

## **MA Psychology (M89) Syllabus**

### **First Year SEM-I**

#### **PSY501: UNDERSTANDING OF COGNITIVE PSYCHOLOGY**

<b>Unit 1</b>	<b>:</b>	<b>Introduction to Cognitive Psychology</b>	<b>01</b>
<b>Unit 2</b>	<b>:</b>	<b>Sensation</b>	<b>31</b>
<b>Unit 3</b>	<b>:</b>	<b>Perception</b>	<b>61</b>
<b>Unit 4</b>	<b>:</b>	<b>Attention</b>	<b>92</b>
<b>Unit 5</b>	<b>:</b>	<b>Thinking</b>	<b>120</b>
<b>Unit 6</b>	<b>:</b>	<b>Language</b>	<b>137</b>
<b>Unit 7</b>	<b>:</b>	<b>Problem Solving</b>	<b>163</b>
<b>Unit 8</b>	<b>:</b>	<b>Memory</b>	<b>188</b>

#### **PSY502 : PSYCHOMETRICS: THE SCIENCE OF PSYCHOLOGICAL ASSESSMENT**

<b>Unit 1</b>	<b>:</b>	<b>Introduction To Psychometrics</b>	<b>1</b>
<b>Unit 2</b>	<b>:</b>	<b>Process of Test Construction</b>	<b>13</b>
<b>Unit 3</b>	<b>:</b>	<b>Perspectives On Psychometrics</b>	<b>26</b>
<b>Unit 4</b>	<b>:</b>	<b>Standardization of Tests</b>	<b>53</b>
<b>Unit 5</b>	<b>:</b>	<b>Test Administration</b>	<b>88</b>
<b>Unit 6</b>	<b>:</b>	<b>Bias in Testing and Computer Applications</b>	<b>101</b>

#### **PSY503: RESEARCH METHODOLOGY-I**

<b>Unit 1</b>	<b>:</b>	<b>Introduction To Research Methodology</b>	<b>01</b>
<b>Unit 2</b>	<b>:</b>	<b>Foundations Of Research and Survey Research</b>	<b>35</b>
<b>Unit 3</b>	<b>:</b>	<b>Types Of Research and Hypothesis Formulation</b>	<b>68</b>

<b>Unit 4</b>	<b>: Nature And Process of Research</b>	<b>108</b>
<b>Unit 5</b>	<b>: Experimental Design</b>	<b>120</b>
<b>Unit 6</b>	<b>: Quasi-Experimental Design and Scaling</b>	<b>148</b>
<b>Unit 7</b>	<b>: Sample And Sampling Designs</b>	<b>176</b>
<b>Unit 8</b>	<b>: Developing Research Instruments</b>	<b>215</b>

## **PSY504: PSYCHOLOGICAL EXPERIMENTS**

<b>Unit 1</b>	<b>: Experiments On Learning</b>	<b>1</b>
<b>Unit 2</b>	<b>: Experiments On Memory</b>	<b>37</b>
<b>Unit 3</b>	<b>: Experiments On Motivation and Emotion</b>	<b>59</b>
<b>Unit 4</b>	<b>: Experiments On Cognitive Process</b>	<b>89</b>

## **SEM-II**

## **PSY505: COGNITIVE PSYCHOLOGY: ADVANCES AND APPLICATION**

### **Contents**

<b>Unit 1</b>	<b>: Neuroscience and Cognition</b>	<b>01</b>
<b>Unit 2</b>	<b>: Cognitive Disorders in Different Populations</b>	<b>24</b>
<b>Unit 3</b>	<b>: Cognition and Its Dimensions</b>	<b>60</b>
<b>Unit 4</b>	<b>: Emotion and Cognition</b>	<b>87</b>
<b>Unit 5</b>	<b>: Advances in Cognitive Psychology</b>	<b>103</b>
<b>Unit 6</b>	<b>: Applications of Cognitive Psychology</b>	<b>119</b>

