

SYLLABUS
FOR
Ph.D. COURSE WORK
IN
PSYCHOLOGY



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Ph.D. Course Work

Every student admitted in Psychology for the Ph D program will be required to pass a course work of minimum 16 credits The division of this 16 credits course work is in three categories. Category-A (4 credits) courses are *compulsory* for all Ph. D. students of Psychology Category-B (6-credits) courses are *discipline-specific courses* Category-C (6 credits) courses are *research theme- specific courses*.

| Course Nature | Course Code | Core Courses | Credit |
|---------------------------------|-------------|---|-------------------|
| Category-A | | | |
| Compulsory Course | DPSC-601 | Research Methodology, Research Ethics and Computer Fundamentals | 04 |
| Category-B | | | |
| Discipline-Specific Courses | DPSC-602 | Basics of Human Behavior | 06 |
| Category-C | | | |
| Research Theme-Specific Courses | DPSC-603 | Stress, Coping and Well-being | 06 |
| | | Thesis | Non |
| | | Total | 16 Credits |

Remark: - D - Doctorate (Ph.D), PS - Psychology, C - Core

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Ph.D. Program Outcome

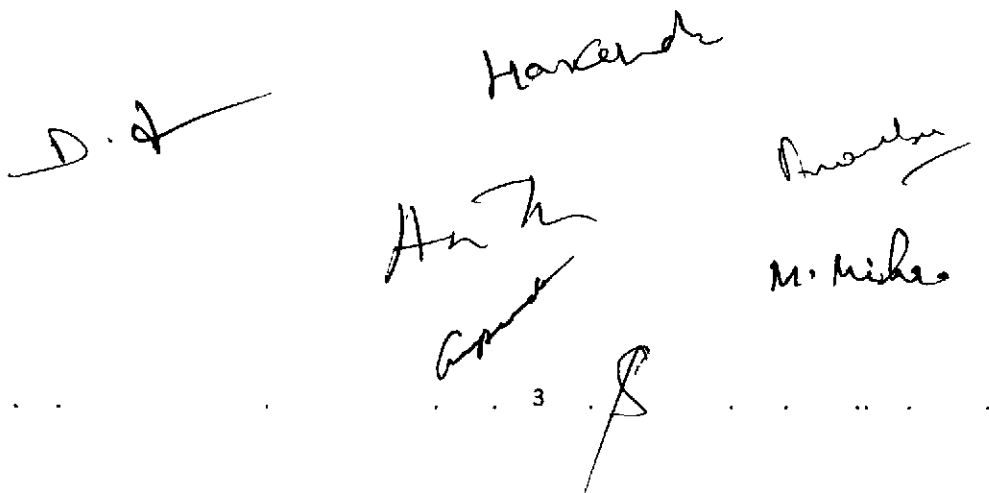
After completing the program, a research student would be able to/has-

- 1 demonstrate a detailed knowledge of the relevant literature
- 2 a clear understanding of methods and techniques relevant to their own research;
- 3 explore, interpret, and communicate new knowledge through original research of publishable quality that passes peer review.
- 4 apply a wide range of advanced and specialized skills in the planning and implementation of research,
5. practice a proactive, self-critical, and self-reflective approach based on research,
6. develop professional relationships with others where appropriate.
- 7 demonstrate leadership and originality in tackling and resolving problems and issues through communication and working effectively with others.

Ph.D. Course Work Learning Outcome

After completing the course work, research students would be able-

- 1 To present and defend original research findings that advance the frontiers of a discipline or a relevant area of professional practice;
- 2 To critically and creatively evaluate current issues, research, and advanced scholarship in the discipline;
- 3 To manage complex ethical and professional issues, and make well-informed decisions



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Research Methodology, Research Ethics and Computer Fundamentals

Course Code: DPSC 601

Credits: 04

Course Objectives

- To familiarize students with advanced level of skills in conducting research.
- To enable them in conducting research work and formulating research synopsis and report.
- Mastery of Statistical packages such as SPSS.
- To impart knowledge for enabling students to develop data analytics skills and meaningful interpretation to the data sets so as to solve the Research problem

Learning Outcomes: Students are expected to

- Develop understanding on various kinds of research, objectives of doing research, research process, research designs and sampling
- Have advanced knowledge on quantitative and qualitative research techniques

Unit 1: Planning research: Research Problem, Formulation of research plan, Writing research proposal, reporting research (APA style), Research and Publication Ethics

Unit 2: Research Designs, Types Single subject designs, quasi experimental design. Factorial experiments with repeated measures. One and two factors with repeated measures.

Unit 3: Analysis and interpretation of data using SPSS: t-test, ANOVA, MANOVA, Factor Analysis. Theory and factor, Exploratory and confirmatory factor analysis

Unit 4: Basic Knowledge of Computer Application, Internet learning, Statistical Packages in Psychology Research, Computerized demonstration of the computation of the statistics mentioned in Unit 3 in SPSS

Suggested Readings.

- 1 Anastasi, A. & Urbina, S (1997) Psychological testing. New Delhi. Prentice Hall
- 2 Broota, K. D. 1989. Experimental Designs in Behavioural Research. New Delhi Wiley Eastern.
- 3 Edwards, A. L. 1968 Experimental Designs in Psychological Research (3rd edition) New Delhi Oxford and IBH
- 4 Field, A (2007) Discovering statistics using SPSS New Delhi. Sage
- 5 Kerlinger, F N 1973 Foundations of Behavioural Research (2nd edition) Delhi Sanjeet Publications
- 6 Smith, J A (Ed) (2003) Qualitative Psychology. A Practical Guide to Research Methods. London Sage Publication

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Discipline-Specific Courses

Basics of Human Behavior

Course Code: **D P S C - 602**

Credits: 06

Course Objectives

The major objective of this course is to provide comprehensive knowledge of all aspects of our behavior towards self and others and to implicate its concept in everyday life

This course will focus on gaining insights in different classical and modern perspectives of psychology

The major objective of this course is to demonstrate knowledge and comprehension of well-established theories of Social, cognitive, Developmental, Organizational, Abnormal behavior and Health psychology, as well as an understanding of the assessment techniques and testing, as well as their application in psychological studies and the ability to critically analyze research in these fields .

Course Outcomes

After the completion of this course the student shall be able-

- 1 To demonstrate the skills and knowledge to understand their own and other's behavior and to use this knowledge in implicating in their day to day life.
2. To explore and debate scientific issues within the subject area
- 3 To acquire a scientific mindset that includes the ability to reflect and reason logically.
- 4 To develop critical thinking skills, including the ability to accept scientific evidence and ethical principles.
- 5 To demonstrate the knowledge of basic and applied research used in the study of human psychology.

Unit 1: Cognitive Psychology: Origin, Emergence & Current status Attention, Memory Processes Basic concepts & Recent developments, Problem Solving and Creativity, Reasoning

Unit 2: Perspectives and Processes of Human Development: Biological and Environmental Perspective, Recent theoretical perspectives. Research Methods in Developmental Psychology.

Unit 3: Understanding Social Psychology. Recent Perspectives, Social Cognition; Person &

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Social Perception, Social Influence Prosocial Behavior Conceptual framework and Recent Research trends

Unit 4: Organizational Behavior: Challenges and Opportunities, Diversity in Organizations, Job Satisfaction Positive Organizational Behaviors and Organizational Change

Unit 5: Abnormal behavior Concepts and Criteria of Abnormality, Classification of Abnormality (DSM V), Major Approaches to Abnormal Behavior Mental Deficiency: Meaning Nature, Types, Etiology, Treatment and prevention of mental deficiency Deference between Mental deficiency and mental disorder

Unit 6: Environmental problems Environmental Stress Nature and characteristics. Natural Disasters, Technological Catastrophe, Noise and Air Pollution: Impact on Health, Performance and social behavior

Suggested Readings

1. Tesser, A. & Schwarz, N (2001). *Blackwell Handbook of Social Psychology Intraindividual Processes*. Blackwell Publishers.
2. Kellogg, R.T.(2007) *Fundamentals of Cognitive Psychology*. (2nd ed) Sage Publication
3. Feldman, R S & Babu, N (2011) *Discovering the Lifespan*. New Delhi Pearson
4. Santrock, J. W. (2011) *Child Development* (13th ed). New Delhi McGraw-Hill
5. Robbins S P . Judge T A and Vohra N (2019). *Organizational Behavior* (18th Edition). Pearson Education. Inc
6. Anastasi. A. & Urbina. S (2017). *Psychological Testing and Assessment* (7th Edition) Pearson Education Inc
- 7 *Diagnostic and Statistical Manual of Mental Disorders* 4th edition and TR(2004) Washington. APA publication
8. Bell, P A., Greene. T C . Fisher. J D , & Baum. A (2003) *Environmental Psychology* UK Thomson & Wedsworth

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Research Theme- Specific Courses

Stress, Coping and Well-being

Course Code: *DPS 603*

Credits: 06

Course Objectives

The course's main goals are to familiarize students with the concepts of self and identity are linked to intergroup relations, better understanding of stress and its appraisal, various coping skills and strategies and wellbeing. Better understanding of mental health and its various aspects

Course Outcomes

After the completion of this course the student shall be able to/has-

- 1 Learn the concept of self and identity.
- 2 Understand various concepts of stress, coping and wellbeing.
- 3 Identify various factors and influences of mental disorders associated with mental health.
- 4 Inculcate this knowledge into the research work

Unit 1: Stress Concept, Psychological Appraisal, Responses to Stress, Theories of Stress (Cognitive Cost, Arousal and Stress, Theories of Emotional Functioning, Helplessness and Stress)

Unit 2: Coping and Wellbeing Concept of Coping Skills and Coping Strategies, Methodology of Research on Coping, Subjective Wellbeing and Psychological Wellbeing: Theoretical Conceptualization, Measurement and Models (Seligman's PERMA Model, Mccallum & Price Model of Holistic Wellbeing)

Unit 3: Origin & Nature of Self-concept, Aspects of Self-Knowledge, Cognitive Heuristics and Automatic Thinking Self and Identity. Self Schema, Self-efficacy.

Unit 4: Chronic illness and its management: Risk factors, Effect and treatment of Coronary heart disease, Diabetes, Obesity, Substance abuse, AIDS Psychosocial interventions for psychological issues for people with chronic illnesses

Unit 5: Mental Health: Concept, Common Mental Disorders (Anxiety, Phobia, PTSD, and Depression, Internet, Social Media and Mobile Phone Addiction). Causative Factors and

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Psychological Consequences.

Unit 6 Promoting Mental Health Salutogenic Perspective, Socio-ecological Approach
Indicators of Mental Health Personal, Social and Economic Indicators

Suggested Readings

- 1 Caltabiano, M.L & Ricciardelli, L A (2013) *Applied Topics in Health Psychology* Wiley Publications
- 2 Folkman, S , & Lazarus, R S (1984) *Stress, appraisal, and coping* (p 460). New York: Springer Publishing Company
3. World Health Organization (2005) Promoting mental health: concepts, emerging evidence, practice a report of the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and the University of Melbourne World Health Organization.
- 4 Eriksson, M. (2017). The sense of coherence in the salutogenic model of health. *The Handbook Handbook of Salutogenesis*, 91-96
5. Sanderson, C.A (2018). *Health Psychology Understanding the Mind-body Connection* (3rd Edition) London, UK Sage Publishers
6. Zeidner, M & Endler, N S (Eds) (1996) *Handbook of Coping* John Wiley & Sons Inc

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