

Department of Psychology  
Kumaun University, Nainital  
**M.A. Psychology Syllabus**  
**w.e.f. July, 20 (Department of Psychology)**

The students enrolled for M.A. course in Psychology, Department of Psychology will be offered various courses/papers (of total 80 credits) during the four semesters. The various courses/papers offered during the first two semesters (first year of the study) will be of compulsory nature that aims to equip the students to undergo higher studies in the area of psychology. In the first semester the students will be offered four compulsory theory papers (each of 4 credits; total 16 credits) and a practical course based on the theory papers (4 credits). The course during the first semester is of 20 credits. In the second semester there will be four compulsory papers (each of 4 credits; total 16 credits) and a compulsory practical paper (of 4credits) based on the theory papers. The course during the second semester is of 20 credits.

**During the third semesters (the second year of the study)** the students will have to go through two compulsory theory papers [CPS] (each of 4 credits; total 8 credits) and they will be required to choose any two theory papers among the available courses/papers (refer to the course structure for details). During this semester students will be required to study two compulsory open elective paper [EPS] (Each of 4credits) among the available courses/papers, in addition to compulsory practical paper of 4 credits. The total credits of the course during the third semester are 20. **In the last semester (IVsemester)** students will opt any One Compulsory paper [CPS] and choose three elective papers [EPS] from the available courses/papers (each of 4 credits), in addition to the compulsory paper so f practical (4credits) and research project/ dissertation (4 credits).The total credit of the course during the IV semester is 24

The Elective Papers of course offered in third and fourth semester will be announced by the Department immediately prior to that semester based on the availability of expertise, number of teachers, choices given by the students and any other relevant factor and in third and fourth semesters, the minimum and maximum intake in the specific courses will be taken by the departmental council of the Department of Psychology. Thus, the availability of the courses/papers during the third and fourth semesters may vary from session to session and it is not mandatory for the department to offer all courses/papers listed forth semesters.

**M. A. SEMESTER-I**

<b>Paper No.</b>	<b>Title of Paper</b>	<b>Credit</b>
CPS-101	Psychology of Cognitive and Affective processes	04
CPS-102	Contemporary Issues of Social Psychology	04
CPS-103	Psychological Statistics	04
CPS-104	Research Methodology-I	04
CPS-105	Practical	04

## M. A. SEMESTER– II

<b>Paper No.</b>	<b>Title of Paper</b>	<b>Credit</b>
CPS-201	Psychology of Learning and Memory Processes	04
CPS-202	Applied Social Psychology	04
CPS-203	Applications of Statistics in Psychology	04
CPS-204	Research Methodology-II	04
CPS-205	Practical	04

## M.A. SEMESTER–III

<b>Paper No.</b>	<b>Title of Paper</b>	<b>credit</b>
CPS-301	Psychopathology-I	04
CPS-302	Fundamentals of Clinical Psychology	04
EPS-303	Conceptual Approaches of Personal	04
EPS-304	Child Development	04
EPS-305	Organizational Behavior	04
EPS- 306	Stress Management	04
EPS-307	Practical	

## M.A. SEMESTER– IV

<b>Paper No.</b>	<b>Title of Paper</b>	<b>credit</b>
CPS-401	Psychopathology-II	04
EPS-402	Psychotherapies	04
EPS-403	Health Psychology	04
EPS-404	Human Resource Management	04
EPS-405	Organizational Communication	04
EPS- 406	Application of Psychology in Human Life	04
EPS-407	Practical	04
EPS-408	Dissertation	04

### Abbreviations

**CPS: Core course Psychology**

**EPS: Elective course Psychology**

## M.A.SEMESTER-I

**CPS-101                      Psychology of Cognitive and Affective processes                      Credits-4**

**UNIT-I Perception:** Nature of perception, Perception of form, Perceptual constancies. Depth and space perception. Perception of movement: real and apparent. Perceptual defense and perceptual vigilance. Perception of time. Effects of set and motivational variables on perception.

**UNIT-II Attention:** Nature and characteristics of attention. Types of attention. Determinants of attention. Nature and determinants of selective attention. Theories or models of selective attention. Nature and determinants of sustained attention. Theories of sustained attention.

**UNIT-III Approaches and Theories of Perception:** Physiological, Gibsonian, Information Processing, Gestalt and Behavioristic approaches or theories.

**UNIT-IV Motivation: Definition, Types of motives:** Biogenic and sociogenic motives. Theories of motivation: Maslow's need hierarchy theory, Herzberg's two factor theory, McClelland's need theory. Measurement of motives.

**UNIT-V Emotion:** Concept of emotion. Physiological correlates of emotion. Theories of emotion: James-Lange, Cannon-Bard, and Activation theories. Measurement of emotion.

### **Books Recommend:**

1. f=ikBh] ,y0ch0 ¼1999½- vk/kqfudiz;ksfxdeuksfoKku] vkxjk% HkkxZocqdgkÅIA
2. flag] vkj0,u0 Hkkj}kt] ,l0,l0 ¼2010½-  
mPpizk;ksfxdeuksfoKkuvkxjk% vxzokyifCyds"kuA
3. vfteqjZjgeku] lkekU; euksfoKku] fnYyheksrhykycukjlhnlkIA
4. flag] ,0ds0 ¼2000½mPpÙkjlkekU; euksfoKku]  
fnYyheksrhykycukjlhnlkIA
5. Galotti, K.M., (2014) Cognitive Psychology : In and Out of the Laboratory (5e). N.Delhi: Sage
6. Dember, W. M., & Warm, J.S. (1979) Psychology of perception. Holt Rinehart
7. Cofer, C.N., & Appley, M.H. (1964). Motivation: Theory and Research New York: Wiley
8. Passer & Smith, (2007). Psychology. Pearson Education.
9. Woodworth, R.S., & Schlosberg, H. (1954). Experimental Psychology. New York: Holt
10. Margret, W., Matlin, Hugh, J. & Foley (4<sup>th</sup> Edition). Sensation and Perception.
11. Postman, L., & Egen, J.P. (1949). Experimental Psychology: An Introduction New York: Harper and Brother

**UNIT-I Social Psychology :** Definition and focus of Social Psychology, Historical Roots of Social psychology, Research methods in Social psychology : Systematic Observation, Correlational method, Experimental method, Sociometry, Present trends in Social psychology

**UNIT-II Social Cognition:** Nature and basic assumption Schematics Processing, Mental shortcuts: using cognitive heuristic, biases and potential errors.

**UNIT-III Attitude and Attitude change:** definition, components of attitude, formation of attitude, theories of attitude change, measurements of attitude.

**UNIT-IV Prosocial Behavior:** definition altruism and pro social behavior, determinates of helping behavior, By standard effect, theories of helping behaviors.

**UNIT-V-Social Influence:**Social Influence process, Conformity, Compliance, Specific Compliance, techniques obedience.

#### Recommended books-

1. Boron, R.A.,&Byrne,D.(2000) Social Psychology,N.Delhi:PrenticeHall
2. Feldman,R.S.,(1985)SocialPsychology:Theories,ResearchandApplicationNew York McGraw Hill
3. Myers,& David, G.,(1994).*Exploring Social Psychology*. NewYork: McGraw Hill
4. Sears,D.O.,Taylor,S.E.&Pepalau,L.A.(1994), Social Psychology New Jersey: Printice Hall
5. Raven, B.H.,& Rubin, J.Z. (1983) Social Psychology (second edition)N. York: John Wiley
6. f=ikBh ,y0ch0 ¼1992½] vk/kqfudlkekU; euksfoKku] vkxjk% lkbdkSykWftdydkWjiksjs"kuA
7. flag] ,0ds0 ¼2002½ lkekU; euksfoKku dh :ijs[kkfnYyh% eksrhykycukjlhnlk

**UNIT I -Measures of Central Tendency:** Calculation of Mean, Median and Mode. Properties of mean, median and mode and when to use mean, median and mode.

**UNIT-II Measures of Variability:**Calculation of Quartile Deviation and Standard Deviation. Coefficient of variation.When to use various measures of variability.

**UNIT-III Coefficient of Correlation:** Meaning and types of correlation. Calculation of coefficient of correlation by product moment method.Correlation from ranks.Biserial correlation. Point Biserialcorrelation,.Tetra choric correlation.Phi-coefficient and Contingency coefficient.

**UNIT-IV Partial and Multiple Correlation:** Meaning of Partial and Multiple Correlation, Multiple Correlation involving three variables. The significance of partial regression coefficient and Multiple R.

**UNIT-V Regression and Prediction:** Meaning and nature of regression. Regression equation in score form and regression equation in deviation form.

### Recommended books-

1. Ferguson, G.A., *Statistical Analysis in Psychology and Education*. McGraw Hill: International book company
2. Asthana, H.S., & Bhushan, B., (2007), *Statistics in social sciences with SPSS Application*, N. Delhi : Prentice Hall of India
3. Verma, and Ghufan, M. (2012). *Statistics for Psychology*, N. Delhi: Tata McGraw Hill
4. Garret, H., (1969) *Statistics in Psychology and Education*. Bombay: Vakils, Feffer and Simons Ltd.
5. Broota, K. D., (1992) *Experimental Design in Behavioral Research* N. Delhi :Wiley Eastern.
- 6- xq|rk] ,|0ih0] ¼2005½ lkaf[;dh; fof/k;kj] bykgkckn% “kkjnkiqLrdeafnjA
- 7- dfiy] ,p0ds0 lkaf[;dh; ds ewyrRo] vkxjk% fcuksniqLrdefUnjA
- 8- vLFkkuk] ch0 ¼2009½ euksfoKku ,oaf”k{kkesalakf[;dh;] vkxjk% vxzokyifCyds”kuA
- 9- flag] ,0ds0 ¼2000½ ijh{k.k} ekiu ,oa “kks/k fof/k] iVuk% HkkjrhHkouA

**CPS-104**

**Research Methodology-I**

**Credits-4**

**UNIT-I Scientific Research:** Nature of science and scientific method. Meaning and characteristics of scientific method. Nature and purpose of psychological research. Types of psychological research: Correlational, Experimental and Ex-post facto.

**UNIT-II Research Problem and Hypothesis :** Nature and characteristics of research problem. Sources of research problem. Evaluation of research problem. Hypothesis: Meaning and nature of hypothesis. Difference between problem and hypothesis. Characteristics of good hypothesis. Function of hypothesis.

**UNIT-III Variables and Control:** Meaning and nature of variables. Characteristics of variables. Different techniques of controlling variables.

**UNIT-IV Research Design:** Nature of research design. Purpose of research design. Criteria of research design. Types of research design.

**UNIT-V Main Research Designs (Theoretical Aspects):** Within group design, between group design, factorial design, quasi-experimental design.

**Books Recommended –**

1. Kerlinger ,F.N.,(1993)Foundation of behavioral research, surzeetpublication
  2. Broota, K.D.,(1992),Experimental design in behavioral research, N. Delhi: Wiley eastern,
  3. Edwards, A.K., (1996)Experimental design in Psychological research, New York
  4. Jones, R.A.,(1985)research method in the social science and behavioral sciences
- 5- flag] ,Ods0 ¼1997½ euksfoKku] lekt"kkL= rFkkf"k{kkesa "kks/k fof/k;kj] fnYyh% eksrhykycukj]hnlkIA
- 6- f=ikBh] ,y0] vuqla/kkufof/k;kj] vkxjk% HkkxZoifCyds"kuA
- 7- gdhe] ,e0,0 ,oavLFkkuk] ch0] ¼1994½ euksfoKku "kks/k fof/k;kj] vkxjk% fcuksniqLrdefUnjA

### **CPS-105                      Practical Credits-4**

**Students are required to conduct any five practical from the following:**

1. Perceptual defense/ vigilance
2. Temporal perception
3. Phi-phenomenon
4. Emotional maturity scale
5. Need for achievement
6. Person perception
7. Pro-social behavior
8. Social conformity
9. Cooperation and competition
10. Experiential deprivation

### **M.A.SEMESTER-II**

#### **CPS-201                      Psychology of Learning and Memory Processes                      Credits-4**

**UNIT-I Conditioning:** Classical conditioning: paradigms and phenomenon. Operant conditioning: nature and types of operant conditioning. Differences between classical and operant conditionings. Extinction of conditioned responses.Generalization and discrimination.Types and patterns of reinforcement.

**UNIT-II Theories of Learning:** Thorndike, Tolman, Hull, Skinner and Guthrie.

**UNIT-III Verbal Learning:** Experimental material and Procedure. Determinants of verbal learning. Organizational processes in verbal learning.

**UNIT-IV Memory:** Meaning of memory. Types of memory: Sensory memory, short-term

memory, long-term memory. Types of long-term memory: Episodic, semantic, retrospective, prospective and procedural memory. Difference between STM and LTM. Information processing model of memory: Atkinson- Shiffrin Buffer model and Level on Processing Model.

**UNIT-V Forgetting:** Meaning and process of forgetting. Forgetting Curve. Methods of measuring forgetting. Determinants of forgetting. Theories of forgetting, Strategies of improving memory.

**Recommended Books:**

- 1- f=ikBh] ,y0ch0] ¼1999½] vk/kqfudizk;ksfxdeuksfoKkuvkxjk% HkkxZocqdgkÅIA
- 2- flag vkj0,u0] ,oaHkkj}kt] ,l0,l0] ¼2010½] mPpizk;ksfxdeuksfoKku] vkxjk% vxzokyifCyds"kuA
- 3- vfteqjZ] jgeku] lkekU; euksfoKku] fnYyh% eksrhykycukjlhnlkIA
- 4- flag] ,0ds0] ¼2000½] mPpÙkjlkekU; euksfoKku] fnYyh% eksrhykycukjlhnlkIA
5. Galotti, K.M.,(2014). Cognitive Psychology: In and Out of the Laboratory (5e).N. Delhi: Sage
6. Bower,G.H.,&Hilgard,E.R.,TheoriesofLearning.(V.Ed.).N.Delhi:Prentice-HallofIndiaPvt. Ltd.
7. D'Amato, M.R.,(1970).Experimental Psychology. McGraw Hill
8. Passer&Smith(2007).Psychology. Pearson Education.
9. Postman, L., &Egen, J. P. (1949). Experimental Psychology: An Introduction. New York: Harper and Brothers.
10. Woodworth, R.S. &Schlosberg,H.(1954).ExperimentalPsychology.New York:Holt

**CPS-202 Applied Social Psychology**

**Credits4**

**UNIT-I Attribution:** definition of Attribution. Internal and external factors in Attribution. Theories of attribution. Application of attribution theory.

**UNIT II Aggression:** Nature of aggression. Theories of aggression; Instinct theory, Frustration aggression theory, modified frustration theory, social learning theory. Prevention and control of aggression.

**UNIT III Culture Personality :** meaning and culture, type of culture. Meaning of personality relation between culture and personality.

**UNITIV Communication:** Nature of Communication. Types of Communication. Communication Process, A basic model of Communication. Factors influencing effectiveness of Communication, Barrier of effective Communication.

**UNIT-V Some Social Problems:** Poverty, Population and domestic violence.

**Book recommended-**

- 1-Baron, R.A., & Baron, D., (2000) Social Psychology, N. Delhi: Prentice Hall
- 2-Taylor, S.E., Pepalau, L.A. & Sears, D.O. (2009) Social Psychology
- 3-Raven, B.H., & Rubin, J.Z. (1983) Social psychology (Second Ed) N. York : John wiley
- 4 f=ikBh] ,y0ch0] ¼1992½] vk/kqfud lkekftd euksfoKku vkxjk% us"kuY lkbdkSykWftdy dkjiksjs"kuA
- 5 gq[Su] ch0,p0] ¼1994½] uohu lkekftd euksfoKku] vkxjk% fouksn iqLrd efUnjA



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**UNIT-I The Normal Distribution:** Meaning and importance of normal distribution. Properties of normal distribution. Measuring divergence from normality. Application of normal probability curve.

**UNIT-II Significant of Mean and other Statistics:** Meaning of statistical inference. Significance of mean,  $r$ . and  $\sigma$ . Computation of t-values for independent and dependent samples. Level of significance. Type I and Type II errors in inference making.

**UNIT-III Analysis of Variance:** One way and two way.

**UNIT-IV Nonparametric test:** Chi-square, Median test, Mann-Whitney U test.

**UNIT-V Factor Analysis:** Assumptions and characteristics of factor analysis. Important terminologies of factor analysis. Principal Component analysis. Factor loading, Eigenvalues, Kaiser Criterion, the percentage variance explained, Varimax Rotation. Steps followed in factor analysis.

#### Book Recommended-

1. Ferguson, G.A., Statistical Analysis in Psychology and Education. McGrawHill: International book company
2. Asthana, H.S., & Bhushan, B., (2007), Statistics in social sciences with SPSS Application, N. Delhi: Prentice Hall of India
3. Verma, and Ghufuran, M. (2012). *Statistics for Psychology*, N. Delhi: Tata McGraw Hill
4. Garret, H., (1969) Statistics in Psychology and Education. Bombay : Vakils, Feffer and Simons Ltd.
5. Broota, K. D., (1992) Experimental Design in Behavioral Research N. Delhi : Wiley Eastern.

#### CPS-204

#### Research Methodology

#### Credits-4

**UNIT I Non-experimental Research:** Meaning and characteristics of non-parametric research. Difference between experimental and non-experimental research. Types of non-experimental research: Survey research, Field studies, and Action research.

**UNIT-II Cross-cultural Research:** Meaning, nature and characteristics of cross-cultural research. Difference between intra-cultural and cross-cultural research. Methods of cross-cultural research. Merits and demerits of cross-cultural research.

**UNIT-III Sampling:** Meaning and purpose. Probability and non-probability sampling techniques. Biases in sampling.

**UNIT-IV Method of Data Collection:** Experimental, Interview, Observation, Questionnaire and Sociometry.

**UNIT-V Report Writing and Ethical Issues in Psychological Research.**

#### Book Recommended-

1. Kerlinger, F.N. (1993) Foundation of behavior research, surzeet publication
2. Broota, K.D., (1992), Experimental design in behavioral research, N. Delhi: Wiley eastern,

3. Edwards, A.K., (1996) Experimental design in Psychological research, New York
4. Jones, R.A., (1985) research method in the social science and behavioral sciences.
5. flag] ,Ods0] ¼1997½] euksfoKku] lekt"kkL= rFkkf" k{kk "kks/kfof/k;kij] fnYyh% eksrhykycukjIhnkIA
6. f=iBh] ,y0] vuqla/kkufof/k;kij] vkxjk% HkkxZoifCyds"kuA
7. gdhe] ,e0,0] ,oavLFkkuk] ch0 ¼1994½ euksfoKku "kks/k fof/k;kij] vkxjk% fouksniqLrdefUnjA

**CPS-205**

**Practical**

**Credit-04**

**Students are required to conduct any five practical from the following:**

1. Serial learning
2. Short-term memory
3. Long-term memory
4. Measurement of PI/RI
5. Ziegarnik effect
6. Attitude change
7. Measurement of stereotypes/prejudice
8. Interpersonal attraction
9. Moral values
10. Effect of success on group cohesiveness

### **M.A.SEMESTER-III**

**CPS-301**

**Psychopathology-I**

**Credit-04**

**UNIT-I Approaches of psychopathology:** Psychodynamic, Behavioristic, Humanistic, Existential, and Cognitive approaches.

**UNIT-II Classifications in Psychopathology:**

( I ) WHO Classification (ICD-10), and (II) DSM- V

**UNIT III Anxiety Disorders:** Nature, etiology, and symptoms of panic, phobic, Generalized anxiety disorders. Obsessive-compulsive disorder.

**UNIT-IV Somatoform Psychophysiological Disorders:** Nature, etiology and symptoms of dissociative disorder. Nature and types of Psychophysiological disorder. Etiology of gastro-intestinal respiratory, cardiovascular and skin disorder.

### **Book Recommended-**

1. Carson, R.C., (2007). Abnormal Psychology and Modern Life. Pearson Education, Inc.
2. Sarason, G.I., & Sarason, B. R. (2009). Abnormal Psychology: The Problem of Maladaptive Behaviour (II Edition). Pearson Education, Inc
3. Barlow, D.H., & Durand, V.M. (1999).  
Abnormal psychology (2<sup>nd</sup> ed.). Pacific Grove: Books/Cole.
4. Davison, G.C., Neal, J.M. & Kring, A.M. (2004).  
Abnormal psychology. (9<sup>th</sup> ed.). New York: Wiley.
5. Nolen-Hoeksema, S., (2004). Abnormal Psychology 3<sup>rd</sup> Edn. McGraw Hill:  
New York, USA.
6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal Psychology:  
current perspectives. 9<sup>th</sup> Edn. Tata McGraw-Hill: New Delhi, India.

7. Rychlak, F., (1973). Introduction to personality and psychopathology. New York:HoughtonMifflin.
8. ButcherJ.N.,Mineka,S.,andHooley,J.M.(2014)AbnormalPsychology(15<sup>th</sup>Ed.)DorlingKindersley(India) Pvt.Ltd. OfPearson Education.
9. flag] ,0ds0] ¼2002½] vk/kqfud vlkekU; euksfoKku] ubZ fnYyh% eksrhyky cukjlnkIA

**CPS-302                      Fundamental of Clinical Psychology                      Credit-4**

**UNIT-I Introduction:**Brief history and scope Of clinical psychology.Definition and nature of clinical psychology. Role of clinical psychologists.Issues in profession of clinical psychology.

**UNIT-II-Perspectives of Clinical Psychology:**Motivational perspective,adaptational perspective,and ecological perspective.

**UNIT-III Clinical Assessment:** Meaning and nature of clinical assessment. Purpose of clinical assessment.Stages of clinical assessment.Meaning, nature, types, and stages of clinical interview.

**UNIT-IV Test in Clinical Use:** Role of psychological test in psycho-diagnosis. Differenttestsin clinical use: WAIS, MMPI,TAT. Rorschach test.

**UNIT-V Neuropsychological Assessment:** Meaning and purpose of neuro-psychological assessment.Concept of minimal brain dysfunction.Techniques of neuropsychological assessment.

**BookRecommended-**

1. Krochin,S.J.,(1989).ModernClinicalPsychologyC.B.SPublishserSharada.
2. Wallon,R. W.,(1956)ClinicalPsychology,Tata McGrawHill.
3. Wolman,B.B.,(1975)Handbookofclinicalpsychology, N.York, McGrowHill
- 4 flag] ,0ds0] ¼2002½] mPpÙkjuSnkfudeuksfoKku] ubZfnYyh% eksrhykycukjlnkIA
- 5 flag] vkj0ih0 ¼1981½] uSnkfudeuksfoKkuvkxjk% fouksniqLrdefUnjA
- 6 dfiy] ,p0ds0] vk/kqfuduSnkfudeuksfoKkuvkxjk% HkkxZoifCydS”kuA

**EPS-303                      Conceptual Approaches of Personality                      Credits-4**

**UNIT-Introduction:**Meaning of personality;Theoretical approaches to personality.Type approach &Trait Approach.Determinants of Personality,Biological or Physical determinants.Psychological determinants.Social determinants.

**UNIT-II Measurement of Personality:** Personality Inventory. Projective methods.Observational methods.

**UNIT-III Psychoanalytical:** Freud, Adler, Jung, & Neo Freudian.(Horney,SullivanandErik Fromm)

**UNIT-IV Dispositional approaches:** Allport,Cattell and Eyesenck,

**UNIT-V Behavioraland cognitive approach:**Mischel and Skinner,

**UNIT-VI Phenomenologicalapproach:** Rogers and Maslow.

**BooksRecommended-**

1. flag] ,0ds0] O;fäRodkeuksfoKku] fnYyheksrhykycukjlnkIA
2. JhokLro] vkj0th0] O;fäRodkeuksfoKku] fnYyh% eksrhykycukjlnkIA
3. Hkkdqyk] ,0] O;fäRo% laizR;;] fl)kUr ,oafu/kkZjd] fnYyhjk/kkizdk”kuA
4. Sarason,L.A.,(1972)Personality:AnObjectiveApproach,NYork:JohnWiley&Sons.Inc
5. Hall,S.H.,Lindzey, G., &Campbell, J.B., (2004)TheoriesofPersonality (Fourth Edition)N.YorkJohnWiley& Sons. Inc

**UNIT-I** Concept of development: Principles of growth, maturation and development; Developmental stages.

**UNIT-II** Determinants of development: Biological and socio-cultural.

**UNIT-III** - Prenatal development: Stages and factors affecting it.

**UNIT-IV** Development during infancy: Physical and motor development; Sensory and perceptual development; Language, emotional and social development.

**UNIT-V** - Development during childhood: Cognitive, social, emotional, moral and emergence of self.

**Books Recommended:-**

Berk, L.E., (2003). Child development. New Delhi: Prentice Hall.

Dworetzky J.P., (1984). Introduction to child development (2nd ed.). St. Paul: West Publishing Co.

Hurlock, J.B., (1997). Child psychology. (Hindi & English Versions) McGraw Hill.

Kaluger, G.S., & Kaluger, M.F. (1984). Human development: The span of life, (3rd ed.) St. Louis: Times Mirror.

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5.

**UNIT-**

**I Introduction:** Historical developments in OB, the organizational system; structural characteristics of organizations; organizational designs; challenges and opportunities for organizational behavior.

**UNIT-**

**II Leadership:** Trait, behavioral, contingency, and contemporary theories; leadership styles and skills, contemporary issues in leadership

**UNIT-III Power and politics in organizations:** Bases of power and power tactics. Politics: Power in action, factors related with political behavior.

**UNIT-IV Conflict and negotiation:** Intra-individual, interpersonal, and inter-group conflicts; conflict process; Negotiation strategies and process.

**UNIT V Organizational culture:** Nature and types; developing and maintaining organizational culture and customer responsive culture; promoting ethics in organizational culture.

**Recommended Books:**

1. George, J.M., & Jones, G.R. (2005). Understanding and managing organizational behavior (4th Ed.). Upper Saddle River, NJ: Prentice Hall.
2. Hellriegel, D., & Slocum, J.W. (2004). Organizational behavior. South Western: Thompson
3. Luthans, F., (2005). Organizational behavior (12<sup>th</sup> Ed.). New York: McGraw Hill.
4. Riggio, R.E., (2003). Introduction to industrial/organizational psychology (4th Ed.). Upper Saddle River, NJ: Prentice-Hall.
5. Robbins, S., Judge, T.A., & Sanghi, S. (2009). Organizational behavior. (13<sup>th</sup> Ed.). New Delhi: Pearson Education.

**EPS-306**

**Stress Management**

**Credit-4**

**UNIT-I Organizational stress: Concept-**

different perspectives, symptoms, individual factors influencing job stress.

**UNIT-**

**II Causes of job stress:** Personal characteristics, organizational structure and change, properties of work and work setting, job role, machine pacing and shiftwork.

**UNIT-**

**III Consequences of job stress:** Job behavior, job satisfaction, performance, absenteeism; health strains- physical illness, mental/psychological symptoms.

**UNIT-IV Stress management interventions** Individual centered- cognitive, behavioral, and physical. Organization centered- preventing, mitigating and moderating organizational stressors.

**UNIT-V Coping with stress:** Types of coping strategies.

**Books Recommended -**

1. Matteson, M. T., & Ivancevich, J. M. (1987). Controlling work stress: Effective human resources and management strategies. San Francisco: Josey Bass.
2. Pestonjee, D. M., (1992). Stress and coping. New Delhi: Sage Publications.
3. Ross, R. R., & Altmair, E. M. (1994). Interventions in occupational stress. New Delhi: Sage Publications.
4. Srivastava, A. K., (1999) Management of occupational stress: Theories and practice. New Delhi: Gyan Publishing House.

Students are required to conduct any five practical from the following:

1. 16PF
2. Alienation
3. Locus of control
4. Emotional maturity
5. Self-esteem/self-concept/Self-efficiency
6. Administration of test of vocational interest
7. Administration of test of aptitude
8. Administration of test of values

## M.A. SEMESTER-IV

**CPS-401**

**Psychopathology-II**

**Credit-4**

**UNIT**

**-I**

**Schizophrenia and Delusional Disorders:** Types, Symptoms and etiology of schizophrenia and paranoia.

**UNIT-II Mood Disorders:** Etiology and symptoms of Uni-polar and bipolar disorders.

**UNIT-III Personality Disorders:** Meaning and types of personality disorders. Etiology of impulsive, control disorders, substance related disorders (Alcoholic, and Nicotine), Sexual disorders.

**UNIT-**

**IV Organic Mental Disorder:** Clinical features of organic mental disorders, organic system syndrome, delirium, dementia and Alzheimer.

**UNIT- V Mental Deficiency:** Meaning Nature, Types, Etiology, Treatment and prevention of mental deficiency. Difference between Mental deficiency and Mental disorder.

### **Book Recommended-**

1. Carson, R.C., (2007).  
Abnormal Psychology and Modern Life. Pearson Education, Inc.
2. Sarason, G.I., & Sarason, B. R. (2009). Abnormal Psychology: The Problem of Maladaptive Behaviour (II Edition). Pearson Education, Inc
3. Barlow, D.H., & Durand, V.M. (1999).  
Abnormal psychology (2nd ed.). Pacific Grove: Brooks/Cole.
4. Davison, G.C., Neal, J.M. & Kring, A.M. (2004).  
Abnormal psychology. (9th ed.). New York: Wiley.
5. Nolen-Hoeksema, S., (2004). Abnormal Psychology 3<sup>rd</sup> Edn. McGraw Hill:  
New York, USA.
6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005).  
Abnormal Psychology: current perspectives. 9th Edn. Tata McGraw-Hill: New Delhi, India.

7. Rychlak, F., (1973). Introduction to personality and psychopathology. New York:HoughtonMifflin.
8. ButcherJ.N.,Mineka,S.,andHooley,J.M.(2014)AbnormalPsychology(15thEd.)DorlingKindersley(India) Pvt.Ltd.OfPearson Education.
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**EPS-402**

**Psychotherapies**

**Credit-04**

**UNIT-I**

**Introduction:** Meaning and nature of psychotherapy, goals of psychotherapy, types of psychotherapy, needs of psychotherapy, role of client-therapist relationship.

**UNIT-**

**II Psychoanalytic Therapy:** Meaning and historical perspective, goals of psychoanalytic therapy, Freudian psychoanalytic therapy and its evaluation.

**UNIT-III Behaviour Therapy:** Meaning and nature of behavior therapy, historical background, Techniques: Systematic desensitization, Aversive therapy, Implosive therapy, Flooding, Assertiveness training, Contingency management, and Biofeedback. Evaluation of behaviour therapy.

**UNIT-IV Cognitive Behavior Therapy:** Meaning and nature, Types of cognitive behavior therapy-Rational emotive therapy, Beck's Cognitive therapy, Stress inoculation therapy, Social problem solving.

**UNIT- V Humanistic-Existential Therapy:** Nature and goals of humanistic-existential therapy, Client centered therapy, Gestalt therapy, Logotherapy, Existential therapy, Eval

uation of humanistic-existential therapy.

### **Book Recommended-**

1. Krochin, S.J., (1989). *Modern Clinical Psychology*. C.B.S. Publisher Sharada.
2. Wallon, R. W., (1956) *Clinical Psychology*, McGraw Hill.
3. Sandberg, N.D., & Tiler, L.E. (1963) *Mathuen and Company limited London*.
4. Wolman, B.B., (1975) *Handbook of clinical psychology*, N. York, McGraw Hill
5. flag] ,ods0] ¼2002½] mPpÙkjuSnkfudeuksfoKku] ubZfnYyh% eksrhykycukjlhnlA
6. flag] vkj0ih0] ¼1981½] uSnkfudeuksfoKku] vkxjk% fouksniqLrdefUnjA
7. dfiy] ,p0ds0] vk/kqfuduSnkfudeuksfoKkuvkxjk% HkkxZoifCyds"kuA

**EPS-403**

**Health Psychology**

**Credit-04**

**UNIT-I Health and wellbeing:** Concept and indicators, medical and bio-psycho – social model of health, Goals of health psychology, approaches to health.

**UNIT-II**

**Health behavior:** Role of behavioral factors in disease and disorders; changing health habits;

**UNIT-III**

**Stress and coping:** Conceptual models, Stress born health problems; coping strategies.



## **RecommendedBooks:**

1. Baum,A.,Gatchel,R.J.,&Krantz,D.S.(1997).Anintroductiontohealthpsychology.NewYork: McGraw Hill.
2. Baum,A.,Revenson,T.A.,&Singer,J.E.(2001).Handbookofhealthpsychology. Mahwah,NJ:LawrenceErlbaum.
3. Dimatteo,M.R.,&Martin, L.R.(2002).Healthpsychology. Boston:Allyn&Bacon.
4. Marks,D.,Murray,M.,Evans,B.,&Willig,C.,Woodall,C.,&Sykes,C.M.(2008). Healthpsychology:Theory,researchandpractice.NewDelhi:Sage.
5. Radley,M.(1994).Healthpsychology:Bio-psycho-socialinteraction.NewYork:JohnWiley.

**UNIT-**

**I Fundamentals of HRM:** Foundation, nature, functions. HRM in changing environment – strategic human resource management

**UNIT-II Acquisition of human resource:** Planning, assessment of demand, job analysis, selection process.

**UNIT-**

**III Training and development:** Socialization of employees, determining training needs, methods/techniques of training and development, evaluation of training programs.

**UNIT-IV**

**Performance appraisal:** Performance appraisal system, process and methods of appraisal, distortion in appraisal, creating effective appraisal systems.

**UNIT-V**

**Motivation and reward management:** Theoretical perspectives, establishing pay structure, incentives and compensational plans.

**Recommended Books:**

1. Beardwell, I., & Holden, L. (1996). Human resource management: A contemporary perspective. New Delhi: Macmillan India Ltd.
2. Bhatia, S.K., & Singh, N. (2000). Principles and techniques of personnel management/human resource management (2nd Ed.). New Delhi: Deep & Deep Publications Pvt. Ltd.
3. DeCenzo, D.A., & Robbins, S.P. (1999). Human resource management (6th Ed.). New York: John Wiley.
4. Dwivedi, R.S., (1997). Managing human resources: Personnel management in Indian enterprises. New Delhi: Galgotia Publishing Company.
5. Hersey, P., Blanchard, K.H. & Johnson, D.E. (1996). Management of organization behavior: Utilizing human resource (7<sup>th</sup> Ed.). New Delhi: Prentice Hall of India Pvt. Ltd.
6. Dessler, G., & Varkkey (2009). Human Resource management, Delhi: Dorling Kindersley Pvt. Ltd. (India).

**UNIT-I**

**Conceptual framework:** Meaning and process of communication, perspectives; direction of communication flow, communication barriers.

**UNIT-**

**II External communication:** Environmental scanning; management of external communication.

**UNIT-III Interpersonal communication:** needs perspective, transactional analysis, Johari window; role of symbols, media and information technology, choosing among media; communication networks.

**UNIT-IV Non-verbal communication:** Dimensions and functions of non-verbal communication; cultural differences in nonverbal communication.

**UNIT-**

**V Communication for organizational effectiveness:** Persuasion and influence, counseling, listening, orientation and feedback, conducting effective interviews, effective oral presentations.

**Recommended Books-**

1. Andrews, P.H., & Herschel, R.T. (1997). *Organizational communication*. (1<sup>st</sup> Ed.). New Delhi: A.I.T.B.S. Publishers.
2. Fisher, D., (2003). *Communication in organizations* (2<sup>nd</sup> Ed.). Bombay: Jaico Books.
3. Godhaber, G.M., (1990). *Organizational Communication* (5<sup>th</sup> Ed.). Bhubaneswar: Brown.
4. Lesikar, R.V., & Pettit, J.D. (1998). *Business communication: Theory and applications*. (6<sup>th</sup> Ed.). Illinois: Richard D. Irwin Inc.
5. Tubbs, S.L., & Moss, S. (2006). *Human Communication: Principles and Contexts*. (10<sup>th</sup> Ed.). McGraw Hill.

**EPS-406**

**Application of Psychology in Human Life Credits-04**

**UNIT-I Applied psychology:** nature and scope.

**UNIT-II Mental health and well-being:** Concept and indicators; techniques for improving mental health and well-being.

**UNIT-III Stress:** Concept, stress disorders, coping strategies

**UNIT-IV Psychological Interventions for Social problems:** Prejudice, social conflicts, crime & delinquency, drug addiction

**Books Recommended-**

1. jLrksxh] th0Mh0] O;ogkfjdeuksfoKkuvkxjk% HkkxZoifCyds"kuA
2. flag] ,0ih0] O;kogkfjdeuksfoKku] ubZfnYyh% fi;lZuA
3. Anastasi, A., (1979). Fields of applied psychology. New Delhi: McGraw Hill.
4. Goldstein, A. P., & Krasner, B. (1987). Modern applied psychology. Elmford, New York: Pergmon Press.
5. McCormick, E. J., & Ilgen, D. (1980). Industrial psychology. Englewood Cliffs, N.J.: Prentice Hall.

**CPS-407 Practical**

**Credit- 04**

**Students are required to conduct any five practical from the following:**

1. WAIS(Performance/Verbal)
2. MMPI
3. TAT
4. Rorschach
5. Anxiety Scale/Death Anxiety
6. Depression
7. Reaction to frustration
8. EPQ/ EPI

**CPS-408 Dissertation**

**Credit-04**