

**M.A PART I
SEMESTER-I**

COURSE TITLE: EXPERIMENTAL PSYCHOLOGY
COURSE NO. PSY 811DSCT
CREDIT HOURS: SIX

UNIT-I Experimentation

Experimentation: Nature, Scope and Importance of Experimental Psychology.
Methods of Experimental Psychology.

UNIT-II Perception

Dynamics of Perception: Projection Dynamics – Figural after effect, perception of Movement and Depth, Central Dynamics – Space Perception Perceptual Constancy.
Perceptual Phenomenon: Three Points of View – Principles of Perceptual Organization, Motivation and Attitudinal Determinants of Perception.

UNIT-III Learning

Learning: Classical conditioning: Instrumental conditioning, Operant conditioning.
Nature and Properties: Discriminative and Non-discriminative learning Factors affecting conditioning.
Verbal Learning: Basic determinants, Organization and Transfer properties.

UNIT-IV Forgetting

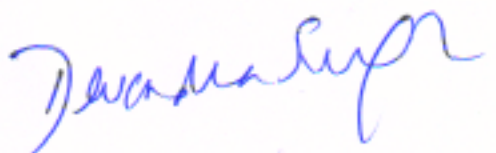
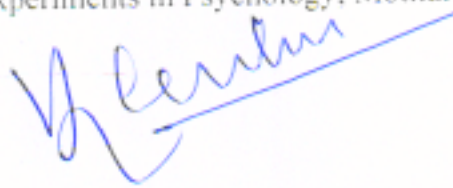
Ebbinghaus experiment on Forgetting, Paradigms of Transfer and Retroaction; Habit Interference
Zeigarnik effect; Jost's Law.
Gestalt and Behavioristic interpretation of Problem solving, Experimental characterization of problem solving, effect of set on problem solving.

UNIT-V Motivation

Creative Thinking: Imageless thought, concept formation: Experimental studies and factors.
Motivation: Nature and Types. Theory of Achievement, Motivation: A theory of Valance,
Co-utility.

Recommended Readings

- Stevens, B.J. Experiments in Psychology-New York: Harper Row.
- Experimental Psychology Woodworth & Scholesberg Experimental Psychology
- S.M.Mohsin Experiments in Psychology, Motilal Banarasidas



**M.A PART I
SEMESTER-I**

COURSE TITLE: RESEARCH METHODS
COURSE NO. PSY 812DSCT
CREDIT HOURS: SIX

UNIT-I Introduction

Concept of Science and Scientific Method. Scientific approach in Research, Science and Commonsense, four methods of knowing science and the function.

Scientific method of psychological research.

UNIT-II Problems, Hypothesis and Variables

Problems and Hypothesis: Importance and virtues of problems and hypothesis.

Variables in Psychological research.

UNIT-III Research Design

Types of Research: Ex post-facto research, Laboratory research, Experiments, Survey research, Field studies.

Further methods of research design. Latin Square, Randomized blocks, Matched Group and Factorial design.

UNIT-IV Sampling concept and methods.

Techniques of data collection; Interview, Questionnaire, Observations; Tests, Scales, sociometry; semantic differential method; Critical incidence and Q-sort techniques.

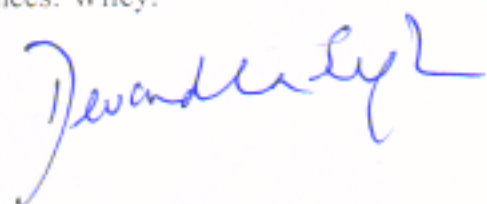
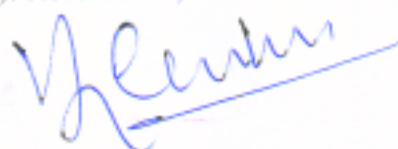
UNIT-V Research Report

Research Report writing, Essentials & Characteristics,

Type of Report.

