

# SYLLABUS

Master of Arts in Psychology

Session-2023-25



Department of Psychology

**GOVERNMENT AUTONOMOUS COLLEGE,**

**ROURKELA**

*J. Panda*  
19.07.23

A. Das  
19.07.23

*M. Das*  
19/7/23

*R. Das*  
19.7.23

**EFFECTIVE FOR THE STUDENTS ADMITTED TO THE FIRST YEAR  
POST GRADUATE COURSE DURING THE SESSION 2023-24 AND ONWARDS**

**P.G Department of Psychology**

Semester	Paper	Course Title	Credits	Marks		
				Mid Sem.	End Sem.	Total
I	AECC-I	Entrepreneurship Development	2	20+20 (assignment)	60	100
	101	Basic Psychological Process A - I	4	20	80	100
	102	Basic Psychological Process B - II	4	20	80	100
	103	Life Span Human Development	4	20	80	100
	104	Psychological Statistics	4	20	80	100
	105	Practical	2	-	-	50
	106	Practical	2	-	-	50
	<b>Total Credit /Marks for First Semester</b>			<b>22</b>		
II	AECC-II	Environmental studies and Disaster Management	3	20+20 (assignment)	60	100
	201	Educational Psychology	4	20	80	100
	202	Advance Social Psychology	4	20	80	100
	203	Psychology of Aggression and Violence	4	20	80	100
	204	Research Methodology	4	20	80	100
	205	Practical	2	-	-	50
	206	Practical	2	-	-	50
	<b>Total Credit /Marks for Second Semester</b>			<b>23</b>		
III	IDC	Basic Psychological Process C (for non-core students)	3	20+20 (assignment)	60	100
	301	Psychopathology	4	20	80	100
	302	Clinical Psychology	4	20	80	100
	303	Positive Psychology	4	20	80	100
	304	Counseling Psychology	4	20	80	100
	305	Practical	2	-	-	50
	306	Practical	2	-	-	50
	307	MOOC's one paper from Swayam or others	3	-	-	-
<b>Total Credit /Marks for Third Semester</b>			<b>26</b>			<b>600</b>
IV	401	Industrial Psychology and Organizational Behavior	4	20	80	100
	402	Health Psychology	4	20	80	100
	403	Environmental Psychology	4	20	80	100
	404	Project (Project Work (50)+ Viva (30)+ Presentation(20))	4	50+30+20		100
	405	Human Resource Management	2	20	80	100
	<b>Total Credit /Marks for Fourth Semester</b>			<b>20</b>		<b>500</b>
	<b>Total Credit</b>			<b>90</b>		<b>2300</b>

**One Non-credit course will be taken by the students during the 2 year of study  
NCC/NSS/Sports/Yoga/Gardening/ Socially Useful Productive Work (SUPW)**

*A. T. D. N.*  
19.07.23

A. Day  
19.07.23

*Praxis*  
19/7/23  
*P. B. S.*  
19.7.23

## FIRST SEMESTER

### PAPER-PSY-101

#### BASIC PSYCHOLOGICAL PROCESS-~~AI~~

##### Unit-I: Introduction

- What is Psychology? Aims and goal of psychology, methods of psychology
- Systems and early schools of Psychology- Structuralism (Titchner) and Functionalism (William James), Behaviourism (Watson), Gestalt (Wertheimer, Kohler and Kohler)

##### Unit-II: Basic physiological Psychology

- Structure and function of Neuron, Neurotransmitter, Synaptic Transmission
- Structure and functions of nervous system : Brain & Spinal cord
- Sensory system: vision & auditory

##### Unit-III: Attention and Perception

- Definition and issues of attention, processing capacity and selective attention, auditory signals, theories of attention
- Perception, perceptual span, iconic storage, echoic storage, visual pattern recognition-Gestalt theory, bottom up vs top down processing, template matching, signal detection theory

##### Unit-IV: Memory

- Structure and processes, Short Term Memory, Long term memory
- Neurocognition, retrieval of information from STM and LTM
- Autobiography memories, models of memory- Waugh and Norman, Atkinson and Shiffrin information processing, level of processing ( Craik)

##### References Books

1. Passer, M. W., & Smith, R. E. (2004). Psychology: The science of mind and behavior (2nd ed.). McGraw-Hill.
2. Myers, D. G., & DeWall, C. N. (2018). Psychology. Twelfth edition. New York, Worth Publishers.
3. Philip G. Zimbardo & Ann L. Psychology, 7<sup>th</sup> ed, 2016 (Pearson, 2012) BBS.
4. Sternberg, Robert J (2008). Cognitive Psychology, Cengage Learning
5. Matlin, Margaret W (2008), Cognitive, London, Willy
6. Carlson, N. R. (2005). *Foundations of physiological psychology* (6th ed.). Pearson Education New Zealand.

Mohendra Tanaya Tardik  
19.07.23

Rupakree Brahma Wmce  
19.7.2023

Arunadhari Das  
19.07.2023

Ranjit Kaur  
19/7/23

## PAPER-PSY - 102

BASIC PSYCHOLOGICAL PROCESS-**BI****Unit-I: Emotion and Motivation**

- Emotion- Nature and definition of Emotion. Brief description of Canon-Bard, James-Lange and Schachter-Singer theories of emotion
- Motivation- Meaning and definition of Motivation. Need, drive, and incentives. Theories of motivation- Drive theory, Arousal theory, Expectancy theory, Maslow's need hierarchy theory.

**Unit-II: Learning**

- Meaning and definition of learning
- Classical conditioning- basic principles, the neural basis of learning
- Operant conditioning – basic principles, schedules of reinforcement
- Observational Learning

**Unit-III: Intelligence**

- Nature and theories of intelligence
- Measurement of intelligence, the cognitive and neural basis of intelligence.
- Heredity, environment and intelligence

**Unit-IV: Personality**

- Define Personality, Psychoanalytic, Neo-Freudian, Behaviouristic, Humanistic,
- Assessment of personality- Psychometric, Projective Technique Test
- Indian Theory of Personality

**References Books**

1. Michale W. Passer & Ronald E. Smith, Psychology (2014). 4<sup>th</sup> edition. Mc Graw Hill Education.
2. David G. Myer & Nathan Dewall, Psychology, 11<sup>th</sup> edition, 2016, WORTH Publisher.
3. Philip G. Zimbardo & Ann I. Weber, Psychology, 7<sup>th</sup> ed. 2016. (Pearson, 2012) BBS.
4. Feist, J. & Feist, J.G. (2013), theories of personality, McGraw Hill Education
5. Galoti, Kathleen M (2007), Cognitive Psychology: In and out of the Laboratory. (3<sup>rd</sup> Edition), Wadsworth Cengage Learning.
6. Stenberg, Robert J (2008). Cognitive Psychology, Cengage Learning
7. Matlin, Margaret W (2008), Cognition. London, Wiley.

*D. Indira*  
19.07.23

*A. Das*  
19.07.23

*Praveen*  
19/7/23

*P. Das*  
19.7.23

**PAPER-PSY - 103**  
**LIFE-SPAN DEVELOPMENT**

**Unit-I : Understanding Life-span Human Development**

- Defining development, conceptualization the life span development
- Nature-nurture issue- Studying genetic and environmental influences, gene and environment interaction.
- Development research design: Cross-sectional, longitudinal and sequential.

**Unit-II : Development during Childhood Years**

- Cognitive development, social development, emotional development
- Theories of development- Contribution of Piaget, Vyogotsky and Kohlberg.

**Unit-III: Adolescence & Adulthood**

- Physical, cognitive, social and emotional development during adolescence
- Adolescence at risk, physical ,cognitive, social changes in adulthood, crisis of adult life.

**Unit-IV: Old Age, Death and Dying**

- An overview of Developmental changes during Old age
- Theories of Aging , Kulber-Ross's Stages of Dying
- The experience of Bereavement . Bereavement and Human Development

**Reference Books**

1. Papalia, D.(2009), Human Development (11<sup>th</sup> edition), New York, McGraw-Hill.
2. Sigelman, C.K.& Rider, E. (2008), Life Span Human Development (6<sup>th</sup> edition), UK, Wadsworth Publishing Company.
3. Sigelman, C.K. (2006) Human Development (7<sup>th</sup> edition), UK, Wadsworth Publishing Company.

