

**Updated List of Courses at PG Level under CBCS (2019-2020)**  
**Department of Psychology, A.M.U.**

**M.A. I SEMESTER**

S.NO.	COURSE NO.	TITLE OF THE COURSE	A	B	C	D	Cr
01.	PSM-1001	APPLIED COGNITIVE PSYCHOLOGY-I MEMORY, THINKING AND PROBLEM SOLVING & MOTIVATION	030	070	C	Yes	4
02.	PSM-1002	PARAMETRIC STATISTICAL METHODS	030	070	C	Yes	4
03.	PSM-1003	ADVANCED SOCIAL PSYCHOLOGY	030	070	C	Yes	4
04.	PSM-1004	THEORETICAL FOUNDATION OF PSYCHOPATHOLOGY	030	070	C	Yes	4
05.	PSM-1005	COMPUTER APPLICATION IN PSYCHOLOGY	030	070	C	Yes	4
06.	PSM-1071	PSYCHOLOGY PRACTICAL - I	040	060	C	Yes	4

**M.A.- II SEMESTER PSYCHOLOGY**

S.NO.	COURSE NO.	TITLE OF THE COURSE	A	B	C	D	Cr
01.	PSM-2001	APPLIED COGNITIVE PSYCHOLOGY-II MEMORY, THINKING AND PROBLEM SOLVING & MOTIVATION	030	070	C	Yes	4
02.	PSM-2002	NON-PARAMETRIC STATISTICAL METHODS	030	070	C	Yes	4
03.	PSM-2003	APPLIED SOCIAL PSYCHOLOGY	030	070	C	Yes	4
04.	PSM-2004	MAJOR PSYCHOPATHOLOGIES	030	070	C	Yes	4
05.	PSM-2071	PSYCHOLOGY PRACTICAL - II	040	060	C	Yes	4
06.	PSM-2072	VIVA-VOCE	---	100	C	Yes	4

## M.A. III SEMESTER

S.NO.	COURSE NO.	TITLE OF THE COURSE	A	B	C	D	Cr
01.	PSM-3001	RESEARCH METHODS: EXPERIMENTAL DESIGN	030	070	C	Yes	4
02.	PSM-3002	CLINICAL PSYCHOLOGY	030	070	C	Yes	4
03.	PSM-3003	ORGANIZATIONAL BEHAVIOUR	030	070	C	Yes	4
04.	PSM-3006	SPIRITUAL PSYCHOLOGY	030	070	O	Yes	4
05.	PSM-3007	POSITIVE PSYCHOLOGY	030	070	O	Yes	4
06.	PSM-3008	HUMAN RESOURCE DEVELOPMENT	030	070	O	Yes	4
08.	PSM-3071	TESTING PRACTICUM	040	060	C	Yes	4
09.	PSM-3091	SELF & SPIRITUAL GROWTH	030	070	E	Yes	4

## M.A. IV SEMESTER PSYCHOLOGY

S.NO.	COURSE NO.	TITLE OF THE COURSE	A	B	C	D	Cr
01.	PSM-4001	NON-EXPERIMENTAL RESEARCH METHODS	030	070	C	Yes	4
02.	PSM-4002	PERSONALITY ASSESSMENT	030	070	C	Yes	4
03.	PSM-4003	HUMAN RESOURCE MANAGEMENT	030	070	C	Yes	4
04.	PSM-4007	HEALTH PSYCHOLOGY	030	070	O	Yes	4
05.	PSM-4008	ORGANIZATIONAL DEVELOPMENT AND CHANGE	030	070	O	Yes	4
06.	PSM-4009	INDUSTRIAL RELATIONS	030	070	O	Yes	4
07.	PSM-4071	FIELD PROJECT	040	060	C	Yes	2
08.	PSM-4072	INTERNSHIP	040	060	C	Yes	2
09.	PSM-4073	VIVA-VOCE	---	100	C	Yes	4

**Column A:** Continues Evaluation (Sessional Marks)

**Column B:** Theory/Practical/Viva-Voce Marks

**Column C:** C for Compulsory

O for Optional

E for Elective

**Column D:** Teaching for Session 2019-2020

**Cr :** Credit = 96



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<b>Course Title</b>	: <b>Applied Cognitive Psychology – I (Compulsory)</b>
Course No	: PSM – 1001 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:** The aim of this course is to provide theoretical as well as applied knowledge of cognitive concepts in Psychology.

**Course Outcomes:** After completing course the students will

1. Know about the functions of cognition.
2. Be able to compare Cognitive Psychology with Computer sciences and medical Sciences.
3. Be able to analyse contributions of other areas to Cognitive Psychology.
4. Be competent in Understanding Cognitive Psychology and its relation to the phenomenon of learning.
5. Have a knowledge of different cognitive Neuroscience Techniques.

**Course Contents:**

1. Concept of cognitive psychology; History of Cognitive Psychology: Origin, Emergence of Modern Cognitive Psychology and Current Status.
2. Domains of Cognitive Psychology.
3. Conceptual Sciences and Cognitive Psychology.
4. Cognitive Neuroscience Techniques: Brain Lesions, Position Emission Tomography (PET Scan), Functional Magnetic Resonance Learning and Event-Related Potential Techniques.
5. Areas that Contribute to Cognitive Psychology.
6. General Phenomenon of learning: Learning vs. maturation, native response Tendencies & Temporary states of the organism (e.g. Fatigue, adaptation and drugs).
7. Theories of learning: Pavlov & Skinner.
8. Verbal learning: Stimulus material (nonsense syllables, meaningful words and trigrams) and serial learning (Bowed serial position curve).
9. Discrimination learning: Algebraic summation theory, Relational theory.
10. Neurophysiology of learning
11. Visual perception: Gestalt approaches to Perception
12. Pattern recognition in perception.
13. Auditory Perception: Pitch, Loudness, Timber and Sound Localization.
14. Time perception, Nature; factors: Filled and unfilled time interval, short and long Time interval, monotony of the task.
15. Speech Perception: characteristics and theories.

**Suggested / Essential list of References / Texts :**

1. Edward E. Smith, Stephen M. Kosslya : Cognitive Psychology, Printice Hall of India, New Delhi
2. Robert L. Solso : Cognitive Psychology, 6<sup>th</sup> edition, Person Education, Low price edition
3. Houston, J.P. : Fundamentals of learning and Memory (3<sup>rd</sup> Editions). Harcourt Brace Jovanovich, Inc, New York
4. Schiffman, H.R. : Sensation and perception: An integrate Approach, John Willey Sons, New York.
5. Sodorow. : Psychology. Mc Graw Hill Book Company, New York.
6. Sandra K. Ciccarelli, Glenn E. Meyer : Psychology
7. Levin Thal, C.F. : Introduction to Physiological Psychology, Prentice Hall of India New Delhi 1999.
8. Ronald T. Kellogg : Fundamentals of Cognitive Psychology.
9. Margaret W. Matlin, Suny Geneseo : Cognitive Psychology, 8<sup>th</sup> edition, International Student Version, Wiley.



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<b>Course Title</b>	: <b>Parametric Statistical Methods (Compulsory)</b>
Course No	: PSM – 1002 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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### Course Objectives:

To impart the theoretical knowledge of parametric statistical methods and their application in psychology.

