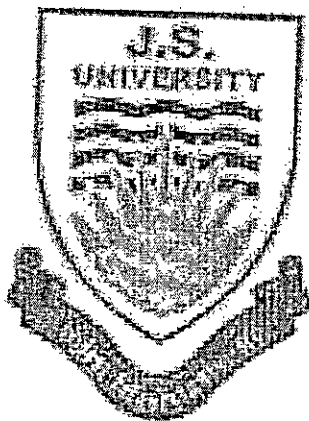


J.S. UNIVERSITY, SHIKOHABAD



**MASTER OF ARTS (M.A.)**

**(TWO YEAR DEGREE COURSE)**

**SUBJECT**

**PSYCHOLOGY**

UNIVERSITY

## PSYCHOLOGY M.A (Previous)

**Note- There shall be four papers, three compulsory and one Optional as IV (A) or IV (B) or IV (C) etc. and a practical course each carrying 100 marks.**

### Paper I Background and Systems of Psychology

- Unit I-** Aristotle, Descartes, John Locke, Galton, William James and Patanjali.
- Unit II-** The Founders of Experimental Psychology : Weber, Fechner, Helmholtz, Wundt.
- Unit III-** Structuralism- Tichner. Functionalism- Chicago School. Associationism- Ebbinghaus. Thorndike and Pavlov.
- Unit IV-** Behaviourism- Watson and Tolman. Gestalt Psychology- Wertheimer, Koffka and Kohler. Field Theory- Lewin.
- Unit V-** Psycho-analytic School-Freud, Adler, Jung,

### Paper II Experimental Psychology

- Unit I-** Psychophysics. Definitions, Problems, Methods; Weber and Fechner Law, Signal Detection Theory- Assumptions and Experimental procedures.
- Unit II-** Conditioning : Classical and instrumental, Types of instrumental conditioning, Reinforcement and Schedule of reinforcement. Verbal Learning : Nature, Method, and materials used in the study of verbal learning.
- Unit III-** Memory and Foregetting : Encoding Storage and retrieval Sensory, Short Term, Long Term, Memory Nature and Theories of Foregetting.
- Unit IV-** Problem solving : Meaning and approaches-Gestalt and Behaviouristic Concept of Learning- Methods, Material and determinants.
- Unit V-** Dynamic of Behavior : Motivation, Meaning, Physiologic uses of motives, Basic Motives (Hunger, Thirst and Sex).

### Paper III Psychological Statistics

- Unit I-** Introduction : meaning, Uses of Statistics in Psychology, Graphical representation of Data (Cumulative Frequency Curve, Cumulative Present Curve [Ogive] Bar Diagram).
- Unit II-** Normal probability Curve : Meaning, Application Regression and prediction (Calculation of X and Y from Equations in score form and Standard Error of this estimation).
- Unit III-** Measures of Relationship : Parametric product moment method (Scatter diagram) Non-parametric Phi-Coefficient, Biserial and Point Biserial.
- Unit IV-** Test of Significance : Parametric : (a) Significance of difference between uncorrected means. (b) Significance of difference between correlated means. (c) F-Test (One way classification).
- Unit V-** Test of Significance : Non parametric --(a) Chi Square Test (equal probability, Normal and independence Hypothesis) (b) Median test (c) Sign Test.

## Paper IV

Any one paper to be opted of the list of optional papers given in the end. This list of optional papers is common to syllabus for both M.A Prev. and M.A Final Examination.

### Practical :

The Practical examination will consist of two practical to be held on two consecutive days. The student is required to conduct any four practical from each section.

### Section-I

Reaction Time (choice) 2. L.T.M. 3. S.T.M. 4. R.I 5. D.T. 6. Concept formation

### Section-B

1. Non Verbal Interest Test 2. W.B. Adult Scale 3. T.A.T. 4. Measurement of Attitude 5. Moral Judgment Test 6. Personality Inventory : (C.P.Q)

Practical (Two)

60 Marks

Viva-Voce

25 Marks

Lab. Book

15 Marks

**Note-** The Candidate is required to pass in Theory and Practical separately.

M.A. FINAL

**J.S. UNIVERSITY, SHIKOHABAD**

**PSYCHOLOGY**

**M.A. (Final)**

**Note-** There shall be four papers in all, three compulsory and one Optional as IV (A) or (B) etc. and a practical each carrying 100 marks.

**Paper I  
Research Methods**

- Unit I-** Psychological Research : Nature and its steps. Problem : Meaning, Statement and Selection of a Problem. Hypothesis : Meaning, Types, function and characteristics of a good hypothesis.
- Unit II-** Experimental method : Variables, Nature, types, Techniques of manipulation and control of variables. Sampling : Meaning, Probability and non Probability sampling techniques.
- Unit III-** Non-Experimental Researches : Advantage and disadvantages of non-experimental researches. Quasi-experimental designs : Correlational, Expost Facto Design, Contrast Design; case study.
- Unit IV-** Experimental Designs : Nature and Types (Single Group, Two Group and multi groups design; factorial design).
- Unit V-** Tools of Data Collection : Observations, Interview: Structured and unstructured; Questionnaire, Research Report.

**Paper II  
Abnormal Psychology**

- Unit I-** Theoretical Background and Approaches to Psychopathology Psycho-dynamic, Behavioral, Cognitive; Phenomenological, Biological and Socio-cultural.
- Unit II-** Classification System in Psychopathology, W.H.O Classification. Multi-axial system.
- Unit III-** Anxiety Disorders, phobic, obsessive : Compulsive disorders, dissociative disorders and post-traumatic disorders.
- Unit IV-** Psychotic Disorders; Schizophrenia, manic depression, Psychosis, paranoia (Delusion disorders).
- Unit V-** Psycho physiological Disorders : C.H.D ; Asthma, Allergy, Eczema, diabetes, Peptic Ulcers.
- Unit VI-** Mental Deficiency : Symptoms, Gradations, Clinical types, treatment and prevention.
- Unit VII-** Psychotherapy : Psychoanalytical, Directive, Non-directive, Behavior Cognitive Therapy.

**Paper III**

**Psychological Measurement and Scaling**

- Unit I-** The Concept of Measurement : Development of Psychological Measurement. Scales for measurement in Psychology.
- Unit II-** Psychological Testing : Concept of Psychological Test, and its uses; types of Psychological Test. Psychometric scaling Techniques : Paired Comparison, Rank Order, Rating.
- Unit III-** Test Construction : Steps of Test Construction; Test Standardization-Reliability, Validity. Norms-Age, Grade, Centile, Standard Score-Sten, Stenine Z and T Scores.
- Unit IV-** Intelligence Test : Binet-Simon, Wechsler-Bellewe, Intelligence Scales. Interest Record : Kuder Preference record-Occupational Interest Measurement.
- Unit V-** Projective Tests : Meaning and Characteristic of projective test. Types; Rorschach, Word Association, Sentence Completion, T.A.T.

**Paper IV**

Any one paper to be opted out of the list of optional papers given in the end. This list of optional paper is common to syllabus for both M.A. (Prev.) and M.A. (Final) Examinations.

**Practical :**

The Practical examination will consist of two practical to be held on two consecutive days. The student is required to conduct any four practical from each section.

**Section-I**

1. Effect of Set on Perception.
2. Paired Comparison.
3. Color Zone.
4. Recall of Completed and incomplete tasks.
5. Muscular Fatigue.
6. Pneumography.

**Section-II**

1. Emotional Maturity scale
2. Aptitude test.
3. Value Conflict Scale
4. 16 PF.
5. Test of Creativity
6. Measurement of Stress.

The Scheme of marks will be as follows:

- Practical (one)  
Practical (two)

30 Marks  
30 Marks

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Viva-Voce (On both Practical)  
Lab. Book

25 Marks  
15 Marks  
100 Marks

The candidate must pass separately in theory and practical i.e. must obtain at least 36% marks both in theory as well as in practical.

**Dissertation-** Any student who gets 55% or more marks in M.A. (Previous) examination in theory only may offer dissertation in lieu of any of the optional papers prescribed for M.A (Final) examination.

The Dissertation should be written in the medium which the candidate has opted for his/her theory paper.

J.S. UNIVERSITY  
D.S. A.S.

**M.A (Previous and Final)  
OPTIONAL PAPERS**

Note- Any one paper to be opted in M.A (Prev.) and any other one in M.A (Final)

**Paper IV  
(A) Industrial Psychology**

- Unit I** Introduction : The scope of the Industrial Psychology and its Psychological Social and Economic Foundations, the human factor in Industry, study of individual difference and their nature.
- Unit II** Job Analysis : Its purpose and techniques. Selection methods and their merits and demerits.
- Unit III** Fatigue and Monotony : meaning and nature. Job fatigue work curve, factors affecting fatigue and reduction of fatigue, comparison of fatigue work curves and monotonous work curves, causes and education monotony.
- Unit IV** Accident : Its causes and remedies, the effect of accidents on the level of production, Advertising and salesmanship.
- Unit V** Personal and Social Factors in Industry-Motives, Incentives-Morale, Leadership and the causes of Industrial conflict.

