SYLLABUS FOR M. A 
IN PSYCHOLOGY 

(CHOICE BASED CREDIT SYSTEM)

[Following the Tripura University Regulation Governing Post-Graduate Programmes under the Choice Based Credit System (CBCS) and Continuous Assessment Grading Pattern (CAGP)]

DEPARTMENT OF PSYCHOLOGY 
FACULTY OF ARTS AND COMMERCE 
TRIPURA UNIVERSITY 
2018
Tripura University  
(Central University)

Department of Psychology

SYLLABUS FOR M. A/ M. Sc. PSYCHOLOGY  
(CHOICE BASED CREDIT SYSTEM)

<table>
<thead>
<tr>
<th>Semester</th>
<th>Core Courses</th>
<th>Open Elective Courses</th>
<th>Foundation Courses</th>
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*Students will have to choose either OP (Organizational Psychology) or CP (Clinical psychology)

CONTINUOUS ASSESSMENT GRADING PATTERN (CAGP)

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<tr>
<th>Component</th>
<th>Mode of Evaluation</th>
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SYLLABUS FOR M.A. PSYCHOLOGY
(CHOICE BASED CREDIT SYSTEM)

COURSE CONTENT

<table>
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<tr>
<th>Sl No</th>
<th>Course Code</th>
<th>Name Of Course</th>
<th>Type of course</th>
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**FIRST SEMESTER: 20 Credit (3 Core Course=12; 2 Elective Course=8Credits)**

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**SECOND SEMESTER: 20 Credits (1 CF=4 Credits; 3 CC=12 Credits; 1 EC=4 Credits)**

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**THIRD SEMESTER: 16 Credits (3 CC=12 Credits; 1 EC= 4 Credits)**
*Students will have to choose either organizational psychology or clinical psychology*

### FOURTH SEMESTER: 8 Credits (2 CC=8 Credits; 1 EC=4 Credits)

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**TOTAL CREDITS = 68**

The mode of Internal and External shall be as prescribed in the ‘Tripura University Regulation Governing Post-Graduate Programmes under the Choice Based Credit System (CBCS) and Continuous Assessment Grading Pattern (CAGP).

### Marks Distribution

<table>
<thead>
<tr>
<th>Paper</th>
<th>Internal Marks</th>
<th>External Marks</th>
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<tr>
<td></td>
<td>1st Internal exam</td>
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<tr>
<td>Theory papers (all semesters)</td>
<td>15 (attendance, assignment, class tests, paper presentation etc)</td>
<td>15 (attendance, assignment, class tests, paper presentation etc)</td>
<td>30 (Total Marks of 1st and 2nd Internal Assessments)</td>
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<td>Practical (all semesters)</td>
<td>15 (1 practical each from first two units of all Theory Paper)</td>
<td>15 (1 practical each from Last two units of all Theory Paper)</td>
<td>30 (Total Marks of 1st and 2nd Internal Assessments)</td>
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<tr>
<td>Internship (IV Sem)</td>
<td>Students (IV Sem.) has to undergo professional Internships not less than 20 days gain Practical professional knowledge in important organizational / industrial / mental health institutes offering such services and thereof submit a report of such learning experiences to the Department (Attendance, performance =30 Marks)</td>
<td>Professional Internship Record Books and Viva Voce =70 Marks</td>
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<tr>
<td>Project Works (IV Semester)</td>
<td>Conduction of Minor project (30 Marks) under the respective guide</td>
<td>Minor Project Record Books and Viva Voce =70 Marks</td>
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SEMESTER I PAPERS
PSCY 701C: Cognitive Psychology

Unit I: Cognitive Processes and Attention

Introduction to cognitive processes; Revolution of Cognitive Approach; Cognition and Brain; Current trends and status of cognitive psychology, attention: Definition and mechanism, determinants of attention, Selective, divided and sustained attention, Theories of Attention

