

# 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 0066	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 0055	Dissertation	0	0	5	5

**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 (5<sup>th</sup> Edition), Pearson Education. New Delhi.
2. Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to Psychology (7<sup>th</sup> Edition). Tata McGraw Hill Book Co. New Delhi.
3. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson (1975). Introduction to Psychology (6<sup>th</sup> 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 (7<sup>th</sup> 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. (3<sup>rd</sup> 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.