

DEPARTMENT OF PSYCHOLOGY
SYLLABUS FOR M.Phil. PROGRAMME

LIST OF COURSES

Sl.No	Course Code	Course Name
		CORE COURSES
1	PSS 1300	RESEARCH METHODOLOGY
2	PSS 1301	COUNSELLING AND PSYCHOTHERAPY
3	PSM 1308	SEMINAR COURSE
		ELECTIVE COURSES
4	PSS 1302	STRESS AND COPING
5	PSS 1303	HEALTH PSYCHOLOGY
6	PSS 1304	ADOLESCENT PSYCHOLOGY
7	PSS 1305	YOGA AND MENTAL HEALTH
8	PSS 1306	GERO PSYCHOLOGY
9	PSS 1307	ENVIRONMENTAL PSYCHOLOGY
10	PSM 1311	DISSERTATION

Research Methodology (PSS- 1300)

Unit-1: Introduction

- Research – meaning, objective, scope and functions; method Vs methodology
- Approaches – Qualitative and quantitative, cross-sectional and longitudinal, nomothetic and idiographic; ethics in research.
- Scientific method- Models of thinking in science, the logic of scientific method, requisites of good scientific method.
- Research and theory- Role of theories in research; concept and theory; theory and hypothesis.

Unit-II: Identification of the Problem and Formulation of Hypothesis

- Problem - idea formation; idea analysis, selection of appropriate problems; conceptual interpretation, justification; formulation and statement of the problem.
- Hypotheses - meaning, characteristics, types, sources, functions; steps in testing hypotheses, rules of construction, testing of hypotheses.

Unit- III: Research Design

- Meaning, need and features of good design- objectivity, reliability, validity and generality.
- Typology- Exploratory, descriptive, diagnostic, historical and experimental.

Unit- IV: Descriptive Study Designs

- Surveys- sampling large
- Field studies- constructing plausible explanations
- Case studies- the intensive analysis of one
- Ex-post facto studies- looking back
- Correlational studies- finding the relationship
- Clinical studies- pre- post intervention designs
- Cause and effects

Unit-V: Experimental Designs

- Definition, purpose and characteristics of experimental designs
- Types - single subject designs, pre-post designs, two-group designs, multi group designs, factorial designs, mixed designs, quasi-experimental designs.

Unit- VI: Epidemiological Studies

- Prospective and retrospective studies: prevalence rate, incidence rate; specific and adjusted rates; life table techniques; case control study.

Unit-VII: Data collection

- Tools- Inquiry form, questionnaire, schedule, checklist, rating scale scorecard, opinionnaire, attitude scales.
- Methods- Observation, interview, surveys, tests, case studies, library method.

Unit- VIII: Tests and Test Standardization

- Tests- Objectives, uses, principles, steps of construction
- Types- Achievement tests, aptitude tests, intelligence tests, interest inventories, personality tests, sociometry, psychometrics
- Test standardization procedure- Objectivity, utility, reliability and validity of tests.

Unit- IX: Sampling

- Sample- Meaning, characteristics, types, advantages, disadvantages and limitations.
- Sampling methods- Complete enumeration, snow ball technique, random and non-random sample, simple random and systematic random, stratified random and cluster random, quota sampling.

Unit-X: Data interpretation and Reporting.

- Interpretation- Ways of interpretation, principles, research reports, steps in writing reports, evaluation of research reports, summary
- Meta analysis- Analyzing the analysis
- Program evaluation- Assessing the system.

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- Steven, T. Levy. (1998). *Principles of interpretation*. Friends Publishers, New Delhi.
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- Youngman, M.D. (1979). *Analysing social and educational research*. Tata- McGraw- Hill; NewYork

COUNSELING AND PSYCHOTHERAPY (PSS – 1301)

Unit-I: Introduction

- Counseling-the helping relationship; types and methods of counseling.

Unit-II: The Counseling Process.

- Problem identification; strategies and skills; counselor-counselee relationship; factors influencing the relationship; professional ethics in counseling; legal aspects in counseling.

Unit-III: Counseling in a Changing Society

- Developmental counseling - Counseling and HRD; counseling in school setting, counseling in industrial setting, counseling in clinical setting; developing decision making skills, developing resourcefulness; assertiveness training; social skills training, enhancing learning skills; life skills development; development of personal growth.
- Vocational development - career development theories; occupational information; occupational choice and placement.
- Family counseling – premarital, marital, sex, family planning, HIV/AIDS counseling etc.
- Crisis counseling- sudden illness, death, accident, loss of employment, marital breakdown, natural and other calamities.

Unit-IV: Perspectives on Practice

- The psychodynamic paradigm; the humanistic paradigm; the cognitive-behavioral paradigm; the existential-phenomenological paradigm; the eclectic approach.

Unit-V: Psychotherapy

- Psychotherapy - history, goals; modes of therapy - supportive, reassurance, reasoning, persuasion, reconstructive, psychodrama, transactional analysis.
- Psychotherapy in the Indian context - eastern cultural values and the therapeutic approaches in India; Indian approach towards mental health – thirgunas; holistic approach.

REFERENCES:

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STRESS AND COPING (PSS- 1302)

Unit- I: Introduction

- Definition of stress; early contributions
- Approaches to the study of stress - stimulus-oriented approach, response –oriented approach, stress and burn out; positive role of stress
- The interactive approach-stress as a transaction (P-E fit model); stress boulders and stress pebbles; the diathesis stress model.

Unit-II: Theories of Stress.

- Theory of cognitive costs; arousal and stress; theories of emotional functioning; helplessness and stress; the reformulated learned helplessness model.

Unit-III: Physiological aspects of stress

- Stress and illness-direct route, interactive route, health-behaviour route, illness-behaviour route.
- Stress and diseases - psychosomatic diseases-Cancer, Bronchial Asthma, Diabetes, Irritable bowel syndrome, Cancer, Psychosexual diseases, neurosis, hysteria, psychosis.
- Endocrinology and stress - Pituitary gland, Pineal gland, Adrenal gland.
- Stress and environment- malnutrition and stress; cold stress; surgical stress, industrial toxicants and stress; social factors and body construction in stress.

Unit –IV: Research approaches to the study of stress.

- Life change approach-the concept of life stress; measurement - Holmes & Rahe life events scale, Singetds' life events scale, Dube's life events scale, Batavia's life events scale, Drafter's modified version of life events scale; Variance in life stress.
- Occupational / Organizational Stress - sources of occupational stress-role stress and other stress factors; Correlates of occupational stress; Costs of occupational stress.
- Social level stress – Unemployment; rapid social, economic, and technical changes; geographical mobility.

Unit-V: Coping styles and strategies.

- Coping; types of coping – preventive coping, combative coping; coping styles and strategies; coping measurement; stress monitoring; role of moderator variables – personality and coping, coping and external resources; social support – preventive effect, buffering effect, therapeutic effect.

- Basic techniques of stress management – relaxation, acupuncture, yoga and meditation, biofeedback, recreation and leisure; auxiliary skills of stress management.

References:

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- Yates, J.E. (1979). *Managing stress: A businessperson's guide*. New York: AMACOM.

Health Psychology (PSS-1303)

Unit- I: Introduction

- Health Psychology- A growing partnership in health care; mind- body relationships, changing patterns of illness.
- The concept of health, disease, etiology and cure envisaged in the major healing systems- Ayurveda, Allopathy, Homeopathy, Sidha, Unani and Orthopathy.
- Theoretical foundations of health psychology - biomedical, psychological and social-ecological.

Unit- II: Health Behaviour

- Food, nature cure, and ecosystem for a psychologically healthy life
- Preventive health behaviour – health behaviour; primary prevention; barriers to prevention.
- The modification of health behaviors - changing health beliefs; attitude change; mass media appeal; cognitive-behavioral approach to health habit.

Unit- III: Intervention

- Four therapies- Short term, cognitive, behavioral and pharmacotherapy.

Unit- IV: High Risk Behaviors

- Substance abuse - abuse, dependence, and tolerance; the tangled web of addiction; theoretical views of addiction – the biomedical view, the operant process view, the learning view, the cognitive model.
- Alcoholism - dependence and abuse; effects of alcohol - physiology, neurology, and immunology; epidemiology of alcoholism; alcoholism and health risks - cirrhosis, accidents, and fetal alcohol syndrome; etiology of alcoholism-genetics, personality, social- familial; clinical treatment – pharmacological, behavioral and cognitive methods.
- Eating behaviour - the epidemiology of eating- healthy and unhealthy habits; obesity - signs,origins, and treatment; weight loss strategies - medical, dietary and behavioral methods; anorexia nervosa - symptoms, origins and treatment; bulimia - symptoms, origin and treatment
- The AIDS pandemic – diagnosis and symptoms; the epidemiology of AIDS – the behavioral origins, psychological aspects; intervention strategies – vaccines, education, and prevention.

References:

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- Asche, A. & Ram Persad, A. (1993). *Days of Grace*. Knopt, New York.
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ADOLESCENT PSYCHOLOGY (PSS- 1304)

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: Drug and Alcohol

- Drug use and abuse
- Alcohol
- 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-VIII: Developing the Value System

- The psychoanalytic view
- Social learning view
- Cognitive development view
- Political concepts
- Adolescent prejudice

Unit-IX: Juvenile Crime

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

Unit-X: Maladjusted Adolescents

- Stress
- Psychosomatic disturbances
- Conduct disorder and adjustment reactions
- Depression
- Schizophrenia
- Suicide
- Counseling adolescents
- Assessing the problem
- Resistance to treatment
- Family counseling
- Confidentiality.

References:

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Elizabeth, B. Hurlock. (1980). *Developmental psychology: A life span Approach (5th Edition)*
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Kevin, L.Sciffert, & Robert, J. Hoff Gray (1991). *Child and adolescent development. (2nd Edition)*. Houghton Mifflin Company, Boston.

YOGA AND MENTAL HEALTH (PSS – 1305)

Unit- I: Introduction

- Yoga - Origin, definition; study of basic texts- Kheranda samhita, Hathayoga Predeepika, Pathanjali Yoga Sutras; Yoga Vasishtha; Narada Bhakti Suthras; Vedantic concept of Yoga; Yoga concept in Bhagavat Gita

Unit- II: Yoga Psychology

- Yoga theory of personality; Yoga theory of Psychopathology; the stages of consciousness; the therapeutic (liberative) process according to Yoga.

Unit- III: 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-IV: Scope of Yoga

- Yoga in day-to-day life
- Stress management
- Psychosomatic problems and yoga
- Yoga and education
- Yoga and society

Unit – V: Practical

- Swasa vyayamam; Sithilikarana vyayamam; Visranda sakethani; Surya namaskaram; Asanas: Bandas; Mudras; Kriyas; Pranayama; Dhyanam

References:

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- Yesudian, G. & Haich, F. (1956). *Yoga: Uniting east and west*. Harper, New York.

GERO PSYCHOLOGY (PSS- 1306)

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:

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- Mishra, S. & Saraswati, P. (1987). *Social adjustment in old age*. BR publishing company, Delhi.
- Tilak, S. & Shrinivas, N. (1989). *Religion and aging in the Indian tradition*. Albany State University, New York.
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- Vischer, A.I. (1945). *Old age*. George Allan and Unwin Ltd, London.

Environmental Psychology (PSS- 1307)

Unit-I: Introduction

- Historical background of environmental psychology
- The spatio-physical environment in the psychological tradition
- The ecological demands in psychology

Unit-II: Theoretical Approaches

- Gibson's ecological theory
- Kurt Lewin's field theory and psychological ecology
- A taxonomy of ecology
- Ecological perspective in social psychology

Unit-III: Conceptual Approaches

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

Unit-IV: Current trends in Environmental Psychology

- Spatial behavior
- Personal space and privacy
- Territoriality
- Environmental stress - light, noise, temperature.
- Personality and environment
- Environmental attitudes
- Knowing the environment

Unit- V: Paradigms and Psychological Constructs in environmental Psychology

- Plurality
- Place Identity
- Convergence of Paradigms
- Psycho-social constructs- person environment transactions.

References:

- Asch, S.F. (1952). *Social psychology*. Englewood Cliffs, N.J., Prentice Hall, New York.
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