

M.Sc. Psychology

Syllabus 2016-17

ChoiceBasedCredit System

Mangalore University, Mangalore

PREAMBLE

Revision of syllabus for the two years Master Degree programme in Psychology

Composite BOS in Psychology has revised and prepared the Syllabus (CBCS based) for the Psychology course in its meeting held on 4th June 2016 based on the UGC letter (Ref, No. MU/ACC/CR.38/CBCS (PG)/2015-16 dated 05-05-2016) to offer Hard Core, Soft Core and Open Elective course papers with credits amounting to 92 credits , for the entire programme

The BOS has prepared the syllabus by adopting the pattern of 13 hard core and 10 soft core along with one project. Total credits for hard core is 52, soft core 30, project 4 and 6 credits are for open elective.

Detailed syllabus is prepared for all the four semesters

Course/Credit Pattern

Semester	Hard Core Theory	Soft Core Theory	Hard Core Practical	Soft Core Practical	Open Elective	Project	Total Credits
First	16	-----	04	03	-----	-----	23
Second	12	03	-----	06	03	-----	21+03
Third	12	03	-----	06	03	-----	21+03
Fourth	08	03	-----	06		04	21
Total	48	09	04	21	06*	04	86 + 06* = 92

Total credits from all the four semesters = 86+6= 92

Total hard core credits = 48 + 4 = 52

Total Soft core credits = 09+ 21 = 30

*Open elective credits = 6

In the first semester two soft core papers are offered and the student has to opt for any one. In the second, third and fourth semesters four soft core papers are offered in each semester and the student has to opt for any three.

M.Sc. PSYCHOLOGY
CONTENT OF THE COURSE AND SCHEME OF EXAMINATION

Semester	Paper No.	Title	Teaching Hrs/ Week	Credits	Duration of Exam	Marks		
						Theory/ Practical/ Dissertation	IA	Total
I		Hard Core:						
	PY H 401	Cognitive Processes	4 hrs	4	3 hrs	70	30	100
	PYH402	Physiological Psychology	4 hrs	4	3 hrs	70	30	100
	PYH403	Psychometry	4 hrs	4	3 hrs	70	30	100
	PYH404	Educational Psychology	4hrs	4	4 hrs	70	30	100
	PYP405	Cognitive Psychology Practical	6 hrs	4	4 hrs	70	30	100
			Soft Core:					
	PYP406	Educational Psychology Practical	4.5 hrs	3	3 hrs	70	30	100
	PYP407	HR Skill Development	4.5 hrs	3	3 hrs	70	30	100
II		Hard Core:						
	PYH451	Positive Psychology	4 hrs	4	3 hrs	70	30	100
	PYH452	Statistics in Psychology	4 hrs	4	3 hrs	70	30	100
	PYH453	Counselling Skills	4 hrs	4	3 hrs	70	30	100
			Soft Core:					
	PYS454	Community Psychology	3 hrs	3	3 hrs	70	30	100
	PYP455	Counselling Skills & Field Work Practical	4.5 hrs	3	4 hrs	70	30	100
	PYP456	Group Counselling Practical	4.5 hrs	3	4 hrs	70	30	100
	PYP457	Management Skill Development	4.5 hrs	3	3 hrs	70	30	100
			Open Elective:					
	PYE458	Dynamics of Human Behaviour I	3 hrs	3	3 hrs	70	30	100

III		Hard Core:						
	PYH501	Adult Psychopathology	4 hrs	4	3 hrs	70	30	100
	PYH502	Psychotherapy	4 hrs	4	3 hrs	70	30	100
	PYH503	Personality Theories	4 hrs	4	3 hrs	70	30	100
		Soft Core:						
	PYS504	Psychological Disorders of Childhood And Adolescence	3 hrs	3	3 hrs	70	30	100
	PYP505	Assessment of Personality Practical	4.5 hrs	3	4 hrs	70	30	100
	PYP506	Assessment of Clinical Symptomatology	4.5 hrs	3	4 hrs	70	30	100
	PYS507	Human Resource Management and Development (HRM &D)	3 hrs	3	4 hrs	70	30	100
		Open Elective:						
	PYE507	Dynamics of Human Behaviour II	3 hrs	3	3 hrs	70	30	100
IV		Hard Core:						
	PYH551	Behaviour Modification	4 hrs	4	4 hrs	70	30	100
	PYH552	Areas of Counselling	4 hrs	4	4 hrs	70	30	100
		Soft Core:						
	PYP553	Behaviour Modification Practical	4.5 hrs	3	4 hrs	70	30	100
	PYS554	Social Psychology	3 hrs	3	4 hrs	70	30	100
	PYP555	Counselling Special Populations Practical	4.5 hrs	3	4 hrs	70	30	100
	PYS556	Organizational Development						
	PYP557	Dissertation/Project		4		70	30	100

FIRST SEMESTER SYLLABUS

HARD CORE PAPERS	SOFT CORE PAPERS	OPEN ELECTIVE
PYH401 : Cognitive Processes	PYP406: Educational Psychology Practical	Nil
PYH402 : Physiological Psychology	PYP407 HR Skill Development	
PYH403 : Psychometry		
PYH404 : Educational Psychology		
PYP405: Cognitive Psychology Practical		

PYH401: COGNITIVE PROCESSES

No of Credits: 4

No.of Hours:48

Objectives:

- To understand the significance of cognitive processes for understanding human behaviour, especially memory, language and problem solving
- To learn the principles of creativity, reasoning and decision making

UNIT I–Attention and Memory:

12Hrs.

Attention (types), Theories of attention,Models of Memory,Types of memory,Structure of semantic memory, Schemas, Constructive memory, Eyewitness testimony, Metamemory.

UNIT II - Imagery and Cognitive maps

12Hrs.

Characteristics of Images (Rotation, Size, Shape, Part-whole relation, Ambiguous figures and Interferences), Neuropsychological evidence for the similarity between Imagery and perception, the imagery controversy.

Cognitive Maps: Distance, shape and Relative position

UNIT III– Language Comprehension &Production

12Hrs.

Understanding Spoken Language: Speech perception, Constituent structure, Transformational grammar.

Reading: Theories of word recognition, Discovering meaning, Inference in Reading, Theories of word recognition, Meta-comprehension

Writing: Cognitive tasks involved in writing, comparing speaking, and writing.

Speaking: Selecting the content, Errors in speech, Gestures and context.

Bilingualism: Advantages and Disadvantages, Code switching & second language proficiency, Development of Language (Language in Infancy and childhood)

UNIT IV – Higher Order Thinking Skills:

12Hrs.

Problem solving: Understanding the problem, Nature of representing the problem, Problem solving approaches: Means-ends Heuristic, the analogy approach, and other strategies. Factors that influence Problem solving

Creativity: Definitions, Measuring creativity, Factors influencing creativity.

Reasoning: conditional and syllogistic reasoning.

Decision-making: Process, heuristics, (representative heuristic, availability heuristic, anchoring and adjustment, analogy, simulation.); framing effect. Application of cognitive Psychology.

References:

- Matlin, Margaret W. (1995), Cognition, 3rd Ed., Bangalore; Prism books Pvt. Ltd.
- Arnold L, Glass and Keith J. Holyoak (1986), Cognition , 2nd Ed, Mc Graw – Hill Book Company.
- Haberlandt Karl (1997), Cognitive Psychology 2nd Ed , London, Allyn and Bacon.
- John B. Best (1999), Cognitive Psychology, 5th Ed, London, Thomson Publishing Company.
- Michael W. Eysenck (1993) Principles of Cognitive Psychology, Hillsdale Lawrence Erlbaum Associates Publishers.
- Singh Indramani and Parasuraman Raja (1998), Human Cognition, New Delhi, sage publications.
- Smyth M.M., Collins A.F, Morris P.E and d Luvy (1994), Cognition in Action 2nd Ed Hillsdale (USA), Lawrence Erlbaum Associates, publishers.
- Ashcraft M.A (1998). Fundamentals of Cognition London Addison Wesley Publication.
- French, C.C and Colman A.M 1995, Cognitive Psychology 1st Ed New York; Addison Wesley Longman Ltd.
- Kinstch W (1977) Memory and Cognition, New York, John Wiley and sons.
- Solso R.L (1998) Cognitive Psychology 5th Ed London; Allyn and Bacon.
- Sternberg L (1998) Cognitive New York : Harcourt Brace college Publishing.
- Galotti K.M (1999) Cognitive Psychology in and outside laboratory, Mumbai : Thomson Asia.
- Reed, Stephen K. (1998) Cognition: Theory and application, 3rd Ed , Pacific Grove, California, Brooks/cole publishing company.
- Hewes, Mary B (1990), The Psychology of human cognition New York. Pergamon Press
- Snodgrass, Berger and Haydon (1985) Human experimental psychology New Delhi; Oxford University press.
- Janak Pandey (2000) Psychology in India revisited – developments in the discipline New Delhi, Sage Publications.
- Anima Sen (1983), Attention and Distraction, New Delhi, Sterling Publishers Pvt. Ltd.

PYH402: PHYSIOLOGICAL PSYCHOLOGY

No. of Credits: 4

No .of Hrs:48

Objective:

- To orient the students regarding physiological correlates and genetic determinants of behavioural, cognitive and affective processes.

