CHOICE BASED CREDIT SYSTEM ( CBCS )
FOR
PSYCHOLOGY

M.A. SEMESTER – I, II, III & IV PROGRAMME
(In force from June – 2010)

PSYCHOLOGY – CBCS

1. CORE COURSE, (CCT)
2. ELECTIVE COURSE, (ECT)
3. INTER DISCIPLINARY COURSE (ICT / IDCT)
4. SKILL ORIENTED COURSE (SOC)
   (In force from June – 2010)

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
UNIVERSITY CAMPUS
UNIVERSITY ROAD
RAJKOT- 360 005 (GUJ.), INDIA.

YEAR – 2010
**SAURASHTRA UNIVERSITY, RAJKOT**

Choice-Based Credit System (CBCS)
M.A. Semester-I, II, III & IV Programme
(In force from June – 2010)

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**Session**

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Note: ECT = Elective Course, CCT = Core Course, ICT = Inter/Multidisciplinary Course, SOC = Skill Oriented Course
# SAURASHTRA UNIVERSITY, RAJKOT
## Choice-Based Credit System (CBCS)
### M.A. Semester-I, II, III & IV Programme
( In force from June – 2010 )

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**Add or Course:**

1. SOC-1 Skill Oriented Course - I 2 Credits
2. SOC-2 Skill Oriented Course - II 2 Credits
3. SOC-3 Skill Oriented Course - III 2 Credits
4. SOC-4 Skill Oriented Course - IV 2 Credits

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<td>Four hours for each course per week</td>
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Regular students can opt M.A. Semester I, II, III & IV for Psychology M.A. Degree. There shall be 20 Courses and 80 Credits in Psychology. There will be Five courses with 20 Credits in each Semester, each Course Carrying 100 marks. M.A. Psychology Degree is considered of 2000 marks with 80 Credits. Each Course requires 4 Credits whereas Skill Oriented Course needs 2 Credits, per week.

- **Allocation of Hours for Course Teaching**… 4 Credits
  - Unit-I  12 hours
  - Unit-II 18 hours
  - Unit-III 18 hours
  - Unit-IV  12 hours
  - Total 60 hours

- **Allocation of Hours for Practical / Dissertation**  4 Credits
  - (i) Experimental Explanation 20 Hours
  - Practical Performance 40 Hours
  - (ii) Personal Guidance 20 Hours
  - Field Work & Report Writing 40 Hours

- **Marks assigned and its division into External & Internal Examination** :
  - (i) External Exam marks 70
  - (ii) Internal Exam Marks 30

- **Design / Structure of Semester-end Examination** :
  1. **Scheme For Internal Examination** 30 Marks
     - (i) Seminar Reading 10 Marks
     - (ii) Assignment Writing 10 Marks
     - (iii) Internal Examination for Semester 10 Marks (1.5 Hrs)
i. Long question 7 Marks
ii. Short question 3 Marks
iii. Duration of Examination 1.5 Hours

2. Scheme for External Examination 70 Marks

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- Duration of Examination: 3 Hours
- Allotment of Marks for Examination: 70 Marks
- The paper setter must cover all the course in question paper

➤ Marking Scheme for Practical Course 4 Credits . . . 100 Marks

(A) (i) 10 Marks performance
   (ii) 15 Report Writing Experiment 50
   (iii) 10 Viva Voce
   (iv) 15 Journal 100 Marks

(B) (i) 10 Marks performance
   (ii) 15 Report Writing Testing 50
   (iii) 10 Viva Voce
   (iv) 15 Journal

➤ Marking Scheme for Dissertation 4 Credits – 100 Marks

(i) Thesis Main Body 70 Marks
(ii) Viva-voce Examination 30 Marks

***
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| 4   | ECT- 01     | Health Psychology-I  
OR  
Human Resource Management | 04      |
| 5   | EICT- 02    | Psychology of Emotion-I  
OR  
An Introduction To Psychology | 04      |

**TOTAL** 20

**M.A. SEMESTER - I**

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| 4   | ECT- 03     | Health Psychology-II  
OR  
Advanced Social Psychology | 04      |
| 5   | ECT- 04     | Psychology of Emotion-II  
OR  
Psycho-Therapeutics | 04      |

**TOTAL** 20

**M.A. SEMESTER – II**
### M.A. SEMESTER - III

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**TOTAL** 20

**Grand Total** 80

**Add or Course** :

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3. SOC-3 Skill Oriented Course - III 2 Credits
4. SOC-4 Skill Oriented Course - IV 2 Credits

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</table>
Unit-I

Nature and scope of Experimental Psychology – Basic Concept of Experimental including characteristics-gains and limitations. Types of variables and the control methods of experiment.


Unit-II

Frustration – Methods used produce frustration – major responses – to frustration – methods of response measurement and Analysis Stimulus variable influencing responses to frustration.


Unit-III

Operant condition – Schedules of reinforcement – simple and others schedules of reinforcement ( fixed Ration variable, interval) Free operant Avoidance Schedule compound Schedule, sequential, chained, mixed multiple,
simultaneous. Alternative, conductive and concurrent schedules.


Unit-IV

Psycho-physical Methods. Thresholds types of Psycho-physical Methods. Method of average error.

Audition, Physical basis of audition. Physiological basis of audition. Psychological Problems of audition, some phenomena of audition Auditory location.

READING:


प्राथोगिक मनोविज्ञान, सी.टी. भोपट्टर, गुजरात युनिवर्सिटी, अम्बापाटी.
M.A. Semester-I  
CCT-2  Psychology- CBCS – Research Methodology-02  
Psychology – 02  
(In force from June – 2010)

Internal = 30 Marks ]                                  [External = 70  Marks

Unit-I

Meaning of research- type of Research Significance of Research, Research Methods Vs Methodology. Importance of knowing. How Research is Done. Research process criteria of good research. Problems encountered by researcher in India.

Selecting the research problem : Defining the problem, technique involved in Defining problem. Meaning and type of variables meaning and types of Hypotheses suggestions for hypothesis construction.

Unit-II


Unit-III

The relation of field studies to surveys types of field studies steps in the conduct of a field study- what is a field experiment ? Nature of laboratory experimentation. The Design of laboratory experiments the execution of laboratory
experiments. The content and from of the experimental situation. Techniques for the control and Manipulation of variables opportunities for measurement in laboratory experimentation.


Unit-IV


Computer and Computer technology. Some Important computer characteristics. Use of Computer in Research the main factors of use of computer in research.

REFERENCES

1  Anatasi, A. (1968) Psychological Testing, Mac Millan Company; London


| 4  | Desai, Dr. An. (1983) | सामाजिक संशोधन पद्धतियाँ (सूचीय आवृत्ति)। युनिभर्सिटी अंतर्निर्धारित बोर्ड, गुजरात। अम्बावाड़। |
| 5  | Desai, Dr. J., Mohapatra, S. | मनोवैज्ञानिक परिचय अन्य विभाग, टी.अ शाखा, डी.अ.cheid. । युनिभर्सिटी अंतर्निर्धारित बोर्ड, गुजरात। अम्बावाड़। (1984) |


17 Trivedi विभव (2000) समाज विश्वासां दुर्गु हाचने विविधांग, अर्थात; वंच-१८, अंक-२, सेटर कोर सोशियल स्टडिय; सुरत पेज नं.४० थी ४३।

18 Young, P.V. (1968) Scientific Social Survey and Research (Ed.IV), Prentice Hall of India Pvt. Ltd., New Delhi.
M.A. Semester-I
CCT-03 Psychology CBCS–Life Span Developmental -03
Psychology - 03
( In force from June – 2010 )

Internal = 30 Marks ]
[External = 70 Marks

Unit-I

Unit-II

Late Adolescence – Characteristics – Developmental tasks of late Adolescence – Socialization in late Adolescence– some important – Interests in late Adolescence – Personality change in late Adolescence.

Unit-III
Middle Age:Scientific interest in Middle Age–characteristics of Middle Age–Developmental tasks of Middle Age– Adjustments to Physical changes – Assessment of Adjustment – Adjustments to changed interests.

Middle Age Vocational and Family Adjustments – Vocational Adjustments – Adjustment – Problems of Women.
Assessment of Vocational Adjustment – Adjustment to changed Family patterns.

Unit-IV

Old Age Personal and Social Adjustments: The Period of old Age – Variations in length of Period – Scientific studies of old Age – characteristics of old Age – Psychological Aging – Developmental Tasks of old Age.

Old Age Vocational and Family Adjustments – Vocational Interests and Activities – Reasons for Wanting to work – Adjustments of older workers – Unemployment – Retirement – Adjustments to changes in Family Life.

REFERENCES:


★★★
M. A. SEMESTER-I
ECT-01 Psychology CBCS-ECT-01 Health Psychology –I
Psychology -01
(In-force From June 2010)

Internal = 30 Marks ]                                  [External = 70 Marks

UNIT-I

Definition of Health Psychology- The Mind - Body Relationship -The Bio-psycho-social Model in Health Psychology.

Introduction to Health Behaviour: Role of Behavioural Factors in Disease and Disorder-What are Health Behaviours ?- Practicing and Changing Health Behaviours-Barriers to Modifying Poor Health Behaviours-Intervening with Children and Adolescents-Interventions with At-Risk People-Health Promotion and the Elderly.

