

**UNIVERSITY OF CALICUT**

**(Abstract)**

MSc programme in Psychology-under Credit Semester System (PG)-Scheme and Syllabus -approved –implemented-with effect from 2010 admission onwards -Orders issued.

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**GENERAL & ACADEMIC BRANCH-IV ‘J’ SECTION**

No. GA IV/J2/4029 /07Vol II Dated, Calicut University PO, 07.08.2010.

Read:1. U.O.No. GAIV/J1/1373/08 dated, 23.07.2010.

2. Item no.1 of the minutes of the meeting of the Board of Studies in Psychology PG held on 15.06.2010
3. Item no.I,I(a),I(b) of the minutes of the meeting of the Board of Studies in Psychology PG held on 02.07.2010

**ORDER**

As per University Order read as first,Credit Semester System was implemented to PG programmes in affiliated Arts and Science Colleges and Self Financing Centres of the University with effect from 2010 admission onwards.

The Board of Studies in Psychology ,vide paper read as second and third, discussed about CSS at PG level in the affiliated Colleges and finalized the syllabus having 72 Credits and made amendments to the existing list of experiments out of which a minimum of **20** should be conducted. The Board also resolved to allow the affiliated Colleges to elect two optionals from the list at a time and intimate to the University.

The Vice Chancellor approved the minutes of the meeting of the Board of Studies in Psychology PG held on 15.06.2010 and 02.07.2010 subject to ratification by the Academic Council.

Sanction has therefore been accorded for implementing the Scheme & Syllabus of MSc programme in Psychology with effect from 2010 admission.

Orders are issued accordingly. Scheme and Syllabus appended.

Sd/-

**DEPUTY REGISTRAR (G & A-IV)  
For REGISTRAR**

To

The Principals of affiliated Colleges offering MSc programme in Psychology (with a request to select two optionals from the list at a time and intimate to the University)

Copy to:

PS to VC,PA to Registrar,Chairman,B/S Psychology  
CE,EX,DRIII,DRPG,EGI,Enquiry,System Administrator (with a request to upload in the University website),Information Centres,GAI`F`G`  
GAI,III

Forwarded/By Order

Sd/-

**SECTION OFFICER.**

**M.Sc. PSYCHOLOGY**  
**CREDIT SEMESTER SYSTEM**

**(From - 2010 Admission Onwards)**

**SYLLABUS FOR AFFILATED  
COLLEGES.**

**SCHEME OF M.Sc. PSYCHOLOGY**  
**(From - 2010 Admission Onwards.)**

### I Semester

No.	Name	Core/Optional	Credits
PSY 1.1	Learning & Motivation	Core	4
PSY 1.2	Personality and Personal Growth	Core	4
PSY 1.3	Physiological Psychology	Core	4
PSY 1.4	Research Methodology	Core	4
Total			16

### II Semester

No.	Name	Core/Optional	Credits
PSY 2.1	Psychopathology	Core	4
PSY 2.2	Health Psychology	Core	4
PSY 2.3	Counseling Psychology	Core	4
PSY 2.4	Practical I (Experimental Psychology)	Core	2
PSY 2.5	Practical 2 (Psychometry Practical)	Core	2
Total			16

### III Semester

No.	Name	Core/Optional	Credits
PSY 3.1	Neuro Psychology	Core	4
PSY 3.2	Optional 1	Optional	4
PSY 3.3	Optional 2	Optional	4
PSY 3.4	Practical 3 Field Work (Journal work)	Core	2
PSY 3.5	Practical 4 Self development techniques	Core	2
Total			16

### IV Semester

No.	Name	Core/Optional	Credits
PSY 4.1	Optional 3	Optional	4
PSY 4.2	Optional 4	Optional	4
PSY 4.3	Dissertation	Core	6
PSY 4.4	Practicum/Internship	Core	2
Total			16
<b>Grant Total</b>			<b>72 Credits.</b>

## STREAMS OF OPTIONAL PAPERS

As per the current relevance of Psychology in different field/areas, 2 Streams were suggested with 4 Courses each. Among them an academic institution (College) can select either one stream at a time or 2 courses each from both streams. (Four courses can be offered at a time, for a batch Students) in third and fourth Semester M.Sc.

**Stream I: Clinical Psychology**

1. Clinical Psychology
2. Clinical Neuro Psychology
3. Psycho therapeutics – 1
4. Psycho therapeutics – 2

**Stream 2: Organizational Psychology.**

1. Organizational Behaviour
2. Human Resource Development
3. Consumer/ Marketing
4. Industrial Clinical Psychology.

**LEARNING AND MOTIVATION**

Semester I

Core Paper – I

Credit – 4

**Units – 1**

Basic Concepts - Perceptual learning - Habit learning – Propagation learning – Instinctive basis of behaviour – Habituation and sensitization – Opponent-process theory.

## Units – 2

Conditioning: (i) Pavlovian conditioning – Principles and application  
(ii) Skinnerian conditioning – Principles and application – Reinforcement, stimulus control and generalization, Response control and generalization – Aversive conditioning.

## Units – 3

Cognitive learning: Learning theories of Hull, Mowrer, Guthrie, Tolman and Razran.

## Units – 4

### **Motivation**

The Concept of motivation, Historical perspective, the concept of Homeostasis, Instinct theory, Hedonic and activation theories – young, Mecllland, Schloasberg, and Lindsey. Psycho annalistic and clinical theories, Fraud, Adler, Jung, Sullivan: Ego psychological – Erickson and Murray: Bahaviourastic – Hall, Spance, Miller, Morwer, Tolman, Guthrie and Lewin, field theories – Lawin; And Humanistic and Existential theories.

