Objective:
The objective of this course is to apprise the students with various theories and systems of psychology and to provide the theoretical base of psychology.

Unit – I

1. Indian Psychology:
   i. Nature and Control of Mind.
   ii. Nature, type and conditions of Perception.
   iii. Classification, nature and theory of dream.

2. Asian Psychology:
   i. Oriental approach
   ii. Differences between Eastern and Western Approaches
   iii. Yoga and Behaviour modification

3. Structuralism and Functionalism:
   i. Introduction of Structuralism
   ii. Forerunners of Titchener’s structuralism
   iii. Nature of Psychology
   iv. Systems of Structuralism
   v. Criticism of structuralism
   vi. Value of structuralism
   vii. Introduction of Functionalism
   viii. Factors role playing in Functionalism
   ix. William James
   x. Granville Stanley Hall
   xi. James Makkeen Cattell
   xii. James Rowland Angell
   xiii. Harvey A. Car
   xiv. Criticism of functionalism
   xv. Evaluation of functionalism
Unit-2

4. Associationism
   i. Introduction of Associationism
   ii. Old Associationism
   iii. Associationism as a system
   iv. New associationism
   v. Value and Contribution of Associationism

5. Psychoanalysis:
   i. Introduction
   ii. Postulates of Psychoanalysis
   iii. The Unconscious
   iv. Theory of instincts
   v. Theory of Psychosexual development
   vi. Theory of Personality
   vii. Defense Mechanisms
   viii. Psychoanalysis and Society
   ix. Criticism and Evolution of Psychoanalysis concepts

6. Analytical and Individual Psychologist
   i. Carl Gustav Jung
   ii. Alfred Adler

Unit-3

7. New Theories in Psychoanalysis:
   i. Introduction
   ii. Otto Rank
   iii. Sandor Ferenczi
   iv. Melanie Klein
   v. Frenz Alexander
   vi. Psychoanalysis and the study of Culture
   vii. Psychoanalysis and Experimental Psychology.

8. The Sociological Approach of Psychoanalysis:
   i. Karen Horney
   ii. Erich Fromm
   iii. Harry Stack Sullivan
   iv.

9. Conditioned Reflexes:
   i. Introduction
   ii. Pavlov’s Postulates and Principle
   iii. Conditioning
   iv. Explanation of Condition
Unit-4

10. Behaviorism:
   i. Introduction
   ii. Principles of Watson’s Behaviorism
   iii. Some earlier Behaviorist
   iv. Karl S. Lashley
   v. Donald Hebb
   vi. Criticism of Behaviorism
   vii. Evaluation of Behaviorism

11. Neo – Behaviorism and Neo-Behaviorists:
   i. Introduction
   ii. Edwin Guthrie
   iii. Burrhus Frederick Skinner
   iv. Edward Chase Tolman
   v. Clark Leonard Hull
   vi. Gregory Razran

12. Purpsivism:
   i. Introduction
   ii. William McDougall

Unit-5

13. Gestaltism:
   i. Introduction
   ii. Forerunners of Gestaltism
   iii. The meaning of Gestalt
   iv. Methodological bases
   v. Laws of Perceptual Organisation
   vi. Learning through insight
   vii. Criticism of Gestaltism

14. Field Theory:
   i. Introduction
   ii. Scientific nature of field theory.
   iii. Lewin’s mathematical concepts and logical constructs.
   iv. Lewin’s theory of Behavior.
   v. Studies of group dynamics.
   vi. Lewin’s Personality theory.
vii. Evaluation of field theory.
viii. Contribution of Lewin’s.

15. Organismic and Personalistic Psychology:
i. Kurt Goldstein
ii. Jacob Robert Kantor
iii. Personalistic Psychology
iv. William Stern
v. Edouard Spranger
vi. G.W. Allport

Basic Books:


Veer Narmad South Gujarat University, Surat
M.A. Psychology
Paper-02
Experimental Designs in Psychology and Psychological Statistics

(To come in force from June, 2014)

University Exam: 100 Marks

Objective: This course aims at familiarizing students with various designs of experiments along with statistical procedures.

UNIT – 1
1. Experimental Design:
   Purpose, characteristics, Importance, Advantages and Disadvantages of Experimental Designs.