Recommended Readings

- Heiman, G.A (1995). Research Methods in Psychology: Boston Toronto: Houghton Mifflin.
- Broota, K.D. (1989). Experimental Design in behavioural Research, New delhi: Wiley Eastate.
- Kerlinger, F.N. (1973). Foundations of Behavioural Research.
- Mohsin, S.M.(1980). Researches, methods in behavioural Sciences: Wiley.



**M.A PART I
SEMESTER-I**

COURSE TITLE: PSYCHOLOGICAL STATISTICS
COURSE NO. PSY 813DSCT
CREDIT HOURS: SIX

UNIT-I Significance of Psychological statistics

Meaning, Significance of Psychological statistics, Measures of Central Tendency, Measures of Variability-Q-D, A.D. and S.D.

Measures of relative positions and percentile ranks. Normal distribution properties and its implications.

UNIT-II Correlation Methods

Correlation Methods: Meaning, product moment correlation, Spearman's rank difference method, Further methods of correlations, Biserial, Point Biserial, Tetra-choric and Phi-coefficient.

Partial and multiple correlations- Meaning. Partial correlation of coefficient significance of partial correlation coefficient and its interpretation.

UNIT-III Regressions and Prediction

Regressions and Prediction- Regression equations in Deviation and score form. Accuracy of Predictions from Regression equation, standard error of prediction Regression effects.

The significance of the mean and of other Statistics-significance of the Mean, Median, Standard deviations, percentages and coefficient of correlation.

The significance of the Difference between Means, Standard Deviation's and correlated and uncorrelated groups.

UNIT-IV Non-parametric statistics

Non-parametric statistics-chi-square, sign test, Median test and Mann Whitney U Test

Analysis of variance -one way, two way.

UNIT-V Statistics and Computer

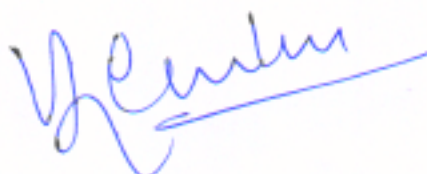
Factor and Cluster Analysis - Principle and Diagonal Methods, Cluster analysis-B- Coefficient method.

Data Analysis and the computer,

Computer Fundamental and components of Computer.

Recommended Readings

- Garrett, H.E. & Woodworth, R.S. (1987). Statistics in Psychology and Education. Mumbai: Vakils, Feffer & Simons Pvt. Ltd.
- Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications* (4th Ed.). New Delhi: Pearson Education.
- Kerlinger, F.N. & Lee, H.B. (1999). *Foundations of Behavioural Research*. Wadsworth-Thomson



M.A PART I SEMESTER-I

COURSE TITLE: PRACTICALS
COURSE NO. PSY 814 DSCP
CREDIT HOURS: SIX

EXPERIMENTAL PSYCHOLOGY:

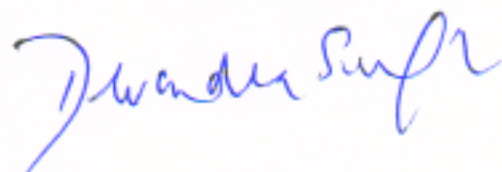
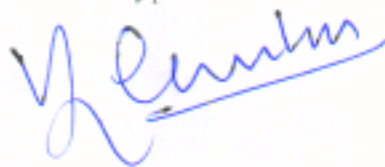
1. Influence of set on Problem Solving
2. Concept Formation.
3. Retroactive Inhibition
4. Reaction time
5. Span of attention
6. Kinesthetic Figural after-effect

RESEARCH METHODOLOGY:

1. Interview - Preparation of Interview schedule and administration
2. Observation - Any method.
3. Semantic-Differential Method (S-D Scales.)
4. Scientific Method and Commonsense Method.
5. Reliability and Validity of test.
6. Identification of Good and Poor design

PSYCHOLOGICAL STATISTICS

1. To draw frequency polygon and histogram
2. Computation of Mean, Median and Mode from grouped data
3. Calculation of Q.D., A.D. and S.D.
4. Rank difference correlation
5. Product Moment
6. Formation of Problem and Hypothesis



**M.A PART I
SEMESTER-I**

COURSE TITLE: HISTORY OF SCIENTIFIC PSYCHOLOGY
COURSE NO. PSY 815DSET
CREDIT HOURS: SIX

UNIT-I Schools of Psychology

Old Schools of Psychology and their decay – Structuralism, Functionalism.
Contributions of early philosophers to the development of Modern Psychology.

