



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

NOTIFICATION

(21/Aug/Adp/17)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised Syllabi and Courses of Study for **Master Degree Programme in Psychology** for semesters Ist, IIInd, IIIrd and IVth under the **Choice Based Credit System (Through Regular Mode)** under **RUSA (as given in the Annexure)** in the main Campus for the examinations to be held in the years indicated against each semester as under:-

Subject	Semester	For the examinations to be held in the year
Psychology	Semester-I	December 2021, 2022 and 2023
	Semester-II	May 2022, 2023 and 2024
	Semester-III	December 2022, 2023 and 2024
	Semester-IV	May 2023, 2024 and 2025

The Syllabi of the courses is also available on the University website: www.jammuuniversity.ac.in.

Sd/-

DEAN ACADEMIC AFFAIRS

No. F. Acd/II/21/5782-5790

Dated: 31-8-2021

Copy for information and necessary action to:

1. Dean Faculty of Social Science
2. HOD/Convener, Board of Studies Psychology
3. All members of the Board of Studies
4. C.A. to the Controller of Examinations
5. Director, Computer Centre, University of Jammu
6. Deputy Registrar/Asst. Registrar (Conf. /Exams. P.G)
7. Incharge University Website for necessary action please

Sumita Chaurasia
27/8/2021
Deputy Registrar (Academic)

[Handwritten signatures and dates]
26/8/2021

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Semester-wise Distribution of Courses and Credits under Choice Based Credit System
SEMESTER-I

Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC101	Schools of Psychology	4	5
PSPYTC102	Fundamentals of Psychology	4	5
PSPYTC104	Statistics in Psychology	4	5
PSPYTC105	Physiological Psychology	4	5
PSPYTC106	Research Methodology	4	5
PSPYPC114	Practicals I	6	6

Total Credits -26

SEMESTER-II

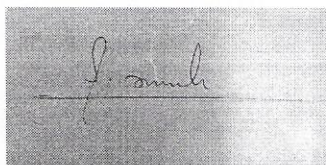
Course Code	Paper	Credits	Contact hours per week
CORE COURSES			
PSPYTC201	Cognitive Psychology	4	5
PSPYTC202	Personality Psychology	4	5
PSPYTC203	Advanced Social Psychology	4	5
PSPYTC205	Psychometrics	4	5
PSPYPC215	Practicals II	6	6
	MOOC/ Swayam Courses	4	online

Total Credits - 26

SEMESTER-III

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE301	Psychopathology	4	5
PSPYTE303	Organizational Behavior	4	5
PSPYTE304	Essential ingredients of Counselling Psychology	4	5
PSPYPE314	Field work/Project Work	4	2 days/ week
PSPYTE315	Practicals-III	6	6
GROUP B			
PSPYTE306	Health Psychology	4	5
PSPYTE307	Child Psychology	4	5
PSPYTE308	Sport Psychology	4	5
PSPYTE309	Forensic Psychology	4	5
PSPYTE310	Environmental Psychology	4	5

Total Credits - 26



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NOTE:

Group A: All courses are compulsory

Group B: Select Any One course. (Minimum 8 students to run any course.)

SEMESTER IV

Course Code	Paper	Credits	Contact hours per week
ELECTIVES			
GROUP A			
PSPYTE401	Psycho-diagnostics	4	5
PSPYTE402	Psychotherapeutic Interventions	4	5
GROUP B			
PSPYTE406	Counselling in different settings	4	5
PSPYTE408	Adolescent And Youth Counselling	4	5
PSPYPE425#	Internship	6	120 hrs (End of the semester)
GROUP C			
PSPYTE411	Human Resource Management	4	5
PSPYTE412	Consumer Psychology	4	5
PSPYTE416	Positive Psychology	4	5
PSPYTE417	Community Psychology	4	5
PSPYTE418	Developmental Psychology	4	5
PSPYTE419	Military/Police Psychology	4	5
PSPYPE420*	Dissertation	4	5
OPEN COURSE			
PSPYTO450**	Psychology of Happiness	4	4
PSPYTO451**	Psychology in day to day life	4	4

Total Credits - 26

NOTE:

Select Group A or Group B.

Group C: Select any two courses (Minimum 8 students to run any course.)

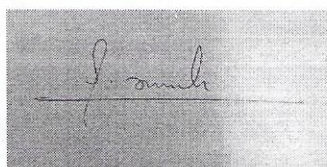
PSPYPE420* Students securing 75% and above in sem -1 and Sem -2 are eligible to opt for dissertation as one of the elective subjects.

#Course no. PSPYTE425 (Internship) is compulsory

(22 credits from the Department + 04 from outside Department)

PSPYTO 450 and PSPYTO 451**- Open Course available for outside departments.**

Total Credits to be earned: 26+26+26+26 =104

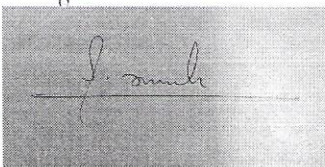


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Divyashree
Manila
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Prabhat Kour
Rahsan

Requirement for Earning the PG Degree

The total credit requirement for the PG Psychology programme is 104 credits. The total credits are distributed over two categories. Post-graduate Semester Core Courses (PSCC), Post-graduate Semester Elective Courses (PSEC). Post-graduate Semester Open Category Course (PSOCC). The PSOCC provide an opportunity to the student to develop broad inter-discipline. They include elective and/or core courses from other disciplines. The number of credits to be chosen from PSCC and PSEC is 96. The number of credits to be chosen from PSOCC is 4 and 4 credits from online (MOOC) courses

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DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN DEC 2021, DEC 2022 AND DEC 2023

SEMESTER-1

COURSE TITLE: SCHOOLS OF PSYCHOLOGY

COURSE NO: PSPYTC101

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed on intellectual traditions that contributed to the formal founding of Psychology as an independent discipline. It outlines the major systems of Psychology with an emphasis on the basic and applied contributions of each school.

UNIT-1

Beginning of Experimental Psychology: Contribution of Helmholtz, Weber and Fechner. Modern Psychology: Contributions of Wundt and Ebbinghaus.

Structuralism: Contribution of Titchner, Criticism of Structuralism.

Functionalism: Contribution of William James, Dewey and Angell.

UNIT-II

Behaviorism: Contributions of Watson and McDougall.

Neo Behaviorism: Contributions of Tolman and Hull.

Socio Behaviorism: Contributions of Bandura and Rotter.

Gestalt psychology: Contribution of Wertheimer, Koffka, and Kohler, Lewin's field theory.

UNIT-III

Psychoanalysis: Contributions of Sigmund Freud (Dream Analysis, Freudian Slip, Defense Mechanism, Instincts, Levels of Personality, Anxiety, Psychosexual stages) and criticism of Psychoanalysis.

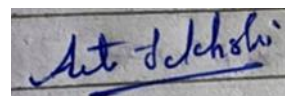
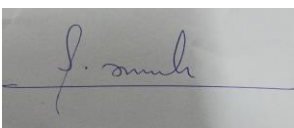
Neo- Freudians: Contributions of Anna Freud, Adler, Jung, and Horney.

UNIT-IV

Indian Perspectives: Buddhism, Hinduism, Sufism and Integral Yoga.

Existential Psychology: Contributions of Heidegger, May and Kelley.

Humanistic Psychology: Contributions of Maslow and Rogers, Future of Humanistic Psychology.



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COURSE NO: PSPYTC101

BOOKS RECOMMENDED

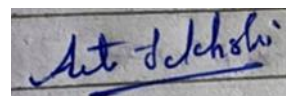
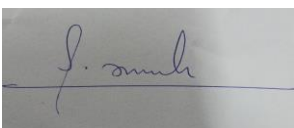
- Brennan, J.F. (2003). *History and Systems of Psychology*.6/e. New Delhi: Pearson Education.
- Cornelissen Matthijs, R.M., Misra, G., & Varma, S. (2011). *Foundations of Indian Psychology*.New Delhi: Dorling Kindersley (India) Pvt. Ltd.
- Goodwin, C. (2015).*A History of Modern Psychology 5/e*,New Jersey: John Wiley and Sons.
- Greenwood, J. D. (2009). *A Conceptual History of Psychology*.1/e. New York: McGraw Hill.
- Hergenhahn, B.R. (2013). *Introduction to History of Psychology*.7/e. New Delhi: Thomson Wadsworth.
- Pickren, W. E. & Rutherford, A. (2010).*A History of Modern Psychology in Context*. New Jersey: John Wiley & Sons, Inc.
- Rao, K.R., Paranjpe, A.C., & Dalal, A.K. (2008).*Handbook of Indian Psychology*.New Delhi: Cambridge University Press India Pvt. Ltd.
- Schultz, D.P. & Schultz, S.E. (2000).*A History of Modern Psychology 7/e*.New York: Harcourt College Publishers.
- Smith, N.W. (2001). *Current Systems in Psychology*.Wadsworth.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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SEMESTER-1

COURSE TITLE: FUNDAMENTALS OF PSYCHOLOGY

COURSE NO: PSPYTC102

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed to acquaint with basic foundations of psychology. It includes various issues & theoretical framework of learning, motivation, emotion, intelligence and creativity.

Unit-I

Learning: Theories of learning- Trial and Error learning, Classical conditioning (elements and principles), Operant Conditioning (types and schedules of reinforcement) and Applications of classical and operant conditioning to human behavior.

Guthrie's theory of learning, Cognitive theories of learning.

Unit-II

Motivation: Need, Drives and Motives (Meaning and types).

Theories of motivation- Instinct Approach, Drive reduction approach, Incentive approach, Arousal approach, Need Hierarchy approach, Achievement Motivation theory, Self-determination theory and Hull's Hypothetico-Deductive theory of motivation.

Unit-III

Emotion: concept, components

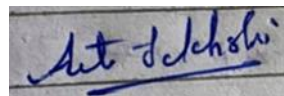
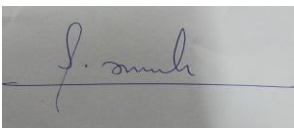
Theories of emotions: James-Lange theory, Cannon-Bard Theory, Cognitive arousal theory, Opponent process theory, Cognitive- Mediation theory of emotion and Facial Feedback Hypothesis.

Gender and emotion, Culture and emotion and Contemporary models of emotion.

Unit-IV

Intelligence: Concept, Nature/Nurture issue of intelligence, Measurement of intelligence, Individual differences in intelligence (Intellectual disability, Giftedness).

Theories of intelligence- Spearman, Thurstone, Guilford, Cattell, Sternberg, Vernon, Gardner and PASS model of intelligence.



