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**M.A. Final : Psychology**  
**2019-2020**  
**Paper 1**

**Max.Marks. 100**

**Psychology of Affective Processes (Compulsory)**

- 1- **Affective Processes:**  
Nature and characteristics, Affective processes and behaviour, Ethologists contributions
- 2- **Motivation:**  
Nature and properties, Criteria of Motivated Behaviour, Motivation and Homeostasis
- 3- **Techniques of assessment of Motivation:**  
Unobtrusive, self report and projective methods.
- 4- **Instincts, Drives and Motives:**  
Contribution of Mc Dougall, Hunger, Thurst and Sex drives, Social motives
- 5- **Theories of Motivation:**  
Murray, maslow and Herzberg
- 6- **Emotion:**  
Nature, Characteristics and types, Physiological changes in emotional states.
- 7- **Theories of Emotion:**  
James-Lange theory, Cannon Bard theory, Leeper's motivational theory of emotion.
- 8- **Biological and Neurophysiological Approaches to Emotion:**  
Psychophysiology of emotion, Emotional network in the brain.
- 9- **Emotional Intelligence:**  
Framework, assesment and application.

**Book Recommended**

Cofer, C.N. & Appley, M.H. (1964). Motivation: Theory and research. Delhi: Wiley Eastern.  
Lewis, M. & Haviland-Jones. J.M. (2000). Handbook of emotions. New York: Guilford Press.  
Coleman (1998). Emotional intelligence at work  
Weiner, B. (1998). Human motivation. Newbury Park: Sage.

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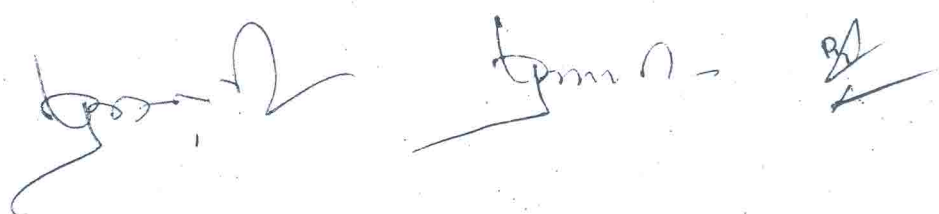
## Paper II: Psychological Testing and Assessment (Compulsory)

Max. Marks 100

1. **Introduction**  
Meaning and Purpose of Psychological Testing: Origin, nature and functions of Psychological tests. Defference between Test and Assessment.
- 2- **Test Construction:**  
Steps in test construction: Item Development. Item Analysis, Item Difficulty, Item Analysis of Speed Test.
- 3- **Standardization of Test:**  
Reliability and Validity: Basic concepts and their evaluation. Norms: Meaning and Types: Development of percentile and standard score norms..
- 4- **Introduction of factor analysis:**  
Centroid Method of factoring with numerical example.
- 5- **Measurement of General Mental Ability:**  
Nature of Intelligence, Theories of trait organization: two factor, multiple factor and Structure of Intellect Model. Stanford-Binet Scale, Wechsler Scales. Multiple Aptitude batteries, Emotional and Social Intelligence
- 6- **Assessment of Personality:**  
Self-Reporting Personality Inventories: MMPI, 16 PF. Interest Inventories, Test of creativity. Projective techniques: Rorschach and TAT:
- 7- **Ethical Limitations of Testing**  
Ethical issues in Psychological testing: Protection of Privacy and Confidentiality in testing and assessment

### Books Recommended:

Nunnally, J.C.: Psychometric Theory, New York, McGraw-Hill Inc. (1978)  
Anastasy, A.: Psychological Testing, 6 th Ed., New York, Macmillan Publishing Company (1988)  
Guildord, J.P. & Fruchter, B.: Fundamental Statistics in Psychology and Education (5 th Ed.) New York, McGraw Hill (1973)  
Bhargava, M. Modern Psychological Testing and Measurement  
Asthana, B. Measurement and Evaluation in Psychology and Education



Optional Papers  
(Note: Choose any one of the following groups)

Group A

Paper III : Developmental Psychology

Max. Marks : 100

- 1- Nature and Scope of Development Psychology, methods, Normative Cross-Sectional Approach, Genetic Longitudinal Approach.
- 2- Source, Materials and Techniques for securing data, Characteristics and Principles of development. Nature of development and growth. Factors affecting growth and development. Maturation and Learning, Heredity and Environment.
- 3- Broad outlines ( with cross- sectional reference to). sensory, perceptual, motor, emotional, intellectual, social and moral developments.
- 4- Prenatal stage, Infancy, Childhood, Pre-adolescence and puberty, Adolescence, Maturity and old age.
- 5- Special Longitudinal Study of following functions: Physical growth, intellectuals. language, emotional , social and character development.
- 6- Exceptional children and their problems. Gifted Children, Behaviour Problems including habit defects.
- 7- Nature of Psychological adjustment , mental retardation, delinquency, mental hygiene.
- 8- Special emphasis on either (a) from childhood to adolescence or ( b) adolescence.

**Books Recommended**

- Barnes, P. (1995). Personal, Social and Emotional Development, Oxford: Black Well.  
 Damon, W. ( 1997). Handbook of child psychology (5 th Ed.) New York: John Wiley.  
 Saraswathi, T.S. ( 1999). Culture, Socialization and Human Development. New Delhi: Sage Publication  
 Thompson, R.A. (1990). Socio-Emotional Development.  
 Srivastava, A.K. (1998). Child Development. New Delhi: NCERT Publication.  
 Feldman R.S. (1998), Child Development. New Jersey, Prentice Hall, Upper Saddle River.  
 Hurlock, Developmental Psychology.  
 Good Enough, Development Psychology  
 Carmichael, Manual of Child Psychology (II nd Ed.)  
 Thomson, Child Psychology  
 Hurlock, Adolescent development.

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## Paper IV : Psychopathology

Max. Marks : 100

- 1- **Introduction:**  
Classification, System in Psychopathology: Early diagnostic classification systems.
- 2- **Approaches to Psychopathology:**  
Biological , Psychodynamic, behavioral, cognitive, socio-cultural.
- 3- **Anxiety Disorder**  
Approaches and etiology of generalized and anxiety disorder , panic disorder, phobia, obsessive-compulsive disorder and post-traumatic stress disorder.
- 4- **Somatoform Disorder:**  
Approaches and etiology of somatization , hypochondriasis, pain disorder and conversion disorder.
- 5- **Psychotic Disorders:**  
Approaches and etiology of schizophrenia, paranoid and mood disorders.
- 6- **Cognitive Impairments:**  
Approaches and etiology of delirium, dementia and amnestic syndromes, Dementia of the Alzheimer's type, presenile dementia, pick's disease, Huntington's chorea.

### Books Recommended:

- Barlow, D.H. & Durand, V. M. (1999). Abnormal Psychology: An integrative approach (2nd Ed.) Pacific Grove: Brooks/Cole.
- Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- Carson, R.C., Butcher, J.N., & Mineka, S. (2001). Abnormal Psychology in Modern life ( II Ed). New York. Allyn and Bacon.
- Davison, G.C. & Neals J.M. (1996). Abnormal Psychology (Revised Ed.). New York: John Wiley.
- Kaplan, H.I. , Saddock, B.J. & Gribb, J.A. (1994). Synopsis of psychiatry. New Delhi. B.I Waruly.
- Lamm. A. ( 1997). Introduction to Psychopathology. New York: Sage.
- Sue, R., Sue., & Sue, S (1990). Understanding abnormal behaviour. Boston: Houghton Mifflin.

वितरी आनन्द

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**Practicals (Group A)**  
(Any 05 of the Following)

- 1- Cross-sectional study of language development
- 2- Construction and interpretation of psychological test of behavioural problems in college students.
- 3- Study of moral reasoning and judgment.
- 4- Measurement of mental efficiency in old age.
- 5- Study of cognitive development in preschoolers.
- 6- Measuring individual differences in an aptitude.
- 7- Study of mental health.
- 8- Experimental study of verbal learning.
- 9- Measurement of emotional Intelligence of college students.
- 10- Study of temperament and depression.
- 11- Assessment of mental Retardation using form boards/Bender-Gestalt Test.
- 12- Study of Loneliness of two pathological and two normal cases.

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(Group B)

Max. Marks. 100

**Paper III. Clinical Psychology**

- 1- Nature of Clinical Psychology, Origin and growth of clinical psychology: Types and goals of clinical Psychology, Effectiveness of Psychotherapies clinical Psychology in India.
- 2- Behaviour therapy, Techniques of behaviour therapy : Systematic desensitization, Flooding, Modeling, Aversion therapy, contingency management, Assertion training.
- 3- Cognitive behaviour therapy : Ellis's rational emotive behaviour therapy : Beck's cognitive therapy
- 4- Psychoanalytical therapy : Basic postulates, therapeutic techniques.
- 5- Humanistic and existential therapies : Person centered therapy : Existential therapy, Gestalt therapy, Lager therapy : therapeutic techniques and procedures.
- 6- Biological therapy : Pharmacotherapy, shock therapy and psychosurgery,
- 7- Group therapies, Family therapy and marital therapy.
- 8- Diagnostic tools; Clinical interview, case study, personality tests: MMPI, NEOPI-R, Rorschach Ink Blot test, TAT, Luria-Nebraska neuropsychological test , Bender- gestalt test.

**Books Recommended**

- Beck, J.S. (1995), Cognitive therapy : Basics and beyond, N.Y.: The Guilford Press.
- Caballo, V.E.(Ed.). (1998). International handbook of cognitive and behavioral treatment of psychological disorders. Oxford: Pergammon,
- Corey, G., (2001). Theory and Practice of counseling and Psychotherapy, New York : Brooks/ Cole
- Kaslow, HW. (Ed.). (2002). Comprehensive handbook of Psychotherapy (Vols. I to IV). New York : John Wiley and Sons.
- McMullin, R.F. (2000). The new handbook of cognitive therapy techniques, New York. W.W. Norton and Co.

  
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## Paper IV: Guidance and Counselling Psychology

Max.Marks. 100

- 1- **Introduction**  
Nature of Guidance and Counselling Historical Perspective, Definitional Model: Educational, developmental and Preventive, Ethical issues in guidance and counselling.
- 2- **Expectations and Goals of guidance and Counselling**  
Characteristics of counselee and counselors; Role and functions of the counselors.
- 3- **Guidance and Counselling Approaches**  
Affectively oriented approaches-psychoanalytic, person- centred and existential; cognitively oriented approaches- Eclectic and behavioural.
- 4- **Counselling Process**  
External conditions and preparation, Structuring the counselling relationship, Counselling interview and degrees of lead by the counsellor, Nonverbal behaviour Group counselling approaches.
- 5- **Areas of Counselling**  
Educational , career, family and marital, gerontological and weaker sections, Stress management oriented counselling.
- 6- **Evaluation of Counselling**  
Nature and purpose, steps in evaluation, and outcome research.

### Books Recommended:

- Gelso, C.J. & Fretz, B.R. ( 1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
- Locke, D.C., Myers, J.E., & Herr, E.L. (Eds.) (2001). The Handbook of counselling. Thousands oaks, CA: Sage Publication Inc.
- Patri, V.R. (2001). Conselling Psychology. New Delhi: Authors Press.
- Rao, S.N. (1991). Counselling and Guidance (2nd Ed.). New Delhi: Mc Graw Hill.
- Shertzer, B. & Stone, S.C. ( 1968). Fundamentals of Counselling. New York: Houghton Mifflin.
- Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.) ( 2003).  
Handbook of Counselling Psychology ( 2nd Ed.) London: Sage Publication Ltd.

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**Practicals (Group B)**

Max. Marks. 100

**(Any five of the following)**

- 1- Construction and interpretation of psychological test of behavioural problems in college students
- 2- Measurement of Mental efficiency in old age
- 3- Study of mental health
- 4- Study of temperament and depression
- 5- Assessment of emotional intelligence
- 6- Study of Loneliness of two pathological and two normal cases
- 7- Experimental study of verbal learning
- 8- Study of cognitive development in pre-schoolers
- 9- Measuring individual difference in an aptitude
- 10- Rorschach Ink Blot or TAT

  
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