

# **SYLLABUS FOR M. A IN PSYCHOLOGY**

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**(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)**

**COURSE STRUCTURE**

Semester	Core Courses		Open Elective Courses		Foundation Courses		Total Credits
	Course Code	Credit	Course Code	Credit	Course Code	Credit	
<b>I</b>	PSCY 701C	04	(One out of 2) PSCY 704E	04			20
	PSCY 702C	04	PSCY 705E	04			
	PSCY 703C	04	One paper from other Dept.				
<b>II</b>	PSCY 801C	04	(One out of 2) PSCY 804E	04	Computer Skills	04	20
	PSCY 802C	04	PSCY 805E				
	PSCY 803C	04					
<b>III*</b>	OP-PSCY 901C	04	PSCY 904E	04			16
	OP-PSCY 902C	04					
	OP-PSCY 903C	04					
	CP-PSCY 901C	04		04			16
	CP-PSCY 902C	04					
	CP-PSCY 903C	04					
<b>IV</b>	PSCY 1001C	04	PSCY 1003E	04			12
	PSCY 1002C	04					
<b>Total Paper</b>	11		5		1		17
<b>Total Credit</b>	44		20		4		68

*\*Students will have to choose either OP (Organizational Psychology) or CP (Clinical psychology)*

**CONTINUOUS ASSESSMENT GRADING PATTERN (CAGP)**

Component	Mode of Evaluation	Marks
1 <sup>st</sup> Internal Assessment	Internal Evaluation (Continuous Internal Assessment)	15
2 <sup>nd</sup> Internal Assessment	Internal Evaluation (Continuous Internal Assessment)	15
Total	External Evaluation (End Semester Examination)	70
<b>TOTAL</b>		<b>100</b>

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

**COURSE CONTENT**

Sl No	Course Code	Name Of Course	Type of course	Class Distribution			Total credit	Marks scaled	
				L	T	P			
<b>FIRST SEMESTER: 20 Credit (3 Core Course=12; 2 Elective Course=8Credits)</b>									
1	PSCY 701C	Cognitive Psychology	CC	3	0	1	4	100	
2	PSCY 702C	Motivation, Emotion & Intelligence	CC	3	0	1	4	100	
3	PSCY 703C	Personality	CC	3	0	1	4	100	
4	PSCY 704E	Applied Social Psychology	EC	3	0	1	4	100	
5	PSCY 705E	Qualitative Methods	EC	3	0	1	4	100	
6		One paper from other department	EC					100	
<b>SECOND SEMESTER: 20 Credits (1 CF=4 Credits;3 CC=12 Credits; 1 EC=4 Credits)</b>									
6	PSCY 801C	Research Methods in Psychology	CC	3	0	1	4	100	
7	PSCY 802C	Statistics in Psychology	CC	3	0	1	4	100	
8	PSCY 803C	Psychological Testing	CC	3	0	1	4	100	
9	PSCY 804E	Positive Psychology	EC	3	0	1	4	100	
10	PSCY 805E	Environmental Psychology	EC	3	0	1	4	100	
11		Computer Skills-I	CF	4	0	0	4	100	
<b>THIRD SEMESTER: 16 Credits (3 CC=12 Credits; 1 EC= 4 Credits)</b>									
12	OP-PSCY 901C	Organizational Psychology*	Organizational Behavior	CC	3	0	1	4	100
13	OP-PSCY 902C		Organizational Development	CC	3	0	1	4	100
14	OP-PSCY 903C		Human Resource Management	CC	3	0	1	4	100
15	CP-PSCY 901C	Clinical Psychology*	Psychopathology-I	CC	3	0	1	4	100
16	CP-PSCY 902C		Psychopathology-II	CC	3	0	1	4	100
17	CP-PSCY 903C		Psychodiagnostic	CC	3	0	1	4	100
18	PSCY 904E	Counselling & Intervention Strategies	EC	3	0	1	4	100	

*\*Students will have to choose either organizational psychology or clinical psychology*

<b>FOURTH SEMESTER: 8 Credits (2 CC=8 Credits; 1 EC=4 Credits)</b>								
19	PSCY 1001C	Dissertation	CC	1	1	2	4	100
20	PSCY 1002C	Internship	CC	1	1	2	4	100
21	PSCY 1003E	Health Psychology	EC	3	0	1	4	100
<b>TOTAL CREDITS = 68</b>								

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).

<b>Marks Distribution</b>					<b>Total Marks</b>
<b>Paper</b>	<b>Internal Marks</b>			<b>External Marks</b>	
	1 <sup>st</sup> Internal exam	2 <sup>nd</sup> Internal exam	Total Internal	Semester exam External Exam	
<b>Theory papers (all semesters)</b>	15 (attendance, assignment, class tests, paper presentation etc)	15 (attendance, assignment, class tests, paper presentation etc)	30 (Total Marks of 1 <sup>st</sup> and 2 <sup>nd</sup> Internal Assessments)	70 (Semester Examination)	100 (30 Internal + 70 Semester exam)
<b>Practical (all semesters)</b>	15 (1 practical each from first two units of all Theory Paper)	15 (1 practical each from Last two units of all Theory Paper)	30 (Total Marks of 1 <sup>st</sup> and 2 <sup>nd</sup> Internal Assessments)	70 40 (20 marks x 2 practical) 10 Practical Record Book 20 Viva voce	100 (30 Internal + 70 Semester exam_)
<b>Internship (IV Sem)</b>	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)			Professional Internship Record Books and Viva Voce =70 Marks	100 (30- internship + 70 record book and Viva voce)
<b>Project Works (IV Semester)</b>	Conduction of Minor project (30 Marks) under the respective guide			Minor Project Record Books and Viva Voce =70 Marks	100 (30- internship + 70 record book and Viva voce)

# **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:**

1. Albert, D. (Eds.) (1994). *Knowledge Structures*. New York: Springer Verlag.
2. Baddeley, A.D. (1996). *Human Memory, Theory and Practice*. Washington, DC: Psychology Press.
3. Brown, J. (1976). *Recall and Recognition*. London: John Wiley.
4. Cohen, G. (1996). *Memory in the Real World*. Washington, DC: Psychology Press.
5. Evans, J.S.B., Newstead, S.E. & Byrne, R.M.J. (1993). *The Psychology of Deduction*. Washington, DC: Psychology Press.
6. Hanson, S.J. & Oldson, C.R. (Eds.) (1991). *Connectionist Modelling and Brain Function: The Developing Interface*. Cambridge, Mass: MIT Press.
7. Johnson-Laird, P.N., & Byrne, R.M.J. (1992). *Deduction*. Washington, DC: Psychology Press.
8. Lamberts, K. & Shanks, D. (1997). *Knowledge, Concepts, and Categories*. Washington, DC: Psychology Press.
9. Lycan, W.G. (1990). *Mind and Cognition*. Oxford: Blackwell.
10. Mayes, A. & Downes, J.J. (1997). *Theories of Amnesia*. Washington, DC: Psychology Press.

## **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.

Approaches to the Study of Motivation: Psychoanalytical, ethological, S-R Cognitive, humanistic. Biological Motives: Hunger, thirst, sleep and sex.

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.

Cognitive bases of motivation: Intrinsic motivation, Attribution, Competence.

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**

Intelligence: Biological, Social, Eco-cultural determinants. Theories of intelligence: Spearman, Thurston, Guilford. Individual and group differences: Extent and causes. Measurement of human abilities.

Theories of intelligence: Cattell, Jensen, Sternberg Goleman, Mayer and Salovey. Creativity: Views of Torrance, Getzels, Guilford. Intelligence and creativity: Relationship. Abilities and achievement: Concept and role of emotional intelligence.

### **Unit IV: Suggested Assignment**

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

#### **Readings:**

1. Buck, R. (1988). *Human motivation and emotion*. New York: John Wiley & Sons.
2. Fredrickson, B. (2001). The role of positive emotions in positive psychology: The Broaden-and-Build Theory of Positive Emotions. *American Psychologist*, 56, 218-226.
3. Fredrickson, B. L., Mancuso, R. A., Branigan, Ch., & Tugade, M. M. (2000). The undoing effect of positive emotions. *Motivation and Emotion*, 24, 237-258.
4. Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, 84, 365-376.
5. Frijda, N. H. (1986). *The emotions*. London: Cambridge University Press.
6. Gelfand, M. J., Erez, M., & Aycan, Z. (2007). Cross-cultural organizational behavior. *Annual Review of Psychology*, 58, 479-514.
7. Mesquita, B., & Frijda, N. H. (1992). Cultural variations in emotions: A review. *Psychological Bulletin*, 112, 179-204.
8. Misra, G. (Ed.) (1999). *Psychological perspectives on stress and health*. New Delhi: Concept Publishing House.
9. Salovey, P., & Sluyter, D. (Eds.) (1997). *Emotional development and emotional intelligence: Implications for educators*. New York: Basic Books.
10. Snyder, C. R. (Ed.) (1999). *Coping: The psychology of what works*. New York: Oxford University Press.
11. Tsai, J. L., Knutson, B., & Fung, H. H. (2006). Cultural variation in affect valuation. *Journal of Personality and Social Psychology*, 90, 288-307.



## **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.  
Psychology of self: Western and Eastern perspectives, measurement of self.

### **Unit IV: Suggested Assignments**

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

### **Readings:**

1. Allport, G.W. (1961). *Pattern and growth in personality*. New York: Holt, Rinehart and Winston.
2. Cloninger, S.C. (2013). *Theories of personality: Understanding persons, 6<sup>th</sup> Edition*. N.J: Prentice-Hall.
3. Corr, P. J. & Gerald Matthews, G. (2009). *The Cambridge handbook of personality psychology*. Cambridge: Cambridge University Press.
4. Feist, J., & Feist, G. J. (2006). *Theories of personality, 6<sup>th</sup> Edition*. New York: McGraw-Hill. [Chapter 16 “Bandura: Social Cognitive Theory”, pp. 467- 498.]
5. Hall, C. S., Lindsey, G., & Campbell, J. B. (1998). *Theories of Personality*. New York: John Wiley & Sons.

6. Kline, P. (1983). *Personality Measurement and Theory*. London: Hutchinson.
7. London, H., & Exner, J. E. (1978). *Dimensions of Personality*. New York: John Wiley & Sons.
8. Maltby, J., Day, L., & Macaskill, A. (2013). *Personality, individual differences and intelligence, 3<sup>rd</sup> Edition*. UK: Pearson Education.
9. Olson, M., & Hergenhahn, B. R. (2011). *An introduction to theories of personality, 8<sup>th</sup> Edition*. New York: Pearson. [Chapter 15 “Abraham Maslow”, pp. 466-499; Chapter 16 “Rollo Reese May”, pp. 500-526].
10. Shultz, D.P. & Shultz, S. E. (2012). *Theories of personality*. USA: Wadsworth, Cengage Learning.

## **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:**

1. Hogg, M. A. & Vaughan, G. M. (2011). *Social psychology* (6<sup>th</sup> ed.). Essex: Pearson Education.
2. Hogg, M. A. & Cooper, J. (Eds.) (2003). *The Sage handbook of social psychology*. London: Sage.
3. Gergen, K. J. (1985). The social constructionist movement in modern psychology. *American Psychologist*, 40, 266-275.
4. Hewitt, J. P. (1979). *Self and society: A symbolic interactionist social psychology*. Boston: Allyn and Bacon.
5. Jowett, G. S. & O'Donnell, V. (1992). *Propaganda and persuasion*. New Delhi: Sage.
6. Farr, R. M. (1996). *The roots of modern social psychology*. Oxford: Blackwell.
7. Misra, G. (Ed.). 1990. *Applied social psychology in India*. New Delhi: Sage.
8. Pandey J. (Ed.) 1988. *Psychology in India: The state-of-the-art: Basic and Applied Social Psychology*. Vol. 2. New Delhi: Sage.
9. Pandey, J. & Singh P. (2005). Social psychology in India: Social roots and development. *International Journal of Psychology*, 40, 239-253.
10. Schneider, F.W., Gruman, J.A., & Coutts, L.M. (2012). *Applied social psychology* (2nd ed.). London: Sage.

## 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:

- 1) Agnew, N, M. & Sandra. W. Pyke, S. W. (1991). *The Science Game: An Introduction to Research in the Social Sciences*. New Jersey: Prentice Hall.
- 2) Czrniawska, B. (2004). *Narratives in Social Science Research*. New Delhi: Sage.
  19. Denzian and Lincoln. *Handbook of Qualitative Research Method*. Sage Publications, Delhi.
  20. Gobo, G. (2008). *Doing Ethnography*. Los Angles: Sage.
  21. Marshall, C. & Rossman, C.B. (1995). *Designing Qualitative Research*. Thousand Oaks: Sage Publications.
  22. Newman. P. (1991). *Research Methodology in Social Sciences*. Massachusetts: Allyn and Becon.
  23. Riecoeur, P. (2004). *The Conflict of Interpretations*. London: Continuum.
  24. Smith, J. A. (2008). *Qualitative Psychology: A Practical Guide to Research Methods*. London: Sage.
  25. Ziman, J. (1996). *The Force of Knowledge: The Scientific Dimension of Society*. Cambridge University Press.
  26. Gravetter, F. J. & Wallnau, L. B. (2013). *Statistics for the behavioral sciences* (9<sup>th</sup> ed.). Belmont, CA: Wadsworth, Cengage Learning.
  27. Aron, A. Coups, E. J., & Aron, E. N. (2013). *Statistics for psychology* (6<sup>th</sup> ed.). Delhi: Pearson Education.

# **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**

1. Broota, K. D. (2006). *Experimental Designs in Behavioural Research*. New Delhi: New Age Publishers.
2. Heiman, G. W. (1995). *Research Methods in Psychology*. Boston: Houghton Mifflin Co.
3. Kerlinger, F. N (1983). *Foundations of Behavioural Research*. New Delhi: Surjeet Publications.
4. Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2012). *Research methods in psychology* (9<sup>th</sup> ed.). New York: McGraw Hill.
5. de Vasu, D. (2001). *Research design in social research*. London: Sage.
6. Schinka, J. A., & Velices, W. F. (2003). *Handbook of psychology: Research method in psychology*. New Jersey: John Wiley.
7. Woodworth, R. S. & Schlosberg, H. (1976). *Experimental psychology*. New York: Holt and Rinehart.
8. Edwards, A. L. (1968). *Experimental designs in psychological research, 3rd edition*. New Delhi: Oxford and IBH.

## **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**

- 1) Aron, A., Aron, E. N., & Coups, E. (2012). *Statistics for Psychology*. New Delhi: Pearson.
- 2) Field, A. (2007). *Discovering statistics using SPSS*. New Delhi: Sage.
- 3) Garrett, E. H. (1981). *Statistics in Psychology and Education*. R.S. Woodworth, Columbia University.
- 4) King, B.M., & Minium, E.W. (2007). *Statistical Reasoning in the Behavioural Sciences*. (5th Edition) USA: John Wiley.
- 5) Siegel, S., & Castellon, N. J. (1988). *Non-paramatic Statistics for the Behavioural Sciences* (2nd ed.). New York: McGraw Hill.

## PSCY 803C: Psychological Testing

### **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:**

1. Anastasi, A. & Urbina, S. (1997). *Psychological testing*. New Delhi: Pearson Education.
2. Freeman, F. S. (1972). *Theory and practice of psychological testing*. New Delhi: Oxford & IBH.
3. Gregory, R. J. (2006). *Psychological testing: History, principles, and applications, 4th edition*. New Delhi: Pearson Education.
4. Kerlinger, F. N. (1973). *Foundations of Behavioural Research* (2nd edition). Delhi: Sanjeet Publications.
5. Siegel, S. & Castellon, N. J. (1988). *Non-paramatic Statistics for the Behavioural Sciences* (2nd ed.). New York: McGraw Hill.
6. Gravetter, F. J. & Wallnau, L. B. (2013). *Statistics for the behavioral sciences* (9<sup>th</sup> ed.). Belmont, CA: Wadsworth, Cengage Learning.
7. Aron, A. Coups, E. J., & Aron, E. N. (2013). *Statistics for psychology* (6<sup>th</sup> ed.). Delhi: Pearson Education.
8. Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4<sup>th</sup> ed.). London: Sage.



## **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:**

- 1) Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2015). Positive Psychology. New Delhi: Sage
- 2) Carr, A. (2004). Positive Psychology: A science of happiness and human strengths. NY: BR Publishers.
- 3) Peterson C. (2006). A Primer in Positive Psychology. Oxford: Oxford University Press.
- 4) Crothers, M.K., & Baumgardner, S. R. (2009). Positive Psychology. New Delhi: Pearson Education.
- 5) Hefferon, K. & Boniwell, I. (2011). Positive psychology: Theory, research and applications. Open University Press.
- 6) Kumar, S., & Yadav, S.B. (2011). Positive Psychology. New Delhi: Global Vision Publication House.
- 7) Lopez, S. J. (Ed) (2013). The Encyclopedia of Positive Psychology. UK: Blackwell Publishing Ltd.
- 8) Snyder, C.R., & Lopez, S.J. (2011). Positive Psychology. (2nd ed.) New Delhi: Sage Publications.

- 9) Yadava, A., & Sharma, N.R. (2006). *Positive Health Psychology*. New Delhi: Global Vision Publication House.
- 10) Nelson, D., & Cooper, C. L. (2007). *Positive Organizational Behavior*. Thousand Oaks, California: Pine Forge Press.
- 11) Luthans, F., & Avolio, B. J. (2009). The “Point” of Positive Organizational Behavior. *Journal of Organizational Behavior*, 30, 291–307.
- 12) Seligman, M. E. P. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.

## **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:**

- 1) Bell, P. A., Fisher, J. D., & Laomis, R. J. (2002 ed.), *Environmental Psychology*. Philadelphia: W.B. Sannders.
- 2) Bell, P., Greene, T., Fisher, J., & Baum, A. (2001). *Environmental Psychology*. 5th Ed. NY: Harcourt Brace, Inc.
- 3) Mishra, R. C., Sinha, D., & Berry, J. W. (1996). *Ecology, Community and Life Style*. New Delhi.
- 4) Stokols, D., & Altmann, I. (1987). *Handbook of Environmental Psychology*. Willey, New York.

# **SEMESTER III PAPERS**

## **OP-PSCY 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:**

1. DuBrin, A. J. (1998). *Leadership: Research Findings, Practice and Skills*. Chennai: All India Publishers & Distributors.

2. French, W. L. & Bell, C. (2007). *Organization Development and Transformation: Managing Effective Change*. 6<sup>th</sup> Edition. New Delhi: Prentice Hall.
3. Yukl, G. A. (2005). *Leadership in Organizations*. 6<sup>th</sup> Edition. New York: Prentice Hall.
4. Harigopal, K. 2006. *Management of Organizational Change: Leveraging Transformation*. New Delhi: Sage Publications.
5. Pareek, U. (2010). *Understanding organizational behaviour*. Oxford: Oxford University Press.
6. Greenberg, J., & Baron, R. A. (2010). *Behaviour in organizations*. New Delhi: PHI Learning.
7. Luthans, F. (2008). *Organizational Behaviour*. New Delhi: McGraw- hill.
8. Robbins, S. P., & Sanghi, S. (2005). *Organizational Behaviour*, 11<sup>th</sup> Edition. New York: Pearson Publication.
9. Chadha, N.K. (2007) *Organizational Behavior*. Galgotia Publishers: New Delhi.
10. Greenberg, J., & Baron, R. A. (2010). *Behaviour in organizations*. New Delhi: PHI Learning.
11. DuBrin, A. J. (1998). *Leadership: Research Findings, Practice and Skills*. Chennai: All India Publishers & Distributors.

## **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:

1. French, W. L., & Bell, C. (2007). *Organization Development and Transformation: Managing Effective Change*. 6<sup>th</sup> Edition. New Delhi: Prentice Hall.
2. Harigopal, K. (2006). *Management of Organizational Change: Leveraging Transformation*. New Delhi: Sage Publications.
3. Harvey, D., & Brown, D. R. (2005). *An Experiential Approach to Organization Development*. 6<sup>th</sup> Edition. New Delhi: Prentice Hall.
4. Hill, A. T., Lewis, P., Saunders, M., & Millmore, M. (2005). *Managing Change: A Human Resource Strategy Approach*. New Jersey: Wiley Publishers.
5. Sethi, V., & King, W. (1998). *Organizational Transformation through Business Process Reengineering: Applying Lessons Learned*. New York: Pearson Education.
6. Spector, P. E. (2015). *Industrial and Organizational Psychology: Research and Practice, 4th Edition*. New Delhi: Wiley.
7. Miner, J. B. (1991). *Industrial-Organizational Psychology*. New Delhi: Tata McGraw-Hill.
8. McShane, S., & Von Glinow, M. A. (2005). *Organizational Behavior* (3<sup>rd</sup> edn.). N. Delhi: Tata McGraw-Hill.
9. Hitt, M., Miller, Ch., & Colella, A. (2006). *Organizational Behavior*. N. Delhi: Wiley.

## **OP-PSCY 903C: Human Resource Management**

### **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 1 organization.

### ***Readings***

1. Agarwala, T. (2007). *Strategic human resource management*. New Delhi: Oxford University Press.
2. Dessler, G., & Varkkey, B. (2012). *Human resources management*. New Delhi: Pearson.

3. Lynton, R. P., & Pareek, U. (2011). *Training for development*. New Delhi: Sage.
4. Pande, Sh., & Basak, S. (2015). *Human resource management: Texts and cases*. Noida: Vikas Publishing House.
5. Rao, V. S. P. (2005). *Human resource management: Text and cases*. New Delhi: Excel Books.
6. Burn, S.M. (2004). *Groups, Theory and Practice*. New Delhi: Thompson Wadsworth.
7. Forsyth, D. R. (2006). *Group Dynamics*. 4<sup>th</sup> Edition. New Delhi: Thomson Wadsworth.
8. French, W. L. & Bell, C. (2007). *Organization Development and Transformation: Managing Effective Change*. 6<sup>th</sup> Edition. New Delhi: Prentice Hall.

## **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).
3. Measurement of Anxiety.
4. Assessment of Intellectual Disability using Verbal and Performance Intelligence Test.
5. PGI Memory Scale / Wechsler Memory Scale
6. Behavioral Assessment of Child
7. Any other suggested by teacher.

### **READINGS:**

- 1) *Diagnostic and Statistical Manual of Mental Disorders*. 5<sup>th</sup> edition and (2003). Washington: APA publication.



- 2) Kaplan, H. J., & Saddock, B. J. (2004). *Synopsis and Comprehensive Textbook of Psychiatry*. 9<sup>th</sup> Edition. Baltimore : William & Wilkins
- 3) Marsh, e. J., & Wolfe, D.A (2010). *Abnormal Child Psychology*, 5<sup>th</sup> Edition .Belmont, CA: Wadsworth
- 4) Wilmshurst, L(2015). *Essentials of Child and Adolescent Psychopathology*: Hoboken, NJ: John Wiley & Sons.

## **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).
4. Measurement of Psychotic Symptoms.
5. PGI Battery of Brain Dysfunction.
6. Bender Gestalt Test for Brain Dysfunction
7. Any other suggested by teacher.

### **READINGS:**

- 1) Diagnostic and Statistical Manual of Mental Disorders. 4<sup>th</sup> edition and TR(2004). Washington: APA publication.
- 2) Dowson, J. H., & Grounds , A.T. (1995). *Personality Disorders: Recognition & Clinical Management*. Cambridge University Press.
- 3) Goldenberg (1983). *Contemporary Clinical Psychology*. Calofornia: Brooks/Cole Pub.co.
- 4) Kaplan, H. J., & Saddock, B. J. (2004). *Synopsis and Comprehensive Textbook of Psychiatry*. 9<sup>th</sup> Edition. Baltimore : William & Wilkins
- 5) Korchin, J. (2003). *Modern Clinical Psychology : Principles of intervention in the clinic and community*. New Delhi : CBS.
- 6) Kronenberger, W.G., & Meyer, R. G (1996). *The Child Clinician's handbook*. Massachusetts: Allyn and Bacon.

- 7) Mayer, R.G., & Deutsch, S.E. (1996). *The Clinicians's Handbook*. 4<sup>th</sup> Edition. Massachusetts: Allyn and Bacon.

## 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).
6. Standard Progressive Matrices (SPM).
7. STAI (State-Trait Anxiety Inventory)

### **READINGS:**

- 1) Anderson, H. H. & Anderson, G.L (1951). *An introduction to projective techniques*. N.J. :Prentice Hall.
- 2) Exner, J. E. (1978). *Rorschach: A Comprehensive System*. Vol. 1 & 2 New York. Wiley Interscience.
- 3) Flanagan D. P., & Kaufman, A. S (2004) *.Essentials of WISC –IV assessment*. New York : John Wiley and Sons
- 4) Greene, R.L. (1991). *MMPI-2/MMPI: An Interpretive Manual*. Massachusetts : Allyn & Bacon.
- 5) Hersen M., & Bellack, A. S (1981). *Behavioural Assessment : A practical handbook*. New York : Pergammon Press.
- 6) Hersen, M. (2004). *Comprehensive Handbook of Psychological Assessment*. Volumes I to IV.

- 7) Kaufman, A. S. (1979). *Intelligent testing using WISC-R*. New York: John Wiley.
- 8) Lezak, M. D. (2004). *Neuropsychological Assessment*. (4<sup>th</sup> ed.) NY.: Oxford University Press.
- 9) Spreen, O., & Strauss, E. (1998). *A compendium of Neuropsychological Tests*. N. Y.: Oxford University Press.

## **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

- 1) Covey, G. (2008). Theory and Practice of Counselling and Psychotherapy (8 th ed.)  
Canada: Brookes/Cole.
- 2) Covey, G. (2008). Student manual for Theory and Practice of Counselling and  
Psychotherapy (8 th ed.). CA: Brookes/Cole.
- 3) Burl E. Gilland & Richard K. James (1998). Theories and Strategies in Counselling and  
Psychotherapy. Singapore: Allyn and Bacon.
- 4) James O. Prochaska & John C. Norcross. (2007). Systems of Psychotherapy: A trans  
theoretical analysis (6th ed.). Thomson-Brooks/Cole.
- 5) Palmer, S. (ed.). (1999). Introduction to counselling and psychotherapy: The essential  
guide. New Delhi: Sage.
- 6) Simon, L. (2000). Psychotherapy: Theory, practice, modern and post modern influences.  
Westport, Connecticut: Praeger.
- 7) Sharf, R.S.(2000). Theories of psychotherapy and counselling: Concepts and cases (2nd  
ed.).Singapore: Brookes/Cole.
- 8) Todd, J., & Bohart, A.C.(1999).Foundations of Clinical and counselling psychology(3rd  
ed.). New York. Longman.

# **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**

- 1) Taylor, S.E. (2006). *Health Psychology*. New Delhi : Tata McGraw-Hill
- 2) Sarafino, E.P. & Smith, T.W. (2012). *Health Psychology*. Bio psychosocial interventions. New Delhi : Wiley
- 3) Shelley.E. Taylor (1995): *Health Psychology* (3<sup>rd</sup> edition). Mc-Graw Hill International; New York.
- 4) Brannon, L &Feist, J. (2007). *Introduction to Health Psychology*. Thomson India Edition.
- 5) Snyder, C.R. & Lopez, S.J. (2002). *Handbook of positive psychology*. (eds.). New York: Oxford University Press.
- 6) Carr, A. (2004). *Positive psychology, The science of happiness and human strengths*. New York: Routledge.
- 7) Ogden, J. (2012). *Health Psychology*. McCrawhill Foundation
- 8) Morrison, V., & Bennett, P. (2009). *Introduction to Health Psychology* (2nd Ed) Pearson Education Limited, New York.
- 9) Sarafino, E. P. (1994). *Health Psychology, Biopsychosocial interactions*. John Wiley & Sons, New York.
- 10) Dalal, A. K., & Misra, G. (2012). *New Directions in Health Psychology*. Sage: New Delhi.