

MADURAI KAMARAJ UNIVERSITY
NEW SYLLABUS - M.Sc. PSYCHOLOGY
DIRECTORATE OF DISTANCE EDUCATION

(Non – Semester)
(Effective from the academic year 2013 – 2014 onwards)

1. OBJECTIVES:

- 1) To familiarize the students with the basic psychological aspects of life
- 2) To focus on some important application areas of psychology.

2. JOB OPPORTUNITIES

- 1) In governmental and nongovernmental services
- 2) Research and Teaching
- 3) In various fields of Counseling

3. ELIGIBILITY FOR ADMISSION

A candidate shall be eligible for M.Sc. Psychology, if he/she has passed any graduate discipline from any recognized university

4. DURATION OF THE COURSE

The students shall undergo the prescribed course of study for a period of not less than two academic years.

5. SUBJECTS OF STUDY

M.Sc. PSYCHOLOGY – NON-SEMESTER
SCHEME OF EXAMINATION

I year

	Title of the Paper	Hours	Passing Minimum	Maximum Marks
I	General psychology	3	50	100
II	Life Span Development	3	50	100
III	Social Psychology	3	50	100
IV	Research Methodology	3	50	100
V	Experimental Psychology (Practicals)	3	50	100

II year

VI	Psychopathology and Mental Hygiene	3	50	100
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VII	Environmental Psychology	3	50	100
VIII	Counseling Psychology	3	50	100
IX	Human Resource Management	3	50	100
X	Project Work	3	50	100

6. QUESTION PAPER PATTERN

Every Question Paper shall consist of two sections viz. A and B. The answer for each question under Section A should not less than two pages and for questions under Section B, the answer should the not be less than 4 pages each.

Section	Number of questions	Number of questions to be answered	Marks for	Total
A	10	8	5	40
B	6	4	15	60
			Total	100

Time: 3 Hrs

Maximum: 100 marks

Section-A (8 x 5 = 40 marks)

Section-B (4 x 15 = 60 marks)

Note: The question paper setters should set the question paper in such a way without omitting any unit given in the syllabus. At the same time repeating the same questions under different sections should the avoided.

Paper V- Experimental Psychology in the first year is a practical paper and will not have end semester exam. The candidate has to attend a three day continuous contact classes and the evaluation will be based on that performance.

Project Work

The student will start on a research Project at the beginning of the II year. The topic will be approved by the Board of Psychology. The student will select a guide of his convenience who has a minimum of 5 years of teaching experience in any discipline of Social science and is employed in a college/university(including private).

7. ELIGIBILITY FOR THE DEGREE

1. No candidate shall be eligible for degree except by completing the prescribed course of study i.e. two years and passing all the prescribed external examinations.
2. A candidate shall be declared to have passed the course if he/she scored a minimum of 50% marks in each subject.

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| 3. 50% | - | Pass |
| 60% & above | - | I Class |
| 50% to 60% | - | II Class |

Paper 1- General Psychology

- 1) **Basic Concepts:** Meaning, Nature, Scope of Psychology Schools of Psychology: Structuralism, Functionalism, Behaviourism, Gestalt, Psychoanalysis, Humanistic. Methods of Psychology: Introspection, Observation, Experimental, Clinical Psychophysical, Survey, case study
- 2) **Biological Basis of behaviour:** Nervous System – Neuron – Neural Impulse
Central Nervous System – Brain – Spinal Cord – Peripheral Nervous System
Endocrine System – Impact of Endocrine glands
- 3) **Sensation, Perception and Attention:** Meaning and Types of Senses – Vision – Hearing Perception: Meaning, Laws of Perceptual Organization – Perceptual Illusions. Attention: Meaning, types, Determinants – Distraction
- 4) **Motivation and Emotions:** Motivation: Meaning – Needs – Drives – Motives
Emotions: Definition – Characteristics – Kinds of Emotions. Theories: James – Lange, Cannon – Bard, Cognitive and Activation theories.
- 5) **Learning:** Meaning, Theories of Learning: Classical – Operant Conditioning, Cognitive learning, Transfer of Learning
- 6) **Memory and Forgetting:** Memory: Meaning – Types – Improving Memory
Forgetting: Theories of Forgetting
- 7) **Definition** – Theories of intelligence – Assessment of intelligence.
Aptitude – Ability – Achievement
- 8) **Personality :** Meaning and Definition -Theories of Personality: Type, Trait, dynamic, Psychoanalytical, Learning and Behavioral, and Humanistic Theories - Personality Assessment

Reference Books:

1. Mangal. S. K., General Psychology, Sterling Publishers Private Limited, New Delhi, 1987.
2. Wayne Weiten, Margaret A. Lloyd. (2003), *Psychology Applied to Modern Life*, Bangalore, Thompson Wordsworth.
3. Robert S. Feldman. (2005), *Understanding Psychology*, New Delhi: Tata McGraw-Hill Publishing Company Limited.
4. Clifford T. Morgan. (1978), *Introduction to Psychology*. Tata McGraw Hill, New Delhi.
5. Wayne weiten, *Psychology-Themes and Variations*, Brooks/Cole Publishing Company, California

Paper 2- Life Span Development

- 1) **Life Span Development:** Basic Concepts: Growth, Development, Maturation Aspects of development, Life span periods and their characteristics Happiness and unhappiness during the life span
- 2) **Physical development:** Patterns of physical growth – the reflexes – structural and systematic changes – growth rate – Aging process – health factors
- 3) **Intellectual development:** Approaches: Psychometric, Piagetian and Information Processing Moral development – Kohlberg's Levels of Morality Language development and Acquisition of language
- 4) **Emotional Development:** Emotions – The emerging sense of self – Emotions throughout life span development – Temperament
- 5) **Personality and Social development:** Freud's Psychosexual theory and Erickson's Psychosocial theory, Development of self: self Concept – socialization – Role of parents – Role of siblings – identity crisis in adolescence – relationship with parents, peers, life partner, maturity children and aging parents.
- 6) **Old age:** Old age – Physical changes – psychomotor functioning, Health and fitness – health problems – Memory changes – Work and Retirement – Adjustments to old age. Personal Relations in Late life – Death bereavement – Purpose and meaning of life.

Reference Books:

1. Hurlock, E. B., (1976) Developmental Psychology, New Delhi: McGraw Hill
2. Srivastava, A. K., (1998) Child Development: An Indian Perspective, New Delhi, NCERT.
3. Diane E. Papalia and Sally Wendkos Olds (1992) Human Development, McGraw Hill, INC

Paper 3- Social Psychology

- 1) **Fields of Social Psychology:** Definition, Scientific nature of Social Psychology
Multicultural Perspectives – Role of Evolution in Social Psychology.
- 2) **Social Perception – Understanding Others:** Non-verbal Communication – Basic Channels of Communication Attribution – Theories of Attribution – Errors in Attribution Impression Formation – Impression Management.
- 3) **Attitudes:** Formation of Attitudes – Link between Attitudes and Behaviour Attitude change – Resistance to change – Measurement of attitudes Cognitive Dissonance – Dissonance and Attitude change.
- 4) **Prejudice:** Prejudice and Discrimination – Sources of Prejudice – Reducing Prejudices, Gender Prejudices – Nature and Effects.

- 5) **Interpersonal attraction:** Attractiveness: Proximity and emotions, Belongingness: The need to affiliate and the effect of observable characteristics Friendship: Similarity and mutual liking.
- 6) **Pro-social behaviour:** Co-operation and helping: Sometimes helpful, sometimes indifferent Bystander effect – Theories of pro-social behaviour Determinants of Pro-social behaviour.
- 7) **Social Influence and Group Processes:** Conformity, Compliance, Obedience to Authority Group Functions Social Facilitation, Social Loafing – Co-ordination – Conflicts.
- 8) **Aggression:** Theoretical Perspectives on Aggression Determinants of Human Aggression – Social, Personal, Situational Aggression Management – Techniques

Reference Books:

1. Robert A. Baron, Donn Byrne (2005), Social Psychology, New Delhi. Prentice-Hall of India Pvt. Ltd.
2. Misra, G. (Ed.). (1990) Applied Social Psychology in India, New Delhi: Sage.
3. Kuupusamy B. Introduction to Social Psychology, Asia Publishing House, New Delhi.

