

BHAKTA KAVI NARSINH MEHTA UNIVERSITY



FACULTY OF ARTS

Master of Arts

Psychology

(Semester 3 to 4)

(CHOICE BASED CREDIT SYSTEM)

Effective From June-2019

**Bhakta Kavi Narsinh Mehta University,
Junagadh-362263**

Website : www.bknmu.edu.in

ARTS FACULTY

Subject : Psychology (M.A. Semester III)

No.	Core/ Elective /Ict.	Name of Course	Credits	IM	EM	TM	Course/ Paper Code
M.A. Semester - III							
1	CCT-07	Neuropsychology-I	04	30	70	100	
2	CCT-08	Psycho-Diagnostic Methods	04	30	70	100	
3	CCT-09	Models of Psycho-Pathology	04	30	70	100	
4	ECT-05	Behavior Modification OR Work Place Counseling	04	30	70	100	
5	ICT-01	Stress and Health OR Positive Psychology	04	30	70	100	
		Total	20			500	

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Neuro Psychology-I / CCT-07**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	III	Core	CCT-07	Neuro Psychology- 1	04	30	70	100	

Course Objective :

To acquaint the students with, this course is to cater to knowledge in the area of brain and behavior. The emphasis of this course lies on the study of patients with neurological disorders for assessment, diagnosis, intervention and rehabilitation.

Unit-1 Introduction of Neuro psychology:

Definition of Neuro psychology.

- Topography of the brain
- The cerebral hemispheres internal structures
- Fibers & Function of cortex
- Pineal gland in brain
- Pituitary Gland in brain.

Unit-2 Neuro - Chemical and Vascular Systems:

- Neuro Chemical - Blood Vascular systems of brain
- Spinal cord & its function
- Peripheral Nervous system
- Radiological Method
- Neuro anatomical method - Brain tumour.

Unit-3 Frontal & Parietal lobe Syndromes:

- Frontal lobe syndrome
- Neuropsychology of Motivation
- Neuro physiological base of learning memory and its disturbance
- Parietal lobe syndrome
- Coma and Altered consciousness Disturbance of psycho - somatic.

Unit-4 Occipital & Temporal lobe Syndromes:

- Occipital lobe syndromes
- Visual Theory
- Disturbance of Visual Perceptions
- Temporal Lobe Syndromes
- Hearing Theory
- Disturbances of hearing and Vestibular functions Disturbance of Reading & Writing

Reference Book :

- Whitaker, H.A. (1988). Neuropsychological studies of confocal brain damage. New York Springer Verlag.
- Walsh K. (1994). Neuropsychological: A clinical approach. New Delhi: Churchill Livingstone.
- Heilman, K.M. & Valenstein, E. (1993). Clinical Neuropsychology. New York: Oxford University Press.
- Kolb, B., & Whisaw, I.Q. (1990). Fundamentals of human Neuropsychology. New York: Freeman, W.H.
- Boiler, F., & Grafman, J. (1988). Handbook of Neuropsychology. New York: Elsevier.

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SYLLABUS

Subject: PSYCHOLOGY

Course (Paper) Name & No. : Psycho-diagnostics Methods / CCT – 08

Course (Paper) Unique Code :

External Exam time Duration :

Name of Course	Sem	Core/Elle /Allied/ Practical /Project	Paper code	Paper title	Credit	Internal marks	Ext. I marks	Total marks	Ext. Time duration
M.A.	III	Core	CCT-08	Psycho-diagnostics Methods	04	30	70	100	

Course Objective:

1. To acquaint them with the process of Psycho-diagnostics.
2. Understand the theoretical foundation of various Psycho-diagnostics methods.
3. To understand of various projective techniques as a diagnostic Methods.
4. The students will also be able to apply their theoretical knowledge to different setting requiring Psycho-diagnostics methods.

Unit – 1 : Clinical – Diagnostics

- Introduction Clinical – Diagnostics
- Definition of Clinical – Diagnostics
- Types of Clinical – Diagnostics
- Limitation of Clinical – Diagnostics
- Importance of Diagnosis in Clinical Psychology
- Role of Psychologist in Clinical – Diagnostics

Unit – 2 : Clinical – Interview

- Introduction Clinical – Interviews
- Definition of Clinical – Interviews
- Types of Clinical – Interviews
- Limitation of Clinical – Interviews
- Importance and need of Clinical – Interviews
- Types of information obtain from Clinical – Interviews

Unit – 3 : Clinical Case Study

- Introduction of Clinical Case Study
- Definition of Clinical Case Study
- Source of Clinical Case Study
- Planning of Clinical Case Study
- Limitation of Clinical Case Study
- Different types of forms for admission in Clinic and mental Hospital

Unit – 4 : Clinical Observation

- Introduction of Clinical Observation
- Definition of Clinical Observation
- Limitation of Clinical Observation
 - o Unsystematic Observation
 - o Mal Observation
 - o Stereotyping observation
 - o Non observation
- Types of Clinical Observation
 - Observation as a Independent method
 - Observation as a Supportive method
 - Observation as a numerical method
- Reliability of Observation
- Validity of Observation

Reference book:

Anderson, H.H. & Anderson, G.L. (Ed.) 1995: An introduction to projective techniques
N.y. : John Willey & Sons.

Watson, R.I. (1993) : The clinical method in psychology, New York : John Willey & Sons.

Weiner, I.B. (1976): clinical method in psychology, New York: Willey inter science
publication

Dr. Kusum K. Bhatt. Clinical psychology. Part-1,2

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Models of Psycho-pathology / CCT-09**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	III	Core	CCT-09	Models of Psycho- pathology	04	30	70	100	

Course Objective :

Upon successful completion of this course, the student should:

1. Be familiar with and able to discuss several different theoretical perspectives in the general field of psychopathology as well as the empirical support for these theories.
2. Be able to apply these theoretical perspectives in reviewing each of the psychopathological conditions covered in the course.
3. Be familiar with and able to discuss the DSM-IV multi-axial classification of mental disorders and the criteria for diagnosing these disorders.
4. Be able to apply the DSM-IV classification system in determining the appropriate diagnosis of clinical cases.
5. Have a substantial foundation of knowledge about psychopathology to apply in formulating appropriate and effective intervention strategies to treat a broad spectrum of psychopathological conditions.

Unit-1 - Introduction

- The Comprehensive History of Abnormal Psychology
- Nature and Criteria of Abnormal Behaviour
- Characteristics or Elements of Abnormal Behaviour
- Difference Between Normal Behavior and Abnormal Behavior
- Definition of Abnormal Psychology
- Research Methods of Abnormal Psychology
- Mental Health Professionals, Classification of DSM-IV.

Unit-2 Diagnostic Classification of Abnormal Behaviours

- Approaches to Classify Abnormal Behaviour

- Difference Clinical Assessment. - Meaning of Model of Abnormality
- Biological Theory of Model - Psychosocial Theory or Model
- Psychodynamic Viewpoint - Behaviouristic Viewpoints
- Cognitive View Point - Humanistic Existential Viewpoints
- Interpersonal viewpoints - Socio-cultural Theory or Model
- Diathesis Stress Model: An Integrative Approach.

Unit-3 General Categories or Causes of Abnormal Behaviour

- Biological Causes - Psychosocial causes
- Socio-cultural Causes. - Freudian Psychoanalytic Viewpoints
- Proof for Existence of unconscious
- A Comparative Study of Conscious, Subconscious and Unconscious
- Adler's and Jung's Viewpoints Regarding Unconscious
- Comparison of Freud's and Jung's Theories of Unconscious
- Psychopathologies of Everyday life
- Mental Conflicts and Mental Mechanisms or Defense Mechanisms
- Theory of Psychosexual Development.

Unit-4 - Meaning of Dream

- Characteristics of Dream - Types of Dream
- Theories of Dream - Physiological Correlates of Dream.
- Meaning and Characteristics of Stress
- Reactions to Stress - Measurement of Stress
- categories of stressors - Strategies for Coping Stress
- Management of Stress - Theories of Stress
- Predisposing Factors to Stress - DE compensation under Excessive Stress
- Adjustment Disorder - Posttraumatic Stress Disorder or PTSD.

Reference Book :

- Barlow, D.H. & Durand, V.M. (1998). Abnormal Psychology: An Integrative Approach, 2nd Ed. Pacific Grove, CA: Brooks/Cole.
- American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. (DSM-IV). Washington: American Psychiatric Association.
- Carson & Butcher : The Advance Abnormal Psychology & Modern life.
- Diagnostic & Statistical Manual of Mental Disorders. 4th ed. (DSM-IV) Washington, D.C. APA Publication.
- Jogsan, Y. A. (2005). Psycho-pathology, Akshar Publication, Ahmedabad.
- Strauss, M.E., & Smith, G.T. (2009). Construct validity: Advances in theory and methodology. Annual Review of Clinical Psychology, 5, 1-25.

- Baker, T.B., McFall, R.M., & Shoham, V. (2009). Current status and future prospects of clinical psychology: Toward a scientifically principled approach to mental and behavioral health care. *Psychological Science in the Public Interest*, 9, 67-103.
- Lilienfeld, S.O. (2012). Public skepticism of psychology: Why many people perceive the study of human behavior as unscientific. *American Psychologist*, 67, 111-129.
- Kendler, K.S. (2005). Toward a philosophical structure for psychiatry. *American Journal of Psychiatry*, 162, 433-440.
- *American Journal of Psychiatry*, 163, 1138-1146.
- Paus, T., Keshevan, M., & Giedd, J.N. (2008). Why do so many psychiatric disorders emerge during adolescence? *Nature Reviews Neuroscience*, 9, 947-957.
- Eisch, A.J., Cameron, H.A., Encinas, J.M., Meltzer, L.A., Ming, G., & Overstreet Wadiche, L.S. (2008). Adult neurogenesis, mental health, and mental illness: Hope or hype? *The Journal of Neuroscience*, 28, 11785-11791. September 12: Research Issues in the Study of Mental Disorders Discussants:
- Miller, G.A. (2010). Mistreating psychology in the decades of the brain. *Perspectives on Psychological Science*, 5, 716-743.
- Marshall, P.J. (2009). Relating psychology and neuroscience. *Perspectives on Psychological Science*, 4, 113-125.
- Kendell, R., & Jablensky, A. (2003). Distinguishing between the validity and utility of psychiatric diagnoses. *American Journal of Psychiatry*, 160, 4-12.

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Syllabus

Subject : PSYCHOLOGY

Course (Paper) Name & No.: **BEHAVIOUR MODIFICATION/ECT-05**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Inter Disciplinary (ICT)	Course/ Paper Code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M A	III	Elective	ECT-05	Behaviour Modification	04	30	70	100	

Course Objectives :

To understand

- 1.Behaviour Modification: Foundations
- 2.Classical and Social conditioning
- 3.Operant Conditioning Techniques
- 4.Cognitive behavior modification techniques

UNIT-1: Introduction

Basic Concepts of Behaviour Modification – Assumptions of Behaviour Modification – Foundations of Behaviour Modification: Classical, Operant and Social Conditioning.

UNIT – 2 : Behavioural Assessment

Traditional Assessment vs. Behavioural Assessment – Common Features of Behavioural Assessment – Purposes of Behavioural Assessment – Formal and Informal Behavioural Assessment.

UNIT – 3 : Classical Conditioning and Social Conditioning Techniques

Relaxation Procedures – Systematic Desensitization – Assertion Training – Modeling and Behaviour Rehearsal Procedures.

UNIT – 4 : Operant Conditioning Techniques

Establishing a Reinforcement Program – Types of Reinforcers – Schedules of Reinforcement – Shaping and Chaining New Behaviours – Token Economy – Contingency Management.

REFERENCES :

1. Gambrill, E. D. (1977) A Hand Book of Behaviour Modification, London: Jossey Bass.
2. Masters, J. C., Hollon, S. D. Burish, T. G., and Rimm, D. C.(1987) Behaviour Therapy. New York: Harcourt Brace and Company.
3. William O'Donhue (1998) Learning and Behaviour Therapy. New Jersey: Allyn and Bacon Company.

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Work Place Counselling / ECT - 05**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	III	Elective	ECT-05	Work Place Counselling	04	30	70	100	

Course Objective :

To understand

1. Work place counseling concept
2. Individual employee counseling
3. Stress at work place
4. Group Counseling and Industrial Counseling

Unit-1 Understanding Work place Counseling

- Concept, history, functions, Models of workplace Counseling; Training of Work Place Counseling.

Unit-2 Integrating model of individual employee counselling :

Preparation, Assessment, contract, counseling process, terminating workplace counselling.

Unit-3 Stressful job factors, Occupational Stress:

Dealing with difficult people, sexual harassment, unethical behaviour in the work place, Travel stress, Time stress, Work stress and families.

Unit-4 Group Counselling: Conflict resolution, interpersonal, familial, team building, negotiation and arbitrating skills.

Industrial Counselling: Employee Problem Counselling - Problems of absenteeism turnover, Burnout, Burnout, Depression, Substance abuse.

Reference Book :

- Carrol, Michael(1996), Work Place Counselling, Sage Publications, 1996.
- Mearns, Dave(1999) Person-centered counselling training Managing Workplace Stress By Susan Cartwright, Gary L. Cooper, 1997. Managing Groups and Teams by Hank Williams, 1996.

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Stress and Health / ICT-01**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	III	Inter disciplinary	ICT-01	Stress and Health	04	30	70	100	

Course Objective :

1. To introduce concept, types and sources of stress phenomenon.
2. To acquaint students with correlates/ consequences of stress.
3. To acquaint students with measurements of various types of stress.

Unit-1 Nature and Type of Stress: Conceptualization of Stress - Stimulus Based Model, Response Based Model, Shortcomings of Stimulus and Response Models, Stress as an Interaction, Lazarus and Folkman's Transactional Model, Criticisms of the Transactional Model, General Nature of Stress, Basic Sources of Stress - Frustration, Conflict, Change and Pressure.

Unit-2 Causes of Stress/ Types of Stressor: Life Events Stress, Daily Hassles - Household Hassles, Health Hassles, Tune Pressure Hassles, Inner Concern Hassles, Environmental Hassles, Financial Responsibility Hassles, Work Hassles, Future Security Hassles etc; Occupational / Work Related / Organizational Stressors - Luthans's Classification of Occupational Stressors, Cooper's Classification of Occupational Stressors, Pareek's Classification of Organizational Role Stressors, Executive Stress; Examination Stress; Environmental Stressors - Natural Disasters, Technology - when High-Tech Fails, Noise, Temperature, Aromas and Air Pollution, Crowding etc., Individual Stressors - Type A Personality Characteristics, Irrational Beliefs. Factors Influencing Severity of Stress.

Unit-3 Stress and Physical Health: Concept of Health, Physiological Consequences of Stress - Fight-or-Flight Response, Hans Selye's Concept of General Adaptation Syndrome (GAS), Other Effects of Stress on Health- (1) Indirect Effects: Altered Life Style (2) Direct Effects - Changes in Brain, Cardiovascular System, Endocrine System and Immune System; Other

Physiological Consequences - High Blood Pressure, High Cholesterol and some other Psychosomatic Disorders like Ulcer, Arthritis etc.

Unit-4 Stress and Psychological Health: Psychological Consequences of Stress: Cognitive Impairment -Poor Concentration, Increased Distractibility, Reduced Short-term Memory Capacity, Reduced Ability for Creative Thinking and Decision Making; Emotional Effects - Fear, Anxiety, Post-Traumatic Stress Disorder, Anger and Hostility, Depression; Burnout Stress Syndrome (BOSS) -Definition, Components and Causes of BOSS; Psychological Disorders in General; Sleep disorders, Eating disorders; Behavioral Consequences of Stress - Aggression, Learned Helplessness, Indulging Self, Using Defense Mechanisms.

Reference Book :

- Beck, A. T. (1972). Depression: Causes and Treatment. Philadelphia: University of Pennsylvania Press.
- Cooper, C. & Payne, R. (1988). Causes, Coping and Consequences of Stress at Work. Chi Chester: Wiley.) Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer.
- Mishra, G. (1999). Psychological Perspectives on Stress and Health. New Delhi: Concept Publishing Company.
- Pareek, U. (1993). Making Organizational Roles Effective. New Delhi: Tata McGraw Hill.
- Patel, M.K. & Nasit, T.B. (2008). Stress, Emotions, Coping and Health. Rajkot: Saurashtra University Press.
- Pestonjee, D. M. (1999). Stress and Coping: The Indian Experience. New Delhi: Sage.
- Rathus, S.A. & Nevid, J.S. (2002). Psychology and the Challenges of Life: Adjustment in the New Millennium (8th Ed.). New York: John Wiley & Sons.

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Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Positive Psychology / ICT-01**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	III	Inter disciplinary	ICT-01	Positive Psychology	04	30	70	100	

Course Objective :

1. To introduce concepts of positive psychology
2. The paper helps the Students to explore what makes people happy.
3. To equip students to enhance subjective well-being.

Unit-1 In Introduction to positive Psychology: Definition, Goals and Assumption of Positive Psychology, The role of positive emotion in positive Psychology- The Broaden and Build Theory of Positive Emotion, Basic Areas of Positive Psychology, Research Approaches to Study positive Psychology- Positive Psychology in India.

Unit-2 Positive Emotions States and Process: Happiness and Well-being- Defining Happiness; Antecedents and Consequences of Happiness, Measuring Happiness, Happiness across culture, Happiness and Well-being in Indian culture; Emotion focused Coping and Emotional Intelligence.

Unit-3 Positive Cognitive Status and Processes: Self efficacy and Self-acceptance, Wisdom learned Optimism and Hope Snyder's theory of hope, Theories of Wisdom, Implicit and Explicit; Mindfulness, Flow, and Spirituality, Resilience, Trauma and Subjective wellbeing- Resiliency Factors; Positive Parenting and Resiliency Factors.

Unit-4 Pro Social Behavior and Well-being; Altruism; Gratitude and Forgiveness- Definition, Cultivation and Stoical Implications; Developing Strength and Living Well Living Well across Life Stages, Successful aging; Future trends of Positive Psychology, Application in Community Life.

Reference Book :

- Carr, A. (2004). Positive Psychology a Science of Happiness and Human Strength. NY; BR Publication
- Snyder, C.R. & Lopez, S.J. (2007). Positive Psychology in India. New Delhi. Sage Publication.
- Crothers, M.K. & Banumgeardner, S.R. (2009). Positive Psychology. New Delhi Pearson Education.
- Kumar S. & Yadav, S.B. (2011). Positive Psychology New Delhi: Global Vision Publication Home.
- Seligman, M.E.P. (1991). Learned Optimism, NY, Knopf
- Seligman, M.E.P. & Csikszentmihalyi, (2000). Positive Psychology: An Introduction. American Psychologist, 55, 5-14.

ARTS FACULTY

Subject: Psychology (M.A. Semester - IV)

NO.	Core / Elective /lct.	Name of course	Credits	IM	EM	TM	Course/ Paper Code
1	CCT – 10	Neuropsychology - II	04	30	70	100	
2	CCT – 11	Developmental of Social Psychology	04	30	70	100	
3	CCT – 12	Psycho-Pathology	04	30	70	100	
4	ECT – 06	Behavior Modification OR Advanced General Psychology	04	30	70	100	
5	ICT – 02	Stress Management OR Dissertation	04	30	70	100	
		Total	20			500	
			80			2000	

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Neuro Psychology-II / CCT-10**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	IV	Core	CCT-10	Neuro Psychology- II	04	30	70	100	

Course Objective :

To acquaint the students with, this course is to cater to knowledge in the area of brain and behavior. The emphasis of this course lies on the study of patients with neurological disorders for assessment, diagnosis, intervention and rehabilitation.

Unit-1 Hemispheric Asymmetry of functions.

Structural asymmetry of cerebral hemispheres - Functional asymmetry of cerebral hemispheres. -Functions of cerebral hemispheres - Thalamus & Hypothalamus of functions- Elements of behavioral neurology

Unit-2 Physiological Bases & Disorder

Neuro physiological base of emotion - Neuro physiological base of wakefulness, sleep and dream -Brain Viral diseases - Degenerative disorder. Motor Neuron Diseases. - Cerebro Vascular disorder. Spinal cord Disease.

Unit-3 Clinical Assessment

Assessment of personality - Neuro psychological Assessment. - Halstead Battery. - Lucia Nebraska Neurological battery. - Method of electrical stimulation. - Dmensiya.

Unit-4 Diseases and Therapeutic Interventions

Epilepsy. - Muscular Disease. - Migraine. - Supportive Psychotherapies. - Chemical Therapy, Shock Therapy, Sleeping Therapy, Stimulants Therapy.

Reference Book :

- Whitaker, H.A. (1988). Neuropsychological studies of confocal brain damage. New York Springer Verlag.
- Walsh K. (1994). Neuropsychological: A clinical approach. New Delhi: Churchill Livingstone.
- Heilman, K.M. & Valenstein, E. (1993). Clinical Neuropsychology. New York: Oxford University Press.
- Kolb, B., & Whisaw, I.Q. (1990). Fundamentals of human Neuropsychology. New York: Freeman, W.H.
- Boiler, F., & Grafman, J. (1988). Handbook of Neuropsychology. New York: Elsevier.

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Subject: PSYCHOLOGY

Course (Paper) Name & No. : Developmental Social Psychology CCT-11

Course (Paper) Unique Code :

External Exam time Duration :

Name of Course	Sem	Core/Ele /Allied/ Practical /Project	Pape r code	Paper title	Credi t	Interna l marks	Ext.l mark s	Total mark s	Ext. Time duratio n
M.A.	IV	Core	CCT- 11	Development al Social Psychology	04	30	70	100	

Course Objectives:

1. To acquaint them with the process of Developmental Social Psychology.
2. Understand the theoretical foundation of Developmental Social Psychology.
3. To understand of various projective techniques as a Developmental Social Psy.
4. The students will also be able to apply their theoretical knowledge to different setting requiring Developmental Social Psychology.

Unit – 1 : Growth and Development

- Introduction of Growth and Development
- Meaning of Growth and Development
- Characteristics of Development
- Effect of various medium in the development of Child.
 - News paper
 - Radio
 - Movie
 - T.V.

Unit – 2 : Socialization

- Introduction of Socialization
- Definition of Socialization
- Characteristics of Socialization process
- Child in disturb family
- Effect of disturb family on child
- Cases of child who is away from Socialization

Unit – 3 : Family

- Introduction of Family
- Definition of Family
- Nature of Family
- Types of Family
- Function of Family

Unit – 4 : Peer Group

- Introduction of Peer Group
- Definition of Peer Group
- Characteristics of Peer Group
- Function (Task) of Peer Group
- Importance of social relationship in Peer Group
- Relationship difficulties in Peer Group

References:

Belson, R. P. (1981). "Psychological status of the script concept." *American Psychologist*. vol. 36: p. 715-729.

Estinger, L. (1954). "A theory of social comparison processes." *Human relations*. vol. 7: p. 114-140.

Barner peter (Edition) (1995) Personal, Social and Emotional Development of Children Black well publishing.

Schaeffer, R. (1996) : Social Development, Oxford black well publisher.

