

H.N.B.GARHWAL UNIVERSITY SRINAGAR GARHWAL

SYALLABUS OF PSYCHOLOGY

Semester credit point system:

The present program will consist of four semesters, each semester carrying 18 credits

M.A. Semester – I, II, III, IV

SEMESTER –I CORE COURESE

Paper code	Title of the paper	Credit Points	Maximum marks			Total
			Theory	Assignments	Tests	
PSY C-101	Perspectives on Human Behavior	3	60	20	20	100
PSY C-102	Cognitive psychology-I	3	60	20	20	100
PSY C-103	Foundation of Behavioral Research-I	3	60	20	20	100
PSY C-104	Psychological Statistics-I	3	60	20	20	100
PSY C-105	Health psychology	3	60	20	20	100
PSY C-106	Psychology-Practicum Experiments &Tests	3	60	20	20	100
		–	(Practical conduction)	Practical record	(Viva-voce)	

SEMESTER II Core Courses

PSYC-107	Physiological psychology	3	60	20	20	100
PSY C-108	Cognitive psychology-II	3	60	20	20	100
PSY C 109	Foundation of Behavioral Research-II	3	60	20	20	100
PSY C-110	Psychological Statistics-II Behavioral Disorder	3	60	20	20	100
PSY C 111	Psychology Practicum Experiments & Tests	3	60	20	20	100
PSY C-112		–	(Practical conduction)	(practical -record)	(Viva-voce)	

SEMESTER- III
COURE COURSE

Paper code	Title of the paper	Credits Points	Maximum marks			Total
			Theory Tests	Assignments		
PSY C-113	Personality	03	60	20	20	100
PSY C-114	Psychological Testing: Applications	03	60	20	20	100
PSY C-115	Social Psychology	03	60	20	20	100
Elective course Group A,B,C(Any one Group)						
Elective Course Group A						
Clinical Psychology PSY ECG-A-116	EP 116 (a) Psychology of Behavioural Disorder	03	60	20	20	100
	EP 116 (b) Clinical Assessment	03	60	20	20	100
	EP 116 (c) Project	03		60 Project writing	40 Viva-Voce	100

Elective Course Group B

Industrial Psychology PSY ECG-B- 117	EP 117(a) Personnel Psychology	03	60	20	20	100
	EP 117 (b) Organizational Behavior	03	60	20	20	100
	EP 117 (c) Project	03		60 Project writing	40 Viva-Voce	100

Elective Course Group C

Counseling Psychology PSY ECG- C- 118	EP 118 (a) Counseling process	03	60	20	20	100
	EP 118 (b) Counseling Skills and Approaches	03	60	20	20	100
	EP 118 (c) Project	03		60 Project writing	40 Viva-Voce	100

SEMESTER- IV**CORE COURSE**

Paper code	Title of the paper	Credit Points	Maximum marks			Total
			Theory Tests	Assignments		
PSY C-119	Theories of Personality	03	60	20	20	100
PSY C-120	Test Construction	03	60	20	20	100
PSY C-121	Applied Social - Psychology	03	60	20	20	100
Elective Course Group A,B,C, (Any one Group)						
Elective Course Group A						
Clinical Psychology PSY ECG-A-122	EP 122(a) Counseling	03	60	20	20	100
	EP 12 (b)Psychotherapies	03	60	20	20	100
	EP 122 (c) Practicum	03	60 (practical conductio n)	20 (practical – record)	20 (Viva- voce)	100

Elective Course Group B

Industrial Psychology PSY ECG-B- 123	EP 123 (a) Human Resource - Management	03	60	20	20	100
	EP 123 (b) Organizational - Development	03	60	20	20	100
	EP 123 (c) Practicum	03	60 (practical conductio n)	20 (practical record)	20 (Viva – Voce	100
Elective Course Group C						
Counseling Psychology PSY ECG-C- 124	EP 124 (a) Guidance and Career Counseling	03	60	20	20	100
	EP 124 (b) Areas of Counseling	03	60	20	20	100
	EP 124 (c) Practicum	03	60 (practical conductio n)	20 (practical record)	20 (Viva – Voce	100

PSYCHOLOGY
SELF STUDY COURSE

II semester

Sub code	Title of the paper	Credits	Maximum marks theory	Marks for Internal Assessment	Total
PSY SSC-2.1	Environmental psychology	03	60	40	100
OR					
PSY SSC-2.2	Educational Psychology	03	60	40	100

III Semester

PSY SSC-3.1	Self and Personal growth	03	60	40	100
OR					
PSY SSC-3.2	Psychology and Sports	03	60	40	100

IV Semester

PSY SSC4.1	Stress- Coping and Health	03	60	40	100
OR					
PSY SSC-4.2	Indigenous psychology	03	60	40	100

Note –Self study course Maximum 9 credits (3X3 credits) one course of 3 credits Mandatory but not to be included while calculated the grades.

SEMESTER- I

CORE COURSE

PSY C-001: PERSPECTIVES ON HUMAN BEHAVIOUR

Unit- I:

Introduction: - Understanding Psychology, Goals and areas of Psychology; Scientific Psychology.

Unit - II:

Perspective in behavior: Structuralism and functionalism. Psychoanalytic, Gestalt, and Behaviorism.

UNIT-III:

Humanistic, Cognitive, Psychobiology, Culture and Evolutionary view points.

BOOKS RECOMMENDED:

- 1- Karen Huffman (2000) Psychology in Action ,N.Y.: Wiley
- 2- Atkinson et al (1983) : Introduction to psychology. N.Y.: HBJ
- 3- Dennis Coon: Introduction to psychology_ Exploration and Application (8th edi.)
- 4- Particia H. Miller: Theories of developmental psychology.
- 5- Brennan James : Readings in the history and Systems of psychology.
- 6- Marx and Hillex: systems and Theories.
- 7- Chaplin,J.P. & Karwie, T.S:systems Theories of psychology.
- 8- Wolman: Historical Roots of contemporary psychology.
- 9- Ojha,R.K: manovigyan ke Sampradaya.

PSY C-002: Cognitive Psychology -I

1. Introduction to Cognitive Psychology:-

- i. Concept of cognitive psychology.
- ii. Emergence of cognitive psychology.
 - a) Early role of psychology
 - b) The early twentieth century.
- iii. Research methods in cognitive psychology.
 - a) Laboratory or other controlled experiments.
 - b) Psychological research
 - c) Self report, case study & Naturalistic observation
- iv. Applications of cognitive psychology

2. Attention and Perception:-

- i. Attention:-
 - a) Divided and Selective attention.
 - b) Vigilance.
 - c) Signal detection.
- ii. Approaches to the study of perception :-
 - a) Gestalt
 - b) Physiological (Hebb)
 - c) Information processing approach.
- iii. Theories of attention process.
- iv. Applications of:-
 - a) Subliminal perception.
 - b) Perceptual defense.
 - c) Extra sensory perception.

3. Memory I:-

- i. Memory processes:-
 - a) Encoding.
 - b) Storage.
 - c) Retrieval.
- ii. Stages of memory:-
 - a) Sensory memory.
 - b) Short term memory (STM)
 - c) Long-term memory (LTM)
- iii. Episodic and Semantic memory.
- iv. Theories of forgetting:-
 - d) Interference.
 - e) Decay.
 - f) Retrieval.

Source books :-

1. Stenberg.R.J.(2007). Cognitive psychology. Australia : Thompson Wadesworth.
2. Solso,R.L. (2004) Cognitive Psychology(6th ed.) Delhi:Pearson Education.
3. Matlin,M. (1994) Cognition. Prism India books .
4. A.K singh {2006} Cognitive Psychology ; Motilal banarsidas.
5. Galloti, K.M. (2004) Cognitive Psychology in and out of Laboratory. USA: Thompson Wadesworth.
6. Kellogg,R.T. (2007) Fundamental of Cognitive psychology .N.D. Sage Publication.
Wade ,C. and Tavis ,C. (2007).Psychology. Pearson Education.

Reference Books:-

1. Best,J.B.(1999) . Cognitive psychology. USA: Wadsworth Publishing Co.
2. Gunther,R.K. (1998) Human Cognition. New Jersey: Prentice –Hall.
3. Kalpan, S.& Kalpan ,R. (1982) Condition and environmental . N.Y. Praeger Publisher.
4. Flavell , J.H.(1985). Cognitive development .(2nd ed).N.J. Prentice Hall.
5. Reed.S.K.(1998). Cognition : Theories and Application (3rd ed.) . California Books /Cole pub. Company.
6. Borude,R.R. Bodhanic Manasashashtra and Sanshodhan Paddhati.Pune: Narendra Prakashan.

PSY C 003:-FOUNDATION OF BEHAVIORAL RESEARCH -I

I- Nature of Experimental Research

II- Choice & Statement of Problem

III- Formulation of Hypothesis, Null Hypothesis & Directional Hypothesis.

IV- Variables- Types and Controlling Techniques.

V- Research Design – Randomized , Factorial.

Source Books:-

1. McBurry.D.H.(2002). Research Methods.USA:Wordsworth,Thompson.
2. Karlinger,F.N.(1994).Fundamentals of Behavioral Research.(3rd ed).
3. Shaughnessy, J.J.&Zechmiester, E.B.(1997).Research Methods in psychology (4th ed)
4. A.K singh , Test Measurement and research Methods in Behavioral sciences , Bharti bhawan.

Reference Books:-

1. Borude,R.R.(2005). Sanshodhan paddhatishashtra .pune:pune Vidyarthi Grhua.
2. Desai, B& Abhyankar,S.C.(2007) prayogic manasashastra and sanshodhan paddhati. Pune: Narendra Prakashan.

3. Kothari, C.R.(1985).Research Methodology: Methods & Techniques. New Delhi:Wiley Eastern Ltd.

PSY C-004: PSYCHOLOGICAL STATISTICS -I

I- Applications of statistics in psychology.

II-Frequency distribution, graphical presentation.

III-Measures of variability.

IV- Concept and significance of Probability-Normal Distribution; Curve & its application.

V-Correlation; Pearsons' Product Moment method, Biserial and Point Biserial correlation, Phi and Contingency coefficient, Tetra choric.

BOOKS RECOMMENDED :

1. Mangal,S.K.(2002).Statistics in Psychology and Education (2nd). New:Delhi: Prentic-Hall.
2. Garrett-Statistics in Education and Psychology
3. Ferguson- Statistical Analysis in Psychology and Education.

PSY C-005: HEALTH PSYCHOLOGY:

CONTENTS

1. Health Psychology

Nature, Scope and its interdisciplinary and socio-cultural. The relationship of health psychology with clinical psychology, Behavioral Medicine.

2. Models of Health

Personality-Allport, Roger, Maslow, Biopsychosocial perspectives. Eastern approaches: Zen Buddhism, Concept of sthita projana (Bhagvad Gita), Behavioural Referents of the concepts of Anasakti. Health-related beliefs.

3. Health Promotion and Disease Prevention

Behavioral 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 behavior.

4. Stress, Personality and Social support as Psycho-Social Linkages of Ill-health
Cardio-Vascular Disorders; AIDS.HIV; Diabetes Mellitus; pain; cancer

5. Conditions/ Resources Promoting and Maintaining Health

Biological, Socio-Cultural, psychological , Economic and, Spiritually-Oriented Interventions.

Readings

About, F.E.(1998). Health psychology in Global perspectives. Thousand Oaks, CA: Sage .

Bishop,G.D.(1994). Health psychology:Integrating Mind and Body. Boston: Allyn & Bacon.

Brannan, L.,& Feist,J. (1996). Health psychology: An Introduction to Behaviour and health. Pacific Groove, CA: Brooks/Cole.

Broome,A.K.& Llewellyn,S.(1995).Health psychology. London: Chapman & Hall.

Gatchel,R.J.& Baum,A., & Krantz, D.S. (1989). An Introduction to health psychology. New York: McGraw Hill.

Misra, G (Ed). (1999). Psychological perspectives of Stress and Health. New Delhi: Concept.

Ogden, J.(1996).Health psychology: AText Book.Buckingham: Open University Press.

Sarafino, E.P.(1994). Health psychology: Bio-psychosocial Interactions. New York: wiley. Taylor, S.(1986).Health psychology. New York: Random House.

PSY C-006: Psychology-Practicum - Experiments & Tests

Experiments and Tests for Practical will be based on the basis of availability of the Instruments and Test material

Semester-II

CORE COURSE

PSY C-007: Physiological Psychology

1. Organization and functions of the central nervous system: Spinal cord, hindbrain, midbrain and forebrain.
2. Methods of physiological psychology: Invasive physiological methods; methods of visualizing the living human brain; Recording human psycho physiological activity.
- 3 .Neural conduction and transmission: Resting membrane potential; Action potential; synaptic transmission; neuromuscular transmission: Information processing.
- 4.Hormones and the brain: Endocrine communication and pheromone communication.

PSY C-008: Cognitive Psychology-II

- I- **Problem solving , reasoning and thinking-**
 - Process and determinants of problem solving.
 - Theories of thought processes: Associations & Gestalt. Role of concepts in thinking.
- II- **Emotions**
 - Nature of development.
 - Theories of emotions: psychological cognitive and Opponent process.
 - Indicators of emotions, recognition of emotions.
- III- **Creativity**
 - Nature of measurement. Factors affecting creativity.
- IV- **Motivation**
 - Cognitive basis of motivation: Intrinsic motivation, Attribution, Competence.
 - Measurement of motives : Issues and Techniques.

PSY C-009: Foundation of Behavioral Research-II

- I- Nature and Types of social Research.
- II- Difference between Experimental and Social Research.
- III- Research tools or techniques- Observation, Case study method, Rating scale, Content analysis, Sociometry and Semantic differential.
- IV- Sampling Techniques.
- V- Report writing

Source Books:-

1. Broude, K.D. (1989). *Experimental Design in Behavioral Research*. New Delhi: Wily Estern Ltd.
2. A.K. Singh, *Test Measurement and research Methods in Behavioral sciences*, Bharti bhawan.
3. Robinson, P.W. (1976). *Fundamentals of Experimental psychology*. Prentice-Hall.

PSY C-010: Psychological statistics -II

1. Parametric and non parametric statistics.
2. Significance difference Between Means. Standard error of Mean, Median, SD, and Correlation.
3. Analysis of Variance-One way, Two way classification.
4. Non parametric test-Chi-square test, Median test, Sign-test.

BOOKS RECOMMENDED:

1. Mangal, S.K. (2002). *Statistics in Psychology and Education (2nd)*. New Delhi: Prentice-Hall.
2. Garrett- *Statistics in Education and Psychology*
3. Ferguson- *Statistical Analysis in Psychology and Education*.
4. *Non Parametric Statistics*.

PSY C-011: Behavioral Disorder

I- Introduction to psychopathology: The concept of normality and abnormality, Historical development of abnormal psychology.

II- Signs and symptoms of mental illness: Delusions Hallucinations, Obsessions, Compulsions etc.

III- Etiology of Behavioral Disorder.

IV-Psychological models of psychopathology: Psychodynamic, cognitive behavioral and existential.

BOOKS RECOMMENDED:-

1. Coleman,J.C.Abnormal Psychology & Modern. Life.
- 2.S.K.mangal .Aruan k. kapil.sarson. Abnormal psychology, PHI
- 3.Arun K. singh, Abnormal psychology,(Hindi & English)motilal Vnarasidas, Suleman Abnormal psychology,motilal Vnarasidas, Srivastava.D.N.Aadunik Asamanya manoviyigayan. motilal Vnarasidas,
4. Mangal S.K. Abnormal psychology. motilal Vnarasidas,

PSY C-012: Psychology-Practicum

Experiments and Tests for Practical will be based on the basis of availability of the Instruments and Test material

SEMESTER-III

CORE COURSE

PSY C- 013: PERSONALITY

I. Introduction:

- i. Concept and Basic issues of Personality.
 - ii. Approaches to the study of personality-psychoanalytic approach
2. Determinants of personality-Biological, Psychological and Socio- cultural factors.
3. Personality Assessment – Subjective and projective techniques, self report, personality inventories.

SOURCE BOOKS:

1. Hall, C.S.Lindzey, G & compbell.J.B.(2004). Theories of personality (4th ed). New York, Jihn wiley & son's, Inc.
- 2.Barger, E. (2006). Personality theories (7th ed). New York: Houghton Mifflin Company

REFERENCE BOOKS:

1. Barger, J.M. (2004). Personality (6th ed). USA: Wadsworth/ Thompson Learning.
2. Hjelle,L.A.&Ziggler, D.J.(1992). Personality theories (3rd ed). New York:McGraw-Hill, Inc.
3. Mischel, W. (1976). Introduction to Personality. USA: Holt,Rnehart & Wiston.

PSY C-014: PSYCHOLOGICAL TESTING: APPLICATIONS

1. TESTING IN EDUCATIONAL SETTING

- (I). General mental ability tests: Cattell's Culture-fair Test of Intelligence.
- (II). Binet test, Raven, WISC,
- (III). Differential Aptitude Test (DAT).
- (IV). Personality and interest inventories.

2. TESTING IN CLINICAL SETTING:

- (I) Testing based on the logical-content strategy- Woodworth personal Data sheet.
- (II) Tests based on the Criteria –Group strategy-MMPI.
- (III) Tests based on the Factor-Analytic strategy-16PF
- (IV) Test based on the Theoretical strategy- EPPS, self concept inventories,MPI modernly personally Interlay.
- (V) Projective and neuropsychological testing.

3. TESTING IN COUNSELING SETTING:

- (I) General ability testing: Individual tests, group tests
- (II) Multiple aptitude tests DAT, GATB.
- (III) Strong Vocational Interest Blank (SVIB).
- (IV) Anxiety and adjustment test

BOOKS RECOMMENDED:

- 1.Kaplan, R.M.& saccuzzo,D.P. (2007).psychological Testing: principles, Applications, and Issues. Australia: Thomson Wadsworth.
- 2.Anastasi, A & Urbina, S. (1997). Psychological testing. N.D.pearson Education,
- 3.Gregory.R.J.(2005).psychological testing: History. Principles and applications. New Delhi: pearson Education.
4. Freeman,F.S. 3rd ed. (1965).psychological testing .New Delhi oxford & IBH Publishing Co Pvt.Led.
5. Cronbach,L,J5th ed. (1990). Essential of psychological testing New York: Harper Collins Publishers.
6. A.K singh , Test Measurement and research Methods in Behavioral sciences , Bharti bhawan.

PSY C-015: SOCIAL PSYCHOLOGY

(A) Definition of Social Psychology social Psychology as Science

- i. Special methods of Social Psychology-
- ii. Experimental Method
- iii. Participant Observation
- iv. Sociometry

(B) Group Behavior

- i. Formation, structure and types of Groups
- ii. Group Cohesiveness
- iii. Group Interaction

(c).Attitude-

- (i). Concept formation and change
- (ii). Measurement
- (iii). Theories of attitude change –Balance Theory, Exchange theory

Cognitive dissonance theory

BOOKS RECOMMENDED:

1. Berkowitz, L. and Walster, E. (EDS). Advances in Experimental social psychology.
2. G. Lindzey and E. Aronson. the Hand Book of social Psychology (3rd ed).
3. Cook. Kretsch and Crusele Bulleki . Sulman- Higher social psychology Motilal Banarasisdas .

ELECTIVE COURSES GROUP-A, B,C,(Any one Group)

GROUP A- CLINICAL PSYCHOLOGY PSY- ECG –A 116 s

PSY/E- 01A Psychology of Behavioural Disorders

1. Classification of mental Disorders

- i. Pre- DSM-IV classifications and their critique: Brief history of DSM- IV.
- ii. Multi-axial classification of Diseases: ICD-10.

2. Anxiety Disorders: Phobias, Obsessive compulsive disorder, Generalized Anxiety disorder

3. Somatoform disorders: Dissociate disorders.

4. Mood Disorders: Manic episode, Depressive episode, bipolar affective disorder, Dysthymia.

5. Schizophrenia and other Psychotic Disorders: Delusional disorder, Brief psychotic disorder. Disorders due to psychoactive substance use Alcohol & drug dependence.

6. Personality Disorders: Paranoid schizoid, disseminative, Impulsive, Borderline, Anxious, Avoidant, Dependent Personality Disorders.

BOOKS RECOMMENDED :

1. Carson, R.C.,Butcher, J.N. Mineka, S.& Hooley, J.M.(2007).Abnormal psychology,13th ed. Pearson Education, India.
- 2.Sarason, I.G.& Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th ed). Delhi: Pearson Education.Colman Scattt foresman and company
3. Barlow,D.H. Durand V.M. (1999). Abnormal psychology (2nd ed). Pacific Grove: Books/cole.
4. Nolen-Hoeksema,S.(2004).Abnormal psychology 3rd ed. McGraw Hill: New York, USA.
5. Alloy L.B. Riskind, J.H. & manos M.J. (2005). Abnormal psychology: current perspectives. 9th ed. Tata McGraw-Hill New Delhi, India.

PSY/E- 01B Clinical Assessment

1. The Nature and Purpose of Clinical Assessment

- (i) in assessment press Techniques
- (ii) Stages in the Assessment Process
- (iii) Outline for a Case Study

2. Clinical Interview

- (i) The Interview in Clinical Practice
- (ii) Kinds of Interview
- (iii) Arrangements for the Interview
- (iv) Stages in the Initial Interview
- (v) Communication and Language
- (vi) Nonverbal Communication
- (vii) The Reliability and Validity of Clinical Interview

3. Psychological Testing (Tests in Clinical Use)

- (i) Wechsler Adult Intelligence Scale
- (ii) MMPI
- (iii) TAT
- (iv) Rorschach.
- (v) Rorschach picture frustration study

BOOKS RECOMMENDED:

1. Korshin Shelodon J. Modern Clinical psychology CBs Publishers and Distributors 485 Jain Bhawan Bholanath Nagar shahdara Delhi.
2. Freeman F.S. (1971) Theory and Practice of psychological Testing 3rd ed. New Delhi. Oxford and IBH.
3. Anastasi A (1976) psychological Testing 4th ed. New York Macmillan.
4. Rapaport D Gill M.M. & Schafer R. (1968). Diagnostic psychological Testing (Revised editor edited by Halt R.R). New York, International Universities Press.

PSY/E01C -PROJECT: IN THE AREA OF CLINICAL PSYCHOLOGY

ELECTIVE COURSE GROUP-B:

INDUSTRIAL PSYCHOLOGY PSY-ECG –B -117

PSY/E-02A: PERSONNEL PSYCHOLOGY

1. INTRODUCTION TO PERSONNEL PSYCHOLOGY

- (i) Nature, scope and functions of personnel psychology
- (ii) Utility theory
- (iii) Systems view of personnel psychology
- (iv) Personnel psychology: Current practices and emerging trends.

2. JOB ANALYSIS

- (i) Meaning and importance of job analysis and a good job description
- (ii) Job evaluation

3. RECRUITMENT AND PERSONNEL SELECTION

- (i) Recruitment planning and methods of recruitment
- (ii) Selection methods: Interview, psychological tests, references, bio-data, assessment centers.
- (iii) Evaluating selection procedure and techniques.

BOOKS RECOMMENDED:

- 1- Descenzo, D.A.&Robbins, S.P.(1989).Personnel human resource management. USA:Prentice-Hall
- 2- Aamodt,M.G.(2007).Industrial and organizational psychology:An applied approach.US:Thomson & Wadsworth.
- 3.Pareek,U.and Rao,T.V.(2003).Designing and managing human resource systems.N.D:Oxford & IBH.
- 4.Pattanayak,B.(2005).Human resource management.3rd ed.N.D:Prentice-Hall.
- 5.Schultz,D. and Sxhultz,S.E.(2006). Psychology and work today.8th ed.N.D:Pearson Edu.
- 6.Miner,J.B.(1992).Industrial and organizational psychology. McGraw-Hall.

7.Mullins,L.J.(2007).7th ed.Management and organizational behaviour.N.D. Pearson Edu.

PSY/E -02B: ORGANIZATIONAL BEHAVIOUR

1. FUNDAMENTALS OF ORGANIZATIONAL BEHAVIOUR

- (i) Nature of organizational behavior
- (ii) Models of OB: Autocratic, Custodial, Supportive, Collegial, System
- (iii) Trends of OB

2. MOTIVATION IN ORGANIZATION

- (i) Motivating by meeting needs and managerial applications: Maslow, Adler, Herzberg and McClelland.
- (ii) Motivating by setting goals: Goal setting theory and setting effective performance goals.

3.COMMUNICATION,CONFLICT AND STRESS

- (i) Organizational communication: Meaning, functions, directions and methods of improving communication, types (formal-informal, electronic)
- (ii) Interpersonal and inter-group conflicts, work-family conflict. Strategies for conflict resolution.
- (iii) Work stress: Sources, consequences, managing stress (individual and organizational approaches).
- (iv) Employees counseling.

BOOKS RECOMMENDED:

1. Mullins,L.J.(2007) 7th ed.Management and organizational behavior. N.D:Pearson Edu.
2. McShane,et al.(2006).1st reprint. Organizational behaviour.N.D.:Tata McGraw-Hall.
3. Newstrom, J.W.(2007).Organizational behavior: Human behavior at work.N.D:Tata McGraw-Hall.
4. Greenberg, J.and Baron, R.A.(2003)Behavior in Organizations. N.D: Pearson Edu.
5. Robbins,S.P.Judge T.A.&Sanghi A.(2009).Organizational behavior. N.D.Pearson Prentice-Hall.

6. Ivancevich .J.M. Knapsack ,R.& Matteson, M.T.(2005). Organizational behavior and management. Delhi:Tata McGraw-Hill
7. French,W.L.Bell,C.H.& Zawacki,R.A,(2006). Organization development ans transformation: Managing effective change Delhi Tata McGraw Hill

PSY/E -02C: PROJECT: IN THE AREA OF INDUSTRIAL PSYCHOLOGY

ELECTIVE COURSE-GROUP-C

COUNSELING PSYCHOLOGY PSY -ECG –C-118

PSY/E -03A: COUNSEELING PROCESS

1. NATURE AND GOALS OF COUNSELLING

- a. Definition and goals of counseling
- b. Training, job setting and activities of counselor
- c. Stages of the counselor process

2. BUILDING THE RELATIONSHIP AND IN-DEPTH EXPLORATION

- a. Communication and building the counseling relationship
- b. The core conditions of counseling
- c. Counselor's actions that impede communication
- d. In depth exploration
 - i. Goals and methods
 - ii. Advanced empathy
 - iii. Immediacy
 - iv. Confrontation
 - v. Interpretation
 - vi. Role playing

3.COMMITMENT TO ACTION AND TERMINATION

- a. The process of goal setting
- b. Design and implication of action plans
- c. Termination
- d. Ethical principles of counseling.

4. PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS IN COUNSELING

1. Components of effective assessment
2. Inter-disciplinary implications and guidelines for human assessment
3. Non-standardized techniques for human assessment
 - a. Observation
 - b. Rating scale
 - c. Anecdotal Report
 - d. Autobiography
 - e. Questionnaire
 - f. Structural interview and intake interview
4. Standardized techniques for human assessment
 - a. Intelligence Test
 - b. Aptitude Test.

BOOKS RECOMMENDED:

1. Feltham, C.&Horton,I.E. ed (200). The sage handbook of counseling and psychotherapy (2nd ed). London: sage Publication
2. Gibson, R.L. Mitchell, M.H.(2005). Introduction to counseling and guidance (6th ed). Delhi:Pearson education pte.Ltd
3. Gelso,C.J.Fretz B.R. (1995) counseling psychology. Banglore:prism books Pvt.Ltd.

PSY/E -03B: COUNSELING SKILLS AND APPROACHES

1. INTRODUCTION TO COUNAELING SKILLS

- 1- Helpers and counseling skills
- 2- Creating mind skills
- 3- Creating communication and feelings
- 4- Helping as a process

2. COUNSELLING SKILLS

1. Listening skills: Active listening, showing that you are listening paraphrasing skills, reflecting-feeling skills, listening mistakes.
2. Questioning skills: Types of question, areas of questions, information.
3. Challenging skills: Feedback skills, disclosing skills.
4. Monitoring skills: Referral skills, identifying unhelpful thinking.

BOOKS RECOMMENDED:

1. Felham, C. & Horton, I. E. (ed). (2006). The sage handbook of counseling and psychotherapy (2nd ed). London: sage Publication.

1. Gibson, R. L. Mitchell, M. H. (2005). Introduction to co-counseling and guidance (6th ed). Delhi: Pearson education Pte. Ltd.

3. Gelso, C. J. Fretz B. R. (1995). counseling psychology. Bangalore: Prism books Pvt. Ltd.

4. Gregory, R. J. (2005). psychological Testing (4th ed. Delhi: Pearson education Pte. Ltd.

PSY/E -03C: PROJECT: In the area of Counseling Psychology

Semester-IV

Core Course

PSY C -016 Theories of personality

Unit-I

- a. Murray's theory
- b. Maslow's theory
- c. Roger's self theory

Unit- II

- a. Allport's theory
- b. Cattell's Factor theory
- c. Eysenck's dimensional theory of personality

Unit-III

- a. Lewin's Field theory
- b. Festinger's cognitive dissonance theory
- c. Dollard & Miller's stimulus response theory.

SOURCE BOOKS:

1. Hall, C.S., Lindzey, G & Campbell, J.B. (2004). Theories of personality (4th ed). New York, John Wiley & son's, Inc.
2. Barger, E. (2006). Personality theories (7th ed). New York: Houghton Mifflin Company. A.K. Singh Psychology of personality, Motilal Banarsidas.

REFERENCE BOOKS:

1. Barger, J.M. (2004). Personality (6th ed). USA: Wadsworth/ Thompson Learning.
2. Hjelle, L.A. & Ziegler, D.J. (1992). Personality theories (3rd ed). New York: McGraw-Hill, Inc.
3. Mischel, W. (1976). Introduction to Personality. USA: Holt, Rinehart & Wiston

PSY C-017: TEST CONSTRUCTION

1. Principles of Test construction, Item Analysis, Norms and their uses, Reliability and Validity.
2. Test of General intellectual development. Stanford Binnet scale of intelligence, Weschler's scales. Individual & Group tests, performance test, non language test.

BOOKS RECOMMENDED:

1. Kaplan, R.M. & Saccuzzo, D.P. (2007). Psychological Testing: Principles, Applications, and Issues. Australia: Thomson Wadsworth.
2. Anastasi, A & Urbina, S. (1997). Psychological testing. N.D. Pearson Education,
3. Gregory, R.J. (2005). Psychological testing: History. Principles and applications. New Delhi: Pearson Education.
4. Freeman, F.S. 3rd ed. (1965). Psychological testing. New Delhi: Oxford & IBH Publishing Co Pvt. Ltd.
5. Cronbach, L.J. 5th ed. (1990). Essential of psychological testing New York: Harper Collins Publishers.
6. Anastasi A. (1988). Psychological Testing: New York: McMillan

PSY C- 018 - APPLIED SOCIAL PSYCHOLOGY

UNIT-I:

Social perception:

- i. Meaning & Nature of social perception
- ii. Perceptual Accentuation
- iii. Role of Non Verbal cues in person perception

UNIT-II:

Pro-Social Behavior:

- i. Determinants of Helping Behavior
- ii. Theories of pro-social Behavior
 - a. Social Exchange Theory.
 - b. Social Norm Theory.
 - c. Reinforcement Theory

UNIT-III: Psycho-Social Issues and Indian Society

Poverty, Gender issues, social Institutions, population issues, dowry, sex discrimination, Social movements.

BOOKS RECOMMENDED:

1. Berkowitz, L. and walster, E. (EDS).Advances in Experimental social psychology.
2. G.Lindzey and E.Avanson. the Hand Book of social Psychology (3rd ed).
- 3.Cook. M.(Ed.)issues in person Perception.
4. Suleman. Social Psychology motilal Banarasidas.

ELECTIVE COURSE Group A,B,C (Any one Group)

Elective Course Group A

Clinical Psychology

PSY/E -04A: Counseling

1. NATURE AND GOALS OF COUNSELING

- a. Definition and goals of counseling
- b. Training, job setting and activities of counselor
- c. Stages of the counselor process

2. BUILDING THE RELATIONSHIP AND IN-DEPTH EXPLORATION

- a. Communication and building the counseling relationship
- b. The core conditions of counseling
- c. Counselor's actions that impede communication
- d. In depth exploration
 - (i) Goals and methods
 - (ii) Advanced empathy
 - (iii) Immediacy
 - (iv) Confrontation
 - (v) Interpretation
 - (vi) Role playing

3. COMMITMENT TO ACTION AND TERMINATION

- 1. The process of goal setting
- 2. Design and implication of action plans
- 3. Termination
- 4. Ethical principles of counseling.

4. PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS IN COUNSELING

- 1.Components of effective assessment
- 2.Inter-disciplinary implications and guidelines for human assessment
- 3.Non-standardized techniques for human assessment
 - a.Observation
 - b.Rating scale
 - c.Anecdotal Report
 - d.Autobiography
 - e. Questionnaire
 - f.Structural interview and intake interview
4. Standardized techniques for human assessment
 - a. Intelligence Test
 - b. Aptitude Test.

BOOKS RECOMMENDED:

- 1.Feltham, C.&Horton,I.E. ed (200). The sage handbook of counseling and psychotherapy (2nd ed). London: sage Publication
- 2.Gibson, R.L. Mitchell, M.H.(2005). Introduction to counseling and guidance (6th ed). Delhi:Pearson education pte.Ltd
- 3.Gelso,C.J.Fretz B.R. (1995) counseling psychology. Banglore:prism books Pvt.Ltd.

PSY/E -04B: PSYCHOTHERAPIES

1. Introduction to psychotherapies

1. Definition and nature of psychotherapy
2. psychotherapeutic procedures: Basic skills
3. psychoanalytic therapies: Classical and modern
4. Transactional Analysis

2. Behavior Therapy

1. Overview of Behavior Therapy
2. Systematic Desensitization and its variants
3. Assertiveness procedures and Contingency Management.

3. Cognitive Humanistic and Existential Therapies

1. Cognitive Therapies
2. Humanistic Therapies
3. Existential Therapies
4. Marital & Family Therapies

4. Multimodal, Eastern and special population yoga therapy

1. Multimodal Therapies
2. Multicultural Therapies
3. Eastern Therapies
4. Therapies for mentally challenged

BOOKS RECOMMENDED:

1. Capuzzi, D. & Gross, D.R. (2008). Counseling and psychology theories and intervention 4th ed. Pearson education: Indian
2. Corey, G. (2008). Theory and practice of group counseling Thomson Brooks/ Cole: Belmont CA: USA.
3. Prochaska J.O. & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis 6th ed. Thomson Books/cole Belmont, C.A. USA.
4. Corsini R.J. & Fretz B.R. Eds. (1995). Current psychotherapies. Itasca, III F.E. Peacock.
5. Gelso, C.J. & Fretz B.R. (1995). Counseling psychology Bangalore: prism books.

PSY/E -04C: Practicum: practical will be decided on the availability of the test/ instruments.

ELECTIVE COURSE –GROUP-B

INDUSTRIAL PSYCHOLOGY

PSY/E -05A: HUMAN RESOURCE MANAGEMENT

A. Introduction to human resource management

1. Concept and functions of HRD
2. HRD challenges in Global and Indian scenario
3. HRD for corporate excellence
4. Concept of equal employment opportunities

B. TRAINING AND DEVELOPMENT

1. Assessing training needs
2. Training methods: on the job training, apprenticeship, business games and in-basket training
3. Career development and planning
4. Evaluating training programs

C. JOB SATISFACTION AND TALENT MANAGEMENT

1. Attitudes and job satisfaction
2. Job satisfaction: Causes and consequences
3. Measurement of job satisfaction
4. Buying, borrowing and building talent

BOOKS RECOMMENDED:

1. Pareek, U. and Rao, T.V. (2003) Designing and managing human resource systems. N.D.: Oxford & IBH.
2. Decenzo, D.A. and Robbins, S.P. (1988). Personnel human resource management. (3rd ed). Prentice-Hall.
3. Dessler, G. (2008). Human resource management. 10th ed. N.D. Dorling Kindersley India Pvt Ltd.
4. Beardwell, I & Holden, L. (1998). Human resource management: A contemporary perspective. New Delhi: Macmillan India Ltd.
5. Robbins, S.P. & Sanghi, S. (2007). Organizational behavior 11th ed. New Delhi: Pearson education.
6. Cascio, W.E. (1987). Applied psychology in personnel management. 3rd ed. USA. Prentice Hall.

7. Bery, L.M. (1998). Psychology at work: An introduction to industrial and organizational psychology 2nd ed. New York: McGraw-Hill.

PSY/E -05B: ORGANIZATIONAL DEVELOPMENT

A. FOUNDATIONS OF ORGANIZATIONAL DEVELOPMENT

1. Meaning and nature of OD
2. Approaches to OD: Laboratory training stem, survey research & feedback stem, action research stem;
3. Approaches to OD: Socio-technical and socio-clinical stem.

B. ORGANIZATIONAL CHANGE

1. Change: meaning forces for change, planned change
2. Resistance to change, overcoming resistance to change
3. Approaches to managing organizational change: Lewin's three-step model; Kotter's eight-step plan
4. Organizational development; models and theories of planned change.

C. OD PROCESS AND OD INTERVENTIONS

1. Diagnosis
2. Action research and OD intervention
3. Program management component
4. OD interventions in Indian organization.

BOOKS RECOMMENDED:

1. Aamodt, M.G. (2007). Industrial and organizational psychology: An applied approach. US. Thomson & Wadsworth.
2. French, W.L. & Bell, C.H. (1999). 6th ed. Organizational development: Behavioral science interventions for organization improvement N.D. Prentice-Hall.
3. Ramanarayan, Rao & Singh (eds).
4. Pareek U. and Rao T.V. (2003). Designing and managing human resource systems. N.D. Oxford & IBH.
5. Neo, R.A. Hollenbeck, J.R. Gerhart, B. & Wright, P.M. (2006). Human Resource Management. N.D. Rara McGraw Hill.
6. Pattanayak, B. (2005). Human resource management 3rd ed. N.D. Prentice-Hall.
7. Schultz, D. and Schultz, S.E. (2006). Psychology and work today. 8th ed. N.D. Pearson Edu.

PSY/E -05C: PRACTICUM: practical will be decided on the availability of the tests/instruments.

ELECTIVE COURSE- GROUP-C
COUNSELING PSYCHOLOGY

PSY/E -06A: GUIDANCE AND CAREER COUNSELLING

1. NATURE, PRESENT TRENDS AND FUTURE DIRECTION IN GUIDANCE AND CAREER COUNSELLING

- (i) Stages in career counselling: Self-discovery, understanding the nature of work, career alternatives.
- (ii) Career counselling and process of human development.
- (iii) Present trends in career counselling.
- (iv) Guidance in career counselling.

2. THEORIES OF CAREER DEVELOPMENT

- (i) Holland's Theory of vocational personality and work environment.
- (ii) Super's development-self concept approach.
- (iii) Bandura's social learning approach.
- (iv) Implications of career theories for counsellors.

3. CAREER COUNSELING: LIFE SPAN APPROACH

- (i) Career counselling at elementary school level.
- (ii) Career counselling at secondary school level.
- (iii) Individual and group counselling.

BOOKS RECOMMENDED:

1. Berk, L.E. (2003). Child development (6th ed). Delhi: Prentice Hall of India.
2. Mash, E.J., Wolfe, D.A. (1999). Abnormal Child psychology. Belmont: Brook/Cole. Wadsworth.
3. Papali D.E., Olds, S.W., Feldman, R.D. (2004). Human development (9th ed). Delhi: Tata McGraw-Hill.
4. Gels, C.J., Fretz, B.R. (1995). Counseling psychology. Bangalore: Prism Books Pvt. Ltd.
5. Gibson, R.L., Mitchell, M.H. (2003). Introduction to counseling and guidance (6th ed). Delhi: Pearson Education.
6. Alumni, G., Arulmani, S. (2004). Career counseling: A handbook. New Delhi: Tata McGraw-Hill Publishing Co. Ltd.

PSY/E -06B: AREAS OF COUNSELLING

1. HELPING TROUBLED CHILDREN AND ADOLESCENTS

- (i). Emotionally disturbed children and adolescents.
- (ii). ADHD.
- (ii). Learning disabled.
- (iv). Academic underachiever.

2 .FAMILY COUNSELLING AND COUNSELLING FOR PHYSICALLY AND MENTALLY CHALLENGED

- (i). Premarital and marital Counseling.
- (ii). Counseling for women.
- (iii). Types of physical handicapped and Treatment.
- (iv)s. Types of mentally challenged and treatment.

3. COUNSELLING FOR HIV/AIDS-VICTIMS AND TERMINAL ILLNESS

1. Orientation of HIV/AIDS- Counseling.
2. Pre-test and post-test Counseling.
3. Handling suicides and Parasuicides.
4. Counselling for other terminal illness.

BOOKS RECOMMENDED:

- 1.Felham,C.& Horton,I.E.(ed).(2006).The sage handbook of counseling and psychotherapy (2nd ed).London:sage Publication.
2. Gibson,R.L.Mitchell,M.H.(2005).Introduction to coounselling and guidance (6th ed).Delhi:Pearson education Pte. Ltd.
3. Gelso, C.J. Fretz B.R. (1995).counseling psychology.Banglore:Prism books Pvt. Ltd.
4. Gregory,R.J.(2005).psychological Testing (4th ed. Delhi:Pearson education Pte.Ltd

5. Rao, S.N. (2006). Counseling and guidance (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.

PSY/E -06C: PRACTICUM: - Practical will be decided on the availability of the tests/instruments.

PSYCHOLOGY SELF STUDY COURSE

SEMESTER II

PSY SSC -2.1 Environmental Psychology

Objectives

1. To highlight the simultaneous mutual interaction of environment and behavior
2. To delineate psychological approaches to the study of environment
3. To discuss the impact of ecological degradation and the need for enhanced awareness programmes.

1. Environment and Behaviour

Environmental wisdom : Evolving environmental ethics from values about Nature in the ancient Indian systems .Earth as a living system: The Gaia Hypothesis; Deep ecology.

Effects of behavior on environment: perception, preferences and awareness of environment.

Effects of environment on behavior: Noise pollution, chemical pollution, crowding and personal space.

2. Ecology and Development

Human Nature and Environmental Problems; Pro-social and Pro-environment Behaviours Ecosystems and their components. Demography: Mortality and fertility. Resource Ues: Common property Resources. Sustainable Development. Ecology. Acculturation and psychological adaptation.

3. Psychological Approaches Environment

Eco-cultural psychology (Berry). Bio-social psychology(Dawson).Ecological psychology (Barker). Person Environment Transaction (Sokols; Ittrlson).

4. Environmental assessment

Socio-psychological dimensions of environmental impact. Environmental deprivation: Nature and consequences. Creating environmental awareness: social movements (Chipko, Their, Narmada).Naturalistic Observation and field surveys.

Readings

Dinesh.N (2006) Environmental Psychology concept publishing company
Dreze,J.& Sen,A.(Eds.)(1992).Indian development. Delhi: Oxford University Press.
Gadgil,M.&Guha,R.(1995). Ecology and equity.New Delhi: penguin Books.
Goldsmith, E.(1991). The way: ecological world- view. Boston: shambhala
Lttison.W.H.proshansky H.M.Rilvin, E.G;winkel,G.H.& Dempsey, D. (1974) An
introduction to environmental psychology. New York: Holt, Renhart and winstom.
Mishra, R.C.sinha, D. & Berry, J.W.(1996). Ecology, community and lifestyle. New
Delhi.
Odum, E.p.(1997).Ecology's A bridge between science and society. Massachu setts;
sinauer associates
Pandey J;sinha D.& Bhawuk,D.P.S.(Eds.)(1996) Asian contributions to cross-
scultural psychology.s New Delhi.Saga publications

OR

PSY SSC-2.2 Educational Psychology

Objectives:

1. To enable the students to understand psychology as a scientific discipline and its applications to education.
2. To enable the students to understand the nature of development and to appreciate the common characteristics. Needs and behavioral problems of children and adolescents and successive theories and their educational implications.
3. To enable the students to understand the nature and functioning of personality and adjustment mechanisms.

Course:

1. Education and psychology- Nature, Methods and Application.
2. Human Growth and Development- Concept, Stages, methods of study.
3. Emotional and social development, piaget's Developmental approach and stages of cognitive and language development.
4. Personality –Nature, Determinants, approaches: Trait and Type) and Assessment.
5. Intelligence and cognitive abilities (concept, structure and functions). Emotions Intelligence Recent trends in testing intelligence/ cognitive Abilities.
6. Mental Health, Adjustment process-motive, anxiety, conflicts, stress and their resolution.

Biological psychological and sociological measures for promoting mental health.

Readings – शर्मा एवं भार्गव (2008),मनोविज्ञान एवं शिक्षा में प्रयोग एवं परीक्षण,कचहरी घाट,आगरा.

विवेक भार्गव (2010),शैक्षिक मनोविज्ञान.

लाल बच्चन त्रिपाठी,(2009)आधुनिक प्रयोगिक मनोविज्ञान.कचहरी घाट आगरा

SEMESTER III

PSY SSC 3.1 SELF AND PERSONAL GROWTH

Objectives

This course seeks to help the students in understanding the emergence of self from developmental, experiential, humanistic and Indian perspectives, with the goal to enhance their personal growth/Well-being and that of others in their contact.

CONTENTS

A. Psychology of self

1. Introduction

Perspectives on the notion of personality, Self and Personal growth in psychology; Self as an object and a process. Bases of Self knowledge: Proximal and Distal.

2. Self from a Developmental Perspective

Introduction to ideas of William James, M.Lewis (concepts of 'I' and 'me': Categorical self); G.H. Mead, Cooley (symbolic interactionism); Robert Kegan (A constructivist-developmental approach); Carl Rogers' Phenomenology.

3. Self in the "Experiential" Tradition

The fantasy of being found: Reactions; Playing and search for Self; Unintegrating as against disintegration; Discovery of self- A moment of paradox; Cultural experience and Self. Notions of 'maturity' and 'creativity're- examined.

4. Existential Perspectives on Self

Concerns from philosophy, literature and psychology (Laing).

5. Self in the Indian Thought

Traditional and contemporary approaches.

B. Self Management and Personal Growth: Experiential Approach

1. Social identity and Psychological Stress. Quality of Life and Well-Being.
2. Stress in the Context of Self; Self-efficacy and other coping strategies.

Readings

- Bayer, B.M., & Shotton, J.S. (1997). *Reconstructing the psychological subject*. London: Sage.
- Burke, P.J. (1996). Social identities and psychological stress. In H.B. Kaplan (Ed.) *Psychological stress*. New York: Academic Press.
- Kaplan, H.B. (1996). *Psychological stress from the perspective of self theory*. In H.B. Kaplan (Ed.) *Psychological stress*. NY: Academic press.
- Kegan, R. (1982). *The evolving self*. NY: Harvard University Press.
- Markus, H., & Kitayama, S. (1991). Culture and the self: implication for cognition, emotion and motivation. *Psychological Review*, 98, 224-253.
- Misra, G., & Giri, R. (1995). Is Indian self predominantly interdependent? *Journal of Indian Psychology*, 13, 16-29.
- Pestonjee, D.M. (1992). *Stress and coping: An Indian experience*. Thousand Oaks: Sage.
- Roland, A. (1989). *In the search of self in India and Japan: Towards Cross-cultural psychology*. NJ: Princeton University press
- Roy, R. (1996). Atman vs. the self: Gandian perspective on man and society. In R. Roy (Ed), *Understanding Gandhi* (pp.80-107). Delhi: Ajanta.
- Russell, M.L. (Ed). *Stress management for chronic disease*. NY: Pergamon.
- Weiten, W., & Lloyd, M.A. (1994). *Psychology applied to modern life*. California: Books/Cole

OR

PSY SSC-3.2 Psychology and Sports

Objectives

1. To trace the development of sports psychology as an independent discipline with its multidimensional perspectives
2. To identify the relationship of personality and situational factors with performance on individual and team events; and
3. To discuss the role of psychological interventions

Contents

1. Nature and historical and recent perspectives on sports psychology
2. The role of stress, arousal, anxiety and attention in the performance of individual and team sports.
3. Motivation, skills and performance. Personality profiles of successful sports persons
4. Cognitive and social psychological dimensions of individual and Team sports persons
5. Training/coaching techniques. Cognitive and behavioral interventions. The role of sports psychologists

Readings

- Arnold, D.L.U. & Naitan, J.R. (1989). *Sports psychology*. Chicago: Nelson-Hall.
- Caratty, B.J. (1989). *Psychology in contemporary sports*. N.J: Prentice Hall.

Horn, T.S. (Ed) (1992) *Advances in Sports psychology*. Canada: Human kinetics.
Mohan, J. (1996). *Recent Advances in Sports psychology*. New Delhi: Friends.
Murphy, E. (1995). *Advances in Sports psychology*. Illinois: Human kinetics.
Murphy, S.M. (1995). *Sports psychological interventions*. Champaign: Human kinetics.
Sandhu, G.S. (1992). (1992). *Psychology in sports: A contemporary perspective*. New Delhi: Friends.

SEMESTER IV

PSY SSC 4.1 Stress, Emotions, Coping and Health

Objectives

1. To impart an introduction to the concept, forms /types and sources of stress phenomenon within a life- span perspectives;
2. To discuss in brief the nature, consequences, and management of emotional vital signs of health/ well-being;
3. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress-health /well-being linkage;
4. To identify and evaluate the relative efficacy of various cognitive and behavioral interventions for coping with stress in its various forms and manifestations.

Content

1. The Nature of Stress and Health

Lazarus and Folkman's Transactional model; Eastern/Oriental Conceptualization of stress; sources/Types of stress; Life Events stress; Worksite/ organizational/ Executives stress; Examination stress; Gender and stress.

2. Stress and Health- Related consequences

Behavioral and physical symptoms. Burnout stress syndrome (BOSS) Anxiety, Anger and Depression as Emotional vital signs of Mental Health; Their Nature and Management.

3. Socio –Demographic

(e.g., socio-economic status, gender), personality (e.g., Type A Behaviour pattern) and Coping strategies (Problem-Focused and emotion-focused), as Moderators of the Relationship of stress and Health/ well-being.

4. Social Resources

Social /Family/Peer/Supervisory support and their appraisals as
Moderators of the relationship of stress and health/ well-being.

5.Managing /Coping with Stress

Self-Management via increasing self- Awareness. Yogic Meditation; Buddhist Vipassana; Bio-feedback; Assertiveness Training; management. Coping with Organizational role stress. Coping with Mergers and Acquisitions Dealing with dual-career Relationships.

Readings

Cooper, c.& payne,R.(Eds.) (1988) courses coping and consequences of stress at work. Chichester: wiley.

Cotton,D.(1990). Stress management and integrated approach to psychotherapy. New York: Btnner.

Misra,G.(ed). (1999). Psychological perspectives on stress and Health. New delhi: concept.

Ram,U,(Ed).(1998). Suffering and stress management: west versus East. Pune: Deep publications.

Spielberger,C.D.&season,I.G.(Eds).(1996).Stressand Emotions.Anxiety,Anger and curiosity vol 16.

OR

PSY- SSC 4.2 INDIGENOUS PSYCHOLOGY

Objectives

The purpose of the course is to develop a culturally sensitive perspective on psychological processes. Considering culture as a process and viewing psychological phenomena as

reciprocally related to it, the course intends to initiate students in to the emerging field of Indian indigenous psychology.

CONTENTS

1. Introduction

Diverse perspectives on the discipline of psychology: Biological, Social, Cultural and indigenous; The debate on 'Scientific paradigm' and its implications for indigenous psychology.

2. Relationship Between Culture and Psychology

Changing perspectives, Emergence of Cultural, Cross-Cultural and indigenous psychologies. The non-western perspectives on psychology.

3. World Views and Perspectives on Reality

Methods of knowing in Indian tradition with references to Sankhya, Vedant, Yoga and Buddhism.

4. The Notion of Self

The problems of self and understanding. The notion of mind, consciousness and spirituality.

5. Health and Well-being

Yoga and meditation: Pranayama, Mudra, Bandhas, Pratyahar, Dharma, Dhyan, Compassionate Action.

6. Values, Mortality and Justice

Indian perspectives

7. Conceptualizing Man-Environment Relationship

Social behaviour: The challenges of individuality and relatedness.

8. Insight into Organizational Dynamics

Leadership, values and motivation.

9. Human Development

The idea of child; Organizational of adult life; Process of ageing.

10. Motivation

Intrinsic motivation, Idea of Anasakti, Work Happiness.

11. Cognitive functions

Reading

Ajaya,s.(1983).psychotherapy East and west. Honesdale (PA) :Himalaysn International Institute.

Bhattachatyya,K(1960). Method psychology psychology and Hindu thought. Philosophical Quarterly,33 1-12,

Chakraborty,s.k. (1993) managerial transformation by values .New Delhi.

Desai ,P.(1989).self and medicine in the Hindu traditions. New York: Crossroads.

Kim,u & Berru,J.W. (1993), Indigenous psychology: Research and experience in cultural contexts Newbury park.

Kim,u.(2000). Special issue of Asian jutmal of social psychology on Indigenous psychology.

Misra,G.& mohanty,A.K.(2001). Perspectives on indigenous psychology.New Delhi.

Ram, s.Ballentine,R.& sjaya,s.(1976) yoga and psychtheraphy. Hinsdale (PA) Himalayan International Institute.