

SYLLABUS OF M. Sc., (PSYCHOLOGY) COURSE



YOGI VEMANA UNIVERSITY
Vemanapuram, Kadapa-516 003

15141-Core

GENERAL PSYCHOLOGY

Unit – I: Psychology as science

Definition, nature, scope and aims of Psychology- The rise of experimental psychology,- The schools of psychology (Structuralism, Functionalism, Behaviorism, Psychoanalytism)- Methods of Psychology – Introspection method, observation method, Survey method, case study method, experimental method and Correlational method

Unit-II: Physiological basis of behaviour -

The structure of neuron- Varieties of neuro transmitters- Central and Peripheral nervous system- Autonomic Nervous system- Structure and function of brain- Limbic System- Endocrine glands – Effects of over and under secretion of glands.

Unit III :Sensation, Perception & Learning

Sensation & Perception: Meaning of Sensation- Types of Sensation - Definition of Perception – Factors influencing Perception (Physiological and Psychological)- Perception and Illusion.

Learning: Definition and Nature - Learning theories, Pavlov, Thorndike, Skinner, Hull, Tolman- Types of Learning – Conditioning , Habitual , Insight- Transfer of Training .

Unit – IV: Motivation and Emotion

Motivation:- Meaning and Nature - Instinct , drive, needs, incentive, motive definition, Classification of motives- Theories of Motivation:- Instinct theories – Freud & Mc Dougal; Need hierarchy theory – Maslow, Arousal theory – Green , Beatly and Arkin; expectancy theory – Locke and Latham.

Emotion: Nature, development, differentiation and expressions of emotions- physiological basis of emotion. Theories of emotion: The James – Lange theory – The Cannon – Bard theory – The Schachter –Singer theory , cognitive appraisal theory of emotion, Emotional Intelligence.

Reference:

- A. Baron – Robert . A(2005) Psychology. Printice hall of India Pvt. Ltd., New Delhi.
- B. Feldman, Robert. S(2004). Understanding Psychology, Tata Mcgraw Hill company Ltd., New Delhi.
- C. Ghorpade, M.B. – Essentials of Psychology, Publishing house, Bombay 1977
- D. Goleman. D. (1995) Emotional Intelligence, Bantam, New York.
- E. Singh. Y.Bharava .M (1990) Manual for Emotional Mturity Scale, Naional Psychological conformation., Agra.

15142-Core

SOCIAL PSYCHOLOGY

Unit – I : Introduction to Social Psychology

Definition, Historical origins; Understanding the causes of social behaviour and thought; Relationship with other social sciences; Research methods in Social Psychology.

Unit – II: Social Perception and Social Cognition

Person perception; Attribution: Understanding the causes of others behaviour, Kelly's theory; Bem's theory; Regulatory focus theory. Impression formation and impression management. Schemas; Mental frame works. Interpersonal attraction. Nonverbal communication; The language of expression

Unit – III: Socialization

Definition, Motive and behaviour, Sexual motives, Sex role identity , Psychological Androgyny, Dependency, Moral development, Personality, Self concept, need for achievement; Locus of control.

Unit – IV: Attitudes & Prejudice

Nature and formation of Attitudes & Behaviour , Attitude functions; Theories of attitudes change; Reinforcement theory; Balance theory; Cognitive dissonance theory; Measurement of attitudes; Self measures; Likert, Thurston Osgood and Bogardus scales: Physiological; measures. Prejudice: Nature of prejudice; effects of discrimination.

References:-

1. Baron, R.A., & Byrne, D. Social Psychology Understanding human Interaction, Prentice- hall of Indian Pvt. Ltd, New Delhi, 1998.
2. Ray & Baumeister. Social Psychology. Cengage.
3. Lipp, R.A. Introduction to social Psychology. Words worth publishing company, Balmont, California.
4. Lambeerth, Social Psychology: The theoretical approach.
5. Seidenberg, B., & Sandowsku, A. Social Psychology. An introduction. The free press, Macmillan publishing Co., Inc., 1976.

15143-Core

ABNORMAL PSYCHOLOGY

Unit I : Meaning and definition of abnormality

Concept of Abnormality- Criteria of abnormality and Historical background- Brief overview of classification schemes- DSM IV and ICD – 10, Advantages and disadvantages of classification, Problem of Diagnosis.

Unit II : Different Perspectives of abnormal behaviour

Psychoanalytical Perspectives- Freud's Psychoanalytical theory- Jung's analytical theory- Adler's Individual psychology- Behavioristic perspective- Skinner's operant theory- Bandura social learning theory- Humanistic Existential perspective- Maslow need Hierarchy theory- Cognitive perspective – Beck and Ellis

Unit III : Nature of causation and casual explanations

Differing views of causation, Probability and deterministic. Primary, Predisposing, Precipitating reinforcing, Feedback and circularity of Causes. Causes of Abnormal Behaviour: Biological causes : Constitutional , neurophysiologic and Biochemical Psychological Causes: Pathogenic causes, Pathogenic Interpersonal relationships. Socio – culture causes: Social class, Social roles, Cultural factors.

Unit IV: Disorders (as per DSM IV) specific pattern clinical picture and etiology.

Anxiety disorders, Somatoform disorders: Functional disorders, Schizophrenia and other psychotic disorders, mood disorders, Personality disorders, Psychosomatic disorders.

Readings:

- a) Sarason I.G. and Sarason B.R. (2002) Abnormal Psychology, 11 Edition. PHI Ltd.,
- b) Sarason W. Gray & Marilyn R. Zide. Psychopathology : Competency based assessment model for social workers. Cenage.
- c) Comar J.R (1998) Abnormal Psychology.
- d) Seligman N.H. (2001) Abnormal Psychology
- e) Sultz D. (1976) Theories of Personality.

15144-Core

PSYCHOLOGICAL MEASUREMENT-I

Unit-I Nature of Psychological Measurement

Definition and Advantages of Measurement - Brief Historical Development- Scales of Measurement-The Nominal Scale-The ordinal scale-The interval scale-The ratio scale-Nature of Psychological Variable-Subjectivity and Objectivity in the Measurement of Behavior

Unit-II The Psychological Methods

Method of Average Error-Constant and Variable Errors- Evaluation of the Method-The Methods of Minimal Changes-the Difference Limen -Evaluation-The Method of Constant Stimuli-Determining the Absolute Limen - Determining the Difference Limen -Evaluation

Unit-III The Psychological Scaling Methods

Nature of Psychological Scaling-The law of Comparative Judgment-Method of Paired Comparisons-Method of Rank Order-Method of Successive Categorizes.

Unit-IV The Rating Techniques

Descriptive Rating Scale-Scale of Sociability Behavior-Scales with Numerical Values-Rating Scales with Standard or Model Descriptions-The Checklist Method of Rating-Errors and Biases in the Use of Rating Scales

References:

- a) Psychological Testing – 7th Edition- Anaesthesia. PHI
- b) F.S. Freeman: Psychological Testing, 3rd edition , Oxford and IBH publications, Co.Pvt. Ltd., New Delhi.
- c) J.P. Guilford: Psychometric methods, Tata- McGraw- Hill publishing Co. Ltd. New Delhi.
- d) Ramamurti, P.V. 2014. An Introduction to Psychological measurements. Delhi: PHI Learning Private Limited.

Semester-I Practicals

15141P-	Practical -I Communicative English & Soft skills	Marks.100
15142 P	Practical -II - Experimental Psychology-I -	Marks.100

25141-Core

COGNITIVE PSYCHOLOGY

Unit – I : The Study of Cognition

Definition of Cognitive Psychology- Historical origins of Cognitive Psychology: The Philosophical Background: Early Greek Philosopher – Descartes; Locke; British Associationism; Kant. Associationism in Psychology: Contributions of Ebbinghaus. The twentieth century Associationism. The Gestalt view, Bartlett's outlook.

Unit – II Attention and Memory

Attention: Selective attention – Kinds of Attention- Barriers of Attention- Memory: Definition, Types of Memory- Working memory, Semantic memory, Picture memory and Verbal memory, Remote Memory, Procedural memory etc., Reasons for forgetting- Memory Interventions.

Unit – III: Thinking and Decision making

Thinking- Concept formation- Process in concept formation – Analytical and non analytical strategies; Determinants of concept formation – attention and concept formation, information and concept formation - Decision making: Inductive reasoning, Decision making in the real word; Decision frames, reasoning and the Brain, Decision frames, Baye's theorem and Decision making.

Unit – IV : Problem solving, Creativity and Intelligence

Problem Solving: Functional fixedness, Organization and insight Syllogistic reasoning; Strategies fro problem solving – mean and analysis; search strategies; Creativity; Creative process, creativity and functional fixity, Investment theory and creativity – Judging creativity; Intelligence: Definition and nature – Factors influencing intelligence: Spearman, Thurston and Guilford's Gardner's theory of multiple intelligences – Stenberg's Triarchic theory - Artificial intelligence.

References:

- A. Michael G. Wessel Cognitive Psychology Harper and Row Publishers, New York, 1982.
- B. Robert I. Solso. Cognitive Psychology, Sixth Edition , Pearson Education, Delhi 2004.

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APPLIED SOCIAL PSYCHOLOGY

Unit. I: Social Influence and Social Exchange

Conformity, Asch's conformity studies; Explaining conformity; Compliance; Why people comply; Obedience; modeling; Milgram's Studies.

Unit. II: Aggression, Violence and Crime

Theoretical perspectives on Aggression; The role of biological factors Drive theories and modern theories of aggression; Determinants of human aggression; social, personal and situational determinants, Prevention & Control of aggression.

Unit. III: Individual and the Group

How groups function? Role, Status , Norms and Cohesiveness; Social facilitation , Decision making process; Leadership.

Unit. IV: Environment & Behavior

Urban environment and social behavior , Effect of noise, Temperature , Weather, Light and Air pollution. Crowding-Long term effects of crowding. Theories of crowding.

Social Psychology in action:- Applying social psychology to the interpersonal aspects of the legal system; Applying Social Psychology to the world of works; Job satisfaction, Helping and Leadership; Understanding the dimensions and limits of Leadership style.

References :-

1. Baron, R.A., & Byrne, D. Social Psychology: Understanding human Interaction, Prentice – hall of Indian Pvt. Ltd. Ew Delhi, 1988.
2. Lipp, R.A. Introduction to social psychology wordsworth publishing company , Balmont, California.
3. Lambeerth, social psychology: the theoretical approach.
4. Seidenberg, B., Sandowsku, A. social psychology. An Introduction. The Free Press, Macmillan publishing Co. Inc., 1976.

25143-Core

CLINICAL PSYCHOLOGY

Unit I: Foundations of Clinical Psychology

Definition and scope of Clinical Psychology - History of Clinical Psychology, Current status and Professional issues- Methods of Clinical Psychology.

Unit III: Models of Clinical psychology & Psycho-Diagnostics

Models of Clinical psychology- five models of clinical psychology (dynamic, cognitive/behaviorist, humanist/ gestalt-based and systematic)- Psycho-diagnostics-intake/ an amnesia - developing hypotheses - selecting criteria and materials (tests, questionnaires, observations etc.) for hypothesis testing - testing the child - integrating the data -advice and intervention plans.

Unit III: Clinical Assessment Procedures

Signs and symptoms of Mental disorders; Intellectual Assessment; Personality Assessment; Neuropsychological Assessment; Clinical interviewing and testing.

Unit IV: Extensions and Applications

Clinical child Psychology: Clinical issues, Behavioural Disorders, Emotional Disorder, Developmental and Learning Disorder – Clinical Neuro-psychology:- Symptoms and Syndromes; Delirium, Dementia, Amnesic syndrome, Neuro-psychological Delusional syndrome, Neuro-psychological syndrome, Neuro-psychological disorder with HIV – 1 infections.

Readings:

- Diagnostic and Statistical Manual disorders: 4th edition (2000) Washington, D.C.: American Psychometric Association.
- A. Hecker, J.E. & Thrope, G.L. (2005) Introduction to clinical Psychology: Science, Practice and Ethics, Delhi; Pearson Edn.
- B. Kendall, P.C. & Norton – Ford, J.D. (1982) Clinical Psychology Scientific and Professional Dimension: Chichester. John Wiley.
- C. Nietzel M.T., Bernstein, D.A., & Milich R. (1998) Introduction to clinical Psychology 5th edition, Trentice Hall, New Jersey.
- D. Prabhu G.G. (1983) Then Now India Journal of Clinical Psychology.
- E. The ICD -10 classification of Mental and Behavioural disorders. Clinical Descriptions and diagnostic guidelines (1992) W.H.O. Geneva.

25144-Core

PSYCHOLOGICAL MEASUREMENT-II

- Unit-I** **Constructing a Psychological Test--** Criteria of a good Psychological Test- Construction of Psychological Test-Reliability-Types of Reliability-Validity-Types of Validity.
- Unit-II** **Item Analysis-**purpose and preparations-Item responses and Response Scoring-weighted Scores-Subjectivity in Responses-Social Desirability of Responses- item Indices-Item Difficulty-Item Validity-Item Discrimination index-Item Criterion Correlation Index-Item Selection.
- Unit-III** **The Use and interpretation of Test Scores-**Nature of a Test Score-Factors that influence Test Performance-Types of Scores- Percentile Scores- Standard Score-scale Transformation-Score Profiles and Cut-off Scores-Score Norms for interpreting Test Scores-Ethical issues in Test Interpretation-Competence of the user of Psychological Tests
- Unit-IV** **Miscellaneous Techniques-**The Semantic Differential Technique-Attitude Scales-Thurston's Scaling Technique-The Likert Method of Attitude Scaling-Sociometry-The Projective Methods-The Ink Blot Tests-Picture Projection Techniques-Thematic Apperception Test-Rosenzweig's Picture Frustration Study

1. Anaesthesia. Psychological Testing – 7th Edition- PHI
2. F.S. Freeman: Psychological Testing, 3rd edition , Oxford and IBH publications, Co.Pvt. Ltd., New Delhi.
3. J.P. Guilford: Psychometric methods, Tata- McGraw- Hill publishing Co. Ltd. New Delhi.
4. Ramamurti, P.V. 2014. An Introduction to Psychological measurements. Delhi: PHI Learning Private Limited.

Semester-II Practicals

15142P- Practical-I: Basic Computer skills +Statistics

Marks:100

15142P- Practical- II: Experimental Psychology-II

Marks :100

2514OE -Open Elective (for students of other departments)

PERSONALITY DEVELOPMENT

Unit-I: Definition of Personality –Nature of Personality - Determinants of Personality (Heredity/ Environment/ Situations)- Role of Emotions on Personality Development.

Unit-II: Self confidence- Self acceptance and self growth - Motivation – sources of motivation – Performance appraisal – Types and application

Unit-III: Leadership – styles-skills –Inter-personal relationship - Communication- Intra personal communication and body language- Inter personal communication and relationship- Communication skills .

Unit-IV: Stress Management- causes and impact - Group Dynamics and Team Building -Conflict Management – Levels of conflict -Inter personal/ Intra group / Inter Group- Social etiquettes.

References:

- Guilford J.P. .Personality. Mc Graw Hill Book company Inc 1959.
- Hariharan et al., . Soft skills. MJP Publishers: Chennai, 2010.
- Hurlock E.B . Personality Development. Tata Mc Graw Hill Publishing company New Delhi – 1976.
- Janis, Irving and others . Personality Dynamics, Development and Assessment. New York. 1969

35141-Core

PERSONALITY-I

Unit – I: Definition and Nature

Definitions and Nature Personality-Issues and approaches to personality – Personality Vs Character, Personality Vs Individuality , How Personality consciousness show itself, Is personality consistent?

Unit – II: Determinants of Personality(Physical/Intellectual/Emotional)

Physical Determinants(Body build and attractiveness, physical changes etc.,)
Intellectual(Intellectual development/ intellectual capacities etc.,), Emotional(
Effects of Personality/dominants emotions/ emotional catharsis etc.,

Unit – III: Determinants of Personality (social/Sex/Educational/Family)

Social determinants (Social experiences /social deprivation / social acceptance tec.,)
Sex determinants (Effects of sexuality/ interest in sexuality/ attitudes etc.);
Educational determinants (attitude towards education/ readiness for school/
academic success etc.,)

Unit – IV: Socialization and Personality

Development of Personality- Early personality development – definition of socialization - role of socialization – sex-role identity – toilet training – sex typing-mechanisms of socialization.

References:

- a. Guilford J.P. “Personality” Mc Graw Hill Book company Inc 1959.
- b. Hurlock E.B ”Personality Development” Tata Mc Graw Hill Publishing company New Delhi – 1976.
- c. Janis, Irving and others “Personality Dynamcs, Development and assessment New York 1969 ”
- d. Lazarus R.S. “Personality” prentice – hall INC Second edition 1971.
- e. Stranger R. Psychology of Personality McGraw Hill Book company 1974, Fourth edition.

35142-Core

DEVELOPMENTAL PSYCHOLOGY-I

Unit-I: Foundations of Developmental Psychology

People and the Field of Developmental Psychology- Principles of development- Scientific methods - Introduction and Prenatal Development: People and the Field and Prenatal Development, Pregnancy, and Birth.

Unit-II: Infancy and Babyhood

Characteristics of Infancy- Developmental Tasks- Physical and Cognitive Development , Socio- emotional Development- Hazards of infancy- Characteristics of early childhood – Developmental Tasks – Speech development - Emotional behavior- Developments in socialization - Hazards in babyhood.

Unit-III: Childhood

Characteristics of Early childhood- Developmental tasks –Physical development- skills – Emotional behavior -Moral development in early childhood- Personality development- Hazards of early childhood- Characteristics of Late Childhood – Developmental Tasks – Physiological Habits – Skills – Emotions Socialization – Play understanding – Sex-role Tying – Family Relationships – Personality – Hazards and Happiness in late Childhood.

Unit- IV: Puberty

Characteristics of Puberty – Criteria causes Age Growth Spurt – Body changes at Puberty – Effects of Puberty changes and Deviant Maturing – Sources of Concern – Hazard and unhappiness at Puberty.

REFERENCES:

1. Hurlock. E.B (1980) Development Psychology: A Life Span Approach (Fifth Ed) New Delhi: Tata Mc Graw Hill Pub. co. Ltd.
2. Santrock, J.W (1997) Life – Span Development (sixth Ed) Chicago: Brown Mark.

35143-Core

COUNSELLING PSYCHOLOGY-I

Unit I : Introduction to Counselling

Concept and Definition of Counselling – Counselling as helping profession and related fields – Guidance , Psychotherapy, Clinical Psychology and Social work - Factors contributing to the emergence of Counselling- History of counselling movement- Present status of Counselling in India

Unit II : Goals , Characteristics and Techniques

Goals and expectations of Counselling – Roles and functions of counselor - The characteristics of an effective counselor- counselor skills- Characteristics of a Counselee – Developmental determinants.
Counselling techniques- Verbal and Non-verbal techniques – tools of counseling – Types of Counselling – Individual / Group counselling.

Unit III: Counseling process and Counselling Techniques

The Counselling setup – Influence of external conditions- Counselling techniques Communication skills (Verbal and Non-verbal techniques) – Types of counseling- Individual/ Group counseling – Advantages and Disadvantages – stages and evaluation.

Unit IV: Legal and Ethical Considerations in Counselling

Conflicting responsibility – Confidentiality- Competence and representation and ethics in research – legal considerations- the legal recognition of counselors – Privileged communications – Expert Testimony and liability for negligence or malpractice.

Reference:

- Bhatnagar, A & Gupta, N .(1999). **Guidance and Counselling. A Theoretical perspective.** Vikas Publishing House: New Delhi.
- Gibson, R.L & Mitchell, M.H. (2006). **Introduction to Counselling and Guidance.** Prentice Hall of India Ltd., : New Delhi.
- Nelson, Richard Jones. (2011). **Theories and Practice of counseling Therapy.** 5th Edition. Sage Publications: New Delhi.
- Richard nelson jones (2008) **Basic counseling skill's a Helpers manual.** 2nd edition. New Delhi:Sage Publications India limited.
- S. Naryana Rao (1997) **Counselling and Guidance.** Tata Mc. Graw-Hill.

35144- Elective-I

HEALTH PSYCHOLOGY-I

Unit I :Introduction to Health Psychology

Definition - Scope- Health psychology as a new field -- Health Psychology and other fields- Emergence of Health Psychology- Research methods in Health psychology – Correlational studies – Cross sectional and longitudinal studies – Experimental designs.

Unit II: Models of Health and Health Behaviour

Illness and Personality –Allport, Roger, Maslow; Bio-Psychosocial perspectives- Eastern Approaches: Concept of Sthitha Prajna (Bhagvadgeeta), Concept of Anasakti. Health Behavior and Primary preventions-Changing health habits – Behavioral approaches. Transtheoretical model, and Social engineering – Health enhancing behaviors.

Unit.III: Health Services

Health Services – Perceiving and Interpreting systems – Uses and misuses of health services – The Patient-Practitioner relationship – Medical advices – Psychological problems of hospitalized patients.

Unit IV: Health Promotion and Disease Prevention

Behavioral Risk factors (Food and eating/ alcohol and drinking/ unsafe sexual behavior, Tobacco and smoking /sedentary life style). Development of Health habits - Approaches to Health Promotion – Behavioral change approach, Self-empowerment approach, Collective action approach.

References:

- Hans Selye (Ed.) (1980). **Selyes Guide to Stress Research**. Van Nostrand Reinhold Company: NY.
- Baron, R.A ., and Byrne, D. (1999).**Social psychology**. Prentice Hall of India Private Ltd.
- Taylor, S.E. (2006). **Health Psychology**. 6th edition: Tata McGraw Hill, New Delhi.
- Jame Ogden. (2010).**Health Psychology**. 6th Edition. Tata McGraw Hills.

35144- Elective-II

ORGANIZATIONAL BEHAVIOUR

Unit – I: Organizational behaviour

What is an Organization ? Individual differences, in organizations; Learning Organizations, Organizational culture- Psychological process in organization – personality ; Learning principles, perception, Social Perception; Learning contact, Psychological contact and commitment.

Unit – II: Motivation and Leadership

Motivation: Concept Motivation process; Theories of Motivation-Psychological groups: Definition; types of groups: Functions fulfilled by groups, Group process; Dynamic of Groups; Structure of groups; why people join groups?
Leadership : Who is a leader? Leadership , Characteristics of effective and ineffective leaders; Leadership styles; Theories of leadership.

Unit – III: Decision Making and Conflict management

Decision Making: Individual decision making and group decision making: Decision making Techniques; conflict – Nature and sources of conflict – consequences of conflict; Types of conflict; management of conflicts. Power – Bases of power; Sources of power, Impression, Management.

Unit – IV: Organizational effectiveness and Management

Organizational effectiveness and Management of Change -What is effectiveness, Concept, nature, models: Values Based effectiveness and Social Constraints – methods of improving organizational effectiveness -Management of Change and development- Meaning of organization change, cultural process; structured changes; models of change; stress management – meaning of stress, sources of stress, consequences of organization stress and coping strategies.

References:

1. Hamlin, R.G., Keep, J& Ash, K. (Eds) (2001) Organizational change and Development: a reflective guide for managers, trainers and developers (Harlow: Financial Times, Prentice Hall).
2. Suzan Lewis and Cary Cooper work – Life Integration: Case Studies of Organizational Change (2007).
3. Rao, V.S.P and Narayana, P.S. (1997) Organisational theory and behaviour: Konark publications, New Delhi.
4. Edgar H.Schein: Orgnisational Psychology 3rd Edition : Printics Hall of India, New Delhi.

35144- Elective-III**PSYCHOLOGY OF DISABILITY****Unit-I: Introduction**

Definition of Disability – Types of Disability – Nature of Disability- Individuals with Disabilities- Early and middle childhood, adolescence and early & late adulthood - Sensory and physical disabilities - Learning and behavioural disability - Needs and concerns of disabled in all groups.

Unit – II : Assessment of Disability- Psychological Aspects

Diagnostics and assessment- Learning and behavioural disability- Research methods Psychosocial aspects of disability-Attitudes, stereotypes prejudices and discrimination towards the disabled - Minority and under privileged status.

Unit - III: Behavioural Management

Behavioral analysis-Management of problems of the disabled – Role of Parents, teachers and other significant others- Role of Interventions.

Unit – IV: Organization of Services

Role of NGO's in serving the special concerned group- Welfare programmes of GOI for special concerned group.

Reference:

- Advani, S.L. Ghate, P., Goel, H.C., & Reddy, V.R. L. (2002). **Foundation course on education of children with disability**. Hyderabad: G. Guru publications.
- Narain, J.& Kutty, A.C.T. (1990). **Skill training for M.R. Persons**. Hyderabad: J.S. Graphics.
- Verma, LO. (1990). **The management of children with emotional and behavioural difficulties**. London: Routledge.

3514OE -Open Elective (for students of other departments)

CAREER GUIDANCE

Unit I: Definition of Guidance - Need and scope guidance- Types of guidance-educational , vocational ,personal and group guidance - Agencies of guidance -national and state level. Guidance and curriculum classroom learning- Career development-vocationalization of higher education and career development.

Unit II: Problems and needs of special children- Guidance of children with special needs- Gifted and creative students- Children with various psychological problems- Guidance to the under achievers and first generation learners- Role of instructor in helping to the special needs students.

Unit III: Role of counseling – definition and goals of counseling- characteristics of good counselor- type of counseling – individual counseling/parental/ marital/ family-Role of assessment.

Unit IV: Job placement and employment model- Open competitive employment/ supported employment/ sheltered employment/ self-employment-Empowerment of persons with disabilities by economic independence.

References:-

- Shertzer.N., and Stone S.C. (1971) Fundamentals of counseling. Houghton and Mifin company: New York.
- Narayana Rao.S. (1975). Principals of Guidance and Counselling

Semester-III PRACTICALS**Practical-I: Computer Assisted Psychological Testing+ Statistics (Marks=100)****Practical-II: Practicum on Elective subject (Marks=100)**

45141- Core

PERSONALITY-II

Unit I: Nature of Personality theories

Personality theory and history of Psychology- What is Personality and What is theory – Personality theories and other psychological theories – Comparison- Formal and substantive attributes.

Unit – III: Theories of Personality - Type and Trait

Type Theories (Hippocrats/Kretschmer's classification /Sheldon's classification) and Trait Theories - Allport / Cattell/ Guilford /Eysenck's classification.

Unit – III: Theories of Personality

Freud's classification – structure and dynamics- psycho-sexual development – Jung's analytical theory – personal history – structure- dynamics & Development- Adler theory – social interest - the creation of self-neurosis.

Unit – IV: Assessment of Personality

Observation-Interview- questionnaire method - Personality Inventory- Projective tests – Word association test- sentence completion test - Rorshah Ink blot test- TAT- CAT-Psycho-drama- Socio- drama

References:

- a. Guilford J.P. "Personality" Mc Graw Hill Book company Inc 1959.
- b. Hurlock E.B "Personality Development" Tata Mc Graw Hill
 - a. Publishing company New Delhi – 1976.
- c. Janis, Irving and others "Personality Dynamics, Development and
 - a. assessment New York 1969 "
- d. Lazarus R.S. "Personality" prentice – hall INC Second edition 1971.
- e. Stranger R. Psychology of Personality McGraw Hill Book company 1974, Fourth edition.

45142- Core

DEVELOPMENTAL PSYCHOLOGY-II

Unit-I: Adolescence

Adolescence – The adolescent years – characteristics of Adolescence – Developmental Tasks – Emotionality – Social Interests and Morality changes during adolescence – Sex Interests – Sex behaviour and Approved Sex Roles – Family Relationships- Personality changes and Hazards of Adolescence-Happiness in adolescence.

Unit-II: Adulthood

Early Adulthood: Personal and Social Adjustments: Characteristics of early Adulthood – Developmental Tasks changes in Interests – Social Mobility – Sex-role adjustment. Personal and Social Hazards of Early Adulthood- Early Adulthood: Vocational and Family Adjustments: Vocational, Marital, Parenthood, Single hood and Hazards of Adjustments.

Unit –III: Middle Age

Characteristics and Developmental Tasks – Personal and social Adjustment – Adjustments to Physical Changes - Assessment of Adjustments of Physical Changes - Vocational and Family adjustments- Adjustments to Vocational, Family Patterns, Single hood, Loss of a spouse, Approaching Retirement and Old Age – Vocational and Marital Hazards of Middle Age.

Unit- IV: Old age

Characteristics and Developmental Tasks -Adjustment to Physical Changes – Changes Motor Abilities – Changes in Mental abilities- Hazards to Personal and Social Adjustments in old age- Adjustment to retirement- Adjustment to singlehood in old age.

REFERENCES:

- Hurlock. E.B (1980) Development Psychology: A Life Span Approach (Fifth Ed) New Delhi: Tata Mc Graw Hill Pub. Co. Ltd.
- Santrock. J.W (1997) Life – Span Development (sixth Ed) Chicago: Brown Mark.

45143- Core

COUNSELLING PSYCHOLOGY-II

Unit. I : Psychoanalytic Therapy & Behavior Therapy

Psycho-analytic therapy – Introduction- Structure of Personality- Conscious and Unconscious – Psychosexual stages- Eros and Thanatos - Defence Mechanisms. Therapeutic Process - therapeutic goals –Therapeutic relationship– therapeutic techniques - Free association, resistance, transference, interpretation of dreams.

Classical Conditioning- Operant Conditioning –Social learning approach– Cognitive Behavior therapy - Therapeutic Process -Therapeutic techniques - Relaxation training and related methods- Systematic desensitization- Reinforcement interventions.

Unit II- Person Centered Therapy & Existential Therapy

Existentialism and Humanism. View of human nature- Basic concepts- Therapeutic Process: Therapeutic goals –Therapeutic relationship. Therapeutic techniques- Evolution of person- centered methods - The role of assessment.

Existential psychodynamics – Anxiety defences- Therapeutic Process: Therapeutic techniques –Therapy and death-Identifying defence Mechanisms-Understanding anxieties –Rippling- Desensitizing clients to death.

Unit III: Special needs of Counselling

Special needs of various groups -Children, Adolescents, Youth, Adulthood and Middle age and aged.

Unit IV: Counselling for special concern groups

Family and Marital counseling/ Counselling for special concern groups like counselling the Physically and socially handicapped - Counseling the elderly – Counseling the women - Counselling the drug addicts and Alcoholics.

REFERENCES:

- Hall C.S. & Lindzey. G. (1998). *Theories of Personality*. 3rd Ed. NY: J. Wiley & Sons
- Elizabeth B. Hurlock. (1976). *Personality Development*. Tata Mc. Graw Hill.
- Deurzen, E.V., & Martin , (2011). *Skills Essential counseling Psychotherapy*. Sage Publications: New Delhi.
- Nelson, Richard Jones. (2011). *Theories and Practice of counseling Therapy*. 5th Edition. Sage Publications: New Delhi.

45144- Elective-I

HEALTH PSYCHOLOGY-II

Unit. I: Management of Chronic illness

Management of chronic illness – quality of life – emotional responses to chronic illness – Behavioural factors in Cardiovascular disease, Cancer - Living with chronic illness – Alzheimer’s disease – Diabetes –HIV AIDS- Psychological issues in advancing to hospital care – problems of survivors.