**Paper IV  
(B) Emotion**

- Unit I** Basic issue in the Study of Emotions : Components and Categories of emotion, Approaches to emotion-Arousal, Activation, Cognitive and Differential Theories of emotion.
- Unit II** Physiological Bases of Emotion : Neurophysiological bases of emotion :The Cortical/limbic Structures; the subcortical regions; the autonomic nervous system; Neurochemical bases of emotion.
- Unit III** Bodily Changes in Emotion : The cardiovascular, the respiratory, the gastrointestinal, the thermoregulatory and the neuromuscular systems; Measurement of emotion.
- Unit IV** Theories of emotion : Darwinian-evolutionary theories; body reaction theories; Neo-Jamesian theories; Cognitive theories; Neurophysiological theories.
- Unit V** Non-verbal Communication and Emotion : Facial expression, paralanguage, Proxemics, Gestures and Interpersonal regulation of emotion.
- Unit VI** Laterality and Emotion : Research approaches; experimental and Clinical approaches.
- Unit VII** Culture and Emotion : Culture psychology perspective; University thesis; Indian perspective on emotions 'Rasa' theory.
- Unit VIII** Emotional Intelligence : Models of emotional intelligence; Emotional intelligence at work; Assessment of emotional intelligence.

**Unit IX** Emotional Disorders : Stress and other causes of emotional disorder; Neurotic and Psychotic disorders.

**Paper IV**  
**(C) Psychology and Sports**

**Unit I** Nature and historical and recent perspectives on sports Psychology.

**Unit II** The role of stress, arousal, anxiety and attention in the performance of individual and team sports.

**Unit III** Motivation, skills and performance. Personality profiles of successful sports persons.

**Unit IV** Cognitive and social Psychological dimensions of individuals and team sports.

**Unit V** Training/coaching techniques. Cognitive and behavioral interventions. The role of sports Psychologists.

**Paper IV**  
**(D) Education Psychology**

**Unit I** Problems and methods of Education Psychology, Individual differences, Differences due to heredity and Environment Types of Individual differences.

**Unit II** Learning : Types of learning; theories-Kohlar, Guthrie, To & Hull, Improvement of learning, fatigue in learning, transfer of learning.

**Unit III** Intelligence : Its nature and measurement, Interest, Attention; Motivation; Memory- Remembering and forgetting.

**Unit IV** Personality and its measurement, mental health of school child. Mental Health of the Teacher.

**Unit V** Education of the children with special needs; Physically handicapped, Mentally retarded children and superior children.

**Paper IV**  
**(E) Guidance and counseling**

**Unit I** Need for guidance-Discovery of individuals potentialities, adjustment at home. School and society, harmonious development of individual's personality and consequent social progress. Basic principles of guidance- Psychology of individuals difference, difference in the community, school and job situations.

**Unit II** Types of guidance- Educational Vocational and personal with special reference to school and college going population. Techniques of guidance-Individuals Guidance.

(a) Test- Meaning, intelligence, achievements, aptitudes, interest, personality, detailed description of some of the standard test and inventories, Reliability and validity of tests; test norms; Interpretations of test scores and predictions; limitation of the use of Psychological tests.



- (b) Preparation of profiles card for future use.
- (c) Use of cumulative records-Keeping of cards on a standard pattern.
- (d) Interview
- (e) Rendering of guidance of the basic of a b c & d above.
- Unit III** Group guidance-Importance of collection and dissemination of educational and vocational guidance- information, employment exchanges, schools and industrial visits of concerning, exhibition etc.  
Preparation of Jobs, Psychography, Individual Psychograph and matching the two, placement and follow up work. Case work in guidance, counseling and Psychotherapeutic work.
- Unit IV** Organization of guidance, services, Bureau, Psychological centres, clinics, psychologist teacher-cum-work. Training of guidance, Psychologists, counselors and clinics.
- Unit V** A comparative study of guidance service in India.

**Paper IV**  
**(F) Clinical Psychology**

- Unit I** Historical Development – Meaning of Clinical Psychology. Clinical Problems – Normal Behavior School problems, Mental Deficiency, Psychoneurotic Problems, Psychosexual and Marital Problem, Psychomatic Problems, Psychopathic and Criminal Behaviour.
- Unit II** Clinical Methods and Techniques. Diagnostic Methods- Interview; case study, Physical examination; Psychological examination- Measurement of Intelligence and personality.
- Unit III** Therapeutic Methods : Humanistic, Psycho-analytical, Behavior and cognitive.  
(i) Beck's Cognitive Therapy.  
(ii) Eltes-Rational Emotive Therapy, Michiel Baum. Stress introductive training.
- Unit IV** Role of Clinical Psychologists in different fields. In mental Hospitals, Clinic Guidance Clinics, In schools, in Vocational Guidance Centre, In jails and in Reformatory and in Industry. Present status of Clinical Psychology.
- Unit V** Clinical Counseling : Definition, Nature, Goals and Types of counseling group vs. individual counseling types of clients; nature of analysis; method of securing client information; confidentiality; ethics and professional issue in counseling; counselor and client characteristics.