UNIT-II Beginnings of Psychology

Beginnings of Experimental Psychology - Weber, Fechner, Helmholtz, Wundt, Kulpe, Ebbinghaus.
Development of Modern Psychology in Germany Hering Brentano, G.E. Muller.

UNIT-III Development of Psychology

Development of Modern Psychology in Austria, Psychology of Act and Content.
Development of Modern Psychology in Britain; Darwin's Theory of Evolution, Galton's Contribution.

UNIT-IV Development of Modern Psychology

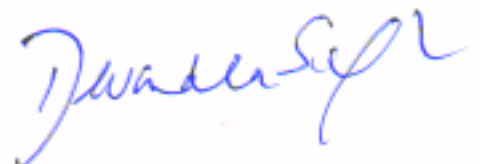
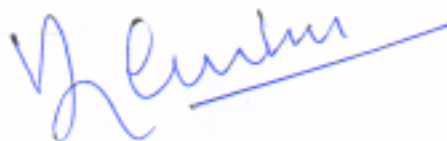
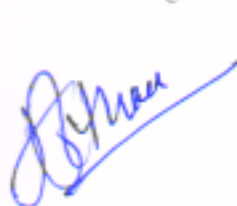
Development of Modern Psychology in America-Hall; J.M.K. Cattell. R.B.
Cattell, Eysenck, Baddley and Boradbent.
Later trends in Modern Psychology-Associationism, Behavioursim and Neo-Behavioursim, Gestalt Psychology; Kohler, Koffka, Werthemier.

UNIT-V Development of Psychology in India

Dynamic Psychology-Psychoneurosis, Hedonism, Psychoanalysis; Purposism, basic features, its implication.
Development of Psychology in India – since 1950. Industrial Psychology, Social Psychology and Personality.

Recommended Readings

- Brenman, J. F. (2004). History and Systems of Psychology (6thed). Delhi. Pearson Pub.
- Leahey, T.H. (1987) A History of Psychology, U.S.A.: Prentice Hall International.
- Schultz, D. and Schultz, S. (2000). A History of Modern Psychology, U.S.A.: Harcourt Brace Viney, W. and King, D. (1998) History of Psychology. Boston: Allyn and Bacon.



**M.A PART I
SEMESTER-I**

COURSE TITLE: READING APTITUDE
COURSE NO. PSY 816RDSP
CREDIT HOURS: TWO

UNIT-I -Reading course books and research papers in the library.

UNIT-II- Reading editorials of English and Hindi newspapers.

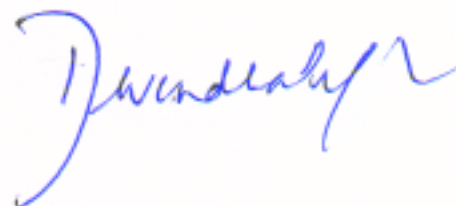
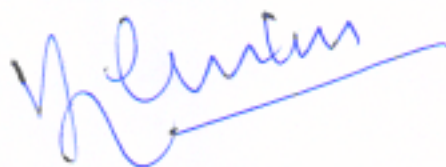
UNIT-III- Reading literature on current issues and topics on computers and smart phones related to the subject.

UNIT-IV -Enhancing subject knowledge through group discussions, dialogues on terminology, keywords literary terms of the subject.

UNIT-V- Preparing Report and Presentation in seminar using various aids and modes.

Recommended Readings

- Allison, B., Hilton, A., O'Sullivan, T., Owen, A., Rothwell, A. (2016). Research Skills for Students. United Kingdom: Taylor & Francis.
- O'Dochartaigh, N. (2007). Internet Research Skills: How To Do Your Literature Search and Find Research Information Online. United Kingdom: SAGE Publications.
- Dochartaigh, N. (2012). Internet Research Skills. UK: SAGE Publications.
- Developing Research Skills: Key Readings and Critical Thinking Exercises. (2017). United States: Cognella Academic Publishing.
- Specht, D. (2020). The Media and Communications Study Skills Student Guide. United Kingdom: University of Westminster Press.



**M.A PART I
SEMESTER-I**

COURSE TITLE: INTRODUCTION TO RESEARCH

COURSE NO. PSY 817ADLP

CREDIT HOURS: THREE

Unit-I Introduction

Introduction to Psychological Research.

Unit-II Review of Literature

Importance of Review of Literature Guidelines of writing Review of literature and Research Gap.

Unit-III Methodology

Sample, Design, Variable, Composition of research problem, Objectives, Hypothesis.

Unit-IV Procedure of Data Collection


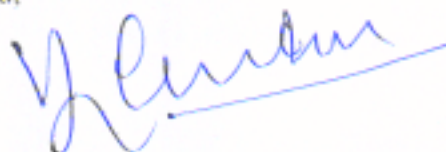
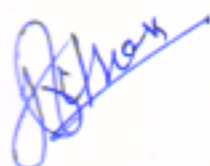
Selection of tools for Research, Data Collection, Statistical Analysis Interpretation and Discussion.

Unit-V References

Importance of References.

Recommended Readings:

- Broota, K.D. (1989). Experimental Design in behavioural Research, New Delhi: Wiley Eastate.
- Kerlinger, F.N. (1973). Foundations of Behavioral Research.
- Heiman, G.A (1995). Research Methods in Psychology: Boston Toronto: Houghton Mifflin.
- Mohsin, S.M.(1980). Researches, methods in behavioural Sciences: Wiley
- Rennie, F., Smyth, K. (2016). How to Write a Research Dissertation. United Kingdom: Create Space Independent Publishing Platform.
- McMillan, K., Weyers, J. (2007). How to Write Dissertations and Project Reports United Kingdom Pearson Prentice Hall.
- Kothari, C.R. (2004). Research Methodology Methods and techniques, New Age International Publishers, New Delhi
- Robert A. Day (1998), How to Write & Publish a Scientific Paper. Oxford Press; 5 editions
- William C. Brown S. Suresh C. Sinha and Anil K. Dhiman, (2002), Research Methodology (2 Vols-Set) Vedams Books (P) Ltd,



Class- M.A Part I
SEMESTER-II

COURSE TITLE: FOUNDATIONS OF HEALTH PSYCHOLOGY
COURSE NO. PSY 821DSCT
CREDIT HOURS: SIX

Unit I Health Psychology

Nature, scope and its interdisciplinary and socio-cultural contexts.

The relationship of health psychology, behavioral medicine, Health and Medical anthropology.

Unit II Models of Health

Personality-Allport, Roger, Maslow, Biopsychosocial perspective.

Eastern approaches: Buddhism, Concept of Sthita Prajna (Bhagvad Gita) ,Behavioural References of the concept of Anasakti . Health related beliefs.

Unit III Health Promotion and Disease Prevention

Behavioural Risk factors (e.g., Drug and Alcohol Use; Unsafe Sexual Behaviour; Smoking, Diet and Sedentary Life Style).

Development of health habits and/or reduction of unhealthy behaviour.

Unit IV Resources promoting and maintaining Health

Biological, Socio-Cultural, Psychological, Economic,

Spiritually-Oriented Interventions.

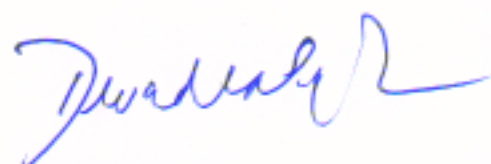
Unit V Health related issues

Positive emotions and health – Hope, Optimism, Happiness

Physical mental health related issues related to women, children and elderly.

Recommended Readings

- Aboud, FE (1998). HEALTH PSYCHOLOGY in global Perspectives. Thousand Oaks, CA:Sage
- Feist, J., & Brannon, L. (2000). Health Psychology : Introduction to Behaviour and Health. USA Wadsworth.
- Kaplan, R.M., Sallis, Jr. J.F., and Patterson , T.L. (1993). Health and Human Behaviour. New York : Mc Graw Hill.
- Sarafino, E.P. (2002). Health Psychology : Biopsychosocial Interactions. USA : John Wiley.



Class- M.A Part I
SEMESTER-II

COURSE TITLE: MANAGEMENT OF HEALTH AND ILLNESS
COURSE NO. PSY 822DSCT
CREDIT HOURS: SIX

Unit-I Health Promotion

Health Promotion, Health Behaviours, Barriers to Effective Health promotion; Factors influencing the Promotion of Health Behaviours. Changing Health Behaviours ,
Role of Behavioral Factors in Disease and Disorder; Cognitive behavioural Approaches to Health Behaviour Change; Stages of Health Behaviour Change.

Unit-II Pain and its management

Nature and Significance of Pain; Biological and Psycho social aspects of Pain; Theories of Pain; Assessment of Pain; Managing and controlling pain.
Biofeedback and Relaxation Training, Biofeedback: Clinical Applications, Procedures, Treatment and Effectiveness; Relaxation training: Progressive muscle relaxation, Meditation and Yoga.

Unit-III Management of Chronic and Terminal Illness

Coping with Chronic Illness, Co-Management of Chronic Illness, Psychological Interventions and Chronic Illness.
CHD: Modification of CHD Risk-Related Behavior, Management of Heart Disease; Behavioural interventions in Diabetes; Cancer : Psychological treatment and coping with cancer.

Unit-IV Psychological Issues in Advancing Illness


Psychological Issues in Advancing Illness, Psychological Issues.
Social Issues Related to Dying, Stages in Adjustment to Dying (Kübler-Ross's Five-Stage Theory)

Unit-V Psychological Management

Psychological Management of the Terminally Ill
Medical Staff and the Terminally Ill Patient, Alternatives to Hospital Care for the Terminally Ill (Hospice Care and Home Care), Problems of Survivors

Recommended Readings

- Feist, J., & Brannon, L. (2000). **Health Psychology : Introduction to Behaviour and Health**. USA : Wadsworth.
- Kaplan, R.M., Sallis, Jr. J.F., and Patterson , T.L. (1993). **Health and Human Behaviour**. New York : Mc Graw Hill.
- Sarafino, E.P. (2002). **Health Psychology : Biopsychosocial Interactions**. USA : John Wiley.

