

ANNAMALAI UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
FACULTY OF EDUCATION
2019-2020

REVISED REGULATIONS AND SYLLABUS

1. PROGRAMME : M.PHIL/PH.D

2. DURATION : FOR FULL TIME SCHOLARS : 3 YEARS FOR THOSE WHO JOIN AFTER COMPLETING MASTER DEGREE AND TWO YEARS FOR THOSE WITH M.PHIL FOR PART TIME SCHOLARS THE MINIMUM DURATION FOR PH.D IS FOUR YEARS FOR THOSE WHO JOIN AFTER COMPLETING MASTER'S DEGREE AND THREE YEARS FOR THOSE WITH M.PHIL

M.PHIL : 1 YEAR

3. MEDIUM OF INSTRUCTION

THE MEDIUM OF INSTRUCTION WILL BE IN ENGLISH

4. ELIGIBILITY

A PASS IN MASTER DEGREE IN M.A/M.SC PSYCHOLOGY WITH A MINIMUM OF 55% AGGREGATE MARKS OR EQUIVALENT GRADE POINT AVERAGE (GPA) OR IN AN EXAMINATION RECOGNISED AS EQUIVALENT THERETO.

5. PROGRAMME OBJECTIVES

THE STUDENTS ARE ABLE TO

PO1. GET IN DEPTH KNOWLEDGE IN THE SPECIALIZED AREAS OF RESEARCH

PO2. KNOWLEDGE AND ABILITY IN FORMULATING HYPOTHESES

PO3. UNDERSTAND THE IMPORTANCE OF ETHICAL STANDARDS IN CONDUCTING RESEARCH

PO4. LEARN VARIOUS RESEARCH DESIGN

PO5. FAMILIARISE IN THEIR SPECIFIC RESEARCH

PO5. GAIN KNOWLEDGE IN VARIOUS STATISTICAL APPLICATIONS

PO6. PREPARE RESEARCH REPORT

PO7 UNDERSTAND THE BIOLOGICAL BASIS OF BEHAVIOUR AND CONCEPT LIKE THINKING ,PROBLEM SOLVING AND MEMORY

PO8 ANALYSE THE IMPORTANCE OF HAPPINESS AND WELL-BEING

PO9 EVALUATE THE INFLUENCE OF VARIOUS ASPECTS OF INDIVIDUAL BEHAVIOUR IN ORGANISATION

PO10 DEVELOP THE ASSESSMENT SKILLS AND VARIOUS SKILLS RELATED TO COUNSELLING

COURSE-I : RESEARCH METHODOLOGY

Course Objective:

After the completion of this course, a scholar will be able to:

CO 1-Understand the foundations of research

CO 2 - Familiarize with the principles and practices of experimental and non experimental designs in psychological research

CO 3-Understand the theoretical assumptions of various statistical method for data analysis

CO-4 Examine the principles of collecting data using various qualitative research methods

CO-5 Become familiar with the principles and develop skills in statistical methods .

Course content:

Unit-I : Foundations of Research

Research: Meaning – objectives – Types – Research Approaches - Major stages in research. Research problems: Nature, Sources, Stating a problem, Criteria of a good problem. Hypothesis: Meaning, Types, Criteria, Formulating and Stating hypothesis, Basic concepts related to hypothesis testing. Review of Literature: Functions, Sources, The search for the literature, criticism. Sampling: Meaning, Probability and Non-Probability sampling, sample size, errors and issues in sampling. Introduction to Academic Writing: Structure of Academic Writing- Reading for Research - Academic Styles- Plagiarism- Publication - Online Resources.

Unit-II : TEST Construction

Different Tools of research - Development of Tools: Classical and modern test theory: assumptions, equations and limitations. Test Construction and Standardization: Rational test construction – Empirical test Construction –Factor Analytic test construction – Steps in test construction: Item analysis – Reliability and Validity: Different methods of establishing reliability and validity.

Unit-III : Research Methods in Psychology

Normative Survey – Experimental Research – Variables and experimental control. Experimental designs: Introduction to causality, Between-subjects design, within –subjects design, factorial design, Mixed Factorial experiments single-subject research design. Descriptive and correlation research strategies, Survey design, Quasi experimental designs: Non- equivalent group, Time-series and developmental design; cross sectional research design and longitudinal research design, observational designs. Ex-post Facto Designs.

Unit-IV : Statistical Analysis

SPSS: Data Management, Data editing, comparing Averages, ANOVA (one way, Two way, Repeated measures), MANOVA, Correlation, Regression, Discriminant analysis and logistic regression, Factor analysis (EFA and CFA), Reliability analysis, Structural

equation modeling (SEM), Meta analysis, Mediation Analysis, Canonical Analysis. Advantages of multivariate strategies

Unit-V : Nonparametric Tests

Nonparametric tests: Chi-square, one sample Kolmogorov-Smirnov test, Two – independent samples Tests: Mann-WhitneyU, Several independent Samples: Kruskal – Wallis H and Median. Two Related Samples: Wilcoxon, SignTest, Several Related samples : Friedman, Kendall’s W.

References

- 1) **American Psychological Association (2010).** *Publication manual (6th ed.)*. Washington DC.
- 2) **Biber, S.N.H & Leavy (2006).** *The practice of qualitative research*. New Delhi: Sage publications.
- 3) **Bordens, K. S. & Abbott, B. B. (2005).** *Research design and methods : A process approach. (6th ed.)*. New Delhi. Tata McGraw-Hill Publishing Company Ltd.
- 4) **Breakwell, G.M., Hammond, S., Fife-Shaw, C., & Smith, J.A. (eds.). (2006).** *Research methods in psychology (3rd ed.)*. New Delhi: Sage.
- 5) **Bryman, A (Ed.) (2007).** *Sage Benchmarks in social science research methods. Vol.I, Vol.II, Vol.III, and Vol. IV*. New Delhi : Sage Publications.
- 6) **Cohen, R. J., & Swerdlik, M.E. (2005).** *Psychological testing and assessment: An introduction to tests and measurement (6th ed.)*. New York: McGraw-Hill.
- 7) **Heiman, G.W. (2001).** *Understanding research methods and statistics: An integrated introduction for research assistants*. Delhi: Sage Publications
- 8) **Kinnear, P. R. (2010).** *IBM SPSS statistics 18 made simple*. New York. Psychology Press.
- 9) **Leong, F.T., & Austin. (1996).** *The psychology research handBook A guide for graduate students and psychology (2nd ed.)*. Boston: Houghton Mifflin Company.

MAPPING CO WITH PO

CO	POT1	POT2	POT3	POT4	POT5	POT6	POT7	POT8	POT9	POT10	POT11	POT12
CO1		✓										
CO2			✓									
CO3	✓											
CO4					✓							
CO5						✓						

COURSE-II : CORE COURSE - GENERAL PSYCHOLOGY

Course objectives

The students must know

CO 1 the role of heredity, environment and sensation on human behaviour.

CO2 the role of perception and learning on human behavior

CO3 the role of thinking, problem solving and intelligence on human behaviour

CO4-memory and type of emotions

Co5 types, theories and modern study of personality and development.

Unit-I : Biology and Behaviour

Genes, evolution, and environment- Genetics of similarity- Human heritage: courtship and mating- Genetics of difference- Human diversity: the case of intelligence- Beyond nature versus nurture- The brain source of mind and self- Nervous System- Mapping the Brain- Two stubborn issues in brain research.

Sensation

Sensation: The Raw Materials of understanding: Sensory Thresholds – Vision – The eye: Its basic structure – Light: The physical stimulus for vision – Basic functions of the visual system: Acuity, Dark adaptation, and eye movements – Color vision – Vision and the brain: processing visual information. Hearing: The ear : Its basic structure – Sound: The physical stimulus for hearing – Pitch perception – Sound localization – Touch and other skin senses: Pain: Its nature and control – Smell and taste: The chemical senses – Smell and taste: their operation – Smell and taste: Some interesting facts – Kinesthesia and Vestibular Sense.

Unit-II : Perception

Perception: The focus of our attention – Some organizing principles – Constancies and Illusions: When perception succeeds and fails – Some key perceptual processes: pattern and distance – The plasticity of perception – Perception: Evidence that its Innate – Perception: Evidence that its Learned – Extrasensory perception: Perception without sensation.

Learning

Classical conditioning: Learning that some stimuli signal others – Pavlov’s early work on classical conditioning – Classical conditioning – Some basic principles – The neural basis of learning – Exceptions to the rules – A Cognitive perspective – Turning principles into action – Operant conditioning: Learning based on consequences: The nature of operant conditioning: consequential operations – Observational learning from the behavior and outcomes of others – Observational learning: Some basic principle – Observational learning and aggression – Observational learning and culture – Observational learning: Some practical application.

Unit-III : Thinking and Problem Solving

Thinking: Forming concepts and reasoning to conclusions – Basic elements of thought: Concepts, Propositions, Images – Making decisions: Choosing among alternatives – Heuristics: Using quick-but fallible-rules of thumb to make decisions – Framing and decision strategy – Escalation of commitment: Getting trapped in bad decisions – Emotion and decision making: The magnifying effects of unexpected loss and gain – Problem solving: Finding paths to desired goals – Problem solving: An overview – Method for solving problems: From trial and error to Heuristics – Facilitating effective problem solving: The role of metacognitive processing – Factor that interfere with effective problem solving.

Intelligence

Intelligence: Contrasting views of its nature – Gardner’s theory of multiple intelligence – Sternberg’s triarchic theory: The value of practical intelligence – Cattell’s theory of fluid

and crystallized intelligence – Measuring Intelligence – IQ: Its meaning then and now – The Wechsler scales – Individual tests of intelligence: Measuring the extremes – Human intelligence: The role of heredity and the role of environment – Evidence for the influence for the heredity – Evidence for the influence of Environment factors – Environment, Heredity, and Intelligence – Group difference in intelligence test scores: Group differences in IQ scores: Evidence for the role of genetic factors – Gender difference in intelligence – Emotional intelligence: The feeling side of intelligence – Artificial intelligence - Creativity: Generating the extraordinary – Contrasting views of creativity – Research on creativity.

Unit–IV : Memory

Human memory: Two influential views – The Atkinson and Shiffrin model – Neural network models – Kinds of information stored in memory – Working memory – Forgetting: Some contrasting views – Forgetting as a results of interference – Forgetting and retrieval inhibition – Memory distortion and memory construction – Distortion and the influence of schemas – Memory construction – Memory in everyday life – Repression – Autobiographical memory – Memory for emotionally laden events – Memory and the brain: Evidence from memory impairment and other sources – Amnesia and other memory disorders – Memory and brain: A modern view.

Emotion and Motives

Elements of emotion: The body- The mind- The culture- Putting the elements together: Emotion and gender- Motives: The hungry animal: motives to eat- The social animal: motives to love – The erotic animal: motives to sex- The competent animal: motives to achieve- Motives, values and well-being.

Unit–V : Personality Self Concept and Assessment

Psychodynamic theories of personality- The modern study of personality- Genetic influences on personality- Cultural influences on personality- The inner experience.

Humanistic theories: Emphasis on growth – Rogers’s self theory – Maslow and the study of self –actualizing people – Research related to humanistic theories: Studying the self concept – Trait theories: The search for basic traits – The “Big five” factors –Learning approaches to personality: Social Cognitive theory.

Text Books

- 10) Baron. A Psychology (2006). (5th Ed). Dorling Kindersley (India) Pvt. Ltd., Licensees of Pearson Education in South Asia.
- 11) Carole Wade & Carol Tavis, (2007). Psychology Eighth Edition, published by Dorling Kindersley (India) Pvt. Ltd., Licensees of Pearson Education in South Asia.