### **BOOKS**

1. Chaplin.J.P. & Krawice.T.S.(2005) Systems and Theories of Psychology. New York: Nalt.
2. Coffe.C.N. & Apply (1996) Motivation: Theory and Research, New York: John wiley and sons.
3. Donals.F.(ed) (2000). Handbook of Psychology. New Jersey: John Wiley and sons.
4. Klein.S.B. (1995) Learning: Principles and Application. New York: Me Grew Hill

## **PERSONALITY AND PERSONAL GROWTH**

Semester I

Core paper – 2

Credit - 4

### **UNIT.1. CONCEPTS & APPROACHES**

- a. Definitions – approaches to the study of personality – traits/Modalities and types.
- b. Perspective on Personality – Psycho-dynamic, ego Psychology, Dispositional

learning, Behavioural, Social, Cognitive, Humanistic, Phenomenological and hormic.

c. Assessment Techniques.

d. Personality research and applications.

## **UNIT. 2. THEORIES OF PERSONALITY AND PERSONALITY DEVELOPMENT**

a. Emphasis on Psychodynamics – Sigmund Freud, Carl Jung.

b. Social Psychological – Adler, Fromm, Horney, Sullivan and Erick Erickson.

c. Emphasis of Personality Struture/traits – Murrays, Gordon, Allport, Catell, Eysenk.

d. Emphasis on perceived reality – Kelly’s Personal Construct, Carl Rogers Person Centered theory, Albert Bandura’s Social learning theories.

e. Emphasis on Learning – Skinner’s operant conditioning, Dollard’s & Miller’s S.R.Theory, Albert Bandura’s Social learning theories.

## **INIT .3. Narrow band theories**

Type A/B Authoritarian Personality, Self – monitoring personality, Type C

Eastern typology I.A.S

## **UNITS.4. Personal Growth**

a. Approaches – Humanistic, Individuation of Jung, Psycho-synthesis of Assagioli, Self-actualization of Malsow, Holistic approaches and its relationship to Eco Psychology.

b. Transpersonal Psychology-approach to counseling and psychotherapy.

c. Altered states of consciousness-Physical, social and psychological bases of consciousness; Deautomatisation and methods of altering consciousness.

- d. Oriental psychology- characteristics, concept and psychological elements in Buddhism, Zen, Sufism and Yoga psychology.

## References

1. Fadiman, J. and Grager, R. Personality and Personal Growth. Harper & Row.
2. Hall and Lindsey, G. Theories of Personality. (4<sup>th</sup> ed.). John Wiley and Sons.
3. Lamberth. J. Rappaport, H. & Rappaport, M. ( ) Personality – An introduction. New York: Alfred A. Knopf.
4. Hjelle.L.A. and Ziegler, D.J. ( ) Personality Theories. New York: Mc Graw Hill.
5. Bugental, J.F.T.( ) Challenges of Humanistic Psychology. New York: Mc Graw-Hill
6. Ornstein, R.E.( ) The Psychology of consciousness. New Yourk: Harcourt Brace & Jovanovich.

## PHYSIOLOGICAL PSYCHOLOGY

Semester-I

Core paper – 3

Credit - 4

### UNIT.1: BASIC KNOWLEDGE OF NERVOURS SYSTEM

- a. Central and Peripheral – Nervous system.
- b. Hierarchy of Brain Structures.
- c. Methods of neuro-anatomical research.

- d. Structure and function of Neuron.
- e. Neural Transmission.
- f. Hormones.

## **UNIT.II SENSORY PROCESSING**

- a. Properties of the receptors.
- b. Visual pathways and visual coding.
- c. Visual acuity, colour zones, colour blindness and colour vision.
- d. Theories of colour vision.
- e. Auditory pathways and auditory coding
- f. Theories of audition.
- g. Chemoreceptor- functions and theories.
- h. Paradoxical cold and synthetic heat.
- i. Kinesthetics and pain receptors.
- j. Pain perception theories.

## **UNIT 3: PHYSIOLOGICAL BASIS OF EMOTION AND MOTIVATION**

- a. Physiological correlates of emotion.
- b. Lymbic system, peripheral and intermediate mechanisms of emotion.
- c. Autonomic responses in emotional states.
- d. Endocrine correlates of stress – Biofeed back studies.
- e. Feeding centres in the brain and eating signals – obesity and anorexia.
- f. Thirst receptors.
- g. Neural mechanism of sleep and sleep disorders.
- h. Dynamics of sexual behaviours.



## **UNIT 4: PHYSIOLOGICAL BASIS OF LEARNING AND COGNITION**

- a. Cortex and learning, hippocampus and learning and synaptic basis of behaviour.
- b. The theory of memory consolidation – memory in brain damaged individuals.
- c. Cortical localization language and perception.
- d. Levels in consciousness formation.
- e. Split brain studies.

### **Books for reference**

1. Schneider,A.M. and Tarshi.B. (2000) Psychology (3<sup>rd</sup> ed.), New Delhi: Random Book.
2. Leuka.F. (2001) Introduction to Physiological Psychology (3<sup>rd</sup> ed.), New Delhi: CBS Publishers and Distributors.
3. Resonzweig.M.R., Breedlove.S.M. and Leiman (2002). Biological Psychology. Sunderland: Sinner Associates, Inc.

## **RESEARCH METHODOLOGY**

Semester I

Core paper 4

Credit 4

### **UNITS 1 : RESEARCH**

- 1.1 Basic concepts – meaning and characteristics of scientific research – factors affecting, steps or stages in research.
- 1.2 Types of Research – Experimental and Non experimental, Laboratory experiments and Field experiments and quasi experiment, Quantitative and Qualitative Research, Expost Facto research, Survey research and Types of experiments.
- 1.3 Ethical Problems in Research.

## **UNIT 2 : PROBLEM, HYPOTHESIS AND VARIABLES**

- 2.1. Meaning and characteristics of a problem, sources of stating a problem, considerations in selecting the problem, formulation of the problem and types of problems.
- 2.2. Meaning and characteristics of a good hypothesis, Types of hypothesis, Errors in Hypothesis testing and formulation of Hypothesis.
- 2.3. Meaning and types of variable, Consideration in the selection of variables, Control of extraneous variables – Techniques.

## **UNIT 3 : REVIEW OF LITERATURE AND DATA COLLECTION**

- 3.1. Review of literature – Purpose, source and preparation of Index Card.
- 3.2. Data collection – Observation, Interview, Questionnaires and Psychological tests and Scales.

## **UNIT 4 : DESIGNS, ANALYSIS AND REPORT WRITING**

- 4.1. Meaning, purpose and criteria of research design; basic principles in Experimental designs – Types and their analysis techniques; Single subject and small N designs – Pre, True and Quasi experimental designs and Expos Facto design.
- 4.2. Analysis of data: Qualitative and quantitative analysis of the data – purpose, conditions and interpretation of major parametric and non parametric statistical techniques.
- 4.3. General purpose of writing a report, structure and format of a report (API), Style of writing, Typing, Evaluating a report and Preparing a research proposal.
- 4.4. Computer Applications, Personal computers, Computer language, Data bases, Computer simulations, Laboratory experiments using computers.

## **REFERENCES**

1. Breakwell.G.M. et al.(2002) Research Methods in Psychology. London: Sage Publications.
2. Broota.K.D. (2001) Experimental Designs in Behavioural Research. New Delhi: Wiley Eastern Ltd.
3. Goodwin.C.J.(2003) Research in Psychology: Methods and Designs. New York: John Wiley and Sons, Inc.
4. Kerlinger.F.N. (2007) Foundations of Behavioural Research.

## **PSYCHOPATHOLOGY**

Semester-2

Core Paper- 2.1

Credit - 4

### **UNIT 1: CLASSIFICATION, ASSESSMENT AND CAUSAL FACTORS OF MALADAPTIVE BEHAVIOURS**

- 1.1. Approaches to classification – Categorical, dimensional and hierarchical models.
- 1.2. Systems in classification – ICD – 10, DSM – IV classifications.
- 1.3. Assessment of Abnormal Behaviours – Case history taking – Mental status examination, Psychometry and Computer in assessments.
- 1.4. Causal factors of Maladaptive behaviours – Biological and Psychosocial factors.

### **UNITS 2: PATTERNS OF MALADAPTIVE BEHAVIOURS**

- 2.1. Stress and Adjustment disorders.

- 2.2. Anxiety disorders.
- 2.3. Mood disorders.
- 2.4. Somatoform disorders and Dissociative disorders.
- 2.5. Personality disorders.
- 2.6. Substance use disorders.
- 2.7. Sexual Dysfunctions and Deviations.
- 2.8. Schizophrenic and Delusional disorders.

### **UNIT 3: BRAIN DISORDERS AND OTHER COGNITIVE IMPAIRMENT**

- 3.1. Brain impairment and adult behaviour.
- 3.2. Acute Organic disorders.
- 3.3. Chronic organic disorders.
- 3.4. Organic disorders due to substance use and other toxic substance.

### **UNIT 4 : DISORDERS IN CHILDHOOD AND ADOLESCENCE**

- 4.1. Maladaptive behaviour in different life periods.
- 4.2. The classification of childhood and adolescent disorders.
- 4.3. Behavioural and Emotional disorders in childhood.
- 4.4. Mental Retardation.
- 4.5. Specific learning disorders.
- 4.6. Pervasive Development al Disorders.
- 4.7. Planning for child and adolescent mental health.

### **REFERENCES**

1. Carson.R.C, Butcher.J.N & Mineka.S. (1995). Abnormal Psychology and Modern Life (11<sup>th</sup> edition).
2. Kaplan, Sadock, Grebb (1994). Synopsis of Psychiatry (8<sup>th</sup> edition).
3. Comer. R.J.(1996). Fundamentals of Abnormal Psychology, N.Y. , W.H. Freeman & Co.

## **HEALTH PSYCHOLOGY**

Semester – 2

Core Paper- 2.2

Credit - 4

### **UNIT 1 : AN OVERVIEW OF PSYCHOLOGY AND HEALTH**

- 1.1. Mind-Body relationship
- 1.2. Need for Health Psychology
- 1.3. Historical Evolution-Physiology, Diseases and Mind.
- 1.4. Current Perspectives on Health and illness.
- 1.5. Relating Health Psychology to Other Fields.
- 1.6. Goals of Health Psychology
- 1.7. Training and Career prospects in Health Psychology

### **UNIT 2 : BIO-PSYCHO-SOCIAL FACTORS IN ILLNESS**

- 2.1. Nutrition and behaviour.
- 2.2. Life Styles and Risk Factors.
- 2.3. Stress: Bio-psycho-social factors and Illness.
- 2.4. Psycho-Physiological Diseases.
- 2.5. Psycho-Neuro Immunology: AIDS, Cancer, Arthritis.

## **UNIT 3 : PAIN & DISCOMFORT**

- 3.1. The nature and symptoms of pain
- 3.2. Theories of pain.
- 3.3. Bio-psycho-social aspects of pain.
- 3.4. Assessing Pain.
  
- 3.5. Managing and Controlling Clinical Pain: Behavioural, Cognitive, Hypnotic, Physical and Stimulation therapies and concept of Pain clinic.

## **UNIT 4 : CHRONIC AND LIFE THREATENING HEALTH PROBLEMS – MANAGEMENT**

- 4.1. Adjusting to a Chronic Illness.
- 4.2. Impacts of Different Chronic Conditions.
- 4.3. Psycho-social Interventions for People with Chronic Conditions: Psycho-education, Relaxation and Biofeedback, Cognitive approaches, preventive counseling.

