SAURASHTRA UNIVERSITY
RAJKOT
MASTER OF ARTS
CHOICE BASED CREDIT SYSTEM (C.B.C.S.)
FOR
PSYCHOLOGY

SYLLABUS

M.A. SEMESTER-I, II, III & IV PROGRAMME
(A draft of C.B.C.S. Courses in M.A. Psychology Submitted for Revision of Curriculum to be executed from June, 2016)

By
DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
RAJKOT-360005
GUJARAT, INDIA.
### SAURASHTRA UNIVERSITY
### ARTS FACULTY
### SUBJECT: PSYCHOLOGY (M.A. Semester I, II, III & IV Programme)

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**IM= Internal Marks, **EM= External Marks, ***TM= Total Marks
Students can opt Semester I, II, and III & IV for M.A. Degree in Psychology. There will be four types of courses viz. Core Course, Elective Course, Interdisciplinary Course and Skill Oriented Course. For Core Course, Elective Course, Interdisciplinary Course there will be four hours classroom teaching per week and fifteen week work in a semester. For one hour classroom work per week one credit is to be assigned. There will be five courses with 20 credits in each semester, each course carrying 100 marks. Psychology Degree is considered of 2000 marks with 80 credits. For skill oriented course there will be additional two hours of classroom work and two credits to be assigned in each semester.

For each semester the hours per week and credit will be assigned as under:

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<th>Skill oriented</th>
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- Allocation of Hours for Practical/Dissertation
  - (i) Experimental Explanation 20 Hours
  - Practical Performance 40 Hours
  - (ii) Personal Guidance 20 Hours
  - Fieldwork and Report Writing 40 Hours

- Marks to be assigned for each course:
  - For theory course there will be two types of examinations for each course
    - (i) External Examination-70 Marks
    - (ii) Internal Examination-30 Marks
The Internal examination will consist of theoretical examination carrying 10 marks and 20 marks to be assigned will be divided into presentation (Seminar -10 marks and Assignment Writing 10 marks).

Marking Scheme for Practical course: (100 Marks)
There will be two divisions in practical course each carrying 50 marks

(1) Scheme for Experiment

(i) Performance: 10 Marks 
(ii) Report Writing : 15 Marks 
(iii) Viva Voice: 10 Marks 
(iv) Journal Presentation: 15 Marks
Total 50 Marks

(1) Scheme for Testing

(i) Performance: 10 Marks 
(ii) Report Writing : 15 Marks 
(iii) Viva Voice: 10 Marks 
(iv) Journal Presentation : 15 Marks
Total 50 Marks

Marking Scheme for Dissertation (100 Marks)

(i) Thesis Evaluation: 70 Marks 
(ii) Viva – Voice Examination: 30 Marks
FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: ADVANCED EXPERIMENTAL PSYCHOLOGY/ CCT-01
Course (Paper) Unique Code: 1601270102010100
External Exam Time Duration:

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Course Objectives:
This course should help Students:
1. 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.
2. Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.
3. Learn to use Psychology and other information sources.
4. Know how to apply APA ethical guidelines in research with humans and animals.

UNIT: I

UNIT: II


UNIT: III

Reaction Time – Short History of RT – Types of RT – RT Apparatus – Factors Affecting RT – Use of RT.


UNIT: IV


REFERENCE BOOKS


Subject: PSYCHOLOGY
Course (Paper) Name & No: RESEARCH METHODOLOGY/CCT-02
Course (Paper) Unique Code: 1601270102010200
External Exam Time Duration:

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Course Objectives:

1. Provide students with the fundamental knowledge of research methods and design used in psychology.
2. Facilitate students understanding for how using valid scientific methods can improve and create knowledge in the field of psychology.
3. Guide and mentor students in developing, completing, writing, and presenting a valid and ethical psychology experiment.

UNIT: I


Exploratory Study or Research, Descriptive Study or Research -Its Objective or Roles, Scope, Steps, Limitations and Their Solutions – Types of Descriptive Research; Survey Research – Case Study Method – Sources of Information’; Correlational Research – Differences Between Correlational and Experimental Research; Ex-post Facto Research – Difference Between Experimental Research and Ex post facto Research; Field Study or Field Research – Differences
Between Field Study and Survey – Differences Between Field Study and Experimental Study – Types of Field Study – Limitations of Field Study; Experimental Research – Laboratory Experiment – Comparison Between Laboratory Experiment and Field Experiment Experimental Validity.

