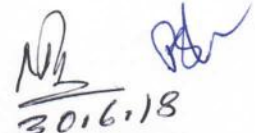
  
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## BOOKS RECOMMENDED

1. Barbara, E. (2008). *Personality Theories* (8<sup>th</sup> Edition). California. Wadsworth Publishing Company.
2. Bischof, L. J. (1970). *Interpreting Personality Theories*. Harper & Row, New York.
3. Feldman, S. R. (2009). *Essentials of Understanding Psychology*, 7<sup>th</sup> Edition. Tata McGraw-Hill Education, Pvt. Ltd.
4. Friedman, H. S. & Schustack, M. W. (2016). *Personality: Classic Theories and Modern Research*. (6<sup>th</sup> Edition), Pearson.
5. Hasurkar, S. S. (1958). *Vācaspati Miśra on Advaita Vedanta*. Darbhanga: Mithila Institute of Post-Graduate Studies.
6. Hall, C. S., Lindzey, G. & Campbell, J. B. (2007). *Theories of Personality* (4<sup>th</sup> Ed.). John Wiley, New York.
7. Hjelle, L. A. & Ziegler, D. J. (1992). *Personality Theories: Basic Assumptions, Research and Applications* (2nd Ed.). International Student Edition. McGraw Hill, International Book Co.
8. John, O. P., Robins, R. W. & Pervin, L. A. (2010). *Handbook of Personality: Theory and Research*. Guilford Press.
9. Loehlin, J. C., Willerman, L., & Horn, J. M. (1988). Human Behaviour Genetics. *Annual Review of Psychology*, 39(1), 101-133.
10. Magnusson, D., & Endler, N. S. (1977). *Personality at Crossroads*. New Jersey, Hillsdale: Lawrence Erlbaum Associates.
11. Misra, G., & Mohanty, A. K. (2002). *Perspectives on Indigenous Psychology*. New Delhi: Concept Company.
12. Mohanty, J. N. (2000). *Classical Indian Philosophy*. Oxford: Rowman & Littlefield.
13. Mukhopadhyaya, K. L. & Swami Niranjana Saraswati. *Yoga Darshan* Munger: Bihar School of Yoga.
14. Murphy, G., & Murphy, L. B. (1968). *Asian Psychology*. New York: Basic Books.
15. Naidu, R. K. & Pandey, N. (1999). *Anāsakti: The Indian vision of Potential Human Transcendence beyond Mechanistic Motivations*. In G. Misra (Ed.), *Psychological Perspectives on Stress and Health* (pp. 85–99). New Delhi: Concept Publishing Company.



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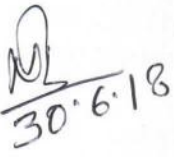

16. Paranjpe, A. C. (2011). Indian Psychology and the International Context, Psychology and Developing Societies, 23 (1), 1-26.
17. Paranjpe, A. C. (1988). A Personality Theory according to Vedanta. In A.C. Paranjpe, D.Y.F. Ho, & R. W. Rieber (Eds), Asian contributions to Psychology. New York: Praeger.
18. Paranjpe, A. C., Ho, D. Y. F., & Rieber, R. W. (Eds.). (1988). Asian Contributions to Psychology. New York, NY, England: Praeger Publishers.
19. Patanjali Yog Sutra.
20. Pervin, L. A. (1975). Personality: Theory, Assessment and Research. 2nd Ed. Wiley International ed. New York.
21. Pervin, L. A. (1993). Personality: Theory and Research. John Wiley & Sons.
22. Rao, Sheshagiri, V. N. (1984). *Vācaspati's Contribution to Advaita*. Mysore: Samvit Publishers.
23. Sahakian, W. S. (1975). Psychology of Personality: Readings in Theory. Rand McNally, Chicago, Illinois, United States.
24. Sinha, J. (1958). Indian Psychology (2nd ed., 2 vol). Calcutta: Sinha Publishing House.

उच्चतर सामान्य मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

व्यक्तित्व मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

व्यक्तित्व मनोविज्ञान (2002): मधु अस्थाना, किरण बाला, मोतीलाल बनारसी दास।

व्यक्तित्व मनोविज्ञान (2004): डी. एन. श्रीवास्तव, भार्गव पब्लिकेशन हाउस, आगरा।

  
  
  
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**M. A. – III SEMESTER**  
**(COMPULSORY)**  
**PAPER – XI**  
**PSYCHOLOGICAL ASSESSMENT – I**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I     Nature of Psychological Assessment**

Nature of Psychological Assessment, Difference between Physical and Psychological Assessment. Problems in Psychological Assessment. Levels of Assessment.

**UNIT – II     Scaling**

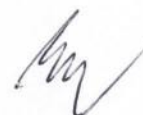
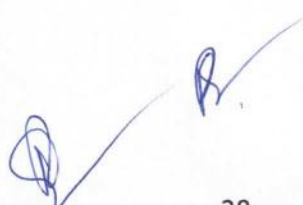
Scaling: Unidimensional and Multidimensional. Scale Construction Techniques. Difference among Tests, Scales, Questionnaire and Schedule. Characteristics of a good Psychometric Test. Difference between Psychometric and Projective Tests.


**UNIT – III     Construction of Psychometric Tools**

Construction of Psychometric Tools: Steps in Test Construction, Item-writing, Pre-try out, Item difficulty, Discrimination Power. Types of Psychological test.

**UNIT – IV     Standardization Process of Psychometric Test**

Standardization Process of Psychometric Test. Reliability: Concept and Type. Methods of determining Reliability. Validity: Concept and Type. Methods of determining Validity. Factors affecting Reliability and Validity. Norms: Types, Uses and Method.



  
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## UNIT – V      **Adaptation of Tests**

Adaptation of Tests. Test taking Response Styles: Social Desirability, Acquiescence and Faking. Use of Psychological Tests in applied field of Life: Diagnosis, Psychotherapy, Education, Occupations and Organizations.

### BOOKS RECOMMENDED

1. Anastasi, A. (1988). Psychological Testing. Macmillan.
2. Cronbach, L. (1951). Essentials of Psychological Testing New York: Harper & Brothers.
3. Freeman, F. S. (2008). Theory and Practice of Psychological Testing. Publisher: Oxford and IBH Publishing.
4. Friedenberg, L. (1995). Psychological Testing: Design, Analysis, and Use. Allyn & Bacon.
5. Ghiselli, E. E. (1964). Theory of Psychological Measurement. New Delhi, Tata McGraw- Hill.
6. Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. Needham Heights, M A, US: Allyn & Bacon.
7. Guilford, J. P. (1954). Psychometric Methods. New Delhi Tata Mc Graw Hill
8. Nunnally, J. C. (1970). Introduction to Psychological Measurement. New York: McGraw-Hill.
9. Price, L. R. (2016). Psychometric Methods: Theory into Practice. Guilford Press, Routledge.

  
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**M. A. – III SEMESTER (PSYCHOLOGY)**

**GROUP - A**

**PAPER – XIII (OPTIONAL)**

**ORGANIZATIONAL BEHAVIOUR – I**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Emergence of OB as a Discipline and Contributing Disciplines to OB. Contributions of Hawthorne Studies to OB; OB trends – Globalization; Outsourcing; Call Centres; Knowledge Process Outsourcing. The FIVE Anchors of OB and Knowledge Management.

**UNIT – II Motivational Process**

Motivational Process: Meaning of Motivation; Primary Motives; General Motives, Secondary Motives and Motivational Process. Content Theories of Work Motivation – Maslow's Hierarchy of Needs; Herzberg's Factor Theory; ERG Theory. Theory X and Theory Y.

**UNIT – III Leadership**

Leadership: Difference between Leader and Manager. Important studies on Leadership. Factors influencing Leadership Role. Essentials of Leadership, Leadership Styles. Supervision and Patterns of Supervision. Modern Theoretical Process of Leadership: Charismatic Leadership Theories; Transformational Leadership Theory; A Socio-Cognitive Approach; Leadership across Cultures; Corporate Leaders.

**UNIT – IV Conflict and Power <sup>at</sup> in Work Place**

Conflict: The Conflict Process; Sources of Conflict in Organizations. Organizational Conflict, Conflict Management. Interpersonal Conflict Management Styles; Resolving Conflicts.

Power: Meaning of Power; Sources of Power; Contingencies of Power; Influencing Others; Influencing Tactics and Organizational Politics. Organizational Power and Politics. Union Management Interface.



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## UNIT – V      **Decision Making**

Nature and Concepts. Decision Making Process, Types of Decisions.  
Factors influencing Decision Making. Management Decision Techniques.

### **BOOKS RECOMMENDED**

1. Bristal, V. (1997). Rethinking the Future: Rethinking Business, Principles, Competition, Control & Complexity, Leadership, Markets and the World. *The Journal of Business Strategy*, 18(4), 62.
2. Gibson, R., & Handy, C. (1998). Rethinking the Future: Rethinking Business Principles, Competition, Control and Complexity, Leadership, Markets and the World.
3. Greenberg, J. & Baron, R. A. (2003). Behaviour in Organizations: Understanding and Managing the Human Side of Work. Upper Saddle River, N J: Prentice Hall.
4. Griffin, W. H. & Pareek, U. (2005). Management of Change in Education.
5. Luthans, F. (1995). Organizational Behaviour. Mc Graw Hill, International Student Edition.
6. Lynton, R. P. & Pareek, U. (1978). Training for Development.
7. Pareek, U. (1996). Organizational Behaviour Processes.
8. Pareek, U. (2007). Understanding Organizational Behaviour.
9. Pareek, U. (2011). Udai Pareek's Understanding Organizational Behaviour.
10. Pareek, U. (2016). Understanding Organizational Behaviour 4E.
11. Pareek, U. (2017). Designing and Managing Human Resource Systems.
12. Pareek, U. & Rao, V. (2005). First Handbook of Psychological and Social Instruments.
13. Pareek, U. & Khanna, S. (2007). Understanding Organizational Behaviour. Oxford University Press.
14. Rao, T. V. (2015). Performance Management: Toward Organizational Excellence.
15. Robbins, S. P. (2000). Organizational Behaviour. (9th edition). Prentice Hall India, New Delhi.



16. Schein, E. M. (1990). Organizational Psychology 3rd edition. Prentice Hall of India Pvt. Ltd. New Delhi.
17. Toffler, A., Toffler, H., & Gibson, R. (2011). Rethinking the Future: Rethinking Business Principles, Competition, Control and Complexity, Leadership, Markets and the World. Hachette UK.
18. Ulrich, D., Allen, J., Brockbank, W., Younger, J., & Nyman, M. (2009). HR Transformation: Building Human Resources from the Outside In. New York: McGraw-Hill.
19. Wolfe, B. (2015). The Little Black Book of Human Resources Management. The Expressive Press.

**M. A. – III SEMESTER (PSYCHOLOGY)**

**GROUP - A**

**PAPER – XIV (OPTIONAL)**

**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT – I**

**M. M. 80**


NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Human Resource Management**

Nature, Function, Personnel Management vs. HRM, HRD vs. HRM. Assumptions about HRM, Structure and Role of HRM. The Indian context of HRM. Models of HRM. Current and Future Challenges to HRM. Strategic Role, International Human Resource Management.

**UNIT – II Human Resource Planning**

Human Resource Planning: Importance, process, Forecasting Demand, Estimating Supply, Effective HRP, Human Resource Accounting. Steps, Stages and Structure in Manpower Planning. HRD in India.

  
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### **UNIT – III      Job Analysis and Job Design**

Job Analysis: Uses, Process, Methods, Job Description and Job Specifications. Job Analysis and Job Design. Recruitment and Selection.

### **UNIT – IV      Training and Development**

Training: Nature and Importance. How to make Training Effective. Importance of Training in Organizational Set Up-Training as a Profession-Training Needs Analysis- Types of Training-Training Design-Steps Involved. Organizational Development: Nature and Objectives of OD. Phases of an OD Programme; OD Interventions; OD in Indian Industry; Criticism of OD.

### **UNIT – V      Performance Appraisal**

Performance Appraisal, Factors Distorting Appraisal and how to improve Appraisals. Types of Appraisal. Comparing with Performance Management, Methods, Challenges, Legal Implications.

### **BOOKS RECOMMENDED**

1. Aswathappa, K. (1999). Human Resource and Personnel Management-Text and Cases, New Delhi: Tata McGraw Hill, pp.208.
2. Beardwell, I. & Holden, L. (1997). Human Resource Management. A Contemporary Perspective.
3. DeCenzo, D. A., Robbins, S. P. & Verhulst, S. L. (2012). Fundamentals of Human Resource Management, Wiley.
4. Fisher, C. D., Shaw, J. B. & Schoenfeldt, L. F. (1993). Human Resource Management. Houghton Mifflin Company.
5. Pareek, U. (2017). Designing and Managing Human Resource Systems. Oxford and IBH Publishing.
6. Pareek, U. & Rao, T. V. (1981). Designing and Managing Human Resource Systems. New Delhi: Oxford and IBH.
7. Robbins, S. P. & Judge, T. A, (2013). Essentials of Organizational Behaviour. Pearson.
8. Sinha, J. B. (2009). Culture and Organizational Behaviour. SAGE Publications India.

**M. A. – III SEMESTER (PSYCHOLOGY)**  
**GROUP - B**  
**PAPER – XIII (OPTIONAL)**  
**EDUCATIONAL AND INSTRUCTIONAL PSYCHOLOGY – I**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Conceptual and Theoretical Perspectives**

Conceptual and Theoretical Perspectives in Educational Psychology.

Theories: Behaviouristic, Social Learning and Cognitive Applications in Teaching.

**UNIT – II Information Processing Models**

Instructional Models, Programmed Learning, Concept, Characteristics and Models.

**UNIT – III Human Diversity and Education**

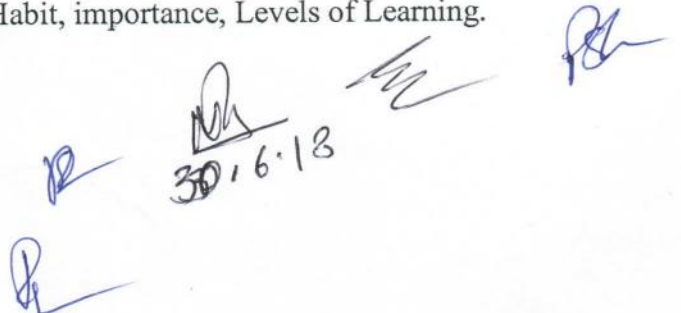
Learning Styles: Nature, Approaches to Learning Style, Measurement of Learning Styles. Attempt to Modify Learning Styles.

**UNIT – IV Individual and Group Differences**

Individual and Group Differences in Intelligence. Theories of Intelligence, Gender Differences issues in the Classroom.

**UNIT – V Learning and Motivation**

Learning and Motivation, Study Habit, importance, Levels of Learning.

  
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## BOOKS RECOMMENDED

1. Bruce, R. J., Weil, M., & Calhoun, E. (2014). Models of Teaching (9th Edition) Pearson.
2. De Secco, J. P. & Crawford, W. R. (1974). The Psychology of Learning and Instruction. Englewood Cliffs, NJ: Prentice Hall.
3. Ellis, R. S. (1965). Educational Psychology, A Problem Approaches Affiliated. New Delhi, East West Press.
4. Gage, N. L., & Berliner, D. C. (1998). Educational Psychology (6th ed.). Boston, MA: Houghton Mifflin.
5. Ghaoui, C. (2004). Human Factors and Innovative Approaches. Idea Group Inc (IGI).
6. Santrock, J. W. (2011). Educational Psychology. Tata McGraw Hill.
7. Schunk, D. H. (2012). Learning Theories an Educational Perspective, Sixth Edition. Pearson.
8. Travers, J. F. (1979). Educational Psychology (2nd Ed.). New York & Row.
9. Woolfolk, A. E. (1995). Educational Psychology (6th Ed.) Allyn & Bacon, London/ Boston.
10. Woolfolk, A. (2005). Educational Psychology, 9/E, Active Learning Edition. Allyn & Bacon, Boston.
11. Woolfolk, A. (2006). Educational Psychology. International Edition with Pearson Education.
12. Woolfolk, A., Misra, G. & Jha, A. (2012). Fundamentals of Educational Psychology. Pearson.
13. Woolfolk, A. & Perry, N. E. (2014). Child and Adolescent Development. Pearson.
14. Woolfolk, A., & Vij Shivani (2017). Educational Psychology. Pearson.

**M. A. – III SEMESTER (PSYCHOLOGY)**  
**GROUP - B**  
**PAPER – XIV (OPTIONAL)**  
**BASICS OF PSYCHOLOGICAL GUIDANCE AND COUNSELLING – I**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I    Introduction**

Nature, Need and Functions of Guidance. Principles of Guidance.  
Individual and Group Approaches.

**UNIT – II    Techniques of Appraising the Client – I**

Non-Standardized Methods: Anecdotal Record, Auto Biography, Case Study,  
Sociometric, Observation, Rating Scale, Questionnaire.

**UNIT – III    Techniques of Appraising the Client -II**

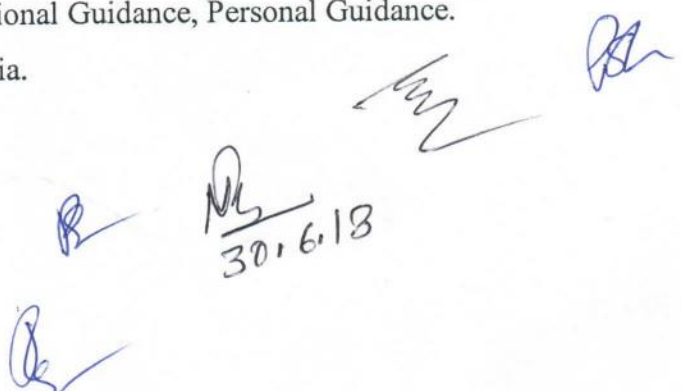
Standardized Methods: Intelligence, Personality Aptitude, Interest,  
Achievement.

**UNIT – IV    Organization of a Guidance Programme**

Duties and Responsibilities of the Guidance Personnel, School,  
Duties and Responsibilities of Family and Community. Individual and Group  
Guidance


**UNIT – V    Special Areas of Guidance**

Vocational Guidance, Educational Guidance, Personal Guidance.  
Problems of Guidance in India.

  
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## BOOKS RECOMMENDED

1. Anastasi, Z. (1992). Psychological Testing (Seventh Ed.). New York, McMillan.
2. Anastasi, Z., & Lewis, E.C. (1970). Counselling Psychology. New York, Holt Rinehart and Winster, Inc.
3. Gibson, R. L. & Mitchell, M. (2008). Introduction to Counselling and Guidance. New Delhi: Prentice Hall of India.
4. Harson, J. C. (1978). Counselling Processes and Procedures. New York, McMillan Publishing Co. Inc.
5. Kemp. C. G. (1970). Foundations of Group Counselling. New York, McGraw Hill.
6. Nystul, M. S. (2006). Introduction to Counselling: As an Art and Science Perspective. Allyn & Bacon.
7. Rappaport, D., Gill, M. M. & Schafer, R. (1968). Diagnostic Psychological Testing. (Revised edition, edited by Holt, R. R.) New York, International Universities Press.
8. Rao. S. N. (1981). Counselling Psychology. New Delhi, Tata McGraw Hill.
9. Siddiqui, M. H. (2008). Guidance and Counselling. APH Publishing.
10. Shrivastava, K. K. (2003). Principles of Guidance and Counselling. Kanishka Publishers, Distributors, New Delhi.
11. Steffler, B. (Ed.) (1965). Theories of Counselling. New York, McGraw Hill Book Co.
12. Warters, J. (1964). Techniques of Counselling. New York, McGraw Hill Book Co.

  
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**M. A. – III SEMESTER (PSYCHOLOGY)**  
**GROUP - C**  
**PAPER – XIII (OPTIONAL)**  
**CLINICAL DIAGNOSIS – I**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

History and Current trends. Nature, Problems and Methods of Clinical Psychology. Professionals. Growth of the Branch. Growth in India.

**UNIT – II Approaches**

Psychodynamic, Behaviouristic, Humanistic, Cognitive and Socio-Cultural.

**UNIT – III Diagnosis -I**

Meaning of Psycho-Diagnosis. Types and Importance. Concept of Prognosis. Symptomatic vs. Dynamic. Symptomatic Diagnosis: ICD-10, DSM-IV (R).

**UNIT – IV Diagnosis -II**

Dynamic Diagnosis: Observation, Case History, and Interview.

**UNIT – V Impressionistic Approach**


Impressionistic Approach of Diagnosis: Informal Assessment, Sources of Errors in Impression Formation. Importance of Psychometric Approach.

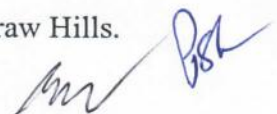
**BOOKS RECOMMENDED**

1. Bhola, P. & Raghuram, A. (2016). Ethical Issues in Counselling and Psychotherapy Practice. Springer.
2. Carr, A. (2012). Clinical Psychology: An Introduction. Routledge.
3. Dalton, J. H., Elias, M. J., Wandersman, A. & Dalton, J. H. (2007). Community Psychology: Linking Individuals and Communities. Wadsworth, Thomson Learning US.
4. Davey, G. (2008). Clinical Psychology. Taylor & Francis, India Pvt Ltd, New Delhi.

5. DeRubeis R. J., Donald, K. and Routh, D. K. (1998). The Science of Clinical Psychology: Accomplishments and Future Directions. Google Books.
6. Gladding, S. T. (2017). Counselling: A Comprehensive Profession. Seventh Edition. Pearson.
7. Hecker, J. E. & Thorpe, G. L. (2007). Introduction to Clinical Psychology. Pearson Education.
8. Heiden, L. A. & Hersen, M. (1995). Introduction to Clinical Psychology 1st Edition. Springer.
9. Iscope, I., Block, B. L. & Spielberger, C. D. (1977). Community Psychology: Perspectives in Training and Research. NY: Appleton.
10. Kellerman, H. & Burry, A. (2009). Handbook of Psycho-Diagnostic Testing: Analysis of Personality in the Psychological Report. Springer.
11. Korchin, S. J. (1978). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. International Edition.
12. Korchin, S. J. (2004). Modern Clinical Psychology: Principles of Intervention in the Clinical and Community. 1st Edition. CBS Publisher.
13. Kumar, V. (2011). Clinical Psychology. Aadi Publications.
14. Mann, P.A. (1978). Community Psychology: Concepts and Applications. The Free Press.
15. Perkins, D. (2011). An Introduction to Community Psychology. Vanderbilt University.
16. Plante, T. G. (2010). Contemporary Clinical Psychology. John Wiley & Sons.
17. Pomerantz, A. M. (2017). Clinical Psychology: Science, Practice, and Culture 4th Edition. Sage Publications.
18. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinehart.
19. Rappaport, J. & Seidman, E. (2000). Handbook of Community Psychology. Springer Science + Business Media, LLC.
20. Reich, S. M., Riemer, M, Prilleltensky, I. & Montero, M. (2007). International Community Psychology: History and Theories. Springer.
21. Walker, E. C. (1991). Clinical Psychology: Historical and Research Foundations. Springer Science + Business Media, LLC.
22. Wolman, B. B. (ed). (1965). Handbook of Clinical Psychology. Mc Graw Hills.



  
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**M. A. – III SEMESTER (PSYCHOLOGY)**  
**GROUP - C**  
**PAPER – XIV (OPTIONAL)**  
**PSYCHOTHERAPEUTIC COUNSELLING – I**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Psychotherapeutic Counselling Techniques**

Techniques of Psychotherapeutic Counselling: Psychoanalytic, Behavioural.  
Client Centred. Community Interventions and Group Therapeutic Techniques.

**UNIT – II Methods for Altering Maladaptive Behavioural - Deficits**

Shyness, Delinquency, Depression, Speech and Sexual Dysfunctions.

**UNIT – III Methods for Altering Maladaptive Behavioural - Excesses**

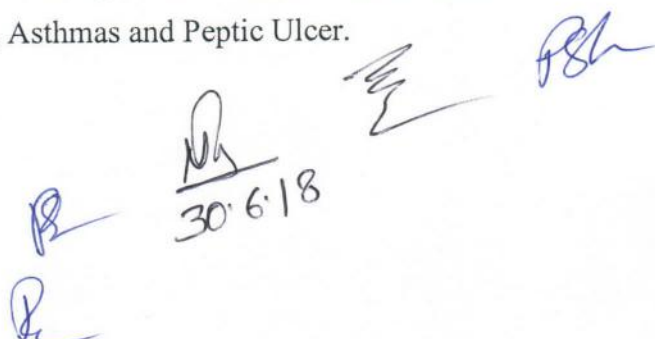
Excessive Smoking, Alcoholism, Drug Addiction and Temper-Outburst,  
Physical Aggression.

**UNIT – IV Methods of Altering Inappropriate Behaviour**

Marital Maladjustment, Child Misbehaviour, Homosexuality, Exhibitionism.  
Stress and Coping.

**UNIT – V Methods for Altering Fears and Anxiety**

Methods for altering Fears and Anxiety. Treating Psychophysiological  
Disorders: Test-Anxiety, Generalized Anxiety, Stress, School Phobia, Snake  
Phobia, Combination of Fears, CHD, Asthmas and Peptic Ulcer.

  
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## BOOKS RECOMMENDED

1. Abate, L. & Milan, M. A. (ed.) (1985). Handbook of Social Skill Training and Research. New York: John Wiley & Sons.
2. Adelson, D. & Kalis, B. L. (1970). Community Psychology and Mental Health Perspectives. Seaton.
3. Carson, R. C., Butcher, J. N. & Mineka, S. M. (1999). Abnormal Psychology and Modern Life. Pearson.
4. Corey, G. (1986). Theory and Practice of Counselling and Psychotherapy. Monterey, C A.
5. Gelso, C J. Williams, E. N. & Fretz, B. R. (1995). Counselling Psychology. APA Books.
6. Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. Pearson.
7. Iscoe, I., & Spielberger, C. D. (Eds.). (1970). Community Psychology: Perspectives in Training and Research. New York, Appleton-Century-Crofts.
8. Iscoe, I. Bloom, B. L. & Spielberger, C. D. (1977). Community Psychology in Transition. USA: Hemisphere Publishing Corporation.
9. Levine, M., Perkins, D. D. & Perkins, D. V. (2005). Principles of Community Psychology: Perspectives and Applications. Third Edition, New York, Oxford University Press.
10. Mann. A. P. (1978). Community Psychology: Concepts and Applications. Free Press.
11. Rennie, D. L. (1998). Person-Centred Counselling: An Experiential Approach. London, UK: Sage.
12. Tayler S. E. (2006). Health Psychology. Tata McGraw Hill, New Delhi
13. Toukmanian, S. G. & Rennie, D. L. (1992). Psychotherapy Process Research: Paradigmatic and Narrative Approaches. Thousand Oaks, CA: Sage.
14. Wolberg, L. R. (2013). The Technique of Psychotherapy. Fourth Edition, International Psychotherapy Institute E-Books.
15. Woolfe, R. & Dryden, W. (eds) (1996). Handbook of Counselling Psychology. Sage, London.

**M. A. – III SEMESTER (PSYCHOLOGY)**  
**PAPER – XV (OPTIONAL)**  
**PRACTICUM**

**M. M. – 100**

NOTE: Any five of the following to be completed in the Laboratory training.





1. Knowledge of Results.
2. Effect of Social Support on Conformity.
3. Attribution of Achievement Outcomes.
4. Zeigarnik Effect.
5. Level of Aspiration as a function of Success or Failure.
6. Reminiscence in Motor Learning.
7. Short Term Memory (STM)
8. Effect of Group on Individual Judgement.
9. Mental Health

**One Field Study**

  
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**M. A. – IV SEMESTER (PSYCHOLOGY)**

S. No.	Paper No	Title of Paper	Marks		Time
			Theory	Internal Assessment	
16.	XVI	Life Span Development	80	20	Three Hours
17.	XVII	Psychological Assessment – II	80	20	Three Hours
<b>Optional Papers: Two Papers from any One of the Three Groups</b>					
<b>Group A: Psychology of Management</b>					
18.	XVIII	Organizational Behaviour - II	80	20	Three Hours
19.	IX	Human Resource Development and Management – II	80	20	Three Hours
<b>Group B: Psychology of Education</b>					
18.	XVIII	Educational and Instructional Psychology – II	80	20	Three Hours
19.	IX	Basics of Psychological Guidance and Counselling – II	80	20	Three Hours
<b>Group C: Clinical Psychology</b>					
18.	XVIII	Clinical Diagnosis and Community Mental Health – II	80	20	Three Hours
19.	IX	Psychotherapeutic Counselling – II	80	20	Three Hours
20.	XX	<b>Practicum (Field Work)</b>	100		Four Hours




  
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**M. A. – IV SEMESTER (PSYCHOLOGY)**

**PAPER – XVI (COMPULSORY)**

**LIFE SPAN DEVELOPMENT**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit – I Introduction to Development**

Introduction: Nature, Stages and Principles of Developmental Psychology, Maturation vs Experience; Nature- Nurture debate

**Unit – II Theories of Development**

Theories of Human Development: Psychodynamic, Psychosocial, Behaviourism, Social Learning, Cognitive, Socio-Cultural Theory of Development.

**Unit–III Research Methods and Ethical Issues**

Research Methodology in Development Psychology and Measurement Techniques, Research Design, Ethical Issues in Research on Child Development.

**Unit – IV Foundations of Development**

Biological foundation of Development, Development of Language and Communication. Emotional, Social, Personality and Moral Development.





**Unit – V Development in Later Age**

Adulthood, Middle and Old Age: Characteristics, Psychological Changes and Adjustment.

**Books Recommended**

1. Baltes, P. B. & Brim O. G. Jr. (1978). Life Span Development and Behaviour. New York Academic Press.
2. Baltes, P.B. & Brim O.G. Jr. (1979). Life Span Development and Behaviour (Vol. 2). New York Academic Press.
3. Baltes, P. B. & Brim O. G. Jr. (1980). Life Span Development and Behaviour (Vol. 3). New York Academic Press.
4. Baltes, P. B., Reese, H. W., & Lipsitt, L. P. (1980). Life-Span Developmental Psychology. *Annual Review of Psychology*, 31(1), 65-110.

5. Baltes, P. B. & Brim O. G. Jr. (1981). Life Span Development and Behaviour (Vol. 4). New York Academic Press.
6. Baltes, P. B. & Brim O. G. Jr. (1983). Life Span Development and Behaviour (Vol. 5). New York Academic Press.
7. Baltes, P. B. & Brim O. G. Jr. (1984). Life Span Development and Behaviour (Vol. 6). New York Academic Press.
8. Baltes, P. B. (1987). Theoretical propositions of Life-Span Developmental Psychology: On the Dynamics between Growth and Decline. *Developmental Psychology*, 23(5), 611.
9. Brophy, J. E., & Willis, S.L. (1981). Human Development and Behaviour. New York: St. Martin's Press.
10. Hurlock, E. (2017). Developmental Psychology: A Life-Span Approach. Tata McGraw Hill Education (5<sup>th</sup> Ed.).
11. Keenan, T. & Evans, S. (2009). An Introduction to Child Development. London: Sage Publications.
12. Papalia, D., Olds, S. & Feldman, R. (2017). Human Development. McGraw Hill Education, (9 Edition).
13. Thomas, M. R. (2000). Recent Theories of Human Development. Thousand Oaks: Sage Publication Hill.

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**PAPER – XVII (COMPULSORY)**  
**PSYCHOLOGICAL ASSESSMENT - II**

**M. M.- 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – 1    Measurement of Intelligence**

Concept and Measurement of Intelligence, Major Tests of Intelligence developed under Western and Indian Cultural set up.

**UNIT – II    Measurement of Aptitude Test**

Concept and Measurement of Aptitude Test. Major Test of Aptitude Developed under Western and Indian Cultural set up. Achievement Test: Concept and Measurement.

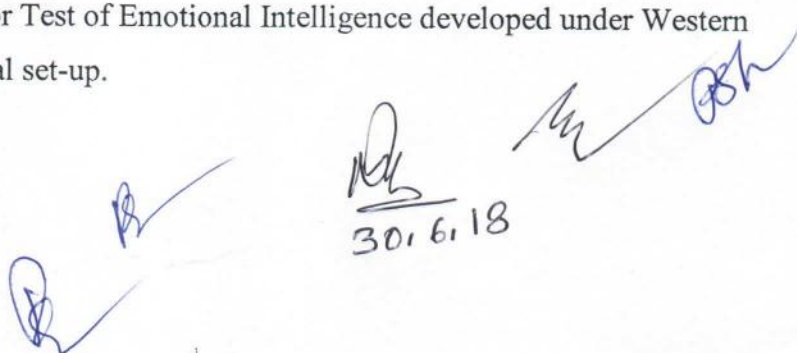
**UNIT – III    Test of Personality**

Test of Personality: Projective and Psychometric Approaches, Major Test of Personality: Developed under Western and Indian Cultural set up.

**UNIT – IV    Test of Adjustment, Values, Interest, Stress and Anxiety development under Indian condition.**

**UNIT – V    Psychological Testing in Applied Field**

Psychological Testing in Applied Field: Neuro-Psychological Testing: Objectives and Major Neuropsychological Test. Emotional Intelligence Test: Concept and Major Test of Emotional Intelligence developed under Western and Indian Cultural set-up.

  
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## BOOKS RECOMMENDED

1. Anastasi, A. (1988). Psychological Testing. London: Mc Millan Publishing Company.
2. Cronbach, L. J. (1997). Essentials of Psychological Testing. Pearson.
3. Freeman, S. (2018). Theory and Practice of Psychological Testing, 3/E. Oxford & IBH-Pubs Company-New Delhi.
4. Ghiselli, E. E. (1964). Theory of Psychological Measurement. Tata McGraw-Hill.
5. Goleman, D. (1996). Emotional Intelligence. Bantam Doubleday Dell Publishing Group.
6. Guilford, J. P. (1954). Psychometric Methods. New Delhi, Tata Mc Graw Hill.
7. Guilford, J. P. (1982). Psychometric Methods. New Delhi, Tata McGraw Hill.
8. Nunnally, J. C. (1970). Introduction to Psychological Measurement. Mc Graw Hill.
9. Nunnally, J. C. (1997). Psychometric Theory. Pearson, 5 Edition.
10. Nunnally, J. & Bernstein, I. (2017). Psychometric Theory. McGraw Hill Education.
11. Psychological Studies – 2004, Vol.-49.
12. Urbina, S. (2014). Essentials of Psychological Testing. John Wiley & Sons Inc.

## GROUP - A

### PAPER – XVIII (OPTIONAL)

### ORGANIZATIONAL BEHAVIOUR – II

M. M. – 80

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

#### UNIT – I Groups

Types of Groups, Processes, Group Culture and Social Influence, Team Building. Techniques of Building Group Consensus. Understanding and Managing Team Dynamics.

**UNIT – II    Communication**

Nature, Types, Application of different types of Communication, Role of T A in Communication.

**UNIT – III    Organizational Change**

Types of Change, Sources of Change Process, Human Element in Change.

**UNIT – IV    Organizational Development**

Concepts, objectives and Goals, Process Behavioural Science approach to Organizational Development.

**UNIT – V    Marketing**

Marketing Research, Nature and Functions, Consumer Behaviour. Sales Promotion Strategies.

**BOOKS RECOMMENDED**

Drummond, H. (2000). Introduction to Organizational Behaviour. OUP Catalogue.

Greenberg, J. & Baron, R. A. (2008). Behaviour in Organizations. Upper Saddle River, N.J.: Prentice Hall.

Johns, G., & Saks, A. M. (2001). Organizational Behaviour: Understanding and Managing Life at Work.

Luthans, F. (1995). Organizational Behaviour. Mc Graw Hill International Edition.

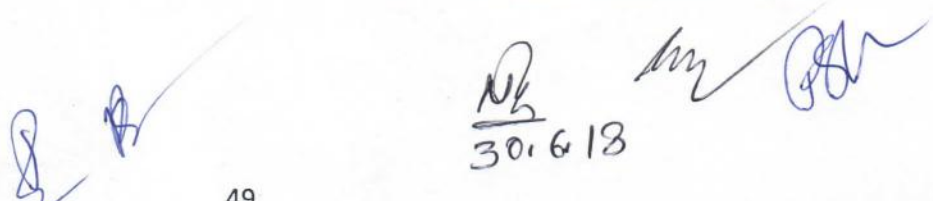
Luthans, F. (2011). Organizational Behaviour. The McGraw-Hill Companies, Inc.

Robbins, S. P. (2000). Organizational Behaviour (9th edition). Prentice Hall India, New Delhi.

Robbins, S.P. Organizational Behaviour: Concepts and Self-Assessment. Pearson College Division.

Robbins, S. P., Judge, T., & Breward, K. (2003). Essentials of Organizational Behaviour (Vol. 7). Upper Saddle River, NJ: Prentice Hall.

Wilson, F. M. (2018). Organizational Behaviour and Work: A Critical Introduction. Oxford University Press.

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**GROUP - A**  
**PAPER – XIX (OPTIONAL)**  
**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT – II**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I    Job Evaluation**

Job Evaluation, Wage and Salary Administration. Employment Incentives.

**UNIT – II    Human Resource Policies and Practices**





Human Resource Policies and Practices, changing trends in Work Environment, Developing the Human Resource.

**UNIT – III   Maintaining Human Resource**

Maintaining Human Resource Safety and Health Stress Management, Labour Relations.

**UNIT – IV   Collective Bargaining, Employee Involvement, Employee Communication.**

**UNIT – V   Employee Counselling. Challenges of Human Resource Management.**

     
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## BOOKS RECOMMENDED

Aswathappo. (2002). Human Research and Personnel Management. Tata McGraw Hill.

Bhattacharyya, D. K. (2011). Performance Management Systems and Strategies. Pearson Education India.

Cascio, W. F. (1998). Managing Human Resource. Delhi: Tata McGraw Hill.

Cascio, W. F. & Aguinis, H. (2010). Applied Psychology in Human Resource Management. Prentice Hall India Learning Private Limited; 6 Edition.

Cascio, W. & Nambudiri, R. (2010). Managing Human Resources: Productivity, Quality of Work Life, Profits. McGraw Hill Education; 8 Edition.

John O. Okpara, J. O. & Wynn, P. (2007). Human Resource Management Practices in a Transition Economy: Challenges and Prospects. Emerald Group Publishing Limited.

Johnson, G. & Scholes, K. (1996). Exploring Corporate Strategy. Prentice- Hall, New Delhi.

Miner, J. B. (1992). Industrial / Organizational Psychology. New York, McGraw Hill.

Pareek, U. & Rao, T. V. (2015). Designing and Managing Human Resources Systems. Oxford & IBH.

Pareek, U. (2017). Designing and Managing Human Resource Systems. Oxford & IBH Publishing Co Pvt. Ltd; 3rd edition.

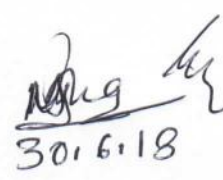
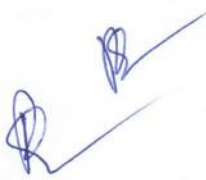
Pareek, U. & Rao, T. V. (2005). First Handbook of Psychological and Social Instruments. Concept Publishing Company.

Rao, T. V. (2015). Performance Management: Toward Organizational Excellence. SAGE Response; Second edition.

Pareek, U. & Khanna, S. (2016). Understanding Organizational Behaviour. Oxford University Press.

Robbins, S. P., Judge, T. & Vohra, N. (2016). Organizational Behaviour. Pearson.

Snell, S. & Bohlander, G. (2012). Human Resource and Management. Cengage Learning.



**GROUP - B**  
**PAPER – XVIII (OPTIONAL)**  
**EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY – II**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Teaching and Classroom Management**

Effective Teaching and Classroom Management. Planning and Setting Objectives for Teaching. Characteristics of Effective Teachers.

**UNIT – II Teaching Methods and Instruction**

Teaching Methods, Instruction Lecturing and Explaining, Questioning, Student Centred Teaching Class Room Management and Teaching in Small Groups. Discussion Method and Cooperative Learning, Computer-Assisted Instruction.

**UNIT – III Exceptionality and Social Education**

Exceptionality and Social Education: Categories of Exceptionality, Labelling and Educational Relevance. Physically Disabled Students. Students with Cognitive Disabilities. Brain Dysfunction and Communication Disorders.

**UNIT – IV Emotional and Behaviour Disorder**

Students with Emotional and Behaviour Disorder. Attention Deficit Disorder (ADD), Attentional Deficit Hyperactive Disorder (ADHD), Gifted and Talented Students. Intervention and Special Education for Various Forms of Exceptionality, Mainstreaming.

**UNIT – V Measurement and Evaluation**

Measurement and Evaluation: Educational Assessment, Measurement and Evaluation (Norm Referenced and Criterion Referenced Tests). Test Scores- Meaning and Types, Standardized Test: Meaning Types and Interpretation. Classroom Assessment and Grading. Techniques of Class Room Evaluation. Observation, Questionnaire.



## BOOKS RECOMMENDED

1. Aruna, M. G. (2003). Educational Psychology. New Delhi: Neel Kamal Publications.
2. Best, J. W. (1992). Research in Education. New Delhi: Prentice Hall of India, Private Limited.
3. Borg, W. R., Gall, M. D. & Gall, M.D. (1997) Educational Research and Introduction. New York: Longman Inc.
4. Cecco, John P.De (1968). The Psychology of Learning and Instruction: Educational Psychology. Englewood Cliffs, N. J.: Prentice-Hall.
5. Cohen, L & Manion, L. (1989) Research Methods in Education. London: Routledge.
6. Crow, L. & Crow A (1991.) Educational Psychology. New Delhi: Eurasia Publishing Home.
7. Ellis, R. S. (1965). Educational Psychology: A Problem Approach Affiliated, New Delhi, East West Press.
8. Gage, N. L., & Berliner, D. C. (1998) Educational Psychology (6th ed.). Boston, MA: Houghton Mifflin.
9. Goswami, M. (2015). Essentials of Educational Psychology. Mahaveer Publications.
10. Meece, J. L., Anderman, E. M. & Anderman, L. H. (2006). Classroom Goal Structure, Student Motivation and Academic Achievement. Annual Review of Psychology, Vol. 57 (1), 487-503.
11. Sharma, R. A. (2010). Essentials of Educational Technology and Management. International Publishing House – Meerut.
12. Travers, J. F. (1979). Educational Psychology (2nd Ed.). Harper & Row, New York.
13. Travers, R. M. W. (1986). An Introduction to Educational Research. New York: The McMillan Publishing Company.
14. Woolfolk, A. H. (1993). Educational Psychology (6th Ed.) Allyn & Bacon, London/Boston.
15. Woolfolk, A. H. (2018). Educational Psychology. Pearson.



**GROUP - B**  
**PAPER – XIX (OPTIONAL)**  
**BASICS OF PSYCHOLOGICAL GUIDANCE AND COUNSELLING – II**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I    Introduction**

Nature, Need and Functions of Counselling. Counselling and Psychotherapy. Intervention, Goal and Objectives of Counselling. Characteristics of a Good Counsellor. Counsellor's Training.

**UNIT – II    Counselling Process and Counselling Skills**

Stages in Counselling. Critical Issues in Counselling Process. Basic and Advanced Counselling Skills: Active Listening, Empathy, Probing, Working through thought Cognition, Affect and Emotion.

**UNIT – III    Approaches**

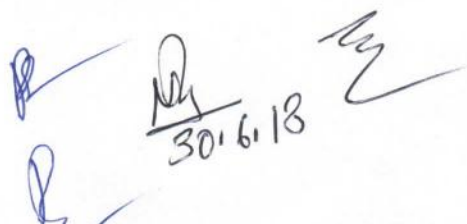
Approaches of Counselling: Directive, Non-Directive, Eclectic. Individual and Group Counselling. Group Counselling Skills. Evaluation of Counselling. Follow-Up and Placement.

