

(Abstract)

M.Sc. Applied Psychology Programme- Second Semester Syllabus -under Choice Based Credit and Semester System (in Outcome Based Education System-OBE) in Affiliated Colleges-Implemented with effect from 2023 Admission-Approved --Orders issued.

ACADEMIC C SECTION

ACAD/ACAD C1/15288/2023

Dated: 15.05.2024

Read:-1. U O of even No. dated 17.11.2023

2. Minutes of the meeting of the BoS in Psychology held on 22.04.2024
3. E mail dated 03.05.2024 from the Chairperson, BoS in Psychology(Cd)
4. Orders of Vice Chancellor in file of even No.dated 14-5-2024.

ORDER

1. The Scheme & Syllabus (I st Semester only) of M Sc Applied Psychology Programme,(a new Programme sanctioned to affiliated college for the academic year 2023-24) , under Choice Based Credit and Semester System (OBE) in Affiliated Colleges under the University, was implemented w.e.f. 2023 admissions vide paper read (1) above.
2. The meeting of the Board of Studies in Psychology (Cd) held on 22.04.2023 scrutinised and approved the second semester syllabus of M Sc Applied Psychology Programme with necessary modifications (vide paper read 2)
- 3.Subsequently, the Chairperson, BoS in Psychology submitted (vide paper read (3) the draft syllabus of (second semester only) M Sc Applied Psychology programme under Choice Based Credit and Semester System (in OBE- Outcome Based Education) for implementation w.e.f. 2023 admission.
- 4..The Vice Chancellor, after considering the matter in detail and in exercise of the powers of the Academic Council conferred under section 11(1) Chapter III of Kannur University Act, 1996 and all other enabling provisions read together with, **accorded sanction to implement the Second Semester Syllabus of M.Sc Applied Psychology programme under Choice Based Credit and Semester System(in OBE-Outcome Based Education System) in Affiliated Colleges under the University w. e. f. 2023 admission, subject to report to the Academic Council.**
5. The Second Semester Syllabus of M.Sc. Applied Psychology Programme under Choice Based Credit and Semester (in OBE-Outcome Based Education System) in Affiliated Colleges under the University w. e. f 2023 admission, is uploaded on the University website.
6. Orders are issued accordingly.

Sd/-

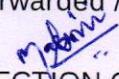
Narayanadas K
DEPUTY REGISTRAR (ACAD)
For REGISTRAR

To: 1. The Chairperson, BoS in Psychology(Cd)
2. The Principal, Wadihuda Institute of Research & Advanced Studies (WIRAS)

Copy To: 1. The Examination Branch (through PA to CE)
2. PS to VC/PA to Registrar 3. DR/ARI Academic, EXCI, EP V 4. The Computer Programmer 5. Web manager (For uploading in the website) 6. SF/DF/FC



Forwarded / By Order


SECTION OFFICER



Core Course	COGNITIVE PSYCHOLOGY			
Semester	Course Code	Hours / Week	Credits	Exam duration
2	MSAPS02C06	4	4	3

Course Outcomes

CO1: Understanding the principles of cognitive psychology

CO2: Demonstrating the ability to explain cognitive processes

CO3: Analysing cognitive concepts and theories

CO4: Evaluating research and data related to cognitive psychology

Module 1 Introduction to cognitive psychology

Cognitive psychology definition. Brief history of cognitive psychology. Influences on the Study of Cognition- Structuralism, Functionalism, Behaviorism, Gestalt Psychology, Genetic Epistemology, Information processing model. The Study of Individual Differences, Current Trends in the Study of Cognition. Emergence of Cognitive Psychology. Research Methods in Cognitive Psychology . Investigations of Neural Underpinnings. Cognitive neuroscience

Module 2 Attention and Memory

Attention (types), Signal Detection, The Nature of Signal Detection. Neurocognition of attention. Theories of attention - Filter Theory, Attenuation Theory, Late-Selection Theory, Attention, Capacity, and Mental Effort, Schema Theory, Inattentional Blindness; Memory ; Models of Memory, Types of memory, Structure of semantic memory, Schemas, Constructive memory, Eyewitness testimony. Forgetting – theories of forgetting. Mnemonic systems

Module 3 Language and Thought

The Structure of Language – Phonology, Syntax, Semantics, Pragmatics. Language Comprehension and Production - Speech Perception, Speech Errors in Production, Sentence Comprehension, Comprehending Text Passages, Story Grammars, Gricean Maxims of Conversation. Language and Cognition - The Modularity Hypothesis, The

Whorfian Hypothesis. Bilingualism: Advantages and Disadvantages. Concept formation, logic and decision making.

Module 4 Problem Solving and Creativity

Problem solving: The Problem-Solving Cycle, Types of Problems, Obstacles and Aids to Problem Solving, Expertise: Knowledge and Problem Solving - Organization of Knowledge, Innate Talent and Acquired Skill.

Reasoning: types of reasoning - Inductive, Deductive, Everyday reasoning. Three approaches to the study of reasoning - The componential approach, Rules/Heuristic approach, Mental Models approach.

Creativity- four sequential stages of Creative Processes, Creativity and Functional Fixedness, Investment Theory of Creativity, The Adaptive Function of Creativity, Judging Creativity.

References

Galotti K.M(2014) *Cognitive Psychology in and outside laboratory*: Thomson.

Matlin Margaret W. (1995), *Cognition*, 3rd Ed. Prism books Pvt. Ltd

Sternberg L(1998) *Cognitive*. Harcourt Brace college Publishing.

Solso, R. L., Maclin, O. H., & MacLin, M. K. (2014). *Cognitive Psychology: Pearson New International Edition*. Pearson Higher Ed.

Additional Reading

Goldstein, E.B (2010)*Sensation and Perception (8th ed)*: Wadsworth publishers

Groome, D (2021) *An introduction to cognitive psychology: Processes and disorders.*: Psychology Press.

Kellogg, R. T. (2003), *Cognitive psychology(2nd ed)*: Sage publications

Core Course	NEUROPSYCHOLOGY			
Semester	Course Code	Hours / Week	Credits	Exam duration
2	MSAPS02C07	4	4	3

Course Outcomes

CO1: To develop an understanding of basic functional aspect of brain

CO2: To enable students to understand the organization of the nervous system.

CO3: To enhance knowledge about the biological basis of human behavior, emotion and cognition.

CO4: To understand localization of various psychological processes, disorders and testing methods

Module 1: Introduction

Neuropsychology; Perspectives on the brain and behavior- Aristotle, Descartes, Darwin; Localization theory, integrated theories of brain function. Contributions to neuropsychology from allied fields- neurosurgery, psychometrics and statistical evaluation, brain imaging. Method of investigating the brain- overview, Behavioural examinations- neurologic examination and neuro psychological evaluations. General considerations in neuro psychological testing, psychometric issues in neuropsychological assessment, Neuro psychological tests.

Module 2: Nervous system

Organization & functions of nervous system: Neural activity- conduction, transmission, & integration of neural signals, communication within and among neurons, Biochemical activity of the brain. Brain functions- localization of function, lateralization of function, neuroplasticity, hierarchical organization; Evolution of human brain.

Module 3: Cortical functions

Functional neuro anatomy, cerebralk specializations, Occipital lobe; Parietal lobe; Temporal lobe; Frontal lobe; Higher functions- learning and memory, language, emotion, spatial behavior, attention and consciousness

Module 4: Brain plasticity and disorders

Brain development and plasticity, Adolescent brain, Neurodevelopmental disorders, Neurological disorders, Psychiatric disorders.

References

Kalat, J. W. (2009). *Biological Psychology* (9th ed.). Pearson education, Inc.

Kolb, B., & Whishaw, I. Q. (2008). *Fundamentals of Human Neuropsychology*. Newyork: Worth publishers.

Kolb, B., & Whishaw, I. Q. (2011). *An introduction to Brain and Behaviour*. USA: Worth publishers.

Kolb, B. & Whishaw, I.Q. (2015). *Fundamentals of human neuropsychology* (7th edition). Worth publishers.

Zillmer,E.A., Spiers.M.V. & Culbertson,W.C (2008). *Principles of neuropsychology-2nd edition*.

Additional Readings

Carlson,N.R.(2018).*Foundations of behavioural neuroscience*(9th ed). India: Pearson india education services Pvt Ltd.

Leukel, F. (2002). *Introduction to Physiological Psychology* (3rd ed.). CBS Publishers and Distributors Private Limited.

Pinel, J. P. J. (2011). *Biopsychology* (8th ed.). Pearson education, inc.

Core Course	RESEARCH METHODOLOGY AND DATA ANALYSIS			
Semester	Course Code	Hours / Week	Credits	Exam duration
2	MSAPS02C08	5	4	3

Course Outcomes

CO1: Familiarize the students with the methods in psychological research.

CO2: Evaluate different methods of sampling and research designs.

CO3: Make the students practice the different analysis methods in psychological research.

CO4: Make the students capable of writing a research report by considering ethical guidelines.

Module 1 Introduction

Introduction to research methodology. Basic terms: Concepts, Constructs, Variables and measurement in research, Hypothesis development, testing and errors. Research questions, Types of research: Applied & Fundamental, Descriptive and Analytical, Quantitative & Qualitative, Conceptual & Empirical, Experimental & Non experimental; Laboratory experiments, Field experiment, Field studies; Ex post facto research, Survey research, Ethnographic studies, Historical research.

Steps in research: Identification of research problem, Review of literature.

Identifying research gaps and operationalizing research topics.

Sampling and data collection methods: Population and Sample. Normal distribution curve. Sampling techniques. Types. Data collection: Primary and Secondary data; .

Module 2: Research designs

Purpose of research design, Criteria of research design. Classification of research designs:

Experimental designs: small N designs, Between groups, Within groups and Factorial design. Quasi experimental designs, time series design.

Non-experimental designs: Observational, Survey, Cross sectional research design, Longitudinal research design. Action research designs.

Module 3: Data Analysis

Quantitative analysis: Parametric tests; Assumption, Correlation coefficient, Karl Pearson's coefficient of correlation, Regression, t- test, ANOVA, Post hoc tests, MANOVA, Factor analysis.

Non parametric tests; Assumptions, Spearman rank order correlation, Chi- square, Wilcoxon signed rank test, Mann- Whitney U test, Kruskal wallis test, Friedman test. Computer applications in research- using SPSS, JASP, and R.

Summarising and interpreting data using statistics.

Qualitative analysis: Grounded theory, Thematic analysis, Discourse analysis, Conversation analysis, Content analysis, Interpretative phenomenological analysis, Narrative analysis. Qualitative research in counselling.

Module 4: Scientific Writing

General purpose of writing a research report, Structure and format of a report- APA style. Preparing a research proposal. Preparing manuscript based on APA format. Selection of scientific journals based on research topic. Submission of article for publication. Checking plagiarism. Ethics in research: institutional ethics committee approval, confidentiality, preparing informed consent, safeguarding the data.

References

Coolican, H. Research methods and statistics in psychology (5th ed).

Hodder education.

Gravetter,F.J & Farzano,L.B (2012) Research methods for the behavioural

sciences, Cengage.

Howitt, D., & Cramer, D. (2008). Introduction to research methods in psychology (2nd ed.). Pearson education.

Kothari, K. R. (2004). Research methodology methods and techniques (2nd ed.). New age international publishers.

Lyons, E., & Coyle. A. Analysing qualitative data in psychology. Sage publications.

Mc Bride, D.M (2024). The process of research in psychology. Sage.

McLeod, J. (2011). qualitative research in counselling psychology (2nd ed). Sage publications.

Singh, A. K. (2019). Tests, measurements and research methods in behavioral sciences (6th ed.). Bharati bhawan

Additional Reading

Carter, D. C. Quantitative psychological research, the complete student's companion (3rd ed). Psychology press

Core Course	HEALTH PSYCHOLOGY			
Semester	Course Code	Hours / Week	Credits	Exam duration
2	MSAPS02C09	4	4	3

Course Outcomes

CO1: To give the students an idea regarding what are health behaviors and how they can be enhanced.

CO2: To help them to know about illness and its determinants

CO3: To understand challenges for future field of health psychology and the need to be a health psychologist

CO4: To evaluate how people live with illness, why they find changing behavior difficult and what psychologist can do to help with chronic illness.

Module 1 Health Psychology and Health behaviour

Health- Definition; Historical View of Health & Disease - biomedical model, biopsychosocial model. Development of Health Psychology, Nature of Health Psychology, Rationale and role for Health Psychology, Approaches within Health Psychology, Different ways of studying health experience. Health Behaviors, role of behavioral factors in disease and disorder, primary prevention, practicing and changing Health Behaviors, barriers to modifying poor Health Behaviors. Changing health habits- approaches to Health Behavior change. Psychologists role in health psychology.

