

# **FIRST SEMESTER**

## **PAPER-101 (THEORY)**

### **General Psychology-I**

#### **Unit-I (Perception)**

- I. Perception, perceptual constancy: Size, shape, brightness, illusion, perception of depth and moments.
- II. Signal detection theory, subliminal perception on related factors.
- III. Information processing approach to perception and perceptual styles.

#### **Unit-II (Learning)**

- I. Classical conditioning and instrumental learning: Phenomena procedure and related issues.
- II. Learning theories: Classical (Pavlov & Skinner) and contemporary (Observational and skill).
- III. Cognitive approaches in learning: Latent learning, observational learning.

#### **Unit-III (Memory and forgetting)**

- I. Memory process and stages of memory.
- II. Model of memory: Atkinson and Shiffrin, Craik and Lockhart, Tulving trace model and network model.
- III. Long term memory: Retrieval cues, flashbulb memory, constructive process in memory, eyewitness memory, and autobiographical memory.

#### **Unit-IV (Thinking and problem solving)**

- I. Creative thinking and problem solving (types and strategies).
- II. Concepts formation: Rules and strategies, role of concepts in thinking.
- III. Convergent and divergent thinking, cognitive strategies: Algorithms and heuristics.

#### **Text Book:**

1. General Psychology- Baron and Byrne, 10<sup>th</sup> edition.
2. Introduction to psychology- Clifford Morgan.
3. Psychology, Indian subcontinent edition 5<sup>th</sup> edition- Baron and Misra, Pearson India, 2015

# **PAPER-102 (THEORY)**

## **Basic Physiological Psychology**

### **Unit-I (Biological basis of behavior)**

- I. Biological basis of behavior I : Physiological approaches to behavior.
- II. Physiological methods:- Stimulation and electronic chemical recording techniques, ablation. method, anatomical method, clinical method, chemical and electronic method.
- III. Receptor, effector, and adjuster Mechanism.

### **Unit-II (Organization of the nervous system)**

- I. Structure and function of the Neuron.
- II. Structure and function of the Peripheral Nervous System (PNS), Autonomic Nervous System (ANS).
- III. Structure and functions of Central Nervous System (CNS): Brain and spinal cord.

### **Unit-III (Sensory, Endocrine system and Sleep)**

- I. Sensory system: Vision and audition.
- II. Structure and function of Endocrine system
- III. Sleep and waking: Stages of sleep, disorders of sleep and physiological mechanisms of sleep and waking.

### **Unit-IV (Hormones and behavior)**

- I. Hormones for cellular function.
- II. Hormones of stress.
- III. Hormones of growth, sexual behavior and reproduction.

### **Text Book:**

1. An introduction to Physiological Psychology (3<sup>rd</sup> edition), Frana's Leukel
2. Introduction to Physiological Psychology. (3<sup>rd</sup> edition), Charles F. Levinthal

# PAPER-103 (THEORY)

## Social Psychology-I

### Unit-I (Introduction)

- I. Social Psychology – A working definition.
- II. Theories of Social Psychology- Genetic theory, learning theory, cognitive theory, psychoanalytic theory, decision making theory.
- III. Methods in Social Psychology: Systematic observation, correlation, experimental method.

### Unit-II (Attitude)

- I. Defining attitude, Nature and characteristics of attitude.
- II. Theories of Attitude : Social Learning theory, balance theory, cognitive dissonance theory, dual processing theory (system versus heuristic processing) , Social identity.
- III. Attitude Behaviour link.

### Unit-III (Prejudice)

- I. Meaning and nature of prejudice.
- II. Why it persists: Social learning, social categorization, cognitive source.
- III. Reducing prejudice.

### Unit-IV (Social Influence)

- I. Conformity: Group influence inaction.
- II. Compliance : To ask-sometimes- Is to receive.
- III. External forms of social influence: Obedience to authority and intense indoctrination.

### Text Book:

- I. Social Psychology- S.E. Taylor,et.al., 12<sup>th</sup> edition.
- II. Social Psychology- Baron and Byrne, 10<sup>th</sup> edition.

# PAPER-104 (THEORY)

## Industrial and Organizational Psychology

### Unit-I ( Understanding Organizational Behavior)

- I. Definition & meaning of organizational behavior, Historical roots of OB, Importance of OB.
- II. OB model, Contributing discipline to OB field, challenges and opportunities for OB.
- III. Management functions ,Management roles, Management skills.

### Unit-II (Understanding the individual determinants)

- I. Biographical Characteristics of individual behaviour and abilities, Meaning and nature of personality, personality traits and OB, Myers-Briggs Indicator.
- II. Meaning of learning, theories of learning, Specific application of learning to organisation.
- III. Meaning and Nature of Motivation, Theories of Motivation-Content theories & process theories, Implication For managers.

### Unit-III (Understanding the group determinants)

- I. Meaning of group & stages of Group development, group decision making, implication for managers.
- II. Meaning of communication, Function of communication, process of communication, Effect of effective employee communication.
- III. Meaning & nature of leadership, Leadership styles & their implication, Theories of leadership-trait, behavioural, contingency.

### Unit-IV (Understanding the organization system)

- I. Definition of structure, key elements in designing structure-Work Specialization, departmentalization, chain of command, span of control, Types of organizational structure-simple, bureaucratic, matrix.
- II. Conflict and Work Stress: Conflict- nature, process, negotiation strategies, issues in negotiation. Work Stress- Nature, sources, consequences, and stress management.
- III. Meaning of organisational culture, sustaining the culture, effects of culture, changing organizational culture.

### Text Book:

1. Robbins, S.P. (2007). Organizational Behavior (6th Edition). Australia, Pearson/PrenticeHall.
2. Luthans, F. (2002). Organizational Behavior (9th Edition). USA, Tata McGraw Hill.
3. Aswathappa, K. (2007) Organizational Behavior (5th Edition). Mumbai, Himalaya Publishing House.

## Paper-105

### Practical

Administer any four psychological test

### Text Book:

1. Practical exercise of Psychology- U.N. Dash. et.al. Panchasila Publisher.
2. Exploration of Human Nature and Strength, Practical in Psychology- Namita Mohanty, Keka Varadwaj, Haresh Chandra Mishra.

# **SECOND SEMESTER**

## **PAPER-201(THEORY)**

### **General Psychology-II**

#### **Unit-I (Human abilities)**

- I. Concept of intelligence and creativity and their relationship.
- II. Theories of intelligence: Thurston, Jenson, Guilford, Catell.
- III. Theories creativity: Torrance, Getzels, Guilford.

#### **Unit-II (Personality)**

- I. Determinants of Personality: Biological and socio-cultural.
- II. Approaches to the study of personality: Psychoanalytic, Neo-Freudian , Social learning, Existential and humanistic.
- III. Personality assessment: Psychometric, projective and behavioral measures.

#### **Unit-III (Motivation)**

- I. Basic motivational concepts: instinct, needs, drives, incentives, motivational cycle.
- II. Approaches to the study of motivator: Psychoanalytical, ethological, S.R. cognitive , humanistic.
- III. Cognitive bases of motivation: Intrinsic motivation, attribution competence.

#### **Unit- IV (Emotion)**

- I. Components of emotion: Physiological, expressive and cognitive.
- II. Theories of emotion: James-Lange, Canon-Bard, Schachter and Singer.
- III. Conflicts: Source and types.

#### **Text Book:**

1. Chadha, N.K. & Seth, S (2014): The Psychological realm: An Introduction Pinnacle Learning, New Delhi.
2. Baron, R. & Mishra (2013). Psychology Pearsons.
3. Ciccarelli, S.K., & Meyer, G.E.(2010).Psychology: South Asian Edition. New Delhi: Pearson Education.

# PAPER-202 (THEORY)

## Statistics

### UNIT-I (Regression & correlation)

- I. Meaning, history and assumptions of regression, simple regression, difference between regression and correlation. Calculation of regression coefficient, regression equation from 'SD's,'r's and 'M's. Multiple linear regression with three and more variables. Uses of regression analysis and its limitations.
- II. Special correlation methods: General concept of biserial, point biserial and tetra choric correlation.
- III. Non linear, partial and multiple correlation. Phi and Contingency coefficient of correlation.

### UNIT-II (Analysis of variance and covariance)

- I. Introduction of ANOVA, One-way,( single factor) with repeated measure design.
- II. Two-way ANOVA, two factors with repeated measures on one and both the factors.
- III. Introduction of ANCOVA, Assumptions and computation of ANCOVA

### UNIT-III: Non-parametric statistical tests

- I. General concept, assumptions, uses and applicability of non-parametric statistics.
- II. The matched pairs, signed ranks Wilcoxon test. Wilcoxon composite rank test. Kendall's rank correlation coefficient.
- III. The Mann-Whitney U-test, Kruskal-Wallis one way analysis of Variance, Friedman's two-way analysis of variance.

