

Lukrdk&rj ikB; d& dh ijh{kk ;kst uk  
 i fke rFkk f}rh; I etVj I = 2013&14 I s i Hkko'khy  
 fo"K; & eulfoKku

lk'ui =	lk'ui = dk ' 'kh"kd	vf/kdre vad		U; wire mRrh.kkd	
		I Snkfurd	Lkh-I h-b.	I Snkfurd	Lkh-I h-b.
I	Cognitive Processess -I	85	15	28	05
II	Research Methods & Statistics-I	85	15	28	05
III	Psychopathology -I	85	15	28	05
IV	Life Span Development-I	85	15	28	05
Practical	Practical –I	50	&-	17	&
Practical	Practical –II	50	&-	17	&

f}rh; I etVj I = 2013&14

I	Cognitive Processess -II	85	15	28	05
II	Research Methods & Statistics-II	85	15	28	05
III	Psychopathology -II	85	15	28	05
IV	Life Span Development-II	85	15	28	05
Practical	Practical –I	50	&-	17	&
Practical	Practical –II	50	&-	17	&

fo"K; & eukfoKku

Rkrh; rFkk prfjZ l eLVj I = 2014&15 I si Hko'khy

lk'ui =	lk'ui = dk ' 'kh'kd	vf/kdre		U; wire mRrh. kh'd	
		vd			
		I Snk'urd	Lkh-I h-bZ	I Snk'urd	Lkh-I h-bZ
I	Psychology of Personality -I	85	15	28	05
II	Social Psychology-I	85	15	28	05
III	Counselling Psychology -I	85	15	28	05
IV	Clinical Psychology-I	85	15	28	05
Practical	Practical –I	50	&-	17	&
Practical	Practical –II	50	&-	17	&

prfjZ l eLVj I = 2014&15

I	Psychology of Personality -II	85	15	28	05
II	Social Psychology -II	85	15	28	05
III	Organizational behaviour	85	15	28	05
IV	(Optional Paper) any one (a) Psychological Assessment (b) Psychology of Sports (c) Health psychology (d) Environmental Psychology (e) Educational Psychology	85	15	28	05
Practical	Practical –I	50	&-	17	&
	Practical –II	50	&-	17	&
Project work		100			

# DEVI AHILYA VISHWAVIDYALAYA, INDORE

**Session 2014-15 onwards**

**Semester - III**

**Compulsory Paper .I Psychology of Personality - I**

**Max. Marks 85+15 CCE**

**Particulars / foj.k**

<b>Unit-1</b>	Introduction: The Concept of Personality, Various Theoretical Approaches to Personality, Determinants of Personality.
<b>bdkbz &amp; 1</b>	i fjp; %0; fDrRo dk I a R; ; ] 0; fDrRo dsfoffkUu I S) kfrd mi kxe] 0; fDrRo dsfu/kkj dA
<b>Unit-2</b>	Psychoanalytic Theory: Freud, Adler, Jung.
<b>bdkbz &amp; 2</b>	eufo'ySk. kRRed fl ) kr % Yk; M] , Myj] ; qA
<b>Unit-3</b>	Neo-Freudian Theory: Horney, Erich Fromm , Erickson.
<b>bdkbz &amp; 3</b>	u0; Yk; Moknh fl ) kr % gkWhz , fjdYke] bfjDI uA
<b>Unit-4</b>	Social learning Theory : Rotter, Bandura's observational learning, Skinner's Behavioristic Theory .
<b>bdkbz &amp; 4</b>	I kelftd vf/kxe fl ) kr % jkWj] cBMgk dk i qk. kRRed vf/kxe] fLduj dk 0; ogkji jd fl ) krA
<b>Unit-5</b>	Theories of Personality: Mischel, Miller & Dollard and Seligman.
<b>bdkbz &amp; 5</b>	0; fDrRo dsfl ) kr % fe' y] feyj , oaM ykMZ , oaI fyxeuA

**Suggested Readings :**

Recommended Books –

Liebert R.M. & Spiegler. M.D. Personality : Strategies and issues. Pacific Grove, California.

Hall. C.S., & Lindzey. G.(1978) Theories of personality. 3<sup>rd</sup> Ed. New York:J Willey & Sons.

Hjelle, L.A. & Zeigler , D.J.(1991). Personality theories:basic assumption, research & application.

Mcgrawhill, International book Co.

Pervin, L.A. (1975) Personality, theory. Assessment and research. NewYork:Willey.

