

Faculty of Education
Class: M.A. III Sem (Psychology)
Paper I : Health Psychology
Paper Code: PSY-301

Course Objectives:-

CO1-Health psychology also aims to put theory into practice. This can be implemented by:

Promoting healthy behavior.

CO2-Understanding the role of behavior in illness can allow unhealthy behaviorist be targeted.

Understanding the beliefs that predict behaviors can allow these beliefs to be targeted.

Subject Outcomes:-

SO1-Students would be able to understand the nature and research methodology of Health Psychology.

SO2-Students would be able to understand the role of Macro-socio Environment and Culture in Health.

SO3-Students would demonstrate understanding of biopsychosocial aspects of Diabetes, Cardiovascular diseases and substance abuse.

SO4-Students would gain knowledge about the techniques of Pain Management and will be able to work in the area of Health Psychology

Course Content:-

Unit-I

- Health Psychology-Nature, Scope and its interdisciplinary and socio-cultural contexts.
- The relationship of health psychology with clinical psychology behavioral medicine, gender and health.

Unit-II

- Models of Health: Biopsychosocial model, Health behaviors model, self efficacy model.
- Concept of Bhagvadgita.Yoga and meditation.
- Conditions/Resources promoting and maintaining health.
- Psychological, economic and Spiritually- Oriental Intervention.
- Development of healthy habits and reduction of unhealthy.

Unit-III

- Health promotion and disease prevention and behavioral risk factors.

- Stress personality and social support as psycho-social linkages of health, cardio-vascular disorders and Psychology and pain.

Unit-IV

Psychophysiological Disorders major forms:

- Asthma
- Headaches
- Neurodermititis
- Peptic Ulcer.
- Insomnia.
- Cardio-vascular Disorders.

Unit-V

Pain and Pain Management Techniques:

- Physiology of Pain. Gate – control theory
- Psychological influences on pain perception
- Specific pain treatment methods
- Medical Settings and Patient Behaviour:
- Compliance with medical treatments.
- Hospitalization

References: -

1. Mishra, G. (1999) Psychological Perspectives on Stress and Health. New Delhi, Concept Publication, Aboud, F.E(1998) Health psychology in global perspective. Thousand oaks, CA:sage
2. Bakhtaveer, M.S., Rajyadaksha, M.S. (1999). New Biology and Genetic Diseases. Oxford: Oxford University Press.
3. Dimatteo, M. R. & Martin, L.R. (2007). Health Psychology. New Delhi, Pearson Education Inc., & Dorling Kindersley Publishing, Inc.
4. Davidson, P.O. & Davidson, S.M. (1980). Behavioral Medicine: Changing Health Lifestyles. New York. Brunner/Mazel.
5. Gatchel, R.J., Baun, A. & Krantz, D.S. (1989). An Introduction to Health Psychology. Singapore: McGraw Hill.
6. Goleman, D. & Gurin, j. (1993). Mind-Body Medicine. New York: Consumer Reports Books.
7. Pomerlau, O.V. & Brady, J.P. Behavioral Medicine Theory and Practice. Baltimore: Williams & Wilkin's Company.

Faculty of Education
Class: M.A. III Sem (Psychology)
Paper II : Neurodevelopmental Disorder
Paper Code: PSY-302

Course Objectives:-

CO1-To provide knowledge and understanding of brain, mind and behaviour relationship with the help of current developments in the field of neuroscience, scientific theories, clinical and real-life examples.

CO2-To facilitate a dynamic understanding of the field by discussing neuro imaging techniques, case examples, current researches challenging the students to examine the field of neuropsychology as a framework for understanding behavior and mental processes.

Subject Outcomes:-

SO1-Upon successful completion of the Subject, the students should be able to know basics of neuropsychology with emphasis on behavioral impairments.

SO2-Apply different behavioral methods to study brain behavior relations. To understand the neural basis of Psychological and physiological disorders

Course Content:-

Unit-I

- Learning Disabilities-Theoretical Framework; Types
- Diagnostic procedures, early identification aetiology; associated problems, assessment and interventions

Unit-II

- Attention-Deficit Hyperactivity Disorder-Theoretical Framework; types, diagnosis,
- Etiology, Diagnostic Criteria, Developmental Subject and adult outcomes, assessment and interventions, assessment, interventions
- Deficits, Recovery, Adaptation and Rehabilitation
- Neuropsychological deficits in stroke, head injury, tumors, epilepsy, Brain recognition and plasticity, spontaneous recovery.
- Neuropsychological Rehabilitation.

Unit-III

Autistic Spectrum Disorders—Theoretical Framework, Levels, aetiology, assessment and interventions

Unit-IV

- Dementias—Types and Classifications
- Alzheimer's Disease: Histologic Markers, Neuropsychological profile
- Treatment for Cognitive Enhancement
- Subcortical Dementials with special reference to Parkinson's Disease, its neuropathology, neuropsychological profile and Treatment

Unit-V

- Neurogenetic disorder: down syndrome and fragile X syndrome,
- History, causes and treatment.

