

PANJAB UNIVERSITY
(Estd. under the Panjab Unive

FAI

**APPLICABILITY OF REGULATIONS FOR THE TIME
BEING IN FORCE**

Notwithstanding the integrated nature of a course spread over more than one academic year, the regulations in force at the time a student joins a course shall hold good only for the examinations held during or at the end of the academic year. Nothing in these regulations shall be deemed to debar the University from amending the regulations subsequently and the amended regulations, if any, shall apply to all students whether old or new.

Note :

A candidate for M.A. examination shall offer Psychology or Sociology or Statistics or Public Administration only if he/she has completed the prescribed courses in an affiliated college or the Department concerned of this University.

GUIDELINES FOR CONTINUOUS INTERNAL ASSESSMENT (20%) FOR REGULAR STUDENTS OF POST-GRADUATE COURSE in M.A. PSYCHOLOGY (Semester System) (Effective from the First Year Admissions for the Academic Session 2009-2010)

1. The Syndicate has approved the following guidelines, mode of testing and evaluation including Continuous Internal Assessment of students :
 - (i) Terminal Evaluation : 80 %
 - (ii) Continuous Assessment : 20 %
 - (iii) Continuous Assessment may include written assignment, snap tests, participation in discussions in the class, term papers, attendance etc.
 - (iv) In order to incorporate an element of Continuous Internal Assessment of students, the Colleges/Departments will conduct **one** written test as quantified below :
 - (a) Written Test : 25 (reduced to 5)
 - (b) Snap Test : 25 (reduced to 5)
 - (c) Participation in Clan

**SCHEME OF EXAMINATION FOR M.A. PSYCHOLOGY (SEMESTER SYSTEM) FOR THE
EXAMINATION OF 2011-2012**

SEMESTER-I

		•	<i>n</i>	<i>n</i>	•	
			A	<i>n</i>		
Paper-I	: Theories and Systems of Psychology-I	80		20	100	4
Paper-II	: Social Psychology-I	80		20	100	4
Paper-III	: Experimental and Cognitive Psychology-I	80		20	100	4
Paper-IV	: Research Methodology-I	80		20	100	4
Paper-V	: Practicum-I	40		10	50	2

SEMESTER-II

Paper-I	: Theories and Systems of Psychology-II	80		20	100	4
Paper-II						

**OUTLINES OF TESTS, SYLLABI AND COURSES OF READINGS IN THE SUBJECT OF
PSYCHOLOGY FOR M.A. Semester III and Semester IV AP**

M.A. Semester-III

Any three electives from Sr. No. (1) to (12) can be taken by the students, in addition to compulsory courses at Sr. No. (13) and (14).

There shall be choice based credit system. The students shall have the option of taking up one four credit course in each of the semesters from other disciplines. Likewise the students from other disciplines shall have the option of taking up one four-credit course from among the optional papers, per semester. Each semester shall be of 18 credits (sixteen credits for theory and 2 credits for practicals).

Sl. No.	Course Name	Theory		Practicals	
		Hours	Credits	Hours	Credits
1.	Organizational Psychology-I	80	20	100	4
2.	Child Psychopathology - I	80	20	100	4
3.	Life Span Developmental Psychology -I	80	20	100	4
4.	Clinical Psychology : Psychodiagnostics	80	20	100	4
5.	Clinical Disorders	80	20	100	4
6.	Counselling Psychology : Professional Foundation	80	20	100	4
7.	Counselling Psychology : Approaches and Appraisal	80	20	100	4
8.	Sports Psychology-I	80	20	100	4
9.	Positive Psychology	80	20	100	4
10.	Health Psychology -I	80	20	100	4
11.	Media Psychology	80	20	100	4
12.	Behavioral Economics	80	20	100	4
13.	Research Methodology and Statistics – I	80	20	100	4
14.	Practicum	-	-	50	2

