MLS - 07D

Principles of Psychology



Block	/Unit No.	Title	Page No.
Block -1: Introduction to Psychology			
1.		ure, Scope and Goals of Psychology; ology - Pure and Applied.	1
2.	Methods of Psy	chology	11
3.	Historical Devel and other Fields	lopment: Origin of Psychology, Psychology	21
4.	Schools of Psyc	hology and Contemporary Approaches to Psychology.	31
5.	Biological Basis	s of Behaviour	39
6.	Role of Heredity	y and Environment on Behaviour	51
Block	-II: Perceptual	Process	
7.	Sensation		61
8.	Attention		83
9.	Perception		91
10.	Perceptual Cons	stancies,	101
Block	-III: Effective	Process	
11.	Motivation		115
12.	Theories of Mot	ivation	123
13.	Emotion		134
14.	Theories of Emo	otions	146
Block	- IV: Learning	and Remembering	
15.	Learning		158
16.	Behaviouristic 7	Theories of Learning	166
17.	Social and Cogr	nitive Theories of Learning	181
18.	Memory		190
19.	Forgetting		205
Block	- V: Cognitive	Process	
20.	Thinking		216
21.	Types of Thinki	ng	224
22.	Intelligence		234
23.	Theories of Inte	lligence	244
24.	Individual Diffe	rences	252
25.	Measurement of	f Intelligence	261

PSYCHOLOGY COURSE - II

SOCIAL PSYCHOLOGY



"We may forgo material benefits of civilization, but we cannot forgo our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Blo	ck/Unit No.	Title	Page No.
Blo	ck-1: Introduction	ı	1-28
1.	Social Psychology		2
2.	Experimental and	Quasi Experimental Methods in Social Psychology	12
3.	Survey Methods, O	Opinion Poll and Observation Method	22
Blo	ck-II: Social Perce	eption	29-64
4.	Person Perception	, Object Perception, Social Perception, and Social Interacti	ion 30
5.	Attribution		45
6.	Communication		51
7.	Impression Forma	tion and Impression Management	58
Blo	ck-III: Socialisatio	on Process	64-106
8.	Socialisation		65
9.	Concept of Self		73
10.	Social Influences		81
11.	Obedience		94
Blo	ck-IV: Attitudes a	nd Social Process	106-183
12.	Nature and Definit	tion of Attitudes	107
13.	Theories of Attitud	le Change	113
14.	Measurement of A	attitude	121
15.	Interpersonal Cont	flicts	127
16.	Prejudice and Disc	crimination	133
17.	Aggression		142
18.	Groups		151
19.	Role Theory		159
20.	Group Processes		177
Blo	ck - V: Social Beha	aviour: Leadership and Environmental Behaviour	184-248
21.	Prosocial Behabio	ur	185
22.	Interpersonal Attra	actions	193
23.	Leadership		204
24.	Theories of Leade	rship	221
25.	Environmental Inf	luences on Behaviour	234

PSYCHOLOGY COURSE - III

PSYCHOPATHOLOGY



"We may forgo material benefits of civilization, but we cannot forgo our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Block/Unit No.		. Title I	Page No.	
DI 1.7	.			
Block-1:		oduction to Psychopathology	2	
	1.	Definition-Nature and Scope of Psychopathology.	2	
	2.	Popular view and Misconceptions of Abnormal Behavior.	15	
	3.	Criteria of Abnormality and Models of Abnormal Behavior.	28	
	4.	Historical Perspectives of Abnormal behavior.	42	
Block-II:	: Cau	ses of Abnormal Behavior		
	5.	Causes of Abnormal Behavior.	53	
	6.	Stress and Coping Strategies.	60	
	7.	Anxiety disorders.	72	
	8.	Somata form disorders.	80	
	9.	Dissociative Disorders.	86	
Block-III	I: Psy	cho-Physiological Disorder and Health Psychology		
	10.	Introduction to Developmental Disorders.	94	
	11.	Cardiovascular Disorder-Hyper Tension-Asthma-Therapies.	107	
	12.	Eating Disorders and Sleeping Disorder.	118	
	13.	Ageing and Psychological Disorders.	130	
	14.	Development Disorders in Adolescent and Childhood.	141	
Block-IV	: Psv	chological Disorders		
	15.	Schizophrenia.	152	
	16.	-	163	
	17.	Personality disorders.	180	
		Sexual and Gender identity Disorders.	197	
Block-V:	Ther	rapies		
	19.	Biological Therapies.	213	
	20.	Behaviour Therapies-I.	225	
	21.	Behaviour Therapies-II .	337	
	22.	Society's Response to Maladaptive Behavior-Levels of Prevention		
	23.	The Challenges of Preventions.	262	

FIRST YEAR

PSYCHOLOGY

COURSE - IV

LIFE SPAN DEVELOPMENT



"We may forgo material benefits of civilization, but we cannot forgo our right and opportunity to reap the benefits of the highest education to the fullest extent....."

—Dr. B.R.Ambedkar

Blo	ck/Unit No.	Title	Page No.
Blo	ck -1: Issues in Hum	an Development	1-63
1.	Principles and Stages	s of Development	2
2.	Characteristics and D	Developmental Tasks of Each Stage	16
3.	Prenatal Developmen	nt and Hazards	26
4.	Factors Influencing I	Prenatal Development	38
5.	Birth Process and Int	fancy: Hazards	50
Blo	ck -II: Babyhood an	d Childhood	64-108
6.	Physical and Emotion	nal Development in Babyhood	65
7.	Language and Social	Development in Babyhood	75
8.	Physical and Languag	ge Development in Childhood	84
9.	Cognitive Developme	ent in Childhood	93
10.	Moral and Social Dev	velopment in Childhood	101
Blo	ck -III: Puberty and	Adolescence	109-158
11.	Physical Changes and	d its Psychological Effects	110
12.	Intellectual and Mora	al Development (Piaget and Kohlberg Theories)	123
13.	Social Development with Parents, Peers A	in Adolescence Search for Identity; Relationship	130
14.	Personality Develop	ment	138
15.	Adjustment Problems	s During Pubertyand Adolescence	147
Blo	ck - IV: Adulthood		155-201
16.	Adjustment Problems	in Early Adulthood	156
17.	College Experiences	and Career Development	169
18.	Middle Age - Physica	al Functioning and Occupational Stress	177
19.	Adjustments in Marit	al and Social Relationships	187
Blo	ck - V: Late Adultho	od: (Old Age)	197-229
20.	Preparation for Old A	Age	198
21.	Physical and Mental	Health	206
22.	Work and Retirement	t, Widowhood and Remarriage	214
23.	Social Issues Related	to Aging	222

M.Sc

PSYCHOLOGY COURSE - VI PERSONALITY



"We may forego material benefits of civilization, but we cannot forego our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Block/Unit No. Title		Page No.
Block-I:	Introduction to Personality	1-43
Unit 1:	Definition, Nature and Functions of Personality	2
Unit 2:	Structure and Process of Personality	10
Unit 3:	Growth and Development of Personality, Early Personality Development	17
Unit 4:	Socialization and Personality Development, Sex Typing and Toilet Training	25
Unit 5:	Mechanisms of Socialization: Reward, Punishment, Imitation and Identification	34
Block-II:	Determinants and Assessment of Personality	44-83
Unit 6:	Biological Determinants – Genetic Factors, Nervous System, Endocrine System and Physical Structure	45
Unit 7:	Social Determinants, Contemporaneous Social Influences – Conte	xt 59
Unit 8:	Agents of Socialization- Family, School, Occupation	67
Unit 9:	Assessment - Meaning and Uses of Assessment, Objective Personality Tests and Projective Personality Tests,	74
Di- d- III	Issues in Personality Assessment	74
Unit 10:	: Theoretical Approaches: Psychoanalytical Approaches	84-132 85
Unit 11:	Sigmund Freud's Classical Psychoanalytic Theory Carl Jung's Applytic Theory	95
	Carl Jung's Analytic Theory Nea Francisco The Social Analysis Adlar's	93
Unit 12:	Neo Freudians: The Social Analysts, Adler's Individual Psychology and Erich Fromm	104
Unit 13:	Karen Horney, Interpersonal Theory of Psychiatry - Harry Stack Sullivan	113
Unit 14:	Contemporary Psychoanalytic Theory-Erik Erickson	122
Block-IV	: Behaviouristic and Cognitive Approaches	133-179
Unit 15:	B.F. Skinner's Reinforcement Theory	134
Unit 16:	Albert Bandura's Social Learning Theory	142
Unit 17:	Dollard and Miller's Stimulus - Response Theory	150
Unit 18:	George Kelly's Personal Construct Theory	160
Unit 19:	Lewin's Field Theory	168
Block-V:	Humanistic and Trait Approaches	180-243
Unit 20:	Carl Roger's Person-Centered Theory	181
Unit 21:	Abraham Maslow's Self-Actualization Theory	195
Unit 22:	Gordon Allport Theory	203
Unit 23:	Raymond Cattell's Factor- Analytic Theory	214
Unit 24:	Hans Eysenck Biological Trait Theory	222
Unit 25:	The Big five Theory of Paul Costa and Robert Mc Crane	232 IV

PSYCHOLOGY COURSE - VII

COUNSELING PSYCHOLOGY



"We may forgo material benefits of civilization, but we cannot forgo our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Blo	ck/Unit No.	Title	Page No.
Blo	ck-1: Introduction to	Counselling	1-70
1.	Definition, Nature and	Scope of Counseling	2
2.	Goals and Expectation	s of Counseling	12
3.	Psychological and Soc	al Foundations of Counseling	23
4.	Methods of Securing C	Client Information	42
5.	Evaluation of Counseli	ng	59
Blo	ck-II: Counseling Pro	cess: Functions and Skills	71-135
6.	Characteristics of a Co	ounselor	72
7.	Fundamentals of Couns	seling Skills	83
8.	The Counseling Proce	ss	96
9.	Interpretation Technic	lues	108
10.	Values in Counseling		122
Blo	ck-III: Counselling St	rategies, Techniques and Spheres	136-212
11.	Individual and Group (Counselling Strategies	137
12.	Counselling Technique	s	152
13.	Counselling for Marital	, Sexual, Family, Women & Elderly	167
14.	Counselling For Child	lren With Behavior Problems	185
15.	Educational, Vocationa	ıl, and Career Counselling	199
Blo	ck-IV: Counselling: T	herapeutic Approaches	213-271
16.	Freud's Psychoanalyti	c Approach	214
17.	Behavioristic Approac	h	227
18.	Cognitive Behavioral	Approach	245
19.	Humanistic and Existe	ntial Approaches	257
Blo	ck - V: Counselling for	Special Groups	272-364
20.	Counselling for Substa	nce Abuse	273
21.	Counselling for Patient	s with Chronic Illness	288
22.	Counselling for Anxiet	y and Depression	305
23.	Counselling for Stress	and Burnout	322
24.	Counselling Adolescer	nts for Better Adjustment	333
25.	Counselling for Differe	ently Abled	351

PSYCHOLOGY COURSE - VIII

ORGANIZATIONAL BEHAVIOR



"We may forgo material benefits of civilization, but we cannot forgo our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Blo	ck/Unit No.	Title	Page No.
Bloc	ck-1: Fundamentals	of Organizational Behavior	1-22
1.	Scope and Nature o	f Organisational Behaviour	2
2.	Managerial Function	ns .	9
3.	Challenges and Opp	ortunities for Organisational Behaviour	16
Blo	k-II: Foundations	of Individual Behaviour	23-78
4.	Application of Princ Organizational Beha	ciples of Perception and Personality to aviour	25
5.	Theories of Motivat	ion-I	41
6.	Theories of Motivat	ion II	51
7.	Theories of Motivat	ion III	59
8.	Emotional Intelliger	nce and Employee Effectiveness	72
Blo	ck-III: Foundations	of Group Behavior	79-141
9.	Groups		80
10.	Models of Group D	evelopment	90
11.	Group Processes: D	ecision Making	104
12.	Understanding World	k Teams	112
13.	Communication		126
Blo	ck-IV: Leadership		142-194
14.	Traditional Theories	of Leadership	143
15.	Contingency Theori	es of Leadership	151
16.	Contemporary Issue	es in Leadership	161
17.	Conflict and Negotia Interactionist view	ation-traditional view, Human Relations view,	170
18.		ges, Conflict Resolution Techniques, Negotiation – Bargaining Strategies	181
Blo	ck-V: Human Resou	rce Practices and Organizational Change	195-260
19.	Selection and Place	ment Practices	196
20.	Training and Develo	opment Programmes	204
21.	Performance Evalua	ation and Feedback	214
22.	Organizational Char	nge	224
23.	Organizational Deve	elopment	234
24.	Organizational Effi	ctiveness	245

