

**DEPARTMENT OF PSYCHOLOGY**  
**M.Sc. APPLIED PSYCHOLOGY**  
**(TWO Year CBCS) (2017-2018)**

**FACULTIES OF ARTS, SCIENCE, INDIAN LANGUAGES AND EDUCATION**  
**(EXCEPT DEPARTMENT OF EDUCATION)**  
**REGULATIONS**

**Master Programme**

A Master's Programme consists of a set of core courses. Master's programme consists of a set of compulsory courses (core Courses) and some optional courses (elective courses)

Core courses are basic courses required for each programme. The number and distribution of credits for core courses will be decided by the respective faculties.

Elective courses will be suggested by the respective departments, Elective may be distributed in the all four semesters. progressive learning.

**Semesters**

An academic year is divided into two semesters, odd semester and even semester. The normal semester periods are:

Odd Semester: July to November (90 working days)

Even Semester: December to April (90 working days)

**Credits**

The term credit is used to describe the quantum of syllabus for various programmes in terms of hours of study. It indicates differential weightage given according to the contents and duration of the courses in the Curriculum design.

The minimum credit requirement for a two years Master's Programme shall be 90.

In the faculty of Science there will be 54 credits of core courses and 18 credits, for elective courses. In other faculties, there will be 72 credits for core courses and 18 credits for elective courses.

**Courses**

Each course may consist of lectures/tutorials/Laboratory work/Seminar/project work/practical training/Report/Viva-Voce etc.

**Course weight**

Core and elective course may carry different weights. For example a course carrying one credit, for Lectures, will have instruction of one period per week during the semester, if three hours of lecture is necessary in each week for that course then 3 credits will be assigned on the basis of the Lectures / Tutorials / Laboratory work and other form of learning in a 15 week schedule.

- i) One credit for each lecture period per week.
- ii) One credit for each tutorial per week
- iii) One credit for every three periods of laboratory or practical work per week.
- iv) One credit for 3 contact hours of project work in a week.
- v) One credit for every two periods of seminar
- vi) Six credits for project work distribution.

### Eligibility for Admission

A candidate who has passed the Bachelor's degree in any subject including the professional courses of this University or an examination of any other university accepted by the syndicate as equivalent there to.

### Grading System

The term Grading System indicates a 10 point scale of evaluation of the performance of students in terms of marks, grade points, letter grade and class.

### Duration

The duration for completion of a Two Years Master's programme in any subject is four Semesters.

### Structure and Programme

The Master's Programme will consist of:

- i) Core courses which compulsory for all students,
- ii) Elective course which students can choose from amongst the courses approved within the department or in other departments of the faculty and other Faculties (Arts, Science, Education and Indian Languages).
- iii) The elective subjects will be allotted after counseling by a committee of the heads of the departments under the Chairmanship of the Dean.
- iv) Dissertation/Project work/Practical training/Field work, which can be done in an organization (Government, Industry, Firm, Public enterprise etc.)

### Attendance

Every teaching faculty handling a course shall be responsible for the maintenance of Attendance Register for candidates who have registered for the course.

The instructor of the course must intimate the Head of the Department at least seven calendar days before the last instruction day in the semester about the particulars of all students who have secured an attendance of less than 80%.

Each student should earn 80% attendance in the courses of the particular semester failing which he or she will not be permitted to sit for the end – semester examination.

However, it shall be open to the authorities to grant exemption to a candidate who has failed to obtain the prescribed 80% attendance for valid reasons on payment of a condonation fee and such exemptions should not under any circumstances be granted for attendance below 70%.

### Examination

There will be two sessional assessments and one End – Semester examination during each semester.

Sessional Test –I will be held after 35 working days and Sessional Test–II will be held after 70 working days.

Sessional Test–I will be a combination of a variety of tools such as class test, assignment and paper presentation that would be suitable to the course. This requires an element of openness. The students are to be informed in advance about the nature of assessment and the producers. However the tests are compulsory. Test-I may be for one hour duration. The pattern of question paper will be decided by the respectively faculty.

Sessional Test–II will be conducted with a variety of assessment tools. It will also have an element openness. The students are to be informed in advance about the nature of assessment and the procedures. However the tests are compulsory. Test–II may be for two hours duration. The pattern of question paper will be decided by respective Faculty.

There will be one End Semester Examination of three hours duration in each course.

The End Semester Examination will cover all the syllabus of the course for 75% of marks.

#### Evaluation

Evaluation will be done on a continuous basis. Evaluation may be by Objectives Type Questions , Quiz, Short Answers, Essays or a combination of these, but at the End Semester it has to be a Written Examination.

The performance of students in each course is evaluated in terms of percentage of marks (PM) with a provision for conversion to Grade Point (GP). The sum total performance in each semester will be rated by GPA while the continuous performance from the 2<sup>nd</sup> Semester onwards will be marked by (OGPA).

#### Marks and Grading

A student cannot repeat the assessment Sessional Test I and Sessional II. However, if for any compulsive reason the student could not attend the test the prerogative of arranging special test lies with the teacher in consultation with the Head of the Department.

A minimum of 50% marks in each course is prescribed for a pass. A students has to secure 50% minimum in the End Semester Examination.

If a candidate who has not secured a minimum of 50% of marks in a course shall be deemed to have failed in that course.

The student can repeat the End Semester Examination when it is offered next in the subsequent Odd/Even Semesters till the regulations are in force.

A candidate who has secured a minimum of 50 marks in all courses prescribed in the programme and earned a minimum of 90 credits will be considered to have passed the masters programme.

#### Grading

A ten point rating scale is used for the evaluation of the performance of the student to provide latter grade for each course and overall grade for the master's programme.

#### MarksGrade Points Letter Grade Class

90	10+	S Exemplary
85-899.0	D++	Distinction
80-848.5	D+	Distinction
75-798.0	D	Distinction
70-747.5	A++	First Class
65-697.0	A+	First Class
60-646.5	A	First Class
55-596.0	B	Second Class
50-545.5	C	Second Class
49 or less	F	Fail

The successful candidate are classified as follows.

I-Class 60% marks and above in overall percentage of marks (OPM).

II-Class 50-59% marks in overall percentage of marks.

Candidate who obtain 75% and above but below 91% of marks (OPM) shall be deemed to have passed the examination in FIRST CLASS (Distinction) provided he/she passes all the course prescribed for the programme at the first appearance.

Candidates who obtain 90% and above (OPM) shall be deemed to have passed the examination in FIRST CLASS(Exemplar) provided he/she passes all the papers prescribed for the programmes at the First Appearance.

For the internal Assessment evaluation the Brake up marks shall be as follows:

Test	10 Marks
Assignment	5 Marks
Case study/Roll play/Viva/Short Answers etc.	5 Marks
Attendance	5 Marks
<b>Total</b>	<b>25 Marks</b>

The award of marks shall be as bellow:

<b>Faculty of Science</b>	<b>Theory</b>	<b>2100 Marks</b>
Faculty of arts, Indian Languages & Education	Theory	2100 Marks

Course –Wise letter grades

The percentage of marks obtained by a candidate in a course will be indicated in a letter grade.

A student is considered to have completed a course successfully and earned the credits if he/she secures an overall letter grade other than F. A letter grade F in any course implies a failure in that course. A course successfully completed cannot be repeated for the purpose of improving the grade point.

The F grade once awarded stays in the grade card of the student and is not deleted even when he/she completes the course successfully letter. The grade acquired later by the students will be indicated in the grade sheet of the odd/even semester in which the candidate has appeared for clearance of the arrears.

A student who secures F grade in any course which is listed as core course has to repeat it compulsorily when the course, the student has the option to repeat it when it is offered next or to choose a new elective if he /she is chosen in the place of failed elective, failed optional will be indicated as dropped in the subsequent grade card.

If a student secures F grade in the Project work/Field work/Practical work/dissertation. Either he/she shall improve it and resubmit it if it involves only rewriting incorporating the clarification of the evaluators of he/she can re-register and carry out in the subsequent semesters for evaluation.

**Withdrawal from the course by the student.**

Within 2 weeks from the date of commencement of the semester.

**DEPARTMENT OF PSYCHOLOGY**  
**Scheme of Examinations**  
**M. Sc., Applied Psychology (CBCS)**  
**2017-18 onwards**

Sl.No	Course Code	Name of the Course	Credit Points
<b>I Semester</b>			
1.	PSYC 101	General Psychology	5
2.	PSYC 102	Social Psychology	4
3.	PSYC 103	Lifespan Psychology	5
4.	PSYC 104	Criminal Psychology	4
5.	PSYE 105*	Personality Development (Elective)	4
<b>Total Credit</b>			<b>22</b>
<b>II Semester</b>			
7.	PSYC 201	Theories of Personality	5
8.	PSYC 202	Research Methodology & Psychological Statistics	5
9.	PSYC 203	Positive Psychology	4
10.	PSYC 204	Psychological Experiments and Testing Practical-I	4
11.	PSYE 205*	Health Psychology (Elective)	4
<b>Total Credit</b>			<b>22</b>
<b>III Semester</b>			
13.	PSYC 301	Psychopathology	5
14.	PSYC 302	Health Psychology	4
15.	PSYC 303	Counselling Psychology	4
16.	PSYC 304	Yoga & Aging	4
17.	SOSC 306	Soft Skills	2
18.	PSYE 305*	Counselling Psychology (Elective)	4
<b>Total Credit</b>			<b>23</b>
<b>IV Semester</b>			
20.	PSSC 401	Human Resource Management	5
21.	PSSC 402	Organizational Behaviour	4
22.	PSSP 403	Psychological Experiments and Testing Practical II	4
23.	PSSC 404	Dissertation and Institutional Training	6
24.	PSSE 405*	Stress Management (Elective)	4
<b>Total Credits</b>			<b>90</b>

\* Elective Papers offered by the Department-

Note; The University commonly introduced III & IV Semester of II M.Sc.Applied Psychology Students( 2018-19) Value Added Courses instead of Elective Course.

## FIRST YEAR: I SEMSTER

## PSYC 101: GENERAL PSYCHOLOGY

## Objectives

The Students should know

- i) the scientific orientation of psychology
- ii) the various characteristics of behaviour
- iii) a working knowledge about memory, motivation and emotion
- iv) the cognitive and intellectual factors
- v) the personality types and assessment

## Unit-I

Psychology - A science

Modern psychology. Definition - Goals - Schools of psychology - Methods: Introspection - Observation - Experiment - Case study - Developmental methods - Brief history of psychology - Fields in psychology.

Biological Bases of Behaviour

Neurons: Structure - Functions - Neurotransmitters - Nervous system: Major divisions. Brain: Structure and functions. The endocrine system - Heredity and environment in the development of behaviour.

## Unit-II

Sensation and Perception

Sensation - Meaning - Stimulus thresholds - Adaptation - Signal detection theory - Sense organs - Vision - Hearing - Touch and other skin senses - Smell and taste - Kinesthetic and Vestibular sense. Perception: Meaning - Factors - Organizing principles - Errors in perception - Extra sensory perception.

States of Consciousness

Biological rhythms: Waking states of consciousness. Sleep disorders - Altered states of consciousness - Hypnosis. Conscious altering drugs - Meditation.

Learning

Definition - Characteristics - Association theories: Classical conditioning - Basic principles - Operant conditioning - Reinforcement - Shaping - Learned helplessness - Cognitive theories - Insight learning - Observational learning.

## Unit-III

Memory and Forgetting

Memory: Meaning - Information processing approach - Memory system: Sensory memory - Short term memory - Long term memory - Forgetting: Meaning - Causes: Decay hypothesis - Interference - Repression - Amnesia - Improving memory.

Motivation and Emotion

Motivation: Meaning - Theories: Instinct theory - Drive theory - Arousal theory - Expectancy theory - Need hierarchy theory - Classification of motives: Physiological motives - Psychological effects - Emotions: Meaning - Theories.

## Unit-IV

Cognition: Thinking

Thinking: Meaning - Concepts - Propositions - Image - Reasoning - Problem solving methods - Artificial intelligence - Piaget's cognitive development theory - Language: Basic nature - Development of language - Psycholinguistics.

## Unit-V

### Cognition: Intelligence and Creativity

Intelligence: Meaning - The concept of I.Q. theories: Two factor theory – Multifactor theory - Group factor theory - Guilford's model - Triarchic theory - Intelligence tests: verbal, nonverbal and performance tests – Extremes of intelligence - Meaning - Steps in creative thinking -Characteristics of creative people.

### Personality

Meaning - Determinants - Types and traits -Measuring personality: Subjective, Objective tests and Projective techniques.

### Text Books

- 1) Baron, R.A. *Psychology*. Boston: Allyn & Bacon, 1998.
- 2) Feldman, R.S. *Understanding Psychology*. (4<sup>th</sup> Ed.) New York: McGraw Hill, 1996.

### Reference Books

- 1) Lupton, D. *The Emotional Self*. New York: Sage Publications, 1998.
- 2) Spear, P. D. Penron, S.D. & Baker, I.B. *Psychological Perspectives of Behaviour*. New York: John Wiley & Sons. 1998.
- 3) Schiffman, H.R. *Sensation and Perception*. New York: John wiley & Sons, 1996.
- 4) Hank kahney. *Problem Solving*. Buckingham: Open University press, 1993.
- 5) Buck, R. *Human Motivation and Emotion*.(2<sup>nd</sup>Ed.)New York: John wiley & Sons, 1988.
- 6) Goleman, D. *The Varieties of Meditative Experience*. London: Rider & Co. 1978.
- 7) Mische.W. *Introduction to Personality* (3<sup>rd</sup>Ed.) New York: Holt, Rinehart and Winston, 1981.
- 8) Buzan, I., & Buzen, B. *The Mind Map Book*. London: BBC Books, 1985.
- 9) Rajamanickam.M. *Modern General Psychology*. Agra: Bhargave Book House, 2000

## PSYC 102: SOCIAL PSYCHOLOGY

### Objectives

#### The Students should know

- i) the definition, historical development and the methods of social psychology,
- ii) the factors of social perception, attribution, impression formation,
- iii) the nature, formation and change of attitudes.
- iv) the causes of prejudice, discrimination and pro-social behaviour,
- v) the nature, functions of group, decision making and the leadership influence.

## Unit-I

### The Field of Social Psychology

Social Psychology: A working definition. Focuses on the behaviour of the individuals - Social Psychology: A capsule Memory: Early years, its youth, 1970's, and 1980's 1990's and beyond - Research methods in social Psychology: The Experimental Method, Correlational Method, Social Psychological and perennial skeptics: The importance of replication and multiple methods in social research, Role of Theory in Social Psychology -The Quest for knowledge and the rights of individuals.

## Unit-II

### Social Perception

Social Perception - Non-verbal communication: The basic Channels, Non-Verbal behaviours and social interaction: Self-Presentation and the detection of Deception Attribution Theories of Attribution: Jones and Davis theory - Kelley's theory of casual attribution - Attribution: Some basic facts and impression formation: Some basic facts and impression Management.

## Unit-III

### Attitudes

Attitudes – Formation of attitudes: Social learning direct experience and genetic factors - Attitudes and Behaviour: The essential link attitude specify - Attitude components - Attitude strength - Vested interest and the role of self-awareness - Attitude accessibility - Persuasion: The Traditional and cognitive approach - Reciprocity of persuasion - When attitude change fails reactance -Forewarning and selective avoidance - Cognitive Dissonance: Dissonance and attitudinal change - Dissonance and the less - lead - to more effect -Dissonance - Origin of Dissonance.

## Unit-IV

### Prejudice and Discrimination

Prejudice and Discrimination - The origins of Prejudice: Direct inter group for Prejudice - Ultimate attribution error - Early experience - Cognitive sources of Prejudice - Challenging prejudice: On learning not to hate - Direct Intergroup contact - Recategorization and its nature and effect: Gender stereotypes – Discrimination against females and sexual harassment.

### Pro-Social Behaviour

Pro-social behaviour - Responding to an Emergency: Behaviour of Bystanders - Bystander apathy versus Diffusion of responsibility - Five necessary cognitive steps - Internal and External factors that influence altruistic behaviour - Explanations of Pro-social behaviour: Empathy - Altruism theory - Egoistic theory – Empathic joy and Genetic selfishness.

## Unit-V

### Groups and Individuals

Groups: their nature and function - Group formation and how groups function - Groups and task performance social facilitation - Group versus individuals - Social loafing - Social facilitation and social loafing - Decision making by groups: The decision making process - Nature of group decisions - Some potential pitfalls - Leadership: Its nature and impact in groups: The traits approach -Gender difference 'in Leadership - Leader effectiveness: Two influential views - Transformational Leadership: Leadership through vision and charisma.

### Text Books

- 1) Robert, A. Baron., and Donn Byrne. Social Psychology: Understanding Human Interaction (7<sup>th</sup> Edition); New Delhi: Prentice Hall of India Private Limited, 1995.
- 2) Robert, S. Feldman. Social Psychology; Englewood Cliffs, New Jersey: Prentice Hall, 1995.
- 3) David, O. Sears Anne Peplan, Jone than L. Freeman and Shelly, E. Taylor. Social Psychology (6<sup>th</sup> Edition).New Jersey: Englewood Cliffs. 1998.
- 4) Kuppusamy B. An introduction to social psychology,(Second Edition), Bombay: Lily Jayasinglthe publishers pvt.ltd., 1982.



## PSYC 103: LIFESPAN PSYCHOLOGY

## Objectives

The students should know

- i) the biological foundations behind the developments extending from conception to old age.
- ii) the principles and pattern of maturation, learning, social expectations, individuals differences,
- iii) the steps involved in the physical intellectual, social and personality development
- iv) various aspects of speech, emotional and play development
- v) the meaning and development of creativity, moral and discipline, sex role and family relationships.

## Unit-I

## Human Development

Human development: An introduction – Early Approaches – Human development today – Influences on development – Timing of influences – Theoretical perspectives – Research methods – Methods of data collection – Basic Research designs – Ethics in research

## Unit-II

## Conception to Birth

Conceiving new life – Heredity and Environment – Prenatal development – The Birth process.

## Unit-III

## Infancy and Toddler hood

New born baby – Survival and health – Early Physical development – Cognitive development – Classic approaches – Newer approaches – Language development – Foundations of Psychosocial development – Developmental issues in infancy and Toddler hood – Contact with other children – Children of working parents.

## Unit-IV

## Early Childhood

Aspects of Physical development – Motor skills – Health and safety – Cognitive development – Language and other cognitive abilities – Early childhood education – Psychosocial development in early childhood – Developing self – Play parenting – Relationship with other children

## Unit-V

## Middle Childhood

Aspects of physical development – Health and safety – Cognitive development – Piagetin approach – Language and literacy – Child in school – Psychosocial development child in family – Child in peer group – Mental health.

## Text Book

- 1) Papalia, D.E. & Olds, S.D. *Human Development* (9<sup>th</sup> Edition). New Delhi: Tata McGraw Hill Publishing Co. Ltd., 2004.

## Reference Books

- 1 Hurlock, E.B. *Child Development* (4<sup>th</sup> Edn.). New Delhi: Tata McGraw Hill Co. Ltd., 1976
- 2 Schiamberg, L.B. *Human Development* (2<sup>nd</sup> Edn. New York: Macmillan publishing Co., 1984.

## PSYC 104: CRIMINAL PSYCHOLOGY

## Objectives

The students should know

- i) Understanding of Criminal Psychology
- ii) Clear Idea of the nature and extent of juvenile offending
- iii) Nature and Extent of violent offending
- iv) Nature and Scope Criminal Justice
- v) Understand restorative justice and how is effective in the reducing crime

Unit-I:

## Criminal Behaviour

Criminal behaviour an overview- crime- criminal Psychology-the nature of explanation-the causes of crime-evolutionary approaches-developmental approaches-psychological approaches-biological approaches-situational approaches

## Juvenile Delinquency and development theories of crime

Juvenile delinquency and development theories of crime- Juvenile delinquency-the nature and extent of juvenile offending – the age-crime curve-risk and protecting factors-developmental theories of offending-applying developmental theories of offending.

Unit-II

## Mental Disorder and Crime

Mental disorder and crime-the concept of mental disorder-major mental disorders- the association between mental and crime-the relationship between mental disorder and crime-psychopath

## Aggression and Violence

Aggression and violence-aggression and violence: conceptual issues-concept check-evolutionary approaches-situational approaches-psychological approaches-biological approaches-social-structural and cultural approaches-general theories of aggression

Unit-III

## Violent Offending

Violent offending-the nature and extent of violent crime-community violence-family violence-school violence-multiple homicide.

## Collective Violence

Collective violence-the nature and extent of collective violence-evolutionary approaches-situational approaches-psychological approaches-mechanisms of moral disengagement-understanding the Rwandan genocide: key psychological and situational process-social-structural and cultural approaches

Unit-IV

## Sexual Offending

Sexual offending - the nature and extent of sexual offending - characteristics of sexual offenders - theoretical approaches to understanding sexual offending-integrated models of sexual offending.

## Drugs and Crime

Drugs and crime-what are drugs-who uses drugs-drug use and misuse-theories of drug use and misuse- illegal drug markets-the associations between drugs and crime-understanding the relationship between drugs and crimes

Unit-V

## Punishment

Punishment-the nature and scope of criminal justice responses to crime- the harms of punishment-rationales for punishment-does punishment work- to copy or not to copy.

Prevention, rehabilitation

Prevention, rehabilitation and restorative justice-prevention-rehabilitation

Text Book:

1. Russil Durrant ,2013,An Introduction To Criminal Psychology, New York, Roulledge Taylor & Francis Group

Reference Book:

1. Abadinsky, H. (2011). Drug Use and abuse: A comprehensive introduction, Belmont, CA Wadsworth

2. Adler F. Mueller. G.O.W and Laufer W.S. (2007). Criminology and the criminal justice system (6<sup>th</sup> edn.) Newyork: McGraw-Hill

3. Atherican Psychiatric Association (2000) Diagnostic and Statistical manual of mental disorders (4<sup>th</sup> edn. Revised text) Washington, DC, American Psychiatric Association.

### PSYE – 105 PERSONILTY DEVELOPMENT (Elective)

Objectives

The students must know

- i) the meaning of personality
- ii) physical and intellectual determinants of personality development
- iii) emotional and social determinants of personality development
- iv) aspirations, achievement and gender as a determinants of personality
- v) educational and family determinants of personality development

Unit – I

An approach to personality – Psychology and individuality – Personality – Character – Temperament – Insights from the past.

Unit – II

Personality Determinates:

Physical determinates – Traditional beliefs about bodies effects – Body build – Attractiveness – Homeostasis – Physical changes – Body control – Accidents – Physical defects – Health conditions.

Intellectual Determinates:

Intellectual development – Conditions influencing intellectual capacities – Deviant intelligence – Major areas of adjustment affected by intelligence.

Unit – III

Emotional Determinants:

Effects on Personality – Dominant emotions – Emotional balance – Emotional deprivation – Excessive love – Emotional expressions – Emotional catharsis - Emotional stress.

Social Determinants:

Early Social experience – Social deprivation – Social acceptance – Prejudice and discrimination – Group status – Social mobility.

Unit – IV

Aspirations and Achievements:

Aspirations – Level of aspiration – Achievements – Meaning of success and failure – Age of achievement.

Gender Orientations:

Effects of sexuality on Personality Interest in sexuality – Attitudes towards sexuality – Attitudes towards own sex – Attitudes towards sex differences – Sex appropriateness – Sex roles – Sexual behaviour.

## Unit – V

## Educational Determinants:

Attitudes towards education – Readiness for School – Early school experiences – Emotional climate of school or college – Teacher attitudes and behaviour – Academic success – Extra curricular activities – Peer acceptance – School subjects – Kind of school.

## Family Determinants:

Pre dominating influence of family – Influence of family on personality development – Emotional climate of the home – Ordinal Position – Size of family – Family composition – Family roles – Deviant family patterns.

## Text Books:

- 1) Hurlock Elizabeth, B. (2007). *Personality Development*, New York: McGraw – Hill Book Company.
- 2) Allport, G.W. (1961). *Pattern and Growth in Personality* New York. Holt, Rinehart and Winston.

## Reference Books:

- 1) Smith, H.C. (1974). *Personality Development* (2<sup>nd</sup> Edn) New York: Mc Graw Hill Book Company.
- 2) Atkinson and Joes, J.W. Rajnor, O. (1978). *Personality, Motivation and Achievement* Hemisphere Publishing Corporation Washington.
- 3) Reiss, S. (2008). *The Normal Personality*, Cambridge University Press.
- 4) Mc Adams, D.P. (2001). *The Person*, New York: Harcourt College Publishing.
- 5) Pervin, L.A. & John, O.P. (2006). *Handbook of Personality*, W D: Overseas Press.

FIRST YEAR : II SEMSTER  
PSYC-201 THEORIES OF PERSONALITY

## Objectives

The students must know

- i) personality and scientific outlook and psychoanalytic and neo analytic perspectives,
- ii) personality development and assessment techniques and given by Horney, Fromm and Erikson.
- iii) trait perspectives of personality given by Allport, Cattell and Eysenck.
- iv) cognitive, humanistic and existential perspectives of personality (Kelly, Maslow, Roger and May),
- v) social behaviouristic perspectives of personality as given by Skinner, Rotter and Bandura.

## Unit-I

## Personality and Scientific Outlook

Definition of personality - The scientific orientation - Theory and research methodology.

Psychoanalytic and Neo analytic Perspectives

Concepts and principles - Personality development - Assessment techniques.

in Freud's Psychoanalytic Theory

in Jung's Analytical Psychology

in Adler's Individual Psychology

## Unit-II

## Personality development

Concepts and principles - Personality development - Assessment techniques. in Horney's Social and Cultural Psychoanalysis in Fromm's Humanistic Psychoanalysis in Erikson's Psychoanalytic Ego Psychology

## Unit-III

## Trait Perspectives

Concept and principles - Personality development -Assessment techniques-  
in Allport's Trait Theory  
in Cattell's Structure Based Systems Theory  
in Eysenck's Biological Typology

## Unit-IV:

## Cognitive - Humanistic - Existential perspectives

Concepts and principles - Personality development -Assessment techniques  
in Kelly's Theory of Personal Constructs  
in Maslow's Self- Actualization Position  
in Roger's Person - Centered Theory  
in May's Existential Analytic Position.

## Unit-V

## Social Behaviouristic Perspectives

Concepts and principles - Personality development -Assessment techniques  
in Skinner's Operant Analysis  
in Rotter's Expectancy Reinforcement Value Model .  
in Bandura's Social Cognitive Theory  
The future of Personality psychology.

## Text Books

- 1) Ryckman, Richard, M. *Theories of Personality* (4<sup>th</sup> Edn). California : Brooks / Cole Publishing Company. 1989.
- 2) Hall, C.S., and Linzey, G. *Theories of Personality* (3<sup>rd</sup> Edn). New Delhi: Wiley Eastern Limited, 1978.

## Reference Books

- 1) Kurt Lewin, Adams, D.K., and Zener, K.E. *A Dynamic Theory of Personality*. New York : McGraw - Hill Book Company, Inc. 1935.
- 2) Blum, G.S. *Psychoanalytic Theories of Personality*. New York : McGraw - Hill Book Company, Inc. 195

## PSYC 202: RESEARCH METHODOLOGY AND PSYCHOLOGICAL STATISTICS

## Objectives

The students should know

- i)the nature, meaning and types of research and problem
- ii)formulation and testing of hypotheses, the types of experimental variables and the methods of control
- iii)the different research designs and sampling designs
- iv) the various methods of data collection, interpretation and writing the report
- v)meaning and types of correlation and the tests of significance

## Unit-I

## Introduction

Meaning of research - Objectives of research -Motivation in research -Types of research - Research approaches - Significance of research - Research methods versus

methodology - Research and scientific method -Importance of knowing how research is done - Research process -Criteria of good research - Problems encountered by researchers in India.

#### The Problem

Meaning of a problem -Ways in which a problem is manifested - The solvable problem - Degree of probability - A working principle for the experimenter -Unsolvable problems -Vicious circularity - Some additional considerations of problems.

#### Unit-II

##### Hypotheses

Meaning of hypothesis - Basic concepts concerning testing of hypotheses - Procedure for hypothesis testing -Flow diagram for hypothesis testing – Measuring the power of a hypothesis test - Test of hypotheses.

The Experimental Variables and the Methods of Control:

The independent variable - The dependent variable -Types of empirical relationships in psychology - The nature of experimental control.

#### Unit-III

##### Research Design

Meaning of research design - Need for research design - Features of a good design - Important concepts relating to research design - Different research designs -Basic principles of experimental designs.

##### Sampling Design

Census and sample survey - Implications of a sample design - Steps in sampling design - Criteria for selecting a sampling procedure - Characteristics of a good sample -Random sample from an infinite universe - Complex random sampling design.

#### Unit-IV

##### Methods of Data Collection

Collection of primary data: Collection of data through questionnaires and schedules - Some other methods of data collection - Collection of secondary data - Selection of appropriate method for data collection: Case study method.

##### Interpretation and Report Writing

Meaning of interpretation - Technique of interpretation - Precaution in interpretation - Significance of report writing - Different steps in writing report - Layout of the research report - Types of reports: Oral presentation -Mechanics of writing a research report - Precautions for writing research reports.

#### Unit-V

##### Correlational Methods

Meaning - Computation - Pearson - Rank - Bi-Serial - Point biserial - Tetra choric - Phi - Co-efficient – Scatter gram.

##### Test of Significance

T-test - Chi square - ANOVA - One way - Two way.

#### Text Books

- 1) Kothari, C. R. *Research Methodology - Methods and Techniques*. (2<sup>nd</sup> Edn.) New Delhi: Wiley Eastern Ltd., 1990.
- 2) McGuigan, F. J. *Experimental Psychology A Methodological Approach*.(4<sup>th</sup> Edn.) New Jersey: Prentice Hall Inc., 1983.
- 3) Guilford, J.P. and Fruchter Benjamin. *Fundamental Statistics in Psychology and Education*. (6<sup>th</sup> Edn.) Singapore: McGraw - Hill International Book Co., 1981.

## Reference Books

- 1) Devendra Thakur. *Research Methodology in Social Sciences*. New Delhi: Deep Publications, 1998.
- 2) James Thomas Walker. *Using Statistics for Psychological Research: An Introduction*. New York: Holt, Rinehart and Winston, 1985.

## PSYC 203: POSITIVE PSYCHOLOGY

### Objectives:

#### To enable the students to understand

- i) western and eastern perspectives of positive psychology;
- ii) the significance of Positive outcomes the important of Mindfulness;
- iii) Positive Psychology in relation to the Cultural Context Theories of Wisdom;
- iv) the significance of developmental focus on Positive Psychology;
- v) the important aspects of Prosocial Behaviour;

### Unit-I

#### Western perspectives on Positive Psychology

Greek Mythology – Western Civilization – History of Hope in Western civilization – Industrial revolution

#### Eastern Perspectives on Positive Psychology

perspective – Confucianism – Taoism – Buddhism – Hinduism – Eastern Philosophies – East Meets west – Value systems – orientation to time – thought process – east and west – Different ways to positive outcomes – compassion – Harmony – final thoughts.

### Classifications and measures of Human Strengths and Positive outcomes:

Gallup's Clifton Strength Finder – The VIA Classification of Strengths – The Search Institute's 40 Developmental Assets – Distinguishing Among the Measures of Human Strength – Identifying Your Personal Strengths – Discovering and Capitalizing on your strength – The case of Shane – positive outcomes for all – Dimensions of well-being – toward a better understanding of Positive outcomes – Identifying strength and moving toward a vital Balance.

### Unit-II

#### Living well at every stage of life

Resilience in childhood – the case of Jackson – roots of resilience research – resilience resources. Positive youth development – youth development programs – the life tasks and adulthood – the trajectories of precocious children – primary task of adulthood – successful aging-adult development study – a more developmental focus in positive psychology.

#### Positive emotional states and process

– principles of pleasure: understanding positive affect, positive emotions, happiness and well-being – emotional terms – affect – emotion – happiness – subjective well-being – positive and the negative – affect schedule – positive emotions: expanding the repertoire of pleasure – personal mini-experiences – joy and lasting happiness – emotion styles linked to the common cold – happiness and subjective well-being – living a pleasurable life – age – old definitions of happiness – well-being as a synonym for happiness – satisfaction with life scale – determinants of subjective well-being – happiness – meaning – authentic happiness.

### Unit -III

#### Positive Cognitive States and Process

Seeing our futures through self-efficacy, optimism and hope – fascination with the future – being busy not an end in itself – self-efficacy – changing behavior through TV Heroes – Optimism – Hope – Life Enhancements strategies – Personal mini-Experiments: Balancing your perspective on time – cultural caveats about temporal.

#### Unit –IV

##### Wisdom And Courage

Theories of wisdom— Implicit theories of wisdom – explicit theories of wisdom – being wise – developing wisdom – wise people and their characteristics –the measurement of wisdom – relationships between wisdom and intelligence – implicit theories of courage .

##### Becoming And Being Courageous

take on courage - courage research – the measurement of courage – wisdom and courage in daily life – courage be learned – life enhancement strategies – the value of wisdom and courage.

#### Unit -V

##### Mindfulness Flow And Spirituality

Optimal experiences – Moment – to-moment searches – mindfulness – living with mindfulness – the benefits of mindfulness – personal mini- experiments- flow state – enhancement strategies- Spirituality: In search of the sacred – true benefits of Spirituality – the search continues

##### Prosocial Behaviour

Empathy and egotism: Portals to Altruism, Gratitude, and Forgiveness –Altruism – Defining Altruism- Egotism Motive – Motivated Altruism – the Hypothesis the genetic and Neural foundations of Empathy – cultivating altruism – Cultivating Forgiveness- measuring forgiveness – the evolutionary and neurobiological bases of forgiveness-Societal implications of Altruism, Gratitude, and forgiveness.

##### TextBook

1. C.R .Snyder & Shane J. Lopez ,2007,Positive Psychology, New Delhi SAGE Publication

##### Reference Books

1.Argyle M(2001).The Psychology of Happiness ,2<sup>nd</sup> Edition London: Routledge

2.Groopman.J,(2004),The anatomy of hope: How people prevail in the face of illness. New York Random house

3.Sue,D.W.,&Sue,D(2003).Counseling the culturally diverse: Theory and practice (4<sup>th</sup> ed). New York:Wiley

### PSYC 204 PSYCHOLOGICAL EXPERIMENTS AND TESTING PRACTICALS – I

Candidates are required to perform at least 15 experiments from the list given below and prepare a record which the same should be submitted at the time of practical examinations duly signed by the course teacher and with a bonafide certificate from the Head of the Department.

#### Objectives

The students must know

- i. how to use the general principles and aim of Psychology – to verify certain problems in experimental situations.
- ii. the method of giving instruction to the subjects and to conduct the experiment.
- iii. to collect the data, interpret them using suitable statistical techniques.
- iv. how the human behavior is made to manifested in the experimental situations – and how it can be experimentally studied.
- v. to make generalization from data and to point out their implications

Paper Pencil Test



1. Self Concept scale
2. Bell's Adjustment Inventory (BAI)
3. Maslowian's Assessment Survey (MAS)
4. Advance Progressive Matrices (APM)
5. Ecological Attitude Survey
6. Mental Health Inventory
7. Religious Attitude Scale
8. Eysenck's Personality Questionnaire (EPQ)
9. Emotional Intelligence
10. Marital Adjustment Inventory
11. PGI Memory Scale
12. Assertiveness Questionnaire
13. Radicalism-Reactionism Scale
14. Mental Ability Test
15. Neuroticism Scale Questionnaire (NSQ)

#### Instruments

1. Concept formation
2. Role of insight learning
3. Transfer of Training
4. Habit Interference
5. Alexander Pass along Test

#### PSYE-205 HEALTH PSYCHOLOGY - (*ELECTIVE*)

#### Objectives

The students must know

- i. the meaning of health psychology
- ii. sources and coping mechanism of stress
- iii. AIDS and heart problems
- iv. pain and related illness
- v. intervention strategies and research techniques

#### Unit – I

##### Foundation Of Health Psychology

Definition – Foundation of health psychology – Growing Partnership in health care – Meaning of disease – Bio medical and Psychological foundation of health & illness. Social – Ecological theories of health and illness.

#### Unit – II

##### Stress Model

Stress Model: Symptoms – Sources and coping – Substance abuse I: Kicking harmful habits- Substance abuse II: Use and misuse of alcohol; Eating behaviour: healthy and unhealthy habits.

#### Unit – III

##### The AIDS pandemic

The AIDS pandemic: A behavioural disease- Heart health: Silent killers and the hurry sickness -Insomnia – Mental handicap – Obesity – Sexual behaviour.

#### Unit – IV

##### The Problem Of Pain

The problem of pain: Head aches and low back pain - Chronic illness: Cancer and Arthritis - Aging and health: myths, realities and actions.

