

M.A. / M.Sc. Psychology

1. Minimum qualification for admission to M.A./ M.Sc. I Semester is :
Three years B.A. / B.Sc. (Hons.) in Psychology; or B.A. / B.Sc. under 10+2+3 pattern or an equivalent examination recognized by the Banaras Hindu University with a minimum of 50% marks in aggregate including all subjects studied at B.A. / B.Sc. level.
2. Candidates of the Post-Graduate course will not offer any other degree course simultaneously.

(First & Second Semester)

There will be Five papers, four theory and one practical. Each theory paper and practical will carry 100 marks. The award of practical marks shall be as follows:-

A Continual assessment of the work done during the session (Practical record book)	20
B Evaluation of the practical conducted during the examination	
a. Statement of the problem	10
b. Methods and procedure	20
c. Analysis of data	10
d. Results and Discussion	10
C Viva- voce	30

FIRST SEMESTER

- S1.01. Attention and Perceptual Processes
- S1.02. Research Methods and Experimental Designs
- S1.03. Advanced Physiological Psychology
- S1.04. Applied Social Psychology
- S1.05. Practicals

S1.01 Attention and Perceptual Processes

1. Cognitive approach: Origin and current status of cognitive psychology.
2. Attention: Concepts and mechanisms;
Selective attention: Bottleneck theories, capacity model and automaticity.
Sustained attention: Psychophysical factors and theories.
3. Perception: Figure-ground organization, figure formation, and psychophysics of form. Non-veridical perception.
4. Space, time and movement perception: Theoretical perspectives.
5. Perceptual development. Nature-nurture controversy: Pre-exposure, deprivation and enrichment.
6. Cognitive and motivational influences on perception: Instruction, target identification and perceptual defence, perception without awareness.

Books Recommended

- Best, J. B. (1999). *Cognitive psychology* (5th ed). Belmont, CA: Brooks/Cole.
- Dember, W.N.& Warm, J. S. (1979). *Psychology of perception* (2nd ed). New York: Holt.
- Howard, D.B. (1983). *Cognitive psychology*. New York: McMillan.
- Mattlin, M.W. (1995). *Cognition*. (3rd edition).Bangalore: Prism Books.
- Schiffman, H.R. (1996). *Sensation and perception: An integrated approach*. New York: John Wiley
- Solso, R.L. (2001). *Cognitive psychology*. (6th ed). Singapore: Pearson Education.

S1.02 Research Methods and Experimental Designs

1. Scientific approach in psychology and theory building;
Types of research: Experimental and ex-post facto;
Ethical issues in psychological research.
2. Problem and hypothesis: Origin and sources, special features
Variables: Operational definition, criterion and predictor variables, selection, manipulation and control of independent and extraneous variables, measurement of dependent variables and threats to valid measurement.
3. Sampling: Meaning, purpose and types
Factors influencing sampling decisions: Size, accessibility and cost.
4. Research design: Meaning, characteristics and purpose, criteria of good design. Between groups designs: Equivalent groups, randomized groups, multilevel, factorial (2x2) and multifactor designs, Within groups designs:
Within subjects design, one-group repeated trial, randomized block design (within the same subject), N = 1 design, two-factors within subjects design.
5. Statistics:
Testing of hypotheses, substantive and null hypothesis. Statistical inferences: -'t' test, Chi-square test, analysis of variance, factorial ANOVA with two or more variables.
Multiple range tests: Tukey, Duncan, and Newman-Keuls.

Books Recommended

- Broota, K. D. (1989). *Experimental designs in behavioural research*. New Delhi: Wiley Eastern.
- Edwards, A. L. (1968). *Experimental designs in psychological research* (3rd ed). New Delhi: Oxford and IBH.
- Heiman, G. W. (1995). *Research methods in psychology*. Boston: Houghton Mifflin Co.
- Kerlinger, F.N. (1973). *Foundations of behavioural research* (2nd ed) Delhi: Sanjeet Publications.
- Kopala, M., & Suzuki L.A. (1999). *Using qualitative methods in Psychology* (2nd ed). Thousand Oaks: Sage.

Siegel, S., & Castellon (1988). *Non-parametric statistics for the behavioural sciences* (2nd ed). New York: McGraw Hill.

Winer, B.J., Brown D.R., & Michels, K.M. (1991). *Statistical principles in experimental designs* (3rd ed). New York: McGraw Hill.

S1.03 Advanced Physiological Psychology

1. Organization and functions of the central nervous system: Spinal cord, hindbrain, midbrain and forebrain.
2. Methods of physiological psychology: Invasive physiological methods; Methods of visualizing the living human brain; Recording human psychophysiological activity.
3. Neural conduction and transmission: Resting membrane potential; Action potential; Synaptic transmission; Neuromuscular transmission: Information processing.
4. Hemispheres of the neocortex: Role of corpus callosum and anterior commissure; Split-brain; Hemispheric dominance; Capabilities of right hemisphere; Lateralization of language; Neuroplasticity.
5. Hormones and the brain: Endocrine communication and pheromone communication.

Books Recommended

Brodal P. (1992). *The central nervous system: Structure and function*. New York: Oxford University Press.

Carlson, N.R. (2000). *Physiology of behaviour*. Boston: Allyn & Bacon.

Ganong, W.F.(2002). *Review of medical physiology*. Norwalk, C.T: Appleton & Lange.

Guyton, A. C. (2000). *Text book of medical physiology*. Philadelphia: W.B. Saunders.

Kalat, J. W. (2001). *Biological psychology*. C.A.: Wadsworth.

Nicholls, J.G., Martin, A.R., Wallace, B.G. & Fuchs, P.A. (2000) *From neuron to brain*. Sunderland, MA: Sinauer.

S1.04 Applied Social Psychology

1. Present trends in social psychology: Approaches to the study of social behaviour. General framework of applied social psychology.
2. Social disadvantage and deprivation: Disadvantaged groups, indicators and measurement, psychological consequences, remedial and intervention programmes.
3. Environmental issues: Noise, pollution and atmospheric conditions; Density and crowding; Response to environmental challenges; Intervention for environmental management.
4. Health and well-being: Conceptual issues, biomedical and psycho-social models of health, health impairing behaviours; Health promotion and invention programmes.
5. Aggression and violence: Conceptual issues and theoretical explanations; Determinants; Interpersonal and intergroup forms of aggression; Strategies for reducing aggression and violence.

6. Population and gender issues: Economic and psycho-social models of population; Population growth; Dynamics and consequences; Control strategies. Problems of women, perceptions and discriminations, women empowerment strategies.

Books Recommended

Alcock, J.E., et al. (1998). *A textbook of social psychology*. Scarborough, Canada: Prentice Hall.

Baron, R.A. & Byrne, D. (2000). *Social psychology*. New Delhi: Prentice Hall.

Misra, G. (Ed.) (1990). *Applied social psychology in India*. New Delhi: Sage.

Mohanty, A. K., Misra, G. (2000). *Psychology of poverty and disadvantage*. New Delhi: Concept.

Oskamp, S. (1984). *Applied social psychology*. Englewood Cliffs, N.J. Prentice Hall.

Semin, G., & Fiedler, K. (1996). *Applied social psychology*. London: Sage.

S1.05 Practical

Any six of the following experiments:

1. Masking effects by noise inducements.
2. Geometric illusion- perspective theory study.
3. Absolute judgement of positions on a line.
4. Signal detectability.
5. Selective attention -response selection.
6. Sustained attention: temporal and spatial uncertainty.
7. Target recovery by backward masking.
8. Depth perception -pictorial cues.
9. Reversible perspective.
10. Perceptual defence -autonomic discrimination without awareness.
11. Chronometric analysis of perceptual vigilance.
12. Time perception.
13. Set in perception.
14. Effect of instruction on perception.
15. Perceptual differentiation.
16. Gender stereotype.
17. Health beliefs.
18. Perception of environment.

SECOND SEMESTER

S2.01. Language, Memory and Thinking.

S2.02. Non-experimental & Correlational Methods.

S2.03. Psychobiology.

S2.04. Cross-cultural Psychology.

S2.05. Practicals.

S2.01 Language, Memory and Thinking

1. Language structure: Grammar and linguistics. Chomsky's theory: Empirical support for deep-surface-structure distinction, neurology and language structure.
2. Speech and language perception: Perceiving and comprehending speech. Reading.
3. Language acquisition and cognitive development: Stages in language development, conceptual basis of language and the theory of mind.
4. Memory storage models: Sensory, short-term and long-term storages. Working memory : Levels of processing approach; Procedural, episodic and semantic memory. Flashbulb, autobiographical and eye-witness memory; Implicit and explicit memory.
5. Reasoning and decision making: Logical, formal and natural reasoning. Decision making: Heuristics and framing decisions.
6. Problem solving: Typology of problems; Newell-Simon theory; Tactics for solving problems: Problem space, means-end analysis, analogy, operators, sub-goal analysis, and working backward.

Books Recommended

Anderson, J. R. (1995). *Learning and memory: An integrated approach*. New York: John Wiley.

Baddeley, A.D. (1986). *Working memory*: Oxford: Oxford University Press.

Baddeley, A. D, (1990). *Human memory: Theory and practice*. Boston: Allyn & Bacon.

Best, J. B. (1999). *Cognitive psychology* (5th Ed). Belmont, CA: Brooks/Cole.

Mattlin, M.W. (1995). *Cognition*.(Third Edition). Bangalore: Prism Books.

Solso, R.L. (2001). *Cognitive psychology* (6th ed). Singapore: Pearson Education.

S2.02 Non-Experimental and Correlational Methods

- 1 Quasi- experimental designs:
One group designs, non-equivalent control group, and time series designs.
2. Correlational designs:
Panel design, cross-sectional and longitudinal designs.
3. Qualitative methods:
Qualitative and quantitative perspectives;

Collecting qualitative data: Case study, interview, observation method.
Discourse analysis, grand narrative analysis, ethnographic methodology.

4. Concept and application of Multiple Regression Analysis (linear and stepwise),
Factor analysis: Techniques and implications.
Discriminant function analysis: Techniques and interpretation.
Non-parametric statistics: Median test, Wilcoxon test, Mann- Whitney U-test, Kolmogorov Smirnov one and two sample tests, Kruskal- Wallis H test, Kendall's coefficient of concordance.
Friedman two-way analysis of variance.
5. Introduction to statistical analysis through computers.

Books Recommended

- Breakwell, G.M., Hammond, S., & Fife-Schaw, C. (2000). *Research methods in psychology* (2nd ed.). London: Sage Publications.
- Brooto, K. D. (1989). *Experimental designs in behavioural research*. New Delhi: Wiley Eastern.
- Edwards, A. L. (1968). *Experimental designs in psychological research* (3rd edition). New Delhi: Oxford and IBH.
- Flick, U. (2002). *An introduction to qualitative research*. London: Sage Publications.
- Kerlinger, F.N. (1973). *Foundations of behavioural research* (2nd edition). Delhi: Sanjeet Publications.
- Kopala, M. & Suzuki, L.A. (1999). *Using qualitative methods in psychology* (2nd edition). Thousand Oaks: Sage.
- Siegel, S. & Castellon (1988). *Non-parametric statistics for the behavioural sciences* (2nd edition). New York: McGraw Hill.
- Smith, J.A. (Ed) (2003). *Qualitative psychology: A practical guide to research methods*. London: Sage Publication.
- Winer, B.J., Brown D.R. & Michels, K.M. (1991). *Statistical principles in experimental designs* (3rd edition). New York: McGraw Hill.

S2.03 Psychobiology

1. Emotion: Somatic and visceral feedback, ANS and emotion, endocrine and emotion, neural mechanisms of emotion. Stress and health.
2. States of consciousness: Physiological and behavioral correlates of sleep, arousal and alertness; Disorders of arousal and sleep.
3. Learning and memory: Locus of the memory trace, changes at the synapse in learning, neural structures involved in learning and memory; Biochemical basis of memory.
4. Neurophysiological diseases, causes of brain damage and effects.
5. Drugs and behaviour: Principles of drug action. Characteristics of psychoactive drugs: Alcohol, barbiturates, marijuana, nicotine, caffeine, cocaine, amphetamine, opiates. Neural mechanism of addiction.

Books recommended

- Bloom, F.L. & Lazeron, A. (1996). *Brain mind and behaviour*: New York: Freeman & Co.
- Kolb, B. & Whishaw, I.Q. (1996). *Fundamentals of human neuropsychology*. New York: W.H.Freeman & Co.
- Mana, (1999). *Biopsychology*. Boston: Allyn & Bacon.
- Pinel P.J. (2000). *Biopsychology*. Boston: Allyn & Bacon.
- Zaidel, D.W. (1994) *Neuropsychology*, New York, Academic Press.

S2.04 Cross- Cultural Psychology

- 1 Culture and behaviour: Nature of culture; Cultural relativity and universality of human behaviour; Mechanism of cultural transmission.
2. Methodology of cross-cultural psychology: Comparability and equivalence; Universals, emics and etics; Sampling and measurement issues; Back translation, decentring and subsystem validation.
3. Culture and cognition: Theoretical positions, contemporary issues, cultural influences on perception, cognition, learning, memory, problem solving, reasoning and creativity; Everyday cognition.
4. Culture and emotion: Basic emotions, dimensional and componential models, subjective experiences, appraisal, physiological reaction and emotional expressions.
5. Cultural change and adaptations: Processes of enculturation and acculturation in plural societies; Acculturation strategies; Acculturation and adaptation of tribal people and refugees; Behaviour shifts and acculturative stress.
- 6 Cross-cultural communication: Verbal and nonverbal interactions; Communication incongruence; Deceptions, cultural display rules; Promoting intercultural interaction.

Books Recommended

- Berry, J.W, Poortinga, Y.H., Segall, M. H., & Dasen, P. R. (2002). *Cross- cultural psychology: Research and application*. New York: Cambridge University Press.
- Berry, J.W. et al. (Eds). (1997). *Handbook of cross-cultural psychology* (2nd Edition) (Vol 1-3). Boston: Allyn & Bacon.
- Brislin, R. (Ed.) (1990). *Applied cross-cultural psychology*. Newbury Park: Sage.
- Matsumoto, D. (2001). *The handbook of culture and psychology*. New York: Cambridge University Press.
- Segall, M. H., Dasen, P. R., Berry, J. W., & Poortinga, Y.H. (1999). *Human behaviour in global perspective*. Boston: Allyn & Bacon.
- Triandis H.C. et al. (Eds.) (1980). *Handbook of cross-cultural psychology*, (Vol.1-6). Boston: Allyn & Bacon.

S2.05 Practical

Any six of the following:

1. Planning of a correlational study.
2. Semantic differential technique.
3. Q-sort methodology.
4. Narrative analysis.
5. Preparation of an interview schedule.
6. Case study.
7. Short-term memory.
8. Levels of processing.
9. Episodic memory.
10. Semantic memory.
11. Formal reasoning.
12. Problem solving.
13. Translation and back translation of a scale.
14. Achievement construct in cultural/ ethnic groups.
15. Psychological differentiation.
16. Classification of objects/pictures.
17. Acculturative stress.
18. Syllogistic reasoning.

M.A./M.Sc. (THIRD SEMESTER) PSYCHOLOGY

There will be two compulsory theory papers and two optional papers to be chosen out of the groups of combinations, given in the third semester. There will be two sets of evaluation regarding the M.A. / M. Sc. (Third & Fourth Semester) practical work, the details of which are as hereunder:

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| 1. Comprehensive viva- voce examination covering the entire course up to third semester
(External assessment) | 50 |
| 2. Practical Examination | |
| A Continual assessment of the work done during the session
(Practical record book) | 10 |
| B Evaluation of the practical conducted during the examination | |
| a. Statement of the problem | 05 |

b. Methods and procedure	10
c. Analysis of data	05
d. Results and Discussion	05
C Viva- voce	15

IIIrd Semester

S3.01. Applied Psychological Assessment (Compulsory).

S3.02. Affective Processes (Compulsory).

S3.03. Diagnostic Techniques/Organisational Behaviour/ Child Development /Comparative Psychology.

S3.04. Psychopathology/Stress-Management/ Child Psychopathology/ Psychopharmacology.

S3.05. (a) Practicals

S3.05. (b) Comprehensive Viva-Voce.

S3:01 (Compulsory) Applied Psychological Assessment

1. Meaning and purpose of psychological assessment: Principles of assessment; Ethical considerations.
2. Developing interview schedules, questionnaires, rating scales and surveys for assessment of specific problems related to clinical, organizational and educational settings with practical exercises: Main problems in developing instruments.
3. Administration of instruments: Categorization, coding and scoring of data; Reliability of categories, codes and scores.
4. Analysis of data: Qualitative data analysis, quantitative data analysis and social statistics.
5. Interpretation of data: Evaluation, judgment, and biases.
6. Research report: Steps involved in presenting research report.

Books Recommended :

Babbie, E. (2004). *The practice of social research*. Singapore: Thomson Asia.

Ciminaro, A. R. (1984). *Handbook of behavioral assessment*. New York: Wiley.

Fowler, F.J. Jr. (2002). *Survey research methods*. Thousand Oaks: Sage.

Henry, G.T. (1995). *Graphing data*. Newbury Park: Sage.

Holstein, J.A. & Gubrium, F.(1995). *Active interview*. London : Sage.

Leung, F.T.L. & Austin, J.T. (1996). *The psychological research handbook*. London: Sage.

Miller, D.C. (1991). *Handbook of research design and social instrument*. London: Sage.

S3:02 (Compulsory) Affective Processes

1. Affective processes: Nature and properties; Origin, development and present status. Ethologist's contribution.

2. Motivation: Conceptual issues; Response dimension. Homeostasis.
3. Theoretical framework: Murray and Maslow, intrinsic and extrinsic framework. Techniques of assessment: Unobtrusive, self- report and projective.
4. Emotion: Conceptual and theoretical issues, differences in emotional expression, genetics, culture and personality.
5. Biological and neurophysiological approaches to emotion: Emotional network in the brain, psychophysiology of emotion.
6. Emotional intelligence: Framework, assessment and application.

Books Recommended

- Cofer, C. N. & Appley, M. H. (1964). *Motivation: Theory and research*. Delhi: Wiley Eastern.
- Lewis, M., & Haviland-Jones, J. M. (2000). *Handbook of emotions*. New York: Guilford Press.
- Singh, D. (2003). *Emotional intelligence at work*. New Delhi: Sage
- Weiner, B. (1998). *Human motivation*. Newbury Park: Sage.

S3:03 (Optional): Diagnostic Techniques

1. Psychodiagnostics: Nature and scope. Sources of clinical data: The assessment interview; Behavioural assessment, ratings and checklists; Psychological tests. Differential diagnosis.
2. Case study: Levels of assessment in case study and case study guide.
3. Psychological interviewing: Structured interviewing; Intake interviewing; Mental status examination and diagnostic interviewing; Crisis interviewing.
4. Intelligence testing: Stanford–Binet (fourth edition), WAIS- III/WAIS- R scales.
5. Personality testing: Self-report inventories-MMPI-2 and NEO PI-R. Projective tests: TAT and Rorschach with specific indicators for neuroses and schizophrenia.
6. Neuropsychological testing: Bender-Gestalt and Wechsler Memory Scale- Revised.

Books Recommended :

- Cullari, S. (ed.) (1998). *Foundations of clinical psychology*. Boston: Allyn & Bacon.
- Goldenberg, H. (1983). *Contemporary clinical psychology* (2nd ed.) New York: Brooks & Cole.
- Kahn, T.C. & Giffen, M.B.(1960). *Psychological techniques in diagnosis and evaluation*. Oxford: Pergmon Press.
- Neitzel, M.T., Bernstein, D.A., & Millich, R. (1998). *Introduction to clinical psychology*. (5th Ed.) Upper Saddle River, N.J. : Prentice Hall.
- Wolman, B.B. (1978). *Clinical diagnosis of mental disorders: A handbook*. New York: Plenum.

S3:03 (Optional) Organizational Behaviour

1. Nature and scope of organizational behaviour: Historical background, approaches, challenges and opportunities, contributing disciplines

2. Organizational structure and design: Classical organization theory and designs; Modification of bureaucratic structures, key features and organizational uses; Modern organization theory and designs.
3. Interactive conflict and negotiation skills: Intra-individual, interpersonal, inter-group conflicts, organizational conflicts, negotiation skills.
4. Leadership: Trait, behaviour, contingency, and contemporary theories, leadership styles and skills, roles and activities.
5. Power and politics in organizations: Bases of power, power tactics; Politics: Power in action, factors contributing to political behaviour.
6. Organizational culture : Nature and types, creating and maintaining culture.

Books Recommended:

- Hellriegel, D., & Slown, J.W. (2004). *Organizational behavior*. South Western: Thompson.
- Luthans, F. (1998). *Organizational behavior* (8th ed.). New York: McGraw Hill.
- Riggio, R. E. (2003). *Introduction to industrial/organizational psychology* (4th ed.). Upper Saddle River, NJ: Prentice-Hall.
- Robbins, S. (2004). *Organizational behaviour*. New York: Pearson Education.
- Wexley, K.N. & Yukl, G.A. (1977). *Organizational behavior and personnel psychology*. Homewood, Illinois: Irwin.

S3:03 (Optional) Child Development

1. Concept of development: Principles of growth, maturation and development; Developmental stages.
2. Determinants of development: Biological and socio-cultural.
3. Prenatal development: Stages and factors affecting it.
4. The neonate: Physical characteristics, reflexes, sensory and motor capacities.
5. Development during infancy: Physical and motor development; Sensory and perceptual development; Language, emotional and social development.
6. Development during childhood: Cognitive, social, emotional, moral and emergence of self.

Books Recommended

- Berk, L.E. (2003). *Child development*. New Delhi: Prentice Hall.
- Bhutt, G.(1990). *Vikasatmak manovigyan*. Delhi: Delhi University.
- Dworetzky J.P. (1984). *Introduction to child development* (2nd ed.). St. Paul: West Publishing Co.
- Hurlock, J.B.(1997). *Child psychology*. (Hindi & English Versions).
- Kaluger, G.S., & Kaluger, M.F.(1984). *Human development: The span of life*, (3rd ed.). St.. Louis: Times Mirror.

Santrock, J.W.(1999). *Life-span development*. New York: McGraw Hill.

Seifert K.L., & Hoffnung R.J. (1991) *Child and adolescent development*. New York: Houghton Mifflin Co.

Shaffer, D.R. (1996). *Developmental psychology*. California: Brooks Cole.

S3: 03: (Optional) Comparative Psychology

1. Methods of comparative psychology: Paradigms for the assessment of species common behaviours, conditioning paradigms, seminatural animal learning paradigms.
2. Assessing the effects of drugs: Pharmacological considerations; Behavioural considerations.
3. Evolution of brain and behaviour.
4. Life-span development of the brain and behaviour.
5. Animal models of anxiety, depression and aggression.

Books Recommended :

Alcock, J.A. (2001). *Animal behavior: An evolutionary approach* (7th ed.). Sunderland, M.A: Sinauer.

Dewsbury, D.A. (1990). *Contemporary issues in comparative psychology*. Sunderland, M.A: Sinauer.

Drickamer, L.C., Vessey, S.H. & Mickle, D. (1995). *Animal behavior: Mechanisms, ecology, evolution*. New York: Mc Graw Hill Higher Education.

Finger S.(1994). *Origins of neuroscience*. New York: Oxford University Press.

Futuyma, D.J. (1998). *Evolutionary biology* (3rd ed.). Sunderland, MA: Sinauer.

Krebs, J.R. and Davies, N.B. (Eds.) (1997). *Behavioral ecology: An evolutionary approach*. Cambridge, MA: Blackwell Science.

Maier, R. (1997). *Comparative animal behavior: An evolutionary and ecological approach*. New York: Allyn & Bacon.

Malin, T., Birch, A., & Hayward, S.(1996). *Comparative psychology* .London: MacMillan.

Mellgren, R.L. (1983). *Animal cognition and behavior*. Amsterdam: North-Holland Publishing Co.

Plomin, R.(1990). *Nature and nurture : An introduction to human behavioral genetics*.Pacific Grove, CA: Brooks /Cole.

Shettleworth, S.A. (1998). *Cognition, evolution and behaviour*. New York: Oxford University Press.

Trivers, R.L. (1985). *Social evolution*. New York : Benjamin Cummings Publishing Co.

S3:04 (Optional): Psychopathology

1. Classification systems in psychopathology: Early diagnostic classification systems. ICD 10, DSM - IV.
2. Approaches to psychopathology: Biological, psychodynamic, behavioural, cognitive, socio-cultural.

3. Anxiety disorders: Approaches and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder and post-traumatic stress disorder.
4. Somatoform disorders: Approaches and etiology of somatization, hypochondriasis, pain disorder and conversion disorder.
5. Psychotic disorders: Approaches and etiology of schizophrenia, paranoid and mood disorders.
6. Cognitive impairments: Approaches and etiology of delirium, dementia and amnesic syndromes, dementia of the Alzheimer's type, pre-senile dementia, Pick's disease, Huntington's chorea.

Books Recommended

- Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology: An integrative approach* (2nd ed.). Pacific Grove: Brooks/Cole.
- Buss. A.H. (1999). *Psychopathology*. New York: John Wiley.
- Carson, R.C., Butcher, J.N., & Mineka, S.(2001). *Abnormal psychology in modern life* (11th ed). New York. Allyn and Bacon.
- Davison, G.C. & Neals J.M. (1996). *Abnormal psychology* (Revised ed.). New York: John Wiley.
- Kaplan, H.I., Saddock, B.J. & Gibb, J.A. (1994). *Synopsis of psychiatry*. New Delhi. B.I Waruly.
- Lamm. A.(1997). *Introduction to psychopathology*. New York : Sage.
- Sue, R., Sue., D., & Sue, S (1990). *Understanding abnormal behavior*. Boston: Houghton Mifflin.

S3:04 (Optional) Stress Management

1. Organizational stress: Concept- different perspectives, symptoms, individual factors influencing job stress.
2. Causes of job stress: Personal characteristics, organizational structure and change, properties of work and work setting, job role, machine pacing and shift work.
3. Consequences of job stress: Job behaviour, job satisfaction, performance, absenteeism; health strains- physical illness, mental/ psychological symptoms.
4. Stress management interventions: Individual centered- cognitive, behavioural, and physical. Organization centered-preventing, mitigating and moderating organizational stressors.
5. Coping with stress: Types of coping strategies.
6. Therapeutic Approaches to stress management: Counselling, hypno-suggestive, philosophical hypnosis, self- talk, music therapy.

Books Recommended

- Matteson, M.T. & Ivancevich, J.M. (1987). *Controlling work stress: Effective human resources and management strategies*. San Francisco: Josey Bass.
- Pestonjee, D.M. (1992). *Stress and coping*. New Delhi: Sage Publications.
- Ross, R. R. & Altman, E.M. (1994). *Interventions in occupational stress*. New Delhi: Sage Publications.

Srivastava, A.K. (1999) *Management of occupational stress: Theories and practice*. New Delhi: Gyan Publishing House.

S3:04 (Optional) Child Psychopathology

1. Childhood psychopathology: Historical overview; Models: Medical, behavioural, psychodynamic, cognitive, and developmental.
2. Approaches to classification: Descriptive-behavioural, descriptive-inferential, dynamic-etiological, DSM-IV.
3. Specific disorders in children: Attention deficit hyperactivity disorder, learning disability and mental retardation: Symptoms and causes.
4. Neurotic disorders: Childhood compulsive, obsessive and phobic reactions.
5. Childhood psychosis: Autism and childhood schizophrenia: Symptoms and causes.
6. Mood disorders: Depression and mania: Symptoms and causes.

Books Recommended :

Clarizio, H.F., & McCoy, G.F. (1983). *Behavior disorder in children*. New York: Harper & Row.

Kakar, S. (1981). *The inner world: A psycho-analytic study of childhood and society in India*. Delhi: Oxford University Press.

Mash, E.J., & Barkly, R.A. (eds.) (1996) *Child psychology*. New York: Guilford Press.

Quay, H.L., & Werry, J.S. (eds.) (1986). *Psychological disorders of childhood*. New York: John Wiley.

Weiner, I.B. (1982). *Child and adolescent psychopathology*. New York: John Wiley.

Wenar, C. (1982). *Psychopathology from infancy through adolescence: A developmental approach*. New York: Random House.

S3: 04 (Optional) Psychopharmacology

1. Determinants of drug effect: Absorption, distribution, and termination of drug effects
2. Responsiveness to drugs: Organismic variables, drug variables, environmental variables, and task variables.
3. Classification of psychoactive drugs and their effects.
4. Psychopharmacological methods of studying the nervous system.
5. Biopsychological paradigms of animal and human behavior.
6. Nature and functioning of neurotransmitters and neuropeptides in the brain.

Books Recommended :

Carlson, N.R.(2000). *Physiology of behavior*. Boston: Allyn and Bacon.

Cooper, J.R., Bloom, F.E. & Roth, R.H. (2002). *The biochemical basis of neuropharmacology*. London: Oxford University Press.

Julien, R.J. (2000). *A primer of drug action* (7th ed.) New York: Freeman

Leavitt, F.(1982). *Drugs and behavior*. New York : John Wiley & Sons.

Marangell, L.B., Martinez, J.M., Silver, J.M., & Yudofsky, S.C. (2002). *Concise guide to psychopharmacology*. New York: American Psychiatric Association.

McKim, W.A. (1986). *Drugs and behavior : An introduction to behavioral pharmacology*. Englewood Cliffs, N.J.: Prentice –Hall.

Pies, R.W. (1998). *Handbook of essential psychopharmacology*. New York: American Psychiatric Association.

Pinel, P.J. (2000). *Biopsychology*. Boston : Allyn and Bacon.

Seiden, L.S. & Blaster, R.L. (1985). *Behavior pharmacology: The current status*. New York : Arliss.

Zaidel, D.W. (1994). *Neuropsychology*. New York : Academic Press.

S3:05 (a) Practicals

Applied Psychological Assessment

(Any two of the following)

1. Construction of interview schedules.
2. Construction of questionnaires.
3. Construction of rating scales.
4. Conduct of surveys.

Affective Processes

(Any two of the following)

1. Extrinsic motivation and performance.
2. Intrinsic motivation and performance.
3. Feedback and performance.
4. Assessment of emotional intelligence.

Diagnostic Testing

(Any one of the following)

1. Rorschach Test (1 normal and 1 psychopathological case).
2. T.A.T. (1 normal and 1 psychopathological case).
3. NEO PI R (1 normal and 1 psychopathological case).
4. Case studies (1 normal and 1 pathological case).

Organizational Behaviour

(Any one of the following)

1. Conflict resolution/job attitudes.
2. Job involvement.
3. Leadership/supervision.
4. Functional social support.

Child Development

(Any one of the following)

1. Raven's Progressive Matrices.
2. Psychomotor learning.
3. Emotional control.
4. Gessell's / Bailey's scale for assessment of growth in infants.

Comparative Psychology

(Any one of the following)

1. Maze- learning.
2. Reasoning behaviour.
3. Discrimination learning.
4. Level of activity.

Psychopathology

(Any one of the following)

1. Rorschach /T.A.T. / S.I.S (1 normal & 1 psychopathological case).
2. Measurement of neuroticism (2 cases).
3. Measurement of psychotic traits (2 cases).
4. DSM- IV diagnostic criteria (2 cases).

Stress Management

(Any one of the following)

1. Assessment of stress (questionnaire).
2. Coping strategies.
3. Functional job stress.
4. Stress resistant (cognitive, behavioural) patterns scale.

Child Psychopathology

(Any one of the following)

1. Study of ADHD (1 case).
2. DSM -IV diagnostic criteria for children (2 cases).
3. Childhood depression (2 cases).
4. Assessment of mental retardation using form boards/ Bender- Gestalt test.

Psychopharmacology

(Any one of the following)

1. Effects of drugs on exploratory behaviour in albino rats.

2. Effects of drugs on simple learning in albino rats.
3. Effects of drugs in staircase test.
4. Effects of drugs in elevated T-maze test.

S3:05 (b) Comprehensive Viva- Voce

M.A./M.Sc. (FOURTH SEMESTER) PSYCHOLOGY

A candidate shall offer only one paper from the group of papers listed in S4.01, S4.02, S4.03 and S4.04 subject to the facilities available in the Department and the number fixed by the Head of the Department.

The students who wish may be sent to some centres of application of psychology such as, industries, hospitals, non- governmental organizations or laboratories. After the students' presentation of their experiences or observations, a certificate may be issued from the Department.

IVth Semester

- S4.01. Therapeutic techniques / Human Resource Management/Psychology of Adolescence.
- S4.02. Neuro-Psychology / Organisational Development & Change / Psychology of Adulthood & Ageing.
- S4.03. Psychology of Personality / Psychology of Rehabilitation / Organisational Communication / Psychology of Sports.
- S4.04. Health Psychology / Drugs and Behaviour / Counselling / Human Factors.
- S4.05. (a) Practicals.
- S4.05. (b) Comprehensive Viva-Voce.

S4:01 (Optional) : Psychology of Adolescence

1. Concepts of puberty and adolescence; Developmental tasks during adolescence.
2. Physical changes during early, mid and late adolescence. Perception and reaction to physical changes.
3. Cognitive and moral development: Piaget's, Kohlberg's and Loevinger's models.
4. Social development: Achieving independence from parents. Parent-peer conflicts and development of relationships.
5. Personality development: Identity formation and emotional characteristics.
6. Stressors and problems of adolescence: Suicidal behaviour, drug abuse, teenage parenthood, juvenile delinquency.

Books Recommended

- Berk, L.E. (2003). *Child development*. New Delhi: Prentice Hall.
- Berzonsky, M. D. (1981). *Adolescent development*. New York: Macmillan.
- Chauhan, S.S. (1983). *Psychology of adolescence*. New Delhi: Allied.
- Dworetzky, J.P. (1984). *Introduction to child development*. St. Paul: West Publishing Company.

- Kaluger, G., & Kaluger, M.F. (1984). *Human development: The span of life*. St. Louis: Times Mirror.
- Rice, F.P. (1993). *The adolescent: Development relationships and culture* (7th ed.). Boston: Allyn and Bacon.
- Seifert, K.L., & Hoffnung, R.J. (1991). *Child and adolescent development* (2nd ed.). New York: Houghton & Mifflin Co.
- Shaffer, D.R. (1996). *Developmental psychology and adolescence* (4th ed.). California: Brooks & Cole.
- Verma, S. & Saraswati, T.S. (2002). *Adolescence in India: An annotated bibliography*. Jaipur: Rawat Publication.

S4: (Optional) Neuropsychology

1. Assumptions, Methods; Functional modularity, anatomical, functional architecture, and substractivity.
2. Organization of the Brain: Cerebral cortex and its lobes; Hemispheres and related structures.
3. Cognitive Neuropsychology: Neurological basis of attention and consciousness; vigilance and cortical arousal.
4. Measurement of Brain Activity: EEG, QEEG, ERP, CT Scan, MRI, PET, fMRI; Neurological assessment (Luria Nebraska Neurological Battery, Halstead-Reitan Test).
5. Neurological Disorders: Vascular disorders; traumatic head injury; epilepsies; tumors; degenerative disorders; Prion Disease.
6. Abnormal Lobular Functions: Frontal lobe syndrome; Temporal lobe syndrome; Parietal and Occipital lobe syndrome.

Books Recommended :

- Beatty, J. (2001). *The human brain: Essentials of behavioural neuroscience*. Thousand Oaks: Sage Publication, Inc.
- Boller, F., & Grafman, J. (1998). *Handbook of neuropsychology*. New York: Elsevier.
- Chalupa, L.M. & Werner, J.S. (2004). *The visual neurosciences*. London: MIT Press.
- Gazzaniga, M.S. (2002). *Cognitive neuroscience: The biology of mind* (2nd Ed.). New York: W.W. Norton and Company.
- Kolb, B., Whisaw, I.Q. (1990). *Fundamentals of neuropsychology*. New York: Freeman, W.H.
- Naatanen, R. (1992). *Attention and brain function*. Hillsdale : LEA.
- Parsuraman, R. (1998). *Attentive brain*. London: MIT Press.
- Rapp, B. (Ed.) (2001). *The handbook of cognitive neuropsychology*. Chestnut Street : Psychology Press.

Paper S4:02 (Optional) Organizational Development and Change

1. Introduction to organizational development: Nature and characteristics, historical development; Process of management of change.

2. Management of organizational development: Foundations, process and action research.
3. Organizational development interventions: Team, third-party, comprehensive, structural interventions, and training experiences.
4. Management of change: Organizational structure, organizational culture, employee relations and involvement strategies.
5. Evaluating change and future of organizational development.

Books Recommended

- Bennis, W.C. (1969). *Organization development: Its nature, origins, and prospects*. Reading, MA: Addison-Wesley.
- Colenso, M. (2001). *Successful organizational change: Evolution and revolution in the organization*. New York: Prentice Hall.
- French, W. L. & Bell, C. H. (1995). *Organization development*. New York: Prentice Hall.
- Nilakant, V. & Ramanarayan, S. (1998). *Change management*. New Delhi: Response Books.
- Ramnarayan, S., Rao, T.V. and Singh, K. (1998). *Organization development: Interventions and strategies*. New Delhi: Response Books.
- Thornhill, A., Lewis, P. Millmore, M., & Saunders, M. (2000). *Managing Change: A human resource strategy approach*. New York: Pearson Education.

S4: 03 (Optional) Psychology of Personality

1. Personality: Concept and scope; Basic issues related to study of personality.
2. Trait and type approaches: Allport, Cattell, Eysenck and five factors model.
3. Psychodynamic and psychosocial approaches : Freud and Erikson
4. Behaviouristic and social learning approaches: Skinner, Bandura and Mischel.
5. Humanistic and phenomenological approaches : Rogers and Kelly.
6. Determination of Personality: Biological-physiological and genetic; Environmental-socialization, society and culture.

Books Recommended :

- Friedman, H.S. & Schustack, M.W. (2003). *Personality; Classic theory and modern research* (2nd ed.) Singapore: Pearson Education
- Hall, G.C., Lindzey, G., & Campbell, J.C. (1998). *Theories of personality*, (4th ed.). New York: Wiley.
- Hjelle, L.A. & Zeigler, D.J. (1991). *Personality theories : Basic assumptions, research and applications*. (2nd ed.) New York: McGraw Hill.
- Mischel, W. (1976). *Introduction to personality*. New York : Holt Reinhart & Winston.
- Pervin, A. (1984). *Personality: Theory and research*. New York: John Wiley & Sons.

S4:03 (Optional) Psychology of Adulthood and Aging

1. Concept, characteristic features and developmental tasks of adulthood and aging; Aging in India.
2. Theoretical approaches: Biological: Genetic, cellular and physiological; Psychological: Erikson and Peck; Social: Role theory, activity vs. disengagement theory; Indian theory of Ashramas.
3. Changes and coping with changes in adulthood and aging: Physical aspects, cognitive functions, personality and concept of self, social aspects.
4. Significant concerns in adulthood: Choosing a career, marriage, family, successful parenting, coping with midlife crisis, work and pre-retirement planning.
5. Significant concerns for aging persons: Retirement, living arrangement, grand-parenting, coping with bereavement and death, and loneliness.
6. Factors leading to positive mental health in adulthood, longevity and successful aging.

Books Recommended

- Birren, J.E. (1996). *Encyclopedia of gerontology (Vol I & II)*. California: Academic Press
- Botwinick, J. (1973). *Aging and behaviour*. New York: Springer.
- Hurlock, J.B. (1997). *Developmental psychology-The life span perspective*. New York: McGraw Hill.
- Kaluger, G., & Kaluger, M.F. (1984). *Human development-The span of life*. St. Louis: Times Mirror.
- Palmore, B.E. (1993). *Developments and research on aging: An international handbook*. Westport: Greenwood Press.
- Rao, V.A. (1989). *Psychology of old age in India*. Madras: MacMillan India Press.

S4 : 03 (Optional) Organizational Communication

1. Conceptual framework: Meaning and process of communication, models and perspectives of communication in organizations. ethical Issues.
2. Communication within organization structures : Structural issues, direction of communication flow, communication barriers, communication networks, external communication.
3. Interpersonal communication: Interpersonal communication in formal relationships- needs perspective, transactional analysis, johari window; Role of symbols, media and information technology, choosing among media.
4. Non-verbal communication: Dimensions and functions of non-verbal communication, cultural differences in nonverbal communication.
5. Communication in groups: Group structure and communication networks, developing effective work groups, models of communication in group decision making.
6. Communication for organizational effectiveness: Persuasion and influence, counselling, listening, orientation and feedback, conducting effective interviews, effective oral presentations, forms of written communication.

Books Recommended :

- Andrews, P.H. & Herschel, R.T. (1997). *Organizational Communication* (1st ed.). New Delhi: A.I.T.B.S. Publishers.
- Fisher, D. (2003). *Communication in organisations* (2nd ed.). Bombay: Jaico Books.
- Lesikar, R.V. & Pettit, J.D. (1998). *Business Communication: Theory and applications*. (6th ed.). Illinois: Richard D. Irwin Inc.

S4: 03 (Optional) Psychology of Rehabilitation

1. Introduction: Definition, nature and rationale of rehabilitation.
2. Impairment and disability. Incidence and prevalence of various disabilities.
3. Assessment of Disabilities: Basic principles of assessment and evaluation. Types of assessment-norm based, criterion based and function based, Psychological tests as screening and assessment tools.
4. Rehabilitation Techniques: Basic principles of intervention, types of intervention-individual, group and family based. Vocational counselling, behavioural therapeutic approaches in rehabilitation.
5. Perspectives of rehabilitation services: Setting and agencies involved in rehabilitation services.
6. Government schemes and policies for rehabilitation: The role of NGOs. Legislation and legal aspects, policies and acts. Ethical issues in rehabilitation.

Books Recommended :

- Advani, S.L., Ghatge, P. Goel, H.C., & Reddy, V.R.L. (2002). *Foundation course on education of children with disability*. Hyderabad: G. Guru Publications.
- Kundu, C.L. (2000). *Status of in India*. New Delhi: Rehabilitation Council of India.
- Narain, J. & Kutty, A.C.T. (1990). *Skill training for M.R. Persons*. Hyderabad: J.S. Graphics.
- Peshawaria, R. (1994). *Moving forward*. Hyderabad: J.S. Graphics.
- Stromer, D.C. & Prout (1995) (Eds.). *Counselling and Psychotherapy for persons with mental retardation and borderline intelligence*. Vermont : Clinical Psychology Publishing Co.
- Verma, L. (1990). *The management of children with emotional and behavioural difficulties*. London: Routledge.

S4:03 (Optional) Psychology of Sports

1. History and current status of sports psychology.
2. Growth and development of sports persons: Concept of growth and development. Critical periods; Stages of psychomotor development of the athlete.
3. Cognitive processes in sports: Attention, perception, decision making.

4. Motivation in sports: Motivational techniques. Emotions and sports performance: Stress, anxiety and arousal and aggression in sports.
5. Personality and sports: Personality traits of outstanding sports persons.
6. Psychosocial dimensions of sports: Sports as a social experience; Concept of team cohesiveness; Leadership and communication in sports team; The role of sports psychologist; Spectators and sports: Kinds and roles of spectators.

Books Recommended

- Arnold, D.L.U. & Nation, J.R. (1989). *Sports psychology*. Chicago: Nalson-Hall
- Cratty, B.J. (1989). *Psychology in contemporary sports*. N. J.: Prentice Hall.
- Horn, T.S. (Ed) (1992). *Advances in sports psychology*. Canada: Herman Kinetics.
- Mohan, J. (1996). *Recent advances in sports psychology*. New Delhi: Friends.
- Mohan, J. & Sehgal, M. (2004). *Sport psychology: Current perspectives*. New Delhi: Friends.
- Murphy, E. (1995). *Advances in sports psychology*. Illinois: Human Kinetics.
- Murphy, S.M. (1995). *Sports psychological interventions*. Champaign: Herman Kinetics.
- Sandhu, G.S. (1992). *Psychology in sports: A contemporary perspective*. New Delhi: Friends.
- Sahani, S.P. (2001). *Handbook of sports psychology*. New Delhi.

S4:03 (Optional) Organizational Communication

1. Conceptual framework: Meaning and process of communication, models and perspectives of communication in organizations. Ethical issues.
2. Communication within organizational structures: Structural issues, direction of communication flow, communication barriers, communication networks, external communication.
3. Interpersonal communication: Interpersonal communication in formal relationships- needs perspective, transactional analysis, Johari window; Role of symbols, media and information technology, choosing among media.
4. Non-verbal communication: Dimensions and functions of non-verbal communication, cultural differences in nonverbal communication.
5. Communication in groups: Group structure and communication networks, developing effective work groups, models of communication in group decision making.
6. Communication for organizational effectiveness: Persuasion and influence, counselling, listening, orientation and feedback, conducting effective interviews, effective oral presentations, forms of written communication.

Books Recommended

- Andrews, P.H. & Herschel, R.T. (1997). *Organizational communication*. (1st ed.). New Delhi: A.I.T.B.S. Publishers.

Fisher, D. (2003). *Communication in organizations* (2nd ed.). Bombay: Jaico Books.

Lesikar, R.V. & Pettit, J.D. (1998). *Business communication: Theory and applications*. (6th ed.). Illinois: Richard D. Irwin Inc.

S4: 04 (Optional): Drugs and Behaviour

1. Pharmacology of learning & memory: The neurotransmitter systems, memory molecules and drug effects.
2. Aggression: Animal models of aggression. Influence of hormones and drugs in animals and human.
3. Sleep disorder and pharmacological treatment: Insomnia, hypersomnia and parasomnia.
4. Human and nonhuman sexual and reproductive functioning: Hormones and drugs effects.
5. Psychopharmacotherapy: Drug treatment of schizophrenia, depression, mania, anxiety and hyperkinetic behaviour.

Books Recommended

Bloom, F.E., & Kupfer, D.(Eds.). (1995). *Psychopharmacology: The fourth generation of progress*. New York : Raven.

Cooper, J.R., Bloom, F.E., & Roth, R.H. (1996). *The biochemical basis of neuropharmacology* (7th ed.) New York : Oxford University Press.

Feldman, R.S., Meyer, J.S., & Quenzer, L.F. (1997). *Principles of neuropsychopharmacology*. Sunderland, MA : Sinauer.

Gazzaniga, M.S. (2000). *The new cognitive neurosciences*.

Gorman, J.M. (1995). *The essential guide to psychiatric drugs*. St. Martin's Press.

Julien, R.J. (2000). *A primer of drug action* (9th ed.) New York: Freeman.

Kolb, B., & Whishaw, I.Q. (1996). *Fundamentals of human neuropsychology*. New York: Freeman.

Rosenzweig, M.R., Breedlove, S.M., & Leiman, A.L. (2002). *Biological psychology*. Sunderland, MS: Sinauer.

Spinella, M. (2001). *The psychopharmacology of herbal medicine: Plant drugs that alter mind, brain and behavior*. Massachusetts : MIT Press.

Stahl, S.M. and Munter, N. (2000) *Essential psychopharmacology: Neuroscientific basis and practical applications*. Cambridge, England: Cambridge University Press.

S4: 04 (Optional): Drugs and Behaviour

6. Pharmacology of learning & memory: The neurotransmitter systems, memory molecules and drug effects.
7. Aggression: Animal models of aggression. Influence of hormones and drugs in animals and human.

8. Sleep disorder and pharmacological treatment: Insomnia, hypersomnia and parasomnia.
9. Human and nonhuman sexual and reproductive functioning: Hormones and drugs effects.
10. Psychopharmacotherapy: Drug treatment of schizophrenia, depression, mania, anxiety and hyperkinetic behaviour.

Books Recommended

Bloom, F.E., & Kupfer, D.(Eds.). (1995). *Psychopharmacology: The fourth generation of progress*. New York : Raven.

Cooper, J.R., Bloom, F.E., & Roth, R.H. (1996). *The biochemical basis of neuropharmacology* (7th ed.) New York : Oxford University Press.

Feldman, R.S., Meyer, J.S., & Quenzer, L.F. (1997). *Principles of neuropsychopharmacology*. Sunderland, MA : Sinauer.

Gazzaniga, M.S. (2000). *The new cognitive neurosciences*.

Gorman, J.M. (1995). *The essential guide to psychiatric drugs*. St. Martin's Press.

Julien, R.J. (2000). *A primer of drug action* (9th ed.) New York: Freeman.

Kolb, B., & Whishaw, I.Q. (1996). *Fundamentals of human neuropsychology*. New York: Freeman.

Rosenzweig, M.R., Breedlove, S.M., & Leiman, A.L. (2002). *Biological psychology*. Sunderland, MS: Sinauer.

Spinella, M. (2001). *The psychopharmacology of herbal medicine: Plant drugs that alter mind, brain and behavior*. Massachusetts : MIT Press.

Stahl, S.M. and Munter, N. (2000) *Essential psychopharmacology: Neuroscientific basis and practical applications*. Cambridge, England: Cambridge University Press.

S4:04 (Optional) Health Psychology

1. Concept of health: Indicators; Medical and bio-psycho-social models of health; Cross-cultural perspectives on health; Main issues of health psychology and its social concerns.
2. Social environment and health: Global health trends; Health care systems, socio-economic factors in health; Gender and health.
3. Images of health: General and chronic health problems; Causal explanations and oral discourse; Health belief systems and models; Western and non-western perspectives on health.
4. Stress and coping: Stress as stimulus and response; Interaction model of stress; Stress born health problems.

5. Factors in health: Food, alcohol and drug consumption, smoking and sexual behaviours.
6. Management of health problems; Preventive, promotive and curative aspects of health; Choice of medicinal systems and patient-doctor relationship. Changing health behaviour.

Books Recommended

- Baum, A. Gatchel, R.J., & Krantz, D.S. (1997). *An introduction to health psychology*. New York: McGraw Hill.
- Baum, A. Revenson, T.A., & Singer, J.E. (2001). *Handbook of health psychology*. Mahwah, N.J.: Lawrence Erlbaum.
- Dimatteo, M.R., & Martin, L.R. (2002). *Health psychology*. Boston: Allyn & Bacon.
- Marks, D., Murray, M., Evans, B., & Willig, C. (2000). *Health psychology : Theory, research and practice*. New Delhi: Sage.
- Radley , M. (1994). *Health psychology: Bio-psycho-social interaction*. New York: John Wiley.
- Taylor, S.E. (1994). *Health psychology*. New York: Random House.

S4:05 (a) Practicals

Therapeutic Techniques

(Any one of the following)

1. Preparing hierarchy for systematic desensitization (1 case).
2. Biofeedback (1 case).
3. Transactional analysis –Script analysis.
4. Gestalt therapy- Role playing.

Human Resource Management

(Any one of the following)

1. Performance appraisal.
2. Job analysis/Job evaluation.
3. Work motivation.
4. Unionism.

Psychology of Adolescence

(Any one of the following)

1. Self-esteem.

2. Moral development
3. Assessment of stress.
4. Emotional maturity.

Neuropsychology

(Any one of the following)

1. Cortical arousal and vigilance performance.
2. Heart rate variability (HRV) and performance.
3. Hemispheric specialization and performance.
4. Assessment of brain activity by Luria Nebraska.

Organizational Development and Change

(Any one of the following)

1. Organizational climate.
2. Psychological participation.
3. Personal efficacy scale.
4. Organizational culture.

Psychology of Adulthood and Ageing

(Any one of the following)

1. Parenting style among adults.
2. Self concept among adults.
3. Adjustment / life satisfaction among elderly.
4. STM vs LTM process among elderly.

Personality

(Any one of the following)

1. Personality assessment using any projective test.
2. Semantic differential.
3. NEO P I –R test.
4. T.P.P.S/16 P.F.

Psychology of Rehabilitation

(Any one of the following)

1. Assessment of social anxiety in orthopedically challenged persons. (1 case)
2. Assessment of self-esteem in visually challenged. (1 case)

3. Assessment of paranoid thought content in hearing impaired. (1 case)
4. Family based intervention. (1 case)

Organizational Communication

(Any one of the following)

1. Transactional analysis.
2. Interviewing.
3. Communication patterns in public/ private sector.
4. Listening orientation.

Psychology of Sports

(Any one of the following)

1. Sports competitive anxiety test.
2. Biofeedback.
3. Reaction time/design making time.
4. Personality test.

Health Psychology

(Any one of the following)

1. Socio-economic factors and health.
2. Gender and health.
3. Psychological correlates of health.
4. Drug / smoking and health problems/Pathogenic health habits.

Drugs and Behaviour

(Any one of the following)

1. Effects of drugs on elevated plus-maze test in albino rats.
2. Effects of drugs on discrimination learning in albino rats.
3. Effects of drugs on anxiety in albino rats.
4. Effects of drugs on acquired-fear in albino rats.

Counselling

(Any one of the following)

1. Conducting counselling interviews. (2 cases)
2. Educational counselling at secondary level. (1 case)
3. Assessment of career related stress. (2 cases)

4. Group counselling in school setting.

Human Factors

(Any one of the following)

1. Vigilance and monitoring performance.
2. Workload and human performance.
3. Automation reliability and performance.
4. Person- computer interface.

S4:05 (b) Comprehensive Viva- Voce

□