Unit I - Biological Basis of Behaviour and Methods of studying brain behaviour relationship: 12Hrs.

Nervous system: Structure and Functions, Intercellular and Intracellular communication between neurons, Neurotransmitters: Types and functions, Neural plasticity.

Methods of studying the brain and behaviour Neuro anatomical, Neuro electrical, Neuro chemical, and neuro imaging techniques

Unit II– Behaviour genetics 12Hrs.

Genetics: meaning, Structure of DNA, Selection and modes of Mendalianinheritance: Monohybrid cross and dihybrid cross, Nature and Nurture in the development of behaviour, Eugenics & Genetic Engineering

Human behaviour genetic methods: Family studies, Twin studies, Adoption studies.

Unit III – Psychophysiology of Higher mental functions 12Hrs.

Structural and Chemical correlates of Attention, Memory, and Language.

Structural, Chemical and Genetic correlates of Intelligence.

Unit IV – Psychophysiology of Affect and Activation 12Hrs.

Structural and chemical correlates of Emotion.

Structural and chemical correlates of Motivation: Hunger, and Thirst

Biorhythms, States of Consciousness – Waking & sleep.

Altered states of consciousness – hypnosis, meditation.

References :

1. Rosenweig, Leiman & Breedlove (1999) Biological psychology; An introduction to behavioural, cognitive, and clinical neuroscience, 2nd Ed. Sinauer Associates, Inc., Massachusetts.
2. Pinel, John P.J. (1997) Biopsychology, 3rd Ed. Allyn & Bacon.
3. Carlson, Neil R. (1998) Physiology of behaviour, 6th Ed., Allyn & Bacon.
4. Kalat, James W (1995) Biological Psychology, 5th Ed. USA Brooks/Cole Pub. Co.
5. Bridgeman, Bruce (1988) The biology of behaviour and mind USA, John Wiley & Sons Inc.
6. Mange & Mange (1994), Basic Human Genetics USA, Sinauer Associates Inc. Steen, Grant R. (1996) DNA and Destiny, Nature and nurture in Human behaviour, New York Plenum Press
7. Plomin, Robert (1990) Nature & Nurture, An introduction to human behavioural Genetics California. Brooks/Cole Pub. Co.
8. Daugherty & Maxson. (1992) Genetics, a human perspective, Wm. C. Brown Pub., USA Hay, David.
9. N. Carlson (2000) Physiology of Behaviour, Allyn and Bacon.
10. W.R. Hendu (Ed) (1997) The perception of visual Information Springer-Verlag.
11. Mana (1999) Biopsychology 4th Ed. Allyn and Bacon.
12. S. Green (1994) Principles of Biopsychology, Psychology press.
13. Levinthal C.F. (1996) Introduction to Physiological Psychology 3rd Ed. Prentice Hall.
14. Hay D. (1985) Essentials of behaviour genetics. Blackwell Scientific.
15. Strickberger M.W (1993) Genetics – Mac Millan.
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18. Walsh K. (1994) Neuropsychology: A Clinical approach. New Delhi Churchill Livingstone.
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20. Kolb B. and Whisaw L.Q. (1990) Fundamentals of Human Neuropsychology, New York: Freeman, W.H.
21. Otto Son D. (1987) Duality and unity of the brain, London: MacMillan.
22. Boller F., and Grafman J. (1988). Handbook of neuropsychology. New York. Elsevier.
23. Banks M.E. and Ackerman R.J. (1997). Ethnogeriatric issues in neuropsychologic assessment and rehabilitation, Topics in Geriatric Rehabilitation, 12, 47-61.

24. Bloom F. and Lazerson A. (1996) Brain, mind and behaviour 2nd Ed New York. Freedman
25. Ferraro F.R. (2001) Minority and cross-cultural aspects of neuropsychological assessment: Lisse Netherlands: Swets and Zeitlander Publishers.
26. Fletcher-Janzen, E. Reynolds, C.R. Strickland, T.L. et al (2000). Handbook of cross-cultural neuropsychology. Kluwer Academic Publishers (ISBN 0 306463237).
27. Grant, I and Adams K. (1996) Neuropsychological assessment of neuropsychiatric disorders. New York: Oxford University Press.
28. Gregory, R.J. (2000) Neuropsychological and geriatric assessment in Psychological Testing: History, Principles and Applications 3rd Ed New York: Allyn and Bacon.
29. Kolb B. and Whishaw, IQ (1996) Fundamentals of human neuropsychology 4th Ed New York: Freeman Press.
30. Lezak, M.D. (1995) Neuropsychological Assessment 3rd Ed Oxford University Press: New York.
31. Luria A.R. (1973). The Working brain: An Introduction to neuropsychology, New York: Basic Books.
32. Matarazzo, J.D. (1992) Psychological testing and assessment in the 21st Century American Psychologist Sunderland, M.A. Introduction to behavioural, Cognitive and clinical neuroscience 2nd Ed. Senaur Associates Inc. Trimble M. (1996) Biological Psychiatry 2nd Ed. New York, Wiley

PYH403: PSYCHOMETRY

No. of Credits: 4

No.of Hrs:48

Objectives:

- To provide an overview of the many facts of psychological tests and measurement principles used in assessing human behaviour.
- To provide familiarity with test construction, test development, standardization, validity, reliability, and evaluation of different psychological tests.

Unit I: Test Construction

12Hrs.

Psychological Tests: Meaning, Definition, Types, Uses, Application of psychological tests in different fields, Classification of psychological tests.

Steps in test construction- Planning the test, Item writing, Preliminary administration, Item analysis- Purpose of item analysis, Item reliability, Item validity, Item difficulty, Item discrimination, Distractor analysis, Item response theory, Item characteristic curve.

Unit –II Reliability

12Hrs.

Meaning, methods of estimating Reliability, test retest method, parallel forms method, split-half method, KR20 formula, Hoyt Reliability, coefficient Alpha, Reliability of a difference score. Factors influencing Reliability, Standard error of measurement, how reliable is reliability? What to do with low reliability? Special issues in reliability – speed test vs. power test; reliability of difference score; reliability of composite score; reliability of criterion referenced tests

Unit III: Validity

12Hrs.

Defining validity, aspects of validity, face validity, content -related evidence for validity , criterion- related validity, construct- validity, , Interpreting validity coefficients; convergent and discriminant validation Factors affecting validity; Relationship between Reliability and Validity

Unit-IV Standardization and Interpretation of scores

12Hrs.

Norm referencing and criterion referencing; Steps in developing norms, types of norms: developmental norms - age norms, grade norms, ordinal scales; within group norms - percentile ranks, standard score, deviation IQ; caution for interpreting norms; expectancy table, computer use in the interpretation of test scores.

References:

1. Robert.M.Kaplan, dennis.P.Saccuzzo(2001), Psychological Testing: Principles, Applications, and issues (5thed), Australia, Wadsworth publication.
2. K.R.Murphy, Charles.O.Davidshofer(1991), Psychological testing: Principles and applications (4thed), Prentice hall International Inc.
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4. Anne Anastasi, Susan Urbina(1997), Psychological testing (7thed), New Jersey, Prentice hall.
5. Frank S. Freeman (1962), theory and practice of psychological testing New Delhi, Oxford & IBH publishing Ltd.
6. Narender.K.Chandha(1996) , theory and practice of Psychometry, New Delhi, New Age International Ltd, Publishers.
7. J.P.Guilford(1936), Psychometric methods (2nded) Bombay, Tata McGraw Hill publishing Ltd.
8. Fred.N.Kerlinger(1986) , foundation of behavioural research (3rded) Bangalore prism Indian Edition.
9. Singh A.K (1997) , Test measurements and research methods in behavioural sciences sciences Patna: BharathiBhavan publishers and Distributors.

PYH404: EDUCATIONAL PSYCHOLOGY

No. Of Credits: 4

No.of Hrs:48

Objectives:

- To orient the students about teaching – learning process, student behaviour and research data concerned with actual classroom application of Psychological principles.

UNIT I – Introduction to Educational Psychology:

12Hrs.

Nature, definition, history and scope of educational psychology, Methods of educational psychology, contemporary educational psychology approaches: Revised Bloom's taxonomy, Gardner's multiple intelligence, Competency mapping, Challenges and issues in higher education Bruner's and Piaget's theory of Cognitive constructivism, Vygotsky's social constructivism.

UNIT II – Children with special needs

12Hrs.

Socially disadvantaged, Disabled children, talented, gifted and creative children Mainstreaming and inclusion.

UNIT III–Application of theories of learning in teaching

12Hrs.

Classical conditioning, operant conditioning, Connectionism, Social cognitive learning, Cognitive Psychology perspectives to learning; David Ausubel's meaningful reception learning, Jerome Bruner's discovery learning.

UNIT IV-Effective teaching-learning and evaluation

12Hrs.

Self regulation in learning-meaning, factors, self-regulated learning cycle;

Group work and co-operation in learning-defining elements of co-operative learning, strategies for cooperative and Collaborative learning .

Classroom management, creating effective learning environment, methods and technical issues in the assessment of students, Effective teaching strategies, technology based teaching strategies.