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Creativity: Concept, factors influencing creativity, views of Torrance, Getzels and Guilford.

COURSE NO: PSPYTC102

BOOKS RECOMMENDED

Baron, R.A. (2003). *Psychology* .5/e. Delhi: Pearson Education.

Cicarelli, S.K., & Mishra, G. (2017). *Psychology*.5/e. New Delhi: Pearson Publishers.

Comer, R. & Gould, E. (2011). *Psychology Around Us*. USA: John Wiley & Sons.

Coon, D. & Mitterer, J.O. (2007). *Introduction to Psychology*.11/e. New Delhi: Thomson Wadsworth Publishers.

Eysenck, M. (2017). *Simply Psychology*.4/e Routledge

Feldman, R. S. (2000). *Understanding Psychology* .4/e. New Delhi: Tata McGraw Hill.

Kantowitz, B.H., Roediger III, H.L., & Elmes, D.G. (2005). *Experimental Psychology* 9/e. California: Wadsworth

Martin, G. N., Carlson, N. R., & Buskist, W. (2010). *Psychology*. 4/e. England: Pearson Education Ltd.

Mitterer, J. O., Coon, D., & Martini, T. (2016). *Psychology: A modular approach*. First Canadian edition. Nelson Education.

Morgan, C.T., King, R.A., Weisz, J.R. & Schopler, J. (1986). *Introduction to Psychology*.7/e. New Delhi: McGraw-Hill book company.

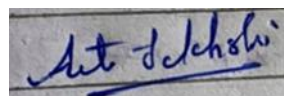
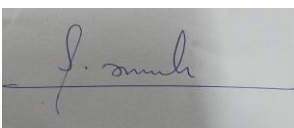
Plotnik, R., & Kouyoumdjian, H. (2011). *Introduction to Psychology*. 9/e. Belmont: Wadsworth, Cengage Learning.

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SEMESTER-1

COURSE TITLE: STATISTICS IN PSYCHOLOGY

COURSE NO: PSPYTC104

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to make students familiar with the concepts and methods used in statistical analysis. Students will learn the application of knowledge in tabulating test scores, interpreting test scores, generalizing findings and predicting certain events in new situations.

UNIT- 1

Statistics: Meaning and types-Descriptive and Inferential, Parametric and Non Parametric tests. Levels of Measurement: Nominal, Ordinal, Interval, and Ratio.

Normal Distribution Curve: Characteristics, Applications.

UNIT- II

Concept of Levels of Significance: Estimating Confidence Limits of Mean (large samples and small samples), Significance of Differences between the Means for Independent and Dependent Samples.

ANOVA: Characteristics and assumptions, Computation of One Way, Two Way ANOVA.

UNIT- III

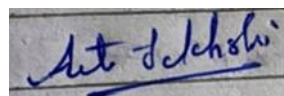
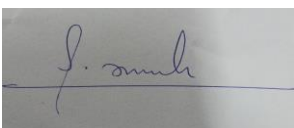
Correlation: Concept, Assumptions and Computations. Product Moment Method, Spearman Rank Order, Biserial Correlation, Point Biserial Correlation, Tetrachoric Correlation, Phi Coefficient. Regression Analysis: Concept, Assumptions and Computations. Simple Linear Regression., Concept of Mediation and moderation.

UNIT- IV

Computation of chi- square test for hypothesis testing;

a) Testing Deviation of the observed frequencies from the expected frequencies against Equal Probability Hypothesis. b) Normal Distribution Hypothesis c) 2 x 2 contingency table

Non-Parametric Tests: Concepts and Computations. Mann- Whitney U test, Kruskal-Wallis, Wilcoxon Signed Rank Test.



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COURSE NO: PSPYTC104

BOOKS RECOMMENDED

Aron, A., Aron, E.N. & Coups, E.J. (2007). *Statistics for Psychology. 4th edition*. New Delhi: Pearson Education.

Coolican, H. (2018). *Research Methods and Statistics in Psychology (7th ed.)*. Routledge.

<https://doi.org/10.4324/9781315201009>

Gravetter, F. J., & Wallnau, L. B. (2011). *Essentials of Statistics for Behavioral Sciences. 7/e*. Wadsworth, Cengage Learning.

Howell, D.C. (1999). *Statistical Methods for Psychology. 5/e*. New York: Duxbury Thomson Publishing Co.

Kaltenbach, H-M. (2012). *A Concise Guide to Statistics*. New York: Springer.

Minium, E.W., King, B.M., and Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley and Sons

Pagano, R. R. (2009). Belmont: *Understanding Statistics in the Behavioral Sciences*. Wadsworth, Cengage Learning.

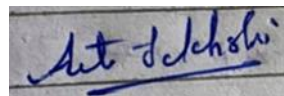
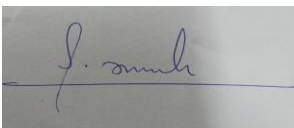
Siegel, S. (1965). *Non-Parametric Statistics*. New York: McGraw Hill.

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SEMESTER-1

COURSE TITLE: PHYSIOLOGICAL PSYCHOLOGY

COURSE NO: PSPYTC105

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to provide exposure to how behavior is controlled by biological processes. This course also covers some relevant anatomical, behavioral, cellular and neurophysiological approaches to study behavior.

Unit I:

Nervous System: Structure and functions of Neurons and Supporting Cells.

Neural Communication and Synaptic transmission.

Unit II:

Central Nervous System: Structure and functions of Spinal Cord and Brain.

Peripheral Nervous System: Functions of Spinal and Cranial Nerves.

Autonomic Nervous System: Functions of Sympathetic and Para Sympathetic System.

Unit III:

Endocrine System: Hormones released by Endocrine System, Functions of Endocrine System.

Visual System: Structure and functions of Eye, Connection between Eye and Brain.

Auditory System; Structure and functions of Ear, Connection between Ear and Brain.

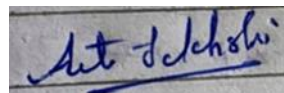
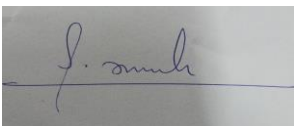
Unit IV:

Ingestive Behaviour: Neuronal and Hormonal Mechanisms of Hunger and Thirst.

Sleep and Waking: Stages, Disorders and Functions of Sleep, Physiological Mechanisms of Sleep and Waking,

Biological clocks.

Neurophysiology of learning: Long term potentiation, Synaptic plasticity.



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COURSE NO: PSPYTC105

BOOKS RECOMMENDED

Bear, M. F., Connors, B. W., & Paradiso, M. A. (2007). *Neuroscience: Exploring the Brain*. 3/e. Hong Kong: Lippincott Williams & Wilkins.

Carlson, N.R. (2005). *Foundations of Physiological Psychology*, 6th ed. Pearson Education: New Delhi

Freberg, L. A. (2010). *Discovering Biological Psychology*. 2/e. California: Wadsworth

Gazzaniga, M.S. (2009). *The Cognitive Neurosciences*, 4th ed. MIT press: Massachusetts

Kalat, J.W. (2019). *Biological Psychology* (13 th edition). Cengage Learning Inc. Student edition ISBN:978-1-337-40820-2

Kolb, B., &Whishaw, I. Q. (2009). *Fundamentals of Human Neuropsychology*. 6/e. New York: Worth Publishers.

Levinthal, C.R. (1991). *Physiological Psychology*. California: Wadsworth.

Pinel, J.P.J. (2006). *Biopsychology*, 6th ed. Pearson Education: New Delhi.

Toates, F. (2011). *Biological Psychology*. 3/e. Harlow: Pearson Education Ltd.

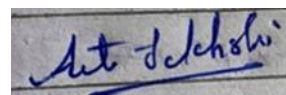
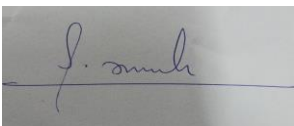
Zillmer, E. A., Spiers, M. V., Culbertson, W. C. (2008). *Principles of Neuropsychology*. 2/e. Belmont: Wadsworth

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SEMESTER –I

COURSE TITLE: RESEARCH IN PSYCHOLOGY

COURSE NO: PSPYTC106

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course aims at familiarizing the students with the meaning, types of research and ethical issues in research. It will enable the students to understand the literature review, research problem and hypotheses.

Unit-I

Meaning, Characteristics, criteria, objectives and criteria of Research, Types of Research, Process of Research, Steps in Research Process, Ethical issues in Research.

Unit – II

Research problem: Sources of Research Problem, Steps in Formulating Research Problem. Literature Review in Research: Functions and Sources of literature review.

Hypotheses: Types, Difficulties, Importance and Errors in Hypothesis Testing.

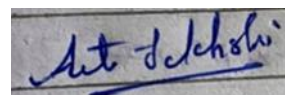
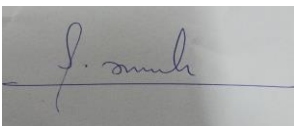
Unit-III

Research design: Concept, Functions, Quantitative and Qualitative Research designs.

Unit – IV

Sampling: Concept and Types: Probability sampling: Characteristics, Types, advantages and limitations. Non Probability Sampling: Characteristics, Types, Advantages and Limitations. Difference between Probability and Non Probability Sampling.

Preparation of report (APA format) and Publication



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COURSE NO: PSPYTC106

BOOKS RECOMMENDED

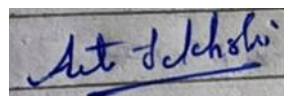
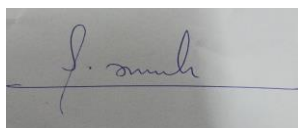
- Acharyya, R., & Bhattacharya, N. (Eds.). (2019). *Research Methodology for Social Sciences* (1st ed.). Routledge India. <https://doi.org/10.4324/9780367810344>
- Bernard, H.R. (2000). *Social Research Methods: Qualitative and Quantitative Approaches*. Sage Publications.
- Breakwell, G.M., Hammond, S. and Fife, S.C. (2000). *Research Methods in Psychology*. New Delhi: Sage.
- Broota, K. D. (2002). *Experimental Design in Behavioural Research*. New Delhi: New Age International (P) Ltd., Publishers.
- Goodwin, C. J. (2010). *Research in Psychology: Methods and Design*. 6/e. N J.: John Wiley and Sons.
- Howitt, D., & Cramer, D. (2011). *Introduction to Research Methods in Psychology*. 3/e. U.K.: Person Education Limited.
- Kerlinger, F.N. (1983). *Foundations of Behavioural Research*. New Delhi: Surjeet Publication.
- MacLin, M.K. (2020). *Experimental Design in Psychology*. 9/e. Routledge
- Mukherjee, S.P. (2019). *A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods* (1st ed.). CRC Press. <https://doi.org/10.1201/9780429289095>
- Kothari, C.R. (2004). *Research Methodology: Methods and Techniques*. New Delhi: New Age International (P) Ltd., Publishers.
- Kumar, R. (2014). *Research Methodology* (4th ed). New Delhi: Sage Publications India Pvt.Ltd.
- McBurney, D.H. (2001). *Research Methods*. 5/e. New York: Thomson Wadsworth.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

Note for paper setting.

