

Page No. 1

CHAUDHARY DEVI LAL UNIVERSITY, SIRSA

**M.A. (Psychology)
(2-YEAR COURSE)**

Scheme of Examination and Syllabus

(As per Choice Based Credit System w.e.f. the academic year 2018-2019)

The entire degree/programme of M.A. (Psychology) will be of Two years consisting of four semesters.

The scheme of Examination and Syllabus is as under:-

M.A. 3rd SEMESTER

Core Course(s)							
Course Code	Nomenclature	Type of Course	Marks			Exam. Hrs.	Credits
			Int. Assess./ Evaluation	End Term Exam.	Total		
PSY-C-231	Psychological Testing-I	core	30	70	100	3Hrs.	4
PSY-C-232	Guidance—Basic Processes & Applications	core	30	70	100	3Hrs.	4
PSY-C-233	Psychopathology	core	30	70	100	3Hrs.	4
PSY-C-234	Practicals	core	Distribution of Marks: Lab Work/Test: 70 Record on Lab work: 10 Viva-Voce: 20		100	3Hrs.	4
PSY-E-231	Positive Psychology	Elective Choose any two of them	30	70	100	3Hrs.	4
PSY-E-232	Sports Psychology		30	70	100	3Hrs.	4
PSY-E-233	Military Psychology		30	70	100	3Hrs.	4
PSY-E-234	Rehabilitation Psychology		30	70	100	3Hrs.	4
Open Elective Course (For the students of other departments/subjects)							
Course Code	Course Title	Type of Course	Marks			Exam. Hrs.	Credits
			Int. Assess./ Evaluation	End Term Exam.	Total		
PSY-OE-03	Understanding Psychology	Open (E)	30	70	100	3Hrs.	4

Total credit of open elective (OE) courses should be at least 10 per cent of the total credits earned by a student in a Programme.

Note:- From Semester 1st to Semester 4th the number of hours of instruction required per week for theory and practical papers/course will be as per Ordinance of Choice Based Credit System (CBCS) for PG Programmes framed by Academic Branch as per letter no. AC-II/489/17/1974-2015 dated 15/06/2017.

M.A. 4th SEMESTER

		Core Course(s)						
Course Code	Nomenclature	Type of Course	Marks			Exam. Hrs.	Credits	
			Int. Assess./ Evaluation	End Term Exam.	Total			
PSY -C-241	Psychological Testing-II	core	30	70	100	3Hrs.	4	
PSY -C-242	Clinical Psychology	core	30	70	100	3Hrs.	4	
PSY -C-243	Organizational Psychology	core	30	70	100	3Hrs.	4	
PSY -C-244	Practicals	core	Distribution of Marks: Lab Work/Test: 70 Record on Lab work: 10 Viva-Voce: 20			100	3Hrs.	4
PSY -E-241	Criminal & Forensic Psychology	Choose any two of them	30	70	100	3Hrs.	4	
PSY -E-242	Counseling— Basic processes & Applications		30	70	100	3Hrs.	4	
PSY -E-243	Health Psychology		30	70	100	3Hrs.	4	
PSY -E-244	Human resource management		30	70	100	3Hrs.	4	
Open Elective Course (For the students of other departments/subjects)								
Course Code	Course Title	Type of Course	Marks			Exam Hrs.	Credits	
			Int.Assess./ Evaluation	End Term Exam.	Total			
PSY -OE-04	Applications of Psychology	Open (E)	30	70	100	3Hrs.	4	

Total credit of open elective (OE) courses should be at least 10 per cent of the total credits earned by a student in a Programme.

Note:- From Semester 1st to Semester 4th the number of hours of instruction required per week for theory and practical papers/course will be as per Ordinance of Choice Based Credit System (CBCS) for PG Programmes issued by Academic Branch as per letter no. AC-II/189/17/1974-2015 dated 15/06/2017.

