

Psychology

**POST GRADUATE DEGREE
STANDARD**

UNIT I

Introduction:

Psychology as a science, Methods, Recent trends, Areas, Relationship between Psychology and Behavioural Sciences.

UNIT II

Indian Psychology:

Indian and Western Approaches, Applications of Yoga and Meditation, Psychotherapy in Indian Tradition.

UNIT III

Theories of personality:

Theories of Freud, Cattell Kurt Lewin, Allport, Skinner, Bandura, Carl Rogers

UNIT IV

Psychological Testing:

Cognitive Abilities: Tests of Intelligence, Memory, Creativity, Aptitude and Interests.

UNIT V

Measurement of Personality:

Questionnaires, Inventories Projective Tests, Rating - Scales.

UNIT VI

Mental Health Assessment:

Type 'A' Personality, Anger scale, Adjustment Inventories, Anxiety scales, Scales of neuroticism, problem check - lists, well - being scales.

UNIT VII

Research Methods:

Nature of Types of hypothesis Variables, Types of Research Design: Factorial Designs Expost - Facto designs, within subject Design, survey Designs.

UNIT VIII

Sampling Techniques:

Probability and non - probability sampling.

UNIT IX

Test Construction:

Item preparation and Analysis Types and estimation of Reliability and Validity.

UNIT X

Statistical Analysis:

Non - Parametric Tests Analysis of variance, Correlations, Factor Analysis, Regression.

PAPER - II

UNIT I

Guidance and Counselling:

Concepts and goals, Different Approaches, Counselling applied to Family, Educational and Industrial Institutions.

UNIT II

Counselling to special groups - Delinquents, Terminally ill people, Aged, Addicts, people in crisis, Parents of Mentally Retarded and other disadvantaged groups.

UNIT III

Psychological Therapies: Behaviours Modification, - Positive and Negative reinforcements, Relaxation Techniques, Assertive Training, Desensitization Procedures.

UNIT IV

Cognitive Therapies - Rational-Emotive Therapy, Cognitive Restructuring, Bio-Feedback.

UNIT V

Educational Psychology:

Problems of students, Classroom Management, Training of Students, Teachers and Parents for Academic Achievement, Personality development of students, Improvement of school Climate.

UNIT VI

Industrial and Organisational Psychology:

Psychological Assessment for recruitment, Types of Training for motivation and Productivity, Team building, Performance appraisal, Conflict Resolution and Job Satisfaction, Organisational Development.

UNIT VII

Health Psychology:

Stress - Causes, effect and Coping Strategies, Barriers to effective health Promotion; Techniques for health promotion.

UNIT VIII

Psychopathology:

Personality Disorders, Anxiety Disorders, Psychotic Disorder - causes Symptoms and Treatment.

UNIT IX

Consumer and Marketing Psychology:

Consumer Needs, Strategies for influencing consumer Behaviour; Marketing Research, Advertising.

UNIT X

Psychology in Every Day life:

Application of psychology for Self Family and Community Development, New frontiers of Applied Psychology.