

PSYCHOLOGY

COURSE CONTENT

SEMESTER I: Paper I

Basic Psychology I

Unit I: Introduction: Definition and goals of psychology; Role of a psychologist in society; Perspectives - Biological, Psychodynamic, Behaviorist, Cognitive, Cross-cultural, Humanistic and Evolutionary perspectives; Methods - Experimental, Observation, Questionnaire and Clinical methods.

8hours

Unit II: Individual Differences: Concept and Nature of Individual differences. Intelligence – Theories of Intelligence – Factor theories and Cognitive models of intelligence; Determinants of intelligence – Genetic and Environmental influences Characteristics of Intelligence Tests; Types Of intelligence tests.

Practical: Koh's Block Intelligence Test

12hours

Unit III: Learning: Definition. Classical conditioning – basics of conditioning; basic processes – Extinction, Spontaneous Recovery, Generalization, Discrimination, Higher Order Conditioning. Criticisms& Significance Of Classical Conditioning; Operant Conditioning – Thorndike's law of effect& basics of operant conditioning; Reinforcement – Primary And Secondary; Schedules of reinforcement; Punishment. Effects of Punishment. Process – Generalization, Discrimination, Shaping, Chaining; Cognitive Learning – Latent learning; Observational learning (Bandura); Insight learning (Kohler)

Practical: Transfer of Training

12 hours

Unit IV: Memory : Basic processes – Encoding, Storage, Retrieval; Sensory – Iconic Memory and Echoic Memory ; STM – Working Memory, Serial Position Curve, Rehearsal, Chunking; LTM – Modules of memory –Declarative, Procedural, Semantic, Episodic Memory; Associative models – Explicit Memory And Implicit Memory; Retrieval Cues ; State Dependent And Context Dependent Memory ; Tip – Of – The – Tongue –Phenomenon , Flash Bulb Memories; Levels of processing – Constructive Processes In Memory – Schemas ; Forgetting – Decay Theory : Interference Theory ; Perspective Memory ; Absence Of Retrieval Cues ; Improving memory- Mnemonic Strategies.

10hours

Unit V: Basic Statistics: Measures of Central Tendency – Mean, Median and Mode for Ungrouped and grouped Data. Grouping of Data – Class Intervals and Frequencies.

8hours

References

- 1.Feldman, R. S., (2004). Understanding Psychology. McGraw Hill India.
2. Baron, R.A., (1995). Psychology. 3rd Edition, Prentice - Hall India.
3. Morgan,C.T., King,R.A., Weiss, J.R., and Schopler, J. (2004). Introduction to Psychology. Tata McGraw Hill India.
4. Wortman, C.B., & Loftus, E.F. (1992). Psychology. 4th Edition. McGraw HillInternational.
5. Bernstein, Roy, Skull and Wickets (1991). Psychology. 2nd Edition. Houghton College Publishers.
6. Fernald, P.S., & Fernald, L.D., (1985).Munn's Introduction to Psychology.5th Edition. A.I.T.B.S. Publishers and Dist Reg.

7. Hilgard, E.R., Atkinson, R.C., & Atkinson, R.L., (1975). Introduction to Psychology. 6th Edition. Oxford IBH Publishing Co. Pvt .Ltd.
8. Weiten, W., (2007). Psychology : Themes and Variations. 7th Edition. Brooks/Cole Publishing Co.
9. Garrett, H.E. (1985).Statistics in Psychology and Education. Vakils, Simon & Feffer Pub.

SEMESTER II: Paper II

Basic Psychology II

Unit I : Thinking : Theories and models of thinking – Information Processing Theory, S- R theory, Cognitive theories, Simulation Models; Types of Thinking – Free Association, Imaginal Thought, Reasoning – Types, Problem Solving, Decision Making, Creative Thinking, Concept Formation, Language And Thought.

10 hours

Unit II: Motivation and Emotion. Motivation: Meaning, Homeostasis, Need, Drive, Arousal, Incentives. Theories of Motivation. Types – Physiological Motivation – Hunger, Thirst, Sexual. Psychological motivation – Achievement, Power, Aggression. **Emotion:** Introduction – Meaning – Physiological responses, arousal and emotional intensity, emotional expression. Theories – James Lange Theory, Cannon – Bard Theory and Cognitive Theory. How People Communicate Emotion –Innate Expression Of Emotions. Social Aspects of Emotional Expressions, Facial Expressions and the Brain (Pyramidal Motor Systems – Cortical Functions).

10 hours

Unit III: Sensation, Attention and Perception: Sensation: Basic Concepts, Processes in Sensation, Types of senses – Receptors involved in each of the sensory modalities (i.e., Visual, Auditory, Gustatory, Olfactory, Tactile, Vestibular, Kinesthetic, and Organic Senses). Sensory Adaptation– advantages and disadvantages, Sensory Threshold, Absolute Threshold, Just Noticeable Difference, Weber’s Law, Signal Detection Theory. **Perception:** Understanding perception: Gestalt Laws of organization; Process of perception – Depth Perception, Constancy, Movement. Factors of Perception. Illusion. Subliminal perception. Extra Sensory Perception. **Attention:** Definition, Characteristics. Selective Attention, Divided Attention.

Practical: Muller-Lyer Illusion

12hours

Unit IV: Personality: Definition. Historical background. Basic Approaches – Psychodynamic (Freud, Jung & Adler), Humanistic (Rogers & Maslow), Dispositional approaches – Type (Eysenck, Type A & B, Rotter and Big – 5,) and Trait (Allport, Catell), Behavioral Approaches – Bandura & Walters, Skinner, Dollard & Miller. Assessment of personality – Questionnaires, Rating Scales and Projective tests. (Characteristics, advantages, limitations, examples)

Practical: EPQ-R

13hours

Unit V: Basic Statistics II: Measures of Variability - Quartile deviation, Standard deviation for raw data – long method.

References

1. Feldman, R. S (2004). Understanding Psychology. 4th Edition. McGraw Hill India.
2. Baron, R.A., (1995). Psychology. 3rd Edition, Prentice - Hall India.
3. Morgan, C.T., King, R.A., Weiss, J.R., and Schopler, J. (2004). Introduction to Psychology. 7th Edition. Tata McGraw Hill India.
4. Wortman, C.B., & Loftus, E.F. (1992). Psychology. 4th Edition. McGraw Hill International.
5. Bernstein, Roy, Skull and Wickets (1991). Psychology. 2nd Edition. Houghton College Publishers.
6. Fernald, P.S., & Fernald, L.D., (1985). Munn's Introduction to Psychology. 5th Edition. A.I.T.B.S. Publishers and Dist Reg.
7. Hilgard, E.R., Atkinson, R.C., & Atkinson, R.L., (1975). Introduction to Psychology. 6th Edition. Oxford IBH Publishing Co. Pvt .Ltd.
8. Weiten, W., (2007). Psychology : Themes and Variations. 7th Edition. Brooks/Cole Publishing Co.
9. Garrett, H.E. (1985). Statistics in Psychology and Education. Vakils, Simon & Feffer Pub.

SEMESTER III: Paper III
History of Psychology

Unit I: Birth of Modern Psychology: Associationism (Hartley, James Mill, John Stuart Mill and Bain); Wundt as the founder of Structuralism; Titchener's Structuralism; Functionalism, Antecedents and Development (the Psychology of William James, John Dewey, James R. Angell, Harvey Carr).

Practical: Two-point Threshold

12hours

Unit II: Behaviorism: Antecedents and beginnings; Watsonian Behaviorism, E.R. Guthrie, Clark L. Hull, Skinner and E.C. Tolman; **Gestalt Psychology:** Antecedents and Founders (Wertheimer, Kohler and Koffka)

Practical: Reaction Time

12 hours

Unit III: Psychoanalysis: Dissenters and Descendants - Freud; Adler, Jung; Neo-Freudians – Horney, Fromm, Sullivan and Erickson.

10 hours

Unit IV: Humanistic – Existential Psychology: Theories of Carl Rogers, Abraham Maslow, L. Binswanger, M. Boss and Rollo May

Cognitive Psychology: Information-processing model, cognitive vs. S-R approaches.

8 hours

Unit V: Psychology and Society: Current status, societal applications of Psychology; **Psychology in India-** ancient and contemporary

8 hours

References

1. Wolman, B.B. (1979). Contemporary Theories and Systems in Psychology. Delhi; Freeman Book Co.
2. Marks, M.H. and Croman-Hillix, W.A. (1988). Systems and Theories in Psychology. New York: McGraw Hill, International Editions, Psychology Series.
3. Woodworth R.S. and Sheehan, M. (1963). Contemporary Schools of Psychology. New York
4. Singh, A.K. (2006). The Comprehensive History of Psychology, Revised Edition. Delhi, Motilal Banarsidas Publishers.
5. Pandey, J. (1988). Psychology in India: State of the Art. Vol. 1-3. Sage: New Delhi.
6. Pandey, J. (2000-2001). Psychology in India Revisited: Developments in the Discipline. Vol. 1-3. Sage: New Delhi.

SEMESTER IV: Paper IV **Social Psychology**

Unit I: Introduction to Social psychology: Definition, Field of Social Psychology, focus on behavior of individuals; Research Methods in social psychology.

8 hours

Unit II: Attitudes: Definition; Attitude formation; Persuasion; Theory of Cognitive Dissonance; The Self: Self knowledge; self esteem; social comparison; The self as target of prejudice. Prejudice: Definition. Origin of prejudice; Formation of prejudice; Techniques for countering the effects of prejudice.

Practical: Attitude Scale (any)

12 hours

Unit III: Group Processes: Definition of group. Key components of group (status, roles, norms, and cohesiveness); Effects of groups on individual performance (Social facilitation and social loafing); Coordination in groups; Decision making by groups. **Leaders and leadership:** Definition, characteristics and traits; Types of leaders; functions of Leaders, Basic styles of leaders.

10 hours

Unit IV: Aggression: Perspectives on Aggression; Causes of Human Aggression; Aggression in ongoing relationships; Aggression in society; The prevention and control of Aggression.

Practical: Aggression Scale

12 hours

Unit V: Pro Social Behavior: Motives for pro social behavior; Responding to an emergency; External and internal influences on Helping Behavior; Long- term commitment to pro social acts.