### UNIT-IV: (Data analysis (multivariate and SPSS))

- I. Introduction to factor analysis. Basic concepts and assumptions of factor analysis. Important methods, merits and demerits of factor analysis.
- II. Introduction to SPSS, its main menu, working with data editor, its viewer. Importing and exporting data.
- III. Using SPSS for independent & depended sample t test. Using SPSS for one and two way ANOVA.

#### Text Book:

1. Minium, E.W. (1978). Statistics in Psychology and Education (2nd Edition), New York, Wiley.
2. Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology. (4th Ed.) India: Pearson Education, Prentice Hall.
3. King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
4. Mohanty, Banamali & Misra,Santa (2016), Statistics for Behavioural and Social Sciences,(1<sup>st</sup>.Ed.) India: SAGE publication Pvt. Ltd.

# PAPER-203 (THEORY)

## Life span Human development

### Unit-I (What is Development)

- I. Historical changes in phase of the life span perspective on development.
- II. The scientific design-data collection techniques. Describing development: Cross sectional, longitudinal and sequential research designs. Explaining development: experimental and correlational method.
- III. Basic issues in human development: The Nature/Nurture issue the activity / passivity issue. Universality / Particularity issue.

### Unit-II (Child development)

- I. Physical development during childhood.
- II. Cognitive development during childhood.
- III. Psychosocial development during childhood.

### Unit-III (Adolescence and Adulthood)

- I. Physical and cognitive development during adolescence.
- II. Relationship with family peers and adult society and adolescence at risk.
- III. Foundation if intimate relationship and parenthood.

### Unit-IV (Old age: Personal and Social Adjustments)

- I. Physical and Psychological development during Late adulthood.
- II. Old age: Life style and social issues related to aging.
- III. Life and death issues: What is death? What kills and when, why do we age and die? Kulber Roses stages of aging. Death anxiety.

### Text Book:

1. Life Span Human Development- Sigel man and Schafter, Brooks Cole Publishing Company.
2. Developmental psychology- David Shaffer et.al. Thompson.

## **PAPER-204 (THEORY)**

### **Health Psychology**

#### **Unit-I (Overview of Psychology of Health)**

- I. What is health? Current perspective on Health illness. Health psychology as a new field of inquiry.
- II. Research methods in health psychology.
- III. Culture and health.

#### **Unit-II (Health Behaviour)**

- I. An introduction to health behavior. Changing health behavior: attitude change and health behavior , cognitive behavioral approach to health behavior change.
- II. Health promotion behavior: Health habit modification through family , school, community based intervention, mass media, self help group, NGO and health practitioner's office.

#### **Unit-III (Specific health related behaviour)**

- I. Specific health related behavior: Exercise, developing a healthy diet, weight control and obesity.
- II. Health compromising behavior : Characteristics of health compromising behavior.
- III. Alcoholism and problem drinking- What are alcoholism and problem solving, origin of alcoholism and problem solving, social alcoholism and treatment of alcohol abuse.

#### **Unit-IV (Stress and Stress Management)**

- I. What is stress? What is stressor? Theoretical contribution:
  1. Walter cannon's fight or flight.
  2. Selye's General Adaptation Syndrome
  3. Tend and Befriend if Taylor, Kelein
  4. Lazarus view on appraisal and experience of stress.
- II. Measurement of stress: Life events scale, daily hassles scale.
- III. Stress management: Relaxation Training-meditation, behavioural and cognitive method

#### **Text Book:**

1. Health Psychology-Sheeley E. Taylor, Tata Mc Graw Hill 6<sup>th</sup> Edition.
2. Health Psychology: Edward Sarafino.

## **PAPER-205**

### **Practical**

Administer any four psychological test

#### **Text Book:**

1. Practical exercise of Psychology- U.N. Dash. et.al. Panchasila Publisher.
2. Exploration of Human Nature and Strength, Practical in Psychology- Namita Mohanty, Keka Varadwaj, Haresh Chandra Mishra.



# **DSE PAPERS**

## **PAPER-206-(A) (THEORY)**

### **Fundamentals of Psychology**

#### **Unit-I (Psychology a Science and its Perspectives)**

- I. What psychology is (definition) and scientific methods:
  - a) Naturalistic Observation
  - b) Survey
  - c) Correlation
  - d) Experimental
- II. Perspectives of functionalism and Gestalt.
- III. Psychoanalysis and Behaviourism.