Module 2 Health Enhancing Behaviors

Exercise- Benefits of Exercise, Determinants of Regular Exercise, Characteristics of Intervention, enhancement of energy capacity through training for aerobic and anaerobic power; Accident Prevention; Cancer Related Health Behaviors; Maintaining a Healthy Diet- importance of Diet, Resistance to Modifying Diet, Interventions to Modify Diet; Weight Control- Regulation of Eating, Obesity and its stigma. Exercise and safety. Stress and eating

Module 3: Stress , Illness and coping

Psychological influence on becoming ill- Stress & Dispositional influences; Stress its meaning, impact and stress. Biopsychosocial aspects of stress, sources of stress throughout life. Psychosocial modifiers of stress. How stress affects health.

Coping with and reducing stress. Social & environmental factors on becoming ill- Social support, Gender, Socio-economic factors, Physiological Mechanisms- Cardiovascular reactivity & Psycho- neuro-immunology

Module 4: Health Psychology: Challenges for Future

Health Promotion, Health Services, Management of Serious Illness, Physical symptoms: pain and discomfort, Chronic and life threatening health problems.

Life styles to enhance health and prevent illness. Health related behaviour and health promotion. Becoming a Health Psychologist.

References

Sarafino, E.P & Smith, T.W (2011). Health Psychology- Bio psycho social interactions. Wiley.

Taylor, S.E. (2006). Health Psychology (10th ed.). Delhi: Tata- McGraw Hill International Edition.

Lyons, A.C & Chamberlain, K. (2006). Health Psychology- A Critical Introduction. USA: Cambridge University Press

Marks, D.F., Murray, M., Evans, B., & Estacio, E.V. (2011). Health Psychology (3rd ed.). New Delhi: Sage Publications.

Thirlaway, K., Upton, D. (2009). The Psychology of Lifestyle: Promoting Healthy Behaviour. United Kingdom: Taylor & Francis.

Mc Ardle, W.D., Katch, F.I & Katch V.L. (1996). Exercise Physiology (4th ed.).

USA: Lippincott Williams & Wilkins.

Additional readings

Gordon, E. and Eric, G.(2010). Health and Wellness (10th Ed.). Boston. Jones and Bartlett Publishers

Malhotra, S., Batra, P & Yadava, A. (2007)Health Psychology- Psychosocial Perspective. New Delhi: Commonwealth Publishers

Davey, G. (2011). Applied Psychology. UK: The British Psychological Society and Blackwell Publishing Ltd.

Pestonjee, D.M., & Pandey, S. (2013). Stress and Work. New Delhi: Sage Publications.

Thirlaway, K., & Upton, D. (2009). The Psychology of Lifestyle. New York: Routledge.

Core Course				PRACTICAL 2
Semester	Course Code	Hours / Week	Credits	Exam duration
2	MSAPS02C10	8	4	3

Course Outcomes

- Equip the students with practical knowledge and skills for working with different categories of people.
- Students will be able to carry out research studies with scientific methods.
- To develop skills in carrying out observation and interview as techniques .
- To demonstrate the ability to assess and manage various behavioural aspects through self-awareness, and optimize through self-assessment techniques.

Module I: Observation

Students have to conduct a minor study in which systematic observation should be adopted as the method of data collection. Any of the behavioural variables have to be observed by the student and the data be discussed. The method of observation and its practical application among the sample have to be studied to develop a skill in scientific observation.

Module II: Interview

Students have to conduct a minor study in which interview should be adopted as the method of data collection. Any of the relevant behavioural variables have to be studied through this method. Different kinds of interview, its practical applications etc. should be known to the student along with their skill development in interviewing.

Module III: Analysis

Students develop skills in analysing the collected data. For this the students have to do practical sessions for analyzing the contents of the data. A minor study can be planned with this purpose and the collected data to be analyzed.

Module IV: Self-Management Practical

Students are to select any three from the following to master the skills in carrying out and administer to clients.

- Yoga techniques
- Meditation
- Counselling
- Jacobson's progressive Relaxation.
- Stress management Techniques

Module V

A detailed practical record incorporating all the activities carried as part of the practical sessions to be submitted and the same will be evaluated during the end semester examination.

End semester External Valuation

Distribution of marks is as follows

External evaluation criteria's	Marks
Observation	10
Interview	10
Data Analysis	10
Self Management Techniques	10
Practical Record	20
Total	60

Continuous Assessment (Internal)

Continuous assessment of the practical will be done by the respective faculty members.

Evaluation will be based on the performance in the practical sessions. Punctuality, analytical skills, theoretical knowledge and the maximum marks will be 15.