



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-૧ અને સેમેસ્ટર-૨ નો અભ્યાસક્રમ આ સાથે સામેલ છે.

માનનીય કુલપતિશ્રીની મંજૂરી અનુસાર સદર અભ્યાસક્રમ શૈક્ષણિક વર્ષ જુન, ૨૦૨૩થી અમલવારી કરવાની રહે છે. આર્ટસ વિદ્યાશાખાનાં મનોવિજ્ઞાન વિષયનાં પી.જી.નો અભ્યાસક્રમ ચલાવતી તમામ સંલગ્ન કોલેજોનાં પી.જી.સેન્ટર ધ્વારા તેની અમલવારી કરવા જણાવવામાં આવે છે.



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16/02/2024

ખાસ ફરજ પરના અધિકારી
(એકેડેમિક)

ક્રમાંક/બીકેએનએમયુ/એકેડેમિક/૩૪૦/૨૦૨૪

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી,

સરકારી પોલીટેકનિક કેમ્પસ,

ભક્તકવિ નરસિંહ મહેતા યુનિવર્સિટી રોડ,

ખડીયા, જૂનાગઢ-૩૬૨૨૬૩

તા.૧૬/૦૨/૨૦૨૪

પ્રતિ,

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

નકલ સાદર રવાના:-

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

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
MASTER OF ARTS PROGRAMME
(SEMESTER-I, II)
EFFECTIVE FROM JUNE, 2023

Bhakta Kavi Narsinh Mehta University, Junagadh
Faculty of Arts M.A (Psychology)

No.	Core/Elec tive/ Ict.	Name of Course	Credits	IM	EM	TM	Course/ paper Code
M.A Semester-I							
1	CCT-01	Advance General Psychology	04	30	70	100	
2	CCT-02	Research Methodology	04	30	70	100	
3	CCT-03	Theories of Personality OR Research Proposal	04	30	70	100	
4	ECT-01	Advanced Social Psychology	04	30	70	100	
5	ECT-02	Biological Basis of Behaviour	04	30	70	100	
Total			20			500	
No.	Core/Elec tive/ Ict.	Name of Course	Credits	IM	EM	TM	Course/ paper Code
M.A Semester-II							
1	CCT-04	Practical (Experimental Psychology)	04	00	100	100	
2	CCT-05	Counselling psychology	04	30	70	100	
3	CCT-06	Cognitive Psychology	04	30	70	100	
4	ECT-03	Stress Management	04	30	70	100	
5	ECT-04	Psychology of Emotion	04	30	70	100	
Total			20			500	
No.	Core/Elec tive/ Ict.	Name of Course	Credits	IM	EM	TM	Course/ paper Code
M.A Semester-III							
1	CCT-07	Practical Psychological Measurement (Testing) OR Clinical Assessment	04	00	100	100	
2	CCT-08	Experimental Design and Statistics	04	30	70	100	
3	CCT-09	Health Psychology	04	30	70	100	
4	ECT-05	Behavior Modification	04	30	70	100	
5	ICT-01	Positive Psychology	04	30	70	100	
Total			20			500	
No.	Core/Elec tive/ Ict.	Name of Course	Credits	IM	EM	TM	Course/ paper Code
M.A Semester-IV							
1	CCT-10	Neuropsychology	04	30	70	100	
2	CCT-11	Psychotherapeutics	04	30	70	100	
3	CCT-12	Psycho-Pathology	04	30	70	100	
4	ECT-06	Clinical Psychology OR Clinical Practices	04	30	70	100	
5	ICT-02	Stress Management	04	30	70	100	
Total			20			500	
Grand Total			80			2000	

DEPARTMENT OF PSYCHOLOGY
Bhakta Kavi Narsinh Mehta University - Junagadh

STRUCTURE OF M.A. SEMESTER-I, II, III& IV PROGRAMME
 (To be implemented from June-2023)

Students can opt Semester I, II, and III& IV for M.A. Degree in Psychology. There will be four types of courses viz. Core Course, Elective Course, Interdisciplinary Course and Skill Oriented Course. For Core Course, Elective Course, Interdisciplinary Course there will be four hours classroom teaching per week and fifteen-week work in a semester. For one hour classroom work per week one credit is to be assigned. There will be five courses with 20 credits in each semester, each course carrying 100 marks. Psychology Degree is considered of 2000 marks with 80 credits. For skill-oriented course there will be additional two hours of classroom work and two credits to be assigned in each semester.

For each semester the hours per week and credit will be assigned as under:

Semester		Theory courses		Skill oriented		
	Courses	Hours per Week	Credits	Course	Hours per week	Credits
Semester-I	05	20	20	01	02	02
Semester-II	05	20	20	01	02	02
Semester-III	05	20	20	01	02	02
Semester-IV	05	20	20	01	02	02
Total	20	80	80	04	08	08

➤ Allocation of Hours for Practical /Dissertation

- (i) Experimental Explanation 20 Hours
- (ii) Practical Performance 40 Hours
- (iii) Personal Guidance 20 Hours
- (iv) 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
- (iii) 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

(1) Scheme for Experiment

(i)	Performance:	10 Marks
(ii)	Report Writing:	15 Marks
(iii)	Viva Voice:	10 Marks
(iv)	Journal Presentation:	<u>15 Marks</u>
	Total	50 Marks

(2) Scheme for Testing

(i)	Performance:	10 Marks
(ii)	Report Writing:	15 Marks
(iii)	Viva Voice:	10 Marks
(iv)	Journal Presentation:	<u>15 Marks</u>
	Total	50 Marks

➤ Marking Scheme for Dissertation (100 Marks)

(i)	Thesis Evaluation:	70 Marks
(ii)	Viva – Voice Examination:	30 Marks

Format of Question Paper

Q. No	Type of Question	Unit No.	Marks
01	Essay type question One out of Two	Any One Unit	14
02	Essay type question One out of Two	Any One Unit	14
03	Essay type question One out of Two	Any One Unit	14
04	Essay type question One out of Two	Any One Unit	14
05	Short note: Two out of Four	Any One Unit OR All Units	14

SEMESTER-01

FACULTY OF ARTS

Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Advance General Psychology / CCT-01**

Course (Paper) Unique Code:

External Exam Time Duration:

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.	I	Core	CCT-01	Advance General Psychology	04	30	70	100	

Course Objectives: This course should help Students:

- Understand the rationale, strengths and limitations of the experimental method of Gaining knowledge about mental and behavioral processes; learn how to do experimental and non-experimental studies.
- Know how to use the various methods used in experimental psychology, including those for humans, both instrument and non-instrument based.
- Learn to use Psychology and other information sources.
- Know how to apply APA ethical guidelines in research with humans and animals.

Unit –I:

Introduction of Attention: Concept of Attention and Nature of Attention, Types of Attention, Determinants of Attention Span of Attenuation.

Unit –II:

Introduction of Perceptual Processes, Definition of Perception, Perceptual Organization – Gestalt, Figure and Background, Laws of Perceptual Organization, Distance and Depth Perception, Role of Motivation and Learning in Perception.

Unit –III:

Introduction of Verbal Learning Methods of Verbal Learning, Laws and theory of Learning Effective factor of learning.

Unit –IV:

Introduction of Memory Definition of memory Encoding, Storage, Retrieval, Types of memory (Sensory Memory, Short-term Memory, (STM), Long-term Memory (LTM)). Characteristic of good memory Meaning of Forgetting and its effective factors and theory.

REFERENCE BOOKS:

1. D'amato, M.R. (1972): Experimental Psychology: Methodology, Psychophysics and Learning. McGraw-Hill, New York.
2. Hulse, S.H., Egeth, H. & Deese, J. (1980). The Psychology of Learning. (5th Ed.) Mc Graw Hill, Kogakusha.
3. Matlin, M.W. (1983) Cognition, Holt, Rinehart & Winston Inc.
4. Snodgrass, J.G. Levy, B.G. & Haydon, M. (1985). Human Experimental Psychology, Oxford University Press, New York.
5. Bourne, L.E., Dominowski, R.L. & Loftus, E.F. (1979) Cognitive Processes, Prentice Hall, N.Y.
6. Galotti, K.M. (1999). Cognitive Psychology in the Outside Laboratory. Thomson Asia, Mumbai.
7. Matlin, M.W. (1985). Cognition (3rd Edition), Prism Book Pvt. Ltd., Bangalore.
8. Snodgrass, J.G. et al., (1985). Human Experimental Psychology, Oxford University Press, New York.
9. Katbleen, M.G. (2009). Cognitive Psychology: Perception attention and Memory. CENGAGE Learning, Delhi.