Syllabus and Courses of Reading
PSY-C-231 Psychological testing-I

Max.Marks : 100

End Term Exam : 70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit-I

Psychological testing: Meaning, types and history

Nature, Classification and uses of psychological tests

Issues in psychological testing and test biases

Factors influencing test performance—examiner, situational variables and test-takers perspectives

Unit-II

Test construction—General steps and procedure in test construction

Item writing and types of items . Item analysis

Unit-III

Standardization: concept of test scores, norms and development

Types of norms: Developmental norms

Within group norms---Percentiles, standard scores—Z-scores, T-scores, Sten- scores, Stanine- scores and Deviation score (IQ), Relativity of norms and their Interpretations

Unit-IV

Reliability and Validity of Psychological Test

Reliability- Definition, coefficient methods of estimating Reliability. Factors affecting reliability.

Validity- Meaning, types and methods of estimate, factor affecting Validity

Recommended Books:

Anastasi, A. (1988).Psychological testing. New York: McMillan

Anastasi, A. & Urbina,S.(1997).Psychological testing. N.D.: Pearson Education

Asthana, B. () Measurement and Evaluation in Psychology and Education

Chadha, N.K. (1996). Theory and practice of psychometry.N. D.: New Age International Ltd.

Freeman, F.S.3RD ed. (1965).Psychological testing. New Delhi: Oxford and IBH Publishing Co.Pvt.Ltd

Nunnally, J.C. (1981).Psychometric theory. NY: Tata McGraw-Hill

Singh, A.K. (1988). Test, Measurement and Research Methods in Behavioral Sciences. Patna: Bharti Bhavan

Kline, P. (1983). Personality Measurement and Theory.Hutchinson

PSY-C-232 Guidance-Basic Processes & Applications

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Foundations of Guidance: Meaning and nature of guidance, Basic principles and Goal Organization of guidance program: Objectives, Primary School stage, Secondary and Senior Secondary stage

Unit II

Concept importance and area of guidance-educational guidance: meaning, needs, stages and functions.

Process of individual and group educational guidance, Vocational guidance: meaning, need, principles and process.

Social Guidance-meaning, Objectives, need and functions of social guidance

Unit III

Human Assessment: characteristics of a Good Test. Importance of Psychological Testing Intelligence test, Aptitude test and Personality Test

Unit IV

Assessment in Natural setting observation, Rating scales, Self-reporting, Autobiography, Interview

Group assessment technique: Socio-metric technique

Recommended Books:

Anastasi, A. & Urbina, S. (1997). Psychological Testing. New York: McMillan.

Bernard, H.W. & Fullmer, D.W. (1977). Principles of Guidance. New York: Crowell.

Crow, L.D. & Crow, A.V.B. (1961). Introduction to Guidance: Basic Principles and Practices.

New Delhi: Eurasia.

Gupta, S.K. (1985). Guidance and Counselling. Delhi: Mittal.

Miller, L.A., McIntire, S.A., & Lovler, R.L. (2011). Foundations of Psychological Testing. Los Angeles: Sage.

Pietrofesa, J.J. (1980). Guidance: An Introduction. Chicago: Rand McNally.

PSY-C-233 Psychopathology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

UNIT-I

Psychopathology: Nature, Historical background, Perspectives- Biological and Psychological. Diagnosis and Classification: Meaning, Purpose, DSM system of classification, DSM- 5.

UNIT-II

Anxiety and Obsessive Disorders: GAD, Panic, Specific phobia, OCD. Dissociative Disorders: Dissociative identity disorder, Dissociative amnesia, Dissociative depersonalization.

UNIT-III

Somatoform Disorders: Somatization disorder, Illness anxiety disorder, Body dysmorphic disorder, Conversion disorder. Bipolar and related disorders: Bipolar I disorder, Bipolar II disorder, Cyclothymic disorder.

UNIT-IV

Schizophrenia and Delusional Disorders: Clinical picture, Etiology and Treatment approaches. Substance Use Disorders: Alcohol abuse and dependence, Drug abuse and dependence, Personality disorders.

Recommended Books:

Adams, H.E. & Sutker, P.B. (2001). Comprehensive Handbook Of Psychopathology. NY: Kluwer Academic.

APA's (1996). Diagnostic and Statistical Manual-IV TR. New Delhi: Jaypee Brothers.

Carson, R.C., Butcher, T.N., & Susan, M.(2001). Abnormal Psychology and Modern Life (11th

Ed.). New York: Harper Collins.

ICD-10. Casebook: The many faces of mental disorders. New Delhi: Jaypee.

Hales, R.E., Yudofsky, S.C. & Falbott, J.A. (1999). Textbook of Psychiatry Vol.I & II. Washington: American Psychiatric Press.

Irwin, B.W. (1976). Clinical Methods in Psychology. NY: Willey Interscience.

Kaplan, H.J. and Sedlock, B.J. (1983) Modern Synopsis of Psychiatry. Baltimore: Williams and Wilkins.

PSY-C-234 Practicals

Any Ten experiments/tests from the following areas:

Do any Three/Four Practical from all core papers by using relevant statistical method and research design (Minimum 10 Practicals).

PSY-E-231 Positive Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

UNIT I

Introduction to Positive Psychology: Traditional Psychology; Origin, Assumptions and Goals of Positive

Psychology, Eastern Perspective on Positive Psychology.

Virtues and Strengths of Character: Classification of Human Virtues and measuring Strengths of Character.

UNIT II

Positive Emotional States and Well- being: with special emphasis on forgiveness and gratitude.

Unit III

Happiness: Different viewpoints of Happiness, Factors affecting Happiness and strategies to enhance Happiness;

UNIT IV

Cognitive States and Processes: Wisdom, Self-efficacy, Hope and Optimism; Mindfulness and Well-being.

Recommended Books:

Baumgardner, S.T., & Crothers, M, K. (2009). *Positive Psychology*. New Delhi: Pearson.

Bryant, F.B., & Veroff (2007). *Savoring: A new model of positive experience*. Mahwah, New

Jersey: Lawrence Erlbaum.

Carr, A. (2005). *Positive Psychology: The Science of Happiness and Human Strengths*. New York: Routledge.

Snyder, C.R., & Lopez, S.J. (2008). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi:

PSY-E-232 Sports Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

UNIT-I

Sports Psychology: Definition, Nature and Scope. Brief history of Sports Psychology: International and Indian Perspectives, Role of Sport Psychologist.

UNIT-II

Behavioral Principles and their applications in sports. Individual differences and Sports Performance; Motor Skills Learning.

UNIT-III

Anxiety and Stress ; Coping Strategies and Interventions. Managing failures.

Motivation: Concepts, Models and Applications. Goal Setting.

UNIT-IV

Leadership in sports.Team Cohesion and Team Building.Dynamics of Coaching.

Psychological Skills Training and Effective Intervention Programs: Imagery Training, Biofeedback, Music and Progressive muscular relaxation therapy.

Recommended Books :

1. David Lavalke; John Krener, Aidan P. Moran and Mark Williams (1994). Sports Psychology: Contemporary Themes.
2. Mohan, J. (2010) Sports Psychology: Emerging Horizons, New Delhi: Friends Publishers.
3. Mohan, J. and Sehgal, M. (2005). Readings in Sports Psychology. New Delhi: Friends.
4. Moran, A.P. (1998). The Psychology of Concentration. East Sussex: Psychology Press.
5. Murphy, S.M. (1995). Sports Psychological Interventions. Champaign: Human Kinetics.
6. Nicholas T. Gallucci (2008). Sports Psychology. New York: The Psychology Press.
7. Richard, H. Cox (2002). Sports Psychology. New York: Palgrave Macmillan. (eighth edition).
8. Thelma, S. H. (1992). Advances in Sports Psychology. Illinois: Human Kinetics.
9. Stewart, J.H. ; Biddle, A. and Nanette, M. (2008). Psychology of Physical Activity. London Routledge.
10. India International Congress in Sport Psychology. (Proceedings) 2009. Gwalior: INUPE.
11. Singer R.N. Murphy, M. and Tennant, L.K. (eds.) 1993. Handbook of Research on Sport Psychology. New York: MacMillan.

PSY -E-233 Military Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Military psychology: Nature, scope, historical perspective, contemporary issues and emerging trends in military psychology.

Unit II

Selection and Training of Military Personnel: Assessment of psychomotor, spatial abilities, interest, aptitudes, and personality; Training- training needs analysis, types and methods of training, evaluation and monitoring.

Unit III

Social Factors in military: Leadership and subordination - Conformity, compliance and obedience, maintaining interpersonal relations, group cohesion, morale and motivation.

Unit IV

Environmental factors and Health Issues: Effects of extreme environmental conditions and deprivation on military performance; Mental health issues in military: depression, alcoholism, substance abuse, suicide, combat stress, post-traumatic stress, coping with stress.

Recommended Books:

Anastasi, A., & Urbina, S. (2003). Psychological testing. Prentice Hall: New Delhi.

Hall, R., & Mangelndroff, D. (1991). Handbook of military psychology. John Wiley: USA.

Kennedy, C.H., & Zillmer, E.A. (2006). Military psychology: Clinical and operational applications. Guilford: New York, USA.

Ramachandran, K. (in press). Handbook of military psychology. Delhi: DIPR.

Shalit, B. (1988). The psychology of conflict and combat. Praeger: NY.

Reuven, G., Adavid, M., & S Dorff, .A.(1991),Handbook of Military Psychology. USA, John Wiley Sons.

PSY-E -234 Rehabilitation Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Nature and Scope of Rehabilitation psychology, Definition, historical perspective, scope and models.

Functions of Rehabilitation Psychology: General functions and special functions, Goals and objectives of rehabilitation.

Unit II

Disabilities - Concept and definitions, Classification of various disabilities, Incidence and Prevalence

Types of disabilities: Visual impairment, Hearing and speech impairment, Locomotor disability

Mental retardation, Cerebral palsy, Autism, Mental illness Learning disabilities, Multiple Handicaps

Unit III

Personality Development of Disabled Persons and intervention

Factors influencing personality development of disabled individuals, Life span Development of people with disabilities

Special education: – Aims, objectives and functions. Educational assessment and evaluation for persons with disabilities, Educational technology for disabled

Unit IV

Psychological Intervention

Basic principles of intervention, types of intervention-individual, group and family based.

Perspectives of rehabilitation services: Setting and agencies involved in rehabilitation services. Government schemes and policies for rehabilitation: The role of NGOs. Legislation and legal aspects, policies and acts. Ethical issues in rehabilitation.

Books Recommended:

Diverse Populations, Volume 9, Elsevier Science, Pergamon.

Alan Hilton & Ravie Ringlaben, 1998, Best and Promising Practices in Developmental Disabilities, Pro-Ed, Texas.

Ali Baquer & Anjali Sharma, 1997, Disability: Challenges Vs Responses, Concerned Action – Now, New Delhi.

Gerald Hales, 1996, Beyond Disability: Towards an Enabling Society, SAGE Publications, New Delhi.

John Swain, Vic Finkelstein, Sally French & Mike Oliver, 1994, Disabling Barriers – Enabling Environments, SAGE Publications, New Delhi.

Jose Murickan & Georpekutty, 1995, Persons with Disabilities in Society, Kerala Federation of the Blind, Trivandrum.

Kundu, C.J., 2000, Status of Disability in India – 2000, Rehabilitation Council of India, New Delhi.

Narain, J. & Kuttly, A.C.T. (1990), Skill training for M.R. Persons, Hyderabad: J.S. Graphics.

Peshawaria, R. (1994), Moving forward, Hyderabad: J.S. Graphics.

Stromer, D.C. & Prout (1995) (Eds.), Counselling and Psychotherapy for persons with mental retardation and borderline intelligence, Vermont: Clinical Psychology Publishing Co.

Venna, I. (1990), The management of children with emotional and behavioural difficulties, London: Routledge

PSY-OE-03 Understanding Psychology

Max.Marks : 100

End Term Exam : 70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Psychology: Nature, Historical background and field of Psychology, Emergence of Psychology as a Science Methods: Experimental, interview, observation and case study.

Unit-II

Learning: Nature, Types-Trial and Error, Conditioning: Classical and Instrumental and Insight

Unit-III

Memory: Nature, study methods, Factors Affecting Memory, STM and LTM ; forgetting: Nature, determinants and Mnemonic.

Unit-IV

Personality: Nature, Genetic and Environmental determinants of personality. Type and Trait approach. Personality Assessment: 16PF.Intelligence: Nature and Measurement.

Recommended Books:

Ciccarelli, S.K. & Meyer, G.E. (2006).Psychology. New Delhi: Pearson Education, Inc.

Leukel, F. (2002).Introduction to Physiological Psychology (IIIrd Edition). New Delhi: CBS Publishers and Distributors.

Atkinson, R.L., Atkinson, R.L. et. Al. (1985).Introduction to Psychology.N.Y. HBJ Publishers.

Singh, A.K. (2009). Uchatar Samanya Manovigyan. Delhi: Moti Lal Banarsidas.

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Introduction: Definition, Nature & Historical outline of psychological Assessment. Types of psychological tests, Applications of psychological tests.

UNIT II

Assessment: Questionnaire method, Observation method, Case History, Scales, Interview. Measurement of Attitude: Likert scale, Thurstone Scale, Guttman Scale, Stapel's Scale

UNIT III

Ability Testing: Individual tests: Stanford- Binet, Wechsler scales; Group tests: Multiple Aptitude battery: Differential Aptitude test; Multidimensional Aptitude battery: Cognitive Abilities test. Personality Testing: Projective: Rorschach, TAT, WAT and Self Reporting Inventories: MMPI, 16PF

UNIT IV

Neuropsychological Testing: Luria- Nebraska Neuropsychological battery, AHMS Comprehensive Neuropsychological battery. Tests for Special Population: Tests for Infant & Preschool children.

Recommended Books:

Aiken, L.R. & Groth- Marnat, G. (2009). Psychological Testing and Assessment (12th ed) Delhi: Pearson.

Anastasi, A.,& Urbina, S. (1997). Psychological Testing (7th ed) NY: Prentice- Hall.

Gregory, R.J. (2004). Psychological Testing: History, Principles, & Applications (4th ed) New Delhi: Pearson Education.

Husain, A. (2012). Psychological Testing. Delhi: Pearson. Miller, L.A., Lover, R.L. &

McIntire, S.A. (2013). Psychological Testing. New Delhi: Sage.

Singh, A.K. (2008). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhawan.

PSY-C-242 Clinical Psychology

Max.Marks : 100

End Term Exam : 70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit-I

Nature and scope of clinical psychology. Goals and limitations of Psychotherapy. Role of psychotherapist, Therapeutic relation.

Unit-II

Psychoanalysis as a therapeutic technique. BehaviourModification : Systematic desensitization, Aversion therapy, assertive training, modelling. Application of these therapies for different maladaptive behaviour.

Unit-III

Phenomenological Models : Rogers therapy, Gestalt therapy, Existential analysis. Role playing and psychodrama.

Physio-chemical therapies.

Unit-IV

Cognitive-behaviour therapy (CBT) Yoga and meditation. Community psychiatry. Hospital care.

Recommended Books :

- Achanbach, T.M. (1992), Developmental Psychopathology, New York : John Wiley.
Garfield, S.L. (1984), Clinical Psychology : The Study of Personality and Behaviour, Chicago :Aldine.
Garfield, S.L. and Bergin, A.E. (Eds.) (1986), Handbook of Psychotherapy and BehaviourChange, New York : John Wiley.
O'Leary, K.D. and Wilson, G.T. (1985), BehaviourTherapy : Application and Outcome, EnglewoodCliffs, N.J. : Prentice Hall.
Rappaport, J. (1987), Community Psychology : Values, Research and Action, New York : Halt, Rinehart and Winston.
Rosenhan, D.L. and Seligman, M.C.P. (1994), Abnormal Psychology, New York : W.W.E. Norton.
Wolman, B.B. (1965), Handbook of Clinical Psychology, New York : McGraw Hill.
Yalom, I.D. (1985), The Theory and Practice of Group Psychotherapy, New York : Basic Books.

PSY-C-243 Organizational Psychology

Max.Marks : 100

End Term Exam : 70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit-1

Organizational Behaviour: Introduction, Emergence of OB as a discipline

Organisational structure: Basic concepts, types, classical and modern theory.

Unit 2

Communication: Basic communication process, formal and informal, methods to improve communication.

Decision making: Process, techniques, models – Economic Rationality, Social, Bounded Rationality.

Unit 3

Leadership In organizations: Nature, styles, role and activities, theories: Trait, Exchange, Contingency, and Path-Goal.

Organizational Conflict: Nature, causes, conflict resolution and management.

Unit 4

Organizational change and development: Nature of change process, resistance, strategic planning, approaches of managing change. Organizational development and growth

Organizational Effectiveness: concept, approaches and factor influencing.

Recommended books:

Schultz & Schultz (2006). Psychology & Work Today, Pearson Education

Gilmer, B.V.H. (1991). Industrial and organizational psychology, Tokyo: McGraw Hill, Kogakushra.

Wexley, K.N., & Yukl, G.A. (1987). Organizational behaviour and personal psychology. Illinois: Richard Irvin.

Mohanty, G.(1990). Industrial and Organizational Psychology. New Delhi: Oxford and IBH.

Spector, P.E. (1996). Industrial and Organizational Psychology: Research and Practice. New York: Wiley

PSY-C-244 Practical

Any Ten experiments/tests from the following areas:

Do any Three/Four Practicals from all core papers by using relevant statistical method and research design (Minimum 10 Practicals).

- - / 7 -

Practicals

1

PSY-E-241 Criminal & Forensic Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Psychology and Crime Introduction: Meaning Purpose and Scope of Criminal Psychology, Psychological vs. psycho analytical approach to crime, Behaviorist approach to crime, Definition of Criminal Behavior: Psychodynamics of Criminal Behaviour Mental illness and crime .

Unit II

Development of personality with special reference to Criminal. Personality. Definition of personality: Difference between criminal personality and normal personality. . Factors and Determinants of Personality, Emotional perspective and Situational factors. . Psychopath and Psychopathic Personality.

Unit III

Psychometric tests: Use in Criminal behaviour Psychoanalytical Theory (Freud, Erikson). . Humanistic Theory (Maslow, Rogers) Learning Theory (Pavlov, Skinner, Watson) Psycho-dynamics of Criminal Behaviour Mental Illness & Crime

Unit IV

Forensic Psychology: Concept and Importance. Definition, meaning and scope of Forensic Psychology Historical background of Forensic Psychology. Role of Forensic Psychology in the investigation of Crime. Application of psychology in prisons and courts

Recommended Books:

Maguire Mike, Morgan Rod and Reiner Robert, 2007. The Oxford Handbook of Criminology, Oxford University Press.

E.H.Sutherland, 1968, Principles of Criminology (6th Edition), Times of India Press, Bombay.

Siegal Larry J, 2007, Criminology, Wordsworth Thomson Learning, New Delhi.

Abuja Ram, 2000, Criminology, Rawat Publication, New Delhi.

Kaur, Rajpal, 2006, Forensic Psychology, Deep and Deep Publications Pvt. Ltd.

Arrigo, Bruce,A, 2000, Introduction to Forensic Psychology, Academic Press.

PSY-E-242 Counseling—Basic processes& Applications

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit-I

Counselling Psychology: Nature, concept and history of counseling with special reference to Indian scene;

Effective Counsellor – Self exploration and awareness, interpersonal self-awareness, personal qualities and professional training. Ethical issues in counselling.

Unit-II

Process of Counselling: Preparation, Pre-counseling interview, Rapport and Relationship, Exploration and Identification of goals, Selection of counseling therapy, Termination and follow up.

Unit-III

Psychoanalytic and Adlerian approaches: Psychoanalytic Theory – View of human nature, role of counsellor, goals, techniques.

Person Centered, Existential and Gestalt Approaches: role of counsellor, goals, techniques

Unit-IV

Behavioral and Rational Emotive Therapies, Becks; Allbert Ellis – Role of Counsellor, Goals and techniques.

Behavioral approaches – Role of Counsellor, goals, Techniques and Evaluation.

Counsee appraisal - case study, interview and Psychological Testing.

Recommended Books :

Anastasi, A. and Urbina, S. (1997). Psychological Testing. New York: Mac Millan Publishing Company.

Berne, E. (1964). Games People Play. London: Deutsch.

Brammer, L.M. Shostrom, E.L. (1982). Therapeutic to Psychology: Fundamentals of Counselling and Psychotherapy. Englewood Cliffs: Prentice Hall Inc.

Carson, R.C. and Butcher, J.N. (1992). Abnormal Psychology and Modern Life. New York: Harper Colling Publishers.

Cormier, L.S. and Hackney, H. (1993). The Professional Counsellor. Englewood Cliffs; N.J. Prentice Hall.

Clarkson, P. (1998). Counselling Psychology. London: Routledge.

Crow, L.D. and Crow, A. (1961). An Introduction to Guidance. New Delhi: Eurasia.

Douglass, R.G. and David, C. (2007). Counselling and Psychotherapy. New Delhi: Pearson Education.

Gelso, C.J., Fretz, D.R., and Bruce, R. (1995). Counselling Psychology. New York: Prision Harcourt Brace.

Gilliland, B. James, R.K. and Bowman, J.J. (1989). Counselling. New York: Allyn and Bacon.

Jerry Phares, E. and Trull Timothy, J. (1997). Clinical Psychology. U.S.A. Books: Cole Publishing Company.

Nystal, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn andBacon.

Orlans, Vanja; Scoyoc, S.V. (2009). Short Introduction to Counselling Psychology. Sage Publishers Ltd., New York.

Rao, S.N. (2001). Counselling Psychology. New Delhi: Tata McGrawhill.

PSY-E-243 Health Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

UNIT-I

Health Psychology: Meaning, Nature and Emergence of Health Psychology. Methods: Case Study, Survey & Observation Method. Models of Health Psychology: Biomedical Model and Biopsychosocial Models of Health Psychology.

UNIT-II

Systems of the Body: Endocrine glands, Digestive System, Respiratory and Cardiovascular System. Eating disorders: Obesity & its control, Bulimia and Anorexia Nervosa.

UNIT-III

Health and Illnesses: Diabetes, Hypertension and Cardiovascular disease . HIV & AIDS, Cancer.

UNIT-IV

Stress and Health: Stress, GAS, Physiological Sources, Nervous System & stress and Endocrine System & stress; Psychosocial Sources; Stress and Sickness. Stress Management.

Recommended Books :

Kaplan, R.M., Sallis, Jr., J.F., and Patterson, T.L. (1993) Health and Human Behaviour. New York: McGraw Hill. - Snyder, J.J. (1989)

Health Psychology and Behavioural Medicine. New Jersey: Prentice Hall. - Straub, R.O. (2007).

Health Psychology - A Biopsychosocial Approach. New York: Worth. - Taylor, S.E. (2006).

Health Psychology. New Delhi. Tata McGraw Hill

PSY-E -244 Human Resource Management

Max.Marks : 100

End Term Exam : 70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit-I

Human Resource Development: Nature and scope
Strategic developmental Process: Steps and Types of Strategies
Role of HRD in attaining Competitive Advantage.

Unit-II

Career Planning, Development and Management
Career Anchors Career Stages and Career Concerns
Career Development Cycle, learning on jobs, preparing retirement

Unit-III

Occupational Safety, Health and Well-being among workers
Models of Accidental Behavior Causes of Occupational Accidents, Accident Incident Rates,
Accident Cost and Accident Prevention
Health Promotion and Wellness Programmes

Unit-IV

Union Management Relations union commitment and organizational commitment
Collective Bargaining, Settlement of Disputes, Joint Consultation and Grievance and Handling
Procedure

Books recommended:

- Anderson, N, Ones, D. S., Sinangil, H.K and Viswesvaran, C (Editors) (2005) Handbook Of Industrial and Organizational Psychology, Vol I Personnel Psychology, Sage Publications, New Delhi
- Armstrong, M (2005) A Handbook of Human Resource Management Practice 9th edition, Kogan Page India, New Delhi
- Aswathappa, K (2010) Human Resource Management, Text and Cases, Eight Edition Tata McGraw-Hill Education Private Limited, New Delhi.
- Blanchard, P.N and Thacker, J.W (2007) Effective Training: Systems, Strategies, and Practices, Second Edition, Pearson Education, Inc, Third Impression, New Delhi.
- Bohlander, G and Snell, S (2004) Managing Human Resources, Thomson Asia Private Limited, India.
- Bratton, J and Gold J (2009) Human Resource Management Theory and Practice 4th Edition, Palgrave Macmillan, New York.
- Cascio, W.F and Aguinis, H (2005) Applied Psychology in Human Resource Management, Sixth Edition, Prentice Hall Inc, New Jersey, USA

PSY-OE-04 Applications of Psychology

Max.Marks : 100

End Term Exam :70

Internal Assessment/Evaluation : 30

Time: 3 Hrs. (For End Term Exam)

Note-1: The evaluation of students consists of both internal and external evaluation. Internal evaluation includes mid-term examination (20 Marks) covering two units of the syllabus, an assignment (05marks) and class attendance (05 Marks). The external evaluation includes end-term examination of 70 marks covering the whole syllabus.

Note-2: For end term examination, the examiner is required to set nine questions in all. The first question will be compulsory consisting of short-answer questions (2 marks each) covering the entire syllabus. In addition, eight more questions will be set unit-wise comprising two questions from each unit. The student shall be required to attempt five questions in all selecting one question from each unit including the compulsory question. All questions carry equal marks.

Unit I

Abnormal behavior: Nature, criteria of abnormality. Types of mental disorders: Anxiety based disorders: GAD, Phobia, OCD: Cause and Symptoms, Mental Retardation.

Unit-II

Counselling: Nature, need and types: Directive and Non-Directive approaches.

Application of counseling: counseling for emotional problems of adolescents, counseling of delinquents, and victims of substance abuse.

Unit-III

Industrial and Organizational Behavior: Nature, Scope.

Communication, decision making, conflict resolution.

Unit-IV

Application of psychology in understanding the problems of Population, Deprivation, Criminal Behaviour; Issue of minority groups.

Recommended Books:

Gelso, C.J. & Fretz, B.R. (2000). Counselling Psychology (2nd Ed.). London: Wadsworth

Rao, S.N. (2001). Counselling Psychology. New Delhi: Tata Mc Graw-Hill.

Carson, R.C., Butcher, T.N. & Susan, M. (2001). Abnormal Psychology and Modern Life. New York: Harper Collins.

Blum, M.L. & Naylor, J.C. (1984). Industrial Psychology: Its theoretical and social foundations. New Delhi: CBS Publishers.