

### **83. PG DIPLOMA IN PSYCHOLOGICAL COUNSELING**

#### **Part-A (40 Marks)**

1. **Behaviour:** Definition and Characteristics of behaviour; Historical Foundations of Psychology; Nature, Goals and Fields of Psychology (Pure and Applied); Schools of Psychology: Structuralism, Functionalism, Psychoanalysis, Behaviorism and Gestalt; Contemporary Approaches to Psychology: Cognitive Approach, Humanistic Approach and Existential Approach; Methods of Psychology-Experimental method, observation method, case study method and survey method.
2. **Development:** Principles of development; stages of development; concept of development task; Factors influencing the developmental process: maturation, learning, intelligence, family interaction, early childhood experiences.
3. **Biological basis of behaviour :** Structure of brain; Effect of central nervous system, sympathetic and para sympathetic nervous system on behaviour; Localization of functions of the brain; Functions of Endocrine glands.
4. **Attention, Perception and Learning:** Attention (Types of attention, subjective and objective factors influencing attention; Perception: Principles of perceptual organization; Perceptual constancies; Movement of perception; Concept of illusion and hallucination; Learning: learning and maturation, learning and motivation, factors influencing learning, effective methods of learning; Theories of learning: Classical conditioning and operant conditioning; Cognitive learning (Sign learning, Learning by Insight) and Observation Learning; Transfer of Training;
5. **Memory, Thinking and Intelligence:** Types of memory; Information processing model of memory; Curve of forgetting; Theories of forgetting; Methods of improving memory; Thinking: Types of thinking, reasoning, problem solving and creativity; Nature of intelligence: Concept of individual difference, factors influencing intelligence, Theories of Intelligence(Spearman, Thurstone, Thorndike, Sternberg, Guilford and Gardener); measurement of intelligence.

#### **Part-B (60 Marks)**

6. **Motivation and Emotion:** Types of motives, intrinsic and extrinsic motivation, specific motives: achievement, affiliation, power; unconscious motivation; Maslow's theory of motivation; Emotions: nature and function of emotions, development of emotions, Theories of Emotions: James-Lange, Cannon-Bard and Schachter; concept of emotional intelligence .
7. **Personality:** Nature of personality, factors influencing personality, Approaches to the study of personality: Psychoanalytic, Behavioristic, Humanistic and Trait and Type approach; Personality assessment.
8. **Statistics:** Characteristics and Applications of Normal probability curve, Deviation from normality: Skewness and Kurtosis; Measures of Central tendency; Measures of variability; Coefficient of Correlation; Types of correlation; computation of correlation: Spearman and Product moment correlation; chi square.
9. **Social Perception:** Theories of Attribution; Errors in Attribution; Techniques of Impression Management; Types of Communication; Communication patterns: Circle, Wheel, Chain and Y patterns; Rumors and Propaganda.
10. **Attitude and prejudice:** Formation of Attitudes (Classical and Operant Conditioning, Social Learning Theory); Attitude Change (Balance Theory, Cognitive Dissonance, Self- Perception and Psychological Reactance); Measurement of Attitudes; Causes of Prejudice; Techniques of Reducing Prejudice .
11. **Pro-Social Behaviour and aggression:** Difference between Pro-social Behaviour and Altruism; Concept of Bystander Effect; Steps in Pro-social Behaviour; Factors influencing Pro-social Behaviours; Determinants of Human Aggression.
12. **Group Dynamics:** Conformity, Compliance, Obedience, Cooperation, Competition and Cohesiveness; Types of Leaders: Autocratic, Democratic and Charismatic Leaders; Disadvantaged Groups: Types of disadvantage groups, social, psychological and academic problems of socially disadvantaged groups.
13. **Abnormal Behaviour:** Generalized Anxiety Disorder; Obsessive and compulsive disorder; Phobias; Dissociative Identity disorder; conversion disorders; PTSD; Schizophrenia, Bipolar disorder, Personality disorders.
14. **Health Behaviour and Stress :** Components of health behaviour; Factors affecting health behaviours; Enhancing Health Behaviours; Types of Stress and Stressors; Symptoms of Stress; Impact of Stress on cognitive, emotional and behavioural aspects of an individual; Stress Management Techniques.
15. **Issues, Challenges and Problems in Adolescence:** Risk Behaviours: Teenage Pregnancy, Addiction to Technology, Substance abuse, Juvenile delinquency, Obesity and eating disorders, Depression and suicide.