**Course Outcomes:** After completion of the course, the student shall be able to understand to:

1. Articulate basic principles of parametric statistical methods.
2. Describe the goals and utility of different parametric statistical methods.
3. Identify the importance of parametric assumptions and consequences of estimating statistical parameters.
4. Apply parametric statistical methods for testing research hypotheses.
5. Develop working knowledge of calculating statistics and interpretation of results.

### Course Contents

1. Parametric Statistics: Nature and Assumptions. Concept of population and sample.
2. Probability theory in Statistical inference.
3. Sampling distributions and Estimation of parameters.
4. Hypothesis: Concept, One-tailed and Two-tailed Hypothesis tests. Decision errors.
5. Hypothesis: Type I and Type II errors, Level of significance.
6. Effect size and Statistical power.
7. Criteria for the selection of suitable statistical test for the analysis of data.
8. Significance of difference between sample means: Single sample and dependent samples– t test: assumptions, calculation, and uses.
9. Significance of difference between sample means: Independent samples – t test: assumptions, calculation, and uses.
10. Analysis of variance: concept, assumptions, calculation and uses of one-way ANOVA.
11. Analysis of variance with Multiple Comparison Tests: Bonferroni and Tukey.
12. Correlational analysis in psychological research. Concept, calculation and uses of Pearson Product Moment Correlation (PPMC). Correlation and Causality.
13. Biserial and Point-Biserial correlation coefficients: concept, calculation and uses.
14. Partial correlation: concept, calculation and uses.
15. Multiple regression: assumptions, methods of selecting variables and interpretation of regression model. Issues and limitations in prediction.

### Suggested /Essential list of References / Texts

1. N. M. Dowine: Basic Statistical methods, Harper and Publishes New York.
2. Seigal, S.: Non-Parametric Statistics for Behavioural Science. New York: McGraw Hill. 1956.
3. Garrett, H.E.: Statistics in Psychology and Education. New York Longman, 1950.
4. Edward, A.E.: Experimental Design in Psychological Research (3<sup>rd</sup> ed.) New Delhi: American Publishing Co. 1971.
5. Broota, K.D.: Experimental Design in Correlational Research. New Delhi: Wiley Eastern 1989.
6. Walker, H.M.: Statistical Inference. New York: Hdt. Rinehart and Winstone, 1953.
7. Thorndike, M.: Correlational Procedures for Research. New York : Gardner Press. 1978.
8. Gupta, S.P.: Statistical Methods, Sultan Chand & Sons, New Delhi.
9. Arthur, A.: Statistics for Psychology, Pearson Education



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<b>Course Title</b>	: <b>ADVANCED SOCIAL PSYCHOLOGY</b>
Course No	: PSM – 1003
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:**

- To understand the application of social psychology in real life setting.

**Course Outcome:** After completion of the course, the student shall be able to.

1. Understand the evolution of applied field of social psychology.
2. Apply different theories to understand the formation of attitude.
3. Understand the process of attitude change.
4. Understand the process social behaviour.
5. Identify and discuss issues related to inter group relations.

**Course Contents:**

1. Social psychology: meaning and nature.
2. Brief history of Social Psychology: The field in its infancy, the field in its adolescence, the field enters adulthood, period of crisis, current development.
3. Social Psychology in the New Millennium: Influence of a cognitive perspective, exporting social psychology, and adaptation of a multicultural perspective.
4. Research methods in social psychology: Naturalistic observation – Non participant and participant observation, Archival research, Experimental method, Correlational method.
5. Social Cognition: Meaning and Approaches – attribution approach, schema approach.
6. Attitude: Meaning and Formation of attitude: Social learning – classical conditioning, instrumental conditioning, observational learning, genetic factors
7. Attitude – Behaviour link; Influence of attitude on behaviour; factors responsible for such influence.
8. Attitude change: Approach to attitude change. Persuasion approach – cognitive approach to persuasion, systematic processing, heuristic processing and elaboration likelihood model.
9. Attitude change overtime; Spontaneous attitude change, Persistence of attitude change.
10. Attitude Resistance to change: reactance, forewarning, selective avoidance, active defence biased assimilations and attitude polarization.
11. Concept of Pro-social behaviour, Latency Darley's five steps model; situational factors: Attraction, Attributions and Prosocial models.
12. Theories of pro-social behaviour: Empathy - Altruism theory; egoistic theory; genetic selfishness.
13. Concept and meaning of interpersonal attraction: Factors affecting interpersonal attraction: Proximity, familiarity and similarity.
14. Theories of interpersonal attraction: Reinforcement theory, complementary theory and exchange theory.
15. Theories of inter group relations: Social identity theory, Realistic conflict theory, Equity theory.

**Suggested / Essential List of References / Texts:**

1. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Fifth Edition Prentice Hall of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn : Social Psychology – Tenth Edition, Prentice Hall of India, Private Ltd. New Delhi. 2003.
3. Berkowitz, Leonard : A survey of Social Psychology. Third Edition. CBS, Publishing Japan Ltd. 1986.
4. Jones, E.E. & Gerard, H.B. : Social Psychology: John Wiley Sons. 1967.
5. Feldman, R.S. : Social Psychology. Second Edition. Prentice Hall, Upper Saddle River, New Delhi. 1988.



Department of Psychology  
Aligarh Muslim University, Aligarh  
M.A. (Psychology) I- SEMESTER

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<b>Course Title</b>	<b>:</b>	<b>THEORETICAL FOUNDATIONS OF PSYCHOPATHOLOGY (Compulsory)</b>
Course No	:	PSM – 1004 (CBCS)
Credits	:	04
Course Category	:	PSM
Type of Course	:	40
Course Assessment	:	Theory
		Maximum Marks – 100
		Sessional Marks - 30 (30%)
		End Semester - 70 (70%)

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**Course Objective:**

- To impart knowledge about the latest classification systems of mental disorders, major models to explain Causes and symptoms of mental illness and other forms of psychological disorders.

**Course Outcome:** After completion of the course the students shall be able to:

1. Understand the major theoretical models of psychopathology.
2. Understand and use DSM and ICD- nosological system for diagnosing mental disorders.
3. Identify the symptoms and etiology of psychological disorders.
4. Provide biological, psychological and socio-cultural explanations for psychological disorders.
5. Identify the symptoms of psychological disorders.

