

**GOVT. D.B.GIRLS P.G.AUTONOMOUS COLLEGE**

**RAIPUR CHHATTISGARH**

**DEPARTMENT OF**

**SYLLEBUS**

**OF**

**M.A.**

**( PSYCHOLOGY )**

**2020-2021**

*Dr. Rajendra*

*5/3/2021*

Govt. D .B. G. P. G. college Raipur (C. G.)

M. A. PSYCHOLOGY Ist SEMESTER--~~2019-20~~ 20-21

Theory Paper

Paper No.	Title of the Paper	Credits	Theory	Internal
PSM 101	Basic Psychological Processes	4	80	20
PSM 102	Social Psychology	4	80	20
PSM 103	Basic Research Methodology	4	80	20
PSM 104	Psychopathology	4	80	20
PSM 105	Practicum:Experiments	2	100	
		18	420	80

NOTE:--Internal Assessment will be done on the basis of  
Class Testing/Seminar/Tutorials.

Note: All are compulsory papers

**Govt. D. B. G. P. G. College Raipur (C. G.)**

**Department of Psychology**

**M. A. PSYCHOLOGY I st SEMESTER (~~2019-20~~) 20 - 21/  
PAPER - I**

**BASIC PSYCHOLOGICAL PROCESSES - I**

**M.M. - 80**

Note: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit - I. Psychophysics**

Psychophysics: Nature, problems and Methods. Signal detection theory, Subliminal perception and related factors.

Perceptual Processes--Approaches to study Perception: Gestalt, Physiological, Information Processing and Ecological Approaches.

Perceptual Organization: Gestalt, Figure and Ground, Laws of Organization.

Perceptual Constancy: Size, Shape and Brightness. Depth Perception: Monocular and Binocular cues Movement Perception: Nature, Types and Theories.

**Unit 2. Attention**

Nature concept and Mechanism of Attention. Selective Attention. Types, Theories and Applications.

**Unit 3. Motivation and Emotion**

Basic Motivational Concepts: Instincts, needs, drives, incentives, motivational cycle.

Approaches to study Motivation: Psychoanalytical, Ethological, S-R Cognitive,

Humanistic. Biological Motives, Social Motives: Achievement, Affiliation, Approval

Emotion: Concepts. Physiological Correlates of Emotions.

Theories of Emotions: James - Lange, Canon - Bard, Schachter and Singer.

Conflicts: Sources and Types.

**Unit 4. Consciousness**

Nature and concept of consciousness. Theories of Consciousness. Methods of studying

Consciousness. Consciousness and Self and Identity.

## BOOKS RECOMMENDED

1. Chalmers, D. J. (1995). *The Conscious Mind in search of a theory of Conscious Experience*.
2. Ciccarelli, S. K. & Meyer, G. E. (2008). *Psychology: South Asian Edition* 1<sup>st</sup> Edition. Pearson.
3. Ciccarelli, S. K., White, J. N. (2008). *Psychology*. Adapted by Girishwar Misra. Pearson.
4. Ciccarelli, S. K. & White, J. N. (2017). *Psychology by Pearson* 5th Edition, Adapted by Girishwar Misra, Pearson.
5. D'Amato, M. R. (1970). *Experimental Psychology*, New York, McGrawHill.
6. Galotti, K. M. (1999). *Cognitive Psychology in and Outside Laboratory*, Mumbai: Thompson, Asia.
7. Menon, S., Nagaraj, N. & Binoy, V. V. (Editors) (2017). *Self, Culture and Consciousness: Interdisciplinary Convergences on Knowing and Being*. Springer.
8. Menon, S., Sinha, A. & Sreekantan, B. V. (2014). *Interdisciplinary Perspectives on Consciousness and the Self*.
9. Misra, G. & Baron, R. A. (2014). *Psychology: Indian Subcontinent Edition* 5th Edition, Pearson.
10. Rao, R. K. (2005). Perception, Cognition, and Consciousness in Classical Hindu Psychology. *Journal of Consciousness Studies*, 12, 3-30.
11. Rao, R. K. (2011). *Cognitive anomalies, consciousness and yoga*. New Delhi, Matrix Publishers.
12. Sen, *Anima: Attention and Distraction*, New Delhi.
13. Snodgrass, J., Gray, et.al. (1985). *Human Experimental Psychology*, New York: Oxford University Press.
14. Stevens, S. (1950). *Handbook of Experimental Psychology*. A Wiley Publication

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Department of Psychology

M. A. PSYCHOLOGY I st SEMESTER (~~2019-20~~) 20-21

PAPER – II

SOCIAL PSYCHOLOGY

M. M. - 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction and Social Psychological Perspectives**

Nature and Scope of Social Psychology. Historical Background. Methods of Social Psychology. Theoretical Perspective: Cognitive Dissonance, Attribution, Field, Psychodynamic, Symbolic Interactions, Socio-Biology.

**UNIT – II Social Cognition and Person Perception**

Sources of Errors in Social Cognition. Social Perception, Person Perception. Determinants of Person Perception. Impression Formation and Management. Role of Stereotypes in Person Perception.

**UNIT – III Social Influence Process**

Meaning and nature of Social Influence. Social Facilitation, Conformity, Compliance and Obedience, Social Power, Reactance Attitude Nature and Characteristics. Development and Formation of Attitudes. Theories of Attitude Change.

**UNIT – IV Social Psychology and Social Situation**

Prosocial Behaviour, Aggression and Violence. Nature, Characteristics Determinants and Theories. Management of Aggression.

**BOOKS RECOMMENDED**

1. Baron, R. A. & Byrne, D. (2000) Social Psychology 12<sup>th</sup> edition. Pearson, New Delhi.
2. Billing, M. (1976). Social Psychology and Intergroup Relations, New York, Academic Press.
3. Dalal, A.K. (1989). Attribution: Theory and Research New Delhi, Wiley Limited.
4. Dalal, A. K. & Misra, G. (Ed.) (2001). New Directions in Indian Psychology, Vol. 1 Social Psychology.
5. Eiser, J. R. (1986). Social Psychology, London: Cambridge University Press.
6. Feldman, R.S. (1985). Social Psychology, New York, Mc Graw Hill.

7. Lindsey, G. & Aronson, E. (Eds) (1985). The Handbook of Social Psychology. New York. Random House.
8. Mishra, G. (1990). Applied Social Psychology in India New Delhi. Sage.
9. Mishra, G. (Ed.) (2009). Psychology in India, Vol. 2. Social and Organizational Processes. New Delhi, Pearson.
10. McGarty, C. & Haslam, S. A. (Eds.) (1997). The Message of Social Psychology. Oxford, U K, Blackwell.
11. Pandey, J. (1988). Psychology in India; the State – 7 the Art Vol – 2 ND. Sage.
12. Tajfel, H. (1981). Human Groups and Social Categories. London: Cambridge University Press.
13. Taylor, M. & Moghaddam, F. M. (1987). Theories of Intergroup Relations. New York: Praeger

समाजमनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलालबनारसीदास।

समाजमनोविज्ञान: गिरीश्वरमिश्रा

समाजमनोविज्ञान: लालबचन त्रिपाठी

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Department of Psychology

M. A. PSYCHOLOGY I st SEMESTER (~~2019-20~~) 20-21

PAPER – III

BASIC RESEARCH METHODOLOGY

M.M. - 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set, and candidates will have to answer one question from each unit.

**UNIT – I Introduction to Psychological Research**

Meaning, Purpose. Types of Psychological Research:

Qualitative and Quantitative. Parameter : Is characteristic .

Methods of Psychological Research: Experimental, Quasi-Experimental, Case Studies, Field Studies. Variables: Nature and Types. Techniques of experimental manipulation, control in experiment.

**UNIT – II Research Process**

Research Process: Consideration of Research Problem and Hypothesis, .Sampling: Probability and Nonprobability Sampling. Operational definition of variances Sources of Bias. Ethical Issues in Psychological Research. .

**UNIT – III Research Designs**

Cross Sectional and Longitudinal, Experimental, Correlational. Single Factor, Quasi – Experimental.

**UNIT – IV Central Tendencies**

Measures of Dispersion, Normal Probability Curve, its properties and utility.

Null Hypothesis, Type-I and Type-II Errors, Level of Significance.

Inferential Statistics: t -Test.

**Method of Data Collection** Survey and Observation Method: Questionnaire, Interview. Tests and Scales.

## BOOKSRECOMMENDED

1. Black, T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. Wiley Eastern Ltd. New Delhi.
3. Edwards, A. K. (1976). Experimental Designs in Psychological Research. New York Holt.
4. Kerlinger, F. N. (1973). Foundation of Behavioural Research.
5. Kerlinger, D. & Katz, L. (1983). Foundation of Behavioural Research (2nd ed) Surjeet Publication, Kamla Nagar, Delhi.
6. Kothari C.R. (1986). Research Methodology: Methods and Techniques. Wiley Eastern Ltd. New Delhi.
7. Mason, J. (1997). Qualitative Researching. Thousand Oaks: Sage.
8. Siegal, S. (1956). Non-Parametric Statistics for Behavioural Sciences. New York, McGraw Hill.
9. Winer, B.J. (1971). Statistical Principles in Experimental Design. New York, McGrawHill.

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Department of Psychology

M. A. PSYCHOLOGY I st SEMESTER (~~2019-20~~) 20-21

PAPER – IV

PSYCHOPATHOLOGY

M.M. - 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Concept of Psychopathology and Classification System**

Diagnosis: Purpose, diagnostic system: Mental Status Examination(MSE).

Clinical Interview and Diagnostic Tools. Classification Systems: ICD 11 and DSM.- 5

Evaluation of Classification System.

**Theoretical Models of Psychopathology**

Psychodynamic, Behavioural, Cognitive, Humanistic, Biological and Socio-Cultural.

**UNIT – II Disorders of Anxiety, Somatoform, and Behavioural Syndromes**

Panic, Phobic, OCD, Post-Traumatic, GAD, Somatoform Disorders,

Impulse Control Disorder, Eating Disorder, Sleep Disorder.

Dissociative Disorder: Types, Characteristics, Etiology and Management.

**UNIT – III Psychotic Spectrum Disorders**

Schizophrenia, Mood Disorder. Personality Disorders: Clinical

Characteristics, Etiology and Management.

**UNIT – IV Substance Related Disorders and Developmental Disorders of Childhood**

Mental Retardation. Disorders of Childhood: Autism

Spectrum Disorder (ASD), Attention Deficit Disorder (ADD),

Attention Deficit and Hyperactive Disorder (ADHD). Learning disabilities.

## BOOKSRECOMMENDED

1. Aboud, T.D. (1988).Health Psychology in Global Perspective. Thousand Oaks, C.A.: Sage
2. Page, J. D.: Psychopathology (1975).The Science of UnderstandingDeviance. (2nd Ed.).
3. Carson, C.R. &Butcher, J. N. (1992). Abnormal Psychology and Modern Life (9th Ed)Harper Collins Publisher.
4. Adams, H. E. &Sutker. P. B. (2004). Comprehensive Handbook of Psychopathology. New York,Plenum Press.
5. Prokap, C.R. &Bradly, L.A. (1991).Medical Psychology: Contribution to Behavioural Medicine.Academic Press.
6. Davison, G.C. &Neal, J.N. (2000). Abnormal Psychology – 8th Ed. Wiley, Publishers.

असामान्यमनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलालबनारसीदास।

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Members

Signature

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Department of Psychology

M. A. PSYCHOLOGY I st SEMESTER (~~2019-20~~ 20-21)

PAPER - V  
PRACTICUM

M.M. - 100

This paper consists of the laboratory (Experimental) and Field -Work done throughout the semester and will be evaluated at the time of examination along with the other papers. Distribution of marks would be as under:

Marks

A. Record of Lab Practical and Field Work 25

B. Evaluation of one Lab. Experiment of beconducted in the examination 50

C. Viva-Voce on Practicum 25

**Note:** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and report are found satisfactory.

List of Practicum: (Any five Experiments and One Field Study)

1. Constancy- Size/Shape/Brightness
2. Biofeedback
5. Mental Fatigue -
6. Learning
7. Verbal Learning - MM
8. Selective Attention - RS
9. Knowledge of Results - GPB
10. Problem Solving
11. RI/PI - AC

Field Work

1. Motivation 2. D.A.T./ Personality
3. Mental Health 4. Frustration Tolerance
5. Stress/ Anxiety 6. Depression 7. Teamwork 8. Sport.

**Note:** Field Studies topics would be allotted by the Departmental Committee.

Govt. D. B. G. P. G. college Raipur (C. G.)

Department of Psychology

M. A. PSYCHOLOGY II<sup>nd</sup> SEMESTER (~~2019-20~~) 20-21

Paper No.	Title of the Paper	Credits	Theory	Internal
PSM 201 (VI)	Basic Psychological Processes – II	4	80	20
PSM202 (VII)	Group Processes and Cultural Psychology	4	80	20
PSM 203(VIII)	Advanced Research Methodology	4	80	20
PSM 204 (IX)	Physiological Psychology and Health Behaviour	4	80	20
PSM 205 (X)	Practicum	2	100	80
		18	420	80

NOTE:--Internal Assessment will be done on the basis of Class Testing/Seminar/Tutorials.

Note: All are compulsory papers

Govt. D. B. G. P. G. college Raipur (C. G.)

Department of Psychology

M. A. PSYCHOLOGY II nd SEMESTER ~~(2019-20)~~ 20-21  
PAPER - I

BASIC PSYCHOLOGICAL PROCESSES - II

M. M. - 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit I. Learning Process**

Classical Conditioning: Procedure, Phenomena and related Issues.

Instrumental Learning: Phenomena, Paradigms and Theoretical Issues. Process, Escape Conditioning, Avoidance Conditioning, Generalization. Reinforcement: Basic variables and Schedules.

**Experimental Analysis of Behaviour**

Behaviour Modification, Shaping. Discrimination Learning. Neurophysiology of Learning.

**Unit II Verbal Learning**

Verbal Learning: Methods and Materials, Organizational Processes

Learning Theories: Hull, Tolman, Skinner.

Cognitive approaches in Learning: Latent Learning, Observational Learning.

**Unit III. Memory and Forgetting**

Memory Processes: Encoding, Storage, Retrieval. Stages of Memory: Sensory

Memory, Short-term Memory (STM) and Long - term Memory (LTM). Episodic and Semantic Memory.

**Unit IV- Forgetting:** Nature and causes of Forgetting. Theories of Forgetting: Interference, Decay, Retrieval. Improving Memory.

## BOOKS RECOMMENDED

1. Baddley, A. (1997). *Human Memory: Theory and Practice*. New York: Psychology Press.
2. DAmato, M.R. (1970). *Experimental Psychology*, New York, Mc. Graw Hill.
3. Galotti, K. M. (1999). *Cognitive Psychology in and outside Laboratory*, Mumbai: Thompson, Asia.
4. Sen Anima: *Attention & Distraction*. New Delhi.
5. Smith, E.E. &Kosslyn, S. M. (2007). *Cognitive Psychology: Mind and Brain*. Prentice Hall.
6. Snodgrass, J. G., Berger, G. L. & Haydon, M. (1985). *Human Experimental Psychology*, New York, Oxford University Press.
7. Tripathi, A.N. &Babu, N. (2008). *Cognitive Processes*. In Misra, G. (Ed.). *Psychology in India: Advances in Research*, Vol. 1. New Delhi: Pearson Education.

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**Department of Psychology**

**M. A. PSYCHOLOGY II<sup>nd</sup> SEMESTER ~~(2019-20)~~  
PAPER – II 20-21**

**GROUP PROCESSES AND CULTURAL PSYCHOLOGY**

**M.M. – 80**

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Inter Group Relations**

Group Dynamics and Group Behaviour, Group Effectiveness, and Group Cohesiveness: meanings, formation, decision making, problem solving and group level behaviours.

**UNIT – II Leadership**

Meaning nature and Function of Leadership. Leadership Styles and Effectiveness. Psychology of Followers.

**UNIT – III Social Issues**

Poverty, Caste, Gender, Population Issues in India.  
Communal Tension and Harmony.

**UNIT-IV Culture and Behaviour**

Crowd Psychology :- Definition of Crowd behaviour and Theory.  
Culture and Cognition. Culture and Organisation.  
Culture and Emotion. Culture and Personality. Health, Environment and Law.

**BOOKS RECOMMENDED**

1. Aronson, E (Eds). (1985). The Handbook of Social Psychology. N Y: Random House.
2. Baron, A.B. & Byrne, D. (1991). Social Psychology, - Boston Allyn & Bacon.
3. Billings, M. (1976). Social Psychology and Inter Group Relations, NY: Academic Press  
Lindsey, G.
4. Dalal, A.K. (1989). Attribution Theory and Research New Delhi, Wiley Limited.
5. Eiser, J. R. (1986). Social Psychology, London: Cambridge University Press.
6. Feldman R.S. (1985) Social Psychology, New York, McGraw Hill.
7. Mishra, G. (1990). Applied Social psychology in India ND: Sage.
8. Pandey, J. (1988). Psychology in India; the State – 7 the Art Vol – 2 ND: Sage.

समाज मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलाल बनारसीदास

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Department of Psychology

M. A. PSYCHOLOGY II nd SEMESTER (2019-20)

20-21

PAPER - VIII

**ADVANCED RESEARCH METHODOLOGY**

**M.M. - 80**

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Experimental Designs**

Randomized groups, Matched Groups, Factorial Designs: Between and Within Groups, Repeated Measures (One Factor).

**UNIT – II Analysis of Variance**

ANOVA: One -Way and Two - Way,

**UNIT – III Measures of Relationships**

Bi-serial, Point Bi-serial, Tetrachoric and Phi.  
Multiple and Partial Correlations.

**UNIT – IV Regression and Factor Analysis**

Simple and Multiple, Factor Analysis: Assumptions, Methods  
Rotation and Interpretation.

**Report Writing** Use of Computer in Psychological Researches, Research Report Writing (APA Style)

**BOOKS RECOMMENDED**

1. Black T. R. (1988). Quantitative Research Designs for Social Sciences. Thousand Oaks: Sage.
2. Breakwell, G.M., Smith, J.A., & Wright, D.B. (2012). *Research Methods in Psychology* (4<sup>th</sup> ed.). Sage.
3. Bridget, S. & Cathy, L. (Eds.) (2008). Research Methods in the Social Sciences. Vistaar Publication New Delhi.
4. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Delhi, Wiley Eastern Ltd.



5. Edwards, A. K. (1976). *Experimental Design in Psychological Research*. New York: Holt.
6. Edwards, A. L. (1984). *Experimental Design in Psychological Research*.
7. Elmes, D., Kantowitz, B., & Roediger, H. (2011). *Research Methods in Psychology* (9<sup>th</sup> ed). Cengage Learning.
8. Kerlinger, F. N. (1983). *Foundation of Behavioural Research* (2nd ed) Surjeet Publication, Kamla Nagar, New Delhi, 1983.
9. Kothari, C.R. (1986). *Research Methodology: Methods and Techniques*. Wiley Eastern Ltd. New Delhi.
10. Mason, J. (1997). *Qualitative Researching*, Thousand Oaks: Sage.
11. Nestor, P.G. & Schutt, R.K. (2011). *Research Methods in Psychology: Investigating Human Behaviour*. Sage.
12. Winer, B. J., Brown, D. R. & Michels, K. M. (1991). *Statistical Principles in Experimental Design*. New York: McGraw Hill.

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Department of Psychology

M. A. PSYCHOLOGY II nd SEMESTER (~~2019-20~~  
20-21)

PAPER – IV

PHYSIOLOGICAL PSYCHOLOGY AND HEALTH BEHAVIOUR

M.M. – 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Methods and Basic Concepts**

Methods of Physiological Psychology: Lesion and Brain Stimulation.

Receptors, Effectors and Adjuster Mechanisms.

Neural Impulse: Origin. Conduction and Measurement.

**UNIT – II Sensory System**

Vision and Audition. Human Nervous System: Structure and Functions.

**UNIT – III Sleep and Waking: Stages of Sleep, Disorders of Sleep and Physiological**

Mechanisms of Sleep and Waking. Drinking and its Neural Mechanism;

Hunger and its Neural Mechanism. Endocrine System: Chemical and

Glandular.

**UNIT - IV Approach to Therapy**

Psychoanalytic, Biological, Behavioural, Behavioural Medicine and Spiritual

Therapy. **Mental Health**

Mental Health Promotion and Maintenance.

Current Issues and Trends in Health Psychology.- Life style health problems.

- Diabetics, hypertension, CHD obesity.

**BOOKS RECOMMENDED**

1. Aboud, T.D. (1998). Health Psychology in Global Perspective. Thousand Oaks, C.A: Sage.
2. Adams, H. E. & Sutker, P. B. (2001). Comprehensive Handbook of Psychopathology. Kluwer Academic / Plenum Publishers, New York.

3. Carson, C. R., Butcher J. N. (1992). Abnormal Psychology and Modern Life (9th ed) Harper Collins Publisher.
4. Davison, G.C. & Neal, J. N. (2000). Abnormal Psychology – 8th Ed. Wiley Publishers.
5. Page, J.D. (1975). Psychopathology: The Science of Understanding Deviance(2nd ed.).
6. Prokop, C.K. & Bradly, L.A. (1981). Medical Psychology: Contribution to Behavioural Medicine. Academic Press.

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Department of Psychology

M. A. PSYCHOLOGY II nd SEMESTER ~~(2019-20)~~  
20-21

PAPER -V

PRACTICUM

M.M. 100

This paper consists of the laboratory (Testing) and Field-Work done throughout the semester and will be evaluated at the time of examination along with the other papers.

Distribution of marks would be as under:

Marks

C. Record of Lab Practical and Field Work 25

D. Evaluation of One Lab. Testing of be conducted in Examination 50

E. Viva-Voce on Practicum 25

**Note:** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and reports are found satisfactory.

List of Practicum: (Any Five Tests and One Field Study)

- |                                      |                         |                            |
|--------------------------------------|-------------------------|----------------------------|
| 1. Aggression                        | 7. Personality          | 13. Dowry Attitude         |
| 2. Aptitude                          | 8. Mental Health        | 14. Reasoning ability test |
| 3. Emotional Intelligence            | 9. Projective Test      | 15. A Attitude             |
| 4. Digit Memory Scope/ Span          | 10. Leadership Style    |                            |
| 5. Intelligence (Individual / Group) | 11. Stress / Depression |                            |
| 6. Locus of Control                  | 12. Motivation          |                            |

Field Work

1. Achievement Motivation 2. Adjustment 3. Anxiety  
4. Happiness 5. Intelligence 6. Leadership  
7. Parent Child Relationship 8. Personality 9. Social Support 10. Sociometry

**Note:** Field Studies topics would be allotted by the Departmental Committee.

All the faculty involved in practical work distributed.

Govt. D. B. G. P. G. College Raipur (C. G.)

Department of Psychology

M. A. PSYCHOLOGY III rd SEMESTER--~~2019-20~~

20-21

Theory Paper

Paper No.	Title of the Paper	Credits	Theory	Internal
PSM 101	PERSONALITY AND INDIGENOUS PSYCHOLOGY - I (COMPULSORY)	4	80	20
PSM 102	PSYCHOLOGICAL ASSESSMENT - I (COMPULSORY)	4	80	20
PSM 103	Cognitive psychology (COMPULSORY)	4	80	20
PSM 104	Optional EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY - I Group-B or CLINICAL DIAGNOSIS - I Group C	4	80	20
PSM 105	Practicum: Experiments	2	100	
		18	420	80

NOTE:--Internal Assessment will be done on the basis of  
Class Testing/Seminar/Tutorials.

**Govt. D. B. G. P. G. College Raipur (C. G.)**

**Department of Psychology**

**M. A. – III SEMESTER (PSYCHOLOGY)**

**PAPER – I (COMPULSORY)**

**PERSONALITY AND INDIGENOUS PSYCHOLOGY – I**

**M. M. - 80**

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Introduction**

Personality Meaning, Perspectives and Measurement of Personality.

Concept of Mature Personality, Personality Theory- Problems and Procedures.

**UNIT – II Approaches to Personality- I**

Psychodynamic Perspectives of Personality: Theories of Personality: Freud, Erikson, Adler. Structure, Dynamics and Development of Personality.

**Methods to study Personality. Approaches to Personality –II**

Theories of Personality: Cattell and Eysenck- Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – III Approaches to Personality-III**

Cognitive, Behavioural and Humanistic. Kelly, Bandura and Roger's.

Structure, Dynamics and Development of Personality. Research Methods.

**UNIT – IV Approaches to Personality-IV**

Indigenous Concept and Models of Personality – Yogic, Samkhya.

Current Researches in the Field of Personality.

**BOOKS RECOMMENDED**

1. Barbara, E. (2008). Personality Theories (8<sup>th</sup> Edition). California. Wadsworth Publishing Company.
2. Bischof, L. J. (1970). Interpreting Personality Theories. Harper & Row, New York.
3. Friedman, H. S. & Schustack, M. W. (2016). Personality: Classic Theories and Modern Research. (6<sup>th</sup> Edition), Pearson.
4. Hasurkar, S. S. (1958). *VācaspatiMīśra on Advaita Vedanta*. Darbhanga: Mithila Institute of

## Post-Graduate Studies.

5. Hall, C. S., Lindzey, G. & Campbell, J. B. (2007). *Theories of Personality* (4<sup>th</sup> Ed.). John Wiley, New York.
6. Hjelle, L. A. & Ziegler, D. J. (1992). *Personality Theories: Basic Assumptions, Research and Applications* (2nd Ed.). International Student Edition. McGraw Hill, International Book Co.
7. John, O. P., Robins, R. W. & Pervin, L. A. (2010). *Handbook of Personality: Theory and Research*. Guilford Press.
8. , J. C., Willerman, L., & Horn, J. M. (1988). Human Behaviour Genetics. *Annual Review of Psychology*, 39(1), 101-133.
9. Magnusson, D., Endler, N. S. (1977). *Personality at Crossroads*. New Jersey, Hillsdale: Lawrence Erlbaum Associates.
10. Misra, G., & Mohanty, A. K. (2002). *Perspectives on Indigenous Psychology*. New Delhi: Concept Company.
11. Mohanty, J. N. (2000). *Classical Indian Philosophy*. Oxford: Rowman & Littlefield.
12. Mukkopadhaya, K. L. & Swami Niranjana Saraswati. *Yoga Darshan Munger: Bihar School of Yoga*.
13. Murphy, G., & Murphy, L. B. (1968). *Asian Psychology*. New York: Basic Books.
14. Naidu, R. K. & Pandey, N. (1999). Anāsakti: The Indian vision of Potential Human Transcendence beyond Mechanistic Motivations. In G. Misra (Ed.), *Psychological Perspectives on Stress and Health* (pp. 85-99). New Delhi: Concept Publishing Company.
15. Paranjpe, A. C. (2011). *Indian Psychology and the International Context*, *Psychology and Developing Societies*, 23 (1), 1-26.
16. Paranjpe, A.C. (1988). A Personality Theory according to Vedanta. In A.C. Paranjpe, D.Y.F. Ho, & R. W. Rieber (Eds), *Asian contributions to Psychology*. New York: Praeger.
17. Paranjpe, A. C., Ho, D. Y. F., & Rieber, R. W. (Eds.). (1988). *Asian Contributions to Psychology*. New York, NY, England: Praeger Publishers.
18. Patanjali Yog Sutra.
19. Pervin, L.A. (1975). *Personality: Theory, Assessment and Research*. 2nd Ed. Wiley International ed. New York.
20. Pervin, L. A. (1993). *Personality: Theory and Research*. John Wiley & Sons.
21. Rao, Sheshagiri, V. N. (1984). *Vācaspati's Contribution to Advaita*. Mysore: Samvit Publishers.
22. Sahakian, W. S. (1975). *Psychology of Personality: Readings in Theory*. Rand McNally, Chicago, Illinois, United States.
23. Sinha, J. (1958). *Indian Psychology* (2nd ed., 2 vols). Calcutta: Sinha Publishing House.

उच्चतरसामान्य मनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलालबनारसीदास।

व्यक्तित्वमनोविज्ञान (2004): अरुण कुमार सिंह, मोतीलालबनारसीदास।

व्यक्तित्वमनोविज्ञान (2002): मधुअस्थाना, किरणबाला, मोतीलालबनारसीदास।

व्यक्तित्वमनोविज्ञान (2004): डी. एन. श्रीवास्तव, भार्गवपब्लिकेशनहाउस, आगरा।

Govt. D. B. G. P. G. college Raipur (C. G.)

Department of Psychology

M. A. – III SEMESTER

(COMPULSORY) PAPER – II

PSYCHOLOGICAL ASSESSMENT – I

M. M. – 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

#### UNIT – I Nature of Psychological Assessment

Nature of Psychological Assessment, Difference between Physical and Psychological Assessment. Problems in Psychological Assessment. Levels of Assessment.

#### UNIT – II Scaling

Scaling: Unidimensional and Multidimensional. Scale Construction Techniques. Difference among Tests, Scales, Questionnaire and Schedule. Characteristics of a good Psychometric Test. Difference between Psychometric and Projective Tests  
**Construction of Psychometric Tools**  
Construction of Psychometric Tools: Steps in Test Construction, Item-writing, pre-try out, Item difficulty, Discrimination Power. Types of Psychological test.

#### UNIT – III Standardization Process of Psychometric Test.

Standardization Process of Psychometric Test. Reliability: Concept and Type. Methods of determining Reliability. Validity: Concept and Type. Methods to determining Validity. Factors affecting Reliability and Validity.  
Norms: Types, Uses and Method.

#### UNIT – IV Adaptation of Tests

Adaptation of Tests. Test taking Response Styles: Social Desirability, Acquiescence and Faking. Use of Psychological tests in Applied Field of Life: Diagnosis, Psychotherapy, Education, Occupations and Organizations.

#### BOOKS RECOMMENDED

1. Anastasi, A. (1988). Psychological Testing. Macmillan.
2. Cronbach, L. (1951). Essentials of Psychological Testing New York: Harper & Brothers.
3. Freeman, F. S. (2008). Theory and Practice of Psychological Testing. Publisher: Oxford and IBH Publishing.



4. Friedenberg, L. (1995). Psychological Testing: Design, Analysis, and Use. Allyn & Bacon.
5. Ghiselli, E. E. (1964). Theory of Psychological Measurement. New Delhi, Tata McGraw-Hill.
6. Gregory, R. J. (2004). Psychological Testing: History, Principles, and Applications. Needham Heights, MA, US: Allyn & Bacon.
7. Guilford, J. P. (1954). Psychometric Methods. New Delhi Tata McGraw Hill
8. Nunnally, J. C. (1970). Introduction to Psychological Measurement. New York: McGraw-Hill.
9. McGraw-Hill.
10. Price, L. R. (2016). Psychometric Methods: Theory into Practice. Guilford Press, Routledge.

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Department of Psychology

PAPER-III (COMPULSORY) (2019-20) 20 21

**COGNITIVE PSYCHOLOGY**

MAXIMUM MARKS : 80

NUMBER OF UNITS : IV

MINIMUM MARKS : 16

**Unit-I THINKING**

- Theories of thought processes: Associationism, Gestalt, Information processing.
- Concept formation: Rules and Strategies.
- Reasoning: Deductive and inductive.

**Unit-II PROBLEM SOLVING**

- Problem- Solving: Type and strategies.
- Role of concepts in thinking.
- Cognitive Strategies: Algorithms and heuristics.
- Convergent and divergent thinking.
- Decision- making; impediments to problem-solving.

**Unit-III**

- Models of memory: Atkinson and Shiffrin, Craik and Lockhart, Tulving.
- Semantic memory: Episodic, trace model and network model.
- Long-term memory: Retrieval cues, flashbulb memory, constructive processes in memory, eyewitness testimony and autobiographical memory.

**Unit-IV**

- Biological basis of memory: The search for the engram, PET scan, and biochemical factors in memory.
- Improving memory: Strategies.

## BOOK RECOMMENDED :

1. Snodgrass, J.Gray. Et. Al (1985) Human experimental psychology, New York : Oxford University Press.
2. Glott, K.M. (1999) Cognitive psychology in and outside laboratory, Mumbai : Thompson Asia.
3. D.Amato M.R. (1970) Experimental Psychology, New York, Mc. Graw Hill.
4. Sen Anima : Attention & Destracton New Delhi.
5. S. Stenvens, (1959) Handbook of Experimental Psychology, A wiley Publication in Psychology.

*Paper teaching by -* Dr. Gautami Bhatpahari  
Govt. D .B .G. P .G .College Raipur -



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**Department of Psychology**

**M. A. – III SEMESTER (PSYCHOLOGY) (2019-20) 20-21**

**GROUP - B**

**PAPER – IV (OPTIONAL) /**

**EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY – I**

**M. M. - 80**

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I Conceptual and Theoretical Perspectives**

Conceptual and Theoretical Perspectives in Educational Psychology.

Theories: Behaviouristic, Social Learning and Cognitive Applications in Teaching.

**UNIT – II Information Processing Models**

Instructional Models, Programmed Learning, Concept, Characteristics and Models.

**UNIT – III Human Diversity and Education**

Learning Styles: Nature, Approaches to Learning Style, Measurement of Learning Styles. Attempt to Modify Learning Styles.

**UNIT – IV Individual and Group Differences**

Individual and Group Differences in Intelligence. Theories of Intelligence, Gender Differences issues in the Classroom. Learning and Motivation, Study Habit, importance, Levels of Learning.

**BOOKS RECOMMENDED**

1. Bruce, R. J., Weil, M., & Calhoun, E. (2014). Models of Teaching (9th Edition) Pearson.
2. De Secco, J. P. & Crawford, W. R. (1974). The Psychology of Learning and Instruction. Englewood Cliffs, NJ: Prentice Hall.

3. Ellis, R. S. (1965). Educational Psychology, A Problem Approaches Affiliated. New Delhi, East West Press.
4. Gage, N. L., & Berliner, D. C. (1998). Educational Psychology (6th ed.). Boston, MA: Houghton Mifflin.
5. Ghaoui, C. (2004). Human Factors and Innovative Approaches Idea Group Inc (IGI).
6. Santrock, J. W. (2011). Educational Psychology. Tata McGraw Hill.
7. Schunk, D. H. (2012). Learning Theories an Educational Perspective, Sixth Edition. Pearson.
8. Travers, J. F. (1979). Educational Psychology (2nd Ed.)
9. Woolfolk, A. E. (1995). Educational Psychology (6th Ed.) Allyn & Bacon, London/ Boston.
10. Woolfolk, A. (2005). Educational Psychology, 9/E, Active Learning Edition. Allyn & Bacon, Boston.
11. Woolfolk, A. (2006). Woolfolk, A., Misra, G. & Jha, A. (2012). Fundamentals of Educational Psychology. Pearson.
12. Woolfolk, A., & Vij Shivani (2017). Educational Psychology. Pearson.
13. Woolfolk, A. & Perry, N. E. (2014). Child and Adolescent Development.
14. Chaubey Aruna, Learning Styly- Vaibhav Prakashan Raipur C.G.

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Department of Psychology

M. A. – III SEMESTER (PSYCHOLOGY) (~~2019-20~~) 20-21

GROUP - C

PAPER – IV (OPTIONAL)

CLINICAL DIAGNOSIS

M. M. - 80

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I**

History and current trends. Growth of the branch : growth in numbers. Differentiation. Professionals spiral growth. Growth in India. Approaches of Clinical psychology : Psychodynamic, Behaviouristic, Humanistic, Cognitive and Socio- cultural.

**UNIT – II**

Personality assessment : Projective, Psychometric and Behavioural measures. Projective tests: Characteristics and clinical use, Rorschach & TAT.

**UNIT – III**

Psychometric tests: MMPI II, WAIS & WISC.  
Observation, case history and Interview.

**UNIT – IV**

- Observation, Case history, and Interview.
- Neuro Psychological examination : Approaches; Halstead Neuropsychological test battery, Luria Nebraska.

**BOOKS RECOMMENDED**

1. Iscope, I., Block, B. L.&Spielberger, C.D. (1977). Community Psychology: Perspectives in Training and research. NY: Appleton:
2. Mann, P.A. (1978). Community Psychology: Concepts and Applications. The Free Press.
3. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinehart.
4. Korchin, S. J. (1978). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. International Edition.
5. Wolman, B.B. (ed). (1965). Handbook of Clinical Psychology, Mc Graw Hills.

6. Hecker, J. E. & Thorpe, G. L. (2004). Introduction to Clinical Psychology. Pearson Education.
7. Heiden, L. A. & Hersen, M. (1995). Introduction to Clinical Psychology 1st Edition. Springer.
8. Iscope, I., Block, B. L. & Spielberger, C.D. (1977). Community Psychology: Perspectives in Training and research. NY: Appleton.
9. Kellerman, H. & Burry, A. (2009). Handbook of Psycho-diagnostic Testing: Analysis of Personality in the Psychological Report. Springer.
10. Korchin, S. J. (1978). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. International Edition.
11. Korchin, S. J. (2004). Modern Clinical Psychology: Principles of Intervention in the Clinical and Community, 1st Edition. CBS Publisher.
12. Kumar, V. (2011). Clinical Psychology. Aadi Publications.
13. Mann, P.A. (1978). Community Psychology: Concepts and Applications. The Free Press.
14. Perkins, D. (2011). An Introduction to Community Psychology. Vanderbilt University.
15. Pomerantz, A. M. (2017). Clinical Psychology: Science, Practice, and Culture 4th Edition. Sage Publications.
16. Rapaport, J. (1977). Community Psychology: Values, Research and Action. NY: Holt Rinehart.
17. Rappaport, J. & Seidman, E. (2000). Handbook of Community Psychology. Springer Science + Business Media, LLC.
18. Reich, S. M., Riemer, M., Prilleltensky, I. & Montero, M. (2007). International Community Psychology: History and Theories. Springer.
19. Walker, E. C. (1991). Clinical Psychology: Historical and Research Foundations. Springer Science + Business Media, LLC.
20. Wolman, B.B. (ed). (1965). Handbook of Clinical Psychology, Mc Graw Hills.

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Department of Psychology

M. A. – III SEMESTER (PSYCHOLOGY)

PAPER – V

PRACTICALS (COMPULSORY) ~~2019-20~~ 20-21

Educational

M.M. – 100

NOTE: Any five of the following to be completed in the Laboratory training.

1. Effect of Social Support on Conformity.
2. Attribution of Achievement Outcomes.
3. Zeigarnik Effect. *A e*
4. Level of Aspiration as a function of Success or Failure. *AAA A e*
5. Reminiscence in Motor Learning. *ct p*
6. Short Term Memory (STM) *RS*
7. Effect of Group on Individual Judgement.
8. Mental Health

**One Field Study:**

**Reading List - Student progress record,- Academic anxiety scale for children,  
Reasoning ability**

1. Black, T.R. (1988). Quantitative Research Designs for Social Science. Thousand Oaks:Sage.
2. Broota, K.D. (1992). Experimental Design in Behavioural Research, Wiley Eastern, NewDelhi.
3. Chadha, N. K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
4. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson.
5. Edwards, A.L. (1976). Experimental Design in Psychological Research, Amerind
6. Publication, New Delhi.
7. Feldman. S.R.(2009).Essentials of Understanding Psychology ( 7th Ed.) New Delhi : Tata Mc Graw Hill.
8. Glassman,W. &Hadad, M. (2008).Approaches to Psychology(3rd Ed.). Buckingham: Open University Press.
9. Heman, G.W. (1995). Research Methods in Psychology, Houghton Mifflin Company,Boston, Illinois, New Jersey.
10. Newman, W.L. (1991). Social Research Methods: Quantitative and Qualitative Methods,Boston: Allyn& Bacon.
11. Smith, R.E.& Passer, M. W. (2010). Psychology: The Science of Mind and Behaviour. McGraw-Hill Education; 5 Edition.
12. Tripathi, L.B. (1985). Psychological Research Methods, Har Prasad Bhargav, Agra.



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M. A. – III SEMESTER (PSYCHOLOGY) PAPER – V

PRACTICALS (COMPULSORY) ~~2019-20~~ 2021

Paper V Name of the paper – Clinical Psychology

M.M. – 100

**Practical –Any Five Test**

1. Sentence competition test
2. Interviewing practice in lab
3. MMPI-II
4. TAT
5. Draw A man test- Good Enough
6. Beck Depression inventories
7. State Trait Anxiety-Sanjy Vohra
8. Bender Gestalt test
9. Rorschk-Test of personality
10. Eating disorder inventory-3<sup>rd</sup> David M garner

**One Field Study**

PAPER-I (COMPULSORY)

NAME OF PAPER---LIFE SPAN DEVELOPMENT

MAXIMUM MARKS : 80

NUMBER OF UNITS : V

MINIMUM MARKS : 16

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit-I**

- Scope, Nature and Principles of development,
- Concepts-maturity, experience factors in development: Biogenic, Psychogenic and Sociogenic.
- Factors influencing development: Heredity, Environment, Motivation and Learning.
- Development processes: Nature, Principles and related.

**Unit-II**

- Methods; Cross-sectional, longitudinal approach, Research strategies: Co relational, Experimental and other sequential techniques. The Developmental tasks and theories of Development. Psychoanalytic, Behaviorist and cognitive.

**Unit-III**

- How life begins, Infancy, baby hood and childhood. The Characteristics, adjustment, hazards and Personality Development.

**Unit-IV**

- Adolescence and Adulthood. Characteristic, Physical, Social and Cognitive development psychosocial Changes and adjustment.
- Middle and Old age, Characteristics, problems. Personal social and vacation adjustment.

## **BOOK RECOMMENDED:-**

1. Baltes, P.B. & Brim O.G. (1978): Life span development behavior, N.Y. cademic Press.
2. Thomas, M.R. (2000): Recent theories of Human Development, Thousand Oaks: sage Publication.
3. Zanden, J.W. & Vander (1977): Human Development (7<sup>Th</sup> Ed.) New York: Mc Graw Hill.
4. Jere E. Brothy & Sherry L. Willis (1981): Human Development and Behavior, St. Maitine Press, NY.

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**DEPARTMENT OF PSYCHOLOGY**  
**CLASS- M.A.- IV SEMESTER PSYCHOLOGY**  
**SESSION: 2019-20 20-21**

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**PAPER-II(COMPULSORY)**

**NAME OF PAPER---PSYCHOLOGICAL ASSESSMENT-II**

MAXIMUM MARKS : 80  
MINIMUM MARKS :16

NUMBER OF UNITS :V

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit-I**

- Concept and Measurement of Intelligence, Major Tests of Intelligence developed under Western and Indian Cultural set up.

**Unit-II**

- Concept and Measurement of Aptitude; Major Test of Aptitude developed under Western and Indian Cultural set up. Achievement; concept and measurement of Achievement Test; Major Test of Achievement developed under Indian Cultural set up.

**Unit-III**

- Test of Personality: Projective and Psychometric Approaches, Major Test of Personality, developed under Western and Indian Cultural set up.

**Unit-IV**

- Test of Adjustment, Values, Interest, Stress and Anxiety development under Indian condition.
- Psychological Testing in Applied Field: Neuro- Psychological Testing: Objectives and Major Neuropsychological Test.
- Emotional Intelligence: Concept and Major Test of emotional Intelligence developed under western and Indian cultural set up.

## **BOOK RECOMMENDED:-**

1. Psychological Studies-2004, Vol.-49
2. Daniel Golman: Emotional Intelligence (1995) New York : Bantam Books.

## **BASIC BOOK :**

1. Anastasi, A. (1988) Psychological Testing London : Mc Millan Publishing Co.
2. Crowback. L.J. Essentials of Psychological Testing.
3. Freeman F. Theory and Practice of Psychological Testing.
4. Gheselli Theory of Psychological Measurement New Delhi Tata HeGraw Hill Publication.
5. Guilford, J.P. Psychometric Methods. New Delhi Tata Mc Graw Hill.
6. Nunally, J.C. Introduction to Psychological Measurement, Tokyo: Mc Graw Hill.
7. Nunally, J.C. Psychometric Theory, New Delhi: Tata Mc. Graw Hill Publishing Co.

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**Members Subject and designations**

DEPARTMENT OF PSYCHOLOGY  
CLASS- M.A. IV SEMESTER  
PSYCHOLOGY  
SESSION: ~~2019-20~~ 20-21

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PAPER-III (COMPULSORY)

NAME OF PAPER---PSYCHOLOGY OF COGNITIVE  
ABILITIES

MAXIMUM MARKS : 80

NUMBER OF UNITS : V

MINIMUM MARKS : 16

NOTE: This paper consists of <sup>four</sup> five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit-I**

- Creative thinking and problem - solving.
- Language and thought.
- Theories of intelligence: Spearman, Thurston, Guilford, Cattell, Jensen, Sternberg and Goleman.
- Creativity: Views of Torrance, Getzels, Guilford.

**Unit-II**

- Intelligence and creativity: Relationship.
- Abilities and achievement: Concept and role of emotional intelligence.

**Unit-III**

- Intelligence; Biological, Social, Eco- cultural determinants.
- Multiple Intelligence- Concept and Types.
- Artificial Intelligence - Nature and Application

**Unit-IV**

- Individual and group differences: Extent and causes.
- Measurement of human abilities.

## **BOOK RECOMMENDED :**

1. Snodgrass, J. Gray. Et. Al (1985) Human experimental psychology, New York : Oxford University Press.
2. Galott, K.M. (1999) Cognitive psychology in and outside laboratory, Mumbai; Thompson Asia.
3. D. Amaot M.R. (1970) Experimental Psychology, New York, Mc. Graw Hill.
4. Sen Anima : Attention & Distraction New Delhi.

**APPROVED BY THE BOARD OF STUDIES ON**

PAPER-IV (OPTIONAL: Psychology of Education)

NAME OF PAPER---BASICS OF PSYCHOLOGICAL GUIDANCE  
AND COUNSELLING

MAXIMUM MARKS : 80

NUMBER OF UNITS :V

MINIMUM MARKS :16

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit-I**

- Nature, Need and Functions of Counseling. Counseling and Psychotherapy. Intervention, Goal and objectives of Counseling.
- Approaches of Counseling: Directive, Non-directive, Eclectic. Individual and group counseling. Evaluation of counseling. Follow up and placement services.
- Techniques of appraising the client: Standardized Techniques, Intelligence, Personality, Aptitude and Interest Interview.

**Unit-II**

- Characteristics of a good Counselor. Counselors, Training, Issues and trends in guidance and counseling. Ethical standards.
- Nature, Need and Functions of Guidance. Principles of Guidance.
- Techniques of appraising the client: Non-Standardized Methods. Anecdotal Record, Auto biography, Case study, Sociometric, Observation, Rating scale, Questionnaire.

**Unit-III**

- Guidance service :- Kinds of guidance services. Various services in guidance programme- 1. Information 2. Self inventory 3. Preparation follow up 4. Placement 5. Individual data collection 6. Counseling 7. Research Services.
- Organization of a guidance program Relevance of Guidance under 10+2+3 educational patterns.



## Unit-IV

- Special areas of Guidance and Counseling: Marital, Family. Counseling for the pre-school and elementary school children adolescent.
- Special areas of Guidance- Vocational Guidance, Educational Guidance, personal Guidance Problems of Guidance in India.

### BOOK RECOMMENDED :

1. De Secco, J.P. & Croford, W.R. : The Psychology of Learning and Instruction, New Delhi. Prentice Hall.
2. Ellis, R.S.: Educational Psychology, A Problem approaches affiliated, New Delhi, ease West Press.
3. Bruce & Marshvell : Models of Teaching (2<sup>nd</sup> Ed.) 1980.
4. Travers, J.F. : Educational Psychology (2<sup>nd</sup> Ed.) 1979.
5. Woolbtk, A.E. (1995), Educational Psychology (6<sup>th</sup> Ed.) Allya & Bacon, London/ Bostan.
6. Gage, N.L. & Berliner (1998). Education of Psychology (6<sup>th</sup> Ed.), Hought Miffir, New York.
7. Axrual Review (2006), Vol 57, P 487-
8. Sharma R.A. (2007) Advance Educational Technology, Received Edition International Publishing House P 25-42, 43-65, 66-668
9. Mohan, A.J. (2003) Educational Psychoogy, Neel Kamal Publications.
10. Anstasi, Z., 1 Lewis, E.C. (1970): Counseling Psychology, New York, Holt Rinehart and Winster, Inc.
11. Harson, J.C. (1978): Counseling Processes and Procedures. New York, Holt Rinechart and Winster, Inc.
12. Narayan Rao. S. (1981): Counseling Psychology, New Delhi, Tata Mc. Graw Hill.
13. Kemp. C.G.(1970): Foundations of grou counseling., New York, McGraw Hill.
14. Lewis, E.C. (1970): Counseling Psychology, New York, Holt Rinehart and Winster, Inc.
15. Steffler, B.(Ed.) 1965. Theories of counseling, New York, McGraw Hill Book Co.
16. Warters, J. (1964): Techniques of counseling, New York, International Universities Press.
17. Rapaport, D. Gill, M.M. and Schafer, R. (1968): Diagnostic Psychological testing. (Revised edition, edited by Holt, R.R.) New York, International Universities Press.

*Paper teaching by - Dr.Aruna chaubey -*

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**DEPARTMENT OF PSYCHOLOGY**  
**CLASS- M.A. IV SEMESTER PSYCHOLOGY**  
**SESSION: 2019-20 20-21**  
**PAPER-IV (OPTIONAL: Clinical Psychology)**

**NAME OF PAPER---PSYCHOTHERAPEUTIC  
COUNSELLING**

MAXIMUM MARKS : 80

NUMBER OF UNITS : V

MINIMUM MARKS : 16

NOTE: This paper consists of four units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**Unit-I**

- Methods for preventing problems and developing resourcefulness: Training family members, sibling's behavior change agents, Maintenance of parent raining. Development of academic skills- Teaching study skills to adults, improving study behavior through self- control technique.
- Assertiveness Training, Developing Assertive Behavior through Converts Modeling Training, Developing Assertive Behavior through Converts Modeling. Personal Appearance, Improving clients grooming.

**Unit-II**

- Methods for Promoting Wise Decision- Making: With Children, Career Decision Making Evaluation of Problem Solving Competence.
- Social Interaction: Conversational Skills, Weight: Control: Psychological techniques, improving Physical Fitness, Cardio Vascular Problems: Psychological prevention.
- Drug Abuse: Drug abuse perception Reimforment of alternatives Peer Counseling: Peer Guidance program and behavioral interventions, Counselor Accountability System.

**Unit-III**

- Psychotherapeutic Counseling: Psychoanalytic Technique, Behavioral. Technique, Client centered technique, Community interventions and Group therapeutic techniques.
- Methods for Altering Maladaptive Behavioral deficits: Shyness, delinquency, depression, Speech and sexual dysfunctions.

## Unit-IV

- Methods of altering inappropriate behavior: Marital maladjustment, child-misbehavior, homosexuality, and exhibitionism.
- Methods for altering maladaptive behavioral excesses: Excessive smoking, alcoholism, drug addiction and temper-outburst, physical aggression.
- Methods for altering fears and anxiety and treating psycho physiological disorders: test-anxiety, generalized anxiety, stress, school phobia, snake phobia, combination of fears, CHD, asthma and peptic ulcer

### BOOK RECOMMENDED:

1. Iscoe. I ; Block B.L. and Spielberger, C.D. (eds) Community psychology; Perspectives in training and research. NY; Appleton, 1977.
2. Mann. A.P.; Community Psychology; Concepts and applications. Free Press,
3. Rapaport, J. Community Psychology; Values, Research and action. NY : Holt Rinehart. 1977.
4. Krochin, S. Modern Clinical Psychology. Harper and Row, Row, 1978\
5. Wolman, B.B. (ed) Handook of Clinical Psychology, Mc Graw Hills, 19726.
- 6Carson &Butcher: Abnromal Psychotherapy, Barcour Brace Groune and stration.
7. Wolpe, R.& Dryden, W. (eds) (1996) : Handbook of counseling psychology,
8. 8.Woolberg, L.R. (1998): The Techniques of Psychotherapy, Barcour Brace : Groune and stration.
9. Toukimarjan, S.G. & Rennie D.C. (1992) : Psychotherapy Process and Research, Sage.
10. Gelso; C.J. and Fretz, B.R. (1995): Counseling Psychology, Bangalore, Prism Books. Ltd.
11. Abate, L. & Milan, M.A. (ed.) Handbook of social skill training & Research, New York: John Wiley & Sons.
12. Goey, G (1986) Theory and Practices of Counseling and Psychotherapy, Monterey California, bools colely publishing.
13. Adelson, D. & Kalis, B.L. (1970) :Community Psychology and Mental Health. Perspectives Seanto.
14. Mann. A.P. (1978): Community Psychology: Concepts and applications, Free Press.
15. Iscoe. I Block, B.L. & Spielberger, C.D. (eds.) 1977: Community Psychology: Perspectives in training and research N.Y. : Appleton.

DEPARTMENT OF PSYCHOLOGY

CLASS- M.A. IV SEMESTER

PSYCHOLOGY

SESSION: ~~2019-20~~ 20-21

PRACTICAL-I

MAXIMUM MARKS : 100

MINIMUM MARKS : 36

Distribution of Marks

Seasonal -	25
Work Book-	35
Practical work -	20
Viva -	20

**Field Studies**

This part of the practical paper comprises of completion of **two field studies**, one from the area of compulsory papers and another from the area of optional papers of the special groups under the supervision of a concern teachers.

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