

# **DEPARTMENT OF PSYCHOLOGY**

## **SYLLABI OF M.Sc. IN PSYCHOLOGY- 2019**

**(Outcome Based Teaching, Learning and Evaluation- OBTLE)**

**APRIL 2019**

**SYLLABI OF MASTER OF SCIENCE (M.Sc.) IN  
PSYCHOLOGY- 2019**

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## Preface

The Department of Psychology was established in the year 1995 with an undergraduate course in the triple main stream (Psychology, Sociology & Sanskrit) under the Faculty of Arts and Social Sciences. In the year 1998, the triple main courses were dispensed and Psychology began to be offered only as one of the interdisciplinary subjects for the B.A. Sanskrit core course. Ph.D. programme was started in the department in the year 2003, which was later on (2005) converted to Integrated MPhil – Ph.D. programme and again the same was bifurcated in 2012. P.G. programme with emphasis on Ancient Indian Psychology and Clinical Psychology was begun in the academic year 2005 - 2006. In 2016, M.A Psychology was converted to M.Sc. Psychology under the faculty of Science, Technology and Education. No other Universities in Kerala offer a course in Indian Psychology, which has high links to Sanskrit and Sanskrit Texts.

## OBTLT Abbreviations

OBTLE	Outcome Based Teaching, Learning and Evaluation
CL	Cognitive Level
Re	Remember
Un	Understand
Ap	Apply
Ana	Analyse
Eva	Evaluate
Cr	Create
KC	Knowledge Category
Fa	Factual
Conc	Conceptual
Proc	Procedural
Me	Meta Cognitive

## Programme Outcomes (POs) of SSUS for PG Programmes

**PO1. Critical Thinking:** Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

**PO2. Communication:** Listen, read, comprehend, speak and write clearly and effectively in person and through electronic media in English/regional language/language of the discipline and exhibit sound domain knowledge including academic concepts and terminologies.

**PO3. Self-directed and Life-long Learning:** Engage in independent and lifelong learning in the broadest context of socio-technological changes.

**PO4. Ethics:** Understand different value systems including one's own, as also the moral dimensions of one's actions, and accept responsibility for it.

### **General Structure of the M.Sc. Programme**

Duration	:	<b>04 Semesters</b>
Minimum credits required	:	<b>66</b>
Number of Core Courses	:	<b>12 (50 Credits)</b>
Elective Courses within the Departments	:	<b>8 (8 Credits)</b>
External Electives Courses	:	<b>4 (8 Credits)</b>
Dissertation	:	<b>6 Credits</b>

### **Programme Specific Outcomes (PSOs) of Department of Psychology for M.Sc. Psychology**

**PSO1.** Apply psychological knowledge about mental processes and behavior with critical thinking skills. (PO1)

**PSO2.** Critically evaluate and interpret evidences and to apply psychological concepts, theories and research findings to individual, social and cultural issues/ life. (PO1)

**PSO3.** Develop ethical standards in psychology through professional practice and research. (PO5)

**PSO4.** Understand, prepare, use and manage scientific tools in studying mental processes and behavior in laboratory as well as natural settings. (PO1)

**PSO5.** Apply various careers available to study PG in psychology. (PO1)

**PSO6.** Apply the psychological knowledge to public, individually or in group through oral or written presentation, to contribute for community development and pluralism. (PO2)

**PSO7.** Apply psychological skills for personal and professional development. (PO3)

**PSO8.** Practice and evaluate psychological intervention strategies for holistic development. (PO3)

**PSO9.** Understand the minor research projects related to behaviorism. (PO3)

**PSO10.** Demonstrate scientific temper and appreciate scientific methodology to study human behaviors and mental processes. (PO2)

### **Proposed Division of Core Courses based on PSOs**

**Theoretical Foundations-** Psychoanalytical theory, Humanistic and trait theories, Learning theories

**Methodological Foundations-** Research methodology, design, analysis in the field of research

**Contemporary Knowledge-** Major applied areas: Sport and exercise psychology, personnel, medical, military and community psychology.

### **Proposed Semester Wise Distribution of Courses**

#### **Semester I- Core Courses**

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSM 11601	Cognitive Processes	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11602	Psychology of Motivation and Learning	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11603	Personality	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam

#### **Semester I- Internal Elective Courses (Any One)**

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSM 11613	Organizational Behavior	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11614	Criminology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM	Introduction to Cognitive	4	Assignment, Seminar,	End Sem

11619	Development		Mid Sem Exam	Exam
PPSM 11620	Neuropsychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam

### Semester II - Core Courses

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSS 11604	Advanced Social Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSS 11605	Psychopathology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSS 11606	Experimental Psychology	4	Report	Viva- voce

### Semester II- External Elective Course- Multi- Disciplinary Elective (Any One)

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSS 11621	Health Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSS 11622	Psychology of Marriage and Family	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam

### Semester III - Core Courses

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSM 11607	Research Methodology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11608	Field Work	4	Report	Viva- voce

**Semester III- Internal Elective Courses (Any one)**

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSM 11615	Applied Psychology: An Introduction	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11616	Behavior Modification	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11617	Environmental Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11618	Applied Sport Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam

**Semester III- External Elective Course- Multi- Disciplinary Elective (Any One)**

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSM 11623	Educational Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSM 11624	Adolescent Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam

**Semester IV - Core Courses**

<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Internal Evaluation</b>	<b>External Evaluation</b>
PPSS 11609	Indian Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSS 11610	Counseling Psychology	4	Assignment, Seminar, Mid Sem Exam	End Sem Exam
PPSS 11611	Internship	4	Report	Viva- voce
PPSS 11612	Dissertation and Viva Voce	6	Report	Viva- voce

## **SEMESTER WISE COURSE DETAILS**

**Course Outcomes, Content, Tagging and Reading list of  
Core and Elective Courses**

## **Semester I**

### **CORE COURSE: PPSM 11601- COGNITIVE PROCESSES**

#### **Course Learning Outcomes:**

- CO1** Analyze simple and complex human cognitive processes.
- CO2** Apply scientific measurement of intelligence.
- CO3** Evaluate scientific measurement of attention, perception, learning, memory and creativity.
- CO4** Apply the scientific knowledge on levels of consciousness to everyday life.
- CO5** Understand the cultural diversity that affect perception.
- CO6** Evaluate the cognitive processes of perception, creativity, reasoning and problem solving.
- CO7** Analyze the theoretical frameworks to scientifically explain intelligence and other cognitive processes.
- CO8** Apply the concepts of intelligence and creativity to appreciate the uniqueness of individuals.
- CO9** Apply the ethical standards in psychological assessment.

#### **UNIT I: PERCEPTUAL PROCESSES**

- Approaches to the Study of Perception: Gestalt and physiological approaches.
- Signal detection theory, information processing approach to perception.
- Perceptual Organization: Gestalt, Figure and Ground, Laws of Organization.
- Perceptual Constancy: Size, Shape and Brightness, Illusion; Perception of Depth and Movements.
- Role of motivation and learning in perception.
- Subliminal perception and related factors
- Culture and perception
- Perceptual styles
- Ecological perspective on perception.

#### **UNIT II: THOUGHT & LANGUAGE**

- Theories of thought processes: Associationism, Gestalt, Information processing.
- Role of concepts in thinking.

- Concept formation: Rules and strategies
- Reasoning: Deductive and inductive.
- Problem – Solving: Type and strategies.
- Decision – making; impediments to problem – solving.
- Creative thinking and problem – solving.
- Cognitive Strategies: Algorithms and heuristics.
- Convergent and divergent thinking.
- Language and thought.

### **UNIT III: INTELLIGENCE & CREATIVITY**

- Intelligence: Biological, Social, Eco – cultural determinants.
- Theories of Intelligence: Spearman, Thurston, Guilford. Cattell, Jensen, Sternberg, Goleman.
- Individual and group differences: Extent and causes.
- Measurement of human abilities.
- Creativity: Views of Torrance, Getzels, Guilford.
- Intelligence and creativity: Relationship.
- Abilities and achievement: Concept and role of emotional intelligence.

### **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.

**CORE COURSE: PPSM 11601 COGNITIVE PROCESSES****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Analyze simple and complex human cognitive processes.	PO1 PSO1	Ana	Con	12	0	Assignment on cognitive processes
<b>CO2</b>	Apply scientific measurement of intelligence.	PO1 PSO1	Ap	Con	0	12	Tutorial-Reading article
<b>CO3</b>	Evaluate scientific measurement of attention, perception, learning, memory and creativity.	PO1 PSO2	Ev	Con	0	12	Tutorial-Reading article
<b>CO4</b>	Apply the scientific knowledge on levels of consciousness to everyday life.	PO3 PSO2	Ap	Con	4	0	Tutorial-Reading article
<b>CO5</b>	Understand the cultural diversity that affect perception.	PO4 PSO3	U	Con	4	0	Assignment on perception
<b>CO6</b>	Evaluate the cognitive processes of perception, creativity, reasoning and problem solving.	PO1 PSO1	Ev	Con	10	0	Tutorial-Reading article
<b>CO7</b>	Analyze the theoretical frameworks to scientifically explain intelligence and other cognitive processes.	PO1 PSO1	Ana	Con	10	0	Tutorial-Reading article
<b>CO8</b>	Apply the concepts of intelligence and creativity to	PO1 PSO7	Ap	Con	4	0	Tutorial-Reading

	appreciate the uniqueness of individuals.						article
<b>CO9</b>	Apply the ethical standards in psychological assessment.	PO4 PSO3	Ap	Con	4	0	Tutorial- Reading article

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## **CORE COURSE: PPSM 11602- PSYCHOLOGY OF MOTIVATION AND LEARNING**

### **Course Learning Outcomes:**

- CO1** Understand the theoretical frameworks that explain learning and memory.
- CO2** Apply the theories of learning and memory to explain daily life experiences and develop skills to help individuals to modify behavior.
- CO3** Create/motivate/persuade individuals/groups for the positive individual, social/ community/ organizational development.
- CO4** Evaluate physiological basis of emotion.
- CO5** Apply stress management and train effective coping strategies.
- CO6** Create and enhance achievement motivation and performance.
- CO7** Evaluate motivation, stress, coping, memory and emotion using scientific methods.

### **UNIT 1: LEARNING PROCESSES**

- Learning Theories: Hull, Tolman, Skinner.
- Classical Conditioning: Procedure, Phenomena and related issues.
- Instrumental Learning: Phenomena, Paradigms and theoretical issues.
- Reinforcement: Basic variables and schedules.
- Verbal Learning: Methods and materials, organizational processes.
- Cognitive approaches in learning: Latent learning, observational learning.
- Experimental analysis of behaviour: Behaviour modification, shaping  
Discrimination learning.
- Neurophysiology of learning.

### **UNIT II: MEMORY & FORGETTING**

- Memory Processes: Encoding, Storage, Retrieval.
- Stages of memory: Sensory memory, Short – Term Memory (STM) and Long – Term Memory (LTM).
- Models of memory: Atkinson and Shiffrin, Craik and Lockhart, Tulving.
- Semantic memory: Episodic, trace model and network model.
- Long – term memory: Retrieval cues, flashbulb memory, constructive processes in memory, eyewitness testimony, autobiographical memory.

- Theories of forgetting: Interference, decay, retrieval.
- Biological basis of memory: The search for the engram, PET scan, and biochemical factors in memory.
- Improving memory: Strategies.

### **UNIT III: MOTIVATION**

- Historical antecedents of motivation from Mechanism to Cognition.
- Basic Motivational Concepts: Instincts, needs, drives, incentives, motivational cycle.
- Approaches to the Study of Motivation: Psychoanalytical, ethological, S – R Cognitive, Humanistic.
- Biological Motives: Hunger, thirst, sleep and sex.
- Ingestive Behaviour: Drinking and its neural mechanism; hunger and its neural mechanism.
- Social Motives: Achievement, affiliation, approval
- Cognitive bases of motivation: Intrinsic motivation, Attribution, Competence.
- Measurement of motives: Issues and techniques.
- Cross – cultural perspectives of motivation: Achievement, Aggression.

### **UNIT IV: EMOTION**

- Physiological correlates of emotions.
- Theories of Emotions: James – Lange, Canon – Bard, Schachter and Singer.
- Components of emotion: Physiological, expressive and cognitive.  
Measurement of Emotions: Physiological, expressive and cognitive measures
- Neural mechanism of emotion: Central and peripheral.
- Current theories of emotions and facial feedback hypothesis.
- Conflicts: Sources and types.
- Stress and coping: Reactions to stress, outcomes of stress.

**CORE COURSE: PPSM 11602 PSYCHOLOGY OF MOTIVATION AND  
LEARNING**

**Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the theoretical frameworks that explain learning and memory.	PO1 PSO2	U	Conc	12	0	Assignment on learning and memory
<b>CO2</b>	Apply the theories of learning and memory to explain daily life experiences and develop skills to help individuals to modify behavior.	PO1 PSO1	Ap	Proc	0	6	Tutorial-Reading article
<b>CO3</b>	Create/motivate/ persuade individuals/ groups for the positive individual, social/ community/ organizational development.	PO4 PSO7	Ap	Proc	0	8	Tutorial-Reading article
<b>CO4</b>	Evaluate physiological basis of emotion.	PO1 PSO2	Ev	Conc	12	0	Assignment on emotion
<b>CO5</b>	Apply stress management and train effective coping strategies.	PO1 PSO8	Ap	Proc	4	10	Tutorial-Reading article
<b>CO6</b>	Create and enhance achievement motivation and performance.	PO2 PSO3	Ap	Proc	0	6	Tutorial-Reading article
<b>CO7</b>	Evaluate motivation, stress, coping, memory and emotion using scientific methods.	PO3 PSO4	Ev	Proc	14	0	Tutorial-Reading article

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## **CORE COURSE: PPSM 11603- PERSONALITY**

### **Course Learning Outcomes:**

- CO1** Understand and critically evaluate theories of personality.
- CO2** Apply objective personality assessment techniques.
- CO3** Apply behavior modification in real life/ psychological intervention on the basis of learning theories.
- CO4** Evaluate theories of personality and learning so as to explain behavior scientifically.
- CO5** Analyze personality on the basis of biological psycho-social and cultural determinants.
- CO6** Understand the unconscious processes based on psychodynamic theories.
- CO7** Apply projective techniques to assess personality.
- CO8** Analyze the uniqueness of personality in terms of unconsciousness and early childhood experiences.

### **UNIT I: PSYCHOANALYTIC AND NEO FREUDIAN THEORIES**

- Biological and socio-cultural determinants of personality
- Psychoanalytic Theory- current research- status and evaluation
- Neo-Freudian Theories- Carl Jung, Adler, Fromm, Horney, Sullivan and Erikson

### **UNIT II: HUMANISTIC AND TRAIT THEORIES**

- Humanistic, Phenomenological and Existential Theories, Maslow, Roger, Frankl, Rollo May.
- Trait Theories- Allport and the individual, Cattell's factor analytic trait theory, Eysenck's biological trait theory. Big five factors.

### **UNIT III: LEARNING THEORIES**

- Skinner's operant conditioning
- Bandura and social learning theories.

### **UNIT IV: ASSESSMENT OF PERSONALITY**

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

**CORE COURSE: PPSM 11603- PERSONALITY****Credit: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand and critically evaluate theories of personality.	PO1 PSO2	U	Conc	14	0	Assignment on personality theories
<b>CO2</b>	Apply objective personality assessment techniques.	PO1 PSO4	Ap	Proc	0	12	Tutorial-Reading article
<b>CO3</b>	Apply behavior modification in real life/ psychological intervention on the basis of learning theories.	PO2 PSO7	Ap	Proc	0	6	Tutorial-Reading article
<b>CO4</b>	Evaluate theories of personality and learning so as to explain behavior scientifically.	PO1 PSO2	Ev	Conc	8	0	Assignment on personality and learning
<b>CO5</b>	Analyze personality on the basis of biological, psycho social and cultural determinants.	PO1 PSO2	Ana	Conc	10	0	Tutorial-Reading article
<b>CO6</b>	Understand the unconscious processes based on psychodynamic theories.	PO1 PSO1	U	Conc	8	0	Assignment on psychodynamics
<b>CO7</b>	Apply projective techniques to assess personality.	PO1 PSO4	Ap	Proc	0	10	Tutorial-Reading article
<b>CO8</b>	Analyze the uniqueness of	PO1	Ana	Conc	4	0	Tutorial-

	personality in terms of unconsciousness and early childhood experiences.	PSO1					Reading article
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## **ELECTIVE COURSE: PPSM 11613- ORGANIZATIONAL BEHAVIOR**

### **Course Learning Outcomes:**

- CO1** Understand organizational behavior in terms of psychological concepts.
- CO2** Create training programmes for employees and managerial staffs.
- CO3** Create skill development programmes for improving interpersonal relationships.
- CO4** Create knowledge in students to aid personnel selection in organizations.
- CO5** Apply techniques to design and practice organizational change and development.
- CO6** Create strategies for conflict resolution and negotiation.
- CO7** Understand the scope to work as a Human Resource Specialist/ Personal Manager in organizations.

### **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 II: INDIVIDUAL PROCESS**

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

### **UNIT III: GROUP AND INTERPERSONAL PROCESSES**

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

### **UNIT IV: ORGANISATIONAL PROCESSES**

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

**ELECTIVE COURSE: PPSM 11613- ORGANIZATIONAL BEHAVIOR****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand organizational behavior in terms of psychological concepts.	PO1 PSO1	U	Conc	12	0	Assignment on organizational behavior
<b>CO2</b>	Create training programmes for employees and managerial staffs.	PO1 PSO2	Ap	Proc	10	0	Tutorial-Reading article
<b>CO3</b>	Create skill development programmes for improving interpersonal relationships.	PO2 PSO7	Ap	Proc	0	10	Tutorial-Reading article
<b>CO4</b>	Create knowledge in students to aid personnel selection in organizations.	PO3 PSO7	Ap	Proc	10	0	Tutorial-Reading article
<b>CO5</b>	Apply techniques to design and practice organizational change and development.	PO1 PSO8	Ap	Proc	10	0	Tutorial-Reading article
<b>CO6</b>	Create strategies for conflict resolution and negotiation.	PO4 PSO3	Ap	Proc	0	12	Tutorial-Reading article
<b>CO7</b>	Understand the scope to work as a Human Resource Specialist/ Personal Manager in organizations.	PO4 PSO3	Ap	Proc	8	0	Tutorial-Reading article

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## **ELECTIVE COURSE: PPSM 11614- CRIMINOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand theories of crime.
- CO2** Understand types of crime.
- CO3** Create skills in making psychological assessment in correctional settings.
- CO4** Apply knowledge in psychology to develop interventions in children's homes, prisons and correctional/ rehabilitation organizations.
- CO5** Apply intervention programmes in interdisciplinary set up for evidence based forensic enquiry.
- CO6** Apply techniques for the prevention of crimes/ antisocial behavior in society.
- CO7** Analyze the scope for psychology professionals to work in committees for preventing sexual harassment.
- CO8** Analyze criminal/ antisocial/offender behaviors in terms of psychological theories.
- CO9** Evaluate juvenile justice and social justice.

### **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 II: CRIMES AND CRIMINAL OFFENDERS**

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

### **UNIT III: DOING SOMETHING ABOUT CRIME**

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

#### **UNIT IV: CORRECTIONAL PSYCHOLOGY**

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

**ELECTIVE COURSE: PPSM 11614- CRIMINOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand theories of crime.	PO1 PSO1	U	Conc	12	0	Assignment on theories on crime
<b>CO2</b>	Understand types of crime.	PO1 PSO1	U	Conc	8	0	Assignment on types of crime
<b>CO3</b>	Create skills in making psychological assessment in correctional settings.	PO1 PSO7	U	Proc	0	8	Tutorial-Reading article
<b>CO4</b>	Apply knowledge in psychology to develop interventions in children's homes, prisons and correctional/ rehabilitation organizations.	PO3 PSO3	Ap	Proc	0	6	Tutorial-Reading article
<b>CO5</b>	Apply intervention programmes in interdisciplinary set up for evidence based forensic enquiry.	PO2 PSO8	Ap	Proc	0	6	Tutorial-Reading article
<b>CO6</b>	Apply techniques for the prevention of crimes/ antisocial behavior in society.	PO4 PSO3	Ap	Proc	0	4	Tutorial-Reading article
<b>CO7</b>	Analyze the scope for psychology professionals to work in committees for	PO4 PSO3	Ana	Proc	8	0	Tutorial-Reading article

	preventing sexual harassment.						
<b>CO8</b>	Analyze criminal/antisocial/offender behaviors in terms of psychological theories.	PO1 PSO2	Ana	Conc	10	0	Assignment on criminal behaviors
<b>CO9</b>	Evaluate juvenile justice and social justice.	PO4 PSO3	Eva	Conc	10	0	Assignment on justice system

### REFERENCES

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## **ELECTIVE COURSE: PPSM 11619- INTRODUCTION TO COGNITIVE DEVELOPMENT**

### **Course Learning Outcomes:**

- CO1** Understand research designs and methods used in studying cognition.
- CO2** Analyze cognitive performance and diagnose cognitive deficits.
- CO3** Understand the scope to work with interdisciplinary teams for disability management of autistic children.
- CO4** Apply appropriate research designs for conducting researches in cognitive impairment in development.
- CO5** Analyze the ethical clearance in research and practice in cognitive development.
- CO6** Understand cognition on the basis of psychological theories.
- CO7** Analyze the nature nurture contributions of cognitive development.

### **UNIT 1: DEVELOPMENT**

- Nature: Transformational and variational change, Developmental systems perspective, Epigenetic landscape model, Stages of development, Dynamic systems theory, Information processing perspective.
- Notions of difference: Nature versus nurture, Continuity versus discontinuity, Universal versus cultural specific.
- Theories of cognitive development: Piaget's theory, Socio-cultural theory, Core knowledge approach, Information processing approach and Cognitive neuroscience perspective.

### **UNIT II: EXPLORING DEVELOPMENT**

- Research designs: Age comparisons (Longitudinal, Cross sectional, Time lag, Sequential and Micro-genetic); Others (Observational studies, Clinical Interviews, Correlation studies, Experimental studies, Quasi experimental studies and Studies of Brain functioning).
- Relation between method of data collection and theoretical stance (task simplification, individual differences).
- Ethical considerations.

### **UNIT III: ASD: A CASE OF COGNITIVE DIFFERENCE**

- Behavioural characteristics of autism (Impaired reciprocal socialization - reciprocal games, Joint attention, Impaired verbal and non-verbal communication - Immediate and delayed echolalia, pronominal reversal, neologisms, idiosyncratic use of words and literal understanding of language; Impaired imagination – Pretend play, Preservative behaviour).
- Mind blindness - A cognitive deficit: What is Theory of Mind? Investigating Tom (Paradigms – False belief tasks or unexpected transfer tests or Sally-Ann task; Appearance reality tasks or deceptive box tests or Smarties test, False photograph test; Eyes task- and findings), ToM deficit in autism.
- Weak Central Coherence - A cognitive strength: Local and Global processing (Embedded figure test, Navon task), Central coherence in autism

### **UNIT IV: FUTURE TRENDS**

- Current research areas.
- Review article: Cognitive variability: A key to understanding cognitive development.
- Delay of gratification in children (Marshmallow task)

**ELECTIVE COURSE: PPSM 11619- INTRODUCTION TO COGNITIVE DEVELOPMENT**

**Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand research designs and methods used in studying cognition.	PO1 PSO1	U	Conc	12	0	Assignment on cognition
<b>CO2</b>	Analyze cognitive performance and diagnose cognitive deficits.	PO1 PSO2	Ana	Proc	6	4	Tutorial-Reading article
<b>CO3</b>	Understand the scope to work with interdisciplinary teams for disability management of autistic children.	PO2 PSO7	Ap	Proc	6	0	Tutorial-Reading article
<b>CO4</b>	Apply appropriate research designs for conducting researches in cognitive impairment in development.	PO3 PSO8	Ap	Proc	12	0	Tutorial-Reading article
<b>CO5</b>	Analyze the ethical clearance in research and practice in cognitive development.	PO4 PSO3	Ana	Proc	10	0	Tutorial-Reading article
<b>CO6</b>	Understand cognition on the basis of psychological theories.	PO1 PSO2	U	Conc	12	0	
<b>CO7</b>	Analyze the nature and nurture contributions of cognitive development.	PO1 PSO1	Ana	Conc	10	0	Tutorial-Reading article

## REFERENCES

1. Harris, M. (2008). Exploring developmental psychology: Understanding theory and methods. New Delhi: Sage publications.
2. Miller, S. A. (2007). Developmental research methods. (3<sup>rd</sup> ed.). New Delhi: Sage publications.
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## **ELECTIVE COURSE: PPSM 11620- NEUROPSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand the history and study methods used in neuropsychological interventions.
- CO2** Understand the structure and functions of brain lobes.
- CO3** Understand the process behind vision, hearing, learning, memory and perception.
- CO4** Analyze neurological basis of human behavior.
- CO5** Evaluate neuropsychological assessment.
- CO6** Apply neuropsychological rehabilitation.
- CO7** Apply neuropsychological findings in other psychology areas.
- CO8** Evaluate the ethical issues in professional practice and researches in neuropsychology.

### **UNIT I: INTRODUCTION**

- Historical background of Neuropsychology
- Areas of Neuropsychology
- Research Studies of the 19<sup>th</sup> 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 later 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.

**ELECTIVE COURSE: PPSM 11620- NEUROPSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the history and study methods used in neuropsychological interventions.	PO1 PSO1	U	Conc	12	0	Assignment on neuropsychological interventions
<b>CO2</b>	Understand the structure and functions of brain lobes.	PO1 PSO1	U	Conc	22	0	Assignment on the structure of brain
<b>CO3</b>	Understand the process behind vision, hearing, learning, memory and perception.	PO1 PSO1	U	Conc	10	0	Assignment on sensation, perception and memory
<b>CO4</b>	Analyze neurological basis of human behavior.	PO1 PSO2	Ana	Conc	6	0	Tutorial-Reading article
<b>CO5</b>	Evaluate neuropsychological assessment.	PO1 PSO2	Eva	Conc	10	0	Tutorial-Reading article
<b>CO6</b>	Apply neuropsychological rehabilitation.	PO3 PSO8	Ap	Proc	0	6	Tutorial-Reading article
<b>CO7</b>	Apply neuropsychological findings in other psychology areas.	PO2 PSO7	Ap	Proc	4	0	Tutorial-Reading article
<b>CO8</b>	Evaluate the ethical issues in	PO4	Eva	Conc	2	0	Tutorial-

	professional practice and researches in neuropsychology.	PSO3					Reading article
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**REFERENCES**

1. James W. Kalat, (2010). Biopsychology. 1st Indian edition, Cengage Learning India Pvt Ltd;New Delhi.pp-435-466.
2. Walsh,K.(2007). Neuropsychology (Lt), London: Churchill Livingstone, Edinburgh.
3. Schneider, M.& Tarshes, B. (2008). Introduction to Physiological Psychology, New York: Random House.
4. Kolb & Whishaw.(2008) Neuropsychology (4<sup>th</sup> ed), New York: Freeman & Company.
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## **Semester II**

### **CORE COURSE: PPSS 11604- ADVANCED SOCIAL PSYCHOLOGY**

#### **Course Learning Outcomes:**

- CO1** Analyze the psycho social determinants of human behavior.
- CO2** Understand the psychological background of social cognition and explain it in analyzing social behavior.
- CO3** Understand prejudices and stereotypes existing in the society and be able to employ psychological knowledge in attempts for eradicating social discrimination.
- CO4** Understand the motives and factors affecting prosocial behavior.
- CO5** Create action plans and action research to enhance social harmony.
- CO6** Analyze the causes and effects of impression formation, interpersonal attraction and aggression.
- CO7** Apply the techniques for the management of stress and aggression.
- CO8** Understand patterns of nonverbal communication and use it for personal and professional interactions.
- CO9** Apply scientific knowledge to develop techniques for assessment of attitudes.
- CO10** Create psychological interventions for positive attitude change.

#### **UNIT I:**

- Social Cognition- Heuristics- Schemas- basic models of social thought.
- Social Perception- Non-verbal communication- Attribution- impression formation and impression management.

#### **UNIT II:**

- The self – self esteem- social comparison
- Attitudes- attitude formation- attitude and behaviour- Persuasion -cognitive dissonance
- Prejudice; causes, effects and cures- stereotyping- discrimination.

#### **UNIT III:**

- Interpersonal attraction- Sources of attraction- Close relationships
- Social influence- Conformity- Compliance- Obedience

- Prosocial Behaviour- Motives- factors - Bystander effect

#### **UNIT IV:**

- Aggression: its nature causes and control
- Groups- effects of other's presence- decision making in groups
- Applications in everyday life- Social side of personal health-loneliness- obesity- stress- personal happiness- social side of the law- Social media and psychology

**CORE COURSE: PPSS 11604- ADVANCED SOCIAL PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Analyze the psycho social determinants of human behavior.	PO1 PSO1	Ana	Conc	10	0	Assignment on human behavior
<b>CO2</b>	Understand the psychological background of social cognition and explain it in analyzing social behavior.	PO1 PSO2	U	Conc	10	0	Assignment on social cognition
<b>CO3</b>	Understand prejudices and stereotypes existing in the society and be able to employ psychological knowledge in attempts for eradicating social discrimination.	PO3 PSO7	U	Conc	6	0	Assignment on social discrimination in the society
<b>CO4</b>	Understand the motives and factors affecting prosocial behavior.	PO3 PSO6	U	Conc	8	0	Tutorial-Reading article
<b>CO5</b>	Create action plans and action research to enhance social harmony.	PO3 PSO6	Ap	Conc	0	6	Tutorial-Reading article
<b>CO6</b>	Analyze the causes and effects of impression formation, interpersonal attraction and aggression.	PO3 PSO2	Ana	Conc	8	0	Tutorial-Reading article

<b>CO7</b>	Apply aggression management and stress management techniques.	PO3 PSO4	Ap	Proc	6	0	Tutorial- Reading article
<b>CO8</b>	Understand patterns of nonverbal communication and use it for personal and professional interactions.	PO2 PSO7	U	Proc	6	0	Tutorial- Reading article
<b>CO9</b>	Apply scientific knowledge to develop techniques for assessment of attitudes.	PO1 PSO4	Ap	Proc	0	6	Tutorial- Reading article
<b>CO10</b>	Create psychological interventions for positive attitude change.	PO4 PSO7	Ap	Proc	6	0	Tutorial- Reading article

## REFERENCES

1. Baron, A. R. & Branscombe, N. R. (2017). *Social Psychology*. 13<sup>th</sup> ed. Dorling Kindersley.pp-39-49,75-96,113-132,150-176,184-201,226-251,271-295,304-315,334-336, 378-406.
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## **ELECTIVE COURSE: PPSS 11605- PSYCHOPATHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand mental disorders.
- CO2** Analyze abnormal behavior in terms of bio psycho social causal factors.
- CO3** Understand abnormal behavior using interviews, clinical observation and psychological/ neuropsychological tests.
- CO4** Create interventions for managing mental disorders.
- CO5** Understand the latest classification of mental disorders.
- CO6** Analyze the adverse effects of labelling.
- CO7** Apply psychotherapeutic interventions to manage different disorders.
- CO8** Create awareness programmes to avoid mental health stigma.

### **UNIT I: CONCEPT OF NORMALITY AND ABNORMALITY**

- 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 II: ANXIETY DISORDERS**

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

#### **Personality Disorders**

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

#### **Mood Disorders**

- Unipolar mood disorders - normal depression; mild or moderate depressive disorders; major depressive disorders.
- Bipolar disorders- cyclothymia, bipolar disorder, schizoaffective disorder.

### **Somatoform and Dissociative Disorders**

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

### **UNIT III: SCHIZOPHRENIA AND DELUSIONAL DISORDERS**

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

### **UNIT IV: SUBSTANCE RELATED AND OTHER ADDICTIVE DISORDERS**

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

### **UNIT V: 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.

### **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.

**ELECTIVE COURSE: PPSS 11605- PSYCHOPATHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand mental disorders.	PO1 PSO1	U	Conc	12	0	Assignment on mental disorder
<b>CO2</b>	Analyze abnormal behavior in terms of bio psycho social causal factors.	PO1 PSO2	Ana	Conc	10	0	Assignment on abnormal behavior
<b>CO3</b>	Understand abnormal behavior using interviews, clinical observation and psychological/ neuropsychological tests.	PO1 PSO4	U	Conc	0	12	Tutorial-Reading article
<b>CO4</b>	Create interventions for managing mental disorders.	PO3 PSO7	Ap	Proc	6	0	Tutorial-Reading article
<b>CO5</b>	Understand the latest classification of mental disorders.	PO1 PSO1	U	Conc	10	0	Assignment on classifications of mental disorder
<b>CO6</b>	Analyze the adverse effects of labelling.	PO1 PSO3	Ana	Conc	4	0	Tutorial-Reading article
<b>CO7</b>	Apply psychotherapeutic interventions to manage different disorders.	PO3 PSO1	Ap	Proc	12	0	Tutorial-Reading article
<b>CO8</b>	Create awareness programmes to avoid mental	PO4 PSO3	Ap	Proc	6	0	Tutorial-Reading

health stigma.							article
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## REFERENCES

1. Sarason, I. & Sarason, R. (2017) *Abnormal Psychology* (11<sup>th</sup> ed ) London: Pearson Publications.pp-5-76, 218-232, 236-265,302-328, 330-367, 372-408, 441-472.
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## **CORE COURSE: PPSS 11606- EXPERIMENTAL PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand the use of psychological experimentation for equipping professional practice in guidance and counselling.
- CO2** Create necessary lab settings for the scientific study of human behavior.
- CO3** Understand the process of rapport building and use it while administering psychological tests.
- CO4** Analyze the collected data and prepare report.
- CO5** Apply the skill in lab experimentation for personal development of clients.
- CO6** Create skills to conduct clinical assessment.
- CO7** Apply relevant aptitude tests for understanding the participant's strength and weaknesses.

Minimum of 10 and maximum of 15 experiments should be done in the following areas and a practical record should be submitted.

1. Attention
2. Sensation
3. Memory
4. Psychomotor tests
5. Intelligence tests
6. Aptitude tests
7. Personality/ Projective tests
8. Neuropsychological tests
9. Clinical tests

**CORE COURSE: PPSS 11606- EXPERIMENTAL PSYCHOLOGY Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the use of psychological experimentation for equipping professional practice in guidance and counselling.	PO1 PSO1	U	Conc	0	8	Assignment on experimental psychology
<b>CO2</b>	Create necessary lab settings for the scientific study of human behavior.	PO1 PSO4	Ap	Proc	0	8	Lab experiments
<b>CO3</b>	Understand the process of rapport building and use it while administering psychological tests.	PO2 PSO7	U	Proc	0	6	Tutorial- Reading article
<b>CO4</b>	Analyze the collected data and prepare report.	PO1 PSO6	Ana	Proc	0	16	Tutorial- Reading article
<b>CO5</b>	Apply psychological lab experimentation for the personal development of clients.	PO3 PSO7	Ap	Proc	0	14	Lab experiments
<b>CO6</b>	Create skills to conduct clinical assessment.	PO3 PSO7	Ap	Proc	0	14	Lab experiments
<b>CO7</b>	Apply relevant aptitude tests for understanding the participant's strength and weaknesses.	PO4 PSO3	Ap	Proc	0	6	Lab experiments

## REFERENCES

1. Myers, A. & Hanson, C. (2011) *Experimental Psychology*. London: Wordworth Publishing
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## **ELECTIVE COURSE: PPSS 11621- HEALTH PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand the role of psychology in maintaining health.
- CO2** Understand the psycho social factors affecting health behavior.
- CO3** Understand the biological and nutritional causes in behavior and apply it in real life.
- CO4** Understand life style diseases.
- CO5** Apply the skills to develop psycho education programmes to the general public.
- CO6** Understand psycho neuro immunology.

### **UNIT I: AN OVERVIEW OF PSYCHOLOGY AND HEALTH**

- 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 II: 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 III: 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 IV: CHRONIC AND LIFE THREATENING HEALTH PROBLEMS.**

- Adjusting to chronic illness.
- Impact of different chronic conditions.
- Psychosocial interventions-Psycho education-relaxation – Biofeed back – Cognitive approaches – Preventive counseling.

**ELECTIVE COURSE: PPSS 11621- HEALTH PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the role of psychology in maintaining health.	PO1 PSO1	U	Conc	14	0	Assignment on health psychology
<b>CO2</b>	Understand the psycho social factors affecting health behavior.	PO2 PSO2	U	Conc	10	0	Assignment on psychosocial factors on health
<b>CO3</b>	Understand the biological and nutritional causes in behavior and apply it in real life.	PO1 PSO7	U	Conc	12	0	Assignment on nutrition and behavior
<b>CO4</b>	Understand life style diseases.	PO3 PSO1	U	Conc	12	0	Assignment on life style diseases
<b>CO5</b>	Apply the skills to develop psycho education programmes to the general public.	PO4 PSO3	Ap	Proc	0	12	Tutorial-Reading article
<b>CO6</b>	Understand psycho neuro immunology.	PO1 PSO3	U	Conc	12	0	Assignment on psychoneuroimmunology

## REFERENCES

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## **ELECTIVE COURSE: PPSS 11622- PSYCHOLOGY OF MARRIAGE AND FAMILY**

### **Course Learning Outcomes:**

- CO1** Understand the factors influencing marital wellbeing.
- CO2** Understand the scope to help families for their wellbeing and relationship building.
- CO3** Analyze positive and negative effects of parenting styles.
- CO4** Understand the cultural and familial factors of behavior formation.
- CO5** Create coping strategies to manage conflicts within family.
- CO6** Create a relationship with couples/ clients with ethical considerations.

### **UNIT I: CONCEPT OF MARRIAGE**

- Adjustment hazards, child rearing, concept of family, 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, divorce, 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.

**ELECTIVE COURSE: PPSS 11622- PSYCHOLOGY OF MARRIAGE AND FAMILY**

**Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the factors influencing marital wellbeing.	PO3 PSO1	U	Conc	18	0	Tutorial- Reading article
<b>CO2</b>	Understand the scope to help families for their wellbeing and relationship building.	PO4 PSO3	Ap	Conc	15	0	Tutorial- Reading article
<b>CO3</b>	Analyze positive and negative effects of parenting styles.	PO3 PSO2	Ana	Conc	12	0	Tutorial- Reading article
<b>CO4</b>	Understand the cultural and familial factors of behavior formation.	PO1 PSO1	U	Conc	12	0	Assignment on behavior formation
<b>CO5</b>	Create coping strategies to manage conflicts within family.	PO1 PSO4	Ap	Proc	9	0	Tutorial- Reading article
<b>CO6</b>	Create a relationship with couples/ clients with ethical considerations.	PO2 PSO7	Ap	Conc	6	0	Tutorial- Reading article

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### **Semester III**

#### **CORE COURSE: PPSM 11607- RESEARCH METHODOLOGY**

##### **Course Learning Outcomes:**

- CO1** Understand ethical ways to collect data from individual/ group or community for research purpose.
- CO2** Understand the principles of doing minor research, designing studies and writing reports in psychology.
- CO3** Understand qualitative and quantitative methods in psychological studies.
- CO4** Create hypotheses, evaluate the genuinity of hypotheses and test the tenability of hypotheses.
- CO5** Create a research proposal.
- CO6** Create research tools in psychology.
- CO7** Analyze and collect data for research using quantitative and qualitative methods.
- CO8** Understand data analysis using computer programmes.
- CO9** Apply ethical standards in psychological research.

#### **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: 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 III: 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 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.

**CORE COURSE: PPSM 11607- RESEARCH METHODOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand ethical ways to collect data from individual/group or community for research purpose.	PO2 PSO2	U	Conc	6	0	Assignment on conducting a research
<b>CO2</b>	Understand the principles of doing minor research, designing studies and writing reports in psychology.	PO3 PSO9	U	Proc	10	0	Tutorials- Reading article
<b>CO3</b>	Understand qualitative and quantitative methods in psychological studies.	PO1 PSO1	U	Conc	12	0	Assignment in research methods in psychology
<b>CO4</b>	Create hypotheses, evaluate the genuinity of hypotheses and test the tenability of hypotheses.	PO1 PSO7	Ap	Proc	8	0	Tutorials- Reading article
<b>CO5</b>	Create a research proposal.	PO1 PSO9	Ap	Proc	6	0	Tutorials- Reading article
<b>CO6</b>	Create research tools in psychology.	PO1 PSO4	Ap	Proc	4	0	Tutorials- Reading article
<b>CO7</b>	Analyze and collect data for research using quantitative and qualitative methods.	PO1 PSO10	Ana	Conc	0	14	Tutorials- Reading article
<b>CO8</b>	Understand data analysis	PO1	U	Conc	0	8	Tutorials-

	using computer programmes.	PSO1					Reading article
<b>CO9</b>	Apply ethical standards in psychological research.	PO4 PSO3	Ap	Proc	0	4	Tutorials- Reading article

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## **CORE COURSE: PPSM 11608- FIELD WORK**

### **Course Learning Outcomes:**

- CO1** Understand systematic observation to study manifest behaviors in individual or group setting.
- CO2** Create interviewing skills to enable students to conduct interviews.
- CO3** Create appropriate methods to analyze content and make psychological interpretation.
- CO4** Create, construct and standardize psychological tests.
- CO5** Create scientific report for qualitative studies in natural settings.
- CO6** Create an adequate field method to study a new problem.

During the third semester, students have to conduct field experiments in psychology using methods namely, systematic observation, interview, content analysis and test construction. Though this provides practical application of their understanding in scientific methodology, it includes specific objectives like conducting observation among client's background collecting and analyzing data from a wide range of sample, systematically planning research methodology, developing skills needed to be an interviewer or trainer of interviewers, analyzing a descriptive data, 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.

### **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 sample and the behavioral variables have to be observed by the student and the data can be discussed. The method of observation, and its practical application among the sample have to be studied to develop a skill in scientific observation.

### **Interview**

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

**Content analysis**

In this, students should develop a skill 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.

**Test construction**

This is a group work. The student groups 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 third semester written examination. One copy will be return to the student after valuation, whereas 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)

**CORE COURSE: PPSM 11608- FIELD WORK****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand systematic observation to study manifest behaviors in individual or group setting.	PO1 PSO1	U	Conc	4	8	Assignment on systematic observation
<b>CO2</b>	Create interviewing skills to enable students to conduct interviews.	PO2 PSO2	Ap	Proc	6	6	Field Hours
<b>CO3</b>	Create appropriate methods to analyze content and make psychological interpretation.	PO3 PSO4	Ap	Proc	8	4	Field Hours
<b>CO4</b>	Create, construct and standardize psychological tests.	PO1 PSO7	Ap	Proc	12	6	Field Hours
<b>CO5</b>	Create scientific report for qualitative studies in natural settings.	PO4 PSO3	Ap	Proc	12	0	Field Hours
<b>CO6</b>	Create an adequate field method to study a new problem.	PO1 PSO2	Ap	Proc	6	0	Field Hours

## **CORE COURSE: PPSM 11615- APPLIED PSYCHOLOGY: AN INTRODUCTION**

### **Course Learning Outcomes:**

- CO1** Understand the scope of application of psychology in clinical, organizational, forensic, medical, sports and military areas.
- CO2** Create skills in behavior therapies on the basis of psychological theories.
- CO3** Understand professional practices in educational, forensic, sports, personnel, clinical, military, community and medical psychology to pursue a career accordingly.
- CO4** Understand the basic concepts of training and practice in applied psychology.
- CO5** Evaluate therapeutic approaches in psychology to address abnormal behavior.
- CO6** Apply techniques for the prevention and management of abnormal behavior.
- CO7** Create intervention programmes for the enhancement of academic performance.
- CO8** Create programmes for the rehabilitation of people with antisocial tendencies.

### **UNIT I: CLINICAL APPLICATION**

- Introduction: What is Health Psychology
- A Biopsychosocial Approach to Health Psychology
- Stress, Coping and Health
- Social Psychology and Health
- Training and working as a Health Psychologist
- Clinical Psychology and Mental Health problems
- Common Mental Health problems and their treatment
- Causes of Mental Health problems

### **UNIT II: 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.

### **UNIT-III: EDUCATIONAL, ORGANIZATION/ OCCUPATIONAL PSYCHOLOGY**

- Educational Psychology
- Learning Problems and interventions
- Occupational Psychology in Practice- the individual
- Occupational Psychology in Practice – The Group
- Social and Development Psychology in work and organization

### **UNIT IV: FORENSIC PSYCHOLOGY**

- Introduction: working with organizations and offenders
- Working with child and adult victims
- Eye witnesses
- Violence Assessment and Intervention
- Training in Forensic Psychology

### **UNIT V: OTHER MAJOR APPLIED AREAS**

- Sports and Exercise Psychology- The Nature of Sport and Exercise Psychology
- Personnel Psychology – Introduction, Role Professional Development, Training and Practice
- Medical Psychology – Introduction, Goals, Training and Practice – Trends and Issues
- Military Psychology: Trends, Training and Practice
- Community Psychology – Introduction, Goals, Practice and Issues

**CORE COURSE: PPSM 11615- APPLIED PSYCHOLOGY: AN  
INTRODUCTION Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the scope of application of psychology in clinical, organizational, forensic, medical, sports and military areas.	PO1 PSO1	U	Conc	10	0	Tutorial- Reading article
<b>CO2</b>	Create skills in behavior therapies on the basis of psychological theories.	PO1 PSO2	Ap	Conc	0	6	Tutorial- Reading article
<b>CO3</b>	Understand professional practices in educational, forensic, sports, personnel, clinical, military, community and medical psychology to pursue a career accordingly.	PO3 PSO7	U	Conc	12	0	Assignment on professional practices in various branches of psychology
<b>CO4</b>	Understand the basic concepts of training and practice in applied psychology.	PO1 PSO7	U	Conc	12	0	Assignment on applied psychology
<b>CO5</b>	Evaluate therapeutic approaches in psychology to address abnormal behavior.	PO2 PSO8	Ev	Conc	10	0	Assignment on therapeutic approaches in abnormal behavior

<b>CO6</b>	Apply techniques for the prevention and management of abnormal behavior.	PO3 PSO7	Ap	Conc	0	8	Tutorial- Reading article
<b>CO7</b>	Create intervention programmes for the enhancement of academic performance.	PO1 PSO7	Ap	Proc	0	8	Tutorial- Reading article
<b>CO8</b>	Create programmes for the rehabilitation of people with antisocial tendencies.	PO4 PSO7	Ap	Conc	0	6	Tutorial- Reading article

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## **ELECTIVE COURSE: PPSM 11616- BEHAVIOR MODIFICATION**

### **Course Learning Outcomes:**

- CO1** Understand the psychological rationale of behavior therapies.
- CO2** Apply behavior modification techniques in professional practice.
- CO3** Create behavioral intervention strategies for personal enhancement.
- CO4** Apply Cognitive Behavior Therapy in professional practice.
- CO5** Apply relaxation techniques in therapeutic setting.
- CO6** Evaluate the ethical issues in behavior modification.

### **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

### **UNIT III: COGNITIVE-BEHAVIOUR THERAPIES –SPECIFIC TECHNIQUES- I**

- Relaxation techniques- systematic desensitization
- 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
- 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

**ELECTIVE COURSE: PPSM 11616- BEHAVIOR MODIFICATION Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the psychological rationale of behavior therapies.	PO1 PSO1	U	Conc	26	0	Assignment on behavior therapy
<b>CO2</b>	Apply behavior modification techniques in professional practice.	PO1 PSO1	Ap	Proc	0	8	Tutorial-Reading article
<b>CO3</b>	Create behavioral intervention strategies for personal enhancement.	PO2 PSO8	Ap	Proc	6	0	Tutorial-Reading article
<b>CO4</b>	Apply Cognitive Behavior Therapy in professional practice.	PO3 PSO4	Ap	Proc	0	14	Tutorial-Reading article
<b>CO5</b>	Apply relaxation techniques in therapeutic setting.	PO1 PSO7	Ap	Proc	0	10	Tutorial-Reading article
<b>CO6</b>	Evaluate the ethical issues in behavior modification.	PO4 PSO3	Eva	Conc	8	0	Tutorial-Reading article

**REFERENCES**

1. Dryden, W. (2012) *Skills in rational emotive behavior counseling and psychotherapy*. Sage publications, London.
2. Karoly, P.& Kunfer, F.A. (2010). *Self-management and behaviour*. Pergamon Press, New York.
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## **ELECTIVE COURSE: PPSM 11617- ENVIRONMENTAL PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand social and environment friendly behaviors.
- CO2** Apply principles of psychology for the scientific management of natural resources.
- CO3** Analyze the influence of infra structural and natural environment on behaviors.
- CO4** Understand the scope to work in interdisciplinary teams to design environment, ambience and infra structure for healthy behavior.
- CO5** Understand the influence of pollution on behavior and work for its prevention.
- CO6** Create awareness and preventive programmes on environmental pollution.
- CO7** Analyze the environmental aspects of mental health.

### **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 etfal.'s ecological psychology
- Urie Brofenbrenner's ecological approaches

### **UNIT III: CONCEPTUAL APPROACHES**

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

### **UNIT IV: MAIN RESEARCH TOPICS**

- Spatial behaviour

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

**ELECTIVE COURSE: PPSM 11617- ENVIRONMENTAL PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand social and environment friendly behaviors.	PO1 PSO1	Ana	Conc	12	0	Assignment on environmental attitudes
<b>CO2</b>	Apply principles of psychology for the scientific management of natural resources.	PO1 PSO7	Ap	Proc	0	8	Tutorial-Reading article
<b>CO3</b>	Analyze the influence of infra structural and natural environment on behaviors.	PO1 PSO4	Ana	Conc	12	0	Tutorial-Reading article
<b>CO4</b>	Understand the scope to work in interdisciplinary teams to design environment, ambience and infra structure for healthy behavior.	PO2 PSO8	Ap	Proc	10	0	Tutorial-Reading article
<b>CO5</b>	Understand the influence of pollution on behavior and work for its prevention.	PO4 PSO3	U	Conc	6	4	Assignment on pollution on behavior
<b>CO6</b>	Create awareness and preventive programmes on environmental pollution.	PO3 PSO3	Ap	proc	0	12	Tutorial-Reading article
<b>CO7</b>	Analyze the environmental aspects of mental health.	PO1 PSO1	Ana	Conc	8	0	Assignment on environmental aspects to

							mental health
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## REFERENCES

1. Gilovich, T. (2012). *Social Psychology – 3*, W W Norton & Company Incorporated.
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## **ELECTIVE COURSE: PPSM 11618- APPLIED SPORT PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understanding the role of psychology in enhancing sport performance.
- CO2** Create programmes to manage stress and enhance performance for athletes and coaches.
- CO3** Apply the knowledge and skill in psychological assessment among athletes.
- CO4** Create skill enhancement programmes for enhancing team cohesiveness.
- CO5** Understand the theories of motivation to maintain athletic performance.
- CO6** Create frameworks for developing mental skills among sport personnels.
- CO7** Create the criteria for training and psychological support for athletes.

### **UNIT I: INTRODUCTION**

Short history of sport psychology- Skill acquisition and expertise-Classifying abilities and skills, the existence of super ability and the nature–nurture debate in sport, Stages of skill acquisition, the information-processing approach to skills - Establishing and Maintaining Physical Exercise

### **UNIT II: AROUSAL, STRESS, ANXIETY AND INTERVENTION**

Factors inducing anxiety and stress, pre- competitive anxiety- the relationship between arousal and performance, the relationship between anxiety and performance, difference between arousal and pressure-Managing Stress - Managing energy level-identifying ideal competitive state.

Intervention training- Arousal Energizing Strategies, Relaxation, Self talk, Mental imagery- types and techniques

### **UNIT III: IMPROVEMENT STRATEGIES**

Motivation- Intrinsic and extrinsic motivation, Theories of motivation, maximizing motivation- sport Feedback and Reinforcement- Mental toughness- Goal setting- Goal Setting and Performance Feedback, Time management and task management, Handling pressure and winning habits, confidence- strategies for confidence building-focus- Mastering the art of focus

#### **UNIT IV: MENTAL SKILLS TRAINING IN SPORT**

Mental skills for athletes and coaches, Foundation skills, performance skills, Framework for mental skills training, personal development skills and team skills, improving team performance- communicating as a team- developing team work.

**ELECTIVE COURSE: PPSM 11618- APPLIED SPORT PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understanding the role of psychology in enhancing sport performance.	PO1 PSO1	Ap	Proc	14	0	Outdoor experiments
<b>CO2</b>	Create programmes to manage stress and enhance performance for athletes and coaches.	PO1 PSO7	Ap	Proc	0	12	Tutorial- Reading article
<b>CO3</b>	Apply the knowledge and skill in psychological assessment among athletes.	PO1 PSO2	Ap	Proc	0	8	Tutorial- Reading article
<b>CO4</b>	Create skill enhancement programmes for enhancing team cohesiveness.	PO2 PSO2	Ap	Proc	0	8	Tutorial- Reading article
<b>CO5</b>	Understand the theories of motivation to maintain athletic performance.	PO4 PSO3	U	Conc	10	0	Assignment on motivation theories on sport personnel
<b>CO6</b>	Create frameworks for developing mental skills among sport personnels.	PO3 PSO4	Ap	Proc	10	0	Tutorial- Reading article
<b>CO7</b>	Create the criteria for training and psychological support for athletes.	PO2 PSO7	Ap	Proc	10	0	Tutorial- Reading article

## REFERENCES

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## **ELECTIVE COURSE: PPSM 11623- EDUCATIONAL PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand the normal pattern of cognitive, language and personality development.
- CO2** Analyze the needs of children with disabilities.
- CO3** Apply psychological knowledge and skills to develop appropriate teaching methods for exceptional children.
- CO4** Create an environment to cultivate better study habits based on psychological principles.
- CO5** Create educational perspectives on the basis of psychological theories.
- CO6** Apply knowledge to develop awareness programmes on educational difficulties.

### **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, sensory impairment, 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 behaviour.
- 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 motives; 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.

#### **UNIT VI: INDIVIDUAL INSTRUCTION AND HUMANISTIC EDUCATION.**

- Objectives of individual instruction - coping with individual differences; promoting independence.
- Study habits - homework, study skills, independent and self-directed study.
- Mastery learning and personalized systems of instruction – theoretical background; approaches; effectiveness.
- Tutoring- components of the process; effectiveness.
- Programmed instruction - frames and programmes; contributions of PI.
- Computer-assisted instruction - intelligent tutoring systems; effectiveness of CAI.
- Humanistic approaches - objectives, roots and outcomes of humanistic movement; principles of humanistic education - self-direction, wanting and knowing how to learn, self- evaluation, the importance of feelings and a non-threatening environment.

**ELECTIVE COURSE: PPSM 11623- EDUCATIONAL PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the normal pattern of cognitive, language and personality development.	PO1 PSO1	U	Conc	18	0	Assignment on cognitive language and personality development
<b>CO2</b>	Analyze the needs of children with disabilities.	PO4 PSO3	Ana	Conc	0	14	Tutorial-Reading article
<b>CO3</b>	Apply psychological knowledge and skills to develop appropriate teaching methods for exceptional children.	PO3 PSO4	Ap	Conc	0	8	Tutorial-Reading article
<b>CO4</b>	Create an environment to cultivate better study habits based on psychological principles.	PO2 PSO2	Ap	Proc	0	6	Tutorial-Reading article
<b>CO5</b>	Create educational perspectives on the basis of psychological theories.	PO1 PSO2	Ap	Proc	12	0	Tutorial-Reading article
<b>CO6</b>	Apply knowledge to develop awareness programmes on educational difficulties.	PO1 PSO7	Ap	Proc	0	14	Tutorial-Reading article

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## **ELECTIVE COURSE: PPSM 11624- ADOLESCENT PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand the characteristics of adolescence.
- CO2** Evaluate parenting styles and its impact on adolescent behavior.
- CO3** Analyze the skills to work among youths and adolescents and conduct programmes for their personal and professional growth and development.
- CO4** Understand the scope to work for the prevention of adolescent issues.
- CO5** Create an environment to develop intellectual growth in adolescents.
- CO6** Create a nation through the development of adolescent mental health.

### **UNIT I: ADOLESCENCE: DEVELOPING A NEW SENSE OF SELF**

Defining adolescence, Historical views of adolescence, Theoretical views of adolescence, Self concept and affective growth, Factors affecting self-esteem, Self-esteem and social adjustment, Shyness, Self-worth and achievement, The locus of control.

### **UNIT II: INTELLECTUAL GROWTH AND DEVELOPMENT**

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

### **UNIT III: PARENTS AND ADOLESCENTS**

Parenting styles; the generation gap, Parent - youth conflict, the struggle for autonomy, Single parent families; abusive parents, friends and peers, The function of peer groups, Age and peer groups; peers and achievement, Adolescent society

### **UNIT IV: DRUG, ALCOHOL ADDICTION AND DELINQUENCY**

Drug use and abuse, Marijuana, tobacco, depressants, Stimulants, hallucinogens, inhalants, Heroin and opiates, Drug and alcohol education, Defining delinquency, Types of delinquency, Causes of delinquency, Juvenile Justice.

### **UNIT V: CHOOSING A VOCATION.**

Vocational choice, Theories of vocational choice and development, Youth employment and unemployment, developing the value system, the Political concepts, Adolescent prejudice.

## UNIT VI: MALADJUSTED ADOLESCENTS

Stress, Psychosomatic disturbances, Conduct disorder and adjustment reactions, Depression, Schizophrenia, Suicide, Counseling adolescents, Family counseling.

### ELECTIVE COURSE: PPSM 11624- ADOLESCENT PSYCHOLOGY

Credits: 4

CO	CO Statement	PO/PSO	CL	KC	Class Sessions/ Tutorial Hours	Lab/ Field Hours	Assessment
CO1	Understand the characteristics of adolescence.	PO1 PSO1	U	Conc	25	0	Assignment on adolescents
CO2	Evaluate parenting styles and its impact on adolescent behavior.	PO1 PSO2	Eva	Conc	14	0	Tutorial-Reading article
CO3	Analyze the skills to work among youths and adolescents and conduct programmes for their personal and professional growth and development.	PO1 PSO7	Ana	Conc	13	0	Tutorial-Reading article
CO4	Understand the scope to work for the prevention of adolescent issues.	PO3 PSO4	U	Proc	8	0	Tutorial-Reading article
CO5	Create an environment to develop intellectual growth in adolescents.	PO2 PSO1	Ap	Proc	6	0	Tutorial-Reading article
CO6	Create a nation through the development of adolescent mental health.	PO4 PSO3	Ap	Conc	6	0	Tutorial-Reading article

## REFERENCES

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## **Semester IV**

### **CORE COURSE: PPSS 11609- INDIAN PSYCHOLOGY**

#### **Course Learning Outcomes:**

- CO1** Understand Eastern approaches explaining human behavior.
- CO2** Understand the traditional Indian explanation on cognition, self and personality in terms of Buddhist, Jaina, Nyaya, Vaiseshika, Sankhya and yoga theories.
- CO3** Apply practical aspects of meditation to help people.
- CO4** Understand psychological concepts and psychopathology in terms of Indian Vedic background.
- CO5** Understand the main streams of yoga.
- CO6** Apply pranayama and yoga asanas to help others to attain mental health.
- CO7** Understand the concepts of yoga as explained in Bhagawath Gita.

#### **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**

Psychopathology and Psychotherapy, Atharvaveda and Ayurveda; Atharva veda samhita; Ayurveda; yoga.

## **UNIT VI: INTRODUCTION TO YOGA**

Yoga - Origin, definition - Pathanjali Yoga Sutras - Yoga Vasishta - 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**

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

**CORE COURSE: PPSS 11609- INDIAN PSYCHOLOGY****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand Eastern approaches explaining human behavior.	PO1 PSO1	U	Conc	18	0	Assignment on eastern approaches in human behavior
<b>CO2</b>	Understand the traditional Indian explanation on cognition, self and personality in terms of Buddhist, Jaina, Nyaya, Vaisesika, Sankhya and yoga theories.	PO1 PSO1	U	Conc	10	0	Assignment on cognitive processes in Indian psychology context
<b>CO3</b>	Apply practical aspects of meditation to help people.	PO3 PSO4	Ap	Proc	0	10	Tutorial-Reading article
<b>CO4</b>	Understand psychological concepts and psychopathology in terms of Indian Vedic background.	PO1 PSO1	U	Conc	8	0	Assignment on psychological concepts in Indian Vedic background
<b>CO5</b>	Understand the main streams of yoga.	PO1 PSO1	U	Conc	8	0	Assignment on streams of yoga
<b>CO6</b>	Apply pranayama and yoga asanas to help others to attain mental health.	PO3 PSO4	Ap	Proc	0	14	Tutorial-Reading article

CO7	Understand the concepts of yoga as explained in Bhagawath Gita.	PO4 PSO4	U	Conc	4	0	Assignment on yoga in terms of Bhagawath Gita
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1. Baby, J. (2004). *Relaxation: The yogasana way*. Indian Journal of Community Psychology, 1 (3), 200-216.
2. Kuppaswamy, B. (1985). *Ancient Indian psychology*. Konark Publishers, New Delhi. pp-1-65, 83-144, 153-208, 211-235.
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## **CORE COURSE: PPSS 11610- COUNSELLING PSYCHOLOGY**

### **Course Learning Outcomes:**

- CO1** Understand historical development of counselling profession.
- CO2** Apply counselling among individuals and groups.
- CO3** Analyze the theoretical approaches in practicing counselling.
- CO4** Create skills to practice counselling in community and organizational settings.
- CO5** Create relaxation techniques to practice and help others.
- CO6** Evaluate the ethical standards in counselling practice.

### **UNIT 1: INTRODUCTION TO COUNSELLING.**

- Definition of Counseling
- Distinction between Counseling and Psychotherapy.
- Goals of counseling.
- Historical Development of the Counseling Profession.
- Counseling process and methods – characteristics of a helping relationship - characteristics of an Effective Counseling relationships.
- Counseling Procedures/Skills-I-Initial procedures, the Initial counseling Interview, and counseling skills.
- Counseling 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 II: THEORETICAL APPROACHES TO COUNSELLING.**

- Affective approaches to counseling-Psychology names-client-centered therapy, Gestalt therapy and Existential Therapy.
- Cognitive Approaches to counseling-Rational-emotive therapy, Transactional Analysis.
- Behaviorist approaches to counseling- Behavioural counselling and Reality Therapy.

### **UNIT III: 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 IV: ROLE OF RELAXATION IN COUNSELLING.**

- Guided Somato psychic Relaxation (GSPR)
- Jacobson's Progressive Musalar Relaxation.
- Yoga relaxation.
- EEG, EMG, Bio-feedback relaxation.
- Transcendental Meditation <sup>TM</sup>.
- Professional Issues in counseling.
- Evaluation of counseling-purpose, Difficulties and criteria.

**CORE COURSE: PPSS 11610- COUNSELLING PSYCHOLOGY Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand historical development of counselling profession.	PO1 PSO1	U	Conc	14	0	Assignment on history of counselling
<b>CO2</b>	Apply counselling among individuals and groups.	PO3 PSO2	Ap	Proc	0	14	Tutorial-Reading article
<b>CO3</b>	Analyze the theoretical approaches in practicing counselling.	PO1 PSO2	Ana	Conc	12	0	Tutorial-Reading article
<b>CO4</b>	Create skills to practice counselling in community and organizational settings.	PO2 PSO7	Ap	Proc	0	12	Tutorial-Reading article
<b>CO5</b>	Create relaxation techniques to practice and help others.	PO3 PSO4	Ap	Proc	0	14	Tutorial-Reading article
<b>CO6</b>	Evaluate the ethical standards in counselling practice.	PO4 PSO3	Ev	Proc	6	0	Tutorial-Reading article

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## **CORE COURSE: PPSS 11611-INTERNSHIP**

### **Course Learning Outcomes:**

- CO1** Understand the application of psychological principles in clinical settings.
- CO2** Evaluate psychological testing in clinical setting.
- CO3** Understand the assessment and diagnosis of mental disorders.
- CO4** Analyze the skills in case history taking.
- CO5** Create skills to prepare reports of clinical visits.
- CO6** Apply therapeutic interventions for the diagnosed cases.
- CO7** Apply the skills to prepare reports of the cases diagnosed and managed.
- CO8** Create a positive attitude toward people with mental illness.

Each student shall be placed in approved institutions for a minimum period of 40 days where services of clinical psychology and related services are provided. The student has to work under the guidance and supervision of a 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.

**CORE COURSE: PPSS 11611-INTERNSHIP****Credits: 4**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Understand the application of psychological principles in clinical settings.	PO1 PSO1	U	Conc	0	8	Tutorial- Reading article
<b>CO2</b>	Evaluate psychological testing in clinical setting.	PO1 PSO4	Ev	Conc	0	8	Tutorial- Reading article
<b>CO3</b>	Understand the assessment and diagnosis of mental disorders.	PO1 PSO1	U	Conc	0	12	Tutorial- Reading article
<b>CO4</b>	Analyze the skills in case history taking.	PO2 PSO4	Ana	Proc	0	10	Tutorial- Reading article
<b>CO5</b>	Create skills to prepare reports of clinical visits.	PO3 PSO4	Ap	Proc	0	6	Tutorial- Reading article
<b>CO6</b>	Apply therapeutic interventions for the diagnosed cases.	PO3 PSO1	Ap	Proc	0	12	Tutorial- Reading article
<b>CO7</b>	Apply the skills to prepare reports of the cases diagnosed and managed.	PO3 PSO4	Ap	Proc	0	10	Tutorial- Reading article
<b>CO8</b>	Create a positive attitude toward people with mental illness.	PO4 PSO3	Ap	Conc	0	6	Tutorial- Reading article

## **CORE COURSE: PPSS 11612- DISSERTATION AND VIVA VOCE**

### **Course Learning Outcomes:**

- CO1** Create an appropriate problem for research.
- CO2** Evaluate the ethical clearance from concerned authorities to conduct research in psychology.
- CO3** Create a minor level psychological research.
- CO4** Create research proposals in psychology.
- CO5** Understand the psychological tools for behavioral research.
- CO6** Analyze data coding and analysis in researches in psychology.
- CO7** Create research reports in psychology.

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 the program and the candidate should attend a viva voce examination.

**CORE COURSE: PPSS 11612- DISSERTATION AND VIVA VOCE Credits: 6**

<b>CO</b>	<b>CO Statement</b>	<b>PO/PSO</b>	<b>CL</b>	<b>KC</b>	<b>Class Sessions/ Tutorial Hours</b>	<b>Lab/ Field Hours</b>	<b>Assessment</b>
<b>CO1</b>	Create an appropriate problem for research.	PO1 PSO1	Ap	Proc	6	0	Tutorial- Reading article
<b>CO2</b>	Evaluate the ethical clearance from concerned authorities to conduct research in psychology.	PO4 PSO3	Ev	Proc	4	0	Assignment on ethics in psychology
<b>CO3</b>	Create a minor level psychological research.	PO3 PSO4	Ap	Proc	0	20	Assignment on psychologic al research
<b>CO4</b>	Create research proposals in psychology.	PO3 PSO4	Ap	Proc	8	0	Assignment on writing research proposals
<b>CO5</b>	Understand the psychological tools for behavioral research.	PO1 PSO4	U	Proc	8	0	Assignment on psychologic al tools
<b>CO6</b>	Analyze data coding and analysis in researches in psychology.	PO1 PSO4	Ana	Proc	4	6	Tutorial- Reading article
<b>CO7</b>	Create research reports in psychology.	PO1 PSO4	Ap	Proc	16	0	Tutorial- Reading article