

<b>SEMESTER III</b>			
<b>Allied III</b>		<b>Psychological Statistics - I</b>	
<b>Code:18UPSA31</b>	<b>Hrs/Week:4</b>	<b>Hrs/Sem: 60</b>	<b>Credits: 3</b>

**Vision:**

To introduce the students to the world of research in psychology

**Mission:**

To develop an understanding about the various statistical measures used in psychological research.

<b>CO.No.</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSO addressed</b>	<b>CL</b>
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a good knowledge about the research field by understanding statistics.	7	Cr
CO-8	develop a good research aptitude among students.	7	Cr

SEMESTER III			
Allied III	Psychological Statistics - I		
Code:18UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credits: 3

### Unit I Introduction

Meaning and definition of statistics – origin, growth and characteristics – applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

### Unit II Data Classification & Frequency Distribution

Classification and Tabulation: Objectives – types of classification – formation of continuous frequency distribution – uses of tabulation – parts of a table – types of tables – simple and complex tables – general purpose and special purpose tables; Diagrammatic and graphic Representation: General rules for construction– uses –Types - limitations of diagrams and graphs

### Unit III Probability and Its Applications

Definition – Computation of probability – Set theory: Set, Subset, Equal sets, Proper subset, Empty set – Complement of set, Union, intersection, disjoint and universal set – Theorems of probability

### Unit IV Descriptive Statistics

Averages: Concepts– requisites of a good average –mean, median and mode –merits and demerits – numerical computations; Dispersion: Concepts – types of measures– merits and demerits – numerical computations

### Unit V Sampling and Theoretical Distributions

Concept of population and sample – census – requisites of a sample - Random & Non Random sampling methods– sampling and non-sampling errors; Poisson and normal distributions – Skewness and kurtosis

### Textbooks

1. Verma, J. P., &Ghufran, M. (2012). *Statistics for Psychology: A comprehensive text*. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979)*Statistics in Psychology and Education*, 9th Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

### Books for Reference

1. Gupta, S.P. (2006)*Statistical Methods*, New Delhi: Sultan Chand and Sons.
2. Howell, D.C. (2002) *Statistical Methods for Psychology*, 5th edition, Australia Duxbury Publishers.
3. Howell, D.C. (2002) *Statistical Methods of Psychology*. 5th edition. Australia, Duxbury Publishers.
4. Minium, E.W., King B.M. and Bear. G. *Statistical Reasoning in Psychology and Education* N.Y: john wiley& sons, end 2001.
5. Gravetter F.J. and Wallnay L.B. *Essentials of statistics for the Bahavioural Sciences*. N.Y. West Publishing com., 1995.

SEMESTER IV			
Allied IV	Psychological Statistics II		
Code:18UPSA41	Hrs/Week:4	Hrs/Sem: 60	Credits: 4

**Vision:**

To introduce the students to the world of research in psychology

**Mission:**

To develop an understanding about the various statistical measures used in psychological research.

**Course Outcome**

CO.No.	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a scientific society	7	Cr
CO-8	develop a knowledge that makes them true researchers and solve society's problems	7, 8	Cr

SEMESTER IV			
Allied IV	Psychological Statistics II		
Code:18UPSA41	Hrs/Week:4	Hrs/Sem: 60	Credits: 4

### Unit I Inferential Statistics: Parametric and Non Parametric Tests

Parametric and Non-parametric tests: Meaning – Rules of using – Chi-square and contingency coefficients: Meaning and assumptions – numerical computations - Correlation and Regression: Meaning– correlation and regression coefficients – numerical computations;

### Unit II Analysis of Variance

One way analysis of variance, Two way analysis of variance.

### Unit III Testing of Hypothesis

Testing of hypothesis – Meaning - Types, Type 1 & 2 errors, level of significance, one tailed and two tailed tests, t test, z test, test of significance

### Unit IV Inference Estimation

Introduction – Theory of estimation – point estimation, interval estimation – Confidence interval – Factors affecting confidence interval – Confidence intervals for mean, population mean and proportion

### Unit V Research Design in Psychology

Types – Design – Principles of design – Methods of research – Experimental design

### Textbooks

1. Verma, J. P., &Ghufran, M. (2012). *Statistics for Psychology: A comprehensive text*. Tata McGraw Hill Education, New Delhi.
2. Garrett, H.E. (1979)*Statistics in Psychology and Education*, 9th Indian Reprint, Bombay, wakils, Feffer and Simons Pvt. Ltd.

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1. Gupta, S.P. (2006) *Statistical Methods*, New Delhi: Sultan Chand and Sons.
2. Howell, D.C. (2002)*Statistical Methods for Psychology*, 5th edition, Australia Duxbury Publishers.
3. Howell, D.C. (2002) *Statistical Methods of Psychology*. 5th edition. Australia, Duxbury Publishers.
4. Minium, E.W., King B.M. and Bear. G. *Statistical Reasoning in Psychology and Education* N.Y: john wiley& sons, end 2001.
5. Gravetter F.J. and Wallnay L.B. *Essentials of Statistics for the Bahavional Sciences* N.Y. West Publishing com., 1995.

<b>SEMESTER IV</b>			
<b>Skill Based Elective Inner Child Healing</b>			
<b>Code:18UPSS41</b>	<b>Hrs/Week: 4</b>	<b>Hrs/Sem: 60</b>	<b>Credits: 4</b>

**Vision:**

To introduce the students to the concept of inner child.

**Mission:**

To make the students aware of the impact of childhood experiences and help them overcome it.

**Course Outcome**

<b>CO.No.</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSO addressed</b>	<b>CL</b>
CO-1	learn the basic concepts and principles of inner child journey	3	Re
CO-2	compare and contrast the various issues related to inner child	3,4	Un
CO-3	apply knowledge about Inner Child Work	3	Ap
CO-4	analyze the need of knowledge of Early Child Experiences	3	An
CO-5	evaluate the means of developing a Positive Belief System	3	Ev
CO-6	create new theories and Concepts of Healing the Inner Child	3, 8	Cr
CO-7	inner child healing as a psychological therapy.	3	Cr
CO-8	developing new therapy	3	Cr

<b>SEMESTER IV</b>			
<b>Skill Based Elective Inner Child Healing</b>			
<b>Code:18UPSS41</b>	<b>Hrs/Week: 4</b>	<b>Hrs/Sem: 60</b>	<b>Credits: 4</b>

### **Unit I An Introduction to Inner Child Journey.**

Meeting your inner child, Born to shine, The impact of Early childhood,

### **Unit II Relationships within the Family**

Self - assessment, Child Abuse, Mind locks, Why are you treated the way you are?

### **Unit III Inner Child Work**

Reclaiming the your Infant, Toddler, Pre-school, School age, Adolescent .

### **Unit IV Dumping the Negative Garbage.**

Finding the Nurturing Parent, Toxic Shame, Healing the Wounds of Childhood, Fear of Intimacy, Self-Forgiveness, Forgiving others, self-affirmations.

### **Unit V Re-parenting Ourselves**

Psychological Meaning for Underlying Diseases, Reparenting Exercise, Dialoguing with your Inner Child, Positive Belief System.

### **Text Book and Book for Reference**

*1. Healing the Inner Child,*

Compiled by Sundar Wilson OFM Cap.,

Anugraha Publication, Dindigul.

<b>SEMESTER V</b>			
<b>Core:IX</b>		<b>Counselling Psychology</b>	
<b>Code:18UPSC53</b>	<b>Hrs/Week:5</b>	<b>Hrs/Sem: 60</b>	<b>Credits:4</b>

**Vision:**

To acquaint the students with the nature and process of counselling.

**Mission:**

To elaborate on the different fields and application of counselling.

**Course Outcome:**

<b>CO.No</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSO addressed</b>	<b>CL</b>
CO-1	explain the process of counselling and the Ethics in counselling.	5	Un
CO-2	analyse the counselling process and its various stages.	5	An
CO-3	understand the concepts and theories in counselling.	5	Un
CO-4	know the meaning, person centered counselling and behavioural counselling.	5	Un
CO-5	use the theories of counselling in a practical way.	5	Ap
CO-6	understand the concept applications of counselling.	5	Cr
CO-7	evaluate the knowledge on counselling skills.	3,4	Ev
CO-8	analyze the various crisis in counselling.	5	An

SEMESTER V			
Core:IX		Counselling Psychology	
Code:18UPSC53	Hrs/Week:5	Hrs/Sem: 60	Credits:4

### Unit I Introduction

Counselling: Definition, process and goals.- Guidance and counselling – Need for counselling – Emergence and growth of Guidance and Counselling – Status of Guidance ND Counselling Movement in India.

### Unit II Counselling Approaches and Practices

Directive or authoritarian approach – Relevance of Psychoanalysis – Non Directive approach: Humanistic-Existential approach – Roger's Self Theory – Behaviouristic approach: Reciprocal inhibition, Behaviour modification – Eclectic approaches.

### Unit III Counselling Processes

Preparation for counselling – Counselling relationship – Content and process of counselling, counselling interactions, Counsellor-counselee relationship, factors affecting counselling process – Effective counsellor's skills: Characteristics and attitudes; Counselling Interview – Nature and significant features, setting and types of counselling interview, appropriate use of communication and interviewing techniques, degree of lead, silence, relationship techniques, sharing of experiences, resistance.

### Unit IV Counselling Issues

Professional preparation and training for counselling: Counselling preparation and professional issues, academic preparation, practical skills, selection and training of counsellors, preparation of counsellors; Ethics in Counselling: Codes of professional ethics, Common ethical violations by Mental Health Professionals.

### Unit V Psychological Testing and Diagnosis

Tools and techniques used in counselling and guidance: Testing and Non testing devices, Tools used in assisting individuals towards self-discovery; Test interpretation in counselling, Issues of diagnosis in counselling – Limitations.

#### Text books

1. Gibson & Mitchell (2003). *Introduction to Counselling and Guidance*. VI Edition. Pearson Education.
2. Nelson-Jones, R. (2011). *Theory and Practice of Counselling and Therapy*. V Edition. Sage Publications, New Delhi.
3. Rao S. Narayanan (1992). *Counselling and Guidance. II Edition*, Tata McGraw-Hill Publications.

#### Books for Reference

1. Parischa, Prem (1976). *Guidance and Counselling in Indian Education*.



<b>SEMESTER III</b>			
<b>Allied III</b>		<b>Psychological Statistics - I</b>	
<b>Course Code:21UPSA31</b>	<b>Hrs/Week:4</b>	<b>Hrs/Sem: 60</b>	<b>Credit: 4</b>

**Objectives:**

To introduce the students to the world of research in psychology

To develop an understanding about the various statistical measures used in psychological research.

**Course outcome:**

<b>CO.No.</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSOs addressed</b>	<b>CL</b>
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a good knowledge about the research field by understanding statistics.	7	Cr
CO-8	develop a good research aptitude among students.	7	Cr

SEMESTER III			
Allied III	Psychological Statistics - I		
Course Code: 21UPSA31	Hrs/Week:4	Hrs/Sem: 60	Credit: 4

### Unit I Introduction

Meaning and definition of statistics – origin, growth– applications in psychology and limitations. Primary and Secondary Data: Differences and data collection methods

### Unit II Data Classification & Frequency Distribution

**Data:** Meaning – Methods of organizing data: Statistical Tables – Rank order – Frequency distribution – how to construct a frequency distribution table – grouping error – cumulative frequency and cumulative percentage frequency distributions. **Graphical representation of**

**Data:** Meaning - Advantages – Modes: Graphical representation of ungrouped data and grouped data.

### Unit III Measures of Central Tendency

**Mean:** Computation of mean for ungrouped data - Computation of mean for grouped data including deviation method –Properties and drawbacks of mean – When not to use mean.

**Median:** Computation of median for ungrouped data and grouped data – Properties and Drawbacks of median. **Mode:** Computation of mode for ungrouped and grouped data – Properties and drawbacks of mode - When to use mean, median and mode.

### Unit IV: Measure of Variability

**Range:** Computing Range – Properties and Drawbacks of Range. **Quartile Deviation:** Computation of quartile deviation for ungrouped data and grouped data – Properties and Drawbacks. Coefficient of **Quartile Deviation** - computation for ungrouped and grouped data.- properties and Drawbacks. **Mean Deviation:** Computation of mean deviation for ungrouped and grouped data – properties and Drawbacks. **Standard Deviation:** Computing Standard Deviation for grouped and ungrouped data –Properties. Data types suitable for different measures of variability – **Variance.**

### Unit V: Correlation and regression

**Correlation:** Introduction Correlation Coefficient - Product moment correlation - computation - Applications and limitation. Rank order correlation - Limits - characteristics - limitations computation. **Regression:** Regression analysis- applications of regression analysis.

- **Computation needs to be done for onl the mentioned statistical analysis.**

#### **Textbooks**

1. Verma, J. P., &Ghufran, M. *Statistics for Psychology: A comprehensive text.* New Delhi:Tata McGraw Hill Education,,2012.
2. Mangal, S. K. *Statistics in psychology and education.* PHI Learning Pvt. Ltd,2002.

#### **Books for Reference**

- 1.Kothari, C. R. *Research methodology: Methods and Techniques.* New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods,* New Delhi: Sultan Chand and Sons,2006.
5. Minium, E.W., King B.M. and Bear. G. *Statistical Reasoning in Psychology and Education* New York: john wiley& sons, 2001.

<b>SEMESTER IV</b>			
<b>Allied IV</b>		<b>Psychological Statistics – II</b>	
<b>Course Code: 21UPSA41</b>	<b>Hrs/Week:4</b>	<b>Hrs/Sem: 60</b>	<b>Credit: 4</b>

**Objectives:**

To strengthen the knowledge of statistics and relate it with psychological research methods.

To develop an understanding about the various statistical measures used in psychological research.

**Course outcomes:**

<b>CO. No.</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSO addressed</b>	<b>CL</b>
CO-1	learn the basic concepts and principles of statistics in psychology	7	Re
CO-2	compare and contrast the various measurements of statistics	7	Un
CO-3	apply knowledge about variability and correlation in statistics in psychology	7	Ap
CO-4	analyze the need of knowledge of inferential and descriptive statistics	7	An
CO-5	evaluate the means of developing an understanding about sampling and probability	7	Ev
CO-6	create new theories and concepts of statistics in psychology	7	Cr
CO-7	develop a scientific society	7	Cr
CO-8	develop a knowledge that makes them true researchers and solve society's problems	7, 8	Cr

SEMESTER IV			
Allied IV	Psychological Statistics – II		
Course Code: 21UPSA41	Hrs/Week: 4	Hrs/Sem: 60	Credit: 4

### Unit I Normal Distribution and Sampling

Normal Distribution: Introduction – Properties - Standard Score – Testing normality of data - Central Limit theorem – Application of normal distribution. Sampling: Introduction – Principles of sample survey – Sample survey and its advantages- Characteristics of good sample – important terminologies in sampling – methods of data collection – types of sampling techniques. Determine the sample size.

### Unit II Testing of Hypothesis

Testing of hypothesis – Important terminologies in hypothesis testing: types of hypothesis – null hypothesis – alternative hypothesis -Type 1 & 2 errors - level of significance - one tailed and two tailed tests - Degrees of freedom - Procedures for testing hypotheses: Criteria for test selection.

### Unit III ‘t’ test and f test

Small sample tests – t test for one sample -computation – two independent samples. - computation. **Analysis of variance (ANOVA):** Introduction - one-way ANOVA: Important terminologies - one-way ANOVA model. Assumptions in one-way ANOVA.

### Unit IV Non-Parametric Tests

**Non-Parametric Test:** Meaning. Advantages and disadvantages– Non-parametric tests that are equivalent to parametric tests. **Chi-square:** Introduction - Assumptions - Applications: Testing equal occurrence hypothesis - Testing the significance of association between two attributes - testing goodness of fit. **Sign test:** Sign test for one sample. **Kruskal Wallis test.** Difference between parametric and non-parametric tests.

### Unit V Variables and Scaling Techniques

Introduction – Nature of Psychological Data – Types of Data: Metric (Interval and ratio) and non-metric (nominal and ordinal) data– Construct and Concepts – Definition of variable – Construction of test: Steps - Implications - Scales of measurement – Reliability: Meaning – Methods of estimating reliability – Validity – Psychological Assessment

- **Computation needs to be done for only the mentioned statistical analysis.**

**Textbooks**

1. Verma, J. P., &Ghufran, M. .*Statistics for Psychology: A comprehensive text*. Tata McGraw Hill Education, New Delhi,2012.
2. Mangal, S. K. *Statistics in psychology and education*. PHI Learning Pvt. Ltd,2002.

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- 1.Kothari, C. R. *Research methodology: Methods and Techniques*. New Age International,2004.
- 2.Gupta, S.P. *Statistical Methods*. New Delhi: Sultan Chand and Sons,2006.
- 3.Howell, D.C.*Statistical Methods of Psychology*. 5th edition. Australia: Duxbury Publishers,2002.

<b>SEMESTER V</b>			
<b>Core VII</b>		<b>Counselling Psychology</b>	
<b>Course Code: 21UPSC52</b>	<b>Hrs/Week:4</b>	<b>Hrs/Sem: 60</b>	<b>Credit:4</b>

### **Objectives**

To acquaint the students with the nature and process of counselling.

To elaborate on the different fields and application of counselling.

### **Course Outcome:**

<b>CO.No</b>	<b>Upon completion of this course, students will be able to</b>	<b>PSO addressed</b>	<b>CL</b>
CO-1	explain the process of counselling and the Ethics in counselling.	5	Un
CO-2	analyse the counselling process and its various stages.	5	An
CO-3	understand the concepts and theories in counselling.	5	Un
CO-4	know the meaning, person centered counselling and behavioural counselling.	5	Un
CO-5	use the theories of counselling in a practical way.	5	Ap
CO-6	understand the concept applications of counselling.	5	Cr
CO-7	evaluate the knowledge on counselling skills.	3,4	Ev
CO-8	analyze the various crisis in counselling.	5	An

SEMESTER V			
Core VII		Counselling Psychology	
Course Code:21UPSC52	Hrs/Week:5	Hrs/Sem: 60	Credit:4

### UNIT I Introduction:

Counselling: meaning & definition. Counselling and guidance. Counselling & psychotherapy. Goals of counselling. History of counselling & psychotherapy. Ethical code & issues.

### UNIT II The counselling process, relationship & skills:

**Counselling relationships** – ambiguity, responsibility, aspects of healthy relationship. **Counselling process** – steps in counselling process, six stage counselling process (Cormier & Hackney). **Skills of counsellor** – Counsellor's skills. Portrait of an effective counsellor – motivation & confidence personal characteristics.

### UNIT III Approaches of counselling & Group counselling:

**Approaches:** Relevance of psychoanalysis to counselling. Humanistic approach. Behaviouristic approach to counselling. The existential point of view -assumptions of existential counselling. Post modern approach. Eclectic approach – techniques & role of the counsellor. **Group counselling:** Emergence of group counselling. – Mechanics of group counselling- Types of groups- Process of group counselling – Individual and group counselling similarities and differences.

### Unit IV Areas in counselling

Educational counselling- elementary, high school & college students. Family counselling – family group consultation, counselling with families, counselling with families concerning children, counselling with parents. Special areas in counselling – counselling & rehabilitation of differently abled, legal offenders, victims of abuse and violence, counselling weaker section & minorities, women empowerment, alcohol & substance abusers, Crises intervention counselling.

### UNIT V Counselling context & setting

Context & setting- Professional boundaries & ethical issues – Counselling in a face-to-face context – Technology – based counselling – Telephone counselling – online counselling – computerized therapy programmes.

### Text Book:

1. Rao S. Narayanan, Sahaj Paul .*Counselling and Guidance. III Edition*, Tata McGraw-Hill Publications, 2013.



2. Barker, M., Vassler, A., &Langdrige, D. *Understanding Counselling and Psychotherapy*, The Open University, Sage Publications,2010.

**Reference Book:**

1. Gibson & Mitchell *Introduction to Counselling and Guidance. 6th Edition*. Pearson Education,2003.

2. Nelson-Jones, R. *Theory and Practice of Counselling and Therapy 5th Edition*.NewDelhi:Sage Publications,2011.