

Syllabus: Psychology

Unit 1: Theoretical foundation of psychology

Introduction of psychology. Classical Psychoanalysis: Freud, Adler, Jung, Sullivan, Horney. Behaviorism and Gestalt psychology. Theories of learning, motivation and emotions. Theories of Personality.

Experimental psychology: Introduction, Contribution of Weber, Fechner, Wundt

& amp; Galton. Sensory Processes: Visual and Auditory; Perceptual Processes. **Psychophysics:** Problems, Methods of Classical Psychophysics. Signal Detection

Theory: Basic Concepts, Assumptions and Applications. **Classical Conditioning:** Nature and Process; Factors affecting Classical Conditioning; Instrumental and Operant Conditioning: Basic Concepts, Schedules of Reinforcement; Applications. Verbal Learning: Methods, Organizational Processes, Discrimination Learning: Nature and Paradigms.

Unit 2: Cognitive psychology: Historical Background, Scope, Approaches- Top down, Bottom-Up, and Information Processing, Methods of study- Behavioural and Physiological . Attention: Nature, Capacity and Information Processing. Selective Attention, Divided Attention. Pattern Recognition. Types of Memory, Models of Memory, Structure and Processes of Language Acquisition.

Unit 3: Social psychology: Nature and Scope of Social Psychology Methods- Experimental, Survey, Ethnography, Cross-Cultural; and Sociometric. Ethical Issues in Social Psychological Research. Socialization Processes- Nature, approaches, Agencies Social Perception- Non- Verbal Communication, Attribution Process, Theories of Attribution, Impression Formation. Social Cognition- Schemas and its Impact, Heuristics and Social Inferences

Attitude- Nature, Formation, Maintenance and Attitude Changes (Heider's and Festinger) Social Influence- Conformity, Compliance, and Obedience Stereotyping, Prejudice, and Discrimination: Causes and Effects Group Dynamics and Norms: Social Identity, Crowd Behaviour. Aggression- Nature, Sources; and Theories- Biological, Social Learning and Cognitive. Strategies of Aggression Control. Helping Behaviour- Altruism and Pro-social Behaviour, Theoretical Perspectives, Bystander Effect

Unit 4: Mental abilities: Intelligence: Nature, Historical views, Neurological Foundation, Genetic Basis, Environmental Influences. Racial and Gender differences. Hierarchical Theories: Spearman, Thurstone, Guilford, Cattell, Horn, Carroll. Information Processing Theories: Jensen, Das, Eysenck, Sternberg, Gardner, Goleman. Measurement of Intelligence: Issues and approaches- Psychometric Tests, Biological measures- Brain size volume, EEG. Creativity: Nature, Historical views. Theories: Psychodynamic, Humanistic, Developmental, and Psychometric. Factors Affecting Creativity: Genetic, Neurobiological, and Sociocultural. Its Relation with Intelligence, Personality, Motivation, Culture and Everyday Life. Assessment of Creativity.

Unit 5: Counselling psychology: Nature, meaning and scope of Guidance and Counselling, Skills of counselor, Building, Counselling Process. Historical Developments in Counselling and Guidance, Trends in Counselling and Guidance. Ethical and legal issues. Assessment in Guidance and Counseling: Career Development Theories,

Reality Therapy and Logo Therapy Multicultural Counseling: Difficulties and issues, Marriage, Couple, family and Group Counseling. Effective Counselor – Self exploration and awareness, interpersonal self- awareness, personal qualities and professional training. Process of Counseling, Counseling Skills, Basic Techniques of Counseling.

Unit 6: Clinical Psychology

Nature and scope of clinical psychology, Goals and limitations of Psychotherapy. Role of psycho-therapist, Therapeutic relation. Psychoanalysis as a therapeutic technique. Applications of Behaviour modification Therapy : Systematic desensitization, Aversion therapy, Assertive training, Modelling. Clinical Disorders, Diagnoses and its methods: Case History, Interview and

Observation. Anxiety Disorders, Psychosomatic Disorders and Schizophrenia: Nature, types, causes and treatment. Sexual Dysfunctions, Mood Disorders, Suicide and Loneliness: Nature, types, causes and treatment. Intellectual Disability, Post Traumatic Stress Disorder, Antisocial Personality Disorder, Alcohol-Related Disorders, Stimulant-Related Disorders. Psycho diagnostics, Ethical issues in testing. Clinical vs Statistical prediction.

Diagnosis and its methods: Case study, Interview and Observation- Application, advantages and limitations. Training of a clinical psychologist. Phenomenological models: Rogers therapy, Gestalt therapy, Existential analysis.

Psychodrama. Overt and covert sensitization. Physio-chemical therapies and Electroconvulsive Therapy. Cognitive-behaviour therapy (CBT) ,Yoga and meditation, Community psychiatry.

Intelligence and Memory Tests: Administration, Scoring, Interpretation, Advantages and Limitations (a) Weschsler's Adult Intelligence Scale. (b) Wechsler's Intelligence Scale for Children. (c) Cattell's Culture Fair Intelligence Tests. (d) PGI Memory Scale

Theoretical issues, Administration, Scoring and Interpretation of Personality Tests (MMPI and 16 PF) and Projective Techniques (Rorschach Inkbot Test and Thematic Apperception Test)

Unit 7: Organizational and Industrial Psychology –I Introduction, concept of Human Resource Development, Leadership, Leadership styles, Reddin's three dimensional model, Hersey and Blanchard's Life Cycle, Likert's four systems of management, Vroom - Yetton normative model, Decision Making.

Organizational Development, Communication, Organizational Power and Politics, Stress Management. Time Management. Accidents and Safety, Safety measures. Consumer Psychology: Advertising and Salesmanship, brief introduction to marketing research.

Organizational Climate, Organizational Change. Personnel Selection and Placement, Performance Appraisal. Training of Personnel: Principles and methods of training, evaluation of training programmes.

Unit 8: Health Psychology Course Content

Introduction, Historical Development, Individual and Cross-Cultural Perspectives Approaches to study Health psychology, Bio-Psycho-Social Model of Health. Social Environment and Health, Global health trends; Health care systems, socio- economic factors in health; Gender and health. Stress and Health: Definition, nature, types, causes and consequences of stress. Stress management. Stress disorders. Health promoting and health

endangering lifestyles and beliefs. Pain and Pain Management, Treatment Adherence, Patient Empowerment
Health Promotion: Definition and Meaning, Health Promotion Approaches: Community Development
Approach, Self-Empowerment Approach, Behavior change Approach, Ideology of Health Promotion.