# BHARATHIAR UNIVERSITY: COIMBATORE- 46
# DEPARTMENT OF PSYCHOLOGY
# M.Sc. APPLIED PSYCHOLOGY
# (For the students admitted from the academic year 2017-18 and onwards)

## SCHEME OF EXAMINATIONS-CBCS

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BHARATHIAR UNIVERSITY, COIMBATORE – 641 046
DEPARTMENT OF PSYCHOLOGY

M.Sc APPLIED PSYCHOLOGY
SEMESTER PATTERN (CBCS)
(For the Students admitted during the Academic year 2017-2018 and onwards)

CORE COURSE-I
17PSYBC01- RESEARCH METHODOLOGY AND STATISTICS

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Basics of Research
Research Methodology: Meaning, Objectives, Types of Research, Significance of Research, Steps – Choosing a research question, Choosing a research method, planning the research and executing the research.

Research Question: Choice of a Problem – The Literature Review – Use of Internet


Unit II- Variables and Hypotheses
Variables: Types of Variables – Dependent and Independent Variables, Confounded Variables, Quantitative and Categorical Variables, Continuous and Discrete Variables


Hypotheses: Testing hypotheses, Dealing with uncertainty in hypothesis testing, Type I and Type II Errors, Alpha and Statistical Significance, Effect Size

Unit III: Non-Experimental Methods

Survey Research: Designing a questionnaire, Administering the questionnaire. Sampling- Steps in Sampling Design, Types of samples, probability samples and random selection. Important guidelines for non-experimental designs.

Unit IV: Experimental Methods
Single-Factor Designs: True experiments; Factors, Levels, Conditions and Treatments, Within-Subjects Designs, Between-Subjects Designs, Some designs to avoid.

Factorial Designs: Simple factorial Design, Main effects, Interactions, Within-Subjects, Between-Subjects and Mixed Designs, Some representative factorial designs.
Unit V: Analysis of Data and Writing in Psychology

**Quantitative Analysis:** Measures of Central Tendency, Measures of Dispersion, Measures of Asymmetry (Skewness), Measures of Relationship, Partial Correlation, Simple Regression, Student t-test, One way ANOVA, Two-way ANOVA, Reporting of Statistics in APA style

**Qualitative Analysis:** Interpretative Phenomenological Analysis, Grounded Theory, Content Analysis


**Reference Books**


**CORE COURSE-II**

17PSYBC02- ELEMENTS OF HEALTH PSYCHOLOGY

**MAXIMUM MARKS: 100 (External 75 + Internal 25)**

**Unit I**


**Unit II**


Unit III
Health Enhancing Behaviors Meaning Definition and Benefits of Exercise - Types of Exercise - Choosing the Right Exercise - Bio-psycho-social Perspective - Biological, Psychological and Socio-cultural factors on inactivity - Factors promoting Exercise Behavior.

Eating Behavior and Health Meaning and Definition of Food - Functions of Food - The Seven Components of Food - Dietary Supplements - 2000 Calorie Food Pattern - The Healthy Eating Pyramid - Healthy Eating Behavior - Healthy Body Size.


Unit IV

Health Compromising Behaviors Smoking - Tobacco and Its Biological and Psychological Effect - Smokeless Tobacco - Tobacco Related Damage to Health - Effects of Parental Smoking on Children - Lung Cancer - Heart Disease and Bronchitis - Tobacco’s Effects on Non Smokers - Reasons for Smoking - Quitting Smoking and Related therapies - Alcohol Alcoholism and Problem Drinking - The Phases of Alcoholism - Biological Psychological and Social effects of Alcohol Use and Abuse - Interventions for Alcoholism

Unit V

Heart Disease and Health Understanding of Cardiovascular Disease - Biological and Psychosocial Risk factors for Cardiovascular Disease - Diet and Cardiovascular Disease - Primary, Secondary and Tertiary Prevention and Control of Cardiovascular Disease.
Reference Books

CORE COURSE – III
17PSYBC03-ORGANIZATIONAL BEHAVIOUR

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Need and Importance of Organizational Behaviour
Definition, Need and Scope of Organizational Behaviour - Nature and Scope - Management Roles - Management functions - Management Skills - Challenges and Opportunities for Organizational Behaviour - Contributing Disciplines to the Organizational Behaviour - Organizational Behaviour Models

Unit II: Foundations of Individual Behaviour
Attitudes: Sources of Attitudes and its applications.
Personality - Personality Determinants - Dimensions of Self Concept - Personality Traits - Matching Personality and Jobs types - Traits relevant to Work Behaviour

Unit III: Learning, Motivation and Job Satisfaction
Learning: Theories of Learning - Shaping-Schedules of Reinforcement - Its Organizational Applications.

Unit IV: Foundations of Group Behaviour
Types of Teams - Models of Team Effectiveness - A developmental Model - A Systems Model Team Building
Conflict Process: Types of Conflicts - Conflict management Techniques - Functional and Dysfunctional Outcomes of Conflict
Unit V: Dynamics of Organizational Behaviour
Communication Process - Barriers to Effective Communication - Directions of Communications - Non-verbal Communications
Leadership Theories: Personality Trait Theories - Behavioral Styles - Situational and Contingency Style - Transformational Leadership - Sources of Power
Change Process: Forces for Change - Resistance to Change - Overcoming Resistance to Change - Approaches to Management Organizational Change- Implementing Successful Change- Organizational Development Intervention Strategies

Reference Books

CORE COURSE-IV
17PSYBC04-COGNITIVE PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature, History and Cognitive Neuroscience
What is Cognitive Psychology? - Cognitive Psychology; Definition and domains-
Roots of Cognitive Psychology – Conceptual Science and Cognitive Psychology.


Unit II: Perception, Attention, Patter Recognition and Consciousness

Consciousness: Explicit and implicit memory - Research with primes - Neuro
Cognitive studies - Sleep and Amnesia - Modern theories of consciousness - Baars’
global workspace theory - Functions of consciousness.

Unit III: Memory Structure and Processes
Short term memory – Neuro-cognition and STM - working memory - Capacity of
STM - The coding of Information in STM - Retrieval of Information from STM -
Long term memory: Neuro-cognition and LTM - LTM Storage and structure - Very
long - Term Memory - Autobiographical Memories - Fallibility of Memory and
Eyewitness Identification.

Theories and Neuro-cognition: Neuro-cognition of Memory - Two Memory Stores -
Models of Memory - levels of Processing - Self-Reference Effect - Episodic and
Semantic Memory Rumelhart - Tulving – McClelland.

Mnemonics and Experts: Mnemonic System – Experts and Expertise

Unit IV: Mental Representations: Memory and Imagery
The Representation of Knowledge: Semantic organization - Associationist approach
Semantic memory model - Set theoretical model - Semantic feature - Comparison
model - Network model - Propositional model networks. Representation of
Knowledge - Neuro-cognitive consideration - Connectionism and the Representation
of Knowledge. Mental Imagery: Imagery and Cognitive Psychology - Neuro-
cognitive Evidence - Cognitive Maps Storing - Retrieving –Retrieval from working
and permanent memory - Theories of retrieval -Forgetting.

Cognitive development: life-span development – Developmental Psychology –
Neurocognitive Development – Comparative Development – Cognitive Development-
Assimilation and Accommodation: Piaget – Mind in Society: Vygotsky – Vygotsky
and Piaget – Early Neural Development – Environment and Neural Development –
Intelligence and ability – Development of Information Acquisition Skills- Higher-
Order Cognition in Children – Prototype Formation among Children.

Unit V: Thinking, Problem Solving, Creativity and Decision Making
Thinking - Concept formation – Logic – Decision Making - Problem solving – Gestalt
Heritage – Problem solving approaches – Algorithm - Heuristics - Definition of
creativity – Process – Barriers on creativity – Human intelligence – Artificial
Intelligence – AI and PDP – Machines and Mind – Perception and Artificial
Intelligence – Language and Artificial Intelligence.

Reference Books
CORE COURSE – V
17PSYBC05-PRACTICAL - I

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Research Methodology and Statistics

1. Survey Research
2. Experimental Research
3. Computing a t test
4. Computing correlation
5. Computing regression
6. Computing ANOVA

Experiments Related to Health Psychology

6. Stress Assessment Questionnaire
7. Quality of Life Index Questionnaire
8. Subjective Well Being Questionnaire
9. General Health Questionnaire
10. Student’s Alcohol Syndrome Questionnaire

Experiments Related to Organizational Behaviour

17. Conflict Management Styles
12. Need Hierarchy - Motivation Questionnaire
13. Power Orientation Questionnaire – Identification of Power Bases
14. Leadership Style Questionnaire – Managerial Grid
15. McGregor’s Theory X and Y Questionnaire

Experiments related to Cognitive Psychology

16. Laterality – left and right hemisphere specialization
17. Stroop Effect
18. Decision Making Exercise
19. Short term and Long Term Exercises
20. Cognitive Style Questionnaire

- This list is suggestive
- A minimum of 12 experiments/exercises must be completed
CORE COURSE – VI
17PSYBC06- ESSENTIALS OF SOCIAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I

Unit II

Unit III

Unit IV
Social Influence Definition - Conformity - Classical Conformity Studies: Sherif’s - Asch’s and Milgram’s studies on conformity - The Factors Affecting Conformity: Cohesiveness - Group Size - Type of Social Norm - Bases of Conformity - Need for Individual - Minority Influence. Compliance: Ingratiation - Foot in the Door and The Low ball - The Door in the Face and That is Not All - Fast Approaching and Deadline Technique - Scarcity - Obedience to Authority.

Unit V


Reference Books

CORE COURSE-VII
17PSYBC07-PERSONALITY THEORIES AND APPLICATION

MAXIMUM MARKS: 100 (External 75+ Internal 25)

Unit I: Personality : Concept and Assessment

Sources of Personality Data: Self-Report Data (S- Data), Observer-Report Data (O-Data), Test-Data (T-Data), Life-Outcome Data (L-Data). Issues in Personality Assessment. Evaluation of Personality Measures:Reliability, Validity, Generalizability. Research Design: Experimental Methods, Correlational Studies, Case Studies.
1.

**Unit II: Dispositional Domain and Biological Domain**


**Sheldon's Physiological Approach to Personality.** **Physiological Measures Commonly Used in Personality Research:** Electrodermal Activity (Skin Conductance), Cardiovascular Activity, Brain Activity, Other Measures. **Physiologically Based Dimensions of Personality:** Extraversion-Introversion, Sensitivity to Reward and Punishment, Sensation Seeking, Neurotransmitters and Personality, Morningness-Eveningness, Brain Asymmetry and Affective Style.

**Unit III: The Intrapsychic Domain**


**Unit IV: Cognitive/Experiential Domain and Social and Cultural Domain**

**Personality revealed through Perception** - Field dependence. **Personality revealed through Interpretation** - Kelly's Personal Construct Theory, Locus of Control, Learned Helplessness. **Personality revealed through Goals** - Personal Projects Analysis - Life Tasks, Goals, and Strategies.


**Social Domain** - Sex, Gender And Personality: Science and Politics of Studying Sex and Gender, Gender Differences in Personality, Masculinity, Femininity and Androgyny, and sex roles, Theories of Sex Differences. **Cultural Domain** – Cultural violation, Cultural Personality Psychology, Three Major Approaches to culture: Evoked Culture, Transmitted Culture, Cultural universal.

**Unit V: Facets of Personality and Eastern Approaches to Personality**

**Skinner:** Operant Conditioning. **Albert Bandura:** Observational Learning. **Martin E. P. Seligman:** Learned Helplessness and the Optimistic/ Pessimistic Explanatory Style.

– Basic Concepts and Model of Being. **Probabilistic Orientation** – Basic Postulate and Seven Factors.

**Reference Books**


**CORE COURSE-VIII**

17PSYBC08- HUMAN RESOURCE MANAGEMENT

**MAXIMUM MARKS: 100 (External 75 + Internal 25)**

**Unit I: Key Human Resources Concepts**

Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM, Systems Approach to HRM, Traditional HR vs. Strategic HR, HRM in the new Millennium


**Unit II: Determining, Attracting and Selecting Human Resources**

Job Analysis: Uses of Job Analysis, Process of Job Analysis, Methods of Collecting Job Analysis, Job Description, Job Specification, Role Analysis

Job design and Quality of Work Life: Techniques for Designing Jobs

Recruiting Human Resources: Sources of Recruitment, Methods of Recruitment, Recruitment – Indian Experiences

Employee Testing and Selection: Types of Tests, Tests as Selection Tools

Interviewing Candidates: Types of Interview, Interview Process, Reference Checks

**Unit III: Developing Human Resources**


Training and Developing Employees: Need for Training, Systematic Approach to Training, Types of Training, Training Methods, Evaluation of Training
Career and Succession Planning: Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning

**Unit IV: Rewarding Human Resources**
Employee Compensation,: Objectives of Compensation Planning, Compensation of Pay Structure, Factors Influencing Compensation Levels
Financial Incentives and Employees Benefits and Services: Statutory and Non-statutory benefits, Incentive Plans, Individual Incentives, Group and Team Based Incentive Plans, Fringe Benefits, Establishing Strategic Pay plans,

**Unit V: Recent Trends and Practices in Managing Human Resources**
Participation and Empowerment: Forms of Participation, Alternative Approaches to Participation, Prospects of Empowerment

**Reference Books**

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**CORE COURSE -IX**
17PSYBC09 - BIO PSYCHOLOGY

**MAXIMUM MARKS: 100 (External 75+ Internal 25)**

**Unit 1: Introduction to Neuron and Nervous System**

**Unit 2: Brain and its functions**
Nervous system- Classification- anatomy of ANS- functions of ANS- Reflex plan of the central Nervous System.
Parts of Brain- Functions of the major parts of the brain- Functional anatomy of the cerebral cortex- supporting and nourishing tissues in the CNS Functional organization of the brain- neocortex-reticular and projection systems- limbic system-
hypothalamus - Cerebral metabolism - CNS - circulation - Blood Brain - Barrier - neuro secretion.

Unit 3: Endocrine Glands
Characteristics - Major endocrine gland-hormone characteristics - mechanisms of hormone functions - Physiology behind Vision and audition.

Unit 4: Physiology behind sensory systems
Physiology behind Somatosensory system - touch and pain - chemical senses - Smell and taste - olfactory system - gustatory system.

Unit 5: State of Consciousness, Motivation and Emotion
States of Consciousness - physiological and psychological states - sleep and activation - attention and vigilance - meditation.
Physiology behind Motivation - hypothalamic centers - regulation of thirst - hunger and sex drives - neural mechanism of reward and punishment - Neural mechanism in Emotion.

Reference Books

CORE COURSE-X
17PSYBC10- PERSPECTIVES IN COUNSELLING PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I


Unit II

Unit III


Unit IV

**School Counseling** Meaning and Definition of School Counseling - Nature of School Counseling - Counseling the Elementary School Students - Counseling the High School Students - Counseling the College Students - Roll of Teacher in Counseling - Duties and Functions of School Counselor - Counseling and School Curriculum.

**Vocational Counseling** Meaning and Definition of Vocational Counseling - Nature of Vocational Counseling - Theories of Vocational Counseling - Process of Vocational Counseling - Vocational Counseling and Vocational Guidance - Features of Vocational Counseling and Vocational Guidance - Rehabilitation and Supportive Counseling.

Unit V

**Counseling in Specific Areas** The Nature and Purpose of Family Counseling - Counseling Children and Parents - Marriage Counseling - Premarital Counseling - Marital Enrichment Program - Counseling the Women - Counseling the Weaker Section - Counseling the Drug Addicts - Counseling the Delinquent.


**Reference Books**

CORE COURSE – XI
17PSYBC11 - PRACTICALS – II

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Advanced Social Psychology
1. Sociometry
2. Communication Experiment
3. Leadership Questionnaire
4. Choice Dilemma Experiment
5. Prisoner’s Dilemma Experiment

Experiments Related to Personality Research
6. Eysenck Personality Questionnaire
7. Cattell’s 16 PF
8. Myers and Briggs Type Indicator
9. Jungian Functional Types
10. Thematic Apperception Test

Experiments Related to Human Resources Management
11. Job Satisfaction Questionnaire
12. Emotional Intelligence Questionnaire
13. Job Involvement Scale
14. Occupational Health and Stress Questionnaire
15. Personal Value Questionnaire

Experiments Related to Bio Psychology
16. Human Information Processing Survey
17. PGI Memory scale
18. Behaviour Orientation Scale
19. Human Maze Learning
20. Taylor Manifest Anxiety Scale

Experiments Related to Counseling Psychology
21. Multicultural Counseling
22. REBT Counseling
23. Anecdotal Reports
24. Holland Vocational Personality Inventory
25. Recreation and Leisure.
   - This list is suggestive
   - A minimum of 15 experiments/exercises must be completed
CORE COURSE – XII
17PSYBC12 – PSYCHOPATHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

UNIT I
Mental Disorder, Classification, Assessment and Organic mental disorders
Meaning and Definition of Mental Disorder - Models of Mental Disorders -
Introduction to diagnostic classification system and functions: DSM V and ICD 10 -
limitation of current classification systems - Theoretical approaches to causes and
treatment of psychopathology: Biological, Psychodynamic, Behavioral, Cognitive,
Humanistic-Existential, and Social Cultural approaches - Assessment of
Psychopathology: Basic element in assessment - Clinical interviews - Clinical
observations - Psychological tests - Treatment decision - Organic mental disorders:
Delirium, Dementia and Amnestic disorders.

UNIT II
Disorders of Childhood and Adolescence (Neurodevelopmental Disorders)
Neurodevelopmental Disorders: Autism Spectrum Disorder-Specific Learning
Disorders - Intellectual Disability - organic retardation Syndromes.
Attention-Deficit/Hyperactivity Disorder Disruptive - Impulse-control - Oppositional
Defiant Disorder and Conduct Disorder. Anxiety and Depression in Children and
Adolescents: Separation Anxiety Disorder - Childhood Depression and Bipolar
Disorder.
Feeding and Eating Disorders of Infancy and Early Childhood - Tic Disorders -
Elimination Disorders.

UNIT III
Anxiety, Trauma, Stress -Related and Somatoform Disorders
Generalized Anxiety Disorder -Phobias - Social Anxiety Disorder - Panic Disorder -
Obsessive Compulsive Disorder - Acute and Posttraumatic Stress Disorders -
Dissociative Disorders: Dissociative Fugue- Dissociative Identity Disorder -
Dissociative Amnesia- Derelization/ Depersonalization Disorder

Somatoform Disorders: Factitious Disorder - Conversion Disorder-Somatic
Symptom Disorder - Illness Anxiety Disorder.

UNIT IV
Disorders of Adult Personality, Gender, and Behaviour
Personality Disorders: Odd - Dramatic - Anxious Personality Disorders - Gender
Dysphoria - Homosexuality - Paraphilic Disorders: Fetishistic -Transvestic -
Exhibitionistic - Voyeuristic - Frotteuristic - Pedophilic - Sexual Masochism - Sexual
Sadism Disorder. Eating Disorders: Anorexia Nervosa - Bulimia Nervosa - Binge-
Eating Disorder - Sleep Disorders.

Substance Use and Addictive Disorders: Alcohol- Depressants - Stimulants -
Hallucinogens, Cannabis, and Combinations of Substances –Gambling Disorders.

UNIT V
Mood Disorders, Schizophrenia and Other Psychotic Disorders
Depressive Disorder - Major Depressive Disorder - Bipolar Disorders: Bipolar I and II - Theoretical Perspectives - Dysthmic Disorder (Persistent Depressive Disorder) - Cyclothymic Disorders.

Schizophrenia - Clinical Features - Positive and Negative Symptoms - Subtypes of Schizophrenia - Other Psychotic Disorder: Schizoaffective Disorder - Schizophreniform Disorder - Delusional Disorder - Brief Psychotic Disorder.

Reference Books

CORE COURSE - XIII
17PSYBC13-PSYCHODIAGNOSTICS

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Classification and Rating Scales


Unit II: Clinical Examination of the Patient

The Case History: Objective of Case History. Identifying Data, Chief Complaints, History of Present Illness, Past Illness, Personal History (Anamnesis) - Prenatal and Perinatal, Early Childhood, Middle Childhood, Late Childhood, Adulthood, Sexual History, Family History, Fantasy and Dreams. Mental Status Examination: General Description, Mood and Affectivity, Speech Characteristics, Perception, Thought Content and Mental Trends, Mini Mental Status Examination (MMSE), Sensorium and Cognition, Impulsivity, Judgment and Insight, Reliability.

Unit III: Signs and Symptoms
Definition of Signs and Symptoms - Consciousness – Disturbances in Consciousness, Disturbance in Attention, Disturbance in Suggestibility. Emotions – Mood, Affect, Other Emotions, Physiological Disturbances associated with Mood. Disturbances in Motor Behavior (conation). Thinking – General Disturbance in Form or Process of Thinking, Specific Disturbances in Form of Thought, Specific Disturbance in Content of Thought.


Unit IV: Assessment, Examination, Psychological Testing in Child Cases and Personality Assessment


Unit V: Intelligence and Neuropsychological Assessment, Case Report, Ethics in Clinical Psychology
and Problem Solving, Memory, Orientation, Perceptual and Psychomotor Performance, Language, Attention and Concentration. **Neuropsychological Test Batteries:** Luria-Nebraska Neuropsychological Test Battery – Halstead Reitan Battery of Neuropsychological Testing. **Cognitive Screening Tools and Neuropsychological Tests in India.**


**Reference Books**

**CORE COURSE-XIV**
17PSYBC14- PSYCHOTHERAPEUTICS

**MAXIMUM MARKS:** 100 (External 75 + Internal 25)

**Unit I: Contexts of Effective Treatment and Overview of Background**
Development of Theories of Counseling and Psychotherapy- understanding theories of Counseling and Psychotherapy, Characteristics of Successful clients –Therapeutic Alliance- Guidelines- Clinician skills, Training and Experience- Personal and Professional Characteristics of Effective clinician- -impact of setting on the treatment process- ethical guidelines and standards- role induction- skill development on questioning and interviewing
Overviews of background-focused treatment systems - The role of therapist-transference- counter transference- and disclosure.

**Unit II Classic Psychoanalysis and Post and Neo Freudsians**
Important theoretical concepts- treatment using psychoanalysis- application and use of Freudian psychoanalysis- evaluation Brief Psychodynamic theory- important theoretical concepts-treatment using Brief Psychodynamic theory(BPT)- Specific Models of BPT- Application and use of BPT-evaluation

Individual Psychology- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Analytical Psychology- Important theoretical concepts - treatment using individual psychology-application and current use- evaluation- Skill development, Ego psychologists- Object relation theorists- Self psychology

**Unit III: Psychotherapies emphasizing emotions and sensations**
Existential Psychotherapy- Important theoretical concepts - treatment using individual psychology- application and current use- evaluation- Skill development, Gestalt Therapy- Important theoretical concepts - treatment using individual psychology-application and current use- evaluation- Skill development

Narrative therapy- development- therapeutic alliance- strategies, Solution focused brief therapy- Important theoretical concepts - treatment using individual psychology-application and current use- evaluation, Feminist therapy- development- therapeutic alliance- relational power- strategies skill development –Mapping

**Unit IV- Thought focused and Action Focused Therapies**
The Development of Rational Emotive Behaviour Therapy (REBT)- Important theoretical concepts- format of sessions- treatment- application of REBT- Evaluation. Cognitive Therapy- Development- Important theoretical concepts- Treatment-application and current use- evaluation- Skill development


**Unit V: Treatment Approaches**
Family Therapies- Adlerian Family Therapy- Multigenerational Family Therapy- Structural Family Therapy – Family Therapies that focus on emotions- Family therapies that focus on thoughts and Actions- Post Modern Approaches to Family Therapy- Integrative Models of family Systems Theory- Application of family Therapy- evaluation- skill development

Reality Therapy- development- theoretical concepts- treatment- application and current use- evaluation

**Reference Books**

CORE COURSE-XV
17PSYBC15- ORGANISATION DEVELOPMENT (OD)

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature of Organization Development
Overview of the Field of Organization Development: Laboratory Training, Survey Research and Feedback, Action Research, Socio-technical and Socio-clinical approaches
Values and Assumptions and Beliefs in OD: OD Values and Assumptions, Implications of OD and Assumptions

Unit II: Theory and Management of OD

Unit III: Team, Intergroup and Third-Party Peacemaking Interventions
Overview of OD Interventions: Classifying OD Interventions
Team Interventions: Teams and Work Groups, Broad Team-Building Interventions, Process Consultation Interventions

Unit IV: Comprehensive OD Interventions and Structural Interventions:
Survey Feedback, Grid Organization Development, Schein Cultural System, Trans-organizational Development
Structural Interventions: MBO, Quality Circles, TQM, High Performance Work Systems

Unit V: T-Group Training
T-Groups, Behaviour Modeling, Life and Career Planning, Coaching and Mentoring
Future and Organizational Development

References Books
2. Schien, Organizational Psychology, Tata McGraw Hill, New Delhi, 2005

CORE COURSE-XVI
17PSYBC16- PRACTICALS - III

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Experiments Related to Psychopathology and Mental Hygiene

1. Mental Health Questionnaire
2. Bell’s Adjustment Inventory
3. Beck’s Depression Inventory
4. Maudsley Obsessional Compulsive Inventory
5. Clinical Case Study

**Experiments Related to Psycho diagnostics**

7. Minnesota Multiphase Personality Inventory
8. Scale for the Assessment of Positive Symptoms
9. Bender Gestalt Test
10. Wechsler’s Intelligence Scale for Children
17. Luria-Nebraska Neuropsychological Test Battery

**Experiments Related to Psychotherapeutics**

12. Cognitive Emotive Regulation Questionnaire
13. Job Anxiety Scale
14. Jacobson’s Progressive Relaxation Therapy
15. Assertiveness Questionnaire
16. Irrational Beliefs Test (IBT)

**Experiments Related to Organization Development (OD)**

17. Johari Window Exercise
18. Fundamental Interpersonal Relations Orientation – Behaviour (FIRO – B)
19. Team Effectiveness Questionnaire
20. Organizational Role Stress Scale
21. Organizational Culture: OCTAPACE Profile
   - This list is suggestive
   - A minimum of 10 experiments/exercises must be completed

**CORE COURSE – XVII**

**PSYBC13 – PROJECT WORK**

**OR**

**PSYBC13 CLINICAL/INDUSTRIAL PRACTICUM REPORT**

(Candidates are required to choose strictly only one these two during the full fourth semester)

**MAXIMUM MARKS: 200 (Project Report 150 + Viva Voce 50)**

1. The objective of the Project work/ Clinical Practicum is to further their knowledge in Psychology and Psycho-diagnostics under the direct supervision of a Psychologist in Clinical/Organizational setting.

2 A Candidate undertaking Project work/Clinical Practicum should be equipped with the theoretical knowledge in the discipline and practical skills in Psycho-diagnostics including administration and interpretation of cognitive and personality tests involving objective and projective material.
3. During the Project work/Clinical Practicum the candidate may be permitted, under supervision, to participate in the diagnostic testing and to attend clinical/organizational conference where in the cases are diagnosed and treatment/management plan mooted and progress in treatment/training discussed. The candidate may be guided to pursue ten case studies in detail.

4. Besides, the candidates may be required to collect information regarding the following:
   - The history of the organization, the mission statement of the organization, personality sketch of the pioneers in the organization, historical development of the department of Psychology in the organization.
   - The demands and expectations of the role of the Psychologist.
   - The privileges of the Psychiatrist/Mangers/Psychologists in the hospital and Personnel in the Hospital.
   - The functional domain and demarcations of Psychologist Vs Psychiatrists
   - The organizational chart of the Organization and the status of team.
   - The test privileges available at the Hospital/Industry. The test approved for administration in the clinical setting by the team, procedures followed in administering the tests in diagnosis and management and follow up of the use of various test, if any.
   - The therapeutic privileges available at the Hospital/Industry especially, those approved by the clinical team to provide psychotherapies/counseling and group therapies.
   - The details about the hospital routines, mainly about the admission procedures, document maintained, regular clinical/organizational conference, meetings and the follow-up of the cases in detail.

5. The Project work/Clinical Practicum after the completion of the practice,, the report should be submitted to the Department of Psychology, Bharathiar University on or before 30th April of the year in which the candidates did the Practicum,. The Report should adequately reflect the exposure to the training and experience gained by the candidates during the Practicum. Incase a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at one time for submitting their report.

| The students can do a Project Work under the guidance of a Faculty. | OR |
| The students can do the Clinical /Industrial Practicum in reputed Institutions under the guidance of a Psychologist or HR Personnel |

6. Guides for the Project work OR Clinical/Industrial Practicum will be allotted as per the candidates’ preference.

7. The candidates are required to maintain a work diary for three months’ Clinical/Industrial Practicum. The candidates should mandatorily visit the Department on two pre-decided dates to present their progress to their assigned supervisor. The students are required to report to the concerned guide
at the department after completing 70 working days of Clinical/Industrial Practicum by 3rd week of March.

8. Further the candidates are required to maintain attendance at the department after completing the practicum till the date of viva voce examination. The candidates should submit the Clinical/Industrial Practicum Report within 20 days (inclusive of holidays) after completion of the clinical/industrial practicum.

9. Submission of Clinical/Industrial Practicum: The norms for evaluation for Clinical Practicum Report/Industrial Practicum Report are given as below:

1. Introduction, Objectives, Work carried out by the candidate = 30 marks
2. Case Studies = 70 marks
3. Summary and Conclusion = 20 marks
4. Attendance = 30 marks

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150 marks
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Practicum report = 150 marks
Viva voce = 50 marks
Total = 200 marks

10. The Objective of the Project Work is mainly to give an exposure to the students on Research Methodology and application of Psychological Principles. The Project work may be a survey (fact findings or exploratory nature), Construction or Standardization of a test, collection of clinical case studies, a Problem solving assignment, Verification of existing or established theory and any other assignment as approved by the respective faculty guide. The norms for evaluation for Project Report are given as below:

1. Introduction = 30 marks
2. Review of Literature = 20 marks
3. Methodology = 30 marks
4. Results and Discussion = 50 marks
5. Summary and Conclusion = 10 marks
6. References = 10 marks

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150 marks
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Project report = 150 marks
Viva voce = 50 marks
Total = 200 marks
ELECTIVE COURSE

CYBER PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: The Nature of Cyber Psychology
Cyber-Psychology – Definition – Human Computer Interface – Cyberspace as a Psychological Space – Psychology in Cyberspace - Basic Psychological Features of Cyberspace - Networks as Mind and Self – Model of Cyber Psychology - The Online Disinhibition Effect.

Psychology of Avatars and Graphical Space - Two Paths of Virtual Reality - The Facts of Dreaming in Cyberspace - Black Hole of Cyberspace - Online Lingo - Internet Demographics - Cyberspace Humor - Coping with Spam.

Unit II: The Nature of Individual in Cyberspace

Wizards: The Heart of an Online Community - On being a "god" - Y2K and Apocalyptic Thinking - Integrating Online and Offline Living - An Online Psycho - Educational Program.

Unit III: The Nature of Relationships in Cyberspace
In-person versus Cyberspace Relationships - Transient and Long Term Online Relationships -The psychology of Text Relationships - Hypotheses about Online Text Relationships - E-mail Communication and Relationships – Transference among People Online.


Unit IV: The Nature of Group Dynamics in Cyberspace
Social psychology of Online Groups - Developmental stages of Mailing Lists - Making Virtual Communities work - Unique Groups in Cyberspace - Decision Making Methods for E-mail Groups - Changes in Group Boundaries and Dynamics.

Unit V: The Nature of Flow Experience and Research Methods in Cyber psychology

Publishing online - Case studies of digital life forms - One of Us: Participant observation research - Steps in studying an online group - Ethics in cyberspace research - Studying full cyberspace immersion.

Reference Books

ELECTIVE COURSE

POSITIVE PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

UNIT I: The Nature and Assessment of Positive Psychology
Definition of Positive Psychology. Western Perspectives on Positive Psychology. Eastern Perspectives on Positive Psychology.

Classifications and Measures of Human Strengths and Positive Outcomes.

UNIT II: Positive Emotional States and Process

Making the Most of Emotional Experience: Emotional-Focused Coping, Emotional Intelligence, Socioemotional Selectivity, and Emotional Storytelling.

UNIT III: Positive Cognitive States and Processes


UNIT IV: Prosocial Behaviour and Changing Human Behaviour
Changing Human Behavior: Balanced conceptualizations of Mental Health and Behavior. Interceding to prevent the Bad and Enhance the Good.

Unit V: Positive Environment and Positive Psychology in Contexts.

Positive Psychology in Context – Developing Strengths and Living Well in a Cultural Context, Living well at Every Stage of Life.

Reference Book

ELECTIVE COURSE
SPORT PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit-I: Mental Side of Sport
The Mental Side of Sport: Introduction to Sports Psychology- Factors influencing the mental demands of a given sport- sports and exercise psychology as an academic discipline- history of sport and exercise psychology- Research methods in sports and exercise psychology- what do sport Psychologist do

Unit-II: Exploring Athletic Behaviour: Key Concepts

Unit-III: Cognitive Psychology and Sports

Unit- IV: Sports in Context: Social Psychology of Sports

Unit-V: Applying Sport Psychological Phenomena
Applying Sport Psychological Phenomena: Mental Skill Training- Self Talk- Mental Imagery-Relaxation Training- Calming the Physiology- Performance- inhibition due to personality- factors- Burn out and injuries – Substance Abuse- Aggression- Character Development- Youth Sport.

Reference Books

ELECTIVE COURSE
INTEGRAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Consciousness the Reality

Unit II: Outer Being and Outer Mind

Unit III: Purusha and Prakriti

Unit IV: Techniques to Control Disturbance of Mind, Vital and Physical
Dealing with disturbance of Mind (Anxiety, obsessions and compulsions), disturbance of Vital (Boredom, Lack of energy, Depression, Anger, Feelings of inferiority, Sensitiveness) and disturbance of physical consciousness: Will, discipline and endurance, Faith and suggestion.

Unit V: Techniques for Growth and Mastery

Reference Books

ELECTIVE COURSE

CONSUMER BEHAVIOUR

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit I: Consumer Behaviour, Motivation and Personality
Consumer Behaviour: Nature and scope of Consumer Behaviour, Consumer Research and Marketing Segmentation
Consumer Motivation: Motivation as Psychological Force, Types and Theories of Motivation, Measurement of Motives
Personality and Consumer Behaviour: Theories of Personality, Personality and Understanding Consumer Diversity, Brand Personality, Self- and Self-Image

Unit II: Perception, Learning and Attitudes
Consumer Perception: Elements of Perception, Dynamics of Perception, Consumer Imagery
Consumer Attitude Formation and Change: Meaning of Attitudes, Structural Models of Attitudes, Attitude Formation, Strategies of Attitude Change

Unit III: Communication Process and Group Influences
Communication and Consumer Behaviour: Components of Communication, Communication Process, Designing Persuasive Communication, Marketing Communication and Ethics

Unit IV: Leadership and Diffusion of Innovation Process
Diffusion of Innovation: Diffusion Process, Adoption Process, Profile of Consumer Innovator

Unit V: Consumer Decision Making Process
Decision Making Process, Levels of Consumer Decision Making Process, Models of Consumers, Four views of Consumer Decision Making, Model of Consumer Decision Making,
Reference Books
ELECTIVE COURSE
PSYBGE01-EDUCATIONAL PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75 + Internal 25)

Unit-I: Exploring Educational Psychology
Exploring Educational Psychology: Historical Background- Teaching: Art and Science-Effective Teaching: Professional knowledge and Skills-Goal Setting and Instructional planning Skills-Classroom Management Skills-Motivational Skills-Technological Skills.

Unit II: Cognitive Development: Piaget’s theory and Vygotsky’s Theory
Vygotsky’s Theory-Assumptions- Zone of Proximal Development-Scaffolding-Language and Thought.
The Brain: Development of neuron and Brain Region- Development of Brain in Childhood and Adolescents

Unit III: Language Developments and Intelligence
Intelligence: Intelligence Tests- Theories of Multiple Intelligence-Information-Processing Approach –Segler’ View – Metacognition – Good Information Processing Model

Unit IV: Learning and Motivation
Bandura’s Social Cognitive Theory- Observational Learning.
Motivation: Perspectives on Motivation- Extrinsic and Intrinsic Motivation- Pother cognitive Process-Anxiety and Achievement-Social Motives.
Teaching Techniques: Description-Demonstration- Lecture Method- Discussion Method- Dramatization-Explanation- Aptitude Treatment Interaction –Mastery Learning –Teaching through Multimedia

Unit V: Special Education
Children With Disabilities: Sensory Disorders- Physical disorders-Mental Retardation-Speech and Language Disorders- Learning Disabilities- Attention Deficit Hyperactivity Disorder- Emotional and Behavioral Disorders.
Reference Books

ELECTIVE COURSE

APPLIED STATISTICS AND PSYCHOLOGICAL TEST CONSTRUCTION

MAXIMUM MARKS: 100 (External 75 + Internal 25)

UNIT 1: Central tendency, Variability, Correlation and Regression

UNIT 2: Student t Test, ANOVA (one way, two-way), Non-parametric statistics
One tail test, two tail test. Student ‘t’ – Application and Purpose, Assumptions, Calculation, Interpretation. Large sample t test. Test of Significance of difference in proportions. ANOVA – Application and Purpose, Assumptions, Calculation of One-way ANOVA and Two-way ANOVA. Interpreting interaction in Two-way ANOVA. Honestly Significant Difference.

UNIT 3: Test Construction (Introduction, Item Writing and Item Analysis)

UNIT 4: Reliability and Validity
UNIT 5: Norms and Test Scales, and Response Set in Test Scores


Reference Books

ELECTIVE COURSE
COMMUNITY PSYCHOLOGY

MAXIMUM MARKS: 100 (External 75+ Internal 25)

Unit 1 Community Psychology

Origin of Mental Health care in the welfare system, Community Mental health, Influence of Applied Social Psychology and the War on Poverty, Current issues in Community Mental Health, Interdisciplinary Community Psychology

Psychological conceptions of the environment - Social environmental influences on behavior, Perceived social climates, Social roles, Social capital, Socio-Physical Environment

Unit 2 Approach to research Participatory action approaches to research. Community development context of research: What is Community Development – Research and Community Development – Building Research relationships in a community development context

Project-based research model: Diagnose, Prescribe, Implement, Evaluate – Participatory flexibility, Where are you in project cycle.

Unit 3: Prevention:

Basic concepts in prevention, Secondary prevention, Primary mental health project, Limitations of Secondary prevention in mental health, Universal and primary prevention.

Prevention through stepwise risk reduction, School as a locus of prevention, Community-based health promotion

**Unit 4 Diagnosing:**
Impetus for diagnosis, Structure for a Diagnostic Process – The core group, Problems, Opportunities, and Issues, Needs Assessment, Asset Mapping, Needs and Resources

**Prescribing:** A planning approach, Program prescriptions.

**Implementing:** Research as Action, Community Research, Target Research

**Unit 5 Evaluation:** Choices in Evaluation, Participatory evaluation from the beginning, participatory evaluation as an integrated process

Beyond Information: Art of Paying attention, Role Models for Research as a Daily Practice, Information management and information technology

Writing proposals, Ethics in Community Intervention.

**Reference Books**
2. A Project-Based Approach *Second Edition*
BHARATHIAR UNIVERSITY, COIMBATORE – 641 046
DEPARTMENT OF PSYCHOLOGY

M.Sc APPLIED PSYCHOLOGY
SEMESTER PATTERN (CBCS)
(For the Students admitted during the Academic year 2017-2018 and onwards)

SUPPORTIVE COURSE

PROBABILISTIC ORIENTATION FOR PERSONALITY DEVELOPMENT

MAXIMUM MARKS: 50 (External 38 + Internal 12)

Unit 1: Psychological Foundation of Human Being

Unit 2: Basic premise of Probabilistic Orientation

Unit 3: PO Exercises I
Unbounded Expectancy, Sensing Unlimited Possibilities, Insight into Bias, Healthy Skepticism.

Unit 4: PO Exercises II
Unconditional Acceptance, Appreciation of chance and Awareness of Predictability.

Unit 5: Research studies on PO
Intervention Studies on adolescents and young adults –Effect of Probabilistic Orientation Broadcast Intervention- Study on efficacy of PO therapy.

Reference Books
TRANSACTIONAL ANALYSIS

MAXIMUM MARKS: 50 (External 38 + Internal 12)

Unit I: Transactional Analysis Key Concepts
What is Transactional Analysis- Analysis of Ego states- What makes Transactional Analysis to be T.A.?

Unit II: Transactional Analysis Proper

Unit III: Game Analysis
Games Analysis - Games that are played

Unit IV: Script Analysis
Script Analysis - - Life Management and History of the Person

Unit V: The Analysis of Relationships
The Analysis of Relationships - Person to person- Analysis of Organizations- Person to Person In-Group.

Reference Books

3. GOULDING, R AND M.GOULDING (1975). The Power is in the Patient, San Francisco : TA Publication

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS
INTRODUCTION TO PSYCHOLOGY

MAXIMUM MARKS: 50 (External 38 + Internal 12)

Unit I: The Nature and Scope of Psychology
The Nature and scope of Psychology- Consciousness and Behavior- Methods and Fields

Unit II: Biological Bases of Human Behaviour
Biological Bases of Human Behaviour - Heredity and Environment- The role of sensory processes and Human Behavior

Unit III: Attention, Perception and Learning
Attention, Perception and Learning - Selective Attention- Sorting out the World- Division of Attention- Perception: Visual, form and Movement- Learning Principles- Memory and Forgetting.

Unit IV: Intelligence and Creativity
Intelligence and Creativity - Intelligence- IQ- Measuring Intelligence- Mental Retardation- Gifted- Creativity- Problem Solving

Unit V: Personality and Motivation
Personality and Motivation - Theories of Personality- Assessment and its Development- Human Motivation- Needs- Understanding Emotions

Reference Books


LIST OF PRACTICALS

1. Fluctuation of Attention
2. Experiments on Perception
3. Experiments on Learning
4. Measuring Intelligence
5. Assessment of Creativity
6. Personality Tests
7. Motivation Experiments
8. Mental Health

A MINIMUM OF 2 PRACTICAL NEEDS TO BE DONE BY THE CANDIDATE AND THE RECORD OF WORK HAS TO BE SUBMITTED BASED ON THE ABOVE SYLLABUS