

॥ सा विद्या या विमुक्तये ॥



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

Established on 17th September 1994 – Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade

ACADEMIC (1-BOARD OF STUDIES) SECTION

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संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदव्युत्तर स्तरावरील द्वितीय वर्षाचे CBCS Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २० जून २०२० रोजी संपन्न झालेल्या ४७व्या मा. विद्या परिषद बैठकीतील विषय क्र.१३/४७-२०२०च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदव्युत्तर स्तरावरील द्वितीय वर्षाचे खालील विषयांचे C.B.C.S. (Choice Based Credit System) Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्यात येत आहेत.

- १) एम.ए.—द्वितीय वर्ष—इंग्रजी
- २) एम.ए.—द्वितीय वर्ष—हिंदी
- ३) एम.ए.—द्वितीय वर्ष—मराठी
- ४) एम.ए.—द्वितीय—संस्कृत
- ५) एम.ए.—द्वितीय वर्ष—उर्दू
- ६) एम.ए.—द्वितीय वर्ष—अर्थशास्त्र
- ७) एम.ए.—द्वितीय वर्ष—भूगोल
- ८) एम.ए.—द्वितीय वर्ष—इतिहास
- ९) एम.ए.—द्वितीय वर्ष—तत्त्वज्ञान
- १०) एम.ए.—द्वितीय वर्ष—राज्यशास्त्र
- ११) एम.ए.—द्वितीय वर्ष—मानसशास्त्र
- १२) एम.ए.—द्वितीय वर्ष—लोकप्रशासन
- १३) एम.ए.—द्वितीय वर्ष—समाजशास्त्र

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

‘ज्ञानतीर्थ’ परिसर,

विष्णुपुरी, नांदेड — ४३१ ६०६.

जा.क्र.: शैक्षणिक-१/परिपत्रक/पदव्युत्तर-सीबीसीएस अभ्यासक्रम/
२०२०-२१/२५०

दिनांक : ०८.०७.२०२०.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) उपकुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.

स्वाक्षरित /—

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

**SWAMI RAMANAND TEERTH MARATHWADA
UNIVERSITY, NANDED.**



SYLLABUS

**Faculty of Humanities
PSYCHOLOGY**

**M.A. SECOND YEAR
SEMESTER PATTERN**

With effect from June, 2020-2021

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Curriculum Structure and Scheme of Evaluation for M.A. Second Year
With effective from 2020-21

Sr. No.	Semester	Paper No.	Title of the Paper	Scheme of Teaching (Periods/Week)			Scheme of Evaluation			
				L	P	Total Periods	Theory	Internal	Practical/Viva-Voce	Total Marks
1	III									
		IX	Processes in Research	4	-	4	75	25	-	100
		X	Psychology of Stress	4	-	4	75	25	-	100
		XI	Clinical Assessment	4	-	4	75	25	-	100
		XII	Psychology Practicum's: Experiments & Test		4	4 (Per Batch)	-	-	100	100
Total of Semester –III				12	4	16	225	75	100	400
2	IV	XIII	Research Designs & Advanced Statistics	4	-	4	75	25	-	100
		XIV	Stress Management	4	-	4	75	25	-	100
		XV	Clinical Intervention	4	-	4	75	25	-	100
		XVI	Psychology Practicum's: Experiments & Test		4	4 (Per Batch)	-	-	100	100
		Total of Semester –IV				12	4	16	225	75

Teaching workload will be of **Four** periods per week for theory and **Four** periods for practical **per week per batch**.

- 1) Strength of students for each practical batch shall not be more than **Twelve (12)**.
- 2) Submission of Record Book is compulsory.
- 3) Students shall not be allowed for practical examination without certified Record Book.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper IX – Processes in Research

With effective from 2020-21.

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
2. To develop computational skills in students and enable them to analyze the data practical, project work, and dissertation.

1. Review of Literature

- i. What is review of Literature?
- ii. Purpose of the review
- iii. Sources of review

2. Measurement and Scaling Techniques

- i. Measurement in Research
- ii. Measurement Scales
- iii. Sources of Error in Measurement
- iv. Scaling
- v. Meaning of scaling
- vi. Scale classification Bases
- vii. Important Scaling Techniques

3. Ethical Issues in the conduct of Psychological Research

- i. Introduction
- ii. Things you need to know before you
 - a. Begin to do research
 - b. APA Ethical standards
 - c. Commentary

- iii. The Risk/Benefit Ratio
 - a. Determination of Risk
 - b. Minimal Risk
 - c. Dealing with Risk
 - d. Obtaining Informed Consent
 - e. APA Ethical standards
 - f. Commentary
- iv. Deception in Psychological Research
 - a. APA Ethical standards
 - b. Commentary
- v. Additional Responsibilities to Research Participants
 - a. APA Ethical standards
 - b. Commentary
- vi. Research with Animals
 - a. APA Ethical standards
 - b. Commentary
- vii. Reporting of Psychological Research
 - a. APA Ethical standards
 - b. Commentary

4. Normal Distribution

- i. What is Normal Curve?
 - a. In terms of Skewness
 - b. In terms of kurtosis
- ii. Law of Probability
- iii. Characteristics of NPC
- iv. Application of NPC
 - a. To determine the percentage of cases within given limits
 - b. To find the limits, which include a given percentage of cases
 - c. To determine the difficulty level of test items
 - d. To compare two distributions, when theory are overlapped

Books for Readings:

1. **Singh, A. K.(2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5th ed.) Patna: Bharti Bhavan.
2. **McBurry, D. H. (2002).***Research Methods.* USA: Wordsworth, Thompson.
3. **Karlinger, F. N. (1994).***Fundamentals of Behavioural Research.* (3rd ed).
4. **Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4th ed).
5. **Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001).** *Essentials of Research Methods in Psychology.*
6. **Broota, K. D. (1989).** *Experimental Design in Behavioural Research.* New Delhi: Wiley Estern Ltd.
7. **Mangal, S. K. (2002).** *Statistics in Psychology and Education* (2 ed). New Delhi: Prentice –Hall.
8. **Robinson, P. W. (1976).** *Fundamentals of Experimental Psychology.* Prentice-hall

Books for Reference:

1. **Borude, R. R. (2005).** *Sanshodhan Paddhatishastra.* Pune: Pune Vidyarthi Grhua.
2. **Desai, B. & AbhyanKar, S. C. (2007).** *Prayogic Manasashastra and Sanshodhan Paddhati.* Pune: Narendra Prakashan.
3. **Kothari, C. R. (1985).** *Research Methodology: Methods & Techniques.* New Delhi: Wiley Eastern Ltd.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper X – Psychology of Stress

With effective from 2020-21.

Marks –75 + 25 Internal

Objectives:

1. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress health/well being linkage.
 2. To highlight the importance of social and psychological processes in the experience of health and illness.
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1. Stress- Concept and Physiology of Stress

- i. History of Stress concept
- ii. Nature of Stress
- iii. Misunderstanding/Misconceptions about stress
- iv. Interrelations Between Mind, Body and Behaviour
- v. Responses to Stress and different physiological mechanism

2. Variations in Stress Experience

- i. Distress From Overload and underload
- ii. Anticipatory, Current, Residual Stress
- iii. Zones of stress
- iv. Eight Common Stress Difficulties
- v. Stress Styles
- vi. Emotional Distress Symptoms
- vii. Cognitive Distress Symptoms
- viii. Behavioural Distress Symptoms
- ix. Physical Distress Symptoms

3. Stress Related Responses and Consequences of Stress

- i. Multidimensional Nature of Stress Response
- ii. Stress Response – Emotional Response, Physiological Response,

Behavioural Response

- iii. Effects related to Task Performance
- iv. Disruption of Cognitive Functioning
- v. Burnout and Posttraumatic Stress Disorder (PTSD)
- vi. Stress Related Disorder
- vii. Positive Effects of Stress

4. Sources of Stress

- i. Nature of Stress Related Factors
- ii. Job Related Stress
- iii. Role Based Stress
- iv. Stress Related to Inter-personal Relationship
- v. Career Related Stress
- vi. Stress Related to Organizational Climate
- vii. Family Related Stress
- viii. Stress Related Other Factors

Books for Readings:

1. **Schafer, Walt (2000).** *Stress Management.* (4th ed.) New Delhi: Wadsworth-Cengage Learning India Pvt.Ltd.
2. **Lazarus, R.S. & Folkman, S. (1984).** *Stress, Appraisal and Coping,* New York, Springer Publishing Company, Inc.
3. **Pestonjee, D.M. (1999).** *Stress and Coping.* (2nd) New Delhi: Sage publication.
4. **Cartwright, S and Cooper, C. L. (1997).** *Managing workplace stress,* New Delhi: Sage Publication
5. **Cooper, C. and Payne, R. (1988).** *Causes, Coping and Consequences of Stresses at Work.*Chichester: Wiley.

Books for Reference:

6. **Dr. Anagha Patil:** *Manage Your Stress,* Unmesh Prakashan, Pune.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper XI – Clinical Assessment

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the students with knowing different psychological assessment tools.
2. To acquaint the students with clinical interviewing.
3. To help students familiarize themselves with personality and behavioural assessment.

1. General Issues in Psychological Assessment

- i. Planning the assessment : Classification-Description-Prediction
- ii. Data Collection
- iii. Processing Assessment Data
Clinical Judgment, Computer Assisted Assessment
- iv. Communicating Assessment Findings
Goals, Writing Styles, Organization of the Report, Nature and purpose of clinical assessment, Informal assessment and person perception, The accuracy of person perception.

2. Clinical Interview

- i. Types of Clinical Interview
Intake, Case History, Diagnostic, Mental Status Examination, Crisis
- ii. The importance of Rapport
- iii. Communication Strategies
Verbal and Nonverbal, Listening Skills
- iv. Diagnostic Interview
- v. Interviewing with Children, Developmental Consideration,
Interview Techniques

3. Personality Assessment

v. Projective Methods

Rorschach-contemporary Rorschach Use – Administration,
Scoring and interpretation, TAT- Administration and Scoring,
evaluation, Projective drawings

vi. Objective Methods

MMPI-I/MMPI-2/MMPI-A, The Millon Scales, NEO Personality
Inventory

4. Behavioural Assessment

i. Defining Features of Behavioural Assessment

ii. Behavioural Assessment Method

Behavioural Interviews, Structured Interviews, Questionnaire,
Behavioural Rating Scales, Analogue Techniques, Self
Monitoring, Direct Observation

iii. Assessment of Dysfunctional cognitions

Self Statements, Automatic Thoughts and Cognitive Schemes,
Irrational Beliefs

Books for Readings:

- 1) **Jeffrey E. Hecker and Geoffrey L. Thorpe (2007).** *Introduction to Clinical Psychology Science, Practice, Ethics*, Pearson Education Indian Edition.
- 2) **KORCHIN S.J. (1986).** *Modern Clinical Psychology*, CBS Publishers and Distributors, New Delhi.
- 3) **TRULL AND PHARES (2001).** *Clinical Psychology*. Sixth Edition Wadsworth, Thomson Learning, Belmont, USA.
- 4) **GERALD COREY (2001).** *Theory and Practice of Counseling and Psychotherapy*. Brooks / Cole Thomson Learning . Belmont, USA
- 5) **WOLBERG L. R. (1998).** *The Techniques of Psychotherapy*. Barcour Brace Grune of Stratton

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Syllabus for M. A. S. Y. Third Semester
Paper XII – Psychology Practicum's: Experiments & Test
With effective from 2020-21.

Practical Mark = 100

Objectives:

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Section – A

Practical s (Any 10)

Marks – 80

Sr. No.	Name of the Test	Author
1	Medico Psycho-Questionnaire	Bharatraj, J.
2	Dimensional of personality inventory	Bhargava, M.
3	Type A/B Behavioural patterns scale	Upinder Dhar & Jain M.
4	PGI Health Questionnaire N – 1	Varma, S. K., Prashad, D., Wig, N. N
5	Indian Adaptation of Bell's Adjustment Inventory	Sharma, L.
6	Nairashya Maapa (Frustration Test)	Chauhan, N. S, Tiwari, G.P.
7	Depression Scale	Dubey, L. N.
8	Comprehensive Scale of Tension	Bharadwaj, R.
9	Student Examination Anxiety Test	Agarwal, M., Kaushal, V.
10	Sing Personal Stress Source Inventory	Singh, A., Singh, A.K., Singh, A.
11	Emotional intelligence Scale	Anookal Hyde, & Sanjyot Pethe
12	Mental Health Check-List(MHC)	Kumar, P.
13	Anxiety Scale	Sinha & Sinha
14	Maudsley Personality Inventory	Eysenck, H. J.

Section – B

Research Project

Marks – 20

Each candidate is expected to submit an independent research project based on problem of his or her choice, in any area of clinical psychology.

Distribution of Marks

Section – A				Section – B	
Procedure	Viva	Report	Record Book (Internal)	Research Project (Viva)	Total
20	20	20	20	20	100

Books for Readings:

- **Rajamanickam, M. (2005).** *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.
- **Parameshwarn, E.G. & Rao, B. T. (1968).** *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.
- **Mohsin, S. M. (1975).** *Experiments in Psychology.* Orient Longman. Mohanthy. *Experiments in Psychology.*
- **Tinker, M.A. & Russell, W. A.** *Introduction to Methods in experimental Psychology.* Appleton – Century Crofts.
- **Jalota, S (1962).** *Experiments in Psychology.* Asia Publishing House.
- **Galloti, K. M. (2004).** *Cognitive Psychology In and Out of Laboratory.* USA: ThomsonWadsworth.
- **Baker, L. M., Weisiger, C. & Taylor, M. W. (1960).** *Laboratory Experiments in General Psychology.* Oxford Univ. Press.
- **Berkowitz, L. (1974).** *Advanced Experimental Social Psychology.* Academic Press.
- **Debold, R. C. (1968).** *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.
- **Ferguson, E. D. (1976).** *Motivation: An Experimental Approach.* Holt Rinechart & Winston.
- **Collins, M. & Drever, J. (1930).** *Experimental Psychology.* London: Methun & Co.Ltd.
- **Sonodgrass, J. G., Levy-Berger, Hyden (1985).** *Human Experimental Psychology.* New York: Oxford University Press.
- **Kuppuswamy, B. (1958).** *Elementary Experiments in Psychology.* London: Oxford University Press.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Fourth Semester

Paper XIII – Research Designs & Advanced Statistics

With effective from 2020-21.

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
2. To develop computational skills in students and enable them to analyze the data practical, project work, and dissertation.

1. Social scientific research

- i. Meaning & Characteristics of social scientific research
- ii. Types of research
 - a) Experimental research - Laboratory experiments, Field experiments
 - b) Non – experimental research – Field studies, Ex – Post facto, Survey research: Meaning, Uses & Characteristics-Survey Research Design: Cross – sectional Designs, Successive independent sample Design, Longitudinal Design, Case Study
 - c) Difference between survey & experiment.

2. Chi Square

- i. Use of chi square as a Test of “Goodness of Fit”
 - a) Hypothesis of chance
 - b) Hypothesis of equal probability
 - c) Hypothesis of Normal Distribution
- ii. Procedure of chi square Testing
- iii. Use of chi-square as a test of independence between two variables
- iv. Contingency Coefficient – How to compute C
- v. Underlying Assumptions, uses & limitations of chi square Test

3. Non-Parametric Tests.

- i. Parametric & Non-parametric Tests
- ii. When to use parametric & Non-parametric tests
 - a) Sign test
 - b) Evaluation of sign test
 - c) Wilcoxon matched-pairs signed ranks Test
 - d) Median test
 - e) The mann – whitney ‘U’ test

4. Writing a research report & Research proposal

- i. General purpose of writing a research report
- ii. Structure or format of a research report
- iii. Style of writing as research report
- iv. Typing research report
- v. Evaluating a research report
- vi. Preparing a research proposal
- vii R report writing for the Publication in the Research Journals

Books for Readings:

- **Singh, A. K. (2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5th ed.) Patna: Bharti Bhavan.
- **McBurry, D. H. (2002).** *Research Methods.* USA: Wordsworth, Thompson.
- **Karlinger, F. N. (1994).** *Fundamentals of Behavioural Research.* (3rd ed).
- **Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4th ed).
- **Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001).** *Essentials of Research Methods in Psychology.*
- **Broota, K. D. (1989).** *Experimental Design in Behavioural Research.* New Delhi: Wiley Estern Ltd.
- **Mangal, S. K. (2002).** *Statistics in Psychology and Education* (2 ed). New Delhi: Prentice –Hall.
- **Robinson, P. W. (1976).** *Fundamentals of Experimental Psychology.* Prentice-hall

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- **Borude, R. R. (2005).** *Sanshodhan Paddhatishastra.* Pune: Pune Vidyarthi Grhua.
- **Desai, B. & AbhyanKar, S. C. (2007).** *Prayogic Manasashastra and Sanshodhan Paddhati.* Pune: Narendra Prakashan.
- **Kothari, C. R. (1985).** *Research Methodology: Methods & Techniques.* New Delhi: Wiley Eastern Ltd.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Fourth Semester

Paper XIV – Stress Management

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

1. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress health/well being linkage.
 2. To highlight the importance of social and psychological processes in the experience of health and illness.
-

1. Coping with Stress

- i. Coping Process
- ii. Coping Options
- iii. Extinguishing Maladaptive Reaction to Distress
- iv. Strengthening Adaptive Reaction to Distress
- v. Thriving Under Pressure

2. Relaxation Techniques

- i. Relaxation Techniques
- ii. Relaxation Methods
 - a. Breathing Techniques
 - b. Meditation Techniques
 - c. Visualization / Mental Imaginary
 - d. Hypnosis and Self Hypnosis Techniques
 - e. Bio Feedback Techniques
 - f. Muscle Relaxation Techniques
 - g. Yoga and Other Techniques

3. Time Management

- i. Time, Stress and Health
 - a. The Cultural Relativity of Time
 - b. Feeling Rushed
 - c. Common Patterns of Time Management
- ii. Guidelines and Techniques of Time Management
 - a. Prioritizing
 - b. Scheduling
 - c. Implementing
- iii. Time Management Hints

4. Social Support, Personal Wellness and Social Commitment

- i. Social Support
 - a. Social Ties
 - b. Definition, Benefits of Social Support
 - c. Dimensions of Social Support
- ii. Relationship of Social Support to Wellbeing
 - a. Satir's Model of Communication
 - b. Guidelines for Communication
 - c. Self Disclosure
 - d. Active Listening
 - e. Giving and Getting Negative Feedback
 - f. Assertiveness
- iii. Constructive Maladjustment
- iv. Altruistic Egoism and Egoistic Altruism
- v. Helping and Wellness

Books for Readings:

- **Schafer, Walt (2000).** *Stress Management.* (4th ed.) New Delhi: Wadsworth- Cengage Learning India Pvt.Ltd.
- **Lazarus, R.S. & Folkman, S. (1984).** *Stress, Appraisal and Coping,* New York, Springer Publishing Company, Inc.
- **Pestonjee, D.M. (1999).** *Stress and Coping.* (2nd) New Delhi: Sage publication.
- **Cartwright, S and Cooper, C. L. (1997).** *Managing workplace stress,* New Delhi: Sage Publication
- **Cooper, C. and Payne, R. (1988).** *Causes, Coping and Consequences of Stresses at Work.*Chichester: Wiley.

Books for Reference:

- **Dr. Anagha Patil:** *Manage Your Stress,* Unmesh Prakashan, Pune.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Fourth Semester

Paper XV – Clinical Intervention

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

- To acquaint the students with knowing different psychological assessment tools.
 - To acquaint the students with clinical interviewing.
 - To help students familiarize themselves with personality and behavioural assessment.
-

1. Clinical Intervention

What problems are amenable to change?-Objectives of Clinical Intervention-Features common to many Therapies-Nature of Specific therapeutic variables-The patient or Client-The Therapist-Ethical issues in Psycho-therapy-Psychotherapy and Counselling.

2. Psycho dynamic Psychotherapy

Psychoanalysis- Background and Principles-Techniques of Freudian analysis-Course of Therapeutic analysis - Carl Jung's Analytical Psychology - Adler's Individual Psychotherapy.

