

# ***M.Sc. - PSYCHOLOGY***

## ***SYLLABUS & REGULATIONS WITH EFFECT FROM 2024-2025***

### **MASTER OF SCIENCES**

### **P.G. Degree Programme (CBCS) Regulations-2016**

### **Amended as per NEP-2020**

(with effect from the batch admitted in the academic year 2024-25)

### **CHOICE BASED CREDIT SYSTEM (CBCS)**



## **CENTRE FOR DISTANCE AND ONLINE EDUCATION (CDOE) SRI VENKATESWARA UNIVERSITY**

Accredited by "NAAC" with "A+" Grade

**Tirupati, Andhra Pradesh - 517502**

*S. V. Venkateswara*  
**CHAIRMAN**  
Board of Studies in Psychology (Combined)  
Sri Venkateswara University  
**TIRUPATI**



**CENTRE FOR DISTANCE AND ONLINE EDUCATION (CDOE)  
SRI VENKATESWARA UNIVERSITY : : TIRUPATI**

**SVU COLLEGE OF SCIENCES**

**MASTER OF SCIENCES**

**P.G. Degree Programme (CBCS) Regulations-2016**

**Amended as per NEP-2020**

(with effect from the batch admitted in the academic year 2024-25)

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**M.Sc. Psychology**

**(NEW SYLLABUS)**

**First Semester : SEMESTER-I**

Course Code	Title of the Course	Core / Foundation / Elective	Hours of Teaching Theory Practical	No. of Credits	Marks		Total
					IA	SEE	
PSY 101	General Psychology-I	Core	6	4	20	80	100
PSY 102	Social Psychology		6	4	20	80	100
PSY 103	Abnormal Psychology	Compulsory Foundation	6	4	20	80	100
PSY 104	Psychological Measurement and Testing	Compulsory Foundation	6	4	20	80	100
PSY 105	Paper 1 & 3	Practical-I	6	4	--	--	100
PSY 106	Paper 3 & 4	Practical-II	6	4	--	--	100
Total			36	24	120	480	600

<b><u>SECOND SEMESTER</u></b>							
PSY 201	Environmental Psychology	Core	6	4	20	80	100
PSY 202	Research Methodology		6	4	20	80	100
PSY 203	Counseling Psychology (CC)	Compulsory Foundation	6	4	20	80	100
PSY 204	Developmental Psychology	Elective Foundation	6	4	20	80	100
PSY 205	Paper 1 & 3	Practical-I	6	4	--	--	100
PSY 206	Paper 3 & 4	Practical-II	6	4	--	--	100
Total			36	24	80	320	600

<b>THIRD SEMESTER</b>							
PSY 301	Applied Social Psychology	Core	6	4	20	80	100
PSY 302	Psychology of Personality(CC)		6	4	20	80	100
PSY 303	a. Organizational Behavior & HRM (GE)	Generic Elective	6	4	20	80	100
	b. Therapeutic Approaches in Counseling-I						
	c. Health Psychology (GE)						
PSY 304	Core & Generic Elective	Practicals	6	4	--	--	100
PSY 305	Stress Management Theory & Practical	Skill Oriented	6	4	10	90 (40+50)	100
PSY 306	Personality Development (OE)	Open Elective	6	4	20	80	100
		Total	36	24	120	480	600
<b>FOURTH SEMESTER</b>							
PSY 401	Therapeutic Approaches in Counseling-II(CC)	Core	6	4	20	80	100
PSY 402	Theories of Personality (CC)		6	4	20	80	100
PSY 403	a. Consumer Behavior -(GE)	Generic Elective	6	4	20	80	100
	b. Organizational Development (GE)						
	c. Rehabilitation Psychology (GE)						
PSY 404	Core & Generic Elective	Practicals	6	4	--	--	100
PSY 405	As per allotment (Theory and Practice)	Project work	6	4	--	--	100
PSY 406	Life Skills (OE)	Open Elective	6	4	20	80	100
		Total	36	24	80	320	600



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**M.Sc. (Psychology)  
SEMESTER-I**

**PAPER-I : PSY-101**

**Objectives:**

General Psychology will help the Students to demonstrate acquisition of both factual knowledge and the ability to conceptualize and apply this knowledge to their own behavior, ways of interacting with others, and to their roles in culture and society

**Unit – I: Psychology as science**

Lesson-1 Introduction to Psychology- Definition, nature, scope and aims of Psychology- The rise of experimental psychology.

