

**CENTRAL UNIVERSITY OF PUNJAB,
BATHINDA**



M.A. (Psychology)

Department of Psychology

Session: 2019-2021

SEMESTER-I

Course Code	Course Name	Course Type	L	T	P	Cr
PSY.506	Theoretical Foundation of Psychology-I	Compulsory Foundation	4	---	---	4
PSY.507	Research Methodology and Statistics-I	Core	4	---	---	4
PSY.508	Social Psychology	Core	4	---	---	4
PSY.509	Practicum - I	Core (Practical)	---	---	8	4
PSY. 541	Seminar -I	Skill based	--	2		2
Discipline Electives (anyone)						
PSY.510	Developmental Psychology	Elective	4	---	---	4
PSY.511	Physiological Psychology	Elective	4	---	---	4
	IDC(from other disciplines)		2	--	--	2
Total						24

SEMESTER-II

Course Code	Course Name	Course Type	L	T	P	Cr
PSY.521	Theoretical Foundation of Psychology-II	Core	4	---	---	4
PSY.522	Research Methodology and Statistics-II	Core	4	---	---	4
PSY.523	Cognitive Psychology	Core	4	---	---	4
PSY.524	Practicum -II	Core (Practical)	--	---	8	4
PSY. 542	Seminar -II	Skill based	--	2		2
Discipline Electives/MOOC (anyone)						
PSY.525	Personality	Elective	4	---	---	4
PSY.526	Emotion	Elective	4	---	---	4
	IDC(from other disciplines)		2	--	--	2
	Value Added Course		1	--	--	1
Total						25

SEMESTER-III

Course Code	Course Name	Course Type	L	T	P	Cr
PSY.551	Clinical Psychology	Core	4	---	----	4
PSY.552	Practicum - III	Core	---	--	8	4
PSY.599	Research Project -I	Research Project	---	--	6	6
	Value Added Course		1	--	--	1
Discipline Electives (any two)						
PSY.554	Positive Psychology-I	Elective	4	---	----	4
PSY.555	Health Psychology-I	Elective	4	--	--	4
PSY.556	Organizational Psychology-I	Elective	4	--	--	4
Total						23

SEMESTER- IV

Course Code	Paper	Course Type	L	T	P	Cr
PSY.571	Guidance and Counselling	Core	4	---	----	4
PSY.572	Psychological testing	Core	4	--	-	4
PSY.573	Comprehensive view of Psychology-I	DEC		2		2
PSY.574	Comprehensive view of Psychology-II	DEC		2		2
PSY.591	Internship*	Internship (Non credit)	--	--	-	-
PSY.599	Research Project -II	Research Project	---	--	6	6
	Value Added Course		1	--	--	1
Discipline Electives (any two)						
PSY.576	Positive Psychology-II	Elective	4	---	----	4
PSY.577	Health Psychology-II	Elective	4	--	--	4
PSY.578	Organizational Psychology-II	Elective	4	--	--	4
Total Credits						27

*Internship is a non-credit course. Students will be given Satisfactory or Unsatisfactory grade after Viva Voce and presentation in the department

Total credits = 97

SEMESTER – I

Course Code: PSY.506

Course Title: Theoretical Foundation of Psychology

L	T	P	Cr
4	0	0	4

Unit 1

14 Hours

Foundation: Nature, Origin and Scope; Various branches of Psychology

Unit 2

15 Hours

Schools of Psychology: Structuralism; Functionalism; Psycho analytic; Neo-Freudian

Unit 3

15 Hours

Schools of Psychology: Behaviourism and Gestalt; Humanistic and Existential; Eastern perspectives of Psychology

Unit 4

15 Hours

Concepts and Theories: Emotions; Attention
Ethical issues in Psychology

Course Code: PSY.507

Course Title: Research Methodology and Statistics-I

L	T	P	Cr
4	0	0	4

Unit 1

12 Hours

Meaning, nature and purpose of Research; Nature of Research in Psychology; Formulation of Research problem

Unit 2

16 Hours

Review of Literature; Variables and types; Hypothesis
Sampling—Probability and Non-Probability techniques
Research methods and tools -----Quantitative, Qualitative, Mixed methods approach
Methods of research: Observation, Survey [Interview, Questionnaires], Experimental, Quasi-experimental, Field studies, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus groups, Narratives, Case studies, Ethnography

Unit- 3

16 Hours

Scale of measurement—Nominal Ordinal, Interval and Ratio
Data Analysis ---Measures of Central Tendency and dispersion, Normal probability curve
Data Analysis of Qualitative Data--- Thematic Analysis, Narrative Analysis, Content Analysis

Unit-4**16 Hours**

Report writing; Referencing Style; Plagiarism; Ethics in psychological research

Course Code: PSY.508**Course Title: Social Psychology**

L	T	P	Cr
4	0	0	4

Unit 1**15 Hours**

Nature, Scope and History; Socialization- Approaches and Agencies; Social Perception and Social Cognition; Prejudice and discrimination

Unit 2**15 Hours**

Social influence- conformity, compliance and obedience; Attitude- nature, formation, maintenance, change

Unit 3**15 Hours**

Group and Social influence [Social Facilitation; Social loafing]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience, Social Power, Reactance]. Pro-social behavior and altruism, Aggression and violence

Unit 4**15 Hours**Social power- leadership theories, styles
Applied social psychology: Health, Environment and Law; Personal space, crowding, and territoriality.**Course Code: PSY.509****Course Title: Practicum -I**

L	T	P	Cr
0	0	8	4

Practical:-

1. Discrimination Learning
2. Span of attention
3. Altruism
4. Aggression
5. Sociometry

Familiarization to following equipment (any three):-

1. Skinner box
2. Shuttle box
3. Depth perception instrument
4. Apparent movement/ phi phenomenon
5. Pulse and GSR biofeedback

Course Code: PSY.510
Course Title: Developmental Psychology

L	T	P	Cr
4	0	0	4

Unit 1 **16 Hours**
Nature and principles; Life-span perspectives; Characteristics and issues in development

Unit 2 **15 Hours**
Physical development and ageing- prenatal, infancy, childhood, adolescence, adult and old age

Unit 3 **15 Hours**
Erikson's psychosocial development; Bronfenbrenner's ecological perspective; Cognitive development- Piaget, Vygotsky;

Unit 4 **14 Hours**
Moral development- Kohlberg ; Language development

Course Code: PSY.511
Course Title: Physiological Psychology

L	T	P	Cr
4	0	0	4

Unit 1 **15 Hours**
Nature, History and Scope; Methods/techniques of Studying Brain; Cell and Neurons--- Structure, types, functions

Unit 2 **15 Hours**
Conduction of Nerve-impulse; Types of neurotransmitters; Organization of Nervous System

Unit 3 **15 Hours**
Muscular and Glandular system: Types and functions Biological basis of Motivation: Hunger, Thirst, Sleep and Sex. Biological basis of emotion: The Limbic system, Hormonal regulation of behavior.

Unit 4 **15 Hours**
Methods of Physiological Psychology: Invasive methods – Anatomical methods, degeneration techniques, lesion techniques, chemical methods, microelectrode studies. Non-invasive methods – EEG, Scanning methods.

SEMESTER – II

Course Code: PSY. 521

Course Title: Theoretical Foundation of Psychology-II

L	T	P	Cr
4	0	0	4

Unit 1

15 Hours

Learning; Classical and Instrumental; Cognitive- Guthrie, Tolman, Hull.
Verbal learning and Discrimination learning Recent trends in learning:
Neurophysiology of learning

Unit 2

15 Hours

Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives,
Motivational Cycle. Approaches to the study of motivation: Psychoanalytical,
Ethological, S-R Cognitive, Humanistic

Unit 3

15 Hours

Intelligence---Meaning and definitions, Theories- Binet, Spearman, Thurston,
Cattell, Jensen, Gardner, measurement of intelligence
Creativity---Nature, dimensions and measurements, Theories- Torrance, Getzel
and Jackson, Guilford, Wallach and Kegan

Unit-4

15 Hours

Memory---Models, Improving memory, Long term potentiation, forgetting

Course Code: PSY. 522

Course Title: Research Methodology and Statistics- II

L	T	P	Cr
4	0	0	4

Unit-1

15 Hours

Parametric tests (t test) and Non-parametric tests (Chi-square, Sign test,
Wilcoxon, Mann Whitney U test, Kruskal Wallis); ANOVA

Unit-2

15 Hours

Correlational Analysis: Correlation [Product Moment, Rank Order], Partial
correlation, multiple correlation. Special Correlation Methods: Biserial, Point
biserial, tetrachoric, phi coefficient.

Unit-3

Experimental Designs: ANOVA [One-way, Factorial], Randomized Block
Designs, Repeated Measures Design, Latin Square, Cohort studies, Time series,
MANOVA, ANCOVA. Single-subject designs.

Unit-4

Regression: Simple linear regression, Multiple regression. Factor analysis: Assumptions, Methods, Rotation and Interpretation

Course Code: PSY. 523

Course Title: Cognitive Psychology

L	T	P	Cr
4	0	0	4

Unit 1**15 Hours**

Perceptual processes, Signal detection theory, Pattern recognition

Unit 2**16 Hours**

Theoretical perspectives on thought processes: Associationism, Gestalt, Information processing, Feature integration model Concept formation: Rules, Types, and Strategies; Role of concepts in thinking Types of Reasoning Language and thought

Unit 3**15 Hours**

Attention: Forms of attention, Models of attention

Unit 4**14 Hours**

Problem solving: Type, Strategies, and Obstacles Decision-making: Types and models Metacognition: Metacognitive knowledge and Metacognitive regulation

Course Code: PSY. 524

Course Title: Practicum-II

L	T	P	Cr
0	0	8	4

Practical:-

1. Transfer of training/learning
2. Signal detection
3. Imagery
4. Personality test
5. Emotional intelligence

Familiarization with equipment:-

1. Memory-drum
2. Reaction time
3. Stroop Color test
4. Rod and Frame test
5. Tachistoscope

Course Code: PSY. 525
Course Title: Personality

L	T	P	Cr
4	0	0	4

Unit 1

15 Hours

Nature of personality; Determinants of personality: Biological, Psychological and socio-cultural

Unit 2

15 Hours

Theories- Freud, Adler, Jung, Murray, Rogers, Maslow

Unit 3

15 Hours

Trait and type theories- Allport, Cattell, Eysenck: Five-factor model

Unit 4

15 Hours

Measurement of personality- questionnaires, Projective techniques, Situational tests

Course Code: PSY. 526
Course Title: Emotion

L	T	P	Cr
4	0	0	4

Unit 1

15 Hours

Nature, characteristics, components and functions; Physiological basis

Unit 2

15 Hours

Theories- James-Lange, Cannon Bard, Schacter and Singer, Lazarus, Lindsey

Unit 3

15 Hours

Emotional intelligence- Emergence, Theories- Goleman, Mayer and Salovey

Unit 4

15 Hours

Positive emotions and well-being; Measurement

SEMESTER – III

Course Code: PSY. 551
Course Title: Clinical Psychology

L	T	P	Cr
4	0	0	4

Unit 1

15 Hours

Definitions, theories/perspectives, nature and scope of Clinical Psychology, Classification, Classification tools- DSM and ICD

Unit 2**15 Hours**

Role of clinical psychologist, ethical issues, diagnosis and its methods- case study, interview, observation

Unit 3**15 Hours**

Nature, types, causes, treatment-Anxiety disorders, Psychosomatic disorders, Sexual disorders, Schizophrenia

Unit 4**15 Hours**

Nature, types, causes, treatment- Mood disorder, Suicide and substance abuse, Post -traumatic Stress disorder

Course Code: PSY. 552**Course Title: Practicum - III**

L	T	P	Cr
0	0	8	4

Practical:-

1. Clinical Assessment tests (any three)
2. Positive Psychology scales (Gratitude, Optimism, Well-being)
3. Organizational Psychology scales (any three)
4. Aptitude test/ Interest inventory

Course Code: PSY. 599**Course Title: Research Project -I**

L	T	P	Cr
0	0	12	6

After having the orientation about research methodology in the first and second semesters, students will take up small individual research projects on the topics related to any field of Psychology. S/he will come up with synopsis in 3rd semester.

Selection of Topic

In the beginning, each student will develop at least three topics of her/his interest, out of which one will be finalized by the concerned supervisor. The synopsis of the research topic would also be presented before the faculty for further feedback and opinion.

Evaluation

The evaluation will be on the basis of satisfactory and unsatisfactory where satisfactory will be based on the performance of the student as Excellent, Very good, Good, Average whereas student will be given unsatisfactory when his/her performance is below average. The criteria for the performance will be:

1. Attendance and punctuality
2. Regular discussion with supervisor
3. Extensive review of literature
4. Management of time and resources

5. Synopsis presentation

Course Code: PSY. 554

Course Title: Positive Psychology-I

L	T	P	Cr
4	0	0	4

Unit 1

15 Hours

Positive Psychology---Movement, Founder, Tenets, Theory

Unit 2

15 Hours

Human Character strengths and Virtues (Values in action project), Positive-traits with focus on Forgiveness and Optimism- types, theories, correlates and measurement

Unit 3

15 Hours

Positive Emotions with focus on Gratitude- theories and measurement, Altruism and helping others

Unit 4

15 Hours

Well- being--- Subjective and Psychological well-being, theories, measurements

Course Code: PSY. 555

Course Title: Health Psychology-I

L	T	P	Cr
4	0	0	4

Unit 1

16 Hours

Concept, scope of Health Psychology, Protective and Health Compromising behaviors

Unit 2

15 Hours

Models- Biopsychosocial, Health-belief, Theory of Reasoned Action, Theory of Planned- behavior

Unit 3

15 Hours

Health and Environment, Health-care systems, Factors affecting health; Gender and health

Unit 4

14 hours

Stress- Symptoms and Measuring Stress, Correlates of Stress to Immunity, Brain and Endocrine system

Course Code: PSY. 556
Course Title: Organizational Psychology-I

L	T	P	Cr
4	0	0	4

Unit 1 **15 Hours**

Nature, History and Models; Concept of Human Resource Development; Personnel-selection and development

Unit 2 **15 Hours**

Organization structure and design, Motivation by structuring jobs and meeting the needs- theoretical perspectives

Unit 3 **15 Hours**

Training- principles and methods; Evaluation of training

Unit 4 **15 Hours**

Performance appraisal and Job-satisfaction

SEMESTER-IV

Course Code: PSY. 571
Course Title: Guidance and Counseling

L	T	P	Cr
4	0	0	4

Unit 1 **15 Hours**

History, types of guidance, qualities/skills of an Effective Counselor

Unit 2 **15 Hours**

Individual and Group Counselling, organization and process of counselling, Effective-counselling relationship--- techniques and barriers

Unit 3 **15 Hours**

Approaches to Counselling- Psychoanalytic, client/person centered, Behaviour therapy, Cognitive behavioral therapy, Gestalt, Existential, Rational Emotive Behavioral therapy, Transactional analysis

Unit 4 **15 Hours**

Special areas of counselling- marriage/couples, Substance-abuse, HIV/AIDS, old age, Victims of sexual abuse, work place counselling
Ethical issues in counselling

Course Code: PSY. 572
Course Title: Psychological testing

L	T	P	Cr
4	0	0	4

Unit 1 **15 Hours**
Types of tests Test construction: Item writing, item analysis
Test standardization: Reliability, validity and Norms

Unit 2 **15 Hours**
Areas of testing: Intelligence, creativity, neuropsychological tests, aptitude,
Personality assessment, interest inventories

Unit 3 **15 Hours**
Attitude scales – Semantic differential, Staples, Likert scale. Computer-based
psychological testing

Unit 4 **15 Hours**
Applications of psychological testing in various settings: Clinical,
Organizational and business, Education, Counseling, Military. Career
guidance.

Course Code: PSY. 573
Course Title: Comprehensive view of Psychology-I

L	T	P	Cr
0	2	0	2

Unit 1 **15 Hours**
Emergence of Psychology,
Research methodology and statistics

Unit 2 **15 Hours**
Psychological testing
Biological basis of behavior
Attention, perception, Learning, Memory and Forgetting

Course Code: PSY. 574
Course Title: Comprehensive view of Psychology-II

L	T	P	Cr
0	2	0	2

Unit 1 **15 Hours**
Thinking, Intelligence and creativity
Personality, motivation, emotion, stress and coping

Unit 2 **15 Hours**
Social Psychology
Human development and intervention

Emerging areas in psychology

Course Code: PSY. 591
Course Title: Internship

L	T	P	Cr
-	-	-	-

Place of Internship

Internship can be carried out in any national or regional organization with consent of the head of the department.

Duration

The internship will be of minimum four weeks. The period may include summer break. The students can go for internship only after the examinations of fourth semester.

Evaluation

After completion of the internship students will submit a detailed internship report including a certificate of internship in a prescribed format prepared by the department. Internship report will be evaluated by teachers of the department. The evaluation will be on the basis of satisfactory and unsatisfactory where satisfactory will be based on the performance of the student as Excellent, Very good, Good, Average whereas student will be given unsatisfactory when his/her performance is below average.

Course Code: PSY. 599
Course Title: Research Project -II

L	T	P	Cr
0	0	12	6

Half of the research work is to be completed in the previous semester. In 4th semester, students will complete rest of the work and submit the final report in the semester end for evaluation largely under following sub-heads:

- Title of the Research
- Certification
- Contents
- Introduction (including aim and objectives)
- Review of Literature
- Research Methodology (including fully developed instruments)
- Data Presentation and Analysis
- Discussion
- Conclusions and Key Findings
- Bibliography

Referencing Style

While writing the dissertation students will follow APA referencing style.

Evaluation

The evaluation will be on the basis of satisfactory and unsatisfactory where satisfactory will be based on the performance of the student as Excellent, Very good, Good, Average whereas student will be given unsatisfactory when his/her performance is below average. The criteria for the performance will be:

1. Attendance and punctuality
2. Regular discussion with supervisor
3. Extensive review of literature
4. Management of time and resources
5. Final presentation

Course Code: PSY. 576

Course Title: Positive Psychology-II

L	T	P	Cr
4	0	0	4

Unit 1**15 Hours**

Positive trait of Resilience- nature, correlates and measurement

Unit 2**15 Hours**

Creativity and flow, Flourishing and savoring

Unit 3**15 Hours**

Happiness -Eudemonic and Hedonic; Theories, correlates and measures

Unit 4**15 Hours**

Positive institutions of Spirituality and Religiosity; Ageing Well

Course Code: PSY. 577

Course Title: Health Psychology-II

L	T	P	Cr
4	0	0	4

Unit 1**15 Hours**

Stress and Illness, Cardio-vascular diseases, Hypertension, diabetes

Unit 2**15 Hours**

Stress Management – Relaxation training, Autogenic training, Biofeedback, Behavioral and Cognitive techniques,

Unit 3**15 Hours**

Health Compromising Behavior- Alcoholism, Smoking

Unit 4**15 Hours**

Improving health- Exercise, Eating healthy, Yoga and Meditation

Course Code: PSY. 578
Course Title: Organizational Psychology-I

L	T	P	Cr
4	0	0	4

Unit 1 **15 Hours**
Leadership- theories and styles

Unit 2 **15 Hours**
Power and politics in organizations

Unit 3 **15 Hours**
Communication- nature, models, types and promoting effective communication

Unit 4 **15 Hours**
Stress and Time-management, organizational health hazards

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