References:-

1. Barkley, R.A. & Murphy, K.R. (2006). Attention-Deficit Hyperactivity Disorder: A clinical workbook (3rd ed.). New York: The Guilford Press.
2. Gupta, Ashum (2004). Reading difficulties of Hindi-speaking children with developmental dyslexia. Reading and Writing: An Interdisciplinary Journal, 17, 79-99.
3. Gazzaniga, M. S. (2002). Cognitive neuroscience: The biology of mind (2nd Ed.). New York: W. W. Norton & Company.
4. Kolb, B., Whisaw, I. Q. (1990). Fundamentals of neuropsychology. New York: Freeman, W.H.
5. Naatanen, R. (1992). Attention and brain function. Hillsdale: LEA.
6. Parsuraman, R. (1998). Attentive brain. London: MIT Press.
7. Rapp, B. (Ed.) (2001). The handbook of cognitive neuropsychology. Chestnut Street: Psychology Press.

Faculty of Education
Class: M.A. III Sem (Psychology)
Paper III : Psychoanalytic Psychology
Paper Code: PSY-303

Course Objectives:-

CO1-A theoretical introduction to the depth of the human psyche as understood in the psychoanalytic tradition will form the basic Subject content.

CO2-Students opting for this paper will be acquainted with the psychoanalytic perspective in some detail.

CO3-The Subject content is geared towards familiarizing the participants with understandings on states of human distress. Psycho dynamically inclined ways of responding to emotional distress will be taken up in classes.

Subject Outcomes:-

SO1-Students have gained knowledge about psychoanalytic theories and human psyche.

SO2-Understanding about mental disorders by investigating the interaction of conscious and unconscious elements in the patient's mind and bringing repressed fears and conflicts into the conscious mind, using techniques such as dream interpretation

Course Content:-

Unit-I

- The Approach: psychoanalytic perspective
- Methods and techniques, history of psychoanalytic Theory.

Unit-II

- A look at the person within-The flow between the conscious and the unconscious & their vicissitudes.
- The unfolding psyche: a look at the free associative principle.

Unit-III

- Dreams, symptoms, symbols & myths
- Their relationship to individual (intrapsychic) & cultural processes.

Unit-IV

- Approaching the psychodynamics of psychoneurosis.
- Detailed exploration :Phobias or obsessive-compulsive disorder.

Unit-V

- The method and place of psychodynamic work with children.
- On the origins of psychoanalysis: a special focus on Hysteria, Freud and women's sexuality.

Reference:

1. Freud, S. (1933) New Introductory Lectures, Standard Edition 12: 112-135.
1. Altrocchi, J. (1980) Abnormal Behaviour. New York: Hartcount brace Jovanovich
2. American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (DSM IV). Washington, D.C. APA.
3. Bootzin, R.R. &Acocella, J.R. (1994). Abnormal Psychology: Current Perspectives. New York: McGraw Hill Publishing Company.
4. Carson, R.C., Butcher, J.N. &Mineka, S. (1996). Abnormal Psychology and Modern Life. New York: Harper Collins College Publishers.
5. Cokerham, W.C. (1996). Sociology of Mental Disorders. New York: McGraw Hill International.
6. Davison, G.C. & Neale, J.M. (1990). Abnormal Psychology. New York: John Wiley & Sons.

Faculty of Education
Class: M.A. III Sem (Psychology)
Paper IV: Positive Psychology
Paper Code: PSY-304

Course Objectives:

CO1: To bring an experience marked by predominance of positive emotions and informing them about emerging paradigm of Positive Psychology

CO2: Build relevant competencies for experiencing and sharing happiness as lived experience and its implications

Student Outcomes:

After completion of the course

SO1: Students will apply psychological content and skills to career goals

SO2: Students will use scientific reasoning to interpret psychological phenomena

SO3: Apply ethical standards to evaluate psychological science and practice.

Course Content:

Unit-I

- Perspectives on happiness and well being
- History of happiness, theories, measures
- Trait associated with happiness

Unit-II

- Identifying and measuring strengths: Positive self, traits, emotional strength, and flow
- Character strengths and virtues
- Empathy and Altruism

Unit-III

- Promoting positive relationships: Compassion, Forgiveness, Gratitude
- Characteristics of grateful people

Unit-IV

- Applications of positive psychology: Ageing, Health, Work, Education, Environment.
- Dimensions and scope of Positive Psychology

Unit-V

- Positive Emotional States and Processes
- Positive emotions and well being
- Positive psychology of emotional intelligence

References

1. Carr, A. (2008). Positive Psychology: The Science of Happiness and Human Strengths. New Delhi: Routledge.
2. Haidt , J. (2006). The Happiness Hypothesis; Finding Modern Truth in Ancient Wisdom. New York: Basic Books.
3. Argyle, M. 1987. The psychology of happiness. London: Methuen.
4. Baumgardner, S.R. • & Crothers, M.K. (2009). Positive Psychology. New Delhi: Pearson Education
5. Carr, A. (2004). Positive Psychology. The Science of Happiness and Human Strengths. London: • Routledge.
6. Snyder, C.R. • & Lopez. S. (2007). Positive Psychology. The scientific and Practical explorations of Human Strengths. Sage Publications
7. Snyder, C.R. • & Lopez. S. (2007). Handbook of Positive Psychology. Oxford Publications.
8. Snyder, C.R. • & Lopez. S. (2007). Positive Psychology. The scientific and Practical explorations of Human Strengths. Sage Publications
9. Haidt , J. (2006). The Happiness Hypothesis; Finding Modern Truth in Ancient Wisdom. New • York: Basic Books

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SYNOPSIS

A synopsis should be constructed in such a way as to make it easier for the reviewer to understand the research project at a glance. It's supposed to be brief but accurate.