Unit II: Perception

Approaches to study of perception: Gestalt and physiological approaches; Perceptual organization: Gestalt, figure and ground, and laws of organization; Perceptual Constancy (size, shape, and brightness); Illusion; Perception of Depth and Movements; Ecological perspective on perception; Role of motivation and learning in perception; Signal detection theory, subliminal perception and related factors, information processing approach to perception, culture and perception, perceptual styles

Unit III: Learning, Memory, Thinking and Problem Solving

Classical conditioning, instrumental conditioning, reinforcement, verbal conditioning, Learning theories by Hull, and Tolman

Memory processes, stages of memory, episodic and semantic memory, models of memory (Atkinson and Shiffrin; Craik and Lockhart; Tulving), biological basis of memory, improving memory, theories of forgetting,

Theories of thought processes, Concept formation (rules and strategies), reasoning (deductive and inductive), problem solving-types and strategies, role of concept in thinking, cognitive strategies (algorithms and heuristics), convergent and divergent thinking, decision making, creativity and problem solving, language and thought

Unit IV: Suggested Assignments: Report on any 3 of the following

1. Selective attention
2. Perceptual defense
3. Concept formation
4. Sustained attention
5. Depth Perception
6. Perceptual Differentiation
7. STM
8. Levels of Processing
9. Episodic Memory
10. Semantic Memory
11. Zeigarnic Effect

Readings:


**PSCY 702C: Motivation, Emotion, and Intelligence**

**Unit I: Motivation and Emotion-I**
Relationship between motivation and emotion;
Basic Motivational Concepts: Instincts, needs, drives, incentives, motivational cycle.
Social Motives: Achievement, affiliation, approval Exploratory behaviour and curiosity
Physiological correlates of emotions.
Theories of emotions: James-Lange, Canon-Bard, Schachter and Singer.
Conflicts: Sources and types.

**Unit II: Motivation and Emotion-II**
Historical antecedents of motivation from Mechanism to Cognition.
Measurement of motives: Issues and techniques.
Cross-cultural perspectives of motivation: Achievement, Aggression.
Components of Emotion: Physiological, expressive and cognitive.
Neural mechanism of emotion: Central and peripheral.
Measurement of Emotions: Physiological, expressive and cognitive measures.
Current theories of emotions and facial feedback hypothesis.
Stress and coping: Reactions to stress, outcomes of stress.

Unit III: Intelligence


Unit IV: Suggested Assignment

Report on any three psychological tests with regard to motivation, emotion and intelligence

Readings:
PSCY 703C: Personality

Unit I: Foundations of Personality

Definition and nature of personality; Methods of assessment of personality; Issues in conceptualization of personality and assessment; Determinants of personality: Biological and socio-cultural. Approaches to the study of personality:

Unit II: Classical, Trait and Biological Approaches
Psychoanalytic, neo-Freudian, social learning, trait and type, cognitive. Personality Assessment: Psychometric and projective tests. Self-Concept: Origin and development.

Freudian Tradition; Neo-Freudian; Ego psychology: Anna Freud and Eric Erikson
Introduction to Trait Approaches; Raymond Cattell; Big Five Factor: Agreements and Controversies
Personality, genes and environment; Biological theories: Hans Eysenk, Gray and Cloninger

Unit III: Learning, Cognitive and Humanistic Approaches

Clinical and growth approaches to personality.
Existential and humanistic theories of personality: Frankl, Rollo May, Maslow, Rogers.
Personality assessment: Projective, psychometric and behavioural measures.

Unit IV: Suggested Assignments

Report on any three personality tests: Administration of standardized personality tests and preparation of report.

Readings:


PSCY 704E: Applied Social Psychology

Unit I: Introduction

Growth of social psychology as a scientific discipline; Traditions of social psychology: Psychological, sociological, and applied; Culture and social psychology; Social psychology in India. Applications of social psychology, social psychology of education.

Unit II: Social cognition and attitude

Social self, Person perception; Attribution; Biases, heuristics and shortcuts. Attitude: Structure and formation; Theories of attitude change; Attitude and behaviour; Persuasion, propaganda and brain washing; Stereotypes; Prejudice and discrimination.

Unit III: Interpersonal and Intergroup processes

Human relationship; Social comparison; Pro-social behaviour; Social aggression; Social motivation; Social emotions. Group formation, functions and group dynamics; Group identity and intergroup relationship; Ethnicity; Intergroup conflict and conflict resolution

Unit IV: Suggested assignment

Three brief reports (e.g., survey, experiment) on any application of social psychology in society.

Readings:
PSCY 705E: Qualitative Methods

Unit I: Paradigms of Research: Qualitative Traditions
Introduction to qualitative research, Logical Positivism, Social Construction; Subjectivity, Reflexivity, Power.

Unit II: Field Methods
Grounded Theory, Ethnography, Observation, Interview, and Cooperative Inquiry, Focus Group Method, Phenomenological analysis, Thematic Analysis and Narrative Analysis, Conversational Analysis.

Unit III: Issues in qualitative methods
Reliability and Validity, Mixed methods, Ethical Considerations in qualitative research; qualitative report writing.

Unit IV: Suggestive Assignment:
Conduction and report of one research based on qualitative method.

Readings:
SEMESTER II PAPERS
PSCY 801C: Research Methods in Psychology

Unit I: Introduction to Research Methods
Scientific approach of research in psychology; Theory building, hypothetico-deductive model, hypothesis; Nature and types of research: Types of psychological research; Positivism, interpretive and critical assumptions and perspectives. Ethical issues in psychological research.

Unit II: Methods of Psychological Research and Data Collection
Methods of psychological research (experimental; quasi experimental, case studies, field studies, and cross-cultural studies); methods of data collection (observation interview, interview, questionnaire, tests and scales); non-parametric test

Unit III: Research Designs
Correlational, factorial, randomized block, matched group, quasi experimental, Conceptualization and operationalization, nature of variables, manipulation, control, notion of measurement and threats to valid measurement; Between groups designs: Equivalent groups, randomized groups, factorial (three factors); Within groups designs: Within subjects design, one-group repeated trial; Quasi experiment

Unit IV: Suggested assignments
Planning, formulating, conducting, and report writing on a small research.

Readings
PSCY 802C: Statistics in Psychology

Unit I: Descriptive and inferential statistics

Descriptive statistics; Normal probability curve; Introduction to hypothesis testing; Significance level and effect size. Non-parametric tests: Mann-Whitney U test, Spearman Rank Order Correlation, Chi-square.

Unit II: **Parametric statistics**

- t-Tests; ANOVA: one way, factorial; Repeated ANOVA; Carl Pearson Correlation; Linear regression; multiple regression; Factor analysis

Unit III: **Statistical Package in Social Sciences (SPSS)**

Introduction to statistical analysis using IBM SPSS, data entry, data coding, computation of descriptive statistics, computation of normal probability curve, computation of graph, computation of parametric statistics, computation of non-parametric statistics.

Unit IV: **Practicum on above stats in SPSS**

Data analysis on 1 parametric and 1 non-parametric stats.

Reference

Unit I: Introduction to psychological testing
Nature and scope of psychological test; Types and variation of psychological test: Speed vs. Power, parallel test; Ethics in testing.

Unit II: Construction and Standardization
Development of a psychological test; test construction (item writing and item analysis), Test standardization: Reliability: types and factors affecting reliability; validity: types and factors affecting validity; norms: types and development; Types of tests (intelligence, aptitude and personality), attitude scales and interest inventories, educational measurement and evaluation, psychological scaling, sources of bias in psychological testing, ethical issues in psychological testing, application of factor analysis in test standardization with important illustrations

Unit III: Types of tests and scaling
Types of tests (intelligence, aptitude and personality), attitude scales and interest inventories, educational measurement and evaluation, psychological scaling, sources of bias in psychological testing, ethical issues in psychological testing, application of factor analysis in test standardization with important illustrations

Unit IV: Suggested assignments
Development of a psychological test (construction, screening, item analysis on the sample of 35)

Readings:
PSCY 804E : Positive Psychology

Unit I: Introduction to Positive Psychology

History and conceptualization of positive psychology;
Eastern and Western perspectives on positive psychology;
Classification and measurements of psychological strengths

Unit II: Positive Psychology in Context and Prosocial Behaviour

Positive youth development; Spirituality; Successful aging; Resilience; Gratitude; Forgiveness;
Happiness and subjective wellbeing; Wisdom; Optimism; Courage; Flow

Unit III: Research and Applications

Research Paradigms: Indian and Western; Different researches;
Applications: individual, group and organizational level

Unit IV: Suggested Assignments

One of the following

- Report on life enhancement strategy activity on any of the topics in the above units.
- Administration of standardized scales and preparing report on any of the topics in the above units.

Readings:

PSCY 805E: Environmental Psychology

Unit I: Introduction, Environment and behaviour relationship theories
Nature, characteristics, research methods, cognitive perception and cognitive map, Arousal, Environmental load, Under-stimulation, Adaptation Level, Behavioural Constraint, Stress, and Banker’s Ecological Psychology.

Unit II: Natural and Man-made Environment: Pollution (Noise, air, water, toxic), temperature (heat and cold), wind, barometric, Natural disaster and technological catastrophic effects.

Unit III: Social Environmental: Personal space, territoriality, density and crowding, conservative behaviour (environmental education, prompts, reinforcement, eliminating destructive behaviour, implementing environmental protection behaviour- Reduce, Reused, Recycle, Rebuy).

Unit IV: Assignment
Any activity on any areas given above and prepare a report.

References:
SEMESTER III PAPERS
OP-PNCY 901C: Organizational Behaviour

Unit I: Individual in Organization

Introduction to OB
Work-related attitudes
Motivation in organizations
Emotions and moods at workplace
Case studies on work-related attitudes, motivation, and emotions

Unit II: Groups and Leadership

Group at work, Team effectiveness, Cases on groups and teams
Nature of leadership, Trait approach to leadership, behavioral approach to leadership, situational approach to leadership, Cases on leadership

Unit III: Organizational Culture

Meaning and nature of organizational culture (OC)
Effect of OC on work performance and behavior
Creating and sustaining culture
Organizational socialization
Creating a customer-responsive culture
Creating ethical organizational culture
Cases on organizational climate and culture

Unit IV: Suggested activities:

Report on any one of the followings:

1) Develop a case study on job satisfaction
2) Develop a case study on organizational commitment
3) Develop a case study on employee motivation
4) Develop a case study on application of emotion and moods at work
5) Develop a case study importance of organizational culture
6) Develop a case illustration on leadership theory relevant to trait approach to leadership.
7) Develop a case illustration on leadership theory relevant to behavioral approach to leadership.
8) Develop a case illustration on leadership theory relevant to situational approach to leadership.

Readings:


**OP-PSCY 902C: Organizational Development**

**UNIT I: Introduction**

The Field of Organization Development (OD)
Definitions of OD
A History of OD
Values, Assumptions, and Beliefs in OD

**UNIT II: Theory and Management of OD**

Foundations of OD
Managing the OD Process
Action Research and OD

**UNIT III: OD INTERVENTIONS**

An Overview of OD Interventions.
Team Interventions.
Intergroup and Third-Party Peacemaking Interventions.
Comprehensive OD Interventions.
Structural Interventions and the Applicability of OD.
UNIT IV: Practicum

*Any one from the following:*

1) Develop leadership training module and conduct organization development (OD) intervention program in 1 organization.
2) Develop employee stress management training module and conduct OD intervention program in 1 organization.
3) Conduct OD intervention program in 1 organization by developing emotion management training module.
4) Conduct OD intervention program in 1 organization by developing personality development training module.
5) Develop conflict and negotiation skill training module and conduct OD intervention program in 1 organization.
6) Develop employee motivation training module and conduct OD intervention program in 1 organization.
7) Report on the practices of performance appraisal in the organization and provide suggestion for improvement.
8) Conduct job satisfaction survey and train employees to increase job satisfaction.

**Readings:**

UNIT I: Introduction to Human Resource Management

Human resources Management (HRM), Introduction and Importance, Evolution, difference between Personnel Management and HRM- Strategic HRM- role of a HR Manager. Human Resource , Major functions of HRM, Principles of HRM, Role of HR Manager.

UNIT II: Human Resources Planning

Objectives and importance of human resource planning; Job Analysis: Meaning, process of Job Analysis, methods of collecting job analysis data, Job Description and Job Specification; Job analysis-Job Description-Job Specification. Recruitment and selection, Sources of Recruitment, Selection Process, Placement and Induction, Retention of Employees.

UNIT III: Training and Development

Objectives and needs of training and development, training process, methods of training, tools and aids-evaluation of training programs, Career Planning- Succession Planning

Performance Management System-Definition, Concepts and Ethics-Different methods of Performance Appraisal.
Compensation Management –Concepts and Components-Job Evaluation- Incentives and Benefits

UNIT IV: Practicum
Any one from the following:

1) Prepare a recruitment advertisement for a newspaper.
2) Develop a recruitment procedure of a new organization.
3) Administer standardized selection tests (e.g., FIRO-B) followed in various organizational sectors and prepare a report on it.
4) Develop human resource plan for a new organization (e.g., a new consultancy firm, a new hotel, a new school, a new hospital, etc.)
5) Prepare an appointment letter for the post of office manager of a company.
6) Prepare job analysis report
7) Conduct need analysis to design training in 1organization.

Readings


**CP-PSCY 901A: CHILD PSYCHOPATHOLOGY**

**UNIT I: Introduction:**
Classification of childhood disorders, models of psychopathology, ethical issues in assessment, research and practice.

**UNIT II: Neurodevelopmental disorders:**
- Intellectual disability;
- Communication disorders (Language Disorder, Speech Sound Disorder, Childhood-Onset Fluency Disorder, Social (Pragmatic) Communication Disorder);
- Autism Spectrum Disorders; ADHD; SLD; Motor Disorders;
- Tic Disorders (Tourette’s Disorder, Persistent (Chronic) Motor or Vocal Tic Disorder).

**UNIT III: Internalizing disorders of children:**
Anxiety and mood related disorders; disruptive behaviour disorders; Feeding and eating disorders in children; Trauma and Stressor Related disorders,
Elimination disorders (Enuresis, Encopresis).

**UNIT IV: Practical – (Any 3)**
1. ADHD Screening.
2. Raven’s Progressive Matrices (RPM).
5. PGI Memory Scale / Wechsler Memory Scale
6. Behavioral Assessment of Child
7. Any other suggested by teacher.

**READINGS:**
ADULT PSYCHOPATHOLOGY

UNIT I: Introduction:
Classification systems in psychopathology, models and approaches of psychopathology, Diagnostic classification systems – ICD and DSM.

UNIT II: Schizophrenia, Mood Related, OCD, Anxiety disorders, Trauma and Stressor Related Disorders and Dissociative Disorders:
Schizophrenia Spectrum and Other Psychotic Disorders; Bipolar and Related Disorders; Depressive Disorders; Anxiety Disorders; Obsessive – Compulsive and Related Disorders; Trauma and Stressor Related Disorders; Dissociative Disorders.

UNIT III: Neurocognitive Disorders; Personality Disorders, Substance-Related Disorders, Somatic Symptom, eating disorders and Gender Dysphoria:
Neurocognitive Disorders; Personality Disorders; Paraphilic Disorders; Somatic Symptom and Related Disorders; Eating Disorders, Gender Dysphoria.

UNIT IV: Practical – Any three
1. Case Formulation with history taking, MSE and clinical interviewing.
2. Rorschach Inkblot Test.
3. Minnesota Multiphasic Personality Inventory (MMPI).
5. PGI Battery of Brain Dysfunction.
6. Bender Gestalt Test for Brain Dysfunction
7. Any other suggested by teacher.

READINGS:
PSYCHODIAGNOSTICS

UNIT I: Introduction to Clinical Psychology:
Evolution and development; psychometric and behavioural assessment- Clinical interview and observation, history taking and mental status examination; Ethics of psychological testing.

UNIT II: Types of Psychodiagnostic /Assessment:
Developmental Scale- VSMS / RCPM;
Cognitive assessment of children- WISC/ BKT;
Cognitive assessment of adults – WAIS/ Standard Progressive matrices; Neuropsychological test battery

UNIT III: Clinical Measurement of Personality:
Rorschach Inkblot Test, Thematic Apperception Test, BGT; MMPI, BDI, STAI. Measures of depression and anxiety.

UNIT IV: Practical –(Any 3)
1. Beck Depression Inventory (BDI).
2. Wechsler Intelligence Test for Children (WISC).
3. Vineland Social Maturity Scale (VSMS).
4. Rorschach Inkblot Test.
5. Thematic Apperception Test (TAT).
7. STAI (State-Trait Anxiety Inventory)

READINGS:
PSCY 904EC: Counseling and Intervention Strategies

Unit 1 NATURE AND SCOPE OF GUIDANCE
Concept and Definition of Guidance and Counselling
Guidance and Life Goals
The Counselling Vocation
The Phases of the Counselling Process (Assessment, Intervention, and Termination)
Characteristics of an Effective Counsellor
Personal challenges as a Counsellor

Unit 2 STAGES OF HUMAN DEVELOPMENT AND AREAS OF GUIDANCE
Characteristics of Different Stages of Development (Physical, Cognitive, Emotional, Social, and Moral)
Problems of Childhood
Problems of Adolescence
Problems of Adulthood and the Aged
The Concept of Adjustment and Adjustment at Different Stages of Life

Unit 3 EXCEPTIONALITY: TYPES AND PROBLEMS
Nature of Exceptionality
Intellectual Exceptionality: Intellectual Superiority and Mental Retardation
Sensory Handicaps: Visual, Aural, Motor and Speech Handicaps
Family and Personal Problems of the Exceptional
Care and Education of the Exceptional

Unit 4: Activities
One field report in any of the areas mentioned on the above units.
Readings


Semester IV papers
S.N. | Code       | Papers               
-----|------------|----------------------
 1   | PSCY 1001C | Dissertation         
 2   | PSCY 1002C | Internship           
 2   | PSCY 1003E | Health Psychology    

**PSCY 1001C: Dissertation**

A student is required to conduct a **Project** and submit the project report under the following heads:

- **Chapter-I: Introduction** (with Variables definitions)
- **Chapter-II: Review of Literature** (relationship between dependent and dependent variables)
- **Chapter-III: Statement of the Problem** (problem, target population, objectives, hypothesis)
- **Chapter-IV: Methodology** (sample, design, tools to be used, procedure, analysis)
- **Chapter-V: Results**
- **Chapter-VI: Discussion and Conclusion**
- References
- Appendices

**PSCY 1002C: Internship**

Student has to undergo **internship** in the IV Semester, whatever the specialization, to gain Practical professional knowledge in important organizational / industrial / mental health institutes offering such services for a period of **not less than 20 days**, and thereof submit a report of such learning experiences to the Department.

**PSCY 1003E: Health Psychology**

**Unit I: Introduction and theories of health psychology:**

Definition; Biomedical and Biopsychosocial models.
The cognitive perspective: the health belief model (HBM), social-cognitive theory (SCT), the theories of reasoned action (TRA) and planned behaviour (TPB) and the protection motivation theory (PMT)

**Unit II: Health Promotion and Illness Prevention:**

Health and Behavior; Changing health habits; Cognitive behavioural approaches to health
behavior change

**Unit III: Health Care System:**
Indian Scenario, Attitude of Health Professionals, Burnout in health professionals, Designing health care work environment, Future challenges for health care, Growth of Health Psychology

**Unit IV: Assignment**

*Any activity related to any of the areas given above. Prepare a report.*

**REFERENCES**

7) Ogden, J. (2012). Health Psychology. McCrawhill Foundation