

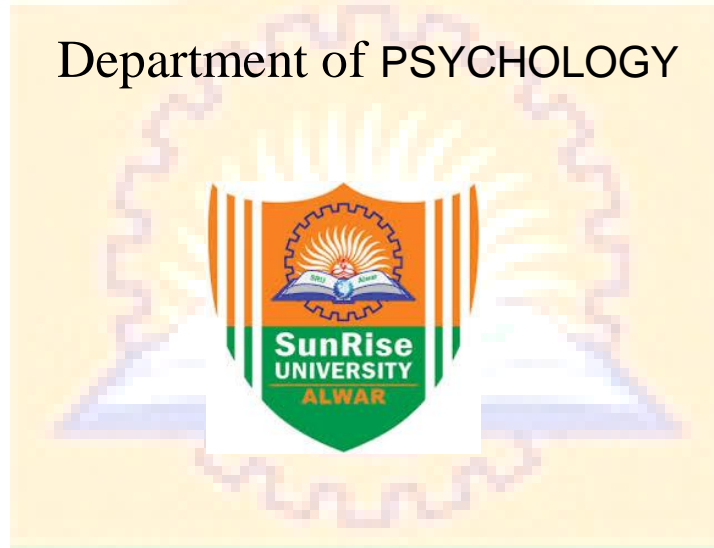
SUNRISE UNIVERSITY ALWAR

Syllabus of PG- Two Year Master of Arts in

PSYCHOLOGY (M.A)

Session 2025-26

Department of PSYCHOLOGY



CURRICULUM STRUCTURE SESSION-2025-26

NAME OF THE PROGRAM – MASTER OF ARTS

PG – M.A. (Psychology) – Two-Year Course

Subject/Discipline: Psychology

**First Year
Semester – I**

Name of Programme: P G- M.A.(PSYCHOLOGY)										
Subject/ Discipline: PSYCHOLOGY										
Sr no	Subject code	Subject type	Subject Title				CREDI TS	Internal Marks	Extern al Marks	Total Marks
				L	T	P				
1	MAPSY-101	MJR	Theoretical Approaches in Psychology	6	0	0	4	40	60	100
2	MAPSY -102	MJR	Research Methods	6	0	0	4	40	60	100
3	MAPSY -103	MJR	Advanced Social Psychology	6	0	0	4	40	60	100
4	MAPSY -104	MJR	Psychopathology	6	0	0	4	40	60	100
5	MAPSY -105P	DSCP-I	Practical-I General Lab	2			2		50	50
6	MAGEO-SEM106		SEMINAR		0	0	2	50		50
TOTAL MARKS = 500										

1. MAPSY-101 (MJR)

PAPER NAME -Theoretical Approaches in Psychology

Unit I: The Development of Psychology

- Meaning, Nature, and Scope of Psychology
- Structuralism and Functionalism
- Behaviorism

Unit II: The Psychoanalytic Approach

- Sigmund Freud's Psychoanalytic Theory
- Id, Ego, and Superego
- Defense Mechanisms

Unit III: The Humanistic and Gestalt Approaches

- Carl Rogers' Humanism

- Abraham Maslow's Need Hierarchy Theory
- Gestalt Theory

Unit IV: Cognitive and Biological Approaches

- Cognitive Psychology
 - Information Processing Models
 - Biological Basis and Behavior
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2. MAPSY-102 (MJR)

PAPER NAME -Research Methods

Unit I: Introduction to Research

- Meaning and Objectives of Research
- Scientific Method
- Hypothesis Formulation

Unit II: Research Methods

- Experimental Method
- Survey Method
- Correlational Method

Unit III: Tools for Data Collection

- Questionnaires
- Interviews
- Observation

Unit IV: Statistical Analysis

- Mean, Median, Mode
 - Standard Deviation
 - t-Test and Correlation
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3. MAPSY-103 (MJR)

PAPER NAME -Advanced Social Psychology

Unit I: Introduction to Social Behavior

- Attitude
- Prejudice and Stereotypes

Unit II: Group Dynamics

- Group Formation
- Leadership
- Group Decision Making

Unit III: Social Influence

- Conformity
- Obedience
- Theories of Social Influence

Unit IV: Interpersonal Relationships

- Attraction
- Aggression
- Altruism

4. MAPSY–104 (MJR)

PAPER NAME -Psychopathology

Unit I: Introduction to Abnormal Behavior

- Normal and Abnormal Behavior
- Concepts of Mental Health

Unit II: Neurotic Disorders

- Anxiety Disorders
- Phobias
- Depression

Unit III: Psychotic Disorders

- Schizophrenia
- Bipolar Disorder

Unit IV: Personality and Behavior Disorders

- Personality Disorders
- Drug Addiction
- Treatment Methods

5. MAPSY-105P (DSCP-I)

Practical-I (General Laboratory)

- Intelligence Test
 - Personality Test
 - Attitude Measurement
 - Memory and Attention Experiment
 - Practical Practice in Statistical Analysis
- ### **6. Seminar**
- Research Paper Presentation
 - Discussion on Psychological Topics
 - Case Study Presentation
 - Oral Examination

REFERENCES BOOKS

1.MAPSY–101: Theoretical Approaches in Psychology

References:

1. **A History of Modern Psychology**
2. **The Story of Psychology**
3. **Theories of Personality**
4. **The Ego and the Id**
5. **On Becoming a Person**
6. **Motivation and Personality**
7. **Cognitive Psychology**

2.MAPSY–102: Research Methods

References:

1. **Research Methods in Psychology**
 2. **Experimental Psychology**
 3. **Research Methodology**
 4. **Statistical Methods for Psychology**
-

3.MAPSY–103: Advanced Social Psychology

References:

1. **Social Psychology**
 2. **Social Psychology**
 3. **The Nature of Prejudice**
 4. **Social Influence**
-

4.MAPSY–104: Psychopathology

References:

1. **Abnormal Psychology**
 2. **Abnormal Psychology and Modern Life**
 3. **DSM-5-TR**
 4. **Psychopathology**
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YEAR – 1ST
SEMESTER -2ND

Name of Programme: P G- M.A.(PSYCHOLOGY)										
Subject/ Discipline: PSYCHOLOGY										
Sr no	Subject code	Subject type	Subject Title				CREDITS	Internal Marks	External Marks	Total Marks
				L	T	P				
1	MAPSY-201	MJR	Developmental Psychology	6	0	0	4	40	60	100
2	MAPSY-202	MJR	Biopsychology	6	0	0	4	40	60	100
3	MAPSY-203	MJR	Statistics in Psychology	6	0	0	4	40	60	100
4	MAPSY-204	MJR	Foundations of Counselling Psychology	6	0	0	4	40	60	100
5	MAPSY-205P	DSCP-II	Practical-II General Lab	0	0	2	2		50	50
6	MAGE O-SEM2 06		Village PROJECT	2	0	0	2	50		50
TOTAL MARKS = 500										

- **PG – M.A. (Psychology) – Two-Year Course**
- **Subject/Discipline: Psychology**
 - **First Year**
 - **Semester – II**

1. MAPSY-201 (MJR)

PAPER NAME- Developmental Psychology

- **Unit I: Introduction to Development**
- • Concepts and Theories of Development
- • Physical and Cognitive Development

- • Major Theorists of Development
 - **Unit II: Childhood and Adolescence**
 - • Language Development
 - • Emotional and Social Development
 - • Identity Development
 - **Unit III: Adulthood and Old Age**
 - • Personality Development
 - • Occupational and Family Roles
 - • Psychological Problems of Old Age
 - **Unit IV: Developmental Disorders**
 - • Intellectual Disability
 - • Learning Disorders
 - • Behavioral Problems
-

• **2. MAPSY-202 (MJR)**

PAPER NAME -Biopsychology

- **Unit I: Structure of the Nervous System**
- • Structure and Function of Neurons
- • Central and Peripheral Nervous Systems
- **Unit II: Brain and Behavior**
- • Major Brain Parts
- • Hormones and Behavior
- • Sleep and Dreaming
- **Unit III: Biological Basis of Sensation and Perception**
- • Visual and Auditory Systems
- • Taste and Smell
- **Unit IV: Biological Basis of Mental Disorders**
- • Depression
- • Schizophrenia

- Pharmacological Treatments

3. MAPSY-203 (MJR)

PAPER NAME - Statistics in Psychology

Unit I: Descriptive Statistics

- Mean, Median, Mode
- Standard Deviation
- Dispersion

Unit II: Correlation and Regression

- Pearson Correlation
- Spearman Rank Correlation
- Simple Regression

Unit III: Inferential Statistics

- t-Test
- ANOVA
- Chi-Square Test

Unit IV: Hypothesis Testing and Interpretation

- Null Hypothesis
 - Types of Error
 - Interpretation of Results
-

4. MAPSY-204 (MJR)

PAPER NAME -Foundations of Counseling Psychology

- **Unit I: Introduction to Counseling**
- Meaning and Purpose of Counseling
- Qualities of a Counselor

Unit II: Major Counseling Theories

- Carl Rogers' Client-Centered Approach
- Psychoanalytic Counseling
- Behavioral Counseling

Unit III: The Counseling Process

- Interview Techniques
- Problem Assessment
- Treatment Planning

Unit IV: Counseling in Special Areas

- School Counseling
- Marital and Family Counseling
- Career Counseling

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- **5. MAPSY-205P (DSCP-II)**
 - **Experimental-II (General Laboratory)**
 - Developmental Measurement Tests
 - Intelligence and Personality Tests

- Attitude Measurement
- Practical Practice in Statistical Analysis
- Case Study Presentation

6. Village Project

- Socio-Psychological Survey of a Village
- Analysis of Community Problems Identification
- Mental health awareness programs
- Report writing and presentation

REFERENCES

1.MAPSY–201: Developmental Psychology

References:

1. **Life-Span Development**
2. **Developmental Psychology**
3. **Child Development**
4. **Theories of Development**

2.MAPSY–202: Biopsychology

References:

1. **Biopsychology**
 2. **Physiological Psychology**
 3. **Neuroscience**
-

3.MAPSY–203: Statistics in Psychology

References:

1. **Statistics in Psychology and Education**
 2. **Fundamental Statistics for the Behavioral Sciences**
 3. **Statistical Methods**
-

4.MAPSY–204: Foundations of Counseling Psychology

References:

1. **Theory and Practice of Counseling and Psychotherapy**
 2. **Counseling and Psychotherapy**
 3. **Introduction to Counseling**
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YEAR – 2nd
SEMESTER -3rd

Name of Programme: P G- M.A.(PSYCHOLOGY)										
Subject/ Discipline: PSYCHOLOGY										
Sr no	Subject code	Sub-type	Subject Title				CRED ITS	Internal Marks	Exter nal Marks	Total Marks
				L	T	P				
1	MAPSY - 301	MJR	Cognitive Psychology	6	0	0	4	40	60	100
2	MAPSY - 302	MJR	Research Designs	6	0	0	4	40	60	100
3	MAPSY - 303	MJR	Counselling Psychology	6	0	0	4	40	60	100
4	MAPSY - 304	MJR	Child and Adolescent Counselling	6	0	0	4	40	60	100
5	MAPSY - 305P	DSCP-III	Practical-III GeneralLab	0	0	2	2		50	50
6	MAGEO - SEM306		Jurnalism and mass communication	2	0	0	2	50		50
TOTAL MARKS = 500										

1. MAPSY-301 (MJR)

PAPER NAME - Cognitive Psychology

Unit I: Introduction to Cognition

- Nature and Scope of Cognition
- Information Processing Models
- Attention

Unit II: Perception and Memory

- Theories of Perception
- Short-Term and Long-Term Memory
- Theories of Forgetting

Unit III: Thinking and Problem Solving

- Concept Formation
- Decision-Making
- Creativity

Unit IV: Language and Intelligence

- Language Development
- Theories of Intelligence
- Introduction to Artificial Intelligence

2. MAPSY-302 (MJR)

PAPER NAME -Research Designs

Unit I: Introduction to Research Design

- Meaning and Importance of Research Design
- Experimental and Quasi-Experimental Designs

Unit II : Types of Experimental Designs

- Unifactorial and Multifactorial Designs
- Randomized Control Group Designs
- Latin Square Designs

Unit III: Non-Experimental Designs

- Correlational Designs
- Survey Designs
- Longitudinal and Cross-sectional Studies

Unit IV: Ethics in Research

- Informed Consent
 - Confidentiality
 - Research Report Writing
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3. MAPSY-303 (MJR)

PAPER NAME -Counseling Psychology

Unit I: Concepts of Counseling

- Objectives and Process of Counseling
- Skills of a Counselor

Unit II: Major Counseling Theories

- Person-Centered Theory of Carl Rogers
- Psychoanalytic Approach of Sigmund Freud
- Behavioral Counseling

Unit III: Techniques of Counseling

- Interview Techniques

- Case Studies
- Group Counseling

Unit IV: Counseling for Specific Problems

- Stress Management
 - Marital Counseling
 - Addiction Recovery Counseling
-

4. MAPSY-304 (MJR)

PAPER NAME -Child and Adolescent Counseling

Unit-I: Childhood Problems

- Learning Problems
- Behavior Disorders
- Emotional Problems

Unit-II: Adolescence Challenges

- Identity Crisis
- Aggression
- Drug Abuse and Addiction

Unit-III: School Counseling

- Career Guidance
- Parent-Teacher Collaboration

- Mental Health Programs

Unit-IV: Counseling Techniques

- Play Therapy
 - Art Therapy
 - Behavior Modification Techniques
-

5. MAPSY-305P (DSCP-III)

Practical-III (General Laboratory)

- Memory and Attention Tests
- Intelligence and Personality Tests
- Counseling Case Studies
- Data Analysis and Report Writing

6. Journalism and Mass Communication

Unit-I: Introduction to Journalism and Development

Unit II: Print and Electronic Media

Unit III: Media and Psychology

Unit IV: Public Opinion Formation and Media Ethics

REFERENCES

1. MAPSY–301: Cognitive Psychology

References:

1. **Cognitive Psychology**
 2. **Cognitive Psychology**
 3. **Memory**
-

2. MAPSY–302: Research Designs

References:

1. **Research Design**
 2. **Designing and Conducting Research in Education**
 3. **Experimental and Quasi-Experimental Designs for Research**
-

3. MAPSY–303 & 304: Counseling & Child Counseling

References:

1. **Counseling Children and Adolescents**
 2. **The Skilled Helper**
 3. **Child Psychotherapy**
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SunRise
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YEAR – 2nd
SEMESTER -4th

Name of Programme : P G- M.A.(PSYCHOLOGY)											
Subject/ Discipline: PSYCHOLOGY											
Sr no	Subject code	Subject type	Subject Title					CREDIT S	Internal Marks	Extern al Marks	Total Marks
				L	T	P					
1	MAPSY - 401	MJR	Indian Psychology	6	0	0		4	40	60	100
2	MAPSY - 402	MJR	Applied Psychology	6	0	0		4	40	60	100
3	MAPSY - 403	MJR	Psychodiag nostics	6	0	0		4	40	60	100
4	MAPSY - 404	MJR	Vocational Psychology	6	0	0		4	40	60	100
5	MAPSY - 405P	DSCP-IV	Practical-IV	0	0	2		2		50	50
6	MAPSY -406		PROJECT WORK	2	0	0		2		50	50
TOTAL MARKS = 500											

1. MAPSY-401 (MJR)

PAPER NAME -Indian Psychology

Unit-I: Introduction to Indian Psychology

- Concepts of Indian Psychology
- Vedic and Upanishadic Thought
- Indian Philosophy and Mind

Unit-II: Yoga and Consciousness

- Concept of Mind in the Yoga Sutras of Patanjali

- Ashtanga Yoga
- Meditation and Samadhi

Unit-III: Theory of Personality and Soul

- Triguna Theory (Sattva, Rajas, Tamas)
- Soul and Karma Theory
- Psychological Thought in the Bhagavad Gita

Unit-IV: Mental Health from an Indian Perspective

- Balanced Lifestyle
- Spiritual Healing
- Indian Dimensions of Positive Psychology

2. MAPSY-402 (MJR)

PAPER NAME -Applied Psychology

Unit-I: Industrial and Organizational Psychology

- Employee Selection
- Training and Motivation
- Job Satisfaction

Unit II: Educational Psychology

- Learning Theory
- Intelligence and Achievement

- Counseling Services

- **Unit III: Health Psychology**

- Stress and Management
- Psychosomatic Illness
- Health Promotion

- **Unit IV: Sports and Criminology Psychology**

- Sports Performance
- Delinquent Behavior
- Correctional Programs

3. MAPSY-403 (MJR)

PAPER NAME - Psychodiagnostics

Unit I: Introduction to Psychological Testing

- Concepts of Testing
- Reliability and Validity
- Standardization

- **Unit II: Intelligence Testing**

- Wechsler Intelligence Scale
- Binet-Kamat Test

- **Unit III: Personality Testing**

- MMPI
- Projective Testing (TAT, Rorschach)

Unit IV: Clinical Assessment

- Case History
 - Mental State Testing (MSE)
 - Report Writing
-

4. MAPSY-404 (MJR)

PAPER NAME - Vocational Psychology

Unit I: Vocational Selection and Guidance

- Career Selection Theory
- Aptitude Testing
- Aptitude Testing

Unit II: Career Development Theory

- Super's Lifespan Theory
- Holland's Personality-Environment Theory

Unit III: Workplace Adjustment

- Work Stress
- Organizational Behavior
- Vocational Satisfaction

Unit IV: Counseling and Rehabilitation

- Career Counseling
 - Rehabilitation Psychology
 - Guidance for Persons with Special Needs
-

5. MAPSY-405P (DSCP-IV)

Experimental-IV

- Administration of Intelligence and Personality Tests
 - Aptitude and Aptitude Testing
 - Clinical Case Studies
 - Data Analysis and Report Presentation
-

6. MAPSY-406

Project Work

- Research Topic Selection
- Literature Review
- Data Collection and Analysis
- Research Report Writing
- Viva-Voce

REFERENCES

1. MAPSY–401: Indian Psychology

References:

1. Foundations of Indian Psychology
 2. Bhagavad Gita
 3. The Yoga Sutras of Patanjali
-

2. MAPSY–402: Applied Psychology

References:

1. Industrial and Organizational Psychology
 2. Educational Psychology
 3. Health Psychology
-

3. MAPSY–403: Psychodiagnostics

References:

1. Psychological Testing
 2. Handbook of Psychological Assessment
 3. MMPI-2 Manual
-

4. MAPSY–404: Vocational Psychology

References:

1. Career Choice and Development
2. Careers
3. Making Vocational Choices