

Integrated M.Sc. Health Psychology

Semester I

Introduction to Psychology (4 Credits)

Unit-I Psychology: Meaning, Definition, Relation to other subjects, Scope, Branches and applications

Unit-II Methods of study in Psychology: Experiment, Objective Observation, Introspection, Case Study, Longitudinal and Cross sectional Studies

Unit-III Foundations: Psychoanalysis, Behavioristic, Humanistic, Gestalt, Indian Psychology

Unit-IV Introduction to Health Psychology: Definition of Health and Health Psychology; Role of Psychology in the field of Health, Biopsychosocial approach to health

Textbooks

1. Baron, R.A. , (2001). *Psychology*. New Delhi: Pearson Education.
2. Morgan C.T., (1980). King, R.A., Weiss, J.R., & Schoples, J. (1986). *Introduction to Psychology (7th Ed)*,. New Delhi: Tata McGraw Hill.
3. Taylor, S.E. (2005) *Health Psychology (6th Ed)* Boston: McGraw Hill

References

- Dalal. A.K., & Misra, G. (2002). *New Directions in Indian Psychology*. New Delhi: Sage Publications.
- Feldman, .R.S., (2008). *Essentials of Understanding Psychology (7th Ed)*. New Delhi: Tata McGraw hill Education Pvt Ltd.
- Fernald. L.D, & Fernald, P.S., (2007). *Munn's Introduction to Psychology (5th Ed)* Delhi: AITBS Publishers & Distributors.
- Parameswaran, E.G., Beena, C (2001). *An Invitation to Psychology*. Hyderabad: Neelkamal Publications.
- Rao, K.R., Paranjpe, C.A., & Dalal, A.K (2008). *Handbook of Indian Psychology*: Cambridge University press
- Smith, E.E., Nolen – Hoeksema, S., Fredrickson, B.N., & Loftus, G.R., (2003). Atkinson & Hilgard's *Introduction to Psychology (14th Ed)*. New Delhi: Cengage learning India Pvt. Ltd.
- Psychology : Textbook for Class XI. (Latest Ed.) NCERT: New Delhi
- Spencer, A. R. (2002) *Psychology in the new Millennium, (8th Ed.)*. New York: Harcourt College Publishers
- Wade, C., & Tavis, C., (2006). *Psychology (8th Ed)*. Delhi: Pearson Education Inc.

Semester –I
Introduction to Psychology
Credits – 5

- Psychology - Meaning, Definition, Relation to other subjects.
- Methods of study in Psychology – Experiment ,Objective observation, Introspection, Case Study(?), Longitudinal & Cross Sectional Studies
- Scope; Branches of Psychology, Applications of Psychology, A perspective of Development across the life span
- Foundations - Psychoanalysis, Behavioristic, Humanistic, Gestalt, Indian Psychology
- Biological roots of Psychology – Mind body relationship, Relationship between Sensation and Perception; Brain Mind Concept & Relationship

Readings:

Pre-requisite Reading: NCERT Text Book

Other Readings:

- Eyesenk, M.W (2004) Psychology: An International perspective*
Coon, D (1995) Introduction to Psychology – exploration and Application (7th edition)
Spencer, A.Rathus (2002) Harcourt, Inc
Christensen, I.P., Wagner. H.L., Halliday. M.S. (2001) Psychology New Delhi, Viva
Daridoff, Linda L (1981) Introduction to Psychology Auckland Mc Graw Hill
Rosmini, Antonio(1999) Psychology, Durham, Rosmini House
Shukla, K.C. (2007) Applied Psychology, New Delhi, Common wealth Publishers
Sinha, J. (1986) Indian Psychology, Delhi Motilal Banarsidars
Heffernan T.M.(2005), A student's Guide to studying Psychology, Psychology Press

Semester –I
Psychology Lab
Credits - 3

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|-----------------|----|-----------------------------------|
| Psychophysics – | 1. | Kinesthetic Sensation & Threshold |
| | 2. | Weight Discrimination |
| | 3. | Polyphysiograph |
| | 4. | Perception of (Gestalt) figures. |

Semester - II
Cognitive Psychology – I
Credits - 5

- Cognitive Psychology: History of Psychology & Cognitive Psychology, Present approach, Methods of Investigation.
- Sensation & Attention: Sensations; Structure of eye, Theories of vision, Structure of ear, Theories of Hearing, Tactile & Kinesthetic sensation Size constancy, Determinants of Attention, Division of Attention, Distraction of Attention, Span of Attention.
- Perception: Principles, Depth Perception; Monocular & Binocular Cue; Perceptual Constancies – Size, Shape, Color; Extra Sensory perception; Perceptual Distortions & Disorders.

Readings:

Gregory Robinson-Riegler & Bridget Robinson-Riegler (2007) *Cognitive Psychology: Applying the Science of the Mind*, Allyn & Bacon publishers.
M. Asch (2007) *Textbook of Cognitive Psychology*. Book publishers
Sternberg R.J. (2007) *Cognitive Psychology*. Thompson Business Information
Michael Eysenck, Earl Hunt & A. Ellis (2005) *The Blackwell Dictionary Of Cognitive Psychology*. Wiley-blackwell Publishers
Michael Eysenck & Mark Keane (2005) *Cognitive Psychology: A Student's Handbook* Psychology Press (uk)
Robert A. Baron (2005)- *Psychology* Printice – Hall
Robert, L. Solso (2004) *Cognitive Psychology* (6th Edition) Allyn and Bacon Inc.
Parameswaram & Beena, (2001) *Invitation to Psychology* – Neel Kamal Publishers
Eysenck, M.W. Keane., K.T. (2000) *Cognitive Psychology: A student's Handbook*, Psychology Press
Robert, J. Sternberg (1999) *Cognitive Psychology*, Harcourt Brace college Publishers

Semester - II
Psychology Lab
Credits - 3

1. Division of Attention
2. Distraction of Attention
3. Perceptual Illusions (Muller – Lyer)
4. Span of Attention

Semester - III
Cognitive Psychology – II
Credits 5

1. Thinking and Reasoning: Process of Thinking – Images; Reasoning & Factors; Types – Inductive, Deductive; Errors in Thinking and Reasoning – Autistic Thinking, Prejudiced Thinking; Development of Thinking; Lateral Thinking
2. Concept Formation & Problem Solving:
Formation of Concepts, Types of Concept
Methods of problem solving - Trial Error, Heuristic, Algorithms, Facilitating effective problem solving - the role of Metacognitive processing ; Factors that interfere with effective problem solving – Habit & Set, Artificial Intelligence.
3. Language: Basic Concepts, Development of language, Language & Thought, Disorders of Language
4. Intelligence: Definition, Theories – Factor theories; Theory of multiple intelligence; Triarchic Theory
Measurement of Intelligence – Individual tests, Group tests
Determinants of Intelligence: Genetic & Environmental influences.
Creativity:

Readings:

Eysenck, M.W. Keane., K.T. (2000) Cognitive Psychology: A student's Handbook, Psychology Press
Hilgard & Atkinson, Atkinson (1979) Introduction to Psychology Oxford and IBH Pub.
Morgan & King - Introduction to Psychology
Parameswaram & Beena, (2001 Invitation to Psychology –Neel Kamal Publishers)
Spencer A. Rathus (2002) - Psychology in the new Millennium Harcourt
Rosmini Antonio, (1999) -Psychology Durham Rosmini House
Robert A. Baron (2005)- Psychology Printice - Hall
Robert, L. Solso (2004) Cognitive Psychology (6th Edition) Allyn and Bacon Inc.
Robert , J. Strerberg (1999) Cognitive Psychology, Harcourt Brace college Publishers
Graham Davey (2006) The Encyclopaedic Dictionary of Psychology, Hodder Arnold.
D.R. Snyder & Shane.J. Lopez (2007) Positive Psychology: the Scientific and Practical Explorations of Human Strength, Sage Publications.
Stephen F. Davis & William Buskist (2008) 21st Century Psychology A reference handbook, Sage Publications
Spencer A. Rathus (2002) – Psychology in the new Millennium Harcourt

Semester - III
Psychology Lab
Credits - 3

1. Hanfmann & Kasanin Blocks test – Concept formation
2. RCPM
3. Seguin Form Board
4. WAIS / Binet Kamat
5. CAS (J.P. Das)

Semester IV
Introduction to Social Psychology
Credits 5

- Social Psychology – Meaning, Scope, Application, Brief History with reference to India
- Social Cognition & Social Attitudes
Social Cognition, Social Perception – First Impression, Attribution Theory.
Social Attitudes - Nature, Development, Measurement, Change.
- Interpersonal Attraction, Prosocial Behavior & Wellbeing
- Group processes– Nature of Groups formation; Group Think & Decision making; Cohesiveness & Team Building; Conformity; Leadership Crowd Behavior; Effect of Mass Media
- Social Power & Influence
- Social Identity – Prejudice, Religion, Caste, Discrimination

Readings:

Baron & Byrne (2004). Social Psychology, Pearson education

Hogg, M.A., and Vaughan, G.M., (1998) Social Psychology London: Practice Hall Europe

Janak Pandey (1988) Psychology in India State of the Act Volume 2

Basic and applied Social Psychology, New Delhi, Sage Pub.

