

Psychology

Pre Ph.D. Examination Syllabus (2019-20)

Unit 1: Schools of Psychology – Branches of Psychology – Methods in Psychology – Theoretical Perspectives in Psychology: Psychodynamic, Behavioural, Humanistic, Bio-psychological, Evolutionary, Socio-cultural, Cognitive; **Learning Principles:** Operant Conditioning Principles, Classical Conditioning Principles; **Intelligence:** Nature of Intelligence, Measurement of Intelligence, Theories of Intelligence (Spearman, Thurston, Guilford), Characteristics of Intelligence tests, Types of Psychological tests, Personality and types of Personality tests, Neuropsychological test, Creativity test, Aptitude test; **Social Psychology -Nature, Scope and History of Social Psychology, Social Perception, Group dynamics, leadership style and effectiveness, Social Exchange Theory, Realistic Conflict theory; Applications of psychological testing in various settings:** Clinical, Organizational and business, Education, Counselling, Military, Career guidance.

Unit 2: Developmental Psychology: Definition and theories – Piaget theory, Moral Development theory, Erickson theory of psycho-social development, Attachment and theory of attachment, stranger, anxiety, separation anxiety, Developmental disorders: Mental retardation, Autism, ADHD, Learning Disability, Stages of development, Psychopathology; Various aspects of development – Sensory motor, Cognitive, Language, Emotional, Social and Moral.

Unit 3: Health and Behaviour: Maslow's hierarchy of needs; Stress and Coping: Concept, Models, Type A, B, C, D behaviours, Stress management strategies (Biofeedback, Music therapy, Breathing Exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training), how stress affects health, psycho-physiological disorders, Resilience, What is pain, theories of pain, management of pain; Basic Concept of Motivation – Indicators of Motivation, Biogenic and Sociogenic Motives, Theories of Motivation, Intrinsic – Extrinsic Frame, Frustration and Conflict – Role of Motivation and Learning in Perception – Cognitive Bases of Motivation – Achievement Motivation – Aptitude – Attitude – Interest – Self Concept – Psychology of Self – Measurement of Self; Emotions – Components of Emotions: Physiological and Expressive, Theories of Emotions – Neural Mechanism of Emotion: Central and Peripheral – Emotional World of Men and Women, Culture and Emotion – Measurement of Emotions: Psychological and Expressive measures – Determinants of Personality – Approaches to the study of personality – Personality Assessment: Projective, Behavioural and Psychometric.

Unit 4: Counselling: Concept of Counselling, individual, family and group counselling, Approaches to Counselling: Directive, non-directive and eclectic approaches, Counselling – Process, Skills and Techniques, Introduction to Group: Meaning and Definition, History of Group therapy, Kinds of groups,

Purpose of Group therapy, Formation of Group: Stages of Group Development: Forming, Storming, Norming, Performing and Adjourning.

Unit 5: Psychotherapy – Meaning and History, Person-Centered, Gestalt, Existential, Acceptance Commitment Therapy, Behaviour therapy, MBCT, Play therapy, Positive Psychotherapy, Transaction analysis, Dialectic behaviour therapy, Art therapy, Performing Art therapy, Family therapy: Psychodynamic Therapy (Freud – Psychoanalytic therapy – Therapeutic techniques – Free association, Interpretation, Dream analysis, Interpretation of Resistance, Interpretation of Transference, Carl Gustav Jung – Analytic Psychotherapy, Alfred Adler – Adlerian Therapy, Melanie Klein; Erich Fromm, Karen Horney – Anxiety; Harry Stack Sullivan, Ego Psychology, Object relations, Self Psychology, Cognitive – Behavioural Therapy, Albert Ellis – Rational Emotive Behaviour Therapy (REBT), Aaron T. Beck – Cognitive Therapy, Bandura – Social Learning Theory.