Changing Health Habits: Attitude Change and Health Behaviour-The Theory of Planned Behaviour.


UNIT-II  Health-Enhancing Behaviours:

Exercise: Benefits of Exercise-Determinants of Regular Exercise-Characteristics of Interventions.

Accident Prevention: Home and Workplace Accidents-Motorcycle and Automobile Accidents.


Weight Control: The Regulation of Eating-Why Obesity is a Health Risk-Obesity in Childhood-Factors Associated with Obesity-Stress and Eating-Treatment of Obesity.

Eating Disorders: Anorexia Nervosa-Bulimia.

Sleep: what is Sleep?-Sleep and Health-Apnea.

Health-Compromising Behaviours: Characteristics of Health-Compromising Behaviours-Alcoholism and Problem Drinking-Smoking: Synergistic Effects of Smoking-A brief History of the Smoking Problem-Why Do People Smoke?

UNIT-III  Stress and Coping: What is Stress?


UNIT-IV  Heart Disease, Hypertension, Stroke and Diabetes:

--What is CHD? Role of Stress- How is Hypertension Measured?

--What Causes ---- Hypertension?- Relationship Between Stress and Hypertension- Psychosocial Factors and
Hypertension-Treatment of Hypertension- Problems in Treating Hypertension.

--Risk Factors for Stroke-Consequences of Stroke-Types of Rehabilitative Interventions.

--Types of Diabetes-Health Implications of Diabetes- Problems in Self-management of Diabetes-Interventions with Diabetics.

REFERENCES


M.A. Semester-I  
ECT-01 Psychology CBCS – Human Resource Management -01  
Psychology-1  
( In force from June – 2010 )

| Internal = 30 Marks | [External = 70 Marks] |

Unit-I Introducing Human Resources Concepts

Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM. Systems Approach to HRM. Traditional HR Vs. Strategic HR, HRM in the new Millennium


Unit-II Determining, Attracting and Selecting Human Resources


Unit-III Developing Human Resources:


Unit-V Recent Trends and Practices in Managing Human Resources


REFERENCE TEXT :


⭐⭐⭐
M.A. Semester-I  
ECT-02 Psychology CBCS – Psychology of Emotion-I  
Psychology-02  
( In force from June – 2010 )

Internal = 30 Marks ] [ External = 70 Marks

Unit-I Basic Issues in the Study of Emotions:
Definition of Emotion, Components of Emotion – Cognitive, Physiological and Behavioural; Categories of Emotion – Primary and Secondary Emotions: Fear and Anxiety, Anger, Jealousy and Envy, Guilt, Grief, Sadness, Happiness and Love; Approaches to Emotion – Biological, Cognitive, Behavioural and Phenomenological; Functions of Emotions, Emotion as Basis of Social Relationships.

Unit-II Physiological Bases of Emotion:

Unit-III Bodily Changes in Emotion:
A Short Introduction to Cardiovascular, Respiratory, Digestive, Muscular and Hormonal Systems of Human Body; Short Term Bodily Changes in Emotion – Changes in the Cardiovascular, the Respiratory, the Digestive, the Thermoregulatory, the Galvanic Skin Response and the hormonal systems, Hormonal Changes During Stressful Situations;
Long Term Bodily Changes in Emotion – General Adaptation Syndrome (GAS), Psychogenic Ulcer and some other Psychosomatic Diseases.

Unit-IV Measurement of Emotion:


REFERENCE BOOKS:

UNIT-I  Psychology: A Science and a perspective:

Modern Psychology: What it is and How it originated.
Psychology: Issues and key Perspectives-Psychology and the Scientific Method-Research Methods in Psychology

UNIT-II Learning:

Classical Conditioning-Operant Conditioning-Observational learning.

Memory:
Human Memory: Two Influential Views-Information Stored in Memory-Forgetting: Some Contrasting Views-Memory Distortion and Memory Construction-Memory in Everyday life-Memory and Brain.

UNIT-III  Cognition:

Thinking: Forming Concepts and Reasoning to Conclusions
Making Decisions.
Problem Solving.
Language: The communication of Information
Motivation and Emotion:
Theories of Motivation.
Emotions: Their Nature, Expression, and Impact

UNIT-IV Personality:

The Psychoanalytic Approach-Humanistic Theories-Trait Theories-learning approach to Personality- Measuring Personality

Intelligence:

Intelligence: Contrasting views of its nature-Measuring Intelligence-

Human Intelligence: The Role of Heredity and Environment.


REFERENCES:


★★★
PRACTICALS IN PSYCHOLOGY:

Any six experiments are to be performed and reported in Journal:

1. Speed of Learning As a function of Meaningfulness of Material.
2. Bilateral Transfer of Training.
4. Retroactive Inhibition.
5. Retention As a function of Time: Study of Retention curve.
7. Efficiency of Massed Vs. Distributed practice in Learning.
8. Transfer of Training Maze Learning.
11. Effect of Knowledge on Performance on ergograph.
13. Size constancy.
14. Reterson’s Test of Rational Learning.

Any four Tests are to be performed and reported in Journal:

1. To become acquainted wise use of an Adjustment Inventory.
2. Anxiety Inventory.
4. Job Satisfaction Scale.
5. Job Involvement Scale.
6. Occupational Stress.
7. Mental Hygiene Inventory.
8. Tests Related to organizational Behaviour.
10. Tests Related to Health Psychology.
11. Any new Test of Any Discipline of Psychology.

**BASIC BOOKS:**

(7) प्र. अ० स० कानवाला (1994): प्रायोगिक मनोविज्ञान : प्रौढ़ोत्पादी युनिवर्सिटी मांड निम्नालं बोर्ड, गुजरात राज्य, अम्बावाड-380 006.

★★★
M.A. Semester-II
CCT-07 Psychology CBCS – Statistics in Psychology- 07
Psychology- 07
(In force from June – 2010)

Internal = 30 Marks ]                      [External = 70 Marks

Unit-I
Statistics as research tool - Measurement scale nominal scale, ordinal scale, Internal scale & Ratio scale measures of central tendency – Measures of Variability percentiles and percentile Ranks the standard score meaning – importance the Normal probability curve – meaning & importance of it – Measuring Divergence from Normality – Applications of the Normal Probability curve.

Unit-II
Linear correlation – The meaning of correlation – The co-efficient of correlation–calculation of co-efficient of correlation by the product–moment method –Regression and prediction. Testing Experimental Hypotheses by $X^2$ (Chi-square) and t-test.

Unit-III

Unit-IV
Analysis of Variance – How variance is Analyzed on-way and Two-way analysis of variance Theoretical back ground of ANOVA.
BASIC BOOKS:


M.A. Semester-II  
CCT-8 Psychology CBCS–Developmental Social Psychology-08  
Psychology-08  
(In force from June – 2010)

<table>
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<th>Internal = 30 Marks</th>
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**Unit-I**


**Unit-II**


Attachment theory – Patterns of Attachment – Attachment beyond infancy – Applications of Attachment as Psychotherapy – Culture and Attachment.

**Unit-III**

Theories and Sex Roles – Gender Schematic Processing Theory.


Unit-IV


REFERENCES :

1. Astington, J.W., Harris P. & Olson D. R. (Eds.) (1988) :
   Theories of Mind. Cambridge; Cambridge University Press.


☆☆☆
M. A. SEMESTER-II
ECT- 03 Psychology- CBCS- Health Psychology-II -03
Psychology-03
(In-force from June-2010)

Internal = 30 Marks ]                  [External = 70 Marks

UNIT-I

Using Health Services: Recognition and Interpretation of
Symptoms-Who Uses Health Services?-Misusing Health
Services-The Patient in the Hospital Setting.

Patient-Provider Relations: What is Health Care Provider ?
-Nature of Patient-Provider Communication-Results of
Poor Patient-Provider Communication-Improving Patient-
Provider Communication and Reducing Nonadherence-
Placebo as Healer.

UNIT-II

Pain and Its Management: Significance of Pain-Clinical
Issues in Pain Management-Pain Control Techniques.

Management of Chronic Pain: Pain Management
Programs

Management of Chronic Illness: Quality of Life-Emotional
Responses to Chronic Illness. Coping with Chronic
Illness-Rehabilitation and Chronic Illness- Psychological
Interventions and Chronic Illness.

UNIT-III

Psychological Issues in Advancing and Terminal Illness:
Death Across the Life Span- Psychological Issues in
Advancing Illness- Are there Stages in Adjustment to
Dying?- Psychological Management of the Terminally Ill-
Alternatives to Hospital Care for the Terminally Ill.

UNIT-IV

Psychoneuroimmunology: The Immune System-
Assessing Immunocompetence-Stress and Immune Functioning.

**AIDS**: Risk Factors-Effects-and treatment of AIDS-
The Psychosocial Impact of AIDS-Psychosocial Interventions for AIDS.


REFERENCES:

- Edward P. Sarafino, Health Psychology, John Wiley & Sons, INC.
M.A. Semester- II
ECT-03 Psychology CBCS – PsychoTherapeutics -03
Psychology-03
(In force from June – 2010)

Internal = 30 Marks ]                                  [External = 70 Marks

Unit-I


Unit-II


Unit-III


Unit-IV


REFERENCES :


★★★
Internal = 30 Marks ]                                  [External = 70  Marks

**Unit-I  Theories of Emotion :**


**Unit-II  Non-Verbal Communication and Emotion :**


**Unit-III  Emotional Disorders :**

Stress and Emotion Disorders – Meaning of stress, Sources of Stress, Effects of Stress, Emotional Responses to Stress; Anxiety Disorders – Generalized Anxiety Disorder, Panic Disorder, Phobia, Obsessive – Compulsive Disorder; Mood Disorders – Depressive Disorder; Bipolar Disorders, Theories of Depression.
Unit-IV Managing Emotion:


REFERENCE BOOKS:


★★★
M.A. Semester-II
ECT-04 Psychology CBCS – Advanced Social Psychology-04
Psychology - 04
(In force from June – 2010)

Internal = 30 Marks ]                                  [External = 70 Marks

Unit-I  Social Psychology :


Unit-II  Attitudes and Prejudices :


Unit-III Social Influence:

Conformity: Why confirm?, Factors Affecting Conformity; Compliance – Tactics for Gaining Compliance – Ingratiation, the Foot in the Door and The Low Ball, The Door in the Face and "That-Is-Not-All" Approach, Tactics Based on Scarcity, Complaining and Putting Others in a Good Mood.


Unit-IV Pro-Social and Antisocial Behaviour:


Aggression: Theories of Aggression*, Social, Personal and Situational Determinants of Human Aggression, Prevention and Control of Aggression.

REFERENCE BOOKS:


   Ahmedabad : University Book Production Board,
   Gujarat State.

4. Worchel, S., Cooper, J., Goethals, G.R., & Olson, J.M.
   Thomson Learning.

☆☆☆
M.A. Semester-III
CCT-11 Psychology CBCS – Neuro Psychology-I -11
Psychology-11
( In force from June – 2010 )

| Internal = 30 Marks | [External = 70 Marks |

Unit-I  Introduction – Foundation of brain


Unit-II  Neuro-Chemical and Vascular Systems


Unit-III  Lobular Syndromes – I


Unit-IV  Lobular Syndromes-II

REFERENCES

- A. K. Shing. Modern Abnormal Psychology (Hindi)
- Arvind Bhatiya. Physiology & Biochemistry
- P. H. Michell. Text book of General Psychology
- R. D. Shing. Advanced Physiological Psychology
- Walsh K. Neuro-Psychology
- महेश भार्गव. शरीर क्रिया विज्ञान
- डॉ. टेसार. प्राणी शरीर विज्ञान भाग-1-2
- डॉ. सुधीर वी. शाह. मन के शान्ततुमोहना रोगो
M. A. Semester - III
CCT-12 Psychology- CBCS –Psycho-Diagnostics Methods -12
Psychology-12
( In force from June – 2010 )

| Internal = 30 Marks | [External = 70 Marks |

**Unit-I**

Brief History and Scope of Psycho-diagnostics- Clinical Diagnosis –Types – Limitations – Importance of Clinical Diagnosis. In clinical Psychology also. Role of Psychologist in Diagnosis.

Clinical observation and Rating Scale : Scientific observation – Application of Clinical observation in Mental Hospital or Clinic – Observation Guide – Reliability & Validity of Clinical Observation – Limitations and Rating Scale.

**Unit-II**


**Unit-III**

Rorschach Ink-Blot Test as Projective Technique-Speciality of Rorschach Ink Blot Test – scoring method of Rorschach Test Hadley’s classification of the Rorschach Responses – Classification of Rorschach responses – Diagnostic
contribution of the Rorschach Test – Evaluation of Rorschach Test and Evaluation of the Projective Technique.

Unit-IV


REFERENCES :


☆☆☆
M.A. Semester-III
CCT-13 Psychology CBCS – Models of Psychopathology-13
Psychology - 13
( In force from June – 2010 )

Internal = 30 Marks ]                                  [ External = 70 Marks

Unit-I


Chapter-B : W.H.O. Classification (ICD-10) and Multificixial System ( PSM IUR).

Unit-II

Chapter-A : Theoretical background / Approaches to psychopathology (1) Biological (2) Psychodynamic (3) Behavioural (4) Phenomnological.

Chapter-B : Nature and types of Anxiety Disorders – Phobias, Generalized Anxiety disorder, Panic Anxiety, Obsessive- Compulsive, Post-traumatic Stress, Active Stress Disorder.

Unit-III


Chapter-B : Meaning of Schizophrenia, Course, Incidence and Prevalence of Schizophrenia, clinical Symptoms of Shizophrenia, Types of Schizophrenia.
Unit-IV

Chapter- A : Types of nature of Paranoid Disorder. Symptoms or clinical picture of paranoid disorder treatment of paranoia.

Chapter-B : Meaning and types of mood disorders, Etiological view points of Depressive Disorder.

Readings :


8. সুরেশ পারেঞ্জ, অস.মে. জ সংক্ষিপ্ত পরিচয় প্রকাশন, অস.পি. পারেঞ্জ, পৃথ-পাখে।

★★★
Unit-I Introduction

Basic Concepts of Behavior Modification – Assumptions of Behavior Modification –

Foundations of Behavior Modification: Classical, Operant and Social Conditioning.

Unit-II Behavioral Assessment

Traditional Assessment vs. Behavioral Assessment -
Common Features of Behavioral Assessment – Purposes of Behavioral Assessment –

Formal and Informal Behavioral Assessment.

Unit-III Classical Conditioning and Social Conditioning Techniques

Relaxation Procedures – Systematic Desensitization –
Assertion Training –

Modeling and Behavior Rehearsal Procedures.

Unit- IV Operant Conditioning Techniques

Establishing a Reinforcement Program – Types of Reinforcers – Schedules of Reinforcement –

Shaping and Chaining New Behaviors – Token Economy –
Contingency Management.
REFERENCES:


★★★
M.A. Semester-III
ECT-05 Psychology- CBCS – Counselling Psychology -05

Psychology-05
( In force from June – 2010 )

Internal = 30 Marks ]                                  [External = 70 Marks

Unit-I

Counselling and Related Fields : Definition of counseling
Psycho-therapy – Counselling and Psycho-therapy – Related
fields Advising–Guidance– Clinical Psychology – Counselling
as Hygiology–Counselling as a helping relationship –
Counselling as a solution to human problems.

Counselling – Expectations and Goals : Expectation of
different – individuals – counseling goals – Achievement of
positive mental health – Resolution of Problems – Decision
making as a goal of Counselling – Modification of Behaviour
as a goal.

Unit-II

Approach to counseling : The directive or authoritarian
approach (Psycho-analytic) – Humanistic Approach
Behaviouristic – Approach – The existential Point of view –
The Minnesota Point of view and The elected Approach.

Counselling Process : Preparation for Counselling – Process
of counseling – counseling relationship – counseling –
content ad process – steps in the counseling process –
variables affecting the counseling process – Portrait of an
effective counseling and counselee factors.
Unit-III

Counselling in the Educational setting: Counselling the elementary school child – Counselling in High School & College – The role of teachers in counseling – Educational Counselling and curriculum – Counselling & Home – Evaluation Programme of educational Counselling – Vocational Counselling – The Process of Vocational Counselling – Distinction between vocational Counselling and Guidance.

Special Areas in Counselling: Family group consultation – Counselling with families Concern children as well as parents Counselling with delinquent – Marriage & Pre-marital Counselling – Counselling Women.

Unit-IV


REFERENCES:


★ ★ ★
Unit-I  Nature and Type of Stress : 

Conceptualization of Stress – Stimulus Based Model, Response Based Model, Shortcomings of Stimulus and Response Models, Stress as an Interaction, Lazarus and Folkman's Transactional Model, Criticisms of the Transactional Model, General Nature of Stress, Basic Sources of Stress – Frustration, Conflict, Change and Pressure.

Unit-II Causes of Stress/ Types of Stressor :

Life Events Stress, Daily Hassles – Household Hassles, Health Hassles, Time Pressure Hassles, Inner Concern Hassles, Environmental Hassles, Financial Responsibility Hassles, Work Hassles, Future Security Hassles etc; Occupational / Work Related / Organizational Stressors – Luthans's Classification of Occupational Stressors, Cooper's Classification of Occupational Stressors, Pareek's Classification of Organizational Role Stressors, Executive Stress; Examination Stress; Environmental Stressors – Natural Disasters, Technology – when High-Tech Fails, Noise, Temperature, Aromas and Air Pollution, Crowding etc., Individual Stressors – Type A Personality Characteristics, Irrational Beliefs. Factor influencing Severity of Stress.
Unit-III  Stress and Physical Health :

Concept of Health, Physiological Consequences of Stress –
Fight-or-Flight Response, Hans Salye’s Concept of General
Adaptation Syndrome (GAS), Other Effects of Stress on
Health-

(1) Indirect Effects : Altered Life Style  (2) Direct Effects –
Changes in Brain, Cardiovascular System, Endocrine
System and Immune System; Other Physiological
Consequences – High Blood Pressure, High Cholesterol and
some other Psychosomatic Disorders like Ulcer, Arthritis etc.

Unit-IV  Stress and Psychological Health :

Psychological Consequences of Stress : Cognitive
Impairment – Poor Concentration, Increased Distractibility,
Reduced Short-term Memory Capacity, Reduced Ability for
Creative Thinking and Decision Making; Emotional Effects –
Fear, Anxiety, Post-Traumatic Stress Disorder, Anger and
Hostility, Depression; Burnout Stress Syndrome (BOSS) –
Definition, Components and Causes of BOSS; Psychological
Disorders in General; Behavioural Consequences of Stress –
Aggression, Learned Helplessness, Indulging Self, Using
Defense Mechanisms.

REFERENCE BOOKS :


(2) Cooper, C. & Payne, R. (1988). Causes, Coping and

            Consequences of Stress at Work. Chichester : Wiley.


***
M. A. SEMESTER-III
ECT-06 Psychology -CBCS- Work Psychology -06 Psychology-06
(In-force from June-2010)

Internal = 30 Marks ]                                  [External = 70 Marks

UNIT-I Perspectives:

Introduction and Overview of work psychology:

The nature of work psychology-the science of psychology and work psychology-the world of work and organizations-emerging issues in occupational psychology.

Research Methods in work psychology: The nature and aims of research in work psychology-Research Designs-Research Methods and techniques-Analysing Data.

UNIT-II People at Work:

Personality and Individual Differences:

Definition of Personality-Intelligence-Emotional Intelligence-Creativity and Innovation at work.

Perceptions and attitudes at work:

Perception-Perception and attitudes-Attitudes to work.

Motivation and work satisfaction:

Theories of work motivation-Job satisfaction, job dissatisfaction, and causes.

UNIT-III The Group at work:

Relationships at work:

Relationships in the workplace-Relationship Issues-Developing effective relationships.

Groups, teams, and decision making:
Defining group-Stages of group development-why people conform to group membership-Functional behaviour-Dysfunctional behaviour.

Leadership at work:
Definitions of leadership-leader-follower relationship-Gender and leadership.

UNIT-IV The organization at work:
Career management and development:
Career in context: the changing nature of work-Career theories-Career management-Gender and careers.

Human Performance and the work environment:
Individual differences in performance-Performance-shaping factors-The work environment.

Management Issues:
Assessing people at work: Assessment process-methods.
Psychological health in the workplace: Organizational responsibility for psychological health-Moderating factors-Organizational interventions.

REFERENCES:

1. Lisa Matthewman, Amanda Rose, Angela Hetherington(Ed.) ‘Work Psychology’. 

   OXFORD UNIVERSITY PRESS, 2009.

M.A. Semester-IV
CCT-16 Psychology- CBCS – Neuro Psychology-II – 16
Psychology- 16
(In force from June – 2010)

Internal = 30 Marks ]                                  [External = 70 Marks

Unit-I  Hemispheric Asymmetry of Functions


Unit-II  Base & Disorders


Unit-III  Assessment


Unit-IV  Theoretic Intervention

REFERENCES:

- Bhatt, Kusum K. Clinical Psychology
- Gandhi, T. P. & Goyal, R.K. Human Anatomy Physiology & Health Education
- Michell, P. H. Text book of General Psychology
- Shing, R. D. Advanced Physiological Psychology
- Whitaker, H.A. Neuropsychological studies of non-focal brain damage

- देशाई. अग्नि शरीर विज्ञान भाग- 1-2
- सुधीर वी. शाफ. भाग अने शायतांतुंजोना रेगो
- महेश भार्गव. शरीर क्रिया विज्ञान

☆☆☆
M.A. Semester-IV
CCT-17 Psychology- CBCS – Psycho-Diagnostic Testing -17
Psychology-17
( In force from June – 2010 )

**Internal = 30 Marks** ]                                  [**External = 70 Marks**

**Unit-I**


**Unit-II**


**Unit-III**

Bell Adjustment – Inventory–Bernreuter personality Inventory –Eysenck Personality Inventory(MPI)–Minnesota Multiphasic
Personality Inventory (MMPI) – California Psychological Inventory – Comrey Personality Scales – Cattell's 16 P.F. Inventories – D. J. Bhatt's 13 P.F. Inventory – Personality Research Form (PRF)- D. J. Bhatt & others Mental Hygiene Inventory – General outline for Interest Inventories viz., Strong – Campbell Interest Inventory – Kuber Preference Records as diagnostics Testing.

Unit-IV

Meaning and purpose of Neuro-Psychological Assessment - concept of Minimum Brain Dysfunction or MBD – Psycho-Physiological indices of Arousal, Anxiety e.g. P.G.R./ G.S.R. – Heart Rate and to Correlate with those of subjective reports of the same.

The model of report writing for client ad Patient – The model including the following points – patient's family back ground, - Diagnostic tool, symptoms of mental disorders, Diagnosis, therapy applied and suggestions, synthesizing and integrating different test results.

REFERENCES


2. Bhatt, D. J. & others (2009). 13 P.F. Inventory & Mental Hygiene Inventory Department of Psychology, Saurashtra University, Rajkot (Guj.)