**UNIT – IV    Counselling in Special Settings -I**

Educational Settings: Elementary, School, Secondary School, Institutions of Higher Education. Vocational Schools, Career Counselling, Employment Counselling

**UNIT – V    Counselling in Special Settings -II**

Community and Mental Health. Pre-Marital and Marital Counselling. Family Counselling. Gerontology Counselling. Special Populations: Suicide, HIV-AIDS, Sexual Abuse.

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## BOOKS RECOMMENDED

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5 (R)). American Psychiatric Association Publishing; 5th Revised edition.
2. Anastasi, Z., & Lewis, E. C. (1970). Counselling Psychology. New York, Holt Rinehart and Winster, Inc.
3. Berms, C. (1999). Dealing with Challenges in Psychotherapy and Counselling (Skills, Techniques, & Process). Brooks Cole.
4. Bhatnagar, A. & Gupta, N. (1199). Guidance and Counselling, Vol. 1: A Theoretical Perspective. Vikas Publishing House Pvt. Ltd., New Delhi.
5. Bhatnagar, A. & Gupta, N. (1999). Guidance and Counselling, Vol. II: A Practical Approach. Vikas Publishing House Pvt. Ltd., New Delhi.
6. Corey, G. (2013). Theory and Practice of Counselling and Psychotherapy Perfect. Wadsworth; 9 Edition.
7. Corey, G., Haynes, R. H., Moulton, P. & Muratori, M. (2014). Clinical Supervision in the Helping Professions: A Practical Guide. American Counselling Association; 2 Edition.
8. Feltham, C., Feltham, C. & Hortan, I. (2006). The SAGE Handbook of Counselling and Psychotherapy. Sage Publications Ltd; Second Edition.
9. Gibson, R. L. & Mitchell, M. H. (2009). Introduction to Counselling & Guidance Learning: New Delhi: PHI, Pvt. Ltd.
10. Harson, J. C. (1978). Counselling Processes and Procedures. New York, McMillan Publishing Co. Inc.
11. Jones, R. N. (2012). Basic Counselling Skills: A Helper's Manual. Sage South Asia; Third Edition.
12. Jones R. N. (2012). Theory and Practice of Counselling and Therapy. SAGE South Asia; Fifth edition.
13. Jones R. N. (2012). Introduction to Counselling Skills: Text and Activities. SAGE Publications Ltd; Fourth edition.
14. Jones, R. N. (2014). Nelson-Jones' Theory and Practice of Counselling and Psychotherapy. SAGE Publications Ltd; Sixth edition.
15. Kapur, M. (1995). Mental Health of Indian Children. New Delhi: Sage Publications.
16. Kapur, M. (1997). Mental Health in Indian Schools. New Delhi. Sage Publications.

17. Kapur, M. (2011). Counselling Children with Psychological Problems. Pearson Education India.
18. Kemp. C.G. (1970). Foundations of Group Counselling. New York, McGraw Hill.
19. Lewis, E. C. (1970). The Psychology of Counselling. New York: Holt, Rinehart and Winston, Inc.

**GROUP - C**  
**PAPER – XVIII (OPTIONAL)**  
**CLINICAL DIAGNOSIS AND COMMUNITY MENTAL HEALTH**

**M. M. - 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I      Clinical Assessment**

Clinical assessment: Basic principles, Psychometric Tests: MMPI, WAIS and WISC.

**UNIT – II      Projective Tests**

Projective Tests: Characteristics and Clinical Use, Rorschach and TAT.

**UNIT – III      Neuro Psychological Examination**

Neuro Psychological Examination: Approaches: Halstead Neuropsychological Test Battery, Luria Nebraska Battery, use of Bender Gestalt and Weschler Scale in Neuro Psychological Testing.



#### **UNIT – IV      Community Psychology**

Community Psychology: History and Perspectives of Community Psychology. Theoretical concepts of Community Psychology: Definition and Perspectives with Reference to Mental Health, Organizational Health and Social Action. Individual Wellness, Sense of Community, Psychological Sense of Community, Social Justice, Participatory Approach, Empowerment Citizen Participation, Collaborative Community Strength, Human Diversity and Empirical Grounding.

#### **UNIT – V      Community Psychology and Social Intervention**

Community Psychology: Social Interventions: Methods and Strategies.

#### **BOOKS RECOMMENDED**

1. Carter, J. W. (1986). Research Contributions from Community Psychology in Community Health Behaviour Pub. NY.
2. Iscope, I., Block, B. L. & Spielberger, C. D. (eds) (1977). Community Psychology: Perspectives in Training and Research. NY: Appleton.
3. Korchin, S. (1978). Modern Clinical Psychology. Harper and Row.
4. Mann. A. P. (1978). Community Psychology: Concepts and Applications. Free Press.
5. Nelson, G., Kloos, B. & Ornelas, J. (2014). Community Psychology and Community Mental Health: Toward Transformative Change. Prints Publication.
6. Park, K. (2013). Park's Textbook of Preventive and Social Medicine. Banarsidas Bhanot-Jabalpur.
7. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinehart.
8. Wolman, B. B. (ed). (1972). Handbook of Clinical Psychology. Mc Graw Hills.

**GROUP - C**  
**PAPER – XIX (OPTIONAL)**  
**PSYCHOTHERAPEUTIC COUNSELLING – II**

**M. M. – 80**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT I      Cognitive and Behaviour Therapies**

Nature, Concept and Modes of Therapies: Individual and Group, Couple and Family. Behaviour Modification. Behavioural Therapy, Cognitive Behaviour Therapy, Rational Emotive Therapy. Integrative and Multi-Model Therapies.

**UNIT II      Assertiveness Training**

Nature and Concept. Assertiveness Training. Developing Assertive Behaviour. Assertiveness through Personal Appearance, Improving Client's Grooming Modelling.

**UNIT III      Career Planning and Decision Making**

Counselling for Career Planning and Decision Making. Theories of Career Development and Decision Making. Career Planning and Decision Making in Schools.

**UNIT IV      Psychological Interventions**

Psychological Interventions Techniques. Rogers Client Centred Therapy. Family and Group Interventions and Wellness.

**UNIT V      Ethical Issues and Legal Concerns**

Counsellors Accountability System. Ethical Issues, Legal Concerns of the Counsellors. Special Counselling Population: HIV- AIDS, Substance Abuse.



## BOOKS RECOMMENDED

1. Abate, L. & Milan, M. A. (ed.) (1985). Handbook of Social Skill Training and Research. New York: John Wiley & Sons.
2. Busch, F. N. (2018). Psychodynamic Approaches to Behavioural Change. American Psychiatric Association, Publishing.
3. Caligor, E., Kernberg, O. F., Clarkin, J. F. & Yeomans, F. E. (2018). Psychodynamic Therapy for Personality Pathology: Treating Self and Interpersonal Functioning. American Psychiatric Association, Publishing.
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**PAPER – XX (OPTIONAL)**  
**PRACTICALS (COMPULSORY)**

**M. M. - 100**

**FIELD STUDY**

This part of the practical paper comprises of completion of two Field Studies, and two tests, one from the area of compulsory papers and another from the area of optional papers of the special groups. Administration, Scoring and Interpretation of various test results should be done. The optional group prescribed along with the areas of specialization given below:

**Group ‘A’ Psychology of Management**

Communication Network

Emotional Intelligence

Job Satisfaction / Job Analysis

Management Style

Occupational Stress

Organizational Structures

Role Conflict / Role Stress

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### **Group 'B' Psychology of Education**


Academic Stress  
Exceptional Children  
Learning Style /Thinking Style  
Need of Guidance: Educational/ Vocational  
Test Anxiety  
Youth Problem

### **Group 'C' Clinical Psychology**

Adjustment  
Intelligence (Verbal / Non- Verbal)  
Mental Health  
Depression  
Personality  
Rorschach Ink Block Test  
Well-Being

**Note: Besides the above, the candidate has to complete any two of the following in detail.**

Case Study  
Construction of a tool on a theme  
Construction of Questionnaire  
Steps of Clinical Interview  
Designing any OD intervention

  
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## Suggested Readings

### List of Books in English and Hindi

#### Semester I & II

#### Cognitive and General Psychology

- Best, J. B. (1992). Cognitive Psychology .3rd Edition. West Publishing Company.
- Feldman, R. S. (2008). Essentials of Understanding Psychology. Pearson Education; Eighth edition.
- Feldman, R. S. (2008). Understanding Psychology. McGraw-Hill, Higher Education; 9th edition.
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- Galotti, K. M. (2001). Cognitive Psychology in and outside of the Laboratory. 2<sup>nd</sup> Edition, Wadsworth.
- Goldstein, B. E. (2007). Sensation and Perception (7th Edition). Wadsworth.
- Harley, T. A. (2002). The Psychology of Language: From Data to Theory. Taylor Francis
- Hoeksema, S. N., Fredrickson, B. L. Loftus, G. R. & Lutz, C. (2015). Atkinson & Hilgard's Introduction to Psychology. Cengage India.
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Dalal, A. K. (2016). Cultural Psychology of Health in India: Well-Being, Medicine and Traditional Health Care. Sage Publications India Private Limited.

Deb, S. (2004). Child Abuse and Neglect: South Asian Scenario. Kolkata. Lunar Publications.

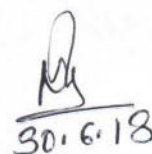
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Myers, D. G. (2006). *Social Psychology*. New Delhi: Tata McGraw Hill.

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Newman, W. L. (1991). *Social Research Methods: Quantitative and Qualitative Methods*, Boston: Allyn & Bacon.

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Tripathi, L. B. (1985). Psychological Research Methods, Har Prasad Bhargav, Agra.

Willig, C. (2001). Introducing Qualitative Research in Psychology: Adventures in Theory and Method. Philadelphia, Open University Press.

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### **Psychopathology and Health Behaviour**

Ahuja, N. (2011). A Short Textbook of Psychiatry. JPB; seventh edition.

Allen, F. (2011). Health Psychology and Behaviour. Tata McGraw Hill Edition.

American Psychological Association (2009). Publication Manual of the American Psychological Association, 6th Edition.

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Bennett, P. (2006). Abnormal and Clinical Psychology: An Introductory Textbook. New York: Open University Press.

Butcher, N. J., Hooley, J. M., Mineka, S. & Dwivedi, C. B. (2017). Abnormal Psychology. Pearson Education; Sixteenth edition.



Carson, R. C., Butcher, J. N. Mineka, S. & Hooley, J. M. (2008). Abnormal Psychology. New Delhi: Pearson.

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Snyder, C. R. & Lopez, S. J. (2007). Positive Psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Taylor, S. E. (2014). Health Psychology. 9th Edition. New Delhi: Tata McGraw Hill.

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Whitbourne, S. K. & Halgin, R. P. (2015). Abnormal Psychology. McGraw Hill Education.

### **Semester III & IV**

#### **Developmental Psychology**

Feldman. R. S. & Babu, N. (2018). Development Across the Life Span. Pearson Education.

Hurlock, E. (1993). Developmental Psychology. Tata McGraw Hill.

