M.A. / M.Sc. Psychology

1. Minimum qualification for admission to M.A./ M.Sc. I Semester is:
   Three years B.A. / B.Sc. (Hons.) in Psychology; or B.A. / B.Sc. under 10+2+3 pattern or an equivalent examination recognized by the Banaras Hindu University with a minimum of 50% marks in aggregate including all subjects studied at B.A. / B.Sc. level.

2. Candidates of the Post-Graduate course will not offer any other degree course simultaneously.

(First & Second Semester)

There will be Five papers, four theory and one practical. Each theory paper and practical will carry 100 marks. The award of practical marks shall be as follows:-

A  Continual assessment of the work done during the session (Practical record book)  20
B  Evaluation of the practical conducted during the examination
   a. Statement of the problem  10
   b. Methods and procedure  20
   c. Analysis of data  10
   d. Results and Discussion  10
C  Viva- voce  30

FIRST SEMESTER

S1.01. Attention and Perceptual Processes
S1.02. Research Methods and Experimental Designs
S1.03. Advanced Physiological Psychology
S1.04. Applied Social Psychology
S1.05. Practicals

S1.01 Attention and Perceptual Processes
2. Attention: Concepts and mechanisms;
   Selective attention: Bottleneck theories, capacity model and automaticity.
   Sustained attention: Psychophysical factors and theories.
3. Perception: Figure-ground organization, figure formation, and psychophysics of form. Non-veridical perception.
6. Cognitive and motivational influences on perception: Instruction, target identification and perceptual defence, perception without awareness.

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Books Recommended


S1.02 Research Methods and Experimental Designs

1. Scientific approach in psychology and theory building;
   Types of research: Experimental and ex-post facto;
   Ethical issues in psychological research.

2. Problem and hypothesis: Origin and sources, special features
   Variables: Operational definition, criterion and predictor variables, selection, manipulation and control of independent and extraneous variables, measurement of dependent variables and threats to valid measurement.

3. Sampling: Meaning, purpose and types
   Factors influencing sampling decisions: Size, accessibility and cost.

4. Research design: Meaning, characteristics and purpose, criteria of good design. Between groups designs: Equivalent groups, randomized groups, multilevel, factorial (2x2) and multifactor designs, Within groups designs:
   Within subjects design, one-group repeated trial, randomized block design (within the same subject), N = 1 design, two-factors within subjects design.

5. Statistics:
   Testing of hypotheses, substantive and null hypothesis. Statistical inferences: -'t' test, Chi-square test, analysis of variance, factorial ANOVA with two or more variables.
   Multiple range tests: Tukey, Duncan, and Newman-Keuls.

Books Recommended


S1.03 Advanced Physiological Psychology

2. Methods of physiological psychology: Invasive physiological methods; Methods of visualizing the living human brain; Recording human psychophysiological activity.
3. Neural conduction and transmission: Resting membrane potential; Action potential; Synaptic transmission; Neuromuscular transmission: Information processing.
4. Hemispheres of the neocortex: Role of corpus callosum and anterior commissure; Split-brain; Hemispheric dominance; Capabilities of right hemisphere; Lateralization of language; Neuroplasticity.
5. Hormones and the brain: Endocrine communication and pheromone communication.

Books Recommended


S1.04 Applied Social Psychology

1. Present trends in social psychology: Approaches to the study of social behaviour. General framework of applied social psychology.
2. Social disadvantage and deprivation: Disadvantaged groups, indicators and measurement, psychological consequences, remedial and intervention programmes.
3. Environmental issues: Noise, pollution and atmospheric conditions; Density and crowding; Response to environmental challenges; Intervention for environmental management.
4. Health and well-being: Conceptual issues, biomedical and psycho-social models of health, health impairing behaviours; Health promotion and invention programmes.
5. Aggression and violence: Conceptual issues and theoretical explanations; Determinants; Interpersonal and intergroup forms of aggression; Strategies for reducing aggression and violence.

**Books Recommended**


**S1.05 Practical**

Any six of the following experiments:

1. Masking effects by noise inducements.
2. Geometric illusion- perspective theory study.
3. Absolute judgement of positions on a line.
4. Signal detectability.
5. Selective attention -response selection.
7. Target recovery by backward masking.
9. Reversible perspective.
11. Chronometric analysis of perceptual vigilance.
12. Time perception.
15. Perceptual differentiation.
16. Gender stereotype.
17. Health beliefs.
18. Perception of environment.
SECOND SEMESTER

S2.01. Language, Memory and Thinking.
2. Speech and language perception: Perceiving and comprehending speech. Reading.
3. Language acquisition and cognitive development: Stages in language development, conceptual basis of language and the theory of mind.
6. Problem solving: Typology of problems; Newell-Simon theory; Tactics for solving problems: Problem space, means-end analysis, analogy, operators, sub-goal analysis, and working backward.

Books Recommended

S2.02 Non-Experimental and Correlational Methods
1. Quasi-experimental designs:
   One group designs, non-equivalent control group, and time series designs.
2. Correlational designs:
   Panel design, cross-sectional and longitudinal designs.
3. Qualitative methods:
   Qualitative and quantitative perspectives;

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Collecting qualitative data: Case study, interview, observation method. Discourse analysis, grand narrative analysis, ethnographic methodology.


5. Introduction to statistical analysis through computers.

Books Recommended


S2.03 Psychobiology


2. States of consciousness: Physiological and behavioral correlates of sleep, arousal and alertness; Disorders of arousal and sleep.

3. Learning and memory: Locus of the memory trace, changes at the synapse in learning, neural structures involved in learning and memory; Biochemical basis of memory.

4. Neurophysiological diseases, causes of brain damage and effects.


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Books recommended

S2.04 Cross- Cultural Psychology
1 Culture and behaviour: Nature of culture; Cultural relativity and universality of human behaviour; Mechanism of cultural transmission.
2 Methodology of cross-cultural psychology: Comparability and equivalence; Universals, emics and etics; Sampling and measurement issues; Back translation, decentring and subsystem validation.
3 Culture and cognition: Theoretical positions, contemporary issues, cultural influences on perception, cognition, learning, memory, problem solving, reasoning and creativity; Everyday cognition.
4 Culture and emotion: Basic emotions, dimensional and componential models, subjective experiences, appraisal, physiological reaction and emotional expressions.
5 Cultural change and adaptations: Processes of enculturation and acculturation in plural societies; Acculturation strategies; Acculturation and adaptation of tribal people and refugees; Behaviour shifts and acculturative stress.
6 Cross-cultural communication: Verbal and nonverbal interactions; Communication incongruence; Deceptions, cultural display rules; Promoting intercultural interaction.

Books Recommended

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S2.05 Practical
Any six of the following:
1. Planning of a correlational study.
3. Q-sort methodology.
4. Narrative analysis.
5. Preparation of an interview schedule.
6. Case study.
7. Short-term memory.
8. Levels of processing.
10. Semantic memory.
11. Formal reasoning.
12. Problem solving.
13. Translation and back translation of a scale.
14. Achievement construct in cultural/ethnic groups.
15. Psychological differentiation.
17. Acculturative stress.

M.A./M.Sc. (THIRD SEMESTER) PSYCHOLOGY
There will be two compulsory theory papers and two optional papers to be chosen out of the groups of combinations, given in the third semester. There will be two sets of evaluation regarding the M.A./M.Sc. (Third & Fourth Semester) practical work, the details of which are as hereunder:

1. Comprehensive viva-voce examination covering the entire course up to third semester
   (External assessment) 50
2. Practical Examination
   A Continual assessment of the work done during the session
      (Practical record book) 10
   B Evaluation of the practical conducted during the examination
      a. Statement of the problem 05

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b. Methods and procedure 10

c. Analysis of data 05

d. Results and Discussion 05

C. Viva-voce 15

IIIrd Semester

S3.01. Applied Psychological Assessment (Compulsory).

S3.02. Affective Processes (Compulsory).

S3.03. Diagnostic Techniques/Organisational Behaviour/ Child Development /Comparative Psychology.


S3.05. (a) Practicals

S3.05. (b) Comprehensive Viva-Voce.

S3:01 (Compulsory) Applied Psychological Assessment


2. Developing interview schedules, questionnaires, rating scales and surveys for assessment of specific problems related to clinical, organizational and educational settings with practical exercises: Main problems in developing instruments.

3. Administration of instruments: Categorization, coding and scoring of data; Reliability of categories, codes and scores.

4. Analysis of data: Qualitative data analysis, quantitative data analysis and social statistics.

5. Interpretation of data: Evaluation, judgment, and biases.


Books Recommended:


S3:02 (Compulsory) Affective Processes

1. Affective processes: Nature and properties; Origin, development and present status. Ethologist’s contribution.


4. Emotion: Conceptual and theoretical issues, differences in emotional expression, genetics, culture and personality.


Books Recommended


S3:03 (Optional): Diagnostic Techniques


2. Case study: Levels of assessment in case study and case study guide.

3. Psychological interviewing: Structured interviewing; Intake interviewing; Mental status examination and diagnostic interviewing; Crisis interviewing.


6. Neuropsychological testing: Bender-Gestalt and Wechsler Memory Scale - Revised.

Books Recommended:


S3:03 (Optional) Organizational Behaviour

1. Nature and scope of organizational behaviour: Historical background, approaches, challenges and opportunities, contributing disciplines
2. Organizational structure and design: Classical organization theory and designs; Modification of bureaucratic structures, key features and organizational uses; Modern organization theory and designs.
3. Interactive conflict and negotiation skills: Intra-individual, interpersonal, inter-group conflicts, organizational conflicts, negotiation skills.
4. Leadership: Trait, behaviour, contingency, and contemporary theories, leadership styles and skills, roles and activities.
5. Power and politics in organizations: Bases of power, power tactics; Politics: Power in action, factors contributing to political behaviour.
6. Organizational culture: Nature and types, creating and maintaining culture.

Books Recommended:

S3:03 (Optional) Child Development
1. Concept of development: Principles of growth, maturation and development; Developmental stages.
2. Determinants of development: Biological and socio-cultural.
3. Prenatal development: Stages and factors affecting it.
4. The neonate: Physical characteristics, reflexes, sensory and motor capacities.
5. Development during infancy: Physical and motor development; Sensory and perceptual development; Language, emotional and social development.

Books Recommended


**S3: 03: (Optional) Comparative Psychology**

2. Assessing the effects of drugs: Pharmacological considerations; Behavioural considerations.
3. Evolution of brain and behaviour.
4. Life-span development of the brain and behaviour.
5. Animal models of anxiety, depression and aggression.

**Books Recommended :**


**S3:04 (Optional): Psychopathology**

1. Classification systems in psychopathology: Early diagnostic classification systems. ICD 10, DSM - IV.
2. Approaches to psychopathology: Biological, psychodynamic, behavioural, cognitive, socio-cultural.

4. Somatoform disorders: Approaches and etiology of somatization, hypochondriasis, pain disorder and conversion disorder.

5. Psychotic disorders: Approaches and etiology of schizophrenia, paranoid and mood disorders.


Books Recommended


S3:04 (Optional) Stress Management

1. Organizational stress: Concept- different perspectives, symptoms, individual factors influencing job stress.

2. Causes of job stress: Personal characteristics, organizational structure and change, properties of work and work setting, job role, machine pacing and shift work.

3. Consequences of job stress: Job behaviour, job satisfaction, performance, absenteeism; health strains- physical illness, mental/ psychological symptoms.


6. Therapeutic Approaches to stress management: Counselling, hypno-suggestive, philosophical hypnosis, self-talk, music therapy.

Books Recommended


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**S3:04 (Optional) Child Psychopathology**

1. Childhood psychopathology: Historical overview; Models: Medical, behavioural, psychodynamic, cognitive, and developmental.
2. Approaches to classification: Descriptive-behavioural, descriptive-inferential, dynamic-etiological, DSM-IV.

**Books Recommended:**


**S3: 04 (Optional) Psychopharmacology**

1. Determinants of drug effect: Absorption, distribution, and termination of drug effects
2. Responsiveness to drugs: Organismic variables, drug variables, environmental variables, and task variables.
3. Classification of psychoactive drugs and their effects.
4. Psychopharmacological methods of studying the nervous system.
5. Biopsychological paradigms of animal and human behavior.

**Books Recommended:**


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**S3:05 (a) Practicals**

**Applied Psychological Assessment**

(Any two of the following)

1. Construction of interview schedules.
2. Construction of questionnaires.
3. Construction of rating scales.
4. Conduct of surveys.

**Affective Processes**

(Any two of the following)

2. Intrinsic motivation and performance.
4. Assessment of emotional intelligence.

**Diagnostic Testing**

(Any one of the following)

1. Rorschach Test (1 normal and 1 psychopathological case).
2. T.A.T. (1 normal and 1 psychopathological case).
3. NEO PI R (1 normal and 1 psychopathological case).
4. Case studies (1 normal and 1 pathological case).

**Organizational Behaviour**

(Any one of the following)

1. Conflict resolution/job attitudes.
2. Job involvement.
3. Leadership/supervision.
4. Functional social support.
**Child Development**
(Any one of the following)
1. Raven’s Progressive Matrices.
2. Psychomotor learning.
3. Emotional control.

**Comparative Psychology**
(Any one of the following)
1. Maze-learning.
2. Reasoning behaviour.
4. Level of activity.

**Psychopathology**
(Any one of the following)
3. Measurement of psychotic traits (2 cases).
4. DSM-IV diagnostic criteria (2 cases).

**Stress Management**
(Any one of the following)
1. Assessment of stress (questionnaire).
2. Coping strategies.
4. Stress resistant (cognitive, behavioural) patterns scale.

**Child Psychopathology**
(Any one of the following)
1. Study of ADHD (1 case).
2. DSM -IV diagnostic criteria for children (2 cases).
3. Childhood depression (2 cases).

**Psychopharmacology**
(Any one of the following)
1. Effects of drugs on exploratory behaviour in albino rats.
2. Effects of drugs on simple learning in albino rats.
3. Effects of drugs in staircase test.

S3:05 (b) Comprehensive Viva-Voce

M.A./M.Sc. (FOURTH SEMESTER) PSYCHOLOGY

A candidate shall offer only one paper from the group of papers listed in S4.01, S4.02, S4.03 and S4.04 subject to the facilities available in the Department and the number fixed by the Head of the Department.

The students who wish may be sent to some centres of application of psychology such as, industries, hospitals, non-governmental organizations or laboratories. After the students’ presentation of their experiences or observations, a certificate may be issued from the Department.

IVth Semester

S4.01. Therapeutic techniques / Human Resource Management/Psychology of Adolescence.
S4.03. Psychology of Personality / Psychology of Rehabilitation / Organisational Communication / Psychology of Sports.
S4.04. Health Psychology / Drugs and Behaviour / Counselling / Human Factors.
S4.05. (a) Practicals.
S4.05. (b) Comprehensive Viva-Voce.

S4:01 (Optional): Psychology of Adolescence

1. Concepts of puberty and adolescence; Developmental tasks during adolescence.
2. Physical changes during early, mid and late adolescence. Perception and reaction to physical changes.
3. Cognitive and moral development: Piaget’s, Kohlberg’s and Loevinger’s models.
5. Personality development: Identity formation and emotional characteristics.

Books Recommended


**S4: (Optional) Neuropsychology**

1. Assumptions, Methods; Functional modularity, anatomical, functional architecture, and substractivity.
2. Organization of the Brain: Cerebral cortex and its lobes; Hemispheres and related structures.
4. Measurement of Brain Activity: EEG, QEEG, ERP, CT Scan, MRI, PET, fMRI; Neurological assessment (Luria Nebraska Neurological Battery, Halstead-Reitan Test).
5. Neurological Disorders: Vascular disorders; traumatic head injury; epilepsies; tumors; degenerative disorders; Prion Disease.
6. Abnormal Lobular Functions: Frontal lobe syndrome; Temporal lobe syndrome; Parietal and Occipital lobe syndrome.

