

Institute for Excellence in Higher Education (IEHE), Bhopal

B.A.(Honours): PART-I

Semester: I

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-I

TITLE: PSYCHOPATHOLOGY

SYLLABUS

Objectives:

1. To impart knowledge about normality and abnormality;
2. To make students understand the nature and course of various abnormal conditions;
3. To impart knowledge and skills needed for psychological assessment of different abnormal conditions.

Introduction: Concept and characteristics of normality and abnormality. Difference between psychoneurosis and psychosis. Classification of disorders (DSM IV-TR, ICD-10). Models of abnormal behavior - Psychodynamic, Behavioural, Cognitive & Humanistic-Existential.

Signs & Symptoms of Mental Illness: Brief introduction, History-taking, Mental status examination (MSE)

(a) **Anxiety disorders:** Generalized Anxiety Disorder, Phobia & its types, Obsessive-compulsive disorder (b) **Psychosomatic disorder,** Symptoms and causes, Hypochondria, Hysteria-Conversion disorder. (c) **Stress disorders:** Post Traumatic Stress Disorder (PTSD).

Psychotic Disorders: Thinking Disorders: Schizophrenia & its types. Mood Disorders: Symptoms and etiology of mood disorders. Bipolar Affective Disorder.

Personality disorders: Narcissistic Personality, Histrionic Personality, Anti-Social Personality, Borderline Personality, Anxious-avoidant personality, Dependent Personality, Delusional Personality, Disorders due to Alcohol and Substance Use.

Developmental Psychopathology: Learning disabilities: Mental Retardation: Autism and Attention deficit hyperactivity disorder.

Books Recommended:

1. Sarason & Sarason, "Abnormal Psychology" (10th Edition)
2. Carson Butcher & Mineka, "Abnormal Psychology & Modern Life" (10th Edition)
3. Davidson & Neale (1990), "Abnormal Psychology" (7th Edition)
4. Korchin S.J. (1986), "Modern Clinical Psychology".
5. Lamm, A (1997); "Introduction to Psychopathology"
6. G.D. Rastogi - "VIKEKU; EUksfoKku"
7. Jai Gopal Tripathi - "VIKEKU; EUksfoKku"
8. Oltman and Emery - Abnormal Psychology
9. Colman - Abnormal Psychology
10. A.K. Singh - "VIKEKU; EUksfoKku" eksrhyky eukjilh nkl

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11. Barlow D.H. and Durand V.M. (2005). Abnormal psychology: An Integrated Approach (4th ED.). Wadsworth: New York.
12. Bennet, K. (2001). Abnormal and clinical psychology: An Introductory textbook. New York: open University press.
13. Brewer, K (2001). Clinical psychology: Oxfords: Heinemann Educational Publishers
14. Kearney, C.A. & Trull, T.J. (2012). Abnormal psychology and life: A dimensional approach. New delhi: cengage learning.
15. Kring, A.M, Johanson, S.L, Davison G.C. & Neale J.M. (2010). Abnormal psychology (11th ed.). NY: John Wiley.

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Institute for Excellence in Higher Education (I.E.H.E.), Bhopal

B.A. (Honours); PART-I

Semester: I

SUBJECT: PSYCHOLOGY

PAPER: Honours-II/Subsidiary

TITLE: BASIC PSYCHOLOGICAL PROCESSES

SYLLABUS

Objectives:

1. To impart knowledge about basic concepts and theories of psychology.
2. To make students understand the nature and scope of psychology and application in ever day life.
3. To impart knowledge and skills needed for psychological experimentation and assessment.

INTRODUCTION: Definition, Scope, and Goals of Psychology. Approaches to study of psychology- Biological, Psychodynamic, Cognitive, Behavioural & Humanistic (general idea). Methods- Experimental, Correlational and case study.

BIOLOGICAL BASES OF BEHAVIOUR: Genes and Behaviour. Glands and Hormones. Sensation- Structure and function of eye and ear.

ATTENTION AND PERCEPTUAL PROCESSES:

- (a) Attention: Nature & determinants, span and division of attention.
- (b) Perception: Perceptual process, perceptual organisation, perception of space, depth & movement, perceptual constancy and illusion.

LEARNING AND MEMORY:

- a) Learning: Learning process, Basic learning theories - Classical & Operant conditioning, Trial and Error, Insight learning, Verbal learning- Methods and Determinants, Transfer of training.
- b) Memory: Stages of memory: Encoding, storage and retrieval processes: Sensory-Memory, Short-Term memory (STM) and Long-term memory (LTM), Mnemonics.
- c) Forgetting: Basic concept, nature and determinants.

MOTIVATION AND EMOTION:

- a) Motivation: Concept and Characteristics of motivational behavior, Types of motives, Need hierarchy model.

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- b) Emotion: Definition and nature. Physiological changes in emotion. Cannon-Bard theory. James-Lange theory and Schachter-Singer theory.

INTELLIGENCE, PERSONALITY AND THINKING

- a) Intelligence: Nature of Intelligence, Theories of Intelligence: Two-factor theory, Thurstone's Group Factor Theory.
- b) Personality: Meaning and determinants. Approaches to the study of personality. Trait and type approach.
- c) Thinking: Meaning, Imagery and Concept Formation. Inductive and Deductive reasoning. Problem solving: Materials and Strategies.

BOOKS RECOMMENDED:

1. Zimbarodo, P.G. & Gerrig, R.J. (2010). Psychology and Life. Delhi: Allyn & Bacon.
2. Baron, R.A., "Psychology: The Essential Science" (1995), New York: Allyn & Bacon.
3. Ciccarelli, S.K. & Meyer, G.E. (2008). Psychology (South Asian Ed.) Newdelhi: Pearson Longman.
4. Passer, M.W. & Smith, R.E. (2007). Psychology: The Science of Mind and Behavior. (3rd Edition). Newdelhi: Tata McGraw Hill.
5. Comer & Gould. (2011). Psychology around us. Wiley India.
6. Chada, N.K. & Seth, S. (2014). The Psychology Realm: An Introduction. Pinnacle Learning New Delhi.
7. Bernstein, Roy, Clarke-Stewart; "Psychology"; 3rd edition.
8. Lefton, L.A. (1985). Psychology. Boston : Allyn & Baron.
9. Atkinson & Atkinson (1990): Introduction to Psychology.
10. Morgan, King & Weiss: " An Introduction to psychology"
11. Morris C.G., Psychology : "An Introduction"; (1990)
12. McConnell : Understanding Psychology.
13. Dr. D. Sinha & ^lkekU; euksfoKku**
14. L.B. Tripathi & ^iz;ksxkRed euksfoKku**
15. Singh, A.K. & mPprj ikekU; euksfoKku.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A. (HONOURS): PART-II

Semester: III

SUBJECT: Psychology

PAPER: Honours-I

TITLE: Biological Bases of Behaviour

SYLLABUS

- Objective: 1) To impart knowledge of psychology in relation to human physiology.*
2) To develop understanding of influence of behavior, cognition, and environment on bodily system.
3) To understand basis of neurobiological basis of human functions.

Introduction: Nature and Need of the study of biology in behaviour -- Historical background of behavioural biology: Types of cell, neurons, nerve impulse, transmission.

Structure and Function of Nervous System: Peripheral nervous system, Central nervous system (Spinal cord, Medulla, Cerebellum, Mesencephalon, Metencephalon, Myelencephalon, Diencephalon, Rhinencephalon, Basal Ganglia, Cortex, Hemisphericity).

Autonomic Nervous System & Neurophysiological bases of behaviour: Neurophysiology of Arousal, Attention, Sleep and Emotion.

Internal Environment: Chemical determinants of behaviour: Chemical Senses and mechanisms for eating and drinking & Homeostasis and Behavior, Hormones and its relationship with emotion and behavior.

Neural and biochemical correlates of learning and memory: Neuroplasticity of brain (regeneration, degeneration, and reorganization), Psychoneuroimmunology (general idea).

Readings:

1. Kalat : Bio Psychology.
2. Pinel : Biopsychology.
3. Levinthal, C.F. (1996): Introduction of Physiological Psychology, 3rd Edition, Prentice Hall.
4. Carlson, N. (2000): Physiology of Behaviour, Allyn & Bacon.
5. Hay, D. (1985): Essentials of Behaviour Genetics, Blackwell Scientific.
6. Strickberger, M.W. (1993): Genetics, MacMillan.
7. Steen, R.G. (1996): DNA & Destiny: Nature and Nurture in Human Behaviour Plenum.
8. Plomin, R. DeFries J.C. & McClearn G.E. (2000): Behavioural Genetics, W. S. Freeman and Co.

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9. Dimand: Neuro Psychology
10. Martin: New Psychology of Brain.
11. David, Butler, Lewis (2000): Essentials of Human Anatomy & Physiology (7th Edition)
12. Boyle & Kathrayn (2004): Human Biology (2nd Edition)
13. Breedlove, S.M., Rosenzweig, M.R., & Watson, N.V. (2007) Biological psychology: An introduction to behavioral, cognitive, and clinical neuroscience. 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.
14. Rozenweig, M.H. (1989). Physiological psychology New York: Radom.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A. (Honours): PART-II

Semester: III

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-II/ SUBSIDIARY

TITLE: HUMAN DEVELOPMENT

SYLLABUS

Objectives:

1. To provide conceptual foundations of human development;
2. To provide knowledge related growth and development through out the life-span.

Introduction: Concept of Human development, laws and principles. Methods of studying development: Longitudinal & Cross sectional.

Theories and Foundations of Human Development: (1) Theories of Development: Freud, Erikson, Maslow.

(2) Biological, Ecological (Bronfenbrenner). Cultural and Social factors. (3) The nature and nurture debate in human development.

Physical & Motor Development: Childhood, adolescence, adulthood and old age.

Social Development (Infancy to Adolescence): Meaning, Sex role typing, Play interest and activities. Socialization - Nature and agents of Socialization. Attachment theory (In brief).

Cognitive and Language Development: Nature and Approaches - Piaget, Vyogotsky; Information processing perspective

Language development and its stages and theories: Chomsky and Skinner.

Moral & Emotional Development: In context of childhood, adolescence, adulthood: Kohlberg & Piaget's view on moral development. Problems of adolescence and old age.

BOOKS RECOMMENDED:

1. Berk, L.E. (2004): Child Development (6th Ed)
2. Schaffer & Kipp : Developmental Psychology.

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3. Siegler: Developmental Psychology.
4. Hurlock : Child Development.
5. Brodizinsky, D.M.; Gornly A.V. & Ambron, S.R. (1986): Life Span Human Development, New Delhi, CBS Publisher.
6. Heatherington, E.M. & Parks, R.D. (1986): Child Psychology, New York: McGraw Hill.
7. Santrock, J.W. (1999): Life Span Development, New York: McGraw Hill.
8. Srivastava, A.K. (1998): Child Development: An Indian Prospective, New Delhi: NCERT.
9. Grewal, J.S. (2004): Early Childhood Education (1st Ed.)
10. Papaliya: Developmental Psychology
11. Brodizinsky, D.M.; Gornly A.V. & Ambron, S.R. (1986): Life Span Human Development, Newdelhi, CBS Publisher.
12. Mithell, p. and Ziegler, F. (2007). Fundamentals of development: The Psychology of childhood, New York: psychology press.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A (HONOURS): PART-III

Semester: V

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-I

Title: PSYCHOLOGICAL ASSESSMENT

SYLLABUS

Objectives:

- ❖ To train students in various psychological assessment techniques.
- ❖ To impart skills necessary for selecting and applying different tests for different purposes such as evaluation, training, rehabilitation etc.

Human Assessment: Historical Background, Nature and Scope of Human Assessment, Differences between measurement and assessment Psychological Scaling: Types of Measurement Scales : nominal, ordinal, interval and ratio. Ethical Issues.

Psychological Test Construction: Steps in test construction, Item writing, Item analysis; Reliability and its methods; Validity and its types, and factors affecting; Development of Norms.

Questionnaire Design: Types of questions, framing questions, pre-testing, errors and biases in questionnaire data.

Psychological Tests: Intelligence Tests: Individual - Group, Verbal - Non verbal (Binet-Simon, Wechsler, RPM, Draw a Man test, Bhatia Battery), Aptitude, Multiple Aptitudes and Major Tests of Aptitude, interest tests.

Assessment of Personality: 16 PF test, MMPI, use of self-report inventories, Projective Tests - Rorschach and TAT.

Assessment in Applied Setting: In educational Set-up: Achievement Tests, School Environment inventory, Teaching aptitude. Occupational test: Meaning & Purpose.

Readings:

- 1- Anastasi, A. (1997): *Psychological Testing*. New York. MacMillan Co.
- 2- Ciminero, A.R. (Eds.) (1986): *Handbook of Behavioural Assessment*. New York: John Wiley.
- 3- Minium E.W., King, B.M., & Bear, G. (1993) *Statistical Reasoning in Psychology and Education*. New York: John Wiley.
- 4- Kerlinger, F.N. (1983): *Foundations of Behavioural Research*. New York: Surject Publications.
- 5- Freeman, F.S. (1972): *Theory and Practice of Psychological Testing*: New Delhi: Oxford & IBH
- 6- Arun Kumar Singh (2003): *Tests, Measurements and Research Methods in Behavioural sciences*.

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- 7- Kaplan: Psychological Testing.
- 8- Gregory : Psychological Testing.
- 9- Vippin Asthana : Psychological Testing.
- 10- Aiken : Psychological Testing.
- 11- Akbar Hussein : Psychological Testing.
- 12- Rammurti,p.v. (2014) introduction to psychological measurement, PHI .

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B.A (HONOURS): PART-III

Semester: V

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-II/SUBSIDIARY

Title: HEALTH PSYCHOLOGY

SYLLABUS

Objective:

- ❖ Introduction to concept and models of health in the socio-cultural contexts and the scope of health psychology.
- ❖ Introduction to Health-damaging and health-promoting life styles/behaviours.
- ❖ Introducing Stress phenomenon with health-related consequences and its management.
- ❖ To sensitize regarding health concerns for children, women and the elderly.

Meaning of health in Socio-Cultural Context: Nature, scope and development of Health Psychology. The role of Health Psychologist, research methods- experiment, correlational studies, quasi- experimental studies, genetics Research.

Models of Health: Biological, Psychological, Social and Cultural models; BioPsychoSocial Model, Health belief models.

Health damaging and Health promoting life styles/behaviours: Types A behaviour pattern, Diabetes, CHD, GID (Gastro Intestinal Tract Disorders) Coping for health promoting life styles - Psychological and Behavioral measures (Non-Smoking, Non-Drinking).

Stress and Health: Nature and types of stress. Causes and consequence of stress. Stress management. Role of social support.

Health issues relating to Children (Developmental, Nutrition, Diet), **Women** (Reproductive and Menstrual Issues) **and Elderly** (Dementias, Parkinson Disease) - **Illness, prevention and health promotion - awareness and support.** (Nutrition, Diet, Exercise, Yoga).

Readings:

1. Sarafino : Health Psychology.
2. Bennett, O., Weiman, J., & Spurgeon, P. (Eds.) (1990). *Current Development in health Psychology*. U.K. Harwood Academic Publishers.
3. Feuerstein, M., Elise, R.L., & Kuczmierciyk, A.K. (1986). *Health Psychology: A Psychological Perspective*. New York: Plenum Press.
4. Friedman - DAmateo. (1989). *Health Psychology*. New York: Prentice Hall.
5. Marks, D.F., Murray, M., Evans, B., & Willig, C. (2000). *Health Psychology: Theory, Research and Application*. New Delhi: Sage Publication.
6. Misra, G. (Ed.) (1999). *Psychological Perspective on Stress and Health* New Delhi: Concept.
7. Pestonjee, D.M. (1999) *Stress and Coping: The Indian Experience*. New Delhi: Sage Publication.