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Research Methodology/CCT-02**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	I	Core	CCT-02	Research Methodology	04	30	70	100	

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.

Unit –I:

Nature of Research, Fact and Theory, Research Problem, Hypotheses, Types of Research, Preparation of Research Report, Sampling: Population and Sampling, Simple Random Sampling, Stratified Random Sampling, Cluster Sampling, Non-probability Sampling, Incidental/ Quota and Purposive Sampling.

Unit –II:

Psychological Experiment: Conduction of Experiment, Variables and Control of Relevant Variables, Minimization of Error Variance, Merits and Demerits of Experimental Method: Laboratory and Field Experiments.

Unit –III:

Methods of Observation and Data Collection: Interview and Interview Schedule, Objectivity and Objective Methods of Observations, Types of Objective Measures, Types of Objective Scales and Items, Choice and Construction of Objective Measures, Evaluation of Objective Tests and Scales.

Unit –IV:

Interpretation and Report Writing – Meaning of Interpretation – Importance of Interpretation – Technique of Interpretation – Precautions in Interpretation; Research Report – Meaning of Research Report – Main Purpose of Research Report – Importance of Research Report – Precautions for Writing Research Report; Computer in Research – Computer and Computer Technology – Some Important Computers Characteristics – Use of Computer in Research.

REFERENCE 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

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Theories of Personality OR Research Proposal /CCT-03**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	I	Core	CCT-03	Theories of Personality	04	30	70	100	

Course Objectives:

- To provide students with a general overview of research on Theories of Personality
- To expose students to recent findings and ideas concerning the neural bases of cognitive functions, particularly to those provided by personality and its related research.
- To train students in reading original articles in experimental Theories of Personality

Unit - I:

Introduction of Personality: Meaning and Nature of Personality Determinants of Personality: (Biological and Physiological; Psychological, Environmental). Characteristics of good Personality.

Unit - II:

Psychoanalytic Theory: Freud's Psychoanalytic Theory.

Unit - III:

Jung's Analytic Theory, Adler's Individual Theory

Unit - IV:

Theory of Sullivan

REFERENCE BOOKS:

1. Liebert, R.M. & Spiegler, M.D. (1994). *Personality: Strategies and Issues*. Pacific Grove, California: Brooks/Cole Publishing Company.
2. Biscoff, L.J. (1970). *Interpreting personality theories*. New York: Harper & Roe.
3. Hall, C.S. & Lindzey, G. (1978). *Theories of personality*, 3rd Ed. New York: J. Wiley & Sons.
4. Hjelle, L.A., & Zeigler, D.J. (1991). *Personality theories: Basic assumptions, research & applications*, 2nd Ed. International Student Edition. McGraw Hill, International Book Co.
5. Pervin, L.A. (1975). *Personality: Theory, assessment and research*, 2nd Ed. New York, Wiley International ed.
6. Sahakian, W.S. (1965). *Psychology of Personality: Readings in theory*. Chicago : Rad Mc-Nally College Publication Co.
7. Magnusson, D., Endler, N.S. (1977). *Personality at Crossroads*. New Jersey, Hillsdale : Lawrence Erlbaum Associates.
8. Calvin S. Hall Gardner Lindzey John B. Campbell (2007). *Theories Of Personality* 4th Edition, Publisher: Wiley India Pvt Ltd.
9. Barbara Engler (2008). *Personality Theories / Edition 8*.

FACULTY OF ARTS
Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Theories of Personality OR Research Proposal /CCT-03**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	I	Core	CCT-03	Research Proposal	04	30	70	100	

Course Objectives

The course objective of a research proposal can vary depending on the specific context and purpose of the course. However, in general, the objective of a research proposal is to outline a plan for conducting research on a particular topic. The proposal serves as a blueprint or roadmap for the research project, detailing the objectives, methodology, and expected outcomes.

Unit: 1

Introduction What is Research Proposal, Proposal formation, Sources of Research Problem, formation of research Title, develop a Proposal, Research Planning

Unit: 2

Proposal Formation of Proposal

Unit: 3

Pilot Study Pilot Study on Proposal

Unit: 4

Report Writing & Publication Report writing and Research Publication

Unit: 5

Presentation Presentation on Research

REFERENCE BOOKS:

1. Gravetter, F. J., & Forzana, L. A. (2015). Research methods for behavioral sciences (5 ed.). Stamford, CT: Wordsworth cengage learning .
2. Bordens, K. S., & Abbott, B.B. (2006). Research and design methods: A process approach(6 ed.). New Delhi: Tata McGraw-Hill Company Limited
3. Goodwin, C. J. (2002). Research in psychology: Methods and design (3rd ed.). New Jersey: John Wiley & Sons, Inc.
4. Coolican, H.(2004). Research methods and Statistics in Psychology. London: Hoddes Arnold
5. Kerlinger, N. (1996). Foundations of behavioural research. India: Prentice Hall
6. Reference books:
7. Breakwell, G. M., Hammond, S., Fife-Shaw, C., & Smith, J. A. (Ed.). (2006). Research methods in psychology (3 ed.). New Delhi: Sage.
8. Cohen, R. J., & Swerdlik, M. E. (2005). Psychological testing and assessment: An introduction to tests and measurement (6 ed.). New York: McGraw-Hill.
9. Heiman, G.W. (2001). Understanding research methods and statistics: An integrated introduction for psychology (2ed.). Boston: Houghton Mifflin Company.
10. Rosnow, R. L., & Rosenthal, R. (2002). Beginning behavioral research: A conceptual primer (4ed.). New Jersey: Prentice Hall.
11. Singh, A. K. (1997). Test, measurements and research methods in behavioural sciences. Patna: Bharathi Bhavan Publishers and Distributors.

Evaluation Pattern

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

- ❖ Proposal Writing: 20 Marks
- ❖ Research Work Demonstration: 30 Marks
- ❖ Presentation: 20 Marks

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **ADVANCED SOCIAL PSYCHOLOGY/ECT-01**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	I	Elective	ECT-01	Advanced Social Psychology	04	30	70	100	

Course Objectives:

1. To help students to develop an understanding about one's-self, how people think about, influence and relate to one another
2. To orient them to the dynamics of attraction, love and aggression, and application of the principles of social psychology in different fields.

Unit-1: Introduction of Social Psychology

- Social Psychology: Definition and Meaning
- Origins and Development of Social Psychology
- Scope of Social Psychology
- Nature of Social Psychology

Unit-2: Research Methods in Social Psychology

- Observation Method
- Experimental Method
- Survey Methods
- Field Study Method
- Socio metric Method

Unit-3: Prejudices

- Prejudice: Meaning and Types
- Development and Causes of Prejudices
- Reducing Prejudices

Unit-4: Leader and Leadership

- Meaning of Leader
- Nature and Types of leader
- Theories of Leadership
- Function of leader

REFERENCE BOOKS:

1. Baron, Robert A. and Byrne, D. (2001). Social Psychology (8th edition) Reprint, New Delhi:Prentice-Hall of India Pvt Ltd.
2. Brehm, S.S. and Kassin, S.N. (1996). Social Psychology (3rd edition). USA: Houghton MifflinCompany.
3. Crisp, R.J. and Turner, R.N. (2007). Essential Social Psychology. New Delhi: Sage Publications.
4. Myers, D.G. (2002). Social Psychology (7th international edition). New York: McGraw Hill Companies.

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Biological Basis of Behaviour / ECT-02**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	Core/ Elective/ Allied/ Practical /Project	Course /Paper code	Course/ PaperTitle	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
M.A.	I	Elective	ECT-2	Biological Basis of Behaviour	04	30	70	100	

Course Objectives:

To acquaint the students with, this course is to cater to knowledge in the area of brain and behavior. The emphasis of this course lies on the study of patients with neurological disorders for assessment, diagnosis, intervention and rehabilitation.

Unit –I:

Introduction of Physiological Psychology: Fields of Study; Methods and Techniques of Research: Invasive, Non-invasive and Behavioural Methods. Heredity and Environment - Twin and Adoption Studies.

Unit –II:

Neuron – Structure and Function; Human Nervous System: Structure and Functions – Central (Spinal Cord and Brain- Fore Brain, Mid Brain, Hind Brain), Peripheral and Autonomic Nervous System, Lateralization of Brain Functions.

Unit –III:

Neuro – Chemical and Vascular Systems: Topography of brain

Neuro Chemical - Blood Vascular systems of brain — Spinal cord & its function – Peripheral Nervous system - Radiological Method - Neuro anatomical method - Brain tumour.

Unit –IV:

Sensory Processes: Vision-- Structure and Function of Eye, Retina and Photoreceptors; Colour Blindness. Theories of Colour Vision; Audition -- Structure and Function of Ear, Internal Ear,

Cochlea, Organ of Corti, Auditory Hair Cells and Transduction of Auditory Information, Theories of Pitch Perception. Endocrine Glands and Hormones: Pituitary, Pineal, Thyroid, Thymus, Adrenal Glands, Pancreas and Gonads (Ovaries and Testis)

REFERENCE BOOKS:

1. Carlson, N. R. (2005) Foundations of Physiological Psychology. 6th Edition, Pearson Education.
2. Pinel, J.P. (2006) Biopsychology. 6th Edition, Pearson Education.
3. Leukal, F. (1976) Introduction to Physiological Psychology. C.V. Mosby Co.
4. Levinthal, C.F. (1990) Introduction to Physiological Psychology. 3rd Edition, Prentice-Hall.
5. Morgan, C.T. (1985) Introduction to Physiological Psychology. McGraw-Hill
6. Levitt, P.C. (1980) Physiological Psychology.
7. Kalat, J. W. (2010) Biopsychology. Cengage Learning India Pvt. Ltd. wHill Sixth Edition.

SEMESTER-2

FACULTY OF ARTS

Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Practical (Experimental Psychology) /CCT-04**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	II	Core	CCT-04	Practical (Experimental Psychology)	04	00	100	100	

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 six experiments from the following are to be performed and reported in Journal:

1. Speed of learning as a function of meaningfulness of material.
2. Bilateral transfer of training.
3. Effect of reward & punishment on learning.
4. Retroactive inhibition.
5. Retention as a function of time: Study of retention curve.
6. Problem solving.
7. Study of learning curve: Human Maze Learning.
8. Efficiency of Massed V/s. Distributed practice in learning.
9. Transfer of training in Maze Learning
10. Habit interference
11. Effect of knowledge on performance on ergo graph
12. Brightness constancy
13. Size constancy.
14. Zeigarnik Effect

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Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Counselling Psychology /CCT-05**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	II	Core	CCT-05	Counselling Psychology	04	30	70	100	

Course Objectives:

- To acquaint students with the concepts and approaches to the counselling.
- To familiarize students with the counselling process thoroughly.
- To acquaint students with modern trends in counselling.

UNIT- I

Counselling and Related Fields: Definition of counseling, characteristics of counseling, types of Counselling – (i) Types of counselling as fields of counselling (ii) Types of counselling as counselling situations, goals of counseling

UNIT -II

Approaches of counselling:

1. Psychoanalytical Approach
 - Point view of human behavior
 - Some importance concepts of psychoanalysis
 - Categories of consciousness
 - Structure of personality
 - Stages of psychosexual development
 - Goals
 - Counselling process
 - Counselling Techniques
 - Other psychoanalytic approaches
 - Contribution
2. Behavioral Approach
 - Point view of human behavior

- Conditioning
 - Goals
 - Counselling process
 - Counselling Techniques
 - Contribution
3. Rational –Emotive Approach
- Point view of human behavior
 - Some irrational concepts
 - Goals
 - Counselling process
 - Counselling Techniques
 - Contribution

UNIT -III

Counselling relationship and Counselling process: meaning of counselling relationship, Characteristics counselling relationship, steps of counselling process, factors of affecting on counselling process.

UNIT -IV

Group Counselling: What is group counselling? , General helping groups (Type of Group), Merits of group counselling, Demerits of group counselling, Effective group leader skills

REFERENCE BOOKS:

1. Bordin, E. S. (1985): Psychological Counselling, N.Y.: Appleton Century Crofts, Inc.
- Curkhuff, R.R. & Berenson, B.G. (1977): BeyondCounselling&Theraphy (2nd edi.), N.Y.: Holt, Rinchart& Winston.
3. Fusfer, J. M. (1964): Psychological Counselling in India, Bombay: MacMillan Publishing Co., Inc.
4. Hansen J. C. (1978): Counselling Process and Procedures N.Y.: MacMillan Publishing Co., Inc.
5. Narayanrao, S. (1989): Counselling Psychology, (3rdedi.), N.D. Tata McGraw Hill Book Co. Ltd.,
6. Steffler, B. (Ed.) (1965): Theories of Counselling, New York:MacGraw Hill Book Company.
7. Tyler, L.E. (1969): The work of a counselor (3rd edi.)N.Y. Appleton Century Crafts.
8. Warters, J. (1964): Techniques of Counselling, (2ndedi.), N.Y.: McGraw, Hill Book, Company.

FACULTY OF ARTS

Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Cognitive Psychology /CCT-06**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	II	Core	CCT-06	Cognitive Psychology	04	30	70	100	

Course Objectives:

- To provide students with a general overview of research on human cognitive abilities
- To expose students to recent findings and ideas concerning the neural bases of cognitive functions, particularly to those provided by neuropsychology and functional neuroimaging research.
- To train students in reading original articles in experimental cognitive psychology.

UNIT - I

Introduction: What is Cognition? , Definition of Cognitive Psychology – Properties of Cognitive Process – A Brief History of Cognitive Psychology - Approaches of Cognitive Psychology.

UNIT - II

Scope and Methods of Cognitive Psychology:

1. Scope or Domain of Cognitive Psychology
2. Methods of Cognitive Psychology
 - Experimental method
 - Computer based method
3. Ecological Validity

UNIT - III

Attention: Meaning and Characteristics of Attention – Arousal and Information Processing – Distraction of Attention – Types of Attention – Determinants of Attention, Theories or Models of Selective Attention – Nature of Sustained Attention – Determinants of Sustained Attention – Theories of Sustained Attention

UNIT -IV

Learning:

1. Meaning and Nature of Learning
2. Methods of Learning
 - Massed method and Space method
 - Whole method and Part method
 - Intentional Learning and Incidental Learning
3. Classical Conditioning: Parading and Phenomenon
4. Nature and Types of Instrumental Conditioning
5. Principles of Learning
 - Thorndike's Theory
 - Skinner's Theory

REFERENCE BOOKS:

- 1) Antonio R. Damasio (1994). Reprinted (2005). Descartes' Error: Emotion, Reason and the Human Brain, Penguin Book. ISBN: 014303622X.
- 2) Banich, Marie T. (2004). Cognitive Neuroscience and Neuropsychology. Houston Mifflin Company. ISBN: 0618122109.
- 3) Jogsan, Y. A. & Jayesh N. Bhalala (2014). Cognitive Psychology, Akshar Publication, Ahmedabad.
- 4) Solso, MacLin&MacLin (2005). Cognitive Psychology (7th ed.). Allyn & Bacon.

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **STRESS MANAGEMENT /ECT-03**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	II	Elective	ECT-03	Stress Management	04	30	70	100	

Course Objectives:

- To Introduce students to the role of moderating variables in Stress-health/well-being linkage
- To identify and evaluate the relative efficacy of various cognitive and behavioral intervention for coping with stress in its various forms and manifestation.
- To Practice a wide range of Stress Management Techniques and evaluate their effectiveness in dealing with own personal challenges.

UNIT-I

Introduction:

1. Definition of Stress
2. General Nature of Stress
3. Basic Sources of Stress
 - Frustration (Causes of frustration)
 - Conflict (Types of conflict)
 - Change
 - Pressure

UNIT-II

Types of Stressor:

1. Life Events Stress
2. Daily Hassles
3. Occupational / Organizational Stressor
4. Examination Stress

UNIT-III

Stress and Physical Health: Physiological Consequences of Stress – Fight-or- Flight Response, Hans Selye's Concept of General Adaptation Syndrome (GAS), Effects of Stress on Health- (1) Indirect Effects: Stress, illness and Life Style (2) Direct Effects – Stress, Cardiovascular System and Illness, Stress, Endocrine System and Illness, Stress, immune System and Illness; Psychosomatic Illness

UNIT-IV

Stress and Psychological Health: Psychological Consequences of Stress: Cognitive Impairment, Emotional Responses – Fear, Anxiety, Post- Traumatic Stress Disorder, Anger and Hostility, Depression and Apathy; Managing Emotion: Management of Anger and Hostility, Management of Anxiety and Fear, Management of Depression

REFERENCE BOOKS

- 1) Atwater,E. (1995). Psychology for Living: Adjustment, Growth and Behavior today. New Delhi: Prentice Hall.
- 2) Coon, D. (2004). Introduction to psychology: Gateways to Minds and Behavior (10thEdd.), New York: Thompson Woodworth
- 3) Cooper,C&Pyne R. (1988) . Causes and Consequences of Stress at Work. Chichester: Wiley. Greenberg, J.S. (2010).Comprehensive Stress Management (12th Ed.). Boston: Mcgraw-Hill.
- 4) Kottler, J.A. &Chen,D.D. (2011). Stress Management and Prevention: Applications to Daily Life (2nd Ed): London and New York: Routledge.
- 5) Lazarus, R. S. &Folkman,S. (1984).Stress. Appraisal and Coping. New York Springer.
- 6) Patel.M.K (2008). Stress, Emotions, Coping and Health, Rajkot: Saurashtra University Press.
- 7) Pestonjee,D.M (1992). Stress and Coping: The Indian Experience New Delhi: Sage Publication. Pestonjee,D.M, Pareek, U &Agrawal, R (1999) Studies In Stress and its Management. New Delhi: Oxford & IBH Publishing Co.
- 8) Rathus, S.A&Nevid,J.S (2002) Psychology and the Challenges of Life: Adjustment in the New Millennium (8th Eds.) New York: John Wiley& Sons, inc.

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Syllabus

Subject: **PSYCHOLOGY**

Course (Paper) Name & No: **Psychology of Emotion /ECT-04**

Course (Paper) Unique Code:

External Exam Time Duration:

Name of course	Sem	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.	II	Elective	ECT-04	Psychology of Emotion	04	30	70	100	

Course Objectives:

- The course aims at understanding the basic issues and state-of- the art knowledge in the field of emotions.
- To acquaint students to the neurophysiological bases of emotion.
- It seeks to promote an understanding of bodily changes in emotion and measurements of emotions.

UNIT -I

Basic Issue in the Study of Emotions:

Definition of Emotion, Components of Emotion-Cognitive, Physiological and Behavioral; Categories of Emotion- Primary and Secondary Emotions- Fear and Anxiety, Anger, Jealousy and Envy, Guilt, Grief, Sadness, Happiness and Love; Approaches to Emotion- Biological, Cognitive, Behavioral and Phenomenological

UNIT -II

Physiological Bases of Emotion:

Autonomous Nervous System: 1. Sympathetic Nervous System 2. Parasympathetic Nervous System, Emotion and Central Nervous System - Spinal Cord and Medulla, Thalamus, Hypothalamus, Cortex and Limbic System- Amygdala, Hippocampus, Cingulate Gyrus, Septum,

UNIT -III

Bodily Changes in Emotions:

Physiological Changes in Emotion: Short term and Long term physiological changes in Emotion, Cardiovascular, Respiratory, Digestive, Muscular and Hormonal Systems of Human Body; Short Term Bodily Changes in Emotions- Changes in the Cardiovascular, the Respiratory, the Digestive, the Thermoregulatory, the Galvanic Skin Response and the Hormonal Systems, Changes in Muscle Tension; Hormonal Changes During Stressful Situations; Long term Bodily Changes in Emotion-General Adaption Syndrome (GAS), Psychogenic Ulcer

UNIT -IV

Measurement of Emotions:

Psychological Methods for Measuring Emotion-Non-Verbal Method: Lie-Detector, Verbal Method: Likert Method, Rating Scales, Questionnaire Method and Psychoanalytic Methods

REFERENCE BOOKS

- 1) Clarke, M.S. (1992). Emotion. New burry Park CA: Sage.
- 2) Ekman, P. and Davidson, R.J. (1994). The Nature of Emotion. New York: Oxford University press.
- 3) Kalat, J.K. & Shiota, M.N. (2007). Emotion. Belmont. C.A: Wadsworth.
- 4) Lewis, M. & Haviland J.M. (1993). Hand Book of Emotions. New York: Guilford Press.
- 5) Oatley, K., Ketner, D. , & Jenkins, J.M. (2006). Understanding emotions. Cambridge. M.A; Blackwell Publishers.
- 6) Patel. M.K. (2008). Psychology of Emotion, Rajkot: Saurashtra University Press.
Strongman, K.T. (1989). The Psychology of Emotion. London: Plenum
- 7) આવેગ નું મનોવિજ્ઞાન : ડૉ.એમ.પી.મહેતા