

M.SC. APPLIED PSYCHOLOGY

SYLLABUS

UNDER CBCS SYSTEM



KAZI NAZRUL UNIVERSITY

Session-2018 onwards

Semester	Course Name	Course Type	Course Code	Course Details	L - T - P	Course Credit	Sem Credit
I	Cognitive Psychology	CC	MSCAPSYC101	CC-1	4-0-0	4	20
	Brain and Behaviour	CC	MSCAPSYC102	CC-2	4-0-0	4	
	Theories of Personality	CC	MSCAPSYC103	CC-3	4-0-0	4	
	Applied Social Psychology	CC	MSCAPSYC104	CC-4	4-0-0	4	
	Experimentation	CC	MSCAPSYC105	CC-5	2-0-4	4	
II	Mental Health and Psychopathology	CC	MSCAPSYC201	CC-6	4-0-0	4	24
	Counselling and Stress Management	CC	MSCAPSYC202	CC-7	4-0-0	4	
	Psychological Measurement and Statistics	CC	MSCAPSYC203	CC-8	4-0-0	4	
	Research Methodology (Quantitative and Qualitative)	CC	MSCAPSYC204	CC-9	4-0-0	4	
	Statistics and Psychological Assessment	CC	MSCAPSYC205	CC-10	2-0-4	4	

	Management of Stress and Emotions		MIE	MSCAPSYMIE20 1	MIE-1	4-0-0	4
III	Community Psychology		CC	MSCAPSYC301	CC-11	4-0-0	4
	Organizational and Environmental Psychology		CC	MSCAPSYC302	CC-12	4-0-0	4
	Life Span Psychology		CC	MSCAPSYC303	CC-13	4-0-0	4
	Clinical Psychology: Perspective and Applications	Group A	MJE [any one group]	MSCAPSYMJE30 1	MJE - 1	4-0-0	4
	Assessments in Clinical Psychology			MSCAPSYMJE30 2	MJE - 2	2-0-4	4
	Forensic and Criminal Psychology	Group B		MSCAPSYMJE30 3	MJE - 1	4-0-0	
	Assessments in Forensic and Criminal Psychology			MSCAPSYMJE30 4	MJE - 2	2-0-4	
	Perspective of Disability and Rehabilitation	Group C		MSCAPSYMJE30 5	MJE - 1	4-0-0	
	Assessments in Disability and Rehabilitation			MSCAPSYMJE30 6	MJE - 2	2-0-4	
	Human Resource Management and Development	Group D		MSCAPSYMJE30 7	MJE - 1	4-0-0	

	Assessments in Human Resource Management and Development			MSCAPSYMJE30 8	MJE - 2	2-0- 4	
	Psychology of Interpersonal Relationships		MIE	MSCAPSYMIE30 1	MIE - 2	4-0-0 4-0-0	4
IV	Health and Positive Psychology		CC	MSCAPSYC401	CC-14	4-0-0 4-0-0	4
	Psychotherapeutics	Group A	MJE [any one group]	MSCAPSYMJE40 1	MJE-3	4-0-0-0 4-0-0-0	4
	Psychotherapeutic Formulation and Practice			MSCAPSYMJE40 2	MJE-4	2-0-4 2-0-4	4
	Correctional and Rehabilitation Psychology	Group B		MSCAPSYMJE40 3	MJE-3	4-0-0-0 4-0-0-0	
	Correctional and Rehabilitation Psychology Practice			MSCAPSYMJE40 4	MJE-4	2-0-4 2-0-4	
	Psychological Rehabilitation and Intervention	Group C		MSCAPSYMJE40 5	MJE-3	4-0-0-0 4-0-0-0	
	Application of Rehabilitation Techniques			MSCAPSYMJE40 6	MJE-4	2-0-4 2-0-4	
	Industrial Relations & Welfare	Group D		MSCAPSYMJE40 7	MJE-3	4-0-0-0 4-0-0-0	
	Psychological Intervention in Industrial Setup			MSCAPSYMJE40 8	MJE-4	2-0- 4	

	Dissertation		CC	MSCAPSYC402	CC-15	0 - 1 - 6	4	
	Seminar and Grand Viva		CC	MSCAPSYC403	CC-16	2-0 - 4	4	
	Community Outreach Program / Internship		CC	MSCAPSYC404	CC-17	0 - 1 - 6	4	
	Total Credit / Marks							92

PROGRAMME OBJECTIVES:

- To produce a robust analysis orientating theoretical foundation in consonance with recent advances within the discipline of psychological science.
- To train students with skills and competencies so as to with success have interaction with the community.
- To change students to require an imaginative, empirical and moral approach to the program that mixes abstract repertoire and analysis practices in each quantitative and qualitative traditions.
- Develop autochthonal psychological principles keeping the cultural and worth system within the Indian context for the good thing about Indian society.
- Facilitate students for future coaching into techniques of medicine, therapy, research, and apply in their various field of specialization.
- Apply psychological principles and techniques in persons with mental state issues and disabilities.
- Help students to induce higher clarity on their own strengths and weaknesses to pick the most effective work field of their alternative in psychological science thus on still facilitate analysis or apply of their alternative in future endeavor in their psychological science profession.

**M.SC APPLIED PSYCHOLOGY 1ST SEMESTER SYLLABUS UNDER CBCS SYSTEM
KAZI NAZRUL UNIVERSITY**

MSCAPSYC101: COGNITIVE PSYCHOLOGY

Learning Outcomes:

- In-depth understanding of human cognitions
- Insight about behavior and mental process
- Role of cognitive processes in human behaviour

Unit I: Introduction:

Nature of cognitive psychology. Historical origins of cognitive psychology; information processing model, PDP model, top down- bottom up theory.

Unit II: Attention and Perceptual processes:

Attention: meaning and models

Perception: Movement perception: physical and psychological phenomenon; Signal detection, Pattern recognition and Physiological theories of perception; Gibson's theory. Extra-sensory perception.

Unit III: Memory, Learning & Emotional Processes

Models of memory – Components and stages of Memory (Sensory, STM, LTM); Craik and Lockhart and Baddeley-Hitch.

Mnemonic systems and metamemory. Eyewitness testimony. Neurocognition of memory.

Learning: basic concepts; theories of learning Hull and Tolman. Verbal learning: methods, materials, organizational processes. Curve of learning. Transfer of training.

Cognitive approaches to emotion: Lazarus, Arnold, Circumplex model of emotion;

Emotional Intelligence: concept, theories and application. Facial feedback. Lie detection. Neuroiological bases of emotion.

Unit IV: Decision making, Problem solving:

Decision making: Inductive Reasoning, decision making in the real world, reasoning and the brain, estimating probabilities, decision frames, representativeness, Baye's theorem and decision making.

Problem-solving and Creativity: Factors and processes.

Unit V: Computation theory of cognition:

Concept and evolution: Journey from Skinner's verbal behaviour to computational theory. Reading and speech perception. Word recognition. Language comprehension and language production.

References

1. Solso, R. L. (2004). *Cognitive Psychology*, Sixth Edition. Pearson Education Pvt. Ltd., New Delhi.
2. Wessells, M.G. (1982). *Cognitive Psychology*, Harper and Row Publishers, New York.
3. Best, J.B. (1989). *Cognitive Psychology*, II Edition, West Publishing Company, New York.
4. Wood, G. (1983). *Cognitive Psychology - A Skills Approach*, Cole Publishing Company, California.

MSCAPSYC102: BRAIN AND BEHAVIOR

Learning Outcomes:

- Understand the intricate connection between the brain and behaviour.
- Learn how the brain functions can be assessed
- Learn about the phenomena of brain damage and its behavioural consequences

Unit I:

Neuropsychology: past, present, future. Relation with other disciplines. Methods of studying brain and behaviour- invasive and non- invasive techniques.

Unit II:

Neuron, supporting cells, blood- brain barrier. Role of neurotransmitters and neuromodulators (acetylcholine, monoamines, aminoacids, peptides, lipids) in various aspects of behaviour.

Unit III: Lobe functions-I

Anatomical Asymmetries of the Brain and Hemispheric Lateralization

Frontal Lobes: Specific functions; Premotor and prefrontal cortex; Neuropsychological assessment of frontal lobe functions and dysfunctions

Temporal Lobes: Specific functions and dysfunctions; Temporal lobe and the limbic system; Neuropsychological tests for temporal lobes

Unit IV: Lobe functions-II

Parietal Lobes: Somatosensory perception; Tactile perception and body sense; Spatial orientation and spatial neglect; symbolic synthesis; Neuropsychological examination of functions and dysfunctions of parietal lobes.

Occipital Lobes: Anatomical division; Basic visual functions; Visual perceptual functions

Visual prostheses; Neuropsychological testing of functions & dysfunctions of occipital lobes.

Unit V: Neurophysiology of sleep and cognition

Neurological aspects of learning, memory, motivation. Neural substrates regulating state of sleep and wakefulness.

References

1. Carlson, N. R.(2013) Physiology of Behaviour, 11th ed. New Delhi: Pearson Education.
2. Graham, R. B. (1990) Physiological Psychology. California: Wadsworth.
3. Kalat, J. N. (2001) Biological Psychology. California: Wadsworth.
4. Levinthal, C.R. (1991) Introduction to Physiological Psychology. New Jersey: Prentice Hall.
5. Pinel, J. (2011) Biopsychology.(8th ed).New Delhi: Pearson Education.

6. Rosenzweig, M.R., Liemen, A.L. and Breed Love, S.M. (1999) *Biological Psychology: An Introduction to Behavioural, Cognitive and Clinical Neuroscience*. 2nd Edition
Massachusetts: Sinauer.

MSCAPSYC103: THEORIES OF PERSONALITY

Learning Outcomes :

- Understand the nature of historical development of contemporary psychological theories of personality
- Application of personality theories to develop a comprehensive understanding of psychopathology and human behaviour

Unit I: Personality: An Introduction

Personality: Concept and definition. Temperament and personality.

Unit II: The Psychodynamic Perspective

Freud, Jung, Adler, Horney, Sullivan, Erikson, Object relations theory

Unit III: The Trait and Type Perspectives

Allport, Cattell, Costa and Mcrae

Unit IV: The Learning Theory Perspective

Skinner, Dollard and Miller, and Julian Rotter

Unit V: The Phenomenological Perspective

Maslow, Rogers, Kelly, May, Frankl

References

1. Freidman, H.S. and Schustack, M. W (2004). Personality. New Delhi: Pearson Education.
2. Kaplan, R.M. and Saccuzzo, D.P (2002). Psychological Testing: Principles, Applications and Issues (5th Ed). New Delhi: Asian Book.
3. Gatchel, R.J. and Mears, F.G. (1982). Personality Theory, Assessment and Research. New York St. Martins Press.
4. Hall, C.S. and Lindzey, G. (1978). Theories of Personality (3rd Ed). New York: Wiley.
5. Major Arockiasamy. (2005). Personality Psychology. Thanjavur: Aranya Publishers.

MSCAPSYC104: APPLIED SOCIAL PSYCHOLOGY

Learning Outcomes:

- The meaning and significance of social psychology in the present context.
- Psychological understanding of contemporary social and economic issues (media, population, gender related issues) and evidence-based remedial measures
- Interdisciplinary implications of psychological principles

Unit I: Social self and Social cognition:

Self and society: self knowledge; self and information processing; self deception.

Non- Verbal Communication: Channels, Gender and Cultural issues relating to non- Verbal behaviour, Functions of Non-Verbal Communication.

Attribution Process: Theory of Correspondent Inference; Theory of Casual Attribution; Other dimensions of Causal Attribution: Augmentation and Discounting; Basic Sources of Error.culture on self and social behavior.

Unit II: Attitude, Prejudice and Discrimination Social influence:

Stereotype, Myths, Misconception and Discrimination.

Conformity and Compliance; Individual and group: leadership; social loafing, experience of marginalization; persuasion.

Unit III: Attraction, Relationships and Relationship Hazards

Types of relationship, cultural and personality influences on relationship, hazards and its management.