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fl g v: .k dckj & 0; fDrRo dk eufoKku ekshyky cukjI hnkI A

## DEVI AHILYA VISHWAVIDYALAYA, INDORE

**Session 2014-15 onwards**

**Semester - III**

**Compulsory Paper .II Social Psychology I**

**Max. Marks vf/kdre vaf %85+15 CCE**

**Particulars / foj .k**

<b>Unit-1</b>	Concept and Field of social psychology : Historical background, Theoretical approaches to social psychology – genetic, learning, cognitive, psychoanalytic and role theory.
<b>bdkbz &amp; 1</b>	I ekt eukfoKku dk iR; ; , oa {ks-} , frgkl d i "BHKie] I ekt eukfoKku ds I \$ kflrd mikxe&tbdh; ] vf/kxe] I KkukRed] eukfo'ySk. kRed , oa Hkmedk fl ) kUrA
<b>Unit-2</b>	Relationship of Social psychology with other disciplines, Social Psychology as a applied science, Methods of Social psychology.
<b>bdkbz &amp; 2</b>	I ekt eukfoKku dk vU; fo"K; ka l s l cdk% iz Dr foKku ds: i eal ekt eukfoKku] I ekt eukfoKku dh fof/k; kA
<b>Unit-3</b>	Conformity- Nature and Determinants, Obedience, Pro-social behavior - Nature and determinants.
<b>bdkbz &amp; 3</b>	I ekuq irk & idfr , oafu/kkj d] vkKdkfjr k] ifrI kelftd 0; ogkj & Lo: i , oafu/kkj dA
<b>Unit-4</b>	Meaning of group. Group formation, decision making in Groups, Social facilitation and Social loafing, Prejudice & Discrimination forming maintaining & reducing prejudice.
<b>bdkbz &amp; 4</b>	I egj dk vFkz I egj dk fuEkz k] I egj eafu. k] ] I kelftd I jyhj. k] I kelftd Jekou; u] i dkkg , oa foHksufuekz k I i ksk. k , oa i dkkg dh deh A
<b>Unit-5</b>	Inter personal attraction: situational determinants and theoretical explanation. Aggression: Meaning, theories and management.
<b>bdkbz &amp; 5</b>	vUr%oS fDrD vdk"lz k % i fjfLFkrxr fu/kkj d] , oa I \$ kflrd 0; k[; k] vkOkedr k% vFkz fl ) kUr , oa i cdkuA

**Suggested Readings :**

- Baron and Byrne (1998) Social Psychology, New Delhi : Prentice Hall  
Baron (2001). Samajik Manovigyan. (9<sup>th</sup> ed.). New Delhi : Pearson  
Feldman, R.S. (1998). Social Psychology. Singapore : McGraw Hill  
Myers. D.G. (1998) Social Psychology, Singapore : McGraw Hill.  
Tripathi, LB (1992) outline of social psychology, Delhi – Motilal Banarasi Das.  
Tripathi, LB (1992) outline of social psychology, Delhi – Motilal Banarasi Das.  
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**DEVI AHILYA VISHWAVIDYALAYA, INDORE**

**Session 2014-15 onwards**

**Semester - III**

**Compulsory Paper .III Counselling Psychology**

Max. Marks vf/kdre vđ

%85+15 CCE

**Particulars / fooj .k**

<b>Unit-1</b>	Guidance & Counselling: Meaning, goals and needs. Difference between guidance and counselling. Counselling as a helping and therapeutic relationship.
<b>bdkb&amp;1</b>	ekxh'kz , oa ijke'kz % vFk] mnns ; ]{ks= , oa vko' ; drkA ekxh'kz , oa ijke'kz ea vrjA ijke'kz , d l gk; d , oa fpdfRI dh; l Ecu/k ds : i eA
<b>Unit-2</b>	Theories and techniques of counselling: Psychoanalytical theory & techniques, Behaviouristic theory & techniques, Cognitive theory & techniques and Humanistic theory & techniques.
<b>bdkb&amp;2</b>	ijke'kz ds fl ) kar , oarduhd%eukfo'ySk. kRed fl ) kar , oarduhd] 0; ogkjoknh fl ) kar , oa rduhd] l kRed fl ) kar , oarduhd] ekuorkoknh fl ) kar , oarduhdA
<b>Unit-3</b>	Counselling skills. Qualities of effective counselor. Ethical issues in counseling. Issues faced by new counselors
<b>bdkb&amp;3</b>	ijke'kz ds dksky] i hkkoh ijke'kzkrk ds xqkA ijke'kz ea usrd epnA u; s ijke'kzkrkvka ds l e{k vkus okys epnA