## **REFERENCES**

1. Sarafino.E.P. (1998). Health Psychology. (3<sup>rd</sup> Edn). New York, John Wiley & Sons.
2. Taylor. S.E. Health Psychology (3<sup>rd</sup> Edn.) New York: McGraw Hill Inc.
3. Gibson. H.B., Psychology, Pain and Anesthesia, London.
4. Annabel Broome and Sue Lbwelyn. Health Psychology – Process & Application, New York, Chapman & Hall.
5. Rajbir Singh (2005). Health Psychology. New Delhi: Global vision Publishing House.

## **COUNSELLING PSYCHOLOGY**

Semester – 2

Core paper 2.3

Credit – 4

### **UNIT 1. INTRODUCTION TO CONSELLING**

- 1.1. Definition of Counseling.
- 1.2. Distinction between Counseling and Psychotherapy.
- 1.3. Goals of counseling
- 1.4. Historical Development of the Counseling Profession.
- 1.5. Counseling process and methods – characteristics of helping relationship  
characteristics of an Effective Counseling relationships.
- 1.6. Counseling Procedure/Skills-I-Initial procedures, the Initial Counseling Interviews, and  
Counseling skills.
- 1.7. Counseling Procedures/Skills-II. Advanced Empathy, theme identification, self-  
disclosure and Interpretation; Action strategies-Role playing, Behavioural techniques,  
Decision-making Methodologies and problem-solving strategies.
- 1.8. Principles and procedures of Group Counseling.

### **UNIT 2. THEORETICAL APPROACHES TO COUNSELING**

- 2.1. Foundations of Counseling-Philosophical, Sociological, Psychological and  
Developmental.
- 2.2. Affective approaches to counseling-Psychology names-client-centered therapy, Gestalt  
therapy and Existential Therapy.

- 2.3. Cognitive Approaches to Counseling-Rational-Emotive therapy, Transactional Analysis and Trait- factor counseling.
- 2.4. Behaviouristic approaches to counseling – Behavioural counseling and Reality Therapy.
- 2.5. Comparison of the major counseling approaches.

### **UNIT 3. COUNSELLING IN DIFFERENT SETTING**

- 3.1. Family setting
- 3.2. Education setting
- 3.3. Vocational setting.
- 3.4. Hospital setting.
- 3.5. Community setting.
- 3.6. Special population – women, the handicapped and the Aged.
- 3.7. Special problem in Counseling – Human Sexuality, Divorce and uncoupling process, Drug use and Abuse.
- 3.8. Working with clients in crisis.

### **UNIT 4. ROLE OF RELAXATION IN COUNSELLING.**

- 4.1. Guided Somato psychic Relaxation (GSPR).
- 4.2. Jacobson's Progressive Muscular Relaxation.
- 4.3. Yoga relaxation.
- 4.4. EEG, EMG, Bio-feed back relaxation.
- 4.5. Transcendental Meditation (TM)
- 4.6. Professional Issues in counseling.
- 4.7. Evaluation of counseling – purpose, Difficulties and criteria.

### **REFERENCES**



1. Korchin. J.S., Modern Clinical Psychology (1986). Delhi: IBS. Publishers and Distributors.
2. Kottler.J.A. and Brown.R.W.(2000). In introduction to therapeutic counseling (4<sup>th</sup> edition) California Brooks/Cole publishing Company.
3. George. L.R., and Crisiani.T. (1981) Theory, Methods of processes of Counseling and Psycho therapy. New Jersey: Prentice Hall Inc. Englewood and Cliffs.
4. Patterson.E.L., and Welfel.E.R. (1999). The Counseling Process (5<sup>th</sup> edition) California: Brooks/ Cole Publishing Comapany.
5. Sreedhar.K.P. (1996) Guided Somato-Psychic Relaxation: Trivandrum: LIFE.

# Experiments Psychology

## Practical 1

Semester 2

Core Paper- 2.4

Credit – 2

Critical fusion frequency

After Images

Auditory localization

Apparent movement (Phi Phenomena)

Gestalt grouping principle

Judging Emotions using facial expressions

Color preference (Ranking and Paired comparison method)

Reaction time (Simple and choice)

Effect of Rest interval in fatigue

Trail and Error learning

Trail for of learning

Massed Verses spaced learning

Speed of Imagery.

Psycho Physical Methods.

Method of limits (AL and DL)

Method of Constant stimuli (AL and DL)

Method of average ever(AL and DL)

Brightness Discrimination

PGI Memory Test

Pro-active and Retro-active inhibition.

## Psychometry Practical

Semester II

Core Paper – 2.5.

Credit – 2

Segun Form Board

Draw a man test

Colored Progressive Matrices

Standard Progressive Matrices

Weschler Adult Intelligence scale

Mathew Test of Mental Abilities

Bender Gestalt Scale

Edward Personal Preference Schedule

Rorchah Ink Blot Test

Advanced Progressive Matrices (APM)

Eysenck Personality Questionnaire

Sixteen Personality Factor

Test of Creativity

Thematic Apperception Test

Locus of Control

Somatic Ink Blot Test

I A S Rating Scale

Neuro-Psychological test

M.M.P.I.

Aptitude Testing.

Study of Values and Interest

## **NEUROPSYCHOLOGY**

Semester – 3

Core Paper – 3.1

Credit - 4

## **UNIT 1. INTRODUCTION**

- 1.1. Historical background of neuropsychology.
- 1.2. Areas of Neuropsychology
- 1.3. Research Studies of the 19<sup>th</sup> Century
- 1.4. Techniques of Neuropsychological testing

## **UNIT 2. ANATOMICAL AND FUNCTIONAL ORGANISATIONS**

- 2.1. The frontal lobes: Specific functions of frontal lobe, prefrontal/cortex, Broca's area, Orbital centre, lateralization in the frontal lob – Intelligence and frontal lobe.
- 2.2. The temporal lobes: Specific functions of temporal lobe, audition, vision, language, attention, memory and personality.
- 2.3. The parietal lobes: specific functions of parietal lobe, somatosensory perceptions, tactile perception and body sense, language and spatial orientation, short-term memory and parietal lobe.
- 2.4. The occipital lobes: Anatomical divisions, basic visual functions and visual perceptual functions.

## **UNIT 3 : THE LIMBIC SYSTEM**

- 3.1. Hypothalamus: Lateral and ventromedial nucleus – Hunger, thirst, pleasure and reward, and aversion.
- 3.2. Amygdala: Medial and lateral nuclei – Attention, Fear, Rage, Aggression, Emotional language and the Amygdala, the limbic system and testosterone, sexual orientation and heterosexual device, the homosexual limbic system.
- 3.3. Hippocampus: Arousal, Attention and Inhibition, Learning and Memory.

## **UNIT 4 : HEMISPHERIC ASYMMETRY**

- 4.1. Individual variation in anatomical asymmetry – Sex differences and Environmental effects.
- 4.2. Concept of cerebral dominance: Visual, visuospatial, tactile and auditing perception, language and memory.
- 4.3. Agencies of the Corpus Callosum.
- 4.4. Functional asymmetry in Normal subjects.

## **REFERENCES**

1. Walsh. K. (1994). Neuropsychology (Lt), London : Churchill Livingstone, Edinburgh.
2. Schneider. M. & Tarshes. B. (1986). Introduction to Physiological Psychology, New York : Random House.
3. Kolb & Whishaw. Neuropsychology (4<sup>th</sup> ed.), New York: Freeman & Company.
4. Rhawn Joseph (1996). Neuropsychology, Neuropsychiatry and Clinical Neuroscience. Williams and Wilkins, London.
5. John . C. Mazziotta (2000). Brain Mapping: The Systems. Frackowak: Academic Press.

## **JOURNAL WORK**

Semester – 3

Core paper 3.2.

Credit - 2

During the third semester, students have to conduct field experiments in psychology namely, systematic observation, Interview, Content Analysis, Case studies and Text

construction. Though this provides practical application of their understanding in scientific methodology, it includes specific objectives like conducting observation among clients background collecting and analyzing data from a wide range of sample, systematically planning their research methodology, developing skills needed to be an interviewer or trainer of interviewers, Analyzing a descriptive data, conducting various kinds of case studies and case analysis and developing and standardization of tests, questionnaires and inventories. All the above field works have to be done by the students individually except test construction under the guidance of respective faculty members.

### **a) Systematic Observation**

In this the students have to conduct a minor study in which systematic observation should be adopted as the method of data collection. The samples are of the behavioural variables have to be observed by the student and the data be discussed. The Method of observation, and its practical application among the sample have to be studied to develop a skill in scientific observation.

### **b) Interview**

A psychologist should possess skill in interviewing. In this field experiment, the student have to conduct a minor level study in which interview should be adopted as the method of data collection. Any of the relevant behavioral variables have to be studied through this method. Different kinds of interview, its practical applications etc. should be known to the student along with their skill development in interviewing and to be a trainer of interviewing.

### **c) Content Analysis**

In this students should develop a skill in analyzing content of data collected. For this the students have to practical sessions of analyzing contents of written, printed, vocal, or

picturized data. A minor level study can be planned with this purpose and analysis can be conducted. This can be with a purpose of identifying a particular psychological factor/variable or with a general analysis aim.

#### **d) Case studies**

Different kinds of cases namely clinical, vocational, Educational, personal, organizational etc, can be studied by the student, with a thorough analysis of the background precipitating factors, on set treatments undergone, consequences and efficiency, follow up and rehabilitation procedures. This can be done in at least 5 numbers, from different areas. The cases can be collected from the consultancy services available in the department, nearby mental health care institutions, organizations, near by locality or during the educational trips of institutions.

#### **e) Test Construction:**

This is a group work. The student group have to develop a test in Psychology and standardize will the help of a supervising teacher. The selection of the variable can be according to the areas of interest of the teacher and the students.

All the field experiments have to be presented in the class and it has to be submitted as a written record to the Head of the Department, in double copy, before 3<sup>rd</sup> semester written examination. One copy will be returned to the student after valuation, where as the other copy will be retained in the department library, as the academic work conducted there. [Students can publish the study with the guide, if necessary, when the course is over]

## **SELF DEVELOPMENT PRACTICALS**

Semester III

Core Paper – 3.3

Credit - 2

Introduction Regarding the scope and application of Eastern and Western Psychological Techniques and their practical application. (Holistics Health Psychological Aspects.)

1. Techniques of Meditation.  
Transcendental Meditation  
Yogic Meditation
2. Relaxation  
Yoga nidra  
Yoga (Patajali)  
Deep breathing relaxation exercise.  
Jacobsons progressive Relaxation  
Hypnosis induced Relaxation.
3. Bio-feed back training  
Using Brain waves – EEG  
E M G  
G S R
4. Self awareness through  
Social Skill Development  
Stress management Techniques.  
Counseling skills.

## **CLINICAL NEUROPSYCHOLOGY**

Elective Paper – 1.1

Credit - 4

### **UNIT.1. INTRODUCTION**

1.1. The Brian Hypothesis

The Neuron Hypothesis

Modern Development

1.2. Methods and Concepts – The Black Box approach; Ablation; Stimulation;



Neurochemical Manipulations; Electro-psycho-logical studies; and  
Introspection and Conceptual analysis.

## **UNIT.2. BRAIN DAMAGE AND FUNCTIONAL IMPAIRMENT**

- 2.1. Aphasia – Classification, Examination, Varieties of Aphasias and their location;  
Disturbance of single language modality.
- 2.2. Alexia-Classification, Syndromes of alexia, assessment, treatment and  
prognosis.
- 2.3. Agraphia - Classification, Assessment, Relationship of Linguistic and Motor a  
graphics to other neuropsychological disorders.
- 2.4. Acalculia – Varieties of acalculia, localization of acalculias, hemisphereic  
specialization for calculation; Developmental Dyscalculis – clinical assessment  
and recent formulation of calculation disorder.
- 2.5. Body Scheme Disturbances-
  - a. Finger Agnosia – Developmental aspects, Behavioural correlates, Anatomical  
correlates, Finger agnosia and reading disability.
  - b. Right – Left Disorientation – Developmental aspects, Basis of right – left  
orientation, impairment in patient with brain disease.
- 2.6. Apraxia – Definition, Examining and testing varieties of apraxia,  
Neuropathology, Treatment and Recovery.
- 2.7. Visuo Perceptual, Visuo spatial and Visuo constructive disorders – Visual  
analysis and synthesis
- 2.8. Agnosia - Nature of recognition, Visual agnosia, Auditory Agnosia, Somato  
sensory agnosia.
- 2.9. Neglect and related disorders – Definition, Testing for neglect and related  
disorders.
- 2.10. Emotional disorders associates with neurological disease – Hemispheric  
Dysfunction, limbic system, Dysfunction, basal ganglia disorders.

- 2.11. Amnesia Disorders - General symptoms of permanent amnesia, Amnesia following bilateral lesion, Anterograde amnesia.

### **UNIT.3. DISCONNECTION SYNDROMES**

- 3.1. The Behavioural effects of disconnection
- 3.2. Hemispheric disconnection systems.
- 3.3. Lesion effects reinterpreted as disconnection syndromes.
- 3.4. Experimental verification of disconnection effects.

### **UNITS.4. NEUROLOGICAL EXAMINATION AND ASSESSMENT**

- 4.1. Objectives and approaches of Neurological assessment.
- 4.2. Neuropsychological examination – Computer based assessment, radiological imaging and electrical investigations.
- 4.3. Assessment of intelligence and cognitive abilities, deficits in visual function, sensory motor impairment, visuo perceptual impairment, impaired language written, memory etc.

### **REFERENCE**

1. Kevin Walsh (1994). Neuropsychology, 3<sup>rd</sup> Edn. Churchill Livingstone. Edinburgh, London.
2. Kenneth M. Heilman and Edward Valensation (1985). Clinical Neuro Psychology, New York: Oxford University Press.
3. Bryan Kolb and Ian Q Whishaw (1996). Fundamentals of Human Neuro-Psychology. New York: W.H. Freeman and Co.
4. Schneider and Torshes (1986). Introduction to Physiological Psychology.

## **CLINICAL PSYCHOLOGY**

Elective – 1.2.

Credit – 4

### **Unit 1**

- a. Clinical Psychology and the Philosophy of science – History of clinical Psychology – methods and measurements in clinical research.
- b. Clinical Psychology as a profession. The Clinical Psychologist at work, relation with other professionals – Ethics in Clinical Psychology.

### **Unit 2**

Theories applied in Clinical Psychology – Psychodynamic – Behavioristic – Phenomenological – Interpersonal – Biological – Mental Health.

### **Units 3**

Determinants of Abnormal Behaviour: Genetic features – Brain mechanism of innate and emotional behaviour. Biochemical factors in mental disorders Psycho-social and Cultural Determents, Ecological and Anthropological determinants of mental disorders.

### **Units 4**

Diagnostic Methods

Differential diagnosis – Interview, Personality inventories – (Diagnostic use of Intelligence tests). The Rorarschach Inkblot Method – Thematic Apperception method, Psychiatric diagnosis and nomenclature and classification.

## **BOOKS**

1. Carson and Butcher (1998) . Abnormal Psychology and Modern Life. New Delhi: Harper collins College Publishers.
2. Kaplan & Sadock (1998). Comprehensive Text Book of Psychiatry. New Delhi: Waverly Art Ltd.
3. Korchin S.J.(1986). Modern Clinical Psychology. Delhi: CBS Publishers and Distributers.
4. Wolman.B.B.(1965). Handbook of Clinical Psychology. New Delhi: McGraw Hill

## **PSYCHOTHERAPEUTICS – I**

Elective Paper – 1.3

Credit-4

### **UNIT.1.NATURE OF PSYCHOTHERAPY**

- a) General and specific factors promoting change in psychotherapy.
- b) Course of psycho therapy-Initial phase, Middle phase and terminal phase
- c) Therapeutic perspectives – Dynamic, Behaviouristic, Humanistic and Interpersonal .
- d) The Evaluation of psychotherapy: Issues of Research.

### **UNIT II. PSYCHOANALYSIS**

- a) Basic concepts
- b) The aim of psychoanalytic therapy.
- c) The Process of Psychoanalytic therapy.
- d) Current status of psychoanalysis.

### **UNIT III. HUMANISTIC – EXISTENTIAL THERAPY**

- a) Client-centred psycho therapy.
- b) Logo therapy.
- c) Gestalt therapy.
- d) Transactional Analysis and Rational Emotive therapy – Salient features.

### **UNIT III. THERAPY FOR INTERPERSONAL RELATIONSHIPS**

- a) Family therapy; Pathology and Communication in families, indications and contradictions for family therapy, goals and process of family therapy.
- b) Group psychotherapy – Models and process of group therapy.
- c) Encounter groups – T-Groups and sensitivity training, forms of encounter groups.
- d) Psycho drama – Principles, process and salient features.

### **REFERENCES**

1. Korchin, S.J. Modern Clinical Psychology. Delhi: CBS. Publishers and Distributors.
2. Kalpan H.et al. (eds) (1980) Comprehensive Text Book of Psychiatry. London: Williams and Wilkins.

## **PSYCHO THERAPEUTICS II**

Elective Paper- 1.4.

Credit – 4

### **UNIT 1. BEHAVIOUR MODIFICATION, TECHNIQUES AND RATIONALE - 1**

- 1.1. Classical and operant conditioning, and Vicarious conditioning.
- 1.2. Radical and Neo-behaviouristic perspective.
- 1.3. Techniques of reinforcement, Extinction and response elimination – contingency management, graded exposure, covert sensitization Negative practice, stimulus satiation.
- 1.4. Aversion therapy – Paretic and chemical aversion, verbal aversion.

### **UNIT 2. BEHAVIOUR MODIFICATION TECHNIQUES AND RATIONALE – II**

- 2.1. Relaxation Based techniques-JPMR – systematic – Desensitization – In vitro – invivo flooding and implosion Yoga based techniques.
- 2.2. Biofeed back EMG, GSR,EEG etc.
- 2.3. Modelling Techniques and clinical conditions.
- 2.4. Assertiveness training and social skills training.

### **UNIT III. COGNITIVE BEHAVIOUR THERAPY**

- 4.1. Rationale and techniques of CBT.
- 4.2. Rational Emotive Therapy.
- 4.3. Stress inoculation therapy.
- 4.4. Beck's Cognitive Behaviour Therapy.
- 4.5. Self control Techniques.
- 4.6. Cognitive Therapy in Psychosis.

## **UNIT 4. EVALUATION OF BEHAVIOURAL INTERVENTIONS AND CURRENT TRENDS IN BEHAVIOUR THERAPY.**

- 4.1. Current Practices – Future trends.
- 4.2. Evaluation of Process and Outcome.
- 4.3. Ethics and Professional issue in Behaviour Modification.

## **REFERENCES**

1. Carson, C.R. Butcher, J.N. & Mineka, S. (1998). Abnormal psychology and Modern Life (10<sup>th</sup> edn). London: Harper Collins College Publishers.
2. Garfield, S.L. and Bergin, A.E. (1986) Handbook of psycho therapy and Behaviour change (Edn) New York. John Willey and Wilkins.
3. Kaplan, H. et al (Eds) (1990). Comprehensive Text Book of Psychiatry. London: Williams and Wilkins.
4. Korchin, S.J. Modern Clinical Psychology. Delhi: CBS Publishers and Distributors.
5. Rimm, D.C. and Masters, J.C. (1979). Behaviour Therapy. New York. Academic Press.
6. Sreedhar, K.P. (1996). Guided Somato Psychic Relaxation: Thiruvananthapuram Life.

# **ORGANISATIONAL BEHAVIOUR**

Elective Paper 2.1.

Credit – 4

## **UNIT 1. INTRODUCTION TO ORGANISATIONAL BEHAVIOUR**

- a) The concept of organization.
- b) Organisation and it's External Environment.
- c) Organisationsal Goals.
- d) Organisational theories,
- e) Internal organizations.
- f) Foundation competencies for Individual and Managerial effectiveness.

## **UNIT 2. INDIVIDUAL PROCESS**

- a) Job attitudes.
- b) Motivation in the work setting
- c) Motivating performance: Goal setting and Reward systems.
- d) Work stress.

## **UNIT 3. GROUP AND INTERPERSONAL PROCESSES.**

- a) Group and Team behaviour.
- b) Power and Political Behaviour.
- c) Conflict and Negotiation.
- d) Leaderships: Foundations of contemporary development.



- e) Interpersonal communication.

#### **UNITS 4. ORGANISATIONAL PROCESSES.**

- a) Decision in Organisations.
- b) Organisation Design.
- c) Organisational culture.
- d) Organisational change and development.
- e) Control and Effectiveness.

#### **REFERENCES**

1. Hellriegel, D. Slocum, J.W. & Woodnan, R.W. (2001). Organisational Behaviour (9<sup>th</sup> edn) Singapore: South-Western College Publishing.
2. Griffin (2005). Organizational Behaviour, Managing people and organizations. New Delhi, Bistantrs.

## **HUMAN RESOURCE DEVELOPMENT (HCD)**

Elective Paper – 2.2.

Credit – 4

### **UNIT.1. HUMAN REDOURCE MANAGEMENT**

- a) Introduction-importance of HRD-functions and Activities of HRM-HRM department.
- b) HRM in Dynamic Environment – Globalisation and it's HRM implications – Re-engineering work force for improved productivity.
- c) Legal consideration and Employee rights – Equal employment opportunity – Employee right and Ethical issues.

### **UNIT 2. ACQUISITION OF HUMAN RESOURCES**

- a) Man power Planning: Uses and benefits of man power planning problems and limitations – Anticipating manpower needs – Man power inventory – Man power planning steps and methods.
- b) Designing and Anlysing Jobs: Critical issues in analyzing and designing jobs. Job design; qualifies, approaches and Activities – Job redeisgn: Job analysis – need for information – structured procedures and methods – steps.
- c) Man power selection processes and steps – sources and methods of obtaining job applicants – increasing the pool of potentially qualified applicant selection devices. Recruiting Sources – Activities – selection and placement decisions single predictor, multiple predictor and Assessment Centre approach

### **UNIT 3. DEVELOPMENT AND MOTIVATION OF HUMAN RESOURCES**

- a) Man power training and development – Employee orientation and training – Management development programmes – Training formulae career development techniques.
- b) Job changes, promotions, Transfers, and dislocations – promotion and transfer policies. Term-nations and other dislocations. Job enlargement, enrichment policies.
- c) Personal productivity through motivation strategies. Incentives – financial – Non financial. Employee rights – rights to job – rights on job. Working scheduling and motivation and rewarding the productive Employee.
- d) Performance Appraisal – concepts – Characteristics – Objective. Validation of Tests – Types of tests and appraisal techniques and performance management.

### **UNIT 4. MAINTENANCE OF HUMAN RESOURCES.**

- a) Compensation and Administration: Total compensation – Wages, salary, Bonus, and performance based pay. Types of incentive plans. Indirect compensation – Legal and environmental impact on in direct compensation – Protection procedures – Administrative issues – benefits of indirect compensation. Employee fringe benefits and social security – Employee benefits – types and objectives. Quality of work life. Workers participation in Management.
- b) Labour relation and collective Bargaining Effective Human relations, industrial relations, Industrial disputes. Collective bargaining – negotiation Arbitration and Industrial discipline.
- c) Organizational counseling – Psychological Testing and diagnostic in organizations – Types of tests, factors effecting psychological tests results, use of tests in counseling,

tests interpretation in counseling and diagnosis with tests, scope and limitation of testing and diagnosis in organizational settings. Employee Assistance programmes.

## **REFERECES**

1. TAPOMOY DEB (2006). Strategic Approach to Human Resources Management; concepts, Tools Application. New Delhi; Atlantic Publishers and Distributors.

## **CONSUMER/MARKETING PSYCHOLOGY**

## **UNIT 1. STUDY OF CONSUMER BEHAVIOUR**

1. Diversity of Consumer Behaviour and Ethics in Marketing.
2. Consumer Research – History and conducting.
3. Market segmentation – Bases, criteria and implementation.

## **UNIT II. CONSUMER AS AN INDIVIDUAL**

1. Motivation – Nature, Types, Measurement and Research.
2. Personality – Theories, Consumer diversity and self and self-image.
3. Perception- Dynamics, Consumer. Imagery and perceived Risk.
4. Learning and Consumer involvement – Theories, reinforcement and Brand loyalty.
5. Attitudes – Model, formation and change, and theories.
6. Communication – Components, process and designing persuasive communication.

## **UNIT III. THE CONSUMERS DECISION-MAKING PROCESS.**

1. Personal influence and the Opinion Leadership process – Opinion leadership, measurement and profile and firm's promotion strategy.
2. Diffusion of Innovation – The diffusion process and the Adoption process. A profile of the consumer innovator.
3. Consumer Decision Making: Choosing and consuming – Decision, levels of consumer decision making, views and model, and consumer Gifting Behaviour.

## **UNIT IV. CONSUMER BEHAVIOUR AND SOCIETY.**

1. Consumer Behaviour Applications to profit and not-for-profit Marketing – Health care Marketing, Political Marketing, the marketing of social causes and Environmental Marketing.
2. Public policy and consumer protection – Deceptive Advertising and Consumer Research.

## **REFERECES**

1. Schiffmen, L.G. & Kanuk, L.L. (1998). Consumer Behaviour. New Delhi: Prentice Hall of India.

## **INDUSTRIAL CLINICAL PSYCHOLOGY.**

Elective Paper – 2.4

Credit - 4

- a) Industrial clinical psychology – Model, Control, Causes, Treatment and correction action.
- b) Mental Health in the workplace: Toward an integration of organizational and Clinical Theory.
- c) Mental Health and Disabilities, the Employer and the Law.

## **UNIT 2. STRESS AND WORK**

- a) Models of work stress.
- b) Effects of job stress on Mental and Physical Health.
- c) The unbalanced Life: Work and family conflict,
- d) Safety and Health.
- e) Maintaining a healthy work environment.
- f) Occupational Hazards and risks.
- g) Accident process.
- h) Interventions in Occupational Stress.

## **UNIT III. EFFECT OF PSYCHOPATHOLOGY ON WORK**

- a) Depression in the work place.
- b) Bipolar disorders.
- c) Generalized Anxiety disorder.
- d) Social anxiety disorder, specific phobias and panic order.
- e) PTSD in the workplace
- f) Seizophrensis
- g) Anti social personality disorder.
- h) Borderline personality disorder.
- i) Eating disorders.
- j) Traumatic Brain Injury in the workplace.
- k) Insomnia.

## **UNIT III 2. EFFECTS DISRUPTIVE BEHAVIOUR AT WORK.**

- a) Alcohol and Drug.
- b) Social Dysfunction.

- c) Anger, Hostility and Violence.
- d) Harassment and discrimination.
- e) Absenteeism
- f) Passive – Aggressive Behaviour.

#### **IV.1. SPECIAL GROUPS IN ORGANISATIONAL COUNSELLING**

- a) Chronic absentees.
- b) Accident proneness.
- c) Employee with family problems.
- d) Employees with alcoholism and drug addiction.
- e) Maladjusted employees.
- f) Counselling the indisciplined.
- g) Setting up the counseling cell in organization.

#### **IV. 2. RELAXATION TECHNIQUES IN I.C SETTING**

- a) Theoretical background.
- b) General aspects of relaxation Training.
- c) Physical methods of relaxation – progressive relaxation, progressive relaxation training, A tense – release script, passive Muscular relaxation, Applied relaxation, Behavioural relaxation training, The Mitchell method, The Alexander method, differential relaxation stretching, physical exercise, Breathing.
- d) Mental approaches to relaxation – self – awareness, Imagery, Goal-directed visualization, Autogenic training, Mediation, The relaxation response.
- e) Miscellaneous topics – ‘On-the-spot’ techniques, Assessment and research.

#### **REFERENCES**



1. Adrian Furnham (2005). The Psychology of behaviour at work. The individual in the organization. New York: Psychology press.
2. Rose Mary . A. Payne (1995). Relaxation Techniques. A Practical Handbook for the Health care Professional Edinburgh. Churchill Livingstone.
3. Neil Anderson, et al (2002). Handbook of Industrial, Work and Organisational Psychology (Vol. 1 & Vol. 2 ). London: Sage publications.
4. Jay C. Thomas and Michel Hersen (2002). Handbook of Mental Health in the workplace. London Sage Publications.
5. Miner, J.B. (1992). Industrial Organisational Psychology, New York: Mc Graw Hill Inc.