References:

1. Stephen N. E., Thomas R K., Joan L. C & John F.T (2000) Educational Psychology ,third edition Mc. Grawhill International editions.
2. Bowar G.H&Hilgard E.R ,Theories of Learning (3rded) ,New York ,Meredith Publishing Company

3. Sahakian S.W. Introduction to the psychology of learning, Chicago, Rand McNally College Publishing Company
4. Woolfolk ,A(2006)Educational Psychology (9th edition) Delhi, Pearson Education.
5. Elliott S.N., Kratochwill T.R., Cook, J.L. and Travers J.F. Educational Psychology: Effective Teaching, Effective Learning (3rd Ed.) New Delhi, McGraw Hill
6. Dandapani S (), Advanced Educational Psychology, New Delhi: Neelkamal Publications.

PYP405: COGNITIVE PSYCHOLOGY PRACTICAL

(To conduct any 9)

No. Of Credits: 4

To study position effect in Serial Learning

Peterson's Rational Learning

Study of Habit interference

Effect of cueing in cognitive processes

Effect of priming in cognitive processes

Assessment of Memory by administering WMS

Assessment of attention and concentration – Knox cube and number cancellation

Assessment of intelligence using WAIS

Signal detection using tachistoscope

Assessment of concept formation using Wisconsin card sorting test

Assessment of problem solving using Tower of London

Assessment of Metacognition using metacognition inventory

PYP406: EDUCATIONAL PSYCHOLOGY PRACTICAL

(To conduct any 9)

No. Of Credits: 3

To assess social maturity of children by using Vineland Social maturity scale

To assess mental age by administering Seguin Form Board

To assess Abstract reasoning by administering Raven's Coloured Progressive Matrices

Assessment of LD by administering NIMHANS index of learning disability

Assessment of differential ability by administering DBDA

Assessment of Intelligence by administering Binet Kamath Test of Intelligence

Assessment of personality by administering CAT

Draw a person test

Assessment of Critical thinking by administering Murthy's Critical Thinking Scale

Assessment of Creativity

PYP407 HR SKILL DEVELOPMENT

No. of Credits: 3

- Job Analysis
- Resume and Cover Letter writing
- Resume Evaluation
- Interview Handling
- Competency Mapping
- Group Discussion
- Designing Training Modules
- Delivering Training Programs
- Role Play,
- In basket Exercise
- Sociogram

SECOND SEMESTER SYLLABUS

HARD CORE PAPERS	SOFT CORE PAPERS	OPEN ELECTIVE
PYH451 : Positive Psychology	PYS454: Community Psychology	PPYE01 : Dynamics of Human Behaviour I
PYH452 : Statistics in Psychology	PYP455 : Counselling Skills & Field Work Practical	
PYH453 : Counselling Skills	PYP456 : Group Counselling Practical	
	PYP457 : Management Skill Development	

PYH451: POSITIVE PSYCHOLOGY

No. of Credits: 4

No.of Hrs:48

Objectives:

- To orient the students about human strengths, optimism, happiness, hope and resiliency.
- To sensitize the students about human character strengths and virtues.
- To familiarize the students about practical ways of using one's character strengths in promoting and maintaining well-being and happiness.

Unit I:Introduction:

12Hrs.

Meaning, definition, assumptions and goals.Positive emotions and well-being.Eastern and Western perspectives on positive psychology.Yogaand Meditation. Positive relationships, positive schooling, positive workplace,positive communities, positive youth development, altruism & empathy & Social Intelligence

Unit 2: Happiness.

12Hrs.

Meaning and measures of happiness, types of happiness, effects of happiness, happiness across life span, gender and happiness, factors contributing to happiness. Wellbeing Subjective wellbeing – components of subjective wellbeing

Unit 3: Flow, mindfulness and spirituality

12Hrs.

Flow – creating and measuring flow. Mindfulness – definition, attributes of mindfulness, mindfulness meditation& Spirituality

Unit 4: Wisdom:

12Hrs.

Theories of wisdom, development of wisdom, characteristics of wise people, virtues and strengths of character. Gratitude, zest, love, kindness

References:

1. Steve R. Baumgardner & Marie K. Crothers – Positive Psychology Delhi, Pearson Publication
2. Alan Carr (2002) Positive Psychology, London, Routledge
3. Snyder C.R. & Lopez Shane J Positive Psychology, New Delhi, Sage
4. David G. Myers. The Pursuit of Happiness Avon
5. Martin Seligman (1991) Learned Optimism Pocket Books,
6. Mihaly Csikszentmihalyi (1991) Flow (F) Harper and Row,
7. David Lykken. (1999) Happiness Golden Books,
8. Daniel Goleman. Bantam. 1998 Working With Emotional Intelligence

PYH452: STATISTICS IN PSYCHOLOGY

No. of Credits: 4

No. of Hrs: 48

Objectives:

- To acquaint the students with ideas and methods used in the statistical treatment of data obtained from various experiments, surveys, and observations.

Unit- I: Introduction to statistics:

Hrs: 12

Statistics: meaning, characteristics and functions; Inferential and descriptive statistics.

Population and sample; Scales of measurement: Nominal, ordinal, interval and ratio.

Frequency distribution: Classification, Tabulation.

Graphical Representation of data: Frequency polygon, histogram & Ogive.

Percentile, percentile ranks and Interpolation.

Meaning and measures of Central tendency: Mean, median & mode.

Measures of Variability or dispersion: Range, Quartile deviation, Mean deviation and standard deviation. Co-efficient of variation. Skewness & Kurtosis

Unit- II: Probability Distribution & Inferential Statistics :

Hrs: 12

Introduction to probability and probability distribution. Normal distribution: Meaning, importance and properties of normal distribution. 6 Sigma Concepts. Standard error.

Tests of significance. Meaning and assumptions of Parametric and non parametric tests

Errors in hypothesis testing- Type I & Type II error. One tailed and two tailed test.

Levels of significance. Critical region

Test for independent samples, t test for correlated samples, .

Large sample test: Z test for sample mean and difference of sample means

Application of inferential statistics in behavioural sciences

Unit- III: Correlation and Regression

Hrs: 12

a) Meaning of Correlation, types of correlation, Karl Pearson's Co-efficient of Correlation; biserial correlation; point biserial correlation; tetrachoric correlation; phi-coefficient

b) Regression: Introduction, Regression equation, regression co-efficient, Prediction from regression equations.

Application of correlation and regression in behavioural sciences

Unit IV: Analysis of Variance and Non-parametric tests

Hrs:12

Meaning, types and uses. Assumptions of ANOVA, One-way ANOVA, Two-way ANOVA and analysis of covariance. Post hoc analysis; Application of ANOVA in behavioural sciences.

Spearman's rank correlation co-efficient, Sign test (Median test), Wilcoxon signed rank tests, Mann-Whitney U test. Chi-square test of independence Application of non parametric tests in behavioral sciences

Use of computers in statistics -SPSS.

References:

1. Ferguson G.A and Takane Y (1989) Statistical analysis in psychology and education 6th Ed, New Delhi, Mc Graw-Hill Book company.
2. Garrett H.E (1926), Statistics in psychology and Education 6th Ed, Bombay, Vakils, Feffer and Simons Pvt. Ltd.
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4. Howitt Dennis and Cramer Duncan (1997), An introduction to statistics for psychology, New York, Prentice Hall Harvester wheatsheaz.
5. Howell D.C (1999), Fundamental statistics for the behavioral science 4th Ed, London Duxbury press – An international Thomson Publishing company.
6. Edward W. Minium, Bruce M. King, Gordon Bear (1995) Statistical Reasoning in Psychology and Education 3rd Ed, New York. John Wiley & sons.
7. Kerlinger N.F (1986), Foundation of Behavioral Research 3rd Ed, Bangalore, A prism Indian Ed.
8. K.D Broota (1989) Experimental design in behavioral research, Bangalore, wiley eastern.
9. D.G Elnor, Barry H. Kantowiz, H.L Roediger III (1981) Research Methods in Psychology 5th Ed New York, West publishing company.
10. Wendy A. Schweigert (1998), Research methods in psychology, London, New York, Brooks. Cole publishing company.

11. Dubois H.P(1965), An introduction to psychological statistics, New York, A Harper International students reprint.
12. Donald W. Stilson(1966), Probability & Statistics in psychological research and theory, Bombay(vakils, Feffer and simonspvt. Ltd.)
13. Siegel. S(1956), Non parametric statistics for the behavioral sciences New York McGraw Hill.
14. Gravetter J Frederick(1970), Statistics for the Behavioural Sciences 5th edition, Wadsworth Thomson Learning
15. WallnauB.Larry (1970), Statistics for the Behavioural Sciences 5th Edition, Wadsworth Thomson Learning.
16. Gaur, AjaiS& Gaur Sanjaya S. (1977) Statistical methods for practice and research - a guide to data analysis using SPSS , New Delhi, Sage Publications India Pvt Ltd.
17. Brace, Nicola, Kemp, Richard &Snelgar, Rosemary - SPSS for Psychologists A guide to Data Analysis using SPSS for Windows (Versions 9, 10, & 11) Second Edition, New York Palgrave Macmullan.

PYH453: COUNSELLING SKILLS

No. of Credits: 4

No.of Hrs:48

Objectives

- Become acquainted with the roles, functions and qualities of an effective counsellor.
- Become familiar with the various approaches, procedures and techniques of counselling.
- Understand the various stages involved in the process of counselling.
- Understand the meaning, need, and advantage of group counselling.