**Paper IV**  
**(G) Social Psychology**

- Unit I** Definition and problem of Social Psychology, Methods of study.  
Socialization- Process of social learning, learning from models, role learning and role conflict.

- Unit II** Attitude : Nature, formation, process of Attitude Change, Measurement of Attitudes. Persueability and Resistance. Prejudices and Stereotypes.
- Unit III** Group structure : Interpersonal Attraction – Elements of Structure and Theories. Group Norms- Norm formation and Conformity.
- Unit IV** Social Interaction- Interdependence of Persons, Cooperation and Competition. Leadership-Kinds and function Leadership styles, self & Personality.
- Unit V** Group Tension & Communal Tensions- Current Problems of Indian social Life and role of social scientists. Social Change. Nature and problems.

**Paper IV**  
**(H) Indian Psychology**

- Unit I** Astanga Yoga : Five Yama, Five Niyama, Asanas- Types, Importance, Pranayama- types, importance, Pratyahar, Dharma, dhyana and Samadhi- types.
- Unit II** Different kinds of yoga : Raj Yoga, Dhyana Yoga, Karma Yoga, Bhakti Yoga, Jyana Yoga.
- Unit III** Chitta : Nature, Vratian and Stages.
- Unit IV** Personality and its types (Satvika, Rajas, and Tamas) Self according to different system of Indian Psychology.
- Unit V** Moksha according to different system of Indian Psychology, Reincarnation and Karma, Super-normal powers attained through yoga.

**Paper IV**  
**(I) Environmental Psychology**

- Unit I** = Introduction : Nature and Characteristics, Methodological approaches to Environmental Psychology, Areas and Variable in Environmental research.
- Unit II** Environmental and Space : Homes, Offices, Hospitals, Social institutions, college and commercial environment, Cities and Urbanities behavior. Environmental Perception; Nature and factors. Attitude towards environment formation and change.
- Unit III** Environmental Behavior : Environmental Stress Pollution and Behavior. Noise and Crowding. Meaning, Functions and determinants of Noise and Crowding.
- Unit IV** Natural Environmental and Behavior : Meaning of outdoor recreation and importance of national parks, impact of interaction with natural environment.
- Unit V** Environment and Community : Problems of Urbanization, Save the environment and its future prospects –The role of Psychology.

**Paper IV**  
**(J) Behavioural Modification**

- Unit I** Introduction : What is behavior modification-learning Theory foundations of behavior modification – Merits and limitations of behavior approach.
- Unit II** Behavior Analysis : Enhancing client's involvement- Behavior counseling.
- Unit III** Relaxation Techniques : Jacobson's Progressive Muscular Relaxation-Autogenic training-yoga, meditation, etc.
- Unit IV** Systematic Desensitization : Basic principles-construction of hierarchy-scene presentation-theory of desensitization.
- Unit V** Assertiveness Training : components of assertive behavior; method of assertiveness training implementing assertive procedures.
- Unit VI** Operant Conditioning Techniques : Basic paradigm – schedules of reinforcement – token economy – shaping – chaining – Premack's principle.
- Unit VII** Cognitive Behavior Modification : Meichen-baum's self instruction training-Beck's model – Rational emotive therapy of Ellis.
- Unit VIII** Clinical Application of Behavior Therapy : in anxiety disorders, Psychoactive substance use disorders – Sexual disorders – Psychotic disorders-Personality disorders – childhood disorder – Biofeedback principles and clinical applications.
- Unit IX** Education guidance : Programmed learning – guidance in elementary school and secondary school – Guidance towards life goals.

**Paper IV**  
**(K) Health Psychology**

- Unit I** Health Psychology : Nature, scope and its interdisciplinary and socio-cultural contexts. The relationship of health psychology with clinic psychology, behavioral medicine, health sociology and Medical anthropology, Gender and health.
- Unit II** Models of health : Personality – All port, Roger, Maslow, Bio -psychosocial perspective Eastern approaches : Zen Buddhism, Concept of Sthita Pranjna (Bhagvad Gita), Behavioral Referent of the concept of Anasakti, Health related beliefs.
- Unit III** Health Promotion and Disease Prevention : Behavioral Risk Factors (e.g., Drug and alcohol use; unsafe sexual behavior smoking, diet, and sedentary life style.)  
Development of health habits and/or reduction of unhealthy behavior.
- Unit IV** Stress, personality and Social Support as Psycho – Social Linkages of III –health : Cardio – vascular Disorders ; AIDH/HIV; Diabetes Mellitus; pain, Cancer.
- Unit V** Condition/Resource Promoting and maintaining health : Biological, socio- Culture, Psychological Economic and Spirituality – Oriented interventions.