Pearson Low priced edition

Semester IV
Introduction to Statistics
Credits - 4

- Application of Statistics in Psychology
- Descriptive Statistics – Frequency distribution; Measures of Central Tendency; Measures of Variability

- Normal Probability Curve
- Correlation Coefficient
- Inferential statistics – Significance of difference between Means, one-way Anova

Readings:

Alexander Haslam: 2003– Craig Mc Garty Research Methods & Statistics in Psychology: Sage
Ferguson, G.A., Takane, (1989). statistical Analysis in Psychology and Education. New Delhi
Mc Call, Robert B, Fundamental statistics for Psychology – NY Harcourt Brace

Semester IV
Psychology Lab
Credits – 3

1. Social Facilitation
2. Conformity
3. Attitude Measurement & Change
4. Impression Formation
5. Attribution Processes

Semester V
Life Span Developmental Psychology - I
Credits - 3

- Principles & Theories of Development
 - Principles, Themes & issues in Developmental Psychology
 - Theories of Development – Piaget, Vygotsky, J.P. Das
- Biological foundations of development – Growth, Development, Physical & Psychological development, Heredity
- Cognitive Development, Language Development – Theories of language development
- Emotional Development – Emotional Expression, Emotional Understanding
- Moral & Social Development – Theories, Types of play & their functions, Peer Interaction
- Developmental Disorders

Readings:

Carol K. Sigelman & Elizabeth A. Rider (2008) Life-span Human Development, Wadsworth Publishing Company
John W. Santrock (2007) Essentials Of Life-span Development. Mcgraw-hill Higher Education
Kail R V (2007) Human Development: A Life-span View. Thomson Business Information

Margaret Harris, G. Butterworth & George Butterworth (2002) *Developmental Psychology: A Student's Handbook*
An Introduction to Child Development by Thomas Keenan, Sage, 2002
Developmental Psychology by Laura E. Berk, Pearson Edn

Semester V
Learning
Credits - 3

- Learning: Definition
- Behavioural theories
- Cognitive Theories of Learning- Sign Learning, Insightful learning;
- Social Learning
- S-R vs Cognitive Theories;
- Application of Learning theories, Behavior modification
- Faulty learning, Interventions

Semester V
Psychology Lab
Credit - 3

Project

Semester VI
Paper II Life Span Developmental Psychology - II
Credits - 4

- Adolescence:
 - Physical Development
 - Cognitive Development
 - Social and Emotional Development
- Development during Adult years
 - Contrasting views of Adult Development: Stage Theories Versus the Contextual Approach
- Changes during Adult Years: Physical change, Social and Emotional Changes
- Ageing, Death and Bereavement
 - Theories of Ageing: contrasting views about why we grow old
- Ageing – A cross cultural view; Comparison of Indian & Western experience of Ageing.

Readings:

Hurlock B. Elizabeth (2008) *Lifespan Development*, Pearson Publication.
Gary Novak (1996) *Developmental Psychology: Dynamical Systems And Behavior Analysis*. Context Press

Verma Rb (2006) *Developmental Psychology & Human Development*. Alfa Publications.

Margaret Harris, G. Butterworth & George Butterworth (2002) *Developmental Psychology: A Student's Handbook*

Semester VI

Paper I - Personality & Affective Processes

Credits - 4

- Personality – Concept, Determinants – Heredity, Environment, Types & Traits
- Approaches to Personality – Psychodynamic, Behavioral, Humanistic
- Measurement of Personality – Projective & non Projective tests
- Emotions – Expression of Emotions, Physiological & Psychological changes, Theories of Emotions
- Motivation – Concept, Theories

Readings:

Eysenck, M. W (2004) *Psychology: An International Perspective*

Spencer, A. Rathus (2002) *Harcourt, Inc*

Christensen, I.P. Wagner. H.L., Halliday.M.S. (2001) *Psychology New Delhi, Viva*

Daridoff, Linda L (1981) *Introduction to Psychology Auckland Mc Graw Hill*

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Sinha, J. (1986) *Indian Psychology, Delhi Motilal Banarsidars*

Heffernan T.M. (2005), *A Student's Guide to studying Psychology, Psychology Press*

Introduction to Neuro-Psychology (with School of Medical Sciences)

Credits – 4

- Neuropsychology – Cognitive disorders & Causal factors
- Memory & Forgetting: Types of Memory – Explicit, Implicit; Methods of measuring Memory; Curve of Forgetting; Methods of Improving Memory; Factors influencing Forgetting.
- Memory : Models of Memory- Atkinson & Shiffrin – Sensory Memory, Short term Memory, Long term Memory; Neural Network Models; Memory for Factual Information, Memory for Skills; Memory in everyday life, Memory & the Brain
- Disorders of Memory

Semester VI

Psychology Lab

Credits – 4

1. Emotional Intelligence
2. Eysenck Personality Inventory
3. Judgment of Emotions
4. Draw a Person