Lesson-2 Branches and Fields of Psychology- Early Divisions, Basic Fields, Applied Field, Both basic and Applied Fields.

Lesson-3 Schools of psychology- Structuralism, Functionalism, Behaviorism, Psychoanalytic.

Lesson-4 Methods of Psychology – Introspection method, observation method, Survey Method, case study method, experimental method and Correlational method.

**Unit-II: Physiological basis of behavior**

Lesson-5 Neuron- The structure of neuron-Types of neurons-Varieties of neuron transmitters.

Lesson-6 Nervous system -Central and Peripheral nervous system- Autonomic Nervous system.

Lesson-7 Brain - Structure and functions of brain- Limbic System.

Lesson-8 Endocrine glands – Effects of over and under secretion of glands.

**Unit - III: Sensation, Attention & Perception**

Lesson-9 Sensation: Sensory process-Senses and sensory organs, general characteristics of Sensation and Sensory thresholds, Subliminal Perception, Signal Detection Theory.

Lesson-10 Attention: Selective attention – Kinds of Attention- Barriers of Attention- Concepts and Mechanisms- Selective Attention.

Lesson-11 Determinants and Theories -Broadbent, Treisman and Deutsch and Deutsch, Norman Models, Sustained Attention, Theories Expectancy, Signal Detection, Arousal,

Habituation; Intensive Properties of Attention, Fluctuations of Attention, Attention Span.

Lesson-12 Perception: Meaning of Sensation- Types of Sensation - Definition of Perception – Factors influencing Perception (Physiological and Psychological) - Perception and Illusion

#### **Unit – IV: Motivation and Emotion**

Lesson-13 Motivation-definition and Nature - Instinct, drive, needs, incentive, motive, Classification of motives.

Lesson-14 Theories of Motivation- Instinct theories – Freud & Mc Dougal; Need hierarchy theory – Maslow

Lesson-15 Emotion: Nature, kinds of emotions- physiological basis of emotion.

Lesson-16 Theories of emotion: The James – Lange theory – The Cannon – Bard theory.

#### **References:**

- Feldman, Robert. S (2004). Understanding Psychology 6/E W. (2004). (n.p.): McGraw-Hill Education (India) Pvt Limited, New Delhi.
- Hilgard, E.R, Atkinson, R.C. & Atkinson, R.R., (1976). Introduction to Psychology (6th edition), New Delhi: Oxford and IBM Publishing Company Private Limited.
- Robert S. Feldman (2011). Understanding Psychology. (n.d.). United States: McGraw-Hill Education (India) Pvt Limited.
- Robert S. Feldman (2021). Understanding Psychology (15th Edition). New Delhi: Tata – McGraw Hill Education Pvt.Ltd

#### **Outcomes:**

1. To understand the nature and origin of psychology the nature of Sensation, Perception, Learning and Memory
2. To grasp the meaning and processes of cognition, intelligence and creativity
3. To understand the basic aspects and theories of Motivation and Emotion
4. To know the nature of Personality and its Assessments



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**M.Sc. (Psychology)**  
**SEMESTER-I**

**PAPER-II : PSY-102**  
**SOCIAL PSYCHOLOGY**

**Objectives:**

The nature and origins of Social Psychology, the nature of Attitudes and Discrimination, the nature of Social Identity and Interpersonal Attraction, the basic aspects of Social Influence and Pro-social behavior, the meaning and nature of Aggression and Group behavior

**Unit – I: Introduction to Social Psychology**

Lesson-1 Introduction to Social Psychology- Definition, Historical origins; Relationship with other social sciences-(Sociology, Economics, Political Science and Anthropology).

Lesson-2 Historical Development of Social Psychology- Early Years of Social Psychology, Formational Years of Social Psychology, Expansion of Social Psychology ,Social Psychology in 21st Century ,Social Psychology in India

Lesson-3 Research methods in Social Psychology (Field Research, survey research, Archival Research, Correlational Research, observational research).

**Unit – II: Social Perception and Social Cognition**

Lesson-4 Person perception; Attribution- Understanding the causes of others behaviour, Kelly's theory; Bem's theory; Regulatory focus theory. Impression formation and impression management.

Lesson-5 Schemas- Types of Schema, Person Schemas, Self Schemas, Group Schemas, Role Schemas, Events Schemas, Impact of Schema.