8 hours

References

1. Baron, R.A., Byrne, D., Branscombe, N.R., & Bhardwaj, G., (2010). Social Psychology. 12th Edition, Doring Kindersley (India) Pvt. Ltd, New Delhi.
2. DeLamater, J.D & Myers, D.J., (2009). Text Book of Social Psychology, Engage Learning.
3. Myers, D.G., (1988). Social psychology, 2nd Edition, McGraw Hill Book Company.
4. Lindgren, H.C., (1973). An Introduction to Social Psychology, John Wiley and sons.
5. Kimble, C.E. (1990). Social Psychology: Studying Human Interaction. C. Brown Publishers, New York.
6. Lindzey, G. & Aronson, E. (1975). Handbook of Social Psychology. Amerind Publishing Company, New Delhi.
7. Sharma, R.K., & Sharma, R. (1997). Introduction to Social Psychology. Atlantic Publishers.
8. Kretch, D. & Crutchfield, R.S. (1961). Theory and Problems of Social Psychology. McGraw Hill New York.
9. Sears, D.C., Peplau, I.A., Freedom, J.L., & Taylor, S.E. (1988). Social Psychology. Prentice Hall International Inc, New Delhi.
10. Sherif, M., & Sherif, C.W. (1969). Social Psychology. Harper and Row Publisher, New York.

SEMESTER V: Paper V **Psychology of Childhood**

Unit I: Introduction: Concept of Child Psychology. Methods of studying children-observation, experimentation, sequential studies, correlation, cross-sectional, longitudinal, case studies, self report. Conception through birth: Prenatal development, environmental influences on prenatal development. Theories of Child Development - Psychoanalytic, Cognitive, Behavioral and Social Cognitive, Ethological and Ecological theories.

10 hours

Unit II: Motor and perceptual Development in Infancy: The sequence of motor development, motor skills as dynamic systems, Fine motor development. Principles of motor development – some common motor skills of childhood. Functions of motor skill. Hazards in motor development. Perceptual Development: Touch, taste and smell, balance, Hearing, Vision. Early deprivation and enrichment.

8 hours

Unit III: Cognitive and Language Development development: Piaget's Cognitive Development Theory – Basic Characteristics of Piaget's stages, Piaget's ideas about cognitive change. Piaget's developmental stages, Evaluation of Piaget's theory. Vygotsky. Language Development –

Components of language. Prelinguistic development. Bilingualism. Theories of Language development.

Practical: Raven's Standard Progressive Matrices (RSPM)

12 hours

Unit IV: Emotional and moral development: Functions of emotion, Common emotional patterns, Understanding and responding to the emotions of others, Hazards in emotional development. Moral Development: Meaning of moral behavior, how morality is learned, Pattern of moral development, Meaning of Discipline, Essentials and techniques of discipline. Hazards in moral development.

Practical: Emotional Maturity Scale

10 hours

Unit V: Social Development: Agents of socialization: Family – functions of the family, styles of child rearing, school, peer groups, Media – Television, books/journals, and computers. Hazards in social development. Common concepts of children (life, death, casualty, birth, bodily function, germs, space, weight, number, time, duration of time, historical time, money, beauty, comic). Self concept, Self recognition, self esteem.

10 hours

References

1. Berk, L.E., (2007). Child Development. 7th Edition. Prentice Hall of India.
2. Hetherington, E.M., & Parke, R.D., (1993). Child Psychology – A Contemporary Viewpoint. 5th International Edition, McGraw-Hill Publication.
3. Papalia, D.E., Olds, S.W., & Feldman, R.D.,(2004). Human Development. 9th International Edition. Tata McGraw Hill Publication, New Delhi.
4. Hurlock, E.B., (2005). Developmental Psychology – a life-span approach. 6th Edition. Tata McGraw Hill Publication.
5. Santrock, J.W., (2006). Child Development. 11th Edition. Tata McGraw Hill, New Delhi.
6. Shaffer, D.R., & Kipp, K., (2007). Developmental Psychology. 7th Edition. ThomsonWadsworth, Haryana.
7. Berndt, T.J. (1997). Child Development. 2nd Edition. Brown & Benchmark Pub.
8. Morgan, C.T., King, R.A., Weiss, J.R., and Schopler, J. (1993). Introduction to Psychology. 8th Edition. Tata McGraw Hill India.
9. Hoffman, L., Paris, S., Hall, E., & Scholl, R. (1988). Developmental Psychology Today. 5th Edition. McGraw Hill Inc.
10. Zanden, J.W.V. (1997). Human Development. 6th International Edition. McGraw Hill Publication.
11. Santrock, J.W., (2006). Life Span Development. 11th Edition. Tata McGraw Hill, New Delhi.

SEMESTER V: Paper VI

Biological psychology

Unit I: Biological Psychology – Definition. Methods of Study: Ablation, Recording, Electrical & Chemical Stimulation, Stereotaxic surgery, Neuroimaging - CT Scans, Positron Emission Tomography (PET Scans), Magnetic Resonance Imaging (MRI) & Functional Magnetic Resonance Imaging (fMRI).

6 hours

Unit II: Neuroanatomy - The neuron: Structure of the neuron, types of Neurons; The Peripheral Nervous system: Structure and function; The Autonomic Nervous System-Structure & function; The Central Nervous System: Spinal cord - structure and function; The Brain - hindbrain, midbrain & forebrain.

10 hours

Unit III: Neural Impulse: Neural impulse Cycle: membrane potential, resting potential, action potential; conduction across the length of a neuron and conduction across the synapse; Neurotransmitters and the nervous system - acetylcholine, dopamine, norepinephrine & GABA.

10 hours

Unit IV: Hormones and Behavior - Main endocrine glands, their hormone products and principal effects of the hormones.

Practical: Psycho Physiological State Inventory (PPSI)

12 hours

Unit V: The Biology of Emotions, Learning & Memory: Emotional behavior - Visceral factors in emotional behavior, Autonomic nervous system & emotions; Brain mechanisms of emotions; Brain mechanisms in Learning & Memory. Role of hippocampus, amygdala and frontal cortex in memory.

Practical: Bender-Gestalt Test (BGT)

12 hours

References

1. Carlson, N.R., (2004). Foundations of Physiological Psychology. 6th Edition. Allyn & Bacon.
2. Kalat, James. W., (2007). Biological Psychology. 9th Edition. Brooks/Cole Publishers.
3. Morgan, C.T. (1965): Physiological Psychology, International student edition, McGraw Hill Series.
4. Rosenzweig, M.R., Leiman, A.L., & Breedlove, S.R. (2001): Biological Psychology. 3rd Edition, Sinauer Associates. Inc.
5. Schneider, A., & Tarshis, B., (1985). Introduction to Physiological Psychology. 3rd Edition. New York: McGraw Hill.
6. Thompson, R.F. (1975). Introduction to Physiological Psychology. New York: Harper & Row.
7. Pinel, J.P.J. (2000). Biopsychology. Allyn & Bacon.
8. Grossman, S.P. (1967). A Textbook of Physiological Psychology. John Wiley and Sons Inc. New York.
9. Leventhal, C.F. (1996). Introduction to Physiological Psychology. 3rd Edition. Prentice-Hall of India Pvt. Ltd, New Delhi.

SEMESTER V: Paper VII

Abnormal psychology I

Unit I : Introduction: defining abnormality, Historical conceptions of abnormality. Biological viewpoint, psychosocial viewpoint and socio-cultural viewpoint. Classifying abnormal behavior – DSM IV-TR, ICD-10.

7 hours

Unit II: Stress and Adjustment Disorders: The diathesis – Stress model, Stress and stressors – categories of stressors, factors predisposing an individual to stress. Coping with stress. Reaction to

common life stressors – unemployment, bereavement, divorce and separation. Acute Stress Disorder. Post – Traumatic Stress Disorder. Prevention of Stress disorders.

Practical: Perceived Stress Scale (PSS)

11 hours

Unit III: Anxiety based disorders: Anxiety response patterns. Anxiety based disorders- phobias, panic disorders, Agoraphobia, GAD, and OCD. **Somatoform Disorders:** hypochondriasis, somatization disorder, pain disorder, conversion disorder – sensory, motor and visceral, body dismorphic. **Dissociative Disorders:** depersonalization Disorder, dissociative Amnesia and fugue, dissociative identity disorder. Causes – Biological, psychological and socio-cultural factors.

Practical: Anxiety Test

12 hours

Unit IV: Mental Retardation and Developmental Disorders:

Levels of MR, causes of MR – brain defects. Organic retardation syndromes. Specific learning disorders – learning and coordination disorders; causes. Pervasive developmental disorders – clinical picture, and causes.

10 hours

Unit V: Disorders of Childhood and Adolescence:

Common disorders of childhood: Attention deficit/hyperactivity disorder, oppositional defiant and conduct disorder, Anxiety disorders of childhood and adolescence. Symptom disorders – Enuresis & encopresis, sleepwalking, Tics, childhood depression. **Eating Disorders and Obesity:** Anorexia and Bulimia – clinical picture, Causes – biological, socio-cultural and family; Obesity – causes.

10 hours

References

1. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). Abnormal Psychology. 13th Edition. Pearson Education Inc.
2. Davison, G.C., Neale, J.M., & Kring, A.M. (2007). Abnormal Psychology. 9th Edition. John Wiley & Sons Inc.
3. Comer, R.J. (1998). Abnormal psychology. 3rd Edition. WH Freeman & co. NY.
4. Brannon, L & Fiest, J. (2007). Introduction to Health Psychology. Thomson India Edition.
5. Taylor, S.E. Health Psychology. 4th Edition. McGraw Hill International Inc.
6. Bernad, L., & Krupat, E. (1994). Health Psychology .Harcourt – Brace Col. Pub.
7. Misra, G. (1999). Psychological Perspectives on Stress and Health. Concept Publishing Co. New Delhi.
8. Rice, P.L. (1998). Health Psychology. Brooks Cole publication, International Thompson publishers.
9. Marks, D.F., Murray, M., Evans, B. & Willig, C. (2000). Health Psychology: Theory, Research and Applications. (Latest Edition). New Delhi: Sage Publication.
10. WHO. (2002). ICD 10 – Clinical Descriptions and Diagnostic Guidelines. A.I.T.B.S Publishers & Distributors, (Delhi).
11. American Psychology Association. (2000). DSM IV-TR. JayPee Brothers Medical Publishers (P) Ltd. New Delhi.
12. Kaplan, H.I., & Sadock, B.J. (2007). Synopsis of Psychiatry. 10th Edition. Walter-Kluver publishers.

SEMESTER V: Paper VIII (Optional): (a) Counseling psychology I or (b) Industrial Organizational Psychology I)

(a) Counseling psychology I

Unit I : Introduction: Nature of Counseling. Definition. Goals of Counseling. Need for counseling. **Guidance:** Nature, functions and applications. Counseling and Guidance movements in India.

Practical: Differential Aptitude Test (DAT)

12 hours

Unit II: The effective Counselor: characteristics and attitudes of the counsellor; Counseling relationship – importance, components, facilitative conditions of relationship, empathy, respect confidentiality, genuineness.

8 hours

Unit III: Professional issues: Education and training of counselors and counseling psychologists. Professional prospects. Ethical issues in Counseling – APA code: Ethical standards.

10 hours

Unit IV: Counseling Interview: Nature, importance and significant features. Component's facilitating conditions, Types of interviews.

8 hours

Unit V: Diagnostic testing: use of psychological tests, major classification of psychological tests, selection of tests, use of test results. Report writing.

Practical: 16 PF

12 hours

References

1. Belkin, G.S. (1988) Introduction to Counseling, London: W.G. Brawn Publishers.
2. Corey, G. (2001). Theory and Practice of Counseling and Psychotherapy. California : Brooks/Cole Publishing Co.
3. Gelso C & Fretz B (2001). Counseling Psychology – Practices, Issues and Intervention. Cengage Learning, India Edition.
4. Kochhar, S. K. (2001) Guidance and Counseling in Colleges and Universities. – Sterling Low price edition. Sterling Publishers Private Limited.
5. Nelson – Jones, R. (1996). Practical Counseling and Helping Skills. Better Yourself Books, Mumbai.
6. Patterson, L. E., & Welfel, E. R. (2000). The Counseling Process. 5th Edition. Wadsworth Thomson Learning, Eastern press, Bangalore.
7. Rao. S. N. (1992). Counseling and Guidance. 2nd Edition. Tata McGraw-Hill Publishing Company Limited.
8. Yeo, A. (1993). Counseling – a Problem Solving Approach. APCA Pub. India.

OR

(b) Industrial Organizational Psychology I

Unit I: Introduction: definition, goals, forces and fundamental concepts – nature of people and nature of organization. Historical development.

8 hours

Unit II: Job Analysis and Selection: definition and methods of job analysis- Questionnaire Method, Checklist Method, Individual Interview Method, Observation Interview method, Group interview method, Technical Conference Method, Diary Method, Work Participation Method and Critical Incident Method; Selection methods -Application Blank. Psychological Tests used in Selection – Intelligence Tests, Personality Tests, Interest Tests and Aptitude Tests, (Mention two tests in each area). Interview - Guided Interview, Unguided Interview, Stress Interview and Group interview.

10 hours

Unit III: Training: definition, Training methods for Non Supervisory staff: On the Job Methods – Apprenticeship Programs, Job Instruction Training. Off the Job Methods – Classroom Lectures or Conferences, Films, Simulation Exercises – Case presentation, Experiential Exercises, Computer Modeling. Vestibule Training and Programmed Learning. Training Methods for Managerial Staff – On the Job Methods– Lecture, Conference, Programmed Learning, Simulation Exercises – Role Play, Case Study Method, Decision Games. In Basket Training, Managerial Games, Sensitivity Training, Human Relations Training and Transactional Analysis.

10 hours

Unit IV: Attitude and Job Satisfaction: Attitude – need and Importance of studying Attitude in Industry, Consequences of unfavorable attitude, Techniques to improve Attitude in Industry – Good Behavior of Supervisor, Persuasion. **Job Satisfaction**-Definition, Determinants of Job Satisfaction –Personal factors (6 factors), Factors related to the job (5 factors), Factors controlled by the Management (8 factors).

Practical: Job satisfaction Test

12 hours

Unit V: Leadership and Motivation: Leadership – Definition, styles of Leadership –Positive leader, Negative leader. Authoritarian, Democratic and Free Reign. **Motivation** – Model of Motivation, Motivational Drives –Achievement Motivation, Power Motivation, Affiliation Motivation, Competence Motivation. Need Theories of Motivation – Maslow’s Hierarchy of Needs theory, Herzberg’s Two Factor theory, Alderfer’s E-R-G Model.

Practical: Achievement Motivation Test

10 hours

References

1. Luthans, Fred, (2007) Organizational Behavior. 10th Edition. McGraw Hill.
2. Robbins, Stephen (1996) Organizational Behavior. 7th Edition. Prentice Hall.
3. Blum M. L., and Naylor J. C. (1984) Industrial Psychology, CBS publishers and Distributors, New Delhi.
4. Newstrom J. W. & Davis K. (1998) Organizational Behavior – Human at Work. Tata Mc Graw Hill Pub. Co. Ltd, New Delhi.
5. Mohanty G. Industrial Psychology and Organizational Psychology, Kalyani Publishers, Ludhiana.

6. Schultz D. P. and Schultz E. S. Psychology and work today, 6th Edition, Mac Milan Publishing Company, New York.
7. Aswathappa K. (1997) Human Resource and Personal Management, Tata Mc Graw Hill Pub. Co. Ltd, New Delhi.
8. Miner J. B. (1992) Industrial Organizational Psychology, McGraw Hill Inc., New York, Harrell.
9. Davis, K. (2000). Human Behaviour at Work. Tata McGraw Hill.

SEMESTER VI: Paper IX

Psychology of Adolescence and Adulthood

Unit I: Adolescence: Physical Development – Puberty, physical and mental health; Cognitive development – Piaget’s stage of formal operation, Language development, Elkind, Moral reasoning. Educational Issues on school achievement. Dropping out of high school, educational and vocational preparation.

9 hours

Unit II : Psychosocial development : The search for identity – Self concept, Self esteem, Identity information, Erikson’s Approach – Identity versus identity confusion, Marcia’s approach – Identity status, Gender differences, Ethnic factors. Sexuality: sexual orientation, sexual behavior, sexual risk taking, sexually transmitted diseases, teenage pregnancy and child rearing. Relationships: Family, peers and adult society.

Practical: Self Esteem Scale.

12 hours

Unit III: Early Adulthood: Cognitive development, intellectual growth, post formal thought, Schaie’s stages of development, Perry’s theory, Labouvie-Vief’s theory, Sternberg’s triarchic theory of intelligence, emotional intelligence. Vocational choice – selecting a vocation, factors influencing vocational choice, vocational preparation of non-college-bound young adults.

10 hours

Unit IV: Marriage & Parenthood: Marriage – Entering matrimony, sexual activity after marriage, factors in marital success or failure. **Parenthood** – Becoming parents, parenthood as a developmental experience, coping in dual earner families; Divorce.

Practical: Psychological Well-Being Scale

12 hours

Unit V: Middle Adulthood: Physical changes and health, work in Middle Ages; marriage and divorce; Relationships with maturing children; Relationships with aging parents. **Late adulthood:** Physical and mental health.

7 hours

References

1. Papalia, Diane,E., Olds, Sally W. and Feldman, Ruth, D. (2007). Human Development, 9th Edition, Tata McGraw Hill, New Delhi.
2. Berk, Laura,E. (2000). Development through the life span. 3rd Edition. Pearson Education, Inc.
3. Feldman, Robert S. (2000).Development across the Life Span. 2nd Edition, Prentice- Hall, Inc. New Jersey.
4. Hurlock, Elizabeth B. (1980). Developmental Psychology: A Life Span Approach.5th Edition, Tata McGraw Hill Edition, New Delhi.
5. Conger, J.J., & Galambos, N.L. (1997). Adolescence and Youth. 5th Edition. Longman, New York.
6. Hoffman, L., Paris, S., Hall, E., & Scholl, R. (1988).Developmental Psychology Today. 5th Edtion. Mc.Graw Hill Inc.

7. Zanden, J.W.V. (1997). Human Development. 6th International Edition, Mc Graw Hill Publication.
8. Morgan, C.T., King, R.A., Weiss, J.R., and Schopler, J. (1993). Introduction to Psychology. 8th Edition. Tata McGraw Hill India.
9. Santrock, J.W. (2006) Life Span Development. McGraw Hill.
10. Shaffer, D.R., & Kipp, K., (2007). Developmental Psychology. 7th Edition. Thomson Wadsworth, Haryana.

SEMESTER VI: Paper X

Research Methodology and Statistical Reasoning in Psychology

Unit I: Introduction to the Scientific Method; Introduction to Psychological Research- theoretical and empirical research, Qualitative and Quantitative Research; **Ethics in Research** - ethical treatment of the subjects of research, ethical dilemmas, ethical treatment of animal subjects, ethical treatment of the results of research.

8 hours

Unit II: Research Design - meaning and purpose of research design, criteria of research design; Basic principles of Experimental Design, important types of research design- between - groups, within - groups and their sub-types; comparison of between - groups and within-groups designs; Steps in experimentation; Variables- types, techniques of controlling extraneous variables; Problems; Hypothesis; Errors in hypothesis testing; Sampling – meaning and types, need for sampling, fundamentals of sampling, methods of sampling, sampling distribution, sampling error.

11 hours

Unit III: Testing in Psychological Research-Introduction to psychological testing; history of psychological testing; uses of psychological tests; reliability - types and validity –types; types of psychological tests.

Practical: Field Study.

11 hours

Unit IV: Introduction to Statistical Reasoning; The Normal Curve - concept, characteristics and properties, skewness, kurtosis, applications of NPC; **Significance of Mean**- concept of standard error, confidence interval, degree of freedom, computation of significance of mean in large and small samples; **Significance of difference between Means**- levels of significance, two-tailed and one-tailed tests of significance, errors in making inferences, testing significance in large and small samples (t-test and CR)

10 hours

Unit V: Correlation- history, concept, scatter diagram; correlation- direction/ degree, correlation and causation; coefficient of correlation and its interpretation; Methods of correlation- Pearson's Product Moment and Spearman's Rank-order; **Parametric and Non-Parametric Statistical Tests**; Chi-Square test-concept, logic, assumptions; Mann-Whitney U Test (very small sample); Sign Test; Analysis of Variance- meaning, assumptions, comparison of t and F, calculation of One-Way ANOVA.

