THEORY AND SYSTEMS OF PSYCHOLOGY - I

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

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

Unit-II

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 Custav Jung
   ii. Alfred Adler
7. New Theories in Psychoanalysis:
   i. Introduction
   ii. Otto Rank
   iii. Sandor Ferenzi
   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
Experimental Designs in Psychology and Psychological Statistics-I

**UNIT – 1(Experimental Designs)**

1. Experimental Design:
   Purpose, characteristics, Importance, Advantages and Disadvantages of Experimental Designs.
2. Randomized Post Test only Control: Group Design; Randomized matched post test only control group design, Pretest – Post test control – Group Design.
3. Randomized one-way ANOVA design, Randomized blocked one-way ANOVA design, Randomized-Factorial Design.

**UNIT-2 (Psychological Statistics)**

5. Standard score, Tabulating and graphing. Types of Kurtosis, Type of Skewness
CLINICAL PSYCHOLOGY - I

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.
4– Scope of clinical psychology

UNIT II
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.
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.
Research Methodology – I   Paper-ECT-01 (Elective Course)

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 Hypon
- Concept of working Definition
- Method of testing of hypothesis.

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.

6– Methods of Data Collection:
- Structured and unstructured observation
- Questionnaires and their construction.
7 Interviews, Projectives Methods other methods.
1- Psychotherapy

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

2- Behavioral psychotherapy

Background, mining and definition of Behavioral Psychotherapy, concept of Behavioral Psychotherapy, functional or behavioral analysis.
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.

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

UNIT-III:
Concept of ‘Sthita Prajna’ (Bhagvd Gita), Behavioral Referents of the concept of ‘Anasakti’.

UNIT-IV:
HEALTH PROMOTION AND DISEASE PREVENTION
Behavioral factors in disease prevention namely those involving Tobacco, Alcohol and Illegal drug abuse
Theory and Systems of Psychology-II

Unit – I

1. Conditioned Reflexes:
   i. Introduction
   ii. Pavlov’s Postulates and Principle
   iii. Conditioning
   iv. Explanation of Condition
   v. Criticism and value of Conditioning
   vi. Vladimir M. Bekhterev
   vii. Soviet Psychology after Pavlov and Bakhterev

2. 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

3. 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

4. Purpsivism:
   i. Introduction
   ii. William McDougall

Unit-II

5. 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

6. 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.

7. Organismic and Personalistic Psychology:
   i. Kurt Goldstein
   ii. Jacob Robert Kantor
   iii. Personalistic Psychology
   iv. William Stern
   v. Edouard Spranger
   vi. G.W.Allport
Experimental Designs in Psychology and Psychological Statistics-II

Unit -1 (Experimental Designs)

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

Unit-2 (Psychological Statistics)

3. Testing significance of Mean and other statistics:
   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.

4. Testing significance between means and between other statistics. $\chi^2$ Test.
5. Analysis of Variance (ANOVA)
   Concept of analysis variance.
UNIT-I

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

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

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

4– Group Psychotherapy:
psychodrama
Play therapy
Non directive Psychotherapy
Recreation therapy
Role of the clinic
Evolution

UNIT-II

5– Medical Psychotherapy:
Shock Therapy
Insulin Therapy
Psycho surgery
Scope & Limitations of Medical Psychotherapy.

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

7– Clinical Psychologist in the clinic
Clinical staff functions of the clinical psychologist
clinical set up
Modern clinical dilemma
1– Source of Data
   - Documentry Sources:
     - Public Documents
     - Personal Documents – Personal Letter, Diary, Autobiography, Life history etc.

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

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

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

5 – Data Processing
   – Editing, Classification and Tabulation

6 – Analysis and Interpretation of Data.

7 – 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.
Behavioral psychotherapy and Modification - II

ECT-02 (Elective Course)

1-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


2 - 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-I:
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.

UNIT-II:
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.

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-IV: STRESS AND HEALTH:
Stress-its meaning, impact and sources-psychosocial modifiers of stress-how stress affects health.
Advance Social Psychology – I

UNIT-I


2. Methods of Social Psychology
   - Introspection
   - Observational Methods
   - Psychological Experimentation
   - Survey research Method
   - Sociometric Methods
   - Content Analysis
   - Cross-cultural research method
   - Projective Techniques.

   - Cognitive World.
   - Principles of Cognition.
   - Social nature of perception and its different aspects.
   - Person Perception.
   - Errors in Person Perception

UNIT- II

4. Social Aspect of Motivation
   - Meaning and nature of motivation.
   - Needs and Goals.
   - Some major human wants.
   - Approaches of Social motivation.

5. Interpersonal response traits and Self-Perception
   - Cognitions, Needs and Inter-Personal Response.
   - Some Primary interpersonal response traits.
   - Inter Personal response traits and the need satisfaction.
   - Self-Perception.
   - Characteristics of interpersonal response traits.

UNIT- III

6. Attitudes
   - Definition and nature of attitudes.
   - Attitude Structure.
   - Attitude Functions.
   - Determinants of attitudes.
7. Attitudes Measurement
   - Theoretical basics of attitude measurement.
   - Measurable attributes in attitudes.
   - Characteristics of attitude scales.
   - Types of items.
   - Methods of attitude measurement.
   - Reliability and Validity of the Scales.
   - Measurement by rating.
   - Survey interview.
   - Limitations in attitude measurement.

8. Attitude Change.
   - Types of situations in attitude change.
   - Source Variables in attitude change.
   - Message factors in attitude change.
   - Channel factors in attitude change.
   - Receiver individual factors in attitude change.
   - Consistency of attitude and behavior.

UNIT-IV

9. Prejudices
   - Definition and nature of Prejudice.
   - Are Prejudices natural or learned?
   - Stages of Prejudice development.
   - Determinants of Prejudice.
   - Reducing methods of Prejudices.

10. Language and Communication
    - Theories of Origin of language.
    - Nature of Communication
    - Functions of the Words.
    - Language and thought.
    - Semantics.
    - Communication and Cognitions, needs and attitudes.
    - Language and Personality.
    - Language and Culture.
Advance Social Psychology – II

UNIT- I
1. Social Norms, Roles and Status.
   - Nature of Social interaction.
   - Social norms-Nature of Social norms.
   - Formation of Social norms.
   - Social Status and Social Role.
   - Roles, nature and determinants.
   - Role Strain-Role conflict.
   - Status and Status System.
   - Social class and social environment in Indian society.
   - Social mobility and status change.

2. Leadership Behavior.
   - Nature of leadership.
   - The emergence of leadership.
   - Functions of a leader.
   - Dimensions of leadership behavior.
   - Psychodynamics of the leader follower relation.
   - Theories of leadership
   - Effects of leadership, types of leadership.
   - Evaluation of leadership behavior.

UNIT- II
   - Public, Opinion and Public Opinion.
   - Formation of Public Opinion.
   - Role of rational-irrational elements in public opinion.
   - Factors in formation and change in public opinion.
   - Importance and dangers of public opinion research.
   - Measurement of public opinion
   - Polling.
   - Stability, validity and reliability of public opinion.
   - Media of mass communication.

4. Propaganda.
   - Meaning, nature and characteristics of propaganda.
   - Techniques of Propaganda or Principles of Propaganda.
   - Propaganda and language.
   - Effectiveness of Propaganda.
   - Protection against Propaganda.
   - Protection against Propaganda.
   - Need for Propaganda.

UNIT- III
- Definition of a Psychological group.
- Methods of Study.
- Models of group structure.
- The characteristics of small groups, Functional analysis of groups.
- Group Cohesiveness.
- Group goals.
- Group ideology.
- Process of group formation.
- Social Organisations.
- Group effectiveness.
- Group Performance Versus individual performance.

6. **Group behaviour and the Crowd.**
   - Nature and type of Crowds.
   - Crowd and deindividuation.
   - Elementary features of Crowd.
   - Theories of Crowd behavior.
   - Methods in the study of the Crowd.

UNIT- IV

7. **Socialisation, Self-Concept and personality.**
   - Approaches to Socialisation.
   - Nature of Socialisation
   - Nature of the Self-Concept.
   - Culture.
   - Personality and Culture.

8. **Pro-social and antisocial behavior**
   - Helpful behavior
   - Aggression.
   - Attraction : Linking and Loving others.

9. **Social Psychological aspects of International Relations.**
   - War and international relation.
   - Psychological aspect of war.
   - Contribution of Psychology for Peace.