



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

नांदेड— ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY

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

Phone: (02462) 229542

Fax : (02462) 229574

Website: [www.srtmun.ac.in](http://www.srtmun.ac.in)

E-mail: [bos.srtmun@gmail.com](mailto:bos.srtmun@gmail.com)

संलग्नित महाविद्यालयातील एम.ए.  
मानसशास्त्र (द्वितीय वर्ष) अभ्यासक्रम  
शैक्षणिक वर्ष २०१६-१७ पासून लागू  
करण्याबाबत.

### परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील सामाजिक शास्त्रे विद्याशाखेतील खालील विषयाचा अभ्यासक्रम शैक्षणिक वर्ष २०१६-१७ पासून लागू करण्यात येत आहे.

१. एम.ए. मानसशास्त्र (द्वितीय वर्ष))

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या [www.srtmun.ac.in](http://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 अभ्यासक्रम/  
२०१६-१७/१४३६  
दिनांक : ०५.१०.२०१६.



स्वाक्षरित/—  
**संचालक**  
महाविद्यालय व विद्यापीठ विकास मंडळ

प्रत माहिती व पुढील कार्यवाहीस्तव :

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

**SWAMI RAMANAND TEERTH  
MARATHWADA UNIVERSITY, NANDED**



**SYLLABUS**

**PSYCHOLOGY**

**M. A. SECOND YEAR  
SEMESTER PATTERN  
(Revised)**

**with effect from June, 2016 onwards**

**Swami Ramanand Teerth Marathwada University, Nanded.**  
**PSYCHOLOGY**  
**Curriculum Structure and Scheme of Evaluation for M.A. Second Year**  
**With effective from 2016-17**

Sr. No.	Seme-ster	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	80	20	-	100
		X	Psychology of Stress	4	-	4	80	20	-	100
		XI	Clinical Assessment	4	-	4	80	20	-	100
		XII	Psychology Practicum's: Experiments & Test		4	4 (Per Batch)	-	-	100	100
<b>Total of Semester -III</b>				<b>12</b>	<b>4</b>	<b>16</b>	<b>240</b>	<b>60</b>	<b>100</b>	<b>400</b>
2	IV	XIII	Research Designs & Advanced Statistics	4	-	4	80	20	-	100
		XIV	Stress Management	4	-	4	80	20	-	100
		XV	Clinical Intervention	4	-	4	80	20	-	100
		XVI	Psychology Practicum's: Experiments & Test		4	4 (Per Batch)	-	-	100	100
<b>Total of Semester -IV</b>				<b>12</b>	<b>4</b>	<b>16</b>	<b>240</b>	<b>60</b>	<b>100</b>	<b>400</b>

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.**

**PSYCHOLOGY**

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

**Paper IX – Processes in Research**

**With effective from 2016-17.**

**Marks – 80 + 20 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:**

**Singh, A. K.(2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5<sup>th</sup> ed.) Patna: Bharti Bhavan.

**McBurry, D. H. (2002).***Research Methods.* USA: Wordsworth, Thompson.

**Karlinger, F. N. (1994).***Fundamentals of Behavioural Research.* (3<sup>rd</sup> ed).

**Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4<sup>th</sup> 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 Eastern 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

**Books for Reference:**

**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.

**Swami Ramanand Teerth Marathwada University, Nanded.**

**PSYCHOLOGY**

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

**Paper X – Psychology of Stress**

**With effective from 2016-17.**

**Marks – 80 + 20 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. 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:**

**Schafer, Walt (2000).** *Stress Management.* (4<sup>th</sup> 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.

**Swami Ramanand Teerth Marathwada University, Nanded.**

**PSYCHOLOGY**

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

**Paper XI – Clinical Assessment**

**With effective from 2016-17.**

**Marks – 80 + 20 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**

- i. Projective Methods  
Rorschach-contemporary Rorschach Use – Administration, Scoring and interpretation, TAT- Administration and Scoring, evaluation, Projective drawings
- ii. 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:**

**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.**

**PSYCHOLOGY**

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

**Paper XII – Psychology Practicum's: Experiments & Test**

**With effective from 2016-17.**

**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**

<b>Sr. No.</b>	<b>Name of the Test</b>	<b>Author</b>
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 Healt 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**

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

**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.**

**PSYCHOLOGY**

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

**Paper XIII – Research Designs & Advanced Statistics**

**With effective from 2016-17.**

**Marks – 80 + 20 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. Research report writing for the Publication in the Research Journals



**Books for Readings:**

- Singh, A. K.(2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5<sup>th</sup> ed.) Patna: Bharti Bhavan.
- McBurry, D. H. (2002).***Research Methods.* USA: Wordsworth, Thompson.
- Karlinger, F. N. (1994).***Fundamentals of Behavioural Research.* (3<sup>rd</sup> ed).
- Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4<sup>th</sup> 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 Eastern 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

**Books for Reference:**

- 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.

**Swami Ramanand Teerth Marathwada University, Nanded.**

**PSYCHOLOGY**

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

**Paper XIV – Stress Management**

**With effective from 2016-17.**

**Marks – 80 + 20 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.* (4<sup>th</sup> 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.

**Swami Ramanand Teerth Marathwada University, Nanded.**

**PSYCHOLOGY**

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

**Paper XV – Clinical Intervention**

**With effective from 2016-17.**

**Marks – 80 + 20 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. 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.**  
**PSYCHOLOGY**  
**Syllabus for M. A. S. Y. Fourth Semester**  
**Paper XVI – Psychology Practicum’s: Experiments & Tests**  
**With effective from 2016-17.**

**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 Adaptation	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	Total
Procedure	Viva	Report	Record Book (Internal)	Clinical Report (Viva)	
<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>100</b>



**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.

\* \* \* \* \*