Lesson-6 Mental frame works- Interpersonal attraction. Communication system in human beings Nonverbal communication; the language of expression

**Unit – III: Socialization & Social Influence**

Lesson-7 Socialization- Definition, Motive and behavior.

Lesson-8 Agencies of socialization- (Parents, Peergroup, school and media).

Lesson-9 Sexual motives, Sex role identity, Psychological Androgyny, Dependency, Moral development.

Lesson-10 Self-Esteem.

Lesson-11 Self concept.

#### **Unit – IV: Attitudes**

Lesson-12 Attitudes -Nature and formation of Attitudes, Functions of Attitudes.

Lesson-13 Theories of attitudes- Reinforcement theory; Balance theory; Cognitive dissonance theory;

Lesson-14 Measurement of attitudes- Self measures; Likert, Thurston Osgood and Bogardus scales: Physiological measures.

#### **References:-**

- Akbar,Hussain(2012).SocialPsychology (n.d.). (n.p.);, Pearson Education India.
- Baron – Robert. A(2005).Social Psychology. (n.d.). (n.p.): Pearson Education India. Psychology. Prentice hall of India Pvt. Ltd., New Delhi
- Baumeister, R. F., Bushman, B. J. (2020). Social Psychology and Human Nature. United States:Cengage Learning.
- Seidenberg, B., &Sandowsku,(1976). A. Social Psychology. An introduction.The free press, Macmillan publishing Co., Inc..
- Asch, S. E. (1956). Studies of independence and conformity: A minority of one against unanimous majority. Psychological Monographs, 70 (Whole No. 416).
- Moscovici, S. (1985). Social influence and conformity. In G. Lindzey& E. Aronson (Eds.), Handbook of social psychology (3rd ed.). New York: Random House.
- Milgram, S. (1963). Behavior study of obedience. Journal of Abnormal and Social
- Shanab, M. E., & Yahya, K. A. (1977). A behavioral study of obedience in children. Journal of Personality and Social Psychology, 35, 530-536.
- Turner, J. C. (1991). Social Influence. Pacific Grove, CA: Brooks/Cole. [https://en.wikipedia.org/wiki/Milgram\\_experiment](https://en.wikipedia.org/wiki/Milgram_experiment), accessed on 18/4/19.
- Allport, G. W. (1985). The historical background of social psychology. In G. Lindzey& E. Aronson (Eds.), Handbook of Social Psychology (3rd ed., Vol. I, pp. 1-46). New York: Random House.

#### **Outcomes:**

- The nature and origins of Social Psychology
- The nature of Attitudes and Discrimination
- The nature of Social Identity and Interpersonal Attraction
- The basic aspects of Social Influence and Pro-social behavior
- The meaning and nature of Aggression and Group behavior



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**M.Sc. (Psychology)**  
**SEMESTER-I**

**PAPER-III : PSY-103**

**ABNORMAL PSYCHOLOGY**

**Objectives:**

It educates the students about abnormality of an individual's both physical and psychological, interventions that are to be followed and to follow the different psychological strategies to overcome the problems.

**Unit I: Meaning and definition of abnormality**

Lesson-1 Meaning and definition of abnormality- Definition and Criteria of abnormality-

Lesson-2 Historical background of abnormal psychology.

Lesson-3 Classification system: Brief overview of classification- DSM IV and ICD – 10,

Advantages and disadvantages of classification, Problem of Diagnosis.

**Unit II: Different Perspectives of abnormal behaviour**

Lesson-4 Psychoanalytical Perspectives- Freud's Psychoanalytical theory- Jung's analytical theory- Adler's Individual psychology.

Lesson-5 Behaviorist perspective- Skinner's operant theory- Bandura social learning theory-

Lesson-6 Humanistic Existential perspective- Maslow needs Hierarchy theory-

Lesson-7 Cognitive perspective – Beck and Ellis

**Unit III: Nature of causation of Abnormalities**

Lesson-8 Causes of Abnormal Behavior- Biological causes: Constitutional, neurophysiologic and Biochemical Psychological Causes

Lesson-9 Pathogenic causes, Pathogenic Interpersonal relationships.

Lesson-10 Socio– culture causes: Social class, Social roles, and Cultural factors.

Lesson-11 Predisposing, Precipitating reinforcing, Feedback and circularity of Causes.

#### **Unit IV: Classification of Mental Disorders**

Lesson-12 Psycho-Neurosis- Causes and Aetiology-Psychoses-Causes and Aetiology Anxiety disorders.