**Course Contents:**

1. Psychopathology and Systems of classification: Criteria and brief history.
2. Basic features of DSM 5 and ICD-10: Similarities, differences and critical evaluation.
3. Models for the description of abnormal behaviour - Biological model
4. Psychodynamic model (Freud)
5. Learning model (Skinner).
6. Cognitive Model.
7. Major Anxiety disorders: Brief Clinical pictures of Panic Disorder, GAD, & Phobia.
8. Psychoanalytic, Behavioural & Cognitive Approaches to Anxiety Disorders.
9. Clinical Pictures of OCD & PTSD.
10. Psychoanalytic, Behavioural & Cognitive Approaches to OCD & PTSD.
11. Somatoform disorder: types, Psychoanalytic & Socio-cultural theories.
12. Dissociative Disorders: types (Dissociative Identity, Dissociative Amnesia & Derealisation Disorder & Learning theories.
13. Psycho- physiological Disorder – CHD.
14. Hypertension.
15. Theoretical Explanations of Psycho Physiological disorders – Biological & Psychological

**BOOKS RECOMMENDED:**

- American Psychiatric Association (2013): *Diagnostic and statistical manual of mental disorder: DSM-5*. American Psychiatric Pub.
- King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014) : *Abnormal Psychology: An Experimental Clinical Approach*. New York: John Wilay & Sons, Inc.
- Butcher, J.N., Mineka, S., & Hooley, J.M. (2015) : *Abnormal Psychology & Modern Life (15<sup>th</sup> Ed.)* New Delhi: Pearson
- Carson, R.C. & Butcher, J.N. (1992) : *Abnormal Psychology & Modern Life New York: (9<sup>th</sup> Edition) Haper & Collins New York.*
- Sarason, I.G. & Sarason, B.R. (2014) : *Abnormal Psychology: The problem of Maladaptive Behaviour (10<sup>th</sup> Ed.)* New Delhi: Pearson Education
- Barlow, D.H. & Durand, V.M. (2004) : *Abnormal psychology: An integrative approach (4<sup>th</sup> Ed.)* Pacific Grove: Brooks/Cole.
- Butcher, J.N. (2014) : *Abnormal Psychology*. New Delhi: Pearson Education
- Davison, G.C. & Neale, J.M. : *Abnormal Psychology New York: John Wilay & Sons, 1990.*
- Rosen, J.F.Gregory : *Rosen, J.F.Gregory*
- Maccary, J.L : *Six Approaches to Psychology*
- Eysenek, H.J. : *Handbook of abnormal psychology.*
- Kaplan, B.J. & Sadock, B.J. (Eds) : *Synopsis of psychiatry, 7<sup>th</sup> edition. USA : Williams & Wilkins*
- Adams, H.E. & Sutker, P.B. (2000) : *Comprehensive Handbook of Psychopathology (III<sup>rd</sup> Ed.) : New York:*

Plenum press.

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<b>Course Title</b>	: <b>Computer Application (Compulsory)</b>
Course No	: PSM 1005
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objective:**

To impart the theoretical and practical knowledge of statistical methods and how to calculate statistics using software like Excel and SPSS.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Understand basic principles of computer application in psychology.
2. Use data analysis software: Excel and SPSS.
3. Enter, Read, Screen, and transform the data.
4. Apply SPSS to analyze data.
5. Interpret data output.

**Course Contents**

1. MSOffice (MS Word, Power Point, MS Excel).
2. Overview of IBM Statistical Package for Social Science (SPSS).
3. Data entry, screening, transformation and computation of new variable. Output management.
4. Estimation of Frequency and Descriptive Statistics. Preparation of Charts/Graphs.
5. Compare Means: t-test (Independent and Correlated).
6. One way Analysis of Variance (ANOVA) with Multiple Comparison Test.
7. Correlational techniques (Pearson r and Spearman rho).
8. Exploratory Factor Analysis: Concept, Uses and Computation.
9. Simple and Multiple regression analysis: Concept, Uses and Computation.
10. Item analysis: Meaning and purpose, difficulty and discrimination indices.
11. Reliability types, computation and factors affecting the reliability.
12. Validity types, computation and factors affecting validity.
13. Reliability and validity: Errors and factors affecting reliability and validity.
14. Norms: Definition and nature, percentile ranks, Z, T, Stanine scores.
15. Test Manual: Preparation and publication

**Suggested /Essential list of References / Texts**

1. Bayard, P. & Grayson, A. (1976). *Introducing psychological research*. London: MacMillan.
2. Singh, A.K. (2002). *Tests, Measurements and Research Methods in Behavioural Sciences*. Patna: Bharti Bhawan
3. IBM SPSS brief guide (online)
4. Sabine, L. & Brian S. E. (2004). *A Hand Book of Statistical Analyses using SPSS*. Chapman & Hall/CRC Press LLC
5. Arthur Griffith (2010). *SPSS for Dummies*. Wiley Publishing, Inc.





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<b>Course Title</b>	: <b>Applied Cognitive Psychology – II (Compulsory)</b>
Course No	: PSM – 2001 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Objective:** The aim of this course is to provide theoretical as well as applied knowledge of cognitive psychology.

**Outcomes:** After completing the course students will

1. Have an indepth understanding of the process and types of memory.
2. Have clear understanding about the process and theories of forgetting.
3. Be able to apply this understanding in enhancing memory and reducing forgetting.
4. Be able to understand and analyse thinking, problem solving and decision making process.
5. Understand language acquisition and its role in cognitive processes.

**Course Contents:**

1. Memory: Concept, Process and types of memory.
2. Information processing Model of Memory: Sensory memory, Short-term memory and Long-term memory. Association Models of Memory.
3. Forgetting in long term memory: Concept, Theories: Decay, Interference Motivation and Cue Dependence.
4. Memory Improving Techniques: Study Habits and Mnemonic Devices.
5. Bio-psychological Aspects of Memory: The Anatomy of Memory; The Chemistry of Memory.
6. Thinking: Definition and Mental Image; Types of thinking: Convergent and Divergent thinking.
7. Concepts Formation: Logical Concepts, Natural Concepts and Prototype. Role of concepts in thinking.
8. Language: Nature: Communicative, Arbitrary, Structured and Generative; Dynamics of Language: Phonemes, Morphemes, Syntax, Semantics and Pragmatics.
9. Acquisition of Language: Stages of Language Acquisition.
10. Theories of Language Acquisition; The relationship between Language and Thinking: The Linguistic Relativity Hypothesis.
11. Problem solving: Concept, Stages in problem solving: Preparation, production, Judgement & incubation.
12. Problem solving Strategies: Trial & Error, Algorithm, Heuristic, Insight & Intuition; Factors influencing problem solving.
13. Impediments and barriers to problem solving.
14. Decision Making: Concept; Heuristics in Decision Making & Cognitive Control in Decision Making
15. Decision Making Strategies: The Signal Feature, The Additive Model & The Elimination by Aspects Model

**Suggested / Essential list of References / Texts:**

- 01 Wickelgren : Learning and memory
- 02 Haberlandt, K. : Cognitive Psychology Allyn and Bacon, Boston
03. Robert S. Feldman : Understanding Psychology
- 04 M.W. Matlin : Cognitive Psychology 8<sup>th</sup> Edition
- 05 Sdorow : “Psychology” Mc Graw Hill Book
- 06 Levinthal, C.F. : Introduction to Physiological Psychology. 3<sup>rd</sup> Edition. Prentice Hall of India, New Delhi 1999
- 07 Anderson, J.R. : Cognitive Psychology and its implications 5<sup>th</sup> Edition: Worth Publishers
- 08 Lyle, E. Bource, Jr. Brue R. Ekstrand & Foger L.Dominoski : Cognitive Process. Prentice Hall Inc. Englewood Cliffs, New Jersey 1971.
- 09 Lutz, John : An Introduction to learning and Memory Brooks/ Cole Publishing Company Pacific Grove, California.



Department of Psychology  
Aligarh Muslim University, Aligarh  
M.A. (Psychology) – II Semester

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<b>Course Title</b>	: <b>Non-Parametric Statistical Methods (Compulsory)</b>
Course Number	: PSM 2002
Credits	: 04
Course Category	: PSM
Contact Hours (L-T-P)	: 40
Type of Course	: Theory
Course Assessment	: Maximum Marks - 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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### Course Objectives:

To impart the theoretical and applied knowledge of non-parametric statistical methods in psychology.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Understand basic principles of non-parametric statistical methods.
2. Differentiate between non-parametric and parametric statistical methods.
3. Develop working knowledge of calculating statistics and interpretation of results.
4. Apply non-parametric statistical methods for testing research hypothesis.
5. Choose an appropriate non-parametric statistical method based on nature of data.

### Course Contents

1. Distinctive features of Parametric and Non-parametric statistical tests.
2. Choosing an appropriate Statistical Test: Model, efficiency and measurement.
3. Chi square as a test of independence and goodness of fit, uses and computation.
4. Mann-Whitney U test: Uses and computation.
5. Median test: Uses and computation.
6. Kolmogorov-Smirnov Two samples test: Uses and computation.
7. Kruskal-Wallis one way analysis of variance: Significance, uses and computation.
8. Friedman Two-way analysis of variance by ranks: Uses and computation.
9. Comparison of methods of ANOVA and Analysis of Variance by Ranks.
10. Spearman Rank Order correlation: Uses and computation.
11. Phi-coefficient: Uses and computation.
12. Tetrachoric correlation: Uses and computation.
13. Contingency coefficient: Uses and computation.
14. Comparison of Phi-coefficient and Tetrachoric correlations.
15. Relationship of Phi-coefficient and coefficient of Contingency to Chi square.

### BOOKS RECOMMENDED:

- 01 N. M. Dowine : Basic Statistical methods, Harper and Publishes New York.
- 02 Mc Nemar Q. : Psychological Statistics, 3<sup>rd</sup> Ed. New York, John Wiley 1962.
03. Seigel, S. : Non-Parametric Statistics for Behavioural Science. New York: McGraw Hill. 1956.
04. Garrett, H.E. : Statistics in Psychology and Education. New York:Longman, 1950.
05. Edward, A.E. : Experimental Design in Psychological Research (3<sup>rd</sup> ed.) New Delhi: American Publishing Co. 1971.
06. Broota, K.D. : Experimental Design in Correlational Research. New Delhi: Wiley Eastern 1989.
07. Thorndike, M. : Correlational Procedures for Research. New York : Gardner Press. 1978.



Department of Psychology  
Aligarh Muslim University, Aligarh  
M.A. Psychology II- SEMESTER

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<b>Course Title</b>	: <b>APPLIED SOCIAL PSYCHOLOGY</b>
Course No	: PSM – 2003
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:** This course is designed to impart knowledge of social psychology as applied to the understanding of real life social problems and issues of society.

**Course Outcome:** After completion of the course, the student shall be able to.

1. Have an understanding of the evolution of applied social psychology, challenges, possibilities, and the need for multidisciplinary approach in social psychology research.
2. Get an understanding of the environment – behaviour relationship and its mechanism.
3. Understand the nature and causes of aggression and prejudice and the techniques to control and counter them.
4. Apply social psychology Principles / Knowledge for comprehending the health related issues and coping with stress for improved physical & emotional fitness.
5. Apply the knowledge of social psychology to understand the problems of workplace and legal system.

**Course Contents:**

1. Nature and history of applied social psychology.
2. Applied social psychology in India: Challenges and possibilities: Need for indigenization,
3. Multidisciplinary approach to the study of social change, policy oriented research, need for reorienting social psychology. Current trends in social psychology.
4. Methods of Applied Social Psychology: Laboratory experiment, field experiment and field studies.
5. Environmental psychology: Basic concept; the physical environment, human behaviour, relationship between behaviour and environment.
6. Environmental factors influencing behaviour, and human behaviour influencing environment, - greenhouse effect. Pro-environmental behaviour.
7. Aggression –its meaning and causes - social causes and personal causes.
8. Measures for controlling aggression.
9. Prejudice: Meaning; the origin of prejudice: Contrasting perspectives – threat to self esteem, competition for resources as a source of prejudice, role of social categorization.
10. Techniques for countering prejudice; social learning view, intergroup contact, recategorization, social influence.

11. Behaviour and health. Applying Social Psychology to health related behaviour: Responding to Health-related information; Comprehending and evaluating health information, rejecting health information Vs accepting it.
12. Stress : Meaning; stress and health. Individual differences in the effect of stress.
13. Coping with stress: increasing physical fitness, positive emotions and regulatory control, social support.
14. Applying Social Psychology to the world of work: Job satisfaction: Attitudes towards work; factors affecting job satisfaction – organizational factors and personal factors.
15. Social Psychology and the Legal System – Interrogation and suggestibility; Pretrial publicity; the testimony of eyewitness; effect on verdict.

**Suggested / Essential list to References / Texts :**

1. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Seventh Edition. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
2. Baron, R.A. & Byrne, Donn : Social Psychology – Understanding Human Interaction. Tenth Edition, 2003. Prentice Hall of India of India, Private Ltd. New Delhi. 1988.
3. Berkowitz, Leonard : A survey of Social Psychology. Third Edition. CBS Publishing Japan Ltd. 1986.
4. Jones, E.E. & Gerard, H.B. : Social Psychology: John Wiley Sons. 1967.
5. Misra, Grishwar : Applied Social Psychology In India.
7. Heimstra, N.W. & Mc Farling, L.H. : Environmental Psychology. Brooks Cole publishing Company Monterey, California 1974.

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<b>Course Title</b>	:	<b>MAJOR PSYCHOPATHOLOGIES (Compulsory)</b>
Course No	:	PSM – 2004 (CBCS)
Credits	:	04
Course Category	:	PSM
Type of Course	:	40
Course Assessment	:	Theory
		Maximum Marks – 100
		Sessional Marks - 30 (30%)
		End Semester - 70 (70%)

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### Course Objectives:

- The course aims to provide an understanding of the symptoms and etiology of major psychotic, personality, developmental and neuro-cognitive disorders.

**Course Outcome:** After completion of the course the students shall be able to:

1. Recognize symptoms and risk factors for substance related and, personality related disorders.
2. Identify the symptoms of intellectual disability.
3. Understand and use DSM-5 nosological system for the classification and diagnosis of mental disorders.
4. Apply the knowledge and skills to diagnose different disorders.
5. Critically evaluate different theoretical approaches to etiology and treatment of psychopathology.

### Course Contents:

1. Substance related disorder: Types of substances, Substance abuse & Substance dependence.
2. Etiology of Substance related disorders: Psychological and Socio-cultural factors.
3. Anti Social Personality Disorder. Clinical Characteristics & Etiology.
4. Intellectual disability: DSM criteria & levels of Intellectual disability.
5. Etiology of Intellectual disability.
6. Schizophrenia: Diagnostic Criteria and Positive, Negative & other symptoms.
7. Etiology of Schizophrenia: Genetic factors.
8. Role of Biochemical factors & Psychological Stress in the Etiology of Schizophrenia.
9. Other psychotic Disorders: Schizoaffective and Delusional disorder.
10. General characteristics of Depression & Mania: Unipolar and Bipolar disorders.
11. Depressive Disorders: Major Depressive Disorder & Dysthymia.
12. Bipolar Disorders: Bipolar I, II & Cyclothymia
13. Theories of Mood Disorder: Beck's theory of Depression, Interpersonal theory of Depression.
14. Neuro-cognitive Disorders: Distinction between Delirium & Dementia.
15. Dementia of the Alzheimer types – Clinical picture and causes.

### BOOKS RECOMMENDED:

- 01 King, A.M., Jhonson, S.L., Davison, G.C. & Neale J.M (2014) : Abnormal Psychology: An Experimental Clinical Approach. New York: John Wilay & Sons, Inc.
- 02 Butcher, J.N., Mineka, S., & Hooley, J.M. (2015) : Abnormal Psychology & Modern Life (15<sup>th</sup> Ed.) New Delhi: Pearson
- 03 Carson, R.C. & Butcher, J.N. (1992) : Abnormal Psychology & Modern Life New York: (9<sup>th</sup> Edition) Haper & Collins New York.
- 04 Sarason, I.G. & Sarason, B.R. (2014): : Abnormal Psychology: The problem of Maladaptive Behaviour (10<sup>th</sup> Ed.) New Delhi: Pearson Education
- 05 Barlow, D.H. & Durand, V.M. (2004) : *Abnormal psychology: An integrative approach* (4<sup>th</sup> Ed.) Pacific Grove: Brooks/Cole.
- 06 Butcher, J.N. (2014) : Abnormal Psychology. New Delhi: Pearson Education
- 07 Kaplan, H.J., & Sadock, B.J. (2004) : *Synopsis of comprehensive textbook of psychiatry* (10<sup>th</sup> Ed.). Baltimore: Williams & Wlkins.
- 08 Sarason. I.G. & Sarason, B.R. (2006) : *Abnormal psychology*. (11<sup>th</sup> Ed.). Delhi: Prentice



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<b>Course Title</b>	: <b>Research Methods: Experimental Design (Compulsory)</b>
Course No	: PSM – 3001 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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### Course Objective:

To train students in the research methods and designs in Psychology and to equip them to take up psychological researches independently.

### Course Outcomes:

After completion of the course, the student shall:

1. Have the understanding of the basic features of various types of research undertaken in psychology.
2. Develop skills for conducting experimental studies.
3. Demonstrate the ability to report scientific research.
4. Be aware of the ethical principles of conducting an experiment.
5. Be able to conduct a study with objectivity in a well planned manner using appropriate research designs.

### Course Contents:

1. Importance of experimental design, meaning and characteristics of scientific research.
2. Methods of inquiry: Authority, Intuition, Tenacity, Rational, Empiricism.
3. Steps in research: research ideas and importance of literature review, formulation of problem, hypothesis and research questions, types of hypothesis.
4. Sampling techniques: Probability and Non-Probability.
5. Types of Educational Research: Descriptive, Associational and Intervention.
6. Ethics and norms of scientific research. Writing a research report.
7. Between-group designs: Single factor designing- Randomized group design, Two Matched group Design.
8. Within-Group Design: Single factor, Repeated measures design, Two factors repeated measures design.
9. Significance of control in experimental designs.
10. Threats to internal and external validity in between-group and within-group designs.
11. Advantage and Disadvantage of between group and within group Designs.
12. Factorial Design: Randomized Block Design.
13. Factorial Design: Main Effect and Interaction Effect.
14. Meaning and differences between Quasi Experiment and True Experiment.
15. Types of Quasi-experimental Designs: Non-equivalent control group design. Interrupted time series design and multiple time series design.

### Suggested /Essential list of References / Texts

1. Broota, K.D.: Experimental Design in Behavioural research. New Delhi, Wiley Eastern, 1984.
2. Chadwick, B.A Bahr, H.M. & Albrecht, S.I.: Social science Research Methods.
3. Mohsin, S.M: Research methods in Behavioural Sciences. Hyderabad: Orient Longman, 1984.
4. Kerlinger, F.N.: Foundation of behavioural research New York. Holt. Rineheart and Winston 1974.
5. Gravetter F.J. & Forzano L.B.: Research Methods for the Behavioural Sciences.

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<b>Course Title</b>	: <b>Clinical Psychology</b>
Course No	: PSM – 3002
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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### Course Objective:

To impart the theoretical and applied knowledge of Clinical Psychology.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Demonstrate knowledge of Clinical Psychology and its sub-specialties
2. Understand historical background of psychotherapies.
3. Understand major theoretical approaches and psychotherapies based on these approaches.
4. Get an idea of the processes involved in different psychotherapies.
5. Get acquainted with various issues, challenges and future directions in clinical Psychology.

### Course Contents

1. Clinical Psychology: Definitions; Characteristics of Clinical Psychology: Emphasis on science, Emphasis on maladjustment, Emphasis on the individual, Emphasis on helping.
2. Developing a professional Identity: Education & training. Models of Training: The scientist-practitioner, Clinical scientist.
3. Subspecialties of Clinical Psychology: Clinical Health Psychology, Forensic Psychology, Geropsychology, Clinical Neuropsychology, and Child Clinical Psychology.
4. Contemporary Issues and Future directions in Clinical Psychology.
5. Psychotherapy: Concept & Definitions; Brief History of Psychotherapy.
6. Classificatory Approaches: Supportive and Reconstructive; Efficacy v/s effectiveness of psychotherapy
7. Stages of Psychotherapy: Initial consultation, Assessment, Development of Treatment goals, Implementation of treatment, Evaluation of Treatment, Termination, Follow-up.
8. Behavioural Approach (Operant Conditioning): Token Economy
9. Behavioural Approach (Classical Conditioning): Systematic Desensitization
10. Cognitive Approach: Ellis' Rational Emotive Behaviour Therapy (REBT), Beck's Cognitive Therapy.
11. Humanistic Approach: Client – Centred Therapy
12. Existential Approach: Logotherapy
13. Third wave Approach: Mindfulness Therapy
14. Family System Approach: Family therapy
15. Group Therapy

### Suggested /Essential list of References / Texts

1. **Pomerantz, A.M:** Clinical Psychology-Science, Practice and Culture.DSM-5 Update, SAGE Publication, 2014
2. **Plante. T.G:** Contemporary Clinical Psychology. New York: John Wiley & Sons, Inc.2011
3. **Hecker J.E, Thorpe G.L:** Introduction to clinical psychology. Pearson Publication, 2005
4. **Korchin, S.J.:** Modern Clinical Psychology: Principles of Intervention in the clinic and community. New York: Basic Books.
5. **Ghorhade, M.B. &Kumar, V.B.:** Introduction to Modern Psychotherapy.Bombay: Himalaya Publishing House.
6. **Feltham, C. & Horton, I:** Handbook of Counselling and Psychotherapy.London: Sage Publishing Ltd, 2000
7. **Corey, G:** Theory & Practice of Counseling and Psychotherapy, VI Edition, Brook/Cole
8. **E. Jones Smith:** Theories of Counselling and Psychotherapies:Integrative approach. Los Angles: Sage, 2012
9. **Hersen,M., & Sledge, W:** Encyclopedia of psychotherapy.San Diego, CA: Academic Press, 2002

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<b>Course Title</b>	:	<b>ORGANIZATIONAL BEHAVIOUR (Compulsory)</b>
Course No	:	PSM – 3003 (CBCS)
Credits	:	04
Course Category	:	PSM
Type of Course	:	40
Course Assessment	:	Theory
		Maximum Marks – 100
		Sessional Marks - 30 (30%)
		End Semester - 70 (70%)

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**Course Objective:**

The aim is to help students understand the human behaviour in organizational settings.

