

## **88. PG DIPLOMA IN PSYCHOLOGICAL COUNSELING**

### **Part-A (40 Marks)**

1. Behaviour – Definition and Characteristics of behaviour, Psychology as Science of behaviour. Methods and Techniques of studying behaviour - case study, survey, observation and experimental method, field study, questionnaire, interview.
2. Behaviour – Role of nature and nurture. Principles of development, stages of development. Factors influencing the developmental process, maturation, learning, intelligence, family interaction, early childhood experiences.
3. Biological basis of behaviour – Body and mind interaction, importance of brain, central nervous system, sympathetic and para sympathetic nervous system and their effect on behaviour. Endocrine glands – Types of endocrine glands, the over and under functioning of endocrine glands and their effect on the behaviour.
4. Cognitive processes–Attention-span of attention, subjective and objective factors influencing attention, Types of attention-voluntary, involuntary and habitual. Perception-Principles of organization in perception, illusion and hallucination. Memory-Factors influencing retention, causes of forgetting, effective methods of memorizing. Learning-learning and maturation, learning and motivation, factors influencing learning, effective methods of learning, Thinking-imagination, reasoning and problem solving, Types of thinking. Nature of intelligence-Concept of individual difference, factors influencing intelligence, special abilities - aptitude.

### **Part-B (60 Marks)**

5. Motivation - Types of motives, intrinsic and extrinsic motivation, specific motives – achievement, affiliation, power. Emotions – nature and function of emotions, development of emotions, understanding, expressing, channelization and control of emotions, concept of emotional intelligence and its components.
6. Personality – nature of personality, factors influencing personality, development of self and self concept, self awareness, dimensions of self concept – self acceptance, self esteem, self – confidence, developmental changes in self concept in childhood and adolescence. Characteristics of adequate and inadequate personality.
7. Parenting styles - healthy and unhealthy styles of parenting and behavioural problems of children – children from discorded, single parent and divorced families. Child abuse and pedophilia, effect of school environment on child's personality – peer group and relationship, personality of teacher, problems of adjustment and relationship in school. Academic problems – underachievement in school; factors influencing, disadvantage groups – types of disadvantage groups, social, psychological and academic problems of socially disadvantaged groups. Concept of learning disability, types of learning disabilities.
8. Adjustment, maladjustment and readjustment causes – exaggerated, unrealistic and conflicting needs, non-development or under-develop or overdevelopment of certain needs, learnt patterns of behaviour – frustration, conflicts. Eating disorders, adjustment in adolescence – career confusion and planning, establishing values, disappointments, frustration and compromises in relationships.
9. Socialization - primary and secondary agencies of socialization – Role of home or family, neighbourhood, community, peer group, social class, religion,culture on socialization. Social interaction and processes – Types of social interaction – conformity, compliance, obedience, compromise, co-operation and competition social processes – social perception, social motivation, other social phenomenon – mobbeh, propaganda,rumour, public opinion, Behaviour in groups – Group cohesiveness, leadership. Attitudes – nature of social attitudes, components of social attitudes, development of attitudes, prejudice – nature and causes, manifestations and Types of prejudice.
- 10 Health and illness – Genetic factors in health related behaviour, Role of beliefs, intensions, attributions on health, stress – causes of stress, effects of stress – coping with and reducing stress – social, personal and emotional factors in stress reduction.
- 11 Problems of contemporary society – alcoholism and drug addiction, juvenile delinquency, AIDS, changed sexual orientations, Problems of aged feeling of unwanted ness, loneliness, empty nest syndrome.