

M.A. (Psychology)-1st Semester
Course No: PSY15108GE
Course Name: Educational psychology

Total Credits = 3
Teaching Hours = 36
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- *To enable the students to understand the relation between education and psychology and different methods of educational psychology.*
- *To understand concept of learning, motivation and intelligence.*

Unit-I

Educational Psychology: Meaning, Definitions and Scope. Role of Psychology in Education. Focal areas of Educational Psychology. Methods: Introspection, Observation, Experimental, Case study. Objectives of Teaching, Teacher and Education.

Unit-II

Learning: Concept of learning. Theories of learning: Trial And error, gestalt theory, Guthrie, Tolman. Improvement of learning, fatigue in learning. Transfer of Learning, Methods of Interference-Retroactive and Proactive Inhibition.

Unit-III

Intelligence: Concept and Types of Intelligence
Artificial Intelligence, Emotional Intelligence and Multiple intelligence.
Theories: Two Factors Theory, Multi-factor Theory, Group Factors Theory.

Readings

- 1]. Skinner, Charles E. (1945). Educational Psychology. Prentice Hall
- 2]. Chauhan, S. S. (1996). Advanced Educational Psychology. New Delhi: Vikas Publishing House
- 3]. Macmillan, Simth, Mdaniel. (1998). Educational Psychology. New York: Allyn & Bacon

M.A (Psychology)-3rd Semester
Course Code: PSY15309GE
Course name: Cross-Cultural Psychology

Total Credits = 3
Teaching Hours = 36
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- *To understand the nature and approaches of cross cultural psychology*
- *To know the contemporary applications of cross cultural psychology*
- *To appreciate the role of culture in human cognition and social interaction*

Unit-I

Cross-cultural psychology: Meaning & definitions; Culture, race, nationality, and ethnicity. Collectivism and Individualism. Approaches to study cross-cultural psychology: Evolutionary approach. Sociological approach. Eco-cultural approach. Indigenous psychology, Ethno-centrism and Multiculturalism.

Unit-II

Cross-cultural research. Goals of cross-cultural research. Quantitative and Qualitative research in cross-cultural psychology. Methods: Observation, Survey methods, content analysis Focus-group methodology.

Unit-III

Influence of culture on perception, illusions and consciousness. Intelligence: Ethnic differences in IQ, Influence of socio economic environment. Gender differences. Emotion: Culture and emotions, expression and judgment, Application of cross cultural psychology

Readings

- 1]. Trimble, J. E., Scharron-del Rio, M. & Bernal. G. (2010).The itinerant researcher: Ethical and methodological issues in conducting cross-cultural mental health research. In D. C. Jack & A.
- 2]. Ali (Eds.), *Cultural perspectives on women's depression: Self-silencing, psychological distress.*
- 3]. Trimble, J. E. & Dickson, R. (2005). Ethnic gloss. In C. B. Fisher & Lerner, R. M. (Eds.), *Encyclopedia of applied developmental science*, (pp. 412-415) (Volume I). Thousand Oaks: Sage.
- 4]. Shiraev, E., & Levy, D. (2009). Cross-cultural Psychology, Critical Thinking and Contemporary applications; Third edition. India: PDCerson Education.

M.A. (Psychology) 4th Semester
Course No. PSY15409GE
Course Name: Sports Psychology

Total Credits = 3
Teaching Hours = 36
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- *To help individuals understand the psychological principles behind athletic performance.*
- *To help individuals understand the social context of sport*

Unit-I

Sports Psychology: Meaning, History and definitions. International and Indian Perspectives. Individual differences and Sports Performance: Motor Skills Learning. Attention, Arousal, Focusing and concentration. Role of Sports Psychologist.

Unit-II

Cognitive Psychology and Sport: Cognitive style and Sport, Self efficacy, Attentional style and performance, Attribution of self and Others, Situational and interactional approaches to sport behavior

Unit-III

Understanding Motivation: Intrinsic and extrinsic motivation, Theories of motivation, Pathological motivation and sport. Team cohesion and team building. Feedback and Reinforcement.

Unit-IV

Arousal, Stress, and Anxiety: Definitions of arousal, anxiety and stress, Factors inducing anxiety and stress, the relationship between arousal and performance, the relationship between anxiety and performance, Managing Stress.

