

M.A. Semester-I
CCT-01 Psychology- CBCS – Advanced Experimental
Psychology Theory - 01
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Nature and scope of Experimental Psychology –Basic Concept of Experimental including characteristics-gains and limitations. Types of variables and the control methods of experiment.

Motivation – Definitional problems – Role of Motivation in learning Experimental – Operations influencing motivation – Ego involvement.

Unit-II

Frustration – Methods used produce frustration – major responses – to frustration – methods of response measurement and Analysis Stimulus variable influencing responses to frustration.

Instrumental Averse conditioning (D'AMATO) comparison of positive & negative reinforcement – Escape conditioning – punishment – training –Avoidance conditioning – two factor theory of avoidance conditioning.

Unit-III

Operant condition – Schedules of reinforcement – simple and others schedules of reinforcement (fixed Ratio variable, interval) Free operant Avoidance Schedule compound Schedule, sequential, chained, mixed multiple,

simultaneous. Alternative, conductive and concurrent schedules.

Classification of Experimental Designs. Simple classification of Designs. Method counterbalanced. Design Random groups and Systematic randomization of conditions.

Unit-IV

Psycho-physical Methods. Thresholds types of Psycho-physical Methods. Method of average error.

Audition, Physical basis of audition. Physiological basis of audition. Psychological Problems of audition, some phenomena of audition Auditory location.

READING :

D'AMATO (1970). Experimental Psychology Methodology
Psycho-physic and Learning International Student edition.
N.Y. McGraw Hill.

પ્રાયોગિક મનોવિજ્ઞાન, સી.ટી. ભોપટકર, ગુજરાત યુનિવર્સિટી, અમદાવાદ.

M.A. Semester-I
CCT-2 Psychology- CBCS – Research Methodology-02
Psychology – 02
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Meaning of research- type of Research Significance of Research, Research Methods Vs Methodology. Importance of knowing. How Research is Done. Research process criteria of good research. Problems encountered by researcher in India.

Selecting the research problem : Defining the problem, technique involved in Defining problem. Meaning and type of variables meaning and types of Hypotheses suggestions for hypothesis construction.

Unit-II

Meaning of Research Design. Need for Research Design. Features of a Good Design. Different research Design. Important concepts Relating to research Design. Different research Design.

Questionnaire, Interview – Observation. Rating scales & other tools. Check-list, Sociometry – Q – sort technique. The semiotic differential and Psychological testing.

Unit-III

The relation of field studies to surveys types of field studies steps in the conduct of a field study- what is a field experiment ? Nature of laboratory experimentation. The Design of laboratory experiments the execution of laboratory

experiments. The content and form of the experimental situation. Techniques for the control and Manipulation of variables opportunities for measurement in laboratory experimentation.

Census method or Parametric method. Sampling methods or Non-Parametric methods. Meaning of sample and sampling, purpose of sampling, Design, Distinction between population & sampling steps in sampling Design. Characteristics of a Good Sample Design & Importance of Sampling. Types of sampling limitation of sampling.

Unit-IV

Meaning of Interpretation, precautions in Interpretation Research Report, Main purposes of Research Report. Need of Research report, steps of Research report, probable, Mistakes in Preparing Research Reports.

Computer and Computer technology. Some Important computer characteristics. Use of Computer in Research the main factors of use of computer in research.

REFERENCES

- 1 Anatasi, A. (1968) Psychological Testing, Mac Millan Company; London
- 2 Broota, K.D. (1989) Experimental Design in Behavioural Sciences, Wiley Eastern Limited; New Delhi.
- 3 D'Amato, M.R.(1970) Experimental Psychology, Mc Graw Hill Book Company; New York.

- 4 દેસાઈ, એ.એન.(૧૯૯૭) સામાજિક સંશોધન પદ્ધતિઓ(તૃતીય આવૃત્તિ), યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય; અમદાવાદ.
- 5 દેસાઈ,કે.જી.,ભોપટકર, સી. મનોવૈજ્ઞાનિક પરિભાષા અને વિભાવના, ટી.અને શાહ,જે.એચ. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, (૧૯૮૧) અમદાવાદ.
- 6 Festing&Katz,D. (1953) Research Methods in the Behavioural Sciences, Holt, Rinehart and Winston; New York.
- 7 Goode, W.J. & Hatt, P.K. (1952) Method in Social Research, Mc Graw Hill, Kogakusha Ltd., Tokyo.
- 8 Kothari, C.R.(1999) Research Methodology-Methods & Techniques (Ed.II), Wishwa Prakashan; New Delhi.
- 9 Kerlinger, F.N.(2000) Foundations of Behavioural Research (Fifth Indian Reprint 2000), Surjeet Publication; Delhi.
- 10 Mc Guigan, F.J.(1990) Experimental Psychology, Prentice Hall of India; New Delhi.
- 11 Selltiz, C; Jahoda M; Deutsch M.& Cook S. (1959) Research Methods in Social Relations, Holl, Renehart & Winston; New York.
- 12 Shrivastav, D.N.(2000) Research Methods (Hindi), Sahitya Prakasan, Agra.

- 13 Singh, A.K.(1995) Tests, Measurement & Research Methods in Behavioural Sciences, Bharati Bhawan; New Delhi.
- 14 Singh, A.K.(2000) Research Methods Psychology, Sociology and Education (Hindi), Motilal Banarsidass; Delhi.
- 15 Suleman, M. (1998) Research Methodology in Behavioural Sciences (Hindi), Shukla Book Depot; Patna
- 16 Trivedi, R.N. & Shukla, D.P.(2000) Research Methodology (Hindi), College Book Depot; Jaipur.
- 17 ત્રિવેદી વિમલ (૨૦૦૦) સમાજ વિજ્ઞાનમાં કોમ્પ્યુટરનો વિનિયોગ, અર્થાત; ગ્રંથ-૧૯, અંક-૨, સેન્ટર ફોર સોશિયલ સ્ટડિઝ; સુરત પેજ નં.૪૦ થી ૪૫
- 18 Young, P.V.(1968) Scientific Social Survey and Research (Ed.IV), Prentice Hall of India Pvt. Ltd., New Delhi.

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M.A. Semester-I

CCT-03 Psychology CBCS–Life Span Developmental -03

Psychology - 03

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Definition – Nature and scope of Life span Developmental Psychology – point of views of Development – The Process of development – Carriers of Heredity Sex Cell – Importance of conception – Periods of prenatal development and other effects.

Unit-II

General out line for Puberty – Early Adolescence – The meaning & characteristics of Adolescence – Physical and mental change in Adolescence – Developmental task of Early Adolescence – Social Adjustments.

Late Adolescence – Characteristics – Developmental tasks of late Adolescence – Socialization in late Adolescence- some important – Interests in late Adolescence – Personality change in late Adolescence.

Unit-III

Middle Age:Scientific interest in Middle Age–characteristics of Middle Age–Developmental tasks of Middle Age– Adjustments to Physical changes – Assessment of Adjustment – Adjustments to changed interests.

Middle Age Vocational and Family Adjustments – Vocational Adjustments – Adjustment – Problems of Women.

Assessment of Vocational Adjustment – Adjustment to changed Family patterns.

Unit-IV

Old Age Personal and Social Adjustments : The Period of old Age – Variations in length of Period – Scientific studies of old Age – characteristics of old Age – Psychological Aging – Developmental Tasks of old Age.

Old Age Vocational and Family Adjustments – Vocational Interests and Activities – Reasons for Wanting to work – Adjustments of older workers – Unemployment – Retirement – Adjustments to changes in Family Life.

REFERENCES :

1. Havinghurst, R. J. (1953): Human Development and Education, Longmans.
2. Hurlock, E. B. (1968): Developmental Psychology, (3rd edi.) New Delhi : Tata McGraw Hill Publishing Co., Ltd.,
3. Birren, J.E. (1964): The Psychology of Aging, Engle Wood Cliffs N. J. : Prentice Hall.
4. Binstock, R.M. & Shanas E. (1977): Hand Book of Aging and Social Sciences, N.Y. : Harper & Row.
5. Baltes, P.B. & Brim O.G. (Ed.) (1979): Life Span Development of Behaviour, N.Y. : Academic Press (Vol. 1, 2).
6. Birren, J. E. Kinney, D.E., Sohaie, K.W; & Woodruff, D.S. (1981): Developmental Psychology: A Life Span Approach. Boston : Houghton Willey.