## Unit – V

## Interventions

Interventions: Cognitive, Behavioural, Pharmacotherapy and Positive Behaviour Therapy.  
Research techniques in health psychology- Experimental, Clinical and Epidemiological strategies

## Text Books:

- 1) Philip, L.T. (1998). *Health Psychology*. Brooks/ Cole Publishing Co. New York.
- 2) Shelly, E. Taylor. (1995). *Health Psychology*, McGraw Hill Book co., New Delhi.
- 3) Hemalatha Natesan (2004). *Positive Behaviour Therapy*, Coimbatore: Ganesh Krupa Publishers

## Reference Books:

- 1) Briffiths, D. (1981) *Psychology and Medicine*. The MacMillam Press Ltd. London.
- 2) Marks, D. F. (2008). *Health Psychology*, N D: Sage. Werth Publications.
- 3) Straub, R. O. (2002). *Health Psychology*, N D: Worth Publications.
- 4) Brannon, L & Feist, J. (2001). *Health Psychology*, Singapore. Wordsworth.

SECOND YEAR: III SEMESTER  
PSYC 301: PSYCHOPATHOLOGY

## Objectives

The Students should know

- i) the essential differences between normal and abnormal behaviour,
- ii) to identify the etiological factors contributing to abnormal behaviour and the various theories that explain mal-adjustments.
- iii) the symptoms of abnormal behaviour and the classification of different kinds of mental disorders,
- iv) the various kinds of psychotic, neurotic and other forms of disorders,
- v) the nature of various personality and substance abuse disorders.

## Unit-I

## Perspectives on Abnormal Behaviour

Abnormal Behaviour in our times - Popular Views -Classification of Mental Disorder - Research in Abnormal Psychology. Historical views of abnormal behaviour: Abnormal Behaviour in Ancient Times - Early Philosophical and Medical Concepts - Growth toward Humanitarian approaches - Foundations of 20<sup>th</sup> Century views -Changing Attitude towards Mental Health - Roots of the Biological views - Psychodynamic Perspectives.

Casual Factors and View Points in Abnormal Psychology: Causes - Models- Biological View Points and Causal Factors - Psycho Social View Point and Causal Factors - Socio Cultural View Points and Casual factors.

## Unit-II

## Patterns of Abnormal (Maladaptive) Behaviour

Stress and adjustment Disorders: Stress and Stressors - Coping Strategies - Reactions to Common Life Stressors - Acute and Post Traumatic Stress Disorder -Reactions to Severe Life Stressors - Reactions to Catastrophic Events - treatment and Prevention of Stress. Panic and Anxiety Disorders: Anxiety Disorder -Phobic Disorders - Panic Disorder, generalized Anxiety disorder - Obsessive Compulsive Disorders - Treatment aid outcome.

## Unit-III

Patterns of Abnormal (Maladaptive) Behaviour

Mood Disorders and Suicide: Unipolar Mood Disorders - Bipolar Disorders - Casual Factors in Mood Disorders - Socio - cultural factors - Treatment and outcomes - Suicide prevention.

## Unit-IV

Personality and Substance Abuse Disorders

Personality Disorders - Clinical Features - Types - Visual Factors - Anti-Social Personality and Psychopathy - Clinical Features - Casual Factors- Treatments and outcomes in Psychopathic and anti-social personality - Substance - Related and other Addictive Disorders: Alcohol Abuse and Dependence - Clinical Picture - Causes Treatments and outcomes - Drug Abuse and Dependence - Opium - Cocaine - Barbiturates - marijuana - Caffeine, Nicotine - Other Additive disorders: Hyper Obesity and Pathological Gambling.

## Unit-V

Contemporary Issues in Abnormal Psychology

Perspectives on Prevention: Controversial issues and Mental Disorders - Organized Efforts for Mental Health -Challengers for Future - Psychotherapies.

## Text Books

- 1) Robert, C. Carosn, James, N. Butcher and Susan Mineka. Abnormal Psychology and Modern Life. New York: Hyper Collins College Publishers, 1996.
- 2) Coleman, J.C. Abnormal Psychology and Modern Life (3<sup>rd</sup> Indian Edition). Bombay: D.P. Tapapore Walers Sons Co. Pvt. Ltd., 1972.
- 3) Strange J.R. Abnormal Psychology, Bombay: Tata McGraw Hill Publishing Ltd., 1965.

## PSYC: 302 HEALTH PSYCHOLOGY

## Objectives

The students must know

- i. the meaning of health psychology
- ii. sources and coping mechanism of stress
- iii. AIDS and heart problems
- iv. pain and related illness
- v. intervention strategies and research techniques

## Unit – I

Foundation Of Health Psychology

Definition – Foundation of health psychology – Growing Partnership in health care – Meaning of disease – Bio medical and Psychological foundation of health & illness. Social – Ecological theories of health and illness.

## Unit – II

Stress Model

Symptoms – Sources and coping – Substance abuse I: Kicking harmful habits- Substance abuse II: Use and misuse of alcohol; Eating behaviour: healthy and unhealthy habits.

Unit – III

The Aids Pandemic

A behavioural disease- Heart health: Silent killers and the hurry sickness -Insomnia – Mental handicap – Obesity – Sexual behaviour.

Unit – IV

The Problem Of Pain

Head aches and low back pain - Chronic illness: Cancer and Arthritis - Aging and health: myths, realities and actions.

Unit – V

Intervention

Cognitive, Behavioural, Pharmacotherapy and Positive Behaviour Therapy  
Research techniques in health psychology- Experimental, Clinical and Epidemiological strategies

Text Books:

- 1) Philip, L.T. (1998). *Health Psychology*. Brooks/ Cole Publishing Co. New York.
- 2) Shelly, E. Taylor. (1995). *Health Psychology*, McGraw Hill Book co., New Delhi.
- 3) Hemalatha Natesan (2004). *Positive Behaviour Therapy*, Coimbatore: Ganesh Krupa Publishers

Reference Books:

- 1) Briffiths, D. (1981) *Psychology and Medicine*. The MacMillam Press Ltd. London.
- 2) Marks, D. F. (2008). *Health Psychology*, N D: Sage. Werth Publications.
- 3) Straub, R. O. (2002). *Health Psychology*, N D: Worth Publications.
- 4) Brannon, L & Feist, J. (2001). *Health Psychology*, Singapore. Wordsworth.

### PSYC 303: COUNSELLING PSYCHOLOGY

Objectives

The students should know

- i) the nature and theories of counselling
- ii) the application of Psychoanalysis theory
- iii) the application of theories Adler, Erick Bern to counselling
- iv) the application of theories of Rogers and Skinner to counseling
- v) the rational and emotive approaches to counselling

Unit-I

Toward a Personal Theory of Counselling

The Nature of Counselling - Theory - Theory in Counselling.

Unit-II

Classical Psychoanalytic Theory

Theory of Personality Development - Process of Development - Abnormal Personality Development goals of Therapy.

Ego-Counselling

Theory of Personality - The Development of Abnormal Behaviour - The Goals of Counselling - Techniques of Ego-Counselling.

Unit-III

The Individual Psychology of Adler

Theory of Personality Development - Abnormal Development - goals of Counselling - Techniques of Counselling.

Transactional Analysis

Theory of Personality - Maladaptive Personality Development - Transactional Analysis in Counselling.

#### Unit-IV

##### Self-Theory

Background - Theory of Personality -The Development of maladaptive Behaviour - The Counselling Process - Recent extensions of Self-Theory.

##### Behaviour Approaches to Counselling

Theory of Personality - Development Behaviour -Theory of personality - Abnormal personality development - Goals of Counselling - The Process of Counselling - Techniques of Counselling.

#### Unit-V

##### Rational Approaches to Counselling

Reality Therapy - Goals of Counselling - Process and Techniques of Counselling - Rational Emotive Counselling - Reality Therapy and Rational - Emotive therapy - A Final Word.

##### Text Book

- 1) Hansen, J.C. Stevic, R.R. Warner, R. W. Jr. Counselling: Theory and Process (2<sup>nd</sup> Edition). Boston: Ally and Bacon Inc., 1977.
- 2) Narayanan Rao, S. Counselling Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd., 1981.
- 3) Lewis, E.C. The Psychology of Counselling. New York: Holt, Rinehart and Winston, Inc. 1970.
- 4) Bordin, E.S. Psychology of Counselling. New York: Appleton Century Crafts, 1968.
- 5) Blum and Bolinsky, B. Counselling and Psychology, Bombay: Asia Publishing House, 1961.

### PSYC 304: YOGA AND AGING

#### **Objectives:**

To enable the students to understand

- i. Basic fundamental of Yoga
- ii. The Basic of Pranayama, Spritual, Bakthi, in ancient yogith philosophy.
- iii. In ancient foot and working agriculture as well as modern technology.

#### Unit-I

##### Aging

Aging –Causes and Features: Genetic Theories-Non Genetic Theories-Reproduction and Aging-Tissue Cell and Replacement-Aging at the Molecular and Cellular Levels-Aging of the Immunological Systems-Aging of Neural and Endocrine Systems-Effect of Aging of the Body Systems-Nervous System-Other Sensory Impairment –Skin-Endocrine System-Production and Reproduction System-Skeletal System-Respiratory System-Regulatory Mechanisms.

