



## बिलासपुर विश्वविद्यालय, बिलासपुर (छत्तीसगढ़)

पाठ्यक्रम सत्र 2017-18  
एम.ए.(अंतिम) मनोविज्ञान

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There shall be four theory and one practical paper for M A final psychology examination Paper 67 will be compulsory for the three optional group student have to select any one group depending upon facility available in the department students securing at least 60% marks in M a previous examination may be allowed on option for the dissertation in lieu top second paper of the optional group.

A student has to select the dissertation topic from the field of group specialisation. Which paper cell carry hundred marks for examination each in theory paper will be of 3 hour and the practical for 4 hours. The detail of the paper is as under.



**PAPER- I**  
**PERSONALITY THEORIES**

**Introduction**

The scope of the study of personality, the concept of personality, personality assessment, personality changes

**The psychoanalytic strategy**

Introduction to the psychoanalytical strategy measure theme in psychoanalytical theory development of personality issue in the psychoanalytic theory of personality development (Jung Hitler and sociologic School)

Object relations (maller's object relation theory) Ego psychology.

**The disposition strategy**

Introduction of the dispositions strategy: The assessment of dispositions supports personality inventories and their uses and limitation. Trait and type approaches. There's Trait Approach, Topologies, heritable aspects of personality, Cattell's trait approach Eysenck's type approach personality grade of adults and five robust factories of super traits. The need for achievements-The Mcclell and Alkilson approach.

**The phenomenological strategy**

Phenomenology and phenomenological strategy: Maslow's hierarchical theory of human and motivation, kelly's theory of personal constructs.

**The behavioural and cognitive strategies**

Social learning theory Miller and Dollard, rotter and bandurd, mischel's cognitive-behavior theory liability of the behavioral strategy.



## Introduction

- (i) **What is behavior modification** - Learning theory foundation of behavior modification merits and limitation of behavioral approach.
- (ii) **Relaxation techniques**- Jacobson's progressive, muscular relaxation, autogenic training, Yoga meditation etc.
- (iii) **Systematic desensitizations** - Basic principles- construction of hierarchy scene presentation theory of desensitization.
- (iv)
  - a. **Operant conditioning techniques**- Basic paradigm schedules of reinforcement token economy shaping changing remarks principle.
  - b. **Cognitive Behavior Modification**- meichenbaum's self-instruction training- Beck's model - Rational emotive theory of Elle.
  - c. Clinical Application of Behavior Therapy in Anxiety this orders Psychoactive substances use disorder- Sexual disorders- Psychotic disorders- Personality disorder- Childhood disorders- Biofeedback principle and clinic application.

## Readings:

- Liebert, RM & spegler MD. Personality Strategies and tissue Pacific Grove California Brooks/Cole publishing company.
- Bioscoff, LJ (1970) interpering personality theories New York haener & roe.
- Hall C S and indzey G1978 theories of personality 3rd edition New York Jay valley and sons.
- Hjjelle LA & zekgler, DJ(1991(, multi theory basic assumption Research and application 2nd edition international student edition mcgraw Hill International book Corporation.
- Pervin: A(1975) personality theories assessment and Research 2nd edition New York Valley International edition sahakian W.S.(1965). Psychology of personality reading in theory Chicago Rand mcnally college publisher company.
- Magnuson D & endler NS (1977) smarty 8th Cross Roads New Jersey is d
- Hillsdale Lawrence erbaum Associates.



**PAPER-II**

**PHILOSOPHY OF PSYCHOLOGY AND INDIGENOUS PSYCHOLOGY**

**Unit- I**

Historical origin of psychology as a science four parts of scientific psychology, psychological psychology, psychology of adopsion, psycho analysis human science tradition.

**Philosophical issue of Psychology-** Mind body problem causality and explanation mechanism and reduct Reflexivity realism vs pragmatism.

**Unit- II**

(i) Limitation of psychology as a natural science and search for alternatives. Crisis in psychology Difference between subject matter of natural Science and Socio behavioural science: Social constructionism hermeneutics. Discursive psychology Complex systems theory feminist perspectives deconstructionist psychology.

(ii) Indigenous Psychology- Vedanta; Buddhism the move from Modern today post modern psychology.

**Unit- III**

(i) **Relationship between culture and psychology-** Changing perspectives, Emergence of Culture, Cross, culture and Indigenous psychologies The non western perspectives on psychology.

(ii) **world views and perspective on reality-** Methods of moving in Indian tradition with reference of Sankhya Vedant yoga and Buddhism .

**Unit- IV**

**The notions of self**

(i) The problems of self and understanding the notions of Mind. Consciousness and spiritually

(ii) Health and well -being

Yoga and meditation Pranayama, Mudra, Bandhas, pratyahar, Dhama, Dhyana, compassionate action.

**Unit- V**

Conceptualizing man- Environment Relationship

1. Social Behavior. The challenges of individually and relatedness.



**OPTIONAL  
GROUP- B  
PAPER- I**

**CLINICAL AND COMMUNITY INTERVENTIONS**

**1. Interventions -**

difference between clinical and community psychology, field of clinical psychology v/s principal of community psychology nature, goals and course of interventions, objectives and approaches, distinctions between psychotherapy and other orientation (Helping, case work, Counseling, Couseand education approaches). Basic psychotherapeutic techniques, Guidance reassurance persuasion confession and catharsis: externalization of interests.

**2. Relationships with clients -**

issue faced by invention East dealing with anxiety Disclosing oneself understanding silence dealing with demanding and Committed clients accepting show result, learning our limits, transference and counter transference. Stabilizing realistic goals

**3. Skills of therapist -**

Listening letting summarisation confronting interpreting and information chris's integration competence building. Primary secondary and tertiary prevention ethical issue in therapist responsibility client therapist relationship ethical issue special reference to marital and family therapy group work and cross culture perspective.

**4. Type of therapy -**

supportive therapy therapy free educated therapies behaviour therapy cognitive approach release red light Centre psychotherapy mechanism of group psychotherapy with a focus on group processes types includes psychodrama family therapy(Including marital therapy) reconstructive therapies psychoanalytical oriented psychotherapy with a focus on transference resistance working through and the interpretive processes

Existential analysis Traditional analysis Yoga meditation biofeedback and others extratherapeutic filling ads spontaneous cure placebo effect Indian traditional of healing the place of mental illness in Indian cosmology

**5. Community in services counselling process intervention of non professional and education brief introduction counselling relationship and counselling process training in social skills programs of all social problem life skill training Social Skill training and angles Control Programme for special population Juvenile offenders in an institution setting parents as mediators In the Social Skill training of children social skills for women and elderly programs for the severally impaired is Social Skill training with psychiatric patients and mentally retarded.**



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**OPTIONAL  
GROUP - B  
PAPER -II  
PSYCHO DIAGNOSTICS**

- 1. Nature of psychological assessment-** Clinical interview and observation History taking projective and other clinical tests psychological test to be administered and reasons for selecting a given test for a given present subject clinical implication of psychological test result of psychological testing.
- 2. Assessment of Cognitive function :** Assessment of intelligence, memory and concept formation.
- 3. Assessment of personality and Adjustment:** Personality inventories (Any two) and scale of adjustment.
- 4. Neuropsychological Report :** psychophysiological assessment: Assessment of psychophysiological indices such as anxiety (e.g. GSR, heart Rate Etc.) and to correlate with those subject Report the same.
- 5. Writing psychological Reports:** Synthesizing and integrating different results: research method and experimental approaches the psychodiagnostic: Recent advances in psychodiagnostic.



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**OPTIONAL  
GROUP- C  
PAPER- I  
EDUCATIONAL PSYCHOLOGY**

**1. Conceptual and theoretical contribution to educational psychology:**

Observational, learning, Self-efficacy, classroom implication planet and Neo-piagetion theories and their application in teaching Bruner Vygotsky's Cognitive Psychology and Information processing Models Meta cognition Cognitive styles and Learning strategies Language Acquisition and Reading Development Humanistic Approaches to Education Constructivism.

**2. Human Diversity and Education:**

Cultural Differences in Learning Style, Readiness and Classroom Achievement Multiculturalism and Education: Social class difference Poverty Disadvantaged and Education, Individual and Group Difference in Intelligence, Theorised intelligence, Multiple intelligences, Issues in intelligence Testing schooling and cognition Gender difference/ Issues in the classroom Multilingualism and Minority Language Issues in Education - Mother Tongue Education Bilingual or Multilingual Education.

**3. Effective Teaching and Classroom Management**

Planning and Setting Objective for Teaching (Taxonomy of Objectives, Types of Objectives and their utility), Characteristics of effective teachers. Teaching Methods (Direct Instruction)-Lecturing and Explaining, questioning Aptitude Treatment Interaction student centered Teaching Individualised instruction Ecology of Classroom Social psychology of classrooms, classroom Management Disciplining and Communication. Teaching Small Group The discussion Method and cooperative Learning Computer Assisted Instruction.

**4. Exceptionality and special Education,**

Categories of Exceptionally, Labelling and education relevance physically challenged Students. Students with cognitive Disabilities or brain dysfunction and communication disorders, Students with Emotional and Behaviour Disorders. Attentional Deficit Disorder (ADD), Attentional Deficit Hyperactivity Disorder (ADHD), Gifted and talented Students Specific Learning and reading Disability Intervention and Special Education for various forms of

**5. Educational Assessment:**

Measurement and Evolution (Norm - referenced and Criterion referenced test) Test Scores- Meaning Types of Interpretation. Standard Test -Meaning, Types and Interpretation, Reliability and validity Classroom Assessment and Grading.