7. Daton, N. & Ginsberg, L. H. (Eds.) (1975): Life Span Developmental Psychology, Normative Life Crises. N.Y. : Academic Press.
8. Lerner, R. M. & Hultsch, D. F. (1983): Human Development : A Life Span perspective N.Y. : McGraw Hill.
9. Turner, J.S. & Helms, D.B. (1979): Life Span Development. Philodelphia : Saunders.
10. Lioyd, M.A. (1985): Adolescence, N.Y. Harper & Row.
11. Parameshwaran, E.G. & Bhogle (1979): Developmental Psychology.
12. Saraswathi, T. (1987): Developmental Psychology in India, New Delhi : Sage India.

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M. A. SEMESTER-I

ECT-01 Psychology CBCS-ECT-01 Health Psychology –I

Psychology -01

(In-force From June 2010)

Internal = 30 Marks]

[External = 70 Marks

UNIT-I

Definition of Health Psychology- The Mind - Body Relationship -The Bio-psycho-social Model in Health Psychology.

Introduction to Health Behaviour: Role of Behavioural Factors in Disease and Disorder-What are Health Behaviours ?- Practicing and Changing Health Behaviours- Barriers to Modifying Poor Health Behaviours-Intervening with Children and Adolescents-Interventions with At-Risk People-Health Promotion and the Elderly.

Changing Health Habits: Attitude Change and Health Behaviour-The Theory of Planned Behaviour.

Cognitive Behavioural Approaches to Health Behaviour Change: Self-Observation and Self-monitoring-Classical Conditioning - Operant Conditioning – Modeling - Stimulus Control - The Self-control of Behaviour-Broad-Spectrum Cognitive-Behaviour Therapy.

Venues for Health-Habit Modification: The Private Therapist's Office-The Health Practitioner's Office-The Family-Managed Care Facilities-Self-help Groups- Schools-Work-Site Interventions-Community-Based Interventions-The Mass Media.

UNIT-II Health-Enhancing Behaviours:

Exercise: Benefits of Exercise-Determinants of Regular Exercise-Characteristics of Interventions.

Accident Prevention: Home and Workplace Accidents-Motorcycle and Automobile Accidents.

Maintaining a Healthy Diet: Why Is Diet Important?-Resistance to Modifying Diet-Interventions to Modify Diet.

Weight Control: The Regulation of Eating-Why Obesity is a Health Risk-Obesity in Childhood-Factors Associated with Obesity-Stress and Eating-Treatment of Obesity.

Eating Disorders: Anorexia Nervosa-Bulimia.

Sleep: what is Sleep?-Sleep and Health-Apnea.

Health-Compromising Behaviours: Characteristics of Health-Compromising Behaviours-Alcoholism and Problem Drinking-Smoking: Synergistic Effects of Smoking-A brief History of the Smoking Problem-Why Do People Smoke?

UNIT-III Stress and Coping: What is Stress?

- Theoretical Contributions to the Study of Stress-What Makes Events Stressful?-Stress and Illness-Coping with Stress-Social Support-The Management of Stress.

UNIT-IV Heart Disease, Hypertension, Stroke and Diabetes:

--What is CHD? Role of Stress- How is Hypertension Measured?

--What Causes ---- Hypertension?- Relationship Between Stress and Hypertension- Psychosocial Factors and

Hypertension-Treatment of Hypertension- Problems in Treating Hypertension.

--Risk Factors for Stroke-Consequences of Stroke-Types of Rehabilitative Interventions.

--Types of Diabetes-Health Implications of Diabetes-Problems in Self-management of Diabetes-Interventions with Diabetics.

REFERENCES

1. Linda Brannon and Jess Feist, Introduction to Health Psychology, Thomson: Indian Edition,2007.
2. Shelley E. Taylor, Health Psychology, Tata McGraw-Hill Sixth Edition,2007

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M.A. Semester-I
ECT-01 Psychology CBCS – Human Resource Management -01
Psychology-1
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Introducing Human Resources Concepts

Strategic Role of Human Resources and the HR Scorecard :
Nature of HRM, Scope of HRM. Systems Approach to HRM.
Traditional HR Vs. Strategic HR, HRM in the new Millennium
HRM Human Resources Planning : Process of Human
Resource Planning, Responsibility for HRP, Effective Human
Resource Planning.

Unit-II Determining, Attracting and Selecting Human Resources

Job Analysis : Uses of Job Analysis, Process of Job
Analysis. Method of Collecting job Analysis. Job Description,
Job Specification, Role Analysis. Job design and Quality of
Work Life : Techniques for Designing Jobs Recruitment
Human Resources : Sources of Recruitment, Methods of
Recruitment, Recruitment – Indian Experiences. Employee
Testing and Selection : Types of Tests, Tests as Selection
Tools Interviewing Candidates : Types of Interview, Interview
Process, Reference Checks

Unit-III Developing Human Resources :

Appraising and Managing Performance Appraisal Process,
Methods of Performance Appraisal. 360 degree Feedback
System. Problems with Performance Appraisal.

Training and Developing Employees Need for Training, Systematic Approach to Training Types of Training, Training Methods, Evaluation of Training Career and Succession Planning : Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning.

Unit-V Recent Trends and Practices in Managing Human Resources

Participation and Empowerment: Forms of Participation. Alternative Approaches to Participation. Prospects of Empowerment.

International Human Resources Management : Pressures of Globalization, Cultural Differences and HRM. International Recruitment Policy. International Selection Criteria, International Training and Development, International Compensation.

REFERENCE TEXT :

1. Rao V.S. P. (2007). "Human Resources Management : Text and Cases," Second Edition, Excel Books, New Delhi 2007.
2. Gary Dessler,(2005). "Human Resources management." Tenth Edition, p/Pearson-Prentice Hall, New Delhi, 2005.
3. David A. DeCenzp and Stephen P. Robbins (2004). "Personnel and / Human Resource Management." Third Edition, New Delhi-2004.
4. Raymond J. Stone. (2005). "Human Resources Management", John Wiley & Sons, New York, 2005.

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M.A. Semester-I
ECT-02 Psychology CBCS – Psychology of Emotion-I
Psychology-02
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Basic Issues in the Study of Emotions :

Definition of Emotion, Components of Emotion – Cognitive, Physiological and Behavioural; Categories of Emotion – Primary and Secondary Emotions: Fear and Anxiety, Anger, Jealousy and Envy, Guilt, Grief, Sadness, Happiness and Love; Approaches to Emotion – Biological, Cognitive, Behavioural and Phenomenological; Functions of Emotions, Emotion as Basis of Social Relationships.

Unit-II Physiological Bases of Emotion :

Methods to Study Physiological Bases of Emotion, A Short Introduction to Nervous System, Central Mechanisms and Emotion – Spinal Cord, Medulla, Brainstem, Thalamus, Hypothalamus, Limbic System – Amygdala, Hippocampus, Cingulate Gyrus, Septum; Cortex and Frontal Lobes; Peripheral Mechanisms – The Role of Autonomous Nervous System; Neurochemistry and Emotion; Laterality and Emotion.

Unit-III Bodily Changes in Emotion :

A Short Introduction to Cardiovascular, Respiratory, Digestive, Muscular and Hormonal Systems of Human Body; Short Term Bodily Changes in Emotion – Changes in the Cardiovascular, the Respiratory, the Digestive, the Thermo-regulatory, the Galvanic Skin Response and the hormonal systems, Hormonal Changes During Stressful Situations;

Long Term Bodily Changes in Emotion – General Adaptation Syndrome (GAS), Psychogenic Ulcer and some other Psychosomatic Diseases.

Unit-IV Measurement of Emotion :

Physiological Methods for Measuring Emotion, Lie-Detector; Measurement of Facial Expression, Psychological Methods for Measuring Emotion –Self-Report Measures of Affect-Semantic Differential Method, Rating Scales, Questionnaire and Psychoanalytic Method; Other Methods Observation, using Pictograms, Self-Assessment Manikin, Projective Technique etc; Advantages and Disadvantages of Physiological and Psychological Methods of Measurement.

REFERENCE BOOKS :

1. Clarke, M.S. (1992). Emotion New burry Park CA : Sage.
2. Ekman, P. and Davidson, R.J. (1994). The Nature of Emotion. New York : Oxford University Press.
3. Kalat, J. K. & Shiota, M.N. (2007). Emotion Belmont. CA : Wadsworth.
4. Lewis, M. & Haviland, J.M. (1993). Hand Book of Emotions. New York : Guilford Press.
5. Oatley, K., Keltner, D., & Jenkins, J. M. (2006). Understanding Emotions. Cambridge. M.A.: Blackwell Publishers.
6. Patel, M.K. (2008). Psychology of Emotion, Rajkot : Saurashtra University Press.
7. Strongman, K.T. (1989). The Psychology of Emotion. London : Plenum.

M. A. SEMESTER-I

ECT- 02 Psychology – CBCS – Introduction To Psychology -02

Psychology –02

(In-force from June-2010)

Internal = 30 Marks]

[External = 70 Marks

UNIT-I Psychology: A Science and a perspective:

Modern Psychology: What it is and How it originated-
Psychology: Issues and key Perspectives-Psychology and
the Scientific Method-Research Methods in Psychology
Biological Bases of Behaviour: Nervous System-Brain-
Heredity and Behaviour.

UNIT-II Learning:

Classical Conditioning-Operant Conditioning-Observational
learning.
Memory:
Human Memory: Two Influential Views-Information Stored in
Memory-Forgetting: Some Contrasting Views-Memory
Distortion and Memory Construction-Memory in Everyday
life-Memory and Brain.

UNIT-III Cognition:

Thinking: Forming Concepts and Reasoning to Conclusions
Making Decisions.
Problem Solving.
Language: The communication of Information
Motivation and Emotion:
Theories of Motivation.

Emotions: Their Nature, Expression, and Impact

UNIT-IV Personality:

The Psychoanalytic Approach-Humanistic Theories-Trait Theories-learning approach to Personality- Measuring Personality

Intelligence:

Intelligence: Contrasting views of its nature-Measuring Intelligence-

Human Intelligence: The Role of Heredity and Environment.

Emotional Intelligence: The feeling side of intelligence: Major Components of EQ- EQ: Evidence on its Existence and effects.

REFERENCES:

1. Atkinson and Hilgard(2007). Introduction to Psychology, THOMSON WADSWORTH.
2. Dennis Coon and John O. Mitterer. (2007). Introduction to Psychology, THOMSON INDIA EDITION.
3. Robert A Baron. (2007). 'Psychology', PEARSON- Prentice Hall.

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M.A. Semester-II

CCT-06 Psychology- CBCS – Practical Psychology - 06

Psychology - 06

(In force from June – 2010)

PRACTICALS IN PSYCHOLOGY :

Any six experiments are to be performed and reported in Journal :

1. Speed of Learning As a function of Meaningfulness of Material.
2. Bilateral Transfer of Training.
3. Effect of reward & punishment on Learning.
4. Retroactive Inhibition.
5. Retention As a function of Time : Study of Retention curve.
6. Study of Learning curve : Human Maze Learning.
7. Efficiency of Massed Vs. Distributed practice in Learning.
8. Transfer of Training Maze Learning.
9. Habit Interference.
10. Problem – solving.
11. Effect of Knowledge on Performance on ergograph.
12. Brightness constancy.
13. Size constancy.
14. Reterson's Test of Rational Learning.

Any four Tests are to be performed and reported in Journal :

1. To become acquainted wise use of an Adjustment Inventory.
2. Anxiety Inventory.

3. M.R. Kothari's Draw-A-Flower Intelligence Test.
4. Job Satisfaction Scale.
5. Job Involvement Scale.
6. Occupational Stress.
7. Mental Hygiene Inventory.
8. Tests Related to organizational Behaviour.
9. Tests Related to Psycho-metric and Research Methodology.
10. Tests Related to Health Psychology.
11. Any new Test of Any Discipline of Psychology.

BASIC BOOKS :

- (1) D'Amato, M.R.: Experimental Psychology: Methodology, (1970)
: Psycho-Physic & Learning, New York : McGraw-Hill. Inc.
- (2) Garrett, H. E. (1951): Great Experiments in Psychology, New York : Appleton-Century Crafts, Inc. Third Edition.
- (3) Kuppaswamy, B.(1954): Elementary Experiments in Psychology, Madras : Oxford University Press.
- (4) Postman, Leo & Egan, James P.(1949): Experimental Psychology : An Introduction, N.Y.: Harper & Row.
- (5) Underwood, Benton, J. (1963): Experimental Psychology : An Introduction, Bombay, The Times of India Press.
- (6) Woodworth, Robert S.& Schlosberg, Harold(1971): Experimental Psychology, Calcutta : Oxford & IBH Publishing Co.,
- (7) પ્રા. એસ. સી. કાનાવાલા (1994) : પ્રાયોગિક મનોવિજ્ઞાન : પ્રયોગપોથી યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, ગુજરાત રાજ્ય, અમદાવાદ-380 006.

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M.A. Semester-II
CCT-07 Psychology CBCS – Statistics in Psychology- 07
Psychology- 07
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Statistics as research tool - Measurement scale nominal scale, ordinal scale, Interval scale & Ratio scale measures of central tendency – Measures of Variability percentiles and percentile Ranks the standard score meaning – importance the Normal probability curve – meaning & importance of it – Measuring Divergence from Normality – Applications of the Normal Probability curve.

Unit-II

Linear correlation – The meaning of correlation – The coefficient of correlation–calculation of co-efficient of correlation by the product–moment method –Regression and prediction. Testing Experimental Hypotheses by X^2 (Chi-square) and t-test.

Unit-III

What is Non-parametric statistics ? Different types of Tests namely sign testing, Wilcoxon Testing, Chi– square Median Testing, Mann-Whitney U-test, Kruskal – Wallis H Testing.

Unit-IV

Analysis of Variance – How variance is Analyzed one-way and Two-way analysis of variance Theoretical background of ANOVA.

BASIC BOOKS :

1. Garrett, H. E. (1979). Statistics in Psychology & Education, Bombay : Vakils Feffer & Simons Ltd.,
2. Guilford J. P. (1954). Psychometric Methods, Bombay : Tata McGraw Hill Publishing Co., Ltd.,
3. Siegel Sidney (1956). Non-parametric statistics for the Behavioural Sciences, International Student edition, Tokyo : McGraw Hill Kogakusha Ltd.,
4. Parekh S. C. & Dixit, S. K. (1995). Statistical Testing in Psychological Research, Junagadh : Champa Prakashan.
5. Parekh S.C. (1998). Non Parametric Statistical Tex For Behavioural – Social Sciences, Publisher S.C. Parekh, Junagadh.
6. Trivedi, M. D. & Parekh, B. U. (1994). Statistics in Education, Granth Nirman Board, Ahmedabad.

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M.A. Semester-II
CCT-8 Psychology CBCS–Developmental Social Psychology-08
Psychology-08
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

What is Developmental Social Psychology ? Developmental Social Psychology : Why ? & How ? Two Key Concepts : Social and Socialization – Theoretical Back-grounds to Developmental Social Psychology – Developmental Social Psychology and the Real World- Developmental Social Psychology and Culture – Developmental Social Psychology and Methodologies.

Unit-II

Parenting styles, - Social development – of child – Social Life of Human beings, animals and other. The process of Socialization – The child in disturbed families and Media Influence on child.

Attachment theory – Patterns of Attachment – Attachment beyond infancy – Applications of Attachment as Psychotherapy – Culture and Attachment.

Unit-III

The development of Gender : Sex Differences : How Extensive Are they ? Biological Accounts of Sex Role Differences – Parental Investment – Theory and Sex Roles – Social Learning theory and Sex Roles – Kohlberg and Self-Socialization of Gender Roles – Cognitive Developmental

Theories and Sex Roles – Gender Schematic Processing Theory.

Moral Development : Social Learning Theory and Morality – Biological Theories of Morality – Piaget and Moral Development – Kohlberg's Theory of Moral Development – Evidence Supporting Kohlberg's Theory – Problems for Cognitive Development Theories of Moral Development – Methodological Problems—Is the Young child really a moral ? Morality & Social Convention – The relationship between moral reasoning and moral behavior.

Unit-IV

Play, self and the Social World : Play categories and definitions – Theoretical perspectives Piaget's Theory – Vygotsky's Theory – Mead's Theory – Play and The development of Social Understanding in young Children – The Content of play – Play and Games in Middle Childhood. Social Cognition : Understanding the Social World – what is Social Cognition ? Developing a concept of self – The Development of person perception – Social comparison – social comparison and social context – Attribution Theory.