UNIT I: Introduction to Counselling Psychology

Hrs.12

Nature, Definition and Scope of Counselling Psychology. Historical development and Current Status of Counselling psychology in India

Counselling psychology and its relation to Guidance, Psychotherapy and Clinical Psychology. Goals of Counselling.

Personal characteristics of an effective counsellor. Selection and training of counsellors. Ethical and professional issues in counselling. Physical setting of the counselling room.

UNIT II: Models and Process of Counselling

Hrs.12

Steps in the Process of Counselling, Dimensions of Counselling

Relationship. Planning and Duration of Psychological Counselling. Models of psychological counselling; .Alternative Modes of counselling- Time limited counselling, Telephone counselling, Online counselling

UNIT III: Basic and advanced skills of counselling

Hrs.12

Basic skills: Attending and observing, Opening, Structuring, Listening , Questioning, Reflection, Responding, Paraphrasing, Acceptance, Leading, Reassurance and Suggestion, Negotiating home work with the client, Terminations.

Advanced Skills: Confrontation, Influencing skills

Barriers in counselling relationship- Transference, Counter Transference and Resistance.

UNIT IV: Client Appraisal

Hrs.12

Psychological test, Non psychological methods: Autobiography, Anecdotes, Cumulative Records, Case Study, Rating scales, Sociometric Techniques, Pupil Data Questionnaire, Diaries, Interview and Observation.

References

1. Brammer L.M and Shostrom E.L : Therapeutic Psychology- Fundamentals of Counselling and Psychotherapy: Prentice hall.
2. Rao S.Narayan: Counselling and Guidance: Tata McGraw Hill.
3. Corey:- Theory and practice of Counselling and Psychotherapy- New Delhi, Sage publications.
4. Lewis.E/Paterson (2000)- Counselling process: Wadsworth: Brooks/Cole.
5. Feltham, C and Horton, I (2000) :- Hand book of Counselling and Psychotherapy: New Delhi: Sage Publication.
6. Palmer, Stephen and Woolfe, R, Intergrative and Eclectic Counselling and Psychotherapy- New Delhi: sage Publication.
7. Woolfe and Dryden- Hand book of Counselling Psychology TMH.
8. Sharf Richard S. & Sharf (2000) : Theories of Psychotherapy and counseling : Australia: Brooks/ Cole.
9. Jones R. N. (2001) Theory and practice of counselling and therapy, New Delhi, sage publication.
10. Ivey, A.E & Ivey ,M.B (2007) .Intentional interviewing and Counselling (6 Ed) USA : Thomson Brooks / Cole
11. Brammer and Shostrom(1982) : Therapeutic Psychology – Prentice Hall.
12. Eugene Kemmedy and Sara .C Charles (1990) – On becoming a Counsellor- 13.Bang
13. Gerald Cory (2000): Theroy and Practice of group counseling – 5th edition – Australia Brooks Cole.
14. Barkhi and Mukhopadhyay(1989) – Guidance and Counselling – New Delhi: Sterling Publishers.
15. Kottler and Brown (200) – Introduction to Therapeutic counseling 4th edition: Brooks/Cole
16. Gelso and Fretz(1995) : Counselling Psychology: Bangalore:- A prism Indian edition.
17. Michael Carroll and Michael Walton (1997) – Hand book of Counselling in Organization: London , Thousand oaks, New Delhi- Sage Publications.
18. Richard .S.Sharf (2000) – Theories of Psychotherapy and Counselling concepts and cases , Australia, Canada, Denmark, Japan, Brooks/ Cole.

19. Jeffrey.A.Kottler, Robert W. Brown (2000) – Introduction to therapeutic
Counsellingvoecies from the field; Australia ,Canada, Denmark, Japan , Maxico, New
Zealand , U.K,U.S Brooks/cole.
20. ColinFeltham and Horton (2000) – hand book of Counselling and Psychotherapy:
London, Thousand oaks, New Delhi: Sage Publications.

PYS454: COMMUNITY PSYCHOLOGY

No. Of Credits: 3

No.of Hrs:40

Objectives

- To sensitize students to mental health problems, generated in the community due to existing social conditions.
- To provide skills in understanding the structure of communities and social groups, to design and conduct studies on social problems.
- To enable students to develop community mental health programs for prevention, treatment, and management of problems in the community.

Unit I: History and Approaches to Community Psychology: Hrs:10

Definition, History, Principles and field of Community Psychology. Ecological approach, Social Problems approach and Transactional Approach. Adler's view of community, Seligman's concept of positive community, Indian approach to community psychology.

Unit II: Contemporary issues contributing to Psychological Maladjustments Hrs:10

Poverty, Crowding, Changing Family Structure and Values, Deprivation, Pollution, Unemployment, Violence, and AIDS.

Unit III: Community Mental Health and Intervention Techniques Hrs:10

Community Mental Health Problems: Identification, Intervention, Prevention, Promotion of Mental Health. Community mental health centres and its functions.

Crisis intervention, Consultation, Education and attitude change. Role of non-professionals. Community Psychotherapy and Community Counselling techniques

Unit IV: Mental Health and Community Based Approaches Hrs:10

Mental hygiene, preventive methods, Mental health planning and policy developments. Integrating mental health programs with the primary community based care systems and rehabilitation, recent trends and development in India.

References:

1. Seldan J. Korchin (1996) Modern Clinical Psychology Principles of Interventions in Clinic and Community. Paper back Books : New York.
2. Jeny . E. Phares (1988) Clinical Psychology: concepts, methods and profession, 3rd Ed, books/ Cole publishing company. Pacific Grove, California
3. Orford Jim (1992) Community .Psychology: Theory and practice, John Wiley: New York.
4. Rappaprot J and Seuidman E (2000). Hand book of Community Psychology. Kulwer academics/ Pleneem Publisher: New York.
5. Collins, Gary. R(1986) Innovative approaches to counseling: World Publishers.
6. Gerard E (1975) The Skilled helper. A model for systematic helping and interpersonal relating. California/ Brooks/ Cole publishing company.
7. Prashantham B. J. (1983) Empowerment for Development: Prashantham publications: Vellore.
8. Simonton and Simonton, Getting well again.
9. Seventh Five year plan: YojanaBhavan, New Delhi.
10. New Frontiers in Education: A Journal of the India Association of Christian Higher Education. New Delhi: 1986-1987.
11. Myrdal, Gunnar, Asian Drama 3 vols. Panthom 1968.
12. Michael. D, SPIEGLER, David C, Gurvemout (1996) Contemporary behaviour therapy New York: Brooks/ Cole Publishing company.
13. Wolman. B. Benjamin (1997): International Encyclopedia of Psychiatry, Psychology, Psychoanalysis and Neurology Volume 4: A esculapuis publishers, Inc.
14. Corey Gerald (2000) Theory and practice of group Counseling 5th Ed: Australia Brooks/Cole: Thomas/ learning.
15. Forsyth R Donelson (1990) Group Dynamics, Second Ed: Pacific group, California: Brooks/ Cole publishing company.
16. Pandey. Janak (2001), Psychology in India Revised, Developments in the Discipline (Volume2): New Delhi: Thousand Oak: London: Sage Publications.

PYP455: COUNSELLING SKILLS & FIELD WORK PRACTICAL

No. Of Credits: 3

Practice and Demonstration of Counselling skills:

Opening ,Rapport establishment, Structuring , Listening , Questioning, Reflecting, Paraphrasing, Acceptance, Leading, Confrontation, Reassurance and Suggestion, Negotiating home work with the client, Terminations.

Influencing Skills: Confrontation, focusing; reflection of meaning; interpretation/reframe;logical consequences;self-disclosure;feedback; information and directives.

Recording the Counselling proceedings: Peer practice, Writing Verbatim and Individual appraisal.

Case discussion from Counselling Perspective: Grief Counselling, Empty nest syndrome, Care takers stress, Low self esteem, Inferiority Complex,

Field Work

Module development and presentation: Adolescence (Boys & Girls), Career Counselling (What after SSLC, Career opportunities for psychologists).

Practice of counselling in CGC/ Hostels: Case history Collection, Assessment, Supervised Counselling Practice and Case Report Writing.

Life Skills Counselling in Schools and Colleges

PYP456: GROUP COUNSELING PRACTICAL

No. of Credits: 3

1. **Planning and starting groups** – Pre group planning, planning the overall group program and phases of the session, planning for the beginning stage, the first session, the second session and subsequent sessions – screening, contracting and setting goals
2. **Exercises** – Selection, introducing, conducting and processing exercises
3. **Dealing with problem situations in groups** – member styles, silence, sexual feelings, crying, hostility, asking members to leave.
4. **Attending and observation skills behavior** – visual, vocal, verbal, body language, movement harmonics.
5. **Focusing, pacing, leading and linking skills** –Focus on: group, subgroup, individual, individual main theme, group leader, environment / context, here and now, then and there.
6. **Leadership skill of basic listening sequence** – questioning, encouragement, restatement, paraphrasing, reflection of feeling, summarization, the checkout.
7. **Skills of structuring dimensions and stages of groups** – initiating the group, gathering data, the positive asset search, working (examining goals, sharing, confronting, re-storying), ending (generalizing and acting on new stories)
8. **Skills and strategies for interpersonal influence-** Listening, reframing, interpreting, using self disclosure, giving feedback, structuring strategies, exploring logical consequences, eliciting and reflecting meaning, managing conflict via confrontation.
9. **Closing a session or a group** – skills in closing a session, closing a group and follow up procedures
10. **Psychodrama, Person centered and TA Approaches to Group Therapy**

References

1. Jacobs, E. E., Masson, R.L &Harvill, R.L (2006) Ed. Group counseling strategies and skills – Belmont, Books /Cole.
2. Ivey, A.E., Pedersen, P, B., & Ivey, M.B. (2001) Ed. Intentional group counseling – A microskills approach, Belmont, Books /Cole.