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one questions from each unit. All questions will carry equal marks. (12x4=48 marks)



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SEMESTER-1

COURSE TITLE: PRACTICALS -I

COURSE NO: PSPYTC114CREDITS: 6

MAXIMUM

MARKS: 100 (INTERNAL = 50+ EXTERNAL=50) CONTACT HOURS: 90 HRS.

DURATION OF EXAM – 3:00 HOURS

COURSE OBJECTIVES

This course is designed to provide students an understanding of important concepts involved in psychology and to enhance their ability to conduct experiments and apply psychological tests in different settings.

Orientation for all the practicals and 5 practicals out of the following list have to be conducted during the semester.

1. Learning
2. Psychophysics
3. Achievement Motivation
4. Intelligence
5. Aggression
6. Creativity
7. Biofeedback
8. Attitude
9. Orientation to SPSS (Mandatory)

Continuous Internal Assessment: 50 Marks

Submission of file is Mandatory.

External Exam:50 Marks

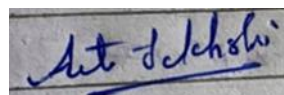
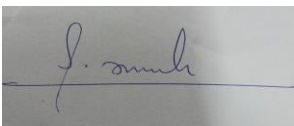
Distribution of Marks

One experiment / test to be performed during the external examination: 20 **Marks**

Viva-Voce Examination: 30 **Marks**

There will be One External Examiner and One Internal Examiner. (Coordinator)

Note: HOD Psychology Will Be The Coordinator Of Practical Examination.



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SEMESTER –II

COURSE TITLE: COGNITIVE PSYCHOLOGY

COURSE NO: PSPYTC201

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To provide an in-depth understanding of the cognitive processes in terms of current theories, models and applications. To help learners understand the importance of these cognitive processes in everyday life. This course discusses the concepts, issues and theoretical developments in the areas of attention, perception and memory.

Unit-I

Introduction to Cognitive Psychology: Origin, Scope, Core Concepts and Paradigms.

Unit-II

Attention and Perception: Concept, Theories of Attention (Selective and Divided).

Perceptual constancy, Depth Perception, Auditory Perception, Visual Perception. Theoretical Approaches to Perception: Bottom-up approaches, Top- down Approaches, Deficits in Perception.

Unit-III

Memory & Forgetting: Models of Memory, Encoding and Retrieval, Memory Distortions, Mnemonics, Theories of Forgetting.

Unit-IV

Problem Solving, Reasoning and Decision Making: Types of Problems, Theoretical Approaches to Problem Solving, Blocks to Problem Solving, Nature of Reasoning, Types of Reasoning, Nature of Decision Making, Utility and Descriptive Models of Decision Making.



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COURSE NO: PSPYTC201

BOOKS RECOMMENDED

- Eyeseck, M. W. (2015). *Cognitive Psychology* (7th ed.). New York: Taylor and Francis.
- Eyeseck, M. W. & Keane, M. T. (2020). *Cognitive Psychology: A student's handbook*. (8thed.). Psychology Press.
- Galotti, K.M. (2014). *Cognitive Psychology* (5th ed.). New Delhi: Sage.
- Jhanke, J. C. and Nowaczyk, R. H. (1998). *Cognition*. NJ:Prentice Hall, Inc. Leahey, T.H. and Harris, R.J. (1993). *Learning and Cognition*. Englewood Cliff, NJ:Prentice-Hall, Inc.
- Kellog, R. T. (2012). *Fundamental of Cognitive Psychology* (2nded.). New Delhi: Sage.
- Parkin, A. J. (2014). *Essential Cognitive Psychology*. Routledge.
- Riegler, B. R., & Riegler, G. L. (2008). *Cognitive Psychology: Applying the Science of the Mind*. Pearson.
- Smith, E. E., & Kosslyn, S. M. (2007). *Cognitive Psychology: Mind and Brain*. New Delhi: Prentice Hall.
- Sternberg, R.J. (2007). *Cognitive Psychology* (4th ed.). New Delhi: Thomson Wadsworth.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one questions from each unit. All questions will carry equal marks. (12x4=48 marks)



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SEMESTER –II

COURSE TITLE: PERSONALITY PSYCHOLOGY

COURSE NO: PSPYTC202

CREDITS:4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to help students to understand different theoretical frameworks of Personality. The course includes diverse psychological strategies to analyze personality.

Unit-I

Personality: Concept, Assumptions Concerning Human Nature, Nature of Personality
Psychoanalytic Theory and Post Freudian Developments: Freud, Jung, Adler, Erickson

Unit-II

Trait Theories: Allport, Cattell, Eysenck, Big Five Model.

Unit-III

Social Learning and Cognitive Theory: Bandura's and Kelley's Theory

Unit-IV

Assessment of Personality: Approaches, Self Report, Psychometric and Semi Projective Techniques (advantages and limitations), Behavioral Measures.

BOOKS RECOMMENDED

- Burger, J. M. (2011). *Personality*. 8th ed.. Belmont: Wadsworth, Cengage Learning. Engler, B. (2006). *Personality Theories*. New York: Houghton Mifflin Company.
- Fadiman, J. and Frager, R. (1994). *Personality and Personal Growth*. New York: Harper Collins.
- Fiest, J., & Fiest, G. J. (2008). *Theories of Personality*. (7th ed.). McGraw Hill.
- Hall, Lindzey and Campbell. (1998). *Theories of Personality*. New York: John Wiley & Sons.
- Larsen, R. J. & Buss, D. M. (2008). *Personality Psychology: Domains of Knowledge about Human Nature*. (3rd ed.). New York: McGraw Hill.
- Miller J. (2017). *Psychology of personality*. (1sted.). Pearson Education.
- Pervin, L.A. and Oliver, P.J. (2001). *Personality: Theory and Research*. New York: John Wiley & Sons.
- Ryckman, R.M. (2013). *Theories of Personality*. (10th ed.). Belmont: Wadsworth.



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Schultz, D.P. & Schultz, S. E.(2013). *Theories of Personality*.(10th ed.).New Delhi:Thomson Wadsworth.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

COURSE NO: PSPYTC202

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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SEMESTER –II

COURSE TITLE: ADVANCED SOCIAL PSYCHOLOGY

COURSE NO: PSPYTC203

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60) CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course aims at enabling students to understand how individual behavior is influenced by social and cultural context. It will also help them to understand how social behavior can be analyzed in terms of social-psychological theories and help them to realize how social psychological knowledge can be used in solving social problems.

UNIT I

Social Psychology: Historical Background, Theoretical Perspectives, Research Methods.

Applications of Social Psychology: Environment, Health, Consumer behavior, Legal Issues.

UNIT II

Social cognition: Schemas, Heuristics, Attributions, Attribution Biases.

Attitude: Formation of Attitudes, Attitude and Behaviour, Attitude Change.

The Self: Self Esteem, Self Concept, Self Awareness.

UNIT III

Group Processes: Fundamentals of Groups, Social Facilitation & loafing, Intergroup Conflict, Interpersonal

Attraction

Prejudice: Forms, Causes, Methods to Reduce Prejudice.

UNIT IV

Prosocial Behaviour: Origin, Determinants, Five Step Model of Prosocial Behaviour.

Aggression: Theories, Determinants, Prevention/Control of Aggression.

Social Influence: Conformity, Compliance, Obedience.



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COURSE NO: PSPYTC203

BOOKS RECOMMENDED

- Branscombe, N. R. & Baron, R. A. (2017). *Social Psychology* (14th edition). Pearson Education. ISBN: 978-0-134-41096-8
- Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology*. (13th ed.). New Jersey: Pearson Education Limited.
- Baron, R.A. & Byrne, D. (2003). *Social Psychology*. (10th ed.). New Delhi: Pearson Education.
- Callaghan, J., & Lazard, L. (2011). *Social Psychology*. Learning Matters Ltd.
- Crisp, R. J., & Turner, R. N. (2007). *Essential of Social Psychology*. Sage Publications Ltd.
- DeLamater, J. D., & Meyer, D. J. (2009). *Textbook of Social Psychology*. Cengage Learning.
- Hayes, N. (2018). *Fundamentals of Social Psychology*. Routledge.
- Kassin, S., Fein, S., & Markus, H. R. (2011). *Social Psychology*. (8th ed.). Wadsworth, Cengage Learning.
- Kool, V. K., & Agarwal, R. (2006). *Applied Social Psychology: A Global Perspective*. Atlantic Publishers.
- O'Doherty, K. C. & Hodgetts, D. (2019). *The Sage Handbook of Applied Social Psychology*. Sage Publications. ISBN: 978-1-4739-6926-1
- Shetgovekar, S. (2018). *An Introduction to Social Psychology*. New Delhi: Sage texts.
- Smith, E. R., Mackie, D. M., & Claypool, H. M. (2015). *Social Psychology* (4th ed.). New York: Taylor & Francis.
- Worchel, S.; Cooper, J.; Goethals, G.R & Olson, J.M. (1991). *Social Psychology* (5th ed.). NJ: Wadsworth Thomson Learning.

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one questions from each unit. All questions will carry equal marks. (12x4=48 marks)



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Semester –II

COURSE TITLE: PSYCHOMETRY

COURSE NO: PSPYPE 205

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course will provide foundation on the Basics of Psychological testing and equip the students to know the Importance, procedure and application of Psychometric tests.

UNIT I

Psychometry: Psychological Assessment, Meaning and Functions, Historical Sketch, Types of Tests and Scales. Speed and Power Test. Properties of scales, Psychological scaling, Errors in Measurement, Ethical Issues, Professional Issues, Testing in the Twenty-first Century

UNIT II

Test Construction: Item writing, Item analysis- Item difficulty, Item discrimination and Inter-item Correlation, Norms

UNIT III

Reliability, Methods of establishing reliability, Factors influencing reliability of a test.

Validity- Types, Factors influencing validity of the test.

UNIT IV

Application of Psychological Tests in Education, Industry, Clinical Settings and Lifespan Development.

Basic concepts, Uses, Exploratory and Confirmatory Factor Analysis



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COURSE NO: PSPYPE205

BOOKS RECOMMENDED

- Anastasi, A. (1997). *Psychological testing*. New York.: Mac Millan and Co,
- Coaley, K. (2014). *An Introduction to Psychological Assessment and Psychometrics 2/e*. New Delhi : Sage Publications.
- .Gregory, R.J. (2010). *Psychological Testing: History, principles, and applications(6thed.)*. New Jersey: Prentice-Hall.
- Kaplan, R.M. &Saccuzzo, D.P. (2013).*Psychological Assessment and Theory. Creating and using psychological tests. 8thed. (International Edition)*. Canada: Wadsworth,Cengage Learning.
- Murphy, K. R., &Davidshofer, C. O. (1994).*Psychological testing - Principles and applications*. New Jersey: Prentice Hall.
- N.K. Chadha (2009). *Applied Psychometry*.NewDelhi : Sage Publications.
- Nunnaly. J. C. (1978). *Psychometric Theory*.NewYork : McGraw Hill.
- Silverman, D. (2006). *Interpreting qualitative data: Methods for analyzing talk, text and interaction*. New Delhi: Sage Publications
- Urbina, S. (2014).*Essentials of Psychological Testing*. New Jersey, NJ: John Wiley & Sons.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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SEMESTER –II

COURSE TITLE: PRACTICAL-II

COURSE NO: PSPYPC 215

CREDITS: 6

CONTACT HOURS: 90 HRS.

DURATION OF EXAM – 3:00 HOURS

COURSE OBJECTIVES

This course is designed to provide students an understanding of important concepts involved in psychology and to enhance their ability to apply this knowledge to test various concepts in laboratory conditions.

At least 5 practicals out of the following list are to be conducted during the semester

1. Personality Testing: Objective Technique
2. Sociometry
3. Divided Attention
4. Depth Perception
5. Memory and Forgetting
6. Problem Solving/Reasoning
7. Decision making
8. Qualitative Technique
9. Brain imaging and Brain Recording Techniques.
10. Orientation to SPSS (Mandatory)

Continuous Internal Assessment: 50 Marks

Submission of file is Mandatory.

External Exam: 50 Marks

Distribution of Marks

One experiment / test to be performed during the external examination: **20 Marks**

Viva-Voce Examination: **30 Marks**

There will be One External Examiner and One Internal Examiner. (Coordinator)

Note: HOD Psychology Will Be The Coordinator Of Practical Examination.



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Semester –II

COURSE TITLE: MOOC/ SWAYAM COURSES

CREDITS: 4

Course will be based on the courses being chosen by the students (via SWAYAM portal)

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Semester -III

COURSE TITLE: PSYCHOPATHOLOGY

COURSE NO: PSPYTE301

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To acquaint the students with the nature of various manifestations of psychopathology. The course includes Anxiety Disorders, Somatoform Disorders, Dissociative and Personality Disorders, Mood Disorders, Eating Disorders, Psychophysiological Disorders and Schizophrenia.

UNIT I

Approaches to Psychopathology: Biological, Psychodynamic, Behavioral, Cognitive, Socio-cultural. Diagnostic and Statistical Manual of Mental Disorders (DSM) and International Classification of Diseases (ICD).

UNIT II

Anxiety disorders: Clinical Picture, Etiology, Case study.

PTSD: Clinical Picture, Etiology, Case study.

Obsessive- Compulsive and related disorders: Clinical Picture, Etiology.

Somatic symptoms and related disorders: Clinical Picture, Etiology.

UNIT III

Dissociative Disorders: Clinical Picture, Etiology.

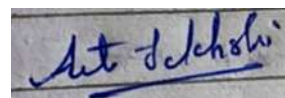
Bipolar and related disorders, Depressive Disorders: Clinical Picture, Etiology.

Feeding and Eating disorders: Clinical Picture, Etiology.

UNIT IV

Schizophrenia spectrum and other Psychotic disorders: Clinical Picture, Etiology.

Personality Disorders: Clinical Picture, Etiology.



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COURSE NO: PSPYTE301

BOOKS RECOMMENDED

Barlow, H.D. & Durand, V.M. (2007). *Abnormal Psychology; An Integrative Approaches*. New Delhi: Wadsworth Thomson Learning.

Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. (11th ed.) . Ally and Bacon.

Durand, V.M. & Barlow, D.H. (2000). *Abnormal Psychology*. Belmont, CA: Wadsworth/Thomson Learning.

Nevid . J. S., Rathus, S.A. Greene, B. (2018). *Abnormal Psychology in a Changing World (10th ed.)* New Delhi: Pearson Education

Raskin, J.D. (2019). *Abnormal Psychology: Contrasting Perspectives* .UK: Red Globe Press.

Sarason, I. G. & Sarason, B.R. (2007). *Abnormal Psychology: The Problem of Maladaptive Behavior* (10th ed.). New Delhi: Pearson Education.

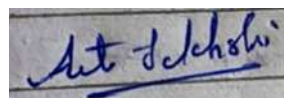
Seligman, M.E.P., Walker, E.F., & Rosenhan, D.L. (2001). *Abnormal Psychology*. (4th ed.). New York: W.W. Norton & Co.

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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Semester -III

COURSE TITLE: ORGANIZATIONAL BEHAVIOR

COURSE NO: PSPYTE303

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to understand the behavior of individuals in organizations. This will familiarize the students about the phenomenon of personality, motivation, leadership, communication and team work in organizations.

UNIT-I

Industrial Psychology Vs Organizational Behaviour, Historical Roots and Emergence of Organizational Behavior, Hawthorn's study, Nature, Scope of organizational Behavior, Challenges and Opportunities for Organizational Behavior Today. Theoretical Foundations of Organizational Behavior.

UNIT-II

Personality: Nature, role of personality in organization in the context of interaction perspective and person-job fit perspective. The Myers-Briggs type indicator, the big five model, Major personality characteristics in organizations

Work Motivation: Nature, Theories: Content, Process and Reinforcement Theories

UNIT-III

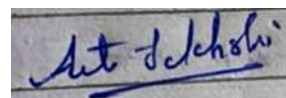
Organizational Design: Classical and Neo-Classical Approaches, Contemporary Approaches, Emerging Organizational Designs

Communication: Nature, Functions, Process, Interpersonal Communication, Direction of Communication, Organizational Communication, Effective Communication, Barriers to Effective Communication

UNIT-IV

Leadership: Meaning, Historical Studies, Traditional Theories, Modern Theoretical Process of Leadership, Leadership Skills

Team; Nature, Types of Teams, Creating Effective Teams



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COURSE NO: PSPYTE303

BOOKS RECOMMENDED

Greenberg, J., Robert, A., & Baron, A. (2000). *Behavior in organization* (7thed.) New

Jersey: Prentice Hall.

Greenberg, J. (2018). *Behavior in organization* (10thed.) New Delhi: Pearson Education

Luthans, F (2011). *Organizational: An evidence –based approach* (12th edition). New York: McGraw-Hill.

Nelson, D.L. & Quick, J.C. (2006). *Organizational Behavior.:Foundations, realities and challenges* (3rd edition)

. Chennai, India: Thomson.

Robbins, S.P. (2003). *Organizational Behavior*. (10thedition) New Delhi: Pearson Education

Robbins, S.P., & Judge, T.A. (2019). *Organizational Behavior, Global Edition* (18thed.). London : Pearson

Education.

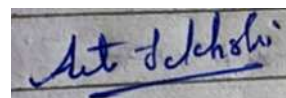
Yukl, G. (2004.) *Leadership in organizations*. (5thed.). New Delhi: Pearson Education

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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Semester -III

COURSE TITLE: ESSENTIAL INGREDIENTS OF COUNSELLING PSYCHOLOGY

COURSE NO: PSPYTE304

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 hrs

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed to provide an in-depth study of Counselling and Psychotherapeutic Processes. It includes the detailed study of concepts, goals and ethical issues in Counselling and Psychotherapy; Counselling Strategies and Techniques, and adopting the Counselling Process to Specific Populations.

UNIT- I

Fundamentals of Counselling: Definition and Goals of Counselling, Difference between Counselling and Psychotherapy, Effective Counsellor Characteristics, Ethics in Counselling

UNIT II

Process of Counseling: Counselling Relationship, The core Conditions of Counselling, Counsellor's Actions that Impede Communication, Stages of Counselling

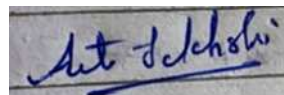
Skills: Opening skills, Listening techniques, Challenging Skills, Acceptance techniques, Structuring techniques, Leading techniques, Advice and information giving strategies, Terminating skills, Record keeping

UNIT-III

Approaches to Counselling: Psychodynamic, Client-Centered, Gestalt, Behavioral, Cognitive, Group and Family, Eclectic, E- Counselling, Psychological first-aid.

UNIT-IV

Adopting the Counselling Process to Specific Populations: Crisis Intervention, Working with Children, Parents, Older Adults, Women & Girls, Men and Boys, Gay, Lesbians, Transgender.



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COURSE NO: PSPYTE304

BOOKS RECOMMENDED

Corey, G. (2000). *Theory and Practice of Group Counselling*. Pacific Grove, Calif:

Brooks/Cole.

Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons, Ltd.

Evans, J. (2009). *Online Counselling and Guidance Skills*. New Delhi: Sage Publications.

Flanagan, J. S., & Flanagan R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.

Galibrarth, V. (2018). *Counselling Psychology*. New York: Taylor & Francis Group.

Ginter, E.J., Roysircar, G., Gerstein, L.H. (2019). *Theories and applications of Counselling and Psychotherapy*. USA: Sage Publications, Inc.

McLeod, J. (2009). *Counselling Skills*. New Delhi: Rawat Publications.

[Murphy](#), D. (2017). *Counselling Psychology: A Textbook for Study and Practice*. USA: Wiley-Blackwell

Orlans, V., & Scoyoc, S. V. (2009). *A Short Introduction to Counselling Psychology*. New Delhi: Sage Publication India Pvt. Ltd.

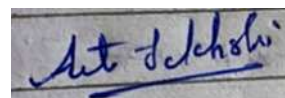
Welfel, E.R. & Patterson, L.E. (2005). *The Counselling Process: A Multi-theoretical Integrative Approach* (6thed.). Pacific Grome: Brooks/Col. (1st Indian Edition).

NET SURFING REQUIRED:

Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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COURSE NO: PSPYTE306

BOOKS RECOMMENDED

Anisman, H. (2016). *Health Psychology*. New Delhi: SAGE Publication.

Dimatteo, M. R., & Martin, L. R. (2002). *Health Psychology*. New Delhi: Pearson Education

Marks, D.F., Murray, M., Evans, B., Willig, C., Woodall, C., & Sykes, C. M. (2008). *Health Psychology: Theory, Research, and Practice*. New Delhi: SAGE Publication.

Ragin, F. D. (2019). *Health Psychology: An Interdisciplinary Approach to Health*. New York: Pearson Education.

Revenson, T.A., & Gurung, R.A.R. (2019). *Handbook of Health Psychology*. New York: Routledge.

Sanderson, C.A. (2018). *Health Psychology: Understanding the Mind-Body Connection*. SAGE Publications, Inc;

Sarafino, E.P. (2002). *Health Psychology: Biopsychosocial Interactions* (4th edition). New York: John Wiley and Sons, Inc

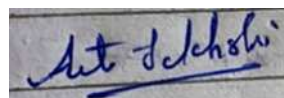
Taylor, S.E. (2012). *Health Psychology*. (7th ed.). New Delhi: Tata McGraw Hill.

NET SURFING REQUIRED:

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Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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Semester –III

COURSE TITLE: CHILD PSYCHOLOGY

COURSE NO: PSPYTE307

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 + MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed to acquire basic knowledge of Child psychology. The focus of the course will be on development from Conception to Adolescence from different perspectives. The course further covers different research perspectives within the field of Developmental psychology.

UNIT- I

Development from Conception to Birth: Stages of Prenatal Development, Factors influencing development, Theories of Human Development.

UNIT-II

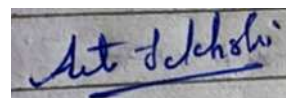
Infancy: Physical growth: Early reflexes, Early Sensory capacities, milestones of Motor development. Cognitive development- Behaviorist and Piagetian approach. Language, Emotional and Social development, Developmental issues in infancy.

UNIT-III

Childhood: Physical, Motor, Cognitive, Emotional, Language and Social development in Early and Middle childhood.

UNIT IV

Adolescence: Physical, Cognitive and Psychosocial development in Adolescence. Search for Identity, Sexuality, Moral Reasoning, Conflict and Aggression in Adolescence.



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COURSE NO: PSPYTE307

BOOKS RECOMMENDED

Bee, H., & Boyd, D. (2004). *The Developing Child* (10thed.). Delhi: Pearson Education Publication.

Tetzchner, S.V. (2019). *Child and Adolescent Psychology*. New York: Routledge.

Harris, M., Butterworth, G. (2012). *Developmental Psychology*. USA : Psychology Press.

Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective* USA: Creative Commons.

Papalia, D.E., Olds, S.W., & Feldman, R.D. (2004). *Human Development* (9thed.). New Delhi: Tata McGraw Hill Pub.

Santrock, J.W. (2007). *Life Span Development* (3rded.). New Delhi: Tata McGraw Hill Publication.

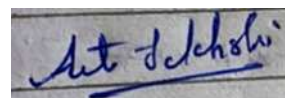
Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence* (7thed.). Haryana: Thomas Wadsworth.

Skuse, D., Bruce, H., & Dowdney, L. (2017). *Child Psychology and Psychiatry*. UK: John Wiley & Sons Ltd.

NET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

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Semester –III

COURSE TITLE: SPORT PSYCHOLOGY

COURSE NO: PSPYTE308

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

DURATION OF EXAM – 2:30 HOURS

CREDITS: 4

CONTACT HOURS: 60 HRS.

COURSE OBJECTIVES

To acquaint the students with the nature and significance of sport psychology. It also highlights the importance of social and psychological processes in the sport settings. It aims to familiarize the students with the interventions.

UNIT -I

Introduction and Historical Background to Sport Psychology

Professional Issues in Sport Psychology

Research Methods and Testing in Sport Psychology

UNIT –II

Motivation in Sport: Defining Motivation; Theories of Motivation in Sport

Personality and Athletes: Theories; Personality Traits and Sport Psychology

Mood and Emotions in Sport: Conceptual Models of Emotion and Mood; Mood State and Athletic Performance

Attention and concentration in sport: Attention and Athletic Performance

UNIT- III

Aggression in sport: Theories; Factors Promoting Aggression; Techniques to Reduce Aggression

Leadership in sport: Team Cohesion; Theories of Leadership

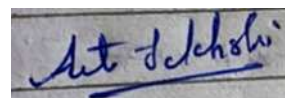
Causal Attribution in sport: Attributional Model; Causal Attributions in Competitive Situations

UNIT- IV

Arousal, stress and anxiety in sport: Relationship among Arousal, Anxiety, and Performance; Alternative Approaches to the Arousal-Performance Relationship

Substance Abuse in Sport: Prevalence, Diagnoses, and intervention

Interventions: Coping Strategies in sport; Relaxation Strategies for Sport; Arousal Energizing Strategies for Sport; Psychological Skills Training



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COURSE NO: PSPYTE308

BOOKS RECOMMENDED

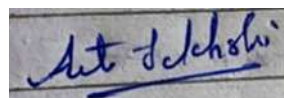
- Cashmore, E. (2014). *Key Concepts in Sport Psychology*. New York: Routledge.
- Cox, R. H. (2002). *Sport Psychology: Concepts and Applications* (5thed.). New York: McGraw Hill Co. Inc.
- Galulucci, N. T. (2008). *Sport Psychology: Performance Enhancement, Performance Inhibition, Individuals, and Teams*. New York: Psychology Press.
- Lavallee, D., Kremer, J., Moran, A. P., & Williams, M. (2004). *Sports Psychology: Contemporary Themes*. New York: Palgrave Macmillan.
- LeUnes, A. (2008). *Sport Psychology*. (4thed.). New York: Psychology Press.
- Mugford, A. & Cremades, G. (2019). *Sports, Exercise and Performance Psychology: Theories and Applications*. New York: Taylor and Francis.
- Moran, A. P. (2004). *Sport and Exercise Psychology: A Critical Introduction*. New York: Routledge.
- Morris, T., & Summers, J. (1995). *Sport Psychology: Theory, Applications and Issues* (2nded.). Milton: John Wiley & Sons Australia, Ltd.
- Schinke, J. R., McGannon, K. R., & Smith, B. (2018). *Routledge International Handbook of Sport Psychology*. New York: Taylor and Francis..

NET SURFING REQUIRED:

Students are highly encouraged to find out the relevant material through NET surf

Note for Paper Setting

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Semester –III

COURSE TITLE: FORENSIC PSYCHOLOGY

COURSE NO: PSPYTE309

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To acquaint the students with forensic psychology and its interdisciplinary nature. The understanding will be developed in theory and research from a wide variety of academic disciplines, including: psychology, sociology, psychiatry, criminal justice/law enforcement, law and the legal profession, neuropsychology, psychopharmacology genetics and psychophysiology.

UNIT-I

Overview of the Forensic Psychology concepts: Meaning, Roles of Forensic Psychologists, Brief history of Forensic Psychology, Laws versus Values, the Importance of psychology in Law enforcement

UNIT-II

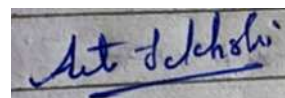
Effective Intervention: Relationship between mental disorders and crime, the criminalization of mental illness, psychological disorders and associated criminal behavior. Psychology and lie detection

UNIT-III

Behavioral Profiling: Introduction, the Efficacy of Profiling, Inductive versus deductive reasoning, application of profiling, crime scene Analysis, Geographic Profiling

UNIT-IV

Working with victims: Police Perceptions-Domestic and sexual violence, Marginalized victims, overcoming victim reluctance, techniques for interacting with victims, victim support units Working with minors: Child Psychopathology.



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BOOKS RECOMMENDED

COURSE NO: PSPYTE309

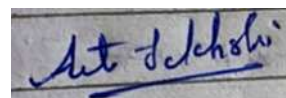
- Bartol, C.R. & A. Bartol, A.M.(2015). *Introduction to Forensic Psychology: Research and Application* (4thed). New York: SAGE Publications.
- Brown,J. , Shell, Y., & Cole, T. ,(2015). *Forensic Psychology*. New Delhi: SAGE Publications India Pvt. Ltd.
- Davies, G.M., & Beech, A. R. (2018).*Forensic Psychology: Crime, Justice, Law, Intervention*. (3rded.). USA: John Wiley & Sons Ltd.
- Dennis, H. (2018). *Introduction to Forensic and Criminal Psychology* (6thed.) UK: Pearson Education
- Duff,S., &McGuire,J.(2018). *Forensic Psychology*.London :Macmillian Publishers Ltd.
- Scott-Snyder,S.(2017). *Introduction to Forensic Psychology :Essentials for Law Enforcement* Boca Raton,FL: Taylor &Francis Group
- Textbook American Psychological Association. (2010). *Publication manual of the American Psychological Association (6th ed.)*. Washington, DC: Author.

NET SURFING REQUIRED:

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Note for Paper Setting

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Semester –III

COURSE TITLE: ENVIRONMENTAL PSYCHOLOGY

COURSE NO: PSPYTE310

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS.

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To acquaint students with the basic concepts of Environmental Psychology. To Provide Students a Perspective of Environmental Psychology

UNIT –I

Environmental psychology: Meaning, History, Nature, and Scope. Research methods in Environmental Psychology. Ethical considerations in environmental research. Models to explain environmental behavior.

UNIT-II

Environmental perception: perspectives, Nativism vs learning, Habituation and the perception of change. Environmental cognition: cognitive maps (methods, errors, memory and cognitive maps), Wayfinding.

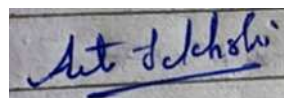
UNIT-III

Environmental risk perception: environmental risks, subjective risk judgment, emotional reactions to environmental risks

Environmental stress: concept, effects of environmental stress: Noise, Crowding, poor housing quality, Poor neighborhood quality, traffic congestion. Territorial behavior.

UNIT-IV

Pro- Environmental behavior: Concept, values, social norms, eclectic model to save the environment. Environment and quality of life, future perspectives in environmental psychology.



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COURSE NO: PSPYTE310

BOOKS RECOMMENDED

Bell.P.A., Greene. T. C., Fisher. J.D.,&Buam. A., (1996).*Environmental Psychology*.Harcourt Brace College Publishers.

Devlin, A.S. (2018). *Environmental Psychology and Human Well-Being*.Netherlands: Elsevier

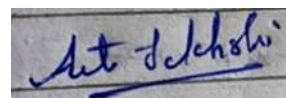
Steg. L., Agnese.,& De Groot, J.I.M. (2019) *Environmental Psychology* :USA: . John Wiley & Sons ltd.

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Semester –III

COURSE TITLE: FIELD WORK/ PROJECT WORK

COURSE NO: PSPYPE314

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 120HRS

COURSE OBJECTIVES

To provide comprehensive training to develop skills, techniques and professional competencies among the students.

The students will visit the various organizations (Govt. / Private/NGOs). The students have to complete 120 hours of field work during the semester. Each student shall prepare a report on the basis of their observation and work done during the field visits and will submit the same in the department.

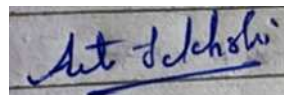
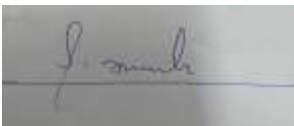
After the completion of field work the internal/ external expert will evaluate the performance of the students through comprehensive viva voce.

Distribution of marks

Distribution of marks for internal examination: Report/Written record: 40 marks

Distribution of marks for External examination: comprehensive Viva-voce: 60 marks.

Note: HOD Psychology will be the coordinator of practical examination.



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Semester –III

COURSE TITLE: PRACTICALS III

COURSE NO: PSPYPE315 CREDITS: 6
CONTACT HOURS: 90HRS

MAXIMUM MARKS: 100

DURATION OF EXAM – 3:00 HOURS

OBJECTIVES

This course is designed to provide students an understanding of important concepts involved in psychology and to enhance their ability to apply psychological tests.

At least 5 practicals out of the following list have to be conducted during the semester.

1. Depression /Anxiety/Stress
2. Aptitude
3. Career /interest inventory
4. Leadership
5. Work motivation
6. Job satisfaction
7. Projective and objective technique

Continuous Internal Assessment: 50 Marks

Submission of file is Mandatory.

- **External Exam:50 Marks**

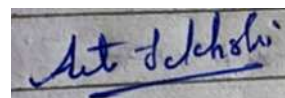
Distribution of Marks

One test to be performed during the external examination: 20 **Marks**

Viva-Voce Examination: 30 **Marks**

There will be One External Examiner and One Internal Examiner. (Coordinator)

Note: HOD Psychology Will Be The Coordinator Of Practical Examination.



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SEMESTER -IV
COURSE TITLE: PSYCHO-DIAGNOSTICS

COURSE NO: PSPYTE 401

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed to provide an understanding of the psycho-diagnostics, intelligence testing, behavioral assessment methods and personality testing. It will train the students for making a sound assessment and diagnosis.

UNIT-I

Introduction to Psycho-diagnostics: Nature, Objectives and Stages. Diagnostic, Ethical Issues and Principles.

UNIT-II

Cognitive Assessment: Intelligence Testing: Stanford-Binet test, Wechsler Intelligence test.

Assessment of Dysfunctional Cognitions

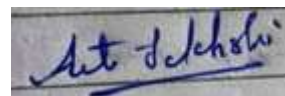
UNIT-III

Personality Assessment and testing: Thematic apperception test (TAT) and Rorschach Ink Blot Test, Projective drawings. Self report inventories- MMPI and NEO PI-R.

UNIT-IV

Behavioral and Neuro-psychological Assessment: Functional Analysis, Naturalistic Observation, Controlled Observation, Self-Monitoring, Questionnaires and Rating Scales.

Screening and Assessing for Neuro-psychological Functioning.



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COURSE NO: PSPYTE 401

BOOKS RECOMMENDED

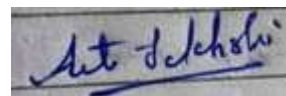
- Carson, R.C. Butcher, J.N. & Mineka, S. (2000). *Abnormal Psychology and Modern Life*. Eleventh Edition Ally and Bacon.
- Cohen, R.J. & Swerdlik, M.E. (2017). *Psychological Testing and Assessment* (9th Ed.). New York : McGraw-Hill Education;
- Groth-Marnat, G. (2003). *Handbook of Psychological Assessment*. (4th ed.). New Jersey John Wiley & Sons.
- Hecker, J.E. (2005). *Introduction to Clinical Psychology*. New Delhi: Pearson Education.
- Kellerman, H. & Burry, A. (2007). *Handbook of Psychodiagnostic Testing*. (4th ed.). Springer Science & Business media, New York.
- Korchin, S.J. (1988). *Modern Clinical Psychology*. Delhi: CBS Publication
- Neitzel, M.J, Bernstein, D.A., Milich, R. (1994). *Introduction to Clinical Psychology* (6th ed.).
- Pomerantz, A.M. (2011). *Clinical Psychology: Science, Practice and Culture*. (2nd ed.). New Delhi: Sage Publications
- Richard, D.C.S., & Huprich, S. K. (2009). *Clinical Psychology: Assessment, Treatment and Research*. London: Elsevier Academic Press Publications.
- Trull, T.J. & Phares, E.J. (2001). *Clinical Psychology* (6th ed.). Belmont, CA: Wadsworth/Thomson Learning.

NET SURFING REQUIRED:

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Note for Paper Setting

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SEMESTER -IV
COURSE TITLE: PSYCHOTHERAPEUTIC INTERVENTIONS

COURSE NO: PSPYTE 402

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOUR

COURSE OBJECTIVES

The Course is designed to provide an in-depth study of psychotherapeutic techniques. It includes detailed study of various techniques of psychotherapy –Individual centric therapies, group therapies, family therapy and play therapy.

UNIT-I

Introduction: Levels of Psychotherapy; characteristics of effective therapeutic relationship.

Brief introduction to supportive, Re-Educative, Reconstructive therapies.Eclectic and Integrative Approaches.

UNIT-II

Individual centric therapies: Psychoanalytic, client-centered, existential, behavioral, cognitive behavioral therapies

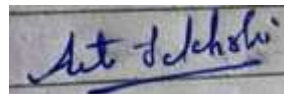
UNIT-III

Group therapy: Stages in the development of a group, approaches to group therapy

Expressive Therapies:Art therapy, Dance/movement therapy, Drama Therapy, Music Therapy,

UNIT-IV

Family therapy and play therapy: Family assessment, approaches and techniques to family therapy, play therapy



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COURSE NO: PSPYTE 402

BOOKS RECOMMENDED

Capuzzi, D. and Gross, D.R. (2007). *Counselling and Psychotherapy: Theories and interventions*. New Delhi: Pearson Education.

Corey, G. (2001). *Theory and practice of counselling and psychotherapy*. New York: Brooks/Cole

Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.

Gilliland, A. & James, C. (1998). *Theories and Strategies in Counselling and Psychotherapy*. Boston: Allyn & Bacon.

Ginter, E.J. , Roysircar, G. , Gerstein, L.H. (2019). *Theories and applications of Counselling and Psychotherapy*. USA: Sage Publications, Inc.

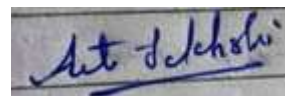
Kaslow, H. W. & Magnavita, J.J. (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York : John Wiley and Sons.

Reeves, A. (2018). *An Introduction to Counselling and Psychotherapy: From Theory to Practice* California : SAGE Publications Ltd

NET SURFING REQUIRED: Students will be highly encouraged to find out the relevant material through NET surfing.

Note for Paper Setting

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

SEMESTER -IV
COURSE TITLE: COUNSELLING IN DIFFERENT SETTINGS

COURSE NO: PSPYTE 406

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To acquaint the students with the different areas of counselling like counselling for substance abuse, chronic illness, marital and family counselling, Work Settings and Crisis Intervention

UNIT I

Counselling of Clients with Substance Abuse: Assessment for Substance Use Disorders, treatment plan, psychoeducation in substance abuse therapy, Relapse Prevention Strategies

UNIT II

Counselling in Health settings: Life style illnesses, Pre and post surgical counselling (for hospital staff and patients)

Counselling of People with Trauma

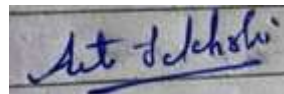
UNIT III

Couples Counselling: Overview and Process of Couples Counselling

Marital and Family Counselling, Counselling in Old Age Homes

UNIT IV

Work Settings and Crisis Intervention



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COURSE NO: PSPYTE 406

BOOKS RECOMMENDED

Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons, Ltd.

Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy* (8th ed.). USA: Thomson Brooks/Cole

Gladding, S.T. (2019). *Counselling: A Comprehensive Profession* (2nd ed.). Pearson India Education Services Pvt. Ltd: New Delhi.

Glidden-Tracey, C. (2005). *Counselling and Therapy with clients who abuse alcohol or other drugs*. New Jersey: Lawrence Erlbaum Associates, Inc.

Flanagan, J. S., & Flanagan, R.S. (2004). *Counselling and Psychotherapy Theories in Context and Practice*. New Jersey: John Wiley & Sons.

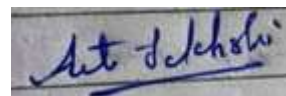
Reeves, A. (2018). *An Introduction to Counselling and Psychotherapy: From Theory to Practice* California :SAGE Publications Ltd

.Satpathy, G. C. (2002): *Aids Transmission : Challenges in the New Millennium*, Gyan Publishers

Seligman, L. & Reichenberg, L.W. (2010). *Theories of counselling and psychotherapy* (3rd ed.). U.S.A.: Pearson Education Inc.

Sharf, R.S. (2012). *Theories of Psychotherapy and Counselling Concepts and Cases* (5th ed.). U.S.A.: Brooks/Cole, Cengage Learning

Veer, G. (1998). *Counselling and therapy with refugees and victims of trauma* (2nd ed.). England : John Wiley & Sons Ltd.



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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

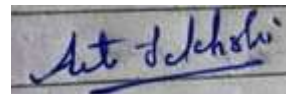
COURSE NO: PSPYTE 406

NET SURFING REQUIRED:

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Note for Paper Setting

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SEMESTER -IV
COURSE TITLE: ADOLESCENT AND YOUTH COUNSELLING

COURSE NO: PSPYTE 408

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This Course is Designed to Provide an Understanding of Application of Counselling in Educational Settings. It Includes Detailed Study of Educational Counselling, Career Counselling, Child Abuse Counselling, Counselling for Childhood, Adolescence Disorders and HIV/AIDS Counselling

UNIT-I

Educational Counselling: Meaning and functions, Counselling at Elementary, Middle, Secondary School level

UNIT-II

Counselling in school and college settings: School Counselling: Characteristics and Process

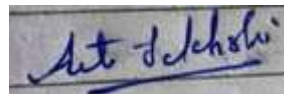
Career counselling: Meaning, theories of career development, career counselling models, career counselling in educational settings

UNIT-III

Child abuse counselling: Types of Abuse, Causal Theories of Abuse, Consequences of Abuse Implications for Counselors

Unit-IV

HIV/AIDS Counselling: Introduction to HIV/AIDS, Stages, signs and symptoms, testing, transmission of HIV/AIDS, Pre and post HIV test counselling.



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COURSE NO: PSPYTE 408

BOOKS RECOMMENDED

Geldard, K., Geldard, D. & Foo, R.Y. (2016). *Counselling adolescents (4th ed.)*. New Delhi: SAGE Publications India Pvt. Ltd.

Kapur, M. (2011). *Counselling children with psychological problems*. India: Dorling Kindersley (India) Pvt. Limited.

Sink, C.A. (2005). *Contemporary School Counselling*. U.S.A.: Houghton Mifflin Company.

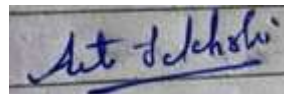
Zunker, V.G. (2006). *Career Counselling: A Holistic Approach (7th ed.)*. U.S.A.: Thomson Brooks/Cole,

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SEMESTER -IV
COURSE TITLE: HUMAN RESOURCE MANAGEMENT

COURSE NO: PSPYTE411

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course aims in understanding the behaviors of individuals along with other organizational assets and familiarize them with the skills, techniques and implications of human resource management.

UNIT-I

Human Resource Planning: Meaning, Objectives and Features of HRM, Component of HRM, Functions of HRM. Challenges and Human Resource Management: Going Global, New technology, Managing Change, Managing Talent, Responding to the Market, Containing Costs, Social Issues in HRM

Human Resource Information System: Recruitment, Selection and Placement

UNIT-II

Training and Development: Training Methods for Non-managerial Employees: Job training, Apprenticeship training, Cooperative training, Internship and Governmental training, Classroom Instructions, Programmed instructions, Audio-Visual Methods, E-learning, Simulation Method. Training methods for Management division. Needs Assessment for Training

UNIT-III

Wage and Compensation Management: Nature, Objectives and Planning of Compensation, Factors Influencing Compensation Level, Wage Policy, State Regulation of Wages and Wage Differentials

Performance Appraisal System: Concept, Features, Characteristics, Objectives, Evaluation Process, Methods and Problems of Performance Appraisal System

UNIT-IV

Employee Health: Alcoholism at Work, Smoking at Work, AIDS and Other Life-Threatening Illnesses, Job Stress, Burnout. Employee Safety: Purpose, Supervisor's Role in Safety, Causes of Accidents and their Prevention.



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COURSE NO: PSPYTE411

BOOKS RECOMMENDED

Bass, R.M. & Drenth, J.D. (1987). *Organizational Psychology*. New York: Sage.

Dessler, G. (1994). *Human Resource Management*. (6/e). NJ: Prentice-Hall International.

Gary, D. (2017). *Fundamentals of Human Resource Management*. New Delhi: Pearson Education

Mathis, R.L. & Jackson, J.H. (2000). *Human Resource Management*. (9/e). New York: South-Western College Publishing Co.

Rao, T.V., Verma, K.K. and Khandelwal, A.K. & Abraham. (1989). *Alternative Approaches Strategies of Human Resource Development*. Jaipur: Rawat Publication.

Rao, V.S.P. (2013). *Human Resource Management: Text and Cases*. (3ed.) Excel Books: New Delhi.

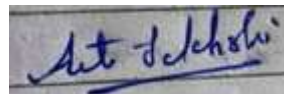
Snell, S & Bohlander, G. (2007). *Human Resource Management*. New Delhi: Thomson Wadsworth

NET SURFING REQUIRED:

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Note for Paper Setting

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SEMESTER -IV
COURSE TITLE: CONSUMER AND MARKETING PSYCHOLOGY

COURSE NO: PSPYTE412

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to provide an understanding of consumer psychology, trends in consumer behavior, consumer memory, perception, attention, motivation, and decision making.

UNIT I:

Introduction: Meaning of Consumer Psychology, History of consumer psychology, Current trends in consumer behavior. Approaches to studying consumer behavior
Consumer Memory: Memory systems, Techniques to enhance consumer memory
Consumer Learning: Behavioral theories, Cognitive theories and Social theories.

UNIT II:

Consumer Perception: Gestalt theories, use of different senses
Attention: Arousal, visual selective attention, factors affecting consumer attention

UNIT III:

Consumer motivation and decision making: intrinsic and extrinsic motivation, theories of motivation, techniques to motivate consumers, decision making and brand loyalty
Internet consumption and internet decision making

UNIT IV:

Marketing: Research Methods, Techniques and Outcomes.

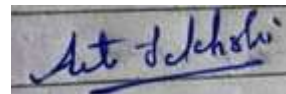
BOOKS RECOMMENDED

David, L.L. & Della Batia A.J. 2nd Ed. (1984). *Consumer Behavior Concepts and Applications*. New York: McGraw Hill,

London, D.L. & Delle –Bitta , A. (1984). *Consumer Behavior : Concepts and Applications*. NY : McGraw Hill.

Jansson-Boyd, C.V. (2010). *Consumer Psychology*. NY : McGraw Hill

Schiffman, L.G., Wisenblit, J., & Kumar, S.R. (2018). *Consumer Behavior (12th Edition)*. New Delhi: Pearson Education.



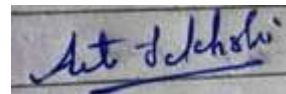
DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF JAMMU
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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

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COURSE NO: PSPYTE412

Note for Paper Setting

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SEMESTER -IV
COURSE TITLE: POSITIVE PSYCHOLOGY

COURSE NO: PSPYTE416

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)
OF EXAM – 2:30 HOURS

CONTACT HOURS: 60 HRS DURATION

COURSE OBJECTIVES

To develop an understanding of the concept of positive psychology. To apply the various principles of positive psychology for self development and assist in enhancing positive development in others.

UNIT- I

Introduction and historical overview of Positive Psychology, Positive Psychology Perspective, Western and Eastern Perspectives on Positive Psychology, Applications (School and Work Settings), Future of Positive Psychology

UNIT- II

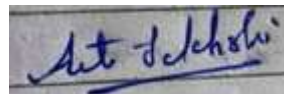
Positive Affect and Emotions, Subjective Well-Being, Resilience, Emotion-Focused Coping, Emotional Intelligence

UNIT -III

Self-Efficacy, Optimism, Hope, Mindfulness, Flow, Spirituality, Wisdom, and Courage

UNIT-IV

Authenticity, Humility, Enhancement of Closeness, Compassion, Forgiveness, Gratitude, Love, Altruism



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COURSE NO: PSPYTE416

BOOKS RECOMMENDED

Biswas- Diener, R. (2008). *Invitation to Positive Psychology: Research and Tools For the professional*. United Kingdom: British Library Cataloguing –in- Publication Data.

Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths(2nd ed.)* UK: Routledge.

Dunn,D.S.(2018). *Positive Psychology: Established and emerging issues*. New York: Taylor &Francis.

Linley, P. A., & Joseph, S. (2004). *Positive Psychology in Practice*.John Wiley & Sons, Inc.

Snyder, C.R., Lopez, S.J. (2002). *Handbook of Positive Psychology*. New York:Oxford University Press.

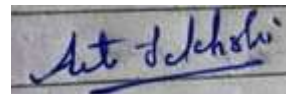
Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology*. (2nd ed.) New Delhi: Sage Publications.

NET SURFING REQUIRED:

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

SEMESTER -IV
COURSE TITLE: COMMUNITY PSYCHOLOGY

COURSE NO: PSPYTE417

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HRS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

The course is designed to provide an in-depth and critical study of Community Psychology. It includes the nature and goals of community psychology. Interventions within a community framework, community-based programs, and current applied issues in community psychology are covered.

UNIT I

Introduction to Community Psychology: Philosophy, and Goals of Community Psychology

Emergence of Community Psychology: Historical Background of Community Psychology, Future of Community Psychology

UNIT II

Understanding Communities: Defining Community, Sense of Community, Building Communities

Understanding Human Diversity: Key Dimensions of Human Diversity, Liberation and Oppression, Acculturation

UNIT III

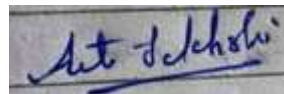
Prevention and Promotion: Key Concepts; Current and Future Applications

Promoting Community and Social Change: Citizen Participation and Empowerment; Approaches and Issues for Community and Social Change

UNIT IV

Specific Social Issues and Services in the Community: Child Maltreatment, Elderly, Homeless

Community Health and Prevention: Tobacco, Alcohol, HIV and AIDS



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COURSE NO: PSPYTE417

BOOKS RECOMMENDED

Dalton, J. H., Elias, M. J., & Wandersman, A. (2007). *Community Psychology: Linking Individuals and Communities* (2nd Ed). Belmont CA: Thomson Wadsworth.

Duffy, K. G. & Wong, F. Y. (2000) *Community Psychology*. Boston: Allyn & Bacon.

Nelson, G. & Prilleltensky, I. (2010). *Community Psychology: In Pursuit of Liberation and Well Being*. NY: Palgrave Macmillan.

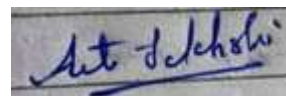
Moritsugu, J. Vera, E., Wong, F. Y. Duffy, K. G. (2017). *Community Psychology*. (5th Ed.) New York: Routledge.

NET SURFING REQUIRED:

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Note for Paper Setting

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SEMESTER -IV
COURSE TITLE: DEVELOPMENTAL PSYCHOLOGY

COURSE NO: PSPYTE418

CREDITS: 4

MAXIMUM MARKS: 100(MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to provide an in-depth study of Developmental Psychology. It includes physical, social & cognitive development of human being at Adulthood, Late Adulthood and Old Age stages of development.

UNIT-I

Domains of Developmental Psychology, Issues and Influences on Development, Theoretical perspectives, Research Designs in Developmental Psychology.

UNIT-II

Early Adulthood: Physical Development, Cognitive Development. Language development, Psychosocial development in Early Adulthood, Marital and non-marital life styles.

UNIT-III

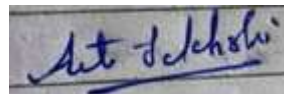
Middle Adulthood: Physical and Cognitive Development.

Psychosocial Development – Consensual Relationships: Marriage, Midlife divorce, Friendships, Relationships with maturing children and Gay & Lesbian Relationships.

UNIT IV:

Late Adulthood: Physical, Cognitive and Psychosocial changes.

Issues and challenges in old age.



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BOOKS RECOMMENDED

COURSE NO: PSPYTE418

Bee, H, & Boyd, D. (2004). *The Developing Child* (10thed). Delhi: Pearson Education Publication.

Berk, L.E. (2003). *Child Development* (6th ed). Delhi: Pearson Education Publication.

Feldman, R.S. (1997). *Development Across the Life Span*. New Jersey: Prentice Hall Publication.

Harris, M., Butterworth, G. (2012). *Developmental Psychology*. UP. Psychology Press.

Hurlock, E.B. (2002). *Developmental Psychology* (5th ed). New Delhi: Tata McGraw Hill Publication.

Lally, M., & Valentine-French, S. (2017). *Lifespan Development: A Psychological Perspective* USA: Creative Commons

Papalia, D.E., Olds, S.W. & Feldman, R.D. (2004). *Human Development* (9th ed). New Delhi: Tata McGraw Hill Pub..

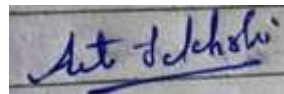
Santrock, J.W. (2007). *Life Span Development* (3rd ed). New Delhi: Tata McGraw Hill Publication.

Shaffer, D.R., & Kipp, K. (2007). *Developmental Psychology: Childhood and Adolescence* (7th ed.) Haryana: Thomas Wadsworth.

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SEMESTER -IV
COURSE TITLE: APPLIED PSYCHOLOGY; MILITARY AND SECURITY FORCES

COURSE NO: PSPYTE419

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

This course is designed to enable the students to understand the nature and scope of military /Police psychology, assessment in personnel selection, leadership in military, and other related issues

UNIT-I

Military/ Police Psychology: Nature, Scope, Historical perspective, Application, Developments, Contemporary issues and Emerging trends. Application of Psychology in Police organization

UNIT-II

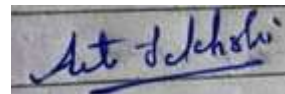
Selection, Allocation and Training: Psychological Assessment for Personnel selection, Situational Tests, Cognitive and Personality based assessment, Issues and Perspectives. Selection for special task, Pilot Selection. Need, types and methods of training.

UNIT-III

Leadership: 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

Interview and interrogation, threat assessment. Issues relating special operations, training and performance in special situations, futuristic warfare.



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COURSE NO: PSPYTE419

BOOKS RECOMMENDED

Hall, R. & Mangelndroff, A.D. (1991). *Handbook of Military Psychology*. USA: John Wiley & Sons.

Kennedy, C.H. & Zillmer, E.A. (2006). *Military Psychology: Clinical and Operational Applications*. N.Y: Guilford Press.

Maheshwari.,N.(2015). *Military Psychology: Concepts, Trends and Interventions*. New Delhi: Sage India

Ramachandran, K. (in press). *Handbook of Military Psychology*. Delhi: DIPR.

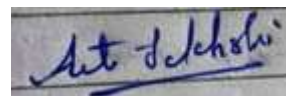
Shalit, B. (1988). *The Psychology of Conflict and Combat*. N.Y: Praeger.

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Note for Paper Setting

There will be total nine questions. Question no.1 is compulsory which comprises of four short answer type questions covering entire syllabus (3x4=12 marks). There will be eight long answer type questions (2 questions from each unit with internal choice) and the candidates will be required to answer one question from each unit. All questions will carry equal marks. (12x4=48 marks)



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M.A. PSYCHOLOGY UNDER CBCS
SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

SEMESTER -IV
COURSE TITLE: PSYCHOLOGY OF HAPPINESS

COURSE NO: PSPYTO450

CREDITS: 4

MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60)

CONTACT HOURS: 60 HRS

DURATION OF EXAM – 2:30 HOURS

COURSE OBJECTIVES

To acquaint the students about positive emotions and informing them about emerging paradigm of Positive Psychology. Build relevant competencies for experiencing and sharing happiness with significant others and its implications.

UNIT I

Happiness: Introduction to Happiness, Subjective wellbeing, Psychological wellbeing, Quality of life.

Happiness in work and relationships.

UNIT II

Thinking: Nature, types, proactive thinking, positive thinking.

Developing Self: Self in Indian tradition, Self-concept, Self- esteem, Self- Management

Emotional and Spiritual intelligence

UNIT III

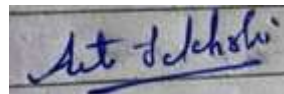
Positive Psychology: History, Positive subjective experiences: Positive Moods, Positive Emotions and Flow,

mindfulness, yoga and meditation

UNIT IV

Positive Individual traits: Hope, Resilience, Gratitude, Spirituality.

Positive Institutions: Positive work place, Positive schools, Positive families.



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COURSE NO: PSPYTO450

BOOKS RECOMMENDED

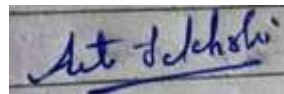
- Bhawuk, D.P.S. (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad-Gita*. Ed. (A.J., Marsella). NY: Springer
- Carr, A. (2011). *Positive Psychology: The Science of Happiness and Human Strengths (2nd ed.)* UK: Routledge.
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- Sinha, J. (1934). *Indian Psychology: Perception*. London: Trubner & Co. Ltd.
- Snyder, C.R., Lopez, S.J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.
- Snyder, C.R., Lopez, S.J. (2011). *Positive Psychology*. (2nd ed.) New Delhi: Sage Publications.
- Weiten, W., & Lloyd A. M. (2004). *Psychology Applied to Modern Life: Adjustment in the 21st Century (7th ed.)*. Singapore: Thomson Wadsworth Pvt ltd.

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

SEMESTER-IV

COURSE TITLE: PSYCHOLOGY IN DAY TO DAY LIFE

COURSE NO: PSPYTO451 CREDITS: 4
MAXIMUM MARKS: 100 (MINOR= 40 +MAJOR=60) CONTACT HOURS: 60 HRS.
DURATION OF EXAM – 2:30 HOURS

OBJECTIVES

To enable the student to make the connection between psychology and its practical application to everyday life and how psychological principles can help them to face life's challenges. It enables students to relate issues that they encounter in their everyday life, such as emotions, stress, health, and communication.

UNIT I

Psychology: Meaning, Nature and scope of Psychology, Role of a Psychologist.

Methods of Psychology, Application of Psychology in day to day life

UNIT –II

Emotions: Nature of emotions, functions of emotional expression, expression of emotions, theories of emotions.
Emotional intelligence: Nature, scope and types. Strategies to enhance emotional intelligence.

UNIT-III

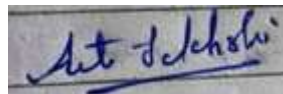
Stress, stressors, stress reactions, stress and health.

Stress and Management: Meditation, Exercise, Relaxation, Coping: Emotion focused and problem focused coping.

UNIT-IV

Leadership: Nature, personality of an effective leader, types and Models of leadership.

Communication- Communication process, Communication skills, Non-verbal communication, effective communication, Barriers to effective communication.



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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

COURSE NO: PSPYTO451

BOOKS RECOMMENDED

Weiten, W., Lloyd A. M. (2004). *Psychology Applied to modern Life: Adjustment in the 21st Century*. (7th Ed).
Singapore: Thomson Wadsworth Pvt Ltd.

Atwater , E. & Duffy, K.G. (1995). *Psychology for Living, Adjustment, Growth, and Behavior today* (5th Ed.) .
New Delhi: Prentice hall of India Private Limited.

Robbins, S.P., & Judge, T.A. (2019). *Organizational Behavior, Global Edition* (18thed.). London : Pearson
Education.

Taylor, S.E. (2012). *Health Psychology*. (7th ed.). New Delhi: Tata McGraw Hill.

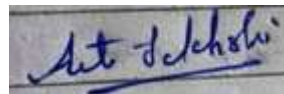
Wadker, A. (2016). *Life skills for success*. Sage publications India Pvt. Ltd

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SYLLABUS FOR THE EXAMINATION TO BE HELD IN MAY 2023, MAY 2024 AND MAY 2025

COURSE TITLE: DISSERTATION

COURSE NO: PSPYPE420

CREDITS: 4

MAXIMUM MARKS: 100

COURSE OBJECTIVES

This course is designed to provide students a platform to apply the theoretical framework they have learned in Research Methodology in real life settings. It will give them insight of how various methodologies can be applied and will enhance their ability to apply knowledge regarding Research Methodology.

Students securing 75% and above in Sem -1 and Sem -2 (Combined total marks in semester 1 and semester 2) are eligible to opt for dissertation as one of the elective subjects.

Students will be allotted one faculty member as supervisor for research work.

Work done report should be submitted in the department before viva voce examination.

Students have to present their research work via PPT presentation.

EVALUATION (100 Marks)

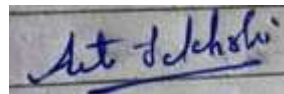
Panel board consist of External Examiner, Internal examiners and supervisor.

Distribution of Marks:

Research Report and Viva Voce: 70 Marks. (External / Internal examiner)

Supervisor = 30 Marks.

Note: HOD Psychology will be the coordinator / Internal Examiner.



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Semester –IV

COURSE TITLE: INTERNSHIP

COURSE NO: PSPYPE425

CREDITS: 4

MAXIMUM MARKS: 100

CONTACT HOURS: 120HRS.

Objective: To provide comprehensive training to develop skills, techniques and professional competencies among the students.

Students will be placed in different organizational setting to have practical insight into its work or functioning, the dynamics and goals to be achieved. The total duration of internship will be 120 hours spread over 30 days. Each student will work under field supervisor from the organization. The field supervisor will be monitoring field work of the candidate and maintain the attendance along with the feedback to the department. After completion of 120 hours, the candidate will submit a written report in consultation with field supervisor. The candidates have to give presentation of the work done, specifying the learning experiences related to the application of the theory in field settings. Evaluation will be done by HOD/ Internal examiner) and External expert.

Distribution of marks

Distribution of Marks for Internal Examination: Report/Written record: 40 marks

Distribution of Marks for External Examination: comprehensive Viva-voce: 60 marks.

Note: HOD Psychology will be the Coordinator / Internal Examiner.