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Hurlock, E. (1993). Developmental Psychology. Tata McGraw Hill



## Personality Psychology

Adair, J. G. (2002). How International is International Psychology? *International Journal of Psychology*, 37, 160-170.

Auluck, S. (2002). Self and Identity in G. Misra, and A. K. Mohanty (eds.), *Perspectives on Indigenous Psychology*, p. 374-398. New Delhi: Concept Publishing Company.

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Fadiman, J. & Frager, R. (2005). *Personality and Personal Growth*. 6th Edition New York: Prentice Hall.

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Pandey, A. (2010). *Psychotherapy and Indian Thought. Science and Spirituality, Next Future*.

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## Assessment

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Cohen, R. J. & Swerdlik, M. E. (2009). *Psychological Testing and Assessment*. McGraw-Hill Higher Education.

Gregory, R. J. (2014). *Psychological Testing: History, Principles, and Applications*. Pearson Education Limited.

Hussain, A. (2012). *Psychological Testing*. New Delhi Pearson Education.

Murphy, K. R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles and Applications (6th Ed.)* New Jersey: Prentice Hall.

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### **Educational Psychology**

Aggarwal, J. C. (2014). Essentials of Educational Psychology. Pearson Education India.

Lahey, R. B. & Graham, J. E. (2000). An Introduction to Educational Psychology. 6th Ed., Tata McGraw Hill Publishers, New Delhi.

Mathur, S. S. (2016). Fundamentals of Guidance and Counselling. Vinod Pustak Mandir, Agra.

Misra, G., Jha, A. & Woolfolk, A. (2012). Fundamentals of Educational Psychology. Pearson Education India.

Rao, S. N. (2002). Educational Psychology. New Age International Pub; First edition.

Santrock, J. W. (2010). Educational Psychology. McGraw-Hill Education; 5edition.

Sharma, R. N. & Sharma, R. K. (2006). Advanced Educational Psychology. Atlantic Publishers.

Slavin, R. E. (2014). Educational Psychology: Theory and Practice. Tenth edition, New International ed. Harlow, England, Pearson.

Swanson, L. H. & Vbiafirou, B. (1982). Educational and Psychological Assessment of Exceptional Children. St. Louis: The C.V. Mosby Company.

Vatsyayan (1966). Educational Psychology. Kedarnath Ramnath Publishers, Meerut.

Woolfolk, A. & Woolfolk, H. A. (2008). Educational Psychology. Pearson, New Delhi.

Woolfolk, A. (2014). Educational Psychology. (12th Edition), Pearson India.



## **Guidance and Counselling**

Gladding, S. T. (2017). Counselling. Pearson.

Gladding, S. T. & Batra, P. (2017). Counselling: A Comprehensive Profession. Pearson Education; Seventh edition.

Jones, R. N. (2012). Theory and Practice of Counselling and Therapy. SAGE South Asia.

Nayak, A. K. (1997). Guidance and Counselling. New Delhi: APH Publishing Corporation, New Delhi.

Peterson, J. V. & Nisenholz, B. (1995). Orientation to Counselling. Allyn and Bacon, Boston.

Rao, S. N. (2002). Counselling and Guidance. Tata McGraw - Hill Education.

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## **Clinical Diagnosis / Psychotherapeutic Counselling**

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Robbins, S., Judge, T. A., & Sanghi, S. (2009). Organizational Behaviour (13th Ed.). New Delhi: Pearson Education.

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2. Singh, A. K. & Singh, A. K. (2013). Vyaktitva Ka Manovigyan: The Psychology of Personality. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India
3. Singh, A. K. (2015). The Comprehensive History of Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
4. Singh, A. K. (2015). Uchatar Samanya Manovigyan: Advanced General Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
5. Singh, A. K. (2016). Uchatar Naidanik Manovigyan: Advanced Clinical Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
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8. Singh A. K. (2017). Shiksha Manovigyan. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
9. Singh A. K. (2017). Manovigyan, Samajshastra tatha Shiksha mein Shodh Vidhiyan: Research Methods in Psychology, Sociology and Education. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
10. Singh, A. K. (2017). Sangyanatamak Manovigyan: Cognitive Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
11. Singh, A. K. (2017). Samaj Manovigyan Ki Rooprekha: An Outline of Social Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
12. Singh, A. K. (2017). Neuromanovigyan ke Mooltattva: Fundamentals of Neuropsychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
13. Suleman, M. (2014). Uchatar Samaj Manovigyan: Advanced Social Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
14. Suleman, M. (2014). Uchatar Shiksha Manovigyan: Advance Educational Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
15. Suleman, M. (2015). Samanya Manovigyan: Mool Prakriyain evam Sangyanatamak Prakriyain: General Psychology: Fundamental Processes and Cognitive Processes. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
16. Suleman, M. & Choudhary, V. K. (2014). Adhunik Audhyogik Evam Sangathanatamak Manovigyan: Modern Industrial and Organizational Psychology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.



17. Suleman, M. & Kumar, D. (2016). Sangathanatmak Vyavahar: Organizational Behaviour. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
18. Suleman, M. & Kumar, D. (2017). Manorog Vigyan: Psychopathology. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
19. Suleman, M. & Touwab, M. (2017). Asamanya Manovigyan: Vishay aur Vyakhya. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.
20. Suleman, M. (2018). Manovigyan, Shiksha evam anya Samaajik Vigyanon mein Samkhyikee: Statistics in Psychology, Education and other Social Sciences. Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India.

  
  
  
  
30.6.18

# **M.A. PSYCHOLOGY**

**[ANNUAL EXAM]**

**SYLLABUS**

**2018-19**

## M. A. PREVIOUS (PSYCHOLOGY)

The curriculum frame – work is as under.

### COMPULSORY PAPERS

PAPER	NAME	MARKS	HOUR
I	Experimental and Cognitive Psychology	100	3 hours
II	Social and Cultural Psychology	100	3 hours
III	Research Methodology and Statistics	100	3 hours
IV	Psychopathology and Health Psychology	100	3 hours
V	Practicum	100	4 hours
	<b>Total Marks</b>	<b>500</b>	

### **PAPER – I EXPERIMENTAL AND COGNITIVE PSYCHOLOGY**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I      Attentional and Perceptual Processes:**  
Attention: selective attention and its theories, Biological basis. Motivation:  
Perception: Nature, Principles of perceptual organization, Picture perception,  
and Determinants.
- UNIT – II      Memory & forgetting: Memory process: Encoding, Storage, Retrieval: stages of**  
**memory: Sensory. STM, LTM Episodic, Memory improvement Meta-**  
**Cognition, Tip of the tongue Phenomenon, Meta memory.**  
Theories of forgetting: Interference, decay.
- UNIT – III      Thinking & Problem solving: Theories of thought Process, Reasoning, Problem**  
**solving: Problem solving approaches strategies, Role of Concepts in thinking.**  
Decision-making: Algorithms and heuristics.
- UNIT – IV      Learning: Nature and Types, Classical Conditioning Instrumental learning,**  
Verbal learning, reinforcement.
- UNIT – V      Creativity and Reasoning**  
Creativity: Nature and Measurement, Factors affecting creativity.  
Reasoning: Types and errors in reasoning process: deductive and inductive.

### **BOOK RECOMMENDED :**

1. Snodgrass, J. Gray. Et. Al (1985) Human experimental psychology, New York : Oxford University Press.
2. Galott, K. M. (1999) Cognitive psychology in and outside laboratory, Mumbai : Thompson Asia.
3. D. Amato M.R. (1970) Experimental Psychology, New York, Mc. Graw Hill.
4. Sen Anima : Attention & Destraction New Delhi.



**PAPER – II**  
**SOCIAL AND CULTURAL PSYCHOLOGY**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I**      Historical Background & Theoretical perspective: Growth of social psychology, Methods of social psychology. Theoretical perspective: Cognitive dissonance, Social comparison, Attribution, Field Psychoanalytic, Socio-biology.
- UNIT – II**      Social cognition and Influence Processes : Social and Person perception, impression management.  
Communication.  
Attitude : Nature and Characteristics, Development and change.  
Leadership : Meaning and nature, function, styles of leadership, effectiveness.
- UNIT – III**      Understanding Relationship and Group Processes: Social Motivations, Pre-social Behaviour.  
Aggression and Violence.  
Group Dynamics and cohesiveness: Group Dynamics: meanings, formation, decision making, group level behaviour.
- UNIT – IV**      Applied Social Psychology: National character.  
Poverty, Grader and Population Issues.  
Social tension and group conflict.  
Problems of social change
- UNIT – V**      Culture and Behaviour: Culture and Cognition.  
Culture and Organisation.  
Culture and Personality.  
Culture and Health.  
Prejudice and discrimination.  
Stereotypes.

**BOOK RECOMMENDED :**

1. Billing, M. (1976) Social Psychology and inter group relations, NY: Academic Press
- Lindsey, G. & Aronson, E (Eds) (1985) The Handbook of social psychology. NY : Random House.
2. Mishra, G. (1990) Applied social psychology in India ND: Sage
3. Eiser, J.R. (1986) Social Psychology, London : Cambridge University Press.
4. Dalal, A.K. (1989) Attribution theory and research ND wiley limited .
5. Feldman R.S. (1985) Social Psychology, New York, Mc Graw hill.
6. Baran A.B. & Byre, D (1991) Social Psychology, - Boston allyn & Bacon.
7. Pandey, J. (1988) Psychology in India; the state – 7 the art Vol – 2 ND. Sage.

**PAPER – III**  
**RESEARCH METHODOLOGY AND STATISTICS**

**M.M. - 100**

**NOTE :** This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Nature of scientific research in behavioural sciences. Experimentation in psychology Variables: Nature and types. Techniques of experimental manipulation, control in experiment. Sources of bias. Ethical issues in psychological research, Research Process: Consideration of research problem and hypothesis.
- UNIT – II** Sampling: probability and nonprobability sampling. Research report writing (APA style). Normal Probability Curve, its properties and utility in inferential statistics, Null hypothesis, Type I and Type II errors, Levels of significance.
- UNIT – III** Method of Collecting data: Observation, Questionnaire, Interview. Case Study, Psychological tests and Content - Analysis.
- UNIT – IV** Experimental Design : Single Factor, Randomized block, 2X2 factorial design, Repeated measures (on one factor) Design : Graeco Latin – Square Design, t-test, NOVA : one – way and two – way : Newman - Keul tests.
- UNIT – V** Cross sectional and longitudinal designs. Measures of relationships: Multiple regression, factor analysis: the centroid method, calculation of factors, content analysis.

**BOOK RECOMMENDED :**

1. Kerlinger D & Katz L. : Foundation of behavioural research (2<sup>nd</sup> ed) Surjeet Publication, Kamlanagr, Delhi, 1983
2. Kothari C.R.: Research methodology : methods and techniques. Wiley eastern Ltd. New Delhi 1986
3. Broota, K.D. : Experimental design in behavioural research Wiley eastern Ltd. New Delhi 1992
4. Black T.R. : Quantative research designs for social sciences thousand oaks: sage 1988
5. Winer, B.J. : Stastical principles in experimental design, New York, Mc graw hill, 1971
6. Edwards, A.K.: Experimental designs in psychological research. New York Holt 1976
7. Mason, J. : Qualitative Researching, thousand oaks: sage 1997.

**PAPER – IV**  
**PSYCHOPATHOLOGY AND HEALTH PSYCHOLOGY**

**M.M. - 100**

**NOTE :** This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Classification systems in psychopathology: W.H.O. (ICD-10) and multi-axial systems (DSM-IV TR): Evaluation of classification system. Theoretical background, approaches to psychopathology (1) Psychodynamic; (2) Behavioural; (3) Cognitive; (4) Phenomenological; (5) Biological (6) Socio-cultural approach Diagnosis – purposes of diagnosis, Method of diagnostic assessment.
- UNIT – II** Intervention models and Psychotherapies Psychodynamic, Behavioural, Biological, Behavioural medicine socio-cultural, Phenomenological and spiritual approach to therapy.
- UNIT – III** Theories and models of Anxiety disorder: (a) Panic, Phobic, OCD Post – Traumatic. Stress disorders, Generalized Anxiety Disorders, (b) somatoform disorders, Impulse control disorder, eating disorder and Sleep disorder.
- UNIT – IV** Schizophrenia Mood disorder. Mental Retardation and Personality disorder (cluster categories and problems), types & symptoms substance related disorders.
- UNIT – V** Psychophysiological disorder, Theories of Personality-dispositions, coronary heart disease (CHD), Asthma, Allergy, Eczema Itching, Rheumatoid, Arthritis, Peptic. Ulcer, Diabetes and Menstrual disorders, sexual and gender identity disorder. Mental Health Promotion and Maintenance.

**BOOK RECOMMENDED :**

1. Aboud, T.D.: Health psychology in global perspective. Thousand oaks, C.A: Sage (1988).
2. Page, J.D.: PSYCHOPATHOLOGY : The Science of understanding Deviance. (2<sup>nd</sup> ed.) (1975)
3. Carson, C.R., Butcher J. N. : Abnormal psychology and modern life (9<sup>th</sup> ed) Harper Collins publisher. (1992).
4. Adams, H.E. & Sutkar. P.B. : comprehensive handbook of psychopathology New York, Plenum Press.
5. Prokop, C.R. & Bradly, L.A.: Medical psychology: Contribution to Behavioural medicine, Academic press, (1991)
6. Davison G.C. and Neal J.N. Abnormal Psychology – 8<sup>th</sup> Ed. Wiley Publishers, 2000.



**PAPER – V**  
**PRACTICUM**

**M.M. 100**

This paper consists of the laboratory (experimental and testing) and field – work done throughout the academic session and will be evaluated at the time of annual examination along with the other papers. Distribution of marks would be as under:

	Marks
A. Record of lab practical and field work	25
B. Evaluation of one lab. Experiment of be conducted in the examination	25
C. One test to be administered in the examination	25
D. Viva-Voce on practicum	25

**Note :** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and report are found satisfactory.

List of Practicum : **(Any five experiments four tests and one field study)**

**1) Experiments :-**

1. Meaningfulness and selective attention.
2. Effect of types of information on impression formation.
3. Memory improvement.
4. Episodic memory
5. Chunking
6. Proactive inhibition
7. Problem solving
8. Retroactive inhibition
9. Meaningfulness in verbal learning
10. Feedback in verbal learning.

**Tests :-**

1. E.P.Q.
2. Locus of control
3. Picture frustration
4. Intelligence test (performance/non-verbal)
5. Thinking style
6. Cognitive style
7. Trait-state anxiety
8. Projective test.

**Field Work :**

- |                              |                          |
|------------------------------|--------------------------|
| 1. Person perception         | 2. Impression management |
| 3. Attitude measurement      | 4. Group conformity      |
| 5. Value judgement           | 6. Identity crisis       |
| 7. Gender discrimination     | 8. Communal tension      |
| 9. Interpersonal interaction | 10. Pro-social behaviour |
| 11. Social loafing.          |                          |

**Note :** Field study Workshop on topics would be allotted by the departmental committee.

## M. A. FINAL (PSYCHOLOGY)

The curriculum frame – work is as under.

### **COMPULSORY PAPERS (Two)**

<b>No.of Paper</b>	<b>Name of Paper</b>	<b>Marks</b>	<b>Hours</b>
(vi)	Life Span Development and Personality Psychology	100	3 hours
(vii)	Psychological Assessment	100	3 hours
	<b>Optional Papers : Two papers from any one of the three groups</b>		
	<b>Group A : Psychology of Management</b>		
(viii)	Organizational Behaviour Management	100	3 hours
(ix)	Human Resource Development and Management	100	3 hours
	<b>Group B : Psychology of Education</b>		
(viii)	Educational and Instructional Psychology	100	3 hours
(ix)	Guidance and Counselling Psychology	100	3 hours
	<b>Group C : Clinical Psychology</b>		
(viii)	Clinical Diagnosis and Community Mental Health	100	3 hours
(ix)	Psychotherapeutic Counselling	100	3 hours
(x)	Practicum	100	4 hours

## **PAPER – VI (COMPULSORY)**

### **LIFE SPAN DEVELOPMENT AND PERSONALITY PSYCHOLOGY**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Scope, Nature and Principles of development, Factors influencing development: Heredity, Environment, Motivation, Learning. Methods; Cross-sectional, longitudinal approach, Research strategies: Correlation, Experimental and other sequential techniques. The Developmental tasks and theories of Development.
- UNIT – II** How life begins, Infancy, baby hood and childhood. Characteristics, adjustment, hazards and Physical, Emotional, Social and Personality Development.
- UNIT – III** Adolescence, Adulthood, Middle and Old age- Characteristics. Physical, Social, Cognitive and Spiritual development psychosocial Changes and adjustment.
- UNIT – IV** Personality Meaning and Concept of Mature Personality, Theories of Personality, Psychodynamic: Approach Freud, Erikson, Adler. Trait: Approach Allpert, Cattell and Eysenck, Cognitive: Approach Kelly, Behavioural Approach Bandura.
- UNIT – V** Humanistic approach: Maslow & Rogers, Indigenous concept and Models of Personality – Yogic, Sankhya and Buddhist View. Structure, Dynamics, Development and Current Researches in the field of Personality.

#### **BOOK RECOMMENDED :**

1. Baltes, P.B. & Brim O.G. (1978): Life span development behaviour, N. Y. Academic Press.
2. Thomas, M. R. (2000): Recent theories of Human Development, thousand Oaks: sage Publication.
3. Zanden, J.W. & Vander (1997): Human Development (7<sup>th</sup> Ed.) New York: Mc Graw Hill.
4. Elizabeth B. Hurlock (1977): Development Psychology. A life span approach, (5<sup>th</sup> Ed.)
5. Jere E. Brothy & Sherry L. Willis (1981): Human Development and Behaviour, St. Maitins Press, NY.
6. Liebert, R.M. & Spiegler, M.P. (1993): Person aligy: Strategies & issues, P.C. California Books Cole Pub. Co.
7. Hall C.S. and Lindsey, G. (1996) theories of Personality N.Y.J. Wiley & Sons.
8. Pervin L.A. (1975): Psychology of personality readings in theory, Chigos. Rand Meznally College Lab.
9. Sinha J.N. (1969) : Indian Psychology, Calcutta.
10. Mukkopadhyay, Swami Niranjand Saraswati Yoga Darshan Munger : Bihar School of Yoga.



**PAPER – VII (COMPULSORY)**  
**PSYCHOLOGICAL ASSESSMENT**

**M.M.- 100**

**NOTE:** This paper consist of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – I** Nature of Psychological Assessment, Differences between Physical & psychological assessment. Problems in Psychological Assessment., Levels of Assessment.

**UNIT – II** **Scaling:** Unidimensional and Multidimensional. Scale construction techniques. Difference among tests, scales, questionnaire and schedule. Characteristics of a good psychometric test. Difference between psychometric and projective technique.

**UNIT – III** **Construction of Psychometric tools:** Step in test construction. Item writing, Pretry out, item difficulty level, discrimination power Reliability; Concept, type, method of determining reliability, Validity: Factors affecting reliability and validity. Norms: Types, uses and method to determine various types of norms.

**UNIT – IV** Cognitive and Non-Cognitive Tests  
(a) Major Tests of Intelligence, Aptitude and Achievement developed under Western and Indian Cultural Setup.  
(b) Projective and Psychometric tests of Personality, adjustment, Values Interest, Stress and Anxiety developed under Indian and Western conditions.  
(c) Psycho-Physical and Neuro-Psychological test.

**UNIT – V** (a) Adaptation of tests.  
(b) Test taking Response Styles: Social desirability, Acquiescence and Faking.  
(c) Psychological testing in Applied Field of Life: Diagnosis, Psychotherapy, Education, Occupations and Organizations.

**BOOK RECOMMENDED :**

1. Anastasi, A. (1988) Psychological Testing London: Mc Millan Publishing Co. Crowback. L.J. Essentials of Psychological Testing.
2. Reeman F. Theory and Practice of Psychological Testing.
3. Gheselli Theory of Psychological Measurement New Delhi Tata HeGraw Hill Publication.
4. Guilford, J.P. Psychometric Methods. New Delhi Tata Mc Graw Hill.
5. Nunally, J.C. Introduction to Psychological Measurement, Tokyo: Mc Graw Hill.
6. Nunally, J.C. Psychometuric Theory, New Delhi: Tata Mc.Graw Hill Publishing Co.

**GROUP - A**  
**PAPER – VIII (OPTIONAL)**  
**ORGANIZATIONAL BEHAVIOUR MANAGEMENT**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I**      Historical overview of the field Old and Emerging forms of organizations, Psychological processes in organizations: person, learning principles perceptions and motivation.
- UNIT – II**      Organizations Processes: Influence and power in organization leadership: Nature and theories of communication. Barriers, effectiveness, current issues, role of T.A. in communication decision making, nature of rational process of decision-making. Group decision-making, techniques of good DM.
- UNIT – III**      Interpersonal Processes in organizations: Group dynamics and team work in organization, conflict, decision Making negotiation in organization, Union Management interface, TQM, bench marking, Re-engineering, changing organizational culture.
- UNIT – IV**      Marketing Research: Nature and function: consumer behavior, sales promotion strategies.
- UNIT – V**      Organizational change and development: Managing the OD process, OD approaches and techniques, theoretical development and emerging OD technique, organization change, process and models.

**BOOK RECOMMENDED :**

1. Udai Pareek: Organizational learning R. Gibson (1997) Rethink the future London Nicholas Brealey Publishing.
2. Luthans Fred: Organizational Behaviour (1995) Mc Graw Hill international Edition.
3. Stephens P. Robbins: Organizational behaviour (9<sup>th</sup> edition) (2000) Prentie Hall India, New Delhi 110001.
4. Jerald Greenbery, Robert, A aburon: Behaviour in organization (1999) PrentieHall of India. New Delhi 110001.