Paper 4- Research Methodology and Statistics

- 1) **Meaning:** Scientific methods, Research process, Research problem, Criteria for selecting the Research problem,
- 2) **Research design:** Meaning, need and importance of research design, different research designs - Sampling design: Meaning, Characteristics of good sampling design, Sampling techniques, Size of samples
- 3) **Research Methods:** Survey, Historical, and Experimental, Case study, Longitudinal and Cross sectional methods. Tools: Observation, Questionnaire, Interview Schedule, Check-list, rating and attitude scales Criteria of a good research tool: Reliability, Validity, Objectivity – Standardization of test and Item analysis
- 4) **Measurement:** Measurement of Central Tendency, Variability – Parametric Tests: Hypothesis testing, Correlations, ANOVA - Non Parametric Tests: Chi-square test – Multivariate analysis
- 5) **Research Proposal :** Meaning of interpretation – Report writing: Types of reports – Purpose – Content – Footnoting – Bibliography – Style of writing – Role of computers in research

Reference Books:

1. Kothari C. R., (2000) Research Methodology
2. Gupta, S. P. Statistical Methods, S. Chand and Co

Paper-5 Experimental Psychology

List of Experiments (Practicals)

1. Study Skills
2. Creativity
3. Memory
4. Aptitude
5. Anger
6. Job Involvement
7. Job satisfaction
8. Self Esteem
9. Assertiveness
10. Intelligence
11. Personality
12. Stress
13. Interpersonal Relations
14. Leadership
15. Anxiety

Reference:

1. Cronbach, L.J, Essentials of Psychological Testing, 1972, New Delhi, Prentice Hall Inc,
2. Woodworth R.S and Scholberg, 1981, Experimental Psychology, New Delhi, Tata McGraw Hill Company Ltd.
3. Udai Parek, T Venkateswara Rao, Handbook of Psychological and Social Instruments, B-2, Chameli Bagh, Baroda-2

II year

Paper 6- Psychopathology and Mental Hygiene

- 1) **Introduction:** Definition – Historical conceptions of abnormal psychology: The ancient western world – The middle ages – The renaissance – The age of reason and the enlightenment – The reform movement- Research in Abnormal Psychology
- 2) **Bodily Maladaptations:** Eating, sleeping and somatoform disorders
- 3) **Psychoneurotic disorders:** Neurotic behaviour as distinguished from psychotic behaviour – Anxiety disorder: Generalized anxiety disorder – depressions- Panic disorder – Phobias – Obsessive-Compulsive disorder – Post traumatic stress disorder, Odd or Eccentric Disorder – Dramatic, Emotional or Erratic Behaviour – Anxious or Fearful Behaviour
- 4) **Psychotic disorders:** Schizophrenia: Schizo affective – Delusional – Psychotic disorders – Therapeutic Approaches: Antipsychotic drugs – Psycho-social approaches – Family programs – Community support – Combined treatment approaches.

- 5) **Society's Response to Maladaptive behaviour:** Types of Prevention – Sites of prevention – The diverse path to prevention – Treatment in the community – Legal aspects of treatment and prevention

Reference Books:

1. Irwin G. Sarason, Barbara R. Sarason, Abnormal Psychology, Prentice-Hall of India Private Limited, New Delhi, 2005.
2. Mangal. S. K., Abnormal Psychology, Sterling Publishers Private Limited, New Delhi, 1987.
3. David H. Burlow and V. Mark Durand, Abnormal Psychology, Brooks/Cole Publishing Company

Paper 7- Environmental Psychology

- 1) **Environmental Psychology :** Definition, Importance, Characteristics, Research methods - Environment and People: Ecosystem – Definition, Components, Place of humans in nature – past, present and future. Sustainable Development – Environment Ethics
- 2) **Psychological processes:** Environmental Perception: Definition, Approaches, Perception of movement, Habituation, Natural Hazards. Environmental Cognition: Definition, Cognitive Map – Components, Errors, Individual Differences in Cognitive Mapping, Memory and Cognitive Maps Environmental Attitude: Definition, Formation and Components of Attitudes, Changing Attitudes towards Environment, Cognitive Dissonance
- 3) **Theories of Environment-Behaviour Relationships:** Arousal approach – Environmental Load Approach – Under stimulation Approach – Adaptation Level Approach – Behaviour Constraint Approach – Ecological Psychological Approach – Environmental Stress Approach
- 4) **Environmental Problems and Environmental Stress:** Environmental Problems: Natural Disasters and Disaster Management, Pollution, Overcrowding, Global Warming, Urban Life and their effects on human behaviour Environmental Stress: Definition, Characteristics and Stress Process
- 5) **Societal Response to Environmental Crisis:** Environmental Impact Assessment (EIA): Meaning and methods, socio-psychological Dimensions of environmental impact Environmental Protection – Environmental Education, People's Participation, Environmental Movements, Rio Declaration, Kyoto Protocol.

Reference Books:

1. Bharucha, Erach, (2005) Textbook of Environmental Studies, Universities press, Hyderabad, India.
2. Bell, Paul A., Greene, Thomas C., Fisher Geoffrey D., Baren, Andrew (1996) Environmental Psychology, Harcourt Brace College Publishers, New York.

3. Gupta S. P, (2003). Environmental Issues for the 21st Century, Mittal Publications, New Delhi.
4. Moore, Francis (2003) Environment and Society, Dominant Publishers & Distributors, New Delhi.
5. Parasuraman S. and Unnikrishnan P. V. (2001) India Disasters Report, Oxford University Press, New Delhi

Paper 8- Counseling Psychology

- 1) **Counseling Process:** Definition, Goals of Counseling, Counseling approaches: Directive, Non-directive and Eclectic, Ethics of counseling
- 2) **Stages of Counseling:** Pre-Helping Phase: Acquainting, Observing, Founding, Diagnosing - Helping Phase: Pacing, Personalizing, Reframing, Initiating Post-Helping Phase: Evaluating
- 3) **Counseling Relationship:** Definition, Importance, Components (working alliance, transference, genuine relationship), Empathetic Understanding, Unconditional Positive Regard, Congruence.
- 4) **Counseling Skills:** Observing, Attending, Listening, Responding, Questioning, Diagnosing, Expressing Genuineness, Respect, Empathy and Concreteness, Personalizing, Paraphrasing, Summarizing, Reflection of feelings and content, Reframing, Confrontation, Self-Disclosure, Immediacy, Initiating, Evaluating.
- 5) **Theories and Techniques of Counseling:** Psychodynamic Approach: Freudian and Neo-Freudian - Modern Humanistic Approach: Existential and Person-centered Cognitive Approach: Rational Emotive Therapy, Transactional Analysis. Behavioural Approach, Cognitive Behaviour Therapy.

Reference Books:

1. Narayana Rao, S. (1990), Counseling and Guidance, Tata McGraw Hill, New Delhi
2. Corey, Gerald (2001) Theory and Practice of Counseling and Psychotherapy, Brooks/Cole.
3. John Antony D. (1995), Skills of Counseling, Anugraha Publications, Nagerkoil, India
4. John Antony D. (1994), Dynamics of Counseling, Anugraha Publications, Nagerkoil, India.

Paper 9- HUMAN RESOURCE MANAGEMENT

1. **Nature and scope of Human Resource Management** – Human Resource Planning – Job Analysis - Job description - Job specification - Recruitment and Selection – Types – Interview types and selection process.
2. **Employee testing** – Importance of Selection – Psychological tests – Other informations - Development of Human Resources - Types of training and Executive Development - Performance appraisal – Methods and uses.

3. **Maintenance of Human Resource** – Motivation and Reward System.- Job evaluation - Compensation – Wage and salary, Incentive patterns - Collective Bargaining – Types and process - Importance.
4. **Employee problems** – Disciplining, Promotion, Transfer and Separations - Employee welfare safety health benefits and services - Industrial Counseling and Intervention Programmes.
5. **Human relations** – Participative management – Quality circles – Total quality management – Industrial relations – Employee communication – Human Engineering – Working conditions – Improvement in work environment – International Human Resource Management.

REFERENCES:

1. David A. De Cenzo – “Personnel / Human Resource Management”, 3rd Ed. Prentice – Hall of India Private Limited, New Delhi – 11000/1998.
2. K. Aswathappa - Human Resource and Personnel Management, 3rd Edition, Tata McGraw Hill, New Delhi.
3. Gary Dessler - Human Resource Management, 9th Edition – Pearson Education 2003.

Paper-10. Project Work

The candidates are expected to choose a topic on their own and they have to collect data by conducting field work and prepare a project report and submit the same at the end of the II year which will be evaluated for a total of 100 marks.