M.A. Semester-IV

	<i>e</i>	<i>n</i>	<i>n</i>	<i>A</i>	<i>n</i>	<i>e</i>
1. Organizational Psychology-II	80			20	100	4
2. Industrial Psychology	80			20	100	4
3. Clinical Psychology : Prevention and Intervention	80			20	100	4
4. Sports Psychology - II	80			20	100	4
5. Applied Counselling : Specialties in Practice of Counselling	80			20	100	4
6. Applied Counselling : Educational and Career Counselling	80			20	100	4
7. Life Span Developmental Psychology –II	80			20	100	4
8. Child Psychopathology -II	80			20	100	4
9. Health Psychology -II	80			20	100	4
10. Para Psychology	80			20	100	4
11. Research Methodology and Statistics-II (Compulsory)	80			20	100	4
12. Practicum	-			-	50	2

UNIT-II

•• of ••
Structuralism, Functionalism, Behaviorism, Gestalt, Classical Psychoanalysis (Freud).

UNIT-III

• n ••
Psychodynamic (Neo Freudians – Adler, Jung, Karen Horney), Behaviouristic (Pavlov and Skinner), Humanistic-Existential (Maslow, Rogers, Rollo May), Field Theory (Lewin).

UNIT-IV

n • • n
Cognitive (Information processing), Neurocognitive Science, Developmental perspective (Piaget), Social Learning (Bandura), Eastern Models (Indian).

Recommended Books :

1. Anastasi, A. (1988), Psychological Testing, New York : Mac Millan.
2. Chaplin, J.P. and Krawiec, T.S. (1979), Systems and Theories of Psychology, New York : Rinehart Winston.
3. Corsini, R. (1994), Encyclopaedia of Psychology, New York : Wiley Interscience.
4. Hall, C.S. and Lindzey, G. (1976), Theories of Personality, New York : John Wiley and Sons.
5. London, H. and Exner, J.E. Jr. (1978), Dimensions of Personality, New York : A Wiley Inter Science Publication.
6. Marks, M.H. and Cronan-Hillix, W.A. (1988), Systems and Theories in Psychology, New York : McGraw Hill, International Edition, Psychology Series.
7. Pervin, L.S. (1979), Personality : Theory, Assessment and Research, New York : John Wiley and Sons.
8. Wolman, B.E. (1979), Contemporary Theories and Systems in Psychology, Delhi : Freeman Book Co.
9. Woodworth, R.S. and Sheehan, M. (1963), Contemporary Schools of Psychology, New York : Methuen.

Paper -II : SOCIAL PSYCHOLOGY-I

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

The course aims at enabling the students to :

- (i) Understand the interface between society and psychology.
- (ii) Appreciate how individual behavior is influenced by socio-cultural factors.
- (iii) Realize how social psychology can be applied to issues both at a personal level and a broader social level.
- (iv) Understand how social behaviour can be analysed in terms of social psychological theories.

(II) Pedagogy of the Course Work :

70 % lectures; 30 % seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

UNIT-I

Social Psychology as a Science : Nature and History.

Social Learning Theories : Field, Role and Exchange.

Developmental views of Self : Erikson, Sullivan and Rogers.

UNIT-II

Socialization Agents : Socialization in families with a special child.

Impact of culture on socialization.

UNIT-III

Social Learning.

Impression formation.

Theories of Attribution : Kelly, Weiner, Jones and Davis.

UNIT-IV

Interpersonal Attraction : Concept, determinants.

Personal Relationships : Self disclosure, Relationship maintenance.

Recommended Books :

1. Baron, R.A. and Byrne, D. (2003), Social Psychology, New Delhi : Prentice Hall.
2. Crano, W.D., Messe, L. A. (1982), Social Psychological Principles and Themes of Interpersonal Behaviour : Dorsey Press.
3. Forsyth, D. (1983), An Introduction to Group Dynamics, Monterey, Calif : Brooks Cole.
4. Kakkar, S. (1997), Culture and Psychology, Delhi : Oxford University Press.
5. Leary, M. R. (Ed). (1995), State of Social Psychology, Issues, Themes, Controversies, London : Sage Publication.
6. Lindgren, H.C. (1973), An Introduction to Group Dynamics, Monterey, Calif : Brooks Cole.
7. Lindsmith, A.R., Strauss, A.Z., and Densin, N.K. (1988), Social Psychology, New Jersey : Prentice Hall.
8. Lindzey, G. and Aronsen, E. (1985), Handbook of Social Psychology (Volume 1 to 5), New York : Random House.
9. McDavid, J.W. and Harari, H. (1968), Social Psychology, New Jersey : Prentice Hall.
10. Ridgeway, C. L. (1983), Dynamics of Small Groups, New York : St. Martin Press.
11. Saks, M.J. and Krupat, E. (1988), Social Psychology and Its Applications, New York : Harper and Row.
12. Shaver, K.G. (1975), Introduction to Attribution Process, Cambridge : Winthrop Publishers.
13. Shaw, M.E. and Costenzo, P.R. (1982), Theories of Social Psychology, Auckland : McGraw Hill.
14. Taylor, G.E., Peplau, L. A., and Sears, D.O. (2006), Social Psychology, Delhi : Pearson.
15. Triandis, H.C. (1994), Culture and Social Behaviour, New York : McGraw Hill.

(II) Pedagogy of the course work :

70% lectures; 30% seminars, assignments and discussion

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

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Recommended Books :

1.

SEMESTER-II**Paper-I : THEORIES AND SYSTEMS OF PSYCHOLOGY-II**

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

This course aims at helping the students to

1. Appreciate basic assumptions, principles and historical roots of modern scientific psychology.
2. Understand main theoretical perspectives in Psychology.
3. Have an appraisal of the contemporary theoretical developments in modern psychology.

(II) Pedagogy of the course work :

70% lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the

UNIT-III

Learning : Pavlov, Skinner, Guthrie, Tolman, Hull, Bandura.

UNIT-IV

Motivation : Need theories (McClelland), Content theories (Maslow, Herzberg), Cognitive theories (Lewin, Vroom, Porter and Lawler).

Recommended Books :

1. Anastasi, A. (1988), Psychological Testing, New York : Mac Millan.
2. Chaplin, J.P. and Krawiec, T.S. (1979), Systems and Theories of Psychology, New York : Rinehart Winston.
3. Corsini, R. (1994), Encyclopaedia of Psychology, New York : Wiley Interscience.
4. Hall, C.S. and Lindzey, G. (1976), Theories of Personality, New York : John Wiley and Sons.
5. London, H. and Exner, J.E. Jr. (1978), Dimensions of Personality, New York : A Wiley Inter Science Publication.
6. Marks, M.H. and Cronan-Hillix, W.A. (1988), Systems and Theories in Psychology, New York : McGraw Hill, International Editions, Psychology Series.
7. Pervin, L.S. (1979), Personality : Theory, Assessment and Research, New York : John Wiley and Sons.
8. Wolman, B.B. (1979), Contemporary Theories and Systems in Psychology, Delhi : Freeman Book Co.
9. Woodworth, R.S. and Sheehan, M. (1963), Contemporary Schools of Psychology, New York : Methuen.
10. Howe, J.A. (1997), IQ in Questions, New Delhi : Sage.
11. Friedman, H.S. and Schustack, M.W. (2003), Personality, New Delhi : Pearson.
12. Schultz, D. and Schultz, S.E. (2002), Psychology and Work Today, New Delhi : Pearson .
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Paper-II : SOCIAL PSYCHOLOGY-II

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks

UNIT-III

Groups : Types, Group Cohesion.

Group Behaviour : Conformity, Obedience and Compliance.

Group Antagonism : Prejudice (Nature, cognitive bases, strategies of reduce prejudice).

UNIT-IV

Social Power.

Theories of Leadership : Situation approach, Trait approach, Functional approach and Fiedler's contingency model of leadership effectiveness.

Leadership Styles : Autocratic, Democratic, Task Oriented, People Oriented.

Recommended Books :

1. Baron, R.A. and Byrne, D. (2003), *Social Psychology*, New Delhi : Prentice Hall.
2. Crano, W.D., Messe, L. A. (1982), *Social Psychological Principles and Themes of Interpersonal Behaviour* : Dorsey Press.
3. Forsyth, D. (1983), *An Introduction to Group Dynamics*, Monterey, California : Brooks Cole.
4. Kakkar, S. (1997), *Culture and Psychology*, Delhi : Oxford University Press.
5. Leary, M.R. (Ed). (1995), *State of Social Psychology, Issues, Themes, Controversies*, London : Sage Publication.
6. Lindgren, H.C. (1973), *An Introduction to Group Dynamics*, Monterey, Calif : Brooks Cole.
7. Lindsmith, A.R., Strauss, A.Z., and Densin, N.K. (1988), *Social Psychology*, New Jersey : Prentice Hall.
8. Lindzey, G. and Aronsen, E. (1985), *Handbook of Social Psychology (Volume 1 to 5)*, New York : Random House.
9. McDavid, J.W. and Harari, H. (1968), *Social Psychology*, New Jersey : Prentice Hall.
10. Ridgeway, C. L. (1983), *Dynamics of Small Groups*, New York : St. Martin Press.
11. Saks, M.J. and Krupat, E. (1988), *Social Psychology and Its Applications*, New York : Harper and Row.
12. Shaver, K.G. (1975), *Introduction to Attribution Process*, Cambridge : Winthrop Publishers.
13. Shaw, M.E. and Costenozo, P.R. (1982), *Theories of Social Psychology*, Auckland : McGraw Hill.
14. Taylor, G.E.; Peplau, L.A., and Sears, D.O. (2006), *Social Psychology*, Delhi : Pearson.
15. Triandis, H.C. (1994), *Culture and Social Behaviour*, New York : McGraw Hill.

Paper-III : EXPERIMENTAL AND COGNITIVE PSYCHOLOGY-II

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

This course aims at helping the students to acquire an intensive knowledge about the experimental and cognitive researches and insights in the areas of Attention, Perception, Memory and different aspects of Learning.

(II) Pedagogy of the course work:

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

UNIT-I

Pattern Recognition : Theories of pattern recognition, Top-down processing and pattern recognition.

UNIT-II

Attention : Divided and selective attention, Feature Integration Theory, Neural basis of attention.

UNIT-III

Neural mechanisms of memory; Synapses and neural circuits, Formation and storage of memory, cerebral changes resulting from training, long term potentiation.

UNIT-IV

Imagery : The characteristics of mental images, cognitive maps.

SEMESTER-III

Paper-I : ORGANIZATIONAL PSYCHOLOGY-I

Paper-II : CHILD PSYCHOPATHOLOGY-I

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

To provide the students an insight into the nature, etiology, symptoms, and treatment of childhood disorders.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

Unit-I

Nature, Diagnosis and Assessment of Child Psychopathology.

Unit-II

Causes of Child Psychopathology : Biological, Psychological, family and social influences.

Unit-III

Mental Retardation.

Behavioural Disorders : Attention Deficit Hyper Activity Disorders.

Unit-IV

Unit-I

Nature and scope of a psychodiagnostics.

Roles of clinical psychologists and ethical issues in testing.

Nomothetic vs Idiographic, Clinical vs Statistical prediction.

Unit-II

Diagnosis and its Methods : Case study, interview and observation - Application, advantages and limitations.

Training of a clinical psychologist.

Unit-III

Theoretical issues, administration, scoring and interpretation of the following tests :

- (a) Weschsler's Adult Intelligence Scale.
- (b) Weschsler's Intelligence Scale for Children.
- (c) Cattell's Culture Fair Intelligence Tests.
- (d) Alexander's Pass Along Test.

Advantages and limitations of above tests.

Unit-IV

Theoretical issues, administration, scoring and interpretation of personality questionnaire and projective techniques.

Recommended Books :

1. Anastasi, A. (1988), Psychological Testing, New York : MacMillan Publishing Company.
2. Brown, F.G. (1976), Principles of Educational and Psychological Testing, New York : Holt, Rinehart and Winston.
3. Guilford, J.P. (1968), Psychometric Methods, New York : McGraw Hill.
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Unit-I

Nature and scope of Clinical Disorders.

Diagnoses and its methods : Case study, interview and observation.

Unit-II

Anxiety disorder, psychosomatic disorder, psychopathic deviation, childhood disorder : Schizophrenia :

Nature, types, causes and treatment.

Unit-III

Sex aberration, mood disorder, suicide and loneliness : nature, types, causes and treatment.

Unit-IV

Mental retardation, speech disorders, aging and post-traumatic stress disorder.

Recommended Books :

1. Achenbach, T.M. (1992), Developmental Psychopathology, New York : John Wiley.
2. Alpart, M. (Ed.) (1985), Controversies in Schizophrenia : Changes and Constancies, New York : The Guilford Press.
3. Bourne, L.E. and Ekstrand, B.R. (1986), Psychology : Its Principles and Meanings, New York : Holt, Rinehart and Winston.
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Paper-VI : COUNSELLING PSYCHOLOGY : PROFESSIONAL FOUNDATION

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

Unit-III

Counselling Skills : Pre-counselling skills, listening and attending; skills for building trust and empathy – paraphrasing, reflecting, pacing; skills for conveying genuineness and positive; skills for conveying genuineness and positive regard – congruence, self-disclosure, immediacy and enhancing responses.

Unit-IV

Basic Techniques of Counselling : Sensitive training, application of transaction analysis, assertive training, relaxation training, socio drama, psycho drama.

Recommended Books :

1. Adler, R.B., Rosenfeld, L.B. and Proctor, R.F. (2007), *Interplay : The Process of Interpersonal Communication*, New York : Oxford.
2. Clarkson, P. (1998), *Counselling Psychology*, London : Routledge.
3. Douglass, R.G. and David, C. (2007), *Counselling and Psychotherapy*, New Delhi : Pearson Education.
4. Dryden, W. (1995), *Key Issues for Counselling in Action*, London : Sage Publications.
5. Gelso, C.J., Fretz, D.R. and Bruce, R. (1995), *Counselling Psychology*, New York : Prentice Hall.
6. Gilliland, B., James, R.K. and Bowman, J.J. (1989), *Counselling*, New York : McGraw Hill.
7. Phares, E.J. and Timothy, T.J. (1997), *Clinical Psychology*, U.S.A. : Brooks/Cole Publishing Company.

Paper-VII : COUNSELLING PSYCHOLOGY : APPROACHES AND APPRAISAL

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

Unit-III

Behavioral and Rational Emotive Therapies, Becks; Allbert Ellis – View of human nature, Role of Counsellor, Goals and Techniques.

Behavioral approaches – Views of human nature, Role of Counsellor, goals, Techniques and Evaluation.

Unit-IV

Counselee appraisal -

- (a) Autobiography, case study, interview, observation.
- (b) Psychological Testing – Personality, Intelligence, Aptitudes, Interests.

Recommended Books :

1. Anastasi, A. and Urbina, S. (1997), Psychological Testing, New York : Mac Millan Publishing Company.
2. Berne, E., Games People Play, London: Deutsch.

12. Nystul, M.S. (2001), Introduction to Counselling, New Mexico State University : Allyn and Bacon.
13. Orlans, Vanja; Scoyoc, S.V. (2009), Short Introduction to Counselling Psychology, Sage Publishers Ltd. : New York.
14. Rao, S.N. (2001), Counselling Psychology, New Delhi : Tata McGraw Hill.
15. Shertzer, N. and Stone, S.C. (1971), Fundamentals of Counselling, IInd Edition, Boston : Houghton Mifflin.
16. Sodhi, T.S., Suri, S.P. (2006), Guidance and Counselling, New Delhi : Tata McGraw Hill.

Paper-VIII : SPORTS PSYCHOLOGY-I

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

- (i) To trace the development of sports psychology as an independent discipline with its multidimensional perspective.
- (ii) To identify the relationship of personality, motivation and situational factors with performance on individual and team events.
- (iii) To discuss the role of training and other psychological interventions towards performance enhancement in sports.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containTd ()Tj /R12 9.96 Tf -54.0.554(f)741(a

Unit-I

What is Sports Psychology : Definition, Nature, Scope and Research Methods.

Brief history of Sports Psychology : International and Indian Perspectives.

Role of Sport Psychologist.

Unit-II

Individual differences and Sports Performance : Motor Skills Learning.

Attention, Arousal, Focusing and concentration.

Unit-III

Anxiety, Stress and Burnout.

Techniques of coping & stress management.

Unit-IV

Motivation : Concepts, Theories and Applications. Goal Setting and Efficacy.

Recommended Books :

1. David Lavalke; John Krener, Aidan P. Moran and Mark Williams (1994), Spor0 327.6 Tm ()Tj40li 3.01205(M)-2.56

Paper-IX : POSITIVE PSYCHOLOGY

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

- (i) To trace the development of positive psychology as an independent discipline with its multidimensional perspective.
- (ii) To study the relationship of personality and situational variables with positive psychology.
- (iii) To discuss strategies to enhance positive affect.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

Unit-I

Positive Psychology : History, Nature and Scope.

Interpersonal Perspectives : Empathy Compassion, Love, Social relations.

Unit-II

Positive Emotional States and Well Being with special emphasis on Forgiveness and Gratitude.

Unit-III

Happiness : Theories, measures and correlates.

Unit-IV

Positive Institutions : Families, Religion, Spirituality and Well being.

Specific issues : Aging Well

Recommended Books :

1. Crompton, W.C. (2005), An Introduction to Positive Psychology, Singapore : Thomson.
2. Snyder, C.R. and Lopez, S.J. (2005), Handbook of Positive Psychology, New York : Oxford University Press.
3. Carr, A. (2004), Positive Psychology : The Science of Happiness and Human Strengths, New York : Brunner – Routledge.
4. Linley, P.A. and Joseph, S. (2004), Positive Psychology in Practice, New York : John Wiley and Sons.
5. Peterson, C. (2006), Positive Psychology, New York : Oxford University Press.

Paper-X : HEALTH PSYCHOLOGY-I

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

- (1) To acquaint the students with nature and significance of emerging areas of health psychology.
- (ii) To highlight the role of social, psychological and behavioural risk factors in health promotion and disease prevention.
- (iii) To introduce the students to types of stressors, their consequences, cognitive behavioural interventions for managing stress.
- (iv) To impart knowledge about causes and intervention for some prevalent stress related disorders/addictions.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

3. Friedman-Di, Mateo (1989), Health Psychology, New York : Prentice Hall.
4. Karren, K.J.; Hafen, B.Q.; Smith, N. Lee and Frandsen, K.J. (2001), Mind/Body Health, New York : Benjamin Cummings.

Paper-XI : MEDIA PSYCHOLOGY

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

Unit-III

Media Violence : Concept, causes and control.

Introduction to Cyber Crime; Internet addiction.

Unit-IV

Media Management : Advertising : Concept and Models, Factors

Public Relations : Concept and Models, Factors.

Recommended Books :

Paper-XIII : RESEARCH METHODOLOGY AND STATISTICS-I

L	Total	:	100 Marks
	Theory	:	80 Marks

SEMESTER-IV

Paper-I : ORGANIZATIONAL PSYCHOLOGY-II

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

This course aims at

Unit-II

Leadership Styles : Reddin's three dimensional model, Hersey and Blanchard's Life Cycle, Liket's four systems of management, Vroom-Yetton normative model.

Unit-III

Stress Management.

Time Management.

Unit-IV

Organizational Climate : Nature, importance, measurement, empirical studies.

Organizational Commitment : Nature, importance, measurement, empirical studies.

Recommended Books :

1. Davis, K. (1981), Human Behaviour at Work, New Delhi : Tata McGraw Hill.
2. Dunnette, M.D. and Hough, L.M. (1998), Handbook of Industrial and Organizational Psychology, (Vol. 1- 4), Mumbai : Jaico Publishing House.
3. Ganguli, H.C. (1964), Structure and Processes of Organization, Bombay : Asia Publishing.
4. Gibson, J.L., Ivancevich, J.M. and Bomnally, J.H

Paper-II : INDUSTRIAL PSYCHOLOGY

Total : 100 Marks

Theory : 80 Marks

Internal Assessment : 20 Marks

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the

Recommended Books :

1. Achanbach, T.M. (1992), *Developmental Psychopathology*, New York : John Wiley.
2. Garfield, S.L. (1984), *Clinical Psychology : The Study of Personality and Behaviour*, Chicago : Aldine.
3. Garfield, S.L. and Bergin, A.E. (Eds.) (1986), *Handbook of Psychotherapy and Behaviour Change*, New York : John Wiley.
4. O'Leary, K.D. and Wilson, G.T. (1985), *Behaviour Therapy : Application and Outcome*, Englewood Cliffs, N.J. : Prentice Hall.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii)

3. Mohan, J. and Sehgal, M. (2005), Readings in Sports Psychology, New Delhi : Friends.
4. Moran, A.P. (1998), The Psychology of Concentration, East Sussex : Psychology Press.
5. Murphy, S.M. (1995), Sports Psychological Interventions, Champaign : Human Kinetics.
6. Nicholas T. Gallucci (2008), Sports Psychology, New York : The Psychology Press.
7. Richard, H. Cox (2002), Sports Psychology, New York : Palgrave Macmillan, (eighth edition).
8. Thelma, S. H. (1992), Advances in Sports Psychology, Illinois : Human Kinetics.
9. Stewart, J.H. ; Biddle, A. and Nanette, M. (2008), Psychology of Physical Activity, London, Routledge.
10. India International Congress in Sport Psychology, (Proceedings) 2009, Gwalior : LNUPE.
11. Singer, R.N., Murphy, M. and Tennant, L.K. (eds.) 1993, Handbook of Research on Sport Psychology, New York : MacMillan.

Paper-V : APPLIED COUNSELLING : SPECIALTIES IN PRACTICE OF COUNSELLING

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

The present paper introduces fundamental features, problems and therapeutic techniques for adolescent, marriage and family counselling. It also acquaints the students with various types and processes of group counselling. It aims at acquainting students with understanding and utilization of various rehabilitation and mental health counselling techniques.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four unit

Recommended Books :

1. Bell, B.R. (1975), *Marriage and Family Interaction*, London : Dorsey Press.
2. Burn, S.M. (2004), *Groups : Theory and Practice*, Canada : Wadsworth.
3. Chatterjee, P. and Deb, S. (2008), *Styles of Parenting Adolescents : The Indian Scenario*, New Delhi : Akansha.
4. Dryden, W. (1995), *Key Issues for Counselling in Action*, London : Sage Publications.
5. Forsyth, D.R. (2007), *Group Dynamics*, Delhi : Thomson Learning.
6. Gelanty, E. and Harrie, B.B. (1982), *Marriage and Family Life*, Boston : Houghton Mifflin Co.
7. Gelso, C. J., Fretz, B.M. and Bruce, R. (1995), *Counselling Psychology*, New York : Prisoim Har Court Brace.
8. Gilliland, B., James, R.K. and Bowman, J.J. (1989), *Counselling*, New York : McGraw Hill.
9. Jacobs, E.E., Masson, R.L. and Harvill, R.L. (2009), *Group Counselling : Strategies and Skills*, Belmont : Thomson Brooks : Cole Publishing Company.
10. Phares, E.J. and Timothy, T. J. (1997), *Clinical Psychology*, U.S.A. Books : Cole Publishing Company.
11. Jones, A.J. (1951), *Principles of Guidance and Pupil Personnel Work*, New York : McGraw Hill.
12. Kaila, H.L. (2006), *Counselling Psychology*, Ambala Cantt, Associated Publishers.
13. Nystul, M.S. (2001), *Introduction to Counselling*, New Mexico State University : Allyn and Bacon.
14. Rao, S.N. (2001), *Counselling Psychology*, New Delhi : Tata McGrawHill.
15. Selye, H. (1974), *Stress without Distress*, Lippin Colt.
16. Sharry, J. (2006), *Counselling Children, Adolescents and Families : A Strength Based Approach*. Sage Publishers : New York.
17. Shertzer, B. and Stone, S.C. (1971), *Fundamental of Counselling*, Second Edition, Boston : Houghton Mifflin.
18. Woolfe, R. and Dryden, W. (1996), *Handbook of Counselling*, London : Sage Publications.

Paper-VI : APPLIED COUNSELLING : EDUCATIONAL AND CAREER COUNSELLING

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks
Time Allowed	:	3 hours

(I) Objectives :

The present paper introduces fundamental features of counselling. It aims at acquainting students with essential skills, understanding and utilization of various assessment procedures, psychotherapeutic techniques in areas of educational and vocational counselling.

(II) Pedagogy of the course work :

70 % lectures; 30% seminars, assignments and discussion.

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.

Paper-VII : LIFE SPAN DEVELOPMENTAL PSYCHOLOGY-II

Total	:	100 Marks
Theory	:	80 Marks
Internal Assessment	:	20 Marks

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

Unit-I

Moderators of Stress and Illness : Coping styles, Social support, Life style, Attitude to life with special reference to disease prone and disease resistant personalities.

Unit-II

Western and Indian perspectives of Stress Management :

Physical Relaxation techniques.

Autogenic training

Biofeedback method

Behavioral and Cognitive methods

Life Style Management

Buddhistic way of stress management

Yoga and Meditation

Healing power of Spirituality

Unit-III

Health Compromising Behaviours : Smoking, Causes and maintenance of smoking behavior, Theories of smoking, Smoking and cessation programmes.

Alcohol and Problem Drinking. Causes and Maintenance of Drinking Behaviour, Theories of Alcoholism and Intervention Programmes.

Unit-IV

Health Enhancing Behaviours : Exercise, Diet and Weight Control, Sleep and Health.

Challenges for Health Psychology in the Future : Health Promotion, Management for Serious Illness, Adherence.

Recommended Books :

Unit-III

INSTRUCTIONS FOR THE PAPER-SETTERS AND THE CANDIDATES :

- (III)** (i) There shall be 9 questions in all. Five questions have to be attempted.
- (ii) The first question shall be short answer type containing 15 short questions spread over the whole syllabus to be answered in about 25 to 30 words each, out of which 10 questions have to be attempted. It shall carry 20 marks and shall be a compulsory question.
- (iii) Rest of the paper shall contain 4 units. The entire syllabus has been divided into four units. Each unit shall have two questions and the candidates shall be given internal choice i.e. the candidates shall attempt one question from each unit.

Unit-I

Theory of test measures : Rationale of reliability and validity.

Item statistics and its effect on reliability and validity.

Speed and power tests.

Unit-II

Types of reliability; factors affecting reliability

Types of validity; factors affecting validity.

Analysis of Covariance in Randomized Group Design.

Unit-III

Item writing and Item analysis.

Norms : Age and Educational Norms, Standard Scores.

Unit-IV

Qualitative Research : L[U6TJ /R12 5.04 Tf -187-11.1569(n)6.0241(g)6.0241(-)-3.01205(-)-3.007680241(n)6.0241g2 -15 Td ()Tj

4. Edwards, A.L. (1972), *Experimental Designs in Psychological Research*, New York : Holt Rinehart and Winston.
5. Freeman, F.S. (1965), *Theory and Practice of Psychological Testing*, New York : Cor University, Ithaca.
6. Guilford, J.P. (1963), *Psychometric Methods*, New York : McGraw Hill.
7. Lindqvist, E.F. (1953), *Design and Analysis of Experiments in Psychology*, Boston Houghton Mifflin.
8. Nunnally, J.C. (1967), *Psychometric Theory*, New York : McGraw Hill.
9. Silverman, D. (2001), *Interpreting Qualitative Data : Methods for Analyzing Talk, Text and Interaction*, New Delhi : Sage Publications.
10. Singh, A.K. (1986), *Tests, Measurements and Research Methods*, N.D. : Tata McGraw Hill.
11. Winer, B.J. (1971), *Statistical Principles in Experimental Design*, New York : McGraw Hill.

Paper-XII : PRACTICALS :

SECTION-A

Familiarization with tests and techniques.

1. Personality Inventories : The 16PF test, the EPQ-R, The Myer-Briggs Type Indicator, The Bell Adjustment Inventory, The MMPI.
2. Projective Techniques : The Rorschach, The TAT/CAT, The Word Association Test.
3. Interests and Motives : The SVIB, The Kuder Interest Inventory, The Study of values, The MAT, Semantic differential and occupational choice.

SECTION-B

Administration and write up of two tests from each of the three areas given above under Section (A). The examination of the practicum will be held as follows :

- Part I : (40%) The work done during the sessions under both the Sections A and B will be evaluated. The report regarding the completion of the work by each student will be considered by the examiner.

Part II : (30%) Viva-Voce test on the work done during the session.

Part III : 30%) One of the tests, assigned by the examiner, would be administered, scored and interpreted. The report will be written in the answer book.
