

Syllabus

M.A. (Psychology)

[w.e.f. 2017-18]



DEPARTMENT OF PSYCHOLOGY
CENTRAL UNIVERSITY OF HARYANA

CENTRAL UNIVERSITY OF HARYANA
Master of Arts in Psychology (Semester-wise structure)
Semester-I

The First Semester of M.A. Psychology would have Five Papers; of which Four are Core Courses and one is Generic Elective Course (GEC) to be opted from other Department.

| S.No. | Course code | Course title | L | T | P | Credit |
|-------|------------------------------|--|---|---|----|--------|
| 1. | SAHS PSY 01 01 01 C 5005 | Theoretical Foundation of Psychology | 5 | 0 | 0 | 5 |
| 2. | SAHS PSY 01 01 02 C 5005 | Experimental Psychology | 5 | 0 | 0 | 5 |
| 3. | SAHS PSY 01 01 03 C 5005 | Research Methods & Statistics | 5 | 0 | 0 | 5 |
| 4. | SAHS PSY 01 01 04 C 00125 | Practicum-I (Experiments & Survey) | 0 | 0 | 12 | 5 |
| 5. | | <i>To be taken from other department</i> | 4 | 0 | 0 | 4 |

Semester-II

The Second Semester of M.A. Psychology would have Six Papers; of which Five are Core Courses, one is Discipline Centric Elective Course (DCEC).

| S.No. | Course code | Course title | L | T | P | Credit |
|-------|--------------------------------|--|---|---|----|--------|
| 1. | SAHS PSY 01 02 05 C 5005 | Biopsychology | 5 | 0 | 0 | 5 |
| 2. | SAHS PSY 01 02 06 C 5005 | Cognitive Psychology | 5 | 0 | 0 | 5 |
| 3. | SAHS PSY 01 02 07 C 5005 | Research Designs and Analysis | 5 | 0 | 0 | 5 |
| | SAHS PSY 01 02 08 C 5005 | Social Psychology | 5 | 0 | 0 | 5 |
| 4. | SAHS PSY 01 02 09 C 00125 | Practicum-II (Experiments and Profiling) | 0 | 0 | 12 | 5 |
| 6. | SAHS PSY 1 2 DCEC -- --- | <i>Any one of the following four courses</i> | 5 | 0 | 0 | 5 |
| | SAHS PSY 01 02 01 DCEC 5005 | Personality | | | | |
| | SAHS PSY 01 02 02 DCEC 5005 | Sport Psychology | | | | |
| | SAHS PSY 01 02 03 DCEC 5005 | Motivation and Emotion | | | | |
| | SAHS PSY 01 02 04 DCEC 4004 | Cross-Cultural Psychology | | | | |
| | SAHS PSY 01 02 05 DCEC 5005 | Developmental Psychology | | | | |

Semester-III

The Third Semester of M.A. Psychology would have Six Papers; of which Four are Core Courses, One is Discipline Centric Elective Course (DCEC) and another is Generic Elective Course (GEC) to be opted from other Department.

| S.No. | Course code | Course title | L | T | P | Credit |
|-------|-----------------------------------|---|---|---|----|--------|
| 1. | SAHS PSY 01 03 10 C 5005 | Psychopathology | 5 | 0 | 0 | 5 |
| 2. | SAHS PSY 01 03 11 C 5005 | Mental Abilities | 5 | 0 | 0 | 5 |
| | SAHS PSY 01 03 12 C 5005 | Guidance & Counselling | 5 | 0 | 0 | 5 |
| 3. | SAHS PSY 01 03 13 C 00125 | Practicum-III (Psychological Tests) | 0 | 0 | 12 | 5 |
| 5. | | <i>To be taken from other department</i> | 4 | 0 | 0 | 4 |
| 6. | | <i>Any one of the following six courses</i> | 5 | 0 | 0 | 5 |
| | SAHS PSY 01 03 06 DCEC 5005 | Rehabilitation Psychology | | | | |
| | SAHS PSY 01 03 07 DCEC 5005 | Military Psychology | | | | |
| | SAHS PSY 01 03 08 DCEC 5005 | Criminal and Forensic Psychology | | | | |
| | SAHS PSY 01 03 09 DCEC 5005 | Organizational Behaviour | | | | |
| | SAHS PSY 01 03 10 DCEC 5005 | Positive Psychology | | | | |

Semester-IV

The Fourth Semester of M.A. Psychology would have Four Papers and all of them are Core Courses.

| S.No. | Course code | Course title | L | T | D | Credit |
|-------|-----------------------------|---------------------|---|---|---|--------|
| 1. | SAHS PSY 01 04 14 C 5005 | Clinical Psychology | 5 | 0 | 0 | 5 |
| 2. | SAHS PSY 01 04 15 C 5005 | Health Psychology | 5 | 0 | 0 | 5 |
| 3. | SAHS PSY 01 04 16 C 5005 | Psychometrics | 5 | 0 | 0 | 5 |
| 4. | SAHS PSY 01 04 17 C 0066 | Dissertation | 0 | 0 | 6 | 6 |

List of Generic Elective Course (GEC) offered by the Department to students of other Departments

| S.No. | Course code | Course title | L | T | P | Credit |
|--------------------------------|-------------------------------|---------------------------------|---|---|---|--------|
| <i>Offered in Semester I</i> | | | | | | |
| 1. | SAHS PSY 01 01 01 GEC 4004 | General Psychology | 4 | 0 | 0 | 4 |
| 2. | SAHS PSY 01 01 02 GEC 4004 | Psychology in Everyday Life | 4 | 0 | 0 | 4 |
| <i>Offered in Semester III</i> | | | | | | |
| 3. | SAHS PSY 01 03 03 GEC 4004 | Social and Community Psychology | 4 | 0 | 0 | 4 |
| 4. | SAHS PSY 01 03 04 GEC 4004 | Stress & Health | 4 | 0 | 0 | 4 |

C= Core Course

DCEC= Discipline Centric Elective Course

GEC= Generic Elective Course

Semester-I

CORE COURSE-I
THEORETICAL FOUNDATION OF PSYCHOLOGY
SAHS PSY 01 01 01 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT – I

Emergence of Psychology – Psychology as a Science, Nature & Scope of Psychology. Schools of Psychology: Basic Tenets- Structuralism, Functionalism

UNIT – II

Classical Psychoanalysis: Freud, Adler, Jung, Sullivan, Horney.

Behaviourism. Gestalt psychology.

UNIT- III

Theories of Learning: Thorndike, Hull, Guthrie, Tolman, Bandura.

Motivation: Lewin, Maslow. Emotions: James Lange, Cannon- Bard, Schachter- Singer.

UNIT- IV

Type Theories of Personality: Sheldon, Kretchmer. Trait theories: Allport, Eysenck, Cattell.

Eastern Models of Psychology: Vedic and Budhist.

Recommended Books:

1. Brenman, J. F. (2004). History and Systems of Psychology (6thEd). Delhi. Pearson Pub.
2. Cornelissen, M; Mishra, G & Verma, S. (2013) Foundations of Indian Psychology. New Delhi; Pearson Education.
3. Dalal, A.K. & Mishra, G (2002) . New Directions in Indian Psychology: Social Psychology, Vol.1. New Delhi, Sage Pulications.
4. Marx, M.H. & Hillix, W.A. (1978). Systems and Theories in Psychology. New Delhi: Tata McGraw-Hill. Publication Ltd.
5. Schultz, D. & Schultz, S. (2000). A History of Modern Psychology. U.S.A.: Harcourt Brace & Co.
6. Shiraev, E. (2015). A History of Psychology- A Global Perspective. New Delhi. SAGE
7. Viney, W. & King, D. (1998) History of Psychology. Boston: Allyn and Bacon.
8. Wolman, B.B. (1995). Contemporary Theories and Systems in Psychology. Delhi: Freeman.

CORE COURSE-II
EXPERIEMENTAL PSYCHOLOGY
SAHS PSY 01 01 02 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Experimental Psychology: Nature, Historical Background, Contribution of Weber, Fechner, Wundt & Galton. Sensory Processes: Visual and Auditory; Structure and Functions of Eye and Ear.