M.Sc

PSYCHOLOGY

COURSE - IX

RESEARCH METHODOLOGY



"We may forego material benefits of civilization, but we cannot forego our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Block/Unit	No. Title	Page No.
Block 1:	Introduction to Research in Psychology	1
Unit-1:	Scientific Method	2
Unit-2:	Approaches to Research	10
Unit-3:	Types of Research	17
Unit-4:	Research Process	28
Block 2:	Formulation of a Research Problem and Hypothesis	38
Unit-5:	Research Problem	39
Unit-6:	Concept and Types of Hypothesis	47
Unit-7:	Type - I and Type - II Errors	56
Block 3:	Experimental Designs	62
Unit-8:	Variables and Experimental Control	63
Unit-9:	Introduction to Research Designs	76
Unit-10:	Experimental Designs-I	87
Unit-11:	Experimental Designs-II	98
Unit-12:	Quasi-Experimental and Non Experimental Designs	112
Block 4:	Sampling	123
Unit-13:	Population, Parameters and Statistics	124
Unit-14:	Probability Sampling Techniques	132
Unit-15:	Non-Probability Sampling Techniques	145
Unit-16:	Sample Size and Sampling Errors	152
Block 5:	Data Collection, Analysis and Reporting	164
Unit-17:	Methods of Data Collection	165
Unit-18:	Questionnaire and Focus Group Technique	174
Unit-19:	Techniques of Multivariate Analysis	183
Unit-20:	Techniques of Qualitative Analysis	191
Unit-21:	Ethics in Psychological Research	205
Unit-22:	Communicating Psychological Research - APA Guidelines	221

M.Sc

PSYCHOLOGY

COURSE - X

PSYCHOMETRY AND PSYCHOLOGICAL TESTING PRACTICALS



"We may forego material benefits of civilization, but we cannot forego our right and opportunity to reap the benefits of the highest education to the fullest extent......"

- Dr.B.R.Ambedkar

Block/Unit No.	Title	Page No.
	Part-A	
Block-I: Introduction	n to Psychological Testing	1-43
Unit 1: History of Psych	hological Testing	2
Unit 2: Psychological T	Cests: Characteristics, Classification and Assumptions	14
Unit 3: Errors in Psycho	ological Measurement	23
Unit 4: Approaches of I	Psychological Testing:	
Classical Test	Theory and Modern Test Theory	30
Unit 5: Ethical Issues in	n Psychological Testing	38
Block-II: Test Const	ruction-Item Analysis and Reliability	44-84
Unit 6: Test Constructi	on – Steps in Constructing a New Test	45
Unit 7: Types of Items	and Guidelines for Item Writing	50
Unit 8: Quantitative Ite	em Analysis	58
Unit 9: Reliability and	Types of Reliability	70
Unit 10: Computation	of Reliability Coefficient and Factors Affecting Reliability	77
Block-III: Test Const	truction: Validity, Norms, Application of	
Psychological Testin	g	85-137
Unit 11: Validity and T	ypes of Validity	86
	ting Reliability and Validity and Theory Approach to Reliability	94
Unit 13: Survey and T	ypes of Surveys	101
Unit 14: Interpretation	n of Test Scores and Types of Norms	114
Unit 15: Applications of	of Psychological Testing	125
	Part-B: Psychological Testing	
Block-IV: Psychologi	ical Testing Practicals - I	138-183
Intelligence Test:		
Unit 1: Cattell's G Fact	tor Culture Free Test	140
Unit 2: Raven's Progre	ssive Matrices	147
Unit 3: Koh's Block De	esign Test	153
Unit 4: Malin's Intellige	ence Scale for Indian Children (Misic) (Demonstration Only)	156
Unit 5: Draw-A-Man 7	Гest	160
Aptitude:		
Unit 6: Davids Battery	of Differential Abilities (DBDA)	166
Unit 7: Differential Ap	titude Test (DAT)	171
Interest:		
Unit 8: Comprehensive	e Interest Schedule (CIS)	177

Creativity:

Unit 9: Wallach and Kogan Test of Creativity	181
Block-V: Psychological Testing Practicals - II	184-261
Personality:	
Unit 10: Maudsley Personality Inventory (MPI)	186
Unit 11: State Trait Anxiety Inventory	189
Unit 12: Neo Five Factor Inventory	197
Unit 13: Tripathi Personal Preference Schedule	202
Unit 14: Coopersmith Self-Esteem Scale	207
Unit 15: Dimensions of Rigidity Scale	210
Unit 16: Mental Health Inventory	216
Unit 17: Rathus Assertiveness Scale	221
Stress:	
Unit 18: Occupational Stress Index	224
Emotional Intelligence:	
Unit 19: Emotional Intelligence Scale	227
Organizational Climate:	
Unit 20: Organizational Climate Scale	234
Tests for Demonstration Purpose Only:	
Unit 21: Rosenweig Picture Frustration Study	238
Unit 22: Thematic Apperception Test	247
Unit 23: Children's Apperception Test	253
Unit 24: Rorschach Ink Blot Test	258