

SAILABALA WOMEN'S AUTONOMOUS COLLEGE
M.Phil Course Structure

PSYCHOLOGY

Duration of Course - 1 year

Number of Semesters- 02

Total Number of Papers- 06

Each Paper -100 Marks

Total Marks- 600. Total credits-30

Course Structure

Semester- 1

SL NO	PAPER CODE	PAPER	NAME OF THE PAPER	MARKS
1	1.1	Paper - I	Research Methodology	100
2	1.2	Core Paper - I (Theory)	Health Psychology	100
3	1.3	Core Paper - II (Theory)	Counselling Psychology	100
			Total	300

Semester -II

SL. NO	PAPER CODE		NAME OF THE PAPER	MARK
1	2.1		Review of Literature	100
		A	Review of Literature Writing (Hard Copy)	50
		B	Presentation of Review of Literature through PPT	50
2	2.2		Preparation and presentation of Seminar	100
		A	Synopsis presentation of the proposed dissertation (both PPT presentation and submission of Hard Copy)	50
		B	Pre- Thesis submission Seminar of the dissertation (Problem, Methodology, Findings, Discussion and Implication/ Scope of study)	50
3	2.3		Dissertation (Evaluation to be done by both external and internal examiners of each 100 marks. The average of both the evaluators to be taken as the final mark of the dissertation)	100
			Total	300

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Semester – I

Paper I : Research Methodology

(Full Marks : 100)

PSY – MPH – 1.1

Objectives

1. To familiarise students with the dimensions and methods of research.
2. To acquaint students with different statistical methods alongwith their uses and interpretations.
3. To help students understand, appreciate and use qualitative methods in Psychological research.
4. To enable students use the SPSS package to apply statistical analysis on research data and make valid inferences.

Unit I – Fundamentals of Research : Research – meaning, characteristics, objectives, types, process criteria for a good research, writing a research proposal, challenges of social science research, statement of problem, ethics, plagiarism, sampling, reliability, validity and current trends.

Unit II – ^{nt}Qualitative Research – ANOVA, Correlation Analysis, Discriminant functional analysis, cluster analysis and factor analysis.

Unit III – Qualitative Research – Grounded theory approach, techniques – Semi-structured interviews, participant observation, focus group discussions, field notes, ethnography, case studies, methods of analysis – content analysis, discourse analysis and narrative analysis. What constitutes 'good' qualitative research ? Reliability, Validity, Triangulation and reflexivity.

Unit IV – Thesis, Report Writing and Citation (APA Style) : The structure of a thesis, Footnotes, Diagrams, Bibliographies, Index, Quotation & Translation, Language & style in the thesis, Preparation of Manuscripts, typing and proof-reading. English in report writing, significance of report writing, different steps in report writing and types of reports. Common citation styles.

Unit V – Use of SPSS and other relevant software for the purpose of analysis/VASSAR STATITICS

Books :

1. Singh, A.K. (2006) Tests Measurement & Research Methods in Behavioural Sciences (5th ed) Patna, Bharti Bhavan.
2. McBurry, D.H. (2002) Research Methods, USA, Wordsworth, Thompson.

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3. Kerlinger, F.N. (1994) Fundamentals of Behavioural Research (3rd ed)
4. Shaughnessy, J.J. & Zechmeister, E.B. (1997) Research Methods in Psychology (4th ed)

Core Paper – I

Health Psychology

1. Definition. The mind body relationship. Field of Health Psychology. Biopsychosocial model in health psychology. Conducting Health research. Placebo in treatment and research. Research methods in Health psychology. Research methods in Epidemiology, Observation, Randomized, Controlled Trials, Natural Experiments, Determining causation. Research tools.
2. Health Behaviour and Primary interventions : Health behaviours, Changing Health Habits, Specific Health Related Behaviours, Health Compromising Behaviours : Alcoholism and Smoking.
3. Stress and Coping : Theoretical Contributions to the study of Stress; Sources of Stress; Moderators of Stress experience : Coping with stress, Coping and external resources; Coping outcomes, Coping interventions.
4. Patient in the Treatment setting : Using Health services, Adherence to Treatment Regimens; Improving Adherence to treatment; the management of Pain and Discomfort; Clinical issues in pain management, Pain control techniques, Management of chronic pain.
5. Management of Chronic and Terminal illness : Personal issues in chronic disease ; coping with chronic illness, Psychological interventions, Psychological issues in Advancing and Terminal illness : Heart disease, Hypertension, Stroke and Diabetes; Psychoneuroimmunology, AIDS, Cancer and Arthritis.

Books

1. Health psychology Shelly E. Taylor
2. Introduction to Health Psychology Linda Brannon. Jess Feist

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Paper – II

COUNSELING PSYCHOLOGY

- Unit – I **Nature & Concepts of Counselling: definition and scope of counselling.**
Counselling Process, assessment, termination of counselling, Distinctions among Counselling, Guidance and psychotherapy; Major Characteristics of an effective counsellor.
- Unit – II **Theoretical Approaches to Counselling: Psychoanalytic, Affective, Cognitive and Behavioural, Gestalt Therapy, Person – centered, Rational Emotive Therapy, Cognitive. Behavioural Therapy, Reality Therapy. Transactional Analysis.**
- Unit – III **Group Counselling and Cultural Perspectives in Counselling :** The place of Groups in counselling, Types of Groups; theoretical Approaches to Counselling in Groups ; Issue in Group Counselling Qualities of effective Group Leaders, Counselling the Aged; Counselling Women and Men and Transgender.
- Unit – IV **Family and Marriage Counselling :** Systems Approach to Family Counselling, Structural Family Therapy, Strategic family Therapy, Communication Approach, Virginia Satir's Conjoint Family Therapy Theories of Marriage Counselling. Issues of Adult sexuality, Socio Cultural Issues.
- Unit – V **Current trends in Counselling:** School and College Counselling, Career counselling, Substance Abuse Counselling, Counselling people with HIV/AIDS, Wellness and Lifestyle Management, gerontological Counselling, Counselling disaster affected people.

Text Books

1. Gladding, S.T (1992), *Counselling : A Comprehensive profession* (2nd Ed.) Macmillan
2. (For Unit-I (pp. 5-7, 21-26), Ch-2 (pp. 33-47) Ch.3 (pp 55-79), Ch.4 (pp 87-107), Ch-5 (pp.112-135) & Ch.6 (pp 141-168); Unit 11 Ch. 12 (pp 297-315) & Ch. 18 (pp 455-465); Unit 11; Ch-16 (pp 386-406) Unit IV; Ch.19 (pp 475-492) and Unit V, Chap-22 (pp. 50-563).

Reference Books:

1. Peterson, J.V., & Nisenholz, B. (1995), *Orientation to counselling* (3rd Ed.) Allyn & Bacon USA.
2. Thompson, C.I., & Rudolph, L.B. (2000), *Counselling Children* (6th Edition), Brooks & Core.

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SEMESTER – II

REVIEW OF LITERATURE

FULL MARKS : 100

PSY-MPH 2.1

Objective to enable students understand what comprises research literature, identify reliable scholarly resources, critically review the collected literature, understand the process whereby research questions emerge and present the review in a coherent manner in accordance to the research problem.

SEMESTER – II

PREPARATION AND PRESENTATION OF SEMINAR

FULL MARKS : 100

PSY – MPH 2.2

Objective – To enable students to present synopsis of the proposed dissertation (both PPT presentation and submission of Hard copy). Students will also be required to make Pre – Thesis submission of the dissertation in a Seminar which will include the problem, Methodology, Findings, Discussion and Implication/ Scope of study.

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Y. Pandey
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SEMESTER – II

Dissertation & presentation

PSY MPH 2.3

Objective :

1. To train the students to conduct a research on their own by formulating a topic, developing a research design, and using various techniques and tools of data collection and data analysis.
2. To train the students in the skill of research presentation.

Note: Students may take any relevant topic of their choice for Dissertation under the supervision of their respective Guides allotted to them by the Dept. of Psychology. In the second semester a student is required to finalize a topic, write the review of literature, methodology, collect the data, analyse the data-drawing inferences/conclusions and writing full and final Dissertation which they are to submit for evaluation. The students will be required to present their research work that includes a brief introduction to the key concepts, main themes emerging from review of literature, research questions, objectives, methodology, brief overview of data, research findings, a brief discussion and conclusion. The students will also be required to respond to the questions regarding their research work.

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