Durkin, K. (1985) : Development of Socio Psychology, From infancy to old age, Oxford black well publisher

Y. K. Desai (1994): "विकासलक्षी मनोविज्ञान", University granth Nirman board

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Psycho-pathology / CCT-12**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	IV	Core	CCT-12	Psycho- pathology	04	30	70	100	

Course Objective :

Upon successful completion of this course, the student should:

1. Be familiar with and able to discuss several different theoretical perspectives in the general field of psychopathology as well as the empirical support for these theories.
2. Be able to apply these theoretical perspectives in reviewing each of the psychopathological conditions covered in the course.
3. Be familiar with and able to discuss the DSM-IV multi-axial classification of mental disorders and the criteria for diagnosing these disorders.
4. Be able to apply the DSM-IV classification system in determining the appropriate diagnosis of clinical cases.
5. Have a substantial foundation of knowledge about psychopathology to apply in formulating appropriate and effective intervention strategies to treat a broad spectrum of psychopathological conditions.

Unit-1 Nature and Types of Anxiety Disorders - Phobias - Panic Disorder - Generalized Anxiety Disorder or GAD - Obsessive - Compulsive Disorder or OCD - Meaning and Types of Mood Disorder - Etiological Viewpoints of Depressive disorders - Bipolar Disorder. Nature of Dissociative Disorder - Types of Dissociative Disorder - Dissociative Amnesia - Dissociative Fugue - Dissociative Identity Disorder or DID - Depersonalization Disorder - Suicide - Theoretical Explanation of Suicide - Suicide in Different Age Groups - Treatment and Prevention of Suicide.

Unit-2 Meaning and Nature of Psychosomatic Disorder - Type of Psychosomatic Disorder - Psychophysiological Cardiovascular Disorder - Psychophysiological Gastrointestinal Disorders - Psychophysiological Respiratory

Disorders - Psychophysiological skin Disorders - Psychophysiological Genitourinary disorders - General etiology of Psycho-physiological disorders - Treatment of Psychosomatic disorders - Distinction Between Psychosomatic Disorder and Conversion reaction.

Meaning and Nature of Personality Disorder - Problems Involved in Recognition or Diagnosis of Personality Disorder - Clinical Picture of Personality Disorder - Types of Personality Disorder -Causal Factors in Personality Disorder - Treatment and Outcomes of Personality Disorder
Meaning of Anti-social Personality - Clinical Picture of Antisocial Personality - Etiology of Antisocial Personality - Treatment and Outcomes of Antisocial Personality.

Unit-3 Meaning of Schizophrenia - Schizophrenia : A Historical Perspective - Course, Incidence and Prevalence of Schizophrenia - Clinical Symptoms of Schizophrenia - Diagnosing the Schizophrenia - Types schizophrenia - Dimension of Schizophrenia - Etiology of Schizophrenic - Methods of Studying genetic transmission and environmental factors - treatment of schizophrenia - nature of paranoid disorder - Types of paranoid Disorder - Symptoms of Clinical Picture of Paranoid Disorder - Etiology of Paranoia - Treatment of Paranoia.

Meaning and Nature of Mental Deficiency - Historical Background of Mental Retardation - Major Characteristics of Mental Deficiency - Levels or Types of Mental Deficiency - General Etiology or Causes of Mental Deficiency - Treatment and Prevention of Mental Deficiency - Difference Between Mental Deficiency and Mental Disease - Learning Disabilities - Etiology of Learning Disabilities - Treatment of Learning Disabilities.

Unit-4 Nature of Cognitive Disorder - Aging - Amnesic Disorders - Delirium - Dementia - Dementia of Alzheimer's Type or DAT - Vascular Dementia - Other Medical Conditions Causing Dementia - Substance - Induced Dementia.

Meaning of Mental Health and Its Distinction From Mental Illness - Components of Mental Health - Characteristics of Mentally Healthy People - Meaning of Normality - Importance of Mental Health - Factors Influencing Mental Health - Measures for Promoting Mental Health - Models of Mental Health Intervention - Clinical Model - Community Model - Social Action Model.

Reference Book :

- Barlow, D.H. & Durand, V.M. (1998). Abnormal Psychology: An Integrative Approach, 2nd Ed. Pacific Grove, CA: Brooks/Cole.

