

MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI

M.Sc. PSYCHOLOGY (DD&CE)

PAPER 1: ADVANCED GENERAL PSYCHOLOGY

Unit 1: Basic concept – Definition of Psychology – Aims of Psychology – School of Psychology – Behaviouristic – Gestalt – Psychoanalysis – Humanistic.

Scientific methods in Psychology: Goals of Psychological Enquiry – Nature of Psychological Data – Limitations of Psychological Enquiry – Ethical Issues.

Psychological Data – Limitations of Psychological Enquiry – Ethical Issues

Research & Applications in Psychology – Psychology in industry, community, family, education, health, self development – Human relations – Applying Psychology in the 21st Century: Psychology and the reduction of violence – Web surveys

Unit II: Hereditary and environment – Experimental studies – Growth and maturation – Social maturity as related to mental and physical growth – Evolutionary Perspective - Biological and Cultural roots – Socio – cultural shaping of Behavior.

Physiological basis of behavior: The brain and nervous system – The sensory process – Some general characteristic of sense – Five senses – Perception: Organization – The role of learning in perception – Perception and attention – Determinants of perception and attention – Perceptual Illusions.

States of Consciousness: Sleep and Dreams – hypnosis and meditation – Drug use: The highs and lows of Consciousness.

Unit III: Learning – Principles and Methods – Classical conditioning – Operant Conditioning – The principle of reinforcement – Observational Learning – Multiple response learning – Cognitive learning – Optimizing learning: Programmed learning and automated instruction – Transfer of learning – reward and punishment in the control of learning.

Learner & the Learning styles – Learning Disabilities – Applications of Learning Principles.

Memory and forgetting – Kinds of remembering – Retrieval processes – Two process theories of memory – Memory as a Constructive process – Memory making – Eye witness and False Memories – The nature of forgetting – Are memories permanent? - Repressed Memories – Improving Memory

Language and thought – Nature and Process of Thinking – Symbols and concepts – Structure – Forms of thought: Problem solving – Reasoning – Decision Making – Creative thinking – Development of Language and Language use – Understanding Language acquisition: identifying the roots of language.

Unit IV: Motivation and emotion – Physiological basis of motivation – Current status of motivational concepts – Theories of motivation – Motivational factors in aggression – Emotion – Emotional expression – Emotions as adaptive and disruptive – Some theories of emotions – Managing Negative Emotions : PTSD – Management of Examination Anxiety – Enhancing Positive Emotions.

Unit V: Individual differences – thinking and reasoning – Concept formation – Intelligence – Theories of intelligence – Measuring Intelligence – Kinds of Intelligence tests – Ability – formation of aptitude and attitude – Aptitude tests – Creativity and its tests.

Personality – Definition of Personality – Theories of Personality – Assessment of Personality – Personality and different approaches.

References:

1. Garret, H.E. "General Psychology" – New Delhi Eurosin Publishing Houses Pvt. Ltd., 1968
2. Clifford T. Morgan, Richard A. King, John R. Weis and John Schopler, "Introduction to Psychology" – 7th Edition. Tata McGraw Hill Book CO. New Delhi, 1993.
3. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson, "Introduction to Psychology" – 6th Edition, Oxford & IBH publishing Co Pvt. Ltd., New Delhi, 1975
4. "Psychology – Textbook for Class XI" – Editorial. National Council of Educational Research & Training, New Delhi, 2006.

5. Robert S. Feldman. "Understanding Psychology" 6th edition, Tata McGraw-Hill Edition, 2004.

PAPER II: ADVANCED SOCIAL PSYCHOLOGY

Unit I: A working Definition of Social Psychology – Nature, goal and scope of social Psychology – Social Psychology and other social sciences – Answering questions about Social Behavior and Social Thought – Research Methods in Social Psychology.

Unit II: Social Perception: Understanding ourselves & others

Perceiving Ourselves: Self-concept, self-esteem, self-presentation and self-expression

Perceiving Others: Attribution: understanding the Causes of Others Behavior – Theories of Attribution – Some Basic Sources of Basic Impression Formation and Impression Management.

