

BABASAHEB BHIMRAO AMBEDKAR

BIHAR UNIVERSITY

MUZAFFARPUR



COURSES OF STUDY

FOR

M.A. 3RD SEMESTER EXAMINATION

PSYCHOLOGY

FROM :

PD No. 3.19
Muzaffarpur
22.06.2019

1st Exam
28.06.19

Phalgun
26.06.2019

Dir.
28/7/19
Head
Univ. Dept. of Psychology
B.R.U. Mug.

M. A.(Psychology) Syllabus under CBCS for the Universities of Bihar

| Semester | Course Code | Name of Paper | Marks | Marks of CIA | Marks of ESE | Passing Criteria | Qualifying Criterion |
|----------|-------------|----------------------------|-------|--------------|--------------|--------------------------------------|-------------------------------|
| Third | CC-10 | HEALTH PSYCHOLOGY | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Marks decide class/CGPA |
| | CC-11 | COUNSELLING PSYCHOLOGY | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Marks decide class/CGPA |
| | CC-12 | EDUCATIONAL PSYCHOLOGY | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Marks decide class/CGPA |
| | CC-13 | HUMAN RESOURCE MANAGEMENT | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Marks decide class/CGPA |
| | CC-14 | GENERAL COUNSELLING SKILLS | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Marks decide class/CGPA |
| | AECC-2 | | 100 | 30 | 70 | 40% marks in CIA 40% marks in ESE | Quality |

Semester- III

10. HEALTH PSYCHOLOGY

Course Contents

UNIT-I

Health Psychology: Nature, Mind/body relationship, Models of health psychology: Biomedical, Bio-psychosocial model, Need of health psychology.

UNIT-II

Health beliefs: Health belief model, Theory of reasoned action, Theory of planned behaviour, Cognitive-behavioural approaches to health change. Stress & Coping: sources of stress, Transactional model of stress, coping with stress.

UNIT-III

Hypertension & Diabetes: Psychosocial factors of hypertension, Psychological Intervention of hypertension; Types of diabetes, Problems in self management of diabetes, Psychological management of diabetes; Obesity - Factors Associated with Obesity, Treatment of Obesity; Eating Disorders - Anorexia Nervosa - Bulimia; Alcoholism and Problem Drinking.

UNIT-IV

AIDS: Psychological intervention; Psycho-social factors of AIDS, Coping with AIDS, Effects and treatment of AIDS;

PB-26
20.12.15
Kishore
18.12

Examination
28.05.19

Dr. Kishore
20.12.2019

10/26
20/12/19

Head
Univ. Dept. of Psychology

CANCER: -The Prevalence and types of Cancer, Causes of Cancer: Socio-cultural factors in Cancer, diagnosing and treating Cancer, the psycho-social impact of Cancer, psycho- social Interventions for Cancer.

RECOMMENDED BOOKS:

Edward P. Sarafino, (1990). Health Psychology, John Wiley&Sons, INC.

Linda Brannon and Jess Feist. (2007). Introduction to Health Psychology, Thomson India Edition.

Shelley E. Taylor. (2007). Health Psychology, Tata McGrawHill , Sixth Edition.

Malhotra, S.M, Batra, P. & Yadava, A. (2007). Health Psychology: Psycho-Social Perspective. New Delhi: Common Wealth Publishers.

Singh, R., Yadava, A. & Sharma, N.R. (2015). Health Psychology. New Delhi: Global Vision Publishing House.

11. ADVANCED EDUCATIONAL PSYCHOLOGY

Course Contents

UNIT - I

Nature of educational psychology and its applications; Historical perspective to Educational Psychology; Education, learning and adjustment of Gifted children, Mentally retarded, Backward children and Physically handicapped children; Moral Development: Piaget & Kohlberg Theory.

UNIT - II

Understanding disability: Range of disabilities (locomotor, hearing, visual, specific learning disabilities and mental disability), addressing learning difficulties in the classroom: Pedagogic strategies for children with special needs.

UNIT - III

Educational assessment: Assessment methods: Formative and summative assessment, Comprehensive and continuous assessment; standardized and diagnostic tests

UNIT-IV

Psychological vulnerability and distress in schools- nature of psychological vulnerabilities and distress- exam anxiety, negative media influences (including social media), school pressures, child abuse, consumerism, crisis of values etc.

RECOMMENDED BOOKS:

Puri, M., & George, A. (2004). Handbook of inclusive education for educators, administrators, and planners. New Delhi, India: Sage Publications.

Thapan, M. (Ed.) (2014). Ethnographies of schooling in contemporary India. New Delhi, India: Sage.

Kakar, S. (2008). The inner world: A psychoanalytic study of childhood and society in India. New Delhi, India: Oxford University Press.

Alexander, C., & Langer, E. (Eds.) (1991). Higher stages of human development. New York: Oxford University Press.

12. COUNSELLING PSYCHOLOGY

Course Contents:

UNIT - I

Definition of counseling, Counseling and psycho-therapy, counseling as a helping relationship, as a solution to human problems; Counselling – expectations and goals, Achievement of positive mental health

UNIT -II

Approach to counseling: The directive or authoritarian approach (Psycho-analytic), Humanistic Approach, Behavioristic Approach, The existential Point of view; Counselling Process: preparation, process, content, steps in the counseling process, variables affecting the counseling process.

UNIT -III

Counseling in the Educational setting: Counseling of School & College students; the role of teachers in counseling.

Special Areas in Counseling: Family group consultation – Counseling with families Concern children as well as parents, Marriage & Pre-marital Counselling.

UNIT -IV

Training for Counseling – Counselor preparation & professional issues, Academic preparation, practical skills, Ethical standards, Legal considerations, Conception of a professional worker, Modern Trends in Counselling: Counseling Movement in India, present status of counseling & Psychotherapy.

RECOMMENDED BOOKS:

- Alam, Shah (2012) *Islamic Concept of Guidance & Counseling*, GyandanaPrakashan, New Delhi.
- Alam, Shah & Ahmad, Ghulam (2011). *NirdeshanEvamPramarsikKaMocolbhatAadhar*. GyandanaPrakashan, New Delhi.
- Bordin, E. S. (1985): *Psychological Counselling*, N.Y. : Appleton Century Crofts, Inc.
- Cantrill, J. W. (2004). *Educational Psychology*, Delhi Book Stores.
- Narayanas, S. (1989): *Counselling Psychology*, (3rd ed.), N.D. Tata McGraw Hill Book Co. Ltd.,
- Steffler, B. (Ed.) (1965): *Theories of Counselling*. New York: MacGraw Hill Book Company.
- Singh, A.K (2015) *Educational Psychology*, BhartiBhavan, Patna.
- Tyler, L.E. (1969): *The work of a counselor* (3rd ed), N.Y. Appleton Century Crafts.
- Warters, J. (1964): *Techniques of Counselling*, (2nd ed.), N.Y.: MacGraw Hill Book Company.

13. HUMAN RESOURCE MANAGEMENT

Course Contents

Unit-I

Human Resource Management: objectives; relationship with the internal and external environment; roles and responsibilities of HRM department, emerging trends in HRM.

UNIT – II

Recruitment and Selection: importance of recruitment and selection; Recruiting methods: external recruiting; internal recruiting. Effectiveness of various recruiting methods; selection process. - Fundamentals of personnel measurement; measurement of individual differences. Application blanks; Personality assessment.

UNIT – III

Training and Development:-Importance of training and development; Types of training: substantive knowledge and skill training, human process, attitudinal and sensitivity (T group) training; Models for evaluation of program effectiveness: Kirkpatrick's four level model, and CIRO models.

UNIT - IV

Performance Appraisal System:- Performance appraisal process and procedures, Methods of performance appraisal – norm referenced methods, Behavioural methods; MBO; output methods, 360 degree performance appraisal, self-appraisal- advantages, disadvantages.

BOOKS RECOMMENDED :-

- Adrwathappa, K. (2008) Human Resource Management: Text and Cases (5th Ed.) Tata McGraw Hill, New Delhi.
- Dwivedi, R.S. (2006) Managing Human Resources: Personnel Management in Indian Enterprises (2nd Ed.) Galgotia Publishing Company, New Delhi.
- Mondy, W. R. & Noe, F.M. (2006) Human Resource Management (9th Ed.) Pearson Education.
- Mamoria, C.P. & Ganka, S.V. (2006) Personnel Management; Text & Cases Himalaya Publishing House, Mumbai.
- Eastwood, D. M. & Pandey, S. (2013). Stress and Work: Perspectives on Understanding and Managing Stress. Sage Publications, New Delhi
- Sharma, A. and Khandekar, A. (2017). Strategic Human Resources Management: An Indian Perspective. Sage Publications, New Delhi.

14. GENERAL COUNSELLING SKILLS

1. Journal article evaluation- Student shall critically evaluate one recent research article and present the same in counseling - journal club meeting orally using audio- visual aids.
2. Case problem (observation- case history, identification of problem; forming impression suggested and employed intervention strategies history taking and writing report of the same and submits for perusal.

3. Assessment of Social Maturity Scale or Dyslexia Screening Test or Screening of autism Wechsler Intelligence Scale(adult/children)
Differential Aptitude Test
Personality and Interests Assessment: 16PF/MBTI/EPQ/EPI
Projective Test: IBT/ TAT, Rosenzweig Picture Frustration Study (Children/ Adult)
4. Outreach program: Guidance and/or counseling workshop for specified groups as decided by the concerned teachers' committee.

Institutional visits:

- i. Each student is required to complete practical file containing five testings/reports, two case history reports, visit report and workshop report and submit the same for practical examination.
- ii. Planning and recording of intervention plan for at least 3 case studies: 20 marks
- iii. Classroom presentation of at least one case along with test profiles and therapy plan: 10 marks
- iv. Semester end Practical examination: 70 marks.
- v. Viva voce examination: 40 marks. Test conduction and report writings: 30 marks

RECOMMENDED BOOKS:

- Australia,E. (2005). Understanding autism. Elsevier Australia.
 Nilas, S. & Harris-Bowlsbey, J. (2009). Career development interventions in the 21st Century (3rd ed.). Upper Saddle River, NJ, Pearson Education.
 Geldard, K and Geldard, D (2004) Counselling Adolescents. Sage Publications, New Delhi.
 Wong,B., Butler,D.L. (2012) (4th edition) Learning about disabilities. Academic press.

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Prasanna
30/03/19

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30/3/19

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30/03/19

Prasanna
30/03/19

Head
Union Dept. of Psychology
B.R.A.B.U. Mysr.