- American Psychiatric Association (1994). *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. (DSM-IV)*. Washington: American Psychiatric Association.
- Carson & Butcher : *The Advance Abnormal Psychology & Modern life*.
- *Diagnostic & Statistical Manual of Mental Disorders. 4th ed. (DSM-IV)* Washington, D.C. APA Publication.
- Jogsan, Y. A. (2005). *Psycho-pathology*, Akshar Publication, Ahmedabad.
- Strauss, M.E., & Smith, G.T. (2009). Construct validity: Advances in theory and methodology. *Annual Review of Clinical Psychology*, 5, 1-25.
- Baker, T.B., McFall, R.M., & Shoham, V. (2009). Current status and future prospects of clinical psychology: Toward a scientifically principled approach to mental and behavioral health care. *Psychological Science in the Public Interest*, 9, 67-103.
- Lilienfeld, S.O. (2012). Public skepticism of psychology: Why many people perceive the study of human behavior as unscientific. *American Psychologist*, 67, 111-129.
- Kendler, K.S. (2005). Toward a philosophical structure for psychiatry. *American Journal of Psychiatry*, 162,433-440.
- *American Journal of Psychiatry*, 163, 1138-1146.
- Paus, T., Keshevan, M., & Giedd, J.N. (2008). Why do so many psychiatric disorders emerge during adolescence? *Nature Reviews Neuroscience*, 9, 947-957.
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FACULTY OF ARTS

Syllabus

Subject : PSYCHOLOGY

Course (Paper) Name & No.: ~~APPLICATION OF BEHAVIOUR~~

MODIFICATION/ECT-06

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Inter Disciplinary (ICT)	Course/ Paper Code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M A	IV	Elective	ECT-07	Application of Behaviour Modification-II	04	30	70	100	

Course Objectives :

To understand

1. Behaviour Modification: Applications

UNIT – 1. Cognitive Behaviour Modification Techniques

Self Instruction Training – Problem Solving Training – Anger Control Training – Self Management Training – Rational Emotive Behavioural Therapy – Beck's Cognitive Therapy.

UNIT – 2. Application of Behaviour Modification in Educational Setting

Behaviour Modification Techniques for Enhancing Study Skills and Social Skills of Students – Memory Enhancement Training – Self Esteem Training – Treating Examination Phobia – Fostering Creativity among Students and Teachers – Improving Interpersonal Relationship among Teachers.

UNIT – 3. Application of Behaviour Modification in Health Setting

Behaviour Modification Techniques for Treating Minor and Major Psychological Problems in Psychiatric Setting – Use of Behaviour Modification Techniques in Various other Medical Settings such as Cardiology and Neurology.

UNIT – 4. Application of Behaviour Modification in Organizational Setting

Behaviour Modification of Employee Behaviour – Motivational Strategies – Stress Management – Improving Interpersonal Relationship for Effective Conflict Management – Time Management.

REFERENCES :

1. Gambrill, E. D. (1977) A Hand Book of Behaviour Modification, London: Jossey Bass.
2. Masters, J. C., Hollon, S. D. Burish, T. G., and Rimm, D. C.(1987) Behaviour Therapy. New York: Harcourt Brace and Company.
3. William O'Donhue (1998) Learning and Behaviour Therapy. New Jersey: Allyn and Bacon Company.

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SYLLABUS

Subject : PSYCHOLOGY

Course (Paper) Name & No. : **Advanced General Psychology / ECT - 06**

Course (Paper) Unique Code :

External Exam Time Duration :

Name of Course	Semester	Core/Elective/ Allied/Practical/ Project	Course/ Paper code	Course/ Paper time	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time duration
M.A.	IV	Elective	ECT-06	Advanced General Psychology	04	30	70	100	

Course Objective :

1. To generate interest in psychology
2. To familiarize the students with the concepts of basic psychological processes
3. To understand the basics of various theories in psychology
4. To provide basic knowledge about systems and processes like attention, learning And memory

Unit-1 Introduction: Definition, Nature, Scope and Application of Psychology.
Methods: Experimental, Observation, Interview, Questionnaire.

Contemporary Perspectives: Biological, Cognitive, Psychoanalytical, Humanistic.

Biological Bases of Behavior: Neurons, Structure and Function of Brain And Spinal Cord, Autonomic Nervous System.

States of mind: topographical aspect of mind, dynamic aspect of mind, day dream, types of dream, causes of dream.

Unit-2 Sensory Processes: knowledge of word, meaning and definitions of sensation, aspects of sensation, Structure and Function of Eye and Ear.

Perceptual Processes: Nature and Determinants, Perceptual Organization From, Space and Depth Perception. Perceptual Consistency and Illusion.

Attention: definition, characteristics, Nature and Determinants.

Unit-3 Learning: Nature of Learning Process. Classical and Operant Conditioning, Basic Principal and Types, Thorndike's Trial and Error Theoretical, Gestalt Theatrical of Insight. Transfer of Training.

Memory and Forgetting: Meaning, Type and Measurement. Theories of

Forgetting: Decay Preservation and Consolidation and Interference Theoretical.

Motivation and Emotion: Meaning And Classification Of Motive: Biogenic, Social Motive-Power, Aggression, Approval And Achievement. Nature and Dimension of Emotion. Theories Of Emotion.

