

**Shri Rawatpura Sarkar University,
Raipur**



**Examination Scheme & Syllabus
for
Master of Arts Psychology (MA)
(Semester Pattern)
II SEM**

(Effective from the session: 2022-23)



Faculty of Arts & Humanities
Shri Rawatpura Sarkar University, Raipur

TWO YEARS OF MASTERS PROGRAMME

SCHEME OF TEACHING AND EXAMINATION

MA PSYCHOLOGY (SECOND SEMESTER)

OUTCOME BASED EDUCATION (OBE) & CHOICE BASED CREDIT SYSTEM (CBCS)
(EFFECTIVE FROM THE ACADEMIC YEAR 2022 – 2023)

SL. NO	COURSE CODE	COURSE TITLE	HOURS / WEEK			CREDIT S	MAXIMUM MARKS			SEM END EXAM DURATION (Hrs)
			L	T	P		Continuo us Evaluation	Sem End Exam	Tota l	
1	AMA10 – 201	HEALTH AND WELLNESS	3	1		4	30	70	100	3
2	AMA 10 – 202	STATISTICS II	3	1		4	30	70	100	3
3	AMA 10 – 203	PSYCHOPATHOL OGY	3	1		4	30	70	100	3
4	AMA 10 -204 P	PRACTICUM			6	3	30	70	100	3
5.	AMA10-211 T	POSITIVE PSYCHOLOGY	4	1		5	30	70	100	3
	AMA10-212	INDUSTRIAL PSYCHOLOGY & ORGANISATIONA L BEHAVIOUR								
TOTAL			TOTAL CREDITS 20			TOTAL MARKS 500			15 hours	



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	HEALTH AND WELLNESS				
Course Code	AMA10-201				
Course Credits	L	T	P	TC	
	3	1		4	
Prerequisites	<ul style="list-style-type: none">• Basic Introduction To health and wellness				
Course objectives	<ul style="list-style-type: none">• To impart knowledge about health fitness; to make understand the nature and causes or various diseases; To make the student familiar with various yogic processes.				
Course Contents	<p style="text-align: center;"><u>Unit I :</u></p> <p>Health and wellbeing: Concept and indicators, medical and bio-psycho-social models of health, cross-cultural perspectives on health, goals of health psychology; approaches to health.</p> <p style="text-align: center;"><u>Unit II :</u></p> <p>Health behavior: Role of behavioral factors in disease and disorders; changing health habits; models and approaches to health behavior change – cognitive behavioral and social engineering approaches, and trans theoretical model.</p> <p style="text-align: center;"><u>Unit III :</u></p> <p>Hypo Kinetic/ Life Style diseases and ill management: obesity, hypertension, diabetes, menopause, osteoporosis, thyroid, depression, phobia and female reproductive disorders.</p> <p style="text-align: center;"><u>Unit IV :</u></p> <p>Yoga, Surya Namaskar and its Effects on Human Body/ Alternative Therapy for Health and Wellness/ Nutrition: astangyoga; naturopathy, acupressure aryurveda and other.; the balanced diet; principal of weigh control; physiology of weight loss; basic first aid & cardiac life support (CPR).</p>				



Master of Arts Psychology

SEM – II

2022 - 23

	<p style="text-align: center;"><u>Unit V :</u></p> <p>Practice, Education, Tour and Project: Introduction of Prayers, Mantra, bhavgeet.; Loosening Exercises Program, Kriyas, Yogasan, Suryanamskar, Pranayam, Meditation, Bandh and Mantras, Health care card.</p>
Course outcomes	Through this course, students will get to know about the subject of psychology.
Text Books	<ul style="list-style-type: none">• Swami Adhyatmanand: Yoga & Health, Gujarat Grantha Ratna Karyalaya, A'bad.• Yoga, Asan: Pranayam, Mudra Kya, Vivekanand Kendra A'bad• Suryanamaskar: Yoga Publication Trust Munger, Bihar (Hindi English).
Reference Books	<ul style="list-style-type: none">• Nagendrakumar Niraj: Prakrutik Chikitsa Avam Yoga, Maa Sita Smruti Swasthya Prakashan Mala, Jaypur-20 (Hindi).



