

SREE SANKARACHARYA
UNIVERSITY OF SANSKRIT
KALADY,ERNAKULAM

DEPARTMENT OF PSYCHOLOGY

Restructured SYLLABUS

MA.PSYCHOLOGY

[Credit &Semester]

M.A Psychology (Credit & Semester)

A minimum total credit of 80 (19 courses& 1 dissertation) is required for the successful completion of the M.A. Programme. A minimum of 8 credits have to be taken from other departments as electives, out of which 4 credits should be from one of the Sanskrit departments. The remaining 17 courses (68 credits) are divided into 12 core courses and 5 electives, of 4 credits each. Evaluation will be based on a 9 point grading system. The course is being regulated by the “University Regulations for M.A Degree Courses- 2014”.

Objectives:

- 1) To assist the students in developing a sound theoretical knowledge of the core concepts in Psychology and development of the discipline.
- 2) To initiate interest in the students for understanding the various applications of Psychology and development of the major fields.
- 3) To help the students to develop skills in using the various Psychological tools in individual and group assessment.
- 4) To help the students in identifying and analyzing behavioral problems and inadequacies in individuals.

- 5) To initiate interest in research of Academic and Social relevance and learn the scientific methodology to conduct independent research.
- 6) To sensitize the students towards community and social problems.
- 7) To motivate the students in equipping healthy personal and inter personal skills for individual and team work.

The following is the semester-wise list of the core courses and the electives:

Semester I

PPSM 3600 - Psychological Processes – I	4
PPSM 3601 - Psychological Processes – II	4
PPSM 3602 – Psychometrics	4
PPS 3606 - Experimental Psychology (Practical I)	0
Internal elective: A course from any of the courses listed 1 – 14 below	4
Elective: A course from any Sanskrit departments	4
<i>Total</i>	20

Semester II

PPSS 3603 – Personality	4
PPSS 3604 - Clinical Psychology – I	4
PPSS 3605 - Counselling Psychology	4
PPSS 3606 - Experimental psychology (Practical II)	4
Internal elective: A course from any of the courses listed 1 – 14 below	4
<i>Total</i>	20

Semester III

PPSM 3607 - Clinical Psychology - II	4
PPSM 3608 - Research Methodology	4
PPSS 3609 – Practical III- Field Work	4
Internal elective: A course from any of the courses listed 1 – 14 below	4
External elective (elective from other department)	4
<i>Total</i>	20

Semester IV

PPSS 3610 - Indian Psychology	4
PPSS 3611- Dissertation and Viva voce	4
PPSS 3612 Internship	4
Internal Elective: A course from any of the courses listed 1 – 14 below	4
Internal Elective: A course from any of the courses listed 1 – 14 below	4
<i>Total</i>	20

Elective Courses

1. Organizational Behavior
2. Criminology
3. Neuro Psychology
4. Health Psychology
5. Current Trends in Psychology
6. Psychology of Marriage and Family
7. Behaviour Modification
8. Adolescent Psychology
9. Gero Psychology
10. Educational Psychology
11. Environmental Psychology
12. Human Resource Management
13. Community Psychology
14. Psychology of Women

PPSM 3600 PSYCHOLOGICAL PROCESSES – I

UNIT-I. INTRODUCING PSYCHOLOGY

The early history of Psychology – Approaches of Psychology – Perspectives and speciality areas in Psychology – The scientific method – Experimental and descriptive methods

UNIT- II. BIOLOGICAL FOUNDATIONS OF BEHAVIOUR

The nervous system - Communication in the Nervous system and interaction between neuron - Neurotransmitters and its functions.- Major divisions of the nervous system and its functions –Sensory system: Vision and audition - The Endocrine system: Chemical and glandular – Genetic influence on behavior

UNIT- III. SENSATION AND PERCEPTION

Approaches to the study of sensation and perception: Ecological, constructivistic, gestalt – Attentional processes - Signal detection theory – Perceptual organization – Perceptual constancies - Perception of depth and movement – Illusions – Subliminal perception and related factors – ESP

UNIT - IV. MOTIVATION AND EMOTION

Concept; Early Theoretical Approaches-Attribution, Mechanistic, Field, Consistency Theories - Cross-Cultural Approach to Social Physiological, Expressive and Cognitive; Theoretical Approaches - Cognitive and Activation – Arousal –

facial feedback hypothesis Motives-Achievement, Aggression.
Emotion: Concept – Components -

UNIT-V. LEARNING:

Concept – Behavioural perspective: Classical and operant conditioning – cognitive perspective: Tolman, Bandura, Kohler – Experimental analysis of behavior: behavior modification, shaping, discrimination learning - Neurophysiology of learning - transfer of learning

REFERENCES

1. Bougles A. Bernstein; Edward J. Roy; Thomas K. Srull; Christopher D. Wickens, Psychology - 2nd Edition, Houghton, Mifflin Company: Boston. 1991.
2. Clifford T, Morgan, Richard A. King, John. R. Weisz, John Schopler (1996), *Introducing to Psychology*. 7th ed. McGraw Hill International Edition : New Delhi.
3. Baron, R.A. (1995) *Psychology*. New York : Harper Collins, College Publishers.
4. Lefton, L.A. (1985) *Psychology*. Boston : Allyn & Baron.
5. Arkes, H.R. & Garske, J.P. (1977). *Psychological Theories of Motivation*. Monterey: Brooks Cole.
6. Nicky Hayes. (1994). *Foundations of psychology: An introductory text*. Rutledge, London.
7. Wolman, B.B. (1972). *Handbook of general psychology*. Prentice Hall Inc. New Jersey.

8. Zimbardo, P.G. & Gerring, R.J. (1999). *Psychology and life*. Longman, New York.
9. Robert A. Baron, (2001) *Psychology* 5th edition, Person education Inc. Dorling Kindersley publishing Inc. South Asia,
10. Bayne R (2007) *Applied Psychology*, SAGE Publications

PPSM 3601 PSYCHOLOGICAL PROCESSES – II

UNIT 1: MEMORY AND FORGETTING

Concept – memory processes and stages – Models of memory: Semantic memory: episodic, trace and network model – LTM: retrieval cues, flash bulb memory, constructive processes in memory, eye witness testimony, auto biographical memory – biological basis of memory: , PET scan and bio chemical factors in memory – improving memory: strategies – theories of forgetting

UNIT II: THOUGHT AND LANGUAGE

Thinking process- Types of thinking- images and concept - problem solving strategies and obstacles to problem solving, decision making strategies – decision involving uncertainty– reasoning – Visual cognition- Visual representation; combining visual and verbal representations- Language: characteristics of language - Elements of Language, stages of language development – Whorfian hypothesis

UNIT III: INTELLIGENCE AND CREATIVITY

Traditional theories of Intelligence: Two- Factor, Hierarchical, Multi-Factor, Three dimensional models - Contemporary theories: Sternberg, Gardner, Goleman, PASS theory –Origin of intelligence testing - Creativity: views of Torrance, Getzels, Guilford – intelligence and creativity: relationship – Abilities and achievement

UNIT IV: CONSCIOUSNESS AND ITS VARIATIONS

Introduction – Regulating consciousness: biological and environmental “clocks” – Sleep: measurement – stages of sleep – disorders of sleep – Altered states of consciousness: dreams – hypnosis – meditation – psychoactive drugs

UNITV: STRESS, HEALTH AND COPING

Definition of stress –sources of stress – social and cultural sources of stress – Physical effects of stress: stress and the endocrine system, stress and the immune system – Response to stress: psychological factors, social factors - GAS

