

# **BHAGWANT UNIVERSITY**

**Sikar Road, Ajmer**

**Rajasthan**



## **Syllabus**

**Institute of Humanities & Social Sciences**

**M. Phil I Semester**

**Psychology**

### Course Category

MPsy : M.Phil in Psychology  
CCC: Compulsory Core Course  
ECC: Elective Core Course

#### Contact Hours:

L: Lecture  
T: Tutorial  
P: Practical or Other

#### Marks Distribution :

IA: Internal Assessment (Test/Classroom  
Participation/Quiz/Presentation/Assignment etc.)  
EoSE: End of Semester Examination

### **M. Phil (Psychology)**

#### **(Course Structure)**

<b>Subject code</b>	<b>Subject Name</b>	<b>Teaching hours</b>			<b>Marks</b>		
		<b>L</b>	<b>T</b>	<b>P</b>	<b>External</b>	<b>Internal</b>	<b>Total</b>
01MPsy101	<b>Research Methodology and statistics</b>	3	0	0	70	30	100
01MPsy102	<b>PERSONALITY MEASUREMENT</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>70</b>	<b>30</b>	<b>100</b>
01MPsy103	<b>ADVANCE PSYCHOPATHOLOGY AND MENTAL HYGIENE</b>	3	0	0	70	30	100

<b>01MPsy104</b>	<b>Intoduction To Pschotherapy and Counselling</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>100</b>		<b>100</b>
<b>Total</b>		<b>12</b>	<b>0</b>	<b>0</b>	<b>280</b>	<b>120</b>	<b>400</b>

## **SEMESTER II**

<b>Subject code</b>	<b>Subject Name</b>	<b>Teaching hours</b>			<b>Marks</b>		
		<b>L</b>	<b>T</b>	<b>P</b>	<b>External</b>	<b>Internal</b>	<b>Total</b>
02MPsy101	<b>Advanced Research Methodology</b>	3	0	0	70	30	100
02MPsy102	<b>CLINICAL PSYCHOLOGY</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>70</b>	<b>30</b>	<b>100</b>
02MPsy103	<b>COUNSELING &amp; GUIDANCE</b>	3	0	0	70	30	100
<b>02MPsy201</b>	<b>Dissertation</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>100</b>		<b>100</b>
<b>Total</b>		<b>12</b>	<b>0</b>	<b>0</b>	<b>280</b>	<b>120</b>	<b>400</b>

## **PAPER I**

### **RESEARCH METHODOLOGY& STATISTICS**

### **UNIT – I: MEANING OF RESEARCH:**

Science is a way of thinking – Common method of acquiring Knowledge – Emerging modern Science –the Science of Psychology.

Objectives – Types – Significance of Psychological Research Methods – Research Process – Criteria for good Research – Sources of research problems. Sources of question – Refining Question or Research – Types of variables in Research – Validity and Threats to Validity – Research ethics – Ethical guide for human research – Ethical principles in Research with Animals.

### **UNIT – II RESEARCH DESIGN:**

Meaning and Purpose of Research design – Criteria of Research Design – Basic Principles of Experimental Design - Some important types of research design – Between and within group design – Comparison of within group design – Pre experimental design – true experimental design – Quasi experimental design – Ex – post Facto design. Laboratory Experiment – Field experiments – Survey Research. Procedures of Single subject Experiment research – Basic Design – Strategies in Data Collection –Evaluating Data – Advantages and disadvantages.

### **UNIT III SAMPLING**

Meaning and types of Sampling – Factor influencing decision to sample-methods of drawing random Samples – Probability and Non probability Sampling – requisites of good sampling methods –Advantages of sampling methods – sampling distribution – Sampling error.

### **UNIT IV: UNIVARIANT AND MULTIVARIANT ANALYSIS:**

Multiple regression and correlation - logistic regression - factor analysis - cluster analysis -discriminant function analysis - path analysis – MANOVA - Canonical correlation – Multidimensional scaling.

### **UNIT V: WRITING RESEARCH REPORT:**

Scientific research is a public activity – The Internet and Research – Guidelines of effective writing –Structure of Research Report.Oral presentation – Principles for effective oral presentation.Writing research proposal: Introduction – Method – Expected results and Statistical treatment –

## **REFERENCES:**

(1)GRAZIAND A.M & RAULIN M.L (1989). **RESEARCH METHODS** – a process of inquiry.

(2)Karper & Row Pub. New York.

(3)KERLINGER, F. N. (1966): **FOUNDATIONS OF BEHAVIOURAL RESEARCH**. (Third edition)Prism Books Pvt.Ltd, Bangalore.

(4)KOTHARI, C. R. (1998): **RESEARCH METHODOLOGYMETHODS & TECHNIQUE** (22nd

reprint) Wishwa Prakashan - New Delhi.

(5)SINGH A.K (1997). **TESTES MEASUREMENT AND RESEARCH METHODS IN BEHAVIORAL SCIENCE**. Bharathi bhavan. Patna.

SHAUGHNESSY J.J & ZECHEISTER E.B (1997). **RESEARCH METHOD IN PSYCHOLOGY**.

Paper II

## **PERSONALITY MEASUREMENT**

01MPsy102

**Unit I- Approaches to the study of personality**

General: Introduction to the concept of personality

Biological: Type Approach – Theories of Krestschmer, Sheldon and Eysenk – A Brief Introduction.

Psychoanalytic: Approach – Theories of Freud, Jung, Adler and Murray – A Brief Introduction.

## **Unit II-**

Behavioural & Social – cognitive Approach – Theories of Skinner, Bandura and Walter Mischel – A Brief Introduction.

Humanistic: Approach – Theories of Carl Rogers and Abraham Maslow – A Brief Introduction.

Trait Approach – Theory of Cattell – A Brief Introduction.

Evaluation: of all the Approaches.

## **Unit III**

Self Report Methods ( Inventories ) : - Approaches of Inventory Construction.

Content: Validation Approach – Woodworth's Personal Data

Sheet, Mooney Problem Checklist and Bell Adjustment Inventory.

Empirical: Criterion Keying Approach – MMPI and CPI

Factor: Analysis Approach – Cattell's 16 PF, Guilford – Zimmerman Temperament survey. Rational: – Theoretical Approach – Edwards Personal Preference

Schedule, Jackson's Personality Research Form (PRF)

## **Unit IV**

Projective Techniques : Nature of Projective Techniques

Rorschach's Inkblot Test, TAT, Verbal Projective Tests,

Expressive Techniques like Play Methods and Psychodrama

## **Unit V**

Non-Test Instruments :

Behavioural Sample Techniques – Observation Method and Situational Tests – like CEI, OSS. Rating Scales.

## **REFERENCES :**

Lorenze □ □ A. Pervin (1990), Handbook of Personality : Theory and Research, New York : Guilford Press.

Howard □ □ S. Friedman and Miriam W. Schustach (2004),

"Personality : Classic Theories and Modern Research", Delhi :

Pearson Education Pte. Ltd., Indian Branch.

Quammer □ □ Hussain, "Personality Measurement.

Sarason, □ □ "Contemporary Research in Personality."

## **PAPER III**

### **ADVANCE PSYCHOPATHOLOGY AND MENTAL HYGIENE**

**01MPsy103**

## **UNIT I:**

### **INTRODUCTION, CLASSIFICATION, AND MODLES:**

Introduction: What is Abnormality? Models: Biological – Psychodynamic – Behavioural – Humanistic– Interpersonal. Classification: DSM –IV – ICD – 10.

## **UNIT II:**

## **PERSONALITY DISORDER, ANXIETY, SOMATOFORM AND DISSOCIATIVE**

### **DISORDERS:**

Personality disorders: Clinical Features – Types – Casual Factors. Anxiety Disorders – Somatoform Disorders – Dissociative Disorders: Casual Factors.

Adjustment Disorders - Types – Clinical Features – Causes.

### **UNIT III: SUBSTANCE RELATED DISORDERS, SEXUAL VARIANCE & DYSFUNCTIONS:**

Substance Related Disorders – Alcohol Abuse and dependence – Clinical Picture and Cause – other addictive disorder – Sexual Variance – Sexual Abuse – Sexual Dysfunctions – Pervasive Developmental Disorders: Types – Clinical Features – Causes.

### **UNIT IV: SCHIZOPHRENIA, MOOD DISORDERS, SUICIDE, AND COGNITIVE DISORDERS:**

Schizophrenia : Subtypes – Causes – Mood Disorders – Types – Causes – Suicide – Casual Pattern – Mental Retardation – Levels – Causes – Cognitive Disorders: Types – Causes.

### **UNIT V: MENTAL HYGIENE:**

Mental Hygiene – Mental Health Movement – Types of Prevention – Levels – Situation – Focused and Competency Focused – Site of Prevention – family – School – Community – Legal and Ethical issues in Clinical Psychology – Criminal responsibility – Civil responsibility – Marriage – Adoption – Witness  
\_ Testamentary Capacity – transfer of Property – Contract – Indian Lunacy Act 1912 – Mental Health Act 1987 – Narcotic Drugs and Psychotropic Substance Act 1985.

### **REFERENCES:**

D.S.M. IV AMERICAN PSYCHIATRIC ASSOCIATION (1995) **DIAGNOSTIC AND STATISTICAL**



**MANUAL OF MENTAL ILLNESS**, (4th edition) Washington, American Psychiatric Press.

IRWIN G SARASON AND BARBARA R SARASON, (2002); **Abnormal PSYCHOLOGY – THE**

**PROBLEM OF MALADAPTIVE BAEHAVIOUR** (10th Edition) Delhi; Pearson Education (Singapore)

Pvt.Ltd.

KAPLAN HJ, AND SADOCK BJ, (1998) **SYNOPSIS OF PSYCHIATRY** (8th Edition) New Delhi: B.I.

Waverly Pvt. Ltd.

NIRAJ AHUJA (2002); **A SHORT TEXT BOOK OF PSYCHIATRY** (5th Edition) New Delhi, Japee

Brothers.

**ROBERTTHERAPY**. New York: Pergamon

Paper IV

## **Intoduction To Pschotherapy and Counselling**

01MPsy104

### **UNIT -I:**

Introduction to Psychotherapy and Counseling: Definitions, Objectives, Training, Professional and ethical issues, planning and recording of therapy.

### **UNIT -II:**

The Therapeutic Relationship: Client and Therapist Characteristics, Illness, Technique and other factors influencing the relationship.

### **UNIT -III:**

Interviewing: Objectives of interviews, interviewing techniques, types of interview, characteristics of structured and unstructured interview, interviewing

skills, open-ended questions, clarification, reflection, facilitation and confrontation. Silences in interviews, verbal and non-verbal components.

#### **UNIT -IV:**

Psychodynamic Psychotherapy: Origins of Psychodynamic Formulation, Stages of therapy, Process issues; Resistance, Interpretation Transference and Counter Transference, and working through and current status.

#### **UNIT -V:**

Humanistic-

Existential and Experiential Therapies: Historical context and philosophical basis, principles and types of therapy, current status. Cognitive Therapies: Introduction to Cognitive Model, basic principles and assumptions, therapeutic techniques based on Cognitive Therapy, Cognitive

### **SEMESTER II**

## **RESEARCH METHODOLOGY THEORY AND TECHNIQUES**

### **UNIT - I**

Research: Definition, Importance and Meaning of research, Characteristics of research, Types of Research, Steps in research, Identification, Selection and formulation of research problem, Research questions – Research design – Formulation of Hypo Dissertation, Review of Literature.

### **UNIT – II**

Sampling techniques: Sampling theory, types of sampling – Steps in sampling – Sampling and Non-sampling error – Sample size – Advantages and limitations of sampling.

Collection of Data: Primary Data – Meaning – Data Collection methods – Secondary data – Meaning – Relevance, limitations and cautions.

### **UNIT – III**

Statistics in Research – Measure of Central tendency, Dispersion, Skewness and Kurtosis in research, Hypo Dissertation, Fundamentals of Hypo Dissertation testing, Standard Error, Point and Interval estimates, Important Non-Parametric tests: Sign, Run, Kruskal, Wallis tests and Mann, Whitney test.

### **UNIT – IV**

Parametric tests: Testing of significance, mean, Proportion, Variance and Correlation, testing for Significance of difference between means, proportions, variances and correlation co-efficient. Chi-square tests, ANOVA, One-way and Two-way.

### **UNIT– V**

Research Report: Types of reports, contents, styles of reporting, Steps in drafting reports, editing the final draft, evaluating the final draft.

#### **Reference Books:**

1. Statistical Methods - S.P. Gupta
2. Research Methodology Methods and Techniques - C.R. Kothari
3. Statistics (Theory and Practice) - B.N. Gupta
4. Research Methodology Methods and Statistical Techniques - Santosh Gupta

### **SEMESTER II**

## **02MPSY101 ADVANCED RESEARCH METHODOLOGY**

### **Unit – I**

**Research:** Meaning – Purpose – Types of Research – Pure – Applied, Historical , Descriptive And Experimental – Significance of Research in Social Sciences- Process of Research – Meaning – Scientific Method – Induction And Deduction.

### **Unit – II**

**Research Problem:** Sources of Research – Locating and Formulating of the Research Problem – Criteria in Selecting Problem – Defining and Delimiting Problems. Literature Search – Importance of Surveying Related Literature

### **Unit – III**

**Hypothesis:** Meaning – Importance – Types – Sources – Characteristics – Different Forms of Hypothesis – Difficulties in Formulation – Testing the Hypothesis.

### **Unit – IV**

**Research Methods:** Definition – Sources – Advantages – Limitations – Steps Involved in Historical Methods , Case Study Method, Survey Method , Experimental Method and Field Investigation Research Evaluation Research , Action Research, Ex-post Facto Research Etc., Research Design – Characteristics – Components and Types of Research design.

### **Unit – V**

**Data Collection:** Primary and Secondary data, methods of Data Collection, schedule, Interview, Questionnaire. Research Report - Types of Reports – Contents – Styles of Reporting – Steps in Drafting Reports – Editing the Final Draft – Evaluating the Final Draft.

### **Reference Books:**

1. Research Methodology Methods and Techniques C.R. Kothari
2. Research in Education John W. Best
3. Methods of Social Research Groode and Hatt
4. Methods and Techniques of Social Research Wilkinson and Bhandarkar
5. Scientific Social Survey and Research P.V. Young
6. Training in Research Methodology in Social Sciences in India ICSSR

## **PAPER II 02MPSY102 CLINICAL PSYCHOLOGY**

### **UNIT I:**

Clinical Psychology & Mental Health: History of Clinical Psychology and its role in understanding and alleviation of mental illness, promotion of mental health and rehabilitation of the mentally ill or handicapped; training of Clinical Psychologists and issues concerning scientist professional model; role and function of Clinical

### **UNIT II:**

Psychologists in community mental health/rehabilitation programme, in mental hospitals/psychiatric institutions, NGO set-up; broader perspective of clinical psychology to help minorities, the social disadvantaged, women in special condition.

### **UNIT III:**

Psychosocial aspects of mental health and illness: The role of self-concept, self-image and self-perception in the development of behavior; attribution theory; social skill and interpersonal models of mental health/illness.

**UNIT IV:**

Social Pathology: Crime and delinquency, suicide, addictive behavior, social aggression with special reference to Indian context.

**UNIT V:**

Culture, Mental Illness and Role of Family : Social class; social change; culture shock; migration, religion and gender related issues with special reference to India; role of family in mental health and illness; communication problems and emotional adaptation/ maladaptation in family set-up; stress-burden/mental illness among care-givers in the family; expressed emotions and relapse.

Disability and Rehabilitation: Psychosocial aspects of disability and rehabilitation in Indian context; the role of family and society in the education, training and rehabilitation of disabled.

Ancient Indian thought: Ancient Indian concept of cognition, emotion, personality, motivation and their disorders; social identity and stratification (including Varnashram Vyavastha).

Introduction to psychopathology: Etiology of mental disorders – psychosocial models.

**PAPER-III 02MPSY103**

**COUNSELING & GUIDANCE**

**UNIT - I:**

Introduction to Psychotherapy and Counseling: Definitions, Objectives, Training, Professional and ethical issues, planning and recording of therapy.

**UNIT - II:**

The Therapeutic Relationship: Client and Therapist Characteristics, Illness, Technique and other factors influencing the relationship.

**UNIT - III:**

Interviewing: Objectives of interviews, interviewing techniques, types of interview, characteristics of structured and unstructured interview, interviewing skills, open-ended questions, clarification, reflection, facilitation and confrontation. Silences in interviews, verbal and non-verbal components.

**UNIT - IV:**

Psychodynamic Psychotherapy: Origins of Psychodynamic Formulation, Stages of therapy, Process issues; Resistance, Interpretation Transference and Counter Transference, and working through and current status.

## **UNIT - V:**

Humanistic-Existential and Experiential Therapies: Historical context and philosophical basis, principles and types of therapy, current status.

Cognitive Therapies: Introduction to Cognitive Model, basic principles and assumptions, therapeutic techniques based on Cognitive Therapy, Cognitive Behavior Therapy and Rational Emotive Therapy. Application issues.

Supportive Psychotherapy: Definition, goal indications, techniques. Directive and non-directive psychotherapy, current forms of "e-" and tele-counseling.

Brief Psychotherapy: Historical context, characteristics of brief psychotherapy, selection criteria, process issues, effectiveness.

Crisis Intervention: Definition of Crisis, phases of Crisis, Techniques, Stages of crisis work, Applications.

Group Therapy: Historical origins, theoretical models, types groups, stages of group therapy, process issues including role of the therapist, techniques, applications of group therapy.

Family Therapy: The development of family therapy, schools of family therapy, models for the assessment of families, common family problems and their treatment, treatment goals, methods of therapy, terminating treatment, research in family therapy, ethics in family therapy.

Marital Therapy: Development of marital therapy, current approaches, divorce and mediation, pre-marital counseling.

Sex Therapy: Individual and couple sex therapy, techniques, sex counseling, current approaches, issues related to research.

Therapy with children: Introduction to different approaches, Psychoanalytic therapies (Ana Freud, Melanie Klein, Donald Winnicott); Special Techniques (Behavioral and Play) for developmental internalizing and externalizing disorders.

Therapy in special conditions such as psycho-physiological and chronic physical illness; Parent and Family Counseling, Therapy with adolescents.

Therapy in Special Conditions: Therapies and techniques in the treatment of Deliberate self harm, Bereavement, Personality Disorders, Chronic Mental illness and Medical conditions such as Cancer, Cardiovascular Diseases, HIV/AIDS, and other terminally ill conditions. Physical, sensory and intellectual disabilities.

Psychotherapy in the Indian Context: Historical perspective in psychological healing practices from the Vedic period and the systems of Ayurveda and Yoga, Contemporary perspectives. Socio-cultural issues in the practice of psychotherapy.

## **PAPER-IV**

## **DISSERTATION**