

Sridev Suman Uttarakhand State
University Badashahithaul, Tehri(Garhwal)

Syllabus of Psychology(M.A.)

Semester System

Present program consists of four semesters

M.A.Semester-I,II,III,IV

(revised summary)

SEMESTER-I

<u>Sl.No.</u>	<u>Paper</u>	<u>Title of the paper</u>	<u>Internal Maximum marks</u>	<u>External Maximum Marks</u>	<u>Total Marks</u>
1	Paper-1	Biological Foundation of Behaviour	20	80	100
2	Paper-2	Foundation of Behavioural Research-I	20	80	100
3	Paper-3	Psychological Statistics-I	20	80	100
4	Paper-4	Contemporary Issues of Social Psychology	20	80	100
5	Practicals	Psychology practicum: Experiments & Tests	20	80	100

Semester-II

<u>Sl.No.</u>	<u>Paper</u>	<u>Title of the paper</u>	<u>Internal Maximum marks</u>	<u>External Maximum Marks</u>	<u>Total Marks</u>
1	Paper-1	Cognitive psychology	20	80	100
2	Paper-2	Foundation of Behavioural Research-II	20	80	100
3	Paper-3	Psychological Statistics-II	20	80	100
4	Paper-4	Applied Social Psychology	20	80	100
5	Practicals	Psychology practicum: Experiments & Tests	20	80	100

(Revised)

Semester-III

<u>Sl.No.</u>	<u>Paper</u>	<u>Title of the paper</u>	<u>Internal Maximum marks</u>	<u>External Maximum Marks</u>	<u>Total Marks</u>
1	Paper-1	Conceptual approaches of Personality	20	80	100
2	Paper-2	Guidance & Counselling-I	20	80	100
3	Paper-3	Psychopathology-I	20	80	100
4	Paper-4	Clinical Psychology-I	20	80	100
5	Practicals	Psychology practicum: Experiments & Tests	20	80	100

Semester-IV

<u>Sl.No.</u>	<u>Paper</u>	<u>Title of the paper</u>	<u>Internal Maximum marks</u>	<u>External Maximum Marks</u>	<u>Total Marks</u>
1	Paper-1	Theories of Personality	20	80	100
2	Paper-2	Guidance & Counselling-II	20	80	100
3	Paper-3	Psychopathology-II	20	80	100
4	Paper-4	Clinical Psychology-II: Psychotherapies	20	80	100
5	Practicals	Dissertation / Psychology Practicum	20	80	100

Unit - I Fundamentals of personality theories : nature of personality theories, Three elements of personality theory, Historical background of personality theories , Criteria of evaluating personality theories, Basic assumption over which personality theories differ.

• **Unit – II** Freud's theory, Neo Freudian's theory, Allport's theory, Cattell's factor theory, Eysenck's dimensional theory of personality.

• **Unit – III** Lewin's field theory, Murray's need theory, Dollard and Miller's stimulus response theory, Festinger's cognitive dissonance theory, Maslow's theory, Roger's self theory

• **Unit – IV** Indian personality theory : explanation of personality in Upanishads, The Sankhya theory of personality, yoga theory of personality
Abhi-dharma : An eastern personality theory, A comparative study of Indian approach and western approach of personality

Books Recommended

Hall , C.S .Lindzey, G & Compbell, J.B.(2004). Theories of personality.
New York, John Wiley & son's.Inc.

Fadiman J. & Frager, R. (2005) Personality & Personal growth. New York:
Prentice Hall.

Bayer, B.M & Shotler, J.S . (1997) Reconstructing the psychological
subject, London Sage.

SEMESTER-IV

Paper-II Guidance and Counselling- II

M.M 80

Unit-I Techniques and approaches of guidance and counselling:

Techniques of collecting information about the individuals for guidance and counselling, psychoanalytic approach, client centered approach, existential and behavioural approach

Unit-II Psychological assessment and diagnosis in counselling:

Components of effective assessment, Interdisciplinary implication and guidelines for human assessment, non standardized techniques for human assessment: Observation, rating scales, Anecdotal report, Autobiography, Questionnaire, Structural interview, and intake interview, Standardized technique for human assessment: Intelligence test, Aptitude test

Unit-III Nature, present trends and future direction in guidance and counselling, stages in career counselling: self discovery, understanding the nature of work, career alternatives, career counselling and process of human development, present trends in career counselling, guidance in career counselling

Paper- III Psychopathology –II

M. M. 88

Unit- I Schizophrenia and delusional disorders: Types, symptoms, and etiology of schizophrenia and paranoia

Unit- II Mood disorder: Etiology and symptoms of unipolar and bipolar disorder

Unit- III Personality disorder: Meaning and types of personality disorder, etiology of impulsive control disorder, substance related disorder (alcoholic and nicotine), sexual disorder

Unit- IV Organic mental disorder: Clinical features of organic mental disorder, organic system syndrome, delirium, dementia and Alzheimer

Books Recommended:

Carson R.C., Butcher, J .N. Mineka, and Hooley, J. M.(2000)Abnormal psychology. New Delhi: Pearson

Barlow D.H. and Durandv, M. (2005). Abnormal psychology an integrated approach (4th ed) Wadsworth: New York.

Frude, N. (1998).Understanding Abnormal psychology. Oxford : Black well publishers.

Lamn, A .Introduction to Psychopathology. New York .Sage

Bliss, A.H. (1999) Psychopathology. New York : John Wiley

Semester - IV

Paper - IV Clinical Psychology - II Psychotherapies

M. M. 80

Unit – I Introduction : Meaning and nature of psychotherapy, goals of psychotherapy , types of psychotherapy , needs of psychotherapy , role of client – therapist relationship

Unit – II Psychoanalytic Therapy : Meaning and historical perspective , goals of psychoanalytic therapy , Freudian psychoanalytic therapy and its evaluation

Unit - III Behaviour Therapy : Meaning and nature of behaviour therapy , historical background , Techniques : systematic desensitization , aversive therapy , impulsive therapy , flooding , assertiveness training , contingency management and biofeedback , evaluation of behaviour therapy

Unit – IV Cognitive behaviour therapy : Meaning and nature , types of cognitive behaviour therapy , rational emotive therapy , Beck's cognitive therapy , stress inoculation therapy , social problem solving

Unit – V Humanistic – existential therapy : Nature and goals of humanistic-existential therapy , client centred therapy , Gestalt therapy , Logotherapy , existential therapy , evaluation

Books Recommended:

Hecker J.E. & Thorpe G.L., (2007): Introduction to clinical psychology
Thomas G. Plante (2004) ...

Robert J. Derubeis Donald K. Routh (1998) The science of clinical psychology, American psychology association

Korchin S.J. Modern clinical psychology Delhi C.B.S. Publication

Henry Kellerman (2009) Hand book of psycho diagnostic testing :Analysis of personality in the psychological report

Wolman, B.B. (1985) Hand book clinical psychology

Goldenberg, D.H. (1983) Contemporary clinical psychology

Singh, A.K. (1993) Modern clinical psychology Motilal banarasi dass

Anastasi, A. (1982) Psychological testing

Freeman, F.S. (1978) Theory and practice of psychological testing

Semester – IV

Dissertation / Psychological practicum

Any four-

W.A.I.S. (performance / verbal)

M M P I

TAT

Rorschach

Anxiety scale / Death Anxiety

Depression

Reaction to frustration

E.R.Q. / E.P.I.