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	STATISTICS				
Course Code	AMA10-202				
Course Credits	L	T	P	TC	
	3	1		4	
Prerequisites	<ul style="list-style-type: none"> • Introduction of statistics and research 				
Course objectives	<ul style="list-style-type: none"> • To provide an overview of scientific approaches to experimental psychology in terms of scientific methods 				
Course Contents	<p align="center"><u>Unit I :</u></p> <p>Distinctive features of parametric and non-parametric statistical test and their uses. Percentile and percentile rank; Meaning; Methods.</p> <p align="center"><u>Unit II :</u></p> <p>Chi-square as a test of Independence and Goodness of fit; Assumptions, computation by 2×2 contingency table and testing equal probability and normal distribution hypothesis.</p> <p align="center"><u>Unit III :</u></p> <p>Analysis of variance: Meaning, Assumptions and application; One way and Two ways ANOVA.</p> <p align="center"><u>Unit IV :</u></p> <p>Normal probability curve- Meaning, Characteristics, Application and computation.</p> <p align="center"><u>Unit V :</u></p> <p>Correlation: Assumptions, Application computation of Bi-serial and point bi-serial.</p>				
Course Outcomes	<ul style="list-style-type: none"> • Through this course, students will get to know about the subject of psychology 				
Text Books	<ul style="list-style-type: none"> • Broota, K.D. (1989): Experimental Design in Behavioural Research Bombay Wiley Eastern, Ltd. 				



Master of Arts Psychology

SEM – II

2022 - 23

	<ul style="list-style-type: none">• Guilford, J.P.(1954): Fundamental Statistics in Psychology and Education, New York, Mc. Graw Hill Book Company.• Peatman: S.(1954): Non-Parametric Statistics for the Behaviour Science Edition, New York Mc.Graw Hill Book Co.• Chadha, N. K. (1998): Statistical Methods in Behavioural and Social Sciences. ND: Relaince Pub. House.
Reference Books	<ul style="list-style-type: none">• Field, A. (2005): Discovering Statistics using SPSS. London: Sage Publications• Meyers, L. S., Gamst, G. &Guarino, A.J. (2008):Applied Multivariate Research: Design and Interpretation.• Siegel, S. (1986): Non parametric statistics. NY: Mc.Graw Hill.• Md.Suleman (2009): Statistics in Psychology, Education and Other Social Sciences (Hindi)



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	PSYCHOPATHOLOGY				
Course Code	AMA10-203				
Course Credits	L	T	P	TC	
	3	1		4	
Prerequisites	<ul style="list-style-type: none"> To deeply understand psychopathology and abnormal behavior 				
Course objectives	<ul style="list-style-type: none"> To provide an overview of scientific approaches to experimental psychology in terms of scientific methods 				
Course Contents	<p align="center"><u>Unit I :</u></p> <p>Classification System in Psychopathology- WHO classification (ICD–11) and Multiaxial System (DSM-V).</p> <p align="center"><u>Unit II :</u></p> <p>Theories and Models of Anxiety Disorders- Phobia; Dissociative disorders; Obsessive – compulsive disorders.</p> <p align="center"><u>Unit III :</u></p> <p>Theories and Models of – Mood disorders; Uni-polar and bipolar disorders and Schizophrenia – Types, symptoms and causes.</p> <p align="center"><u>Unit IV :</u></p> <p>Theories and Models of – Impulsive control disorder, personality disorder; anti-social personality disorder; sexual and gender identity disorder.</p> <p align="center"><u>Unit V :</u></p> <p>Other Disorders– De-generative disorders; sleep disorder and eating disorder; Substance related disorders</p>				
Course outcome	<ul style="list-style-type: none"> Through this course, students will get to know about the subject of psychology 				
Text Books	<ul style="list-style-type: none"> Kisker, G.W.(1977). The dis-organized personality, Tokyo, MC.Graw-Hill Kogakusha Ltd. 				



Master of Arts Psychology

SEM – II

2022 - 23

	<ul style="list-style-type: none">• Jahan, M. (2016). Mansik Rog (Revised Edition), New Delhi: Ahuja Publishing House (Hindi).• Carson, R.C. (2008). Abnormal Psychology, USA: Pearson Education, Inc
Reference Books	<ul style="list-style-type: none">• Md.Suleman (2008). Asamanaya Manovigyan Vishay aur Vyakhya, Delhi: Motilal Banarsidas (Hindi).• Singh, Arun Kumar (2010). Asamanya Manovigyan ki Rooprakha, New Delhi: Motilal Banarsidas (Hindi)



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	Practicum				
Course Code	AMA10-204				
Course Credits	L	T	P	TC	
			6	3	
Prerequisites	<ul style="list-style-type: none">Understanding the role of experimental psychology corely.				
Course objectives	<ul style="list-style-type: none">To develop content specific and transferable skills related to testing and measurement.				
Course Contents	<p><u>1. TESTING .</u> Projective Tests a) Thematic Apperception Test b) Rorschach Test c) Word Association Test</p> <p><u>2. Personality Inventories</u> a) Cattell's 16 P.F. b) Mousdsley Personality Inventory c) Beck Depression Inventory - II</p> <p><u>3. Intelligence Tests</u> a) Portues Maze Test b) Jalota Group Test of Mental Ability c) Emotional Intelligence Test</p>				
Course outcomes	<ul style="list-style-type: none">Through this course, students will get to know about the subject of psychology				
Text Books	<ul style="list-style-type: none">Anastasi , A. (1988) : Psychological Testing (Stz.Ed.). N.Y: Mc.Millan.Bhargava, M. (2001): Modern Psychological Testing and Measurement (Hindi). Agra: Hari Prasad Bhargava.Broota, K.D.(1990): Experimental Design in Behavioural Research. N.Y: John Wiley.				
Reference Books	<ul style="list-style-type: none">Cronbach , L.J. (1970) : Essential of Psychological Testing. N.Y: Harper & Row.Freeman , F.S.(1986) : Theory and Practice of Psychological Testing. New Delhi:Oxford & IBH Publishing Co.				



Master of Arts Psychology

SEM – II

2022 - 23

- | | |
|--|--|
| | <ul style="list-style-type: none">• Guilford, J.P (1954): Psychometric Methods. New Delhi: Tata Mc.Grans – Hill Publishing Co. Ltd |
|--|--|



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	Positive Psychology				
Course Code	AMA10 211				
Course Credits	L	T	P	TC	
	4	1		5	
Prerequisites	<ul style="list-style-type: none"> ➤ Understanding the relationship between psychological factors and physical health and learn how to enhance well-being. 				
Course objectives	<ul style="list-style-type: none"> ➤ To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains. 				
Course Contents	<p align="center"><u>Unit I</u></p> <p>Introduction: Definition and objectives, historical development, theoretical perspectives of positive psychology. Recant trends of Positive Psychology.</p> <p align="center"><u>Unit II :</u></p> <p>Subjective well-being: Concept and indicators, life satisfaction, peace and happiness, determinants of happiness; theoretical frameworks.</p> <p align="center"><u>Unit III :</u></p> <p>Strategies to enhance happiness: Enhancing pleasure, engagement and meaning making self-related processes.</p> <p align="center"><u>Unit IV :</u></p> <p>Character strengths and virtues: Meaning, Classification, assessment and nurturance; Development of Character Strength, barriers in developing strengths and virtues.</p> <p align="center"><u>Unit V :</u></p> <p>Meeting life challenges: Nature, type and sources of stress, individual interpretations and responses, coping strategies and their assessment, promoting healthy coping strategies and life skills.</p>				
Course outcomes	<ul style="list-style-type: none"> ➤ Which provides students conceptual basis thinking about positive psychology and outcome and this is the responsibility of content. 				



Master of Arts Psychology

SEM – II

2022 - 23

Text Books	<ol style="list-style-type: none">1. Carr, A. (2004):Positive psychology. London: Routledge.2. Compton, W.C. (2005). Introduction to positive psychology. Belmont: Wadsworth.3. Linley, P.A; & Joseph, S.(2004).Positive psychology in practice. New York: Wiley.4. Peterson, C; & Seligman, M.E.P. (2004).Character strengths and virtues. New York:Oxford University Press
Reference Books	<ol style="list-style-type: none">1. Snyder, C.R. & Lopez, S. J. (2002) Handbook of positive psychology. Oxford: OxfordUniversity Press.



Master of Arts Psychology

SEM – II

2022 - 23

Course Title	Organizational Behavior and Industrial Psychology				
Course Code	AMA10 212				
Course Credits	L	T	P	TC	
	4	1		5	
Prerequisites	➤ Introduction of organizational psychology and industrial behavior				
Course objectives	➤ To develop an awareness of the concepts related to organizational behavior. ➤ Help the students develop connectivity between concepts and practices of organizations				
Course Contents	<p align="center"><u>UNIT- I</u></p> <p>Introduction: Historical antecedents of Organizational Behavior: Scientific management & Human Relations Movement; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting.</p> <p align="center"><u>UNIT- II</u></p> <p>Organizational Behavior : Theories - Classical theories, Neo-Classical theory , Modern theory & X and Y theory.</p> <p align="center"><u>UNIT- III</u></p> <p>Personnel selection : Basis and methods of selection , job analysis , job satisfaction.</p> <p align="center"><u>UNIT- IV</u></p> <p>Dynamics of Organizational Behavior: Organizational Culture , Power and Politics: Influence, empowerment, sexual harassment, organizational politics. Positive Organizational Behavior.</p> <p align="center"><u>UNIT- V</u></p> <p>The Work Environment: illumination, ventilation, temperature and noise. Hawthorne studies and importance of incentives.</p> <p>Work Motivation : Early theories: Maslow, McClelland & Two factor Contemporary theories: Goal setting, Equity, Expectancy</p>				



Master of Arts Psychology

SEM – II

2022 - 23

Course outcomes	➤ Through this paper student will deeply understand several dimensions of industrial psychology and organizational behavior .
Text Books	<ol style="list-style-type: none">1. Pareek, U. (2010). Understanding organizational behaviour. Oxford: Oxford University Press.2. Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In3. G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.