



M.Phil. / Ph.D. PSYCHOLOGY

PART 1 – SYLLABUS  
(effective from the Academic year 2008-09 onwards)

- PAPER – III -**
1. Applications of Behaviour Modification
  2. Cognitive Approach's to Psychotherapy
  3. Perspectives in Cyber Psychology / Cyber space
  4. Advance Psychopathology and Mental Hygiene
  5. Industrial and Organizational Psychology
  6. Advanced Counseling Perspectives
  7. Advanced Military Psychology

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**BHARATHIAR UNIVERSITY, COIMBATORE – 641046.**

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**Ph.D / M.Phil. - PSYCHOLOGY**

**PART III - SYLLABUS (Effective from the academic year 2008 - 09 onwards)**

**SPECIAL PAPERS**

**1. APPLICATIONS OF BEHAVIOUR MODIFICATION**

**UNIT I:**

Definition- History of Behaviour Therapy - Conceptual approach to Behaviour Therapy - Conducting Behavioral Assessment- The Behavioral Assessment Procedure Target Response - Antecedents – Consequences - Response Strength - Collecting Assessment Information- Application of RACS - Formulating Behavioral Change Goals - Ethical issues of Goal Setting.

**UNIT II:**

Behavioral Treatment of Phobic disorders - Treatment of Obsessive Compulsive Disorders - Paradoxical Intervention Technique - Use of Rewards and Punishments - Aversion therapy - Shaping Extinction Procedures - Therapeutic Application of Extinction Procedures - Implosive Therapy.

**UNIT III:**

Relaxation Procedures - Systematic Hierarchical Desensitization - Deconditioning and Counter conditioning - In Vivo Desensitization - Flooding - Laboratory Derived Clinical Methods of de conditioning Anxiety - Modeling and imitation - Role of Imitation in the Acquisition of behaviour - Modeling versus Shaping - Modeling and Positive Reinforcement Procedures - Application of Modeling - Assertive Training.

**UNIT IV:**

Cognitive Behaviour Modification - Objectives - Covert Behaviour and the Cognitive Approach - Cognitive Restructuring - Self Instruction Training - Stress Inoculation Training - Thought Stopping - Covert Sensitization - Respondent Conditioning.

**UNIT V:**

Respondent Behavior- Emotional behavior- Respondent Conditioning of Phobia - Escape, Avoidance and Respondent Conditioning - Operant and Respondent control Of Behaviors - Modifying Phobic Behavior - Response Prevention Technique.

**REFERENCES:**

HERSEN, M. EISLER, R.M. & MILLER.P.M. (1975). **PROGRESS IN BEHAVIOUR MODIFICATION**. New York: Academic Press.

SUINDEL, S.S., SUNDE.M.S. (1993). **BEHAVIOR MODIFICATION IN HUMAN SERVICES**, London: Sage.

WILSON.T.G., LEARY, D.O. (1980). **PRINCIPLES OF BEHAVIOUR THERAPY**. U.S.A: Prentice Hall

Wolpe.J. (1969). **THEORY AND PRACTICE OF BEHAVIOUR THERAPY**. New York: Pergamon

**2. COGNITIVE APPROACHS TO PSYCHOTHERAPY**

**UNIT -I THE BASIC CONCEPT OF RET:**

Historical Context - Goals, Purpose and Rationality - Human Disturbances - Psychological Interactionism - ABC frame work - Three basic musts - Distinction between Appropriate and

Inappropriate Negative what about Positive Emotions - Acquisition and Perpetuation of Psychological Disturbance - Theory of Therapeutic change - Key Elements in Rational - Emotive Practice.

#### **UNIT II: RET IN ACTION:**

The Rational Emotive Counselling Sequence - Ask for a problem - Define Connection - Assess irrational beliefs and Emotion – Dispute irrational beliefs - Home work - agree on the target problem - Teach the A- B-C - Check Home Work Assignments - Facilitate the working - through Process.

#### **UNIT III: THE COUNSELLING PROCESS:**

The Middle Stage-Major Counselling Techniques-Cognitive Techniques-Imagery Techniques Emotive-evocative Techniques- Behavioural Techniques-The Ending Stage-The Rational Emotive Counselling Process: Steve.

#### **UNIT IV: THE REALITY THERAPY:**

Reality Therapy - Theory of Personality - Development of Personality Characteristics - Basic Human Needs - The Counselling Environment - Procedures for Change – Positive ness - Controlling Perceptions - Confrontation - Plan and Contracts - Specifying and Pinning Down - Resolving Conflict.

#### **UNIT V: COGNITIVE THERAPY:**

History - Cognitive Concepts - Differences between CBT and REBT - Eclectic Leanings - Collaborative Qualities - Beck's Cognitive Psychotherapy - Relaxation Training and Relaxation Therapy - Systematic Desensitization - Mental and Emotive Imagery - Cognitive and Covert Modeling - Thought Stopping - Cognitive Restructuring, Reframing, and Stress Inoculation – Meditation – Biofeedback - Neurolinguistic Programming - Eye Movement Desensitization Reprocessing(EMDR) – Contributions of Cognitive Therapy.

#### **REFERENCES:**

BardJ.A. (1980). **RATIONAL EMOTIVE THERAPY**, Campaign, IL: Research Press.

Burl.E.Gilliland. Richard.K. James (1998). **THEORIES AND STRATEGIES IN COUNSELING AND PSYCHOTHERAPY**, United States of America, Library of Cataloging -in-Publication Data, 4th Edition.

Maultsby.M.S.,(1984) **RATIONAL BEHAVIOUR THERAPY**, Englewood Cliffs. NJ: Prentice - Hall.

Windy Dryden (1993). **RATIONAL EMOTIVE COUNSELLING IN ACTION**. London, Sage Publishers.

### 3. PERSPECTIVES IN CYBERPSYCHOLOGY/CYBERSPACE

#### **UNIT I: INTRODUCTION TO CYBER PSYCHOLOGY / CYBER SPACE**

**The Concept and Meaning of Cyber Psychology/Cyberspace:** Historical developments of Cyberspace- Web Pages- Email Groups- MUD (Multiple User Domain)- Communities- Chat Rooms- Instant messaging- Message boards-(forums- or discussion groups, or news groups”). Web-Blogs

**Research in Cyber Psychology:** Publishing Online Data- Idea Independence-Interdependence and the Academic- Case Studies-Ethics in Cyber space research – Informed Consent- Privacy and Contribution- Limitation of research

**Basic Psychological qualities of Cyber Space:** Reduced sensations-texting- identity flexibility- altered perceptions- equalized status- transcend space- temporal flexibility- social multiplicity-recordability-media disruption.

**Personality Types in Cyberspace:** Narcissistic- schizoid- paranoid- depressive- manic- masochistic- obsessive/compulsive-psychopathic- histrionic-schizotypal.

**Psychology of Individual in Cyber Space:** Online Disinhibition effect- Anonymity-invisibility-Asynchronicity- solipsistic introjections-neutralizing of status- Interaction Effects-Virtual reality-Black Hole

**Dreaming in Cyber Space:** Transcending Physics- Spontaneous Generation- Transcending Time-Loose Self Boundaries- Identity Shifting (Dissociation)

## **UNIT II: THE PSYCHOLOGY OF CYBERSPACE RELATIONSHIP**

**The Psychology of Cyberspace Relationships:** You don't know me (anonymity)- You Can't See Me (invisibility)-See you later (asynchronicity)- It's is all in my head (solipsistic introjections) – It's Just a game (dissociation)-We're Equals (neutralizing of status)- Interaction Effects.

**Group Dynamics in Cyberspace:** Early history of an online community- Social Psychology of online groups and communities- developmental stages of mailing lists- making virtual communities work- Wizards: The heart of an online community- therapy and support in cyberspace-unique groups in cyber space- managing deviant behavior in online communities.

