

**Choice based Credit System (CBCS)**  
**Scheme and course structure for**  
**M.A. Psychology 3<sup>rd</sup> semester effective from academic session 2015 and onwards**

Course Code	Course name	Paper Category	Hours/Week			Credits
			L	T	P	
PSY14301CR	Statistics in Psychology	Core	3	1	X	4
PSY14302CR	Psychometry	Core	3	1	X	4
PSY14303CR	Social Psychology	Core	3	1	X	4
PSY14304EA	Organizational Behaviour	Elective (Allied)	3	1	X	4
PSY14305EA	Psychopathology	Elective (Allied)	3	1	X	4
PSY14306EA	Health Psychology	Elective (Allied)	3	1	X	4
PSY14307EA	Clinical Psychology	Elective (Allied)	3	1	X	4
PSY14308EO	Stress Management	Elective (Open)	3	1	X	4

**Course Code: PSY14301CR**

**Course Name: Statistics in Psychology**

**Total Credits = 4**  
**Teaching Hours = 48**  
**Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- To develop an understanding among students regarding various statistical methods, their uses and interpretations.
- To enable them to analyze the data of practical and project work.

**Unit-I**

Concept, Nature and Characteristics of Normal Probability Curve. Concept and types of hypothesis tests. Parametric v/s Non Parametric statistics. Sample size determination, level of significance & power of a test.

**Unit-II**

Tests of Significance: t-test, F-test, Chi Square test, Mann-Whitney U test, K-S test. Procedures & Methods of Item writing & item Analysis .Concept of Pilot Study.

**Unit-III**

Nature & Types of correlation: Pearson's Product Moment Method & Spearman's Rank Correlation Method. Partial & Multiple Correlation. Simple Regression analysis & Concept of Multiple regression analysis.

**Unit-IV**

ANOVA: One-way & two-way ANOVA, Kruskal-Wallis & Friedman's Methods; Multiple Comparison Tests: Duncan's and Newman-keuls Tests.

**Readings**

- 1]. Broota, K. D. (1989). *Experimental Design in Behavioural Research*. New Delhi: Wiley Eastern.
- 2]. Fruchter, B.(1967). *Introduction to Factor Analysis*. New Delhi, East West Press.
- 3]. Ferguson, G. A. & Takame, M. (1989). *Statistics I: Analysis in Psychology and Education*. (6<sup>th</sup> Ed.). New York: McGraw Hill.
- 4]. Garrett.H.E. (1967). *Statistics in Psychology and Education*. New York: Denis Mckey Co.
- 5]. Guilford, J.P. (1954). *Psychometric Methods*. New York: McGraw Hill.
- 6]. Guilford, J.P., & Fruchter, B.(1978). *Fundamental Statistics in Psychology and Education*. N Y: MCGraw Hill Series.
- 7]. Kerlinger, F.N.(1995). *Foundation of Behavioural Research*. New Delhi: Prism Books.
- 8]. Siegal, S., & Castellon, J.(1957). *Non-Parametric Statistics for Behavioural Sciences*. New York: McGraw Hill
- 9]. Winer, B.J. (1971). *Statistical Principles in Experimental Designs*. New York: McGraw Hill Ltd.
- 10]. Weiss, N., & Hassett, M.(1987). *Introductory Statistics*. Arizona: Addison Weley Publishing Co.

**Course Code: PSY14302CR**

**Course Name: Psychometry**

**Total Credits = 4  
Teaching Hours = 48  
Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- To create critical understanding of measurement issues and techniques in psychological inquiry
- Enable students to develop skills and competencies in test construction and standardization
- To learn the application and contextual interpretation of data from psychological measurement

**Unit-I**

Psychometric theory: Classic & Modern test theory. Item Response Theory. Data Screening: Missing data analysis, Divergence from Normality, Measures of Skewness & Kurtosis & their importance. Testing Assumptions.

**Unit-II**

Concept & Types of reliability. Methods of measuring Reliability. Concept & Types of Validity. Methods of measuring validity.

**Unit-III**

Factor Analysis: Exploratory Factor analysis: Steps, importance & application. Confirmatory Factor Analysis: Steps, importance & application. Comparison of Exploratory & Confirmatory Factor Analysis.

**Unit-IV**

Theoretical overview of Structural Equation Modelling (SEM) & path analysis. Use of Specialized Measurement Software for Data Analysis. Construction of a psychological tool.

**Readings**

- 1]. Raykov, T., & Marcoulides, G.A. (2011). *Introduction to psychometric theory*. NY: Taylor & Francis Group.
- 2]. Fruchter, B.(1967). *Introduction to Factor Analysis*. New Delhi, East West Press.
- 3]. Ferguson, G. A. & Takame, M. (1989). *Statistics I: Analysis in Psychology and Education*. (6, Ed.). New York: McGraw Hill.
- 4]. Garrett, H.E. (1967). *Statistics in Psychology and Education*. New York: Denis Mckey Co.
- 5]. Guilford, J.P.(1954). *Psychometric Methods*. New York: McGraw Hill.
- 6]. Guilford, J.P., & Fruchter, B.(1978). *Fundamental Statistics in Psychology and Education*. New York: McGraw Hill Series.
- 7]. Kerlinger, F.N.(1995). *Foundation of Behavioural Research*. New Delhi: Prism Books.

**Course No. PSY14303CR**  
**Course Name: Social Psychology**

**Total Credits = 4**  
**Teaching Hours = 48**  
**Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

### **Objectives:**

- To acquaint the students with:
- The theoretical notions surrounding social Psychology.
- 2. Core concepts like social perception, Attribution, conformity, aggression, compliance and self-concept.

### **Unit-I**

Social Psychology; Historical trends and current themes, Integrative perspective.  
Fundamental Axioms, Motivational principles. Processing principles.  
Social psychology in Action: Noise and Crowding.  
Resolving social dilemmas: Conserving Water, Conserving Energy, Reducing Litter.

### **Unit-II**

Social Perception; Verbal and Non Verbal Communication, Forming first Impressions.  
Attribution: Nature of the attributional process, Theories: (Correspondent inference theory, Kelly's theory).  
Theory of Casual Attribution, Co-variation; Sources of Attribution.

### **Unit-III**

Conformity: Informational Social Influence, Normative Social Influence. Compliance, Obedience to Authority.  
Social Identity: Self as a group member, Effects of Social Categorization, Aspects of Social Identity.  
Self Concept: Social Diversity, Self Esteem, Other Aspects of Self-functioning. Gender: Gender as Identity.

### **Unit-IV**

Aggression: Concept & Psychological causes of Aggression.  
Intergroup Conflict, Sources of Conflict, Realistic Conflict theory.  
Resolving Intergroup Conflict.

### **Readings**

- Bickman, L., & D.J. (1997). *Handbook of Applied Social Research*. Thousands Oaks; Sage.  
Bulsara, J.F., & Varma, R.M.F. (1984). *Perspective on Social Welfare in India*.  
Delhi: S.Chand & Co.
- Byrne, D. & Baron, R.A. (2005). *Social Psychology*. (10<sup>th</sup> ed.) India: Dorling  
Kindersley. Misra, G. (2003). *Applied Social Psychology in India*. New Delhi: Sage.  
Franzoi, S. L. (2003). *Social Psychology*. (3, ed.). New York: McGraw-Hill Publication.

**Course No. PSY14304EA**

**Course Name: Organizational Behaviour**

**Total Credits = 4  
Teaching Hours = 48  
Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives**

- *This course would aim to understand the behavior or individuals along with other organizational assets.*
- *Students are expected to familiarize themselves with the skills, techniques and their implications.*
- *Students are to be acquainted with different concepts like Models of leadership, communication, organizational dynamics and importance of empowerment in organizations.*

**Unit I**

**Introduction:** Definition and Scope of OB, Challenges and Opportunities for OB.

**Historical Background of Organizational Behavior (OB):**

**Classical Era:** Scientific Management Theory, Administrative Theory, Structural Theory, Social Man Theory;

**The Behavioral Era:** Birth of Industrial Psychology, Human relation Movement, Behavioral theorists.

**Current Perspective of OB:** Contingency Approach.

**Unit II**

**Motivating People at Work**

**Individual differences:** Abilities, Values, Attitudes, Job satisfaction.

**Motivation:** Concept, process and Types.

**Theories of Motivation:** Content Theories (Need Hierarchy & Two Factor theories); Process/Cognitive Theories (Expectancy theory, Goal theory & Equity theory).

**Unit III**

**Group Dynamics in Organizational Behavior**

**Foundations of Groups:** Classification & Structure; Stages of Group Development; Group Decision-making.

**Communication in Organizations:** Nature, Forms & Direction of communication, Barriers and Sources of Distortions. Organizational Communication (Formal small group networks, Grapevine and computer-aided communication).

**Leadership in Organization:** Nature and Types, Contingency Theories (Fiedlerø, Vroomø & Path-goal theory).

**Organizational Change and Development:** Nature & Dimensions of Change. Organizational Development, OD Intervention Techniques.

#### **Unit IV**

##### **Human Resource Management:**

Nature, importance & functions. HRM goals, Role of HR in Organizational performance. HRM issues,

**International HRM:** Characteristics and Challenges. International HR policies.

**Training and Development:** Nature and methods of Training & Development. Benefits of training, Management of Training.

**Performance Appraisal:** Nature and benefits of PA, 360<sup>0</sup> PA Method.

##### **Reading:**

Armstrong, M. (2003). *A Handbook of Human resource management practice*. (9, Ed.). Wales: Cambrian printers Ltd.

Aswathappa, K. (2003). *Human Resource and Personnel Management*. (3, Ed.). New Delhi: Tata McGraw Hill.

Cummings, L. L., & Staw, B. M. (Eds) (1999). *Research in Organizational Behaviour*. Greenwich: JAI Press.

Decenzo, D. A., & Robbin, S. P. (2005). *Fundamentals of Human Resource Management*. (8<sup>th</sup> Ed.). New Jersey: Wiley.

Dunnette, M.S., & Hough, L.M. (1992). *Handbook of Industrial and Organizational Psychology*. (2, Ed.). Palo Alto: Consulting Psychologists Press.

Mullins, L. J. (2007). *Management and Organizational Behavior* (7, Ed.). India: Pearson education.

Robbins, S. P. (2000). *Organizational Behavior: Concept, Controversies and Applications*. (8, Ed.). New Delhi: Prentice Hall India

**Course No. PSY14305EA**

**Course Name: Psychopathology.**

*Total Credits = 4  
Teaching Hours = 48  
Tutorial Hours = 16*

*{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}*

**OBJECTIVES:**

To acquaint the students with:

- Current systems of classification of Mental Disorders.
- The etiology and dynamics of the disorders with respect to various theoretical approaches.

**Unit I**

Criteria of Mental Health ó Diagnosis and Classification: Purposes of Diagnosis; Reducing Undesirable Variability; Multiaxial Model; Evolution of Diagnostic Systems. Paradiagnosis in Psychopathology.

**Unit II**

Theories and Models of Anxiety Disorders;  
Somatoform Disorders; Dissociative Disorders; Psycho-physiological Disorders;  
Theories & Models of Schizophrenia.

**Unit III**

Theories and Models of Disorders of Personality.  
Impulse and Adjustment: Alcoholism and Drug Addiction.  
Theories and Models of Affective Disorders.

**Unit IV**

Childhood Disorder: ADHD, Conduct Disorder.  
Organic Mental Disorders: Delirium; Dementia; Alzheimer's & Parkinson's Diseases.

**Readings**

- Carson, C.R., & N. J. Butcher.(1992). *Abnormal Psychology and Modern Life*.New York: Harper & Collins.
- Davison, G. C., & Neale, J. M. (2001).*Abnormal Psychology*. (8, ed.). New York: John Wiley.
- Eisdorfer, C. (1981). *Model for Clinical Psychopathology*. England: MTP Press Ltd.
- Garfield, S. L. (2008).*Clinical Psychology: The Study of Personality and Behavior*. New Jersey: Aldine.
- Meyer, R.G. (1990). *Abnormal Psychology*.Boston: Allyn& Bacon, Inc.
- Millon, T. (1969).*Modern Psychopathology: Biosocial Approaches to Maladaptive Learning and Conditioning*. Philadelphia: Saunders.
- Turner, S.M. (1984). *Adult Psychopathology and Diagnosis*.New York: John Wiley and Sons.
- Walker, E, C.*The Handbook of Clinical Psychology: Theory, Research and Practice*. New York: Dow Jones Irvin.

**Course No. PSY14306EA**  
**Course Name: Health Psychology**

**Total Credits = 4**  
**Teaching Hours = 48**  
**Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

### **Objectives**

- This course will expand one's knowledge of the importance and significance of psychology in health, illnesses and chronic conditions.
- To highlight the role of social, psychological and behavioral risk factors in health promotion and disease prevention.
- To introduce the students to types of stressors, their consequences, cognitive behavioral interventions for managing stress.

### **Unit I:**

**Introduction:** Meaning and scope of health psychology.

**Models of Health Psychology:** Biopsychosocial model, Health belief model, Stages of change model, Protection motivation theory, Theory of planned behavior and Theory of reasoned action.

**Models of healthy personality:** Rogers, Maslow and Frankl.

### **Unit II:**

**Personality factors leading to good health:** Optimism, Extraversion, Conscientiousness, Internal locus of control/Hardiness.

**Personality factors leading to unhealthy behaviors:** Neuroticism/Negative Affect, Type A behavior, Hostility.

**Health enhancing behaviors:** Exercise, weight control. **Health compromising behaviors:** Substance abuse, Smoking.

### **Unit III:**

**Stress and its physical consequences:** Main sources of stress, Measurement of stress.

**Strategies for coping with stress:** Problem focused and Emotion focused, Humor, Social support. Cardiovascular disorders. Cancer and Diabetes.

### **Unit IV:**

**Experience and management of pain:** Concept of pain, Pain management, Specificity theory, Gate control theory.

**Health behavior modification:** Self observation and self monitoring, Operant conditioning, Modeling, Stimulus control and Relapse prevention.



*Annexure to Notification No.F(Pres-PG Syllabi-CBCS)Acad/KU/15 dated 08-06-2015*  
*Syllabus for M.A. Psychology 3<sup>rd</sup> to 4<sup>th</sup> semester*

**Readings**

- Abnal, F.I. (1998). *Health Psychological Perspective*. Thousand Oaks: Sage.
- Bishop, G.D. (1994). *Health Psychology: Integrating Mind and Body*. Boston: Allyn and Bacon.
- Brannan, L., & Feist, J. (1996). *Health Psychology: An Introduction to Behavior and Health*. California: Pacific Groove, Brooks Cole.
- Brooge, A.K., & Liewellyn, S. (1995). *Health Psychology*. London: Chapman & Hall.
- Friedman, D.M. (1989). *Health Psychology*. New York: Prentice Hall.
- Gatechel, R.J., Baum, A., & Krantz, D.S. (1989). *An Introduction to Health Psychology*. New York: McGraw Hill.
- Misra, G. (Ed.). (1999). *Psychological Perspective on Stress and Health*. New Delhi: Concept Publishing Company.
- Ogden, J. (1996). *Health Psychology: A Text book*. Buckingham: Open University Press.
- Sarafino, E.P. (1994). *Health Psychology: Bio-Psychological Interactions*. New York: Wiley.
- Sanderson, C.A. (2004). *Health Psychology*. New York: John Wiley & Sons Inc.

**Course No. PSY14307EA**  
**Course Name: Clinical Psychology**

**Total Credits = 4**  
**Teaching Hours = 48**  
**Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- *To provide an understanding of the field of Clinical Psychology*
- *To orient the student to the scope of Clinical Psychology*
- *To describe role of clinical psychology in Promotion of Mental Health*

**Unit I:**

Historical & Philosophical background; Nature of discipline: theory and research Work settings of a clinical psychologist.  
Differences/Similarities with other mental health professions.

**Unit II**

Models of clinical psychology: psychological and biological models  
Clinical Assessment: Concept, Purpose, Techniques and stages of clinical assessment.

**Unit III**

Role of Clinical Psychology in Prevention of Mental Disorders  
Relapse Prevention: Definitions, models, clinical strategies to reduce relapse risks.  
Promotion of Mental Health- resilience building in the community

**Unit IV**

Nature of client therapist relationship, skills of a clinical psychologist  
Professional Regulation and Ethico-legal issues, Cultural issues, Current scenario and future prospect: Problems and promise

**Readings:**

- Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
- Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi.
- Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6<sup>th</sup> ed.). Belmont, CA: Wadsworth/Thomson Learning.
- Korchin, J. S. (1986). Modern clinical psychology. CBS publishers. India.
- Hecker, Jeffrey E. and Thorpe, Geoffrey L., "Introduction to Clinical Psychology: Science, Practice, and Ethics" (2005). University of Maine Faculty Monographs.

**Course No. PSY14308EO**  
**Course Name: Stress Management**

**Total Credits = 4**  
**Teaching Hours = 48**  
**Tutorial Hours = 16**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- *To help students understand the consequences of stress*
- *To help students in understanding and learning the ways of managing stress*

**Unit I**

Stress and its Physical Consequences: Main Sources of Stress, Measurement of Stress. Stress and Cardiovascular disorders, Cancer and Diabetes. Job Stress and Burnout.

**Unit II**

Psychological and Physiological consequences of stress, Stress & Trauma related disorders. Physiology of stress response; Factors in stress reaction. Measurement of stress; Cultural Influences on stress. Job Stress & Burnout.

**Unit III**

Stress Management: Coping and types of coping strategies. Theories of coping. Hardiness, psychological support; Measurement of coping with stress.

**Unit IV**

Counselling for stress management; Meichenbaum's Stress Inoculation Training; Self Instructional approach; Jacobson's Progressive Muscle Relaxation; Autogenic Training; Concept of mindfulness & Psychological Resilience.

**Readings**

- 1]. Joshi, B.K. (2007). *Stress Management*. Pointer Publishers: Jaipur
- 2]. Ciccarelli, S. & Meyer, G.E. (2008). *Psychology*. Pearson Publications: India.
- 3]. Weller S. (2000) *The Breath Book: 20 Ways to Breathe Away Stress, Anxiety and Fatigue*, Thorsons.
- 4]. White J. (1997) *Stresspac*, The Psychological Corporation.
- 5]. Wilkinson G. (1999) *Family Doctor Guide to Stress*. Dorling Kindersley.