

FOR MINOR COURSE

SEMESTER 1

PSY MA/MB/MC1: Fundamentals of Psychology (TOTAL CREDIT : 5, TOTAL HOURS : 60)

Objectives: Provide an overview of the basic concepts in psychology to help in better communication and enhance adjustment in life and work.

Unit 1: Orientation to psychology (15 Hours)

- a) Nature, fields and applications of psychology
- b) Cognitive Processes: Learning, memory and problem solving
- c) Conative Processes: Motivation, types of motives (Extrinsic and Intrinsic)
- d) Affective Processes: Emotion, Positive and negative emotion

Unit 2: Psychology of individual differences (15 Hours)

- a) Theories of personality: Freud, Eysenck, Rogers, Costa and McCrae
- b) Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner
- c) Assessment of intelligence and personality

Unit 3: Understanding developmental processes (15 Hours)

- a) Cognitive Development – Piaget
- b) Moral Development – Kohlberg
- c) Psycho-social Development – Erikson

Unit 4: PRACTICUMS (15 Hours)

1. Assessment of Intelligence through Cattell's Culture Fair Test
2. Assessment of Personality through NEO-FFI

Readings:

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson

Feldman.S.R.(2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata Mc Graw Hill.

Glassman,W.E.(2000).Approaches to Psychology(3rd Ed.) Buckingham:Open University Press.

Michael, W., Passer, Smith,R.E.(2007). Psychology: The science of mind and Behavior. New Delhi :Tata McGraw-Hill.

SEMESTER 2

PSY MA/MB/MC 2: YOUTH, GENDER AND IDENTITY

(TOTAL CREDIT : 5; TOTAL HOURS : 60)

Objectives: To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface and to inculcate sensitivity to issues related to Youth, Gender and Identity within the sociocultural context.

Unit 1: Introduction (15 Hours)

- a. Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context
- b. Concepts of Gender: Sex, Gender Identity, Gender Roles, Gender Stereotypes
- c. Concepts of Identity: Self Concept, Self Esteem, Social Identity

Unit 2: Youth and Identity (15 Hours)

- a. Family: Parent-youth conflict, sibling relationships, intergenerational gap
- b. Peer group identity: Friendships and Romantic relationships
- c. Youth culture: Influence of globalization on Youth identity and Identity crisis
- d. Youth, Gender and violence - Encouraging non-gender stereotyped attitudes in youth

Unit 3: Gender and Identity (15 Hours)

- a. Issues of Sexuality in Youth
- b. Gender discrimination

- c. Culture and Gender: Influence of globalization on Gender identity

Unit 4: PRACTICUMS (15 Hours)

1. Assessment of gender role using Indian Gender Role Identity Scale (IGRIS)
2. Assessment of achievement using Deo-Mohan Achievement Scale

Readings:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Baron, R.A., Byrne, D. & Bhardwaj. G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.

SEMESTER 3

PSY MA/MB/MC 3: PSYCHOLOGY FOR HEALTH AND WELLBEING

(TOTAL CREDIT : 5; TOTAL HOURS : 60)

Objective: To understand the spectrum of health and illness for better health management.

UNIT 1: Illness, Health And WellBeing (15 HOURS)

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

UNIT 2: Stress and Coping (15 HOURS)

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

Unit 3: Health Management (15 HOURS)

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviors, illness management

Unit 4: PRACTICUMS (15 HOURS)

1. Assessment of Stress using Perceived Stress Scale (PSS)
2. Assessment of Coping Using the Coping Checklist 2 (CCL 2)

Readings

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*.New Delhi: Pearson.

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.

Hick, J.W. (2005). *Fifty signs of Mental Health.A Guide to understanding mental health*. Yale University Press

Misra,G. (1999).*Stress and Health*. New Delhi: Concept.

Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions (4th Ed.)*.NY: Wiley.

Taylor, S.E. (2006). *Health psychology, 6th Edition*. New Delhi: Tata McGraw Hill.

SEMESTER 4

PSY MA/MB/MC 4: PSYCHOLOGY AT WORK

(TOTAL CREDIT : 5; TOTAL HOURS : 60)

Objectives: To understand the meaning and theoretical foundations of I/O Psychology To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit I: Introduction to I/O Psychology (15 hours)

Definition, Brief History, Contemporary Trends and Challenges

Unit II: Job Satisfaction and Work Motivation (15 hours)

Concepts of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit III: Leadership and Communication (15 hours)

The meaning of leadership, early approaches to leadership, and contemporary approaches to leadership Transformational and Transactional Leadership; Communication process, purpose of communication in organizations

Unit IV: PRACTICUMS (15 hours)

1. Assessment of Work Motivation through Herzberg Work Motivation Scale.
2. Assessment of Work related Quality of Life through the Work related Quality of Life Scale (WRQOL Scale)

Readings

Adler, N.J. (1997). Global Leaders; A Dialogue with future history, Journal of International Management, 2, 21-33.