Reference Books

- 12) Kalat, J.W. Introduction to Psychology (4th Ed.) New York: Brooks/ Cole Publishing Company, 1996.
- 13) Plotnik, R. Introduction to Psychology, (2nd Ed) , New York: Random house, 1989.

**COURSE-III : CORE COURSE : POSITIVE PSYCHOLOGY
(FOR THOSE WITHOUT M.PHIL)**

Course Objectives

To enable the scholars to understand...

CO1 The nature of positive psychology and happiness,

CO2 The factors of well-being,

CO3 The importance of personal goals, self-regulation and control,

CO4 To build a resilient and positive personality,

CO5 The human virtues and application of mindfulness.

Unit-I : Introduction

Positive Psychology: Meaning - Roots - Traditional Vs Positive Psychology- Assumptions, goals and definitions- Happiness: Meaning - Hedonic and Eudemonic happiness - Happiness across the life span - Gender and happiness - Marriage and happiness - Culture and happiness - Global measure of happiness.

Unit-II : Positive emotions, Close Relationships and Well-being

Positive Emotions (PE): Meaning - Broaden and build theory of PE - PE and health resources - PE and Well-being - Cultivating PE. Close Relationships and Well-Being: Meaning - Characteristics - Lighter side of CR - The power of "Bad"- The contours of happy marriage - Intimate relationship - Handling marital discord.

Unit-III : Personal Goals & Well Being and Self- Regulation & Self-Control

Personals Goals (PG): Definition - Measuring PG - Universal human motives - Goals expressing fundamental values - Goals contributes to well-being - Materialism and its discontents. Self- Regulation (SR): Meaning - Control and discrepancy theory - Planning for S-R success - Goals and SR problems - Goal difficulty; Self- Control: Meaning - Value of self- control; - Self control failure - Goal disengagement.

Unit-IV : Resilience and Positivie Traits

Resilience: Meaning - Developmental and clinical perspectives - Sources of resilience; Children - Adulthood - Later life - Successful aging - Growth through trauma; Positive Traits: Meaning - Personality, emotions and biology - Positive beliefs - Positive illusions.

Unit-V : Virtue & its Strengths and Life above Zero

Human Virtues: Wisdom and virtue - Theories of wisdom - SOC model - Transcendence: Religion and virtue; Life above Zero: Interconnection of a "Good" & the "Bad" - Contours of a positive life - Mindfulness: Meaning - Mindfulness & Meditation- Mindfulness & Psychotherapy - East - West and positive psychology.

Text

Steve R. Baumgardner & Marie K. Crothers, (2009): Positive Psychology, Dorling Kindersley India Pvt. Ltd, Pearson Education.

Reference

C.R. Snyder & Shane J. Lopez, (2008): Positive Psychology: The scientific and practical explorations of human strengths, (1st Edition), New Delhi: Sage Publications India, Pvt. Ltd.

MAPPING CO WITH PO

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	✓											
CO2		✓										
CO3			✓									
CO4												
CO5												

Field of Specialization**1. HUMAN RESOURCE MANAGEMENT****Course Objectives**

The students should now

CO1 the concepts and importance of human resource management

CO 2 the theories and techniques of recruitment

CO3 know the need, importance, and technique of training

CO4 the characteristics of manager and the techniques of executive development

CO5 the process of effective communication

Unit-I : Basic aspect of Human Resource Management

Managing Human Resources - The Challenging of human resource management - Mis-conceptions about HRM - Definition of HRM - Features of HRM - Importance of HRM - Functions of HRM - Managerial function -Operative functions - Objectives of HRM - Personal policies, Procedures and Programmes - Need for personal policies - Advantages - Obstacles – Characteristics of sound personal policy.

Human Resource Planning : Importance of Human Resource - Man power planning defined - Need for Human Resource Planning -Process of HRP - Responsibility for HRP - Man power plan component short range analysis - Long range. analysis -Job analysis - Purposes and uses of job analysis - The steps in Job analysis - Techniques of job analysis data -Job description - Uses of job description - Limitations of job description - Job specification.

Unit-II : Management and Executive Development

Managerial Functions - Skills of the Manager -Characteristics of Manager - Purpose and Objectives of Management Development - Need for executive development in the Indian context - Importance of Managerial Development Management - Development concepts - Executive development - Process components of Management Development Programme - Establishment of Training and Development Programmes Organizational Climate for Management - Development -Factors - Inhabiting - Management Development - Basic requisites for the success of Management Development Programme - On-the-Job Techniques - Job Rotation or Channel Method of Development - Off-the-Job Techniques -Courses for Management Development- Administration of Management - Development - Programmes.

Performance Appraisal : Importance and Purposes - Approaches to performance appraisal - The evaluation process - Methods of performance appraisal - Traditional method -Management by objective (MBO) - Objectives of MBO -Process of MBO - Benefits of MBO - Programme -Assessment centre method - Human asset accounting method -

Behaviorally Anchored rating scales (BARS) components of appraisal evaluation - Factors deterring appraisal - The Halo effect leniency - The Central Tendency - Similar error.

Unit-III : Communication

Definition and Characteristics - Key elements of C -Importance of C in Management - Objectives of Communication. Functions of C - Communication process model - Organizational C- Advantage - Transmission of informal messages systems of direction of communication - Vertical communication - Downward C - Upward C -Horizontal C - Media of Communication - Communication with the Public Channels of C - Barriers to C - Conditions for Effective C - Management of Communication.

Human Resource Policies and Practices : Selection Practices - Training and Development Programmes - Career Development - Performance Evaluation - OB in the News - Forced Rankings gain in popularity - Union Management interface- international Human Resource practices - selected issues - Manging diversity in organizations summary and implication for Managers - Point counter Point.

Unit-IV : Human Resource Planning

Importance of Human Resource - Manpower planning defined - Need for Human Resource Planning - Benefits of Human Resource planning - Benefits of Human Resource Planning - Process of Human Resource Planning - Responsibility for Human Resource Planning - points to consider - Manpower Plan component- short-range Analysis - Long-range Analysis - Job Analysis - Purpose and uses of Job Analysis - Contents of job Analysis - The steps in Job Analysis - Techniques of Job Analysis Data - Description of duties - Factors - position or Job description (JD) - Uses of job Description - Developing Job Description - Developing Job descriptions or Guidelines for writing a Job Description - Limitations of Job Description - Job specifications - performance standard (Management By objective and Results)- work rules - Examples of Work Rules .

Recruitment and Selection Process : Recruitment - Factors Affecting Recruitment - Theories Regarding Recruitment - Constraints Limit the Freedom of Manager to Recruitment -Constraints Limit the Freedom of Manager to Recruit - Steps on Recruitment process - Recruitment Policy - Prerequisites of a good recruitment policy - Recruitment Organization - Forecast of Manpower Requirements - Sources of Recruitment - Internal Sources - External Sources - Methods of Techniques of Recruitment - Direct Methods - Indirect Methods -Third Party methods - Recruitment practices in India -The problem of the "Sons of the Soil"- Recruitment practices in India and Elsewhere- Assessment of the Recruitment Programme - Selection - Selection Procedure - Selection Policy - Essentials of Selection Procedure - Steps in Selection Procedure - Reception, initial or Preliminary interview or screening - Applications Blank or Application Form - Weighted Application Blank O Bio-data - Biographical Inventories - Physical Examination - Reference Checks.

Unit-V : Psychological Testing, Interviews, Placement and Induction

Psychological Testing - Purpose of Tests - Nature and Characteristics of Psychological Tests - Classification or Types of Psychological Tests - Advantages of Testing -Developing a test programmes - Basic Testing Guidelines - Work Sampling - Interviews - Types of Interviews-Guidelines for Effective Interview -Qualities of a successful/Good Interviewer - Interview Technique or Conducting Interviews - Defects and Pitfalls in Interview - Errors in Interviewing - Interview Guidance for the Interviewees - What the Applicant Should know about the Employer Organization - Placement - Orientation induction or

2. WORK PSYCHOLOGY

Objectives

The students should know

- the meaning of organizational behaviour
- the influence of individual behaviour in organizations
- the importance of perception, decision making, values, attitudes and job satisfaction in organizations
- the influence of power and politics in organizations
- the types of stress and the strategies to manage the stress in workplace

Unit-I : Meaning of Organizational Behaviour

Managers work - Management functions Management roles - Management skills - Effective vs successful managerial activities - A review of the manager's Jefcr-HSnter Organizational Behaviour (OB) -Replacing intuition with systematic study Generalizations about behaviour - Consistency Vs. Individual differences - Challenges and opportunities for OB - Contributing disciplines to the OB field - Psychology -Sociology - Social Psychology - Anthropology - Political Science - Developing an OB model - An overview - The dependent variable.

Foundations of Individual Behaviour : Biographical characteristics - Ability - Personality - Major personality attributes influencing OB – Personality and national culture - Matching personalities and job -

Learning - Definition - Theories - Shaping: A managerial tool - Some specific organizational applications.

Unit-II : Understanding work teams

Teams versus groups- Types of Teams – OB in the News – Teams Help Doing Save the 717 Programme- Creating effective teams – turning individuals into team players- Contemporary Issues Managing Teams – Summary and Implications and Managers-Point/Counterpoint.

Unit-III : Perception and Individual Decision Making

Perception and its importance - Factors influencing perception - The target - The situation - Person perception: Making judgment about others - Specific applications in organizations - The link between perception and individual decision making - Decision making process - Improving creativity in decision making - Actual method of decision making in organizations -Individual differences in decision making styles -Organizational constraints - Ethics in decision making.

Values, Attitude and Job Satisfaction: Values - Importance, Sources and types - Values, loyalty and ethical behaviour - Values across cultures - Attitudes - Sources and types - Attitudes and consistency Cognitive dissonance theory - Measuring the A-B relationship - Attitude surveys - Attitudes and workforce diversity - Job satisfaction - The effect of job satisfaction on employee performance - Employee's expression of dissatisfaction.

Unit-IV : Power and Politics

A definition of power - Contrasting leadership and Power - Bases of power - Dependency: The key to power -Identifying where the power is - Power tactics - Power in

groups: Coalitions - Sexual harassment: Unequal power in the workplace - Politics: Power in action - Impression management - Defensive behaviours - The ethics of behaving politically.

Conflict, Negotiation and Inter group Behaviour : A definition of conflict - Transitions in conflict thought - Functional Vs. Dysfunctional conflict - The conflict process - Negotiation - Bargaining strategies - The negotiation process - Issues in negotiation - Inter group relations - Factors affecting inter group relations -Methods for managing inter group relations.

Unit-V : Work Stress and its Management

Meaning of stress - Understanding stress and its consequences - Potential sources of stress - Individual differences - Consequences of stress - Managing stress.

Organizational Change and Development : Forces for change - Managing planned change -Changes done by change agents - Structure, technology, physical setting and people - Resistance to change -Individual resistance - Organizational resistance - Overcoming resistance to change - The politics of change -Approaches to managing organizational change - Lewin's three step model - Action research - Organizational development - Contemporary change issues for today's managers.

MAPPING CO WITH PO

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1											✓	
CO2											✓	
CO3											✓	
CO4											✓	
CO5											✓	

Text Book

Robbins, S. P. *Organizational Behaviour: Concepts, Controversies and Application.* (8th Ed.) New Delhi: Prentice Hall of India Private Ltd., 1999.

Reference Books

- 1) **Luthans, F.** *Organizational Behaviour.* New Delhi: McGraw Hill, 1988.
- 2) **Davis, K. Newshon, W.J.** *Human Behaviour at Work.* New Delhi: McGraw Hill Book Co., 1989.
- 3) **Rao, V.S.P. and Narayana, P.S.** *Organizational Theory and Behaviour.* New Delhi: Konark Publishers Pvt. Ltd., 1987.
- 4) **Prasad, L.M.** *Organizational Theory and Behaviour* New Delhi: Sultan Chand and Sons, 1988.

3. COUNSELLING PSYCHOLOGY

Course Objectives

The students must know,

CO1 the concepts, working, foundations and the therapeutic relationship of counselling.

CO2-the various approaches to counselling,

CO3the theories, skills, assessment and diagnostic process of counselling.

CO4 different counselling procedures.

CO5 counselling to diverse population and the ethical issues involved in counselling.

Unit-I : Counselling and its working:

Need to be a counsellor - Characteristics of a counsellor - Definitions of counselling - The working of therapeutic counselling.

Foundations of counselling: Basics of history and research : The identity of counselling - History of therapeutic counselling - Licensing and regulation in counselling - Research foundations of counselling - Research for the counsellor - Becoming informed consumer of research.

Settings for counselling : Commonality among counsellors - A day in the life -The value of flexible specialty.

The therapeutic relationship : Qualities of counselling relationship - Perspectives on helping relationships - Counsellor as relationship specialists - Conflict resolution in relationship - Practical dimensions of the therapeutic relationship - Creating a relationship in the initial interview - Reciprocal influence:

Unit-II : Insight - Oriented approaches

Introduction to theory construction - Psychoanalytic counseling - Client-centered counselling - Gestalt counseling - Existential counseling - Honorable mentions.

Action - Oriented approaches : Behavioural counselling - Rational emotive behaviour counselling - Strategic counselling - Honorable mentions.

Unit-III : Integrating theory and counselling skills

A Personal journey - Movement toward integration - A personal theory - Stages of developing personal theory - Procedure followed so far - Pivotal counselling skills.

Behavioural techniques - Rapid exposure for phobic disorders - Slow exposure for phobic disorders - Exposure and other techniques for treatment of obsessive-compulsive neurosis - Reduction of undesired behaviour - Social skills training and the development of new behaviour, role rehearsal, modelling and practice illustrated - Behavioural marital therapy

Assessment, testing and the diagnostic process : The meaning of assessment - The role of testing - Assessment process - Standardized measures - Non-standardized measures - Using assessment methods in counselling - Formal and functional diagnosis.

Unit-IV : Group counselling

Survey of groups - Some considerations in the use of group modalities - Counteracting potential limitations - Advantages of group work - Basic assumptions about groups - Group process stages - Cues for intervention - Specialized skills of group work.

Marital family and sex counselling : Family versus individual counselling - Family counselling theories - Power in relationships - Symptoms as solutions - Case example of family counselling in action - Interpreting symptoms as metaphors - Diagnostic questions - Reframing - Directives - Ethical issues in family counselling - Sex counselling.

Career counselling : The functions of work - Roles of counselling - Theories of career development - Career education - Career decision making - Trends and issues in career counselling.

Addictions counselling; Symptoms of addiction - Drug use and drug abuse - Our drug culture - Counsellors knowing of drugs - Effects of drug abuse - Adolescent drug use - Prevention - Abuse in special populations - Principles for counselling the Chemically dependent.

Unit-V : Counselling diverse populations

Multiculturalism - Influence of biases - Identity issues - Preferred clients - Counselling and gender - Counselling ethnic minorities - Counselling the aged -counselling lesbian women and gay men - Counselling - Clients who are physically challenged.

Ethical and legal Issues : Professional codes - Our divided loyalties - Areas of - ethical difficulty - Making ethical decisions - Legal issues in counselling.

Course Outcome

On completion of this course, the student will be able to understand:

- **Counseling and its importance.**
- **Various counseling approaches.**
- **Counseling skills.**
- **Types of counseling**
- counselling to diverse population and the ethical issues involved in counselling

Ethical and Legal Issues

MAPPING CO WITH PO

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1											✓	
CO2											✓	
CO3											✓	
CO4											✓	
CO5											✓	

Text Books

- 1) **Kottler, J.A. & Brown, R.W., *Introduction to Therapeutic Counselling (4th Edn.)*, Singapore Brooks / Cole, 2000.**

- 2) **Corey, G.** *Theory and Practice of Counselling and Psychotherapy (6th Edn).* Singaporeooks / Cole, 2000.

Reference Books

- 1) **Gelso, C.J. & Fretz, B.R.,** *Counselling Psychology.* Bangalore: Prism Books Pvt. Ltd., 1995.
- 2) **Madhukar, I.** **Guidance and Counselling.** New Delhi: Authors Press, 2000.
- 3) **Bordin, E.S.** *Psychology of Counselling.* New York: Appleton Centaury crafts. 1968.
- 4) **Narayana Rao, S.** *Counselling psychology.* New Delhi: Tata McGraw-Hill Publishing Company Ltd., 1981.

4. CYBER PSYCHOLOGY

Objectives

The scholars can

- Understand the nature of psychology in space
- Learn the implications of trust and privacy in space
- Realize the consequences of addiction to the internet
- Acquire the skills of online assessment and therapy

Unit-I : Introduction

Cyber space as a Psychological space- Psychology in space-

Cyber Psychology. Privacy, Trust & Disclosure Online: Introduction- Privacy: Meaning- Dimensions- Actual and Perceived privacy- Importance of Privacy. Privacy and Internet- Measuring Privacy. Trust: Meaning- Trust and the Internet- measuring Trust- Privacy, Trust and Online Behavior

Unit-II : Internet Abuse: Meaning of Internet Abuse and other problems

Applying addiction model to Internet Abuse – Internet Abuse as an addictive behavior- Cognitive Behavioral model of addiction and Internet Abuse- Specific online activities and Internet Abuse- Role of Online social interaction in the development of Internet Abuse- Loneliness- Social anxiety, depression and Internet Abuse-A cognitive behavioral theory of generalized Internet Abuse- Psychoanalytic approach- Therapy for Clinically significant Internet Abuse.

Unit-III : Flow experience in Cyberspace

Introduction - Flow as a psychological Construct - Significance of Psychological studies in Cyber Space - Characteristics of Flow - Flow in diverse cyber space Related activities - Optimal experience and psychological addiction.

Unit-IV : Cyber Therapeutic Theory & Techniques

Introduction - Cyber Theory-Dimensions - Clinical implications of Cyber Therapeutic Theory - Cyber Therapeutic Activity and programs.

Unit-V : Exposure in Cyberspace & Psychological Assessment:

Introduction- Psychological Assessment- problems in traditional Psychological

Assessment- Cyberspace as a social environment- Opportunities for online testing: Methods and applications- Online testing methods- testing in a Virtual social environment- Opportunities for online Interviewing- Limitations. Opportunities for online Situation testing through assessment center: Online Assessment center- problems in online assessment:

Authentication and authorization- Technological failures. Differential skills and computer anxiety- The digital divide.

Course Outcome

At the end of this course, the student will be able to understand:

- **The meaning of Cyber psychology.**
- **The various abuses related to Cyber use.**
- **The Cyber Therapeutic Theory and Techniques.**
- **Exposure in Cyber space and psychological Assessment**

MAPPING CO WITH PO

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1											✓	
CO2											✓	
CO3											✓	
CO4											✓	

Text

Barak, A. Psychological aspects of Cyberspace. Cambridge University Press, 2008.

Reference

- 1) **Gordon-Lopez,A.J & Parker,I. Cyber Psychology.Routledge,1999.**
- 2) **Norman, K.L. Cyber Psychology: An Introduction to Human-Computer Interaction. CUP, 2008.**