**GROUP - A**  
**PAPER – IX (OPTIONAL)**  
**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I**      Some assumptions about HRM, Structure and Role of HRM. The Indian Context of HRM Models of HRM. Current and future Challenges to HRM.
- UNIT – II**      Human Resource Planning: Steps and stages in manpower planning. Structure of manpower planning HRD in India. Job analysis and job design. Recruitment and selection. Job and Careers in HRM
- UNIT – III**      Performance appraisal, Factors distorting appraisal and how to improve appraisals. Type of appraisal system., wage and salary administration. Employment incentive.
- UNIT – IV**      Human Resource policies and practices, changing trends in work environment, developing the human resource, the employment relationship. Professional bodies.
- UNIT – V**      Maintaining Human Resource: Safety and Health Stress Management, Labour Relations and Collective Bargaining. Employee involvement, Employee counselling.

**BOOK RECOMMENDED :**

1. Human Resource Management. A contemporary perspective I. Board Well & Holden.
2. Personnel Human Resource Management. D.A. centre & S.P. Robbins.
3. Designing and Management. Human Resources Systems U. Pareek & T.V. Rao.
4. Human Resource Management. Fisher. Scheenfeldt and show.



**GROUP - B**  
**PAPER – VIII (OPTIONAL)**

**EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Conceptual and theoretical perspectives in Educational Psychology. Theories, Behaviouristic, Social learning and Piaget and their application in teaching. Information processing Models, Instructional Models, Programmed learning concept, Characteristics and models.
- UNIT – II** Human diversity and education.  
Learning styles: Nature, approaches to learning style, measurement of learning styles, attempt to modify learning styles.  
Individual and group differences in intelligence. Theories of intelligence, multiple intelligence, Gender differences issues in the classroom. Multilingualism and minority language issues in education, tongue education, bilingual or multilingual education.
- UNIT – III** Effective Teaching and Classroom Management  
Planning and setting objectives for Teaching, Taxonomy of objectives. Types of objectives and their utility, characteristics of effective teachers. Teaching methods instruction lecturing and explaining, questioning, aptitude – treatment interaction, student centred teaching, individualized instruction, class room management and teaching in small groups: The discussion method and cooperative learning, computer-assisted instruction.
- UNIT – IV** Exceptionality and social education:  
Categories of exceptionality, labeling and educational relevance Physically disabled students, students with cognitive disabilities, brain dysfunction and communication disorders.  
Students with emotional and behavior disorder. Attention deficit disorder (Add), attentional deficit hyperactive disorder (ADHD), Gifted and talented students. Intervention and special education for various forms of exceptionality, mainstreaming.
- UNIT – V** Educational Assessment  
Measurement and evaluation (Norm reference and criteria referenced tests), Test scores- meaning and types, standardized test: Meaning Types and interpretation Classroom assessment and grading: Techniques of Class room evaluation. Observation, questionnaire.

**BOOK RECOMMENDED :**

1. De Secco, J.P. & Croford, W.R. : The Psychology of Learning and Instruction, New Delhi. Prentice Hall.
2. Ellis, R.S.: Educational Psychology, A Problem approaches affiliated, New Delhi, ease West Press.
3. Bruce & Marshvell : Models of Teaching (2<sup>nd</sup> Ed.) 1980.
4. Travers, J.F. : Educational Psychology (2<sup>nd</sup> Ed.) 1979.

**GROUP - B**  
**PAPER – IX (OPTIONAL)**  
**GUIDANCE AND COUNSELLING**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I**      Definition, Nature, Need and Functions of Guidance and Counselling. Counselling and Psychotherapy. Intervention, Goal and objectives of Counselling.
- UNIT – II**      Techniques of Appraising the client: Standardized and Non-Standardized Techniques, Intelligence, Personality, Aptitude and Interest. Observation, Auto biography, Case study, interview, Rating scales.
- UNIT – III**      Approaches of Counselling: Directive, Non-directive, Eclectic. Individual and group counselling. Evaluation of counselling. Follow up and placement services.
- UNIT – IV**      Characteristics of a good Counsellor. Counsellors, Training Organization of guidance program in educational institution. Relevance of guidance under 10+2+3 educational pattern. Issues and trends in guidance and counselling. Ethical standards.
- UNIT – V**      Special areas of Guidance and Counselling: Vocational, Marital, Educational, Family. Counselling for the pre-school and elementary school children adolescent.

**BOOK RECOMMENDED :**

1. Lewis, E.C. (1970): Counselling Psychology, New York, Holt Rinehart and Winster, Inc.
2. Harson, J.C. (1978): Counselling Processes and Procedures. New York, McMillan Publishing Co. Inc.
3. Narayan Rao. S. (1981): Counselling Psychology, New Delhi, Tata McGraw Hill.
4. Kemp. C.G. (1970): Foundations of group counselling., New York, McGraw Hill.
5. Steffler, B.(Ed.) 1965. Theories of counselling, New York, McGraw Hill Book Co.
6. Warters, J. (1964): Techniques of counselling, New York, McGraw Hill Book Co.
7. Rappaport, D. Gill, M.M. and Schafer, R. (1968): Diagnostic Psychological testing. (Revised edition, edited by Holt, R.R.) New York, International Universities Press.
8. Anastasi, Z. (1992): Psychological Testing (Seventh Ed.) New York, McMillan.

**GROUP - C**  
**PAPER – VIII (OPTIONAL)**  
**CLINICAL DIAGNOSIS AND COMMUNITY MENTAL HEALTH**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** History and current trends. Approaches: Psychodynamic, Behaviouristic, Humanistic, Cognitive and Socio-cultural.
- UNIT – II** Clinical diagnosis: Symptomatic vs. dynamic. Symptomatic diagnosis: ICD-10, DSM-IV (R). Dynamic diagnosis: Observation, Case history and Interview.
- UNIT – III** Clinical Assessment : Basic principles, Psychometric tests: MMPI, WAIS & WISC. Projective tests: Rorschach & TAT.
- UNIT – IV** Impressionistic approach of diagnosis: Informal assessment, Psycho-Physiological Assessment: EEG, ECG, and PGR, Blood pressure, Pulse-rate; Neuro-Psychological testing. Clinical report writing.
- UNIT – IV** Community Psychology: Perspectives of Community Psychology, Social Interventions: Methods and Strategies.

**BOOK RECOMMENDED :**

1. Iscope, I.; Block B.L. and Spielberger, C.D. (eds) Community psychology: Perspectives in training and research. NY: Appleton, 1977.
2. Mann. A.P.; Community Psychology: Concepts and applications. Free Press, 1978.
3. Rapaport, J. Community Psychology: Values, Research and action. NY : Holt Rinehart. 1977.
4. Korchin, S.Modern Clinical Psychology. Harper and Row, 1978.
5. Wolman, B.B. (ed) Handbook of Clinical Psychology, Mc Graw Hills, 1972.



**GROUP - C**  
**PAPER – IX (OPTIONAL)**  
**PSYCHOTHERAPEUTIC COUNSELLING**

**M.M. - 100**

NOTE : This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I**      Psychotherapeutic Counselling: Psychoanalytic Technique, Behavioural. Technique, Client centered technique, Community interventions and Group therapeutic techniques.
- UNIT – II**      Methods for Altering Maladaptive Behavioural deficits: Shyness, delinquency, depression, speech and sexual dysfunctions.
- UNIT – III**      Methods for altering maladaptive behavioural excesses: Excessive smoking, alcoholism, drug addiction and temper-out burst, physical aggression.
- UNIT – IV**      Methods of altering inappropriate behaviour: Marital maladjustment, child-misbehaviour, homosexuality, and exhibitionism.
- UNIT – V**      Methods for altering fears and anxiety and treating psychophysiological disorders: test-anxiety, generalized anxiety, stress, school phobia, snake phobia, combination of fears, CHD, asthma and peptic ulcer.

**BOOK RECOMMENDED :**

1. Carson & Butcher : Abnormal Psychology and modern life.
2. Wolpe, R. & Dryden, W. (eds) (1996) : Handbook of counselling psychology, New Delhi
3. Woolberg, L.R. (1998) : The Techniques of Psychotherapy, Barbour Brace : Groun and stration.
4. Toukmarian, S.G. & Rennie D.C. (1992): Psychotherapy Process and Research, Sage
5. Gelso; C.J. and Fretz, B.R. (1995): Counselling Psychology, Bangalore, Prism Books Ltd.
6. Abate, L. & Milan, M.A. (ed.) (1985) : Handbook of social skill training & Research, New York: John Wiley & Sons.
7. Gorey, G (1986) Theory and Practices of Counselling and Psychotherapy, Monterey California, books cole publishing.
8. Adelson, D. & Kalis, B.L. (1970) : Community Psychology and Mental Health. Perspectives Seanto.
9. Mann. A.P. (1978): Community Psychology : Concepts and applications, Free Press.
10. Iscoe. I. Block, B.L. & Spielberger, C.D. (eds.) (1977): Community Psychology : Perspectives in training and research N.Y. : Appleton.

**PAPER – X (OPTIONAL)**  
**PRACTICALS (COMPULSORY)**

**M.M. - 100**

**Note :-** This Paper Consists of two parts: Part –I and Part – II

**PART – I      LAB PRACTICALS :-**

(Any five of the following to be completed in the Laboratory training.)

1. Knowledge of results.
2. Effect of social support on conformity.
3. Attribution of achievement outcomes.
4. Zeigarnik effect.
5. Level of aspiration as a function of success or failure.
6. Reminiscence in motor learning.
7. Short Term Memory.
8. Effect of group on individual judgement.

**PART – I      FIELD STUDY**

This part of the practical paper comprises of completion of two field studies, one (I) from the area of compulsory papers and another (II) from the area of optional papers of the specialization group.

- (I) Any one of the areas given below from the compulsory papers be selected by the candidate and its field studies be completed under supervision of the departmental supervisor.

**DEVELOPMENTAL PSYCHOLOGY:**

1. Childhood
2. Adolescence
3. Adulthood
4. Old age
5. Home environment

**DEVELOPMENTAL PSYCHOLOGY:**

1. Leadership Styles
2. Matured Personality
3. Personality type 'A' and 'B'
4. Neuroticism
5. Psychopathic personality

- (II) candidate is required to complete one field study from the optional group under supervision of a concern teacher. The optional group prescribed along with the areas of specialization is given below:

**Optional Group ‘A’ Psychology of Management: Any one of the following:**

1. Study of Job Analysis
2. Communication Network
3. Organizational Structures
4. Management Style
5. Role Stress

**OR Optional Group ‘A’ Psychology of Education: Any one of the following:**

1. Test Anxiety
2. Exceptional Children
3. Teaching Style
4. Educational Guidance
5. Vocational Guidance

**OR Optional Group ‘A’ Psychology of Mental Health: Any one of the following:**

1. Neuro-Psychological evaluation of a stroke patient.
2. Identification of stressors
3. Drug abuse
4. Study of faith healers
5. Study of yoga or Vipashyana

**The distribution of marks of Paper X (Practical) will be as under:**

- |    |                                       |   |    |
|----|---------------------------------------|---|----|
| 1. | Conduction of Laboratory experiments. | : | 30 |
| 2. | Completion of Field Study Reports     |   |    |
|    | (a) Compulsory area                   | : | 20 |
|    | (b) Optional area                     | : | 20 |
| 3. | Viva – Voce on Practical              | : | 30 |