

CHOICE BASED CREDIT SYSTEM (CBCS) FOR PSYCHOLOGY

M.A. SEMESTER – I, II, III & IV PROGRAMME



Received
B. Sinha
16/9/16

UNIVERSITY DEPARTMENT OF PSYCHOLOGY
RANCHI UNIVERSITY

22-1-16
14/9/16

YEAR – 2016

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14/8/16

14/9/16

1

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M.A. SEMESTER – I, II, III, IV

SEMESTER – I

S.N.	Paper	Course	Subject Code	Name of Courses	Credit	Hrs/Week
1	1	FC-1	PSYC	Introduction to Psychology	5	5(L)+1(T)
2	2	CC -1	PSYC	Research Methodology	5	5(L)+1(T)
3	3	CC -2	PSYC	Development of Social Psychology	5	5(L)+1(T)
4	4	CC(P) -3	PSYC	Experimental Psychology - I	5	10

SEMESTER – II

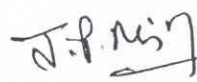
S.N.	Paper	Course	Subject Code	Name of Courses	Credit	Hrs/Week
5	5	EC-1	PSYC	Stress Management in Organizations or Health and Wellness	5	5(L)+1(T)
6	6	CC-4	PSYC	Statistics - I	5	5(L)+1(T)
7	7	CC-5	PSYC	Psychopathology	5	5(L)+1(T)
8	8	CC (P) – 6	PSYC	Testing (Practical)	5	10

SEMESTER – III


S.N.	Paper	Course	Subject Code	Name of Courses	Credit	Hrs/Week
9	9	CC-7	PSYC	Statistics -II	5	5(L)+1(T)
10	10	CC-8	PSYC	Organizational Behavior	5	5(L)+1(T)
11	11	CC (P) -9	PSYC	Experimental Psychology - II	5	10
12	12	EC-2	PSYC	Applied Social Psychology or Community Psychology	5	5(L)+1(T)

SEMESTER – IV

S.N.	Paper	Course	Subject Code	Name of Courses	Credit	Hrs/Week
13	13	CC-10	PSYC	Clinical Psychology	5	5(L)+1(T)
14	14	EC-3	PSYC	Positive Psychology or Gender and Development	5	5(L)+1(T)
15	15	EC (P)-4	PSYC	Counseling & Guidance (Practical)	5	5(L)+1(T)
16	16	Project (PW)		Dissertation	5	10


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SYLLABUS OF PSYCHOLOGY

M.A. SEMESTER – I, II, III, IV

(In Force from July- 2016)

M.A. (SEM-I)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

FC -1

Introduction to Psychology

Objective:

To introduce students to basic concepts of the field of psychology with an emphasis on applications in everyday life.

Eight questions of equal value will be set, out of which students shall have to answer five questions. Q No 1 will be compulsory:

- Unit I : Introduction:** Definition, perspectives, methods and scope of psychology; Organization and functions of the brain and spinal cord; Development of psychology in India.
- Unit II : Perception:** Perceptual processing, perceptual organization: structural, functional; theories of perception: Behaviouristic and Gestalt.
- Unit III : Learning:** Nature of learning; theories of learning: classical conditioning & operant conditioning; contiguity and reinforcement theory of learning.
- Unit IV : Remembering & Forgetting:** Nature and processes; theories of forgetting: decay theory, interference and motivated forgetting storage, retrieval; retroactive & proactive inhibition.
- Unit V : Emotion:** Definition, physiological basis of emotion; Theories: Lindsey's activation theory; Lazarus cognitive appraisal theory, Schechter & Singer's two factors theory.

Readings:

1. **Charles F – Levinthal (2005):** Introduction to Physiological Psychology, Prentice Hall of India Pvt.
2. **Hilgard, E.R.: Atkinson, R.C. & Atkinson, R.L.(1975):** Introduction to Psychology, New Delhi: Oxford & IBH Publishing Co.
3. **Morgan, C.T., R.A., Weisz, J.R. & Schopler, J.(2006):** Introduction to Psychology, New Delhi: Tata Mc.Graw-Hill
4. **Arun Kumar Singh (2012):** Uchhtar Samanya Manovigyan, Patna: Motilal Banarsi Das
5. **Muhamad Suleman (2012):** Samanya Manovigyan: Mool Prakriyaye avam Sangyatamak Prakriyaye, Patna: Motilal Banarsi Das

M.A. (SEM-I)

Total Credit: 5(Univ. Exam-70/Deptt. Exam-30)

CC – 1

Research Methodology

Objective:

To provide an overview of scientific approach to psychological research in terms of scientific methods

Unit I: Psychological Research: Nature and purpose; Scientific approach to Psychology; Types of research- Descriptive, exploratory and Qualitative research methods; Ethical issues.

Unit II: Psychological research process: Formulation of research problem and hypothesis; choosing research design; identifying variables; control of extraneous variables; sampling design and data collection; data analysis and interpretation; reporting research (APA style).

Unit III: Research tools for data acquisition: Observation, interview, Schedule & Questionnaire- types, importance & Construction; advantages and sources of bias.

Unit IV: Experimental & Non-Experimental Research Designs: Randomized groups, matched groups; types, advantages and limitations of factorial design, within groups & between groups; co-relational and quasi experimental designs; cross- sectional and longitudinal designs.

Unit V: Construction of a Psychological Test: Nature; Characteristics and steps involved in the construction of a psychological test.

Readings:

1. **Kerlinger F.N. and Lee H.B. (2000):** Foundations of Behavioural Research 4th Ed. N.Y: Harcourt, College Pub.
2. **Shaughnessy J.J. and Zechmeister B.E. (2003):** Research Methods in Psychology N.Y: The McGraw Hill (Appendix – C)
3. **Anastasi (2002):** Psychological Testing N.Y. the Mc.Graw Hill
4. **Sharma K. R. (2002):** Research Methodology, New Delhi: National Pub. House
5. **Broota, K.D. (1989):** Experimental Design in Behavioural Sciences, New Delhi: Wiley Eastern Limited;.
6. **Goode, W.J. & Hatt, P.K. (1952):** Method in Social Research, Mc.Graw Hill: Kogakusha Ltd.
7. **Kothari, C.R.(1999):** Research Methodology-Methods & Techniques (Ed.II), New Delhi: Wishwa Prakashan.
8. **Singh, A.K.(1995):** Tests, Measurement & Research Methods in Behavioural Sciences, New Delhi: Bharati Bhawan;
9. **Singh, A.K.(2012):** Research Methods Psychology, Sociology and Education (Hindi), Delhi: Motilal Banarsidass.
10. **Suleman, M. (1998):** Research Methodology in Behavioural Sciences (Hindi), Patna: Shukla Book Depot.

M.A. (SEM-I)

Total Credit (Univ. Exam-70/Deptt. Exam-30)

CC – 2

Development of Social Psychology

Objective:

To introduce students to the basic concepts of the field of development of social psychology with an emphasis on applications in everyday life

Unit I: Development of Social Psychology: Historical perspective; problems of Indian social psychology; present status of social psychology in India.

Unit II: Socialization: Nature, process and determinants; psycho-analytic approach; effect of child rearing practices.

Unit III: Prejudice & Communalism in India: Nature; Development; Correlates – psychological and social; Reduction of prejudice & Communalism

Unit IV: Attitude: Nature; Correlates and Theories- Festinger, Rosenberg, Kelman; measurement-thurston and likert scale.

Unit V: Group dynamics and Inter-group relations: Nature, formation, inter- group relations; anti and pro- social behavior.

