

**D.R. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD.**



Syllabus of

M.A. Second Year

[ Semester-IIIrd & IVth ]

[ Psychology ]

[ Effective from June-2010 & onwards ]

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.****PSYCHOLOGY****Curriculum Structure and Scheme of Evaluation for - M. A.****With effect from 2010-11.**

<b>SEMESTER – III</b>									
<b>Sr. No.</b>	<b>Course Code</b>	<b>Name of the Subject</b>	<b>Scheme of Teaching (Periods/Week)</b>				<b>Scheme of Evaluation (Marks)</b>		
			<b>L</b>	<b>P</b>	<b>Total Periods</b>	<b>Total Credits</b>	<b>Theory</b>	<b>Internal</b>	<b>Total Marks</b>
1.	<b>PSY 209</b>	<b>RESEARCH DESIGNS &amp; ADVANCED STATISTICS</b>	4	-	4	4	30	20	50
2.	<b>PSY 210</b>	<b>PSYCHOLOGY OF STRESS</b>	4	-	4	4	30	20	50
3.	<b>PSY 211</b>	<b>CLINICAL PSYCHOLOGY</b>	4	-	4	4	30	20	50
4.	<b>PSY 212</b>	<b>CLINICAL PSYCHOLOGY PRACTICUM</b>	-	4	4	4	-	<b>Practical's</b> 50	50
<b>(A) Total of Semester – I</b>			<b>12</b>	<b>4</b>	<b>16</b>	<b>16</b>	<b>90</b>	<b>110</b>	<b>200</b>
<b>SEMESTER – IV</b>									
<b>Sr. No.</b>	<b>Course Code</b>	<b>Name of the Subject</b>	<b>Scheme of Teaching (Periods/Week)</b>				<b>Scheme of Evaluation (Marks)</b>		
			<b>L</b>	<b>P</b>	<b>Total Periods</b>	<b>Total Credits</b>	<b>Theory</b>	<b>Internal</b>	<b>Total Marks</b>
1.	<b>PSY 213</b>	<b>SOCIAL SCIENTIFIC RESEARCH &amp; NON – PARAMATRIC STATISTICS</b>	4	-	4	4	30	20	50
2.	<b>PSY 214</b>	<b>STRESS MANAGEMENT</b>	4	-	4	4	30	20	50
3.	<b>PSY 215</b>	<b>CLINICAL &amp; COMMUNITY INTERVENTIONS</b>	4	-	4	4	30	20	50
4.	<b>PSY 216</b>	<b>PSYCHOLOGY PRACTICUM'S: TESTS</b>	-	4	4	4	-	<b>Practical's</b> 50	50
<b>(A) Total of Semester – I</b>			<b>12</b>	<b>4</b>	<b>16</b>	<b>16</b>	<b>90</b>	<b>110</b>	<b>200</b>

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

**PSYCHOLOGY**  
**SYLLABUS FOR – M. A.**  
**With effective from 2010-11.**  
**Semester – III**

Unit	Course Code	Title of the Paper	Credits	Marks For Theory	Marks For Internal	Total
Unit I	PSY 209	RESEARCH DESIGNS & ADVANCED STATISTICS	4	30	20	50
Unit II	PSY 210	PSYCHOLOGY OF STRESS	4	30	20	50
Unit III	PSY 211	CLINICAL PSYCHOLOGY	4	30	20	50
Unit IV	PSY 212	CLINICAL PSYCHOLOGY PRACTICUM	4	-	Practical 50	50



**Dr. Babasaheb Ambedkar Marathwada**

**University, Aurangabad.**

**PSYCHOLOGY**

**SYLLABUS FOR - M.A. SEMESTER III**

**With effective from 2010-11.**

<b>Unit V</b>	<b>: – RESEARCH DESIGNS &amp; ADVANCED STATISTICS</b>	<b>Marks-50</b>
<b>Unit VI</b>	<b>: – PSYCHOLOGY OF STRESS</b>	<b>Marks-50</b>
<b>Unit VII</b>	<b>: - CLINICAL PSYCHOLOGY</b>	<b>Marks-50</b>
<b>Unit VIII</b>	<b>: - CLINICAL PSYCHOLOGY PRACTICUM</b>	<b>Marks- 50</b>