**The Psychology of Avatars and Graphical Space:** What is Avatar? Types of Avatar.

**The Internet Regression/Deviant Behavior in Online Communities:** What is Regression? Types: Flaming- Sexual Harassment- Excessive Generosity. SNERT- "Snot-nosed cros-ridden teenager-Mischievous Pranks- Flooding- Blocking- Sleeping- Getting Known Borderline Avatars- Flashing- Prop Dropping- Imposters- identity Disruption- Getting Known through Anonymity- Techno-Crimes (Hacking) Flooding- Crashing- Password and Regulation Key Hacking- Inside the Hacker.- Virtual Reality- Concepts- Key issues

**The Integration Principle:** Bringing online and offline lives together.

**Networks as “mind” and “self”:** Identity Management in Cyberspace- Gender Switching- levels of dissociation and Integration- Positive and Negative Valence- Level of Fantasy or Reality-Level of Conscious Awareness and Control- Personality Types in Cyber Space.

### **UNIT III: THE INTERNET ADDICTIONS: TYPES AND CAUSES**

**Types of Addicts: Individual-** Workers (at workplace) and Children.

**Causes of Addiction: Loneliness-** Marital discontent- Work related stress- Boredom- depression- Financial problems- Insecurity about physical appearance- Anxiety- Struggles with recovery from other addiction- Limited social life.

**Pathological Computer Use:** Tolerance- withdrawal- psychomotor agitation-anxiety-obsessive thinking about what is happening on internet-fantasies or dreams about Internet- voluntary or involuntary typing movements of the fingers- longer period internet access-workplace addiction.

**Work Place addiction symptoms:** Decrease in productivity- Increase in mistakes- Less interaction with co-workers-startled looks when approached at their stations-less tolerant workplace conditions- excessive fatigue- more sick calls- tardiness- and midday doctor’s appointments.

**Children Addiction Symptoms:** Denial and lying about the amount of time spent on the computer- Excessive fatigue and changes in sleeping habits- Academic problems-usually grades slipping- withdrawal from friends and declining interest in hobbies- loss of appetite- irritability when cut off from computer use

### **UNIT IV: THE INTERNET ADDICTION RECOVERY/INTERVENTION/TREATMENT**

**Recovery Strategy- Self- Help:** Recognize what one is missing- Assess your online time- Find support in the real world- recognize your addictive triggers- Carry management techniques- find support in the real world-recognize your addictive triggers-carry positive reminder cards-take concrete steps to address problems- listen to the voices of denial-confront your loneliness- learn the 7 warning signs of terminal love- follow the 7 steps in communication

**Worker Addiction- Recovery Strategy:** Ask the right questions- Determine whether your employee really wants help-finding a suitable recovery programme or counselor- tighten control of internet access-signing internet code of conduct

**Children Addiction-Intervention/Treatment:** Get knowledge and join in talk to them- Acknowledge the good and bad- make the computer visible- set reasonable rules-encourage a balance- software controls- intervening with addiction- discipline misbehavior- encourage humanness.

**Psychotherapy in Cyber Space:** Counseling via e-mail- real time chat-audio-video conferencing-therapeutic virtual environments- Accessibility Cost- Empathy- It’s Thinking and Learning- Personality- Feelings- Rapport-Task Performance

**Online and Computer- mediated Psychotherapy:** The online Clinical Case study group- An e-mail model- Assessing a person’s suitability for online psychotherapy- maximizing the well being of online groups- The Clinical psychologist in virtual communities- Report of the international society (ISMHO) Online Clinical Case study group- Working hypothesis of the ISMHO Clinical Case study group- Computerized psychotherapy

**Psychological Application on the Internet:** Online therapy-internet addiction Disorder support group-internet addiction Disorder (IAD)- Diagnostic Criteria

**Myths of Internet-Based Counseling:** Online therapy is impossible- online therapy consists almost of e-mail – txt only is inadequate to convey a richness of human experience- suicide prevention and crisis intervention are impossible online-effective online counseling for serious disorders is not possible-any children experienced in face-face work can do online work.

### **UNIT V: ARTIFICIAL INTELLIGENCE**

**What is Artificial Intelligence?** Prehistory-birth of Artificial intelligence-Early success and failures- language- translation- problem solving or pattern recognition.

**Can Machines Think?** Turing Test- Chinese Room- Can Computer is creative? Can computers process emotional Intelligence? Consciousness in AI.

**Components of Artificial Intelligence:** Expert System Components: the knowledge base and the database-the rule interpreter- game playing: Man Vs Machine- Computer Games- “Deep Blue” Chess program- Artificial Neural Networks- Definition- How Neural networks learn- Success and Failures- Application of Neural networks.

**Symbolic Artificial Intelligence:** Common sense Knowledge Problem- CYC (Cycorp) Project on AI on Intelligent Computing- Application of CYC: Advice Services- Directed Marketing- Point-of-Scale marketing- Direct Mail marketing- online brokering of goods/services- Data Base Cleaning- Sanity Checking of data-Diagnosing the source of the error- Correcting those errors- Inferring about entries- Noticing patterns in the data- Data Base Integration- Corporate knowledge assets management- smart spreadsheets- smarter interfaces- Machine translation of technical Documents- Enriched ‘Artificial Reality’

**Advanced Research in Artificial Intelligence**

**Robotics and Computer Vision- Artificial Life**

### **REFERENCES:**

AZY BARAK (1999). Psychological Applications on the Internet (Internet Article) (<http://construct.haifa.ac.il/azy/app.r.htm>)

EYAL REINGOLD and JOHNATHAN NIGHTINGALE (1999). Artificial Intelligence Tutorial Review, Canada. Internet resource- White Paper ([www.psych.utoronto.ca/reingold](http://www.psych.utoronto.ca/reingold))

John Suler (2000) The Psychology of Cyber Space (hypertext book) USA.Rider University.

Kimberly.S Young (1998). Caught in the Net. Canada. John Wiley and Sons.

[http:// www.netaddiction.com](http://www.netaddiction.com). The Centre for On-line Addiction is the First treatment clinic and training institute to specialize in internet addiction

[http:// www.ismho.org/](http://www.ismho.org/) - International Society for Mental Health Online

[http:// www.victoriapoint.com](http://www.victoriapoint.com). Specialist in organizational behavior management and human resource development.

## **4. ADVANCE PSYCHOPATHOLOGY AND MENTAL HYGIENE**

### **UNIT I: INTRODUCTION, CLASSIFICATION, AND MODLES:**

Introduction: What is Abnormality? Models: Biological – Psychodynamic – Behavioural – Humanistic – Interpersonal.

Classification: DSM –IV – ICD – 10.

### **UNIT II: PERSONALITY DISORDER, ANXIETY, SOMATOFORM AND DISSOCIATIVE DISORDERS:**

Personality disorders: Clinical Features – Types – Casual Factors

Anxiety Disorders – Somatoform Disorders – Dissociative Disorders: Casual Factors.

Adjustment Disorders - Types – Clinical Features – Causes.

### **UNIT III: SUBSTANCE RELATED DISORDERS, SEXUAL VARIANCE & DYSFUNCTIONS:**

Substance Related Disorders – Alcohol Abuse and dependence – Clinical Picture and Cause – other addictive disorder – Sexual Variance – Sexual Abuse – Sexual Dysfunctions – Pervasive Developmental Disorders: Types – Clinical Features – Causes.

### **UNIT IV: SCHIZOPHRENIA, MOOD DISORDERS, SUICIDE, AND COGNITIVE DISORDERS:**

Schizophrenia : Subtypes – Causes – Mood Disorders – Types – Causes – Suicide – Casual Pattern – Mental Retardation – Levels – Causes – Cognitive Disorders: Types – Causes.

### **UNIT V: MENTAL HYGIENE:**

Mental Hygiene – Mental Health Movement – Types of Prevention – Levels – Situation – Focused and Competency Focused – Site of Prevention – family – School – Community – Legal and Ethical issues in Clinical Psychology – Criminal responsibility – Civil responsibility – Marriage – Adoption – Witness \_ Testamentary Capacity – transfer of Property – Contract – Indian Lunacy Act 1912 – Mental Health Act 1987 – Narcotic Drugs and Psychotropic Substance Act 1985.

### **REFERENCES:**

D.S.M. IV AMERICAN PSYCHIATRIC ASSOCIATION (1995) **DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL ILLNESS**, (4<sup>th</sup> edition) Washington, American Psychiatric Press.

IRWIN G SARASON AND BARBARA R SARASON, (2002); **Abnormal PSYCHOLOGY – THE PROBLEM OF MALADAPTIVE BAEHAVIOUR** (10<sup>th</sup> Edition) Delhi; Pearson Education (Singapore) Pvt.Ltd.

KAPLAN HJ, AND SADOCK BJ, (1998) **SYNOPSIS OF PSYCHIATRY** (8<sup>th</sup> Edition) New Delhi: B.I. Waverly Pvt. Ltd.

NIRAJ AHUJA (2002); **A SHORT TEXT BOOK OF PSYCHIATRY** (5<sup>th</sup> Edition) New Delhi, Japee Brothers.

ROBERT C CARSON, JAMES N BUTHER AND SUSAN MINEKA. (1996). **ABNORMAL PSYCHOLOGY AND MODERN LIFE**, 10<sup>th</sup>edition. New York; Harper Collins College Publishers.

## **5. INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY**

### **UNIT I: INTRODUCTION, PERSONNEL SELECTION:**

Definition of the industrial psychology - Nature - Scope - the role of Psychologist in the industry the brief history of industrial and organizational psychology. **Job analysis:** techniques - uses, Job evaluation: methods - uses. **Human resource Planning:** objectives, importance and process. **Recruitment:** sources - methods. Selection - Selection techniques - Application Blank Interview: types, Conduction- Errors. Psychological tests: Types - merits and Demerits.

### **UNIT II: TRAINING, PERFORMANCE APPRAISAL, MOTIVATION AND JOB SATISFACTION**

**Training and Development:** Meaning - importance - objectives - psychological Principles of Training - Training and development methods - evaluation of training. Performance Appraisal: Meaning - Objectives - traditional methods - modern method - problems - performance counseling. **Motivation:** Meaning- Theories of work motivation - motivation techniques - incentives. **Job satisfaction:** Meaning- Job Satisfaction and Productivity - Factors related to Job Satisfaction Measuring Job Satisfaction.

### **UNIT III: HUMAN ENGINEERING, STRESS AND PERSONNEL COUNSELING**

**Human engineering:** Scientific Management - Motion and Time study - Contribution. **Work-environment:** Environmental and Atmospheric conditions affecting Human Performance. **Accident:**



Meaning - Causes - Consequences. **Stress and management, Personnel counseling:** Need for Counseling- Objectives - Forms of Counseling - Counseling process - Counseling techniques

#### **UNIT IV: GROUP AND LEADERSHIP**

Group - group dynamics - group development - structure- group decision making - teams. Leadership: Styles - theories - functions. Interpersonal Behaviour: Nature of Interpersonal Behaviour - Transactional Analysis - Levels of Self Awareness. Communication- functionsprocess- types- Barriers for effective communication. Power - politics - conflict.

#### **UNIT V: ORGANIZATIONAL DYNAMICS**

Organizational culture: management of change - causes - overcoming resistance. Organizational Development: Meaning - Characteristics - Techniques. Organizational Effectiveness.

#### **References:**

- Cooper, c., Dewe, P. and O'Driscoll, M(2001). Organizational Stress. ND. Sage Publications.
- Dunnett, M.D. and Hough, L.M. (1990). Handbook of Industrial and Organizational Psychology, CA. Consulting Psychologists Press.
- Fred Luthans (2001). Organizational Behaviour, NewDelhi. MC- Graw Hill International Edition.
- Ghosh, P.H. and Ghorpade, M.B. (1997) Industrial Psychology, Bombay, Himalaya Publishing House.
- Parker, S. and Wall, T.(1998) Job and Work Design. ND. Sage Publications
- Robins (2007) Organizational Behaviour, New Delhi. Prentice Hall of India Pvt. Ltd.
- Schults, D.P. and Schultz, S.E (1990). Psychology and Industry Today. NY. Macmillan Publishing Co.
- Prasad, L.M. (2003) Organizational Behaviour(3 rd edition), New Delhi. Sultan Chand & sons.

## **6. ADVANCED COUNSELLING PERSPECTIVES**

### **Unit 1 BASIC FOUNDATION FOR COUNSELLING**

Psychoanalytic Counseling - nature of people- level of awareness- theory of counseling methods- short comings

Behavioral Counseling- developers of behavioral counseling- the nature of people- theory of counseling- counseling methods.0

Client-Centered Counseling- the nature of man- the structure of personality- personality development- process of counseling.

Reality Therapy: History- nature of man- theory of personality- personality development- the counseling process.

### **Unit II Techniques Used in Counseling**

Yoga: Introduction- History-the current course of Indian philosophy- eighteen significant thesis charactering Indian Philosophy

Major Concepts: Bhavadgita- Spirit- three principles of creation- consciousness- karma- subconscious tendencies.

Schools of yoga-karma yoga- Janna Yoga – Bhakti yoga- Kundalini yoga- Raja yoga.

Dynamics of Schools of Yoga: Stages of psychological growth and obstacles- student- house holder- forest dweller- renunciant-ignorance-egoism- desire and aversion

Zen Buddhism: Major concepts- impermanence- selflessness- dissatisfaction- the 4 noble truths-Zen meditation-enlightenment – Arhat and Bodhi Sattiva

Dynamics of Zen Buddhism: Psychological growth and obstacles- greed-hate- delusion- pride

Structure of Buddhism: Body- social relationships- will- emotions- intellect- self-teacher evaluation  
Dynamics of Buddhism.

### **Unit III Integral Counseling**

Definition and Scope- nature of consciousness- yoga and Psychology

Mapping out of Integral Personality: Our ordinary make up our fuller personality

Principal domains of consciousness- integration and harmonization of personality- transformation of nature

Sri Aurobindo's Five parts of integral being: The mind-the vital the physical consciousness- the sub conscient- the psyche being

Yoga, Science and Man: The individual- the universal –the transcendent health and happiness

Integral psychotherapy: Introduction- approach- Stand point- growth.

## **Unit IV Holistic Counseling**

Patanjali's Exoteric yoga principles: Yama- Niyama- Asana- Pranayama- Prathayahara

Patanjali's Esoteric yoga principles: Dharana- Dyana- Samadhi

Shivanandha's views on meditation: Place- Seclusion- Time- Preparation- Progress- power of silence- reasons of failure

Asanas for holistic health: Surya Namaskara- Padmasana- Sukhasana- Sarvanghasana- Mathyasana- Dhanuarasana- Yoganidrasana

## **Unit V Counseling in Family Setting**

Toward a developmental psychology of the family-social systems and social sciences- an emerging view of interaction-the concept of system in development psychology-obstacles to a psychology of family.

Family relationship- the beginning of love relationship- love throughout the cause of marriage- love among parents and children- conclusion

Family counseling-meaning-history-theories of family counseling- stages of family counseling-marriage counseling- premarital counseling- counseling children an integrated framework

Family counseling technique- sculpting, role playing, the effective handling of silences-confrontation-teaching via questioning- recapitulating- recapitulation via summarizing-clarification and reflection of affect- video taping

## **REFERENCES**

Alan.S.G. (2008). Clinical Handbook of Couple Therapy. New York: Guilford Press.

Clarkson.B (2000). Counseling Psychology. New York. Routledge.

Gilliland, B.E. & James R.K. (1998). Theories and Strategies in Counseling and Psychotherapy (4<sup>th</sup> Edn). New Jersey: Prentice Hall.

Indrajeeth.A. (2007). Skills Training For Counseling. :New York. Francesca

Indrajeeth.A. & Sundaram.G (2008). Principles and Practice of Guidance and Counseling: New Delhi: Aviska Publishers

Ivey.A.F., Ivey M.B. & Simek Morgan.I (1993). Counseling and Psychotherapy: A Multi Cultural Perspective (III edition). Boston. Allyn and Bacon

Mary Vishal., (2008). Guidance and Counseling. NewDelhi: S. Chand and Company

Michael P. Nichols, Richard C. Schwartz. (2004). The Essentials of Family Therapy. Michigan. Pearson/ Allyn and Bacon.

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Richard Nelson Jones, (2008). Practical Counseling and Helping Skills. New Delhi, Sage Publications.

Sri Aurbidino (1998). The Synthesis of Yoga. Vol 21. Pondichery. Sri Aurobindo Asharam Trust Press.

Sri Aurbidino (1995). Letters on Yoga. Vol 22. Pondichery. Sri Aurobindo Asharam Trust Press

Stephen Palmer.(2005).Hand Book of Counseling.London:Routledge.Taylor and Francis Group.

