SEMESTER-IV

PSYC14  Occupational Health Psychology  (Credit: 3+0+1)

Objectives:

1. To explain and critically evaluate the basic theories and research findings in the field of OIIP

2. To understand occupational stress & burnout, workplace aggression and violence, work family intersections and workaholism.
3. Apply those theories and research in creating healthier workplace.

4. To apply a problem solving approach to diagnosing occupational health problems and identifying potential solutions

Course Contents:

Unit 1: Occupational Health: An Overview  
Introduction in Occupational Health Psychology  (12 Lectures)

Unit 2:  
Occupational Stress: Antecedents, Outcomes and Interventions  
Burnout: Antecedents, Outcomes and Interventions  (14 Lectures)

Unit 3:  
Workplace Mistreatment: Antecedents, Outcomes and Interventions  (10 Lectures)

Unit 4:  
Work Family Intersection and Workaholism: Antecedents, Outcomes and Interventions  (12 Lectures)

Practicum based on topics in PSY C14

Reading List:


Blackwell Publishing.


**PSY SPL1.A Training and Development (Credit: 4+0+1)**

**Objectives:**

1. To understand the role of training as a tool for organizational goal attainment.
2. To develop training modules for different organizational needs.
3. To develop the required skills as a trainer.
Course Contents:

Unit 1: (12 Lectures)
Training Process—An overview, role, responsibilities and challenges to Training Managers; organization and Management of Training Function, principles underlying training. Training Needs Assessment and Action research

Unit 2: (12 Lectures)
Instructional objectives and lesson planning; Learning process; Training climate and pedagogy; Developing training Modules

Unit 3: (12 Lectures)
Training Methods and Techniques; facilities planning and training aids; training communication

Unit 4: (12 Lectures)
Training Evaluation; training and development in India

Practicum based on topics in PSY SPL1.A

Reading List:


PSY SPL1.B Clinical Psychology: Prevention and Interventions

(Credit: 4+0+1)

Objectives:

1. To acquaint students with various manifestations of Psychopathology.
2. To impart knowledge and skills required for diagnosis of Psychopathological conditions.
3. To introduce students to the different perspectives and models regarding the causation of mental illness and dysfunctional behaviour and to highlight the contribution of these approaches to the pathogenesis of a wide range of mental and behavioural disorders.

Course Contents:

Unit-1 (8 Lectures)
Nature and scope of clinical psychology. Goals and limitations of Psychotherapy. Role of psychotherapist, Therapeutic relation

**Unit- 2**

(18 Lectures)

Psychoanalysis as a therapeutic technique. Behaviour modification: Systematic desensitization, Aversion therapy, Assertive training, Modelling. Application of these therapies for different maladaptive behaviour.

**Unit- 3**

(15 Lectures)


**Unit- 4**

(7 Lectures)

Yoga and meditation, Community psychiatry, Hospital care.

**Practicum based on topics in PSY SPL1.B**

**Reading List:**


**PSY OPE2.0 Youth Psychology**

(Credit: 3+1+0)

**Objective:**

To help students understand the notion of youth, youth across cultures, the factors influencing youth identity and sensitivity to issues concerning the youth of today.
Course Contents:

Unit 1:  
**Introduction:** Defining youth; Youth across cultures; Formulation of youth identity; Concerns of youth in Indian context.  
(8 Lectures)

Unit 2:  
**Youth development and Relationships:** Relationship with family members and friends; Romantic relationships; Youth culture: Influence of globalization.  
(8 Lectures)

Unit 3:  
**Today’s Youth: Issues and challenges:** Youth and risk behaviors; Employment and education  
(8 Lectures)

Unit 4:  
**Developing Youth:** Positive youth development; Building resources: Hope, Optimism, and Resilience  
(8 Lectures)

Reading List:

- Conidis, I. A. (2010). Family ties and aging, Sage. (Chapters 8 & 10)

**PSY DPW Project/Dissertation (Credit: 2+1+3)**

Dissertation will be compulsory for all the students of final semester. Dissertation will carry 100 marks. The project work will start from the beginning of third semester and will be completed by the end of fourth semester (one year). There shall be a seminar presentation at the end of the fourth semester. Evaluation will be based on the written dissertation report, seminar presentation and guide’s evaluation as per University Rules and Regulations.

(OTHER OPTIONS FOR OPE):

**PSY OPE 2.1 Community Psychology (Credit: 3+1+0)**

Objective:

1. To acquaint the students about the history & present status of community mental health services.
2. To develop a community based orientation towards mental health.
Course Contents:

Unit 1: (8 Lectures)
Historical and social contexts of community psychology: concept, evolution and nature of community mental health.

Unit 2: (8 Lectures)
Models of mental health services: mental, social, organizational and ecological

Unit 3: (12 Lectures)
Community mental health intervention and community based rehabilitation (CBR): Issues, principles and programmes; evaluation of CBR; training the para-professional and non-professionals.

Unit 4: (4 Lectures)
Community mental health in India: Issues & challenges

Reading List

PSY OPE 2.2 Geropsychology (Credit: 3+1+0)

Objective:
1. To understand the problems experienced by the elderly in the developed and developing regions of the world.
2. The role of government policies on aging.
3. To develop methodological strong research base for aging issues.

Course Contents:

Unit 1: (8 Lectures)
Demographics—birth and death rates, sex ratio, dependency ratio, life expectancy, demographic transition, changes in age structure, disability and morbidity patterns. Population aging in the developed and developing world and its impact on the individual and society.

Unit 2: (8 Lectures)
Methodological issues of aging research- age, cohort-period, life span development, cross-section, longitudinal, sequential strategies. Need of elderly- basic, physiological, psychological, social and economic status.

Unit 3: (8 Lectures)

Age associated diseases and their manifestations- osteoporosis, arthritis, hypertension, sensory dysfunctions, hormonal changes and their effects. Psychological disorders in later life depression, dementia, panic disorders, phobic disorders, obsessive-compulsive disorders, syndromes of dependence and abuse involving alcohol and other drugs and mood disorders

Unit 4: (8 Lectures)

National policy on aging and parent maintenance act, types of care-formal and informal, caregivers stress and its management, psychological services of the elderly and institutional services.

Reading List:


