

SYLLABUS FOR MA 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
2020**

Tripura University
(Central University)

Department of Psychology

The Department of Psychology was established in the year of 2011 with a commitment to prepare psychologist as a professional contributing to the society and the nation at large. Due emphasis was placed in promoting psychologist with innovativeness at individual and societal levels. It also envisages that the student of this department to become self-employed. In addition, the department also aims to promote research on local social issues as well as national level issues of concern of present era. The Department has dedicated to the advancement of the knowledge of human nature with regard to cognition, emotions and behaviours. Accordingly, the syllabus for MA was prepared. The MA course offers dual specialization in clinical psychology and organizational psychology for enhancing career prospects of every student.

COURSE STRUCTURE

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		
FIRST SEMESTER: 20 Credits (3 Core Course=12; 2 Elective Course=8 Credits)								
1	PSCY 701 CORE	Cognitive Psychology: Theory and Application	CC	0	3	1	4	100
2	PSCY 702 CORE	Motivation, Emotion & Intelligence: Theory and Application	CC	0	3	1	4	100
3	PSCY 703 CORE	Personality: Theory and Application	CC	0	3	1	4	100
4	PSCY 704 ELECT	Applied Social Psychology	EC	0	3	1	4	100
5	PSCY 705 ELECT	Qualitative Research Methods	EC	0	3	1	4	100
6		<i>One paper from other department</i>	EC				4	100
SECOND SEMESTER: 20 Credits (3 Core Course =12; 1 Elective & 1 mandatory Course = 8 Credits)								
7	PSCY 801C	Research Methods in Psychology	CC	0	3	1	4	100
8	PSCY 802C	Statistics in Psychology	CC	0	3	1	4	100
9	PSCY 803C	Psychological Testing	CC	0	3	1	4	100
10	PSCY 804E	Positive Psychology: Theory and Application	EC	0	3	1	4	100
11	PSCY 805E	Environmental Psychology	EC	0	3	1	4	100
12		<i>Computer Skills-I</i>	CF				4	100
THIRD SEMESTER: 20 Credits								
13	PSCY 901 CORE	Organizational Behavior	CC	0	3	1	4	100

14	PSCY 902 CORE	Organizational Development	CC	0	3	1	4	100
15	PSCY 903 CORE	Child Psychopathology	CC	0	3	1	4	100
16	PSCY 904 CORE	Psychodiagnostic	CC	0	3	1	4	100
17	PSCY 905 CORE	Counselling and Therapeutic Interventions	CC	0	3	1	4	100
FOURTH SEMESTER: 20 Credits								
18	PSCY 1001 CORE	Dissertation	CC	0	3	1	4	100
19	PSCY 1002 CORE	Internship	CC	0	3	1	4	100
20	PSCY 1003 CORE	Adult Psychopathology	CC	0	3	1	4	100
21	PSCY 1004 CORE	Human Resource Management	CC	0	3	1	4	100
22	PSCY 1005 CORE	Health Psychology	CC	0	3	1	4	100
TOTAL CREDITS = 80								

CONTINUOUS ASSESSMENT GRADING PATTERN (CAGP)

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

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).

Paper	Marks Distribution			External Marks	Total Marks
	Internal Marks				
	1 st Internal exam	2 nd Internal exam	Total Internal	Semester exam External Exam	
Theory papers (all semesters)	15 (attendance, assignment, class tests, paper presentation etc)	15 (attendance, assignment, class tests, paper presentation)	30 (Total Marks of 1 st and 2 nd Internal Assessments)	70 (Semester Examination)	100 (30 Internal + 70 Semester exam)

		etc)			
Practical (all semesters)	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 st and 2 nd Internal Assessments)	70 40 (20 marks x 2 practical) 10 Practical Record Book 20 Viva voce	100 (30 Internal + 70 Semester exam_
Internship (IV Sem)	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)
Project Works (IV Semester)	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 701 CORE	Cognitive Psychology: Theory and Application
PSCY 702 CORE	Motivation, Emotion & Intelligence: Theory and Application
PSCY 703 CORE	Personality: Theory and Application
PSCY 704 ELECT	Applied Social Psychology
PSCY 705 ELECT	Qualitative Research Methods
	<i>One paper from other department</i>

PSCY 701 CORE: Cognitive Psychology: Theory and Application

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 702CORE: Motivation, Emotion, and Intelligence: Theory and Application

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 703CORE: Personality: Theory and Application

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, 6th 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, 6th 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, 3rd Edition*. UK: Pearson Education.
9. Olson, M., &Hergenhahn, B. R. (2011). *An introduction to theories of personality, 8th 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 704 ELECT: 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.

Unit II: Social cognition and attitude

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

Unit III: Interpersonal and Intergroup processes

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

Unit IV: Suggested assignment

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

Readings:

1. Hogg, M. A. & Vaughan, G. M. (2011). *Social psychology* (6thed.). 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 705ELECT: Qualitative Research 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* (9thed.). Belmont, CA: Wadsworth, Cengage Learning.
 27. Aron, A. Coups, E. J., & Aron, E. N. (2013). *Statistics for psychology* (6thed.). Delhi: Pearson Education.