REFERENCES

1. Bougles A. Bernstein; Edward J. Roy; Thomas K. Srull; Christopher D. Wickens, Psychology - 2nd Edition, Houghton, Mifflin Company: Boston. 1991.
2. Clifford T, Morgan, Richard A. King, John. R. Weisz, John Schopler (1996), *Introducing to Psychology*. 7th ed. McGraw Hill International Edition : New Delhi.
3. Baron, R.A. (1995) *Psychology*. New York : Harper Collins, College Publishers.
4. Lefton, L.A. (1985) *Psychology*. Boston :Allyn& Baron.
5. Arkes, H.R.&Garske, J.P(1977). *Psychological Theories of Motivation*. Monterey: Brooks Cole.
6. Nicky Hayes. (1994). *Foundations of psychology: An introductory text*. Rutledge, London.
7. Robert L Solso ,Cognitive psychology 6thedition,Person education Inc.Dorling Kindersley publishing Inc;South Asia,2001

8. Wolman, B.B. (1972). *Handbook of general psychology*. Prentice Hall Inc. New Jersey.
9. Zimbardo, P.G. & Gerring, R.J. (1999). *Psychology and life*. Longman, New York.
10. C.R. Snyder, Shane J. Lopez, Jennifer Teramoto Pedrotti, Positive psychology *The Scientific & Practical Explorations of Human strengths* 2nd edition, Saga publications India Pvt Ltd; New Delhi, 2011
11. Lamberts Koen (2008), *Cognitive Science*. Sage Publications Ltd. London
12. E. Bruce Goldstein (2007). *Psychology of Sensation and Perception*. Wadsworth, New Delhi.
13. R. Reed Hunt, Henry C. Ellis (2004). *Fundamentals of Cognitive Psychology*, New Delhi. Tata McGraw-Hill Publishing Company.

PPSM 3602 PSYCHOMETRICS

UNIT I. INTRODUCTION TO PSYCHOLOGICAL MEASUREMENT AND SCALING

Concept of Psychological measurement, The subject-centered, stimulus-centered and response approaches. Four types of measurement scales: Nominal, Ordinal, Interval and ratio. Methods of ordinal, interval and ratio estimation Thurston's principle of comparative judgment.

UNIT II. INTRODUCTION TO PSYCHOLOGICAL TESTING

History of intelligence testing ,Assessment of judgments: Characteristics and famous tests for the assessment of intelligence, specific abilities, aptitude and achievement. Assessment of sentiments: Characteristics and famous tests for the assessment of personality, interest and attitude-scaling techniques of Likert, Thurstone and Guttman. Ethical and cross-cultural issues in testing

UNIT III: TEST CONSTRUCTION.

Criteria of good psychological tests ,Stages of test construction-planning, item-writing, item analysis, Reliability, validity, norms, publication. Bias in testing and assessment.

UNIT IV: TEST STANDARDIZATION

Norms: statistical concepts – developmental norms – with in-group norms – relativity of norms Concept of true score and measurement error-sources of error theory of measurement error-concept of reliability coefficient-different types of reliability and methods of assessment .Concept of validity-

content, construct and criterion-related validity – measurement and interpretation

REFERENCES

1. Anastasi, A.&Urbina, S.(1988) *Psychological testing*, Prentice-Hall, International Inc.
2. Nunnally, J.C.(1978) *Psychometric Theory*. New Delhi: Tata McGraw-Hill
3. Rust,J.&Golombok,S.(1989) *Modern psychometrics*. London: Rutledge.
4. Torgerson, W.S.(1958) *Theory and methods of scaling* New york: John wiley& sons.
5. Boyle, G J (2007), *The Psychology of individual differences* sage publications London

PPSM – EXPERIMENTAL PSYCHOLOGY (PRACTICAL – I)

Minimum of 10 experiments should be done in the following areas and a practical records should be submitted.

1. Attention
2. Sensation
3. Perception
4. Emotion and Motivation
5. Fatigue
6. Reaction Time
7. Learning
8. Memory

References:

1. Adiseshiah, W.T.V. & Parry, J.V. (1977). *Experimental psychology*. Allied Publishers, New Delhi.
2. Anastase Anne. (1975). *Psychological testing*. The McMillan Co., New York.
3. Mohin, S.M. (1975). *Experiments in psychology*. Orient Longman, New Delhi.
4. Raj, P. (1970). *A manual of laboratory experiments in psychology*. T. V. Memorial Series, Mysore.
5. Rameswaran, E.G. & TaramohanRao. (1968). *Manual of experimental psychology*.
6. Stevens, S. S. (Ed.). *Handbook of experimental psychology*. John Wiley, New York.

SEMESTER II

PPSS 3603 – Personality

PPSS 3604 - Clinical Psychology – I

PPSS 3605 –counseling psychology

PPSS 3606 - Experimental psychology Practical II

Internal elective: A course from any of the listed 1-14

PPSS 3603 PERSONALITY

UNIT-I: Introduction

- The Psychology of the person; Strategies for studying personality.
- Determinants of personality – genetic and constitutional, cultural, social class, family and other determinants.

UNIT-II: Classical Psychoanalytic Theory

- The theory, current research current status and evaluation.

UNIT-III: Neo-Freudian Theories

- Carl Jung, Adler, Fromm, Horney, Sullivan and Erikson.

UNIT-IV: Humanistic, Phenomenological and Existential Theories

- Goldstein, Maslow, Roger, Kelly.

UNIT-V: Social Theories

- Lewin, Rotter.

UNIT-VI: Trait Theories

- Allport and the individual, Cattell's factor analytic trait theory, Eysenck's biological trait theory.

UNIT-VII: Learning Theories

- Skinner's operant conditioning; Dollard and Miller's stimulus-response theory. Bandura and social learning theories.

UNIT-VIII: Assessment of Personality

- Objective tests; interview; situational tests; projective tests.

References:

1. Bischoff, H. (1970). *Interpreting personality theories*. Harper, New York.
2. Cloninger, S.C. (1996). *Personality*. Freeman & Co. New York
3. Hall, C. S., Lindzey, G., & Campbell, J.B.(1998). *Theories of personality*. John Wiley & Sons, New York.
4. Pervin.L.A.(1984). *Personality: Theory and research*. Wiley Eastern, Bangalore.
5. Wolman. B.B. (1972). *Handbook of general psychology*. Prentice Hall Inc., New Jersey.
6. Boyle, GJ,(2001) *The SAGE Handbook of Personality Theory and Assessment SAGE Publications, London*

PPS 3604 CLINICAL PSYCHOLOGY – I

UNIT-I: Introduction

- Historical views of abnormal behaviour; popular views of abnormal behaviour; Definition and classification of abnormal behaviour.

UNIT-II: Causal Factors

- Biological causal factors - neurotransmitter and hormonal imbalances;
Genetic defects; constitutional liabilities; brain dysfunction; physical Deprivation or disruption
- Psychosocial causal factors - schemas and self schemas; early deprivation or trauma; inadequate parenting; pathogenic family structures; maladaptive peer relationships
- Sociocultural causal factors - the sociocultural environment; pathogenic societal influences

UNIT-III: Anxiety disorders

- The fear and anxiety response patterns
- Anxiety disorders - phobic disorders, panic disorders, generalized anxiety disorder; obsessive compulsive disorder

UNIT-IV: Mood Disorders and Suicide

- Unipolar mood disorders - normal depression; mild or moderate depressive disorders; major depressive disorders.
- Bipolar disorders- cyclothymia, bipolar disorder, schizoaffective disorder.
- Suicide - clinical picture and causal pattern; suicidal ambivalence; suicide prevention.

UNIT-V: Somatoform and Dissociative Disorders

- Somatoform disorders - somatization disorder; hypochondriasis; panic disorder; conversion disorder
- Dissociative disorders - dissociative amnesia and fugue; dissociative identity disorder; depressive disorder.

UNIT-VI: Schizophrenia and Delusional Disorders

- Schizophrenia - clinical picture; subtypes of schizophrenia
- Delusional (paranoid) disorder.

References:

1. Coleman, J.C. (1976). *Abnormal psychology and modern life*. Taraporevala Co. Pvt.Ltd. Bombay.
2. Carson. R.C., Butcher, J.N., & Mineka, S. (1996). *Abnormal psychology and modern life* (10th edition). Harper Collins College Publishers, New York.
3. Gorfield, S.I. & Bergin, A. E. (1978). *Handbook of psychotherapy and behaviour change*.
4. Kaplan, H.I. & Sadock, B.J. (1998). *Synopsis of psychiatry (8th edition)*. William Wilkins, Maryland.
5. Korchin. S.J. (1986). *Modern clinical psychology*. CBS Publishers and Distributors. Delhi.
6. Prochaska, J.O. & Norcross, J.C. (1999). *Systems of psychotherapy*. Brooks/ Cole Publishing Co., California.
7. Wolman, B.B. (1965). *Handbook of clinical psychology*. McGraw Hill, New York.
8. Barkham, M (2003), *Clinical Psychology*, SAGE Publications London

PPSM 3605 - COUNSELLING PSYCHOLOGY

UNIT 1. INTRODUCTION TO COUNSELLING

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- Definition of Counselling
- Distinction Between Counselling and Psychotherapy.
- Goals of counseling.
- Historical Development of the Counselling Profession.
- Counselling process and methods – characteristics of a helping relationship - characteristics of an Effective Counselling relationships.
- Counselling Procedures/Skills-I-Initial procedures, the Initial counseling Interview, and counselling skills.
- Counselling Procedures/Skill-II. Advanced Empathy, theme identification, self-disclosure and Interpretation; Action strategies-Role playing, Behavioural techniques, Decision-making Methodologies and problem – solving strategies.
- Principles and procedures of Group counseling.

UNIT 2.THEORETICAL APPROACHES TO COUNSELLING.

- Foundations of Counselling-Philosophical, Sociological, Psychological and Developmental.
- Affective approaches to counseling-Psychology names-client-centred therapy, Gestalt therapy and Existential Therapy.
- Cognitive Approaches to counseling-Rational-emotive therapy, Transactional Analysis and Trait-factor counseling.
- Behaviorist approaches to counselling-Behavioural counselling and Reality Therapy.
- Comparison of the major counselling approaches.

UNIT3. COUNSELLING IN DIFFERENT SETTING

Family setting, Education setting, Vocational setting, Hospital setting, Community setting, Special population-women, the handicapped and the Aged.Special problem in Counselling- Human Sexuality, Divorce and uncoupling process, Drug use and Abuse, Working with clients in crisis

UNIT 4. ROLE OF RELAXATION IN COUNSELLING

- Guided Somato psychic Relaxation (GSPR)
- Jacobson's Progressive Muscular Relaxation.
- Yoga relaxation.
- EEG, EMG, Bio-feed back relaxation.
- Transcendental Meditation TM.
- Professional Issues in counseling.
- Evaluation of counseling-purpose, Difficulties and criteria.

REFERENCE:

1. Korchin, J. S., Modern Clinical Psychology (1986). Delhi: IBS. Publishers and Distributors.
2. Kottler, J.A. and Brown, R.W. (2000). In introduction to therapeutic counseling (4th edition) California Brooks/Cole Publishing Company.
3. George, L.R., and Cristiani, T. (1981) Theory, Methods of proceses of counseling and Psycho therapy. New Jersey: Prentice Hall Inc. Englewood and Cliffs.

4. Patterson, E.L. and welfel, e.R. (1999). The Counselling Process (5th Edition) California: Brooks/cole Publishing Company.
5. Sreedhar, K.P. (1996) GuidedSomato-psyhic Relaxation: Trivandrum: LIFE.
6. Charles Gelso,BruceFretz, Counseling psychology Practices,Issues&Intervention,Cengage Learning India Pvt. Ltd;New Delhi,2001
7. Edward Neukrug,Counseling theory & practice 1stedition,Cengage Learning India PvtLtd;New Delhi,2012
8. Samuel T.Gladding,Counseling A Comprehensive Profession 6thedition,Dorling Kindersley India Pvt Ltd;2009
9. Jocelyn Gregocre, Christian M. Jungers (2007).Lawrence Eribaum Associates inc. USA
10. Howard Rosenthal (2008). Encyclopedia of Counselling, Taylor & Francis Group, New York.
11. Robert L.Gibson, MarianceH.Mitchell (2008). Introduction to Counselling and Guidance. Person Education inc, India.
12. Ray Woolfe, Windy Dryden, Sheelagh Strawbridge, Handbook of Counselling Psychology.(2003) Sage publication, London.

PPSS 3606 Experimental psychology Practical II

Minimum of 10 experiments should be done in the following areas and a practical records should be submitted.

1. Thinking
2. Psychomotor tests
3. Intelligence tests
4. Aptitude tests
5. Personality tests
6. Adjustment
7. Projective tests

References:

1. Adishesiah, W.T.V. & Parry, J.V. (1977). *Experimental psychology*. Allied Publishers, New Delhi.
2. Anastase Anne. (1975). *Psychological testing*. The McMillan Co., New York.
3. Mohin, S.M. (1975). *Experiments in psychology*. Orient Longman, New Delhi.
4. Raj, P. (1970). *A manual of laboratory experiments in psychology*. T. V. Memorial Series, Mysore.
5. Rameswaran, E.G. & Taramohan Rao. (1968). *Manual of experimental psychology*.
6. Stevens, S. S. (Ed.). *Handbook of experimental psychology*. John Wiley, New York.

Semester III

PPSM 3607 - Clinical Psychology - II

PPSM 3608 - Research Methodology

PPSM 3609 – Practical III-Field work

External elective (elective from other department)

Internal elective:A course from any of the courses listed 1-14

PPSM 3607 - Clinical Psychology – II

UNIT-I: Personality Disorders

- Personality disorders - clinical features; types of personality disorders, Antisocial personality and psychopathology

UNIT-II: Substance Related and Other Addictive Disorders.

- Alcohol abuse and dependence ,Drug abuse and dependence, Other addictive disorders - hyper obesity; pathological gambling.

UNIT-III: Brain Disorders and Other Cognitive Impairments.

- Brain impairment and adult disorders; neuropsychological symptom, syndromes,neuropsychological disorder with HIV-I infection; dementia of the Alzheimer's type; disorders involving head injury
- Mental retardation - levels of mental retardation, brain defects in mental retardation;organic retardation syndromes; cultural familial retardation
- Specific learning disorders.

UNIT-IV: Disorders of Childhood and Adolescence.

- Maladaptive behaviors in different life periods
- Disorders of childhood - attention-deficit hyperactivity disorder; conduct disorders; delinquent behaviour; anxiety disorders of childhood and adolescence; childhood depression; other symptom disorders.
- Pervasive developmental disorder-autism.
- Planning better programs to help children and youth.

UNIT-V: Assessment of Abnormal Behaviour

- Clinical assessment – importance of rapport
- Assessment of the physical organism - physical, neurological and neuropsychological examinations
- Psychosocial assessment - interviews, clinical observations and psychological tests.
- The integration of assessment data.

UNIT-VI: Treatment and Prevention of Abnormal Behaviour

- Biologically based therapies - coma and convulsive therapies; psychosurgery; pharmacological therapy
- Psychologically based therapies - psychodynamic therapy; behaviour therapy; cognitive behaviour therapy; humanistic-existential therapies; therapy for interpersonal relationships
- The integration of therapy approaches
- Perspectives on prevention - primary, secondary and tertiary prevention; organized efforts for mental health; challenges for the future.

REFERENCES

1. Coleman, J.C. (1976). *Abnormal psychology and modern Life*. Taraporevala Sons Co., Pvt.Ltd, Bombay.
2. Carson, R.C. Butcher, J.N.& Mineka. S. (1996). *Abnormal psychology and modern life (10th edition)*. Harper Collins College Publishers, New York.
3. Kaplan, H.I.& Sadock, B.J. (1998). *Synopsis of psychiatry (8th edition)*. Williams and Wilkins, Maryland.
4. Korchin, S.J. (1986). *Modern clinical psychology*. CBS Publishers and Distributors, Delhi.
5. Prochaska, J.O., & Norcross, J.C. (1999). *Systems of psychotherapy*. Brooks|Cole

Publishing Co. California.

6. Wolman, B.B. (1965). *Handbook of clinical psychology*. McGraw Hill, New York.
7. Barkham, M (2003), *Clinical Psychology*, SAGE Publications London

PPSM 3608 -RESEARCH METHODOLOGY

UNIT 1: Research

- Basic concepts-meaning and characteristics of scientific research-factors affecting, steps or stages in research.
- Types of Research-Experimental and Non experimental, Laboratory experiments and field experiments, True experiments and quasi experiments, Quantitative and Qualitative Research, Expost Facto research, survey research and Types of experiments.
- Ethical problems in Research.

UNIT 2: Problem, Hypothesis and Variables

- Meaning and characteristics of a problem, sources of stating a problem, considerations in selecting the problem, formulation of the problem and types of problems.
- Meaning and characteristics of a good hypothesis, Types of hypothesis, Errors in Hypothesis testing and formulation of Hypothesis.
- Meaning and types of variables, Consideration in the selection of variables, Control of extraneous variables-Techniques.

UNIT 3: Review of Literature and Data Collection.

- Review of literature- Purpose, source and preparation of Index Card.
- Data collection-Observation, Interview, Questionnaires and Psychological tests and scales.

UNIT 4: Designs, Analysis and Report Writing

- Meaning, Purpose and criteria of research design; basis principles in Experimental design-Types and their analysis

techniques; Single subject and small N design-Pre, True and Quasi experimental designs and Expost Facto design.

- Analysis of data: qualitative and quantitative analysis of the data purpose, conditions and interpretation of major parametric and non parametric statistical techniques.
- General purpose of writing a report, structure and format of a report (API), Style of writing, Typing, Evaluating a report and Preparing a research proposal.
- Computer Applications, Personal computers, Computer language, Data base, Computer simulations, laboratory experiments using computers.

References:

1. Breakwell, G.M. et al. (2002) Research Methods in Psychology. London, Sage Publications
2. Broota, K.D.(2001) Experimental Designs in Behavioural Research. New Delhi, Wiley Easter Ltd.
3. Goodwin, C.J. (2003)Research Psychology: Methods and Designs. New York, John Wiley and Sons, Inc.
4. Kerlinger, F.N. (2007)Foundation of Behavioral Research.
5. Kothari, C.L. (1985). *Research methodology*. Wiley Eastern Ltd. New Delhi.
6. Paul, W. Robinson. (1981). *Fundamentals of experimental psychology*. Prentice Hall- Inc. New Jersey.

PPSM 3609-Practical III- FIELD WORK

Core paper

Credits: 4

During the third semester, students have to conduct field experiments in Psychology using methods namely, Systematic Observation, Interview, Content Analysis, Case Studies and Test Construction. Though this provides practical application of their understanding in scientific methodology, it includes specific objectives like conducting observation among clients background collecting and analyzing data from a wide range of sample, systematically planning their research methodology, developing skills needed to be an interviewer or trainer of interviewers, analyzing a descriptive data, conducting various kinds of case studies and case analysis and developing and standardization of tests, questionnaires and inventories. All the above field works have to be done by the students individually except test construction under the guidance of respective faculty members.

a) Systematic observation

In this the students have to conduct a minor study in which systematic observation should be adopted as the major method of data collection. The samples and the behavioural variables have to be observed by the student and the data be discussed. The method of observation, and its practical application among the sample have to be studied to develop a skill in scientific observation.

b) Interview

A psychologist should possess skill in interviewing. In this field experiment, the student have to conduct a minor level study in which interview should be adopted as the major method of data

collection. Any of the relevant behavioural variable have to be studied through this method. Different kinds of interview, its practical applications etc. should be known to the student along with their skill development in interviewing and to be a trainer in interviewing.

c) Content analysis

In this, students should develop a skills in analyzing content of descriptive data collected. For this the students have to do practical sessions of analyzing contents of written, printed, vocal, or picturized data. A minor level study can be planned with this purpose and analysis can be done. This can be with a purpose of identifying a particular psychological factor/variable or with a general analysis aim.

d) Case studies

Different kinds of cases namely clinical, vocational, education, personal, organizational etc. can be studied by the student, with a thorough analysis of the background precipitating factors, onset, treatments undergone, be done in at least 5 numbers, from different areas. The cases can be collected from the consultancy services available in the department, nearby mental health care institutions, organizations, nearby locality or during the educational trips to institutions.

e) Test construction

This is a group work. The student group have to develop a test in psychology and standardize with the help of a supervising teacher. The selection of the variable can be according to the areas of interest of the teacher and the students.

All the field experiments have to be presented in the class and it has to be submitted as a written record to the Head of the Department, in double copy, before 3rd semester written examination. One copy will be returned to the student after valuation, where as the other copy will be retained in the department library, as the academic work conducted there. (Student may publish the study with the guide, if necessary, when the course is over)

SEMESTER IV

PPSS 3610 - Indian Psychology

PPSS 3611- Dissertation and Viva voce (8 credits)

PPSS 3612 Internship

Two Internal electives: Courses from any of the courses listed 1-14

PPSS 3610 –INDIAN PSYCHOLOGY

UNIT-I: Introduction

Psychology – Indian approach and the western approach; limitations of western psychology; scope and methods of Indian psychology.

UNIT-II: Basic Psychological Processes in Indian Concept

Sensation and perception: Upanishads on sensation and sense organs - Theories of perception - Buddhist theory, the Jaina theory, the Nyaya- Vaiseshika theory; the Samkhya-Yoga theory - Illusions- Attention and distraction –Learning : Learning tradition in ancient India – Memory and self – Motivation – feelings and emotion – self and personality – thought and language

UNIT-III: Consciousness and Meditation

The states of consciousness - the doctrine of Koshas - the two levels of self - Meditation, the means to realize - according to the Upanishads; the Gita - the Buddhist practice - Patanjali's Yoga sutra - effects of meditation.

UNIT IV:

The Psychological Aspects of the Gita ,The eightfold Prakriti; Kshetra and Kshetranja; the theory of Gunas; two classes of human beings; five factors of action; attitude towards action;

importance of aptitudes; the means of development of personality

UNIT-V:

Psychopathology and Psychotherapy ,Atharvaveda and Ayurveda; Atharvavedasamhita; Ayurveda; yoga.

