

**SCHEME OF EXAMINATION  
AND  
COURSE OF STUDY**

**CHOICE BASED CREDIT SYSTEM  
(CBCS)**

**M.A./M.Sc. (PSYCHOLOGY)**

**(w.e.f. 2019-2020)**



**DEPARTMENT OF PSYCHOLOGY  
GURUKUL KANGRI VISHWAVIDYALAYA, HARIDWAR**

**JULY 2019**

**HEAD**  
Department of Psychology  
Gurukul Kangri Vishwavidyalaya  
Haridwar (U.K.)

## M.A./M.Sc. PSYCHOLOGY SYLLABUS (w. e. f. 2015-16)

S. N.	Subject Code	Subject Title	Periods per week		Evaluation Scheme				Subject Total
					Internal Assessment			ESE	
			L	P	Credit	CT	TA		
<b>M.A./M.Sc. - I Year</b>									
<b>Semester – I</b>									
1	MPY-C101	Research Methodology	5	-	5	20	10	70	100
2	MPY-C102	Experimental Psychology	5	-	5	20	10	70	100
3	MPY-C103	Psychology of Personality	5	-	5	20	10	70	100
4	MPY-C104	Advanced Social Psychology	5	-	5	20	10	70	100
5	MPY-C151	Practical	-	8	4	15	15	70	100
					<b>24</b>	<b>TOTAL</b>			<b>500</b>
<b>Semester – II</b>									
1	MPY-C201	Statistical Techniques in Psychology	5	-	5	20	10	70	100
2	MPY-C202	Cognitive Processes	5	-	5	20	10	70	100
3	MPY-C203	Counseling Psychology	5	-	5	20	10	70	100
4	MPY-C204	Applied Psychology	5	-	5	20	10	70	100
5	MPY-C251	Practical	-	8	4	15	15	70	100
					<b>24</b>	<b>TOTAL</b>			<b>500</b>
<b>M.A./M.Sc. II Year</b>									
<b>Semester – III</b>									
1	MPY-C301	Applied Psychometry	5	-	5	20	10	70	100
2	MPY -C302	Psychopathology	5	-	5	20	10	70	100
3	MPY-E303	Health Psychology	5	-	5	20	10	70	100
4	MPY-E304	Psycho Diagnostic Techniques	5	-	5	20	10	70	100
5	MPY-C305	Organizational Behaviour	5	-	5	20	10	70	100
6	MPY-E306	Human Resource Management	5	-	5	20	10	70	100
7	MPY-E307	Psychology at Work Place	5	-	5	20	10	70	100
8	MPY-E 308	Dissertation	-	-	5	-	-	-	100
9	MPY-C351	Practical	-	8	4	15	15	70	100
					<b>24</b>	<b>TOTAL</b>			<b>500</b>
<b>Semester – IV</b>									
1	MPY-C401	Psychological Testing	5	-	5	20	10	70	100
2	MPY-C402	Clinical Interventions	5	-	5	20	10	70	100
3	MPY-E403	Therapeutic Techniques	5	-	5	20	10	70	100
4	MPY-E404	Psychology of Rehabilitation	5	-	5	20	10	70	100
5	MPY-C405	Stress Management	5	-	5	20	10	70	100
6	MPY-E406	Organizational Development and Change	5	-	5	20	10	70	100
7	MPY-E407	Employee Counseling	5	-	5	20	10	70	100
8	MPY-C451	Practical and Case Study		8	4	15	15	70	100
					<b>24</b>	<b>TOTAL</b>			<b>500</b>
<b>TOTAL CREDITS</b>					<b>96</b>	<b>G. TOTAL</b>			<b>2000</b>

L = Lecture    P = Practical    CT = Cumulative Test    TA = Teacher Assessment, C= Core, E= Elective

## Syllabus as CBCS Pattern Master Degree in Psychology

The course requirements for the degree of Master in Psychology have been designed with the objective to provide comprehensive knowledge and training with research orientation in the details of modern Psychology. M.A. Degree will be awarded to the Non-Science Graduates whereas M.Sc. Degree will be awarded to the Science Graduates. The students shall have to pass in the theory and practical papers separately.

**Eligibility for Admission:** Bachelors Degree in any discipline from UGC recognized University/Institute. Reservation will be as per University/Central Government Rules.

The students enrolled for M.A./M.Sc. course in Psychology, Department of Psychology will be offered various courses/papers (of total 96 credits) during the four semesters. The various courses/papers offered during the first two semesters (first year of the study) will be of compulsory nature that aims to equip the students to undergo higher studies in the area of psychology. In the first semester the students will be offered four compulsory theory papers (each of 5 credits; total 24 credits) and one practical course of 4 credits. The course during the first semester is of 24 credits (refer to the course structure for details). In the second semester there will be four compulsory papers (each of 5 credits; total 20 credits) in addition to compulsory practical paper (of 4 credits). The course during the second semester is of 24 credits (refer to the course structure for details).

During the last two semesters (the second year of the study) the students will have choice to select elective /papers among the available courses/papers as per their interest and requirements. In the third semester, the students will be required to choose four theory papers (each of 5 credits) among the available elective courses/papers (refer to the course structure for details) if they are not opting for dissertation. Those students who will opt for dissertation will be required to select any three theory papers among the available courses/papers in addition to practical paper of 4 credits. The total credit of the course during the third semester is 24. In the last semester (IV semester) students will opt any four elective theory papers as selected to the group adopt in the third semester from the available courses/papers (each of 5 credits) in addition to the compulsory papers of practical (4 credits). The total course credit of this semester is 24.

The specific courses offered in third and fourth semester will be announced by the Department immediately prior to that semester based on the availability of expertise, number of teachers, choices given by the students and any other relevant factor. The decision to offer elective (optional courses) in the third and fourth semester and the minimum and maximum intake in the specific courses will be taken by the departmental council of the Department of Psychology. Thus, the availability of the courses/papers during the third and fourth semesters may vary from session to session and it is not mandatory for the department to offer all courses/papers listed for these semesters.

The student opting for dissertation in the third semester he/she will be required to present the written consent of the supervisor along with tentative title within the stipulated period. If the student fails to get the supervisor's consent then he/she will be required to opt theory paper in lieu of dissertation.

**Duration:** Four semesters (Two years course).

The distribution of theory and practical papers for M.A. /M.Sc. 4 semester examinations is as follows-

## M.A./ M.Sc. Psychology

### I Semester Core Compulsory Papers

Paper Code	Name of the Paper	Credits
MPY-C101	Research Methodology	5
MPY-C102	Experimental Psychology	5
MPY-C103	Psychology of Personality	5
MPY-C104	Advanced Social Psychology	5
MPY-C151	Practical	4
	Total Credits	24

*Note: All papers are compulsory*

### II Semester Core Compulsory Papers

Paper Code	Name of the Paper	Credits
MPY-C201	Statistical Techniques in Psychology	5
MPY-C202	Cognitive Processes	5
MPY-C203	Counseling Psychology	5
MPY-C204	Applied Psychology	5
MPY-C251	Practical	4
	Total Credits	24

*Note: All papers are compulsory*

**Important:** In the semester III students can take dissertation by dropping third paper of the two groups. Any four papers to be selected from the available electives (without dissertation) or any three papers (with dissertation) are as follows -

### III Semester Elective Papers

Paper Code	Name of the Paper	Credits
MPY-C301	Applied Psychometry	5
MPY-C302	Psychopathology	5
MPY-E303	Health Psychology	5
MPY-E304	Psycho Diagnostic Techniques	5
MPY-C305	Organizational Behaviour	5
MPY-E306	Human Resource Management	5
MPY-E307	Psychology at Work Place	5
MPY-E308	Dissertation	5
MPY-C351	Practical	4
	Total Credits	24

*Note: From the available elective papers either take MPY-301, 302, 303, 304 or MPY-301, 305, 306, 307 without dissertation or can take dissertation in lieu of only 4<sup>th</sup> paper in the group i.e., either MPY-E 304 or MPY-E 307 from each group respectively.*

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### IV Semester

Paper Code	Name of the Paper	Credits
MPY -C401	Psychological Testing	5
MPY -C402	Clinical Interventions	5
MPY -E403	Therapeutic Techniques	5
MPY -E404	Psychology of Rehabilitation	5
MPY -C405	Stress Management	5
MPY -E406	Organizational Development and Change	5
MPY -E407	Employee Counseling	5
MPY -C451	Practical and Case Study	4
	<b>Total Credits</b>	<b>24</b>

*Note: From the above elective papers either take MPY-401, 402, 403, 404 or MPY-401, 405, 406, 407 in addition to compulsory MPY -451(a)*

### Dissertation in III Semester:

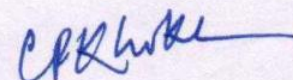
The students securing a minimum of 55% marks in total in I and II Semester examination (subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (4 credits) in lieu of **only 4th paper of III semester** in the group. The student opting for Dissertation will select a topic related to his/her group of specialization with the help of supervisor (one of the regular faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of II semester. The dissertation in typed form (two copies) following latest APA manual around seventy five pages shall be submitted on or before 30<sup>th</sup> November to the Head of the Department along with Supervisor's certificate.

### Division of Marks:

Report Writing	:	70 Marks
Viva Voce	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

**Note:** Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

*The details of the course structure of each paper (semester wise) are enclosed herewith.*



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**M.A./M.Sc. IN PSYCHOLOGY  
FIRST YEAR COURSE STRUCTURE**

**SEMESTER - I**

**MPY -C101: Research Methodology**

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

Unit 1: Research Process: Nature of research, Research Problem and hypothesis. Variables - Operational definition, criterion and predictor variables, selection, manipulation and control of independent and extraneous variables, measurement of dependent variables.

Unit 2: Types of Research: Experimental, Quasi Experimental, Correlational Research and Ex-post facto research.

Unit 3: Sampling: Meaning, Purpose and Types. Sampling error. Factors influencing sampling decision - size, accessibility and cost.

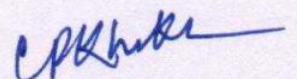
Unit 4: Research Design : Meaning, characteristics and purpose. Criteria of good research design. Between groups design, Within groups design and factorial design. Randomized and matched group designs.

Unit 5: Methods of Data Collection and Report Writing: Observation, interview and questionnaire. Report Writing - Research Report Writing based on APA Style. Ethical issues in psychological research - APA ethics code.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

**Books Recommended:**

1. K.D. Broota (1992). **Experimental Designs in Behavioural Research**. New Delhi : Willey Eastern.
2. F.N. Kerlinger (1973). **Foundation of Behavioural Research**. Delhi : Surjeet Publications.
3. A.K. Gupta and R. Singh (2009). **Research Methodology**. New Delhi: Vayu Education of India.
4. L.H. Kidder (1981). **Research Methods in Social Science**. Tokyo : Holt Saunders.
5. C.J. Goodwin (1998). **Research Psychology**. New York : John Wiley and Sons.



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## MPY -C102: Experimental Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

Unit 1: Attention and Perception: Attention- Concepts and Mechanisms, Selective attention. Perception - Figure-ground organization, Perception of depth and movement, Perceptual constancy - Brightness, size and shape.

Unit 2: Memory and Forgetting: Memory - Types of memory (STM and LTM), Methods and Materials, determinants of memory. Forgetting- Concepts, Causes and theories of forgetting - Interference Theory (Behavioristic).

Unit 3: Thinking and Problem solving: Thinking - Meaning and Types, Concept formation, Language and thinking. Problem solving- Nature and theories, factors affecting problem solving.

Unit 4: Verbal Learning: Nature, materials and methods of verbal learning. Determinants of verbal learning and transfer of learning.

Unit 5: Human Abilities: Nature and Definition of Intelligence. Biological, Social, Eco-cultural determinants, Theories of intelligence - Spearman, Thurston, Guilford.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. M.R. D'Amato (1979). **Experimental Psychology : Methodology. Psychophysics and Learning.** New Delhi : Tata McGraw Hill.
2. B.E. Goldstein (2002). **Sensation and Perception.** USA : Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). **Woodworth and Scholobergs Experimental Psychology.** New Delhi : Khosla Publishing House.
4. R.L. Solso (2001). **Cognitive Psychology.** Singapore : Pearson Education.
5. A. Baddley (1997). **Human Memory : Theory and Practice.** New York : Psychology Press.
6. F.J. McGuigan (1969). **Experimental Psychology.** New Delhi Prentice Hall of India Pvt. Ltd.
7. C.E. Osgood (1953). **Method and Theory in Experimental Psychology.** New York : Oxford Press.
8. A.K. Singh (1997). **Uchhtar Samanya Manovigyan.** Varanasi : Motilal Banarasidas.