3. Humanistic, Experimental and Family Therapies

Humanistic Psychotherapy-Existential Psychotherapy-Gestalt Therapy-Client Centered Therapy-Eclectic Treatment Combinations- Three Stage Model of Helping-Family Therapy- School of Family Therapy-Couple Therapy-Group Therapy- Process of Group Therapy, Curative Factors

4. Cognitive Behavioural Interventions

Behaviour Therapy Techniques-Anxiety Reduction Method-Operant Learning Techniques-Applied Behaviour Analysis-Social Skills and Problem Solving Training -Cognitive Modification Procedures-Cognitive Behaviour Modification-Self Instructional Training-REBT-Cognitive Therapy-Cognitive Restructuring-Coping and Problem Solving-Cognitive Behaviour Therapy Specific Application- Panic Disorder- Phobia and OCD-Anxiety

Books for Readings:

- **Jeffrey E. Hecker and Geoffrey L. Thorpe (2007).** *Introduction to Clinical Psychology Science, Practice, Ethics*, Pearson Education Indian Edition.
- **KORCHIN S.J. (1986).** *Modern Clinical Psychology*, CBS Publishers and Distributors, New Delhi.
- **TRULL AND PHARES (2001).** *Clinical Psychology*. Sixth Edition Wadsworth, Thomson Learning, Belmont, USA.
- **GERALD COREY (2001).** *Theory and Practice of Counseling and Psychotherapy*. Brooks / Cole Thomson Learning . Belmont, USA
- **WOLBERG L. R. (1998).** *The Techniques of Psychotherapy*. Barcour Brace Grune Of Stratton

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Syllabus for M. A. S. Y. Fourth Semester
Paper XVI – Psychology Practicum’s: Experiments & Tests
With effective from 2020-21.

Marks-100

Objectives

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Section – A

Practical s (Any 10)

Marks – 80

Sr. No.	Name of the Test	Author
1	Neuroticism Scale Questionnaire	Cattell R. B.
2	Clinical Analysis questionnaire	Cattell and Krug.
3	Eight State Questionnaire	Curran & Cattell
4	Life Satisfaction Questionnaire	Alam, Q. G., Srivastava, R
5	Perceived Loneliness Scale	Jha, P. K.
6	Levenson’s Scale for Locus of Control Indian daptation	Vora, S.
7	NEOPI	Costa & McCare
8	Sentence Completion Test	Dubey, L. N.
9	Rosenweig Picture Frustration Test	Pareek, U.
10	Emotional Maturity Scale (EMS)	Singh, Y., Bhargave M
11	Presumptive Stressful Life Event Scale	Sing, G., Kaur, D., Kaur, H.
12	Mental Helth Battery	Singh, A. K., Sengupta, A.
13	Self Expression Inventory (SEI)	Varma, R. P., Upadhayay, U.
14	Beck Depression Inventory	Abha Rani

Section – B

Clinical Report

Marks – 20

The candidate is required to submit reports of at least five cases for which clinical, Psychological evaluation, diagnosis and management strategies are outlined.

Distribution of Marks

Section – A				Section – B	
Procedure	Viva	Report	Record Book (Internal)	Research Project (Viva)	Total
20	20	20	20	20	100

Books for Readings:

- **Rajamanickam, M. (2005).** *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.
- **Parameshwarn, E.G. & Rao, B. T. (1968).** *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.
- **Mohsin, S. M. (1975).** *Experiments in Psychology.* Orient Longman. Mohanthy. *Experiments in Psychology.*
- **Tinker, M.A. & Russell, W. A.** *Introduction to Methods in experimental Psychology.* Appleton – Century Crofts.
- **Jalota, S (1962).** *Experiments in Psychology.* Asia Publishing House.
- **Galloti, K. M. (2004).** *Cognitive Psychology In and Out of Laboratory.* USA: ThomsonWadsworth.
- **Baker, L. M., Weisiger, C. & Taylor, M. W. (1960).** *Laboratory Experiments in General Psychology.* Oxford Univ. Press.
- **Berkowitz, L. (1974).** *Advanced Experimental Social Psychology.* Academic Press.
- **Debold, R. C. (1968).** *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.
- **Ferguson, E. D. (1976).** *Motivation: An Experimental Approach.* Holt Rinechart & Winston.
- **Collins, M. & Drever, J. (1930).** *Experimental Psychology.* London: Methun & Co.Ltd.
- **Sonodgrass, J. G., Levy-Berger, Hyden (1985).** *Human Experimental Psychology.* New York: Oxford University Press.
- **Kuppuswamy, B. (1958).** *Elementary Experiments in Psychology.* London: Oxford University Press.

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