*D. Tufan*  
19.07.23

*A. Das*  
19.07.23

*Blawel*  
19/7/23

*R. Mys*  
19.7.23

**PAPER-PSY - 104**  
**PSYCHOLOGICAL STATISTICS**

**Unit-I** Measurement of Central tendency :-characteristics of Mean, Median, Mode.(2)Measures of Variability –Concept of Variability ,Computation of Semi Quartile, Range, Standard Deviation & Variance.

**Unit-II**

- Concept Of NPC ,Characteristics Application of NPC ,Deviation from NPC Skewnes & Kurtosis.
- Concept of Correlation –Product Moment Correlation, Rank Order Correlation ,Regression Analysis.

**Unit-III: Hypothesis Testing**

- Level of Significance, Type I & Type II Error, Computation of 't' test for dependent and Independent Sample .
- One way and two way ANOVA:

**Unit-IV: Non Parametric**

- Chi-square test, Mann Whitney, 'U' Test
- Kruskal Wallis 'H' Test, Friedman two way ANOVA.

**Reference Books:**

1. Minium, E.W. (1978). Statistics in Psychology and Education (2nd Edition), New York, Wiley.
2. Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology. (4th Ed.) India: Pearson Education, Prentice Hall.
3. King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.
4. Mohanty, Banamali & Misra, Santa (2016), Statistics for Behavioural and Social Sciences, (1<sup>st</sup>.Ed.) India: SAGE publication Pvt. Ltd.

*D. Tufan*  
19.07.23

*A Das*  
19.07.23

*Prachi*  
19/7/23

*P. B. Muni*  
19.8.23

PAPER-105  
PRACTICAL (50 MARKS)

Time-3 hours

**SPSS (Statistical Package For Social Sciences)**

Note: Student will be expected to understand the data entry process and other types of statistical analysis as per the requirement of the course under the direct guidance of a teacher

PAPER-106  
PRACTICAL (50 MARKS)

Time- 3 hours

1. Thematic Apperception test (TAT)
2. Emotional Intelligence

Mohendra Tanaya Tripathi.  
19.07.23

Rupashree Brahma Kumar.  
19.7.2023

Ranjit Rai  
19/7/23

Arcunathabi Das  
19.07.2023

**SECOND SEMESTER**  
**PAPER-PSY - 201**  
**EDUCATIONAL PSYCHOLOGY**

**Unit-I: Educational Psychology**

- Meaning and definition of Educational Psychology and role of Educational Psychology .
- Concept, learning, strategies for teaching concepts, teaching concept through discovery, teaching concept through exposition.
- Problem solving: General and domain specific problems, stages of problem solving, barriers, effective problem solving.

**Unit-II: Motivation in Learning**

- Definition, intrinsic and extrinsic motivation, approaches to motivation, socio-cultural conceptions of motivation, strategies to encourage motivation.
- Creating Learning Environments-Goals of Classroom management, creating and maintaining a positive learning environment.

**Unit-III: Teaching for Academic Learning**

- Teacher directed instruction-characteristics effective teachers, explanation and direct instruction, seatwork and homework, questioning and recitation, group discussion.
- Student centered teaching- Effective teaching in inclusive classroom.

**Unit-IV: Teaching for Self-regulation and creativity:**

- Self-regulation – Factors influencing self regulation, self regulation process and teaching students to be self-regulated learners.
- Creativity- Definition, source of creativity, assessment of creativity, creativity in the classroom. "The big-C creativity"

**Reference Books**

1. Woolfolk, A . (2004) Educational Psychology. (9<sup>th</sup> Edition). Boston. Pearson.
2. Gage, N.L. & Berliner, D.C. (2009) Educational Psychology (5<sup>th</sup> edition). Boston. Houghton Mifflin.
3. Slavin, Robert E. (2012). Educational Psychology Theory and Practice. Delhi , Pearson.
4. Agrawal, J.C. (2009). Essentials of Educational Psychology (2<sup>nd</sup> Edn.) vikas Publishing House ,New Delhi.
5. Mangal, S.K. (2013). Advanced Educational Psychology (2<sup>nd</sup> Edn.) PHI Learning Pvt.Ltd. New Delhi.
6. Chauhan S.S. (2010) Advanced Educational Psychology, Vikas Publishing.

*D. P. Das*  
19.07.23

*A. Das*  
19.07.23

*P. Das*  
19/7/23

*R. B. Das*  
19.7.23



**PAPER-PSY - 202**  
**ADVANCED SOCIAL PSYCHOLOGY**

**Unit-I : Introduction**

- Definition, nature, goal, scope of Social Psychology
- Methods of Social Psychology (Observation, Questionnaire, Interview, Experiment).
- Importance of Social Psychology in today's context

**Unit-II : Attitude, Prejudice & Stereotypes**

- Attitude- Nature, characteristics & function. Attitude formation and change. Measurement of attitude.
- Prejudice & Stereotypes- Nature, Components of Prejudice. Acquisition and reduction of Prejudice.

**Unit-III : Social Behaviour**

- Prosocial behavior, co-operation and helping, personal, situational and socio culture determinants.
- Theoretical explanation of prosocial behavior
- Process of Social influences- The concept of social influences. Areas of Social influence – Persuasion, conformity, compliance and obedience.

**Unit-IV : Group & Leadership**

- Group- Formation, types, group dynamics
- Leadership- Definition, function, traits, situational, interactional and contingency approaches to leadership, leadership effectiveness, the Charismatic leadership

**Reference books**

1. Baron, R.A.& Branscombe, N.R. (2017). Social Psychology, Delhi: Pearson Education Asia.
2. Myers, D.G. (2006), Social Psychology, New Delhi: Tata Mcgraw Hill.
3. Worcel, S., Cooper, J., Goethals , G.R. & Olson, J.M. (2000). Social Psychology, CA Wadsworth.
4. Baron, R.A. & Byrne (2000). Social Psychology. Delhi: Pearson Education Asia.
5. Deb, S. (2006). Contemporary Social Problems in India. New Delhi, Anmol Pub

*D. Tazfu.*  
19.07.23

*A. Das*  
19.07.23

*Pranav*  
19/7/23

*R. B. M.*  
19.7.23

PAPER -PSY - 203

PSYCHOLOGY OF AGGRESSION, VIOLENCE AND CRIME

Unit-I: Aggression

- Meaning, definition, and concept of Aggression
- Characteristics of Aggression
- Types of Aggression, Sources of Aggression
- Prevention, control, and Management of Aggression.

Unit-II: Violence

- Concept, meaning, definition of Violence
- Types of Violence
- Theoretical Explanation of Violence
- Prevention and Control of Violence

Unit-III: Crime

- Concept, meaning and definition of Crime
- Theoretical explanation of crime and criminal behavior .
- Prevention and control of crime .

Unit-IV: Juvenile Delinquency

- Concept, meaning, definition and characteristics of Juvenile Delinquency
- Types of Juvenile Delinquency
- Factors and method of treating delinquents
- Prevention and controls of delinquents.

Reference Books

1. Crime Violence & Aggression – G.B. Mohanty
2. Criminology – Ram Ahuja

D. Indira  
19.7.23

A. Das  
19.07.23

Praveen  
19/7/23

R.B.K.  
19.7.23

**PAPER -PSY - 204**  
**RESEARCH METHODOLOGY**

**Unit- I: Foundation of Research:**

Meaning, Scientific Method, Research and Theory ,Conceptual and Theoretical Models; Objectives; Ethics & Limitation of psychological Research ,Reliability and Validity in Research.

**Unit II: Types of Research:**

Classification of Research –Qualitative Research and Quantitative Research ,Pure and applied research ,Exploratory and formulative ,Descriptive Research, Diagnostic Study, Evaluation study, Action Research ,Experimental Research ,Analytical Study or Statistical Method, Historical Research ,Surveys, Case Study , Field Study.

**Unit III: Planning of Research:**

Planning Process, Selection of Problem for Research, Formulation of the selected problem ,Review of Literature-Literature search Procedures ,sources of Literature ,Planning the Review work ,Note taking ; Hypothesis, Concepts, Measurement, Research design or Plan. Report writing: introduction, objectives, writing style, format, abstract, review of literature ,methodology, result, analysis and conclusion.

**Unit IV: Sampling and Tools of Research:**

Sample ,Sampling techniques, Sample design and Choice of Sampling Techniques, Sample Size, Research Tools, Types Of Research Tools, Psychological Test and Inventories, Qualities of good test ,Types of Tools, Construction of Schedules and Questionnaires, Measurement Scales.

**Reference Books**

1. Neuman, W. Lawrence (2015), social research method, 7<sup>th</sup> edition, Pearson
2. Heiman, W. Gary (2001) Research Methods in Psychology, Wadsworth Publishing.
3. Dyre, C. (2012) Research in Psychology, Wiley
4. Gregory, J. Robert (2006), Psychological Testing, 4<sup>th</sup> edition, Pearson
5. Kerlinger, Fred N (2009) Foundation of Behavioural Research ,Delhi ,Surjeet Publication,
6. Best & Khan
7. A.K. Singh

*D. T. Singh*  
19.07.23

*A. Das*  
19.07.23

*R. B. Singh*  
19.07.23

PAPER-205

PRACTICAL (50 MARKS)

TIME-3 hours

1. Environmental awareness
2. Coping strategy

List of Books

PAPER-206

PRACTICAL (50 MARKS)

Time- 3 hours

1. MMPI
2. Assessment of depression

List of Books

*J. Tudu*  
19.07.23

A. Das  
19.07.23

*Pravin*  
19/7/23

*P. Das*  
19.7.23

**PAPER-~~IDC~~**  
**BASIC PSYCHOLOGICAL PROCESS**

**Unit-I: Introduction**

- What is Psychology? Aims and goals of psychology, methods of psychology
- System and early schools of Psychology- Structuralism (Titchner) and Functionalism (William James), Behaviourism (Watson), Gestalt (Wertheimer, Koffka and Kohler)

**Unit-II : Attention**

- Definition and issues of attention, processing capacity and selective attention, auditory signals, theories of attention.

**Unit-III: Perception**

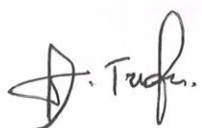
- Perception, perceptual span, iconic storage, echoic storage, visual pattern recognition-Gestalt theory, bottom-up versus top-down processing, template matching, signal detection theory.

**Unit-IV : Memory**

- Structure and processes, Short Term Memory, Long Term Memory
- Neurocognition, retrieval of information from STM & LTM
- Autographical memories, models memory-Waugh and Norman, Atkinson and Shiffrin Information Processing, levels of processing ( Craik)

**References Books**

1. Michale W. Passer & Ronald E. Smith, Psychology (2014). 4<sup>th</sup> edition. Mc Graw Hill Education.
2. David G. Myer & Nathan Dewall, Psychology, 11<sup>th</sup> edition, 2016, WORTH Publisher.
3. Philip G. Zimbardo & Ann L. Weber, Psychology, 7<sup>th</sup> ed, 2016. (Pearson, 2012) BBS.
4. Galoti, Kathleen M (2007), Cognitive Psychology: In and out of the Laboratory. (3<sup>rd</sup> Edition), Wadsworth Cengage Learning.
5. Stenberg. Robert J (2008). Cognitive Psychology , Cengage Learning

 D. Tufan

**THIRD SEMESTER**  
**PAPER-PSY - 301**  
**PSYCHOPATHOLOGY**

**Unit-I**

Concept of Abnormality, Perspectives of Abnormal Behaviour, Classification of Maladaptive Behaviour Pattern (DSM-5)

**Unit II**

Assessment Technique: Case Study, Rating Scale, Projective Technique. Interview technique

**Unit III: Anxiety and Mood Disorder**

- Symptoms, causes and treatment of GAD, Phobic Disorder, OCD, PTSD.
- Depressive Disorder – Symptoms, causes and treatment.

**Unit-III: Thought Disorder**

Characteristics, types, symptoms, causes and treatment of Schizophrenia.

**Unit-IV: Personality Disorder**

Clinical features of Personality disorder, cluster A,B,C of Personality disorder, treatment and outcomes of Personality Disorder

**Reference Books**

1. Buthcer, Hooley and Mineka, (2014). Abnormal Psychology, 16<sup>th</sup> edition, pearson.
2. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). Abnormal Psychology- Current perspectives, 6<sup>th</sup> edition, New York: Mc-Grans-Hill, Inc.
3. Abnormal Psychology, 2014 (12<sup>th</sup> edition) Kring. Ann. M, Davison & Neale. John, Wiley publication

*D. Prof.*  
19.07.23

A. Das  
19.07.23

*Pravin*  
19/7/23

*P. S. M.*  
19.7.23

**PAPER-PSY - 302**  
**CLINICAL PSYCHOLOGY**

**Unit-I: Mental Retardation**

- Definition, levels of mental Retardation, Organic & Environmental factors in Mental Retardation
- Autism Spectrum Disorder, its symptoms & Perspectives

**Unit-II: Sexual Dysfunctions and Habit Disorders**

Forms of Sexual Dysfunctions and theoretical perspectives on Sexual Dysfunctions and Sexual deviations. Disorders of Childhood, ADHD.

**Unit-III**

Eating Disorder, symptoms, physical consequences, and prognosis for all Eating Disorder. Late-Life and Neurocognitive Disorders, Etiology and treatment of Specific Neurocognitive Disorders.

**Unit-IV**

**Therapy:** Psychotherapeutic Service, Therapeutic Relationship, Measuring Success in Psychotherapy, Psychosocial Approaches to treatment Legal and Ethical issues about mental Disorder, Behaviour Therapy, Cognitive Therapy and Cognitive-Behavioural Therapy, Humanistic Existential Therapy, Psychodynamic Therapy.

**Reference Books**

1. Buthcer, Hooley and Mineka, (2014). Abnormal Psychology, 16<sup>th</sup> edition, pearson.
2. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). Abnormal Psychology- Current perspectives, 6<sup>th</sup> edition, New York: Mc-Grans-Hill, Inc.
3. Abnormal Psychology, 2014 (12<sup>th</sup> edition) Kring. Ann. M, Davison & Neale. John, Wiley publicatio

*D. Tripathy*  
19.07.23

*A. Das*  
19.07.23

*Pradeep*  
19/7/23 *R. Das*  
19.7.23

**PAPER-PSY - 303**  
**POSITIVE PSYCHOLOGY**

**Unit-I**

Define Positive Psychology, goals, assumptions and definitions of Positive Psychology. Different from Traditional Psychology.

**Unit-II: The Meaning and Measure of Happiness:**

Psychology of well-being, happiness, two traditions-subjective well-being: the hedonic basis of happiness: self-realization, the eudaimonic basis of happiness; comparing hedonic and eudaimonic view of happiness. Happiness and the facts of Life: Happiness across the life span; gender and happiness; marriage and happiness; other facts of life.

**Unit-III**

Positive Emotions and Well-being: Positive emotions, positive emotions and health resources, positive emotion and well-being, cultivating positive emotions, positive traits of personality, emotions and biology, positive beliefs.

**Unit-IV**

**Personal Goals as Windows to Well-being** :The search for universal human motives, the personalization of goals in self-concept, goals contribute to well-being, Materialism and its discontents, Self-regulation and Self-control, the value of self-control, Personal goals and self-regulation, goals that create self-regulation problems, everyday explanations for self-control failure; goal disengagement.

**Reference Books**

1. Steve, B.R. & Marie, C.K. (2009), Positive Psychology, Dorling Kindersley: India.
2. Boniwell, I. (2006), Positive Psychology in-a Nutshell, PWBC (Personal Well-being).
3. Snyder. R.S. (2007), Positive Psychology: The Scientific & Practical exploration of human strength. New Delhi: Sage Publication.

*J. T. J.*  
19.07.23

*A. S. S.*  
19.07.23

*Prachi*  
19/7/23



**PAPER-PSY- 304 (SPECIAL PAPER)  
CONSELLING PSYCHOLOGY**

**Unit-I : Basics of Counseling**

- Meaning, scope and purpose of counseling with special reference to India; The counseling process, counseling relationship, counseling interview.
- Characteristics of a good counselor, Ethics and values in counseling; Education and training of the counselor

**Unit-II: Theories and Techniques of Counseling**

- Psychodynamic approach-Freud and Neo Freudians; Humanistic approach- Existential and Client centered
- Cognitive approach- Rational-emotive and transaction analysis; Behavioral approach Behavior modification; Indian contribution- yoga and meditation

**Unit-III: Counseling Programs**

- Working in a counseling relationship, transference and counter transference, termination of counseling relationship, Factors influencing counseling
- Student counseling, Emphases, roles and activities of the school, and college counselor.

**Unit-IV: Counseling application**

- Family and Marriage Counseling, Family life and family cycle, Models and methods of family counseling
- Alcohol and drug abuse counseling; Counseling the persons with Suicidal tendencies, and Victims of Harassment and Violence

**Reference Books:**

1. Gladding, S.T. (2009). Counseling: A comprehensive profession (6th Ed.). New Delhi: Pearson India
2. Mishra, H.C.&Varadwaj, K. (2009). Counseling Psychology: Theories, Issues and Applications, DivyaPrakashini, Samantarapur, Bhubaneswar, Odisha
3. Burnard Philip. (1995). Counseling Skills Training – A sourcebook of Activities. NewDelhi: Viva Books Private Limited.
4. Gibson, R.L& Mitchell M.H. (2003). Introduction to counseling and Guidance. 6thedn. Delhi: Pearson Education
5. Mohanty, N., Varadwaj, K.& Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.

A. Das  
19.07.23

P. Das  
19/7/23

PAPER-305

PRACTICAL (50 MARKS)

Time-3 hours

1. Academic stress
2. Assessment of anxiety

*List of Books*

PAPER-306

PRACTICAL (50 MARKS)

Time- 3 hours

1. Assessment of positivity
2. Assessment of marital relationship

*List of Books*

*A. T. T. T.*  
19.07.23

*A. Das*  
19.07.23

*M. S. S.*  
19/7/23

*R. S. S.*  
19.8.23

**FOURTH SEMESTER****PAPER-PSY - 401****INDUSTRIAL PSYCHOLOGY & ORGANIZATIONAL BEHAVIOUR****Unit-I : Understanding Ob & Industrial Psychology**

- Meaning and definition, Scope and goal of Industrial Psychology and Organizational Behaviour.
- Foundation of Organizational Behavior
- Models of OB
- Scientific Management

**Unit-II: Organizational System**

- Structure and function of Organization
- Common Organization design, management roles, function & skills

**Unit-III: Leadership**

- Meaning, definition, characteristics
- Organization leadership & function
- Decision making process in Organization.

**Unit-IV: Communication**

- Meaning & definition, nature, elements
- Process of communication, purpose & importance of communication
- Obstacles/ Barriers to communication, essential requirements of an effective communication system

**Reference Books:**

1. Robbins, S.P. (2007). Organizational Behavior (6th Edition). Australia, Pearson/Prentice Hall.
2. Luthans, F. (2002). Organizational Behavior (9th Edition). USA, Tata McGraw Hill.
3. Aswathappa, K. (2007) Organizational Behavior (5th Edition). Mumbai, Himalaya Publishing House.

A. Das  
19.07.23

A. Das  
19.07.23

M. Das  
19/7/23  
R. Das  
19.7.23

PAPER-PSY - 402  
HEALTH PSYCHOLOGY

Unit-I

- Introduction to Health Psychology, concept of Health Psychology
- Models of health with special reference to bio-psychosocial model of health

Unit-II: Health behavior and belief

- Factors predicting health behavior and beliefs, health awareness and health seeking behavior,
- Doctor-patient communication and compliance.

Unit-III : Stress, illness and coping

- Expecting stress, bio-psychological aspects of stress
- Sources and measurement of stress
- Stress & health, coping with stress, coping interventions

Chronic illness: Causes and consequences, management of health problems like obesity and chronic illness like cancer, cardiac, problems and diabetes.

Unit-IV : Health assessments and promotion

- Quality of life scales, health indices checklist
- lifestyle evaluation and coping scales, health promotion strategies
- Psychological intervention, lifestyle modification techniques
- Utility of relaxation and bio-feedback methods.

Reference Books

1. Sarafino, E.P. & Smith, T.W. (2014), Health Psychology: 7<sup>th</sup> Edition, Wiley.
2. Dimmates, M.R. & Martin, L.R. (2007), Health Psychology , Pearson.
3. Taylor, S.E. (2015), Health Psychology, 7<sup>th</sup> edition , McGraw Hill.