- Unit-4** Thinking: Meaning, Type. Concept Formation, Determinants.
Intelligence: Meaning, Concept of IQ Theories of Intelligence- Spearman, Turnstone and Guilford.
Personality: Meaning, Trait and Type Approaches to Personality, Determinants of Personality-Biological, Social And Cultural.

Reference Book :

- Clifford T. Morgan. (2002). Introduction to Psychology. Seventh Edition. Tata McGraw Hill. John W. Santrock. (2002). Psychology. Sixth Edition. McGraw Hill Higher Education.
- Dennis Coon. (1999). Psychology-Exploration and Applications. Eighth Edition. Wadsworth Thomson Learning.
- Spencer Rathus. (1999). Psychology in the New Millennium. Seventh Edition. Harcourt Brace College Publishers. New York.
- Morgan, C.T, King, R.A., Weisz, J.R., and Schopler, J. (2004). Introduction to Psychology, 7th edition, 24th reprint. New Delhi : Tata McGraw Hill.
- Feldman R.S. (2011). Understanding Psychology, 10th edition. Delhi: Tata-McGraw Hill.

Syllabus

Subject: PSYCHOLOGY

Course (Paper) Name & No: STRESS MANAGEMENT/ICT-02

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Semester	Core/Elective/ Allied/Inter Disciplinary	Course/ Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A	IV	Inter Disciplinary	ICT-02	STRESS MANAGEMENT	04	30	70	100	

Course Objectives:

1. To Introduce students to the role of moderating variables in Stress-health/well-being linkage
2. To identify and evaluate the relative efficacy of various cognitive and behavioral intervention for coping with stress in its various forms and manifestation
3. To Practice a wide range of Stress Management Techniques and evaluate their effectiveness in dealing with own personal challenges.

UNIT-I

Situational and Social Moderators of Stress:

Difference between Mediators and Moderators of Stress, Theories about Mediators of Stress Response- Psychoanalytic, Behavioral and Cognitive Theory; Categories of Moderator Variables in Stress Processes. Perceived Control Over the Environment as the Situational Moderators of Stress, Social Support as Social Moderator of Stress- Definition of Social Support- Types of Social Support - Sources of Social Support - Direct Effect and Buffering Effect Hypothesis - Benefits of a Social Support Network - Cultivating Support Network.

UNIT-II

Personality Moderators of Stress:

Definition of Personality; Some Personality Traits as Moderators of Stress - Well-Being Relationship - Hardiness - Optimism - Self-Esteem and Self-Efficacy - Locus of Control- Negative Affectivity - Type-A Behavior Pattern (TABP); Concept - TABP and Stress - TABP and Health - Bio Psycho-social Factors in Type-A behavior - modifying Type-A Behavior; Type C and Type D Personality Traits; Sensation Seeking Personality.

UNIT-III

Stress and Coping;

Concept of Coping as a Cause (an independent Variable) and Effect (a Dependent Variable), Coping as Mediator and Moderator of Stress - Strain Relationship; Classification of Coping Strategies - Coping Strategies having Limited Value- Giving up, Striking Out at Others, Indulging Self, Blaming Self, Using Defensive Coping; Categories of Constructive Coping - Appraisal Focused Constructive Coping - Ellis's Rational Thinking, Positive Reinterpretation; Problem Focused Constructive Coping - Using Systematic Problem Solving, Seeking Help, Using Time more Effectively, Improving Self-control; Emotion Focused Constructive Coping - Releasing Pent up Emotions, Distracting (putting Problem out of your mind), Managing Hostility and Forgiving Others, Meditating, Using Relaxation Procedure.

UNIT-IV

Other Strategies of Managing Stress:

Yoga-Buddhist Vipasyana, Bio-Feed Back, Assertiveness Training, Autogenic Training, Nutrition, Exercise, and Sleep, Stress Inoculation Training (Meichenbaum's Cognitive Restructuring), Stress Management by Music, Massage Therapy, Stress Management by Adopting Healthy Life Style, Guided Imagery, Achieving Behavioral Control, Preventing Stress at Work, Managing Executives Stress.

REFERENCE BOOKS

- Atwater, E. (1995). Psychology for Living: Adjustment, Growth and Behavior today. New Delhi: Prentice Hall.
- Coon, D. (2004). Introduction to psychology: Gateways to Minds and Behavior (10th Ed.), New York: Thompson Woodworth
- Cooper, C. & Pyne R. (1988). Causes and Consequences of Stress at Work. Chichester: Wiley.
- Greenberg, J.S. (2010). Comprehensive Stress Management (12th Ed.). Boston: McGraw-Hill.
- Kottler, J.A. & Chen, D.D. (2011). Stress Management and Prevention: Applications to Daily Life (2nd Ed): London and New York: Routledge.
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- Rathus, S.A & Nevid, J.S (2002) Psychology and the Challenges of Life: Adjustment in the New Millennium (8th Eds.) New York: John Wiley & Sons, inc.