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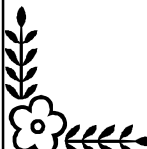
University, Aurangabad.

PSYCHOLOGY

SYLLABUS FOR - M.A. SECOND YEAR

With effective from 2009-10.

Paper V	: - RESEARCH DESIGNS & ADVANCED STATISTICS	Marks-100
Paper VI	: - STRESS AND COPING	Marks-100
Paper VII	: - CLINICAL & COMMUNITY INTERVENTIONS	Marks-100
Paper VIII	: - PSYCHOLOGY PRACTICUM'S: TESTS	Marks- 100



PSYCHOLOGY

PAPER V: - RESEARCH DESIGNS & ADVANCED STATISTICS

With effective from 2009-10.

(Distribution- Research Methods & Theory of Statistics 60 Marks. Statistics 40 Marks,)

Marks-100

Objectives: -

1. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
2. To develop computational skills in students and enable them to analyze the data practical, project work, and dissertation.

1. Experimental Designs

- (a) Meaning & purpose of research Design
- (b) Criteria of Research design
- (c) Basic principles of Experimental Design
 - i. Replication
 - ii. Randomization
 - iii. Local control
- (d) Some important types of Research Design
 - i. Between- Groups Design
 - ii. More- Than – Two – Randomized groups Design
 - a. Matched- Groups Design.
 - b. Factorial Design
 - (ii) Within – Groups Design
 - i. Single subject design
 - ii. Repeated measures designs
 - iii. Single factor repeated measures designs
 - iv. Two factor repeated measures designs
 - (iii) Comparison of Between – Groups Designs & within Groups Design.

2. Quasi – experimental Design

- (a) Quasi – experimental Design
 - i. Meaning of quasi experimental design
 - ii. Types of quasi experimental Design
- (b) Time series design.
- (c) Equivalent time samples Design
- (d) Non- equivalent control group design
- (e) Counterbalanced design
- (f) Separate- sample pretest – post test Design
- (g) Patched- up Design

3. Analysis of variance (ANOVA)

- (a) Need for the Technique of ANOVA
- (b) Meaning of the term ‘ANOVA’
- (c) Procedure for calculating for ‘ANOVA’
- (d) Two- Way ANOVA
- (e) Underlying Assumptions in ANOVA
- (f) Post – hoc comparisons
 - i. DMRT
 - ii. Tuckey test

iii. Proceeded 't'

4. Analysis of Covariance

- (a) Meaning & purpose
- (b) How to make use of the ANCOVA
- (c) Assumptions underlying ANCOVA

5. Social scientific research

- (a) Meaning & Characteristics of social scientific research
- (b) Types of research
 - i. Experimental research
 - a. Laboratory experiments
 - b. Field experiments
 - ii. Non – experimental research
 - a. Field studies
 - b. Ex – Post facto
 - c. Survey research: Meaning, Uses & Characteristics.
 - d. Survey Research Design:
 - i. Cross – sectional Designs
 - ii. Successive independent sample Design
 - iii. Longitudinal Design
 - e. Case Study
- (c) Difference between survey & experiment.

6. Chi Square

- (a) Use of chi square as a Test of “Goodness of Fit”
 - i. Hypothesis of chance
 - ii. Hypothesis of equal probability
 - iii. Hypothesis of Normal Distribution
- (b) Procedure of chi square Testing
- (c) Use of chi-square as a test of independence between two variables
- (d) Contingency Coefficient – How to compute C
- (e) Underlying Assumptions, uses & limitations of chi square Test.

7. Non-Parametric Tests.

- (a) Parametric & Non-parametric Tests
- (b) When to use parametric & Non-parametric tests.
 - i. Sign test
 - ii. Evaluation of sign test
 - iii. Wilcoxon matched-pairs signed ranks Test.
 - iv. Median test.
 - v. The mann – whitney ‘U’ test

8. Writing a research report & Research proposal

- (a) General purpose of writing a research report
 - i. Structure or format of a research report
 - ii. Style of writing as research report
 - iii. Typing research report
 - iv. Evaluating a research report
 - v. Preparing a research proposal

Source Books: -

1. Singh, A. K.(2006). Tests Measurement & Research Methods in Behavioural Sciences. (5th ed). Patna: Bharti Bhavan.
2. McBurry, D. H. (2002).Research Methods. USA: Wordsworth, Thompson.
3. Karlinger, F. N. (1994).Fundamentals of Behavioural Research. (3rd ed).
4. Shaughnessy, J.J. & Zechmiester, E. B. (1997). Research Methods in Psychology (4th ed)
5. Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001). Essenitials of Research Methods in Psychology.
6. Broota, K. D. (1989). Experimental Design in Behavioural Research. New Delhi: Wiley Estern Ltd.
7. Mangal, S. K. (2002) Statistics in Psychology and Education (2^{ed}). New Delhi: Prentice - Hall
8. Robinson, P. W. (1976). Fundamentals of Experimental Psychology. Prentice-hall

Reference Books: -

1. Borude, R. R. (2005). Sanshodhan Paddhatishastra. Pune: Pune Vidyarthi Grhua.
2. Desai, B. & AbhyanKar, S. C. (2007). Prayogic Manasashastra and Sanshodhan Paddhati. Pune: Narendra Prakashan.
3. Kothari, C. R. (1985). Research Methodology: Methods & Techniques. New Delhi: Wiley Eastern Ltd.

PSYCHOLOGY

PAPER VI: - STRESS AND COPING

With effect from 2009-10.

Marks: 100

Objectives: -

1. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress health/well being linkage.
2. To highlight the importance of social and psychological processes in the experience of health and illness.

1) WHAT IS STRESS?

- i) Stress and Burnout
- ii) Stress as the dependent variables – A response based model of stress
- iii) Stress as the dependent variables – A stimulus based model of stress
- iv) An interactive model of stress
- v) The psychodynamic approach
- vi) Stress tolerance limit
- vii) Burnout
- viii) Ancient Indian concept of stress
- ix) Positive roll of stress
 - (a) Stress potential of the creative personality
 - (b) Stress potential of the creative process
 - (c) Stress potential for creative managers

2) STRESS AND PHYSIOLOGY

- i) Stress and diseases
- ii) Psychosomatic disease
 - (a) Cancer and stress
 - (b) Psycho – sexual diseases and stress
 - (c) Gastric ulcer and stress
 - (d) Bronchial asthma and stress
 - (e) Anxiety neurosis and stress
- iii) Endocrinology of stress
 - (a) Endocrine glands and their effect on induced stress
 1. Pituitary gland
 2. Pineal gland
 3. Adrenal gland
 4. Thyroid gland
- iv) Stress and environment
 1. Malnutrition and stress
 2. Cold stress
 3. Surgical stress
 4. Industrial toxicants and stress
- v) Social factors and body construction in stress
- vi) Indian indigenous drugs and stress

3) LIFE EVENTS STRESS

- i) The concept of life stress
- ii) The measurements
 - (a) Dube's life events scale
 - (b) Singh et al;s life events scale
 - (c) Batlivala's life events scale

- (d) Daftuar's modified version of life events scale
- iii) Variance in life stress
- iv) Life stress and psychosis
- v) Life stress and hysteria
- vi) Life stress and certain disorders
 - (a) Cancer
 - (b) Peptic ulcer
 - (c) Irritable bowel syndrome
 - (d) Diabetes
 - (e) Bronchial asthma

4) ORGANIZATIONAL ROLE STRESS

- i) The concept of role stress
 - (a) Role space
 - (b) Role set
- ii) Measurement of role stress
 - (a) Role space conflicts
 - (b) Role set conflicts
- iii) Correlates of role stress
 - (a) Personal correlates of role stress
- iv) Role stress and background factors
- v) Organizational correlates of role stress
- vi) Stress and productivity

5) ROLE STRESS IN SPECIAL GROUPS

- i) Executive health and stress
 - (a) Psychological ailments
 - 1. Depression
 - 2. Anxiety
 - (b) Psychosomatic ailments
 - 1. Headaches
 - 2. Stomach ulcer
 - 3. Hypertension
 - (c) Physiological ailments
 - 1. Overweight
 - 2. Obesity
 - 3. Diabetes
 - 4. Urogenital
 - 5. Liver
- ii) Public sector vs private sector executives
- iii) Role stress among bank professionals
- iv) Role stress among computer professionals
- v) Role stress among supervisors
- vi) Role stress among air traffic controllers
- vii) Role stress among entrepreneurs
- viii) Role stress among working women
- ix) Role stress among teachers and students
- x) Role stress among police professionals

6) COPING STYLES OR STRATEGIES

- i) Coping strategies: concept
- ii) Coping measurements
- iii) Coping profiles of some groups

7) MODERATORS OF STRESS

- i) Personality variables
 - (a) Needs as moderator
 - (b) Locus of control as moderator
 - (c) Type-A pattern of behaviour as moderator A
 - (d) Mental health as moderator
 - (e) Coping strategies as moderator
 - (f) Effort and outcome orientations as moderator
- ii) Organizational variables
 - (a) Organizational climates as moderator
 - (b) Job satisfaction as moderator
- iii) Occupational stress as Moderator
 - (a) Hierarchical level as moderator
 - (b) Psychological participation as moderator
- iv) Studies pertaining to other moderator variables

8) COUNTERACTING STRESS

- i) Counteracting stress
- ii) What as organizational can do?
- iii) Job characteristics approach
 - (a) Theory of job characteristics model
 - (b) Managing organizational stress using the job characteristics approach
 - (c) Issues in implementing the job characteristics modal
 - (d) A new strategy for using the job characteristics approach to manage organizational stress
- iv) Concept of role efficacy as a reducer of stress
- v) What an individual can do
 - (a) Stress its perception and consequences
 - (b) Awareness of being in a stressful state
 - (c) What happens during a stressful situation
 - (d) Proneness to experience stress and its identification
- vi) Coping mechanisms in Indian managers
- vii) Coping strategies for role stresses
- viii) Ways to manage stress effectively
- ix) Coping with stress through non-drug methods
 - (a) Relaxation]
 - (b) Acupuncture
 - (c) Exercise
 - (d) Yoga
 - (e) Meditation
 - (f) Biofeedback
 - (g) Recreation
- x) Leisure, health and stress
- xi) An action plan for coping
- xii) The spiritual dimension of health

Books for reading: -

1. Pestonjee, D.M. (1999). Stress and Coping. (2nd) New Delhi: Sage publication.
2. Lazarus. Psychology of stress and health.
3. Cartwright, S and Cooper, C. L. (1997): Managing workplace stress, New Delhi: Sage
4. Cooper, C. and Payne, R. (1988): Causes, Coping and Consequences of Stresses at Work. Chichester: Wiley.

PSYCHOLOGY
PAPER VII: - CLINICAL & COMMUNITY INTERVENTIONS
With effective from 2009-10

Marks: 100

Objectives: -

1. This paper focuses on the contribution of different theoretical approaches to psychopathology to the area of clinical and community interventions and aims.
2. To train students in different approaches to counseling and psychotherapy
3. To help develop a balance view of the various therapies and the practical techniques employed
4. To help students familiarize themselves, gain knowledge and work towards developing an integrative perspective.

1. INTRODUCTION

Clinical Intervention defined – what problems are amenable to change – course and objectives of clinical intervention – features common to many Therapies – Nature of specific therapeutic variables – The patient or client , The Therapist – Psychotherapy and counseling – Ethical issues in Psychotherapy.

2. THERAPEUTIC RELATIONSHIP AND SKILLS OF THERAPIST

Definition of TR – characteristics of TR- Components of TR – The working alliance – transference – the real relationship – characteristics and skills of a therapist Issues faced by therapist – Therapist's contribution to TR.

3. TECHNIQUES OF COMMUNITY INTERVENTION

Crisis intervention – The concept of crisis – General qualities of crisis – The technique of crisis intervention – Consultation - Definition , types , general characteristics of consultation process – consultant's function – phases in consultation process – mental health education – Goals and problems – The practice and effectiveness of mental health education – types of prevention.

4. TYPE OF THERAPIES

Psychoanalytic therapy: - Aim, Process and Techniques, Critical evaluation. Behaviour Therapy – Definition – Traditional techniques of behaviour therapy – critical evaluation cognitive – behavioural therapy- Existential therapy – Gestalt therapy – client – centered therapy – transactional analysis

5. GROUP THERAPY, FAMILY THERAPY AND COUPLES THERAPY.

Models and process of group therapy- the curative factors – Goals and Process of family and couples therapy- are family and couples therapy effective ?

6. COUNSELLING

Definition – personal qualities of a counselor – stages in counseling process – Counseling skills – levels of counseling techniques – Non-verbal behaviour – verbal behaviour-covert behaviour – Interpersonal manner.

BOOKS FOR READING

1. WOLBERG L. R. (1998) – The Techniques of Psychotherapy . Barcour Brace Grune Of Stratton
2. KORCHIN S.J. (1986) – Modern Clinical Psychology CBS Publishers and Distributors , New Dilhi.
3. TRULL AND PHARES (2001) - Clinical Psychology . Sixth Edition Wadsworth, Thomson Learning, Belmont, USA
4. GERALD COREY (2001) – Theory and Practice of Counseling and Psychotherapy. Brooks / Cole Thomson Learning . Belmont, USA

PSYCHOLOGY
PAPER VIII: - PSYCHOLOGY PRACTICUM'S: TESTS
 With effective from 2009-10.

Marks-100

Objectives

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological of psychological tools, techniques and tests.
3. To nurture the skill of observation

Section – A: - Practical s (Any 10)

Marks -

Sr. No.	Name of the Test	Author
1	Medico Psycho-Questionnaire	Bharatraj, J.
2	Dimensional of personality inventory	Bhargava, M.
3	Type A/B Behavioural patterns scale	Upinder Dhar & Jain M.
4	PGI Health Questionnaire N – 1	Varma, S. K., Prashad, D., Wig, N. N
5	Indian Adaptation of Bell's Adjustment Inventory	Sharma, L.
6	Nairashya Maapa (Frustration Test)	Chauhan, N. S, Tiwari, G. P.Mental
7	Depression Scale	Dubey, L. N.
8	Comprehensive Scale of Tension	Bharadwaj, R.
9	Student Examination Anxiety Test	Agarwal, M., Kaushal, V.
10	Sing Personal Stress Source Inventory	Singh, A., Singh, A.K., Singh, A.
11	Emotional intelligence Scale	Anookal Hyde, & Sanjyot Pethe
12	Mental Health Check-List(MHC)	Kumar, P.
13	Anxiety Scale	Sinha & Sinha
14	Maudsley Personality Inventory	Eysenck, H. J.
15	Neuroticism Scale Questionnaire	Cattell, R. B.
16	Clinical Analysis questionnaire	Cattell and Krug
17	Eight State Questionnaire	Curran & Cattell.
18	Life Satisfaction Questionnaire	Alam, Q. G., Srivastava, R
19	Perceived Loneliness Scale	Jha, P. K..
20	Levenson's Scale for Locus of Control Indian Adaptation	Vora, S.
21	NEOPI	Costa & McCare.
22	Sentence Completion Test	Dubey, L. N.
23	Rosenweig Picture Frustration Test	Pareek, U.
24	Emotional Maturity Scale (EMS)	Singh, Y., Bhargave M.
25	Presumptive Stressful Life Event Scale	Sing, G., Kaur, D., Kaur, H.
26	Mental Helth Battery	Singh, A. K., Sengupta, A.
27	Self Expression Inventory (SEI)	Varma, R. P., Upadhayay, U.
28	Beck Depression Inventory	Abha Rani.

- **Section – B: - Research Project**

Marks – 20

Each candidate is expected to submit an independent research project based on problem of his or her choice, in any area of clinical psychology.

- **Section – C: - Clinical Report**

Marks – 20

The candidate is required to submit reports of at least five cases for which clinical, Psychological evaluation, diagnosis and management strategies are outlined.

- **Section – D: - Seminar**

Marks – 10

Distribution of Marks

Section – A				Section – B Research Project	Section – C Clinical Report	Section – D Seminar (Internal)	Total
Procedure	Viva	Report	Record Book (Internal)				
15	15	10	10	20	20	10	100