10 hours

References

1. Anastasi, A., Urbina, S. (1997) Psychological testing. 7th Edition, Prentice - Hall Publication.
2. D'Amato, M.R. (1984) Experimental Psychology-Methodology, Psychophysics and Learning. Tata McGraw Hill Publication.
3. Freeman, F.S. (1972) Theory and Practice of Psychological Testing. Oxford & IBH publishing co. New Delhi.
4. Garrett, H.E., (1985) Statistics in Psychology and Education. Vakils, Simon & Feffer co. Mumbai.
5. Kerlinger, F.N.(1983) Foundations of Behavioral Research. New York: Holt, Rinehart & Winston. Surjeet Publications, New Delhi.
6. Minium, E.W., King, B.M., & Bear, G. (1993) Statistical Reasoning in Psychology and Education. 3rd Edition. John Wiley & Sons, Inc.
7. Schweigert, W.A., (1994) Research Methods and Statistics for Psychology. Brooks/Cole Publishing Company, Wadsworth Inc., California.
8. Singh, A.K. (2006) Tests, Measurements and Research Methods in Behavioral Sciences. 5th Edition. Bharati Bhawan (Publishers & Distributors), Patna.
9. Breakwell, G. M., Hammond, S., & Schaw, C. F. (2000). Research Methods in Psychology. Sage Publication: New Delhi.
10. Siegel, S. & Castellan, N.J. (1988). Nonparametric Statistics for the behavioural Sciences. McGraw-Hill Publication.
11. Flick, U. (2006). An Introduction to Qualitative Research. 3rd Edition. Sage Publication: London.

SEMESTER VI: Paper XI Abnormal psychology II

Unit I : Mood Disorders: Normal depression and manic episodes. Unipolar mood disorders – Major depressive disorders (mild, moderate & severe), dysthymic disorder. Bipolar Disorders (I & II) , Cyclothymic disorder. Clinical picture and causal factors.

Practical: Depression Scale

10 hours

Unit II: Personality Disorders: Clinical features of PD. Types of PD – paranoid, schizoid, schizotypal, histrionic, narcissistic, antisocial, borderline, avoidant, dependent and obsessive-compulsive. **Sexual Disorders:** Sexual dysfunctions – causal factors and treatment. Sexual variants – paraphilias, incest and rape, causes.

Practical: Adolescent Psychopathology Scale (APS)

10 hours

Unit III: Schizophrenia and other psychotic disorders: **Schizophrenia** – Clinical picture, positive, negative and disorganized symptoms, sub-types and causes. **Other psychotic disorders** – Schizoaffective, Schizophreniform, delusional, brief psychotic and shared psychotic; Clinical pictures and causes.

10 hours

Unit IV: Substance related disorders & Psychotherapy: Alcohol abuse and dependence. – clinical picture and causes. Drug abuse and dependence – causes and clinical picture, narcotics, sedatives, stimulants, hallucinogens, psychedelics and anti-anxiety drugs. Treatment and prevention. **Psychotherapy**– psychoanalytical, behavior, cognitive-behavior – RET & stress inoculation and humanistic.

10 hours

Unit V: Health Psychology: Definition of health psychology,; Body-mind relationship; stress and the immune system, lifestyle factors in health and illness; AIDS (transmission of HIV – AIDS, consequences, intervention, and coping with AIDS); Cancer – psychological factors in cancer, course and adjustment to cancer; Hypertension & coronary heart disease; diabetes; Asthma; Alzheimer's.

Health enhancing behavior: Exercising, weight control, meditation, social support; Health behavior modification.

10 hours

References

1. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). Abnormal Psychology. 13th Edition. Pearson Education Inc.
2. Davison, G.C., Neale, J.M., & Kring, A.M. (2007). Abnormal Psychology. 9th Edition. John Wiley & Sons Inc.
3. Comer, R.J. (1998). Abnormal psychology. 3rd Edition. WH Freeman & co. NY.
4. Brannon, L & Fiest, J. (2007). Introduction to Health Psychology. Thomson India Edition.
5. Taylor, S.E. Health Psychology. 4th Edition. McGraw Hill International Inc.
6. Bernad, L., & Krupat, E. (1994). Health Psychology. Harcourt – Brace Col. Pub.
7. Misra, G. (1999). Psychological Perspectives on Stress and Health. Concept Publishing Co. New Delhi.
8. Rice, P.L. (1998). Health Psychology. Brooks Cole publication, International Thompson publishers.
9. Marks, D.F., Murray, M., Evans, B. & Willig, C. (2000). Health Psychology: Theory, Research and Applications. (Latest Edition). New Delhi: Sage Publication.
10. WHO. (2002). ICD 10 – Clinical Descriptions and Diagnostic Guidelines. A.I.T.B.S Publishers & Distributors, (Delhi).
11. American Psychology Association. (2000). DSM IV-TR. JayPee Brothers Medical Publishers (P) Ltd. New Delhi.
12. Kaplan, H.I., & Sadock, B.J. (2007). Synopsis of Psychiatry. 10th Edition. Walter-Kluver publishers.

SEMESTER VI: Paper XII (Optional) : (a) Counseling psychology II or (b) Industrial Organizational Psychology II

(a) Counseling psychology II

Unit I : Psychoanalytical approach to counseling. Holistic Approach -Relaxation and Meditation.

7 hours

Unit II: Behavioral approach – Relaxation training, Systematic desensitization, assertion training, social skills training, modeling and token economy. **Cognitive – Behavioral approach – RET.**

11 hours

Unit III: Humanistic Approach - Person centered, Existential, Gestalt, and Transactional Analysis.

8 hours

Unit IV: Practices of Counseling and Guidance: Group Counseling, Family & Marital Counseling, School and Career Counseling, Vocational counseling & counseling the socially disadvantaged.

Practical: Adjustment Inventory.

12 hours

Unit V: Counseling for Crisis - Counseling for drugs and alcohol dependents; attempted suicides; terminal diseases / chronic illness – HIV/AIDS, cancer.

Practical: Suicidal Ideation Questionnaire (SIQ)

12 hours

References

1. Belkin, G.S. (1988) Introduction to Counseling, London: W.G. Brawn Publishers.
2. Corey, G. (2001). Theory and Practice of Counseling and Psychotherapy. California: Brooks/Cole Publishing Co.
3. Gelso C & Fretz B (2001). Counseling Psychology – Practices, Issues and Intervention. Cengage Learning, India Edition.
4. Kochhar, S. K. (2001) Guidance and Counseling in Colleges and Universities. – Sterling Low price edition. Sterling Publishers Private Limited.
5. Nelson – Jones, R. (1996). Practical Counseling and Helping Skills. Better Yourself Books, Mumbai.
6. Patterson, L. E., & Welfel, E. R. (2000). The Counseling Process. 5th Edition. Wadsworth Thomson Learning, Eastern press, Bangalore.
7. Rao. S. N. (1992). Counseling and Guidance. 2nd Edition. Tata McGraw-Hill Publishing Company Limited.
8. Yeo, A. (1993). Counseling – a Problem Solving Approach. APCA Pub. India.

OR

(b) Industrial Organizational Psychology II

Unit I: Incentives: Industrial Incentives and Moral Financial Incentives – Types of Wages, Incentive System – Time Rate System, Piece Rate System, Multiple Piece Rate and Differential Piece Rate System. Non Financial Incentives – Attitude, Supervisory Relations, Level of Aspiration, Praise and Reproof, Knowledge of Results, Cooperation and Competition, **Industrial Morale** – Definition, Characteristics, Morale and Job Satisfaction – Determinants, Methods of Increasing Morale – Expert Approach, Industrial Spy, Industrial Counselor, Employee Problem Approach.

8 hours

Unit II: Communication and Work Design: Communication - Fundamentals of communication - Importance Communication Process, Barriers, Communication symbol, downward communication, upward communication, lateral communication, electronic communication; Informal communication - Grapevine pattern, features of grapevine, management

response to grapevine, rumors. **Work Design** – Task characteristics theories – requisite task attribute theory, job characteristics model, social information processing model; work redesign -job rotation, job enlargement, job enrichment; alternative 3work schedule option- compressed workweek, shorter workweek, flexitime, job sharing, telecommuting.

Practical: Communication

12 hours

Unit III: Performance Appraisal – Definition, Appraisal Process, Appraisal Methods - Absolute Standards – Essay Method, Critical Incident Method, Check List Method, Graphic Rating Scale, Forced Choice Method, Behaviour Anchored Rating Scale (BARS); Relative Standards – Group Order Ranking, Individual Ranking, Paired Comparison; Management by Objectives (MBO) 360* appraisal. Errors in appraising.

10 hours

Unit IV: Employee Stress, Counseling & stress management: Employees Stress – Definition, Symptoms of stress, Extreme products of stress – Burnout, Trauma, Work place trauma; Causes of stress – Job related causes of stress. Frustration – sources of frustration, Stress and Job Performance, Stress Vulnerability – Stress threshold. Perceived Control, Type A and Type B people. Employee Counseling – Need for Counseling, Counseling Types – Directed, Non Directed, Participative Counseling.

Practical: Occupational Stress

12 hours

Unit V: Conditions of work, accidents and consumer psychology: Conditions of work: Physical Conditions of Work- Illumination, Noise, Color, Music, Temperature and Humidity; Temporal Conditions of Work – Hours of Work, Length of work Week, Flexible Working Hours, Rest Pauses, Shift Work; Psychological conditions of work – Boredom, Monotony and Fatigue. **Industrial accidents** – Definition. Causes and Prevention. **Consumer Psychology:** Scope of Consumer Psychology, the Seller – Nature and Scope of Advertising. Types of advertising appeals, Trademarks, Product Image, The Package, Sex and Portrayal of Women in advertising. Introducing a new brand. The Consumer – Buying habits, Impulse buying, Price and Consumer Behavior.

8 hours

References

1. Luthans, Fred, (2007) Organizational Behavior. 10th Edition. McGraw Hill.
2. Robbins, Stephen (1996) Organizational Behavior. 7th Edition. Prentice Hall.
3. Blum M. L., and Naylor J. C. (1984) Industrial Psychology, CBS publishers and Distributors, New Delhi.
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7. Aswathappa K. (1997) Human Resource and Personal Management, Tata Mc Graw Hill Pub. Co. Ltd, New Delhi.
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