★★★
Unit-I

Chapter-A : Meaning, nature and types of Psychosomatic Disorder. General Etiology and Treatment of Psychosomatic Disorder.

Chapter-B : Meaning, nature and types of Personality Disorder. Causal factors in Personality disorder. Treatment and outcomes of personality disorder.

Unit-II

Chapter-A : Meaning of Antisocial Personality, Clinical Picture of Antisocial Personality Etiology of Antisocial Personality Treatment and Outcomes of Antisocial Personality.

Chapter-B : Nature of Substance-related Disorder and some important terms. Major substance related Disorders Etiology of Alcoholism, treatment and outcomes of Alcoholism.

Unit-III

Chapter-A : Meaning and nature of Sexual Dysfunction. Types of Sexual Deviation, Causes of Sexual Dysfunction, Treatment and off come of Sexual Dysfunction, Gender identity disorder.
Chapter-B : Meaning of Suicide, General Symptoms, Causes of Suicide-Stress factors, Depression factors, Emotional factor, Socio-cultural factors prevention of suicide.

Unit-IV

Chapter-A : Sleep and Sleep Disorder Anorexia Nervosa, Bulimia Bulimia nervosa Vs Anorixia Nervosa. Eating Disorder Parasomnia, Dyssomnious.

Chapter-B : Disorders of Impulse Control and Organic Psychoses or Brain Disorders.


READINGS :


8. सुरेश पारेश ी. असि.अम. ज संक्षिप्त परियम प्रकाशन, असि.पी. पारेश, जुम्यागढ़.

★★★
Internal = 30 Marks ]                                  [External = 70 Marks

Application of Behaviour Modification

Unit-I  Cognitive Behavior Modification Techniques

Self Instruction Training – Problem Solving Training – Anger
Control Training – Self Management Training – Rational
Emotive Behavioral Therapy – Beck’s Cognitive Therapy.

Unit-II Application of Behavior Modification in Educational
Setting

Behavior Modification Techniques for Enhancing Study Skills
and Social Skills of Students – Memory Enhancement
Training – Self Esteem Training – Treating Examination
Phobia – Fostering Creativity among Students and Teachers
– Improving Interpersonal Relationship among Teachers.

Unit-III Application of Behavior Modification in Health Setting

Behavior Modification Techniques for treating Minor and
Major Psychological Problems in Psychiatric Setting – Use of
Behavior Modification Techniques in Various Other Medical
Settings such as Cardiology and Neurology.

Unit-IV Application of Behavior Modification in Organizational
Setting

Behavior Modification of Employee Behavior – Motivational
Strategies – Stress Management – Improving Interpersonal
Relationship for Effective Conflict Management – Time
Management.
REFERENCES:


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Internal = 30 Marks  [External = 70 Marks

Unit-I  Situational and Social Moderators of Stress :

Differences between Mediators and Moderators of Stress, Theories about Mediators of Stress Response – Psychoanalytic, Behavioural and Cognitive Theory; Categories of Moderator Variables in Stress Processes, Perceived Control Over the Environment as the Situational Moderator of Stress, Social Support as Social Moderator of Stress – Definition of Social Support, Types and Sources of Social Support, Direct Effect and Buffering Effect Hypotheses, Benefits of a Social Support Network, Cultivating Support Network.

Unit-II  Personality Moderators of Stress :

Definition of Personality, Some Personality Traits as Moderators of Stress – Well-being Relationship, Hardiness, Optimism, Self-esteem and self-efficacy, Locus of Control, Negative Affectivity, Type-A Behaviour Pattern (TABP) – Concept, TABP and Stress, TABP and Health, Bio-psycho-social Factors in Type-A Behaviour, Modifying Type-A Behaviour.
Unit-III Stress and Coping :

- Concept of Coping, Coping as a Cause (an Independent Variable) and an Effect (a Dependent Variable), Coping as Mediator and Moderator of Stress – Strain Relationship,
- Classification of Coping Strategies, Coping Strategies having Limited Value – Giving up, Striking out at others, Indulging Self, Blaming Self, Using Defensive Coping; Categories of Constructive Coping :
  - Appraisal Focused Constructive Coping – Ellis's Rational Thinking, Positive Reinterpretation;
  - Problem Focused Constructive Coping – Using Systematic Problem Solving, Seeking Help, Using Time More Effectively, Improving Self-Control;

Unit-IV Other Strategies for Managing Stress :

- Yoga, Bhuddhist Vipasyana, Biofeedback, Assertiveness Training, Nutrition, Exercise and Sleep, Stress – Inoculation Training (Meichenbaum's Cognitive Restructuring), Guided Imagery, Achieving Behavioural Control, Preventing Stress at Work, Managing Executive Stress.

REFERENCE BOOKS :


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