Unit IV: Social Problems: Foundations and Interventions

Casteism, Communalism and terrorism.Problematic use of internet and Media.

Unemployment, Underemployment and Downsizing.Voting behaviour, Media and aggression, Population

Unit V: Gender:

Concept. Gender identity. Gender role. Gender stereotype.

References

1. Baron, Robert A. and Byrne, D. (2001). Social Psychology (8th edition) Reprint, New Delhi: Prentice-Hall of India Pvt Ltd.
2. Brehm, S.S. and Kassir, S.N. (1996). Social Psychology (3rd edition). USA: Houghton Mifflin Company.
3. Crisp, R.J. and Turner, R.N. (2007). Essential Social Psychology. New Delhi: Sage Publications.

4. Myers, D.G. (2016). *Social Psychology* (12th international edition). New York: McGraw Hill Companies.

MSCAPSYC105: PRACTICUM BASED ON 101 AND 104

Based on theory papers 101 and 104, at least two practical to be conducted preferably in laboratory conditions. The records would be prepared by the student and must be submitted for further evaluation during the examination.

Proposed practical on the following topics:

- Stroop test
- Paired Associate Learning
- Emotional Intelligence Inventory
- Problem solving
- Recognition of emotion
- Social loafing
- Sociometry
- Attribution bias
- Gender stereotype

**M.SC APPLIED PSYCHOLOGY 2ND SEMESTER SYLLABUS UNDER CBCS
SYSTEM**

KAZI NAZRUL UNIVERSITY

MSCAPSYC201:MENTAL HEALTH AND PSYCHOPATHOLOGY

Learning Outcomes :

- Various paradigms of Psychopathology
- Overview of latest classificatory systems of Mental and Behavioural Disorders
- Comprehensive understanding of clinical picture, etiology and prognosis of different Mental and Behavioural Disorders

Unit I: Introduction to Psychopathology

Different models of psychopathology: Psychoanalytic, Behavioural, Cognitive, Biological Models. Diagnostic Classification of mental and behavioural disorders. Stigma and mental disorders.

Unit II: Obsessive Compulsive and related disorders:

Symptoms, Etiology, Theoretical perspectives of Obsessive compulsive disorder, Body dysmorphic disorder, Pathological gambling, Hypochondriasis, Tic disorders, Trichotillomania and Treatment.

Unit III: Schizophrenia and Other Psychotic Disorders

Symptoms, Etiology, **Treatment-** Disorganized Schizophrenia (Hebephrenia), Paranoid Schizophrenia. Catatonia. Delusional disorder.

Unit IV: Anxiety, Dissociative and Somatoform Disorder

Symptoms, Etiology, Panic disorder, Phobias, Post-Traumatic Stress disorder (PTSD), Generalized anxiety disorder. Dissociative disorders – psychogenic amnesia; psychogenic fugue; multiple personality; depersonalization disorder. Somatoform disorders – somatization; conversion disorder, Treatment.

Unit V:

- (A) **Mood disorder:** Symptoms, Etiology, Characteristics of affective syndromes- Dysthymia, Cyclothymia, Major depression, Bipolar disorder,
- (B) **Substance use disorder:** Alcohol dependence, nicotine dependence, other psychoactive drugs -Perspectives on drug dependence-a personality & social perspective.

References:

1. Carlson, R.C., Butcher, J.N. and Mineka, S. (1998). *Abnormal Psychology and Modern Life*, New York: Addison Wesley Longman.

2. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). *Abnormal Psychology – Current Perspectives*, 6th edition, New York: Mc-Grans-Hill, Inc.
3. Sarason, I.G. and Sarason, B.R. (1998). *Abnormal psychology: The Problem of Maladaptive Behaviour*, New Delhi: Prentice-Hall of India.

MSCAPSYC202: COUNSELING & STRESS MANAGEMENT

Learning outcomes :

- Understanding different modes of counselling
- Learn professional and Ethical issues in counselling
- Understanding psychosocial aspects of stress and its management

Unit I:

Counselling and its goals. Scope of counselling. Characteristics of a good counsellor. Basic skills of counselling. Ethics in Counselling Practice.

Unit II:

Major Approaches to Counselling: Psychodynamic , Behavioral , Cognitive and Humanistic.

Unit III:

Health and stress. Selye and Lazarus model of stress and stressors. Stress symptoms- Physical, psychological and behavioural.

Unit IV:

Management of Stress. Behavioural Approaches.

Unit V:

Management of Stress. Cognitive Approaches. Counselling, guidance and psychotherapy, Counselling in different population, Coping, Disaster management

References

1. Berdie, R.F. et al., (1963). Testing in guidance and counseling. McGraw Hill.
2. Corney, G. (1998). Theory and practice of counseling.
3. Davis, D. (1997). Counselling in psychosocial services. Open University Press.
4. Dryden, W. (1994). Developing the practice of counseling, Sage Pub.
5. Fullmer, D.W. (1971). Counselling: contents and Process. Science Research Assoc. Chicago.
6. Gelso, CL & Fretz, BR. (1997). Counselling Psychology, Prism Book.
7. Guidance Monograph Series (9 vols.) (1977). John Wiley.
8. Rosenthalk, H. (1993). Encyclopedia of counseling. Accelerated Development.
9. HIV Counselling Training Modules for VCT, PPTCT and ART Counsellors, developed by NACO, MHFW, GOI (2006).

MSCAPSYC203: PSYCHOLOGICAL MEASUREMENT AND STATISTICS

Learning Outcomes:

- Learn different types of statistical methods applicable in behavioural science
- Understanding uses of parametric and non- parametric statistics
- Developing understanding of applications of various probability distributions and multivariate statistical analyses

Unit I: Nonparametric tests:

Chi- square test, Mann- Whitney U test, Wilcoxon signed rank test, Kruskal- Wallis.

Unit II: Regression:

Partial Correlation, Multiple Correlation.Simple and Multiple Regression.

Unit III: Probability distribution:

Different types of Probability Distribution; Conditional Probability

Unit IV: Analysis of Variances:

Types and assumptions, computation

Unit V: Multivariate Statistics:

Discriminant Analysis, Factor Analysis. Analysis of covariance- concept, assumptions and types. Calculation of reliability and validity; theory of test scores

References

1. Garrett, H.E. & Woodworth, R.S (1981). Statistics in psychology and Education. Vakils, Peffer and Simons Ltd, Bombay.
2. Howell, D.C. (1992). Statistical methods for Psychology. California: Duxbury Press.
3. Siegal, S. (2002). Non –parametric Statistics for the Behavioural Sciences. New Delhi: Tata McGraw Hill.
4. Guilford J.P & Fruchter.B. (1978).Fundamental Statistics in Psychology and Education. New – York, McGraw Hill.

MSCAPSYC204: RESEARCH METHODOLOGY (QUANTITATIVE AND QUALITATIVE)

Learning Outcomes:

- Understanding the need and purpose of research and its application.
- Learn various types of research, qualitative and quantitative research designs and data collection techniques.
- Developing basic skills for writing research proposals

Unit I: Research:

Concept. Principles. Ethics.

Unit II: Variables and Sampling:

Definition and types of variables; Sampling: Definition; sample size and representativeness; probability and nonprobability.

Unit III: Research Designs:

Meaning, purpose and principles of research designs. Experimental design, non-experimental design, cross-sectional design, longitudinal study design, survey research, correlation design.

Unit IV: Qualitative designs:

Types of qualitative research designs. Grounded approach, Ethnography, case study and Narrative and Phenomenological designs.

Unit V: Methods of Data Collection:

(i) Quantitative (structured questionnaire, semi-structured questionnaire and standardised questionnaire) and (ii) qualitative (informal interview, case study, in-depth interview, focus group discussion, observation, participatory rural appraisal, projective tests). Writing research reports.

References

1. Best, J.W. and Kahn, J.V. (2006). Research in education (9th Edition) New Delhi: Pearson Education.
2. Kerlinger, F.N. (1983). Foundations of Behavioural Research. Delhi: Surjeet Publications.
3. Kothari, C.R. (1988). Research Methodology. New Delhi: Tata – McGraw Hill.
4. Singh, A.K. (1990). Tests, Measurements and research Methods in Behavioural Sciences. Patna: BharatiBhaban Publishers.

5. Russell, B.H. (1988). *Research Methods in Cultural Anthropology*. New Delhi: Sage Publications
6. Kenneth, B.S.& Bruce, A.B. (2005). *Research Design and Methods*. New Delhi: Tata McGraw Hill Publishing Company Ltd.

MSCAPSYC205: PRACTICAL

Based on 201 and 203

- Neuropsychological assessment
- Personality assessment using objective and projective tools (16PF, NEO-FFI, RIBT, TAT)
- Rating Scales- Beck Anxiety Inventory, Beck Depression Inventory
- Chi square, regression, partial multiple correlation and ANOVA

MSCAPSYMIE201: MANAGEMENT OF STRESS AND EMOTIONS (MINOR ELECTIVE)

Learning Outcomes :

- Develop understanding of health and wellbeing and stress- related outcomes
- Understand implications of various cognitive- behavioural and alternative intervention techniques of health management

Unit 1: Stress:

Nature of stress, symptoms of stress, sources of stress, Stress and health. Academic Stress and Relationship Stress

Unit 2: Genesis of stress:

Methods - yoga, meditation, relaxation techniques, problem focused and emotion focused approaches

Unit 3: Thought, Emotion, and Behaviour:

Body reaction theories, cognitive theories and emotional intelligence.

Unit 4: Management of stress and emotions:

Behavioural and cognitive behavioural approaches

References:

1. DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson. Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.
2. Taylor, S.E. (2006). *Health psychology*, 6th Edition. New Delhi: Tata McGraw Hill.
3. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
4. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
5. Singh, D. (2003). *Emotional intelligence at work (2 nd ed.)* New Delhi: Response Books.

M.SC APPLIED PSYCHOLOGY 3RD SEMESTER SYLLABUS UNDER CBCS SYSTEM

KAZI NAZRUL UNIVERSITY

MSCAPSYC301: COMMUNITY PSYCHOLOGY

Learning Outcomes:

- Understanding theoretical concepts of community psychology and importance of the subject in the present context.
- Understand the role of community psychologist at the grass-root level in addressing issues of different sections of society.
- Learn community- based preventive and remedial measures

Unit I: Theoretical Concepts of Community Psychology

Principles of Community Psychology, the field of community psychology, factors underlying the emergence of community psychology.

Unit II: Crisis Intervention

Crisis Intervention: the concept of crisis, crisis intervention, necessary conditions for crisis intervention programs, the technique of crisis intervention.

Unit III: General System Theory and The concept of ecology

General System Theory and Evaluation Research. The study of organized systems, The design of program evaluation studies. The ecological approach to community mental health problems, the effect of crowding.

Unit IV: Contemporary community issues: nature, factors and preventive/ remedial measures

Child Abuse, Violence against Women, Violence against Aged, Problems related to Unorganized sectors. National Policy, programs and acts.

Unit V: Community mental health intervention and community based rehabilitation (CBR)

Issues, principles and programmes; evaluation of CBR; training the para-professional and non-professionals.

References

1. Korchin, S. J. (2004). Modern Clinical psychology; Principles of intervention in clinic and community. New Delhi: CBS Pub.
2. Carter, J.W. (1986). Research contributions from community psychology in community health health.

Behaviour Pub. NY.

3. Dalton J.H., Elias, M.J. et al., (2007). Community psychology, linking individuals and communities.

Wadsworth, Thomson Learning US.

4. Desai, A.N. (1995). Helping the handicapped. Ashish Pub. House.

5. Iscoe, I. Block, B.L. & Spielberger, CD (Eds.) (1997). Community psychology: Perspectives in training and research. Appleton Century Crofts. NY.

6. Kapur, M. (1995). Mental health of Indian Children, Sage Pub.

7. Mandelbawn, B. (1972). Society in India. Popular Prakashan. Bombay.

9. Part, J.E. & Park, K. (1989). The Text Book of Social and Preventive Medicine. Baranasidas, Jubbulpur.

10. Rajan, S.I. et al., (1999). Indian's elderly: Burden or challenge, Sage Pub.

MSCAPSYC302: ORGANIZATIONAL AND ENVIRONMENTAL PSYCHOLOGY

Learning Outcomes:

- Exploring the interrelation between organization and environment with the help of organizational behaviour
- Understanding the interaction between organizational constructs and personnel
- Learn premises of analysing and predicting human behaviour in organizational context and its applied value

Unit I: Elements of Organizational Behavior

Emergence of OB as a discipline and contributing disciplines to OB; contributions of Hawthorne studies to OB; The FIVE anchors of OB aid knowledge management.

Unit II: Organizational Behavior

Group Dynamics, Networking and Team working

Communication, Conflict and Power in Workplace

Leadership: Modern theoretical process of leadership, role of leaders in organization, leadership across culture and corporate.

Unit III: Organizational Processes and Quality of Work Life

Organizational Structure, Division of Labour and Coordination; Elements of organizational structure; Job design: Managing performance through job design and goal setting; Organizational Culture: Elements of organizational culture; organizational culture and performance; managing organizational culture; Organizational Change and Development: Lewin's Force Field Analysis model; Restraining Forces; Strategic visions change agents.

Quality of work life: concepts and determinants; individual effectiveness, stress and wellbeing.

Unit IV: Nature and scope of Environmental Psychology

Environmental Psychology: Origin, scope, influence of environment on Man-natural and built up environment; environmental perception and cognition

Urban, suburban and rural, Territoriality.

Personal space: privacy and crowding, measurement and theories

Unit V: Psychology in Relation to Physical Environment and Intervention Program

Noise, climate, light and color, environmental psychology and social dilemmas, pollution energy conservation, recycling. Psychoeducational aspects of environmental protection.

References

1. Luthans, F. (2002). Organizational Behaviour. McGraw Hill Irwin, New Delhi
2. Robbins, S.P. (1995). Organizational Behaviour. Prentice Hall of India Ltd. New Delhi.

3. Mc Shane. S.L., Glinow, M.A.V. & Sharma, R.R.(2006). Organizational Behaviour. Tata – McGraw Hill Publishing Company Ltd. New Delhi.
4. Schein, E.M. (1990) ‘Organizational Psychology 3rd edition; Prentice Hall of India Pvt. Ltd. New
5. Dolnicar, S. & Grun, B. (2009). Environmetally friendly behavior. *Environment & Behaviour*, 41(5), 693-714.
6. Easton, J., Ljungberg, M. K, & Cheng, J.C.H. (2009). Discourses on pro-environmental behaviour. *Applied Environmental Education and Education*, 8, 126-134.
7. Gifford, R. (2007). Environmental Psychology: principles and practice. Massachusetts: Allyn and Bacon, Inc.
8. Knussen, C. & Yule, F (2008). I am not in the habit of recycling. *Environment and Behaviour*,40 (5), 683-702.
9. Tanner, C., Kaiser, F. G., & Kast, S. W. (2004). Contextual Consideration of ecological consumerism. *Environment & Behaviour*. 36 (1), 94-111.

MSCAPSYC303: LIFE SPAN PSYCHOLOGY

Learning Outcomes:

- Understanding theories of life span development
- Understand bio- psycho-social and cognitive issues across various age groups

UNIT I: Introduction and Forming A New Life

Human development early approaches- Human development today- theoretical perspective: psychoanalytic- learning- cognitive- evolutionary/ sociobiological- contextual.

Conceiving new life- mechanisms of heredity- nature and nurture

UNIT II: Babyhood and Childhood: Processes and pathologies

Processes: Temperament, parenting and attachment

The Child in School: play and socialization, gender role, development of self

Pathologies: Intellectual and Behavioral Pathologies

UNIT III: Adolescence: Processes and Pathologies

Puberty- Physical and mental health.

Cognitive maturation, search for identity- sexuality- relationship with family, peer and adult society, creativity, aggression, morality, value and career orientation, impact of internet and social media. Emotional and behavioural pathologies.

UNIT IV: Continuing development in Adulthood

Cognitive, moral, social and spiritual development: perspectives on adult cognition moral development

Psychosocial growth in intimate relationships- non marital and marital lifestyles - parenthood - marital problems, kinship ties

Self at midlife- Work life growth and decline

Theories of biological aging- physical changes- Health issues in late Adulthood

UNIT V: Issues in Ageing: Death and Dying

Faces of death- Facing death and loss- Death and bereavement across lifespan. Death with Dignity.

Reference

1. Papalia, D.E, Olds, S.W and Feldman, R.D. (2004). Human development (9th edition). New Delhi: Tata McGraw-Hill.
2. Berk, E.L. (2007). Development through lifespan (3rd edition). New Delhi: Pearson Education, Inc.
3. Feldman. (2010). Discovering the Lifespan. New Delhi: Pearson Education, Inc.

4. Keenan, T and Evans, S. (2009). An Introduction to Child Development (2nd edition). New Delhi: Sage Publications.
5. Harris, M. (2008). Exploring Developmental Psychology: Understanding theory and methods. New Delhi: Sage Publications.
6. Papalia, D.E, Olds, S.W and Feldman, R.D. (2004). Human development (9th edition). New Delhi: Tata McGraw-Hill.
7. Berk, E.L. (2007). Development through lifespan (3rd edition). New Delhi: Pearson Education, Inc.
8. Feldman. (2010). Discovering the Lifespan. New Delhi: Pearson Education, Inc.
9. Keenan, T and Evans, S. (2009). An Introduction to Child Development (2nd edition). New Delhi: Sage Publications.
10. Harris, M. (2008). Exploring Developmental Psychology: Understanding theory and methods. New Delhi: Sage Publications

SPECIAL PAPER:

GROUP-A

CLINICAL PSYCHOLOGY

MSCAPSYMJE301: Clinical Psychology: Perspective and Applications

Learning Outcomes:

- Understand the nature and scope of clinical psychology
- Learn psychological assessments in understanding psychopathology
- Detailed understanding of psychological disorders and overview of their management

Unit I: Foundations of Clinical Psychology & Clinical Assessment

Nature and scope of the discipline; Acts and policies related to the discipline. Clinical Interview; Diagnosis and Classification; Basics of psychological assessment (Intellectual, Neuropsychological, Personality and Behavioral assessment).

Unit II: Intellectual Disability, autism spectrum disorders and other childhood disorders

Clinical features, nosological differences, etiology and management.

Unit III: Psychopathology of Neuropsychological Conditions

Clinical features, nosological differences, etiology and management

Unit IV: Psychopathology of Adult Personality Disorders

Clinical features, nosological differences, etiology and management

Unit V: Sexual and Gender Identity Disorders

Clinical features, nosological differences, etiology and management

References

1. Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins.
2. Ahuja N (2002). A short text book of Psychiatry (5th edition). New Delhi. JaypeeBrothers.
3. Carlson, R.C., butcher, J.N. and Mineka, S. (1998). *Abnormal Psychology and Modern Life*, New York: Addison Wesley Longman.
4. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). *Abnormal Psychology – Current Perspectives*, 6th edition, New York: Mc-Grans-Hill, Inc.
5. Sarason, I.G. and Sarason, B.R. (1998). *Abnormal psychology: The Problem of Maladaptive Behaviour*, New Delhi: Prentice-Hall of India.

GROUP-C

REHABILITATION PSYCHOLOGY

MSCAPSYMJE305: Perspectives of Disability and Rehabilitation

Learning Outcomes:

- Learn the scope of rehabilitation psychology and concept of disability
- Understand the nature of physical and psychological disabilities
- Learn various essential aspects of rehabilitation acts and policies.

Unit I: Introduction:

Concept and definition of Habilitation and Rehabilitation; Overview of the profession of Rehabilitation Psychology and practice. Models of Rehabilitation.

Unit II: Disability: Concepts and Models:

Concept and definition of disability; Concept of impairment, disability and handicap; DALYs; Nature and needs of persons with disabilities; models of disability.

Unit III: Psychosocial aspects of Differently Abled persons:

Nature, causes and Psycho-social Hazards of Developmental disabilities (Autism; Intellectual impairment; Learning disabilities; Cerebral Palsy), other physical disabilities (Visual impairment, Hearing impairment and Orthopaedic and neuromuscular impairment), and traumatic brain injury.

Unit IV: Psychosocial aspects of Marginalized population:

Street Children, Child trafficking and Prostitution: Definition, background, prevalence, living condition and psychological aspects.

Unit V: Acts and Policies related to Rehabilitation:

Rights of the persons with disability; Government schemes and policies; Mental Health Act; PWD Act; RCI Act; National Trust Act.

References:

1. Van Hasselt, V.B., Strain P.S., and Hersen. M. (1988). *Handbook of Developmental and Physical Disabilities*. Pergamon Press, New York.
2. Saraswathi, T.S. (1999). *Culture, Socialization and human development*. Sage publications: New Delhi.
3. Frank, R. G., & Elliott, T. R. (2000). *Handbook of rehabilitation psychology*. American Psychological Association.

GROUP-D

ORGANIZATIONAL PSYCHOLOGY

MSCAPSYMJE307: Human Resource Management and Development

Learning Outcomes:

- Developing understanding of the dynamic nature of the practice of management in the light of globalization
- Understanding the overall human side of enterprise and nature of the discipline
- Implication of theoretical knowledge to develop management strategies in organization
- Understanding the formalities and legal aspects of employee- employer relationship

Unit I: Introduction to Human Resource Management and Planning

Human Resource in organization, and management philosophy, history and development of HRM.

The concept of HRM: definition, aims, characteristics, models of HRM, Role of an HR practitioner.

Current status of the field. HRM Processes and Policies: strategic competency based HRM.

Human Resource Planning, Methods and Techniques. Organizational development policies and flexibility in human resource management.

Unit II: Acquisition of Human Resources, Orientation and Development

Recruitment: Process and methods, Policies and procedures, for resourceful management.

Selection and placement processes: Diversity management in selection process.

Training to manage human resource: importance of training, training and development cycle in organization.

Unit III: Employee Compensation, Benefits And Evaluation

Compensation: Nature, Strategic compensation, Market rate analysis, legal and administrative aspects. Pay system: Development of pay systems, variable pay, benefits and incentives.

Performance appraisal: Nature and use of performance appraisal, methods of performance appraisal, Performance management, legal aspects

UNIT IV: Employee Relations, Employee and Labour Issues

Employee relations: Framework, approaches, processes, employee voice, communication.

Employee health and safety: Need and importance, risk assessment, health and safety policies, accident prevention, health and safety training ,Change management and innovation.

Conflict management, Negotiation and bargaining, Unions and collective bargaining,

Discipline and grievance management, Issues of organizational justice, legal issues.

Unit V: Employment and HRM Services

Team work and leadership management, Employment practices and procedures, Human resource audit, accounting and information system, Human resource in mergers and acquisitions, International dimensions of HRM

Reference

1. Gary Dessler. A. (2009). Framework for Human Resource Management (5th ed). New Delhi: Pearson/Prentice Hall Publishing.
2. Rao TV (2010) . Alternative Approaches and Strategies of HRD. Rawat Publications. New Delhi.
3. Biswanth Ghosh (2006). Human Resource Development and Management, Vikas Publishing House, New Delhi.
4. Tapomoy Deb (2006). Human Resource Development, Ane Books, New Delhi.
5. Wallace Tina (2006). Development and Management, Rawat Publications. New Delhi

PRACTICUM:

Group- A

MSCAPSYMJE302: Assessments in Clinical Psychology: Supervised Clinical Examination, Diagnosis and Assessment (I.Q., Personality and Neuropsychological). Case submission: 5 full length case submissions (At least 1 child, 1 adult and 1 neuropsychological assessment)

Group- C

MSCAPSYMJE306: Assessments in Disability and Rehabilitation: Supervised Clinical Examination, Diagnosis and Assessment (I.Q., Personality and Neuropsychological). Case submission: 5 full length case submissions (At least 1 differently abled child, 1 substance use disorder and 1 neuropsychological assessment)

Group- D

MSCAPSYMJE308: Assessments in Human Resource Management and Development: Submission of the industry and internship visit report and lab note book containing write up of the relevant tests administered.

MINOR ELECTIVE

MSCAPSYMIE301: Psychology of Interpersonal Relationships

Learning Outcomes:

- Relationship in organization
- Strategies for effective communication and conflict resolution
- Dynamics of romantic relationships
- Dynamics of interpersonal relationships

Unit I : Concept and Types of Interpersonal Relationship : Social Interaction, Interpersonal Attraction , Transactional Perspective – types of relationship.

Unit II : Romantic and Marital Relationship: Taxonomies of love, theories of Love, Mate preferences, relational sex.

Marital relationship – nature & factors, Distress in marital relationships, therapeutic interventions for distress in marriage.

Unit III : Relationship at work: Nature , factors and purpose and importance of human relations at work, team work and team building, leader-follower at work.

Unit IV : Interpersonal Communication: Basic nature and forms of communication – verbal and nonverbal communication – communication channels, process and barriers.

Unit V: Conflicts in Relationship and Strategies for Improving Human Relationship: Self disclosure: JOHARI window – SWOT Analysis. Types of conflicts and their management.

References

1. Berscheid, E., & Regan (2005). The Psychology of Interpersonal Relationships. Englewood Cliffs, NJ: Prentice Hall.
2. Reece & Brandt (2007). Effective Human Relations. Personal and Organizational Applications. 10th Edition. New York. Houghton Mifflin Company.
3. Duck (2007). Human Relationships.4th Edition. Thousand Oaks, CA: Sage Publications.
4. Hendrick & Hendrick (Eds) (2000). Close Relationships: A Sourcebook 2nd ed. London: Sage Publications.
5. Greenberg & Baron (2008). Behaviour in Organizations. 9th edition. NJ. Prentice Hall.

M.SC APPLIED PSYCHOLOGY 4TH SEMESTER SYLLABUS UNDER CBCS SYSTEM

KAZI NAZRUL UNIVERSITY

MSCAPSYC401: HEALTH AND POSITIVE PSYCHOLOGY

Learning Outcomes:

- Understand the aims and scope of positive Psychology
- Developing insight to health psychology and various psycho-social models of health
- To know the causes, consequences and the psycho-social impact of chronic illnesses

Unit I: Introduction

Definition, Mind-body relationship, Bio-psychosocial model of Health, Life styles and disease patterns.

Unit II: Behaviour and Health

Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour (Protective motivation theory, theory of reasoned action) and their implications. Health Enhancing Behaviour.

Unit III: Health and Well-being

Happiness; Life satisfaction; Resilience.

Unit IV: Positive psychology

Goals, assumptions and definitions.

The Meaning and Measure of subjective well-being and happiness.

Happiness across the life span; gender and happiness; marriage and happiness; Happiness in workplace.

Unit V: Positive emotions and well- being cultivating positive emotions

Life Above Zero: Positive psychology revisited; interconnections of the “Good” and the “Bad; contours of a positive life; mindfulness and well-being.

References

1. Steve, B.R. & Marie, C.K. (2009). *Positive Psychology*. Dorling Kindersley: India.
2. Boniwell, I. (2006). *Positive Psychology in a Nutshell*. PWBC (Personal Well-Being Centre).
3. Snyder, R, S. (2007). *Positive Psychology: The Scientific & Practical exploration of human strengths*. New Delhi: Sage Publications.
4. Allen, F. (2011). *Health psychology and behaviour*. Tata McGraw Hill Edition.
5. Dimatteo, M. R., & Martin L. R. (2011). *Health psychology*. India: Dorling Kindersley

6. Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage.
7. Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.
8. Sanyal, N. (2017). Pebbles of Positivism, Positive Psychology and Spirituality: Contents and Approaches. Ramakrishna Mission Institute of Culture, Golpark, Kolkata.

SPECIAL PAPER:

**GROUP- A
CLINICAL PSYCHOLOGY**

MSCAPSYMJE401: Psychotherapeutics

Learning Outcomes:

- Orientation to different schools of psychotherapy and therapeutic techniques
- Understanding implication of various therapeutic techniques in different symptomatology
- Learn contemporary advancements in psychotherapy

Unit I: Psychodynamic Therapies

Psychoanalysis and other psychodynamic approaches (including brief dynamic therapy)

Unit II: Humanistic Therapies

Client-Centered, Existential and Gestalt therapies.

Unit III: Behavioral & Cognitive-Behavioral Therapies

Behavioral therapy, Cognitive therapy (Beck), Rational Emotive Behavior Therapy (Ellis).

Unit IV: Couples Therapy, Family Therapy and Group Therapy

Theoretical frameworks, Issues and therapeutic approaches. Evidence based practices, Treatment planning

Unit V: New Generation Psychotherapies

Mindfulness and acceptance based therapies; Interpersonal psychotherapy; Cognitive remediation and neuropsychological based intervention.

References:

1. Sharf, R.S. (2000). Theories of psychotherapy and counseling: Concepts and cases (2nd Ed.). Singapore: Brooks/Cole.
2. Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th Ed.). Belmont, CA: Wadsworth/Thomson Learning
3. Brems, C. (2001). Basic skills in psychotherapy and counseling. Singapore: Brooks/Cole.
4. Corey, G. (1996). Theory and practice of counseling and psychotherapy (5th ed.). Pacific Grove, CA: Thomson-Brooks/Cole.

5. Dryden, W. (2007). *Dryden's handbook of individual therapy*. (5th ed). Sage Publications: New Delhi.
6. Hecker, J.E., & Thorpe, G.L. (2005). *Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition)*. Delhi: Pearson Education
7. Ivey, A.E., Ivey, M.B., & Simek-Morgan, L. (1997). *Counseling and psychotherapy: A multicultural perspective (4th ed.)*. Boston: Allyn & Bacon.
8. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). *Psychologists' desk reference*. Oxford: Oxford University Press.
9. Miltenberger, R.G. (2001). *Behavior modification: Principles and procedures (2nd Ed.)*. Belmont, CA: Wadsworth/Thomson Learning.
10. Palmer, S. (ed.). (1999). *Introduction to counseling and psychotherapy: The essential guide*. New Delhi: Sage.
11. Prochaska, J.O., & Norcross, J.C. (2003). *Systems of psychotherapy: A transtheoretical analyses (5th ed.)*. Pacific Grove, CA: Thomson-Brooks/Cole.

GROUP- C REHABILITATION PSYCHOLOGY

MSCAPSYMJE405: Psychological Rehabilitation and Interventions

Learning Outcomes:

- Understanding nature of rehabilitation interventions and its principles
- Learn techniques of psychosocial rehabilitation interventions specific to physical and developmental disabilities and marginalized populations
- Overview of neuropsychological rehabilitation

Unit I: Society and disability:

Impact of disability on family, family care and burden, role of family on coping. Family related interventions.

Societal attitudes toward disabilities, strategies for attitude change, social competence, participation and integration, social network and support.

Unit II: Rehabilitation of Victims:

Assessment of people affected by natural calamity/war/violence/ immigration: physical and psychological situations, planning and coordination of the relief work. Trauma management.

Unit III: Interventions specific to differentially abled persons:

Developmental disabilities (Autism; Intellectual impairment; Learning disabilities; Cerebral Palsy), other physical disabilities (Visual impairment, Hearing impairment and Orthopaedic and neuromuscular impairment), and traumatic brain injury.

Unit IV: Rehabilitation of marginalized population:

Street Children, Child trafficking and Prostitution: prevention, intervention and legal measures. Psychosocial Hazardous of HIV/AIDS.

Unit – V: Current trends of interventions in Rehabilitation Psychology

Acceptance based therapies, group therapies, motivational interviewing, neuropsychological rehabilitation. Use of Technology in Rehabilitation.

References:

1. Proctor, R.W., & Dutta, A. (1995). *Skill Acquisition and Human Performance*. SAGE Publications. New Delhi.
2. Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.). (2003). *Handbook of counselling psychology*. Sage.
3. National Institute for the Mentally Handicapped (1990). *Vocational Training and Employment for persons with mental retardation*, Secunderabad – NIMH Publication.
4. Miltenberger, R.G. (2008). *Behavior modification: principles and procedures*.

5. Murickan, J. and Georgekutty (1995). *Persons with Disabilities in Society*. Kerala Federation of the Blind, Trivandrum.

GROUP- D
ORGANIZATIONAL PSYCHOLOGY

MSCAPSYMJE407: Industrial Relations and Welfare

Learning Outcomes:

- Understanding the nature of industrial relations and management of cultural diversities of workforce
- Developing understanding of fundamental rights of employees and policy related issues
- Understand and compare overall global HR practices

Unit I: Industrial Relations and Industrial Disputes:

Definition and of Industrial Relations, Need for sound Industrial Relations, Tripartite System; Role of ILO, Central and State Governments, Industrial Disputes: nature and causes, strikes and lockout, methods of settling disputes: machinery for settlement

Unit II: Labour- management co-operation:

Meaning and Goals- different degrees and forms of labour, management co-operation- Workers participation in management- Trade Union Movement, Types, structure and functioning of trade unions- Registration and Recognition of Trade Unions- collective bargaining: importance, factors involved and methods.

Unit III: Social Security and Welfare:

Meaning of Social security-Major Social Security Provisions: Employees Provident Fund, Employees state insurance, Payment of Bonus, Gratuity. Welfare provisions under Factories Act and Maternity Benefits

Unit IV: Emerging Issues in Industrial Relations:

Issues relating diverse and cross cultural workforce- New category of Labour; Knowledge workers, BPO workers, workers in service sectors- Effect of globalization on working class: need for a new outlook on industrial relations, labour welfare and legislations, Sexual harassment at workplace.

Unit V: Global HR Practices:

Personnel Practices and Industrial Relations in Multi National Companies, working conditions, salary, Benefits and Pay adjustments -Lean and Mean organizations- Corporate Social Responsibilities, Quality of work life and work life balance.

References

1. Srivastava (2000). Industrial Relations and Labour Laws. New Delhi. Vikas Publishing House.
2. Sinha & Sinha, Shekar (2006). Industrial Relations, Trade Unions and Labour Legislations. 1st Edition. New Delhi. Pearson Publishers.
3. Mamoria (1999). Personnel Management. New Delhi. Himalayan Publishing House.

4. Rao, Subba (1997). Essentials of HRM and Industrial Relations. New Delhi. Himalayan Publishing House.
5. Cascio(1986). Managing Human Resources. Productivity, Quality of Worklife, Profits. Singapore. McGraw Hill.

PRACTICUM:

Group- A:

MSCAPSYMJE402: Psychotherapeutic Formulation and Practice: Supervised Clinical Examination, Diagnosis and Assessment (I.Q., Personality and Neuropsychological). Case submission: 5 full length case submissions (At least 1 child, 1 adult and 1 neuropsychological assessment)

Group-C:

MSCAPSYMJE406: Application of Rehabilitation Techniques: Supervised Clinical Examination, Diagnosis and Assessment (I.Q., Personality and Neuropsychological). Case submission: 5 full length case submissions (At least 1 differently abled child, 1 substance use disorder and 1 neuropsychological assessment)

Group- D:

MSCAPSYMJE408: Psychological Intervention in Industrial Setup: Submission of the industry and internship visit report and lab note book containing write up of the relevant tests administered.

MSCAPSYC402: DISSERTATION

MSCAPSYC403: SEMINAR AND GRAND VIVA

MSCAPSYC404: INTERNSHIP & COMMUNITY OUTREACH PROGRAMME:

Log-book and report of the internship/ hospital visits/ rehabilitation centre visits/ special school visits/ field visits/ industry visits are to be submitted at the end of the semester to the respective supervisors in the prescribed format provided by the department.