Readings:

- 1]. Moran, A.P. (2004). Sport and Exercise Psychology, A Critical Introduction. New York: Routledge,
- 2]. Kremer, J., & Scully, D. (2001). Psychology in Sport. Taylor and Francis Publishers.
- 3]. Smith, L. H., & Kays, T. M. (2010). Sports Psychology for Dummies.
- 4]. Weinberg, R & Gould, D. (2006). Foundation of Sport and Exercise psychology (4th Ed). Human Kinetics Publishers.
- 5]. David Lavalke; John Krener, Aidan P. Moran and Mark Williams (1994), Sports Psychology: Contemporary Themes.
- 6]. Mohan, J. (2010), Sports Psychology: Emerging Horizons, New Delhi: Friends Publishers.
- 7]. Mohan, J. and Sehgal, M. (2005), Readings in Sports Psychology, New Delhi: Friends..
- 8]. Murphy, S.M. (1995), Sports Psychological Interventions, Champaign: Human Kinetics.
- 9]. Nicholas T. Gallucci (2008), Sports Psychology, New York: The Psychology Press.
- 10]. Richard, H. Cox (2002), Sports Psychology, New York: Palgrave Macmillan, (eighth edition).
- 11]. Thelma, S. H. (1992), Advances in Sports Psychology, Illinois: Human Kinetics.

M.A.(Psychology) 2nd Semester
Course No. PSY15209GE
Course Name: Environmental Psychology

Total Credits = 3
Teaching Hours = 32
Tutorial Hours = 16

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives

- *To acquaint Students with the basic concepts of Environmental Psychology.*
- *To Provide Students a Perspective of Environmental Psychology*

Unit-I

Nature and Scope of Environmental Psychology: What is environmental psychology. Theories and Approaches. Research Methods in Environmental Psychology. Environmental movement in India.

Unit-II

Concepts in Environmental Psychology: Environmental Perception, Environmental Cognition Environmental Attitudes, Appraisals and Assessments.
Environmental Influences: Personal Space, Territoriality, Crowding, Privacy.

Unit-III

Practice in Environmental Psychology: Introduction to Environment Impact Assessment, Environmental Impact Assessment Notification-2006, Introduction to socio-economic impact assessment, Social Impact Assessment (SIA): methods and reporting of SIA.

Readings

- 1]. Gifford, R. (2007). Environmental psychology: Principles and practice (4th ed.). Colville, WA: Optimal Books.
- 2]. Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). Environmental Psychology (5th edition). Toronto: Harcourt Brace College Publishers.
- 3]. Environmental Movements in India P. P. Karan Geographical Review Vol. 84, No. 1 (Jan., 1994), pp. 32-41 Published by: American Geographical Society

M.A. (Psychology)-3rd Semester

Course Code: PSY15309OE

Course Name: Peace Psychology

Total Credits = 3

Teaching Hours = 36

Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objective:

- The course seeks to develop an understanding of the processes of peace and conflict and to promote skills in applications of the principles in conflict resolution.

Unit-I

Concept of Peace, Positive and Negative Peace; Peace at Inter, Intra, Global Levels; Factors influencing violence: Aggression, Nonviolence Direct Action; Factors influencing Non-violence: Principled Vs Pragmatic Factors

Unit-II

Conflict Resolution: Issues and Dimensions in Conflict; Family, Community, Arms, Gender, Religion, Socio-economic Issues. Approaches of Conflict Resolution: Management Skills: Transformation and Evaluation of Conflict.

Unit-III

Conflict Management, Prevention of Out Break of Conflicts, Conflict Transformation (Personal & Societal Factors)
Processes & Skills in Healing Stress & Trauma in Post Conflict Society

Readings

- 1]. Alger, C. & Stohl, M (Eds.) (1988) *A Just Peace through Transformation*. Boulder: Westview
- 2]. Baudura, (1973). *Aggression: A Social Learning Analysis*, Englewood Cliffs, NJ: Prentice Hall
- 3]. Bercovitch J. (Ed.) (1996). *Resolving International Conflicts*. Boulder Lynne Reinner
- 4]. Bercovitch .J. & J.Z.Rubin Eds. (1992). *Mediation in International Relations*. London: Mac Millan
- 5]. Bjerstedt, A. (Ed.) (1993). *Peace Education; Global Perspectives*. Stockholm: Almqvist & Wiskell International
- 6]. Bowl L'. (1990). *Mediation: Principles, Processes and Practice*. Syd: Butterworth
- 7]. Burton, J. W. (1990). *Conflict: Resolution and Prevention*. New York Macmillan
- 8]. Kool, V.K.(Eds) (1990). *Perspectives on Nonviolence*. Springer-Verlag New York
- 9]. Kool, V.K. (Eds.) (1993). *Nonviolence: Social and Psychology Issues*.
- 10]. Kriesberg, L. (1998). *Constructive Conflicts*. Lanham, M.D. Roman & Littlefield
- 11]. Nardin, T. (Ed.) (1996). *The Ethics of War and Peace*. Princeton N.J. Princeton University Press

M.A. (Psychology)-4th Semester
Course No. PSY15410OE
Course Name: Stress Management

Total Credits = 3
Teaching Hours = 36
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- *To help individuals understand the psychological principles behind athletic performance.*
- *To help individuals understand the social context of sport*

Unit-I

Stress and its Physical Consequences: Main Sources of Stress, Measurement of Stress. Stress and Cardiovascular disorders, Cancer and Diabetes. Job Stress and Burnout.

Unit-II

Stress Management: Coping and types of coping strategies. Theories of coping. Hardiness, psychological support; Measurement of coping with stress.

Unit-III

Counselling for stress management; Meichenbaum's Stress Inoculation Training; Self Instructional approach; Jacobson's Progressive Muscle Relaxation; Autogenic Training; Concept of mindfulness & Psychological Resilience.

Readings

- 1]. Joshi, B.K. (2007). *Stress Management*. Pointer Publishers: Jaipur
- 2]. Ciccarelli, S. & Meyer, G.E. (2008). *Psychology*. Pearson Publications: India.
- 3]. Weller S. (2000) *The Breath Book: 20 Ways to Breathe Away Stress, Anxiety and Fatigue*, Thorsons.
- 4]. White J. (1997) *Stresspac*, The Psychological Corporation.
- 5]. Wilkinson G. (1999) *Family Doctor Guide to Stress*. Dorling Kindersley.

M.A. (Psychology)-1st Semester
Course No.: PSY15109OE
Course Name: Principles of Psychology

Total Credits = 3
Teaching Hours = 36
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12Hours Teaching & 4 Hours Tutorial}

Objectives:

- *To understand the Fundamental facts, theories, concepts and principles of psychology*

Unit-I

Introduction: Nature, Scope and Methods of study in Psychology. Schools of psychology
Sensation: Attributes, Characteristics of Sensory Processes. Perception: Determinants, Gestalt
Theory of perception.

Unit-II

Motivation: Concept of Drive, Incentive; Maslow's Need Hierarchy Theory and Mc Clelland's.
Emotion: Nature, Basic Emotions, Physiological Correlates of Emotion. Theories: James Lange,
Cannon-Bard and Schachter- Singer.

Unit-III

Sensation and Perception

Sensation – Attributes, Modality, Characteristics of Sensory Processes.

Determinants of Perception. Gestalt Theory of perception. Perception of form, space, movement
and time

Difference between Sensation and Perception.

Readings

- 1]. Baron, R.A. (1995). Psychology: The Essential Science. Allyn and Bacon, New York.
- 2]. Gallotti, K.M. (2000). Cognitive Psychology – In and Out of the Laboratory. Thomson Pub. Co. Bangalore.
- 3]. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1986). Introduction to Psychology (International Student Edition) McGraw Hill Book Co.
- 4]. Munn, N. L., Fernald, L. D., and Ferhald, P. S. (1972). Introduction to Psychology. Oxford IBH Publishing House Co., Calcutta.

M.A. (Psychology)-3rd Semester

Course Code: PSY15302CR

Course Name: Psychometry

Total Credits = 4

Teaching Hours = 48

Tutorial Hours = 16

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- To create critical understanding of measurement issues and techniques in psychological inquiry
- Enable students to develop skills and competencies in test construction and standardization
- To learn the application and contextual interpretation of data from psychological measurement

Unit-I

Psychometric theory: Classic & Modern test theory. Item Response Theory. Data Screening: Missing data analysis, Divergence from Normality, Measures of Skewness & Kurtosis & their importance. Testing Assumptions.

Unit-II

Concept & Types of reliability. Methods of measuring Reliability. Concept & Types of Validity. Methods of measuring validity.

Unit-III

Factor Analysis: Exploratory Factor analysis: Steps, importance & application. Confirmatory Factor Analysis: Steps, importance & application. Comparison of Exploratory & Confirmatory Factor Analysis.

Unit-IV

Theoretical overview of Structural Equation Modelling (SEM) & path analysis. Use of Specialized Measurement Software for Data Analysis. Construction of a psychological tool.

Readings

- 1]. Raykov, T., & Marcoulides, G.A. (2011). *Introduction to psychometric theory*. NY: Taylor & Francis Group.
- 2]. Fruchter, B. (1967). *Introduction to Factor Analysis*. New Delhi, East West Press.
- 3]. Ferguson, G. A. & Takame, M. (1989). *Statistics 1: Analysis in Psychology and Education*. (6, Ed.). New York: McGraw Hill.
- 4]. Garrett, H.E. (1967). *Statistics in Psychology and Education*. New York: Denis Mckey Co.
- 5]. Guilford, J.P. (1954). *Psychometric Methods*. New York: McGraw Hill.
- 6]. Guilford, J.P., & Fruchter, B. (1978). *Fundamental Statistics in Psychology and Education*. New York: McGraw Hill Series.
- 7]. Kerlinger, F.N. (1995). *Foundation of Behavioural Research*. New Delhi: Prism Books.

M.A. (Psychology)-4th Semester
Course Code: PSY15403CR
Course Name: Practicum

Total Credits: 4
Tutorial Hours=16 Practical Hours = 96

{Eight Practicals with weight age of ½ credit to be completed by the student from the following areas}

1. Assessment of Mental Ability.
2. Assessment of Aptitude.
3. Measurement Manual Dexterity.
4. Relaxation Technique.
5. Assertive training.
6. Systematic Desensitization.
7. Bio feedback.
8. Assessment of personality using objective and projective techniques.
9. Assessment of Quality of health and other related issues.
10. Competency based assessment.
11. Assessment of social desirability issues in Personality.

M.A (Psychology)-1st Semester
Course Code: PSY15101CR
Course Name: Cognitive Processes-I

Total Credits = 4
Teaching Hours = 48
Tutorial Hours = 16

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives

- *This course introduces the basic concepts and theoretical development in the area of attention, perception and memory.*
- *To develop insight into one's own and others' behavior and underlying mental processes.*
- *To enrich students' understanding of major concepts, theoretical perspectives, and empirical findings in cognitive psychology.*

Unit-I

Emergence of contemporary Cognitive Psychology and Current trends: Attentional Processes; Selective Attention and Divided Attention, Theories of attention: filter theory, attenuation theory, late selection theory and Resource Allocation.

Unit-II

Sensory Memory: Iconic and Echoic.

Short Term Memory and its Models: Modal Model of Memory, Structural and Levels of processing approach; Allan Baddley's working Memory Model.

Unit-III

Long Term Memory; Encoding specificity and Retrieval; Declarative and Non-declarative Models; Autobiographical and flash bulb memories.

Semantic Memory: Nature, background and structure. Models: feature comparison model, Network Model (Collins and Loftus Network Model and McClelland's PDP approach). Techniques of Memory improvement.

Unit-IV

Perceptual Process: Bottom Up and Top-Down Approaches.

Pattern Recognition: Theories of pattern recognition: Template matching theory, Feature analysis model, Recognition by components theory.

Readings

- 1]. Galotti, K. M. (1990). *Cognitive Psychology in and Outside Laboratory*. Mumbai: Thomson Asia.
- 2]. Jahnke, J.C., & Nowaczyk, R.H. (1998). *Cognition*. New Jersey: Prentice Hall.
- 3]. Matlin, M. W. (1995). *Cognition* (3, Ed.). Bangalore: Prism Book Pvt. Ltd.
- 4]. Reed, S. K. (2004). *Cognition: Theory and Applications*. California: Thomson Wadsworth.
- 5]. Gazzaniga, M.S., Ivry, R.B., & Mangun, GR (2002). *Cognitive neuroscience: The biology of the mind*. New York: Norton
- 6]. Sheetleworth, S. J. (1998). *Cognition, Evolution and Behaviour*. New York: Oxford University Press.
- 7]. Snodgrass, J. G. (1985). *Human experimental Psychology*. New York: Oxford University Press.

M.A (Psychology)-2nd Semester
Course No. PSY15201CR
Course Name: Cognitive Process – II

Total Credits = 4
Teaching Hours = 48
Tutorial Hours = 16

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- To enhance the advanced concepts in cognitive psychology.
- To acquaint students with various approaches and theories which explain the process of cognition.
- To expose the students to the various researches based explanations in the spheres of neuroscience, language, decision making.

Unit-I

Reasoning: Types of Inductive and Deductive reasoning. Approaches: Componential approach, Rules/Heuristics approach, Mental Model Approach.

Problem Solving: Problems and types: Well defined and ill-defined problems. Approaches to problem solving: Means end Heuristics, Hill climbing, Analogy Approach, Factors influencing problem solving: Functional fixedness, Expertise, Mental Set, Insight V/S Non-Insight.

Unit-II

Creativity: Meaning, Approaches to creativity: Divergent production, Investment theory of creativity. Factors Affecting Creativity; Development of Creativity. Decision Making: Algorithms and Heuristics (Representative, Availability, Anchoring and Adjustment). Illusory correlation, over confidence in decisions, Framing effect and Hindsight bias.

Unit-III

Language Comprehension: Structure of language: Phonology, Syntax, Semantics and Pragmatics; Language and Cognition: Modularity hypothesis, Whorfian hypothesis. Neuro psychological evidence of language. Speech perception: Approaches to speech perception (General Mechanism Approach and Special Mechanism Approach). Factors affecting comprehension: Negatives, Passive voice, Nested structures, Ambiguity.

Unit-IV

Imagery: Visual, auditory and motor imagery. Principles and Characteristics of mental Images. Cognitive Maps: Distance, Shape and Relative Positions.

Readings

- 1]. Galotti, K. M. (1990). *Cognitive Psychology in and Outside Laboratory*. Mumbai: Thomson Asia.
- 2]. Jahnke, J.C., & Nowaczyk, R.H. (1998). *Cognition*. New Jersey: Prentice Hall.
- 3]. Matlin, M. W. (1995). *Cognition* (3, Ed.). Bangalore: Prism Book Pvt. Ltd.
- 4]. Reed, S. K. (2004). *Cognition: Theory and Applications*. California: Thomson Wadsworth.
- 5]. Sheetleworth, S. J. (1998). *Cognition, Evolution and Behavior*. New York: Oxford University Press.
- 6]. Snodgrass, J. G. (1985). *Human experimental Psychology*. New York: Oxford University Press.

M.A. (Psychology)-2nd Semester
Course No. Psy15203CR
Course Name: Research Methodology

Total Credits = 4
Teaching Hours= 48
Tutorial Hours = 16

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

Objectives:

- To acquaint the students with the basic research concepts and various Steps in research process.
- Basic understanding of research designs and the APA style of preparing research proposal and writing research report.

Unit-I

Introduction to Research: Meaning and Purpose of Research; Steps in Research Process; Problem Identification; Theory and its Role in Research; Ethics in Research.

Unit-II

Research Methods: Experimental and Non-Experimental; Laboratory Experiments; Field Experiments; Field Research, Survey Research; Ethnography and Case Study.

Unit-III

Sampling and Data Collection: Concept of Sampling; Types of Sampling. Methods of Data Collection: Observation, Interview Questionnaire (Concept, Types and Limitations of each method).

Unit-IV

Data Analysis and Report Writing: Processing data, editing, coding, Memoing, Abstracting comparing and displaying. Research report writing: Structure and format for research report; style of writing a research report; Referencing and bibliography with special reference to APA Model.

Readings

- 1]. Atkinson, R. (1998). *The Life Story Interview*. Sate: Thousand Oaks.
- 2]. Colaizzi, P.F. (1973). *Reflection and Research in Psychology*. Dubuque: Tower Kendale/Hunt.
- 3]. Denzin, N.K., & Lincoln, Y.S. (1994). *Handbook of Qualitative Research*. Thousand Oaks: Sage.
- 4]. Hamel, J., Dufor, S., & Fortin, D. (1993). *Case Study Method*. London: Sage
- 5]. Kerlinger, F.N. (1999). *Foundations of Behavioral Research*. (3rd Ed.). Bangalore: Prism Books Ltd.
- 6]. Kirk, J., & Miller, M.L. (1986). *Reliability and Validity in Qualitative Research*. New Hum: Sage
- 7]. Mason, J. (1997). *Qualitative Researching*. Thousand Oaks: Sage.
- 8]. Psathas, G. (1994). *Conversation Analysis*. Thousand Oaks: Sage.
- 9]. Strauss, A., & Corbin, J. (1997). *Grounded Theory in Practice*. Thousand Oaks: Sage.