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8. Spaceman, S., & Oskamp, S. (1988). The Social Psychological of Health. New York: Sage Publication.
9. Taylor : Health Psychology.
10. Allen, F. (2011). Health psychology and behavior. Tata McGraw Hill Edition.
11. Dimatteo, M.R., & Martin L.R. (2011). Health psychology. India: Dorling Kindersley.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A.(HONOURS) : PART-I
SUBJECT: PSYCHOLOGY

Semester: II
PAPER: HONOURS-I

TITLE: PSYCHOLOGICAL STATISTICS

SYLLABUS

Objective: To provide an overview of scientific approach to psychological statistics

Psychological measurement: Meaning and Application of Statistics in Psychology. Nature and types of Psychological data: Levels of Measurement. Problem and Hypothesis. Variables; Sampling : Nature and its Types. (General Idea).

Frequency Distribution & Measurement of Central Tendency: Drawing of frequency distribution; Graphical representation of grouped data- Bar diagram, histogram, frequency polygon & ogive curve. Characteristics, computation & application-mean, median & mode.

Measures of Variability and Normal Distribution: Concept of variability: Range, Average Deviation and Quartile Deviation; Standard Deviation, Concept of Variance; Concept and Characteristics of Normal Probability Curve; Deviation from NPC -- Skewness and Kurtosis.

Correlation and chi-square: The Concept of correlation- Linear and non-linear correlation; Pearson's Product-Moment Correlation; Spearman's Rank-order Correlation, chi- square.

Hypothesis Testing: Nature and its types; One- tailed hypothesis, two- tailed hypothesis; Type-1 and Type-2 error; Significance of difference between means; computation of t-values for independent and dependent samples; Interpretation of t-values, level of significance, One-Way ANOVA.

Book Recommended:

1. Broota, K.D. (1992). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
2. Minium E.W., King B.M. & Bear G (1993); Statistical Reasoning in Psychology & Education. N.Y. Jhon Wiley
3. Siegel, S (1994). Nonparametric Statistics. N.Y.
4. Kerlinger F.N., (1983). Foundations of Behavioural Research. New York: Surjeet Publication
5. Garret. Psychology and Statistics
6. Singh A.K., Psychology and Measurement and Research Methods in Behavioral Sciences. Bharti Bhawan Publication New Delhi
7. Mun, Psychological Statistics

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8. Aron & Aron, "Statistics for Psychology" (6th Edition).
9. Mangal, "Statistics for Psychology".
10. Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for psychology. (4th ED.) India: pearson Education, Prentice Hall.
11. Chadha, N.K. (1991) Statistics for Behavioral and social science. RELIANCE Pub. House: New Delhi.
12. Coolican, h. (2006). Introduction to Research Methodology in psychology. London: Hodder Arnold.
13. Howell, D. (2009) Statistical method for psychology.

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B.A.(HONOURS) : PART-I

Semester: II

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-II/SUBSIDIARY

TITLE: SOCIAL PSYCHOLOGY

SYLLABUS

Objectives:

1. To enable the students to appreciate how individual behaviour is influenced by social and cultural contexts.
2. To understand the unique features of individual group in society.

Introduction: Nature, goals, approaches to the study and scope of social psychology; methods of social psychology-experimental, correlational, and cross-cultural research, content analysis.

Social Perception & Cognition: Perceiving ourselves and others, self-concept, self-esteem, self-presentation and self-expression.

Perceiving others: Forming impressions; Role of non-verbal cues and central traits; Methods of information integration; Primacy and recency effects, Attribution: Theories of Kelley, Jones and Davis & Weiner.

Attitudes: Nature and Component of attitudes; Measurement of Attitudes – Likert Scale, and Thurstone Scale, Bogardus (social distance and scale) and semantic differential scale, Formation of attitudes Attitude Change; Balance Theory and Cognitive Dissonance Theory, Persuasive Communication: Meaning and Factors affecting (sender, receiver, message and medium).

Prejudice and Discrimination: Nature and Function of prejudice and discrimination: Acquisition and Reduction of prejudice and discrimination. Stereotypes: Their types and effects.

Groups: Group structure, its function: Social Facilitation: Social Loafing: norms and Conformity, group-cohesiveness, Leadership: Meaning and Function of a leader.

Books:

1. Brehm & Kassin S.M. (1993): "Social Psychology"
2. Lindzey & Aranson (1985): "Handbook of Social Psychology": Vol: I & III. NDV Amerind.
3. Myers, D.G. (1988): "Social Psychology, "N.Y. McGraw Hill"
4. Misra, G (1989): "Applied Social Psychology"
5. Secord K. Beckman: "Social Psychology"
6. Janak Pandey: "Psychology in India"

7. Baron & Byrne: "Social Psychology"
8. Taylor, Shelley, "Social Psychology"
9. Hussein, Akbar "Social Psychology". Pearson.
10. Kassin, S., Fein, S., & Markus, H.R. (2008). SOCIAL PSYCHOLOGY. New York: Houghton Mifflin.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A.(HONOURS) : PART-II

Semester: IV

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-I

TITLE: ORGANISATIONAL BEHAVIOUR

SYLLABUS

*Objective: 1) To develop awareness of the concepts and practices of organizations.
2) To understand intra and inter-personal relationships within an organization.*

Historical Perspective of OB: A brief historical contribution of Taylor and McGregor. Meaning and scope of OB. Models of OB, Human relations and Socio-technical perspective.

Person in Organization: Biographical characteristics, personality: Definition and measurement, concept of skills, self-awareness. Motivation concept, meaning and theories - Maslow, Herzberg, and Vroom.

Group and Leadership in Organization: Nature, type and stages of group development. Strategies involved in managing groups. Nature and types of leaderships in organization. Contingency theories and contemporary issue in leadership.

Communication in Organization: Models, barriers and network of communication. Cross-cultural communication and skill involved in communication and listening.

Conflicts and Stress in Organization: Nature, source and techniques of managing conflict in organization. Work stress - Sources and techniques in managing stress. skills involved in managing stress.

Organizational Change and Development: Nature, force and approaches to Organisational change. Skills in managing change at individual Level. Organizational development. OD intervention. Transactional Analysis and Johari window.

Readings:

1. Robbins S.P. (2000): Organizational Behaviour: Concepts, controversies & application. 7th Ed., New Delhi.
2. Pfeffer J. (1994): Competitive advantage through people - Unleashing the power of work force. Boston: Harvard Business School Press.
3. Dunnette M.D. & Hough, L.M. (1992): Hand Books and Industrial and Organizational Psychology. 2nd Ed., Palo Alto Consulting Psycho Press.
4. Cummings L, Staw B.M. (Editors) (1999): Research in Organization Behavioural. Greenwich, CTAI Press.
5. Keith & Davis, Organizational Behaviour
6. Luthans, Organizational Behaviour.

7. Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley.
8. Griffin, R.W. & Moorhead, G. (2009). Organizational Behaviour: Managing People & Organizations. New Delhi: Biztantra publishers.
9. Landy, F.J. & CONTE, J.M. (2007). Work IN THE 21st century: An introduction to industrial and Organizational psychology. New York : Wiley Blackwell.
10. Pareek, U. (2010). Understanding Organizational behavior. Oxford: Oxford University Press.
11. Prakash, A. (2011). Organizational Behaviour (12th Ed.). New Delhi: Prentice Hall of India.
12. Schermerhorn, J.R., Hunt, J.G. & Osborn, R.N. (2008) Organizational Behaviour (10th Ed.) New Delhi: Wiley India Pvt. Ltd.
13. Singh, K. (2010). Organizational Behaviour: Texts & Cases. India: Dorling Kindersley.
14. Sinha, J.B.P. (2008). Culture and Organizational Behaviour. New Delhi: Sage.

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Institute for Excellence in Higher Education (IEHE), Bhopal

B.A.(HONOURS) : PART-II

Semester: IV

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-II/SUBSIDIARY

TITLE: COUNSELLING PSYCHOLOGY

SYLLABUS

Objectives:

1. To familiarize the students with the nature and process of counseling.
2. To know the importance of counseling in life.
3. To understand the challenges of counseling.

Counseling: Meaning, Purpose and goals of counseling. Professional Issues, Ethics, Education, Skills Trait and training of Counsellor, Counselling Process: Counselling relationship, rapport establishment, Counselling Interview, Steps & Techniques, Counselling and Guidance: Concept and difference.

Theories and Techniques of Counselling: *Psychodynamic Approach*: Freudian, Behavior approach: Operant Conditioning and Behavior Modification, *Cognitive Approach*: Rational Emotive (REBT), *Humanistic Approach*: Client Centered Approach, Indian Contribution: Yoga & Meditation.

Counseling Application: Child Counselling, Family Counselling, Pre-marital Counselling, Counselling in School, Career Counselling, Alcohol & Drug Abuse, Group Counselling, Crisis intervention.

Positive Psychology in Counselling : Assumptions, Goals and Definitions, Psychological well-being and positive functioning, Role of positive emotions and positive traits in well-being, (General Idea).

Assessment in Educational Counselling and guidance: Purpose and types of test, Ability and aptitude, Attitude and Interest, Communication and Interpretation of Tests in Counselling situation, Non-test client appraisal technique, Case Study.

Readings:

1. Belkin G.S. (1988): Introduction to Counselling. W.G., Brown Publishers.
2. Nelson J. (1982): The Theory and Practice of Counselling Psychology. New York Holt Rinehart & Winston.
3. Udupa K.N. (1985): Stress and its Management by Yoga. Delhi, Motilal Banarsi Das.
4. Windy, D. (1988): Counselling in Action. New York, Saga Publication.
5. Gelso & Pretz: Counselling Psychology.

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6. S. Narayanan & Rao: Counselling Psychology.
7. Baumgardner, S.R. and Crothers, M.K. (2011). Positive Psychology. Pearson Publishers.
8. Patter & Patterson: Counselling Process.
9. Gladding : Counselling Psychology.
10. Gelso & Pretz : Counselling Psychology.
11. Corey: Counselling Psychology.
Seligman & Reichenberg (2014) Theories of counselling and psychotherapy: systems, strategies and skill, PHI PUBL.
12. BELKIN, G.S. (1998). Introduction to Counselling (3TH Ed.) Iowa: W.C. Brown.
13. Burnard, P. (2009). Counselling Skills Training: Book of activities. Viva Books. New Delhi.
14. Capuzzi, D. & Gross, D.R. (2007). Counselling and psychotherapy : theories and interventions (4th Ed.) New Delhi. Pearson.
15. Hacky, H.L. (2012). The professional Counselor: A process guide to helping. Pearson.

Institute for Excellence in Higher Education (I.E.H.E.), Bhopal

B.A.(HONOURS): PART-III

Semester: VI

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-I

TITLE: PSYCHOLOGICAL RESEARCH METHODS

SYLLABUS

Objectives:

- To provide an overview of scientific approaches to psychological research in terms of experimental and non-experimental approach.
- To acquaint the students with quantitative and qualitative research methods.

☐ **Science and Psychological Research**

Assumptions and functions of science. Various methods of Knowing. Characteristics of the scientific method. Nature, characteristics and types of psychological research: Basic Vs Applied Research, Theoretical Vs Empirical Research. Quantitative Vs Qualitative research.

☐ **Variables:**

Meaning, Definitions, Types (Independent, Dependent, Extraneous, Continuous and Discrete) and Control of Variables- Meaning and Methods.

☐ **Introduction to Experimental Designs**

Meaning and Objectives of Experimental Design. A brief introduction of Within and between Group Design, Pre and Post-Test Design. Randomized Block Design, Factorial Design.

☐ **Types of Research Methods**

Experimental, Ex-post-facto, Observational, Content Analysis, Field Study and Survey.

☐ **Interviewing Techniques**

Principles of effective interviewing, types of interviews and sources of error in the Interview.