Lesson-13 Somatoform disorders: Somatoform Disorders Somatoform disorders– Hypochondriasis - Somatization Disorder - Pain Disorder - Conversion Disorder - Body Dimorphic Disorder.

Lesson-14 Functional disorders- Mood disorders- Mood disorders Definition & Meaning – Depressive Disorder – Theoretical Perspectives on Depressive Disorder – Major Depressive Disorders – Unipolar and Bipolar disorders – Substance Induced Mood Disorders - Suicide – Classification – Causes - Treatment and Prevention.

Lesson-15 Personality disorders- Personality Disorders Cluster A Personality Disorders – Cluster B Personality Disorders – Personality Disorders – Paranoid – Schizoid – Schizotypal – Histrionic – Narcissistic – Anti-Social Personality Disorders- Addiction.

Lesson- 16 Psychosomatic disorders.

#### **References:**

- Arun Kumar (2006). Abnormal Psychology. New Delhi: ANMOL Publications Pvt. Ltd.
- Carson. Butcher Mineka (2003). Abnormal Psychology and Modern life, (XI edition).Singapore: Pearson Education Pvt. Ltd.,
- Irwin G. Sarason& Barbara R. Sarason (2009). Abnormal Psychology, (XI Edition), New Delhi: PHI Learning Pvt., Ltd.,
- James, N. Butcher, Susan Mineka &Jil M. Hooley (2011). Abnormal Psychology – Core Concepts. (Second edition). New York: Allyn& Bacon Pearson Education, Inc.
- Lauren B. Alloy, John, H. Riskind& Margaret J. Manos (2005). Abnormal Psychology, (IX edition) New Delhi: Tata McGraw Hill Publishing Co. Ltd.,
- Ray, W. J. (2019). Abnormal Psychology. United States: SAGE Publications.
- Sarason, B. R. (2005). Abnormal Psychology: The Problem Of Maladaptive Behavior 11Th Ed.. India: Prentice-Hall Of India Pvt. Limited.
- Trost, S. E., deRoon-Cassini, T. A., Burke, B. L., Bernstein, D. A. (2015). Abnormal Psychology, Second Edition (LLF-B/W). United States: Academic Media Solutions.
- William J. Ray (2015). Abnormal Psychology – Neuroscience Perspectives on Human Behaviour and Experience. New Delhi: Sage Publications.
- DassS.N.(2015) Abnormal Psychology, Sublime Publications.
- Dinesh Rawat (2005) Health Psychology, Sublime Publications.
- Khanam Mahjabeen (2012) Abnormal Psychology, Globus Press.
- Ranganathan(2016) Mental Disorders and Mental Health Education, Kanishka Publishers and Distributors.
- Virendra Kumar (2016) Abnormal Psychology Adai Publication.

- American Psychiatric Association (1994). Diagnostic and Statistical Manual of Mental Disorders (DSM IV). Washington, D.C. APA

**Outcomes:**

- To familiarize with a Concepts and Historical Views on Psychopathology
- To know the Standardized Classification of Mental Disorders
- To understand the Mood and Schizophrenic Disorders
- To learn the Sexual and Personality Disorders
- To learn the Developmental Disorders.



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**M.Sc. (Psychology)**  
**SEMESTER-I**  
**PAPER-IV: PSY-104**  
**PSYCHOLOGICAL MEASUREMENT AND TESTING**

**Objectives:**

To demonstrate the knowledge and understanding of basic psychometric principles. Learning Psychophysical methods and their relevance to psychological testing and assessment.

**Unit-I: Nature of Psychological Measurement**

Lesson-1 Nature of Psychological Measurement -Definition and Advantages of Measurement - History of Measurement.

Lesson-2 Scales of Measurement-The Nominal Scale-The ordinal scale-The interval scale-The ratio scale.

Lesson-3 Nature of Psychological Variable- Mental test tradition-Psycho Physical tradition

**Unit-II: Psycho- Physical Methods and Psychological scaling methods**

Lesson-4 Method of Average Error-Constant and Variable Errors-Evaluation.

Lesson-5 Methods of Minimal Changes-Evaluation.

Lesson-6 Method of Constant Stimuli- -Evaluation.

Lesson-7 Psychological scaling methods- Method of Pair comparison and rank order - evaluation.

**Unit-III: Test Development and Test Standardization Procedures**

Lesson-8 Test Development- Uses of Psychological test- Criteria of a Psychological Test.

