

Psychology

SYLLABUS SUBMITTED TO

DR. BHIM RAO AMBEDKAR UNIVERSITY

OF

POST GRADUATE PROGRAM

IN

PSYCHOLOGY

(M.A. -SEMESTER WISE)

NEW EDUCATION POLICY

2022-23

Shawar

PO

Subhas Kumar

06/9/2022

Postgraduate Psychology Program

(Semester-Wise) Syllabus

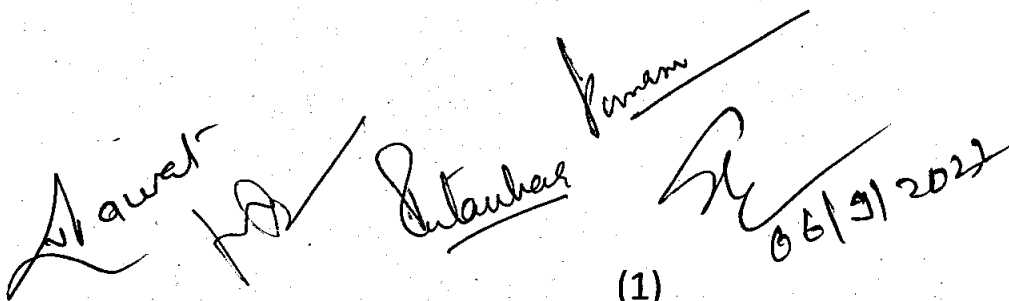
M.M. 75+25=100

SEMESTER- I

<u>PAPER 101:</u>	<u>Systems & Background</u>
<u>PAPER 102:</u>	<u>Experimental Psychology (I)</u> <u>(Cognitive Processes)</u>
<u>PAPER-103 :</u>	<u>Psychological Statistics</u>
<u>PAPER-104 :</u>	<u>Personality</u>
<u>Minor Elective:</u>	<u>Psychology of Social Issues</u>
<u>PAPER-105 :</u>	<u>Practical</u>

SEMESTER- II

<u>PAPER-201:</u>	<u>Experimental Psychology (II) (Affective Psychology)</u>
<u>PAPER-202:</u>	<u>Physiological Psychology</u>
<u>PAPER-203:</u>	<u>Psychopathology</u>
<u>PAPER-204:</u>	OPTIONAL <u>204-A Developmental Psychology</u> <u>204-B Educational Psychology</u>
<u>PAPER-205 :</u>	<u>Practical</u>
	<u>Project Work/Survey/Field Study/Industrial Training/Internship</u>



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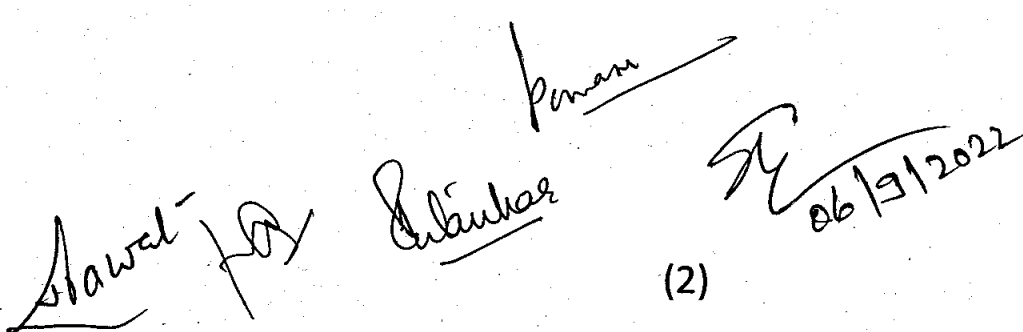
SEMESTER- III

- PAPER-301: Research Methodology
- PAPER-302: Psychological Measurement and Evaluation
- PAPER-303: Clinical Psychology I (Assessment & Diagnostics)
- PAPER-304: OPTIONAL
 304-A Psychology of Emotion
 304-B Environmental Psychology
- PAPER-305: Practical

SEMESTER- IV

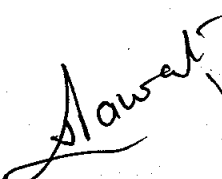

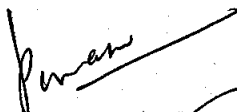
- PAPER-401: Clinical Psychology II (Therapeutic Interventions)
- PAPER-402: Organizational Psychology
- PAPER-403: OPTIONAL
 (I) 403-A- Indian Psychology
 (II) 403-B- Health Psychology
- PAPER-404: OPTIONAL
 (I) 404-A- Sports Psychology
 (II) 403-B- Guidance & Counseling
- PAPER-405: Practical

Project Work/Survey/Field Study/Industrial Training/Internship


 A collection of handwritten signatures and a date. On the left, there is a signature that appears to be 'Shawal' with a flourish. In the center, there is a signature that looks like 'Kubukar'. To the right, there is a signature that looks like 'Kumar' with a long horizontal line extending from it. Below these signatures, the date '06/9/2022' is written. At the bottom center, the number '(2)' is written.

Semester wise Titles of the Papers in MA (PSYCHOLOGY)

Year	Sem.	Course Code	Paper Title	Credits	Total	
M.A.(Previous)	1	Paper 101	Systems & Background	04	24	
		Paper 102	Experimental Psychology (I) (Cognitive Processes)	04		
		Paper 103	Psychological Statistics	04		
		Paper 104	Personality	04		
		Minor Elective	Psychology of Social Issues	04		
			Paper 105	Practical	04	
	2	Paper 201	Experimental Psychology (II) (Affective Psychology)	04	28	
		Paper 202	Physiological Psychology	04		
		Paper 203	Psychopathology	04		
		Paper 204-A	Developmental Psychology	04		
Paper 204-B		Educational Psychology	04			
Paper 205		Practical	04			
Project Work		Project Work/Survey/Field Study/Industrial Training/Internship	08			
M.A. (Final)	3	Paper 301	Research Methodology	04	20	
		Paper 302	Psychological Measurement and Evaluation	04		
		Paper 303	Clinical Psychology I (Assessment & Diagnostics)	04		
			Paper 304-A	Psychology of Emotion	04	
			Paper 304-B	Environmental Psychology	04	
			Paper 305	Practical	04	
	4	Paper 401	Clinical Psychology II (Therapeutic Interventions)	04	28	
		Paper 402	Organizational Psychology	04		
		Paper 403-A	Indian Psychology	04		
		Paper 403-B	Health Psychology	04		
		Paper 404-A	Sports Psychology	04		
		Paper 404-B	Guidance & Counseling	04		
		Paper 405	Practical	04		
		Project Work	Project Work/Survey/Field Study/ Industrial Training/Internship	08		

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M.A. PSYCHOLOGY

SEMESTER- I

PAPER-101: Systems & Background

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam Marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Aristotle, Galton, William James, Patanjali, Psychophysics- Weber, Fechner, Wundt
II	Structuralism- Titchener Functionalism, Chicago School
III	Psychoanalysis, Gestalt, and Behaviorism
IV	Existential School, Humanistic School

Suggested Readings:

1. Murphy, G and Kovach, J.K. (1972), Historical Introduction to Modern Psychology, Routledge and Kagan Paul, London and Henley.
2. Boring, E.G. (1950), A History of Experimental Psychology, Newyork: Applton Century Crafts.
3. Woodworth, R.S. (1938), Contemporary Schools of Psychology, Naewyork. Halt.
4. Sahakian, W. (1975) History and Systems of Psychology, Newyork. Halsted Press.
5. Wolman B.B. (1995) Contemporary theories and systems of Psychology, Delhi Freeman Book Co.
6. Chaplin, James P. and Krawiec T.C. (1979) Systems and Theories in Psychology, Holt, Rineharted Winston INC.
7. Marx, MH and Hiliix WA (1978) Theories in Contemporary approaches in Psychology, New Delhi: Tata MC Graw Hill Publishing Co. Ltd.
8. Shultz R, (1979) History of Psychology, Newyork, Random House.

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SEMESTER- I

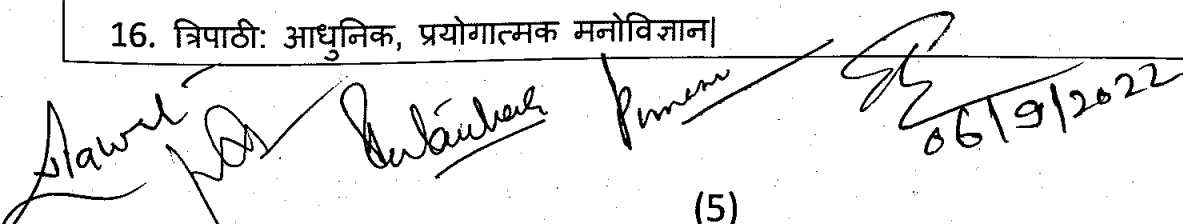
PAPER-102: Experimental Psychology (I) (Cognitive Processes)

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Sensation & Attention Meaning of Sensation, Sensory Process-Vision, Audition Attention, Meaning and types, Broadbend Model, Triesman Model.
II	Perception & Psychophysics Meaning, Form Perception, Movement Perception, Space Perception, Perceptual Constancy, Extra Sensory Perception.
III	Learning Meaning, Theories of Learning: Thorndike, Pavlov, Skinner, Kohler & Koffka, Tolman, Guthrie, Bandura
IV	Memory & Forgetting Sensory memory, STM, LTM, Flashbulb memory. Forgetting: Disuse/Decay Theory, Trace Theory, Interference Theory, Perseveration Consolidation Theory.

Suggested Readings:

1. Kling, J.W. and Lorrin A. Riggs (1984) Experimental Psychology, Khosla Publisher.
2. D' Amato, M.R. (1970) Experimental Psychology Methodology, Psychophysics and learning, Newyork: MC Graw Hill Book Co.
3. Mcguigan F.J. and Lumsden, D.D. is (1973) Contemporary approaches to conditions.
4. Anderson, J.R. (1990) Cognitive psychology and Ets implications, Newyork: W.H. Freeman.
5. Hulse, S.H., Howond Egeth and James Deus (1980) The psychology of Learning, Mc Graw attillsenses, Newyork.
6. Hilgard, E.R. & Bower, G.H. (1995) Theories of Learning, Newyork: Appleton Century Crafts.
7. Underwood, B.J. (1957) Experimental Psychology, Newyork 'MC Graw Hill'.
8. Hall J.F. (1966), The Psychology of Learning, Philadelphia: J.B. Lippinoott.
9. Atkinson, R.C. & Shiffrin R.M. (1968) Human memory, Newyork: Academic press.
10. Candland, D.K., (1968), Psychology — The Experimental Approach, Newyork: Megraw Hill Book Co.
11. Hilgard: Theories of Learning.
12. Kathurkur, V.K. (1985), About Learning and Memory, New Delhi: Willey Eastern Ltd.
13. Kathurkur, V.K. & Vanarase, C.J. (1986), Experimental Psychology : A Systematic Introduction, New Delhi: Willey Eastern Ltd.
14. Sahakian, W.S. (1978), Introduction to Psychology of Learning, Chicago: Rand McNally Publishing Co.
15. हकीम एवं अस्थाना, प्रयोगात्मक मनोविज्ञान।
16. त्रिपाठी: आधुनिक, प्रयोगात्मक मनोविज्ञान।



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SEMESTER- I

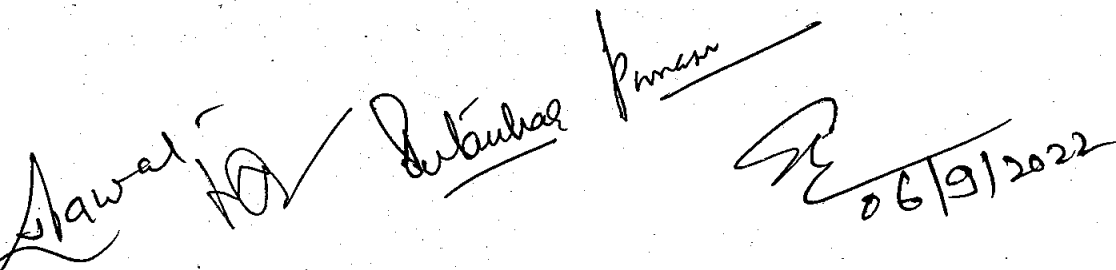
PAPER-103: Psychological Statistics (Optional)

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Psychological Statistics: Definition, Uses, Limitation Normal distribution Curve, Meaning, Characteristics and application
II	Correlation, Scatter Diagram Non Parametric: Biserial, Point Biserial, Triserial, Phi-Coefficient.
III	Test of Significance (a) t-Test, correlated & Non correlated, Critical ratio. (b) Sandler's A test (c) F- test One-way, two-way
IV	Non- Parametric Chi-square, Median test, Mann-Whitney U-test.

Suggested Readings:

1. Edward: Statistical Method in Behavioral Science.
2. Garrett: Statistics in Psychology and Education.
3. Guilford, J.P.(1965), Fundamental Statistics in Psychology and education, New York: McGraw Hill.
4. Bloomers & Lindquist: Elementary Statistical Methods in Psychology and Education.
5. Siegel: Non- Parametric Statistics.
6. Ferguson: Psychological Statistics.
7. कपिल: सांख्यिका के मूल तत्व, विनोद पुस्तक मंदिर, आगरा.
8. अस्थाना: सांख्यिकी विधियाँ।
9. Minimum W, King B.M.A. Bear G. 1993 Statistical Reasoning in Psychology and Education. New York, John Willey.
10. डी.एन. श्रीवास्तव, मनोविज्ञान एवं शिक्षा मे सांख्यिकी, विनोद पुस्तक मंदिर, आगरा



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SEMESTER- I

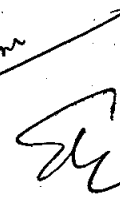
PAPER-104: Personality (Optional)

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Concept of Personality, Determinants, Types.
II	Psychoanalysis and Neo- Psychoanalytic Theory (i) Sigmund Freud (ii) Carl Jung (iii) Alfred Adler (iv) Erik Erickson
III	Type and Trait approach of Personality (i) R.B. Cattell (ii) Gordon Allport (iii) Costa and McCrae
IV	Behaviouristic, Humanistic and Cognitive Theories. (i) Dollard and Miller (ii) Bandura (iii) Lewin (iv) Carl Rogers.

Suggested Readings:

1. Allport G.W. (1961), Pattern and Growth in Personality, Holt Rinecrt & Winton.
2. Eysenk H.). (1979), A World of Personality.
3. Halt CS. & Lindzcy G.(1970), Theories of Personality, John Woltyy.
4. Maslow, A.H. (1970), Motivation & Personality.
5. Jaiswal, व्यक्तित्व मनोविज्ञान, Mauyer Publications.
6. अरुण कुमार सिंह, आशीष कुमार सिंह, व्यक्ति का मनोविज्ञान
7. Rychman M.Richard (10th Edition), Theories of Personality.


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SEMESTER- I

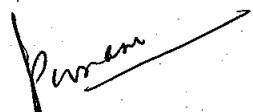

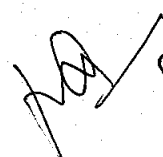
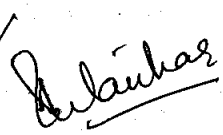
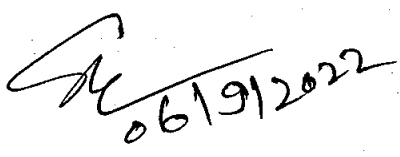
PAPER-104(Minor Elective): Psychology of Social Issues

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Indian Social Structure, Caste, Class, Ethnic and Family Change, Gerontological Problem, Modernization, Post-Modernization, Urbanization.
II	Marriage: Models Of Marriages, Dowry, Divorce, Social Consciousness, Bullying And Cyber Bullying, Cyber Pornography
III	Psychology Of Corruption: Causes, Types, Effects And Remedies, Psychology Of Values
IV	Issues Of Gender & Caste, Poverty, Migration, Cultural Bias And Discrimination.

Suggested Readings:

1. Baron, Branscombe, Byrne, Bharadwaj, Social Psychology. Pearson Publication.
2. Singh S.K., (2010) Foundation, Feminisms and Naturalism the third World, M.D. Publication Pvt. Ltd., New Delhi.
3. Singh S.K. (2010), Rethinking embodiment in Feminist Media in Media Studies, M.D. Publication Pvt., New Delhi.
4. Touch H. (1966), The Social Psychology of Social Movements, Methuas & Co.
5. Shoslak A.B. (1997), Modern social Problems, Holt

SEMESTER- I

PAPER-105: Practical

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Practical marks: 75	
Viva-Voce: 25	

Any Four	
1.	STM
2.	LTM
3.	Zeigarnik Effect
4.	Pattern of Perception (globally, locally, consistent & inconsistent)
5.	Paired Comparison
6.	Use of Grammar on NSS (Epstein effect)

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SEMESTER- II

PAPER-201: Experimental Psychology (II) (Affective Psychology)

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Emotion: Meaning of Emotion, Theories of Emotion- James Lange, Cannon Bard, Schachter and Singer, Lazarus.
II	Motivation: Meaning of Motivation, Physiological basis of basic motivation, Theories of Motivation- Maslow, Hertzberg, Vroom's Expectancy Model.
III	Thinking and Problem Solving- Concept, Types. Theories: Central and Peripheral. Problem Solving: Algorithm and Heuristic. Approaches: Hull, Gestalt.
IV	Intelligence and Creativity: Concept, Nature vs. Nurture, Theories- Spearman Two Factor Theory, Guilford, Bruner, Sternberg, PASS Model, Artificial Intelligence, Emotional Intelligence, Spiritual Intelligence and Social Intelligence. Creativity: Concept Approaches: Torrance, Getzel, Intelligence and Creativity.

Suggested Readings:

1. D'Amato: Experimental Psychology.
2. Kling and Riggs: Experimental Psychology.
3. Woodworth and Schlosberg Experimental Psychology.
4. Mcguigan: Experimental Psychology — A Methodological approach.
5. Andreas: Experimental Psychology.
6. Candland, D.K., (1968), Psychology — The Experimental Approach, Newyork: Megraw Hill Book Co.
7. Hilgard: Theories of Learning.
8. Kathurkur, V.K. (1985), About Learning and Memory, New Delhi: Willey Eastern Ltd.
9. Kathurkur, V.K. & Vanarase, C.J. (1986), Experimental Psychology : A Systematic Introduction, New Delhi: Willey Eastern Ltd.
10. Underwood: Experimental Psychology.
11. Sahakian, W.S. (1978), Introduction to Psychology of Learning, Chicago: Rand McNally Publishing Co.
12. Buck Ross (1976), Human Motivation and Emotion, Jonh Weley.
13. Atkinson, J.W. (1971) Emotion, Obesity and crime, Newyork: Academic.
14. हकीम एवं अस्थाना, प्रयोगात्मक मनोविज्ञान
15. त्रिपाठी: आधुनिक, प्रयोगात्मक मनोविज्ञान

S. K. S. (10)

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SEMESTER- II

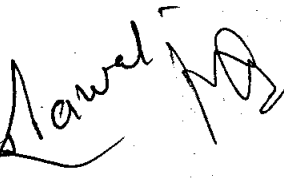
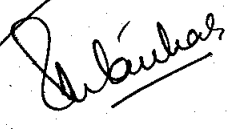
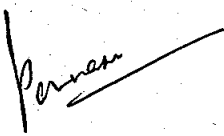
PAPER-202: Physiological Psychology

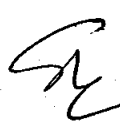
Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Organization and Function of Central and Peripheral Nervous System. Functions of Receptors and Effectors.
II	Endocrine System, Neurotransmitters: Dopamine, Oxytocin, Serotonin, Endorphins, Cortisol etc.
III	Hemispheres of the Neo Cortex: Role of Corpus Collasum and Anterior. Commissure, Split Brain, Hemispheric Dominance, Capabilities of Right Hemisphere, Lateralization of Language.
IV	Methods of Physiological Psychology: Invasive Physiological Methods, Methods of Visualizing the Living Human Brain.

Suggested Reading:

1. A Textbook of Physiological Psychology Sebastian P. Grossman.
2. Principles of Human Physiology Deeunglaub. Silven Thorn.
3. Carlson. N. R. (2007). Foundations of physiological Psychology, N.D. Pearson Edu.
4. Kalat, J.W. (2000). Biological Psychology. Wadsworth, Inc.
5. Richard F. Thompson. Foundations of Physiological Psychology. Harper & Row, New York, Evanston & London and John Weatherhill, INC, Tokyo.
6. Liukel. Introduction to Physiological Psychology, CBS Publishers & Distributors, New Delhi.


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SEMESTER- II**PAPER-203: Psychopathology**

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Concept- Theoretical Background And Approaches To Psychopathology Psycho- Dynamic, Behavioral, Cognitive, Phenomenal, Biological & Socio-Cultural.
II	Classification- Brief History, Pre- DSM Classification, Brief History Of DSM Multi- Axial Classification, I.C.D.-10 DSM - 5, Mental Deficiency, Personality Disorder.
III	Neurotic Disorders- Anxiety Disorders, Obsessive Compulsive Disorder, PTSD, Psycho- Physiological Disorders:-Ulcer, Cancer, Cardiovascular, Asthma, Diabetes. Dissociative Disorders
IV	Physiological Disorders- Schizophrenia, Delusional Disorder, Bipolar. Developmental Disorders- ADHD, Autism Spectrum Disorder, Learning Disabilities.

Suggested Readings:

1. Maslow and Mittleman: Principles of Abnormal Psychology.
2. Cameron: Psychology of Behavioral Disorders.
3. Brown: Psychodynamics of Abnormal Behavior.
4. Landis Bollers: Test Book of Abnormal Psychology.
5. Symond: The Dynamics of Human Adjustment.
6. Hund and Gibby: Patterns of Abnormal Behaviour
7. White: Abnormal Personality.
8. Coleman: Abnormal Psychology and Modern Life.
9. Shannugam: Abnormal Psychology.
10. Tripathi: असमान्य मनोविज्ञान.
11. Kapil: असमान्य मनोविज्ञान.
12. Singh & Tivari: असमान्य मनोवैज्ञानिक के मूलआधार.
13. Ojha: असमान्य मनोविज्ञान.
14. A.K. Singh: असमान्य मनोविज्ञान.
15. Singh & N. & Qurashi A.N., मनोविकृति विज्ञान, Agarwal Publications, Agra
16. सिंह, आर.एन. और शुभा, एस. भरदवाज (2016): आधुनिक असमान्य मनोविज्ञान।

SEMESTER- II

PAPER-204-A: Developmental Psychology

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Human Development: Meaning and Steps of Development. Methods of Developmental Psychology: longitudinal, Cross-Sectional and Mixed.
II	Heredity and Environment, Growth, Maturation, Development, Relation and Differences. Determinations of Developments: Physical, Psychological and Socio-Cultural.
III	Areas of Development: Physical and Psychomotor Development: Different Stages. Sensory & Perceptual, Conceptual, Language & Speech Development.
IV	Emotional and Moral Development of Kohlberg Cognitive Development Concept of Cognition & Development Models of Development- Piaget, Vygotsky Concept of Aging, Problems of Aging.

Suggested Readings:

1. Hurlock, E.B. : Child Development
2. Hurlock, E.B. : Development Psychology
3. Thompson, C.G. : Child Development
4. Verma, P. Srivastava, D.N.: बाल मनोविज्ञान: बाल विकास, विनोद पुस्तक मंदिर, आगरा
5. आर.एन. सिंह और शुभा भरद्वाज (2019), आधुनिक विकासात्मक मनोविज्ञान| अग्रवाल पब्लिकेशन, आगरा|
6. Peter Mitchell & Fenja Ziegler- (IInd Editon) Fundamentals of Developmental Psychology (Special Indian Edition)
7. डी० एन० श्रीवास्तव, वी०एन० श्रीवास्तव, आधुनिक विकासात्मक मनोविज्ञान|

SEMESTER- II**PAPER-204-B: Educational Psychology**

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Problems and Methods of Educational Psychology, Individual Difference, Differences due to Heredity and Environment, Types of Individual Differences.
II	Learning- Types of Learning: Theories- Kohler, Guthrie, Tolman & Hull, Improvement of Learning: Fatigue in Learning, Transfer of Learning.
III	Intelligence: Its Nature and Measurement. Interest, Attention, Motivation, Memory- Remembering and Forgetting.
IV	Personality and its Measurement, Mental Health of School Children and Teacher. Education of the Children with Special Needs; Physically Handicapped, Mentally Retarded and Superior (Gifted) Children.

Suggested Readings:

1. Pressy, Robinson and Harracks- Psychology in Education.
2. Gates and Other- Educational Psychology
3. Lee Chronback- Educational
4. Skinner, H.C. – Educational Psychology
5. N.L. Desai- Educational psychology 2 Vols. (Orient Publishers, Jullundar City).
6. Stepheas- Educational Psychology (Holt).
7. Crow and Crow- Educational Psychology.
8. Sorenson- Psychology in Education.
9. Trow- Educational psychology.
10. S.S. Mathur- Educational Psychology (Hindi and English)
11. Mores and Winge- Reading in Educational Psychology, (Indian Education, D.B. Taraporevala Sons & Co.)
12. Mores and Winge- Psychology and Teaching Indian Education, D.B. Taraporevala Sons & (Co.)
13. Ellis- Educational Psychology: Indian Education, Indian Ed. Times of India Publications.
14. जे. एस. वालिया- शिक्षा मनोविज्ञान की बुनियादें (पाल प्रकाशन, जलंधर)

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SEMESTER- II**PAPER-205: Practical**

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Practical marks: 75	
Viva-Voce: 25	

Any Four	
1.	16 PF
2.	WAIS/SBT
3.	Vocation/ Education interest text
4.	Attitude test
5.	Anxiety test
6.	Adjustment test
7.	Scale of attitude towards environmental protection
8.	Creativity test

SEMESTER- II

Credit: 8	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Project Work marks: 75	
Viva-Voce: 25	
Total No. of Academic/Field work- (in hours per week): 08 hours	

Project Work/Survey/Field Study/Industrial Training/Internship

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SEMESTER- III**PAPER-301: Research Methodology**

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Psychological Research: Nature and its Steps. Problem: Meaning, Statement and Selection of a Problem. Variables: Nature, Types, Techniques of Manipulation and Control of Variables, Writing of Research Report.
II	Tools of Data Collection: Observation, Interview, Questionnaire, Test and Scales. Sampling: Theory, Principles and Techniques.
III	Types of Research: Ex- Post Factor Survey, Field Study, Field Experiment, Pure Experiment.
IV	Techniques of Research, Semantic Differential Technique, Q-short Technique, Content Analysis, Projective Techniques.
<u>Suggested Readings:</u>	
<ol style="list-style-type: none"> 1. Goode & Hatt: Method of Social Research. 2. Festinger: Research Method in Behavioral science. 3. McGigan: Experimental Psychology: A Methodological Approach. 4. Kerlinger: Foundations of Behavioral Research. 5. Townsend: Introduction of Experimental methods. 6. Edward, A.L. (1971), Experimental Design in Psychological Research, New Delhi, Amerind Publishing Co. Pvt. Ltd. 7. Wilson: An Introduction to Psychological Research. 8. हकीम एवं अस्थाना: मनोविज्ञान शोध विधियाँ। 9. कपिल, अनुसंधानविधियाँ। 10. जे.जी. त्रिपाठी, अनुसंधानविधियाँ। 	

06/9/2022

SEMESTER- III

PAPER-302: Psychological Measurement & Evaluation

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Concept Of Psychological Measurement & Evaluation. Scale Of Measurement- Nominal, Ordinal Interval, Ratio, Paired, Comparison, Rank Order, Rating, Assessment and Evaluation.
II	Psychological Tests Types Of Test:- Speed Vs Power Test, Individual Vs Group Tests, Homogeneity & Heterogeneity, Characteristic of a good test
III	Test Construction: - Steps, Reliability, Validity, Norms Intelligence Test: Binet Test, Stanford - Binet Test, Weshchler - Bellevue Indian Test: - Mohsin, BISHT Battery Test, Bhatia Battery Test.
IV	Personality Tests- Interview, Observation, Questionnaire. Projective- Rorschach, T.A.T., Sentence Completion Test and Word Association test, Interest: Kuder - Richardson Preference Record. Occupational Interest Measurement

Suggested Readings:

1. Freeman, F.S., (1962) (3rd Edition). Theory and Practice of Psychological Testing. New York: Holt, Rinehart & Winston.
2. Anastasi, A. (1950). Psychological Testing. Prentice Hall.
3. Chronbach, L.J. (1960) (2nd Edition). Essentials of Psychological Testing. Newyork: Harper.
4. Guilford, J.P. (1936), Psychometric Methods. London: McGraw Hill Publishing Company.
5. अस्थाना एवं अस्थाना:- मनोविज्ञान और शिक्षा में मापन अवाम मूल्यांकन।
6. अग्रवाल एवं अस्थाना:- मनोवैज्ञानी मापन.
7. भार्गव- आधुनिक मनोवैज्ञानिक आवाम मापन.
8. श्रीवास्तव, डी.एन. (2011):- मनोवैज्ञानिक निर्धारण, विनोद पुस्तक मंदिर, आगरा।
9. श्रीवास्तव, डी.एन. (2011): सांख्यिकी एवं मापन, आगरा: अग्रवाल पब्लिकेशन।
10. अरुण कुमार सिंह:- उच्चतर मनोवैज्ञानिक प्रयोग आवाम परीक्षण।

SEMESTER- III

PAPER-303: Clinical Psychology I

Assessment and Diagnostics

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Concept and Historical Development, Introduction to Classificatory System Currently In Use and their Limitations, Community Psychology with Special Reference to Indian Context.
II	Diagnostic Methods- Clinical Interview, Case-study and Physical examination.
III	Psychological Examination, Measurement of Intelligence-WAIS and Bhatia Battery, Measurement of Personality: Projective Technique, Rorschach, TAT and MMPI
IV	Modern Techniques Applied in Clinical Psychology (Neurological). Role of Clinical Psychologist, Clinical Counseling, Ethical Consideration in Clinical Psychology, Present Status of Clinical Psychology in India.

Suggested Readings:

1. Herson, M., Kazdin, A.E. & Bellack, A.S. (1991) The Clinical Psychology Handbook Pergamon, New York.
2. Sweet, J.J. Rozenky, A.S. & Tavian, S.M. (1991) Handbook of Clinical Psychology in Clinical Practice, New York, Plenum.
3. Walker, C.E., Handbook of Child Clinical Psychology, New York: John Willey & Sons.
4. Wolman, B.B., of Child Clinical Psychology, New York: Mc Graw Hill.
5. Sunberg, N.D., Clinical Psychology: Evolving Theory, Practice & research.
6. Capuzzi, D, & Gross, D.R., Counseling and Psychology: Theories and Intervention, 4th Edition Pearson Education: India.
7. Prochaaska, J.O. & Norreross, JSC, systems of Psychology: A Trans-Theoretical Analysis, 9th Edition, Thomson Brooks.
8. Corsini R.J. & Wedding, D., Current Psychotherapies, Peacock.
9. डॉ० राम नयन सिंह- नैदानिक मनोविज्ञान
10. Modern Clinical Psychology- Sheldon J. Korchin
11. Clinical Psychology- Pearson Publication.
12. Theory of Practice of Counseling and Psychotherapy- Gerald Corey.
13. Benjamin: Handbook of Clinical Psychology.
14. कपिल: नैदानिक मनोविज्ञान

SEMESTER- III

PAPER-304-A: Psychology of Emotion

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Basic Issues In The Study Of Emotions: Components And Categories of Emotion, Approaches To Emotion- Arousal, Activation, Cognitive And Differential Theories Of Emotion
II	Physiological Bases of Emotion: Neurophysiological Bases Of Emotion: Cortical/Limbic Structure; Sub cortical Regions; Autonomic Nervous System; Neurochemical Basis Of Emotion. Bodily Changes In Emotion: Cardiovascular, Respiratory, Gastrointestinal, Thermoregulatory And Neuromuscular System.
III	Theories of Emotion: Darwinian- Evolutionary Theories: Body Reaction Theories; Neo- Jemesian Theories; Cognitive Theories and Neurophysiological Theories.
IV	Emotional intelligence: Concept and Models, Emotional Intelligence at Work, Assessment of Emotional Intelligence. Emotional Disorders: Stress and other Causes of Emotional Disorder, Neurotic and Psychotic Disorder. Intervention Techniques & Management of Emotions- Buddhism, Yoga & Meditation.

Suggested Readings:

1. Harre, R. (1986). The social construction of emotions. Oxford: Basil Blackwell.
2. Clarke, M.S. (1992), Emotion. Newbury Park, CA: Sage.
3. Plutchik, R. & Kellerman. H. (1980). Emotion: Theory, research & experience. New York: Academic Press.
4. Buck, R. (1976). Human motivation and emotion, New York: John Wiley.
5. Scheer, K.R. & Ekman, P. (1984). Approaches to emotion, Hillsdale. N.J.: Erlbaum.
6. Stein, N.K. Leventhal, B., & Trabasso, T. (1990). Psychological and biological approaches to emotion. New York, Guilford.
7. Heilman, K.M., & Satz, P(1983). Neuropsychology of human emotion New York: Guilford.
8. Strongman, K.T. (1989). The Psychology of emotion. London: Plenum.

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SEMESTER- III

PAPER-304-B: Environmental Psychology

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Introduction: Nature and Characteristics, Methodological Approaches to Environmental Psychology, Areas and Variables in Environmental Research.
II	Environmental and Space: Homes, Offices, Hospitals, Social institutions, College and Commercial Environment, Cities and Urbanities behavior, Environmental Perception; Nature and Factors. Attitude towards Environment- Formation and Change.
III	Environmental Behaviour: Environmental Stress, Pollution and Behaviour. Noise and Crowding: Meaning, Functions and Determinants of Noise and Crowding.
IV	Natural Environment and Behaviour: Meaning of Outdoor Recreation and Importance of National Parks, Impact of Interaction with Natural Environment. Environment and Community: Problems of Urbanization, Save the Environment and its Future Prospects- The role of Psychology.

Suggested Readings:

1. Fisher and Others: Environmental Psychology, 1984 Holt, Rinehart and Winston.
2. Biffort: Principles and Techniques of environmental Psychology, 1987.
3. Baum and Others: Advances in Environmental Psychology, Vol. I. and IV.
4. Jain, Uday: The Psychological Consequences of Crowding.
5. प्रेम सागर नाथ तिवारी- पर्यावरणीय मनोविज्ञान

SEMESTER- III

PAPER-305: Practical

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Practical Exam marks: 75	
Viva Voce: 25	

Any Four	
1.	Rorschach
2.	TAT
3.	Mental Status Examination/ Case Study
4.	Sentence completion text
5.	Depression Inventory.
6.	ADHD Evaluation Form.
7.	Big Five Factor personality test.
8.	Defense Mechanism Inventory.
9.	Emotional Maturity Scale/ Emotional Intelligence Test.
10.	WAIS

SEMESTER- IV

PAPER-401: Clinical Psychology II- Therapeutic interventions

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Historical background of Psychotherapy- Principle and Goals of Psychotherapy, Relationship between Therapist & Client, Professional Training and Ethics in Clinical Practice.
II	Psychoanalytical Therapy, Roger's Client Centered Therapy, Humanistic Existential Therapy & Behavior Therapy.
III	Group Therapy, Psychodrama, Drug Therapy, Indigenous Approaches to Psychotherapy.
IV	Beck- Behavior Cognitive Therapy Ellis- Rational Emotive Therapy Michelbaum- Stress Inoculative Technique Recent trends in Therapeutical Interventions.

Suggested Readings:

1. Beck, J.S. (1995), Cognitive therapy: Basic and beyond, New York: Guilford Press.
2. Ellis, A. (1970), The essence of rational psychotherapy: A comprehensive approach to treatment, New York: Institute for Rational Living.
3. Walen, S.R., Digiuseppe, R, & Dryden, W. (1992). A practitioner's guide to rational-emotive therapy, Oxford University Press, Inc.
4. Wallen- Clinical Psychology
5. Sundbeg & Tayler- Clinical Psychology (Methuen).
6. Pennigton and Berge- Introduction to Clinical Psychology.
7. Watson- Clinical Methods in Psychology.
8. Rogers- Counseling and Psychology.
9. Wolberge, "The Process of Psycho Therapy".
10. Green Som- R.R. (1987) "The Techniques and Practice of Psychotherapy: Vol. I, New-York, International, University Press.
11. Benjamin- Handbook of Clinical Psychology.
12. Deana, R.H. -Foundations of Clinical Psychology.
13. डॉ. नयन सिंह-नैदानिक मनोविज्ञान
14. कपिल-नैदानिक मनोविज्ञान
15. Sheldon J. Korchin- Modern Clinical Psychology.
16. Theory of Practice of Counseling and Psychotherapy- Gerald Corey.
17. Handbook of Applied Therapeutics- Burgunda Sweet (9th Edition)
Publisher: Wolters Cluwer
21. Herson, M., Kazdin, A.E. & Bellack, A.S. (1991) The Clinical Psychology Handbook Pergamon, New York.
22. Sweet, J.J. Rozensky, A.S. & Tovian, S.M. (1991) Handbook of Clinical Psychology in Clinical Practice, New York, Plenum

SEMESTER- IV

PAPER-402: Organizational Psychology

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Definitions of Organizational Psychology, Organizational Psychology and Organizational Behavior. Social and Economic Foundations of Organizational Psychology. Study of Individual Difference and their Values.
II	Nature, Types, Needs, Characteristics of Organization, Organizational Health and Effectiveness.
III	System Approach- Basic Concepts, Characteristics of System Approach, Man-Machine System; Psychological System.
IV	Organizational theory- Fayol, , Taylor, Elton Mayo, McGregor. Some Indian Psychologist and their Contribution- Process and Innovation, leadership by Khandelwal, Nurturant-task (NT) leadership by JBP Sinha, Concept of Deprivation by Mishra.

Suggested Readings:

1. Lostley D.L. (1994), Human Relations in Organizations, N.Y. Wost.
2. Dunnet M.D. (1988), Handbook of Industrial and Organizational Psychology, Chicago Rand McNally.
3. Liteert R. (1978), The Human Organization, McGraw Hill, New York.
4. Singhal: Industrial Psychology
5. Ojha: Aadugiyic Manovigyan
6. Dr. Freel Luthas: Organisational Behaviour, McGraw Hill, 5th edition.
7. Dr. J.P. Singhal: Sanghnatmak Vyahvaar
8. Dinersh Gorchar: Sanghnatmak Vyahvaar
9. Dr. Arjun Sharma: Industrial Psychology

SEMESTER- IV

PAPER-403-A: Indian Psychology

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Astanga Yoga: Five Yama, Five Niyam, Asanas Types, Importance, Pranayama- Types, Importance, Pratyahar, Dharma, Dhyana and Samadhi-Types.
II	Different Kinds of Yoga: Raj Yoga, Dhyana Yoga, Karma Yoga, Bhakti Yoga, Gyan Yoga.
III	Chitta: Nature, Vratiyan and Stages
IV	Personality and its types (Satvika, Rajas & Tamas) Self according to different system of Indian Psychology Para Psychology- Introductory aspect of para psychology

Suggested Readings:

1. Akhilananda- Hindu Psychology.
2. Akhilananda- Mental Health and Hindu Psychology
3. J.N. Sinha- Indian Psychology- Two Volumes.
4. Rhys Davis- Birth of Indian Psychology.
5. Geraldine Caster- Yoga and Western Psychology.
6. Yoga Sutras of Patanjali.
7. S.P. Atreya- Yoga Manovigyan, Darshana Printers, Moradabad.
8. Chaplin & Kravik- System & Theories of Psychology Pub-Harper Publication.

SEMESTER- IV

PAPER-403-B: Health Psychology

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Health Psychology: Nature, scope and its interdisciplinary and socio-culture contexts. Models of Health: Personality- Allport, Roger, Maslow. Biopsychosocial perspectives. Eastern approaches: Zen Buddhism, Concept of Sthita Pranjna (Bhagvad Gita) Behavioral Referents of the concept of Anasakti. Health related beliefs.
II	Health Promotion and Disease Prevention: Behavioural Risk Factors (e.g. drug and alcohol use; unsafe sexual behavior, smoking, diet, and sedentary life style.). Development of health habits and/or reduction
III	Stress, Personality and Social Support as Psycho-Social Linkages of Ill-health: Cardio-vascular Disorders: AIDS/HIV: Diabetes Mellitus, Pain, Cancer
IV	Conditions/Resources Promoting and Maintaining Health: Biological, Socio-Cultural, Psychological, Economic and Spiritually-Oriented interventions.

Suggested Readings:

1. Aboud, F.E. (1998). Health Psychology in Global Perspectives, Thousand Oaks. CA: Sage.
2. Bishop, G.D. (1994). Health Psychology; Integrating Mind and Body: Allyn & Bacon.
3. Brannan, L. & Feist. J. (1996), Health Psychology: An Introduction to Behaviour and Health, Pacific Groove, CA: Brooks/Cole.
4. Broome, A.K. & Llewellyn. S. (1995), Health Psychology, London: Chapman & hall.

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SEMESTER- II
PAPER-404-A: Sports Psychology

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Nature and historical and recent perspectives on Sports Psychology.
II	The role of stress, arousal, anxiety and attention in the performance of individual and team sports.
III	Motivation, skills and performance, Personality profiles of successful sports persons.
IV	Cognitive and social psychological dimensions of Individual and team sports. Training/coaching techniques, Cognitive and Behavioural interventions. The role of sports psychologists.

Suggested Readings:

1. Arnold, D.L.U. & Nation, J.R. (1989). Sports Psychology, Chicago:
2. Nalson-Hall.
3. Cratty, B.J. (1989), Psychology in contemporary sports, N.J.; Prentice Hall.
4. Horn, T.S. (Ed.) (1992), Advances in sports psychology, Canada: Herman Kinetics.
5. Mohan, J. (1996). Recent advances in sports psychology, New Delhi; Friends.
6. Murphy, E. (1995). Advances in sports psychology, Illinois; Human Kinetics.
7. Murphy, S.M. (1995). Sports psychological interventions, Champaign: Herman Kinetics.
8. Sandhu, G.S. (1972). Psychology in sports: A contemporary perspective, New Delhi, Friends.

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SEMESTER- IV

PAPER-404-B: Guidance and Counseling

Credit: 4	Optional
Max. Marks: 25+75	Min. Passing Marks: 10+25
Theory Exam marks: 75	
Internal Assessment: 25	

Unit	Topics
I	Guidance: Nature, Functions and Scope Guidance Services in Institutions: Primary, Secondary and College, University Levels. Counseling: Definition and Goals of Counseling Relationship between Guidance and Counseling
II	Counseling Process- Stages of the Counseling Process. Psychological Assessment and Diagnosis in Counseling Factors Affecting the Counseling Process. Intervention Strategies in the Counseling Process.
III	Approaches and Skills of Counseling- Directive and Non-Directive. Counseling Skills: Listening Questioning Challenging, Monitoring.
IV	Counseling and Psychotherapy: Transactional Analysis, Rational Emotive Behavior Therapy, Reality Therapy, Multimodal Therapy. Counseling in Indian Context. Some Special forms of Counseling: Old Age Counseling, Children and Adolescents Counseling, Family and Marital Counseling.

Suggested Readings:

1. Feltham, C & Hortan, I.E. (ed.) (2006), The Sage Handbook Counseling & Psychotherapy (2nd Edition) London, Sage Publication.
2. Rao S.N. (2006) Counseling & Guidance (2nd Edition) New Delhi: Tata Mc Graw Hill Pub. Co. Ltd.
3. Gibson, R.L. Mitchell M.H. (2005) Introduction to Counseling & Guidance (6th Edition) New Delhi, Pearson's education Pvt. Ltd.
4. Nelson R. Jones (2000) Introduction to Counseling Skills, Texts and Activities, London: Sage Publications.
5. Gelso C.J., Fertz, B.R. (1995) Counseling Psychology, Bangalore Prism Book Pvt. Ltd.
6. Cohen R.J., Swedrick, M.E. (2005), Psychological testing and Assessment (6th Edition) New Delhi: Tata Mc Graw Hill Pub. Co. Ltd.
7. विपिन अस्थाना- परामर्शन और निर्देशन- अग्रवाल प्रकाशन आगरा
8. Sharma R.A., Fundamentals of Guidance and Counseling.

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SEMESTER- IV

PAPER-405: Practical

Credit: 4	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Exam marks: 75	
Viva Voce: 25	

Any Four	
1.	Measurement of Stress
2.	Coping Strategy Scale
3.	Job Satisfaction Scale
4.	Report Writing- Para Psychological
5.	Religiosity Scale
6.	Health belief Scale
7.	Educational Visit/tour
8.	Home Environment Scale
9.	Yoga Attitude Scale

Credit: 8	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Project work marks: 75	
Viva Voce: 25	
Total No. of Academic/Field work- (in hours per week): 08 hours	

Project Work/Survey/Field Study/Industrial Training/Internship

Credit: 8	Compulsory
Max. Marks: 25+75	Min. Passing Marks: 10+25
Project work marks: 75	
Viva Voce: 25	
Total No. of Academic/Field work- (in hours per week): 08 hours	
Research Project	

Alawar *MA* *Subhash Kumar* *06/9/2022*