D. Faruq,  
19.07.23

A. Das  
19.07.23

M. Ali  
19/7/23

R. B. S.  
19.7.23

## PAPER-PSY - 403

## ENVIRONMENTAL PSYCHOLOGY

**Unit -I: Environment and Behavior**

- Earth as a living system: The Gaia hypothesis, Deep ecology; Man-environment relationship physical, social, cultural, orientation and product.
- Effects of Environment on behavior: Noise pollution, Air pollution, Crowding and Population explosion.

**Unit- II: Ecology and Development**

- Human behavior and Environmental Problems: Global warming, Greenhouse effect, Energy depletion; Pro-environmental behaviors.
- Ecosystem and their components; Sustainable development; Resource use: Common property resources. Ecology: Acculturation and psychological adaptation

**Unit -III: Psychological Approaches to environment**

- Field theory approach; Eco-cultural Psychology (Berry); Biosocial Psychology (Dawson);
- Ecological Psychology (Barker); Ecological system approach (Bronfenbrenner)

**Unit - IV: Environmental Assessment**

- Socio-psychological dimensions of environmental impact; Environmental deprivation-nature and consequences.
- Creating environmental awareness; Social movements- Chipko, Tehri, Narmada.

**Reference Books:**

1. Dreze, J. and Sen, A. (1992). Indian Development. Delhi: Oxford University Press.
2. Gadgil, M. and Guha. R. (1995). Ecology and Equity. New Delhi, Penguin Books
3. Mohanty, B. and Misra, S. (2017). A text book on Environmental Psychology. Krupajala• Books, Bhubaneswar, Odisha
4. Mohanty, N., Varadwaj, K.& Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, DivyaPrakashani, Samantarapur, Bhubaneswar.:
5. Goldsmith, E. (1991). The way: The ecological World View. Boston: Shambhala

A. Des  
19.07.23

A. Des  
19.07.23

M. Des  
19/7/23  
19.07.23

18

**PAPER-PSY - 404**  
**DISSERTATION/ RESEARCH PROJECT**

Project / Dissertation work of 4<sup>th</sup> Semester will be assigned to the students (jointly or individually) at the end of the 3<sup>rd</sup> Semester and will be completed in the 4<sup>th</sup> Semester. The distribution of the Marks will be given below.

Semester wise work and distribution of marks in % for Project/Dissertation			
3 <sup>rd</sup> Semester (20%) Evaluation of interim Report of the Project/Dissertation work			
Back ground of the problem (5%)	Review of Related Literature (5%)	Objectives (5%)	Methodology (5%)
4 <sup>th</sup> Semester (80%) Evaluation of Final Report of the Project/Dissertation			
Project/Dissertation (50%)		Viva (30%)	

*D. Tufan*  
19.07.23

A. D. G.  
19.07.23

*M. A. H.*  
19/7/23 *R. B.*  
19.7.23

**PAPER-PSY - 405**  
**HUMAN RESOURCE MANAGEMENT**

**Unit -I : Human Resource Management**

- Meaning and definition, scope of HRM
- Difference between HRM and HRD
- Functions of HRM, Strategic of HRM, HRM Model

**Unit -II : Recruitment and Placement**

- Meaning of Recruitment, Process of Requirement, Source of Requirement
- Job Design and Job Analysis
- Selection and testing of employees
- Principles of Placement

**Unit -III : Performance Appraisal**

- Meaning and definition, Objectives of Performance appraisal, Performance Appraisal & Competitive advantage, Challenges of Performance Appraisal.
- Training and Development- Its nature. Inputs in training and Development, training process, management development.

**Unit -IV : Management Employees**

- Managing work motivation : Motivating through Job Design, Managing Motivation.
- Relationship, Importance of ethics, Justice.
- Qualities of HR Manager, Health safety of employees.

**Reference Books**

1. Human Resource Management- 4<sup>th</sup> edition, K. Aswathapa, The McGraw Hill Publication.
2. Human Resource Management, 2005, Gray Desster, Prentice Hall of India.
3. Effective Human Resource Training and Development stragy, 2007, B.R. Reddy Himalaya Publishing House.
4. Understanding Organizational Behaviour, 4<sup>th</sup> edition, Sushama Khanna.

*D. Jadhav*  
19.07.23

*A. Das*  
19.07.23

*Pravin*  
19/7/23

*J.B.*  
19.7.23