**UNIT: II**

Meaning of data – Important Tools of Data Collection – Importance of Data Collection – Some Precaution’s in Data Collection – Types and Sources of Data; Observation Method – Meaning, Kinds and Types of Observation; Rating Scale – Check List Rating Scale – Questionnaire – Criteria of a Good Questionnaire – Types of Questionnaire; Interview – Types of Interview – Steps in The Process of Interview or Interview Technique – Errors in Interview; Projective Method – Classification of Projective Test – Evaluation of Projective Technique as Research Tool; Sociometry Method.

**UNIT: III**
Secondary Data or Available Data – Personal Documents – Importance or Utility of Personal Documents Limitations of Personal Documents – Public Documents – Merits and Demerits of Secondary Sources.
Psychological Tests – Types of Psychological Tests – Characteristics of a Good Test – Purpose and Utility of Psychological Test.

**UNIT: IV**
Test Standardization – Test Content & Item Writing- Types of Item – Guidelines for Item Writing – Item Analysis – Difficulty Value of Item – Discrimination Power of Item; Reliability – Methods of Estimating Reliability or Types of Reliability; Validity – Types of Validity; Norms – Types of Norms – Percentile Rank – Standard Score Norms.


REFERENCE BOOKS


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: COGNITIVE PSYCHOLOGY-I/CCT-03
Course (Paper) Unique Code: 1601270102010300
External Exam Time Duration:

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Course Objectives:

1. To provide students with a general overview of research on human cognitive abilities
2. To expose students to recent findings and ideas concerning the neural bases of cognitive functions, particularly to those provided by neuropsychology and functional neuroimaging research.
3. To train students in reading original articles in experimental cognitive psychology.

UNIT: I
Scope or Domain of Cognitive Psychology – Methods of Cognitive Psychology – Ecological Validity.

UNIT: II
Nature of Selective Attention – Theories or Models of Selective Attention – Nature of Sustained Attention – Determinants of Sustained Attention – Theories of Sustained Attention – Current Status of Theories of Sustained Attention.
UNIT: II

UNIT: IV


REFERENCE BOOKS
FACULTY OF ARTS

Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: HEALTH PSYCHOLOGY/ ECT-01
Course (Paper) Unique Code: 1601270202010101
External Exam Time Duration:

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Course Objectives:

To acquaint students with
1. Health behavior, health habits
2. Health enhancing behavior
3. Advancing and terminal illness
4. AIDS and Cancer

UNIT-I


UNIT-II

Health-Enhancing Behaviors: Exercise: Benefits of Exercise - Determinants of Regular Exercise - Characteristics of Interventions; Accident Prevention- Home and Workplace Accidents Motorcycle And Automobile Accidents; Maintaining a Healthy Diet - Why Is Diet Important? - Resistance to Modifying Diet - Interventions to Modify Diet. 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 Behaviors - Characteristics of Health Compromising Behaviors; Alcoholism and Problem Drinking; Smoking - Synergistic Effects of Smoking - Why Do People Smoke?

UNIT-III

Psychological Issues in Advancing and Terminal Illness: Death across the Life Span: - Death in Infancy or Childhood - Death in Young Adulthood - Death in Middle Age - Death in Old Age; Psychological Issues in Advancing Illness - Continued Treatment and Advancing Illness Psychological and Social Issues Related to Dying - The Issue of Nontraditional Treatment Are there Stages in Adjustment to Dying? : - Kubler-Ross’s Five-Stage Theory - Evaluation of Kubler-Ross’s Theory; Psychological Management of the Terminally Ill: - Medical Staff and the Terminally Ill Patients - Individual Counseling with the Terminally Ill - Family Therapy with the Terminally Ill - The Management of Terminal Illness in Children - Alternatives to Hospital Care for the Terminally Ill - Hospital Care - Home Care.

UNIT-IV

AIDS: - Risk Factors - Effects and treatment of AIDS - Age, Gender and Socio cultural Factors in AIDS - From HIV Infections to AIDS Medical Treatment for People with HIV/AIDS - The Psychosocial Impact of AIDS - Psycho social Interventions for AIDS.


REFERENCES BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: ADVANCED SOCIAL PSYCHOLOGY/ECT-01
Course (Paper) Unique Code: 1601270202010102
External Exam Time Duration:

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**Course Objectives:**

1. To help students to develop an understanding about one’s-self, how people think about, influence and relate to one another
2. To orient them to the dynamics of attraction, love and aggression, and application of the principles of social psychology in different fields.

**UNIT- I**

Introduction:

**UNIT- II**

Social identity, prejudice and discrimination:
UNIT- III

Attraction, joys and sorrows in relationships:

UNIT- IV

Social influences, prosocial behaviour and aggression:
Conformity and Compliance, Obedience – Prosaically behaviour: Responding to emergency, Factors that influence prosocial behaviour and Theoretical explanations – Aggression: Theoretical Perspectives, Determinants, Personal Causes, Child Abuse and Workplace Violence, Prevention and control of Aggression.

REFERENCE BOOKS

FACULTY OF ARTS  
Syllabus

Subject: PSYCHOLOGY  
Course (Paper) Name & No: PSYCHOLOGY OF EMOTION-I/ECT-02  
Course (Paper) Unique Code: 1601270302010101  
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Course Objectives:

1. The course aims at understanding the basic issues and state-of-the-art knowledge in the field of emotions.
2. To acquaint students to the neurophysiological bases of emotion.
3. It seeks to promote an understanding of bodily changes in emotion and measurements of emotions.

UNIT-I

Basic Issue 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; The Role of Positive Emotions- The Broaden and Build Theory of Positive Emotion; Approaches to Emotion- Biological, Cognitive, Behavioral and Phenomenological; Functions of Emotion; Emotion as Basis of Social Relationship, Gender and Emotion.

UNIT-II

Physiological Bases of Emotion:
UNIT-III

Bodily Changes in Emotions:
A Short Introduction to Cardiovascular, Respiratory, Digestive, Muscular and Hormonal Systems of Human Body; Short Term Bodily Changes in Emotions- Changes in the Cardiovascular, the Respiratory, the Digestive, the Thermoregulatory, the Galvanic Skin Response and the Hormonal Systems, Changes in Muscle Tension; Hormonal Changes During Stressful Situations; Long term Bodily Changes in Emotion-General Adaption Syndrome (GAS), Psychogenic Ulcer and Some other Psychosomatic Diseases.

UNIT-IV

Measurement of Emotions:

REFERENCE BOOKS

FACULTY OF ARTS

Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: ADVANCED PHYSIOLOGICAL PSYCHOLOGY-I/ ECT-02
Course (Paper) Unique Code: 1601270302010102
External Exam Time Duration:

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Course Objectives:

1. To provide an understanding of neuro-physiological bases of behavior.
2. To acquaint students with various complex biological processes related to cognitive and motivational aspects of behavior.

UNIT-I

An Introduction to Physiological Psychology, Nature and Scope; Methods to Study the Working Brain, Degeneration Technique, Lesion Technique, Chemical Methods, Recording Electrical Activity in the Brain, Neuroimaging, Functional Magnetic Resonance Imaging, Transcriptional Magnetic Stimulation (TMS), C.T Scan, PET and fMRI Scans.

Physiological Psychology and Neuroscience: Basic neuroanatomy- Structure, Types and Functions of Neurons, Nervous System Structure, Functions and Divisions- Central Nervous System, Peripheral Nervous System and Autonomous Nervous System; Neural Conduction and Synaptic Transmission, Neurotransmitters.

UNIT-II

UNIT-III

Brain Chemistry, Drugs and Mental Illness; Brain Metabolism- Blood-Brain Barrier, Major Neurotransmitters in the Brains- Acetylcholine, Norepinephrine, Dopamine, Serotonin; Amino Acid Neurotransmitters- Glutamic Acid Aspartic Acid, Glycine, GABA; Neuropeptides, Opioid Peptides and Receptors in the Brains, Brain Chemistry and the Use of Psychiatric Drugs-Antipsychotic Drugs, Antidepressant Drugs, Anti-Anxiety Drugs; Alcohol and It’s Effects in the Brain.

UNIT-IV


REFERENCE BOOKS:

Course Objectives:

1. To acquaint students with the procedure of conducting experiments on various subjects of psychology.
2. To acquaint students with the administration, scoring and interpretation of various psychological tests.

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

1. Speed of learning as a function of meaningfulness of material.
2. Bilateral transfer of training.
3. Effect of reward & punishment on learning.
4. Retroactive inhibition.
5. Retention as a function of time: Study of retention curve.
6. Problem solving.
9. Transfer of training in Maze Learning
10. Habit interference
11. Effect of knowledge on performance on ergo graph
12. Brightness constancy
13. Size constancy.
14. Zeigarnik Effect

Any Four Tests from the following are to be performed and reported in Journal:

1. Adjustment Inventory
2. Anxiety Inventory
3. M.R. Kotharis draw – a Flower Intelligence Test
4. Job Satisfaction Scale
5. Job Involvement Scale
6. Occupational Stress Inventory
7. Mental Hygiene Inventory
8. Tests Related to Organizational Behavior
9. Tests Related to Psychometric and Research Methodology
10. Tests Related to Health Psychology

REFERENCE BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: COUNSELLING PSYCHOLOGY/CCT-4 (ONLY FOR EXTERNAL STUDENTS)
Course (Paper) Unique Code: 1601270102020402
External Exam Time Duration:

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Course Objectives:
1. To acquaint students with the concepts and approaches to the counselling.
2. To familiarize students with the counselling process thoroughly.
3. To acquaint students with modern trends in counselling.

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 – counselling goals – Achievement of positive mental health – Resolution of Problems – Decision making as a goal of Counselling – Modification of Behaviour as a goal.

UNIT -II


UNIT -III

Counselling in the Educational setting: Counselling the elementary school child – Counselling in High School & College – The role of teachers in counselling – Educational Counselling and curriculum – Counselling & Home – Evaluation Programme of educational Counselling – Vocational Counselling – The Process of Vocational
Counselling – Distincin 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:**


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: STATISTICS IN PSYCHOLOGY/ CCT-05
Course (Paper) Unique Code: 1601270102020500
External Exam Time Duration:

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**Course Objectives:**
1. Acquire the concepts, terms, and symbols used in data analysis.
2. Learn to formulate research ideas that can be evaluated with statistical analysis.
3. Learn to perform appropriate operations to draw conclusions from data.
4. Become skilled in interpreting and communicating quantitative information via numerical analysis and graphical display.

**UNIT: I**

Measures of Central Tendency – Mean – Median – Mode – Geometric Mean – Harmonic Mean – Combined Mean Characteristics, Uses and Disadvantages of Mean – Characteristics, Uses and Disadvantages of Median – Characteristic, Uses and Disadvantages of Mode.

**UNIT: II**


UNIT: III


UNIT: IV


REFERENCE BOOKS


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: COGNITIVE PSYCHOLOGY-II/CCT-06
Course (Paper) Unique Code: 1601270102020600
External Exam Time Duration:

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Course objectives:

1. To provide students with a general overview of research on human cognitive abilities
2. To expose students to recent findings and ideas concerning the neural bases of cognitive functions, particularly to those provided by neuropsychology and functional neuroimaging research.
3. To train students in reading original articles in experimental cognitive psychology.

UNIT: I

Meaning of Memory and Its Components or Stages – Types of Memory – Sensory Memory – Types of Sensory Memory – A Comparative Study of Iconic Memory and Echoic Memory – Short Term Memory of STM – Long Term Memory or LTM – Major Types of Long Term Memory: Episodic Memory and Semantic Memory – Motivation and Long Term Memory – A Comparative Study of LTM and STM: Differences – Methods of Measuring Memory – Nature of Remembering.
Nature of Forgetting – Forgetting Cure or Ebbinghaus Curve – Determinant’s or Causes of Forgetting – Theories of Forgetting – Decay Theory or Disuse Theory – Perseveration – Consolidation Theory – Inter-Ference Theory – Two Factor Theory- Autobiographical Memory – Retrospective Memory and Prospective Memory – Measure of Improving Memory or Memory Training.
UNIT: II


UNIT: III

UNIT: IV
Definition and Nature of Creativity – Stages of Creative Thinking – Characteristics of Creative Thinker – Measurement of Creativity – Aspects of Creativity – Encouraging or Fostering Creativity – Artificial Intelligence.


REFERENCE BOOKS:
Course objective:
Disability sector is one of the areas that has been especially overlooked by social scientists. It is need of the time to acquire knowledge about Professional issues regarding understanding the disabled, its causes, concerns, management and intervention. The present paper aims at providing the same.

UNIT- I
Nature and Scope of Rehabilitation psychology:
Definition, historical perspective, scope and methods, Functions of Rehabilitation Psychology: General functions and special functions, History and Philosophy of Disability Rehabilitation
Goals and objectives of rehabilitation, Multi-disciplinary approach to rehabilitation:
Biological, medical, psychological, educational and social aspects.

