



Course Outline for Entrance Exam

Ph.D. in Psychology

Unit 1: Development of Psychological thought

Psychological thought in some major Eastern Systems: Bhagavad Gita, Buddhism, Sufism and Integral Yoga

Western : Early schools of Psychology - Structuralism, Functionalism and Associationism
Later schools of Psychology - Psychoanalytical, Gestalt, Behaviorism, Humanistic/Existential, Transpersonal, Cognitive revolution, Multiculturalism, Crisis in psychology due to strict adherence to experimental-analytical paradigm (logical empiricism)

Essential aspects of knowledge paradigms: Ontology, epistemology, and methodology.
Paradigms of Western Psychology: Positivism, Post-Positivism, Social Constructionism and Feminism.

Debates in Psychology - Free Will vs Determinism, Mind-body relationship, Empiricism vs Rationalism

Significant Indian paradigms on psychological knowledge: Yoga, Bhagavad Gita, Buddhism, Sufism, and Integral Yoga. Science and spirituality (avidya and vidya). The primacy of self-knowledge in Indian psychology

Unit 2 : Research methods and Statistics in Psychology

Research: Meaning, Purpose, and Dimensions. Research problems,

Variables and Operational Definitions, Hypothesis, Sampling.

Ethics in conducting and reporting research

Paradigms of research: Quantitative, Qualitative, Mixed methods approach

Methods of research: Observation, Survey [Interview, Questionnaires], Experimental, Quasi-experimental, Field studies, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus groups, Narratives, Case studies, Ethnography

Statistics in Psychology: Measures of Central Tendency and Dispersion. Normal Probability Curve. Parametric [t-test] and Non-parametric tests [Sign Test, Wilcoxon Signed rank test, Mann-Whitney test, Kruskal-Wallis test, Friedman]. Power analysis. Effect size.

Correlational Analysis: Correlation coefficient and its interpretation, Partial correlation,

multiple correlation.

Regression: Simple linear regression, Multiple regression.

Factor analysis: Assumptions, Methods, Rotation and Interpretation.

Experimental Designs: ANOVA [One-way, Factorial], Randomized Block Designs, Repeated Measures Design, MANOVA, ANCOVA. Single-subject designs.

Unit 3: Psychological Testing

Types of tests

Test standardization: Reliability, validity and Norms

Areas of testing: Intelligence, creativity, neuropsychological tests, aptitude, Personality assessment.

Attitude scales – Semantic differential, Staples, Likert scale.

Applications of psychological testing in various settings: Clinical, Organizational and business, Education, Counseling, Military. Career guidance.

Unit 4: Personality

Determinants of personality: Biological and socio-cultural

Approaches to the study of personality: Psychoanalytical, Social learning, Trait and Type, Cognitive, Humanistic, Existential.

Unit 5: Emotion, Motivation, Stress, Coping and Mental Health

Emotions : Nature and characteristics of emotions, components of emotions, Types of emotions, Relationship between emotions, thinking and behavior, Universality of expressions of different emotions

Physiological correlates of emotions : Theories of emotions including James-Lange, Canon-Bard, Schachter and Singer, Lazarus, Lindsley.

The concept Emotional intelligence - Ability and Trait models, Strategies to improve emotional intelligence, Emotion regulation

Basic motivational concepts: Instincts, Needs, Drives, Arousal, Incentives, Motivational Cycle.

Stress and Coping: Concept, Stress management strategies [Biofeedback, Music therapy, Breathing exercises, Progressive Muscular Relaxation, Guided Imagery, Mindfulness, Meditation, Yogasana, Stress Inoculation Training, Spirituality (healing methods from Indian Psychology)].

Self-esteem and its determinants

Mental Health and Well-being - Role of Genetics and environment in the development of psychological disorders, Consequences of mental health issues on an individual and family, Burden of mental health issues on the society

Unit 6: Social Psychology

Social perception [Communication, Attributions]; attitude and its change within cultural context, Cognitive dissonance; Prosocial behavior

Group and Social influence [Social Facilitation; Social loafing]; Social influence [Conformity, Peer Pressure, Persuasion, Compliance, Obedience]. Aggression. Group dynamics. Theories of intergroup relations [[Minimal Group Experiment, Social Identity Theory, Relative Deprivation Theory, Realistic Conflict Theory, Social Exchange Theory]. Prejudice, stereotype and discrimination

Applied social psychology: Health, Environment and Law.

Unit 7: Human Development and Interventions

Developmental processes: Nature, Principles, Factors in development, Stages of Development. Successful aging.

Theories of development: Psychoanalytical, Behavioristic, and Cognitive

Various aspects of development: Sensory-motor, cognitive, language, emotional, social and moral.

Psychological interventions for different populations

Applications of theories of motivation and learning in education

Factors in educational achievement

Counseling: Process, skills, and techniques

Unit 8: Cognitive Psychology

Cognitive Biases

Attention: Forms of attention, Models of attention Perception: Approaches to the Study of Perception: Gestalt and physiological approaches Perceptual Organization: Gestalt, Figure and Ground, Law of Organization Perceptual Constancy: Size, Shape, and Color; Illusions Perception of Form, Depth and Movement Role of motivation and learning in perception

Perception: Approaches to the Study of Perception: Gestalt and physiological approaches
Perceptual Organization: Gestalt, Figure and Ground, Law of Organization
Perceptual Constancy: Size, Shape, and Color; Illusions
Perception of Form, Depth and Movement
Role of motivation and learning in perception

Learning Process: Classical Conditioning: Procedure, phenomena and related issues;
Instrumental learning: Phenomena, Paradigms and theoretical issues, Reinforcement - Basic variables and schedules; Behaviour modification and its applications

Cognitive approaches in learning: Latent learning and observational learning.

Memory processes: Encoding, Storage, Retrieval
Stages of memory: Sensory memory, Short-term memory (Working memory), Long-term Memory (Declarative – Episodic and Semantic; Procedural)

Theories of Forgetting: Interference, Retrieval Failure, Decay, Motivated forgetting

Brain scanning techniques - EEG, PET Scan, MRI, fMRI

Metacognition: Metacognitive knowledge and Metacognitive regulation

Unit 9: Emerging Areas

Issues of Gender, Poverty, Disability, and Migration: Cultural bias and discrimination. Stigma, Marginalization, and Social Suffering; Child Abuse and Domestic violence.

Peace psychology: Violence, non-violence, conflict resolution at macro level, role of media in conflict resolution.

Wellbeing and self-growth: Types of wellbeing [Hedonic and Eudemonic], Character strengths, Resilience and Post-Traumatic Growth.

Health: Health promoting and health compromising behaviors, Lifestyle and Chronic diseases [Diabetes, Hypertension, Coronary Heart Disease], Psychoneuroimmunology [Cancer, HIV/AIDS]

Psychology and technology interface: Digital learning: Cyber bullying; Cyber pornography: Consumption, implications; Parental mediation of Digital Usage.