PYP 457 Management Skill Development

No. of Credits: 3

- Skill building exercises
- Management & marketing case studies
- Management games
- Criterion Development
- Training need analysis
- Market Research
- Focus group interview
- Secondary marketing data analysis
- Advertisement analysis
- Advertisement & Web designing

PYE458: DYNAMICS OF HUMAN BEHAVIOUR I

No. of Credits: 3

No.of Hrs:36

Objectives:

- To orient non-Psychology students about the diversity of Psychology
- To help the students understand and manage themselves better

UNIT – I:Introduction:

Hrs:12

History & Basic concepts of Psychology, Brain behaviour relationship. Individual differences in intelligence, abilities, and attitudes.

UNIT –II: Emotion and Motivation:

Hrs:12

Emotion: Definition, Types, Emotional Quotient (EQ), Importance of EQ

Motivation: Definition, Types, Maslow’s theory of motivation, importance of Maslow’s, theory of motivation, importance of motives, techniques of improving motivation

UNIT –III: Psychology in everyday life:

Hrs:12

Self Management-Meaning, Techniques, stress management- Meaning, Types of stress, Selye’s/ Lazarus model of stress, Management of stress. Time Management, relaxation techniques, meditation & resilience training.

References:

1. Weiten, W (1995) Psychology - Themes and Variations, 3rd Edition, New York, Brooks/Cole Publishing Company.
2. Santrock, J.W.(2003) Psychology, 7th Ed., New York, McGraw Hill
3. Sternberg R.J. (2001), Psychology In search of the Human Mind, 3rd Ed. New York, Harcourt College Publishers
4. Matlin Margaret W.(1999) Psychology, 3rd Ed. Philadelphia, Harcourt Brace College Publishers
5. Halonen J.S. and Santrock J.W.(1999) Psychology Contexts & Applications , 3rd Ed. New York, McGraw-Hill College.

THIRD SEMESTER SYLLABUS

HARD CORE PAPERS	SOFT CORE PAPERS	OPEN ELECTIVE
PYH501 : Adult Psychopathology	PYSS504: Psychological Disorders of Childhood And Adolescence	PYE02 : Dynamics of Human Behaviour II
PYH502 : Psychometry	PYP505 : Assessment of Personality Practical	
PYH503 : Personality Theories	PYP506 : Assessment of Clinical Symptomatology	
	PYS 507 Human Resource Management and Development (HRM & D)	

PYH501:ADULT PSYCHOPATHOLOGY

No of Credits: 4

No.of Hrs:48

Objectives:

- To acquaint students with various manifestations of Psychopathology.
- To orient the students about psychological, biological and social influence in the etiology and treatment of mental disorders.

UNIT I: Classification of mental disorders & Organic Mental Disorders

Hrs:12

ICD-10 classification of mental disorders, DSM –IV TR classification of mental disorders. Delirium, dementia and amnesic disorders.

UNIT IIDisorders of adult personality and behaviour :

Hrs:12

Eating disorders, Sleep disorders, impulse control disorders, personality disorders, Sexual and gender identity disorders.

UNIT IIIAnxiety, Stress – related and somatoform disorders:

Hrs:12

Generalized anxiety disorders, panic disorder, phobic disorders, obsessive compulsive disorder, dissociative and conversion disorder, Somatization disorder, Hypochondriasis, Body dysmorphic disorder and pain disorder.

UNIT IVMood disorders, Schizophrenia and other Psychotic disorders

Hrs:12

Depressive disorders , bipolar disorders, Cyclothymic disorders. Schizophrenia, Schizoaffective disorders, Delusional disorder. Brief psychotic disorder, shared psychotic disorder, Culture bound psychotic syndromes.

References:

1. American Psychiatric Association(1994) Diagnostic and Statistical Manual of Mental disorders 4th Ed. Washington DE APA.
2. Carson R and Butcher JN(1992). Abnormal Psychology and Modern life, New York Harpercollin.

3. David S.Holmes(1997) Abnormal Psychology, 3rdEdition,U.S. Addison and Wesley Publishers.
4. Sue G.D and Sue.S (1997) Understanding abnormal behaviour 5th Ed. Boston Houghton Mifflin.
5. Davison and Neale(1998) Abnormal Psychology, Revised 7th Ed, John Wiley and Sons.
6. Irwin G.SarasonandSarason Barbara, R (1993) Abnormal Psychology 6th Ed, New York: prentice Hall.
7. Ilusen.M ,Kazdin E.A and Bellack S.A (1991). The Clinical Psychology handbook. 2nd Ed New York: Pregamon press.
8. Richard R. Bootzin, Joan Ross Acocelk and Lamén B. Alley (1993), Abnormal Psychology. 6th Ed New York: Mc Graw Hills.
9. Ronald, J Comer(1996) Fundamentals of abnormal Psychology New York : W.H Freeman and company.
10. Thomas F. Oltmanns and Robert, E Emery (1995). Abnormal Psychology New Jersey. Prentice Hall.
11. WHO (1992) The ICD 10 classification of mental and behavioural disorders, clinical descriptions and diagnostic guidelines ,Geneva ,WHO.
12. WHO (1993) The ICD 10 classification of mental and behavioural disorder. Diagnostic criteria for research Geneva WHO.
13. Barlow H. David and Durnad V. Mark(1999) – Abnormal Psychology; India, Brooks/Cole Publishing Company.
14. Carson C. Robert, Butcher N. James, Mineka, Susan(1998) – Abnormal Psychology and Modern life; Newyork, , Longman.

PYH502:PSYCHOTHERAPY

No of Credits: 4
No.of Hrs:48

Objectives:

- To enable the students to get an understanding of the different techniques of psychological intervention.

Unit I –Psychoanalytical interventions:

Hrs:12

Classical psychoanalysis, Jungian Psychotherapy; Adlerian Psychotherapy;

Unit II: Humanistic – Existential School based interventions:

Hrs:12

Rogerian Person centered therapy; Reality therapy; Gestalt therapy, Logo therapy and Existential therapy

Unit III: Cross Cultural, Eclectic and Feminist Therapy

Hrs:12

Cross cultural therapy – issues; Eclectic therapy, Multimodal therapy of Lazarus;Gerard Egan's Skilled Helper Model,Feminist Therapy

Unit IV - Supportive and Creative Art therapies:

Hrs:12

Guidance, Tension control and release, Environmental manipulation, Externalization of interests, Reassurance, Prestige suggestion, Pressure and coercion, Persuasion, Confession and ventilation, Milieu therapy

Drama Therapy, Music Therapy, Dance & movement therapy.

References:

1. Sharf Richard S and Sharf (2000) Theories of Psychotherapy and Counselling Concepts and Cases, 2nd Ed., Australia, Brooks Cole Publishing Co.
2. Archer,J& Mc. Carthy ,C.J (2007) .Theories of Counselling and Psychotherapy, : Contemporary application ,NewJersy : Pearson Meril Prentice Hall.
3. Corey, Gerald (1996) Theory and Practice of Counselling and Psychotherapy; 5th Edition; New York, Brooks/Cole Publishing Company
4. Aventure M &Shapero, D.A. (1995) Ed, Research for Psychotherapy practice. Chechester: Wiley.
5. Wolman.B.B (1965) Ed Handbook of clinical Psychology New York;McGraw hill.
6. S.S. Hesson. M.Kazdin A.E. (1983) International handbook of behavioural modification& therapy, New York: Plenum Press.

7. Bugin, A.E. & Garsied S.L. (1994), Ed, Handbook of Psychotherapy behavioural change, 4th Ed. New York: Wiley.
8. Joseph Vrinte (1966); The quest for inner man: Transpersonal Psychotherapy & integral Sadhana, Pondichery: Mira Trust.
9. Jones, C.C. (1993). Family system therapy, Chichesles Wiley.
10. Lane, D & Milles, A. (1992) Ed. Child & Adolescent therapy. A hand book. Milton Keynes, open Uni Press.
11. Levme, E.S. & Padiha, A.M. (1980) Crossing cultures in therapy. Monterey, C.A; Books/cole.
12. Nercross J.C. (1980). Handbook of Psychotherapy integration (Ed) New York: Basis Books.
13. Steven Jay & John P, Gar Ke (1985) contemporary Psychotherapy models & methods, Ohio, Charles E. Menitt.
14. Wolberg L.R. (1989). The technique of Psychotherapy Vol. I & II London Warberg & Heinemann.
15. Bellack A.S. & Hersen, M (1980). Introduction to Clinical Psychology; Oxford; Oxford University Press, New York: John Wiley & Son.
16. Bernstein, D.A - & Nietzel, M.T. (1980) Introduction to Clinical Psychology. New York: Mc Graw Hill.
17. Sacuzzo D.P and Kaplan.R.M(1984), Clinical Psychology, Boston: Allyn and Bacon Inc.