UNIT VI: Introduction to Yoga

Yoga - Origin, definition - Pathanjali Yoga Sutras - Yoga Vasishtha - Narada Bhakti Suthras - Vedantic concept of Yoga - Yoga concept in Bhagavat Gita

UNIT- VII: Main Streams of Yoga

Raja yoga - royal path of will ,Jnana yoga - the path of intellect, Bhakti yoga - the way of emotions, Karma yoga - the way through action

UNIT VIII: Practical

Swasavyayamam; Sithilikaranavyayamam; Visrandasakethani; Surya namaskaram; Asanas: Bandas; Mudras; Kriyas; Pranayama; Dhyanam

REFERENCES

1. AbhedanandaSwamy. (1972). *True Psychology*. Ramakrishna Vedanta Math, Calcutta.
2. Coster Geraldine. (1949). *Yoga and western psychology*. Oxford University Press, London

3. Jacobs Hans. (1961). *Western psychotherapy and Hindu Sadhana*. Allan and Unwin, London.
4. Kuppuswamy, B. (1985). *Ancient Indian psychology*. Konark Publishers, New Delhi.
5. Ramachandra Rao S.K. (1962). *Development of psychological thought in India*. Kavyalaya Publishers, Mysore
6. Safaya Reghunath. (1976). *Indian psychology*. Munshiram Manoharlal, New Delhi.
7. Saxena, Krishna. (1944). *Nature of consciousness in Hindu philosophy*, Banaras.
8. Singh, H.S. (1977). *Psychotherapy in India*. National Psychological Corporation, Agra
9. Aurobindo Ghosh. (1948). *The synthesis of Yoga*. Aurobindo Ashram, Pondichery.
10. Baby, J. (2004). *Relaxation: The yogasana way*. Indian journal of community psychology, 1 (3), 200-216.
11. Iyengar, R. K. S. (1986\2002). *Light on yoga*. Harper Collins Publishing co., New York. Pvt. Ltd.
12. Patanjali. (1924). *Yoga sutra*. Panini Office, Allahabad.
13. Vivekananda, S. (1970). *Raja yoga*. Ramakrishna Vivekananda Center, New York.

PPSS 3611: DISSERTATION AND VIVA VOCE

Dissertation means a regular project work that the student undergoes under the supervision at a teacher in the parent department. The dissertation should follow a consistent and scientific disciplinary/ inter disciplinary methodology. Each student has to submit a dissertation of a minimum of 50 pages at the end of their program.

PPSM 3612: INTERNSHIP

Each student shall be placed in approved institutions for a minimum period of 45 days where services of clinical psychology and related services are provided. The student has to work under the guidance and supervision of a qualified clinical psychologist or psychology practitioner. The student should acquire the ability to take case history, make diagnosis, and get familiarized with therapies. The student has to submit a report on the clinical practicum which together with the assessment report of the practicing psychologist should be evaluated.

ELECTIVES

PPS 3613- ORGANISATIONAL BEHAVIOUR

Objectives:

- To provide field based and experimental learning opportunities in the existing as well as the emerging areas of organizational behaviour.
- To improve Knowledge skills of students in team work, leadership, conflict resolution etc.

UNIT 1. INTRODUCTION TO ORGANISATIONAL BEHAVIOUR

The concept of organization, Organization and it's External Environment, Organizational Goals. Organizational theories. Internal organizational, Foundation competencies for Individual and Managerial effectiveness.

UNIT 2. INDIVIDUAL PROCESS

Job attitudes ,Motivation in the work setting , Motivating performance: Goal setting and Reward systems., Work stress.

UNIT 3. GROUP AND INTERPERSONAL PROCESSES

Group and Team Behaviour. Power and Political Behaviour, Conflict and negotiation. Leaderships: Foundations of contemporary development. Interpersonal communication

UNIT 4. ORGANISATIONAL PROCESSES

Decision in Organization ,Organization Design, Organizational culture.Organizational change and development.Control and Effectiveness.

REFERENCES

1. Hellriegel, D, Slocum, J.W.&Woodnan, R.W.(2001). *Organisational Behavioural* (9thEdn) singapore: South-Western College Publishing.
2. Griffin (2005). *Organizational Behaviour, Managing people and organisation*. New Delhi, Biztantrs.
3. Luthans, F (2002) *Organisational Behavior 9th edition*McGraw hill.
4. KaramPal (2011) *Business Management and Organisational Behavior*: IK International publishing house Pvt Ltd.
5. KaramPal (2011) *Management process and Organisational Behavior*: IK International publishing house Pvt Ltd.
6. Clegg, S R, Hardy, C, Nord, W R (1996) *Handbook of organizational studies* : Sage publications.
7. Denhardt, RB, Denhardt, JV, Aristignita, MP (2002) *Managing human behavior in public and non profit organizations*: Sage publications.

PPS 3614–CRIMINOLOGY

Objectives:

- Mould youngsters with conceptual knowledge in criminology.
- To enable the students to build up on their analytical skills in criminology.

UNIT 1: THEORY AND METHOD

Crime, Criminal law and Criminals.Theories of Crime-Foundations of Modern Criminology.Theories of Crime-Radical, Situational, and Rationality perspectives.Getting a Line on Crime: The production and Use of Data.

UNIT 2: CRIMES AND CRIMINAL OFFENDER

Murder and Assault,Robbery: Theft by violence and varieties of non-violent.Occupational and Organized Crime., Public Order Crime.

UNIT.3: DOING SOMETHING ABOUT CRIME

Policing society.The judicial process and punishing the criminal offender, Consequences of Punishment,Crime and Public Policy.

UNIT 4: CORRECTIONAL PSYCHOLOGY

Correction Psychology in Adult Setting.Psychological Assessment in Corrections.Treatment and Rehabilitation in Correctional Facilities.Juvenile Corrections.

REFERENCE:

1. Bartol, C.R & Bartol, A.M. (2004) Forensic Psychology. U.K: Sage Publications.
2. Barlow, H.D (1987). Introduction to Criminology, Boston: Little Brown & Co.
3. Howtt (2002) Forensic and Criminal Psychology. London: Prentice Hall.
4. Dutta, R.K. (2003) Crime against Women. New Delhi: Reference Press
5. Pognebin, M.R (2003) Qualitative Approaches to Criminal Justice perspective from the field. London: Sage Publications.

PPS 3615 - NEUROPSYCHOLOGY

UNIT I. INTRODUCTION

Historical background of Neuropsychology, Areas of Neuropsychology, Research Studies of the 19th Century. Techniques of Neuropsychological testing.

UNIT II. ANATOMICAL AND FUNCTIONAL ORGANISATIONS

The frontal lobe: Specific functions of frontal lobe, prefrontal/cortex, Broca's area, Orbital centre, lateralization in the frontal lobe Intelligence and frontal lobe. The temporal lobe: Specific functions of temporal lobe; audition, vision, language, attention, memory and personality. The parietal lobe: specific functions of parietal lobe, somatosensory perceptions, tactile perception and body sense, language and spatial orientation, short-term memory and parietal lobe. The occipital lobe: Anatomical divisions, basic visual functions and visuo - perceptual functions.

UNIT III: THE LIMBIC SYSTEM

Hypothalamus: Lateral and ventromedial nucleus-Hunger, thirst, pleasure and reward, and aversion. Amygdala: Medial and lateral all nuclei-Attention, Fear, Rage, Aggression, Emotional

language and the Amygdala, the limbic system and testosterone, sexual orientation and heterosexual device, the homosexual limbic system. Hippocampus: Arousal, Attention and Inhibition, Learning and Memory.

UNIT IV: HEMISPHERIC ASYMMETRY

Individual variation in anatomical asymmetry-Sex differences and Environmental effects. Concept of cerebral dominance: Visual, visuospatial, tactile and auditory perception, language and memory. Agencies of the Corpus Callosum., Functional asymmetry in Normal subjects.