**Course Outcomes:** After completing the course the students will

1. Develop basic knowledge of Organizational Behaviour.
2. Be aware about historical perspective of Organizational Behaviour.
3. Be able to analyse the role and limitations of Organizational Behaviour.
4. Be competent enough to understand aspects of emerging organization and its impact.
5. Understand the principles of motivation in organizational set up.
6. Be competent in motivation application through job design.

**Course Contents:**

1. Meaning and History of Organizational Behaviour.
2. Concept of Organization and Organizational Behaviour; Challenges and Opportunities of OB.
3. Approaches to Organization Behaviour: Classical and Neo-classical Approaches.
4. Role and Limitations of Organization Behaviour.
5. Ethical issues in Organization Behaviour.
6. Organizational Behavioural Models: Autocracy, Custodial, Supportive, Collegial & Systems.
7. Aspects of emerging organizations and their impact on organization development.
8. The role of information Technology: The flattening and downsizing of organizations, Paperless revolution, Mimicking brains.
9. Total Quality Management: Meaning of TQM; Approaches-Reengineering, Benchmarking, Empowerment.
10. Learning organizations: meaning, types of learning organizations, Organisational behaviour in learning organizations.
11. Motivation: Meaning, process & characteristic.
12. Theories of Motivation: Content theories Maslow's Hierarchy of Needs, Herzberg's Motivation-Hygiene theories of motivation, Alderfer's ERG mode.
13. Process Theories: Vroom's Expectancy model, Adam's Equity theory of work motivation.
14. Motivation application through job design: Job rotation, Job enlargement and Job enrichment
15. Job characteristics approach to task design: Hackman-Oldham Job characteristics model of work motivation.

**Suggested / Essential list of References / Texts**

1. R. M Bass, J. D. Dreath : Organization Behaviour, Sage Pub, New York, 1987
2. L.M. Prasad : Organisational Behaviour
3. Schien, Adger : Organisational Behaviour
4. Paul Hersey : Management of Organisational Behaviour (Sixth Edition)  
Prentice Hall of India Pvt. New Delhi.
5. Robbins, S.P. : Organizational Behaviour Concepts, Controversies, and  
Applications, Prentice Hall of India Pvt. Ltd.
6. Luthans, F. : Organizational Behaviour, Seventh Edition, McGraw- Hill.  
International Edition.



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Course Title	:	<b>POSITIVE PSYCHOLOGY (Optional)</b>
Course No	:	PSM – 3007 (CBCS)
Credits	:	04
Course Category	:	PSM
Type of Course	:	40
Course Assessment	:	Theory
		Maximum Marks – 100
		Sessional Marks - 30 (30%)
		End Semester - 70 (70%)

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**Course Objective:**

- The objective of the course is to impart applied knowledge of positive psychology in enhancing well being in different settings.

**Course Outcomes:** After completion of the course the students shall be able to understand

1. The concept and historical foundation of positive psychology.
2. The concept of wellbeing and different cognitive and positive emotional states.
3. The importance of application of positive psychology at workplace, schools and in therapy.
4. The concept of Happiness and the ways to Become Happier.
5. How to cultivate the best in themselves so they can live more meaningful lives.

**Course Outcomes:**

1. Historical and Philosophical Foundation of Positive Psychology.
2. Eastern and Western perspective on Positive Psychology.
3. Fostering Healthy Self regulation from within and without: A Self Determination Theory Perspective.
4. Happiness: Essential Elements, Causes and Effects.
5. Positive Emotional States: Well-Being and Positive Emotions
6. Emotion-Focused Coping and Emotional Intelligence.
7. Positive Self: Self-Efficacy and Self Esteem.
8. Hope and Optimism.
9. Flow: Self Determination Theory and Intrinsic Motivation, Meta-Motivational States and Reversal Theory
10. Prosocial Behaviour: Altruism and Gratitude.
11. Positive Schooling.
12. Positive Psychology at Workplace.
13. Positive Development and Successful Aging.
14. Well-Being and Quality of Life Therapy
15. Strength-based Therapies: Voyages to Well-being, The strengths model, good lives model

**BOOKS RECOMMENDED:**

1. C.R. Snyder and Shane J. Lopez (2011) : Positive Psychology: The Scientific and Practical Explorations of Human Strengths (Eleventh Edition) Los Angeles: Sage
2. P. Alex Linley and Stephen Joseph (2004) : Positive Psychology in Practice. New Jersey: John Willy & Sons, Inc.
3. Akbar Husain & Fauzia Nazam (2018) : Applied Positive Psychology. New Delhi: Research India Press.
4. Alan Carr (2011). : Positive Psychology: The Science of Happiness and Human Strengths. New York: Routledge



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<b>Course Title</b>	: <b>Human Resource Development (Optional)</b>
Course No	: PSM – 3008 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objective:** To make the learners familiarize with the concept of Human Resources Development and its application in the overall organizational productivity.

**Course Outcomes:** After completion of the course, the student shall be able to understand:

1. The concept of human resource development.
2. The challenges involved in application of human resource development.
3. The necessity of human resource planning.
4. To deal with issues involved in human resource planning.
5. The application of performance management and the issues involved.

**Course Contents:**

1. Evolution of HRD.
2. Function and Framework for the HRD process.
3. Role and Competencies of HRD Professionals.
4. HRD Challenges to organization.
5. Challenges to HRD Professionals.
6. Nature and Meaning of Human Resource Planning.
7. Objectives of Human Resource planning.
8. Elements of Human Resource planning.
9. Problems involved in the process of Human Resource Planning.
10. Benefit of Human Resource planning.
11. Performance Appraisal Process: Its basic issues and steps.
12. Objectives of Performance Appraisal System in Indian Context.
13. Performance Appraisal System: Role of Performance Appraisal System in Individual and Organizational effectiveness.
14. Methods of Performance Appraisal: Confidential Report, Ranking method, Rating method.
15. Management by Objectives (MBO) as technique of performance appraisal, Self-appraisal and open appraisal system.

**Suggested /Essential list of References / Texts**

1. Jon M. Werner, Randy L DeSimone: Human Resource Development (4<sup>th</sup> Edition), Thomson, South Western
2. B.L. Mathur: Human Resource Development, Advance in Arihant Pub. Jaipur.
3. R.M. Bass, J.D. Drenth: Organisational Behaviour, Sage Pub. New York (1987).
4. B.D. Kolekar: Human Resource Development.
5. Gary Dessler: Human Resource Development
6. Stephen Gibb: Human Resource Development
7. P.C. Tripathi: Human Resource Development
8. Gomez Mejia, Luis R. D.B. Balkin and R. L. Condy: Meaning Human Resources, Printice Hall



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<b>Course Title</b>	: <b>Self &amp; Spiritual Growth (Open Elective)</b>
Course Number	: PSM-3091
Credits	: 04
Course Category	: PSM
Contact Hours (L-T-P)	: 40
Type of Course	: Theory
Course Assessment	: Maximum Marks - 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:** To discuss major concepts and techniques of Yoga and Meditation and the role of prayer and reading in improving the health-related quality of life.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Understand major concept and techniques of Yoga.
2. Perform and demonstrate meditation techniques.
3. Understand stages of Sufi practice and path of Sufism.
4. Understand the benefits and significance of Reading scriptures.
5. Demonstrate the benefits of reading scriptures.

**Course Contents**

1. Yoga and its types.
2. Elements of Yoga and its benefits.
3. Major Concepts: Principles of creation, consciousness, Karma, Subconscious tendencies.
4. Techniques of Yoga: Padmasana, Yoga Nidra.
5. Psychological Growth: Four Stages of life, Self-realization; Obstacles to Growth: Ignorance, Egoism, Desire and Aversion, fear.
6. What is Meditation? Process of Meditation.
7. Forms of Meditation: Concentrative, Mindfulness and Transcendental.
8. Meditative Techniques: Gibberish Meditation, Tasbih and Mantra Meditation.
9. Clinical Standardized Meditation, Walking Meditation
10. Vipasana Meditation.
11. Stages of Sufi practice
12. Paths of Sufism.
13. Prayer and Well-being
14. Reading Scripture, Significance of Religious-Spiritual Readings.
15. Psychological and Physiological effects of Reading Scriptures.

**Suggested /Essential list of References / Texts**

1. Husain, A., & Khan, S. (2014). Applied Spirituality: Theory, Research and Practice. New Delhi: Global Vision publishing House, ISBN: 978-81-8220-632-8.
2. Husain, A., Beg, M.A., & Dwivedi, C.B. (2013). Psychology of Humanity and Spirituality. New Delhi: Research India Press, ISBN:978-81-89131-79-1.
3. Husain, A., Masood, A., Parveen, S., Ikram, S., Rahman, S., & Ahmad, W.A. (2014). Identifying Positive Behaviour among Tasbih Meditators. In S. Saini (Eds.) Positive Psychology in the Light of Indian traditions (pp.656-672). Haryana: Indian Association of health, research and welfare. ISBN: 13: 978-81-920053-9-3.
4. Frager, R., & Fadiman, J. (2007). Personality and Personal Growth. Dorling Kindersley (India) Pvt. Ltd. ISBN: 81-317-1532-9.
5. Husain, A. (2015). YOGA: A Path for Attaining Spiritual Energy and Power. International Journal of Yoga and Allied Sciences, 5(1), 30-37.

6. Husain, A., & Hasan, A. (2020) Psychology of Meditation. A Practical Guide to discovery. New Delhi: Psycho Information Technologies, ISBN: 978-81-939227-6-7.

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<b>Course Title</b>	: <b>Non Experimental Research Methods (Compulsory)</b>
Course No	: PSM – 4001 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objective:** To train students in non experimental research methods and designs.

**Course Outcomes:** After completion of the course, the student shall be able to understand:

1. The nature of qualitative inquiry
2. The basic knowledge of how to carry out qualitative research with an emphasis on survey research, co-relational and mixed method research.
3. How to carry out qualitative data analysis.
4. To interpret the qualitative data.
5. The important components of documentation of qualitative research report

**Course Contents:**

1. Application and relevance of Non-experimental /Qualitative research designs. Merits and demerits.
2. Meaning and characteristics of Mixed Methods Design.
3. Need and importance of Mixed-Designs in Education & Psychological Research.
4. Type of Mixed Methods Designs: Parallel and Sequential.
5. Survey Research: Purpose, designing the survey instrument, steps in conducting the survey.
6. Methods of Survey Research: Interview and Questionnaire Method.
7. Merits and DeMerits of Survey Research.
8. Correlational Research Designs: Cross-sectional and Longitudinal.
9. Issues related to correlational designs.
10. Concept and uses of Hierarchical Regression,
11. Moderation and Mediation analysis.
12. Rationale for Qualitative research techniques.
13. Qualitative research characteristics and methods:- Ethnographic method, Case study, Phenomenological, and Narrative Approach. Grounded theory concept and issue.
14. Distinctive features of Qualitative Data Analysis and documentation of qualitative research.
15. Issues related to interpretation of qualitative data in writing research report. Software in data analysis.

**Suggested /Essential list of References / Texts**

1. Kerlinger F.N. (1983). : Foundations of Behavioral research. Surjeet Publications: Delhi.
2. Mertens, D.M. (1998) : Research Methods in Education and Psychology. Sage: thousand oaks.
3. David Dooley (1995). : Social Research methods. Prentice-Hall: New Delhi.
4. Mertens, D.M. (2005) : Research and evaluation in education and Psychology. Integration diversity with quantitative, qualitative and mixed methods, New Delhi; Sage.
5. Breakwell,G.M. Hammond, S. : Research Methods in Psychology, New Delhi: Sage  
& Fife-Schaw C. (1995) (Eds.)



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<b>Course Title</b>	: <b>Personality Assessment (compulsory)</b>
Course No	: PSM 4002
Credits	: 04
Course Category	: PSM
Contact Hours (L-T-P)	: 40
Type of Course	: Theory
Course Assessment	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objective:** To impart the theoretical and practical knowledge of assessment of personality.

**Course Outcomes:** After completion of the course, the student would be able to:

1. Understand the rationale behind personality assessment.
2. Familiarize with the history of personality assessment.
3. Critically analyse the response style and faking in assessment of personality.
4. Familiarize with major inventories used in personality assessment.
5. Understand the administration, scoring and interpretation of psychological tests and their potential use in various applied settings.

#### **Course Contents**

1. Assessment and Measurement: Distinction & relation. Purpose of assessment: Research & applied.
2. History and development of Personality Assessment.
3. Approaches to Personality Assessment: Rational-theoretical, Empirical & Factor analytic.
4. Problem of Response Distortion: Response Style: Acquiescence; deviation.
5. Response sets: Social Desirability & Faking.
6. Ethical issues in personality assessment: Personal, Legal and Social concerns.
7. Minnesota Multiphasic Personality Inventory-2: Scales – Clinical and Validity, Psychometric characteristics, Current status.
8. Millon-Clinical Multiaxial Personality Inventory
9. NEO – Five Factor Inventory: Domains, Applications.
10. HEXACO-60: Domains
11. Behavioural Assessment Techniques: Naturalistic observation, Self – monitoring.
12. Nature, Type and Evaluation of Projective Techniques.
13. Thematic Apperception Test: Administration, Scoring & Interpretation.
14. Rorschach Inkblot Test: Administration and Scoring.
15. Rorschach Inkblot Test: Interpretation and Diagnostic Indicators

#### **Suggested /Essential list of References / Texts**

1. Kelly E.Y. (1967) : Assessment of Human Characteristics. California: Books / Cole Publishing Co.
2. Layon, R.T. & Goldstein, L.D. (1970) : Personality Assessment. London: Wiley.
3. Hasan, Q. (1997) : Personality, Assessment- A Fresh Psychological look. New Delhi: Gyan Publishing House, 1997.
4. Wiggins, J.S. (1973) : Personality and Prediction, Principles of Personality Assessment. Reading Massachusetts.
5. Costa, P.T. & McCrae, R.R. (1992) : Revised NEO Personality Inventory and NEO Five Factor Inventory. (Professional Manual). N. Florida: Psychological Assessment Resources, Inc.
6. Ashton, M.C. & Lee, K. (2009) : The HEXACO-60: a Short Measure of the Major Dimensions of Personality. Journal of Personality Assessment, 91(4), 340-345
7. Kumar, R. (2010) : Rorschach Inkblot Test: A Guide to Modified Scoring System. New Delhi: Prasad Psycho Corporation.
8. Bernardo J. Carducci (2009) : The psychology of personality: Viewpoints, Research, and Application. United Kingdom: Willey-Blackwell.