**Books Recommended :**


**Paper S4:02 (Optional) Organizational Development and Change**

1. Introduction to organizational development: Nature and characteristics, historical development; Process of management of change.
3. Organizational development interventions: Team, third-party, comprehensive, structural interventions, and training experiences.
4. Management of change: Organizational structure, organizational culture, employee relations and involvement strategies.
5. Evaluating change and future of organizational development.

Books Recommended


S4: 03 (Optional) Psychology of Personality
1. Personality: Concept and scope; Basic issues related to study of personality.
2. Trait and type approaches: Allport, Cattell, Eysenck and five factors model.
3. Psychodynamic and psychosocial approaches : Freud and Erikson
5. Humanistic and phenomenological approaches : Rogers and Kelly.
6. Determination of Personality: Biological-physiological and genetic; Environmental-socialization, society and culture.

Books Recommended :


S4:03 (Optional) Psychology of Adulthood and Aging

1. Concept, characteristic features and developmental tasks of adulthood and aging; Aging in India.
2. Theoretical approaches: Biological: Genetic, cellular and physiological; Psychological: Erikson and Peck; Social: Role theory, activity vs. disengagement theory; Indian theory of Ashramas.
3. Changes and coping with changes in adulthood and aging: Physical aspects, cognitive functions, personality and concept of self, social aspects.
4. Significant concerns in adulthood: Choosing a career, marriage, family, successful parenting, coping with midlife crisis, work and pre-retirement planning.
5. Significant concerns for aging persons: Retirement, living arrangement, grand–parenting, coping with bereavement and death, and loneliness.
6. Factors leading to positive mental health in adulthood, longevity and successful aging.

Books Recommended

S4 : 03 (Optional) Organizational Communication

1. Conceptual framework: Meaning and process of communication, models and perspectives of communication in organizations, ethical Issues.
2. Communication within organization structures: Structural issues, direction of communication flow, communication barriers, communication networks, external communication.
3. Interpersonal communication: Interpersonal communication in formal relationships- needs perspective, transactional analysis, johari window; Role of symbols, media and information technology, choosing among media.
4. Non-verbal communication: Dimensions and functions of non-verbal communication, cultural differences in nonverbal communication.
5. Communication in groups: Group structure and communication networks, developing effective work groups, models of communication in group decision making.
6. Communication for organizational effectiveness: Persuasion and influence, counselling, listening, orientation and feedback, conducting effective interviews, effective oral presentations, forms of written communication.
Books Recommended:

S4: 03 (Optional) Psychology of Rehabilitation
1. Introduction: Definition, nature and rationale of rehabilitation.
2. Impairment and disability. Incidence and prevalence of various disabilities.
3. Assessment of Disabilities: Basic principles of assessment and evaluation. Types of assessment-norm based, criterion based and function based, Psychological tests as screening and assessment tools.
4. Rehabilitation Techniques: Basic principles of intervention, types of intervention-individual, group and family based. Vocational counselling, behavioural therapeutic approaches in rehabilitation.
5. Perspectives of rehabilitation services: Setting and agencies involved in rehabilitation services.

Books Recommended:

S4:03 (Optional) Psychology of Sports
1. History and current status of sports psychology.
2. Growth and development of sports persons: Concept of growth and development. Critical periods; Stages of psychomotor development of the athlete.

5. Personality and sports: Personality traits of outstanding sports persons.

6. Psychosocial dimensions of sports: Sports as a social experience; Concept of team cohesiveness; Leadership and communication in sports team; The role of sports psychologist; Spectators and sports: Kinds and roles of spectators.

Books Recommended

S4:03 (Optional) Organizational Communication

2. Communication within organizational structures: Structural issues, direction of communication flow, communication barriers, communication networks, external communication.

3. Interpersonal communication: Interpersonal communication in formal relationships- needs perspective, transactional analysis, Johari window; Role of symbols, media and information technology, choosing among media.

4. Non-verbal communication: Dimensions and functions of non-verbal communication, cultural differences in nonverbal communication.

5. Communication in groups: Group structure and communication networks, developing effective work groups, models of communication in group decision making.

6. Communication for organizational effectiveness: Persuasion and influence, counselling, listening, orientation and feedback, conducting effective interviews, effective oral presentations, forms of written communication.

Books Recommended


**S4: 04 (Optional): Drugs and Behaviour**

1. Pharmacology of learning & memory: The neurotransmitter systems, memory molecules and drug effects.
4. Human and nonhuman sexual and reproductive functioning: Hormones and drugs effects.

**Books Recommended**


**S4: 04 (Optional): Drugs and Behaviour**

6. Pharmacology of learning & memory: The neurotransmitter systems, memory molecules and drug effects.


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8. Sleep disorder and pharmacological treatment: Insomnia, hypersomnia and parasomnia.

9. Human and nonhuman sexual and reproductive functioning: Hormones and drugs effects.


Books Recommended


S4:04 (Optional) Health Psychology

1. Concept of health: Indicators; Medical and bio-psycho-social models of health; Cross-cultural perspectives on health; Main issues of health psychology and its social concerns.

2. Social environment and health: Global health trends; Health care systems, socio-economic factors in health; Gender and health.

3. Images of health: General and chronic health problems; Causal explanations and oral discourse; Health belief systems and models; Western and non-western perspectives on health.


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5. Factors in health: Food, alcohol and drug consumption, smoking and sexual behaviours.


**Books Recommended**


**S4:05 (a) Practicals**

**Therapeutic Techniques**

(Any one of the following)

1. Preparing hierarchy for systematic desensitization (1 case).
2. Biofeedback (1 case).
3. Transactional analysis - Script analysis.
4. Gestalt therapy - Role playing.

**Human Resource Management**

(Any one of the following)

1. Performance appraisal.
2. Job analysis/Job evaluation.
3. Work motivation.
4. Unionism.

**Psychology of Adolescence**

(Any one of the following)

1. Self-esteem.
2. Moral development
3. Assessment of stress.
4. Emotional maturity.

Neuropsychology
(Any one of the following)
1. Cortical arousal and vigilance performance.
2. Heart rate variability (HRV) and performance.
3. Hemispheric specialization and performance.
4. Assessment of brain activity by Luria Nebraska.

Organizational Development and Change
(Any one of the following)
1. Organizational climate.
2. Psychological participation.
3. Personal efficacy scale.
4. Organizational culture.

Psychology of Adulthood and Ageing
(Any one of the following)
1. Parenting style among adults.
2. Self concept among adults.
4. STM vs LTM process among elderly.

Personality
(Any one of the following)
1. Personality assessment using any projective test.
2. Semantic differential.
4. T.P.P.S/16 P.F.

Psychology of Rehabilitation
(Any one of the following)
1. Assessment of social anxiety in orthopedically challenged persons. (1 case)
2. Assessment of self-esteem in visually challenged. (1 case)

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3. Assessment of paranoid thought content in hearing impaired. (1 case)
4. Family based intervention. (1 case)

Organizational Communication
(Any one of the following)
1. Transactional analysis.
2. Interviewing.
4. Listening orientation.

Psychology of Sports
(Any one of the following)
2. Biofeedback.
3. Reaction time/design making time.
4. Personality test.

Health Psychology
(Any one of the following)
1. Socio-economic factors and health.
2. Gender and health.
4. Drug/smoking and health problems/Pathogenic health habits.

Drugs and Behaviour
(Any one of the following)
1. Effects of drugs on elevated plus-maze test in albino rats.
2. Effects of drugs on discrimination learning in albino rats.
3. Effects of drugs on anxiety in albino rats.
4. Effects of drugs on acquired-fear in albino rats.

Counselling
(Any one of the following)
1. Conducting counselling interviews. (2 cases)
2. Educational counselling at secondary level. (1 case)
3. Assessment of career related stress. (2 cases)
4. Group counselling in school setting.

**Human Factors**

(Any one of the following)

1. Vigilance and monitoring performance.
4. Person-computer interface.

**S4:05 (b) Comprehensive Viva-Voce**