Readings:

- Anastasi A. (1988): Psychological Testing, New York, MacMillan Publication.
- Minium E.W., King B.M., & Bear G. (1993): Statistical Reasoning in Psychology and Education, New York: John Wiley.
- Kerlinger F.N., (1983): Foundations of Behavioural Research, New York: Subject Publication.

- Freeman F.S., (1972), Theory and Practice of Psychological Testing. New Delhi, Oxford and IBH.
- Helode, R. "Psychological Research Methods".
- Kirk, C. "Research in Psychology".
- Broota, K.D. "Experimental Designs"

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Institute for Excellence in Higher Education (I.E.H.E.), Bhopal

B.A.(HONOURS): PART-III

Semester: VI

SUBJECT: PSYCHOLOGY

PAPER: HONOURS-II/SUBSIDIARY

TITLE: APPLIED PSYCHOLOGY

SYLLABUS

Objectives: 1) To enable students to understand the various fields of Applied Psychology.
2) To help students to plan and develop their career in various fields successfully.

- 1) (a) Meaning, concept and Scope/branches of Applied Psychology.
(b) Educational Psychology: Meaning, Scope of Educational Psychology: Cognitive styles and Learning Strategies; Reading and Writing skills; Multiple Intelligence, Creativity, Language issues in Education; Characteristics of Effective teachers; Intervention and Special Education for various forms of exceptional children; Visually impaired, Hearing Impaired. Hearing Impaired, Specific Learning Disability and Mentally Challenged).
- 2) Industrial Psychology: Meaning and Scope of Industrial Psychology, Industrial Morale; Fatigue and Monotony; Accidents & Safety: Time and Motion Study; Psychology of Advertising; Consumer Behaviour; Job Analysis, Personnel Selection; Work environment.
- 3) Environmental Psychology: Nature, Meaning, Scope of environmental Psychology; P-E Transaction Model: Concept of Crowding; Personal space & Territoriality, Architectural design; Environment Management Paradigm.
- 4) (a) Sports Psychology: Nature of Sports Psychology: Motivation, Skills and Performance; Cognitive & Social psychological dimensions of individual and team sports; Training/Coaching techniques; Role of Sports Psychologists.
(b) Military Psychology: Nature and scope of Military Psychology; Selection and training of military personnel; Assessment of Psychomotor. Spatial abilities, Interest, Aptitude and personality; Morale & Motivation; Human factors in Military (General idea).
- 5) (a) Media Psychology: Concept, Definition and Methods of Media Psychology; Content analysis (Textual, Audio and Video); Disability and Media.
(b) Forensic Psychology: Functions of Forensic Psychologists; Psychology and Law; Psychological Investigations of crime; Scientific lie-detection, Polygraph, Verbal and Non-verbal cues. Hypnosis and Narco-analysis, Behavioral analysis: Understanding the Criminal Personality, Recognizing the suffering and rehabilitation of victim and offender.

Books Recommended:

- 1) A.P. Singh, *Applied Psychology*, Pearson
- 2) Gayle Brewer (2011), *Media Psychology*, Palgrave, McMillan

Approved for the session 2017-2018

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- 3) Hall, R. & Manglesdrift, D. (1991) Handbook of Military Psychology. John Wiley, USA.
- 4) Ramachandaran, K. Handbook of Military Psychology. Delhi: DIPR.
- 5) Arnold, D.L.U. & Nation, J.R. (1989) Sports Psychology. Chicago. Nelson Hall.
- 6) Mohan, J. (1996) Recent Advances in Sports Psychology. New Delhi.
- 7) Bell, P., Greene, T., Fisher, J., & Baum, A. (2001) Environmental Psychology. NY. Harcourt Brace.
- 8) Gifford, R. (2007) Environmental Psychology Principles and Practice. Optimal Books.
- 9) Bartol, C.R. & Bartol, A.M. (2004) Introduction to Forensic Psychology. Thousand Oaks. Sage Publications.
- 10) Costanzo, M. & Krauss, D. (2010). Legal and Forensic Psychology. New York. Worth Publisher.

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