UNIT- II

Perceptual Processes: Nature, Perception of Form, Size, Space, Movement, and Time.
Perceptual Constancy', Illusions, Subliminal Perception.

UNIT-III

Psychophysics: Problems, Methods of Classical Psychophysics.
Signal Detection Theory: Basic Concepts, Assumptions and Applications.

UNIT- IV

Classical Conditioning: Nature and Process; Factors affecting Classical Conditioning;
Instrumental and Operant Conditioning: Basic Concepts, Schedules of Reinforcement; Applications.
Verbal Learning: Methods, Organizational Processes, Discrimination Learning: Nature and Paradigms.

Recommended Books:

1. Anderson, D.C. and Borkowski, J.G. (1978) Experimental Psychology: Research Tactics and their Applications. Illinois: Scott foreman.
2. Chance,P.(1988). Learning and Behaviour. California: Wadsworth.
3. D'Amato, M.R. (1970): Experimenal Psychology: Methodology, Psychophysics, and Learning
4. Domjan, M. (2003) The Principles of Learning and Behaviour, California: Wadsworth / Thomson.
5. Flaherty, C.F. , Hamilton, L.W., Gandelman, R.J., & Spear, N.E. (1977). Learning and Memory. Chicago: Rand McNally.
6. Goldstein, E.R. (2007). Psychology of Sensation and Perception. New Delhi: Cengage Learning.

7. Kantowitz, B. H., Roediger, H. L., & Elmes, D. G. (2014). *Experimental psychology*. Cengage Learning.
8. Liberman, D.A. (1990) *Learning: Behaviour and Cognition*. California: Wadsworth
9. Riggs, L. A., Woodworth, R. S., Schlosberg, H., & Kling, J. W. (1972). *Woodworth & Schlosberg's Experimental Psychology*. London: Methuen.
10. Woodworth, R. S., & Schlosberg, H. (1971). *Experimental Psychology*. New Delhi (India: Oxford and IBH

CORE COURSE-III
RESEARCH METHODS & STATISTICS
SAHS PSY 01 01 03 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Scientific Research. Research- Nature and Types, Purpose and Dimension of Research, Levels of Measurement

Research Problems, Hypothesis, Variables and their control

UNIT-II

Sampling- Nature, Basic Principles, Probability and Non-Probability Sampling Techniques

Methods- Experimental, Observation, Interview, Case Study and Survey

UNIT-III

Measures of Central Tendency and Variability

Normal Probability Curve- Nature, Characteristics, and Applications

Correlation - Pearson's Product Moment, Spearman Rank Order, Kendall Rank Correlation and Bi-serial Correlation

UNIT-IV

Inferential Statistics- Standard Error of Mean, Significance of Mean Difference: Independent and Dependent Groups

Non-parametric Tests- Chi-Square, Sign Test, and Wilcoxon Signed Rank Test.

Ethical Issues in Research; and Report Writing (APA Style)

Recommended Books:

1. Broota, K.D. (1989). Experimental Design in Behavioural Research. Wiley Eastern. New Delhi.
2. Coolican, H. (2004). Research methods and Statistics in Psychology. Hoddes Arnold. London.
3. Edwards, A.L. (1985). Experimental designs in psychological research. Harper & Row. New York.
4. Garrett, H. E (2005). Statistics in psychology and Education. Paragon international Publishers. New Delhi.
5. Guilford, J.P. (1956): Fundamental Statistics in Psychology and Education. McGraw Hill.

6. Heiman, G.W. (2001). Understanding research methods and statistics: An integrated introduction for psychology (2nd Ed.). Houghton Mifflin Company. Boston
7. Howell D.C. (1997). Statistical Methods for Psychology (4th Ed). Duxbury. Pacific Grove, CA.
8. Kerlinger, N. (1996). Foundations of behavioural research. Prentice Hall. New Delhi.
9. McGuigan, F.J. (1997): Experimental Psychology: Methods of Research. Pearson.
10. Seigel, S. (1956): Non-Parametric Statistics for the Behavioural Sciences. McGraw Hill.
11. Shagnessy, J.J. & Zechmeister, E.B. (1997). Research Methods in Psychology. New York: McGraw Hill.
12. Singh A.K. (2006). (5th Ed.). Tests, Measurement and Research Methods in Behavioural Sciences. Bharati Bhavan. Patna
13. Singh R., Shyam R & Gupta, L. (2015) Fundamental Statistics for Social Sciences. Intellectual Foundation. Happy Book Dept., Delhi Road, Model Town, Rohtak.

CORE COURSE-IV
PRACTICUM-I
(EXPERIMENTS & SURVEY)
SAHS PSY 01 01 04 C 00125

Credits: 5 (Hrs/week: 10)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

Part-A

(75 Marks)

Any twelve practicals out the following are to be conducted during the semester. One Practical will be allotted to the candidate during examination and Evaluation will be based on Conduction, Report, and Viva-Voce.

1. Depth Perception
2. Perceptual Constancy
3. Discrimination Learning.
4. Perception of Time
5. Muller Lyer Illusion
6. Retinal Colour Zones
7. Experiment of Classical Conditioning
8. Maze Learning
9. Autokinetic Movement
10. Verbal Learning.
11. Achievement Motivation
12. Emert's Law/ Weber Law
13. Determination of AL/ DL
14. Incidental Versus Intentional Learning
15. Signal Detection Theory (SDT)
16. Survey.
17. Phi-Phenomenon
18. Data Entry and analysis using SPSS/Excel.
19. Colour Contrast.
20. Colour Mixture.

Part-B Profiling of Equipment-

(25 Marks)

Candidate is required prepare profile of 8 equipment's (4 Tests and 4 Instruments). Profile of one equipment and one test will be allotted to the candidate during the examination and evaluation will be based on Profile Record, Report and Viva –Voce.

ELECTIVE COURSE

To be taken from other department

GENERIC ELECTIVE COURSE-I
GENERAL PSYCHOLOGY
SAHS PSY 01 01 01 GEC 4004

Credits: 4 (Hrs/week: 4)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Psychology: Nature and Scope & Schools of Psychology

Methods of Study: Case Study, Observation, Interview, Experimental

UNIT-II

Sensation: Nature and Types

Perception: Nature, Perceptual Organization.

UNIT-III

Learning: Definition, How do we learn: Trail & Error, Insight, Conditioning and Social Learning

Motivation: Nature, Theories: Drive Theory, Maslow's Need Hierarchy Theory

Emotion: Emotional expression, Theories of emotions.

UNIT-IV

Intelligence: Nature, Theories: Two Factor and Group Factor Theories, Measurement of Intelligence.

Personality: Nature, Determinants and Measurement.

Recommended Books:

1. Baron. A. Robert (2002). Psychology (5th Edition), Pearson Education. New Delhi.
2. Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to Psychology (7th Edition). Tata McGraw Hill Book Co. New Delhi.
3. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson (1975). Introduction to Psychology (6th Edition), Oxford IBH publishing Co. Pvt. Ltd. New Delhi.
4. Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): Psychological Science. WW Norton & Company. Inc. New York.

GENERIC ELECTIVE COURSE-II
PSYCHOLOGY IN EVERYDAY LIFE
SAHS PSY 01 01 02 GEC 4004

Credits: 4 (Hrs/week: 4)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Psychology: Nature, Scope and Applications

Methods of Study: Experimental, Ethnography, Cross-Cultural, Observation; and Case Study

UNIT-II

Know Thy Self: I & Me, Real-Self, Self-Concept, Self-Esteem; and Self-Efficacy

Personality: Nature, Scope and its Development (Theoretical Perspectives)

Intelligence: Basic theories and modern conception, Measurement

UNIT-III

Attitude: Formation, Functions and Factors contributing on Change of Attitude

Social Influence: Conformity, Compliance and Obedience

Helping Behaviour- Altruism and Pro-Social Behaviour

UNIT-IV

Abnormality: Definition and Criteria of Abnormality

Disorders: Introduction of Psychological Disorders (DSM-IV TR & DSM-5)

Stress: Concept, Types; and Related Health Problems.

Recommended Books:

1. Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): Psychological Science. WW Norton & Company. Inc. New York.
2. Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to Psychology (7th Edition). Tata McGraw Hill Book Co. New Delhi.
3. Larsen, R.J. & Buss, D.M. (2011). Personality Psychology: Domains of Knowledge about Human Nature. New Delhi: Tata McGraw-Hill.
4. Baron, R.A., & Byrne, D. (2004). Social Psychology. Singapore: Pearson Education
5. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Ed. Pearson Education. New Delhi, India.

Semester-II

CORE COURSE-I
BIOPSYCHOLOGY
SAHS PSY 01 02 05 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT- I

Biopsychology: Nature, Scope and Approach; Methods of studying the brain. Lesion, Ablation, Brain Stimulation, Scanning methods – CT, MRI, PET, EMG, EEG; Electrophysiological Recordings-EMG,EEG, AEP.

UNIT-II

Cell: Structure and Functions (Neuron: Structure, Functions and Types; Supporting Cells in Nervous System; Structure and Functions of Glia Cells.

Nerve Impulse: Conduction; Synaptic Transmission- Structure of synapse, Process of Synaptic transmission (Chemical events at synapse); Neurotransmitters: Types.

UNIT-III

Nervous System: Organization; CNS: Structure and Functions .Peripheral Nervous System: Somatic System Spinal and Cranial Nerves; Autonomic Nervous System: Sympathetic and Parasympathetic.

UNIT-IV

Endocrine Glands: Structure, Location and Functions. Ingestive Behaviour: Neural Mechanisms of Hunger and Thirst. Physiological mechanisms of Sleep and Waking; Stages and Types of sleep; Sleep Disorders.

Recommended Books:

1. Bannett, T.L. (1977). Brain and Behaviour. California: Brooks/Cole.
2. Carlson, Neil R. (2005) Foundations of Physiological Psychology, 6th ed. Pearson Education and Dorling Kindersley (India): New Delhi.
3. Gazzaniga, M.S. Lvry, R.B. and Mangun, G.R.(2002) Cognitive Neuroscience : The Biology of the mind 2nd Edition. New York :W.W. Norton & Company, Inc.

4. Graham, R.B. (1990) *Physiological Psychology*. California: Wadsworth.
5. Kalat, J.N. (2001) *Biological Psychology*. California: Wadsworth.
6. Leukel, F. (1985). *Introduction to Physiological Psychology*. New Delhi: CBS Publishers.
7. Levinthal, C.R. (1991) *Introduction to Physiological Psychology*. New Jersey: Prentice Hall.
8. Morgan, T.H. and Stellar, A. (1965). *Physiological Psychology*. New York: McGraw Hill.
9. Pinel, John P.J. (2006) *Biopsychology* 6th ed. Pearson Education Inc. and Dorling Kindersley (India): New Delhi.

CORE COURSE-II
COGNITIVE PSYCHOLOGY
SAHS PSY 01 02 06 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT – I

Cognitive Psychology: Historical Background, Scope, Approaches- Top down, Bottom-Up, and Information Processing, Methods of study- Behavioural and Physiological .

UNIT- II

Attention: Nature, Capacity and Information Processing. Selective Attention: Nature, Models- Filter and Attenuation. Divided Attention. Pattern Recognition: Template Matching, and Feature Analysis.

UNIT-II

Nature, Methods of Study; Types of Memory, Models of Memory: Atkinson and Shiffrin, Levels of Processing, Parallel Distributed Processing. Autobiographical memory. Eye-Witness Testimony. Mnemonics. Forgetting: Nature, Factors, and Theories.

UNIT-IV

Language: Properties; Structure; and Processes of Language Acquisition. Thinking: Nature; Concept Formation.

Problem Solving: Nature, Strategies of Problem Solving. Reasoning: Nature and Types

Recommended Books :

1. Eysenck, M.W., and Keane, M.P (2000). Cognitive Psychology: A students guide, Psychology Press.
2. Galotti, K.M. (2000), Cognitive Psychology in and out of the Laboratory. Delhi: Thomson
3. Kellogg, R.T. (2012). Fundamentals of Cognitive Psychology. Lab Angles: Sage.
4. Matlin, M.W. (2008), Cognitive. New York: Wiley.
5. Solso, R.L. (2001). Cognitive Psychology. Delhi: Pearson Education.
6. Sternberg, R.J. (2007). Cognitive Psychology. Delhi: Thomson.
7. Galotti, K.M.(2011). Cognitive Development: Sage Publication.

CORE COURSE-III
RESEARCH DESIGNS AND ANALYSIS
SAHS PSY 01 02 07 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Research Design-Nature, Purpose and Principles. Between Subjects Design- Random & Mixed (Two & Three Factors) and Analysis in Factorial Design (ANOVA)

Multiple Comparison of Means (Post-Hoc Comparison)- Newman Keul's Test, Tukey Test and Duncan Test.

UNIT-II

Within Subjects Design- Single and Two Factor Repeated Measures Designs (Repeated Measure on one factor only)

Quasi Experimental Design-Single Group, Non-Equivalent Control Group and Time-Series Designs

UNIT-III

Nature and Assumptions of Qualitative Research, Nature of Reality and Role of Research
Issues in Qualitative Research-Subjectivity, Reflexivity, Validity and Triangulation

UNIT-IV

Methods of Qualitative Research- Grounded Theory, Ethnography, In-Depth Interview and Focus Group Discussion

Analysis- Thematic Analysis, Narrative Analysis, Conversation Analysis and Content Analysis

Recommended Books:

1. Broota, K.D. (1989). Experimental Design in Behavioural Research. Wiley Eastern. New Delhi.
2. Singh A.K. (2006). (5th Ed.). Tests, Measurement and Research Methods in Behavioural Sciences. Bharati Bhavan. Patna
3. Richards Lyn and Morese Janice M. (2013) Read me first for a user's guide to Qualitative methods. (3rd Ed.). Sage Publication. Thousand Oaks.
4. Berg, B. L. (2001): Qualitative Research Methods for Social Sciences. Pearson. M.A.

CORE COURSE-IV
SOCIAL PSYCHOLOGY
SAHS PSY 01 02 08 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Introduction- Nature and Scope of Social Psychology

Methods- Experimental, Survey, Ethnography, Cross-Cultural; and Sociometric.

Ethical Issues in Social Psychological Research.

UNIT-II

Socialization Processes-Nature, Approaches, Agencies

Social Perception- Non-Verbal Communication, Attribution Process, Theories of Attribution, Impression Formation.

Social Cognition- Schemas and its Impact, Heuristics and Social Inferences

UNIT-III

Attitude- Nature, Formation, Maintenance and Attitude Changes (Heider's and Festinger)

Social Influence- Conformity, Compliance, and Obedience

Stereotyping, Prejudice, and Discrimination: Causes and Effects

UNIT-IV

Group: Dynamics and Norms. Social Identity, Crowd Behaviour.

Aggression- Nature, Sources; and Theories- Biological, Social Learning and Cognitive. Strategies of Aggression Control.

Helping Behaviour- Altruism and Pro-social Behaviour, Theoretical Perspectives, Bystander Effect

Recommended Books:

1. Alcock, J., & Sadava, S. (2014). An Introduction to School Psychology: Global Perspectives. New Delhi: Sage Publication.
2. Baron, R.A., & Byrne, D. (2004). Social Psychology. Singapore: Pearson Education
3. Baron, R.A., Byrne, D. & Johnson, B.T. (1998). Exploring Social Psychology. USA: Allyn and Bacon.
4. Myers, D.G., Sahajpal, P. & Behera, P. (2012). Social Psychology. New Delhi: Tata McGraw-Hill.
5. Taylor, S.E., Peplau, L.A. & Sears, D. O. (2006): Social Psychology (12th Ed.). Pearson. Prentice Hall.

CORE COURSE-V
PRACTICUM-II (EXPERIMENTS AND PROFILING)
SAHS PSY 01 02 09 C 00125

Credits: 5 (Hrs/week: 10)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

Part-A

(75 Marks)

Any twelve practicals out of the following are to be conducted during the semester. One Practical will be allotted to the candidate during examination and Evaluation will be based on Practical Conduction, Report and Viva-Voce during Practical Exam.

1. Attention.
2. Study of LTM
3. Schedule of Reinforcement (Instrumental Conditioning)
4. Transfer of Training.
5. Study of STM
6. Problems Solving
7. Concept Formation.
8. Forgetting.
9. Thematic Analysis
10. Measurement of divided/ selective attention
11. Sociometry
12. Study of Emotions (Facial Expression)
13. Zeigarnik Effect
14. Data entry and Analysis using Software (SPSS/Excel)
15. GSR – Galvanic Skin Response
16. Hemispheric Specialization.
17. Measurement of Motives
18. Reaction Time
19. Reminiscence
20. Stroop-Colour Test.

Part-B Profiling of Equipment-

(25 Marks)

Candidate is required prepare profile of 8 equipment's (4 Tests and 4 Instruments). Profiles of one equipment and one test will be allotted to the candidate during the examination and evaluation will be based on Profile Record, Report and Viva –Voce.

Any ONE of the following courses.

Discipline Centric Elective Course-I

PERSONALITY

SAHS PSY 01 02 01 DCEC 5005

Credits: 5 (Hrs/week: 5)

*Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks*

UNIT- I

Introduction: Nature, Conceptual History; Basic Assumptions about Human Nature; Genetic and Environmental Determinants of Personality.

UNIT- II

Psychoanalytic Theories: Sigmund Freud, Alfred Adler, Carl Jung.

Henry Murray's Personology; Phenomenological Perspective: Carl Rogers, Abraham Maslow's Humanism.

UNIT-III

Galen's Theory of Temperament; Sheldon's and Kretschmer's Personality Typology

Trait Theories: Allport's Theory, Cattell's Theory; Basic Concepts, Identification of Temperament, Ability, and Dynamic traits

Eysenck's Theory: Structure, Physiological Basis and Behavioural Correlates.

UNIT-IV

Five Factor Model: Structure, Behavioural Correlates;

Zuckerman's Alternative Five Factor Model.

Measurement: Self-Report Inventories; Projective Techniques; Objective Performance Tests

Triguna theory of Personality, Ancient Model of Personality by Upanishads: Indian Perspective

Recommended Books:.

1. Cattell, R.B. and Kline, P. (1977). The Scientific Analysis of Personality and Motivation, London: Academic Press.
2. Eysenck, H.J. (1981). Model for personality. New York: Springer-Verlag.

3. Eysenck, H.J.& Eysenck, M.W. (1985). *Personality and Individual Differences: A Natural Science Approach*. Plenum Press- New York and London
4. Hall G.S. and Lindzey, G. (1988). *Theories of Personality* (4Ed.) New Delhi: Wiley Eastern.
5. John, O.P., Robins, R.W. & Pervin, L.A. & (2008). *HB of Personality: Theory and Research* (3Ed.). NY: Oxford Press.
6. Larsen, R.J. & Buss, D.M. (2011). *Personality Psychology: Domains of Knowledge about Human Nature*. New Delhi: Tata McGraw-Hill.
7. Pervin, L.A. (1978). *Personality Theory Assessment and Research*. New York: John Wiley &
8. Rao, K.R., Paranjpe, A.C. & Dalal, A.K. (2008). *HB of Indian Psychology*. Delhi: Foundation Sons.

Discipline Centric Elective Course-II

SPORTS PSYCHOLOGY

SAHS PSY 01 02 02 DCEC 5005

Credits: 5 (Hrs/week: 5)

*Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks*

UNIT-I

Sports Psychology: Nature; Distinguishing between two specialties; Understanding present and future trends; Issues for special populations in Sports; Barriers for women in sports.

Competition and Cooperation: Concept Enhancing Competition and Cooperation; Approaches to Influencing Behavior; Guidelines for using positive reinforcement and punishment.

UNIT-II

Personality and Sports: Major perspectives of Personality; Personality and Sports performance; Examining cognitive strategies and success.

Motivation: Nature; Major approaches to Motivation; Achievement Motivation in Professional Practice; Psychological Momentum in Sports.

UNIT-III

Leadership and Coaching: Components of effective Leadership; Sports oriented interactional approaches to Leadership; Recognizing Breakdowns and Communication, Dealing with Confrontation.

Team cohesion: Nature; Relationship between Cohesion and Performance, Strategies for enhancing Cohesion; Building Self-confidence; Effectiveness of Goal-setting.

UNIT-IV

Sport and Psychological Well-Being: Reducing Anxiety and Depression with Exercise (Sport), Enhancing Quality of Life with Exercise; Relationship between Stress and Injury, Role of Sports Psychology in Injury Rehabilitation.

Overtraining and Burnout: Factors leading to Athlete Overtraining and Burnout; Relaxation strategies for Sports: Progressive Relaxation, Autogenic Training, Yoga, Meditation and Biofeedback Training

Recommended Books:

1. Cox, R.H. (2002). *Sport Psychology: Concepts and Applications*. New York; McGraw – Hill.
2. Singh, R. (2014). *Sport Psychology*. New Delhi: Friends Publications.
3. Weinberg, R.S., Gould, D. (2011). *Foundations of Sport and Exercise Psychology*. United State of America. Human Kinetics.
4. Woods, R.B. (2011). *Social Issues in Sport*. U.S.A.: Human Kinetics.

Discipline Centric Elective Course-III

MOTIVATION & EMOTION

SAHS PSY 01 02 03 DCEC 5005

Credits: 5 (Hrs/week: 5)

*Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks*

UNIT-1

Motivation: Meaning and Nature, Basic Motivational Concepts,

Types of Motivation: Biological, Psychological and Social

Measurement of Motives: Projective Technique, Questionnaire Method, Situational Tests, Analysis of Historical Events.

UNIT-11

Theories of Motivation: Instinct Theories, Drive Theory, incentive Theories, Opponent Process Theory, Optical-Level Theory, Need Hierarchies Theories, Vector Valence Theory

UNIT-111

Emotions: Nature, Characteristics and Components, Types of Emotions, functions of Emotions, Physiological Bases of Emotions, Role of Hemisphere in Emotions, Facial Feedback Hypothesis, Emotional Strorp Mesuring Human Emotions.

UNIT-1V

Theories of Emotions: James-Lange Theory, Cannon Bard, Schacter-singr Lazarus Theory of Emotion, Papez Maclean, Affective Events Theory.

Recommended Books:

1. Carlson, N. R. (2007). Foundations of physiological psychology. N.D.: Pearson Edu.
2. Ekman, P. & Davidson, R.J. (1995). The nature of emotion: Fundamental questions. NY: Oxford University Press.
3. Franken, R. E. (2007). Human motivation. USA: Thomson Higher Education.
4. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). Theories of Personality. 4 th Edn. Wiley: India
5. Oatley, K. & Jenkins, J. M. (1992). Understanding emotions. Cambridge: Blackwell publishers
6. Salovey, P. & Sluyter, D. (eds) (1997). Emotional development and emotional intelligence: Implications Borod, J. (ed) (2000). The neuropsychology of emotions. Oxford: Oxford University Press.

Discipline Centric Elective Course-IV
CROSS- CULTURAL PSYCHOLOGY
SAHS PSY 01 02 04 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Culture and behavior: Nature of culture: Cultural relativity and universality of human behavior. Mechanism of cultural transmission. Processes of enculturation and acculturation. Acculturation strategies.

UNIT-II

Methodology of cross-cultural psychology: Comparability and equivalence. Universals, Emics and Etics. Sampling and measurement issues. Back translation, decentering and subsystem validation.

UNIT-III

Culture and cognition: Theoretical positions, contemporary issues, cultural influences on perception, cognition, learning, memory, problem solving, reasoning and creativity. Everyday cognition.

UNIT-IV

Culture and Emotion: Basic emotions, dimensional and componential models, subjective experiences, appraisal, physiological reaction and emotional expressions.

REFERENCES:

1. Berry, J.W, Poortinga, Y.H., Segall, M. H., & Dasen, P. R. (2002). Cross- cultural psychology: Research and application. New York: Cambridge University Press.
2. Berry, J.W. et al. (Eds). (1997). Handbook of cross-cultural psychology (2nd Ed) (Vol 1-3). Boston: Allyn & Bacon.
3. Brislin, R. (Ed.) (1990). Applied cross-cultural psychology. Newbury Park: Sage.
4. Matsumoto, D. (2001). The handbook of culture and psychology. New York: Cambridge University Press.
5. Segall, M. H., Dasen, P. R., Berry, J. W., & Poortinga, Y.H. (1999). Human behaviour in global perspective. Boston: Allyn & Bacon.
6. Triandis H.C. et al. (Eds.) (1980). Handbook of cross-cultural psychology, (Vol.1-6). Boston: Allyn & Bacon.

Discipline Centric Elective Course-V
DEVELOPMENTAL PSYCHOLOGY
SAHS PSY 01 02 05 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT -I

Developmental Psychology: Nature and Principles; Life-Span Perspectives: Psychoanalysis, Behaviourism, Social Learning, Cognitive and Recent theoretical perspectives.

Perspectives of Nature and Nurture: Preformationism, Genetic Determinism, Eugenics;

UNIT- II

Human Diversity: Genetic code, Genotypes & Phenotypes; Interplay between Genes and Context; Bronfrenbrenner's Ecological Perspective on development

Physical Development & Aging: Prenatal, Infancy, Childhood, Adolescence, Adult and Old Age.

UNIT-III

Cognitive and Language Development: Cognitive Development in infancy and childhood; Theories of Cognitive Development: Piaget's stage theory, Vygotsky's Socio-Culture theory; Language Development: Theories of Language Acquisition: Behavioural Learning, Nativist, Cognitivist.

UNIT-IV

Social Development: Social Processes: Family, School and Work, Social Aspects of Aging; Erikson's theory of Psychosocial Development.

Moral Development: Nature, Process; Theories of Moral Development: Piaget and Kohlberg's theory.

Recommended Books:

1. Bee, H. & Boyd, D. (2002). Life Span Development. Boston MA: Allyn & Bacon.
2. Berk, L.E. (2003). Child Development. New Delhi: Pearson Education.
3. Brodzinsky, D.M. Gormly, A.V. & Anibron, S.R. (1986). Life Span Human Development. New Delhi: CBS Publishers
4. Crain, W. (1980). Theories of Development. New Jersey: Prentice Hall.
5. Hetherington M.E. & Parke, R.D. (1993). Child Psychology: A Contemporary View Point. New York: Mc Graw-Hill.
6. Hurlock, E.B. (1997). Child Development. New Delhi: Tata Mc Graw-Hill.

7. Newman, B.M. & Newman, P.R. (1975). *Development Through Life: A Psychological Approach*. New York: Wadsworth Publishing Company.
8. Santrock, J.W. (2011). *Life Span Development*. New Delhi: Tata Mc Graw-Hill.
9. Shaffer, D.R. (1993). *Developmental Psychology: Childhood and Adolescence*. NY: Brooks/Cole.
10. Stewart, A.C., Perlmutter, M. & Friedman, S. (1988). *Life Long Human Development*. New York: John Willey & Sons.

Semester-III

**CORE COURSE-I
PSYCHOPATHOLOGY
SAHS PSY 01 03 10 C 5005**

Credits: 5 (Hrs/week: 5)

*Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks*

UNIT – I

Psychopathology: Meaning, Criteria, Models of Clinical Psychology: Psychodynamic, Behavioural, Phenomenological and Interpersonal.

Classification of Abnormal Behaviour: Meaning, Purpose. Classification Systems – DSM-5 and ICD-11.

UNIT – II

Clinical picture and causes: GAD, Panic Disorder, Phobia, OCD, Conversion Disorder, Dissociative disorders, Post-Traumatic Stress Disorder.

UNIT- III

Clinical Pictures and causes: Schizophrenia, Delusional Disorders, Mood Disorders, Organic Mental Disorders. Alcoholism.

UNIT- IV

Clinical Picture and causes: CHD, Asthma, Hypertension, Peptic Ulcer Sexual and Gender Identity Disorders, ADHD, Conduct Disorders, Mental Retardation.

Recommended Books:

1. Adams, H.E. & Sutker, P.B. (2001). Comprehensive Handbook Of Psychopathology. NY: Kluwer Academic.
2. Bennett, P. (2003) Abnormal and Clinical Psychology, UK: Open University Press.
3. Carr, A (2012) Clinical Psychology: An Introduction, New York: Rout ledge.
4. Carson, R.C., Butcher, T.N., & Mineka, S.(2014) 16th ed. Abnormal Psychology. Pearson. New Delhi
5. Comer, R.J. (2003). Abnormal Psychology, New York: Freeman

6. DSM-5™ (2013) 5th ed. Diagnostic and Statistical Manual for Mental Disorders. American Psychiatry Publishing. Washington DC.
7. ICD-10. Casebook: The many faces of mental disorders. New Delhi: Jaypee.
8. Hales, R.E., Yudofsky, S.C. & Talbott, J.A. (1999). Textbook of Psychiatry Vol. I & II. Washington: American Psychiatric Press.
9. Irwin, B.W. (1976). Clinical Methods in Psychology. NY: Willey Interscience.
10. Kaplan, H.I. and Sedock, B.J. (1983) Modern Synopsis of Psychiatry. Baltimore: Williams and Witkins.
11. Kolb. L.C. and Brodie, H.K.H. (1982). Modern Clinical Psychiatry. (10th Ed.). London: Saunders.

**CORE COURSE-II
MENTAL ABILITIES
SAHS PSY01 03 11 C 5005**

Credits: 5 (Hrs/Week: 5)

*Total Marks=100
Internal Assessment = 30 marks
Examination: 70 marks*

UNIT – I

Intelligence: Nature, Historical views, Neurological Foundation, Genetic Basis, Environmental Influences. Racial and Gender differences.

Hierarchical Theories: Spearman, Thurstone, Guilford, Cattell, Horn, Carroll.

UNIT – II

Information Processing Theories: Jensen, Das, Eysenck, Sternberg, Gardner, Goleman.

Measurement of Intelligence: Issues and approaches- Psychometric Tests, Biological measures- Brain size volume, EEG.

UNIT- III

Creativity: Nature, Historical views. Theories: Psychodynamic, Humanistic, Developmental, and Psychometric.

Factors Affecting Creativity: Genetic, Neurobiological, and Sociocultural.

UNIT- IV

Creativity and Intelligence, Creativity and Personality, Creativity and Motivation, Creativity and Culture, Creativity in Everyday Life.

Assessment of Creativity: Projective- Inkblot, Word Association; Psychometric Batteries- Torrance, Guilford. Creativity in eminent people. Enhancing Creativity: Programs and Strategies.

Recommended Books:

1. Anastasi, A. (1988). Psychological Testing (6thEd.). New York: McMillan.
2. Cattell, R.B. (1987). Intelligence: Its Structure, Growth, and Action. North Holland: Amsterdam
3. Eysenck, H.J. (1982). A Model for Intelligence. New York: Springer-Verlag.
4. Guilford, J.P. (1967). The nature of Human Intelligence. New York: McGraw Hill.
5. Kaufman, J.C. & Sternberg, R.J. (2010). The Cambridge Handbook of Creativity. NY: Cambridge University Press.
6. Rickards, T., Runco, M.A. & Moger, S. (2009). The Routledge Companion to Creativity. London: Routledge.
7. Runco, M.A. (2007). Creativity Theories and Themes: Research Development and Practice. NY:

- Academic Press.
8. Sternberg, R.J. & Berg, C.A. (1992). *Intellectual Development*. London: Cambridge University Press.
 9. Sternberg, R.J. & Grigorenko, E.(1997). *Intelligence, Heredity, and Environment*. London: Cambridge University Press.
 10. Sternberg, R.J. (1990). *Metaphors of Mind: Conceptions of the Nature of Intelligence*. London: Cambridge University Press.
 11. Sternberg, R.J. (1999). *Handbook of Creativity*. NY: Cambridge University Press.
 12. Sternberg, R.J.(1982). *Advances in the Psychology of Human Intelligence (Vol.1)*. NJ: Erlbaum.
 13. Sternberg, R.J.(2003). *Handbook of Human Intelligence*. London: Cambridge University Press.
 14. Torrance, E.P. (1965). *Rewarding Creative Behaviour*, NJ: Prentice Hall.
 15. Wolman, B.B. (1985). *Handbook of Intelligence: Theories, Measurements and Applications*. New York: John Wiley & Sons.

