

## SEMESTER III

### **M3/PSY 01-CT09: Personality Theories**

#### **Unit I**

Personality : Concept, Nature of Personality theory. Current issues in Personality Research  
Big five (Costa Mc Crae)

#### **Unit II**

Psychoanalytic Theory and Post Freudian developments : Freud, Jung, Adler, Horney, Erikson.

#### **Unit III**

Post NeoFreudian :Sullivan, Fromm, Trait Theories : Allport, Cattell, Eysenck, Type theories of Personality, Sheldon, Kretschmer.

#### **Unit IV**

Behaviourist Theory : Skinner Socio Cognitive Theory : Bandura, Seligman, Miller & Dollard, Kelley

#### **Unit V**

Humanistic Phenomenological Prospective : Rogers, Maslow. Existential viewpoint : Rollo May, Frankl

1. Corsini, R.J. and Morselia, R.J. : Personality Theories, Research and Assessment. Illinois : Peacock.
2. Hall, C.S., Lindzey, J.C. and Manosevitz, M. (1985) : Introduction to Theories of Personality. New York : John Wiley & Sons.
3. Kline, P. (1983). Personality, Measurement and Theory. New York : St. Martin's Press.
4. Robert, E.B. (1993). Theories of Personality. London : Lawrence Erlbaum Associates.
5. Pervin L.A. (1984). Personality Theories, Assessment and Research New York : John Wiley & Sons.
6. Hjelle and Ziegler (1992). Personality Theories. Singapore : McGraw Hill.
7. Aitken, L.R. (1989). Assessment of Personality. Boston : Allyn and Bacon.
8. Friedman, H.S. and Schustack, M.W. (2004). Personality : Classic Theories and Modern Research. Singapore : Pearson Education.

### **M3/PSY 02-CT10 :Positive Psychology**

#### **Unit I**

Introduction : Definition, Goals and Historical Overview; Eastern & Western Perspective on Positive Psychology.

#### **Unit II**

Classification and Measures of Human Strengths: Gallup's Clifton Strength Finder. VIA Classification; Identifying Personal Strengths.

#### **Unit III**

Positive Emotional States and Processes : Principle of Pleasure, Nature and Definition of Positive Affect and Positive Emotion, Happiness and well Being, Emotional Focused Coping and Emotional Intelligence, Socio Emotional Selectivity and Emotional Story telling.

#### **Unit IV**

Positive Cognitive States and Processes: Self Efficacy, Optimism, Hope, Mindfulness, Flow, Spirituality, Wisdom and Courage.

#### **Unit V**

Pro-Social Behaviour : Empathy, Altruism, Gratitude and Forgiveness. Positive Environment : Positive schooling, the me/we Balance : Building better communities.

#### **Books Recommended :**

- Snyder, C.R. Lopez, S.J. (2012). Positive Psychology. New Delhi : Sage.
- Snyder, C.R. Lopez J. (2005). Handbook of Positive Psychology. New York: Oxford.
- Wong, P.T. and Fry. (1998). The Human quest for meaning. Mahwah, New Jersey: Lawrence, Erlbaum.
- Baumgardner, S. Crothers, M.(2009). Positive Psychology. New Delhi: Pearson education.

### **M3/PSY 03-ET11A: Clinical Psychopathology**

#### **Unit I:**

Normality: Concept of normality and pathology, Vulnerability, Resilience and coping paradigm, Meaning of mental health and mental disorder. Models of abnormality.

#### **Unit II:**

Classifications of mental disorders:APA and WHO Classifications. Development, Advantages and disadvantages of classification system. Causal Factors: Biological, psycho-social and socio-cultural factors. Diathesis-stress model.

#### **Unit III:**

Mood Disorders. Depression and Bipolar disorders

Anxiety Disorders: Panic disorder, Phobic disorders, PTSD, Generalized Anxiety disorders.

#### **Unit IV:**

Schizophrenia and other psychotic disorders, Types of schizophrenia

Memory related disorders. Sleep disorders. Personality related disorders.

#### **Unit V:**

Somatoform disorders. Substance Abuse disorders. Learning disorders. Eating disorder

Prevention of mental disorders: levels, situation-focused and competency focused prevention.

#### **Books Recommended:**

Kaplan, H.J. and Sadock, B.J. (2004). Comprehensive textbook of psychiatry, Baltimore: Williams and Wilkins.

Diagnostic and statistical manual of mental disorders. (DSM-IV-TR 2000) Washington, D.C. APA Publication

Sarasan, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Pearson Education.

Carson, R.C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007). Abnormal Psychology. Pearson.

### **M3/PSY 03-ET11B: Organisational Behaviour**

#### **Unit I**

A Brief History of Industrial and Organizational Psychology. Role of Psychologists in Organization, Organizational Behaviour : Meaning, Disciplines, Challenges and Opportunities, Models of abnormality

#### **Unit II**

Job satisfaction: Meaning, Factors, Importance and Techniques Industrial morale Measurement, Methods of increasing morale.

#### **Unit III**

Employee Motivation: Theories of motivation Maslow, Alderfer, McGregor, Herzberg, McClelland. Expectancy theory, Goal Setting theory

#### **Unit IV**

Human Performance: Time and Motion study Man – Machine system. Equipment Design, Accident: Accident Proneness, accident prevention

#### **Unit V**

Leadership: Traditional theories of leadership- trait, Group, Exchange, Contingency, Path, Goal Leadership Theory, Modern theoretical processes. Leadership styles: Managerial Grid, Blake and Mouton Managerial Grid, Hersey and Blanchard's Situational approach.

Books Recommended:

Luthans, Fred (2002) Organizational Behaviour (Ninth Edition) McGraw Hill International Edition.

Robbins, S.P. (2008) Organizational Behaviour. Pearson edition New Delhi.

### **M3/PSY 03-ET11C: Educational Psychology**

## **Unit I**

Meaning of Education and Educational Psychology, Scope and Importance of Educational Psychology. Meaning, scope and importance of studying child development, Importance of Environment & Developmental Characteristics of Child Development with reference to Physical, Psychological, Moral and Emotional aspects.

## **Unit II**

Learning: Concept and factors affecting learning. Approaches to Learning: Relevance and the applications of cognitive approaches, Gestalt Behaviourist and social cognitive.

Motivation – Meaning in educational concept Maslow & Hierarchy of needs and motivational Devices for Classroom teaching.

## **Unit III**

Individual differences – Nature, Types, Causes, Accommodating Individual differences in class room, Intelligence, Nature and characteristics, theories of Intelligence- two factor theory of Spearman Guilford structure of Intelligence Gardner's theory of multiple Intelligence. Daniel Goleman's model of Emotional Intelligence, Evaluation in Education Types of tests, Characteristic of a Psychological, Measurement of Intelligence types of Intelligence test verbal Non verbal and performance test.

## **Unit IV**

Concept and Nature of Teaching Relation between teaching and learning Principles of Teaching Approaches to teaching – Participatory, child centered characteristics and use in teaching.

## **Unit V**

Method of Teaching- Play methods in Education, Montessori Method

Understanding differences based on cognitive abilities in children with learning difficulties for distance, slow learner, dyslexic)

### **Books Recommended:**

- Anita Woolfolk: Educational Psychology
- Slavin N Davis (2006) Educational Psychology: Theory and Practice. Academia Education
- Dash and Dash. Fundamental of Educational Psychology
- S.K. Mangal: Advanced Educational Psychology

## **M3/PSY 04-ET12A : Psychological Therapies – I**

### **Unit 1.**

Introduction to interventions. Definition of psychotherapy. Goals of intervention. Professional issues- training, ethical issues, personal characteristics of therapists, future of therapy.

Psychotherapy in India. Development and current status. Yoga and Buddhist traditions in therapy.

### **Unit 2.**

Psychoanalytical therapies, Brief dynamic therapies, Indications and evaluation.

Neo Freudian approach, Ego analytical therapies. Current status and evaluation.

### **Unit 3.**

Humanistic Existential approaches- Rogerian and Gestalt therapy

### **Unit 4.**

B: Group approaches. Nature of group therapy. Utility evaluation. Family therapy, general types, need and application.

**Unit 5.** Community based intervention. Difference between therapeutic and community health models. Concepts of Prevention, Crisis Intervention and Rehabilitation.

### **Books Recommended:**

- Aveline. M. & Shapiro. D.A. (1995) Eds, Research for psychotherapy practice. Wiley.
- Bellack, A.S., Hersen M. & Kazdin, A.E. (1983). International handbook of behavioural modification and therapy. New York: Plenum Press.
- Bergin, A.E. & Garfield, S.L. (1994). Eds. Handbook of psychotherapy & behavioural change. 4ed. NY: Wiley.
- Jones, C. C. (1993). Family Systems therapy: Wiley.
- Lane, D & Miller, A (1992). Eds. Child & Adolescent therapy. A handbook. Milton Keynes Open Uni. Press.
- Norcross. J.C (1980). Handbook of psychotherapy integration (Ed.) New York: Basis books
- Spiegler.M.D. (1997). Contemporary Behaviour Therapy. New Delhi, Sage Publications.
- Srinivasa Murthy & Barbara. J. Buras. (1992). Eds. Community mental health proceedings of the Indo-US symposium. Bangalore: NIMHANS
- Steven Jay Lynn & John P, G. (1985). Contemporary psychotherapeutic models and methods, Ohio, Charles E. Merritt.
- Wolberg. L.R. (1989). The technique of psychotherapy. Vol. I & II. London. Warburg and Heinemann

## **M3/PSY 04-ET12B: Human Resource Management**

### **Unit I**

Management of Human Resources in Organization, Recruitment and Selection Process  
Communication in Organization : Type and Functions of Communication. Barrier to effective Communication.

### **Unit II**

Conflict and Negotiation  
Conflict: Meaning & Process, Bargaining Strategies, Negotiation Process  
HR Policies for employees engagement and welfare.

### **Unit III**

Performance appraisal : Methods of Performance Appraisal ,360 degree, 540 degree and 720 degree  
Feedback, HR Audit, Competency Mapping

### **Unit IV**

Organization Structure : Chain of command, Centralization and decentralization  
Span of control. Simple Bureaucracy and Matrix structure. New Designs of organization:

### **Unit V**

Principle of Employee selection, Uses of Psychological techniques, Person – Job Fit, Person, Organization fit

**Books Recommended:**

**M3/PSY 04-ET12C: Disorders of Childhood and Adolescents**

**Unit I**

Mental Retardation : Nature, Types, Clinical Picture and Causal Factors

**Unit II**

Learning and Motor Skills Disorders: Nature, Types, Clinical Picture and Causal Factors

**Unit III**

Attention-Deficit and Disruptive Behaviour Disorders: Nature, Types, Clinical Picture and Causal Factors

**Unit IV**

Pervasive Developmental and Communication Disorders : Nature, Types, Clinical Picture and Causal Factors

**Unit V**

Eating Disorders and Obesity : Nature, Types, Clinical Picture and Causal Factors

**Unit VI**

Sexual Variants and Abuse: Nature, Types, Clinical Picture and Causal Factors

**Books Recommended:**

- Kaplan, H.J. and Sadock, B.J. (2004). Comprehensive Textbook of psychiatry, Baltimore : Williams and Wilkins.
- Diagnostic and statistical manual of mental disorders. (DSM-IV-TR 2000) Washington, D.C. APA Publication
- DSM V (2013)
- Sarason, I.G. and Sarason, B.R. (2005) Abnormal Psychology: The Problem of Maladaptive Behaviour. Delhi, Person Education
- Carson, R.C., Butcher, J.N., Mineka, S. And Hooley, J.M. (2007). Abnormal Psychology. Pearson.

**M3/PSY 01-CP05 : Practical – I:**

**A student will be required to conduct all six practical**

1. Assessment of strengths
2. Intelligence and Ability Testing
3. Creativity
4. Aptitude testing
5. Self Assessment – Social Adjustment / Self Concept
6. Study of any one issue represented and highlighted by media ( Sexual abuse & Harassment poverty, gender is equality, child labour, etc.)

7. Personality assessment
8. Practical as per suggestion of the teacher

### **M3/PSY 02-EP06A: Practical – II Clinical Psychology**

**A student will be required to conduct all six practical**

1. Mental Health
2. Clinical Interview
3. P.G.I. Memory Scale
4. Progressive muscle relaxation and its application to behavioural problem
5. Electro Sleep Apparatus
6. TAT
7. Rorshach Ink Blot test
8. Neuro Psychological test
9. Case study
10. Practical as per suggestion of the teacher

### **M3/PSY 02-EP06B: Practical – II Industrial Psychology**

**A student will be required to conduct six practical**

1. Job Analysis
2. Job Satisfaction
3. Work and Rest
4. Risk Taking Behaviour
5. Organisational structure
6. Leadership assessment
7. Communication exercise
8. Performance appraisal
9. Identification of team role
10. Person job fit
11. Practical as per suggestion of the teacher

### **M3/PSY 02-EP06C: Practical – II Educational Psychology**

1. Social Adjustment
2. Emotional Adjustment / Emotional Quotient
3. Preparation of case study to recommended choice of subjects (using intelligence, aptitude and Interest tests)
4. Rational Emotive Therapy
5. Counselling Interview Techniques
6. A comparative study of learning of children belonging to different socio cultured background.
7. Case study of a child with learning difficulties.
8. Intelligence test
9. Practical as per suggestion of the teacher