Swami Sivanada. ( ). Raja Yoga Vol 4. Sivanda Nagar. Divine Life Society Press.

Swami Sivanada. ( ). Health and Hatha Yoga Vol 4. Sivanda Nagar.Divine Life Society Press.

Vasantha.R. Patri. (2005). Counseling Psychology . (PB.edition) Delhi. Tarun Offset printers.

## **7. ADVANCED MILITARY PSYCHOLOGY**

### **Unit I: SELECTION, CLASSIFICATION AND PLACEMENT IN MILITARY SERVICES:**

**Ability tests:** Individual Tests- Tests for Special Populations- Group Testing- Nature of Intelligence- Psychological Issues in Ability Testing. **Personality tests:** Self Report Personality Inventories- Measuring Interest and Attitudes- Projective Techniques- Other Assessment techniques. Psychological Assessment and Military Personnel Management- Assessment of Complex Skills and Personality Characteristics in Military Services- Military officers Selection- - Pilot selection- spatial ability and orientation of pilots- Selection of Air Traffic Control Cadets.

### **UNIT II: INDIVIDUAL AND GROUP BEHAVIOUR:**

Morale, Cohesion and Esprit de corps-Cultural and Societal Factors in Military Organizations-Combat Stress Reactions-Non-combatant stress in Soldiers: Manifestations, Measurement, and Coping Strategies-Personality factors in Military Psychology-Interpersonal Relations for Group Effectiveness-Women's Role in the Military.

### **UNIT III: LEADERSHIP**

Its nature and Impact in Groups- Communication Structures- Models of Leadership- Gender Factors-Theories of Leadership- Leadership styles- Types of Power- Group Structures- Leadership in Military Performance: Optional Leadership in Small army Units- Leadership in battle and Garrison- A frame work for understanding the differences and preparing for both- Executive Leadership.

### **UNIT IV: PSYCHOLOGICAL OPERATIONS**

Psychological warfare: history, functions of psychological warfare, definition of psychological warfare, Propaganda and Active Measures-Hostage negotiation: Issues and Applications- Psychology during emergency (Hijacking, Cyclone, Flood & Earthquake etc.) - Cyber Warfare-Insurgency-Terrorism. - Religious Terrorism - Ideological Terrorism - Nuclear Terrorism.

### **Unit V: ENVIRONMENTAL FACTORS & STRESS**

Effects of Hot and Cold Environments on Military Performance-Effects of High Terrestrial altitude on Military Performance-Sustained Military performance in continuous operations: Combatant Fatigue, Rest and sleep needs-The effects of Motion Induced sickness on Military Performance-Military performance in Acoustic Noise Environments-Effects of Atmospheric Mix and Toxic Fumes on Military performance-Military performance in sustained acceleration and vibration environments-Radiological Factors and their effects on Military performance-Underwater behaviour: Diving-Submarine. Nature of stress – Environmental Stressors- Types of Stress- Responding to Stress-Potential Effects of Stress- Psychological Problems and Disorders- Psychosomatic Illnesses – Stress Coping Strategies. Non Combat Stress among Soldiers- Manifestations- Measurement- Coping up. Combat Stress Reactions.

## REFERENCES:

ANASTASIA.A. & URBINA.S. (2003). **PSYCHOLOGICAL TESTING**, New Delhi, Prentice Hall of India Pvt. Ltd.,

REFUVEN HALL & DAVID MANGELSDROFF.A. (1991). **HANDBOOK OF MILITARY PSYCHOLOGY**, USA, John Wiley sons.

FRANCIS.M.A. (2002). The Application of Human Factors to Personnel Licensing – Internet.

BARON.R.S & BRYNE.D. (2000). **SOCIAL PSYCHOLOGY: UNDERSTANDING HUMAN INTERACTION**, Boston, Allyn and Bacon.

DONALD, et.,al.(1999). **SOCIAL PSYCHOLOGY**, UK, Oxford University Press.

NEW STRESS. J.W. & DAVIS.K. (1993), **ORGANIZATIONAL BEHAVIOR: Human Behavior at Work**, New York, McGraw-Hill.

REUVEN GAL and ADAVID MANGEL SDORFF.A. (1991), **HANDBOOK OF MILITARY Psychology**, USA, John Wiley Sons.

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