#### **Unit-II (How we are changed by Experience, The learning process)**

- I. Classical Conditioning.
- II. Operant Conditioning.
- III. Observational Learning.

#### **Unit-III (Motivation –The Activation and Persistence Behaviour)**

- I. Drive and Expectancy theory.
- II. Maslow's need hierarchy theory.
- III. Achievement motivation.

#### **Unit-IV (Perception- How we understand our world)**

- I. Meaning, concept and operational definition and processes involved in perception. Principles of perceptual organization-Gestalt, figure and ground , Law of organization.
- II. Role of Need , past experience and cultural factors in perception.
- III. Error in perception- Illusion and Hallucination.

#### **Text Book:**

- I. Psychology- Robert A. Baron, Perceptile Hall of India Pvt. Ltd.
- II. Psychology- Hilgard & Atkinson.
- III. Psychology- Sandra K. Ciccarelli , Glenn E. Meyer, Perason Edn. Publication.

# **PAPER-206-(B) (THEORY)**

## **Child Psychology**

### **Unit-I (Concepts of Child Psychology)**

- I. Introduction, concept and definitions and nature and scopes of developmental child psychology, Pre Scientific period, Modern period of child psychology, Recent trends in child psychology, Difference between child psychology and developmental psychology.
- II. Methods of studying children: Cross sectional, longitudinal, experimental method. Non experimental method, Case study method, Biographical method, Questionnaire method.
- III. Process of development: Growth and development , Laws of development . principles and characteristics of development, trends of development, developmental periods, Maturation and learning.

### **Unit-II (Prenatal Development)**

- I. Introduction, How conception occur, sex determination.
- II. Periods of Prenatal development.
- III. Factors influencing prenatal development.

### **Unit-III (Developmental process)**

- I. Introduction, meaning and factors affecting intellectual development.
- II. Piaget's theory of Cognitive development.
- III. Measurement of Intelligent tests.

### **Unit-IV (Development)**

- I. Emotional development: Meaning ,definition, characteristics of emotional development, patterns of emotional development, factors affecting emotional development.
- II. Language development: Meaning definition, characteristics of language development, stages of language development, factors influencing language development.
- III. Social development: Introduction, meaning, definition of social development, factors affecting the social development, role of socialization process in social development of children.

### ***Text Book:***

1. Carson and Butche- Developmental Psychology.
2. Girishbala Mohanty- Child Development.
3. K.C. Panda & Namita Panda- Child Development.
4. L.E.Berk 2010- Child Development , New Delhi Percentile Hall.

## **PAPER-206-(C) (THEORY)**

### **Abnormal Psychology**

#### **Unit-I (Abnormal Psychology: An overview)**

- I. What do you mean by abnormality? The DSM-5, difference between normality and abnormality.
- II. Research approaches in abnormal psychology case studies, self-report data, observational approaches.
- III. Causal factors of abnormal behavior: 1. Biological, 2. Psychological, 3. Socio-cultural.

#### **Unit-II (Psychological Disorder-I)**

- I. Neurosis- Anxiety, phobia and OCD.
- II. Psychosis- Schizophrenia.
- III. Mental Retardation- Clinical types .

#### **Unit-III (Psychosomatic Disorder)**

- I. Clinical features, characteristics.
- II. Peptic Ulcer, Migraine headache, Hypertension.
- III. Eating Disorder and Obesity.

#### **Unit-IV (Overview of Treatment procedure)**

- I. Psychoanalysis.
- II. Cognitive therapy.
- III. Behavioral therapy.

#### **Text Book:**

1. Abnormal Psychology: Carson, R.C., Butcher I.N. 2<sup>nd</sup> edition
2. Bennett, P (2011), Abnormal and Clinical Psychology: An Introduction Text book Mc Graw Hill.

# **THIRD SEMESTER-III**

## **PAPER-301 (THEORY)**

### **Research methodology**

#### **Unit-I(Introduction to Psychology)**

- I. Meaning of research, scientific methods of research in importance in behavioral sciences.
- II. Psychological research paradigms: Old and new: Old paradigm-Psychology and its problems. New paradigm-Research in psychology. Ethics in Psychological research
- III. Types of research: Qualitative and Quantitative research, Descriptive research, Diagnostic study, evaluation study, action research, experimental research, analytical study or statistical method, Historical research, Survey, Case study, filed study. Steps in research.

#### **Unit-II (Review of literature and planning of research)**

- I. Need for review of literature what to review and for what purpose. Literature search purpose, sources of literature, planning the review work, note taking.
- II. The planning process, meaning and characteristics of problems, sources of stating a problem, types of problem, section of a problem for research, formulation of selected problem.
- III. Meaning characteristics of good hypothesis, formulating a hypothesis, ways of stating a hypothesis.

#### **Unit-III (Research Design and Sampling)**

- I. Meaning and purpose of research design, criteria of research design, basis principles of experimental research design.
- II. Meaning, definition of Sampling, types of sampling.
- III. Requisite of a good sampling, sampling size, advantages of sampling method.

#### **Unit-IV (Methods of data collection and Tools for data collection)**

- I. Meaning and importance of data, sources of data, uses of secondary data.
- II. Methods of collecting primary data- Observation, experimentation, stimulation, interview, panel method, mail survey, projective techniques, sociometry, content analysis.
- III. Types of tools, Reliability and validity of tools .

#### **Text Book:**

1. Research in Education, 9<sup>th</sup> edition by John W. Best and James V. Kahn.
2. Test Measurement and Research Methods in Behavioural Science by A.K. Singh.

# **PAPER-302 (THEORY)**

## **POSITIVE PSYCHOLOGY**

### **Unit-I (Introduction)**

- I. Introduction, meaning, definition.
- II. Culture and meaning of good life.
- III. Perspective on Positive psychology-Western and Eastern prospective on positive psychology.

### **Unit-II (Emotion)**

- I. Positive emotional states and process- What are positive emotion? Understanding positive effects and positive emotion. Broaden and Build theory of Positive emotion.
- II. Positive emotion and health resources- Physical, psychological and social resources .
- III. Emotional Intelligence- Meaning and components of emotional intelligence (Goleman).

### **Unit-III (Cognition)**

- I. Positive Cognitive states and process – 1. Self efficacy, 2. Optimism, 3. Hope and Wisdom.

### **Unit-IV (Application)**

- I. Applications of Positive Psychology :1. Positive health, 2.Aging, 3. Positive education and Positive psychology at work.

### **Text Book:.**

1. Baumgardner , S.R. Crothers M.K., (2010) Positive Psychology
2. Carr, A. (2004) Positive Psychology: The Science of happiness and human strength . UK.
3. Seligman, M.E.P. (2002) Authentic Happiness.
4. Synder, C.R. and Lopez, S.J. (2007) Positive Psychology.

## **PAPER-303 (THEORY)**

### **Human Resource Management**

#### **Unit-I (An over view of HRM)**

- I. Introduction to HRM, concept , definition, nature objectives of HRM.
- II. Evaluation and approaches of HRM- Scientific Management approach, Human relation approach, human resources approach.
- III. HRM Function, HRD concepts, HRD strategies, HR responsibilities, environmental factors of HRM, challenges of HRM.

#### **Unit-II (Employment of HR)**

- I. Job analysis- Methods of Job analysis, errors in job analysis, its application
- II. Recruitment process: Definition, internal and external sources with advantages and disadvantages, situational factors in recruitment, special recruitment process policy of recruitment.
- III. Selection Process: Cost of selection, assessing selection procedures and effectiveness, selection method: test, interview apprenticeship and job preview.

#### **Unit-III (Development and Management of HR)**

- I. Meaning and definition, objectives of performance appraisal and competitive advantage, challenges of performance appraisal.
- II. Nature of training and development
- III. Step in training process , Methods of training, evaluation of training, management development method, evaluation of management development programs.

#### **Unit-IV (Human Resources and Industrial Relation)**

- I. Definitions and concept of industrial relation. The different roles in industrial relations: Employees, trade union, the management.
- II. Concept of discipline, aims, objectives, forms and types of discipline, principles of maintaining discipline.
- III. Compensation: Meaning , objectives of compensation, management process.

#### **Text Book:**

1. Human Resource Management by Dessler, Gary, Publisher: Pearson Education Asia, New Delhi.
2. Human Resource Management by Aswthappa, Publisher: TMH, New .Delhi
3. Human Resource Management-Text & Cases, by Rao, V.S.P, Publisher: Excel Books, New Delhi.

## **PAPER-304 (THEORY)**

### **Cognitive Psychology**

#### **Unit-I (History and Approach)**

- i. Exploring Cognitive Psychology with working definition, Psychological antecedents of cognitive psychology. Emergence of cognitive psychology.
- ii. Research Methods of Cognitive Psychology. Naturalistic observation, Experimental and Quasi experimental method.
- iii. Approaches of Cognitive Psychology- The information processing approach, the connectionist approach, The evolutionary approach, The ecological approach.

#### **Unit-II (Memory)**

- i. Defining memory, Models of memory (Atkinson and Shiffrin model), Episodic and Semantic memory (Tulving), Connectionist model.
- ii. STM, Capacity of STM, Retrieval of information from STM, Working memory.
- iii. LTM- its storage and structure.

#### **Unit-III (Thinking and Reasoning)**

- i. Defining thinking and Process of thinking- Means and Analysis, Working backward, Back tracking.
- ii. Definition & Types - Deductive reasoning, Inductive reasoning, Everyday reasoning. iii. Approach:
  - (a) The componential approach
  - (b) The heuristic/ rule approach
  - (c) The mental model approach.

#### **Unit-IV (Decision Making)**

- i. Concept, definition and meaning of decision making phases of decision making.
- ii. Basic concept of probability. Cognitive illusion in decision making
- iii. Theory of decision making: (1) Expected utility theory(2)Multi attribute utility theory

#### **Text Book:**

- i. Cognitive Psychology - Kathleen M. Galotti, 3rd edition.
- ii. Fundamentals of Cognitive Psychology - R Reed Hunt, Henry (Ellis 7th edition, Tata McGraw Hill).
- iii. Cognitive Psychology – Robert J. Sternberg, 2nd edition, Harcourt Brace College Publisher.

## **PAPER-305**

### **Practical**

Administer any four psychological test

#### **Text Book:**

1. Practical exercise of Psychology- U.N. Dash. et.al. Panchasila Publisher.

2. Exploration of Human Nature and Strength, Practical in Psychology- Namita Mohanty, Keka Varadwaj, Haresh Chandra Mishra.

## **IDSE PAPERS**

### **PAPER-306 (A) (THEORY)**

#### **Geriatric Psychology**

##### **Unit-I (Introduction to geriatrics)**

- i. Understanding aging, Historical back ground of psycho geriatric.
- ii. Biological theories of Aging- Evolutionary theory, cellular clock theory, Free-radical theory, Mitochondrial theory, Hormonal stress theory.
- iii. Research methods in aging: Cohorts and cross-sectional, longitudinal and sequential strategies.

##### **Unit-II (Age related disorder)**

- i. Physiological Disorder:
  - (a) Related to skeletal structure o osteoporosis and Arthritis.
  - (b) Hypertension and Diabetes.
  - (c) Hormonal changes and their effects .
- ii. Psychological Disorder:
  - (a) Depression and mood disorder.
  - (b) Anxiety disorder, panic disorder.
  - (c) Phobia and OCD .
- iii. Cognitive Disorder:
  - (a) Determination of Memory.
  - (b) Dementia and Alzheimer.
  - (c) Brain gym.

##### **Unit-III (Positive aging)**

- I. Mental health in later life.  
Role of hardiness in Later life.
- II. Coping skills, optimism, hope and well being.
- III. Elderly as a resource active aging.

##### **Unit-IV (Other related issues)**

- I. Financial aspects related to aging.
- II. Protection from family and relatives. Safety factors.
- III. Role of NGOs , law and old age.

##### **Text Book**

1. Life-span development 13<sup>th</sup> edition, John W. Santrok.
2. Life span Human development: Carol K. Sigelman.
3. Health Psychology-Taylor Mc Graw-Hill.
4. Positive Psychology-Baumgarder.



## **PAPER 306 (B) (THEORY)**

### **Educational Psychology**

#### **Unit-I (Introduction to Educational Psychology)**

- I. Meaning, definition, principles of educational psychology. Aims and objectives of educational psychology.
- II. Scopes of Educational psychology, Contribution of psychology to education.
- III. Brief history of educational psychology Relationship between education and psychology.

#### **Unit-II (Research method in educational psychology)**

- I. Introspection and objective observation method.
- II. Clinical method, survey method, case study.
- III. Scientific method, experimental method.

#### **Unit-III (Creativity and problem solving)**

- I. Introduction, concept, meaning, definition of creativity, nature and process of creativity.
- II. Component of creativity, strategies of creativity.  
Instruction for fostering creativity among students.  
Importance of creativity in education. Role of teachers and school creativity.  
Tips to teachers to bring out creativity in pupils
- III. Problem solving: Introduction, meaning, steps involve in problem solving, factors affecting .problem solving. Identifying problem focusing attention , exploring possible solution strategies , (Strategies in problem solving).

#### **Unit-IV (Education of exceptional children)**

- I. Meaning , definition and types of exceptional children.
- II. Education of gifted child, education of back ward child.
- III. Educating the creative child, delinquent children, cause, treatments and preventions of delinquency.

#### **Text Book:**

1. Fundamental of educational psychology: Dr. Bipin B. Acharya.
2. Advanced educational psychology: S.S. Chauhan.
3. educational psychology- S.P. Chauube.
4. educational psychology- Charles E. Skinner.
5. Psychology of learning and Introduction: Educational psychology – John. P. De Ceceo .
6. Educational Psychology – William Crawford .
7. Educational Psychology -S. Narayan Rao.
8. Educational psychology – S.K. Mangal.

# **PAPER -306 (C) (THEORY)**

## **Sports Psychology**

### **Unit-I (Introduction to Sports Psychology)**

- I. History and current status of Sports Psychology.
- II. Nature and scope of Sports Psychology.
- III. Application of Sports Psychology.

### **Unit-II (Personality assessment)**

- I. Theories: Trait and Type Theory.
- II. Assessment: Psychometric methods.
- III. Psychological traits of successful athletes: 1. Personality inventory 2. Cognitive techniques  
3. State of mind.

### **Unit-III (Motivational orientation in sports)**

- I. Athlete's need for motivation, awareness of the use of the NCFS four Cs- (Commitment, Confidence (Self), concentration, control (emotional) ).
- II. Motivational inhibitors.
- III. Motivational techniques.

### **Unit-IV (Team Dynamics)**

- I. Leadership : Importance of effective team leadership ,characteristics, great man versus social learning theory.
- II. Definition of group, factors affecting cohesiveness. Forming, storming, norming, performing.
- III. Cooperation and competition of team.

### **Text Book:**

1. Advances in Motivation in Sport & Exercise by Glyn Roberts, Human Kinetics.
2. Motivation and Emotion in Sport: Reversal Theory by John H. Kerr, Psychology Press.
3. Human Motivation by David C. McClelland, Cambridge University Press.
4. Psychology of Motivation by Denis Waitley, Nova Publishers.
5. Personality, Individual Differences and Intelligence by John Maltby, Liz Day, Ann Macaskill, Pearson Education limited.
6. Theories of Personality by Jess Feist, Gregory J Feist, Irwin/McGraw–Hill .
7. Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers by Lew Hardy, Graham Jones, Daniel Gould, Wiley–Blackwell.
8. Assessment in Sport Psychology by Robert M. Nideffer and Marc–Simon Sagal, Fitness Information Technology.
9. Sport Psychology by Arnold Leunes and Jack Nation, Wadsworth Pub Co.
10. Sport Psychology: Concepts and Applications Cox, R.H., McGraw–Hill Humanities.
11. Social Psychology in Sport by Sophia Jowett, David Lavalley, Human Kinetics.
12. 2. Group Dynamics by Donelson R. Forsyth, Wadsworth Publishing.
13. Group Dynamics in Exercise and Sports Psychology: Cotemporary Themes by Mark A Eys, Routledge.
14. Group Dynamics in Sport by Albert V. Canon, HealthHausenblas, Mark A. Eys, Fitness Information Technology.

# FOURTH SEMESTER

## PAPER 401 (THEORY)

### Counseling Psychology

#### **Unit-I (Introduction to Counseling and Guidance)**

- I. Emergence and growth of guidance and counseling: Meaning , introduction. Factors contributing to the emergence of counseling. Important periods in the development of counseling .
- II. Counseling : Definition, nature and its related field , scopes of counseling.
- III. Goals of counseling, assumption and issues in counseling, ethical issues in counseling.

#### **Unit-II (Counseling process and techniques)**

- I. Stages of counseling process.
- II. Steps of counseling process.
- III. Variables affecting the counseling process.

#### **Unit-III (Theoretical Approaches to counseling)**

- I. Psychoanalytic Approach.
- II. Behavioral Approach.
- III. Humanistic Approach.

#### **Unit-IV (Counseling Application)**

- I. Child and educational counseling .
- II. Family and Marriage counseling.
- III. Career guidance and counseling .

#### **Text book**

1. Guidance and counseling by Patterson.
2. Counseling and guidance : S. Narayan Rao, Prem Sahajpal.
3. Introduction to counseling and guidance – Robert L.Gibson, Marianne H. Mitchell.
4. Counselling a comparative profession- 5<sup>th</sup> edition Samuel T. Gladding- Percentile Hall .

## **PAPER 402 (THEORY)**

### **Psychometrics**

#### **Unit –I Introduction to psychology testing**

- I. Psychological test: Meaning, definition, nature and characteristics of Psychological test.
- II. History of Psychological testing.
- III. Types of Psychological testing.

#### **Unit-II Common types of psychometric test**

- I. Meaning, definition of psychometric test.
- II. Case history, paper pencil test, rating scale.
- III. Behavior tests/ situational test, interview technique , questionnaire.
- IV. Aptitude test, Achievement test, Attitude test.

#### **Unit-III Reliability ,validity and norms of a test**

- I. What is reliability, Method of reliability, factors affecting reliability, importance of reliability used in psychological test.
- II. Validity of test: What is validity? Methods factor affecting relationship between relationship and validity.
- III. Norms of test: Concept, definition, nature, types.

#### **Unit-IV Ethical issues in psychological testing norms:**

- I. Ethical consideration in psychological testing.
- II. Specific principles for psychological testing (APA) guidelines.
- III. Moral and legal standards.

#### **Text Book**

1. Chadha, N.K. (2009), Applied Psychometry , New Delhi : Sage.
2. Guilford J.P. (1989) , Psychometric Method.
3. B.K. Sahu- Education and Statistics.

**PAPER 403 (THEORY)**  
**Psychology of Crime and Violence**

**Unit-I (Aggression)**

- I. Introduction – The concept of aggression, its meaning and characteristics.
- II. Development of aggression, types or form of aggression, source of aggression.
- III. Sex and age difference in aggression, hostility and aggression, experimental studies on aggression.

**Unit-II (Crime, Criminal and Criminology)**

- I. What is criminology, growth of criminology , the field and scope of criminology.
- II. Concept of crime, characteristics of crime, methods and techniques of criminology.
- III. Nature and scope of criminology, theories of criminal behavior, crime in India.

**Unit-III (Juvenile Delinquency)**

- I. Meaning, nature and characteristics of juvenile delinquency. Types of juvenile delinquency.
- II. Causes and prevention of juvenile delinquency, treatment and rehabilitation of juvenile delinquency.
- III. School and delinquency: The school as a source of motivator for delinquency , school dropout and delinquency, school safety, delinquency prevention through early childhood education.

**Unit-IV (Rehabilitation)**

- I. Corbelling to individuals and group for prevention of crimes. Rehabilitation of victims of crime.
- II. Development of morality and moral education, value education.
- III. Yoga, transactional meditation.

**Text Book:**

1. Psychology of Aggression, Violence and Crime by Girishbala Mohanty.
2. Criminology by Ram Ahuja.
3. Juvenile Delinquency 3<sup>rd</sup> Edition by Donald J. Shoemaker.

## **PAPER-404 (THEORY)**

### **Clinical Assessment And Therapy**

#### **Unit-I (Basic Elements in Assessment):**

- I. The relationship between Diagnosis and Assessment-Taking a social history, Personality factors, the social context, trust and rapport between the clinician and client.
- II. Assessment of the physical organism: the general physical examination, the neurological examination.
- III. Anatomical brain scans-CAT scan, MRI, PET scan, the neuropsychological examination.

#### **Unit-II (Psychological Assessment):**

- I. Assessment, interviews, the clinical observation of behaviour, kinds of clinical observations.
- II. Psychological tests- Intelligence tests, projective personality tests- The Rorschach test, TAT, sentence completion test.
- III. Objective personality test - MMPI, Clinical scales of MMPI, criticisms of the MMPI, Advantage of objective personality test.

#### **Unit-III (Therapy):**

- I. Behaviour therapy.
- II. Cognitive behaviour therapy.
- III. Family therapy.

#### **Unit-IV (Psychotherapy and society)**

- I. Social values and Psychotherapy.
- II. Psychotherapy and Cultural diversity.
- III. Psychodynamic Therapies.

#### **Text Book:**

- i. Abnormal psychology and modern life- Carson Butcher, 11th edition.
- ii. Abnormal psychology by Gerald C. Davison & John M. Neale John Willery & Son's Publications.

## **PAPER-405**

### **Practical and Project Work (50+50=100)**