

**Savitribai Phule Pune University**  
**The Syllabus for**  
**Qualifying Online Entrance Examination (OEE)**  
**M. A. Psychology Admission**  
**Regular & Self-Supporting**  
**For the Academic Year 2024-2025**

**(G-1) FOUNDATIONS OF PSYCHOLOGY**

**UNIT 1: PSYCHOLOGY -INTRODUCTION**

1. Psychology: A science, goals of psychology. 1.2 The brief history & perspective of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviourism). 1.3 Career Avenues in Psychology & Fields of Psychology: (Clinical, Industrial & Organizational, Educational, Social, Developmental, Health, Criminal & Forensic, Military, Sports, Neuropsychology, Environmental, Positive, Spiritual and Women & Child psychology.). 1.4 The Indian Psychology: Past and present 1.5 Application: Understanding Behaviour through Methods in Psychology

**UNIT 2: COGNITIVE PROCESSES:**

2. Sensation, Attention and Perception, nature of perception, laws of perceptual organization. 2.2 Learning- Classical and Operant conditioning, observational learning. 2.3 Memory-processes, information processing model(s). 2.4 Forgetting: Theories of forgetting. 2.5 Application: Techniques for improving memory. Psychology

**UNIT 3: MOTIVATION AND EMOTION**

3. Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation 3.2 Types of Motivation: Physiological, Psychological & Social. 3.3 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts 3.4 Emotion: Definitions, Nature & Importance, Basic Emotions (Joy,

Excitement, Tenderness, Sadness, Anger, Fear & Love). 3.5 Application: Conflict Resolving Skills

#### UNIT 4: PERSONALITY AND INTELLIGENCE

4. Personality – Definitions, Nature. 4.2 Personality as a set of traits: Cattell's, Allport's & Big Five Theory of Personality. 4.3 Freud's Psychoanalytical Theory of Personality and Transactional Analysis. 4.4 Intelligence: Definitions, Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence). 4.5 Applications: Testing and enhancing Emotional intelligence.

### **(G-2) INTRODUCTION TO SOCIAL PSYCHOLOGY**

#### UNIT 1: INTRODUCTION:

1. Definition, Brief history of social psychology (special emphasis on India), 1.2 Scope of social psychology. 1.3 Levels of social behaviour. 1.4 Approaches towards understanding social behaviour. 1.5 Application: Community mental health

#### UNIT- 2. INDIVIDUAL LEVEL PROCESSES:

2. Difference between Social Cognition & Social Perception. 2.2 Self – Concept: Nature, Self-regulation and self-presentation. 2.3 Attitude: Definition, components, Dimensions and formation of attitude. 2.4 Prejudice: Causes. 2.5 Application: Formation of attitude and Prejudice eradication Psychology

#### UNIT 3: INTERPERSONAL PROCESSES:

3. Interpersonal attraction, love. 3.2 Pro-social behaviour. 3.3 Locus of control, increasing our helping nature. 3.4 Aggression: Meaning, Nature and causes of Aggression. 3.5 Application: Prevention and reducing aggression

#### UNIT- 4. GROUP DYNAMICS:

4. Groups: When we join and when we leave, the benefits of joining. 4.2 Cooperation and Conflict. 4.3 Conformity; Factors affecting Conformity, Obedience & Authority. 4.4 Group decision making. 4.5 Application: Team Building

## **(S-1) PSYCHOLOGY OF ABNORMAL BEHAVIOR-I**

### **UNIT-I: ABNORMAL PSYCHOLOGY:**

1. Abnormality: Meaning, Definition, Nature. 2. Historical Background of Abnormality. 3. Criteria of abnormal behaviour (Biological, Psychological, Socio-cultural). Current Classification Systems: DSM-5 & ICD-10/11 an Overview.

### **UNIT-II: ANXIETY DISORDERS, OBSESSIVE-COMPULSIVE DISORDERS (OCD), TRAUMA & STRESSOR RELATED DISORDERS**

2. Generalized Anxiety Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes. 2.Panic & Agoraphobia, Social Anxiety (Phobia): Nature, Symptoms, Diagnostic Criteria & Causes. 3. Obsessive-Compulsive Disorder and Body Dimorphic Disorders: Nature, Symptoms, Diagnostic Criteria & Causes. 4.Post-Traumatic Stress Disorder & Acute Stress Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

### **UNIT-III: SOMATOFORM AND DISSOCIATIVE DISORDERS**

3. Somatic symptoms Disorder: Nature, Symptoms, Diagnostic Criteria & Causes. 2.Illness Anxiety Disorder: Nature, Symptoms, Diagnostic Criteria & Causes. 3.Conversion Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes. 3Dissociative Identity Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

### **UNIT-IV: DEPRESSIVE AND BIPOLAR DISORDERS**

4. Disruptive Mood Dysregulation Disorder, Major Depressive Disorder: Nature, Symptoms, Diagnostic Criteria & Causes. 2- Bipolar-I Disorder:

Nature, Types, Symptoms, Diagnostic Criteria & Causes. 3- Bipolar-II Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes. Suicide and Cyclothymic Disorder: Nature, Symptoms, Diagnostic Criteria & Causes.

## **(S-2) DEVELOPMENTAL PSYCHOLOGY**

### **UNIT- I: INTRODUCTION TO LIFESPAN DEVELOPMENT**

1. The Life-Span Perspective: The Importance of Studying Life- Span Development, Characteristics of the Life-Span Perspective, Some Contemporary Concerns. 2- The Nature of Development: Biological, Cognitive, and Socio emotional Processes, Periods of Development, The Significance of Age, Developmental Issues. 3.Theories of Development: Psychoanalytic Theories, Cognitive Theories, Behavioral and Social Cognitive Theories, Ethological Theory, Ecological Theory, Eclectic Theoretical Orientation. 4-Research in Life-Span Development: Methods for Collecting Data, Research Designs, Time Span of Research

### **UNIT- II: BIOLOGICAL BEGINNINGS & PRENATAL DEVELOPMENT**

2. Genetic foundation of Development: The Collaborative Genes, Genes and Chromosomes, Genetic Principles, Chromosomal and Gene linked Abnormalities 2- Heredity and Environment interaction: The nature × Nurture Debate the Teratology and Hazards to prenatal Development b) Reproductive Challenges and Choices. 3.The Course of Prenatal Development and Birth Process 4. Assessing the New born

### **UNIT - III: INFANCY PHYSICAL GROWTH AND DEVELOPMENT IN INFANCY**

3. Motor, Sensory and Perceptual Development Cognitive Development 3- a) Piaget's Theory of Infant Development b) Learning, Remembering, and Conceptualizing 4- Language Development

### **UNIT-IV: EARLY CHILDHOOD**

4. Physical changes, Cognitive Changes 2- a) Piaget's preoperational stages  
b) Vygotsky's Theory 3- The Self, Emotional and Moral Development 4- Families, Peer relations and Play.

### **(S-3) HEALTH PSYCHOLOGY**

#### **UNIT-I: AN INTRODUCTION TO HEALTH PSYCHOLOGY**

1. Health Psychology – Definitions, Nature, aims 2- Biopsychosocial Model of Health 3- Psychology's Role in Health - Problems in the HealthCare System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals. 4- Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance

#### **UNIT-II: STRESS AND COPING**

2. Stress – Definitions, Nature & Types 2- Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society) 3- Responding to Stress (Physiological, Emotional & Behavioural Response) 4- Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humour as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

#### **UNIT-III: CHRONIC HEALTH PROBLEMS AND ITS MANAGEMENT**

3. Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self 2- Emotional Responses to Chronic Health Disorders -Denial, Anxiety & Depression 3- Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS 4- Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social

Support Interventions and Relaxation, Stress Management after COVID-19)

#### UNIT-IV: PRIMARY PREVENTION & HEALTH PROMOTION

4. Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect) 2- Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking. 3- Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health 4- Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention.

#### **(S-4) PSYCHOLOGY OF ABNORMAL BEHAVIOR-II**

##### UNIT-I: SCHIZOPHRENIA & OTHER PSYCHOTIC DISORDERS:

1. Schizophrenia: Nature, Types, Symptoms, Diagnostic Criteria & Causes 2- Schizophreniform Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes 3- Schizoaffective Disorder: Nature, Types, Symptoms, Diagnostic Criteria & Causes 4- Delusional Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

##### UNIT-II: PERSONALITY DISORDERS AND IMPULSE CONTROL DISORDERS:

2. Characteristics of Personality Disorder and Gender Differences 2- Personality Disorders Characterized by Odd or Eccentric Behavior: Paranoid, Schizoid & Schizotypal - Nature, Symptoms, Diagnostic Criteria & Causes 3- Personality Disorders Characterized by Dramatic, Emotional, or Erratic Behavior: Antisocial, Borderline, Histrionic, & Narcissistic - Nature, Symptoms, Diagnostic Criteria & Causes 4- Personality Disorders Characterized by Anxious or Fearful Behavior: Avoidant, Dependant, & Obsessive- Compulsive - Nature, Symptoms, Diagnostic Criteria & Causes

**UNIT-III: EATING DISORDERS, SLEEP-WAKE DISORDERS, SEXUAL DISORDERS, SUBSTANCE-RELATED AND ADDICTIVE DISORDERS:**

3. Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, & Binge- Eating Disorder): Nature, Symptoms, Diagnostic Criteria & Causes 2- Sleep-Wake Disorders (Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder, Circadian rhythm sleep-wake Disorder): Nature, Symptoms, Diagnostic Criteria & Causes 3- Alcohol Related Disorders (Alcohol use Disorder, Alcohol Intoxication, Alcohol Withdrawal): Nature, Symptoms, Diagnostic Criteria & Causes 4- Gambling Disorder, Internet and Cell phone Addiction: Nature, Symptoms, Diagnostic Criteria & Causes

**UNIT-IV: NEURODEVELOPMENTAL DISORDERS:**

4. Autism Spectrum & ADHD: Nature, Types, Symptoms, Diagnostic Criteria & Causes 2- Intellectual Disability: Nature, Types, Symptoms, Diagnostic Criteria & Causes 3- Communication Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes 4- Learning Disorders: Nature, Types, Symptoms, Diagnostic Criteria & Causes

**(S-5) THEORIES OF PERSONALITY**

**UNIT-I: INTRODUCTION TO PERSONALITY:**

1. Nature and Definitions 2- Misconceptions, Determinants of personality 3- Idiographic and nomothetic approach 4- Classification of personality theories

**UNIT-II: PSYCHODYNAMIC PERSPECTIVES:**

2. Introduction to Psychodynamic perspective 2- Freud's classical psychodynamic theory 3- Jung's Analytical Psychology 4- Adler's individual psychology

**UNIT-III: BEHAVIORAL PERSPECTIVES:**

3. Pavlov's classical conditioning 2- Skinner's operant conditioning 3- Bandura's social cognitive theory 4- Dollard and Miller's stimulus-response theory

#### UNIT-IV: TRAIT & MOTIVATION, EMOTION PERSPECTIVES

4. Allport's traits theory, Cattell's factor theory 2- Eysenck, Costa & McCrae theory 3- Carl Rogers person Centered theory. 4- Motivation and Emotion perspectives • Murray's Need theory • Lazarus cognitive mediation theory

### **(S-6) POSITIVE PSYCHOLOGY**

#### UNIT-I: MEANING, DEFINITION AND NATURE OF POSITIVE PSYCHOLOGY:

1. Definitions and Nature of Positive Psychology. 2. Traditional Psychology, Assumptions and Goals of Positive Psychology. 3. Fields of Positive Psychology. 4. The Nun study: Living longer with positive emotions.

#### UNIT-II: HAPPINESS AND THE FACTS OF LIFE: 1. PSYCHOLOGY OF WELL-BEING.

2. Positive affect and Meaningful Life 2. Subjective Well-being: Hedonic basis of happiness. 3. Self-Realization: The Eudaimonia basis of happiness 4. Happiness Across the Life Span, Gender and happiness, Marriage and happiness, other facts of life.

#### UNIT-III: POSITIVE EMOTIONS, WELLBEING AND RESILIENCE:

3. What are positive emotions? The Broaden and Build Theory of Positive Emotions. 2. Positive Emotions and Health Resources: Physical, Psychological and Social Resources. 3. Positive emotions & well-being, Flow experiences and Savouring. 4. What is resilience? Perspectives of Resilience, Resilience Research, Growth through Trauma.

#### UNIT-IV: PERSONAL GOALS, POSITIVE TRAITS AND LIFE ABOVE ZERO:



4. What are personal goals? The Search for Universal Human Motives, Materialism and its discontents. 2. What makes a trait positive? Personality, Emotions and Biology. 3. Positive beliefs, Virtue and Strengths of Character. 4. Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.

### **(S-7) BASIC COUNSELLING SKILLS**

#### **UNIT-I: INTRODUCTION OF COUNSELLING**

1. Counselling process: counsellors and helpers 2- What are basic counselling skills? 3- Helping relationship and helping process Unit-II: Counselling skills 1- Starting, structuring and summarizing 2- Facilitating problem solving 3- Improving client's feedback

#### **UNIT-III: CONSIDERATIONS IN COUNSELLING**

2. Ethical issues and dilemmas 2. Multicultural and gender aware helping 3- Getting support and being supervised

### **(S-8) INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY**

#### **UNIT-1: INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY- NATURE AND SCOPE**

1. Psychology: Meaning, subject matter and functions of Industrial Psychology 1.2: The history of I/O Psychology 1.3: I/O Psychology in the present 1.4: Future of I/O Psychology

#### **UNIT-2: PERSONNEL SELECTION AND TRAINING**

2. Job Profile, job analysis and Recruitment techniques 2.2: Interviews, psychological testing and Needs assessment for training 2.3: Psychological Principles in training and training for knowledge and skill 2.4: Evaluation of Training Programme

### UNIT- 3: EVALUATING JOB PERFORMANCE

3. Uses of performance evaluation: Downsizing, promotion, seniority 3.2: Sources of evaluation: The evaluator and performance appraisal 3.3: Appraisal rating systems: Graphic rating scales and rating errors 3.4: Non-rating evaluation methods: Checklists and comparison methods

### UNIT-4: MOTIVATION AT THE WORKPLACE

4. Concept of work motivation 4.2: Need theories: McClelland, Herzberg 4.3: Cognitive theories: Goal Setting Theory, Self-Efficacy Theory 4.4: Motivation: Self-discipline – seven step process

## **(S-9) PSYCHOLOGICAL TESTING (THEORY)**

### UNIT-1: INTRODUCTION OF PSYCHOLOGICAL TESTS

1. What is psychological test? History 1.2: Classification, characteristics 1.3: Steps in test construction 1.4: Ethical issues in test construction

### UNIT-2: RELIABILITY OF TESTS

2. Reliability: Meaning, true score estimation 2.2: Types: Test-retest, Split-half, Parallel-form and Scorer reliability 2.3: Standard error of measurement 2.4: Reliability- Influencing factors and improvement techniques

### UNIT-3: VALIDITY OF TESTS

3. Validity: Meaning, 3.2: Types: Content, criterion and construct 3.3: Convergent and discriminant validity 3.4: Validity: Statistical calculation method

### UNIT-4: NORMS

4. Meaning of norms, Norm-referencing and Criterion-referencing tests 4.2: Types of norms: Age, grade, percentile and standard-score norms 4.3: Injunctive norms, descriptive norms, consensus norms, critical norms 4.4: Reciprocity norms, social-responsibility norms, situational norms

## **(S-10) APPLIED PSYCHOLOGY**

### **UNIT-1: INTRODUCTION APPLIED PSYCHOLOGY**

1. Definition, Nature and Scope of applied Psychology 1.2 Fields of Applied psychology 1.3 Clinical applications (classification of mental disorders DSM V, ICD 10, therapies – CBT, Client Centered therapy, REBT) 1.4 Cognitive Neuro Science (nature and major applications – PNI, EEG, MRI, CT, PET etc)

### **UNIT-2: APPLICATIONS IN EDUCATION**

2. Definition, Nature and Scope of Educational Psychology 2.2 Effective Teaching – Learning Methodologies / Pedagogies (group discussions, projects, presentations, interactive methods) 2.3 Issues of Various Categories of Challenged Students – Physically, mentally, economically challenged, Intellectual Disabilities (ID) 2.4 Problems and Solutions to Educational Problems – physical environment, Government policies, school and higher education, Ashramshalas

### **UNIT-3: FAMILY AND DEVELOPMENTAL APPLICATIONS**

3. Definition, Nature and Scope of Developmental Psychology 3.2 Issues of Adolescents (stress and strain, identity crisis, adjustment to physiological and psychological changes) 3.3 Family and Marital Problems and Solutions 3.4 Love, Relationships (dating, live in) and Break Ups

### **UNIT-4: SOCIAL ISSUES AND NEW TRENDS IN APPLIED PSYCHOLOGY**

4. Role of Psychologists in tackling Social Issues (interventions, research, policy level work) 4.2 Psychology of Terror, Psychology of Corruption 4.3 Definition, Nature and Fields (correctional, investigative) 4.4 Criminal Psychology, Cyber Crimes, Violence (meaning and types), Investigative Procedures (role of the psychologist) Law – contribution of Psychology to law

## **(S-11) EXPERIMENTAL PSYCHOLOGY**

### **UNIT-1: INTRODUCTION AND HISTORY OF EXPERIMENTAL PSYCHOLOGY**

1. What is experiment? Characteristics, types 1.2: Contribution of eminent psychologists in experimental psychology 1.3 Scientific method: definition, nature 1.4: Social scientific research

### **UNIT-2: PROBLEM AND HYPOTHESIS IN RESEARCH**

2. What is problem? Definitions, origin, sources and selection 2.2: Statement of problem 2.3: Hypothesis: Definition, formulation, sources 2.4: Types of hypotheses

### **UNIT-3: VARIABLES AND SAMPLING**

3. What is variable? Definitions, types 3.2: Controlling of variables 3.3: Sampling: Meaning and types 3.4: Sampling distribution and sampling error

### **UNIT-4: PSYCHOPHYSICS AND HUMAN LEARNING**

4. What is psychophysics? Methods of psychophysics 4.2: Weber's law and Fechner's law, Signal detection theory (SDT) 4.3: Definition and nature of Human learning. 4.4: Methods of Human learning. 1. Serial Learning, 2. Distributed Vs Undistributed, 3. Partial Vs Whole 4 Structured

## **(S-12) STATISTICS**

1. Frequency distribution, Normal Probability curve
2. Measures of central tendency: Mean, Median, Mode for grouped and ungrouped data
3. Measures of variability: Range, Standard Deviation and Quartile Deviation (Q1, Q3 and Q) for grouped data.
4. Rank Difference Correlation and Chi-square.
5. Product moment correlation