Readings:

1. Singh, A.K. (2012): Samag Manobigyan ki Ruprekha, Delhi: Motilal Banarsi Das
2. Dewan, R.(Edition-2008 & 2010): Religious Identity and Prejudice, Delhi: Satyam Publishing House
3. Md. Suleman (2009): Uchhtar Samag Manovigyan, Delhi; Motilal Banarsi Das
4. Pandey, J. (2004): Psychology in India-Revised, Delhi: Sage
5. Lindzey, G.& Aronson, E. (1968): The Handbook of Social Psychology, Addison-Wesley Publishing

M.A. (SEM-I)

Total Credit: 5 (Univ. Exam-80/Deptt. Exam-20)

CC (P) – 3

Experimental Psychology-I

Objective:

To provide an overview of scientific approaches to experimental psychology in terms of scientific methods

Unit I: Verification of Weber's Law for lifted weights and visual length by using method of limits & constant stimuli.

Unit II: Katona's Experiments

Unit III: Perception – Perception of time; filled and unfilled condition; short and long interval.

Unit IV: Learning – Incidental vs intentional learning; serial position effect on learning.

Unit V: Forgetting – Testing the phenomenon of retroactive inhibition; testing the phenomenon of pro-active inhibition.

Readings:

1. M.R.D' amato (2006) : Experimental Psychology: Methodology Psychophysics and Learning TMH Edition – Fifteenth Reprint (2006)
2. Stephen F Davis (2005) : Handbook of Research methods in Experimental Psychology, Edited by Steephen F Davis, Blackwell publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.
3. Barry and Morton (1985) : Experimental methods in psychology, Mc Graw Hill
4. Broota K.D.(1992) : Experimental Designs in Behavioural research New Delhi, Wiley Estern
5. Robert L. Solso (2002)
M. Kimberly Maclin : Experimental Psychology, Pearson Education P. Ltd. Indian Branch
6. Prof. C.B. Dave
and others (1998) : Experimental Psychology Theory and Statistics Viral Prakashan – A'bad
7. Mohsin, S.M. (1982) : Experiments in psychology. Patna: Motilal Banarsidas.

M.A. (SEM – II)

Elective Courses : Select any one paper of the following-

EC – 1(P)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

and stress **Stress/Management in Organizations**

Objective:

To provide the knowledge and practice of various aspects of stress and management.

- P4* 1. **Stress:** Concept, different perspectives, and symptoms; framework of stress; Occupational stress.
- M5 & Neha* 2. **Causes of Occupational Stress:** Personal characteristics, organizational structure, properties of work and work setting, job roles.
- Shana* 3. **Effects of Occupational Stress:** Effect on job behavior, job satisfaction, performance, Effects on employee's physical and psychological health **with case studies**.
- All teachers* 4. **Individual-centered Stress Management Techniques:** Cognitive hypno-suggestive, behavioural and physical (yoga and aerobic exercises) interventions; Coping strategies **with case studies**.
- and stress* 5. **A Study Report on Stress/Management among factory workers/teaching institution in respect of gender, ethnicity and religion.**

Readings:

1. Matteson, M. T. & Ivancevich, J. M. (1987): Controlling Work Stress-Effective Human Resources and Management Strategies. San Francisco: Josey Bass
2. Pestonjee, D. M. (1992): Stress and Coping. New Delhi: Sage Publications.
3. Ross, R. R. & Altmair, E. M. (1994): Interventions in Occupational Stress. New Delhi: Sage Publications.
4. Schafer, W. (2000): Stress Management (4th ed.). New Delhi: Cengage.

5. Srivastava, A. K. (1999): Management of Occupational Stress: Theories And Practice. New Delhi: Gyan Publishing House.

Or

EC - 1

Health and Wellness

Objective:

To impart knowledge about health fitness; to make understand the nature and causes of various diseases; To make the student familiar with various yogic processes.

Unit-1: Health and wellbeing: Concept and indicators, medical and bio-psycho-social models of health, cross-cultural perspectives on health, goals of health psychology, approaches to health.

Unit-2: Health behaviour: Role of behavioural factors in disease and disorders; changing health habits; models and approaches to health behavior change – cognitive behavioural and social engineering approaches, and transtheoretical model.

Unit-3: Hypo Kinetic/ Life Style diseases and ill management: obesity, hypertension, diabetes, menopause, osteoporosis, thyroid, depression, phobia. female reproductive disorders.