REFERENCES :

1. Astington, J.W., Harris P. & Olson D. R. (Eds.) (1988) :
Theories of Mind. Cambridge; Cambridge University Press.
2. Barnes Peter (Edition)(1995) Personal, Social and Emotional Development of Children, Black Well Publishing.

3. Bowlby, J. (1982): Attachment : Attachment ad Loss, N.Y. :
Basic Books.
4. Durkin, K. (1985): Developmental Social Psychology, From
Infancy to Old Age, Oxford Black Well Publishing.
5. Schaeffer, R. (1996): Social Development, Oxford Black Well
Publishers.
6. Valsiner, J. (1997): Culture and Human Development, New
Delhi : Sage Publication.
7. Winnicott, D. W. (1971): Playing and Reality, London :
Tavistock.

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M. A. SEMESTER-II

ECT- 03 Psychology- CBCS- Health Psychology-II -03

Psychology-03

(In-force from June-2010)

Internal = 30 Marks]

[External = 70 Marks

UNIT-I

Using Health Services: Recognition and Interpretation of Symptoms-Who Uses Health Services?-Misusing Health Services-The Patient in the Hospital Setting.

Patient-Provider Relations:What is Health Care Provider ?
-Nature of Patient-Provider Communication-Results of Poor Patient-Provider Communication-Improving Patient-Provider Communication and Reducing Nonadherence-Placebo as Healer.

UNIT-II

Pain and Its Management: Significance of Pain-Clinical Issues in Pain Management-Pain Control Techniques.

Management of Chronic Pain: Pain Management Programs

Management of Chronic Illness: Quality of Life-Emotional Responses to Chronic Illness. Coping with Chronic Illness-Rehabilitation and Chronic Illness- Psychological Interventions and Chronic Illness.

UNIT-III

Psychological Issues in Advancing and Terminal Illness: Death Across the Life Span- Psychological Issues in Advancing Illness- Are there Stages in Adjustment to

Dying?- Psychological Management of the Terminally Ill-
Alternatives to Hospital Care for the Terminally Ill.

UNIT-IV

Psychoneuroimmunology: The Immune System-
Assessing Immunocompetence-Stress and Immune
Functioning.

AIDS : Risk Factors-Effects-and treatment of AIDS- The
Psychosocial Impact of AIDS-Psychosocial Interventions
for AIDS.

CANCER: The Prevalence and Types of Cancer-Causes
of Cancer-Diagnosing and Treating Cancer-The
Psychosocial Impact of Cancer.

REFERENCES:

- Edward P. Sarafino, Health Psychology, John Wiley & Sons, INC.
- Linda Brannon and Jess Feist. (2007). Introduction to Health
Psychology, Thomson: Indian Edition.
- Shelley E. Taylor. (2007). Health Psychology, Tata McGraw-
Hill Sixth Edition.

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M.A. Semester- II

ECT-03 Psychology CBCS – PsychoTherapeutics -03

Psychology-03

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Definition – Types of Psychotherapy – The Counsellor as a therapeutic person- Personal counseling for the Therapist. The Therapist's values and the Therapeutic process : The role of values in Therapy – Dealing with Value Conflicts – The Role of Values in Developing Therapeutic Goals – Issues faced by Beginning Therapists – Confidentiality.

Psychoanalytic Therapy : Key Concepts: Human – Structure of Personality – Consciousness and Unconsciousness – Ego-defense Mechanisms – Development of Personality. The Therapeutic Process : Goals – Therapist's Function and Role – Client's experience – Relationship between Therapist and Client – Application : Therapeutic Techniques and Procedures – Free Association – Interpretation – Dream Analysis –Analysis and interpretation of Resistance – Analysis and interpretation of Transference.

Unit-II

Adlerian Therapy : Key Concepts : Human nature – Subjective perception of Reality – Unity and Patterns of Human Personality – Social Interest and Community Feeling –Birth Order and Sibling Relationships. The Therapeutic Process : Goals – Therapist's Function and Role – Client's experience – Relationship between Therapist and Client –

Application : Therapeutic Techniques and Procedures – Establishing the Relationship – Exploring the Individual's Dynamics – Encouraging Self-understanding and insight – Helping with Reorientation – Area of Application.

Existential Therapy : Key Concepts : Human nature – The Capacity for self-Awareness – Striving for Identity and Relationship to Others – The Search for Meaning – Anxiety as a condition of living – Awareness of Death and Nonbeing. The Therapeutic Process : Goals – Therapist's Function and Role – Client's experience – Relationship between Therapist and Client – Application : Therapeutic Techniques and Procedures.

Unit-III

Person – Centered Therapy : Key Concepts : Human Nature – Basic Characteristics – The Therapeutic Process : Therapeutic Goal – Therapists Function and Role – Client's Experience in Therapy – Relationship between Therapist and Client. Application: Therapeutic Techniques and Procedures – Evolution of Person – Centered Methods – The Role of Assessment : Areas of Application.

Gestalt Therapy : Key Concepts : Human Nature – Principles of Gestalt Therapy Theory – The Now – Unfinished Business – Personality as Peeling an Onion – Contact and Resistance to Contact–Energy and Blocks to Energy. The Therapeutic Process : Therapeutic Goals – Therapists Function and Role – Client's Experience in Therapy – Relationship between Therapist and Client. Application : Therapeutic Techniques and Procedures – The Experiment in Gestalt Therapy –

Preparing Clients for Gestalt Experiments – The role of Confrontation – Techniques of Gestalt Therapy.

Unit-IV

Cognitive Behaviour Therapy : Key Concepts : Human Nature – View of Emotional Disturbance – A-B-C Theory of Personality. The Therapeutic Process : Therapeutic Goals – Therapists Function and Role – Client's Experience in Therapy – Relationship between Therapist and Client. Application : Therapeutic Techniques and Procedures – The Practice of Rational Emotive Behaviour Therapy – Aaron Beck's Cognitive Therapy- Basic Principles – The Client / Therapist Relationship – Applications of Cognitive Therapy.

REFERENCES :

1. Gerald Corey. (2001) Theory and Practice of Counseling and Psychotherapy, 6th Edition, California. Wadsworth, Brooks/Cole.
2. Burl E. Gilliland And Richard K. James. (1998) Theories and Strategies in Counseling and Psychotherapy, London, Allyn and Bacon.
3. John C. Masters. Thomas G. Burish, Steven D. Hollon And David C. Rimm (1987). Behaviour Therapy, 3rd Edition. New York, Harcourt Brace Jovanovich College Publishers.
4. Lewis R. Wolberg, (1977) The Technique of Psychotherapy, 3rd Edition. New York, Grune & Stratton.

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M.A. Semester-II
ECT-04 Psychology CBCS – Psychology of Emotion-II -04
Psychology - 04
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Theories of Emotion :

James – Lange Theory, Cannon – Bard Theory, Schachter's Two- Factor Theory, Cognitive Appraisal Theory of Lazarus, Facial Feedback Hypothesis, Lindsley's Activation Theory, Papez-McLean Theory, Major Arguments of Evolutionary Theories, Robert Plutchik's Psycho-Evolutionary Theory.

Unit-II Non-Verbal Communication and Emotion :

Meaning of Non-Verbal Communication, Types of Non-Verbal Communication – Paralanguage, Proxemics, Chronemics, Body Language- Gestures, Postures, Gazes, Stares, Startle Pattern, Facial Expressions; Culture and Emotional Expression – Definition and Nature of Culture, Cultural Differences in Emotion and Cultural Similarities in Emotion.

Unit-III Emotional Disorders :

Stress and Emotion Disorders – Meaning of stress, Sources of Stress, Effects of Stress, Emotional Responses to Stress; Anxiety Disorders – Generalized Anxiety Disorder, Panic Disorder, Phobia, Obsessive – Compulsive Disorder; Mood Disorders – Depressive Disorder; Bipolar Disorders, Theories of Depression.

Unit-IV Managing Emotion :

What is Emotion Management ? Managing Anger and Hostility, Managing Anxiety and Fear, Managing Depression; Managing Emotion by Developing Emotional Intelligence – Models of Emotional Intelligence – The Mayer Salovey Model; Assessment of Emotional Intelligence – Ability Measures, Self-Report Measures and Observer Rating Scales; Developing Emotional Intelligence.

REFERENCE BOOKS :

- (1) Bar-On, R. & Parker, J.D.A. (2000). Handbook of Emotional Intelligence, San Francisco : Jossey –Bass.
- (2) Cooper, R. (1996). Executive EQ : Emotional Intelligence in Leadership and Organizations. NY : Berkley Publishing Group.
- (3) Ekman, P., Friesen, W.V. & Ellsworth, P. (1972). Emotion in the Human Face.Pergamnon, New York : Oxford.
- (4) Goleman, D. (1995). Emotional Intelligence : Why It Can Matter More than IQ. New York : Bantom Books.
- (5) Goleman, D. (1998). Working with Emotional Intelligence. New York : Bantom Books.
- (6) Gross, J. J. (2009). Handbook of Emotion Regulation. New York : Guilford Press.
- (7) Patel, M. K. (2008). Psychology of Emotion. Rajkot : Saurashtra University Press.

- (8) Salovey, P. & Sluyter, D. (1997). Emotional Development and Emotional Intelligence : Implications for Educators. New York : Basic Books.
- (9) Scherer, K. R. & Ekman, P.(1984). Approaches to Emotion. New Jersey : Lawrence Erlbaum Associates.
- (10) Strongman, K. T. (2000). The Psychology of Emotion : Theories of Emotion in Perspective (4th Eds.). New York : John Wiley & Sons.
- (11) Rottenberg, J. & Johnson, S. (2007). Emotion and Psychopathology : Bridging Affective and Clinical Science. APA Publication.

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M.A. Semester-II
ECT-04 Psychology CBCS – Advanced Social Psychology-04
Psychology - 04
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Social Psychology :

Definition, Nature, Relation with other Sciences, Scope of Social Psychology and Importance of Social Psychology. Social Cognition : Attribution and Theories of Attribution, Biases in Attribution. The Correspondence Bias, The Actor-Observer Effect, The Self-serving Bias; Minimizing the Impact of Attributional Errors; Impression Formation – The Modern Cognitive Approach; Impression Management – The Fine Art of Looking Good.

Unit-II Attitudes and Prejudices :

Attitudes : Definition, Nature, Attitude Structure, Functions of Attitude, Attitude Formation – Social Learning, Social Comparison and Genetic Factors. Persuasion - Using Messages to Change Attitudes, The Cognitive and other Approaches to Persuasion.

Prejudice : Definition, Nature and Components of Prejudice, Determinants of Prejudice, Reducing Prejudice - Learning Not to Hate, Direct-Group Contact, Re-categorization and Cognitive Interventions.

Unit-III Social Influence :

Conformity : Why confirm ?, Factors Affecting Conformity; Compliance – Tactics for Gaining Compliance – Ingratiation, the Foot in the Door and The Low Ball, The Door in the Face and "That-Is-Not-All" Approach, Tactics Based on Scarcity, Complaining and Putting Others in a Good Mood.

Group Influence : Nature and Function of a Group, Group Formation, Group Cohesiveness, Group Norm, Group Ideology. Leadership : Theories of Leadership-Trait Theory, Situational Theories and Interactional theory; Democratic versus Autocratic Styles of Leadership; The Contingency Theory of Leadership Effectiveness.

Unit-IV Pro-Social and Antisocial Behaviour :

Pro-Social Behaviour : When Do We Help ? Situations that Promote Helping, Whom Do We Help ? Why Do People Help ? Personality Traits in Helping Behaviour, Reactions of the Recipients, Increasing Helping Behaviour.

Aggression : Theories of Aggression*, Social, Personal and Situational Determinants of Human Aggression, Prevention and Control of Aggression.

REFERENCE BOOKS :

1. Baron, R.A. & Byrne D. (2006). Social Psychology. New Delhi : Prentice Hall of India.
2. Myers, D. G. (2006). Social Psychology. New Delhi : Tata McGraw Hill Publishing.

3. Parikh, B.A. (1990). Social Psychology (Advanced).
Ahmedabad : University Book Production Board,
Gujarat State.
4. Worchel, S., Cooper, J., Goethals, G.R., & Olson, J.M.
(2000). Social Psychology. Belmont, USA : Wadsworth/
Thomson Learning.

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M.A. Semester-III
CCT-11 Psychology CBCS – Neuro Psychology-I -11
Psychology-11
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Introduction – Foundation of brain

Definition of Neuro-Psychology-Topography of the brain. The cerebral cortex & its lobular organization. The Cerebral hemispheres /Their internal structures – Fibres & Function of cortex – Pineal Gland in brain – Pituitary Gland in brain.

Unit-II Neuro-Chemical and Vascular Systems

Neuro Chemical-Blood vascular systems – Central Nervous systems – spinal cord & Function-Brain peripheral Nervous system – Radiological method –CT. Scan – P.E.T. Scan – M.R.I. – RCBF – spent – squid – E.E.G. Neuro-anatomical method – Brain tumour.

Unit-III Lobular Syndromes – I

Frontal lobe syndrome – Neuro-physiological base of memory – Role of DNA & RNA in memory Learning Theory – Parietal lobe syndrome – Disturbance of Psycho-somatic-Disturbance of speech.

Unit-IV Lobular Syndromes-II

Occipital lobe syndromes – Structure of Eye-Visual Theory – Disturbance of Visual perceptions Temporal lobe syndromes – structure of Ear-Disturbance of Learning & Vestibular functions – Disturbance of reading & Writing.

REFERENCES

- A. K. Shing. Modern Abnormal Psychology (Hindi)
- Arvind Bhatiya. Physiology & Biochemistry
- P. H. Michell. Text book of General Psychology
- R. D. Shing. Advanced Physiological Psychology
- Walsh K. Neuro-Psychology
- महेश भार्गव. शरीर क्रिया विज्ञान
- डॉ. देसाई. प्राणी शरीर क्रिया विज्ञान भाग- 1-2
- डॉ. सुधीर वी. शाह. मगज अने ज्ञानतंतुओना रोगी

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M. A. Semester - III

CCT-12 Psychology- CBCS –Psycho-Diagnostics Methods -12

Psychology-12

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Brief History and Scope of Psycho-diagnostics- Clinical Diagnosis –Types – Limitations – Importance of Clinical Diagnosis. In clinical Psychology also. Role of Psychologist in Diagnosis.

Clinical observation and Rating Scale : Scientific observation – Application of Clinical observation in Mental Hospital or Clinic – Observation Guide – Reliability & Validity of Clinical Observation – Limitations and Rating Scale.

Unit-II

Different Research Methods in clinical or Psycho-diagnostics : Clinical Interview as major method of Psycho-diagnostics Importance of Clinical Interview – Types – Needs of Clinical Interview – Out put of clinical Interview – Limitations. Clinical case study Method : Sources of Clinical case study – Planning of case study – Limitations of case study – Different types of forms for Admission in Clinic or Mental Hospital.

Unit-III

Rorschach Ink-Blot Test as Projective Technique-Speciality of Rorschach Ink Blot Test – scoring method of Rorschach Test Hadley's classification of the Rorschach Responses – Classification of Rorschach responses – Diagnostic

contribution of the Rorschach Test – Evaluation of Rorschach Test and Evaluation of the Projective Technique.

Unit-IV

Projective Techniques – Process – Explanation – Different types of Projective methods namely Verbal Tests–semi Projective Techniques – Unstructured Techniques – Rosenzweig's Picture Frustration Test- Thematic Apperception Test T.A.T. Utility and analysis of the TAT – Bellak Analysis sheet Wyatt Analysis sheet – Rotter Analysis sheet – The clinical significance of the TAT.

REFERENCES :

1. Anderson, H.H. & Anderson, G.L. (Ed.) (1955): An Introduction to Projective Techniques, N.Y. : John Willey & Sons.
2. Chowdhury, U. (1960): An Indian Modification of the Thematic Apperception Test, Calcutta : Shri Saraswathy Press.
3. Chowdhury, U. (1961): An Indian Modification of the Children's Apperception Test, N.D. : Manasayan.
4. Pareek, U. Devi, R. S. & Rosenzweig, S. (1968): Manual of the Indian Adaptation of the Rosenzweig Picture- frustration study – Adult Form, New Delhi : Rupa Psychological corporation.
5. Watson, R.I. (1983): The Clinical Method in Psychology, New York : John Willey & Sons.