REFERENCES

1. Walsh, K. (1994). Neuropsychology (Lt), London: Churchill Livingstone, Edinburgh.
2. Schneider, M. & Tarshes, B. (1986). Introduction to Physiological Psychology, New York: Random House.
3. Kolb & Whishaw. Neuropsychology (4thed), New York: Freeman & Company.
4. Rhawn Joseph (1996). Neuropsychology, Neuropsychiatry and Clinical Neuroscience. Williams and Wilkins, London.
5. John C. Mazziotta (2000). Brain Mapping: The Systems. Frackowak: Academic Press.
6. James W. Kalat, Biopsychology 1st Indian edition, Cengage Learning India Pvt Ltd; New Delh, 2010

PPS – 3616HEALTH PSYCHOLOGY

UNIT 1. AN OVERVIEW OF PSYCHOLOGY AND HEALTH

Mind-Body relationship.Need for health psychology.Viewpoints from History: Physiology, disease and Processes and the Mind.Current Perspectives on Health and Illness.Relating Health Psychology in Other Fields.Careers and Training in Health Psychology.

UNIT 2. BIO-PSYCHO-SOCIAL FACTORS IN ILLNESS

Nutrition and Behaviour.Life Styles and Risk Factors.Bio psychosocial Factors of Stress and Illness,Psycho-Physiological Disorders.Psycho-Neuro Immunology:-AIDS, Cancer, Arthritis.

UNIT 3. PAIN & DISCOMFORT

The nature and symptoms of pain,Theories of pain, Biopsychosocial aspects of pain.Assessing People's Pain.Managing and controlling clinical pain.

UNIT 4.CHRONIC AND LIFE THREATENING HEALTH PROBLEMS.

Adjusting to chronic illness.Impact of different chronic conditions.Psychosocial interventions-Psycho education-

relaxation Biofeedback – Cognitive approaches – Preventive counseling.

REFERENCES:

1. Sarafino, E.P. (1998). Health psychology. New York: John Wiley and Sons.
2. Taylor, S.E. (1998). Health Psychology., Newyork: Mac. Graw Hills Inc.
3. Gibson, H.B. (2000). Psychology-Pain and anesthesia. London: Sage
4. Browne, A. and Lbwelyn, S. (1999). Health psychology: Process and application. New York: Chapman and Hall.
5. Singh, R. (2005). Health Psychology. New Delhi: global vision Publishing House.
6. Felicity Allen, Health psychology & behaviour, TataMcGraw-hill Education Pvt.Ltd; Monash university, Australia, 2011
7. Edward P. Sarafino & Timothy W. Smith, Health psychology Biopsychological Intervention 7th edition, Blackwell publishing, U.K, 2012
8. Shelley E. Taylor, Health psychology 2nd edition, Tata McGraw Hill education Pvt Ltd; New Delhi, 2012

PPS 3617 - CURRENT TRENDS IN PSYCHOLOGY

UNIT1. ENVIRONMENTAL PSYCHOLOGY AND TOURISM

Climate and behaviour – Impact of natural catastrophies-tourism
Pollution and mental health Society and mental health, Legal focus on abuse and victimization –intervention.

UNIT 2.POPULATION PSYCHOLOGY.

Family size, Population and behaviour, Feminism, Female infanticide, Ecology and Ethology.

UNIT 3: POLITICAL BEHAVIOUR

Nature, Scope, Development of political behaviour and personality.

UNIT 4. COGNITIVE ENGINEERING AND INFORMATION TECHNOLOGY

Gcognitive Psychology and its Principles, Artificial Intelligence –Goals of Artifical Intelligence, Fundamentals of Informational technology, Computer based information System, Its application in psychology-Use of personal computers and computers assisted decision making, psychological consequences.

REFERENCES:

1. Bell, et. Al (1996) environmental Psychology. USA:
Harcoust Brace, College Publishers.
2. Haberlandt, K. (1197) Cognitive Psychology. USA:
Allyn and Bacon Publishers.
3. Sharms, K.N (2004) Political Psychology. New Delhi:
Printwell Publishers.

PPS 3618 - PSYCHOLOGY OF MARRIAGE AND FAMILY

UNIT I

Marriage: concept of- reasons for – adjustive demands – Choice factors, child rearing.

Family: concept of – types of family- nuclear, joint, extended; Single parent, step parent, blended, adopted parent families.

Unit- II- Marital relations-

nature of couple relationship, attribution of relation, self evaluation, competition, non contingent responsiveness, shared participation; factors affecting relationship- context, life events, individual factors and adaptive processes.

Unit III – Family and children:

parent child interactions- discipline, mediating process, cognitive representations, affect management; impact of marital conflicts – direct, indirect, single parent, divorce, step parents, blended family; adoptive, abusive, alcoholic, pathogenic parents, inter religious/ culture parents.

Unit IV – Problems and Coping in marriage:

Power and violence in marriage, conflicts; Coping-constructive vs. destructive, expression v/s suppression, self v/s other, recognition v/s retaliation, relationship v/s network as locus. Working with problem of marriage- family therapy- couple – children.

References

Wendy, K.S & Thomas, H.O (1999) (Ed) Developmental issues with clinical treatment of children. Allyn&Becon ; Boston.

Bubbenzer, D.L & West, J.D (1993). Counseling couples. New Delhi: Sage publications.

Manocha, B.L (1983) Marriage conflicts: Causes and cures. New Delhi: Sterling publications.

Coleman, J.C, Morris, C.G and Glaros, A.G (1987) Contemporary Psychology and Effective behavior. Glenview: Scot Forman and Company.

Patricia, N & Judith, A F.(2002)Understanding Marriage: Development in the study of couple interaction. Cambridge: Cambridge University press.

Goel,M&Sherjung, N.(1997)Eds. Marital disputes and Counseling-Remedial measures(3 vol) New Delhi. APH Publishing Co.

Walsch, F (2003) *Normal family processes 4th edition* The Guilford press

Behaviour Modification - (PPS- 3619)

UNIT – I :Introduction

- The rationale behind behaviour modification.
- Principles and theories of learning.
- Principles of behaviour modification.
- Steps in behaviour modification – identification of the problem, defining the target behaviour, behaviour recording, functional analysis, behaviour procedures for management.

UNIT – II: Behaviour Therapy-Basic Principles

- Definition; postulates of behaviour therapies
- Behaviour assessment
- Multi-model therapy of Lazarus- basic rationale and method.

UNIT- III: Cognitive-Behaviour Therapies – Specific Techniques-I

- Introduction
- Relaxation techniques- systematic desensitization
- Modeling
- Contingency management
- Extinction procedures
- Covert-overt sensitization
- Graduated extinction
- Negative practice
- Stimulus satiation
- Thought stop.

UNIT- IV: Specific Techniques of Cognitive- Behaviour Therapies-II

- Implosive therapy

- Flooding and response prevention
- Rational-Emotive therapy
- Beck's cognitive therapy
- Self-control procedures
- Biofeedback

UNIT –V: Behavioral Intervention Strategies

- Goals of behavioral interventions
- Social modeling or observational learning-live modeling, symbolic modeling, covert modeling
- Role play and rehearsal
- Anxiety reduction methods; relaxation training
- Self- management, self-monitoring, self -reward, self-contracting

REFERENCES:

1. Karoly, P.&Kunfer, F.A. (1982). *Self-management and behaviour*. Pergamon Press, New York.
2. Rimm, D.C. & Masters, J.C. (1979). *Behaviour therapy: Techniques and empirical findings (2nd edition)*. Academic Press, New York.
3. Wolpe, J. (1982). *The practice of behaviour therapy*. Pergamon press, New York.
4. Wolman, B.B.(1972). *Handbook of General Psychology*. Prentice Hall Inc. New Jersey.
5. Zimbardo, P.G. & Gering. R.J. (1999). *Psychology and Life*. Long man, New York.
6. Dryden, W (2006) *Skills in rational emotive behavior counseling and psychotherapy* Sage publications London

ADOLESCENT PSYCHOLOGY (PPS- 3620)

Unit- I: Adolescence: Developing A New Senses of Self

Defining adolescence, Historical views of adolescence, Theoretical views of adolescence

Unit-II: Self Concept and Affective Growth

Factors affecting self-esteem,Self-esteem and social adjustment, Shyness,Self-worth and achievement, The locus of control

Unit- III: Intellectual Growth and Development

Test of Intellectual ability, Piaget's theory of cognitive development, Individual differences

Unit- IV: Substance abuse and dependence

Drug use and abuse, Alcohol addiction, Marijuana, tobacco, depressants, Stimulants, hallucinogens, inhalants, Heroin and opiates,Drug and alcohol education

Unit-V: Choosing a Vocation.

Vocational choice, Theories of vocational choice and development ,Youth employment and unemployment

Unit- VI: Parents and Adolescents

Parenting styles; the generation gap,Parent - youth conflict, the struggle for autonomy, Single parent families; abusive parents.

Unit-VII- Friends and Peers

The function of peer groups, Age and peer groups; peers and achievement ,Adolescent society

Unit-VII: Juvenile Crime

Defining delinquency, Types of delinquency, Causes of delinquency, Juvenile justice.

Unit-VIII: Maladjusted Adolescents

Stress, Psychosomatic disturbances, Conduct disorder and adjustment reactions, Depression, Schizophrenia, Suicidal tendency

References:

1. Daniel, E. Papalia. (1992). *Human development*. Tata McGraw-Hill, New Delhi.
2. Elizabeth, B. Hurlock. (1980). *Developmental psychology: A life span Approach (5th Edition)*. Tata McGraw Hill, New Delhi.
3. Gary M. Ingersoll (1989). *Adolescence*. Parentice Hall Inc., New Jersey.
4. Kevin, L. Sciffert, & Robert, J. Hoff Gray (1991). *Child and adolescent development. (2nd Edition)*. Houghton Mifflin Company, Boston.
5. Nayar, U S (2007) *Child and adolescent mental health*: Sage publications.
6. Essau, CA (2007) *Substance abuse and dependence in adolescence*: Routledge publications

GERO PSYCHOLOGY (PPS- 3621)

Unit-I: Senescence: A Bodily Process.

The phenomena of age; beginning and causes of old age; aging scenario;
health mysteries; disease and life style

Unit-II: Psychic process of aging

Isolation and mental illness; family relationships; adjustment to retirement;
loss of spouse; separation from children; generativity and ego integrity;
awareness of old age

Unit-III: Social Psychology of Aging.

Social isolation; leisure and lifestyle; social dilemma of the aging;
immediate social environment; role of old age homes

Unit-IV: Economic Aspects of Aging

Employment and retirement; economic dependency

Unit-V: Religiosity in Old Age

Materialistic vs. Spiritualistic value orientation; ethical perspective;
happiness in old age.

References:

1. Bernice, I. & Neugarten, T. (1968). *Middle Age and aging*. University of Chicago Press, Chicago.
2. Gurumurthy, K. G. (1998). *The aged in India*. Reliance Publishing house, New Delhi.

3. Hurlock, E. B. (1978). *Developmental psychology*. Tata McGraw Hill Publishing House, New Delhi.
4. Kundu, R., Sanyal, N., & Das, M. (1989). *Psychology of aging: A study of value patterns*. Ashish Publishing House, New Delhi.
5. Mishra, S. & Saraswati, P. (1987). *Social adjustment in old age*. BR publishing company, Delhi.
6. Tilak, S. & Shrinivas, N. (1980). *The family and health of the aged*. Indira jai Prakash Ed) Quality Aging Association of Gerontology, Varanasi, India.
7. Vischer, A.I. (1945). *Old age*. George Allan and Unwin Ltd, London.

Educational Psychology (PPS- 3622)

Unit-I: Introduction

- Psychology applied to teaching; educational psychology today and tomorrow; cultural and global diversity; national educational issues- racial prejudice, sex discrimination, drug abuse; AIDS education; life skills training; social responsibility and teaching

Unit- II: Cognitive, Language and Personality Development

- Piaget's theory of cognitive development, and stages of development
- Bruner's theory of cognitive growth
- Vygotsky's cultural cognitive theory
- Educational implications of Piaget's, Bruner's, and Vygotsky's theories
- The development of language - basic components of language, stages of language Development; literacy and language; bilingualism; metalinguistic awareness; individual differences; socio- linguistic competence and schooling
- The development of personality-Erickson's theory of psychosocial development; development of social cognition and skills; moral development- Kohlberg's theory; personality and traits- honesty, creativity, self- concept, anxiety

Unit-III: Exceptional Students: Teaching Learners with Special Needs.

- Intelligence and creativity- theories of intelligence; measuring intelligence
- Creativity and problem solving.
- Educating students with special needs - physically disabled, behaviorally disabled, sensorily impaired, learning disabled, mentally retarded, underachievers, exceptionally gifted and talented

Unit- IV: Learning and Teaching

- Behavioral and social learning theories - Pavlov's classical conditioning; Watson's environmentalism; Thorndike's connectionism; Skinner's operant Conditioning; Bandera's social cognitive theory; promoting appropriate behavior
- Cognitive views on learning - Chomsky's views; discovery approach to learning;
- Piaget's contributions; information-processing model; meta cognition- knowing yourself
- Memory - Atkinson-Shiffrin model of memory; STM; LTM; enhancing student Memory; metamemory skills, mnemonics; remembering and understanding - organizers, rehearsal, PQ4R
- Promoting student achievement - developing conceptualization skills; schema theory and transfer of learning; enhancing motivation - instilling confidence, challenging, identifying learning styles, developing good thinking, applying cognitive strategies to the 3R's

Unit- V: Motivation and Learning

- Personal and environmental influences on motivation
- Behavioral, cognitive and humanistic approaches to motivation
- Types of motivation- achievement, affiliation, power, and approval motivation: intrinsic and extrinsic motivation
- Applying theories of motivation in the class room - role of motivation in behaviour and learning; ideas for enhancing motivation; changing motivational patterns; achievement motivation training programs; attribution training programs; token economies; motivational contract; motivational techniques in class room reaching.

References:

1. Gage, N.L., &Berlinger, D. C. (1992). *Educational psychology (5th edition)*. Houghton Mifflin Company, Boston.

2. Henson, K.T., & Eller, B.F. (1999). *Educational psychology for effective teaching*. Wadsworth Publishing Company, Belmont.
3. Hilgard, E.R., & Bower, G. H. (1975). *Theories of learning*.
4. Hulse, E. H. & Deese, J. (1980). *The psychology of learning*. McGraw Hill Inc., New Jersey.
5. John Meshane (1994). *Cognitive development: An information processing approach*. Basil Blackwell Ltd., USA.
6. Lefrancois, G.R. (2000). *Psychology for teaching (10th edition)*. Wadsworth, Canada.
7. Wolman, B.B. (1972). *Handbook of general psychology*. Prentice Hall Inc., New Delhi.

Environmental Psychology (PPS- 3623)

UNIT-I: Introduction

- Origin and historical background of environmental psychology, Environmental psychology and psychological tradition, The spatio-physical environment in the present day environmental psychology

UNIT-II: Theoretical Approaches

- Burnswik's probabilistic theory: the 'lens model', Gibson's ecological theory, The transactional school, Kurt Lewin's field theory and psychological ecology, Roger Barker et al.'s ecological psychology, Urie Bronfenbrenner's ecological approaches

UNIT-III: Conceptual Approaches

- Crowding stress and helping behavior, Ecology and crime, Ecology and mental health

UNIT-IV: Main Research Topics

- Spatial behavior, Personal space, territoriality and privacy, Environmental stress - light, noise, temperature., Personality and environment, Environmental attitudes, Environmental perception

References:

- Asch, S.F. (1952). *Social psychology*. Englewood Cliffs, N.J., Prentice Hall, New York.
- Barker, R. G. (1968). *Ecological psychology: Concepts and methods for studying the environment of human behaviour*. Stanford University Press, Stanford.

- Boones M., & Sechiaroli, G. (1995). *Environmental psychology*. Sage Publications, New Delhi.
- Canter, D., & Correia Jesurno, J. (1998). *Environmental social psychology*.
- Kluwer Academic Publisher, Dordrecht. Evans, G.W. (1982). *Environmental stress*. Cambridge University Press, New York.
- Freedman, J. (1975). *Crowding and behaviour*. W. H. Freeman, San Francisco.
- Gass, D.C., & Singer, J.E. (1972). *Urban stress: Experiments on noise and social stressors*. Academic Press, New York.
- Lee, T. (1976). *Psychology and the environment*. Methuen, London.
- Sonnenfeld, J. (1969). *Personality and behaviour in environment*. Association of American Geographers.
- Stokols, S., & Altman, J. (1987). II) Wiley, *Handbook of environmental psychology (vol. I & II)*. New York
- Gilovich, T. (2012) *Social Psychology – 3*, W W Norton & Company Incorporated
- Pestonjee MD (2006) *Stress and work* : Sage publications

Human Resource Management (PPS- 3624)

UNIT-1: Acquisition of Human Resources

- Human resource planning - meaning and importance; job analysis; recruitment; selection and induction.

UNIT-11: Development of Human Resources

- Socialization; performance appraisal; training - methods of determining training needs; training methods and evaluation of training; career planning and development; motivation and reward system; transfer and promotion

UNIT-111: Maintenance of Human Resources

- Compensation - benefits and services; safety and health; employee welfare; retirement.

UNIT-1V: Employer-Employee Relations

- Labour relations and collective bargaining; employee grievance handling and disciplinary procedures - suspension, dismissal.

UNIT-V: Employee Problems

- Individual employee problems; group problems; industrial counseling and prevention programs.

References:

1. David, A. De Cenzo (1998). *Personal human resource management (3rd edition)*. Prentice Hall India Ltd., New Delhi.
2. Dwivedi, P.S.(1989). *Management of human resources*. Oxford IBH Publishing Co., New Delhi.

3. Hitachel, T.R. & Larson, J.R. (1993). *People in organizations*. McGraw Hill Co., New Delhi.
4. Shah, A.K. (1991). *Systems approach to training and development*. Sterling Publishers, New Delhi.
5. Singh, P.N.(2001). *Developing and managing human resources*. Suchandra Publications, Bombay.
6. Tripathi, P.C. (1989). *Personnel management*. S. Chand & Sons, New Delhi.

Community Psychology (PPS- 3625)

UNIT-1: Introduction

- Community and society; Types of communities in India and their characteristics: rural, urban, tribal, maritime, etc.; community control; community psychology-historical background, role of community psychology

UNIT-II: Models

- Mental health model: Behaviorist model; Organizational model; Ecological model; Social action model.

UNIT-III: Community Change

- The transition from community mental health to community psychology; Models of community change.

UNIT-IV: Social Indicators

- Population poverty, beggary; problems of education, unemployment and under employment; problems of women; alcoholism and drug dependence; delinquency and crime; suicide and family mass suicide; mental health and mental illness; mental health services in India

UNIT-V: Strategies of Interventions

- Interventions in educational system, mental health system, criminal justice system

UNIT- VI: Training

- Professional and non-professional service providers; the selection, supervision and training of personnel; training models; participatory service programs in the state.

References:

1. Iscoe, Boom, B.L.&Speilberger, C.D. (1975). *Community psychology in transition*. Wiley & Sons, New York.
2. Korchin, S.J. (1986). *Modern clinical psychology*. CBS Publishers and Distributors Delhi.
3. Kuppuswamy, B. (1965). *An introduction to social psychology*. Asia Publishing House, Bombay.
4. Mann. P. A. (1978). *Community psychology: Concepts and applications*. The Free Press, New York.
5. Rappaport, J. (1977). *Community psychology: Values, research, and action*. Holt Rinehart& Winston, New York.
6. Sahanmugam, T.E. (1987). *Community psychology*. UtsavShanmugam, Chennai.
7. Whetherell (2007) *Doing Social Psychology* Sage publications.

Psychology of Women (PPS- 3626)

UNIT-1: Psychology of Gender Difference

- Girl child; gender preferences; role of heredity and environment in gender differences
- Women in Indian culture - status of women in India since independence, female literacy in India, women's liberation, women and evolution, status of women in ancient and modern India; impact of female education

UNIT-II: Role of Women in Family and Family values.

- Women and family; women and society; women and politics; women and election; women workers; women journalists; women police; women entrepreneurs; legal protection for women; reeducation of women for social change; women in the 21st century

UNIT- III: pregnancy, childbirth and motherhood

- Pregnancy: reaction during pregnancy- physical and emotional; childbirth- emotional reaction to childbirth; motherhood- the reality of motherhood, breast feeding, post partum disturbances, returning to employment after childbirth

UNIT-IV: Personality and Women

- Women and performance; sex role orientation; change in personality of women; attitude towards women as daughter, wife, mother, and colleague; role of women in feminism.

UNIT- V: violence against women

- Sexual harassment- women's reaction to being sexually harassed; sexual assault and rape, the role of alcohol and drugs- women's reaction to rape, fear of rape, child

sexual abuse, the prevention of sexual assault and rape; the abuse of women= women's reaction to abuse, characteristics related to abusive relationship, how abused women take action

UNIT- V1: women and psychological disorders and physical health

- Depression; eating disorders- anorexia nervosa, bulimia, binge eating; treating psychological disorders in women- traditional therapies and women, feminist therapy; the health care and health status of women; women with disabilities; AIDS and other STDs; women and substance abuse

References:

1. AnjanaMaitraSinha (1993). *Women in a changing society*. Ashish Publishing House, Punjabi Bagh, New Delhi.
2. Elaine Donelson., & Jeanie, E. Gullahorn (1977). *Women: A psychologicalPerspective.i* John Wiley and sons, New York.
3. Ghosh, S.K. (1993). *Women and crime*. Ashish Publishing House, PunjabiBagh, New Delhi.
4. Kamal Singh (1992). *Woman entrepreneurs*. Ashish Publishing HousePunjabiBagh, New Delhi.
5. LeenaSumaraj (1991). *Women and medical care*. Ashish Publishing House,PunjabiBagh, New Dellhi.
6. Lenore, W., Harmon Janica M., Brick, Laurine, E., Fritz Gerald, & MaryFaith Tanney (1978). *Counseling women*. Brooks Cole Publishing CompanyMonter, California.
7. Matlin W,M (2008). *The psychology of women*. Thomson wadsworth, USA