SEMESTER II PAPERS

PSCY 801CORE	Research Methods in Psychology
PSCY 802CORE	Statistics in Psychology
PSCY 803CORE	Psychological Testing
PSCY 804 ELECT	Positive Psychology: Theory and Application
PSCY 805ELECT	Environmental Psychology
	<i>Computer Skills-I</i>

PSCY 801CORE: 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* (9thed.). New York: McGraw Hill.

5. deVasu, 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 802CORE: 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 803CORE: 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-parametric Statistics for the Behavioural Sciences* (2nd ed.). New York: McGraw Hill.
6. Gravetter, F. J. & Wallnau, L. B. (2013). *Statistics for the behavioral sciences* (9th ed.). Belmont, CA: Wadsworth, Cengage Learning.
7. Aron, A. Coups, E. J., & Aron, E. N. (2013). *Statistics for psychology* (6th ed.). Delhi: Pearson Education.
8. Field, A. (2013). *Discovering statistics using IBM SPSS statistics* (4th ed.). London: Sage.

PSCY 804 ELECT: Positive Psychology: Theory and Application

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 805ELECT: 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

PSCY 901 CORE	Organizational Behavior
PSCY 902 CORE	Organizational Development
PSCY 903 CORE	Child Psychopathology
PSCY 904 CORE	Psychodiagnostic
PSCY 905 CORE	Counselling and Therapeutic Interventions

PSCY 901 CORE: 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 : Dynamics of Organizational Behaviour

Organizational culture and climate – Factors affecting organizational climate – Importance.

Job satisfaction – Determinants – Measurements. Organizational change – Importance —

Resistance to change – Managing change.

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*. 6th Edition. New Delhi: Prentice Hall.
3. Yukl, G. A. (2005). *Leadership in Organizations*. 6th 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 th 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.

PSCY 902 CORE: **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*. 6th 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*. 6th 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* (3rd edn.). N. Delhi: Tata McGraw-Hill.
9. Hitt, M., Miller, Ch., & Colella, A. (2006). *Organizational Behavior*. N. Delhi: Wiley.

PSCY 903 CORE: **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*. 5th edition and (2003). Washington: APA publication.
- 2) Kaplan, H. J., & Saddock, B. J. (2004). *Synopsis and Comprehensive Textbook of Psychiatry*. 9th Edition. Baltimore : William & Wilkins
- 3) Marsh, e. J., & Wolfe, D.A (2010). *Abnormal Child Psychology*, 5th Edition .Belmont, CA: Wadsworth
- 4) Wilmshurst, L(2015). *Essentials of Child and Adolescent Psychopathology*: Hoboken, NJ: John Wiley & Sons.

PSCY 4 CORE: **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). *BehaviouralAssessment :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*. (4thed.) NY.: Oxford University Press.
- 9) Spreen, O., & Strauss, E. (1998). *A compendium of Neuropsychological Tests*. N. Y.: Oxford University Press.

PSCY 905 CORE: Counselling and Therapeutic Interventions

Unit I: NATURE AND SCOPE OF COUNSELLING

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- Difference between counseling and therapy,

UNIT II: BEHAVIOR THERAPY INTERVENTIONS:

Classical conditioning-Aversion, Flooding, Exposure Therapies and Self-Management; Operant conditioning- Shaping, Modeling and Contingency Contracting, Relaxation training (Jacobson's Progressive Muscle Relaxation Procedure), Assertiveness Training, Multi modal Approach: BASIC ID.

UNIT III: COGNITIVE BEHAVIORAL THERAPY INTERVENTIONS:

Aaron T. Becks Cognitive Therapy - Basic Concepts, Principles, Techniques and Application; Ellis's Rational Emotive Behavior Therapy - Basic Concepts, Principles, Techniques & Application; C. Meichenbaum's Cognitive Behavior Modification - Behavior Change and Coping.

Unit IV: Activities

One field report in any of the areas mentioned on the above units.

Readings

Gibson L Robert & Mitchell H Marianne (2003) - Introduction to Counseling and Guidance (6th edition), Pearson Education, Inc.

Corey, G. (2016). Theory And Practice Of Counseling And Psychotherapy. 10th ed. Boston, MA: Cengage Learning US.

Wolpe, J. (1990). The practice of behavior therapy (*4th ed.*). Pergamon Press.

Beck, J. S. (2011). Cognitive Behavior Therapy: Basics and Beyond (2nd ed.). Guilford Press.

Semester IV papers

1	PSCY 1001 CORE	Dissertation
2	PSCY 1002 CORE	Internship
3	PSCY 1003 CORE	Adult Psychopathology
4	PSCY 1004 CORE	Human Resource Management
5	PSCY 1005 CORE	Health Psychology

PSCY 1001 CORE: 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 1002 CORE: 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 1003 CORE: 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; 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. 4th 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. California: Brooks/Cole Pub.co.
- 4) Kaplan, H. J., & Saddock, B. J. (2004). Synopsis and Comprehensive Textbook of Psychiatry. 9th 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. 4th Edition. Massachusetts: Allyn and Bacon.

PSCY 1004 CORE: 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: Thomson Wadsworth.
7. Forsyth, D. R. (2006). *Group Dynamics*. 4th Edition. New Delhi: Thomson Wadsworth.
8. French, W. L. & Bell, C. (2007). *Organization Development and Transformation: Managing Effective Change*. 6th Edition. New Delhi: Prentice Hall.

PSCY 1005 CORE: 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* (3rd 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.