##### Premature Aging

Premature Aging: The Effect of Stress on the Muscular System-Effect of Stress on the Gastrointestinal System-The Effects of Stress on the Cardiovascular System-Headaches-Migraine Headaches-Cluster Headaches-Muscle Contraction Headaches-Peptic Ulcers-Psychodermatitis-

Raynands Disease-Psychorespiratory Disease-Allergies and Addictions-Malnutrition-Unrighteous Karmas

Physical Health :Hatha Yoga and Psychotheraphy

Unit-II

Pranayama

Pranayama-Respiration and Breathing:The Five Sheaths-Diseases of the Thyroid Gland-Disease of the Pituitary Gland-The Adrenal Glands.

Warm

Warm-up Exercises and Asanas:Correct Postures-Asanas-A Word of Caution-Benefits of Asanas-Asanas Comments-Techniqe-Benefits of Surya Namaskar.

Unit -III

Spiritual Health

Spiritual Health: The Kundalini Yoga-Location of Chakaras-Moolandhara Chakara-Svadhishthana-Manipura Chakra -Anahata Chakra-Vishuddhi Chakara-Ajna Chakara-Sahasrara Chakara.

The Yoga of Concentration and Mediation-Practice of Concentration

Mental Health

Unit-IV

Bhakti Yoga and Philosophy of Love

Karama Yoga and the Philosophy of Action

Environmental Health -Air Pollution -Water Pollution -Soil Pollution-Polluted Living Spaces

Unit V

Food and Health

Sleep, Reset and Relaxation

The Simple Rules of Good Health

TextBook:

H.Kumar Kaul ,2015 ,Yoga and Healthy aging, Delhi,B.R.Publishing Corporation India Ltd.

Reference Books:

1.Dalal,A.S,2001,Psychology,Mental Health and Yoga,Pondicheery,Sri Aurobindo Ashram Press,

2.Joshi,Rajani R.(2006),The Integrated Science of Yagna,Mathura: Yug Nirman Yojna,Gayatri Tapobhumi.

SOSC 306: SOFT SKILLS

**Objectives:**

**To enable the students to understand**

**i) The ways to improve personality**

ii) To importance of effective listening,

iii) The value of interpersonal communication, public speaking, and writing skills;

#### Unit I: Personality Development

Personal effectiveness skills – Managerial and supervisory skills – Leadership skills – Creativity skills – Problem solving skills – Team spirit – Culture building.

#### Unit II: Effective Listening

Registration of ideas – Crystallization – Listening – What does listening mean? – Why are people inherently poor listeners? – Poor listening habits – Types of listening – Effective and ineffective listening skills – Pay-offs of effective listening – Barriers to listening – Active and passive listening

#### Unit III: Interpersonal Communication

Characteristics of interpersonal relationships – Intimacy in interpersonal relationship – Relationship development and maintenance – Self disclosure in interpersonal relational relationships

#### Unit IV: Public Speaking

What is public speaking – The art of public speaking – Language and proficiency in public speaking – Spoken English-Fluency – Awareness of different accents – Interviews – Group discussion – Seminars – Telephone Skills?

#### Unit V: Writing Skills

Business writing of sorts – Common components of business letters – strategies for writing the body of a letter – Writing memos and taking notes – Business report – Business proposal.

#### Text Books:

- 1.NamrataPalta. *The Art of Effective Communication*.New Delhi: Lotus Press, 2007.
- 2..Edgar Thorpe, Showick Thorpe. *Winning at Interviews*.Dorling Kindersley (India) Pvt. Ltd, 2006.
- 3.S.K. Mandal. *Effective Communication and Public Speaking*. Mumbai:Jaico Publishing House, 2005.
- 4.Lani Arredondo. *Communicating Effectively*.Tata McGraw-Hill edition, 2003.

#### Reference Books:

- 5.Robert Bolton. *People Skills*.Simon& Schuster, 1986.
- 6.Ronald B. Adler, George Rooman. *Understanding Human Communication*.Oxford University Press, 2006.
- 7.Meenakshi Raman, Prakash Singh. *Business Communication*. Oxford University Press, 2006.
- 8.V. Sasikumar, P. KiranmaiDutt, GeethaRajeevan. *A Course in Listening and Speaking II*.Cambridge University Press, 2007.
- 9.Dale Carnegie. *The Leader in You*.New York: Pocket Books, 1993.

### PSYE 305 COUNSELLING PSYCHOLOGY [ELECTIVE]

#### Objectives

The Students should know

- i) the role of counselling as a service oriented profession
- ii) the various theoretical bases of counselling
- iii) the uses and interpretations of various kind of psychological tests used in counselling
- iv) the various kinds of problems where counselling can be useful

vi) the role of counsellors and the required training.

## Unit-I

### Introduction

Emergence and Growth of Counselling Psychology.

Factors contributing to the emergence of counseling - Moral and Philosophical issues - Economic changes and challenges - Educational aspects - Mental measurement - Mental hygiene movement - Progress in Psychotherapy - Social theories.

Importance periods in the development of counseling 1850 - 1900 - 1901 - 1930 - 1930 - 1940 Second World War and after - Philosophic concern - The Potential of man - Freedom - Affection, Cognition and Conation -Sovereignty - Values.

### Counselling and Related Fields

Definitions of counselling - Psychotherapy Counselling and psychotherapy - Related fields – Advising - Guidedance - Clinical Psychology - Counselling as Hygiology - Counselling as a helping relationship -Counselling as a solution to human problems.

Developmental characteristics of Youth, Common Concerns and Special problems.

Developmental tasks - Adolescence - Erickson's theory of psychological development - Ego qualities -Development of personality - Socio-cultural factors - Adult dependence - Youth and its concerns - Problems in the Indian educational context.

## Unit-II

### Counselling - Expectations and Goals

Expectations of different individual - Counselling goals - Achievement of positive mental health -Resolution of problems - Improving personal effectiveness -Counselling to help change - Decision making as a goal of counseling - Modification of behaviour as a goal.

### Approaches to Counselling

The directive or authoritarian approach (psychoanalytic) - Relevance of psychoanalysis to counseling - Humanistic approach - Rojer's self theory -Development of self-concept - The counseling process -Experiencing of responsibility - Essential conditions for personality change - Stages in the counselling process -Behaviouristic approach to counselling - Reciprocal inhibition technique - Behaviour Modification The existential point of view - The Minnesota Point View -Nature of Counselling - How Counselling is effected - The eclectic approach.

### Counselling Process

Preparation for Counselling - Readings Pre-counseling Interview - Case history - Process of counselling - Reasons for making an appointment -Referral - Anxiety - The first interview - Reassurance -Winning confidence - Advising - Counselling relationship -Ambiguity - Responsibility - Counselling - Content and process - Physical setting - Privacy - Value, belief and attitude change - Value orientations - Acceptance - Understanding -Rapport - Communications and empathy -Attentiveness - Counselling relationship - Counselling process - Steps in the counselling process - Counselling interactions - Limiting counselling relations - Pressures towards extended relationships - Factors contributing to control of relationship - Endings, interruptions and follow-up - Preparing for ending - Variables affecting the counselling process - Counsellor variables - Counsellor's skills - Portrait of an effective counsellor - Counsellee factors.

## Unit-III

### Psychological Testing and Diagnosis

Limitations of the use of psychological tests - Types of psychological tests - Factors affecting psychological test results - Test use in counselling situations - test interpretation



in counselling - Non-test client appraisal techniques Autobiography - Aneedotal records - Rating scales - Cumulative records Pupil data questionnaires -Sociometric techniques - Case studies - Psycho-diagnosis - Limitations of diagnosis - Common diagnostic classification systems in counselling.

#### Counselling Interview

Interviewing - its essential aspects - Association of ideas contained within the interview Shifts in conversation Opening and closing remarks – Recurrent reference -Inconsistencies and gaps- Review - Non-verbal communication in interview - Counsellee – Counsellor relationship – Interviewing techniques in counselling - Structuring the counselling relationship - Degree of lead - Silence - Relationship techniques - Sharing of experience Stereotype - Timing - Selection of feelings - Content - Depth - Meaning - Language - Thinking - Acceptance - Special relationship problems - Transference - Therapeutic functions of transference - Counter transference - Resolving counter transference feelings - Resistance - Source of resistance - Functions of resistance Handling Resistance.

#### Group Counselling Introduction

Case for group counselling - Emerging field of group counselling - Structuring groups - Limitations and assumptions of group counselling - Mechanics of group counselling - Types of groups Group counselling - its value - The process of group counselling - Individual and group counselling similarities - Differences between Individual and group counselling.

#### Unit-IV

##### Counselling in the Educational Setting Educational Counselling

Counselling the elementary school child Counselling at high school - Counselling at college - The role of teachers in counselling - Educational counselling and curriculum - Counselling and home - Evaluation programmes of educational counselling - Limitations Inherent in evaluation.

##### Vocational Counselling

Theories of vocational development - The process of vocational counselling - Exploration and contract setting -The state of critical decision - Distinction between Vocational counselling and vocational guidance.

##### Special Areas in Counselling

Family group consultation - Counselling families -Counselling with families concerning children -Counselling with parents - counselling the delinquent -"Counselling reluctant clients - Marriage counselling -Pre-marital counselling - Structuring - Counselling women.

##### Evaluation of Counselling

Problems of evaluation - Approaches to evaluation -Survey approach - Case study approach - Experimental approach - Problems of measuring change - Usefulness of counselling - Criteria for evaluation - Internal and External Criteria - Objective Vs Subjective criteria -Control of extraneous variance - Studies of counseling effectiveness in educational settings - Counselling with elementary school children - Wisconsin secondary - School counselling study - Minnesota College students counselling study.

#### Unit-V

##### Professional Preparation and Training for Counselling Introduction

Counsellor preparation and professional issues -Academic preparation - Practical skills - Ethical standards - Legal considerations - Selection and training of counsellors - Conception of a professional worker - Preparation of counsellors - Important issues - The Counsellor prerequisites - Specialists or General Counsellors.

##### Modern Trends in Counselling

Conselling and psychotherapy - Trends in counselling - Role of a counsellor - Career guidance - The model of Counselling - The three-dimensional Model -Values in counselling.

The Status of the Counselling Movement in India.

Counselling movement in modern times - Counselling movement after independence  
-The role of the Government of India and universities - Present status of counselling.

#### Text Book

- 1} Narayana Rao, S. *Counselling Psychology*. New Delhi: Tata McGraw Hill Publishing Co.Ltd, 1981.

#### Reference Books

- 1) Hanson, J. C. Stevic, R. R., Warner, R. W. Jr. *Counselling Theory and Process* (2<sup>nd</sup> Edn.) Boston: Allyn and Bacon Inc., 1977.
- 2) Lewis, E.C. *The Psychology of Counselling*. New York: Holt, Rinehart and Winston, Inc., 1970.
- 3) Bordin, E.S. *Psychology of Counselling*. New York: Appleton Century Crafts, 1968.
- 4) Blum and Bolinsky, B. *Counselling and Psychology*. Bombay: Asia publishing house, 1961.

## SECOND YEAR: IV SEMESTER

### PSYC 401: HUMAN RESOURCE MANAGEMENT

#### Objectives

The students should now

- i) the concepts and importance of human resource management
- ii) the theories and techniques of recruitment
- iii) know the need, importance, and technique of training
- iv) the characteristics of manager and the techniques of executive development
- v) the process of effective communication

#### Unit-I

##### Basic aspect of Human Resource Management

Managing Human Resources - The Challenging of human resource management - Misconceptions about HRM - Definition of HRM - Features of HRM - Importance of HRM - Functions of HRM - Managerial function -Operative functions - Objectives of HRM - Personal policies, Procedures and Programmes - Need for personal policies - Advantages - Obstacles – Characteristics of sound personal policy.

#### Unit-II

##### Human Resource Planning

Importance of Human Resource - Man power planning defined - Need for Human Resource Planning -Process of HRP - Responsibility for HRP - Man power plan component short range analysis - Long range. analysis -Job analysis - Purposes and uses of job analysis - The steps in Job analysis - Techniques of job analysis data -Job description - Uses of job description - Limitations of job description - Job specification.

#### Unit-III

##### Management and Executive Development

Managerial Functions - Skills of the Manager -Characteristics of Manager - Purpose and Objectives of Management Development - Need for executive development in the Indian context - Importance of Managerial Development Management - Development concepts - Executive development - Process components of Management Development Programme - Establishment of Training and Development Programmes Organizational Climate for Management - Development -Factors - Inhabiting - Management Development - Basic requisites for the success of Management Development Programme - On-the-Job Techniques - Job Rotation or Channel Method of Development - Off-the-Job Techniques -Courses for Management Development- Administration of Management - Development - Programmes.

#### Unit-IV

### Performance Appraisal

Importance and Purposes - Approaches to performance appraisal - The evaluation process - Methods of performance appraisal - Traditional method - Management by objective (MBO) - Objectives of MBO - Process of MBO - Benefits of MBO - Programme - Assessment centre method - Human asset accounting method - Behaviorally Anchored rating scales (BARS) components of appraisal evaluation - Factors deterring appraisal - The Halo effect leniency - The Central Tendency - Similar error.

### Unit-V

#### Communication

Definition and Characteristics - Key elements of C - Importance of C in Management - Objectives of Communication. Functions of C - Communication process model - Organizational C - Advantage - Transmission of informal messages systems of direction of communication - Vertical communication - Downward C - Upward C - Horizontal C - Media of Communication - Communication with the Public Channels of C - Barriers to C - Conditions for Effective C - Management of Communication.

### Text Books

- 1) Mamoria, C. B., Personal - Management of Human Resources (13<sup>th</sup> Edn.) Bombay: Himalaya Publishing House, 1993.
- 2) Subba Rao, P and Roa, V.P.S. Personal/Human Resource Management Test, Cases and Games. New Delhi: Konark Publishing Pvt. Ltd., 1990.

## PSYC -402: ORGANIZATIONAL BEHAVIOUR

### Objectives

- i) the meaning of organizational behaviour
- ii) the influence of individual behaviour in organizations
- iii) the importance of perception, decision making, values, attitudes and job satisfaction in organizations
- iv) the influence of power and politics in organizations
- v) the types of stress and the strategies to manage the stress in workplace

### Unit-I

#### Meaning of Organizational Behaviour

Managers work - Management functions Management roles - Management skills - Effective vs successful managerial activities - A review of the manager's Jefcr-HSnter Organizational Behaviour (OB) - Replacing intuition with systematic study Generalizations about behaviour - Consistency Vs. Individual differences - Challenges and opportunities for OB - Contributing disciplines to the OB field - Psychology - Sociology - Social Psychology - Anthropology - Political Science - Developing an OB model - An overview - The dependent variable.

### Unit-II

#### Foundations of Individual Behaviour

Biographical characteristics - Ability - Personality - Major personality attributes influencing OB - Personality and national culture - Matching personalities and job - Learning - Definition - Theories - Shaping: A managerial tool - Some specific organizational applications.

### Unit-III

#### Perception and Individual Decision Making

Perception and its importance - Factors influencing perception - The target - The situation - Person perception: Making judgment about others - Specific applications in organizations - The link between perception and individual decision making - Decision

making process - Improving creativity in decision making - Actual method of decision making in organizations - Individual differences in decision making styles - Organizational constraints - Ethics in decision making.

#### Values, Attitude and Job Satisfaction

Values - Importance, Sources and types - Values, loyalty and ethical behaviour - Values across cultures - Attitudes - Sources and types - Attitudes and consistency Cognitive dissonance theory - Measuring the A-B relationship - Attitude surveys - Attitudes and workforce diversity - Job satisfaction - The effect of job satisfaction on employee performance - Employee's expression of dissatisfaction.

#### Unit-IV

##### Power and Politics

A definition of power - Contrasting leadership and Power - Bases of power - Dependency: The key to power - Identifying where the power is - Power tactics - Power in groups: Coalitions - Sexual harassment: Unequal power in the workplace - Politics: Power in action - Impression management - Defensive behaviours - The ethics of behaving politically.

##### Conflict, Negotiation and Inter group Behaviour

A definition of conflict - Transitions in conflict thought - Functional Vs. Dysfunctional conflict - The conflict process - Negotiation - Bargaining strategies - The negotiation process - Issues in negotiation - Inter group relations - Factors affecting inter group relations - Methods for managing inter group relations.

#### Unit-V

##### Work Stress and its Management

Meaning of stress - Understanding stress and its consequences - Potential sources of stress - Individual differences - Consequences of stress - Managing stress.

##### Organizational Change and Development

Forces for change - Managing planned change - Changes done by change agents - Structure, technology, physical setting and people - Resistance to change - Individual resistance - Organizational resistance - Overcoming resistance to change - The politics of change - Approaches to managing organizational change - Lewin's three step model - Action research - Organizational development - Contemporary change issues for today's managers.

#### Text Book

Robbins, S. P. *Organizational Behaviour: Concepts, Controversies and Application*. (8<sup>th</sup> Ed.) New Delhi: Prentice Hall of India Private Ltd., 1999.

#### Reference Books

- 1) Luthans, F. *Organizational Behaviour*. New Delhi: McGraw Hill, 1988.
- 2) Davis, K. Newshon, W.J. *Human Behaviour at Work*. New Delhi: McGraw Hill Book Co., 1989.
- 3) Rao, V.S.P. and Narayana, P.S. *Organizational Theory and Behaviour*. New Delhi: Konark Publishers Pvt. Ltd., 1987.
- 4) Prasad, L.M. *Organizational Theory and Behaviour* New Delhi: Sultan Chand and Sons, 1988.

### PSYC 403: PSYCHOLOGICAL EXPERIMENTS AND TESTING

#### (PRACTICAL - II)

Candidates are required to perform at least 15 Experiments from the areas given below and prepare a record which the same should be submitted at the time of Practical Examination duly signed by the course teacher and with a boafide Certificate from the Department.

#### Objectives

The Students must know

- i) the various kinds of testing, situations and comprehend the testing procedures
- ii) the administration of psychological tests for various purpose like selection and recruitment and for finding out the aptitudes and interests and motivation is organizational personnel
- iii) to verify certain hypothesis study some personal and social problems
- iv) to analysis and interpret the data collected in the experiments.
- v) To record the experiments using the proper format.

1. Aptitude Tests
2. Interest Inventories (Thurstone's Interest Schedule)
3. Job satisfaction
4. Leadership Behaviour
5. MBTI
6. FIRO B
7. Problem Solving (Pyramid Puzzle)
8. Achievement Motivation
9. Dexterity Tests (An Experiment on Finger Dexterity/Manual Dexterity/ Tool Dexterity)
10. Steadiness Test (An Experiment in Hand/Finger)
11. Job Involvement
12. Eysenck's Personality Questionnaire
13. Scales Comprehension
14. Consumer Behaviour Attitude scale
15. Type A/B stress Test.
16. Self Directed Search

#### PSYC 404: DISSERTATION AND INSTITUTION TRAINING

Among the 6 credits of the course, Dissertation is given 4 and Institutional Training 2 credits.

Dissertation will have 100 marks and the thesis will be evaluated for 60 marks and the Viva-voce is for 40 marks. Both evaluation and Viva-voce will be done internally by two internal examiners of the Department as appointed by the Head of the Department.

Institutional Training will have 100 marks and the report is to be evaluated for 60 marks and the Viva-voce is for 40 marks. Both the report and Viva-voce will be done by two Internal Examiners as appointed by the Head of the Department.

The average of the Dissertation and Institutional Training marks will be the mark awarded to this course against the course credit of 6.

#### PSYE-405 STRESS MANAGEMENT (Elective)

Objectives

The students must know

- i. the nature and sources of stress
- ii. to identify the physiological, psychological and personality factors of stress.
- iii. stress and psycho-somatic illness
- iv. job stress and related factors
- v. stress coping strategies

Unit-I

Nature of stress

Definition- Nature of stress- Alarm and adaptation- illness and immunology. The Psychology of Stress- Stress prone Personalities - Measurement of Stress- Social Readjustment Rating Scale- Stress symptom check list- Healthy coping at work- Completing your own diagram- Resources.

#### Unit -II

##### Physiological Arousal

Physiological arousal- flight or fight response- Activation of the fight or flight response. Situational Stresses- Frustration- Burnout- Cultural differences. Personality factors- locus of control and stress- Type A personality- The Disease prone personality.

#### Unit -III

##### Acute Stress Disorder

Acute Stress Disorder- Post Traumatic stress disorder- Stress and psychosomatic illness- Prevalence of psychosomatic illness.

#### Unit -IV

##### Work Stress

Work Stress - Individual vulnerability- Organizational stressors, Job satisfaction and anxiety- Off the job stressors- Stressful events and conditions at work events- Conditions.

##### Personal Stress Management

Personal stress management – Planning- Life changing Philosophy- Philosophical and intellectual exercises- more active coping strategies- Positive Therapy.

#### Unit – V

##### Stress Attacking Problem

Coping with stress by attacking the problem- Relaxation- Exercise- Inoculation- Social support- Distraction- Belief as coping strategies.

##### Exploring stress Management

Exploring stress Management- self evaluation- appraisal- coping- dealing with unavoidable stressors- practice- demonstration of techniques.

##### Text Books:

- 1) Seaward, B. L. (2006). *Essentials of Managing Stress*, New Delhi: Jones & Bartlett.
- 2) Kalat, J.W. (1996). *Introduction to Psychology* (eth ed.) New York: Brooks/ Cole Publishing Co.
- 3) Wade, C & Tavris, C. (1987). *Psychology*. New York: Harper and Row Publishers.

##### Reference Books:

- 1) McLean, A. (1979). *Work Stress*. California: Addison- Wesley Publishing Co.
- 2) Plotnik, R. (1993). *Introduction to Psychology*. California: Brooks/Cole Publishing Co.

PSYC 204 PSYCHOLOGICAL EXPERIMENTS AND TESTING  
PRACTICALS – I

1. Self Concept scale
2. Bell's Adjustment Inventory (BAI)
3. Maslowian's Assessment Survey (MAS)
4. Advance Progressive Matrices (APM)
5. Ecological Attitude Survey
6. Mental Health Inventory
7. Religious Attitude Scale
8. Eysenck's Personality Questionnaire (EPQ)
9. Emotional Intelligence
10. Marital Adjustment Inventory
11. PGI Memory Scale
12. Assertiveness Questionnaire
13. Radicalism-Reactionism Scale
14. Mental Ability Test
15. Neuroticism Scale Questionnaire (NSQ)

Instruments

16. Concept formation
17. Role of insight learning
18. Transfer of Training
19. Habit Interference
20. Alexander Pass along Test

## PSYC 102: SOCIAL PSYCHOLOGY

## Objectives

The Students should know

- i) the definition, historical development and the methods of social psychology,
- ii) the factors of social perception, attribution, impression formation,
- iii) the nature, formation and change of attitudes.
- vi) the causes of prejudice, discrimination and pro-social behaviour,
- vii) the nature, functions of group, decision making and the leadership influence.

## Unit-I

## The Field of Social Psychology

Social Psychology: A working definition. Focuses on the behaviour of the individuals - Social Psychology: A capsule Memory: Early years, its youth, 1970's, and 1980's 1990's and beyond - Research methods in social Psychology: The Experimental Method, Correlational Method, Social Psychological and perennial skeptics: The importance of replication and multiple methods in social research, Role of Theory in Social Psychology -The Quest for knowledge and the rights of individuals.

## Unit-II

## Social Perception

Social Perception - Non-verbal communication: The basic Channels, Non-Verbal behaviours and social interaction: Self-Presentation and the detection of Deception Attribution Theories of Attribution: Jones and Davis theory - Kelley's theory of casual attribution - Attribution: Some basic facts and impression formation: Some basic facts and impression Management.

## Unit-III

## Attitudes

Attitudes - Formation of attitudes: Social learning direct experience and genetic factors - Attitudes and Behaviour: The essential link attitude specify - Attitude components - Attitude strength - Vested interest and the role of self-awareness - Attitude accessibility - Persuasion: The Traditional and cognitive approach - Reciprocity of persuasion - When attitude change fails reactance -Forewarning and selective avoidance - Cognitive Dissonance: Dissonance and attitudinal change - Dissonance and the less - lead - to more effect -Dissonance - Origin of Dissonance.

## Unit-IV

## Prejudice and Discrimination

Prejudice and Discrimination - The origins of Prejudice: Direct inter group for Prejudice - Ultimate attribution error - Early experience - Cognitive sources of Prejudice - Challenging prejudice: On learning not to hate - Direct Intergroup contact - Recategorization and its nature and effect: Gender stereotypes - Discrimination against females and sexual harassment.

## Pro-Social Behaviour

Pro-social behaviour - Responding to an Emergency: Behaviour of Bystanders - Bystander apathy versus Diffusion of responsibility - Five necessary cognitive steps - Internal and External factors that influence altruistic behaviour - Explanations of Pro-social behaviour: Empathy - Altruism theory - Egoistic theory - Empathic joy and Genetic selfishness.

## Unit-V

## Groups and Individuals

Groups: their nature and function - Group formation and how groups function - Groups and task performance social facilitation - Group versus individuals - Social



loafing - Social facilitation and social loafing - Decision making by groups: The decision making process - Nature of group decisions - Some potential pitfalls - Leadership: Its nature and impact in groups: The traits approach -Gender difference 'in Leadership - Leader effectiveness: Two influential views - Transformational Leadership: Leadership through vision and charisma.

#### Text Books

- 2) Robert, A. Baron., and Donn Byrne. Social Psychology: Understanding Human Interaction (7<sup>th</sup> Edition); New Delhi: Prentice Hall of India Private Limited, 1995.
- 2) Robert, S. Feldman. Social Psychology; Englewood Cliffs, New Jersey: Prentice Hall, 1995.
- 3) David, O. Sears Anne Peplan, Jone than L. Freeman and Shelly, E. Taylor. Social Psychology (6<sup>th</sup> Edition).New Jersey: Englewood Cliffs. 1998.
- 4) Kuppusamy B. An introduction to social psychology,(Second Edition), Bombay: Lily Jayasinglthe publishers pvt.ltd., 1982.

ICPE 85 /19 PSYE-205 HEALTH PSYCHOLOGY - (*ELECTIVE*)

## Objectives

The students must know

- i. the meaning of health psychology
- ii. sources and coping mechanism of stress
- iii. AIDS and heart problems
- iv. pain and related illness
- v. intervention strategies and research techniques

## Unit – I

## Foundation Of Health Psychology

Definition – Foundation of health psychology – Growing Partnership in health care – Meaning of disease – Bio medical and Psychological foundation of health & illness. Social – Ecological theories of health and illness.

## Unit – II

## Stress Model

Stress Model: Symptoms – Sources and coping – Substance abuse I: Kicking harmful habits- Substance abuse II: Use and misuse of alcohol; Eating behaviour: healthy and unhealthy habits.

## Unit – III

## The AIDS pandemic

The AIDS pandemic: A behavioural disease- Heart health: Silent killers and the hurry sickness -Insomnia – Mental handicap – Obesity – Sexual behaviour.

## Unit – IV

## The Problem Of Pain

The problem of pain: Head aches and low back pain - Chronic illness: Cancer and Arthritis - Aging and health: myths, realities and actions.

## Unit – V

## Interventions

Interventions: Cognitive, Behavioural, Pharmacotherapy and Positive Behaviour Therapy. Research techniques in health psychology- Experimental, Clinical and Epidemiological strategies

## Text Books:

- 1) Philip, L.T. (1998). *Health Psychology*. Brooks/ Cole Publishing Co. New York.
- 2) Shelly, E. Taylor. (1995). *Health Psychology*, McGraw Hill Book co., New Delhi.
- 3) Hemalatha Natesan (2004). *Positive Behaviour Therapy*, Coimbatore: Ganesh Krupa Publishers

## Reference Books:

- 1) Briffiths, D. (1981) *Psychology and Medicine*. The MacMillam Press Ltd. London.
- 2) Marks, D. F. (2008). *Health Psychology*, N D: Sage. Werth Publications.
- 3) Straub, R. O. (2002). *Health Psychology*, N D: Worth Publications.
- 4) Brannon, L & Feist, J. (2001). *Health Psychology*, Singapore. Wordsworth.