

**Veer Narmad South Gujarat University, Surat**  
**M.A. (Psychology)**

**Paper -01**

**THEORY AND SYSTEMS OF PSYCHOLOGY**

**(To come in force from June, 2014)**

University Exam: 100 Marks

**Objective:**

The objective of this course is to apprise the students with various theories and systems of psychology and to provide the theoretical base of psychology.

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**Unit – I**

1. Indian Psychology:
  - i. Nature and Control of Mind.
  - ii. Nature, type and conditions of Perception.
  - iii. Classification, nature and theory of dream.
  - iv. Nature, causes and theory of memory.
  
2. Asian Psychology:
  - i. Oriental approach
  - ii. Differences between Eastern and Western Approaches
  - iii. Yoga and Behaviour modification
  
3. Structuralism and Functionalism:
  - i. Introduction of Structuralism
  - ii. Forerunners of Titchener's structuralism
  - iii. Nature of Psychology
  - iv. Systems of Structuralism
  - v. Criticism of structuralism
  - vi. Value of structuralism
  - vii. Introduction of Functionalism
  - viii. Factors role playing in Functionalism
  - ix. William James
  - x. Granville Stanley Hall
  - xi. James MakkeenCattell
  - xii. James Rowland Angell
  - xiii. Harvey A. Car
  - xiv. Criticism of functionalism
  - xv. Evaluation of functionalism

## **Unit-2**

4. Associationism
  - i. Introduction of Associationism
  - ii. Old Associationism
  - iii. Associationism as a system
  - iv. New associationism
  - v. Value and Contribution of Associationism
  
5. Psychoanalysis:
  - i. Introduction
  - ii. Postulates of Psychoanalysis
  - iii. The Unconscious
  - iv. Theory of instincts
  - v. Theory of Psychosexual development
  - vi. Theory of Personality
  - vii. Defense Mechanisms
  - viii. Psychoanalysis and Society
  - ix. Criticism and Evolution of Psychoanalysis concepts
  
6. Analytical and Individual Psychologist
  - i. Carl Gustav Jung
  - ii. Alfred Adler

## **Unit-3**

7. New Theories in Psychoanalysis:
  - i. Introduction
  - ii. Otto Rank
  - iii. Sandor Ferenczi
  - iv. Melanie Klein
  - v. Sigmund Freud
  - vi. Psychoanalysis and the study of Culture
  - vii. Psychoanalysis and Experimental Psychology.
  
8. The Sociological Approach of Psychoanalysis:
  - i. Karen Horney
  - ii. Erich Fromm
  - iii. Harry Stack Sullivan
  - iv.
  
9. Conditioned Reflexes:
  - i. Introduction
  - ii. Pavlov's Postulates and Principle
  - iii. Conditioning
  - iv. Explanation of Condition

- v. Criticism and value of Conditioning
- vi. Vladimir M. Bekhterev
- vii. Soviet Psychology after Pavlov and Bakhterev

## **Unit-4**

### 10. Behaviorism:

- i. Introduction
- ii. Principles of Watson's Behaviorism
- iii. Some earlier Behaviorist
- iv. Karl S. Lashley
- v. Donald Hebb
- vi. Criticism of Behaviorism
- vii. Evaluation of Behaviorism

### 11. Neo – Behaviorism and Neo-Behaviorists:

- i. Introduction
- ii. Edwin Guthrie
- iii. Burrhus Frederick Skinner
- iv. Edward Chase Tolman
- v. Clark Leonard Hull
- vi. Gregory Razran

### 12. Purpsivism:

- i. Introduction
- ii. William Mcdougall

## **Unit-5**

### 13. Gestaltism:

- i. Introduction
- ii. Forerunners of Gestaltism
- iii. The meaning of Gestalt
- iv. Methodological bases
- v. Laws of Perceptual Organisation
- vi. Learning through insight
- vii. Criticism of Gestaltism

### 14. Field Theory:

- i. Introduction
- ii. Scientific nature of field theory.
- iii. Lewin's mathematical concepts and logical constructs.
- iv. Lewin's theory of Behavior.
- v. Studies of group dynamics.
- vi. Lewin's Personality theory.

- vii. Evaluation of field theory.
- viii. Contribution of Lewin's.

15. Organismic and Personalistic Psychology:

- i. Kurt Goldstein
- ii. Jacob Robert Kantor
- iii. Personalistic Psychology
- iv. William Stern
- v. Edouard Spranger
- vi. G.W. Allport

**Basic Books:**

1. **Wolman B.B. 'Contemporary theories and Systems in Psychology. 'New York' Harper (1960).**
2. **Marx M.H. & Hillix W.H.; 'Systems and theory of Psychology', New York, McGraw Hill (1963)**
3. **Marx M.H. "Theories in contemporary Psychology' , New Macmillan (1964).**



**Veer Narmad South Gujarat University, Surat**  
**M.A. Psychology**  
**Paper-02**

**Experimental Designs in Psychology and Psychological Statistics**

(To come in force from June, 2014)

University Exam: **100 Marks**

**Objective:** This course aims at familiarizing students with various designs of experiments along with statistical procedures.

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**UNIT – 1**

1. Experimental Design:  
Purpose, characteristics, Importance, Advantages and Disadvantages of Experimental Designs.
2. Randomized Post Test only Control: Group Design; Randomized matched posttest only control group design, Pretest – Posttest control – Group Design.
3. Randomized one-way ANOVA design, Randomized blocked one-way ANOVA design, Randomized-Factorial Design. Unit -1 (Experimental Designs)

**Unit-2**

4. Ex-Post Facto Design: Characteristics or nature, Advantages and Limitations, One-group after only design (Ex-Post factor Design)
5. Non-Experimental Research designs. Quasi- Experimental Research Designs. Advantages and Limitations.

**Unit-3**

6. Normal Probability curve and its characteristics, Important, causes of the fluctuation of Normal Probability curve, Illustrations of principle of probability.
7. Standard score, Tabulating and graphing. Types of Kurtosis, Type of Skewness

**Unit-4**

8. Testing significance of Mean and other statistics:
9. Null Hypothesis and levels of significance. Concept of significance of differences between means, level of confidence, Degrees of freedom, setting up confidence – intervals for the population mean.

**Unit-5**

10. Testing significance between means and between other statistics.  $\chi^2$  Test.
11. Analysis of Variance (ANOVA)
12. Concept of analysis variance.

**Readings:**

1. Broota K.D. (1992), Experimental designs in behavioural research, New Delhi, Wiley Eastern.
2. Edwards A.K.(1976), Experimental Designs in Psychological research, New York, Halt.
3. Garret H.E. (1964), Statistical Methods in Psychology And Education, Mumbai.
4. Guil ford I.P.(1956), Fundamental statistics in Psychology and Education, New York, McGrawHill.
5. Yagnik, Dhila and Chothani (2005), ShanshodhanPadhdhati, (1<sup>st</sup> Edition), Akshar Publication, Ahmedabad.
6. Tripathi P.C.(1987), Research Methodology in Social Science, Sultan Chand & Sons, New Delhi.

# **Veer Narmad South Gujarat University, Surat**

## **M.A. (Psychology)**

### **Pape-03**

#### **CLINICAL PSYCHOLOGY**

**(To come in force from June, 2014)**

Duration: 3 Hours

University Exam 100 Marks

#### **OBJECTIVE :**

- This paper focuses on the contribution on different theoretical approaches to psychopathology to the area of clinical and aims.
  - To train students in different approaches to counseling and psychotherapy.
  - To help develop a balanced view of the various therapies and the practical techniques employed
  - To help students familiarize themselves, gain knowledge and work towards developing an integrative perspective.
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#### **UNIT-I**

##### **1– Definition of clinical psychology.**

##### **2– Historical background of clinical psychology**

##### **3– Various approaches to clinical psychology.**

- Physiological approaches.
- Psychological approaches.
- Psycho – analytical approaches.
- Behavioristic approaches.
- Psychometric approaches.

#### **Unit-2**

##### **4– Scope of clinical psychology**

Diagnosis –Testing –Therapy –Problems of Rehabilitation –Public Mental Health – Clinical psychology & research.

##### **5– Clinical Diagnosis :**

Nature and varieties of clinical diagnosis.

##### **6– Clinical case study method :**

Sources of information of clinical case study.

Nature of information for clinical case study.

Limitations of case study.



## **Unit-3**

### **7– Clinical observation and rating scale :**

Limitations of clinical observation.

Reliability of observation.

Validity of observation.

### **8– Clinical Interview :**

Nature of clinical interview.

Significance of clinical interview.

Varieties of clinical interview.

Requirements of clinical interview.

Informations from clinical interview.

Limitation of clinical interview.

### **9-Introduction to Psychotherapy :**

Training of the clinical therapist, aims of psychotherapy various techniques of psychotherapy. Factors influencing the effectiveness of psychotherapy.

## **Unit-4**

### **10– Psychotherapeutic devices :**

Catharsis.

Suggestion.

Hypnotism.

Desensitization and Reconditioning.

Explanatory & Interpretive psychoneurolysis.

Bibliotherapy.

### **11– Psychoanalytic psychotherapy :**

Nature of psychoanalysis

Free Association Method

Dream interpretation

Psychotherapeutic procedure of Psychoanalysis

Limitation of psychoanalysis

### **12– Group Psychotherapy :**

Psychodrama

Play therapy

Non directive Psychotherapy

Recreation therapy

Role of the clinic

Evolution

## **Unit-5**

### **13– Medical Psychotherapy :**

Shock Therapy

Insulin Therapy

Psycho surgery

Scope & Limitations of Medical Psychotherapy.

### **14– Preventive Psychotherapy :**

Public mental health

conditions and requirements

Analysis of public mental health

Difficulties

Counseling & Guidance

### **15– Clinical Psychologist in the clinic**

Clinical staff functions of the clinical psychologist

Clinical set up

Modern clinical dilemma

### **READINGS :**

1– Corey G. ( 1986 ) Theory and practices of counseling and psychotherapy. MontereyCalifornia : Brooks / cole publishing Company.

2– Woolberg, L.R. ( 1998 ) The techniques of psychotherapy Barcour Brace : Grune& Stratton.

3– Subdberg, N.D. and Taylor L.E. : Clinical Psychology, LondonMethuen 1963

4– Holland G.A. : Fundamentals of Psychotherapy, New York, Holt. 1965.

5– Shaffer G.W. and Lazarus, R.S. : Fundamental Concepts of clinical Psychology, New York McGraw – Hill 1952

6– Watson R.I. : The Clinical Method in Psychology, New York Harper 1949 Paperback Education.

7– Kahn, Theodore C. and Giffen, Martin B. : Psychological Techniques in Diagnosis and Evaluation, Oxford, Pergamon, 1960

# **Veer Narmad South Gujarat University, Surat**

**M.A. (Psychology)**

**Paper-4-(Elective Course)**

**Research Methodology – 4**

**(To come in force from June, 2014)**

**University Exam      Total: 100 Marks**

## **OBJECTIVES :**

- 1– This course aims at familiarizing students with various steps involved in Research Process.
  - 2– This course deals with various methods that are employed in field settings.
  - 3– This course apprises the students of the methods such as observation, questionnaire Interview and other.
  - 4– This course enables the students to prepare the write-up of the research.
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## **Unit-1**

### **1– The Research Process :**

- Major Steps of Research Process.
- Main Types of Research studies.
  - Pure Research and Applied Research
  - Exploratory and descriptive studies.

### **2– Selection and formations of Research Problems :**

- Sources and Research problems.
- Importance of Past studies.
- Construction of various hypothesis – Good Hypon
- Concept of working Defination
- Method of testing of hypothesis.

## **Unit-2**

### **3– Research Designs :**

- One group pre-test-post test Design
- Equivalent and Non-Equivalent Control group Design
- Time-series and multiple time-series design.

### **4– Sampling:**

- Universe and sample, uses of sampling, sampling process
- Relation between Research study and sampling methods.

### **5- Some areas of Psychological Research:**

- Education, Industries ( Organizations), Clinical, Consumer, Social etc.

### **Unit-3**

#### **6- Methods of Data Collection:**

- Structured and unstructured observation  
- Questionnaires and their construction.

#### **7- Interviews, Projective Methods other methods.**

#### **8- Source of Data**

- Documentry Sources:  
- Public Documents  
- Personal Documents – Personal Letter, Diary, Autobiography, Life history etc.

### **Unit-4**

#### **9 – Field Sources and its importance.**

- Types of Data

#### **10– Surveys :**

- Sample surveys and Field studies.  
- Longitudinal and Cross section Design of field studies.

#### **11– Experiments in Field setting.**

- Meaning, types and advantages – limitation of the Field Experiments.

### **Unit-5**

#### **12 – Data Processing**

- Editing, Classification and Tabulation

#### **13 – Analysis and Interpretation of Data.**

#### **14 – The Research Report**

- Outline of a Research report.  
- Guidelines for writing the research Report as per American Psychology Association.  
- Criteria used for judging the stability of a report for publication.

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### **BOOKS :**

1. Seltiz, Jehoda, Desutsch, Morton & Cook, Stuary W. ‘ Research Methods in Social Relation’ N.Y. Holt(1959)
2. Jones R.A. (1985) ‘Research Methods in the Social and behavioural Sciences’

3. Festluer L.D. Katz D. (1953) 'Research Methods in the Behavioural Sciences, New York, Druden Press

4. Vyas K.B., Sheth B.M.V. ' ManovigyannishanshodhanPadhdhatio' – Second Edition (1988) , C. Jamanadasni company, Ahmedabad.

5. Yagnik, Dhila and Chothani (2005) 'SanshodhanPadhdhati' ,AksharPrakashan, Ahmedabad.

# Veer Narmad South Gujarat University, Surat

M.A.-(Psychology)

Paper-4-B (Elective Course)

Behavioral Psychotherapy and Modification -

(To come in force from June, 2014)

University Exam: 100 Marks

## Objective:

Make Students familiar with Behavioral Psychotherapy.

Clarify the background of theory of Behavioral Psychotherapy.

To acquire field Training of Behavioral Psychotherapy which is most famous Psychotherapy of modern time

To prepare the students for the therapy of problematic child, patients of normal psychological Problems, psychosis, neurosis, A.D.H.D , mental retardation and dyslexia.

Introduce the students with the practical use of various therapy of Behavioral Psychotherapy

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## **Unit-1**

### **1- Psychotherapy**

Background of Psychotherapy, Mining and aims of Psychotherapy,

Condition of Psychotherapy, tips of Psychotherapy, usefulness of Psychotherapy.

### **Unit-2**

### **2-Behavioral psychotherapy**

Background, mining and definition of Behavioral Psychotherapy.

concept of Behavioral Psychotherapy .functional or behavioral analysis .

Preparation of Behavioral Psychotherapy.

### **Unit-3**

### **3-Background**

i. Behavioral Psychotherapies based on classical conditioning

Exposure , systematic Desensitization, Implosive Therapy, Flooding, Exposure and Response prevention , Aversive Therapy,

ii Behavioral Psychotherapies based on Operant Conditioning

Contingency Management, Token Economy method Response Shaping, Response Cost Method Modeling Social Skills Training-Assertiveness Training-Social Problem Solving Training, Biofeedback

### **Unit-4**

### **4 - Behavior Therapy in Different Disorders**

i Background

ii Anxiety Disorders- Panic disorders with or without agoraphobia, Specific Phobia, Social Phobia ,obsessive compulsive disorder

iii Schizophrenia

iv Childhood disorders-Conduct disorder, Attention-deficit /hyperactivity disorder, Mental Retardation, Depression

v Sexual Disorder-Sexual desire disorder, Hypoactive sexual desire, Sexual aversion disorder  
Sexual arousal disorders (Male and Female ),Orgasmic disorders, Premature ejaculation  
Sexual pain disorders

## **Unit-5**

### **Fieldwork**

In the school of Mental and physical handicap children

Mental hospital and mental ward Work with Mental handicap children , Mental hospital and mental ward  
,Problematic Child, case study, Training under psychologist and psychiatrist

### **BASIC BOOKS :**

1- Behaviour Therapy and Beyond : Lazarus, A.A- McGraw –Hill  
New York

2-About Behaviourism: B.F.Skinner -Knopf New York

3-Behaviour Therapy Techniques :A.A.Lazarus and Wolpe  
–Pergamon. New York

4 -The Practice of Behaviour Therapy Pergamon.New York

# **Veer Narmad South Gujarat University, Surat**

## **M.A.(Psychology)**

### **Paper-5**

#### **HEALTH PSYCHOLOGY**

**(To come in force from June, 2014)**

**University Exam: 100 Marks**

#### **UNIT-I:**

What is Health Psychology—Health Psychology as an interdisciplinary field—Relating Health Psychology to other Science fields—Bio-psychosocial Perspective on Health and Illness.

#### **PERSONALITY AND DISEASE:**

Models of Personality and Disease—the coronary-Prone Personality—The Disease-Prone Personality—Personality and The immune system.

#### **UNIT-II**

Concept of ‘SthitaPrajna’ (Bhagvad Gita), Behavioral Referents of the concept of ‘Anasakti’.

#### **HEALTH PROMOTION AND DISEASE PREVENTION**

Behavioral factors in disease prevention namely those involving Tobacco, Alcohol and Illegal drug abuse

#### **UNIT-III**

#### **LIFE STYLES TO ENHANCE HEALTH AND PREVENT ILLNESS:**

Life Styles, Risk factors and Health— The Role of Beliefs and Intentions- Developmental, Gender, and Socio-cultural factors in Health.

#### **HEART DISEASE, STROKE : CAUSES,MANAGEMENT AND COPING**

**Heart Disease :**Who is at risk of Heart Disease and why ? Medical Treatment and Rehabilitation of Cardiac Patients, The psychosocial Interventions for Heart Disease.

**Stroke: Causes, Effects and Rehabilitation of Stroke.**



#### **UNIT-IV :**

##### **CANCER AND AIDS: : CAUSES, MANAGEMENT AND COPING**

**Cancer:** The prevalence and Types of cancer, causes of cancer, Diagnosing and treating cancer, the psychosocial impact of cancer.

**AIDS:** Risk factors, effects and treatment of AIDS, The psychosocial impact of AIDS, Psychosocial interventions for AIDS.

#### **UNIT-V:**

##### **STRESS AND HEALTH:**

Stress-its meaning, impact and sources-psychosocial modifiers of stress-how stress affects health.

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#### **Reference Books:**

- (1) Friedman, Howard, S. Health Psychology, Prentice Hall, 2002.
- (2) Sarafino, Edward, P. Health Psychology: Biopsychosocial Interactions, John Willy&Sons, Inc., 2002.
- (3) Marks, David, F., Murray, Michael. Evans, Brian., Carla, Willig., Sage Publishing,2001.
- (4) Mishra, G. (Ed.) Psychological Perspective on Stress and Health, Concept Publication, New Delhi, 1999.