## **PSY506: APPLICATIONS OF PSYCHOLOGICAL TESTS**

### **Contents**

<b>Unit 1</b>	<b>: Application Of Psychological Testing In Educational Settings</b>	<b>01</b>
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<b>Unit 2 :</b>	<b>Application Of Psychological Testing in Counselling and Guidance</b>	<b>28</b>
<b>Unit 3 :</b>	<b>Application of Psychological Testing In Clinical Settings</b>	<b>42</b>
<b>Unit 4 :</b>	<b>Application of Psychological Testing in Organisational Settings</b>	<b>107</b>

## **PSY507: RESEARCH METHODOLOGY- II**

### **Contents**

<b>Unit 1 :</b>	<b>Quantitative Research</b>	<b>1</b>
<b>Unit 2 :</b>	<b>Qualitative Research</b>	<b>35</b>
<b>Unit 3 :</b>	<b>Mixed Methods Research</b>	<b>72</b>
<b>Unit 4 :</b>	<b>Introduction To Statistics</b>	<b>93</b>
<b>Unit 5</b>	<b>Research Problem, Sampling And Hypothesis Testing</b>	<b>177</b>
<b>Unit 6</b>	<b>Experimental Design And Analysis Of Variance</b>	<b>213</b>
<b>Unit 7</b>	<b>Ethical Issues In Research</b>	<b>245</b>
<b>Unit 8</b>	<b>Interpretation And Report Writing</b>	<b>264</b>

## **PSY508: PSYCHOLOGICAL TESTING**

### **Contents**

<b>Unit 1 :</b>	<b>General and Special Ability Tests (Any Three)</b>	<b>01</b>
<b>Unit 2 :</b>	<b>Personality Tests (Any Three)</b>	<b>24</b>
<b>Unit 3 :</b>	<b>Clinical Tests (Any Two)</b>	<b>60</b>
<b>Unit 4 :</b>	<b>Other Tests (Any Two)</b>	<b>87</b>

## Second Year SEM-III

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# SYLLABI-BOOK MAPPING TABLE

## PSY601: Counselling Process and Skills

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### Syllabi

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**Unit 1: Counselling: Nature and Goals**

- 1.1 Defining Counselling, Stages of Counselling Process, Role of Counsellors
- 1.2 Approaches to Counselling and Helping, the Helping Relationship, the Helping Process
- 1.3 Development of Counsellor - Counsee Relationship, Counselling Goal Setting Process
- 1.4 Counselling in India

**Unit 1: Counselling: Nature and Goals****Unit 2: Basic Counselling Skills**

- 2.1 Building Relationship, Core Conditions, In-Depth Exploration
- 2.2 Nature and Importance of Generic Skills of Counselling, Micro and Macro Skills of Counselling
- 2.3 Inside and Outside Skills of Counselling, Self-Monitoring Skills as a Counsellor
- 2.4 An Indigenous Model of Counselling

**Unit 2: Basic Counselling Skills****Unit 3: Specific Counselling Skills**

- 3.1 Paraphrasing and Reflecting Feelings, Asking Questions, Self-Disclosing, Facilitating Problem Solving
- 3.2 Interviewing Skills, Listening, Asking Questions, Monitoring
- 3.3 Training Clients in Relaxation
- 3.4 Improving Client's Self-Talk and Self-Perceptions, Terminating Helping

**Unit 3: Specific Counselling Skills****Unit 4: Models of Counselling Skills**

- 4.1 Nature and Importance of Counselling Skills and Working Alliance
- 4.2 Rogers Model of Counselling Skills, Carkhuff Model of Counselling Skills, IPR Model of Counselling Training
- 4.3 Indian Models of Counselling: The Role of Detachment and Self-Surrender
- 4.4 Modern Trends in Counselling

**Unit 4: Models of Counselling Skills**

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## PSY602: Adjustment Psychology

