CHOICE BASED CREDIT SYSTEM (CBCS)
FOR
PSYCHOLOGY

M.PHIL. SEMESTER – I & II PROGRAMME

(In force from June – 2010)

PSYCHOLOGY – CBCS

1. CORE COURSE, (CCT)

2. ELECTIVE COURSE, (ECT)

    (In force from June – 2010)

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
UNIVERSITY CAMPUS
UNIVERSITY ROAD
RAJKOT- 360 005 (GUJ.), INDIA.

YEAR – 2010

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY,
RAJKOT

CHOICE BASED CREDIT SYSTEM (CBCS)

STRUCTURE OF M.PHIL. SEMESTER-I & II Programme

(In force from June-2010)

Regular students can opt M.PHIL. Semester I & II for Psychology M.PHIL. Programme. There shall be 04(Four) Courses and 20 Credits in Psychology. There will be two courses with 08 Credits in each Semester. Each Course is carrying 100 marks. M.Phil. Psychology Degree is considered of 400 marks with 20 Credits. Each Course requires 4 Credits. Where as Dissertation requires 8 Credits.

➤ **Allocation of Hours for Course Teaching**…   **4 Credits**

Unit-I	12 hours
Unit-II	18 hours
Unit-III	18 hours
Unit-IV	12 hours
Total **60** hours	

➤ **Allocation of Hours for Dissertation**   **8 Credits**

(i)	Personal Guidance	40 Hours
(ii)	Field Work & Report Writing	80 Hours

➤ **Marks assigned and its division into External & Internal Examination :**

(i)	External Exam marks	60
(ii)	Internal Exam Marks	40
	Total 100 Marks	

➤ **Design / Structure of Semester-end Examination :**

1.	Scheme For Internal Examination	**40 Marks**
(i)	Assignment Writing	10 Marks
(ii)	Seminar paper presentation	10 marks
(iii)	Internal Examination	10 marks
(iv)	Teaching work for M.A. Degree	10 marks

2. **Scheme for External Examination** 60 marks

    i.   Long question   20 Marks

    ii.   Short question   20 Marks

    iii.   Short Notes   20 Marks

3. **Marking Scheme for Dissertation**   **100 Marks**

    I   Thesis Main Body

    II   Vava-voce Examination

At present only an external examiner evaluates the dissertation by the way of marks.

✰ ✰ ✰

SAURASHTRA UNIVERSITY, RAJKOT

Choice-Based Credit System (CBCS)
M.phil. Semester-I & II Programme
(In force from June – 2010)

No.	Course Code	Name of Course	Credits
★ **M.PHIL. SEMESTER - I**			
1	CCT- 01	Research Methodology & Statistics	04
2	ECT- 01	Personality Measurement	04
		OR	04
	ECT- 01	Psychology of Effective Teaching	
		OR	
	ECT- 01	Psychology of Communication	04
		TOTAL	08
★ **M.PHIL. SEMESTER – II**			
3	ECT- 02	Psychology of Mental Hygiene	04
		OR	
	ECT- 02	Organizational Behaviour	04
		OR	
2	ECT- 02	Positive Psychology	04
4	CCT-02	Dissertation	08
		TOTAL	12
		Grand Total	**20**

Session	1	2	3	4	5
Monday	Class-room teaching of TWO courses in each semester. Four hours for each course per week Total teaching hours per week = 08				Each day the 5th hour can be used for seminar/ Presentation etc.
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday	Data collection	Data collection	Data collection	Data collection	

M.PHIL. Semester-I

CCT-01 Psychology- CBCS – Research Methodology & Statistics

Psychology – CCT - 01

(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

Unit-I

1. Research Methodology :

Meaning of Research - Objective of Research-Motivation in Research - Types of research - Significance of Research, Research Methods versus Methodology - Research & Scientific Method - Research Process - Criteria of Good Research.

2. Research Problem and Research Design :

What is a Research problem ? Selecting the problem-Necessity of Defining the problem - Technique Involved in Defining problem.

Meaning of Research Design -Needs for Research Design-Features of a Good Design - Important Concepts Relating to Research design - Basic Principles of Experimental design - Different types of Research design. 2x2x2 Factorial Design with example.

Unit-II

1. Sample Design

Census and sample survey - Implications of a sample Design-steps in sampling design - Criteria for selecting a sampling procedure - characteristics of a Good sample design- Different types of sample designs - How to select a Random sample ? Complex Random sampling designs.

2. **Interpretation and Report Writing** :

Meaning of Interpretation - why interpretation ? Technique of interpretation - Precaution in interpretation significance of Report Writing - Different steps in writing report-Layout of the Research report - types of Reports - Precautions for writing Research Report - Conclusions.

Unit-III

1. **Testing of Hypotheses :**

What is Hypothesis ? Basic concepts concerning Testing of hypotheses - Types of Hypotheses - 't' test and x^2 test. other relevant testing Methods.

2. **Cor-relation and its methods :**

Special correlations - Biserial correlation - Point biserial-Tetrachoric- Pre-correlation - Partial & Multiple correlation.

Unit-IV

1. **Analysis of variance (ANOVA):**

What is ANOVA ? - The Basic Principle of ANOVA - ANOVA - Technique - One-way- Two way & Three ANOVA - Hypothetical example of ANOVA. Means difference Tests e.g. LSD etc.

2. **Analysis of Co-variance & other Techniques :**

What is ANOCOVA ? ANOCOVA Technique- Assumptions in ANOCOVA - ANOCOVA and Factor Analysis (General Introduction of its) The computer- its role in research. The utilities of computer in statistics.

REFERENCES

1. Edwards, A.L. (1972): Experimental Design in Psychological Research, N.Y. : Holt Rinehart & Winston.

2. Garrett, H.E. (1961): Statistics in Psychology and Education, Bombay : Allied Pacific Pvt. Ltd.,

3. Guilford, J.P. (1968): Psychometric Methods; N.Y. :McGraw Hill.

4. Kothari, C.R. (1998): Research Methodology-Methods & Technique (22nd reprint).New Delhi : Wishwa Prakashan.

5. Maxwell, A.E. (1963): Experimental Design for Behavioural and Medical Sciences, Perfamon Press.

6. Uchat, D.A.(2009) : "Research Methods in Education & Social Sciences" Rajkot.

Internal = 40 Marks]   [External = 60 Marks

1. **Approaches to the study of Personality :**

-   General Introduction to the concept of personality

-   Biological / Type Approach - Theories of Krestschmer, Sheldon and Eysenk - A Brief Introduction.

-   Psychoanalytic Approach - Theories of Freud, Jung, Adler and Murray - A Brief Introduction.

-   Behavioural & Social - cognitive Approach - Theories of Skinner, Bandura and Walter Mischel - A Brief Introduction.

-   Humanistic Approach - theories of Carl Rogers and Abraham Maslow - A brief Introduction.

-    Trait Approach - Theory of Cattell - A Brief Introduction.

-   Evaluation of all the Approaches.

2. **Personality Measurement through Self-Report Inventories :**

-   Approaches of inventory construction

-   Content Validation Approach - Woodworth's Personal Data Sheet, Mooney Problem Checklist and Bell Adjustment Inventory.

-   Empirical Criterion Keying Approach -MMPI and CPI

-   Factor Analysis Approach - Cattell's 16 PF, Guilford-Zimmerman Temperament Survey.

-   Rational - Theoretical Approach - Edwards Personal Preference Schedule, Jackson's Personality Research Form (PRF).

3. **Personality Measurement through Projective Techniques :**

- Nature of Projective Techniques
- Rorschach's Inkblot Test
- Thematic Apperception Test (TAT)
- Verbal Projective Tests
- Expressive Techniques
- General Evaluation of Projective Techniques

4. **Personality measurement through Non-Test Instruments :**

- Nature of Behavioural Sample Techniques
- Observation Method
- Situational Tests - CEI, OSS etc.
- Rating Scales
  - Types of Rating Scale
  - General Evaluation of Rating Scales
- Issues in the Personality Measurement.
- " Persoality : Classic Theories and Modern Research", Delhi : Pearson Education Pte. Ltd., Indian Branch.
- Howard S. Friedman and Miriam W. Schustach (2004),
- Lorenze A. Pervin (1990), Handbook of Personality : Theory and Research, New York : Guilford Press
- Quammer Hussain, "Personality Measurement.
- Sarason, "Contemporary Research in Personality."
- કે. જી. દેસાઈ, 'મનોવૈજ્ઞાનિક માપન', અમદાવાદ : ગ્રંથનિર્માણ બોર્ડ.
- કુસુમબેન કે. ભટ્ટ, ''વ્યક્તિત્વ સિદ્ધાંતો'', અમદાવાદ : ગ્રંથનિર્માણ બોર્ડ.
- બી.એ.પરીખ, ''મનોવિજ્ઞાનના સંપ્રદાયો અને સિદ્ધાંતો'' અમદાવાદ : ગ્રંથનિર્માણ બોર્ડ.

***

M.PHIL. Semester-I

ECT-01 Psychology - CBCS - Psychology of Effective Teaching
Psychology - ECT-01
(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

Unit : 1.

1. Psychology and the educative process
2. You as a teacher

Unit : 2.

1. Teaching Behaviour
2. Teaching strategies

Unit : 3.

1. Managing Teaching
2. Motivation and discipline

Unit : 4.

1. Evaluation of effective teaching, Modern trends in Psychology of Effective Teaching.
2. Reasoning - Types of Reasoning - Patterns of Reasoning- Performance - Three Approaches to the study of Reasoning.

REFERENCES :

1. Cronbach, L.J. (1977): Educational Psychology (3rd Ed.) N.Y. : Harcourt Brace Jovanvovich.

2. Dececoo, J.P. & Garswford W : (1979): the Psychology of Learning and Instructions, New Delhi : Prentice Hall of India.

3. Ereig et al. : Contemporary Educational Psychology.

4. Galotti Kathleen M. (2007) : Cognitive Psychology (First Indian Reprint) Thomson & Wadsworth Akash Press, Delhi.

5. Hillgard, E. R. (1948): theories of Learning N.Y. : Appleton Century Crofts.

6. Kegan, J. & Lang, C.(1978): Psychology and Education. N.Y.: Harcourt Brace Jovanvovich.

7. Kingsley & Garry (1970): the Nature and Conditions of Learning Englewood Cliffs, Prentice Hall 1970.

8. Lefraneois, G.R. (1979): Psychology for Teaching (3rd edi.) California Wadsworth Publishing Co.

9. Lingren, H.C. (1976) : Educational Psychology in the class room (5th ed.) New York : Wiley & Son.

***

M.PHIL. Semester-I

ECT-01 Psychology - CBCS - Psychology of Communication
Psychology - ECT-01
(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

Unit : 1.

1. Psychology ad Communication
2. Introduction to the study of Language Development

Unit : 2.

1. Language perception and thought
2. Language Development in Special populations.

Unit : 3.

1. Communication in small groups.
2. Mass Communication

Unit : 4.

1. Theories of Communication
2. Barriers to communication and effective communication.

REFERENCES :

1. Bethinghaus, E.P. (1968): Persuasive Communication. N.Y. Holt Rinehart & Winston.

2. Currans et al. (editor) (1977): Mass Communication and Society Arnold.

3. Eric Hoff (2009) : Language Development, (4th Edition) International Student Edition, UK : Wadsworth Cengage Learning.

4. George A. Miller (edit, 1973): Psychology and Communication Voice of America Form Series.

5. Gordon, G.N. (1969): The Language of Communication, N.Y. Hasting House.

6. Rechardson Lee (ed. 1969): Dimensions of Communication. N.Y. : Appleton Century Crafts.

7. Smith A. G. (1966): Communication and Culture. N.Y. : Holt Rinehart & Winston.

8. Tubbs S.L., Moss Sylvia (1977): Human Communication, Random House.

***

M.PHIL. Semester-II

ECT-02 - Psychology-CBCS - Psychology of Mental Hygiene
Psychology-ECT-02.
(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

UNIT-1.

1. Nature scope and Principles of Mental Hygiene
2. Mental Hygiene Movement.

UNIT-2.

1. Nature of Mental Disorders
2. Preventing Mental Disorders.

UNIT-3.

1. Major Approaches to Psycho-therapy.
2. Promoting Mental Health Specially in Family, in Education, in Society, in Industry and in one-self.

UNIT-4.

1. Stroke : Demographics - classification of stroke - Psychological Impact of a stroke - cognitive sequence of stroke - memory - Psychological Adjustment & others etc.
2. Sleep and Insomnia in later life :
   Insomnia : Diagnosis - Natural History - sleep & ageing - origins of late-life insomnia - Managing sleep and Insomnia Psychological Theories - Action Programme for Mental Health.

REFERECES :

1. Adelson, D. and Kalis, B.L. (1930): Community Psychology and Mental Health : Perspective and Challenges. Penusylvania: Chandler Publication Co.,

2. Atwatar, East Wood (1983) : Psychology of Adjustment (IInd ed.) New Jersey : Prentice Hall, Englewood Cliffs.

3. Catalano, R. (1979): Health, Behaviour and Community : An Ecological Perspective, New York : Pergamon Press.

4. Colman & Broen (1975): Abnormal Psychology and Modern Life. Bombay : D.B. Tarporewala & Sons. Indian Reprint.

5. Klien, D.B. (1956): Mental Hygiene (Rev. ed.) N.Y.: Holt Rinehart & Winstion.

6. Ruch (1970): Psychology and Life (7th Edi.) Bombay : D.B. Tarpore Wala & Sons.

7. Shaffer & Shoben (1956): the Personality of Adjustment. Boston : Houghton Miffin Comp.

8. Sidney, N. Jourard (1958) : Personal Adjustment N.Y. McMillan Co.,

9. Woods, Robert & Clare Lindia (Editors 2008). Handbook of the Clinical Psychology of Ageing (2nd Edition England : John Wiley & Sons Ltd., The Otrium, South Gate, Chichester, West Sussex - Po198SQ.

★★★

M.PHIL. Semester-II

ECT-02 - Psychology-CBCS - Organizational Behaviour Psychology
Psychology-ECT-02.

(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

UNIT-1.

1. Foundation of Organizational Behaviour :
   Concept of organizational behavior - Nature of OB, contributing Disciplines to organizational Behaviour - Role of Organizational Behaviour - Foundations of OB.

2. Personality :
   Meaning - Aspects of Personality.

UNIT-2.

1. Attitudes :

   The nature and dimensions of attitudes - Job Satisfaction :What is Job satisfaction ? Influence on Job Satisfaction - out come of Job Satisfaction. Organizational Commitment : Meaning and Outcome of organizational Commitment.

2. Motivation :

   Meaning of Motivation - Primary Motives - General Motives - Secondary Motives - Maslow's Hierarchy of needs - Herzberg's theory - Alderfer's theory.

UNIT-3.

1. Occupational Stress :

   Meaning of Stress - Causes of Stress - Effects of Occupational Stress - Coping Strategies for Stress.

2. Leadership :

   The roles of and activities of leadership -leadership skills.

UNIT-4.

1. Communication & Decision making :

   Communication Technology - Non-verbal communication - Interpersonal communication - Downward Communication - Up[ward Communication - Decision making : nature of Decision making - Techniques.

2. Organizational Climate :

   Orgnizational Climate : Concept of Organizational Climate- Factors in Organizational Climate - Impact of Organizational Climate.

REFERECES :

1. **Fred Luthans** : Organizational Behaviour .

2. **Stephen Robbins** : Organizational Behaviour.

3. **L. M. Prasad** : Organizational Behaviour

4. **Keith Devis** : Organizational Behaviour .

***

M.PHIL. Semester-II

ECT-02 - Psychology-CBCS - Positive Psychology
Psychology-ECT-02.
(In force from June – 2010)

Internal = 40 Marks]   **[External = 60 Marks**

UNIT-1.

1. Looking At Psychology from A positive perspective
2. Western & Eastern Perspective on positive Psychology.

UNIT-2.

1. Developing Strengths and Living Well in a Cultural Context
2. Living Well At Every Stage of Life.

UNIT-3.

1. Seeing our futures through self-efficacy, optimism and Hope.
2. Balanced conceptualizations of Mental Health and Behaviour.

UNIT-4.

1. Good work : the Psychology of Gainful Employment
2. Positive Look at the future of Psychology.

REFERECES :

1. Abramson, L.Y. Alloy, L. Hankin, B., Clements, C. Zhu, L., Hogan, M. et al. (2000) : Optimistic Cognitive style and Invulnerability to depression. In J. Gillhan (Ed.), The Science of Optimism and hope)pp.75-98). Philedelphia, PA : Templeton Foundation Press.

2. Ahuvia, A. (2001): Well-being in cultures of choice : A cross-cultural Perspective. American Psychologist, 56, 77-78.

3. Anderson,E.(2005):Strengths-based educating. Education Horizons, 83, 80-89.

4. Bacon, S.F. (2005): Positive Psychology's two cultures. Review of General Psychology, 9, 181-192.

5. Carpenter, B.N. & Steffen, P.R. (2004): Stress, In L. Hass (Ed.) Handbook of Primary Care Psychology (pp.563-578). New York : Oxford University Press.

6. Carr, A.(2004): Positive Psychology: the Science of Happiness and Human Strengths, New York : Brunner - Rutledge.

7. Christopher,J.C. (2005): Situating positive Psychology. Naming and nurturing: The e-new letter of the positive Psychology section of the American Psychological Associations Counseling Psychology Division. 17, 2, 3-4.

8. Dewaal, F.B. M., & Pokorny, J.I. (2005): Primate Conflict and its relations to human forgiveness. In E.L. Worthington (Ed.) handbook of forgiveness (pp.32). New York : Taylor & Francis.

9. Snyder, C.R. C.R. & Lopez, Shane J.(2009): Positive Psychology. The Scientific and Practical Explorations of Human Strengths, New Delhi : SAGE Publication India Pvt. Ltd., (Basic Book, Sage South Asia Edition).

***