

M.A./ M.Sc. Psychology

(Effective from Academic Year 2024-2025 onwards)



शेखावाटी विश्वविद्यालय
Shekhawati University

Syllabus **(As per NEP 2020)**

Pandit Deendayal Upadhyaya Shekhawati University,
Sikar (Rajasthan) 307026

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Dy. Registrar
Pandit Deendayal Upadhyaya
Shekhawati University,
Sikar (Rajasthan)

Curriculum Structure									
Session 2024-2025 onwards									
Name of the Programme: M.A./M.Sc. Psychology									
Year: First					Semester: I (Pawas)				
Course Code	Course Title	Contact Hrs. per Week			Credits	Weightage (%)			
		L	T	P		CWS	MTE	ETE	
Discipline Specific Core (DSC):									
24MSY9101T	Theoretical Approach in Psychology	4	0	0	4	20	10	70	
24MSY9102T	Psychopathology	4	0	0	4	20	10	70	
24MSY9103T	Research Methods	4	0	0	4	20	10	70	
24MSY9101P	Psychology Laboratory-I	0	0	8	4	--	--	100	
Discipline Specific Elective (DSE):									
24MSY9104T	Development in Psychology	4	0	0	4	20	10	70	
OR									
24MSY9105T	Environmental Psychology	4	0	0	4	20	10	70	
OR									
24MSY9106T	Vocational Psychology	4	0	0	4	20	10	70	
Value Added Course (VAC)									
--	--	--	--	--	2	--	--	--	
Seminar/Internship/Dissertation (S/I/D):									
--	--	--	--	--	--	--	--	--	
Total					22				
Paws Semester I									

Summary: I Semester		
S.N.	Particulars	Credits
1.	Discipline Specific Core (DSC):	16
2.	Discipline Specific Elective (DSE):	04
3.	Value Added Course (VAC):	02
4.	Seminar/Internship/Dissertation(S/I/I/D):	--
Total		22
SCW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		


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Curriculum Structure										
Session 2024-2025 onwards										
Name of the Programme: M.A./M.Sc. Psychology										
Year: First	Course Code	Course Title	Contact Hrs. per Week			Credits	Semester: II (Vasant)			
			L	T	P		CWS	MTE	ETE	
Vasant Semester II										
Discipline Specific Core (DSC):										
	24MSY9201T	Advanced Social Psychology	4	0	0	4	20	10	70	
	24MSY9202T	Biopsychology	4	0	0	4	20	10	70	
	24MSY9203T	Statistics in Psychology	4	0	0	4	20	10	70	
	24MSY9201P	Psychology Laboratory-II	0	0	8	4	--	--	60	
Discipline Specific Elective (DSE):										
	24MSY9204T	Psychology of Personality	4	0	0	4	20	10	70	
OR										
	24MSY9205T	Clinical Disorders	4	0	0	4	20	10	70	
OR										
	24MSY9206T	Counselling Psychology	4	0	0	4	20	10	70	
Value Added Course (VAC)										
	--	--	--	--	--	2	--	--	--	
Seminar/Internship/Dissertation (S/I/D):										
	--	--	--	--	--	--	--	--	--	
		Total				22				

Summary: I Semester		
S.N.	Particulars	Credits
1.	Discipline Specific Core (DSC):	16
2.	Discipline Specific Elective (DSE):	04
3.	Value Added Course (VAC):	02
4.	Seminar/Internship/Dissertation(S/I/D):	--
Total		22
\$CW (Class work): It would include attendance, assignments, class test/quiz test/assignments, ppt, play, learn by fun activities etc.		


 Registrar
 Dr. Rajendra Upadhyaya
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 Sikar(Rajasthan)

Semester- I

Course Title:	Theoretical Approach in Psychology	Course Code: 24MSY9101T
Total Lecture hour 60		Hours
Unit I	Psychological foundations: Helmholtz, Weber and Fechner, Structuralism; Wundt and Titchener. Functionalism: William James, John Dewey, Galton	16
Unit II	Associationism: Ebbinghaus, Thorndike, Pavlov, Behaviorism, Watson and Tolman	17
Unit III	Psychoanalysis: Freud, Jung, Adler, Horney, post psychoanalysis: Erikson and Sullivan; Gestalt psychology: Wertheimer, Koffka, Kohler	12
Unit IV	Humanistic: Rogers and Maslow; Cognitive psychology: Piaget and Chomsky	15
Reference Books:		
1	Hergenhahr, B.R. (2001). An Introduction to the history of psychology. New Delhi: Cengage learning.	
2	Leahey T.H.(2006). History of psychology: Main currents in psychological thoughts. New Delhi: Pearson education	
3	Shultz D.P (2003) History of psychology. New Delhi: Pearson Education	
4	Singh A. k (1997). The comprehensive history of psychology. New Delhi: Motilal banarsidas	

Course Title:	Psychopathology	Course Code: 24MSY9102T
Total Lecture hour 60		Hours
Unit I	Introduction: Normality and pathology; Mental health and mental disorder. Indicators of Abnormality, Vulnerability, resilience and coping paradigm. prevention of Mental disorders: levels and prevention, situation – focused and competency – focused prevention.	16
Unit II	Classification of mental disorders: Latest APA and WHO classification. Development, Advantages and disadvantages of classification system.	17
Unit III	Theoretical Models: Bio – Medical, Psychodynamic, Cognitive, Behavioral, Humanistic, Existential, Family systems, Integrative and Biopsychosocial Model.	12
Unit IV	Casual factors and symptomology: Biological, Psycho- social and socio-cultural casual factors, Diathesis – stress Models. Cognitive, conative and affective symptoms	15
Reference Books:		
1	Kaplan, H.J., and Sa dock, B. J. (2024). Comprehensive Textbook of psychiatry. Balti more e: Williams and Wilkins.	
2	Diagnostic and statistical Manual of Mental Disorders. (DSM - IV – TR ,2000; DSM – V,2013. Washi ngt on, D. C: APA Publication.	
3	The ICD -10 Classification of mental and behavioral Disorders, (2007). WHO.	
4	Sarason, I. G. & Sarason, B.R. (2005). Abnormal psychology: The problem of Maladaptive Behavior. Delhi: Pearson India Education.	
5	Butcher, J. N. Hooley, J. M, Mineka, S. Dwivedi B.C (2015). Abnormal Psychology. Delhi: Pearson India education.	
6	Barlow, D.H, & Durand V.M, (2007). Abnormal psychology New Delhi Thomson	

Course Title:	Research Methods	Course Code: 24MSY9103T
Total Lecture hour 60		Hours
Unit I	Psychology and Science: Theory Building, developing a Research Questions. Research process: Research Problem, Hypothesis and Variables (Operationalization and Control). Sampling: Probability and Non probability Techniques of Sampling.	16
Unit II	Experimental and Non-Experimental Research Methods: Experimental- True and Quasi Experiments. Non-Experimental - Observation, Archival and Case Study.	17
Unit III	Qualitative Research Methods: Focus Groups, Interviews, Thematic Analysis, Discourse	12

	Analysis.	
Unit IV	Report Writing: Research Report Writing (APA Style): Ethics in Psychological Research.	15
Reference Books:		
1	Broota, K.D. (1992). Experimental designs in Behavioral Research, New Delhi: Wiley.	
2	Howitt, D. & Cramer, D. (2005). Introduction to Research Methods in Psychology. New Delhi: Pearson.	
3	Guthrie, G. (2010). Basic Research Method. New Delhi: Sage.	
4	Kline, T.J.B. (2005). Psychological Testing. New Delhi: Vistaar Publication.	
5	Me Burney, D.H. & White, T.L. (2007). Research Methods. New Delhi: Cengage Learning.	
6	Newman, W.L. (1991). Social Research Methods: Qualitative and Quantitative. Boston: Allyn and Bacon.	

Course Title:	Development in Psychology	Course Code: 24MSY9104T
Total Lecture hour 60		Hours
Unit I	Human Development: Nature and Scope Methods of studying Developmental Behavior. Foundations of Development: Biological, Socio-Environmental and Cultural	16
Unit II	Self and Identity: Self Awareness, Self-Concept and Self-Esteem; Cognitive Social and Cultural Influences; Identity: Nature and Meaning, Construction and Influences on Identity Development	17
Unit III	Psychoanalytic and Psychodynamic Theories: Freud, Erikson and Bowlby. Social Learning and Cognitive Theories: Bandura, Piaget, Vygotsky	12
Unit IV	Emotional and Moral Development: Functions of Emotions, Development of Emotional Expression. Moral Development: Piaget's and Kohlberg's Theories. Influences on Moral Reasoning.	15
Reference Books:		
1	Berk, L.E. (2003). Child Development. Delhi: Prentice-Hall	
2	Santrock, J.W. (1999). Lifespan Development. New York: McGraw Hill.	
3	Hurllock, E. (2003). Developmental Psychology, Delhi: Tata McGraw Hill.	
4	Papalia, S. & Feldman, C. (2002). Adult Development and Aging. Delhi: Tata McGraw H.	
5	Berk, L.E. (2010). Development through the Life Span. Delhi: Pearson Education	
6	Segelman, C.K. & Rifer, E.A. (2009). Human Development, Wadsworth: Cengage Learning.	

Course Title:	Environmental Psychology	Course Code: 24MSY9105T
Total Lecture hour 60		Hours
Unit I	Introduction: Nature, Scope and Research Methods Theories and Approaches: Arousal, Overload, Behaviour Constraint, Control, Stress Approaches; Trait, Interactional, organismic and Transactional Theories	16
Unit II	Environmental Perception and Cognition: Nature, Characteristics and Factors; Theories of environmental Cognition.	17
Unit III	Space Behaviour and Territoriality: Personal Space Nature, Types, Functions, and Theories. Territoriality: Meaning, Measurement, Theories.	12
Unit IV	Residential Environmental Psychology: Nature and Characteristics; Environment and Behavior in the Residence; Residential Environmental Design.	15
Reference Books:		
1	Bell, P.A. Green, T.C., Fisher J.D. & Baum, A. (2001). Environmental Psychology. New York: Harcourt.	
2	Bechtel, R.B. (1997). Environment and Behaviour: An Introduction, New Delhi: Sage.	
3	Bonnes, M. & Secchiarioli, G.F. (1995). Environmental Psychology: A Psychosocial Introduction. New Delhi: Sage.	
4	Gifford, R. (1997). Environmental Psychology: Principles and Practices. 2nd Ed., USA	
5	Susan D. C. (2012). The Oxford Handbook of Environmental and Conservation Psychology. UK.	
6	Tiwari, P.S. (2008). Paryavaran Mano Vigyan. Jaipur: Motilal Banarsidas.	

Course Title:	Vocational Psychology	Course Code: 24MSY9106T
Total Lecture hour 60		Hours
Unit I	Introduction: Definition, Meaning, History of Vocational Psychology; Current issues and Innovations in Vocational Psychology; Work Adjustment, Career Counselling.	16
Unit II	Theoretical Perspectives: Trait and Factor Theories: Holland, Dawis; Value - Based Theory of Occupational Choice: Brown; Developmental Theories; Super, Gottfredson Learning Theories: Krumholtz and Bandura.	17
Unit III	Vocational Choice: Meaning, Definition, Vocational Decision-Making Process, Decision-Making Styles, Vocational Rehabilitation.	12
Unit IV	Clients with Special Needs: Individuals with Disabilities, Women in the Workforce, Displaced Workers, Economically Disadvantaged Group.	15
Reference Books:		
1	Brown, D. (2007). Career Information, Career Counselling and Career Development. Boston: Pearson.	
2	Walsh, W.B., & Savickas, M.L. (2005). Handbook of Vocational Psychology. New Jersey: Lawrence Erlbaum.	
3	Crites, J.O. (1969). Vocational Psychology. New York: Mc Graw Hill	

Course Title:	Psychology Laboratory-I	Course Code: 24MSY9101P	
	• Psychological Experiments (RL/DL) • Paired Comparison Method (Feeling Value / Preferences) • Differential Aptitude Test • Wechsler Adult Intelligence Scale • Sixteen Personality Factors • Creative Thinking (Verbal and nonverbal) Test • Mental Health (Subjective, Psychological, & social wellbeing) • Clinical Analysis Questionnaire • Cognitive Capabilities Test for Transition Period • Pro Environmental Behaviour Scale • Self-directed search • Career Decision Scale		
	• Project work (any two of Following) • Clinical and health • Social and Environment • Vocational and Organizational • Self and personality		
	Reference Books:		
	1		Brown, D. (2007). Career Information, Career Counselling and Career Development. Boston: Pearson.
	2		Walsh, W.B., &Savickas, M.L. (2005). Handbook of Vocational Psychology. New Jersey: Lawrence Erlbaum.
	3		Crites, J.O. (1969). Vocational Psychology. New York: McGraw Hill

Semester II

Course Title:	Advanced Social Psychology	Course Code: 24MSY9201T
Total Lecture hour 60		Hours
Unit I	Introduction: Theoretical orientations; Scientific Nature, Applications and Methods of Social Psychology. Application in Work Setting: Work related Attitudes, Nature and Effects of Job Satisfaction, Organizational Citizenship Behavior, Social Psychology of Entrepreneurship.	16

Unit II	Attitudes and Prejudices: Attitude-Meaning, Theories, Attitude change; Prejudice - Origin and Cognitive basis; Techniques to Control Prejudice. Social Influence: Conformity Nature, Characteristics and Theories; Factors affecting Conformity; Compliance Meaning, Nature and Principles; Obedience-Basis and Experimental Studies.	17
Unit III	Personal Relationship: Family Interaction and Close Friendship, Romantic Relationship Love and Physical Intimacy; Martial Relationship, Interdependence, Self-Disco Intimacy, Balance of Power and Conflict.	12
Unit IV	Understanding of Self: Personal Vs. Social Identity, Self-Concept, Self-Esteem; Identity; Gender Differences in Self-Esteem, Social Comparison and Self; at target of Prejudice.	15
Reference Books:		
1	Baron, R.A., & Byrne, D. (2010). Social Psychology, New Delhi: Pearson Education.	
2	Mohammad, S. (2009), Muchtar samajmanovigyan. New Delhi: Motilal Bansari Das.	
3	Singh, A.K. (2009). Samaj Manovigyankerprekha. New Delhi: MotilalBansari Das.	
4	Taylor, S.E., David, L.A. & Sears, O. (2009). Social psychology. New Delhi: Pearson Education.	
5	Myers, D. (2007). Social psychology. New Delhi: Cengage learning	

Course Title:	Biopsychology	Course Code: 24MSY9202T
Total Lecture hour 60		Hours
Unit I	Introduction: Definition and Scope; Evolution of Human Brain. Research Methods and Tools of Biopsychology.	16
Unit II	Nervous System: Neuron-Structure, Types and Functions; Spinal cord; Central Nervous System and Peripheral Nervous System-Structure and Functions. Neural conductors and Synaptic Transmission; Neurotransmitters.	17
Unit III	Learning and Memory: Nature of learning and Memory Neural Mechanism of Learning and Memory; Disorders of Memory, Cortical Localization and Language Disorders.	12
Unit IV	Biological Causes of Psychiatric Disorders: Schizophrenia, Affective Disorders and Anxiety Disorders	15
Reference Books:		
1	Carlson, N.R. (2007). Foundation of Physiological Psychology. New Delhi: Pearson Education.	
2	Grossman, S.P. (1967). A Textbook of Physiological Psychology. New York: Wiley	
3	Levinthal, C.F. (1990). Introduction to Physiological Psychology. New Delhi: Printice Hall	
4	Pinel, J.P. (2007). Biopsychology. New Delhi: Person Education.	
5	Thompson, R.F. (1980). Introduction to Physiological Psychology. New York: Harper and Row.	

Course Title:	Statistics in Psychology	Course Code: 24MSY9203T
Total Lecture hour 60		Hours
Unit I	Normal Distribution: Meaning and Importance; Properties of Normal Probability Distribution; Application of Normal Probability Curve; Divergence from Normality.	16
Unit II	Parametric Statistics Correlation Product Moment Method (Real Mean Method, Assumed Mean Method), construction of Scatter Diagram, Biserial and Point Biserial Method, Significance of Difference between Means (Large Small, Correlated and Independent Groups) Analysis of Variance One Way and Two-Way Analysis of Variance.	17
Unit III	Non-Parametric Statistics: Difference between Parametric and Non parametric Statistics, Chi-Square Test (Equal and Normal Probability Hypothesis); Sign Test, Median Test, Mann-Whitney U Test, Freidman Test, Two-way ANOVA.	12
Unit IV	Multiple Regression: Meaning, Types and Uses; Interpretation of Data. Factor Analysis: Meaning, Types and Uses; Interpretation of Data	15


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Reference Books:

1	Aron, A., Aron, E. & Coups, E. (2007). Statistics for psychology. New Delhi: Pearson Education.
2	Garrett, H. (1981). Statistics in psychology and education. Mumbai: Vakilebbber and Simons
3	Guilford, J.P. (1975). Fundamental statistics in psychology and education. New York: McGraw Hill
4	Siegel, S. (1988). Nonparametric Statistics for Behavioral Sciences. New York, Mo
5	Veeraraghavan, V. & Shetgovekar, S. (2016). Textbook of Parametric and Non-Para Statistic. New Delhi: Sage.

Course Title:	Psychology of Personality	Course Code: 24MSY9204T
Total Lecture hour 60		Hours
Unit I	Personality: Nature and Concept, Historical Development and Basic Issues.	16
Unit II	Psychoanalytic, Neo-analytic Freud, Jung, Adler, Horney. Biological and Behavioural Theories: Temperament, Socio-Biology and Evolutionary Personality: Pavlov, Watson, Skinner, Dollard and Miller.	17
Unit III	Cognitive and Social Cognitive Theories: Lewin, Kelley, Seligman, Bandura. Trait Theories: Cattell, Allport, Big Five Model.	12
Unit IV	Humanistic, Existential and Person - Situation Interactionist Theories: Rogers, Frankl, Maslow, Sullivan, Murray and Mischel	15
Reference Books:		
1	Frager, R.G. & Fadiman, J. (2007). Personality and Personal Growth. New Delhi: Pearson Education.	
2	Friedman, H.S. & Substack, M.W. (2006). Personality: Classic Theories and Modern Research. New Delhi: Pearson Education.	
3	Hall, G.C., Lindzey, G. & Campbell, J.C. (1998). Theories of Personality. New York: Wiley	

Course Title:	Clinical Disorders	Course Code: 24MSY9205T
Total Lecture hour 60		Hours
Unit I	Anxiety, Obsessive-Compulsive, Trauma and Stressor-related Disorders: Nature, Types, Clinical Picture and Causal Factors	16
Unit II	Depressive, Bipolar and Dissociative, Somatic Symptom and Related Disorders: Nature, Types, Clinical Picture and Causal Factors	17
Unit III	Schizophrenia Spectrum and other Psychotic Disorders: Nature, Types, Clinical Picture and Causal Factors	12
Unit IV	Personality and Substance-Related and Addictive Disorders: Nature, Types, Picture and Causal Factors Clinical	15
Reference Books:		
1	Kaplan, H. J. & Sadock, B.J. (2004). Comprehensive Textbook of Psychiatry. Baltimore: Williams and Wilkins	
2	Diagnostic and Statistical Manual of Mental Disorders. (DSM-IV-TR, 2000; DSM-5, 2013) Washington, D. C.: APA Publication. The ICD-10 Classification of Mental and Behavioral Disorders (2007) WHO.	
3	Sarasan, I. G. & Sarason, B. R. (2005). Abnormal Psychology: The Problem of Maladaptive Behavior. Delhi: Pearson Education.	
4	Butcher, J. N., Hool ey, J. M., Mineka, S. & Dwivedi B. C. (2019). Abnormal Psychology. Pears on Education.	



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Course Title:	Counselling Psychology	Course Code: 24MSY9206T
Total Lecture hour 60		
Unit I	Introduction: Nature and Historic Perspectives; Development of Institutional Counselling Programs; Professional Counsellor Roles and Functions. Ethical and Legal Guidelines: Nature of Ethics, Ethical Issues, Counsellor and Law, Legal Concerns of Counsellors, Confidentiality, Competence and Malpractice, Counsellors as Expert Witnesses	16
Unit II	Counselling Process and Skills: Counselling Relationship Meaning and Nature, Basic Communication Skills, Counselling Interview; Counselling Skills Rapport Building. Assessment of Problem, Setting Goals, Selecting and Designing, Interventions Termination of counselling	
Unit III	Theories of Counselling: Psychoanalytic Theory, Individual Psychology, Person Centered Theory, Behavioral Theory, Rational Emotive Behavior Therapy, Reality Therapy, Transactional Analysis, Gestalt Counselling.	12
Unit IV	Group Techniques, Group Counselling Sensitivity Groups, Encounter Groups, Task Groups, Psycho-education Groups, Group Process Ethnic Groups and Multicultural Counselling	15
Reference Books:		
1	Gladding, S. (2009). Counselling: A comprehensive profession. New Delhi: Pearson education.	
2	Gibson, R.L. & Mitchell, M.H. (2005). Introduction to Counselling and Guidance. New Delhi: Pearson education.	
3	George, R.L. & Cristiani, T.S. (1994). Counselling Theory and Practice. New Delhi: Prentice Hall	
4	Capuzzi, S. (2008). Counselling and Psychotherapy. New Delhi: Pearson education	
5	Burnard, P. (1992). Counselling skills training: A source book of activities for Trainers. New Delhi: Viva Books.	

Course Title:	Psychology Laboratory-II	Course Code: 24MSY9201P
	• Concept Formation • Level of Aspiration • Biofeedback • Minnesota Multiphasic Personality Inventory • Sociometry • RINPAS Family Relations Test • Bender Gestalt Visual-Motor Test • Psycho-Physiological State Inventory • NEOPI-R • Edwards Personal Preference Schedule • Psychiatric Rating Scales • Transactional Style Inventory: Counselling • Counselling Skills: 1. Interviewing skills 2. Empathy Skills 3. Problem Solving Skills 4. Coping with feelings • Internship/Field Work 1. Capacity Building Workshops and Trainings 2. Report Writing and Presentation of the Work/ Training Undertaken.	
Reference Book:		
1	Philip Burnard (1992) Counselling skills training: A Sourcebook of Activities for Trainers, Viva Books, New Delhi	