

**HEMCHAND YADAV VISHWAVIDYALAYA,  
DURG (C.G.)**

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**SCHEME OF EXAMINATION  
&  
SYLLABUS  
of  
M.A. (Psychology) Annual Exam  
UNDER**

**FACULTY OF ARTS**

**Session 2025-26 & 2026-27**

**(Approved by Board of Studies)**

**Effective from June 2025**

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**M. A. PREVIOUS (PSYCHOLOGY)**  
**COMPULSORY PAPERS**

PAPER	NAME	MARKS	HOURL
I	Experimental and Cognitive Psychology	100	3 hours
II	Social and Cultural Psychology	100	3 hours
III	Research Methodology and Statistics	100	3 hours
IV	Psychopathology and Health Psychology	100	3 hours
V	Practicum	100	4 hours
Total Marks		500	

**PAPER – I**  
**EXPERIMENTAL AND COGNITIVE PSYCHOLOGY**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT-I** Attention and Perceptual Processes:  
Attention: selective attention and its theories, Biological basis. Perception: Nature, Principles of perceptual organization, Picture perception, and Determinants.
- UNIT – II** Memory & Forgetting: Memory process: Encoding, Storage, Retrieval, Stages of Memory: Sensory. STM, LTM. Episodic, Memory improvement Meta-Cognition, Tip of the tongue Phenomenon, Meta memory.  
Theories of forgetting: Interference, decay.
- UNIT-III** Thinking & Problem solving: Theories of thought Process, Reasoning, Problem solving: Problem solving approaches, strategies, Role of Concepts in thinking. Decision-making: Algorithms and heuristics.
- UNIT- IV** Learning: Nature and Types, Classical Conditioning, Instrumental learning, Verbal learning, Reinforcement.
- UNIT- V** Creativity and Reasoning: Creativity: Nature and Measurement, Factors affecting Creativity. Reasoning: Types and errors in reasoning process: deductive and inductive.

**BOOK RECOMMENDED:**

1. Snodgrass, J. Gray. Et. Al (1985) Human experimental psychology, New York: Oxford University Press.
2. Galott, K. M. (1999) Cognitive psychology in and outside laboratory, Mumbai: Thompson Asia.
3. D. Amato M.R. (1970) Experimental Psychology, New York, Mc. Graw Hill.
4. SenAnima : Attention & Destracton New Delhi.

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## PAPER – II

### SOCIAL AND CULTURAL PSYCHOLOGY


M.M. - 100

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

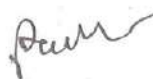
- UNIT – I** Historical Background & Theoretical perspective: Growth of social psychology, Methods of social psychology. Theoretical perspective: Cognitive dissonance, Social comparison, Attribution, Field, Psychoanalytic, Socio-biology.
- UNIT– II** Social Cognition and Influence Processes: Social and Person perception, Impression Management. Communication. Attitude: Nature and characteristics, development and change. Leadership: Meaning and nature, function, styles of leadership, effectiveness.
- UNIT–III** Understanding Relationship and Group Processes: Social Motivations, Pro-social Behavior. Aggression and Violence. Group Dynamics and Cohesiveness: Group Dynamics: meaning, formation, Decision Making, Group level behavior.
- UNIT– IV** Applied Social Psychology: National character. Poverty, Gender and Population Issues. Social tension and group conflict. Problems of social change
- UNIT– V** Culture and Behavior: Culture and Cognition. Culture and Organization. Culture and Personality. Culture and Health. Prejudice and Discrimination. Stereotypes.

#### BOOK RECOMMENDED :

1. Billing, M. (1976) Social Psychology and inter group relations, NY: Academic Press
2. Lindsey, G. & Aronson, E (Eds) (1985) The Handbook of social psychology. NY : RandomHouse.
3. Mishra, G. (1990) Applied social psychology in India ND:Sage
4. Eiser, J.R. (1986) Social Psychology, London : Cambridge UniversityPress.
5. Dalal, A.K. (1989) Attribution theory and research ND wileylimited.
6. Feldman R.S. (1985) Social Psychology, New York, McGrawhill.
7. Baran A.B. & Byre, D (1991) Social Psychology, - Boston allyn&Bacon.
8. Pandey, J. (1988) Psychology in India; the state – 7 the art Vol – 2 ND.Sage.

  
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**PAPER – III**  
**RESEARCH METHODOLOGY AND STATISTICS**

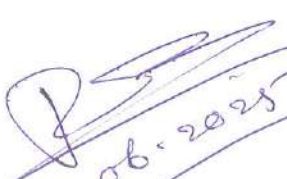
**M.M. - 100**


NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Nature of scientific research in behavioral sciences. Experimentation in psychology. Variables: Nature and types. Techniques of experimental manipulation, control in experiment. Sources of bias. Ethical issues in psychological research. Research Process: Consideration of research problem and hypothesis.
- UNIT – II** Sampling: Probability and nonprobability sampling. Research report writing (APA style). Normal Probability Curve, its properties and utility in inferential statistics, Null hypothesis, Type I and Type II errors, Levels of significance.
- UNIT – III** Method of Collecting data: Observation, Questionnaire, Interview. Case Study, Psychological tests and Content - Analysis.
- UNIT – IV** Experimental Design: Single Factor, Randomized block, 2X2 factorial design, Repeated measures (on one factor) Design: Graeco Latin – Square Design, t-test, ANOVA: one – way and two – way, Newman - Keul tests.
- UNIT – V** Cross Sectional and Longitudinal Designs. Measures of relationships: Multiple Regression, Factor Analysis: the Centroid method, calculation of factors, Content Analysis.

**BOOK RECOMMENDED:**

1. Kerlinger D & Katz L. : Foundation of behavioural research (2<sup>nd</sup>ed) Surjeet Publication, Kamlanagr, Delhi, 1983
2. Kothari C.R.: Research methodology : methods and techniques. Wiley eastern Ltd. New Delhi 1986
3. Broota, K.D. : Experimental design in behavioural research Wiley eastern Ltd. New Delhi 1992
4. Black T.R. : Quantative research designs for social sciences thousand oaks: sage 1988
5. Winer, B.J. : Stastical principles in experimental design, New York, Mcgrawhill, 1971
6. Edwards, A.K.: Experimental designs in psychological research. New York Holt 1976
7. Mason, J. : Qualitative Researching, thousand oaks: sage 1997.

  
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**PAPER – IV**  
**PSYCHOPATHOLOGY AND HEALTH PSYCHOLOGY**

**M.M. - 100**

**NOTE:** This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Classification systems in psychopathology: W.H.O. (ICD-11) and multiaxial systems (DSM-V TR): Evaluation of classification system. Theoretical background, approaches to psychopathology (1) Psychodynamic; (2) Behavioral; (3) Cognitive; (4) Phenomenological; (5) Biological (6) Socio-cultural approach. Diagnosis – purposes of diagnosis, Method of diagnostic assessment.
- UNIT – II** Intervention models and Psychotherapies: Psychodynamic, Behavioral, Biological, Behavioral medicine, Socio-cultural, Phenomenological and Spiritual approach to therapy.
- UNIT – III** Theories and models of Anxiety disorder: (a) Panic, Phobic, OCD, Post – Traumatic Stress disorders, Generalized Anxiety Disorders, (b) Somatoform disorders, Impulse control disorder, eating disorder and Sleep disorder.
- UNIT – IV** Schizophrenia, Mood disorder, Mental Retardation and Personality disorder (cluster categories and problems), Types & Symptoms: substance related disorders.
- UNIT – V** Psycho Physiological Disorder, Theories of Personality-dispositions, Coronary heart disease (CHD), Asthma, Allergy, Eczema Itching, Rheumatoid Arthritis, Peptic Ulcer, Diabetes and Menstrual disorders, Sexual and Gender Identity disorder. Mental Health Promotion and Maintenance.

**BOOK RECOMMENDED:**

1. Aboud, T.D.: Health psychology in global perspective. Thousand oaks, C.A: Sage(1988).
2. Page, J.D.: PSYCHOPATHOLOGY : The Science of understanding Deviance. (2<sup>nd</sup>ed.) (1975)
3. Carson, C.R., Butcher J. N. : Abnormal psychology and modern life (9<sup>th</sup>ed) Harper Collins publisher.(1992).
4. Adams, H.E. &Sutkar. P.B. : comprehensive handbook of psychopathology New York, Plenum Press.
5. Prokap, C.R. &Bradly, L.A.: Medical psychology: Contribution to Behavioural medicine, Academic press,(1991)
6. Davison G.C. and Neal J.N. Abnormal Psychology – 8<sup>th</sup>Ed. Wiely Publishers,2000.

  
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## PAPER – V PRACTICUM

M.M. 100

This paper consists of the laboratory (experimental and testing) and field-work done throughout the academic session and will be evaluated at the time of annual examination along with the other papers. Distribution of marks would be as under:

	Marks
A. Record of lab practical and field work	25
B. Evaluation of one lab. Experiment of be conducted in the examination	25
C. One test to be administered in the examination	25
D. Viva-Voce on practicum	25

**Note:** No candidate would be allowed to appear in the practical examination unless his/ her day-to-day practical work and report are found satisfactory.

List of Practicum: **(Any five experiments four tests and one field study)**

### 1) Experiments:-

1. Meaningfulness and selective attention.
2. Effect of types of information on impression formation.
3. Memory improvement.
4. Episodic memory
5. Chunking
6. Proactive inhibition
7. Problem solving
8. Retroactive inhibition
9. Meaningfulness in verbal learning
10. Feedback in verbal learning.



### Tests:-

1. E.P.Q.
2. Locus of control
3. Picture frustration
4. Intelligence test (performance/non-verbal)
5. Thinking style
6. Cognitive style
7. Trait-state anxiety
8. Projective test.

### Field Work:

- |                               |                          |
|-------------------------------|--------------------------|
| 1. Person perception          | 2. Impression management |
| 3. Attitude measurement       | 4. Group conformity      |
| 5. Value judgment             | 6. Identity crisis       |
| 7. Gender discrimination      | 8. Communal tension      |
| 9. Inter personal interaction | 10. Pro-social behavior  |
| 11. Social loafing            |                          |

**Note:** Field study Workshop on topics would be allotted by the departmental committee.

  
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## M. A. FINAL (PSYCHOLOGY)

### COMPULSORY PAPERS (Two)

No.of Paper	Name of Paper	Marks	Hours
(vi)	Life Span Development and Personality Psychology	100	3 hours
(vii)	Psychological Assessment	100	3 hours
	<b>Optional Papers: Two papers from any one of the three groups</b>		
	<b>Group A: Psychology of Management</b>		
(viii)	Organizational Behavior Management	100	3 hours
(ix)	Human Resource Development and Management	100	3 hours
	<b>Group B: Psychology of Education</b>		
(viii)	Educational and Instructional Psychology	100	3 hours
(ix)	Guidance and Counseling Psychology	100	3 hours
	<b>Group C: Clinical Psychology</b>		
(viii)	Clinical Diagnosis and Community Mental Health	100	3 hours
(ix)	Psychotherapeutic Counseling	100	3 hours
(x)	Practicum	100	4 hours

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**PAPER – VI (COMPULSORY)**  
**LIFE SPAN DEVELOPMENT AND PERSONALITY PSYCHOLOGY**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I** Scope, Nature and Principles of development, Factors influencing development: Heredity, Environment, Motivation, Learning. Methods; Cross-sectional, longitudinal approach, Research strategies: Correlation, Experimental and other sequential techniques. The Developmental tasks and theories of Development.

**UNIT – II** How life begins, Infancy, baby hood and childhood. Characteristics, adjustment, hazards and Physical, Emotional, Social and Personality Development.


**UNIT – III** Adolescence, Adulthood, Middle and Old age- Characteristics. Physical, Social, Cognitive and Spiritual Development, Psychosocial Changes and Adjustment.


**UNIT- IV** Personality: Meaning and Concept of Mature Personality, Theories of Personality: Psychodynamic Approach, Freud, Erikson, Adler. Trait Approach : Allport, Cattell, Eysenck, Cognitive Approach: Kelly. Behavioural Approach: Bandura. Humanistic Approach: Maslow & Rogers.

**UNIT- V** Indigenous concept and Models of Personality – Yogic, Sankhya and Buddhist View. Structure, Dynamics, Development and Current Researches in the field of Personality.

**BOOK RECOMMENDED:**

1. Baltes, P.B. & Brim O.G. (1978): Life span development behaviour, N. Y. Academic Press.
2. Thomas, M. R. (2000): Recent theories of Human Development, thousand Oaks: sage Publication.
3. Zanden, J.W. & Vander (1997): Human Development (7<sup>th</sup>Ed.) New York: McGraw Hill.
4. Elizabeth B. Hurlock (1977): Development Psychology. A life span approach, (5<sup>th</sup>Ed.)
5. Jere E. Brothy & Sherry L. Willis (1981): Human Development and Behaviour, St. Maitins Press, NY.
6. Liebert, R.M. & Spiegler, M.P. (1993): Person aligy: Strategies & issues, P.C. California Books Cole Pub.Co.
7. Hall C.S. and Lindsey, G. (1996) theories of Personality N.Y.J. Wiley & Sons.
8. Pervin L.A. (1975): Psychology of personality readings in theory, Chigos. Rand Meznally CollegeLab.
9. Sinha J.N. (1969) : Indian Psychology, Calcutta.
10. Mukkopadhyay, Swami Niranjanand Saraswati Yoga Darshan Munger : Bihar School of Yoga.

  
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**PAPER – VII (COMPULSORY)**  
**PSYCHOLOGICAL ASSESSMENT**

**M.M.- 100**

**NOTE:** This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I** Nature of Psychological Assessment, Differences between Physical & psychological assessment. Problems in Psychological Assessment. Levels of Assessment.

**UNIT – II** Scaling: Unidimensional and Multidimensional. Scale construction techniques. Difference between tests, scales, questionnaire and schedule. Characteristics of a good psychometric test. Difference between psychometric and projective technique.

**UNIT – III** Construction of Psychometric tools: Steps in test construction. Item writing, Pre try out, item difficulty level, discrimination power Reliability; Concept, type, method of determining reliability, Validity: Concept, type, methods to determine validity, Factors affecting reliability and validity. Norms: Types, uses and method to determine various types of norms.

**UNIT- IV** Cognitive and Non-Cognitive Tests


- (a) Major Tests of Intelligence, Aptitude and Achievement developed under Western and Indian Cultural Setup.
- (b) Projective and Psychometric tests of Personality, adjustment, Values Interest, Stress and Anxiety developed under Indian and Western conditions.
- (c) Psycho-Physical and Neuro-Psychological test.

**UNIT- V** (a) Adaptation of tests.

- (b) Test taking Response Styles: Social desirability, Acquiescence and Faking.
- (c) Psychological testing in Applied Field of Life: Diagnosis, Psychotherapy, Education, Occupations and Organizations.

**BOOK RECOMMENDED:**

1. Anastasi, A. (1988) Psychological Testing London: McMillan Publishing Co.
2. Crowback. L.J. Essentials of Psychological Testing.
3. Reeman F. Theory and Practice of Psychological Testing.
4. Gheselli Theory of Psychological Measurement New Delhi Tata HeGraw Hill Publication.
5. Guilford, J.P. Psychometric Methods. New Delhi Tata McGrawHill.
6. Nunally, J.C. Introduction to Psychological Measurement, Tokyo: McGrawHill.
7. Nunally, J.C. Psychometric Theory, New Delhi: Tata Mc.Graw Hill Publishing Co.

  
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**GROUP - A**

**PAPER – VIII (OPTIONAL)**

**ORGANIZATIONAL BEHAVIOUR MANAGEMENT**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

**UNIT – I** Historical overview of the field, old and emerging forms of organizations, Psychological processes in organizations: person- learning principles, perceptions and motivation.

**UNIT – II** Organizations Processes: Influence and power in organization leadership. Nature and theories of communication. Barriers, effectiveness, current issues, role of T.A. in communication decision making, nature of rational process of decision-making. Group decision-making, techniques of good decision making (DM).

**UNIT – III** Interpersonal Processes in Organizations: Group Dynamics and team work in organization, Conflict, Decision Making Negotiation in Organization, Union Management interface, Total Quality Management (TQM), Bench Marking, Re-engineering, Changing Organizational Culture.

**UNIT – IV** Marketing Research: Nature and function: consumer behavior, sales promotion strategies.

**UNIT – V** Organizational change and development: Managing the organizational Development (OD) process, OD Approaches and Techniques, Theoretical Development and Emerging OD Technique. Organization Change: Process and Models.

**BOOK RECOMMENDED:**

1. Udai Pareek: Organizational learning R. Gibson (1997) Rethink the future London Nicholas Brealey Publishing.
2. Luthans Fred: Organizational Behaviour (1995) McGraw Hill international Edition.
3. Stephens P. Robbins: Organizational behavior (9<sup>th</sup> edition) (2000) Prentice Hall India, New Delhi 110001.
4. Jerald Greenberg, Robert, Aaburn: Behaviour in organization (1999) Prentice Hall of India. New Delhi 110001

  
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**GROUP - A**

**PAPER – IX (OPTIONAL)**

**HUMAN RESOURCE DEVELOPMENT AND MANAGEMENT**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Some assumptions about HRM, Structure and Role of HRM, The Indian Context of HRM, Models of HRM. Current and Future Challenges to HRM.
- UNIT – II** Human Resource Planning: Steps and stages in manpower planning. Structure of manpower planning HRD in India. Job analysis and job design. Recruitment and selection. Job and Careers in HRM
- UNIT – III** Performance Appraisal: Factors distorting appraisal and how to improve appraisal. Type of Appraisal system. Wage and Salary Administration. Employment Incentive.
- UNIT – IV** Human Resource policies and practices: changing trends in work environment, developing the human resource, the employment relationship. Professional bodies.
- UNIT – V** Maintaining Human Resource: Safety and Health, Stress Management, Labour Relations and Collective Bargaining. Employee involvement, Employee counseling.

**BOOK RECOMMENDED:**

1. Human Resource Management. A contemporary perspective I. Board Well & Holden.
2. Personnel Human Resource Management. D.A. centre & S.P. Robbins.
3. Designing and Management. Human Resources Systems U. Pareek & T.V. Rao.
4. Human Resource Management. Fisher. Scheenfeldt and show.

  
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**GROUP - B**  
**PAPER – VIII (OPTIONAL)**  
**EDUCATIONAL INSTRUCTIONAL PSYCHOLOGY**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Conceptual and theoretical perspectives in Educational Psychology.  
Theories: Behaviouristic, Social learning, Piaget and their application in teaching. Information processing Models, Instructional Models, and programmed learning: Concept, Characteristics and models.
- UNIT– II** Human diversity and education.  
Learning styles: Nature, approaches to learning style, measurement of learning styles, attempt to modify learning styles.  
Individual and group differences in intelligence. Theories of intelligence, multiple intelligence, Gender differences issues in the classroom. Multilingualism and minority language issues in education, tongue education, bilingual and multilingual education.
- UNIT–III** Effective Teaching and Classroom Management  
Planning and setting objectives for Teaching, Taxonomy of objectives. Types of objectives and their utility, characteristics of effective teachers. Teaching methods: Instruction, Lecturing and Explaining, Questioning. Aptitude – treatment interaction, student centered teaching, individualized instruction, Class room management and teaching in small groups: The discussion method and cooperative learning, computer-assisted instruction.
- UNIT– IV** Exceptionality and social education:  
Categories of exceptionality, labeling and educational relevance. Physically disabled students, students with cognitive disabilities, brain dysfunction and communication disorders.  
Students with emotional and behavior disorder. Attention deficit disorder (ADD), attentional deficit hyperactive disorder (ADHD), Gifted and talented students. Intervention and special education for various forms of exceptionality, mainstreaming.
- UNIT– V** Educational Assessment  
Measurement and evaluation (Norm reference and criteria referenced tests), Test scores- meaning and types, standardized test: Meaning Types and interpretation Classroom assessment and grading: Techniques of Class room evaluation, Observation, Questionnaire.

  
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**BOOK RECOMMENDED:**

1. De Secco, J.P. & Croford, W.R. : The Psychology of Learning and Instruction, New Delhi. PrenticeHall.
2. Ellis, R.S.: Educational Psychology, A Problem approaches affiliated, New Delhi, case WestPress.
3. Bruce & Marshvell : Models of Teaching (2<sup>nd</sup> Ed.) 1980.
4. Travers, J.F. : Educational Psychology (2<sup>nd</sup> Ed.) 1979.

  
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**GROUP - B**  
**PAPER – IX (OPTIONAL)**  
**GUIDANCE AND COUNSELLING**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Definition, Nature, Need and Functions of Guidance and Counselling. Counselling and Psychotherapy. Intervention, Goal and objectives of Counselling.
- UNIT – II** Techniques of Appraising the client: Standardized and Non-Standardized Techniques, Intelligence, Personality, Aptitude and Interest. Observation, Auto biography, Case study, Interview, Rating scales.
- UNIT – III** Approaches of Counselling: Directive, Non-directive, Eclectic. Individual and group counselling. Evaluation of counselling. Follow up and placement services.
- UNIT – IV** Characteristics of a good Counsellor. Counsellors Training, Organization of guidance program in educational institution. Relevance of guidance under 10+2+3 educational pattern. Issues and trends in guidance and counselling. Ethical standards.
- UNIT – V** Special areas of Guidance and Counselling: Vocational, Marital, Educational, Family. Counseling for the pre-school and elementary school children, adolescent.

**BOOK RECOMMENDED:**

1. Lewis, E.C. (1970): Counselling Psychology, New York, Holt Rinehart and Winster, Inc.
2. Harson, J.C. (1978): Counselling Processes and Procedures. New York,McMillan Publishing Co.Inc.
3. Narayan Rao. S. (1981): Counselling Psychology, New Delhi, Tata McGrawHill.
4. Kemp. C.G. (1970): Foundations of group counselling., New York, McGrawHill.
5. Steffler, B.(Ed.) 1965. Theories of counselling, New York, McGraw Hill BookCo.
6. Warters, J. (1964): Techniques of counselling, New York, McGraw Hill BookCo.
7. Rappaport, D. Gill, M.M. and Schafer, R. (1968): Diagnostic Psychological testing. (Revised edition, edited by Holt, R.R.) New York, International UniversitiesPress.
8. Anastasi, Z. (1992): Psychological Testing (Seventh Ed.) New York,McMillan.

  
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**GROUP - C**

**PAPER – VIII (OPTIONAL)**

**CLINICAL DIAGNOSIS AND COMMUNITY MENTAL HEALTH**


**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** History and current trends. Approaches: Psychodynamic, Behaviouristic, Humanistic, Cognitive and Socio-cultural.
- UNIT – II** Clinical diagnosis: Symptomatic vs. dynamic. Symptomatic diagnosis: ICD-11, DSM-V (R). Dynamic diagnosis: Observation, Case history and Interview.
- UNIT – III** Clinical Assessment: Basic principles, Psychometric tests: MMPI, WAIS & WISC. Projective tests: Rorschach & TAT.
- UNIT– IV** Impressionistic approach of diagnosis: Informal assessment, Psycho-Physiological Assessment: EEG, ECG, and PGR, Blood pressure, Pulse-rate; Neuro-Psychological testing. Clinical report writing.
- UNIT – IV** Community Psychology: Perspectives of Community Psychology, Social Interventions: Methods and Strategies.

**BOOK RECOMMENDED:**

1. Iscope, I.; Block B.L. and Spielberger, C.D. (eds) Community psychology: Perspectives in training and research. NY: Appleton, 1977.
2. Mann. A.P.; Community Psychology: Concepts and applications. Free Press, 1978.
3. Rapaport, J. Community Psychology: Values, Research and action. NY: Holt Rinehart. 1977.
4. Korchin, S. Modern Clinical Psychology. Harper and Row, 1978.
5. Wolman, B.B. (ed) Handbook of Clinical Psychology, McGrawHills, 1972.

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**GROUP - C**

**PAPER – IX (OPTIONAL)**

**PSYCHOTHERAPEUTIC COUNSELLING**

**M.M. - 100**

NOTE: This paper consists of five units. From each unit minimum two questions will be set and candidates will have to answer one question from each unit.

