

## M.A. Psychology Syllabus

w.e.f. July, 2023-2025

### VISION

To prepare competent psychologists who would excel in knowledge, orientation and practice of psychology, with high ethical standards and social relevance.

### OBJECTIVES

1. To create a strong research oriented theoretical foundation in consonance with recent advances in the discipline of psychology.
2. To enable students to take a creative, empirical and ethical approach to the program that combines conceptual repertoire and research practices in both quantitative and qualitative traditions.
3. To provide an opportunity to extend the knowledge base to the world of practice with a view to promote healthy interface between academia and society.

### Programme Structure

The M.A. Psychology Programme divided into two Semesters to be known as Semester – 1 and Semester -2.

		Semester – 1	Semester – 2
Part I	First Year	Semester – I -1	Semester – I – 2
Part II	Second Year	Semester – II-1	Semester – II- 2

The schedule of papers prescribed for all semesters shall be as follows:

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## SEMESTER – I & SEMESTER – II

### NOTE:

1. Each paper will carry 100 marks (80 marks for theory and 20 marks for internal assessment).
2. Each practicum course shall consist of 100 marks, which would include written record 25 marks, conduction of lab practical in exam 50 marks and viva-voce 25 marks.


### SCHEME OF EXAMINATION

1. English and Hindi shall be the medium of instruction and examination.
2. Examinations shall be conducted at the end of each Semester as per the Academic Calendar notified by the University.
3. The System of evaluation shall be as follows:
  - Each paper will carry 80 marks, and 20 marks for the Internal Assessment based on classroom participation, seminar, **class test**, viva-voce, field and laboratory work, practical and attendance. The weight age given to each of these components shall be decided and announced at the beginning of the semester by the individual teacher responsible for the course.
  - Any student who fails to participate in classes, seminars, tests, viva-voce, practical, field and laboratory work will be debarred from appearing in the end semester examination in the specific course and no Internal Assessment marks will be awarded.
  - His/her Internal Assessment marks will be awarded as and when he/she attends regular classes and unit test in the course in the net applicable semester.
  - No special classes will be conducted for him/her during other semesters.
  - The duration of written examination for each paper shall be of three hours.
  - The duration of Practicum examination shall be of four hours.

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## **PASS PERCENTAGE**

However, a candidate who has secured the minimum marks to pass in each paper but has not secured the minimum marks to pass in aggregate may reappear in any of the paper/s of his choice in the concerned semester in order to be able to secure the minimum marks prescribed to pass the semester in aggregate. No student would be allowed to avail of more than 3 chances to pass any paper inclusive of the first attempt.

## **DIVISION CRITERIA**

Successful candidates will be classified on the basis of the combined results of Part-I and Part-II examinations as follows:

Candidates securing 60% and above: I<sup>st</sup> Division

Candidates securing between 50% to 59.99%: II<sup>nd</sup> Division

Candidates securing 40 to 49.99% III<sup>rd</sup> Division

39.99% and less: Failed

## **ATTENDANCE REQUIREMENT**

No student shall be considered to have pursued a regular course of study unless he/she is certified by the Head, School of Studies in Psychology, Ravishankar Shukla University, to have attended 75% of the total number of lectures, tutorials and seminars conducted in each semester, during his/her course of study.

**Note:** *M.A. Psychology students will opt for I choice-Based Course (CBC) of 100 marks each, in Semester II, & III with at least one from the other Department of the University.*

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**M.A. PSYCHOLOGY**  
**FIRST SEMESTER**  
**(w.e.f. JULY 2018)**

Paper No.	Title of the Paper	Theory	Internal
PSM 101 (I)	Basic Psychological Processes	80	20
PSM 102 (II)	Social Psychology	80	20
PSM 103 (III)	Basic Research Methodology	80	20
PSM 104 (IV)	Psychopathology	80	20
PSM 105 (V)	Practicum : (Experiment)	100	
		420	80

Note: All are compulsory papers

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**PAPER – I**  
**BASIC PSYCHOLOGICAL PROCESSES – I**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit – 1, Psychophysics**

Psychophysics: Nature, problems and Methods. Signal Detection Theory, Subliminal Perception and related factors.

**Unit – 2. Perceptual Processes**

Approaches to study Perception: Gestalt, Physiological, Information Processing and Ecological Approaches. Perceptual Organization: Laws of Perceptual Organization. Perceptual Constancy: Depth Perception: Monocular and binocular cues.

**Unit - 3. Attention**

Nature, concept and Mechanism of Attention. Selective Attention. Types, Theories and Applications.

**Unit - 4. Motivation**

Nature and properties; origin, development and present status. Basic Motivational Concepts: Instincts, Needs, Drives, Incentives, Motivational Cycle. Theoretical framework: Murray and Maslow Theory

**Unit – 5 Emotion**

Emotion: Nature and concept. Physiological correlates of Emotions. Theories of Emotions: James-Lange, Canon-Bard, Schachter-Singer, Emotional Intelligence.

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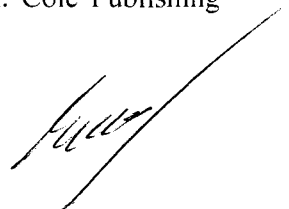
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## BOOKS RECOMMENDED

1. Averill, J. R., Chon, K. K., & Hahn, D. W. (2001), Emotions and Creativity, East and West. *Asian Journal of Social Psychology*, 4(3), 165-185.
2. Barrett, L. F., Niedenthal, P. M. & Winkielman, P. (2007), Emotion and Consciousness. Guilford Press.
3. Best, J. B. (1989), Cognitive Psychology, II Edition. West Publishing Company, New York.
4. Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strengths. Routledge: 2 edition.
5. Ciccarelli, S. K. & Meyer, G.e. (2008). Psychology: South Asian Edition 1<sup>st</sup> Edition. Pearson.
6. Snyder (2011). Positive Psychology: The Scientific and Practical Explorations of Human Strengths Edition-Second. Sage South Asia.
7. Feldman, R. (2009). Essentials of Understanding Psychology. Tata McGraw-Hill Education Pvt. Ltd.
8. Galotti, K. M. (1999). Cognitive Psychology in and Outside Laboratory. Mumbai: Thompson, Asia.
9. Iyer, S. (2006). Introduction to Psychology. Premier Publishing Company, India.
10. Menon, S., Nagaraj, N. & Binoy, V. V. (Editor) (2017). Self, Cultrue and Consciousness: Interdisciplinary Convergences on Knowing and Being. Springer.
11. Menon, S., Sinha, A. & Sreekantan, B. V. (2014). Interdisciplinary Perspectives on Consciousness and the Self. Springer.
12. Misra, G. & Baron, R. A. (2014). Psychology: Indian Subcontinent Edition 5<sup>th</sup> Edition, Pearson.
13. Rao, R.K. (2005). Perception, Cognition, and Consciousness in Classical Hindu Psychology, & *Journal of Consciousness Studies*, 12, 3-30.
14. Rao, R. K. (2011), Cognitive Anomalies, Consciousness and Yoga. New Delhi, Matrix Publishers.
15. Sen, Anima; Attention and Distraction, New Delhi.
16. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). Human Experimental Psychology. New York: Oxford University Press.
17. Solso, R.L., (2004). Cognitive Psychology. Sixth Edition. Pearson Education Pvt. Ltd., New Delhi.
18. Stevens, S. (1959). Handbook of Experimental Psychology. A Wiley Publication in Psychology.
19. Wessells, M. G. (1982). Cognitive Psychology. Harper and Row Publishers, New York.
20. Wood, G. (1983). Cognitive Psychology – A Skills Approach. Cole Publishing Company, California.

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**PAPER – II**  
**SOCIAL PSYCHOLOGY**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction and Social Psychological Perspectives**

Nature and Scope of Social Psychology. Historical Background. Methods of Social Psychology. Theoretical Perspective: Cognitive Dissonance, Attribution, Field, Psychodynamic, Symbolic Interactions, Socio-Biology.

**UNIT – II Social Cognition and Person Perception**

Sources of Errors in Social Cognition. Social Perception, Person Perception. Determinants of Person Perception. Impression Formation and Management. Role of Stereotypes in Person Perception.

**UNIT – III Social Influence Process**

Meaning and nature of Social Influence. Social Facilitation, Conformity, Compliance and Obedience, Social Power, Reactance.

**UNIT – IV Attitude**

Nature and Characteristics. Development, Functions and Formation of Attitudes. Influence of Attitude on Behaviour. Theories of Attitude Change. Barriers in Changing Attitudes.

**UNIT – V Social Psychology and Social Situation**

Prosocial Behaviour, Aggression: Nature, Characteristics Determinants and Theories. Controlling and Management of Aggression. Violence, Categories of Violence, Self-directed (Suicide), Domestic Violence.

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## BOOKS RECOMMENDED

1. Baron, R. A. & Byrne, D. (2000) Social Psychology 12<sup>th</sup> edition. Pearson, New Delhi.
2. Billing, M. (1976). Social Psychology and Intergroup Relations. New York, Academic Press.
3. Crisp, R. J. & Tumer, R. N. (2014). Essential Social Psychology: 3<sup>rd</sup> Edition. SAGE Publications Ltd.
4. Dalal, A. K. (1989). Attribution: Theory and Research. New Delhi, Wiley Limited.
5. Dalal, A. K. & Misra, G. (Ed.) (2001). New Directions in Indian Psychology, Vol. 1 Social Psychology.
6. Eiser, J. R. (1986). Social Psychology. London: Cambridge University Press.
7. Feldman, R. S. (1985). Social Psychology. New York, Mc Graw Hill.
8. Lindsey, G. & Aronson, E. (Eds) (1985). The Handbook of Social Psychology. New York. Random House.
9. Mathur, S. S. (2004). Social Psychology. Vinod Pustak Mandir, Agra..
10. Mishra, G. (1990). Applied Social Psychology in India. New Delhi, Sage.
11. Mishra, G. (Ed.) (2009). Psychology in India, Vol. 2. Social and Organizational Processes. New Delhi, Pearson.
12. McGarty, C. & Haslam, S. A. (Eds.) (1997). The Message of Social Psychology. Oxford, U K, Blackwell.
13. Pandey, J. (1988). Psychology in India; the State – 7 the Art Vol – 2 ND. Sage.
14. Tajfel, H. (1981). Human Groups and Social Categories. London: Cambridge University Press.
15. Taylor, M. & Moghaddam, F. M. (1987). Theories of Intergroup Relations. New York: Praeger.

समाज मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास।

समाज मनोविज्ञान: गिरीश्वर मिश्रा

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**PAPER – III**  
**BASIC RESEARCH METHODOLOGY**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction to Psychological Research**

Meaning, Purpose and Dimensions of Research. Types of Psychological Research: Qualitative and Quantitative. Methods of Psychological Research: Experimental, Quasi-Experimental, Case Studies, Field Studies. Variables: Nature and Types. Techniques of experimental manipulation, control in experiment.

**UNIT – II Research Process**

Research Process: Consideration of Research Problem and Hypothesis, Operationalization. Sampling: Probability and Non-probability Sampling. Sources of Bias. Ethical issues in Psychological Research.


**UNIT – III Research Designs**

Cross Sectional and Longitudinal, Experimental, Correlational. Single Factor, Quasi – Experimental.

**UNIT – IV Central Tendency: Measure of central tendency,** Measures of Dispersion, Normal Probability Curve, its properties and utility. Null Hypothesis, Type-I and Type-II Errors, Parametric and Nonparametric Statistic. Level of Significance. Inferential Statistics: t-test statistics and its uses in Psychological Research.

**UNIT – V Method of Data Collection**

Survey and Observation Method: Questionnaire, Interview. Tests and Scales.

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## BOOKS RECOMMENDED

1. Black, T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. Wiley Eastern Ltd. New Delhi.
3. Edwards, A. K. (1976). Experimental Designs in Psychological Research. New York Holt Rinehart.
4. Kerlinger, F. N. (1999). Foundation of Behavioural Research. S. Chand (G/L) & Company Ltd; 4<sup>th</sup> edition.
5. Kothari C. R. (1986). Research Methodology: Methods nad Techniques. Wiley Eastern Ltd. New Delhi.
6. Mangal, S. K. (2012). Statistics in Psychology and Education (2<sup>nd</sup> Ed.). New Delhi: PHI Learning Pvt. Ltd.
7. Mason, J. (1997). Qualitative Researching. Thousand Oaks: Sage.
8. Miles, J. & Banyard, P. (2007). Understanding and Using statistics in Psychology A Practical Introduction. Sage Publications.
9. Siegal, S. (2002). Non-Parametric Statistics for Behavioural Sciences. New Delhi: Tata McGraw Hill.
10. Winer, B. J. (1971). Statistical Principles in Experimental Design. New York, McGraw Hill.

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**PAPER – IV**  
**PSYCHOPATHOLOGY**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I      Concept of Psychopathology and Classification System**

Diagnosis: Purpose, Diagnostic System: Mental Status Examination (MSE).  
Clinical Interview and Diagnostic Tools. Classification Systems: ICD and  
DSM. Evaluation of Classification System.

**UNIT – II      Theoretical Models of Psychopathology**

Psychodynamic, Behavioural, Cognitive, Humanistic, Biological and Socio-  
Cultural.

**UNIT – III      Disorders of Anxiety, Somatoform, and Behavioural Syndromes**

Panic, Phobic, OCD, Post-Traumatic, GAD, Somatoform Disorders,  
Impulse Control Disorder, Eating Disorder, Sleep Disorder. Dissociative  
Disorder: Types, Characteristics, Etiology and Management.

**UNIT – IV      Psychotic Spectrum Disorders**

Schizophrenia, Mood Disorder. Personality Disorders: Clinical  
Characteristics, Etiology and Management.

**UNIT – V      Substance Related Disorders and Developmental Disorders of  
Childhood**

**Substance use Disorder: Alcoholism and Drug Addiction.** Mental  
Retardation. Developmental Disorders of Childhood: Autism Spectrum  
Disorder (ASD), Attention Deficit Disorder (ADD), Attention Deficit and  
Hyperactive Disorder (ADHD). Learning Disabilities.

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## BOOKS RECOMMENDED

1. Adams, H.E. & Sutker, P. B. (2004). Comprehensive Handbook of Psychopathology. New York, Plenum Press.
2. Aboud, T. D. (1988). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage.
3. Carson, C.R. & Butcher, J. N. (1992). Abnormal Psychology and Modern Life (9<sup>th</sup> Ed.). Harper Collins Publisher.
4. Davison, G.C. & Neal, J. N. (2000). Abnormal Psychology – 8<sup>th</sup> Ed. Wiley, Publishers.
5. Page, J. D. (1975). Psychopathology: The Science of Understanding Deveiance. (2<sup>nd</sup> Ed.). Chicago, IL, Aldine.
6. Prokap, C. R. & Bradly, L.A. (1991). Medical Psychology: Contribution to Behavioural Medicine. Academic Press.
7. असामान्य मनोविज्ञान (2004)रू अरुण कुमार सिंह, मोतीलाल बनारसी दास ।

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**PAPER –V**  
**PRACTICUM**

**M.M. – 100**

This paper consists of the laboratory (Experimental) and Field-Work done throughout the semester and will be evaluated at the time of examination along with the other papers. Distribution of marks would be as under:

	<b>Marks</b>
A. Record of Lab Practical and Field Work	25
B. Evaluation of one Lab. Experiment of be conducted in the examination	50
C. Viva-Voce on Practicum	25

Note : No candidate would be allowed to appear in the practical examination unless his/her day-to-day practical work and report are found satisfactory.

List of Practicum: **(Any five Experiments and One Field Study)**

1. Constancy-Size/Shape/Brightness
2. Biofeedback
3. Mental Fatigue
4. Learning
5. Verbal Learning
6. Selective Attention
7. Knowledge of Results
8. Problem Solving
9. RI/PI

**Field Work**

- |                     |                          |
|---------------------|--------------------------|
| 1. Motivation       | 2. D.A.T./Personality    |
| 3. Mental Health    | 4. Frustration Tolerance |
| 5. Stress / Anxiety | 6. Depression            |

Note: Field Studies topics would be allotted by the Departmental Committee.

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COURSE STRUCTURE M.A. PSYCHOLOGY  
SECOND SEMESTER  
(w.e.f. JULY 2018)

Paper No.	Title of the Paper	Theory	Internal
PSM 201 (VI)	Basic Psychological Processes – II	80	20
PSM 202 (VII)	Group Processes and Cultural Psychology	80	20
PSM 203 (VIII)	Advanced Research Methodology	80	20
PSM 204 (IX)	Physiological Psychology and Health behavior	80	20
PSM 205 (X)	Practicum	100	--
		420	80

Note: All are compulsory papers.

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**PAPER – VI**  
**BASIC PSYCHOLOGICAL PROCESSES - II**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – 1      Learning Process**

Classical Conditioning: Procedure, Phenomena and related Issues.  
Instrumental Learning: Phenomena, Paradigms and Theoretical Issues.  
Process, Escape Conditioning, Avoidance Conditioning, Generalization.  
Reinforcement: Basic Variables and Schedules.

**UNIT – II      Experimental Analysis of Behaviour**

Behaviour Modification, Shaping. Discrimination Learning.  
Neurophysiology of Learning.

**UNIT – III      Verbal Learning**

Verbal Learning: Methods and Materials, Organizational Processes

**UNIT – IV      Learning Theories**

Learning Theories: Hull, Tolman, Skinner.  
Cognitive approaches in Learning: Latent Learning, Observational Learning.

**UNIT – V      Memory and Forgetting**

Memory Processes: Encoding, Storage, Retrieval. Stages of Memory: Sensory Memory, Short-term Memory (STM) and Long-term Memory (LTM). Episodic and Semantic Memory Forgetting: Nature and causes of Forgetting. Theories of Forgetting: Interference, Decay, Retrieval. Improving Memory.

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## BOOKS RECOMMENDED

1. Baddley, A. (1997). *Human Memory: Theory and Practice*. New York: Psychology Press.
2. Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
3. Chadha, N. K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. New Delhi: Pinnacle Learning.
4. Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology*. South Asian Edition. New Delhi: Pearson Education.
5. Coon, D., & Mitterer, J. O. (2007). *Introduction to Psychology: Gateway to Mind and Behaviour*. New Delhi: Cengage.
6. DAmato, M. R. (1970). *Experimental Psychology*, New York, Mc. Graw Hill.
7. Feldman, R. (2009). *Essentials of Understanding Psychology*. New Delhi: Tata McGraw Hill.
8. Galotti, K. M. (1999). *Cognitive Psychology in and outside Laboratory*. Mumbai: Thompson, Asia.
9. Gerrig, R. J., & Zimbardo, P. G. (2006). *Psychology and Life* (17<sup>th</sup> Ed.) New Delhi: Pearson Education.
10. Passer, M. W. & Smith, R. E. (2010). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill.
11. Sen Anima: *Attention & Distraction*. New Delhi.
12. Smith, E.E. & Kosslyn, S. M. (2007). *Cognitive Psychology: Mind and Brain*. Prentice Hall.
13. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). *Human Experimental Psychology*, New York Oxford University Press.
14. Tripathi, A. N. & Babu, N. (2008). *Cognitive Processes*. In Misra, G. (Ed.). *Psychology in India: Advances in Research*, Vol. 1. New Delhi: Pearson Education.

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**PAPER – VII**  
**GROUP PROCESSES AND CULTURAL PSYCHOLOGY**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Inter Group Relations**

Group Dynamics and Group Behaviour, Group Effectiveness, and Group Cohesiveness: Meaning, formation, Decision Making, Problem Solving and Group Level Behaviours.

**UNIT – II Leadership**

Meaning nature and Function of Leadership. Styles and Effectiveness of Leadership. Psychology of Followers.

**UNIT – III Social Issues**

Poverty, Caste, Gender, Population Issues in India. Unemployment. Communal Tension and Harmony.

**UNIT – IV Culture and Behaviour - I**

Culture and Cognition and Emotion. Culture and Personality

**UNIT – V Culture and Behaviour - II**

Culture and Health. Culture and Personality. Health, Environment and Law. Applied aspects of Social Psychology.

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## BOOKS RECOMMENDED

1. Ahuja, R. (2012). Social Problems in India. Rawat Publication.
2. Alcock, P. (1997). Understanding Poverty (2<sup>nd</sup> Ed.). Great Britain: Palgrave.
3. Aronson, E (Eds). (1985). The Handbook of Social Psychology. NY: Random House.
4. Baron, A. G. & Byrne, D. (1991). Social Psychology, - Boston Allyn & Bacon.
5. Billing. M. (1976). Social Psychology and Inter Group Relations, NY: Academic Press.
6. Dalal, A. K. (1989). Attribution Theory and Research. New Delhi, Wiley Limited.
7. Dalal, A. K. & Misra, G. (2001). New Directions in Indian Psychology. New Delhi: Sage Publications.
8. Eiser. J. R. (1986). Social Psychology London: Cambridge University Press.
9. Feldman R.S. (1985) Social Psychology. New York, McGraw Hill.
10. Jai Prakash, I. & Bhogle, S. (1998). (Eds.) Psychology and Changing World. Bangalore, Prasaranga, Bangalore University.
11. Kakkar, S. (1996). Indian Psyche. New Delhi: Penguin.
12. Misra, G. & Nagpal, A. (1999). (Eds.) Psychology of Poverty and Disadvantages. New Delhi. Cocept Publishing Company.
13. Pandey, J. (1988). Psychology in India; The State – 7 the Art Vol-2. New Delhi: Sage.

समाज मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसी दास ।

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**PAPER – VIII**  
**ADVANCED RESEARCH METHODOLOGY**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – 1      Experimental Design**

Randomized groups, Matched Groups, Factorial Designs: Between and Within Groups, Repeated Measures (One Factor).

**UNIT – II      Analysis of Variance**

ANOVA: One – Way and Two – Way, ANCOVA, a-priory and Post-Hoc/Post ANOVA test Comparisons.

**UNIT – III      Measures of Relationships**

Bi-serial, Point Bi-serial, Tetrachoric and Phi,  
Multiple and Partial Correlations.

**UNIT – IV      Regression and Factor Analysis**

Simple and Multiple, Factor Analysis: Assumptions, Methods Rotation and Interpretation.

**UNIT – V      Report Writing**

Use of Computer in Psychological Researches, Research Report Writing (APA Style)

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## BOOKS RECOMMENDED

1. Black T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Breakwell, G. M., Smith, J.A., & Wriht, D. b. (2012). *Research Methods in Psychology* (4<sup>th</sup> ed.) Sage.
3. Bridget, S. & Cathy, L. (Eds.) (2008). *Research Methods in the Social Sciences*. Vistaar Publication New Delhi.
4. Broota, K. D. (1992). *Experimental Design in Behavioural Research*. New Delhi, Wiley Eastern Ltd.
5. Edwards, A L. (1984). *Experimental Design in Psychological Research*. Harpercollins College Div; Subsequent edition.
6. Elmes, D., Kantowitz, B., & Roediger, H. (2011). *Research Methods in Psychology* (9<sup>th</sup> ed.). Cengage Learning.
7. Kerlinger, F. N. (1983). *Foundation of Behavioural Research* (2<sup>nd</sup> ed) Surjeet Publication, Kamla Nagar, New Delhi, 1983.
8. Kothari, C. R. (1986). *Research Methodology: Methods and Techniques*. Wiley Eastern Ltd. New Delhi.
9. Mason, J. (1997). *Qualitative Researching*, Thousand Oaks: Sage.
10. Nestor, P.G. & Schutt, R. K. (2011). *Research Methods in Psychology: Investigating Human Behaviour*. Sage.
11. Winer, B. J., Brown, D. R. & Michels, K. M. (1991). *Statistical Principles in Experimental Design*. New York: McGraw Hill.

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**PAPER – IX**  
**PHYSIOLOGICAL PSYCHOLOGY AND HEALTH BEHAVIOUR**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Methods and Basic Concepts**

Methods of Physiological Psychology: Lesion and Brain Stimulation. Receptors, Effectors and Adjuster Mechanism. Structure of Neuron, different parts of neuron, Types and function of neuron. Neural Impulse: Origin. Conduction and Measurement.

**UNIT – II Sensory System**

Vision and Audition. Human Nervous System: Structure and Functions. Structure of Neuron; The different parts of a Neuron; Types of Neurons Functions of Neuron; generation of IPSP and EPSP, Conduction and generation of Action Potential, Ionic Exchanges and Refractory Periods.

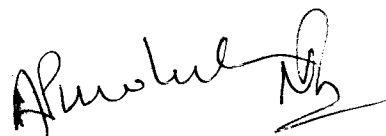
**UNIT – III Sleep, Waking and Endocrine System**

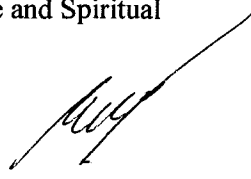
Sleep and Waking: Stages of Sleep, Disorders of Sleep and Physiological Mechanisms of Sleep and Waking. Drinking and its Neural Mechanism; Hunger and its Neural Mechanism. Endocrine System; Structure and Function. Abnormalities of major Glands; Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**UNIT – IV Approaches to Therapy**

Psychoanalytic, Biological, Behavioural, Behavioural Medicine and Spiritual Therapy.

**UNIT – V Health and Health Promotion**



  
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Quality of Life and Health Social Support and Health, Mental Health  
Promotion and Prevention, Current Issues and Trends in Health Psychology.

**BOOKS RECOMMENDES**

1. Aboud, T. D. (1998). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage.
2. Adams, H.E. & Sutker, P. B. (2001). Comprehensive Handbook of Psychopathology. Kluwer Academic / Plenum Publishers, New York.
3. Branno, L. & Feist, J. (2010). Health Psychology: An Introduction to Behaviour and Health. Belmont, C.A: Thomson/Wadsworth.
4. Carson, C. R., Butcher J.N. (1992). Abnormal Psychology and Modern Life (9<sup>th</sup> ed) Harper Collins Publisher.
5. Davison, G. C. & Neal, J. N. (2000). Abnormal Psychology – 8<sup>th</sup> Ed. Wiley Publishers.
6. Deb, S. (2009). Reproductive Health Management, New Delhi, Akansha Publications.
7. Dimmates, M. R. & Martin, L. R. (2007). Health Psychology. Pearson.
8. Friedman, H.S. (1998). Encyclopaedia of Mental Health. Academic Press.
9. Kleinman, A. (1988). Rethinking Psychiatry fro Cultural Category to Personal Experience. Free Press. New York.
10. Marks, D. F. (2002). The Health Psychology Reader. Sage.
11. Ogden, J. (1996). Health Psychology. A Textbook. Open University Press.
12. Page. J.D. (1975). Psychopathology: The Science of Understanding Deviance.
13. Prokop, C. K. & Bradly, L. A. (1981). Medical Psychology: Contribution Behavioural Medicine. Academic Press.
14. Rice, P. L. (1998). Health Psychology. Pacific Grove Books. Cole Pub.
15. Taylor, S. E. (1999). Health Psychology. McGraw Hill.

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**PAPER – X**  
**PRACTICUM**

**M.M. – 100**

This paper consists of the laboratory (Testing) and Field-Work done throughout the semester and will be evaluated at the time of examination along with the other papers.

Distribution of marks would be as under:

	<b>Marks</b>
C. Record of Lab Practical and Field Work	25
D. Evaluation of One Lab Testing to be conducted in Examination	50
E. Viva-Voce on Practicum	25

**Note:** No candidate would be allowed to appear in the practical examination unless his/her day-to-day practical work and reports are found satisfactory.

**List of Practicum: (Any Five Tests and One Field Study)**

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1. Aggression                      | 7. Personality              |
| 2. Aptitude                        | 8. Mental Health            |
| 3. Emotional Intelligence          | 9. Projective Test          |
| 4. Digit Memory Scope/Span         | 10. Problem Solving Ability |
| 5. Intelligence (Individual/Group) | 11. Stress / Depression     |
| 6. Locus of Control                | 12. Motivation              |

**Field Work**

- |                              |                 |                   |
|------------------------------|-----------------|-------------------|
| 1. Achievement of Motivation | 2. Adjustment   | 3. Anxiety        |
| 4. Happiness                 | 5. Intelligence | 6. Leadership     |
| 7. Parent Child Relationship | 8. Personality  | 9. Social Support |

**Note:** Field Studies topics would be allotted by the Departmental Committee.

*Ravishankar N*

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M. A. – III SEMESTER (PSYCHOLOGY)

The curriculum frame – work is as under.

COMPULSORY PAPERS (Two)

S.No.	Paper No.	Title of Paper	Marks	
			Theory	Internal Assessment
1.	XI	Personality and Indigenous Psychology	80	20
2.	XII	Psychological Assessment – I	80	20
<b>Optional Papers: Two Papers from any One of the Three Groups</b>				
<b>Group A : Psychology of Management</b>				
3.	XIII	Organizational Behaviour – I	80	20
4.	XIV	Human Resource Development and Management – I	80	20
<b>Group B : Psychology of Education</b>				
3.	XIII	Educational and Instructional Psychology – I	80	20
4.	XIV	Basics of Psychological Guidance and Counselling – I	80	20
<b>Group C: Clinical Psychology</b>				
3.	XIII	Clinical Diagnosis – I	80	20
4.	XIV	Psychotherapeutic Counselling – I	80	20
5.	XV	Practicum	100	

**NOTE : Internal Assessment will be done on the basis of  
Class Tests / Seminar / Tutorials**

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**PAPER – XI (COMPULSORY)**  
**PERSONALITY AND INDIGENOUS PSYCHOLOGY – I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Personality Meaning, Perspectives and Measurement of Personality. Concept of Mature Personality, Personality Theory-Problems..

**UNIT – II Approaches to Personality - I**

Psychodynamic Perspectives of Personality: Theories of Personality: Freud, Erikson, Adler. Structure, Dynamics and Development of Personality. Methods to study Personality.

**UNIT – III Approaches to Personality \_ II**

Theories of Personality: Cattell and Eysenck-Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – IV Approaches to Personality - III**

Cognitive, Behavioural and Humanistic. Kelly, Bandura and Roger's Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – V Approaches to Personality-IV**

Indigenous Concept and Models of Personality – Yogic, Samkhya. Current Researches in The Field of Personality.

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## BOOKS RECOMMENDED

1. Barbara, E. (2008). *Personality Theories* (8<sup>th</sup> Edition). California. Wadsworth Publishing Company.
2. Bischof, L. J. (1970). *Interpreting Personality Theories*. Harper & Row, New York.
3. Feldman, S.R. (2009). *Essentials of Understanding Psychology*, 7<sup>th</sup> Edition. Tata McGraw-Hill Education, Pvt. Ltd.
4. Friedman, H. S. & Schustack, M. W. (2016). *Personality: Classic Theories and Modern Research*. (6<sup>th</sup> Edition), Pearson.
5. Hasurkar, S. S. (1958). *Vacaspati Misra on Advaita Vedanta*. Darbhanga: Mithila Institute of Post-Graduate Studies.
6. Hall, C. S., Lindzey, G. & Campbell, J. B. (2007). *Theories of Personality* (4<sup>th</sup> Ed.). John Wiley, New York.
7. Hall, L. A. & Ziegler, D. J. (1992). *Personality Theories: Basic Assumptions, Research and Applications* (2<sup>nd</sup> Ed.) International Student Edition. McGraw Hill, International Book Co.
8. John, O.P., Robins, R. W. & Pervin, L. A. (2010). *Handbook of Personality: Theory and Research*. Guilford Press.
9. Loehlin, J. C., Willerman, L., & Hom, J. M. (1988). *Human Behaviour Genetics. Annual Review of Psychology*, 39 (I), 101-133.
10. Magnusson, D., & Endler, N. S. (1977), *Personality at Crossroads*. New Jersey, Hillsdale: Lawrence Erlbaum Associates.
11. Misra, G., & Mohanty, A. K. (2002). *Perspectives on Indigenous Psychology*. New Delhi: Concept Company.
12. Mohanty, J. N. (2000). *Classical Indian Philosophy*. Oxford: Rowman & Littlefield.
13. Mukhopadhyaya. K. L. & Swami Niranjana Saraswati. *Yoga Darshan Munger: Bihar School of Yoga*.
14. Murphy, G., & Murphy, L. B. (1968). *Asian Psychology*. New York: Basic Books.
15. Naidu, R. K. & Pandey, N. (1999). *Anasakti: The Indian vision of Potential Human Transcendence beyond Mechanistic Motivations*. In G. Misra (Ed.), *Psychological Perspectives on Stress and Health* (pp. 85-99). New Delhi: Concept Publishing Company.

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16. Paranjpe, A. C. (2011). Indian Psychology and the International Context, Psychology and Developing Societies, 23 (I), 1-26.
17. Paranjpe, A. C. (1988). A Personality Theory according to Vedanta. In A. C. Paranjpe, D.Y.F. Ho, & R. W. Rieber (Eds), Asian contributions to Psychology. New York: Praeger.
18. Paranjpe, A. C., Ho, D. Y. F., & Rieber, R. W. (Eds.). (1988). Asian Contributions to Psychology. New York, NY, England: Praeger Publishers.
19. Patanjali Yog Sutra.
20. Pervin, L. A. (1975). Personality: Theory, Assessment and Research. 2<sup>nd</sup> Ed. Wiley International ed. New York.
21. Pervin, L. A. (1993). Personality: Theory and Research. John Wiley & Sons.
22. Rao Sheshagiri, V. N. (1984). *Vacaspati's Contribution to Advaita*. Mysore: Samvit Publishers.
23. Sahakian, W.S. (1975). Psychology of Personality: Readings in Theory. Rand McNally, Chicago, Illinois, United States.
24. Sinha, J. (1958). Indian Psychology (2<sup>nd</sup> ed., 2 vol). Calcutta: Sinha Publishing House.

उच्चतर सामान्य मनोविज्ञान (2004): अरुण कुमार सिंह मोतीलाल बनारसी दास ।

व्यक्तित्व मनोविज्ञान (2004): अरुण कुमार सिंह मोतीलाल बनारसी दास ।

व्यक्तित्व मनोविज्ञान (2004): डी.एन. श्रीवास्तव, भार्गव पब्लिकेशन हाउसए आगरा ।

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**M.A. III SEMESTER  
(COMPULSORY)  
PAPER - XII  
PSYCHOLOGICAL ASSESSMENT-I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Nature of Psychological Assessment**

Nature of Psychological Assessment, Difference between Physical and Psychological Assessment. Problems in Psychological Assessment. Levels of Assessment.

**UNIT – II Scaling**

Scaling: Unidimensional and Multidimensional. Scale Constructoin Techniques. Differencer between Psychometric Objective and Projective Tests, Questionnaire and Schedule. Characteristics of a good Psychometric Test. Difference between Psychometric and Projective Tests.

**UNIT – III Construction of Psychometric Tools**

Construction of Psychometric Tools: Steps in Test Construction, Item-writing, Pre-try out, Item difficulty, discrimination Power. Types of Psychological test.

**UNIT – IV Standardization Process of Psychometric Test**

Standardization Process of Psychometric Test. Reliability: Concept and Type. Methods of determining Reliability. Validity: Concept and Type. Methods of determining Validity. Factors affecting Reliability and Validity. Norms: Types, Uses and Method.

**UNIT – V Adaptation of Tests**

Adaptation of Tests. Test taking Response Styles: Social Desirability, Acquiescence an dFaking. Use of Psychological Tests in applied field of Life: Diagnosis, Psychotherapy, Education, Occupations and Organizations.

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## BOOKS RECOMMENDED

1. Anastasi, A. (1988). Psychological Testing. Macmillan.
2. Cronbach, L. (1951). Essentials of Psychological Testing New York: Harper & Brothers.
3. Freeman, F. S. (2008). Theory and Practice of Psychological Testing. Publisher: Oxford and IBH Publishing.
4. Friedenberg, L. (1995). Psychological Testing: Design, Analysis, and Use, Allyn & Bacon.
5. Ghiselli, E. e. (1964). Theory of Psychological Measurement. New Delhi, Tata McGraw-Hill.
6. Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. Needham Heights, M. A., US: Allyn & Bacon.
7. Guilford, J. P. (1954). Psychometric methods. New Delhi Tata Mc Graw Hill
8. Nunnally, J. C. (1970). Introduction to Psychological Measurement. New York: McGraw-Hill.
9. Price, L. H. (2016). Psychometric Methods: Theory into Practice. Guilford Press, Routledge.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - A**  
**PAPER – XIII (OPTIONAL)**  
**ORGANIZATIONAL BEHAVIOUR– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Emergence of OB as a Discipline and Contributing Disciplines to OB. Contributions of Hawthorne Studies to OB; OB trends - Globalization: Outsourcing: Call Centres: Knowledge Process Outsourcing. The FIVE Anchors of OB and Knowledge Management.

**UNIT – II Motivational Process**

Motivational Process : Meaning of Motivation; Primary Motives; General Motives, Secondary Motives and Motivational Process. Content Theories of Work Motivation – Maslow’s Hierarchy of Needs; Herzberg’s Factor Theory; ERG Theory. Theory X and Theory Y.

**UNIT – III Leadership**

Leadership: Difference between leader and Manager. Important studies on Leadership. Factors influencing Leadership Role. Essentials of Leadership, Leadership Styles. Supervision and Patterns of Supervision. Modern Theoretical Process of Leadership: Charismatic Leadership Theories; Transformational Leadership Theory; A Socio-Cognitive Approach; Leadership across Cultures; Corporate Leaders.

**UNIT – IV Conflict and Power at Work Place**

Conflict: The Conflict Process; Sources of Conflict in Organization Organizational Conflict, Conflict Management. Intrapersonal Conflict Management Styles; Resolving Conflicts.

Power: Meaning of Power; Sources of Power; Contingencies of Power; Influencing Others; Influencing Tactics and Organizational Politics. Organizational Power and Politics. Union Management Interface.

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## UNIT – V Decision Making

Nature and Concepts. Decision Making Process, Types of Decisions. Factors influencing Decision Making. Management Decision Techniques.

### BOOKS RECOMMENDED

1. Bristol, V. (1997). Rethinking the Future: Rethinking Business, Principles, Competition, Control & Complexity, Leadership, Markets and the World. *The Journal of Business Strategy*, 18(4), 62.
2. Gibson, R., & Handy, C. (1998). Rethinking the Future: Rethinking Business Principles, Competition, Control and Complexity, Leadership. Markets and the World.
3. Greenberg, J. & Baron, R. A. (2003). Behaviour in Organizations: Understanding and Managing the Human Side of Work. Upper Saddle River, N J: Prentice Hall.
4. Griffin, W. H. & Pareek, U. (2005). Management of Change in Education.
5. Luthans, F. (1995). Organization Behaviour. Mc Graw Hill, International Student Edition.
6. Lynton, R. P. & Pareek, U. (1978). Training for Development.
7. Pareek, U. (1996). Organizational Behaviour Processes.
8. Pareek, U. (2007). Understanding Organizational Behaviour.
9. Pareek, U. (2011). Uday Pareek's Understanding Organizational behavior.
10. Pareek, U. (2016). Understanding Organizational Behaviour 4E.
11. Pareek, U. (2017). Designing and Managing Human Resource Systems.
12. Pareek, U. & Rao, V. (2005). First Handbook of Psychological and Social Instruments.
13. Pareek, U. & Khanna, S. (2007). Understanding Organizational Behaviour. Oxford University Press.
14. Rao, T. V. (2015). Performance Management: Toward Organizational Excellence.
15. Robbins, S. P. (2000). Organizational Behaviour. (9<sup>th</sup> edition). Prentice Hall India, New Delhi.

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16. Schein, E. M. (1990). Organizational Psychology 3<sup>rd</sup> edition. Prentice Hall of India Pvt. Ltd. New Delhi.
17. Toffler, A., Toffler, H., & Gibson, R. (2011). Rethinking the Future: Rethinking Business Principles, Competition, Control and Complexity, Leadership, Markets and the World. Hachette UK.
18. Ulrich, D., Allen, J., Brockbank, W., Younger, J., & Nyman, M. (2009). HR Transformation: Building Human Resources from the Outside In. New York: McGraw-Hill.
19. Wolfe, B. (2015). The Little Black Book of Human Resources Management. The Expressive Press.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - A**  
**PAPER – XIV (OPTIONAL)**  
**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Human Resource Management**

Nature, Function, Personnel Management vs. HRM, HRD vs. HRM. Assumptions about HRM, Structure and Role of HRM. The Indian context of HRM. Models of HRM. Current and Future Challenges to HRM. Strategic Role, International Human Resource Management.

**UNIT – II Human Resource Planning**

Human Resource Planning: Importance, process, Forecasting Demand, Estimating Supply, Effective HRP. Human Resource Accounting. Steps, Stages and Structure in Manpower Planning. HRD in India.

**UNIT – III Job Analysis and Job Design**

Job Analysis: Uses, Process, Methods, Job Description and Job Specifications. Job Analysis and Job Design. Recruitment and Selection.

**UNIT – IV Training and Development**

Training: Nature and Importance. How to make Training Effective. Importance of Training in Organizational Set Up-Training as a Profession-Training Needs Analysis- Types of Training- Training Design-Steps Involved. Organizational Development: Nature and Objectives of OD. Phases of an OD Programme; OD Interventions; OD in Indian Industry; Criticism of OD.

**UNIT – V Performance Appraisal**

Performance Appraisal, Factors Distorting Appraisal and how to improve Appraisals. Types of Appraisal. Comparing with Performance Management, Methods, Challenges, Legal Implications.

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## BOOKS RECOMMENDED

1. Aswathappa, K. (1999). Human Resource and Personnel Management-Text and Cases, New Delhi: Tata McGraw Hill, pp.208.
2. Beardwell, I. & Holden, L. (1997). Human Resource Management. A Contemporary Perspective.
3. DeCenzo, D. A., Robbins, S. P. & Verhulst, S. L. (2012). Fundamentals of Human Resource Management, Wiley.
4. Fisher, C. D., Shaw, J. B. & Schoenfeldt, L. F. (1993). Human Resource Management. Houghton Mifflin Company.
5. Pareek, U. (2017). Designing and Managing Human Resource Systems. Oxford and IBH Publishing.
6. Pareek, U. & Rao, T. V. (1981). Designing and Managing Human Resource Systems. New Delhi: Oxford and IBH.
7. Robbins, S. P. & Judge, T. A. (2013). Essentials of Organizational Behaviour. Pearson.
8. Sinha, J. B. (2009). Culture and Organizational Behaviour. SAGE Publications India.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - B**  
**PAPER – XIII (OPTIONAL)**  
**EDUCATIONAL AND INSTRUCTIONAL PSYCHOLOGY– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Conceptual and Theoretical Perspectives**

Conceptual and Theoretical Perspectives in Educational Psychology.  
Theories: Behaviouristic, Social Learning and Cognitive Applications in Teaching.

**UNIT – II Information Processing Models**

Instructional Models, Programmed Learning, Concept, Characteristics and Models.

**UNIT – III Human Diversity and Education**

Learning Styles: Nature, Approaches to Learning Style, Measurement of Learning Styles. Attempt to Modify Learning Styles.

**UNIT – IV Individual and Group Differences**

Individual and Group Differences in Intelligence. Theories of Intelligence, Gender Differences issues in the Classroom.

**UNIT – V Learning and Motivation**

Learning and Motivation, Study Habit, importance, Levels of Learning.

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## BOOKS RECOMMENDED

1. Bruce, R. J., Weil, M., & Calhoun, E. (2014). Models of teaching (9<sup>th</sup> Edition) Pearson.
2. De Secco, J. P. & Crawford, W. R. (1974). The Psychology of Learning and Instruction. Englewood Cliffs, NJ: Prentice Hall.
3. Ellis, R. S. (1965). Educational Psychology, A Problem Approaches Affiliated. New Delhi, East West Press.
4. Gage, N. L., & Berliner, D. C. (1998). Educational Psychology (6<sup>th</sup> ed.). Boston, MA: Houghton Mifflin.
5. Ghaoui, C. (2004). Human Factors and Innovative Approaches. Idea Group Inc (IGI).
6. Santrock, J. W. (2011). Educational Psychology. Tata McGraw Hill.
7. Schunk, D. H. (2012). Learning Theories an Educational Perspective, Sixth Edition. Pearson.
8. Travers, J. F. (1979). Educational Psychology (2<sup>nd</sup> Ed.) New York & Row.
9. Woolfolk, A. E. (1995). Educational Psychology (6<sup>th</sup> Ed.) Allyn & Bacon, London/Boston.
10. Woolfolk, A. (2005). Educational Psychology, 9/E, Active Learning Edition. Allyn & Bacon Boston.
11. Woolfolk, A. (2006). Educational Psychology. International Edition with Pearson Education.
12. Woolfolk, A., Misra, G. & Jha, A. (2012). Fundamentals of Educational Psychology. Pearson.
13. Woolfolk, A. & Perry, N. E. (2014). Child and Adolescent Development. Pearson.
14. Woolfolk, A., & Vij Shivani (2017). Educational Psychology. Pearson.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - B**  
**PAPER – XIV (OPTIONAL)**  
**BASICS OF PSYCHOLOGICAL GUIDANCE AND COUNSELLING– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Nature, Need and Functions of Guidance. Principles of Guidance. Individual and Group Approaches.

**UNIT – II Techniques of Appraising the Client - I**

Non-Standardized Methods: Anecdotal Record, Auto Biography, Case Study, Sociometric, Observation, Rating Scale, Questionnaire.

**UNIT – III Techniques of Appraising the Client - II**

Standardized Methods: Intelligence, Personality Aptitude, Interest, Achievement.

**UNIT – IV Organization of a Guidance Programme**

Duties and Responsibilities of the Guidance Personnel, School, Duties and Responsibilities of Family and Community. .

**UNIT – V Special Areas of Guidance**

Vocational Guidance, Educational Guidance, Personal Guidance. Problems of Guidance in India.

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## BOOKS RECOMMENDED

1. Anastasi, Z. (1992). Psychological Testing (Seventh Ed.) New York, McMillan.
2. Anastasi, Z., 1 Lewis, E.C. (1970). Counselling Psychology. New York, Holt Rinehart and Winster, Inc.
3. Gibson, R. L. & Mitchell, M. (2008). Introduction to Counselling and Guidance. New Delhi: Prentice Hall of India.
4. Harson, J. C. (1978). Counselling Processes and Procedures. New York. McMillan Publishing Co. Inc.
5. Kemp. C. G. (1970). Foundations of Group Counselling. New York, McGraw Hill.
6. Nystul, M. S. (2006). Introduction to Counselling: As an Art and Science Perspective. Allyn & Bacon.
7. Rappaport, D., Gill, M. M. & Schafer, R. (1968). Diagnostic Psychological Testing. (Revised edition, edited by Holt, R.R.) New York, International Universities Press.
8. Rao, S. N. (1981). Counselling Psychology. New Delhi, Tata McGraw Hill.
9. Siddiqui, M. H. (2008). Guidance and Counselling. APH Publishing.
10. Shrivastava, K.K. (2003). Principles of Guidance and Counselling. Kanishka Publishers, Distributors, New Delhi.
11. Steffler, B. (Ed.) (1965). Tehories of Counselling. New York, McGraw Hill Book Co.
12. Wartars, J. (1964). Techniques of Counselling. New York, McGraw Hill Book Co.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - C**  
**PAPER – XIII (OPTIONAL)**  
**CLINICAL DIAGNOSIS– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

History and Current trends. Nature, Problems and Methods of Clinical Psychology. Professionals. Growth of the Branch. Growth in India.

**UNIT – II Approaches**

Psychodynamic, Behaviouristic, Humanistic, Cognitive and Socio-Cultural.

**UNIT – III Diagnosis - I**

Meaning of Psycho-Diagnosis. Types and Importance. Concept of Prognosis. Symptomatic vs. Dynamic. Symptomatic Diagnosis. ICD-10, DSM-IV (R).

**UNIT – IV Diagnosis - II**

Dynamic Diagnosis: Observation, Case History, and Interview.

**UNIT – V Impressionistic Approach**

Impressionistic Approach of Diagnosis: Informal Assessment, Sources of Errors in Impression Formation. Importance of Psychometric Approach.

**BOOKS RECOMMENDED**

1. Bhola, P. & Raghuram, A. (2016). Ethical Issues in Counselling and Psychotherapy Practice. Springer.
2. Carr, A. (2012). Clinical Psychology; An Introduction. Routledge.
3. Dalth, J. H., Elias, M. J., Wandersman, A. & Dalton, J. H. (2007). Community Psychology: Linking Individuals and Communities. Wadsworth, Thomson Learning US.
4. Davey, G. (2008). Clinical Psychology. Taylor & Francis, India Pvt. Ltd, New Delhi.

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5. DeRubeis R. J., Donald, K. and Routh, D. K. (1998). The Science of Clinical Psychology: Accomplishments and Future Directions. Google Books.
6. Gladding, S. T. (2017). Counselling: A comprehensive Profession. Seventh Edition. Pearson.
7. Hecker, J. E. & Thorpe, G. L. (2007). Introduction to Clinical Psychology. Pearson Education.
8. Heiden, L. A. & Hersen, M. (1995). Introduction to Clinical Psychology 1<sup>st</sup> Edition. Springer.
9. Iscope, I., Block, B. L. & Spielberger, C. D. (1977). Community Psychology: Perspectives in training and Research. NY: Appleton.
10. Kellerman, H. & Burry, A. (2009). Handbook of Psycho-Diagnostic Testing: Analysis of Personality in the Psychological Report. Springer.
11. Korchin, S. J. (1978). Modern Clinical Psychology: Principles of Intervention in the Clinical and Community. International Edition.
12. Korchin, S. J. (2004). Modern Clinical Psychology: Principles of Intervention in the Clinical and Community. 1<sup>st</sup> Edition. CBS Publisher.
13. Kumar, V. (2011). Clinical Psychology. Aadi Publications.
14. Mann, P. A. (1978). Community Psychology: Concepts and Applications. The Free Press.
15. Perkins, D. (2011). An Introduction to Community Psychology. Vanderbilt University.
16. Plante, T. G. (2010). Contemporary Clinical Psychology. John Wiley & Sons.
17. Pomerantz, A. M. (2017). Clinical Psychology: Science, Practice, and Culture 4<sup>th</sup> Edition. Sage Publications.
18. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinehart.
19. Rappaport, J. & Seidman, E. (2000). Handbook of Community Psychology. Springer Science + business Media, LLC.
20. Reich, S. M., Riemer, M, Prilleltensky, I. & Montero, M. (2007). International Community Psychology: History and Theories Springer.
21. Walker, E. C. (1991). Clinical Psychology: Historical and Research Foundations. Springer Science + Business Media, LLC.
22. Wolman, B. B. (ed). (1965). Handbook of Clinical Psychology. McGraw Hills.

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**M.A. III SEMESTER (PSYCHOLOGY)**  
**GROUP - C**  
**PAPER – XIV (OPTIONAL)**  
**PSYCHOTHERAPEUTIC COUNSELLING– I**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Psychotherapeutic Counselling Techniques**

Techniques of Psychotherapeutic Counselling: Psychoanalytic, Behavioural. Client Centred. Community Interventions and Group Therapeutic Techniques.

**UNIT – II Methods for Altering Maladaptive Behavioural - Excesses**

Shyness, Delinquency, Depression, Speech and Sexual Dysfunctions.

**UNIT – III Methods for Altering Maladaptive Behavioural - Excesses**

Excessive Smoking, Alcoholism, Drug Addiction and Temper-Outburst, Physical Aggression. Internet addiction in special reference to adolescents-Its nature, causes and treatment.

**UNIT – IV Methods of Altering Inappropriate Behaviour**

Marital Maladjustment, Child Misbehaviour, Homosexuality, Exhibitionism. Stress and Coping.

**UNIT – V Methods for Altering Fears and Anxiety**

Methods for altering Fears and Anxiety. Treating Psychophysiological Disorders: Test-Anxiety, Generalized Anxiety, Stress, School Phobia, Snake Phobia, Combination of Fears, CHD, Asthmas and Peptic Ulcer.

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## BOOKS RECOMMENDED

1. Abate, L. & Milan, M. A. (ed.) (1985). Handbook of Social Skill Training and Research. New York: John Wiley & Sons.
2. Adelson, D. & Kalis, B.L. (1970). Community Psychology and Mental Health Perspectives. Seato.
3. Carson, R. C., Butcher, J. N. & Mineka, S. M. (1999). Abnormal Psychology and Modern Life. Pearson.
4. Corey. G. (1986). Theory and Practice of Counselling and Psychotherapy. Monterey, C.A.
5. Gelso, C. J. Williams, E. N. & Fretz, B. R. (1995). Counselling Psychology. APA Books.
6. Ghosh, M. (2015). Health Psychology: Concepts in Health and Well-being. Pearson.
7. Iscoe, I., & Spielberger, C. D. (Eds.). (1970). Community Psychology: Perspectives in Training and Research. New York, Appleton = Centruy-Crofts.
8. Iscoe, I. Bloom, B.L. & Spielberger, C. D. (1977). Community Psychology in Transition. USA: Hemisphere Publishing Corporation.
9. Levine, M., Perking, D. D. & Perkins, D.V. (2005). Principles of Community Psychology: Perspectives and Applications. Third Edition, New York, Oxford University Press.
10. Mann. A. P. (1978). Community Psychology: Concepts and Appliations. Free Press.
11. Rennie, D. L. (1998). Person-Centred Counselling: An Experiential Approach. Landon. UK: Sage.
12. Tayler S.E. (2006). Health Psychology. Tata McGraw Hill, New Delhi.
13. Toukmanian, S. G. & Rennie, D.L. (1992). Psychotherapy Process Research: Paradigmatic and Narrative Approaches. Thousand Oaks, CA: Sage.
14. Wolberg. L. R. (2013). The Technique of Psychotherapy. Fourth Edition, International Psychotherapy Institute E-Books.
15. Woolfe, R. & Dryden, W. (eds) (1996). Handbook of Counselling Psychology. Sage, London.

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**M.A. III SEMESTER (PSYCHOLOGY)  
PAPER – XV (COMPULSORY)  
PRACTICUM**

**M. M. – 80**

**NOTE:** Any five of the following to be completed in the Laboratory training.

1. Knowledge of Results.
2. Effect of Social Support on Conformity.
3. Attribution of Achievement Outcomes.
4. Zeigarnik Effect.
5. Level of Aspiration as a function of Success or Failure.
6. Reminiscence in Motor Learning.
7. Short Term Memory (STM)
8. Effect of Group on Individual Judgement.
9. Mental Health

**One Field Study.**

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M. A. – IV SEMESTER (PSYCHOLOGY)

S.No.	Paper No.	Title of Paper	Marks		Time
			Theory	Internal Assessment	
16.	XVI	Life Span Development	80	20	Three Hours
17.	XVII	Psychological Assessment – II	80	20	Three Hours
<b>Optional Papers: Two Papers from any One of the Three Groups</b>					
<b>Group A : Psychology of Management</b>					
18.	XVIII	Organizational Behaviour – II	80	20	Three Hours
19.	IX	Human Resource Development and Management – II	80	20	Three Hours
<b>Group B : Psychology of Education</b>					
18.	XVIII	Educational and Instructional Psychology – II	80	20	Three Hours
19.	IX	Basics of Psychological Guidance and Counselling – II	80	20	Three Hours
<b>Group C: Clinical Psychology</b>					
18.	XVIII	Clinical Diagnosis and Community Mental Health – II	80	20	Three Hours
19.	IX	Psychotherapeutic Counselling – II	80	20	Three Hours
5.	XX	Practicum (Field Work)	100		Four Hours

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**M.A. IV SEMESTER (PSYCHOLOGY)**  
**PAPER – XVI (COMPULSORY)**  
**LIFE SPAN DEVELOPMENT**

**M. M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction to Development**

Introduction: Nature, Stages and Principles of Developmental Psychology, Maturation vs Experience; Nature-Nurture debate.

**UNIT – II Theories of Development**

Theories of Human Development: Psychodynamic, Psychosocial, Behaviourism, Social Learning, Cognitive, Socio-Cultural Theory of Development

**UNIT – II Research Methods and Ethical Issues**

Research Methodology in Development Psychology and Measurement Techniques, Research Design, Ethical Issues in Research on Child Development.

**UNIT – IV Foundations of Development**

Biological foundation of Development, Development of Language and Communication. Emotional, Social, Personality and Moral Development.

**UNIT – V Development in Later Age**

Adulthood, Middle and Old Age: Characteristics, Psychological Changes and Adjustment.

**BOOKS RECOMMENDED**

1. Baltes, P. B. & Brim O. G. Jr. (1978). Life Span Development and Behaviour. New York Academic Press.
2. Baltes, P. B. & Brim O. G. Jr. (1979). Life Span Development and behavior (Vol. 3). New York Academic Press.
3. Baltes, P. B. & Brim O. G. Jr. (1980). Life Span Development and Behaviour (Vol. 3). New York Academic Press.
4. Baltes, P. B., Reese, H. W., & Lipsitt, L. P. (1980). Life-Span Developmental Psychology, *Annual Review of Psychology*, 31(1), 65-110.

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5. Baltes, P. B. & Brim O. G. Jr. (1981). Life Span Development and Behaviour (Vol.4). New York Academic Press.
6. Baltes P. B. & Brim O. G. Jr. (1983). Life Span Development and Behaviour (Vol.5). New York Academic Press.
7. Baltes, P. G. & Brim O. G. Jr. (1984). Life Span Development and Behaviour (Vol. 6). New York Academic Press.
8. Baltes, P. B. (1987). Theoretical propositions of Life-Span Development Psychology: On the Dynamics between Growth and Decline. *Developmental Psychology*, 23(5), 611.
9. Brophy, J. E., & Willis, S. L. (1981). Human Development and Behaviour. New York: St. Martin's Press.
10. Hurlock, E. (2017). Developmental Psychology: A Life-Span Approach. Tata McGraw Hill Education (5<sup>th</sup> Ed.)
11. Keenan, T. & Evans, S. (2009). An Introduction to Child Development. London: Sage Publications.
12. Papalia, D., Olds, S. & Feldman, R. (2017). Human Development. Thousand Oaks: Sage Publication Hill.

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**PAPER – XVII (COMPULSORY)  
PSYCHOLOGICAL ASSESMENT – II**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – I Measurement of intelligence**

Concept and Measurement of Intelligence, Major Tests of intelligence developed under Western and Indian Cultural set up.

**UNIT – II Measurement of Aptitude Test**

Concept and Measurement of Aptitude Test. Major Test of Aptitude Developed under Western and Indian Cultural set up. Achievement Test: Concept and Measurement.

**UNIT – III Test of Personality**

Test of Personality: Projective and Psychometric Approaches, Major Test of Personality: Developed under Western and Indian Cultural set up.

**UNIT – IV Test of Adjustment, Values, Interest, stress and Anxiety development under Indian condition.**

**UNIT – V Psychological Testing in Applied Field.**

Psychological Testing in Applied Field: Neuro-Psychological Testing : Objectives and Major Neuropsychological Test. Emotional Intelligence Test: Concept and Major Test of Emotional Intelligence developed under Western and Indian Cultural set0up.

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## BOOKS RECOMMENDED

1. Anastasi, A. (1988). Psychological Testing. London: Mc Millan Publishing Company.
2. Cronbach, L.J. (1997), Essentials of Psychological Testing. Pearson.
3. Freeman, S. (2018). Theory and Practice of Psychological Testing, 3/E. Oxford & IH-Pubs Company-New Delhi.
4. Ghiselli, E.E. (1964). Theory of Psychological Measurement. Tata McGraw-Hill.
5. Goleman, D. (1996). Emotional Intelligence. Antam Douleday Dell Publishing Group.
6. Guilford, J.P. (1954). Psychometric methods. New Delhi, Tata Mc. Graw Hill.
7. Guilford, J.P. (1982). Psychometric Methods. New Delhi, Tata McGraw Hill.
8. Nunnally, J.C. (1970). Introduction to Psychological Measurement. McGraw Hill.
9. Nunnally, J.C. (1997). Psychometric Theory. Pearson, 5 Edition.
10. Nunnally, J. & Bernstein, I. (2017). Psychometric Theory. McGraw Hill Education.
11. Psychological Studies – 2004, Vol.-49
12. Urbina, S. (2014). Essentials of Psychological Testing. John Wiley & Sons Inc.

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**GROUP - A**  
**PAPER – XVIII (OPTIONAL)**  
**ORGANISATIONAL BEHAVIOUR – II**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – I Groups**

Types of Groups, Processes, Group Culture and Social Influence, Team building. Techniques of building Group Consensus. Understanding and Managing Team Dynamics.

**UNIT – II Communication**

Nature, Types, Application of different types of communication, Role of T A in Communication.

**UNIT – III Organizational Change**

Types of Change, Sources of Change Process, Human Element in Change.

**UNIT – IV Organizational Development**

Concepts, objectives and Goals, Process Behavioural Science approach to Organizational Development.

**UNIT – V Marketing**

Marketing Research, Nature and Functions, Consumer Behaviour, Sales Promotion Strategies.

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## BOOKS RECOMMENDED

Drummond, H. (2000). Introduction to Organizational Behaviour. OUP Catalogue.

Greener, J. & Baron, R. A. (2008). Behaviour in Organizations. Upper Saddle River, N.J.:  
prentice Hall.

Johns, G., & Saks, A. M. (2001). Organizational Behaviour: Understanding and Managing  
Life at Work.

Luthans, F. (1995). Organizational Behaviour. Mc Graw Hill International Edition.

Luthans, F. (2011). Organizational Behaviour. The McGraw-Hill Companies, Inc.

Robbins, S. P. (2000). Organizational Behaviour. (9<sup>th</sup> edition). Prentice hall India, New  
Delhi.

Robbins, S.P. Organizational Behaviour. Concepts and Self-Assessment. Pearson College  
Division.

Robbins, S.P., Judge, T., & Breward, K. (2003). Essentials of Organizational Behaviour.  
(Vol. 7). Upper Saddle River, NJ: Prentice Hall.

Wilson, F. M. (2018). Organizational Behaviour. And Work: A Critical Introduction.  
Oxford Univesity Press.

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**GROUP - A**  
**PAPER – XIX (OPTIONAL)**  
**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT - II**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – I Job Evaluation**

Job Evaluation, Wage and Salary Administration. Employment Incentives.

**UNIT – II Human Resource Policies and Practices**

Human Resource Policies and Practices, changing trends in Work Environment, Developing the Human Resource.

**UNIT – III Maintaining Human Resource**

Maintaining Human Resource Safety and Health Stress Management, Labour Relations.

**UNIT – IV Collective Bargaining, Employee Involvement, Employee Communication.**

**UNIT – V Employee Counselling. Challenges of human Resource Management.**

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## BOOKS RECOMMENDED

- Aswathappo. (2002). Human Research and Personnel Management. Tata McGraw Hill.
- Bhattacharyya, D.K. (2011). Performance Management Systems and Strategies. Pearson Education India.
- Cascio, W.F. (1998). Managing Human Resource. Delhi: Tata McGraw Hill.
- Cascio, W. F. & Aguinis, H. (2010). Applied Psychology in Human Resource Management. Prentice Hall India Learning Private Limited; 6 Edition.
- Cascio, W. & Namudiri, R. (2010). Managing Human Resources: Productivity, Quality of Work Life, Profits. McGraw Hill Education; 8 Edition.
- John O. Okpara, J. O. & Wynn, P. (2007). Human Resource Management Practices in a Transition Economy: Challenges and Prospects. Emerald Group Publishing Limited.
- Johnson, G & Scholes, K. (1996). Exploring Corporate Strategy. Prentice-Hall, New Delhi.
- Miner, J. B. (1992). Industrial / Organizational Psychology. New Your, McGraw Hill.
- Pareek, U. & Rao, T. V. (2015). Designing and Managing Human Resources Systems. Oxford & IBH.
- Pareek, U. (2017). Designing and Managing Human Resource Systems. Oxford & IBH Publishing Co Pvt. Ltd; 3<sup>rd</sup> edition.
- Pareek, U. & Rao, T.V. (2005). First Handbook of Psychological and Social Instruments. Concept Publishing Company.
- Rao, T.V. (2015). Performance Management; Toward Organization Excellence. SAGE Response; Second edition.
- Pareek, U. & Khanna, S. (2016). Organizational Behaviour. Pearson.
- Snell, S. & Bohlander, G. (2012). Human Resource and Management. Cengage Learning.

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**GROUP - B**  
**PAPER – XVIII (OPTIONAL)**  
**EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY - II**

**M.M. – 80**

Note: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to be answer one question from each unit.

**UNIT – I Teaching and Classroom Management**

Effective Teaching and Classroom Management. Planning and Setting Objectives for Teaching. Characteristics of Effective Teachers.

**UNIT – II Teaching Methods and Instruction**

Teaching Methods, Instruction Lecturing and Explaining, Questioning, Student Centred Teaching and Teaching in Small Groups. Discussion Method and Cooperative learning, Computer-Assisted Instruction.

**UNIT – III Exceptionality and Social Education**

Exceptionality and Social Education: Categories of Exceptionality, Laelling and Educational Relevance, Physically Disabled Students. Students with Cognitive Disabilities. Brain Dysfunction and Communication Disorders.

**UNIT – IV Emotional and Behaviour Disorder**

Students with Emotional and Behaviour Disorder. Attention Deficit Disorder (ADD), Attentional Deficit Hyperactive Disorder (ADHD), Gifted and Talented Students.

**UNIT – V Measurement and Evaluation**

Measurement and Evaluation: Educational Assessment, Measurement and Evaluation (Norm Referenced and Criterion Referenced Tests).

Test Scores-Meaning and Types,. Classroom Assessment and grading.

**BOOKS RECOMMENDED**

1. Aruna, M. G. (2003). Educational Psychology. New Delhi; Neel Kamal Publications.
2. Best J.W. (1992), Research in Education. New Delhi: Prentice Hall of India. Private Limited

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3. Borg. W.R., Gall, M.D. & Gall, M.D. (1997) Educational Research and introduction. New York: Longman Inc.
4. Cecco, John P.De. (1968). The psychology of learning and Instruction: Educational Psychology, Englewood cliffs, N.J.: Prentice – Hall.
5. Cohen, L & Manion, L., (1989.) Research Methods in Education. London: Routledge.
6. Crow, L & Crow A (1991). Educational psychology, New Delhi: Eurasia Publishing Home.
7. Ellis, R.S. (1965). Educational Psychology: A problem Approach Affiliated, New Delhi, East West Press.
8. Gage, N. L., & Berliner, D.C. (1998) Educational Psychology (6<sup>th</sup> ed.), Boston, MA: Houghton Mifflin.
9. Goswami M. (2015). Essentials of Educational Psychology. Mahaveer Publications.
10. Meece, J.L., Anderman, E.M. & Andermen, L.H. (2006). Classroom Goal Structure, Student Motivation and Academic Achievement. Annual Review of Psychology, Vol. 57(1), 487-503.
11. Sharma, R.A. (2010). Essentials of Educational Technology and Management. International Publishing House – Meerut.
12. Travers, J.F. (1979). Educational Psychology (2<sup>nd</sup> Ed.). Harper & Row, New York.
13. Travers, R.M. W. (1986). An Introduction to Educational Research, New York. The McMillan Publishing Company.
14. Woolfolk, A.H. (1993). Educational Psychology (6<sup>th</sup> Ed.) Allyn & Bacon, London/Boston.
15. Woolfolk, A.H. (2018). Educational Psychology. Pearson.

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**GROUP – B**  
**PAPER – XIX (OPTIONAL)**  
**BASIC OF PSYCHOLOGICAL GUIDANCE AND COUNSELLING – II**

**M.M. 80**

Note: This paper consists of five units. From each unit two questions will be set and candidates will have to answer one question from each unit.

**Unit – I Introduction**

Nature, Need and Functions Counseling. Counseling and Psychotherapy. Intervention, Goal and Objectives of Counseling. Characteristics of a Good Counselor. Counsellor's Training.

**Unit – II Counseling Process and Counseling Skills**

Stages in Counseling, Critical Issues in Counseling Process. Basic and Advanced Counseling Skills; Active Listening, Empathy, Probing, working through cognition, Affect and Emotion.

**Unit – III Approaches**

Approaches of Counseling: Directive, Non – directive, Eclectic. Individual and Group Counseling. Group Counseling skills. Evaluation of Counseling. Follow – up and Placement.

**Unit – IV Counseling in Special Settings – I**

Educational Settings: Elementary, School, Secondary School, Institutions of Higher Education. Vocational Schools, Career Counseling, Employment Counseling.

**Unit – V Counseling in Special Settings -II**

Community and Mental Health. Pre – Marital and Marital Counseling. Family Counseling. Gerontology Counseling. Special Populations: suicide, HIV – AIDS, Sexual Abuse.

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## BOOKS RECOMMENDED

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM – 5 (R)). American Psychiatric Association Publishing: 5<sup>th</sup> Revised edition.
2. Anastasi, Z., & Lewis, E.C. (1970), counseling Psychology, New York, Holt Rinehart and Winster, Inc.
3. Berms C. (1999). Dealing with challenges in Psychotherapy and Counseling (Skills, Techniques, & Process). Brook cole.
4. Bhatnagar, A. & Gupta N. (1999). Guidance and counseling, Vol. I: A theoretical perspective, Vikas Publishing House Pvt. Ltd. New Delhi.
5. Bhatnagar, A. & Gupta N. (1999). Guidance and counseling, Vol. II: A Practical Approach, Vikas Publishing House Pvt. Ltd. New Delhi.
6. Corey, G. (2013). Theory and Practice of Counseling and psychotherapy Perfect. Wadsworth; 9 Edition.
7. Corey, G., Haynes R.H., Moulton, P. & Muratori, M. (2014). Clinical supervision in the Helping Professions: A Practical Guide American Counseling Association; 2 Edition.
8. Felrham, C., & Hortan I. (2006). The SAGE Handbook of Counseling and Psychotherapy, Sage Publications Ltd.; Second Edition.
9. Gibson, R.L. & Mitchell, M.H. (2009). Introduction to Counseling & Guidance Learning: New Delhi: PHI, Pvt. Ltd.
10. Harson, J.C. (1978). Counseling Processes and Procedures. New York, McMilan Publishing Co. Inc.
11. Jones R. N. (2012). Basic Counseling Skills; A Helper's Manual, Sage South Asia; Third Edition.
12. Jones R.N. (2012). Theory and Practice of Counseling and Therapy. SAGE South Asia; Fifth Edition.
13. Jones R.N. (2012). Introduction to Counseling Skills; Text and Activities. SAGE Publications Ltd.; Fourth Edition.
14. Jones R.N. (2014). Nelsons-Jones' Theory and Practice of Counseling and Psychotherapy. SAGE publications Ltd. Sixth Edition.
15. Kapur, M. (1995). Mental Health of Indian children, New Delhi: Sage Pulications.
16. Kapur, M. (1997), Mental Health in Indian Schools, New Delhi, Sage Publications.

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17. Kapur, M. (2011). *Counseling Children with Psychological Problems*. Pearson Education India.
18. Kemp. C.G. (1970). *Foundations of Group Counseling*. New York, McGraw Hill.
19. Lewis, E.C. (1970). *The Psychology of Counseling*. New York: Holt, Rinchart and Winston, Inc.

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## BOOKS RECOMMENDED

1. Carter, J.W. (1986), Research Contributions from Community Psychology in Community Health Behavior Pub. NY.
2. Iscope, I., Block, B.L.& Spielberger, C.D. (eds) (1977). Community Psychology: Perspectives in Training and Research. NY: Appleton.
3. Korchin, S. (1978). Modern Clinical Psychology. Harper and Row.
4. Mann. A.P. (1978). Community Psychology: concepts and Applications. Free Press.
5. Nelson, G., Kloos, B. & Ornelas, J. (2014). Community Psychology and Community Mental Health: Toward Transformative change. Prints Publications.
6. Park, K. (2013). Park's Textbook of Preventive and Social Medicine. Banarsidas Bhanot – Jabalpur.
7. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinnehart.
8. Wolman, B. B. (ed.) (1972). Handbook of Clinical Psychology. Mc. Graw Hills.

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**GROUP -C**  
**PAPER - XIX (OPTIONAL)**  
**PSYCHOTHERAPEUTIC COUNSELLING - II**

**M.M. - 80**

NOTE - This paper consists of five units. From each unit minimum two questions will be set and

candidates will have to answer one question from each unit.

**UNIT - I Cognitive and Behavior Therapies**

Nature, concept and Modes of Therapies: Individual and Group, Couple and Family. . Behavioural Therapy, Cognitive Behavior Therapy, Rational Emotive Therapy. .

**UNIT - II Assertiveness Training**

Nature and Concept. Assertiveness Training. Developing Assertive Behavior. Assertiveness through personal Appearance, Improving Client's Grooming Modelling.

**UNIT - III Psychotherapy**

Psychoanalytic and Humanistic, DBT( Dialectic behaviour Theraphy, ), REBT (Rational Emotive Behaviour Therapy) Integrative Therapy.

**UNIT - IV Psychological Interventions**

Psychological Interventions Techniques. Family and Group Interventions and Wellness.

**UNIT - V Ehtical Issues and Legal Concerns**

Counsellors Accountability System. Ethical Issues, Legal Concerns of the Coundellors. Special Counselling Population: HIV - AIDS, substance Abuse.

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## BOOKS RECOMMENDED

1. Abate, L. & Milan, M. A. (ed) (1985). Handbook of Social Skill Training and Research. New York: John Wiley & Sons.
2. Busch, F.N. (2018). Psychodynamic Approaches to Behavioural Change. American Psychiatric Association, Publishing.
3. Caligor, E. Kernberg, O.F., Clarkin, J.F. & Yeomans, F.E. (2018). Psychodynamic Therapy for Personality pathology: Treating Self and Interpersonal Functioning American Psychiatric Association, Publishing.
4. Cason, R. C., Butcher, J. N. & Mineka, S. (2000). Abnormal Psychology and Modern Life. Allyn & Bacon.
5. Corey, G. (2017). Theory and Practice of Counseling and Psychotherapy. Cengage Learning.
6. Corbett, F.C. (1977). The Community Involvement Program: Social Service as a Factor in Adolescent Moral and Psychological Development. Dissertation and Thesis. <https://digitalcommons.unomaha.edu/slcedt/5>, University of Nebraska at Omaha.
7. Dewan, M.J., Steenarger, B. N. & Greenberg, R.P. (2018). The art and Science of brief Psychotherapies: A Practitioner's Guide, Third Edition. American Psychiatric Association Publication.
8. Gelso, C.J. & Fretz, B. R. (1995). Counseling Psychology, Bangaluru, Prism Book Ltd.
9. Iscoe, I. Block, B.L. & Spielberger, C.D. (eds.) (1977): Community Psychology: Perspectives in Training and Research, N.Y. Appleton.
10. Levine, M., Perkins, D. D. & Perkins, D.V. (2005). Principles of Community Psychology: Perspectives and Applications.
11. Mann, A.P. (1978): Community Psychology: Concepts and Applications. Free Press.
12. McBride, D. M. & Cutting, J.C. (2015). Lab Manual for Psychological Research. Revised Third Edition. SAGE Publications, Inc.
13. Simel, D.L., & Rennie, D. (2009). The Rational Clinical Examination: Evidence Based Clinical Diagnosis. McGraw- Hill Education/ Medical; 1 edition.
14. Toukmanian, S.G. & Rennie, D.L. (1992): Psychotherapy Process and Research, Sage. Psychology. (Editor) SAGE Publications.
15. Wolberg, L.R. (1995): The Technique of Psychotherapy. Jason Aronson, Inc.: Fourth editon.
16. Wolberg L. R. (1977). The Technique of Psychotherapy, 3<sup>rd</sup> edition, Parts 1 and 2, Grune & Stratton, New York City.
17. Wolberg, L.R. (2013). The Technique of Psychotherapy. Fourth Edition. International Psychotherapy Institute E-Books.
18. Woolfe, R. & Dryden, W. (eds) (1996). Handbook of Counseling Psychology. Sage Publications.
19. Woolfe, R., Strawbrdige, S. Douglas, B. & Dryden, W. (2009). Handbook of Counseling Psychology, Third Edition, Sage Publications.

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**PAPER – XX (OPTIONAL)  
PRACTICAL (COMPULSORY)**

**M.M. – 100**

**FIELD STUDY**

This part of the practical paper comprises of completion of two Field Studies, and two tests, one from the area of compulsory papers and another from the area of optional papers of the special groups. Administration, Scoring and Interpretation of Various test results should be done. The optional group prescribed along with the areas of specialization given below:

**Group 'A'      Psychology of Management.**

Communication Network  
Emotional Intelligence  
Job Satisfaction/ Job Analysis  
Management Style  
Occupational Stress  
Organizational Structures.  
Role Conflict/ Role Stress

**Group 'B'      Psychology of Education**

Academic Stress  
Exceptional Children  
Learning Style / Thinking Style  
Need of Guidance: Educational / Vocational  
Test Anxiety  
Youth Problem.

**Group 'C'      Clinical Psychology**

Adjustment  
Intelligence (Verbal / Non - Verbal)  
Mental Health  
Depression  
Personality  
Rorchach Inck Block Test  
Well - Being

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Note: besides the above, the candidate has to complete any two of the following in detail.

Case Study

Construction of a tool on a theme. (Item Writing & Reliability)

Construction of Questionnaire

Steps of Clinical Interview

Designing any OD intervention



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## Suggested Readings

### List of books in English and Hindi

#### Semester I & II

#### Cognitive and General Psychology

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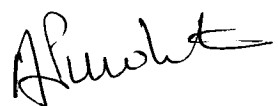
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#### **Development Psychology**

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