

SEMESTER III

PSYACOR-05T: PSYCHOLOGICAL RESEARCH

Objective: To educate students with the process and the methods of quantitative and qualitative psychological research traditions.

UNIT 1

Basics of Research in Psychology

What is Psychological Research? The Goals of Psychological Research; Principles of Good Research; Ethics in Psychological Research.

Research Traditions

Quantitative and Qualitative Orientations towards Research and their Steps; Comparing Qualitative and Quantitative Research Traditions; Formulating a Problem and Developing a Testable Research Question / Research Hypothesis.

UNIT 2

Experimental Method

Introduction to Experimental and Quasi-experimental Methods.

Methods of Data Collection

Sampling; Probability Sampling Methods and Non Probability Sampling Methods.

UNIT 3

Non Experimental Methods (I)

Case Study; Observation; Surveys, Focus Group Discussion, Interviews.

UNIT 4

Non Experimental Methods (II)

Psychological Testing: Standardization; Reliability, Validity and Norms of a Psychological Test; applications

Practicum: The students are required to conduct two practicals, one from each of the following groups.

1. Experiment / Psychological testing

One experiment based on group data analysis

OR

One psychological test based on group data analysis (STAI with norm making using mean and SD or any other depending on the college)

2. Qualitative Analysis Using Interview/Focus Group Discussion/Case Study

Reading List:

Chadha, N.K. (2009) *Applied Psychometry*. Sage Pub: New Delhi.

Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

Murphy, K.R. &Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.

Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.

Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia: Open University Press.

PSYACOR-06T: DEVELOPMENT OF PSYCHOLOGICAL

THOUGHT OBJECTIVES:

- This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective.
- Review the development of psychological thought and introduce the issues and debates in contemporary psychology.

Unit 1 – Understanding Psyche: Debates and Issues

- Free will and determinism
- Empiricism and rationality
- Issues of Consciousness and Mind Body Relationship

Unit 2 – (a)

- **Positivist Orientation:** From Behaviourism to cognition, Key contributions of Watson & Skinner, Cognitive Revolutions, Neuro-Cognitive Perspectives

Unit 3 - Psychoanalytic and Humanistic-Existential Orientation

Freud, Adler, Jung, Erickson, Humanistic

Unit 4 - Contemporary Developments

Feminism - Psychoanalysis (Horney, Klein, Lacan), Socio-political, Art and Post-modernism, Positivism (Basic Concepts only)

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READINGS:

Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rdEdn. Blackwell Publishing.

Feist & Feist. Theories of Personality Mc Graw Hill Higher Education.

King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4th Ed.). Pearson education.

Kurt Pawlik, Gery D'ydewalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.

Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.

Mc Adams (2000). *The Person: An Integrated Introduction to Personality Psychology* John Wiley

Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.

St. Clair, Michael. (1999). *Object Relations and Self-Psychology: An Introduction*. Wadsworth Publishing Company.

Schultz & Schultz (1999). *A History of Modern Psychology*. Harcourt College Publishers/ Latest edition available.

Wolman, B.B. (1979). *Contemporary theories & systems in psychology*. London: Freeman Book Co.

PSYACOR-07T: SOCIAL PSYCHOLOGY

Objective:

- Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society
- Introduce students to the realm of social influence and behavior, as to how individuals think, feel and behave in social situations.

Unit I: Psychology of the Social: The meaning of ‘social’; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

Unit II: Understanding and evaluating the social world: Self and its processes: Selfconcept, Self-esteem, and self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

Unit III: Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

Unit IV: Group Dynamics and inter-group relations: Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

Readings:

Baron, R.A., Byrne, D. & Bhardwaj, G (2010). *Social Psychology* (12th Ed). New Delhi: Pearson.

Chadha, N.K. (2012). *Social Psychology*. MacMillan: New Delhi

Deaux, K. & Wrightsman, L. (2001). *Social Psychology*. California: Cole Publishing

Kassin, S., Fein, S., & Markus, H.R. (2008). *Social psychology*. New York: Houghton Mifflin.

Misra, G. (2009). *Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research)*. New Delhi: Pearson.

Myers, D.G. (2008). *Social psychology* New Delhi: Tata McGraw-Hill.

Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology* (12th Ed). New Delhi: Pearson.

SEMESTER IV

PSYACOR-08T: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

Objective: To educate students with the techniques of inferential statistics and hypothesis testing.

UNIT 1

Concepts and Computation of t and z

UNIT 2

Non Parametric Tests: Chi square and Mann-Whitney U test

UNIT 3

Introduction to SPSS/R

Getting Started with SPSS(mean, median, mode, correlation, t and z test, plots and graphs)

Practicum

Data Collection and Analysis using SPSS

Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .

N.K. Chadha (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi

Coakes, S. J., Steed, L., & Ong, C. (2009). *SPSS: Analysis Without Anguish Using Version 16.0 for Windows*. Milton, QLD: Wiley Students Edition.

Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed). USA: John Willey.

Siegel, S. (1956). *Nonparametric Statistics*. NY: McGraw Hill

PSYACOR-09T: DEVELOPMENTAL

PSYCHOLOGY Objectives:

- To equip the learner with an understanding of the concept and process of human development across the life span
- To impart an understanding of the various domains of human development
- To inculcate sensitivity to socio-cultural context of human development

UNIT 1: Introduction

- Concepts and principles of Human Development
- Role of Family, peers, schools, media and culture, Nature and Nurture with Special reference to cultures

UNIT 2: Domains of Human Development I

- Prenatal development
- Physical development
- Cognitive development
- Language development

UNIT 3: Domains of Human Development II

- Emotional development
- Moral development
- Social development

UNIT 4: Socio-Cultural Contexts for Human Development

- Family
- Peers, Media & Schooling
- Human Development in the Indian context

Reading List:

Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.

Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.

Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.

Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.

Santrock, J.W. (2012). *Life Span Development* (13thed) New Delhi: McGraw Hill.

Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.

Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.

PSYACOR-10T: APPLIED SOCIAL PSYCHOLOGY

Objective: To help student understand social problems and gain knowledge about intervention strategies.

- **Introduction:** Nature of applied Social Psychology, Social influences on behaviour, Levels of analysis, Methodological approaches – Participatory Action and Learning research techniques.
- **Applying Social Psychology-I:** Environment, population, diversity
- **Applying Social Psychology-II:** work, health, legal system
- **Intervention and Evaluation:** Impact analysis; Process of intervention; need for evaluation for effective programme. Case studies in Indian context.

Practicum: Practicum:

1. Problem Solving.
2. Group Cohesiveness

Readings

- Kloos, B., Hill, J., Thomas, E., Wandersman, E., & Dalton, J.H. (2012). *Community psychology: Linking individuals and communities*. Wadsworth, Cengage.
 - Mikkelsen, B. (1995). *Methods for development work and research: A guide for practitioners*. New Delhi: Sage.
 - Schneider, F.W., Gruman, A., Coult, L.M. (Eds.). (2012). *Applied social psychology: Understanding and addressing social and practical problems*. New Delhi: Sage publications.
- Smith, P.B., Bond, M.H., & Kagitcibasi, C. (2006). *Understanding social psychology across cultures*. New Delhi: Sage Publication

G.E

PSYHGEC-03 T: PSYCHOLOGY FOR HEALTH AND WELL-BEING

Objective – To understand the spectrum of health and illness for better healthmanagement.

UNIT 1 – Illness, Health and Well being

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being.

UNIT 2 – Stress and Coping

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management

UNIT 3 – Health Management

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management

Unit 4 – Human strengths and life enhancement

Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance

Practicum:

Coping Checklist Scale
Adult Hope Scale

References –

Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*. UK:

Routledge.

DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*. New Delhi: Pearson.

Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder and Stoughton.

Hick, J.W. (2005). *Fifty signs of Mental Health. A Guide to understanding mental health.* Yale University Press.

Misra, G. (1999). *Stress and Health.* New Delhi: Concept.

Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions (4th Ed.).* NY: Wiley.

Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical explorations of human strengths.* Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). *Health psychology, 6th Edition.* New Delhi: Tata McGraw Hill.

PSYHGEC-04 T: PSYCHOLOGY AT WORK

Objectives:

- To understand the meaning and theoretical foundations of I/O Psychology
- To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Unit I: Introduction to I/O Psychology

Definition, Brief History, Contemporary Trends and Challenges, I/O Psychology in India.

Unit II: Job Satisfaction and Work Motivation

Concept of Job satisfaction and work motivation, causes of Job Satisfaction, outcomes of Job Satisfaction, Theories of Work Motivation and Applications

Unit III: Communication in Organizations

Communication process, purpose of communication in organizations, communication networks, barriers to effective communication, managing communication

Unit IV: Leadership

The meaning of leadership, early approaches to leadership, contemporary approaches to leadership-Transformational & Transactional Leadership; Leadership in a Globalized World, Indian perspective on leadership.

PRACTICUM

QUALITY OF WORK LIFE QUESTIONNAIRE

HERZBERG TWO FACTOR THEORY BASED QUESTIONNAIRE

Reading List:

Adler, N.J. (1997). Global Leaders; A Dialogue with future history, *Journal of International Management*, 2, 21-33.

Adler, N.J. (1997). Global Leadership: Women Leaders. *Management International Review*, Vol. 37, *International Human Resources and Cross Cultural Management*, 171-196.

Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley

Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. Biztantra publishers

Robbins, S. P. & Judge, T.A. (2007). *Organizational Behavior*. 12th Edition. New Delhi: Prentice Hall of India.

Robbins, S. P. & Judge, T.A. (2008). *Essentials of Organizational Behavior*. 9th Edition. New Delhi: Prentice Hall of India.

Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley

