Department of Psychology

Kumaun University, Nainital

M.A. Psychology Syllabus

w.e.f. July, 20

(Department of Psychology)

The students enrolled for M.A. course in Psychology, Department of Psychology will be offered various courses/papers (of total 80 credits) during the four semesters. The various courses/papers offered during the first two semesters (first year of the study) will be of compulsory nature that aims to equip the students to undergo higher studies in the area of psychology. In the first semester the students will be offered four compulsory theory papers (each of 4 credits; total 16 credits) and a practical course based on the theory papers (4 credits). The course during the first semester is of 20 credits. In the second semester there will be four compulsory papers (each of 4 credits; total 16 credits) and a compulsory practical paper (of 4 credits) based on the theory papers. The course during the second semester is of 20 credits.

During the third semesters (the second year of the study) the students will have to go through two compulsory theory papers (each of 4 credits; total 8 credits) and they will be required to choose any two theory papers (each of 4 credits) among the available courses/papers (refer to the course structure for details). During this semester students will be required to study a compulsory open elective paper of 2 credits from other streams/subjects in addition to compulsory practical paper of 4 credits. The total credit of the course during the third semester is 22. In the last semester (IV semester) students will opt any two elective papers from the available courses/papers (each of 4 credits) in addition to the compulsory papers of practical (4 credits) and research project/ dissertation (4 credits). The students will also be required to select a 2 credit course from the subject other than psychology. The total course credit of this semester is 18.

The specific courses offered in third and fourth semester will be announced by the Department immediately prior to that semester based on the availability of expertise, number of teachers, choices given by the students and any other relevant factor. The decision to offer elective
(optional courses) in the third and fourth semester and the minimum and maximum intake in the specific courses will be taken by the departmental council of the Department of Psychology. Thus, the availability of the courses/papers during the third and fourth semesters may vary from session to session and it is not mandatory for the department to offer all courses/papers listed for these semesters.

**Note:** *M.A. Psychology students will opt a total of 4 credit papers from the other Department of the Faculty.*

### M.A. SEMESTER – I

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of Paper</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPS-101</td>
<td>Cognitive and Affective processes</td>
<td>04</td>
</tr>
<tr>
<td>CPS-102</td>
<td>Contemporary Issues of Social Psychology</td>
<td>04</td>
</tr>
<tr>
<td>CPS-103</td>
<td>Psychological Statistics</td>
<td>04</td>
</tr>
<tr>
<td>CPS-104</td>
<td>Research Methodology-I</td>
<td>04</td>
</tr>
<tr>
<td>CPS-105</td>
<td>Practical</td>
<td>04</td>
</tr>
</tbody>
</table>

### M.A. SEMESTER – II

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of Paper</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPS-201</td>
<td>Psychology of Learning and Memory</td>
<td>04</td>
</tr>
<tr>
<td>CPS-202</td>
<td>Social Psychology</td>
<td>04</td>
</tr>
<tr>
<td>CPS-203</td>
<td>Applications of Statistics in Psychology</td>
<td>04</td>
</tr>
<tr>
<td>CPS-204</td>
<td>Research Methodology-II</td>
<td>04</td>
</tr>
<tr>
<td>CPS-205</td>
<td>Practical</td>
<td>04</td>
</tr>
</tbody>
</table>

### M.A. SEMESTER – III

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of Paper</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPS-301</td>
<td>Conceptual Approaches of Personality</td>
<td>04</td>
</tr>
<tr>
<td>EPS-302</td>
<td>Child Development</td>
<td>04</td>
</tr>
<tr>
<td>EPS-303</td>
<td>Psychopathology-I</td>
<td>04</td>
</tr>
<tr>
<td>Paper No.</td>
<td>Title of Paper</td>
<td>Credit</td>
</tr>
<tr>
<td>-----------</td>
<td>-------------------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>EPS-304</td>
<td>Foundation of Clinical Psychology</td>
<td>04</td>
</tr>
<tr>
<td>EPS-305</td>
<td>Organizational Behaviour</td>
<td>04</td>
</tr>
<tr>
<td>EPS-306</td>
<td>Human resource Management</td>
<td>04</td>
</tr>
<tr>
<td>CPS-307</td>
<td>Practical</td>
<td>04</td>
</tr>
<tr>
<td>OPS-308</td>
<td>Applications of Psychology in Human Life</td>
<td>02</td>
</tr>
</tbody>
</table>

**M.A. SEMESTER – IV**

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of Paper</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPS-401</td>
<td>Dissertation</td>
<td>04</td>
</tr>
<tr>
<td>EPS-402</td>
<td>Psychopathology-II</td>
<td>04</td>
</tr>
<tr>
<td>EPS-403</td>
<td>Psychotherapies</td>
<td>04</td>
</tr>
<tr>
<td>EPS-404</td>
<td>Stress Management in organization</td>
<td>04</td>
</tr>
<tr>
<td>EPS-405</td>
<td>Organizational Communication</td>
<td>04</td>
</tr>
<tr>
<td>EPS-406</td>
<td>Practical</td>
<td>04</td>
</tr>
<tr>
<td>OPS-407</td>
<td>Health Psychology</td>
<td>02</td>
</tr>
</tbody>
</table>

**Abbreviations:**

**CPS:** Core course Psychology

**EPS:** Elective course Psychology

**OPS:** Open Course Psychology

**Papers offered in Credit Transfer Programme in Psychology**

The following papers in Psychology are being offered to Master students of other Departments/Faculty.

<table>
<thead>
<tr>
<th>Paper No.</th>
<th>Title of Paper</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPS-308</td>
<td>Applications of Psychology in Human Life</td>
<td>02</td>
</tr>
<tr>
<td>OPS-407</td>
<td>Health Psychology</td>
<td>02</td>
</tr>
</tbody>
</table>
M.A. SEMESTER-I

CPS-101  Cognitive and Affective processes  Credits- 4


UNIT-III  **Approaches and Theories of Perception:** Physiological, Gibsonian, Information Processing, Gestalt and Behaviouristic approaches or theories.

UNIT-IV  **Motivation:** Definition, Types of motives: Biogenic and sociogenic motives. Theories Of motivation: Maslow’s need hierarchy theory, Herzberg’s two factor theory, Mc Cleland’s need theory. Measurement of motives.


UNIT-VI  **Psychophysics:** Nature and Meaning of Psychophysics. Methods of Psychophysics, Signal Detection theory.

**Books Recommend:**

1. त्रिपाठी, एन. बी.(1999).आधुनिक प्रायोगिक मनोविज्ञान आगरा: भारत वुक हाउस
2. सिंह, आर.एन., एवं भारद्वाज, एस.एम.,(2010). उच्च प्रायोगिक मनोविज्ञान, आगरा: अयत्राल पत्रिकेशन
3. अविद्यु, रहमान., सामान्य मनोविज्ञान, दिल्ली: मोतीलाल बनरसीदास
4. सिंह, ए.के.,(2000)उच्चतर सामान्य मनोविज्ञान, दिल्ली: मोतीलाल बनरसीदास

CPS-102 Contemporary Issues of Social Psychology Credits-4

UNIT-I Social Psychology: Definition and focus of Social Psychology, Historical Roots of Social psychology, Research methods in Social psychology: Systematic Observation, Correlation method, Experimental method, Sociometry, Present trend in Social psychology


UNIT-III Attitude and Attitude change: definition, components of attitude, formation of attitude, theories of attitude change, measurements of attitude.

UNIT-IV Prosocial Behavior: definition altruism and pro social behavior, determinates of helping behavior, By standard effect, theories of helping behaviors.

UNIT- V Social Influence: Social Influence process, Conformity, Compliance, Specific Compliance, techniques obedience.

Recommended books-

6. त्रिपाठी, एल. बी. (1992), आधुनिक सामान्य मनोविज्ञान, आगरा : साइकोलॉजिकल कार्यपोर्टेशन
7. सिंह, ए.के. (2002) समाज मनोविज्ञान की रूपरेखा दिल्ली: मोतीलाल बनर्जीदास
CPS-103 Psychological Statistics Credits-4

UNIT-I Measures of Central Tendency: Calculation of Mean, Median and Mode. Properties of mean, median and mode and when to use mean, median and mode.

UNIT-II Measures of Variability: Calculation of Quartile Deviation and Standard Deviation. Coefficient of variation. When to use various measures of variability.


UNIT-IV Partial and Multiple Correlation: Meaning of Partial and Multiple Correlation, Multiple Correlation involving three variables. The significance of partial r. partial regression coefficient and Multiple R.

UNIT- V Regression and Prediction: Meaning and nature of regression. Regression equation in score form and regression equation in deviation form

Recommended books-


6. गुप्ता., एस. पी., (2005)सांख्यिकीय विधियाँ,इलाहाबाद : शारदा पुस्तक मंडिर

7. कपिल, एच. के., सांख्यिकीय के मूल तत्व, आगरा : विनोद पुस्तक मंडिर

8. अस्थाना, वी., (2009) मनोविज्ञान एवं शिक्षा में सांख्यिकीय, आगरा : अग्रवाल प्रकाशन
CPS-104  Research Methodology-I  Credits-4


UNIT-IV  Research Design: Nature of research design. Purpose of research design. Criteria of research design. Types of research design.

UNIT- V  Main Research Designs (Theoretical Aspects): Within group design, between group design, factorial design, quasi-experimental design.

Books Recommended –

2. Broota, K.D., (1992), Experimental design in behavioral research, N.Delhi: Wiley eastern,
5. सिंह, ए. के. (1997) मनोविज्ञान, समाजशास्त्र तथा शिक्षा में शोध विधियाँ दिल्ली: मोतीलाल बनर्जी प्रकाशन
6. त्रिपाठी, ए. ल., अनुसन्धान विधियाँ आगरा: मार्मिक प्रकाशन
7. हकीम, ए. म., एवं अस्थाना, वी., (1994) मनोविज्ञान शोध विधियाँ, आगरा: विनोद पुस्तक मंडिर
Any five from the following

1. Perceptual defense/vigilance
2. Temporal perception
3. Phi-phenomenon
4. Emotional maturity scale
5. Need for achievement
6. Person perception
7. Pro-social behavior
8. Social conformity
9. Cooperation and competition
10. Experiential deprivation

M. A. SEMESTER- II

CPS-201  Psychology of Learning and Memory  Credits-4


UNIT-II  Theories of Learning: Thorndike, Tolman, Hull, Skinner and Guthrie.


Recommended Books:

1. त्रिपाठी, एल. बी., (1999). आधुनिक प्रायोगिक मनोविज्ञान आगरा: भारतबुक हाउस
2. सिंह, आर.एन., एवं महाराज, एस. एन., (2010). उच्चप्रायोगिक मनोविज्ञान, आगरा: अय्याल प्रकाशन
3. अतिवीर्ण, रघुनाथ, सामान्य मनोविज्ञान, विल्ली: मोतीलाल बनर्जी प्रकाशन
e. सिंह, ए.के., (2000) उच्चतर सामान्य मनोविज्ञान, विल्ली: मोतीलाल बनर्जी प्रकाशन

CPS-202 Social Psychology Credits-4

UNIT-I Attribution: definition of Attribution. Internal and external factors in attribution. Theories of attribution. Application of attribution theory.

UNIT-II Aggression: Nature of aggression. Theories of aggression; Instinct theory, Frustration – aggression theory, modified frustration theory, social learning theory. Prevention and control of aggression.

UNIT-III Culture & Personality: meaning of culture, type of culture. Meaning of personality relation between culture and personality.


Book recommended-

4. त्रिपाठी, एल. बी., (1992). आधुनिक सामाजिक मनोविज्ञान आगरा: नेशनल साइंटिफिक आर्टिकल कार्पोरेशन
CPS-203 Applications of Statistics in Psychology Credits-4


UNIT-II Significant of Mean and other Statistics: Meaning of statistical inference. Significance of mean, r, and σ. Computation of t-values for independent and dependent samples. Level of significance. Type I and Type II errors in inference making.

UNIT-III Analysis of Variance: One way and two way.

UNIT-IV Nonparametric test: Chi-square, Median test, Mann-Whitney U test.


Book Recommended-


6. गुला., ए. ए., (2005) सांख्यिकीय विधियाँ, इलाहाबाद : शारदा पुस्तक मंदिर

**CPS-204 Research Methodology Credits-4**

**UNIT-I**  
**Non-experimental Research:** Meaning and characteristics of non-parametric research. Difference between experimental and non-experimental research. Types of non-experimental research: Survey research, Field studies, and Action research.

**UNIT-II**  
**Cross-cultural Research:** Meaning, nature and characteristics of cross-cultural research. Difference between intra-cultural and cross-cultural research. Methods of cross-cultural research. Merits and demerits of cross-cultural research.

**UNIT-III**  
**Sampling:** Meaning and purpose. Probability and non-probability sampling techniques. Biases in sampling.

**UNIT-IV**  
**Method of Data Collection:** Experimental, Interview, Observation, Questionnaire and Sociometry.

**UNIT-V**  
Report Writing and Ethical Issues in Psychological Research. Qualitative Analysis.

**Book Recommended:**

2. Broota, K.D. (1992), *Experimental design in behavioral research*, N. Delhi: Wiley eastern,

CPS-204 Research Methodology Credits-4

**UNIT-I** Non-experimental Research: Meaning and characteristics of non-parametric research. Difference between experimental and non-experimental research. Types of non-experimental research: Survey research, Field studies, and Action research.


**UNIT-IV** Method of Data Collection: Experimental, Interview, Observation, Questionnaire and Sociometry.

**UNIT-V** Report Writing and Ethical Issues in Psychological Research. Qualitative Analysis.

**Book Recommended:**

2. Broota, K.D. (1992), *Experimental design in behavioral research*, N. Delhi: Wiley eastern,
### CPS-205

**Practical**

**Credits-4**

Any five from the following

1. Serial learning
2. Short-term memory
3. Long-term memory
4. Measurement of PI/RI
5. Ziegarnik effect
6. Attitude change
7. Measurement of stereotypes/prejudice
8. Interpersonal attraction
9. Moral values
10. Effect of success on group cohesiveness

### M. A. SEMESTER-III

**CPS-301**

**Conceptual Approaches of Personality**

**Credits-4**

#### UNIT-I

**Introduction:** Meaning of personality; Theoretical approaches to personality. Type approach & Trait Approach. Determinants of Personality Biological or Physical determinants. Psychological determinants. Social determinants.

#### UNIT-II

**Measurement of Personality:** Personality Inventory. Projective methods. Observational methods.

#### UNIT-III

**Psychoanalytical:** Freud, Adler, Jung, & Neo-Freudian. (Horney, Sullivan and Fromm)

#### UNIT-IV

**Dispositional approaches:** Allport, Cattell and Eysenck, Big Five Theory.

#### UNIT- V

**Behavioural and cognitive approach:** Mischel and Skinner,

#### UNIT- VI

**Phenomenological approach:** Rogers and Maslow.

### Books Recommended

1. मिंह, ए. के., व्यक्तित्व का मनोविज्ञान, दिल्ली मोतीलाल बनारसीदास
2. श्रीवास्तव, आर. जी., व्यक्तित्व का मनोविज्ञान, दिल्ली मोतीलाल बनारसीदास

3. भाकुला, ए., व्यक्तित्व: संप्रत्यय, मिद्धान्त एवं निर्धारक, दिल्ली राधा प्रकाशन


CPS-302

Child Development

Credits-4

UNIT-I

Concept of development: Principles of growth, maturation and development; Developmental stages.

UNIT-II

Determinants of development: Biological and socio-cultural.

UNIT-III

Prenatal development: Stages and factors affecting it.

UNIT-IV

Development during infancy: Physical and motor development; Sensory and perceptual development; Language, emotional and social development.

UNIT-V

Development during childhood: Cognitive, social, emotional, moral and emergence of self.

Books Recommended


5. भट्ट, जी., (1990) विकासात्मक मनोविज्ञान दिल्ली: दिल्ली यूनिवर्सिटी

CPS 303

Psychopathology-I

Credit-4

UNIT-I


UNIT-II

Classifications in Psychopathology: (I) WHO Classification (ICD-10), and


**Book Recommended**-

9. सिंह, ए. के., (2002) आधुनिक असामान्य मनोविज्ञान नई दिल्ली : मोतीलाल बनारसीदास

**CPS 304**  **Fundamental of Clinical Psychology**  **Credit-4**

UNIT-I  **Introduction**: Brief history and scope of clinical psychology. Definition and nature of clinical psychology. Role of clinical psychologists. Issues in profession of clinical psychology.