2. Randomized Post Test only Control: Group Design; Randomized matched posttest only control group design, Pretest – Posttest control – Group Design.
3. Randomized one-way ANOVA design, Randomized blocked one-way ANOVA design, Randomized-Factorial Design. Unit -1 (Experimental Designs)

Unit-2
4. Ex-Post Facto Design: Characteristics or nature, Advantages and Limitations, One-group after only design (Ex-Post factor Design)

Unit-3
7. Standard score, Tabulating and graphing. Types of Kurtosis, Type of Skewness

Unit-4
8. Testing significance of Mean and other statistics:
9. Null Hypothesis and levels of significance. Concept of significance of differences between means, level of confidence, Degrees of freedom, setting up confidence – intervals for the population mean

Unit-5
10. Testing significance between means and between other statistics. $\chi^2$ Test.
11. Analysis of Variance (ANOVA)
12. Concept of analysis variance.
Readings:
Duration: 3 Hours
University Exam  100 Marks

OBJECTIVE:
– This paper focuses on the contribution on different theoretical approaches to psychopathology to the area of clinical and aims.
– To train students in different approaches to counseling and psychotherapy.
– To help develop a balanced view of the various therapies and the practical techniques employed
– To help students familiarize themselves, gain knowledge and work towards developing an integrative perspective.

UNIT-I
1– Definition of clinical psychology.
2– Historical background of clinical psychology
3– Various approaches to clinical psychology.
   – Physiological approaches.
   – Psychological approaches.
   – Psycho – analytical approaches.
   – Behavioristic approaches.
      -Psychometric approaches.

Unit-2

4– Scope of clinical psychology

5– Clinical Diagnosis :
Nature and varieties of clinical diagnosis.

6– Clinical case study method :
Sources of information of clinical case study.
Nature of information for clinical case study.
Limitations of case study.
Unit-3

7– Clinical observation and rating scale:
Limitations of clinical observation.
Reliability of observation.
Validity of observation.

8– Clinical Interview:
Nature of clinical interview.
Significance of clinical interview.
Varieties of clinical interview.
Requirements of clinical interview.
Informations from clinical interview.
Limitation of clinical interview.

9– Introduction to Psychotherapy:
Training of the clinical therapist, aims of psychotherapy various techniques of psychotherapy. Factors influencing the effectiveness of psychotherapy.

Unit-4

10– Psychotherapeutic devices:
Catharsis.
Suggestion.
Hypnotism.
Desensitization and Reconditioning.
Explanatory & Interpretive psychonetlysis.
Bibliotherapy.

11– Psychoanalytic psychotherapy:
Nature of psychotherapysis
Free Association Method
Dream interpretation
Psychotherapeutic procedure of Psychoanalysis
Limitation of psychoanalysis

12– Group Psychotherapy:
Psychodrama
Play therapy
Non directive Psychotherapy
Recreation therapy
Role of the clinic
Evolution

**Unit-5**

13– **Medical Psychotherapy :**
- Shock Therapy
- Insulin Therapy
- Psycho surgery

Scope & Limitations of Medical Psychotherapy.

14– **Preventive Psychotherapy :**
- Public mental health
- conditions and requirements
- Analysis of public mental health
- Difficulties
- Counseling & Guidance

15– **Clinical Psychologist in the clinic**
- Clinical staff functions of the clinical psychologist
- Clinical set up
- Modern clinical dilemma

**READINGS :**

OBJECTIVES:
1– This course aims at familiarizing students with various steps involved in Research Process.
2– This course deals with various methods that are employed in field settings.
3– This course apprises the students of the methods such as observation, questionnaire Interview and other.
4– This course enables the students to prepare the write–up of the research.

Unit-1
1– The Research Process:
– Major Steps of Research Process.
– Main Types of Research studies.
  - Pure Research and Applied Research
  - Exploratory and descriptive studies.
2– Selection and formations of Research Problems:
– Sources and Research problems.
– Importance of Past studies.
- Construction of various hypothesis – Good Hypothesis
- Concept of working Definition
- Method of testing of hypothesis.

Unit-2
3– Research Designs:
– One group pre-test-post test Design
- Equivalent and Non-Equivalent Control group Design
- Time-series and multiple time-series design.
4– Sampling:
- Universe and sample, uses of sampling, sampling process
- Relation between Research study and sampling methods.
5- Some areas of Psychological Research:
- Education, Industries (Organizations), Clinical, Consumer, Social etc.

Unit-3

6- Methods of Data Collection:
- Structured and unstructured observation
- Questionnaires and their construction.

7- Interviews, Projective Methods other methods.

8- Source of Data
- Documentry Sources:
- Public Documents
- Personal Documents – Personal Letter, Diary, Autobiography, Life history etc.

Unit-4

9 – Field Sources and its importance.
- Types of Data

10– Surveys:
- Sample surveys and Field studies.
- Longitudinal and Cross section Design of field studies.

11– Experiments in Field setting.
- Meaning, types and advantages – limitation of the Field Experiments.

Unit-5

12 – Data Processing
- Editing, Classification and Tabulation

13 – Analysis and Interpretation of Data.

14 – The Research Report
- Outline of a Research report.
- Guidelines for writing the research Report as per American Psychology Association.
- Criteria used for judging the stability of a report for publication.

BOOKS:


Veer Narmad South Gujarat University, Surat
M.A.- (Psychology)
Paper-4-B (Elective Course)
Behavioral Psychotherapy and Modification -
(To come in force from June, 2014)

University Exam: 100 Marks

Objective:

Make Students familiar with Behavioral Psychotherapy.
Clarify the background of theory of Behavioral Psychotherapy.
To acquire field training of Behavioral Psychotherapy which is most famous Psychotherapy of modern time
To prepare the students for the therapy of problematic child, patients of normal psychological Problems, psychosis, neurosis, A.D.H.D, mental retardation and dyslexia.
Introduce the students with the practical use of various therapy of Behavioral Psychotherapy

Unit-1

1- Psychotherapy
   Background of Psychotherapy, Mining and aims of Psychotherapy,
   Condition of Psychotherapy, tips of Psychotherapy, usefulness of Psychotherapy.

Unit-2

2-Behavioral psychotherapy
Background, mining and definition of Behavioral Psychotherapy.
concept of Behavioral Psychotherapy, functional or behavioral analysis.
Preparation of Behavioral Psychotherapy.

Unit-3

3-Background
i. Behavioral Psychotherapies based on classical conditioning
   Exposure, systematic Desensitization, Implosive Therapy, Flooding, Exposure
   and Response prevention, Aversive Therapy,

ii Behavioral Psychotherapies based on Operant Conditioning
   Contingency Management, Token Economy method Response Shaping, Response
   Cost Method Modeling Social Skills Training-Assertiveness Training-Social Problem
   Solving Training, Biofeedback

Unit-4

4 - Behavior Therapy in Different Disorders
i Background
ii Anxiety Disorders- Panic disorders with or without agoraphobia, Specific Phobia,
   Social Phobia, obsessive compulsive disorder
iii Schizophrenia
iv Childhood disorders-Conduct disorder, Attention-deficit /hyperactivity disorder, Mental Retardation, Depression
v Sexual Disorder-Sexual desire disorder, Hypoactive sexual desire, Sexual aversion disorder
Sexual arousal disorders (Male and Female ),Orgasmic disorders, Premature ejaculation
Sexual pain disorders

**Unit-5**

**Fieldwork**
In the school of Mental and physical handicap children
Mental hospital and mental ward Work with Mental handicap children , Mental hospital and mental ward ,Problematic Child, case study, Training under psychologist and psychiatrist

**BASIC BOOKS :**

4 -The Practice of Behaviour Therapy Pergamon.New York
UNIT-I:
What is Health Psychology—Health Psychology as an interdisciplinary field—Relating Health Psychology to other Science fields—Bio-psychosocial Perspective on Health and Illness.

PERSONALITY AND DISEASE:
Models of Personality and Disease—the coronary-Prone Personality—The Disease-Prone Personality—Personality and The immune system.

UNIT-II
Concept of ‘SthitaPrajna’ (Bhagvad Gita), Behavioral Referents of the concept of ‘Anasakti’.

HEALTH PROMOTION AND DISEASE PREVENTION
Behavioral factors in disease prevention namely those involving Tobacco, Alcohol and Illegal drug abuse

UNIT-III
LIFE STYLES TO ENHANCE HEALTH AND PREVENT ILLNESS:
Life Styles, Risk factors and Health— The Role of Beliefs and Intentions-Developmental, Gender, and Socio-cultural factors in Health.

HEART DISEASE, STROKE : CAUSES,MANAGEMENT AND COPING
Heart Disease: Who is at risk of Heart Disease and why ? Medical Treatment and Rehabilitation of Cardiac Patients, The psychosocial Interventions for Heart Disease.
Stroke: Causes, Effects and Rehabilitation of Stroke.
UNIT-IV :

CANCER AND AIDS: CAUSES, MANAGEMENT AND COPING
Cancer: The prevalence and Types of cancer, causes of cancer, Diagnosing and treating cancer, the psychosocial impact of cancer.
AIDS: Risk factors, effects and treatment of AIDS, The psychosocial impact of AIDS, Psychosocial interventions for AIDS.

UNIT-V:
STRESS AND HEALTH:
Stress-its meaning, impact and sources-psychosocial modifiers of stress-how stress affects health.

Reference Books: