



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020

M.A./M.Sc. Applied Psychology
Semester III (Batch 2022-2024)

| COURSE CODE | CATEGORY | COURSE NAME | TEACHING & EVALUATION SCHEME | | | | | | | | |
|-------------------|-----------|-----------------------------|------------------------------|---------------|----------------------|-------------------------|----------------------|----------|----------|----------|----------|
| | | | THEORY | | | PRACTICAL | | L | T | P | CREDITS |
| | | | END SEM University Exam | Two Term Exam | Teachers Assessment* | END SEM University Exam | Teachers Assessment* | | | | |
| MAAPSY 301 | CC | Community Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

MAAPSY301

COMMUNITY PSYCHOLOGY

Course Educational Objectives (CEOs):

- CEO1: To gain knowledge of the emergence of community psychology as a discipline.
- CEO2: To understand the different models and principles of community psychology.
- CEO3: To explain different program development and their implementations.
- CEO4: To develop skills of community-based health interventions.
- CEO5: To develop an understanding about ethics and recent trends of community psychology.

Course Outcome (COs): The students will be able to:

- CO1: Know the history, major approaches, and key issues of community psychology.
- CO2: Evaluate the basic community-based models and principles of community psychology.
- CO3: Apply the various program on ground level.
- CO4: Demonstrate the skills of community-based health interventions in daily practical life.
- CO5: Extend the understanding about ethics and recent trends of community psychology.

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| MAAPSY 301 | CC | Community Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

Contents

Unit I

Introduction: Definition and history of community psychology; types of communities, perspectives, and models. Research methods used in community psychology. Ecological Levels of Analysis in Community Psychology: Localities, Microsystems, Macrosystems, Emerging trends in community psychology.

Unit II

Understanding Communities: Importance of Community, An Ecological-Transactional Model of Communities, Four Ecological Principles, Sense of Community, Ecological Psychology and Behavior Settings, Social Capital; Community Cognitions, Behaviors, and Networks.

Unit III

Program Development and Improvement: Rationale for Program Evaluation, Types of Evaluation: Process Evaluation, Formative Evaluation, Summative Evaluation, Introduction to Prevention and promotion programs, Elements of Successful Implementations, Home-Visiting Programs.

Unit IV

Health promotion and Interventions: Community-Based Health Promotion, Community program for: child and maternal health, physical challenged and old age in the Indian context. Case studies of community intervention programs run by governmental and nongovernmental organizations in Indian context such as, rural panchayat programs, children's education and citizen right.

Unit V

Ethics, and the Future of Community Psychology: The Ethics of Community Intervention, Changing a State Mental Hospital, Community based rehabilitations. Careers in Community Psychology, Qualities for a Community Psychologist, Training in Community Psychology.

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| MAAPSY 301 | CC | Community Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

Recommended Readings:

- Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.
- McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health, United States: Jones and Bartlett Publishers.
- Murray Levine, Douglas D. Perkins and David V. Perkins (2005), Principles of Community Psychology: Perspectives and Applications, Oxford University press.

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| MAAPSY 302 | CC | Forensic Psychology | 60 | 20 | 20 | 30 | 20 | 2 | 0 | 2 | 3 |

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit.

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

- CEO1: Know the basic concept and ethical issues of forensic psychology.
- CEO2: Familiarity with different psychological disorders associated to criminal behavior
- CEO3: Acknowledge the role of psychology in courtroom.
- CEO4: Learn about scene creation and investigation in various circumstances.
- CEO5: Know about different psychological techniques use in crime detection.

Course Outcomes (COs): The students will be able to-

- CO1: Conceptualize forensic psychology as a distinct discipline within the wider field of psychology as well as an understanding of its historical roots.
- CO2: Developing an understanding how various theories and principles of psychology are applied to identify criminal behaviors and related disorders.
- CO3: Understanding the roles of forensic psychologists in court and demonstrating knowledge of key issues in forensic psychology including eyewitness testimony and false confession.
- CO4: Developing a working knowledge of the basic theory and methods of investigation used in forensic psychology with an emphasis on crime scene analysis and forensic psychological tools.
- CO5: Assess the forensic interviewing with the help of advanced psychological tools used in crime investigation.

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MAAPSY302
Forensic Psychology

Contents

Unit I

Introduction and overview of Forensic Psychology: Nature, Definition, Scope, and Brief History of Forensic Psychology. Professional training in Forensic Psychology, Forensic Psychology in India, Ethical & Legal issues in Forensic Practice.

Unit II

Psychology and Criminal Behavior: Psychopathology and personality disorder, Serial murderers, Psychology of terrorism, biological factors and crime– social learning theories, psycho-social factors, abuse, Juvenile delinquency–theories of offending (social cognition, moral reasoning), Child abuse (physical, sexual, emotional), juvenile sex offenders..

Unit III

Psychology and Courtroom: Types of Court and role of psychologists – criminal, Juvenile, Civil & family court, Understanding court process and punishment, Effect of Judges, Jurors & Defenders. The Psychologists as an expert witness.

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Unit IV

Crime Scene and Investigation, Investigative interviewing: Interviewing vulnerable witnesses, Interviewing suspects, Neurobiological Forensic Testing and Investigation.
 Behavioral Profiling: Introduction, Crime scene Analysis and Geographic Profiling.

Unit V

Assessment and Evaluation in Forensic Psychology: Forensic methods in detection of crime –forensic methods of distortion in eye & ear witnesses. Competence to stand trial and use of psychological tests, Forensic aspects of memory & recall in children, Adolescents and adults. Polygraph: Testing, Forensic assessment & treatment of sexual offenders & their victims.

List of Practical: (Any Five)

- Evolution of Victimization in Heinous Crime
- Evolution of Victimization in Mass Disaster
- Personality Test
- Memory Test
- Case Study
- To prepare a case report on thematic appreciation test.
- To prepare a report on the role of Forensic Psychology in Police investigation.

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Recommended Readings:

- Gregory, R.J. (2005). **Psychological Testing** (4th ed.). Delhi: Pearson education Pte.Ltd.
- Thou, Teisi (2011). **Forensic Psychology**. Jaipur: ABD Publishers
- Veereshwar, P. (2002). **Indian Systems of Psychotherapy**. Delhi: Kalpaz publications.
- Bartol, C.R. & A. Bartol, A.M. (2015). **Introduction to Forensic Psychology: Research and Application** (4th ed). New York: SAGE Publications.
- Brown, J. , Shell, Y., & Cole, T. ,(2015). **Forensic Psychology**. New Delhi: SAGE Publications India Pvt. Ltd.
- Davies, G.M., & Beech, A. R. (2018). **Forensic Psychology: Crime, Justice, Law, Intervention**. (3rd ed.). USA: John Wiley & Sons Ltd.
- Dennis, H. (2018). **Introduction to Forensic and Criminal Psychology** (6th ed.) UK: Pearson Education.

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| MAPSY303 | DSE | Neuropsychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | | |

Legends: L-Lecture; T-Tutorial/Teacher Guided Student Activity; P-Practical; C-Credit.

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10marks.

Course Educational Objective (CEOs):

CEO1: To gain an understanding of the basics of the human nervous system.

CEO2: To explain the various methods of investigation in neuropsychology.

CEO3: To explain different neuropsychological assessments.

CEO4: To outline different neurodegenerative disorders.

CEO5: To understand deficits and recovery in brain injury.

Course Outcome (Cos): The students will be able to:

CO1: Explain structure of nervous system and the process of neuronal communication.

CO2: Elaborate the underlying mechanisms in methods of investigations used in neuropsychology.

CO3: Develop a deeper understanding in areas of neuropsychological assessment and common neuropsychological tests.

CO4: Evaluate and differentiate between different neurodegenerative disorders.

CO5: Assess the concepts of brain injury and its classification and understand problems associated with stroke and its recovery.

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| MAPSY303 | DSE | Neuropsychology | 60 | | 20 | | 20 | | 0 | | 0 | | 3 | 0 | 0 | 3 |

MAPSY303

Neuropsychology

UNIT-I

Introduction to the Human Nervous System: Structure of Brain and Nervous System, Neuronal Communication

UNIT -II

Methods of investigations: Electrophysiological- Single cell recording, EEG and ERP; Scanning and imaging –CAT, PET, MRI, and fMRI.

UNIT-III

Neuropsychological assessment: Common Areas of Assessment, AIIMS Neuropsychological Battery, and PGI Battery of Brain Behavior Dysfunction.

UNIT-IV

Neurodegenerative disorders: Parkinson's, Alzheimer, Huntington

UNIT-V

Deficits, Recovery, Adaptation and Rehabilitation: Brain Plasticity, Brain Injury and its Classification, Stroke and Recovery..

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| MAPSY303 | DSE | Neuropsychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | |

Recommended Books:

- Kolb, B., Whisaw, I. Q. (1990). **Fundamentals of neuropsychology**. New York: Freeman, W.H.
- Naatanen, R. (1992). **Attention and brain function**. Hillsdale: LEA.
- Parsuraman, R. (1998). **Attentive brain**. London: MIT Press.
- Boller, F. & Grafman, J, (1988) **Handbook of neuropsychology**. New York: Elsevier.
- Rapp, B. (Ed.) (2001). **The handbook of cognitive neuropsychology**. Chestnut Street: Psychology Press.

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| MAPSY304 | DSE | Workplace Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

Legends: L-Lecture; T-Tutorial/Teacher Guided Student Activity; P-Practical; C-Credit;

***Teacher Assessments** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

CEO1: To understand the concepts of psychology and its application at the workplace along with workplace counselling.

CEO2: To provide the awareness of sexual harassment at workplace and their prevention.

CEO3: To gain knowledge of workplace conflicts and stress and its management.

CEO4: To explain the concept of work life balance and to know how to maintain it.

CEO5: To recognize the importance of organizational Culture and the role development and sustainability within the organization.

Course Outcome (Cos):

CO1: Apply Psychological concepts in order to grow in the workplace.

CO2: Enable to differentiate between violence and sexual harassment at workplace.

CO3: Develop the skill to resolve the conflicts and cope up with workplace stress.

CO4: To outline the enhancing factors for making balance between work and life.

CO5: Evaluate organizational culture and to utilize the knowledge for enhancing the mental health at workplace through various approaches of counselling.

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| MAPSY304 | DSE | Workplace Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 |

MAPSY304

Workplace Psychology

Contents

Unit I

Definition and Concept of Workplace Psychology, Features and Types of Organization, Nature and Characteristics of Work Environment. Concept of Organizational Behaviour.

Unit II

Sexual harassment at workplace, Dynamics of sexual harassment Preventing Sexual harassment. Violence at workplace: Nature and Handling ways of Violence at workplace.

Unit III

Conflict and Stress at Workplace: Nature and Types of Conflict, Strategies to Manage Workplace Conflict .Stress at Workplace: Nature, Meaning and Types of Stress, Causes and Consequences of Stress. Management of Stress.

Unit IV

Organizational Culture and Development: Meaning, Characteristics and Types of Organizational Culture, Organizational Development and Sustaining, Need and Benefits of Organizational Development.

Unit V

Workplace Psychology: Workplace Counselling, Ethical Issues in Workplace Counselling, Setting up Counselling at Workplace: Need and Importance. Work-Life Balance, Current Trends in Workplace Counselling. (Practical Approach of Counselling)

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| MAPSY304 | DSE | Workplace Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | | |

Recommended Readings:

- Collins, S. (2009). **Managing conflict and workplace relationship**, 2nd edition, USA
- Edelmann, R. (2000). **Interpersonal conflict at work**, New Delhi Boland, M (2005) Sexual harassment in the Workplace, 1st Edition, USA
- Carroll, M. (2002). **Workplace Counselling** Sage Publications, New Delhi Gladding, S.L. (2010) Psychology A Comprehensive Professions. Pearson Publications, New Delhi.
- Rathus, S and Navid, J (2012). **Psychology and the Challenges of Life – Adjustment in the New Millennium**, John Wiley and Sons, USA
- Pareek, U. (2010). **Understanding organizational behavior**. Oxford: Oxford University Press.

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| MAPSY305 | DSE | Health Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | | |

Course Educational Objectives (CEOs):

CEO1: To aware with the nature and significance of the emerging area of health psychology along with the importance of social psychological processes in the field of health psychology.

CEO2: To understand the relationship between psychological factors and physical health.

CEO3: To know and analyse the behavior of individuals and mental health management.

CEO4: To relate Health Psychology with the major concepts with in the field, Health behaviors and stress.

CEO5: To develop understanding about health promotion and prevention.

Course Outcomes (COs):

CO1: Develop thinking to learn ways to improve quality of life.

CO2: Define and explain one or more key models, principles or theories in Health Psychology that are used to change health behavior.

CO3: Critically evaluate the role of psychological, social, and behavioral factors in health and illness.

CO4: Construct an understanding of the application of various strategies to cope with stress.

CO5: Identify various health promotion activities and describe the health prevention and control techniques.

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Joint Registrar

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Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020

M.A./M.Sc. (Applied Psychology)

| COURSE CODE | CATEGORY | COURSE NAME | TEACHING & EVALUATION SCHEME | | | | | | | | | | |
|-------------|----------|-------------------|------------------------------|------------------|-------------------------|-------------------------------|-------------------------|---|---|---|---|---|---------|
| | | | THEORY | | | | PRACTICAL | | | L | T | P | CREDITS |
| | | | ENDSEM University Exam | Two Term Exam | Teachers Assessment* | End Sem University Exam | Teachers Assessment* | | | | | | |
| MAPSY305 | DSE | Health Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | | |

MAPSY305

Health Psychology

Contents:

UNIT-I

Introduction: Nature, Aim and Need of Health Psychology; Biosychosocial Model of Health: Biomedical Model, Health Belief Model, Precaution Adoption Model, Traditional Indian Healing Systems, Health Care Network in India.

UNIT-II

Biological Foundations of Health and Illness: Brief Concept of The Nervous System, The Endocrine System, The cardiovascular system, The Respiratory System, The Digestive System, The Renal system, The Reproductive system, The Immune system.

UNIT-III

Stress and Coping: Nature, Types and Sources of Stress, Effects of Stress on Physical and Mental Health, Stress and Illness, Management of Stress.

Coping Interventions.; Coping with Stress and Resilience, Coping Style, Problem-Focused Coping, Coping Outcomes and Interventions-Mindfulness and Mediation Cognitive-Behavioral Techniques.

UNIT-IV

Health Behaviours: Health Behaviours and Health Habits, Changing Health Behaviours Through Social Engineering, Health-Promoting Behaviors: Exercise, Healthy Diet, Sleep, Accident Prevention, Vaccinations and Screening.

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**Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020**

M.A./M.Sc. (Applied Psychology)

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|-----------------|------------|--------------------------|-------------------------------|------------------|-------------------------|-------------------------------|-------------------------|----------|----------|----------|----------|---|---------|
| | | | THEORY | | | | PRACTICAL | | | L | T | P | CREDITS |
| | | | ENDESEM University Exam | Two Term Exam | Teachers Assessment* | End Sem University Exam | Teachers Assessment* | | | | | | |
| MAPSY305 | DSE | Health Psychology | 60 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 3 | | |

UNIT-V

Research in Health Psychology: Conducting and Evaluating Research in Health Psychology, Health and wellness, Health- Compromising Behaviours: Obesity, Smoking, Alcohol Abuse Internet Addiction. Application of Health Psychology to Chronic Illness.

Recommended Readings:

- Allen,F. (2011).Health psychology and behaviour. Tata McGrawHill Edition.
- Dimatteo,M.R.,& Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Hamilton-West, K. (2010). *Psychobiological Processes in Health and Illness*. . Sage Pub.
@www.sagepublications.com
- Marks, D. F. (2010). *Health Psychology: Theory, Research and Practice (3rd Ed.)*. . Sage Pub. @www.sagepublications.com
- Misra,G. (1999).Stress and Health. New Delhi: Concept
- Pitts,M.,Phillis,K.(2003).*The psychology of Health; An introduction*. E-library: Taylor & Fransis

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Shri Vaishnav Institute of Social Sciences, Humanities and Arts Choice Based Credit System (CBCS) in Light of NEP-2020

M.A./M.Sc. (Applied Psychology)

| COURSECODE | CATEGORY | COURSENAME | TEACHING&EVALUATIONSCHEME | | | | | | | | |
|-----------------|--------------|---------------------------------|---------------------------|---------------|----------------------|-------------------------|----------------------|----------|----------|----------|----------|
| | | | THEORY | | | PRACTICAL | | L | T | P | CREDITS |
| | | | END SEM University Exam | Two Term Exam | Teachers Assessment* | END Sem University Exam | Teachers Assessment* | | | | |
| MAPSY306 | P/D/I | Minor Research Project-I | 0 | 0 | 0 | 30 | 20 | 0 | 0 | 0 | 2 |

Legends: L-Lecture; T-Tutorial/Teacher Guided Student Activity; P-Practical; C-Credit;

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10marks.

MAPSY306

Minor Research Project-I

Course Educational Objectives (CEOs):

CEO1: To train special degree the students in Applied Psychology writing of their final year research proposals, with emphasis on research problems, hypotheses, literature review and research designs.

CEO2: To enable the students to learn practical aspects of research.

CEO3: To train the students in the art of behavioral science analysis and writing.

Course Outcomes (Cos):

At the successful completion of this course students will be able to:

CO1: Review and analyze critical research in a specific area of Applied psychology.

CO2: Acquire knowledge and competency in the design and completion of research studies in counseling psychology.

CO 3: Explain and apply skills in critical analysis Learned in the classroom as well as through practical exposure methods and techniques of field research.

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Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020
M.A./M.Sc. (Applied Psychology)
Semester III (Batch 2022-2024)

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