Bharathiar University Coimbatore-641046
Department of Psychology
M.Sc Applied Psychology (SDE)
SDE Annual Pattern
(For the students admitted during the Academic year 2007-2009 and onwards)

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Paper No</th>
<th>Title of the paper</th>
<th>Max. Marks</th>
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</thead>
<tbody>
<tr>
<td>I</td>
<td>PSYSDE01</td>
<td>Advanced General Psychology</td>
<td>100</td>
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<tr>
<td></td>
<td>PSYSDE02</td>
<td>Life Span Psychology</td>
<td>100</td>
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<td></td>
<td>PSYSDE03</td>
<td>Advanced Social Psychology</td>
<td>100</td>
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<td>PSYSDE04</td>
<td>Organizational Behavior</td>
<td>100</td>
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<td></td>
<td>PSYSDE05</td>
<td>Experimental Psychology-I</td>
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<td></td>
<td>PSYSDE06</td>
<td>Psychopathology &amp; Mental Hygiene</td>
<td>100</td>
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<td></td>
<td>PSYSDE07</td>
<td>Research Methodology</td>
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<td>PSYSDE08</td>
<td>Health Psychology</td>
<td>100</td>
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<td></td>
<td>PSYSDE09</td>
<td>Human Resource Management</td>
<td>100</td>
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<td></td>
<td>PSYSDE10</td>
<td>Project Work or Counselling Psychology (Theory Paper)</td>
<td>100</td>
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<td>Total</td>
<td>1000</td>
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Core Course – I

PSYSDE01 – Advanced General Psychology (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

**Unit I: Definitions and Bases of Human Behaviour**
Definition of psychology. Types of Psychological Research. Contemporary approaches to Psychology. Scope of Psychology.

**Unit II: Sensation & Perception, Learning & Memory**
**Unit - III: Thinking & Language, Intelligence & Creativity**

**Unit - IV: Motivation & Emotion**

**Unit - V: Personality - Theories & Assessment**

**Reference Books**


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**CORE COURSE – II**
**PSYSDE02 – LIFE SPAN PSYCHOLOGY (SDE)**

**UNIT I**

Prenatal Development - Characteristics - Importance of Conception - Prenatal Environmental Influences - Attitudes of Significant people - Medical interventions - Hazard during the Prenatal period.

**UNIT II**

UNIT III


UNIT IV
Puberty - Body changes - Growth spurt - Consequences of Abstract thought Effects of Puberty: changes and Deviant maturing - Hazards.

UNIT V
Early adulthood - Characteristics - Sex - role adjustment - Erikson's theory: Intimacy versus Isolation - Family cycle - Diversity of adult lifestyles - career development - -
Middle adulthood - Erikson’s theory: Generativity versus Stagnation - changes in mental abilities
Late Adulthood - Life expectancy - Physical changes - Memory - Erikson's theory: Ego Integrity versus Despair - Change in Self concept and Personality - Psychological well-being - Relationships - Retirement and leisure.

Reference Books:
1. Laura E. Berk, (2004), Development through the Life Span, New Delhi; Pearson Education
CORE COURSE – III
PSYSDE03 – ADVANCED SOCIAL PSYCHOLOGY (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Unit I: Social Psychology:
Thinking about others and the social world – Schemas, Heuristics- Errors in Social Cognition – Negative and Optimistic Bias, Costs of Thinking Too Much, Counterfactual and Magical Thinking, Thought Suppression.

Unit II: Behavior and Attitudes.
Social Identity -The Self Concept- Self Efficacy, Locus of Control, Self Determination - Self-Esteem- Self Serving bias. Gender Identity- Sex and Gender- Gender Stereotypes-Gender role behavior.

Unit III: Prejudice and Discrimination
Interpersonal Attraction: Proximity and Emotions, Becoming Acquainted, Moving towards friendship - Interdependent relationships- Loneliness- Beyond friendship-Marriage- the ultimate close relationship.

Unit IV: Social Influence:
Conformity- Sherif’s , Asch’s and Milgarm’s studies on conformity- The predictors of conformity- Personality and Culture - Compliance Ingratiation , the foot in the door and the low ball, the door in the face and that is not all, pique, scarcity techniques.

Unit V: Aggression
Theories of aggression- Social, Personals, and Situational Influences on aggression-prevention and control of aggression- Punishment- Catharsis- interventions and other techniques

Reference Books
CORE COURSE – IV
PSYSDE04 – ORGANISATIONAL BEHAVIOUR (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Unit I: Introduction to Organizational Behaviour

Unit II: Foundations of Individual Behaviour:
Perception: Person Perception – Shortcuts in Judging Others-Interpersonal Perception- Its applications,
Attitudes: Sources of Attitudes and its Application
Personality – Personality Determinants – Dimensions of Self Concept- Personality Traits - Matching Personality and Jobs types – Traits relevant to Work Behaviour

Unit III: Learning, Motivation and Job Satisfaction
Learning: Theories of Learning, Shaping-Schedules of Reinforcement-Its Organizational Applications

Unit IV: Foundations of Group Behaviour
Types of Teams – Models of Team Effectiveness – A developmental Model – A Systems Model Team Building
Conflict Process: Types of Conflicts - Conflict management Techniques – Functional and Dysfunctional Outcomes of Conflict

Unit V: Dynamics of Organizational Behaviour:
Communication Process – Barriers to Effective Communication - Directions of Communications – Non-verbal Communications
Leadership Theories: Personality Trait Theories – Behavioral Styles – Situational and Contingency Style - Transformational Leadership - Sources of Power
Reference Books

CORE COURSE – V
PSYSD05 – EXPERIMENTAL PSYCHOLOGY (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Experiments Related to Advanced General Psychology
1. Eysenck Personality Questionnaire
2. Anger Inventory
3. Stress Questionnaire
4. Personality Development Index
5. Self-Esteem

Experiments Related to Life Span Psychology
6. Self Concept Inventory
7. Emotional Maturity Scale
8. Fundamental Interpersonal Relations Inventory – Behaviour (FIRO-B) Scale
9. Mental Health Analysis
10. Thurstone Interest Schedule

Experiments Related to Advanced Social Psychology
11. Sociometry
12. Communication Experiment
13. Leadership Questionnaire
14. Choice Dilemma Experiment
15. Prisoner’s Dilemma Experiment

Experiments Related to Organizational Behaviour
16. Decision Making Styles
17. Need Hierarchy - Motivation Questionnaire
18. Power Orientation Questionnaire – Identification of Power Bases
19. Leadership Style Questionnaire – Managerial Grid
20. McGregor’s Theory X and Y Questionnaire

• This list is suggestive
• A minimum of 16 experiments/exercises must be completed
CORE COURSE – VI
PSYSDE06 – PSYCHOPATHOLOGY AND MENTAL HYGIENE (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Unit I: Understanding Psychopathology and Diagnosis And Assessment of Abnormal Behavior
Methods of Assessment- Interview and Psychological tests-Problems in Assessment.

Unit II: Classification and Assessment and Anxiety Disorder and Somatoform Disorder and Dissociate Disorders
Somatoform Disorders -Dissociative Disorder:

Unit III: Mood Disorders and Suicide and Eating and Sleeping Disorders
Understanding and Defining Mood Disorders- Prevalence- Causes- Treatment- Suicide Major Types of Eating Disorders- Causes- Treatment- Obesity- Sleep Disorders: The major Dyssomnias- Treatment

Unit IV: Sexual and Gender Identity Disorders and Substance- Related and Impulse Control Disorder and Personality Disorders:
Perspectives on Substance Related Disorder- Depressants- Stimulators- Opioids - Hallucinogens- Causes of Substance-Related Disorders- Treatment of Substance-Related Disorders- Impulse Control Disorders. An overview of Personality Disorders- Cluster A Personality Disorders- Cluster B Personality Disorders- Cluster Personality Disorders

Unit V: Schizophrenia and Other Psychotic Disorders and Developmental Disorders and Cognitive Disorders
Perspectives on Cognitive Disorders- Delirium- Dementia.
Reference Books


CORE COURSE – VII
PSYSDE07 – RESEARCH METHODOLOGY (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Unit I


Unit II


Unit III


Unit IV

Unit V


References:

CORE COURSE – VIII
PSYSDE08 – HEALTH PSYCHOLOGY (SDE)
(For the students admitted from the academic year 2007-2008 and onwards)

Unit I: The Beginning and the Origin Health Promotion

The meaning, definitions and history of Health Psychology- the Need for Health Psychology- the Relationship of the Mind and Body-The BioPsychosocial Model of Health Psychology

The Behavioral Factors in Disease and Disorder- the Changing Health Habits- the Cognitive and Behavioral Models to Health Behavior’s Change- the Transtheoretical Model- the Social Engineers: Venues for health- Habit Modification.

Unit II Health Enhancing Behavior and Health Compromising Behaviour
Exercise- Accident prevention- Alcoholism and Problem Drinking- Synergistic Effect of Smoking- History of Smoking Problems- Reasons for smoking- Nature and addiction of smoking- intervention to reduce smoking- smoking prevention

Unit III: Stress and Coping Pain and its Management

Stressors- Person- Environment Fit- What makes Events Stressful?- Theories of Stress- Stress Studies- Sources of Chronic Stress- Stress and Illness- Coping with stress- External Resources in Coping- Social Support- The Stress Management Techniques

Significance and Elusive Nature of Pain- Clinical issues in Pain Management- Pain Control Techniques- Chronic Pain Management Programs

Unit IV: Chronic Illness and Their Management and Terminal Illness and their Management

Quality of life- Emotional Responses to Chronic Illness- Personal Issues in Chronic Disease- Copying with chronic illness- Psychological Interventions and Chronic Illness

Psychological Issues in Advancing Illness- Death Across the Life Span- Stages of Adjustment in Dying- Psychological Management of Terminally ill- Alternative Care- Problem of Survivors

Unit 5 Heart Disease, Hypertension, Stroke, Diabetes and Their Management and Psychoneuroimmunology, AIDS, Cancer, Arthritis and their Management

Coronary Heart Disease (CHD)- Gender and CHD- Psychological factors and CHD- Hypertension – Psychosocial factors and Hypertension- Effective Treatment- Stroke- Risk Factors- Consequences- Treatment of stroke- Diabetes- Types- Intervention of Diabetes

The immune system- Assessment- Stress and Immune System- Autoimmune Disorders- and Intervention- History of AIDS- Psychological Impact of HIV infection- Intervention – A profile of Cancer- Psychosocial factor Coping and Intervention- Arthritis- Types of Treatment

Health promotion- Stress and its Management- Health Services- Management of Serious Illness- Trends of the Future – Becoming a Health Psychologists

Reference Books

CORE COURSE – IX
PSYSDE09 – HUMAN RESOURCES MANAGEMENT (SDE)
(For the students admitted from the academic year 2007-2008 and on wards)

Unit I: Introducing Human Resources Concepts
Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM, Systems Approach to HRM, Traditional HR vs. Strategic HR, HRM in the new Millennium

Unit II: Determining, Attracting and Selecting Human Resources:
Job Analysis: Uses of Job Analysis, Process of Job Analysis, Methods of Collecting Job Analysis, Job Description, Job Specification, Role Analysis
Job design and Quality of Work Life: Techniques for Designing Jobs
Recruiting Human Resources: Sources of Recruitment, Methods of Recruitment, Recruitment – Indian Experiences
Employee Testing and Selection: Types of Tests, Tests as Selection Tools
Interviewing Candidates: Types of Interview, Interview Process, Reference Checks

Unit III: Developing Human Resources:
Training and Developing Employees: Need for Training, Systematic Approach to Training, Types of Training, Training Methods, Evaluation of Training
Career and Succession Planning: Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning

Unit IV: Rewarding Human Resources:
Employee Compensation.: Objectives of Compensation Planning, Compensation of Pay Structure, Factors Influencing Compensation Levels
Financial Incentives and Employees Benefits and Services: Statutory and Non-statutory benefits, Incentive Plans, Individual Incentives, Group and Team Based Incentive Plans, Fringe Benefits, Establishing Strategic Pay plans,

Unit V: Recent Trends and Practices in Managing Human Resources
Participation and Empowerment: Forms of Participation, Alternative Approaches to Participation, Prospects of Empowerment
REFERENCE TEXT:


CORE COURSE – X
The students will have a choice of choosing either a project work or a theoretical paper.

PSYSDE10 – PROJECT WORK (SDE)

OR

PSYSDE10 – COUNSELLING PSYCHOLOGY (SDE)
(For the students admitted from the academic year 2007-2008 and on wards)

PSYBC10 – PROJECT WORK (SDE)

1. The objective of the Project work is to further their knowledge in Psychology under the direct supervision of a Faculty Member of the Department of Psychology of any University and its affiliated colleges.

2. A Candidate undertaking Project Work should be equipped with the theoretical knowledge in the discipline and interpretation of data and drawing meaningful inferences.

3. The report must be submitted to the Bharathiar University within the stipulated time and the viva voce examination will be conducted at specified places (Contact Bharathiar University SDE for further guidelines).

4. Incase a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at two times for submitting their report.

5. Guides for the Project Work will be allotted as per the student – preference.

OR

PSYBC10 – COUNSELLING PSYCHOLOGY (SDE)

Unit I
Counseling as a helping profession - Introduction – Historic Perspectives - Activities of Counselor – Basic Principles – Future Direction of the Profession.
Counselors Work Setting - Educational Settings: Training Programs for Counselors in Educational Setting – Credentialing of School Counselors - The Role and Functions of Counselors in School Settings – Relationship with Other Helping Profession.
Unit - II

Unit-III

Unit -IV

Unit-V
The Consultation Process – Consultation Models – Skills – Consultation in School Settings – Consultation Services to Community and Business Organizations.

Reference Books:


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