Unit-4: Yoga, Surya Namaskar and its Effects on Human Body/ Alternative Therapy for Health and Wellness/ Nutrition: astangyog; naturopathy, acupressure ayurved and other.; the balanced diet; principal of weigh control; physiology of weight loss; basic first aid & cardiac life support (CPR).

Unit-5: Practice, Education, Tour and Project: Introduction of Prayers, Mantra, bhavgeet.; Loosening Exercises Program, Kriyas, Yogasan, Suryanamskar, Pranayam, Meditation, Bandh and Mantras, Health care card.

Readings:

1. Swami Adhyatmanand: Yoga & Health, Gujarat Grantha Ratna Karyalaya, A'bad.
2. Yoga, Asan: Pranayam, Mudra Kya, Vivekanand Kendra A'bad
3. Suryanamaskar: Yoga Publication Trust Munger, Bihar (Hindi English).

4. Nagendrakumar Niraj: Prakrutik Chikitsa Avam Yoga. Maa Sita Smruti Swasthya Prakashan Mala, Jaypur-20 (Hindi).

M.A. (SEM – II)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

CC-4

Statistics- I

Unit I: **Basic Statistical Concepts** – Meaning; Types and application of statistics in psychology; Degree of freedom; Null hypothesis; Level of significance.

Unit II: **Nature, Types and computation of central tendency and variability.**

Unit III: **Significance of difference between means** - Critical Ratio and 't' test.

Unit IV: **Correlation** – Meaning and types of correlation; Calculation of correlation- Rank difference method; product moment.

Unit V: **Uses and application of computer in statistics with special reference to SPSS.**

Readings:

1. **Broota, K.D. (1989):** Experimental Design in Behavioural Research Bombay Wiley Eastern, Ltd.
2. **Guilford, J.P. (1954):** Fundamental Statistics in Psychology and Education, New York, Mc. Graw Hill Book Company.
3. **Peatman: S. (1954):** Non-Parametric Statistics for the Behaviour Science Edition, New York Mc.Graw Hill Book Co.
4. **Chadha, N. K. (1998):** Statistical Methods in Behavioural and Social Sciences. ND: Relaince Pub. House.
5. **Field, A. (2005):** Discovering Statistics using SPSS. London: Sage Publications
6. **Meyers, L. S., Gamst, G. &Guarino, A.J. (2008):** Applied Multivariate Research: Design and Interpretation.
7. **Siegel, S. (1986):** Non parametric statistics. NY: Mc.Graw Hill.

8. **Md.Suleman (2009):** Statistics in Psychology, Education and Other Social Sciences (Hindi).

M.A. (SEM – II)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

CC-5

Psychopathology

BSaudi
Unit I: Classification System in Psychopathology- WHO classification(ICD-10) and Multiaxial System (DSM-IV-TR).

A.E.
Unit II: Theories and Models of Anxiety Disorders- Phobia; Dissociative disorders; Obsessive – compulsive disorders.

S.G. S.R.
Unit III: Theories and Models of – Mood disorders; *shagunika* Unipolar and bipolar disorders and *schizophrenia* Schizophrenia – Types, symptoms and causes.

BR
Unit IV: Theories and Models of – Impulsive control disorder, personality disorder; antisocial personality disorder; sexual and gender identity disorder.

BR
Unit V: Other Disorders – De-generative disorders; sleep disorder; eating disorder; Substance related disorders. *Alkhina*

Readings:

1. **Kisker, G.W.(1977).** The dis-organized personality, Tokyo, MC.Graw-Hill Kogakusha Ltd.
2. **World Health Organization (2007).** The ICD-10 Classification of Mental and Behavioural Disorders, India: AITBS Publishers.
3. **Carson, R.C. (2008).** Abnormal Psychology, USA: Pearson Education, Inc.
4. **Md.Suleman (2008).** Asamanaya Manovigyan Vishay aur Vyakhya, Delhi: Motilal Banarsidas (Hindi).
5. **Singh, Arun Kumar (2010).** Asamanya Manovigyan ki Rooprakha, New Delhi: Motilal Banarsidas (Hindi).