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.**  
**PSYCHOLOGY**  
**Syllabus for M.A. Semester – III**  
**PSY 209 : - RESEARCH DESIGNS & ADVANCED STATISTICS**  
**With effective from 2010-11.**

**External Marks-30**  
**Internal Marks-20**

**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****Credit-1**

- (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****Credit-1**

- (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)****Credit-1**

- (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**

**Credit-1**

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

**Source Books: -**

1. Singh, A. K.(2006). Tests Measurement & Research Methods in Behavioural Sciences. (5<sup>th</sup> ed). Patna: Bharti Bhavan.
2. McBurry, D. H. (2002).Research Methods. USA: Wordsworth, Thompson.
3. Karlinger, F. N. (1994).Fundamentals of Behavioural Research. (3<sup>rd</sup> ed).
4. Shaughnessy, J.J. & Zechmiester, E. B. (1997). Research Methods in Psychology (4<sup>th</sup> ed)
5. Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001). Essententials 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<sup>ed</sup> ). 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.

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.**

**PSYCHOLOGY**

**Syllabus for M.A. Semester – III**

**PSY 210: - PSYCHOLOGY OF STRESS**

**With effective from 2009-10**

**External Marks-30**

**Internal Marks-20**

**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. The Stress Experience: -**

**Credit - 1**

- a. The nature of stress
- b. Dispelling common myths about stress
- c. A whole-person, life style approach to stress management
- d. Coping with stressor of the college years
- e. Anticipating Post – College challenges
- f. Coping and success in college
- g. The interplay of mind, body and behaviour
- h. The stress response: A Psycho – Physiological – Behavioural perspective

**2. The Stress Experience Varies: -**

**Credit - 1**

- a. Distress from overload and under load
- b. Anticipatory, current residual stress
- c. Zones of stress
- d. Eight common stress difficulties
- e. Distress symptoms –
  - i. Emotional, ii. Cognitive, iii. Behavioural, iv. Physical
- f. Stress – Related Disorders

**3. Distress – Prone Personality Patterns: -**

**Credit - 1**

- a. The Type A personality patterns
- b. Tips for managing Type A behaviour
- c. Hostility
- d. Perfectionism
- e. Procrastination
- f. The Type E woman
- g. The Worrier
- h. Learned helplessness/ Learned pessimism
- i. The addiction – prone pattern
- j. The codependency pattern

**4. Distress – Resistant Personality Patterns: -**

**Credit - 1**

- a. The Type B pattern
- b. Learned optimism

- c. Hardiness
- d. Sense of coherence
- e. The survivor personality
- f. The Type C pattern
- g. Self – esteem, The Self actualize person

**Books for reading: -**

1. Schafer, Walt (2000). Stress management, (4 th ed), New Delhi: Wadsworth – Cengage Learning india Pvt. Ltd.
2. Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping, New Yourk; Springer Publishing Company, Inc.
3. Pestonjee, D.M. (1999). Stress and Coping. (2<sup>nd</sup>) New Delhi: Sage publication.
4. Cartwright, S and Cooper, C. L. (1997): Managing workplace stress, New Delhi: Sage
5. Cooper, C. and Payne, R. (1988): Causes, Coping and Consequences of Stresses at Work. Chichester: Wiley.



**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.****PSYCHOLOGY****Syllabus for M.A.Semester – III****PSY - 211 : - CLINICAL ASSESSMENT****With effect from 2010-11****External- 30****Internal- 20****Credit - 1****1. General Issues in Psychological Assessment:**

Planning the assessment-classification-Description-Prediction-Data Collection- Processing Assessment data-Clinical judgment-Computer assisted assessment-Communicating assessment findings- Goals-writing style-organization of the report-Nature and purpose of clinical assessment- Informal assessment and person perception-The Accuracy of person perception.

**2. Clinical Interviewing:-****Credit - 1**

Types of clinical interview-Intake-case history-Diagnostic-Mental status examination-Crisis-The Importance of Report-Communication strategies-Verbal and non-verbal-Listening skills-Diagnostic Interviewing-Interviewing with children-Developmental consideration-Interview techniques.

**3. Personality Assessment:-****Credit - 1**

Projective Methods-Rorschach-contemporary Rorschach Use- Administration- Scoring- Interpretation-TAT-Administration and scoring – Evaluation – Projective – drawings – Objective Methods- MMPI- MMPI-2 MMPI-A- The Millon scales – NEO Personality Inventory.

**4. Behavioral Assessment:-****Credit - 1**

Defining features of Behavioral Assessment – Methods- Behavioral Interviews - structured Interviews – Questionnaires – Behavior Rating scales – Analogue Techniques – self Monitoring – Direct Observation Assessment of Dysfunctional cognitions- Self statements – Automatic thoughts and cognitive schemes Irrational beliefs.

**Books for Reading:-**

- 1) Introduction to clinical Psychology Science, Practice and Ethics, By Jeffrey E. Hecker and Geoffrey L. Thorpe. New Delhi, Pearson Education Indian Edition, 2007.
- 2) Modern clinical Psychology By Korchin S.J. CBS Publishers and Distributors, New Delhi, 1986.
- 3) Clinical Psychology by Trull and Phraes (2001) Sixth Edition, Wadsworth, Thomson Learning Belmont, USA.





**Dr. Babasaheb Ambedkar Marathwada  
University, Aurangabad.**

**PSYCHOLOGY**

**SYLLABUS FOR - M.A. SEMESTER IV**

**With effect from 2010-11.**

<b>Psy-213</b>	<b>: – SOCIAL SCIENTIFIC RESEARCH &amp; NON – PARAMATRIC STATISTICS</b>	<b>Marks-50</b>
<b>Psy-214</b>	<b>: – STRESS MANAGEMENT</b>	<b>Marks-50</b>
<b>Psy-215</b>	<b>: - CLINICAL INTERVENTIONS</b>	<b>Marks-50</b>
<b>Psy-216</b>	<b>: - PSYCHOLOGY PRACTICUM'S: TESTS</b>	<b>Marks- 50</b>

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.****PSYCHOLOGY****Syllabus for M.A. Semester – IV****Psy-213 : SOCIAL SCIENTIFIC RESEARCH & NON – PARAMATRIC STATISTICS****(Distribution- Theory 15 & Statistics 15 Marks.)****With effect from 2010-11.****External Marks-30****Internal Marks-20****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. Social scientific research****Credit-1**

- (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.

**2. Chi Square****Credit-1**

- (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.

**3. Non-Parametric Tests.****Credit-1**

- (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

**4. Writing a research report & Research proposal****Credit-1**

- (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. (5<sup>th</sup> ed). Patna: Bharti Bhavan.
2. McBurry, D. H. (2002).Research Methods. USA: Wordsworth, Thompson.
3. Karlinger, F. N. (1994).Fundamentals of Behavioural Research. (3<sup>rd</sup> ed).
4. Shaughnessy, J.J. & Zechmiester, E. B. (1997). Research Methods in Psychology (4<sup>th</sup> ed)
5. Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001). Essententials 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<sup>ed</sup> ). 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.

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.**  
**PSYCHOLOGY**  
**Syllabus for M.A. Semester – IV**  
**PSY-214: - STRESS MANAGEMENT**  
**With effect from 2010-11.**

**External Marks-30**  
**Internal Marks-20**

**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. Coping Response and Health Buffers: -**

**Credit 1**

- a. Understanding the coping process
- b. Coping options
- c. Extinguishing maladaptive reactions to distress
- d. Strengthening adaptive reactions to distress
- e. Thriving under pressure
- f. Aerobic exercise
- g. Nutrition
- h. Sleep
- i. Healthy pleasures

**2. Managing Self and Relaxations Methods: -**

**Credit 1**

- a. Self – talk and stress
- b. Turning self – talk into a positive force
- c. Application of reprogramming
- d. Managing anger
- e. Meaning and purpose: the spiritual dimension of wellness
- f. The relaxation response: antidote to distress
- g. Relaxation methods

**3. Managing time and social support: -**

**Credit 1**

- a. Time, stress, and health: A universal challenge
- b. Managing time: Guidelines and techniques
- c. Social ties: A stress – resistance resource
- d. Two relationships of social support to well – being
- e. The challenge of building and using social support

**4. Personal Wellness and Social Commitment : -**

**Credit 1**

- a. Constructive maladjustment
- b. Altruistic egoism and egoistic altruism
- c. Helping and wellness
- d. Heroism and responsibility
- e. Looking ahead

---

**Books for reading: -**

1. Walt Schafer (2000). Stress management, (4<sup>th</sup> ed).New Delhi: Wadsworth – Cengage learning India Pvt. Ltd.
2. Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping, New Yourk; Springer Publishing Company, Inc.
3. Pestonjee, D.M. (1999). Stress and Coping. (2<sup>nd</sup>) New Delhi: Sage publication.
4. Cartwright, S and Cooper, C. L. (1997): Managing workplace stress, New Delhi: Sage
5. Cooper, C. and Payne, R. (1988): Causes, Coping and Consequences of Stresses at Work. Chichester: Wiley.

**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.**  
**PSYCHOLOGY**  
**Syllabus for M.A.Semester – IV**  
**PSY-215 : - CLINICAL INTERVENTION**  
**With effect from 2010-11**

**EXTERNAL- 30**

**INTERNAL- 20**

**1. Clinical Intervention defined:-**

**Credit-1**

What problems are amenable to change? Objectives of clinical intervention- Features common to many therapies- Nature of Specific therapeutic- Nature of specific therapeutic variables- the patient or client- The therapist – Psychotherapy relationship- Ethical issues in psycho therapy – psychotherapy and counseling.

**2. Psycho dynamic Psychotherapy-**

**Credit-1**

Psychoanalysis- background and principles- Techniques of Freudian analysis-course of Therapeutic analysis- Carl Jung's analytical Psychology- Adler's Individual Psychotherapy.

**3. Humorous, Experiential and Family therapies-**

**Credit-1**

Humanistic psychotherapy- Existential Psychotherapy- Gestalt Therapy- client Centered therapy- Eclectic Treatment combinations- Three Stage model of helping-family therapy- schools of family therapy-couple therapy-group therapy- process of group therapy- curative factors.

**4. Cognitive Behavioral Interventions-**

**Credit-1**

Behavior therapy techniques- anxiety reduction methods- operant learning techniques- Applied behavior analysis- social skills and problem solving training –cognitive modification procedures- cognitive- behavior modification- self instructional training- REBT- Cognitive Therapy-Cognitive restructuring- coping and problem solving – cognitive Behavior therapy-specific Applications- Panic disorder- phobia and OCD- Anxiety.

**Books for Reading:-**

- 1) Introduction to clinical Psychology Science, Practice and Ethics, By Jeffrey E. Hecker and Geoffrey L. Thorpe. New Delhi, Pearson Education Indian Edition, 2007.
- 2) Modern clinical Psychology By Korchin S.J. CBS Publishers and Distributors, New Delhi, 1986.
- 3) Clinical Psychology by Trull and Phraes (2001) Sixth Edition, Wadsworth, Thomson Learning Belmont, USA.



**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.**  
**PSYCHOLOGY**  
**Syllabus for M.A. Semester – IV**  
**PSY:-216 -PSYCHOLOGY PRACTICUM'S: TESTS**  
**With effect from 2010-11**

**Marks -50**

**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: - Test's (Any Ten)**

**Marks – 40**

Sr. No.	Name of the Test	Author
1	Neuroticism Scale Questionnaire	Cattell, R. B.
2	Clinical Analysis questionnaire	Cattell and Krug
3	Eight State Questionnaire	Curran & Cattell.
4	Life Satisfaction Questionnaire	Alam, Q. G., Srivastava, R
5	Perceived Loneliness Scale	Jha, P. K..
6	Levenson's Scale for Locus of Control Indian Adaptation	Vora, S.
7	NEOPI	Costa & McCare.
8	Sentence Completion Test	Dubey, L. N.
9	Rosenweig Picture Frustration Test	Pareek, U.
10	Emotional Maturity Scale (EMS)	Singh, Y., Bhargave M.
11	Presumptive Stressful Life Event Scale	Sing, G., Kaur, D., Kaur, H.
12	Mental Helth Battery	Singh, A. K., Sengupta, A.
13	Self Expression Inventory (SEI)	Varma, R. P., Upadhayay, U.
14	Beck Depression Inventory	Abha Rani.
15	MMPI	
16	Rorschach Test	
17	TAT	

**Section – B: - Clinical Report**

**Marks – 10**

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

**Distribution of Marks**

Section – A				Section – B	Total
Procedure	Viva	Report	Record Book (Internal)		
10	10	10	10	Clinical Report (Viva)	50
				10	