

PSYCHOLOGY

(PG - DEGREE STANDARD)

CODE NO: 273

UNIT I : INTRODUCTION

Eastern and Western Approaches to psychology. Eastern: Buddhism, Taoism, Vedanta, Yoga, Transcendental Meditation. Stages of Ashtanga Yoga, Vipasana. Western approaches: Cognitive, Transpersonal, Existential & phenomenological.

UNIT II : THEORIES OF PERSONALITY

Freudian and Neo Freudian psychoanalytic theories, Kurt Lewin's field theory, Carl Rogers, Maslow, Skinner, Bandura, Allport, Cattell, Hans Eysenck, Robert McCrae and Paul Costa: The Five-Factor Model.

UNIT III : CLINICAL AND HEALTH PSYCHOLOGY

Personality Disorders, Anxiety Disorders, Schizophrenia, Depression, delusional disorders, Substance abuse disorders - Causes and Symptoms. Psychophysiological disorders and General Adaptation syndrome.

UNIT IV : THERAPEUTIC PSYCHOLOGY

Psychoanalytic oriented interventions: Dream interpretation & hypnosis, Behaviour therapy - Systematic Desensitization Procedures, Biofeedback, flooding, implosion. Aversion techniques. Cognitive – REBT, CBT, Self- feedback – Mischelbaum.

UNIT V : GUIDANCE AND COUNSELLING

Guidance and counselling: Definition. Differences between guidance, counselling and psychotherapy. Process of Counselling. Egan's Model of helping. Different Approaches to counselling: Directive, Non directive, eclectic and group counselling.

UNIT VI : ASSESSMENT AND APPLICATIONS OF GUIDANCE AND COUNSELLING

Assessments: Achievement, ability, aptitude, attitude, interest and personality. Application of guidance and counselling in family, educational, organisational, health and community settings.

UNIT VII: PSYCHOLOGY FOR HUMAN RESOURCE DEVELOPMENT

Human Resource Development: Definition and Process of HRD. Psychological assessment for recruitment and selection, performance appraisal. Job analysis: Job description and job specification.

UNIT VIII: TRAINING AND DEVELOPMENT

Types of Training: on the job and off the job. Conflict Management, Stress management, Presentation and communication skills.

UNIT IX : RESEARCH METHODOLOGY

Research process. Problem and hypothesis, Variables, Sampling- Probability and non - probability sampling Research design, Methods of data collection, Establishment of reliability and validity, Development of Norms. Qualitative research techniques. Report writing.

UNIT X : PSYCHOLOGICAL STATISTICS

Characteristics of normal distribution, Parametric, Analysis of variance, - Students t test, Product moment correlation. Non - Parametric Tests: Chi- square and Rank order correlation, Multivariate Statistics: Multiple Regression, Factor Analysis, Discriminant function analysis, Path analysis.