PYH503: PERSONALITY THEORIES

Objectives:

No.of Credits: 4

No.of Hrs:48

- To enable the students to understand the forces and factors that shape personality.
- To enable the students understand the different perspectives to personality

UNIT Psychoanalytic & Neo psychoanalytic approaches: 12Hrs

Sigmund Freud, Carl Jung, Alfred Adler, Karen Horney, Eric Fromm

UNIT II Interpersonal and trait approach: 12Hrs

Harry Stack Sullivan .Gordon Allport, H.J Eyesenck and Raymond B.Cattell.

UNIT III The Humanistic, Behavioural and cognitive approaches 12Hrs

Abraham Maslow, Carl Rogers, George Kelly, B.F.Skinner and Kurt Lewin

UNIT IV Social learning Limited domain and Indian approaches: 12Hrs

Albert Bandura, Julian Rotter, David Mc Clelland, Marvin Zuckerman, Trigunasand Panchakoshas.

References:

1. Schultz, Duane P. and Schultz, Sydney Ellen(2001), Theories of Personality, Wadsworth – Thompson Learning, U.S.A.
2. Hall, Calvin S and Lindzey G and Campbell J.B(1998) Theories of Personality, John Wiley and sons, 4th Ed New York.
3. Feist, J and Feist G.J(2002). Theories of Personality, Mc Graw Hill, Boston.
4. Vrinte, J(1995) The concept of personality in Shri Aurobindo's Integral Yoga Psychology and A. Maslow's Humanistic/Transpersonal Psychology Munshi Ram Manoharlal Publishing Pvt. Ltd., New Delhi.
5. Sinha J(1958) Indian Psychoogy, Vol 1,2 and 3.
6. Ramachandra Rao S.K(1962) Development of psychological thought in India.
7. Libert R.M and Spiegler, M.D Personality : Strategies and issues, pacific grove, California : Brooks/cols Publishing company.
8. Biscoff, L.J(1970) Interpreting personality theories New York : Harper and Roe.
9. Hall, C.S. &Tindzey, G(1978) Theories of personality 3rd Ed New york: J. Willey & sons.

10. H Jelle, L.A & Zeigler, D.J(1991) – Personality theories. Basic Assumptions, research and applications, 2nd Ed. International students Edition. Mc Graw Hill, International Book Co.
11. Pervin, L.A(1975). Personality, assessment and research 2nd Ed. Newyork; Willey International Ed .
12. Sahakian, W.S(1965) Psychology of Personality; Readings in theory, Chicago; Rand McNally college Publication Co.Magnusson D and Endler, N.S(1977) Personality at crossroads, New Jersey, Hillsdale: Lawrence Erlbaum

PYS504: PSYCHOLOGICAL DISORDERS OF CHILDHOOD AND ADOLESCENCE

No. of Credits: 3

No.of Hrs:40

Objectives:

- To orient the students to special issues pertaining to psychological disorders of childhood and adolescence
- To sensitize the students to children's mental health problems and needs

Unit I: Developmental and Learning Disorders, Tic Disorders: 10Hrs.

Mental Retardation – Types; Etiology Prevention and Treatment ;

Communication Disorders – Types, Etiology Treatment and Prevention

Tic Disorders – Types, Causes, Treatment and Prevention

Unit II: Pervasive Developmental Disorders 10Hrs.

– Types, Core and associated characteristics; Etiology and Treatment , Attention Deficit and Disruptive Behaviour Disorders, etiology and management

Unit III: Feeding Eating and Elimination Disorders of Childhood and Adolescence; 10Hrs.

Feeding and eating disorders of infancy and early childhood: Pica, Rumination disorder, obesity

Eating Disorders of Adolescence: Anorexia Nervosa and Bulimia Nervosa.

Elimination Disorders: Types, Causes, Treatment and Prevention

Unit IV: Behavioural and Emotional Disorders: 10Hrs.

ADHD, Conduct Problems, Emotional Disorders Anxiety, phobia, PTSD Acute Stress Disorder

References:

1.American Psychiatric Association(1994) Diagnostic and Statistical Manual of Mental disorders 4th Ed. Washington DE APA.

2.Carson R and Butcher JN(1992). Abnormal Psychology and Modern life, New York Harpercollin.

3. David S. Holmes (1997) *Abnormal Psychology*, 3rd Edition, U.S. Addison and Wesley Publishers.
4. Sue G.D and Sue.S (1997) *Understanding abnormal behaviour* 5th Ed. Boston Houghton Mifflin.
5. Davison and Neale (1998) *Abnormal Psychology*, Revised 7th Ed, John Wiley and Sons.
6. Irwin G. Sarason and Sarason Barbara, R (1993) *Abnormal Psychology* 6th Ed, New York: prentice Hall.
7. Ilusen.M, Kazdin E.A and Bellack S.A (1991). *The Clinical Psychology handbook*. 2nd Ed New York: Pregamon press.
8. Richard R. Bootzin, Joan Ross Acocelk and Lamén B. Alley (1993), *Abnormal Psychology*. 6th Ed New York: Mc Graw Hills.
9. Ronald, J Comer (1996) *Fundamentals of abnormal Psychology* New York : W.H Freeman and company.
10. Thomas F. Oltmanns and Robert, E Emery (1995). *Abnormal Psychology* New Jersey. Prentice Hall.
11. WHO (1993) *The ICD 10 classification of mental and behavioural disorder. Diagnostic criteria for research* Geneva WHO.
13. Ouay and Werry (1972) – *Psychopathological disorders of childhood*; New York, John Wiley and Sons.
14. Barlow H. David and Durnad V. Mark (1999) – *Abnormal Psychology*; India, Brooks/Cole Publishing Company.
15. Carson C. Robert, Butcher N. James, Mineka, Susan (1998) – *Abnormal Psychology and Modern life*; Newyork, , Longman.
16. Mash J. Eric, Wolfe A. David (1999) – *Abnormal child Psychology*; Belmont, Boston, London Brooks/Cole Wadsworth.

PYP505: ASSESSMENT OF PERSONALITY PRACTICAL

(To assess any 9)

No. of Credits: 3

- Assessment of Personality dimensions by administering Eysenck's Personality questionnaire
- Assessment of personality by administering Neo-Five factor inventory
- Assessment of Personality by administering IAS scale
- Assessment of locus of control by administering –Levenson's scale for locus of control
- Bell's adjustment inventory-Adult form
- Assessment of self efficacy
- Assessment of Personality by administering Cattell's 16 Personality Factor Questionnaire
- Assessment of Personality by administering MBTI
- Assessment of Personality by administering EPPS
- Assessment of Empathy

PYS506: ASSESSMENT OF CLINICAL SYMPTOMATOLOGY

(To Assess any Nine)

No. of Credits: 3

- Case history collection and mental status examination
- Assessment of clinical symptomatology using MMPI
- Assessment of level of depression using Beck's Depression Index
- Assessment of level of anxiety using Hamilton / Beck's Anxiety scale
- Assessment of clinical condition by administering MPQ
- Assessment of personality by administering Rorschach
- Assessment of interpersonal relationship by administering TAT
- Assessment of personality by administering Sentence completion test
- Assessment of visuo-motor perceptual ability by administering BGT
- Assessment of neuropsychological functioning using NIMHANS battery (Demo)

PYS507 HUMAN RESOURCE MANAGEMENT AND DEVELOPMENT (HRM&D)

Total No. of hrs: 40

Objectives:

- The course is designed to edify students systematic techniques of manpower development for strategic change
- To enable them comprehend thoroughly the vital aspects of human resource management

Topics Covered

Unit I- Introduction to Human Resource Management

10Hrs

HRM Definition and Scope, Historical Perspective and Evolution, HRM V/S Personnel Management, Structure and Functions of HRM, Line and Staff Relationships, HRM Model, Environment Linkages of HRM, Code of Ethics in HRM, Research and Current Developments in HR. Applications of Psychological Principles in HR

Unit II –Acquiring, Motivation and Maintaining Human Resource:

10 Hrs

Strategic Human Resource Planning, Executive Resource Planning, Succession Planning, Career Planning and Career Paths, Job Analysis, Job Design, Recruitment and Selection, Socialization and Induction; Motivation of Human Resource- Basic Motivation Concepts, Job Design and Work Scheduling; Employee Compensation- Factors Influencing Compensation Policies and Plans, Criteria for Fixation of Wages and Salary, Benefits and Services; Disciplining Employees; Safety and Health.

Unit III- Human Resource Development - Conceptual Frame Work

10Hrs

HRD- Meaning, Definition, Objective and Process, Designing HRD Systems, HRD Goals and Functions, Dimensions of HRD, Approaches to HRD, Human Development and Human Resource Development, HRD Climate, HRD Policy, Role of HRD Personnel ,HRD Experience in Indian Organization ,Future of HRD

Unit IV- Human Resource Training

10Hrs

Human Resource Training - Concepts, Objectives, Needs, and Benefits. Training Need Identification; Competency Mapping, Selection of Training Method, Process of Training; Training Evaluation- Methods. Types and Methods of Training; On the Job Training (OJT) and Off the Job Training; Lecture, Management Development, , Advanced Techniques in Training

and Development - Role Play, In Basket Exercise, Simulation, Transactional Analysis, NeuroLinguistic Programming, Assessment Centers, Accelerated Learning, Action Learning, Facilitation, Mentoring, Drama Based Training, Vestibule Training, Management Games, Case Studies, Sensitivity Training, Programmed Instruction

References:

1. Dessler,G (2007) *Human Resource Mangement*: New Delhi; Prentice Hall India.
2. Robbins,P and D, Canzo (2005) *Human Resource Management*; New Delhi Tata McGraw Hill Inc.
3. Jayagopal, R. (1992) *Human Resource Development: Conceptual analysis and Strategies*; New Delhi, Sterling Publishers Pvt Ltd.
4. Keith, D. (1983) *Human Behavior at Work*; New Delhi, Tata McGraw Hill Inc.
5. Moorthy,M.V. (1992) *Human resource Management: Psycho Sociological Social Work Approach*; Bangalore, R & M Associates.
6. Pareek, U. and Rao, T.V. (1982) *Designing and managing Human resources*; New Delhi, Prentice Hall India Pvt. Ltd.
7. Mamoria, C.B. (1989) *Personnel Management*; Bombay, Himalaya Publishing House.
8. Agarwal, R.D. (1973) *Dynamics of Personnel Management in India*; New Delhi, Tata McGraw Hill Inc.
9. David, A. and Robbins, S. (2001) *Human resource management*, New Jersy, Printice Hall International.
10. Aswathppa. (2005) *Human Resource and Personnel Management. 4th Edition*. New Delhi, McGraw Hill Companies.
11. Gary D. (2005) *Human Resource Management. 10th Edition*. Harlow, Pearson Education.
12. V.S.P Rao. (2005) *Human Resource Management. 2nd Edition*. Anurag Jain for Excel Books, New Delhi.
13. Berry and Lilly, M. (1998) *Psychology at Work: An Introduction to Organizational and Industrial Psychology*; New York, McGraw International.
14. Gary D. (2005) *Human Resource Management. 10th Edition*. Harlow, Pearson Education.
15. V.S.P Rao. (2005) *Human Resource Management. 2nd Edition*. Anurag Jain for Excel Books, New Delhi.
16. Berry and Lilly, M. (1998) *Psychology at Work: An Introduction to Organizational and Industrial Psychology*; New York, McGraw International.

PYE508: DYNAMICS OF HUMAN BEHAVIOUR II

Objectives:

No. of Credits: 3

No. of Hrs: 36

- To orient students about different approaches to understanding personality
- To create awareness about manifestation, prevention and management of different mental disorders

UNIT-II: Personality:

12 hrs

Meaning, definition, Theories of personality Sigmund Freud, Carl Jung, Alfred Adler, Raymond B. Cattell.

UNIT –II: Prosocial Behaviour:

12Hrs

Why People Help: Motives for Prosocial Behaviour Responding to an Emergency: Will Bystanders Help;

Factors that increase or decrease the tendency to help Situational factors influence helping: Similarity and Responsibility, Gratitude, Empathy

Factors that reduce helping: Social exclusion, darkness and putting an economic value on our time and effort

UNIT III: Mental Health and Hygiene

12 hrs

Major and minor mental health problems. Myths about mental illness. Prevention, causes and treatment of mental disorders. Mental hygiene

References:

1. Weiten, W (1995) Psychology - Themes and Variations, 3rd Edition, New York, Brooks/Cole Publishing Company.
2. Santrock, J.W.(2003) Psychology, 7th Ed., New York, McGraw Hill
3. Sternberg R.J. (2001), Psychology In search of the Human Mind, 3rd Ed. New York, Harcourt College Publishers
4. Matlin Margaret W.(1999) Psychology, 3rd Ed. Philadelphia, Harcourt Brace College Publishers

5. Halonen J.S. and Santrock J.W.(1999) Psychology Contexts & Applications , 3rd Ed. New York, McGraw-Hill College.
6. Baron R.A. &Branscombe N.R. (2015) Social Psychology (13th Ed.) Social Psychology, Delhi, Pearson

FOURTH SEMESTER SYLLABUS

HARD CORE PAPERS	SOFT CORE PAPERS	OPEN ELECTIVE	PROJECT/ DISSERTATION
PYH551 : Behaviour Modification	PYS553: Behaviour Modification Practical	Nil	PPYP557 Project/ Dissertation
PYH552 : Areas of Counselling	PYS554 : Social Psychology		
	PYS555 : Counselling Special Populations Practical		
	PPY556 : Organizational Development		

PYH551: BEHAVIOUR MODIFICATION

No of Credits: 4

No.of Hrs:48

Objectives:

- To impart knowledge and develop skills needed for applying behaviour modification techniques.
- To impart knowledge and develop skills towards self-development.

UNIT I: Classical Conditioning Techniques and Bio feedback Techniques 12Hrs.

Behavioural assessment and behavioural analysis. Jacobson's Progressive Muscular relaxation; Autogenic training; Systematic De-sensitization – invitro and in vivo; Flooding & Bio feedback techniques.

UNIT II: Operant Conditioning Techniques 12Hrs.

Basic paradigm, Reinforcement, Shaping, Extinction; Contingency contract, Token economy, Chaining, Punishment.

UNIT III: Assertiveness Training; Modelling & Self-control Techniques 12Hrs.

Assertiveness training: Components of assertive behaviour, Method of assertiveness training, steps in assertive training

Modelling : Basic functions of Modelling, Processes inherent in Modelling, Modelling procedures.

Self – Control techniques.

UNIT IV: Cognitive Behaviour Modification 12Hrs.

Cognitive behaviour therapy of Beck

Rational Emotive Behaviour therapy of Ellis.

Michenbaum's self-instruction training and stress inoculation Training

References:

1. Kanfer, FM and Phillips, Js(1970) – Learning foundations of behaviour therapy – John Wiley and Sons.

2. Rimm, D.C and Masters – J.S (1979) Behaviour therapy, Techniques and empirical findings, Academic Press.
3. Bellack, A.S Hersen H. and Kazolin, A.E(1982) International Handbook of Behaviour Modification and Therapy – Plenum Press.
4. Osipov, SH and Walsh, H.B strategies in counselling for behavioural change – Appleton century craft.
5. Swami Sivananda(1996) – Meditation know- How Erode; N. Ananthanarayanan.
6. Miltenberger R.G (2001) – Behaviour Modification, Principles and Procedures; U.S; Wadsworth Thomson Learning.
7. Sivaminathan, V.D and Kaliappam, K.V(1997), Psychology for effective living – behaviour modification, guidance, Counselling and Yoga, Chennai: Madras Psychology Society.
8. Swami Rama RudoloBallenture and Swami Ajaya(1993) – Yoga and Psycho therapy the evolution of consciousness; Honesdale, Pennsylvania; Himalayan International Institute of Yoga Science and Philosophy.
9. PhulgendaSinha(1976) – Yogic Cure for common diseases; New Delhi, Orient Paperbacks.
10. Ananda(1998) – The Complete Book of Yoga Harmony of Body and Mind ; New Delhi; Orient Paperbacks.
11. Karen.R.L (1974) – An Introduction to behaviour theory and its application; New York, Harper and Row, Publishers.
12. Wolpe, Joseph (1973) The practice of Behaviour Therapy 2nd Ed New York, Pergamon Press Inc
13. Kiran Kumar S.K(2002) Psychology of Meditation, A contextual approach Mysore; University of Mysore.

PYH552: AREAS OF COUNSELLING

No. of Credits: 4

No.of Hrs:48

Objectives:

- Orienting the Students about the need for and importance of vocational counseling
- Orienting students about issues and techniques of marital and family counseling
- To create awareness about needs of the aged and terminally

Unit I: Vocational counselling and guidance

12hrs

Definition, difference between career, vocation, and occupation. Career development, factors affecting career development, theories of career development, gender and career development and issues in career counseling

Unit IIMarital Counselling

12Hrs.

Definition of marriage, premarital counseling, nature of couple relationship, variables characteristic of couple relationship, areas of symptom formation in couple relationship. Types of couple counseling, counseling the divorced & counseling the Separated.

Unit IIICounselling for Family Problems and Approaches to Family Counselling

12Hrs.

Definition of family, need for family counseling, family strengths, family conflicts nature of family counseling. Systems and Development: The context for Understanding Family Problems; Families in operation; The change process in family counseling; Family systems therapy – Intergenerational family therapy (Murray Bowen); Structural family therapy (Salvador Minuchin); Humanistic Experiential Family Therapy (Virginia Satir)

Unit IV Counselling the aged and terminally ill

12Hrs.

Counseling the aged – definition of aging, health and morbidity in later years, problems of the aged, counseling the care recipient and the care giver, empty nest syndrome.

Counseling the terminally ill – meaning of death, reaction of the terminally ill patient to impending death, role of counselor in counseling the dying. Grief counseling- stages in grief. Normal and prolonged reactions

Reference:

1. Linda Seligman (2000) – Developmental career Counselling and Assessment ; Thousand oaks, London, New Delhi: Sage Publications.
2. Sharf Richard S and Sharf (2000) Theories of Psychotherapy and Counselling Concepts and Cases, 2nd Ed., Australia, Brooks Cole Publishing Co.
3. Archer,J& Mc. Carthy ,C.J (2007) .Theories of Counselling and Psychotherapy, : Contemporary application ,NewJersy : Pearson Meril Prentice Hall.
4. Corey, Gerald (1996) Theory and Practice of Counselling and Psychotherapy; 5th Edition; New York, Brooks/Cole Publishing Company
5. Street, Eddy (1994) Counselling for Family Problems, New Delhi, Sage Publications
6. Adams J.J (1968): Counselling and Guidance- Mac.Milan.
7. Lakshmi K.S (2000) : Encyclopaedia of Guidance and Counselling- 4 volumes –New Delhi- Mittal Publications.
8. Douglas Hopper and WeindeyDeyden(1991)- Couple therapy a hand book:PhiladelphiaOpen University Press Milton Keynes.
9. Dame Cicely Saunders and Mary Baeries(1983): Leaving with dying themanagement of terminal disease: (1993) London, Thousand oaks, New Delhi:Sage Publications.
10. PaulBrown.J – Counselling with senior citizens: Prentice Hall, Inc. Engle woodcliff,N.J.
11. WilliamWorden.J(1982) – Grief Counselling and Grief Therapy New york:Spreinger Publishing company.
12. Charles J.O’ Leary (1999) : Counselling couples and family – A person- centered approach: London , Thousand oaks, New Delhi: Thousand oaks, New Delhi-SagePublications.
13. IndiaJai.Prakash(1999) – Psychological Gerontology- training material for Mental Health Professionals: Bangalore: Bangalore University.

PYP553: BEHAVIOUR MODIFICATION PRACTICAL& CASE STUDIES

No. of Credits: 3

- Jacobson's Progressive Muscular Relaxation
- Systematic de-sensitization
- Meditation
- Assertiveness training
- Bio-feedback training
- Stress management –time management
- Cognitive behaviour therapy/REBT
- Case studies

PYS554: SOCIAL PSYCHOLOGY

No of credits: 3
No.of Hrs:40

Objective:

- To orient students regarding social behaviour and social thought
- To familiarize students with research in Social Psychology

Unit I: Introduction and Social Cognition

10Hrs.

Definition, new perspectives in Social Psychology and methods.

Social Cognition: Heuristics; Schemas; Automatic and controlled Processing; Social life in a connected world; potential sources of error in social cognition; Affect and cognition; Emotions and social cognition.

Cognitive Dissonance

Unit II: Social perception:

10Hrs.

Social perception: Nonverbal communication, attribution, impression formation and impression management. Social Cognition; Attitudes and Attitude Change; Violence and Aggression; Prosocial Behavior; Social Influence; Interpersonal Relationships;; Halo effect; bystander apathy.

Unit III: Aspects of social identity and interpersonal attraction

10Hrs.

Social identity, the Self, Gender

The beginning of attraction, becoming acquainted, moving toward friendship

Unit IV: Application of Social Psychology

10Hrs.

Groups, how groups affect-individual performance, coordination in groups, perceived fairness in groups, decision making in groups

Social psychology in legal system, health related behaviour, and the world of work

References:

1. Baron, R. A., & Byrne, D. (2003). Social Psychology (10th Ed). New Delhi: Prentice-Hall of India pvt.Ltd.
2. Mayers ,D.G. (1999). Social Psychology New York McGraw-Hill College Ward, C.D. (1970) Laboratory Manual in Experimental Social Psychology Holt, Rinehart And Winston INC
3. Giles, B (2002), Introducing Social Psychology, London, The Brown Reference Group Plc.
4. Forsyth, D.R (1997) Group Dynamics, India Edition, Delhi, Thomson Wadsworth Myers,
5. D.G. Social Psychology (2005), Eighth Edition, Boston, McGraw Hill
6. Franzoi, S.L.(1996), Social Psychology, London, Brown & Benchmark
7. Baron R.A. & Branscombe N.R. (2015) Social Psychology (13th Ed.) Social Psychology, Delhi, Pearson

**PYP555: COUNSELLING SPECIAL POPULATIONS –
CASE STUDIES AND FIELD VISITS**

No. of Credits: 3

1. Counselling the HIV/AIDS afflicted
2. Counselling Victims of Disaster
3. Counselling Acid Attack Victims
4. Counselling for Premenstrual Tension and Menopausal problems
5. Counselling for Alcohol Abuse
6. Counselling for Drug Abuse
7. Counselling for sexual abuse
8. Counselling para suicides
9. Counselling the Mentally Retarded
10. Counselling the Aged and Terminally Ill

PYS556: ORGANIZATIONAL DEVELOPMENT

No. of Credits: 3

No. of hrs: 40

Objectives

1. To familiarize students with the processes of organizational change in order to equip them in better scientific change management practice.
2. To equip students diagnostic and interventional skills in the human resource and organizational development process

UNIT I – INTRODUCTION TO ORGANIZATIONAL CHANGE AND DEVELOPMENT:

10Hrs

Organizational Change, Nature of Organizational Change, Forces of Change, Process of Change, Change Cycles, Organizational Growth and Change, General Strategies for Effecting Changes in Human Systems- Rational Empirical Approaches, Normative Re-Educative Approach, Power Coercive Approach, Resistance to Change, Sources of Resistance, Managing Resistance to Change, Organizational Development, Organizational Transformation, Definition of Organizational Development, History of Organizational Development, Values, Assumptions and Beliefs in OD.

Unit II – THEORY AND MANAGEMENT OF ORGANIZATIONAL DEVELOPMENT AND TRANSFORMATIONS:

10 Hrs

Models and Theories of Planned Change, Systems Theory, Participation and Empowerment, Teams and Teamwork, Parallel Learning Structures, OD and Applied Behavioural Science, OD and Action Research, History and Varieties of Action Research, Managing OD Process Diagnosis, Action and Programme Management , OD Value Cycle and Fast Cycle OD.

UNIT III – OD INTERVENTIONS

10Hrs

Nature of OD Interventions, Classification of OD Interventions

Team Interventions : Teams and Work Groups, Formal Groups and Special Groups, Laboratory Training and T-Groups, Formal Group Diagnostic Meeting, Formal Group Team Building Meeting, Process Consultation Intervention, Gestalt OD, Techniques and Exercises Used in Team Building , Behaviour Modeling, Life And Career Planning, Coaching and Mentoring,

Inter Group Team Building Interventions, Third Party Peace Making Interventions, Organization Mirror Intervention, Partnering.

Comprehensive OD Interventions: Search and Future Search Conferences, Conferences, Beckhard's Confrontation Meeting, Strategic Management Activities, Real Time Strategic Change Intervention, Stream Analysis, Survey Feedback (System 4T) , Appreciative Inquiry, Grid OD, Schein's Cultural Analysis.

Structural Interventions: Socio Technical Systems, Building Learning Organizations, Self Managed Teams, Work Redesign, Management by Objectives (MBO), Quality Circles, Quality of Work Life Projects, Parallel Learning Structures(Collateral Organizations), Physical Settings, Total Quality Management, Re-Engineering, High Involvement and High Performance Work Systems, Large Scale Systems Change, Centers of Excellence.

UNIT IV – KEY CONSIDERATIONS AND ISSUES IN OD:

10 hrs

Change Agents and Role of Change Agents, Issues in Consultant Client Relationships, System Ramifications Issues, Power Politics, and Organizational Development, The Future of Organizational Development.

BOOKS FOR REFERENCE

1. W L French and C.H Bell(2004) Organizational development-behavioural science interventions for organization improvement (6thed) :Prentice Hall of India ;New Delhi.
2. W.L .French et.al (2006) Organizational development and transformation: New Delhi; Mc Graw hill Inc.
3. Pareekudai (2002) Training instruments in HRD and OD: New Delhi ; Tata Mc Graw Hill Inc.
4. Blanchard (1993) Management of Organizational Behaviour. Utilizing Human Resources. 6th Edition, Prentice Hall, India.

PYP557 : DISSERTATION

No. of Credits: 4

Reg. No.

Code No. of the paper

Question Paper Format

M.Sc. PSYCHOLOGY

(TITLE OF THE PAPER)

Time: 3 Hours

Max.Marks:70

I. Answer any FIVE of the following (Concepts)

(5 x 2=10)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

II. Answer any THREE of the following (Short Notes)

(3x5=15)

- 7.
- 8.
- 9.
- 10.

III. Answer any THREE of the following(Essay Questions)

(3x15=45)

- 11.
- 12.
- 13.
- 14.

Note: Equal weightage is to be given to all the units while framing the questions under each of the sub sections of the question paper.

M.Sc. Psychology
Split of Internal Assessment
Max. Marks: 30

Sl. No.	Criteria	Max. Marks: 30
1	First test conducted for 30 reduced to 5	05
2	Preparatory examination conducted for 70 reduced to 10	10
3	Class seminar 5 marks	05
4	Class assignment/Field Work/Internship	10
	Total	30