Test Standardization Procedures- -Construction of psychological test-

Lesson-9 Reliability-Types of reliability- Test -retest reliability- Interrater reliability- Parallel forms - reliability-Internal Consistency.

Lesson-10 Validity- Types of validity- Construct Validity- Content Validity- Face validity- Criterion Validity -Concurrent Validity.

Lesson-11 Test Construction- Item writing - Meaning and types of items and their differences, guidelines for item writing. Response sets – Meaning, types and implications.

Lesson-12 Item analysis – Meaning and purpose. Item indices and Item discrimination index.

Lesson-13 Test score - interpretation- Types of scores.

Lesson-14 Ethical issues in test use and interpretation.

**Unit-IV: Standard Psychological tests & miscellaneous techniques:**

Lesson-15 Classification of Psychological Tests - Intelligence- Aptitude Tests-Tests of Interest

Lesson-16 The semantic differential technique-Attitude scales- Personality Testing- MMPI.

Lesson-17 Projective Techniques -TAT, Rorschach etc.

Lesson-18 Culture and Psychological tests.

**References:**

- Anne Anastasi, Susana Urbina (2007). Psychological Testing – 7th Edition-. Pearson Publishers.
- Coaley, K. (2014). An Introduction to Psychological Assessment and Psychometrics. *United Kingdom*: SAGE Publications.
- Freeman F.S.(2007). Theory And Practice Of Psychological Testing, 3/E. India: Oxford & IBH Publishing Company Pvt. Limited. Oxford and IBH publications, Co.Pvt. Ltd., New Delhi.
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**M.Sc. (Psychology)**  
**SEMESTER-II**  
**PAPER-I : PSY- 201**

## **ENVIRONMENTAL PSYCHOLOGY**

### **Objectives:**

To **improve the relationship between mankind and the environment using theory, research and practice**. It also endeavours to find ways to improve our relationship with the surrounding world. To discuss both theoretical and applied perspectives of environmental issues to help reduce stress, pollution and crowding concerns; To provide knowledge and understanding of well-established theories in environmental psychology.

### **Unit – I: Introduction**

Lesson-1 Introduction -Nature, scope, Origin of environmental psychology;

Lesson-2 Fields of Environmental psychology- Relationship with other fields-

Lesson-3 Basic principles of environmental psychology-

Lesson-4 Major research methods in environmental psychology-Questionnaire studies, Field studies, Case studies.

### **Unit – II: Environmental Risk and Perception**

Lesson-5 Natural Disasters: Characteristics of Natural Disasters, Perception and Psychological Effects of Natural Disasters;

Lesson-6 Noise and Air Pollution: Source and effects of Noise in the Work Place, Noise and Social Behaviour.

Lesson-7 Perception, Health, Performance.

Lesson-8 Social Behaviour and Air Pollution.

Lesson-9 Environmental Perception and Cognition; Environmental Cognition, Cognitive Maps, Way finding.

### **Unit – III: Environment and Behaviour- Theories**

Lesson-10 Changing Behaviour to save the Environment: The Commons Dilemma as an Environment-Behaviour Problem.

Lesson-11 Strategies to Encourage Environmentally Responsible Behavior-Contemporary Values and Environmental Attitudes.

Lesson-12 Functions of theories; the arousal perspective: Environmental load perspective; Adaptation level theory;

Lesson-13 Environmental stress perspective.

**Unit – IV: Psycho-educational aspects of Environmental Protection.**

Lesson-14 Environmental education and laws of environmental Protection

Lesson-15 Disaster Management-Social Forestry and Ecological Aesthetics

**Lesson-16 Managing scarce resources.**

**References:**

- Bechtel, R. B. (1997). *Environment and Behaviour: An Introduction*. New Delhi: Sage Publications.
- Bell, P. A., Greene, T. C., Fisher, J. D. and Baum, A. (2001). *Environmental Psychology* (Vth Edition). USA: Wadsworth Group / Thomson learning, 10 Davis Drive Belmont CA.
- Berg A., et al. (2012) *Environmental Psychology: An Introduction*. (edited) BPS Blackwell..United Kingdom: Wiley.
- Gifford, R. (1997). *Environmental Psychology: Principles and Practice*. United Kingdom: Allyn& Bacon.
- Ittelson W. H., Proshansky, H. M., Rilvin, E. G., Winkel, G. H. and Dempsey, D. (1974). *An Introduction to Environmental Psychology*. New York: Holt Rinehart and Winston.
- Veitch, R., & Arkkelin, D. (1995). *Environmental Psychology: An Interdisciplinary Perspective*. USA: *Practice-Hall*.
- Walsh, W.B., Craik, K.H. & Price, R.H. (2000). *Person- Environment Psychology: New Directions and Perspectives*. 2nd Edition. Lawrence Erlbaum Associates.
- Winter, D. D., & Koger, S. (2004). *The Psychology of Environmental Problems* (2nd ed.). Mahwah, NJ: Lawrence Erlbaum Associates.

**Outcomes:**

- **To improve the relationship between mankind and the environment using theory, research and practice.** It also endeavors to find ways to improve our relationship with the surrounding world.
- To discuss both theoretical and applied perspectives of environmental issues to help reduce stress, pollution and crowding concerns.
- To provide knowledge and understanding of well-established theories in environmental psychology.



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**M.Sc. (Psychology)**  
**SEMESTER-II**

**PAPER-II : PSY 202**  
**RESEARCH METHODOLOGY**

**Objectives:** To orient students to the different stages of research. To give insight into the various research methods. To identify and apply appropriate research tools. To acquire the skill of reporting the research.

**Unit I: Introduction to Research Methodology**

Lesson 1 Basic concepts – meaning and characteristics of scientific research.

Lesson 2 factors affecting, steps or stages in research and research process

Lesson 3 Types of Research – Experimental and Non experimental, Laboratory experiments and Field experiments and quasi experiment,

Lesson 4 Quantitative and Qualitative Research, Ex-post Facto research, Survey research and Types of experiments.

**Unit II: Identification of Problem**

Lesson 5 Problem: Types of problems, identifying a Research Problem –

Lesson 6 Variables: Independent, Dependent and Intervening Variable –

Lesson 7 Experimental group and control group.

Lesson 8 Hypotheses: The nature and types of Hypotheses, stating a hypothesis, criteria of Hypothesis and functions of hypothesis.

**Unit III: Sampling & Data Collection.**

Lesson 9 Concept of Population, sample and sampling

Lesson 10 Types of sampling - Random, Stratified, Purposive, Incidental and Multi stage Sampling.

Lesson 11 issues related to selection of sample size

Lesson 12 Data collection & presentation: Primary data (observation Method/ Personal interview, survey method, questionnaire) secondary data.

#### **Unit IV: Ethical Consideration and Report Writing**

Lesson 13 Ethics in human research: APA guidelines,

Lesson 14 scientific fraud and monitoring ethical practice. Presenting research results:

Lesson-15 Report Writing: Meaning of Interpretation - Techniques of Interpretation - Precaution in Interpretation - Significance of Report Writing - Different Steps in Writing Report

Lesson-16 Layout of the Research Report - Types of Reports - Mechanics of Writing a Research Report - Precautions for Writing Research Reports

#### **Outcomes :**

- To understand and comprehend the basics in research methodology and applying them in research/ project work.
- To select an appropriate research design.
- To take up and implement a research project/ study.
- The course will also enable them to collect the data, edit it properly and analyse it accordingly. Thus, it will facilitate students' prosperity in higher education.
- To develop skills in qualitative and quantitative data analysis and presentation.
- To demonstrate the ability to choose methods appropriate to research objectives.



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**M.Sc. (Psychology)  
SEMESTER-II**

**PAPER-III : PSY 203  
COUNSELLING PSYCHOLOGY THEORY AND PRACTICE**

**Objectives :**

- a. To understand the meaning of counseling and ethics in counseling
- b. To comprehend the process of counseling and techniques

**I. INTRODUCTION:**

1. What is Counseling.
2. Historical origins and Current Status.
3. Counselling as a helping profession – goals of counseling.
4. Goals and expectancies in Counselling.

**II. THE COUNSELLOR AND COUNSELEE CHARACTERISTICS:**

1. Who is a counsellor – Roles and functions.
2. Counsellor attitudes and skills – portrait of an effective counsellor.
3. Characteristics of counselor – Developmental determinants of the client personality as a factor – counselee concerns.
4. Legal and ethical considerations in counseling.

**III. COUNSELLING PROCESS – I**

1. The counseling set up – influence of external conditions.
2. Phases of Counseling.
3. Structuring the counseling relationship – Degree of lead by counsellor – Listening.

**IV. COUNSELLING PROCESS – II**

1. Verbal techniques.
2. Non – verbal techniques.
3. Handling transference and resistance.
4. Group counseling.
5. Evaluation in counseling.

**V. INTRODUCTION TO SOME THEORETICAL APPROACHES:**

1. Psychoanalytically oriented counseling – Freud.
2. Learning theory approaches – Dollard and Miller, Wolpe, Rotter
3. Rational and Phenomenological approaches, Williams and Rogers.

**VI. SPECIAL AREAS OF COUNSELLING:**

1. Counselling needs of various groups – Children, adolescents, adults and the aged.
2. Special youth problems.
3. Marriage counseling.
4. Counselling the Physically and Socially handicapped.
5. Counselling the elderly.

**VII. CHILD COUNSELLING – ETIOLOGY AND SYMPTOMS OF BEHAVIOUR PROBLEMS:**

1. Basic goals of child counseling.
2. Role of rearing practices in behaviour development.

3. Role of schools and cultural environment in the generation of Problem behavior .
4. Some common behaviour problems in children.

#### **CHILD COUNSELLING – II**

##### **VIII. HANDLING PROBLEM BEHAVIOUR IN CHILDREN:**

1. Anxiety reduction.
2. Behaviour therapy.
3. Play activity therapy.
4. Parent counseling.
5. Parents as psychotherapeutic agents.

##### **IX. SOME SPECIAL AREAS OF CHILD COUNSELLING:**

1. Handling disorders of speech.
2. Functional and psychosomatic elements.
3. Juvenile Delinquency.
4. Ensuring mental hygiene.

##### **REFERENCE BOOKS:**

1. Shertzer, B.S. stone Fundamentals of counselling. Houghton and Mifflin Co., 1968.
2. Lewis and Lewis, E.C. The Psychology of counseling, H.R.W. 1970.
3. Brammer, L.H and Schostrom, E.L: Therapeutic Psychology, 2<sup>nd</sup> Edition, Prentice, Hall, 1968.
4. Hansen, J.C and Stevin,R.R. and Walker, J.R.Conselling Theory and process, Allyb and Bacon, 1982.
5. Patterson, C.H.Theories of Couselling and Psychotherapy,2<sup>nd</sup> Edition, Harper and Row,1973.



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**M.Sc. (Psychology)**  
**SEMESTER-II**

**PAPER-IV : PSY 204**

**DEVELOPMENTAL PSYCHOLOGY**

- I. GROWTH AND DECLINE:-** Principles and facts of Development, Scope of Life span Development.
- II. EARLY DEVELOPMENT:-** Characteristics of pre-natal development, periods and hazards – Infancy – Characteristics, major adjustments, hazards.
- III. BABY HOOD:-** Characteristics, Developmental tasks, Physical and Physiological development and Co-ordination, speech development, emotional behavior, Socialization and interests, sex role morality, family relationship and personality.
- IV. EARLY AND LATER CHILDHOOD:-** Characteristics, physical , physiological and skills development, development of speech and emotional socializations and play, social grouping, personality, sex role in family relationships school adjustment.
- V. PUBERTY AND ADOLESCENCE:-** Criteria, characteristics and causes of puberty, growth spurt, deviations, psychological efforts, Characteristics and Developmental tasks adolescents physical changes and their psychological impact, interests and social changes, emotional changes, sex behavior and morality, sex roles, family relationships and personality changes.
- VI. ADULTHOOD:-** Characteristics, Developmental tasks, interests, adjustment to spouse - family – vocation and parenthood, singleness.
- VII. THE MIDDLE YEARS:-** Characteristics, Developmental tasks, physical changes and their physiological impact, mental changes, changes in interests, personal, social and vocational adjustment preparation for old age.
- VIII. OLD AGE:-** Characteristics, Developmental tasks, physical changes Physiological changes, adjustment – to self, to retirement, to family, singleness, hazards of old age, the self and personality in old age.

**REFERENCE BOOKS:**

1. Baltes, P.B. and Brim, O.G. Life-Span, Development and Behaviour, N.Y.Academic press, Vol. I 1978: Vol. II, 1978.
2. Baltes, P.D.Renns, H.W. and Nesselroade, J.R. Life Span Developmental Psychology: Introduction to Research Methods, Monetarery, Calif, Books Cole 1977.
3. Hurlock, J.B(2001).Developmental Psychology – Life span Perspective New Delhi: Tata Mcgraw Hill P