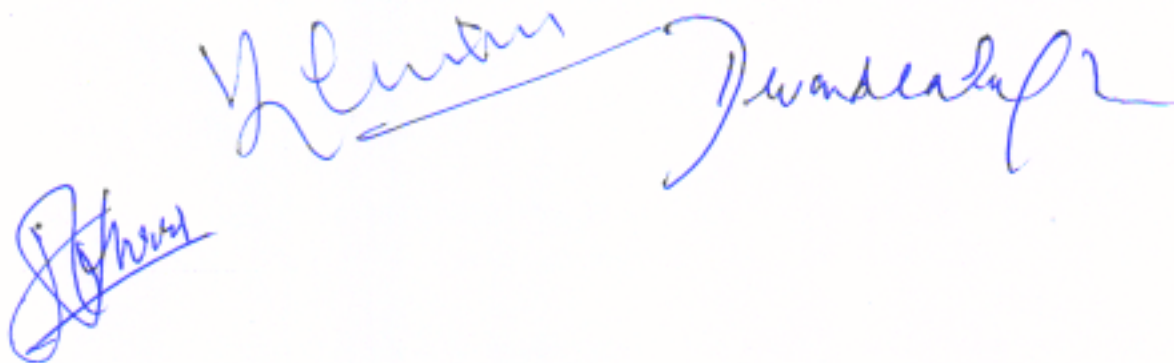


**Class- M.A Part I
SEMESTER-II**

**COURSE TITLE: PRACTICAL-HEALTH PSYCHOLOGY
COURSE NO. PSY 823DSCP
CREDIT HOURS: SIX**

Any Six

1. P.G.I Health Inventory
2. Stress measurement
3. Psycho Somatic Scale (CVD)
4. Mental Health Checklist
5. Death Anxiety Scale
6. Behavioral deviance Scale
7. Marital Adjustment
8. Assessment of Psycho Physical Health of Elderly
9. Type A Assessment
10. Any (teachers" Choice)

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Class- M.A Part I
SEMESTER-II

COURSE TITLE: STRESS AND HEALTH
COURSE NO. PSY 824DSET
CREDIT HOURS: SIX

Unit I: Introduction

Stress: Nature of stress, symptoms of stress, sources of stress,
Stress and health

Unit II: The Models of Stress and Health:

Lazarus and Folkman's Transactional Model; Eastern/ Oriental Conceptualization of Stress; Sources/
Type of Stress: Life Events Stress; Worksite/organizational/executive stress; Gender and Stress.

Unit III: Stress and Health-Related Consequences

Behavioral and Physical Symptoms. Burn out Stress Syndrome (BOSS), Anxiety, anger and depression
as emotional vital signs of mental health.

Their nature and management.

Unit IV: Social Resources

Sources – Social, Family, Peer.

Supervisory support and their appraisal as moderators of the relationship of stress and health;
Borderline case of health management.

Unit V: Managing Stress

Self-Management via increasing self-awareness; Yogic Medication: Buddhist vipassana;
Assertiveness training; Time management, Role stress, Coping with mergers and acquisitions dealing
with dual-career relationship.

Recommended Readings

Cartwright, S. & Cooper, C.L. (1997). Managing Work Place Stress, New Delhi. Sage

Cooper, C. & Payne, R. (Eds.) (1998). Causes, coping and consequences of stress at work, Chichester:
Wiley.

Cooper, C. & Payne, R. (Eds.) (1991). Personality and Stress: Individual Difference in stress, Process,
Chichester: Wiley.

Pestonjee D.M. (1999), Stress and Coping: The Indian Experience. New Delhi Sage.

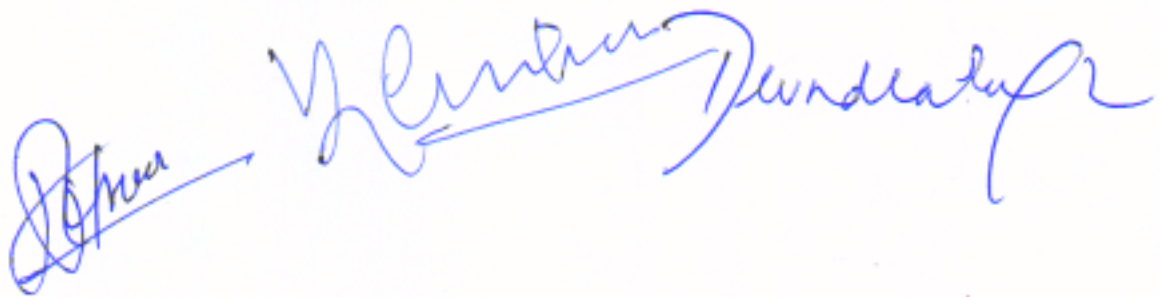


Class- M.A Part I
SEMESTER-II

COURSE TITLE: PRACTICAL - STRESS AND HEALTH
COURSE NO. PSY 825DSEP
CREDIT HOURS: SIX

ANY SIX

1. Anxiety
2. Mental Retardation
3. Insecurity
4. Semi-Projective Test.
5. Stressful Life Events.
6. E.P.I.
7. Self-Concept
8. Study of Frustration
9. Body Image.
10. Psychotherapy And Behavior Therapy

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**Class- M.A Part I
SEMESTER-II**

**COURSE TITLE: BOOK REVIEW
COURSE NO. PSY 826RDSP
CREDIT HOURS: TWO**

UNIT-I – Introduction of Book Writer and Publisher Details.

UNIT-II- Purpose and content of the book.

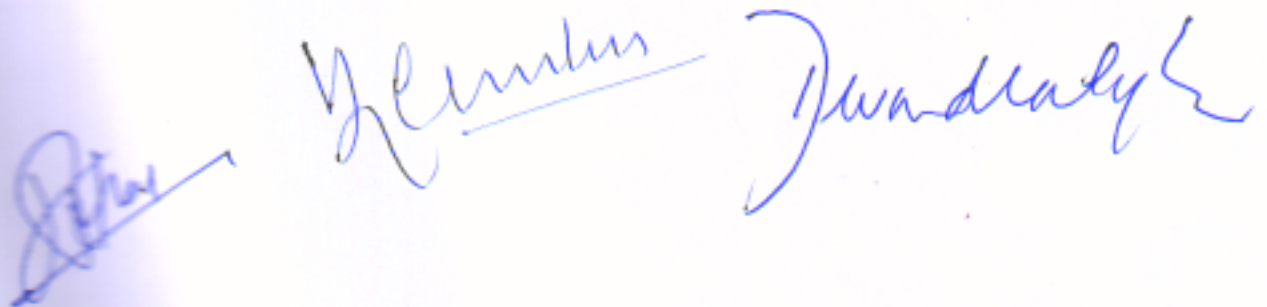
UNIT-III- Types of Book review

UNIT-IV - Parts of Book review.

UNIT-V- Summary and Seminar Presentation.

Recommended Readings

- Allison, B., Hilton, A., Owen, A., Rothwell, A. (2016). Research Skills for Students United Kingdom Taylor & Francis.
- O'Dochartaigh, N. (2007). Internet Research Skills: How To Do Your Literature Search and Find Research Information Online. United Kingdom: SAGE Publications.
- Dochartaigh, N. (2012). Internet Research Skills. United Kingdom: SAGE Publications.
- Developing Research Skills: Key Readings and Critical Thinking Exercises. (2017). United States: Cognella Academic Publishing.
- Specht, D. (2020). The Media and Communications Study Skills Student Guide, United Kingdom: University of Westminster Press.

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Class- M.A Part I
SEMESTER-II

COURSE TITLE: ETHICS IN RESEARCH

COURSE NO. PSY 827ADLP

Unit-I Introduction

Methods of Scientific and Technical Writing.

Unit-II Report Writing

Composition of Research Report Writing.

Unit-III Ethical Issues in Research

Copyright, Intellectual property rights, Patent law and Royalty.

Unit-IV Ethical issues in Publications

Plagiarism, Detection of plagiarism by using software tools.

Unit-V Presentation

Presentation and Communication skills.

Recommended Readings:

- Goode and Hatt, 2006: Methods in Social Research.
- Young Pauline, 1988 Scientific Social Surveys and Research Practice.
- Sachdev Meetali, 1987: Qualitative Research in Social Sciences.
- Rennie, F., Smyth, K. (2016). How to Write a Research Dissertation. United Kingdom: CreateSpace Independent Publishing Platform.
- McMillan, K., Weyers, J. (2007). How to Write Dissertations & Project Reports. United Kingdom: Pearson Prentice Hall.
- Peoples, K. (2020). How to Write a Phenomenological Dissertation: A Step-by-Step Guide. United States: SAGE Publications.