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<b>Course Title</b>	: <b>Human Resource Management (Compulsory)</b>
Course Number	: PSM 4003
Credits	: 04
Course Category	: PSM
Contact Hours (L-T-P)	: 40
Type of Course	: Theory
Course Assessment	: Maximum Marks - 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:**

To impart the theoretical and conceptual knowledge of human resource management practices and their application in industry.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Understand basic principles of human resource management practices.
2. Understand human resource management practices for better understanding of issues related to human beings.
3. Enhance competencies for effective management of human resources.
4. Communicate real time case studies of human resource management practices.
5. Differentiate between recruitment and selection in industry.

**Course Contents**

1. Human Resource Management: meaning, importance and scope.
2. Human Resource Management: important Principles.
3. Policies in Human Resource Management.
4. Functions and Quality of Human Resource Management.
5. Models of HRM: Fomburn, Tichy & Devana Model, Harvard Model, Guest Model, and Warwick Model.
6. Recruitment: Meaning and methods of recruitment.
7. Factors affecting recruitment,
8. Selection: meaning and processes involved in selection.
9. Barriers in effective selection.
10. Evaluation of selection process and selection effectiveness.
11. Testing in industry.
12. Training: Meaning and importance.
13. Multiple goals of training.
14. Evaluation of training programme.
15. Impact of training methods in organizational effectiveness.

**BOOKS RECOMMENDED :**

1. R.M. Bass, J.D. Drenth : Organisational Behaviour, Sage Pub. New York (1987).
2. Saiyadain, M.S. : Human Recourse Management.
3. N.K. Chadda : Human Recourse Management issues, case studies and experimental exercises.
4. Biswajeet- Patnayak. : Human Recourse Management.
5. Kaswathappa : Human Resources and Personnel Management
6. C.B. Gupta : Human Recourse Management. Sultan Chand & Sons Publishers.
7. T.N. Chhabra : Human Recourse Management, concepts and issues
8. Business essentials viva : Human Recourse Management



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<b>Course Title</b>	: <b>Health Psychology</b>
Course Number	: PSM 4007
Credits	: 04
Course Category	: PSM
Contact Hours (L-T-P)	: 40
Type of Course	: Theory
Course Assessment	: Maximum Marks - 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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### Course Objectives:

To impart the theoretical knowledge of Health Psychology and its application for better management of illness.

**Course Outcomes:** After completion of the course, the student shall be able to:

1. Demonstrate knowledge of health psychology.
2. Understand the spectrum of health and illness for better management.
3. Identify stressor in their life and to manage them.
4. Understand a variety of health enhancing, health protective and health compromising behavior.
5. Know application of relaxation techniques and Yoga in illness management.

### Course Contents

1. Historical Background: Aims & objective of Health Psychology.
2. Challenges for the future.
3. Meaning of Health behaviour, Factors predicting Health Behaviours.
4. Theories of Health Behaviour: Attributive theory, Health Locus of Control, Health Belief Model.
5. Obesity, HIV, Cancer: Causes, management and coping.
6. Diabetes, stroke, CHD and hypertension: Causes, management and coping.
7. Pain and its management.
8. Aging and health.
9. Stress: Concept, Definition and sources of Stress.
10. Stress Model: General adaption Syndrome; Life events theory, Transactional model.
11. Coping with stress.
12. Exercise: Types, Effects of Exercise: Physiological and Psychological.
13. Maintenance of Health: Yoga, Meditation, Diet, Nutrients and Food.
14. Relaxation Techniques: Jacobson Progressive Relaxation, Broota's Relaxation Response.
15. Biofeedback Relaxation Techniques, Effectiveness of Biofeedback.

### Suggested /Essential list of References / Texts

1. Ogden, Jane : Health Psychology A text book Open University Press Buckingham, 1996.
2. Shelly E. Taylor: Health Psychology. TATA McGraw–Hill Sixth Edition 2006.
3. Pitts, M & Phillips, K.: sychology of health: An Introduction. London: Routledge, press 1991.
4. Virginia Hill Rice: Hand Book of Stress, Coping and Health. New Delhi.Sage Publications, 2000.
5. Husain, A. & Gulrez, Naima Khatoon : Managing Stress : A Practical Guide. Delhi Friends Publications , 2003
6. Khatoon, N.:Ed. Health Psychology. Pearson Education Inc. India, 2012.
7. Sarafino, E.P.: Health Psychology: Bio Psychosocial Interactions. Delhi. Friends Publications,1997.



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<b>Course Title</b>	: <b>ORGANIZATIONAL DEVELOPMENT AND CHANGE (Optional)</b>
Course No	: PSM – 4008 (CBCS)
Credits	: 04
Course Category	: PSM
Type of Course	: 40
Course Assessment	: Theory
	Maximum Marks – 100
	Sessional Marks - 30 (30%)
	End Semester - 70 (70%)

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**Course Objectives:** The aim of this course is to develop an understanding of Organizational Development and Change.

**Course Outcomes:** After completing the course the students will

1. Understand Organizational Development in wider context.
2. Develop awareness about historical perspective of Organizational Development.
3. Understand and evaluate the models of Organizational Development.
4. Develop understanding of basic knowledge of Organizational Change.
5. Be competent in identifying the forces for change and resistant to change.

**Course Contents:**

1. Meaning and Definitions of Organizational Development.
2. History of Organizational Development: The Laboratory Training Stem, The Survey Research and Feedback Stem, The Action Research, and The Socio-technical and Socio-clinical Stem.
3. Second Generation OD: Organizational Transformation, Organizational Culture, Learning Organization, Intensified Teams, TQM, and Visioning and Future Search
4. Values, Assumptions and Belief in Organizational Development.
5. Models of planned change: Kurt Lewin model, and Burke - Litwin model of organizational change.
6. System theory: Nature of systems, Input factors and congruence among system elements, Socio technical systems.
7. Managing the OD Process: Diagnosis and Intervention.
8. Action Research: History, Process and Approaches.
9. OD Interventions: Team Intervention, Intergroup and Third Party Peacemaking Intervention, comprehensive Intervention and Structural Intervention.
10. Concept and meaning of organizational change (O.C); Targets of change.
11. Forces for Organizational Change.
12. Resistance to Organizational Change.
13. Development in evolutionary change - Socio-technical systems, total quality management, flexible workers and flexible work teams.
14. Development in revolutionary change- Re-engineering, Restructuring and Innovation.
15. OD Techniques to deal with resistance to change and to promote change.

**Suggested / Essential list of References / Texts**

1. French, W.L. & Jr. Bell, C.H. (1995) : Organizational Development: Behavioural Science Interventions for Organization Improvement. 6<sup>th</sup> Edition. Pearson Education. Ins.
2. Jones, G.R. : Organizational Theory, Design and Change. Pearson Education. Inc.
3. Thomas, G. Cummings/ Christopher, G. Worley : Theory of Organization Development & Change
4. Reidar Dale : Organisations and Development.
5. Donald R. Brown/ Don Harvey : An Experiential Approach to Organization Development.