Unit II: Seeking Health Care and Management

Adopting health related behaviour – seeking medical attention - receiving health care. Management of Ill- Illness beliefs and explanations – experience of pain limitation of medical treatment- Patient empowerment – Role of Yoga-Principles – Pranayama.

Unit III: Health related Psychological Interventions

Conditions/Resources Promoting and Maintaining health – Pharmacological interventions- Individual therapy – Patient Education - social support interventions.

Unit IV: Role of agencies in Health Promotion

Current and future trends in Health promotion –Health Care – Management of serious illness – Becoming a health Psychologist. Challenges for the future - Organized efforts of mental health – Role of Governmental and voluntary organizations- Role of Health Psychologist.

Reference:

- David F. Marks et al., (2005). **Health Psychology**. Second Edition. Sage publications India Private Limited., N.D.
- Taylor, S.E. (2006), **Health Psychology**. 6th edition: Tata McGraw Hill, New Delhi.

45144- Elective-II

HUMAN RESOURCE DEVELOPMENT AND TRAINING

Unit – I: Conceptual Issues of Human Resource Development (HRD)

Meaning of HRD; History of HRD in India and other countries value assumptions in HRD; Empowerment, control, freedom, effectiveness; Economic and social –cultural context and HRD and institution Building.

Unit – II: Functions and Systems

HRD department and role of HRD personal; Critical HRD functions; HRD practices in Indian Organizations; HRD Systems in Industry; work, role , career, organizations and cultural systems; HRD in non-industrial sectors; health education and environment.

Unit – III : Learning in Organization

Learning process and learning styles; Factors influencing adult learning Individual, Group, Team and Organizational learning- Training needs and assessment techniques; Process and dynamic of Training techniques- Labs In: Designing training sessions and Programmers: Designing & Using Exercises, Simulations and Games.

Unit – IV : Performance Appraisal

Appraisal perspectives and systems; Defining Performance; Performance and its measures; main components of performance; Purpose and objectives of appraisal; assumptions underlying; Appraisal process: Techniques and methods who does the appraisal; individual evaluations; comparative evaluations; multi-rater evaluations; Factors distorting appraisals and how to improve appraisal; appraisal system; Prevailing appraisal systems in India; Indian experiences of performance Appraisal systems.

References:

1. T.V. Rao, “The HRD Missionary” published by OXFORD & IBN
2. R.S.Dwivedi “THE Human Resource Development” PUBLISHED BY Printice Hall, New Delhi.
3. Uday Pareek “The Instruments on HRD” published by Tata McGraw Hill, New Delhi.

45144- Elective-III

REHABILITATION PSYCHOLOGY

UNIT-I: Introduction

Rehabilitation Psychology – Field and scope - Foundations- historical development – Models of disabilities - Disability in Indian setting the past and present scenario- Individuals with Disabilities- Disabilities in early and middle childhood, adolescence and early & late - Adulthood - Sensory and physical disabilities- Learning and behavioural disability- Needs and concerns of disabled in all groups.

UNIT – II : Assessment of Disability, Psychological Aspects

Diagnostics and assessment- Learning and behavioural disability- Research methods- Psychosocial aspects of disability- Attitudes, stereotypes prejudices and discrimination towards the disabled-Minority and under privileged status.

UNIT - III: Psychological Interventions

Management of problems of the disabled- Role of psychological interventions- Psycho-analytic /Cognitive Behaviour /Rational-emotive therapy; Augmentative (psycho-drama/role of play/yoga and meditation)- Behaviour therapies (relaxation techniques/ systematic desensitization / bio-feedback).

UNIT – IV: Organization of Services

Organization and management of rehabilitation services- Collaboration with families of disabled persons- Special education strategies for learning and behavioural disability- Assistive technologies and quality of life in the disabled - Statutory provisions and policy on disability rehabilitation- Areas of governmental focus - Financial and social security- Constitutional and policy provisions- Role of NGOs in rehabilitation of disabled- Professional standards, ethical concerns.

References:

- Alexis Waitman & Suzanne Conboy-Hill, 1992. Psychotherapy and mental handicap. Sage Publications, New Delhi.
- Franks and Wilson. Annual review of behavior therapy theory and practices.Vol5. 1997.
- Rosenberg, M.S., Wilson, R. Maheady, L. (2004). Educating children with behavior disorder. London: Sage Publications.

Semester-IV Practical

Practical -I: Counseling Psychology (Marks=100)

Practical -II: Project work +SPSS (Marks=100)