CORE COURSE-III
GUIDANCE & COUNSELLING
SAHS PSY 01 03 12 C 5005

Credits: 5 (Hrs. /week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT- I

Nature, meaning and scope of Guidance and Counselling, Skills of counselor, Building, Counselling Process.

Historical Developments in Counselling and Guidance, Trends in Counselling and Guidance. Guidance movement in India. Ethical and legal issues.

UNIT- II

Assessment in Guidance and Counseling: Interview, Observation, Rating scales Anecdotal Records, Autobiography

Psychological test-Neo FFI, Jackson Personality Inventory Projective techniques: Inkblot tests, TAT, CAT, Sentence Completion Tests,

UNIT- III

Career Development Theories: Trait-and-Factor theory, Developmental Theories, Social-Cognitive Career Theory (SCCT) Career Planning and Decision Making in Schools,

Counselling Approaches: Psychoanalytic, Behaviorist Approaches: Systematic Desensitization, Flooding, Aversive Therapy, Biofeedback Technique, Assertiveness Training

UNIT-IV

Cognitive: REBT, CBT, Humanistic & Existential Therapies:, Roger's Client Centered, Gestalt Therapy, Reality Therapy and Logo Therapy

Multicultural Counselling: Difficulties and issues, Marriage, Couple, family and Group Counselling

Recommended Books:

1. Capuzzi's (2008). Counselling and Psychotherapy (4th Ed.). New Delhi. Pearson Education.
2. Gibson, R.L. & Mitchell, M.H.(2005). Introduction to Counseling and Guidance. New Delhi: Pearson education.
3. Gladding S.T. (2014): Counseling: A Comprehensive Profession. (7th Ed) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
4. Kottler J.A and Shepard D.S (2008) Counselling theory and Practices. Cehgace learning India Pvt. Ltd. New Delhi.
5. Rao, S.N. (2006). Counselling and guidance (2nd Ed). Tata McGraw-Hill Publishing Co. Ltd. New Delhi.

CORE COURSE-IV
PRACTICUM-III
(Psychological Tests)
SAHS PSY 01 03 13 C 00125

Credits: 5 (Hrs/week: 10)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

Any twelve practical out the following are to be conducted during the semester. Two Practical will be allotted to the candidate during examination and Evaluation will be based on Conduction, Report, and Viva-Voce.

A- Clinical Assessment (Any Two)

1. Adult Suicidal Ideation Questionnaire (ASIQ)
2. Attention-Deficit/Hyperactivity Disorder Test (ADHDT) 2nd Ed. (ADHDT-2)
3. Clinical Assessment of Behavior (CAB Introductory Kit–CD-ROM)
4. Clinical Assessment of Depression
5. Multi-dimensional Anxiety Questionnaire
6. Psychiatric Diagnostic Screening Questionnaire
7. Rorschach Ink Blot Test
8. MMPI
9. Clinical Assessment Questionnaire

B- Personality (Any Two)

1. 16 PF
2. Adjective Checklist
3. EPQ-R
4. Five-Factor Nonverbal Personality Questionnaire
5. International Personality Disorder Examination (IPDE) DSM-IV/ ICD-10 Module
6. NEO™ Five Factor Inventory-3 (NEO™-FFI-3)
7. TAT
8. Personality Assessment Inventory

C- Neuropsychological (Any Two)

1. AIIMS Neuropsychological Battery Adults
2. Neuropsychological Assessment Battery® (NAB®) (One Test)
3. Stroop Neuropsychological Screening Test
4. Hooper Visual Organization Test
5. WAIS
6. BVMG

D- Organizational (Any Two)

1. Occupational Stress Inventory
2. Organization Effectiveness Scale
3. Power Orientation Scale
4. Working Styles Assessment
5. Work Values Inventory
6. Behavior Rating Inventory of Executive Function®-Adult Version

E- Health & Well-Being (Any Two)

1. Five Factor Wellness Inventory
2. Interpersonal Behavior Survey
3. Life Event Scale
4. Quality of Life Questionnaire
5. General Health Questionnaire
6. Coping Responses Inventory

F- Mental Abilities (Any Two)

1. Alexander Pass-Along Test of Intelligence
2. Bhatia Battery of Intelligence
3. Koh's Block Design Test (5-11 yrs)
4. gf & gc
5. Level I & Level – II
6. Head Size & Intelligence
7. Creativity & Intelligence
8. Stanford-Binet Intelligence
9. Woodcock-Johnson III Normative update – Test of Cognitive Abilities

ELECTIVE COURSE

To be taken from other department

Any ONE of the following courses.

Discipline Centric Elective Course-I
REHABILITATION PSYCHOLOGY
SAHS PSY 01 03 06 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Rehabilitation Psychology: Definition, historical perspective, scope and methods, Role of Rehabilitation Psychologist

Models of Rehabilitation: Medical Model, Psychological Model, Socio-cultural Model and Institutional Model

UNIT-II

Persons with Disabilities; Personality traits and Coping styles, Understanding Psychological needs of caregivers

Working with families of persons with disabilities, Primary, Secondary and Tertiary prevention programs

UNIT-III

Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behavior

Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, Family as a unit of study from rehabilitation point of view

UNIT-IV

Rights of Person with Disabilities Act-2016, Mental Healthcare Act-2017, UNCRPD

Social benefits and Support Government, Role and Responsibility of Voluntary Organization

Recommended Books:

1. Golden C.J. (1984): Current Topics in Rehabilitation Psychology. Grune & Straton, London.
2. Nirbhay N.Singh (1998). Comprehensive Clinical Psychology: Application in Diverse Populations, Volume 9, Elsevier Science, Pergamon.
3. Zigler, E, Gates, D.B (1999). Personality development in individuals with Mental Retardation, New York: Cambridge University Press.
4. Frank, R.G. (2010)2nd ed.: Handbook of Rehabilitation Psychology. American Psychological Association, Washington, DC.
5. Vash, C.L. & Crewe, N.M. (2003) 2nd ed.: Psychology of Disability. Springer Publishing Company, New York.

Discipline Centric Elective Course -II
MILITARY PSYCHOLOGY
SAHS PSY 01 03 07 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT- I

Military Psychology: Nature, Scope, Historical perspective, Application, Developments, Contemporary issues and Emerging trends. Use of psychological tests in selection in the Defense Services

UNIT-II

Selection and Training of Military Personnel: Assessment of psychomotor, spatial abilities, interest, aptitudes, and personality; Training- training needs analysis, types and methods of training, evaluation and monitoring.

UNIT- III

Leadership in Military: Effective leadership, Leading small and large units, Leadership in peace and war, Leadership for change and stability, Leadership and subordination, Group cohesion and morale.

UNIT- IV

Human factors in Military Organizations: human errors, safety and accidents, ergonomics and system design; Vigilance, Complacency. Military as a unique organization: Structure and functional issues and future perspectives. Issues relating to training and performance in special situations, futuristic warfare.

Recommended Books:

1. Hall, R., & Mangelsdorff, D. (1991). *Handbook of military psychology*. John Wiley: USA.
2. Kennedy, C.H., & Zillmer, E.A. (2006). *Military psychology: Clinical and operational applications*. Guilford: New York, USA.
3. Ramachandran, K. (in press). *Handbook of military psychology*. Delhi: DIPR.
4. Reuven, G., Adavid, M., & S Dorff, .A.(1991), *Handbook of Military Psychology*. USA, John Wiley Sons.
5. Shalit, B. (1988). *The psychology of conflict and combat*. Praeger: NY

Discipline Centric Elective Course- III
CRIMINAL AND FORENSIC PSYCHOLOGY
SAHS PSY 01 03 08 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Nature and History of Criminal and Forensic Psychology; Social context of Crime: Extent of Criminality,

Changing nature of Crime: Conservative and Radical interpretations in view of complexity of victimization.

UNIT-II

Types of Offender: Juvenile Offender: Criminogenic factors in child and adult antisocial behavior. Specific explanations of antisocial behavior in Childhood: Moral Reasoning and Cycles of Abuse.

Violent Offenders: Media influences and Research Statistics, Theories of Homicide: Psychological disposition, Socio-Biological theory and Multi-Factorial Approach.

UNIT – III

Sexual Offenders: Nature of Rape, Rape myths, Theories: Feminist theory, Social learning and Evolutionary theory. Mental Illness and Crime: Problem of evidence; Mental illness and Crime in general.

Eyewitness Testimony: Accuracy of witness evidence in Court, Witness confidence and improving the validity of line-up

UNIT- IV

Profile Analysis: Polygraph process and detection of lying. Measures to prevent and control Crime: Role of Jury decision rules and real Jury deliberations;

Risk assessment and dangerousness issues: Political context, Clinical approaches in Risk and danger assessment.

Recommended Books:

1. Howitt, D.(2002) (5th ed.). Introduction to Forensic and criminal psychology. England: Pearson education ltd.
2. Petherick..W.A,Turvey, B.E. and Ferguson,C.E.(2010).Forensic Criminology.Elseiver Academic Press.
3. Shipeay, S.and Arrigo, B.(2012). Introduction to forensic Psychology. USA: Academic press.
4. Canter, D. (2010) Forensic Psychology: A Very Short Introduction. Oxford University Press,

Discipline Centric Elective Course-IV
ORGANIZATIONAL BEHAVIOUR
SAHS PSY 01 03 09 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Nature and Fundamentals of Organizational Behavior, Models of OB: Autocratic, Custodial, Supportive, Collegial, System. Trends & Challenges of OB: Globalization, Diversity, and Ethics.

Culture: Dimensions according to Hofstede, Tromenaar, Pareek (OCTAPACE). Organizational Culture: characteristics, purpose, types, creating and transmitting organizational culture.

UNIT-II

Organization Structure and Design: Classical and Contemporary Designs (Matrix, Vertical, Horizontal, Network). Motivating by Structuring Jobs: VIE model, Porter & Lawler model, Quality of Work Life model, job enrichment and job enlargement.

Motivation in Organization: Motivating by Meeting Needs and Managerial Applications: Maslow, Alderfer, Herzberg, and McClelland.

UNIT-III

Leadership and Empowerment: Meaning, process, and programs. Behavioral Approach to Leadership Style. Contingency Approach to Leadership: Fiedler's contingency model; Hersey & Blanchard's situational leadership model; path goal model; and Vroom's decision-making model.

Emerging Approaches to Leadership: Transactional leadership, transformational leadership; substitutes and enhancers for leadership; and self & super leadership.

UNIT-IV

Organizational Communication: Meaning, functions, directions types (formal-informal, electronic) and techniques for improving communication skills.

Conflict and Stress: Conflicts- Types, Sources and Resolutions. Stress- Sources, Consequences and Management.

Recommended Books:

1. Greenberg, J. and Baron R.A. (2005) Behaviour in Organizations. Pearson Education. New Delhi.
2. Ivancevich, J.M. Konsopaske R. & Matteson M.T. (2005) Organizational behaviour and management. Tata McGraw-Hill. New Delhi.

3. Luthans, F. (2013) Organizational Behaviour: An Evidence-based Approach (12thEd.) McGraw-Hill Edu. (India) Pvt. Ltd. New Delhi.
4. Muchinsky, P. (2001). Psychology Applied to work. (6th Ed.). Wadsworth. New Delhi.
5. Mullins, L.J. (2007). Management and organizational behavior 7 ed. Pearson Edu. New Delhi.
6. Newstrom, J.W. (2007) Organizational behaviour: Human behaviour at work. Tata McGrawHill. New Delhi.
7. Pareek, U. and Rao, T.V. (2003). Designing and managing human resource system. Oxford & IBH. New Delhi.
8. Robbins, S. (2001). Organization behaviour. (9th ed.). Prentice Hall of India. New Delhi.
9. Robbins, S.P., Judge T.A., & Sanghi, A. (2009) Organizational Behaviour Pearson Prentice Hall. New Delhi.
10. Sinha, J.B.P. (2008). Culture & Organization Behaviour. Sage. New Delhi.

Discipline Centric Elective Course-V

POSITIVE PSYCHOLOGY

SAHS PSY 01 03 10 DCEC 5005

Credits: 5 (Hrs/week: 5)

Total: 100 Marks

Internal Assessment: 30 Marks

Examination: 70 Marks

UNIT-I

Introduction to Positive Psychology: Traditional Psychology; Origin, Assumptions and Goals of Positive Psychology, Eastern Perspective on Positive Psychology.

Virtues and Strengths of Character: Classification of Human Virtues and measuring Strengths of Character.

UNIT-II

Positive Emotional States and Well-being: Broaden and Build theory of Positive Emotions; Positive Emotions and Health Resources- Physical, Psychological and Social.

Happiness, Flow and Savoring: Different viewpoints of Happiness, Factors affecting Happiness and strategies to enhance Happiness; Cultivating Flow and Savoring.

UNIT-III

Cognitive States and Processes: Wisdom, Self-efficacy, Hope and Optimism;

Mindfulness and Well-being. Life satisfaction and fulfillment and consciousness approach to human action and spiritually

UNIT-IV

Close relationships: Characteristics of close relationships; Love and Flourishing relationships

Pro-Social Behavior: Empathy, Altruism. Gratitude and Forgiveness

Recommended Books :

1. Baumgardner, S.T., & Crothers, M, K. (2009). Positive Psychology. New Delhi:Pearson.
2. Bryant, F.B., & Veroff (2007). Savoring: A new model of positive experience. Mahwah, New Jersey:Lawrence Erlbaum.
3. Carr, A. (2005). Positive Psychology: The Science of Happiness and Human Strengths. New York: Routledge.
4. Snyder, C.R., & Lopez, S.J. (2008). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. New Delhi: Sage.

GENERIC ELECTIVE COURSE-I
SOCIAL AND COMMUNITY PSYCHOLOGY
SAHS PSY 01 03 03 GEC 4004

Credits: 4 (Hrs/week: 4)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Introduction- Nature and Scope of Social Psychology

Social Psychology of Everyday (Social Perception)

Methods- Survey, Ethnography, Cross-Cultural; and Sociometric.

UNIT-II

Attitude: Formation, Functions and Factors contributing on Change of Attitude

Social Influence: Conformity, Compliance and Obedience

Helping Behaviour- Altruism and Pro-Social Behaviour

UNIT-III

Definition and concept of community psychology;

Use of small groups in social action

Arousing community consciousness and action for handling social problems;

UNIT-IV

Group decision making and leadership for social change; Effective strategies for social change.

The concepts of disadvantaged & deprivation: Social, physical, cultural and economic

Consequences of disadvantaged and deprived groups

Recommended Books:

6. Alcock, J., & Sadava, S. (2014). An Introduction to School Psychology: Global Perspectives. New Delhi: Sage Publication.
7. Baron, R.A., & Byrne, D. (2004). Social Psychology. Singapore: Pearson Education
8. Baron, R.A., Byrne, D. & Johnson, B.T. (1998). Exploring Social Psychology. USA: Allyn and Bacon.
9. Myers, D.G., Sahajpal, P. & Behera, P. (2012). Social Psychology. New Delhi: Tata McGraw-Hill.
10. Taylor, S.E., Peplau, L.A. & Sears, D. O. (2006): Social Psychology (12th Ed.). Pearson. Prentice Hall.