- UNIT – I** Psychotherapeutic Counseling: Psychoanalytic Technique, Behavioral Technique, Client Centered Technique, Community Interventions and Group Therapeutic Techniques.
- UNIT – II** Methods for Altering Maladaptive Behavioural deficits: Shyness, delinquency, depression, speech and sexual dysfunctions.
- UNIT – III** Methods for altering maladaptive behavioural excesses: Excessive smoking, alcoholism, drug addiction and temper-out burst, physical aggression.
- UNIT – IV** Methods of altering inappropriate behaviour: Marital maladjustment, child-misbehavior, homosexuality, and exhibitionism.
- UNIT – V** Methods for altering fears and anxiety and treating psychophysiological disorders: test-anxiety, generalized anxiety, stress, school phobia, snake phobia, combination of fears, CHD, asthma and peptic ulcer.

**BOOK RECOMMENDED:**

1. Carson & Butcher: Abnormal Psychology and modern life.
2. Wolpe, R. & Dryden, W. (eds) (1996) : Handbook of counselling psychology, New Delhi
3. Woolberg, L.R. (1998) : The Techniques of Psychotherapy, Barcours Brace : Groune and stration.
4. Toukmarian, S.G. & Rennie D.C. (1992): Psychotherapy Process and Research, Sage
5. Gelso, C.J. and Fretz, B.R. (1995): Counselling Psychology, Bangalore, Prism Books Ltd.
6. Abate, L. & Milan, M.A. (ed.) (1985): Handbook of social skill training & Research, New York: John Wiley & Sons.
7. Gorey, G (1986) Theory and Practices of Counselling and Psychotherapy, Monterey California, books coleypublishing.
8. Adelson, D. & Kalis, B.L. (1970) : Community Psychology and Mental Health. Perspectives Seanto.
9. Mann. A.P. (1978): Community Psychology: Concepts and applications, Free Press.
10. Iscoe. I. Block, B.L. & Spielberger, C.D. (eds.) (1977): Community Psychology: Perspectives in training and research N.Y. : Appleton.

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**PAPER – X (OPTIONAL)**  
**PRACTICALS (COMPULSORY)**

**M.M. - 100**

**Note:-** This Paper consists of two parts: Part –I and Part – II

**PART– I      LAB PRACTICALS:-**

(Any five of the following to be completed in the Laboratory training.)

1. Knowledge of results.
2. Effect of social support on conformity.
3. Attribution of achievement outcomes.
4. Zeigarnik effect.
5. Level of aspiration as a function of success or failure.
6. Reminiscence in motor learning.
7. Short Term Memory.
8. Effect of group on individual judgment.

**PART– II      FIELD STUDY**

This part of the practical paper comprises of completion of two field studies, one (I) from the area of compulsory papers and another (II) from the area of optional papers of the specialization group.


- (I) Any one of the areas given below from the compulsory papers be selected by the candidate and its field studies be completed under supervision of the departmental supervisor.

**DEVELOPMENTAL PSYCHOLOGY:**

1. Childhood
2. Adolescence
3. Adulthood
4. Old age
5. Home environment

**DEVELOPMENTAL PSYCHOLOGY:**

1. Leadership Styles
2. Matured Personality
3. Personality type 'A' and 'B'
4. Neuroticism
5. Psychopathic personality

  
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- (II) Candidate is required to complete one field study from the optional group under supervision of a concern teacher. The optional group prescribed along with the areas of specialization is given below:

**Optional Group 'A' Psychology of Management: Any one of the following:**

1. Study of Job Analysis
2. Communication Network
3. Organizational Structures
4. Management Style
5. Role Stress

**OR Optional Group 'A' Psychology of Education: Any one of the following:**

1. Test Anxiety
2. Exceptional Children
3. Teaching Style
4. Educational Guidance
5. Vocational Guidance

**OR Optional Group 'A' Psychology of Mental Health: Any one of the following:**

1. Neuro-Psychological evaluation of a stroke patient.
2. Identification of stressors
3. Drug abuse
4. Study of faith healers
5. Study of yoga or Vipashyana

**The distribution of marks of Paper X (Practical) will be as under:**

1.	Conduction of Laboratory experiments.	:	30
2.	Completion of Field Study Reports		
	(a)Compulsory area	:	20
	(b)Optional area	:	20
3.	Viva – Voce on Practical	:	30

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