Adler, N.J. (1997). Global Leadership: Women Leaders. Management International Review, Vol. 37, International Human Resources and Cross Cultural Management, 171-196.

Chadha, N.K. (2007). Organizational Behavior. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). Behaviour in Organizations (9th Ed.). India: Dorling Kindersley

Griffin, R.W. & Moorhead, G. (2009). Organizational Behavior: Managing People & Organizations. Biztantra publishers

Robbins, S. P. & Judge, T.A. (2007). Organizational Behavior. 12th Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. (2008). Essentials of Organizational Behavior. 9th Edition. New Delhi:

Prentice Hall of India.

Singh, K. (2010). Organizational Behavior: Texts & Cases. India: Dorling Kindersley

SEMESTER 5

PSY MA/MB/MC 5: CLINICAL PSYCHOLOGY

(TOTAL CREDIT : 5; TOTAL HOURS : 60)

Objectives: To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

UNIT 1: Models of Psychopathology (15 Hours)

Psychodynamic, Cognitive- behavioral, and stress-diathesis models of psychopathology

Unit 2: Anxiety disorders and Obsessive compulsive related disorders (15 hours)

Overview and Clinical picture of Anxiety and Obsessive Compulsive related Disorder

Unit 3: Schizophrenia and Mood disorders (15 hours)

Overview and Clinical picture of Schizophrenia and Mood Disorder

Unit IV: Practical (15 hours)

1. Assessment of State and Trait Anxiety through State Trait Anxiety Inventory (STAI).
2. Assessment of Subjective Depression through Beck Depression Inventory (BDI)

SEMESTER 6

PSY MA/MB/MC 6: DEVELOPMENTAL PSYCHOLOGY CONTEMPORARY APPROACHES

(TOTAL CREDIT : 5; TOTAL HOURS : 60)

Objectives: To understand the role of culture in understanding behavior and explore psychological insights in Indian thought traditions.

Unit 1: Contemporary Approaches

Contemporary approaches of studying cognitive, language and emotional development and concept of emotional intelligence

Unit 2: Identity Development

Development of Identity: Personality Development, Gender and Sexuality, and Development of Self.

Unit 3: Developmental Disabilities

1. Intellectual Disability
2. Learning Disability and Communication Disorders
3. Autism Spectrum Disorders
4. Attention Deficit Hyperactivity Disorder

UNIT 4: PRACTICUMS

1. To assess intellectual level of an individual through Standard Progressive Matrices (SPM),
2. To assess emotional intelligence of an individual through Wong & LawScale Emotional Intelligence scale.

Readings:

Auluck, S. (2002). Self and identity In G. Misra, and A. K. Mohanty (eds.), Perspectives on Indigenous Psychology, p. 374–398, New Delhi: Concept Publishing Company.

Chiu, C., & Hong, Y. (2006). Social Psychology of culture New York: Psychology Press. Jain, U. (2002). An Indian perspective on emotions In G. Misra, and A. K. Mohanty (eds.),

Perspectives on indigenous psychology, p. 281-291. New Delhi: Concept Publishing Company.

Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science In G. Misra, and A. K.

Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.

Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol, 1. New Delhi: Pearson.

Mangal & Mangal. Emotional Intelligence: Managing Emotions to Win in Life

PSY MD 1: ORIENTATION TO PSYCHOLOGY

Semester I

Unit I: Introduction to Psychology: Nature, Scope, and Methods of Psychology Schools of Psychology (Psychoanalytic, Behavioral, Cognitive-Behavioral, Humanistic),

Unit- II: Learning and memory: Classical Conditioning, Instrumental Conditioning, Observational Learning, types of Memory, Forgetting: Causes and curve

Unit- III: concept and definition of personality; Theories of personality (Topographical and structural theory of Freud, Eysenck, and Rogers)

PSY MD 2: ORIENTATION TO STRESS AND PSYCHOPATHOLOGY

Semester- II

Unit-I: Concepts and Types of Stress; Types of Stressors; effect of Stress; GAS Model; Cognitive Appraisal theory (Lazarus)

Unit- II: Stress Management techniques, Yoga, meditation, PMR, and Cognitive restructuring

Unit-III: Introduction to Psychopathology, Overview of DSM V TR, ICD 11, Clinical Picture of Phobia, GAD, OCD, MDD, and Schizophrenia

PSY MD 3: ORIENTATION TO PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Semester III

Unit I: Concept of Growth and Development, Nature-Nurture Debate, Milestones of Development

Unit II: Concept and definition of intelligence; Theories of intelligence (Spearman, Cattell, Sternberg); Relationship with creativity (Threshold hypothesis).

Unit III: Introduction to Social Psychology: Attitude, Stereotype, Stigma, Aggression and Prosocial Behavior