GENERIC ELECTIVE COURSE-II
STRESS AND HEALTH
SAHS PSY 01 03 04 GEC 4004

Credits: 4 (Hrs/week: 4)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Stress- Its meaning, Impact and Sources. Stress Cycle. Appraisal of Stress. Coping Styles

Model of stress- GAS Model, Transaction Model, The Fight or Flight Response (Stress and Physiology)

UNIT-II

Stressors- Physical, Social, Biological, Familial and Psychological (Biopsychosocial Aspects).

Life Events and Daily Hassles. Habits and Stress. PTSD. Hardiness.

UNIT-III

Illness- Cardiovascular, Digestive, Musculoskeletal and Immune system.

Stress and Mental Health. Stress and Cancer

UNIT-IV

Assertiveness Training, Communication Skills and Time Management

Meditation and Visualization, Vipasana, Relaxation Techniques and Yoga.

Recommended Books:

1. Brehm, A. Barbara (1998): Stress Management: Increasing Your Stress Resistance. Pearson, New Delhi.
2. Sarafino, E.P. & Smith, T.W. (2012): Health Psychology: Biopsychosocial Interactions. Wiley, New Delhi.
3. Komoroff, A. L. (2008): Stress Management: Approaches for Preventing and Reducing Stress. Boston, Harvard University, Harvard Health Publication.
4. Lovallo, W.R. (2016) 3rd Edit: Stress & Health: Biological and Psychological Interactions. Sage Publication, Oklahoma, USA.

Semester-IV

**CORE COURSE-I
CLINICAL PSYCHOLOGY
SAHS PSY 01 04 14 C 5005**

Credits: 5 (Hrs/Week: 5)

*Total : 100 Marks
Internal Assessment: 30Marks
Examination:70 Marks*

UNIT- I

Clinical Psychology: Nature, Scope and History, Role of Clinical Psychologist- Training, Professional Regulations and Ethics

Models of Clinical Psychology: Psychodynamics, Behavioural, Cognitive, Humanistic and Biopsychosocial.

UNIT- II

Clinical Assessment: Observation, Case History, Interviews, Inventories– MMPI, Projective Measures- Rorschach Inkblot Test,

Psycho- physiological Procedures and. Neuropsychological assessment of Behavior (AIIMS Battery/ Bender Visual Motar Ability Tests/ Halstead – Reitan Neuropsychological Battery.)

UNIT- III

Therapies: Nature, Goals and course of Psychotherapy. Psychoanalysis, Hypnosis, Behaviour therapy

Clinical Intervention-I: Biological Therapies- ECT, Chemotherapy / Drugs

UNIT- IV

Clinical Intervention-II: Cognitive-Behaviour Therapy, Stress Inoculation, Client Centered Therapy, Family Therapy, Group Therapy

Community Intervention: Meaning, Principles, And Methods: Crisis intervention- Concept, conditions and techniques of crisis intervention. Eastern Approaches: Yoga, Meditation and Vipasana

Recommended Books:

1. Bellack, A.S. & Hersen, M. (1980) Introduction to Clinical Psychology. Oxford University Press, New York.
2. Hales, R.E., Yudofsky, S.C. & Talbott, J.A. (1999). Textbook of Psychiatry Vol. I & II. Washington: American Psychiatric Press.
3. Hecker, J. E. & Thorpe, G.L. (2005) Introduction to Clinical Psychology: Science, Practice, and Ethics. Pearson Education, Delhi.
4. Kolb. L.C. and Brodie, H.K.H. (1982). Modern Clinical Psychiatry. (10th Ed.). London: Saunders.

5. Korchin, S.J. (1976) *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community* Basic Books Publishers New York.
6. Phares, E.J. (1981) *Clinical Psychology: Concepts, Methods & Profession*, Dorsey Press , USA.
7. Pomerantz, A.M. (2008). *Clinical Psychology*. Sage Publication: New Delhi.
8. Wolberg, L.R. (1988). *The Techniques of Psychotherapy (Vol. 1 & 2)*. London: Jason Aronson Inc.
9. Wolman, B.F. (1965) *Handbook of Clinical Psychology* McGraw - Hill Book Company, NewYork.

CORE COURSE-II
HEALTH PSYCHOLOGY
SAHS PSY 01 04 15 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT- I

Introduction- Meaning and Concept of Health, Aims and future of Health Psychology, Historical Development, Individual and Cross-Cultural Perspectives

Approaches to study Health psychology, Bio-Psycho-Social Model of Health

UNIT-II

Social Environment and Health: Global health trends; Health care systems, socio-economic factors in health; Gender and health.

Stress and Health: Definition, nature, types, causes and consequences of stress. Stress management. Stress disorders. Health promoting and health endangering lifestyles and beliefs.

UNIT-III

Pain and Pain Management: Physiology of Pain. Gate Control Theory. Psychological influences on Pain Perception. Specific Pain treatment methods, Medical Settings and Patient Behavior

Hospitalization. Coping with chronic illness. Complementary Health-Care systems in India.

UNIT-IV

Treatment Adherence: Character of Adherence factors associated with Non-Adherence, Alternative to Adherence, Medical Error. Patient Empowerment

Health Promotion: Definition and Meaning, Health Promotion Approaches: Community Development Approach, Self-Empowerment Approach, Behavior change Approach, Ideology of Health Promotion

Recommended Books:

1. Baum. A. Gatchel, R.J. and Krantz, D.S. (1997). An Introduction to Health Psychology, New York: McGraw Hill.
2. Baum. A. Revenson, T.A. Singer, J.E. (2001), Handbook of Health Psychology, New Jersey, Lawrence Erlbaum.
3. Dimmateo, M.R., and Martin, L.R. (2002). Health Psychology. Boston: Allyn and Bacon.
4. Feist J. Linda, B.(1992), An Introduction to Behavior and Health(2nd Ed.) Books/Publishing Company.
5. Marks, D., Murray, M., Evans, B. and Willig, C. (2002). Health Psychology: Theory, Research and Practice. New Delhi: Sage.

CORE COURSE-III
PSYCHOMETRICS
SAHS PSY 01 04 16 C 5005

Credits: 5 (Hrs/week: 5)

Total: 100 marks
Internal Assessment: 30 marks
Examination: 70 marks

UNIT-I

Psychological measurement: Nature and theory, Error in Measurement, Levels of Measurement

Psychological scaling: Nature, Methods – paired comparisons, rank order, and equal appearing interval.

UNIT-II

Test construction: Meaning, Characteristics and steps, Item Writing: Meaning, Guidelines and Method of scoring. Item Analysis: meaning, Purpose and Problems. Index of discrimination and Influencing Factors

Theory of Psychological Tests: Problems of measurement by tests, types of test scales, theory of test scores –, Speed and power problems.

UNIT-III

Reliability: Meaning, rationale of reliability and validity, methods of estimate, and sources of unreliability.

Validity: Meaning, Types and procedures, and factors affecting validity test length and reliability - validity. Norms: Age, Percentile and Standard. Scoring of Tests and Problems of Scoring

UNIT-IV

Factor analysis: General Concepts, Assumptions; Methods: Centroid and Principal Components.

Rotation of Factors: Criteria, Orthogonal and Oblique Approaches; Applications and Major Pitfalls of Factor Analysis.

Recommended Books:

1. Anastasi, A. (1988). Psychological testing (6thEd.). New York: McMillan.
2. Guilford, J.P. (1954) Psychometric Methods (2nd Ed.) New York: McGraw Hill.
3. Gulliksen, H. (1950). The theory of mental tests. NY: John Wiley.
4. Nunnally, J. (1978) Psychometrics Theory (2nd Ed.). New York: McGraw Hill.
5. Singh, A.K. (2017) (reprint). Tests, measurements and research methods in behavioural sciences. New Delhi: Bharat Bharti.
7. Chadha, N. K. (2009) .Applied psychometry. SAGE, New Delhi.
8. Edward, A.L. (1983). Technique of Attitude Scale Construction. Irvington Publishers, New York

CORE COURSE-IV
DISSERTATION
SAHS PSY 01 04 17 C 0066