<b>Unit-4</b>	Educational and Career counselling: Needs of counseling in schools. Counselling at different levels of education. Developing positive attitude and understanding about the world of work and various occupations. Classification of occupations
<b>bdkb4</b>	'k{kf.kd , oa dfj ; j l Ecu?kh ijke'kz %Ldnyka ea ijke'kz dh vko' ; drkA f'k{k ds fofHkUu Lrjka ij ijke'kA dk; Z txr , oa fofHkUu 0; ol k; ka ds ifr l e> , oa l dkjkRed vfHkofRr dk fodkl djukA 0; ol k; ka dk oxhZdj .k A
<b>Unit-5</b>	Occupational Information: Aims & functions. Collection of Occupational Information. Dissemination of career related information.
<b>bdkb5</b>	0; kol kf; d l puk % mnas ; , oa izlk; j 0; kol kf; d l puk dks , df=r djukA 0; ol k; l Ecu/kh l pukvka dk i j .kA

### Recommended Readings

Belkin, G.S. (1998) Introduction to counselling W. G. Brown Publishers.

Nelson, J. (1982) The theory and practice of counseling Psychology. New York: Holt Rinehart and Wionston.

Ben and Jr. (Ed.) (1977) Counselling Psychtherapy: Classiics on theories and issues Science and Behavior Books Co. Brammer. L.M. Shostrom, B.L. (1977) , Therapeutic Psychology: Fundamentals of Conselling of Pscyotheeraphy. (3<sup>rd</sup>) Englewood Cliffs: Prentice Hall. Vdupa K.N. (1985) Stres and its management by Yoga, Delhi: Motilal Banarsi Das.

Swaminathan, V.D. and KAliappan, K.V. (1977) Psychology for affective living, behaviour modification guidance. Counselling and yoga. Chennai: madras psychology society.

Romm, D.C. and Maters, K.C. (1974) Behaviour therapy: Techniques and empiriclal finding, New York : Johanwiley and sons.

Jiaswal, S.R. (1968) Guidance and Counselling. Lucknow, Ahemadabad.

Jones, A. (1970) (6<sup>th</sup> Edition) Principal of guidance. Bombay. Tata mac Graw Hill Publishing Co.

Rao.S. Narayan (1981) Counceling Psychology. Bombay. Tata mac Graw Hill Publishing Co.

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# DEVI AHILYA VISHWAVIDYALAYA, INDORE

Session 2014-15 onwards

Semester - III

Compulsory Paper .IV Clinical Psychology

Max. Marks 75 %

85+15 CCE

Particulars /

<b>Unit-1</b>	Historical Perspective of Clinical Psychology. Models of Clinical Psychology : Psychodynamic, Behavioral, Interpersonal.
<b>bdlb&amp;1</b>	uñkfud eukfoKku dk , frgkl d ifji{;} uñkfud eukfoKku ds ifr: i] eukxR; kRed] 0; ogkj kRed] vlr%§ fDrda
<b>Unit-2</b>	Examination of psychiatric patient, psychiatric interview, psychiatric history and mental status examination. Symptoms of psychiatric illness.
<b>bdlb&amp;2</b>	eukspfdRI dh; jkxh dk ijh{k.k] eukspfdRI dh; I k{kRdkj] eukspfdRI dh; bfrgkl ] ekufI d fLFkr dk ijh{k.k] ekufI d 0; kf/k ds y{k.kA
<b>Unit-3</b>	Projective techniques: Origin and classification of projective techniques, Rorschach, TAT, Draw a person test, Clinical use of Projective test.
<b>bdlb&amp;3</b>	i {ki h i fof/k; ka % i {ki h i fof/k; ka dk mnxe , oa oxh{dj .k] jk{kZ] Vh , - Vh ekuo vkdfr ijh{k.k] i {ki h i fof/k; ka dk uñkfud mi ; kxA
<b>Unit-4</b>	Clinical assessment: Nature and purpose. Clinical Interview, Case study. Collecting, processing and communicating assessment findings.
<b>bdlb&amp;4</b>	uñkfud eki u % Lo: i , oa mnas ;] uñkfud I k{kRdkj] 0; fDrOrR v/; ; u] eki u I dkh I pukvka dk , drhj .k] I d k/ku , oa I Ei Sk.kA
<b>Unit-5</b>	Psychotherapies: Psychoanalytic, Client Centered, Cognitive therapy, Behavioral therapy : Behavior Modification, Desensitization, Assertive training.
<b>bdlb&amp;5</b>	eukspfdRI k% eukfo' ySk. kRed] 0; fDr d fUnr] I k{kRdkj] fpdfRI k] 0; ogkj fpdfRI k] 0; ogkj i fjektu vl onhdj .k] n<xktgh i f' k{k.kA

## Recommended Readings

Carson, R.C. & Butcher J.N. (1992) Abnormal psychology and modern life. Harper Collins.

Hecker. (2003) Introduction to clinical psychology. Delhi. Pearson.

Korchin. S.J. (1986) Modern Clinical psychology. Delhi CBS.

Nietzel, M.T. & Bernstein D.A. (1987) Introduction to clinical psychology (4<sup>th</sup> Ed.) Eaglewood Cliffs, N.J. : Prentice Hall

Sarason, J.G. & Sarason, B.R. (2005) Abnormal psychology. Prentice Hall of India Pvt. Ltd. New Delhi

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Session 2014-15 Onwards

Class M.A. Psychology

Paper Title Practical Work For III Semester

**Two Practicals of 50 marks each.** Total Marks 100

Total five Practicals which include experiments and tests

Lab – I Experiments related to theory Papers.

Lab – II Intelligence] Aptitudes & Creativity Tests.

Students will be given two Practicals one experiment & one test in the exam. for evaluation of 50 marks each.

Total marks –	50
Sessional -	10
Viva -	10
Conduction of experiment & test	30



# DEVI AHILYA VISHWAVIDYALAYA, INDORE

Session 2014-15 onwards

Semester - IV

Compulsory Paper .I Psychology of Personality - II

Max. Marks 100

%85+15 CCE

Particulars / Marks

Unit-1	Schools of psychology: Structuralism Functionalism, Behaviorism, Gestalt - Salient features only.
Unit-1 & 2	Structuralism & Functionalism; Behaviorism & Gestalt - Salient features only.
Unit-2	Dispositional Approaches: Allport's, Cattell's and Eysenck's theories.
Unit-2 & 3	Dispositional Approaches: Allport's, Cattell's and Eysenck's theories.
Unit-3	Humanistic Approaches: Maslow, Rogers and Murray
Unit-3 & 4	Humanistic Approaches: Maslow, Rogers and Murray
Unit-4	Kelley, Lewin, The five factors Model.
Unit-4 & 5	Kelley, Lewin, The five factors Model.
Unit-5	Personality inventories as assessment of dispositions: kinds, uses and limitations. Difference between inventory and projective technique.
Unit-5 & 6	Personality inventories as assessment of dispositions: kinds, uses and limitations. Difference between inventory and projective technique.

## Suggested Readings :

Recommended Books –

Liebert R.M. & Spiegler. M.D. Personality : Strategies and issues. Pacific Grove, California.

Hall. C.S., & Lindzey. G.(1978) Theories of personality. 3<sup>rd</sup> Ed. New York:J Willey & Sons.

Hjelle, L.A. & Zeigler, D.J.(1991). Personality theories:basic assumption, research & application.

Mcgrawhill, International book Co.

Pervin, L.A. (1975) Personality, theory. Assessment and research. New York: Willey.

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## DEVI AHILYA VISHWAVIDYALAYA, INDORE

### Session 2014-15 onwards

**Semester - IV**

**Compulsory Paper .II Social Psychology II (I ekt eukfoKku II)**

Max. Marks vf/kdre vð

%85+15 CCE

#### Particulars / fooj .k

<b>Unit-1</b>	Attitude: Nature & Functions, Measurement of Attitude, Process of attitude change, Cognitive dissonance Theory.
<b>bdkbZ &amp; 1</b>	vflkofRr % Lo: i , oaiZk; ; vflkofRr dk eki u] vflkofRr ifjorZu dk iDe] I KkukRed fol Uukfnrk fl ) kUrA
<b>Unit-2</b>	Leadership – theories and styles. Social power Social justice social role.
<b>bdkbZ &amp; 2</b>	urRo] fl /nkUr , oafky; ; kUlkeftd 'kDr] I keftd U; k; ] I keftd Hkfedk] A
<b>Unit-3</b>	Social motive – Affiliation, Power, Achievement, Approval: concept and theoretical explanation.
<b>bdkbZ &amp; 3</b>	I keftd ijd & I akku] ' 'kDr] miyfc/k , oavueksnu % iR; ; , oal \$) kUr d 0; k[; kA
<b>Unit-4</b>	Person Perception & Determinates, Attribution: Concept, theories- Kelley, Jones & Davis and Weiner.Errors in attribution.
<b>bdkbZ &amp; 4</b>	0; fDr iR; {khdj .k , oafu/kkj d] xqkkjki .k & iR; ; ] fl ) kUr & dsh tkhI , oafsol , oafokbuja xqkkjki .k ea =fV; kA
<b>Unit-5</b>	Communication : Verbal and Nonverbal Effective communication factors & barriers, Persuasive Communication Mass media, propaganda
<b>bdkbZ &amp; 5</b>	I pkj% okfpd , oafokfpd] i Hkko'khy I pkj dkjd , oafck/kk, ; vuq; ; kRed I pkj] tu I pkj vekl ehfm; k/2 i pkjA

#### Recommended Readings

Baron and Byrne (1998) Social Psychology, New Delhi : Prentice Hall  
 Baron (2001). Samajik Manovigyan. (9<sup>th</sup> ed.). New Delhi : Pearson  
 Feldman, R.S. (1998). Social Psychology. Singapore : McGraw Hill  
 Myers. D.G. (1998) Social Psychology, Singapore : McGraw Hill.  
 Tripathi, LB (1992) outline of social psychology, Delhi – Motilal Banarasi Das.

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## DEVI AHILYA VISHWAVIDYALAYA, INDORE

**Session 2014-15 onwards**

**Semester - IV**

**Compulsory Paper .III Organizational Behaviour**

**Max. Marks vf/kdre vđ**

**%85+15 CCE**

%Particular/fooj .k:

I ełVj &IV	
bdkbz &1 Unit- 1	<p>Historical background of OB: Hawthorne studies. Theoretical frame works: Cognitive, behaviorist and social learning frame work. Quality management Learning organizations-meaning and types.</p> <p>I xBukRed 0; ogkj dh , frgkfl d i "B&amp;Hkfe A gkMksZ v/; ; u] l d krd ik: i &amp; l KkukRed] 0; ogkjRed , oa l kelftd vf/kxe ik: i A xqkORk i zdku A vf/kxe l xBu &amp; vfkZ , oa i zdkj A</p>
bdkbz &2 Unit- 2	<p>Diversity: nature and characteristics Managing diversity. Ethics in organizations. Organizational Culture: Nature, creating and maintaining culture.</p> <p>fofo/krk] Lo: i , oa fo'kSkrrk; a A fofo/krk i zdku A l xBukRed ea usrdrk A l xBukRed l dfr% i zdkr , oa l dfr dk fuekZk , oaj [kj [kko A</p>
bdkb. &3 Unit- 3	<p>Motivation: Meaning Type. Theories of motivation: Maslow's hierarchy of needs, Herberg's theory, and Porter-Lawler theory. Techniques for enhancing motivation.</p> <p>vflki j .kk% vfkZ , oa i zdkj A vflki j .kk ds fl ) kar &amp; ekW ykS dk vko'; drk i nkupe fl ) kar A gjcxZ fl ) kar] i kSj &amp; ykWyj fl ) kar A vflki j .kk mlur d jus dh i kof/k; k; A</p>
bdkbz &4 Unit- 4	<p>Group Dynamics: Nature and Types of groups. Teams in modern organization. Leadership: Classical studies on leadership, trait theories, contingency theory of leadership, path-goal theory.</p> <p>I eWj xfrdh] I eWj dk Lo: i , oa i zdkj A vk/kfud l xBu ds ny A usRo &amp; usRo dk i kphu v/; ; u] 'khy xqk fl ) kar] viki fxdrk dk fl ) kar] i kfkxky fl ) kar A</p>

bdkbz &5 Unit- 5	Organizational Change: Nature and Types of change. Forces of change. Managing change. Organizational Development: Nature, and techniques of O.D. Interventions.
	I xBukRed ifjorU& Lo: i , oa i d k j A ifjorU d s c y j ifjorU i c d k u j I xBukRed fodkl & gLr{ki dk Lo: i , oa i k f o f / k ; k j A

**Recommended Books:**

Luthans, F.(1995) Organizational Behavior. Newyork: McGraw Hill.

Robbins, S.P.(1996) Organizational Behavior. New Delhi: prentice Hall of India.

Chandan, J.S.(19980 Organizational Behavior. New Delhi: Vikas Publishing House Pvt. Ltd.

**DEVI AHILYA VISHWAVIDYALAYA,INDORE**

**Session 2014-15 onwards**

**Semester - IV**

**Optional Paper .(any one) I Psychological Assessment**

**Max. Marks vf/kdre v d**

**%85+15 CCE**

:Particular/f00j .k:

	I e l V j & IV
bdkbz &1 Unit- 1	Nature of psychological test: Nature and definition, characteristics, setting and purpose of tests. Characteristics of examinee, effects of examiner, Reliability and Validity s and types. Project work eukoKkfud i j h { k . k % Lo: i , oa i f j H k k " k k j fo' k s k r k , i j h { k . k d s m n n s ; , oa fuek z k j i j h { k k f k h z d h fo' k s k r k ; i j h { k d d k i k k o j fo' o l u h ; r k , oa o s k r k j i R ; ; , oa i d k j A
bdkbz &2 Unit- 2	Types of tests: Test for Intelligence and Cognition: individual and group test. Verbal and non-verbal tests. i j h { k . k k a d s i d k j % c f ) , oa l K k u d s i j h { k . k j o s f D r d , oa l k e f i g d i j h { k . k j ' k k f C n d , oa v ' k k f C n d i j h { k . k A
bdkbz &3 Unit- 3	Personality Assessment: History and development. Evaluation of frequently used personality inventories/ questionnaires. Projective tests: Inkblot test (Rorschach). TAT, Draw a person test, Sentence completion test.

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bdkbZ &4 Unit- 4	Tests for special population: Tests for infants, motor and speech handicaps, learning disabilities, mental sub normality and learning handicapped. fof'k"V tul a; k ds ijh{k.k.% f'k'kvk] xR; kRed , oa ok.kh&fodykakk] I h[kus dh fu%kDrrk] ekufi d mi I kekl; rk , oavf/kxe fodykark ds ijh{k.k. A
bdkbZ &5 Unit- 5	Personal Orientation Test and Rating scales: Types A behavior, locus of control. Attitude scales. Ethical Issues and Social Consideration in testing. 0; fDrxr mled[krk ijh{k.k. , oa jsvx eki fu; kV Vki * , * 0; ogkj]] fu; a.k mled[krk] vfllkofRr eki fu; kV jh{k.k. esusrd epns , oa I kelftd I jkdkj A

#### Recommended Readings:

Anastasi, A. (2005) Psychological Testing. New York. McMillan.

Freeman, F.S. (1978) Theory and practice of psychology testing. Oxford.

Shalini Bharat (1996). Family measurement in India, Sage: New Delhi.

Singh, A.K. (1998) Testing and Measurement in Psychology. New Delhi. Tata McGrawhill.

Kapil, H.K. (1995) Anusandhan Parichay, Agra.

Marphy, K.R. & David Soafer, C.O. (1998)

Psychological Testing, New Jersey Prentice Hall.

**DEVI AHILYA VISHWAVIDYALAYA, INDORE**

## Session 2014-15 onwards

**Semester - IV**  
**Optional**

**//Paper II Psychology and Sports**

**Max. Marks 100**

**%85+15 CCE**

Particulars:

I & IV	
bdkb7 &1 Unit- 1	<p>Methods of sports psychology: Observation, Interview, Tests and experiments; field study and surveys. Stages of psychomotor development of the Athlete-Childhood, pre-adolescence and adolescence.</p> <p>[ksy eukfoKku dh fof/k; kkb fujh{k.k} l k{kkRdkj}] ijh{k.k , oa iz ksc( {ks= v/; ; u rFkk l o{k.k A f[kykMh ds eukxfrdh; fodkl dh voLFkk, W; cky; koLFkk] i dz fd' ksj koLFkk , oafd' ksj koLFkk A</p>
bdkb7 &2 Unit- 2	<p>Role of stress: Anxiety and attention in sports performance Arousal and Aggression in Sports.</p> <p>ifrcy dh Hkedk% [ksy fu"i knu eanf' prk rFkk vo/kku] [ksy eamnsyu , oavkdedrk A</p>
bdkb7 &3 Unit- 3	<p>Motivation: Psychological bases of motivation in sports. Enhancing intrinsic motivation: feedback, reinforcement and goal setting-peak performance, Achievement motivation and competitiveness.</p> <p>vfhki j .kk% [ksy ea vfhki j .kk ds eukokkfud vk/kkj A vUr%; vfhki j .kk dk vfhko/kzu( QhMcSd] i qzcyu rFkk y{; fu/kkj .k&amp; ' ' kh"z fu"i knu] mi yfc/k vfhki j .kk , oa ifrLi/kkedrk A</p>
bdkb7 &4 Unit- 4	<p>Cognitive and psychological dimensions of individual and team sports: Audience effects Individual differences and their causes.</p> <p>o\$ fDrd rFkk l eij [ksy kads l kkuRed , oaeukokkfud vk; ke A Jkrk l eij i hko] o\$ fDrd fofHkurk, W, oamudk i hko A</p>
bdkb7 &5 Unit- 5	<p>Experience; psychomotor and psychological skills. Group processes, leadership and communication in team sports. Understanding psychological sports, understanding psychological problems of sports person.</p> <p>vuttko eukxR; kRed , oaeukokkfud dk\$ky] l eij idE] l eij [ksy ea urRo , oa l a \$k.k] f[kykMh; ka dh eukokkfud l eL; kvka dks l e&gt;uk A</p>

Books Recommended

1: Arnold, D.L.U. : Sports psychology, Nation, J.R.91989) Chicago,

Nelson-hall.

2: Mohan, J.(1996) : Recent advances in sports Psychology- New Delhi-

Friend.

## DEVI AHILYA VISHWAVIDYALAYA, INDORE

Session 2014-15 onwards

Semester - IV

Optional Paper III Health Psychology

Max. Marks 85+15 CCE

:Particular/fooj .k:

	I etVj &IV
bdkbz &1 Unit- 1	Health psychology- Nature, scope and its interdisciplinary and socio-cultural contexts. The relationship of health psychology with clinical psychology behavioral medicine, gender and health. LokLF; eukfoKku i dfr , oa {ks= o vUrfo" k; h , oa l kekftd] l kdfrd l nHkz A LokLF; eukfoKku dk unkfud eukfoKku l s l eak A 0; ogkj vkskf/k] fyax , oa LokLF; A
bdkbz &2 Unit- 2	Models of Health: Bio-psychological model, Health behaviors models, Self efficacy model. Concept of Yoga & Meditation. LokLF; ds ik: i A t d eukfoKkfud ifr: i] LokLF; 0; ogkj] ik: i] Lol j {k.k ifr: i A ; kskj , oa/; ku dk l a R; ; A
bdkbz &3 Unit- 3	Health promotion and disease prevention. Behavioural Risk Factors (e.g. drug and alcohol use, unsafe sexual behavior; smoking; diet, and sedentary life style.). LokLF; mU; Uu , oa jksx] jkd/ lke A 0; ogkj tkf[ke dkjd %mngj .k] vkskf/k] , oa e   i ku 1/2 vl j f{kr yfxd 0; ogkj] /k e i ku] vkgkj vkjkeryc thou 'ksyhA
bdkbz &4 Unit- 4	Stress, personality and Social support as psycho-social linkages of health, Cardio-vascular Disorders, AIDS/HIV, Diabetes, cancer. LokLF; ds eukd kekftd] rkjre; ds : i ea ifrcy] 0; fDrRo , oa l kekftd l eFku A gn; okfgdk fodfr] , M+ @ , p-vkb-oh] e/k e g] d j A
bdkbz &5 Unit- 5	Conditions/Resources promoting and maintaining health. Psychological, economic and, Spiritually- Oriented Interventions. Development of healthy habits and reduction of unhealthy behavior.

LokLF; dsmU; Uu , oa l j {k.k dh fLFkfr; k; rFkk l d k/ku A eukokkfud] vkfFkd] rFkk vk/; kfrRedrk mledk gLr{ki] LoLFk vknrkd fodkl rFkk vLoLFk 0; ogkj dk gtl A

**Books Recommended:**

Aboud, F.E.(1998). Health Psychology in Global perspective. Thousand Oaks, CA: Sage.

Bishop, G.D.(1994). Health Pshchology: Integrating Mind and Body. Boston. Allyn & Bacon.

Brannan, L., & Feist, J.(1996). Health Psychology; An Introduction To Behaviour and health. Pacific Groove, CA: Brooks/Cole.

Broome, A.K. & Llewellyn, S.(1995). Health Psychology, London: Chapman & Hall.

Friedman, D.M. (1989). Health Psychology. New York: Prentice- Hall. Gatchel, R.J. & Baum, A, Frantz, D.S. (1989). An Introduction to Health Psychology New York: Mc Graw Hill.

Misra, G.(Ed.) (1999). Psychological perspectives on stress and Health. New Delhi; Concept.

**DEVI AHILYA VISHWAVIDYALAYA,INDORE**

**Session 2014-15 onwards**

**Semester - IV**

**Optional Paper IV Environmental Psychology**

**Max. Marks vfkdre vd %85+15 CCE**

**%Particular/fooj .k:**

I etVj &IV	
bdkb &1 Unit- 1	Introduction: Nature and characteristics of Environmental Psychology. Historical Overview of environmental psychology. Research methods in environmental Psychology, Environmental perception, cognition and attitudes.
	i fjp; % i ; kbj .k eukokku dh idfr , oa fo'ksrk, W , frgl d ifjn'; ] i ; kbj .k eukokku dh 'kdk fof/k; kWA i ; kbj .kh; i R; {khdj .k] l kku rFkk vfhofRr; kWA
bdkb &2 Unit- 2	Theoretical approach to Environmental psychology: Arousal, Environmental load, Under stimulation approach, optimal stimulation, Behavior constraint, Barker's ecological approach.
	i ; kbj .k eukokku ds l S kir d mi kxe% mnkyu] i ; kbj .kh; Hkkj] fuEu&mnahi u mi kxe] mi ; Qr mnahi u mi kxe] 0; ogkj fu'k mi kxe] cdj dk ifjLFkrdh; mi kxe A



bdkb7 &3 Unit- 3	Environmental Stress: Natural disaster and technological catastrophe, noise, heat and air pollution. Crowding and Urban stress. i ; kbj.kh; ifrcy% ikdfrd vki nk rFkk rduhdh foHkrf"kdj 'kkj] rki dæ rFkk ok; q inlk.k A HkhM+ rFkk 'kgjh ifrcy A
bdkb7 &4 Unit- 4	Personal space, Territoriality, architecture and behavior. 0; fDrxr HkMkfxrk] HkMkfxrk] vfhk; kã=dh l jþuk , oa0; ogkj A
bdkb7 &5 Unit- 5	Changing behavior to save the environment, Pro-environmental behavior: Promoting Pro-environmental behavior. Environmental ethics and values. i ; kbj.k l j{k.k grq 0; ogkj ea ifjorL] iã ; kbj.kh; 0; ogkj]] iã ; kbj.kh; 0; ogkj dk mlU; u A i ; kbj.kh; ufrdrk , oaeW; A

**Recommended Books:**

Fisher, J.D., Bell, P. Baum. A.(1984). Environmental Psychology (2 nd Ed.). New York:

Holt, Rinehart & Winston.

Holahan, C.J. (1982) Environmental Psychology: New York: Random House.

Mirilla, B. and Gianfranco, S. (1995). Environmental Psychology: A Psycho-Social.

Introduction, London: Sage Publications.

Nagar, D. (2006). Environmental Psychology. New Delhi: Concept Publishing Company.

Robert, B. (1997). Environmental and behavior: An Introduction London: Sage Publications.

Stokols, D. (1997). Perspectives in Environment and behavior : theory, research and application, New York : Plenum Press.

**DEVI AHILYA VISHWAVIDYALAYA,INDORE**

**Session 2014-15 onwards**

**Semester - IV**

**Optional Paper V Educational Psychology**

**Max. Marks vf/kdre vñ %85+15 CCE**

Particulars/fooj .k

<p>Unit I</p> <p>bdkbz &amp;1</p>	<p><b>Educational Psychology : Meaning, Scope and methods. Role of Psychology in education, objectives of teaching educational Psychology.</b></p> <p>f'k{k eukfoKku% vFlj {k=} fof/k; kV f'k{k ea eukfoKku dh Hkfedk] f'k{k eukfoKku ds v/; ki u dsm   s; A</p>
<p>Unit II</p> <p>bdkbz &amp;2</p>	<p><b>Concept formation- thinking, problem solving Creativity and Reasoning.</b></p> <p>I i D; o]fuekZ k%fpæru]l eL; k I ek/kku] jpuRedrk , oardZkk A</p>
<p>Unit III</p> <p>bdkbz &amp;3</p>	<p><b>Motivation : Curiosity, Exploration, expectancy, achievement motivation, Role of motivation in learning.</b></p> <p>vfhki j .kk]t Kkl k]vUošk.k]i R; k'kk]mi yfC/k vfhki j .kk]vf/kxe ea vfhki j .kk dh Hkfedk A</p>
<p>Unit IV</p> <p>bdkbz &amp;4</p>	<p><b>Effective Teaching : Characteristic of a good teacher, Keys of Success; Effective teaching of different subjects and different students, Teaching methods.</b></p> <p>i HkkoH v/; ki u % , d vPNs f'k{k dh fo'kškrk, W I Qyrk dh dqt HkkoH fo   kffkZ ka , oa fhku fo"K; ka ds fy; s i HkkoH v/; ki u] v/; ki u fof/k; kVA</p>
<p>Unit V</p> <p>bdkbz &amp;5</p>	<p><b>Evaluating Performance : Measurement and Evaluation Types of educational Assessment, Projective and non-projective tests. Assessing and dealing with Pupil variability : Nature and measurement of intelligence ability grouping-mental retardation: Learning disabilities, Physically handicapped, gifted and Talented Students.</b></p> <p>eW; kduRed fu"iknu ( Kki u , oa eW; kdu] 'k{k dh fu/kk] .k ds izdkj i {k}h , oa vi {k}h ijh{k.k A fo   kffkZ ka dh fofHkurk dks eW; kdr djuk , oamI ds fy; s 0; oLFkkdjuk c/ndh izdfr , oa eki u ; k; rk I em] ekufI d enrK vf/kxe vl eFkZk] 'kk]fjd fodykark] i frHk'kkyh , oa i Dh.k fo   kffkZ A</p>

Class                    M.A. Psychology  
Paper Title            Practical Work For IV Semester  
**Two Practical of 50 marks each .**  
Total Marks 100

Lab I - Total five Practicals which include Three Projective &  
Two non projective Tests. (Total marks 50)

Lab II – Research Project work (total marks 50)

The student will plan & execute a research project related to  
psychological issues/problems/variables under the supervision of  
faculty. The students will present the work for evaluation.

Total Marks :	50
Sessional :	10
Viva :	10
Conduction of Experiment	30
& researal project.	

