

Shri Govind Guru University

(Established by Government of Gujarat Vide Gujarat Act no 24/2015)

Towards Smart Quality Education

Faculty of Arts

Master of Arts

Syllabus for

Psychology (CBCS Programme)

Semester - 1 to 4

Effective from June-2019

Website: www.sggu.ac.in

M. A. PSYCHOLOGY
Semester – I
(PSYCHOLOGY- 101)
Advanced Experimental Psychology

Main objectives:

1. The course aims of familiarizing students with experimental research, experimental methods and various experimental designs.
2. Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge about mental and behavioral processes; learn how to do experimental and non experimental studies.
3. Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.

Unit-I : Psychological research and concept of variables

1. Definition of Psychological research
2. Types of Psychological research
 - Theoretical research and its types-Empirical research and its types
3. Concept of variable
4. Types of variables
5. Interdependent of independent and dependent variable

Unit-II : Control of Relevant variable

1. Types of control techniques
 - Matching-Randomization-Counter balancing evant variables and its control
 - Subject relevant variables and its control
 - Situation relevant variables and its control
 - Sequence relevant variables and its control

Unit – III : Classical Psychophysics

1. Basic concept of psychophysics
2. Psychophysical methods
3. Method of minimal changes
 - Determination of absolute and deferential limen by the method of minimal changes
4. Method of constant stimuli
 - Determination of AL and DL by method of constant stumuli
5. Method of average error
 - Determination of PSE by method of average error

Unit - IV : Verbal Learning and Forgetting

1. Verbal learning
 - Meaning of verbal learning
 - Functions of verbal learning
 - Basic determinants of Verbal learning
2. Memory and Forgetting
 - Types of memory
 - Factor effecting on memory
 - Definition of forgetting
 - Measurements methods of retention

- Retroactive inhibition and proactive inhibition

Reference Books:

1. M.R. D'amato (1980) : Experimental Psychology' Methodology, Psychophysics and learning TMH Edition.
2. Barry and Mortan (1985) : Experimental Methods in Psychology McGraw.
3. Broota K.D. (1992) : 'Experimental Designs in behavior research ' New Delhi Willy Estern.
4. Prof. C.B. Dave , Dr. Dipak Bhatt, Dr. N.S. Patel and Dr. D.J. Panchal (1998) : 'Experimental Psychology Theory and statistics' Viral Prakashan, Ahmedabad.

M. A. Semester – I
(PSYCHOLOGY- 102)
Research Methods and Statistic in Psychology -I

Main objectives :

1. To provide information about basic concept of research
2. To provide information about research process
3. To familiar the students about types of research studies

Unit – I Introduction

1. Meaning of Research
2. Characteristic of Research
3. Types of research
4. Major Steps for the research process

Unit – II Research problems and Hypothesis

1. Research problems
 - Definition research problems
 - Characteristics of research problems
 - Sources of research problem
2. Research Hypothesis
 - Meaning of hypothesis
 - Source of hypothesis
 - Varieties of research hypothesis

Unit – III Varieties of research studies

1. Descriptive research study
2. Exploratory study

Unit – IV: Statistical Methods

- a) Correlation by Product Moment Method
 - Meaning and Computation:
 1. on raw score
 2. On assumed mean
- b) Tau
- c) Singed trunk test

Reference Books

1. Aron , Authur, Aron, E.N. and Cups, E.J. (2007) statistic for Psychology, New Delhi : Person Education.
2. Best , J.W. and Kahn, J.V. (2006) Research Foundation New Delhi Prentice Hall of India Pvt. Ltd.
3. Kerlinger , F.N. and Lee H.B. (2000) Foundation of Behavioral Research 4th Edi. New York : Harcourt Collage Publications .
4. Mangal S.K. (2008) statistic in Psychology and Education New Delhi :Vistaar Publication

M. A. Semester – I
(PSYCHOLOGY- 103)
Psychology of Emotion -I

Main objectives:

1. To enable the students to know aspects of emotion
2. To provide information of measurement of emotional aspects

Unit – I Basic Issues

1. Meaning of Emotion
2. Concepts of Emotion
3. Approach of Emotion

Unit – II Types of Emotion

1. Positive Emotion –
 - Happiness
 - Love
2. Negative Emotions –
 - Fear & Anxiety
 - Anger
 - Envy Jealousy
 - Grief and sadness

Unit – III Measurement of Emotion

1. Physiological methods
2. Psychological method
3. Lie detector

Unit – IV Theories of Emotion

1. Basic Theory –
 - James – Langes
 - Cannon – Bard Theory
2. Cognitive theories
 - Schanters two factor of theory
 - Cognitive theory of Lazar

Reference Books

1. Atkinson, R.L. Atkinson R.C., Smith EE Bem, DJ. And Noled-Hoekema, Eds.) New York: Harcour
2. Averill, J.A (1980) A constructive view of emotion in R. Plychik and Kellerman (Eds.) Emotion : Theory, research and experience : Vol. 1, Theories of Emotions, New York : Academic press.
3. Beaumont J.G (1983) introduction to human neuro psychological new York : Guildford.
4. Carlson, Neil, R. (2007) Foundation of Physiological Psychology. New Delhi: Person Education.

Web Resources :

- [http : //www.apa.org/ pubinfo/longer. htm/](http://www.apa.org/pubinfo/longer.htm/)
[http : //www.infotrac. college.com/wadsworth](http://www.infotrac.college.com/wadsworth)

M. A. Semester – I
(PSYCHOLOGY 104)
Child Development – I

Main objective :

Main objective of this paper is to give the student knowledge about the foundations of child development in research and practice. In case they want to practice as Child Psychologist , that is , may be working with a pediatrician in a hospital , these basic will give them knowledge about the normal and abnormal development in a child.

Unit-I History and applied directions

1. Child Development as a scientific , Applied and Interdisciplinary field
2. Basic Issues
3. Theoretical perspective
 - Psychoanalytical
 - Behaviorism
 - Social learning

Unit – II Foundation of Development

1. Prenatal development
2. Childbirth
3. Infancy
 - The newborn
 - Motor development
 - Perceptual development

Unit – III Cognitive Development

1. Piaget’s Cognitive Developmental theory
2. The Sensormotor Stage
3. The pre Operational stage
4. The Concrete Operational stage
5. The Formal operational Stage

Unit – IV

1. Attention
2. Memory
3. Intelligence
 - Definition
 - Intelligence test for children
 - computation and distribution of IQ score

Basic Book

- Berk Laura E (2009) “ Child Development) ” (8th Edition) Pearson Education (Indian Edition) , New Delhi.

Reference Books :

1. Berk Laura E (2003) & (2002) Sixth Edition, Prentice Hall of India, New Delhi
2. Tyagi M. (2007) Developmental Psychology Avishkar Publishing , Jaipur
3. Santrock J.W. (2004) Span Development, Tata McGraw Hill , New Delhi
4. Hurlock E.B. (1978) Child Development, Mcgrow Hill , New Delhi.

M. A. Semester – I
(PSYCHOLOGY 105)
Abnormal Psychology –I

Main objectives :

Main objectives of this paper, which is an important area of clinical psychology, is to enhance the understanding of the students of the latest diagnostic classification of DSM-IV, used by professionals like, clinical psychologists and psychiatrists for diagnosis and treatment. This course would equip the students to do practice and research after more intensive practical training in future.

Unit – I Abnormal Psychology and Historical and Contemporary Views of Abnormal Behavior

1. What Do We Mean by Abnormal Behavior?
- DSM-IV – Categorization
2. Research Approaches in Abnormal Psychology
3. Causal Factors and Viewpoints in Abnormal Psychology
4. Causes and Risk Factors for Abnormal Behavior
5. The Biological Viewpoint and Biological Causal Factors
6. The Psychosocial Viewpoint & Causal Factors
7. The Sociocultural Viewpoint & Causal Factors

Unit – II Stress and Adjustment Disorders

1. What Is Stress?
2. The Effects of Severe Stress
3. Adjustment Disorder: Reactions to Common Life Stressors
4. Post-Traumatic Stress Disorder: Reactions to Catastrophic Events
5. Prevention and Treatment of Stress Disorders
6. Panic, Anxiety, and their Disorders
8. Phobic Disorders
9. Generalized Anxiety Disorder
10. Obsessive-Compulsive Disorder

Unit – III Mood Disorders and Suicide

1. What Are Mood Disorders?
2. Unipolar Mood Disorders
3. Bipolar Disorders
4. Suicide
5. Somatoform and Dissociative Disorders

Unit – IV Eating Disorders and Obesity

1. Clinical Aspects of Eating Disorders
2. Risk and Causal Factors in Eating Disorders
3. Treatment of Eating Disorders
4. Obesity
5. Treatment of Obesity

Basic Books :

1. Butcher J.M., Mineka S., Hooley J.M., (2007) , “ Abnormal Psychology” , (13th Edition) , Pearson Education (Indian Reprint)
(New DSM – IV- TR)

Reference:

1. Sarason I.G. & Sarason B.R. (1996) , “ Abnormal Psychology : The problem of Maladaptive Behavior ” (8th Edition) , Prentice – Hall of India Pvt. Ltd. New Delhi.
2. Barlow D.M. & Durand V.M. (2007) , “ Abnormal Psychology : An Integrative approach (4th Edition) , Thomson – Wadsworth publishers , Delhi (Indian Reprint)

M. A. Semester – I
(PSYCHOLOGY 106)
Health Psychology – I

Main objectives:

Main objectives of teaching this very important paper of Health Psychology, which is one of the areas of Clinical Psychology, is to familiarize the students about the present scenario at the global level relating to the psyche of the human being regarding health related behavior, which is a fast growing problem today. In case the students wish to practice as health Psychologist in a hospital, these basics along with intensive training would help them in future.

Unit – I

1. Definition of Health Psychology – Brief History – Need of the field of Health psychology
2. System of the body- Cardiovascular system- Digestive system

Unit – II

1. Introduction to Health behavior
2. Cognitive Behavioral approaches to health Behavior change
3. Health Enhancing behaviors: Exercise – Diet – Weight Control

Unit – III

1. Stress – Sources of chronic stress
2. Social support
3. Management of stress

Unit – IV

1. What is a Health Care Provider? – Nature of patient – provider communication – Improving patient – provider communication
2. Clinical issues in pain management
3. Pain control techniques
4. Management of chronic pain.

Basic Book :

1. Taylor Sheelly E (2003) ‘Health psychology ’ (5th Edition) MC Graw Hill , USA Reference books :
2. M. Robin Dimatteo, Leslie R Martin (2002) “Health psychology” pearson Education Publication (Indian Edition)
3. Malhotra S. Batra P. Yadav A (2007), “ Health Psychology” Commonwealth publications, New Delhi.
4. Woodworth R.S.(2000) “ Health Psychology ” khel sahitya kendra Delhi/
5. Sarafine E.P. (2000) “Health psychology “ Biopsychological interactions”3rd edition , Jhon wiley & sons Inc. USA.
6. Marks D.F. Murray M. Evans B. , Willing C. Woodall C. sykes C.M. (2008) , Health Psychology :

M.A. Semester – II
(PSYCHOLOGY 201)
Research Methods and Statistics in Psychology- II

Main objectives:

1. To provide information about methods
2. To oriented the students to the concepts of basic statistic
3. To oriented the students for application of statistic in research

Unit – I Methods of Data collection

1. Observation
2. Interview
3. Questionnaires
4. Projective techniques

Unit – II Available data as source Material

1. Personal Documents
2. Public Documents

Unit – III: Sampling

- a) Meaning of sampling
- b) Characteristics of good sample
- c) Probability and Non probability sampling methods

Unit – IV: Statistical Methods

- a) 't' test -Meaning and Computation (All methods)
- b) 'F' Test- Meaning and Computation

Reference Books :

1. Aron , Authur, Aron, E.N. and Cups, E.J. (2007) statistic for Psychology, New Delhi : Person Education.
2. Best , J.W. and Kahn, J.V. (2006) Research Foundation New Delhi Prentice Hall of India Pvt. Ltd.
3. Kerlinger , F.N. and Lee H.B. (2000) Foundation of Behavioral Research 4th Edi. New York : Harcourt Collage Publications .
4. Mangal S.K. (2008) statistic in Psychology and Education New Delhi :Vistaar Publication

M.A .Semester – II
(PSYCHOLOGY - 202)
Psychology of Emotions -II

Main objectives:

1. To provide information of aspects to Emotions
2. To provide information of Indian approach of Emotions

Unit – I Communication of Emotion

1. Facial expression
2. Neural Basis of the communication

Unit – II Nonverbal communication of Emotion

1. Paralanguage
2. Body Language

Unit – III Emotional Intelligence

1. Definition and models of emotional intelligence
2. Assessment of emotional intelligence

Unit – IV Indian Approach of Emotion

1. The Gita on emotion
2. Patanjali on Emotion
3. Buddhist view
4. The Jaina view

Reference Books :

1. Bar – On R. (2006) The Bar – on models of emotional social intelligence
Psicothema, 18, supl. 13-25.
2. B. K uppuswamy (2001) Elements of Ancient Indian Psycholgy , New Delhi :
Konark Publications Pvt. Ltd. p 165-179
3. Goleman, D (1995) Emotional intelligence , New York : Bantom Books.
4. Paranjpe A.C. (1999) Emotional: A Perspecieve from the Indian Tradition Asia
perspectives on psychologys : New Delhi : Suge.
5. Carlsson N.R. (2007), Foundations of Physiological Psychology, Delhi :
Pearson Education.

M.A .Semester – II
(PSYCHOLOGY - 203)
Child Development - II

Unit – I Language Development

1. Paralinguistic development
2. Phonological
3. Semantics
4. Grammatical

Unit – II Emotional Development

1. Development of Emotional Expression
2. Understanding and Responding to the Responding the Emotions of others
3. Temperament and development

Unit – III Self Social Understanding

1. Emergence of self and Development of self concept
2. Self – esteem
3. Construction and identity
4. Thinking about others and other relations

Unit – IV The family

1. Family as a social system
2. Socialization within the family Peers & Schooling
3. Development and Influences on peer sociability
4. Friendship
5. Peer acceptance, peer groups, peer relations and socialization
6. Schooling

Basic Book

1. Berk Laura E (2009) “Child Development)” (8th Edition) Pearson Education (Indian Edition) , New Delhi.

References:

1. Berk Laura E (2003) & (2002) Sixth Edition, Prentice Hall of India, New Delhi
2. Tyagi M. (2007) Developmental Psychology Avishkar Publishing , Jaipur
3. Santrock J.W. (2004) Span Development, Tata McGraw Hill , New Delhi
4. Hurlock E.B. (1978) Child Development, MCGraw Hill , New Delhi.

M.A .Semester - II
(PSYCHOLOGY - 204)
Health Psychology – II

Unit – I Management of chronic illness

1. Quality of life
2. Coping with chronic illness
3. Rehabilitation and chronic illness
4. Psychological interventions and chronic illness

Unit – II Psychological issues in advancing and terminal illness

1. Death across the life span
2. Psychological issues in advancing illness
3. Psychological management of the terminally ill
4. Problems of survivors

Unit – III Diseases

1. Coronary Heart Disease
2. Hypertension
3. Cancer

Unit – IV Health Psychology: Challengers for the future

1. Health promotion
2. Trends for the future
3. Becoming a Health Psychologist

Basic Books: Taylor Shelly E (2003) ‘Health Psychology ‘(5th Edition) McGraw Hill Publication , USA.

Reference Books :

- M. Robin DiMatteo, Leslie R Martin (2002) “ Health Psychology ” Pearson Education publication (Indian Edition) McGraw Hill publication ,USA
- Malhotra S., Batra P., Yadava A (2007) , “ Health Psychology ” Commonwealth Publications, New Delhi.
- Woodworth R.S. (2000) “Health Psychology” Khel Sahitya Kendra , Delhi.
- Sarafino E.P. (2000) “ Health Psychology : Bio psychological interaction ” 3rd Edition , John Wiley & Sons Inc, USA.
- Marks D.F. Murray M., Evans B., Willing C. , Woodall C, Sykes C.M. (2008) , “Health Psychology : Theory , Research & Practice ” 2nd Edition , Sage publications , New Delhi.

M.A. Semester - II
(PSYCHOLOGY - 205)
Abnormal Psychology –II

Unit – I Personality Disorder

1. Clinical Features of Personality Disorder
 2. Categories of Personality Disorders
– Causes of Personality disorders.
 3. Treatments and Outcomes
 4. Antisocial Personality and Psychopathology
- Substance – Related Disorders**
5. Alcohol Abuse and Dependence
 6. Drug Abuse and Dependence

Unit – II Sexual Variants, Abuse and Dysfunctions

1. Sexual and Gender Variants
2. Sexual Abuse
3. Sexual Dysfunctions

Schizophrenia and Other Psychotic Disorders

1. The Clinical Picture in Schizophrenia
2. Subtypes of Schizophrenia
3. What causes Schizophrenia
4. Treatment and Clinical Outcome

Unit – III Cognitive Disorders

1. Brain Impairment in Adults
2. Delirium
3. Dementia
4. Amnesic Syndrome
5. Disorders Involving Head Injury
6. Treatment and Out comes

Disorders of Childhood and Adolescence

1. Maladaptive Behavior in Different Life Periods
2. Common Disorders of Childhood
3. Learning Disorders and Mental Retardation
4. Planning Better Programmers to help Children and Adolescents

Unit – IV Contemporary and Legal Issues in Abnormal Psychology

1. Perspective on Prevention
2. Controversial Legal Issues and the Mentally Disordered
3. Organized Efforts for Mental Health
4. Challenges for the future

Basic Books :

1. Butcher J.M., Mineka S., Hooley J.M., (2007) , “ Abnormal Psychology”,
(13th Edition) , Pearson Education (Indian Reprint)(New DSM –IV- TR)

Reference:

1. Sarason I.G. & Sarason B.R. (1996) , “ Abnormal Psychology : The
problem of Maladaptive Behavior ” (8th Edition 0 , Prentice – Hall of India
Pvt. Ltd. New Delhi.
2. Barlow D.M. & Durand V.M.(2007) , “Abnormal Psychology : An
Integrative approach” , (4th Edition) , Thomson – Wadsworth publishers ,
Delhi (Indian Reprint)

M.A. Semester – II
(PSYCHOLOGY 206 PR)
Advanced Experimental Psychology (Practical)

Main objectives:

To provide training to the students in conducting Experiments.

List of Practical (Any six)

1. Method of minimal changes – two point threshold for different areas of skin
2. Bilateral transfer – Mirror tracing
3. Transfer in Maze learning
4. Habit interference
5. Retention for complied and interrupted task – Zeigarnik effect
6. Retention as function of meaning fullness
7. Retroactive inhibition
8. Depth Perception

Reference:

1. R.S. Woodworth & S. Schlosberg (1954) : Experimental Psychology
2. B.J. Underwood (1966) : ; Experimental Psychology'
3. Kanawala S.C. (2000) : 'Prayogik Manovigyan' University Granth Nirmal Board, Ahmedabad.

M. A. Semester – III
(PSYCHOLOGY - 301)
HISTORY OF PSYCHOLOGY –I

Main objectives:

1. To familiarizing with concepts of History of Psychology
2. To enhance the knowledge and the understanding of the students regarding development of Psychology

Unit – I Introduction

1. (a) System in Psychology : Meaning and types
(b) Evaluation of systems of Psychology
(c) Some basic issues in Psychology
2. Psychology in India during Ancient pride
(a) Titchener's structural Psychology
(b) Criticisms of structuralism
3. Functionalism
(a) Functionalism as a system
(b) Criticisms of Functionalism
(c) Distinction between structuralism and Functionalism

Unit – II Modern Associationism

1. Ivan Ptrovich Pavlov
2. Edward Lee Thorndike : The Psychology of connectionism

Unit – III Behaviorism

1. Watsonian Behaviorism as a system
(a) Secondary features of Watsonian Behaviorism
(b) Criticisms of Watson's Behaviorism
2. Later Behaviorism
(a) Distinction between early behaviorism and later behaviorism
(b) Edvin R. Guthrie
(c) Clark L. Hull
(d) B.F. Skinner
(e) E.C. Tolman

Unit – IV Gestalt Psychology

1. Foundation of Gestalt Psychology
(a) Max Wartheimer
(b) Wolf gand Kohler
(c) Kurt Kofka
2. Basic Experimental contribution of Gestalt psychology
(a) Perception
(b) Learning
3. Criticisms of Gestalt Psychology
4. Field Theory
(a) Kurt Lewin's Field Theory
(b) Lewin 's Contribution

Basic Books :

- (1) Arunkumar Sinh and Ashishkumar Sinh (2009) History and system of Psychology .
Delhi Motilal Banarashidas

Reference Books :

1. Wolman, B.B. 1995, Contemporary Theories and System in Psychology New Delhi Freedman book.
2. Brennan , j.4 2004 History and System of Psychology sixth Edition Delhi person Education
3. Marx , M.H. 1964 Theory in Contemporary Psychology New York
4. Tivari and Rani 2001 History and System of Psychology, Hindi Granth Academy M.P. Bhopal
(In Hindi

M. A. Semester – III
(PSYCHOLOGY -302)
PSYCHOLOGICAL TESTING - I (Theory)

Main objectives :

Aims and Objectives of teaching this paper is to enhance the knowledge and understanding of the students regarding the recent developments in the field of Psychological Testing, which is a fast growing and developing area globally. The students who learn this paper will be well equipped in the various areas of psychological testing which will be helpful to them professionally.

Unit – I

1. Nature and use of psychological tests

- Definition of a test
- Types of tests
- Uses of testing
- Who may obtain tests

2. Standardized procedures in test administration

- Procedures of test administration
- Influence of examiner
- Background and motivation of examinee

3. The Origins of psychological testing

Unit – II

1. Norms & Test Standardization

- Essential Statistical concepts
- Raw Score Transformation
- Selecting a norm group

2. Reliability

- Correlation coefficient as a reliability coefficient
- Reliability as temporal stability
- Reliability as internal consistency
- Reliability and the standard error of measurement

3. Validity

- Definition
- Content validity
- Criterion related validity
- Construct validity
- Approaches to construct validity

4. Test development or test construction

- Defining the test
- Selecting a scaling method
- Representative scaling methods
- Constructing the items
- Testing the items
- Revising the test Publishing the test

Unit – III

Measurement of Intelligence

- Definitions of intelligence

Individual Tests

1. The Wechsler Intelligence Scales
 - Origins - General features
 - WAIS - III, WISC - IV, WPPSI - III
2. Early Binet scales (1905, 1908)

- Terman's Stanford - Binet Intelligence scale (1916, 1937, 1960)
 - The Modern Binet Scale (1986, 2003)
3. Kaufman Brief Intelligence Test (K- BIT)

Group Tests

1. Intelligence

- Origins - Difference- Advantages & disadvantages of group tests
- Multidimensional Aptitude Battery
- Shipley Institute of living Scale
- Multilevel Battery : The Cognitive Abilities Test
- Culture Fair Intelligence Test
- Raven's Progressive Matrices

Unit – IV Testing Special Populations

1. Non-Language Tests

- Leiter International Performance Scale
- Human Figure Drawing Tests
- Hiskey - Nebraska Test of learning aptitude
- Tests of Non-verbal Intelligence - 3

2. Non-Reading & Motor Reduced Tests

- Testing persons with visual impairments
- Testing individuals who are deaf
- Testing the mentally retarded

3. Aptitude

- Multiple Aptitude Test Batteries
- Differential Aptitude Test
- General Aptitude Test Battery
- Armed Services Vocational Aptitude Battery
- College level
- Scholastic Assessment tests
- American College Test
- Post Graduate Level
- Graduate Record Exam
- Medical College Admission Test
- Law School Admission Test

Recommended Books Basic Book

Gregory R J (2004), "Psychological Testing : History, Principles & Applications", Fourth edition
Pearson Education, Indian Reprint, New Delhi

Reference Books

1. Kaplan R.M & Saccuzzo D.P (2007), "Psychological testing : Principles Applications & Issues", Thomson- Wadsworth, Sixth edition, Indian Reprint
2. Anatasi Anne & Urbina Susana (2003), "Psychological testing", Pearson Education, seventh edition, Indian Reprint, New Delhi
3. Aiken L.R & Marhat- Groth G (2009), "Psychological Testing & Assessment", Pearson Education, Twelfth edition, Indian Reprint, New Delhi

M. A. Semester – III
(PSYCHOLOGY - 303)
POSITIVE PSYCHOLOGY : I

Main objectives :

1. To provide information about subject matter of positive Psychology
2. To provide conceptual aspects of positive psychology

Unit – I Introduction :

1. What is positive psychology?
 - Positive psychology : Assumptions, Goals and Definition
2. Relationship
 - Health Psychology
 - Clinical Psychology
 - Development Psychology

Unit – II Happiness and Wellbeing

1. What is Happiness
 - Hedonic Happiness
 - Eudemonic Happiness
2. Wellbeing
 - The Hedonic Basis of Happiness
 - Measuring subjective Wellbeing
 - Definition and Causes of Happiness and Wellbeing

Unit – III Happiness and the fact of life

1. Happiness across the life span
 - Gender and Happiness
 - Positive moods and Behavior
2. Marriage and Happiness
 - Benefit of marriage
 - Selection effects

Unit – IV Happiness and culture

1. The meaning of Happiness
 - Relative or universal
2. Culture and wellbeing
 - The American - Individualistic style of Happiness
 - The Asian - Collectivist style of Happiness

Basic Books :

- Baumgardner, S.R. and Crothers M.K. (2009) Positive Psychology , Pearson New Delhi.

Reference Books :

1. Seligman M.E.P. and Csikszentmihalyi (2009), Positive Psychology : An introduction, American Psychologist.
2. Argyle m. (2000) The psychology of Happiness (2nd Edition) Great Britain Routledge .
3. Myers, D.G. (1992) The pursuit of happiness . New York : Avon Books.
4. Diener, E and Suh, E, M. (Eds.) (2000) culture and subjective well - being. Cambridge : MIT Press

Web Resource :

1. www.positivepsychology.org
2. www.apa.org.
3. www.authentichappiness.sas.upenn.edu.
4. [www.psych.uiuc.edu/- ediener](http://www.psych.uiuc.edu/~ediener)

**M. A. Semester – III
(PSYCHOLOGY - 304)
STATISTICAL INFERENCE - I**

Main objectives :

1. To familiarizing with concept of statistical inference
2. To Enhance the knowledge and understanding of students regarding various methods of statistical analysis
3. To develop the skills of calculation and inference of results

Unit – I Analysis of Variance (TWO WAY)

1. Equal cell frequencies
2. Unequal cell frequencies

Unit – II Analysis of Variance (THREE WAY)

1. Analysis of Variance Three way
2. Bartlett's test of homogeneity for K Variances
(Equal degree of freedom)

Unit-III Chi square Testing: Meaning & Computation

1. Equal distribution hypothesis
2. Normal distribution hypothesis
3. 2x2 contingency table
4. Indepence in contingency table

Unit-IV Non parametric Statistics

1. Median test
2. Mann- Whiteny test
3. Kolmogorov - Smirnov two sample test

Books:

1. Broota ,K.D (1989) Experimental Design in Behavioral Research , Bombay, Wiley Estern Ltd.
2. Guildford, J.P. (1954) Fundamental statistical in Psychology and Education New York ,
Mc Graw Hill Book compny
3. Peatman Introduction to Applied Statistics , New York Harper and Raw.
4. Siegal, S. and Castellan N.J. 1988. Non- Prametric Statistic for the Behaviour Science Second
Edition, New York McGraw Hill Book Co.

**M. A. Semester – III
(PSYCHOLOGY - 305)
CLINICAL PSYCHOLOGY-I**

Main objectives :

Aims and Objectives of teaching this paper is to enhance the knowledge and understanding of the students regarding the recent developments in the field of Clinical Psychology, which is a fast growing and developing area globally. In case, the students want to practice as a Clinical Psychologist in a hospital or work with other professionals of Mental Health team, he can be equipped with these basics.

Unit – I Definition and History

1. Definition - Characteristics - Activities and work settings
 - Distinguishing clinical psychology from related professions.
2. History and recent developments - Roots - Between the war and the Post
 - war explosion
3. Psychological models in Clinical Psychology
4. Value of models
 - some cautions about models - psychoanalytical model - Interpersonal model - Humanistic model - Behavioral model - Cognitive model

Unit – II

1. Assessment in Clinical Psychology
 - Goals of clinical assessment
 - Planning the assessment
 - Data collection
 - processing assessment data
 - Communicating assessment findings
2. Interview in Clinical Psychology
 - Stages in interview
 - Communication in interview
 - Interviewing children
3. Observation in Clinical Psychology
 - Approaches to observation
 - Reliability and validity of observed data

Unit – III

1. Intellectual assessments
2. Definition - theories - measurement
3. Educational assessment
4. Tests of aptitude - achievement - learning disabilities

Unit – IV

1. Personality assessment
2. Projective methods - Rorschach Inkblot - TAT - Projective drawings
3. Objective methods - MMPI - Neo-Personality Inventory
4. Behavioral assessment
5. Defining features of Behavioral assessment - Functional analysis
 - Behavioral assessment methods

Basic Books

1. Nietzel M. T., Bernstien D. A., Milich R., "Introduction to Clinical Psychology", 4th Edition, Prentice Hall Publications, USA.
2. Hecker J. E. and Thorpe G. L. (2005), "Introduction to Clinical Psychology: Science, practice and Ethics", Pearson Education Inc.(Indian Edition)

Reference Books

1. Liddell A (1983), "The practice of Clinical Psychology in Great Britain", John Wiley & Sons, Great Britain.

M. A. Semester – III
(PSYCHOLOGY - PR306)
PSYCHOLOGICAL TESTING (PRACTICAL) ANY SIX

Main objectives:

1. To familiarizing with concept of Psychological Testing
2. To develop the skill of Administrating Psychological Tests
3. To develop the skill of Test results.

1. Psychological Well-being Test
2. Maudsley Personality Inventory
3. Self Concept Questionnaire
4. Beck Depression Inventory
5. Bell Adjustment Inventory
6. Koh's Block Design Test
7. Value Test
8. Emotional Maturity Scale
9. Mental Health Test

M. A. Semester – IV
(PSYCHOLOGY - 401)
HISTORY OF PSYCHOLOGY -II

Main objectives:

1. To familiarizing with concepts of History of Psychology
2. To enhance the knowledge and the understanding of the students regarding development of Psychology

Unit – I Psychoanalysis

1. Contribution of Freudian Psychoanalysis Criticism of Freudian Psychoanalysis
2. Rebls of Freud
 - (a) Contribution of Adler’s Individual Psychology - Criticism of Adler’s Individual Psychology
 - (b) Analytical Psychology of Carl Jung - Contribution of Jung Analytical Psychology - Criticism of Jung’s Contribution

Unit – II Neo – Freudianism

1. Contribution of Anna Freud
 2. Contribution of Karen Horney
 3. Contribution of Eric Fromm
 4. Contribution of Harry Stack Sullivan
 5. Contribution of Erik Erikson
- Distinction between Freudian and Neo-Freudian

Unit- III Humanistic Psychology

1. Major Features of Humanistic Psychology
-The Contribution of Rogers - Contribution of Maslow
2. Existential Psychology
 - (a) Basic tenets of Existential Psychology
 - (b) Major Contributors of Existential Psychology
3. Existential Neurosis
4. Criticisms of Existential Psychology

Unit – IV Hormic Psychology and Dynamic Psychology

1. Basic Features of Mc Dougall’s Hormic Psychology Contributions of Mc Douagall ‘
2. Wood Worth’s Dynamic Psychology
3. Common characteristic in Development of psychology in Different Countries
4. Features of Psychology

Basic Books :

- (1) Arunkumar Sinh and Ashishkumar Sinh (2009) History and system of Psychology.
Delhi Motilal Banarashidas

Reference Books :

1. Wolman, B.B. 1995, Contemporary Theories and System in Psychology New Delhi
Freedman book.
2. Brennan , j.4 2004 History and System of Psychology sixth Edition Delhi person
Education
3. Marx , M.H. 1964 Theory in Contemporary Psychology New York
4. Tivari and Rani 2001 History and System of Psychology, Hindi Granth Academy M.P.
Bhopal (In Hindi)

M. A. Semester- IV
(PSYCHOLOGY - 402)
PSYCHOLOGICAL TESTING - PART II (Theory)

Main objectives :

Aims and Objectives of teaching this paper is to enhance the knowledge and understanding of the students regarding the recent developments in the field of Psychological Testing, which is a fast growing and developing area globally. The students who learn this paper will be well equipped in the various areas of psychological testing which will be helpful to them professionally.

Unit – I Assessment of Learning Disabilities & Related Disorders

- Definition of Learning Disabilities
- Essential features-causes-Assessment
- Individual Achievement Tests
- Kaufman Test of Educational Achievement
- Assessment of ADHD
- Assessment of Emotional & Behavioural disorders
- Testing the gifted

Unit – II Attitudes, Interests and Values Assessment

1. Interest Inventories
 - Strong Interest Inventories
 - Jackson Vocational Interest Survey
 - Kuder General Interest Survey
2. Career & Work Values Assessment
 - Minnesota Importance Questionnaire
 - Work Values Inventory
 - Values Scale
 - Assessment of Career Development
3. Attitudes & their Assessment
 - Assessment of Attitudes
 - Approaches of Attitude Assessment
 - Questionnaires in Attitude Assessment
 - Issues in Attitudes Assessment

Unit – III Structured Personality Assessment

- Origins – Popularity – Classification
1. The Rorschach Inkblot Technique
 2. Thematic Apperception Test
 3. Self – Report Inventories
 - Sixteen Personality Factors Questionnaire
 - Eysenck Personality Questionnaire
 - NEO Personality Inventory- Revised
 4. Criterion Keyed Inventories
 - Minnesota Multiphasic Personality Inventory – 2 (MMPI – 2)
 - California Psychological Inventory (CPI)

Unit – IV

1. Computerized Assessment

- Computers in Testing Overview & History
- Advantages & Disadvantages of Computerized Testing & Report Writing
- Feature of Testing

2. Issues Shaping the field of testing
 - Professional Issues
 - Moral Issues
 - Social Issues
 - Responsibilities of test publishers
 - Responsibilities of test users

Recommended Books Basic Book

Gregory R J (2004), "Psychological Testing : History, Principles & Applications", Fourth edition
Pearson Education, Indian Reprint, New Delhi

Reference Books

1. Kaplan R.M & Saccuzzo D.P (2007), "Psychological testing : Principles Applications & Issues", Thomson- Wadsworth, Sixth edition, Indian Reprint
2. Anatasi Anne & Urbina Susana (2003), "Psychological testing", Pearson Education, seventh edition, Indian Reprint, New Delhi
3. Aiken L.R & Marhat- Groth G (2009), "Psychological Testing & Assessment", Pearson Education, Twelfth edition, Indian Reprint, New Delhi

M. A. Semester- IV
(PSYCHOLOGY -403)
POSITIVE PSYCHOLOGY - II

Main objectives:

1. To provide information about subject matter of positive Psychology
2. To provide conceptual aspects of positive psychology

Unit – I Personal Goals as Windows to Wellbeing

1. Personal Goals
 - Defining Personal Goals
 - Measuring Personal Goals
2. Types of Goal
 - Intrinsic V/S controlled Goal
 - Physical V/S self-Transcendent goals

Unit – II Self Regulation and Self – Control

1. Self Regulation
 - Planning for self regulation success
 - Why planning helps
2. Self Control
 - The Values of self control
 - Everyday expiations for self control failure
 - Excuses – What makes a good excuse – Advantages and Disadvantages of excuse

Unit – III Positive Traits

1. Positive Traits
 - What makes a trait positive?
 - Personality and Happiness : The “Big Five”
2. Positive Beliefs
 - The World Through happy and Unhappy eyes
 - Self – Esteem and Happiness

Unit – IV Life about Zero

1. Contours of a Positive Life
 - Meaning
2. Means
 - Using Positive Psychology to Treat Depression
 - Increasing Psychological Well being
 - East – West and Positive Psychology

Basic Books :

- Baumgardner, S.R. and Crothers M.K. (2009) Positive Psychology , Pearson New Delhi.

Reference Books :

1. Baumeister R.F., Heatherton T.F. and Tice D.M. (1994) Losing control: How and why people failat Self - regulation . San Diego , CA : Academic Press
2. Seligman , M.E.P. (1990) Learned Optimism, New York : Pocket Books
3. Noller, P. and Feeney, J.A. (Eds.) (2006). Close relationships : Functions forms and processes . New York : Psychology Press.
4. Seligman, M.E.P. Stecn, T.A., Park N and Peterson c (2005) Positive Psychology progress : Empirical Validation of intervention Xentions American Psychologist., 60 ,410-421

Web Resource :

1. www.positivepsychology.org
2. www.apa.org.
3. www.authentic happiness.sas.upenn.edu.
4. www.psych.uiuc.edu/-ediener
5. www.psych.edu/-ediener

M. A. Semester- IV
(PSYCHOLOGY - 404)
STATISTICAL INFERENCE – II

Main objectives :

1. To familiarizing with concept of statistical inference
2. To Enhance the knowledge and understanding of students regarding various methods of statistical analysis
3. To develop the skills of calculation and inference of results

Unit – I Regression and Prediction

Unit – II Special Correlation methods :Meaning and Computation

1. Biserial 'r'
2. Point beserial 'r '

Unit – III Correlation methods: Meaning and Computation

1. Contingency Coefficient
2. Tetrachoric correlation
3. Phi – Coefficient

Unit-IV Non Parametric Statistic :Meaning and Computation

1. Wilcoxon matched pairs signed ranks test
2. Cochran Q test
3. Friedman Two way Analysis of Variance
4. Kruskal-Wallis One-way Analysis of Variance by Ranks

Books:

1. Broota , K.D (1989) Experimental Design in Behavioral Research , Bombay, Wiley Estern Ltd.
2. Guildford, J.P. (1954) Fundamental statistical in Psychology and Education New York ,
Mc Graw Hill Book compny
3. Peatman Introduction to Applied Statistics , New York Harper and Raw.
4. Siegal, S. and Castellan N.J. 1988. Non- Prametric Statistic for the Behaviour Science Second
Edition, New York McGraw Hill Book Co.

M. A. Semester- IV
(PSYCHOLOGY - 405)
CLINICAL PSYCHOLOGY - II

Main objectives :

Aims. and Objectives of teaching this paper is to enhance the knowledge and understanding of the students regarding the recent developments in the field of Clinical Psychology, which is a fast growing and developing area globally. In case, the students want to practice as a Clinical Psychologist in a hospital or work with other professionals of Mental Health team, he can be equipped with these basics.

Unit – I What is Psychotherapy

- Individual Psychotherapy
- Group Psychotherapy
- Psychodynamic Psychotherapy

Unit – II

Client Centered Therapy of Carl Rogers
Cognitive – Behavior Therapy

Unit – III Issues unique to Clinical Child Psychology

- Classification
- Assessment
- Treatment
- Future of Clinical Child Psychology

Unit – IV

Forensic Psychology

- Definition
- Psychology and Law
- Psychology and Criminal Law
- Training and Certification in Forensic Psychology

Professional Issues in Clinical Psychology

- Professional Training
- Professional Ethics
- Future directions in Clinical Psychology

References :

1. Hecker, J. & Thorpe , G. (2005), Introduction to Clinical Psychology Science, Practice and Ethics, New Delhi ; Pearson Education Inc .

M. A. Semester- IV
(PSYCHOLOGY - 406)
Project work

General Guideline for project work :

1. Area and topic to be selected in consultation with the Head and Concerned faculty.
2. Project work should be based on primary data collection.
3. Project work should have analysis of data along with other Standard inputs.
4. Project report should not be less 50 typed pages
5. The assessment of project work :

30 Marks for internal

70 Marks External (50 Report and 20 Viva-voice)