UNIT-II  **Perspectives of Clinical Psychology**: Motivational perspective, adaptational perspective, and ecological perspective.

UNIT-III  **Clinical Assessment**: Meaning and nature of clinical assessment. Purpose of clinical assessment. Stages of clinical assessment. Meaning, nature, types, and
stages of clinical interview.

UNIT-IV  **Test in Clinical Use:** Role of psychological test in psycho-diagnosis. Different tests in clinical use: WAIS, MMPI, TAT. Rorschach test.

UNIT- V  **Neuropsychological Assessment:** Meaning and purpose of neuropsychological assessment. Concept of minimal brain dysfunction. Techniques of neuropsychological assessment.

**Book Recommended:**

4. सिंह, ए. के., (2002) उच्चतर नैदानिक मनोविज्ञान, नई दिल्ली : मोतीलाल बनारसीदास
5. सिंह, आर. पी., (1981) नैदानिक मनोविज्ञान आगरा: बिनोंद पुस्तक मंदिर
6. कपिल, एच. के., आधुनिक नैदानिक मनोविज्ञान आगरा : भारतव पब्लिकेशन

<table>
<thead>
<tr>
<th>EPS-305</th>
<th><strong>Stress Management</strong></th>
<th>04 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIT-I</td>
<td><strong>Organizational stress:</strong> Concept - different perspectives, symptoms, individual factors influencing job stress.</td>
<td></td>
</tr>
<tr>
<td>UNIT-II</td>
<td><strong>Causes of job stress:</strong> Personal characteristics, organizational structure and change, properties of work and work setting, job role, machine pacing and shift work.</td>
<td></td>
</tr>
<tr>
<td>UNIT-III</td>
<td><strong>Consequences of job stress:</strong> Job behaviour, job satisfaction, performance, absenteeism; health strains- physical illness, mental/ psychological symptoms.</td>
<td></td>
</tr>
<tr>
<td>UNIT-IV</td>
<td><strong>Stress management interventions</strong> Individual centered- cognitive, behavioural, and physical. Organization centered-preventing, mitigating and moderating organizational stressors.</td>
<td></td>
</tr>
<tr>
<td>UNIT- V</td>
<td><strong>Coping with stress:</strong> Types of coping strategies.</td>
<td></td>
</tr>
</tbody>
</table>
Books Recommended -


CPS – 306 Organizational Behaviour Credit-4

UNIT-I Introduction: Historical developments in OB, the organizational system; structural characteristics of organizations; organizational designs; challenges and opportunities for organizational behavior.

UNIT-II Leadership: Trait, behavioural, contingency, and contemporary theories; leadership styles and skills, contemporary issues in leadership


UNIT-IV Conflict and negotiation: Intra-individual, interpersonal, and inter-group conflicts; conflict process; Negotiation strategies and process.

UNIT- V Organizational culture: Nature and types; developing and maintaining organizational culture and customer responsive culture; promoting ethics in organizational culture.

Recommended Books:


CPS-307 Practical 04 Credits

Students are required to conduct any five practical from the following:

1. 16 PF
2. Alienation
3. Locus of control
4. Emotional maturity
5. Self-esteem/ self-concept/ Self-efficiency
6. Administration of a test of vocational interest
7. Administration of a test of aptitude
8. Administration of a test of values

OPS-308 Application of Psychology in Human Life Credits -02

UNIT-I Applied psychology: nature and scope.
UNIT-II Mental health and well-being: Concept and indicators; techniques for improving mental health and well-being.
UNIT-III Stress: Concept, stress disorders, coping strategies
UNIT-IV Psychological Interventions for Social problems: Prejudice, social conflicts, crime & delinquency, drug addiction

Books Recommended:

1. रस्तोिी, जी. डी., व्यािहाररक मिो आिरा: भािगि पत्रललक े शि
2. सिंह, ए. पी., व्यािहाररक मिो, िई दिल्ली : िर्यसन

M. A. SEMESTER-IV

CPS-401  Dissertation  Credit-4
EPS-402  Psychopathology-II  Credit-4

UNIT-I  Schizophrenia and Delusional Disorders: Types, Symptoms and etiology of schizophrenia and paranoia.
UNIT-II  Mood Disorders: Etiology and symptoms of Uni- polar and bi-polar disorders.
UNIT-III  Personality Disorders: Meaning and types of personality disorders. Etiology of impulsive, control disorders, substance related disorders (Alcoholic, and Nicotine), Sexual disorders.
UNIT-IV  Organic Mental Disorder: Clinical features of organic mental disorders, organic system syndrome, delirium, dementia and Alzheimer.
UNIT- V  Mental Deficiency: Meaning Nature, Types, Etiology, Treatment and prevention of mental deficiency. Deference between Mental deficiency and Mental disorder

Book Recommended-

9. सिंह, ए. के., (2002) आधुनिक असामान्य मनोविज्ञान नई दिल्ली : मोतीलाल बनारसीदास

EPS-403 Psychotherapies Credit-4

UNIT-I Introduction: Meaning and nature of psychotherapy, goals of psychotherapy, types of psychotherapy, needs of psychotherapy, role of client-therapist relationship.

UNIT-II Psychoanalytic Therapy: Meaning and historical perspective, goals of psychoanalytic therapy, Freudian psychoanalytic therapy and its evaluation.


UNIT-IV Cognitive Behaviour Therapy: Meaning and nature, Types of cognitive behaviour therapy- Rational emotive therapy, Beck’s Cognitive therapy, Stress inoculation therapy, Social problem solving.

UNIT-V Humanistic-Existential Therapy: Nature and goals of humanistic-existential therapy, Client-centered therapy, Gestalt therapy, Logo therapy, Existential therapy, Evaluation of humanistic-existential therapy.

Book Recommended-

5. सिंह, ए. के., (2002) उद्धतर नैदानिक मनोविज्ञान, नई दिल्ली : मोतीलाल बनारसीदास
6. सिंह, आर.पी., (1981) नैदानिक मनोविज्ञान आगरा: विनोद पुस्तक मंडिर
7. कपिल, एच. के., आधुनिक नैदानिक मनोविज्ञान आगरा : भारत प्रकाशन
ECPS 404 Human Resource Management Credit-4

UNIT-I **Fundamentals of HRM:** Foundation, nature, functions. HRM in changing environment – strategic human resource management

UNIT-II **Acquisition of human resource:** Planning, assessment of demand, job analysis, selection process.

UNIT-III **Training and development:** Socialization of employees, determining training needs, methods/techniques of training and development, evaluation of training programs.

UNIT-IV **Performance appraisal:** Performance appraisal system, process and methods of appraisal, distortion in appraisal, creating effective appraisal systems.

UNIT- V **Motivation and reward management:** Theoretical perspectives, establishing pay structure, incentives and compensational plans.

**Recommended Books:**


ECP- 405 Organizational Communication Credit-4

UNIT-I **Conceptual framework:** Meaning and process of communication, perspectives; direction of communication flow, communication barriers.
UNIT-II  **External communication:** Environmental scanning; management of external communication.

UNIT-III  **Interpersonal communication:** needs perspective, transactional analysis, Johari window; role of symbols, media and information technology, choosing among media; communication networks.

UNIT-IV  **Non-verbal communication:** Dimensions and functions of non-verbal communication; cultural differences in nonverbal communication.

UNIT-V  **Communication for organizational effectiveness:** Persuasion and influence, counselling, listening, orientation and feedback, conducting effective interviews, effective oral presentations.

**Recommended Books**-


**CPS- 406**

**Practical credits-4**

Students are required to conduct any five practical from the following:

1. WAIS (Performance/ Verbal)
2. MMPI
3. TAT
4. Rorschach
5. Anxiety Scale/ Death Anxiety
6. Depression
7. Reaction to frustration
8. EPQ/ EPI
OPS-407  Health Psychology  Credit-2

UNIT-I  **Health and wellbeing:** Concept and indicators, medical and bio-psycho-social models of health, Goals of health psychology, approaches to health.

UNIT-II  **Health behaviour:** Role of behavioural factors in disease and disorders; Changing health habits;

UNIT-III  **Stress and coping:** Conceptual models, Stress born health problems; coping strategies.

**Recommended Books:**