

Rayat Shikahan Sanstha's  
**Sadguru Gadage Maharaj College, Karad**  
(An Autonomous College)  
**Syllabus For**  
**Master of Arts in Psychology**  
(Semester I and II)  
[FACULTY OF HUMANITIES]  
**SYLLABUS OF COUNSELLING PSYCHOLOGY**  
**M. A. Part I**

**SEMESTER – I**

**Paper No: I**

**i) Subject Code: P-19-181**

**ii) Title of Paper: RESEARCH METHODS IN PSYCHOLOGY**

**iii) Learning Objectives:** 1. to make student familiar with research process in psychology.  
2. To acquaint basic research concepts.  
3. To acquaint with Psychological Investigation and Research design.

**vi) Module No. of Credits**

**Module 1: Research: Types and Basic Concepts.**

**Module 2: Hypothesis and Sampling**

**Module 3: Research Tools**

**Module 4: Experimental Method**

**v) Books for Reading:**

1. D.N.Sansawal (2020). Research Methodology and Applied Statistics, ShOipra Publication, India.

**Books for Reference:**

**M. A. Part I**

**SEMESTER – II (Paper-)**

**RESEARCH METHODS IN PSYCHOLOGY**

**Module 1. Research: Types and Basic Concepts.**

- 1.1. Introduction of Research
- 1.2. Types of Research
- 1.3. Problem and variable
- 1.4. Problem selecting

**Module 2. Hypothesis and Sampling**

- 2.1. Definition and Types of Hypothesis
- 2.2. Types of Hypothesis and Error
- 2.3. Introduction Universe, Population and Sample
- 2.4. Sampling Bias, Techniques, Error and Size.

**Module 3. Research Tools**

- 3.1. Introduction and Characteristics of Research Tools
- 3.2. Types of Tools
- 3.3. Methods of Reliability and Validity
- 3.4. Research Methods-

1. Observation

2. Interview
3. Questionnaire.

#### **Module 4. Experimental Method**

- 4.1. Experimental Design
- 4.2. Characteristics of Experimental Method and Method of Control
- 4.3. Internal and External Validity
- 4.4. Pre, Quasi and True Experimental Designs
- 4.5. Writing Research Report

#### **Paper No: II**

Subject:- **Applied Psychology**

Subject Code No. **P-19- 182**

Module:-1 Counseling Psychology

- 1.1) Development of Theories of Counseling and Psychotherapy.
- 1.2) Client and Clinician Diversity
- 1.3) The Therapeutic alliance
- 1.4) Clinician Skills, Training and Experience

Module:-2 Sexual Abuse of Children and Youth

- 2.1) Prevalence of Child sex Abuse
- 2.2) Characteristics Psychological Effects of Child Sexual Victimization
- 2.3) Types of Sexual Contact
- 2.4) Sex Trafficking

Module:-3 Forensic Psychology

- 3.1) Definition and Nature of Forensic Psychology
- 3.2) Psychology and Criminal Law
- 3.3) Child Abuse
- 3.4) Training and Certification in Forensic Psychology

Module:- 4 Behavioral Assessment

- 4.1) Behavioral Assessment Conceptual Basis
- 4.2) Traditional Approaches to Assessment
- 4.3) Features of Behavioral Assessment
- 4.4) Functional Analysis

● **Books of Reference :-**

- 1) C.R.Bertol,A.M.Bertol.Criminal Behavior A Psychological Approach 11<sup>th</sup> edition,pearson Education Limited,Edinburgh gate,England.
- 2) J.A.Hecker,G.L. Thorpe Introduction to Clinical Psychology,Published by Pearson Education (Singapore) Pte.Ltd.,Indian Branch 482 F.I.E.Patpatganj,Delhi 110092,India
- 3) L.Seligman,L.W.Reichenborg,Theories of Counselling and Psychotherapy,4<sup>th</sup> edition,Published by Person India Education Services Pvt.Ltd,India.

**Paper No: III**

**i) Subject Code: P-19-183**

**ii) Title of Paper: POSITIVE PSYCHOLOGY**

**iii) Learning Objectives:** 1. Introduce growing fields of positive psychology to students.

2. To acquaint the students with the nature and significance of the emergence area of positive psychology within a life span perspective.

3. To highlight importance of positive emotions, resilience, self-efficacy, optimism and hope processes in the experience of health and well-being.

vi) Module No. of Credits

**Module 1: Positive Psychology**

**Module 2: Positive Emotions and Well-Being**

**Module 3: Resilience**

**Module 4: Personal Goals and Positive Traits**

v) Books for Reading:

**Books for Reference:**

1. Seligman, Martin A.P., (2007). Authentic Happiness, London: Nicholas Brealey Publishing.

2. Baumgardner, Steve and Marie, K. Crothers (2009). Positive Psychology, Dorling Kindersley( India) Pvt. Ltd. Pearson Education in South Asia.

3. Snyder, C.R. and Lopez, S.J. (Positive Psychology: the Scientific and Practical Exploration of Human Strength, New Delhi: Sage Publications India Pvt. Ltd.

**POSITIVE PSYCHOLOGY**

**Module 1. Positive Psychology**

1.1. Traditional Psychology

1.2. Positive Psychology

1.3. Assumptions, Goals and Definitions

1.4. Two Final Notes

**Module 2. Positive Emotions and Well-Being**

2.1. Positive Emotions

2.2. Health Resources

2.3. Well-Being

2.4. Cultivating Positive Emotions

**Module 3. Resilience**

3.1. Resilience

3.2. Resilience Research

3.3. Growth through Trauma

3.4. Positive Effect of Trauma

**Module 4. Personal Goals and Positive Traits**

4.1. Personal Goals and Well-Being

4.2. Materialism and its Discontents

4.3. Positive Trait

4.4. Positive Beliefs

- i) Paper No: **IV**
- ii) Title of Paper: **Practicum-1 (Tests)**
- iii) Specific Objectives: 1.

**(iv) Structure:**

**1. Case Studies:**

Case Number 1

Case Number 2

Each candidate (No Two or more students are allowed to take same cases. It will not be acceptable) has to take 2 Case Studies and prepare Case Profile with professional standards. He/she has to write demographic details, describe symptoms of the case, diagnose the problem with key psychological concepts and suggest session-wise intervention strategy and techniques in detail. The comprehensive report writing should be done with Mental Health Professional language. General language writing will be discredited.

**2. Group Testing:**

Each student has to administer following tests to at least 5 cases from school and college students. He/she should prepare comparative profile of the group, conduct group/sub-group counseling according to the results obtained during testing and write the detail report.

A) Personality Inventory

B) Interest Inventory

C) GMAT

D)

**3. Self-Report Writing.**

**All Theory Papers Internal assignment work (40 Marks)**

- 1. Test - 10 Mark
- 2. Home Assignment - 10 Mark
- 3. Poster/Project- 10 Mark
- 4. Oral/Seminar -10 Mark

**Semester: II**

**Paper No: V**

**i) Subject Code: P-19-281**

**ii) Title of Paper: STATISTICS IN PSYCHOLOGY**

**iii) Learning Objectives:** 1. to acquaint and make the students understand with different statistical methods.

2. To develop computational skills among students.

3. To enable students to analyze the data of their practical and project work.

vi) Module No. of Credits

**Module 1: Basic Ideas in Statistics**

**Module 2: t-Test and ANOVA**

**Module 3: Correlation and Regression Analysis**

**Module 4: Non-Parametric Statistics**

**v) Books for Reading:**

1. D.N.Sansawal (2020). Research Methodology and Applied Statistics, Shipra Publication, India.
2. Banamali Mohanty, Santa Misra (2016) Statistics for Behavioural and Social Sciences, SAGE Publication Inc.

**Books for Reference:**

**M. A. Part I**

**SEMESTER – II (Paper-)**

**STATISTICS IN PSYCHOLOGY**

**Module 1. Basic Ideas in Statistics**

- 1.1. Introduction
- 1.2. Meaning and Nature of Statistics
- 1.3. Aim and Applications of Statistics as Science
- 1.4. Classification of Statistical Procedures

**Module 2. t-Test and ANOVA**

- 2.1. Introduction of t-Test
- 2.2. Correlated t-Test
- 2.3. Introduction of ANOVA
- 2.4. Assumptions Underlying ANOVA and when to use

**Module 3. Correlation and Regression Analysis**

- 3.1. Introduction and Definition of Multiple Correlations
- 3.2. Assumptions Underlying Multiple Correlation and when to use
- 3.3. Introduction of Regression Analysis
- 3.4. Assumptions of Linear Regression Analysis and when to use

**Module 4. Non-Parametric Statistics**

- 4.1. Parametric and Non-Parametric Statistical Tests
- 4.2. Chi-square Test
- 4.3. Spearman Rank-Order Correlation Coefficient
- 4.4. The Mann-Whitney *U*-test

**Paper No: VI**

**i) Subject Code: P-19-282**

**ii) Title of Paper: SOCIAL PSYCHOLOGY**

**iii) Learning Objectives: 1.**

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**vi) Module No. of Credits**

**Module 1: Introduction of Social Psychology**

**Module 2: Social Perception**

**Module 3: The Self**

## **Module 4: Social Influence**

### **v) Books for Reading:**

1. Robert A. Baron, Nyla R. Branscombe, Donn Byrne, Gopa Bhardwaj, Social Psychology, PEARSON.

### **Books for Reference:**

## **SOCIAL PSYCHOLOGY**

### **Module 1. Introduction of Social Psychology**

- 1.1. Definition and Nature of Social Psychology
- 1.2. Brief History of Social Psychology
- 1.3. Early Development of Social Psychology
- 1.4. The Role of Theory in Social Psychology

### **Module 2. Social Perception**

- 2.1. Nonverbal Communication
- 2.2. Attribution
- 2.3. Impression Formation and Impression Management

### **Module 3. The Self**

- 3.1. Self-Presentation
- 3.2. Self-Knowledge
- 3.3. Self-Esteem
- 3.4. Social Comparison

### **Module 4. Prosocial Behavior**

- 4.1. Why People Help
- 4.2. Responding to an Emergency
- 4.3. External and Internal Influence on Helping Behavior
- 4.4. Long-Term Commitment to Prosocial Acts

Paper No: **VII**

Subject: - **Theories of Personality**

Subject Code No. **P-19- 183**

Course Objectives: - 1) to Know various personality theory.

2) To learn different theories and assessment of Personality.

3) To overview understanding personality factors.

Outcome:-

1) inform knowledge of personality strategies.

2) Understanding various personality assessment methods.

3) Learned theories of personality evolution.

Module –I Jung's Personality Theory

1.1 Biological History of Jung's

1.2 Concept and Principle

1.3 Personality development

1.4 Assessment of Techniques.

Module -2 Horney's Social and Cultural Psychology

2.1 Horney's Biographical History

- 2.2 Concepts and Principal of Theory
- 2.3 Social and Cultural factors of personality
- 2.4 Assessment of Personality Development Techniques.

Module -3 Erikson's Psychoanalytic theory

- 3.1 Erikson's Biographical History
- 3.2 Concepts of Erikson's theory
- 3.3 Erikson's Personality Development
- 3.4 Erikson's Personality Assessment techniques

Module - 4 Adler's personality Theory

- 4.1 Adler's Biographical History
- 4.2 Principal of Adler's theory
- 4.3 Personality development of Adlers theory
- 4.4 Personality Assessment techniques

- Text Books for Reading

1. Richard M. Ryckman(2014) Theories of Personality. 10<sup>th</sup> Edition Cengage india Publication
2. Hall,C.S. Lindzy,G.& Compbell,J.B.(2004) Theories of Peronality(4<sup>th</sup> editino,New york.johan wiley & sons Ine. Books of Refance

- **Books for Refance**

1. Irwin G.sarason Personality An Objective Approach.2th edition,John Wiley and Sons,Inc.New york.London.
2. Randy j.Larsen, David M.Buss.Personality Psychology 3<sup>rd</sup> Wdition Tata McGraw- Hill Edition new Dilhi.
3. Barabara,E.(2006) Pesonality Theories 7<sup>th</sup> edition New York: Houghton Mifflin Company
4. Mischel.w.(1976). Introduction to Personality.USA: Holt,Renehart & Wisoton.

Paper No: **VIII**

**Subject Code: P-19-282**

ii) Title of Paper: **Practicum-2 (Visit and Review)**

iii) Specific Objectives: 1.

**(iv) Structure:**

**1. Field Visit and Report Writing.**

-Visit any two psychology related places and write a brief report by candidate.

**2. Movie Review or Book Review.**

-Write a Review on psychology related book or Movie by candidate.

**Internal assignment work (40 Marks)**

1. Psychological Debates- 10 Mark
2. Poster - 10 Mark
3. Internal Test- 10 Mark
4. Clinical Visit -10 Mark

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