M.A. (SEM – II)

Total Credit:5 (Univ. Exam-80/Deptt. Exam-20=100)

CC (P) – 6

Testing

1. Projective Tests

- 54 NI
GR a) Thematic Apperception Test
b) Rorschach Test
c) Word Association Test

2. Personality Inventories

- K a) Cattell's 16 P.F.
BR b) Mousdsley Personality Inventory MD9
c) Beck Depression Inventory - IF

3. Intelligence Tests

- R9 a) Portues Maze Test
AA b) Jalota Group Test of Mental Ability
V, X c) Emotional Intelligence Test

Readings:

1. Anastasi, A. (1988) : Psychological Testing (Stz.Ed.). N.Y: Mc.Millan.
2. Bhargava, M. (2001): Modern Psychological Testing and Measurement (Hindi). Agra: Hari Prasad Bhargava.
3. Broota, K.D.(1990): Experimental Design in Behavioural Research. N.Y: John Wiley.
4. Cronbach, L.J. (1970) : Essential of Psychological Testing. N.Y: Harper & Row.
5. Freeman, F.S.(1986) : Theory and Practice of Psychological Testing. New Delhi: Oxford & IBH Publishing Co.
6. Guilford, J.P (1954): Psychometric Methods. New Delhi: Tata Mc.Grans – Hill Publishing Co. Ltd.

M.A. (SEM-III)

Statistics – II

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

CC -7

Unit I: Distinctive features of parametric and non-parametric statistical test and their uses. Percentile and percentile rank; Meaning; Methods.

Unit II: Chi-square as a test of Independence and Goodness of fit; Assumptions, computation by 2×2 contingency table and testing equal probability and normal distribution hypothesis.

Unit III: Analysis of variance: Meaning, Assumptions and application; One way and Two ways ANOVA.

Unit IV: Normal probability curve- Meaning, Characteristics, Application and computation.

Unit V: Correlation: Assumptions, Application computation of Bi-serial and point bi-serial.

Readings:

1. **Aron, Author ,Aron,E.N. and coups E.J.(2007):** Statistics for psychology New Delhi: Pearson Education
2. **Dave, C.D. and others (1998):** Experimental Psychology: Theory and Statistics, Allahabad: Viral Prakashan.
3. **Siegels (1994) :** Non Parametric Statistics for Behaviour Science 2nd Edition, New York: Mc.Graw Hill Book Co.
4. **Md.Suleman (2009):** Statistics in Psychology, Education and other Social Sciences (Hindi).

M.A. (SEM – III)

Organizational Behaviour

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

CC – 8

Unit-1: Introduction, nature and types of organization: nature and development of organizational dynamics; types and relationship with other sciences; nature of social organization system; **characteristics** of social organization.

Unit-2: Organizational behaviour: theories- classical theory, neo-classical theory, modern theory, X and Y theory

Unit-3: The Work Environment: illumination, ventilation; temperature and noise; role of human factor in industry with special reference to Hawthorne studies; importance of motivation for work; incentive.

Unit-4: Power, Authority and Control: definitions - social power; theories of social power; use of power strategies; control system; reaction due to control authority; logic of authority; application of authority.

Unit-5: Communication in organizations: nature, channel; types; factors influencing effective communication.

Readings:

1. **Luthans, Fred (2002):** Organizational Behaviour, New Delhi: Mc.Graw-Hill
2. **Newstrom. J. W. and Davis, K (2002):** Organizational Behaviour – Human Behaviour at Work , New Delhi: Tata Mc.Graw – Hill
3. **Glimer V.H. (1971):** Industrial and Organizational Psychology, New York: Mc.Graw – Hill
4. **Singh, Arun Kumar (2003):** Odyogik avam Sangthnatmak Mnovigyan, Patna: Bharti Bhawan

M.A. (SEM – III)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam 30)

CC (P) – 9

Experimental Psychology-II

1. Two Point Threshold
2. Efficiency of Distributed and Massed Practice
3. Fatigue and Mental Health
4. Retention for Completed and Interrupted Task- Zeigarnik Effect
5. Retention as a Function of Meaningfulness.

Readings:

1. Wood worth R.S. & Schlosberg's (1984): Experimental Psychology (Revised Edition) J.W. Kling & Lorrin A Riggs and Seventeen Contributors, Delhi: Khosla Publishing House.
2. B.J. Underwood (1966): Experimental Psychology (2nd Edition). Appretor Centre and Cropts..
3. Mohsin, S.M. (1982): Experiments in Psychology. Patna: Motilal Banarsidas.
4. Desai K.G. (1994): Manovaignanik Mapan (3rd Edition), Ahmedabad: University Granth Nirman Board
5. Md.Suleman (2009): Manovigyan me Prayog aur Prikshan, Delhi: Motilal Banarsi Das.

M.A. (SEM – III)

Total Credit: 5(Univ. Exam-70/Deptt. Exam-30)

EC – 2

Applied Social Psychology

Unit 1: Introduction to Applied Social Psychology: Definition, relationship with basic social psychology, historical developments and major concerns.

Unit 2: Social Psychology and Health: Health Belief Model, Health compromising behaviors; health promotion, cognitive response and dual process models of persuasive change; stress and health.

Unit 3: Social Psychology and Environment: Human interaction with environment, environmental hazards and challenges; environmental attitudes, risk perceptions, encouraging pro-environmental behavior.

Unit 4: Gender Issues: Meaning - Gender and Sex, Patriarchy; legal safe-guards of women empowerment; women violence- types, causes and remedies; Feminism

Unit 5: Psychology of Crime, Corruption and Violence: Definitions, types and preventive measures; Corruption: concept, types and causes; Violence against children and elders- causes and preventions.

Readings:

1. Baron, R. A., Branscombe, N. R. & Byrne, D. (2009): Social Psychology (12th ed.). New York: Pearson Education.
2. Myer, D.G. (2012): Social Psychology (11th ed.). New York: McGraw Hill.
3. Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006): Social Psychology (12th ed.). New Jersey: Pearson Education.
4. Mishra, Girishwar (1990): Applied Social Psychology in India, Delhi: Sage Publication
5. Rai, S.C. (2009): Bhartiya Samagik Samassaye, Delhi: Arjun Publishing House

6. **Suleman and Dinesh Kumar (2010):** Manovigyan aur Samagic Samasyaye, Delhi: Motilal and Banarsi Das.
7. **Dewan, R. (2011):** Aandolan Ki Mahilaye (ed.), *New Delhi: Educational Book Service, Series – II.*

Or,

Community Psychology

Objectives:

To impart knowledge about community psychology; to make the students familiar with contribution of community psychology; to acquaint the students with prevention of mental disorders of human diversity.

Unit-I: Introduction to Community psychology: Definition and perspectives; Development and practice of community psychology; Ecological levels of analysis in community psychology

Unit-II: Methods of community research: Aims of community psychology research: Qualitative, quantitative; integrating qualitative and quantitative methods.

Unit-III: Understanding communities: Individuals within environments; conceptual models of ecological context; importance of context for intervention; creating and altering settings. Nature, importance and context of community, human diversity, coping and stress in context.

Unit-IV: Preventing problem behaviour and promoting social competence: Concepts of prevention and promotion, risk and resiliency. Implementing prevention and promotion programmes: issues and cultural diversity in programme implementation.

Unit-V: Promoting community and social change: empowerment and citizen participation; multiple forms of power; empowerment practices and settings. Community and social change; community organizing techniques; elements of effective community change initiatives.

Readings:

1. **Kloos, B., Hill, J, Thomas, E., Wandersman, A., Elias, M., & Dalton, J. H. (2012):** Community psychology: Linking individuals and communities (3rd ed.). Wadsworth, Cengage Learning: Belmont, CA, USA.
2. **Naidoo, A., Pillay, J., & Bowman, B. (2007).** Community psychology. Juta and Company Ltd.

3. Orford, J. (1992). Community psychology: Theory and practice. Wiley.
4. Rappaport, J. & Seidman, E. (2000). Handbook of community psychology. Springer Science & Business Media.
5. Rudkin, J.K. (2003). Community psychology: Guiding principles and orienting concepts. Prentice Hall.

M.A. 2016 (SEM-IV)

Total Credit: 5 (Univ. Exam-70/Deptt. Exam-30)

CC - 10

Clinical Psychology

Unit I: Nature: Development of clinical psychology as a profession; Development of clinical psychology in India; Clinical psychology and related fields; psychiatry; Psychiatric social work.

Unit II: Diagnosis: Meaning: Techniques; The case history; the interview and diagnostic test.

Unit III: Directive and non-directive psychotherapies – Freudian psychoanalytic therapy: Merits and limitations; Roger's Non-directive therapy; Characteristic; Step involved; Difference between directive and non-directive therapies.

Unit IV: Behaviors Therapy - Concept; Types and importance.

Unit V: Group Therapy – Family therapy; Play and release therapy; Community mental health programmes.

Readings:

1. Sarason I. G. and Sarason B.R.(2005): Abnormal Psychology : The Problem of maladaptive Behavior, 11th Edition (2005), Prentice- Hall of India Private LTD, New Delhi

2. **Korchin, S.J.(2004):** Modern Clinical Psychology, Delhi: CBS Publishers & Distributors.
3. **Shaffer, G.W. and Lazarus, R.S. (1952):** Fundamental Concepts in Clinical Psychology, Mc. Graw Hill Book Co.
4. **Wolman, B.B. (1965):** Handbook of Clinical Psychology, MC.Graw Hill Book Co.
5. **Singh, A.K. (2012):** Uchhatar Naidanic Manovigyan, Delhi: Motilal Banarsi Das.

M.A. 2016 (SEM-IV)

Total Credit: 5(Univ. Exam-70/Deptt. Exam-30)

EC- 3

Positive Psychology

Unit 1: Introduction: Definition and objectives, historical development, theoretical perspectives of positive psychology.

Unit 2: Subjective well-being: Concept and indicators, life satisfaction, peace and happiness, determinants of happiness; theoretical frameworks.

Unit 3: Strategies to enhance happiness: Enhancing pleasure, engagement and meaning-making; self-related processes.

Unit 4: Character strengths and virtues: Classification, assessment and nurturance; barriers in developing strengths and virtues.

Unit 5: Meeting life challenges: Nature, type and sources of stress, individual interpretations and responses, coping strategies and their assessment, promoting healthy coping strategies and life skills.

Readings:

1. **Carr, A. (2004):** Positive psychology. London: Routledge.
2. **Compton, W.C. (2005).** Introduction to positive psychology. Belmont: Wadsworth.
3. **Linley, P.A; & Joseph, S.(2004).** Positive psychology in practice. New York: Wiley.

4. Peterson, C; & Seligman, M.E.P. (2004). Character strengths and virtues. New York: Oxford University Press.

5. Snyder, C.R. & Lopez, S. J. (2002) Handbook of positive psychology. Oxford: Oxford University Press.

Or

Gender and Development

Objective:

This paper largely focuses on India's attempts to establish a link between development and gender. It will particularly focus on different perspectives and Govt. schemes adopted for promoting gender and development as well as women empowerment.

NI Unit 1: Gender Equality and in-equality in Patriarchy:

- Issue of discrimination, violence, exploitation and oppression.
- Indicators of low status of women in patriarchal society
- Nature and problems of women's work: self-employment, labour force participation
- Family compulsions and other factors affecting gender related choices or priorities of work, role conflict among women.

Unit 2: Perspectives on Gender and Development:

- Welfarist and developmentalist
- Empowerment: paradigms and paradoxes
- Changing status of women in India, pre-colonial, colonial and post-colonial.
- Measures to uplift women's status.

Unit 3: Measures to improve Gender Relations:

- Special schemes and strategies for women's development in five year plans.
- Voluntary sector and women's development.
- Women in sectoral development: Education, Health, Agricultural and Industry.

Unit 4: Globalization and Women's Development:

- Development Policies – Liberalization and globalization: their impact on women.
- Environment Development and Gender- Deforestation
- Women in Panchayati Raj Institutions and Urban Local Bodies: 73rd and 74th Constitutional Amendments.

Unit 5: Women's movement in India: past and future

Readings:

1. **Forbes, Geraldine (1998):** Women in Modern India, London: Cambridge University Press.
2. **Ghadially, Rehana (1998):** Women in Indian Society, New Delhi: Sage
3. **Seth, Mira (2001):** Women and Development, New Delhi: Sage Publications.
4. **Suchitra, Anant, Ramani Rao and Kabita Kapoor (2005):** Women at Work in India, Ministry of Labour, GOI.
5. **Aggrawal, Bina (1998):** Structures of Patriarchy: State, Community and Household in Modernization of Asia, New Delhi: Kali for Women.
6. **Gulati Leela (1982):** Profiles in Poverty. New Delhi, Hindustan Publishing Corporation.
7. **Dewan Renu (2012):** Panchayat Ki Mahilaye (ed.), *New Delhi: Educational Book Service.*

M.A. (SEM-IV)

Counseling & Guidance

Total Credit: 5(Univ. Exam-80/Deptt. Exam-20)

EC (P) – 4

Unit I: Introduction: Meaning, types and goals of counseling & guidance; related fields; skills of an effective counselor; ethical issues in counseling & guidance.

Unit II: Counseling Approaches: Psychoanalytic, Behavioral, Humanistic and cognitive with Seminar/Poster Presentation

Unit III: Counseling Process: External conditions and preparation; structuring the counseling relationship; tools of counseling: interview and degrees of lead by the counselor; non-verbal behaviour.

Unit IV: Counseling with case studies: Educational, Career and Family; stress management oriented counseling; counseling for Hypertension/ Cancer/ HIV /AIDS/ child abuse and drug abuse patients.

Unit V: Vocational Guidance for Career Development of Youth – Nature and principles; techniques of guidance- individual and group with field-work.

Readings:

1. **Richard Nelson – Jones (2012):** Basic Counseling Skills (A Helper's Manual) Third Edition, Delhi: Sage.
2. **Cormier, S., & Hackney, H. (2013):** Counseling strategies and interventions (8th International Edition). London: Pearson.
3. **Erford, B. (2013):** Orientation to the counseling profession: Advocacy, ethics, and essential professional foundations (2nd Ed.). London: Pearson.
4. **Fouad, N.A. (Ed) (2012):** APA Handbook of counseling psychology. Washington: American Psychological Association
5. **Gelso, C. J., & Fretz, B .R. (2000):** Counselling psychology (2nd Ed). KY: Cengage Learning.
6. **Gladding, S. T. (2014):** Counseling: A comprehensive profession. New Delhi: Pearson Education.
7. **Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.) (2010):** Handbook of counselling psychology (3rd Ed). London: Sage Publication Ltd.

M.A. (SEM-IV)

Dissertation

Total Credit: 5 (100 Marks)

Project Work (PW)

Students will be allotted to work under the supervision of a full time teacher of the University Department of Psychology on a given topic and will be required to submit three copies of hard bound dissertation along with the raw data one month before the viva voce examination.

The dissertation work may involve laboratory research, field work, survey research, case study or any other type of psychological research. Further, it may include one large study/experiment or several studies/experiments depending on the objectives of the research. The writing of dissertation must be in accordance with the Publication Manual of the American Psychological Association (APA) and should be within 80 to 100 pages including references and appendices.

The evaluation of the dissertation will be done in **100 marks (70 marks + 30 marks** of the session). The sessional component will be evaluated by the concerned supervisor. The end term evaluation (70 marks) will be done by a board of examiners. The end term evaluation in 70 marks will include the literary and scientific presentation of the dissertation and the performance in the viva-voce.