Social Cognition: Thinking about others and the social world: Heuristics – Mental Shortcuts in Social cognition – Basic Aspects of Social thought – Tilts, Tendencies and Potential Errors – Affect and Cognition: How thought shapes Feeling and Feelings Shape Thought.

Unit III: Attitudes: Evaluating the social world: Nature and function of Attitudes: Forming Attitudes – Social Learning, Direct Experience and Genetic Factors – attitudes and Behavior: The Essential Link – Specificity, Components, Strength, Vested interest, the Role of Self-Awareness – Accessibility – Persuasion: The Traditional and Cognitive Approaches – Resistance to Persuasion – Cognitive Dissonance.

Prejudice and Discrimination: Understanding their nature, countering their effects:

Nature and Components of Prejudice and Discrimination – Acquisition of Prejudice – Direct Intergroup contact, Recategorization, Cognitive intervention prejudice Based on Gender. Its Nature and Effects – Gender stereotypes – Discrimination Against Females – Sexual Harassment.

Interpersonal Attraction: Getting Acquainted, Becoming Friends – Proximity and Emotions – The Need to Affiliate and Reactions to Observable Characteristics – Similarity and Reciprocity in Becoming Friends.

Close Relationships: Friendship & love: Moving Beyond casual Friendships – Relationships among relative's friends and lovers. What is love? - What is loneliness?

Unit IV:

Social Influence: Changing others behavior:

Group influence in action – factors Affecting Conformity. The bases of Conformity, Need for individuation and need for control, Minority influences – Compliance: ingratiation, Multiple requests Sweetening the deal and Complaining – Obedience: Social Influence by demand.

Prosocial behavior providing help to others: Responding to an Emergency – Bystander behavior, Five Necessary cognitive steps for Help – Internal and External factors that influence Altruistic behavior, role models. Emotions Characteristics of the victim – Prosocial Behavior: Empathy Altruism theory Empathic joy and Genetic selfishness.

Unit V:

Aggression: Its nature causes and control

Theoretical Perspective on Aggression – it is an innate Tendency an Elicited drive, A reaction to an aversive events and a learned social behavior. Social Determinants of Aggression, Frustration, direct provocation, exposure to media violence. Heightened Arousal, sexual Arousal and aggression. The effects of Violent pornography, Alcohol and Aggression – Personal causes of aggression – Type a Behavior pattern, Perceiving Evil intent in others, shame – proneness and Gender Difference – Techniques for prevention and control of Aggression Punishment, Catharsis, Cognitive interventions and other techniques.

Group and individuals: The consequences of belonging in a group:

Their Nature, Function and Formation – Groups and Task Performance, The Benefits and costs of working with others – Social Facilitation, Social Loafing – Decision Making by Groups – The decision Making Process end; the Nature of Group Decisions and some potential pitfalls.

References:

1. Baron R. A. & Bryne D (1999) Social Psychology (Eighth Ed) New Delhi: Prentice – Hall of India.

2. Moghaddan, F. D. (1998) Social Psychology: New York: W.H. Freeman.
3. Feldman, R.S. (1985) Social Psychology: Theories, research and application. New Delhi: Tata McGraw Hill.
4. Myers, D.G. (2005). Social Psychology, New Delhi: Tata McGraw Hill.

PAPER III: ADVANCED BIO PSYCHOLOGY

Unit I:

Introduction:

Biological Foundations of Behavior: Meaning of Biological Psychology – Biological Psychology and other disciplines of Neuroscience – Branches of Biological Psychology of Viewpoints to explore Biology of Behavior – Research methods in Biological Psychology

Unit II: Evolution, Genetics and Experience

Biology of Behavior: Problems and models of the Biology of the Behavior

Human Evolution: Evolution and Behavior – Course of Human Evolution – Evolution of Human Brain – Evolutionary Psychology.

Fundamental Genetics: Mendelian Genetics – Chromosomes, Reproduction and Linkage – Sex Chromosomes and Sex – linked traits – Genetic Code and Gene expression – Human Genome Project – The Genetics of Human Psychological differences.

Genetic Engineering: Gene Knockout Techniques, Gene Replacement Techniques.

Unit III:

Functional Neuroanatomy: Divisions of the Nervous System – Cells of the Nervous System

Neuroanatomical Techniques: Golgi stain, Nissl Stain, Electron Microscopy, Neuroanatomical Tracing Techniques

Major Divisions of the Brain: Functional descriptions of Brain structures – Blood supply to the Brain – Newer Imaging Techniques – Cell specialization.

Neurophysiology: Electrical Signals – Transmission Processes – Circuits – Gross Electrical Activity; Chemical Bases of Behavior – Neurotransmitters; Hormones and the Brain –

Ways by which hormones act – Endocrine glands and their hormones – Impact of hormones on behavior.

Unit IV:

The sensory motor system: Three principles of sensory motor association cortex – Secondary motor cortex – Primary motor cortex – cerebellum and basal ganglia – descending motor pathways – sensory – motor spinal circuits – central sensory – motor programs.

Motor control and Plasticity: The behavioral view – The control systems view – The Neuroscience view – Movement Control – Extrapyrmidal systems – Disruption of Movement – Tracing a choice response.

Unit V: Regulation and behavior

Sexual Behavior: Stages of reproductive behavior – Regulation of reproductive behavior – Role of pheromones – Diversity of Human Sexual behavior.

The two sexes: Fetal Hormones and the development of reproductive organs – Beneficial Mutations of sexual reproduction – Reproductive strategies of male and females – basic types of mating systems – sexual selection.

Sexual Differentiation: Determination of Sex – Sex Differences – Defining Gender – Role of Gonadal hormones – Social influence on Sexual Differentiation.

Hormones and Sex: Neuro – endocrine system: Glands – Hormones – Gonads – Sex Steroids – Hormones of the Pituitary Gland – Female Gonadal Hormone levels are cyclic; Male gonadal hormone levels are steady – Neural Control of the Pituitary Gland – Control of the Control of the Anterior and Posterior Pituitary by the hypothalamus; Discovery of Hypothalamic Releasing Hormones – Regulation of Hormone Levels.

Neural Mechanism of Sexual Behavior: Structural differences between the male hypothalamus and female hypothalamus – hypothalamus and male sexual behavior – hypothalamus and female sexual behavior; Hormonal Control of maternal behavior – neural control of maternal behavior – neural control of paternal behavior.

PAPER IV: RESEARCH METHODOLOGY

Unit I: Meaning of Research:

Objectives, Types, Approaches, Significance of Research – Methods Vs Methodology – Research Process – Flow Chart – Criteria of Good research – Problems encountered by Researches in India.

Measurement scales:

Nominal scales, ordinal scales, Interval Scale, Ratio Scale – Source of Errors in Measurement – Tests of Sound Measurement – Test of Validity – Test of Reliability – Test of Practicality.

Unit II

Meaning and Definition of a research problem:

Selection – Sampling – Steps – Types – Sample Size – Testing Hypothesis – I (parametric or standard Test of Hypothesis) – Testing Hypothesis – II (Non Parametric or Distribution) – Free Tests.

Unit III

Sampling Design:

Census and Sample Survey – Implications of sample design – Steps in sampling survey – Types of Universe, Sampling Unit, Source List, Size of Sample, Parameters of Interest, Budgetary Constraint, Sampling Procedure – Criteria of selecting a sampling procedure – Characteristics of a good sample design – Different types of sample design – How to select a random sample – Random Sample from an infinite Universe Complex random Sampling Design.

Sampling Fundamentals:

Need for sampling – Some Fundamentals Definitions – Important Sampling Distributions – Central Limit Theorem – Sampling Theory – Student's A – test – Concept of Standard Error – Estimation – Estimating the population – Mean – Estimating population proportion – Sample size through the Approach based on precision rate and confidence level – deterministic or sample size through the approach based on Bayesian Statistics.

Unit IV

Research Design:

Meaning of Research Design: Need for Research Design; Features of a good design; Important concepts relating to research design; Different research designs – Basic principles of Experimental Designs – conclusions – Developing Research plan

Experimental Designs: Between – Group Designs – within – Group Designs – Mixed Designs – Latin-Square Designs.

Non-experimental design & correlational methods: Non & Quasi-Experimental Designs – Correlational Designs – Newer Social methods – Advanced Correlational Methods – Discriminant Function analysis

Qualitative Methods: Definition & aim of qualitative research – Construction of reality – subjectivity – Dynamic Research – Process of Documentation of Qualitative Research.

Unit V:

Computer and its Role in Research:

Computer Applications – The Computer System – Important Characteristics – The Binary Number System – Computers and Researchers.

Interpretation and Report Writing:

Meaning – Why Techniques – Precautions – Steps in Report Writing – Layout – Types – Oral Presentation Precautions in Report Writing.

References:

1. Kerlinger, F.N. Foundations of Behavioural research – Lied New York Reinhart and Weinstein 1973.
2. Jones, R.A. (1985), Research Methods in the social and behavioral sciences.
3. Blalack, H.M. (1973), Social Statistics. New Delhi: Tata McGraw Hill
4. Newman, W.L. (1991), Social Research methods: Qualitative and Quantitative. Boston: Allyn & Bacon.

PRACTICAL – I

Sociometry

Social maturity scale

Learning styles

Myer Briggs Type and Trait indicator

Minnesota Multiphasic Personality Inventory

- Thematic Apperception Test
- Bender Gestals Visuomotor Test
- Advanced Progressive Matrices
- Rorschach Inkblot Test
- Malin's Vineland Maturity Scale
- Attitude Scales
- Frustration – Aggression scale
- Altruism scale
- Prejudicism and Stereotype scale

The student should be able to conduct atleast ten of the above said experiments and submit record based on the results and interpretation of conduct of the experiments.

II YEAR

PAPER I: ADVANCED PSYCHOPATHOLOGY & MENTAL HYGIENE

Unit I:

Classification of Systems in Psychopathology: W.H.O. classification (ICD-10) and multiaxial systems (DSM-IV-R): Theoretical Background / approaches to Psychopathology (i) psychodynamic (ii) behavioural; (iii) cognitive (i) phenomenological (v) biological, and (vi) sociocultural; diagnosis – purposes of diagnosis, reducing undersirable variability: multiaxial model, evaluation of diagnostic system; models for the description of abnormal behavior: medical psychodynamics and learning models; recent advances and research methods in psychopathology.

Unit II:

Anxiety, Dissociative & Somatoform Disorders: Panic, Phobic, OCD, Post traumatic, GAB, (b) somatoform disorders (c) dissociative disorders, schizophrenia and other psychotic disorders, schizophreniform, schizoaffective, delusional brief psychotic disorders; mood disorders; depressive unipolar and bipolar disorders.

Theories: Personality disposition, CHD, asthmatic, allergy, eczema, itching, rheumatoid arthritis, peptic ulcer, diabetes and menstrual disorders

Unit III:

Personality and organic Mental Disorders: Adjustment disorder, (b) impulse control disorders; (c) substance related disorders, (d) eating disorders and sleep disorder; sexual and gender identity disorders.

Changing views of brain function and dysfunction. Neuropathological considerations; common syndromes.

Unit IV: Major Therapeutic Approaches: Psychoanalytic, Behavioristic, Cognitive and Humanistic Therapies

Unit V:

Concept of Mental Health: Stress and Coping – Nature of Stress & Health: Stress, Sources and types – life events stress – occupational stress – Consequences of stress – models of stress – Self management – self-awareness – meditation – biofeedback – assertiveness – time management – effective communication – stress management techniques.

References:

1. Davison, G.C., Neale, J.M and Kring, A.M. Abnormal Psychology, 9th edition, M.A. John Wiley and Sons Inc., 2004
2. Alloy, L.B; Riskind, J.H., & Manos, M.J. Abnormal Psychology. New Delhi: Tata McGraw Hill Publishing Co, 2005.
3. Cutting, J. Principles of Psychopathology. NY: OUP, 1997
4. Carson, R.C., Butcher, J.N. & Coleman, J.C. (1988). Abnormal Psychology and Modern Life.
5. Easwaran, E. (1989) Meditation. Nilgiri Press.

PAPER II: ORGANISATIONAL BEHAVIOR AND MANAGEMENT OF CHANGE

Unit I:

Introduction: Historical Context of organizational behavior – contributions of Taylor, Weber, Fayoll Definitions of Ob: Challenges, Scopes and opportunities for OB – Perspectives for understanding OB – Open System approach, Human Relations Perspectives, Socio-technical approach; developing an OB model responsive to Indian realities.

Unit 2:

The Individual: Person in the Organisation: Biographical Characteristics – Personality: definitions and measurement – concept of skill – Self-Awareness: Major personality attributes affecting organizational behavior; Six approaches to Personality and individual differences at work – Personality testing at work – trait theories of organizational behavior – matching personality and job – Personality and culture – Self esteem at work – Reasons why personality tests may not predict work behavior.

The individual and organization: Values, attitudes and job satisfaction. Importance of values, sources of values and its indoctrination – Attitudes: Sources, types and measurement of attitudes; skills involved in changing attitudes.

The individual in the organization: Motivation – Concept and early theories of motivation: Need hierarch theory – Theory x and y – Two factor theory – Equity theories – Value theories – Reinforcement theories – Expectancy theories – Attributional style – Comparison and itegration of the different theories - Skills involved in motivating workers; MBO, Behavior modification, Employee involvement programs.

Unit 3:

Group Dynamics

Meaning of group – Group development – Formal and informal groups – Group characteristics – The characteristics of an effective workgroup – Teamwork – Group diversity – Individuals, Teams and occupational success – Benefits and drawbacks of working in groups – Intergroup behavior – Women at work – Diversity and discrimination at work.

Communication in organizations: Communication model – Barriers and sources of distortion; direction and network of communication and decision – making – cross – cultural communication skills involved in communicating and listening.

Decision – Making: Personal decision style – Rationality – Behavioral economics and money decisions – Individual versus group decision making – Brainstorming – Techniques to improve decision making – Group – think – Group polarization when taking risky decisions.

Leadership: Introduction – Nature and types – A historical review of approaches to leadership – Behavioural theories: contingency theories and contemporary issues in leadership. Leadership and power: Bases of power and power in action, skills involved in managing politicking.

Followership and mutual influence – Networking, negotiating and enabling.

Unit IV:

Management of organizational design and change:

Meaning of Organisational Change: Cultural, Process and Structural Changes – Models of Change – Organisational design for change – Systematic organizational change – Socio-technical systems approach – Experiments with Organisational Change & Intervention – Successful change Attempts: Searching for excellence

Organisational Development: Survey feedback – Process Consultation – Concept, Meaning and Action Research Model – Person – focused change – Value audit and effectiveness – Creativity: Innovation and Lateral thinking.

Unit V:

Conflict negotiation and Stress in Organizations: Nature, sources and techniques of conflict – Meaning of conflict in organizations – Negotiation strategies – Work stress: Sources and techniques in managing stress – Skills involved in managing stress, conflict and negotiation

Strategic Management: Environmental Uncertainty – Strategic Analysis – Strategy formulation and Implementation.

Organisational Change Strategies & Issues: Building learning Organisations – Enterprise resource planning – Downsizing – Mergers & Acquisitions – Effectiveness in Public and Private organizations – Behavioral aspects of managing across culture

Reference:

1. Fred Luthans (1998) Organisational Behavior. 9th Edition, McGraw Hill, New York.
2. Robbins (2005). Organisational Behavior. 11th Edition. Prentice Hall India.
3. Keith Davis (2002) Organisational Behavior. Human Behavior at work; 11th Edition, McGraw Hill, New Delhi
4. Griffin & Moorhead (2000) Organisational Behavior, 5th Edition, A.I.T.B.S. Publications, New Delhi.

PAPER III: COUNSELING AT WORKPLACE**Unit I:**

Counselling – Introduction – Historic perspective – Activities of Counsellor – Basic principles – Future Direction of the Profession – Counsellors' work setting – Industrial Settings: Training Programs for Counsellors in Industrial Setting – The Role and Functions of Counsellors in Industry

Counselling Skills for Managers: Models of workplace counseling: basic counseling skills – an integrative model of counseling.

Unit II:

Employee stress and counseling: Employee Stress – Definition, Symptoms of Stress, Extreme Products of stress – Burnout, Trauma, Workplace trauma, Causes of Stress – Job related causes. Frustration – Sources of frustration, Stress and Job Performance, Stress Vulnerability – Stress Threshold, Perceived Control, Type A & B people. Employee Counseling – Need for Counselling, Counseling Types – Directed, Non-Directed, Participative Counseling.

Unit III

Counseling for Career Planning and Decision Making: Definitions – Changing Nature of work – Theories of Career Development – Implications of Career Theories for Counsellors. Principles of Career Planning in Schools – Role of Counsellor in Student's Career Development – Techniques for Career Planning – Computerized Career Assistance System – Types.

Unit IV:

Human assessment for counseling: Selecting a Test – Types of standardized Tests – Developing a Testing Program – Guideline for Human Assessment. Observation – Observation Instruments – Developing the Rating Scale – DSM – IV – TR – Self-reporting – Group Assessment Techniques – Ecological Assessment – Records.

Unit V:

Employee Counselling: Personality and Leadership Development – Team Building – Theory X, Y and Z – Counselling for problem behaviors – Absenteeism – Smoking – Alcoholism – Gambling – Theft – Enhancing Spouse Relationship – Enhancing Parent Child Relationship – Improving Community Relationship – Counseling for Management of Emotional Problems of Employees – Anxiety Management – Anger Management – Depression Management – Management of Sex Related Problems.

Industrial Behavior Modification: Introduction to Industrial behavior Modification – Behavior Modification Techniques – Productivity Schedules of Reinforcement in Business and Industry – Behavior Modification in the Industrial and Organizational Environments – Modifying at the Employee – Supervisory and Management Levels.

References:

1. Carroll, M. (1996). Workplace Counseling: A systematic approach to employee care. Sage Publications.

PAPER IV: INDEGENEOUS PSYCHOLOGY**Unit I:**

Introduction: Diverse Perspectives on the discipline of Psychology: Biological, Social and Cultural – The debate on Scientific Paradigm and its implications for indigenous Psychology – Relationship between culture and Psychology; Cross – Cultural and Indigenous Psychologies

Unit II:

The Notion of self & World Views: The problems of self and understanding – The notions of Mind, Consciousness and Spirituality – Methods of knowing in Indian tradition with reference to Sankhya, Vedanta, Yoga and Buddhism

Unit III:

Health and Well Being: Yoga & Meditation: Pranayama, Mudra, Bandhas, Pratyahara, Dharma, Dhyana, Compassionate action – Indian Perspectives on Values, Morality & Justice.

Unit IV:

Man – Environment Relationship: Social behavior, Challenges of individuality and relatedness – Leadership – Values and motivation

Unit V:

Human Development & Motivation: Intrinsic Motivation – Ideas of Arasatchi, Process of Ageing, Work Happiness

References:

1. Misra, G., Srivastava, A.K. (2001). Perspectives in Indigenous Psychology, New Delhi: Sage.
2. Pandey, G.C. (1984), Foundations of Indian Culture. New Delhi: Books & Books
3. Sinha, J.N. (1969). Indian Psychology, Calcutta: Mukhopadhyaya
4. Sinha, D. & Rao, H.S.R. (1988). Social Values & Development. New Delhi Sage.
5. Cohen, N.C. (1988), No ageing in India, Berkeley: University of California Press

PRACTICAL – II

- Performance Appraisal Methods
- Feedback techniques
- Interest inventory
- Career appraisal techniques
- Career Decision scales
- Communication styles
- Learning styles
- Organisational Culture, Climate & Change evaluation
- Survey feedbacks
- Value Audit and Feedbacks

- Organisational effectiveness scales
- Personal effectiveness scales
- Attitude surveys
- Mental Health assessment
- Locus of Control assessment
- Self Concept scales
- Tests for special populations

The student should be able to conduct atleast ten of the above said experiments and submit record based on the results and interpretation of conduct of the experiments.