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Syllabi	Mapping in Book
<b>Unit 1 Multicultural Society and Gender</b> 1.1 Culture and Ethnicity 1.2 Gender Similarities and Differences 1.3 Bridging Gender Gap: Gender Sensitization, Inclusion & Equality 1.4 Gender Orientation	<b>Unit 1: Multicultural Society and Gender</b>
<b>Unit 2 Stress and Coping</b> 2.1 Nature, Types and Sources of Stress 2.2 Responses to Stress and Consequences of Stress 2.3 Coping with the Stress 2.4 Coping Facilitators: Optimism, Resilience, Hardiness and Social Support	<b>Unit 2: Stress and Coping</b>
<b>Unit 3 Adjustment and Mental Health</b> 3.1 Definition and Nature of Adjustment and Maladjustment 3.2 Characteristics of Well Adjusted and Maladjusted Persons 3.3 Conflict of Motives and Resolving Conflict 3.4 Community Mental Health: Definitions, Factors Affecting Community Mental Health	<b>Unit 3: Adjustment and Mental Health</b>
<b>Unit 4 Adjustment with Family and Friends</b> 4.1 Family Relationships 4.2 Home Environment 4.3 Faulty and Pathogenic Family Pattern 4.4 Friendship and Love	<b>Unit 4: Adjustment with Family and Friends</b>

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# SYLLABI-BOOK MAPPING TABLE

## PSY603: Essentials of Counselling

Syllabi	Mapping in Book
<b>Unit 1: Understanding Motivation</b> 1.1 Definition of Motivation, Motivational Cycle, Components of Motivation 1.2 Types of Motivation 1.3 Maslow's Hierarchy of Needs Theory   1.4 Application of Motivation in Counseling	<b>Unit 1:</b> Understanding Motivation
<b>Unit 2: Understanding Emotions</b> 2.1 Definition and Components of Emotions 2.2 Basic Emotions, Positive and Negative Emotions 2.3 Emotions in Everyday Life 2.4 Emotional Development and Emotional Regulation	<b>Unit 2:</b> Understanding Emotions
<b>Unit 3: Understanding Personality</b> 3.1 Definition and Nature of Personality 3.2 Building Blocks of Personality 3.3 Self-concept, Self-esteem and Social Identity 3.4 Personality Stability, Change, Personality Coherence	<b>Unit 3:</b> Understanding Personality
<b>Unit 4: Understanding Abnormal Behavior</b> 4.1 Definitions and Classification of Abnormal Behavior 4.2 Anxiety and Phobia, Obsessive - Compulsive Disorder 4.3 Mood Disorder, Somatoform and Dissociative Disorder 4.4 Personality Disorders, Schizophrenia	<b>Unit 4:</b> Understanding Abnormal Behaviour

## PSY604: Research Project

## Second Year SEM-IV

# SYLLABI-BOOK MAPPING TABLE

### PSY605: Areas of Counselling

Syllabi	Mapping in Book
<b>Unit 1: Counselling in the Educational Setting and Career Counselling</b> School counselling: School counsellor, his role and responsibilities, system of school, Counselling for Emotionally Disturbed children, ADHD, LD, College and career counselling, Career theories, Campus recruitment and training programs.	<b>Unit 1:</b> Counselling in the Educational Setting and Career Counselling
<b>Unit 2. Counselling at Workplace Settings</b> Workplace counselling, nature and skills, Models of workplace counselling, Occupational stress-Theoretical models of stress, Workplace counselling in India.	<b>Unit 2:</b> Counselling at Workplace Setting
<b>Unit 3. Counselling in Clinical Settings</b> What is Psychological First Aid? Its applications, PFA for Students and Teachers, PTSD, Grief Counselling, Counselling the Terminally Ill, geriatric counselling, Rehabilitation Counselling in the Hospital.	<b>Unit 3:</b> Counselling in Clinical Setting
<b>Unit 4. Counselling in Special Situations</b> Relationship counselling, social Injustice Issue counselling, Addiction counselling, anger control, Suicide counselling, nature, definition and types, prevention, Modern Trends in counselling- Life Coaching, Mentoring, Consulting, Training.	<b>Unit 4:</b> Counselling in Special Situations
<b>Unit 1: Counselling in the Educational Setting and Career Counselling</b> School counselling: School counsellor, his role and responsibilities, system of school, Counselling for Emotionally Disturbed children, ADHD, LD, College and career counselling, Career theories, Campus recruitment and training programs.	<b>Unit 1:</b> Counselling in the Educational Setting and Career Counselling (Pages 1-28)
<b>Unit 2. Counselling at Workplace Settings</b> Workplace counselling, nature and skills, Models of workplace counselling, Occupational stress-Theoretical models of stress, Workplace counselling in India.	<b>Unit 2:</b> Counselling at Workplace Setting (Pages 29-50)
<b>Unit 3. Counselling in Clinical Settings</b> What is Psychological First Aid? Its applications, PFA for Students and Teachers, PTSD, Grief Counselling, Counselling the Terminally Ill, geriatric counselling, Rehabilitation Counselling in the Hospital.	<b>Unit 3:</b> Counselling in Clinical Setting (Pages 51-77)
<b>Unit 4. Counselling in Special Situations</b> Relationship counselling, social Injustice Issue counselling, Addiction counselling, anger control, Suicide counselling, nature, definition and types, prevention, Modern Trends in counselling- Life Coaching, Mentoring, Consulting, Training.	<b>Unit 4:</b> Counselling in Special Situations (Pages 79-118)

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# SYLLABI-BOOK MAPPING TABLE

## PSY606: Assessment and Intervention in Counselling

Syllabi	Mapping in Book
<b>Unit 1: Psychological Assessment In Counseling</b> 1.1 Components of Effective Assessment 1.2 Group Assessment Techniques   1.3 Non-Standardized Techniques For Human Assessment: Observation, Rating Scales, Anecdotal Reports, Autobiography, Questionnaire, Structural Interview And Intake Interviews 1.4 Standardized Techniques For Human Assessment: Intelligence Test, Aptitude Test, Interest Test, Achievement Test, Personality Test, Diagnostic Test.	<b>Unit 1:</b> Psychological Assessment in Counselling
<b>Unit 2: Intervention Strategies based on Psychoanalysis</b> 2.1 Freud's Psychoanalysis, Jung's Therapy 2.2 Transactional Analysis: Eric Berne 2.3 Logo Therapy: Victor Frankl. 2.4 Reality Therapy: William Glasser.	<b>Unit 2:</b> Intervention Strategies Based on Psychoanalysis
<b>Unit 3: Intervention Strategies based on Behavior Therapies</b> 3.1 Rational Emotive Behavioral Therapy; Albert Ellis 3.2 Behavior Therapy 3.3 Multimodal Therapy; Arnold Lazarus 3.4 Internal Family System Therapy	<b>Unit 3:</b> Intervention Strategies Based on Behaviour Therapies
<b>Unit 4: Rehabilitation Counseling and Ethics</b> 4.1 Nature & Scope of Rehabilitation Counseling 4.2 Legal Issues in Rehabilitation: RCI Act 4.3 Rehabilitation of Addiction; Palliative Care: Role of Psychologist 4.4 Ethics in Counselling	<b>Unit 4:</b> Rehabilitation Counselling and Ethics



## PSY607: Counselling for Life Span

### 1. Stages of Lifespan Development

- 1.1 Definition, Nature and Scope
- 1.2 Hazards in Prenatal Development, Postnatal Adjustment
- 1.3 Factors Affecting Development of Person
- 1.4 Theoretical Perspective of Lifespan development: Erickson Theory and Vygotsky Theory

**Unit 1:** Stages of Lifespan  
Development

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### 2. Counselling For Children Having Difficulty

- 2.1 Children with Special Needs: Autism Spectrum Disorder (ASD)
- 2.2 Slow Learners and Mental Retardation
- 2.3 Child Abuse
- 2.4 Remedial Teaching: Nature & Issues

**Unit 2:** Counselling for Children  
having Difficulty

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### 3. Interpersonal Issues in Midlife

- 3.1 Changing Forms of Family: Types and Issues
- 3.2 Premarital Counselling: Challenges and Issues
- 3.3 Parenting Styles: Types and Challenges
- 3.4 Counseling for Men and Women

**Unit 3:** Interpersonal  
Issues in Midlife

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### 4. Geriatric Counseling

- 4.1 Cognitive and Personality Changes in Old Age
- 4.2 Care Giving : Nature, Care Giver Stress
- 4.3 Elderly Abuse
- 4.4 Role of Counselling with Geriatric

**Unit 4:** Geriatric Counseling

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## PSY608 : Case Study