6. Weiner, I.B. (1976): Clinical Methods in Psychology, New York : Willey Interscience Publication.
7. Wolman, B.B. (1965): (Ed.). Hand book of Clinical Psychology, New York: McGraw Hill Book Co.
8. Cameron, N.(1963): Personality Development and Psychopathology, N.Y. Houghton Mifflin.
9. Seitz. C. Johoda, N. Deutsch, M. & Cook, S. (1959). Research Methods in Social Sciences, N.Y. Holt.
10. Shaffer, G. W. & Lazerus, R. S. (1952): Fundamental Concepts of clinical Psychology, N.Y. McGraw Hill Book. Co.,

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M.A. Semester-III

CCT-13 Psychology CBCS – Models of Psychopathology-13

Psychology - 13

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Chapter-A : The comprehensive History of Abnormal Psychology, what is Abnormal Behaviour ? Its Criteria, Difference between normal behavior and Abnormal behavior and Research Methods of Abnormal Psychology.

Chapter-B : W.H.O. Classification (ICD-10) and Multifacial System (PSM IUR).

Unit-II

Chapter-A : Theoretical background / Approaches to psychopathology (1) Biological (2) Psychodynamic (3) Behavioural (4) Phenomenological.

Chapter-B : Nature and types of Anxiety Disorders – Phobias, Generalized Anxiety disorder, Panic Anxiety, Obsessive- Compulsive, Post-traumatic Stress, Active Stress Disorder.

Unit-III

Chapter-A : Associative, Nature and types of Dissociative Disorder, Etiology and Treatment of Dissociative Identity Disorder.

Chapter-B : Meaning of Schizophrenia, Course, Incidence and Prevalence of Schizophrenia, clinical Symptoms of Schizophrenia, Types of Schizophrenia.

Unit-IV

Chapter- A : Types of nature of Paranoid Disorder. Symptoms or clinical picture of paranoid disorder treatment of paranoia.

Chapter-B : Meaning and types of mood disorders, Etiological view points of Depressive Disorder.

Readings :

1. Adams, H.E. & Sutker P.B. (1984). Comprehensive Hand book Psychopathology. New York; Paragammon Press.
2. Bellack, A.S. & Hensen M.(1984). Research Methods in clinical Psychology, New York; Pargammon Press.
3. Diagnostic & Statistical Manual of Mental Disorders 4th Ed. (DSM-IV) Washington. D.C. APA Publication.
4. Dowson, J.H. & Grounds, A.T. (1985) Personality Disorders recognition ad clinical management. Cambridge University Press.
5. Kaplan, B.J. Sack B.J. (Eds.) Synopsis of Psychiatry, 7th Edition U.S.A. Williams & Wilkins.
6. Kazdin A.E. (1992). Research Design in Clinical Psychology. Boston : Ally & Bacon.
7. Zuckerman E.L. (1995). Clinician's Thesaurus 4th Ed. New York. Guilford Press.
8. સુરેશ પારેખ ડી. એસ.એમ. ૪ સંક્ષિપ્ત પરિચય પ્રકાશન, એસ.પી. પારેખ, જૂનાગઢ.

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M. A. SEMESTER-III

ECT-05 Psychology -CBCS- Behavior Modification -05

Psychology-05

(In-force from June 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Introduction

Basic Concepts of Behavior Modification – Assumptions of Behavior Modification –

Foundations of Behavior Modification: Classical, Operant and Social Conditioning.

Unit-II Behavioral Assessment

Traditional Assessment vs. Behavioral Assessment -
Common Features of Behavioral Assessment – Purposes of Behavioral Assessment –

Formal and Informal Behavioral Assessment.

Unit-III Classical Conditioning and Social Conditioning Techniques

Relaxation Procedures – Systematic Desensitization –
Assertion Training –

Modeling and Behavior Rehearsal Procedures.

Unit- IV Operant Conditioning Techniques

Establishing a Reinforcement Program – Types of Reinforcers – Schedules of Reinforcement –

Shaping and Chaining New Behaviors – Token Economy –
Contingency Management.

REFERENCES:

1. Gambrill, E.D., (1977) A Hand Book of Behavior Modification.
London: Jossey Bass.
2. Masters,J.C., Hollon, S.D., Burish,T.G., and Rimm, D.C.
(1987) Behavior Therapy. New York: Harcourt Brace
and Company.
3. William O'Donhue (1998) Learning and Behavior Therapy.
New Jersey: Allyn and Bacon Company.

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M.A. Semester-III

ECT-05 Psychology- CBCS – Counselling Psychology -05

Psychology-05

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Counselling and Related Fields : Definition of counseling
Psycho-therapy – Counselling and Psycho-therapy – Related
fields Advising–Guidance– Clinical Psychology – Counselling
as Hygiology–Counselling as a helping relationship –
Counselling as a solution to human problems.

Counselling – Expectations and Goals : Expectation of
different – individuals – counseling goals – Achievement of
positive mental health – Resolution of Problems – Decision
making as a goal of Counselling – Modification of Behaviour
as a goal.

Unit-II

Approach to counseling : The directive or authoritarian
approach (Psycho-analytic) – Humanistic Approach
Behaviouristic – Approach – The existential Point of view –
The Minnesota Point of view and The elected Approach.

Counselling Process : Preparation for Counselling – Process
of counseling – counseling relationship – counseling –
content ad process – steps in the counseling process –
variables affecting the counseling process – Portrait of an
effective counseling and counselee factors.

Unit-III

Counselling in the Educational setting : Counselling the elementary school child – Counselling in High School & College – The role of teachers in counseling – Educational Counselling and curriculum – Counselling & Home – Evaluation Programme of educational Counselling – Vocational Counselling – The Process of Vocational Counselling – Distinction between vocational Counselling and Guidance.

Special Areas in Counselling : Family group consultation – Counselling with families Concern children as well as parents Counselling with delinquent – Marriage & Pre-marital Counselling – Counselling Women.

Unit-IV

Professional preparation and Training for Counselling – Counsellor preparation & professional issues – Academic preparation – practical skills – Ethical standards – Legal considerations – Selection & Training of Counsellors – Conception of a professional worker – Preparation of Counsellors and Important Issues.

Modern Trends in Counselling : Counselling Movement in India & modern time – present status of counseling & Psycho-therapy – Trends in Counselling – Role of Counsellor – Career Guidance – The model of Counselling.

REFERENCES :

1. Bordin, E. S. (1985): Psychological Counselling, N.Y. : Appleton Century Crofts, Inc.

2. Curkhuff, R.R. & Berenson, B.G. (1977): Beyond Counselling & Therapy (2nd edi.), N.Y.: Holt, Rinehart & Winston.
3. Fusfer, J. M. (1964) : Psychological Counselling in India, Bombay : MacMillan Publishing Co., Inc.
4. Hansen J. C. (1978): Counselling Process and Procedures N.Y.: MacMillan Publishing Co., Inc.
5. Narayanrao, S. (1989) : Counselling Psychology, (3rd edi.), N.D. Tata McGraw Hill Book Co. Ltd.,
6. Steffler, B. (Ed.) (1965) : Theories of Counselling, New York : MacGraw Hill Book Company.
7. Tyler, L.E. (1969) : The work of a counselor (3rd edi.) N.Y. Appleton Century Crafts.
8. Warters, J. (1964): Techniques of Counselling, (2nd edi.), N.Y. : MacGraw Hill Book Company.

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M.A. Semester-III

ECT-06 Psychology -CBCS – Stress and Health -06

Psychology - 06

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Nature and Type of Stress :

Conceptualization of Stress – Stimulus Based Model, Response Based Model, Shortcomings of Stimulus and Response Models, Stress as an Interaction, Lazarus and Folkman's Transactional Model, Criticisms of the Transactional Model, General Nature of Stress, Basic Sources of Stress – Frustration, Conflict, Change and Pressure.

Unit-II Causes of Stress/ Types of Stressor :

Life Events Stress, Daily Hassles – Household Hassles, Health Hassles, Time Pressure Hassles, Inner Concern Hassles, Environmental Hassles, Financial Responsibility Hassles, Work Hassles, Future Security Hassles etc; Occupational / Work Related / Organizational Stressors – Luthans's Classification of Occupational Stressors, Cooper's Classification of Occupational Stressors, Pareek's Classification of Organizational Role Stressors, Executive Stress; Examination Stress; Environmental Stressors – Natural Disasters, Technology – when High-Tech Fails, Noise, Temperature, Aromas and Air Pollution, Crowding etc., Individual Stressors – Type A Personality Characteristics, Irrational Beliefs. Factor influencing Severity of Stress.

Unit-III Stress and Physical Health :

Concept of Health, Physiological Consequences of Stress – Fight-or-Flight Response, Hans Selye's Concept of General Adaptation Syndrome (GAS), Other Effects of Stress on Health-

(1) Indirect Effects : Altered Life Style (2) Direct Effects – Changes in Brain, Cardiovascular System, Endocrine System and Immune System; Other Physiological Consequences – High Blood Pressure, High Cholesterol and some other Psychosomatic Disorders like Ulcer, Arthritis etc.

Unit-IV Stress and Psychological Health :

Psychological Consequences of Stress : Cognitive Impairment – Poor Concentration, Increased Distractibility, Reduced Short-term Memory Capacity, Reduced Ability for Creative Thinking and Decision Making; Emotional Effects – Fear, Anxiety, Post-Traumatic Stress Disorder, Anger and Hostility, Depression; Burnout Stress Syndrome (BOSS) – Definition, Components and Causes of BOSS; Psychological Disorders in General; Behavioural Consequences of Stress – Aggression, Learned Helplessness, Indulging Self, Using Defense Mechanisms.

REFERENCE BOOKS :

- (1) Beck, A. T. (1972). Depression : Causes and Treatment.
Philadelphia : University of Pennsylvania Press.
- (2) Cooper, C. & Payne, R. (1988). Causes, Coping and
Consequences of Stress at Work. Chichester : Wiley.

- (3) Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping. New York : Springer.
- (4) Mishra, G. (1999). Psychological Perspectives on Stress and Health. New Delhi : Concept Publishing Company.
- (5) Pareek, U. (1993). Making Organizational Roles Effective. New Delhi : Tata McGraw Hill.
- (6) Patel, M.K. & Nasit, T.B. (2008). Stress, Emotions, Coping and Health. Rajkot : Saurashtra University Press.
- (7) Pestonjee, D. M. (1999). Stress and Coping : The Indian Experience. New Delhi : Sage.
- (8) Rathus, S. A. & Nevid, J.S. (2002). Psychology and the Challenges of Life : Adjustment in the New Millennium (8th Ed.). New York : John Wiley & Sons.

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M. A. SEMESTER-III

ECT-06 Psychology -CBCS- Work Psychology -06

Psychology-06

(In-force from June-2010)

Internal = 30 Marks]

[External = 70 Marks

UNIT-I Perspectives:

Introduction and Overview of work psychology:

The nature of work psychology-the science of psychology and work psychology-the world of work and organizations-emerging issues in occupational psychology.

Research Methods in work psychology: The nature and aims of research in work psychology-Research Designs-Research Methods and techniques-Analysing Data.

UNIT-II People at Work:

Personality and Individual Differences:

Definition of Personality-Intelligence-Emotional Intelligence-Creativity and Innovation at work.

Perceptions and attitudes at work:

Perception-Perception and attitudes-Attitudes to work.

Motivation and work satisfaction:

Theories of work motivation-Job satisfaction, job dissatisfaction, and causes.

UNIT-III The Group at work:

Relationships at work:

Relationships in the workplace-Relationship Issues-Developing effective relationships.

Groups, teams, and decision making:

Defining group-Stages of group development-why people conform to group membership-Functional behaviour-Dysfunctional behaviour.

Leadership at work:

Definitions of leadership-leader-follower relationship-Gender and leadership.

UNIT-IV The organization at work:

Career management and development:

Career in context: the changing nature of work-Career theories-Career management-Gender and careers.

Human Performance and the work environment:

Individual differences in performance-Performance-shaping factors-The work environment.

Management Issues:

Assessing people at work: Assessment process-methods.

Psychological health in the workplace: Organizational responsibility for psychological health-Moderating factors-Organizational interventions.

REFERENCES:

1. Lisa Matthewman, Amanda Rose, Angela Hetherington(Ed.)
'Work Psychology'.

OXFORD UNIVERSITY PRESS, 2009.

2. Paul M. Muchinsky.(2007). 'Psychology Applied to Work',
Thomson India Edition.

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M.A. Semester-IV

CCT-16 Psychology- CBCS – Neuro Psychology-II – 16

Psychology- 16

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Hemispheric Asymmetry of Functions

Structural asymmetry of cerebral hemispheres - Functional asymmetry of cerebral hemispheres–Cerebellum of Function – Thalamus & Hypothalamus of function – Function of Cerebral hemispheres – Elements of Behavioural neurology – structure of Neuro-cell –Type of brain neuron cell – Nerve Impulse – Potential

Unit-II Base & Disorders

Neuro Physiological base of emotion – Neurophysiological base of sleep – Cerebro Vascular disorders – Movement disorders–Sensory & Cognitive disorder – degenerative disorder–brain Viral disease–Synaptic Chemical Transmitters

Unit-III Assessment

Assessment of personality – Diagnosis – Neuro Psychological assessment – Halstead battery – Luria – Nebraska Neurological battery – HIV & Nervous system – Spinal cord disease – Method of electrical stimulation.

Unit-IV Theoretic Intervention

Relaxation techniques – Jacobson's progressive muscular relaxation – Autogenic training – Yoga – mediation – supportive Psychotherapies – Chemical therapy – shock therapy – sleeping therapy – stimulants therapy.

REFERENCES :

- Bhatt, Kusum K. Clinical Psychology
- Gandhi, T. P. & Goyal, R.K. Human Anatomy Physiology & Health Education
- Michell, P. H. Text book of General Psychology
- Shing, R. D. Advanced Physiological Psychology
- Whitaker, H.A. Neuropsychological studies of non-focal brain damage
- દેસાઈ. પ્રાણી શરીર ક્રિયા વિજ્ઞાન ભાગ- 1-2
- સુધીર વી. શાહ. મગજ અને જ્ઞાનતંતુઓના રોગો
- મહેશ ભાર્ગવ. શરીર ક્રિયા વિજ્ઞાન

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M.A. Semester-IV

CCT-17 Psychology- CBCS – Psycho-Diagnostic Testing -17

Psychology-17

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

General issues in Diagnostics Testing – Approach Clinical Vs. Statistical Prediction – Methodology-Psychological Test- Characteristics – Types- Utilities – Clinical Implications of Psychological Test Results – Ethical Issues – Biases influencing – other factors – The concept of Test Construction – Item Analysis – Reliability – Validity and Norms.

Unit-II

Different – Types of Intelligence Test- Stanford –Binet Scales – Wechsler Intelligence Scales – WAIS – WISC – Revised – WPPSI – Group Intelligence Tests – Culture fair Intelligence Tests – Mental Deficiency & Intellectual Deficit and its diagnostics method – Tests of Intellectual Deficit namely – The Bender Visual – Motor Gestalt – Test – The Babcock Test – The Hanfmann – Kasanin Test – The Hunt – Minnesota Test for Brain Damage – The Goldstein – Scheerer Cube Test – The Gelb – Goldstein colour sorting Test – The Goldstein, Gelb, Weigl & Scheerer object sorting Test.

Unit-III

Bell Adjustment – Inventory–Bernreuter personality Inventory –Eysenck Personality Inventory(MPI)–Minnesota Multiphasic

Personality Inventory (MMPI) –California Psychological Inventory – Comrey Personality Scales – Cattell's 16 P.F. Inventories – D. J. Bhatt's 13 P.F. Inventory – Personality Research Form (PRF)- D. J. Bhatt & others Mental Hygiene Inventory – General out line for Interest Inventories viz., Strong – Campbell Interest Inventory – Kuber Preference Records as diagnostics Testing.

Unit-IV

Meaning and purpose of Neuro-Psychological Assessment- concept of Minimum Brain Dysfunction or MBD –Psycho-Physiological indices of Arousal, Anxiety e.g. P.G.R./ G.S.R. –Heart Rate and to Correlate with those of subjective reports of the same.

The model of report writing for client ad Patient – The model including the following points – patient's family back ground, - Diagnostic tool, symptoms of mental disorders, Diagnosis, therapy applied and suggestions, synthesizing and integrating different test results.

REFERENCES

1. Anastasi, A. & Urbana, S. (2002). Psychological Testing, (7th Edi.) N.D.: Pearson Education Pte. Ltd., 482, FIE, Pratap Ganj, India.
2. Bhatt, D. J. & others (2009). 13 P.F. Inventory & Mental Hygiene Inventory Department of Psychology, Saurashtra University, Rajkot (Guj.)

3. Compbell, J.P. & others (1973). The Development and Evaluation of Behaviourally based scales, Journal of Applied Psychology, Vol. 54, 15-22.
4. Freeman, F.S. (1971). Theory & Practice of Psychological Testing (3d edi.) New Delhi : Oxford IBH.
5. Greene, Roger, L. (1991). MMPI : An Interpretive Manual Massachusettes : Anyu & Bacon.
6. Golden, C. G. luoses, J. A., Miller, W.R. & Strider F.D. (1983). Clinical Neuro Psychology Interface with Neurological & Psychiatric disorders. U.K. Grane & Stratton.
7. Harsen, M. & Bellack, A.S. (Eds.) (1981). Behavioural Assessment : A Practical Hand Book, N.Y. : Pergamon Press.
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M.A. Semester-IV

CCT-18 Psychology CBCS – Psychopathology-18

Psychology - 18

(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I

Chapter-A : Meaning, nature and types of Psychosomatic Disorder. General Etiology and Treatment of Psychosomatic Disorder.

Chapter-B : Meaning, nature and types of Personality Disorder. Causal factors in Personality disorder. Treatment and outcomes of personality disorder.

Unit-II

Chapter-A : Meaning of Antisocial Personality, Clinical Picture of Antisocial Personality Etiology of Antisocial Personality Treatment and Outcomes of Antisocial Personality.

Chapter-B : Nature of Substance-related Disorder and some important terms. Major substance related Disorders Etiology of Alcoholism, treatment and outcomes of Alcoholism.

Unit-III

Chapter-A : Meaning and nature of Sexual Dysfunction. Types of Sexual Deviation, Causes of Sexual Dysfunction, Treatment and off come of Sexual Dysfunction, Gender identity disorder.

Chapter-B : Meaning of Suicide, General Symptoms, Causes of Suicide-Stress factors, Depression factors, Emotional factor, Socio-cultural factors prevention of suicide.

Unit-IV

Chapter-A : Sleep and Sleep Disorder Anorexia Nervosa, Bulimia Nervosa Vs Anorexia Nervosa. Eating Disorder Parasomnia, Dyssomnium.

Chapter-B : Disorders of Impulse Control and Organic Psychoses or Brain Disorders.

Classification of organic Psychoses, Disorders Associated with Infection. – Cerebral Syphilis, General Paresis, Juvenile Paralysis. Meningovascular Syphilis, Epidemic Encephalitis. Epilepsy, Toxic Psychoses or toxic Delirium, Psychoses of the Aged, Types of Senile Dementia. Causes of Old Age Psychoses.

READINGS :

1. Adams, H.E. & Sutker P.B. (1984). Comprehensive Handbook of Psychopathology. New York; Paragon Press.
2. Bellack, A.S. & Hersen M.(1984). Research Methods in clinical Psychology, New York; Paragon Press.
3. Diagnostic & Statistical Manual of Mental Disorders 4th Ed. (DSM-IV) Washington. D.C. APA Publication.
4. Dowson, J.H. & Grounds, A.T. (1985) Personality Disorders recognition and clinical management. Cambridge University Press.

5. Kaplan, B.J. Sack B.J. (Eds.) Synopsis of Psychiatry, 7th Edition U.S.A. Williams & Wilkins.
6. Kazdin A.E. (1992). Research Design in Clinical Psychology. Boston : Ally & Bacon.
7. Zuckerman E.L. (1995). Clinician's Thesaurus 4th Ed. New York. Guilford Press.
8. સુરેશ પારેખ ડી. એસ.એમ. ડ સંક્ષિપ્ત પરિચય પ્રકાશન, એસ.પી. પારેખ, જૂનાગઢ.

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M. A. SEMESTER-IV

ECT-07 Psychology-CBCS-Application of Behaviour Modification -07

Psychology-07

(In-force from June 2010)

Internal = 30 Marks]

[External = 70 Marks

Application of Behaviour Modification

Unit-I Cognitive Behavior Modification Techniques

Self Instruction Training – Problem Solving Training – Anger Control Training – Self Management Training – Rational Emotive Behavioral Therapy – Beck’s Cognitive Therapy.

Unit-II Application of Behavior Modification in Educational Setting

Behavior Modification Techniques for Enhancing Study Skills and Social Skills of Students – Memory Enhancement Training – Self Esteem Training – Treating Examination Phobia – Fostering Creativity among Students and Teachers – Improving Interpersonal Relationship among Teachers.

Unit-III Application of Behavior Modification in Health Setting

Behavior Modification Techniques for treating Minor and Major Psychological Problems in Psychiatric Setting – Use of Behavior Modification Techniques in Various Other Medical Settings such as Cardiology and Neurology.

Unit-IV Application of Behavior Modification in Organizational Setting

Behavior Modification of Employee Behavior – Motivational Strategies – Stress Management – Improving Interpersonal Relationship for Effective Conflict Management – Time Management.

REFERENCES:

1. Gambrill, E.D., (1977) A Hand Book of Behavior Modification. London: Jossey Bass.
2. Masters,J.C., Hollon, S.D., Burish,T.G., and Rimm, D.C. (1987) Behavior Therapy. New York: Harcourt Brace and Company.
3. William O'Donhue (1998) Learning and Behavior Therapy. New Jersey: Allyn and Bacon Company.

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M.A. Semester-IV
ECT-08 Psychology- CBCS – Stress Management -08
Psychology-08
(In force from June – 2010)

Internal = 30 Marks]

[External = 70 Marks

Unit-I Situational and Social Moderators of Stress :

Differences between Mediators and Moderators of Stress, Theories about Mediators of Stress Response – Psychoanalytic, Behavioural and Cognitive Theory; Categories of Moderator Variables in Stress Processes, Perceived Control Over the Environment as the Situational Moderator of Stress, Social Support as Social Moderator of Stress – Definition of Social Support, Types and Sources of Social Support, Direct Effect and Buffering Effect Hypotheses, Benefits of a Social Support Network, Cultivating Support Network.

Unit-II Personality Moderators of Stress :

Definition of Personality, Some Personality Traits as Moderators of Stress – Well-being Relationship, Hardiness, Optimism, Self-esteem and self-efficacy, Locus of Control, Negative Affectivity, Type-A Behaviour Pattern (TABP) – Concept, TABP and Stress, TABP and Health, Bio-psycho-social Factors in Type-A Behaviour, Modifying Type-A Behaviour.

Unit-III Stress and Coping :

Concept of Coping, Coping as a Cause (an Independent Variable) and an Effect (a Dependent Variable), Coping as Mediator and Moderator of Stress – Strain Relationship, Classification of Coping Strategies, Coping Strategies having Limited Value – Giving up, Striking out at others, Indulging Self, Blaming Self, Using Defensive Coping; Categories of Constructive Coping : Appraisal Focused Constructive Coping – Ellis's Rational Thinking, Positive Reinterpretation; Problem Focused Constructive Coping – Using Systematic Problem Solving, Seeking Help, Using Time More Effectively, Improving Self-Control; Emotion Focused Constructive coping – Releasing Pent up Emotions, Distracting (Putting Problem out of your Mind), Managing Hostility and Forgiving Others, Meditating. Using Relaxation Procedure.

Unit-IV Other Strategies for Managing Stress :

Yoga, Bhuddhist Vipasyana, Biofeedback, Assertiveness Training, Nutrition, Exercise and Sleep, Stress – Inoculation Training (Meichenbaum's Cognitive Restructuring), Guided Imagery, Achieving Behavioural Control, Preventing Stress at Work, Managing Executive Stress.

REFERENCE BOOKS :

- (1) Atwater, E. (1995). Psychology for Living : Adjustment, Growth and Behaviour Today. New Delhi : Prentice Hall.

- (2) Coon, D. (2004). Introduction to Psychology : Gateways to Mind and Behaviour (10th Eds.), New York : Thomson Wadsworth.
- (3) Cooper, C. & Pyne R. (1988). Causes, Coping and Consequences of Stress at Work. Chichester : Wiley.
- (4) Lazarus, R. S. & Folkman, S.(1984). Stress Appraisal and Coping. New York : Springer.
- (5) Patel, M.K. (2008). Stress, Emotions, Coping and Health, Rajkot : Saurashtra University Press.
- (6) Pestonjee, D. M. (1992). Stress and Coping : The Indian Experience. New Delhi : Sage Publications.
- (7) Pestonjee, D. M., Pareek, U. & Agrawal, R. (1999). Studies in Stress and its Management. New Delhi : Oxford & IBH Publishing Co.
- (8) Rathus, S.A. & Nevid, J.S. (2002). Psychology and the Challenges of Life : Adjustment in the New Millennium (8th Eds.). New York : John Wiley & Sons, Inc.

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