UNIT- II
Disabilities:
Disability - Concept and definitions, Classification of various disabilities, Incidence and prevalence
Types of disabilities: Visual impairment, Hearing and speech impairment, Loco motor disability,
Mental retardation, Cerebral palsy, Autism, Mental illness, Learning disabilities, Multiple handicaps
Etiological factors; pre-natal, natal and post-natal, chromosomal aberrations and genetic errors
Prevention of disabilities
UNIT- III

Personality Development of Disabled Persons and intervention:
Factors influencing personality development of disabled individuals, Life span development of people with disabilities, Assessment of personality of disabled individuals, Screening and early identification of people with developmental disabilities. Social, Psychological Perspective in Rehabilitation Psychology. Early intervention: definition, assessment and strategies for intervention. Intervention packages for various disabilities. Services and programmes for disabled individuals and their families in India
Special education: – aims, objectives and functions, Emerging trends in special education. Educational assessment and evaluation for persons with disabilities,
Educational technology for disabled

UNIT- IV

Psychological Intervention

REFERENCE BOOKS:

FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: APPLIED SOCIAL PSYCHOLOGY/ECT-03
Course (Paper) Unique Code: 1601270202020202
External Exam Time Duration:

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Course Objectives:
To understand-
1. Applied social psychology
2. Social psychology and health
3. Social psychology and environment
4. Aggression and violence
5. Social psychology and consumer behavior

UNIT-I

Introduction to applied social psychology:
Definition, relationship with basic social psychology, historical developments and major concerns.

UNIT-II

Social psychology and health:
Health belief model, health compromising behaviors; health promotion, cognitive response and dual process models of persuasive change; stress and health.

UNIT-III

Social psychology and environment:
Human interaction with environment, environmental hazards and challenges; environmental attitudes, risk perceptions, encouraging proenvironmental behavior.
UNIT-IV

Aggression and violence:
Conceptual issues and theoretical explanations; determinants;
Interpersonal and intergroup forms of aggression, dynamics of violence, strategies for
Reducing aggression and violence. Social psychology and consumer behavior:
Economic and social-psychological approaches,
Meanings of money, social beliefs and value systems, consumer socialization.

REFERENCE BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: PSYCHOLOGY OF EMOTION-II/ECT-04
Course (Paper) Unique Code: 1601270302020201
External Exam Time Duration:

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Course Objectives:

1. To acquaint students with various theories of emotions
2. To provide an understandings of linkage between culture and various aspects of emotions.
3. To help students gain insight in to emotional behavior of self and others.

UNIT-I


UNIT-II


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


REFERENCE BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: ADVANCED PHYSIOLOGICAL PSYCHOLOGY-II/ECT-04
Course (Paper) Unique Code: 1601270302020202
External Exam Time Duration:

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Course Objectives:

At the end of course students will be able to:

1. Understand the physiology of cognitive functions
2. Understand the physiology of motivation
3. Understand the physiology of arousal and sleep

UNIT-I

Bio Psychology of Arousal: Physiological Correlates of Arousal, EEG as the Measure of Arousal, Factors Affecting Consciousness; Sleep- Rhythms of Sleeping and Waking, Physiological Conception of Wake and Sleep, Conception of Sleep, Temporal Patterns of Slow Wave sleep and REM Sleep, REM Sleep and Dreaming, Neural Mechanism and Biochemistry of Slow Wave sleep and REM Sleep, The Functions of Sleep and REM, Disorders of Arousal and Sleep, Narcolepsy, Insomnia, Other Disorders of Sleep such as Somnambulism, Night-Terrors and Sleep apnea; Circadian Rhythms and Clocks-Neural Control Over Circadian Rhythms.

UNIT-II

UNIT-III


UNIT-IV

Mechanism for Remembering: Concept of Short Term and Long Term Memory, The Anatomy of Human Memory; Studies of Memory and Amnesia in Animals –Testing the Consolidation Hypothesis – Alternatives of ‘Classical Consolidation Theory ; Physiological Mechanism of Memory in the Brain- Long Term Potential- Protein Synthesis- Effects of Protein Enzymes- The Chronological Hypothesis; Triggers for Memory Retrieval- The Optional –Hologram Hypothesis – The Phenomenon of State- Dependent Learning Amnesia, Dementia and Alzheimer’s Disease.

REFERENCE BOOKS

FACULTY OF ARTS

Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: NEURO PSYCHOLOGY -I/CCT-07
Course (Paper) Unique Code: 1601270102030700
External Exam Time Duration:

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Course Objectives:

To acquaint the students with, this course is to cater to knowledge in the area of brain and behavior. The emphasis of this course lies on the study of patients with neurological disorders for assessment, diagnosis, intervention and rehabilitation.

UNIT-I

Introduction of Neuro psychology:

UNIT-II

Neuro – Chemical and Vascular Systems:

UNIT-III

Frontal & Parietal lobe Syndromes:
UNIT-IV
Occipital & Temporal lobe Syndromes:

REFERENCE BOOKS


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: PSYCHO-DIAGNOSTICS METHODS/CCT-08
Course (Paper) Unique Code: 1601270102030800
External Exam Time Duration:

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</table>

Course Objectives:

1. To acquaint them with the process of Psycho-diagnostics.
2. Understand the theoretical foundation of Various Psycho-diagnostics methods.
3. To Understand of Various Projective Techniques as a diagnostic Methods.
4. The students will also be able to apply their theoretical knowledge to different setting requiring Psycho-diagnostics methods.

UNIT-I


UNIT-II

UNIT-III


UNIT-IV


REFERENCE BOOKS :

FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: MODELS OF PSYCHO-PATHOLOGY/CCT-09
Course (Paper) Unique Code: 1601270102030900
External Exam Time Duration:

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Course Objectives:
Upon successful completion of this course, the student should:
1. Be familiar with and able to discuss several different theoretical perspectives in the general field of psychopathology as well as the empirical support for these theories.
2. Be able to apply these theoretical perspectives in reviewing each of the psychopathological conditions covered in the course.
3. Be familiar with and able to discuss the DSM-IV multiaxial classification of mental disorders and the criteria for diagnosing these disorders.
4. Be able to apply the DSM-IV classification system in determining the appropriate diagnosis of clinical cases.
5. Have a substantial foundation of knowledge about psychopathology to apply in formulating appropriate and effective intervention strategies to treat a broad spectrum of psychopathological conditions.

UNIT-I
UNIT-II
Diagnostic Classification of Abnormal Behaviours – Approaches to Classify Abnormal Behaviour – Difference Clinical Assessment.


UNIT-III
General Categories or Causes of Abnormal Behaviour – Biological Causes – Psychosocial causes – Socio-cultural Causes.

UNIT-IV

REFERENCE BOOKS:


American Journal of Psychiatry, 163, 1138-1146.


Course Objectives:
To understand
1. Behavior Modification: Foundations
2. Classical and Social conditioning
3. Operant Conditioning techniques
4. Cognitive behavior modification techniques

UNIT-I

Introduction: Basic Concepts of Behavior Modification – Assumptions of Behavior Modification –
Foundations of Behavior Modification: Classical, Operant and Social Conditioning.

UNIT-II

Classical Conditioning and Social Conditioning Techniques
Relaxation Procedures – Systematic Desensitization – Assertion Training –
Modeling and Behavior Rehearsal Procedures.

UNIT- III

Operant Conditioning Techniques
Establishing a Reinforcement Program – Types of Reinforcers – Schedules of Reinforcement –
UNIT-IV

Cognitive Behavior Modification Techniques:
Self-Instruction Training – Problem Solving Training – Anger Control Training – Self

REFERENCE BOOKS


Harcourt Brace and Company.

Company.
Subject: PSYCHOLOGY
Course (Paper) Name & No: WORK PLACE COUNSELLING/ECT-05
Course (Paper) Unique Code: 1601270202030302
External Exam Time Duration:

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**Course Objectives:**
To understand
1. Work place counseling concept
2. Individual employee counseling
3. Stress at work place
4. Group Counseling and Industrial Counseling

**UNIT - I**
Understanding Work place Counseling; concept, history, functions,
Models of workplace Counseling;
Training of Work Place Counseling.

**UNIT -II**
Integrating model of individual employee counselling : Preparation,
Assessment, contract, counseling process, terminating workplace counselling.

**UNIT -III**
Stressful job factors, Occupational Stress;
Dealing with difficult people, sexual harassment,
unethical behaviour in the work place, Travel stress, Time stress,
Work stress and families.
UNIT- IV

Group Counselling: Conflict resolution, interpersonal, familial, team building, negotiation and arbitrating skills.

Industrial Counselling: Employee Problem Counselling – Problems of absenteeism turnover, Burnout, Burnout, Depression, Substance abuse.

REFERENCE BOOKS :


Mearns, Dave(1999) Person-centered counselling training


Managing Groups and Teams by Hank Williams, 1996.
Course Objectives:
1. To introduce concept, types and sources of stress phenomenon.
2. To acquaint students with correlates/ consequences of stress.
3. To acquaint students with measurements of various types of stress.

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

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; Sleep disorders, Eating disorders; Behavioral Consequences of Stress – Aggression, Learned Helplessness, Indulging Self, Using Defense Mechanisms.

REFERENCE BOOKS


FACULTY OF ARTS

Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: POSITIVE PSYCHOLOGY/ICT-01

Course (Paper) Unique Code: 1601270502030102

External Exam Time Duration:

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Course Objectives:
1. To introduce concepts of positive psychology
2. The paper helps the Students to explore what makes people happy.
3. To equip students to enhance subjective well-being.

UNIT-I

In Introduction to positive Psychology: Definition, Goals and Assumption of Positive Psychology, The role of positive emotion in positive Psychology- The Broaden and Build Theory of Positive Emotion, Basic Areas of Positive Psychology, Research Approaches to Study positive Psychology- Positive Psychology in India.

UNIT-II

Positive Emotions States and Process: Happiness and Well-being- Defining Happiness; Antecedents and Consequences of Happiness, Measuring Happiness, Happiness across culture, Happiness and Well-being in Indian culture; Emotion focused Coping and Emotional Intelligence.

UNIT-III

UNIT-IV

Pro Social Behavior and Well-being; Altruism; Gratitude and Forgiveness- Definition, Cultivation and Stoical Implications; Developing Strength and Living Well Living Well across Life Stages, Successful aging; Future trends of Positive Psychology, Application in Community Life.

REFERENCE BOOKS:


Subject: PSYCHOLOGY
Course (Paper) Name & No: NEURO PSYCHOLOGY –II/CCT-10
Course (Paper) Unique Code: 1601270102041000
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**Course Objectives:**

To acquaint the Students with, this course is to cater to knowledge in the area of brain and behavior. The emphasis of this course lies on the study of patients with neurological disorders for assessment, diagnosis, intervention and rehabilitation.

**UNIT – I**

Hemispheric Asymmetry of functions.
Structural asymmetry of cerebral hemispheres - Functional asymmetry of cerebral hemispheres. - Functions of cerebral hemispheres - Thalamus & Hypothalamus of functions - Elements of behavioral neurology.

**UNIT – II**

Physiological Bases & Disorder

**UNIT – III**

Clinical Assessment
UNIT –IV

Diseases and Therapeutic Interventions:

Epilepsy. - Muscular Disease. - Migraine. - Supportive Psychotherapies. - Chemical Therapy, Shock Therapy, Sleeping Therapy, Stimulants Therapy.

REFERENCE BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: PSYCHO-DIAGNOSTIC TESTING/CCT-11
Course (Paper) Unique Code: 1601270102041100
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Course Objectives:
1. To acquaint them with the characteristics of standardized tests and its utilities in diagnostics fields.
2. To understand of application of psychological tests in diagnostic fields.
3. To understand of psycho diagnostic procedures
4. Understand the theoretical foundation of personality test in psycho-diagnostic fields.

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 – Behavior Assessment Scale for Indian Children with Mental Retardation (BASIC-MR).-Vinland Social Maturity Scale (VSMS)

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, Neurological Psychological assessment-Nimhans Battery-Aiims Battery, Autism Diagnostic test (C.A.R.S., Corner parents rating scale, I.S.A.-Indian scale for autism).

REFERENCE BOOKS:
Bhatt, D. J. & others (2009). 13 P.F. Inventory & Mental Hygiene Inventory Department of Psychology, Saurastra University, Rajkot (Guj.)
Course Objectives:
Upon successful completion of this course, the student should:
1. Be familiar with and able to discuss several different theoretical perspectives in the general field of psychopathology as well as the empirical support for these theories.
2. Be able to apply these theoretical perspectives in reviewing each of the psychopathological conditions covered in the course.
3. Be familiar with and able to discuss the DSM-IV multiaxial classification of mental disorders and the criteria for diagnosing these disorders.
4. Be able to apply the DSM-IV classification system in determining the appropriate diagnosis of clinical cases.
5. Have a substantial foundation of knowledge about psychopathology to apply in formulating appropriate and effective intervention strategies to treat a broad spectrum of psychopathological conditions.

UNIT-I
Nature and Types of Anxiety Disorders – Phobias – Panic Disorder – Generalized Anxiety Disorder or GAD – Obsessive – Compulsive Disorder or OCD – Meaning and Types of Mood Disorder – Etiological Viewpoints of Depressive orders – Bipolar Disorder.
Nature of Dissociative Disorder – Types of Dissociative Disorder – Dissociative Amnesia – Dissociative Fugue – Dissociative Identity Disorder or DID – Depersonalization Disorder – Suicide – Theoretical Explanation of Suicide – Suicide in Different Age Groups – Treatment and Prevention of Suicide.
UNIT-II
Meaning and Nature of Personality Disorder – Problems Involved in Recognition or Diagnosis of Personality Disorder – Clinical Picture of Personality Disorder – Types of Personality Disorder – Causal Factors in Personality Disorder – Treatment and Outcomes of Personality Disorder Meaning of Anti-social Personality – Clinical Picture of Antisocial Personality – Etiology of Antisocial Personality – Treatment and Outcomes of Antisocial Personality.

UNIT-III
Meaning and Nature of Mental Deficiency – Historical Background of Mental Retardation – Major Characteristics of Mental Deficiency – Levels or Types of Mental Deficiency – General Etiology or Causes of Mental Deficiency – Treatment and Prevention of Mental Deficiency – Difference Between Mental Deficiency and Mental Disease – Learning Disabilities – Etiology of Learning Disabilities – Treatment of Learning Disabilities.

UNIT-IV
Nature of Cognitive Disorder – Aging – Amnestic Disorders – Delirium – Dementia – Dementia of Alzheimer's Type or DAT – Vascular Dementia – Other Medical Conditons Causing Dementia – Substance – Induced Dementia.
Meaning of Mental Health and Its Distinction From Mental Illness – Components of Mental Health – Characteristics of Mentally Healthy People – Meaning of Normality – Importance of Mental Health – Factors Influencing Mental Health – Measures for Promoting Mental Health – Models of Mental Health Intervention – Clinical Model – Community Model – Social Action Model.
REFERENCE BOOKS:


American Journal of Psychiatry, 163, 1138-1146.


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: PSYCHO THERAPUTICS/ECT-06

Course (Paper) Unique Code: 1601270202040401

External Exam Time Duration:

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Course Objectives:
To acquaint the Students with,
(1) Various Psychotherapies and its basic Procedure.
(2) Effectiveness of specific psychotherapy in solution of particular problem.
(3) Different psychotherapeutic skills.

UNIT – I


UNIT – II

Adlerian Therapy and Existential Therapy
UNIT - III

Person Centered Therapy and Family Therapy:
Person Centered Therapy (Carl Roger’s) - Important Theoretical Concepts - Treatment using Individual psychology - Application and Current use - Evaluation and Skill.
Family Therapy: Goals of Family Therapy - Types of Formation of Family Therapy - Application and Current use - Evaluation And Skill.

UNIT - IV

Cognitive Behavior Therapy:

REFERENCE BOOKS:


FACULTY OF ARTS
Syllabus

Subject: PSYCHOLOGY
Course (Paper) Name & No: STRESS MANAGEMENT/ICT-02
Course (Paper) Unique Code: 1601270502040201
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Course Objectives:

1. To Introduce students to the role of moderating variables in Stress-heath/well-being linkage
2. To identify and evaluate the relative efficacy of various cognitive and behavioral intervention for coping with stress in its various forms and manifestation
3. To Practice a wide range of Stress Management Techniques and evaluate their effectiveness in dealing with own personal challenges.

UNIT-I

Situational and Social Moderators of Stress:
Difference between Mediators and Moderators of Stress, Theories about Mediators of Stress Response- Psychoanalytic, Behavioral and Cognitive Theory; Categories of Moderator Variables in Stress Processes. Perceived Control Over the Environment as the Situational Moderators of Stress, Social Support as Social Moderator of Stress- Definition of Social Support- Types of Social Support - Sources of Social Support - Direct Effect and Buffering Effect Hypothesis - 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 Behavior Pattern (TABP); Concept - TABP and Stress - TABP and Health - Bio Psycho-social Factors in Type-A behavior - modifying Type-A Behavior; Type C and Type D Personality Traits; Sensation Seeking Personality.
UNIT-III

Stress and Coping;
Concept of Coping as a Cause (an independent Variable) and 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; Emotion Focused Constructive Coping – Releasing Pent up Emotions, Distracting (putting Problem out of your mind), Managing Hostility and Forgiving Others, Meditating, Using Relaxation Procedure.

UNIT-IV

Other Strategies of Managing Stress:

REFERENCE BOOKS

Course Objectives

1. To generate interest in psychology
2. To familiarize the students with the concepts of basic psychological processes
3. To understand the basics of various theories in psychology
4. To provide basic knowledge about systems and processes like attention, learning And memory

UNIT –I

Contemporary Perspectives: Biological, Cognitive, Psychoanalytical, Humanistic.
States of mind: topographical aspect of mind, dynamic aspect of mind, day dream, types of dream, causes of dream.

UNIT -II

Sensory Processes: knowledge of word, meaning and definitions of sensation, aspects of sensation, Structure and Function of Eye and Ear.
Attention: definition, characteristics, Nature and Determinants.
UNIT-III


UNIT-IV

Thinking: Meaning, Type. Concept Formation, Determinants. Intelligence: Meaning, Concept of IQ Theories of Intelligence- Spearman. Turnstone and Guilford. Personality: Meaning, Trait and Type Approaches to Personality, Determinants of Personality-Biological, Social And Cultural.

REFERENCES BOOKS:


