



પરિપત્ર:

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટીની આર્ટસ વિદ્યાશાખાનાં અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં આચાર્યશ્રીઓને સવિનય જણાવવાનું કે આર્ટસ વિદ્યાશાખા હેઠળનો મનોવિજ્ઞાન વિષયનો એમ.એ પ્રોગ્રામનો સેમેસ્ટર- ૩નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૪ થી અમલવારી કરવાની રહે છે. આર્ટસ વિદ્યાશાખાનાં એમ.એ વિષયનાં પી.જી.નો અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં પી.જી.સેન્ટર અને અનુસ્નાતક ભવનો દ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.



[Signature]
24/07/2024
ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/એકેડેમિક/૧૦૪૧/૨૦૨૪

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,

સરકારી પોલીટેકનિક કેમ્પસ,

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,

ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

તા.૨૪/૦૭/૨૦૨૪

પ્રતિ,

- ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી સંલગ્ન આર્ટસ વિદ્યાશાખાનાં પી.જી.(મનોવિજ્ઞાન)નાં અભ્યાસક્રમો ચલાવતી તમામ કોલેજોના આચાર્યશ્રીઓ તેમજ સંલગ્ન ભવનનોનાં અધ્યક્ષશ્રીઓ તરફ....

નકલ સાદર રવાના:-

- માન.કુલપતિશ્રી/કુલસચિવશ્રીનાં અંગત સચિવશ્રી.
- પરીક્ષા નિયામકશ્રી, ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી, જૂનાગઢ

નકલ રવાના જાણ તથા યોગ્ય કાર્યવાહી અર્થે:

- સીસ્ટમ મેનેજરશ્રી, આઇ.ટી.સેલ વિભાગ (વેબસાઇટ ઉપર પ્રસિદ્ધ થવા અર્થે.)



**BHAKTA KAVI NARSINH MEHTA UNIVERSITY
JUNAGADH**



BOARD OF **PSYCHOLOGY STUDIES**
FACULTY OF **ARTS**
SYLLABUS FOR
****M.A. (PSYCHOLOGY)** PROGRAMME**
(SEMESTER- III)
EFFECTIVE FROM JUNE, 2024

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of M.A. Psychology
Faculty of Arts
Effective from June 2024

- Allocation of Hours for Practical/Dissertation
 - (I) Experimental Explanation 20 Hours
Practical Performance 40 Hours
 - (II) Personal Guidance 20 Hours
Fieldwork and Report Writing 40 Hours
- Marks to be assigned for each course:
For theory course there will be two types of examinations for each course
 - (I) External Examination- 70 Marks
 - (II) Internal Examination- 30 Marks
 - (II) The Internal examination will consist of theoretical examination
Carrying 10 marks and 20 marks to be assigned will be divided in to
Presentation (Seminar -10 marks and Assignment Writing 10 marks).
- Marking Scheme for Practical course: (100 Marks)
There will be two divisions in practical course each carrying 50 marks

Scheme for Experiment	Scheme for Testing
(i) Performance: 10 Marks	(i) Performance: 10 Marks
(ii) Report Writing: 15 Marks	(ii) Report Writing: 15 Marks
(iii) Viva Voice: 10 Marks	(iii) Viva Voice: 10 Marks
(iv) Journal Presentation: 15	(iv) Journal Presentation: 15 Marks
Total 50 Marks	Total 50 Marks

- Marking Scheme for Dissertation (100 Marks)
 - (I) Thesis Evaluation: 70 Marks
 - (II) Viva – Voice Examination: 30 Marks

Evaluation Pattern

The mode of evaluation would be through a combination of external and internal assessment in the ratio of 70: 30 respectively. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the students.

❖ **Continuous Evaluation Internal 30% (Weightage)**

- Attendance
- Assignment's / Practical
- Field Work

❖ **End of Semester University Exam 70% (Weightage) Project / Practical Work**

BHAKTA KAVI NARSINH MEHTA UNIVERSITY**Syllabus of M.A. Psychology****Faculty of Arts****Effective from June 2024**

Subject: PSYCHOLOGY

Course (Paper) Name & No: **PRACTICAL Psychological Measurement (Testing) OR
Clinical Assessment /CCT-07**

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 Hour

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Practical	CCT-07	PRACTICAL Psychological Measurement (Testing) OR Clinical Assessment	04	00	100	100	2:30 hour/ Practical

Course Objectives:

- To acquaint students with the procedure of conducting experiments on various subjects of psychology.
- To acquaint students with the administration, scoring and interpretation of various psychological tests.

Any Four Tests from the following are to be performed and reported in Journal:

1. Adjustment Inventory
2. Anxiety Inventory
3. M.R. Kotharis draw – a Flower
4. Intelligence Test
5. Job Satisfaction Scale
6. Job Involvement Scale
7. Occupational Stress Inventory
8. Mental Hygiene Inventory
9. Tests Related to Organizational Behavior
10. Tests Related to Psychometric and Research Methodology
11. Tests Related to Health Psychology

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
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Faculty of Arts
Effective from June 2024

REFERENCE BOOKS:

1. Garret,H.E (1951): Great Experiments in Psychology, New York: Appleton- Century Crafts, IncThird Edition
2. Kuppuswami, B. (1954) Elementary Experiments in Psychology, Madras: Oxford UniversityPress
3. Postman, Leo & Egan, James P. (1949) Experimental Psychology: An Introduction, N.Y: Harper& Row
4. Underwood, Benton, j. (1963): Experimental: An Introduction, Bombay, The Times of IndiaPress
5. Woodworth, Robert S. & Schlosberg, Harold (1971); Experimental Psychology, Calcutta:Oxford & IBH Publishing Co.
6. D' Amato, M.R: Experimental Psychology: Methodology, (1970): Psycho-Physic Learning,NewYork: McGraw Hill

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **PRACTICAL Psychological Measurement (Testing) OR
Clinical Assessment /CCT-07**

Course (Paper) Unique Code:

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Core	CCT-07	Clinical Assessment	04	30	70	100	2:30 hour/ Practical

Course Objectives:

- This paper will teach you the clinical skills required to develop competence in history taking and physical assessment as required by an advanced clinical practitioner. It will enable you to develop skills in clinical decision making, differential diagnosis and care planning.
- It aims to enable you to take a holistic health history from a patient/carer and to develop skills in assessing a patient's physical and mental health and cognitive ability. You will develop physical examination skills across the body systems, and be able to adapt these to the age of the patient, the setting, and individual needs and preferences of the patient. You will then develop the art and science of clinical decision making and care planning.

Unit: 1

Personality Tests

Eysenck Personality Inventory (EPI)

Minnesota Multiphasic Personality Inventory (MMPI)

16 Personality Factor Test (16PF)

Taylor's Manifest Anxiety scale

Bell's adjustment Inventory

Unit: 2

Clinical Tests Depression scale

Mental Health Inventory

Stress Questionnaire

Neurological Inventory

Neuropsychological Battery of

tests Weschler Memory scale

PGI Memory Scale

Rotters Problem Check list

Mukerjees Sentence completion

Unit: 3

Clinical Tests Bender Gestalt Test

Binet-Kamath test

TAT

Rorschach Ink Blot Test

Emotional Intelligence Scale

Assertiveness Scale Communication / Listening skills

Cornel medical index

REFERENCE BOOKS:

1. Ivey, Allen E. & Ivey, Mary B. (2007). Intentional Interviewing and Counseling. Thomson: Brooks/Cole.
2. Evans, David R., Hearn, Margaret T., Uhlemann, Max R. & Ivey, Allen E. (2008).
3. Essential Interviewing: A Programmed Approach to Effective Communication. Thomson: Brooks/Cole.
4. Nelson-Jones, Richard (2008). Basic Counseling Skills: A Helper's Manual. New Delhi: Sage Publications.

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **Experimental Design and Statistics /CCT-08**

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 Hour

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Core	CCT-08	Experimental Design and Statistics	04	30	70	100	2:30 hour

Course Objectives:

- Provide students with the fundamental knowledge of research methods and design used in psychology.
- Facilitate students understanding for how using valid scientific methods can improve and create knowledge in the field of psychology.
- Guide and mentor students in developing, completing, writing, and presenting a valid and ethical psychology experiment.
- Acquire the concepts, terms, and symbols used in data analysis.
- Learn to formulate research ideas that can be evaluated with statistical analysis.
- Learn to perform appropriate operations to draw conclusions from data.
- Become skilled in interpreting and communicating quantitative information via numerical analysis and graphical display.

UNIT -I

Research Designs: Meaning and Purpose, Within- and Between- Group Designs – Single Group and Single Subject Designs, Randomized Groups Designs, Matched Groups Designs, Latin Square Designs, Factorial Designs, Repeated Measures Design.

UNIT -II

Non- and Quasi – Experimental Designs: One Group Design; Non-equivalent and Control Group Designs; Interrupted Time – Series Designs; Multiple Time- Series designs.

UNIT -III

Statistical Methods in Experimental Design: Hypothesis testing: Chi-Square test, 't'- test (Correlated and Uncorrelated Means), One-way and Two-way Analysis of Variance, T test

UNIT -IV

Advanced Correlation Methods: Measures of Association, Point-Bi Serial Correlation, Biserical Coefficient of Correlation, phi-coefficient.

REFERENCES BOOKS:

1. Karlinger F.N. (1983). Foundations of Behavioural Research, Surjeet Publication, Delhi.
2. McGuigan, F.J. (1968}. Experimental Psychology – A Methodological Approach, Prentice Hall, N.J.
3. Brown C.W. & Ghiselli, E.E. (1965). Scientific Methods in Psychology, McGraw-Hill, N.Y.
4. Black, T.R. (1988). Quantitative Research Designs for Social Science. Thousand Oaks:Sage.
5. Edwards, A.L. (1976). Experimental Design in Psychological Research, Amerind Publication, New Delhi.
6. Newman, W.L. (1991). Social Research Methods: Quantitative and Qualitative Methods, Boston: Allyn & Bacon.
7. Tripathi, L.B. (1985). Psychological Research Methods, Har Prasad Bhargav, Agra.
8. Broota, K.D. (1992). Experimental Design in Behavioural Research, Wiley Eastern, New Delhi.
9. Heman, G.W. (1995). Research Methods in Psychology, Houghton Mifflin Company, Boston, Illinois, New Jersey.
10. Winer, B.J. (1961). Experimental Design in Psychological Research, McGraw Hill

Paper Style:

EXTERNAL ASSESSMENT BY UNIVERSITY			
Que. No.	Particulars	Unit	Marks
Que. 1	Essay type question One out of Two	Any One Unit	14
Que. 2	Essay type question One out of Two	Any One Unit	14
Que. 3	Essay type question One out of Two	Any One Unit	14
Que. 4	Essay type question One out of Two	Any One Unit	14
Que. 5	Short note: Two out of Four	Any One Unit/ All Unites	14
Total			70

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **HEALTH PSYCHOLOGY/ CCT-09**

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 Hour

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Core	CCT-09	Health Psychology	04	30	70	100	2:30 hour

Course Objectives: To acquaint students with

- Health behavior, health habits
- Health enhancing behavior
- Advancing and terminal illness
- AIDS and Cancer

UNIT –I

Introduction to Health Psychology:

What is Health Psychology?, A brief history of Health Psychology, Why is the field of health psychology needed?, The bio psychosocial model in health psychology , The system of the body: The cardiovascular system, The respiratory system, The digestive system

UNIT -II

Health Behavior: What are health behaviors? , Cognitive behavioral approach to health behavior change, Health enhancing behaviors : Exercise, Accident prevention, Maintaining a healthy diet, Weight control, Characteristics of health compromising behaviors: What is the substance dependence?, Alcoholism and Problem drinking

UNIT –III

Heart Disease, Stroke and Diabetes: CHD (Coronary heart disease): What is CHD?, Role of stress, Women and CHD, Personality and Heart disease, Negative emotion and Risk factors and CHD, Modification of CHD risk related behavior, Management of heart disease, Stroke: Consequences of stroke, Types of rehabilitative interventions, Diabetes: Types of diabetes, Health implications of diabetes, Problems of self-management of diabetes, Interventions of diabetes

UNIT -IV

AIDS and Cancer: HIV AIDS: From HIV infection to AIDS, Medical treatment for people with HIV AIDS, The psychosocial impact of AIDS, Psychosocial intervention for AIDS, Cancer: What is cancer? , Types of cancer, Causes of cancer, Diagnosis and treating cancer, The psychosocial impact of cancer

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REFERENCES BOOKS:

1. Edward P. Sarafino, (1990). Health Psychology, John Wiley & Sons, INC.
2. Linda Brannon and Jess Feist. (2007). Introduction to Health Psychology, Thomson: Indian Edition.
3. Shelley E. Taylor. (2007). Health Psychology, Tata McGraw Hill Sixth Edition.
4. Arvind Shah, (2021) Health Psychology, Pashv Publication, Ahmedabad

Paper Style:

EXTERNAL ASSESSMENT BY UNIVERSITY			
Que. No.	Particulars	Unit	Marks
Que. 1	Essay type question One out of Two	Any One Unit	14
Que. 2	Essay type question One out of Two	Any One Unit	14
Que. 3	Essay type question One out of Two	Any One Unit	14
Que. 4	Essay type question One out of Two	Any One Unit	14
Que. 5	Short note: Two out of Four	Any One Unit/ All Unites	14
Total			70

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **BEHAVIOR MODIFICATION/ECT-05**

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 Hour

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Elective	ECT-05	Behavior Modification	04	30	70	100	2:30 hour

Course Objectives: To understand

- Behavior Modification: Foundations.
- Classical and Social conditioning
- Operant Conditioning techniques
- Cognitive behavior modification techniques

UNIT -I

Introduction: Basic Concepts of Behavior Modification –

Assumptions of Behavior Modification –

Foundations of Behavior Modification: Classical, Operant and Social Conditioning.

UNIT -II

Classical Conditioning and Social Conditioning Techniques

Relaxation Procedures – Systematic Desensitization – Assertion

Training – Modeling and Behavior Rehearsal Procedures.

UNIT -III

Operant Conditioning Techniques

Establishing a Reinforcement Program – Types of

Reinforcers – Schedules of Reinforcement –

Shaping and Chaining New Behaviors – Token

Economy – Contingency Management.

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UNIT -IV

Cognitive Behavior Modification Techniques:

Self-Instruction Training – Problem Solving Training – Anger Control Training – Self Management Training – Rational Emotive Behavioral Therapy – Beck’s Cognitive Therapy.

REFERENCE BOOKS

1. Gambrill, E.D., (1977) A Hand Book of Behavior Modification, London: Jossey Bass.
2. Masters, J.C., Hollon, S.D., Burish, T.G., and Rimm, D.C. (1987) Behavior Therapy. New York: Harcourt Brace and Company.
3. William O’Donhue (1998) Learning and Behavior Therapy. New Jersey: Allyn and Bacon Company.

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EXTERNAL ASSESSMENT BY UNIVERSITY			
Que. No.	Particulars	Unit	Marks
Que. 1	Essay type question One out of Two	Any One Unit	14
Que. 2	Essay type question One out of Two	Any One Unit	14
Que. 3	Essay type question One out of Two	Any One Unit	14
Que. 4	Essay type question One out of Two	Any One Unit	14
Que. 5	Short note: Two out of Four	Any One Unit/ All Unites	14
Total			70

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Subject: PSYCHOLOGY

Course (Paper) Name & No: **Positive Psychology/ICT-01**

Course (Paper) Unique Code:

External Exam Time Duration: 2:30 Hour

Name of course	Semester	Core/ Elective/ Allied/ Practical/ Project	Course /Paper code	Course/ Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	III	Inter - disciplinary	ICT-01	Positive Psychology	04	30	70	100	2:30 hour

Course Objectives:

- To introduce concepts of positive psychology
- The paper helps the Students to explore what makes people happy.
- To equip students to enhance subjective well-being.

UNIT- I

In Introduction to positive Psychology: Definition, Goals and Assumption of Positive Psychology, The role of positive emotion in positive Psychology- The Broaden and Build Theory of Positive Emotion, Basic Areas of Positive Psychology, Research Approaches to Study positive Psychology- Positive Psychology in India.

UNIT- II

Positive Emotions States and Process: Happiness and Well-being- Defining Happiness; Antecedents and Consequences of Happiness, Measuring Happiness, Happiness across culture, Happiness and Well-being in Indian culture; Emotion focused Coping and Emotional Intelligence.

UNIT- III

Positive Cognitive Status and Processes: Self efficacy and Self-acceptance, Wisdom learned Optimism and Hope Snyder's theory of hope, Theories of Wisdom, Implicit and Explicit; Mindfulness, Flow, and Spirituality, Resilience, Trauma and Subjective wellbeing- Resiliency Factors; Positive Parenting and Resiliency Factors.

UNIT- IV

Pro Social Behavior and Well-being; Altruism; Gratitude and Forgiveness- Definition Cultivation and Stoical Implications; Developing Strength and Living Well Living Well across Life Stages, Successful aging; Future trends of Positive Psychology, Application in Community Life.

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REFERENCE BOOKS:

1. Carr, A. (2004). Positive Psychology a Science of Happiness and Human Strength. NY; BR Publication
2. Snyder, C.R.& Lopez, S.J. (2007). Positive Psychology in India. New Delhi. Sage Publication. Crothers, M.K.&Banumgeardner, S.R. (2009). Positive Psychology. New Delhi Pearson
i. Education.
3. Kumar S. & Yadav, S.B. (2011). Positive Psychology New Delhi: Global Vision PublicationHome.
4. Seligman, M.E.P. (1991). Learned Optimism, NY, Knopf
5. Seligman, M.E.P. & Csikszentmihalyi, (2000). Positive Psychology: An Introduction. AmericanPsychologist, 55,5-1

Paper Style:

EXTERNAL ASSESSMENT BY UNIVERSITY			
Que. No.	Particulars	Unit	Marks
Que. 1	Essay type question One out of Two	Any One Unit	14
Que. 2	Essay type question One out of Two	Any One Unit	14
Que. 3	Essay type question One out of Two	Any One Unit	14
Que. 4	Essay type question One out of Two	Any One Unit	14
Que. 5	Short note: Two out of Four	Any One Unit/ All Unites	14
Total			70