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## MPY -C103: Psychology of Personality

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Personality: Meaning and Scientific Study of the Personality.
- Unit 2: Determinants of Personality: Biological-genetic determinants of personality, and Environmental (Socialization, Society and Culture) factors contributing to personality development.
- Unit 3: Psychodynamic and Psychosocial Approaches: Jung, Adler's, and Freud. Humanistic and Self Approaches - Maslow, Murray and Rogers.
- Unit 4: Trait and Type Approaches: Allport, Cattell, Eysenck and Big Five Factors Models.
- Unit 5: Behaviouristic and Social Learning Approaches: Skinner, Bandura and Mischel.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. G.C. Hall, G. Lindzey and J.C. Campbell (1998). **Theories of Personality**. New York : John Wiley and Sons.
2. W. Mischel (1976). **Introduction to Personality**. New York : Holt Reinhart and Winston.
3. R.M. Rckman (2000). **Theories of Personality**. USA : Thomson Wadsworth.
4. R. Frager and J. Fadiman (1998). **Personality and Personal Growth**. New York : Longman.
5. J.M. Burger (2004). **Personality**. USA : Thomson Wadsworth.
6. R.B. Tripathi and R.N. Singh (2001). **Psychology of Personality**. Varanasi : Gangasaran and Grand Sons.



## MPY -C104: Advanced Social Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

Unit 1: Introduction: Nature and Scope of Social Psychology. Relationship of Social Psychology with other Social Sciences, Current Trends in Social Psychology.

Unit 2: Methods of Social Psychology: Observation, Experimental, Survey, Field Studies and Questionnaire.

Unit 3: Socialization: Agents, Process and Characteristics of Socialization. Determinants of Socialization, Communication and Language.

Unit 4: Attitude and Prejudice: Attitude - Meaning, Attitude Formation, Attitude Change, Theories of Attitude- Heider's Balance theory and Festinger's Cognitive Dissonance Theory. Determinants of Attitude. Prejudice - Meaning, Development and Causes of Prejudice. Psychological Techniques to reduce prejudices.

Unit 5: Social Influence and Social Problems: Social Influence - Social Conformity, Conformity Bias, Impact of Feedback and Non-Conformity. Social Problems - Poverty and Deprivation, Gender Issues and Social Violence.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. R.A. Baron and D. Byrne (2000). **Social Psychology**. New Delhi : Prentice Hall of India Pvt. Ltd..
2. C. Fraser and B. Burchell (2001). **Introducing Social Psychology**. Malden : Blackwell.
3. D. Myers (2007). **Social Psychology**. New Delhi : Cengage Learning.
4. A.K. Singh (2009) : **Samaj Manovigyan Ke Ruprekha**. New Delhi : Motilal Banarasi Das.
5. S. Mohamad (2009). **Ucchatar Samaj Manovigyan**. New Delhi : Motilal Banarasi Das.
6. R.N. Singh (2001). **Modern Social Psychology**. Agra : Vinod Pustak Mandir.

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**Any five of the following:**

1. Social Distance Inventory
2. Marital Adjustment Inventory
3. Verbal Intelligence Tests
4. Depth Perception - Pictorial Cues.
5. Size Constancy
6. Verbal Learning - Serial Anticipation Method.
7. Verbal Conditioning.
8. Attitude Scale (Optimistic - Pessimistic)
9. Social Conformity Scale.
10. Short Term Memory
11. Zeigarnik Effect.
12. Concept Formation.
13. Eysenck Personality Inventory
14. Sixteen Personality Factors.
15. Retroactive Interference

**Division of Marks:**

Conduction of 02 Practical	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

**Note:** Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However HOD will act as coordinator of the examination.



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## MPY -C201: Statistical Techniques in Psychology

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Introduction:** Meaning of Statistics, Types of Statistics, Nature of Data, Nature of Measurement and Levels of Measurement, Graphical Representation
- Unit 2: Central Tendency, Variability and NPC:** Measures of Central Tendency: Mean, Median and Mode. Measures of Variability: Range, Quartile Deviation and Standard Deviation; NPC: Characteristics & Applications of Normal Probability Curve.
- Unit 3: Parametric Statistics:** Standard Error of Estimate, Levels of Significance, Significance of difference between means: CR and 't' test (Correlated & Uncorrelated). Analysis of variance (one way and two way). Post-hoc comparison test (Duncon & Scheffe).
- Unit 4: Non-Parametric Statistics:** Chi-Square Test, Sign Test, Median Test. Difference between parametric and non-parametric statistics.
- Unit 5: Correlation Methods:** Meaning and Types Correlations, Correlation coefficient, Product Moment Correlation (Ungrouped Data), Rank Difference Correlation.

### NOTE:

1. The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.
2. Students can use simple calculator (Without Programming/ Nonscientific) during the Examination.
3. Statistical Tables will be provided during the Examination.

### Books Recommended:

1. H.E. Garrett (2005). **Statistics in Psychology and Education**. New Delhi : Paragon International Publishers.
2. S.A. Haslam and C. McGarty (2003). **Research Methods and Statistics in Psychology**. London : Sage Publication.
3. D. Howitt and D. Cramer (2000). **An Introduction to Statistics in Psychology**. London : Pearson Education.
4. S. Siegal (1994). **Non-Parametric Statistics For Behavioural Sciences**. New York : McGraw Hill.
5. J.P. Guilford (1975). **Fundamental Statistics in Psychology and Education**. New York: McGraw Hill.
6. B. Biswal and P.C. Dash (2009). **Statistics in Education and Psychology**. New Delhi : Dominant Publishers India.
7. एच० के० कपिल (nd) सांख्यिकी के मूल तत्व – समाज मनोविज्ञान में। आगरा- विनोद पुस्तक मन्दिर।
8. मुहम्मद सुलेमान (2006) मनोविज्ञान, शिक्षा एवं अन्य सामाजिक विज्ञानों में सांख्यिकी। दिल्ली – मोतीलाल बनारसीदास प्रकाशन।

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**MPY-C202: Cognitive Processes**

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Central Nervous System: structure and functions of human brain (spinal cord, medulla oblongata, cerebellum, thalamus and hypothalamus, cerebrum).
- Unit 2: Peripheral Nervous System: Cranial nerves and spinal nerves. Sympathetic and Para-Sympathetic nervous system - structure and functions. Endocrine glands and Psychological functions.
- Unit 3: Motivation and Emotion: Motivation - Basic motivational concepts. Biological motives (Hunger, thirst, sleep and sex). Social motives (Achievement, affiliation, power, aggression and approval). Maslow's Need Hierarchy Theory. Emotion - Physiological correlates of emotions. Theories of emotions - James-Lange & Cannon - Bard.
- Unit 4: Conditioning: Classical conditioning - Procedure, Phenomena, and related issues. Instrumental conditioning - Phenomena, paradigms and theoretical issues. Reinforcement - Basic variables and schedules.
- Unit 5: Creativity and Decision Making: Creativity - Definition and measurement of creativity. Decision Making - Framing Effect, Individual and Group Decision Making.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

**Books Recommended:**

1. M.R. D'Amato (1979). **Experimental Psychology : Methodology, Psychophysics and Learning**. New Delhi : Tata McGraw Hill.
2. J.W. Kling and L.A. Riggs (1984). **Woodworth and Scholobergs Experimental Psychology**. New Delhi : Khosla Publishing House.
3. R.J. Sternberg (2007). **Cognitive Psychology**. New Delhi : Cengage Learning.
4. F. Leukel (1985). **Introduction to Physiological Psychology**. New Delhi : CBS Publishers and Distributors.
5. G. Tiwari and R. Pal (1985). **Experimental Psychology : A Dynamic Approach**. Agra : Vinod Pustak Mandir.
6. C.T. Morgan (1965). **Physiological Psychology**. New York : McGraw Hill.
7. B.D. Tiwari (2001). **Adhunik Daihik Manovigyan**. Varanasi : Motilal Banarasidas.

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**MPY -C203: Counselling Psychology**

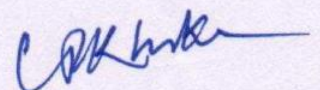
Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Counselling Psychology: Definitions of counselling. Ethical issues in counselling, Distinctions between counselling and Psychotherapy.
- Unit 2: Expectations and goals of Counselling: Goals and expectations, Process, Group counseling. Characteristics of counselee and counsellors, Role and functions of the counsellors and their professional training.
- Unit 3: Theoretical Approaches to Counselling: Psychoanalytic, Behavioural, Rational-Emotive Behaviour Therapy, Client Centered, Transactional Analysis
- Unit 4: Areas of Counselling: Educational, Career, Family and Marital, Gerontological and Weaker Sections, Stress Management Oriented Counselling.
- Unit 5: Evaluation of Counselling: Nature and purpose, steps in evaluation, and outcome research. Testing - Intelligence test, Achievement test, Aptitude test, Interest test, and Personality Test.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

**Books Recommended:**

1. C.J. Gelso and B.R. Fretz (1995). **Counselling Psychology**. Bangalore : Prism Books Pvt. Ltd.
2. V.R. Patri (2001) : **Counselling Psychology**, New Delhi : Authors Press.
3. S.N. Rao (2002). **Counselling and Guidance**. New Delhi : McGraw Hill.
4. A. David (2004). **Guidance and Counselling**. New Delhi : Common Wealth Publishers.
5. S. Gladding (2009). **Counselling : A Comprehensive Profession**. New Delhi : Pearson Education.
6. T.S. Sodhi and S.P. Suri (2006). **Guidance and Counselling**. New Delhi : Tata McGraw Hill.
7. S.T. Gladding (2009). **Counselling**. New Delhi : Dorling Kindersley Pvt. Ltd.
8. Amarnath Rai and Madhu Asthana (2006). **Guidance and Counselling**. Varanasi : Motilal Banarasidas.



**MPY -C204: Applied Psychology**

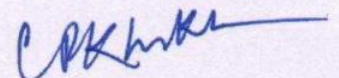
Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Community Psychology: Concepts of Community Psychology, Principles of Community Psychology, Concept of Prevention, Competence building, Method of Community intervention: crisis intervention, Consultation, Mental Health education.
- Unit 2: Criminal Psychology: Understanding psycho-social factors of criminology, Offences (Juvenile delinquency, Crime against women, Substance Abuse and Suicide). Role of Voluntary agencies, Ethical issues in forensic practice, terrorism.
- Unit 3: Sports Psychology: Nature and application, Psychological interventions to enhance mental health, cognitive skills and spiritual skills of sportsmen, Team cohesion and team building.
- Unit 4: Military Psychology: Mental health of army personnel. Psychological tests for selection and training, Psychological interventions.
- Unit 5: Psychology of Information Technology and Mass Media: Promoting Wellbeing and Human rights through I.T., Media and Communication (Concepts, Process and Models), Media Violence, Cyber Crime.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

**Books Recommended:**

1. P.A. Mann (1978). **Community Psychology**. New York : The Free Press.
2. A. Anastasi (1979). **Fields of Applied Psychology**. New Delhi : McGraw Hill.
3. R. Mishra (2006). **Criminal Psychology**. New Delhi : Sumit Enterprises.
4. S. Singh (2008). **Psychology of Sports Performance**. New Delhi : Global Vision Publishing House.
5. S. Swain (2010). **Applied Psychology**. New Delhi : Vishal Publications.
6. T.E. Shanmugam (1987). **Community Psychology**. Madras : Utsar Publisher.
7. Swain. Smarak (2009). **Applied Psychology**. New Delhi : New Vishal Publications.
8. Korchin, S.J. (1986). **Modern Clinical psychology**, CBS Publishers & Distributers.



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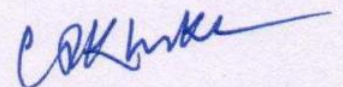
**Any five of the following:**

1. Biofeedback
2. Aggression Scale
3. Achievement Motivation Scale
4. Life Stress Scale.
5. Emotional Competence/Maturity Scale.
6. Vocational Aspiration
7. Transactional Analysis
8. Quality of Life.
9. Parent Child Relationship Scale.
10. Level of Aspiration Test
11. Introversion - Extroversion Personality Scale.
12. Aptitude Test
13. Interest Inventory
14. Adjustment Inventory
15. Mental Health Scale/Inventory.

**Division of Marks:**

Conduction of 02 Practicals	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

**Note:** Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.



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## SECOND YEAR COURSE STRUCTURE

### SEMESTER - III

#### MPY -C301: Applied Psychometry

Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Foundations of Psychometry: Basics of measurement theory, Errors in measurement, speed vs. power tests criterion of parallel tests, nature of Psychological testing, Ethical issues in Psychological testing.
- Unit 2: Test Construction: Meaning of a test, classification, characteristics of a good test, general steps of test construction. Item writing - meaning and types of items, general guide lines for item writing, method of scoring. Item analysis - meaning and purpose, items difficulty, difficulty value and index of discrimination.
- Unit 3: Psychological Scaling: Basic concepts, Types - Ordinal scale, Nominal scale, Interval scale and Ratio scale.
- Unit 4: Reliability and Validity: Reliability - meaning of reliability, Methods - test retest, internal consistency/split half. Factor influencing reliability of a test. Validity - meaning, types - content, criterion, predictive and concurrent, and construct validity. Factors influencing validity of the test.
- Unit 5: Application of Tests: Applications of Psychological testing in various settings - education, counseling and guidance, clinical.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

#### Books Recommended:

1. N.K. Chadha (2009). **Applied Psychometry**. New Delhi : Sage Publications.
2. J.P. Guilford (1989). **Psychometric Methods**. New Jersey : John Wiley and Sons.
3. T.J.B. Kline (2005). **Psychological Testing**. New Delhi : Vistaar Publication.
4. C. Jackson (2003). **Understanding Psychological Testing**. Mumbai : Jaico Publishing House.
5. J.C. Nunnally (1978). **Psychometric Theory**. New York : McGraw Hill.
6. N.K. Chandha (1996). **Theory and Practice of Psychometry**. New Delhi : New Age International Publishers.
7. A.K. Singh (1997). **Tests, Measurement, Research Methods in Behavioural Sciences**. Patna : Bharati Bhawan.

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## MPY -C302: Psychopathology

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Approaches to Psychopathology: Biological, Psychodynamic, behavioural, cognitive, Socio-cultural.
- Unit 2: Anxiety disorders: Approaches and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive- compulsive disorder and post traumatic stress disorder.
- Unit 3: Psychotic disorders: Approaches and etiology of Schizophrenia, Paranoid and mood disorders. Delusional disorders.
- Unit 4: Somatoform disorders: Approaches and etiology of somatization, hypochondriasis, pain disorder and conversion disorder.
- Unit 5: Cognitive Impairments: Approaches and etiology of delirium, dementia and amnesic syndromes, dementia of the Alzheimers type, pre-senile dementia.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. A.H. Buss (1999). **Psychopathology**. New York : John Wiley and Sons.
2. A. Lamm (1997). **Introduction to Psychopathology**. New York : Sage Publications.
3. G.C. Davison and J.M. Neals (1996). **Abnormal Psychology**. New York : John Wiley and Sons.
4. G.B. Mohanty (1998). **Text Book of Abnormal Psychology**. New Delhi : Kalyani Publishers.
5. C. Coleman (1981). **Abnormal Psychology and Modern Life**. Bombay : D.B. Taraporewala Sons and Company Ltd.
6. A.K. Singh (2004). **Modern Abnormal Psychology**. Varanasi : Motilal and Banarasidas.
7. G.D. Rastogi (1991). **Psychopathology and Treatment**. New Delhi : Wiley Eastern Ltd.

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### MPY -E303: Health Psychology

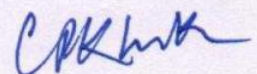
Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Concept of Health: Definition of Health, Biopsychosocial model VS biomedical model. Interaction of biopsychosocial variables, clinical implication of biopsychosocial model, cross cultural perspective on health.
- Unit 2: Social and Environmental Factors: Global health trends, Health care systems, socio-economic factors in health, Gender and health.
- Unit 3: Stress and Coping: Meaning of Stress, Stress as stimulus and Response. Response moderators - Coping styles individual characteristics and social support. Interaction model of stress. Stress related health problems - cardiovascular disease, hypertension, stroke, diabetes.
- Unit 4: Modification of Health Behaviour: Changing health beliefs, cognitive behaviour approach, self observation and self monitoring, classical conditioning, systematic desensitization, shaping, modeling, self control. Health enhancing behaviour - Exercise, accident prevention, weight control. Health compromising behaviour - alcohol and smoking and their prevention.
- Unit 5: Management of Stress: Self awareness, lifestyle modification, assertiveness, relaxation and exercise, management of Type A behaviour, yoga and meditation.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

#### Books Recommended:

1. A. Baum, R.J. Gatchel and D.S. Krantz (1997). **An Introduction to Health Psychology**. New York : McGraw Hill.
2. A. Baum, T.A. Revenson and J.E. Singer (2001). **Handbook of Health Psychology**. New Jersey : Lawrence Erlbaum.
3. M.R. Dimatteo and L.R. Martin (2010). **Health Psychology**. New Delhi : Dorling Kindersley Pvt. Ltd.
4. S.E. Taylor (1994). **Health Psychology**. New York : Random House.
5. D. Marks, M. Murray, B. Evans and C. Willing (2002). **Health Psychology : Theory, Research and Practice**. New Delhi : Sage Publications.
6. **C.P. Khokhar (2003). A text Book of Stress, Coping and Health**, Shalabh Publication, 259/5 Shastri Nagar, Meerut.
7. **C. P. Khokhar (2007). Stress, Coping and Health**, Shalabh Publication, 259/5 Shastri Nagar, Meerut.



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## MPY -E304: Psycho Diagnostic Techniques

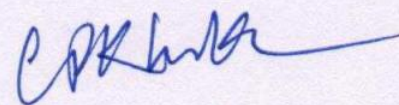
Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Psychodiagnostics: Nature and Scope, Sources of Clinical Data - The assessment Interview, Behavioural Assessment, ratings and checklists, Psychological tests. Differential diagnosis.
- Unit 2: Psychological Interviewing: Structured interviewing, Intake interviewing, Mental status examination and diagnostic interviewing, Crisis Interviewing. Major characteristics of interview, Roles and tactics in the interview.
- Unit 3: Intelligence Testing: Standford - Binet test, Wechsler Intelligence test and Bhatia Battery Performance test. Difference between individual Vs group intelligence tests.
- Unit 4: Personality Testing: Projective tests - TAT and Rorschach with specific indicators for neuroses and schizophrenia. Self report inventories - MMPI and NEO PI-R.
- Unit 5: Neuropsychological Testing: Bender-Gestalt and Wechsler memory Scale. GSR and EEG techniques.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. S. Gullari (1998). **Foundations of Clinical Psychology**. Boston : Allyn and Bacon.
2. B.B. Wolman (1978). **Clinical Diagnosis of Mental Disorders : A Handbook**. New York : Plenum.
3. G. Maarnet (2003). **Handbook of Psychological Assessment**. New Jersey : John Wiley and Sons.
4. B. Winer (1983). **Clinical Methods in Psychology**. New York : John Wiley and Sons.
5. S.J. Korchin (1986). **Modern Clinical Psychology**. New Delhi : CBS Publishers and Distributors.



## MPY –C305 Organizational Behaviour

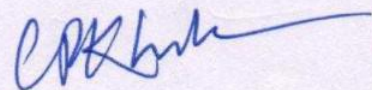
Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Leadership: Concept of leadership, Leadership styles and their effectiveness. Different theories of leadership. Transformational and transactional leadership. Importance of leadership in organization.
- Unit 2: Organizational Climate and Culture: Concept and determinants of organizational climate, Measurement of organizational climate, Impact of organizational climate. Difference between organizational climate and culture.
- Unit 3: Nature and Scope of Organizational Behaviour: Historical background, Concept and scope of organizational behaviour. Approaches, Challenges and Opportunities.
- Unit 4: Work Motivation: Nature of motivation, Internal and External Motives - Financial and Non-financial incentives in industry. Theories of work motivation - Maslow, Herzberg, Vroom, Porter and Lawler.
- Unit 5: Organizational Effectiveness: Conceptual analysis, Historical development. Factors affecting effectiveness. Models/approaches of organizational effectiveness.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. S.P. Robbins (2008). **Organizational Behaviour**. New Delhi : Pearson Education.
2. F. Luthans (2008). **Organizational Behaviour**. New York : McGraw Hill.
3. S.K. Srivastava (2005). **Organizational Behaviour and Management**. New Delhi : Sarup and Sons Publishers.
4. L.M. Prasad (1995). **Organizational Behaviour**. New Delhi : Sultan Chand and Sons.
5. K.K. Ahuja (1990). **Organizational Behaviour**. New Delhi : Kalyani Publishers.
6. L.J. Mullins (1998). **Management and Organizational Behaviour**. Allahabad : Wheeler Publishing.



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## MPY -E306 Human Resource Management

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Fundamentals of Human Resource Management: Meaning, Scope and Importance of Human Resource Management. Assumption and Characteristics of HRM, Difference between Personnel Management and HRM.
- Unit 2: Acquisition of Human Resources: Planning, Assessment and Job Analysis. Recruitment and Selection - Procedure, Sources.
- Unit 3: Industrial Relations: Nature and Objectives of industrial relations. Importance and approaches of industrial relations. Strategy and role of human resource management.
- Unit 4: Performance Appraisal: Performance management system, appraisal process, methods, creating effective personnel management system.
- Unit 5: Job Satisfaction and Well Being in organization: Meaning, nature and factors of job satisfaction. Theories of job satisfaction. Importance of job satisfaction.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. D.A. DeCenzo and S.P. Robbins (1999). **Human Resource Management**. New York : John Wiley and Sons.
2. G.S. Sudha (2008). **Human Resource Management**. Jaipur : Ramesh Book Depot.
3. H.L. Kaila (2006). **Industrial Organizational Psychology**. New Delhi: Kalpaz Publication.
4. B. Varkkey (2008). **Human Resource Management**. New Delhi's Pearson Education.
5. P. Hersey and K.H. Blanchard (1995). **Management of Organizational Behaviour : Utilizing Human Resources**. New Delhi: Prentice Hall of India Pvt. Ltd.
6. G. Dessler (1998). **Human Resource Management**. New Delhi : Prentice Hall of India Pvt. Ltd.

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## MPY -E307 Psychology at Work Place

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Introduction: Place of Psychology in industry and its scope. Historical development and Hawthorne Studies. Research methods of industrial/organizational psychology - Experimental, Naturalistics observation, Survey and Opinion Polls. Ethical practices in research at work place.
- Unit 2: Working Conditions: Worksites, Child care facilities, office and work place design, Illumination, Noise ventilation. Work Schedules - Working hours, Rest pauses, flexible work schedules.
- Unit 3: Accidents and Safety in Work Place: Meaning and Causes of Accidents, Accident Proneness. Measure to Preventing Accident.
- Unit 4: Fatigue and Monotony: Meaning and causes of fatigue, Measurement of Fatigue, and methods of eliminating fatigue. Monotony and boredom, Elimination of boredom.
- Unit 5: Communication within Organization: Meaning and Process of Communication. Models and Perspectives of Communication in organizations. Communication barriers. Types of Communication.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. K.K. Ahuja (1990). **Organizational Behaviour**. New Delhi : Kalyani Publishers.
2. D. Fisher (2003). **Communication in Organization**. Bombay : Jaico Books.
3. E.H. Schein (1983). **Organizational Psychology**. New Delhi : Prentice Hall of India Pvt. Ltd.
4. K. Davis (1981). **Human Behaviour at Work : Organizational Behaviour**. New Delhi : Tata McGraw Hill.
5. D.R. Smither (1990). **The Psychology of Work and Human Performance**. New York : Harper and Row.
6. J.W. Newstorm and K. Davis (1995). **Organizational Behaviour : Human Behaviour at Work**. New Delhi : Tata McGraw Hill.

**Any five of the following:**

1. Word Association Test
2. Rorschach
3. T.A.T.
4. Life Stress Scale
5. Biofeedback
6. Quality of Life Scale.
7. State Trait Anxiety
8. PGI Health Questionnaire.
9. Mental Depression Scale.
10. Personality Adjustment Inventory
11. Job Satisfaction Scale
12. Work Adjustment Inventory
13. Leadership Style Scale
14. Organizational Health Questionnaire.
15. Work Motivation Scale.

**Division of Marks:**

Conduction of 02 Practicals	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

**Note:** Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

## SEMESTER – IV

### MPY-C401: Psychological Testing

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Psychological Test: Nature, Uses, Functions and Types of Psychological Tests. Test Administration -Effects of examiner and situational variables, Test-takers perspective. Effects of training on test performance.
- Unit 2: Measurement of Aptitude and Abilities: Group Tests - Multidimensional Aptitude Battery. Multilevel Aptitude Batteries - Cognitive Ability Test. Multiple Aptitude Test Batteries - Differential Aptitude Test.
- Unit 3: Personality Testing: Self Inventories - MMPI, EPPS, 16 PF, Neo Personality Inventory. Projective Techniques - Inkblot, Pictorial, Completion.
- Unit 4: Interest Inventories: Strong Interest Inventory, Kuder Interest Inventory, Jackson's Vocational Interest Inventory.
- Unit 5: Tests for Special Population: Infant and Pre-school testing, Assessment of mentally retarded and physically handicapped.

### Books Recommended:

1. A. Anastasi (1998). **Psychological Testing**. New Delhi : McMillan.
2. Paul Kline (1993). **The Hand Book of Psychological Testing**. London : Routledge.
3. K.R. Morphy and C.O. Davidshofer (1988). **Psychological Testing : Principles and Application**. New Jersey : Prentice Hall of India Pvt. Ltd.
4. F.S. Freeman (1971). **Theory and Practices of Psychological Testing**. New York : Oxford Press.
5. L.J. Cronbach (1972). **Essentials of Psychological Testing**. New York: Harper and Row.
6. Kusum Mathur (1983). **Psychological Testing**. Agra : Vinod Pustak Mandir.
7. L.R. Aiken and G.G. Marnat (2009). **Psychological Testing and Assessment**. New Delhi : Dorling Kindersley Pvt. Ltd.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

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## MPY -C402: Clinical Interventions

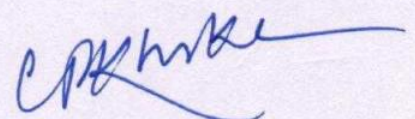
Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Intervention Goals and Process: Nature, goals and course of interventions, Objective and approaches. Basic Psychotherapeutic technique - Guidance, Catharsis, Reassurance and Persuasion. Common Features of Interventions.
- Unit 2: The Helping Process: Clinical Psychologist and Counsellor as a person and professional, Counsellor Characteristics. Skills of a therapist - Listening, leading, confronting.
- Unit 3: Issues Faced by Therapists and Clinical Intervention: Issues faced by therapist, learning our limits, transference and counter transference, establishing realistic goals. Intervention - Group therapy, Family therapy, Creative Art therapies.
- Unit 4: Interventions: Psychodrama, Yoga and Meditation, Placebo effect, Biofeed back, Assertion Training, Self instructional training.
- Unit 5: Skill Training Programme: For anger control, Persons suffering from Psychological Problems mentally retarded.

### Books Recommended:

1. S.J. Korchin (1986). **Modern Clinical Psychology : Principles of Interventions in the Clinic and Community.** New Delhi : CBS Publishers and Distributors.
2. L.G. Baruth and C.H. Huber (1985). **Counselling and Psychotherapy : Theoretical Analysis and Skill Applications.** London : Merril, A Bell and Howell.
3. J.E. Hecker and G.L. Thorpe (2005). **Introduction to Clinical Psychology : Science, Practice and Ethics.** New Delhi : Pearson.
4. T.J. Trull and E.J. Phares (2001). **Clinical Psychology : Concepts, Methods and Profession.** Belmont : Wadsworth.
5. L. L'Abate and M.A. Milan (1985). **Hand Book of Social Skills, Training and Research.** New York : John Wiley and Sons.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllbus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.



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### MPY -E403: Therapeutic Techniques

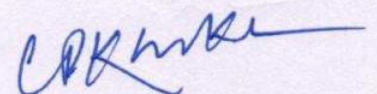
Max Marks	Credit	Time	End Semester Exam	Internal Assessment	Sessional
100 (70+30)	05	03 Hours	70	30 (20+10)	

- Unit 1: Psychotherapies: Concept, Roles and responsibilities, The Client - Therapist Relationship, Ethical issues, Codes of Conduct.
- Unit 2: Psychodynamic Therapy: Freudian Psychoanalysis, Alfred Adler and Erik Erikson.
- Unit 3: Behaviour Therapy: Guided Exposure, Systematic desensitization, Aversion therapy, Assertion training, Modeling, Biofeedback.
- Unit 4: Cognitive Behaviour Therapy: Beck's Cognitive Therapy, Rational emotive behaviour therapy, Michenbaum's cognitive behaviour therapy.
- Unit 5: Humanistic Therapies: Person centered therapy, Gestalt Therapy, existential therapy, Transactional therapy. Interpersonal Relationship Therapy - Marital and Family Systems Therapy.

#### Books Recommended:

1. G. Corey (2001) : **Theory and Practice of Counselling and Psychotherapy.** Belmont CA : Brooks Cole.
2. S. Culari (1998). **Foundations of Clinical Psychology.** New York : Allyn and Bacon.
3. T. Plante (2005). **Contemporary Clinical Psychology.** New York : John Wiley and Sons.
4. R. Erskine (1988). **Integrative Psychotherapy in Action.** New York : Sage Publications.
5. M.B. Ghorpade and V.B. Kumar (1988). **Introduction to Modern Psychotherapy.** New Delhi : Himalaya Publishing House.
6. A. Bandura (1969). **Principles of Behaviour Modification.** New York : Holt Rinehart and Winston.
7. G.D. Rastogi (1991). **Psychopathology and Treatment.** New Delhi : Wiley Eastern Ltd.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.



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## MPY -E404: Psychology of Rehabilitation

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Introduction: Meaning, Definition, Objective, Process, Outcome, Community based Rehabilitation and institution based Rehabilitation.
- Unit 2: Impairment and Disability: Meaning, Incidence and Prevalence of various disabilities - Sensory and Motor Disability.
- Unit 3: Assessment of Disabilities: Basic Principles of assessment and evaluation. Types of assessment-norm based, criterion based and function based. Psychological tests as screening and assessment tools. Application and importance of Psychological tests.
- Unit 4: Rehabilitation Techniques: Basic Principles of Intervention, Types of Intervention - Individual, Group and Family based. Vocational Counselling, Behavioural Therapeutic Approaches in rehabilitation.
- Unit 5: Perspectives of Rehabilitation Services: Settings and agencies involved in rehabilitation services, and its importance. Government Schemes and Policies for Rehabilitation - The role of NGOs. Legislation and legal aspects, Policies and Acts. Ethical issues in rehabilitation.

### Books Recommended:

1. C.L. Kundu (2000). **Status of Disability in India**. New Delhi : Rehabilitation Council of India.
2. J. Narain and A.C.T. Kutty (1990). **Skill Training for MR Persons**. Hyderabad : J.S. Graphics.
3. D.C. Stromer (1995). **Counselling and Psychotherapy for Persons with Mental Retardation and Borderline Intelligence**. Vermont : Clinical Psychology Publishing Co.
4. L. Verma (1990). **The Measurement of Children with Emotional and Behavioural Difficulties**. London : Routledge.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

## MPY -C405 Stress Management

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Organizational Stress: Meaning of Stress, Individual factor influencing job stress. Different perspectives and symptoms of stress. Conflict - Concept and types of conflict, stages and sources of conflict. Approaches of conflict resolution.
- Unit 2: Causes of Job Stress: Personal Characteristics, Organizational structure and change, Properties of work and work setting, job role, machine pacing and shift work. Coping with Stress - Types of coping strategies.
- Unit 3: Consequences of Job Stress: Job behaviour, Job satisfaction, Performance, absenteeism, Health Strains - Physical illness, mental/Psychological Symptoms.
- Unit 4: Stress Management Interventions: Individual centered - cognitive, behavioural and physical. Organization centered - Preventing, mitigating and moderating organizational stressors.
- Unit 5: Therapeutic Approaches to Stress Management: Counselling, Hypno-suggestive, Hypnosis, Self talk, music therapy.

### Books Recommended:

1. D.M. Pestonjee (1992). **Stress and Coping**. New Delhi : Sage Publications.
2. A.K. Srivastava (1999). **Management of Occupational Stress : Theory and Practice**. New Delhi : Gyan Publishing House.
3. K. Davis (1981). **Human Behaviour at Work : Organizational Behaviour**. New Delhi : Tata McGraw Hill.
4. D.M. Pestonjee (1991). **Motivation and Job Satisfaction**. New Delhi : Macmillan India Ltd.
5. P.K. Ghosh and M.B. Ghorpade (1991). **Industrial and Organizational Psychology**. New Delhi : Himalaya Publishing House.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

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## MPY -E406 Organizational Development and Change

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Introduction: Nature, Scope and Characteristics of organizational development, Historical development. Process of Management of Change. Revolution and Growth of Organizational Development in India.
- Unit 2: Management of Organizational Development: Foundations, Process and action research. Approaches - Survey, feedback, process consultation, team building.
- Unit 3: Organizational Development Interventions: Team, building, Role Analysis Techniques, Role Negotiation Technique, Life and Career Planning.
- Unit 4: Management of Change: Organizational Structure, Organizational Culture, Employee relations and involvement strategies. Major phases in effective management and organizational development. Resistance to change and its diagnosis.
- Unit 5: Evaluating change and future of organizational development. Behavioural aspects of managing across cultures.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. N.K. Chandha (2007). **Organizational Behaviour**. New Delhi : Galgotia Publication.
2. S. Ramnarayan, T.V. Rao and K. Singh (1998). **Organization Development : Interventions and Strategies**. New Delhi : Response Book.
3. W.L. French and C.H. Bell (2006). **Organizational Development : A Behaviour Science Approach**. New Delhi : Prentice Hall of India Pvt. Ltd.
4. L.M. Prasad (1995). **Organizational Behaviour**. New Delhi : S. Chand and Sons.
5. S.P. Robbins (1989). **Organizational Behaviour**. New Delhi : Prentice Hall of India Pvt. Ltd.

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## MPY -E407 Employee Counselling

Max Marks	Credit	Time	End Semester Exam	Internal Sessional Assessment
100 (70+30)	05	03 Hours	70	30 (20+10)

- Unit 1: Nature and Scope of Employee Counselling: Meaning and Scope of Employee Counselling. Various Stages in Employee Counselling, Need of Employee Counselling. Approaches to Employee Counselling.
- Unit 2: Work Place Counselling: Models of work place counselling. Models of counselling, Performance counselling, Career counselling and Planning.
- Unit 3: Psychoanalytic Theory and Employee Counselling: The topographical and Psychodynamic aspects of human mind. Conflicts and need for counselling. Emotional reeducation.
- Unit 4: Person Centred Therapy and Employee Counselling: Conception of man, Actualizing tendency, Development of Self Concept, Counselling Procedure. Directive and non-directive approaches - Reality therapy, Rational emotive therapy. Gestalt counselling and eclectic counseling.
- Unit 5: Behavioural Counselling: Development of behavioural counselling. Behaviour therapy, Criteria for counseling goals. Strategies - Systematic desensitization, Social modeling, Assertive training, Aversion therapy, Cognitive behaviour modification.

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

### Books Recommended:

1. A.K.P, Sinha (1990). **Employee Counselling**. New Delhi : Prachi Publication.
2. C.J. Gelso and B.R. Fretz (1995). **Counselling Psychology**. Bangalore: Prism Books Pvt. Ltd.
3. R. Woolfe, W. Dryden and S. Strawbridge (2003). **Hand Book of Counselling Psychology**. London : Sage Publication.
4. B. Shertzer and S.C. Stone (1968). **Fundamentals of Counselling**. New York : Houghton Mifflin.
5. C.H. Patterson (1959). **Counselling and Psychotherapy : Theory and Practice**. New York : Harper and Row.

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**(A) Practical: Any four of the following:**

1. Biofeedback
2. Cognitive Therapeutic Technique.
3. Behaviour Modification Technique
4. Beck Hopelessness Scale.
5. Mental Retardation Test
6. Type A/B Behaviour Pattern.
7. Neurotic Measurement Scale.
8. Depression Test.
9. Life Stress Scale.
10. Mental Fatigue
11. Personal Efficacy Scale.
12. Conflict Resolution.
13. Organizational Effectiveness Scale.
14. Locus of Control
15. Multi Dimensional Personality Inventory.

**Division of Marks:**

Conduction of 01 Practical	:	40 Marks
Viva Voce	:	30 Marks
Practical Record Book	:	<u>30 Marks</u>
Total	:	<u>100 Marks</u>

**(B) Project Report (Case Study and Intervention):**

Each candidate will find out the case in the community for study and select a problem with the consultation of concerned faculty members and prepare a report related to the consultancy and therapeutic interventions. The candidate shall submit a typed project report between twenty to thirty pages. Evaluation will be based on report writing (file record), performance and viva.

**Division of Marks:**

Report Writing	:	60 Marks
Viva-Voce	:	<u>40Marks</u>
Total	:	<u>100 Marks</u>

**Note:** The examination of practical and project report (case study) shall be conducted in a single sitting with the same board of examiners. The marks shall be awarded jointly by internal and external examiners. One external examiner would be appointed for ten students at a time. If the number of students is more than ten, another external examiner will be appointed for the examination in IV semester - 5th paper as per norms. However, HOD will act as coordinator of the examination.

**ATTENDANCE**

Students are required to have atleast 75% attendance in each Theory/Practical paper and Dissertation etc. to be eligible for appearing in the examination in each semester. Any candidate who does not fulfill this criteria will not be permitted to appear in examination of that particular paper. However, in case of serious illness or any other unavoidable circumstances the relaxation in the attendance may be granted as per Vishwavidyalaya rules.